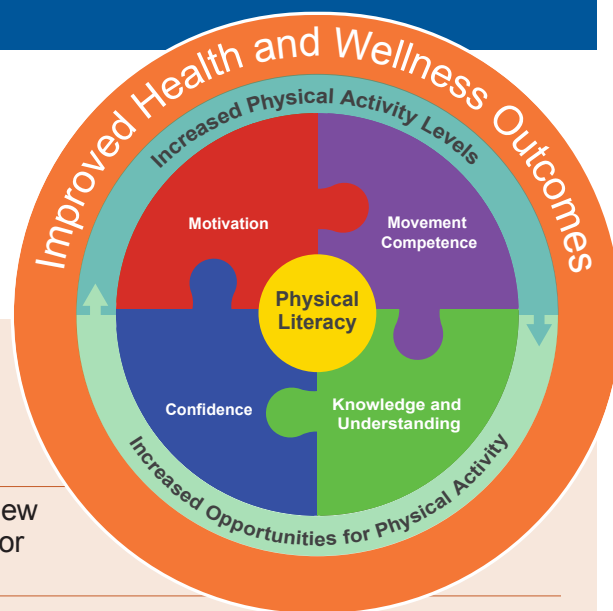














**Use this tool** to guide conversations with clients/patients about physical activity, tailored to their current status and interest. The puzzle pieces in the image below indicate which physical literacy domain(s) align with each question and key message.







### Potential Questions to Ask

-  What motivates you? What matters most to you? What makes you get up in the morning? What do you value? (e.g., mobility, independent living, play with grandkids, etc.)
-  What stops you from engaging in physical activity or trying a new activity? How confident do you feel about it? Are you hesitant or uncertain about how it will go?
-  Is there an activity you are interested in but doubt your ability? What are your concerns about trying that activity?
-  If being active can help you meet your goals, is there anything stopping you from increasing your activity? Is there anything new you'd like to try? What barriers might you be facing, and what would help?

### Key Messages

-  Using active transportation (e.g., walking or wheeling, even to and from the bus stop) is a great way to be physically active and save money.
-  Being active with others builds social connections, reduces loneliness, provides mental stimulation and enhances life satisfaction.
-  Physical activity reduces symptoms of anxiety and depression, lowers blood pressure, reduces risk of many diseases (e.g., cancer, heart disease and stroke, type 2 diabetes, osteoporosis, etc.) and may reduce the need for medication.
-  Physical activity boosts self-esteem, supports mental wellness and helps manage stress.
-  Exploring activities and movements will increase skills, competence and confidence. With more practice, ability improves.
-  Improving strength and balance through physical activity reduces the risk of falls and fall-related injuries. This enables clients/patients to maintain their independence and thrive in community longer.

### Additional Tips for Client/Patient Interaction

-  Recreation centres may have free and/or low-cost opportunities. Going outdoors and/or getting active in the home are also great low-barrier options
-  Explain how actions are interconnected (e.g., a good sleep provides more energy for physical activity and muscle strengthening, and more activity promotes better sleep).
-  Explain how certain movement skills are complementary to more vigorous activities (e.g., yoga to keep muscles limber for jogging). Demonstrate how to break down/adapt the activity to their level.
-  Encourage them to try different activities to find something enjoyable. Having a positive experience while being active increases motivation to continue participating.