

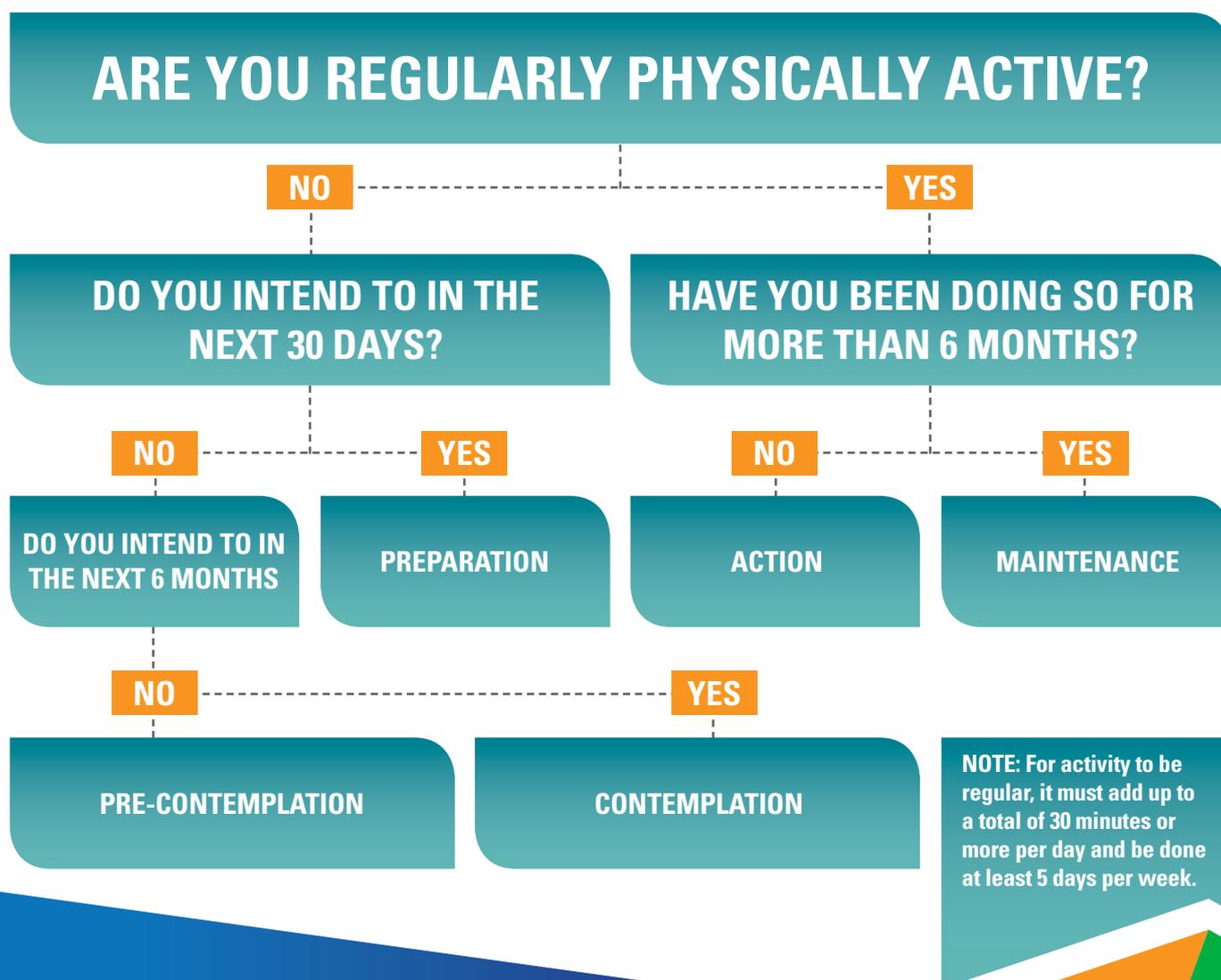
# ASSESSING PHYSICAL ACTIVITY LEVELS & REFERRING TO AN EXERCISE PROFESSIONAL

## Ask your patient:

1. How many days per week do you exercise?
2. How many minutes per day?
3. At what intensity do you exercise? (moderate/vigorous)

**If you only have a few minutes**, briefly discuss the benefits of exercise with your patient, provide relevant factsheets, and encourage your patient to add extra steps to their day. Consider referral options and follow-up at their next appointment.

**If you have more time**, use the physical activity stage of change assessment tool below:



**NOTE:** For activity to be regular, it must add up to a total of 30 minutes or more per day and be done at least 5 days per week.

**Once your patient's stage of change has been determined, it is possible to take appropriate action using the tailored strategies outlined in the table below:**

STAGE OF CHANGE	GOAL	SPECIFIC STRATEGIES
Pre-contemplation	To get your patient thinking about physical activity	<ul style="list-style-type: none"> <li>» Encourage your patient to learn more about physical activity</li> <li>» Read articles, watch videos and talk to others about being physically active</li> <li>» List the benefits of being physically active then assess how important these benefits are to your patient</li> </ul>
Contemplation	To encourage your patient to start being physically active	<ul style="list-style-type: none"> <li>» Identify barriers to getting started and strategies for overcoming them</li> <li>» Develop a plan for getting started</li> <li>» Set a small goal and commit to it</li> <li>» <b>If supervision is required, refer to an exercise professional for expert support</b></li> </ul>
Preparation	To encourage your patient to be regularly physically active	<ul style="list-style-type: none"> <li>» Have the patient use activity logs to self-monitor physical activity and track progress</li> <li>» Encourage your patient to reward themselves for increasing physical activity levels</li> <li>» <b>If supervision is required, refer to an exercise professional for expert support</b></li> </ul>
Action	To help your patient maintain physical activity over time	<ul style="list-style-type: none"> <li>» Identify obstacles that may interfere with being active in the future, and a plan to overcome them</li> <li>» Encourage your patient to set goals for a future event</li> <li>» <b>If supervision is required, encourage continued supervision with exercise professional</b></li> </ul>
Maintenance	To help your patient prepare for future setbacks and increase enjoyment of physical activity	<ul style="list-style-type: none"> <li>» Discuss how to get back on track after a break in physical activity</li> <li>» Make physical activity fun by trying new activities</li> <li>» Encourage your patient to mentor someone else who is interested in becoming active</li> <li>» <b>If supervision is required, encourage continued supervision with exercise professional</b></li> </ul>