



EASY TO READ

For recipients of physical activity on prescription (FaR)

What is physical activity on prescription (FaR)?

FaR is an abbreviation of Fysisk aktivitet på Recept (physical activity on prescription). Instead of being prescribed medication, this is a prescription for exercise.

Why have I been given FaR?

Exercise can make you feel better. You have talked together with your healthcare contact about what would suit you, and that has been written on your prescription.

How should I use my FaR?

The prescription shows what you need to do to feel better. This includes which activity you should do, how often you should do it, for how long, and how intense it should be. It is important that you follow the prescription.

Can I do the activity for free if I have FaR?

FaR can sometimes get you a discount, but not always. The activities that can be done for a discounted price are listed online in the Region Gävleborg activity catalogue. See the reverse side for the address of the activity catalogue.

FaR is not covered by the high-cost threshold. If you have a high-cost protection card, this means that you will still have to pay for your activity if it costs anything.

Which activities can I do?

You should follow your prescription. The activity can be done at home, outdoors or with an organisation. You can do the activity alone or together with another person.

To find something that suits you, you can take a look at the Region Gävleborg activity catalogue online. The address can be

What happens next?

You should try to get started with your prescribed activity or activities. If you want to exercise with an organisation, you should contact it yourself.

Everyone who is given FaR will receive a follow-up review. Your prescription shows how your review will be done. During the review, you will discuss how it went for you to follow the prescription.

How can I succeed in following the prescription?

Here are a few tips:

- It is often more fun to do an activity together with another person.
- Plan which days to do the activity on.
- Find an activity that you enjoy; exercise should be fun.
- Try using a step counter or keeping an activity diary. Most smart phones have a step counter built in.
- Don't compare yourself with others. Focus on your own progress.
- It takes time to develop new habits. Don't give up if you are not able to succeed straight away. Remember that every movement counts.
- If you need extra support, Hälsetorget can help you. Your healthcare contact can give you a referral, or you can contact them yourself. See the reverse side for more information.

Where can I find more information about FaR?

There is more material to read about FaR on the 1177.se website. See the reverse side for more information.

Useful information online for recipients of FaR:

- The 1177 website contains facts about physical activity and FaR. It also provides exercise programmes. Visit [1177.se](https://www.1177.se) and search for "fysisk aktivitet" (physical activity). You will then be able to find information and other material.
- Information about Hälsotorget can also be found on the 1177 website. Visit [1177.se](https://www.1177.se) and search for "Hälsotorget".
- The Region Gävleborg activity catalogue includes suggestions for a number of activities. You can find it at far.regiongavleborg.se

If you do not use the internet, your healthcare contact can help you.