

THE

Swell

GUIDE

GOOD HEALTH AND GOOD FUN IN GREATER CHARLOTTE



Carolinus HealthCare System



THE Swell GUIDE

The best way to acclimate to a new city or neighborhood is to get out and see, visit, taste and do.

Carolinas HealthCare System presents a guide for the active adventurer. The wellness geek. The walking warrior.

Why Carolinas HealthCare System? We are 60,000 employees strong, and our team of doctors, nurses, healthcare pros and support staff know just where to go to have fun and stay active in communities all across the greater Charlotte area. Consider this your own insider prescription for having a Swell time!

Visit us at **The Daily Dose** ([Blogs.Carolinas.org/DailyDose](https://blogs.carolinas.org/dailydose)) for more of our favorite ways to stay healthy around town.



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HAVE A FIT

Time to think outside the elliptical and consider an alternative route to getting your fit on.



Carolinas HealthCare System staffers promote fitness with walking meetings, lunch-time yoga classes and prizes for taking the stairs! Does your company promote wellness? If not, be the change!



Swell Tip #1



Destination Y-Not?

The YMCA is one of the best places in town to connect with a new workout pal. With locations across the region, this is part of a can't-miss strategy for branching out. And, don't forget the YWCA; they also offer cool fitness classes, like Tuff-Girl Boot Camp. Ever push a tire up a hill? Now's your chance.

YMCA
ymcacharlotte.org

YWCA Central Carolinas
ywcacentralcarolinas.org



Reach New Heights

One hour of AIRobics – that's aerobics on a trampoline, friends – and you're hooked. This low-impact fat-burning fun improves balance and coordination and it's for all fitness levels. Your core will thank you. Seriously. And if you're up for all the challenges of mountain climbing, check out one of the area's indoor climbing spots.

Sky High Sports
Pineville, NC › cha.jumpskyhigh.com

Inner Peaks
Charlotte, NC › innerpeaks.com



Batter Up

This is inside baseball, folks. Swinging a bat and making contact with a ball will work your arms, get your heart rate up and just might release a few frustrations. Even if you've never played an inning of ball yourself, you'll be surprised at the fun you'll have and the sweat you'll work up.

B&B Batting Center
Indian Trail, NC › bnbbatting.com

The Fungo
Cornelius, NC › thefungo.com



H2Oh Yeah

Don't let the fact that Olympians train here fool you: this place is for anyone who wants to move outside. And we mean move. Rafting, kayaking, paddle boarding, rock climbing, hiking, ropes courses, ziplines. The U.S. National Whitewater Center is the bomb-dot-awesome. Prefer to swim a few laps? Check out the local aquatic centers.

U.S. National Whitewater Center
Charlotte, NC › usnwc.org

John F. McInnis Aquatic Center
Concord, NC › visitcabarrus.com

Mecklenburg County Aquatic Center
Charlotte, NC › charmec.org

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TAKE A HIKE



Doctors recommend 10,000 steps a day for optimal fitness. Hitting a local trail may be the most enjoyable way to get from 1 to 10K.



Swell Tip #2

Hiking is one of the many activities to pursue in the area's nature preserves and nearby mountain trails.

Trekking the woods is the perfect way to spend a sunny day with family, friends and four-legged pals. And, the benefits are unquestionable! Even low- to moderate-intensity walking can have short- and long-term benefits: keeping weight manageable, preventing heart disease, helping to decrease blood pressure and even contributing to a better state of mind.



A Leisurely Stroll

Anne Springs Close Greenway

More than 40 miles of trails to explore.

2,100 acres

Fort Mill, SC › ascgreenway.org

McDowell Nature Preserve

Meander more than 7 miles of trails along the shores of Lake Wylie.

1,108 acres

Charlotte, NC › charmeck.org

Pee Dee National Wildlife Refuge

Put on your walking shoes and grab your binoculars.

8,500 acres

Wadesboro, NC › fws.gov



Heart-Pumpin' Hikes

Crowders Mountain State Park

There are several trails of varying lengths that take you to the 1,265-foot summit of Crowders Mountain. The reward? A stunning view of Uptown Charlotte.

