

Physical Activity is Your Best Medicine



Prescribing Physical Activity: What You Need to Know

What does physical activity mean?

Physical activity is any movement of the body that increases your heart rate.



Moderate Activity

Your heart rate is up, but you can still reasonably hold a conversation.

VS.

Vigorous Activity

Your heart rate is up, but talking is difficult.

Recommended Physical Activity Guideline for Adults



150 Minutes
a week of moderate-level physical activity

or



75 Minutes
a week of vigorous physical activity

and



2 times a week
of strength training exercises

Regular physical activity can:



lower the risk of diseases like type 2 diabetes and heart disease

improve general mental health and decrease symptoms of depression and anxiety

Every minute counts!



15 minutes a day



of brisk walking has been shown to improve energy, reduce disease, and extend lifespan

How Can You Help Facilitate Positive Changes?

It's important to remember that not all patients are at the same stage of making healthy lifestyle changes. Healthcare providers can help to promote physical activity to patients and in their clinics through the following practices:

Provide professional advice, education, and supervision

- Advise and educate patients on the benefits of physical activity
- Provide prescriptions and plans that meet patients where they are
- Assess regular physical activity in every patient visit
- Create a supportive and encouraging environment for patients
- Educate and support staff in promoting physical activity

Provide patients with a physical activity referral

- Identify community resources and partnerships for referrals
- Assess patients' interest in gym vs home exercise
- Refer patients to programs, places, or certified fitness professionals in the local community
- Help patients identify the safest places to be active near their home
- Talk with patients about specific barriers to their physical activity plans



 **for Physical Activity**

Date: _____

Provider: _____

Patient Name: _____

Prescription: _____

Walking Strength Training Other _____

_____ minutes a day

_____ days a week

Signature: _____



Providing a written prescription is shown to be an effective way to motivate patients to be more physically active.