

# Ask Your Doctor *about* Exercise Checklist

Most people know exercise is an important part of good health, but do you know exercise is being referred to as a form of medicine? Doctors are being encouraged to counsel on physical activity at every patient visit.<sup>1</sup> Getting regular physical activity can help prevent and reduce the effects of chronic diseases and health complications, including obesity, diabetes and cancer. Your doctor can guide you in creating an exercise plan that's right for you. Print this form and take it with you to your next doctor appointment. Fill in the chart with the amount of exercise he/she recommends. List specific types of exercises recommended or limited and other important directions in the Notes section. Here are some questions you can ask your doctor to get you started.

- How can exercise benefit me?
- What types of exercise are best and safest for me?
- What precautions do I need to take with exercise?
- Am I taking any medications that could affect my ability to complete aerobic exercise or strength training?
- What guidelines should I follow for aerobic exercise or strength training with these medications?
- Am I taking any medication that would affect my heart rate and my target heart rate zone?
- Should I talk with you again if I want to change my exercise program?
- Can you recommend a place or a program where I can get more help and information about exercise?
- Is there anything else you think I should know?

Type of physical activity:	Aerobic	Strength
Number of days per week:	_____	_____
Minutes per day*:	_____	_____
Total minutes per week:	_____ Hours and _____ Minutes	_____ Hours and _____ Minutes

*Notes:*

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<sup>1</sup> Adapted from American College of Sports Medicine, Exercise is Medicine: A Focus on Prevention, located at: <https://www.acsm.org/access-public-information/articles/2012/01/09/exercise-is-medicine-a-focus-on-prevention>