

Make the Move

Physical Activity Guide

for the Three Rivers Area



Healthy Heart for Life

Make the Move!

Get Active!

Spring 2009 Edition

What's inside this guide

This guide provides a listing for you and your family to learn about the many physical activity opportunities available in your community. It is not intended to be all inclusive nor are we endorsing any specific program or activity.

Make the Move—energize your life!

Whoever said physical activity is all work and no play? In fact, it can be just the opposite! There is no need to think of strenuous workouts that are painful and boring. Instead, imagine doing fun physical activities you enjoy and look forward to doing. Do physical activity for enjoyment and watch the health benefits follow!

It is recommended that children and adolescents participate in at least 60 minutes of moderate-intensity physical activity most days of the week, preferable daily.

Adults should engage in moderate-intensity physical activities for at least 30 minutes on 5 or more days of the week.

Make the Move with 5-2-1-0!

Are you leading a healthy lifestyle? "Make the Move" towards healthier living by keeping the following recommendations in mind!

- 5** Eat at least 5 servings of fruits and vegetables a day
- 2** Limit your "screen time" to 2 hours per day (TV, computer, etc.)
- 1** Try for an hour of physical activity each day, this is especially important for youth
- 0** Cut out sugar sweetened drinks such as sodas from your diet

Additional resources

Physical Activity and nutrition go hand in hand for good health. This guide lists physical activity options, and the following websites list nutrition information.

- www.mypyramid.gov
- www.eatright.org (American Dietetic Association)
- www.nationaldairycouncil.org
- www.5aday.com

Published with funding from the CCNTR Health and Wellness Committee funded by the New Hampshire Charitable Foundation.

SERVICES PHONE LOCATION AGE WEBSITE

General Services

Franklin Parks and Recreation	934-2118	Franklin	all	www.franklinnh.org
Pines Community Center	286-8653	Northfield	all	www.pinescommunitycenter.com
Tappley Thompson Community Center	744-2713	Newfound	all	www.ttcrc.org
T. R. I. P. Center	934-4151	Franklin	all	

Archery

Franklin Parks and Recreation	934-2118	Franklin	8–18 yrs.	www.franklinnh.org
-------------------------------	----------	----------	-----------	--------------------

Badminton

Adult League	744-1815	Newfound	adult	
--------------	----------	----------	-------	--

Baseball

Cal Ripken Baseball	744-2713	Newfound	4–12 yrs.	www.ttcrc.org
Cal Ripken Baseball	934-5967	Franklin	5–12yrs.	www.league lineup.org
Sanbornton Youth League	286-2659	Sanbornton	t-ball–grade 12	www.sanbornton-nh.gov
Tilton-Northfield Little League	738-0248	T/N	5–12 yrs.	www.littleleague.org
Twin Rivers Babe Ruth	286-2884	all	13–18yrs.	www.baberuthleague.org

Basketball

Franklin Parks and Recreation	934-2118	Franklin	3yrs.–adult	www.franklinnh.org
Kelley Park, outdoor court	744-3354	Bristol	all	
Odell Park outdoor court	934-2118	Franklin	all	www.franklinnh.org
Pines Community Center outdoor court	286-8653	Northfield	all	www.pinescommunitycenter.com
Pines Community Center	286-8653	Northfield	k–grade 6	www.pinescommunitycenter.com
Sanbornton Recreation	286-2659	Sanbornton	k–grade 6	www.sanbornton-nh.gov
Sanbornton Recreation Men’s League	286-2659	Sanbornton	adult	www.sanbornton-nh.gov
St. Paul’s Church	934-5013	Franklin	grades 3–6	
TTCC Adult Basketball	744-2713	Bridgewater	adult	www.ttcrc.org
TTCC Youth Basketball	744-2713	Newfound	k–grade 6	www.ttcrc.org

Cheerleading

Franklin/Tilton Falcons	286-8415	Franklin/Tilton	7–15 yrs.	
-------------------------	----------	-----------------	-----------	--

