



GO Active Gold 2016 - 2017 Infographic

Encouraging adults 60+ in rural areas to live more active lifestyles

www.getoxfordshireactive.org/go-active-gold



2,664 individuals engaged in GO Active Gold activities



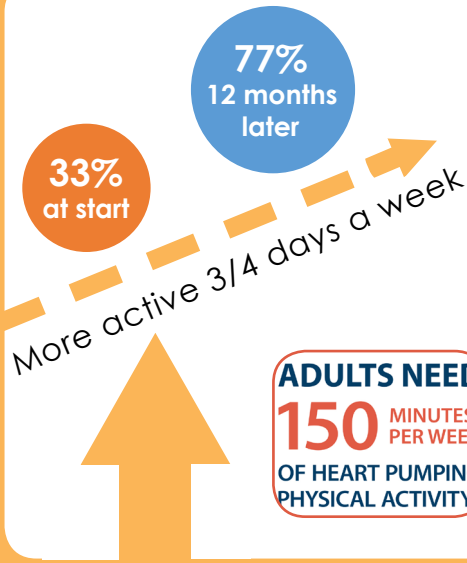
9,754 events and activity sessions attended



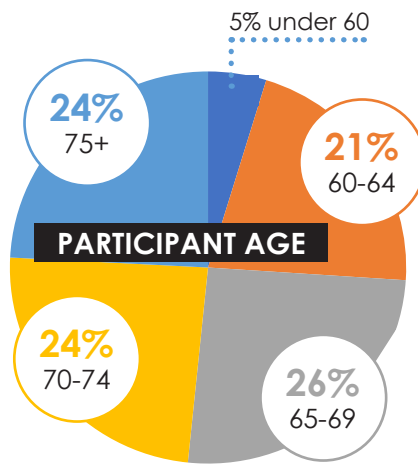
212 taster events, tournaments and courses were organised



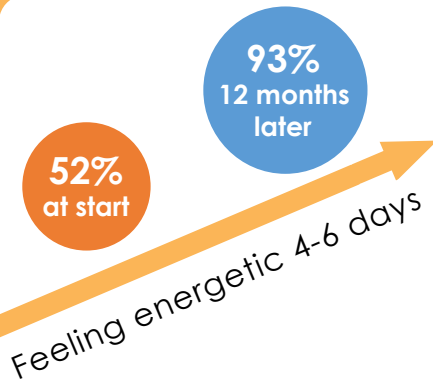
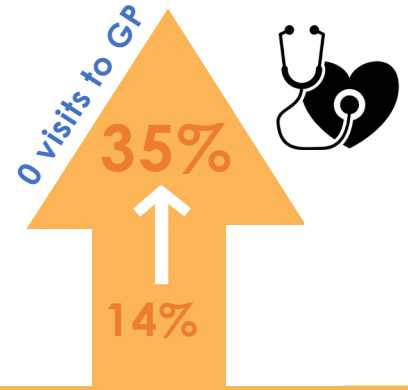
48 instructors and volunteers deliver weekly activities



ADULTS NEED 150 MINUTES PER WEEK OF HEART PUMPING PHYSICAL ACTIVITY



Those who felt happy on 4-6 days per week increased



91% participant satisfaction rate

68 activities still take place weekly



48 villages engaged



78%

participants say they were encouraged by GO Active Gold activities to become more active



64% female
36% male

66% still participate in project activities 12 months after starting

What participants love most about taking part:

- It is close to where I live
- Exercising with people my own age
- Friendly instructor
- Improved health and fitness

Bowls **Chair** **Aerobics** **Nordic Walking**
 Orienteering **Pickleball**
Keep Fit **Senior Circuits**
Swimming Table Tennis
 Tai Chi Tennis **Pilates**
Walking Football Yoga
 Zumba Gold