

# Physical Activity Nurse Clinical Champions

## PHE clinical training to improve local outcomes

Protecting and improving the nation's health



### The offer

PHE are offering **FREE** locally tailored peer to peer training sessions for nurses and other interested health care professionals in primary and secondary care.

- PHE-trained nurse facilitator
- Practical, interactive sessions based on the **latest national and international data, research and evidence**
- Flexible sessions offer groups of **20 and above** with 1 to 2.5 hours of CPD material shown to **increase clinicians understanding, confidence and expertise** for clinical practice



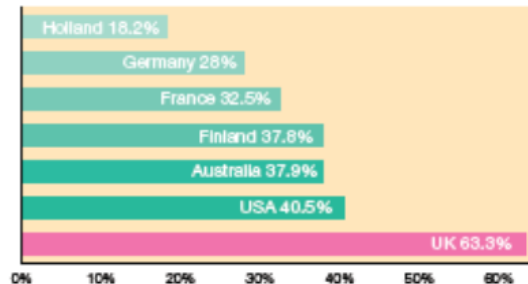
### Why consider physical activity?

The UK has amongst the lowest levels of physical activity, with almost **1 in 4 people defined as 'inactive'**.

In the UK, low levels of physical activity are responsible for:

- **1 in 6 deaths** (equal to smoking)
- Up to **40% of many long-term conditions** (e.g. diabetes)
- **£7.4bn annual costs**, including £0.9bn to the NHS

International comparison of inactivity (at 15+ years)



### Why does this matter to you?

**Physical activity benefits for adults and older adults**

- BENEFITS HEALTH
- IMPROVED SLEEP
- MAINTAINS HEALTHY WEIGHT
- MANAGES STRESS
- IMPROVED QUALITY OF LIFE

**What should you do?**

- For a healthy heart and mind: **Be Active** (75 minutes vigorous or 150 minutes moderate per week)
- To keep your muscles, bones and joints strong: **Sit Less** (Break up sitting time)
- To reduce your chance of falls: **Build Strength** (2 days per week)
- Improve Balance** (2 days per week)

MINUTES PER WEEK: 75 (VIGOROUS) / 150 (MODERATE)

**2 DAYS PER WEEK**

Something is better than nothing. Start small and build up gradually. Just 10 minutes at a time provides benefit. MAKE A START TODAY. It's never too late!

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: <http://uk.startactive>

**Brief advice on physical activity** from healthcare professionals has been shown to improve clinical outcomes. This training focuses on practical tips to easily integrate this into every day clinical practice.

**1 in 4 patients would be more active** if advised by a GP or nurse. But as many as **41.5% of nurses are unaware of the recommended guidelines for physical activity.**

There are a lot of resources out there to help. This training covers many of these, including the **new Chief Medical Officers' infographic resource for health professionals.**



Available across England **until 31<sup>st</sup> March 2018.**

To book your free sessions email the PHE Team at: [physicalactivity@phe.gov.uk](mailto:physicalactivity@phe.gov.uk)

