



The offer

PHE are offering **FREE locally tailored training sessions for doctors, nurses and other interested health care professionals in primary and secondary care.**

- PHE-trained **facilitator**
- Practical, interactive sessions based on the **latest national and international data, research and evidence**
- Flexible sessions offer groups of **20 and above** with 1 to 2.5 hours of CPD material shown to **increase clinician understanding, confidence and expertise** for clinical practice



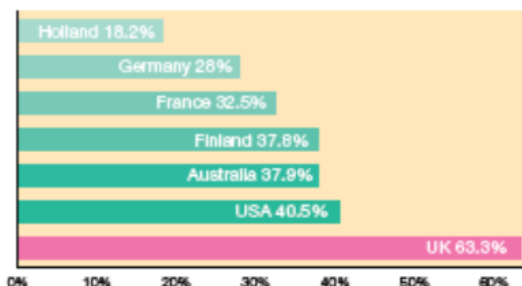
Why consider physical activity?

The UK has amongst the lowest levels of physical activity, with almost **1 in 4 people defined as 'inactive'**.

In the UK, low levels of physical activity are responsible for:

- **1 in 6 deaths** (equal to smoking)
- Up to **40% of many long-term conditions** (e.g. diabetes)
- **£7.4bn annual costs**, including £0.9bn to the NHS

International comparison of inactivity (at 15+ years)



Why does this matter to you?

Very brief advice on physical activity from healthcare professionals has been shown to improve clinical outcomes. This training focuses on practical tips to easily integrate this into every day clinical practice.

1 in 4 patients would be more active if advised by a GP or nurse. But as many as **72% of GPs do not speak about the benefits of physical activity** to patients.

There are a lot of resources out there to help. This training covers many of these, including the **new Chief Medical Officers' infographic resource for health professionals.**

Physical activity benefits for adults and older adults

- MINUTES HEALTH
- IMPROVED SLEEP
- MAINTAINS HEALTHY WEIGHT
- MANAGED STRESS
- IMPROVED QUALITY OF LIFE

What should you do?

- For a healthy heart and mind: **Be Active** (75 minutes per week vigorous or 150 minutes moderate)
- To keep your muscles, bones and joints strong: **Sit Less** (break up sitting time)
- To reduce your chance of falls: **Build Strength** (2 days per week)
- Improve Balance** (2 days per week)

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: <http://bit.ly/startactive>



Available across England **until 31 March 2018.**

To book your free sessions email the PHE Team at: physicalactivity@phe.gov.uk

