



# ERIE COUNTY IN MOTION CHECKLIST

- Visited an Erie County Park and used a path or trail
- Took the Erie County Parks Adventure Bus
- Participated in a free community fitness class
- Took the bus or train for a day instead of a car
- Participated in a group or self-guided (by foot, scooter, rollerblade, wheelchair, bicycle, skateboard, etc.)
- Went for a walk (by foot, scooter, rollerblade, wheelchair, bicycle, skateboard, etc.)
- Got moving during the workday (took the stairs, tried a desk workout, etc.)
- Currently own or have purchased, rented, or borrowed a bicycle or e-bike
- Joined a bike club or rode a bike with at least 1 other person
- Read about street safety
- Learned about bike repair
- Learned about bike safety
- Got a helmet or wore a helmet when biking, scooting, or skating
- Cooled off at a public water source like a lake, stream, pool, or splashpad
- Picked up essentials without a car
- Found a bike path
- Walked the mall or visited an indoor fitness facility (community gym, rock climbing, golf dome, etc.)
- Tried a winter activity (ice skating, sledding, snowshoeing, etc.)
- Visited an accessible playground or neighborhood playground
- Tried stretching, yoga, or tai chi



**Complete at least 5 of these activities for a chance to win 1 of 5 Erie County In Motion commuter bags.**

**Scan the QR code with your smartphone to learn more and to submit your checklist.**



[www.erie.gov/inmotion](http://www.erie.gov/inmotion)

For resources and links for each activity, visit: [erie.gov/inmotion](http://erie.gov/inmotion)



Erie County  
Department of  
Health



OFFICE OF HEALTH EQUITY  
[www.erie.gov/health-equity](http://www.erie.gov/health-equity)