



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:

» To reduce sedentary behaviour in patients by:

» To increase physical activity in staff by:

» To increase physical activity in patients by:

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

Regularly active people have lower health risks

