Get out - Spring is Here!

Don't just send the kids outside. Go outside with them!

Escape the everyday stress, be healthy, and have fun with the family. Whether you have kids or not, plan your days such that you have time set aside for outdoor activities.

Flip to the back for some healthful tips on ways to make the most of your springtime outdoors.

WellPATH
Your Path to Better Health
Joint Health Management Board

Get Out!

Put your minds together and the possibilities will be endless.

Healthful Outdoor Activities

- Take your workouts to the track or even the park
  Example: Run 5min, 10 squats, 5 pushups or Run 5min 10 lunges, 1min plank. Mix it up and repeat for more intensity.
- Go on a bike ride with the kids
- Explore a new running trail with your dog
- Teach the kids how to jump rope
- Obstacle course/circuits
  Example: Bear crawl under hurdles or tied up sheets/ropes for 15yards, pull a sled filled with books or other toys, jump or hop over sticks or speed ladder, and lunge walk back
- Plan a hiking trip and do a scavenger hunt
- Join a softball team or running club

Healthful Links to Help You Explore

- **Trails.com:** www.trails.com/california/fresno
- **Active.com:** www.active.com/running
- **Activekids.com:** www.activekids.com
- **Fresno.gov:** www.fresno.gov/parks/parks-trails-facilities

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