



# City of San Antonio

## Legislation Details (With Text)

**File #:** 15-1029

**Type:** Staff Briefing - Without Ordinance

**In control:** City Council B Session

**On agenda:** 4/1/2015

**Title:** A Briefing on the ongoing fitness and wellness initiatives offered by the San Antonio Parks and Recreation Department. [Gloria Hurtado, Assistant City Manager; Xavier D. Urrutia, Director, Parks & Recreation]

**Sponsors:**

**Indexes:**

**Code sections:**

**Attachments:**

| Date     | Ver. | Action By              | Action | Result |
|----------|------|------------------------|--------|--------|
| 4/1/2015 | 1    | City Council B Session |        |        |

**DEPARTMENT:** Parks and Recreation

**DEPARTMENT HEAD:** Xavier D. Urrutia

**COUNCIL DISTRICTS IMPACTED:** City Wide

**SUBJECT:**

Briefing on San Antonio Parks and Recreation Fitness Initiatives

**SUMMARY:**

City staff will provide a briefing on the ongoing fitness and wellness initiatives offered by the San Antonio Parks and Recreation Department.

**BACKGROUND INFORMATION:**

The Parks and Recreation Department is committed to providing physical activity opportunities for the entire community. The department has a long history of supporting competitive and non-competitive sports at city parks. Over the past several years, the department has implemented a variety of additional strategies to promote wellness and fitness such as extended community center hours, the creation of the Ride-to-Own bicycle program, and the installation of outdoor fitness equipment.

The Parks and Recreation Department has also enhanced integration of wellness and fitness programs into existing park infrastructure. The Howard W. Peak Greenway Trails System and its ongoing expansion have included trailheads and neighborhood connections throughout the city, which connect people to various recreational opportunities. These connections, along with the Fitness in the Park program, which provides free fitness classes, are the cornerstones to the City's strategies to improve physical fitness throughout the city.

Fitness and wellness initiatives are core services for the Parks and Recreation Department. The department has incorporated these initiatives through new capital improvement projects and program development by working with community partners. The Parks and Recreation Department offers a variety of free and low cost opportunities to the residents of San Antonio, including:

- Fitness in the Park
- Fit Pass
- Mobile Fit SA
- Ride-to-Own bicycle program
- Howard W. Peak Greenway Trails System
- Outdoor fitness stations

**ISSUE:**

The San Antonio Parks and Recreation Department, through various community partnerships and funding opportunities, has integrated fitness and wellness initiatives into the department's core services. Parks and Recreation has developed new strategies and opportunities to provide options for San Antonio residents looking to make healthy living a priority.

**ALTERNATIVES:**

N/A

**FISCAL IMPACT:**

N/A

**RECOMMENDATION:**

This item is for briefing purposes only.