



Make Your Move to:

- Eat healthy
- Get active
- Become tobacco free



These healthy habits may help reduce your risk of:

- obesity
- diabetes
- dementia
- heart disease
- stroke
- some cancers
- kidney disease
- osteoporosis

Make your Move toward Healthy Living Today!



PRESCRIPTIONS
FOR HEALTHY LIVING

Prescriptions for Healthy Living is a provincial program that supports Albertans to adopt healthy habits. Healthcare providers work with their patients to set goals to improve their health. Goals can include healthy eating, physical activity or reducing tobacco use. The goals are checked off on a prescription that the patient then takes away with them.

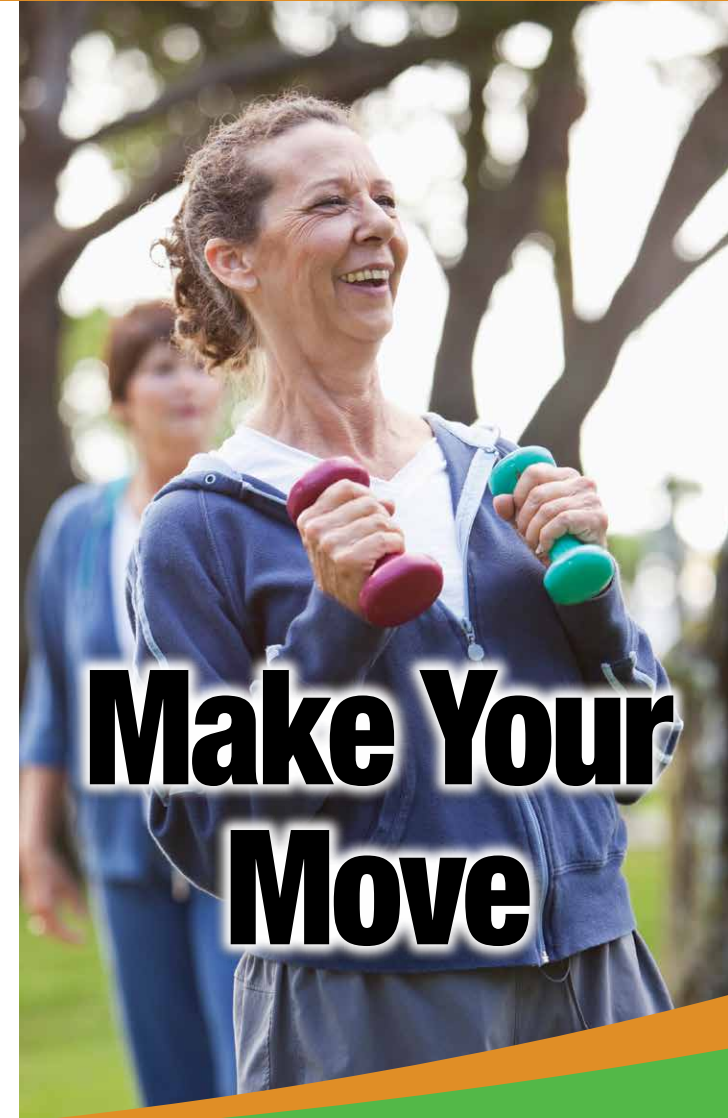
Prescriptions for Healthy Living can be adapted to suit the needs of every community that adopts the program. Prescriptions can focus on any combination of healthy eating, physical activity or tobacco cessation or all three! Local partnerships may also be in place to act as resources to support adopting healthy habits.

Healthy habits also provide many benefits, such as:

Healthier weight
Improved mood
More energy
Stronger muscles and bones
Better sleep
Longer life



PRESCRIPTIONS
FOR HEALTHY LIVING



Make Your Move

Eat Healthy, Get Active and Become Tobacco Free

For more information see:

PrescriptionsForHealthyLiving.ca

PrescriptionsForHealthyLiving.ca

PrescriptionsForHealthyLiving.ca



Eat Healthy

Eat MORE Vegetables and Fruit

Recommend 7-10 servings a day

- Have 2 or more servings at each meal and snack.
- Fill half your plate with vegetables and fruit.
- Visit prescriptionforhealthyeating.ca for more healthy eating information.



Set a Goal for Healthy Living:

Plan for how you are going to make changes even in hard situations:



Get Active

It's important to make physical activity part of your every day routine.

Start to increase your level of activity by making small changes. Choose an activity you enjoy!

- Children/Teens – Work up to **at least** 60 minutes of aerobic activity every day.
- Adults – Work up to **at least** 150 minutes of aerobic activity every week. You can do this in bouts of activity as short as 10 minutes at a time.

Aerobic activities work your heart and lungs (e.g., walking, cycling and swimming).

Talk to your healthcare provider for more advice. Primary Care Networks (PCNs) include a team of healthcare providers, along with your family doctor, who can support you.

A specific 'Prescription To Get Active' program which focuses just on physical activity exists in some communities in Alberta. Go to prescriptiontogetactive.com to learn more about this program.



Become Tobacco FREE

- Talk to a Cessation Counsellor, healthcare provider or join a support group.
- Quit Tips:
 - **Change Your Daily Routine:** Tobacco is a part of your daily routine and lifestyle, so change it up a bit. Take a different route to work, have coffee breaks with non-smokers, and avoid situations where you know other smokers will be.
 - **Get Support from Family and Friends:** Let your family and friends know what they can do to help you.
 - **Think about Stop Smoking Medications:** Stop smoking aids, like nicotine replacement therapy products and prescription medications can double, even triple a person's quit success rate.
 - **Reward Yourself:** Quitting smoking is a BIG DEAL! So acknowledge that and give yourself rewards as you reach your goals. Believe you can do it, because YOU CAN!
- Visit albertaquits.ca for online support and more resources.

