



Active Together

Physical Activity Framework (2022-2031)

Leicestershire Health & Wellbeing Board: June 2026

active-together.org



ACTIVE TOGETHER

- Local Active Partnership for Leicestershire, Leicester & Rutland.
- Active Partnerships have been set up as the delivery system for physical activity to ensure national resources have local reach.
- Active Together is here to make physical activity and sport more accessible.
- Strategic work, delivery through local partners.

National



Local



PHYSICAL ACTIVITY: THE WHY

“If physical activity was a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat.” [C⁷MO]

Health and Long-Term Health Conditions



Physical inactivity is associated with 1 in 6 deaths in the UK and costs society more than £7 billion each year.⁵



• 5 - Office for Health Improvement & Disparities: Physical activity: applying All Our Health [OHID] (2022).

Living an active life is essential for preventing and managing chronic conditions:⁶



- | | | |
|---|---|--|
| All causes of death | Stroke- up to 30% reduction | Cancer- up to 25% reduction |
| Type 2 diabetes- up to 50% reduction | Depression- up to 30% reduction | Joint and back pain- up to 25% reduction |
| Hypertension- up to 50% reduction | Cardiovascular Disease- up to 25% reduction | Falls and frailty- up to 21% reduction |
| Coronary Heart Disease- up to 30% reduction | | Obesity- up to 10% reduction |

PHYSICAL ACTIVITY: THE CHALLENGE

Physical Activity Trends

Sport England Active Lives Physical Activity Data

Adults

65.2%
Active

11.7%
Fairly
Active

23.1%
Inactive

CYP

50.2%
Active

21.4%
Fairly
Active

28.4%
Inactive

OUR RESPONSE: PHYSICAL ACTIVITY FRAMEWORK



PHYSICAL ACTIVITY FRAMEWORK

2022 - 2031

Working across Leicestershire, Leicester & Rutland
to reduce inequalities in Physical Activity



Sets out our collective message about importance of physical activity

We will work collaboratively use physical activity as a tool to improve wider societal outcomes

A clear ambition to reach those people who find it most difficult to be physically active

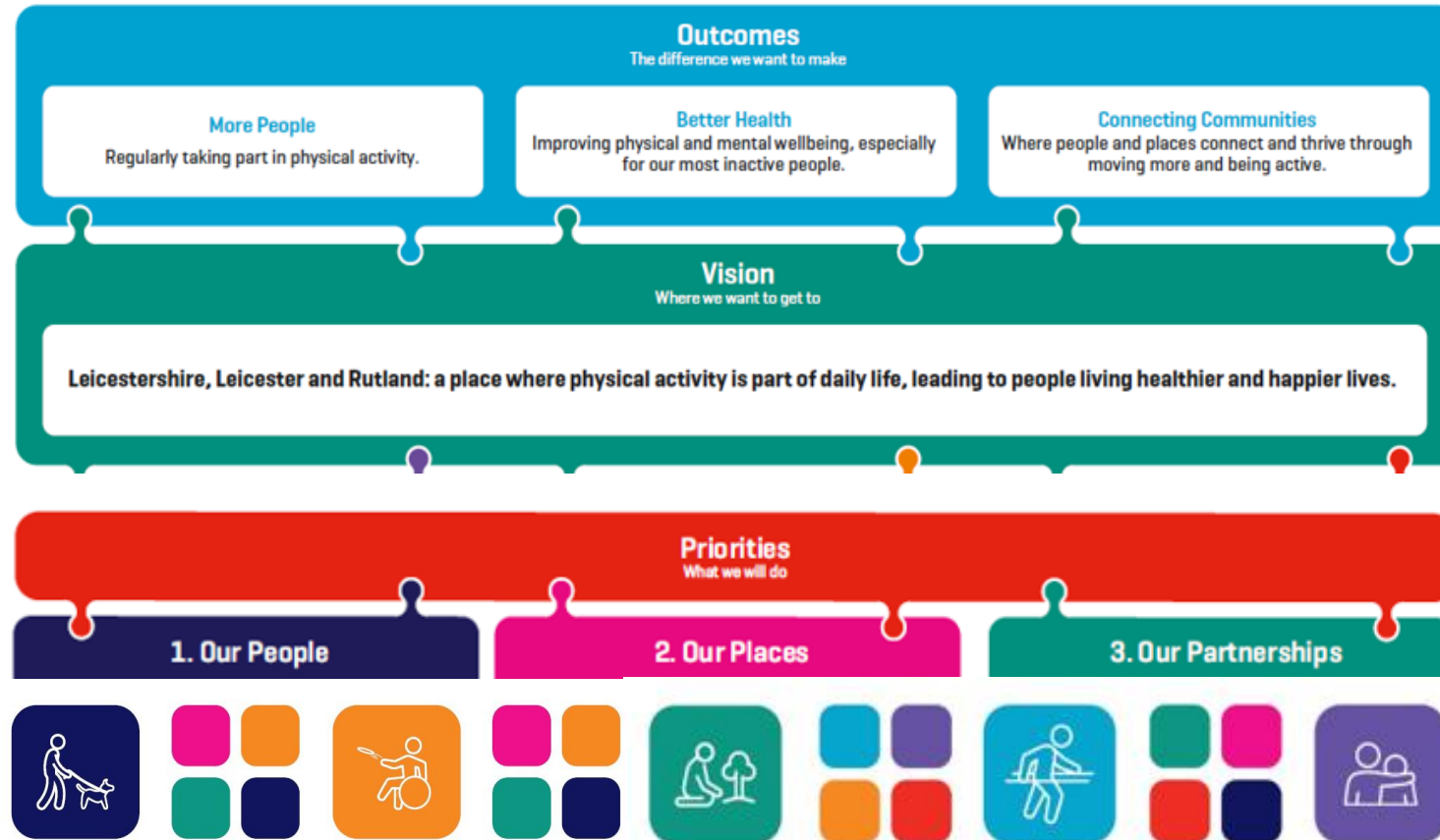
It is explicit about reducing inequality of access to physical activity and tackling physical inactivity

