CARTOGRAPHY

Your local parks staff invites you on this family Quest at the park/trail where your child attends camp. The children have again hidden eight “butterflies” of different colors for families to find. This time, instead of writing directions for you to follow, your child has drawn a map to help your family locate these butterflies. Please leave them where you find them so other families can find them too. It’s a wonderful world outside – have fun and get fit.

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Your parks and recreation staff is invested in the health of our community. To this end, we are challenging you to seven Family Quests that take you on a new outdoor adventure each week.

According to the *Physical Activity Guidelines for Americans*, regular physical activity provides long-term health benefits. Adults get the most health benefits by doing 150 minutes of moderate-intensity physical activity per week. Children and adolescents should do 60 minutes or more of moderate- or vigorous-intensity aerobic activity daily.

Being physically active in nature can improve your health and fitness, reduce stress, and create a sense of well-being for you and your family. Have fun, be active and get fit in our parks and on our trails.