

**City of San Antonio**  
**Parks and Recreation Department**  
**Take the Plunge for Better Health**  
**Promotional Materials and Responsibilities**

**Summary Description of “Take the Plunge for Better Health” Program**

The San Antonio Parks and Recreation Department, in partnership with the National Recreation and Park Association, presents the “Take the Plunge for Better Health” Program. This program is designed to reach children through physicians who have identified children with health risks who would benefit from increased physical activity.

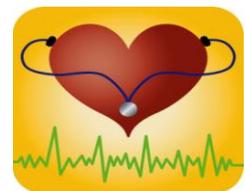
**Parks and Recreation Department Responsibilities**

- Provide additional information about the program.
- Enroll participants in Swimming Lessons or other swimming programs.
- Educate the youth participants about swimming and the benefits swimming offers to improve health.
- Provide 30 second DVD video of the benefits of swimming to include:
  - Swimming is a great exercise and a healthy activity that builds endurance, muscle strength and cardiovascular fitness.
  - Swimming is also an activity you can continue for a lifetime.
- Provide promotional information to include “Ask about the Take the Plunge to Better Health Program” posters, pamphlets, information brochures and prescription pads.



**Medical Professional Responsibilities**

- Display promotional materials provided by the City of San Antonio Parks and Recreation Department in reception area and examination rooms.
- Provide youth patients needing additional physical activity with information about the program and “prescription for swimming.”



**National Recreation  
and Park Association**