Targeting our resources where they are most needed

A call to action for our partners

OUR RESPONSE: PHYSICAL ACTIVITY FRAMEWORK

2022 to 2031 – Framework Summary

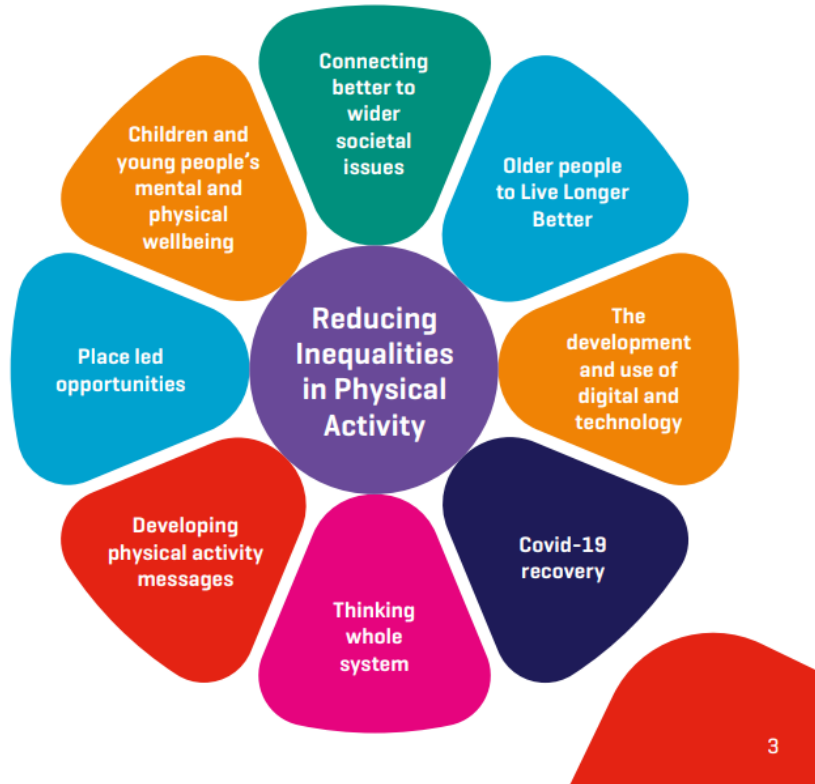


PHYSICAL ACTIVITY FRAMEWORK REVIEW

Our Partners Priorities

From listening to our partners and communities we have developed a better understanding of what is important and what priorities we should focus on to make a difference to people's lives.

Our key priorities for the next decade are to encourage people to move more by supporting:



THE ASKS



Physical activity isn't a 'nice to have' - it is essential to support people to live healthier and happier lives.

Physical activity can positively change the lives of people of all ages and backgrounds across Leicestershire, Leicester and Rutland. Getting people to move more is not just the responsibility of the physical activity sector, physical activity can contribute to positive outcomes linked to health and wellbeing, climate change, planning and economic growth.

Reducing levels of inactivity is a complex challenge and it is the collective power of collaboration across multiple partners that will enable us to make a difference.

Ask of the Health & Wellbeing Board Members is to:

- Note the approach to reviewing and refreshing the Physical Activity Framework.
- Support the Physical Activity Framework and the collaborative approach to delivery of its priorities.
- Champion physical activity within their respective organisations and partnerships.
- Promote and engage with the Physical Activity and Wellbeing Residents Survey.



Active Together

Further Information

For further information on the Active Together Partnership: Physical Activity Framework 2022-2031 and Active Together Partnership: Annual Review, please visit: <https://www.active-together.org/framework>

For further information on the support provided to local partners, please visit: [Partners | Active Together](#)

For further information on the support provided to local residents, please visit: [Let's Get Moving | Active Together](#)

For further information on the Physical Activity and Wellbeing Residents' Survey 2026, please visit: www.active-together.org/toolsandresources-residentssurvey and www.active-together.org/pasurvey



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