lieve doctors do enough to encourage patients to become active. "About as far as they go is, 'you really should get some exercise.'"

However, ALC, in partnership with other national organizations, has developed a plan to promote active living. A draft, *Toward an Active and Healthy Canada*, has been sent to the federal health minister. It would establish mechanisms, such as methods of billing, to help doctors and others convey the active-living message.

**Active-living guide**

ALC is also contributing to another initiative, a guide to active living, that will be a close cousin to Canada’s Food Guide. The project, headed jointly by Health Canada and the Canadian Society for Exercise Physiology (CSEP), will likely comprise a single page and a 16-page guide. Physicians will help evaluate prototypes of the guide, expected to be ready for distribution later this year.

It will recognize that there are distinct stages in modifying behaviour. For instance, people may be “pre-contemplators” (sedentary, with no plans to become active), or “contemplators” (thinking about exercise, but unsure how to start).

Bill Hearst, executive director of CSEP, says the guide...