

# Western Green Gym

**Empowering local people to make  
healthier lifestyle choices**

Dianne Keys, Senior Manager Health & Community



**Vision:** We want healthier, happier communities for everyone

**Purpose:** We will work together with people, communities and partners to deliver practical actions that have a lasting impact on people's health, prospects and outdoor places

**Who we are:** TCV, the community volunteering charity

**Call to action:** Join in, feel good

## The Conservation Volunteers



Join in, feel good

## The Green Gym - background

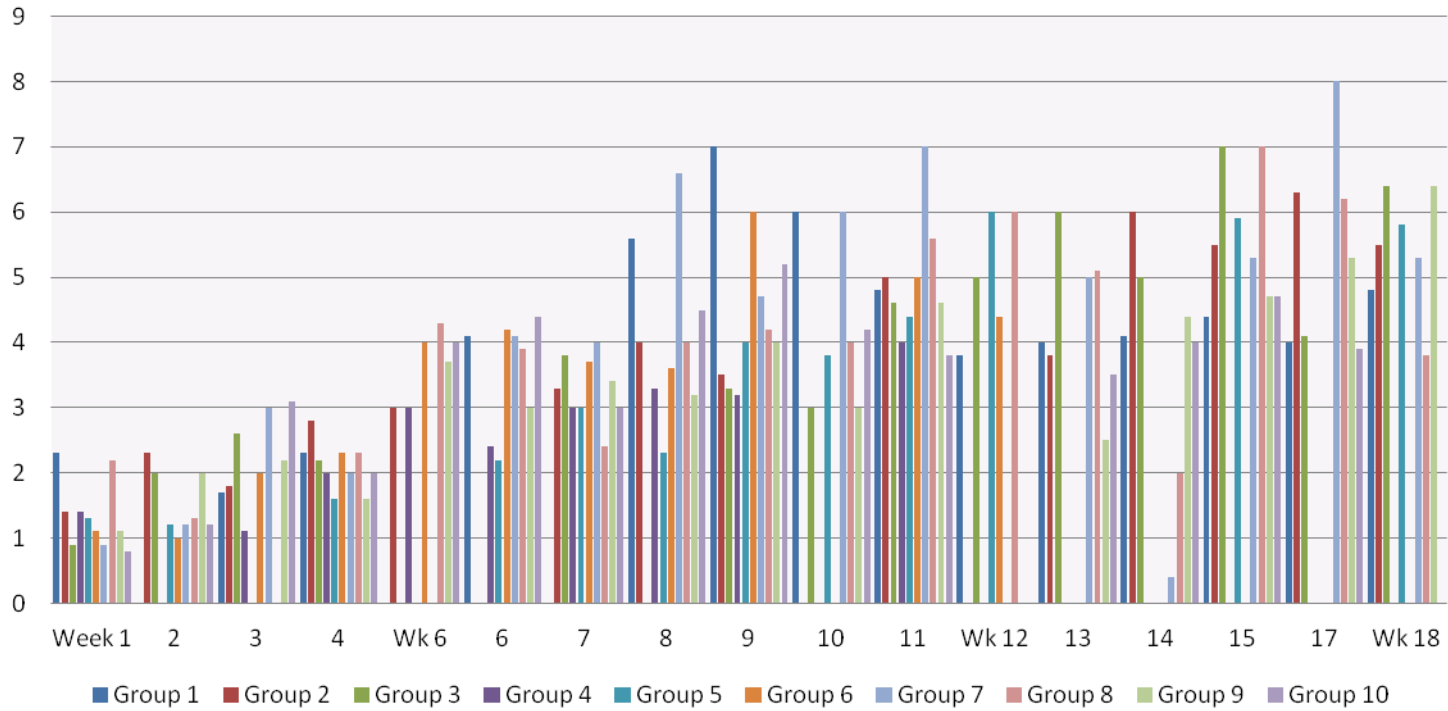
- Innovative model approach to establish and sustain use of natural environment for health & well-being benefits
- Pioneered by Dr W Bird in 1997
- Northern Ireland – piloted 1999
- Currently 36 Green Gym sessions per week
- April 2012 onwards partnership working with PHA West





