

DrSonia Patient Handout
Exercise prescription

Regular movement improves heart, mood, and energy.

Weekly targets

- 150 minutes of moderate activity (brisk walking, cycling).
- Muscle strengthening on 2 or more days.
- Break activity into 10 to 20 minute blocks.

Safety tips

- Warm up and cool down.
- Increase gradually to avoid injury.
- Stop and seek help if you feel chest pain or dizziness.

Source: Canadian Society for Exercise Physiology
Educational use only; not medical advice.