

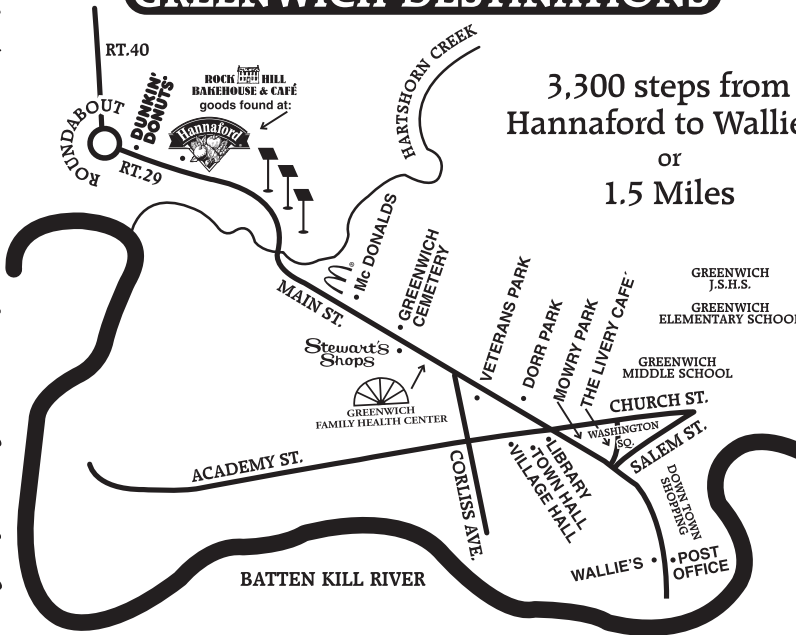
Dunkin Donuts-lowfat coolatta Stewarts-skin milk shakes Hannaford-fruits & veggies

Livery Cafe-healthy home cooking McDonalds-salad & parfait

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GREENWICH DESTINATIONS

3,300 steps from
Hannaford to Wallie's
OR
1.5 Miles



Dunkin Donuts-lowfat coolatta Stewarts-skin milk shakes Hannaford-fruits & veggies



**Village of
GREENWICH**



Brought to you by:
Glens Falls Hospital and the
Public Health Services of
Warren & Washington County

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 Greenwich- On & Off the Map!

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