

ADVENTURE WALK



**Go for an adventure!
Let's move!**

GO! out your back door!

www.gobismarckmandan.org

GO! play in a park!

*www.bisparks.org, www.gf.nd.gov
or www.mandanparks.com*

GO! walk, run or ride on a trail!

*www.bisparks.org or
www.mandanparks.com*

GO! hike in a ND State Park!

www.parkrec.nd.gov

GO! find birds, trees, & flowers!

www.gobismarckmandan.org

GO! on a GPS-guided adventure walk at Dakota Zoo in Bismarck and the Brave Center in Mandan. Check out a Go! GPS device and guide at the entry counter.

www.gobimsarckmandan.org

**More info and challenges,
visit www.letsmove.gov.**

facebook



For Healthy Kids, Families & Communities.

- ⑤ servings of fruits or veggies
- ② hours or less of screen time
- ① hour or more of active play
- ① sweetened beverages

5-2-1-0



For ideas to help your family get active,
track your activity and win prizes, check
out www.presidentschallenge.org.