

# How to Talk About Physical Activity With Your Patients



## ASSESS

### RAISE THE TOPIC

"Is it ok if we talk about physical activity for a few minutes?"

### ASSESS IMPORTANCE

"How important is it to you to be more physically active?"  
(1-10 scale)

### BUILD RAPPORT

"What does your typical day look like?"

### ASSESS CONFIDENCE

"How confident are you that you could be more active?"  
(1-10 scale)



### SELF-ASSESSMENT

### MEASUREMENT

#### Physical Activity Vital Sign



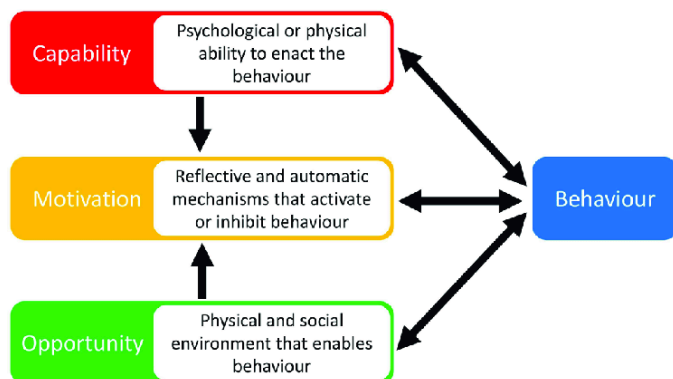
1. On average, how many days per week do you engage in moderate to vigorous physical activity (like a brisk walk)? \_\_\_\_\_ days
  2. On average, how many minutes do you engage in physical activity at this level? \_\_\_\_\_ minutes
- Total minutes per week of physical activity (multiply #1 by #2) \_\_\_\_\_ minutes per week**



- Incidental and Planned Exercise Questionnaire
- Physical Activity Scale for People with Physical Disabilities
- International Physical Activity Questionnaire

#### Activity trackers:

- Step counter app
- Fitbit
- Pedometer



### ASSESS BARRIERS AND FACILITATORS

Use the Capability, Opportunity, Motivation (COM-B) model to assess barriers and facilitators to physical activity.

