**It’s safe for people with long term conditions to be physically active – guidance to support healthcare professionals**

A new consensus statement, supported by the Deputy Chief Medical Officer, concludes that the benefits of physical activity for people living with long-term conditions “outweigh the risks”. The statement finds that physical activity is safe - even for people living with symptoms of multiple long-term conditions - however, the fear of increasing symptoms or worsening long term problems commonly stops people from moving more. People with long-term health conditions are twice as likely to be inactive than those without but well informed, person-centred conversations with healthcare professionals can reassure people and further reduce risk.

**Dr Andrew Boyd, Physical Activity & Lifestyle lead, RCGP, said**:

“This guidance will help healthcare colleagues, in primary care and beyond, share the best available evidence when supporting people with long-term conditions to move more, every day. I commend all patient facing clinical staff to read the statement, share with their colleagues, and build the principles into their consultations, with the aim of making every contact count.”

**The five ’impact statements’ that make up the consensus statement are:**

1. For people living with long term conditions, the benefits of physical activity far outweigh the risks
2. Despite the risks of serious events being very low, perceived risk is high
3. It is not as easy as just telling someone to move more; person-centred conversations are essential for addressing perceived risk
4. Everybody has their own starting point
5. People should stop and seek medical attention if they experience a dramatic increase in symptoms

Find out more about the consensus statement here – [movingmedicine.ac.uk/riskconsensus/](https://movingmedicine.ac.uk/riskconsensus/)

Find 1-minute, 5-minute, and more minutes physical activity conversation guides for a range of health conditions at Moving Medicine (endorsed by RCGP & RCN) - [movingmedicine.ac.uk/](https://movingmedicine.ac.uk/)

For free resources to support patients to get active go to - [nhs.uk/better-health/get-active/](https://www.nhs.uk/better-health/get-active/)