



ST. LOUIS AND ITS WONDERFUL PARKS

Exercise or physical activity isn't only just for the young or those people who belong to a health club. Exercise is for everyone! And you don't have to belong to a health club to do it! Anyone can exercise within the comfort of his or her own home, or within his or her own neighborhood. St. Louis has several great places that you can exercise for free! St. Louis has over 105 parks within the city limits. Most of the parks have walking trails, baseball diamonds, tennis courts, racquetball courts, and basketball courts. The best part is that it is all **free** for you to use. So get out and enjoy the outdoors; exercise in one of the many parks St. Louis has to offer.



Selected parks around the St. Louis area:

1. Benton Park (Jefferson & Arsenal): 2 tennis courts, 2 playgrounds, and a horseshoe pit
2. Carondelet Park (Loughborough & Grand): 3 softball fields, 3 soccer fields, 10 horseshoe pits, and bicycling trails
3. Forest Park (Kingshighway & Lindell): 4 baseball diamonds, 10 soccer fields, 4 racquetball courts, 25 tennis courts, 16 Lakes (paddleboats can be rented at the Boathouse), bicycling and walking trails
4. Fairground Park (Grand and Natural Bridge): 4 football fields, 5 baseball fields, 5 soccer fields, and a swimming pool
5. O'Fallon Park (Florissant & Harris): 6 tennis courts and a basketball court
6. Sherman Park (N. Kingshighway & M.L.K.): baseball fields, softball fields, soccer fields, basketball courts, and tennis courts



A list of all 105 city parks is available at the following web site
http://stlouis.missouri.org/citygov/parks/parks_div/Park%20List.pdf

