# Making the Physically Active Choice

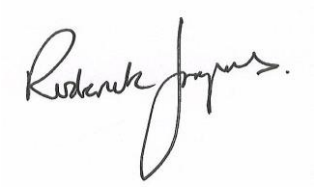
The Faculty of Sport and Exercise Medicine (UK)

## A Manifesto to Improve Public Health

A message from the Faculty of Sport and Exercise Medicine's President Dr Roderick Jaques

*"The pressures on our healthcare system have never been greater as we draw closer to the 2015 General Election and the burden of physical inactivity in the UK is now significant. NHS England has set out its 5 Year Forward View recognising that a third of men and half of women don't get enough exercise, calling for a radical upgrade in prevention and public health. NHS Scotland has now established a National Physical Activity Pathway encouraging physical activity advice and interventions throughout the NHS in Scotland.*

*"The specialty of Sport and Exercise Medicine can provide a fresh approach to the sharply rising burden of avoidable illnesses. Our manifesto sets out 8 essential priorities to put physical activity at the core of our healthcare system, in order to provide a sustainable solution to improve public health and the pressures facing the NHS."*



**The Faculty of Sport and Exercise Medicine (UK) calls upon politicians, policymakers and the next Government to:**

- Address the treatment and prevention of non-communicable diseases with a new focus on ***a national preventative strategy*** using the therapeutic use of physical activity and exercise.

- In the first 18 months of the new Government, develop 20 pilot sites throughout the country with Sport and Exercise Medicine services to ***research the cost-effectiveness of a multi-disciplinary team approach to treating patients with physical activity and exercise interventions.***

- ***Change the care pathways for patients with musculo-skeletal pain*** to include a multi-disciplinary team, with the inclusion of a Sport and Exercise Medicine Consultant, amongst other medical specialties, to reduce the burden of pain. Physical activity and exercise can be used as an effective treatment and to try and avoid expensive surgical procedures.

- ***Reduce barriers to physical activity in the community*** due to disability, culture and social issues. Patients with health barriers to exercise should have access to expert medical advice to participate in physical activity

- Facilitate healthy personal choices by making ***"the physically active choice the easy choice"*** through national policy across government departments to include health, transport, planning and sport.

- Promote healthy, active lifestyles in children and young people by ***reinstating at least two hours per week of physical activity in all schools***.

- Support employers to have a healthy workplace by ***encouraging and supporting breaks for physical activity together with active workstations.*** There needs to be *a change in attitude towards workplace assessments to facilitate more physical activity*.

- A national provision of physical activity and exercise services for the elderly in order to ***reduce the burden of falls and management of diseases of the UK aging population.***

**About the Faculty of Sport and Exercise Medicine**

The UK Faculty of Sport and Exercise Medicine is committed to promoting better health for the public through the application of sport and exercise medicine. The Faculty was launched in 2006 and is an intercollegiate faculty of the Royal College of Physicians and the Royal College of Surgeons of Edinburgh. As the leading professional body for sport and exercise medicine doctors, the Faculty sets standards and oversees research, training, curriculum and assessment of doctors. Sport and Exercise Medicine involves the medical care of injury and illness in sport and exercise, it has a large scale application in improving health and preventing disease through exercise advice and prescription.

Further evidence to accompany this manifesto can be found in our Fresh Approach and Fresh Approach in Practice National Health Service information documents at www.fsem.ac.uk/media-resources/publications

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