

WALKING WEATHER



The State of Michigan offers residents wonderful, natural landscapes designed for outdoor adventures.

The outdoors is not just limited to camping and hiking but also to walking and bike riding. Michigan's Department of Natural Resources provides a list of statewide trails and pathways that offer ways to be more physically active while enjoying the landscape the state has to offer.

Walking can also become part of your daily life, especially in your neighborhood or surrounding areas. Malls, parks and school yards are all great locations for you to get started.

See the links below for additional walking resources in your area:

Map My Run

<http://www.mapmyrun.com>

Michigan Department of Natural Resources

http://www.michigan.gov/dnr/0,1607,7-153-10365_16839--,00.html

WalkingInfo.org

<http://www.walkinginfo.org/promote/>

Also, a website for information and resources on mental health:

For more information and resources on mental health, visit the Centers for Disease Control and Prevention website at:

<http://www.cdc.gov/mentalhealth/resources.htm>