

Supporting others to be physically active

People who are physically active have:



Up to 30%

Lower risk of
depression



Up to 50%

Reduced risk of
major illness



Up to 30%

Lower risk of
early death

The UK has some of the lowest levels of physical activity in the world, with 1 in 4 people defined as inactive.

In the UK low levels of inactivity are responsible for:

- up to 1 In 6 deaths - which is equal to smoking
- 40% of long term health conditions e.g. diabetes.

We need your help to change this!

The great news is that even brief advice from a trusted source is shown to improve clinical and social outcomes.

Energise Me, in partnership with London Sport and The University of Kent, are pleased to offer Social Prescribers and Health Coaches further training to build on your knowledge.

Course aims:

Overall – To increase the skills and confidence of the attendees in order to understand the importance of being physically active and the role that it has to play with social, mental and physical wellbeing.

Behavioural outcomes:

- Routinely share knowledge with service users on the benefits of physical activity to health outcomes (physical and mental)
- Routinely share knowledge with service users of wider benefits to participating in physical activity
- Use Motivational Interviewing techniques to engage in conversations on physical activity
- Use appropriate behaviour change techniques (BCTs)
- Refer service users to local opportunities to participate in physical activity.