

PARTICIPANTS



Adults

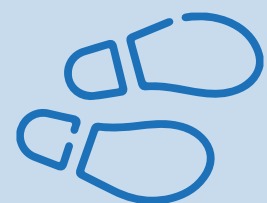


DURATION

Weekly activity
Timed standard 5km route

ACTIVITIES

Walking



NUMBER OF SURVEYS

- » 371 Surveys were sent
- » 115 Surveys were received

31%



✓ PHYSICAL HEALTH

Top physical health benefits

- » 32% increase in the number of respondents who now meet the World Health Organisations guidelines on physical activity
- » 79% stated that their health is better or much better now that they participate in Parkwalk

✓ MENTAL HEALTH AND WELL-BEING

Top mental wellbeing benefits

- » 88% said Parkwalk has positively affected their overall wellbeing
- » Using the World Health Organisation well-being survey Parkwalk appears to create a very significant 31.6% point increase in well-being

✓ ENVIRONMENT

Top Environmental benefits

- » 86% said that they have a more positive attitude towards the Parkwalk site
- » 85% feel more connected to the Parkwalk site
- » 100% of respondents are more aware of environmental issues facing the Parkwalk site

✓ EDUCATION AND LIFE-LONG LEARNING

Reported Top Educational benefits

- » 47% indicated that they have developed new skills since taking part in Parkwalk
- » 34% have developed new volunteering, coaching or leadership skills



MAIN BENEFIT IDENTIFIED

Better mental health

COMMUNITY

63% stated that they had developed relationships with those from different communities and backgrounds

82% of respondents said they feel a strong sense of community

TOP QUOTES

"I started as a walker, then decided to try running a little bit, and built up a little bit more every week. Now I run most of it"

"Better Mental health and reduction in my medication"

"Confidence to stand up in the crowd and give the new runners briefing is something I wouldn't have considered before"

49% of respondents have been involved in volunteering at Parkwalk

80% indicated that Parkwalk felt inclusive

AVERAGE VALUE
GENERATED **€10,853**



BENEFITS OF
OUTDOOR SPORTS
FOR SOCIETY

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