

Antrim County

Physical Fitness

Walking/ running/ biking

- **Grass River Walking Trail** (paved)- **Free**
- **In- town walking trail** – **Free**
- **Labyrinth Walks** – Munson Healthcare (231- 935-9255)

Hanna Park, Traverse City

Cost: **Free**

- Cardio Kickboxing
- Gymnasium membership
- Pilates

Community Pools

- **East Jordan High School Pool** – ph: 536-2250

Hours: Mon 6:30- 8:00 pm

Thurs 6:30- 8:00 pm

Sat 10:30- 1:00 pm

www.ejts.org for a complete schedule of hours and fees

Gymnasium

- **Curves** for Women

Hours: Mon., Wed., Fri. 6am-1pm / 2pm- 7pm

Tues., Thursday 8am- 11am/ 2pm-7pm

Sat. 9:00 am – 12:00 pm

Cost: Varies call to inquire -Specials advertised monthly

Locations: East Jordan Ph (231) 536-3601

Weight Reduction

- **Weight Watchers**

1-800-651-6000

- **Munson Healthcare Community Education**

- **'Healthy Weight' classes**

- Eight week lifestyle and weight management program.

- -Supervised exercise at Munson Community Health Center

- - Calorie controlled plan

- - Customized and individualized to personal needs

- Where: Traverse City- Munson Healthcare

- Wednesday evenings from 5:30 pm- 7:30 pm

- Phone: 1-231-935-8533

- **Nutrition Counseling** with Registered Dietician

- Physician referrals for medical need-partial insurance reimbursement

- Non-referral/ private counseling available

- \$100.00 first hour

- \$50.00 for half hour follow-up counseling

- Ph: 1-800-809-8127

Smoking Cessation

(Online and surrounding area resources)

- **American Lung Association-**

- Online: "Freedom from Smoking Program"

- Free online course

- www.alam.org

- **Quit Net smoking cessation online support**

- www.quitnet.com

- **District Health Department #10**

- Crawford County: Ph (517) 348-7800

- Kalkaska County: Ph (231) 258-8669

- S.T.E.P. Program

- Times set by Health Department

- **Michigan Department of Community Health**

Telephone counseling for uninsured/underinsured adults

May qualify for free nicotine patches/gum

Ph: 1-800-537-5666

- **Michigan Tobacco Quit Line**

1-800-480-7848

Cost: **Free**

Mon- Thurs 8:00 am- 8:00 pm

Fri 8:00 am- 5:00 pm

- **Michigan Department of Community Health** [tobacco resources online](#)

Free Quit Kits

Ph: 1-800-537-5666

Counselors available Mon- Fri 8:00am- 5:00 pm

American Lung Association

Ph: 1-800-548-8252

Counselors available Mon- Fri 7:00 am- 9:00 pm

lungusa.org

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