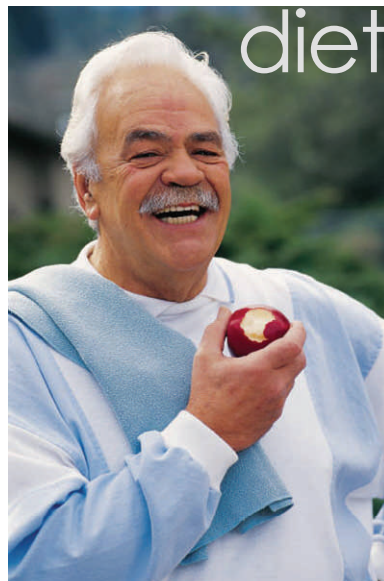
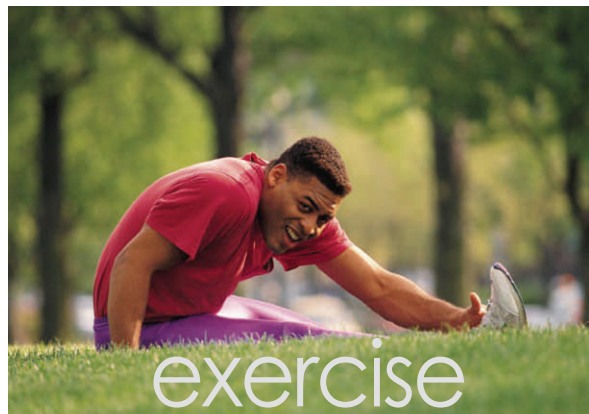


Center Township

Weight Management Resources Guide



Community Resource Guide

The following resource guide will assist you in locating facilities near you that offer weight loss programs as well as other resources to increase your physical activity and help you lose weight.

Contents

- Tips for increasing physical activity
- Information on local contacts, internet and telephone resources
- Tips on making healthy food choices
- Township maps which feature:
 - IUMG clinic locations
 - sites with formal weight loss programs
 - other community resources for physical activity
 - community parks and trails
 - addresses and contact information for each resource



Acknowledgements

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Shawn Hoch, MS GIS Program; Gilbert C. Liu, M.D., M.S.
Jason Dority, BS; Emily A. Anderson, MA, CCRP
Department of Health and Human Services grants # 1 K08 DK064866-01 and #1 R21
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Why use a community resource to increase your physical activity and lose weight?

Becoming more physically active is recommended by many experts

The Centers for Disease Control and Prevention
The U.S. Surgeon General
The U.S. Preventative Service Task Force
American Heart Association
American Diabetes Association
Numerous other expert organizations

Physical activity lowers your risk for major health problems, including...

Diabetes	Osteoporosis
Heart disease	Stroke
Falls and injuries	Depression
Obesity	Colon cancer
High blood pressure	Premature death

PREVENTING TYPE 2 DIABETES



If you have Pre-Diabetes, losing just 5 to 7% of your body weight (about 10 to 15 pounds for a 200-pound person) can cut your risk for getting diabetes by 60%

Getting Started

Becoming more active is very safe for most people

Even small increases in physical activity will improve your health if you are not currently active. It is important to **start slowly** and check with a doctor before you get started.

If you are inactive or have a chronic medical problem, try starting with 5 minutes a day doing something you like to do, then gradually increase your activity level.

If you think that there might be any reason that you should not exercise, and you have not discussed this issue with your doctor, you should first talk with your doctor before you start any new activities.

Choose a variety of activities from 3 major areas

Endurance Activities

“Continuous” activities like walking, jogging, bicycling, swimming, dancing, and aerobics

Flexibility Activities

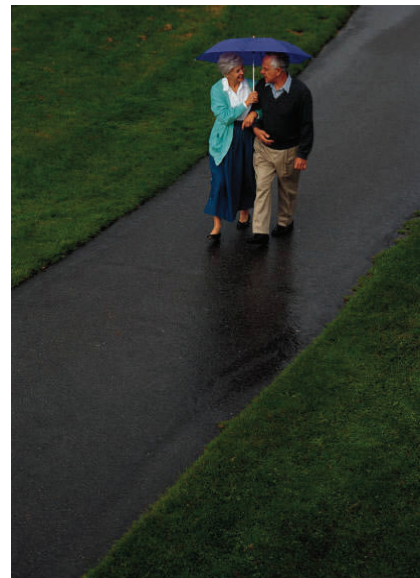
Gentle reaching, bending, and stretching

