

# Rx PHYSICAL ACTIVITY

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

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Goal(s) of exercise therapy: \_\_\_\_\_

<b>Check</b> <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
<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 reliever _____ prior to activity
<input type="checkbox"/>	people with diabetes & at risk of low blood sugars: please check blood sugars before & after exercise
<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: set a realistic goal
<input type="checkbox"/>	please follow-up with me _____
<input type="checkbox"/>	please use caution with _____ (seek medical attention if chest pains)

Healthcare 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, exercise bands .....

**BENEFITS OF EXERCISE:** lowers the risk of many diseases, including dementia, diabetes, heart disease, osteoporosis, anxiety, depression, and chronic fatigue. Helps treat chronic pain. Improves quality of life. Lowers the risk of death.



This Physical Activity Prescription drafted to support RxFiles Academic Detailing sessions

[www.rxfiles.ca/tools](http://www.rxfiles.ca/tools)

# EXERCISE DOESN'T HAVE TO BE HARD

When people think of exercise, they often imagine sweating in a gym, or running a marathon. These are certainly great things to do but they aren't the only ways to stay active.

Walking 20 to 30 minutes a day makes a difference!

*"I feel fine and I'm not overweight. Why would I need to bother with exercising?"*

The point of exercising is actually to try to:



help you feel happier,



give you more energy,



& add years to your life.

These things can happen with exercise even if you don't lose weight!

*"I just don't have time to exercise."*

Try to incorporate practical activity into your day.

Bike or walk to work or your appointments.



Take the stairs instead of the elevator.



Get off the bus early, or park farther away from your destination and walk the rest of the way.



Have a walking visit instead of sitting down for coffee.

Shovel snow by hand instead of with a snow blower.

