

Did you know.... ...Exercise is Medicine?

Ask your
Doctor about a
**Park
Prescription**
today and
come play!



Children's Physical Activity Guidelines

A combination of the following activities for 60 minutes each day!

**Aerobic
Activity**

**Muscle
Strengthening**

**Bone
Strengthening**

Benefits

↓
**Reduce
Risk of
Some Cancers**



**Improve
Mental Health**

↓
**Reduce Risk
of Type II
Diabetes**

🦷
**Increase
Bone Density**



**Improve
Mood**



**Strengthen
Muscle**