Key: TTCC = Tappley-Thompson Community Center T/N = Tilton/Northfield

SERVICES PHONE LOCATION AGE WEBSITE

Dance

Ballroom Dance (latin & swing)	744-5848	Bristol	adults	
Creative Steps School of Dance	286-2444	Tilton	child-adult	www.csteps.com
Dance Inspirations	934-6770	Franklin	2 yrs. and up	
Line Dancing at TRIP Center	934-4151	Franklin	adults	
Line Dancing at Pines Community Center	286-8653	T/N	adults	www.pinescommunitycenter.com
Pines Community Center- lessons	286-8653	Northfield	3 yrs. and up	www.pinescommunitycenter.com
TTCC Dance Lessons	744-2713	Newfound	3 yrs. and up	www.ttcrc.org

Fitness Clubs and Classes

TRIP Center (variety of offerings)	934-4151	Franklin	55 yrs. and up	
Curves for Women	286-9292	Tilton	adults	www.curves.com
Heart Yoga Studio	744-6030	Bristol	adults	
Run of the Mill Fitness	934-3100	Franklin	14 yrs. and up	www.runofthemillfitness.com
Pines Community Center (variety of offerings)	286-8653	T/N	all	www.pinescommunitycenter.com
Lakes Region Fitness	286-8261	Tilton	adults	

Football

Franklin/Tilton Falcons		Franklin/Tilton	7-15 yrs.	falcns34@verizon.net
Franklin Parks and Recreation - Flag	934-2118	Franklin	grades 1-6	www.franklinnh.org
Newfound Football	744-0048	Newfound	grades 6-12	www.newfoundfootball.com

Golf

Den Brae Golf Course	934-9818	Sanbornton	youth-adult	www.denbrae.com
Franklin Parks and Recreation	934-2118	Franklin	6-12 yrs.	www.franklinnh.org
Lochmere Golf and Country Club	528-4653	Tilton	youth-adult	www.lochmeregolf.com
Mojalaki Golf Club	934-3033	Franklin	all	www.mojalaki.com
Sanbornton Recreation	286-2659	Sanbornton	6yrs. to adult	www.sanbornton-nh.gov

Home School Recreation

Franklin Parks and Recreation	934-2118	Franklin	k-grade 8	www.franklinnh.org
-------------------------------	----------	----------	-----------	--------------------

Key: TTCC = Tappley-Thompson Community Center T/N = Tilton/Northfield

SERVICES	PHONE	LOCATION	AGE	WEBSITE
----------	-------	----------	-----	---------

Ice Skating

Andover Rec. Open Skating	735-6254	Andover	all	
Pines Community Center at Tilton School	286-8653	T/N	k-grades 4	www.pinescommunitycenter.com
Sanbornton Recreation at Tilton School	286-2659	Sanbornton	all	www.sanbornton-nh.gov
Veteran's Memorial Ski Area	934-3607	Franklin	all	www.franklinnh.org

Martial Arts

TTCC Youth Karate Lessons	744-8353	Newfound	grades 1-8	www.tccrec.org
TTCC Adult Karate Lessons	744-8353	Newfound	adult	www.tccrec.org
White Tiger Karate	998-9012	Franklin	all	www.whitetigerkarate.net

Skiing

Andover Elementary Ski Program	735-5590	Andover	k-grade 8	
Pines Community Center	286-8653	T/N	k-grade 5	www.pinescommunitycenter.com
Sanbornton Rec. Learn to Ski	286-2659	Sanbornton	youth	www.sanbornton-nh.gov
Veterans' Memorial Ski Area	934-3607	Franklin	all	www.franklinnh.org

Soccer

Andover Recreation Youth Soccer	735-5972	Andover	grades 1-6	
Franklin Parks and Recreation	934-2118	Franklin	3 yrs.-grade 6	www.franklinnh.org
Pines Community Center	286-8653	T/N	k-grade 6	www.pinescommunitycenter.com
Sanbornton Youth Spring/Fall Leagues	286-2659	Sanbornton	pre-school and up	www.sanbornton-nh.gov
TTCC Youth Soccer League	744-2713	Newfound	k-grade 6	www.tccrec.org
TTCC Adult Indoor Soccer	744-2713	Bridgewater	18 yrs. and up	www.tccrec.org

