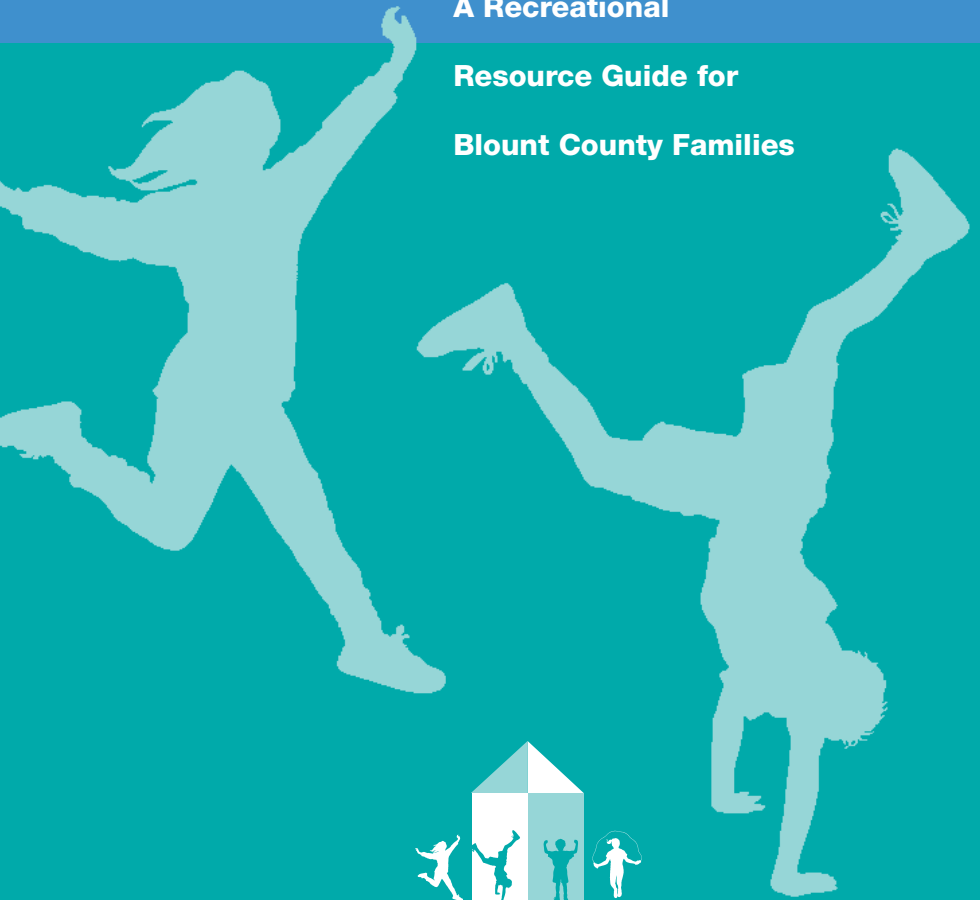


Ready, Set, Move!

A Recreational

Resource Guide for

Blount County Families



Blount BEneFITs

A proud member of the Community Health Initiative



Blount BENEFITs

A proud member of the Community Health Initiative

Dear Blount County families,

As current chairperson and a member of the Blount BENEFITs committee, I am excited to be involved in the first edition of a Recreational Resource Guide for Blount County. The committee felt there was a true need for establishing an interactive resource guide where families can easily access recreational and wellness information, as well as offer the resources that will empower people to become more active and therefore improve their overall health.

The Blount County Health Department and the Blount County Community Health Initiative, along with collaboration from community organizations and members that make up Blount BENEFITs, are working together to access and prioritize the local health issue of an overweight population, as well as the obesity epidemic in the youth and citizens of Blount County. It is a committee made up of excellent professionals and diverse members of our community who have a vested interest in pursuing how we can take steps in improving the health of this community. Our mission is to improve the health of Blount County by decreasing the incidence of chronic diseases that are linked to unhealthy weight by

- 1 Empowering and involving youth to make choices that promote healthy lifestyles
- 2 Educating the community about health risks and community health concerns
- 3 Serving as a community resource by coordinating like-minded businesses, schools, churches, agencies and organizations that promote wellness and monitoring/reporting positive health outcomes
- 4 Recognizing and acknowledging best practices within our community that support the Blount BENEFITs philosophy

In order to build a healthier community, it has to start with you. What you do as an individual, parent, employee or community member affects others around you more than you know. Your family, neighbors, co-workers, customers and many others truly need you



at your best. They rely on you for everything from the most basic needs to the best service and leadership you can provide. If you are not physically well enough to meet these demands or expectations due to unhealthy lifestyle choices, then you are not only limiting yourself but the many others around you.

Have you ever noticed the look on the faces of children or watched how their mannerisms changed when you actually played with them? As a mother of two young children, I recently noticed this change in behavior when I began playing with my children after observing them playing by themselves for a while. It was at that moment that the light bulb went off. Wow! Look at the behavioral change that just happened with the expression on their faces and the pure happiness in their voices when I began to play with them. And, best of all, we were all having fun being active together. It shed new light for me on the importance of what this small decision did for all of us at that very moment.

I encourage you to take the steps that are needed to start and maintain a level of physical activity in your daily life. If you are a person who needs others to motivate and help support your efforts, invite your family and friends to become involved. Be creative, and find something you and others enjoy doing that is active. Sometimes that takes trying out an activity for the first time—or the tenth time—before you realize that this is something you might enjoy. Let's be good role models for the youth in this community and better our own lives by setting healthy practices in our daily lives. Spending time with each other doing something active is a win-win situation and only enhances the thought that "Families that Play Together—Stay Together." So, get out and play, and help make Blount County a healthier community.

Sincerely,

A handwritten signature in black ink that reads "Kelly Forster".

Kelly Forster
Blount BENEfits Chairperson

Get Healthy: Tips and To Dos

Handy health and fitness information to help make every day a healthy day





Cardiac Care

Signs of a Heart Attack **Know the Warning Signs of a Heart Attack**

Signs of a Heart Attack

- 1 Chest discomfort or uncomfortable pressure, fullness, squeezing or pain in the center of the chest that lasts longer than a few minutes, or comes and goes
- 2 Spreading pain to one or both arms, back, jaw or stomach
- 3 Cold sweats and nausea

Every minute counts, even if the symptoms seem to disappear. Know that not everyone experiences all of these warning signs. Sometimes these signs can go away and return. Treatments are most effective if given within one hour of when the attack begins.

If you have these symptoms, call 911.

As with men, women's most-common heart attack symptom is chest pain or discomfort. But, women are somewhat more likely than men to have some of the other warning signs, such as shortness of breath, nausea, vomiting, and back or jaw pain.

Symptoms of Cardiovascular Problems **Act in Time to Heart Attack Signs**

Symptoms

- 1 Sudden or developing problems with speech
- 2 Sudden or developing problems with sight
- 3 Sudden or developing trouble with balance and coordination
- 4 Sudden numbness or weakness in face, arms or legs

If you have any of the symptoms listed on the left, do not wait to see your health care provider. **Go immediately to an emergency room, or call 911.**

Cardiologists recommend the tried and true methods for lowering the risk of cardiovascular disease: not smoking, lowering cholesterol and blood pressure, maintaining a healthy weight and exercising regularly.

National Heart, Lung and Blood Institute
301-592-8573
www.nhlbi.nih.gov/actintime

American Heart Association
866-212-6500
www.americanheart.org

Source: *Archives of Internal Medicine*, 2007;167, 296-301



Diabetes Prevention and Management

Publications **Research diabetes and prevention tools**

Signs of Diabetes

- 1 Feeling tired
- 2 Frequent urination
- 3 Being very thirsty
- 4 Weight loss
- 5 Blurry eyesight
- 6 Recurring skin, gum or bladder infections
- 7 Sores that heal slowly
- 8 Dry, itchy skin
- 9 Loss of feeling or tingling in your feet

Am I at Risk for Type 2 Diabetes?

<http://diabetes.niddk.nih.gov/dm/pubs/riskfortype2>

Your Guide to Diabetes: Type 1 and Type 2

<http://diabetes.niddk.nih.gov/dm/pubs/type1and2>

Diabetes Prevention Series (seven-booklet series)

<http://diabetes.niddk.nih.gov/dm/pubs/complications>

Take Charge of Your Diabetes

<http://diabetes.niddk.nih.gov/dm/pubs/tcyd>

Your Game Plan for Preventing Type 2 Diabetes

<http://ndep.nih.gov/materials/pubs/DPP/GPTToolkit.pdf>

Steps to Controlling Diabetes **Begin by Knowing Your ABCs**

The ABCs of Diabetes

- A A1c** The A1c test (or hemoglobin A1c) measures your average blood sugar over the past three months. An A1c is an average blood sugar of 150. Target your A1c level to below seven.
- B Blood pressure** High blood pressure forces your heart to pump harder to move blood through your body. Your target blood pressure is less than 130/80.
- C Cholesterol** Low-density lipoprotein (LDL) or bad cholesterol blocks your arteries. Your LDL level should be less than 100.

