

Actions Checklist

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Immediate – This week

- Nominate a PA Champion (name + protected time; e.g. 1 hour/week)
- Join the Active Practice Charter & signpost Moving Medicine
- Put up one waiting-room poster and add a PA leaflet to reception
- Create a simple EHR template for 'PA brief advice' and a coding prompt

3 months

- Deliver a 15–30 minute staff brief on Ask-Advise-Act & local offers
- Build a one-page local signposting list (community offers, social prescribing link)
- Start recording: staff trained; brief interventions recorded; referrals made, active travel by staff and patients

12 months

- Run a small pilot (walking group/parkrun practice) and collect patient feedback
- Review metrics, share outcomes with PCN and seek sustainable funding for champion time
- Embed prompts/templates into routine workflows

Champion role (brief)

Objective: boost PA conversations, link to local offers, support staff training.

Time: 1–2 hours/week.

KPIs: staff trained; brief advice recorded; referrals made.

Quick clinician scripts — Ask • Advise • Act

Ask — “How much physical activity do you do each week at the moment?”

Advise — “Small increases can reduce risk of diabetes, improve mood and sleep. A 10-minute walk matters.”

Act — “Can I signpost you to a local offer or set a simple plan? Would walking 10 minutes, 3×/week feel doable?”

Check out [Moving Medicine](#) for more support on how to have high quality conversations with patients.

Process metrics (simple)

- Number staff trained (monthly)
- Brief interventions recorded (monthly)
- Referrals/signposts made (monthly)

Outcome examples

- % patients with LTCs reporting increased activity at 3 months
- Patient feedback on experience

Top quick wins

- Nominate champion
- Add poster/leaflet
- One 15-minute staff brief
- Create one-page signposting list
- Add EHR prompt