



Prescription For Health



Name _____

Your Body Mass Index (BMI) is _____

Your BMI is considered too high and places you at risk for health problems such as high blood pressure, heart disease, diabetes, and other conditions.

- I strongly recommend that you increase your physical activity and use a pedometer to keep track of your progress.

_____ Number of steps to aim for most days of the week.

Signature of Healthcare Provider

Date



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**Pedometer Prescription
Guidance for Use**

First, determine current average number of steps/day over a 4-5 day baseline observation period.

Second, aim to increase daily total by 500-1,000 steps each week.

If you are currently: Aim for this many steps per day:

Not active at all	3,500
Somewhat active	5,000
Moderately active	7,500
Very active	10,000 or more

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