

Patient name:

Date:

Goal(s) of exercise therapy:

*Pursuing gradual, incremental gains towards improved function & active living!*

# R<sub>x</sub> Exercise

check <input checked="" type="checkbox"/>	
<input type="checkbox"/>	<b>Aerobic / Cardiovascular Activity</b> Activity: _____ (examples at bottom of page) Frequency: 2 3 4 5 6 7 days per week Intensity: light moderate vigorous Time: 5 10 15 20 30 40 minutes per session
<input type="checkbox"/>	<b>Strength / Resistance Activity</b> Activity: _____ (examples at bottom of page) Frequency: 2 3 4 5 6 7 days per week Intensity: light moderate vigorous Time: 5 10 15 20 30 40 minutes per session
<input type="checkbox"/>	start at very low intensity, and gradually increase
<input type="checkbox"/>	reduce sedentary activities such as watching TV or using a computer (or do exercises during these activities e.g. leg raises during commercial breaks)
<input type="checkbox"/>	may use short-acting pain killer _____ prior to activity
<input type="checkbox"/>	please keep a daily journal of exercise
<input type="checkbox"/>	please use a pedometer / phone / FitBit to keep track of daily steps
<input type="checkbox"/>	please follow-up with me in _____
<input type="checkbox"/>	please use caution with _____

Provider signature: \_\_\_\_\_

Patient signature: \_\_\_\_\_

### Health Canada Guidelines on Exercise

- Be active at least 2.5 hours (150 minutes) every week to achieve health benefits.
- Focus on moderate to vigorous Aerobic Activities throughout each week, broken into sessions of 10 minutes or more.
- Get stronger by adding Strength Activities that target your muscles and bones at least two days per week.

#### Examples of Aerobic Activities

walking, running, hiking, swimming, cycling, stair climbing, housework, cross-country skiing, dancing, gardening, competitive sports (baseball, soccer, tennis, basketball, badminton, squash, volleyball, pickle-ball, etc.) ...

#### Examples of Strength Activities

yoga, tai chi, side planks, bird-dog pose, push-ups, lifting free weights, yard work ...

