

Go for 30

GET
HEALTHY
LIVE
WELL

with Heard County
Parks and Recreation
Bench Warmers.



Getting fit step by step, play by play.

The Bench Warmers are welcoming walkers to join them on the Heard County Parks and Recreation Trails, 2020 Thompson Road in Franklin.

The group is currently mostly comprised of parents who have children participating in events on the recreational fields (hence the name), but is open to anyone interested in getting healthy or staying active. Participants in this group can receive an activity tracker that can be turned in to the Heard County Parks and Recreation office for a free T-shirt when the walker hits 100 miles. According to the American Heart Association, 30 minutes of physical activity a day, five days a week, can reduce the risk of heart disease, osteoporosis, type 2 diabetes, depression, breast and colon cancers, obesity, high cholesterol and more.

More information is available online at www.heardcountyrecreationdepartment.com.

Learn more at
GetHealthyLiveWell.org.

