

# UP active

## CHANGES LIVES

**14,213**

people have

**BETTER  
MOBILITY**

**8,986**

people

**FEEL  
FITTER**

**7,230**

people have

**LOST  
WEIGHT**

**9,907**

people have

**MADE  
FRIENDS**

**8,670**

people

**FEEL  
HAPPIER**

**9,240**

people

**FEEL  
STRONGER**

**7,967**

people are

**MORE  
RELAXED**

Over 1.2  
million  
digital  
hits



# EVERY £1

## INVESTED IN UP & ACTIVE

## PROVIDES A SOCIAL RETURN ON INVESTMENT OF

# £28.19

THIS SOCIAL RETURN ON  
INVESTMENT IS BASED  
ON THE CHANGES  
PEOPLE TOLD US ABOUT  
IN THEIR OWN WORDS

**"MY HEALTH HAS  
GREATLY IMPROVED"**

"I visit the gym three times a week and do two classes. I feel more confident, have loads more energy and I have made new friends. My family tell me they are proud of me, I have left the dark place and have moved forward."



**PEOPLE  
HAVE  
LESS  
PAIN  
AND  
MORE  
ENERGY**

**"I HAVE  
LOST  
WEIGHT  
AND GOT  
FITTER"**

100% of  
participants  
increased  
their  
physical  
activity



**15,876**

participants took part in an  
intensive targeted activity  
between 2016 and 2019



**"I'm now more active as I was pretty much  
house bound and reliant on taxis before  
starting the programme; my mental health  
and mood has also improved. I can now walk  
without crutches and do my own shopping."**



## HEALTH IMPACT



**7,036** people saw an improvement in a  
specific physical health condition



**2,091** people saw an improvement in a specific mental health  
condition

**1,688** people take a lot less medication and a further  
807 take a bit less

**3,585** people see the GP a lot less and a further 2450 visit their  
GP a bit less

**612** people improved their blood pressure, 956 had an  
improvement in diabetes and 617 people can now manage their  
cardiac condition better

**PLUS  
3,324  
PEOPLE  
RECOVERED  
BETTER  
FROM AN  
OPERATION**

This evaluation was  
carried out by  
Kirsty Rose Parker  
for  
The Evaluator  
in  
May 2019



**"I am now not borderline  
diabetic after losing two  
stone in weight."**



the  
evaluator