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

Get outside!

- Winter can be a tough time to exercise because of the cold and snow...but bundle up and try a fun activity!
- Whether you prefer running, walking, sledding, snow shoeing, skiing, or snowboarding...there are many winter activities that keep you healthy! (Sledding is a GREAT exercise if you walk up that hill!)

Cross country ski on Lansing Center Trail
Check out Rice Hill for great sledding and more!
Outdoor equipment rentals at Cornell
Lots to do at Greek Peak!

Upcoming Events!

Ithaca Loves Teachers is coming up!
Check out what else is going on around Ithaca!

Compliments of Lansing GO, Employee Wellness Committee!