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

Join a team!

- Joining a recreational team is a ton of fun, and a great way to get exercise!
- Even going bowling, or playing catch with a kid or a friend will get you moving.
- Here are some links of sports and events in the community:
  - T-Burg Bowling, Cornell Bowling
  - Co-ed Hockey, Women's Hockey
  - Adult Sports at the YMCA
  - Soccer, Kickball, Co-ed Softball, Women’s softball – Ask Melissa Pope for details!

Upcoming Events!

- Tough Turtle 2017!

Journey Fitness Challenge (see attachment for details)

Compliments of Lansing GO, Employee Wellness Committee!