

# Physical activity on Prescription

# FaR<sup>®</sup>

Fysisk Aktivitet på Recept

Prescriber	Personal Identity no.	Date
	Name	
	Address	
	Phone	

## Goal/target

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## Everyday activity

<input type="checkbox"/> Reduce sedentary	1:
	2:

<input type="checkbox"/> Increase everyday activity	1:
	2:

## Physical activity/exercise 1

Activity:
<input type="checkbox"/> Aerobic fitness <input type="checkbox"/> Strength <input type="checkbox"/> Mobility/flexibility <input type="checkbox"/> Balance <input type="checkbox"/> Other:
Sessions per week:          Minutes per session:
Intensity: <input type="checkbox"/> Low (Borg RPE 9–11) <input type="checkbox"/> Moderate (Borg RPE 12–13) <input type="checkbox"/> Vigorous (Borg RPE 14–17)
Avoid/be careful with:

## Physical activity/exercise 2

Activity:
<input type="checkbox"/> Aerobic fitness <input type="checkbox"/> Strength <input type="checkbox"/> Mobility/flexibility <input type="checkbox"/> Balance <input type="checkbox"/> Other:
Sessions per week:          Minutes per session:
Intensity: <input type="checkbox"/> Low (Borg RPE 9–11) <input type="checkbox"/> Moderate (Borg RPE 12–13) <input type="checkbox"/> Vigorous (Borg RPE 14–17)
Avoid/be careful with:

## Follow-up

Return visit, date:
Phone or letter, date:
Other health care provider:

*Prescription is valid up to 1 year from issue date.*

Our bodies are made for movement, regardless of age and physical capacity. We get healthier by sitting less and moving more - and it's never too late to start!

### **Physical activity as a medicine**

Physical activity is a good investment for life-long health. There is a clear relationship between physical activity/training and health in the context of many illnesses.

### **Physical activity on Prescription – PAP (Fysisk aktivitet på recept – FaR – in Swedish)**

- is a written prescription for physical activity that is adapted to your state of health, your life situation and your interests. In consultation with your healthcare contact you decide on the activity, the level of effort, how long and how often you do it and plan the follow-up. You pay any charges involved for the activities you take part in.

### **Getting started**

The first step towards a more physically active life could be to start taking breaks from sitting and incorporating movement into your daily routines – every move counts! It is important that you feel comfortable with the physical activity that you choose.

It might feel hard when you are starting to train, but after only a few sessions you will notice that you really do feel better. If you find it difficult to get started on your own, contact a physiotherapist. They are trained in physical activity physiology and can help you to find the right level for your training.

### **Positive effects of physical activity on health**

- Can prevent stress symptoms
- Reduces the risk of depression
- Improves fitness
- Prevents cardiovascular disease
- Reduces the risk of type 2 diabetes
- Increases muscle strength
- Strengthens the skeleton
- Can improve self-esteem
- Can increase well-being
- Can improve your concentration och learning capacity
- Can improve your sleep quality
- Improves balance and coordination