



# PHYSICAL ACTIVITY MANUAL

UC San Diego  

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HEALTH SYSTEM





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## WELCOME

Welcome to the Physical Activity Manual! This packet is for **beginner** and **intermediate** exercisers who are interested in getting more active. The manual is comprised of guides for various exercises and their benefits. You will be able to explore the manual to learn about **local resources, easy fitness plans, goal setting skills, and general tips to help you become more physically active.** We have created a simple and comprehensive manual that can be easily accessed and navigated.

From this manual, we hope that you gain:

- Motivation and confidence to pursue physical activity
- Tools to help you set goals, anticipate barriers, and monitor progress
- Knowledge of the various types of safe and effective exercises as well as their benefits
- Information about local areas and resources to explore
- An understanding of the importance of our initiative, Exercise is Medicine (EIM)

Our goal is to help patients adopt a healthier lifestyle with a focus on achieving **at least 150 minutes of moderate aerobic physical activity per week.** The manual will help support and supplement our mission. To help you achieve this goal this manual contains tips/suggestions for overcoming common barriers related to starting and maintaining a physically active lifestyle.



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Insufficient physical activity is a leading risk factor for most chronic health conditions. Identifying patients at higher risk of these conditions due to their insufficient levels of physical activity is one of the highest priorities for improving the health of the US population. Given the evidence, insufficient physical activity poses as much of a risk to patients' health as other established risk factors that are routinely addressed within the primary care setting (e.g., smoking, hypertension, obesity). The increase in health problems due to this lack of exercise also creates a significant and avoidable financial burden on the healthcare system. **Exercise is Medicine (EIM)** is a global health initiative managed by the American College of Sports Medicine (ACSM) that is committed to the belief that physical activity is integral to the prevention and treatment of diseases and should be regularly assessed as a vital sign and "treated" in the healthcare setting. Your physician is leading this charge by discussing the importance of exercise with you during your visit, writing a specific exercise prescription for you, and giving you this manual as a resource for physical activity.

### **Benefits of EIM**

- Identify insufficient physical activity
- Evaluate readiness for change
- Provide recommendations for change
- Identify barriers
- Tailor recommendations for physical activity to unique patient needs
- Coordinate care
- Provide knowledge or information
- Follow up on progress
- Raise awareness between patient and physician
- Provide motivation
- Ensure that physical limitations and conditions are taken into account
- Play a central role in physical activity promotion
- Provide support for maintenance of physical activity
- Regular monitoring of changes in physical activity

## GENERAL EXERCISE GUIDELINES

Gradual progression of **exercise time, frequency, and intensity is recommended for best adherence and lowest injury risk**. Experts representing the American College of Sports Medicine, American Heart Association, and other leading groups in the field of exercise and health created the following general guidelines for adults to maintain fitness and achieve optimal health. We recommend **gradually working toward these guidelines**, not attempting to meet them overnight! Each person is different and starting from a different baseline level of activity, so avoid comparing yourself to others as you work toward your own exercise goals. Evaluate where you are, be honest with yourself, and **try to increase your efforts by approximately 10 minutes every week to work toward your goal**.

**Hydration is key!** Staying well-hydrated when exercising is important, so make sure to sip water throughout the day and during longer workouts. A good rule to follow is to drink half of your body weight in ounces of water. For example, if you weigh 150 pounds drink 75 ounces of water a day.

### **Cardiorespiratory Exercise:**

30-60 minutes of moderate-intensity exercise (*five days per week*)

OR

20-60 minutes of vigorous-intensity exercise (*three days per week*)

OR

a combination of the two intensities and times above

### **Strengthening Exercise:**

Train each major muscle group *two or three days* each week using a variety of exercises and equipment. Wait at least 48 hours between resistance training sessions.

Two to four sets of one of the following-

- 8-12 repetitions to improve strength and power
- 10-15 repetitions to improve strength in persons starting exercise
- 15-20 repetitions to improve muscular endurance

### **Flexibility Exercise:**

Flexibility exercises should be done at least *two or three days* each week to improve range of motion. Flexibility exercise is most effective when the muscle is warm.

- Each stretch should be held for 10-30 seconds to the point of tightness or slight discomfort.
- Repeat each stretch two to four times, accumulating 60 seconds per stretch

### **Neuromotor Exercise:**

Neuromotor exercise (sometimes called “functional fitness training”) involves motor skills (i.e., balance and coordination) and multifaceted activities (i.e., tai chi and yoga).

- *2-3 days* per week of 20-30 minute sessions

## WEEKLY SAMPLE PLANS (By Fitness Level)

Following are sample plans created with an emphasis on implementing **aerobic, strength, and stretching** exercises into daily life. These are examples, but please feel free to choose from the variety of exercises. Your fitness level will depend on the frequency of your workouts. For example, if you have not been physically active, you should start your plan at the beginner level and work your way up. To adjust, slowly **let your body become acquainted** with exercising. If you stay consistent and motivated, physical activity will become a part of your daily life. Keep in mind that you can **break up** and **accumulate** the workouts (minimum of 10 minutes) with the same benefits. If you are unfamiliar with some of the activities please refer to the table of contents for detailed explanations of unique exercises. Later in this manual you will find resources to help you create your own weekly routine.

### Beginner:

- Sunday: 20 minutes of Strength training (resistance band exercises)
- Monday: 20 minutes of Cardio (Brisk walking)
- Tuesday: 20 minutes of Strength training (body weight exercises)
- Wednesday: 20 minutes of Cardio (Swimming)
- Thursday: 30 minutes of Stretching
- Friday: 20 minutes of Cardio (Basketball)
- Saturday: 30 minutes of Stretching

### Intermediate:

- Sunday: 35 minutes of Cardio (Bicycling)
- Monday: 30 minutes of Stretching
- Tuesday: 35 minutes of Cardio (Brisk Walking)
- Wednesday: 20 minutes of Cardio (Swimming)
- Thursday: 30 minutes of Strength training (Circuit training)
- Friday: 30 minutes of stretching
- Saturday: 30 minutes of Strength Training (weights)

### Advanced:

- Sunday: 30 minutes of Cardio (swimming)
- Monday: 20 minutes of Cardio (jogging) + 30 minutes of strength training (body weight)
- Tuesday: 30 minutes of stretching
- Wednesday: 20 minutes of Cardio (bicycling) + 30 minutes of strength training (circuits)
- Thursday: 30 minutes of Cardio (elliptical)
- Friday: 30 minutes of Cardio (tennis) + 30 minutes of strength training (dumbbells)
- Saturday: 30 minutes of Stretching

## SCREENING QUESTIONS

This manual describes various exercises and their benefits. You should be able to adapt your fitness plans to fit your daily life. Also, be sure to consult with your primary care physician about your exercise plans and any problems you may face.

The questions below will help you evaluate your current activity levels. You can revisit these questions periodically to help you track your improvements and set new goals.

**First, answer these two questions:**

1. On average, how many days per week do you engage in moderate to strenuous exercise (like a brisk walk)? \_\_\_\_\_ days
2. On average, how many minutes do you engage in exercise at this level? \_\_\_\_\_ minutes

**Then, multiply these two numbers together to determine the number of minutes per week you are currently exercising.**

To increase safely and gradually, the American College of Sports Medicine (ACSM) recommends that you complete an additional 10 of minutes each week until you reach the goal of *150 minutes per week of moderate* physical activity OR 75 minutes of *vigorous* physical activity OR a combination of the two minutes/intensities.





