

CSEP-PATH: MOVEMENT COUNSELLING TOOL

FOR ADULTS AGED 18-64 YEARS

The Canadian 24-Hour Movement Guidelines for adults integrate three core movement behaviour recommendations for optimal health benefits:

MOVE MORE

**REDUCE
SEDENTARY TIME**

SLEEP WELL

Use this tool to guide your conversation with clients that express an interest in changing a movement behaviour.

STEP 1: ASK client for permission to discuss their movement behaviours (i.e., physical activity, sedentary time, sleep).

- “May I discuss Canada’s daily movement recommendations with you?”
- Discuss the Canadian 24-Hour Movement Guidelines with your client.

STEP 2: ASSESS client’s physical activity, sedentary time, and sleep.

- Ask open-ended questions such as “Tell me about your current physical activity levels?” or “How would you describe your sleep schedule?”
- Use the information gathered and the movement recommendations below to help guide goal setting and action planning (STEP 4).

A HEALTHY 24 HOURS INCLUDES:

PHYSICAL ACTIVITY



150 minutes per week of moderate to vigorous aerobic physical activities



Muscle strengthening activities at least twice a week



Several hours of light physical activities including standing

SEDENTARY TIME



Limit sedentary time to 8 hours or less



No more than 3 hours of recreational screen time



Break up long periods of sitting as often as possible

SLEEP



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



Consistent bed and wake-up times

Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits.

STEP 3: ADVISE client on their current movement behaviours.

- Discuss the health benefits and/or risks of their current status if necessary.

STEP 4: AGREE on a realistic goal with your client.

- Ask client which movement behaviour(s) they would like to focus on. Create a SMART goal with your client that helps them move towards the guideline recommendations (see [Goal Setting Worksheet](#)). Offer practical strategies when needed. (examples of strategies for each target are below)
- **Remind** client that progressing towards **any** of the movement behaviour targets will result in some health benefits.

PHYSICAL ACTIVITY



Discuss ways to increase the types and intensities of aerobic activity they perform each day.



Develop an appropriate resistance training program for your client.



Discuss how they could replace sedentary periods of their day with light activities such as standing.

SEDENTARY TIME



Identify periods of the day where they are sedentary and discuss how to replace them with other movement behaviours (e.g., standing).



Encourage them to keep screens away from bedrooms and eating areas.



Encourage them to get up and get a glass water during the day, or use technology to remind them to take breaks.

SLEEP



Have them develop relaxing bedtime routine, avoid caffeine consumption in afternoon, no screens 30-60 mins before bedtime.



Encourage them to go bed at the same time every day.



Make your whole day matter.

SMART Goal:

STEP 5: ASSIST client to increase self-confidence and overcome barriers.

- Consider using tools such as the [Decision Balance Worksheet](#) or the [Barriers to Physical Activity Tool](#), to help facilitate the discussion.

STEP 6: ARRANGE a follow-up with your client (e.g., 2 weeks).

Follow-up date and time:
