

Nutrition and Exercise Options by County

Health Department Name	Counties in Health Department Jurisdiction
Southwest Nebraska Public Health Department	Chase County, Dundy County, Frontier County, Furnas County, Hayes County, Hitchcock County, Keith County, Perkins County, and Red Willow County

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Switching to well-balanced meals high in healthy, fiber-rich foods, along with incorporating more physical activity, can help people with prediabetes take charge of their health. Many experts recommend that prediabetic patients build up to doing at least 150 minutes total of moderate intensity and/or vigorous activity a week. Moderate intensity activity includes a brisk walk, light cycling, dancing or water exercise. Vigorous activity includes things like jogging, singles tennis or hiking hills. Doing this helps to improve the way your body stores and uses glucose, as well as your stamina and heart health.

Below are some of the resources available in your area to help you with nutrition and exercise.

Senior Centers in Nebraska provide services to those who are 60 or older.

Senior Center Name	Address	City	Phone Number	On-site Meals	Home Delivered Meals	Other Services Provided
Imperial Community Senior Center	900 Wellington Street	Imperial	(308) 882-5343	Yes	Yes	Nutrition Education, West Central Nebraska Area Agency on Aging offers exercise, and strength training classes
Wauneta Senior Center	223 N Tecumseh Avenue	Wauneta	(308) 394-6333	Yes	Yes	West Central Nebraska Area Agency on Aging offers exercise, and strength training classes
Dundy County Senior Center	710 Chief Street	Benkelman	(308) 423-5454	Yes	Yes	West Central Nebraska Area Agency on Aging offers exercise, and strength training classes
Curtis Area Senior Citizen Center	214 Center Avenue	Curtis	(308) 367-4173	Yes	Yes	West Central Nebraska Area Agency on Aging offers exercise, and strength training classes
Eustis Senior Center	111 N Main	Eustis	(308) 486-3471	Yes	No	West Central Nebraska Area Agency on Aging offers exercise, and strength training classes

Senior Center Name	Address	City	Phone Number	On-site Meals	Home Delivered Meals	Other Services Provided
Arapahoe Senior Center	501 Nebraska Avenue	Arapahoe	(308) 962-5340	Yes	No	Nutrition Education,
Beaver City Senior Center	418 10th Street	Beaver City	(308) 268-2501	Yes	Yes	Nutrition Education,
Cambridge Senior Center	604 Patterson Street	Cambridge	(308) 697-4889	Yes	No	Nutrition Education,
Golden Generation Center	600 Central Street	Oxford	(308) 824-3878	Yes	Yes	West Central Nebraska Area Agency on Aging offers exercise, and strength training classes
Hayes County Senior Center	509 Tate Street	Hayes Center	(308) 286-3233	Yes	Yes	West Central Nebraska Area Agency on Aging offers exercise, and strength training classes
Lemoyne Senior Center	720 Highway 92 West	Lemoyne	(308) 355-6000	Yes	No	West Central Nebraska Area Agency on Aging offers exercise, and strength training classes
Keith County Senior Center	202 W First Street	Ogallala	(308) 284-6740	Yes	Yes	Nutrition Education, West Central Nebraska Area Agency on Aging offers exercise, and strength training classes
Paxton Senior Meal Site (Ole's Cafe)	117 N Oak	Paxton	(308) 239-4500	Yes	No	West Central Nebraska Area Agency on Aging offers exercise, and strength training classes
Perkins County Senior Center	420 Central Avenue	Grant	(308) 352-4236	Yes	Yes	Nutrition Education, West Central Nebraska Area Agency on Aging offers exercise, and strength training classes
Venango Meal Site	1165 Pennsylvania Avenue	Venango	(308) 352-4236	Yes	No	West Central Nebraska Area Agency on Aging offers exercise, and strength training classes

Senior Center Name	Address	City	Phone Number	On-site Meals	Home Delivered Meals	Other Services Provided
Heritage Senior Center	1312 West 5th Street	McCook	(308) 345-1760	Yes	Yes	Nutrition Education, West Central Nebraska Area Agency on Aging offers exercise, and strength training classes

Free Outdoor Physical Activities: Trails

Trail Name	Length	Activities	More information about this Trail
Kelley Creek Walking Trail Red Willow CTY	1.5 miles	Bike Walking	https://www.trailink.com/trail/kelley-creek-walking-trail/

