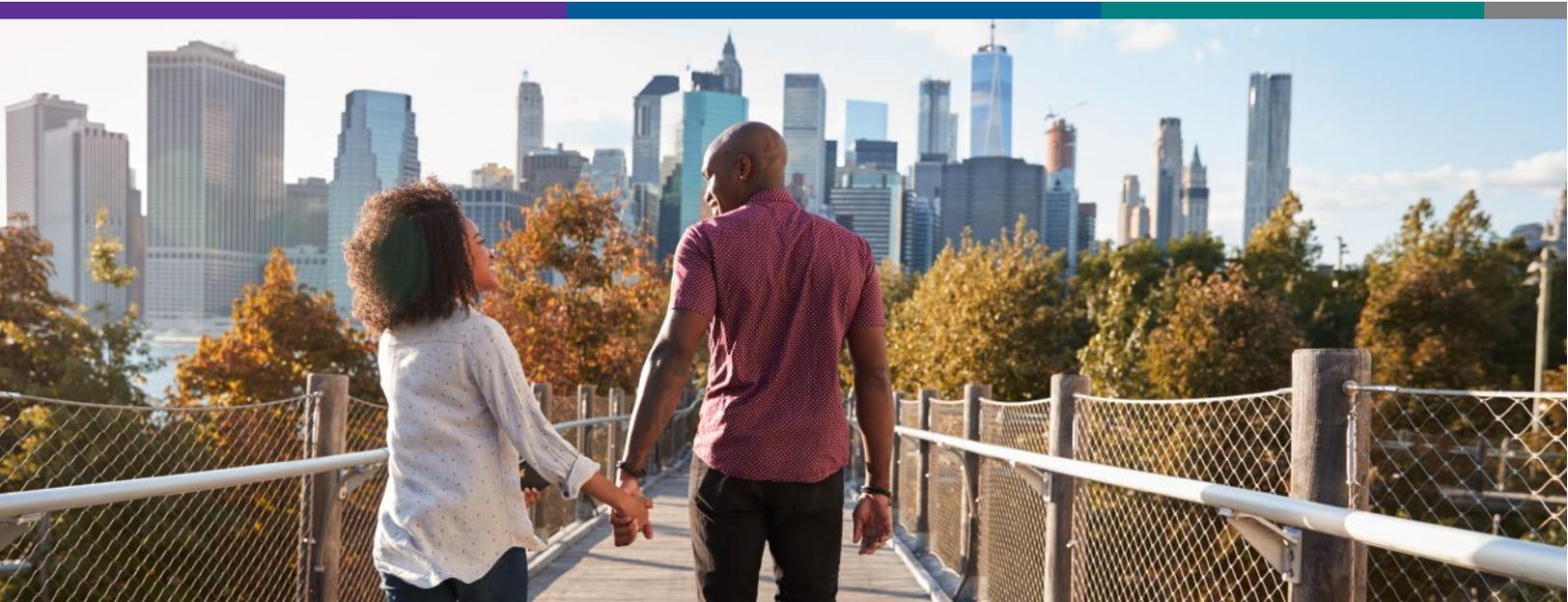


# Keep Your Daily Activity Fresh — Become a Local Tourist



Getting your steps in is important! Physical activity like walking will help keep your body healthy and your mind at ease.

Treading the same walking path each day can get a little ... well, boring. So let's keep things interesting! Try becoming a local tourist in your area.

---

## What's a Local Tourist?

The idea is simple. Instead of taking the same route each day for your usual walk, run, or bike ride, change it up. Let your location entice you to get moving by going to see things in your town that tourists would normally want to see. You could plan to see things you've already seen and love. Or you could plan to find something new with each adventure.

## What Kinds of Things Can I Do?

You name it! Find something walkable that sparks your interest. Discover things in your neighborhood, like:

- A town center
- A beautiful fountain
- A natural waterfall
- A scenic lookout point
- A hiking trail
- A historical landmark
- A park
- A waterfront boardwalk
- A farmers market
- An ancient cave
- A rock formation
- A beach
- A university track
- An artistic statue
- An old tree or cactus
- A public tribal site
- A famous building
- A breathtaking sunset view
- An interesting house in your neighborhood
- Whatever you would recommend visitors to see, go see it!

## Great! And Then What?

That part's up to you. You could find a new landmark in your area each week — even each day — and look forward to a new experience to keep things fresh.

Or, you might find you love a particular site so much that you want to keep going back. As long as it's getting your body moving, that's a great option too!

The goal is to find something to get you excited to head out for a walk, run, or bike ride. Your body and your imagination will thank you.

---

**Not a Livongo Member? See if you're eligible for personalized health support at [enjoy.livongo.com/new](https://enjoy.livongo.com/new).**