

Principle

1

All patients and those involved in their care are supported to understand the benefits of being active in hospital and on discharge.

Principle

2

We take every opportunity to encourage patients to be physically active.

Principle

3

We minimise environmental barriers to promote physical activity[^]

Principle

4

We have a culture where enabling physical activity[^] is everyone's* responsibility.

KEY:

* Everyone is defined as all staff groups, patients, carers, family, friends.

[^] Physical Activity includes a wide range of energy expending activities involving body movement, the activity should be person centred and tailored to individuals needs.