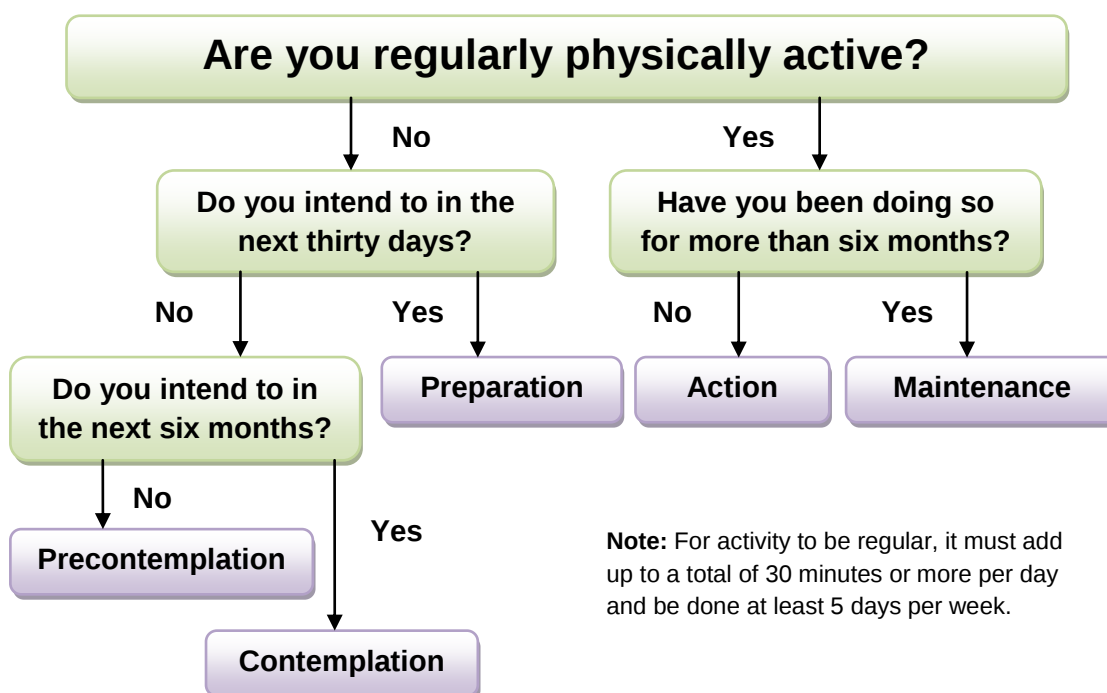


Physical activity stage of change: assessment tool

Patient readiness to participate in a physical activity program can be assessed using a brief series of questions based on Prochaska and DiClemente's Transtheoretical Model (1).



Once the patient's stage of change has been determined, it is possible to take appropriate action using the tailored strategies outlined in the table below.

Stage of Change	Goal	Specific Strategies
Pre-contemplation	To get your patient thinking about physical activity	- Encourage your patient to learn more about physical activity - Read articles, watch videos, and talk to others about physical activity - Make a list of potential benefits to becoming physically active then assess how important these benefits are to him or her
Contemplation	To encourage your patient to start being physically active	- Identify barriers to getting started (lack of time) and strategies for overcoming them (walking during lunch break) - Develop a plan for getting started - Set a small goal (5 mins a day) and commit to it - If supervision is required, refer patient to an Accredited Exercise Physiologist for expert support

Preparation	To encourage your patient to be regularly physically active	- Have patient use a pedometer and/or activity logs to self-monitor physical activity and track progress towards goals - Encourage client to reward him/herself for meeting the goal of increased physical activity - Leave reminders to exercise everywhere (walking shoes by the door) - If supervision is required, refer patient to an Accredited Exercise Physiologist for expert support
Action	To help your patient maintain this physical activity habit over time	- Identify any obstacles that might interfere with being active in the future, then develop a plan for how to overcome them - Encourage client to set goals for an event in the future (fun walk, 5km run) - If supervision is required, encourage continued supervised exercise
Maintenance	To help your patient prepare for any future setbacks and increase enjoyment of physical activity	- Discuss how to get back on track after a break in physical activity - Make physical activity fun: try new activities (kickboxing); listen to music or watch TV while on treadmill; walk with a friend - Encourage patient to mentor someone else who is interested in becoming more physically active - If supervision is required, encourage continued supervised exercise

Source: Pezmeki, D. et al. (2010). ACSM's Health & Fitness Journal.

Numerous resources are available to support patients in achieving their physical activity goals at www.exerciseismedicine.org.au

Refer your patient to the *Exercise is Medicine® Australia* website today to access:

- [Information on how to start an exercise program](#)
- [Physical activity guidelines](#)
- Suggestions for overcoming common barriers to exercise & physical activity
- Physical activity logs & goal tracker
- [Factsheets on exercising with a chronic condition](#)
- [Upcoming physical activity events in each state & territory](#)

Please note: *It is recommended that you screen your patient for potential risks prior to encouraging participation in physical activity. This can be done using the interactive [Adult Pre-Exercise Screening System \(APSS\) Tool](#).*

Related information and references

Exercise & Sports Science Australia www.essa.org.au

1. Prochaska JO, DiClemente CC. Transtheoretical therapy: toward a more integrative model of change. *Psychotherapy: theory, research & practice* 1982; 19(3): 276-88.