



Outdoor Fitness

Get ready...
Get set...
Go!

...On the road to good health through the **Wellness Journey**.

Spring and summer are the perfect time to exercise outdoors! Warm weather and longer evenings make it easier than ever to get some physical activity every day.

- Start your day with a walk around the block, stroll through your lunch hour, or enjoy an evening walk with a friend or family member.
- Feeling like a kid again? Climb onto a bike or put on those roller blades and take to the trails.
- Sign up for a softball or baseball team.
- Refresh your skills in a sport or explore a new one, such as tennis, golf, or swimming.
- Chase a Frisbee, throw a football, or fly a kite – you'll have fun while you are getting fit.

Physical activity tones and strengthens muscles, helps you burn body fat, counteracts stress, and reduces your chances of illness.

Add 30 minutes of physical activity to your life every day.

You will feel good doing what is good for you!