

HEALTH BENEFITS OF PHYSICAL ACTIVITY

5 TIPS TO HELP YOU STAY MOTIVATED TO EXERCISE

- 1 Find ways to fit exercise into your day.**
You are more likely to get moving if exercise is a convenient part of your day.
- 2 Do activities you enjoy to make it more fun.**
Be creative and try something new!
- 3 Make it social.**
Find a virtual "exercise buddy" to help keep you going and provide emotional support.
- 4 If there's a break in your routine, get back on track.**
Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.
- 5 Keep track of your progress.**
Make an exercise plan and don't forget to reward yourself when you reach your goals.

EXPLORING OAK CREEK PARKS & TRAILS MAP



ABOUT THE MAP

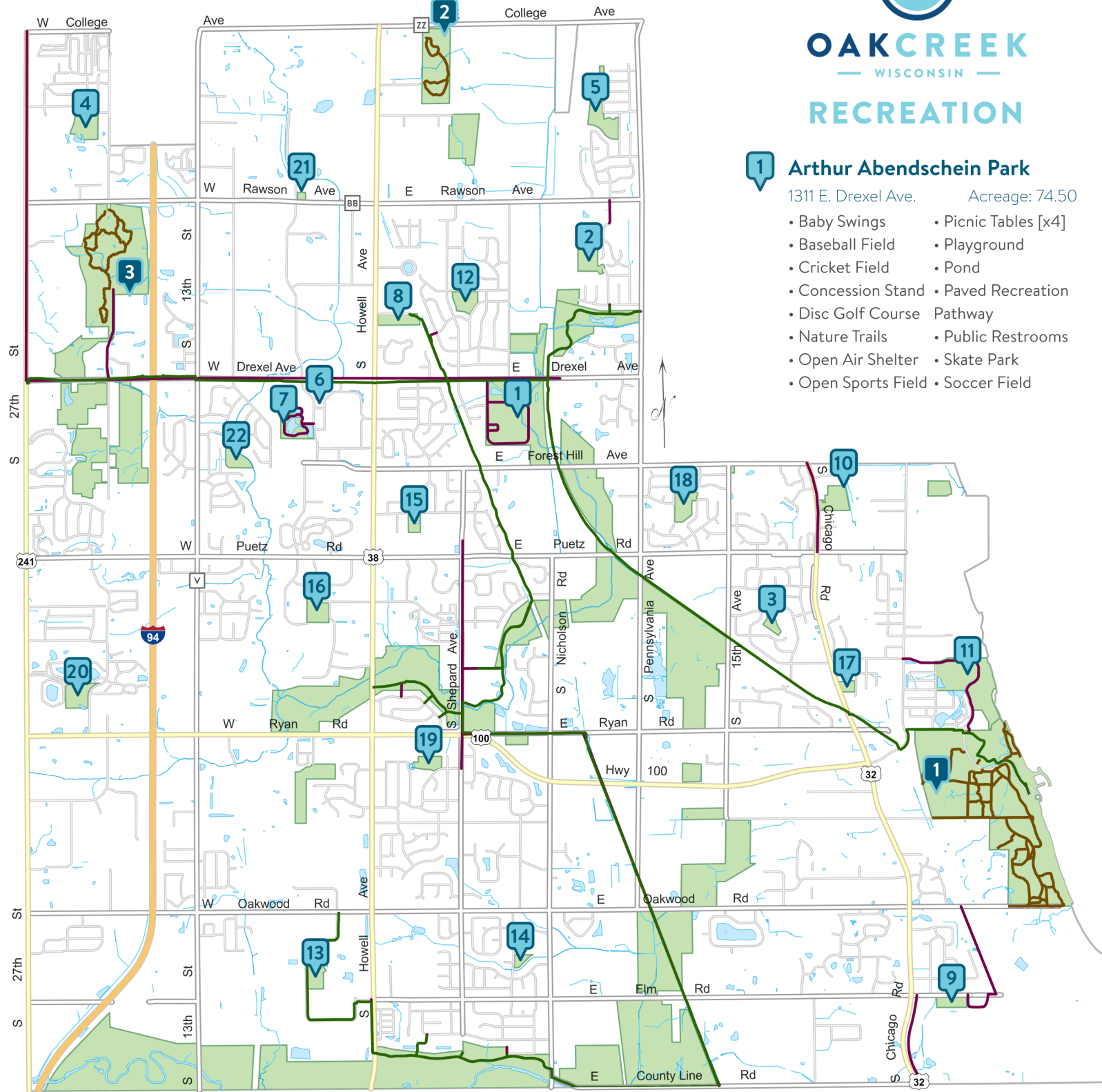
Oak Creek is a growing city with extensive parks and trails available to all who live, work, and play in the community. The Oak Creek Health Department, with the help of the City's GIS Administrator, has created this map to spread awareness of the different parks, trails, and amenities available to the community and to encourage physical activity.

Let's get out and explore Oak Creek!





