



Do Something **NEW!**

*Resources for Kent County
People of All Ages*

Eat Healthy Be Active

A photograph of two women walking on a paved path in a park. The woman in the foreground is wearing a pink long-sleeved shirt and a maroon skirt. The woman behind her is wearing a dark blue jacket with red accents and black pants. They are both smiling and looking towards each other. The background shows a grassy hill and trees under a cloudy sky.

WALKING
it's a great
way to stay
active.

2006-2007 Edition

www.KentOnTheMove.org

www.KentOnTheMove.org



**Healthy eating and physical activity
resources for Kent County, Maryland**

2006-2007 Edition

Presented By:
Wellness Department
Kent County Health Department
125 Lynchburg Street
Chestertown MD 21620
410-778-1350

For additional copies of this guide, please call
410-778-1350. Also visit our website at
www.KentOnTheMove.org.

This guide is not intended to be used as a substitute for professional health care. The Kent County Health Department recommends that you check with your healthcare provider before beginning any physical activity. References to any entity, product, service or source of information that may be contained in this publication should not be considered an endorsement, either direct or implied, by the Kent County Health Department.

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Who?

Kent On The Move seeks to support healthy eating and active living in Kent County, Maryland. It was created by a volunteer citizen group, the Kent Nutrition and Physical Activity Task Force. This Guide is designed for people of all ages.

What?

This Guide is filled with resources for improving physical activity and nutrition levels. There are many categories of activities from which to choose such as outdoor and indoor exercise spaces, classes, support groups, teams, workshops, and farmers markets.

Information is provided by geographical area and alphabetically to include Betterton/Still Pond, Chestertown/Kingstown, Galena/Georgetown, Kennedyville, Worton, Millington, and Rock Hall/Tolchester. There is also an index divided by nutrition and physical activities at the back of the guide in case you know the title of an activity, but do not know the geographical area. Guide entries will also be available and updated regularly at www.kentonthemove.org.

Although every effort has been made to ensure correct details, always call ahead before attending an activity. A telephone number and web site address, where available, have been provided for you to get more information.

Why?

Health officials say that at least 60% of Americans are overweight or obese. Over the past year, citizens in Kent County have made a commitment to reverse this unhealthy trend locally. During focus groups conducted in 2005, many participants pointed to a lack of information about nutrition and physical activity resources as a challenge for those desiring to adopt a healthy lifestyle. This guide contains 122 nutrition and physical activity resources located in or near Kent County. Many are no or low cost and can be easily accessed in your community. Activity sponsors are non-profit organizations, public agencies, or for-profit businesses who offer activities for either a reasonable fee or for FREE! Organizations with activities requiring a fee may offer scholarships. Just look at the end of each description for the words FREE or FEES. If you cannot afford the fee, please call and ask if scholarships are available for limited income individuals or families.

When?

Right now is a good time to begin or continue your healthy lifestyle. Find classes, support groups, walking trails, teams, or places to buy fresh produce. The *Kent On The Move* Guide includes nutrition services and physical activities available all year round.

Corrections or Additions?

To correct a listing or add a service or activity, please complete the "Kent On The Move" form at the end of this directory. Be sure to write legibly. Mail to: Kent On The Move, Kent County Health Department, 125 Lynchburg Street, Chestertown MD 21620 or fax to 410-778-6882. Additional copies of this guide are available by contacting the Kent County Health Department at 410-778-1350.



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Your nutrition and physical activity choices each day affect your health—how you feel today, tomorrow, and in the future. The resources in this guide are a starting point to help you move toward a healthier you.

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health & fitness

Physical activity and healthy eating play an important role in preventing extra weight. Despite the proven benefits of staying active, more than 61% of Kent County adults do not get enough exercise to provide health benefits. Less than a third of Kent County adults eat the recommended five or more servings a day of fruits and vegetables. Why is extra weight an issue? There is a strong link between being overweight and having an increased risk of death or disease such as coronary heart disease, type-2 diabetes, cancer, asthma, and arthritis. In addition, obese individuals may face social discrimination, stigmatization, and poor body image.

A person's age and physical condition determine what type and how much exercise they should perform. Fitness experts offer general guidelines for exercising at various ages, although they note there are always exceptions:



Children and Teens

- Exercise needs to be fun and social without too much pressure. Youth with a positive attitude toward fitness are more likely to continue staying active throughout life.
- Try a variety of sports, structured and unstructured.
- Play freely, whether running, jumping, biking, or swimming.
- Stretch and practice yoga, for example, to stay limber.
- Young children should avoid lifting heavy weights, but they can benefit from resistance training with light weights or with their own bodies, like with push-ups.



20s to 40s

- Continue playing sports to achieve balance between gym and outdoor exercise.
- Walk, skate, bike, swim, play tennis, run, hike, ski, sail or kayak.
- Resistance train with weights heavy enough to fatigue the muscle and improve bone density.
- Higher intensity, lower repetition resistance is recommended.

50s to 60s

- Walking increases blood supply, improves bone density, and supports heart and lung health.
- Swim, golf, kayak, do Tai Chi or whatever makes you happy.
- Lower intensity, higher repetition resistance training may partly restore muscles and strength, fight osteoporosis, increase metabolism, help keep weight and blood sugar in check.
- Stretch to prevent injuries, speed recovery from injuries, allow freedom of movement and alleviate the stiffness of arthritis.
- Yoga improves flexibility and strength, but be careful of advanced poses that compromise balance.
- Balancing exercises such as standing on one leg or working out with an exercise ball can help prevent falls.



70s plus

- Walk, swim, or garden.
- Strength train with light weights or no weights.
- Stretch or do Yoga to improve flexibility.
- Perform balancing exercises such as standing on one leg with one hand on the kitchen counter.

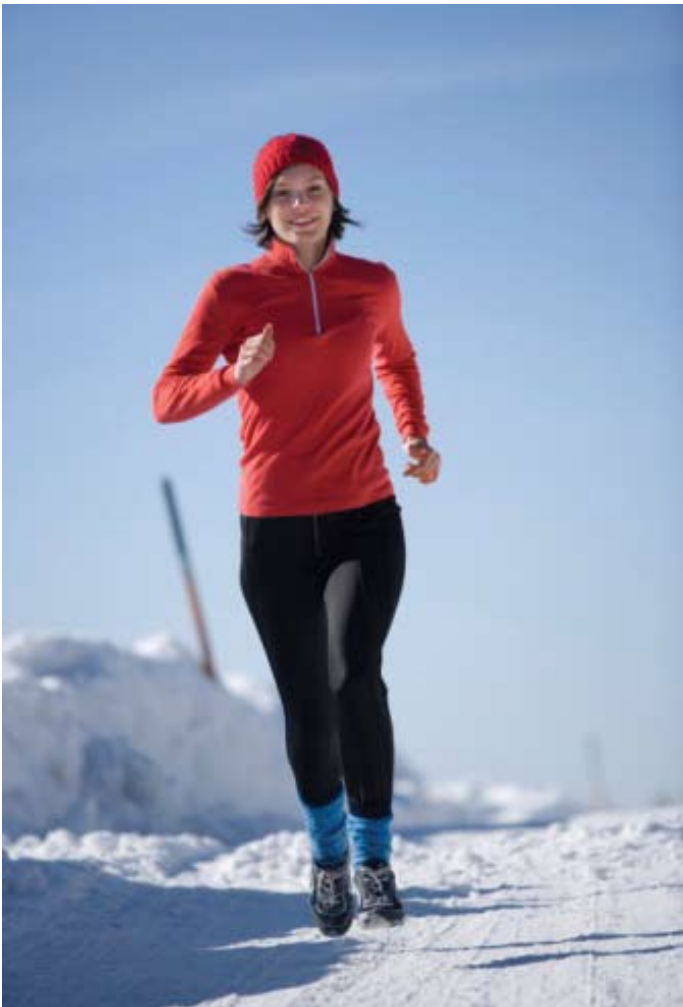
What is physical activity?

Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. **For health benefits, physical activity should be moderate or vigorous and add up to at least 30 minutes a day.**

How many calories does physical activity use?

A 154-pound man (5' 10") will use up about the number of calories listed doing each activity below. Those who weigh more will use more calories, and those who weigh less will use fewer. The calorie values listed include both calories used by the activity and the calories used for normal body functioning.

	Approximate calories used by a 154 pound man	
	In 1 hour	In 30 minutes
Moderate physical activities:		
Hiking	370	185
Light gardening/yard work	330	165
Dancing	330	165
Golf (walking and carrying clubs)	330	165
Bicycling (less than 10 miles per hour)	290	145
Walking (3 ½ miles per hour)	280	140
Weight training (general light workout)	220	110
Stretching	180	90
Vigorous physical activities:	In 1 hour	In 30 minutes
Running/jogging (5 miles per hour)	590	295
Bicycling (more than 10 miles per hour)	590	295
Swimming (slow freestyle laps)	510	255
Aerobics	480	240
Walking (4 ½ miles per hour)	460	230
Heavy yard work (chopping wood)	440	220
Weight lifting (vigorous effort)	440	220
Basketball (vigorous)	440	220



Vigorous physical activities include:

- Running/jogging (5 miles per hour)
- Bicycling (more than 10 miles per hour)
- Swimming (freestyle laps)
- Aerobics
- Walking very fast (4.5 miles per hour)
- Heavy yard work such as chopping wood
- Weight lifting with vigorous effort
- Basketball (competitive).



Moderate physical activities include:

- Walking briskly (about 3.5 miles per hour)
- Hiking
- Gardening and yard work
- Dancing
- Golf (walking and carrying clubs)
- Bicycling (less than 10 miles per hour)
- Weight training (general light workout).



Tips for increasing physical activity

Make physical activity a regular part of the day. Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy—such as taking a brisk 10 minute walk to and from the parking lot, bus stop, or subway station. Or, join an exercise class. Keep it interesting by trying something different on alternate days. What’s important is to be active most days of the week and make it part of your daily routine. For example, to reach a 30-minute goal for the day, walk the dog for 10 minutes before and after work, and add a 10 minute walk at lunchtime. Or, swim three times a week and take a yoga class on the other days. Make sure to do at least 10 minutes of the activity at a time, shorter bursts of activity will not have the same health benefits. To be ready anytime, keep some comfortable clothes and a pair of walking or running shoes in the car and at the office.

How to get more exercise at home:

- Walk the dog
- Push the baby in a stroller
- Get the whole family involved—enjoy an afternoon bike ride with your kids
- Walk up and down the soccer or softball field sidelines while watching the kids play
- Join a walking group or walk with a friend for support and encouragement
- Clean the house or wash the car
- Walk or cycle to do small errands; drive less
- Do stretches, exercises, or pedal a stationary bike while watching television
- Mow the lawn with a push mower
- Plant and care for a vegetable or flower garden.

At work:

- Get off the bus one stop early and walk the rest of the way
- Replace a coffee break with a brisk 10-minute walk
- Take part in an exercise program at work or a nearby gym
- Ask a friend to go for a walk during your lunch break
- Walk to a co-worker's office instead of using the phone.



At play:

- Play with the kids—tumble in the leaves, build a snowman, go sledding, splash in a puddle, or dance to favorite music
- Walk, jog, skate, or cycle
- Swim or do water aerobics
- Take a class in martial arts, dance or yoga
- Golf (pull cart or carry clubs)
- Canoe, kayak, row, or sail
- Play racket ball, tennis, or squash
- Ski cross-country or downhill
- Play basketball, softball, or soccer
- Hand cycle or play wheelchair sports
- Take a nature walk
- Most important – have fun while being active!



Why is activity important?

Being physically active is a key element in living a longer, healthier, happier life. It can help relieve stress and can provide an overall feeling of well-being. Physical activity can also help you achieve and maintain a healthy weight and lower risk for chronic disease.

Physical activity and nutrition work together for better health. Being active increases the amount of calories burned. As people age their metabolism slows, so maintaining energy balance requires moving more and eating less.

Some activities are especially beneficial:

- **Aerobic activity** – speeds heart rate and breathing and improves heart and lung fitness. Examples are brisk walking, jogging, and swimming.
- **Resistance, strength building, and weight-bearing activities** – helps build and maintain bones and muscles by working them against gravity. Examples are carrying a child, lifting weights, and walking.
- **Balance and stretching activities** – enhances physical stability and flexibility, which reduces risk of injuries. Examples are gentle stretching, dancing, yoga, martial arts, and t'ai chi.



Did you know?

Physical activity helps you to:

- Improve self-esteem and feelings of well-being
- Increase fitness level
- Build and maintain bones, muscles, and joints
- Build endurance and muscle strength
- Enhance flexibility and posture
- Prevent weight gain
- Manage weight
- Lower risk of heart disease, colon cancer, and type 2 diabetes
- Control blood pressure
- Reduce feelings of depression and anxiety.

What makes a healthy diet?

Dietary Guidelines describe a healthy diet as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts;
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

The recommendations in the Dietary Guidelines and in MyPyramid (see opposite page) are for the general public over two years of age.

MyPyramid is not a therapeutic diet for any specific health condition. Individuals with a chronic health condition should consult with a health care provider to determine what dietary pattern is appropriate for them.



MyPyramid Food Intake Pattern Calorie Levels

MyPyramid assigns Individuals to a calorie level based on their sex, age, and activity level.

The chart below identifies the calorie levels for males and females by age and activity level. Calorie levels are provided for each year of childhood, from 2-18 years, and for adults in 5-year increments.

Activity level	MALES			Activity level	FEMALES		
	Sedentary*	Mod. active*	Active*		Sedentary*	Mod. active*	Active*
AGE				AGE			
2	1000	1000	1000	2	1000	1000	1000
3	1000	1400	1400	3	1000	1200	1400
4	1200	1400	1600	4	1200	1400	1400
5	1200	1400	1600	5	1200	1400	1600
6	1400	1600	1800	6	1200	1400	1600
7	1400	1600	1800	7	1200	1600	1800
8	1400	1600	2000	8	1400	1600	1800
9	1600	1800	2000	9	1400	1600	1800
10	1600	1800	2200	10	1400	1800	2000
11	1800	2000	2200	11	1600	1800	2000
12	1800	2200	2400	12	1600	2000	2200
13	2000	2200	2600	13	1600	2000	2200
14	2000	2400	2800	14	1800	2000	2400
15	2200	2600	3000	15	1800	2000	2400
16	2400	2800	3200	16	1800	2000	2400
17	2400	2800	3200	17	1800	2000	2400
18	2400	2800	3200	18	1800	2000	2400
19-20	2600	2800	3000	19-20	2000	2200	2400
21-25	2400	2800	3000	21-25	2000	2200	2400
26-30	2400	2600	3000	26-30	1800	2000	2400
31-35	2400	2600	3000	31-35	1800	2000	2200
36-40	2400	2600	2800	36-40	1800	2000	2200
41-45	2200	2600	2800	41-45	1800	2000	2200
46-50	2200	2400	2800	46-50	1800	2000	2200
51-55	2200	2400	2800	51-55	1600	1800	2200
56-60	2200	2400	2600	56-60	1600	1800	2200
61-65	2000	2400	2600	61-65	1600	1800	2000
66-70	2000	2200	2600	66-70	1600	1800	2000
71-75	2000	2200	2600	71-75	1600	1800	2000
76 and up	2000	2200	2400	76 and up	1600	1800	2000

*Calorie levels are based on the Estimated Energy Requirements (EER) and activity levels from the Institute of Medicine Dietary Reference Intakes Macronutrients Report, 2002.

SEDENTARY = less than 30 minutes a day of moderate physical activity in addition to daily activities.

MOD. ACTIVE = at least 30 minutes up to 60 minutes a day of moderate physical activity in addition to daily activities.

ACTIVE = 60 or more minutes a day of moderate physical activity in addition to daily activities.

Tips for healthy eating when dining out

O rder water, unsweetened tea, drinks without added sugars, or low-fat milk

- Ask for whole grain bread for sandwiches
- Start with a salad packed with veggies, to help control hunger and feel satisfied sooner
- Choose entrées with vegetables, such as stir fries, kebobs, or pasta with a tomato sauce
- Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed
- Choose a “small” or “medium” portion for main dishes, side dishes, and beverages
- Order an item from the menu instead heading for an “all-you-can-eat” buffet.

If restaurant portions are larger than you want, try one of these strategies to keep from overeating:

- Order an appetizer or side dish instead of an entrée
- Share a main dish with a friend
- If you can chill the extra food right away, take leftovers home in a “doggy bag”
- When your food is delivered, set aside or pack half of it to go immediately



- Avoid the “clean your plate club” – when you’ve eaten enough, leave the rest.

To keep your meal moderate in calories, fat, and sugars:

- Ask for salad dressing to be served on the side so you add only as much as you want.
- Order foods that do not have creamy sauces or gravies
- Add little or no butter to your food
- Choose fruits for dessert
- On long commutes or shopping trips, pack fresh fruit, cut-up vegetables, low-fat string cheese sticks, or a handful of unsalted nuts to help you avoid stopping for sweet or fatty snacks.

Resources by town areas

16 Betterton & Still Pond

17 Chestertown & Kingstown

25 Galena & Georgetown

27 Kennedyville

28 Worton

32 Millington

33 Rock Hall & Tolchester

Betterton & Still Pond Area

NUTRITION & ACTIVITY RESOURCES



Betterton Beach

Sponsor: Kent County Parks and Recreation
Phone: 410-778-1948 for rental information
Who: All ages

What: Outdoor space for exercise; waterfront park offers sandy beach with volleyball court, stone fishing jetty, and a picnic pavilion. FREE
Where: Betterton
When: All seasons

Betterton Public Landing

Sponsor: Kent County Public Works
Phone: 410-778-7439
Website: www.kentcounty.com/gov/pubworks/landings.htm
Who: All ages
What: Outdoor space for exercise; boating access, cement ramp, restrooms, transient and rented slips; FEES/FREE
Where: Betterton (see map on p. 39)
When: All seasons

Still Pond Public Landing

Sponsor: Kent County Public Works
Phone: 410-778-7439
Website: www.kentcounty.com/gov/pubworks/landings.htm
Who: All ages
What: Outdoor space for exercise; boating access, dirt ramp; FEES/FREE
Where: Still Pond (see map on p. 39)
When: All seasons

Chestertown & Kingstown Area

NUTRITION & ACTIVITY RESOURCES

Arnold Farms

NUTRITION

Phone: 410-778-4833

E-mail: afarms@dmv.com

Who: All ages

What: Nutrition, farmers market; produce wagon at farm; wholesale; FEES

Where: 219 Double Creek Point Road, Chestertown

When: Saturdays; spring, summer, fall

Ballet With Becky

Sponsor: Becky Pfarrer

Phone: 410-778-3148

Who: Ages 4 and up

What: Classical training & classes; FEES

Where: 800 High Street, Chestertown

When: Spring, fall, and winter

Basketball Camp

Sponsor: Kent School

Phone: 410-778-4100

Website: www.Kentschool.org

Who: Boys and girls, grades 4-9

What: Day camp provide each player with the opportunity to learn and improve the basic skills of basketball – while having fun; FEES

Where: 6788 Wilkins Lane, Chestertown

When: Summer

Basketball - Men's Drop-in

Sponsor: Kent County Parks and Recreation

Phone: 410-778-1957

Who: Men ages 18 and older

What: Drop in play; pick-up; FEES

Where: Chestertown Middle School, Chestertown

When: Monday and Wednesday nights; October through March

Bicycle Rentals

Sponsor: Bike Works Bicycle Shop

Phone: 410-778-5785

Email: bikework@myshorelink.com

Who: All ages

What: Rentals, equipment, and repairs; FEES

Where: 206 S. Cross Street, Chestertown

When: Spring, summer, fall, winter



Boat Rentals

Sponsor: Rolph's Wharf

Phone: 410-778-6389

Website: www.rolphswharf.com

Who: All ages

What: Waterfront places to exercise; full and half day boat rentals; FEES

Where: 1008 Rolph's Wharf Road, Chestertown

When: Spring, summer, and fall

Bowling

Sponsor: Queen Anne's Bowling Center

Phone: 410-778-5800

Who: All ages

What: Indoor recreation, leagues/teams; sports activities open to all ages; FEES

Where: 6401 Church Hill Road, Chestertown

When: All seasons

Buckingham Wharf Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; boating access, dirt ramp; FEES/FREE

Where: Chestertown (see map on p. 39)

When: All seasons

Cardiopulmonary

Rehabilitation Program

Sponsor: Chester River Hospital Center

Phone: 410-778-7668 x2222

Website: www.chesterriverhealth.org

Who: Adults and elders

What: Physician ordered service; program assists cardiac patients after a heart attack, bypass surgery, or cardiac disease; FEES

Where: 100 Brown Street, Chestertown

When: All seasons

Casey Swim Center

Sponsor: Washington College

Phone: 410-778-7241

Who: youth and adults

What: Indoor exercise; open to the community for yearly memberships; offers swimming classes for youth and adults; FEES

Where: Washington College, Chestertown

When: All seasons

Chesapeake Rowing Camp

Sponsor: Chesapeake Rowing Camp

Phone: 410-810-2643

Website: www.crew-camps.com

Who: Teen girls (high school age)

What: Day and overnight camp; summer camp for high school girls to gain rowing skills; FEES

Where: 302 N. Kent Street, Chestertown

When: Summer

Chester River Rowing Club

Sponsor: Washington College

Phone: 410-778-7242

Website: www.washcoll.edu

Who: All ages, however, parental consent is needed for children under 18.

What: Rowing skills, team spirit, appreciation of Chester River waterfront; FEES

Where: Washington College Boathouse adjacent to Lelia Hynson Pavilion in Wilmer Park, Chestertown waterfront

When: All seasons

Chester River Weight Control

NUTRITION

Sponsor: Stem-Rose Weight Loss

Phone: 410-778-9215

Website: www.stem-roseweightlosscenter.com

Who: All ages, however, parental consent is needed for children under 18.

What: Nutritional guidance, appetite maintenance, and counseling; participants must be at least 20 lbs. overweight; FEES

Where: 6602 Church Hill Road, Chestertown

When: All seasons



Chestertown Farmers Market

NUTRITION

Sponsor: Various farm vendors

Who: All ages

What: Vegetables, fruits, flowers, nutritious foods and baked goods for sale; FEES

Where: Park Row/ Fountain Park, Chestertown

When: Saturdays from 8 a.m. to 12 noon, April through December

Cliff City Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; boating access, cement ramp, bulkhead, seasonal portable toilets, pier; FEES/FREE

Where: Langford Creek/ Chestertown (see map on p. 39)

When: All seasons

Co-ed Volleyball

Sponsor: Kent County Parks and Recreation

Phone: 410-778-1957

Who: 16 and up

What: Drop-in play; pick-up co-ed volleyball, recreational, indoors; FEES TBA

Where: Chestertown Middle School, Chestertown

When: Fall and winter

Curves for Women

NUTRITION

Sponsor: Curves for Women

Phone: 410-810-1011

Who: Women under 18 must be accompanied by mother or directed by a physician.

What: Classes, information site, services; the Curves Weight-Loss and Fitness Program has three components - meal plan, workout and supplementation. Each works in synergy with others to help slim and tone your body while resetting your metabolism; FEES

Where: Stepne Station, 400 S. Cross Street, Chestertown

When: All seasons



exercise; indoor space for exercise; disability focused; an overnight and year round recreational facility for children and adults with special needs. FEES
Where: 22242 Bayshore Road, Chestertown
When: All seasons

Field Hockey Camp

Sponsor: Kent School
Phone: 410-778-4100
Website: www.Kentschool.org
Who: Girls Grades 4-9
What: Day camp; designed to provide each player with the opportunity to learn and improve the basic skills of field hockey – while having fun; FEES
Where: 6788 Wilkins Lane, Chestertown
When: Summer

Fitness Classes

Sponsor: Kent Athletic and Wellness Center
Phone: 410-778-3148
Who: Ages 14 and up
What: Indoor place to exercise; various classes offered to members and non-members include Total Workout, Boot Camp, All Ball, Power Yoga, Yoga, Cardio Circuit, Lunchtime Workout, Crosstraining, Aikido, and Weights and Interval Workout; FEES
Where: 800 High Street, Chestertown
When: All Seasons

Food Stamp Nutrition

Education

NUTRITION
Sponsor: MD Cooperative Extension, Kent Co.
Phone: 410-778-1661
Website: <http://extension.umd.edu/local/kent/index.cfm>
Who: All ages
What: Education, information site; classes and informal programming covering nutrition education, healthy living skills, and physical activity; FREE
Where: MD Cooperative Extension, 709 Morgnec Road, Chestertown, Countywide
When: All seasons

Diabetic Support Group

NUTRITION
Sponsor: Chester River Hospital Center
Phone: 410-778-7668 x2175
Website: www.chesterriverhealth.org
Who: Teens, adults, elders, and families
What: Support group; monthly support group for Diabetics and their families; FREE
Where: 100 Brown Street, Chestertown
When: All seasons

Easter Seals Camp Fairlee

Sponsor: Easter Seals Camp Fairlee Manor
Phone: 410-778-0566
Website: www.de.easterseals.com
Who: Ages 6 and up.
What: Overnight camp; outdoor space for

4-H

NUTRITION

Sponsor: 4-H Youth Development,
Kent County Cooperative Extension-

Phone: 410-778-1661

Website: www.agnr.umd.edu/kent

Email: emshill@umd.edu

Who: Children, teens, and families

What: Classes, information; 4-H offers a wide variety of activities, programs, and classes related to both nutrition and physical activity. Including animal projects, food and nutrition projects, outdoor service activities, healthy snacks, and much more; FREE

Where: 709 Morgnec Road, Suite 202,
Chestertown

When: All seasons

Health Information Services

NUTRITION

Sponsor: Kent County Health Department

Phone: 410-778-1350

Website: www.Kentonthemove.org

Who: Everyone

What: Information site; the Health Department has a wide variety of physical activity materials including books, brochures, and videos; FREE

Where: 125 S. Lynchburg Street, Chestertown

When: All seasons

Healthy Hearts Support Group

NUTRITION

Sponsor: Chester River Hospital Center

Phone: 410-778-7668 x2222

Website: www.chesterriverhealth.org

Who: Adults and elders

What: Support group; monthly meeting for people who have heart disease or want to learn more about prevention; FREE

Where: 100 Brown Street, Chestertown

When: All seasons

High Street Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; boating access, bulkhead; FEES/FREE

Where: Chestertown (see map on p. 39)

When: All seasons

Jennifer's Dance Studio

Phone: 410-648-5555

Who: Ages 3 to adult

What: Offers weekly classes in tap, ballet, jazz, and pointe; day camp in the summer; FEES

Where: 819-A High Street, Chestertown

When: All seasons

Kayak Lessons

Sponsor: Bike Works Bicycle Shop

Phone: 410-778-5785

Email: bikework@myshorelink.com

Who: All ages

What: Classes, information, goods; private kayaking lessons; FEES

Where: 206 S. Cross Street, Chestertown

When: Spring, summer, and fall

Kent Athletic & Wellness Center

Sponsor: Kent Athletic and Wellness Center

Phone: 410-778-3148

Who: Ages 14 and up

What: Indoor exercise; fitness facility offering state-of-the-art equipment, a full gymnasium, raquetball court and personal training; FEES

Where: 800 High Street, Chestertown

When: All Seasons

Lacrosse Camp

Sponsor: Kent School

Phone: 410-778-4100

Website: www.Kentschool.org

Who: Boys and girls Grades 4-9

What: Day camp designed to provide players with the opportunity to learn and improve basic lacrosse skills while having fun; FEES

Where: 6788 Wilkins Lane, Chestertown

When: Summer

Living With Diabetes

NUTRITION

Sponsor: Chester River Hospital Center

Phone: 410-778-7668 X2175

Website: www.chesterriverhealth.org

Who: Teens, adults, elders, and families

What: Physician ordered service; in depth six-week class that helps Diabetics understand and better manage their condition; FEES

Where: 100 Brown Street, Chestertown

When: All seasons

Mears Great Oak Landing

Phone: 410-778-5007

Website: www.mearsgreatoaklanding.com

Who: Everyone

What: Outdoor space for exercise; 9-Hole executive golf course and resort marina on the Chesapeake Bay that has everything to offer to members and non-members; FEES

Where: 22170 Great Oak Landing Road, Chestertown

When: All seasons

Missing Link Yoga and Pilates

Phone: 410-778-4576

Email: missinglink@southfork.com

Who: Teens and adults

What: Yoga and Pilates classes at Washington College - in the Lifetime Fitness Center dance studio; FEES

Where: Washington College, Chestertown

When: All seasons

Morgnec Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; public landing for fishing; canoe/kayak launch; FEES/FREE

Where: Chestertown (see map on p. 39)

When: All seasons



Natural and Organic Products

NUTRITION

Sponsor: Chestertown Natural Foods

Phone: 410-778-1677

Who: Everyone

What: Nutrition, information site, sale of goods: Full service grocery store offering natural and organic foods and products; FEES

Where: 214 Cannon Street, Chestertown

When: Spring, summer, fall and winter

Outpatient Nutrition

Counseling

NUTRITION

Sponsor: Chester River Hospital Center

Phone: 410-778-7668 x2295

Website: www.chesterriverhealth.org

Who: Children, teens, adults, elders, families

What: Nutrition; physician ordered service; physician counseling about nutrition and healthy eating; FEES

Where: 100 Brown Street, Chestertown

When: All seasons

Quaker's Neck Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; boating

access, cement ramp, rental slips, seasonal portable toilets, pier; FEES/FREE
Where: Chestertown (see map on p. 39)
When: All seasons

Riley's Mill Public Landing

Sponsor: Kent County Public Works
Phone: 410-778-7439
Website: www.kentcounty.com/gov/pubworks/landings.htm
Who: All ages
What: Outdoor space for exercise; end-of-road boating access; FEES/FREE
Where: Chestertown (see map on p. 39)
When: All seasons

Round Top Park

Sponsor: Queen Anne's Co. Recreation & Parks
Phone: 410-758-0835
Website: www.qac.org/depts/parks/parkshomeparksrus@qac.org
Who: Everyone
What: Outdoor space for exercise; tennis court, basketball court, two multi-purpose fields, ball field, bleachers, pavilion, playground and portable restrooms; FREE.
Where: Roundtop Road, Chester Harbor

Soccer Camp

Sponsor: Kent School
Phone: 410-778-4100
Website: www.Kentschool.org
Who: Boys and girls Grades 1-5
What: Day camp provides each player with the opportunity to learn and improve the basic skills of soccer – while having fun; FEES
Where: 6788 Wilkins Lane, Chestertown
When: Summer

Sports Camp

Sponsor: Kent School
Phone: 410-778-4100
Website: www.Kentschool.org
Who: Boys and girls ages 6-10
What: Day camp designed to provide each player with the opportunity to learn and improve a variety of sports skills; FEES

Where: 6788 Wilkins Lane, Chestertown
When: Summer

Steps To Be Fit

Sponsor: Kent County Health Department
Phone: 410-778-1350
Website: www.Kentonthemove.org
Who: Adults
What: Lectures; a service to businesses and civic organizations to encourage employees or members to be physically active participants, set their goals, track steps with pedometers, and receive ongoing support; FREE
Where: Entire county; 125 S. Lynchburg Street, Chestertown
When: All seasons

Tennis Courts

Sponsor: Chestertown Middle School
Phone: 410-778-1771
Who: All ages
What: Outdoor exercise; courts available during non-school hours for public use; FREE
Where: 402 Campus Avenue, Chestertown
When: All seasons





Trail Rides

Sponsor: Kent Equestrian Center

Phone: 410-778-1881

Website: www.kentequestrian.com

Who: Ages 6 and up

What: Riding classes; 132 acres of rolling farmland and woods; FEES

Where: 27190 Morgnec Road, Chestertown

When: All seasons

Washington College Lacrosse

Sponsor: JB Clark

Phone: 410-778-7249

Website: www.lax-camps.com

Who: Boys ages 10-18

What: Day camp; 4-day camp for boys; FEES

Where: 300 Washington Avenue, Chestertown

When: Spring, summer, and fall

White House Farm

NUTRITION

Phone: 410-348-5554

Who: All ages

What: Foods and goods for sale; heirloom veggies at Farmers Market, certified organic eggs on farm, tomatoes, and green beans; FEES

Where: Fountain Park, Chestertown

When: Saturday 8 a.m. to noon, April - Dec.

