

AUTUMN IS ACTIVE

Try Spending 30 Minutes per Day Outside

TRY ONE TIP FOR STAYING ACTIVE DURING THE WEEK:

- Take the family, including the dog, on a walk after dinner.
- Take an autumn bike ride on the Cardinal Greenway or the Blackford Greenway.
- Get outside and play a friendly game of football, hide and seek or rake the leaves!



TRY ONE TIP FOR STAYING ACTIVE ON THE WEEKEND:

- Spend a weekend exploring a local fall festival.
- Walk around your neighborhood on Halloween and get a reward for your exercise!
- Walk the neighborhood garage sale and shop local.



For more great tips visit www.healthycommunityalliance.org