5,126 acres

Kings Mountain, NC › ncparks.gov

Morrow Mountain State Park

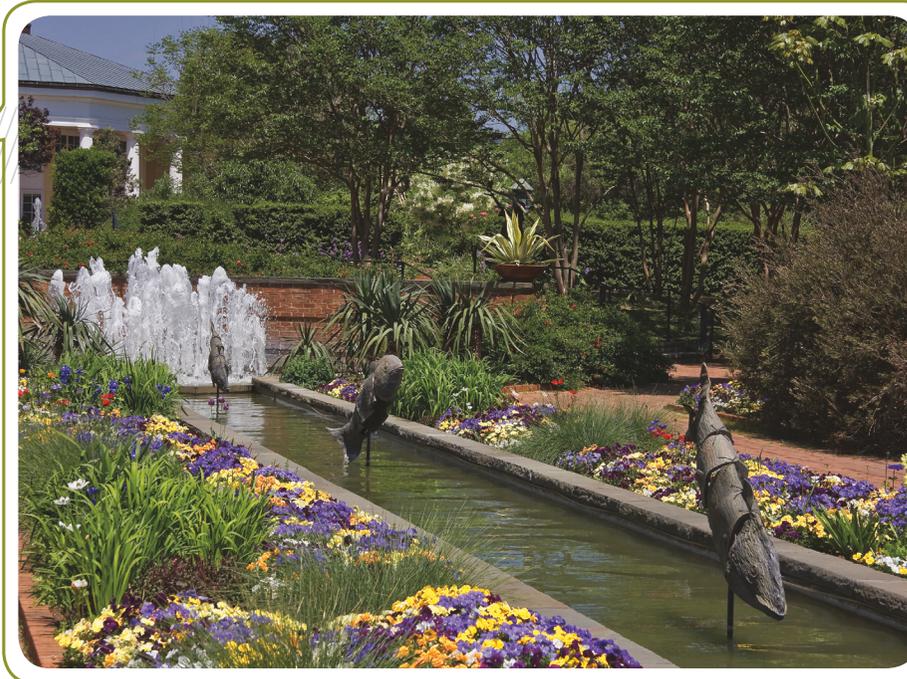
Hike to the summit of Morrow Mountain and you'll see rolling hills, lush green farmlands and a winding river.

4,742 acres

Albemarle, NC › ncparks.gov

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GO TO YOUR HAPPY PLACE



Putting a smile on your face actually signals your brain to feel less stressed. No kidding! Say "Cheese."



Swell Tip #3

Looking to live in the moment? Connect with your Zen? Get into a stress-free state of mind? The area is ripe with locales just made for mindfulness.

Managing stress is often overlooked by people looking to live healthier lifestyles, but it can be as important to your routine as going to the gym! From connecting with nature to stretching into a deep pose, there's no shortage of ways to bring you back to center in your new neighborhood.



Flower Power

Daniel Stowe Botanical Garden

Hundreds of acres of gardens. Yoga under the stars. Ready, set, glow from the inside at this local treasure.

Belmont, NC › dsbg.org

Wing Haven Gardens and Bird Sanctuary

Charlotte's own walled "secret" garden offers a piece of the city's history, wrapped up in some of the prettiest boxwoods, statuary and pebbled paths you'll walk.

Charlotte, NC › winghavengardens.com



Get Down, Dog

Movement Charlotte

Make your sunrise salutation even more meaningful by practicing with this group, which meets in Midtown Charlotte and donates participation fees to area charities.

Charlotte, NC › movementcharlotte.org

My Aloha SUP Yoga

Escape the studio and head to Lake Norman to practice yoga on a stand up paddleboard. Maintaining your balance on the water is bound to give you a challenging core workout.

Cornelius, NC › standuplkn.com

IT'S LIKE RIDING A BIKE

Bicycle enthusiasts at all fitness levels and ages will find trails in the area to suit any bike style, length of ride or preferred terrain. Several parks are equipped with trails for mountain biking, and there is a BMX bike track for a more extreme trek. Wear a helmet every time you get on a bike, even if you are going for a short ride.



Teaching your little one to ride a bike? A few quick tips: Get a helmet with a snug fit. Tuck in shoelaces. Tuck long pants into socks. Go!



