

Patient name:

Date:

Goal(s) of exercise therapy:

R_x Exercise	
<i>Pursuing gradual, incremental gains towards improved function & active living!</i>	
check <input checked="" type="checkbox"/>	
<input type="checkbox"/>	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
<input type="checkbox"/>	Strength / Resistance 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
<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	
<ul style="list-style-type: none">• 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 ...

