Patient’s Name: ____________________________  Age: ____________

Address: __________________________________ Date: ____________

\[ \text{Rx} \]

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