

# Physical activity recommendation form

65+

## Instructions for professionals

### 1. My physical activity at this time

#### A Flexibility, balance and muscle strengthening, vigorous and moderate physical activity during a normal week

Use the empty boxes to record physical activity accumulated regularly on different days of the week and the normal duration of the physical activity.

##### ■ Muscle strengthening and balance training Type and duration?

- strains the muscles, challenges balance and flexibility, for example, gym, dance, ball games, group physical activity

##### ■ Vigorous physical activity Type and duration?

- physical activity is vigorous if you are very short of breath (it's hard to talk because you're short of breath)
- intensity equivalent to jogging, climbing stairs or vigorous wheelchaining, for example, brisk cycling, climbing stairs, ball games, jogging

##### ■ Moderate physical activity Type and duration?

- Physical activity is moderate if you are somewhat short of breath (you can talk despite being short of breath)
- intensity equivalent to brisk walking, for example, Nordic walking, swimming, gentle cycling

#### B Light physical activity, breaks in sedentary behaviour, and sleep on a normal day

Use the empty boxes to record light physical activity, breaks in sedentary behaviour, and sleep.

##### ■ Light physical activity Type and duration?

- Light physical activity does not cause shortness of breath, and it usually happens in connection with other activities for example, household chores, shopping trips and working in the yard

##### ■ Breaks in sedentary behaviour Type and duration?

- This refers to breaks in extended periods of sitting, lying down or standing.

##### ■ Restorative sleep

Amount of sleep: How much sleep do you get during an average night?

#### C How well did you meet the recommendation?

After this, habits are compared to each physical activity recommendation section. For example, "sufficiently" for sleep and "2 times per week" for muscle strengthening and balance training.

##### How well did you meet the recommendation: Muscle strengthening and balance training

Muscle strengthening and balance training: Count the number of sessions per week.

Moderate and vigorous physical activity: Add together all the durations of moderate and vigorous physical activity session each week.

For each part, select the emoji that best describes how that section of the recommendation was realised.

Not at all	= current habits are far from the recommendation
Not at all	= current habits only correspond to some parts of the recommendation
Mostly	= current habits are close to the recommendation
Completely or exceeded	= current habits meet or exceed the recommendation*

\* current habits only exceed part A of the recommendation.

## How well did you meet the recommendation? Light physical activity, breaks in sedentary behaviour, and sleep on a normal day

After this, habits are compared to each physical activity recommendation section. For example, “sufficiently” for sleep and “2 times per week” for muscle strengthening and balance training.

- There are no hour or minute recommendations for light physical activity and breaks in sedentary behaviour, so you can use the following questions for comparison: Light physical activity and breaks in sedentary behaviour: Do you take the opportunities that you have in different situations during the day?
- Restorative sleep: Do you sleep as much as you think you need in order to feel refreshed and alert the next day?

The following questions can be used during the discussion:

- What do you think about your overall physical activity?
- Do you feel the need for a change/changes?
- Are you capable of making a change/changes?
- Do you want to make a change/changes?

If there is a need for a change/changes, discuss whether there is the desire and opportunities to start making them. If the desire and opportunities exist, move on to part 2 “This is how I intend to be physically active”. If the desire and opportunities do not exist at this time, consider how to move forward.

## 2. This is how I intend to be physically active

### **D** Take the following into account during planning

Use the box to record the most important things that should be taken into account when making a plan: for example, medication, psychological vitality, physical limitations, pain, family situation or physical activity offering

The box can also be used to record reasons that encourage a person to increase or diversify their physical activity. For example, better coping, relaxation, good mood, fresh air, enjoying nature, good company, better sleep, weight control, becoming fitter, decreasing blood pressure, or maintaining sugar balance.

It's also a good idea to consider:

- What's a good time to start? Which week days and times are most suitable?  
With consideration to personal daily rhythm and alertness and compatibility with other activities (hobbies, chores, etc.)?
- What could make it easier to stay with the plan? for example, taking a friend, joining a fitness group, packing gear in advance
- What things can make it difficult to follow the plan and how can a person prepare for them? for example, poor weather, pain and changes in health status

### **F** Plan

Use the empty boxes to record what the person intends to do on different days of the week and for how long each time or per day.

Realisation of the plan can be monitored with a calendar, diary or some other tool. Modify the plan if necessary and write it on a new “This is how I intend to be active” form.