

Healthcare Physical Activity Champions' Update

What is a Healthcare Physical Activity Champion (HPAC)?

The content of this newsletter focuses on Active Connections; a programme of work that seeks to embed physical activity into how we think about people's health. As a HPAC you will receive the latest updates and resources to help support yourself, your colleagues and your patients to be more active, more often. There is no commitment to action but becoming a HPAC could improve your knowledge to give you the confidence to talk to others about how they can make more from one of life's best medicines - movement!

[Click on the images for more information](#)

Tools and Training

Want to learn more about getting your patients and staff more active?

Invite us to your protected time to speak about training opportunities, exercise referral, Active Practices and more.

At a time and date that suits you and your staff

If you're interested in some training, don't hesitate to reach out so we can support you.



Becoming an Active Practice

Demonstrate that your practice is taking steps to promote staff and patient physical activity

HSP can help identify actions to gain Active Practice status. These could involve:

- Registering your surgery as a Parkrun Practice.
- Involving your staff in active challenges.
- Encouraging active travel amongst your staff.
- Promoting physical activity on your GP screens.
- Partnering with local physical activity providers.



Increasing physical activity in patients and staff



Reducing sedentary behaviour in patients and staff



Partnering with a local physical activity provider to support the practice to get more people active

Get your patients **Moving More**

Moving More is a collaborative approach to encourage Hertfordshire residents to improve their physical activity levels. Simply enter your location into the activity finder tool to discover all the latest opportunities to be active in your area and how to access them.

