



**EVERY DAY. YOUR WAY.**

# SUPPORTING RICHMOND RESIDENTS TO MOVE MORE

Promoting physical activity is fundamental to enhancing overall health and is critical in the primary and secondary prevention of long-term conditions.

The UK Chief Medical Officers' (CMOs) recommends:

- **Adults:** 150 minutes (of moderate intensity activity or 75 minutes of vigorous activity a week
- **Older adults (over 65):** encouraged to maintain muscle strength, balance, and flexibility
- High levels of patient contact offers opportunities for health promotion with healthcare professionals playing a pivotal role
- One in four reported being likely to meet the CMO's guidelines remaining physically active beyond six months following brief interventions from a healthcare professional.

## CLINICAL TIPS

- Have physical activity conversations in routine consultations - make every contact count
- 'Moderate intensity' activity differs by individual - make it achievable Physical activity conversations, can be one, five or more minutes
- More activity is better, but some is good - encourage everyone to move their own way

## RESOURCES

Royal College of General Practitioners (RCGP) Toolkit offers practical resources and guidelines effectively promoting physical activity within your practice and a step-by-step guide on setting up a park-run practice: [The Parkrun Practice Initiative - A Toolkit](#)

### The One Minute Conversation - Moving Medicine

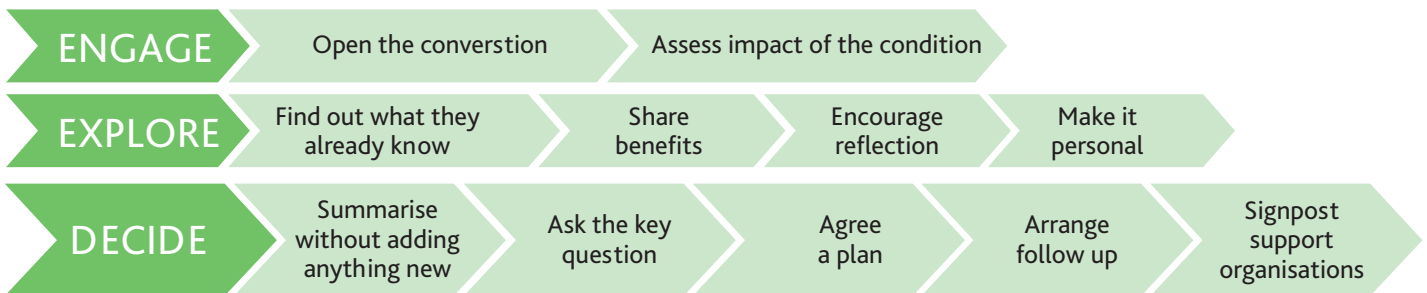


Richmond Council offers information on free, affordable and accessible resources [Richmond Moves Campaign](#)

Moving Medicine provides a platform for clinicians to have conversations about behaviour change strategies.

The one minute conversation has three steps designed to sow the seed of change to make it clear you recognise that what is important to them matters most to you..

### The Five Minute Conversation - Moving Medicine



The five minute conversation is designed to fit into a consultation addressing a range of aspects of patient management. These simple steps can help build readiness to change, helping start a plan based on the individual preference.

### Other ways to promote physical activity in your practice:

Support an increase in physical activity in staff, set up a practice park run or walking group, consider introducing standing or walking meetings. For more ideas and practical advice, visit the RCGP website on [Active Practice](#).

Written by Dr Clarisse Nirere, General Practitioner, Richmond Medical Group, May 2024. Endorsed by Public Health and in conjunction with the Council's Richmond Moves campaign.

