national governmental action to improve physical activity, thereby improving the health of our nation and inspiring a generation to be fitter and less fat. Surely then the legacy of the Olympic Games will be achieved.

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Acknowledgement

The digital patient

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Clinical Medicine 2013;2:252-7.

The authors of this article would like to make the following disclaimer statement:

The work underpinning this article was supported by the Engineering and Physical Sciences Research Council (EPSRC) [Grant EP/ F058845/1] and the National Institute for Health Research (NIHR) Oxford Biomedical Research Centre Programme. The views expressed are those of the authors and not necessarily those of the EPSRC, the NHS, the NIHR or the Department of Health.