Women with diabetes are more likely to have a heart attack at a younger age than women without the disease. Prevent both heart attack and stroke by controlling the ABCs of diabetes.

Know your ABC numbers, and talk to your health care provider about what your target numbers should be and how you can reach these goals.

American Diabetes Association
888-DIABETES
www.diabetes.org



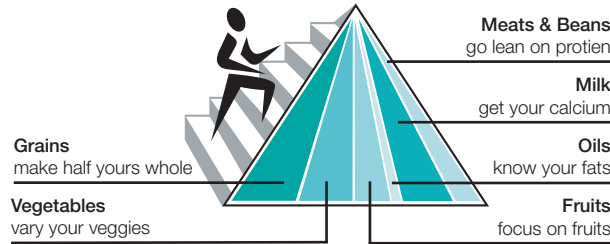
Food and Nutrition

The Food Pyramid **One Size Does Not Fit All**

Daily Recommendations

- 1 Make smart choices from every food group.
- 2 Find balance between food and physical activity.
- 3 Get the most nutrition out of your calories.
- 4 Stay within your daily calorie needs.

MyPyramid.gov offers personalized eating plans, interactive tools to help you plan and assess your food choices, and advice designed to help you develop a healthier diet.



Portion Control **Limit serving sizes**

Serving Size Examples

- 1 A serving of meat (boneless, cooked weight) is two to three ounces, or roughly the size of the palm of your hand.
- 2 A serving of chopped vegetables or fruit is ½ cup, or half a baseball.
- 3 A serving of cooked pasta, rice or cereal is ½ cup.
- 4 A serving of cooked beans is ½ cup.
- 5 A serving size of fresh fruit is a medium piece, or the size of a baseball.
- 6 A serving of nuts is 1/3 cup. A serving size of peanut butter is two tablespoons, about the size of a golf ball.

Before you start any type of eating plan, talk with your health care provider. He or she will have several resources that may be helpful to you.

It's not enough to eat the right kinds of food to maintain a healthy weight or to lose weight. Eating the right amount of food at each meal is just as important. A serving is a specific amount of food, and it might be smaller than you realize.

www.myfatstranslator.com Gives you recommendations designed specifically for you. This easy-to-use tool calculates your daily calorie needs, your recommended range for total fats, and limits for bad fats.

www.nutrition.gov Provides easy, online access to government information on food and human nutrition for consumers.

Plate Portions

- 1 How much you eat is as important as what you eat.
- 2 As a general rule, fill half your plate with fruits and veggies.
- 3 Don't eliminate your favorite food, just eat smaller portions less often.



Steps for a Healthy Diet While Eating Out **Know Before You Go**

The American Heart Association gives these tips for a healthy diet when you are not cooking at home.

- 1 **Ask the server to make substitutions**, like having steamed vegetables instead of fries. Ask for baked, broiled or roasted potatoes instead of fried.
- 2 **Pick lean meat, fish or skinless chicken**. Make sure your entrée is broiled, baked, grilled, steamed or poached instead of fried.
- 3 **Order lots of vegetable side dishes**, and ask that any sauces or butter be left off.
- 4 **Ask for low-calorie salad dressing** or a lemon to squeeze on your salad instead of dressing.
- 5 **Order fresh fruit or sorbet** in place of cake, pie or ice cream desserts.

American Heart Association
800-242-8721
www.americanheart.org

Know your Fats, Read Labels **Take steps to protect your health**

There are different kinds of fats in our foods. Some can hurt our health, while others aren't so bad. Some are even good for you. Here's what you need to know.

Monounsaturated fats and Polyunsaturated fats

Monounsaturated fats are found in canola, olive and peanut oils, and avocados. Polyunsaturated fats are found in safflower, sesame, sunflower seeds, and many other nuts and seeds. These two kinds of fats can raise your HDL (good) cholesterol levels.

Saturated fat, trans fatty acids and dietary cholesterol raise your LDL (bad) cholesterol. Saturated fat is mostly found in food from animals (such as beef, pork, poultry and whole milk dairy products) or tropical oils (such as coconut and palm oils) that are found in commercial cakes, cookies and salty snack foods. Check labels on frozen dinners and canned goods to see if they are high in saturated fat.

Trans fatty acids (TFAs) are formed during the process of making cooking oils, margarine and shortening and are found in commercially fried foods, baked goods, cookies and crackers. Some are naturally found in animal products, such as beef, lamb, pork, and the butterfat in butter and milk. TFAs raise total blood cholesterol and raise the LDL (bad) cholesterol and lower the HDL (good) cholesterol. TFAs are not currently listed on nutrition labels, but that will change in the future. Currently, some food manufacturers are announcing they are taking TFAs out of their food.



Caffeine Make an educated choice

The effects of caffeine on your body vary, but high levels of caffeine can lead to negative health effects on your sleep, weight and exercise.

Caffeine affects several hormones in your body within a few minutes of ingesting it, and it stays in your system for hours.

Make an educated choice when consuming caffeine by visiting www.about.com and looking up Caffeine, Stress and Your Health.

Symptoms of Eating or Weight Problems Be on the Look Out

Symptoms

- 1 Extreme thirst or hunger
- 2 Losing weight without trying
- 3 Desire to binge on food excessively
- 4 Desire to vomit on purpose
- 5 Desire to starve (not eat at all)

Eating disorders arise from a variety of physical, emotional, social and familial issues, all of which need to be addressed for effective prevention and treatment. Eating disorders are not just a “woman’s problem” or “something for the girls.” Males who are preoccupied with shape and weight also can develop eating disorders.

Three Common Types of Eating Disorders

Anorexia Nervosa

Anorexia nervosa is a serious, potentially life-threatening eating disorder characterized by self-starvation and excessive weight loss.

Binge Eating Disorder

Binge eating disorder (BED) is a type of eating disorder not otherwise specified and is characterized by recurrent binge eating without the regular use of compensatory measures to counter the binge eating.

Bulimia Nervosa

Bulimia nervosa is a serious, potentially life-threatening eating disorder characterized by a cycle of bingeing and compensatory behaviors such as self-induced vomiting designed to undo or compensate for the effects of binge eating.

Dial-A-Dietitian

865-524-4541

National Eating Disorders Association

800-931-2337

www.nationaleatingdisorders.org

National Institute of Mental Health

1-866-615-6464

www.nimh.nih.gov



Get Active

Exercise Benefits Staying Active is Important

Benefits of Exercise

- 1 Heart health improves with regular physical activity.
- 2 Bone support improves with exercise.
- 3 A sense of well-being gives you more energy.
- 4 Your social life improves by meeting new friends.
- 5 Physical appearance improves by toning your muscles.

It is never too late to become active. Every little bit helps, and it doesn’t have to be strenuous to be healthy either. Fitness is about improving endurance, flexibility and strength through regular activity. So, just start slowly and build gradually. The time to begin is now.

You’ll start to notice the difference right away—for both your body and mind.

Source: www.presidentschallenge.org

What You Need to Know About Exercise It’s not as hard as you think

If you were to exercise for 30 minutes most days, you could:

Lower your cholesterol and blood pressure levels	Reduce stress and tension
Improve your sleep	Increase energy
Increase oxygen to your brain and improve memory	Protect your body from injury and disease
Make your bones stronger and improve posture	Slow the aging process
Burn stored body fat to help you lose weight	Boost self-confidence

Changing Your Metabolic Rate Exercise is key

People interested in losing weight often wonder if there is any way to rev up their metabolic engines to increase their daily calorie expenditure. The most-significant effect on metabolic rate is achieved with exercise. During moderately vigorous activity, you elevate your metabolic rate by a factor of 10 or more, expending hundreds of extra calories. The more vigorously you exercise, the more calories you use per minute. If you don’t like high-intensity exercise, exercise longer or more often. Regular resistance training has many beneficial effects, such as strengthening muscles, joints and bones. It also can increase muscle mass, which means you expend a few more calories per hour, even when resting. And, you also expend more calories during your strength training workouts.

Source: *How to Stimulate Your Metabolic Rate*, Barbara A. Brehm, ED.D, *Fitness Management*, Dec. 2007



Start a Walking Club *One Step at a Time*

You know that walking is good for your health. But often you find yourself too comfortable on the couch, too tired or too busy to get a walk in before dark. How is it that some people have no trouble getting physical activity to be such a natural part of their day? What's their secret?

Discuss and Decide

- 1 How often to walk
- 2 When and where to meet
- 3 Indoors or outdoors
- 4 What to do when there is bad weather
- 5 What speed and distance will you cover

It's simple. There are people who have made walking fit with their personal interests, activities and responsibilities. They make it a part of everyday living. In fact, often they don't even recognize that they're getting exercise and improving their health.

Find some company. Family, friends, co-workers, church members—many are waiting for the word to start moving with friendly supporters.