# The Green Gym - Physical Activity

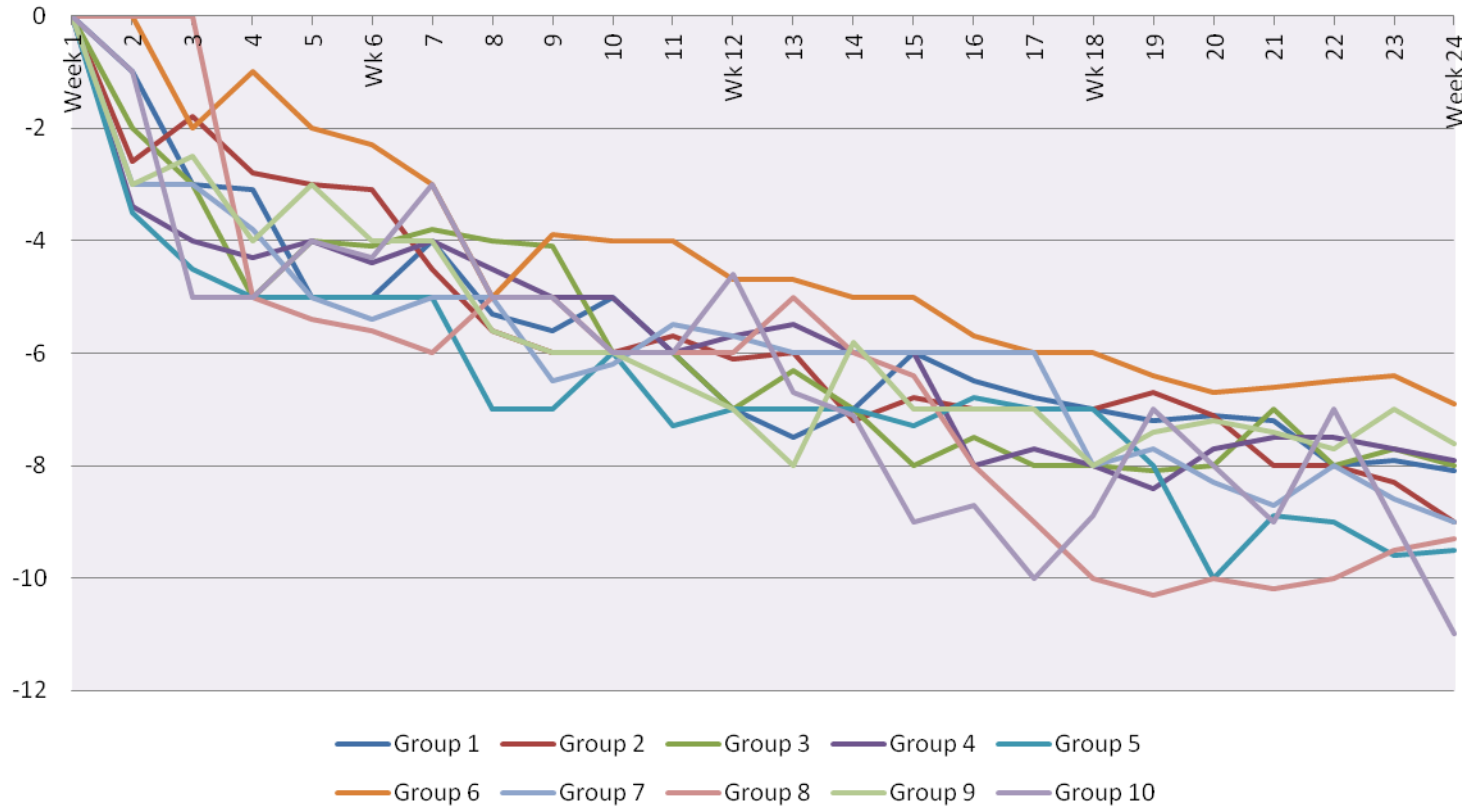
Average WGG Group Distance Walked On Task (miles)



