## Lifestyle Medicine: Tools for Promoting Healthy Change June 26, 2009 ◆ Boston, MA

## **Physical Activity Vital Sign**

"Over the last week on how many days did you accumulate at least 30 minutes of moderate physical activity (such as a brisk walk)?"

0-2 Days: Sedentary

3-4 Days: Somewhat active

5-7 Days: Meets recommended levels