

Blue Zones Project – Mason City Town in Tennies

April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Town in Tennes begins! Make sure your tennis shoes are ready to go!
2 Wear your tennies to church—then go for a stroll around the block with a church friend.	3 Spring Walking School Bus (WSB) Launch! Learn more about WSB by calling Public Health at 641.421.9312.	4 Walk with Fido or Skippy at the Mason City Dog Park!	5 Happy National Walking Day! Start a walking challenge at your workplace!	6 Try one of 3 Cemetery Walks: Spiritual, Historic, Scenic. Maps at Blue Zones Project Office.	7 Celebrate #WorldHealthDay with a walk downtown ... then enjoy 'Wine at 5'!	8 View the city's master plan for trails here and plan your weekend excursion!
9 Explore the Music Man footbridge in this beautiful area of Mason City!	10 How do I start a Walking Moai? Simple! Grab a few peers and get walking – then tell Blue Zones Project about it!	11 Did you know? It's best to move around every hour! Do a 'Get Up Offa That Thing' exercise!	12 Did you get your 10,000 steps today? Grab a co-worker and walk during your lunch break!	13 Try your hand at disc golf in East Park.	14 Wind down your work week with a walk in your neighborhood. Even better? Take a friend!	15 Do errands today? Walk! (Or park as far as possible from the entrance)!
16 Check out a walking trail at Lime Creek Nature Center.	17 Keep your Walking Moai going! Recruit 2 new friends/co-workers to join your Moai.	18 Work downtown? Check out the River City Sculptures on Parade.	19 Take a peaceful mental health break during your work day—walk in the Hospice of North Iowa Serenity Garden.	20 Feed the geese on a walk through Lester Milligan Park and Big Blue.	21 Shake up your walking route today! The Jaycees developed a new trail in 2015 – visit it today!	22 Earth Day Event in Mason City Help to care for the planet by picking up litter!
23 It's #WorldBookDay! Today's the day to walk to the library or a book store & pick out some new reads!	24 Did one your Moai buddies miss a walk? Take a walk over to check-in them.	25 Happy Volunteer Appreciation Week—Celebrate by walking your donation to your favorite non-profit!	26 Check out Mason City's historic architecture in the Rock Glen neighborhood.	27 Treat yourself - walk to a local Blue Zones Restaurant® for your lunch break!	28 Have you donated to the District-Wide Walk-a-Thon yet? The Walk-a-Thon is Friday, May 5! 100% goes to your school.	29 Where in Mason City is Kiwanis Park? Check out this and the 17 other parks.
30 Looking to change up your activity in May? May is Bike Month! 	<div> Why Walk? “Walking is free, easier on the joints than running, always accessible, invites company, and if you’re walking briskly, may have the same cardiovascular benefits as running. After a hard day, a walk a can relieve stress; after a meal it can aid digestion.” – Dan Buettner, The Blue Zones: Lessons for Living Longer from the People Who’ve Lived the Longest </div>					

