

Your “Go for Green” Prescription

Follow your “Go for Green” Prescription and get two things in one –
be physically active in the outdoors and help create a healthier environment.

Name: _____ Date: _____

Rx

Commit to improving your health by doing the following activities for at least
_____ minutes _____ times a week.

- | | |
|---|--|
| <input type="checkbox"/> Leave the car at home
and walk to work/school | <input type="checkbox"/> Cut grass (with a push mower) |
| <input type="checkbox"/> Cycle to work/school | <input type="checkbox"/> Plant a tree |
| <input type="checkbox"/> In-line skate | <input type="checkbox"/> Hike with a parent/friend |
| <input type="checkbox"/> Ice Skate | <input type="checkbox"/> Canoe |
| <input type="checkbox"/> Garden (organically) | <input type="checkbox"/> Snowshoe |
| <input type="checkbox"/> Play outdoors | <input type="checkbox"/> X-country Ski |
| <input type="checkbox"/> Help clean a local park
or school | <input type="checkbox"/> Use the stairs |
| <input type="checkbox"/> Walk or cycle for errands | <input type="checkbox"/> Walk the dog |
| | <input type="checkbox"/> Other _____ |

Signed by: _____

*Starting slowly is very safe for most people. Not sure?
Consult your health professional.*

Check out the back for suggestions on getting active

Getting Active Without Leaving Your Neighbourhood

Physical activity can be done anytime, anywhere! Explore your neighbourhood.
Choose places you feel comfortable in getting active and book them into your
daily/weekly routine.

Community Facilities

- Arenas _____
- Trails/BikeLanes _____
- Courts _____
- Pools _____
- Recreational/ Parks _____
- Gymnasia _____
- Rinks _____

Programmes

- School _____
- Work _____
- Community Centres _____
- Fitness Centres _____
- Clubs _____
- Special Events _____
- Other _____

Not sure what's available in your neighbourhood?

Check your Yellow Pages under:

- Clubs
- Health, Fitness & Exercise Services
- Recreation Centres
- Recreation Centres – Outdoors
- “The Active Life” Section for community centres, pools, arenas, heritage centres, parks and bikeways (part of the introductory pages)

Need help in getting started? Contact:

- Your Family Physician
- Certified Fitness Professional
- Physical Education Teacher
- Local public health unit or department
- Provincial health organization, such as the Heart and Stroke Foundation
- Your workplace fitness/active living coordinator

**For more information on how to build physical activity into your life, get
your free copy of *Canada's Physical Activity Guide to Healthy Active Living*
by calling 1-888-334-9769 or visit the website www.paguide.com.**

Getting active about inactivity!

*The College of Family Physicians of Canada's
“Physical Activity and Health Strategy”*

www.epfc.ca