

Prescription for Good Health (for Adults)

“Canada’s Food Guide” (CFG) recommends the following number of servings each day for ages 19-51 +:

- vegetables & fruits 7-10
- grain products 6-8
- milk & alternatives 2-3
- meat & alternatives 2-3

** refer to CFG for specific recommendations for your age/gender*

“Canadian Physical Activity Guidelines” recommend

- Moderate to vigorous effort at least 150 min per week (*aerobics, jogging, swimming*) Activity be achieved in bouts of 10 min or more
- Muscle and bone strengthening activities 2 or more days a week (*weight lifting and resistance training with major muscle groups*)

**Apply SPF 15 or higher 20 minutes before going outdoors.
Reapply every 2 hrs and after swimming or sweating.**

Quit tobacco use (support is available)

Limit alcohol to no more than 2 standard drinks (women) 3 standard drinks (men) on any one day.

(up to 10 standard drinks a week for non-pregnant women)

(up to 15 standard drinks a week for men)

Signature: _____ **Date:** _____

Healthy Eating Resources

Click My Food Guide
www.healthyeating.ca

Access a Registered Dietitian at
1-877-510-5102
www.dietitians.ca

Canadian Physical Activity Guidelines

www.csep.ca/english/view.asp?x=804

Cancer Prevention

1-888-939-3333
www.cancer.ca

Smokers’ Helpline

1-877-513-5333
www.smokershelpline.ca

Drug and Alcohol Helpline

1-800-565-8603
www.drugandalcoholhelpline.ca



**simcoe
muskoka**
DISTRICT HEALTH UNIT

tel: 705-721-7520
toll free: 1-877-721-7520
www.simcoemuskokahealth.org
Monday to Friday 8:30 am to 4:30 pm
Your Health Connection