

# Rx to Live Well: Physical Activity

## MY GOALS



**Moderate to vigorous aerobic physical activity:**

Brisk walking or \_\_\_\_\_

Days per week \_\_\_\_\_ x Minutes per day \_\_\_\_\_

= Total minutes per week: \_\_\_\_\_ (build up to at least 150)

**Strength training 2 or more days per week:**

Type of strength training: \_\_\_\_\_

**Reduce total sitting time**

from \_\_\_\_\_ hours a day to \_\_\_\_\_ hours a day

**Reduce screen time** (TV, video games, Internet)

from \_\_\_\_\_ hours a day to \_\_\_\_\_ hours a day

**Other:** \_\_\_\_\_  
\_\_\_\_\_

## RESOURCES AND FOLLOW-UP

**Recommended online resources:**

- [www.intermountainlivewell.org](http://www.intermountainlivewell.org)
- [www.choosehealth.utah.gov](http://www.choosehealth.utah.gov)
- [www.intermountainhealthcare.org/wellness](http://www.intermountainhealthcare.org/wellness)
- [www.letsmove.gov](http://www.letsmove.gov)

**Referral contact information, if needed:**

\_\_\_\_\_  
\_\_\_\_\_

**Report or follow up:** In \_\_\_\_\_ weeks / months with \_\_\_\_\_