

Take a Hike! Here are some fun scenic hikes you can take with your family.

- ✦ **Pine Hollow Trail**—This 2-mile trail can be accessed by the trail head on State Road 92 from the snowmobile parking lot where gates close the Alpine Loop for winter. Pine Hollow Trail goes through scenic aspen and pine forests and joins the Ridge Trail at the top of the summit.
- ✦ **Tibble Fork Trail**—Beginning near the dam on Tibble Fork Reservoir, this 6-mile trail ends at the summit, where it joins the Ridge Trail. The trail begins at the dam and climbs steeply through the oak brush hills. It then begins a gradual climb through aspens. The trail covers a variety of terrain including many open mountain meadows.
- ✦ **Mill Canyon Trail**—The trail head to this 3-mile trail begins at the northeast end of the reservoir. Tibble Fork Creek must be crossed to begin the trail. This trail crosses several small streams as it travels to the Ridge Trail. It includes aspen, pine forests and open mountain meadows.
- ✦ **Timpooneke Trail on Mount Timpanogos**—The Timpooneke trail head is located in the Timpooneke campground approximately 7 miles up American Fork Canyon (Highway 92). The trail begins at the south side of the large parking lot. This trail is 7.5 miles to Emerald Lake, and another 3 miles to the summit of Timpanogos.
- ✦ **Stewart Cascades Trail**—This 2-mile trail to Stewart Falls begins above the amphitheater at Theater-in-the-Pines picnic area. It's next to the BYU Aspen Grove Camp on the Provo Canyon North Fork Road. This trail travels through aspens, ferns, oak brush and mountain meadows, offering views of the back side of Mount Timpanogos and Sundance resort.
- ✦ **Battle Creek**—This 3-mile trail begins at the end of Battle Creek Drive (200 South) in Pleasant Grove. This trail passes a waterfall and offers some views.
- ✦ **Grove Creek Trail**—This trail head is located at the mouth of Grove Creek Canyon where 500 North in Pleasant Grove ends. It travels up Grove Creek Canyon until it connects with the Timpooneke road at the base of Timpanogos.
- ✦ **Big Springs Trail**—Big Springs Trail can be found up the south fork turnoff of Provo Canyon. From the turnoff at Vivian Park, travel two miles to a dirt road at a riding stable. This 4-mile trail travels to the top of Rock Canyon and joins the Rock Canyon Trail.
- ✦ **Rock Canyon Trail**—This 6-mile trail begins at the end of North Temple Drive in Provo. This trail travels up Rock Canyon to the Rock Canyon Campground on Squaw Peak Road.
- ✦ **Provo River Parkway**—This trail is one of the area's most popular. It is used by bikers, joggers, walkers, roller bladers and strollers. It is a great exercise destination and provides safety from walking on roadsides. The paved parkway winds its way through the heart of downtown Provo, connecting Utah Lake State Park with Provo Canyon. Access at Vivian Park or Bridal Veil Falls/Nunns Park on the north end or Utah Lake State Park on the south end.
- ✦ **Y Mountain Trail**—Access is east on 850 North to the foothills, then north to Cedar Crest parking lot, then southeast on the dirt road to the trail.
- ✦ **Timpanogos Cave Trail**—The Timpanogos Cave Trail is located at the monument headquarters in American Fork Canyon.

—From the Daily Herald, May 20, 2007

Upcoming Events

BRIGHAM YOUNG UNIVERSITY WELLNESS PROGRAM

- JUNE 7** Well & Wise—Look and Feel Better
- JUNE 13** Well & Wise—Keys to Raising Healthy Children
- JUNE 15** 3K Fun Walk—Migraine Headaches
- JUNE 25** Summer Semester begins



To register, or for more information visit: wellness.byu.edu or call 422-5884

BYUWellness 4

JUNE 2007

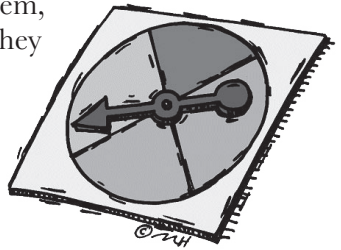
BYU WELLNESS PROGRAM NEWSLETTER

Y's Choices

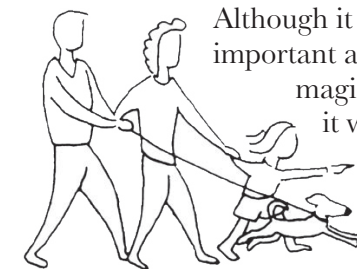
Family Recreation: A Key to Family Wellness

