

Healthcare Physical Activity Champions' Update

This newsletter highlights content from a programme of work that seeks to embed physical activity into health. As a Healthcare Physical Activity Champion you can support yourself, your colleagues and your patients to be more active, more often. Building confidence in talking to others about one of life's best medicines - movement!

[Click the images for more information](#)

Active Connections Conference Highlights

The inaugural 'Active Connections Conference' took place in December 2024 and was attended by over 120 Hertfordshire based health professionals.

Click here to explore a range of resources from the day which are intended to help us embed physical activity into our local health systems.



Improve PCN Staff Wellbeing with the Active Connections Hub!



Active Connections activehub

Join the Active Connections Hub
An online platform to help keep the Hertfordshire health sector moving more
Move together, Thrive together

Sign up for the first challenge:
ReMove the Blues
Coming in January 2025

- Challenge for Primary Care Network staff
- Sign-up with your work email
- Teams of 4
- Complete 20 minutes of movement every day
- Win rewards for getting more active

Scan QR code to register now or visit:
www.totalactivehub.com/activeconnections

If you have questions email: rachel@totalactivehub.com

The Active Connections Hub has now been launched and is set to help improve the wellbeing of all Hertfordshire Primary Care Network staff by encouraging them to move more in 2025.

The hub provides an online platform which seeks to both motivate and track PCN staff physical activity; whether you want to take part in set tasks and challenges or prefer to find your own way to be active.

By tracking activity, PCN staff can set their own goals as well as competing against colleagues in their surgery/PCN as well as coming together for the ultimate accolade of 'Most Active PCN in Hertfordshire!'

The first countywide challenge is set to begin on 20th January (Blue Monday).

Click here to find out more.

[Click here to register for the Active Connections Hub](#)



Physical Activity Clinical Champions (PACC) - Mental Health Training

- Clinician led training around using physical activity to improve patient care and outcomes
- This event has a specific Mental Health & Physical Activity focus
- 27th February, 12:00-13:00
- Online Microsoft Teams Webinar
- Fully funded (free to access)
- Although targeted at clinicians, non-clinical staff are very welcome

[Click here to register your place on PACC training](#)