



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:**

Using standing desks, being a Parkrun practice for staff to participate/volunteer at / support colleagues, Run Talk Run - a weekly mental health support run, providing hints and tips on social media/ Workplace wellbeing checks and talks

» **To reduce sedentary behaviour in patients by:**

Promoting using the stairs instead of the lift where practicable/ providing cycle rails for active visits to the practice / providing hints and tips on our social media pages to keep and stay active

» **To increase physical activity in staff by:**

Charity staff walks / Green-roofed bicycle shelter to promote staff to cycle to work / Promoting Parkrun and Run Talk Run / Introducing lunchtime / cycle to work scheme / encouraging walk meetings

» **To increase physical activity in patients by:**

Promoting Parkrun/being a Parkrun practice, Starting a Run Talk Run group / advertising local exercise groups

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

Crawley Wellbeing team / Parkrun / Run Talk Run / Active Sussex / Crawley Town football Foundation

Regularly active people have lower health risks

