

# Healthy Victorville

A community collaborative between government, business, non-profit, and community partners who promote healthy lifestyles in our City. These partners work together to coordinate programs, improve infrastructure, and increase opportunities for our citizens to live healthier lives.

The Healthy Victorville coalition meets bi-monthly at Victorville City Hall. Meetings are open to the public.

For information on Healthy Victorville contact us at:

[HealthyVictorville@VictorvilleCA.gov](mailto:HealthyVictorville@VictorvilleCA.gov)



## A Run in the Park 3K/5K

**Sunset Ridge: Saturday, May 19, 2018**  
**Hook Park: Saturday, September 8, 2018**

**Cost: FREE**

**Check in at 7:30. Run starts at 8:01am.**

Register at Hook Community Center or online then check in at the Park on the day of the event.

Get your feet out and about! Run, jog, or walk at your speed with a like-minded community of movers. Come out with fellow runners who are just like you and want to have some fun. We provide water, music, a cool local bib, and a fun time!

### Connect with Healthy Victorville

Follow us on Facebook  
[www.facebook.com/HealthyVictorville](http://www.facebook.com/HealthyVictorville)

Email us:  
[HealthyVictorville@VictorvilleCA.gov](mailto:HealthyVictorville@VictorvilleCA.gov)

Call us:  
Arcenio Ramirez - 760-245-5551



**HEALTHY**  
Victorville

### What is a Healthy Community?

A healthy community is a place where citizens have opportunities to improve and sustain their well being and quality of life. Victorville's Healthy Community Initiative is comprised of 4 basic components :

#### Active Living:

- Opportunities for physical activity.
- Organized programs to encourage play.
- Resources to encourage increased mobility.

#### Healthy Eating:

- Accessibility to healthy food choices.
- Educational opportunities for healthier eating habits.

#### Workplace Wellness:

- Resources for employers to develop wellness programs for their workforce.
- Encourage employers to provide opportunities for employee well-being.

#### The Living Environment:

- Work to improve and sustain the built environment including:
  - Sidewalks
  - Bicycle lanes
  - Street lights
  - Safe places to play
- Access to health care facilities
- Access to public transportation

These are some of the things the Healthy Victorville partners are working on to improve the quality of life for our Victorville population.