



Get Moving

in Eastern
Wake County!



**A Healthy
Place to
Live, Work
& Play**



Get Moving!

The Parks and Recreation Departments in Eastern Wake offer lots of free and low-cost ways for adults and children to be active and healthy year-round! Walk the greenways and trails, join a class or a sports league. Bike or walk to these facilities, and you're already on your way to a healthier start!

Adults need 30 minutes of physical activity a day, and kids need 60 minutes a day. Visit these Parks and Recreation websites or call for information.

Knightdale

www.knightdalenc.gov
(919) 217-2232

Wendell

www.townofwendell.com
(919) 366-2266

Zebulon

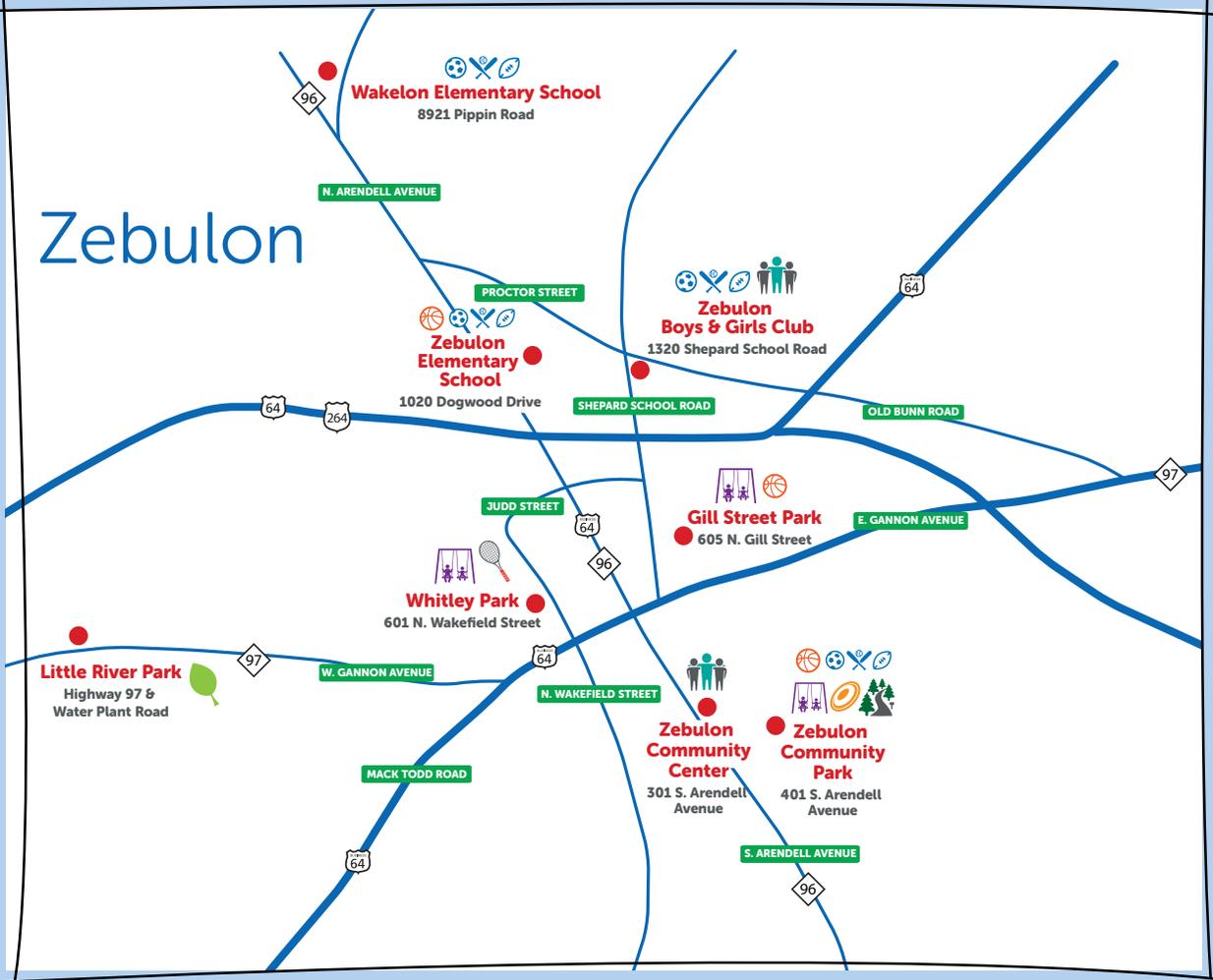
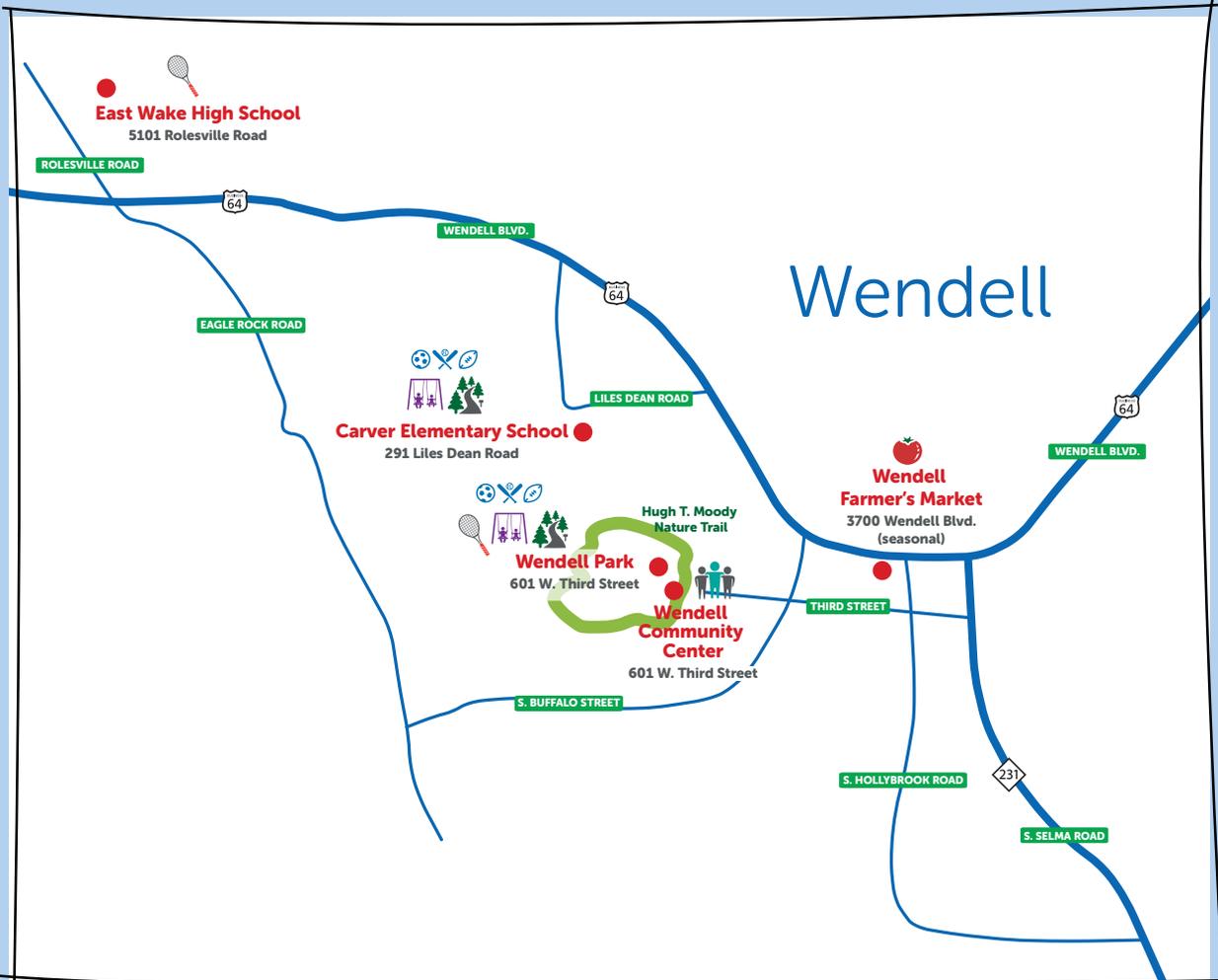
www.townofzebulon.org
(919) 823-0432

LEGEND

-  **Athletic Fields/Courts***
-  **Basketball Court**
-  **Community Center***
-  **Disc Golf**
-  **Farmers' Market**
-  **Greenway/Trails**
-  **Park***
-  **Playground***
-  **Pool**
-  **Tennis Court**

*Facilities offer various amenities/activities. Check the town websites for details.







Advocates for
Health in Action

AHA supports community efforts to make healthy eating and physical activity the way of life in Wake County.

www.AdvocatesforHealthinAction.org

KNIGHTDALE
PARKS &
RECREATION



WENDELL

