

PRESCRIPTION TO GET ACTIVE

How it works



STEP 1: Talk to your Primary Care Network (PCN) doctor or health care professional about your Prescription To Get Active.

STEP 2: Visit our website to register your Prescription To Get Active and receive your own Getting Started 6-week program and valuable resources.



STEP 3: Start moving your way:

Option A: Get more active at home or outdoors within your community.

Option B: Take your Prescription To Get Active to one of our participating facilities to redeem the special offer they have arranged exclusively for you.

STEP 4: Maintain moving and much more.

Did you know that from a SINGLE session of activity (like short 10 minute walk) you can: Improve your mood, concentration, strength, endurance and posture, and help manage your blood sugar, cholesterol and blood pressure?



prescriptiontogetactive.com

**Physical activity: your most important prescription.
For best results move daily!**