

WASHINGTON COUNTY MOOVES!



Any movement of the body that uses energy is physical activity and is good for you.



ACTIVITY HELPS YOU

- Look and feel better
- Deal with stress and depression
- Get stronger
- Increase mental alertness
- Increase energy
- Have some fun

Always start slowly when increasing activity!

EASY WAYS TO IMPROVE YOUR ACTIVITY

- Take the stairs
- Park a little farther away from the door and walk
- Stand instead of sitting during parts of your day
- Squeeze in activity during TV commercials: planks, jumping jacks, crunches, move around the house
- Plant/maintain a garden
- Housework counts
- Wash your car by hand
- Take a lap around the store before checkout
- Get off the bus a stop early and walk
- Shovel snow
- Rake leaves
- Pick up the pace of normal activity by listening to music when you move



There are many **FREE family-friendly trails and walkways throughout Washington County.**

Do you know about the free Washington County beach in Huletts Landing on the eastern shore of Lake George? It is open seasonally, seven days a week with free admission and parking!

There are also walking/hiking paths* in:

Granville | Ft. Edward | Greenwich
Clemons | Ft. Ann | Cossayuna
Pilot Knob | Hudson Falls | Cambridge

*Trails have varying degrees of difficulty. Check out the ones that are right for you.

For a list and description of opportunities near you, visit:

WASHINGTONCOUNTY.FUN

