



# PRESCRIBING MOVEMENT

Training in Prescribing Physical Activity  
for Social Prescribers and Link Workers

**LONDON  
SPORT**

**TOGETHER  
ACTIVE**

Staffordshire & Stoke-on-Trent



## HOW THIS TRAINING WILL HELP YOU

- Gives you the confidence and resources to prescribe physical activity.
- Teaches you how and when to signpost to physical activity opportunities.
- Support inactive communities to become more active.
- Developed by experts at London Sport and Together Active.



**Find out more and register**



# WHAT WE WILL COVER

- Introduction to physical activity
- Benefits of physical activity
- Engaging all populations in physical activity
- Integrating physical activity advice in to social prescribing
- Coronavirus Pandemic and physical activity
- How to change behaviour through use of BCTs
- Motivational Interviewing
- Maintaining changes in behaviour
- Sharing knowledge on local opportunities
- Coronavirus specific resources



[www.togetheractive.org](http://www.togetheractive.org)



[@TogetherActiv](https://twitter.com/TogetherActiv)



[hello@togetheractive.org](mailto:hello@togetheractive.org)

**TOGETHER  
ACTIVE**

Staffordshire & Stoke-on-Trent



[www.togetheractive.org](http://www.togetheractive.org)



[@TogetherActiv](https://twitter.com/TogetherActiv)



[hello@togetheractive.org](mailto:hello@togetheractive.org)

**TOGETHER  
ACTIVE**

Staffordshire & Stoke-on-Trent