

# BATTLEBACK | UK

## PARTICIPANTS



Adults, Veterans and Military Veterans receiving physical and mental rehabilitation support

## ✓ PHYSICAL HEALTH

### Top physical health benefits

- » 2 weeks after Battle Back participants were **50% more physically active** compared to the week before attending
- » Participants feel their Health and Fitness has improved as a result of attending

## ✓ MENTAL HEALTH AND WELL-BEING

### Top mental wellbeing benefits

- » Significantly improved levels of Positive mental wellbeing
- » Increase in confidence, self-esteem, resilience, concentration & contentment
- » Participants feel their Health and Fitness has improved as a result of attending

## ✓ ENVIRONMENT

### Top Environmental benefits

- » All participants “feel closer to nature”
- » Most felt they “learned something about the natural world”
- » All “took the time to appreciate my surroundings”

## ✓ EDUCATION AND LIFE-LONG LEARNING

### Reported Top Educational benefits

- » Improved knowledge of the effects of sleep on health and wellbeing
- » Lessons around mind management
- » Importance of nutrition and hydration
- » Learned how to believe in themselves and improve motivation

## COMMUNITY

“Helping others makes me feel better which has been necessary at work since the company has gone into liquidation”

“[I’m] being more active with people and be interested in them”

“[I am now] more patient and understanding of people”

“Have also been back in touch with old friends”

“Talking to others more and I still talk to some I met on the battle back course”

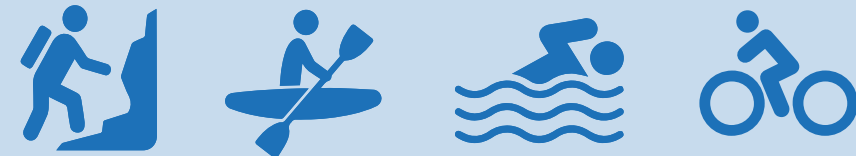


## DURATION

Intensive Residential

## ACTIVITIES

Multi-sports



## NUMBER OF SURVEYS

- » 55 Surveys were sent
- » 55 Surveys were received

100%



## MAIN BENEFIT IDENTIFIED

Significant and sustainable improvement in positive mental well-being and physical health



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