



Madison County Activity Resource Guide

Created by the Madison County Health Department
Obesity Reduction Committee



BIKING/NATURE TRAILS/WALKING PATHS



Alton

Gordon Moore Park: The Nature Institute Trail features the largest prairie grass restoration area in Illinois. Located at 4550 College Ave., Alton, IL 62002.

Sam Vadalabene Bike Trail: 20 mile paved trail runs parallel to the Meeting of the Great Rivers Scenic Byway from Alton to Pere Marquette in Grafton.

Alton Bike Trail: .78 mile bike trail is located in Riverfront Park.

Confluence Bike Trail: 21 mile asphalt trail begins in Russell Commons Park and extends south to Granite City. For more information, visit www.mcttrails.org.

Bethalto

Culp Lane Park: Located at Culp Lane and Stadium Drive, Bethalto, IL 62010, you will find a .67 mile bike and running path. For more information, visit www.bethalto.com.

Collinsville

Cahokia Mounds: Located at 30 Ramey Drive, Collinsville, IL 62234, you will find self-guided tours, guided tours, trails and the 100 foot high Monks Mound, the largest earthwork in North America. For more information, visit www.cahokiamounds.org.

Willoughby Heritage Farm: Located at 631 Willoughby Lane, in the heart of Collinsville. Property opened daily from 9 a.m. to dusk. The property has 3 miles of hiking trails in the woodland and prairie. For more information, visit www.collinsvillerec.com.

Edwardsville

SIUE: This trail system is made up of nearly 6 miles of tight, twisty, all-dirt single-track in 4 separate loops. For more information, visit www.siue.edu/crec/trails.shtml.

Springers Woods: Located at 501 Lindley Ave., Edwardsville, IL 62025, you will find 10.4 acres of wooded nature that includes an exercise trail and children's playground.

Terry Park: Located on Terry Avenue in Edwardsville, IL 62025, walking paths lace this 3.9 acres of land.

Watershed Nature Center: Located at 1501 Tower Avenue, the land features over 3,000 feet of paved trails and 800 feet of concrete walks elevated over the wetlands. For more information, visit www.watershednaturecenter.com.

Glen Carbon

Glen Carbon Heritage Bike Trail: Forms part of more than 85 miles of rail-trails managed by Madison County Transit (MCT), which also runs busses equipped with bike racks for passenger convenience.

BIKING/NATURE TRAILS/WALKING PATHS (continued)

Godfrey

Glazebrook Park: Located at 1401 Stamper Lane, Godfrey, IL 62035, offers over 1 mile of walking trails through 40 acres of land.

LaVista Park: Located at 2421 West Delmar, Godfrey, IL 62035, offers a mile-long trail through 93-acres of land.

Mississippi Sanctuary and Olin Nature Preserve: Located at 22135 S. Levis Lane, Godfrey, IL 62035, are a combined 337 acres of land, including an impressive network of walking trails.

Granite City

Horseshoe Lake State Park: 3321 Illinois 111, Granite City, IL 62040, features a 4 mile nature trail.

Wilson Park: Located at 2900 Benton Street, Granite City, IL 62040, features a 1.4 mile fitness trail.

Highland

Spindler Park: Located at 13th and Spindler, Highland, IL 62249, offers walking trails.

Silver Lake Park: Located at 3099 Highland Park Road, Highland, IL 62249, offers a 4.5 mile nature trail.

Glik Park: Located at 12525 Sportsman Road, Highland, IL 62249, offers walking trails.

Maryville

Drost Park: Located at Myron Provence Parkway and Schiber Court, Maryville, IL 62062, includes three miles of asphalt walking trails.

Pleasant Ridge Park: Located at 1345 Pleasant Ridge Road, Maryville, IL 62062, includes bike and walking trails.

Roxana

Roxana Park: Located at 2 Park Drive, Roxana, IL 62084, includes bike and walking trails.

Troy

Tri-Township Park: Located at Riggin Road and Wickliffe Street, Troy, IL 62294, includes a 1 3/4 mile ag-lime walking trail.