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What are some of your fondest childhood memories with your family? When asked this question our thoughts typically race to a time when we gathered together with brothers and sisters around the campfire to hear dad's new version of his scary story after a long day of hiking, fishing, and roasting hotdogs. Or to the time when mom joined the ultimate backyard water fight and drenched us all. Or to the summer vacation that we planned for months and although dad's short cut got us lost, it led us to the greatest family adventure ever! Or to the year of the super garden and the great family pumpkin sale. Or to the times we gathered in the family room for our regular game of Monopoly, Risk, Pictionary, Sorry, Pit, or ultimate Uno. Whatever those great family memories are, most of us have them, and they typically revolve around some kind of family recreation. They are defining moments. They are the kinds of experiences that build relationships, develop skills, establish roles, start traditions, and lay a foundation for quality family life. Is it the only thing necessary for healthy families today? Of course not! But, family recreation is definitely one of the essential ingredients to today's recipe for successful families.



Family leisure researchers have consistently demonstrated a positive relationship between family recreation and leisure involvement, and family strength and bonding. (Hawkes, 1991; Orthner and Mancini, 1991). Hawkes (1991) concluded that six decades of family leisure research have found that "family strength or cohesiveness is related to the family's use of leisure time" (p. 424). Shaw and Dawson (2001) found that parents "consciously and deliberately" plan and facilitate family leisure activities to improve family relationships, and that they often do so with a "sense of urgency". Finally, and perhaps more importantly, modern day prophets have stated that "successful marriages and families are established and maintained on principles of faith, prayer, repentance, forgiveness, respect, love, compassion, work, and *wholesome recreational activities*" (Hinckley, 1995, emphasis added).



Although it seems quite clear that involvement in family recreation activities is important and perhaps even essential for healthy family life, it is definitely not a magic pill or panacea that will "fix" all family difficulty. How then, does it work? Are there different kinds of family recreation experiences that can strengthen different aspects of family life? As parents, can we purposefully plan and provide better family recreation experiences that will improve the quality of our families today? Wouldn't it be great if we understood family recreation well enough to look at our families and know what kind of family recreation we should do in order to address a specific problem or weakness? Or better yet, wouldn't it be great to know how to utilize family recreation to help prevent the problems in the first place? These are exactly the types of questions that family leisure scholars have been addressing in the Department of Recreation Management and Youth Leadership for the last ten years.

One of the many contributions of BYU family leisure researchers has been the development and testing of a theoretical model of family leisure that explains how different

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Tips for Planning Family Activities

- Make a list of activities the whole family would like to do. This can be done in family home evening.
- Decide on an activity and a date to do it. Put it on the family calendar to avoid conflicts in scheduling.
- Involve the whole family in planning the activity. Give an assignment to each family member.
- Save money for the activity, if necessary.
- Go out and have fun doing it!

Adapted from the Duties and Blessings of the Priesthood: Basic Manual for Priesthood Holders, Part B, 123.

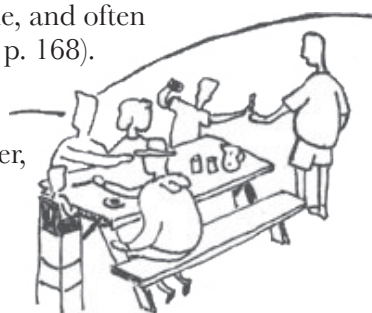
BYUWellness

For some more fun and creative family activities, including the ones listed in this newsletter, check out our website at wellness.byu.edu and click on "Recreation"

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kinds of family leisure involvement address different aspects of family wellness. The Core and Balance Model of Family Leisure Functioning indicates that there are two basic categories of patterns of family leisure, core and balance, which families utilize to meet needs for both stability and change, and ultimately facilitate outcomes of family cohesion and adaptability.

