

# Take a hike! (Or bike)

Whether you walk or ride, when you get moving, you'll get smiling. Even a short daily hike or bike can lift your mood. Lucky for you, Saline has comfy benches and sharp-looking bike racks (capacity: four bikes per rack) throughout our exercise-friendly town.

Details: [www.SalinePUPS.org](http://www.SalinePUPS.org)

**PUPS**

*Pick Up the Pace, Saline!*

