

## Physical Activity: Brief Intervention for Health Professionals in Watford

- **ASK** the patient how physically active they are?
- **ASSESS** the patient's current activity levels. Are they meeting the CMO guidelines on physical activity?

**Guidelines for Children:** All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.

**Guidelines for Adults:** Adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity\* activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.

\* Moderate intensity is where you're working hard enough to raise your heart rate and break into a sweat. You're working at a moderate intensity if you're able to talk but unable to sing the words to a song.

The general practice physical activity questionnaire (GPPAQ) is a validated screening tool, used in primary care to assess the physical activity levels of adults (16 to 74 years).

It provides a simple, 4 level physical activity index (PAI). Practitioners can use this index to help them decide when to offer interventions to increase physical activity.

[http://www.patient.co.uk/doctor/General-Practice-Physical-Activity-Questionnaire-\(GPPAQ\).htm](http://www.patient.co.uk/doctor/General-Practice-Physical-Activity-Questionnaire-(GPPAQ).htm)

- **ADVISE** the patient on increasing their physical activity levels to work towards the CMO guidelines if they are not currently meeting them. Also encourage the patient to reduce their sedentary for example time spent sitting or screen time.
- **ASSIST** the patient by exploring their motivations and discussing what physical activity they could incorporate into their daily lives.

### Examples of Types of Physical Activity

- **Everyday Activity:** Active Travel (walking and cycling), Housework, Gardening, DIY.
- **Active Recreation:** Recreational Walking, Recreational Cycling, Active Play, Dance, Swimming.
- **Sport:** Informal sport, Competitive Sport, Fitness Training

### Information for Health Professionals

- Resources for primary care:

<http://prescription4exercise.com/>  
<http://gpcpd.walesdeanery.org/index.php/resources>

- Summary briefing for busy Healthcare Professionals:

[http://gpcpd.walesdeanery.org/images/Motivate2Move/Busy\\_Doctors\\_brief\\_guide.pdf](http://gpcpd.walesdeanery.org/images/Motivate2Move/Busy_Doctors_brief_guide.pdf)  
<http://prescription4exercise.com/health-professional/>

- BMJ 9 e-learning modules for physical activity:

[http://learning.bmj.com/learning/course-intro/physical-activity.html?courseId=10051913&locale=en\\_GB](http://learning.bmj.com/learning/course-intro/physical-activity.html?courseId=10051913&locale=en_GB)

- British Heart Foundation Resources: <https://www.bhf.org.uk/publications>

- Macmillan Resources: <http://www.macmillan.org.uk/information-and-support/coping/maintaining-a-healthy-lifestyle/keeping-active>

<http://be.macmillan.org.uk/Downloads/CancerInformation/LivingWithAndAfterCancer/MAC12515PhysicalactivityE03lowrespdf20140409.pdf>

- Exercise Referral:

*Protocols*



W3R Protocols +  
Forms FINAL v1.pdf

*Referral Form*



W3R referral form  
FINAL v1.pdf

*Patient Information Postcard*



NHS postcard  
2012.pdf

*Quick Reference Guide*



Active 4 Life Quick  
Reference Guide.pdf

### **Information for Patients**

Health in Herts Keep Active page has a range of physical activity resources for patients:  
<http://www.hertsdirect.org/services/healthsoc/healthherts/keepactive/>

Watford Leisure Facilities: <http://www.watford.gov.uk/ccm/navigation/leisure-and-culture/>

Watford Health Walks: <http://www.hertslink.org/cms/healthwalks/wat3riv/>

Park Run in Watford: <http://www.parkrun.org.uk/cassiobury/>

Sports Clubs in Watford: <http://www.activewatford-csn.org/>

*Updated October 2015*