

Ask your Doctor about a

Park Prescription

How much Physical Activity do you need?

150 minutes
moderate
aerobic activity

or

75 minutes
moderate
aerobic activity

or

Mix
moderate and
vigorous



Muscle
strengthening
**2+ days a
week**



Benefits of Exercise

- Improve Mental Health and Mood
- Improved Quality of Life
- Reduce Risk of Cardiovascular Disease
- Improve Ability to Perform Daily Activities
- Weight Control
- Strengthen Muscles and Bones
- Reduce Risk of Some Cancers
- Reduce Risk of Type II Diabetes

*Always remember to talk with your Doctor before beginning an exercise program
Try engaging in ten minutes or more of aerobic activity at a time for optimal health benefits*