



The Santa Ana public is walking, biking, carpooling, riding the bus and train along...

Have Fun and Get Fit in Downtown Santa Ana!



Have Fun • Get Fit • Be Respectful

City of Santa Ana Parks, Recreation and Community Services Agency

Alternate Ways of Commuting in Downtown Santa Ana

Leave Your Car at Home- You, as well as the **community** and the **environment** can benefit when you walk, bike, or rideshare. Below are some ideas to consider:

Walk instead of Driving

You can benefit from walking because regular walks, along with healthy eating habits, may help reduce health risks, make you feel energized, and help you get fit. The **community** can benefit when you walk because when there are less vehicles on the road, there is less traffic congestion. Walking can benefit the **environment** because unlike driving, walking is a way of commute that does not pollute the air.

Ride a bike

Riding a bicycle benefits **you** because it is a fun way to commute and get fit at the same time. Riding a bike can benefit the **community and environment** in similar ways as walking can.

Rideshare

Public transit, carpooling, and vanpooling can benefit you by helping you cut back on gas expenses and free you from having to drive everyday. The **community** benefits because ridesharing can help reduce traffic congestion and parking problems. The **environment** benefits because ridesharing helps reduce greenhouse gas emissions.

SALUD

Safe and Active Living United Districts (**SALUD**) is a health and wellness program implemented by the City of Santa Ana Parks, Recreation and Community Services Agency. Members receive nutritional tips and participate in various fitness activities such as the **SALUD** Walking Club.

There are several **SALUD** sites throughout the city. We invite the Downtown Santa Ana public to take part in the program. It's a great opportunity to have fun and meet other individuals who are interested in health, fitness, and who enjoy walking!

The SALUD program is free!



Angels Community Park SALUD Walking Club: meets every Friday at 11:00 a.m. at Angels Community Park, 914 W. Third St. 92701

Downtown Santa Ana Walking Club: meets every Friday at 11:30 a.m. outside the Old Orange County Courthouse (by the front steps).

Parks Within and Near Downtown Santa Ana



There are currently 4 parks within and near Downtown Santa Ana:

Birch Park
210 N. Birch St. 92701

Sasscer Park
502 W. Santa Ana Blvd. 92701

French Park
901 French St. 92701

Angels Community Park
914 W. Third St. 92701

For more information on these and other parks within Santa Ana, please call the Parks, Recreation and Community Services Agency at (714) 571-4200.

This informational map was made possible with the support of Active Living by Design - Project ALISA: www.activelivingbydesign.org Active Living by Design is a national program of the Robert Wood Johnson Foundation and is administered by the School of Public Health at the University of North Carolina.

Become an Active Living Person!

The City of Santa Ana Parks, Recreation and Community Services Agency invites the Downtown Santa Ana public (residents, workers, and visitors) to think healthy, raise their level of physical activity, and become *active living* individuals.



Be Active 30 Minutes a Day!



How Do I Start?

- Join the **SALUD** program
- Walk and bike regularly
- Register for Santa Ana Fitness Awards
- Find alternate ways of commuting
- Stretch everyday
- Visit parks more often
- Take a stroll in the zoo



Great Places to Walk

Below are some examples of popular pedestrian-friendly sites:

Civic Center

- Santa Ana Public Library
- City Hall
- Orange County Hall of Administration
- Old Orange County Courthouse
- Orange County Courthouse
- YMCA (building)
- Ronald Reagan Federal Building and U.S. Courthouse
- Court of Appeal: 4th District Division 3
- Sasscer Park
- Plaza of the Flags
- Orange County Public Law Library
- Japanese Garden

Downtown

- Artists Village
- 4th Street shops
- Fiesta Marketplace

Santa Ana Stadium

- Eddie West Field



Ideas for Healthy Eating



- When preparing meals at home, choose healthy recipes.
- When dining out, identify healthy food choices. Request the nutritional information of your meal.
- Study the nutritional label and ingredients on the packaging of your food, keep track of what you eat, and manage your serving size according to your diet.
- Drink plenty of water and eat plenty of fruits and vegetables everyday.
- Limit certain foods. Try eating less sweet, salty, fatty foods, which may lead to or raise health concerns when eaten in abundance.
- Know these terms: Low Fat, Fat Free, Sugar Free, Low Salt, Low Carb, No Sugar Added, No Trans Fat, and Organic.

*Consult with a doctor or dietitian for more information.

Neighborhood Associations Within and Near Downtown Santa Ana

The City of Santa Ana supports and facilitates Neighborhood Associations. Recommendations regarding neighborhood issues are recognized by the City Council. Neighborhood Associations within and near Downtown Santa Ana are constantly working on ways to make neighborhoods more safe and improve the quality of life.

•**Flower Park Neighborhood Association**
Civic Center Drive on the north; Flower Street on the east; First Street on the south; Bristol Street on the west.

•**French Park Neighborhood Association**
Washington Avenue on the north; Civic Center Drive on the south; Garfield Street on the east (from Civic Center Drive to Vance Street) then Lacy Street (Vance Street to Washington Avenue); Spurgeon (Civic Center Drive to 11th Street) then Bush Street (11th Street to Washington Avenue) on the west.

For more information on these and other Neighborhood Associations within the city, please contact the Community Development Agency at (714) 647-5360.

Award Programs for Active Living Individuals

Santa Ana Fitness Awards



The City of Santa Ana has developed two award programs: the City Council Award and the Mayor's Award. The purpose of the City Council Award is to promote and champion Santa Ana residents who are regularly keeping fit. The Mayor's Award is to promote and recognize those individuals who are "Elite Athletes" who merit recognition by the community.

For more information on the Santa Ana Fitness Awards, please call (714) 571-4200.

