

Active Practices

Guide for healthcare professionals

What is it?

The Active Practice Charter is an initiative that recognises and celebrates practices making positive changes to boost staff and patient wellbeing through physical activity and movement.

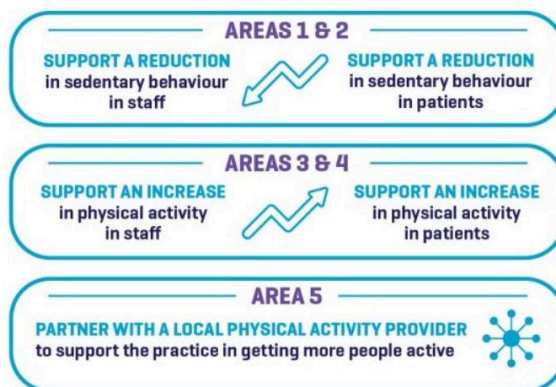
Why is it important?

- Improved mental wellbeing of patients & staff
- Improved physical health of patients & staff
- Improved confidence about movement & health
- Stronger local community relationships
- Increased influence on other practices
- Reduced pressure on NHS services
- Recognition locally, regionally, and nationally
- Level of influence on other practices & places

1 in 4 people say they would be more active if it was recommended by a healthcare professional!

What do I have to do?

Practices must demonstrate how they're meeting these areas:



GM Moving can help:

- > Set up training for staff to improve confidence
- > Gather evidence and submit your application
- > Connect you with local groups and activities
- > Promote your practice through case stories
- > Work with you to continue the work and embed a culture of moving for health

Get in touch

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Find out more

