Motivational interviewing
- Present clear and neutral information about physical activity and outcome
- Help the client to develop appropriate physical activity goals
- Provide positive feedback
- Support self-efficacy

Motivational interviewing
- Avoid coercion
- Roll with resistance
- Explore options for physical activity
- Encourage change talk
- Let the patient make the decisions

Motivational interviewing
- Express empathy
- Explore patient’s concerns
- Demonstrate understanding of the patient’s position
- Avoid judgment or blame