

Get Moving OKC

GetMovingOKC.org is a project of the Oklahoma City Community Foundation.

*Visit GetMovingOKC.org and discover
where to get moving, how to get
moving and when to get moving!*



OKLAHOMA CITY COMMUNITY FOUNDATION

Helping you help the community

GiveSmartOKC.org



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We are pleased to introduce GetMovingOKC.org, a new website that offers information and resources on where, how and when to get moving. The website is a program of our Wellness Initiative that promotes and encourages physical activity and good nutrition for children and adults in central Oklahoma.

GetMovingOKC.org includes the following:

Click on the **Physical Activities** tab and discover more than 30 public locations in the Oklahoma City area that are great places to walk, run, bike, hike or take part in water activities. Each listing describes the location including distance of path/trail and a link to an online map. The majority of locations are free to use.

The **Nutrition** section offers links to websites that promote healthy eating like OK5210.org. We have partnered with the YMCA of Greater Oklahoma City to promote OK 5210, a program that encourages the daily adoption of five servings of fruits and vegetables, two hours or less of recreational screen time, one hour of physical activity and zero ounces of sugary beverages.

The **Events** page lists upcoming events that include physical activity and links to websites that regularly list running and cycling events.

On the **More Resources** page, visitors will find information about exercising, nutrition and ways to adopt a healthy lifestyle. We also list organizations and associations that promote physical activities and host events.

Don't find your favorite location, event or nutrition information on the website? Contact Sally Ray, Wellness Initiative program officer, at 405/606-2930 or s.ray@occf.org.



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