



WINTER GREEN YOUR EXERCISE ROUTINE AT MILLER ECOLOGICAL PARK



1. SLED ON THE SMALL OR LARGE HILL OR JUST CLIMB
2. HIKE, JOG OR RUN ON THE TRAILS
3. TAKE UP BIRD WATCHING: WINTER IS A GREAT TIME TO SEE THE BIRDS
4. CROSS COUNTRY SKI THE TRAILS
5. LEARN TO IDENTIFY WILDFLOWERS AND TREES BY SIGNS OTHER THAN LEAVES
6. FEED THE BIRDS BY FILLING THE PARK BIRD FEEDERS
7. LOOK FOR TRACKS IN THE SNOW AND IDENTIFY CRITTERS
8. PHOTOGRAPH THE WINTER SCENES
9. TAKE A GARBAGE BAG AND GLOVES. PICK UP TRASH THAT IS EASILY SEEN IN WINTER
10. LOOK FOR NESTS IN TREES. WHO DO YOU THINK WAS THE BUILDER?

Enjoy Winter Fun Safely

- Come prepared, be aware, and know when to go indoors.
- Dress warmly in layers, keep your head, neck and hands covered, and wear waterproof boots.
- Wear wool or quick-drying synthetic fabrics.
- Drink water to prevent dehydration, and avoid alcoholic beverages.
- Be alert for symptoms of hypothermia: uncontrollable shivering, drowsiness, slow or slurred speech, memory lapses, or clumsiness.

Mark the days you get GREEN EXERCISE!

2015

January

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28

March

Su	Mo	Tu	We	Th	Fr	Sa
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22	23	24	25	26	27	28
29	30	31				

April

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May

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June

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July

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August

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September

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27	28	29	30			

October

Su	Mo	Tu	We	Th	Fr	Sa
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

November

Su	Mo	Tu	We	Th	Fr	Sa
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22	23	24	25	26	27	28
29	30					

December

Su	Mo	Tu	We	Th	Fr	Sa
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27	28	29	30	31		