



Passport to
Healthier,
Happier Living

PALM BEACH COUNTY



PARKS & RECREATION

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Palm Beach County
Board of County
Commissioners

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Passport to **Healthier, Happier Living**

The purpose of this guide is to promote overall health and wellness by providing opportunities for healthy, happy living while exploring local parks and trying new activities. Parks are a great resource that provide significant physical and mental health benefits. Men, women, and children of all ages who regularly engage in physical activity and spend time outside and in nature will maximize health benefits and achieve better overall health and wellness.



R. G. Kreuzler Park



John Prince Park







Green Cay Nature Center and Wetlands



8 Dimensions of *Wellness*

The Global Wellness Institute defines wellness as the **active pursuit of activities, choices, and lifestyles that lead to a state of holistic health.**

-  Wellness is an “active pursuit” that is associated with intentions, choices, and actions as we work towards an optimal state of health and wellbeing.
-  Wellness is more than just physical health - it is influenced by many different dimensions that should work together in harmony to create a happy and balanced life.
-  Wellness is an individual pursuit - we are responsible for our own choices, behaviors, and lifestyles - but it is also significantly influenced by the physical, social, and cultural environments in which we live.
-  Achieving wellness requires an active process of being aware and making choices that will lead towards a healthier and happier life.



Developed by Dr. Peggy Swarbrick



Emotional: The ability to feel, process, and express human emotions in yourself and others.



Physical: Developing healthy habits for a healthy body through exercise, nutrition, and sleep.



Social: Connecting with, interacting with, and contributing to other people and your community.



Occupational: Leading a happy and fulfilled life through satisfaction with work-life balance and feeling optimistic about your life's purpose.



Financial: Minimizing worry and stress about money and living comfortably within your means.



Environmental: Contributing to a healthy physical environment free of hazards by protecting the natural environment and minimizing harm.



Spiritual: Personal beliefs that lead to discovery of meaning and purpose in human existence.



Intellectual: An active mind acquiring knowledge and engaging with the world through continual learning, problem solving, and creativity.

Dimensions of *Wellness*

There is no “right” or “wrong” way to incorporate the dimensions of wellness into your life. Find activities that are meaningful to you, that you can incorporate into your routine, and that bring you joy and purpose! Here are some examples to help you get started:

Emotional

Enjoy a quiet walk in the park and reflect on your thoughts, feelings, and emotions; Sit outside under your favorite tree and write in a journal about your dreams for your future; Go to the beach and watch a sunrise or sunset.

Physical

Start your day with a healthy breakfast; Engage your body in 30 minutes of movement every day; Strive for 6-8 hours of uninterrupted sleep every night.

Social

Try a new sport at the park with a friend; Visit the dog park with your pup; Take your kids to the playground.

Occupational

Discover your passions, talents, and interests; Create a vision for your future; Set achievable goals for yourself.

Financial

Use free resources at the park to achieve fitness goals and save money on gym memberships and fees.

Environmental

Walk or bike to the park instead of driving; Use a refillable water bottle to reduce waste and plastic usage; Participate in a beach cleanup.

Spiritual

Visit a nature center and appreciate the natural beauty; Engage in quiet meditation in open green space; Listen to your favorite worship song during a walk in the park; Do yoga on the beach.




Intellectual








Sit outside and read a book; Take an interpretive nature walk to learn more about the environment and its inhabitants.

Safety Considerations

The activities, exercises, and challenges recommended throughout this guide are a great way to improve your fitness level and stay healthy. Before starting activities, exercises, and challenges consult with your doctor to get approval for participation.

Review the following safety tips to protect your body from injury during physical activity:

-  Spend a few minutes warming up before a workout to prepare your mind and body for movement.
-  Warm ups are important to get your blood flowing to enhance your workout and prevent injury.
-  **Warm up examples:** 20 seconds jumping jacks; 20 seconds high knees; 20 seconds butt kicks; 20 seconds arm circles; 10 air squats; 10 lunges; 10 push ups.

