



RCGP Active Practice



RCGP PHYSICAL ACTIVITY HUB

# THE ACTIVE PRACTICE CHARTER

Join the movement today  
#RCGPAPC



## 5 KEY STEPS

- 1 & 2) Support a reduction in **sedentary** behaviour in staff & patients
- 3 & 4) Support an increase in **physical activity** in staff & patients
- 5) **Partner** with a local physical activity provider to support the practice in getting more people active