



## **Win a Women's Bike!** **And get healthy along the way...**

In the Finger Lakes, we see the great outdoors as much more than just a pretty place to look at. We see it as 9,000 square miles of adventure. In fact, we call it Nature's Health Club – an opportunity to get outside of the traditional health club and use the wonderful, natural assets of the Finger Lakes to live a happy, healthy lifestyle whether you live in the region, or are just a visitor.

We feel health has 4 components:

Relaxation · Mental Health · Healthy Eating · Physical Activity

We want you to get involved! Between now and Friday, November 15, submit a photo of yourself showing how you take part in each of the 4 components of Nature's Health Club in Ontario County. One photo for each component. Upload it to our website, and you'll be entered into the drawing to win the bike – it's that simple! We'll even give a few bonus entries to the person who has the most creative entry, and to the person who submits the most entries.

This contest is open to all Ontario County employees. Call us at (585) 394-3915 if you have any questions. Brought to you by your friends at Finger Lakes Visitors Connection.

### Relaxation

- Play Mini-golf
- Go horseback riding
- Take a class to learn something new
- Fly a kite
- Sail a boat
- Skip rocks at the lake
- Take the Great Pumpkin Walk
- Explore Cumming Nature Center
- Stroll the paths at Ontario Pathways Rail Trail
- Visit Red Jacket Orchards
- Visit a farmer's markets
- Visit Wickham's Farm and Pumpkin Patch
- Visit Lazy Acres Alpacas
- Stroll the Finger Lakes Trails
- Enjoy a spa treatment
- Get a cup of Good Life Tea
- Take a yoga class

### Mental Health

- Knit, yarn, darn, or quilt
- Paint, watercolor, or ceramics
- Take a class to learn something new
- Go to an event at the Smith Opera House
- Play board games exercise the mind
- Visit Sonnenberg Gardens
- Visit Ganondagan
- Visit Granger Homestead
- Discover a new museum
- Take a scenic drive
- Discover a new area of Routes 5 & 20
- Read a book by one of the Finger Lakes
- Take part in Finger Lakes Forest Therapy

### Healthy Eating

- Buy and eat something from a Roadside stand or “u-pick”
- Eat a just-picked apple from The Apple Farm
- Try a new recipe from F. Olivers
- Create a “my plate” meal
- Drink 8 glasses of water for a day
- Eat breakfast
- Keep a food journal for a day
- Eat several mini meals throughout the day
- Take a multi-vitamin
- Choose whole grains
- Eat a vegetable at every meal
- Choose fish at a restaurant
- Eat on a small plate
- Weigh your food
- Pack your lunch instead of going out
- Try a smoothie
- Choose wheat bread instead of white bread
- Drink your coffee black
- Go “meatless” Monday
- Eat a vegan meal
- Make dinner from ingredients purchased at a farmer’s market
- Use Iroquois White Corn in a recipe

### Physical Activity

- Walk in a charity event
- Dance
- Garden
- Walk your pet
- Go for a swim
- Hike Grimes Glen
- Mountain Bike
- Road Bike
- Play tennis
- Shoot some hoops
- Play frisbee
- Golf at Ravenwood
- Sail
- Go for a walk along Lakeshore Drive
- Go for a jog
- Go for a run
- Do laps at Eastview Mall
- Walk the City Pier/Long Pier
- Water exercise
- Roller blade
- Canoe or kayak
- Rake some leaves – and then jump in them!
- Bike Kershaw Park (Canandaigua) or Lakeshore Park (Geneva)
- Bike around Honeoye Lake
- Bowl at Roseland Bowl
- Hike Ontario County Park
- Hike a walking trail at Ganondagan