

Easy Flavored Water Ideas

Remember to stay hydrated when enjoying the outdoors. For added flavor, try adding fruit, veggies, or herbs to your water!

Cucumber
+
Lemon
+
Mint



Orange
+
Blueberry
+
Rosemary



Strawberry
+
Orange
+
Basil



Short Urban Walks

Walk or wheel on paved surfaces!

- Tuolumne Memorial Park**
0.25 miles once around the park
- Junction Shopping Center**
0.4 miles starting at Kohl's and walking to the other end of the shopping center where the sidewalk ends
- Jamestown Elementary School to Patterson Field**
2 miles round-trip along 5th Ave. starting at the school and heading south past Railtown to the field
- N. Washington St., Sonora**
1 mile round-trip along Washington St. from the Gunn House Hotel to the Red Church and back

- Mary Laveroni Community Park in Groveland**
0.5 miles starting at the bus stop and making a complete loop around the park
- Twain Harte Golf Course to Fuller Rd/Meadow Dr.**
0.65 miles round-trip along Meadow Dr. starting at the golf course
- Cabezut Road to Cabezut Court in Sonora**
2 miles round-trip along the Cabezut Rd. sidewalk starting at the Sylva Ln. intersection (uphill/downhill)



GO Guide

TUOLUMNE COUNTY

Discover free recreation areas: trails, playgrounds, lakes, dog parks and more!



Additional Resources

Use your smartphone camera to scan the QR codes below!



- Healthy Eating
- Active Living

<https://www.tuolumnecounty.ca.gov/1194/CalFresh-Healthy-Living>



Community Resource Guide

<https://www.tuolumnecounty.ca.gov/DocumentCenter/View/25582/Community-Resource-Guide>

Health Tips

Drink at least 8 glasses of water a day (8 oz. each) throughout the year and more when exercising or when it's hot outside.

Daily eating from the 5 food groups gives your body the nutrients it craves.

Visit myplate.gov for more tips, recipes, and resources to stay healthy!



Movement is wonderful for a variety of reasons! Regular exercise strengthens your heart, bones & muscles. It improves brain health and coordination, and reduces your risk of disease.

Moderate-Vigorous* Movement Recommendations:

- Adults: 30 minutes daily
- Children: 60 minutes daily

**You know you're doing moderate-vigorous movement when your heart and/or breathing rates increase, you perspire, and your skin may turn red.*



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Legend

Trails	Park
Hwy	Playground
Road	Pool
Baseball Diamond	Skate Park
Dog Park	Trailhead
Lake	

Did you know?

- Walking improves your immune system.
- 4 laps around a regular track is approximately 1 mile.
- Coconut water, lemon water, or bananas are a healthier choice over sugary sports drinks to replace electrolytes after exercise.
- When recreating or hiking, remember to pack enough water, prepare for the weather, stay aware of your surroundings, and have a safety plan!

Scale: 1:75,000

