

ALL HEALTH PROFESSIONALS SHOULD TALK ABOUT **PHYSICAL** **ACTIVITY** WITH PATIENTS

EVERY MOVE COUNTS

Almost all adults would benefit from moving more! This is especially true for older adults and those with long-term conditions.^(1, 2)

BENEFITS OUTWEIGH RISKS

People with long-term conditions may feel reassured to learn that the benefits of physical activity outweigh any risks.⁽³⁾

HEALTHCARE HAS VAST REACH

Health professionals, including doctors, nurses, and allied health professionals, encounter large proportions of the population every year.⁽⁴⁾

TRUSTED ADVICE WORKS

One in four people would be more active if advised by a health professional.^(5, 6)

TRAINING IS NEEDED

Teaching on physical activity should be embedded in all health-related training courses to equip the healthcare workforce to talk about physical activity with patients.^(7, 8)

WHAT TO TALK ABOUT WITH PATIENTS?⁽¹⁾



ASSESS CURRENT PHYSICAL ACTIVITY LEVELS AND DISCUSS CIRCUMSTANCES



PROVIDE **ADVICE** ON BEING MORE PHYSICALLY ACTIVE



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



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.