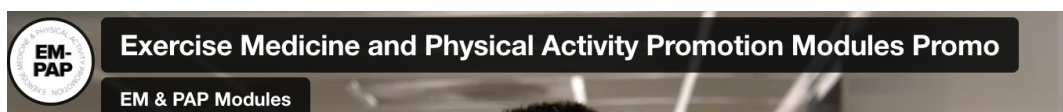


Exercise is Medicine Resources Handout
2023 Musculoskeletal Update for Primary Care
OHSU
Rachel Bengtzen, MD



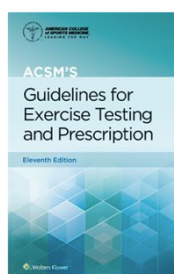
Resources for health care practitioners, including exercise prescription forms, as well as many handouts for patients.

<https://www.exerciseismedicine.org>



Free modules to learn more about exercise is medicine and how to prescribe exercise.

<http://tinyurl.com/exercisemodules>

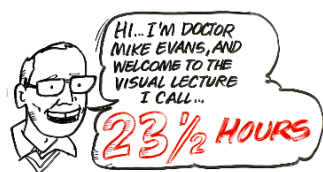


Handbook delivering scientifically based standards on exercise testing and prescription. A succinct resource to look up exercise guidelines for exercise testing and prescription for patients with specific chronic diseases.



CME resources on physical activity and exercise prescription, as well as nutrition, sleep, mental health, harmful substance cessation, and social connectedness.

<https://www.lifestylemedicine.org>



A 9-minute video to share with patients/families on the paradigm shift of prioritizing daily physical activity and exercise.

<https://www.youtube.com/watch?v=aUalnS6HIgo>

Exercise Prescription (FITT)

		Aerobic Exercise	Strength Exercise
F	Frequency		
I	Intensity		
T	Time		
T	Type		

Progression: ***