



Exercise is Medicine ~
Take Daily for Better Health!
Ask your provider today!

What if there was one medicine so *powerful* in maintaining and improving health that it could prevent and treat chronic diseases such as heart disease, hypertension, diabetes, and obesity?

TYPE OF PHYSICAL ACTIVITY	FREQUENCY (days per week)	DURATION (minutes per day)	INTENSITY LEVEL (light, moderate, or vigorous)
AEROBIC EXERCISE			
STRENGTH TRAINING			
FLEXIBILITY TRAINING &/OR STRETCHING EXERCISES			

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. It's easier than you think, and just what the doctor ordered!

Signature _____ M.D.

SOUTH DAKOTA DEPARTMENT OF HEALTH **HEALTHYSD.GOV**
Live Better. Grow Stronger.

For more information, examples of light, moderate, and vigorous activities, and ideas on how to reach your physical activity goals, please visit www.HealthySD.gov or <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>

Exercise: Prescription for
Health challenge
1/15 ~ 2/29, 2012
www.HealthySD.gov
Join today!!!

There is ~ **EXERCISE!**

