



Royal College of General Practitioners

Our practice has been awarded the 'RCGP Active Practice Charter'

As a practice we recognise the health benefits of regular physical activity and breaking up time seated or lying awake. We have been awarded for achieving the RCGP Active Practice Charter by making the following active changes:

» To reduce sedentary behaviour in staff by:

introducing weekly standing meetings

» To reduce sedentary behaviour in patients by:

creating a standing space in the waiting room

» To increase physical activity in staff by:

set up a surgery walking and running group

» To increase physical activity in patients by:

set up a PPC walking group

» To be part of an active community we have partnered with:

Hartshill Ramblers

Regularly active people have lower health risks

