

PRESCRIPTION
for health

Patient Name _____ Date _____

AEROBIC ACTIVITY

TYPE: Walk Run Swim Bike Play Outside Other _____

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

INTENSITY: Light Moderate Vigorous
(A Casual Walk) (Bike Riding) (Jumping Rope)

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

STRENGTH TRAINING

- Muscle strengthening should be done at least three days per week.
- Examples include bodyweight exercise, games like tug of war, tree climbing, and swinging on playground equipment.

NUTRITION – LEAD MITIGATING FOODS HIGH IN VITAMIN C, CALCIUM, AND IRON

- Foods with Iron: Red meat, fish, and chicken. Green leafy vegetables. Whole-grain cereal, bread, and pasta.
- Foods with Vitamin C: Citrus fruit such as grapefruit, oranges, and their juices. Tomatoes and tomato juice. Vegetables such as peppers, broccoli, potatoes, and much more. Fruit like peaches, strawberries, pears, watermelon, and more!
- Foods with Calcium: Milk, yogurt, and cheese. Green leafy vegetables such as spinach, kale, and collard greens. Calcium fortified orange juice, tofu, and canned salmon and sardines.

GET OUTSIDE

Visit your Genesee County Parks for fun ways to get active and learn about nature! www.geneseecountyparks.org

Physician Signature: _____

WHAT TO DO:

- Be Active – At least 30 minutes a day!
- Make healthy food choices. At least half of your plate should be fruits and vegetables.
- Visit commit2fit.com for free, local nutrition and fitness resources, including the Cooking with Kids program!
- Limit “screen time” (television, computers, and video games) to less than 2 hours a day.
- Other: _____

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

WHAT DO WE KNOW ABOUT PHYSICAL ACTIVITY

- Physical activity can help to lower blood pressure and cholesterol, decrease total body fat, and help to maintain body weight.
- Physical activity is important for growth and development of the cardiovascular system, increasing bone density, and improving muscle health.
- **60 minutes of moderate physical activity daily** is recommended for children by ACSM, CDC, and National Institute of Health.
- It is important to encourage children to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

WHAT ABOUT AEROBIC ACTIVITY?

- Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity and should include vigorous-intensity physical activity at least 3 days a week.
- 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.

WHAT ABOUT MUSCLE/BONE STRENGTHENING?

- As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening and bone-strengthening physical activity on at least 3 days of the week.
- Examples of muscle strengthening exercises include games such as tug-of-war, modified push-ups (with knees on the floor), resistance exercises using body weight or resistance bands, rope or tree climbing, sit-ups (curl-ups or crunches), or swinging on playground equipment/bars.
- Examples of bone strengthening exercises include games such as hopscotch, hopping, skipping, jumping, jumping rope, running, and sports such as gymnastics, basketball, volleyball, and tennis.