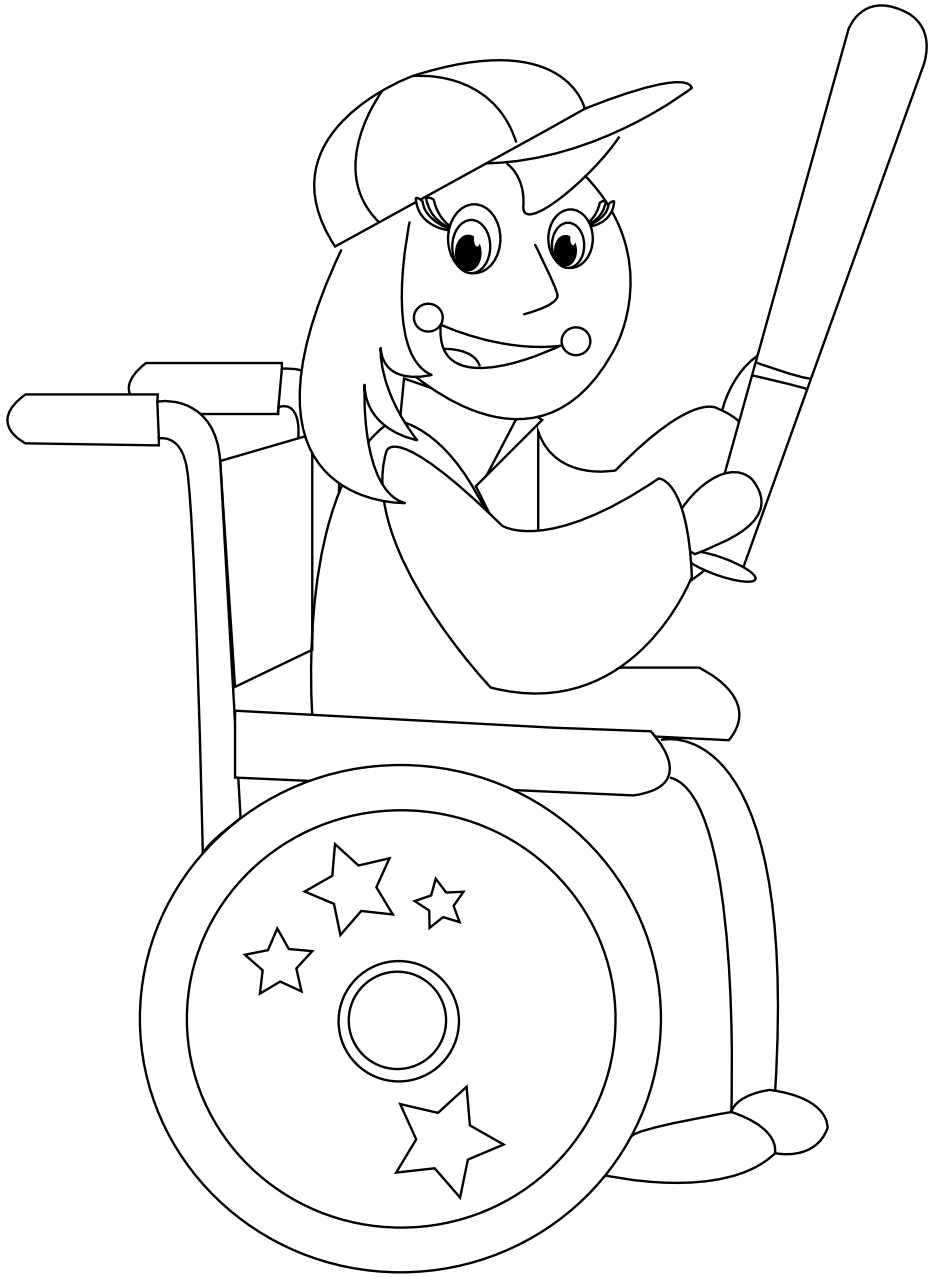


Live Healthy Gwinnett was launched in 2014 by Gwinnett County Parks and Recreation as a community-wide health initiative to encourage all Gwinnett residents to invest in personal wellness. The program encourages residents to make simple lifestyle choices such as eating more vegetables, increasing physical activity, and reducing stress.

The mission of Live Healthy Gwinnett is to promote positive change in the Gwinnett community that encourages people to: Be Active, Eat Healthy, Get Checked, and Be Positive. The partners of Live Healthy Gwinnett engage residents through year-round active programs and events, go online and check out what activities are near you!

