

**TABLE 5B: GET ACTIVE QUESTIONNAIRE – REFERENCE DOCUMENT**

Advice on what to do if you have a **YES** response.

*Use this reference document if you answered **YES** to any question and you have not consulted your healthcare professional about participating in physical activities.*

1. Have you experienced <b>ANY</b> of the following (A to F) within the past six months?	
<p>A. A diagnosis of/treatment for heart disease or stroke, or pain/discomfort/pressure in your chest during activities of daily living or during physical activity?</p> <p><input type="checkbox"/> <b>YES</b></p>	<p><i>Physical activity is likely to be beneficial. If you have been treated for heart disease but have not completed a cardiac rehabilitation program within the past 6 months, consult a doctor – a supervised cardiac rehabilitation program is strongly recommended. If you are resuming physical activity after more than 6 months of inactivity, begin slowly with light-to moderate-intensity physical activity. If you have pain/discomfort/pressure in your chest and it is new for you, talk to a doctor. Describe the symptom and what activities bring it on.</i></p>
<p>B. A diagnosis of/treatment for high blood pressure (BP), or a resting BP of 160/90 mmHg or higher?</p> <p><input type="checkbox"/> <b>YES</b></p>	<p><i>Physical activity is likely to be beneficial if you have been diagnosed and treated for high blood pressure (BP). If you are unsure of your resting BP, consult a healthcare provider or your doctor/physiotherapist to have it measured. If you are taking BP medication and your BP is under good control, regular physical activity is recommended as it may help to lower your BP. Your doctor should be aware of your physical activity level so your medication needs can be monitored. If your BP is 160/90 or higher, you should receive medical clearance and consult your doctor about safe and appropriate physical activity.</i></p>
<p>C. Dizziness or lightheadedness during physical activity</p> <p><input type="checkbox"/> <b>YES</b></p>	<p><i>There are several possible reasons for feeling this way and many are not worrisome. Before becoming more active, consult a healthcare provider to identify reasons and minimise risk. Until then, refrain from increasing the intensity of your physical activity.</i></p>
<p>D. Shortness of breath at rest</p> <p><input type="checkbox"/> <b>YES</b></p>	<p><i>If you have asthma and this is relieved with medication, light to moderate physical activity is safe. If your shortness of breath is not relieved with medication, consult a doctor.</i></p>
<p>E. Loss of consciousness/fainting for any reason</p> <p><input type="checkbox"/> <b>YES</b></p>	<p><i>Before becoming more active, consult a doctor to identify reasons and minimise risk. Once you are medically cleared, consult your doctor/physiotherapist about types of physical activity suitable for your condition.</i></p>
<p>F. Concussion</p> <p><input type="checkbox"/> <b>YES</b></p>	<p><i>A concussion is an injury to the brain that requires time to recover. Increasing physical activity while still experiencing symptoms may worsen your symptoms, lengthen your recovery, and increase your risk for another concussion. A healthcare provider will let you know when you can start becoming more physically active, and your doctor/physiotherapist can help get you started.</i></p>

2. Do you currently have pain or swelling in any part of your body (such as from an injury, acute flare-up of arthritis, or back pain) that affects your ability to be physically active?  **YES**

*If this swelling or pain is new, consult a healthcare provider. Otherwise, keep joints healthy and reduce pain by moving your joints slowly and gently through the entire pain-free range of motion. If you have hip, knee or ankle pain, choose low-impact activities such as swimming or cycling, as the pain subsides, gradually resume your normal physical activities starting at a level lower than before the flare-up. Consult your doctor/physiotherapist in follow-up to help you become more active and prevent or minimise future pain.*

3. Has a healthcare provider told you that you should avoid or modify certain types of physical activity?  **YES**

*Listen to the advice of your healthcare provider. Your doctor/physiotherapist will ask you about any considerations and provide specific advice for physical activity that is safe and that takes your lifestyle and healthcare providers advice into account.*

4. Do you have any other medical or physical condition (such as diabetes, cancer, osteoporosis, asthma, spinal cord injury) that may affect your ability to be physically active?  **YES**

5.

*Some people may worry if they have a medical or physical condition that physical activity might be unsafe. In fact, regular physical activity can help to manage and improve many conditions. Physical activity can also reduce the risk of complications. Your doctor/physiotherapist can help with specific advice for physical activity that is safe and that takes your medical history and lifestyle into account.*

After you have read and reviewed the ADVICE for your YES response(s), continue to **TABLE 5C: ASSESS YOUR CURRENT PHYSICAL ACTIVITY.**

### **TABLE 5C: ASSESS YOUR CURRENT PHYSICAL ACTIVITY**

Answer the following questions to assess how active you are now.

1. During a typical week, on how many days do you do moderate- to vigorous-intensity aerobic physical activity (such as brisk walking, cycling, or jogging)?	DAYS /WEEK
_____	
2. On days that you do at least moderate-intensity aerobic physical activity (e.g, brisk walking), for how many minutes do you do this activity?	MINUTES/ DAY
_____	
<b>For adults</b> , please multiply your average number of days/week by the average number of minutes/ day	MINUTES/ WEEK
_____	

**National Physical Activity Guidelines** recommend that adults accumulate at least 150 minutes of moderate-to vigorous-intensity physical activity per week. For children and youth, at least 60 minutes daily is recommended. Strengthening muscles and bones at least two times per week for adults, and three times per week for children and youth, is also recommended.

#### **General Advice for Becoming More Active**

- Increase your physical activity gradually so that you have a positive experience. Build physical activities that you enjoy into your day (e.g., take a walk with a friend, ride your bike to school or work) and reduce your sedentary behavior (e.g., prolonged sitting).
- If you want to do **vigorous-intensity physical activity** (i.e., physical activity at an intensity that makes it hard to carry on a conversation), and you do not meet minimum physical activity recommendations noted above, consult your doctor/physiotherapist in person beforehand. This can help ensure that your physical activity is safe and suitable for your circumstances.
- Physical activity is also an important part of a healthy pregnancy.
- Delay becoming more active if you are not feeling well because of a temporary illness.

The HPB Get Active Questionnaire is adapted from the Canadian Society for Exercise Physiology – Physical Activity Training for Health guidelines. (CSEP-PATH®)