

# Let's Get Moving

**NHS**

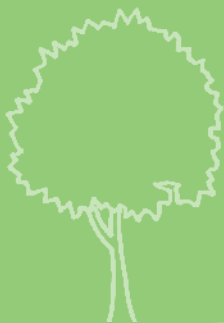


**Information  
for partners**

## Introduction

This Let's Get Moving leaflet has been developed to help inform organisations who are interested in:

- the prevention and management of physical inactivity-related chronic disease
- providing physical activity opportunities either nationally or at a local level.



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# What is Let's Get Moving?

Let's Get Moving (LGM) is a behaviour change intervention for physical activity available to commission at a local level.

LGM provides a systematic approach to identify sedentary adults for the prevention and management of chronic disease, by assessing physical activity levels and appropriately supporting them to become more active through a brief intervention.

LGM works on the key principles of:

- raising standards of care;
- enabling patient choice; and
- addressing prevention issues and supporting people with long-term conditions.

## Key fact – Physical activity and health

The benefits of regular physical activity have been clearly articulated: for adults, achieving 150 minutes of at least moderate intensity physical activity a week, helps prevent and manage over 20 chronic conditions including coronary heart disease, stroke, type 2 diabetes, cancer, obesity, mental health problems and musculoskeletal conditions.

(UK CMOs' report: Start Active, Stay Active, 2011)

## Key fact – The scale of physical inactivity

Despite the multiple health gains associated with a physically active lifestyle, only 39% of adult men and 29% of adult women meet the Chief Medical Officer's recommendations for physical activity.

(Based on Health Survey for England 2008, self-reported physical activity)

**As many as 27 million adults in England alone are not sufficiently active to benefit their health.**

## How does LGM work?

LGM provides a care pathway for physical activity that can be integrated into routine clinical practice across a number of NHS settings, for example:

- during a routine consultation or diabetes clinic in a GP surgery;
- via the NHS Health Check in a pharmacy; or
- in acute care to help encourage a patient to become more active pre-operation.

Once recruited, LGM provides a systematic approach to assessing adults for inactivity using the validated General Practice Physical Activity Questionnaire (GPPAQ). Those identified as not meeting the Chief Medical Officer's recommendations for physical activity for health are offered a brief intervention using motivational interviewing, which takes a patient-centred approach to:

- highlighting the health benefits of physical activity;
- work through key behaviour change stages; and
- concludes with a clear physical activity goal set by the patient, identifying local opportunities to be active. These opportunities can include exercise on referral schemes or other specialist services identified through the patient needs assessment.

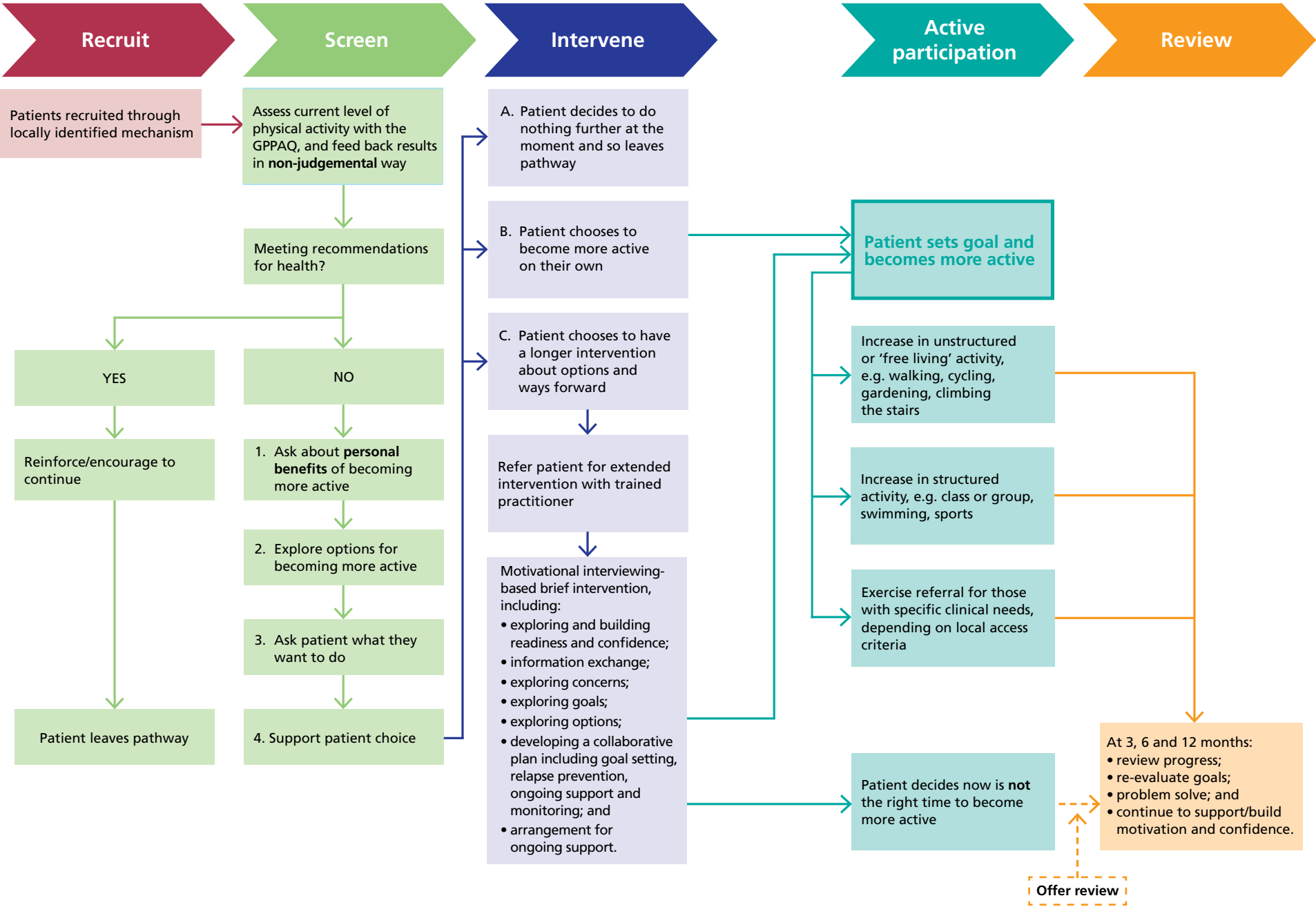
Following the LGM brief intervention, participating patients should be followed up at regular intervals, at least over 3, 6 and 12 months, to check patient progress, encourage and re-set their activity goals.

### Let's Get Moving feasibility pilot

The feasibility pilot was conducted in 14 London surgeries. Results showed that of the patients who attended the follow-up consultation:

- 62% self-reported an increase in their physical activity levels; and
- 59% self-reported undertaking self-directed outdoor activities, e.g. walking more.

# Let's Get Moving: A physical activity care pathway



# How to implement Let's Get Moving?

LGM is available in England for commissioning at a local level.

- It's important to note that it is at the discretion of each commissioner as to whether they commission LGM to meet their local community's health needs. Please note LGM is not a mandatory service.
- A key element of the commissioning process is for commissioners to identify appropriate LGM service providers, such as GP surgeries (including exercise professionals conducting clinics within the surgery setting), pharmacies or other providers.
- Commissioners will then identify the population group to be targeted by their service provider. For example, adults aged 40+ as part of the NHS Health Check.
- Commissioners will be required to work in partnership with local providers to ensure availability of appropriate physical activity opportunities.

## Importance of promoting physical activity

One in four adults say that they would be more active if advised to by a GP or nurse. (Health Survey for England, 2006)

There are a number of helpful tools to support the implementation of LGM at a local level, including:

- commissioning guidance to support decision making and implementation;
- patient support pack (also available in an easy read version) to assist delivery of the LGM brief intervention;
- PowerPoint presentation to support promotion of LGM;
- informative leaflets for partner organisations and service deliverers;
- comprehensive training package (split into two modules) for service providers.

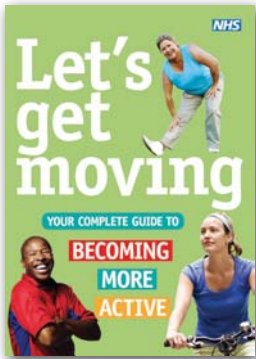
**For more information visit: [dh.gov.uk](https://www.dh.gov.uk) and search Let's Get Moving.**

## Commissioning guidance

The LGM commissioning guidance aims to provide a comprehensive tool to commission and monitor appropriate service providers in the delivery of LGM for their locality.

## Patient support pack

The LGM patient pack is designed to support adults who are interested in becoming more active and to help them achieve their activity goals for better health. The patient pack contains practical tools and information to encourage and support patient behaviour change, and can be used by the practitioner to support delivery of the brief intervention. The patient support pack is also available in an easy read version.



The pack includes two different ways of identifying local physical activity opportunities:

1. An online national physical activity search tool is available for use on the NHS Choices website at: **[nhs.uk/letsgetmoving](https://www.nhs.uk/letsgetmoving)**. The search tool includes all known appropriate physical activity and sporting opportunities locally. To feature your activity on the search tool, follow the directions for uploading.

You may also feature the physical activity search tool on your own website by downloading the appropriate link from: **[promotingactivity.com](https://www.promotingactivity.com)**. Click on Activity search tool for instructions on how to create the link.

2. The patient pack also has the capacity to feature written information on local indoor and outdoor physical activity opportunities. Templates (together with instructions for completion) are available from the Let's Get Moving section on the Department of Health website, visit: **[dh.gov.uk](https://www.dh.gov.uk)** and search Let's Get Moving. The templates should be completed locally, printed and inserted into the LGM patient packs.

This additional local activity information can support the patient in setting achievable and appropriate physical activity goals.

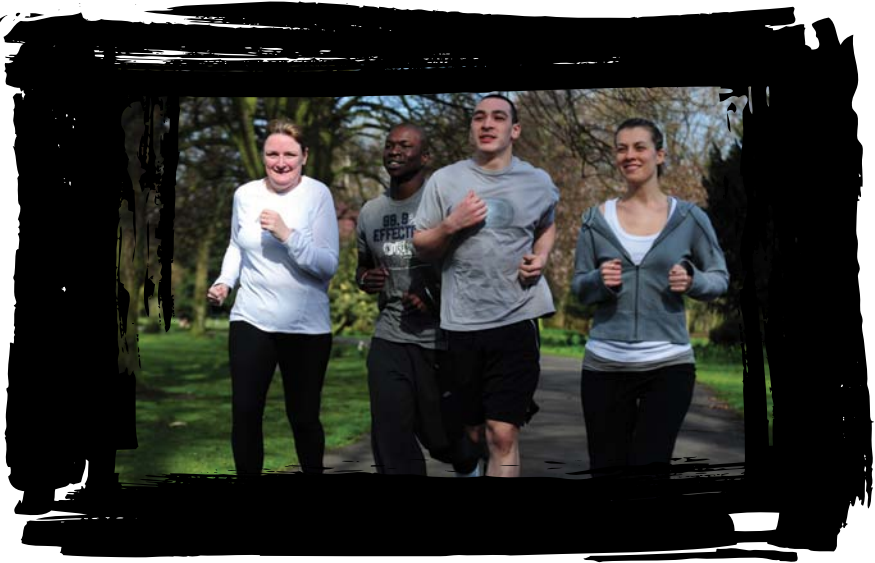


## Training for service providers

The Department of Health has developed an essential training package for service providers to assist with appropriate and effective delivery of LGM. The LGM training consists of two modules, and is designed to help healthcare professionals:

- understand the importance of supporting their patients to become more active;
- quickly access patient physical activity levels using the GP Physical Activity Questionnaire (GPPAQ); and
- guide patients towards higher levels of appropriate physical activity using motivational interviewing (an evidence-based behaviour change technique).

In order to deliver the full brief intervention, all providers (unless already trained in motivational interviewing), need to attend and complete both training modules 1 and 2.



# How partner organisations can get involved in Let's Get Moving?

As a prospective LGM partner there are a number of important roles that your organisation can adopt to ensure successful and effective implementation of Let's Get Moving across England, including:

- informing and raising awareness among your organisation's stakeholders about the importance of physical activity for health;
- providing the LGM intervention for your area, if appropriate; and
- providing appropriate physical activity opportunities at a national or local level.

- If your organisation is interested in supporting the delivery of **Let's Get Moving**, please contact your local Public Health Team in the first instance.
- If you have a query relating to **Let's Get Moving**, visit the Department of Health website at: **dh.gov.uk**, and search **Let's Get Moving**, where you can access helpful information about the Physical Activity Care Pathway, Frequently Asked Questions and other supporting resources.
- Alternatively you can email your queries to: **letsgetmoving@dh.gsi.gov.uk**

## 1. Informing and raising awareness among your organisation's stakeholders about the importance of physical activity for health

- Endorse and actively promote physical activity to your stakeholders or members.
- Support and develop physical activity programmes for your stakeholders.

With as many as 27 million adults in England currently not active enough to benefit their health, adults with or at risk of physical inactivity-related chronic disease may well come into contact with your organisation or your stakeholders.

The following examples show how third sector partners have successfully promoted the benefits of physical activity to their public and professional stakeholders. All of the activities can support effective delivery of the Let's Get Moving programme with the aim of encouraging and supporting a healthier nation.

### Time to Get Moving

Time to Get Moving is part of Time to Change, the £20 million anti-stigma project led by Mind and Rethink. It uses sport and physical activity to bring people together to break down the myths surrounding mental illness.

Each year, hundreds of events take place to coincide with World Mental Health Day on 10 October, all designed to get people moving and interacting. Events have included everything from a dance festival and cheerleading to treasure hunts.

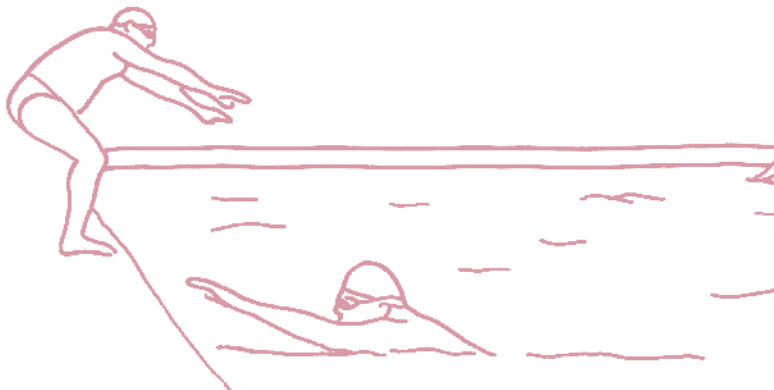
By getting people active together, Time to Get Moving breaks down the discrimination that makes life so difficult for the 1 in 4 people who experience mental distress. Plus, everyone that takes part can benefit from a boost to their mood as they get fit and have fun.

## Age UK

fit as a fiddle is a five-year portfolio funded by the Big Lottery Fund as part of the Wellbeing programme to deliver physical activity and healthy eating sessions to improve the health and mental well-being of older people in all nine English regions. The fit as a fiddle portfolio offers a wide range of innovative projects promoting healthy ageing, based around the needs and ideas of local people. Projects are run in partnership with regional and national organisations which offer a range of activities from gardening to tai chi to meet varied needs, interests and physical ability. More information can be found on: [fitasafiddle.org.uk](https://fitasafiddle.org.uk)

## 2. Providing the LGM intervention

You could contact your local Public Health Team about working in partnership to commission and deliver LGM. Or, your local commissioner may identify your organisation as an appropriate service provider to deliver LGM.



### 3. Providing physical activity opportunities either nationally or at a local level

Let's Get Moving is about patient choice, not about a healthcare practitioner issuing the traditional prescription. Instead, through the effective use of motivational interviewing, the patient can choose (with helpful support if needed) an appropriate physical activity goal that they can enjoy. For example, joining a walking group, cycling to the shops, going dancing with friends or having a swimming lesson.

As a result, a wide variety of physical activity and sport-related opportunities need to be available and accessible locally, particularly for adults new to being physically active.

Providing appropriate physical activity and sport opportunities at a national or local level plays an important role in supporting delivery of Let's Get Moving.

Therefore, you could:

- provide appropriate physical activity and sport opportunities to welcome those who are new to, or returning to, a more active lifestyle;
- ensure that details of your activity opportunities feature on the online physical activity search tool at: **[nhs.uk/letsgetmoving](https://nhs.uk/letsgetmoving)**. For more information on how to feature your organisation on the online activity search tool, email: **[activity@makesportfun.com](mailto:activity@makesportfun.com)**. In addition, the same search tool can also be found at: **[promotingactivity.com](https://promotingactivity.com)**, where you can download a link to feature the tool on your own organisation's website;



- promote physical activity opportunities to the public using effective social marketing techniques. For example, utilising helpful tools available for use on the Promoting Activity Toolkit website at: **[promotingactivity.com](https://www.promotingactivity.com)**. This tried and tested, ready-made marketing tool can help you promote activity and sport more easily, quickly and cost-effectively. The toolkit also features applications to assist with the planning and production of marketing materials, for example ready-made poster and leaflet templates;
- engage with commissioners to demonstrate how your organisation can support the delivery of LGM locally;
- facilitate improvements to the built and natural environment to create a more conducive environment for people to become more active; and
- ensure that your local NHS partners are involved in local and regional physical activity and sport structures, including the County Sports Partnerships, which are county-level networks to coordinate and support physical activity and sport at a sub-regional and local level.

## Local partnerships

ProActive Islington is a partnership driven by Islington Council Leisure Service and NHS Islington with support from a variety of statutory, private and third sector organisations. The partnership provides a strategic focus for the coordination, planning and development of programmes aimed at increasing levels of physical activity and sport participation in the borough.

The partnership has developed a borough-wide physical activity/sport strategy and action plan, which includes setting up Sport Islington, a grant-funded programme aimed at providing financial and professional support to the borough's sports clubs with the aim of helping people locally become more active.

In addition, the ProActive Islington Sports and Cycling Festival is held annually at the Arsenal Emirates Stadium. This popular and well-established event now attracts over 15,000 visitors each year, encouraging all participants to try different physical activities and sport opportunities.

## Activity classes for adults new to exercise

Central YMCA is the leading 'activity for health' charity, which, as part of its operations, runs a large and well-established health and fitness club in central London.

The charity's Healthy Living programme provides subsidised access to the club's facilities and programmes for patients who have completed an exercise on referral programme, or who are aged over 60.

The programme provides low-intensity classes for patients new to exercise, plus ongoing mentoring and support for those who complete the exercise referral programme.

## The built environment

Walk England has been established as a social enterprise to work in partnerships across the country to create local opportunities for people to choose to walk, to walk more often, to walk to more places and to feel safe while doing so.

In addition, Walk England developed Walk4Life miles; these are attractive, well signposted, flat, 1-mile walks, which have been developed in close consultation with the local community, and will enable healthcare professionals to signpost and help adults become more active. Walk England is also developing supportive tools and information to help potential walkers find an active challenge route, and learn how to use the Rockport 1-mile fitness test.

- If your organisation is interested in supporting the delivery of **Let's Get Moving**, please contact your local Public Health Team in the first instance.
- If you have a query relating to **Let's Get Moving**, visit the Department of Health website at: **dh.gov.uk**, and search **Let's Get Moving**, where you can access helpful information about the Physical Activity Care Pathway, Frequently Asked Questions and other supporting resources.
- Alternatively you can email your queries to: **letsgetmoving@dh.gsi.gov.uk**





## Useful websites and links

- Let's Get Moving online information:  
**dh.gov.uk** and search Let's Get Moving
- Local physical activity search tool:  
**nhs.uk/letsgetmoving**
- Promoting Activity Toolkit:  
**promotingactivity.com**
- Change4Life: **nhs.uk/Change4Life**
- Department of Health orderline:  
**orderline.dh.gov.uk**



## Further reading

- Let's Get Moving commissioning guidance. Download a PDF copy at: **dh.gov.uk**
- Let's Get Moving feasibility study. Download a PDF copy at: **dh.gov.uk**
- Chief Medical Officers (2011) *Start Active, Stay Active: A report on physical activity for health from the four home countries' Chief Medical Officers*. London: Department of Health.
- Health Survey for England 2006: CVD and risk factors adults, obesity and risk factors children, commissioned by the NHS Information Centre for health and social care.
- NICE (2006) *Four commonly used methods to increase physical activity: brief interventions in primary care, exercise referral schemes, pedometers and community-based exercise programmes for walking and cycling*. London: National Institute for Health and Clinical Excellence (NICE) Public Health Guidance PH2.
- NICE (2007) *Behaviour change at population, community and individual levels*. London: NICE Public Health Guidance PH6.



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