



SportRCT Case Study

Getting adults more active – Mountain Ash YMCA Fitbit programme

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.

Following on from the success of our first Fitbit group in Mountain Ash, we embarked on a second project with the Communities for Work Plus team. They identified a group of eight people who had all expressed interest in developing their health and well-being by increasing their physical activity levels. The group in its makeup was very different to the first group, with a mix of ages and genders, and some attending with friends or family members. Each week we met the group for mentoring and monitoring sessions. We take a person-centred approach as each individual arrived with different expectations and needs. We gave them personal and group challenges which kept them motivated and developed a strong team dynamic.

Despite starting off the programme in very different stages, all participants reported improvements and improved their well-being. One gentleman who works full time struggled to

fit in physical activity around working shifts. Now he has more of a balanced lifestyle and uses his time off to get out and about, enjoying local green spaces, which helps him to de-stress from work. His wife, who has a number of health-related issues, did really well to manage her condition, listen to her body and gradually improve her steps each week. Their daughter, who also attended, made the biggest improvement. Achieving the weekly targets set helped her to grow in confidence and this resulted in her joining the gym, which was a pleasant surprise to her parents. All 8 participants completed the 8-week course and it was great to see them using physical activity as a tool to explore their local surroundings and break up their day in a healthy way, whilst actively looking for employment.

“This project has made me aware I’m able to walk a little more. Making me a happier and healthy person.”
“Tracking my steps and being part of the group has motivated me. I was surprised how much I could do.”

