

Have you heard about the Prescription to Get Active program?

About Prescription to Get Active

This uniquely designed prescription gives patients of all ages advice on how to increase their physical activity levels and provides them with activity resources and access to community recreation centres for free.

Goal

The goal of the program is to support individuals to become more active, to equip physicians and their health care teams with the tools to educate their patients on the importance of physical activity and to partner with recreation facilities to provide accessible spaces within all communities.

How does the program work?

Step 1: Healthcare members identify patients who are:

- Below the Canadian Physical Activity and Sedentary Behaviour Guidelines.
 - Less than 60 minutes per day for children and youth (0-17 years old)
 - Less than 150 minutes per week for adults and seniors (18-65+ years old)
- Able to participate in unsupervised physical activity without medical clearance.

Step 2: Prescribers then write a specially designed prescription to their patients.

Step 3: Patients record their Prescription to Get Active at www.PrescriptionToGetActive.com.

Step 4: Patients start moving at home and in their communities.

- Physical activity resources are provided through the website to help get patients started.
- Patients can also fill their prescriptions at participating recreation facilities and receive free trial access.

Are you a doctor or a member of their healthcare team, and you would like to become a member of Prescription to Get Active?

Follow these steps:

- Visit www.prescriptiontogetactive.com/members to determine if you are already a member of the program.
- If you are a member, you can request resources such as prescription pads and patient resources.
- Not a member? Apply today.

Learn more at
www.PrescriptionToGetActive.com