



# Physical Activity in Clinical Care Training

## Free Online CPD for Healthcare Professionals

**Join us** for Public Health England's free Online Physical Activity in Clinical Care Training for registered healthcare professionals.

**More than 500 people** have already attended across **Buckinghamshire, Oxfordshire and Berkshire!**

This training is delivered by a **PHE Physical Activity Clinical Champion**. CPD certificates are provided after the session.

### You'll learn

- The importance and benefits of physical activity
- Current CMO guidelines (updated in 2019)
- How to provide brief advice during consultations

**Plus hear from** your local Active Partnerships about local physical activity opportunities:



### After training ...

- 9 in 10 felt more knowledgeable about physical activity & aware of resources to support
- 9 in 10 felt more confident in their skills to support someone to be active
- Average 8.6/10 score was given for how useful the training was for their role

### Next Dates:

**Tuesday 24 Jan 1-2pm**

**Thursday 26, 1-2pm**

**Tuesday 14 March, 1-2pm**

**Thursday 16 March, 1-2pm**

*"I feel better informed to advise patients and colleagues - better self care too! I will try to avoid sitting still working."*

- GP

To find out more contact  
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