



# Looking @ Lakewood

There are festivals to celebrate food, beer, our history and other cultures. Why not have a festival for fitness?

Lakewood's Recreation Division is hosting the first annual Fall Fitness Festival from 9 a.m. to noon, Saturday, Oct. 17 at the Carmody Recreation Center, 2200 S. Kipling St. This free community event will focus on many of the fitness and wellness options available to all Lakewood residents – right in their own neighborhoods through the City's four recreation centers serving each quadrant of Lakewood.

The festival will offer opportunities to try the most popular fitness classes, have free fitness testing done and hear professionals speak on health-related topics.

The City's fitness and wellness programs provide opportunities to all ranges of abilities and ages. The fitness and wellness team is also an active partner with "Exercise is Medicine," a nationwide initiative launched by the American College of Sports Medicine and the American Medical Association to put exercise at the front and center of every discussion on disease prevention, health and wellness. The initiative focuses on the way exercise can change not only how you look on the

## Free Fall Fitness Festival



outside, but more importantly on how it can improve blood pressure, blood glucose and cholesterol as well as help you sleep better and decrease depression.

The festival will offer a free class in

Zumba, a fantastic aerobics class that blends Latin music and dance moves into an incredible cardio workout. This class is so fun and inspiring you forget you're getting a workout. A Les Mills BodyPump™

class also will be offered. This 60-minute strength training program is known for changing bodies and creating an unforgettable fitness experience, and Lakewood was the first to offer the program on the west side of the Denver metro area.

Another class at the festival will be Pilates Reformer, which focuses on core strength training to improve overall functioning of your body. All the Pilates instructors are certified instructors with complementary backgrounds in physical therapy and exercise physiology.

The festival will also provide information on some of the other fitness opportunities such as NIA, Bootcamp 180, Mat Pilates, all styles of yoga, tai chi, QiGong and indoor cycling.

The Fall Fitness Festival is a great opportunity for you and your family to use the resources in your own community to make your health a top priority. Lakewood offers something for all levels of fitness and offers a variety of activities so that everyone can connect to something that will improve the overall quality of their health. For more information on the festival, please call 720-963-5366 or visit [www.Lakewood.org/Recreation](http://www.Lakewood.org/Recreation).

## Take a walk through zoning

The LAKEWOOD! ZONING IMPROVEMENT process continues with the second community event at 9 a.m. on Saturday, Oct. 31 beginning at the Lakewood City Council Chambers, 480 S. Allison Parkway. The City is revisiting its Zoning Ordinance after nearly 30 years since the



original ordinance was adopted. Much has changed in Lakewood since the City incorporated and adopted its Zoning Ordinance in 1980. Through the years, the City has made amendments to the existing ordinance but has not conducted a comprehensive review of the document. The LAKEWOOD! ZONING IMPROVEMENT process will allow the City to respond better to new technology and growth trends, better facilitate community investment and implement the vision of the City's Comprehensive Plan.

The City will hold quarterly events on topics related to land-use and zoning regulations to broaden the perspective on how zoning impacts other aspects of our community during


this 18-month process. The Oct. 31 community event will provide the opportunity to learn about the process and allow residents to "play your part" by providing comments and feedback. It will begin with an open house and presentation and then will be followed with a walking tour of downtown Lakewood.

The presentation will be on "Healthy Walkable Communities." Leanna Jeffers of the Regional Institute for Health and Environmental Leadership, Jessica Osborne of Colorado Physical Activity & Nutrition Program, and Dr. Sandra Stenmark of Community Health Initiatives and Pediatric Wellness at Kaiser Permanente will discuss walkable communities.

Following the presentation, City staff will

guide a walking tour of downtown Lakewood to demonstrate what makes a community walkable. The tour will begin on the plaza outside the City Council Chambers and continue through Belmar and finish in the Martindale neighborhood.

Please join us and share your thoughts. You can visit the website at [www.PlayYourPart.org](http://www.PlayYourPart.org) for additional information on the Zoning Improvement process and future community events or call 303-987-7505.



Voter's Guide

Read what your City Council candidates have to say. Pages 3-7