Strength and Balance Activities

Resistance exercises and lifting weights

Getting started is easier than you think

- Build physical activity into your **daily routine**
- Pick activities that you like the most
- Do the activities you are doing now, more often
- Set a goal you can reach and stick to it
- **Start slowly** with easy stretching
- Walk wherever and whenever you can
- Take the stairs instead of the elevator
- Try new activities with a **partner or a group**



Local Contacts

Contact these community resources for additional help

- Talk to local **recreation departments** to see what programs they offer adults
- Ask your local **health department** about resources near your home or work
- Ask about safe **walking paths** and mall-walking programs in your community
- If you are 65 or older, check out the **senior centers** in your neighborhood
- Ask the local **fitness clubs** if they have programs at a reduced cost

Internet Resources

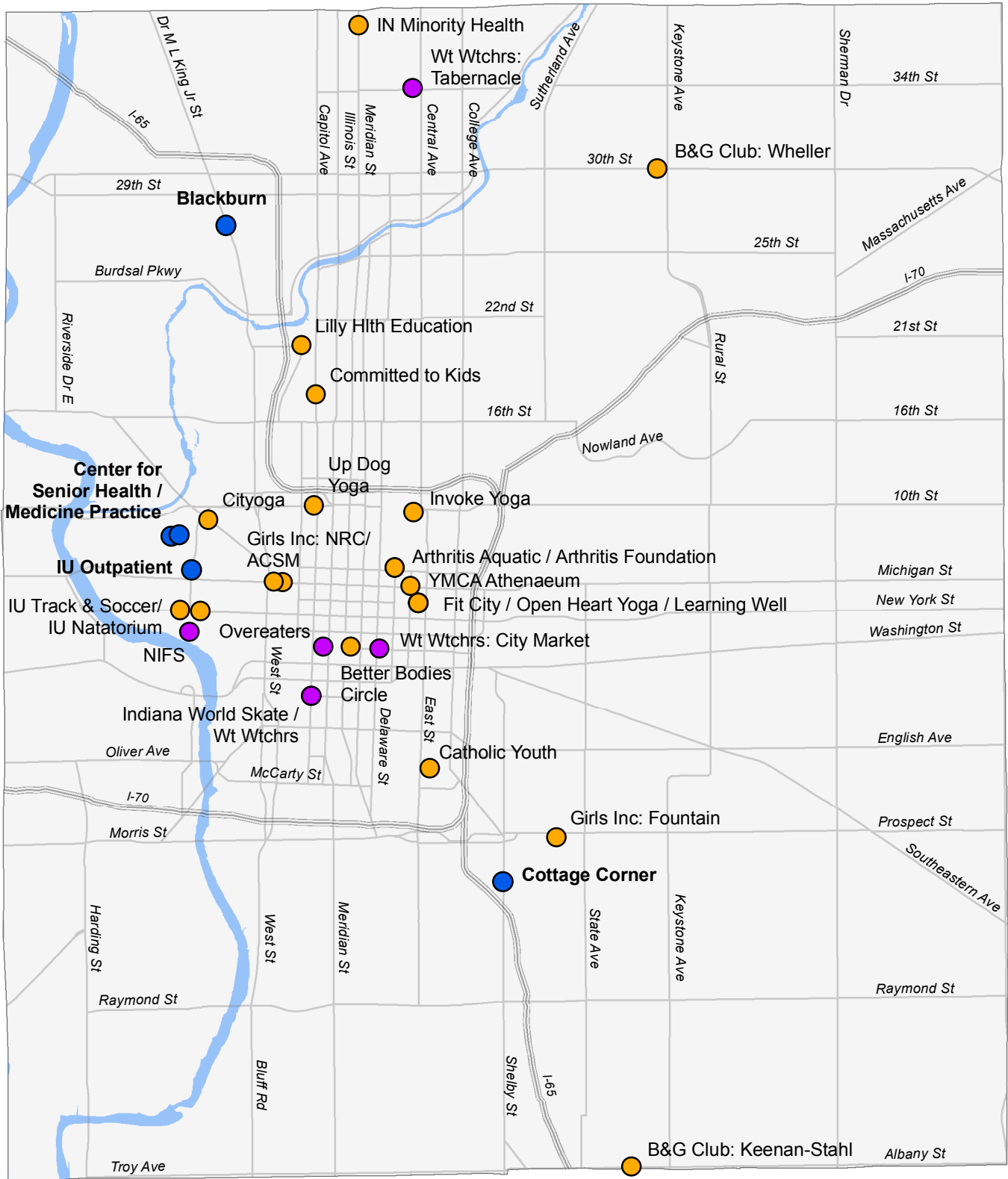
Check out these internet resources for additional information






