



PCT gets people moving for cardiovascular disease prevention

Nurse specialist Pracxie Ndebele swings into action at Montem Leisure Centre in Slough as she works with a patient taking part in a programme for the prevention of cardiovascular disease commissioned by Berkshire East

primary care trust. The family based MyAction programme is being delivered by a growing number of PCTs and is a partnership between Imperial College London and the charity Mytime.

The programme is based on trials

by the cardiovascular academic team at Imperial led by Professor David Wood.

The study was carried out to develop a strong evidence base for how improvements in lifestyle can reduce risk factors for health.