



Society for Academic Primary Care

## Special Interest Groups - Annual Report 2025

Please submit by 23rd January 2026

### Group Details

**Special Interest Group Name**

Physical Activity/ Exercise as Medicine

**Name**

Rosina Cross

**Name**

Emma Healey

**Date**

16/01/2026

### Annual Report

As a rough guide for maximum number of words – 400 but if you wish to write a longer report this is fine.

Please complete the categories below:

**Annual Report**

SAPC Physical Activity Exercise as Medicine SIG Annual Report 2025.docx

**Activities**

Maintained and expanded SIG membership and communications, increasing engagement across researchers, clinicians, educators, and trainees.

Delivered a SIG meeting at SAPC ASM 2025, welcoming new members and facilitating discussion on priorities, implementation challenges, inclusive language, and Equity, Diversity and Inclusion in physical activity promotion.

Increased SIG visibility through SAPC platforms and social media, linking SIG activity with ongoing NIHR-funded research and behavioural science approaches.

**Future Plans**

Conduct a short member survey to shape SIG priorities and ensure activities are member-led.

Deliver an joint online webinar series with MLTC SIG and develop a shared resource hub to support pragmatic physical activity promotion in primary care.

Establish a regular SIG newsletter and strengthen collaborations with aligned organisations to extend reach and impact.

**Evidence of impact of the SIG**

During 2025, the SAPC Physical Activity / Exercise as Medicine SIG demonstrated growing impact by strengthening interdisciplinary networks and creating a national forum for researchers, clinicians, and

educators to advance physical activity as a core component of primary care. Key activities, including the SIG meeting at SAPC 2025, supported cross-disciplinary dialogue, welcomed new members, and shaped future priorities around implementation, inclusivity, and equity, laying strong foundations for sustained impact.

**Outcomes from SIG meeting at last SAPC ASM (if held)**

The SIG meeting at SAPC ASM 2025 strengthened member engagement and welcomed new members, while providing a forum to identify shared priorities and barriers to embedding physical activity in primary care. Key outcomes included an explicit commitment to Equity, Diversity and Inclusion, critical reflection on inclusive language (e.g. “exercise” versus “movement”), and agreement on next steps including a member survey, webinar series, and shared resource development to support real-world impact.

**How affiliation with SAPC has helped the SIG**

Affiliation with SAPC has provided the Physical Activity / Exercise as Medicine SIG with national visibility, credibility, and a clear platform to engage a diverse primary care research community. SAPC support has enabled the SIG to connect researchers, clinicians, and educators across institutions, host a well-attended meeting at the SAPC Annual Scientific Meeting, and align its activities with wider SAPC priorities, strengthening the SIG’s reach, impact, and sustainability