

SmartPhrases You Can Use in 30 Seconds or Less

Exercise
is Medicine®

AMERICAN COLLEGE
of SPORTS MEDICINE®



SmartPhrases or EPIC dot phrases can help clinicians integrate physical activity assessment, promotion and documentation into a busy practice. Here are samples for both patient education and clinical documentation. Simply cut and paste them into your electronic health record. Choose and adapt what works best for you. You may also want to share the EIM [“Physical Activity - A Prescription for Health”](#) handout (with your specific recommendations) directly with your patients.

Patient Advice

1. .EXRx – for-health-series

We talked about how physical activity is good for your health and your challenge with *** (e.g., high blood pressure, prediabetes etc). The Exercise is Medicine® website can help you get started and learn what to do:
<https://www.exerciseismedicine.org/RxforHealth>

You will find handouts for people of all ages and many medical conditions in both English and Spanish. Or scan the QR code with your cell phone camera.

Foundational Exercise Rx

- [Sit Less. Move More. Spanish Version](#)
- [Being Active for a Better Life Spanish Version](#)
- [Being Active as We Get Older Spanish Version](#)
- [Staying Active When Frail Spanish Version](#)
- [Being Active as a Teen Spanish Version](#)
- [Being Active with Your Young Child Spanish Version](#)



Exercise Rx for Medical Conditions

- [Alzheimer's Spanish Version](#)
- [Aneurysm Spanish Version](#)
- [Asthma Spanish Version](#)
- [Atrial Fibrillation Spanish Version](#)
- [Bleeding Disorder Spanish Version](#)
- [Blood Lipid Disorders Spanish Version](#)
- [Cancer Spanish Version](#)
- [Chronic Kidney Disease Spanish Version](#)
- [Chronic Liver Disease Spanish Version](#)
- [Chronic Obstructive Pulmonary Disorder \(COPD\) Spanish Version](#)
- [Depression and Anxiety Spanish Version](#)
- [Heart Failure Spanish Version](#)
- [Heart Valve Disease Spanish Version](#)
- [HIV/AIDS Spanish Version](#)
- [Hypertension Spanish Version](#)
- [Fibromyalgia Spanish Version](#)
- [Inflammatory Bowel Disease \(IBD\) Spanish Version](#)
- [Low Back Pain Spanish Version](#)
- [Mobility Limitations Spanish Version](#)
- [Nonalcoholic Fatty Liver Disease \(NAFLD\) Spanish Version](#)
- [Osteoarthritis Spanish Version](#)
- [Osteoporosis Spanish Version](#)
- [Overweight/Obesity Spanish Version](#)
- [Pacemaker Spanish Version](#)
- [Parkinson's Disease Spanish Version](#)
- [Peripheral Arterial Disease Spanish Version](#)
- [Prediabetes Spanish Version](#)
- [Pregnancy Spanish Version](#)
- [Rheumatoid Arthritis Spanish Version](#)
- [Type 2 Diabetes Spanish Version](#)

Special Health Alert

- [Returning to Physical Activity After COVID-19 Spanish Version](#)
- [Staying Active During the Coronavirus Pandemic Spanish Version](#)
- [Keeping Children Active During the Coronavirus Pandemic Spanish Version](#)

2. .EXRx-Videos

There are many ways to be active, even with physical challenges. The following websites can guide and tailor exercise for YOU. Most need no equipment at all. Choose a few to try!

Sit and Be Fit

Free seated exercise videos on YouTube.

<https://www.sitandbefit.org/watch/youtube/>

Seated Zumba

On www.youtube.com search “seated Zumba” and pick out your favorite videos to try!

National Center on Health, Physical Activity and Disability (NCHPAD) website

Free exercise videos, with many for specific disabilities. <https://www.nchpad.org/Videos>

Stronger Seniors

Seated exercise videos include stretching, strengthening and yoga

\$7.99 per 45-min exercise video digital download www.strongerseniors.com

3. .EXRx-Apps

Exercise Rx search

The Sports Institute has an online search engine to help you find free, low-cost community physical activity resources. There are options for people of all ages and ability levels. You can also find exercise videos and apps to do at home. www.exerciserx.org

EXI Smart Phone app

Download the EXI smart phone app to help you start and stick with an exercise program. Pick an activity plan based on your health conditions. Connect with many digital activity trackers. Monthly fee.

