

# Pumping your legs sure beats pumping gas

All over Essex County, people of all ages are rediscovering what every kid knows – how much fun it is to get out and get active. Pumping their muscles (instead of pumping gas!) doesn't just save money – it makes you healthier and is great for the environment.

Everyone can do it; plan now to fit 10 minutes or more of active-living time into your day. CWATS: see what's in it for you at [www.cwats.ca](http://www.cwats.ca)

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**Look for the blue signs and  
"Walk. Ride. County Wide!"**