Wilmer Park

Sponsor: Town of Chestertown

Who: All ages

What: Outside place for exercise; walking loop along Chester River; FREE

Where: Cross Street, across from old railroad station on the Chester River

When: All seasons

Women, Infants, and Children NUTRITION

Sponsor: Upper Shore WIC

Phone: 410-810-0125

Website: www.fha.state.md.us/wic

Who: Children ages 0-5, families

What: Nutrition, information, education and supplemental foods for those who are income and category eligible; FREE

Where: 601 High Street, Chestertown

When: All seasons

Worksite Wellness

NUTRITION

Sponsor: Kent County Health Department

Phone: 410-778-1350

Website: www.Kentonthemove.org

Who: Adults

What: Workshop and comprehensive consulting for County businesses to support their employees in their nutrition and physical activity goals; FREE

Where: 125 S. Lynchburg St., Chestertown

When: All seasons

Vegetable Farm

NUTRITION

Sponsor: Arnold Farms

Phone: 410-778-4833

Email: afarms@dmv.com

Who: All ages

What: Nutrition, farmers market; produce wagon at farm, wholesale as well; FEES

Where: 219 Double Creek Point Rd, Chestertown

When: Saturdays; spring, summer, and fall

Galena & Georgetown Area

NUTRITION & ACTIVITY RESOURCES

Colchester Farm

NUTRITION

Sponsor: Colchester Farm

Phone: 410-648-5609

Website: www.colchesterfarm.org

Who: All ages

What: Nutrition, farmers market, goods sold; pesticide-free vegetables through a Community Supported Agricultural Project and Colchester Farmers' Market in Georgetown; FEES

Where: 13910 Augustine Herman Highway (Rt. 213 N.) Galena

When: Friday, Saturday and Sunday (10-5)
Spring, summer, fall

Curves for Women

Sponsor: Curves for Women

Phone: 410-648-6202

Who: Adults and elders (under 18 must be accompanied by a parent)

What: Indoor space for exercise; a community for women to become physically active using hydrolic resistance machines and the Curves Weight Management Solutions Program; FEES

Where: 119-F North Main St., Galena

When: All seasons



Galena Farmers Market

NUTRITION

Sponsor: Various farm vendors

Who: All ages

What: Nutritious foods, goods for sale; FEES

Where: Dogwood Plaza, 119 N. Main St., Galena

When: Spring, summer, and fall



Foxhole Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; boating access, dirt ramp; FEES/FREE

Where: Galena/Georgetown (see map on p. 39)

When: All seasons

Tennis Courts

Sponsor: Galena Middle School

Phone: 410-648-5132

Who: All ages

What: Outdoor place for exercise; tennis courts available during non-school hours for public use; FREE

Where: 114 South Main Street, Galena

When: All seasons

Shall Cross Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; end-of-the-road boating access; FEES/FREE

Where: Galena/Georgetown (see map on p. 39)

When: All seasons

Toal Park

Sponsor: Kent County Parks and Recreation

Phone: 410-778-1948 for rental information

Who: All ages

What: Outdoor space for exercise; the park has two ball fields, sand volleyball court, playground, walking trail, and picnic pavilion; FREE/ FEES

Where: Route 213, just north of Galena

When: All seasons

Kennedyville Area

NUTRITION & ACTIVITY RESOURCES

Sassafras River Natural Resource Management Area

Sponsor: Kent County Parks and Recreation

Phone: 410-820-1668, 410-778-1948

Website: www.kentcounty.com/gov/parkrec/parks/sassaf.htm

Who: All ages

What: 1,000 acres of varied terrain for hiking, biking, and horseback riding; FREE

Where: 12 miles north of Chestertown on Turner's Creek Road

When: All seasons; open 8am to sunset.

Turner's Creek Park

Sponsor: Kent County Parks and Recreation

Phone: 410-778-1948 for rental information.

Who: All ages

What: Outdoor space for exercise; nature trails, picnic pavilion offers barbecue grills and volleyball courts. FREE/FEES

Where: Turner's Creek Road, Kennedyville

When: All seasons

Turner's Creek Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages



What: Outdoor space for exercise; boating access, cement ramp, restrooms, picnic area, bulkhead, pier; FEES/FREE

Where: Betterton (see map on p. 39)

When: All seasons

Worton Area

NUTRITION & ACTIVITY RESOURCES

Ballroom Dance Lessons

Sponsor: Kent County Parks and Recreation

Phone: 410-778-1986

Who: Teens and adults

What: Classes; American-style ballroom dancing, good exercise and fun; FEES

Where: Arena, 10932 Worton Road, Worton

When: Spring

Who: Teens and adults

What: Classes; for beginners and returning students to improve cardiovascular fitness and increase muscle strength and flexibility; FEES

Where: Arena, 10932 Worton Road, Worton

When: Fall and winter

Basketball - Boys and Girls

Sponsor: Kent County Parks and Recreation

Phone: 410-778-1957

Website: www.kentcounty.com/gov/parkrec

Who: Ages 7-13

What: League/Team; introduces the fundamentals of basketball; FEES

Where: 10932 Worton Road, Worton

When: Winter

Cardio/Power Yoga/Kickboxing

Sponsor: Kent County Parks and Recreation

Phone: 410-778-1986

Who: Teens and adults

What: Classes, drop-in play; FEES

Where: Arena, 10932 Worton Road, Worton

When: Fall and winter

Camp Tochwogh

Sponsor: YMCA Tochwogh

Phone: 800-331-2267

Website: www.tochwogh.org

Who: Ages 55 and up

What: Summer camp for kids/teens/families; elderhostel program; outdoor recreation; sailing; hiking; FEES

Where: 24370 Still Pond Neck Road, Worton

When: Spring and fall

Co-ed Recreational Softball

Sponsor: Kent County Parks and Recreation

Phone: 410-778-1957

Who: Men and women ages 18 and up

What: Leagues/Teams; gather together for non-competitive league softball; for fans wanting some fun summer exercise; FEES

Where: 10932 Worton Road, Worton and throughout Kent County

When: Summer

Cardio for Beginners / Intermediate

Sponsor: Kent County Parks and Recreation

Phone: 410-778-1986

Ping Pong

Sponsor: Kent County Parks and Recreation

Phone: 410-778-1957

Who: 16 and up

What: Drop-in, recreational ping pong; FREE

Where: Arena, 10932 Worton Road, Worton

When: Fall and winter



Eve's Cheese

NUTRITION

Sponsor: Fawnfood Farm

Phone: 410-778-0349 or 410-778-5968

Email: nunn@dmv.com

Who: All ages

What: Nutritious foods, goods for sale; artisan cheese made from Fawnfood Farm in Chestertown; FEES

Where: 10746 Worton Road, Worton

When: All seasons

Fairlee Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; boating access to Fairlee Creek, pier, cement ramp; FEES/FREE

Where: Tolchester/Worton (see map on p. 39)

When: All seasons

Family Camp

Sponsor: YMCA Tochwogh

Phone: 800-331-2267

Website: www.tochwogh.org

Who: Families

What: Overnight camp with activities for the entire family at a family-friendly price; FEES

Where: 24370 Still Pond Neck Road, Worton

When: Summer

Introduction to Tumbling for Boys and Girls

Sponsor: Kent County Parks and Recreation

Phone: 410-778-1986

Website: www.kentcounty.com/gov/parkrec/parks/rec/youthprograms.htm

Who: Children ages 0-12

What: Classes; emphasis on tumbling, rolls, balance, strength and coordination. Beginner & intermediate classes introduce floor routines, balance beam, vaulting and uneven bars; FEES

Where: 10932 Worton Road, Worton

When: Spring and winter

Jacob D. Lovett Produce

NUTRITION

Phone: 410-810-3513

Who: All ages

What: Nutrition, goods for sale; U-pick strawberries in the spring, U-pick Fall Fest with pumpkins, gourds, and Indian corn; fresh produce; FEES

Where: 25602 Lambs Meadow Road, Worton

When: Spring, summer, and fall

Kent County Youth Soccer

Sponsor: Kent County Parks and Recreation

Phone: 410-348-2368

Website: www.kentcounty.com/gov/parkrec

Who: Grades 5 through 8

What: Leagues/Teams; promotes the development of soccer skills through skill, practice, team play, and sportsmanship; FEES

