



Let's get moving: **PRESCRIBE EXERCISE!**

The SD Departments of Health, Game, Fish and Parks, and SDSU Extension are teaming up *to help you motivate your patients!*

Healthcare providers can prescribe a FREE 1-DAY PASS to any South Dakota State Park. This 1-day pass can also be turned in for a discounted annual pass.

Regular outdoor exercise is proven to benefit both physical and mental health. Encourage your patients to take advantage of our many amazing state parks to work on wellness.

Sign up to get your park prescription pad and encourage your patients to move more!

For more, visit
HealthySD.gov/park-rx

The SD Park Rx project aligns with the vision of the *Exercise is Medicine* initiative to help make physical activity a standard part of disease prevention and treatment!

EXERCISE IS GOOD MEDICINE FOR EVERYONE!

The Park Rx program can **motivate and inspire your patients** to be more physically active. These three questions can help you start the conversation:

- 1 How much physical activity do you get in an average week?**
Meet your patients where they are. Once you have an idea of their current activity level, you can suggest small changes to help them get more active.
- 2 What are some things your family likes to do together?**
Does family time mean watching TV on the couch? Offer tips for getting the whole family more active, like turning commercials into family fitness breaks.
- 3 Are there activities you'd like to be able to do?**
Do your patients want to run a 5K? Climb stairs more easily? Pick up grandkids without pain? Knowing their motivations can help you work together to set achievable goals.

It's EASY to sign up for the Park Rx Program.

Any medical professional licensed to prescribe in South Dakota can request prescription pads by signing up for the program.



To request your prescription pads, visit HealthySD.gov/park-rx

