How to Talk About Physical Activity With Your Patients



ADVISE



WHAT TO TALK ABOUT



Benefits of physical activity

Benefits of change

ELICIT - PROVIDE - ELICIT APPROACH

Elicit

"What do you already know about the benefits of physical activity?"

Provide

Hear their responses and give them 1-2 suggestions that are relevant.

Elicit

"What do you think about this suggestion?"

MOTIVATION CONTINUUM

Less likely to initiate and maintain behaviour

Amotivation

Extrinsic motivation

Intrinsic motivation

More likely to initiate and maintain behaviour



















