

Lane County we can do it!
#LaneCountyHealthyLives



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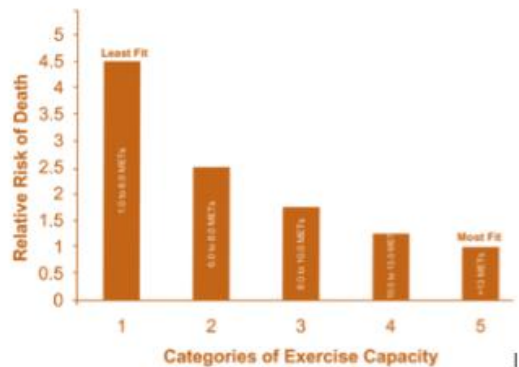
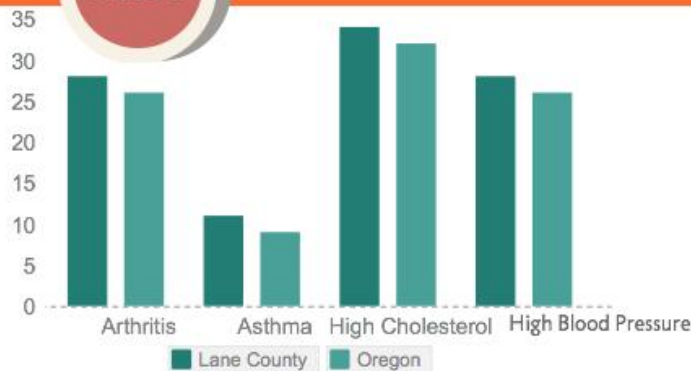
Healthy Benefits of Exercise

Our mission is to improve the overall health of the people of Lane County. Studies say that 60% of Lane County adults are overweight or obese. The rate of chronic conditions such as asthma, arthritis, high blood pressure, and high blood cholesterol in Lane County currently exceeds the average rate for the rest of the state of Oregon. This is something that needs to change.

Did you know that 30 minutes of moderate exercise per day can reduce your risk of heart disease by 30-40%?

The amount of lives claimed by chronic diseases in Oregon each year.

19,000



Chronic Conditions in Lane County

19%

decreased risk of heart disease and stroke-related deaths in men from improved fitness

35%

decreased risk of heart disease and stroke-related deaths in women from improved fitness

We offer over 500 recreation programs and classes annually to people of all ages and abilities dedicated to improving the health and enriching the lives of everyone we serve.

How will YOU spend your time this summer?

25



miles of hiking/biking trails

44



parks and open spaces

25



playgrounds

5



recreational facilities

17



sports fields

1,500



acres of parks/natural areas