

SINAJANA WALKING PATH

Total Distance:
.4 miles

1-2: 0.11 miles

2-3: 0.16 miles

3-4: 0.13 miles



SINAJANA HEALTHY LIVING TIPS

GET ACTIVE

- Get at least 1 hour everyday of moderate physical activity

EAT MORE FRUITS AND VEGETABLES

- Children - 1 cup of fruit & 1 heaping cup of vegetables per day
- Adults - 2 cups of fruit & 3 cups of vegetables a day

DRINK MORE WATER AND AVOID SUGAR SWEETENED BEVERAGES

- Children - 5 cups a day
- Adults - 11 cups a day

SLEEP MORE

- Children: 11- 13 hours a day
- Adults: 7-9 hours a day

“Be a community and family role model for healthy behaviors”