

The Great Outdoors

Our community offers many opportunities for outdoor activities and recreation that can help you stay fit. We have an abundance of local parks, trails, and waterways and a year-round climate for outside activities.

Depending on your resources, interests, and goals, you can find great places to jog, swim, kayak, water-ski, bike, golf, or play sports. Badger Mountain, for example, has a popular hiking trail. Even a brisk daily walk in your neighborhood or as a break at work can leave you feeling refreshed and invigorated.

So grab your walking shoes, leave technology behind, and enjoy the great outdoors. You'll benefit from the exercise, fresh air and sunshine, all of which contribute to mental and physical health.



Schedule a Speaker

Visit the "Presentations & Trainings" page on our website for a list of health and safety topics.

JUNE 2012



Laura Carpino
Exercise Physiologist

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Hanford WorkFit Leader Training	2
3 National Cancer Survivors Day	4	5 Weight Loss Convoy	6 Weight Loss Convoy ALUMNI Meeting	7	8	9
10	11 National Men's Health Week	12 Weight Loss Convoy	13	14 Site-Wide Health Fairs World Blood Donor Day	15	16
17 Father's Day	18 Tobacco Cessation Class	19 Weight Loss Convoy	20	21	22	23
24	25 Tobacco Cessation Class	26 Weight Loss Convoy	27	28	29	30

♥ National Great Outdoors Month

"Back health is managed like other health concerns: through regular exercise, proper nutrition, hydration, adequate sleep, and minimizing stress. Our Back Health and Safety programs provide easy tools and resources for taking control of back health."

InsideOut Newsletter: www.hanford.gov/amh/page.cfm/newsletter
Find information about local events and activities at www.visitri-cities.com/visitors/events.

Service Spotlight: Back Health & Safety Programs Back School is a series of classes provided to a workgroup, and the Back Health & Safety Workshop is a two-hour workshop held at HAMMER designed for individuals, managers, and safety representatives. Both include education on common back injuries and back pain triggers, proper body mechanics, and preventive stretches and exercises using the Hanford WorkFit modules. Please call 376-9040 for more information.

- ♥ Health Observance
- 📁 Class or Event
- ★ Holiday
- ☐ Exercise Minutes

Highway to Health

Enter your weight at Hanford Highway to Health

Weight (in lbs.) _____

Blood Pressure _____

