

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 8) 50/508/4) TRAI L

Length: WBJFT Level of Difficulty: Medium

8 I BS0O5P0 TIJ FDSFBUJPOB 1BSLIBTNBO UPCFBDUJWF JEFGSPNUIFT SUTGJF METBOEBMMPDSUT
NBC PGUF BSL BUITBSF WFE5IJTNBLFTGPSBOFBT USPMMBT VFY MPSFUIFP SU EEJJPOMM IIF3VUI
CFSM B MLOH/BUVSF5SBJMT BWFUISPVHIUIF PET5IFTF BUITBSFE JSUBOEPDT CVU B JMMGJ
PDBTJPOBMCSJEHFTBOECFODIFT5IFBSFRVBJOUIJLJOHUSBJMTUIBUBS HSCPS EHUJOSTBOEDIJMESFO

Activities for kids

1JDDJD • /BUVSF8BMLT
Outdoor Sports • Playgrounds

Activities for teens

Walking • Jogging •)JLJOH
Outdoor Sports • Playground

Activities for adults

Walking • Jogging
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