Where: 10392 Worton Road, Worton

When: Fall

Kent Youth Lacrosse

Sponsor: Kent County Parks and Recreation

Phone: 410-555-6524, 410-778-4274

Website: www.kentcounty.com/gov/parkrec

Who: Grades 5 through 8

What: Classes, League/Team; program dedicated to teaching boys and girls lacrosse skills using a sportsman-like manner; FEES

Where: 10932 Worton Road, Worton

When: Spring

Pop Warner Football

Sponsor: Kent County Parks and Recreation

Phone: 410-639-2915

Website: www.kentcounty.com/gov/parkrec

Who: Youth

What: Leagues/Teams; youth football; FEES

Where: 10932 Worton Road, Worton

When: All seasons

Riding Lessons

Sponsor: Worthmore Equestrian Center

Phone: 410-348-2055

Who: All ages

What: Outdoor places to exercise, classes, disability-focused; able-bodied and therapeutic lessons, call for pricing & class schedules; FEES

Where: 11570 Still Pond Road, Worton

When: All seasons

Roller Skating

Sponsor: Kent County Parks and Recreation

Phone: 410-778-1986

Who: All ages

What: Drop-in play; Sunday afternoon roller skating/blading; FEES

Where: Arena, 10932 Worton Road, Worton

When: Winter

Sailing Spectacular

Sponsor: YMCA Tochwogh

Phone: 800-331-2267

Website: www.tochwogh.org

Who: 55 and up

What: Elder Hostel; sailing on 19' Flying Scots, learn the basics of dinghy sailing and enjoy the beauty of the Chesapeake Bay; FEES

Where: 24370 Still Pond Neck Road, Worton

When: Spring and fall

Sea Kayaking on the Chesapeake

Sponsor: YMCA Tochwogh

Phone: 800-331-2267

Website: www.tochwogh.org

Who: 55 and up

What: Elder Hostel; kayaking along various tributaries and creeks of the Chesapeake while enjoying the natural setting and learning some basic paddling skills; FEES

Where: 24370 Still Pond Neck Road, Worton

When: Spring, summer, and fall

Specialty Camps

Sponsor: YMCA Tochwogh

Phone: 800-331-2267

Website: www.tochwogh.org

Who: Children in Grades 2-9

What: Overnight; YMCA Camp; FEES

Where: 24370 Still Pond Neck Road, Worton

When: Summer

Tennis Courts

Sponsor: Kent County High School

Phone: 410-778-4540

Who: All ages

What: Outdoor tennis courts available during non-school hours for public use – call for availability; FREE

Where: 25301 Lambs Meadow Road, Worton

When: All seasons

Traditional Camp

Sponsor: YMCA Tochwogh

Phone: 800-331-2267

Website: www.tochwogh.org

Who: Children in Grades 2-9

What: Overnight camp; traditional camping experience for children; FEES

Where: 24370 Still Pond Neck Road, Worton

When: Summer

Women's Softball League

Sponsor: Kent County Parks and Recreation

Phone: 410-778-6055

Who: Women ages 16 and over

What: Leagues/Teams; women's modified pitch softball league; FEES

Where: 10932 Worton Road, Worton and throughout Kent County

When: Summer



Women's Wellness Weekend

Sponsor: Camp Tochwogh

Phone: 800-331-2267

Website: www.tochwogh.org

Who: Women 21 and up

What: Classes, outdoor space for exercise, lecture; come for a weekend of relaxation and rejuvenation. Learn more about yourself and others as you enjoy a weekend along side the Chesapeake Bay; FEES

Where: 24370 Still Pond Neck Road, Worton

When: Call for more information

Worton Arena

Sponsor: Kent County Parks and Recreation

Phone: 410-778-1948

Who: All ages

What: Indoor recreation facility available for group rental; activities include ping-pong, light hand weights, one basketball court, stereo system, utility room, and restrooms; FEES

Where: 10932 Worton Road, Worton

When: All seasons

Worton Park

Sponsor: Kent County Parks and Recreation

Phone: 410-778-1948

Who: All ages

What: Outdoor space for exercise; multi-use facility including six ball fields (one with lights), two equestrian rings, two tennis courts, two sand volleyball courts with lights, playground, batting cage, two basketball courts, and horseshoe pits; concessions; FREE/FEES

Where: 10932 Worton Road, Worton

When: All seasons

Youth Field Hockey

Sponsor: Kent County Parks and Recreation

Phone: 410-778-6443

Website: www.kentcounty.com/gov/parkrec

Who: Grades 5 through 8

What: League/Teams; a full-field field hockey league for beginners to advanced players; FEES

Where: 10392 Worton Road, Worton

When: Fall

Millington Area

NUTRITION & ACTIVITY RESOURCES

Homestead Farm

Sponsor: Homestead Farm

Phone: 410-928-3805

Website: www.freshorganicvegetables.com

Who: All ages

What: Community supported agriculture (CSA), sale of goods; 20-week season from May to October offering herbs, vegetables, organic eggs, and organic chickens; FEES

Where: 2250 Millington Road, Millington

When: Spring, summer, and fall

Millington Pool and Park

Sponsor: Kent County Parks and Recreation

Phone: 410-778-1948 or 410-778-1957

Who: All ages

What: Outdoor space for exercise; public pool, bath-house, tennis courts, and picnic area; FREE/FEES (for pool use)

Where: 154 Millington Road, Millington

When: Summer; open Tuesday through Sunday, 12 noon to 7p.m.

Millington Wildlife

Management Area

Sponsor: Maryland's Department of Natural Resources: Wildlife and Heritage Service

Phone: 410-928-3650

Who: All ages and families

What: Outdoor space for exercise; 4,000 acres of public hunting, 20 miles of public trails; FREE

Where: 33626 Maryland Line Road, Massey

When: All seasons

Shadding Reach Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; end of the road boating access; FEES/FREE

Where: Millington (see map on p. 39)

When: All seasons

Swimming Lessons

Sponsor: Kent County Parks and Recreation

Phone: 410-778-1957

Website: www.kentcounty.com/gov/parkrec/

Who: Ages 4-13

What: Classes; swimming lessons offered in three sessions through July and August; FEES

Where: 154 Millington Road; Millington

When: Summer



Rock Hall & Tolchester Area

NUTRITION & ACTIVITY RESOURCES



Allen's Lane Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; end-of-the-road boating access; FEES/FREE

Where: Rock Hall (see map on p. 39)

When: All seasons

Broadneck Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; end-of-the-road boating access; FEES/FREE

Where: Rock Hall (see map on p. 39)

When: All seasons

Bayside Landing Pool and Park

Sponsor: Kent County Parks and Recreation

Phone: 410-778-1948

Who: All ages

What: Outdoor space for exercise; public swimming pool. FREE

Where: Bayside Avenue, Rock Hall

When: Summer, open Tuesday through Thursday from 12 noon to 7p.m.

Bayside Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; boating access, bulkhead; FEES/FREE

Where: Rock Hall (see map on p. 39)

When: All seasons

Bike and Kayak Rentals

Sponsor: Swan Haven Bed and Breakfast

Phone: 410-639-2527

Website: www.swanhaven.com/boatrent.php

Who: Adults and families

What: Outdoor space for exercise; bike and kayak rentals available in Rock Hall; FEES

Where: 20950 Rock Hall Avenue, Rock Hall

When: Spring, summer, and fall

Bogles Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; boating access, seasonal portable toilets, cement ramp, pier; FEES/FREE

Where: Eastern Neck/Rock Hall (see map p. 39)

When: All seasons

Buck Neck Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; boating access, bulkhead; FEES/FREE

Where: Tolchester (see map on p. 39)

When: All seasons

Chester River Kayak Adventures

Sponsor: Chester River Kayak Adventures

Phone: 410-639-2001, 410-639-2061

Website: www.crkayakadventures.com

Who: All ages

What: Full and half day environmental tours in the tributaries and coves off the Chester River; sunset tours; kayak rentals and instruction; no experience necessary; FEES

Where: 5758 Main Street, Rock Hall

When: Spring, summer, and fall

Curves for Women

Sponsor: Curves for Women

Phone: 410-639-9009

Who: Teens, adults, and elders

What: Indoor space for exercise; a community for women to become physically active using hydrolic resistance machines and the Curves Weight Management Solutions Program; FEES

Where: 21321 Rock Hall Avenue, Rock Hall

When: All seasons

Eastern Neck Wildlife Refuge

Sponsor: Kent County Parks and Recreation

Phone: 410-693-7056

Website: www.kentcounty.com/gov/parkrec/parks/eneck.htm

Who: All ages

What: Outdoor space for exercise; 2,285 acres provides many recreational activities and facilities available to the public; FEES

