

Prescription for Exercise Habits

Examinee's name:

1. Present exercise status

- ☐ Insufficient for maintaining health.
- ☐ Not enough to improve your health although health can be maintained.
- ☐ Improving your health.

2. We recommend the following types of exercises to improve your health and quality of life.

1) Types of exercise you should do

- | | | |
|---------------------------------------|---|---|
| <input type="checkbox"/> Fast walking | <input type="checkbox"/> Walking | <input type="checkbox"/> Mountain hiking |
| <input type="checkbox"/> Swimming | <input type="checkbox"/> Water activities | <input type="checkbox"/> Riding a bicycle |
| <input type="checkbox"/> Aerobics | <input type="checkbox"/> Dance | <input type="checkbox"/> Yoga |
| <input type="checkbox"/> Weights | <input type="checkbox"/> Others: | |

2) Exercise duration

- | | | | |
|-------------------------------------|--|--|----------------------------------|
| <input type="checkbox"/> 10 minutes | <input type="checkbox"/> 15–30 minutes | <input type="checkbox"/> Over 30 minutes | <input type="checkbox"/> Others: |
|-------------------------------------|--|--|----------------------------------|

3) Exercise frequency

- | | | |
|---|---|--|
| <input type="checkbox"/> 1–2 times a week | <input type="checkbox"/> 3–4 times a week | <input type="checkbox"/> Over 5 times a week |
|---|---|--|

3. Health problems or conditions can be improved through exercise.

- | | | |
|---|--|--|
| <input type="checkbox"/> Overweight | <input type="checkbox"/> Stress | <input type="checkbox"/> High blood pressure |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Heart disease | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Hyperlipidemia | <input type="checkbox"/> Osteoporosis | <input type="checkbox"/> Pain in bones or joints |
| <input type="checkbox"/> Injury from a fall | <input type="checkbox"/> Depression | <input type="checkbox"/> Others: |

4. Other comments (100 characters or less)

Physician's name / Signature:

※ This prescription cannot be used for medication. It is only for developing life habits.