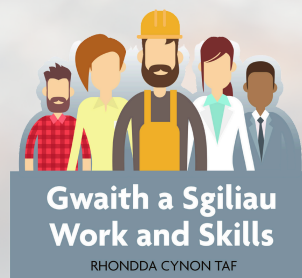


Chwaraeon RhCT
Sport RCT

Miskin Primary Fitbit Project

DELIVERY PARTNERS



Funded by
UK Government

OVER
8
WEEKS

14
PARTICIPANTS

INCREASED THEIR STEPS BY..
901,088

50% FEEL HEALTHIER

40% FEEL HAPPIER

40% ARE MORE ACTIVE, MORE OFTEN

40% FEEL MORE CONFIDENT

50% INTEND TO CONTINUE

40% MADE NEW FRIENDS

“

THIS COURSE IS THE FIRST COURSE THAT I HAVE ORGANISED AT MISKIN PRIMARY SCHOOL THAT OUR PARENTS ENGAGED WITH FROM START TO FINISH. THE POSITIVE IMPACT THAT THIS COURSE HAS PROVIDED FOR OUR PARENTS NOT ONLY PHYSICALLY BUT MENTALLY HAS BEEN AMAZING.

NICK WAS ALWAYS CALM WITH OUR PARENTS WHO CAN AT TIME GET A LITTLE LOUD AND OFF TOPIC.

NICK ALWAYS MANAGED TO SETTLE THEM DOWN AND BRING THE CONVERSATION BACK TO THE COURSE. HE WAS VERY SUPPORTIVE TO ALL THE PARENTS, AND GAVE SOME GOOD INSIGHT INTO THINGS THAT THEY HAD NEVER REALLY THOUGHT ABOUT BEFORE.. FOR EXAMPLE, HE SUGGESTED TO THEM TO LOOK AROUND WHEN THEY ARE ON THEIR WALKS AND TO BE MINDFUL.

ONE PARENT THAT ATTENDED THE COURSE STRUGGLES WITH MENTAL HEALTH ISSUES. WHICH IN TURN HAS AFFECTED HER CONFIDENCE. AT THE START OF THE COURSE SHE COULD NOT SPEAK IN FRONT OF EVERYONE AND WOULD SIT IN THE CORNER OF THE ROOM WHERE SHE WOULD NOT HAVE TO LOOK AT ANYONE. BY THE END OF THE COURSE SHE FELT COMFORTABLE ENOUGH TO MOVE OUT OF THAT CORNER AND EVEN SPOKE TO NICK. THIS IS A MASSIVE ACCOMPLISHMENT FOR HER, AND IS SOMETHING THAT SHE WOULD NEVER HAVE DONE PRIOR TO ATTENDING THIS COURSE.

SAMANTHA - FAMILY LIAISON OFFICER

”

BEFORE

ANXIOUS HEALTH ISSUES PRESSURE
MOBILITY ISSUES BUSY WITH CHILDREN

WISKIN FITBIT PROJECT

AFTER

GOOD FOR MY MENTAL HEALTH LOST WEIGHT
MORE ENERGY GAVE UP SMOKING REALLY ENJOYED
REALLY MOTIVATING MAKING MY DAUGHTER MOVE MORE
GO AT MY OWN PACE MEETING GOALS PUSHING MYSELF
FEEL HEALTHIER, HAPPIER AND BETTER IN MYSELF
LOVED WATCHING MY FITNESS GROW JOINING THE GYM
GOING FOR RUNS AND BIKE RIDES USE THE CAR LESS