

THE IMPORTANCE OF PHYSICAL ACTIVITY FOR THE NHS WORKFORCE

80%

of NHS trusts have an active travel plan to encourage and enable staff to **walk or cycle to work** and between sites.⁷



92%

offer a bike purchase scheme



NHS ↔ GYM

70% OFFER



ONSITE FITNESS CLASSES¹

87%

Offer reduced membership to local leisure centres



30 MINS

1/3 adults participate in **30 MINUTES** of moderate physical activity once a week.⁶

5 4 3 2 1

If NHS staff are fit and healthy, they are less likely to be sick.

PHYSICAL ACTIVITY IS FREE, EASY TO TAKE AND HAS AN IMMEDIATE EFFECT, IT CAN:



Reduce your risk of major illnesses, such as heart disease, stroke, diabetes and cancer by up to **50%**



Help you to maintain a **healthy weight**



Boost self-esteem, mood, self-perception, sleep quality and energy



Reduce your risk of stress, depression, dementia and Alzheimer's disease^{2,3,4}

30%

The NHS Staff Survey found that around **30% OF NHS STAFF REPORTED THAT THEY HAD SUFFERED FROM WORK-RELATED STRESS** - physical activity can help relieve stress.⁵

30 MINUTES
5 DAYS A WEEK

We should be active every day. Over a week, activity should add up to around **2½ HOURS OF MODERATE INTENSITY ACTIVITY**, so you could do **30 MINUTES, 5 DAYS A WEEK.**^{2,3}



We should also undertake physical activity to improve muscle strength on at least **2 DAYS A WEEK.**^{2,3}

We should **MINIMISE THE AMOUNT OF TIME SPENT BEING SEDENTARY** (sitting) for extended periods.^{2,3}



Moderate-intensity activity means you're working hard enough to **RAISE YOUR HEART RATE AND BREAK A SWEAT.** So, walking fast, riding a bike, swimming, running, going to the gym or a fitness class.⁴



SOURCES

- 1 www.hscic.gov.uk/pubs/sickabsratejanmar13
- 2 Department of Health factsheet on physical activity adults 19-64
- 3 Start Active, Stay Active: A report on physical activity for health from the four home countries Chief Medical Officers (2011)
- 4 www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx
- 5 NHS Staff Survey (2013).
- 6 www.hscic.gov.uk/statistics/on-obesity-physical-activity-and-diet-England-2013
- 7 www.rcplondon.ac.uk/resources/nice-public-health-guidance-workplace-organisational-audit



www.nhsemployers.org



enquiries@nhsemployers.org



@nhsemployers



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