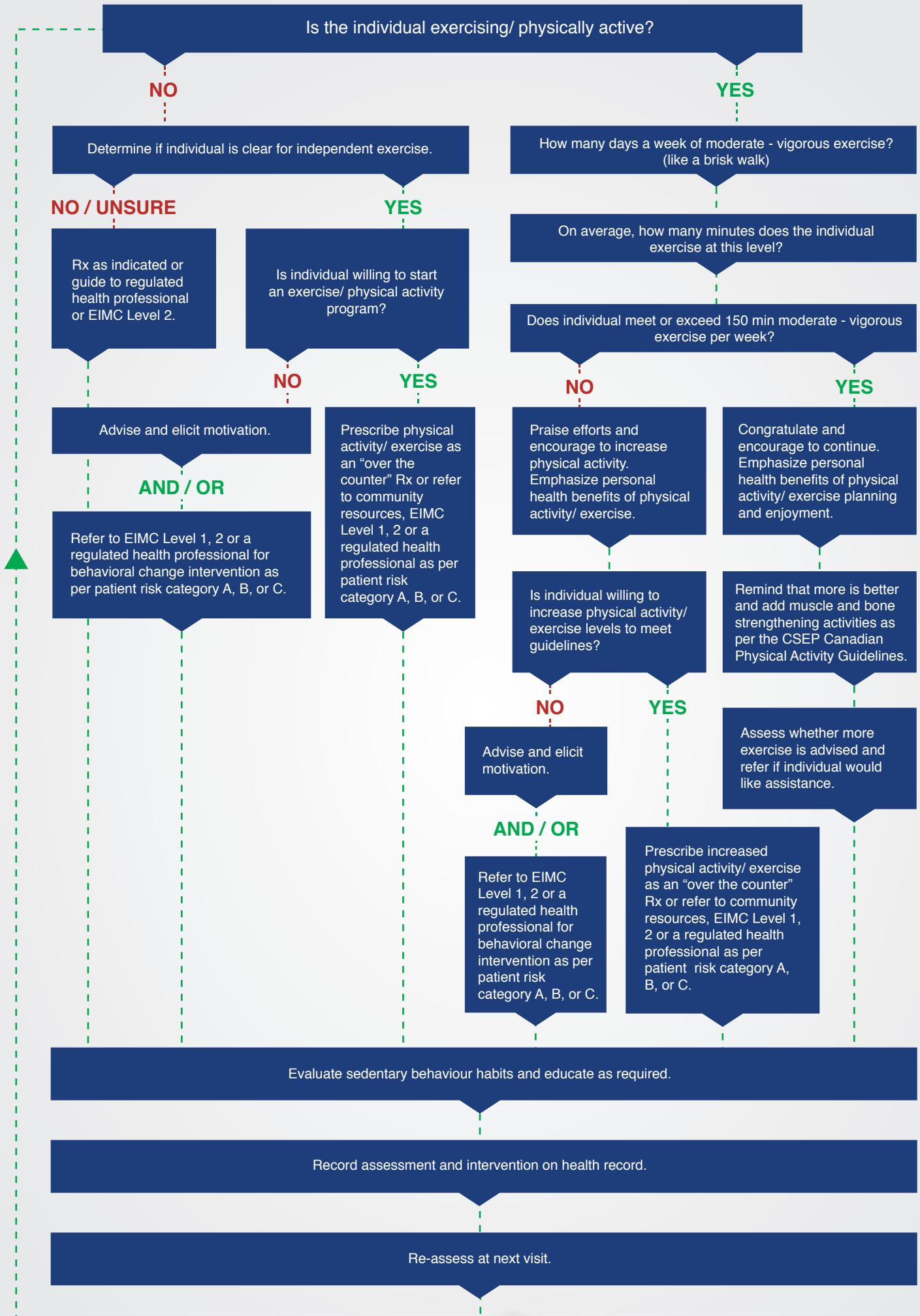


Guide for Prescribing Exercise:

For healthy individuals and individuals with stable chronic health condition(s) but no active injury or acute condition.



INDIVIDUAL RISK CATEGORIES:

- A** - APPARENTLY HEALTHY INDIVIDUALS WITH NO CONSTRAINTS FOR REGULAR PARTICIPATION IN PHYSICAL ACTIVITY AND EXERCISE. (EIMC LEVEL 1 OR 2)
- B** - ASYMPTOMATIC INDIVIDUALS WITH A SINGLE CHRONIC DISEASE/CONDITION CONTROLLED WITH PHYSICIAN-PREScribed THERAPIES. (EIMC LEVEL 1 OR 2)
- C** - INDIVIDUALS WHO HAVE A HIGHER RISK THAN THOSE IN CATEGORIES A AND B ABOVE INCLUDING THOSE WHO HAVE MORE THAN ONE CHRONIC DISEASE OR WHO MAY REQUIRE CLINICAL MONITORING DURING EXERCISE. (EIMC LEVEL 2 OR REGULATED HEALTH PROFESSIONAL)

LEGEND



EIMC Resources and Definitions

CSEP Canadian Physical Activity Guidelines - Available at: csep.ca/guidelines

Physical Activity and Exercise Definitions:

Physical Activity is “any bodily movement produced by skeletal muscles that results in energy expenditure” and is positively correlated with physical fitness. The broad components of PA are occupational, transport, domestic, and leisure time, which consists of exercise, sport and unstructured recreation.

Exercise has the features of “planned, structured and repetitive bodily movement the object of which is to improve or maintain physical fitness.”

Reference:

Caspersen CJ, Powell KE, Christenson GM. Physical activity, exercise, and physical fitness: definitions and distinctions for health-related research. Public Health Rep 1985; 100: 126–31.

Note: EIMC recognizes the difference in definitions of these terms but for purposes of prescribing physical activity or exercise for chronic disease prevention, management, and treatment we use the terms interchangeably.

Physical Activity or Exercise Vital Sign (PAVS or EVS)

The Physical Activity Vital Sign (PAVS) or Exercise Vital Sign (EVS), based on the Canadian Physical Activity Guidelines, is simple to measure and record in every patient chart.

- First ask: ‘On average, how many days/ week do you engage in moderate or vigorous physical activity (like a brisk walk)?’
- Second ask: ‘On those days, how many minutes do you engage in activity at this level?’
- Multiply these two measures to arrive at the average min/week of moderate or greater physical activity reported by each patient = PAVS

Patient Clearance for Independent Exercise

For apparently healthy individuals with no constraints for regular participation in physical activity and exercise (category A) exercise can be considered an over the counter medication. Tools such as the PAR-Q+ should be used to screen for possible undiagnosed conditions that necessitate medical assessment and approval prior to initiation of moderate to vigorous exercise.

EIMC Recognition Program Levels:

EIMC Level 1 recognized professionals can safely and effectively prescribe physical activity to individuals in category A (defined above) as well as individuals with no more than one chronic condition, but otherwise cleared to engage in moderate to vigorous exercise. The benefits of physical activity outweigh any risks.

EIMC Level 2 recognized professionals have advanced knowledge and expertise in exercise management for those with more than one chronic disease (category C). EIMC Level 2 recognized professionals can safely and effectively work with individuals in categories A, B and C.

Regulated health professionals such as physiotherapists, occupational therapists, chiropractors, medical doctors and registered kinesiologists are also available to accept referrals.