

Geocaching ...

Worldwide Treasure Hunt

Getting started

Geocaching (pronounced Gee - O - casking) is a worldwide game of hiding and seeking treasure. A geocache (the treasure) can be placed anywhere in the world, its location can be pinpointed using GPS technology and the geocache's existence and location can be shared online.

Anyone with a GPS device can try to locate the geocache.

Easy steps to geocaching

1. Register at www.geocaching.com for a free basic membership.
2. Click "Hide and Seek a Cache."
3. Enter your postal code and click "Search."
4. Choose any geocache from the list and click on its name.
5. Enter the geocache coordinates to your GPS device.
6. Use your GPS device to help you find the hidden geocache.
7. Sign the logbook and return the geocache to its original location.
8. Share your stories and photos online.

Physical activity

- Improves health and well-being
- Reduces stress
- Strengthens the heart and lungs
- Increases energy levels
- Helps maintain and achieve a healthy body weight
- Improves your outlook on life

Research shows physical inactivity can cause premature death, chronic disease and disability.

Integrate physical activity into their everyday life; at home, at school, at work, at play and on the way ... that's active living!

For **children**, regular physical activity is essential for healthy growth and development.

For **adults**, it allows daily tasks to be accomplished with greater ease and comfort and with less fatigue.



Geocaching is a great way to stay physically active.

GPS devices can be borrowed

Lambton Public Health has six (6) GPS devices available to residents of Lambton County. If you are looking for a fun activity for service groups, workplace events or just a family outing, devices can be signed out **free** with proper identification.

If you are interested in geocaching contact Nadia Butchey, Health Promoter at Lambton Public Health. Call 519-344-2062 ext. 2119, or toll free 1-800-387-2882 for more information.