Wood River

Belk Park: Located at 880 Belk Park Road, Wood River, IL 62095, includes a fitness trail.

Emerick Sports Complex: Located at 6th Street and Park Lane, includes a fitness trail.

If you prefer to exercise on a running track, please contact your local school district for details on availability.

PARKS

Alton

Barth Park: 6th & Langdon Street, Alton, IL 62002

Dormann Square Park: 201 E. 7th Street, Alton, IL 62002

Gordon F. Moore Community Park: 4550 College Ave. (Illinois Rt. 140), Alton, IL 62002

Haskell Park: 1200 Block of Henry Street, Alton, IL 62002

Hellrung Park: 703 Central Ave., Alton, IL 62002

James Killion Park: Salu and Locust, Alton, IL 62002

Milton Park: 4308 Aberdeen, Alton, IL 62002

Northside Park: 201 Rozier Street, Alton, IL 62002

Olin Park: State Street and Grand Ave., Alton, IL 62002

Riverfront Park: Landmarks Blvd. between Piasa St. and Henry St., Alton, IL 62002

Riverview Park: 450 Belleview Street, Alton, IL 62002

Rock Springs Park: 2100 College Ave., Alton, IL 62002

Russell Commons Park: Discovery Pkwy. Off IL Route 143, Alton, IL 62002

For more information on how to get active in Alton, visit www.alton-il.com or call 618-463-3585.

Bethalto

Bethalto Municipal Park: East Central Street, Bethalto, IL 62010

Culp Lane Park: Culp Lane and Stadium Drive, Bethalto, IL 62010

For more information on how to get active in Bethalto, visit www.bethalto.com or call 618-377-8051.

Collinsville

Woodland Park: 2 Pine Lake Road, Collinsville, IL 62234

Glidden Park: 398 Branch Street, Collinsville, IL 62234

Schnuck Memorial Park: Intersection of Camelot Drive and Hunters Ridge, Collinsville, IL 62234

Morris Hills Park: North Crown Drive, Collinsville, IL 62234

For more information on how to get active in Collinsville, visit www.collinsvillerec.com or call 618-346-7529.

Edwardsville

City Park: 101 South Buchanan, Edwardsville, IL 62025

PARKS (continued)

Edwardsville (continued)

Esic Park: Cloverdale Drive, Edwardsville, IL 62025

Hoppe Park: 1500 Tower Ave., Edwardsville, IL 62025

Joe Glik Park: 710 East Lake Drive, Edwardsville, IL 62025

Leclaire Baseball Field: 701 Hale Ave., Edwardsville, IL 62025

Leclaire Park: 900 Hale Ave., Edwardsville, IL 62025

Lusk Park: 535 Randle Street, Edwardsville, IL 62025

Rotary Park: Hadley Ave., Edwardsville, IL 62025

Springers Woods: 501 Lindley Ave., Edwardsville, IL 62025

Terry Park: Terry Ave., Edwardsville, IL 62025

Tower Park: 89 Bennington Place, Edwardsville, IL 62025

Vadalabene Park: 501-599 Voge Ave., Edwardsville, IL 62025

Watershed Nature Center: 1591 Tower Ave., Edwardsville, IL 62025

Winston Brown Recreation Complex: 1325 Schiller Ave., Edwardsville, IL 62025

For more information on how to get active in Edwardsville, visit www.cityofedwardsville.com or call 618-692-7538.

Glen Carbon

Citizens Park: Main Street and Daenzer Avenue in Old Town Glen Carbon, IL 62034

Miner Park: 194 South Main Street, Glen Carbon, IL 62034

Village Hall Park: 151 North Main Street, Glen Carbon, IL 62034

For more information on how to get active in Glen Carbon, visit www.glen-carbon.il.us or call 618-346-4905.

