

## AIM-HI FITNESS PRESCRIPTION

Patient name: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_

	Physical Activity	Healthy Eating	Emotional Well-Being
<b>Opportunity</b> (What do I want to do?)			
<b>Goal</b> (My target)			
<b>Dose</b> (How much, how often?)			
<b>Benefits</b> (What's in it for me?)			

**Personal Goal(s):** \_\_\_\_\_

Use the Food & Activity Journal and bring it back to the next visit.

Next follow-up visit scheduled for: \_\_\_\_\_

Physician signature: \_\_\_\_\_

Patient signature: \_\_\_\_\_

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 STRONG MEDICINE FOR AMERICA

**AIM HI**  
 Americans In Motion - Healthy Interventions

## ***YOUR PERSONALIZED FITNESS PRESCRIPTION***

Just like any other prescription, individuals should know what is being prescribed, why, how to take it and any side effects or warnings. With this in mind, consider these points.

**BRAND NAME:** Fitness

**GENERIC NAMES:** Physical activity, healthy eating, emotional well-being

**INDICATIONS:** Effective for treating low energy, stress and boredom; prevents undesired weight gain; helps manage a healthy weight; helps improve long-term health conditions like high blood pressure or high cholesterol; helps prevent potential chronic health problems like diabetes and heart disease.

**BENEFITS:** Increased energy, manage or maintain weight, more mindful decision-making, improved eating habits and appetite, better self-image and confidence, improved sense of well-being.

**SIDE EFFECTS:** Be in charge of your life; feel stronger, healthier and more youthful; have a more positive outlook; find balance in all areas of your life; develop lasting, long-term changes for improved health.

**PRECAUTIONS:** Talk to your family doctor before making any major changes.

**DOSAGE:** Start small, increase slowly and repeat often. Adjust to fit your needs.

**WARNING:** Likely to become habit-forming when used regularly!

Adapted with permission from Am I Hungry? What To Do When Diets Don't Work May M., Galper L. and Carr J. 2005 Copyright by Michelle May, MD.

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