

Patient name:

Date:

Goal(s) of exercise therapy:

<i>Pursuing gradual, incremental gains towards improved function &amp; active living!</i>							
<b>RX Exercise</b>							
check <input checked="" type="checkbox"/>							
<input type="checkbox"/>		<b>Aerobic / Cardiovascular Activity</b>					
<input type="checkbox"/>		Activity: _____ (examples at bottom of page)					
<input type="checkbox"/>		Frequency: 2 3 4 5 6 7	days per week				
<input type="checkbox"/>		Intensity: light moderate vigorous					
<input type="checkbox"/>		Time: 5 10 15 20 30 40	minutes per session				
<input type="checkbox"/>		<b>Strength / Resistance Activity</b>					
<input type="checkbox"/>		Activity: _____ (examples at bottom of page)					
<input type="checkbox"/>		Frequency: 2 3 4 5 6 7	days per week				
<input type="checkbox"/>		Intensity: light moderate vigorous					
<input type="checkbox"/>		Time: 5 10 15 20 30 40	minutes per session				
<input type="checkbox"/>		start at very low intensity, and gradually increase					
<input type="checkbox"/>		reduce sedentary activities such as watching TV or using a computer (or do exercises during these activities e.g. leg raises during commercial breaks)					
<input type="checkbox"/>		may use short-acting pain killer _____ prior to activity					
<input type="checkbox"/>		please keep a daily journal of exercise					
<input type="checkbox"/>		please use a pedometer / phone / FitBit to keep track of daily steps					
<input type="checkbox"/>		please follow-up with me in _____					
<input type="checkbox"/>		please use caution with _____					
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 ...

