

1 Evaluate the physical activity habits of your patient with the two following questions*:

- On average, how many days per week do you engage in moderate or greater intensity physical activity?
- On average, how many minutes do you engage in this physical activity on those days? **

2 Select the number of days and its corresponding reference line

3 Turn the wheel to adjust this reference line to the number of minutes

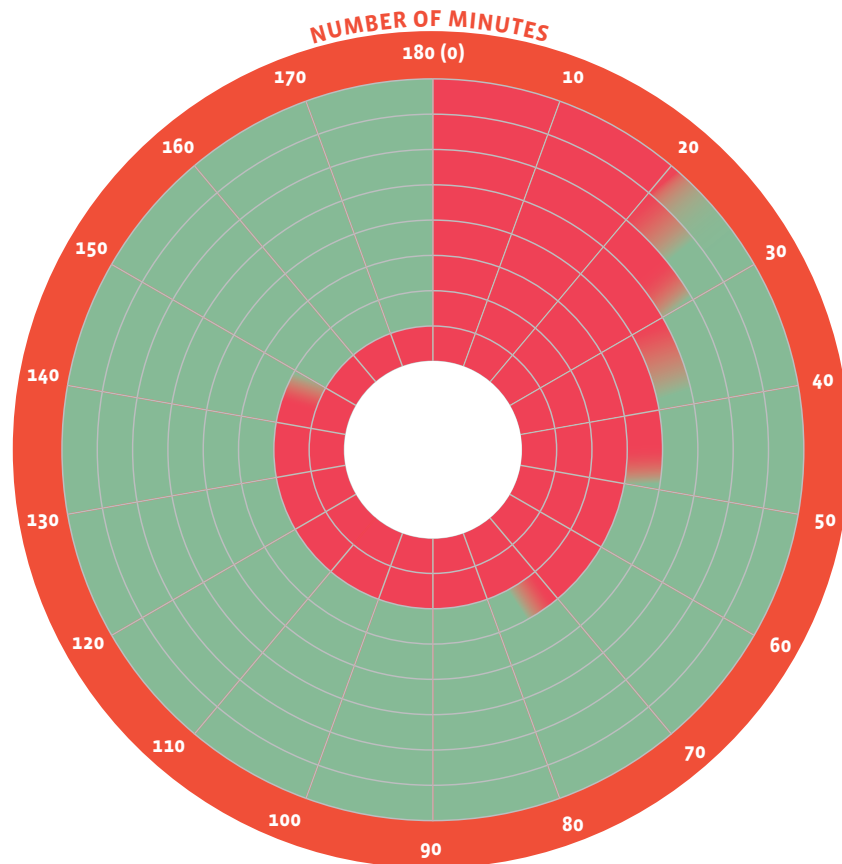
4 Read the result in the corresponding pre-cut cell

 Your patient meets the minimal physical activity recommendations.

- >> Encourage him/her to continue his/her current exercise practice.

 Your patient does not meet the minimal physical activity recommendations.

- >> He/she is at increased risk of chronic disease. Encourage him/her to start practicing exercise, according to the recommendations stated in of this document.



* Based on Sallis. Exercise in the Treatment of Chronic Disease: An Underfilled Prescription. Curr Sports Med Rep. 2017;16(4):225-226.

** If the intensity of the exercise is vigorous or greater, the amount of minutes to be considered for the Actimeter can be multiplied by two.

SPORT-SANTÉ ACTIMETER

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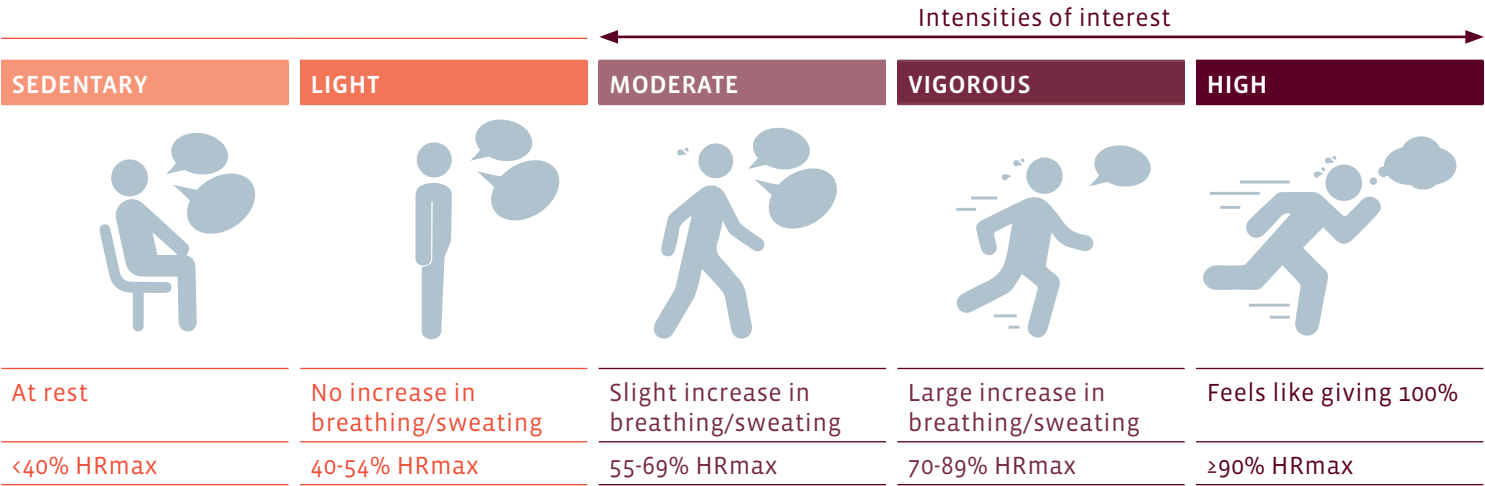


