

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



South & West Herts Active Connections Conference



Embedding Physical Activity into Healthcare

Herts Sport & Physical Activity Partnership (HSP) and HCC Public Health are inviting South & West Herts health professionals to our upcoming conference:

- Monday 2nd February 2026
- 9am - 1pm
- Hertsmere Civic Offices, Borehamwood

**Sign Up
Here**

Gain a deeper understanding of how to embed movement into healthcare settings and hear from national and local speakers on insights into real-world examples and research behind the integration of physical activity and health

Herts Headlines

- Shoutout to South Street Surgery who have achieved Active Practice status!
- In November, HSP took a visit to Abbey Health PCN to deliver at their Protected Learning Time – Read more [here](#).
- Six-month follow-up meetings have been taking place with Active Practices, the latest with Alpha PCN, Dolphin House Surgery, South Stevenage PCN and Central Surgery.
- In December, we hosted a CYP-specific Physical Activity Clinical Champions Training engaging 20 health professionals from across the county

New Resource Hub for Hertfordshire

View our newly launched Active Connections Resources page for all the ways to embed movement into healthcare. This includes resources for staff and patients:

- Posters and flyers ready to download
- GP digital screens to promote movement in waiting rooms
- Physical activity provider downloads and resources e.g., exercise referral schemes
- National resources from Moving Medicine and the RCGP
- Activity finder for Hertfordshire
- Physical activity guideline infographics

Active Connections Resources

If you're looking for resources to help promote physical activity for both healthcare professionals and patients, here is a breakdown of digital and physical resources to use in your practices. If you are unable to print any flyers or posters yourself, don't hesitate to get in touch and we will be happy to help.

Resources for Staff Wellbeing and Physical Activity

- Moving Medicine** Discover how to use physical resources for having conversations with patients about moving.
- RCGP Physical Activity Champion** Receive a quarterly newsletter to support you embedding physical activity into your surgeries.
- Swim England NHS Training** A free interactive elearning for NHS staff to specialise in aquatic activity and swimming for health.
- Active Connections Hub** An online and inclusive PCN staff movement platform with opportunities to compete for prizes against local GP surgeries.
- Becoming a Parkrun Practice** Flyers and toolkit for promoting parkrun and becoming a parkrun practice.
- Training** Sign up for the latest physical activity training, appropriate for both non-clinical and clinical staff.

Resources for Supporting Increased Patient Activity Levels

- Moving More Activity Finder** Find activities locally and to do at home, linked to your website.
- Exercise Referral Schemes** View resources to help find and refer patients to their nearest scheme.
- We Are Undeableable** There is a hub in the area Undeableable's resources to support those living with a long term health condition.
- Physical Activity Guidelines** View the national guidelines for physical activity for adults, children, disabled etc.
- Digital Screen Slides** Download the slides for digital slides for your waiting rooms to promote movement to your patients.



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

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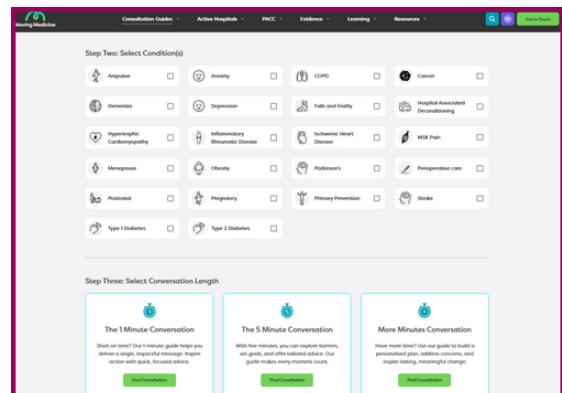
Click the text or images in all stories for more information



Moving Medicine healthcare professional consultation guides

The Faculty of Sport & Exercise Medicine has fantastic resources for guiding conversations with patients about physical activity. Learn about:

- consultation guides for patients in one-minute, five-minute and longer conversations
- patient information finder – to find activity guidance for a range of conditions, including multimorbidity

No Limits 2026 - Hertfordshire's Year of Disability Sport & Physical Activity

This year-long campaign aims to break down barriers and create lasting change in how disabled people access and experience sport and physical activity in Hertfordshire.

How to get involved?

[Check out the No Limits 2026 webpage](#)

[Join the No Limits 2026 Flagship event for PCN staff on the Active Connections Hub](#)

[Sign up to the No Limits 2026 Newsletter](#)



Sign up to the latest flagship challenge on the Active Connections Hub

If you're a PCN member and keen to get your staff more active – why not kickstart January with a new virtual challenge!

- In teams of 4, you'll work together to each complete 24 minutes of activity per day.**
- 19 Jan 26 – 15 Feb 26**
- Opportunities to win weekly prizes**
- Sign up to the Active Connections Hub today to join the challenge!**



Physical Activity Clinical Champions (PACC) Training

FREE clinician-to-clinician training to health professional, supporting them to improve patient care and outcomes.

- [Sign up to our next PACC session on 10th March](#)**



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