

**JUNE
2023**

**FITNESS TIP
OF THE
MONTH**



Think Outside the Box!

How about a hike, walk on the beach, walk around the block or cul-de-sac, park far away from a store entrance to walk, or take a walk around a state park such as Borderland State Park in Easton/Sharon, MA.



**DON'T BE
AFRAID TO GET
OUT OF YOUR
COMFORT ZONE**