

The 5As of Physical Activity Promotion



ASSESS

- Raise the topic of physical activity with permission.
- Assess current physical activity using self-assessment and/or device measurement.
- Assess influences on physical activity.



ADVISE

- Advise patient on the benefits of being active and the recommended amount/type/intensity of physical activity.
- Use motivational interviewing “Elicit-Provide-Elicit”.



AGREE

- Collaboratively set goals with your patient.
- Identify barriers and strategies to manage barriers.
- Develop an action plan.



ASSIST

- Assist patient to develop self-monitoring strategies.
- Collaboratively identify community/home activities.
- Share plan for social support.



ARRANGE

- Arrange referral to community physical activity.
- Arrange social support as needed.
- Follow up and check on progress.

