# **Title:** Physical Activity for the Management and Prevention of Long-term Conditions

**Date:** Wednesday 27th March

**Time:** Drinks reception 6:30pm, Talk 7-8pm

**Venue:** Medical Education Centre, HRI

**Blurb:**

This talk will focus on the most up-to-date, evidence-based information about the benefits of physical activity and the UK CMOs’ physical activity guidelines. It will empower participants to have physical activity conversations with their patients and may even inspire them to improve their own activity levels!

Dr Varun Anand is a portfolio GP in Hull with a special interest in Lifestyle Medicine. He is a Physical Activity Clinical Champion for Yorkshire and Humber and Bupa Health Assessments GP. Varun was a previous Vice President of the Hull Medical Society and former chair of the RCGP Nutrition and Lifestyle Special Interest Group.

**Register for free here:** [t.ly/0cetq](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Ft.ly%2F0cetq&data=05%7C02%7Cvarun.anand%40nhs.net%7Cebc3c2284a4a4244a7f308dc43876e5d%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638459497640774283%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Ff1yEFBETJ1uKpWpxeI862wez6qUoYH9nkWw65H8FOI%3D&reserved=0)

If you would like to book this free training session for your staff e.g. for a PTL or CPD meeting, please contact: [varun.anand@nhs.net](mailto:varun.anand@nhs.net)