Swell Tip #4



A Quick Spin

Jetton Park on Lake Norman

1.3-mile bike trail
Cornelius, NC › charmeck.org

Marcia H. Cloninger Rail Trail

1.1-mile trail
Lincolnton, NC › carolinathreadtrail.org

Colonel Francis Beatty Park

4.35-mile mountain bike trail
Matthews, NC › charmeck.org

Charlotte B-Cycle

Just look for the blue bikes (there are 200) and B-stations (24 of them) around Uptown Charlotte and surrounding neighborhoods.
Charlotte, NC › charlotte.bcycle.com



Lookin' to Branch Out

Hornets Nest Park

1,150-foot BMX track
Charlotte, NC › ncbmx.com

Giordana Velodrome

Yep, track cycling is an Olympic sport, but don't let that keep you from trying it! This year-round facility offers programs for cyclists of all stages and ages, providing equipment and instruction.
Rock Hill, SC › cityofrockhill.com

Buffalo Creek Park

Not for beginners! This mountain biking trail is for anyone looking to get their adrenaline pumping.
Lake Lure, NC › townoflakelure.com

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GET TO KNOW AND GROW YOUR FOOD

Although eating local is all the rage on food TV, there's nothing trendy about eating fresh-from-the-farm vegetables and fruits. We bet your granddaddy enjoyed a local tomato and mayo sandwich on white bread when you were just knee-high to a grasshopper. Mecklenburg and the surrounding counties have plenty of farmers' markets that offer the season's bounty at reasonable prices.



Our nutritionists recommend filling half your plate with colorful fruits and veggies. It's the tastiest way to get the vitamins you need.



Swell Tip #5



Area Markets

University Farmers' Market powered by Carolinas HealthCare System
N. Tryon Street › Charlotte, NC

Matthews Community Farmers' Market
N. Trade Street › Matthews, NC

Salisbury Farmers' Market
S. Jackson Street › Salisbury, NC

Bush-N-Vine Farm Market
Filbert Highway › York, SC

Foothills Farmers' Market
W. Marion Street › Shelby, NC

7th Street Public Market
E. 7th Street › Charlotte, NC

usda.gov



How Does YOUR Garden Grow?

Consider taking fresh even further: join your neighbors in creating a community garden. The bounty (and the work) can be shared by several families. Check out the local Parks and Rec website in your new neighborhood to find one – or start one – near you!

Class is In

What to do when you get home with your fresh food bounty? If you and your stove are merely passing acquaintances, take a cooking class from the experts.

Johnson & Wales University
Charlotte, NC › jwu.edu

Central Piedmont Community College
Charlotte, NC › cpcc.edu

PARTY ANIMALS ABOUND



Your brain sucks up 20% of your body's oxygen! Get outside and breathe deeply to keep your brain at tip-top capacity.



Swell Tip #6

Jump in the mini-van and head for adventure within minutes of your new home! This part of the Carolinas is home to many nature preserves, nature centers, parks and petting zoos. Nothing like sharing a bucket of animal feed while shielding your bare arms from the strong beak of an emu. Hit up a few of the region's family fun spots.



Get Your Giddy-Up Going

Cane Creek Park

This sprawling lake-front park offers fishing, boating and swimming, plus camping, hiking and horseback riding.

Waxhaw, NC › co.union.nc.us

Charlotte Nature Museum

Want to get up close and personal with a snake? (Okay, there's glass between you and him, um, her.) If butterflies are more your thing, enjoy a walk in the Butterfly Pavilion.

Charlotte, NC › charlottenaturemuseum.org

Lazy 5 Ranch

Who knew zebras and giraffes were just a short drive away in NC? Check out this family-friendly animal park with the kids. Or go without kids. It's fun.

Mooresville, NC › lazy5ranch.com

Latta Plantation

This historic site is the perfect place for a picnic, light hike, horseback ride or educational adventure on a living history farm!

Huntersville, NC › lattaplantation.org

You know where to find
healthy **FUN** in the area.

Now, let us help you
find your partner in
getting and staying **WELL**.

Find a doctor or nearby care location:
844-253-2170
CarolinasHealthCare.org/CareNearby



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