



FOR \_\_\_\_\_ DATE \_\_\_\_\_

**Rx** As we discussed, I recommend that you begin a healthy lifestyles program. Please review the following options to help ensure your success.

- Gradually increase physical activity to 30 minutes daily
- Gradually increase physical activity to 60 minutes daily
- Eat a variety of fruits and vegetables daily
- Review information on steps to quit tobacco
- If you think you are ready to quit call: 1-800-QUIT-NOW
- Visit: [CowlitzOnTheMove.org](http://CowlitzOnTheMove.org) for tips, classes and resources
- Other: \_\_\_\_\_

