

# Sport RCT Case Study

## Getting adults more active – St Margarets RC Primary School Fitbit project

Our Fitbit programme blends modern technology and physical activity, aiming to get people more active. We work with groups that are looking to increase their physical activity levels and improve their general wellbeing. Participants are given Fitbit devices to track their daily steps and we support them over an 8-week period. Those that complete the course are allowed to keep the device long term.

For this project we worked with a group of parents at St Margarets RC Primary school, that were identified by Communities for Work+ staff and the school's Family Engagement Officer. The group of 12 people (11 females and 1 male) had varying ages and backgrounds, but one common goal – to improve their health and wellbeing.

At our first meeting we established baseline fitness levels for each person, which helped us to prescribe individual goals and challenges. We used the following weekly sessions to mentor individuals, set tailored targets, and discuss their progress and any difficulties they had encountered that week. The weather was particularly bad during this period, which was initially a struggle, but the group persevered and worked hard to overcome the challenge.

Over the 8-week period all participants increased their step count. The group total for week one was **548,980**. In the final week, the group achieved an

impressive total of **1,000,000**. This was an average increase of **37,585** per person. Participants benefitted in many ways, physically, mentally, and socially. One individual quit smoking, and many of them commented that they are now more active as a family. Now that the project has finished, the group intend to continue meeting weekly and organising group walks. Every member of the group has joined their local leisure centre, and one has joined Weight Watchers to continue their weight loss journey.

*“This project has helped them all in so many ways. Whether that being in confidence, health, wellbeing, making friendships, becoming a better ‘you’, becoming more active, losing weight, being more sociable - it has been wonderful!”*  
Family Engagement Officer

*“The doctor has told me, to tell you that you saved my life” Participant*

*“I’m feeling a lot better in myself. I have dropped 2 dress sizes.” Participant*



**12**  
participants



**100%**  
feel healthier



**100%**  
intend to continue being active



**8**  
sessions



**100%**  
feel more confident



**100%**  
are more active, more often



**100%**  
feel happier



**100%**  
made new friends