Rx

Prescription For Health
for Veterans in Wheelchairs

Department of Veterans Affairs

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

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Wheelchair Activity Prescription Guidance for Use

Mount a wheelchair or bicycle odometer to record distance. 1 mile rolled on flat ground is equivalent in intensity to 1 mile walked

Determine current number of miles rolled per day over a 4-5 day baseline observation period. Aim to increase daily total by ¼ - ½ mile each week.

If you are currently:	**Aim for this many miles per day**:
Not active at all	2
Somewhat active	2 ½
Moderately active	3
Very active	5 or more

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