**Suggested social messaging**

**Hashtags to use: #parkrunpractice, #parkrunRCGP and #parkrunprescription**

**Facebook**

We're proud to be a #parkrunpractice. This will help us improve the health and wellbeing of practice staff and patients. Why not give your local parkrun a try?

-Everyone is welcome - whether you walk, jog, run or volunteer.

-FREE 5k events every Saturday morning in venues around Norfolk.

-Open to all regardless of health conditions, inactivity, disabilities or age

To find out about parkrun events in Norfolk visit

[www.parkrun.org.uk](http://www.parkrun.org.uk)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

GP practices are being encouraged to link with local parkruns to become certified #parkrunpractice. This is a ground-breaking initiative with @The Royal College of General Practitioners and @parkrunUK to see physical activity prescribed to patients instead of medication #parkrunprescription

Why not give your local parkrun a try?

To find out about parkrun events in Norfolk visit

[www.parkrun.org.uk](http://www.parkrun.org.uk)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fantastic news! @parkrunUK has joined forces with @The Royal College of General Practitioners to launch the ground-breaking #parkrunpractice initiative. There’s no better way to change the lives of practice staff and patients.

To find out about parkrun events in Norfolk visit: [www.parkrun.org.uk](http://www.parkrun.org.uk)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(We are proud to be a parkrun practice image)

**Twitter**

Delighted to announce that we are now a "#parkrunpractice". This will help us improve the health and wellbeing of practice staff and patients.

To find out about parkrun events in Norfolk visit: [www.parkrun.org.uk](http://www.parkrun.org.uk)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

GP practices across the UK are linking with parkrun events to improve the health and wellbeing of staff and patients! Why not give your local parkrun a try?

To find out about parkrun events in Norfolk visit: [www.parkrun.org.uk](http://www.parkrun.org.uk)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fantastic news! @parkrunUK has joined forces with @RCGP to launch the ground-breaking #parkrunpractice initiative. There’s no better way to change the lives of practice staff and patients. To find out about parkrun events in Norfolk visit: [www.parkrun.org.uk](http://www.parkrun.org.uk)

(We are proud to be a parkrun practice image)