

About Prescription to Get Active

This uniquely designed prescription gives prescribers the opportunity to discuss the importance of physical activity and grant patients access to community recreation. This motivational tool breaks down barriers and encourages patients to find the right activities for them as they work towards a healthier life.

History

Prescription to Get Active started as a grassroots effort in one small Alberta city in 2011. The initiative was created with the intent to get the community more physically active and to combat inactivity, which is the fourth leading cause of premature death globally. With the Alberta health care industry desperate for a resource to motivate and support sedentary patients, the program was quickly adopted across the province within more than half the Primary Care Networks.

In 2015, Prescription to Get Active became a federal not-for-profit corporation and began to impact even more lives with the power of a written prescription. This innovative program did not go unnoticed and in 2017, two more provinces stepped forward to bring this initiative to their communities.

Goal

Prescription to Get Active is dedicated to improving the health of Canadians by providing an impactful program and making physical activity the most powerful prescription given.

The goal of the program is to support individuals to become more active, to equip physicians and their health care teams with the tools to educate their patients on the importance of physical activity and to partner with recreation facilities to provide accessible spaces within all communities.

How does the program work?

Step 1: Physicians and their health care teams identify patients who are:

- Below the Canadian Physical Activity and Sedentary Behaviour Guidelines.
 - Less than 60 minutes per day for children and youth (0-17 years old)
 - Less than 150 minutes per week for adults and seniors (18-65+ years old)
- Able to participate in unsupervised physical activity without medical clearance.

Step 2: Prescribers then write a specially designed prescription to their patients.

Step 3: Patients record their Prescription to Get Active at www.PrescriptionToGetActive.com.

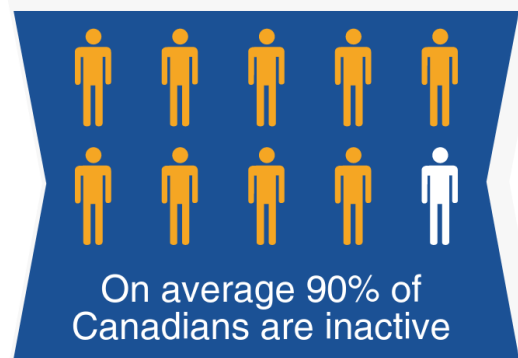
Step 4: Patients start moving at home and in their communities.

- Physical activity resources are provided through the website to help get patients started.
- Patients can also fill their prescriptions at participating recreation facilities and receive free trial access.

Prescription to Get Active is an initiative dedicated to getting Canadians of all ages more physically active. By partnering health care and community recreation, Prescription to Get Active provides individuals the resources and recreation access needed to help remove barriers associated with inactivity.

PRESCRIPTION TO GET ACTIVE

For best results, move daily

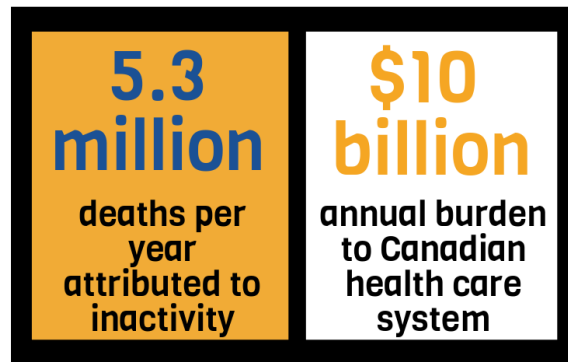


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Being active reduces incidences of:

- Hypertension by 33 - 60%
- Diabetes by 25 - 58%
- Cardiovascular disease by 33 - 50%
- Risk of premature death by 31 - 50%

The Cost of Inactivity

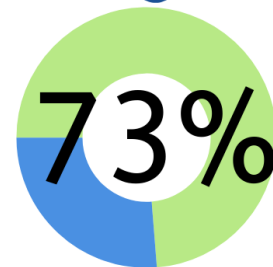


 **4,000+** prescribers

partnered recreation locations **165+** 

14,200+ prescriptions written 

Our Impact



of participants said they are more active because of this prescription