



## 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



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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  $\frac{1}{4}$  -  $\frac{1}{2}$  mile each week.

If you are currently:      Aim for this many miles per day:

Not active at all	2
Somewhat active	2 $\frac{1}{2}$
Moderately active	3
Very active	5 or more

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