Hello! Here are some helpful health and wellness tips that are easy to start today! Check out our website for more great information! Lansing Go!

Fitness Tip

Find time for fitness this Thanksgiving!

- Many of us overindulge on Thanksgiving and end up feeling so full – find time to give your metabolism a jumpstart in the morning, or walk off some of the food after your meal! Bring along the whole family!

  - Turkey Trot in Ithaca Thanksgiving Morning!
  - Post-Thanksgiving Work-Out Ideas
  - Thanksgiving Work-Out Strategies

Upcoming Events!

Check out what else is going on around Ithaca!

Walking Works is almost over... it's not too late to join!

Compliments of Lansing GO, Employee Wellness Committee!