



## SCALE BACK ALABAMA ENJOY OUTDOOR ACTIVITIES

Have you ever wanted to get away for the weekend or have a family event that is not indoors? Since you live in Alabama, you have that opportunity! Alabama offers 1.3 million acres of public land throughout the state with healthy activities for all ages. Our state has four (4) national forests, nine (9) national parks, and 21 state parks with activities that will help keep you healthy!

To find a state park or national forest close to you visit [www.alapark.com](http://www.alapark.com) or [www.alabama.travel](http://www.alabama.travel). Look for local areas in your city or county that offer outdoor activities or check with local officials. Get out and explore all the outdoor activities this beautiful state has to offer!

- Biking is a great physical activity that works your entire body. It increases your muscle tone, builds up stamina, burns calories, and is good for your heart. There are over 100 miles of bike trails found in 9 state parks throughout Alabama. To find a wheelchair accessible trail in the state of Alabama, go here: <http://www.traillink.com/stateactivity/al-wheelchair-accessible-trails.aspx>.
- Hiking and camping are two of the most common activities to do outdoors. Alabama's state parks provide 200 miles of trails and more than 100 campgrounds throughout the state.
- There are a number of different botanical gardens throughout the state of Alabama. If you enjoy

beautiful flowers and different types of plants, get out and be active around these amazing gardens.

- Paddling and rafting are activities that really work your upper body and are good for your heart. The Alabama State River Trail starts at the Georgia line and runs 631 miles through the state. It is the longest water trail in a single state.
- With Alabama being located at the foothills of the Appalachian Mountains, it offers many locations that are great for rock climbing. One example is Horse Pens 40. Located just outside of Oneonta, Horse Pens 40 offers 115 acres that are great for climbers.
- Some of the best fishing throughout the whole country can be found right here in Alabama. Having both fresh water lakes and rivers, along with salt water at the gulf, you won't have to go a long way to fish. Bake or grill the fish you catch. For healthy and delicious fish recipes, visit <http://recipes.sparkpeople.com>.
- Join 100 Alabama Miles Challenge! It's a statewide program that inspires Alabamians to start an active, healthy lifestyle while exploring our beautiful state and connecting with fellow participants. <https://100alabamamiles.org>.