

The Let's Move! campaign, started by First Lady Michelle Obama, has an ambitious national goal of solving the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight.



Let's Move! will combat the epidemic of childhood obesity through a comprehensive approach that will engage every sector impacting the health of children and will provide schools, families and communities simple tools to help kids be more active, eat better, and get healthy.

www.letsmove.gov

Bureau of Land Management

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tread lightly!
(LEAVING A GOOD IMPRESSION)



- T**Travel & recreate with minimum impact
- R**espect the environment and the rights of others
- E**ducate yourself, plan and prepare before you go
- A**llow for future use of the outdoors by leaving it better than you found it
- D**iscover the rewards of responsible recreation



leave no trace

- Plan ahead and prepare
- Travel and camp on durable surfaces
- Dispose of waste properly
- Leave what you find
- Minimize campfire impacts
- Respect wildlife
- Be considerate of other visitors

Let's Move Outside!

your winter recreation *guide*



WYOMING

BLM



Cross-Country Skiing!

- The Viva Naughton Cross-country ski trail is located 16 miles north of Kemmerer, Wyoming. The trail offers 4 miles of groomed trail for beginner and intermediate skiers.
- The Bighorn, Medicine Bow-Routt and Black Hills National Forests also offer cross-country opportunities, as does Flaming Gorge National Recreation Area.

Snowmobiling!

- The crown jewel of Wyoming is the Continental Divide Snowmobile Trail, which covers over 350 miles on its way from Lander to Yellowstone National Park.
- The Viva Naughton Trailhead is 16 miles north of Kemmerer and provides access to 343 miles of groomed terrain in the Wyoming Range. This area offers deep snow, beautiful scenery and off-trail riding.

easy ways to **Move Outside!** *near Cheyenne*

- Build a snow fort or igloo!
- Go sledding down a hill
- Have a snowball battle
- Play tug-of-war in the snow (and try not to slip!)



- Build a snowman (don't forget the carrot nose!)
- Look for animal tracks in the snow
- Feed the ducks and birds
- Freeze colored water into ice, and have a scavenger hunt around the yard!



Snowshoeing!

- Snowshoeing anywhere in the state can be a wonderful experience for the whole family. The Bighorn Mountains and the Medicine Bow National Forest are popular destinations that offer stunning views and plenty of winter wildlife.

Ice Skating!

- Whether you prefer figure skating on a frozen pond, or a hockey game at an indoor facility, Wyoming has got you covered. A day on the ice is the perfect winter activity!

Swimming!

- In the Winter?!? Of Course! You can relax and enjoy the scenery in one of Wyoming's many hot springs!