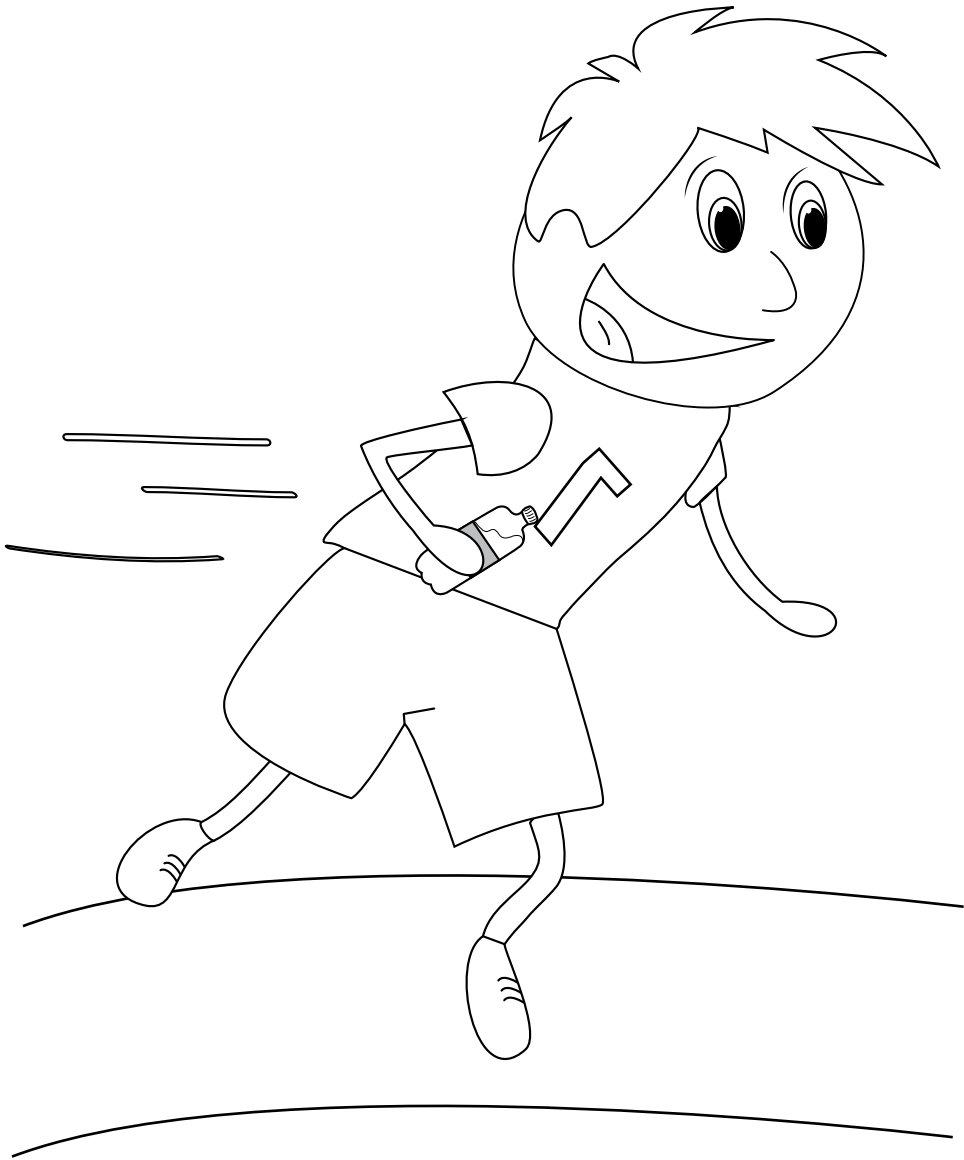




The park is a fun and safe place to be active for everyone!

Always wear your helmet when riding your bike!



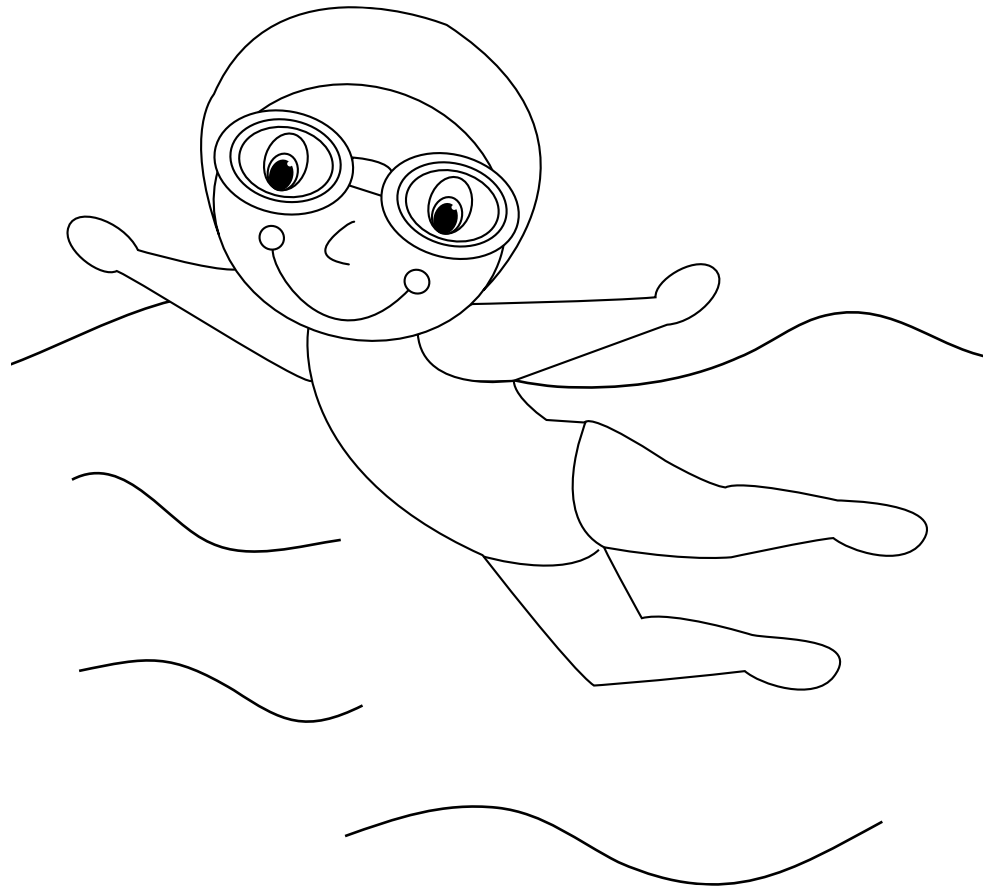


Water is the best drink
when you are being active!



Swing by the park
for some fun!





Pets needs physical activity too!
Why not go together?

Put a splash in
your daily routine!





How many times can you
jump rope in a row?



Be active for 60
minutes every day!



Pack veggies and fruits for a healthy snack at the park!

It's fun to play team sports, like soccer!

