



INTERNATIONAL TRAILS DAY ~ JUNE 5TH

Explore Snowdon Park!

Snowdon Park is a 450 acre property owned and maintained by the Township of Minden Hills with support from the Haliburton Highlands Field Naturalists. It contains two large loops (Ross Rigney Trail and the Brenda Chambers Trail) with one connecting link between them. Many lookout points are stationed along the trail. A viewing platform near the trailhead is also wheelchair accessible. The trails are well maintained and span through wetlands and upland forests.

Find it! 3533 County Road 1, Minden Hills



NATIONAL HEALTH AND FITNESS DAY ~ JUNE 5TH

Get Up, Get Out and Get Active!

National Health and Fitness Day is an initiative to make Canada the Fittest Nation on Earth by inspiring Canadians to become fitter and more active. Get your kids, get your parents and get outside and get active. A family that plays together stays together!



Here are some activity ideas for you and your family:

1. Let your kids plan the activities for the day. If you've never played Grounders or Manhunt, you're missing out! There are dozens of activity ideas available at www.participation.com
2. Have a ball! Introduce a new sport (bocce ball, soccer baseball, tennis)
3. Try Fitness BINGO :
<https://www.northalleghey.org/cms/lib/PA01001119/Centricity/Domain/693/Bingo%20Cards%209-16.pdf>
4. Take your dog for a walk around the Riverwalk
5. Set up a fun obstacle course in your backyard

PLANT A GARDEN



Gardening is therapeutic, builds muscles and burns calories. Some of the gardening activities that are excellent for working your muscles and burning calories include weeding, digging, spading, planting, pruning, mowing, raking, and walking.

Here are some other suggestions to get the most exercise out of your gardening:

1. Start slowly. Just like any new workout program, small steps
2. Use the right and left hands equally. When raking or shoveling, switch hands every 5-10 minutes to give each side a good workout
3. Make sure to breathe. Deep, cleansing breaths bring oxygen to those working muscles
4. Lift with your legs! When lifting, bend your knees. Don't lift with your back
5. Drink plenty of water