

# Want to “Live long and prosper?” Get a move on!

The America’s Best Communities Healthy Living Team reports that, all around the globe, people who live the longest, healthiest lives have certain characteristics in common. First, regardless of their age, they keep moving. They grow gardens, do physical activities and walk everywhere when they can. Moving also means shoveling, mowing, walking to get the mail, pushing your garbage cans down your long driveway or parking further away from your shopping destination.

Walking options abound in Chisago Lakes. Plan a 20-minute walk in one of our many parks:

- Interstate Park in Taylors Falls
- Wild River State Park north of Taylors Falls
- Walk a portion of the Swedish Immigrant Trail; sections are complete in each Chisago Lakes town.
- Explore the walking trails in Allmensratt and Anderson Peninsula Parks, located off of Olinda on the north side of Lindstrom. From Olinda, drive toward North Center Lake and watch for the signs.
- Chisago City now has a sidewalk along the length of Old Towne Road. Walk all the way to Ojiketa and make a loop around the lodge.

- Walk from the Dairy Queen in Lindstrom along the trail to the Chisago Lakes High School or stroll one of Lindstrom’s streets.
- Walk the paths in Franconia Sculpture Park near Shafer for both exercise and entertainment.
- Join Lindstrom’s Saturday morning walking group. They start at Northwoods Coffee Shop at 8 a.m. People of all ages and abilities group up for their choice of walking routes and may stay for coffee afterward. To stay informed, join the Lakes Community Fitness Facebook page.

During the winter months, try skiing, skating, snowboarding or snowtubing:

- With adequate snow, explore the groomed cross-country ski trails around the Chisago Lakes Golf Course south of the high school.
- Take the family skating at Chisago City’s outdoor ice rink, or try one of the ice rinks in Shafer or at Taylors Falls Elementary.
- Wild Mountain north of Taylors Falls is a great resource for winter recreation. You can ski, snowboard or snow tube.
- Feeling competitive? Join a hockey league or organize a neighborhood broomball game.



Whatever you choose to do, try to keep moving every day.

For more information about opportunities in your community, go to [chisago-lakes.org](http://chisago-lakes.org) and click on “Things to Do.” Or click on any one of the towns, scroll down past the narrative on that page to find the red-lettered link to community connections. For more information about the America’s Best Communities initiative, call 651-257-1177.

