



Workshop 2: Active Medicine Training

The Active Medicine™ programme is brought to you by:



Who are you?



You are joining a movement!

More than 2000 people have been trained to encourage & promote being more active

What will we be covering today?

Definitions and benefits of physical activity ✓

National guidelines ✓

Practical tips and common barriers ✓

Positive conversation skills ✓

Signposting and resources ✓

Two quick questions

On a scale of 1-10, how important is having conversations about being active with others?

On a scale of 1-10, how confident are you in having conversations about being more active with others?



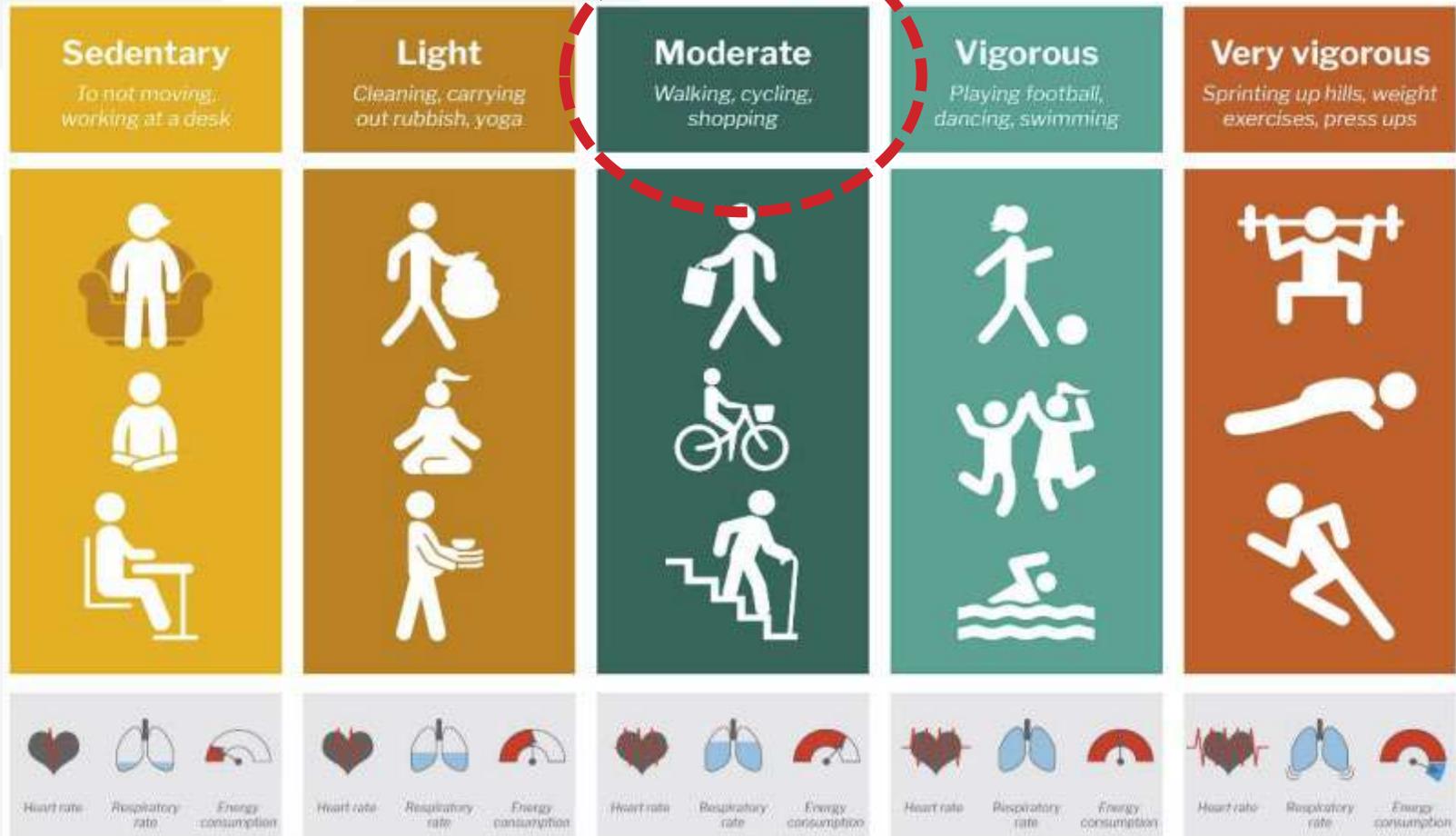
Use the polls to answer

What is Physical Activity?

What is Physical Activity?