-  Use proper mechanics and body form during activities.
-  Exercise at your own pace.
-  Take rest breaks as needed.
-  Always listen to your body and stop if you feel pain or dizziness. Consult with your doctor if something does not feel right.
-  Spend a few minutes after a workout to cool down and allow your heart rate and breathing to return to its normal rate.
-  Cool downs are important to decrease potential joint or muscle soreness and prepare your body for future workouts.
-  **Cool down examples:** slow walking; deep breathing (in through your nose like smelling a flower, out through your mouth like blowing out a candle); basic stretches; standing side bends; Child's Pose; cross-body arm stretches; seated butterfly stretch.



PHYSICAL ACTIVITY GUIDELINES

The CDC recommends adults need **150 minutes of moderate-intensity physical activity** and **2 days of muscle strengthening activity** every week.

Daily movement is important for overall health and wellness. Challenge yourself to move your body for at least 30 minutes every day. Keep your body fueled, energized, and ready for movement by eating a healthy, well-balanced diet, drinking plenty of water throughout the day to keep hydrated, and getting 6-8 hours of sleep each night.



Target *Heartbeat* Guide

Your Target Heartbeat Range during exercise is based on a percentage of your heart's maximum heart beat rate according to your age. This Target Heartbeat Range information is derived from standards used for healthy adults. Contact your doctor for advice and approval before using this guide.

When beginning a new fitness routine, you should start at the 55% beginner heart rate range and gradually work towards 85% to maximize overall cardiovascular fitness. Check your pulse rate before beginning an exercise or workout. During a workout, push yourself to move your body for at least 20 consecutive minutes at an intensity level that keeps your heart rate within its Target Heartbeat Range.



How to use Target Heartbeat Guide

1. Locate your age on the guide. Note the Target Heartbeat Range differs for beginner, intermediate, and advanced exercisers.
2. Your Target Heartbeat Range is obtained by taking your pulse for 10 seconds. Your 10 second pulse rate should fall within the 55%-85% Target Heartbeat Range.
3. Use the Target Heartbeat Guide throughout your workout session. Push yourself enough to raise your pulse rate to within your prescribed age limits for at least 20 consecutive minutes per workout.
4. Cool down after every workout and allow your pulse rate to return to normal.

Target Heartbeat Range (10 Second Count)

Age	55% Beginner Heart Rate	70% Intermediate Heart Rate	85% Advanced Heart Rate
20	18	23	28
25	18	23	28
30	17	22	27
35	17	22	26
40	17	21	26
45	16	20	25
50	16	20	24
55	15	19	23
60	15	19	23
65+	14	18	22

Note: Heart Rate is calculated based upon averages for each age. Numbers should be used as general guidelines and do not need to be exact.

Recommended *Parks* to Visit

Parks provide many activity and exercise opportunities that incorporate all of the dimensions of health and wellness. Find a park near your home, work, or school to go explore and take the first steps towards healthier, happier living!



North Palm Beach County

- Dyer Park
- Loxahatchee River Battlefield Park
- Peanut Island Park
- Riverbend Park



Central Palm Beach County

- Haverhill Park
- John Prince Park
- Lake Lytal Park
- Okeeheelee Park & Okeeheelee Nature Center
- West Boynton Park & Recreation Center



South Palm Beach County

- Burt Aaronson South County Regional Park & Daggerwing Nature Center
- Caloosa Park
- Green Cay Nature Center and Wetlands
- Lake Ida West Park
- West Delray Regional Park



Western Palm Beach County

- Glades Pioneer Park

This is not a comprehensive list of all the parks in Palm Beach County. For a complete list of county-operated parks, visit **www.pbcparcs.com**.

Recommended *Park Activities and Exercises*

Palm Beach County's park system offers many opportunities for healthy, happy living through sports, fitness, environmental, and cultural opportunities, as well as restful places for solitude. Find an activity that you love already, or something new that you have been wanting to try, and go enjoy spending time outside in the park!



Basketball



Meditation/stretching



Biking



Paddle sports



Fitness Zone/
outdoor gym



Tennis



Exercise Stations



Volleyball



Golf



Walking



Hiking



Wildlife viewing

This is not a comprehensive list of all the activities offered in the Palm Beach County park system. For a complete list of park amenities, visit www.pbcparcs.com

Activities and Exercises

Calorie Counter

Activity, Exercise, or Sport (1 hour)	130 lb.
Basketball: shooting baskets	266 cal.
Basketball: non-competitive game	354 cal.
Biking: leisurely	236 cal.
Biking: mountain bike, bmx	502 cal.
Fitness zone: light weight lifting	177 cal.
Golf: walking and carrying clubs	266 cal.
Golf: with cart	207 cal.
Hiking, cross country	354 cal.
Meditation/Stretching	148 cal.
Paddle sports: Canoeing	177 cal.
Paddle sports: Kayaking	295 cal.
Tennis: singles	472 cal.
Tennis: doubles	354 cal.
Volleyball	177 cal.