Then, "keep on keeping on."

week 1	week 2	week 3	week 4	weeks 5/6	weeks 7/8	weeks 9/10
15 minutes	15 minutes	20 minutes	25 minutes	30 minutes	30 minutes	30 minutes
2 days/wk	3 days/wk	3 days/wk	3 days/wk	3 days/wk	4 days/wk	5 days/wk

Times do not include warm-up and cool-down stretches.

Source: MayoClinic.com



President's Fitness Challenge *Recognizing Efforts*

"When it comes to your health, even little steps can make a big difference."

—GEORGE W. BUSH
43RD PRESIDENT
OF THE UNITED STATES

Children who enjoy athletic competition typically have school- or community-based programs available. However, for some children, activities such as bicycling, skateboarding or dancing provide more appeal. The key is to find an activity that the child enjoys. The President's Council on Physical Fitness and Sports provides information on encouraging exercise, and the President's Challenge is a program that gives recognition for participation in regular physical activity. Information can be found on the Internet at www.fitness.gov.

*Source: Active Kids, Dixie L. Thompson, Ph.D., FACSM
ACSM's Health & Fitness Journal, July/August 2006*

Move It *Everyday Activities Count*

- 1 Play with your kids.
- 2 You will use more calories taking the stairs than you will riding the elevator.
- 3 Park your car away from the entrance to the store to gain more calorie-burning benefits.
- 4 Walk to do your errands when possible.
- 5 Take advantage of opportunities to be active throughout the day.
- 6 Limit television viewing, which can actually cause your metabolic rate to drop below your normal resting level.

Being more physically active is something everyone should strive for, as it's not only good for weight management and loss. It's also important to overall health. Physical activity helps relieve stress and leaves us feeling better about ourselves. Additionally, it helps reduce the risk of developing chronic health conditions such as diabetes, heart disease and high cholesterol, among others.

Do your part to take advantage of everyday activities to help you achieve optimal health with a minimum of 30 minutes per day of physical activity.

REMEMBER...

staying fit and active are the goals. If you become bored, mix it up a bit by changing what, when or where you are exercising, or invite a friend or family member for encouragement.

Getting Started

- 1 **Assess your fitness level (talk to your doctor).**
- 2 **Design your fitness program (make it fun).**
- 3 **Assemble your equipment.**
- 4 **Find the time.**
- 5 **Monitor your progress.**

Source: How to Stimulate Your Metabolic Rate, Barbara A. Brehm, ED.D, Fitness Management, Dec. 2007



Active Lifestyle for Seniors **Active seniors enjoy life more**

There's good news for older adults. Part of the prescription for a healthier, better retirement is exercise. Physical activity protects against declining health and fitness and adds years to our lives. The best way to keep fit is to choose exercises you enjoy. Favorites among many older adults include aquatic exercise, yoga, Pilates, Tai Chi, line dancing, square dancing, ballroom dancing or simply walking the dog.

Exercise Safety Tips for Seniors

- 1 Wear comfortable, well-fitting shoes.
- 2 Avoid outdoor activities in extreme temperatures.
- 3 Drink plenty of fluids to stay well-hydrated.
- 4 Listen to your body when determining an appropriate exercise intensity (and keep in mind that monitoring intensity using heart rate isn't accurate if you are on heart rate-altering medications for hypertension).
- 5 Be aware of danger signs. Stop activity, and call your doctor or 911 if you experience any of the following symptoms: pain or pressure in your chest, arms, neck or jaw; feeling lightheaded, nauseated or weak; becoming short of breath; developing pain in your legs, calves or back; or feeling like your heart is beating too fast or skipping beats.

Source: From the American Council on Exercise: Fit Facts Active Seniors Enjoy Life More, Vol. 14 No. 14, Dec. 2007/Jan. 2008

Preventing Sports Injuries **Stay in the Game**

Proper equipment and safety gear can prevent injuries when they are the correct size and fit well.

Often, organizations that govern each of the sports have equipment and gear that they have approved. Look for these standards. Remember, different activities might need different safety gear such as protective eyewear, helmets, shoes, mouth guards, athletic cups and supporters, padding, and elbow pads or kneepads. It is important to maintain competition areas, too, so kids don't trip and fall on uneven surfaces.

Supervision should be appropriate for the activity. Make sure you have enough eyes on what is going on around you. People trained in cardiopulmonary resuscitation or sports injuries can help when the unexpected happens.

Warming up with stretches is a good way to prevent injury. Demonstrating the proper way to use equipment and explaining the rules of the game can be of great benefit in preventing accidents or physical injury. Make sure your child is comfortable with knowing what he or she is to do when starting a sport.



Drink water and/or sports drinks to keep hydrated and to help prevent heat stroke. It's also good to take breaks to avoid overexertion.

All of these things will help in providing your child with a positive sports experience. <http://kidshealth.org>

Pulmonary Care

Lung Problems **Know the Symptoms**

Symptoms of Lung Problems

- 1 Coughing up blood
- 2 Persistent cough that gets worse over time
- 3 Repeated bouts of bronchitis or pneumonia
- 4 Shortness of breath
- 5 Wheezing

American Lung Association

800-LUNGUSA
www.lungusa.org

Better Breathers Support Group

Blount Memorial Hospital
865-977-5636

Asthma **Steps to Control**

Symptoms of Asthma

- 1 Chest tightness or congestion
- 2 Wheezing
- 3 Shortness of breath
- 4 A cough that never seems to go away or gets worse over time

Asthma is the most-common serious chronic disease in children.

If you are a parent, watch your infant or child for these signs of asthma. Children can have them without the other symptoms seen in adults.

Although asthma is many times thought of as a childhood disease, you also can get it when you are older. Many older people are unaware of their symptoms and assume their problems breathing are due to other things, such as age, smoking or heart trouble.

If you are older and having problems breathing, or have any of the symptoms listed above, see your health care provider right away.

National Asthma Control Program

www.cdc.gov/nceh/airpollution/asthma/default.htm



Take Action

- 1 Stay away from things that trigger your asthma and make it worse.
- 2 Take your prescribed asthma medicines exactly as your health care provider tells you to.
- 3 Watch for things that make your asthma worse, and act quickly. Develop an action plan with your health care provider so you know when your asthma is getting worse and when to take your medicines.
- 4 Visit your health care provider at least every six months to monitor your symptoms and treatment plan.
- 5 If you are pregnant, manage your symptoms to prevent an attack. Asthma tends to worsen in the late second and early third trimesters, but some women may have fewer symptoms during the last four weeks of pregnancy. Besides taking your medicines and avoiding triggers, you can get a flu shot after the first three months of pregnancy, and exercise only moderately under the supervision of your health care provider.
- 6 You may be given medicines to inhale that open your airways and treat inflammation. These medicines might include bronchodilators—to prevent asthma attacks and stop attacks after they have started—and anti-inflammatories—to help control airway inflammation and prevent attacks. Antileukotrienes are oral medicines used to fight chronic asthma by fighting the inflammatory response to allergens.

For more information about asthma, check out the following resources.

**National Heart, Lung and Blood Institute
National Asthma Education and
Prevention Program**
301-592-8573
www.nhlbi.nih.gov/about/naepp

**National Institute of Allergy
and Infectious Diseases**
www.niad.nih.gov/publications/asthma.htm

**National Asthma Control Program
National Center for Environmental Health,
Centers for Disease Control
and Prevention**
[www.cdc.gov/nceh/airpollution/asthma/
default.htm](http://www.cdc.gov/nceh/airpollution/asthma/default.htm)

American Lung Association
800-LUNGUSA
www.lungusa.org

**Publications:
Your Asthma Can Be Controlled:
Expect Nothing Less**
[www.nhlbi.nih.gov/health/public/lung/
asthma/asthma.htm](http://www.nhlbi.nih.gov/health/public/lung/asthma/asthma.htm)

**Living With Asthma:
Special Concerns for Older Adults**
[www.nhlbi.nih.gov/health/public/lung/
asthma/asth_ap.htm](http://www.nhlbi.nih.gov/health/public/lung/asthma/asth_ap.htm)



Smoking Cessation

Calling it Quits **Experience instant relief**

When you stop smoking, health benefits are seen quickly.

20 minutes after quitting Your blood pressure drops back to normal, and the temperature in your hands and feet increases, returning to normal.

Eight hours after quitting The carbon monoxide in your blood drops to normal.

24 hours after quitting Your chance of having a heart attack decreases.

Two days after quitting You can taste and smell things better.

Two weeks to three months after quitting: You have better circulation, and your lungs are working better.

One to nine months after quitting Your coughing, sinus congestion, fatigue and shortness of breath decrease. Your lungs start to function better, lowering your risk of lung infections.

One year after quitting Your risk of heart disease is reduced by half. Five to 15 years after quitting, your risk of having a stroke is the same as someone who never smoked. After 10 years, your risk of lung cancer is nearly the same as someone who never smoked.

After 15 years Your risk of heart disease now is the same as someone who never smoked.

