

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

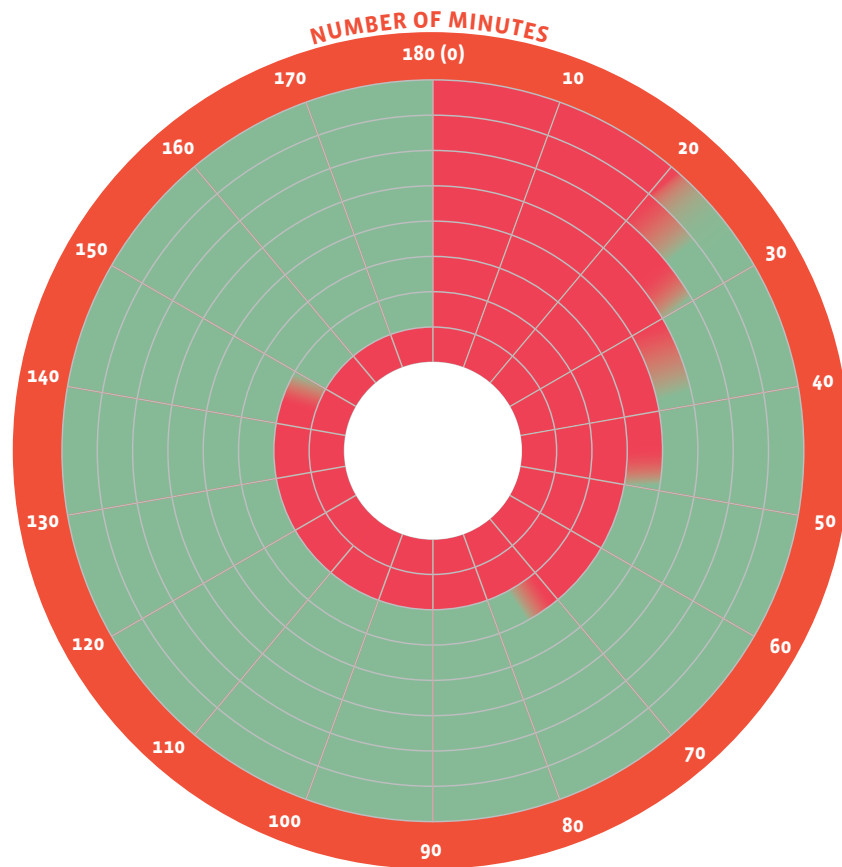
4 Read the result in the corresponding pre-cut cell

Green Your patient meets the minimal physical activity recommendations.

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

Red 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 

Physical activity to manage your health



SPORT-SANTÉ ACTIMETER

contact@sport-sante.lu | www.sport-sante.lu |  sport-sante.lu



LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de la Santé



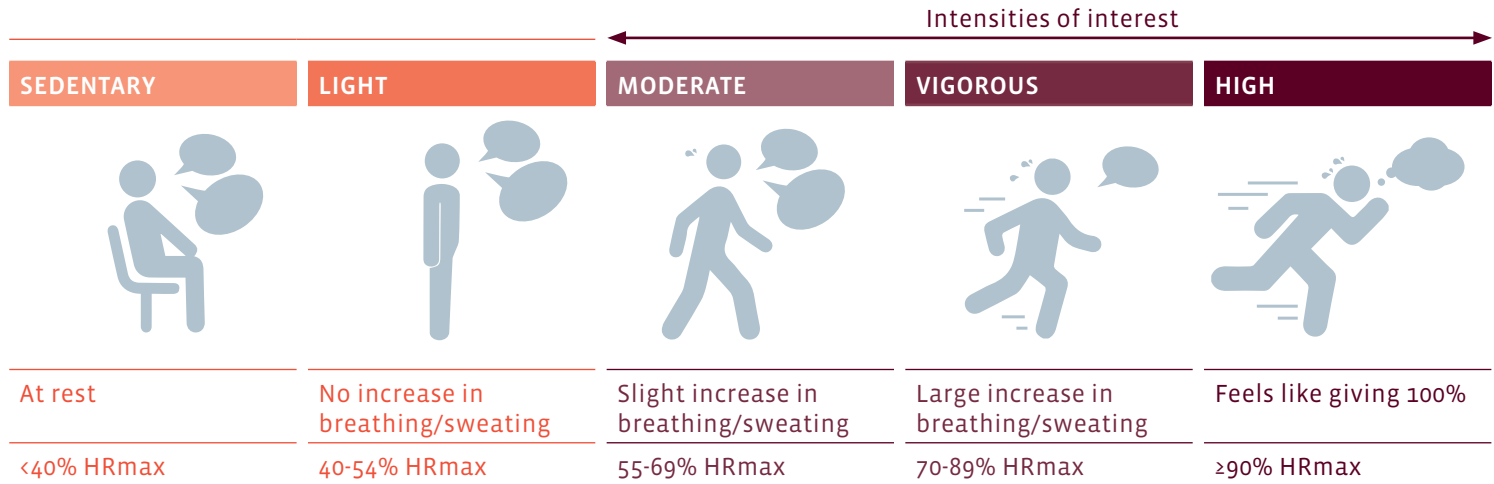
LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de la Sécurité sociale



LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère des Sports

Definitions & Recommendations

Intensity levels of physical activity*



HRmax: maximal heart rate.

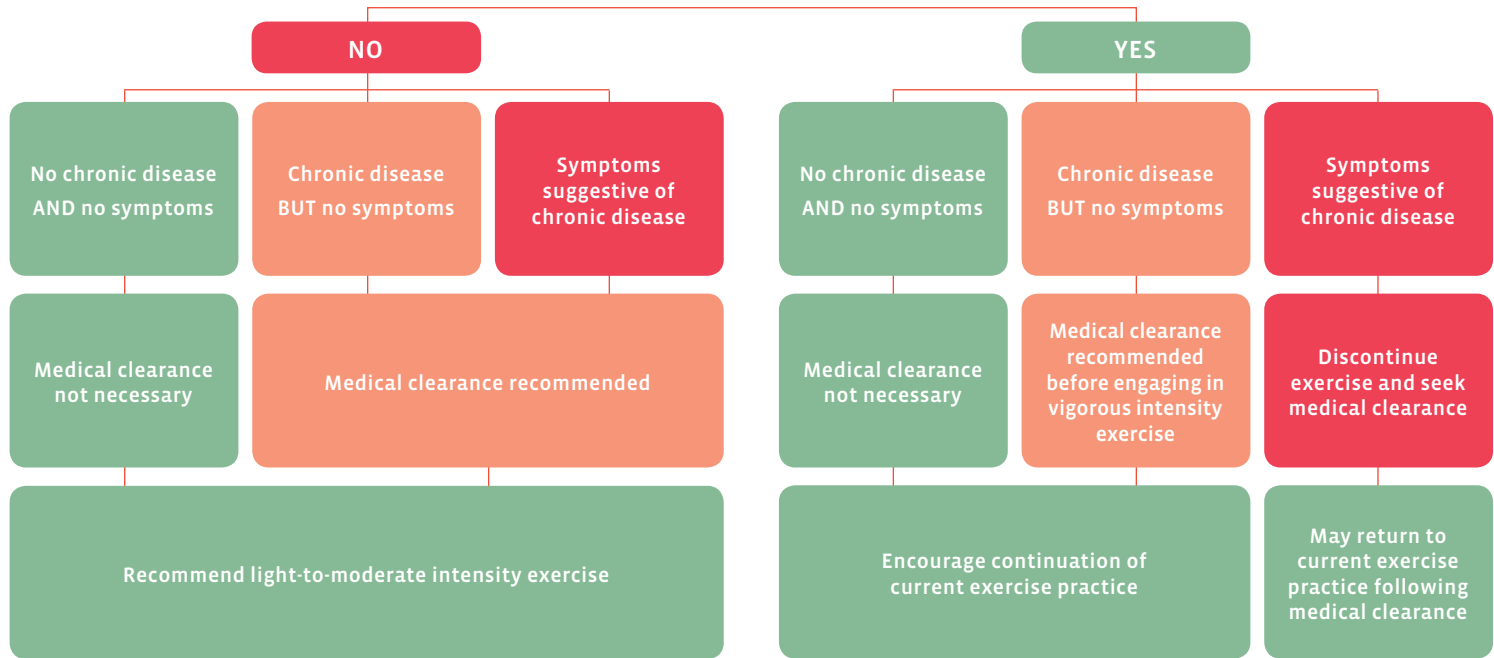
Minimal health-related physical activity recommendations for adults**



* 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.