Or visit our website at:
www.santa-ana.org/parks/FitnessTaskForce.asp

Consider Volunteering

The City of Santa Ana Parks, Recreation and Community Services Agency has an excellent Volunteer Program which offers a variety of family-friendly, active, volunteer projects that exercise both your body and mind. Whether you need volunteer hours for school, want some work experience, or are interested in enriching your community, with our Volunteer Program you will find a project you'll like and fits your schedule.

Examples of volunteer areas include:

- Special events
- Improvement projects
- Senior services
- Sports
- Tutoring
- Clerical assistance



...and many other areas!

For further information please call the Volunteer Program at: (714) 571-4237.



Mayor
Miguel A. Pulido
Mayor Pro Tem
Claudia D. Alvarez
Council Members
David Benavides
Carlos Bustamante
Michele Martinez
Vincent F. Sarmiento
Sal Tinajero

Important Websites

City of Santa Ana Parks, Recreation and Community Services Agency
www.santa-ana.org/parks
Santa Ana Health and Fitness Task Force
www.santa-ana.org/parks/FitnessTaskForce.asp

For further information please contact
Recreation Supervisor Jeannie G. Jurado, at
(714) 571-4251 or via e-mail at jjurado@santa-ana.org

Executive Director Gerardo Mouet,
Parks, Recreation and Community Services Agency

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Walking Distances

Distance #1: 4th Street (shops) = 1 mile (roundtrip) ➔

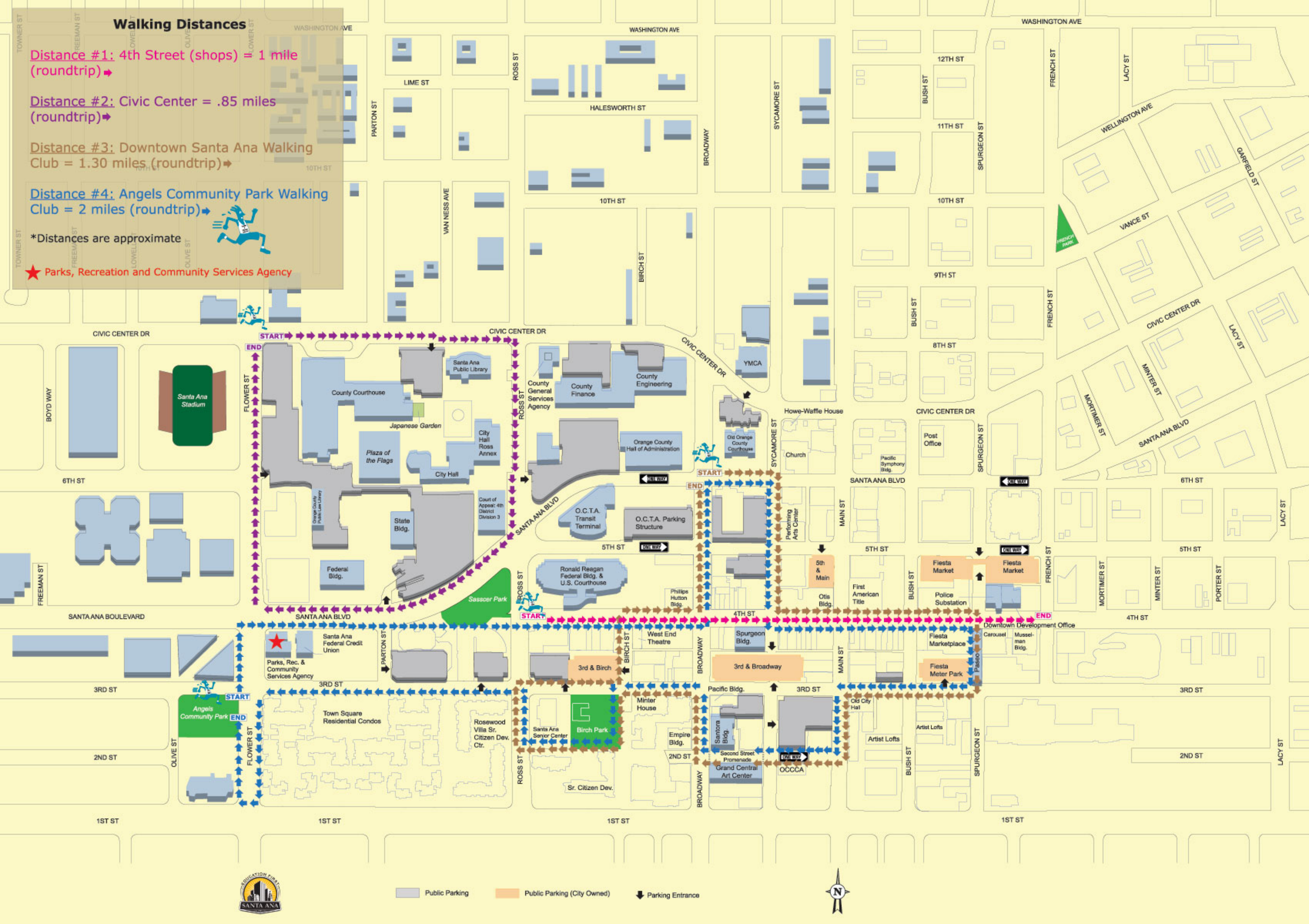
Distance #2: Civic Center = .85 miles (roundtrip) ➔

Distance #3: Downtown Santa Ana Walking Club = 1.30 miles (roundtrip) ➔

Distance #4: Angels Community Park Walking Club = 2 miles (roundtrip) ➔

*Distances are approximate

★ Parks, Recreation and Community Services Agency



Public Parking Public Parking (City Owned) ↓ Parking Entrance

