



# GET ACTIVE IN THE PARK!

A healthy lifestyle includes a combination of eating right and staying active. It is recommended that children get 60 minutes of physical activity daily, while adults should aim for 30 minutes per day.

## HIKE JACOBS CREEK PARK

Length: Approximately 1.2 miles | Level of Difficulty: Easy

The trail at Jacobs Creek Park is a 1.2-mile out and back trail. It is a quiet area where you can walk or run. Dogs are allowed, but must be on a leash. There is lots of greenery along the route, so look out for a variety of plant species. You may also encounter small animals, like ducks or rabbits.

### Activities for kids

Walking • Picnic  
Fishing • Playgrounds

### Activities for teens

Walking • Jogging • Picnic  
Fishing • Playground

### Activities for adults

Walking • Jogging  
Boating • Picnic