



Get Fit, Franklin County

GET MOVING, A CALL TO ACTION

Franklin County in 2019* ...

80%

of Franklin County residents do not meet exercise guidelines

73%

of Franklin County adults are considered overweight or obese

22.5%

of Franklin County teens are considered overweight or obese

19.5%

of Franklin County children are considered overweight or obese

*2018-2019 Community Health Needs Assessment (CHNA) Report

What is Get Fit Franklin County?

A place of encouragement for all community members to live a more active lifestyle

Learn more about...

- ✓ Walking trails in your community
- ✓ A calendar of community health events
- ✓ Community Resources
- ✓ Explore an interactive map

Jump start a more active lifestyle!

- Biking groups
- Running groups
- Workouts on the go
- Low cost physical activity opportunities



SCAN HERE with your phone to learn more or visit our website at healthyfranklincounty.org, click Get Fit Franklin County

