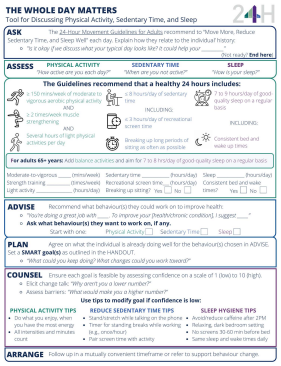
THE WHOLE DAY MATTERS: PRIMARY CARE

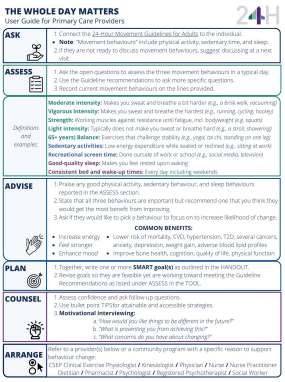
Preamble

This toolkit is designed to assist primary care providers in Canada with promoting optimal levels of physical activity, sedentary behaviour, and sleep (i.e., "movement behaviours") in line with the Canadian 24-Hour Movement Guidelines for Adults. This toolkit includes:


THE WHOLE DAY MATTERS
Tool for Discussing Physical Activity, Sedentary Time, and Sleep
ASK
ASSESS
PHYSICAL ACTIVITY
SEDENTARY TIME
SLEEP
The Guidelines recommend that a healthy 24 hours includes:
INCLUDING:
ADVISE
PLAN
COUNSEL
ARRANGE

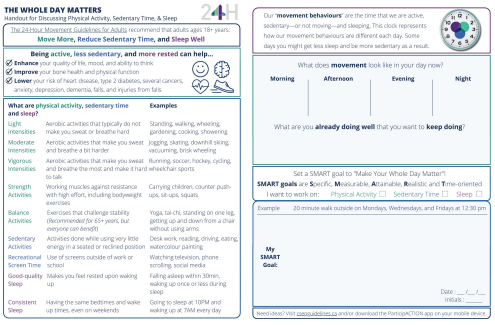
A **TOOL** that can be used by providers to assess movement behaviours of adults accessing care (i.e., patients/clients) ages 18+ initially to "plant the seed" or over time

- Includes directions and optional prompts
  - Use some or all sections, depending on the visit
  - Cover ASK, ASSESS, and ADVISE at a minimum
- Short on time? Focus on one movement behaviour needing the most attention. Have more time? Focus on 2 to 3 movement behaviours:
  - Positive changes in one movement behaviour can influence positive changes in the other two movement behaviours
  - Physical activity, sedentary behaviour, and sleep have co-dependent and combined influences on health outcomes


THE WHOLE DAY MATTERS
User Guide for Primary Care Providers
ASK
ASSESS
Definitions and examples:
ADVISE
PLAN
COUNSEL
ARRANGE

A **USER GUIDE**, which is an optional resource for providers to reference while learning to use the TOOL, refer to as a refresher, or use once and discard once familiar with the TOOL

- Can be read side-by-side with the TOOL
- Offers additional guidance on how to use each section of the TOOL


THE WHOLE DAY MATTERS
Handout for Discussing Physical Activity, Sedentary Time, & Sleep
Move More, Reduce Sedentary Time, and Sleep Well
What are physical activity, sedentary time and sleep?
Examples
What does movement look like in your day now?
Morning
Afternoon
Evening
Night
What are you already doing well that you want to keep doing?
Set a SMART goal to "Make Your Whole Day Matter"!
My SMART Goal:

A **HANDOUT** for adults 18+ years that can be printed double-sided for adults accessing care to take home and/or fill out during a visit

- Patient-facing/client-facing and interactive
- Includes tips and common examples of how to meet the Guideline recommendations

The evidence behind the development of the 24-Hour Movement Guideline recommendations can be found here: **https://cdnsciencepub.com/toc/apnm/45/10+%28Suppl.+2%29**

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Queen's UNIVERSITY

THE WHOLE DAY MATTERS

Tool for Discussing Physical Activity, Sedentary Time, and Sleep

ASK

The 24-Hour Movement Guidelines for Adults recommend to "Move More, Reduce Sedentary Time, and Sleep Well" each day. Explain how they relate to the individual's history:

