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 this document.

** 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.
Physical activity to manage your health

SPORT-SANTÉ ACTIMETER

contact@sport-sante.lu | www.sport-sante.lu | sport-sante.lu
Definitions & Recommendations

Intensity levels of physical activity*

<table>
<thead>
<tr>
<th>SEDENTARY</th>
<th>LIGHT</th>
<th>MODERATE</th>
<th>VIGOROUS</th>
<th>HIGH</th>
</tr>
</thead>
<tbody>
<tr>
<td>At rest</td>
<td>No increase in breathing/sweating</td>
<td>Slight increase in breathing/sweating</td>
<td>Large increase in breathing/sweating</td>
<td>Feels like giving 100%</td>
</tr>
<tr>
<td>&lt;40% HRmax</td>
<td>40-54% HRmax</td>
<td>55-69% HRmax</td>
<td>70-89% HRmax</td>
<td>≥90% HRmax</td>
</tr>
</tbody>
</table>

HRmax: maximal heart rate.

Minimal health-related physical activity recommendations for adults**

- Moderate-to-vigorous physical activity for at least 150 minutes/week
- Muscle strengthening activities on at least 2 days/week
- Balance activities on at least 3 days/week


** Based on WHO, Global recommendations on physical activity for health, 2010.
Does your patient meet the current physical activity recommendations? * 

**NO**

- No chronic disease AND no symptoms
  - Medical clearance not necessary
  - Recommend light-to-moderate intensity exercise

**YES**

- Chronic disease BUT no symptoms
  - Medical clearance recommended

- No chronic disease AND no symptoms
  - Medical clearance not necessary
  - Encourage continuation of current exercise practice

- Chronic disease BUT no symptoms
  - Medical clearance recommended before engaging in vigorous intensity exercise

- Symptoms suggestive of chronic disease
  - Discontinue exercise and seek medical clearance

- Symptoms suggestive of chronic disease
  - May return to current exercise practice following medical clearance

Advises 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](http://www.sport-sante.lu) in case of chronic disease