

Active Lifestyle Resource Sheet

From www.HealthyTransitionsLA.org

Keep Moving and Stay Active!

Fitting activity into a daily routine can be easy, as simple as a quick 10 minute walk or an exercise class. Choose activities that you enjoy and can do regularly. Every little bit – from indoor exercises to outdoor sports – adds up and doing something is better than doing nothing! There are also free and low-cost opportunities and classes at many parks and community centers.

You should aim to do at least 60 minutes of physical activity each day. Adults need both aerobic and muscle strengthening activities on 2 or more days per week for a total of at least 150 minutes per week.

CONTACTS/LINKS

[TeensHealth – Exercise and Fitness](#)

- [Easy Exercises for Teens:](#)
- [Exercise Log](#)
- [Choosing the Right Sport for You](#)

[LA County Cardiovascular Health Strength Training and Stretching Guide](#)

Strength training can be done simply, with just a few pieces of equipment. This guide will show you how to do fourteen common exercises and eleven stretches with illustrations.

[Basic Pilates Slideshow](#)

All of these exercises can be done in a small, indoor space without equipment. The movements should be slow and careful. Pay attention to your body position instead of trying to do the exercise quickly.

[How to Do Basic Exercises the Right Way](#)

The exercises in this slideshow are effective if they are done correctly. You might hurt yourself if you do them wrong. It's best to do these exercises slowly and carefully. Most of these exercises can be done without equipment.

[City of Los Angeles Department of Recreation and Parks Online Activity Catalog](#)

This search engine can help you look up available programs by recreation center, zip code, or activity.

Keep Moving and Stay Active! (continued)

CONTACTS/LINKS

LA County Public Parks

- **Baseball:** www.laparks.org/dos/sports/baseball.htm
- **Basketball:** www.laparks.org/dos/sports/basketball.htm
- **Football:** www.laparks.org/dos/sports/flagfootball.htm
- **Hiking:** www.laparks.org/info/hiking.htm
- **Skate:** www.laparks.org/dos/parks/skateparks.htm
- **Softball:** www.laparks.org/dos/sports/softball.htm
- **Swimming Pools:**
 - **All year:** www.laparks.org/dos/aquatic/yr_round.htm
 - **Summer only:** www.laparks.org/dos/aquatic/summerPool.htm
- **Tennis:** www.laparks.org/dos/sports/tennis.htm

[Centers for Disease Control and Prevention - Videos: Physical Activity for Everyone](#)

These short videos show you how to do muscle strengthening exercises properly. The videos also include introductions to equipment you'd find in any gym.

[Low Impact Indoor Cardio Exercises](#)

Some days, you might not have time for a walk or outdoor sports. You can still get your heart rate going with these indoor exercises. Pair them with some strength-training exercises for a well-rounded workout.

Special Needs – Rancho Los Amigos National Rehabilitation Center

- Resource for children with special needs
- Courses in healthy cooking and eating, and stress management
- Fitness classes such as dance, exercise, and sports
- [Wellness Center Information Sheet](#)

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