

## Making a **difference** in physical activity

Visit [Moving Medicine](https://www.movingmedicine.ac.uk/)



## Understanding the challenges



**1 IN 4** adults in  
the UK are inactive

**1 IN 3** children and young  
people in England are inactive

**1 IN 6** deaths in the UK  
due to physical inactivity

## Physical activity for people with long-term conditions

### SEM CONSULTANTS:

- are trained to work across healthcare systems to embed PA into chronic disease pathway working with the wider multi-disciplinary and community teams.
- are trained to embed physical activity into hospital systems providing staff training and governance of physical activity pathways.
- are experts in the use of physical activity in the primary and secondary prevention of long-term conditions.
- train and support healthcare professionals to have impactful conversations with their patients about physical activity.

### THEY'RE ALSO EXPERTS IN

- Public health interventions
- Chronic health conditions
- Surgical pre-hab
- Long covid
- Managing comorbidity
- CPET



**Moving Medicine**

**Moving Medicine** is an evidence based consultation tool, helping all healthcare professionals discuss physical activity with patients with long-term conditions. **Learn more!** → [www.movingmedicine.ac.uk/](https://www.movingmedicine.ac.uk/)

**Active Conversations** is a practical, evidence-based online learning course developed by clinicians, for clinicians that teaches you how to have quick, effective and positive conversations that encourage patients to do more physical activity. **Head to** → [www.activeconversations.co.uk/](https://www.activeconversations.co.uk/)



The **Physical Activity Clinical Champions (PACC)** initiative offers FREE clinician to clinician training to professionals working in healthcare. This supports them to improve patient care and outcomes.

**Learn more!** → [www.movingmedicine.ac.uk/pacc/](https://www.movingmedicine.ac.uk/pacc/)

**Active Hospitals** aims to change the physical activity culture within hospitals to encourage patients to move more by providing a toolkit for hospitals which helps embed physical activity into secondary care, supporting people be more active during and after their time in hospital.

**Learn more!** → [www.movingmedicine.ac.uk/active-hospitals/](https://www.movingmedicine.ac.uk/active-hospitals/)

