

BECOME A PARKRUN PRACTICE



**ENCOURAGE GPs, STAFF & PATIENTS TO WALK, JOG,
RUN, VOLUNTEER AND SPECTATE AT PARKRUN**



FRIENDLY, ENJOYABLE 5K EVENTS
Every Saturday morning



FREE & EASY TO TAKE PART
No need for special equipment
or clothing



BE PART OF A COMMUNITY
Make new friends & socialise



BUILD CONFIDENCE
Track progress & achieve new goals



OPEN & ACCESSIBLE TO ALL
No experience necessary



IMPROVE HEALTH & WELLBEING
Encourage active lifestyles



PROMOTE SOCIAL PRESCRIBING
Link primary care with community
organisations



DEVELOP SKILLS
Opportunities to volunteer

Find out more at

rcgp.org.uk/parkrun