Congratulations on deciding to increase your physical activity!
Your goal is to do 1 or more hours of physical activity each day.

Start with: _______________ minutes _______ days per week
Gradually increase to: _______________ minutes _______ days per week

Take a trip to your local park, go in the backyard or outside in your neighborhood
and try the following activities. Or... create your own outdoor adventure!

- Family walk
- Dancing
- Plant in a garden
- Sports such as basketball or soccer
- Nature Walk (www.parkandrec.com)
- Hopping, skipping and jumping rope
- Running
- Bicycle riding with helmet
- Skating with helmet
- Swimming
- ____________________
- ____________________
- ____________________
- ____________________
- ____________________
- ____________________
- ____________________
- ____________________
- ____________________
- ____________________
- ____________________

We will review this plan at your next visit in _______ weeks/months.

_________________________________________________
Health Care Provider Signature