



Why should your patients register their RxTGA?

Access to Free and Low-Cost Programs & Support!

Prescription to Get Active ('RxTGA') is a proven, evidence-based, and practically engineered solution to help your patients become more physically active, to help prevent and treat many chronic conditions. With a focus on building behavioural change, an 'RxTGA' motivates people to move into action.



Benefits of the Program:



Participating fitness and recreation facilities offer **FREE** trial access

FACILITY TRIALS



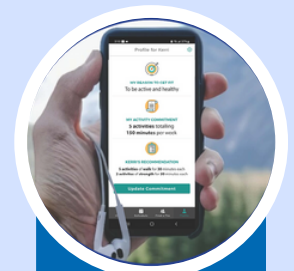
FREE and low cost on-demand, instructor-led programs. Anywhere! Anytime!

ONLINE



FREE access to All Trails Map. Discover walking, running and riding trails of all levels.

TRAILS



Unlimited **FREE** behavioural support through Healthy Habits Start Here®

SUPPORT



FREE Downloadable 6-week Getting Started Guide and other helpful resources to plan and build routines

RESOURCES

Information about **subsidized, fee assisted** and additional Free programs

SPECIAL OFFERS



Ways to Register



Smart Phone or Tablet



Scan QR Code to access registration form



No email? No internet?
Call: 1-866-212-7552



Laptop or Desktop



prescriptiontogetactive.com/register