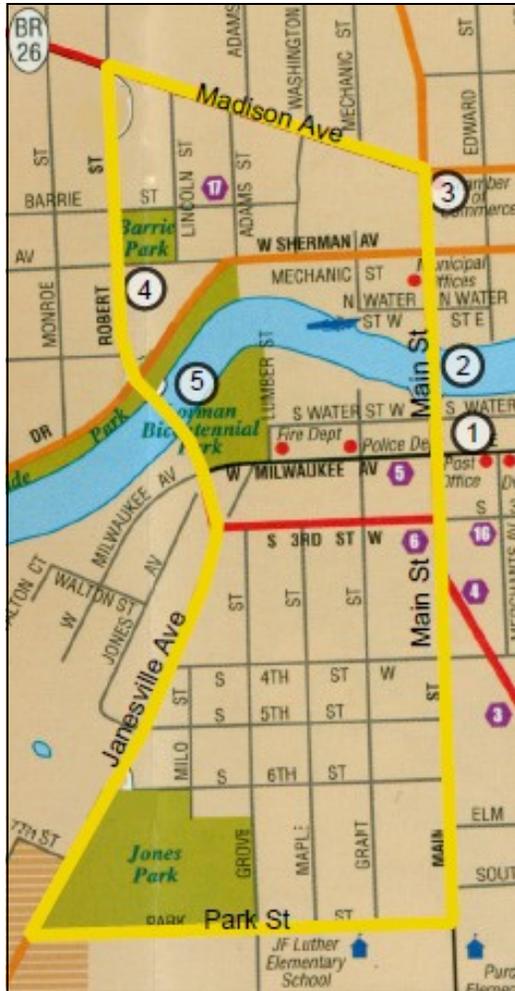


# Experience Fort...By Foot!



0.25 0.5 miles

Walking Route

Full loop: 2.5 miles, approximately 45 minutes

Suggested Starting Points: Farmers Market or Chamber of Commerce

- ① Farmer's Market
- ② Main Street Bridge - Rock River
- ③ Chamber of Commerce
- ④ Barrie Park
- ⑤ Bicentennial Park
- ⑥ Jones Park

## 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:**

**Vicki Wright - [rockypointja@gmail.com](mailto:rockypointja@gmail.com)**



# FORT HEALTHY



Providing and promoting healthy choices for our community



# 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.



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

# FORT HEALTHY



Providing and promoting healthy choices for our community

*Aerobic exercise prompts the release of mood-lifting hormones that promote a sense of well-being and reduce stress.*

# 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!

*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!**