

# Take a Hike



**Are you looking for new ways to improve your physical and mental health – and maybe your relationships at the same time?**

Try checking out your local parks and recreation programs! You're sure to find beautiful green spaces and fun programs that you can share with your family and friends, while at the same time engaging in healthy activities.

State and local parks let you explore your natural environment, escape from the grind and experience exciting new adventures. You'll discover that beaches, boat launches, hiking trails, campsites, and golf courses all await you.

**Excellus**  

**Everybody Benefits**

A nonprofit independent licensee of the Blue Cross Blue Shield Association

Our Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-547-7710 (TTY 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-547-7710 (TTY 711)。

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