



Tips to Stay Active & Healthy

- *Walk or bike instead of drive
- *Take the stairs instead of the elevator
- *Make up your own routes of walking
- *Take the dog for a walk
- *Take your child for a stroller walk
- *Go for a family bike ride
- *Join a fitness club
- *Take dance lessons
- *Swim laps
- *Exercise 30-60 minutes daily
- *Join a sports team
- *Lift weights
- *Stretch before exercising
- *Eat a balanced diet

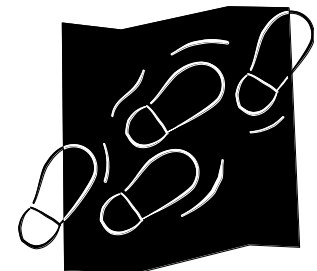
Sponsored by:
Green Lake Area Health
& Wellness Coalition
AND
Green Lake Public
School—Girls on the Run
Program

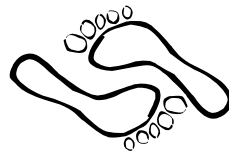
For more information contact:

**Green Lake County
Health Department**
500 Lake Steel Street
P.O. Box 588
Green Lake, WI 54941-0588
(920) 294-4070

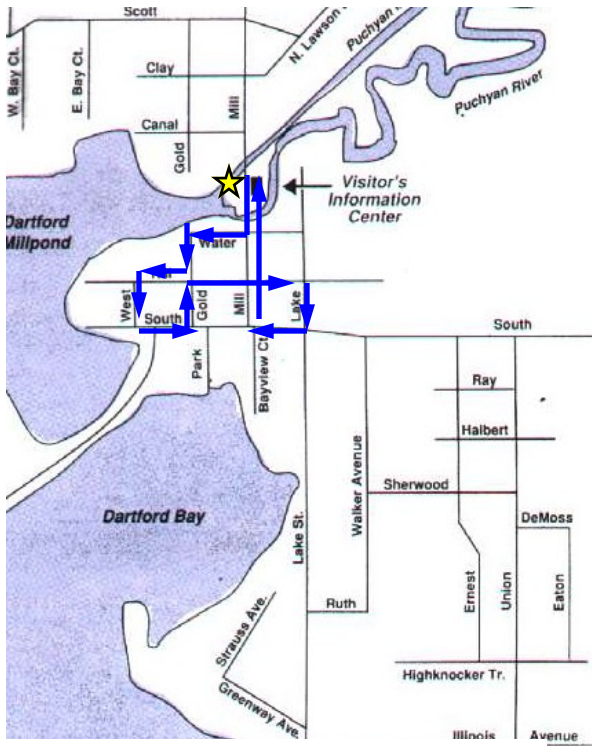
Tour of Green Lake by Foot

**Enjoy a 1, 2, or 3
mile route through
Green Lake**





1 Mile

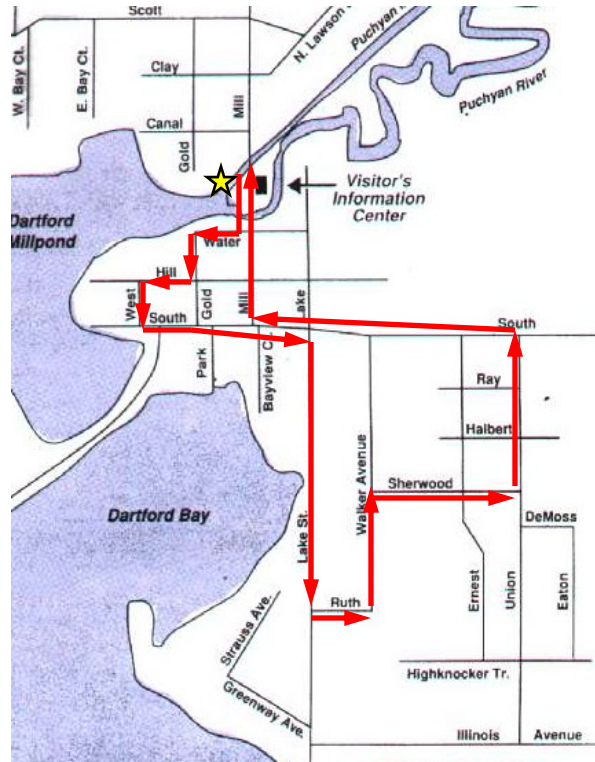


Directions:

1. Start at the Playground Park shelter, across the street from the Visitor's Information Center on MILL. Go South.
2. Take a **right** onto WATER.
3. Take a **left** onto GOLD.
4. Turn **right** onto HILL.
5. Take a **left** onto WEST.
6. Take a **left** onto SOUTH.
7. Turn **left** onto GOLD.
8. Turn **right** onto HILL.
9. Take a **right** onto LAKE.
10. Turn **right** onto SOUTH.
11. Turn **right** onto MILL, and end up at the Playground Park shelter where you started.



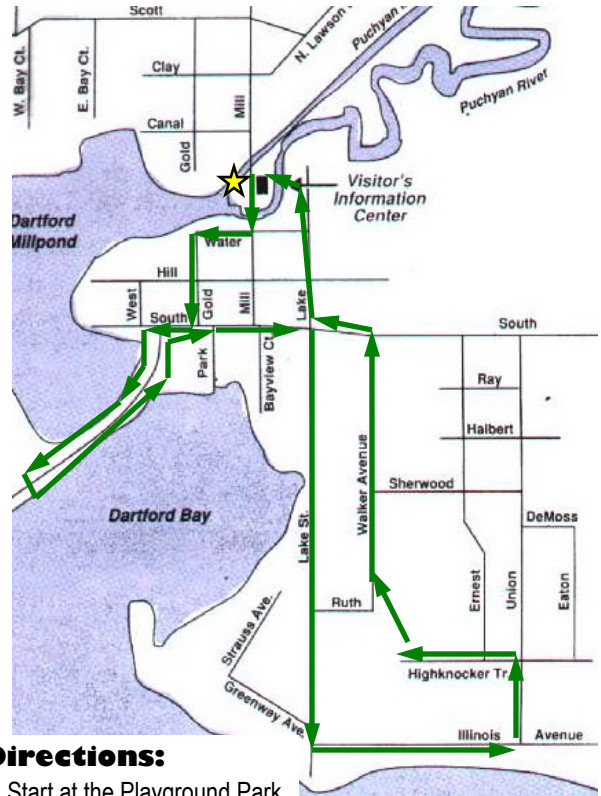
2 Miles



Directions:

1. Start at the Playground Park shelter, across the street from the Visitor's Information Center on MILL. Go South.
2. Take a **right** onto WATER.
3. Turn **left** onto GOLD.
4. Take a **right** onto HILL.
5. Turn **left** onto WEST.
6. Turn **left** onto SOUTH.
7. Take a **right** onto LAKE.
8. Turn **left** onto RUTH.
9. Take a **left** onto WALKER Avenue.
10. Take a **right** onto SHERWOOD.
11. Take a **left** onto UNION.
12. Turn **left** onto SOUTH.
13. Turn **right** onto MILL, and end up at the Playground Park shelter where you started.

3 Miles



Directions:

1. Start at the Playground Park shelter, across the street from the Visitor's Information Center on MILL. Go South.
2. Take a **right** onto WATER.
3. Take a **left** onto GOLD.
4. Take a **right** onto SOUTH.
5. Turn **left** onto South LAWSON Drive, go to the HATTE SHERWOOD BEACH, and turn around.
6. Take a **right** onto SOUTH.
7. Turn **right** onto LAKE.
8. At the end of the road enjoy the DAYCHOLAH LOOK OUT, and go **left** onto ILLINOIS Avenue.
9. Turn **left** onto UNION.
10. Take a **left** onto HIGHKNOCKER Trail, go to the end of the road, and continue following the gravel trail until you reach WALKER Avenue and turn **right**.
11. Go **left** onto SOUTH.
12. Turn **right** onto LAKE, go to the end of the road, past the tennis courts, over the bridge, and end up at the Playground Park shelter where you started.