Different Intensities



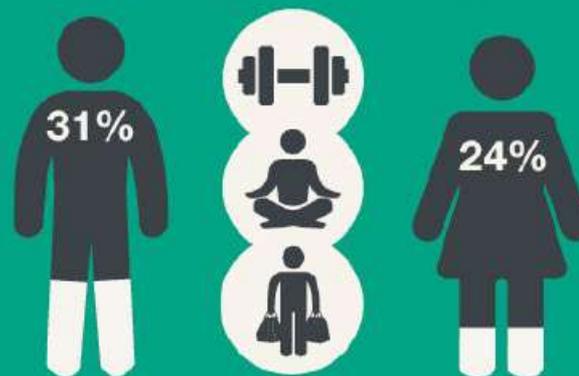
How active are we?

How active are we?

1 in 4 women and 1 in 5 men in England are classed as physically inactive – doing less than 30 minutes of moderate physical activity per week.



Only 31% of men and 24% of women undertake muscle-strengthening activities on two days a week



29% of people aged 16+ average 6 hours or more sedentary (sitting) on weekdays. At weekends this increases to 40% of men and 35% of women.



Physical Inactivity & Long Term Health Conditions

In England, 43% of the population has at least one long term health condition³

30% of people with 4+ conditions are under 65 years of age, and this percentage is higher in disadvantaged areas⁴



Percentage of people who *are active* with long term health conditions¹²

56%

with one form of impairment

48%

with two forms of impairment

37%

with three or more impairments

2x

as likely to be inactive with a long term condition as without.⁵

1 in 6

UK deaths are due to physical inactivity – it is one of the leading causes of morbidity and mortality.⁶

40%

of long term health conditions could be prevented by reducing inactivity.⁷

64%

of people living with long term health conditions would like to be more active.⁸



What are the Benefits of Physical Activity?

Role and Benefits of Physical Activity

Prevention of Medical Conditions

Maintenance of Strength, Balance, Motor Skills

Management of Medical Conditions

Source of Enjoyment and Happiness

Improved Self-Esteem

Improved Cognitive Functions

Development of Soft Skills

Impact on Employment Opportunities

Improved Confidence and Self-Esteem



Physical Activity and Health

Physically active people have lower health risks



Source: Physical Activity Guidelines Advisory Committee Scientific report (2018); Department of Health & Human Services – USA

Strength and Balance

Benefits of muscle and bone strengthening activities at different ages

These activities are important across the life course for different reasons:



at ages

18 to 24
years

helps to maximise
bone and muscle gains



at ages

40 to 50
years

helps to maintain
strength and slows
the natural decline
in muscle mass and
bone density

