



# RightMoves | Toolkit

move toward better health

A call to action for healthcare providers





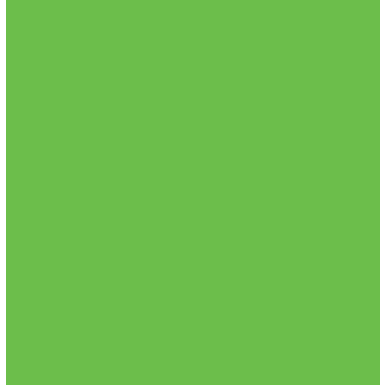
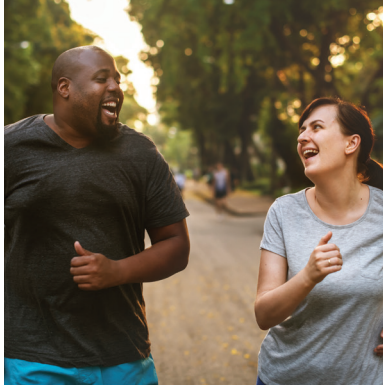
Exercise is the best,  
cheapest, and most  
accessible medicine  
available to patients.





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## Introduction: A Matter of Moving

This provider toolkit is designed to improve communication with your patients about physical activity, and to provide strategic action steps that will lead to healthier outcomes. It will help you

- assess your patients' physical activity level
- screen patients for activity
- assess your patients' readiness for change
- introduce resources that support your patients' action plans based on your recommended physical activity goals
- refer patients to the appropriate physical activity and evidence-based programming

# Step 1

## Physical Activity Assessment Guide

Ask your patients these questions to determine the amount of exercise they do.

1. During a typical week, how many days do you engage in moderate to vigorous physical activity? \_\_\_\_ days
2. On a typical day, how many minutes do you engage in physical activity at this level? \_\_\_\_ minutes
3. If any, how many days a week do you engage in strength training exercises such as lifting weights or using resistance bands? \_\_\_\_ days

Total minutes per week of physical activity (multiply #1 by #2) \_\_\_\_ minutes per week

Consider adding these questions to the “vital signs” in your electronic health records and patient intake forms; use the information collected to flag sedentary patients for referral or counseling.

INTENSITY LEVEL	HEART RATE	PERCEIVED EXERTION	DESCRIPTION
SEDENTARY	<40% max	very, very light = 1	sitting, lying, little movement, low energy requirement
LIGHT	40–55% max	very light to light = 1–2	aerobic activity, no noticeable change in breathing rate, intensity can be sustained for at least 60 minutes
MODERATE	55–70% max	moderate to somewhat difficult = 3–4	aerobic activity that allows you to maintain conversation, intensity can be sustained for 30 to 60 minutes
VIGOROUS	70–90% max	difficult = 5–6	aerobic activity that does not allow you to maintain conversation, intensity can be sustained for 30 minutes
HIGH	>90% max	very difficult = 7+	intensity can be sustained for 10 minutes

### Remind patients that each week they should be getting:

**150 minutes (2.5 hours) per week of moderate physical activity**

or

**75 minutes (1.25 hours) of vigorous physical activity**

or

**an equivalent combination of moderate and vigorous activity**

**It is possible to bill for exercise counseling through ICD 10 code z71.82.**

\* Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018.





## Step 2

### Assess readiness to change.

Determine which stage of change the patient is in, and offer appropriate action for each stage.

#### **Pre-contemplation: Patient does not plan to become active**

- Explain how physical activity can help address the patient's individual health concerns.

#### **Contemplation: Patient knows they should exercise and is considering beginning to do so**

- Emphasize the benefits of how physical activity can help the particular patient.

##### [Independent action](#)

Write physical activity prescription, provide relevant information, refer patient to Community Health Network and encourage them to learn more about available programs.

##### [Supervised action](#)

Submit referral to Community Health Network on behalf of patient.

#### **Preparation: Patient plans to become physically active soon**

##### [Independent action](#)

Write physical activity prescription, provide relevant information, refer patient to Community Health Network. Discuss options for physical activity with patient.

