

2023

My Physical Activity Record

Name: _____

Please bring this with you to
every visit.

Date			
Resting blood pressure (mmHg)			
Resting heart rate (beats per minute)			
Height (feet or cm)			
Weight (pounds or kg)			
Aerobic exercise (minutes per week)			
Strength/balance exercise (sessions per week)			
Sedentary (sitting or lying down) time (hours per day)			
30-second sit to stand (repetitions)			
Balance test (seconds): 1. Tandem (1 foot in front of the other) 2. Single leg (standing on 1 leg)			
6-minute walk test (metres)			
Before and after rate of perceived exertion (scale of 0 to 10)			
Other			

Being physically active is one of the best ways to prevent and manage chronic (ongoing) conditions.

To get more physically active:

- Start low and go slow if you have not been active for some time.
- Check with a doctor or a nurse practitioner before doing more than brisk walking.
- Take part in programs in your community.
- Look for ways to be active at home.
- Practice standing up from sitting as much as possible throughout the day.
- Do activities that challenge your balance.
- Consider using a cane or a walker for added support, when needed.
- Set a goal and make a plan.
- Book a follow-up visit with your physical activity specialist.

For more information, see pamphlet 1649, *Fall Prevention Checklist*:

- › www.nshealth.ca/patient-education-resources/1649

What are your questions?
Please ask.
We are here to help you.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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