



SPONSORED BY:
Greenfields
Outdoor Fitness

Top 5 Ways to “Get Fit” With Parks and Recreation

Family Health and Fitness Day is June 8, 2019.

TAKE A WALK



GO FOR A SWIM



PLAY OUTSIDE



ENROLL IN A FITNESS PROGRAM



CREATE YOUR OWN EXERCISE ROUTINE



Share your photos and videos online using
#NRPAFamilyFitDay.
nrpa.org/familyfitness

 **NRPA** National Recreation
and Park Association
Because everyone deserves a great park