JOURNEY TO WELLNESS

Name: ___________________________          Date: ____________________

## WELLNESS ACTIVITY RECOMMENDATIONS

<table>
<thead>
<tr>
<th>Aerobic Activities</th>
<th>Strength Activities</th>
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<tbody>
<tr>
<td>“Cardio” activities get you breathing harder and your heart beating faster.</td>
<td>Strengthen your muscles (legs, hips, back, chest, abdomen, shoulders and arms).</td>
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</tbody>
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- [ ] Go Walking
- [ ] Go Cycling
- [ ] Go Dancing
- [ ] Go Swimming
- [ ] Yoga
- [ ] Pilates
- [ ] Exercises that use your body weight for resistance (like push-ups, sit-ups, lunges and squats)

- [ ] Go to a local park-visit MiamiDade.gov/parks to find locations and activities near you.

- [ ] Take a healthy lifestyle class

- [ ] Other:

*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: ___________________________________________  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.