For a complete list of activities, exercises, and sports, visit nutrstrategy.com.

Note: Calories are calculated based upon best estimate averages. Numbers should be used as general guidelines and will differ from person to person depending on age, weight, fitness level, and other health factors.

155 lb.	180 lb.	205 lb.
317 cal. 422 cal.	368 cal. 490 cal.	419 cal. 558 cal.
281 cal. 598 cal.	327 cal. 695 cal.	372 cal. 791 cal.
211 cal.	245 cal.	279 cal.
317 cal. 246 cal.	368 cal. 286 cal.	419 cal. 326 cal.
422 cal.	490 cal.	558 cal.
176 cal.	204 cal.	233 cal.
211 cal. 352 cal.	245 cal. 409 cal.	279 cal. 465 cal.
563 cal. 422 cal.	654 cal. 490 cal.	745 cal. 558 cal.
211 cal.	245 cal.	279 cal.

Activities and Exercises

Calorie Counter (continued)

Activity, Exercise, or Sport (1 hour)	130 lb.
Walking: moderate pace, 3.0 mph	195 cal.
Walking: brisk pace, 3.5 mph	224 cal.
Wildlife viewing: bird watching	148 cal.



For a complete list of activities, exercises, and sports, visit nutrstrategy.com.

Note: Calories are calculated based upon best estimate averages. Numbers should be used as general guidelines and will differ from person to person depending on age, weight, fitness level, and other health factors.

155 lb.	180 lb.	205 lb.
232 cal.	270 cal.	307 cal.
267 cal.	311 cal.	354 cal.
176 cal.	204 cal.	233 cal.



Walking Path/Trail Grades

Walking paths and trails have been assessed using the “Prescription Trails Assessment Worksheet” developed by the National Park Service - Rivers, Trails & Conservation Assistance Program. Each park path and/or trail is given a grade based upon the features outlined below:

Grade 1 = fully accessible to all users,
Universal Access



- A flat, paved pathway suitable for wheelchair users, strollers, and mobility impaired.
- Hard surfaces: asphalt, concrete, rubberized, boardwalk

Grade 2 = mostly accessible to all users


- A paved or packed crusher-fine pathway that may have minor grade changes and/or minor surface changes.
- Crushed rock terrain, paver block

Grade 3 = slightly challenging

- A paved, packed crusher-fine, or natural earth terrain with variations in grade and surfaces.
- Soft surfaces: Dirt, sand, wood chips, mulch, grass
- Not recommended for wheelchair users, strollers, or mobility impaired without assistance. Use at own discretion.



Burt Aaronson South County Regional Park

 11200 Park Access Road/12551 Glades Road,
Boca Raton, FL 33498



Park Challenge: Visit the Fitness Zone area and complete an exercise at all 8 stations.

Universal Challenge: Roll or walk along the boardwalk trail at the Daggerwing Nature Center. See if you can spot a Daggerwing butterfly along the way!

Health Benefits: Cardiovascular fitness, bone and muscle strengthening, metabolism boost, Vitamin D exposure, stress reduction, improvements in mood and mental acuity.

Trails and Walking Paths:

- Daggerwing Nature Center: Grade 1, elevated boardwalk with guardrails into wetland habitat
 - 0.6 mile out and back nature trail, divided into two 0.33 mile segments
- Multipurpose Pedestrian Pathway: Grade 1, flat and paved
 - 4.8 miles throughout park for walking, biking, or skating.
- Cross Country Course: Grade 3, natural terrain
 - 1.7 miles

Additional attractions:

Canine Cove Dog Park
Coconut Cove Waterpark
Daggerwing Nature Center
Osprey Point Golf Course
Pickleball courts
Picnic areas
Playground
Sunset Cove Amphitheater
Tennis Learning Center



Take time to write down 1-3 health or fitness goals for yourself. You are more likely to commit yourself to achieving your goals if they are written down. Try to keep your goals short and focused - 15 words or less is great!

