



PRESENTED BY THE GRAYSLAKE PARK DISTRICT

GO GRAYSLAKE Fact Sheet

MISSION

GO GRAYSLAKE is a community wellness movement designed to increase community health and wellness through activity, education and collaboration.

BACKGROUND

The Grayslake Park District is partnering with the Lake County Health Department on its county-wide initiative to improve the health of Lake County residents. GO LAKE COUNTY is designed to help every community in the county become more healthy and active by enhancing and increasing the shared experience of walking and other forms of active living. GO GRAYSLAKE is our community's response, a free and accessible program to all residents and friends of Grayslake.

This movement is inspired by the U.S. Surgeon General Dr. Vivek H. Murthy's call to action at the National Park and Recreation conference in September 2015 encouraging U.S. residents to be more active. His challenge focuses on the health benefits of walking at least 30 minutes each day for people of all ages and stages of life.

STAGE 1 – WALKING PROGRAM

The first stage of the GO GRAYSLAKE movement is simple – encourage everyone in our community to walk at least 30 minutes a day. Take your daily walk in your neighborhood or at a park/trail of your choice, by yourself or with a neighbor – the main mission is to get moving!

UPCOMING EVENTS

- **A Walk in the Park** on Wednesday, June 20 at 11:45am in Central Park (250 Library Lane, Grayslake). Meet near the Concession Stand.
- **A Walk in the Park** on Wednesday, July 18 at 4pm. Meet at the Grayslake Golf Course (2150 Drury Lane, Grayslake) and we'll explore some of the great walking trails nearby!
- **Dog Days of Summer Walk** on Wednesday, August 8 at 5:30pm at Alleghany Park (31999 N. Alleghany Road). Bring your dog or a friend and join us for a walk in the park!

BENEFITS OF WALKING

- Improves mood
- Helps maintain a healthy weight
- Strengthens bones and muscles
- Improves balance and coordination
- Helps manage heart disease, high blood pressure and type two diabetes
- Improves sleep
- Slows mental decline associated with aging

DID YOU KNOW...

The Grayslake Park District has 33 parks and over 420 acres of open land.

CHECK US OUT ONLINE

Website: www.glpd.com/go-grayslake

Facebook: [Facebook.com/grayslakeparkdistrict](https://www.facebook.com/grayslakeparkdistrict)

Hashtag: #GOGRAYSLAKE