



You're welcome here



Name _____

Date _____

Prescription:

**Spend at least 2.5 hours
per week at a park or trail
near you**

The Physical Activity Guidelines recommend at least 150 minutes of physical activity per week for adults and 1 hour of physical activity per day for children ages 6-17 years.



**Scan the QR code or
visit parkrx.org for
more information.**