Make the call: 1-800-QUITNOW



Total Body Care

Skin Problems **Head to Toe**

Symptoms of Skin Problems

- 1 Changes in skin moles; moles that are no longer round or that turn more black
- 2 Frequent flushing and redness of face and neck
- 3 Jaundice (skin and whites of eyes turn yellow)
- 4 Painful, crusty, scaling or oozing skin lesions that don't go away or heal
- 5 Sensitivity to the sun
- 6 Small lump on skin that is smooth, shiny and waxy (red or reddish-brown)

The No. 1 cause of skin damage is the sun. Protect yourself from the sun's harmful rays by using a sunscreen with a minimum sun protection factor (SPF) of 15 on all exposed areas of skin on a daily basis.

Symptoms of Muscle or Joint Problems **Don't Ignore**

- 1 Muscle pains and body aches that are persistent, or that come and go often
- 2 Numbness, tingling (pins and needles sensation), or discomfort in hands, feet or limbs
- 3 Pain, stiffness, swelling, or redness in or around joints

The term arthritis includes more than 100 diseases and conditions that affect joints, surrounding tissues and other connective tissues. Here are some things you can do for better joint health.

Relax.	Wear shoes that fit properly.
Exercise regularly.	Take a warm bath before bed.
Take vitamin C and other antioxidants.	Try low-impact activities with a focus on flexibility and balance.
Maintain a healthy weight.	Apply something cold when joints are hot or inflamed.
Talk to your doctor about your health.	Stop smoking.
Talk to your pharmacist about joint-friendly medications.	

Arthritis Foundation

865-470-7909
www.arthritis.org



Web Resources

President's Council on Physical Fitness and Sports

www.fitness.gov

Presidents' physical activity awards program

www.presidentschallenge.org

Dietary Guidelines for Americans

www.mypyramid.gov

Offers tips on incorporating physical activity into your life

www.smallstep.gov

American College of Sports Medicine

www.acsm.org

American Council on Exercise

www.acefitness.org

Provides general health and physical activity information

www.4girls.gov

Physical activity promotion from the Centers for Disease Control and Prevention

www.verbnow.com

Encourages good bone health through physical activity and proper nutrition

www.cdc.gov/powerfulbones

Offers interactivity regarding physical activity and nutrition

www.kinetic.com

International Council on Active Aging

www.icaa.cc

National Center on Physical Activity and Disability

www.ncpad.org

Disabled Sports USA

www.dsusa.org

For Blount County special events, visit the community calendar at www.blountchamber.com.



Bicycling

Bicycle Rentals

AJ's Bike Rental

7767 East Lamar Alexander Parkway
Townsend, TN 37882
865-448-6059

Apple Tree Acres Bike Rental

8470 Hwy 73
Townsend, TN 37882
865-448-0699

Cades Cove Bikeshop

Townsend, TN 37882
865-448-9034
www.yoursmokies.com/smokiesbiking

Cycology Bicycles

2408 East Lamar Alexander Parkway
Maryville, TN 37804
865-681-4183
www.cycologybicycles.com

Mountain View Bicycles

1632 West Broadway Ave.
Maryville, TN 37803
865-977-4200

Six Mile Bicycle

4845 Stump Road
Maryville, TN 37803
865-856-7278

Safety and Education (Clubs)

Jeff Roth Cycling Foundation

2917 Rambling Road
Maryville, TN 37801
865-379-8133
www.jeffrothcyclingfoundation.org

Smoky Mountain Wheelmen

P.O. Box 31497
Knoxville, TN 37930
http://www.smwbike.org

Foothills Striders

P.O. Box 162
Alcoa, TN 37701
865-681-8290
www.foothillstriders.org

ANNUAL EVENTS

MAY **Tour De Blount**
www.foothillstriders.org

JULY **Maryville Crit**
www.tbra.org

*To report potholes and/or road problems
in Blount County, call 865-982-4652.
Always remember to wear a helmet.*

Bowling

Crest Bowling Lanes

333 Whitecrest Drive
Maryville, TN 37801
865-982-8343

Thunderworld

1551 West Lamar Alexander Parkway
Maryville, TN 37801
865-981-3399
www.thunderworldusa.com



Camping

Group Camping

Camp Montvale

(opens in the spring '09)
4901 Montvale Road
Maryville, TN 37803
865-980-6434
www.campmontvale.org

Camp Tipton

933 Walker School Road
Maryville, TN 37803
865-257-2288
www.chilhoweeba.org/camptipton

Tremont

9275 Tremont Road
Townsend, TN 37882
865-448-6709
www.gsmit.org

Wesley Woods Camp

329 Wesley Woods Road
Townsend, TN 37882
865-448-3904
www.campwesleywoods.com

Tennessee State Park Campgrounds

1-888-TN-PARKS
www.tnstateparks.com

East Tennessee Federal Park Campgrounds

1-877-444-6777
www.recreation.gov

Great Smoky Mountain National Park Campgrounds

865-436-1200
www.nps.gov/grsm

Campgrounds

Big Meadow Family Campground

8215 Cedar Creek Road
Townsend, TN 37882
865-448-0625
888-497-0625
www.bigmeadowcampground.com

Lauderdale Cove Campground

17177 East Coast Tellico Parkway
Greenback, TN 37742
423-856-3832

Lazy Daze Campground and Motel

8429 Hwy 73
Townsend, TN 37882
865-448-6061
rcowboys2710@aol.com

Townsend Great Smokies KOA

8533 Hwy 73
Townsend, TN 37882
800-261-6270
townsend@koa.net

Misty River Cabins and RV Resort

5050 Walland Highway
Townsend, TN 37882
865-981-4300
877-981-4305
www.mistyriverrv.com



Camping *continued*

Campgrounds

Mountaineer Campground

8451 Hwy 73
Townsend, TN 37882
865-448-6421

Poland Creek Campground

Louisville, TN 37777
865-977-4340

Punkin Center Motorcycle Resort/Campground

7304 Old Railroad Bed Road
Maryville, TN 37801
865-856-7244
punkincentercamp@bellsouth.net

Tremont Hills Outdoor Resort

118 Stables Drive
Townsend, TN 37882
865-448-6363
800-448-6373
tremontcamp@webtv.net

Tennessee State Park Campgrounds

1-888-TN-PARKS
www.tnstateparks.com

East Tennessee Federal Park Campgrounds

1-877-444-6777
www.recreation.gov

Great Smoky Mountain National Park Campgrounds

865-436-1200
www.nps.gov/grsm

Community Recreation Centers

Rental available at all sites

Alnwick Community Center

Big Springs Road
Maryville, TN 37801

Chilhowee View Community Center

3229 Wilkinson Pike
Maryville, TN 37803
865-982-6048

Everett Park Senior Center

702 Burchfield St.
Maryville, TN 37804
865-983-9422

This multi-purpose recreational center is for adults ages 50 and older. Kitchen facilities and meeting rooms are available Monday through Friday from 8 a.m. – 4:30 p.m.

Everett Recreation Center

318 Everett High Road
Maryville, TN 37804
865-983-6264

This facility includes a gymnasium and meeting rooms surrounded by a walking trail and football/soccer fields. Hours of operational vary by season.



Community Recreation Centers *continued*

Martin Luther King Jr. Community Center

209 East Franklin St.
Alcoa, TN 37701
865-983-1954

This is a multi-purpose community center that includes meeting rooms, kitchen facilities, a computer game area and playground. Call for current hours of operation.

Springbrook Recreation Center

Springbrook Park
Alcoa, TN 37701
865-984-5612

The center offers a gymnasium along with game and meeting rooms. Call for current hours of operation.

Dance

Appalachian Ballet Company

Van Metre School of Dance
215 West Broadway Ave.
Maryville, TN 37801
865-982-8463
www.appalachianballet.com

Fine Arts Connection

1922 East Lamar Alexander Parkway
Maryville, TN 37804
865-977-7284
www.fineartsconnection.biz

Artistic Dance Unlimited

240 Gill St.
Alcoa, TN 37701
865-982-1993
www.artisticdanceunlimited.com

In Motion with Melody

865-983-1917

Parks & Recreation

316 South Everett High St.
Maryville, TN 37804
865-983-9244
www.parksrec.com

Everett Senior Center

702 Burchfield St.
Maryville, TN 37804
865-983-9422

Wagon Wheelers

Western Square Dance

Springbrook Recreation Center
Alcoa, TN 37701
865-982-5930



Exercise Facilities

Fitness Clubs

**Blount Memorial
Wellness Center at Cherokee**
1410 Sevierville Road
Maryville, TN 37804
865-681-6122
www.blountmemorial.org

**Blount Memorial
Wellness Center at Springbrook**
220 Associates Blvd
Alcoa, TN 37701
865-980-7100
www.blountmemorial.org

Curves for Women
525 North Foothills Plaza
Maryville, TN 37801
865-977-9939
fitnessconcepts@bellsouth.net

**Dynabody Fitness Facility
and Equipment**
2700 East Broadway Ave.
Maryville, TN 37804
865-982-3185
dynabody11@aol.com

Ladies Total Fitness
141 Foothills Mall Drive
Maryville, TN 37801
865-379-8256
www.ladiestotalfitness.com

