



Most Canadians are not active enough in their day. Are you one of them?

Struggling to reach 30 minutes of activity on most days of the week?

Interested in a free "how to get active" guide?

Looking for no cost or low cost access to recreation programs and resources in your community?

Ask your Primary Care Network doctor or team member for your Prescription To Get Active and get started TODAY!

PRESCRIPTION
TO GET ACTIVE

PrimaryCare
Networks

Edmonton-area phone: 780.735.3233
info@prescriptiontogetactive.com
prescriptiontogetactive.com

Physical activity: your most important prescription.



STEP 1: Talk to your Primary Care Network (PCN) doctor or health care professional about your Prescription To Get Active.

STEP 2: Visit our website to register your Prescription To Get Active and receive your own Getting Started 6-week program and valuable resources.



STEP 3: Start moving your way:

Option A: Get more active at home or outdoors within your community. Visit the Get Active page on our website for activity options.

Option B: Take your Prescription To Get Active to one of our participating facilities to redeem the special offer they have arranged exclusively for you.

STEP 4: Maintain moving and much more.

Did you know that from a SINGLE session of activity (like short 10 minute walk) you can: Improve your mood, concentration, strength, endurance and posture, and help manage your blood sugar, cholesterol and blood pressure?

