

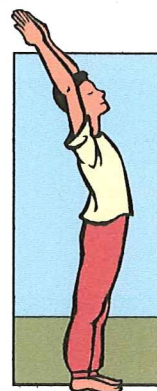
Physical Activity

Make physical activity
a regular part of your day!



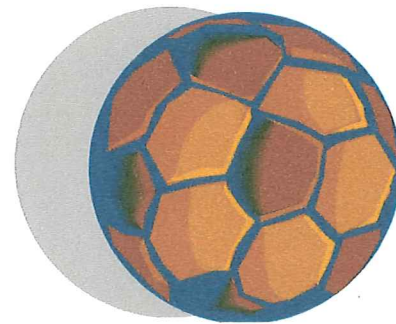
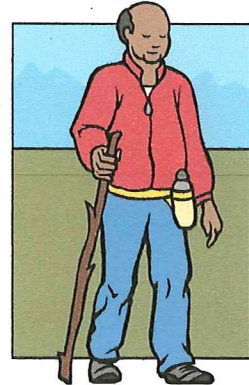
At home:

- ▶ Do stretches or exercises while watching TV
- ▶ Turn on some music and dance!
- ▶ Clean your house or room
- ▶ Workout to an exercise tape
- ▶ Take a short walk around your neighborhood



In the community:

- ▶ Become a member of the YMCA of Greater Kalamazoo (financial aid is available)
- ▶ Walk the many trails and parks in Kalamazoo
 - Kalamazoo River Valley Trail
 - Kal-Haven Trail
 - Milham Park
 - Mayor's Riverfront Park
- ▶ Join the Special Olympics and play your favorite sport!
 - Basketball
 - Bowling
 - Swimming
 - Track
 - And much more!



Exercise doesn't have to be boring or hard!
Choose activities that you enjoy doing!