

**Exercise**  
**is Medicine**<sup>®</sup>  
**On Campus**

University of San Francisco



UNIVERSITY OF  
SAN FRANCISCO

2130 Fulton St  
San Francisco, CA 94117

For \_\_\_\_\_

Date \_\_\_/\_\_\_/20\_\_\_



Exercise Prescription

Purpose

Cura Personalis: to care for mind, body, & spirit

Type Walk the URBAN Trail

Time 30 minutes

Frequency \_\_\_ per week  
\_\_\_ per month

Intensity Moderate

Progression

*Feel free to bring your family & friends and do as often as you need for a physical and mental boost :)*

Refill Unlimited



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Prescribed by \_\_\_\_\_  
(name and/or USF Department, Institute, Center, Program, etc)

DISPENSE AS WRITTEN