



BENEFITS OF AN ACTIVE POPULATION

WHAT DOES AN ACTIVE POPULATION LOOK LIKE?

- More residents walking and cycling for travel and leisure
- More residents taking part in sport
- More residents taking part in active recreation

WHY DOES AN ACTIVE POPULATION MATTER?

- More residents retain a healthy body weight
- More residents using parks and open spaces
- More residents feel happier and healthier
- Reduced demand on healthcare services
- People living indecently for longer, which leads to savings in Public Sector spending
- Stronger and more cohesive communities
- Increased social trust
- More residents feel a sense of belonging to their neighbourhood
- Less cars on the roads leading to improved air quality
- Reduced isolation and loneliness
- Reduced levels of anxiety and depression
- Increased volunteering and development

IMPACTS OF AN ACTIVE POPULATION

- A sustainable future
- Reduced inequalities
- A thriving economy

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