

green
town

GreenTown Rockford

November 12 | Embassy Suites Rockford Riverfront



NATURAL LAND
INSTITUTE
Conserving Land in Northern Illinois

NATURE 
at the confluence



SEVERSON DELLS
NATURE CENTER


forest
preserves
of winnebago county



ROCKFORD
PARK DISTRICT



ParkR 

UWHealth

green
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GreenTown Rockford

Connecting with Nature: Improving Physical and Mental Health



Atwood Park Multi-Use Trails



MISSION: To 'help people enjoy life' by providing a quality park and recreation system.

VISION: For the Rockford Park District to be the best urban park and recreation system in North America, as measured by national standards and the citizens we serve.

- Rockford Park District connects people to nature through:
 - Programming
 - Parks
 - Paths and Trails
- Park District trails are a part of a regional trail network
- Health benefits
- How we increase physical activity?



Sinnissippi Riverfront Park Recreation Path



GreenTown Rockford

Connecting with Nature: Improving Physical and Mental Health



ROCKFORD PARK DISTRICT

Paths and Trails – Trends

National Scale

- National Recreation and Park Association
- COVID Impacts

Rockford Park District Scale

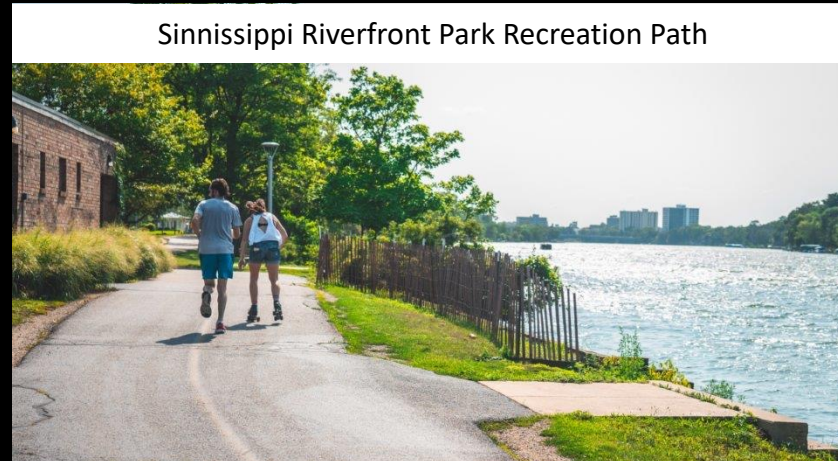
- 2018 Citizen Engagement Survey Results
- Rockford Park District Multi-Use Sports

Why Is This Important?

- Community Revitalization
- Can't Protect What We Don't Appreciate



Atwood Park Multi-Use Trails



Sinnissippi Riverfront Park Recreation Path

References and Resources

- <https://rockfordparkdistrict.org/trails>
- <https://www.cdc.gov/physicalactivity/data/index.html>
- <https://www.nrpa.org/parks-recreation-magazine/2021/january/top-trends-in-parks-and-recreation-2021/>
- <https://www.minnpost.com/economic-vitality-in-greater-minnesota/2017/10/small-town-big-wheels-how-mountain-biking-saved-minnesota-mining-town/>

Invite **Nature** to your yard !

Jim Kleinwachter

Conservation@Home Program Director



Illinois

- 36 million acres total
- 95 % privately owned !
- That's 19 of every 20 acres in private ownership!
- We work with HOA's
- Park Districts
- Any property can be improved.....