## EXERCISE BASICS

### Make a Plan:

- Start slow and work your way up ***gradually***
- Set a ***reachable*** goal
- ***Anticipate*** the challenges and obstacles that might get in your way (e.g., limited time!)
- ***Think*** through how to overcome challenges before you start
- ***Mark*** your calendar
- ***Monitor*** your progress (e.g., count your steps, count your minutes)

### The Goal for Aerobic Exercise:

*Guidelines for a healthy lifestyle recommend accumulating at least 150 minutes of moderate intensity physical activity, 75 minutes of vigorous exercise, or a combination of the two, each week. Key aspects of these guidelines include:*

- ✓ Accumulate minutes of exercise in  $\geq 10$ -minute increments
- ✓ Moderate (150 min/week) OR vigorous (75 min/week) intensity
- ✓ Majority of the days of the week (i.e., ~5 days a week)

### What do you mean, ‘Accumulate’?

- You don’t have to do all of your activity all at once – you can **split up your activity time into blocks** of as little as **10 minutes** each if you have time constraints.
- Every minute of engaging in activity adds up, and the benefits are the same!

### What do you mean, ‘Moderate Intensity’?

- You feel **warm**, your **breathing increases**, your **heart rate goes up!**
- You can do lots of activities at moderate intensity, including biking, dancing, gym/weight training, swimming, walking, power yoga, weight training...
  - As long as you are doing moderate intensity activity, you will get health benefits.

### What do you mean, ‘Vigorous Intensity’?

- During **HARD** activity you will feel **quite warm and out of breath**, and during **VERY HARD** activity you will experience **labored breathing and a very fast heart rate**.
- If you engage in vigorous activity, you only need to do half the number of minutes of exercise to obtain the same benefits as moderate intensity activity.
  - You could accumulate **75 minutes/week of vigorous activity** or even do a combination of moderate and vigorous activity to meet the guidelines.
    - For example: **45 min vigorous + 60 min moderate = 150 min total**

### Wait, how many days??

- You will maximize your benefits from exercise if you engage in at least some type of activity every single day.
  - Remember that **even 10 minutes of activity counts** – just get moving!
- Getting some activity every day will help you to develop a habit. You can gradually increase your time and intensity, but the **daily habit** will help you to stick with your goals.

## LIGHT VS. MODERATE VS. VIGOROUS ACTIVITY

**Question:** How do I know if my activity is in the light, moderate, or vigorous intensity range?

**Answer:** You will usually know simply by how difficult it feels (vigorous feels hard or very hard relative to moderate, which still feels like work relative to light activity), but sometimes you might feel uncertain. Below are a couple of tools to help you figure it out.

**1. Use the Rating of Perceived Exertion (RPE) scale.** This scale ranges from **6 to 20**, which coincides with your heart rate after multiplying it by 10 (e.g., RPE of 6 = heart rate of 60).

| RPE # | Feeling + Breath  |
|-------|---|
| 6     | No Exertion   |
| 7     | Very Light  |
| 8     |   |
| 9     |   |
| 10    | Fairly Light  |
| 11    | <ul style="list-style-type: none"> <li>• Deeper but comfortable breathing</li> <li>• Able to hold a conversation</li> </ul> |
| 12    | Somewhat Hard Activity  |
| 13    |   |
| 14    |   |
| 15    | Hard Activity   |
| 16    | <ul style="list-style-type: none"> <li>• Starting to breathe hard</li> <li>• Getting uncomfortable</li> </ul>               |
| 17    | Very Hard Activity  |
| 18    |   |
| 19    | Extremely Hard Exertion   |
| 20    | Maximum Exertion  |

**2. Check your heart rate.** Calculate your personal target heart rate range for moderate intensity exercise:  
**(220-age x .64) and (220-age x .76)**

Target Heart Rate Range: \_\_\_\_\_ to \_\_\_\_\_

**Calculate your heart rate or use the RPE scale:**

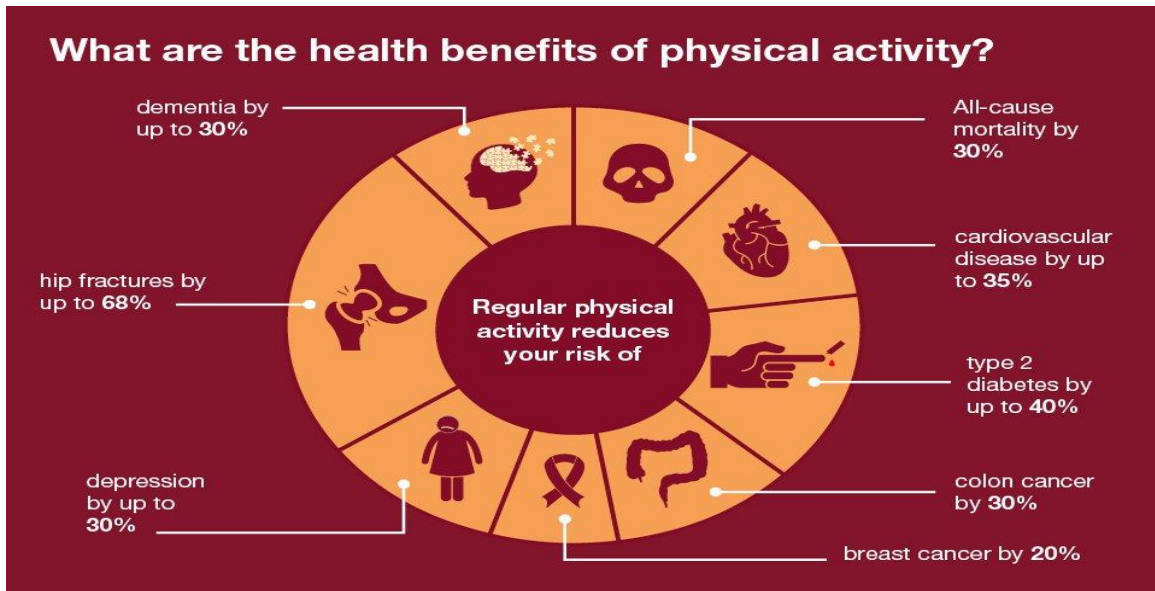
- Before exercise
  - **What is your baseline?**
- During exercise
  - **Are you in the zone?**
- After you cool down
  - **Did you recover back to baseline?**

**3. Use the talk test.** The talk test is a simple way to measure relative intensity. In general, if you're doing moderate intensity activity you can talk but not sing or talk continuously without taking a breath during the activity. If you're doing vigorous intensity activity, you will not be able to say more than a few words without pausing for a breath.

| Age | Maximum HR | 50 percent | 75 percent | 85 percent |
|-----|------------|------------|------------|------------|
| 20  | 200        | 100        | 150        | 170        |
| 25  | 195        | 98         | 146        | 166        |
| 30  | 190        | 95         | 142        | 161        |
| 35  | 185        | 93         | 138        | 157        |
| 40  | 180        | 90         | 135        | 153        |
| 45  | 175        | 88         | 131        | 149        |
| 50  | 170        | 85         | 127        | 144        |
| 55  | 165        | 83         | 123        | 140        |
| 60  | 160        | 80         | 120        | 136        |
| 65  | 155        | 78         | 116        | 132        |
| 70  | 150        | 75         | 113        | 127        |
| 75  | 145        | 72         | 108        | 123        |
| 80  | 140        | 70         | 104        | 119        |
| 85  | 135        | 68         | 101        | 115        |

### THE BENEFITS OF EXERCISE

Getting and staying fit is one of the best things you can do for your overall health and well-being. The benefits of exercise aren't just physical – they are also psychological. Below are just a few of the countless benefits of exercise.



