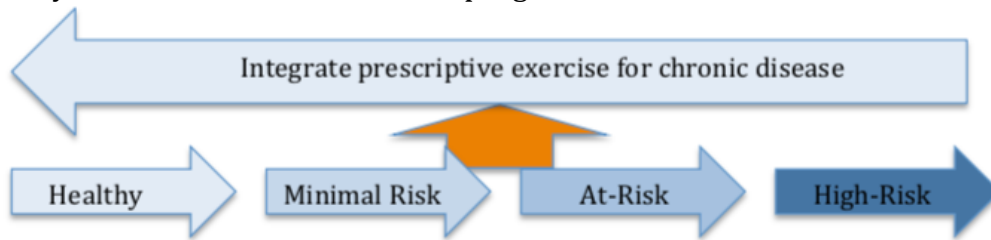


Physical activity and exercise if integrated at the right time within the health continuum may prevent individuals at minimal to at-risk status from reaching high-risk status for disease development. Integrating physical activity may also reverse the direction of progression to a healthier status.



1. **MyFitScript Information Packet:** *ACTIVE Solution Overview, Terms and Conditions for Use, MyFitScript Product Descriptions, Implementation Steps, Sample ExRx program.*
2. **PRO Bundle:** *Exercise Prescriptions for 41 chronic conditions, risk factors for heart disease, and disability. Available in PDF format and can easily integrate into EHR, and print-on-demand.*
 - Age specific for adult (40-64) and older populations (65+)
 - Guideline specific (ACSM/AHA, Physical Activity Guidelines for Americans)
 - Individualized prescriptive exercise program for cardio and strength exercise, frequency of exercise, intensity, and duration.
 - Stretching exercises, goals and benefits, and safety tips.
 - Colorfully illustrated signature caricatures demonstrating exercises.
 - Easy to follow exercise instructions.
3. **Customization: MFS_Ex Menu** of individual exercise images to add to any exercise prescription or customize the program using the MyFitScript Exercise Referral Form.
4. **FitKit Consumer/Patient Toolkit:** *When the recommendation for exercise is provided, the FitKit delivers the 'how to' and 'what to do'. Easy to understand! Worksheets, education, and behavioral change tools!*
Ideal for use with patient/client follow-up visits and self-management resource.
 - Principles of exercise are explained and include progression, types of exercise, how often to exercise, how to know if you're doing too much or too little, frequency, intensity, duration.
 - How to assess intensity of exercise using the Borg Rate of Perceived Exertion Scale (RPE).
 - How to assess individual risk factors worksheet.
 - Weight management information and BMI chart. MyFitScript™ MyFit500 approach.
 - Safety tips and recommendations.
 - Behavioral change tools such as goal setting worksheet, action plan worksheet, physical activity tracking tools, barriers/solutions worksheet.
5. **Exercise Readiness Assessment Tool (ERA):** *Quick way to determine if physician clearance is indicated. Includes Par-Q (Physical Activity Readiness Questionnaire), Risk Factor checklist, Signs and Symptoms, Goals (general goals and recommendations), Barriers/Solutions/Action, and BMI chart. Colorful 2-sided PDF.*

6. **Tools & Resources:** *Provider and patient/client resources for behavioral change and programming.*

- Implementation Process
 - Process Steps for Program Implementation
 - Process Steps for Providing Exercise Intervention
- Quality Improvement & Outcomes
 - PDSA (Plan/Do/Study/Act) Worksheet
 - Physical Activity Outcomes Worksheet
- Assessments (use for measurable outcomes)
 - Pre-Exercise Assessment
 - Risk Factor Assessment
 - Self-Efficacy Assessment
 - Level of Importance Assessment
 - Exercise Readiness & Health Questionnaire
 - Stages of Change/Readiness
- Behavior Change
 - Fitness4Action Planning Worksheet
 - Goal Setting Worksheet (S.M.A.R.T.)
 - Daily Activity Checklist
- Physical Activity
 - Referral Form with Customization
 - Progress Notes
 - Program Waiver
 - MFS_ExRx F.I.T.E. Prescription
 - Exercise Intensity Using Borg RPE Scale

Get Started!

1. Set up an initial consultation with MyFitScript Advisor Corley Roberts corley@myfitscript.com
2. Know what you have: Review your MyFitScript package contents.
3. Know where you are: Review current patient/client population, data, and resources.
4. Know where you want to go: Review your goals and priorities.
5. Know how to get there: Go it alone or MyFitScript can provide, guide, and apply training.

Contact corley@myfitscript.com for more information
www.myfitscript.com