- *"Is it okay if we discuss what your typical day looks like? It could help your _____"*

(Not ready? **End here**)

ASSESS

PHYSICAL ACTIVITY	SEDENTARY TIME	SLEEP
"How active are you each day?"	*"When are you not active?"*	*"How is your sleep?"*

The Guidelines recommend that a healthy 24 hours includes:

≥ 150 mins/week of moderate to vigorous aerobic physical activity

AND

≥ 2 times/week muscle strengthening

AND

Several hours of light physical activities per day

≤ 8 hours/day of sedentary time

INCLUDING:

≤ 3 hours/day of recreational screen time

Breaking up long periods of sitting as often as possible

7 to 9 hours/day of good-quality sleep on a regular basis

INCLUDING:

Consistent bed and wake up times

For adults 65+ years: Add balance activities and aim for 7 to 8 hrs/day of good-quality sleep on a regular basis

Moderate-to-vigorous _____ (mins/week)
Strength training _____ (times/week)
Light activity _____ (hours/day)

Sedentary time _____ (hours/day)
Recreational screen time___ (hours/day)
Breaking up sitting? Yes ☐ No ☐

Sleep _____ (hours/day)
Consistent bed and wake times? Yes ☐ No ☐

ADVISE

Recommend what behaviour(s) they could work on to improve health:

- *"You're doing a great job with _____. To improve your [health/chronic condition], I suggest _____"*
- **Ask what behaviour(s) they want to work on, if any.**

Start with one: Physical Activity ☐ Sedentary Time ☐ Sleep ☐

PLAN

Agree on what the individual is already doing well for the behaviour(s) chosen in ADVISE. Set a **SMART goal(s)** as outlined in the HANDOUT.

- *"What could you keep doing? What changes could you work toward?"*

COUNSEL

Ensure each goal is feasible by assessing confidence on a scale of 1 (low) to 10 (high).

- Elicit change talk: *"Why aren't you a lower number?"*
- Assess barriers: *"What would make you a higher number?"*

Use tips to modify goal if confidence is low:

PHYSICAL ACTIVITY TIPS

- Do what you enjoy, when you have the most energy
- All intensities and minutes count

REDUCE SEDENTARY TIME TIPS

- Stand/stretch while talking on the phone
- Timer for standing breaks while working (e.g., once/hour)
- Pair screen time with activity

SLEEP HYGIENE TIPS

- Avoid/reduce caffeine after 2PM
- Relaxing, dark bedroom setting
- No screens 30-60 min before bed
- Same sleep and wake times daily

ARRANGE

Follow up in a mutually convenient timeframe or refer to support behaviour change.

THE WHOLE DAY MATTERS

User Guide for Primary Care Providers

ASK

1. Connect the 24-Hour Movement Guidelines for Adults to the individual.
   - **Note**: "Movement behaviours" include physical activity, sedentary time, and sleep.
2. If they are not ready to discuss movement behaviours, suggest discussing at a next visit.

ASSESS

1. Ask the open questions to assess the three movement behaviours in a typical day.
2. Use the Guideline recommendations to ask more specific questions.
3. Record current movement behaviours on the lines provided.

Definitions and examples:

Moderate intensity: Makes you sweat and breathe a bit harder *(e.g., a brisk walk, vacuuming)*
Vigorous intensity: Makes you sweat and breathe the hardest *(e.g., running, cycling, hockey)*
Strength: Working muscles against resistance until fatigue, incl. bodyweight *(e.g. squats)*
Light intensity: Typically does not make you sweat or breathe hard *(e.g., a stroll, showering)*
65+ years) Balance: Exercises that challenge stability *(e.g., yoga, tai chi, standing on one leg)*
Sedentary activities: Low energy expenditure while seated or reclined *(e.g., sitting at work)*
Recreational screen time: Done outside of work or school *(e.g., social media, television)*
Good-quality sleep: Makes you feel rested upon waking
Consistent bed and wake-up times: Every day including weekends

ADVISE

1. Praise any good physical activity, sedentary behaviour, and sleep behaviours reported in the ASSESS section.
2. State that all three behaviours are important but recommend one that you think they would get the most benefit from improving.
3. Ask if they would like to pick a behaviour to focus on to increase likelihood of change.

