

Living Well in LO



What's Your Living Well in LO? Living Well in LO is about celebrating and achieving six dimensions of wellness-physical, intellectual, spiritual, environmental, emotional and social. Lake Oswego Parks & Recreation is proud to power Living Well In LO! It's the heart of Lake Oswego Parks and Recreation Department's programming, services, and parks that contribute to healthy and active lifestyles in our community.

Lake Oswego joins HEAL CITIES

On July 19, the Lake Oswego City Council voted unanimously to join the Healthy Eating Active Living (HEAL) Cities Campaign making Lake Oswego the 31st Oregon city to join the HEAL Cities Campaign. HEAL stands for Healthy Eating Active Living, it is a health & wellness campaign coordinated through a joint project of Oregon Public Health Institute and the League of Oregon Cities and funded by Kaiser Permanente.

There are four levels of involvement as a HEAL City, Eager, Active, Fit or Fabulous. Lake Oswego has joined HEAL as a FABULOUS City. (Snap! ;-)

"January is Healthy Eating Month"

Please join LO Parks & Recreation to celebrate commitment to health and wellness by observing "January is Healthy Eating Month"! Lake Oswego is a HEAL City (Healthy Eating Active Living). We have so many great opportunities to make healthier choices and adopting habits that are focused on making informed food choices and exercising daily. These two actions will help to achieve and maintain a healthy weight, reduce the risk of chronic disease, and improve your overall health so that you can continue to Live Well in LO.

How can you eat well in LO?

- Join the CSA or Adopt- A-Plot at Luscher Farm
- Have a wonderful lunch at the ACC on Monday, Wednesday or Friday
- Take a cooking class through Parks & Rec
- Eat at a LO HEAL City Restaurant! - Chuck's Place - Babica Hen Cafe - Tucci Restaurant - Pasha - Gubanc's - Baja Fresh - Beeztro at Play Boutique

These Restaurants have committed to do one/some or all of these things listed below to be the City's partner in offering healthy and nutritious foods to citizens.

- Disclose the calorie amount and grams of fat for each menu item listed on a menu or menu board in a clear and conspicuous manner
- Offer smaller portions of high calorie and high fat dishes
- Establish pricing structures that encourage consumption of lower-calorie, lower-fat, and less processed foods.

Lake Oswego is dedicated to improving residents' access to healthy food and supports multiple farmers markets, community gardens, and healthy restaurants throughout the city. The City's Parks and Recreation Department is leading the way to promote health and reduce childhood obesity through inclusive and collaborative programming.

Campbell Native Garden Featured on "Garden Time"

Lake Oswego Parks & Recreation is very proud of the environmental work that's highlighted in this [VIDEO](#) that aired in May 2016 about the Campbell Native Garden.

Most gardeners have heard about the benefits of adding natives to the garden, but can you tell how they will perform in your garden? To see how these wonderful plants might grow in your garden stop by the Campbell Native Garden in Lake Oswego. Volunteers like Susanna Kuo, have been working to make it a showcase for native plants. The Campbell family were long time supporters in Lake Oswego and they wanted this garden to be a demonstration of how a native garden should look for those who were interested in doing this type of planning and planting at their own homes. A lot of people think that natives are the best low maintenance solution to their garden needs, but natives are just like any other plants in the garden. They need to be maintained and cared for with water and nutrients. This garden is small but it gives a good representation of growth habits and conditions for native plants. If you would like to see this garden and others in the Lake Oswego Parks system, check out this [PAGE](#) for more information and directions.

Let's Go Outside

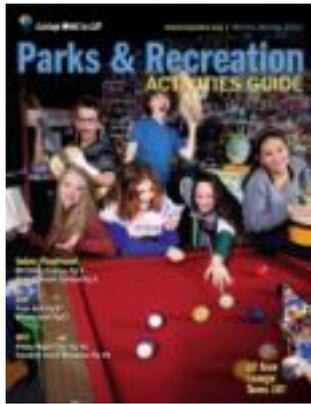
Watch this [video](#) and understand the importance for children to get out into parks and natural areas.

LAKE OSWEGO PARKS & RECREATION

MISSION: Build Community, Enrich Lives, and Care for the Urban and Natural Environment

ACTIONS: Focus on programming and partnership activities that address the six dimensions of wellness: Physical, Intellectual, Spiritual, Environmental, Social and Emotional.

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[Parks & Recreation Current Catalog](#)

Discover all the ways Parks & Recreation promotes Living Well in LO. Registration for Winter/Spring classes opens at 10am, Monday December 5th for residents and on December 12th for non-residents. Register online at www.loparcs.org. You can view the Winter/Spring catalog under Supporting Documents at the Current...

[read more](#)

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[City League Sports](#)

Lake Oswego Parks and Recreation offers RECREATIONAL team sports leagues for adults (ages 18+) and local High School students who do not play on their respective school sports team.

[read more](#)

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[Lake Oswego Public Golf Course & Practice Range](#)

Lake Oswego Golf Course is a City owned 18-hole par-3 facility with holes ranging from 74-179 yards. The hillside layout offers beautifully kept, small, contoured greens with Lost Dog Creek passing among fir, cedar, and maple trees through the back nine.

[read more](#)

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[Indoor Tennis Center](#)

The Lake Oswego Indoor Tennis Center is a four-court facility open-year round to players of all ages and ability levels. The Tennis Center has served the community since 1974.

The Tennis Center is open to both Lake Oswego residents and non-residents. Courts are open every day of the year for hourly rental.

[read more](#)

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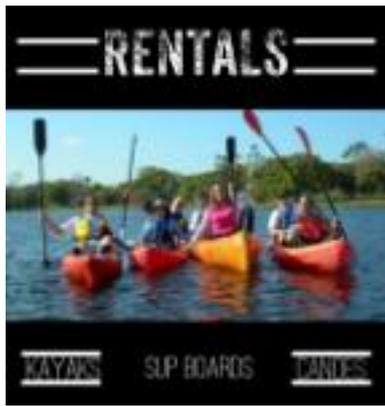


[About Luscher Farm](#)

Luscher Farm, once a dairy operation owned by Rudie and Esther Luscher, was purchased in 1990 by the City of Lake Oswego. The property and buildings are maintained as an agricultural example with the intent to interpret and educate interested visitors in local food and organic plant production.

[read more](#)

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[Outdoor Recreation](#)

Parks & Recreation is located at
Palisades
1500 Greentree Ave.
Lake Oswego, Or.

Parks & Recreation offers classes and trips to engage individuals in adventure experiences in the great outdoors.

[read more](#)

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[Parks](#)

Get Moving and Get Outdoors! You'll enjoy miles of trails, hundreds of acres of parks and open spaces, and the beauty of this great City.

[read more](#)

Click any thumbnail image to view a slideshow



Supporting Documents



Living Well in LO

Published on City of Lake Oswego Oregon Official Website (<http://ci.oswego.or.us>)

[Six Dimensions of Wellness](#)

Web Links

[Lake Oswego Public Golf Course](#)

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