Everyone is unique and might be interested in different benefits of exercise. List the ways you think that exercise will benefit YOU. Keep in mind that exercise has both immediate/short-term benefits (e.g., a boost in mood and energy after exercising) and long-term benefits (e.g., a lower risk of cardiovascular disease after years of regularly exercising).

#### My Personal Benefits

**Example:** It will help me develop a more regular daily schedule.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## GOAL-SETTING

Setting goals is a great way to stay motivated and on track. Formally stating a goal makes developing a plan for action easier and can make you less likely to give up when you hit setbacks. Using the **SMART(ER)** criteria for goal-setting is a useful way to make sure you are setting beneficial goals that will pave the way to success.

Generally, setting the frequency of an exercise goal, even if at a low level (ex. 5 min. on the exercise bike or walking outside your house) helps to establish the habit of exercise. Committing to establishing this time is critical to many who struggle to start exercising. Once you have established a habit of exercising, expanding the time and intensity of exercise becomes easier.

**Think about how you might apply the SMART(ER) strategies to set and review your own personal goals:**

**Specific:** Be as specific as possible with your goal setting. The more you are able to visualize and describe your goal(s), the easier it will be to achieve.

**Measurable:** Choose a precise and measurable goal like “walk one mile without stopping by June 15<sup>th</sup>,” rather than something vague like “improve my fitness within the next three months.”

**Achievable:** Ambitions should be realistic or you may become frustrated. Aim high with your goals, but make sure they are not overwhelming.

**Relevant:** Set a goal that will keep you motivated! Think about the personal significance the goal has for you right now. The more interested and excited you are to accomplish the goal, the easier it will be.

**Time Bound:** All tasks need to have a specific deadline to keep you on track. Think about when you will begin working on your goal, when you will achieve your goal, and when you are looking forward to achieving your goal.

-----  
**After the time for reaching your goal has passed, you should review your goal and whether you achieved it or made progress toward it.**

**Evaluate:** You can evaluate whether or not you achieved the goal you made by comparing your measurable criteria to the exercise you completed (tracked via self-monitoring described in the next section).

**Reward OR Revise:** If you met your goal, don't forget to reward yourself for your efforts and achievements! This will help you to maintain your motivation and continue to set goals in the future. On the other hand, if you did not meet your goal you may want to consider revising it to help ensure that your goal is still attainable. Perhaps you encountered an unanticipated barrier or you realized that your goal was not relevant for you after all? That's okay – it's all part of the learning process. Revising your goal can set you up for success on your next try. Don't forget to revise your timeline so that you know when to check back in on your goal again.

## SETTING YOUR OWN GOALS

Take some time to think about **two long-term exercise goals** you want to achieve. Use the **SMART(ER) criteria** when deciding what you would like to achieve.

### Long-Term Goals

**Example:** Run the Padres 5K on March 10<sup>th</sup>, 2019.

1. \_\_\_\_\_
2. \_\_\_\_\_

Next, for each of the long-term goals you've stated above, set two short-term goals that will help you achieve these longer-term goals.

### Short-Term Goals

**Example Long-Term Goal:** Run the Padres 5K on March 10<sup>th</sup>, 2019.

Short-Term Goals for Example Long-Term Goal:

1. Walk 3 days/week for 20-30 min each for the next 8 weeks (Oct–Nov 2018)
2. Walk/jog 4 days/week for 30-40 min each for the following 8 weeks (Dec-Jan)
3. Jog 5 days/week for 20-30 min each for the remaining 6 weeks (Feb-race day)

**Long-Term Goal #1:** \_\_\_\_\_

Short-Term Goals for Long-Term Goal #1:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

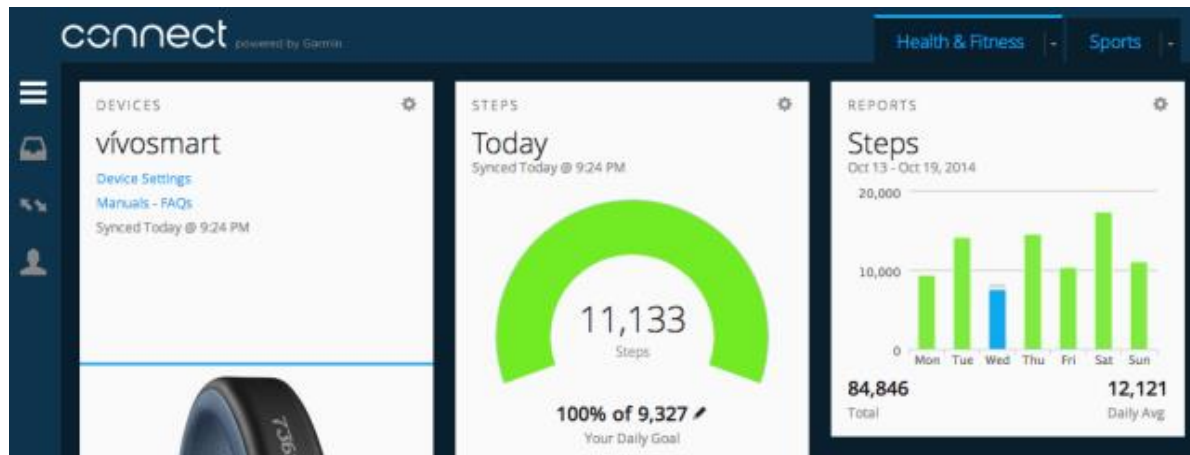
**Long-Term Goal #2:** \_\_\_\_\_

Short-Term Goals for Long-Term Goal #2:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## SELF-MONITORING

Self-monitoring simply means **tracking your own behavior** by recording it and then periodically evaluating it. Research shows that self-monitoring is one of the most, if not **THE most**, effective strategies for changing behaviors such as exercise. You can record it using the good old-fashioned paper-and-pencil technique or with some form of technology (e.g., activity tracker, app, text messages, spreadsheet). Self-monitoring your own behavior **raises your awareness, holds you accountable, enables you to check your progress, and increases your motivation to change.**



### How to get started

After setting your goals and completing your exercise every week you can track your progress using self-monitoring strategies. Comparing your goals to your actual activity can be important in monitoring your progress and modifying your goals if necessary. Use the table on the following page or another comparable method of self-monitoring on your own device, such as the ones pictured here (e.g., fitbit, Garmin Connect).



