

## Healthy Lifestyles Prescription

Patients often view their health care providers as the authoritative source for key information. One way providers can emphasize the need for a healthy lifestyle is to give their patients a written prescription as a follow-up to the office visit. The sample below can be used or modified any way you want to fit your setting.



---

### Prescription for a Healthier You

Name \_\_\_\_\_

Date \_\_\_\_\_

---

**Prescription for activity change:**

- Walk for at least \_\_\_\_ minutes daily
- Walk or bike to a local destination (store, park, etc.) \_\_\_\_ times/week

- Schedule active play for at least \_\_\_\_ minutes daily
- Limit TV & screen time to no more than \_\_\_\_ minutes daily
- Do strength activities \_\_\_\_ times/week

---

**Prescription for diet change:**

- Eat \_\_\_\_ cups of fruits & vegetables daily
- Offer fruits and vegetables instead of candy or cookies

- Offer fat-free or low-fat milk only
- Limit sweetened beverage consumption to \_\_\_\_ servings/day
- Offer water instead of soda or sweetened beverages

---

**Other:**

- See the nurse for more information
- Pick up an informational packet

- See the dietitian for more information

---

MD



---

### Prescription for a Healthier You

Name \_\_\_\_\_

Date \_\_\_\_\_

---

**Prescription for activity change:**

- Walk for at least \_\_\_\_ minutes daily
- Walk or bike to a local destination (store, park, etc.) \_\_\_\_ times/week

- Schedule active play for at least \_\_\_\_ minutes daily
- Limit TV & screen time to no more than \_\_\_\_ minutes daily
- Do strength activities \_\_\_\_ times/week

---

**Prescription for diet change:**

- Eat \_\_\_\_ cups of fruits & vegetables daily
- Offer fruits and vegetables instead of candy or cookies

- Offer fat-free or low-fat milk only
- Limit sweetened beverage consumption to \_\_\_\_ servings/day
- Offer water instead of soda or sweetened beverages

---

**Other:**

- See the nurse for more information
- Pick up an informational packet

- See the dietitian for more information

---

MD