

What exercise are appropriate for me?

If the patient is a wheelchair user, skip Step 1 and proceed to Step 2

Step 3: Get relevant handouts

	Full mobility	Limited mobility	Wheelchair users
Sedentary	1A	1B	1C
Semi-active	2A	2B	2C
Active	3A	3B	3C

- This assessment tool is designed for use by individuals as a guide to calibrate their physical activity based on their mobility and activity levels
- Complete steps 1 to 3 to identify the relevant category of handouts for the individual

