

Active Practices Worksheet

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Ways of working

- **Working With, Not Against, Clinical Demands** These strategies acknowledge that GP practices can't stop patient care for exercise breaks, but they can integrate movement into existing patient interactions and administrative tasks. The result is potentially hundreds of additional movement moments per day across the practice team as well as patients.
- **Building a "Movement Mindset"** Start with one strategy per month, train all staff on the approach, and make it part of standard operating procedures rather than optional extras.
- **Start Small, Scale Systematically** Begin with one simple intervention (like hourly movement reminders for staff or movement prescriptions for patients) and establish it successfully before adding more. This prevents overwhelming staff and ensures sustainable adoption rather than initial enthusiasm that fades.
- **Embed in Existing Workflows** Integrate activity promotion into routine consultations, staff meetings, and patient interactions rather than creating separate programmes. Make it part of standard operating procedures - for example, every diabetes review includes movement goal-setting, or every staff meeting starts with a 2-minute movement break.
- **Partnership Strategy** Identify 2-3 key local partners early (like the council's public health team, local leisure centre, and a community walking group) rather than trying to coordinate with everyone. Establish clear roles and regular communication channels.
- **The Golden Rule:** Make it easier to do the active thing than the sedentary thing - both for staff and patients.

Question	Examples/ideas to consider – remember you only need to do 3 in each section!	What are you already doing?	What would you like to introduce?
How to I help reduce sedentary behaviour in staff ?	<ul style="list-style-type: none">• Disable the patient call in system to encourage clinicians to walk into the waiting room for patients. Set phone reminders for hourly 2-minute movement breaks - costs nothing and can start tomorrow.• Encourage taking calls while standing, especially for longer phone consultations or administrative calls.• Standing desks or adjustable sit-stand workstations for administrative staff, particularly those doing data entry or reception work		

	<ul style="list-style-type: none"> • Schedule walking meetings for discussions that don't require computers. • Implement a policy of face-to-face communication for quick questions instead of emails between nearby colleagues. Implement a "walk and talk" policy for quick colleague discussions instead of emails. • Appoint a wellbeing team for your Practice to promote positive staff wellbeing • Start each staff meeting with a 2-minute stretch break to normalise movement. • Use smartphone apps or computer reminders to prompt regular movement. Consider brief group stretching sessions between patient appointment blocks. • Make movement breaks a normal part of the work culture rather than something that requires permission. Consider "active commuting" incentives like bike storage or walking group coordination. • Display physical activity infographics • Teams App – Health care and Life sciences section. • Encourage use of stairs rather than lifts where available. • Relocate the water cooler or tea station to encourage brief walks. • Building a "Movement Mindset" shifts the workplace culture from "sitting is professional" to "movement is normal." This psychological change is often more powerful than any single intervention 		
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<p>How to I help reduce sedentary behaviour in patients?</p>	<ul style="list-style-type: none"> • Create a standing space in the waiting room with information for patients explaining why • Signpost your stairs clearly (in favour of using lifts) • Walk with patients to examination rooms and use this time for brief health discussions about activity levels. • Show seated exercise guides/clips on screens in waiting area. • Send targeted text messages to patients signposting information and support services • Organise a Your Health Notts or Thriving Nottingham drop-in clinic within the Practice for patients • Send exercise advice to targeted groups of patients (for example specific those with diabetes, or hypertension) • Literally prescribe movement - write "Walk 10 minutes after each meal" on prescription pads alongside medications. Provide specific, achievable movement targets like "Stand up every TV commercial break" or "Park further away twice this week." This makes movement feel as important as medication. • Provide take-home leaflets with "movement snacks" - 2-minute activity bursts patients can do at work or home. Include QR codes linking to short exercise videos. • Use appointment booking as a movement prompt - "We'll see you in 15 minutes, feel free to take a short walk outside if you'd like. For routine follow-ups, suggest patients walk to the practice or pharmacy if feasible rather than driving. 		
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How do I help to increase physical activity in staff ?	<ul style="list-style-type: none"> • Introduce weekly standing or walking/wheeling meetings. • Create walking routes within or around the practice building for break times. • Introduce a weekly 'Deskercise' session • Set up a staff WhatsApp group for coordinating lunchtime activities like quick gym sessions or park walks. • Introduce a weekly 10 minute activity e.g. yoga • Become a 'parkrun practice' and encourage staff to take part • Display physical activity infographics around the Staff spaces • Seek a group deal at a local gym for staff at reduced rates (see useful links) • Set up challenges or inter staff competitions i.e. monthly step count • Sign up to a cycle for work scheme and improve cycle parking facilities. • Organise early morning or post-clinic group activities like yoga classes, running clubs, or fitness boot camps. • Create "active arrival" parking spots further from the building entrance to encourage walking. • Create charity fundraising walks or sponsored events that motivate participation. • Organise monthly team activities like bowling, litterpicking, or indoor climbing that combine social bonding with physical activity 		
How do I help increase physical activity in patients?	<ul style="list-style-type: none"> • Start every appointment by asking "How much did you move yesterday?" to normalise activity discussions. • Send targeted text messages to patients signposting information and support services. 		

