

FOR IMMEDIATE RELEASE

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Movement Matters!

I think it is safe to say that Spring is here to stay and summer will be here before we know it. As the warmer weather sticks around, you might find yourself wanting to be outdoors more often to enjoy the sunshine. One of the best things about enjoying the outdoors is that you can plan a full day of activities for you and your family for little or no cost!

Find Local trails to walk, run, or ride bikes on. You might find that you and your family prefer paved VS unpaved trails or vice versa. This is a great activity to stay active as a whole family, and you can even bring your furry friends with you.

Explore your local and surrounding parks and playgrounds and make a goal to visit them all by the end of the summer! Your local Parks and Recreation Department should be able to provide you a list of all the local parks and playgrounds in your area.

Be a tourist in your own town, go out and see all the sites that your town has to offer! What do people come to do and see in your area? We often take for granted what we have to explore in our backyards. Take a walk in your downtown area, visit your local dog park, and see all that your town has to offer!

For more information, visit www.createbetterhealth.org, or contact Katherine Pinto, EFNEP Agent, kdpinto@ksu.edu, (620) 232-1930.

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