

Explore Outdoors for Better Health



Wednesday, May 15th - Tuesday, May 28th

WALK THE PARK CHALLENGE

Kalamazoo and Portage have numerous parks and nature preserves to explore. Go for a walk in as many parks/nature preserves as you can during this 14-day challenge.

Bring along a family member, friend, or furry friend and enjoy the outdoors this Spring. Walking can improve your cardiovascular fitness, increase muscle and bone strength, and improve balance. Explore our community for better health today.

PARKS/PRESERVES



Instructions: Explore as many Kalamazoo/Portage parks and preserves as possible during the two-week challenge. Initial or check off the park after you walk and explore it. **Submit the total number of parks you visit to Katie Alkema at kalkema@holtynwellness.com by Wednesday, May 29th at 5 p.m. to be entered into a gift card drawing.**

For additional resources, please visit <https://www.kzooparks.org/Parks-Facilities> and <https://www.portagemi.gov/212/Parks-Amenities>.

Al Sabo Preserve _____

Lakeview Park _____

Asylum Lake Preserve _____

LaCrone Park _____

Axtell Creek Park _____

Markin Glen Park _____

Bow in the Clouds Preserve _____

Milham Park _____

Bronson Park _____

Oakland Drive Park _____

Crane Park _____

Portage Bicentennial Park _____

Celery Flats _____

Ramona Park _____

Emerald Drive Park _____

Schrier Park _____

Frayes Park _____

South Westnedge Park _____

Harbors West Park _____

Southside Park _____

Haverhill Park _____

Spring Valley Park _____

Hays Park _____

Upjohn Park _____

Kleinstuck Preserve _____

Woods Lake Park _____

Total Number of Parks/Preserves Visited: _____