



Prescribing physical activity to improve the health and well-being of our community.

What is CV Parks Rx?

Prevea Health, Wello and The City of Altoona partnered to create a parks prescription (rx) program called Chippewa Valley Parks Rx – a local, clinically-based effort to encourage balanced, healthy lifestyles and help prevent obesity in kids.

By linking together the health care system and The City of Altoona Parks and Recreation, Chippewa Valley Parks Rx is a prescription for families to get more active in our communities.

How can I participate?

We're asking families to get more active. Use this activity log to record your activity each day. Color in the RX circles on the back to complete your CV Parks prescription. Then, turn in your completed activity log for a chance to win prizes!

First Name _____ Last Name _____

Guardian Name _____ Phone Number _____

Zip Code _____ Age _____ Gender Boy Girl

Three easy ways to return completed log!

- 1.** Hand in to any City of Altoona Parks and Recreation staff.
- 2.** Send via email to: CVParksRx@prevea.com
- 3.** Drop off at your Prevea Health physician's office or Altoona Parks and Recreation office:

Altoona Parks and Recreation

1419 Front Porch Place

Altoona, WI 54720

Made possible with grants from the Wisconsin Beverage Association and American Beverage Foundation for a Healthy America.



Activity Log

Color in a circle for every 30 minutes of activity you complete!

Set a goal to get at least one hour of activity per day. You may split up the time throughout your day.

Examples:

- Go for a family walk or bike ride
- Go to a park
- Play outside
- Go swimming in the summer or sledding in the winter

Parks Rx

Date completed _____

Bonus Section

We are interested in how you are staying active.



Download and print a new log at prevea.com/cvparksrx

Where did you go?

1. _____
2. _____
3. _____

What did you do?

1. _____
2. _____
3. _____