**GOAL-SETTING & SELF-MONITORING TABLE**

| <b>Day of the Week</b> | <b>Time of Day</b> | <b>Duration</b> | <b>Type of activity</b> | <b>Where and with whom</b> | <b>Goal Met?</b> | <b>Actual activity completed</b> |
|------------------------|--------------------|-----------------|-------------------------|----------------------------|------------------|----------------------------------|
| <b>Monday</b>          |                    |                 |                         |                            |                  |                                  |
| <b>Tuesday</b>         |                    |                 |                         |                            |                  |                                  |
| <b>Wednesday</b>       |                    |                 |                         |                            |                  |                                  |
| <b>Thursday</b>        |                    |                 |                         |                            |                  |                                  |
| <b>Friday</b>          |                    |                 |                         |                            |                  |                                  |
| <b>Saturday</b>        |                    |                 |                         |                            |                  |                                  |
| <b>Sunday</b>          |                    |                 |                         |                            |                  |                                  |

## BARRIERS

Integrating daily physical activity can be challenging, especially when first starting. Various situations can stop you from becoming active, such as being sick or having a busy day. These are called barriers. We classify barriers into two different types: **internal** and **external**.

- **Internal Barriers:** low motivation, fatigue, lack of confidence, or frustration
- **External Barriers:** lack of time, poor social support, limited finances, bad weather

Barriers are bound to happen in daily life, but the way we address them can make the difference between letting them get the best of us and achieving effective/rewarding results. If we can anticipate and think through barriers and plan for potential solutions before they happen, we can prevent them from getting in our way. **Identifying potential barriers and developing strategies to overcome them will help you stay on track when life happens.** Below is a list of common barriers and solutions to help you think about your own barriers and how to approach them.

Remember too that when trying to establish a new behavior many will experience setbacks several times before succeeding. This is **NORMAL** and should be expected. The important thing to remember is that each new day brings another opportunity to try again. Try to learn from each miss-step in establishing your exercise habit something you can apply to your next attempt.

| Barrier           | Solution 1  | Solution 2   |
|-------------------|---|--|
| Low Motivation    | Have a buddy or group to hold you accountable                       | Look for a personal trainer to motivate you through workouts and exercises |
| Lack of Time      | Do short and frequent workouts                                      | Make gradual and slow changes. Start off with small workouts               |
| No Social Support | Find group classes where they work together and have the same goals | Make friends at the gym or at local recreation centers                     |
| No Transportation | Walk or run to work   | Work out at home   |
| Lack of Finances  | Utilize free apps like SworKit or Fitstar                           | Work out at local parks, at home, or trails                                |
| Low confidence    | Work out at home before going out to gyms                           | Learn online or practice with a friend                                     |
| Fatigue           | Have an accountability buddy  | Take breaks and drink water  |
| Too Dark outside  | Workout at home or at a recreation center                           | Bring portable lights/flashlights  |
| Bad Weather       | Work out at home through yoga or tai chi                            | Go to a local indoor pool or gym   |
| Traveling         | Use exercise facilities in your hotel                               | Walk or jog outside to explore   |
| Chronic Pain      | Light walking or swimming   | Choose activities that won't make it worse                                 |



**WHAT ARE YOUR POTENTIAL BARRIERS AND SOLUTIONS?**

Now it's your turn! When first starting an exercise program, people often feel motivated and do not think that barriers will arise. Realistically, barriers are almost guaranteed to arise. Take some time to think about some of your potential barriers, external and internal, that may get in the way of your exercise plans and goals. Feel free to use some of the examples from the previous page, but make sure that you apply them to your own life and think through what would work for you.

| <b>Barrier</b> | <b>Solution 1</b> | <b>Solution 2</b> |
|----------------|-------------------|-------------------|
|                |                   |                   |
|                |                   |                   |
|                |                   |                   |
|                |                   |                   |
|                |                   |                   |
|                |                   |                   |
|                |                   |                   |
|                |                   |                   |
|                |                   |                   |

## REWARDING YOURSELF

Rewarding yourself for accomplishing your goals and the milestone steps toward them can help keep you motivated and on track to achieving your goals. Rewards can be tangible things or experiences, but make sure they are proportional to the success that they are celebrating. Rewards for a long-term goal should reflect the hard work and patience that it required, whereas short-term goals might be rewarded with a smaller item or activity. **For each exercise short- and long-term goal listed above, choose an appropriate reward.** Remember that the rewards should be specific and in line with your healthy lifestyle!

### My Personal Rewards for:

Long-term Goal #1: \_\_\_\_\_

Short-term Goal #1: \_\_\_\_\_

Short-term Goal #2: \_\_\_\_\_

Long-term Goal #2: \_\_\_\_\_

Short-term Goal #1: \_\_\_\_\_

Short-term Goal #2: \_\_\_\_\_



## Aerobic/Cardio



### --Benefits--

- Work most major muscle groups
- Burn high amounts of calories
- Release endorphins to help improve mental health, physical self-perception, and self-esteem, relieve depression and anxiety
- Strengthen your core
- Help control your weight
- Decrease stress
- Decrease body fat levels
- Strengthen bones
- Increase cardiovascular fitness
- Improve posture
- Reduce inflammation
- Improve balance

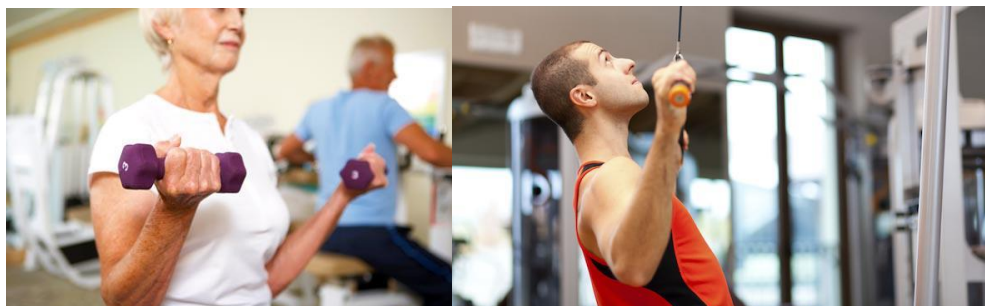
### --Recommendations--

- Recommended heart rate for aerobic exercises
  - To find your maximum heart rate take the number 220 and subtract your age
    - Moderate intensity exercise: 50-70% of your maximum heart rate
    - Vigorous intensity exercise: 70-85% of your maximum heart rate
  - To find your resting heart rate you can count the number of heart beats per minute when at rest, such as first thing in the morning. You can also count for 15 seconds and multiply by 4.
  - Your resting heart rate should be somewhere between 60 and 100 beats/minute.

### How do we do it?

Regardless of what specific exercise you are considering the common characteristic is movement through space involving one's legs and buttock muscles as these contain the largest muscle mass in the body and will have the greatest cardiovascular benefit if they are conditioned.

## Strength Training



### --Benefits--

- Protects bone health and muscle mass
- Makes you stronger for daily activities
- Helps you develop better balance and coordination
- Plays a role in disease prevention
- Boosts energy levels and mood
- Reduces stress and increases focus
- Variety of options: muscle building, core strength, lower and upper body strength

### --Recommendations--

**Time:** Strength training is recommended **2-3 times/week** and should include most if not all body parts. Individuals should do one to three sets of 8-15 repetitions for 6-10 different muscle group exercises. This **usually takes 45 minutes** and is the recommended time for strength workouts.

