



PHYSICAL ACTIVITY CHAMPION TRAINING

Upskill your workforce and build capacity to better organise and promote workplace physical activity

The most effective way to promote health messages in a workplace is through word of mouth and peer support.

Developed in partnership with the British Heart Foundation, our one day Physical Activity Champion training course energises employees to engage their colleagues to be more active.

Individual places can be booked on MSP's quarterly open training courses, or alternatively a bespoke course can be organised for your workplace.

SUITABLE FOR

- HR professionals, or staff with a role in health and wellbeing
- Marketing and Communications professionals
- Staff with an interest in physical activity, sport or health

EMPLOYER BENEFITS

- ✓ Builds organisational capacity by having employees to support the HR function in promoting physical activity
- ✓ Gateway to accessing further physical activity and sport opportunities
- ✓ Low cost full day training course
- ✓ Provides development opportunity for employees

“What a success - we now have 50 inspired, knowledgeable and enthused colleagues who are already back in their workplaces organising initiatives to improve activity levels and morale in their offices!”

Sue Radin, Group Workplace Services Manager at Shop Direct

PARTICIPANT LEARNING OUTCOMES

Employees will come away armed with an understanding of:

- Physical Activity evidence and guidelines, and how sport and physical activity can improve the health of colleagues and effectiveness of the organisation
- Simple and practical ideas, resources and sources of support that can be implemented quickly and cost effectively in the workplace
- Behaviour change principles, to motivate and inspire colleagues to be more active

EMPLOYEE BENEFITS

- ✓ Empowers individuals with a passion for activity/sport with a platform to influence others at work
- ✓ Fun and informal mixed learning style training day with practical activities
- ✓ Access to a network of over 200 Champions from across the region to share ideas and best practice with

“Excellent and enjoyable training that’s provided the tools and ideas I need to take action and get employees and my employer more engaged and active.”

*Kathy Smith, Liverpool Women’s Hospital
NHS Foundation Trust*

COSTS

Places can be booked on MSP’s regular open courses (10.00am to 4.00pm session) from £50 per person.

Alternatively, a bespoke course can be delivered to your organisation at a discounted rate (min 12 participants).

FIND OUT MORE

Contact MSP’s Active Workplaces team on 0151 728 1811 or email activeworkplaces@merseysidesport.com



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