##### [Supervised action](#)

Submit referral to Community Health Network on behalf of patient.

#### **Action: Patient has met activity guidelines for less than six months**

- Plan ahead: discuss potential challenges, how to prevent relapse, how to resume after a lapse.

##### [Independent action](#)

Congratulate them on success, encourage continued physical activity.

##### [Supervised action](#)

Encourage continued supervised physical activity.

#### **Maintenance: Patient has met activity guidelines for six months or more**

- Applaud success, encourage interaction with others who share similar goals and behaviors.
- Explain how continued healthy activities can help cope with stress.

##### [Independent action](#)

Congratulate them on success, encourage continued physical activity.

##### [Supervised action](#)

Encourage continued supervised physical activity.

## Step 3

### Refer using the Community Health Network.

The Community Health Network is a one stop shop for patient referrals to evidence-based health programs in Rhode Island. This is a convenient way for providers to access valuable programs and resources to improve patient health outcomes. Providers complete a CHN referral form for each patient indicating the program they are referring to and simply fax it to 401-633-6229. A patient Navigator will then reach out to the patient to enroll them in the program. The CHN offers a menu of different programs to help patients reach their physical activity goals. Your patient can also self-refer by calling the number below or visiting our website. Our programs are also offered virtually.

**CHN Direct Line:** 401-432-7217

**Website:** <https://ripin.org/chn/>

### Evidence-Based Programs include:

- **Chronic Pain Self-Management Program (CPSMP) (English & Spanish)**

Small group workshop, 2 1/2 hours per session, 1 session per week for 6 weeks. Participants learn about pain self-management techniques, healthy eating, and appropriate physical activity.

- **Tools for Healthy Living - Chronic Disease Self-Management Program (CDSMP) (English & Spanish)**

Small group workshop, 2 1/2 hours per session, 1 session per week for 6 weeks. Participants learn how to eat healthier, be more active, improve sleep, communicate with health care professionals, and more.

- **Walk with Ease (WWE)**

WWE is designed as a 6-week Program which engages participants in walking 3 times per week. WWE is proven to reduce the pain of arthritis and improve strength and balance.





## Resources

### Provide valuable resources and follow-up.

Below are additional resources to be used as guides in counseling patients on physical activity. These resources can also be shared with patients to reference at home.

#### **Arthritis Foundation:**

Click on “Treatments” and “Healthy Living” for advice on pain management, exercise, and diet.

<https://www.arthritis.org/>

#### **Community Health Network**

Scroll down to “Community Health Network Classes” to see a list of current classes and upcoming start dates.

<https://ripin.org/chn/>

#### **National Institute on Aging**

Select “Exercise & Physical Activity” under the Health Information tab for additional resources on physical activity for older adult patients.

<https://www.nia.nih.gov/health/>

#### **Self-Management Resource Center**

To learn more about the evidence behind these programs, click on “Resources” and then “Bibliography.”

<https://www.selfmanagementresource.com/>


#### **Own Your Health**

Visit the Own Your Health website to learn more about the Collaborative, programs being offered, and workshop opportunities.

<https://ownyourhealthri.org/>



# Patient Resource Guides



## Get up. And get moving.

Sitting for too long (and too often) will decrease your energy level, stiffen your joints, and negatively affect your overall health. Every day, it's important to find opportunities to move more... particularly if you don't do any form of regular exercise (and even if you do have an exercise routine). Even if you already move all day, stretching and other activity can help ensure healthy movement.

Here are some simple ways you can add movement to your day. Check the activities you do this week, and see how quickly your extra movement adds up.

**While you're at work:**

- If you sit at a desk or computer at work, stand up and stretch every 30 minutes, or go for a quick short walk.
- Walk around (or stand) while you're talking on the phone.
- Climb stairs when you have the option to do so.
- Make time to fit in stretches when on breaks.