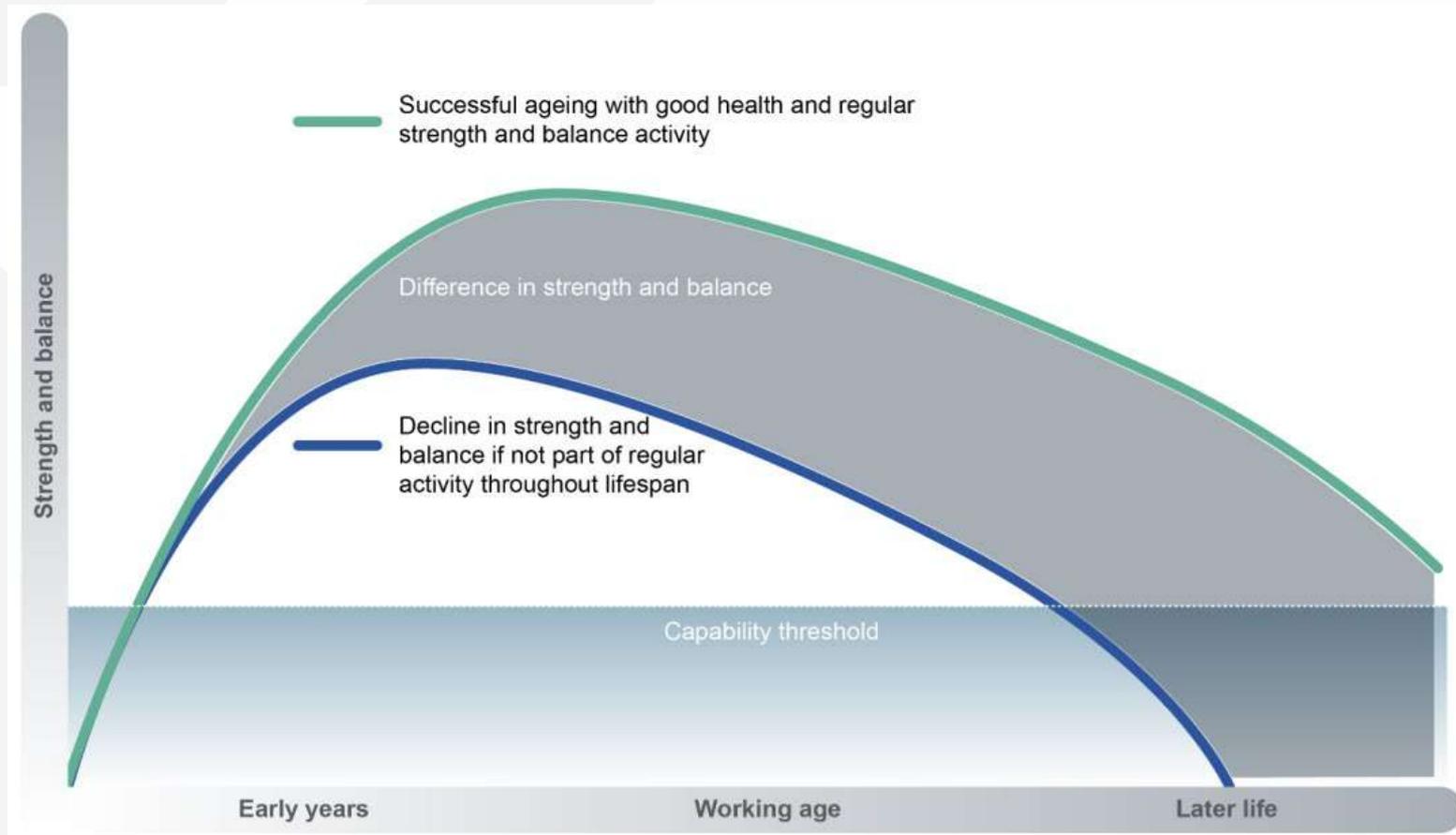


at ages

over-65
years

helps to preserve
strength and
maintain
independence

Strength and Balance



Physical Activity & Long-Term Health Conditions

1. The benefits outweigh the risks

Physical activity is safe, even for people living with symptoms from multiple medical conditions.



2. The risk of adverse events is very low but that's not how people feel

Well informed conversations with healthcare professionals can reassure people who are fearful of their condition worsening, and further reduce this risk.



It's safer for people with long-term conditions to be physically active

Improving the journey between health and organised activity

Medical Clearance



Medical Guidance



Harnessing the benefits of physical activity: NHS England

Four ways forward

Empowering
Healthcare
professionals

Integrating physical
activity into clinical
pathways

Supporting the
NHS workforce

Supporting
innovation and
evaluation with
partners



The Five Ways to Wellbeing



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

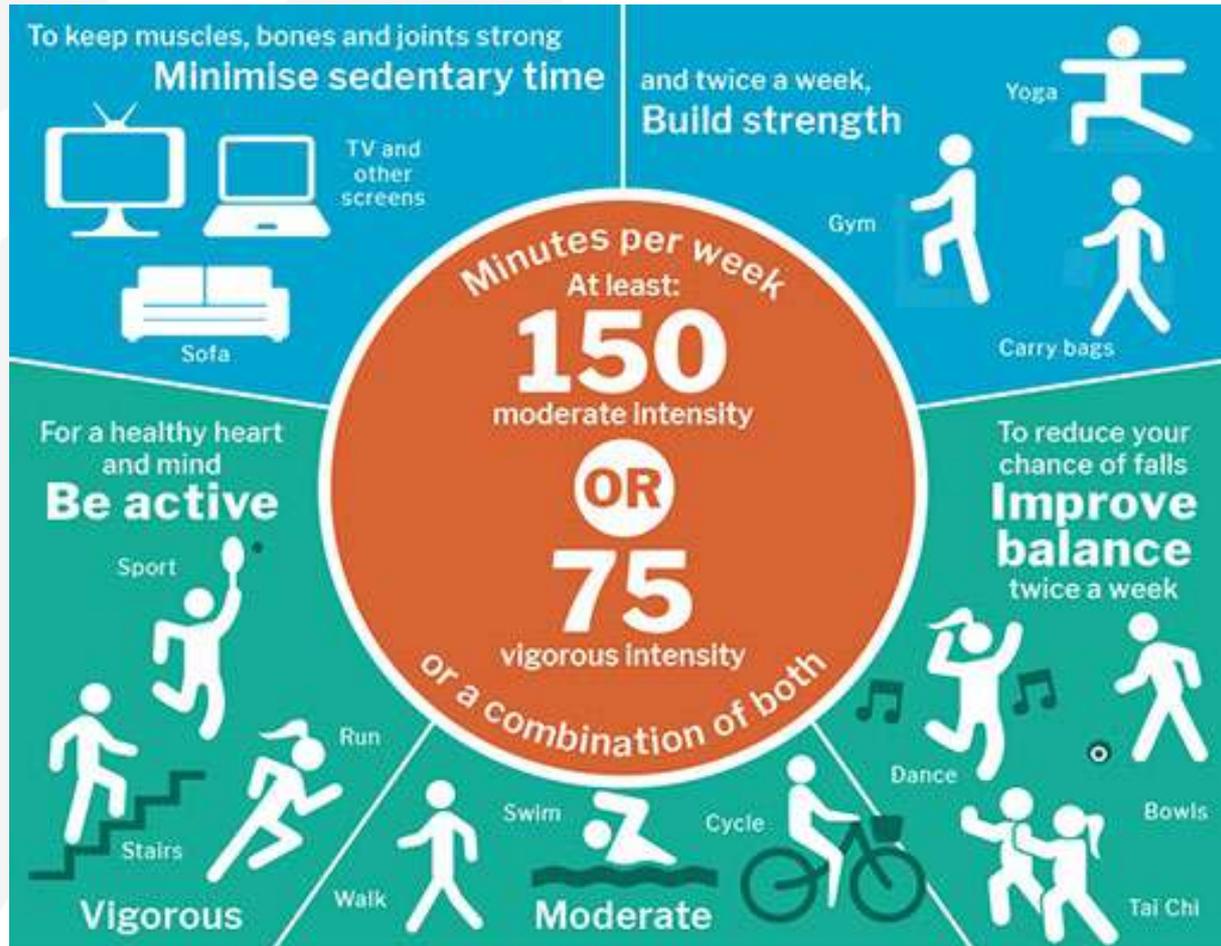
“ If physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat ”

