

# 59%

of American adults don't get enough activity on a daily basis

## Think *outside* the gym!

You don't need a gym to get physical activity. Try these:

Walking



Biking



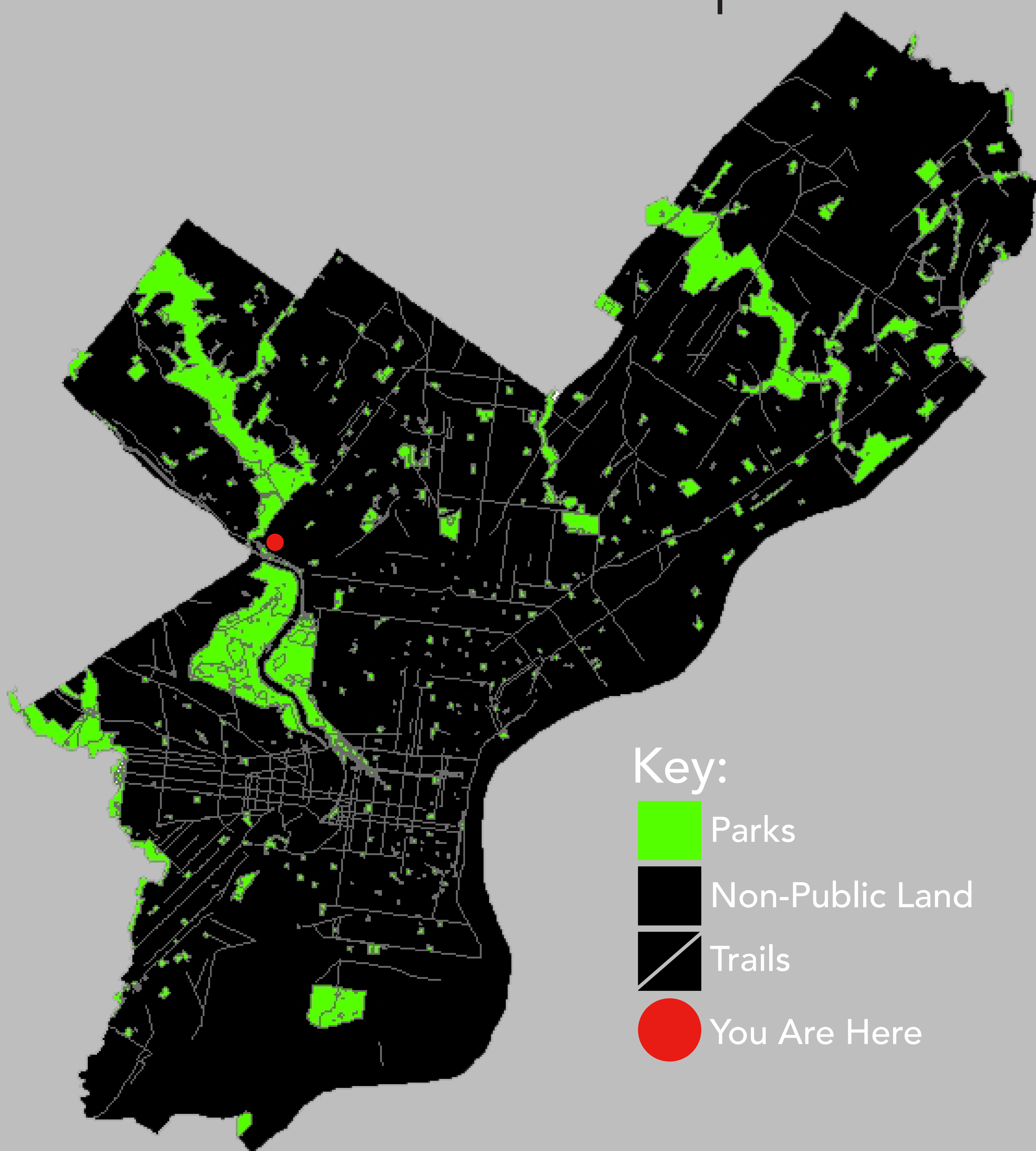
Running



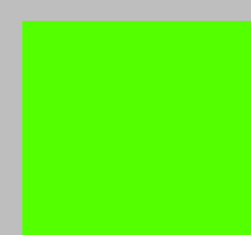
Hiking



So many options right here in Philadelphia:



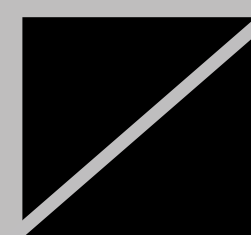
Key:



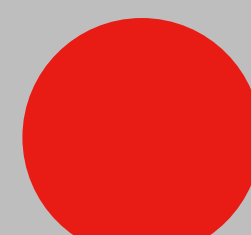
Parks



Non-Public Land



Trails



You Are Here