



1

HOW TO USE
THE ACTION
GUIDE

2

PROMOTING
PHYSICAL
ACTIVITY IN
YOUR CLINIC

3

ASSESSING
PHYSICAL
ACTIVITY

4

PRESCRIBING
PHYSICAL
ACTIVITY

5

PROVIDING
PHYSICAL
ACTIVITY
REFERRALS

6

BEING A
CHAMPION IN
YOUR HEALTH
SYSTEM

APPENDIX B - Physical Activity Vital Sign (PAVS)

1. On average, how many days per week do you engage in moderate to strenuous exercise (like a brisk walk)?

_____ days

2. On average, how many minutes do you engage in exercise at this level?

_____ minutes