Physical Activity Rx for: ________________________________________________________

Date: _______________________

Recommended Intensity for Physical Activity

☐ Light to moderate
☐ Moderate
☐ Vigorous

Intensity described on back of this page.

Recommended Duration for Physical Activity*

☐ At least 30 minutes per day
☐ 30–45 minutes per day
☐ 45 minutes or more per day

*Recommended duration is in addition to 5–10 minutes for warm-up and cool-down.

Recommended Frequency for Physical Activity

Aerobic Activities:

☐ 4–5 times per week
☐ 6–7 times per week

Resistance Training:

☐ 2–3 non-consecutive days per week

Flexibility/Stretching:

☐ Daily

Recommended Types of Physical Activity

☐ Walking
☐ Yoga
☐ Cycling
☐ Racquet sports
☐ Dancing

☐ Swimming
☐ Running
☐ Aerobics class
☐ Rowing
☐ Other: __________________________

Based on your medical condition, the following restrictions regarding physical activity are recommended:

☐ No restrictions

________________________________________________________ M.D.

Signature: ____________________________________________________________
<table>
<thead>
<tr>
<th>EXERCISE INTENSITY</th>
<th>PHYSICAL SIGNS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Light</td>
<td>▪ Comfortable; could maintain pace all day long</td>
</tr>
<tr>
<td></td>
<td>▪ Can talk without any problems</td>
</tr>
<tr>
<td>Light</td>
<td>▪ Comfortable, but feel some strain</td>
</tr>
<tr>
<td></td>
<td>▪ Breathing a bit harder, but can still talk easily</td>
</tr>
<tr>
<td></td>
<td>▪ Breaking a light sweat</td>
</tr>
<tr>
<td>Moderate</td>
<td>▪ Moderate effort with noticeable increase in heart rate</td>
</tr>
<tr>
<td></td>
<td>▪ Can talk easily, but can’t sing a song</td>
</tr>
<tr>
<td></td>
<td>▪ Mild to moderate perspiration</td>
</tr>
<tr>
<td>Vigorous</td>
<td>▪ Quite an effort with elevated heart rate</td>
</tr>
<tr>
<td></td>
<td>▪ Can talk, but with difficulty and slight breathlessness</td>
</tr>
<tr>
<td></td>
<td>▪ Moderate perspiration</td>
</tr>
</tbody>
</table>

When you are exercising, if you experience chest pain or pressure, trouble breathing or shortness of breath, light-headedness or dizziness, or nausea, stop your exercise program and contact your doctor.

This physical activity was prepared by the Massachusetts Medical Society (MMS) for your doctor’s use as part of the MMS Your Health First campaign.

For more information about physical activity, good nutrition, and healthy weight, visit [www.massmed.org/YourHealthFirst](http://www.massmed.org/YourHealthFirst).