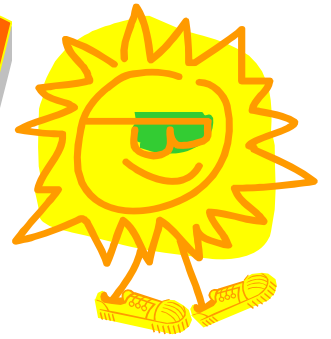


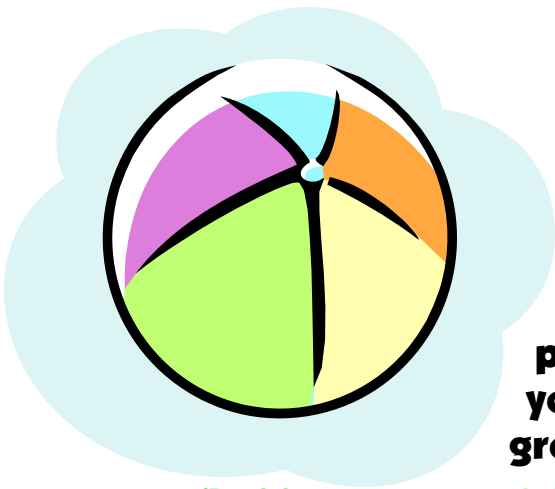
# Get Moving CNY



## Got 30-60 Minutes?

30-60 minutes 30 days!

This summer, exercise **30-60 minutes every day for 30 days** and earn great prizes! Run, swim, garden, mow the lawn, take your dog for a walk, or do any type of physical activity that you enjoy! Track your fitness goal by downloading your "Get Moving CNY" log sheet and information packet at: [www.onondagacountyparks.com](http://www.onondagacountyparks.com), or by calling: **453-6712**. After 30 days of activity, mail, fax, or drop your log sheet off at Onondaga Lake Park! Begin this **FREE** program today! It's the fit thing to do!



## Win...

Get Moving CNY T-shirt  
Wegmans gift card  
30 day membership to Gold's Gym  
You will also be eligible for a grand prize drawing in October featuring a one year Gold's Gym membership and other great prizes for everyone!

(Participants 13 years and older will be receiving a Gold's Gym membership, those 12 years and under will be awarded other great prizes while supplies last)

# Get Moving CNY!

**It's Free, Easy, and Fun!**

June 1<sup>st</sup>-September 30<sup>th</sup> 2008

**For More Information Visit**

[www.onondagacountyparks.com](http://www.onondagacountyparks.com)

**or call 453-6712**

National guidelines recommend 30 minutes of physical activity most days for adults and 60 minutes most days for children.

