



The offer

PHE are offering **FREE locally tailored training sessions for doctors 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 clinicians understanding, confidence and expertise** for clinical practice



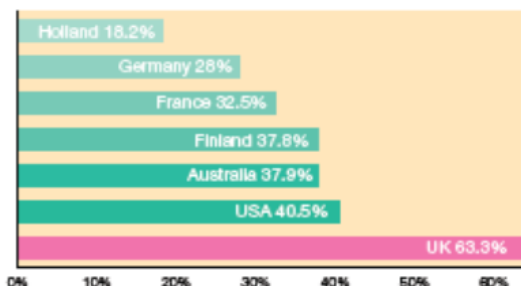
Why consider physical activity?

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?

Physical activity benefits for adults and older adults

- MINUTES PER WEEK: 75 (MODERATE), 150 (VIGOROUS)
- MINUTES PER WEEK: 150 (MODERATE), 75 (VIGOROUS)
- A COMBINATION OF BOTH

What should you do?

- Be Active: Vigorous, Moderate, Sport, Strength
- Sit Less: TV, Computer, Car, Office
- Build Strength: Weights, Resistance, Core
- Improve Balance: Tai Chi, Yoga, Balance

Benefits:

- Type 2 Diabetes: -40%
- Cardiovascular Disease: -35%
- Falls, Depression and Dementia: -30%
- Joint and Back Pain: -25%
- Cancers (Colorectal and Breast): -20%

What should you do?

- For a healthy heart and mind: 75 minutes per week of moderate to vigorous activity.
- To keep your muscles, bones and joints strong: 150 minutes per week of moderate activity.
- To reduce your chance of falls: 12 days per week of balance exercises.

Something is better than nothing. Start small and build up gradually. Just 10 minutes at a time provides benefit. MAKE A START TODAY. It's never too late!

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

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.**

Available across England **until 31st August 2018.**

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

