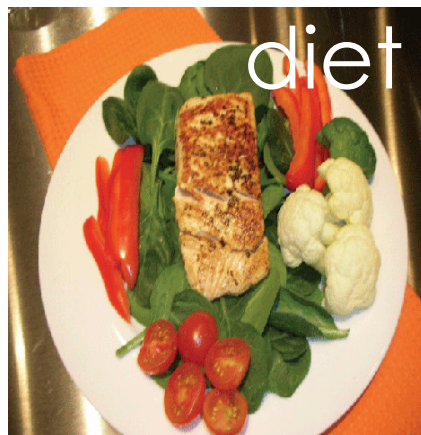


Washington Township

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
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DK075577-01

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

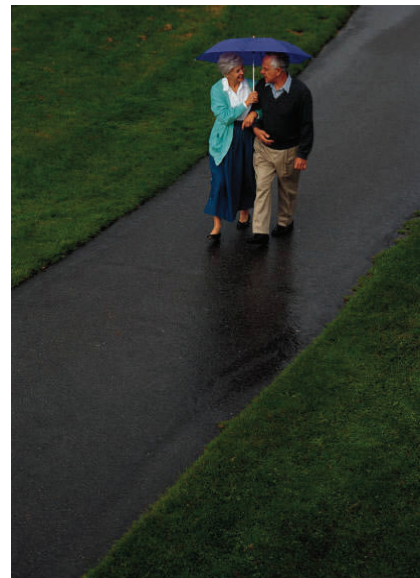
Gentle reaching, bending, and stretching

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.

Making Healthy Food Choices

A healthy diet focused on reducing fat and calorie intake is a key component to losing weight and preventing diabetes. Here are some nutritional tips that may help to prevent diabetes.

- **Eat a variety of fruits and vegetables**

Fruits and vegetables deliver vitamins, minerals and fiber that your body needs to stay healthy. Buy a new fruit or vegetable during each shopping trip and try eating at least one serving during each meal.

- **Eat plenty of fiber**

Fiber plays an important role in a well-balanced diet. Whole grains, fruits and vegetables are an excellent source of fiber and are generally low in calories and fat. Experts recommend consuming 20 to 35 grams of fiber per day.

- **Lean meats and fish**

The leanest cuts of meat end in “loin” such as pork loin or sirloin. Remove the skin and fat from poultry for the healthiest option. Try eating fish 2-3 times per week.

- **Watch portion sizes and don't skip meals.**

Eating too much of even healthy foods can lead to weight gain. Try eating three well balanced meals a day and avoid skipping meals, which leads to overeating later on.



Reading Food Labels

Reading food labels is an important step in losing weight and maintaining a healthy, balanced diet. Be sure you pay close attention to the serving size. For example, if you eat double the serving size you would need to double the amounts listed in the nutrition facts. The following is a general guideline to reading food labels. Visit www.cfsan.fda.gov for more detailed information about food labels.

Sample Label for Macaroni and Cheese

Start Here

**Limit these
Nutrients**

**Get Enough
of these
Nutrients**

Footnote

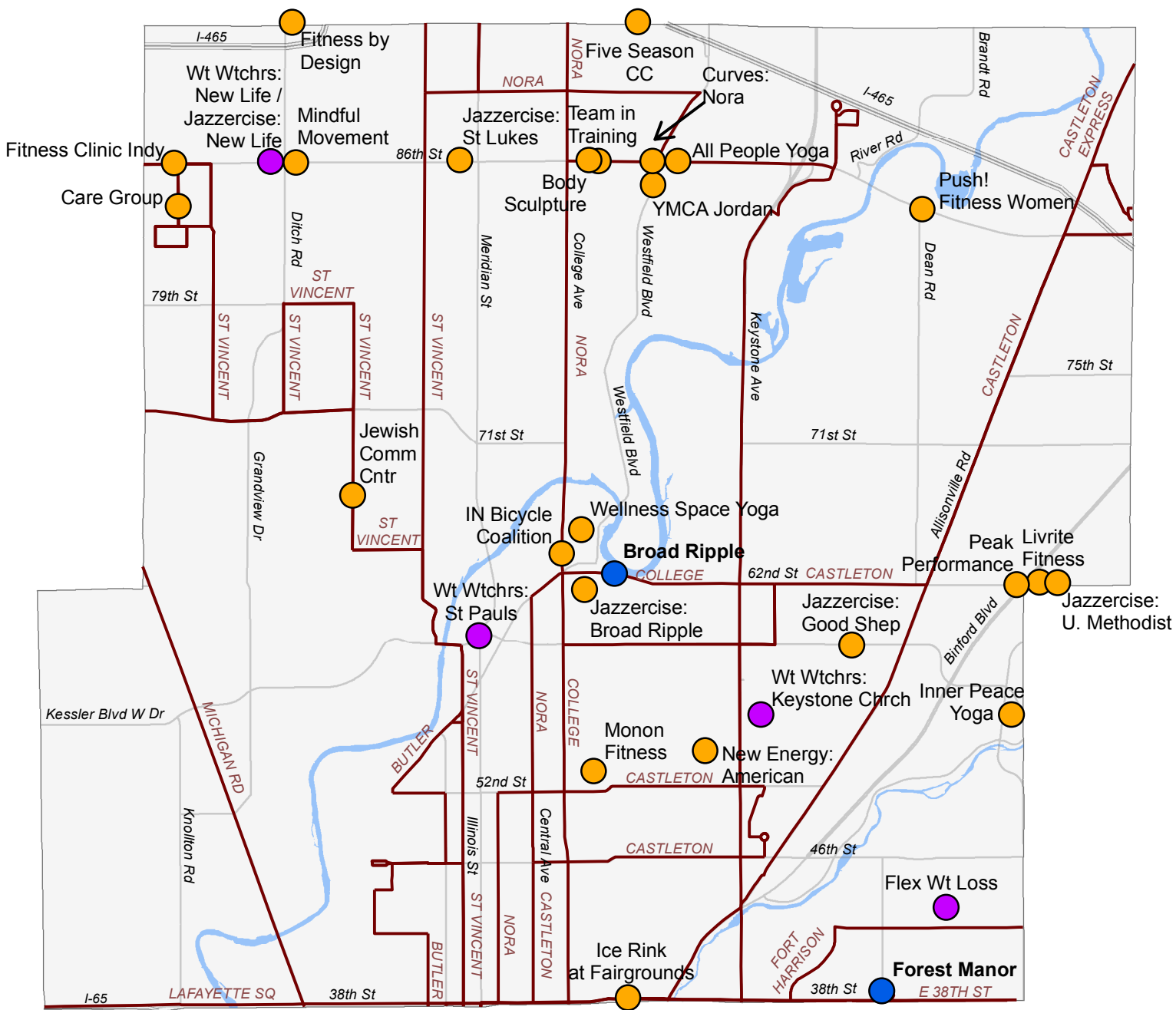
Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

**Quick Guide
to % DV**

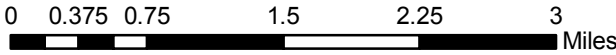
**5% or less
is low**

**20% or more
is high**

Washington Township Resources



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



Washington Township Community Resources

IUMG Practice Locations

Broad Ripple

2625 E. 62nd Street Suite 2010
Indianapolis, IN 46220
317-251-6121

Forest Manor

3840 North Sherman Drive
Indianapolis, IN 46226
317-541-3400

Sites with Formal Weight Loss Programs

Lifetime Fitness

8705 Castle Creek Parkway
Indianapolis, IN 46250
317-595-9700

Description:

Get a healthy fit life through training, education, accountability and motivation -- the basis for our innovative T.E.A.M.

Wt Wtchrs: New Life

Wt. Watchers: New Life Community Church
1500 W. 86th St.
Indianapolis, IN 46260
800-651-6000

Description:

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

Wt Wtchrs: St Paul's

Wt. Watchers: St. Paul's Episcopal Church
6050 N Meridian St.
Indianapolis, IN 46208
800-651-6000

Description:

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

Wt Wtchrs: Keystone Chrch

Wt. Watchers: Keystone Christian Church
2625 E. 56th St.
Indianapolis, IN 46220
800-651-6000

Description:

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

Other Community Resources

All People Yoga

All People Yoga Center
1724 E. 86th St.
Indianapolis, IN 46240
317-818-1800

Description:

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

Body Sculpture

Body Sculpture by Jody
860 E. 86th St. Suite 5
Indianapolis, IN 46235
317-848-1007

Description:

Combines elements of jazz dance, resistance training, pilates, yoga, kickboxing and more to create truly effective programs for people of every age and fitness level.

Washington Township Community Resources

Care Group

8333 Naab Rd. #400
Indianapolis, IN 46260
317-338-6500

Description:

Provides a structured program for the recovery and rehabilitation of patients who have a cardiovascular illness.

Curves: Nora

1484 E 86th St. Unit 9
Indianapolis, IN 46240
317-574-1300

Description:

Largest fitness franchise in the world offering one-stop exercise and nutritional information for women.

Fitness Clinic Indy

Fitness Clinic of Indianapolis
2160 W. 86th St.
Indianapolis, IN 46260
317-876-9414

Description:

State-of-the-art fitness center with expert personal trainers that tailor your fitness regimes to fit your goals, physical condition, and personal schedule.

Fitness by Design

1355 W. 96th St.
Indianapolis, IN 46260
317-574-0782

Description:

A total fitness program created through a partnership of Marion County Health Department & Indy Parks.

Five Season CC

Five Season Country Club
1300 E. 96th St.
Indianapolis, IN 46240
317-582-1550

Description:

Members enjoy a variety of activities including tennis, swimming and yoga.

Greenbriar Club

Greenbriar Athletic Club
1275 W. 86th St.
Indianapolis, IN 46260

Description:

Provides a variety of fitness and sports opportunities for all fitness levels.

IN Bicycle Coalition

6358 N. College Avenue
Indianapolis, IN 46220
317-466-9701

Description:

Serves all those involved in bicycling by providing information, education, organization, promotion and advocacy.

Inner Peace Yoga

5038 E. 56th St.
Indianapolis, IN 46226
317-257-9642

Description:

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

Ice Rink

Ice Skating at Indiana State Fairgrounds
1202 E. 38th. St.
Indianapolis, IN 46205
317-927-7536

Description:

Offers ice skating and ice skate rental year round.

Washington Township Community Resources

Jazzercise: Broad Ripple

Broad Ripple United Methodist
6185 North Guilford Ave
Indianapolis, IN 46220
317-824-5299

Description:

Combines elements of jazz dance, resistance training, pilates, yoga, kickboxing and more to create truly effective programs for people of every age and fitness level.

Jazzercise: Good Shepherd

Good Shepherd Lutheran Church
3535 Kessler Blvd. East Drive
Indianapolis, IN 46220
317-926-4118

Description:

Combines elements of jazz dance, resistance training, pilates, yoga, kickboxing and more to create truly effective programs for people of every age and fitness level.

Jazzercise: St. Luke's

St Luke's United Methodist Church
100 W. 86th St.
Indianapolis, IN 46260
317-846-3404

Description:

Combines elements of jazz dance, resistance training, pilates, yoga, kickboxing and more to create truly effective programs for people of every age and fitness level.

Jazzercise: New Life

New Life Community Church
1500 W. 86th St.
Indianapolis, IN 46260
317-824-5299

Description:

Combines elements of jazz dance, resistance training, pilates, yoga, kickboxing, and more to create truly effective programs for people of every age and fitness level.

Jazzercise: U. Methodist

United Methodist
6205 North Rucker Road
Indianapolis, IN 46220
317-824-5299

Description:

Combines elements of jazz dance, resistance training, pilates, yoga, kickboxing, and more to create truly effective programs for people of every age and fitness level.

Jewish Community Center

6701 Hoover Rd.
Indianapolis, IN 46260
317-251-9467

Description:

Develops and implements programs for the community's recreational, educational, cultural, physical and social needs.

LivRite Fitness

6220 N. Butler Avenue
Indianapolis, IN 46220
317-257-1004

Description:

Provides a variety of fitness and sports opportunities for all fitness levels.

Mindful Movement

Mindful Movement Studio
1315 W. 86th St.
Indianapolis, IN 46260
317-257-6463

Description:

Providing quality pilates, yoga and other movement classes and sessions for clients where development of wholeness is emphasized.

Monon Fitness

Monon Fitness Center
5301 N. Winthrop
Indianapolis, IN 46220
317-327-7461

Description:

Provides a variety of fitness and sports opportunities for all fitness levels.

Washington Township Community Resources

Peak Performance

Peak Performance Fitness
5030 East 62nd St
Indianapolis, IN 46220
317-257-6218

Description:

Full facility health club with aerobics, body sculpting, Yoga, Pilates, Zumba, spinning classes, and one of the state's largest weight training facilities.

Push! Fitness Women

Push! Fitness for Women
4025 E. 82nd St.
Indianapolis, IN 46250
317-595-9006

Description:

Women only facility designed to encourage, empower, and educate women to exceed their fitness goals.

Team in Training

941 E. 86th St. Suite 100
Indianapolis, IN 46240
317-726-2270

Description:

Program provides training to run or walk a whole or half marathon, or participate in a triathlon or cycling event.

Wellness America

New Energy Wellness: American Village
2026 E. 54th St.
Indianapolis, IN 46220
317-253-6950

Description:

Offers a unique program designed to improve your current fitness level and give you more energy for people 50 years or older.