Caloosa Park

 1300 S.W. 35th Avenue, Boynton Beach,
FL 33426



Park Challenge: Briskly walk the 1.1 mile loop around the exercise course in 20 minutes or less.

Universal Challenge: Roll or walk along the 1 mile multipurpose pedestrian pathway in 20 minutes or less.

Health Benefits: Cardiovascular fitness, endurance, increased circulation, mental recharge, stress reduction.

Trails and Walking Paths:

- Multipurpose Pedestrian Pathway: Grade 1, flat and paved
 - 1 mile throughout park for walking, biking, or skating
- Exercise Course: Grade 3, wood chip terrain
 - 1.1 mile loop with 20 exercise stations

Additional attractions:

Open green space

Pickleball courts

Picnic areas


Playground

Roller hockey rink



Walking as part of your daily routine can provide many health benefits such as reducing your risk of heart attack and stroke, lowering your blood pressure, and strengthening your heart, bones, and immune system. Try walking 10,000 steps everyday to achieve maximum health benefits!

Dyer Park

 7301 Haverhill Road, West Palm Beach,
FL 33412



Park Challenge: The park is a former landfill and features “The Hill”. Try to walk, run, or bike to the top of the hill and burn an extra 3-5 more calories per minute compared to flat ground!

Universal Challenge: Roll or sprint from sideline to sideline on the basketball court for 1 minute as fast as you can and keep track of how many times you cross the court. Repeat 5x and try to beat your record each time.

Health Benefits: Cardiovascular fitness, stamina, endurance, muscle strengthening and toning, metabolism boost, increased calorie burning.

Trails and Walking Paths:

- Multipurpose Pedestrian Pathway: Grade 1, flat and paved with minor grade changes
 - 4.91 miles throughout park for walking, biking, or skating
- Mountain Bike Trails: Grades 2-3
 - 4.7 miles single-track perimeter trail, mostly flat and wide with crushed rock terrain and some roots: Grade 2
 - 2.4 miles narrow, single-track trail on “The Hill”, natural terrain with 55 ft. of elevation gain: Grade 3
- Equestrian Trails: Grade 3
 - 3.4 miles

Additional attractions:

Open green space
Picnic areas
Playground
Radio-controlled
airplane/
helicopter facility



Exercising outside has greater physical and mental health benefits than exercising indoors because exposure to sunlight and nature increases levels of serotonin. Serotonin is a mood stabilizing chemical released by your brain that provides calming feelings, relaxes your body, and makes you feel happier.

Glades Pioneer Park



866 S. R. 715, Belle Glade, FL 33430



Park Challenge: Complete a strengthening workout at the Fitness Zone area using at least 3 different pieces of equipment and then walk the 1 mile loop around the exercise course.

Universal Challenge: Roll or walk along the 1.25 mile loop around the park with a friend or family member. Spend quality time together with no phones during the walk!

Health Benefits: Muscle strengthening and toning, cardio, metabolism boost, improvements in mood and mental acuity, social interaction.

Trails and Walking Paths:

- Multipurpose Pedestrian Pathway: Grade 1, flat and paved
 - 1.25 miles throughout park for walking, biking, or skating
- Exercise Course: Grade 3, wood chip terrain
 - 1 mile loop with 13 exercise stations

Additional attractions:

Fitness Zone with 17 pieces of outdoor, resistance exercise equipment

Picnic areas

Playground

Splash Park

Swimming pool at Pioneer Park Aquatic Center



Take a few moments and pause what you are doing to take a few deep breaths and enjoy the fresh air! Deep breaths can also help lower your heart rate after completing a challenging outdoor workout.

Green Cay Nature Center and Wetlands

 12800 Hagen Ranch Road, Boynton Beach,
FL 33437



Park Challenge: Complete both the 1 mile loop and the 0.5 mile loop at sunrise to start your day off with a cardio workout before the heat of the day.

Universal Challenge: Roll or walk along the elevated boardwalk and read the interpretive signs to learn about the wetlands habitat. Observe the environment and try to spot 5 different types of birds

Health Benefits: Cardiovascular fitness, Vitamin D exposure, stress and anxiety reduction, improvements in mood and mental acuity.

