

## Movement is Medicine Session aims

- ➤ Understand the differences between physical activity (PA) and exercise
- Understand national guidelines for PA
- > Understand the wider benefits of moving more
- ➤ Discuss barriers and how to overcome these hear Heidi's story
- ➤ Gain awareness of local facilities and opportunities

Excellence as our Standard

Collaborative | Aspirational | Respectful | Empathetic