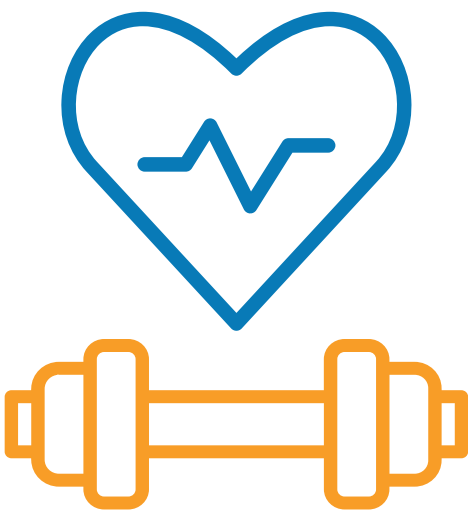


ACTIVATE consensus on physical activity assessment, prescription and promotion in clinical practice

Physical activity provides significant physical and mental health benefits, contributing to the prevention and management of non-communicable diseases. Globally, 31 per cent of adults and 80 per cent of adolescents do not meet the World Health Organization (WHO) physical activity recommendations.



WHO guidelines for physical activity

The WHO recommends that adults get:

- at least 150 to 300 minutes of moderate-intensity or 75 to 150 minutes of vigorous-intensity aerobic physical activity per week
- muscle strengthening exercises targeting all major muscle groups twice a week
- functional balance and strength training for adults aged 65+.

ACTIVATE consensus recommendations



- 1 ASSESS**
- Ask patients about physical activity at every relevant encounter.
 - Use quick easy tools to identify if they are meeting the WHO guidelines.
 - Document physical activity levels in the patient’s record.

TIP: combine clinical judgement with the use of quick validated assessment tools.



- 2 PRESCRIBE**
- Provide a written exercise prescription to patients not meeting the WHO physical activity guidelines.
 - Tailor the program to the individual’s condition, preferences, abilities and context.
 - Apply the FITT principle: frequency, intensity, time, type.

TIP: start slowly and progress safely towards WHO guidelines.



- 3 PROMOTE**
- Educate the patient on the benefits of physical activity.
 - Set goals collaboratively.
 - Provide practical ideas and resources to support the integration of physical activity into the patient’s daily life.

TIP: use both written and digital resources from credible sources.



- 4 FOLLOW UP**
- Follow up regularly (in person, phone or digital).
 - Review progress, barriers and facilitators.
 - Adjust prescription as necessary.

TIP: use behaviour change strategies to encourage the patient.



- 5 REFER**
- Refer to qualified exercise professionals or community programs when appropriate.
 - Consider specialised support for complex cases, low motivation or lack of progress.

TIP: provide the right support at the right time.

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