

Go ahead and DANCE!

If you would like to find out about joining a dance class near you please visit our website for more info - www.active-7.org

Here is your Active story - thank you for making it happen!

How did we do it?

571 girls from 18 schools took part. 9 schools had two after-school dance sessions a week for 20 weeks

3 is the magic number!

We used 3 ways to measure the effect of Active7:

- · we took your height and weight
- we measured how active you were using an accelerometer
- we gave you a questionnaire that asked how you felt about being active...
- ...all of this happened 3 times.

These are the 3 main things we found out:

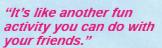
- Everyone who joined in the dance sessions enjoyed themselves including; feeling healthier, taking ownership over sessions, developing team work and leadership skills, learning new styles of dance, making new friends and developing your existing relationships.
- There was little difference in physical activity levels between those of you
 that did, and those of you that didn't, take part in dance sessions. Those of you
 taking part in dance sessions were doing an average of 53 minutes of activity on weekdays and those of
 you who weren't, were still doing 49 minutes a day on average. This perhaps explains why the change in
 physical activity levels was so small!
- Around one in three of you who took part in the dance sessions attended regularly. For those that did, dance helped to increase your physical activity levels by almost 5 minutes a day (compared to days when there were no dance sessions).

3 things we have learnt:

- We need to find ways to improve attendance - allowing girls to join at any time and giving you a choice in activities could help with this.
- Your parents have a big influence on your physical activity. Gaining their support in future is important.
- Dance clubs are affordable, did you know it only cost £1.57 per session (but we paid for this)?









"...the sessions were actually really good and I enjoyed them..."

3 things to remember:

Be active Be healthy Have fun!

You should be active (slightly out of breath and sweaty) for at least 60 minutes a day...



that's only 4% of your whole week!