- **FitCity** - <http://www.fitcityindy.org>
FitCity is a collaboration between The Health Foundation of Greater Indianapolis, United Way of Central Indiana, Information and Referral Network, and more than 100 programs across Central Indiana. The mission of FitCity is to educate residents in this region about obesity and prompt them to move more and eat less.
- **INShape Indiana** - <http://www.in.gov/inshape>
Search INShape Indiana for a comprehensive list of high quality physical activity and nutritional resources throughout the state of Indiana.
- **Healthier US** - <http://www.healthierus.gov/>
This resource provides useful information regarding physical activity and nutrition. It is provided by the U.S. Department of Health and Human Services.
- **NDEP** - <http://ndep.nih.gov/>
The National Diabetes Education Program is a federally funded program sponsored by the NIH, CDC and over 200 partners at the federal, state and local levels working together to educate the public about diabetes. Check out the NDEP's free publications available by mail or downloadable to your computer.

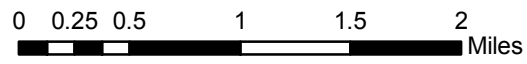
2-1-1 Resource

- Sponsored by the United Way, **2-1-1** is a 24-hour available number that connects callers to information about health and human services available in your community.
- Contact **2-1-1** for more information about physical activity resources and nutritional information to help you succeed in losing weight and preventing diabetes.

Center Township Resources



Physical Activity and Nutrition Resources	
	IUMG Practice Locations
	Sites with formal weight loss programs
	Other resource sites
	Streets
	Interstates



Center Township Community Resources

IUMG Practice Locations

Blackburn

2700 Dr. Martin Luther King Drive
Indianapolis, IN 46208
317-931-4300

Cottage Corner

1434 S. Shelby St.
Indianapolis, IN 46203
317-655-3200

IU Outpatient

550 N. University Blvd
Indianapolis, IN 46202
317-274-2167

Center for Senior Health

1050 Wishard Blvd. RH 4th floor
Indianapolis, IN 46202
317-630-8000

Medicine Practice

1002 Wishard Blvd. PCC 4th flood
Indianapolis, IN 46202
317-692-2323

Sites with Formal Weight Loss Programs

NIFS

National Institute for Fitness and Sport
250 University Blvd.
Indianapolis, IN 46202
317-274-3432

Description:

Offers a variety of flexible solutions to help you lose weight and keep it off.

Overeaters

Overeaters Anonymous
133 W. Market St.
Indianapolis, IN 46204
317-870-9171

Description:

Offers a variety of flexible solutions to help you lose weight and keep it off.

Wt. Wtchrs: City Market

Weight Watchers: City Market
222 E Market Street
Indianapolis, IN 46204
1-800-651-6000

Description:

Offers a variety of flexible solutions to help you lose weight and keep it off.

Wt. Wtchrs: Indy World

Weight Watchers: Indy World Skating Ass.
201 S. Capitol Suite 1
Indianapolis, IN 46225
1-800-651-6000

Description:

Offers a variety of flexible solutions to help you lose weight and keep it off.

Wt. Wtchrs: Tabernacle

Weight Watchers: Tabernacle Presbyterian
418 E. 34th St.
Indianapolis, IN 46205
1-800-651-6000

Description:

Offers a variety of flexible solutions to help you lose weight and keep it off.

