Patient name:                      Date:  

Goal(s) of exercise therapy:  

Rx Files  
Physical Activity  
Pursuing gradual, incremental gains towards improved function & active living!

| check ☑ |

### Aerobic / Cardiovascular Activity

- **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

- **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:  ____________________________

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**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.