



Get Moving CNY

Karyn L. Johnson
Eat Well Play Hard
Onondaga County Health Department

Did you join Get Moving CNY? This summer exercise for 30-60 minutes each day for 30 days and track your activity on the Get Moving CNY log sheet at:

www.onondagacountyparks.com/getmoving. If you or your children don't have 30 minutes of time in your day to fit in your exercise try breaking it up. Do ten minutes of physical activity in the morning, ten minutes of physical activity in the afternoon, and ten minutes of physical activity in the evening.

During the summer there are a lot of great ways to exercise and increase your physical fitness and improve your health:

- When the sun is out and you need to cool down go for a swim with your family. The local parks offer a lot of public pools and lakes that you and your family can go swimming in.
- Another great way to get in your exercise this summer is by going for family walks. Explore the local park walks and nature trails or you can walk around your own neighborhood –you can even go for a hike in the mountains!
- Be creative; try a new sport or activity that you have never tried before. You and your family might find a new favorite activity or discover some hidden athletic talents! Play tennis, roller skate, mountain bike, play squash, go rock climbing, jump rope, play kickball... try one or try them all.

When your 30-day calendar is completed turn it in for great prizes. All together you can reach your goal of 30-60 minutes a day for 30 days. Being physically active this summer can be fun and exciting! So, Get Moving and join Central New York in 30-60 minutes of physical activity every day for a healthier you! For more information call 453-6712.