

## Walking Opportunities



### Walk the Civic Center

The Civic Center is open daily (Monday - Friday, 8:00 am - 5:00 pm) for people who would like to walk in a safe environment while avoiding nature's elements. Come on in and get your exercise!! Treat your body right.

### Walk the Wellness Trail

For people who like to get out, move around and stay healthy, we've got something just for you — the Holland Wellness Trail!

Take the half-mile loop, walk a mile, or string things together and make it a real hike. Start small and work up, set goals and get started.

Just follow the arrows. And don't skip the workout stations. They'll give your arms, upper body, and legs another way to tone up and be healthy. Different stations have different exercises—all low-impact and safe. Choose your pace. Choose your place. So hit the Wellness Trail.

<http://www.cityofholland.com/parksandcemeteries/wellness-trail>

### Supporting Documents



[Civic Center Walking Info](#)

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