

# Our Physical Activity Resources

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Exercise  
is Medicine®

AMERICAN COLLEGE  
of SPORTS MEDICINE®

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**Great Places to Walk, Ride a Bike, or Roll:**

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**Community Fitness Clubs/Medical Fitness Facilities:**

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**Look for These Programs That Have a Local Chapter:**

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**Find a Personal Trainer:**

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**Websites:**

*Try a smart phone app or activity tracker!*

Customize this handout with appropriate community resources. Provide to patients or incorporate into the EHR after-visit summary (AVS). Ask your patient to investigate at least two of these options to find something that works – you'll ask about it during the next visit. REMEMBER TO REMOVE THIS COPY BEFORE PRINTING.