

# How to Promote Physical Activity in Your Clinic

## Three Steps to a Healthier WV



### Promotion



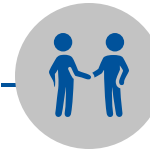
#### Display

- Promote physical activity through handouts and posters
- Transform hallways and stairwells into environments that promote being active



#### Model

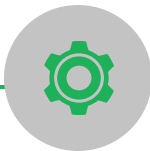
- Set an example by making physical activity a personal priority
- Show the importance of being active during meetings and throughout the work day



#### Support

- Educate staff on the benefits of physical activity
- Praise staff for their efforts in being physically active

### Policy Building



#### Develop

- Create workplace policies to encourage staff to be active such as allowing walking breaks twice per day, standing during meetings, and marking paths nearby with distances



#### Implement

- Train staff on the policies, and promote their availability in public spaces and during team meetings
- Monitor effectiveness of policies



#### Evaluate

- Review the policies that were implemented to determine effectiveness
- Update policies to fit the needs of clinic staff

### Integration



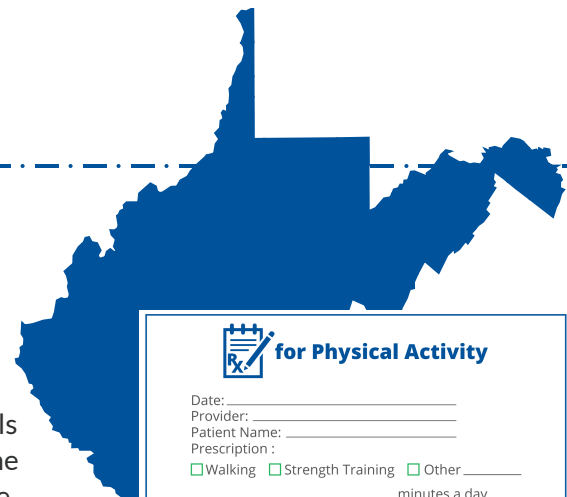
#### Assess

- Ensure that regular physical activity is assessed during every patient visit
- Refer patients to programs, places, or certified fitness professionals in the local community



#### Prescribe


- Identify community resources and partnerships for referrals
- Help patients identify the safest places to be active near their home



 **for Physical Activity**

Date: \_\_\_\_\_  
Provider: \_\_\_\_\_  
Patient Name: \_\_\_\_\_  
Prescription: \_\_\_\_\_  
 Walking  Strength Training  Other \_\_\_\_\_  
\_\_\_\_\_ minutes a day  
\_\_\_\_\_ days a week

Signature: \_\_\_\_\_



Providing a written prescription is shown to be an effective way to motivate patients to be more physically active.