

Active7

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 **Active7** 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)?

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!



"It's like another fun activity you can do with your friends."



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

