

Household-Community Circuit Rx

Name: _____

Date: _____

Rx minutes: _____

Write your activities in the boxes starting here.

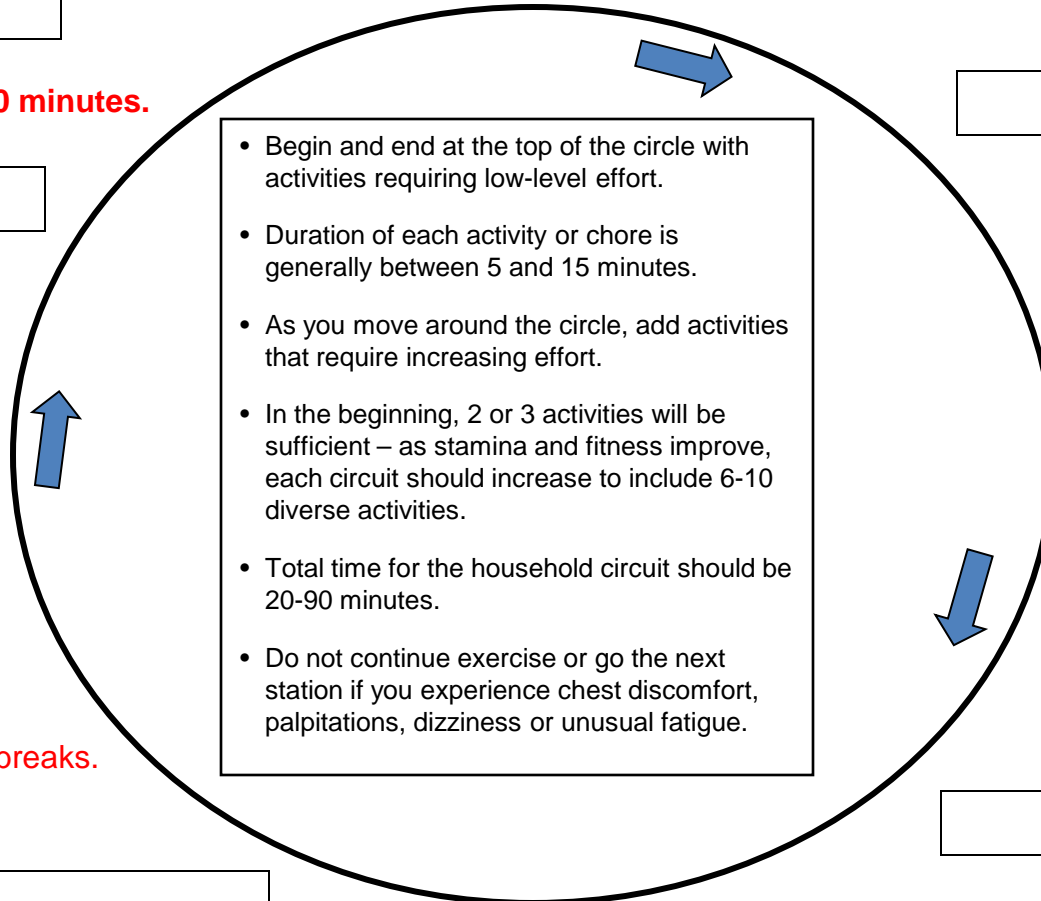
Start and end with easy stretching or slow walking.

Total circuit time = 20 to 90 minutes.

Activities here should require less effort.

Don't forget your rest/water breaks.

Activities that require the most effort go here.



- Begin and end at the top of the circle with activities requiring low-level effort.
- Duration of each activity or chore is generally between 5 and 15 minutes.
- As you move around the circle, add activities that require increasing effort.
- In the beginning, 2 or 3 activities will be sufficient – as stamina and fitness improve, each circuit should increase to include 6-10 diverse activities.
- Total time for the household circuit should be 20-90 minutes.
- Do not continue exercise or go the next station if you experience chest discomfort, palpitations, dizziness or unusual fatigue.

Add activities requiring increasing effort.

Take 2-minute rest/water break between stations.

Activities that require the most effort go here.