

Summer Parks PASSPORT



Ft. Edward, N.Y.

Brought to you by:

N.Y.S. Healthy Heart Program
A partnership between
Glens Falls Hospital and the
Public Health Services of
Warren & Washington County

Have Fun - Visit new Places
& "Just Ask" for healthy options
at our area restaurants.



FORT EDWARD PASSPORT

START: Anywhere

AREA: Town & Village of Fort Edward



SAFETY TIPS:

- LOOK BOTH WAYS BEFORE CROSSING (ALWAYS LOOK LEFT, RIGHT, AND LEFT AGAIN).
- CROSS AT CROSSWALKS WHENEVER POSSIBLE & ABIDE BY TRAFFIC LIGHTS.
- WEAR REFLECTIVE OR LIGHT COLORED CLOTHING WHEN WALKING AT DUSK, DAWN, OR IN THE DARK.
- KNOW YOUR NUMBERS: CHOLESTEROL-BLOOD PRESSURE-BMI-BLOOD GLUCOSE.

**BE HEALTHY.
BE ACTIVE.**

30 minutes a day
at least 10 minutes at a time
5 days a week

REMEMBER WALKING OR ANY FORM OF PHYSICAL ACTIVITY IS ONLY ONE PART OF A HEALTHY DAY...

HAVE FUN! EXPLORE FT. EDWARD ON AND OFF THE MAP!

• ALWAYS CHECK WITH A PHYSICIAN BEFORE STARTING AN EXERCISE PROGRAM.