Godfrey

Glazebrook Park: 1401 Stamper Lane, Godfrey, IL 62035

Godfrey Ball Park: 810 Stamper Lane, Godfrey, IL 62035

Homer Adams Park: 6810 Godfrey Road, Godfrey, IL 62035

Clifton Terrace Park: Great River Road and McAdam's Parkway, Godfrey, IL 62035

LaVista Park: 2421 West Delmar, Godfrey, IL 62035

For more information on how to get active in Godfrey, visit www.godfreyil.org or call 618-466-1483.

PARKS (continued)

Granite City (continued)

Civic Park: 20th & Delmar, Granite City, IL 62040

Loman Park: 2412 Rock Road, Granite City, IL 62040

Memorial Park: 21st & Madison Ave., Granite City, IL 62040

Robertson Park: Edwards and Kate Street, Granite City, IL 62040

Rode Park: Amos and North Street, Granite City, IL 62040

Stearns Park: Franklin and Amos Ave., Granite City, IL 62040

Tri-Angle Park: Rock Road, Granite City, IL 62040

Wilson Park: 2900 Benton Street, Granite City, IL 62040

Worthen Park: Maryville Road and Parkview Drive, Granite City, IL 62040

For more information on how to get active in Granite City, visit www.park.granitecity.com or call 618-877-2549.

Highland

Spindler Park: 13th and Spindler, Highland, IL 62249

Silver Lake Park: 3099 Highland Park Road, Highland, IL 62249

Glik Park: 12525 Sportsman Road, Highland, IL 62249

Lindendale Park: 1999 Park Hill Drive, Highland, IL 62249

For more information on how to get active in Highland, visit www.ci.highland.il.us or call 618-654-9891.

Madison

Old Chain of Rocks Bridge & Park: Chain of Rocks Road and West Chain of Rocks Road, Madison, IL 62060

3rd Street/Fire Department Park: 1800 3rd Street, Madison, IL 62060

8th & Alton Park: 8th and Alton Street, Madison, IL 62060

For more information on how to get active in Madison, visit www.cityofmadisonil.com or call 618-876-6268.

Maryville

Drost Park: Myron Provence Parkway and Schiber Court, Maryville, IL 62062

Fireman's Park: Route 159 and Perry Street, Maryville, IL 62062

PARKS (continued)

Maryville (continued)

Pleasant Ridge Park: 1345 Pleasant Ridge Road, Maryville, IL 62062

For more information on how to get active in Maryville, visit www.vil.maryville.il.us or call 618-346-4905.

Roxana

Roxana Park: 2 Park Drive, Roxana, IL 62084

For more information on how to get active in Roxana, visit www.roxparkrec.org or call 618-254-4709.

St. Jacob

St. Jacob Township Park: 239 West Main Street, St. Jacob, IL 62281

For more information on how to get active in St. Jacob, visit www.stjacobil.com or call 618-644-5666.

Troy

Tri-Township Park: Riggin Road and Wickliffe Street, Troy, IL 62294

For more information on how to get active in Troy, visit www.tritownshippark.org or call 618-667-6887.

Venice

7th & Lee Park: 7th & Lee Street, Venice, IL 62090

For more information on how to get active in Venice, call 618-877-2412.

Wood River

Belk Park: 880 Belk Park Road, Wood River, IL 62095

Brushey Grove Park: Miland and Linton Street, Wood River, IL 62095

Central Park: 633 North Wood river Ave., Wood River, IL 62095

East End Park: 14th Street, Wood River, IL 62095

Emerick Sports Complex: 6th Street and Park Lane, Wood River, IL 62095

West End Park: Anna and Walcott Street, Wood River, IL 62095

For more information on how to get active in Wood River, visit www.woodriver.org or call 618-251-3130.

WATER PARKS / POOLS



Bethalto

Bethalto Municipal Park Swimming Pool: East Central Street, Bethalto, IL 62010.

For more information on Bethalto Swimming Pool, visit www.bethalto.com or call 618-377-8051.

Collinsville

Splash City Water Park: 10 Gateway Drive, Collinsville, IL 62234

For more information on Splash City, visit www.splashcity.org or call 618-346-4571.

