

Increase Energy



R_x for Health: Get Up and Get Moving!



Congratulations on deciding to increase your physical activity!
Below is the plan we discussed to start you on your way.

Date: _____

Start with: _____ Minutes _____ Days per week

Gradually increase to: _____ Minutes _____ Days per week

Where: _____

We will review this plan at your next visit.



FOR MORE INFORMATION
(702) 759-1270

www.gethealthyclarkcounty.org

Health Care Provider Signature

Sleep Better

Lower Stress

Live Longer

