

Rx

Physical Activity PRESCRIPTION

CO-LED BY



Physical Activity Prescription. *Physical activity promotes good health.*

Physician's Name:

Date: Participant Age: Participant Gender:

For your health and well-being, I recommend:

Walking with a pedometer Other:

How much:

20 minutes per day 30 minutes per day
 25 minutes per day Other:

How often:

4 days per week 6 days per week
 5 days per week 7 days per week
 Other:

Walking will be especially beneficial to you because of:

Health and wellbeing Arthritis
 Weight concerns Depression/anxiety
 Stress High blood pressure
 Diabetes risk High cholesterol
 Other:

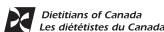
To assist you in increasing your walking, I am providing you with a pedometer and support information. You may also want to contact your local recreation centre.

Doctor's signature:



ActNowBC.ca

AN INITIATIVE OF THESE BC HEALTHY LIVING ALLIANCE MEMBERS



IN PARTNERSHIP WITH