Trails and Walking Paths:

- Elevated boardwalk trail with rails: Grade 1
 - 1 mile loop or 0.5 mile loop

Additional attractions:

Birdwatching

Photography

Self-guided boardwalk tour

100 acres of wetlands



Spending time in nature and near bodies of water exposes you to negative ions, which are naturally created molecules that increase the flow of oxygen to your brain to help you feel more alert, awake, and gives you more mental energy!

Haverhill Park



5470 Belvedere Road, Haverhill, FL 33415



Park Challenge: Bring a friend and challenge them to a tennis match. See who can win the best 2 out of 3!

Universal Challenge: Roll or walk along the 0.4 mile pedestrian pathway. Find the “Little Free Library” and pick a book to read and relax.

Health Benefits: Cardiovascular fitness, endurance, lowers blood pressure, hand-eye coordination, social interaction, relaxation, stress reduction, mental stimulation for brain.

Trails and Walking Paths:

- Multipurpose Pedestrian Pathway: Grade 1, flat and paved
 - 0.40 mile throughout park for walking, biking, and skating
- Exercise Course: Grade 3, wood chip terrain
 - 1 mile loop with 20 exercise stations

Additional attractions:

Picnic areas

Playground

Racquetball/handball courts



You don't have to be a pro to have fun on the courts while getting in a great workout! Tennis is considered a full-body aerobic activity with many physical and mental health benefits. Remember to drink plenty of water before and after to keep your body hydrated.

John Prince Memorial Park



2700 6th Avenue S., 4759 S. Congress Avenue, 2728
2520 Lake Worth Road, Lake Worth, FL 33461



Park Challenge: Find a quiet place in the grass and meditate for 20-30 minutes to refresh your mind.

Universal Challenge: Roll or walk along the Wheelchair Course and complete all 8 exercise stations. Make sure to time yourself so you can beat your time in the future!

Health Benefits: Stress and anxiety reduction, enhanced self-awareness, sharper concentration and attention span, mental recharge, improvements in sleep quality.

Trails and Walking Paths:

- Multipurpose Pedestrian Pathway: Grade 1, flat and paved
 - 4.5 miles throughout park for walking, biking, and skating
- Wheelchair Course: Grade 1, flat and paved
 - 0.47 mile loop with 8 exercise stations designed specifically for wheelchair users
- Exercise Course: Grade 3, wood chip terrain
 - 1.1 mile loop with 20 exercise stations

Additional attractions:

Campground

Lake Woof Dog Park

Fitness Zone exercise area with 17 pieces of outdoor, resistance exercise equipment

Driving range

Open green space

Picnic areas

Playground

Pickleball courts

Splash park



Practicing mindfulness and engaging in meditation are great ways to tend to your mental health. Daily practice can reduce stress levels and help slow down, or even prevent, some neurodegenerative disease like dementia and Alzheimer's disease. Focus specifically on your breathing by taking deep breaths in through your nose, and blowing the air out through your mouth. Try doing it with your eyes closed for enhanced relaxation!

Lake Ida West Park



1455 Lake Ida Road, Delray Beach, FL 33444



Park Challenge: Complete a combination full body workout by walking 1 mile then biking 1 mile.

Universal Challenge: Visit the dog park and make sure to bring a ball. See how far you can throw the ball while giving your dog (or someone else's!) a great workout.

Health Benefits: Cardiovascular fitness, fat burning, muscle strengthening and toning, improved joint mobility, stress reduction, social interaction.

Trails and Walking Paths:

- Multipurpose Pedestrian Pathway: Grade 1, flat and paved
 - 2 miles throughout park for walking, biking, and skating

Additional attractions:

Lake Ida Dog Park

Fishing

Lake observation platform

Picnic areas

Playground



Your mood directly reflects your health. If you are in a bad mood, you are more likely to make poor food choices. When you are in a bad mood, go on a short walk to calm down and regulate your emotions. A 15-minute walk each day can help you control cravings for junk food, chocolate, and sugar, and can improve blood sugar levels and insulin resistance.

