

# My Wellness Prescription for Teens

## A Guide for Physicians + Health Educators

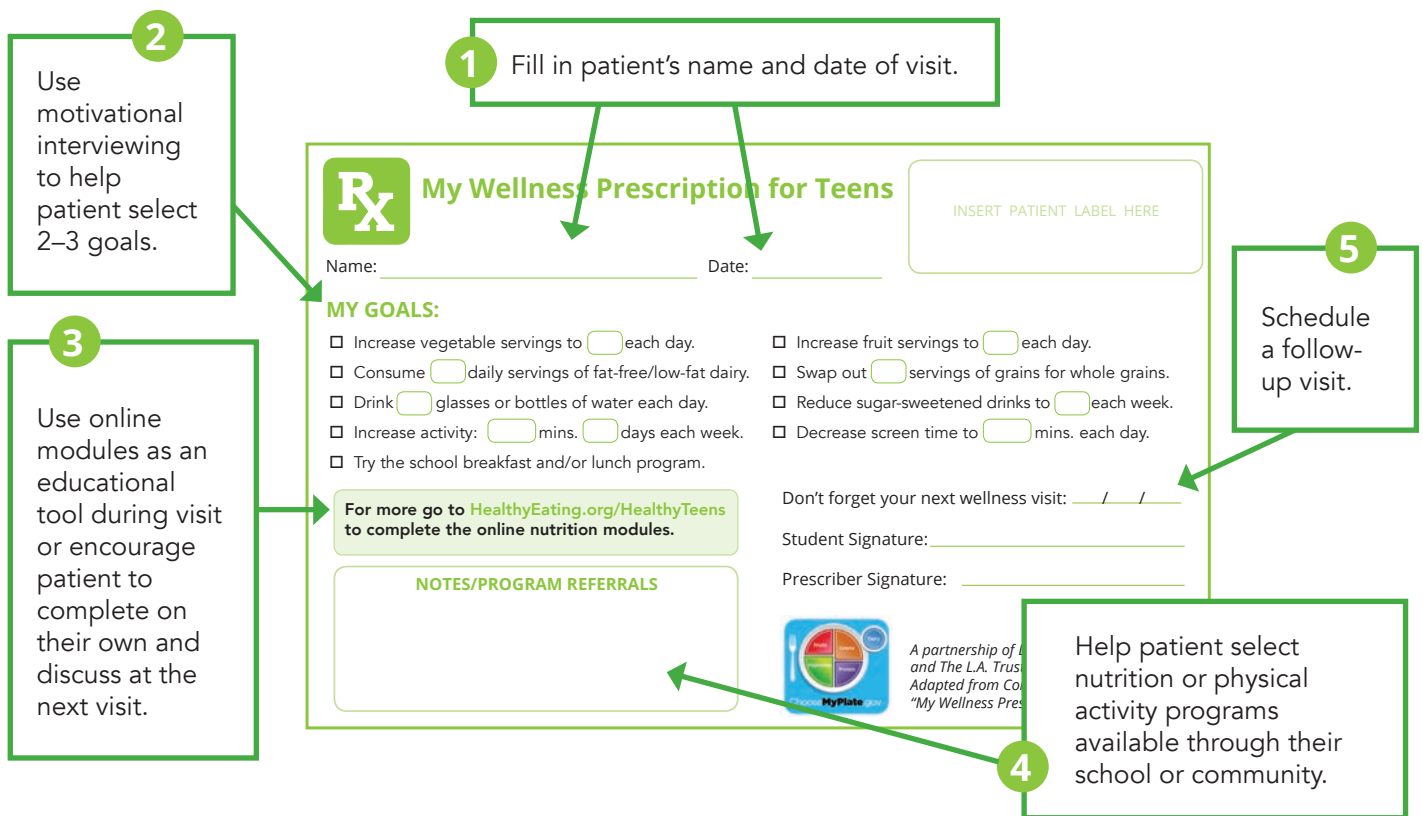


### Overview

The wellness prescription is a tool for medical providers to address overweight and obesity in school-based wellness centers. Although it can be adapted for use among all ages, this wellness prescription was created specifically for high school students. By providing students with realistic, self-selected healthy eating and activity goals based on resources unique to their campus and community, the wellness prescription offers an innovative approach to addressing childhood overweight and obesity.

### How to Complete

Use this prescription as a general example of what a wellness prescription should entail. Tailor it to your health center's specific resources and procedures.



## Best Practices

### Recommendation

- Incorporate *My Wellness Prescription* into wellness center electronic medical records.
- Inform school staff members on wellness prescriptions and encourage them to make referrals to the school-based wellness center.
- Emphasize the importance of follow-up visits.
- Visit [HealthyEating.org/SchoolHealth](http://HealthyEating.org/SchoolHealth) for additional school wellness resources.

