

You have the right
to practise your
own religion

Chwaraeon RhCT
Sport RCT

Ynysybwll Fitbit Project

DELIVERY PARTNERS



POWERED BY
**LEVELLING
UP**



Funded by
UK Government

OVER
10
WEEKS

10
PARTICIPANTS

INCREASED THEIR
STEPS BY..
383,590

AND **100%** OF PARTICIPANTS...

FEEL HAPPIER

FEEL HEALTHIER

ARE MORE ACTIVE, MORE OFTEN

FEEL MORE CONFIDENT

MADE NEW FRIENDS

INTEND TO CONTINUE TAKING PART

“
If it wasn't for this project
and Nick I'd have never had
the confidence to join the
Local women's rugby team.
”

“
This project has
got me out of the
house after being
stuck in the house
for a year.
”

“
I feel a lot better for moving more.. it
makes a difference to my mood and
energy and even though our 8 weeks is
up I know I will carry on being more
conscious of my steps and moving more.
”

*You have the
to practise your
own religion?*

ENCOURAGEMENT

POSITIVE

UPLIFTING

ENERGISING

INSPIRING FRIENDLY CHALLENGING

YNYSYBWL FITBIT PROJECT

REWARDING

CHALLENGED

DETERMINED

MOTIVATING

FOCUSED

UPLIFTING

CONFIDENCE

ENGAGING