

JOURNEY TO WELLNESS



Name: _____

Date: _____

WELLNESS ACTIVITY RECOMMENDATIONS	
<p>Aerobic Activities “Cardio” activities get you breathing harder and your heart beating faster.</p> <p><input type="checkbox"/> Go Walking <input type="checkbox"/> Go Cycling</p> <p><input type="checkbox"/> Go Dancing <input type="checkbox"/> Go Swimming</p>	<p>Strength Activities Strengthen your muscles (legs, hips, back, chest, abdomen, shoulders and arms).</p> <p><input type="checkbox"/> Yoga <input type="checkbox"/> Pilates</p> <p><input type="checkbox"/> Exercises that use your body weight for resistance (like push-ups, sit-ups, lunges and squats)</p>
<p><input type="checkbox"/> Go to a local park-visit MiamiDade.gov/parks to find locations and activities near you.</p> <p><input type="checkbox"/> Take a healthy lifestyle class _____.</p> <p><input type="checkbox"/> Other: _____.</p>	

***Note:** Adults need at least two hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week, and muscle-strengthening activities on two or more days a week. Children need one hour or more of physical activity every day.

Go to a local park. Take a healthy lifestyle class!

Provided by: _____

Print

Signature: _____



**Please consult your health care provider before beginning any exercise program. This is especially important for people over the age of 35 and for those with any pre-existing health conditions. Discontinue any exercise that causes pain, severe discomfort, nausea, dizziness or shortness of breath, and consult a medical expert immediately.*