

Moving Together in County Durham

Physical Activity Strategy and Action Plan

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Better for everyone



What do we want to achieve?

Our Vision:

County Durham residents will be more active, enabling them to live longer, healthier, and happier lives.



Our Mission:

Bringing people and organisations together with a shared purpose of helping everyone in County Durham.

In order to:

- Increase movement across the life course
- Help those with the greatest needs
- Reduce the inequalities gap

The core principles of this strategy



Who or what is the system?



How will we achieve these objectives?

Our priority action areas

