How to Talk About Physical Activity With Your Patients



AGREE

HOW MUCH TO AIM FOR





Adults with disability

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



Older adults

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

Children with disability

- 60+ minutes/day moderatevigorous activity.
- Strengthening 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?"

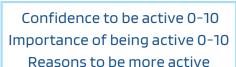


Workbook for an active lifestyle

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

WHAT TO INCLUDE IN AN ACTION PLAN







Problems that might arise and how to overcome them



Physical activity goals Global goals Weekly activity plan



















