

- The Whole Day Matters: Physiotherapy Toolkit contains a physiotherapist **User Guide** and two client facing materials: **Movement Behaviour Questionnaire** and **Handout**.
- Use the Toolkit in your practice to enhance discussions about movement behaviours and the 24-Hour Movement Guidelines for Adults 18+ years.

24-Hour Movement Guideline Highlights

Canada's 24-Hour Movement Guidelines for Adults 18+ Years are evidence based recommendations for people living in Canada to improve their health.

More information available at www.csepguidelines.ca.



MOVE MORE


Perform a variety of physical activities:

- At least 150 minutes per week of moderate to vigorous aerobic physical activities
- Muscle strengthening activities at least twice a week



SLEEP WELL

Get 7 to 9 hours (7 to 8 hours for adults aged 65+) of good-quality sleep, per night, with consistent bed and wake-up times




Accumulate several hours of light physical activities a day, including standing

Adults aged 65+ should also include:

- Physical activities that challenge balance

REDUCE SEDENTARY TIME

Limit sedentary time to 8 hours or less, a day:

- Maximum 3 hours of recreational screen time
 - Break up long periods of sitting as often as possible
- 

PROGRESSING TOWARDS ANY OF THESE TARGETS WILL RESULT IN SOME HEALTH BENEFITS

Lower risk of:

- Mortality
- Cardiovascular disease
- Hypertension
- Type 2 diabetes
- Several cancers
- Anxiety
- Depression
- Dementia
- Weight gain
- Adverse blood lipid profile

Improved:

- Bone health
- Cognition
- Mood
- Energy
- Quality of life
- Physical function

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USER GUIDE FOR PHYSIOTHERAPISTS



ASSESS

Use the Movement Behaviour Questionnaire to obtain a movement profile that will inform goal setting, planning, and discussions about the 24-Hour Movement Guidelines.

When and How:

- Fill out at intake or prior to movement behaviour discussions.
- Complete independently by the client or in consultation with the therapist.

ADVISE

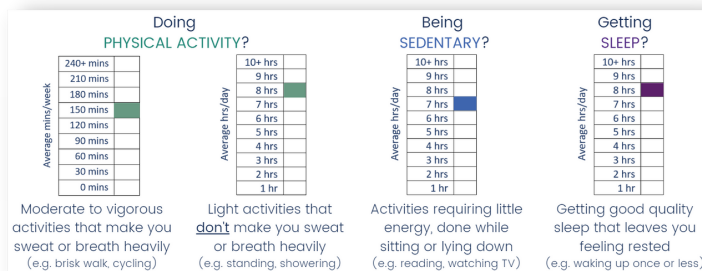
Review the Movement Behaviour Questionnaire with the client.

Current movement behaviours:

- Comment on how their movement behaviours compare to the recommendations.
- An example of a movement profile that meets the recommendations is presented here. →

"Yes"/"No" questions:

- Explore the reasons behind any "No" answers.



Reinforce any positive physical activity, sedentary, and sleep behaviours reported.

"Positive changes in one movement behaviour can lead to improvements in the others."

"Movement behaviours work together to change health outcomes."

PLAN

Having the client identify a movement behaviour they would like to work on increases the likelihood of change.

Is there a movement behaviour you would like to change/improve?

PHYSICAL ACTIVITY

YES ☐ NO ☐

SEDENTARY TIME

YES ☐ NO ☐

SLEEP

YES ☐ NO ☐

If the client does not identify a movement behaviour they want to work on:

- Relate the benefits to their health and/or reason for seeking treatment.
- Recognize all three behaviours are important, suggest one that may provide the most benefits.

Set a goal:

- Decide on a goal with the client that meets their needs by asking open ended questions.
- Improve the likelihood of achieving the goal by making it a SMART goal.

"What do you enjoy doing? What is realistic for you to change in your day?"

PROBLEM-SOLVE

The Whole Day Matters Handout can be used when discussing the barriers and facilitators to achieving the client's goal(s).

- Collaborate with the client and write out strategies and an action plan.
- Refer on if needed. (e.g. Psychologist, Social Worker, Family Doctor, etc.)

