

More than just a trail ....



## Sand Volleyball Court

Bring your family and your friends! It's great for school groups and youth groups too.

## Basketball Hoop

Located on the parking lot for shooting hoops, pick-up games and some great physical activity!

Also:

Fitness Logs and Playground



## Public Welcome

Open dawn to dusk  
No motorized vehicles  
Pets must be on a leash  
Dispose of trash  
No smoking  
Trail Length is 1/2 mile

## Your Path to Good Health



*A healthful lifestyle is easier than you might think! Physical activity and healthy eating are two important components in creating a healthy lifestyle. As you travel down your personal path to health, use these tips to make small changes that are right for you, one at a time.*

### This month, you may choose to:

Switch from whole milk to 1% or fat-free milk,  
OR

Increase your daily intake of fruits and veggies ,  
OR

Choose whole grain bread instead of white,  
OR

Drink less pop and more water.

**Each healthy step that you take adds up.**

### Happy Trails!



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[www.GetHealthyOttawa.org](http://www.GetHealthyOttawa.org)

For more information  
contact:  
396-6526

# Walk the Apple Trail



## Public Welcome

Located just off US 31 at:

712 Apple Avenue  
Holland, MI 49423

(Between 24th and 32nd St.)

Parking available at  
Trinity Reformed Church

# Walk the Apple Trail

Enjoy the sounds of nature as you walk the half mile trail along the stream and through the woods. With the trail so close, why not make walking a priority this year ?

Some benefits of walking include increased energy, focus, and reduced stress. Let the Apple Trail lead you to a healthy lifestyle!



Children • Friends • Family  
Students • Youth groups  
Day camps • Neighbors  
.....a place for all

*Walk, Wander, Breathe, Balance, Set, Spike,  
Dribble, Pass, Dunk, Play, Relax, Listen, Energize*

