

# How to Talk About Physical Activity With Your Patients



## ARRANGE

### ARRANGING REFERRAL



#### COMMUNITY ACTIVITY

Search for local activity options with the PROMOTE-PA Activity Directory.

[www.promote-pa1.com](http://www.promote-pa1.com)



#### OTHER PROFESSIONAL

Share physical activity plan and goals with your patient's treating health professional..

Don't let perfect get in the way of good.



#### HOME PROGRAM

Consider other physical activity in addition to therapeutic exercises.

Browse additional resources on PROMOTE-PA website.

### ARRANGING SOCIAL SUPPORT

"Is there anyone who could support you to be more active?"

"When starting a new habit, having someone to support, encourage and keep you accountable can really help."

"What kind of support would you find helpful?"



#### EMOTIONAL SUPPORT



#### PLANNING SUPPORT



#### PRACTICAL SUPPORT

