

Don't let Cabin Fever get the best of you!

Now is the time for good health!

While you're anxiously awaiting
spring - keep yourself busy:

- Sled on the hill at Johnson Park
- Ice Skate at RACC
- Play Ice Hockey at RACC
- Build a snowman in your backyard
- Snowmobile on miles of groomed trails
- Snowshoe through Alexander Ramsey Park
- Build a snow fort in your backyard
- Have a snow ball fight
- Go bowling
- Go ice fishing
- Put out suet and birdseed for birds
- Take a nighttime walk around your neighborhood to see the stars



**Everybody needs physical activity
every day for good health!**

Benefits include:

- Energy to do what you want to do
- Reduced risk of health problems
- Increased self-esteem
- Increased brain power
- Stronger bones & muscles
- Better Sleep

Brought to you by the Redwood Area Bike & Hike Commission

MINNESOTA'S
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A Better State of Health

SHIP
Statewide Health Improvement Program