NBE

MOVING & HANDLING AWARENESS DAY

29th May

DID YOU KNOW...

Since 1993 the proportion of adults in England who are **overweight** or obese has risen from 52.9% to **64.3%**, and the proportion who are **obese** has risen from 14.9% to **28.9%**.

Want to learn more and see how you can better support your patients? Visit www.nationalbackexchange.org or scan the QR code.

Obesity

MOVING & HANDLING AWARENESS DAY 29th May

- Among its many health benefits, physical activity plays a key role in maintaining a healthy weight. While this can be challenging for individuals with limited mobility, even small movements are better than nothing at all.
- Physical activity doesn't have to mean going to the gym -activity can take many forms and happen in everyday settings. Simple daily activities, such as getting up to make a cup of tea or walking to the toilet, contribute to staying active. Additionally, exercises can be performed while seated or even in bed.
- Moving & handling practices can support individuals in being more active and independent. When providing support, we should always consider, what can the person do for themselves? For example, a person who requires a hoist for transfers may still be able to roll or lean when fitting the sling, attach the sling loops to the hoist, or operate the hoist handset themselves.
- Encouraging even the smallest movements promotes independence and overall well-being.

Useful Links:
NHS (2025) Physical activity guidelines for older adults. Available at: Data: NHS Digital Chart: House of Commons Library
NHS (2025). Sitting exercises. Available at: Data: NHS Digital Chart: House of Commons Library
NHS (2025). Healthier families: activities. Available at: Data: NHS Digital Chart: House of Commons Library