



# 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.

## EXPLORE SHADES PARK TRAILS

Length: varies | Level of Difficulty: Easy - Medium

Shades Beach Park has a variety of small trails within the play space and surrounding woodlands. It is a great location to visit if you're looking to explore or spend time outdoors with friends and family. You may also be able to walk along the beach at Lake Erie or visit a scenic overlook.

### Activities for kids

Swimming • Biking  
Outdoor Sports • Playgrounds

### Activities for teens

Walking • Swimming • Biking  
Outdoor Sports • Playground

### Activities for adults

Walking • Jogging • Biking Mindfulness  
Activities • Swimming