Olympia Athletic Club
398 Olympia Drive
Maryville, TN 37804
865-984-8300
www.olympiaathleticclub.com

Quick Fitness 24/7
2024 West Broadway
Maryville, TN 37801
865-233-0518
www.quickfitness247.com

The Rush
166 North Calderwood St.
Midland Center
Alcoa, TN 37701
865-273-1360
www.therush247.com

Church Exercise Facilities

**Upward/Outward youth athletic programs*

Alcoa First Baptist*
819 Gilbert St.
Alcoa, TN 37701
865-982-0499
www.fbalcoa.org

Beech Grove Baptist Church*
1519 Topside Road
Louisville, TN 37777
865-970-4092
www.beechgrove.org

Dotson Memorial Baptist Church*
814 Dotson Memorial Road
Maryville, TN 37801
865-984-9240
www.dotsommemorialbaptist.org



Exercise Facilities *continued*

Church Exercise Facilities
East Maryville Baptist Church
1150 Brown School Road
Maryville, TN 37804
865-982-4960
www.eastmaryvillebaptist.org

Fairview United Methodist*
2505 Old Niles Ferry Road
Maryville, TN 37803
865-983-2080
www.fairview-umc.org

First Baptist of Maryville*
202 West Lamar Alexander Parkway
Maryville, TN 37801
865-982-5531
www.FBCmaryville.org

Madison Avenue Baptist Church
1918 Madison Ave.
Maryville, TN 37804
865-982-8785
www.madisonavenuebaptist.com

Maryville First United Methodist Church
804 Montvale Station Road
Maryville, TN 37803
865-982-1273
www.FUMC-Maryville.org

Mt. Lebanon Baptist Church*
3508 Wildwood Road
Maryville, TN 37804
865-983-4200
www.mlbcn.org

Golf

Courses and Instruction
Egwani Farms Golf Course
3920 South Singleton Station Road
Rockford, TN 37853
865-970-7132
eguanifarmsgolf.com

The Golf Club
802 Lee Shirley Road
Maryville, TN 37801
865-856-4400

**Green Meadow
Country Club**
1700 Louisville Road
Alcoa, TN 37701
865-982-0391

Lambert Acres Golf Course
3416 Tuckaleechee Pike
Maryville, TN 37803
865-982-9838

Laurel Valley Golf Course
702 Country Club
Townsend, TN 37882
865-448-6690
www.laurelvalleygolf.com



Golf *continued*

Courses and Instruction

continued

Pine Lakes Golf Course

4101 South Singleton Station Road
Rockford, TN 37853
865-970-9018

Royal Oaks Golf Club

2317 Hwy 411 South
Maryville, TN 37801
865-984-4260

Parks & Recreation

Golf Lessons

316 South Everett High Road
Maryville, TN 37804
865-983-9244
www.parksrec.com

Driving Ranges

Foothills Driving Range

2107 Hwy 411 South
Maryville, TN 37801
865-681-1057

Highway 321 Golf Range

311 Old Glory Road
Maryville, TN 37801
865-982-1988

Misty Meadow Golf Driving Range

231 John Helton Road
Maryville, TN 37804
865-380-0033

Gymnastics

Foothills/Tumble Bears Gymnastics

919 Cherokee St.
Maryville, TN 37804
865-977-8865
www.foothillsgym.com

Gymnastics Counts

6130 Hwy 411 South
Maryville, TN 37801
865-856-5339
www.gymnasticscount.com

Perpetual Motion Gymnastics

1452 East Brown School Road
Maryville, TN 37804
865-984-1253
www.perpetualmotion4kids.com

Parks & Recreation

Everett Recreation Center
316 South Everett High Road
Maryville, TN 37804
865-983-9244
www.parksrec.com

TNT Gymnastics

1824 Clydesdale St.
Maryville, TN 37801
865-984-6200



Hiking

Great Smoky Mountains National Park

107 Park Headquarters Road
Gatlinburg, TN 37738
865-436-1203
www.nps.gov/grsm

The Back Country

8453 Hwy 73
Townsend, TN 37882
865-448-6628
www.thebackcountry@charter.net

Foothill Striders

P.O. Box 789
Alcoa, TN 37701
865-681-8290
www.foothillstriders.org

Just Get Outdoors

3340 East Wearwood Drive
Sevierville, TN 37862
865-774-5885
www.justgetoutdoors.com

Townsend Visitors Center

- Accommodations
- Hiking
- Golfing
- Camping
- Cades Cove

7906 East Lamar Alexander Parkway
Townsend, TN 37882
865-448-6134 • 1-800-525-6834
www.smokymountains.org
www.meetingsandmountains.org

Horseback Riding

Apple Valley Stables

5641 Old Walland Highway
Walland, TN 37886
865-448-8300
www.applevalleyridingstables.com

Cades Cove Riding Stables

10018 Campground Drive
Townsend, TN 37882
865-448-6286
http://www.cadescove.net/horseback_riding.html

Davy Crockett Riding Stables

505 Old Cades Cove Road
Townsend, TN 37882
865-448-6411

Next to Heaven Riding Stables

1239 Wears Valley Road
Townsend, TN 37882
865-448-9150
www.nexttoheaven.biz

Mountain Meadow Equestrian Center

1826 Calderwood Highway
Maryville, TN 37801
865-856-8500
www.ridemountainmeadow.com/directions

Twin Valley B & B Ranch

2848 Old Chilhowee Road
Walland, TN 37886
865-984-0980



Horseback Riding *continued*

Winfield Oaks Farm

403 Meadow Road
Greenback, TN 37742
865-995-1652

For horse-drawn carriages

EchoBrooke Farm

117 Flynn Road
Walland, TN 37886
865-984-1459
echobrookefarm@aol.com

Martial Arts

Appalachia Martial Arts

1376 Wright Road
Alcoa, TN 37701
865-984-2190

Clear's Silat National Headquarters

113 East Broadway Ave.
Maryville, TN 37801
865-379-9997
www.clearsilation.com

Hatcher's Martial Arts

1403 East Broadway Ave.
Maryville, TN 37804
865-984-3979
www.hatchersmartialarts.com

Horse Boarding

Bear Hollow Stables

P.O. Box 416
Townsend, TN 37882
865-448-6910
1-877-448-6910
www.bearhollowcabins.com

Pack's Stables

Cedar Creek Road
P.O. Box 184
Townsend, TN 37882
865-448-6318
www.packsboardingstables.com

Maryville Family Tae Kwon Do

2729 Hwy 411 South
Maryville, TN 37801
865-980-0049
www.maryvillefamilyktd.com

Maryville Isshinryu Karate School

Springbrook Gym
Alcoa, TN 37701
865-983-9244

TTJC Karate

213 North Calderwood St.
Alcoa, TN 37701
865-983-8852



Public Parks and Trails

Blount County

Amerine Park

This seven-acre park is on Amerine Road in Maryville. Facilities include 1.3 miles of walking trails, a basketball court, softball and soccer fields, and playgrounds.

Bassell Courts

This half-acre park is on Joule Street in Alcoa and includes basketball courts and lighted tennis courts.

College Hill Park

This is a small neighborhood park located in the historic district of Maryville. Facilities include a small playground and gazebo.

Eagleton Park

This 22-acre park is located along East Broadway on Blount Avenue and contains seven ball fields managed and maintained by the Eagleton baseball/softball association. Facilities also include 1.2 miles of walking trails, playgrounds, basketball courts and a picnic pavilion.

Everett Athletic Complex

This 11.5-acre athletic complex is located on the grounds of the Everett Recreation Center, 318 South Everett High Road in Maryville. All athletic fields at the facility are fully irrigated. Facilities include a recreation center with gym and meeting rooms, lighted football/soccer field, three soccer fields, restrooms and .3 miles of walking trails.

Everett Park

This is a 20-acre park located on Burchfield Street in Maryville. Park includes a volleyball court, softball fields, playgrounds and a sheltered picnic area.

Greenbelt Park

Located in downtown Maryville adjacent to the courthouse, this park serves as a hub for the greenway trail system, with trails leading in three different directions. The 2.5-mile Greenbelt Trail follows Pistol Creek from behind the courthouse to Greenbelt Lake and connects to trails circling the lake. This area also includes the Charles West amphitheater and picnic pavilion.

Howe Street Park

This two-acre park is between West Howe and Edison Streets in Alcoa and includes a lighted trail, a basketball court, playground and covered picnic pavilion.

John Sevier Park

This park is located on both sides of West-field Drive in Maryville and covers eight acres. Facilities include a pavilion, picnic tables, six tennis courts, two basketball courts, playground and outdoor pool.

Louisville Point Park

This 16-acre park is located along the Tennessee River at the end of Cox Road off Louisville Road in Louisville and includes a swimming area, boat ramp, playground and picnic areas.



Public Parks and Trails *continued*

Blount County

Oldfield Mini Park

This half-acre park is at the corner of Steele and Burns streets in Alcoa and includes a playground and basketball court.