Join in, feel good

# The Green Gym - Healthy eating and weight loss

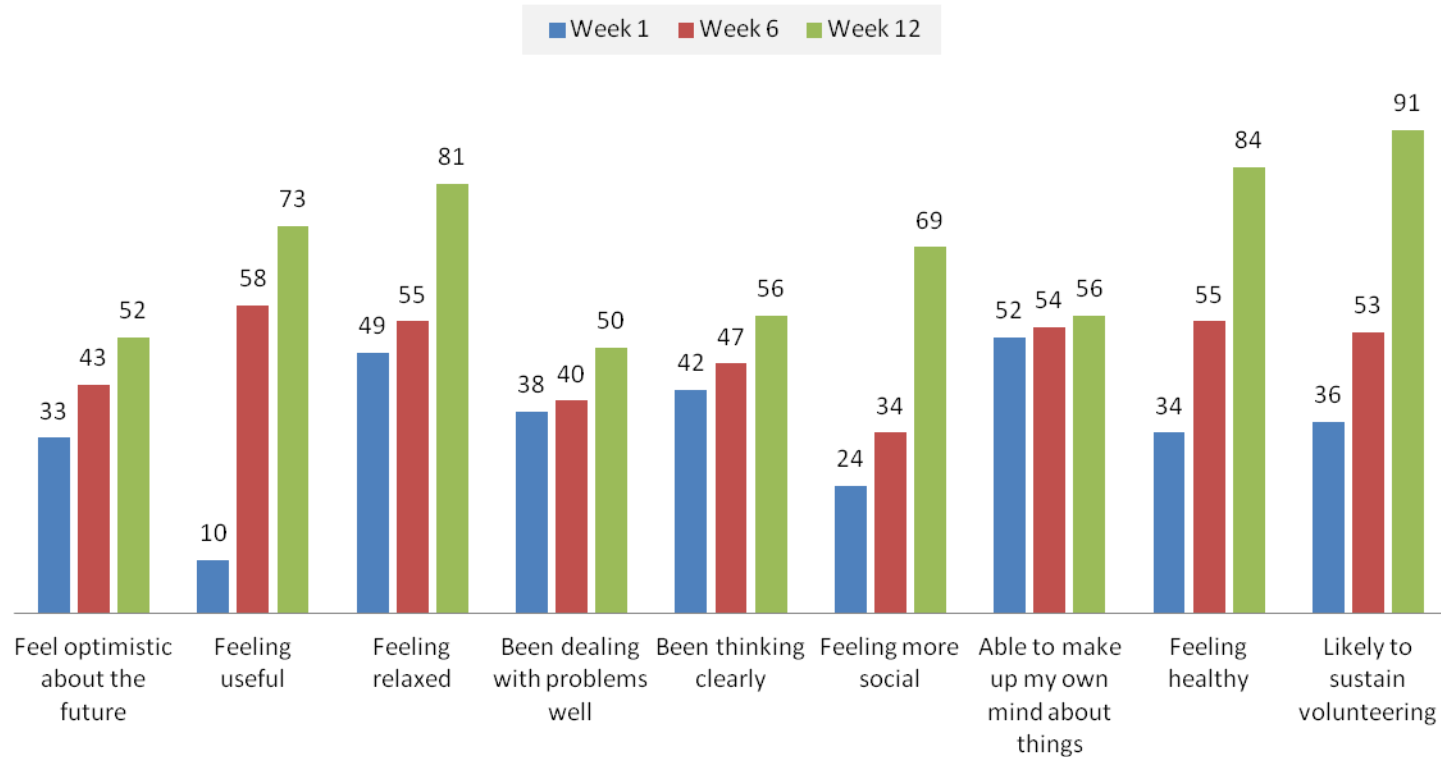
## Average WGG Group Weight Loss (lbs)



Join in, feel good

# The Green Gym - Social health and well-being

## WGG participants changing feelings



Join in, feel good



## The Green Gym - Attitude and behavior change

- 71% increased volume of household waste they recycled
- 92% volunteering on a GG is an overwhelmingly positive experience
- 90% learnt something new
- 98% wanted to do it again
- 67% made healthy dietary changes after being involved in food growing projects
- 74% volunteering gave them a greater sense of responsibility

## The Green Gym - Individual Case Study

- Partially paralysed with severe communication difficulties following a brain haemorrhage
- Motivated to join Green Gym to improve mobility, keep active
- Early onset of Alzheimer's, Health Support Work recommended sustaining Green Gym routine
- Skill development, increased physical activity, social interaction
- Set self target to walk 1,000 miles by end of 2 years on Green Gym
- Proudly walked 1,021

## The Green Gym – Photos



Join in, feel good

Thank you for listening  
[www.tcv.org.uk](http://www.tcv.org.uk)

Dianne Keys [d.keys@tcv.org.uk](mailto:d.keys@tcv.org.uk)