



YMCA Awards

Level 3 Promoting wellness
through client motivation and
interaction

2018

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**Evidence-based health and
wellbeing advice**

Learning outcomes

By the end of this session you will be able to:

- Identify sources of reputable health and wellbeing advice and information for clients
- Summarise the evidence-based health benefits of physical activity
- Present evidence-based health benefits of physical activity to promote health and well being

Reputable evidence-based resources of health and wellbeing advice

- American College of Sport Medicine (ACSM)
- Register of Exercise Professionals (REPs)
- NHS.uk
- Health.org.uk
- Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)
- UK Active

Sources of health and wellbeing advice

- Books
- Leaflets
- Magazine articles
- Posters
- Research articles
- Websites
- Reputable organisations



Always determine whether a source of information is suitable for a client and critically evaluate each source prior to use, asking the following questions:

- Is the content suitable for the client?
- Does the content add value, support or guidance?
- Is the author/source trusted and are they recognised as an expert in their field?
- Can the author's expertise be validated?
- Can the facts discussed in the information source be verified as accurate?

