



Discover more at www.livehealthyforestpark.net

Live Healthy Forest Park's goal is to provide residents and visitors of all ages with opportunities to lead a healthy lifestyle. Try some of these easy practices to begin incorporating physical activity and more nutritious food options into your daily life:

- Accumulate 30 to 60 minutes of moderate physical activity daily.
- Increase intake of fresh fruit and vegetable; reduce intake of solid fats and added sugars. Visit a farmers' market or plant your own garden!
- Do an activity that will get your heart beating faster, even just for ten minutes at a time. Walk briskly, climb a few extra stairs, dance, walk up a hill, be active in the pool, skip rope or play tag with children.
- **Find a physical activity you enjoy doing and do it for life!**

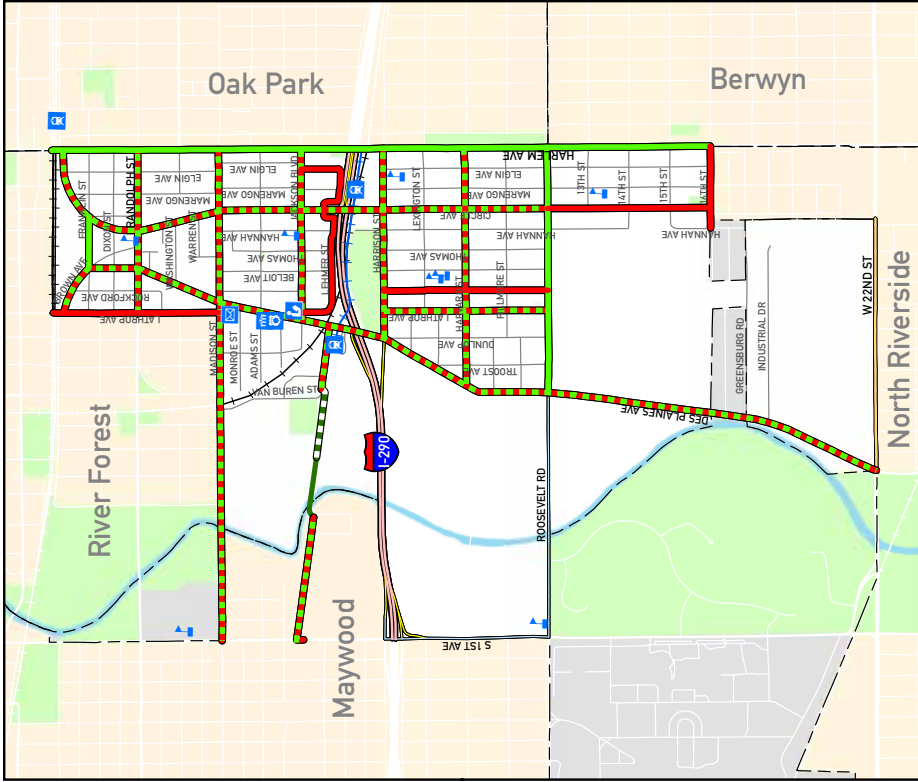
Please always check with your physician before beginning any new exercise or diet. It is important to choose activities that are right for you. Following the advice of a health or fitness professional will help to ensure the success of your new healthy lifestyle!

Visit www.livehealthyforestpark.net for more ideas.

Play more, move more, nourish more, grow more!

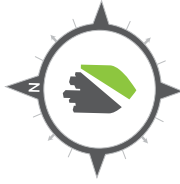
Live Healthy Forest Park is a Partnership of the Village of Forest Park, The Park District of Forest Park, The Forest Park Chamber of Commerce, The Community Garden of Forest Park, Forest Park Community Center, and School District 91.

-Forest Park- Entire Network



- Bicycle & Pedestrian Network**
- Bicycle Way
 - Pedestrian Way
 - Bicycle & Pedestrian Way
 - Future Multiuse Trail
 - Existing Trail
- Infrastructure**
- Highway
 - Ramp
 - Arterial
 - Collector
 - Street
 - Railroad
 - 'L' Line

- Points of Interest**
- Forest Park City Hall
 - Police Station
 - Post Office
 - Library
 - 'L' Station
 - School
- Landuse**
- Water
 - Park



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