



When we say **Movement Beyond Medicine**, we mean looking at movement as more than a tool for treating or preventing illness.

In healthcare and public health, movement is often described as “medicine”, or through phrases such as “movement is medicine” or “exercise is medicine”, because of the strong evidence showing how physical activity improves health and helps manage many conditions. This framing has played an important role in helping professionals recognise the value of physical activity and integrate it into clinical care.

Movement Beyond Medicine builds on this progress.

It expands the conversation by recognising that movement is also part of everyday life; how people travel, work, care for others, play, connect and participate in their communities. Movement is a fundamental human experience, and everyone should have fair opportunities to take part in ways that are meaningful to their lives.

When physical activity is shaped around the person, their environment and what matters to them, it becomes more than exercise. It can support empowerment, strengthen relationships, create a sense of belonging and contribute to positive health and occupational outcomes.

“For me it’s not about exercise anymore. It’s about feeling like I belong somewhere again.” – Participant

Rather than replacing clinical approaches, Movement Beyond Medicine complements them. It highlights the importance of creating the conditions that allow movement to be meaningful, inclusive and sustainable in people’s lives, particularly for those who have experienced barriers to participation.

“As a carer, the difference is seeing my son recognised for who he is, not just what support he needs.” – Carer

By recognising the relationship between people, their environments and the occupations that give life meaning, this approach helps unlock the full therapeutic potential of physical activity; supporting people not only to manage health conditions, but to participate, contribute and belong within their communities.

“This approach reminds us that movement is not just treatment, it helps people reconnect with everyday life, and supporting this is as important as delivering traditional clinical care.” – Healthcare professional

