

Making Physical Activity Everybody's Business

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Help us to understand clinical staff's knowledge, attitudes and behaviours to physical activity in cancer care by completing this survey available here:



Moving Medicine:

A website to support healthcare professionals have on minute, five minutes or longer conversations with patients about physical activity.



<https://movingmedicine.ac.uk/>

South East London Cancer Alliance resources:

Top tips for HCP in many tumour groups & treatment modalities to support staff to give physical activity practical advice.



<https://www.selca.nhs.uk/professionals/latest-guidance-and-resources/physical-activity>

South East London Cancer Alliance Physical Activity & Exercise:

What can I do to help myself:
Range of resources for people living with and beyond cancer to access.



[Physical Activity & Exercise :: South East London Cancer Alliance \(selca.nhs.uk\)](https://www.selca.nhs.uk/physical-activity-exercise)