

What exercise are appropriate for me?

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

Step 1: Determine mobility level

<ul style="list-style-type: none"> On your own, do you have any difficulty standing up from a seated position without using your arms? 	Yes	No
<ul style="list-style-type: none"> On your own, do you have any difficulty walking for about 1 bus stop (~400m) without resting and using walking aids? 	Yes	No
<ul style="list-style-type: none"> On your own, do you have any difficulty climbing up 10 steps without resting, using handrails or walking aids? 	Yes	No
<ul style="list-style-type: none"> On your own, do you have any difficulty getting up from the floor without using furniture or other aids? 	Yes	No

Step 2: Determine activity level

<ul style="list-style-type: none"> Sedentary 	Seldom exercise
<ul style="list-style-type: none"> Semi-active — some exercise 	30 minutes, 3 times per week, at less than moderate intensity (can talk but can't sing), for past 3 months
<ul style="list-style-type: none"> Active — regular exercise 	30 minutes, 3 times per week, at moderate intensity (can talk but can't sing) to high intensity (can only say a few words) for past 3 months