

Sport RCT Case Study

Getting adults more active – Yoga in Llantwit Fardre

The Sport RCT Physical Activity Fund is a small pot of money that allows individuals or groups to access funding to provide doorstep opportunities for the residents of Rhondda Cynon Taf to become more active in their local community. The fund aims to take away the financial burden of getting a new activity off the ground by helping alleviate financial risk with start-up costs such as equipment.

The fund supported Llantwit Fardre Leisure Centre to provide low intensity class to attract new customers who are inactive or unable to attend more vigorous classes. The centre wanted to add yoga and chair yoga to their fitness class timetable, targeting the 60+ population in the local area. Over a 5 week period, 62 people attended yoga, and 61 attended chair yoga.

Both low intensity exercise classes are helping customers to improve their flexibility, balance, and muscular strength, whilst providing social opportunities are benefiting their mental well-being. The class has attracted new members, while also providing additional opportunities to current members.

Customers have said the classes have helped them with health issues due to previous medical conditions. They feel more mobile since attending to the class. They feel more active and some now walk to the centre to attend the class. They feel the class is inclusive to all abilities and ages and feel the class structure is adaptable for all taking part. Customers feel that their confidence has grown through their mobility, and this has had a positive impact on their general well-being in everyday life. - Instructor



10
sessions



100%
feel healthier



100%
will continue taking part



123
participants



100%
feel more confident



100%
are now more active, more often



100%
feel happier



100%
made new friends