# GP action plan to facilitate sustained physical activity/exercise in people living with chronic disease



### Ask and assess - the Exercise Vital Sign

- 1. 'On average, how many days/week do you engage in moderate to strenuous exercise (like a brisk walk)?'
- 2. 'On average, how many minutes/day do you engage in exercise at this level?'

Response multiplied = total weekly minutes of moderate to vigorous exercise



# Advise and assist - health coaching skills and respectful

- conversations
  - 1. Active listening, non-judgemental communication, activity preferences, confidence, resources, goal setting and action planning (eg 'TGROW' coaching model).
  - 2. COM-B Model (capability, opportunity, motivation and behaviour); Stages of Change Model.



### No time?

Schedule visit to discuss



Ask and assess



+ Advise and assist



### 5 min?

+ Arrange



### Arrange - professional and community referral

- 1. Referrals to appropriately qualified exercise professionals (eg Accredited Exercise Physiologist).
- 2. Social prescription: referral to local, and low cost or free, community activities, which encourage people to engage socially through physical activity (eg Parkrun, Heart Foundation walking groups, bike share programs, outdoor gyms).



## Ask and (re) assess - measuring and monitoring

- 1. Self-monitoring.
- 2. Digital health: e-Health (eg web-based applications) and mHealth (eg health-related text messaging, fitness trackers, smartphone applications, pedometers).

Figure 2. A framework for general practitioner (GP) action to facilitate sustained physical activity and exercise in people living with chronic disease.