Pearson Springs Park

This eight-acre park is just off Montvale Station Road in Maryville and is connected to the Greenway. This area includes two irrigated soccer fields and two youth baseball and softball practice fields.

Pole Climbers Athletic Fields

This three-acre area located at the corner of Hall Road and Joule Street in Alcoa includes two lighted softball fields.

Rock Gardens Park

This four-acre park is on Harrison Street off Wright Road in Alcoa. This neighborhood park includes tennis and basketball courts and a playground.

Springbrook Corporate Center Trail

This .08-mile paved and boardwalk trail circles Springbrook Lake and is directly behind the City of Alcoa Municipal Building. It also is connected to the Greenway Trail System.

Richard Williams Park

This one-acre park is located at the corner of Aluminum Avenue and Lincoln Road in Alcoa. Facilities include a large pavilion and picnic tables.

Springbrook Park/Duck Pond

This 62-acre park is the largest park maintained by Parks & Recreation. This park is in Alcoa and runs from Alcoa High School to Hunt Road along Springbrook Road. It includes a lighted walking trail along a natural spring, softball field, lighted tennis courts, basketball goals, playgrounds, a duck pond for fishing and picnic pavilions.

Sandy Springs Park

This 20-acre linear park is located in Maryville off Montvale Station Road and Best Street. The park includes a large playground area, softball fields, lighted tennis courts and picnic pavilion.

For a map of Blount County Parks & Recreation trails and recreational facilities, visit www.parksrec.com/Map.htm

Pavilions are available for rent. To reserve these facilities, call Parks & Recreation at 865-983-9244.

To reserve the Greenbelt Park Pavilion, call the City of Maryville at 865-273-3406.



Public Parks and Trails *continued*

State Parks in East Tennessee
www.state.tn.us/environment/parks

Big Ridge
Maynardville
865-992-5523

B.T. Washington
Chattanooga
423-894-4955

Cove Lake
Caryville
423-566-9701

Cumberland
Crossville
931-484-6138

Cumberland Trail
Caryville
423-556-2229

Davy Crockett
Limestone
423-257-2167

Fort Loudoun
Vonore
423-884-6217

Frozen Head
Wartburg
423-346-3318

Harrison Bay
Harrison
423-344-6214

Hiwassee/Ocoee
Delano
423-263-0050

Indian Mountain
Jellico
423-784-7958

Norris Dam
Lake City
865-426-7461

Panther Creek
Morristown
423-587-7046

Pickett
Jamestown
931-879-5821

Red Clay
Cleveland
423-478-0339

Roan Mountain
Roan Mountain
423-772-0190

Sycamore Shoals
Elizabethton
423-543-5808

Warrior's Path
Kingsport
423-239-8531

Federal Parks in East Tennessee
Great Smoky Mountains National Park
865-436-1200
www.nps.gov/grsm

Federal Parks
1-877-444-6777
www.recreation.gov

Anthony Creek Horse Camp
Cades Cove
865-448-2472

Bandy Creek
Oneida
423-286-7275

Cosby
Gatlinburg
423-487-5418

Dale Hollow Damsite
Celina
931-243-3554

Defeated Creek Park
Carthage
615-774-3141

Donaldson Park
Celina
931-858-4845



Public Parks and Trails *continued*

Floating Mill Park

Lancaster
931-858-4845

Lillydale Rec Area

Allons
931-243-3136

Ragland Bottom

Sparta
931-761-3616

Hurricane Bridge

Smithville
931-858-3125

Lone Branch

Old Hickory Lake
615-449-6544

Roaring River Park

Carthage
615-735-1034

Laguardo

Lebanon
615-449-6544

Obey River Park

Monroe
931-864-6388

Salt Lick Creek

Gainesboro
931-678-4718

Rollerskating

Smoky Mountain Skate

2801 East Broadway Ave.
Maryville, TN 37804
865-983-7236

Running

Clubs

Foothill Striders

P.O. Box 789
Alcoa, TN 37701
865-681-8290
www.foothillstriders.org

Knoxville Track Club

P.O. Box 52266
Knoxville, TN 37950-2266
865-687-8493
http://www.ktc.org

ANNUAL RUNNING EVENTS

www.parksrec.com

Spring Sprint (April)
Scholars Run (August)
Reindeer Run (December)

www.blountK12.org

Run for Education (November)



Special Olympics *Area 15*

Area 15 Special Olympics is open to Blount County citizens ages 8 and older.

The ultimate goal of the program is to help those with intellectual disabilities participate as productive and respected members of society, by offering fair opportunities to develop and demonstrate skills and talents through sports training and competition, and by increasing public awareness of their capabilities and needs.

Schools and centers across Blount County participate in these events.

However, any person whose school or center does not participate or any adult who does not attend a school or center is eligible to compete as an independent athlete.

Six athletic competitions are held each year. Volunteers are needed to provide many types of assistance during these events. Potential volunteers should keep in mind that all competitions are held during regular school hours.

To obtain information on ways to contribute your time or financial resources to this important program, call Parks & Recreation at 865-983-9244.

Other programs for those with disabilities include:

Challenger Sports League

(see Mt. Lebanon Baptist Church, Chilhowee Baptist Association and Eagleton Little League)

The Gate

865-379-7904
865-983-3181



Sports

Baseball/Softball

See the Youth Activities listing beginning on page 39 for contact information.

Alcoa Little League
Eagleton Little League
Maryville Little League
Outward Baseball/Softball
USSSA - Alcoa Little League

Basketball

Community Leagues

Alnwick
Friendsville
Maryville Biddy League
Parks and Recreation

Football

Parks & Recreation

Grasshoppers (ages 7-8)
PeeWees (ages 8-10)
Midgets (ages 10-12)

Soccer

American Youth Soccer Organization (AYSO)

865-977-8467
www.discoveryyet.org/ayso1159

Blount United Soccer Club

P.O. Box 4576
Maryville, TN 37802
865-983-8772
www.blountunited.com

Parks & Recreation

Maryville/Alcoa/Blount County

316 Everett High Road
Maryville, TN 37804
865-983-9244
www.parksrec.com

Upward Football/ Basketball/Soccer

Chilhowee Baptist Association

8865-982-0499
www.chilhoweeba.org

Sports Equipment Sales

Boyd's Sports & More

1650 East Broadway Ave.
Maryville, TN 37804
865-984-3370
www.boydsports.com

Dancer's Den

343 Sanderson St.
Alcoa, TN 37701
865-982-8463

Dick's Sporting Goods

221 Hamilton Crossing Drive
Alcoa, TN 37701
www.dicksportinggoods.com

Dynabody Fitness Equipment

2706 East Broadway Ave.
Maryville, TN 37804
865-982-3152
www.dynabody.com



Sports *continued*

Foot Locker

159 Foothills Mall Drive
Maryville, TN 37801
865-982-8023
www.footlocker.com

Hibbett Sporting Goods

123 Foothills Mall Drive
Maryville, TN 37801
865-977-4038
www.hibbett.com

J.C. Penney

101 Foothills Mall Drive
Maryville, TN 37801
865-983-0452
www.jcpenney.com

K-Mart

945 McCammon Ave.
Maryville, TN 37801
865.984.1000
www.kmart.com

Little River Trading Co.

2408 East Lamar Alexander Parkway
Maryville, TN 37804
865-681-4141

Pokey's Sports

335 West Broadway Ave.
Maryville, TN 37801
865-984-4355
www.pokeyssports.com

Sears Roebuck & Co.

198 Foothills Mall Drive
Maryville, TN 37801
865-981-7800
www.sears.com

The Athletic House

331 Whitecrest Drive
Maryville, TN 37801
865-982-6617
www.theathletichouse.com

Target

800 Watkins Road
Maryville, TN 37801
865-982-1590
www.target.com

Wal-Mart

1030 Hunters Crossing Drive
Alcoa, TN 37701
865-984-0154

2410 Hwy 411 South
Maryville, TN 37801
865-982-3660
www.walmart.com



Swimming

Public Pools

Call Parks & Recreation at 865-983-9244 for hours, season passes and pool parties. Private rentals are available.
www.parksrec.com

All pools are open during summer school breaks for local schools.

John Sevier Pool

Located on Sequoyah Road in Maryville. Lap swim time available on Saturdays.

Springbrook Pool

On Vose Road in Alcoa, Springbrook Pool is one of the largest outdoor pools in East Tennessee. The 18,000-square-foot pool features a large waterslide and diving tower.