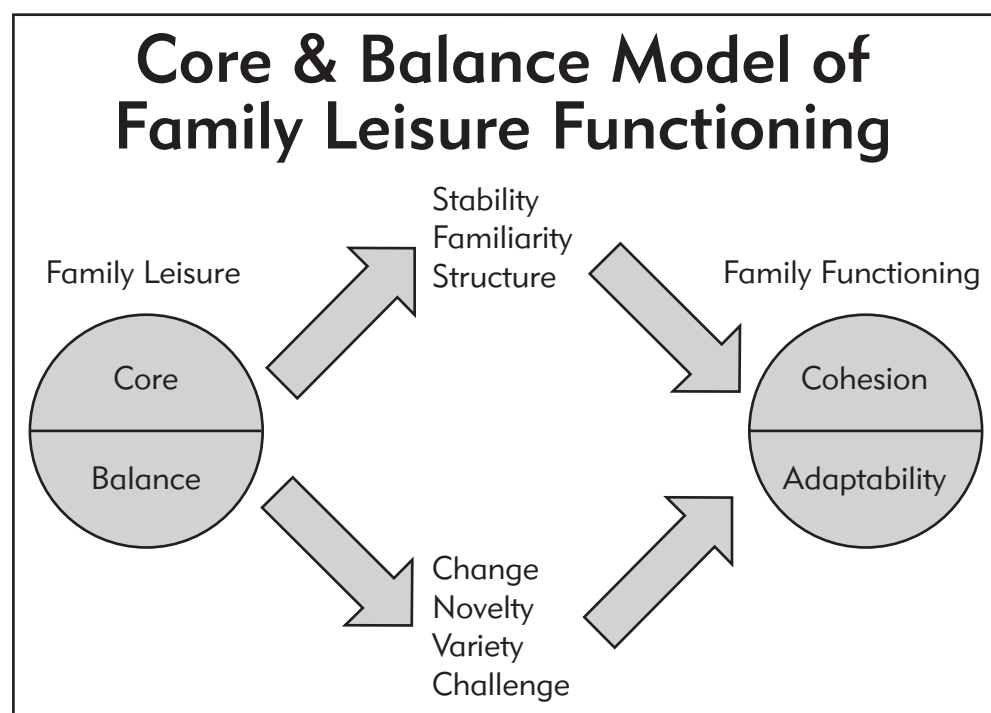
Core family leisure is depicted by common everyday, low-cost, relatively accessible, and often home-based activities that many families do frequently" (Zabriskie & McCormick, 2003, p. 168). This may include family activities such as family home evenings, reading books together, playing board games together, making and eating dinner together, watching videos or television together, playing Frisbee in the yard or shooting baskets in the driveway together, gardening, or simply jumping in the leaves together once the raking has been completed. Core family leisure often requires little planning or resources and tends to be informal or spontaneous in nature. It provides "a consistent, safe, and usually positive context in which family relationships can be enhanced and feelings of family closeness increased" (Freeman & Zabriskie, 2003, p. 77).



Balance family leisure, on the other hand, is "depicted through activities that are generally less common, less frequent, more out of the ordinary, and usually not home based thus providing novel experiences" (Zabriskie & McCormick, 2003, p. 168). This may include family activities such as family vacations, camping, hiking, fishing and most outdoor activities, special events and celebrations, and trips to a sporting event, bowling alley, or theme park. Balance family leisure often requires more investment of resources such as time, effort, planning, or money, and is, therefore, less spontaneous and more formalized than core activities. Balance family activities tend to be more "out-of-the ordinary" and "include elements of unpredictability or novelty, which require family members to negotiate and adapt to new input and experiences that stand apart from everyday life" (Freeman & Zabriskie, 2003, p. 77).

Core family leisure tends to lead to feelings of closeness, personal relatedness, family identity and bonding. Balance family leisure provides the input necessary for families to be challenged, to develop, to adapt, to progress as a working unit and helps foster the adaptive skills necessary to navigate the challenges of family life in today's society. The model suggests that both categories are essential and that families who regularly participate in both core and balance family leisure activities are likely to be healthier and happier than those who participate in extremely high or low amounts of either category. Research has consistently supported the model as well. In other words, whether examining traditional families, adoptive families, families with a child in mental health treatment, Hispanic families, single parent families, or whether examining families from a parent, young adult child, adolescent child, or family perspective, families who participate in more family leisure also clearly demonstrate better family functioning and satisfaction with family life than those who participate in less family leisure.