Center Township Community Resources

Other Community Resources

ACSM

American College of Sports Medicine
401 W Michigan St
Indianapolis, IN 46202
317-637-9200

Description:

Largest most respected sports medicine and exercise science organization in the world.

Arthritis Aquatic

Arthritis Foundation Aquatic Program
615 N. Alabama Suite 430
Indianapolis, IN 46204
317-879-0321 ext. 206

Description:

A water exercise program designed for people with arthritis and related conditions.

Arthritis Foundation

615 N. Alabama Suite 430
Indianapolis, IN 46204
317-879-0321 ext. 206

Description:

Offers different programs for individuals who suffer from arthritis.

Better Bodies on the Circle

111 Monument Circle, Suite 152
Indianapolis, In 46204
317-829-5005

Description:

From general fitness center memberships and group fitness classes to multiple personal training sessions and corporate wellness programs.

B&G Club: Keenan-Stahl

Boys & Girls Club: Keenan-Stahl Southside
1949 E Troy Ave.
Indianapolis, IN 46203
317-784-4561

Description:

Promotes and enhances the development of boys and girls by instilling a sense of competence, usefulness, belonging and influence.

B&G Club: Wheller

Boys and Girls Club: Wheller
2310 E 30th St
Indianapolis, IN 46218
317-926-4222

Description:

Promotes and enhances the development of boys and girls by instilling a sense of competence, usefulness, belonging and influence.

Catholic Youth

The Catholic Youth Organization
580 E. Stevens St
Indianapolis, IN 46203
317-632-9311

Description:

Provides opportunities for youth to develop physical fitness, self-discipline and mental alertness.

City Yoga

City Yoga Center for Yoga and Health
936 Indiana Avenue
Indianapolis, IN 46202
317-423-1730

Description:

Teaches the latest techniques in yoga, and other relaxation and stress reduction skills.

Center Township Community Resources

Committed to Kids

1800 N Capitol - Noyes Pavilion
Indianapolis, IN 46202
317-962-9017

Description:

Delivers a first rate program to fight childhood obesity.

Fit City

429 E Vermont St. Suite 300
Indianapolis, IN 46202
317-536-1216

Description:

Goal is to educate residents in this region about obesity and prompt them to move more and eat less

Girls Inc. Fountain

Girls Incorporated: Fountain Square
1125 Spruce St.
Indianapolis, In 46203
317-637-2023

Description:

A national non-profit youth organization dedicated to inspiring all girls to be strong, smart and bold

Girls Inc. NRC

Girls Inc. National Resource Center
441 W Michigan St.
Indianapolis, IN 46202
317-634-7546

Description:

A national non-profit youth organization dedicated to inspiring all girls to be strong, smart and bold

Indiana Minority Health

Indiana Minority Health Coalition
3737 N. Meridian St. Suite 303
Indianapolis, IN 46208
317-926-4011

Description:

Enhances the quality of life through education advocacy and quality health care services for racial/ethnic minorities

Indiana World Skate

Indiana World Skating Academy
201 S Capitol Ave.
Indianapolis, IN 46225
317-237-5555

Description:

Offers ice skating and ice skate rental year round

Invoke Yoga

Invoke Yoga & Pilates
970 Fort Wayne Ave. Suite C
Indianapolis, IN 46202
317-631-9642

Description:

Teaches the latest techniques in yoga, pilates and other relaxation and stress reduction skills

IU Natatorium

901 West New York St.
Indianapolis, IN 46202
317-274-3363

Description:

Swimming pools available for all levels of experience as well as swim lessons

IU Track & Soccer

IU Michael Carroll Track & Soccer Stadium
1001 W New York St
Indianapolis, IN 46202
317-274-9749

Description:

Offers access to track for fitness activities, walking and jogging for membership prices

Center Township Community Resources

Learning Well

429 E. Vermont St. Suite 300
Indianapolis, IN 46202
317-472-1473

Description:

Mission is to improve the health, well-being and school performance of student in Marion County.

