



PHYSICAL ACTIVITY

Reference: Adapted from the following sources: PACE Canada²³; Australia Heart Foundation. Getting patients more active: Practical information for general practices (2005)³²; and Australian General Practice. Lifescripts: Physical activity: Helping patients to become more active (2004)³³.

RECOMMENDED LEVEL FOR PHYSICAL ACTIVITY IS 30 – 60 MINUTES OF MODERATE PHYSICAL ACTIVITY (E.G.: BRISK WALKING) ON MOST DAYS OF THE WEEK

A growing body of evidence demonstrates that family physicians can effectively increase patients’ physical activity levels through brief clinical interventions that include:

- Brief advice
- Provision of written information, such as an individualized prescription
- Follow-up over subsequent consultations

