

Stage of Change Action Step

Precontemplation

(Patient has no intention to be physically active)

- Discuss the health benefits of regular physical activity particularly related to that patient's unique health concerns and needs.
- The individual is likely not ready to receive a physical activity prescription at this point.

Contemplation

(Patient knows they should exercise and is thinking about becoming physically active)

Independent

Write prescription. Provide info. Refer to exercise professional.

Supervision Necessary

Refer to clinical exercise pro, cardiac rehab or physical therapy as appropriate.

- Emphasize the pros and reducing the cons of being more physically active that are particularly relevant to the patient.
- The individual may be receptive to receiving basic guidance on becoming more physically active.

Preparation

(Patient is planning to become physically active in the near future)

Write prescription; refer to non-clinical exercise professionals.

Refer to clinical exercise pros, cardiac rehab or physical therapy as appropriate

Action

(Patient is meeting the physical activity guidelines but for less than 6 months)

Applaud efforts. Encourage continued exercise.

Encourage continued supervised exercise training.

Discuss relapse prevention strategies: planning ahead for challenges, getting back to activity after a lapse.

Maintenance

(Patient is meeting the physical activity guidelines for the last 6 months or more)

Applaud efforts. Encourage continued exercise.

Encourage continued supervised exercise.

Encourage them to spend time with people with similar healthy behaviors; continue to engage in healthy activities to cope with stress.