**Intensity:** Intensity depends on whether you want to build muscle or tone your muscles. Either one will have health benefits. If toning, you should increase the number of repetitions, but keep the load or weight at around 50-60% of the maximum you can lift. If muscle building, decrease the repetitions, but increase the weight to about 70-80% of the weight you can lift. Your intensity can also depend on your own body mass when performing isometric training using your own body (push-ups, squats, etc.). Make sure to consult a doctor before performing intense workouts.

### **How do we do it?**

- Gather information online, from apps like “SworkIt”, personal trainers, etc.
- Strength training can be done with weights or simply using your own body weight.
- Take your time – lift slowly to maximize benefits and reduce injury risk.
- Chart progress to see where you improve and where you should work out more.
- Focus on form: maintain steady, consistent breathing throughout exercise to decrease amount of unnecessary stress placed on muscles and joints.
- Warm up and stretch to reduce your risk of injury.
- Switch it up to prevent boredom and allow for continuous improvements.

## Flexibility Exercises



### --Benefits--

- Lessen chronic pain (such as lower back pain, arthritis, headaches, etc.)
- Lower blood pressure
- Reduce insomnia
- Increase flexibility
- Increase muscle strength & tone
- Improve respiration, energy & vitality
- Maintain a balanced metabolism
- Assist weight reduction
- Assist cardio and circulatory health
- Improve athletic performance
- Protect from injury
- Mind-body workout
- Develop a strong core (flat abdominals & a strong back)
- Gain long, lean muscles, & flexibility
- Create an evenly conditioned body

### --Recommendations--

- Recommended stretching tips
  - Dynamic stretching (stretching while moving) before exercises to warm up muscles
  - Static stretching (holding each stretch in place for 10+ seconds) after exercises to prevent muscle fatigue and injury
- Recommend stretching twice a week for 30 minutes per session, covering all major muscle groups

## Balance & Coordination Exercises



### --Benefits--

- Improves technique for other exercises (running, walking, biking, etc.)
- Strengthens and tones oblique muscles in your hips, thighs, glutes, and low back
- Improves your ability to react to sudden changes of direction, which can reduce the risk of potential falls
- Can easily be added to warm-ups for more strenuous workouts
- Great for recovery days
- Improve overall energy expenditure
- Enhance your ability to perform your favorite activities

## Sports



### --Benefits--

- Cardiovascular health
- Calorie burning
- Increased strength and muscle definition (quads, legs, calves, and hamstrings)
- Reduce anxiety and stress
- Social connectivity (teammates, other players)
- Increases flexibility
- Stretches joints and increases mobility
- Fun
- Build endurance
- Improves hand eye coordination and balance
- Concentration and discipline
- Develop athleticism

## COMMON BENEFITS TABLE

This table consists of the types of exercises within the packet (red) and the common benefits that they may share (blue).

|                            | Aerobic/<br>Cardio | Strength<br>Training | Flexibility | Sports | Balance and<br>Coordination |
|----------------------------|--------------------|----------------------|-------------|--------|-----------------------------|
| Calorie burner             | x                  | x                    |             | x      |                             |
| Increase mental health     | x                  | x                    |             |        |                             |
| Relieve Stress             | x                  | x                    | x           | x      | x                           |
| Muscle Strength            | x                  | x                    | x           |        |                             |
| Improve Balance            | x                  | x                    |             | x      | x                           |
| Improve Posture            | x                  |                      | x           |        | x                           |
| Reduce and Maintain Weight | x                  | x                    |             | x      |                             |
| Increase Energy levels     | x                  |                      | x           |        | x                           |
| Increase Mood              | x                  | x                    |             |        |                             |
| Body Toning                |                    | x                    |             | x      | x                           |
| Fat Burning                | x                  | x                    |             | x      |                             |
| Increase Flexibility       |                    |                      | x           | x      | x                           |
| Lower Blood Pressure       | x                  |                      | x           |        |                             |
| Social Aspect              | x                  | x                    |             | x      |                             |
| Recovery                   |                    |                      | x           |        | x                           |



## WALKING

(Aerobic/Cardio)



### --Specific Benefits--

- Brisk walking every day burns calories, improves muscle strength and tone, and works your cardiovascular system
- Walking is the most accessible activity that you can do anytime and anywhere.
- Aim for a 30-minute walk to achieve the benefits of reducing risk of disease, increasing physical strength, and improving emotional health.
  - If you don't have 30 minutes in one stretch, break it up into three 10-minute walks throughout the day.
- Be creative! Try mall walking or simply park a little further away and walk rather than circling around for the closest spot.

### Popular places to walk in San Diego:

- Balboa Park
- La Jolla Shores, Cove, Windansea
- Malls or large department stores
- Try an urban hike!
- Coronado Island
- Mission Bay Park
- Little Italy
- Harbor Island
- Any beach!
- Torrey Pines State Park



## RUNNING

(Aerobic/Cardio)



### --Specific Benefits--

- Strengthen and stabilize ligaments in the body
- Burns calories and engages your cardiovascular system
- Decreases risk of most chronic health conditions
- Helps to improve mental health and self-esteem and can help prevent and alleviate symptoms of depression and anxiety

**Time:** Running is typically considered a **vigorous intensity activity** unless it is done at a slow pace that does not feel more taxing than a brisk walk. Therefore, minutes of running count as double the minutes of moderate intensity activity. You could run **75 minutes per week** to obtain the same benefits as walking or doing another moderate activity for 150 minutes per week.

### Popular places to run in San Diego:

- Balboa Park
- Mission Bay Park
- Sunset Cliffs
- North County Coast
- Sweetwater Regional Park
- La Jolla/Bird Rock
- Ocean Beach Bike Path
- San Diego Harbor/Big Bay
- Liberty Station
- Lake Miramar



## HIKING

(Aerobic/Cardio)



### -- Specific Benefits--

- Lower risk of heart disease
- Improve your blood pressure & blood sugar levels
- Boost bone density, since walking is a weight-bearing exercise
- Build strength in your glutes, quadriceps, hamstrings & the muscles in your hips and lower legs
- Strengthen your core
- Improve balance

### Time:

- Beginners can start with shorter, milder hikes and then work up to longer and more moderate and difficult routes.
- Depending on the difficulty level of the hike relative to your fitness level, hiking may be moderate or vigorous intensity exercise.
  - Check your heart rate or use the talk test while hiking to help you determine your intensity.
- You can add this exercise to your fitness plan to reach **150 minutes per week**.

### Popular places to hike in San Diego:

- Torrey Pines State Park - view of the ocean, multiple trails with different levels, overall difficulty: easy
- Los Penasquitos Canyon Trail - tranquil route, great for all ages and skill levels, overall difficulty: easy
- Cowles Mountain - one of the most popular in San Diego, nice views, overall difficulty: moderate
- Double Peak Trail - great 360-degree views of North County area, overall difficulty: moderate
- Lake Poway to Mount Woodson - where you will find “Potato Chip Rock,” overall difficulty: hard

## BIKING

(Aerobic/Cardio)



### --Specific Benefits--

- Low impact: Biking causes less strain on your limbs, joints, and overall body
- Combination of cardiovascular and musculoskeletal systems
- Improves posture and engages core muscles
- Uses major muscle groups (quads, calves, hamstrings, legs, some upper body strength)
- Can be done at any intensity level and any terrain
- Outdoors (mountain, road) or gym/indoors (upright stationary, recumbent, spin bike)

### **Time:**

- Counts toward the **150 minutes/week of aerobic activity**. Depending on your heart rate/intensity level, it can either be counted as moderate or vigorous intensity.

