

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
- ☐ _____

Signature: _____ M.D.

EXERCISE INTENSITY	PHYSICAL SIGNS
Very Light	<ul style="list-style-type: none"> ▪ Comfortable; could maintain pace all day long ▪ Can talk without any problems
Light	<ul style="list-style-type: none"> ▪ Comfortable, but feel some strain ▪ Breathing a bit harder, but can still talk easily ▪ Breaking a light sweat
Moderate	<ul style="list-style-type: none"> ▪ Moderate effort with noticeable increase in heart rate ▪ Can talk easily, but can't sing a song ▪ Mild to moderate perspiration
Vigorous	<ul style="list-style-type: none"> ▪ Quite an effort with elevated heart rate ▪ Can talk, but with difficulty and slight breathlessness ▪ Moderate perspiration

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 **R** 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**.