



Health Care Provider Physical Activity Prescription & Referral

Name: _____

Age: _____

Date: _____

Relevant diagnoses: _____

Reduce Sedentary Behaviour: Move more | Use stairs | Limit screen time

Sleep: Adults 18-64 yrs. 7-9 hours/night | Adults 65+ yrs. 7-8 hrs/night

General Physical Activity

| Frequency | 1 | 2 | 3 | 4 | 5 | | days/week |
|-----------|------------------------|----|----|----|---------------------------------|------|---------------------------------|
| Intensity | Light (Talk & Sing) | | | | Moderate (Talk but not sing) | | Vigorous (Talk is difficult) |
| Time | 10 | 15 | 20 | 30 | 40 | more | minutes/session |
| Type | | | | | | | |

Strength & Resistance Activity

| Frequency | 1 | 2 | 3 | 4 | 5 | | days/week |
|---------------------------------|---|---|---|---|---|--|-----------|
| Type (e.g., yoga, free weights) | | | | | | | |



The Canadian 24-Hour Movement Guidelines for Adults and Older Adults recommend that adults should aim for:

- 150 minutes of moderate-vigorous physical activity per week
- Multiple hours of light physical activity per day
- 2-3 sessions of muscle- and bone-strengthening activities (which will also help with balance)
- For those 65+, physical activities that challenge balance should also be included

For optimal results, try to move your body every day.

Light intensity:

You can talk and sing a song while performing your physical activity.

Moderate intensity:

You can comfortably carry on a conversation, but not be able to sing a song while performing your physical activity.

Vigorous intensity:

You can only speak a few words while performing your physical activity, before needing to take in deep breaths.

Additional Physical Activity Resources

- Print/download the [Get Started resource](#) from the HCP Physical Activity Kit
- Build a support network by getting friends and family involved
- Visit [Recreation NL's Facility locator](#) to find a facility near you.
- Take the "[Get Active Questionnaire](#)"
- Additional Suggestions (ex. explore the HCP Physical Activity Kit and print/download tools such as the Sleep and Physical Activity Journal):