Perhaps the most important implication for each of us as parents is, we can use the basic knowledge of the Core & Balance Model to plan specific family activities to address specific needs and to make sure that we are participating in activities and



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establishing traditions that include involvement in both types of family leisure. Another interesting finding from the research is related to the essential nature of core family leisure involvement, particularly as it related to the youth perspective of the family. While parents report the essential nature of both categories, involvement in the everyday core type of family activities is consistently reported as a priority among teenagers. In other words, when all other factors are taken into account, youth in most families consider core family leisure involvement to play a particularly valuable role in relationship to their evaluation of family wellness. Again, it appears that empirical studies have simply confirmed prophetic guidance that suggests families will benefit from regular involvement in wholesome core family activities such as family home evenings, reading books together, playing board games together, making and eating dinner together, going on walks, playing catch, just relaxing in the yard, building things, or simply jumping in the leaves together once the raking is done.

When all is said and done it seems that our childhood memories, empirical research, and prophetic revelation all appear to agree that family recreation is indeed one of the keys to family wellness. With the added insight of the Core and Balance model we should make specific plans for involvement in both kinds of family recreation. Perhaps we all need to simply play more with our families and follow the counsel to "Do it, and do it now!"

Places to go, Things to see...

Here's a list of some fun sites around the area that your family would enjoy. Look them up on the Internet for times and ticket prices. (www.utah.com/amusement)

- **The Living Planet Aquarium:** Featuring 100 animals and species; a variety of exhibits. The first Monday of every month is half-price family night from 4 to 6pm. Located in Sandy.
- **Thanksgiving Point Museum of Ancient Life and the Gardens:** Fun for the whole family with the Museum of Ancient Life, the Mammoth Screen Theater, the Emporium, Farm Country, restaurants, and more. There are also special events going on many days of the month.
- **Utah Olympic Park:** Includes bobsled rides, chair-lift rides, a zip line, Nordic sprint races, and more. An Olympic experience your family will remember.
- **Utah's Hogle Zoo:** Located in Salt Lake City, this zoo is home to 1100 animals, including more than 250 species from around the world.
- **The Peppermint Place:** Located at 119 E. 200 N. Alpine, Utah. This local candy factory offers tours and samples.
- **Park City Silver Mine:** Tour 1500 feet underground and discover the area's mining history.
- **Alpine Loop and Cascade Springs:** Enjoy a 20 mile scenic drive through the beautiful Wasatch Mountains in Provo Canyon. Stop at the cascade springs for a short hike or picnic. A \$3 fee is required for vehicles that plan to stop on their way through the loop.
- **Sundance:** Summer activities include hiking, fishing, mountain biking, horse-back riding, art workshops and more amid spectacular mountain beauty.
- **Crandall Historical Print Museum:** Right here in Provo, this is the only place in the world to see a recreation of Johannes Gutenberg's print shop in 1450. Also see demonstrations of how the first Book of Mormon was printed and bound in the Grandin Print Shop.
- **Peaks Ice Arena and Seven Peaks Water Park:** Sure to entertain all ages. 1330 East and 300 North in Provo.
- **Southridge Farms:** Located in Santaquin, this fourth generation fruit farm offers hayrides, trips to the pumpkin patch, and fresh apple cider donuts along with the popular Red Barn.
- **The Historic Heber Valley Railroad:** Found at 450 S. 600 West in Heber, it has a turn-of-the-century steam engine which departs from Heber City and Vivian Park in Provo Canyon on regularly scheduled tours year-round.
- **Clark Planetarium:** Located in Salt Lake City's Gateway, 110 South 400 West, takes visitors on a 3-dimensional voyage through space and time to witness some of the most provocative wonders of the cosmos.
- **Wheeler Historic Farm:** A children's farm-like park with a Chore Tour to help feed the farm animals and milk the cows, and horse-drawn hayrides. 6351 S. 900 East, Salt Lake City.
- **Kennecott Copper Mine:** The world's largest man-made excavation and first open-pit copper mine is located 25 miles southwest of Salt Lake City. An observation deck, accessible via 7800 South, is open April-October.