

Healthcare Physical Activity Champions' Update

This newsletter focuses on 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.



Click the text or images in all stories for more information



Upcoming Training



Physical Activity Clinical Champions (PACC) Training

- FREE clinician-to-clinician training to health professional, supporting them to improve patient care and outcomes.
- With a **Behaviour Change** focus
- **Sign up to our PACC session on 14th October**

Are you interested in arranging bespoke training to upskill your staff on the benefits of physical activity? Just ask!

Hatfield Health Day

Hatfield Health Day brought the community together for a lively event focused on health, movement, and wellbeing – organised in partnership between Hatfield PCN and Hatfield Leisure Centre.

From the calming stretches of Chair Yoga, to the higher paced yet still accessible action of Zumba, Walking Squash, Pickleball, Table Tennis, and Judo for Safer Falling, there was something for everyone, regardless of age or fitness level.



Get your staff moving more!

- Welwyn Garden City PCN invited us to their protected learning time to talk about the importance of staff wellbeing and reducing sedentary behaviour for healthcare staff.
- See how the PCN are adding desk-exercise to their day.
- Promote more activity amongst your staff by signing up to the Active Connections Hub – move more and win prizes!
- Appoint someone to champion staff movement.



Sign up to the Active Hub here!



Please contact z.mckeating@herts.ac.uk for further information or to arrange training/events

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Alpha Primary Care Network put movement first

Alpha PCN champion embedding physical activity into healthcare through staff initiatives, patient programmes, and strong community partnerships

Want to learn how to successfully embed physical activity into your place of work? Take a read of Alpha PCN's Active Practice case study [here](#).



Versus Arthritis: Keep Moving Resources



Dedicated 'Exercising with Arthritis' webpages:

- Exercises for healthy joints
- Full body stretching
- Exercise advice
- Let's Move Newsletters

See below for specific activity series:

Let's Move for Surgery: If you're fit and strong, your surgery has the best chance of success, and you'll likely recover quicker!

- Toolkit of resources for pre/post-surgery for: shoulder, knee or hip replacement, along with stretching, strength and cardio workouts for pre/post-surgery

Let's Move with Leon:

- 12-week programme of 30-minute movement sessions.
- Full body programme to improve strength, flexibility and cardiovascular fitness – designed for people with MSK conditions who want more movement in their lives.

Resistance Band Workouts:

- Strengthen bones and muscles and improve your posture
- Watch the video series
- Download and print the exercise sheets

VERSUS ARTHRITIS



Flippin Pain: Pain Education Talk for the Nation

- Learn the science behind why we hurt, what can help, and how recovery is possible.
- **FREE to join - Sign up now.**
- Wednesday 15th October, 5.30-7.30pm, Online.



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