



APPENDIX 2:

Canadian Activity Prescription



Name: _____

To improve your health and quality of life, I recommend:

	What to Do	How Often	How To
For Endurance	G Brisk walk G Swim G Cycle G _____	4-7 days	Do what you can, working up to at least 10 minutes at a time.
For Flexibility	G Stretch G Dance G Garden G _____	Every day	Always start with 5 minutes of "stretch and hold" activities. Avoid pain. Go for a stretched, relaxed feeling.
For Strength & Balance	G Lift weights G Climb stairs G Carry groceries G _____	2-4 days a week	Start slowly but challenge all your muscles. Do more pulling, pushing, lifting and carrying.

Review this with: _____ in: _____

Signature: _____ Date: _____

Looking for more information on healthy active living?
Call 1-888-334-9769 for a FREE copy of:
 Canada's Physical Activity Guide to Healthy Active Living for Older Adults
Or visit it online at www.paguide.com

Adapted from: Green Prescription, Hillary Commission, Ministry of Health, Wellington, New Zealand and Canada's Physical Activity Guide to Healthy Active Living for Older Adults.

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