

Two Rivers Medical Practice

Sep 19- Mar 21



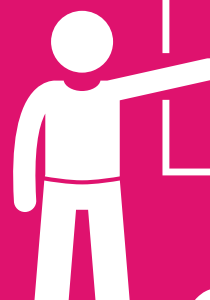
104
Clients
supported



32%
Males

52
Average age

68%
Females



33

Clinical & non- clinical
staff received physical
activity training



After 3 months on the service...

59%

clients achieved

60

minutes of moderate
physical activity



24%

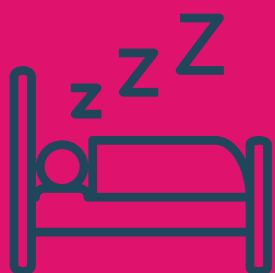
clients achieved

150

minutes of moderate
physical activity

62%

of clients experienced
improved mental
wellbeing



37%

improved their
sleep



49%

of overweight/obese
clients reduced their
BMI by 3

29%

improved access to services & activities
where they live.

22%

Felt closer to other people