Where: 1730 Eastern Neck Road, Rock Hall

When: All seasons



Edesville Community Park

Sponsor: Kent County Parks and Recreation

Phone: 410-778-1948 for rental information

Who: All ages

What: Outdoor/indoor space for exercise; five-acre facility has an indoor recreation building for special events. The park also offers a ball field, volleyball court, playground, and hard surface walking trail; FREE/FEES

Where: Edesville, near Rock Hall

When: All seasons

Fairlee Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; boating access to Fairlee Creek, pier, cement ramp; FEES/FREE

Where: Tolchester/Worton (see map on p. 39)

When: All seasons

Gratitude Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; end-of-the-road boating access; FEES/FREE

Where: Rock Hall (see map on p. 39)

When: All seasons

Gray's Inn Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; boating access, dirt ramp; FEES/FREE

Where: Rock Hall (see map on p. 39)

When: All seasons

Green Lane Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; boating access, seasonal portable toilets, cement ramp, bulkhead; FEES/FREE

Where: Rock Hall (see map on p. 39)

When: All seasons

Green Point Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; boating access, seasonal portable toilets, cement ramp; FEES/FREE

Where: Tolchester (see map on p. 39)

When: All seasons

Harrington Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; boating access, dirt ramp; FEES/FREE

Where: Rock Hall (see map on p. 39)

When: All seasons

Haven Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; end-of-the-road boating access; FEES/FREE

Where: Rock Hall (see map on p. 39)

When: All seasons



Natural Nutrition Services

NUTRITION

Sponsor: Natural Nutrition Services

Website: www.naturalnutritionservices.com

Who: All ages

What: Classes; offers 6-month nutritional program to teach the use of food as medicine as well as how to make lifestyle changes and teaches food cooking classes; FEES

Where: 5316 Crosby Road, Rock Hall

Rock Hall Civic Center

Summer Scape

Sponsor: Kent County Parks and Recreation

Phone: 410-778-1948

Website: www.kentcounty.com/gov/parkrec

Who: Children ages 0-12

What: Outdoor space for exercise; a supervised playground program; FEES

Where: Rock Hall Civic Center

When: Summer - June through August

Rock Hall Farmers Market

NUTRITION

Sponsor: Various farm vendors

Who: All ages

What: Nutritious foods, goods for sale; FEES

Where: Main Street, Rock Hall

When: Saturdays; spring, summer, and fall

Rock Hall Public Beach

Sponsor: Rock Hall Town Office

Phone: 410-639-7611

Website: www.kentcounty.com

Who: All ages

What: Outdoor space for exercise; public beach accessible to all during all seasons; FREE

Where: Beach Road, Rock Hall

When: All seasons

Long Cove Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; boating access, seasonal portable toilets, cement ramp, pier, rented slips; FEES/FREE

Where: Rock Hall (see map on p. 39)

When: All seasons

Sharp Street Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; boating access, pier; FEES/FREE

Where: Rock Hall (see map on p. 39)

When: All seasons

Shipyard Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; boating access, seasonal portable toilets, cement ramp, bulkhead; FEES/FREE

Where: Rock Hall (see map on p. 39)

When: All seasons

Spring Cove Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; boating access, cement ramp, pier, rented slips; FEES/FREE

Where: Rock Hall (see map on p. 39)

When: All seasons

Skinner's Neck Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; boating access, seasonal portable toilets, cement ramp, pier, rented slips; FEES/FREE

Where: Rock Hall (see map on p. 39)

When: All seasons

Tennis Courts

Sponsor: Rock Hall Middle School

Phone: 410-639-2279

Who: All ages

What: Courts available during non-school hours for public use; FREE

Where: 21203 Sharp Street, Rock Hall

When: All seasons

Tolchester Public Landing

Sponsor: Kent County Public Works

Phone: 410-778-7439

Website: www.kentcounty.com/gov/pubworks/landings.htm

Who: All ages

What: Outdoor space for exercise; end-of-the-road boating access; FEES/FREE

Where: Tolchester (see map on p. 39)

