

Patient name:

Date:

Goal(s) of exercise therapy:

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

# R<sub>x</sub> Physical Activity

check

## Aerobic / Cardiovascular Activity

<input type="checkbox"/>	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

## Strength / Resistance Activity

<input type="checkbox"/>	Activity: _____ (examples at bottom of page)
	Frequency:    2    3    4    5    6    7    days per week

start at very low intensity, and gradually increase

reduce sedentary activities such as watching TV or using a computer  
(or do exercises during these activities e.g. leg raises during commercial breaks)

may use short-acting pain killer \_\_\_\_\_ prior to activity

people with diabetes & at risk of low blood sugars: please check blood sugars before & after exercise

please keep a daily journal of exercise

please use a pedometer / phone / FitBit to keep track of daily steps

please follow-up with me in \_\_\_\_\_

please use caution with \_\_\_\_\_ (seek medical attention if chest pains)

Physician 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.

