

# 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

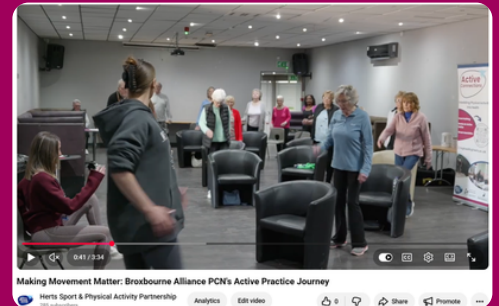


## Herts Headlines

- Congratulations to our newest RCGP Active Practices – Abbey Health PCN (Summerfield Health Centre & The Maltings Surgery) and New Road Surgery. We now have **49 Active Practices in Hertfordshire** integrating movement into everyday practice for the benefit of staff and patients.

**Can your GP practice be the one to bring our total to 50? Please reach out to our team and we can guide you on your Active Practice journey.**

- **Showcasing Success: Video Launched with Broxbourne Alliance**  
Watch the short film to see how the PCN's Health & Wellbeing Coaches have been facilitating Strength & Balance Classes locally for their patients amongst other Active Practice initiatives!



## We Are Undefeatable – Move Your Way Campaign

This summer, We Are Undefeatable are reframing what movement looks like by reminding people with long term health conditions that getting active doesn't have to look like typical exercise to count.

The **#MoveYourWay campaign** encourages individuals to embrace moves that work for them and their condition, and find fun, accessible ways to move at home, outdoors or on the go. [Promote via campaign hub.](#)



## Physical Activity and Mental Health Training for Healthcare Professionals'

**Book your place** on the next Physical Activity Clinical Champions Training for health professionals (clinical and non-clinical).

- Learn how physical activity can improve mental health and gain practical skills to support and motivate patients with mental health challenges to be more active.

**Tuesday 29<sup>th</sup> September**

**12:00 - 13:30pm**

**Microsoft Teams**



Please contact [z.mckeating@herts.ac.uk](mailto:z.mckeating@herts.ac.uk) for further information or to arrange training/events



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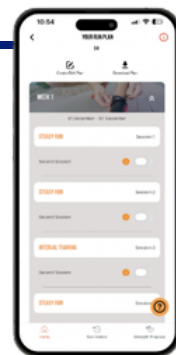
## Upcoming Webinar: Discover the Sport & Health App

**Sport & Health App: Setting Fully Personalised Exercise Plans for Professionals, Patients, and the Public**

**Tuesday 21<sup>st</sup> July, 12.00-13.00pm, online via Microsoft Teams**

Join our webinar exploring what personalised tailored exercise really means.

Ideal for those supporting patients with long-term conditions and anyone passionate about making physical activity more personalised and inclusive.



**Sport and Health**

## NHS Urged to Prioritise Movement in Health Strategies

- A new **Health and Social Care Committee report** found that the embedding of physical activity in ICB strategies was 'not yet consistent', with it often being treated as an 'optional add-on' across the NHS.

The 'Healthy Ageing: Physical Activity in an Ageing Society' report has recommended that the government require ICBs to make physical activity a core component of their population health and prevention strategies.

- **NHS to reward people who walk 30-minutes a day** in a 'marathon a month' challenge. Scheduled to start early next year, the NHS will target the 'streak culture' often seen with the likes of Snapchat, to get the nation walking.

## parkrun Launches First Ever Health & Inclusion Strategy

The new strategy covers the period to 2030 and marks a major milestone in its mission to create healthier, happier and more connected communities.

At its core, the strategy focuses on tackling health inequalities by widening access and ensuring that parkrun is truly for everyone, irrespective of background, ability or circumstance

**To read more about the strategy and its impact, click here**



## Public Health Funded Healthcare Resource Hub

View resources and guidance on embedding physical activity into health – whether you're supporting your staff or patients, this site is here to help.

**Bookmark this page as we will continue to add more**