### **Popular places to cycle in San Diego:**

- Easy: Sail Bay, Silver Strand Bikeway, Mission Bay Park, 56 Bike Path, Lake Miramar
- Intermediate: Coast Highway 101, Lake Hodges, La Jolla to PB Bike Path
- Advanced: Los Penasquitos Canyon Preserve, San Dieguito River Valley, Coast to Crest Trail, Mission Trails
- Gyms for indoor cycling/spinning: YMCA, Chuze Fitness, LA Fitness, 24 Hour Fitness, Crunch Fitness, local spinning studios

## SWIMMING

(Aerobic/Cardio, Sports)



### --Specific Benefits--

- Whole body workout without stressing your joints
- Tones muscles, builds strength and endurance
- Cardiovascular system workout
- Safe exercise option for those with medical conditions such as arthritis, injury, disability
- Increases flexibility of joints
- Reduces inflammation

### Time:

- Swimming can be included in your aerobic/cardiovascular fitness plan including **150 minutes of moderate exercise per week** or equivalent in vigorous intensity exercise.

### Popular places to swim in San Diego:

- La Jolla Shores Beach & Cove
- Torrey Pines State Beach
- Fletcher Cove Solana Beach
- Indoor lap pools: YMCA, 24 Hour Fitness, Boys and Girls Club swimming pools, UC San Diego Canyon View pool, Clairemont Swimming Pool, Tierrasanta Aquatic Center, Bud Kearns Memorial Swimming Pool, City of Coronado Swimming Pool

## WATER SPORTS

(Aerobic/Cardio, Sports)



### --Specific Benefits--

- Tones muscle
- Strengthens bones
- Improves balance
- Strengthens core
- Burns calories
- Improves cardiovascular fitness

### How can we do it:

- Examples of watersports include kayaking, standup paddle boarding, body boarding, surfing, canoeing (i.e., anything that you are doing actively – riding in a boat or jet skiing does not count!)
- Requires: proper clothing (swimsuit/bathing suit), sunscreen, and rental equipment
- Travel to the designated beaches or lakes during appropriate seasons
- Take the correct safety precautions prior to going out in the water

### Time:

- Water sports can be included in your aerobic/cardiovascular fitness plan including **150 minutes of moderate exercise per week** or equivalent in vigorous intensity exercise.

### Popular places for watersports in San Diego:

- La Jolla Shores
- La Jolla Cove
- Mission Beach
- Mission Bay
- Coronado Beach
- Oceanside Harbor
- Carlsbad Lagoon
- Lake Hodges

## WEIGHTLIFTING (Strength Training)



### --Specific Benefits--

- Whole body workout
- Body sculpting
- Tones muscles
- Strengthens core
- Improves balance
- Burns calories

### How can we do it?:

- For weight training one of the key elements is having the availability of weights. This helps create a form of resistance which in return helps your burn calories.
- Weights can be purchased at most sporting goods stores. You can also make your own homemade light weights from basic equipment like water bottles!
- Personal training sessions, group fitness classes, apps, YouTube videos, and websites are great resources for learning form, types of workouts, and tips/advice.

### Time:

- Guidelines recommend strength training 2-3 days/week.
- Whole body workouts can last anywhere from 20-60 minutes. The key is to focus on every major muscle group.

### Popular places for weightlifting in San Diego:

- Any gym (e.g., YMCA, 24 Hour Fitness, LA Fitness, Chuze Fitness, Crunch Fitness)
- Your own home or a friend's home gym

## Circuit Training (Strength Training)



High intensity body conditioning, endurance building, or resistance training.

### --Specific Benefits--

- Enhance muscular endurance
- Improve body composition, burns calories, and build muscle
- Improve body's respiratory system and improve muscular function and strength
  - Can improve posture, increase muscle fibers to result in increased power through strength training

### How can we do it?:

- Circuit training is essentially a specific type of strength training with a focus on continuous movement through stations or 'circuits' in order to engage each muscle group in a cycle.
  - Weights are not necessarily needed for circuit training, which often uses body weight exercises (e.g., push-ups) or other props (e.g., ropes, tires) for each station.
- A specific amount of time (e.g., 1-2 minutes) is spent at each station, and then you will rotate to the next station and begin the time again.
- Personal training sessions, group fitness classes, apps, YouTube videos, and websites are great resources for learning form, types of workouts, and tips/advice.

### Time:

- Guidelines recommend strength training 2-3 days/week.
- Whole body workouts can last anywhere from 20-60 minutes. The key is to focus on every major muscle group.

### Popular places for circuit training in San Diego:

- Any gym (e.g., YMCA, 24 Hour Fitness, LA Fitness, Chuze Fitness, Crunch Fitness)
- Your own home or a friend's home gym
- Local parks or trails with stations



## YOGA

(Flexibility Exercises, Balance & Coordination, Strength Training)



### --Specific Benefits--

- Lessen chronic pain (such as lower back pain, arthritis, headaches, & carpal tunnel syndrome)
- Lower blood pressure
- Reduce insomnia
- Increase flexibility
- Increase muscle strength & tone
- Improve respiration, energy, & vitality
- Maintain a balanced metabolism
- Weight reduction
- Cardio and circulatory health
- Improved athletic performance
- Protection from injury

### **Time:**

- Classes will typically be 1-2 hours long
- You can practice on your own (through a YouTube video, fitness app, or your own flow) for any amount of time
- Power yoga or another type of strength training should be done at least **2-3 times/week.**
- Flexibility exercises such as yoga can be built in to your schedule nearly every day.

### **Popular places for yoga in San Diego:**

- Most gyms offer yoga classes included with your membership
- Yoga studios (so many...Pilgrimage of the Heart Yoga, Pura Vida Yoga, Bird Rock Yoga, Core Power Yoga, etc.)
- At home with YouTube videos or through an app (Aaptiv, Sworkit, etc.)
- Outdoor yoga classes are offered at the beach, bay, or park (Google for the most up-to-date class schedules)

## PILATES

(Flexibility Exercises, Balance & Coordination, Strength Training)



### --Specific Benefits--

- Mind-body workout
- Develop a strong core (flat abdominals & a strong back)
- Gain long, lean muscles, & flexibility
- Create an evenly conditioned body, improve sports performance, prevent injuries

### Time:

- Classes are typically 1-2 hours long
- You can practice on your own (through a YouTube video, fitness app, or your own plan) for anywhere from 10 minutes to 1 hour
- Pilates or other strength training activity should be done at least **2-3 times/week**

### Popular places for pilates in San Diego:

- Most gyms offer pilates classes included with your membership
- Pilates studios (Club Pilates Mission Valley, Studio Fo Pilates, Pilates on Park, Pilates Mind and Body, etc.)
- At home with YouTube videos or through an app (Aaptiv, Sworkit, etc.)



