Physical Activity Vital Sign

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1. On average, how many days per week do you engage in moderate to vigorous physical activity (like a brisk walk)?	_____	days
2. On average, how many minutes do you engage in physical activity at this level?	_____	minutes
Total minutes per week of physical activity (multiply #1 by #2)	_____	**minutes per week**

Incorporate the Physical Activity Vital Sign (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 complete 75 minutes of vigorous intensity activity, or an equivalent combination of moderate and vigorous intensity physical activity.

- 1 minute of vigorous activity is equal to 2 minutes of moderate activity.
- You can perform activity in multiple "bouts" of any length throughout the day to add up to the recommended 150 minutes/week.

Although light intensity physical activity (such as a casual walk) is not assessed by the PAVS, it positively impacts health. Wherever they are on their physical activity journey, encourage patients to become and remain active. Promote active living throughout the day to reduce sedentary time (less screen time!).

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.

The Physical Activity Vital Sign – Additional Option

- A comprehensive assessment of physical activity should include 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

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