Many nurse educators are working more and more in sedentary roles. For example, nurse educators may sit for several hours a day working on computers or teaching online. There is data suggesting that many adults do not get the proper amount of needed physical activity. For example, every gains benefits from engaging in physical activity. There is compelling research evidence of the benefits of physical activity. There is also a growing body of research and evidence on what interventions are most impactful at the individual and community levels to get adults to exercise (Health and Human Services, 2018).

Achieving the benefits of physical activity depends on our personal efforts to increase activity in ourselves, family, friends, patients, and colleagues. Action is also required to get adults to exercise at work and in the community.

This evidence-based practice (EBP) project focuses on exercise benefits and barriers perceived by nurse educators over the age of 18 working in a large urban nursing education program.

**Purpose**
The purpose of this EBP project is to help nurse educators develop sustainable behavior change strategies to increase physical activity at work and at home.

**Short Term Goal**
The short term goal for this project is to implement a national clinical guideline to increase physical activity consistent with evidence-based guidelines for adult physical activity according to the Physical Activity Guidelines Advisory Committee Report 2018 (U.S. Department of Health and Human Services, 2018).

**Long Term Goal**
To decrease physical disability, prevent chronic disability, and decrease incidence and prevalence of chronic diseases like cardiovascular disease, diabetes, and obesity.

**PICOT**
The PICOT statement for this EBP project is, “In a population of nurse educators over the age of 18 working in a large urban nursing education program (Population), how does an evidence-based educational intervention (national clinical guideline for adult physical activity) help nurse educators develop sustainable behavior change strategies to increase physical activity at work and at home (Intervention) as measured on pre and posttest scores on the Exercise Benefits-Barriers Scale (EBBS) (Outcome) by the same group of nurse educators (Control) over eight weeks (Time).”
**Keywords:**
Evidence-based clinical guidelines, Exercise Benefits and Nurse Educators

**References:**

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**Abstract Summary:**
More and more nurse educators are working in sedentary roles and not getting the required amount of physical activity needed to prevent disabling or chronic disease. The focus of this educational activity is to share national guidelines for adult physical activity and exercise to prevent chronic disease in nurse educators.

**Content Outline:**

*Overview:*
This evidence-based practice (EBP) project focuses on exercise benefits and barriers perceived by nurse educators over the age of 18 working in a large urban nursing education program.

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The purpose of this EBP project is to help nurse educators develop sustainable behavior change strategies to increase physical activity at work and at home.

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**First Primary Presenting Author**
Primary Presenting Author
Carol M. Patton, DrPH, RN, FNP-BC, CNE
Sacred Heart University
College of Nursing
Associate Clinical Professor
Fairfield CT
USA

Author Summary: Dr. Patton has published and presented nationally and internationally on several topics related to clinical nursing practice and organizational leadership and change to create high reliability organizations focusing on patient safety, quality, and nurse satisfaction and retention. Dr. Patton serves as a nursing consultant on healthcare communications and other key topics and concepts focusing on development of high reliability teams and specifically on developing strategies and cultures to enhance patient safety and quality.