

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



BENEFITS OF
OUTDOOR SPORTS
FOR SOCIETY

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