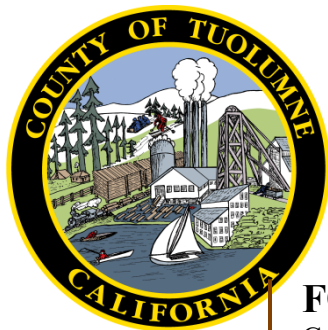




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FOR IMMEDIATE RELEASE

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November 15, 2024

New *Go Guide* for CalFresh-Eligible Residents Encourages Physical Activity Outdoors

SONORA, CA—The Tuolumne County Public Health Department's *CalFresh Healthy Living* program announces the availability of its new *Go Guide* aimed at encouraging physical activity in Tuolumne County's accessible outdoor spaces. The guide, created in partnership with members of the Tuolumne Thrives coalition, includes a map that highlights outdoor activities that can be enjoyed free of charge: hiking trails, playgrounds, lakes, dog parks and urban walks. The *Go Guide* also includes health tips, links to health resources and recipes for making flavored water.

"We're excited to offer this new resource to support CalFresh-eligible residents in regularly participating in physical activity since exercise is such an important part of maintaining good health," said Elizabeth Ramos, coordinator of the CalFresh Healthy Living program.

Among its many benefits, regular physical activity improves brain health, strengthens bones and muscles, and reduces a person's risk of disease. Moderate to vigorous physical activity is recommended for adults (30 minutes daily) and children (60 minutes daily).

Printed copies of the *Go Guide* are available at the County Public Health Department at 20111 Cedar Rd. N, Sonora, and will be distributed to Tuolumne Thrives partners for greater distribution. Elements of the *Go Guide* are viewable on the County Public Health Department's CalFresh Healthy Living web page, along with a downloadable PDF, at [Tuolumne County CalFresh Healthy Living Program](#).

CalFresh Healthy Living is part of the largest nutrition education program in the United States, *SNAP-Ed*, which promotes and supports healthy living through good nutrition, increased physical activity, and healthy community changes. About one-third of all Californians are eligible for CalFresh Healthy Living services. More information about the program is at <https://calfresh.dss.ca.gov/cfhl/>

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