

Physical Activity Prescription FAQ's

March 2017

What is the Physical Activity Prescription program?

This is an exciting program developed by family doctors. Its purpose is to help encourage people who are not getting enough exercise to become more active. Family doctors and other health care providers who are part of different Primary Care Networks (PCNs) in the Edmonton, Calgary and Central Zones first identify patients who could benefit from more exercise. Then they fill out a special prescription that provides details on how their patients can act on that recommendation.

Who is eligible for the Physical Activity Prescription Program?

The target population is anyone who needs to be more active and who can exercise without specific supervision or medical restrictions. This includes children, youth, adults and older adults - 65 years and older. Canadian Physical Activity Guidelines provide advice on the required amount of activity is recommended for health benefits.

[Physical Activity Guidelines 0-4 years old](#)

[Physical Activity Guidelines 5-11 years old](#)

[Physical Activity Guidelines 12-17 years old](#)

[Physical Activity Guidelines 18-64 years old](#)

[Physical Activity Guidelines 65 years and older](#)

Does the prescription expire?

There is no time limit for when you choose to use your prescription. However, it is suggested to follow up with your doctor to discuss the outcome of your prescription.

How many times can I use the prescription?

You may use your prescription at as many participating facilities as you wish. However, you may only use your prescription at the same place one time.

Can more than one person or a family share the same prescription?

No, your prescription is meant just for you and your needs. If other family members want to get more active through this program, they need to visit their family doctor.

Which facilities/organizations are taking part in the program?

A list of participating facilities for the Red Deer Area can be found at www.reddeerpcn.com

I don't have a family doctor. How can I get a Physical Activity Prescription?

All Red Deer PCN health care providers can give out the Physical Activity Prescription. If you are seeing a RDPCN staff 1 on 1 or in a group setting, they will be able to provide one for you. The Red Deer Primary Care Network has created a list of all participating clinics on their webpage www.reddeerpcn.com. You may use that resource to inquire which clinics are accepting new patients.

I am pregnant, am I able to participate in the Physical Activity Prescription?

Yes, individuals who are pregnant may use the Physical Activity Prescription upon approval from their family doctor. Regular exercise is recommended for women who are pregnant, however your doctor may advise you to refrain from exercise under certain situations.

I need more support getting active, what can I do?

The Red Deer Primary Care Network has an Introduction to Exercise program waiting for you! This is a 1 on 1 session to help motivate you. This session will discuss the benefits of exercise as well as give you tips and skills to help get you started.