

Get Moving in Oceana County

Fitness Facilities

American Fitness Center (AFC)	AFC is dedicated to providing you quality, convenient and affordable fitness opportunities. Our 24 hour access solution assures that you can fit your workouts into your busy schedule.	(231) 873-7170	109 E. Main St. Hart, MI 49420 afcmichigan.com
Lakeside Comprehensive Rehab	Offers massage therapy, wellness and fitness in water and on land.	(231) 873-3577	601 E. Main St. Hart, MI 49420 http://lakesiderehab.com/

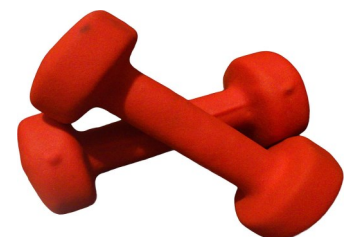
Free or Low-Cost Fitness Programs

Council on Aging	Variety of fitness activities	(231) 873-4461	231 E. Main St. Hart, MI 49420
------------------	-------------------------------	----------------	-----------------------------------

Places to Walk

Doolittle County Park	Hiking Trails		N 112th Ave Hart, MI 49420
Gales Pond County Park	Hiking Trails		E. Filmore Rd Hart, MI 49420
Hart High School	Outdoor Track	(231) 873-5691	300 Johnson St W Hart, MI 49420
Hart-Montague Rail Trail	Mainly used for biking. Walking may be done, however, as it is marked and paved.		Trail heads at John Gurney Park, and Polk Road in Oceana Co.
Mears – Old Baldy Interpretive Trail	Hiking Trail	(800) 447-2757	400 West Lowell Street Pentwater, MI 49449
Pentwater Plains	7.2 miles of hiking and skiing trails		Find directions: http://www.getoffthecouch.info/oceana/pentpath.htm
Pines Point	12 miles of the White Rive Trail. Located within the Manistee-National Forest.		Located at the South end of 168th Ave. Hesperia
Shelby High School	After school hours walking halls and track	(231) 861-4452	641 N State St Shelby, MI 49455

Spend at least 30 minutes a day, 5 days a week in physical activity. If you don't have thirty minutes, try 10-minutes at a time, 3 times per day!



*Be sure to get clearance from your health care provider before beginning regular planned physical activity.

Provided by: