

Exercise Is Medicine

Learn More about the Cure



Physical Activity Guidelines for Adults

150 minutes
moderate-intensity
aerobic activity
every week

or

75 minutes
vigorous-intensity
aerobic activity
every week

or

Equivalent Mix
moderate and vigorous-
intensity
aerobic activity

and

and

Muscle Strengthening on **2+ days** every week

Benefits of Exercise

Improve ability to do daily activities and prevent falls

Reduce risk of cardiovascular disease

Reduce risk for type 2 diabetes and metabolic syndrome

Control weight

Reduce risk of some cancers

Improve mental health and mood

Strengthen bones and muscles

What should you do next?

Get active today & ask your Doctor about a

Park Prescription!

Sample Weekly Exercise

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> • 15 MINUTE WALK • 15 MINUTE WALK 	<ul style="list-style-type: none"> • 30 MINUTE BRISK WALK 	<ul style="list-style-type: none"> • 30 MINUTE BRISK WALK 	<ul style="list-style-type: none"> • WEIGHT LIFTING 	<ul style="list-style-type: none"> • 15 MINUTE WALK • 15MINUTE WALK 	<ul style="list-style-type: none"> • 30 MINUTE BIKE RIDE 	<ul style="list-style-type: none"> • WEIGHT LIFTING

Always remember to consult with your Doctor before beginning an exercise program