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Ministère des Sports

Intensity levels of physical activity*



HRmax: maximal heart rate.

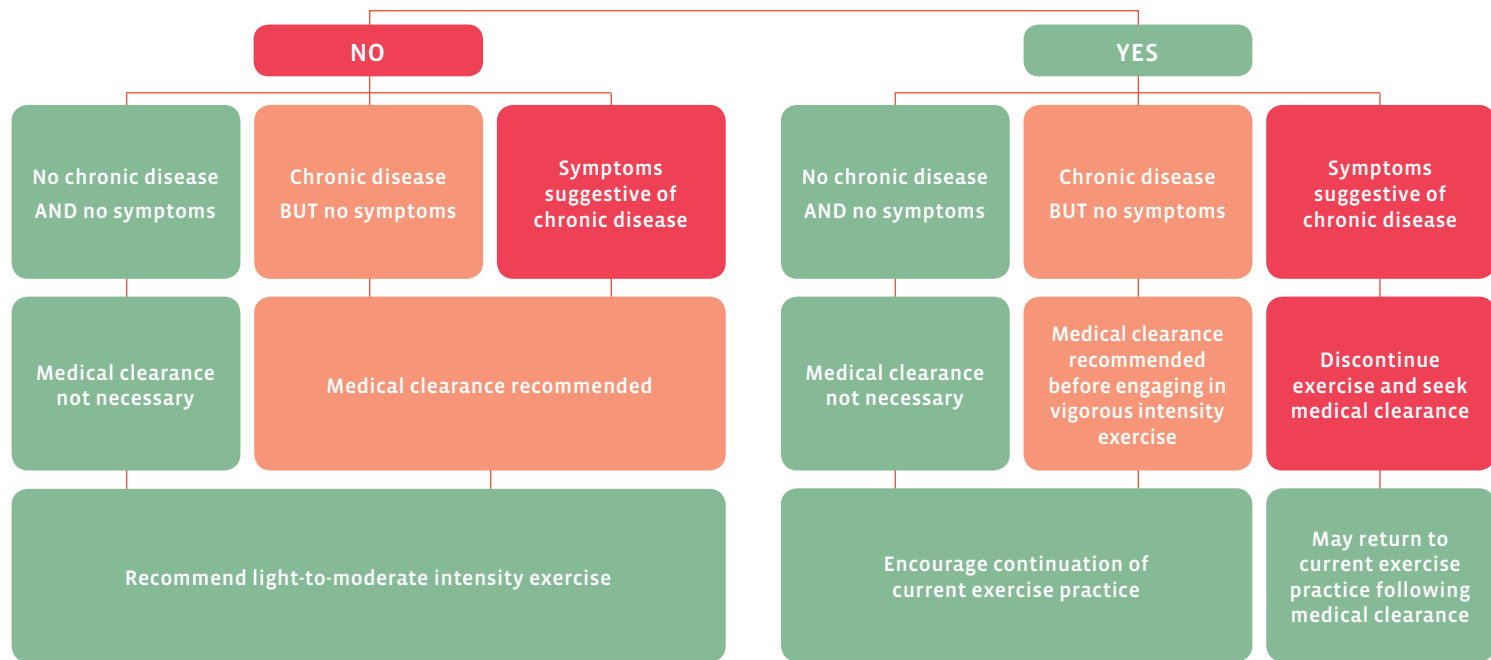
Minimal health-related physical activity recommendations for adults**



* Based on Thornton et al. Physical Activity Prescription: A Critical Opportunity to Address a Modifiable Risk Factor for the Prevention and Management of Chronic Disease: A Position Statement by the Canadian Academy of Sport and Exercise Medicine. Br J Sports Med. 2016;50(18):1109-14.

** Based on WHO, Global recommendations on physical activity for health, 2010.

Does your patient meet the current physical activity recommendations*?



Advices to your patient

- Minimum **30 minutes** of moderate-to-vigorous physical activity at least **5 days/week**
- Select pleasant physical activities and enjoy them with friends or family
- Practice physical activities at your own pace
- May gradually progress as tolerated



Refer to www.sport-sante.lu
in case of chronic disease

* Based on Whitfield et al. Applying the ACSM Preparticipation Screening Algorithm to U.S. Adults: National Health and Nutrition Examination Survey 2001-2004. Med Sci Sports Exerc. 2017;49(10):2056-2063.