

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 Success!

Health professionals from across South and West Hertfordshire came together on Monday 2 February 2026 for an Active Connections Conference: Embedding Physical Activity into Healthcare – an engaging, knowledge-packed event dedicated to strengthening the role of movement within clinical practice



"Events like today are fantastic at bringing people together across the sector – integrating different health professionals with activity providers. Networking is brilliant and just understanding what's out there in Hertfordshire"

Herts Headlines

- **Over a third of GP surgeries in Hertfordshire are now Active Practices** – [find out more](#) in our latest article.
- Harpenden Health PCN are the latest to gain Active Practice status!
- [No Limits 2026 Active Connections Hub flagship challenge](#) comes to a close on with over 80 healthcare professionals taking part, across 24 teams!
- Active Medicine training delivered to Social Care in partnership with Hertfordshire Care Providers Association, helping to build confidence talking about physical activity with their clients.
- 35 health professionals joined our latest webinar on: Supporting Patients with Disabilities to be more Physically Active. You can watch back the recording [here](#).



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Making physical activity a key component of NHS care: Podcasts now live

Newly launched series of four podcasts and blogs about how more physical activity can be intergrated across the NHS. See below the first two podcasts and plans for those upcoming:

- 1. Introducing the Four Ways Forward:** with the Director for Public Health, NHS England and the Chair for Public Health, NHS Horizons
 - 2. Physical Activity to Support People to Prepare and Recover from Illness:** with AHP Clinical Lead for the Prehab4Cancer Programme
- There will be a Let's Dance themed podcast on the 8th March (focusing on staff physical activity) and the final podcast is due out in April (focused on staff training and development).

Nuffield Health: Joint Pain Programme

- A **free-to-access** programme designed to help patients to self-manage their chronic joint pain, leading to a more independent life.
- **6-month programme:** starting with 12 weeks of lifestyle advice and exercise sessions led by a Rehabilitation Specialist.



Free 12-week programme to beat joint pain

Sign up for our twice weekly programme to learn and practice ways to manage joint pain.

[Find out more](#)

What's Preventing Prevention?

New data from the Office for National Statistics shows that while overall life expectancy is recovering, **healthy life expectancy has fallen to it's lowest level since 2011** - meaning people are spending more years in poor health.

Improving outcomes is about **investing in connected, well-tested physical activity systems** that enable collaboration and strengthen health pathways, supporting long-term active independence. Find out more from **Move Consulting** [here](#).