OAKCREEK — WISCONSIN — RECREATION



- 1 Arthur Abendschein Park**
1311 E. Drexel Ave. Acreage: 74.50
- Baby Swings • Picnic Tables [x4]
 - Baseball Field • Playground
 - Cricket Field • Pond
 - Concession Stand • Paved Recreation
 - Disc Golf Course Pathway
 - Nature Trails • Public Restrooms
 - Open Air Shelter • Skate Park
 - Open Sports Field • Soccer Field

- 2 Camelot Park**
7385 S. Chapel Dr. Acreage: 10.43
- Baby Swings • Playground
 - Basketball Court • Paved Recreation
 - Open Air Shelter Pathway [0.40 mi]
 - Picnic Tables [x2] • Softball Field

- 3 Carrollton School Park**
8965 S. Carrollton Dr. Acreage: 4.40
- Basketball Court • Softball Field
 - Playground • Tennis Courts [x2]
 - Paved Recreation Pathway [0.53 mi]

- 4 Cedar Hills/Johnstone Park**
2225 W. Sycamore Ave. Acreage: 17.67
- Baby Swings • Paved Recreation
 - Basketball Court Pathway [0.44 mi]
 - Open Air Shelter • Sand Volleyball
 - Picnic Tables [x2] Court
 - Playgrounds [x2] • Softball Fields [x2]

- 5 Chapel Hills Park**
6735 S. Highfield Dr. Acreage: 17.10
- Baby Swings • Playground
 - Basketball Court • Sand Volleyball
 - Ice Rink Court
 - Open Air Shelter • Sledding Hill
 - Paved Recreation • Softball Field
 - Pathway [0.62 mi] • Tennis Courts [x2]
 - Picnic Tables [x2]

- 6 Drexel Town Square**
361 W. Town Square Way Acreage: 1.00
- Public Restroom • Splash Pad

- 7 Emerald Preserve**
Dale Richards Trail
8031 S. 6th St. Acreage: 18.00
- Nature Trails • Paved Recreation
 - Pond Pathway [0.70 mi]

- 8 Greenlawn Park**
7628 S. Howell Ave. Acreage: 9.80

- 9 Haas Park**
4215 E. Elm Rd. Acreage: 7.50
- Baby Swings • Picnic Tables [x2]
 - Basketball court • Sand Volleyball
 - Ice rink Court
 - Open Air Shelter • Softball Field
 - Playground

- 10 Kicker's Creek Park**
8460 S. Chicago Rd. Acreage: 10.70
- Open Air Shelter • Picnic Tables [x2]
 - Open Sports Field

- 11 Lake Vista Park**
4159 Lake Vista Pkwy. Acreage: 37.00
- Nature Trails • Pavilion
 - Open Air Shelter • Playground
 - Open Sports Field • Public Restrooms

- 12 Manor Marquette Park**
801 E. Marquette Ave. Acreage: 9.20
- Baby Swings • Pickleball Courts
 - Basketball Court [x2]
 - Nature Trails • Picnic Tables [x2]
 - Open Air Shelter • Playground
 - Paved Recreation • Sledding Hill
 - Pathway [0.41 mi] • Softball Field
 - Tennis Court

- 13 Mardeand Park**
10550 S. Oakview Pkwy. Acreage: 8.00

- 14 Meadowview School Park**
10420 S. McGraw Dr. Acreage: 16.80
- Basketball Court • Sand Volleyball
 - Paved Recreation Court
 - Pathway [0.45 mi] • Softball Field
 - Playground • Tennis Courts [x2]

- 15 Miller Park**
315 E. Groveland Dr. Acreage: 4.80
- Fishing • Paved Recreation
 - Ice rink Pathway
 - Pavilion • Pond

- 16 Oak Leaf Park**
401 W. Centennial Dr. Acreage: 10.80
- Baby Swings • Open Air Shelter
 - Basketball Court • Sand Volleyball
 - Paved Recreation Court
 - Pathway [0.50 mi] • Softball Field
 - Picnic Tables [x2] • Tennis Courts [x2]
 - Playground

- 17 Otjen Park**
9330 S. Chicago Rd. Acreage: 3.30
- Baby Swings • Playground
 - Basketball Court • Open Air Shelter
 - Picnic Tables [x2]

- 18 Riverton Meadows Park**
2801 E. Honeysuckle Dr. Acreage: 12.00
- Baby Swings • Open Air Shelter
 - Basketball Court • Sand Volleyball
 - Paved Recreation Court
 - Pathway [0.58 mi] • Sledding Hill
 - Picnic Tables [x2] • Softball Field
 - Playground • Tennis Court

- 19 Shepard Hills School Park**
530 E. Shepard Hills Dr. Acreage: 11.60
- Basketball Court • Softball Fields [x2]
 - Playground

- 20 South Hills Park**
9299 S. 22nd St. Acreage: 11.90
- Baby Swings • Playground
 - Basketball Court • Sand Volleyball
 - Open Air Shelter Court
 - Paved recreation • Sledding Hill
 - pathway [0.30 mi] • Softball Field
 - Picnic Tables [x2] • Tennis Courts [x2]

- 21 Veterans Memorial Park**
522 W. Rawson Ave. Acreage: 1.30

- 22 Willow Heights Park**
1111 W. Weatherly Dr. Acreage: 7.62
- Baby Swings • Picnic Tables [x2]
 - Basketball Court • Playground
 - Paved Recreation • Open Air Shelter
 - Pathway [0.41 mi] • Sledding Hill
 - Pickleball Courts • Softball Field
 - [x2] • Tennis Court



- 1 Bender Park**
4503 E. Ryan Rd. Acreage: 303.5

- 2 Cudahy Nature Preserve**
Forked Aster Hiking Trail System
501 E. College Ave. Acreage: 42.2
- North Trail [0.4 mi]
 - South Trail [0.6 mi]

- 3 Falk Park**
2013 W. Rawson Ave. Acreage: 222.9

— Bike Paths
 — Forked Aster Hiking Trail System
 — Oak Leaf Trail System

For More Information:
Visit ocwi.org/Parks
or contact the Leisure Services office at
(414) 766-7920