Lilly Hlth. Education

Ruth Lilly Health Education Center
2055 N. Senate Avenue
Indianapolis, IN 46202
317-924-0904

Description:

Provides information on general health, nutrition and fitness programs.

Open Heart Yoga

Open Heart, Quiet Mind Yoga
429 E. Vermont St. Suite 002
Indianapolis, IN 46202
317-840-8393

Description:

Teaches the latest techniques in yoga and other relaxation and stress reduction skills

Up Dog Yoga

Up Dog Yoga and Wellness
212 W 10th St. C475
Indianapolis, IN 46202
317-917-0430

Description:

Teaches the latest techniques in yoga and other relaxation and stress reduction skills

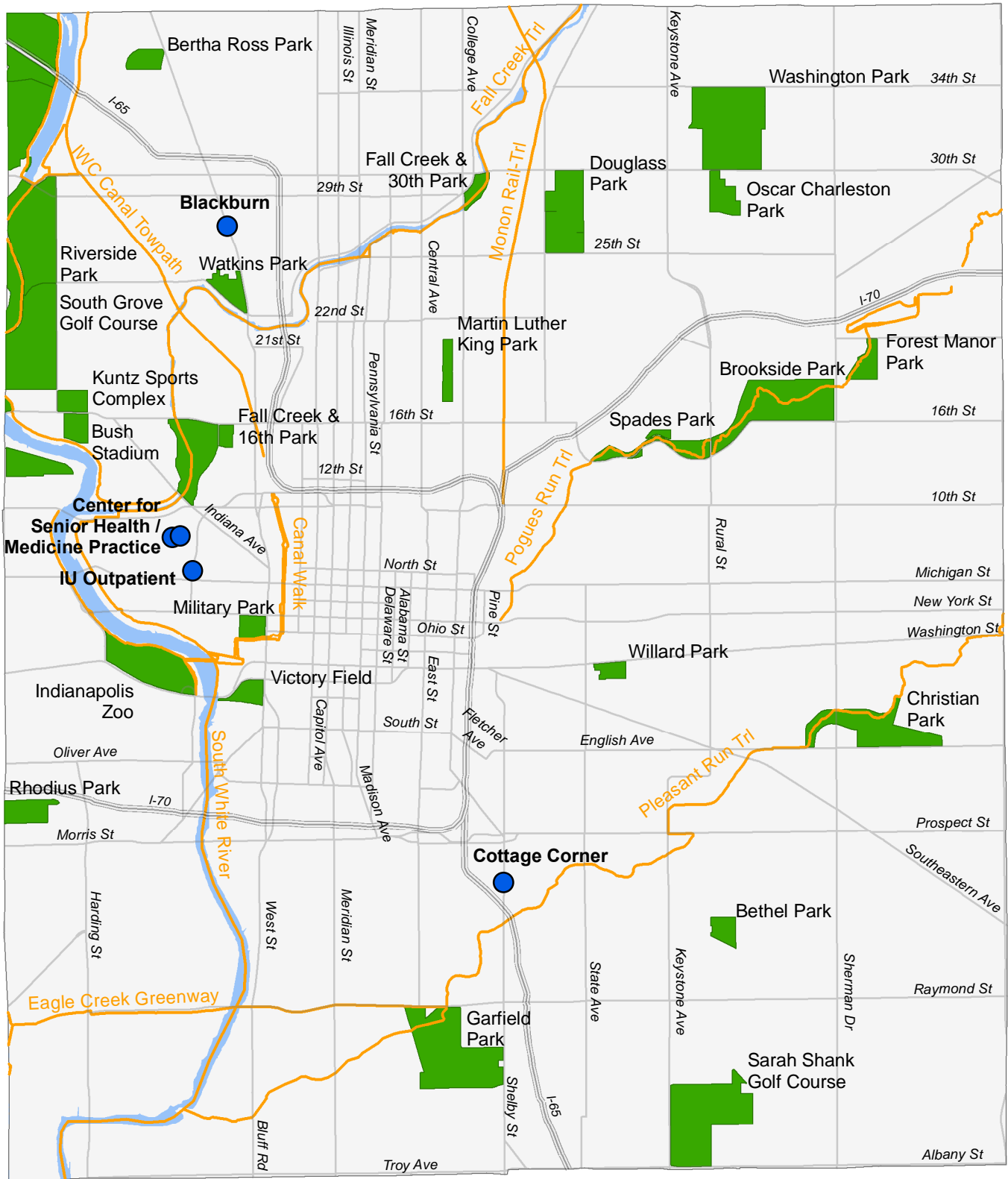
YMCA Athenaeum






401 E. Michigan St
Indianapolis, IN 46204
317-685-9705

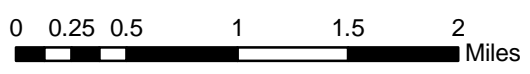
Description:

