

# Active Practice Charter

'From a health point of view, activity is one of the best things you can do for both physical and mental health. Prof. Chris Witty 2025

## WHAT?

**Set up by the Royal College of General Practitioners (RCGP) and Sport England in 2019.**

An easy way to make some simple but impactful changes in your practice that demonstrate to your patients and staff that you mean it when you say that 'movement is the best medicine'. Great example of social prescribing in action, and an excellent case study for the Care Quality Commission (CQC).

**Designed by GPs for GPs.** All about making the process as easy as possible - simple steps, no end date and no monitoring/ evaluation process.

**You just need to demonstrate that your practice has taken steps to**

- increase physical activity in staff and patients; reduce sedentary behavior and;
- partnered with a local physical activity provider to do this.

Examples could be turning off your inpatient call system and walking to collect a patient, playing a seated exercise video on the waiting room screens, setting up a staff walk, or signposting patients to local physical activity groups.

**Most surgeries are already taking steps towards becoming an Active Practice without knowing it.**

## HOW?

- **Identify a Lead from the Practice** – this could be clinical or non-clinical staff eg the Practice Manager, GP, Social Prescriber, Health and Wellbeing Coach
- **Consider what you're already doing in your practice to support physical activity** - you may already be doing things which qualify you
- **Start introducing new activities** – examples overleaf
- Complete the short [application form](#) RCGP Active Practice sign up providing details of the changes you have implemented in each section and how these have made a difference (minimum of 50 words per section).

## Resources

Click here for helpful resources and websites



## Help

Please email us at: [marketing@activepartnerstrust.org.uk](mailto:marketing@activepartnerstrust.org.uk) if you need support completing/ submitting your application.



# Some suggestions...

## Support a reduction in sedentary behaviour in staff

- Switch off the inpatient call system, so clinicians walk to the waiting room to collect patients
- Have staff walking meetings
- Encourage use of stairs rather than lifts
- Organise a session on the importance of Moving More in your Protected Learning Time
- Make movement breaks a normal part of your work culture

## Support an increase in physical activity in staff

- Sign up to a bike to work scheme and install bike parking racks
- Introduce a regular yoga or Pilates session for staff
- Seek a group deal at a local leisure centre so staff can get reduced rates
- Set up practice challenges, e.g. local 5K, swimming events, step challenge
- Organise monthly team activities like bowling, litterpicking, or walking

## Support a reduction in sedentary behaviour in patients

- Install bike racks outside the surgery
- Signpost your stairs clearly explaining the benefits over using the lift
- Use the waiting room screen to guide patients through seated exercise
- Send exercise advice to targeted groups of patients
- Prescribe movement - eg "Walk 10 minutes every day", "Stand up every TV advert" on prescription pads along with medications to make movement feel as important

## Support an increase in physical activity in patients

- Advertise ways to move more locally by displaying posters, leaflets, ads, seated exercise clips on your noticeboards and screens
- Provide training for your social prescribers or other frontline non-clinical staff in the principles of physical activity
- Start a Wellbeing or Nordic Walking group from the practice
- Become a parkrun practice and promote to patients
- Link activity recommendations to patients' specific health conditions - "Walking 10 minutes daily will help your diabetes control" or "These exercises will strengthen your back and reduce pain."

## Partner with a local physical activity provider to support getting more people active

- Sign up with your local parkrun to be a [parkrun practice](#)
- Partner with a local leisure centre or instructor to set up a wellbeing walk from your surgery or in the neighbourhood
- Approach a local leisure centre or other fitness provider to offer a discounted rate for patients registered with your practice who have an existing long-term condition
- Invite a local commissioned health and wellbeing provider to do a drop in health and wellbeing session at your practice



Active Practice  
Charter