Yigo Walking Path

Total Distance: 0.19 miles
1-2: 0.06 miles
2-3: 0.06 miles
3-4: 0.03 miles
4-1: 0.04 miles

Yigo 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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