Easy Flavored Water Ideas

Remember to stay hydrated when enjoying the outdoors. For added flavor, try adding fruit, veggies, or herbs to vour water!







Orange Basil

Strawberry

Walk or wheel on paved surfaces!

Short Urban Walks

- **Tuolumne Memorial Park** 0.25 miles once around the park
- Junction Shopping Center 0.4 miles starting at Kohl's and walking to the other end of the shopping center where the sidewalk ends
- Jamestown Elementary School to Patterson Field

2 miles round-trip along 5th Ave. starting at the school and heading south past Railtown to the field

🔼 N. Washington St., Sonora 1 mile round-trip along Washington St. from the Gunn House Hotel to the Red Church and back

> Drink at least 8 glasses of water a day (8 oz. each)

throughout the year and more

groups gives your body the

when exercising or when it's

Daily eating from the 5 food

nutrients it craves.

Mary Laveroni Community Park in Groveland

0.5 miles starting at the bus stop and making a complete loop around the park

Twain Harte Golf Course to Fuller Rd/Meadow Dr.

0.65 miles round-trip along Meadow Dr. starting at the golf course

Cabezut Road to Cabezut Court in Sonora

2 miles round-trip along the Cabezut Rd. sidewalk starting at the Sylva Ln. intersection (uphill/downhill)

Additional Resources

Use your smartphone camera to scan the QR codes below!



- Healthy Eating
- Active Living



Community Resource Guide

for more tips, recipes, and resources to stay healthy!

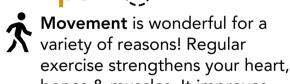
hot outside.

Visit myplate.gov

• Children: 60 minutes daily

*You know you're doing moderate-vigorous movement rates increase, you perspire, and your skin may turn red.



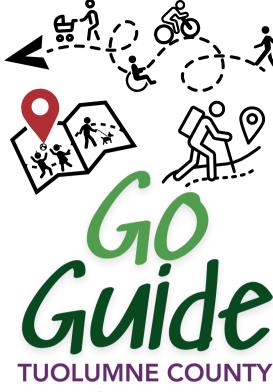


bones & muscles. It improves brain health and coordination, and reduces your risk of disease.

Moderate-Vigorous* **Movement Recommendations:**

• Adults: 30 minutes daily

when your heart and/or breathing



Discover free recreation areas: trails, playgrounds, lakes, dog parks and more!











This material was funded by USDA SNAP. This institution is an equal opportunity provider.

