

Get Out • Get Active

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:

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

For more information about Active Living Hennepin County, visit www.hennepin.us/activeliving.



Active Living
Hennepin County