

Every.

Day.

Active.



Arizona has many great parks and trails to visit. You can enjoy a day of hiking and beautiful views or find a playground, kick a ball, or play in the snow. Exploring your community is a great way to be outdoors across the seasons in Arizona for little or no cost!

Being active often is a fun way to spend time with your family. It also improves your health in many ways, like more energy, better sleep, and less stress. All movement counts. Find activities that you enjoy!

Visit Arizona's great parks and trails by checking our interactive map and choosing your community or a place you want to visit.

To find a park or trail near you, visit azhealthzone.org/be-active

Places to be Active



TRAILS

Arizona has a ton of great trails to visit, whether you are wanting to get some exercise, have a family outing in your community or looking to enjoy the outdoors.



PARKS

Take advantage of your community resources and have some fun at your local park. Find parks and play spaces near you.



GARDENS

Plant a small garden at home or join a community garden to move your body and clear your mind.