

WEDNESDAY WELLNESS TIP:

1/4/17

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!