

A HEALTHY COMMUNITY PUTS PEOPLE FIRST



Fontana has over 40 parks and recreational facilities including: neighborhood centers, community pools, sports complexes and a nature center to name a few. The City Council's goal is to create a dynamic, thriving community that supports education, growth, safety and a positive community fabric. In continual efforts to shape the City of Fontana into a healthy, active, and livable community, the Healthy Fontana program was created in 2004 to inform, educate and change the way people eat, exercise, and live. The program has been successful due to the support and collaboration from local business and organizations. The Healthy Fontana program strives to continue to build new partnerships and opportunities to enrich the quality of life for the community.

HEALTHY FONTANA IS COMPRISED OF FOUR MAIN COMPONENTS

 Nutrition
  Physical Activity
  Smart Growth
  Partnerships


Over 300 Healthy Fontana endorsed City of Fontana recreational classes are offered throughout the year in various areas such as sports, fitness, dance and nutrition.

LET'S MOVE! CITIES, TOWNS, AND COUNTIES



Since 2011, the City of Fontana and Healthy Fontana have partnered with the Let's Move! Cities Towns and Counties (LMCTC) initiative which is aimed at combating the epidemic of childhood obesity by involving local elected officials to adopt long-term solutions that increase play and access to healthy food. Through LMCTC the City has been recognized for its efforts with 15 medals out of a possible 15 medals and as the 1st city in California to reach this accomplishment.

PACIFIC ELECTRIC TRAIL



JUNIPER AVE
 ▲ CYPRESS AVE
 ▲ SEVILLE PARK
 ▲ JACK BULIK PARK
 ▲ SKATE PARK

GET INVOLVED

Healthy Fontana is a positive and motivational program to help promote physical activity and healthy nutrition choices through recreation, awareness and education. To get involved or to learn more contact Healthy Fontana at (909) 350-6542 or visit HealthyFontana.org.




HEALTHY FONTANA



RECREATION.FONTANA.ORG
 909.349.6900

BENEFITS OF THE PACIFIC ELECTRIC TRAIL

- 21 MILES TOTAL FONTANA TO CLAREMONT
- HEALTHY LIFESTYLE
- WALKING, RUNNING AND BIKING OPPORTUNITIES
- OUTDOOR FITNESS GYM
- ENVIRONMENTALLY FRIENDLY
- CONNECTIVITY AND SOCIALIZATION
- COMMUNITY ENGAGEMENT TO RECREATION, PARKS, PUBLIC FACILITIES, SCHOOLS, AND SHOPPING

PACIFIC



ELECTRIC



TRAIL



Trail



Mile Markers



Pet Waste Station



Parking



Fitness Equipment



Parks



Dining



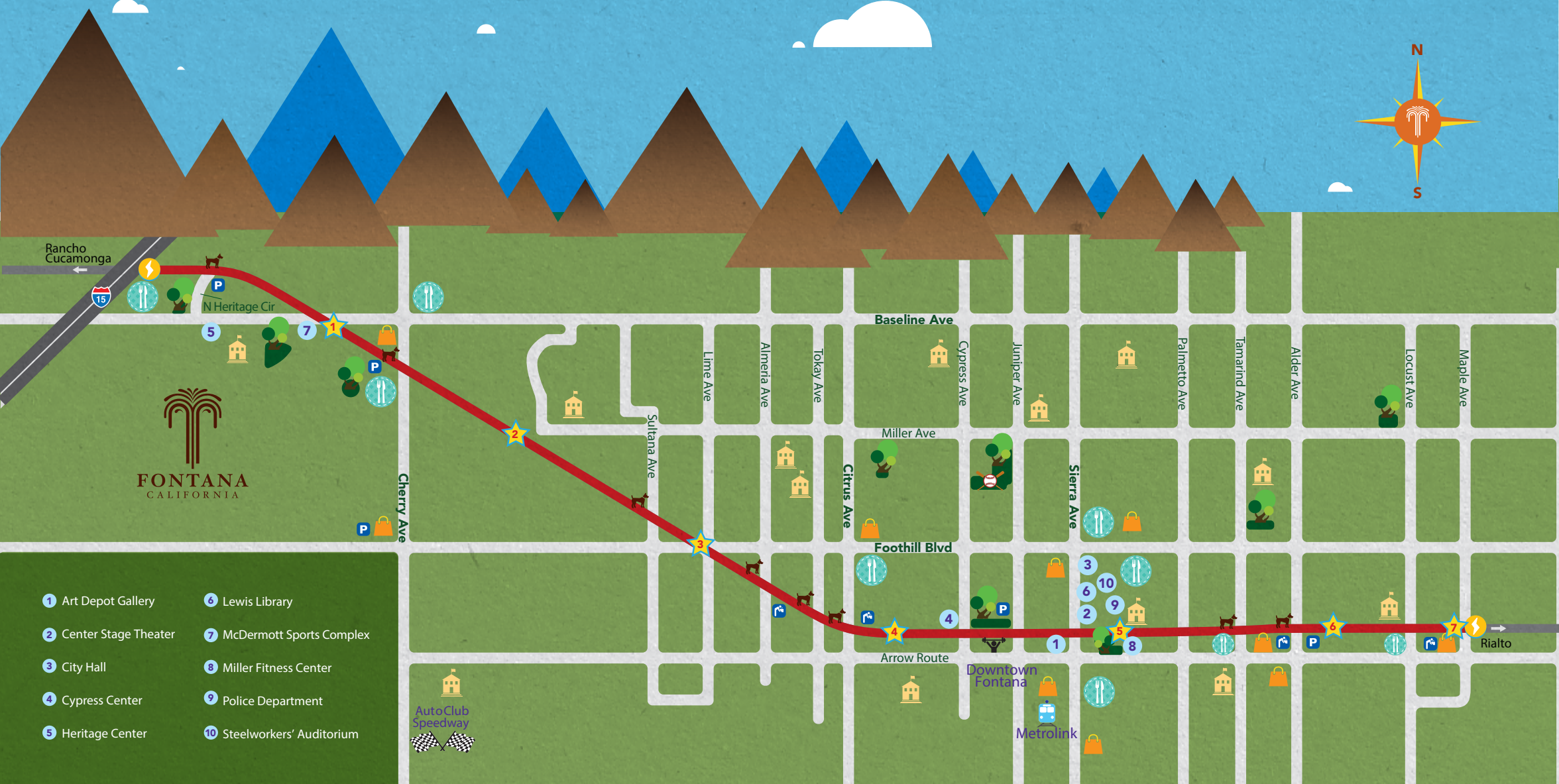
Shopping



Schools



Water Fountains



- 1 Art Depot Gallery
- 2 Center Stage Theater
- 3 City Hall
- 4 Cypress Center
- 5 Heritage Center
- 6 Lewis Library
- 7 McDermott Sports Complex
- 8 Miller Fitness Center
- 9 Police Department
- 10 Steelworkers' Auditorium



LET'S MOVE ON THE TRAIL