UK Chief Medical Officers, 2019



What are the
Guidelines?

National Guidelines



Infographics

Physical activity for early years (birth – 5 years)
Active children are healthy, happy, school ready and sleep better

Physical Activity for Disabled Children and Disabled Young People
Getting and staying active is about

Physical activity for children and young people (5–18 Years)

Be physically active

Aim for an average of at least **60 minutes per day across week**

All activities should make you breathe faster & feel warmer

Get strong **Move more**

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Early years, children & young people

Physical Activity for Disabled Adults
Make it a daily habit

Physical activity for adults and older adults

Benefits health

- Improves sleep
- Maintains healthy weight
- Manages stress
- Improves quality of life

Helps to prevent chronic disease

Creates opportunities to meet new people and feel part of the community

Improves mental health and quality of life

Makes maintaining a healthy weight easier

Makes daily tasks easier and increases independence

Being inactive is bad for health

Be active

at least **150** minutes moderate intensity per week
or a combination of both

OR

at least **75** minutes vigorous intensity per week

Build strength
on at least 2 days a week

Minimise sedentary time
Break up periods of inactivity

Improve balance
2 days a week

Some is good, more is better

Make a start today: it's never too late

Every minute counts

Type II Diabetes	-40%
Cardiovascular disease	-35%
Falls, depression etc.	-30%
Joint and back pain	-25%
Cancers (colon and breast)	-20%

UK Chief Medical Officers' Physical Activity Guidelines 2019

Adults, older adults & disabled adults

Physical activity for pregnant women

Physical activity for women after childbirth (birth to 12 months)

