



Family Activity Resources

Fall and Winter

ENGLEWOOD MEDICAL OFFICES

Physical activity lowers your stress level, boosts your mood, and improves your overall health. Enjoy physical activity for at least 30 minutes a day if you are an adult, or 60 minutes a day if you are a child.

Recreational facilities

Englewood Recreation Center

1155 W. Oxford Ave.
Englewood, Colorado 80110
303-762-2680

englewoodgov.org

(click on "parks and recreation")

After school sports and programs

Boys and Girls Club

\$2 per year

303-892-9200

bgcmd.org/clubs

Girls on the Run

girlsontherunrockies.org

Things to Do

denverpost.com/outdoors

Parks, trails, and outdoor activities

Englewood Parks

englewoodgov.org

(click on "Englewood Happenings")

Belleview Park

5001 S. Inca Dr.
Englewood, CO 80110
303-762-2680

Get Outdoors Colorado

getoutdoorscolorado.org

Bicycle Colorado

bicyclecolorado.org (click "ride")

Things to Do

denverpost.com/outdoors

Build activities into your day

- Play outdoors
- Take the stairs
- Bike or walk to destinations
- Walk the dog
- Dance