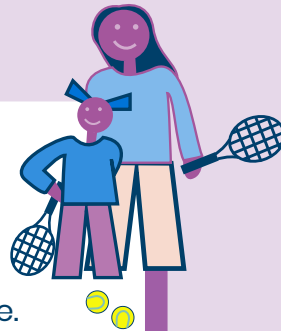


# Incorporating family physical activity into wider services:<sup>1. 2.</sup> The benefits.

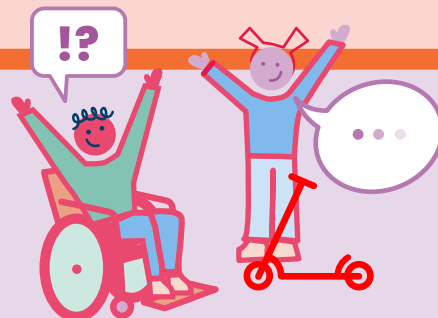
## Families told us:

- \* Their physical and mental health improved.
- \* Being active together helped them switch off from the daily stresses of life.
- \* Getting out and meeting other families, positively influenced their happiness, confidence and social trust.
- \* Over **90%** of adults and young people said that being active as a family increased the amount of quality time together, brought them closer together and helped them enjoy being together more. **85%** of adults and **89%** of young people agreed it helped them support each other.
- \* They gained ideas on affordable ways to incorporate physical activity into their routines.
- \* After a few months, **46%** of adults felt less anxious, **42%** were more satisfied with life and **40%** felt happier. Young people whose activity levels increased were more likely to feel happier.
- \* **99%** of children, **94%** of young people and **96%** of adults enjoyed taking part with their family.
- \* It boosted their children's self-esteem and ability to **focus and concentrate**.



## How this could support other outcomes:

- \* Trust is restored in wider services, encouraging families to engage with additional support, advice and guidance with other life challenges.
- \* Parents and carers developed life skills, confidence, and may progress to volunteering.
- \* Impact on activity levels and social outcomes, including mental well-being were seen quickly and sustained.
- \* Parents and carers of disabled children learnt new skills to support their child.



1. We understand that, "Family" can have diverse meanings. We use the term parents and carers but recognise that this can include any significant adults in a child's life.
2. Based on an evaluation of the impact of Sport England's Families Fund undertaken by Substance and completed in August 2022. The focus of this investment was less affluent families.