

Moving... More... Often

Becoming a **Physical Activity Leader** will give you the chance to make a real contribution to the lives of those you work with.

What next and how can I find out more?

If you are enthusiastic and interested and have the time to promote physical activity you can find out more about your local Moving More Often programme from your local coordinator:-

The **Moving More Often** Learning network

Throughout the work of the programme, the **Moving More Often** Learning Network will ensure that those interested are kept up to-date with developments and learning as they occur. The network will communicate with a range of national organizations, related professionals in the health and care sectors, exercise teachers and activity leaders via a dedicated page on the website of the BHF National Centre for Physical Activity and Health at Loughborough University, and through electronic newsletters, seminars, training and conference events.

Becoming a Physical Activity Leader

What is Moving More Often ?

Moving More Often is a national training programme for health and care workers and volunteers who work with frailer, older people.

The British Heart Foundation National Centre for Physical Activity and Health at Loughborough University is working with a number of local partnerships to encourage frailer, older people become physically more active at a level appropriate to their own needs.

We need enthusiastic people to work with frailer, older people and take part in training, which will enable them to become a **Physical Activity Leader**.

Physical Activity Leaders may be health and care workers and volunteers as well as exercise teachers who are trained to work with frailer, older people and promote physical activity opportunities in a variety of settings. Training for **Physical Activity Leaders** will be provided at locally convenient venues by your local Moving More Often programme.

e.mail bhfactive@lists.lboro.ac.uk

web address www.bhfactive.org.uk

– go to **Areas of Interest Page** and click on **Older People**

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What does the **Moving More Often** training programme involve?

The programme provides a menu of training opportunities and includes

The Games People Play – these are games activities that can be played in groups providing a chance to socialise, improve mobility and have fun.

Walk With Me – provides an opportunity to work with individuals to set physical activity goals to increase participation in regular assisted walking.

On My Own – comprises a range of activities and exercises that individuals can do on their own in their own homes or in communal areas of residential homes, days centres or hospital wards.

Out and About – looks at ways exploring opportunities in the local community to be more active such as parks, museums, gardening centres, anywhere of interest that will provide an opportunity to be active and follow an interest at the same time.

– as well as guidance on planning and safety, motivation and enjoyment and healthy active ageing.

NB Not all of these components may be suitable for those people you work with and the programme will be tailored accordingly

NB There are many other training opportunities that promote exercise, dance and movement. Moving More Often aims to provide the frailer older people that you meet with choice and increase those opportunities.

What are the benefits of becoming a **Physical Activity Leader**?

Taking part will enable you to:

- broaden your own knowledge and understanding
- increase your own skills and confidence as well as others
- take up a new interest and meet new people
- enhance your own role in the workplace
- engage those you work with in quality experiences and new opportunities for activity and learning
- enable frailer, older people retain their independence and the capacity to perform everyday tasks

and at the same time – have some fun!

Once you have completed your training you will also receive support from your local partnership including Moving More Often trainers, managers as well as opportunities for additional training.

Is there a **cost**?

No the training is free, providing you are committed to delivering opportunities for physical activity on a regular basis.

Do I need any **equipment**?

No, equipment will be provided, you just need loose fitting clothing and appropriate foot wear. You will also be provided with training materials for your own use.

Why is **Moving More Often** **Important**?

We now have ample evidence that regular physical activity will provide:

- Increased independence, mobility and the capacity to perform everyday tasks
- Improved interaction with other people and the surroundings
- Enhanced well being and quality of life
- Opportunities for enjoyment and fun

for all frailer, older people – but not all have the opportunity.

Moving More Often aims to increase those opportunities.

What else **can I do now** ?

As well as contacting your local coordinator, you can also talk to your manager/supervisor about becoming a Physical Activity Leader and how that could contribute to and enhance your role and future work with frailer, older people.