Common Benefits:

- Increase energy
- Feel stronger
- Enhance mood
- Lower risk of mortality, CVD, hypertension, T2D, several cancers, anxiety, depression, weight gain, adverse blood lipid profiles
- Improve bone health, cognition, quality of life, physical function

PLAN

1. Together, write one or more **SMART goal(s)** as outlined in the HANDOUT.
2. Revise goals so they are feasible yet are working toward meeting the Guideline Recommendations as listed under ASSESS in the TOOL.

COUNSEL

1. Assess confidence and ask follow-up questions.
2. Use bullet point TIPSfor attainable and accessible strategies.
3. **Motivational interviewing:**
   a. *"How would you like things to be different in the future?"*
   b. *"What is preventing you from achieving this?"*
   c. *"What concerns do you have about changing?"*

ARRANGE

Refer to a provider(s) below or a community program with a specific reason to support behaviour change:

CSEP Clinical Exercise Physiologist / Kinesiologist / Physician / Nurse / Nurse Practitioner
Dietitian / Pharmacist / Psychologist / Registered Psychotherapist / Social Worker

THE WHOLE DAY MATTERS

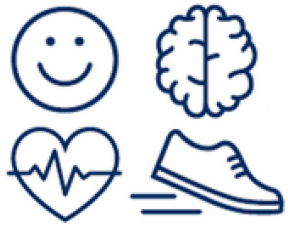
Handout for Discussing Physical Activity, Sedentary Time, & Sleep

The 24-Hour Movement Guidelines for Adults recommend that adults ages 18+ years:

Move More, Reduce Sedentary Time, and Sleep Well

Being active, less sedentary, and more rested can help...

- **Enhance** your quality of life, mood, and ability to think
- **Improve** your bone health and physical function
- **Lower** your risk of heart disease, type 2 diabetes, several cancers, anxiety, depression, dementia, falls, and injuries from falls



What are physical activity, sedentary time and sleep?		Examples
Light intensities	Aerobic activities that typically do not make you sweat or breathe hard	Standing, walking, wheeling, gardening, cooking, showering
Moderate Intensities	Aerobic activities that make you sweat and breathe a bit harder	Jogging, skating, downhill skiing, vacuuming, brisk wheeling
Vigorous Intensities	Aerobic activities that make you sweat and breathe the most and make it hard to talk	Running, soccer, hockey, cycling, wheelchair sports
Strength Activities	Working muscles against resistance with high effort, including bodyweight exercises	Carrying children, counter push-ups, sit-ups, squats
Balance Activities	Exercises that challenge stability (*Recommended for 65+ years, but everyone can benefit*)	Yoga, tai-chi, standing on one leg, getting up and down from a chair without using arms
Sedentary Activities	Activities done while using very little energy in a seated or reclined position	Desk work, reading, driving, eating, watercolour painting
Recreational Screen Time	Use of screens outside of work or school	Watching television, phone scrolling, social media
Good-quality Sleep	Makes you feel rested upon waking up	Falling asleep within 30min, waking up once or less during sleep
Consistent Sleep	Having the same bedtimes and wake up times, even on weekends	Going to sleep at 10PM and waking up at 7AM every day

Our "**movement behaviours**" are the time that we are active, sedentary—or not moving—and sleeping. This clock represents how our movement behaviours are different each day. Some days you might get less sleep and be more sedentary as a result.

What does **movement** look like in your day now?

Morning	**Afternoon**	**Evening**	**Night**

What are you **already doing well** that you want to **keep doing**?

Set a SMART goal to "Make Your Whole Day Matter"!

SMART goals are **S**pecific, **M**easurable, **A**ttainable, **R**ealistic and **T**ime-oriented

I want to work on: Physical Activity ☐ Sedentary Time ☐ Sleep ☐

Example 20 minute walk outside on Mondays, Wednesdays, and Fridays at 12:30 pm

My SMART Goal:

Date : ___ /___ /___

Initials : _____

Need ideas? Visit csepguidelines.ca and/or download the ParticipACTION app on your mobile device.