

Patient's Name: _____ Age: _____

Address: _____ Date: _____

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Physical Activity = Good Health = Good Medicine!

Brought to you by your doctor and the Vermont Governor's Council on Physical Fitness & Sports (www.vermontfitness.org). Check out the back of this prescription for some great web links to help you get started.

www.disabledathletics.org

www.everybodywalk.org

www.exrx.net

www.fitness.gov

www.moveforwellbeing.org

www.vermontfitness.org