Granite City

Wilson Park Swimming Pool: 2900 Benton Street, Granite City, IL 62040

For more information on Wilson Park Swimming Pool, visit www.park.granitecity.com or call 618-877-3059.

Roxana

Roxana Community Pool: 2 Park Drive, Roxana, IL 62084

For more information on the Roxana Community Pool, visit www.roxparkrec.org or call 618-254-4709.

Wood River

Aquatic Center: 670 Whitelaw, Wood River, IL 62095

For more information on the Aquatic Center, visit www.wrparks.org or call 618-251-3130.



WEBSITES



www.turnthetidefoundation.org

www.nuval.com

www.kidshealth.org

www.healthychildren.org

www.kidnectic.com

www.choosemyplate.gov

www.teenshealth.org

www.niddk.nih.gov/publications/over_child.htm

www.gmap-pedometer.com

www.greatriverroad.com/secondarypages/farmmarket.htm

www.mcttrails.org

www.agr.state.il.us/agrihappenings/display2.php

theweightofthenation.hbo.com

www.letsmove.gov

HEALTH AND FITNESS APPS



Adidas miCoach

Endomondo Sports Tracker

Runtastic

Calorie Counter

My Fitness Pal

Strava Cycling

Daily Cardio Workout

My Tracks

Workout Trainer

Daily Leg Workout

Nike + Running

Yoga Workout Planner

Daily Yoga for Abs

Noom Cardio Trainer

Search “free fitness” on your iphone or smart phone for over 15,000 health and fitness apps to choose from.

LIBRARIES



No computer? No problem! Area libraries have computer access for the general public. Call or visit your local library to find out what resources they provide.

Alton Library: www.haynelibrary.org 326 Belle St., Alton, IL 62002 (618) 463-1293

Bethalto Library: www.bethaltolibrary.org 321 South Prairie St., Bethalto, IL 62010 (618)-377-8141

Collinsville Library: www.collinsvillelibrary.org 408 West Main St., Collinsville, IL 62234 (618) 344-1112

Edwardsville Library: www.edwardsvillelibrary.org 112 South Kansas St., Edwardsville, IL 62025 (618) 692-7556

Glen Carbon Library: www.glencarbonlibrary.com 198 South Main St., Glen Carbon, IL 62034 (618) 288-1212

Godfrey Library: www.haynelibrary.org 326 Belle St., Alton, IL 62002 (618) 463-1293

Granite City Library: www.smrld.org 2001 Delmar Ave., Granite City, IL 62040 (618) 452-6238

Highland Library: www.highlandilllibrary.org 1001 9th St., Highland, IL 62249 (618) 654-5066

Madison Public Library: 1700 5th Street, Madison, IL 62060 618-876-8448

Maryville Library: www.maryville.lib.il.us #8 Schiber Ct., Maryville, IL 62249 (618) 288-3801

Roxana Library: www.roxanalibrary.org 200 North Central Ave., Roxana, IL 62084 618-254-6713

Troy Library: www.troylibrary.org 209 South Main St., Troy, IL 62294 (618) 667-2133

Venice Public Library: 325 Broadway, Venice, IL 62090 618-877-1330

Wood River Library: www.woodriverlibrary.org 326 East Ferguson Ave., Wood River, IL 62095 (618) 254-4832

GUIDELINES ON NUTRITION & PHYSICAL ACTIVITY

Be physically active.

- **Adults:** Get at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week (or combination of these), preferably spread throughout the week.
- **Children and teens:** Get at least 1 hour of moderate or vigorous intensity activity each day, with vigorous activity on at least 3 days each week.
- Limit sedentary behavior such as sitting, lying down, watching TV, and other forms of screen-based entertainment.
- Doing some physical activity above usual activities, no matter what one's level of activity, can have many health benefits.

Eat a healthy diet, with an emphasis on plant foods.

- Choose foods and drinks in amounts that help you get to and maintain a healthy weight.
- Limit how much processed meat and red meat you eat.
- Eat at least 2 1/2 cups of vegetables and fruits each day.
- Choose whole grains instead of refined grain products.

