

Keeping Your New Year's Resolution

Use Parks & Recreation Classes & Programs to Stick with Goals

Now that the holidays are over, many people are looking at making or keeping New Year's resolutions that involve living a healthy, active lifestyle. Lawrence Parks and Recreation offers numerous classes and programs to help achieve those goals and get healthy in 2014.

Classes – Parks and Recreation offers classes in dance, fitness, martial arts, tennis and gymnastics. The Parks and Recreation Department offers leagues for indoor-and-outdoor sports for those interested in a group setting. Classes are designed for certain age groups – from kids to senior citizens – so that everyone can find the right class for their needs. Specialty classes, including the popular Zumba Fitness classes, are available at various times of the day.

Facilities – Parks and Recreation facilities are free to use and offer cardio/weight rooms and fitness rooms for exercise. Find a local recreation center online at www.lawrenceks.org/lprd/recreationfacilities.

Nutrition - This year, Lawrence Parks and Recreation has started to offer classes on nutrition and wellness that complement the fitness classes. The classes encourage trying new food that offers healthy options for active lifestyles. Eating right and working to create a healthy lifestyle are necessary to maintaining weight goals. Check out the new nutrition classes at www.lawrenceks.org/lprd.

Lawrence Parks and Recreation offers special population classes utilizing both adapted and integrated leisure recreational activities and programs for all individuals with disabilities.

Parks and Recreation is here to help – find a class online or call us at (832) 832-7920 to find the best option to help keep your New Year's resolution.



Let Lawrence Parks and Recreation help with your fitness and weight-loss goals in 2014.

FAQ'S Trash Carts & Too Much Trash

Q: What does the city do when I have excess trash for my weekly collection?

A: All trash needs to be placed in the city-provided trash cart for collection. There may be a couple of special occasions each year (family reunion, holidays, etc.) when customers can set an additional trash bag at the curb that does not fit in the cart. Your extra trash bag will be picked up the first time and the second time this occurs. During the second overflow event, city crews will leave a tag on your trash cart. The third time, the city will switch the cart for a better size for your residence and adjust your monthly billing accordingly. Residents can always call the Solid Waste Division at (785) 832-3032 to discuss any unusual situation.

To request a different size trash cart or additional trash carts, please complete the online form at www.lawrenceks.org/swm/carts or call the Solid Waste Division at (785) 832-3032.

Q: When do I need to have trash at the curb for collection?

A: Set out trash in the cart provided by the City by 7:00 a.m. on your designated trash collection day. Make sure the cart lid is closed. Remove empty carts from the curb within 24 hours.

Q: How should I place my trash cart at the curb?

A: Place the cart within 3-feet of the street or alley. Do not block sidewalks or driveways. Maintain a clear path to the cart and keep cart at least 3-feet away from other carts, mailboxes, low hanging tree branches, parked cars or utility poles so trucks can easily access the cart.



City Working to Create Wellness Programs for Employees



The City of Lawrence is taking major steps to improve the lifestyles of its employees. The City of Lawrence Health Activities Management Program, or CHAMP, was developed to increase availability of health programs for city employees. This committee administers and oversees initiatives and programs, attends seminars and webinars about employee health, networks with other businesses and Human Resources professionals, and brainstorms together as a team to improve health and wellness at the City of Lawrence.

"The city cares about our employees and their health. We want them to be productive at work and to remain as our employees for years down the line," said Ryann Waller, recruitment specialist and chair of the CHAMP Wellness Committee.

One major initiative in health and wellness the city developed is the WellCare Clinic. The clinic operates as an off-site health clinic created to serve city employees and their dependents that are eligible for coverage under the city health care plan. The WellCare Clinic is located inside Lawrence Memorial Hospital.

"By implementing a clinic like this, we're not only helping the overall health of our employees, but our health care program is less likely to suffer with expenses later on – this is what we consider preventive care and focusing on keeping illnesses from occurring in the future," said Waller. "The WellCare Clinic offers wellness-related services, acute care and provides expert assistance to help employees with quitting smoking or losing weight."

As a way to encourage employees to take advantage of using the clinic, the City of Lawrence began an Incentive Points Program. Employees are eligible to receive points for health and wellness activities they complete including eye exams, dental cleanings and check-ups, health assessments, quitting smoking and exercising. The points are then turned into dollars that turn into reimbursements into their Health Reimbursement Accounts (HRA).

"The Incentive Points Program ties into the clinic, our other wellness initiatives and back to the health care plan," said Waller. "It allows employees to earn rewards for taking steps to improve their overall health. The City of Lawrence believes if employees are more health conscious, then in the long run, we will have healthier employees."

The city offers free counseling services, chronic condition support, discounts through Parks and Recreation for exercise-related activities and discounted fitness club memberships. Other wellness initiatives the city participates in include Community Supported Agriculture program (CSA), cooking/nutrition classes, Walk Kansas and Weight Watchers at work.

For more information about the CHAMP Wellness Program contact Ryann Waller at (785) 832-3209 or rwaller@lawrenceks.org.

Rock Chalk Park Recreation Center Taking Shape

The city is building a new public recreation center at Rock Chalk Park in northwest Lawrence. The University of Kansas Athletics is also building a sports complex at Rock Chalk Park, which will be the future home of Kansas track and field, softball, soccer and the Kansas Relays. Rock Chalk Park is located north of 6th Street, off of George Williams Way near the northeast corner of the 6th Street and K-10 intersection.

The Rock Chalk Park consists of a total of approximately 89 acres, adjacent to 46 acres which is already owned by the city and includes the area along Baldwin Creek. The city purchased 26 acres for the addition of the recreation center and associated amenities such as shared use paths.

The 181,000 square-foot recreation center will have 8 full-size basketball courts, 16 full-size volleyball courts, indoor soccer/sports arena, 1/8 mile indoor walking/jogging track, gymnastics area, aerobic fitness area, cardio/weights area and meeting rooms.

Construction has been on-going since mid-2012 and the contractor is working to complete the project in summer 2014.



The city's newest recreation center is shown above. The recreation center is on the lower left portion of the photo. Kansas Athletics facilities are shown in the upper right corner.



City of Lawrence

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