



# GO Active Gold 2016 - 2017 Infographic

Encouraging adults 60+ in rural areas to live more active lifestyles



**2,664** individuals engaged in GO Active Gold activities



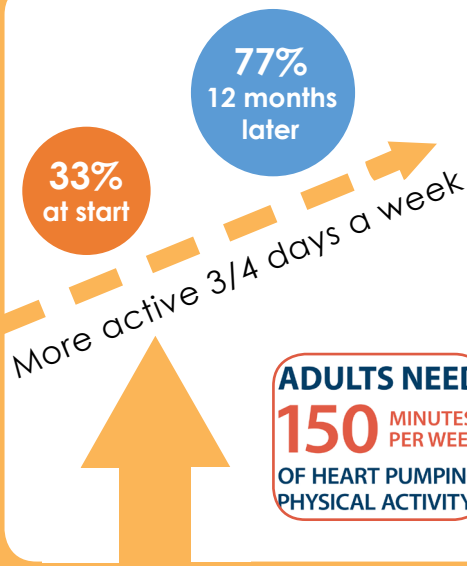
**9,754** events and activity sessions attended



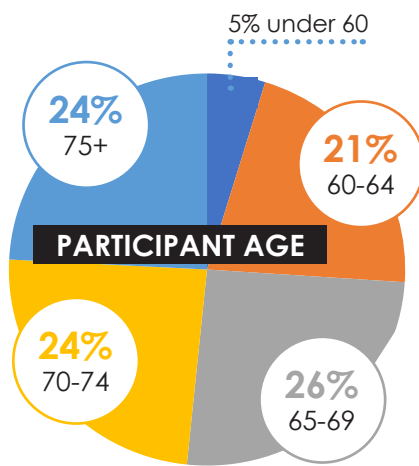
**212** taster events, tournaments and courses were organised



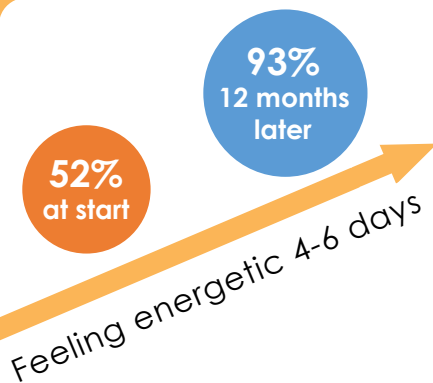
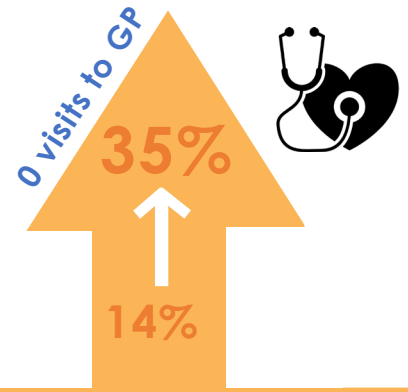
**48** instructors and volunteers deliver weekly activities



**ADULTS NEED 150 MINUTES PER WEEK OF HEART PUMPING PHYSICAL ACTIVITY**



Those who felt happy on 4-6 days per week increased



**91%** participant satisfaction rate

**68** activities still take place weekly



**48** villages engaged



**78%**

participants say they were encouraged by GO Active Gold activities to become more active



**64%** female  
**36%** male

**66%** still participate in project activities 12 months after starting

What participants love most about taking part:

- It is close to where I live
- Exercising with people my own age
- Friendly instructor
- Improved health and fitness

Bowls **Chair** **Aerobics** Nordic Walking  
 Orienteering **Pickleball**  
**Keep Fit** Senior Circuits  
**Swimming** Table Tennis  
 Tai Chi Tennis **Pilates**  
**Walking** **Football** Yoga  
 Zumba Gold

**15** sports & physical activities