<https://www.exi.life/>

Exercise Recommendations for Patient Handout

4. .EXDx- adequate>150

Congratulations on your exercise program! Keep it up! You might want to try to do more challenging-intensity activity, add variety, or do muscle strength training for at least 20 to 30 minutes, 2 days a week.

5. .EXDx- inadequate<150

It sounds like you are off to a good start. Could you add one more day of exercise each week? Or add 5 to 10 more minutes each time? You might also try more challenging-intensity activity and/or muscle strength training for 20 to 30 minutes each week. The key is to find what works for you and stick with it.

6. .EXDx- none=0

Every active minute counts for better health. Simply start by spending a little more time moving around instead of sitting. Where could you fit in some activity during your day? Maybe start with walking or something you enjoy for 5 to 10 minutes a few times a week. Even small bits of activity can help you feel and move better.

7. .EXDx- Limitations

I know it is tough with your medical problems to do all the activities you would like to do. Please be careful of ***, but you can do ***

Clinical Documentation

For your assistant (or you) to ask patient to quantify exercise (like a vital sign)

1. .FITT

Frequency (days/week): 1___ 2___ 3___ 4___ 5___ 6___ 7___

Intensity: Light (casual walk) ___ Moderate (brisk walk) ___ Vigorous (jogging) ___

Type: Walk___ Bike___ Run___ Swim/Water Exercise___ Other_____

Time (minutes): 10___ 20___ 30___ 40___ 50___ 60 or > ___

2. .PAV

Days per week engaged in physical activity? ____

Minutes per day of physical activity? ____

Total minutes ____

At what intensity: Vigorous____ Moderate____ Light____

For clinician to document plan

3. .PA- Guidelines

Discussed the current recommendations for physical activity and health, including working towards a goal of 30 minutes of moderate physical activity 5 days per week. Reviewed appropriate activities that would be considered moderate-intensity physical activity. Patient was given the Exercise is Medicine® prescription as below or in the After Visit Summary. We will revisit this on follow up.

4. .PA- Steps Goal

While the physical activity guidelines were discussed during the visit, given the patient's current activity level and medical conditions, the focus of our discussion was more on achieving a minimum number of steps per day. Given the data in the medical literature, I recommended a minimum of ***,000 steps per day. We will discuss progress on follow up.

5. .PA- Motivation Goals

We discussed the patient's current activity level and reviewed their personal goals for becoming more active. We reviewed their barriers to becoming more active and focused on addressing one or two of these so that physical activity can become more habitual. We will revisit this on follow up.

6. .PA- Encourage

I encouraged this patient to engage in a minimum of 150 minutes per week of aerobic exercise (walking, cycling, swimming) per week. Ideally, the sessions should be at least 30 minutes in duration on most days of the week. If necessary, physical activity can be broken into multiple sessions throughout the day to help facilitate adherence (for example, two 10 to 15-minute sessions in a day). We discussed the evidence-based importance of exercise as secondary and tertiary intervention. I will evaluate the patient's progress at the next office visit.

7. .PA-Progress:

I emphasized that this patient is making good progress towards achieving the goal of 30 minutes of moderate activity at least 5 days per week. Gave additional encouragement to continue to work towards that goal and applauded the patient's efforts. We will revisit this on follow up.

8. .PA- Success

I congratulated this patient for engaging in at least 150 minutes per week of aerobic exercise (walking, cycling, swimming) per week. We discussed the evidence-based importance of exercise as a secondary and tertiary intervention. We also discussed the importance of including resistance training 2-3 days per week for each of the body's major muscle groups (legs, chest, arms, back, shoulders). I will continue to evaluate the patient's physical activity level at the next office visit.