

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 

RCGP Physical Activity Population Searches

Population searches can help drive better health outcomes for patients.

Take a look at the RCGP's SNOWMED coding examples to use for physical activity signposting with your patients.

HEALTHCARE PHYSICAL ACTIVITY CODING PROCESS



SNOMED CODING EXAMPLES

- 410289001 – Advice during consultations
- 429778002 – Leaflet/SMS
- 390893007 – Walking group
- 408579009 – Running group
- 401167006 – Swim group
- 108320100000102 – Signposted to parkrun
- 276049006 – Group lifestyle clinic
- 443781008 – Individual lifestyle appointment

Hertfordshire Health Walks Toolkit for Health Professionals



Hertfordshire Health Walks have developed a dedicated toolkit for health professionals to help them more easily connect patients to local walks. The toolkit includes:

- Digital Screen Graphic
- Sample SMS Wording
- Volunteer Training
- Taster Walk Information
- Graded Walk Timetables
- Promotional Materials



Herts Headlines

- Central Watford PCN and Alpha PCN held physical activity focused GP Protected Learning Times for their staff and upskilled on all things movement and health! [Find out more](#)
- 46 health professionals from Hertfordshire joined us for the latest Physical Activity Clinical Champions (PACC) training - [find out more](#)
- We have launched a NEW Physical Activity and Motivational Interviewing Training - [You can read more HERE](#) and let us know if you'd be interested in this training offer.

Exploring the Power of Green Social Prescribing - Sign up now!

- Join us, and help us shape the next phase for Green Social prescribing in Hertfordshire.
- Hear from sector leaders and successful practitioners.
- Help us unlock the power of nature to improve the health and wellbeing of Hertfordshire's residents.

Exploring the Power of Green Social Prescribing to Build Healthier, Connected Communities

 09:30am - 13:00pm

 19th January 2026

 Weston Auditorium, University of Hertfordshire, de Havilland Campus, AL10 9EU



[Sign up HERE](#)



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

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 

We Are Undefeatable: Autumn Campaign Launch

The free We Are Undefeatable app gives you access to tailored exercise programmes that can be completed anywhere, anytime, and are suitable for a range of health conditions, no matter where you are in your journey.

[The We Are Undefeatable app is now available to download on the App Store and Google Play Store.](#)

[Find out more about the app HERE](#)

WE ARE
UNDEFEATABLE



Active Connections Hub: Hertfordshire Connect Flagship Challenge

- Congratulations to all those who took part in Hertfordshire Connect last month!
- Over 150 Primary Care staff signed up, in teams, to travel a virtual distance of 130 miles.
- The distance took teams on a tour of our 41 Active Practices across Hertfordshire, with top tips and case studies shared along the route.

[Any PCN staff member can sign up the Active Connections Hub HERE to join future challenges and win prizes!](#)

RCGP Physical Activity Masterclass Webinars

The recordings of the Royal College of General Practitioners (RCGP) Masterclass Webinars are available on the RCGP Physical Activity Hub, on demand. Find out more about:

- How to become an Active Practice
- Being a GP with an extended role in lifestyle medicine
- How to get your initiatives funded
- Patient case studies



Training Opportunities



Physical Activity Clinical Champions (PACC) Training

- FREE clinician-to-clinician training to health professional, supporting them to improve patient care and outcomes.
- With a **Children & Young People** focus
- [Sign up to our PACC session on 2nd December](#)



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