Clubs/Lessons

Parks & Recreation

(lessons and swim teams)
316 South Everett High Road
Maryville, TN 37804
865-983-9244
www.parksrec.com

BLAST (Blount Area Swim Team)

P.O. Box 27
Friendsville, TN 37737
865-712-3993
www.swimblast.com

Green Meadow Country Club

1700 Louisville Road
Alcoa, TN 37701
865-977-7873

Blount Memorial

Wellness Center at Springbrook

220 Associates Blvd.
Alcoa, TN 37701
865-980-7100
www.blountmemorial.org

Maryville College

502 East Lamar Alexander Pkwy
Maryville, TN 37804
865-981-8000
www.maryville.edu

Rhea's Diving Services *(swimming lessons)*

313 Whitecrest Drive
Maryville, TN 37804
865-977-0360
www.rheasdivingonline.com

American Red Cross of Blount County

1741 Triangle Park Drive
Maryville, TN 37802
865-983-0821
www.bccarc.org

Olympia Athletic Club

398 Olympia Drive
Maryville, TN 37804
865-984-8300
www.olympiaathleticclub.com



Tennis/Raquetball

Bassell Multi-Purpose Courts

Joule Street
Alcoa, TN 37701

Caroline Haynes Tennis Courts at John Sevier Park

2021 Sequoyah
Maryville, TN 37804

Centre Court Racquet Club

2639 Topside Road
Louisville, TN 37777
865-380-5377

John "Jack" Murphy Tennis Courts at Sandy Springs Park

South Cedar St.
Maryville, TN 37803

Olympia Athletic Club

398 Olympia Drive
Maryville, TN 37804
865-984-8300
www.olympiaathleticclub.com

Maryville College

502 East Lamar Alexander Pkwy
Maryville, TN 37804
865-981-8000
www.maryville.edu

Rock Gardens Tennis Courts at Rock Gardens Park

Harrison St.
Alcoa, TN 37701

Springbrook Tennis Courts

1537 Dalton St.
Alcoa, TN 37701

Water Sports

Canoes/Kayaks

Little River Trading Co.

2408 East Lamar Alexander Parkway
Maryville, TN 37804
865-681-4141

River John's Float Service

4134 Cave Mill Road
Maryville, TN 37804
865-982-0793
www.riverjohns.com

Clubs

Smoky Mountain Rowing Club

250 East Broadway Ave.
Maryville, TN 37804
865-380-9746
www.rowsmoky.com



Water Sports *continued*

Diving/Scuba

Parks & Recreation

Scuba lessons. Summer only.
316 South Everett High Road
Maryville, TN 37804
865-982-9244
www.parksrec.com

Rhea's Diving Services

313 Whitecrest Drive
Maryville, TN 37801
865-977-0360
www.rheasdivingonline.com

Fishing Guides

Little River Outfitters

7807 East Lamar Alexander Parkway
Townsend, TN 37882
865-448-9459
www.littleriveroutfitters.com

Fly Drifters

5740 Sevierville Road
Seymour, TN 37865
865-776-9664

The Backcountry

8453 Highway 73
Townsend, TN 37882
865-448-6628

Tubing

Little River Outfitters

7807 East Lamar Alexander Parkway
Townsend, TN 37882
865-448-9459
www.littleriveroutfitters.com

River Rage

8307 Highway 73
Townsend, TN 37882
865-448-8000
www.littlerriverrage.com

River Rat Tubing/Kayaking

205 Wears Valley Road
Townsend, TN 37882
865-448-8888
www.smokymtnriverrat.com

Water Aerobics

Blount Memorial

Wellness Center at Springbrook

220 Associates Blvd
Alcoa, TN 37701
865-980-7100
www.blountmemorial.org

Maryville College

502 East Lamar Alexander Pkwy
Maryville, TN 37804
865-981-8000
www.maryville.edu



Water Sports *continued*

Water Aerobics *continued*

Olympia Athletic Club

398 Olympia Drive
Maryville, TN 37804
865-984-8300
www.olympiaathleticclub.com

Parks & Recreation *(summer only)*

316 South Everett High Road
Maryville, TN 37804
865-982-9244
www.parksrec.com

The Rush

166 North Calderwood St.
Midland Center
Alcoa, TN 37701
865-273-1360
www.therush247.com

Youth Activity Organizations

Alcoa Little League

Wright Road
Alcoa, TN 37701
865-806-5041

Alcoa Schools

Step Team
524 Faraday Street
Alcoa, TN 37701
865-984-0531
www.alcoaschools.net

Blount County Schools

Girls on the Run
831 Grandview Drive
Maryville, TN 37803
865-984-1212
www.blountk12.org

Boy Scouts of America

6440 Papermill Drive
Knoxville, TN 37909
865-588-6514
(call for Blount County information)
www.scouting.org

Boys and Girls Clubs of the Tennessee Valley

241 Currie Ave.
Maryville, TN 37804
865-982-3820
www.bgca.org

Camp Montvale

4901 Montvale Road
Maryville, TN 37803
865-980-6434
www.campmontvale.org



Youth Activity Organizations *continued*

Alcoa Youth Baseball

P.O. Box 836
Alcoa, TN 37701
865-806-5041

Camp Tipton

933 Walker School Road
Maryville, TN 37804
865-257-2288
www.chilhoweeba.org/camptipton

Eagleton Little League

2600 East Broadway Ave.
Maryville, TN 37804
865-681-8784
865-681-1284
www.eagletonlittleleague.org

Fine Arts Connection

1922 East Lamar Alexander Parkway
Maryville, TN 37804
865-977-7284
www.fineartsconnection.biz

Girl Scouts of Tanasi Council

2400 Merchants Drive
Knoxville, TN 37912
865-688-9440
(call for Blount County information)
www.tanasi.org

Knoxville Track Club

P.O. Box 52266
Knoxville, TN 37950-2266
865-687-8493
www.ktc.org

Maryville Biddy League Basketball

833 Lawrence Ave.
Maryville, TN 37804
865-982-7121

Maryville College Mountain Challenge

502 East Lamar Alexander Parkway
Maryville, TN 37804
865-981-8135
www.maryvillecollege.edu

Maryville Little League

1400 Sevierville Road
Maryville, TN 37804
865-983-6518

Maryville Housing Authority Otters Outdoor Recreation

311 Atlantic Ave.
Maryville, TN 37801
865-983-4958
www.mhatn.com

Mobile Team Challenge

P.O. Box 4158
Maryville, TN 37802
865-681-0146
www.mobileteamchallenge.com

Parks & Recreation Basketball League

316 South Everett High Road
Maryville, TN 37804
865-983-9244
www.parksrec.com



Youth Activity Organizations *continued*

Southern Kids In Theatre

507 Ellis Ave.
Maryville, TN 37804
865-982-0600
www.skitproductions.net

Tremont

9275 Tremont Road
Townsend, TN 37882
865-448-6709
www.gsmit.org

Wesley Woods Camp

329 Wesley Woods Road
Townsend, TN 37882
865-448-2246
www.campwesleywoods.com

Health Organizations

Alzheimer's Association

2200 Sutherland Ave.
Suite H102
Knoxville, TN 37919
865-544-6288
www.tnalz.org

American Cancer Society

871 North Weisgarber Road
Knoxville, TN 37909
865-681-6029
800-227-2345
www.cancer.org

American Diabetes Association

900 East Hill Ave., Suite 240
Knoxville, TN 37915
865-524-7868
888-DIABETES
www.diabetes.org

American Heart Association

4708 Papermill Drive
Knoxville, TN 37909
865-212-6500
www.americanheart.org

American Lung Association

One Vantage Way, Suite B130
Nashville, TN 37228
615-329-1151
www.lungusa.org
www.alatn.org

American Red Cross Blount County Chapter

1741 Triangle Park Drive
Maryville, TN 37801
865-983.0821
www.bccarc.org

Amputee Coalition of America

900 East Hill Ave., Suite 205
Knoxville, TN 37915
865-524-8772
www.amputee-coalition.org

Arthritis Foundation

6504 Deane Hill Drive
Knoxville, TN 37919
865-470-7909
www.arthritis.org



Health Organizations *continued*

Better Breather's Support Group

907 East Lamar Alexander Parkway
Maryville, TN 37804
865-977-5636

Blount County Health Department

301 McGhee St.
Maryville, TN 37801
865-983-4582

Blount Memorial Breast Health Center

907 East Lamar Alexander Parkway
Maryville, TN 37804
865-977-5590
www.blountmemorial.org

Child & Family TN

901 East Summit Hill Drive
Knoxville, TN 37915
865-524-7483
www.child-family.org

Cystic Fibrosis Foundation

5401 Kingston Pike, Suite 230
Knoxville, TN 37919
865-583-0355
www.cff.org

Epilepsy Foundation of East Tennessee

1715 East Magnolia Ave.
Knoxville, TN 37917
865-522-4991
www.efeasttn.org

The Gate

P.O. Box 6023
Maryville, TN 37802
865-680-6789

Hageman Foundation

1027 Hamshire Drive
Maryville, TN 37801
865-981-9441
www.hagemanfoundation.org

Hearing and Speech Foundation

1619 East Broadway Ave.
Maryville, TN 37804
865-977-0981
www.hsfweb.org

Hope for Today Cancer Support Group

422 Blockhouse Road
Maryville, TN 37803
865-983-4948
www.hopefortoday.us

Lupus Foundation of America

865-755-2416
www.lupus.org

March of Dimes Birth Defects

322 Nancy Lynn Lane, Suite 11
Knoxville, TN 37919
865-694-6003
www.marchofdimes.org

Muscular Dystrophy Association

6408 Papermill Drive, Suite 230
Knoxville, TN 37909
865-588-1632
www.mda.org



Health Organizations *continued*

National Multiple Sclerosis Society

9051 Executive Park Drive
Knoxville, TN 37923
865-379-9545
www.nationalmssociety.org

New Hope Children's Advocacy Center

212 Cates St.
Maryville, TN 37801
865-981-5422
www.discoveret.org/bccac/

Secret Safe Place for Newborns of Tennessee

1133 East Lamar Alexander Parkway
Maryville, TN 37804
865-982-4224 – 24-hour helpline
865-254-2208 – office
www.secretsafeplacetn.org