## TAI-CHI

(Flexibility Exercises, Balance & Coordination)



### --Specific Benefits--

- Better Mood, with lower levels of depression, stress, and anxiety
- Greater aerobic capacity and muscle strength
- More energy and stamina
- Enhanced flexibility, balance, and agility
- Lower blood pressure and improved heart health
- Reduced inflammation
- Fewer falls

### Types:

- Chen-style
- Yang-style
- Wu- or Hao-style
- Sun-styl

### Time:

- Make your Tai-Chi workouts at least 20 minutes to allow for the blood to completely circulate throughout your body.
- Do this as many days of the week as you would like – it is a rejuvenating practice

### Popular places for tai chi in San Diego:

- La Jolla Shores
- Mission Bay
- Any beach or outdoor space
- YMCA or community rec centers
- Doyle Community Park
- Balboa Park

## STRETCHING

(Flexibility Exercises, Balance & Coordination)



### --Specific Benefits--

- Increases flexibility
- Improves posture
- Decreases risk of injuries
- Improves mental health
- Increases range of motion
- Prepares your body for exercise

### How can we do it?:

- Dynamic stretching to **warm up** joints and muscles **before** exercise
  - Dynamic stretching can be done by moving a muscle group through the entire range of motion similar to the exercise
- Static stretching to **cool down** joints and muscles **after** exercise
  - Static stretching can be done by holding a stretch for 15 to 30 seconds
  - There is no harm in holding a stretch for too long as long as it does not hurt
- You should feel a stretch, but you should not feel pain
- Please consult a doctor if you feel pain before continuing the stretch or exercise

### Time:

- The American of Sports College Medicine recommends that individuals stretch each of the **major muscle groups** for at least 60 seconds two times a week.

### Popular places for stretching in San Diego

- In the comfort of your own home
- Local gyms (24 Hour Fitness, CHUZE Fitness, Crunch Fitness, LA Fitness, etc.)
- Parks like Doyle Park, Rancho Bernardo Park, Balboa Park
- Companies that offer to stretch you out in a safe way (e.g., StretchU)

## BADMINTON

(Sports)



### --Specific Benefits--

- Develops athleticism
- Improves overall physical fitness
- Tones muscles
- Enables social interaction
- Increases mobility
- Promotes fun & enjoyment

### How can we do it?:

- Guides and YouTube offer instructions about how to play
- Recreation centers offer classes as well as provide equipment.
- Requires: shuttlecock, racket, net, and court

### Time:

- Badminton can be included in your aerobic/cardiovascular fitness plan including 150 minutes of moderate exercise per week or equivalent in vigorous intensity exercise.
- Each game of badminton lasts about 15-25 minutes, which counts toward your moderate intensity exercise goal.

### Popular places for badminton in San Diego:

- Because of the equipment needs, badminton is usually played at recreation centers.
  - Rancho Bernardo Recreation Center
  - Balboa Park Activity Center
  - Doyle Recreation Center
  - San Diego Badminton Club
  - Miramar Recreation Center
- You can also purchase the net & equipment to play in your own backyard!

## BASKETBALL

(Sports)



### --Specific Benefits--

- Improves coordination and balance
- Builds muscles
- Builds concentration and discipline
- Facilitates social interaction
- Can also practice independently
- Improves cardiovascular health

### How can we do it:

- If you are new to basketball, you can learn the basics through YouTube videos, classes/camps, as well as just searching online for guides.
- Requires little equipment (may need a basketball if you are going to shoot hoops in a park, but most recreational facilities allow you to borrow one).
- Requires a lot of stretching because of the stress it can put on the body.
  - Remember that the way you played when you were younger may need to be modified to prevent injuries from occurring.
- Older adults should consult with a doctor before taking up basketball.
- Use the Hoop Maps App to find a pickup game.

### Time:

- Basketball can be included in your aerobic/cardiovascular fitness plan including 150 minutes of moderate exercise per week or equivalent in vigorous intensity exercise.
- If shooting hoops alone for practice, your cardiovascular system may not be as engaged, but you are still improving your strength and coordination.

### Popular places for basketball in San Diego:

- Doyle Recreational Park
- Hourglass Park
- Most local parks have courts
- Miramar Recreation Center
- Indoor courts at gyms (e.g., YMCA, 24 Hour Fitness, LA Fitness)

## SOCCER

(Sports)



### --Specific Benefits--

- Increases aerobic capacity and cardiovascular health
- Lowers body fat and improves muscle tone
- Builds strength, flexibility, and endurance
- Increases muscle and bone strength
- Improves health due to shifts between walking, running and sprinting

### How can we do it?:

- Guides and YouTube offer instructions about how to play.
- Recreation centers offer classes as well as equipment to play.
- Requires: court, soccer ball, shoes (cleats or athletic shoes), goal
- Recreational soccer is something anyone can play with access to an open field and a soccer ball.
- Consult with your doctor if you have not been regularly engaging in vigorous activity or have problems with your joints.

### Time:

- Soccer can be included in your aerobic/cardiovascular fitness plan including 150 minutes of moderate exercise per week or equivalent in vigorous intensity exercise.
  - Soccer is usually played at a vigorous level unless you are playing defense or goalie, so use the 75 minutes/week of vigorous exercise as your benchmark.

### Popular places for soccer in San Diego:

- Can play with family or friends at any local park
- Can join a league or club (your local YMCA, Sportsplex USA, etc.)

## TENNIS (Sports)



### --Specific Benefits--

- Decreases your risk for chronic disease
- Enhances your flexibility, coordination, and balance
- Boosts your brain power
- Improves your bone health
- Engages your cardiovascular system
- Enables healthy social activities

### How can we do it?:

- Guides and YouTube offer instructions about how to play.
- Recreation centers offer classes as well as some provide equipment to play
- Requires: court, tennis shoes, tennis racquet, tennis ball
- Can play in singles or doubles
- Be sure to properly stretch and complete drills to ensure your body is prepared for the movements involved with tennis.

### Time:

- Tennis can be included in your aerobic/cardiovascular fitness plan including 150 minutes of moderate exercise per week or equivalent in vigorous intensity exercise.
- You can play for however long you would like either by playing for fun or setting your own scoring system rather than following the traditional scoring system (which can result in very long matches!)

### Popular places for tennis in San Diego:

- Can play with family or friends at any local court (local high schools, colleges, publicly available courts, residential area courts)
- Can join a league or club (Balboa Tennis Club, Point Loma Cabrillo Tennis Club, Pacific Beach Recreation Center, etc.)



