

Our Physical Activity Resources

Exercise
is Medicine®

AMERICAN COLLEGE
of SPORTS MEDICINE®

Great Places to Walk, Ride a Bike, or Roll:

Community Fitness Clubs/Medical Fitness Facilities:

Look for These Programs That Have a Local Chapter:

Find a Personal Trainer:

Websites:

Try a smart phone app or activity tracker!

Customize this handout with appropriate community resources. Provide to patients or incorporate into the EHR after-visit summary (AVS). Ask your patient to investigate at least two of these options to find something that works – you'll ask about it during the next visit. REMEMBER TO REMOVE THIS COPY BEFORE PRINTING.