The GP Physical Activity Toolkit Study

# Development and refinement of a toolkit to improve support for physical activity promotion in General Practice

We are conducting a study to develop a toolkit to support healthcare professionals to promote physical activity (PA) to their patients.

 We are looking for patients to take part in a **short** **interview** to discuss their experiences of receiving physical activity advice from their GP surgery.

The interview itself would last approximately **45 minutes (via Microsoft Teams, Zoom or telephone)** and gives us an opportunity to hear from you about your experiences of receiving PA advice from your GP surgery. We are also really interested to hear about your views on PA promotion, the positive and negative experiences you have had and your needs in terms of support for being active. As a thank-you for your time, you will get a **£25 shopping voucher** after the interview.

If you are interested in participating or have any questions about the study, please contact Dr Rosina Cross

Not getting enough exercise is a big health problem around the world and costs the NHS nearly £1 billion every year. GP surgeries are a good place to encourage patients to be more active, but healthcare workers say they face challenges and need more support to do this.

This study aims to create a training and resource pack (a ‘toolkit’) to help GP staff encourage patients. This will be helpful for both patients and healthcare workers.

We need your help to develop this toolkit

Why should I Take Part?

**Dr Rosina Cross**

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