## RESOURCES

### GYMS

- 24 Hour Fitness in your area
- Chuze in your area
- Crunch in your area
- YMCA in your area
- LA Fitness in your area
- Planet Fitness in your area
- RIMAC at UCSD
- ARC at SDSU
- San Diego River
- University campuses
- Coast Highway 101
- Adams Avenue
- Downtown La Jolla
- 56 Bike Path
- La Jolla Cove
- Seaport Village
- Downtown San Diego
- Coastal Path

### PARKS

- Doyle Park
- Torrey Pines State Park
- Hourglass Park
- Balboa Park
- Presidio Park
- La Jolla Shores
- Windansea Beach
- Children's Pool Beach
- Mission Bay
- Lake Hodges
- Lake Miramar
- Lake Murray
- Lake Poway
- Liberty Station
- Cowles Mountain
- Double Peak Trail
- Mission Bay Park
- Border Fields State Park

### POOLS

- Local gyms
- Boys and Girls Club
- UCSD campus pools
- SDSU campus pools

### OCEAN ACTIVITY

- La Jolla Cove
- La Jolla Shores
- Mission Beach
- Ocean Beach
- Scripps Pier

### WEBSITES

- BeFit.com
- Blogilates.com
- BodyRock
- Fitness Blender.com
- HASfit.com
- YouTube
- Bodybuilding.com

### BIKE TRAILS

- Sail Bay
- Silver Strand Bikeway

**RESOURCES CONTINUED...****APPS**

|   |   |
|---|---|
| <p><b>Hoop Maps</b></p> <p>Helps to connect individuals with one another for a pickup game at their local park or gym. Free.</p>  |    |
| <p><b>Aaptiv</b></p> <p>Access to a wide range of more than 2500 workouts in a variety of categories. Has audio recordings from certified personal trainers. \$9.99/month.</p>  |    |
| <p><b>SworKit</b></p> <p>Helps to breakdown workouts without having to go to the gym or requiring weights. Workouts range from 5-60 minutes. Free.</p>  |    |
| <p><b>Seconds</b></p> <p>An advanced interval timer that allows for coordination of different workout programs and can be synced to the music. \$4.99.</p>  |   |
| <p><b>Freeletics Bodyweight</b></p> <p>No equipment required with the body being the main weight. Helps with breaking down workouts for 10-30 minutes that can be done anywhere. Free.</p>                                      |  |
| <p><b>Fitstar Personal Trainer</b></p> <p>Dynamite workout regime that changes with recommendations based on progress and feedback. Less than a single personal training session that can be used for the whole year. Free.</p> |  |
| <p><b>C25K (Couch to 5k training program)</b></p> <p>C25K is a standardized program designed to get just about anyone from the couch to running 5 kilometers or 30 minutes in just 9 weeks.</p>                                 |  |

## SOURCES

### For further information visit these sites:

- Exercise is Medicine - <http://www.exerciseismedicine.org/>
- WebMD - <https://www.webmd.com/>
- Livestrong - <https://www.livestrong.com/>
- Fitness Magazine - <https://www.fitnessmagazine.com/>
- Centers for Disease Control (CDC) - <https://www.cdc.gov/>
- World Health Organization (WHO) - <http://www.who.int/en/>
- Prescription for Activity Task Force - <https://www.prescriptionforactivity.org/>
- The City of San Diego - <https://www.sandiego.gov/>

### All images were used from:

- <https://www.pexels.com/>
- <https://burst.shopify.com/>
- <https://pixabay.com/>
- <https://unsplash.com/>
- <https://images.google.com/>

Here are some examples of different activity spots in your area...

### Map - East County



- **Mission Trails** 🥾 - a great spot to hike, walk, run, and bike with many trail options for different levels, more information can be found at [http://www.mtrp.org/trail\\_map](http://www.mtrp.org/trail_map)  
Address: 1 Father Junipero Serra Trl, San Diego, CA 92119
- **Lake Murray Tennis Club** 🎾 - a good choice for starting tennis, also a great spot for walking, running, and biking on the many trail options, more information can be found at <http://lakemurraytennisclub.com/>  
Address: 7003 Murray Park Dr, San Diego, CA 92119
- **JFK Park** ⚽ - a park in El Cajon with many different options for the whole family  
Address: 1675 E Madison Ave, El Cajon, CA 92019
- **McGrath Family YMCA** 💧🏊🏠 - a gym option in Rancho San Diego with two swimming pools, an upstairs weight area, and a basketball court, more information can be found at <https://www.ymca.org/mcgrath>  
Address: 12006 Campo Road, Spring Valley, CA 91978

### Map - North County



- **Lake Poway Loop** 🌲 - a great option to hike, walk, run, or bike with multiple trail options to accommodate different levels, more information can be found at <http://www.poway.org/401/Lake-Poway>  
Address: 14644 Lake Poway Rd, Poway, CA 92064
- **Carmel Recreation Center** 🏠 - offers a multitude of recreation classes for interests ranging from yoga to skateboarding for all levels and ages, more information can be found at <https://www.sandiego.gov/park-and-recreation/centers/recctr/carmelvalley>  
Address: 3777 Townsgate Dr, San Diego, CA 92130
- **Clairemont Pool** 💧 - a great spot to swim for the whole family with both lap and recreational swim hours, more information can be found at <https://www.sandiego.gov/park-and-recreation/centers/aquatics/clairemout>  
Address: 3605 Clairemont Dr, San Diego, CA 92117
- **Magdalena Ecke Family YMCA** 🏋️‍♀️ 👤 - a gym option in Encinitas with a playground and skatepark that the whole family can enjoy, more information can be found at [www.ymca.org/ecke](http://www.ymca.org/ecke)  
Address: 200 Saxony Rd, Encinitas, CA 92024

### Map - South County



- **Border Field State Park** 🌲 - a nice hiking, walking, and running spot for anyone in the Southern area of San Diego, more information can be found at [https://www.parks.ca.gov/?page\\_id=664](https://www.parks.ca.gov/?page_id=664)  
Address: Last Usa Exit, San Ysidro, CA 92173
- **San Ysidro Community Activity Center** 🏀 - this center has basketball courts, badminton courts, and other activity options for the entire community to enjoy, more information can be found at <https://www.sandiego.gov/park-and-recreation/centers/recctr/colonel>  
Address: 179 Diza Road San Diego, CA 92173
- **ProRec Sports Center** ⚽ - a good spot for soccer players with leagues for all different ages and skill levels, more information can be found at <http://www.prorecsport.com/>  
Address: 2015 Birch Rd #500, Chula Vista, CA 91915
- **South Bay Family YMCA** 💧 🏊 🧑‍🦲 - a great option for the whole family with a gym and pool available for use, more information can be found at [www.ymca.org/south-bay](http://www.ymca.org/south-bay)  
Address: 1201 Paseo Magda, Chula Vista, CA 91910

### Map - UCSD Area



- **Torrey Pines State Park** 🌲 - a nice option for people looking to hike, walk, or run with great views of the coast, more information can be found at <https://torreypine.org/>  
Address: 12600 N Torrey Pines Rd, San Diego, CA 92037
- **La Jolla Tennis Club** 🎾 - a great place to become more active with tennis, more information can be found at <http://ljtc.org/>  
Address: 7632 Draper Ave, La Jolla, CA 92037
- **UCSD Canyonview Pool** 💧 - one of the two pools on campus at UCSD, an outdoor, Olympic-size pool option, more information can be found at <https://recreation.ucsd.edu/aquatic-centers/>  
Address: Voigt Dr, San Diego, CA 92121
- **Dan McKinney Family YMCA** 🏊‍♀️🏠🧠 - a great spot for the entire family with a gym, outdoor pools, and a gymnastics center, more information can be found at [www.ymca.org/la-jolla](http://www.ymca.org/la-jolla)  
Address: 8355 Cliffridge Ave, La Jolla, CA 92037