



South Suburban
PARKS AND RECREATION

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Free Passport to Health Provides Unlimited Adventure

A passport is freedom, and a ticket to exciting adventures! Embark on a wellness adventure without leaving town. Kick off the New Year and build healthy habits with South Suburban Parks and Recreation's Passport to Health, a free fitness and wellness rewards program, designed to help patrons improve their physical, mental and emotional wellbeing. The program starts Jan. 1 to coincide with New Year's Resolutions, which often include weight loss and self improvement.

Participation in Passport to Health is strictly voluntary and is open to residents and non-residents alike. Register for the free program at any South Suburban recreation center, beginning Dec. 31. The program will run from Jan. 1 through Feb. 28.

Passport to Health features an accompanying Fit Pass booklet, which is similar to a passport, and offers 30 activities and ideas to try, including giving up a bad habit for a day, trying a game of Pickleball, or an aqua class, or attending a free Coffee and Chat class. Activities are assigned points, and participants keep track of their progress. Some activities require the signature of an instructor, while others depend on the honor system.

Participants can begin recording activities on Jan. 1, and all points need to be earned by Feb. 28. Completed booklets must be turned in by March 6 to any South Suburban recreation center. Those who earn at least 35 points of a possible 70, will receive a \$10 South Suburban recreation gift card valid for services and products, and also will be entered into a drawing to win a 15-punch pass for center admission, a one-month admission pass, 18 holes of golf for two, a 30-minute massage and more.

Beginning Dec. 31, the Passport to Health Fit Pass booklet will be available at all South Suburban recreation centers: Buck Recreation Center, 2004 W. Powers Ave., Littleton; Goodson Recreation Center, 6315 S. University Blvd., Centennial; Lone Tree Recreation Center, 10249 Ridgeway Cir., Lone Tree; and Sheridan Recreation Center, 3325 W. Oxford Ave., Sheridan. For more information, visit www.sspr.org or call 303-347-5999.

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