



## **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**



