

Physical Activity Decision Aid

<p>1. Acutely ill?</p> <p>No</p> <p style="text-align: center;">↓</p>	<p>Yes</p>	<p>→ Delay discussion of physical activity until condition improved/resolved</p> <p>Acute infection, illness, or injury. For example: acute low back pain, active retinal hemorrhage, shortness of breath at rest, undiagnosed chest pains, symptomatic hernias.</p> <p>Uncontrolled or unstable chronic conditions. For example: hyper or hypoglycemia, heart failure exacerbation, COPD exacerbation, rheumatoid arthritis flare, severe anemia, symptomatic hyper or hypothyroidism.</p>
<p>2. Known Cardiovascular or Pulmonary Disease?</p> <p>No</p> <p style="text-align: center;">↓</p>	<p>Yes</p>	<p>→ Refer for medical evaluation prior to beginning moderate or vigorous physical activity</p> <p><i>Heart Disease:</i> heart attack (MI), CABG/open heart surgery or angioplasty, angina, valvular heart disease, congestive heart failure, arrhythmias, pacemaker or implantable defibrillators</p> <p><i>Peripheral Artery Disease:</i> bypass surgery in lower extremities, claudication, ischemic foot ulcers or amputation due to ischemia</p> <p><i>Cerebrovascular Disease:</i> stroke, transient ischemic attack (TIA), carotid artery surgery</p> <p><i>Pulmonary Disease:</i> COPD or emphysema, asthma, shortness of breath</p>
<p>3. Diabetes, HTN or ≥ 2 Cardiac Risk Factors?</p> <p>No</p> <p style="text-align: center;">↓</p>	<p>Yes</p>	<p>→ Moderate aerobic activity okay, refer for medical evaluation prior to vigorous activity</p> <p>Smoking, high cholesterol or taking cholesterol lowering medication or special diet, family history of early heart disease (age < 50).</p>
<p>4. Limiting Musculoskeletal or Joint Condition?</p> <p>No</p> <p style="text-align: center;">↓</p>	<p>Yes</p>	<p>→ Moderate aerobic activity okay, refer for medical evaluation prior to vigorous activity or strength and flexibility training</p> <p>Chronic low back pain, symptomatic arthritis, amputation, spinal cord injury, osteoporosis</p>
<p>5. Man ≥45 y or Woman ≥55 y?</p> <p>No</p> <p style="text-align: center;">↓</p>	<p>Yes</p>	<p>→ Moderate aerobic, strength and flexibility training activity okay; refer for medical evaluation prior to vigorous aerobic activity</p>
<p>May participate in moderate or vigorous aerobic, strength, and flexibility activities</p>		

Definition of Moderate Exercise: Activities that are the equivalent of brisk walking at 3-4 miles/hour (i.e., a 15-20 minute mile pace). This may be considered “hard” or “very hard” by some sedentary or older individuals so moderate can alternatively be defined as intensity within the individual’s capacity to sustain for a prolonged period of time (~ 45 minutes), which has a gradual initiation and progression and is noncompetitive. Some increase in heart rate and breathing, and light sweating.

Definition of Vigorous Exercise: Exercise intense enough to represent a substantial cardiorespiratory challenge (hard breathing, fast heart rate, large sweating).