

THE
TRUST
For
OUR
LAND

Fitness Zone Photos

THE TRUST *for* PUBLIC LAND

LAND FOR PEOPLE



Azuza, CA



Azuza, CA



Silverman Park, CO



Miami, FL



Miami, FL



Newark, NJ



Newark, NJ

FITNESS ZONE

Congratulations on choosing a healthy lifestyle!

GET ACTIVE

Try to be active every day. Even if you've never exercised or haven't exercised in many years, you can benefit from fitness at any age.

BEFORE YOU START

- Start slowly. Warm up for 5 to 10 minutes with easy stretching or brisk walking.
- Take it easy. Moderate exercise can benefit you as much as intense exercise.
- Read and understand all exercise instructions.

A COMPLETE EXERCISE PROGRAM INCLUDES 3 TYPES OF ACTIVITY:

- 1 AEROBIC EXERCISE** (minimum 30 minutes a day)
 - Any activity that raises your heart rate
 - Uses the large muscles of the body (arms, legs, back)
 - Decreases risk of chronic disease
 - Helps you lose weight
- 2 STRENGTH-BUILDING** (minimum 10 minutes a day)
 - Increases strength
 - Improves balance
 - Increases bone density
- 3 STRETCHING** (minimum 5 to 10 minutes a day)
 - Loosens stiff joints
 - Lengthens and loosens muscles

Fitness Zones are a project of The Trust for Public Land to help communities get fit and stay healthy.
tpl.org/fitnesszones



The
Miami
Foundation
For A Greater Miami



MetLife Foundation



miamidade.gov



FITNESS ZONE

WELCOME TO YOUR **JESSE ALLEN PARK** FITNESS ZONE!

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MetLife Foundation

Welcome to the County of Los Angeles Parks Fitness Zone!

YOU MUST BE 14 YEARS OLD AND ABOVE TO USE THIS EQUIPMENT.

GET ACTIVE

Try to do more activity every day. Even if you've never exercised or haven't exercised in many years, you can benefit from fitness at any age. Getting fit is good for your health and good for you.

Before You Start

- Talk with your doctor about how much exercise is right for you.
- Start slowly. Warm up for 5 to 10 minutes by doing easy stretching or brisk walking.
- Take it easy. Moderate exercise can benefit you as much as intense exercise.
- Read and understand all exercise equipment instructions.
- This equipment is intended for ages 14 and above.

A Complete Exercise Program Includes Three Types of Activity

- Aerobic exercise (work up to at least 30 minutes a day)
 - Is any activity that raises your heart rate.
 - Uses the large muscles of the body (arms, legs, back).
 - Decreases risk of chronic diseases.

- Helps you lose weight.
- Strength-building (work up to at least 10 minutes a day)
 - Increases muscle mass.
 - Increases strength.
 - Helps improve balance.
 - Increases bone density.
- Stretching (work up to at least 5 to 10 minutes a day)
 - Helps loosen stiff joints.
 - Lengthens and loosens muscles.

LET'S GET STARTED!

Ways to Increase Your Physical Activity

Increasing your activity is easier than you think.

Everyday Light Physical Activities


- Walk at lunch or after dinner.
- Do yard work.
- Get off the bus a stop early and walk.
- Go dancing.

Everyday Moderate Physical Activities


- Walk stairs for 15 minutes.
- Play basketball for 30 minutes.
- Jump rope for 15 minutes.
- Swim laps for 20 minutes.

Sample Workout


Sit up
Do 10 times, rest, and repeat 3 times



Leg press
Do 10 times, rest, and repeat 3 times



Pull up
Do as many as you can, rest, and repeat 3 times



Chest press
Do 10 times, rest, and repeat 3 times



Lat pull down
Do 10 times, rest, and repeat 3 times



Fitness Zones are a project of The Trust for Public Land to help communities get fit and stay healthy. This Fitness Zone is sponsored by Los Angeles County Supervisor Don Krabe, Kaiser Permanente, Los Angeles County Parks and Recreation, and UniHealth Foundation. For more information visit www.tpl.org/fitnesszones



¡Bienvenidos! County of Los Angeles Parks Fitness Zone

USTED DEBE TENER 14 AÑOS O MAS PARA UTILIZAR ESTE EQUIPO.

COME BIEN

Comer bien puede ayudarte a mejorar tu salud y a disminuir tu riesgo de algunas enfermedades, tales como las enfermedades del corazón, diabetes, alta presión de la sangre y cáncer.

La pirámide de los alimentos es una guía útil para poder elegir una variedad de alimentos nutritivos y bajos en calorías tales como:

Granos enteros

Elige carbohidratos de granos enteros, pan y cereales integrales, arroz integral, pastas integrales, frijoles, chicharos y lentejas.

Frutas y verduras

Comer muchas frutas y verduras es parte importante de una dieta saludable. Come diferentes colores de frutas y verduras todos los días.

Proteínas magras

Consuma menos carnes rojas (res, cerdo y cordero). Come carne roja sólo una o dos veces al mes. Come más pescado, pollo o pavo sin piel. Otras fuentes de proteínas saludables incluyen los frijoles, chicharos, lentejas, nueces, semillas y los productos hechos a base de soya (tofu, leche de soya).

Lácteos

Los productos lácteos bajos en grasa (*low-fat*) (con 1 por ciento) or sin grasa (*fat-free*) son una buena fuente de proteína y calcio.

Grasas saludables

Limita las grasas saturadas (mantequilla, manteca, tocino, la grasa de la carne) y evita las grasas trans. Elige grasas saludables tales como los aceites de oliva, soya o linaza.

¿Cuánto debo comer?



¿Qué es el índice de masa corporal?

El índice de masa corporal (IMC) es una medida que sirve para saber si una persona tiene un peso normal o sobrepeso según tu estatura y peso.

Tabla de IMC para adultos

Para usar la tabla del IMC, busca tu estatura en la columna a mano izquierda. Después sigue a lo ancho de la tabla hasta que encuentres tu peso. El número en la parte superior de la columna que dice IMC es tu índice de masa corporal. La tabla da números redondos.

- Desnutrición = IMC menor de 19
- Peso normal = IMC de 19 a 24.9
- Sobrepeso = IMC de 25 a 29.9
- Obesidad = IMC igual o mayor de 30

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height (Inches)	Body Weight (pounds)																
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	196	204	210
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

Los parques Fitness Zones son un proyecto del The Trust for Public Land cuyo objetivo es ayudar a los miembros de la comunidad a ponerse en buena forma física y mantenerse saludables. Este parque Fitness Zone fue patrocinado por el supervisor del condado de Los Angeles Don Krabe, Kaiser Permanente, Los Angeles County Parks and Recreation y UniHealth Foundation. Para mayores informes visita www.tpl.org/fitnesszones

