Experience Fort...By Foot!

1. Farmer’s Market
   Every Saturday May - October. Located across the street from the Fort Atkinson Post Office on Milwaukee Ave.

2. Main Street Bridge - Rock River
   First built in 1843 by local pioneers with wood. In 1870 an iron bridge costing $9,400 replaced it. A second iron bridge was then built in 1881. The present concrete bridge was built in 1917.

3. Chamber of Commerce
   The Chamber is a voluntary organization of citizens who invest their time and money in a community development program - working together to improve the economic, civic and cultural well-being of the area. Visit the center to learn about events in Fort!

4. Barrie Park
   The city's most central park. The City Band plays free concerts every other Monday night during the summer. The park features a restored fountain from 1905 along with the band shell.

5. Bicentennial Park
   This park had been across the street from the police station, but a land swap led the park to a more central and visible location in 2004.

6. Jones Park
   The historic baseball field and it's covered grandstand date back to the early 1900s. It's the home of the Blackhawks, Teeners, American Legion & Jr. Legion, and the Fort Atkinson Generals.

For more information on Fort Healthy, please contact:

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What is Fort Healthy?

Fort Healthy is a community coalition representing the community at large, institutions, health care, schools and work sites.

Our Vision is to become the healthiest county in Wisconsin. We are combating the obesity epidemic building community partnerships with:

- Cambridge
- Jefferson
- Fort Atkinson
- Johnson Creek
- Lake Mills
- Palmyra
- Whitewater

Our Mission is to provide and promote healthy choices for our community.

What is the goal?

Fort Healthy’s goal is to reduce obesity in adults by 3 percent in Jefferson County by 2016. To make our goal a reality we:

- Promote water consumption
- Use point of decision prompts
- Teach food preparation skills
- Educate serving size and nutritional content
- Increase physical activity

Local activities:

The Fort Atkinson community is filled with fun and exciting activities for the whole family to enjoy! From walking, biking and rollerblading to boating, canoeing and hiking!

- Glacial River Bike Trail
- Fort Farmers Market
- Rock River, Bark River, Lake Koshkonong
- City Parks
  - Altpeter Park
  - Hammerson’s Pond
  - Barrie Park
  - Dorothy Carnes Park
  - Endl Park
  - Jefferson County Indian Mound Park
  - Jones Park
  - Klement Park
  - McCoy Park
  - Memorial Park
  - Mush-ko-se-day Park
  - Ralph Park
  - Rock River Park

There are endless possibilities to get out and move!

Walking an extra 20 minutes each day will burn off seven pounds of body fat per year. Let’s go for a walk!

Exercise is a great way to feel better, gain health benefits and is fun to do. Enjoy the outdoors and connect with your family and friends!

MOVE YOUR BODY EVERYDAY!