"How would you like things to be different in the future?"

"What is preventing you from achieving this?"

"What concerns do you have about changing?"

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MOVEMENT BEHAVIOUR QUESTIONNAIRE



The [24-Hour Movement Guidelines for Adults](#) recommend to "Move More, Reduce Sedentary Time, and Sleep Well" each day. Your physiotherapist is interested in understanding how active you normally are. Progressing towards the guideline recommendations can help with pain reduction, injury prevention and overall health. Ask your physiotherapist how!

On average, how much time do you normally spend...

Doing PHYSICAL ACTIVITY?

Average mins/week	240+ mins	
	210 mins	
	180 mins	
	150 mins	
	120 mins	
	90 mins	
	60 mins	
	30 mins	
	0 mins	

Moderate to vigorous activities that make you sweat or breathe heavily (e.g. brisk walk, cycling)

Average hrs/day	10+ hrs	
	9 hrs	
	8 hrs	
	7 hrs	
	6 hrs	
	5 hrs	
	4 hrs	
	3 hrs	
	2 hrs	
	1 hr	

Light activities that don't make you sweat or breathe heavily (e.g. standing, showering)

Being SEDENTARY?

Average hrs/day	10+ hrs	
	9 hrs	
	8 hrs	
	7 hrs	
	6 hrs	
	5 hrs	
	4 hrs	
	3 hrs	
	2 hrs	
	1 hr	

Activities requiring little energy, done while sitting or lying down (e.g. reading, watching TV)

Getting SLEEP?

Average hrs/day	10+ hrs	
	9 hrs	
	8 hrs	
	7 hrs	
	6 hrs	
	5 hrs	
	4 hrs	
	3 hrs	
	2 hrs	
	1 hr	

Getting good quality sleep that leaves you feeling rested (e.g. waking up once or less)

Please answer the following questions:

Do you do strength training* at least twice a week? YES ☐ NO ☐

Do you move if you have been sedentary for an hour or more? YES ☐ NO ☐

Do you spend 3 hours or less a day, of free time, on screens? YES ☐ NO ☐

Do you go to sleep and wake up at the same time everyday? YES ☐ NO ☐

Adults aged 65+ years:

Do you do any activities that challenge your balance? YES ☐ NO ☐

Is there a movement behaviour you would like to change/improve?

PHYSICAL ACTIVITY

YES ☐ NO ☐

SEDENTARY TIME

YES ☐ NO ☐

SLEEP

YES ☐ NO ☐

Set a SMART Goal:

This section may be completed in consultation with your physiotherapist
SMART goals are Specific, Measurable, Attainable, Realistic, and Time-oriented.

* Strength training: Working muscles against resistance with high effort, including bodyweight exercises (e.g. squats, push-ups, lunges, exercises with weights)

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

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






The Guidelines recommend that a healthy 24 hours includes:

Moving More



-  150 mins or more a week of activities that make you sweat
- AND**
-  Working muscles against resistance twice a week or more
- AND**
-  Several hours of light activity each day

Adults 65+ years: Activities that challenge your balance

Reducing Sedentary Time

-  8 hrs or less a day of sedentary time
- INCLUDING:**
-  3 hrs or less a day of screen use in your free time
- AND**
-  Breaking up long periods of sitting as often as possible

Sleeping Well

-  7 to 9 hrs a day of good quality sleep on a regular basis
- INCLUDING:**
-  Going to bed and waking up at the same time everyday

Adults 65+ years: 7 to 8 hrs a day of good-quality sleep

PHYSICAL ACTIVITY TIPS

- Do what you enjoy, when you have the most energy
- All activity intensities and minutes count
- Your physiotherapy/rehab exercises add to your activity minutes

REDUCE SEDENTARY TIME TIPS

- Stand, walk or stretch while talking on phone
- Pair screen time with an activity
- Set a timer to take standing or stretching breaks hourly while sitting or laying

SLEEP HYGIENE TIPS

- Avoid/reduce caffeine after 2PM
- Relaxing, dark bedroom setting
- No screens 30-60 min before bed

What will you do to reach your goals?

More ideas at csepguidelines.ca and/or download the ParticipACTION app on your mobile device.