

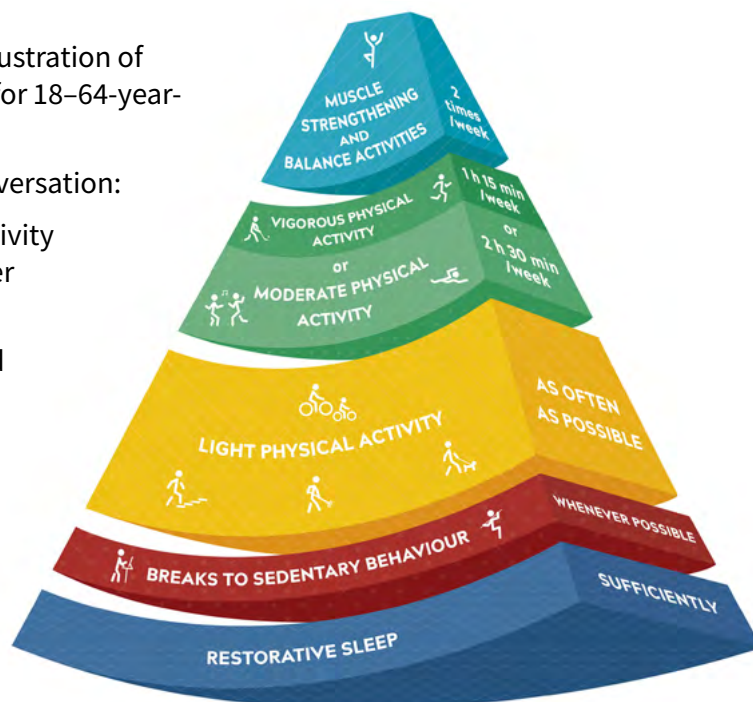
Questions about physical activity habits to support conversations with customers

The questions progress according to the illustration of weekly physical activity recommendation for 18–64-year-olds (from bottom to top).

Use the following materials during the conversation:

- [the illustration or booklet](#) of physical activity recommendation related to the customer
- the first page of [the physical activity recommendation form](#) in order to record the answers

The customer answers the questions based on their own assessment. The customer can use, for example, monitoring data from an online application or physical activity tracker, or their own notes. The answers are compared with the recommendation.



Restorative sleep

Consider the amount and quality of your sleep with regard to feeling refreshed and alert the following day.

Amount of sleep

In your opinion, how often do you get enough sleep?

Quality of sleep

In your opinion, how often do you sleep well enough?

Compare your sleeping with the recommendation. How well did you meet the recommendation?

Breaks to sedentary behaviour

Consider the time you are sedentary during a normal day. Think about the time you spend sitting, lying down and standing, for example, at home, at work, during hobbies and in vehicles.

Examples of breaks to sedentary behaviour: changing position, standing up from a sitting position, walking around.

How often do you utilise opportunities to take breaks in your sedentary behaviour during normal days?

Compare your breaks to sedentary behaviour with the recommendation. How well did you meet the recommendation?

Light physical activity

Consider light physical activity during your normal day.

Light physical activity does not cause shortness of breath, and it often occurs in conjunction with other activities.

Examples of light physical activity: household chores, shopping trips and working in the yard.

How often do you utilise opportunities for light physical activity during normal days?

Compare your light physical activity with the recommendation. How well did you meet the recommendation?

Moderate or vigorous physical activity

Moderate physical activity

Consider your moderate physical activity during a normal week. Your physical activity is moderate if you are able to talk despite shortness of breath. For example, intensity equivalent to brisk walking.

How much moderate physical activity do you get during a normal week? (hours and minutes)

Vigorous physical activity

Consider your vigorous physical activity during a normal week. Your physical activity is vigorous if talking is difficult due to shortness of breath. For example, intensity equivalent to jogging or running.

How much vigorous physical activity do you get during a normal week? (hours and minutes)

Compare your moderate and vigorous physical activity with the recommendation. How well did you meet the recommendation?

Muscle strengthening and balance activities

Consider physical activity that works your muscles, challenges your balance and maintains your flexibility.

If the moderate or vigorous physical activity that you reported in the previous section also includes this type of activity, enter it here as well.

How many times do you get this kind of physical activity during a normal week?
(times per week)

Compare your muscle strengthening and balance activities with the recommendation.

Overall physical activity

Check whether you meet the recommendation.

What do you think about your overall physical activity?

Which areas do you think you are already doing well in?

Which areas have room for improvement?

How does the situation look?

If there are needs for changes:

What could you do to improve the situation?

What kind of help or support would you like to receive?

Next, you can write down a physical activity plan with the customer. You can use the second page of [the physical activity recommendation form](#) in order to record the plan.