

Get Moving CNY!



Pick a date to start anytime from
July 1 – September, 30, 2019

Do 30-60 minutes of physical activity
every day for 30 days

You choose: walking, biking, hiking,
or whatever you like!

After 30 days of activity, fill out the online form.

You may also access it at:

healthyliving.ongov.net/get-moving-cny

Please enter your name by October 5, 2019.

All prizes will be mailed directly to you.

Questions?
call: 315.435.3280

Children, teens,
adults, seniors...
Join the fun!

Find your Fun and Get Moving!

Play at a school playground

Use indoor or outdoor walking trails

Walk to a corner store that sells healthy food

Walk or bike to work

Visit a city or county park

Walk a safe route to school route

Bike to a free school lunch program

Cycle in the City

Bike to a farm fresh mobile market

EXERCISE HELPS TO MAINTAIN OR LOSE WEIGHT,
IMPROVES MOODS, DECREASES RISK OF HEART
DISEASE, BOOSTS ENERGY, AND PROMOTES BETTER
SLEEP AND MORE!

