

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

