

### Examples of Strength Training

- Exercises with resistance bands
- Exercises using own body weight, such as push-ups
- Gym
- Yoga
- Pilates
- Dancing
- Carrying shopping bags
- Bowling



### Basic Model of PAP-S

- The prescription includes increased physical activity during daily life such as walking, gardening, active transport, using stairs instead of the lift or other personal physical activities. Depending on the patient's needs and choices, organised activities might also be part of the prescription.
- The patient and the prescriber agree on the time and method for follow-up of the prescribed activities.

### Commonly prescribed physical activity during Physical Activity on Prescription



Every day physical activities, such as walking, are the most commonly prescribed physical activities within PAP-S (Swedish model of PAP) for all age groups and genders<sup>1,2,3</sup>. A common dose is walking for 30-45 minutes 2-5 times a week at a moderate intensity<sup>3</sup>. Other commonly prescribed activities in Sweden are aqua aerobics (25%), strength and circuit training (19%), aerobics (13%), swimming (4%), and running (1%), and 28% are prescribed other activities<sup>1</sup>. Structured group training such as aqua aerobics and aerobics are more common for women, whereas aerobics, strength and circuit training are most commonly prescribed to younger patients.



#### References

1. Leijon ME, Bendtsen P, Nilsen P, Ekberg K, Stahle A. Physical activity referrals in Swedish primary health care - prescriber and patient characteristics, reasons for prescriptions, and prescribed activities. BMC Health Serv Res. 2008;8(1):201. <http://www.biomedcentral.com/1472-6963/8/201>
2. Kallings LV, Leijon M, Hellenius ML, Stahle A. Physical activity on prescription in primary health care: a follow-up of physical activity level and quality of life. Scand J Med Sci Sports. 2008;18(2):154-61. DOI:doi:10.1111/j.1600-0838.2007.00678.x.
3. Lundqvist S, Börjesson M, Larsson MEH, Hagberg L, Cider Å. Physical Activity on Prescription (PAP), in patients with metabolic risk factors. A 6-month follow-up study in primary health care. PLOS ONE. 2017;12(4):e0175190. DOI:10.1371/journal.pone.0175190.

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# Physical Activity Information for Prescribers



### Recommended amount of physical activity by the World Health Organisation (WHO, 2020)

#### Toddlers and preschool children (under 5 years)



- **Duration:** at least 180 minutes (3 hours) daily, spread throughout the day. More is better.
- **Activities:** a variety of physical activities, including active and outdoor play.

#### Children and young people (5-17 years)



- **Duration:** at least 60 minutes of moderate-to-vigorous intensity physical activity (PA) every day. Longer duration yields additional health benefits.
- **Activities:** mostly aerobic, such as walking or swimming. Muscle and bone strengthening activities (e.g. running and jumping) should be included 3 times a week.

#### Adults (18-64 years)



- **Duration:** at least 150-300 minutes of moderate intensity aerobic PA OR 75-150 minutes of vigorous intensity aerobic PA OR equivalent combination of both types of PA weekly. More is better.
- **Activities:** mostly aerobic exercises. Muscle strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week.

#### Adults (over 65 years)



- **Duration:** as above
- **Activities:** mostly aerobic exercises. Muscle strengthening activities at moderate intensity involving all major muscle groups on 2 days a week and PA that emphasizes functional balance and strength training at moderate or greater intensity, on 3 or more days a week, to enhance functional capacity and prevent falls. When physical activity is not possible due to health reasons, adults over 65 years should be as active as possible as their conditions allows.

### Estimating Exercise Intensity

Intensity can be easily monitored with a sing-talk test. If an individual is able to sing whilst moving, this indicates that the activity is of **light intensity**; if they are able to talk but not sing (for example whilst riding a bicycle), this shows that the activity is of **moderate intensity**; and finally, if they are short of breath and cannot say more than a few words without pausing to breathe whilst moving (such as whilst running), this indicates that the activity is of **vigorous intensity**.

The individual should be advised that if he becomes short of breath during activity of light intensity, he should seek medical advice.



#### Examples of Light Intensity Physical activity

- Walking slowly
- Standing, light work (cooking, washing dishes)
- Fishing (while sitting)
- Playing most musical instruments



#### Examples of Moderate Intensity Physical activity

- Brisk walking
- Dancing
- Swimming
- Heavy cleaning (washing windows, vacuuming, mopping)
- Cycling on flat ground
- Water aerobics
- Tennis doubles
- Hiking



#### Examples of Vigorous Intensity Physical activity

- Running
- Sport eg. football, basketball, tennis singles
- Fast swimming
- Cycling fast or on hills
- Walking up stairs
- Skipping
- Aerobics
- Martial arts



#### Examples of Balance Exercises

- Single limb stance (balance on one leg)
- Walking in a straight line, heel-to-toe
- Toe and fro- rise up on your toes and rock back on your heels
- Marching on the spot

