

Patient / Client Name

Date

Clinic / Office Name (please print)

Prescriber / Referrer Name (please print)

☐ **Child or Youth**

Work up to a minimum of 60 min. of physical activity daily.

☐ **Adult or Older Adult**

Work up to a minimum of 150 min. of physical activity per week.

**REGISTER your prescription and get access to
FREE and low-cost programs and support**



Free trial at any participating fitness or recreation facility, or sport association.



Online and in-home programs to use anytime, anywhere.



Discover walking, running, and riding trails near you.



Establish healthier habits with behavioural support.



WAYS TO REGISTER YOUR PRESCRIPTION
(choose one)

- Use your phone camera to scan the QR code
- Go to our website: prescriptiontogetactive.com
- Call 1-866-212-7552 if you do not have a device

Full details & instructions on reverse

CONNECT WITH US!



GET STARTED TODAY!

REGISTER YOUR PRESCRIPTION

At RxTGA, we make sure to keep your information private. We don't ask for money or details about your health. We also don't give your contact information to anyone.

Step 1 – Open the registration form

Scan the QR code on the other side of this page

OR

Visit our website at prescriptiontogetactive.com then click or tap on **Register Your First Prescription**

Step 2 – Complete the form

Fill in the form to create your login access and register your prescription. This should take no more than one minute!

Be sure to keep a record of your password so you can return as often as you want to access our library of online resources.

Step 3 – Explore the participant dashboard

Discover **FREE** and low-cost activities and resources to help you work towards the recommended daily or weekly physical activity.

*If you are having difficulties registering or you do not have access to an electronic device, please give us a call at **1-866-212-7552** and we will help you get started.*

Key benefits of physical activity:

- Boost confidence & mood
- Improve quality of sleep
- Reduce stress & anxiety

Reduce your risk of:

- Heart disease
- Diabetes
- Colon & breast cancer