



For people who like to get out, move around and stay healthy, we've got something new — introducing 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. We'll see you out there.



MICHIGAN STATE UNIVERSITY EXTENSION

The extension is an equal opportunity provider and employer. The material was published funded by the USDA's Food Share Program.



Ottawa County Wellness Coalition



Dept. of Leisure & Cultural Services
150 W. 8th St.
Holland, MI 49423

City of Holland



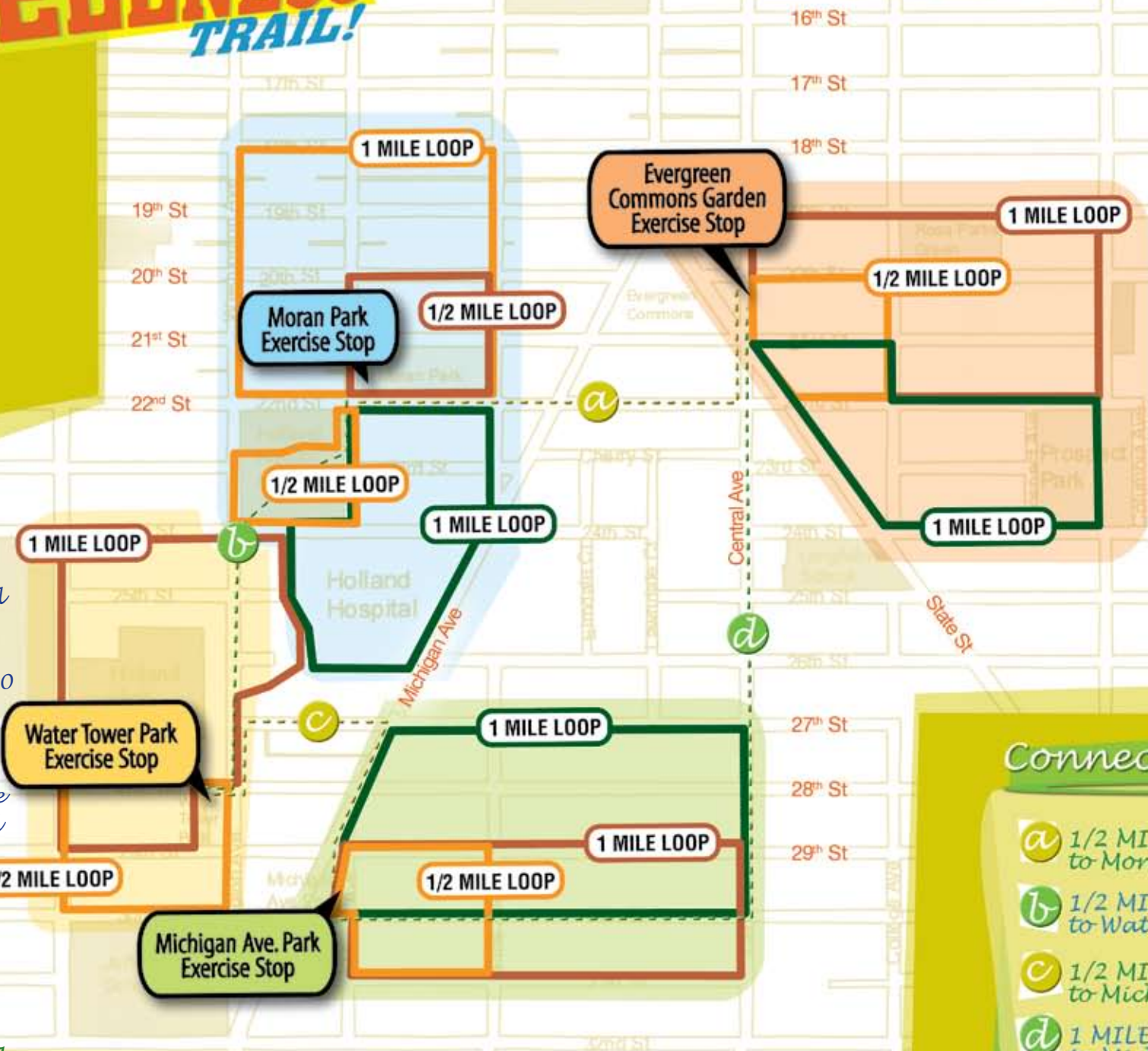
WALK THE City of Holland WELLNESS TRAIL!



Contact the City of Holland Recreation Division at (616) 355-1130 with any questions or concerns regarding the Wellness Trail

Healthy Links:

www.cityofholland.com www.hollandhospital.org www.gethealthyottawa.org
www.hollandhospital.org www.evergreencommons.org



Connecting Trails

- a** 1/2 MILE from Evergreen Commons to Moran Park
- b** 1/2 MILE from Moran Park to Water Tower Park
- c** 1/2 MILE from Water Tower Park to Michigan Ave. Park
- d** 1 MILE from Evergreen Commons to Michigan Ave. Park