



GET HEALTHY, GET INTO SPORT

The Get Healthy Get Into Sport Project (2013-2016) made some incredible, life changing steps for the individuals involved. Working with mentors and activity instructors they increased their physical activity levels and made positive steps towards a healthier lifestyle.

533

participants received a **tailored** sport and physical activity **programme**

90%



rated their Mentor session as being '**excellent**' or '**good**'

70%



met their goals whilst participating in the programme

52%



agreed they would **not have engaged** in sport and physical activity **without a mentor**

164



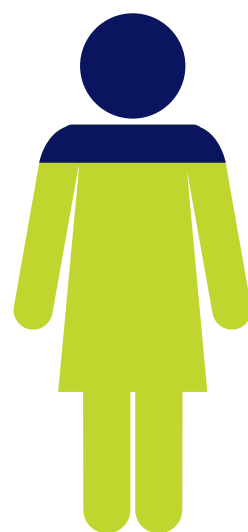
voluntary hours completed by **27 community champions**

Participants were predominantly:

Male [30%]



Female [70%]



At the 3 and 6 month follow-up:



Gym was the **most popular form of exercise** followed by swim and exercise classes

1X 30

Proportion of participants taking part in **1 x 30 minutes** of sport per week **significantly increased**

150 MINUTES PER WEEK

Proportion of participants meeting the current recommendation to participate in at least **150 minutes per week** of moderate intensity physical activity **significantly increased overall**

It was a **challenge** to focus solely on **physical activity**

Stronger links with wider **lifestyle programmes** need to be made

Need to **consider further support** mechanisms **post** the **6 months** provided

Extended lead in **time** and **project length** is required

Participants **enjoyed** taking part with **family and friends**

Celebration evenings and **mass participation events** were **key social elements** of the scheme



For more information and to watch the Get Healthy Get Into Sport video, visit:

www.lrsport.org/ghgis



Community **champions** needed to be **existing active participants** rather than participants on the scheme



Word of mouth was the **most common** way in which participants were **recruited** to the programme **[57%]**



Participants interviewed said they were very **happy** and **enjoyed** the programme



Community approach has been **key** to recruit and **delivery**



My **mentor** and I have noticed changes in my **fitness, confidence** and I'm much **more friendly** and chatty



It has given me **structure** and has **motivated me more**, I got a lot **more than I was expecting**



LEICESTER-SHIRE
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PHYSICAL ACTIVITY & WELLBEING



BHF National Centre
physical activity+health



Leicestershire Partnership
NHS Trust

