PHYSICAL ACTIVITY PRESCRIPTION AND REFERRAL

Name ____________________________________________

Date ___________________ Age __________

PHYSICAL ACTIVITY RECOMMENDATION

Aerobic/cardiovascular activity

<table>
<thead>
<tr>
<th>FREQUENCY</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7 Days</th>
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</thead>
<tbody>
<tr>
<td>INTENSITY</td>
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<tr>
<td></td>
<td>Light</td>
<td>Moderate</td>
<td>Vigorous</td>
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<tr>
<td>TIME</td>
<td>10</td>
<td>20</td>
<td>30</td>
<td>40</td>
<td>50</td>
<td>60 Minutes</td>
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<td>TYPE</td>
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Strength/resistance activity

| 2 | 3 | 4 | 5 | 6 | 7 Days |

RECOMMENDATION TO REDUCE SEDENTARY BEHAVIOUR

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

Signed ____________________________________________

For tips on getting moving at home, work or while travelling visit heartfoundation.org.au/heartweek
BENEFITS OF PHYSICAL ACTIVITY.

The heart is a muscle and needs to be exercised every day to stay strong and healthy — at least 30 minutes of physical activity a day can:

- Lower your risk of heart disease and other chronic illness by up to 35%
- Reduce your blood pressure
- Improve the quality of your sleep
- Help you live healthier as you age and for longer
- Reduce your risk of dementia and Alzheimer’s disease
- Reduce the risk and ease the symptoms of depression and anxiety.

HOW MUCH IS ENOUGH?

Any physical activity is better than none. If you don’t do any exercise, start by doing some, and gradually build up to the recommended amount.

- Be active on most, if not all days of the week.
- Aim for 30-60 minutes of moderate to vigorous physical activity every day.
- Aim to do strength or muscle toning activities at least twice a week. For example, pushups, squats, lunges, weights or other types of resistance training.
- Reduce the amount of time you sit and break periods of sitting wherever possible.

HOW DO YOU KNOW THE LEVEL OF INTENSITY?

Light physical activity will not usually make an adult sweat or breathe harder. It’s easy to have a conversation at this intensity while strolling.

Moderate physical activity takes some effort, will make you sweat and breathe harder, but you’ll still able to hold a conversation. For example, brisk walking or bike riding.

Vigorous physical activity will cause an adult to sweat a lot and find it hard to breathe. It will be difficult to have a conversation. For example, jogging or swimming laps.

FOR MORE INFORMATION
heartfoundation.org.au/heartweek