Lake Lytal Park



3645 Gun Club Road, West Palm Beach,
FL 33406

Park Challenge: Swim 16.1 laps in the 50-meter swimming pool at the Family Aquatic Center to complete a true water mile!

Universal Challenge: Sit or stand at half court at the basketball court and challenge a friend to see who can make the first basket.

Health Benefits: Cardiovascular fitness, muscle strengthening and toning, motor coordination, social interaction.

Family Aquatic Center:

- 50 meter swimming pool
- Children's wading pool
- Interactive water playground
- Two-story water slide with three flumes
- Restroom facilities with showers and lockers available

Additional Attractions:

Pickleball courts

Picnic areas

Playgrounds

Racquetball/handball courts



Swimming is a fun activity that the whole family can enjoy together, while also getting a great full body workout! If you have young children, make sure you enroll them in swimming lessons as early as possible.

Loxahatchee River Battlefield & Riverbend Parks



9060 Indiantown Road, Jupiter, FL 33478



Park Challenge: Engage in a mindfulness walk through nature and reflect on your feelings.

Universal Challenge: Pack a healthy lunch and enjoy an outdoor picnic with a friend or family member. Enjoy spending quality time together and turn your phones on silent to limit distractions!

Health Benefits: Reduce stress, lower blood pressure, ease muscle tension, mood boost, calming, improve focus and attention, social interaction.

Trails and Walking Paths:

- Nature Trails: Grade 2, compacted shell rock
 - Nearly 10 miles of trails throughout park for walking or biking

Additional attractions:

Fishing

Picnic areas

Nearly 7 miles of equestrian trails

Historic site where 2 battles were fought during
Second Seminole War


A portion of Florida Trail's Ocean-to-Lake Train runs
through Riverbend Park to Loxahatchee Slough

Rentals available inside park for bikes, canoes,
kayaks, and paddleboards



Being in nature has healing, soothing, and restoring powers for both physical and mental wellbeing. If you have a hard day at work, school, or home, take a walk outside in nature and just focus on the present moment. Make sure to turn your phone off to limit distractions!

Okeehelee Park & Okeehelee Nature Center

 7500/7715 Forest Hill Boulevard,
West Palm Beach, FL 33413



Park Challenge: Complete the 1 mile exercise course and stop at at least 8 of the 20 exercise stations.

Universal Challenge: Roll or walk along the 1 mile nature trail and focus on your breathing and mindfulness.

Health Benefits: Cardiovascular fitness, muscle strengthening and toning, increased circulation, endurance, stress reduction, mental recharge, increased emotional regulation.

Trails and Walking Paths:

- Multipurpose Pedestrian Pathway:
 - 5.1 miles throughout Okeeheelee Park
North: Grade 2, flat and paved with minor grade changes
 - 3.2 miles throughout Okeeheelee Park
South: Grades 2-3, crushed shell with some sandy areas
- Exercise Course: Grade 3, wood chip terrain
 - 1 mile loop with 20 exercise stations
- Nature Trail: Grade 1, flat and paved
 - 1 mile loop located in Okeeheelee Nature Center
- Pinehurst Mountain Bike Trail: Grade 3, natural earth terrain
 - 4.6 mile loop with narrow sections and obstacles
 - Multipurpose trail

Additional attractions:

BMX track

Disc golf course

Pooch Pines Dog Park

(continued on next page)

Jim Brandon Equestrian Center and 9 miles of
equestrian trails
Okeeheelee Golf Course
Okeeheelee Nature Center
Pickleball courts
Picnic areas
Playground
Water skiing course
Shark Wake Park



Walking is a great way to boost creativity levels and help with problem solving and generating new ideas. Go for a midday walk during your lunch break to finish the day strong and refreshed. Remember to wear comfortable, properly fitting shoes to protect your joints!

Okeehchee Park



Peanut Island Park



Intracoastal Waterway, Near the Lake Worth Inlet
6500 Peanut Island Road, Riviera Beach,
FL 33404-6900



Park Challenge: Walk the entire perimeter of the island, then cool off by going for a swim in the ocean!

Universal Challenge: Find a quiet place by the water to sit and observe your surroundings. Listen to the sound of the water and see if you can catch a glimpse of sea creature!