At the YMCA, we understand that wellness is more than just a healthy body - it's also a healthy spirit & mind. From nutrition consultations to book clubs, we have everything for a healthy spirit, mind and body.

Center Township Parks & Trails



Physical Activity and Nutrition Resources	
	IUMG Practice Locations
	Trails
	Parks
	Streets
	Interstates



04/03/2009

Indiana University School of Medicine
Diabetes Translation Research Center

Center Township Community Resources

Parks

Riverside Park

2420 E. Riverside Dr.
Indianapolis, IN 46208
317-327-7171

Description:

Located 5 miles from the downtown area, the park features a family center, sports fields and seasonal aquatic center.

Washington Park

3130 E. 30th St.
Indianapolis, IN 46218
317-327-7473

Description:

128-acre park with nature walking trails, disc-golf course and the Sarge Johnson Boxing Center

Garfield Park

2345 Pagoda Dr.
Indianapolis, IN 46203
317-327-7220

Description:

Park offers a variety activities for all ages and features the sunken gardens, family center, gym, sports fields, and seasonal aquatic center.

Douglass Park

1616 E. 25th St.
Indianapolis, IN 46218
317-327-7174

Description:

43-acre park with many sports fields, paved fitness trail, and game room.

Fall Creek & 16th Park

Fall Creek Pkwy & 16th St.
Indianapolis, IN 46202
317-327-7806

Description:

67-acre park located in the mist of Indiana's medical institutions.

Brookside Park

3500 Brookside Pkwy S. Dr.
Indianapolis, IN 46201
317-327-7179

Description:

Located just 5 minutes from downtown, the park features a 20,000 square foot family center as well as disc-golf, aquatic center, and sports fields.

Christian Park

4200 English Ave.
Indianapolis, IN 46201
317-327-7163

Description:

Park offers walking trails, many sports fields and many free programs for youth and adults.

Rhodus Park

1720 West Wilkins St.
Indianapolis, IN 46221
317-327-7191

Description:

Family center includes a fitness center and dance studio. Park also hosts many sports leagues.

Center Township Community Resources

Trails

Eagle Creek Greenway

Description:

Trail stretches from Eagle Creek Park to the wide floodway of the White River and links parks, schools and neighborhoods

Monon Rail-Trail

Description:

The Monon trail measures 10.4 miles from 10th st. 96th st., where it connects with the 5.2 mile Monon Greenway in Carmel. The two-way trail allows people to walk, jog, or bicycle.

Fall Creek Trail

Description:

Trails runs 6.9 miles from Skiles Test Nature Center to the Monon Trail. Trail features winding roads, wide forested corridors and parallels the waterway.

IWC Canal Towpath

Description:

Trail runs 5.23 miles from the Monon trail in Broad Ripple to 30th st. following the historic 1836 canal towpath.

Canal Walk

801 W. Washington St.
Indianapolis, IN 46204
317-233-2434

Description:

Canal walk features a mix of old and new architecture, attractions and monuments which offer a waterside promenade for walking, jogging, biking or skating

Pleasant Run Trail

Description:

6.9-mile paved trail that meanders along Pleasant Run Creek for walking, jogging, skating or biking.

Pogues Run Trail

Description:

2.3-mile trail stretches from S. Rural st. to Brookside Park allowing for walking, jogging, biking or cross-country skiing.

South White River Trail

Description:

Longest "greenway" in Marion county that runs along the White River from the counties' northeast corner to the southwest.

