

#61 BHF - NATIONAL CENTRE: PHYSICAL ACTIVITY + HEALTH, LOUGHBOROUGH UNIVERSITY

LOUGHBOROUGH UNIVERSITY

Website, 2018

Topic for advocacy HEPA, Physical Activity and Health

<http://www.bhfactive.org.uk/home/index.html>

Description of the good example

The British Heart Foundation National Centre for Physical Activity and Health (BHFNC) is well recognised across the UK for its leading role in the promotion of physical activity and health. From their website is possible to find guidelines and ideas on how to be active during the whole life and as well many useful documents, such as case studies, evidence and practice briefings, fact sheets and presentations for advocacy inspiration.

Target - Who can best use this example or document?

Local authorities, NGOs and sports clubs, community at large, local and national government.

Highlights and outcomes

Why could it be useful for your organisation and advocacy?

BHFNC provides leadership and advocacy for those seeking guidance on how to: raise the profile of physical activity, call for greater investment in health promotion and physical activity, improve the infrastructure and services to support more active lifestyles.

Learning points - What can we learn from it?

Website provides guidance and ideas on how to live a healthy and physically active life and many useful materials for advocacy.

Further information

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<http://www.ssehsactive.org.uk/home/index.html>

**All information in this entry is sourced from the link above and contact mentioned in the document.*