

Prescriptions for Healthy Living: Content

Essential Content:

The following content is required to be included on each ‘Prescription for Healthy Living’.

Section	Essential Content
Title / Logo	- ‘Prescriptions for Healthy Living’ logo displayed on front side
Header	- including Name, Date, Provider and Clinic
Vegetables & Fruit	- Recommend 7 - 10 servings a day - <input type="checkbox"/> Eat _____ servings of vegetables and fruit every day. - <input type="checkbox"/> Have 2 or more servings at each meal and snack.
Physical Activity	- This program is meant for individuals who need to be more active and who can be physically active without supervision or medical restrictions. - <input type="checkbox"/> Child /Youth- Work up to a minimum of 60 minutes of aerobic activity daily - <input type="checkbox"/> Adult – Work up to a minimum of 150 minutes of aerobic activity weekly, in bouts of 10 minutes or more
Tobacco Reduction	- Become tobacco-free - <input type="checkbox"/> Reduce/quit tobacco use: Goal/quite date: _____

Options: Users may tailor this resource to meet local and unique clinic needs if desired. It is not necessary to include all 3 topic areas: Vegetables & Fruit, Physical Activity and Tobacco Use. Users may choose any or all topic areas as deemed necessary. It is important to ensure all additional content be accurate, easy to read and evidence based.

Recommended Optional Content:

Users may pick additional content from the list of recommendations below:

Section	Recommended Optional Content
Header	- Your doctor or health care provider would like to help you improve your overall health. - You have set a goal today as the first step in making changes for your health. - Set a Goal for Healthy Living: - Plan for how you are going to make changes even in hard situations. - Choose rewards for when you meet your goal.
Vegetables & Fruit	- Fill half your plate with vegetables and fruit. - Add fruit to breakfast. - Pack vegetables and fruit to eat with lunch. - Write down what you eat and drink. - Visit www.albertahealthservices.ca/5621.asp Healthy Eating Starts Here - One serving of vegetables and fruit table (see generic prescription)

Section	Recommended Optional Content
Physical Activity	<ul style="list-style-type: none"> - Start slowly by adding activities you enjoy into your life. - Aerobic activities work your heart and lungs (e.g., walking, cycling, and swimming). - Try to work at a moderate to vigorous intensity (This means that you'll sweat lightly and breathe faster and deeper). - Increasing physical activity has benefits on your physical and mental health and overall well-being. It is important to choose activities that you enjoy doing so that you continue to build your physical activity habit. - CHILDREN and YOUTH: Try a variety of activities with your children such as: <ul style="list-style-type: none"> • Walk, bike rollerblade or skateboard to school. • Go to the park, go swimming, skating or tobogganing. • Register in minor sport programs each season. Try something new! - ADULTS: Schedule activity into your day: <ul style="list-style-type: none"> • Be active in your daily life! Take walking breaks at work. Walk or cycle to work or to do your errands. • Be active around the house! Shovel snow, dig in the garden, and mow your lawn. • Be active with others! Go for a walk with family or a friend. • Join a recreation centre. Take classes like yoga, dance or swimming. •
Tobacco Reduction	<ul style="list-style-type: none"> - Talk to a Cessation Counsellor at 1-866-710-QUIT (7848) or a healthcare provider (e.g., doctor, nurse practitioner, pharmacist). - Join a support group (e.g., QuitCore). - For offerings in your community visit www.albertaquits.ca . - Visit www.albertaquits.ca for online support and additional resources. - “Quit Tips” <ul style="list-style-type: none"> • Consider Stop Smoking Medications - Stop smoking aids, like nicotine replacement therapy products and prescription medications can double, even triple a person’s quit success rate. • Change Your Daily Routine - Tobacco is a part of your daily routine and lifestyle, so change it up a bit. Take a different route to work, have coffee breaks with non-smokers, and avoid situations where you know other smokers will be. • Get Support from Family and Friends - Let your family and friends know what they can do to help you. • Prepare for Withdrawal & Cravings - Most relapses occur within the first three months, and most people try several times before they quit. Remember, cravings come in waves and last only about 5 minutes - so practice the 4Ds (Delay, Deep breathing, Drink water, Distract) and ride it out. • Reward Yourself - Quitting smoking is a BIG DEAL! So acknowledge that and give yourself rewards as you reach your goals. Believe you can do it, because YOU CAN!
Other Recommendations	<ul style="list-style-type: none"> - provide a blank space where clinicians can add additional recommendations not provided on the prescription.

Additional information specific to local resources and contacts may be included. For example, local Tobacco Cessation, Healthy Living, Dietitian and Physical Activity programs, classes, referrals or web sites.