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

77% 12 months later
33% at start

More active 3/4 days a week

PARTICIPANT AGE

24% 75+
21% 60-64
26% 65-69
24% 70-74
5% under 60

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

ADULTS NEED 150 MINUTES PER WEEK OF HEART PUMPING PHYSICAL ACTIVITY

35% 0 visits to GP
14%

93% 12 months later
52% at start

Feeling energetic 4-6 days

91% participant satisfaction rate

68 activities still take place weekly

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

64% female
36% male

48 villages engaged

78% participants say they were encouraged by GO Active Gold activities to become more active

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

0 visits to GP