aim for at least 150 minutes of moderate intensity activity every week

Home

Out and about

Leisure

Home

Not active? Start gradually

Already active? Keep going

Do more strength activity

No strength activity

Start pelvic floor exercises as soon as you can and continue daily

Build back up to muscle strengthening activities twice a week

It's safe to be active. No evidence of harm for post partum women

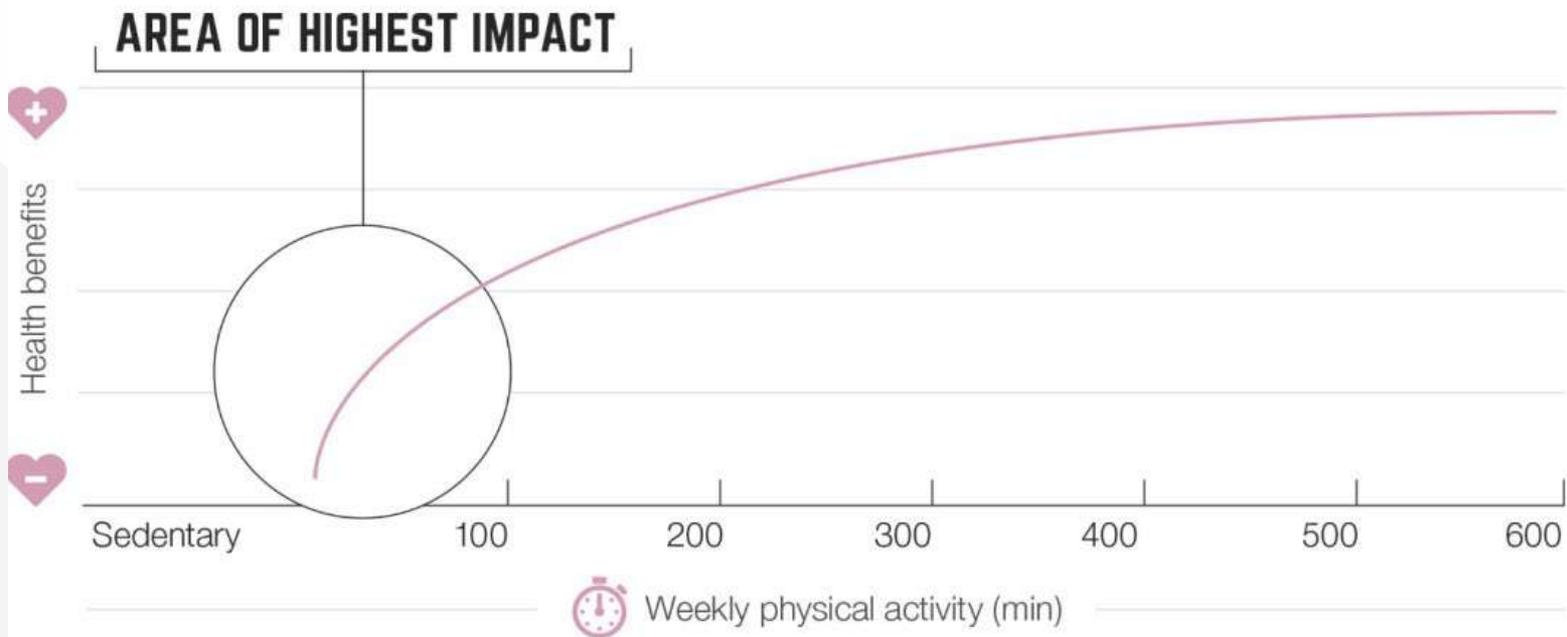
Depending on your delivery listen to your body and start gently

You can be active while breastfeeding

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Pregnant women & women after childbirth

Every Movement Counts





Barriers and Top Tips

Barriers to Being Active

Physical

Lack of time or space, feeling tired and having low energy

Social

Concerned about what others will think

Psychological

Low motivation

Technical

Not knowing what to do or how to do it

Barriers & Long-Term Health Conditions



Source: We Are Undefeatable Public Consultation, data collected in September 2023 by DJS Research.

Overcoming Barriers

What could we say to help encourage them to be more active?



Costs

Lots of free or low-cost activities, such as walking or playing park tennis



Nobody to do it with

Join a beginner level activity, such as Couch to 5K



Family Commitments

Spend some time together as a family being active, such as going to the park together



Pain & Lack of Energy

We Are Undefeatable website shows how physical activity has helped people living with LTCs manage symptoms, as well as tips on how to get started gradually



Physical Limitations

Find something that suits your level of mobility, such as bowls or chair-based activities



Don't know facilities

Take a look at your borough's leisure directory or similar



Lacking Confidence

Start with something easy, like a beginner class to build up your confidence



Loneliness

Joining a new group is a way to meet new people, and there will be lots of people in the same boat as you!

Top Tips for Getting Active



Choose something you enjoy



Set goals and make a plan



Make small changes



Build new habits into your daily routine



Get outdoors if you can



Start slow and build up gradually



Pace yourself and listen to your body



Buddy up!



Scenario

How can you best support others?

Our everyday conversations with people we meet – friends & family, colleagues & people in our community

Encourage & empower!

Through:

- Asking open questions
- Active listening
- Encouraging, supporting and signposting

Conversation Scenario

Think about the approach rather than the exact words (you'll have your own style)

These techniques are evidence-based and used in 'Making Every Contact Count' & Motivational Interviewing

What could you say?

You're having a chat with Natalie - a regular visitor to the library who is 71 years old and lives alone. She mentions that she's now sitting down for much of the day.

What could you say?

1. Have you been doing anything to stay active at home?



Closed questions can be answered with 'yes' or 'no' - this can close down a conversation

2. Why aren't you doing any activities at home?



Why questions can sound judgmental

3. How are you managing to staying active?



This is an open question - these always start with WHAT or HOW & help open up a conversation

What could you say?

