



# Family Activity Resources

Fall and Winter

FORT COLLINS 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

**City of Fort Collins Recreation**  
**Northside Aztlan Community Center**  
112 E. Willow St.  
Fort Collins, CO 80524  
**970-221-6256**  
[fcgov.com/recreation](http://fcgov.com/recreation)

**Edora Pool Ice Center**  
1801 Riverside Ave.  
Fort Collins, CO 80524  
**970-221-6683**

## After school sports and programs

**Boys and Girls Club of Larimer County**  
[begreatlarimer.org](http://begreatlarimer.org)  
970-223-1709

## Recreational Leagues

- [mybasecampkids.org](http://mybasecampkids.org)
- [soccerfortcollins.org/Recreational](http://soccerfortcollins.org/Recreational)

## Youth Athletics

[fcgov.com/sports](http://fcgov.com/sports)

## Girls on the Run

[girlsontherunrockies.org](http://girlsontherunrockies.org)

## Things to Do

[denverpost.com/outdoors](http://denverpost.com/outdoors)

## Parks, trails, and outdoor activities

**Poudre Wilderness Volunteers**  
[pwv.org](http://pwv.org) (click “trails”)

**Get Outdoors Colorado**  
[getoutdoorscolorado.org](http://getoutdoorscolorado.org)

**Bicycle Colorado**  
[bicyclecolorado.org](http://bicyclecolorado.org) (click “ride”)

## Build activities into your day

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