



# PHYSICAL ACTIVITY CLINICAL CHAMPIONS

**NHS**  
Hampshire and Isle of Wight

## What is PACC?

The Physical Activity Clinical Champions (PACC) programme provides **free peer-led** training and **practical resources** to support all healthcare professionals (HCPs) from hospital consultants through to community based practitioners to have **more effective conversations** around physical activity with their patients.

This **flexible learning** programme can be delivered at times to suit the audience and currently over **55,000 HCP's** in England have accessed its resources.

## Why choose PACC?



### Behavioural change

There is strong evidence that brief interventions by a health professional can help change the behaviour of a patient.



### Guidance & clarity

PACC trainers can highlight and explain the large amount of content on the Moving Medicine website.



### Increased knowledge & confidence

Evidence shows that Clinical Champions help increase knowledge and confidence of the HCP so they can be more effective in the delivery of brief interventions.

## Find out more and book a session

I'm Dr Rebecca Gould, PACC for Hampshire and Isle of Wight.  
I work clinically as a Sport and Exercise Medicine Consultant.

I am passionate about translating the emerging evidence on exercise into practice and supporting healthcare professionals to use physical activity in their everyday practice to prevent and manage long-term conditions.

I'm available to deliver face-to-face PACC training (for groups of 12 or more HCPs) on Wednesdays and Fridays.

**If you'd like to find out more, or book a session, please contact me at [rebecca.gould11@nhs.net](mailto:rebecca.gould11@nhs.net)**



[www.movingmedicine.ac.uk/pacc](http://www.movingmedicine.ac.uk/pacc)