We sell features and benefits Eco- Friendly

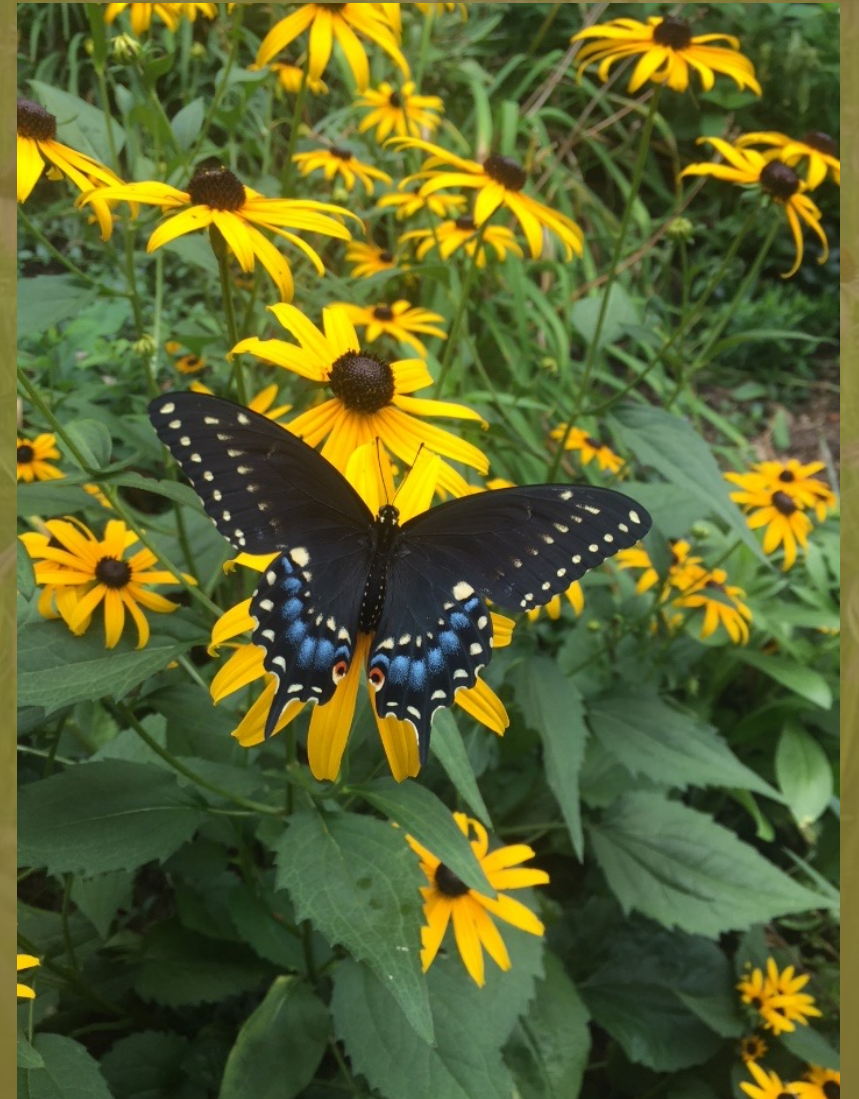


Milkweed plant - \$4

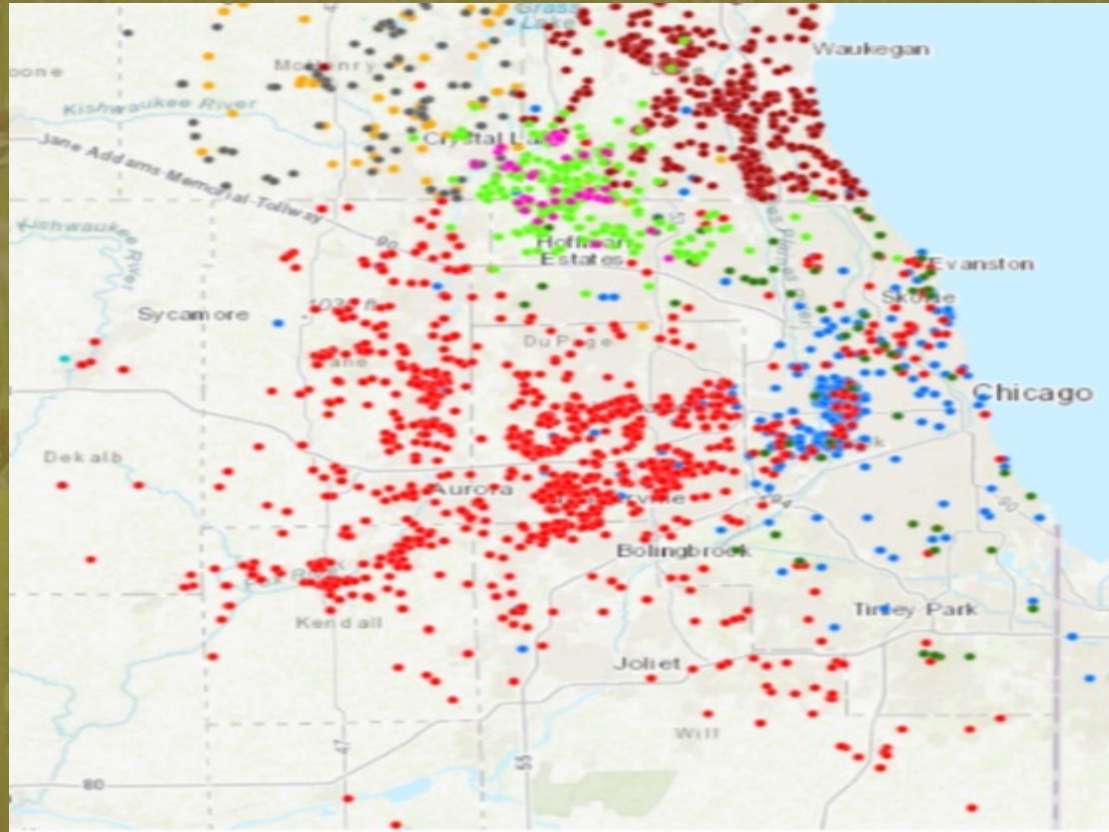
Experience - Priceless



Conservation@Home



Join the movement !



Rockford area - Contact Kim Johnson Natural Lands Institute
815/964-6666 and info@naturalland.org

Other Areas – Jim Kleinwacher
jkleinwacher@theconservationfoundation.org

We Save Land. We Save Rivers.

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