Finding a Weight Loss Program That Works For You

Before you begin a weight loss program, see your primary health provider for advice about your overall health risks and the weight loss options best for you. Health experts agree that the best and safest way for most adults to lose weight and improve their health is to modestly cut calories, eat a balanced diet and be physically active each day. The following are some questions to ask when evaluating a weight loss program.

Questions to Ask

What's involved in following the program?

Ask for details about what foods and how many calories you'll eat each day, and whether the program includes regular physical activity. A weight loss program that claims you can lose weight and keep it off without changing the foods you eat or increasing your physical activity is selling a fantasy.

A sensible program encourages you to follow advice from the Dietary Guidelines for Americans, such as eating at least five daily servings of fruits and vegetables, and choosing grains, lean meats and low-fat or fat-free dairy products.

People usually do best when they reduce their usual calorie intake or increase the calories they use by about 500-1000 calories per day.

What are the staff qualifications?

If a program includes assistance from staff members, ask about their training, experience and credentials. Find out what type of attention you'll receive (for example, individual counseling or group support) and how often.

What are all the costs of this program?

Ask for an itemized price list that includes:

- membership fees
- fee for weekly visits
- diagnostic tests
- food meal replacements
- dietary supplements
- other products in the program

How successful are other people who follow this program?

Ask whether the program can provide studies that document its success. If so, ask what percentage of all customers have completed the program, how much weight they lost, and how successfully they've kept the weight off over a one-year period or longer.

What are the risks of using the product or services?

Some methods for losing weight are riskier than others.

- Diets that require drastic food restriction should be under the supervision of a physician.
- Check with your primary health care provider before you take prescription or over-the-counter weight loss drugs or other products that are part of the weight loss program.
- Steer clear of harmful "self help" weight loss tactics, such as smoking, fasting, purging, or abusing laxatives.



Adapted from "Weight Loss: Finding a Weight Loss Program that Works for You", Partnership for Healthy Weight Management, Federal Trade Commission

Checklist for Evaluating Weight Loss Programs

Use this checklist to gather and compare information from all weight loss programs you are considering. If you need help to evaluate the information you gather, talk with your primary health care provider or a registered dietitian.

1. My daily caloric intake will be: _____ My daily caloric intake is determined by: _____
2. My progress is supervised by (check all that apply):
 - Physician Nurse Registered Dietitian Company-trained employee
 - Licensed Psychologist
3. My progress will be monitored:
 - Weekly Biweekly Monthly Other: _____
4. My weight loss plan includes (check all that apply):
 - Nutrition information about healthy eating suggested menus and recipes
 - At least 1200 calories/day for women or 1400 calories/day for men Portion control
 - Prepackaged meals Prescription weight loss drugs Surgery
 - Liquid meal replacements Keeping food diaries or other monitoring activities
 - Dietary supplements Help with weight maintenance and lifestyle changes
 - Family counseling Lifestyle modification advice Group support
5. My plan includes regular physical activity that is (check all that apply):
 - Supervised (at the program site) _____ times per week, _____ minutes per session
 - Unsupervised (on my own time) _____ times per week, _____ minutes per session
6. The physical activity includes (check all that apply):
 - Walking Strength training Swimming Aerobic dancing
 - Stationary cycling Other _____
7. The staff explained the risks associated with this weight loss program. They are:

8. The staff explained the costs of this program (check all that apply and fill in the blanks).
 - I will be charged a one-time entry fee of \$ _____.
 - I will be charged a \$ _____ per visit.
 - Food replacements will cost about \$ _____ per month.
 - Prescription weight loss drugs will cost about \$ _____ per month.
 - Vitamins and other dietary supplements will cost about \$ _____ per month.
 - Diagnostic tests are required and will cost about \$ _____.
 - Other costs include _____ at \$ _____.

Total cost for this program \$ _____.
9. Other information to ask for:
 - Participants in this program have lost an average of _____ lbs. over _____ months/years.
 - Participants have kept off _____ % of their weight loss for _____ year(s).
10. This information is based on the following (check one):
 - All participants Participants who completed the program Other _____



Adapted from "Weight Loss: Finding a Weight Loss Program that Works for You", Partnership for Healthy Weight Management, Federal Trade Commission

Marion County Townships

