



# HEALTH & WELLNESS DAY

Below are some fun facts and activities focusing on Health & Wellness!

## STAY ACTIVE

The U.S. Department of Health and Human Services recommends 150 minutes a week of moderate-intensity exercise, such as brisk walking. Those 150 minutes a week can be divided in many different ways. Some people aim for 30 minutes of exercise five days a week. Others fit in 10 minutes of exercise several times a day. Walking for regular activity can help reduce your risk of these common health problems: heart disease, obesity, diabetes, high blood pressure, and depression.



Hersheypark sits on 121 acres of land and is a great place to get your daily 10,000 steps in. Using an activity tracker or app, how many steps did you walk today during your visit at Hersheypark?



## STAY HYDRATED

Water is a better option than most drink choices. Use a reusable water bottle and skip the sugary sodas, fruit drinks, and energy and sports drinks. It's important to stay hydrated as dehydration has negative health effects on our body. You should drink water even when you are not thirsty to stay hydrated.

Everyone at Hersheypark can get a free cup of water at any concession stand if you ask.

# HEALTHY DIET

Eating a healthy diet is important to maintain a healthy weight and so your body get the nutrients it needs to keep your body running properly. There are so many dining options at Hersheypark to choose from. Everything from healthy options to sweet indulgences.



Entree:



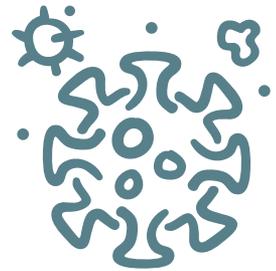
As you walk through the park, check out the menus at the food stands. Write down healthy options for an entree, a healthy snack, and a drink.

Snack:

Drink:

# COVID-19 SAFETY

- Wear a face covering when you are around others.
- Stay 6 feet apart, especially from people that don't live with you.
- Always cover your nose and mouth when you cough and sneeze. Use a tissue or the inside of your elbow to cover your mouth.
- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not available, use hand sanitizer.



How many hand sanitizer stations can you count in Hersheypark?