



# YOUR PRESCRIPTION TO GET ACTIVE IS FOR:

<p><b>Adult - Senior (18+ years old)</b></p> <p><input type="checkbox"/> Start with 10 minutes of activity at a time and work up to 150 minutes of activity each week.</p>	<p><b>Child - Youth (2 - 17 years old)</b></p> <p><input type="checkbox"/> Work up to 60 minutes of heart-pumping physical activity each day.</p>
<p><b>Need a more gentle approach to Getting Active?</b></p> <p><input type="checkbox"/> Avoid sitting and lying for long periods of time. Stand up, take frequent short walks, and decrease your screen time.</p>	

## WHAT ACTIVITY LEVEL IS RIGHT FOR ME?

- Start slow and work up to a level of exercise where you are sweating lightly and breathing harder – you should still be able to have a conversation in short sentences.
- Examples are brisk walking (as if you are late for the bus), bike riding or a water aerobics class.
- Add strength and resistance exercises when ready.

## BENEFITS OF BEING ACTIVE

- Improve your Physical and Mental Health
- Reduce your risk of Heart Disease by 33-50%
- Reduce your risk of Diabetes by 25-58%
- Reduce your risk of Alzheimer's by 40%
- Significantly reduce your risk of Hospitalization

## IDEAS FOR GETTING ACTIVE...

- Visit the Generations Playground
- Enroll in an aquafit, water walking or gentle joints class at your local pool
- Consider a pedometer or another activity tracking device and start walking regularly with a friend
- Start an activity diary and bring to your next appointment
- Book a 30 minute consultation with a fitness professional

- Check out our local Community Rec Programs:

### South Surrey:

<https://www.surrey.ca/parks-recreation/activities-registration>  
604.501.5100

### White Rock:

<https://www.whiterockcity.ca/830/Guides-Drop-In-Schedules>  
604.541.2199

- \_\_\_\_\_

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Physician Name / Signature: \_\_\_\_\_

**Call White Rock Recreation & Culture 604.541.2199 to schedule a free 30 minute consultation with a fitness professional. Ask for the "MOVE FOR LIFE – Prescription to get Active".**

..... MOVE FOR LIFE FUNDING PARTNERS ..... PROJECT PARTNERS .....

