

# Physical Activity – A Prescription for Health

Exercise  
is Medicine®

AMERICAN COLLEGE  
of SPORTS MEDICINE®



Physical activity will help you feel better, move better, and sleep better! Being active can prevent many health problems and help with the ones you have. The Exercise is Medicine® website can help you get started and learn what to do:

<https://www.exerciseismedicine.org/RxforHealth>

Handouts are available for people of different ages and health conditions. They are written in both English and Spanish. Use the link above or scan this QR code. Your doctor may recommend certain ones just for you from the list below.

Remember, every active minute counts toward better health!

## Foundational Exercise Rx

- [Sit Less. Move More. Spanish Version](#)
- [Being Active for a Better Life Spanish Version](#)
- [Being Active with Your Young Child Spanish Version](#)
- [Being Active as a Teen Spanish Version](#)
- [Being Active as We Get Older Spanish Version](#)
- [Staying Active When Frail Spanish Version](#)



## Exercise Rx for Medical Conditions

- [Alzheimer's Spanish Version](#)
- [Asthma Spanish Version](#)
- [Atrial Fibrillation Spanish Version](#)
- [Bleeding Disorder Spanish Version](#)
- [Blood Lipid Disorders Spanish Version](#)
- [Cancer Spanish Version](#)
- [Chronic Kidney Disease Spanish Version](#)
- [Chronic Liver Disease Spanish Version](#)
- [Chronic Obstructive Pulmonary Disorder \(COPD\) Spanish Version](#)
- [Depression and Anxiety Spanish Version](#)
- [Heart Failure Spanish Version](#)
- [Heart Valve Disease Spanish Version](#)
- [HIV/AIDS Spanish Version](#)
- [Hypertension Spanish Version](#)
- [Fibromyalgia Spanish Version](#)
- [Inflammatory Bowel Disease \(IBD\) Spanish Version](#)
- [Low Back Pain Spanish Version](#)
- [Mobility Limitations Spanish Version](#)
- [Nonalcoholic Fatty Liver Disease \(NAFLD\) Spanish Version](#)
- [Osteoarthritis Spanish Version](#)
- [Osteoporosis Spanish Version](#)
- [Overweight/Obesity Spanish Version](#)
- [Pacemaker Spanish Version](#)
- [Parkinson's Disease Spanish Version](#)
- [Peripheral Arterial Disease Spanish Version](#)
- [Prediabetes Spanish Version](#)
- [Pregnancy Spanish Version](#)
- [Rheumatoid Arthritis Spanish Version](#)
- [Type 2 Diabetes Spanish Version](#)

## Special Health Alert

- [Returning to Physical Activity \*After\* COVID-19 Spanish Version](#)
- [Staying Active During the Coronavirus Pandemic Spanish Version](#)
- [Keeping Children Active During the Coronavirus Pandemic Spanish Version](#)

Start where you are. **Use what you have. Do what you can.**