Softball

Babe Ruth Softball	744-2713	Newfound	4-12 yrs.	
Franklin Parks and Recreation	934-2118	Franklin	18 yrs. and up	
Lassie League	934-5935	Franklin	5-14yrs.	
Men's League	455-1228	Franklin	18 yrs. and up	
TTCC Coed Adult Softball	744-2713	Newfound	18 yrs. and up	www.tccrec.org
Winnisquam Softball	570-0745	Winnisquam	k-grade 6	

Key: TTCC = Tappley-Thompson Community Center T/N = Tilton/Northfield

SERVICES PHONE LOCATION AGE WEBSITE

Swimming

Avery-Crouse Beach	744-3354	Bristol	all	
Cummings Beach	744-3354	Bristol	all	
Franklin Parks and Rec. Lessons	934-2118	Franklin	6 yrs. and up	www.franklinnh.org
Griffin Beach	934-2118	Franklin	all	www.franklinnh.org
Hermit Beach	286-2659	Sanbornton	all	www.sanbornton-nh.gov
Lagace Beach	934-2118	Franklin	all	www.franklinnh.org
Pines Community Center Lessons	286-8653	Northfield	3 yrs. and up	www.pinescommunitycenter.com
Sanbornton Recreation Lessons	286-2659	Sanbornton	3 yrs. and up	www.sanbornton-nh.gov
Sandogardy Pond	286-8653	Northfield	all	
TTCC Swim Lessons	744-2713	Newfound	3 yrs. and up	www.ttcrc.org
Wellington State Beach	744-2197	Alexandria	all	
Winnisquam Beach	286-2659	Sanbornton	all	www.sanbornton-nh.gov

Summer Playground Program

Franklin Parks and Recreation Department	934-2118	Franklin	6–12 yrs.	www.franklinnh.org
Pines Community Center	286-8653	T-N	k-grade 5	www.pinescommunitycenter.com
Sanbornton Summer Day Camp Program	286-2659	Sanbornton	5–12 yrs.	www.sanbornton-nh.gov
TTCC	744-2713	Newfound	grades 1–8	www.ttcrc.org

Tennis

Kelley Park	744-3354	Newfound	all	
Odell Park	934-2118	Franklin	all	www.franklinnh.org

Toddler Play Time

Franklin Parks and Recreation	934-2118	Franklin	1–5 yrs.	www.franklinnh.org
Sanbornton Recreation	286-2659	Sanbornton	1–5 yrs.	www.sanbornton-nh.gov

Volleyball

Adult Coed Volleyball	286-2659	Sanbornton	adult	www.sanbornton-nh.gov
Swing Big Volleyball Camp	286-8653	T/N	grades 7–12	www.pinescommunitycenter.com
TTCC	744-2713	Newfound	adults	www.ttcrc.org

Key: TTCC = Tappley-Thompson Community Center T/N = Tilton/Northfield

Do you want to be more physically active but don't know where to start



Walking is an easy and free way to get in shape and stay active. There are lots of opportunities in our local community to make walking part of your daily routine. Start by getting a copy of our ***Make the Move! Walking Guide for the Three Rivers Area***. This walking guide features trails and sidewalk routes located within our local area. It includes the length of each walk, difficulty level, and maps to illustrate how to get there. Call 934-2060, extension 8369, to receive your free copy!

Looking to “Make the Move” towards a healthier lifestyle



LRGHealthcare's Community Education programs help to keep you and your family “healthwise.” Look to our ***Community Education Guide*** for informational programs on a variety of health topics including Making Healthy Lifestyle Choices, Nutrition, Walking and other physical activity programs, Smoking Cessation, and much more! “Make the Move,” and call the Community Education department at 934-2060, extension 8369, or 527-2997 today!

Make the Move

for the Three Rivers Area

This Physical Activity Guide is sponsored by the Healthy Heart for Life Project of the Caring Community Network of the Twin Rivers (CCNTR). Partners include:

- LRGHealthcare
- Franklin Parks and Recreation
- Pines Community Center
- VNA of Franklin
- Health First Family Care Center
- Franklin Savings Bank
- Mix 94.1 FM