

Questions to Get You Thinking about PHYSICAL ACTIVITY

What have you been told about physical activity?

What do you know about physical activity if you have a chronic disease?

What activities have you done since your diagnosis or hospitalisation?

How do you feel about increasing your level of physical activity?

What changes have you made to your level of physical activity since your diagnosis?

What thoughts would make it harder to increase your physical activity?

What thoughts would make it easier to increase your physical activity?