**While you're at home (or anywhere, really):**

- Skip TV commercials and do a quick chore instead (sort your recyclables, sweep the kitchen floor, do some laundry).
- Reduce your sedentary screen time (watching TV, playing video games, scrolling through social media).
- If walking or standing isn't possible for you, find other ways to move: extend your legs, slide your feet along the floor, or raise your arms.

**While you're commuting:**

- On the bus or subway, stand and offer your seat to someone.
- Don't take the bus to your final stop; get off early and walk the difference.
- Park in the farthest spot.

Rhode Island Department of Health | 3 Capitol Hill, Providence, RI 02908 | 401-222-5960 | [ripin.org/chn/](http://ripin.org/chn/)



## Get yourself moving towards better health.


Adding physical activity to your day — and gradually increasing the amount of it — will improve your energy, your sleep, and your overall health. Aim for a minimum of 150 minutes of moderate-intensity activity each week. Every minute counts, so if you can only do two, do two — if you can do 20, do 20. You'll be amazed at how quickly you reach 150 — especially when you find activities you enjoy. Try gardening, dancing, walking... just get moving.

A great way to add more physical activity to your day is simply by walking. These suggestions can help you start; check the activities you do this week, and see how good you feel after each one.

- Take your dog (or your neighbor's) for a walk every day.
- Load a walking app onto your smartphone, or get an activity tracker. Work your way up to a daily step goal (it's easier than you think).
- Make a "family walk" or "friends walk" part of your after-dinner routine.
- Explore! Find parks, trails, or neighborhoods you enjoy and make them your regular walk routes.
- Join community-based programs like "Walk with Ease" and "Tools for Healthy Living" to stay motivated and moving on your path to health. To find a workshop near you go to [ripin.org/chn/](http://ripin.org/chn/)

Walking is an easy (and essentially free) way to increase your daily physical activity. All it takes is a single step to begin your journey toward better health.

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## Let's get moving.

A guide to reaching your physical activity goals.

**Adults should aim for:**

150-300 minutes per week of moderate activity	or	75-150 minutes per week of vigorous activity	or	a combination of both
In addition, adults should aim for two or more days per week of muscle strength training.				

**About aerobic activity**


- If you're exercising at "moderate" intensity, you can carry on a conversation. Examples are water exercise, brisk walking, and easy bike riding.
- If you're exercising at "vigorous" intensity, you cannot carry on a conversation and may find yourself out of breath. Examples are swimming, jogging, playing tennis, and fast bike riding.
- Recommended aerobic activity frequency: \_\_\_\_\_ days per week
- Recommended aerobic activity intensity:
  - light    moderate    vigorous
- Recommended aerobic activity time: \_\_\_\_\_ minutes per day
- Recommended type of aerobic activity:    walk    run    bike    swim    other

**About strength training**

- Not all strength training needs to be done at a gym. You can use elastic bands, dumbbells, and body-weight exercises (pushups, planks, squats, etc.) in the privacy of your own home. Yard work and other heavy-duty home chores are also effective strengthening exercises.
- You should take one day to rest between your strength training days.

Recommended strength training frequency: \_\_\_\_\_ days per week

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## Moving leads to better health.

**It's best to start simple.**

And it's as simple as moving more and sitting less. Take advantage of any opportunity to move: use the stairs, choose a farther parking spot, take a walk at lunch.

**Friends make activity better.**

Find activities you enjoy, and people you enjoy doing them with. People who exercise together are more likely to stick with it and realize the benefits.

**Be sure your health can handle it.**

Talk to your doctor about any health concerns before you increase your activity.

**Find a way to motivate yourself.**

Activity trackers and smartphone apps are great ways to see just how much you accomplish. Use them to gradually work your way up to a daily step goal.

**Don't overdo it.**

Gradually increase the pace of your activity and the time you spend on it. Always warm up before your activity and cool down after it.

**Use community programs to engage in healthy habits.**

Look for community-based programs that can help keep you motivated and guide you on your path to health. For example, our "Walk with Ease" and "Tools for Healthy Living" programs can get you moving. To find a workshop near you go to [ripin.org/chn/](http://ripin.org/chn/)

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