

# Exercise Medicine in the NHS

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# Why Bother?

- Exercise medicine is important
  - Exercise medicine will enable development of other services
  - FFSEM finally have a foot in the door
  - Improving your services will offer training opportunities for others
  - Improving your services will offer research opportunities for you and others
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# Active Hospital Toolkit

- There is a huge library of information in the Active Hospital Toolkit
- This toolkit will be continually expanded and updated
- Your new ideas, patient pathways, experience can be added



# Core Principles of everything

Feasibility

Sustainability

Transferability

Scalability



# troubleshooting

- Talk to others
  - Decide who your friends are and work with them
  - Take opportunities when they arise
  - Adapt, adapt and adapt again
  - Get support from own teams
  - Use training opportunities
  - Use research opportunities
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