



# This Mum Moves Ambassador Training

This Mum Moves (TMM) Ambassador Training is a **half-day training event** that will equip professionals with the **knowledge, skills, and confidence** to discuss **physical activity** during pregnancy and after childbirth.

The training is delivered live via Zoom and will provide learners with access to a **digital toolkit** to support conversations and further learning. It will also provide participants with the **resources** to facilitate the promotion of physical activity, including cascade and promotional materials. This training has been accredited by the CPD Standards Office and the workshop **equates to 3 CPD points**.

## What is This Mum Moves?

TMM is an educational programme which aims to empower women to make informed physical activity choices throughout pregnancy and beyond by providing professionals with the tools to discuss physical activity during the childbearing years. The programme has been co-produced by women and professionals, piloted in five areas of England, and evaluated independently over the last three years. From 2022, the programme is being delivered in partnership by the [Active Pregnancy Foundation](#) (APF) and [Institute of Health Visiting](#) (iHV).

## What will I learn on this training?

This training is aimed at professionals who work with and have regular contact with women during their childbearing years. The learning objectives are:

1. To be familiar with the evidence base for physical activity during and beyond pregnancy, including national guidelines and activity level definitions;
2. To effectively promote physical activity using the Chief Medical Officers' (CMO) physical activity guidance;
3. To provide appropriate and timely advice, guidance and signposting to trusted resources;
4. To be able to access resources to support physical activity conversations and engagement; and
5. To understand the role of a TMM Ambassador in raising awareness and increasing physical activity engagement as part of a healthy lifestyle.

## Training Date:

29th March 2023 - 9.00-1.00pm

## Applying for a training place:

To apply for a training place, please complete this [expression of interest form](#). Please direct any questions to [Donna.Sutton@activelincolnshire.com](mailto:Donna.Sutton@activelincolnshire.com).