Natalie says that she's struggling. She used to go out walking lots with friends, unfortunately that's all stopped for now. Her friends are doing online classes.

What could you say?

1. I really enjoy my online classes – why don't you try that?
2. It sounds like you used to enjoy your walks. How would you like to be active now?
3. Could you start going for short walks again?



Try not to come up with answers for someone else (it's not about you!)



You've actively listened to what's important to them & followed with an open question to get them thinking



Telling someone what to do doesn't usually work

What could you say?

Natalie says she's not sure what she can do at home, she doesn't have a computer. She mentions maybe getting back in the garden.

What could you say?

1. I have a free resource pack that may be useful. Would you like to see it?



You've supported by signposting & asked permission first

2. Gardening sounds great – what's the first thing you could do to get started?



You've supported by encouraging & asked about next steps

3. You should be aiming to be active everyday if you can.



Try to avoid 'you should', 'you must', 'you have to'. Small steps are great - they create momentum

Great job!

Natalie responds with one small thing she plans to do next. You say you'll ask how she's getting on next time you speak. Great job!

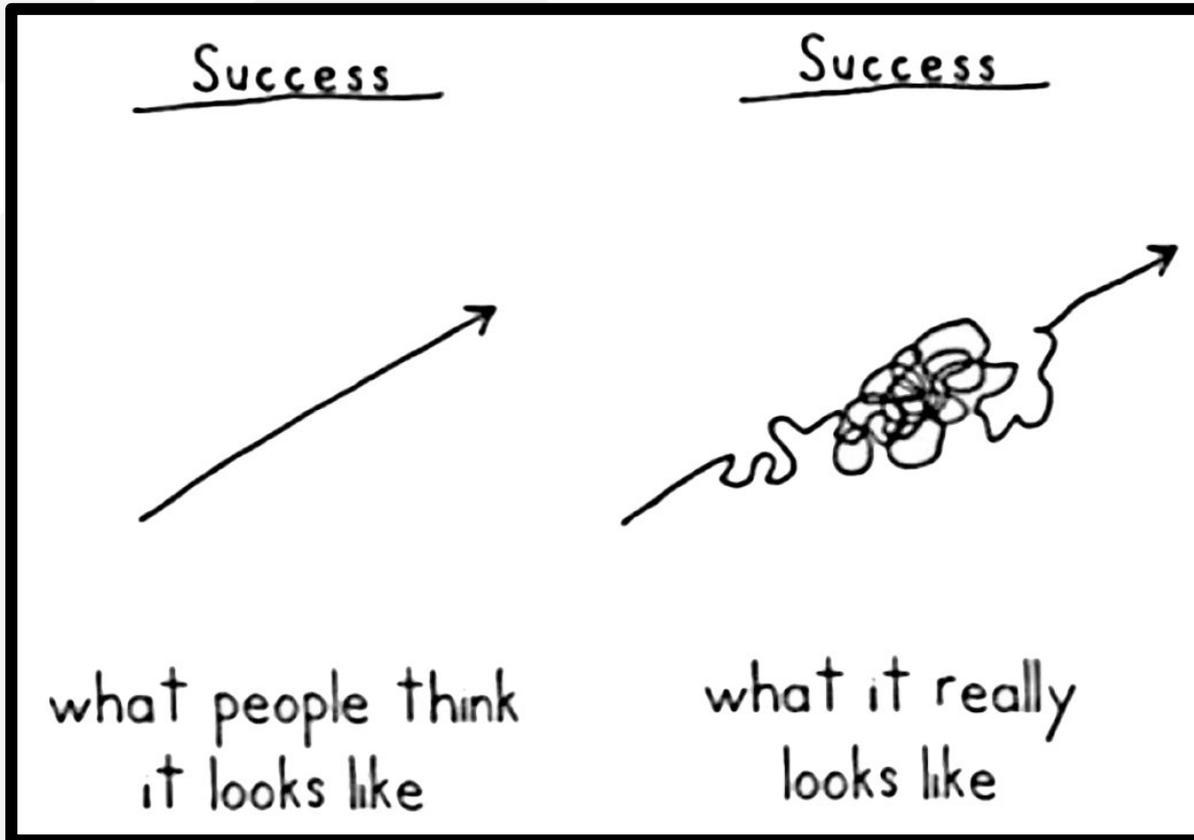


- You picked up on a cue
- You asked open questions
- You actively listened
- You focused on what was important to them
- You encouraged
- You asked permission before signposting



- You weren't judgmental
- You didn't try to come up with your own solutions
- You didn't tell someone what to do

Remember...