Free Outdoor Physical Activities: Parks, Sport fields

County	Location	Activities	More information
Chase	Imperial	Softball field Basketball court Tennis Park	Campbell Park, Imperial's main city park, located at 800 West 6th Street offers ball field, lighted tennis/basketball court, great playground equipment, public restrooms and a sheltered picnic area. Schroeder Park, located at the intersection of Holland and East 3rd Streets offers three lighted ball fields, playground equipment, an excellent skatepark, and public restrooms. Max Park, located in the Max addition offers playground equipment, a basketball court, a covered picnic shelter and a new expression swing.
Chase	Enders	Park	Enders Reservoir State Recreation Area is a combination of recreational and wildlife lands. Of the 4,000 acres of land, the Enders Wildlife Refuge covers 2,146 acres on the western reaches of the lake. Enders is a good escape for the outdoor enthusiast who wants to enjoy the bounties of nature in a peaceful, uncrowded setting.
Chase	Wauneta	Basketball Court Baseball Field Park	Baseball/softball Diamond * Basketball Court * Pickleball Court * Sand Volleyball * Walking Trail * Playground Equipment * Picnic Shelters * Swimming Pool * Horseshoe Pits * Coming soon - Frisbee Golf!
Dundy	Benkelman	Track Field Basketball Court Park	The Republican River meanders near Benkelman and provides natural beauty, life for crops and wildlife, and recreation. Camping, kayaking, boating, skiing, swimming, picnicking, hiking, fishing and hunting are just some of the great opportunities that will be enjoyed while visiting Dundy County.

County	Location	Activities	More information
Dundy	Max	Basketball Court Park	
Furnas	Cambridge	Walking Trail Basketball Court Disc Golf Park	Mckinley Park in Cambridge
Furnas	Holbrook	Walking Trail Park	Holbrook City Park at 41912 Road 716, Holbrook, NE 68948
Furnas	Arapahoe	Football Field Track Field Basketball court Tennis Court Park	Arapahoe has a baseball and softball field on the south side of town. There are competitive teams who play each summer or you can stop by for a fun game with family or friends. Host to community celebration and events, the Arapahoe City Park provides a great space to enjoy time with friends and family. This park includes several shelters, picnic benches, and a jungle gym for the kiddos. This park is located right next to the swimming pool and splash pad.
Furnas	Oxford	Baseball Field Park	114 West Clark, Oxford, NE. Baseball field with stadium seating.
Furnas	Beaver City	Park	501 O St. Beaver City, NE 68926.
Frontier	Maywood	Track Field Football Field Basketball Court Park	
Frontier	Curtis	Walking Trail Basketball Court Track Field Football Field Disc Golf Park	The city park is located along Center Avenue in the center of town. Mill Park now houses multiple amenities. Located on the western edge of town, a roping arena, baseball diamond, small playground, and campgrounds with full hookups are available. Starting at the Curtis Community Center is a one and a half mile walking trail. The trail loops through the beautiful Arrowhead Meadows Golf & Recreation Area along the Medicine Valley.
Hayes	Palisade	Basketball Court Park	
Hayes	Hayes Center	Park	
Hitchcock	Stratton	Basketball Court Park	

County	Location	Activities	More information
Hitchcock	Trenton	Volleyball court Basketball Cort Baseball Field Track Field Football Field Park	Swanson Reservoir State Recreation Area is the largest of four recreation areas in the southwestern part of the state. Located near Trenton, Swanson consists of a 4,974-acre lake and 3,957 acres of land. The area offers fishing, boating, camping, concessions and hunting in season among other activities
Hitchcock	Culbertson	Basketball Court Park	Taylor Ave, Culbertson, NE 69024
Keith	Lemoine	Nature Walk Park	
Keith	Ogallala	Basketball Court Baseball Field Soccer Field Disc Golf Nature Trail Walking Trail to parks Skateboard Park Tennis court Park	The City of Ogallala maintains 5 public parks, each equipped with colorful molded playground equipment; 4 lighted tennis courts Ogallala has four lighted tennis courts located at Glines/Nye Park at West 10th and B Street.; a 2-mile-long paved walking / bicycle path; a 9-hole Frisbee golf course. Western Diamonds Sports Complex is a lighted complex consisting of two AYSO regulation soccer fields and four softball/baseball fields. The complex is 20 acres, bowl-shaped, and was completed in the summer of 1998. A 1.8 mile hiking/biking trail runs through the complex. The Ogallala Splash Pad is located in Collister Park behind the Goodall Rec Center
Keith	Paxton	Disc Golf Basketball Court Softball Field Track Field Park	Paxton Park is located at North Ash and E 3rd St., the Disc golf is at Swedes Pond and is 9 holes.
Perkins	Grant	Basketball Court Baseball Field Park	342 Central Avenue Grant, NE 69140
Perkins	Madrid	Track Field Football Field Park	
Red Willow	McCook	The Hub Saturday workout Walking Trail Disc Golf Basketball Court Dog Park	McCook has six parks which cover 126 acres. These parks include Barnett (sand volleyball), Elks (three regulation-sized tennis courts and playground equipment), Karrer, Kelley (Disc golf and playground equipment), Norris (playground equipment) and Russel.

County	Location	Activities	More information
		Skateboard Park Free Fishing in Barnett Park Tennis court Soccer Field Pickleball Court Baseball Field Park	
Red Willow	Indianola	Basketball Court Park	Indianola NE Ball Field
Red Willow	Bartley	Basketball Court Park	

