

# SUPPORTING PATIENTS TO BE PHYSICALLY ACTIVE

1

**ASSESS CURRENT PHYSICAL  
ACTIVITY LEVELS AND  
DISCUSS CIRCUMSTANCES**

2

**PROVIDE ADVICE ON BEING  
MORE PHYSICALLY ACTIVE**

3

**DISCUSS BARRIERS TO  
PHYSICAL ACTIVITY AND  
AGREE ON REALISTIC GOALS**

4

**SIGNPOST TO LOCAL  
OPPORTUNITIES**



## SHARE YOUR STORY

Share stories and find out how others are integrating physical activity into their practice, via ISPAH's free Community Hub.