

# How to Talk About Physical Activity With Your Patients



## ASSIST

### SELF-MONITORING STRATEGIES



Activity monitors



Smartphone apps



Activity diaries

### IDENTIFYING BARRIERS

"What could you do if...?"



"What activities have you enjoyed in the past?"

### PREPARING FOR SETBACKS

Help your patient anticipate potential setbacks and identify strategies to overcome these.

"What could you do if it's raining?"

### STRENGTHS-BASED APPROACH

Remind your patient of past successes.  
Incorporate fun and enjoyment.  
Link positive experiences to goal success.

### SHARING ACTIVITY PLANS

"Is it ok if I share this activity plan and goals with your doctor?"

