

General Election 2019

A Manifesto for #MovingMore



We know that physical activity is an effective way to prevent, treat and manage a wide range of health problems, diseases and conditions. By supporting people to be more active, healthcare professionals can help improve the health of the nation and reduce stress on the NHS in a sustainable, efficient and cost-effective way.

We call on our next government to recognise the importance of moving more and to take action to ensure that everyone has the opportunity to live an active life.

Physical Activity

Physical inactivity is one of the biggest causes of ill health, and is responsible for as many deaths each year as smoking. Currently 1 in 4 people in England are 'inactive', or performing less than 30 minutes of moderate intensity physical activity a week.

We want to see:

Increased funding and infrastructure development to support active lifestyles and promote physical activity in the community

Prescribing Movement

Healthcare professionals are ideally placed to offer guidance and advice on becoming more physically active through social prescribing, although many report that they currently find this difficult due to lack of time, resources and training.

We want to see:

Improved access for health professionals in the NHS to the support and training they need to encourage social prescribing

Specialty Training

Sport and exercise physicians have specialist training in dealing with musculoskeletal (MSK) conditions - injuries and diseases affecting the muscles, bones and joints of the limbs and spine. Approximately 30% of all GP consultations relate to MSK problems.

We want to see:

More training places for sport and exercise medicine consultants, and an increase in SEM and MSK specialists working within NHS teams

MSK Conditions

In addition to accounting for around one third of GP consultations, musculoskeletal (MSK) conditions are the single biggest cause of lost working days in the UK, as well as the most common cause of post-retirement disability.

We want to see:

Investment in MSK services to match the level of need, and the introduction of routine NHS measurement of MSK outcomes



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Excellence in Musculoskeletal Medicine, Exercise Medicine and Team Care



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