



### The offer

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

- PHE-trained Healthcare professional 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 clinicians understanding, confidence and expertise** for clinical practice



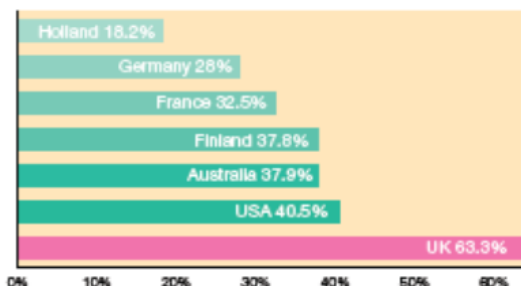
### Why consider physical activity?

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?

**Brief 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. **Only 1 in 5 GPs** broadly or are very familiar with national physical activity guidelines and **medical students** are **40%** less likely to know activity compared to alcohol guidelines.

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**

- BENEFITS HEALTH +40%
- IMPROVED SLEEP +35%
- MANAGES HEALTHY WEIGHT +30%
- MANAGES STRESS +25%
- IMPROVED QUALITY OF LIFE +20%

**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**

To reduce your chance of falls: **Build Strength** (2 days per week)

**10-minute rule:** Break up sitting time. Stand, stretch or move for 10 minutes at a time provides benefit. **MAKE A START TODAY: it's never too late!**

UK Chief Medical Officers' Guidelines 2019 Start Active, Stay Active: <http://bit.ly/startactive>



To book your free sessions email the PHE Team at: [physicalactivity@phe.gov.uk](mailto:physicalactivity@phe.gov.uk) or contact the **Clinical Champions** directly using the emails below:

# Physical Activity Clinical Champions

## *PHE clinical training to improve local outcomes*



### South West Physical Activity Clinical Champions



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Please contact Campbell, Kay, Jeni or Caryn or the PHE team  
at [physicalactivity@phe.gov.uk](mailto:physicalactivity@phe.gov.uk)  
To book your free training date.