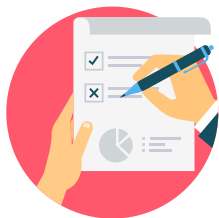
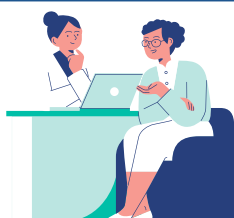


How to Talk About Physical Activity With Your Patients



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 eg “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.
- Arrange follow-up and check on progress.

EVERY MOVE COUNTS

Almost all adults would benefit from being more active, particularly older adults and people with disability.

BENEFITS OUTWEIGH RISKS

The benefits of physical activity outweigh the risks for people with long term conditions or disability.

TRUSTED ADVICE WORKS

One in four people would be more active if advised by their health professional.

