

# EXERCISE PRESCRIPTION & REFERRAL FORM

Patient Name: \_\_\_\_\_ Next Appointment: \_\_\_\_\_

Today's Date: \_\_\_\_\_ Doctor: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Signature: \_\_\_\_\_

**As your doctor I am recommending this exercise prescription to achieve the following goals:**

- |   |  |
|---|--|
| Reduce risk of heart disease                  | Reduce risk of cancer                  |
| To assist with weight loss                    | Reduce risk of cognitive decline       |
| Reduce risk or improve management of diabetes | Reduce fatigue & improve sleep quality |
| Improve symptoms of anxiety                   | Improve pain management                |
| Improve symptoms of depression                | Reduce fall & fracture risk            |
| Improve cardiovascular fitness                | Increase bone density                  |
| Improve cholesterol                           | To prevent muscle wasting              |
| Improve blood pressure                        | Other: _____                           |

AEROBIC	STRENGTH	BALANCE
<b>Type of Activity:</b> Walking Swimming Cycling Other _____	<b>Type of Activity:</b> Push ups Squats Resistance programs e.g. weights Other _____	<b>Type of Activity:</b> Heel-to-toe walking Sideways leg raises Sit-to-stand transitions Other _____
<b>How much will I need to do?</b> 10 minutes 15-30 minutes 30 minutes or more Other _____	<b>How much will I need to do?</b> 1 set of 8-12 repetitions 2 sets of 8-12 repetitions Other _____	<b>How much will I need to do?</b> 1 set of 8-12 repetitions 2 sets of 8-12 repetitions Other _____
<b>How many times per week?</b> 1-2 times per week 3-4 times per week 5 or more times per week	<b>How many times per week?</b> Once per week Twice per week More than 2 times per week	<b>How many times per week?</b> 2-3 times per week 4-5 times per week Every day of the week

**Referral to an Accredited Exercise Physiologist (Find your nearest AEP at [www.essa.org.au](http://www.essa.org.au))**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Notes:

**Physical Activity Guidelines for Adults aged 18-64:** Adults aged 18-64 with no chronic conditions – minimum of 150 minutes of moderate physical activity/week (e.g. 30 minutes/day, 5 days/week), and muscle strengthening activities on 2 or more days/week.

**Physical Activity Guidelines for Older Australians (65+):** Older people should accumulate at least 30 minutes of moderate intensity physical activity on most, preferably all, days. Older people who have stopped physical activity or are starting a new activity should start at a level that is manageable and gradually build up to the recommended amount, type & frequency.

## WHAT IS AN ACCREDITED EXERCISE PHYSIOLOGIST?

AEPs are university qualified allied health professionals with the knowledge, skills and competencies to design, deliver and evaluate safe and effective exercise interventions for people with acute, sub-acute or chronic medical conditions, injuries or disabilities. Pathology domains covered by the services of AEPs include cardiovascular, metabolic, neurological, musculoskeletal, cancers, kidney, respiratory/pulmonary and mental health, and any other conditions for which there is evidence that exercise can improve the client's clinical status.

## WHAT DO WE KNOW ABOUT PHYSICAL ACTIVITY?

- » Regular physical activity is beneficial for your health. It can protect your joints, prevent falls and injuries, reduce your risk of disease such as type 2 diabetes, high blood pressure, cardiovascular disease and some cancers.
- » You will also benefit from minimizing time spent sitting each day, and from breaking up long periods of sitting as often as possible.

## WHAT ABOUT AEROBIC ACTIVITY?

- » Australia's Physical Activity & Sedentary Behaviour Guidelines for Adults recommend either 150 minutes per week of moderate activity, 75 minutes of vigorous activity, or a combination of both.
- » Moderate activity is done at a pace where you can carry on a conversation but cannot "sing". Examples include brisk walking, slow cycling, water aerobics, and general gardening.
- » Vigorous activity is done at a pace where you cannot carry a conversation and may be out of breath. Examples including jogging/running, swimming laps, playing tennis and fast cycling.
- » Try your best to perform your activity in "bouts" that are at least 10 minutes long.



## WHAT ABOUT STRENGTH TRAINING?

- » Australia's Physical Activity & Sedentary Behaviour Guidelines for Adults also recommend that you do muscle strengthening activities on at least 2 days each week to increase bone strength and muscular fitness.
- » Adults should perform 8-12 repetitions of activities that work your large muscle groups such as the legs, hips, abdomen, back, chest, shoulders and arms.
- » These activities do not require going to a gym. You can use resistance bands, do body weight exercises (push-ups, sit-ups, lunges), carry heavy loads, or do heavy gardening or yard work.



## WHAT ABOUT BALANCE / FLEXIBILITY TRAINING?

- » Regular exercise to improve balance can help to prevent falls and flexibility activities can help you move more easily to maintain daily life activities such as putting on your own shoes and socks.
- » Some examples include heel-to-toe walking, sideways leg raises, sit-to-stand transitions, heel and toe raises, and alternate knee lifts.
- » These exercises can be done while you are waiting for the kettle to boil or even while talking on the phone.



## GETTING STARTED

- » Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing a little, and gradually building up to the recommended amount.
- » Design your physical activity program so that it fits your schedule.
- » Most of all, have FUN, find a type of physical activity that you enjoy.
- » Visit Exercise is Medicine Factsheets for more information on how exercise can help you're your health condition. <http://exerciseismedicine.com.au/factsheets/>
- » Visit Exercise Right at Home for Home Workouts put together by Accredited Exercise Professionals <https://exerciseright.com.au/exercise-home/>
- » **Consider working with a local accredited exercise physiologist to help you safely achieve your goals.**