

# Exercise Prescription & Referral



Name \_\_\_\_\_

Date \_\_\_\_\_ Age \_\_\_\_\_

Relevant diagnoses \_\_\_\_\_

## REDUCE SEDENTARY BEHAVIOUR

Move more / Sit less / Use stairs / Limit screen time

## PHYSICAL ACTIVITY RECOMMENDATIONS

### AEROBIC / CARDIOVASCULAR ACTIVITY

Frequency	1	2	3	4	5	6	7	days / week
Intensity	Light			Moderate			Vigorous	
Time	10	15	20	30	40	more	minutes / session	
Type								

### STRENGTH / RESISTANCE ACTIVITY

Frequency 1 2 3 4 5 6 7 days / week

Type (e.g., yoga, freeweights)

### CANADIAN PHYSICAL ACTIVITY GUIDELINES FOR ADULTS 18 YEARS AND OLDER

To achieve health benefits, adults aged 18 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week. More physical activity provides greater health benefits.

## REFERRAL FOR ADDITIONAL EXERCISE ASSESSMENT AND COUNSELLING

Name / Organization \_\_\_\_\_

Reason for Referral \_\_\_\_\_

## YOUR HEALTH PROFESSIONAL

Name

Signature

Licence #

## WHAT DO WE KNOW ABOUT EXERCISE?

- **Physical activity will make you feel good and can be fun!**
- **Exercise is effective.** If exercise was a drug, it would be one of the most effective and safe ways to prevent and treat many chronic diseases such as heart disease, hypertension, diabetes, osteoporosis, anxiety disorders and depression!
- **Exercise is safe for your joints.** Regular low impact exercise and gradual muscle strengthening can stabilise and protect your joints from osteoarthritis and reduce the risk of falls and injuries that is associated with poor physical fitness.
- **Improving fitness is more important than losing weight.** Low cardiovascular fitness is associated with a much higher risk of disease and death than being overweight.
- **Walking is free anywhere and any day of the year!**

## WHAT ABOUT AEROBIC INTENSITY AND MUSCLE STRENGTHENING?

How can I assess intensity?

- **Light exercise will usually not cause adults to sweat and breathe harder.** It is easy to have a conversation at this intensity. Walking is the typical example of light exercise.
- **Moderate-intensity exercise will cause adults to sweat a little and breathe harder.** It is possible to have a conversation in short sentences. Examples are brisk walking (as if you are late for the bus!) and bike riding.
- **Vigorous-intensity exercise will cause adults to sweat and be “out of breath”.** It is difficult to have a conversation. Examples are jogging, swimming laps, cross-country skiing and hiking on hills.

What is strength and resistance exercise?

- Strength and resistance exercises make your muscles work harder by adding weight or resistance to the movement. It is recommended to have at least one day of rest from this activity per week.

For more information

You can consult your health professional, an exercise professional or visit the Resources page on [exerciseismedicine.ca](http://exerciseismedicine.ca).

The development of this resource was financially supported by:



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