

## Low or No Cost Weekend Activities for the Whole Family

Exercising does not have to cost much, or anything at all. Redding is a great place to explore with your family while getting some exercise in at the same time. These are only a few of the countless recreational opportunities surrounding us. Give them a try!

- Go for an after dinner walk
- Go for a hike at Whiskeytown Lake  
(<http://www.nps.gov/whis/index.htm>)
- Go for an urban hike in town  
([http://www.healthyshasta.org/local\\_maps.php](http://www.healthyshasta.org/local_maps.php))
- Explore the River Trail  
([http://www.healthyshasta.org/local\\_maps.php](http://www.healthyshasta.org/local_maps.php))
- Visit your neighborhood park  
(<http://ci.redding.ca.us/communityservices/parks.html>)
- Go mall walking
- Go bowling
- Go to Family Fun Day at the MLK Center
- Go mini-golfing