

# Rx for Healthy & Active Outdoor Living

Name \_\_\_\_\_ Date \_\_\_\_\_

## Ideas for Living a Healthy & Active Outdoor Life

- 5** Eat at least 5 vegetables and fruits every day.
- 2** Limit screen time (for example, TV, video games, computer) to 2 hours or less per day.
- 1** Get 1 hour or more of outdoor physical activity every day
- 0** Drink fewer sugar-sweetened drinks. Drink water and low-fat milk instead.

## My Goals (choose one you would like to work on first)

- Get \_\_\_\_\_ minutes of outdoor physical activity each day.
- Eat \_\_\_\_\_ vegetables and fruits each day.
- Reduce screen time to \_\_\_\_\_ minutes per day.
- Reduce number of sugared drinks to \_\_\_\_\_ per day.

\_\_\_\_\_  
Patient or Parent/Guardian Signature

\_\_\_\_\_  
Healthcare Provider Signature

From Your Healthcare Provider

# Let's Get Healthy!



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