

# Moving Medicine

## Our vision

### Moving Medicine

To make physical activity a core part of everyday healthcare

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To change the way healthcare professionals approach physical activity conversations from 'what's the matter with you' to 'what matters to you'

## Our Objectives

Work with partners to integrate physical activity into everyday healthcare in order to improve health and lives

**Establish the Faculty of Sport and Exercise Medicine as a National and International leadership group in Exercise Medicine and Physical activity promotion**

Improve the frequency and quality of conversations about physical activity across all healthcare environments

## Our values



Collaborative



Excellence



Inclusive



Supportive



Agile

We work together with partners, professional organisations and charities

We are dedicated to the integration of evidence based medicine and research into clinical care

We are inclusive of all who share our vision and transparent in our relationships

We value our contributors and support them to develop their careers in SEM research and the NHS.

We are open and responsive to new ideas

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Continuity



Create a supportive environment for our contributors

- We will create a structure to support contributors to publish and present their work and remain valued as contributors to Moving Medicine.

Integrate Moving Medicine into core FSEM business

- We will work with the FSEM office to streamline efforts and ensure all resources are used efficiently.

Integrate Moving Medicine into SEM training

- We will work with the SAC to highlight opportunities to support SEM trainees. Curriculum opportunities include exercise medicine, leadership, evidence based medicine, public health, teaching and presenting.
- We are committed to ensuring that roles within Moving Medicine are recognised within training time.

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Development



Maintain high quality resources

- We will maintain the quality of our resources by updating and improving resources according to the literature and feedback from stakeholders, evaluation teams and contributors.

Develop new resources

- We will continue to develop new resources in new disease areas.
- We will support the Active Hospital Project to publish work through the Active Hospital Toolkit and we will offer mentorship and educational opportunities to national sites.
- We will develop our patient facing resources

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Dissemination



Work with partners locally, nationally and internationally

- Success is dependent on the strength of our partnerships. We will remain an open, collaborative initiative to ensure relationships and mutual areas of interest flourish.
- We will work locally to develop our regional microsites.
- We will support our contributors and ambassadors to present and publish their work as widely as possible.

Provide high quality educational activity across healthcare

- We will provide educational activity across healthcare from undergraduates through to the wider multi-disciplinary team in primary and secondary care.

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Evaluation



Maintain and develop academic partnerships

- We are committed to developing research capacity supported by the Moving Medicine programme.
- We will develop and support our academic partners through exploiting mutual opportunities
- We will develop and support our contributors to realise their academic ambitions.

Support and develop evaluation activity

- We will support, develop and respond to existing evaluation streams
- We will continue to use all available opportunities to understand