



Prescription For Health for Veterans in Wheelchairs



Name _____

Your Body Mass Index (BMI) is _____

Your BMI is considered too high and places you at risk for health problems such as high blood pressure, heart disease, diabetes, and other conditions.

I strongly recommend that you increase your physical activity and use a wheelchair odometer to keep track of your progress.

_____ Number of miles to aim for most days of the week.

Signature of Healthcare Provider

Date

**Wheelchair Activity Prescription
Guidance for Use**

Mount a wheelchair or bicycle odometer to record distance. 1 mile rolled on flat ground is about the same as 1 mile walked.

Method 1

Determine current number of miles rolled per day over a 4-5 day baseline observation period. Aim to increase daily total by 1/4 - 1/2 mile each week.

Method 2

Aim goal one level above current "rough" activity level.

<u>Activity Level</u>	<u>Distance Covered (miles)</u>
Very sedentary	< 2
Sedentary	2.5
Low active	3-4
Somewhat active	4-5
Active	5-6
Very Active	≥ 7

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