



Make Family Playtime Your Real Happy Hour



- Take a family walk around the neighborhood once a week.
- Visit a local park and play tag with family and friends.
- On a windy day, go to the local baseball field and fly a kite.
- Stop and have a picnic lunch with your family, while hiking the trails at Gibraltar Rock. (4 miles north of Lodi on Hwy 113)
- Design your own hopscotch course with chalk and see who can hop through it the most times.
- On a warm day, go play in the new pool at Goeres Park in Lodi or the Splash Pad in Portage.
- Take a walk around your local farmers market (every Friday afternoon in Lodi) and let each family member pick out a new fruit or vegetable to try.
- Take a scenic walk along the Ice Age Trail.
- Visit Devil's Lake State Park. Make sure to bring a picnic lunch and your swimsuits, so you can play in the water!
- Take a ride on the Merrimac Ferry. Round trip is 14 minutes.
- Visit Natural Bridge State Park to see the natural sandstone arch. Call 608-356-8301 for more information.
- Visit the local library!

We can't wait to see YOUR Real Happy Hour! Post pictures and videos on Facebook and/or Twitter and use the hashtag #LodiPride.



Find us on Facebook at
Lodi Community Action Team



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For more information on The Real Happy Hour, visit www.therealhappyhour.org



Lodi Community Action Team
Promoting Healthy Lifestyles for Youth!
www.lodiaction.org