

## Links to Trails and Maps

Boone Trace:  
<http://boonetrace1775.com/>

City of Berea Trail Master Plan  
<http://bereaky.gov/wp-content/uploads/2013/03/BereaTrailMasterPlanModel-1.pdf>

Madison County Bicycle & Pedestrian Master Plan:  
<https://madisoncountyhealthdept.org/Documents/Community/Madison%20County%20Comprehensive%20Walkability%20Plan.pdf>

Madison County Recreational Trails  
<https://www.madisonlibrary.org/index.php?page=gps>

Kentucky Bike Trails and Maps  
<https://www.trailink.com/stateactivity/ky-bike-trails/>

Alltrails.com  
<https://www.alltrails.com/us/kentucky>

Berea City Trails  
[https://www.visitbera.com/uploads/files/Berea\\_City\\_Trails.pdf](https://www.visitbera.com/uploads/files/Berea_City_Trails.pdf)



The Madison County Health Department does not endorse, promote, or sponsor any of the organizations listed in this guide.

# Physical Activity Guide 2020

Madison County, Kentucky



## Healthy People 2020 Goal for Physical Activity:

Improve health, fitness, and quality of life through daily physical activity. \*



214 Boggs Lane  
Richmond, KY 40475  
(859) 623-7312

1001 Ace Drive  
Berea, KY 40403  
(859) 986-1192



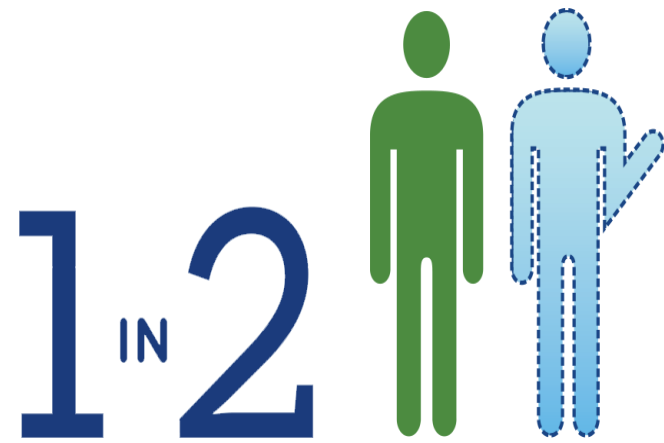
MadisonCountyHD



@MCHDTweet

\*Office of Disease Prevention and Health Promotion. (2019). Physical Activity. In *Healthy People 2020*. Retrieved from <https://www.healthypeople.gov/2020/topics-objectives/topic/physical-activity>

## Trails and Parks



**About 1 in 2 adults live with a chronic disease.** About half of this group have two



**Only half of adults** get the physical activity they need to help reduce and prevent chronic diseases.

Content source: [Division of Nutrition, Physical Activity, and Obesity, National Center for Chronic Disease Prevention and Health Promotion](#)

**Battlefield Park**  
1546 Battlefield Memorial Highway  
Richmond, KY

**Berea Bike Path, Eastern Trailhead**  
1865 Big Hill Road  
Berea, KY

**Brushy Fork Park & Trail Berea KY**  
37 Cherry Lane Court  
Berea, KY

**Camp Catalpa Park-Disc Golf/Playground/Trails**  
2200 Catalpa Loop  
Richmond, KY

**Central Kentucky Wildlife Management Area**  
Dreyfus Road  
Berea, KY

**E C Million Memorial Park**  
169 Tates Creek Avenue  
Richmond, KY

**Fort Boonesborough State Park**  
4375 Boonesborough Road  
Richmond, KY

**Indian Fort Mountain Trails at the Pinnacles**  
324 Dorks Road  
Berea, KY

**Lake Reba Park**  
299 Lake Reba Drive  
Richmond, KY

**The Pinnacles**  
2047 Big Hill Road  
Berea, KY

**Silver Creek, John Stephenson Trail**  
Hiking area  
Berea, Ky



**Taylor Fork Ecological Area**  
Hiking area  
Richmond, KY

**West Pinnacle**  
Hiking area  
Berea, KY

**White Hall State Historic Site**  
500 White Hall Shrine Road  
Richmond, KY



## Martial Arts

Action Martial Arts and Karate For Kids  
1013 Center Drive, Suite 1  
Richmond, KY

AFS Academy of Martial Arts  
427 Big Hill Avenue  
Richmond, KY

Elite Martial Arts And Fitness  
124 Glades Road  
Berea, KY

Estes Martial Arts Academy  
1100 East Main Street  
Richmond, KY

Elite Martial Arts-Richmond  
5006 Atwood Drive  
Richmond, KY

Gin Ryu (Silver Dragon) Martial Arts Academy LLC  
415 Leighway Drive, #1  
Richmond, KY

