

Cues to Assess and Evaluate Physical Activity During Counseling

Table 1. Assessment Cues for Physical Activity Counseling and Programming

Information Gathering	Sample Questions
Readiness for change	Have you considered changing your physical activity habits? What thoughts or actions have you made to become more physically active?
Current physical activity status	Are you currently participating in a structured physical activity program? What are you doing for physical activity, and how do you feel with it?
Physical activity history	Have you ever tried physical activity in the past? If so, what did you do, and did you enjoy it? Did it help you reach your goals or not? If not, why do you think so? Did you have any problems with the program? How did your blood sugar respond during your physical activity sessions? Other barriers that kept you from physical activity programs or caused you to quit?
Physical activity perceptions	Do you have any fears or concerns with starting a physical activity program? What are your current expectations with physical activity for diabetes management?
Physical activity knowledge	Do you know how different types of physical activity may benefit your diabetes management and overall quality of life? Do you know how to gauge physical activity intensity using perceived effort, heart rate, or other methods? Do you know of any possible risks regarding your diabetes with physical activity participation?

Table 3. Evaluating the Exercise Program

Evaluation Mode	Questions to Address
Physical evaluation	<ul style="list-style-type: none"> Is the exercise program causing any muscle/joint pain or prolonged soreness? Is the program causing your diabetes management to be more difficult (ie, hypo/hyperglycemia)? On exercise days? On non-exercise days? Are you experiencing any discomfort in your chest or lungs while you exercise? Are you having any specific physical concerns with the exercise program?
Psychological evaluation	<ul style="list-style-type: none"> How does the exercise program make you feel? Are you finding the exercise program worthwhile (improving your quality of life)? Enjoyable? Doable for an extended period of time? What might you like to see changed with the exercise program? Do you feel the exercise program is challenging enough? Do you feel you can progress the exercise program more rapidly?