

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
- Total minutes per week of physical activity (multiply #1 by #2) _____ minutes per week**

Incorporate the PAVS into your electronic health record and patient intake forms. Calculations may be programmed and the sedentary patient flagged for referral or counseling.

Using the Physical Activity Vital Sign

National guidelines recommend 150 minutes per week of moderate intensity physical activity. That's just 2 ½ hours out of 168 hours in a week! In place of moderate intensity activity, you can also complete 75 minutes of vigorous intensity physical activity, or an equivalent combination of moderate and vigorous intensity physical activity.



What's Moderate Intensity?

- You can talk, but not sing, while performing the activity.
- Examples: brisk walking, slow biking, doubles tennis, various forms of dance, active home chores and gardening, etc.



What's Vigorous Intensity?

- Vigorous intensity: You can no longer talk easily during the activity and are somewhat out of breath.
- Examples: jogging, fast bicycling, singles tennis, aerobic exercise class, swimming laps, etc.

You can also achieve 150 minutes through a combination of moderate and vigorous intensity physical activity.

- 1 minute of vigorous activity is equal to 2 minutes of moderate activity.
- If activity is done throughout the day, you can perform multiple “bouts” of any length to add up to the recommended 150 minutes/week.

If your patient is NOT achieving 150 minutes a week of physical activity, help the patient to set more realistic goals to gradually increase either their frequency or duration until they are capable of safely achieving the national recommendations.

The Physical Activity Vital Sign – Other Considerations

- A comprehensive assessment of physical activity should include promotion of active living throughout the day to reduce sedentary time/screen time, as well as muscle strengthening exercises as recommended by the Physical Activity Guidelines for Americans: Adults should do muscle strengthening activities that are moderate or high intensity and involve all major muscle groups on 2 or more days a week.
- If you wish to add a question on muscle strengthening activities, we recommend the following:



How many days a week do you perform muscle strengthening exercises, such as bodyweight exercises or resistance training? _____ days