

PRESCRIPTION

for health



Patient Name _____ Date _____

AEROBIC ACTIVITY

TYPE: Walk Run Swim Bike Other _____

FREQUENCY (days/week): 1 2 3 4 5 6 7

INTENSITY: Light Moderate Vigorous
(A Casual Walk) (A Brisk Walk) (Jogging or Running)

TIMES (minutes/day): 10 20 30 60 More than 60

STEPS/DAY: 2,500 5,000 7,500 10,000 More than 10,000

STRENGTH TRAINING

- Muscle strengthening should be done at least 2 days per week.
- Examples include bodyweight exercise (e.g. push-ups, lunges), carrying heavy loads, and heavy gardening.

NUTRITION

- Make at least half of your plate fruits and vegetables.
- Make at least half of your grains whole grains.
- Eat a variety of fruits and veggies – the greater the variety the better.
- Use healthy oils like olive and canola oil for cooking and at the table; limit butter and avoid trans fat.
- Avoid sugary drinks.
- Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

Contact commit2fit@flint.org or (810) 232-2228 to receive a FREE wearable fitness tracker (will supplies last).

Physician Signature: _____

WHAT TO DO:

- Increase Physical Activity
- Improve My Food Choices
- Improve My Sleep Habits
- Reduce My Stress
- Visit commit2fit.com for free, local nutrition and fitness resources
- Other: _____

My Doctor and I will discuss my progress in improving these habits on (date):

WHAT DO WE KNOW ABOUT PHYSICAL ACTIVITY

- Regular physical activity can protect your joints, prevent falls and injuries, and reduce your risk of disease, such as type 2 diabetes, high blood pressure, heart attacks, and some cancers.
- Improving your fitness can be as important, or more, than losing weight.
- It is also important to avoid inactivity (i.e. the amount of time you spend sitting) as much as possible. Studies suggest limiting your sedentary time to less than 6-8 hours a day.

WHAT ABOUT AEROBIC ACTIVITY?

- The *Physical Activity Guidelines for Americans* recommends 150 minutes per week of moderate activity, 75 minutes of vigorous activity, or a combination of both, for adults.
- Moderate activity is done at a pace where you can carry on a conversation, but cannot "sing." Examples include: brisk walking, slow biking, water aerobics, and general gardening.
- Vigorous activity is done at a pace where you cannot carry on a conversation and may be out of breath. Examples include: jogging/running, swimming laps, playing tennis, and fast bicycling.
- Try your best to perform your activity in sessions that are at least 10 minutes long (Example – 3 sessions of 10 minutes each day for a total of 30 minutes of activity).

WHAT ABOUT STRENGTH TRAINING?

- The *Physical Activity Guidelines for Americans* also recommends that you do muscle strengthening exercises 2 times per week to increase bone strength and muscular fitness.
- Adults should perform 8-12 repetitions of activities that work your large muscle groups, such as the legs, hips, abdomen, back, chest, shoulders, and arms.
- These activities do not require going to a gym. You can use resistance bands, do body weight exercises (push-ups, lunges), carry heavy loads, or do heavy gardening or yard work.