

ARRRR! Time for the Treasure Trail

Shiver me timbers! Cornell Cooperative Extension of Wayne County's Eat Well Play Hard Community Projects will host the popular Treasure Trail on August 8th from 9:00am until noon during the Palmyra Pirates of the Erie Canal weekend. Look for the registration location at the corner of Market and Canal streets that will be transformed into Bloody Corners. The first 100 lass's and buccaneers (youth) to register for the trail will receive a t-shirt, and all who participate young and old will be awarded a bounty of "treasures."

The Eat Well Play Hard Community Projects is funded by the New York State Department of Health. The 5-year grant, now in the end of its third year, targets three main strategies: Increase developmentally appropriate physical activity, increase consumption of fruits and vegetables and drink 1% or less milk and low-fat dairy products. The Wayne County Dairy Princess will be on hand from 9:30AM – 12:30PM to welcome guests to the festivities and have samples of low fat dairy products for festival goers to sample.

During the event on August 8th, participants won't have to walk the plank, but they will need to walk along the canal path and find treasure cards to turn in at the registration tent. Participants will then be awarded their booty to help them continue to Eat Well and Play Hard for continuing summer fun.

Active families are healthy families. When adults are active along with children it improves everyone's health, strengthens relationships and sets a good example. By the time kids reach high school, 63% of children are no longer physically active. Being active builds healthy muscles, strengthens bones and helps maintain a healthy weight. It also reduces your family's risk of diabetes, heart attack and high blood pressure. JUST MOVE IT! Simple activities include:

taking a short walk, riding a bike, playing catch, visiting a park, going swimming, jumping rope or just playing outside.

If you would like more information on the Treasure Trail or the Eat Well Play Hard program check out our website at eatwellplayhardwayne.org, call Cornell Cooperative Extension at 315-331-8415 ext. 105 or email Kimberly Gardner at kag19@cornell.edu