

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.

91-03 86/-1 \$ & & 13, TRAIL4

Level of Difficulty: Easy - Medium

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MLJOHUI

Activities for kids

1JDOJD • #LJOH
OVUEPPS4QSUT • Playgrounds

Activities for teens

Walking • Jogging • Biking
' JTIJOH • 1MBZSPVOE

Activities for adults

Walking • Jogging
' JTIJOHBOE#BUJOH • Picnic

5IJTTJUFJTBEOEJOH:PVOH-VOHTU1MBZDBUJPO