	<ul style="list-style-type: none"> • Connect activities to patients' existing routines and interests. For gardening enthusiasts, suggest "active gardening" techniques. For dog owners, recommend longer or more frequent walks. For parents, suggest playground activities with children or walking school runs. • Organise Your Health Notts/Thriving Nottingham drop-in clinic within the Practice for patients • Become a 'parkrun practice' and promote to patient. • Visually promote ways to move more within the local community including use of blue and green spaces. • Create or promote local walking groups, particularly for older patients or those with chronic conditions. Provide information about community centres, swimming pools, and free exercise classes in the area. Encourage patients to find "activity buddies" among family or friends. • Arrange patient wellbeing walks • Provide secure bike parking for patients • Send exercise advice to targeted groups of patients (for example specific those with diabetes, or hypertension) • if cost is an issue, focus on free activities like walking, bodyweight exercises, or YouTube fitness videos. For time constraints, suggest "activity snacks" like parking further away, taking stairs, or doing exercises during TV commercials. • Promote apps encouraging physical activity e.g. Couch to 5K or Active 10 app 		
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	<ul style="list-style-type: none"> • Signpost patients to relevant local community group activities. • Explicitly link activity recommendations to patients' specific health conditions - "Walking 10 minutes daily will help your diabetes control" or "These exercises will strengthen your back and reduce pain." • Book free online training sessions for staff via the Moving Healthcare Professionals program to improve physical activity advice given to patients. 		
Partner with a local physical activity provider to support a practice in getting more people active	<p>Resources:</p> <p>Physical Activity guidelines</p> <p>Deskercise routine: information on different stretches and exercises from your desk</p> <p>Course: parkrun practices RCGP Learning what's involved</p> <p>NHS Couch to 5k</p> <p>Benefits of sit stand desks</p> <p>Moving Healthcare Professionals : increasing knowledge to incorporate physical activity into care support and conversations</p> <p>Active at Home booklet : supporting people to move more at home – Active Notts</p> <p>Home - Your Health Nottinghamshire</p> <p>Thriving Nottingham Helping you to live well and feel great</p> <p>Her Spirit The Best Social Sports and Fitness App for Women</p> <p>We Are Undefeatable</p> <p>Home - Walk Notts</p> <p>Discover Ashfield – Places to visit, play and walk within Ashfield.</p> <p>Netwalking updated Active Derbyshire version.cdr</p>		

	<p>Walk Notts litter hero flyer.pdf <i>How to insert link?</i></p> <p>Couch to 5x – Heather/Sarah R can provide details</p> <p>Exercise referral scheme – Council facilities.</p> <p>Healthier Families - Home - NHS</p> <p>App – Park buddies.</p> <p>Local Authority/Council Services Parks and recreation departments for walking routes, outdoor gym equipment, and activity programs. Public health teams often have funding and resources for community physical activity initiatives. Community Sports and Fitness Organisations Local leisure centres and gyms for staff/patient referral schemes and group discounts. Walking groups, running clubs, and cycling groups that can welcome new members. Community sports clubs offering beginner-friendly programs for different age groups.</p> <p>Healthcare and Wellness Partners Physiotherapy services for exercise prescription and movement education. Local pharmacies that can support activity messaging and provide resources. Occupational health services for workplace movement assessments and staff wellness programs. Workplace and Business Partners Local employers who can share best practices for workplace activity initiatives. Business networks that can coordinate staff wellness programs across multiple organisations.</p> <p>Educational and Community Organisations. Community centres offering accessible, low-cost exercise classes. Libraries that can host health talks and provide activity resources. Technology and Service Providers App developers or digital health platforms for tracking and motivation tools.</p>		
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	<p>Transport services promoting active travel options. Funding and Policy Partners Integrated Care Systems with population health budgets. Charity organisations focused on physical activity and health promotion.</p> <p>Nature moments - quick tips for healthcare settings.pdf</p>		
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Taking Back to Your Practice Discussion

1. How will you embed the proposed actions/changes within your practice?
2. How will you know if this has been successful?
3. How will you empower staff to make changes?