



HEALTHY PARKS HEALTHY PEOPLE



**DARRYL
HALEY**
Celebrity Health
Ambassador

Former NFL New England Patriots, Iron man Triathlete, Host on 96.3 FM and promoter of Fitness Friday will be present to do fitness challenges and promote healthy lifestyle tips.

FIND YOUR **PARK**
FINDYOURPARK.COM

- Fitness Activities
- Scavenger Hunt
- Health Screenings
- Puppet Shows
- Junior Ranger Program
- Arts n Crafts
- Games

FREE EVENT FOR THE ENTIRE FAMILY

WHEN
September 26, 2015
10:00 am – 3:00 pm

WHERE
Great Falls Park
9200 Old Dominion Drive, McLean VA 22101
(703) 285-2965 www.nps.gov/grfa

EVENT SCHEDULE:

10:00a.m. – 3:00 p.m.
Darryl Haley, Former NFL New England Patriots, Iron man Triathlete, Host on 96.3 FM and promoter of Fitness Friday will be present to do fitness challenges and promote healthy lifestyle tips.

Fitness Activities
Yoga 10:00 a.m.
Tai Chi 11:00 a.m.
Zumba 12:00 pm

10:00a.m. – 3:00 p.m.
Volunteer to clean the park - It's National Public Lands Day and the park needs volunteers. Anyone can visit the NPS tent to borrow litter grabbers and pick up trash in the picnic area and on trails. Sign up to do it on a regular basis and reap the health benefits.

10:00a.m. – 3:00 p.m.
See Kaiser Permanente's Educational Theater for fun learning about the benefits of healthy eating and active living. Shows will feature fun, interactive, theatrical activity with an alien who needs the public and Kaiser's help to choose healthy living. Show times advertised on event day.

Also, come meet Doc. Broc. He along with some of his friends will quiz visitors on healthy eating and perform the Good Food Rap to remind everyone of the right foods to eat to keep their bodies strong and energized.

10:00a.m. – 3:00 p.m.
National Environmental Education Foundation (NEEF)
Discover the Children and Nature Initiative and how prescriptions for Outdoor Activity can benefit you! Stop by our table to learn more about how outdoor activity can improve physical and mental health, get moving like some of your favorite animals, test your environmental health knowledge with our trivia challenge cards, and pick up some fun and free giveaways!

Great Falls Park
9200 Old Dominion Drive, McLean, VA

10:00a.m. – 3:00 p.m.
Find Your Park Scavenger Hunt
Fun for all! Take on the challenge to seek out points throughout the park. Discover unique park features and educational health tidbits, and earn a prize. Start at the National Park Service Tent.

10:00a.m. – 3:00 p.m.
Drop in Bike and Paddle Tent
Demonstration for recreational bicycling - SPOKES, and paddling sports. Visitors can learn about and try the many selections of bikes from Specialized Fitness Hybrid, Trek Mountain Bike and the I-Zip Electric Assist Bike, as well as see and learn about kayaking on the Potomac and other rivers. There may be something for you in learning more about these sports and opportunities in the area.

10:00a.m. – 3:00 p.m.
Raptor program
The Raptor Conservancy of Virginia will have a hawk, an owl, and bearded vulture to show to the public. Learn about the amazing habits of birds of prey and their roles in nature in this live demonstration. Viewing of birds will also occur between 10:00 am and 3:00p.m. at the Raptor Tent.

10:00a.m. – 3:00 p.m.
Drop in - The NPS Tent Junior Ranger Activity
Children of all ages can become a Junior Ranger and earn a badge by completing activities in the park. Junior Rangers learn about the park and its resources, gain an appreciation for them and help preserve them into the future as park stewards. Fun way to visit the park!

12:30
Falls Walk - Join a Ranger for a fun 30 minute stroll along the stunning vistas of Great Falls. Explore the natural and historical features of Great Falls that make this a timeless wonder. Walk begins at the visitor center.

1:30 and 3:30
Flat Hat Chat - Join a Ranger on the overlook at 1:30 and 3:30 for an informal chat about unique aspects of Great Falls. Bring your questions...you are sure to discover

**Experience Healthy,
Active, Outdoor Fun**

Being outdoors is good for your body and mind. What better way to be in the outdoors than to go to a park! Come celebrate and find your own special connection with the outdoors and see how parks offer health, exercise, and fun activities to recreate and explore.



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