

How to Talk About Physical Activity With Your Patients



AGREE

HOW MUCH TO AIM FOR



Children with disability

- 60+ minutes/day moderate-vigorous activity.
- Strengthening 3x week.
- Limit sedentary time.



Adults with disability

- 30+ minutes of moderate-vigorous activity most days.
- Strengthening 2x week.
- Functional 3x week.
- Limit sedentary time.



Older adults

- 30+ minutes of moderate-vigorous activity most days.
- Strengthening 2x week.
- Functional 3x week.
- Limit sedentary time.

Some is better than none! Aim for improvements over time.
Start with bite-sized activity chunks and progress from there.

"What do you think you could do to be more active?"



Workbook for an active lifestyle

"Where in your week do you think you could fit this in?"

WHAT TO INCLUDE IN AN ACTION PLAN



Confidence to be active 0-10
Importance of being active 0-10
Reasons to be more active



Problems that might arise and how to overcome them



Physical activity goals
Global goals
Weekly activity plan