National Signposting

We Are Undefeatable

To inspire and support people with long-term health conditions to be active

A joint campaign with Sport England and 20 Richmond Group charities

Includes:

- ✓ Personal stories & Ideas to get started
- ✓ Youtube Video Playlist from partners
- ✓ Activity Planner, Posters & Leaflets

**WE ARE
UNDEFEATABLE**



Stronger My Way

- New online hub from the Chartered Society of Physiotherapy.
- Provides evidence, training and resources to support people getting stronger.
- For professionals - evidence base, links to training and resources, and a forum to share information and experiences.
- For the public - videos, supporting resources and stories about people living with health conditions.



Versus Arthritis

Let's Move with Leon

- 12-week programme of 30minute movement sessions
- Specifically created for people with MSK conditions
- Includes tips on how to stay safe
- No equipment needed

Let's Move for Surgery Toolkit

Keep Moving Information Booklet

Exercise Sheets for your patients



Virtual Village Hall

Online Activity Classes

Led by Royal Voluntary Service and supported by players of People's Postcode Lottery

An online activity hub and community

Sessions are led by expert tutors and some well-known faces

Over 1400 sessions available; creative arts and crafts, music and singing, cooking and baking, dance and exercise, and technology skills.

Join in live sessions or catch up on demand



Living well with neurodiversity
with Colin
10 October 2023 - 11am

Watch live



Walking workout with Sam
10 October 2023 - 2:30pm

Watch live



Stretch out to stillness with Jo
10 October 2023 - 6pm

NHS Fitness Studio

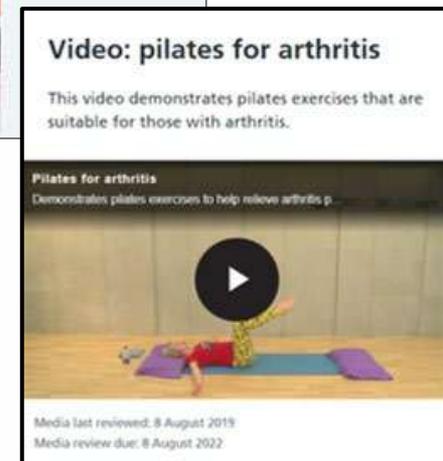
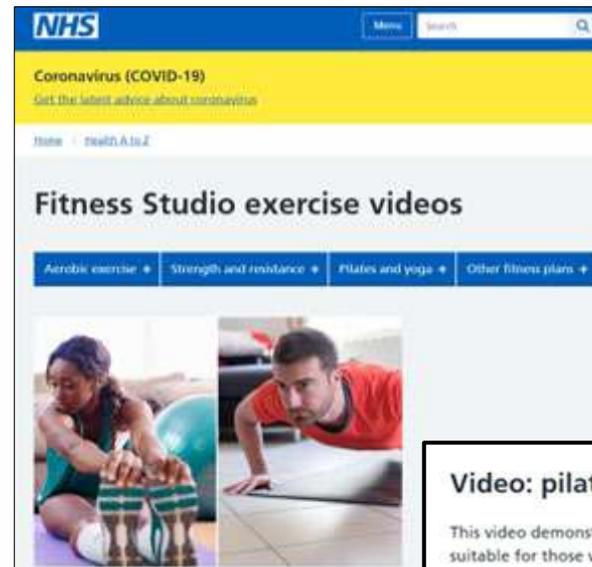
The NHS is a trusted source of information. This page includes a range of online exercise videos.

Workouts for older adults, seated exercises, arthritis, MS, osteoporosis and back pain

Includes:

Advice and guidelines

- Workout and fitness plans
- Equipment-free and 10-min workouts
- Illustrated 1-page workouts (printable)



Apps

Benefits: track progress, cost effective, personalised plans, accountability, convenience, connecting to wearable devices...

Find the right app for YOU

Self-assessment tool – detailed and short-version

Examples of apps, as well as ORCHA quality assured apps

- **We Are Undefeatable**
- **My Fitness Pal**
- **Active 10**
- **Couch to 5km**
- **Escape Pain**
- **Street Tag**



We Are Undefeatable

A free app offering customisable activities that can be completed anywhere, anytime. Designed help find what feels good for you and your health condition.



My Fitness Pal

An app to easily track your health and fitness. You can log workouts, set training plans, and monitor nutrition all in one place.



Nike Run Club

The Nike Run Club app motivates you to run consistently featuring a supportive community to keep you connected and make running more enjoyable.



NHS Active 10

NHS Active 10 Walking Tracker is an app that counts your steps and tracks every minute you walk fast. NHS Active 10 Walking Tracker is suitable for adults and children over 13 years old.