Wellness Space Yoga

The Wellness Space
6516 N. Ferguson
Indianapolis, IN 46239
317-205-1055

Description:

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

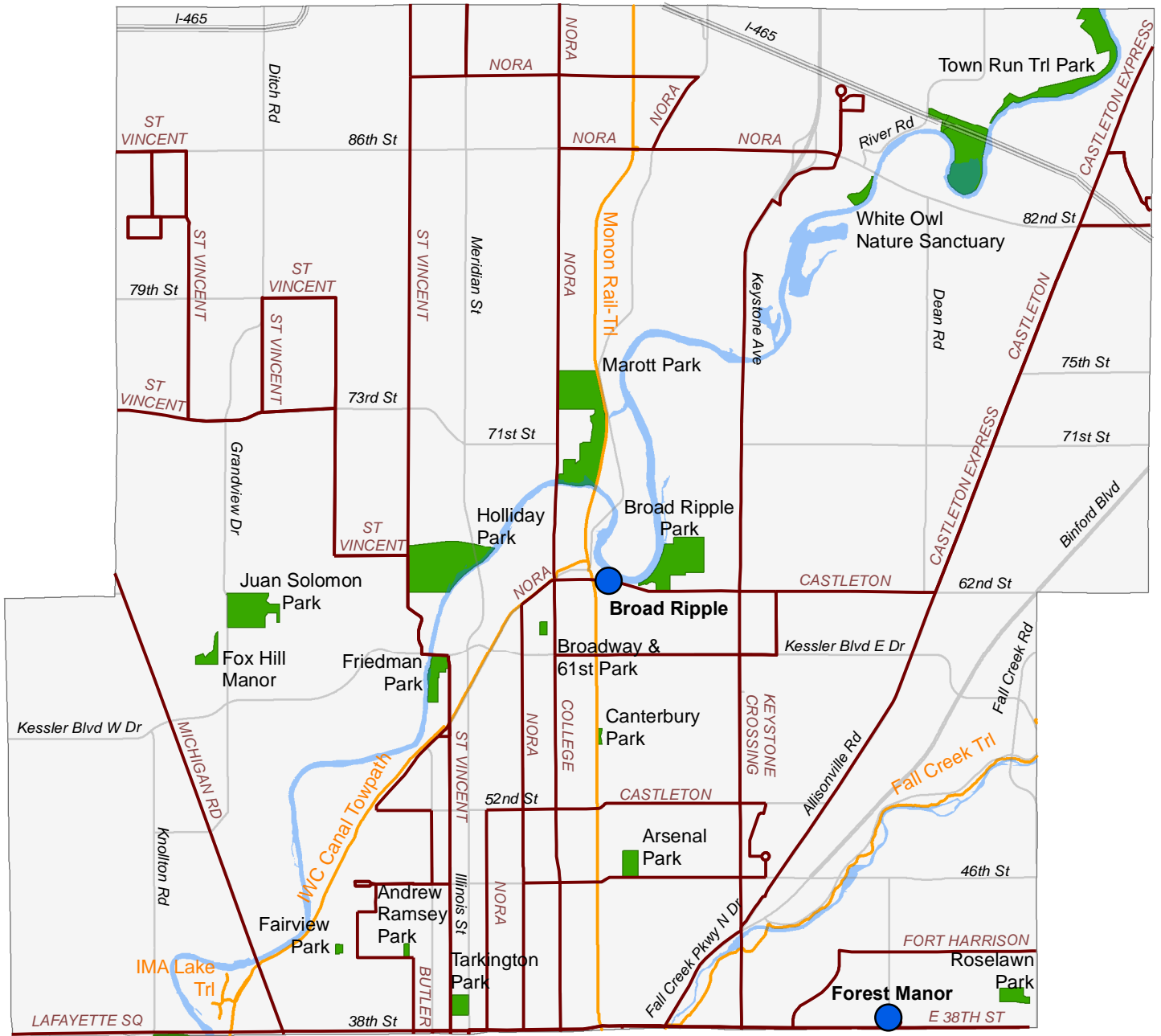
YMCA Jordan







8400 Westfield Rd.
Indianapolis, IN 46240
317-253-3206

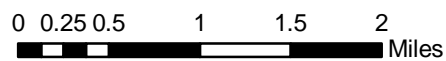
Description:

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.

Washington Township Parks & Trails



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



Washington Township Community Resources

Parks

Broad Ripple Park

1550 Broad Ripple Avenue
Indianapolis, IN 46260
317-327-7161

Description:

Borders White River and offers a variety of programs and activities for all ages, as well as a dog park

Holliday Park

6363 Spring Mill Road
Indianapolis, IN 46260
317-327-7180

Description:

95-acre park located along the banks of the White River. Offers many trails and features an arboretum, native prairie, ornamental & native gardens and nature center

Juan Solomon Park

6100 Grandview Drive
Indianapolis, IN 46260
317-327-7460

Description:

41-acre park with youth and adult soccer leagues.

Trails

Monon Rail-Trail

Description:

The Monon trail measures 10.4 miles from 10th st. to 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:

Trail runs 6.9 miles from Skiles Test Nature Center to the Monon Rail-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

Town Run Trail Park

5325 E. 96th St.
Indianapolis, IN 46260
317-327-7431

Description:

Trail park that features off-road mountain biking trails for every skill level as well as running and hiking trails, fishing, and kayaking/canoeing

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

Marion County Townships

