



Places to Be Physically Active

Check out these options.

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If you're looking for fun ways to mix up your physical activity routine, check out these options.

Free apps

- AllTrails: Search by city, park or trail name.
- ParkPassport: Search for local, state and national parks and recreation areas.
- TrailLink: Find trails for walking, hiking, running, skating and biking by city, state, ZIP code or trail name.

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Websites

- [FindYourPark.com](https://www.findyourpark.com): Explore national parks, recreation areas and historic sites.
- [Recreation.gov](https://www.recreation.gov): Search for recreation activities at outdoor and cultural destinations.

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More

Search online using terms like “walking groups near me,” “dance classes near me” or “roller skating rinks near me.” You can also get information about programs from your local parks and recreation department.

Adapted from: Physical Activity Basics, [CDC.gov](https://www.cdc.gov/physicalactivity/basics/)

