

# Get Out • Get Active

[www.hennepin.us/activeliving](http://www.hennepin.us/activeliving)

## Integrate physical activity into your daily routine

Active Living Hennepin County is a partnership among cities, businesses, nonprofits, parks and other government agencies. Our work is guided by a simple premise: the more active you are, the less chance you have of being overweight or developing chronic diseases such as Type II diabetes or heart disease.

We're trying to make the healthy choice the easy choice by increasing opportunities for you to be active in your community. One way is to replace a "car" trip with a walking or biking trip. In just 10 minutes, you can reach many destinations by walking or biking.

### Here are some ideas to help get you started:

- Bank
- Child Care
- Civic /Public Spaces
- Community Center
- Community Garden
- Concert Hall/Theater
- Convenience Store
- Grocery Store/Supermarket
- Hair Salon
- Hardware Store
- Health Club
- Laundry/Dry Cleaner
- Library
- Medical/Dental Office
- Movie Theater
- Park or Outdoor Recreation Facility
- Pharmacy
- Place of Worship
- Post Office
- Restaurant
- School
- Senior Facilities and Housing

For more information about Active Living Hennepin County, visit [www.hennepin.us/activeliving](http://www.hennepin.us/activeliving).



**Active Living**  
Hennepin County