



ACTIVE PRACTICE CHARTER

WHAT IS IT?

The Active Practice Charter is an initiative by The Royal College of GPs and Sport England to inspire and celebrate GP practices that are championing the role of physical activity in improving our health and wellbeing.

WHY IS IT IMPORTANT?

- Physical inactivity costs the nation £7.4 billion a year
- 40% of local residents do NOT meet CMO guidelines
- Inactivity accounts for 1 in 6 deaths
1 in 4 people defined as 'inactive'
- Huge range of benefits to being active
- Physical activity can reduce the risk of coronary heart disease and stroke by as much as 35%

WHY JOIN?

- Increasing physical activity and reducing sedentary behaviour in patients and staff
- Partnering with local activity providers to support the practice to get more people active
- Surgeries will receive a certificate recognising their status to display in reception areas.

GET IN TOUCH...

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