



FOR _____ DATE ____ / ____ / ____

R_x

As we discussed, I recommend that you begin a healthy lifestyles program. Please review the following options to help ensure your success. My staff and I are here to support you.

- Gradually increase physical activity to 30 minutes/day
- Gradually increase physical activity to 60 minutes/day
- Incorporate more fruits and vegetable into a healthy diet (Goal 5-9 servings a day)
- Information about steps to quitting tobacco or "Freedom From Smoking" classes call (360) 501-1228
- If you think you are ready to quit now call Washington State Quit Line, 1-877-270-STOP (7867)
- Receive support for starting healthy lifestyle plan: talk to friends and family members or visit web site below for tips, classes and resources
- Visit: CowlitzOntheMove.org***
- Other:

Referred By:

