

Do You Know  
about...

# Physical Activity in Cleveland County

## Physical Activity

World Health Organization defines physical activity as "any bodily movement produced by skeletal muscles that requires energy expenditure – including activities undertaken while working, playing, carrying out household chores, traveling, and engaging in recreational pursuits. The term "physical activity" should not be confused with "exercise", which is a subcategory of physical activity that is planned, structured, repetitive, and aims to improve or maintain one or more components of physical fitness. Beyond exercise, any other physical activity that is done during leisure time, for transport to get to and from places, or as part of a person's work, has a health benefit" (WHO).

According to the 2020 County Health Rankings, **29% of adults in Cleveland County** identify as having little to no physical activity during a week

## Regular physical activity is associated with reduced risk of:

- Cardiovascular diseases, such as heart disease and stroke
- Hypertension
- Type 2 diabetes
- Certain cancers, including bladder, breast and colon cancer
- Dementia
- Anxiety and depression

### Adults need:

**150 minutes** of heart pumping physical activity a week.

### Kids need:

**60 minutes** of physical activity a day.

### We all need:

**Balance.** Find your healthy eating style and maintain it for a lifetime.

## 2019 Community Health Assessment:

How often do you engage in physical activity at least 30 minutes?

- 1-2 days: 34.50%
- 3-4 days: 26.32%
- 5-6 days: 9.21%
- Never: 17.11%
- Unsure: 6.29%



Cleveland County has its very own website, <https://livehealthyclevelandcounty.com>, that is designed to layout all of the resources available to our community members that are associated with health, physical activity, and nutrition. The Live Healthy website also contains all of Cleveland County's parks/playgrounds, walking tracks/trails, farmers' markets, food pantries, food programs, and other important information regarding our county.

## Some Things Cleveland County Has to Offer:

- 45 walking tracks/trails
- 3 state parks
- 31 playgrounds
- 13 fruit and vegetable stands/Farmers' Markets



# Resources

## City of Shelby Parks and Recreation

- Phone: (704)484-6866
- Website: <https://www.cityofshelby.com/departments/parks-and-recreation>

## Cleveland County Schools

- Phone: (704) 476-8000
- Website: <http://www.clevelandcountyschools.org/>

## YMCA

- Address: 411 Cherryville Rd, Shelby, NC 28150
- Phone: (704) 484-9622
- Website: <https://www.clevecoymca.org/>

## Crowder's Mountain

- Address: 522 Park Office Lane Kings Mountain, NC 28086
- Phone: 704-853-5375
- Website: <https://www.ncparks.gov/crowders-mountain-state-park/home>

## South Mountain

- Address: 3001 South Mountain Park Ave. Connelly Springs, NC 28612
- Phone: 828-433-4772
- Website: <https://www.ncparks.gov/south-mountains-state-park/home>

## Gateway Trail

- Address: S. Battleground Ave. & Quarry Rd. and Highway 85 bridge
- Website: <https://www.traillink.com/trail/kings-mountain-gateway-trail/>

## Broad River Trail

- Phone: 704-484-6811
- Website: <https://www.carolinathreadtrailmap.org/trails/trail/first-broad-river-trail>

## Broad River Greenway

- Address: 126 Broad River Drive Shelby, NC 28152
- Phone: 704-434-0040
- Website: <https://broadrivergreenway.com/>

## Online Resources

- <https://livehealthyclevelandcounty.com/>  
You will find on this site an array of exciting opportunities to become physically active in a variety of safe settings at little or no cost, choose healthy foods for you and your family and to improve the health status of the people you love!
- <https://www.americashealthrankings.org>

This resource guide contains information about local services in Cleveland County. The inclusion of any organization, agency or service in this guide does not imply an endorsement or recommendation, nor does the exclusion of any group imply disapproval.

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