MCC Jiu Jitsu  
165 Charlie Norris Road  
Richmond, KY

Richmond School of Karate  
968 Commercial Drive  
Richmond, KY

Tevis Martial Arts  
320 Jed Lane  
Richmond, KY

Underground Mma  
199 West Irvine Street  
Richmond, KY

## Other Activities

Club Arena Skating Rink  
211 North Broadway  
Berea, KY

Richmond Skate Center  
525 Recycle Drive  
Richmond, KY

Galaxy Bowling  
1025 Amberly Way  
Richmond, KY

Berea Skate Park  
400 North Broadway  
Berea, KY



## Why Is Physical Activity Important?

According to Healthy People 2020,

Regular physical activity can improve the health and quality of life of Americans of all ages, regardless of the presence of a chronic disease or disability. Among adults and older adults, physical activity can lower the risk of:

- Early death
- Coronary heart disease
- Stroke
- High blood pressure
- Type 2 diabetes
- Breast and colon cancer
- Falls
- Depression

Among children and adolescents, physical activity can:

- Improve bone health
- Improve cardiorespiratory and muscular fitness
- Decrease levels of body fat
- Reduce symptoms of depression

Improve cognitive skills

Improve ability to concentrate and pay attention. For people who are inactive, even small increases in physical activity are associated with health benefits.\*

\*Office of Disease Prevention and Health Promotion. (2019). Physical Activity. In *Healthy People 2020*. Retrieved from:

<https://www.healthypeople.gov/2020/topics-objectives/topic/physical-activity>

## Gyms and Fitness Centers

Anytime Fitness  
469 Eastern Bypass  
Richmond, KY

Be Fit, Be Healthy  
Wilson Lane  
Berea, KY

Berea Fitness  
501 Mount Vernon Road  
Berea, KY

Blue Grass Army Depot Fitness Center  
Building S-50  
431 Battlefield Memorial Highway  
Richmond, KY

Bluegrass Bliss Yoga and Bodywork  
105 South 3rd Street  
Richmond, KY

Body Mind & Sol  
105 Jackson Street  
Berea, KY

Cardio Kickboxing Richmond  
2006 Corporate Drive, Suite #1  
Richmond, KY

CrossFit Berea  
1331 Slate Lick Road, #9030  
Berea, KY

Edge Body Boot Camp  
2011 Merchant Drive  
Richmond, KY

EKU Fitness & Wellness Center  
1122 Paul Van Hoose Drive  
Richmond, KY

The Essence of Yoga Center  
154 Redwood Drive  
Richmond, KY



Excel Gymnastics  
700 South Keeneland Drive  
Richmond, KY  
(859) 626-0028

Fitness With Faith  
115 South Keeneland Drive  
Richmond, KY

Get Fit Athletic Club  
108 Bay View Drive  
Richmond, KY

Gina's MaxFit  
437 Big Hill Avenue  
Richmond, KY

Igo Boxing & Fitness Center  
114 North Fairview Street  
Richmond, KY

Matrix Tumble & Cheer Center  
312 Spangler Drive  
Richmond, KY

Neil Burns Fitness Center  
305 Geri Lane  
Richmond, KY



New Energy Fitness  
217 Pauline Drive  
Berea, KY

Poynter's Iron Pit  
924 Commercial Drive  
Richmond, KY

Richmond Athletic Club  
528 Eastern Bypass  
Richmond, KY

Rich City CrossFit  
651 South Keeneland Drive  
Richmond, KY

Seabury Center  
313 North Main Street  
Berea, KY

Telford Community Center YMCA  
1100 East Main Street  
Richmond, KY

Tumble Shine Gymnastics  
60 Old Wallaceton Road  
Berea, KY

Urban Ninja Project - Madison County  
312 Spangler Drive  
Richmond, KY

## Golf Courses

Battlefield Golf Course  
524 General Cruft Drive  
Richmond, KY

Berea Country Club  
104 Churchill Court  
Berea, KY

Berea Disc Golf Course (College  
Glade)  
310 North Main Street  
Berea, KY

Boone's Trace National Golf Club  
175 Gleneagles Boulevard  
Richmond, KY

Camp Catalpa Disc Golf Course  
2210 Catalpa Loop  
Richmond, KY

Gibson Bay Golf Course  
2000 Gibson Bay Drive  
Richmond, KY

Madison Country Club  
735 Red House Road  
Richmond, KY

Pioneer Golf Course  
Building S2  
431 Battlefield Memorial Highway  
Richmond, KY

