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.

<table>
<thead>
<tr>
<th>Stage of Change</th>
<th>Goal</th>
<th>Specific Strategies</th>
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</table>
| 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 |

Note: For activity to be regular, it must add up to a total of 30 minutes or more per day and be done at least 5 days per week.
Numerous resources are available to support patients in achieving their physical activity goals at [www.exerciseismedicine.org.au](http://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**
