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”

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