

After engaging with our programmes...

93%
of participants
felt healthier



96%
of participants
felt happier



88%
of participants
felt more confident



80%
of participants
made new friends

92%
of participants
are more active,
more often



96%
of participants intend
to continue being
physically active



To keep up-to-date: >

X | f | @sportrct
www.sportrct.co.uk