



Get Fit.Wales

Presented by

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How Get Fit.Wales got started....



How it works...

GetFit Wales aims to increase physical activity levels for those individuals on the project, reduce obesity, and make residents aware of the local services in the area in order to make positive changes to their social outlook and become more involved in community activities.

GetFit.Wales is a platform that rewards people for being active. It works by linking the individuals profile to their Fitbit account and allocates points on the amount of steps achieved over the NHS Choices recommended 10,000 steps per day.

<https://getfit.wales/>



What difference has Get Fit.Wales made?

<https://youtu.be/IGou9Z2EAgA>

The learning....

- It's not all been rosy – developing website and partners requirements
- Lost/unreturned fitbits and how we overcome this
- Time
- Evaluation methods
- The project works in keeping participants active even after the project has finished.



What's next?

Family projects

Increase places to spend points

Expand the project into other areas

Get Fit.Wales becomes a stand alone project



Any questions?

Thank you for listening

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