Health Benefits: Vitamin D exposure, cardiovascular fitness, full body strengthening and toning, mood boost, stress and anxiety reduction, mindfulness and relaxation.

Trails and Walking Paths:

- Walking path: Grade 2, paver block
 - 1.25 mile loop around the island

Additional attractions:

Swimming beaches

Snorkeling lagoon

Campground - tent sites

Observation deck


Picnic areas

Fishing pier



Simply being near water can provide relaxation, boost creativity, and relieve stress. Make sure to apply a broad-spectrum sunscreen of SPF 30 or higher at least 15 minutes before sun exposure to prevent sunburn!

West Boynton Park & Recreation Center

 6000 Northtree Boulevard, Lake Worth,
FL 33463



Park Challenge: Visit the gym and play basketball. Try to make 10 baskets in a row!

Universal Challenge: Sit outside under one of the picnic pavilions and write down your goals for the upcoming week.

Health Benefits: Cardio, full body strengthening, hand-eye coordination, concentration, focus, socialization, relaxation, self-reflection.

Trails and Walking Paths:

- Exercise Course: Grade 3, wood chip terrain
 - 1 mile loop with 15 exercise stations

Additional attractions:

Picnic areas

Playground

Roller hockey rink

Skate park



A hard workout can make you feel thirsty. While it is tempting to want to grab a soda or energy drink, they are full of sugar and will only provide temporary energy before making you feel tired again. Instead, hydrate throughout the day by drinking water, especially when you are more active! Use a refillable water bottle to reduce waste and plastic usage.

West Delray Regional Park

 10875 Atlantic Avenue, Delray Beach,
FL 33436



Park Challenge: Get a leg burning workout by visiting the mountain bike trail.

Universal Challenge: Visit the park at sunset and watch as the light reflects off of the water from one of the ponds or lakes.

Health Benefits: Cardiovascular fitness, muscle strengthening and toning, stamina and endurance, mood boost, increased focus and concentration.

Trails and Walking Paths:

- Equestrian Trails
 - 1.3 miles
- Mountain Bike Trail: Grade 3, natural terrain
 - 5 miles

Additional attractions:

Archery

Camping - primitive (use by permit only)

Picnic areas

Radio-controlled tracks



Noon until 4:00 PM are considered the hottest times of the day. Try exercising outside early in the morning or later in the evening to avoid intense heat conditions.

Exercise Log

Date	Park location	Start time

End time	Activity	Comments

Exercise Log

Date	Park location	Start time

End time	Activity	Comments

Exercise Log

Date	Park location	Start time

End time	Activity	Comments

Walking for Healthier, Happier Living *Challenge*

Walking is a great workout to start with if you are new to exercising. It is a low-impact workout that you can do anywhere! Walking may seem simple, but it has significant health benefits such as improving heart health, burning calories, increasing energy levels, and even alleviating joint pain. Start by incorporating a 30-minute walk into your daily routine. You can even break it down into two 15-minute walks or three 10-minute walks.

Completing the walking challenge will be the equivalent of walking **10 miles!**

- 1. Daggerwing Nature Center:** 0.6 mile
Date completed: _____
- 2. Caloosa Park:** 1.1 miles
Date completed: _____
- 3. Carlin Park:** 1.25 miles
Date completed: _____
- 4. Green Cay Nature Center & Wetlands:** 1 mile
Date completed: _____
- 5. Haverhill Park:** 1 mile
Date completed: _____
- 6. John Prince Park:** 1.1 mile
Date completed: _____
- 7. Loggers' Run:** 0.56 mile
Date completed: _____
- 8. Loxahatchee Groves Park:** 0.47 mile
Date completed: _____
- 9. Okeeheelee Park:** 1 mile
Date completed: _____
- 10. Glades Pioneer Park:** 1 mile
Date completed: _____
- 11. West Boynton Park & Rec:** 1 mile
Date completed: _____

Resources

American Heart Association

heart.org

Centers for Disease Control & Prevention

cdc.gov/healthyliving

Global Wellness Institute

globalwellnessinstitute.org

Nutristrategy Nutrition and Fitness

nutrstrategy.com

Palm Beach County Parks and Recreation

pbcparcs.com

Park Rx America

parkrxamerica.org

Substance Abuse and Mental Health

Services Administration

samhsa.gov

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