



Program Overview

Let's Walk Florida is a 10-week physical activity education program designed to promote physical wellness among Floridians. Participants may choose from two tracks, according to their goals and exercise background – health or fitness. Participants will receive weekly educational guides focused on health and wellness content and will be asked to track their physical activity minutes. Participants will also have access to a private Facebook group where they can share progress, be inspired by motivational content, and share progress.

PHYSICAL WELLNESS

Physical activity can improve your health. Each lesson will include cardio, strength and flexibility exercises with modifications. Specific physical activity topics include:

- Interval training
- Active Recovery
- Balance Training



MENTAL WELLNESS

Mental wellness is an important aspect of overall well-being. Specific topics for this 10-week program include:

- Stress management
- Mindfulness breathing
- Cognitive and Emotional benefits of exercise



WEIGHT MANAGEMENT

Nutrition is an integral part of weight management. Featured nutrition topics include:

- Healthy snacking
- Portion control
- Pre & post workout nutrition



CHRONIC DISEASE PREVENTION AND MANAGEMENT

Increased physical activity and proper nutrition can help reduce the risk of chronic disease. Topics in this program include:

- Type 2 Diabetes
- Hypertension
- Heart Disease