Couch to 5K

NHS Couch to 5K is a running programme for absolute beginners. The app's programme can be completed in as little as 9 weeks, or longer if you want to go at your own pace.



Map My Fitness

An app to easily track physical activities (such as cycling, walking, hiking, running), where you can see extensive analysis of each workout and set personal goals.



FitOn

FitOn Health is a leading digital wellness platform that offers a wide range of workout classes, from cardio and strength training to yoga and pilates.



ESCAPE-pain

The ESCAPE-pain app provides free digital support tools to help those experiencing pain to exercise safely at home.



Street Tag

A gamified healthy lifestyle app that promotes and enhances community-wide participation in physical activities (walking, cycling and running).

<https://www.movingmore.co.uk/apps/>

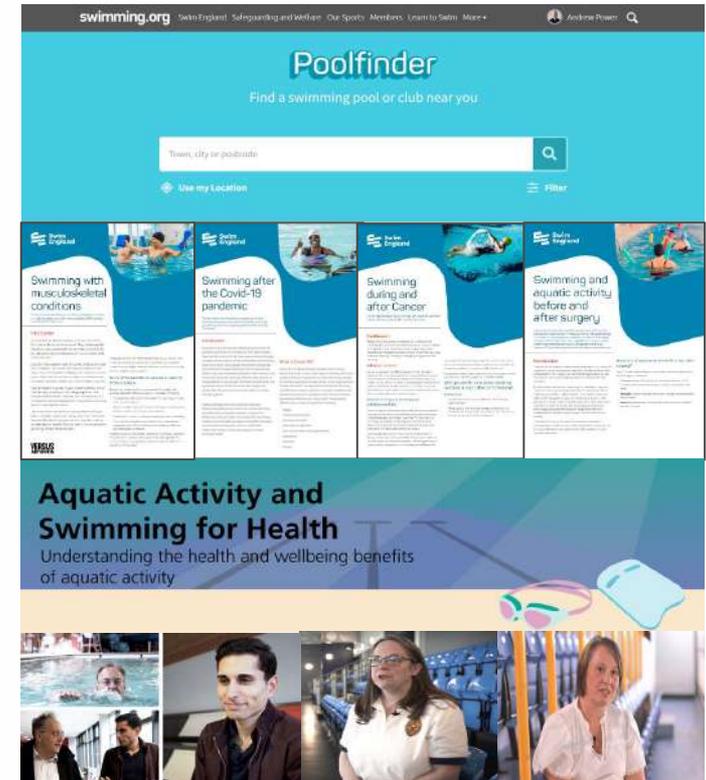
Swim England



The National Governing Body for swimming and aquatic sports in England also have a programme called 'Water Wellbeing' supporting people with long term health conditions or impairments to be active in water.

Resources include:

- ✓ PoolFinder search tool, listing over 3,600 pools - helps patients to find the right pool type and activities to suit their needs
- ✓ Health condition fact sheets – break down the misconceptions around swimming with the most common health conditions, providing suggestions to make their experience as positive as possible
- ✓ NHS England Aquatic Activity and Swimming for Health eLearn – outlining the benefits of aquatic activity and how to ask, suggest and equip people to get into the water
- ✓ Swimming as Medicine film series – three inspirational films outlining the importance of swimming and aquatic activity from different healthcare professional's perspectives



<https://www.swimming.org/swimengland/health-and-wellbeing/>

Summary

What we covered today...

1. Definitions & benefits of physical activity
2. National physical activity guidelines
3. Practical tips & common barriers
4. Positive conversation skills
5. Signposting and resources



Any questions?



Don't forget about YOU!

Further (free) learning & support

Check the AMP resource hub on our website.

Other training opportunities include;

1. **Making Every Contact Count**

E-learning courses and online resources

2. **Moving Medicine**

Step by step conversation guides & patient leaflets. Advice for long-term health conditions.

3. **Physical Activity and Health programme**

Short e-learning modules on specific topics: cancer, cardiovascular conditions, diabetes, musculoskeletal health and mental health

4. **Motivational Interviewing**

Online and in-person courses e.g., 'Change Talk' and 'Active Conversations'



Moving Medicine



Office for Health
Improvement
& Disparities

Next Steps

Make an activity goal for yourself

Talk to someone this week about being active

Think about how to embed physical activity into your role/team

Think about how to support your colleagues/team

Find out about further training or resources



Two quick questions

On a scale of 1-10, how important is having conversations about being active with others?

On a scale of 1-10, how confident are you in having conversations about being more active with others?



Use the polls to answer

Contact:

Hsphealth@herts.ac.uk

Get social with us:

#ActiveMedicine

Thank You!

The Active Medicine™ programme is brought to you by:

