

## **Move More and Live Longer Better**

*A two part workshop supporting workplaces to have meaningful conversations about physical activity with older adults and people living with health conditions*

### **Learning outcomes**

By the end of the workshop participants will be able to:

- Understand their role in promoting movement and physical activity
- Describe the key elements of the UK Physical Activity Guidelines
- Understand how movement helps us to live longer and better despite having long term health conditions
- Engage in meaningful conversations around barriers and motivators and how to get started
- Know what local opportunities for movement and activity are available (face to face and virtual)

### **Content**

Delivered in two parts with a gap in between (details below) and supplemented by a workshop resource with useful hints and tips and links to further reading and signposting opportunities.

#### ***Part 1. (2 hours) Moving and physical activity promotion***

- Movement and well-being – Why should we move more, how much is enough and what counts?
- A deconditioned society – What's been happening?
- Motivators and facilitators – What's important to people? What holds them back?
- Accessible opportunities – What can I recommend, where do I find?

#### ***Part 2. (1 hour) Progress and next steps***

- My role – Implementation successes or challenges?
- Making it habit – How do we build into every conversation, in every service?
- Next steps – What is a Champion and how can you help?

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