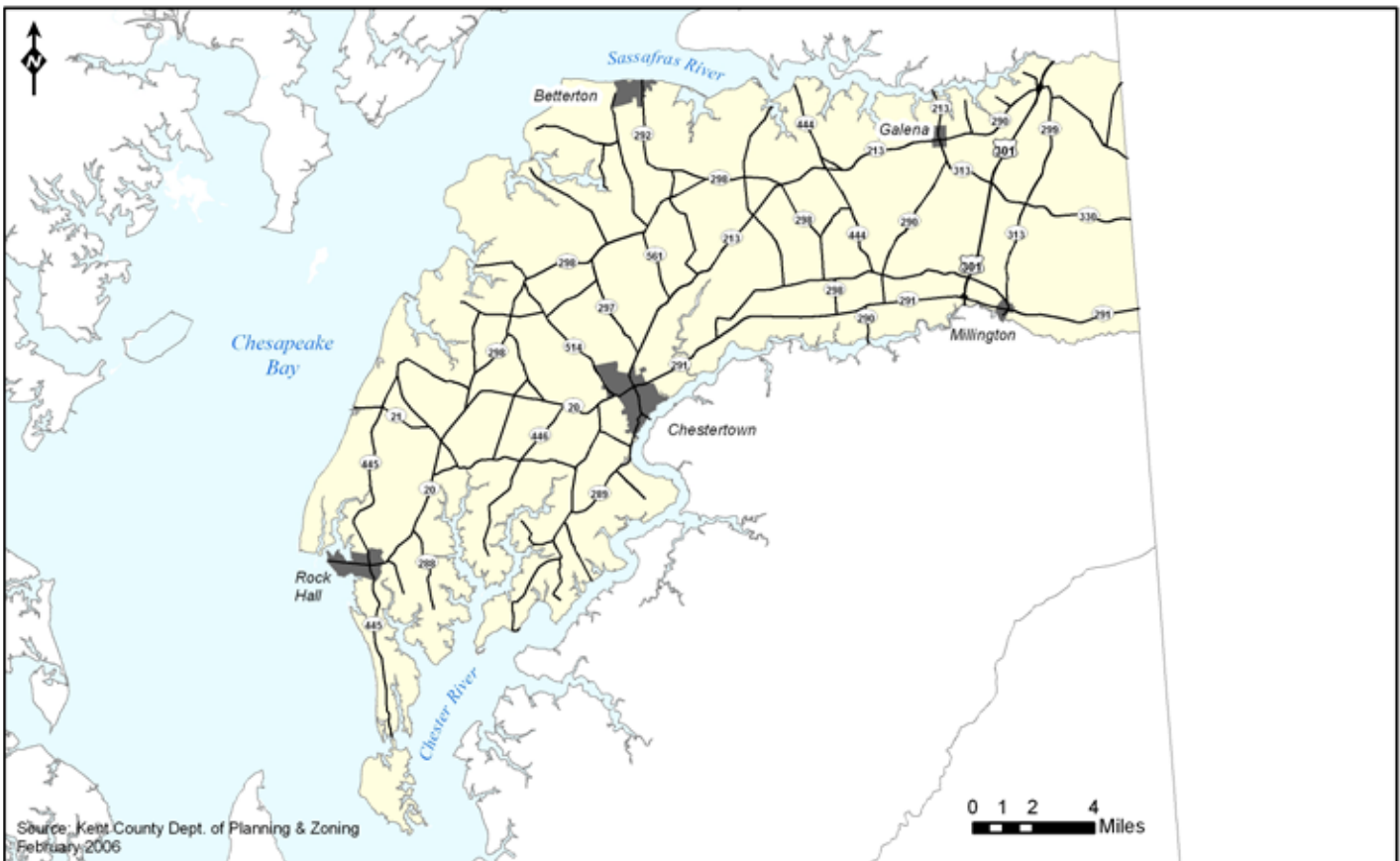
When: All seasons



Map of Town Areas

KENT COUNTY, MARYLAND

Kent County, Maryland



Permit Information

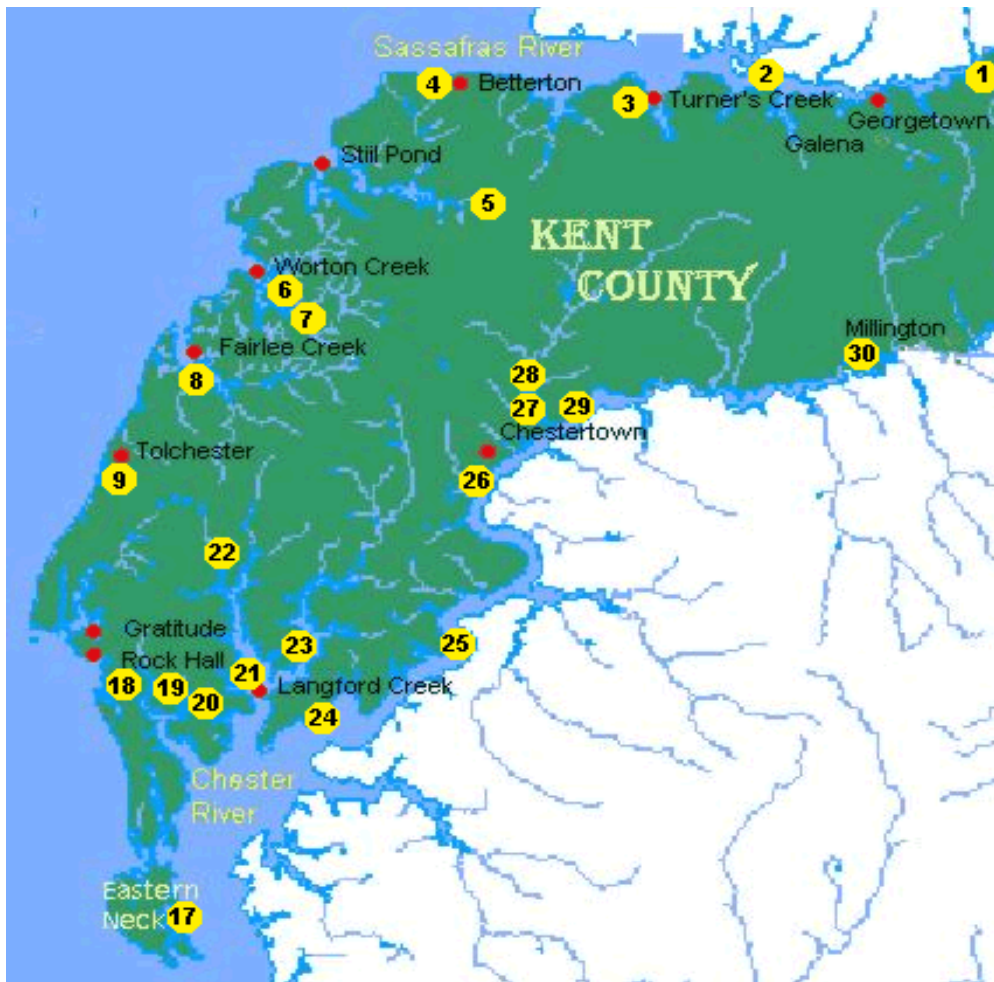
An annual permit (\$10) is required for all resident vehicle trailers using the public landings in Kent County.

1. All trailers using the Kent County public landings must have a current sticker located on the trailer tongue, one foot from the hitch on the left side (driver's side).
2. When purchasing a trailer permit, applicant must provide driver's license, trailer tag registration and vessel registration, and if out-of-state resident but own property in Kent County, must provide proof of ownership (such as property tax bill, receipt or deed).
3. Park in designated areas only.
4. No admittance between 10 p.m. and 5 a.m.
5. No camping, campers, or open fires.
6. Do not block ramps.
7. Do not dock in posted areas.
8. No person shall leave equipment or boats on a landing for more than fifteen (15) days.
9. No sunken vessel shall remain for more than five (5) days.
10. Violators of any regulation shall be fined \$100.all fines and fees will be used for upkeep and maintenance of the public landings.

Three day and resident permits may be obtained from: Kent County Public Works (709 Morgnac Road/ Chestertown); Chester River Marine (Route 213/ Chestertown); Vonnie's (Route 213/ Kennedyville); Suds & Soda (Route 213/ Chestertown); Pomona Store (Route 289/ Chestertown); Toy's Store (Route 20/ Rock Hall) and Kent County Treasurer (400 High Street/ Chestertown).

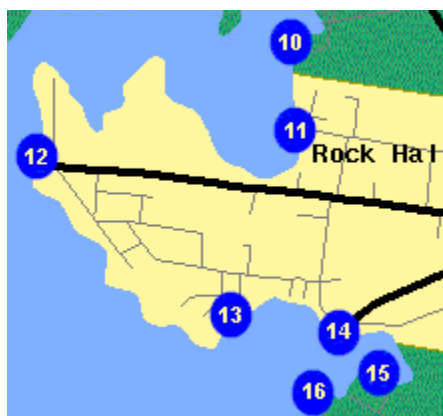
Public Landings

KENT COUNTY, MARYLAND



County public landings:

1. Foxhole
2. Shall Cross
3. Turner's Creek
4. Betterton
5. Still Pond
6. Green Point
7. Buck Neck
8. Fairlee
9. Tolchester
- 10-16. Rock Hall (see below)
17. Bogles
18. Gray's Inn
19. Skinner's Neck
20. Harrington
21. Long Cove
22. Shipyard
23. Broadneck
24. Cliff City
25. Quaker Neck
26. High Street
27. Morgnec
28. Riley's Mill
29. Buckingham Wharf
30. Shadding Reach



Rock Hall public landings:

10. Spring Cove
11. Haven
12. Gratitude
13. Bayside
14. Sharp Street
15. Green Lane
16. Allen's Lane

ADDITIONS OR CORRECTIONS

Name:

Sponsor name:

Activity name:

Mailing address:

Street / P.O. Box

Town

State

Zip Code

Telephone:

Website address:

E-mail address

Who: (please include age groups)

What:

Where: (please include location and address of nutrition or activity resource)

Signature:

Date:

Send to:

Kent County Health Department
125 Lynchburg Street
Chestertown, Maryland 21620

Fax: (410) 778-6882

Telephone: (410) 778-1350

Thank you!

OTHER RESOURCES

Kent On The Move

www.KentOnTheMove.org

*Maryland Department of Health and Mental Hygiene
Nutrition and Physical Activity Program*

<http://www.fha.state.md.us/cphs/npa/index.html>

NUTRITION

Dietary Guidelines for Americans

<http://www.healthierus.gov/dietaryguidelines>

The Dietary Approaches to Stop Hypertension (DASH) Eating Plan

<http://www.nhlbi.nih.gov/health/public/heart/hbp/dash>

How to Understand and Use the Nutrition Facts Label

<http://www.cfsan.fda.gov-dms/foodlab.htm>

MyPyramid.gov

<http://www.mypyramid.gov>

PHYSICAL ACTIVITY

The President's Challenge - You're It. Get Fit!

<http://www.presidentschallenge.org>

Physical Activity for Everyone

<http://www.cdc.gov/nccdphp/dnpa/physical/index/htm>

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TRANSPORTATION OPTIONS

The whole idea of this guide is to increase physical activity among Kent County residents. If possible, walk or cycle to the activity of your choice. If weather or conditions do not permit this, think about car-pooling to the activity. Invite a few friends or neighbors to join you. People who exercise in groups are more likely to stick to a routine and get healthier. If you cannot convince others to join you, ask the activity sponsor if they can help you find transportation or other participants who can provide a ride.

Maryland Upper Shore Transit (MUST)

Phone: 866-330-6878

Website: www.mustbus.info

Who: Everyone

What: A fixed-route transportation service to local destinations and medical appointments in Kent, Queen Anne's, Caroline and Talbot Counties; FEES

Where: Millington to Salisbury

The Rock Hall Trolley Company

Phone: 410-639-7996

1-866-RHTROLY

Website: www.rockhalltrolleys.com

Who: Everyone; disability accessible upon request

What: Dock-to-door fun transportation

Where: Kent County, Maryland; scheduled route between Rockhall and Chestertown, charter options available



Kent County Health Department
125 Lynchburg Street
Chestertown, Maryland 21620

Telephone: (410) 778-1350

Fax: (410) 778-6882

www.KentOnTheMove.org

We wish you continued health and well-being.