Senior Citizens Home Assistance

321 Ellis Ave.
Maryville, TN 37804
865-983-4710
www.schas.org

Spinal Bifida Association

800-526-4299
www.sbaa.org

Survivors of Suicide Blount County Chapter at Blount Memorial Hospital

Maryville, TN 37804
865-984-4223
www.tspn.org

Nutrition Services

Blount County Health Department

301 McGhee St.
Maryville, TN 37801
865-983-4582

Blount Memorial Hospital Food and Nutrition Services

907 East Lamar Alexander Parkway
Maryville, TN 37804
865-977-5750
www.blountmemorial.org

Blount Memorial Weight Management Center

907 East Lamar Alexander Parkway
Maryville, TN 37804
865-977-4673
www.blountmemorial.org

University of Tennessee Extension Office

219 Court St.
Maryville, TN 37804
865-982-6430
blount.tennessee.edu



Health Organizations *continued*

School Health Coordinator Offices

Alcoa City Schools

524 Faraday St.
Alcoa, TN 37701
865-984-0531 ext. 410
www.alcoaschools.net

Blount County Schools

831 Grandview Drive
Maryville, TN 37803
865-984-1212 ext. 2233
www.blountk12.org

Maryville City Schools

330 Melrose St.
Maryville, TN 37803
865-982-8968 ext. 103
www.maryvillecityschools.k12.tn.us

Examples of Wellness Programs in Businesses

Alcoa City Schools

524 Faraday St.
Alcoa, TN 37701
865-982-4631
www.alcoaschools.net

Blount Memorial Hospital

907 East Lamar Alexander Parkway
Maryville, TN 37804
865-983-7211
www.blountmemorial.org

Blount County Health Department

301 McGhee St.
Maryville, TN 37801
865-983-4582

Blount County Schools

831 Grandview Drive
Maryville, TN 37803
865-984-1212
www.blountk12.org

Clayton Homes

5000 Clayton Road
Maryville, TN 37804
865-380-3000
www.claytonhomes.com

Maryville City Government

400 West Broadway Ave.
Maryville, TN 37803
865-273-3900
www.maryvillegov.com

Maryville City Schools Coordinated School Health

330 Melrose St.
Maryville, TN 37803
865-982-7121
www.maryvillecityschools.k12.tn.us

Molecular Pathology Lab

250 East Broadway Ave.
Maryville, TN 37804
865-380-9746
www.mplnet.com

Parks & Recreation

316 South Everett High Road
Maryville, TN 37804
865-983-9244
www.parksrec.com



Health Organizations *continued*

Examples of Wellness Programs in Businesses

continued

Ruby Tuesday

150 West Church Ave.
Maryville, TN 37801
865-379-5700
www.rubytuesday.com

University of Tennessee Extension

Blount County

219 Court St.
Maryville, TN 37804
865-982-6430
http://blount.tennessee.edu



Blount BEneFITs

A proud member of the Community Health Initiative

Community Wellness Recognition Program

Ready, Set, Move! Awards

Sponsored By Blount BEneFITs

This program, sponsored by Blount BEneFITs, has been established to recognize the efforts of area schools and businesses that are taking steps within their organization to promote, contribute and enhance the quality of life through healthy lifestyle opportunities.

Categories:

- Businesses**
 - Level I / Small (1-25 Full-time Employees)
 - Level II / Medium (26-50 Full-time Employees)
 - Level III / Large (51+ Full-time Employees)
- Schools**
 - Elementary (K-5)
 - Intermediate/Middle (5-8)
 - High (9-12)

Nomination Procedure:

- 1 Determine eligibility level.
- 2 Complete the designated form (see No. 3 for contact information needed to access the form), and compile a 250 word or less program description.
- 3 Return nomination materials no later than March 1 to:

Blount BEneFITs Community Wellness Recognition Program

Blount Memorial Foundation and Community Outreach
907 E. Lamar Alexander Parkway
Maryville, TN 37804

For inquiries, call Judy Clabough at 865-977-5718.

- 4 Nominations will be reviewed and judged by the Blount BEneFITs committee.
- 5 All winners will be notified by April 1.
- 6 One overall winner and one runner-up will be selected from each subcategory. Overall winners will receive a plaque and an awards sign to post outside of the facility along with media coverage to recognize their efforts. Runner-up recipients will receive a framed certificate along with media coverage to recognize their efforts, as well.
- 7 Award winners are not eligible to win in the next consecutive year.

For more information about the Ready, Set, Move! Awards or the work of the Blount BEneFITs committee, call 865-977-5718.



Blount County Community Health Initiative

What is it? The Blount County Community Health Initiative was created as a community partnership between Blount Memorial Hospital and the Blount County Chamber of Commerce to improve the health of the community. The steering team and the subsequent action teams, which are comprised solely of volunteers, address issues of concern in our community. There are approximately 180 citizens presently representing businesses, industries, schools, health care, the local health department, parks and recreation, the Great Smoky Mountains National Park, social service agencies, faith communities, law enforcement and local governments. The Community Health Initiative currently oversees the work of seven action teams.

Teen Pregnancy Prevention team has worked to reduce the rate of teen pregnancy in the 10-17 year old age group from 17.7/1000 (higher than the state average) to 8.2 in 2006.

Violence, Abuse and Neglect Prevention team has centered on domestic violence prevention and reduction, bullying prevention education through the schools and training for law enforcement.

Substance Abuse Prevention team focus has been reduction of youth tobacco use and underage drinking. Partnerships with law enforcement and the National Guard have increased opportunities for education within the school systems.

Mental Health Awareness and Suicide Prevention team has focused on reducing the high suicide rate in Blount County. Comprehensive public education, training and access to care are key issues addressed as well as recent efforts to reduce the use of lethal means.

Blount BEneFITs is centered on the reduction of childhood obesity and promoting physical activity. The group coordinates fitness festivals and partners with the schools to write and carry out wellness policies, while also building awareness for all generations and encouraging businesses to develop wellness programs.

Blount Believers is an action team of pastors and lay leaders from the faith communities who provide health information and promote the faith communities as allies to improve the health of the community.

Environmental Health team has worked diligently to improve air and water quality and land use. This very diverse team has worked to make a difference by reducing the health effects and economic effects of ozone and particulate matter pollution in the air.

Who is it for? All the residents and visitors in Blount County, Tennessee.

Why does the Community Health Initiative—and its volunteers—do it? To meet the initiative's mission to work to identify and prioritize the health needs of the citizens of our community in order to respond to these needs and coordinate resources to promote a healthy community.



Blount BEnEfITs Committee Members

Kelly Forster	Parks & Recreation, Blount BEnEfITs Chairperson
Kelly Gallemore	Alcoa City Schools
Monique Maples	Alcoa Middle School
Tammi Ford	Blount County Chamber of Commerce
Fred Forster	Blount County Chamber of Commerce
Dick Cox	Blount County Ecumenical Council
Brenda Dockery	Blount County Head Start
Karrin Reinheimer	Blount County Health Department
Patrice Teasley	Blount County Health Department - TennderCare
Mary Beth Blevins	Blount County Schools
Robin Cook	Blount County Schools
Kathy Smith	Blount County Schools
Judy Clabough	Blount Memorial Foundation and Community Outreach
Cheryl Land	Blount Memorial Wellness Center at Springbrook
Leslie Rutherford	Blount Memorial Wellness Center at Springbrook
Melissa Thompson	City of Alcoa
Teresa Best	City of Maryville
Jane Groff	City of Maryville
Kristy Altman	Clayton Homes
Donna Dixon	Community volunteer
Pat Caldwell	Denso Manufacturing
Dr. Cynthia Easter	Good Samaritan Community Health Center
Julia Pearce	Good Samaritan Community Health Center
Heather Lodari	Maryville City Schools
Roger Murphy	Maryville City Schools
Sharon Wood	Maryville College
Deca Ellis	Maryville Intermediate School
Maria Coulter	Maryville Middle School
Sue Dawson	Parks & Recreation
Blake Holmes	Ruby Tuesday
Mary Morse	University of Tennessee / Blount County Extension Office
Chris Sneed	University of Tennessee / Blount County Extension Office



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**Blount County
Community Health Initiative
907 E. Lamar Alexander Parkway
Maryville, TN 37804
865-977-5718**