



FFIT

Flambeau Fitness Incentive Team



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JOIN FFIT TODAY!

If you are interested in starting a walking plan or would like to get fitter and healthier or lose weight, then why not join the Flambeau Fitness Incentive Team!

Beginning this month, we'll begin recruiting people to be a part of the Flambeau Fitness Incentive Team (FFIT). The goal of FFIT is to get the word out of the positive impact regular physical activity can have on your health and lifestyle.

Take a look at these great health benefits.

- Losing Excess Pounds
- Preventing Heart Disease
- Decreasing High Blood Pressure
- Strengthen Your Bones
- Relieve Stress

Being a member of FFIT is simple. The more you walk the Flambeau Mine Nature Trails, the more you earn. Just write down the hours you've walked. When you've reached one of the Incentive milestones, send us your FFIT Journal and we'll send your fitness incentive award back to you.

Receive Incentive Awards at 20, 50, 500 and 1000 Hours!



TRAIL RULES

- Trails open from dawn to dusk
- No motorized vehicles of any kind
- Dogs are welcome if they are on a leash and under control at all times
- No horseback riding on Flambeau Mine Trails
- No hunting or fishing is allowed
- Always stay on marked trail.
- Trail maps can be found at the intersection of each trail

Copper Park Equestrian Trail Rules

- Please keep in mind that these trails are also used for horseback riding
- Horses have the right of way
- Keep right so others can pass
- Some horses may be spooked by quiet hikers, let them know you are passing
- Communicate. Let other trail users know how to pass your horse safely

Reclaimed Flambeau Mine Trails

Built in partnership with the city of Ladysmith, the Reclaimed Flambeau Mine Nature Trails offer four miles of beautiful walking trails. Located on nearly 150 acres, the site offers trails through grassland, woodland and wetland areas.

If you would like a change in scenery, the Copper Park Equestrian Trails are now open for hiking. The trails cover about 5 miles which are connected to the Flambeau Mine Site, about 1.5 miles south of Ladysmith on Highway 27. Developed in partnership

with the Flambeau Mining Company, the City of Ladysmith and the Flambeau Riders, these are the first public trails developed for equestrian use in Rusk County. Hikers are encouraged to use the trails as well.