



Heart Healthy Prescription

Exercise

Frequency (days per week): 2-3 days 3-5 days 5+ days

Intensity: Easy (walking, stair-climbing, aerobic exercise)
 Moderate (jogging, bicycling, swimming)
 Hard (activities that involve continuous running like soccer and basketball)

Time: 15 minutes 30 minutes 60 minutes

Other: _____

Doctor's signature: _____ Date: _____

Provided as a service of Priority Health



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Nutrition

- 5 fruits and vegetables daily
- 8 or more glasses of water daily
- limit foods high in calories
- 6 or more servings of grain products
- limit foods high in saturated fats and cholesterol

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