

We Are Undefeatable – Text Message Template

Template Name: Physical Activity Support/for self-management

SNOMED code (if applicable): 68130003 (physical activity)

Tailored Messaging Template

Dear <insert patient name>

Following our conversation about building more physical activity into your routine to manage your <insert health condition/s>, we recommend finding a way to move more that works best for you. Any movement counts and other people with <insert health condition/s> have found being physically active beneficial.

We Are Undefeatable can help you get started, visit <https://weareundefeatable.co.uk/> for information and support to get active with health conditions.

From <Surgery name>

Generic Messaging Template

Dear <insert patient name>

Following our conversation about building more physical activity into your routine to manage your health and wellbeing we recommend finding a way to move more that works best for you. Any movement counts and other people with health conditions have found being physically active beneficial.

We Are Undefeatable can help you get started, visit <https://weareundefeatable.co.uk/> for information and support to get active with health conditions.

From <Surgery name>