



**Europarc Health &
Protected Areas
Working Group:
BTCV Green Gym**

March 2011





Our Vision: A better environment where people feel valued, included and involved

Our Mission: To create a more sustainable future by inspiring people and improving places.

Gym...but not as you know it!

- Improving peoples health by enabling them to take part in activities to improve their local environment
- Neighbourhood projects
- Collaboration between health and environment

- Practical activity to improve the environment
- Once a week or more





Typical Session

- 3 to 4 Hours
- Warm up and Cool down
- Health and Safety Talk
- Getting on with the job!
- Tea Break

BTCV Green Gym: Essential Criteria

- Provide sessions of practical environmental volunteering or gardening which are active, varied and keep peoples interest
- Take part in the evaluation of the benefits to participants by entering participant details into BTCV's 'Count Me In' and administering evaluation questionnaires.
- Follow safe practices, including first aid cover at all Green Gym activities and up to date insurance cover.
- At least one leader at all GG activities to have successfully completed the GG Training
- Encourage people to stay active either in the Green Gym or by signposting participants to other physical activity and green exercise programmes.

- Established in 1997
- Partnership between BTCV and Dr. Bird
- Alternative to the gym - no lycra!

Green Gym Development Summary, Scotland

(April 2008 -March 2011)

- Total Partnerships - 86
- Total Partner Organisations - 244

Development Stage

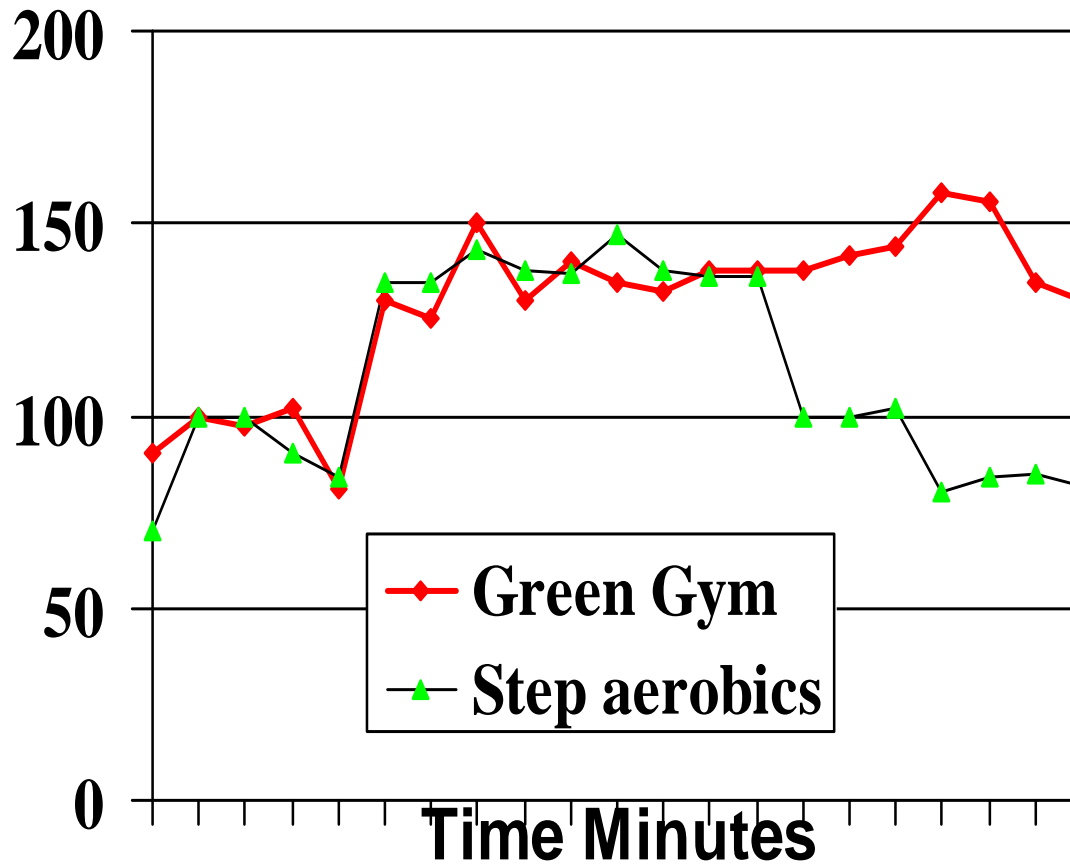
- Promotion of concept - 1
- Developing a partnership - 12
- Applying for funding - 17
- Funding agreed - 4
- Project underway - 29
- Project complete - 12
- Community group/Licence established - 10
- Project Abandoned – 1

Health Issues Addressed by BTCV Green Gym

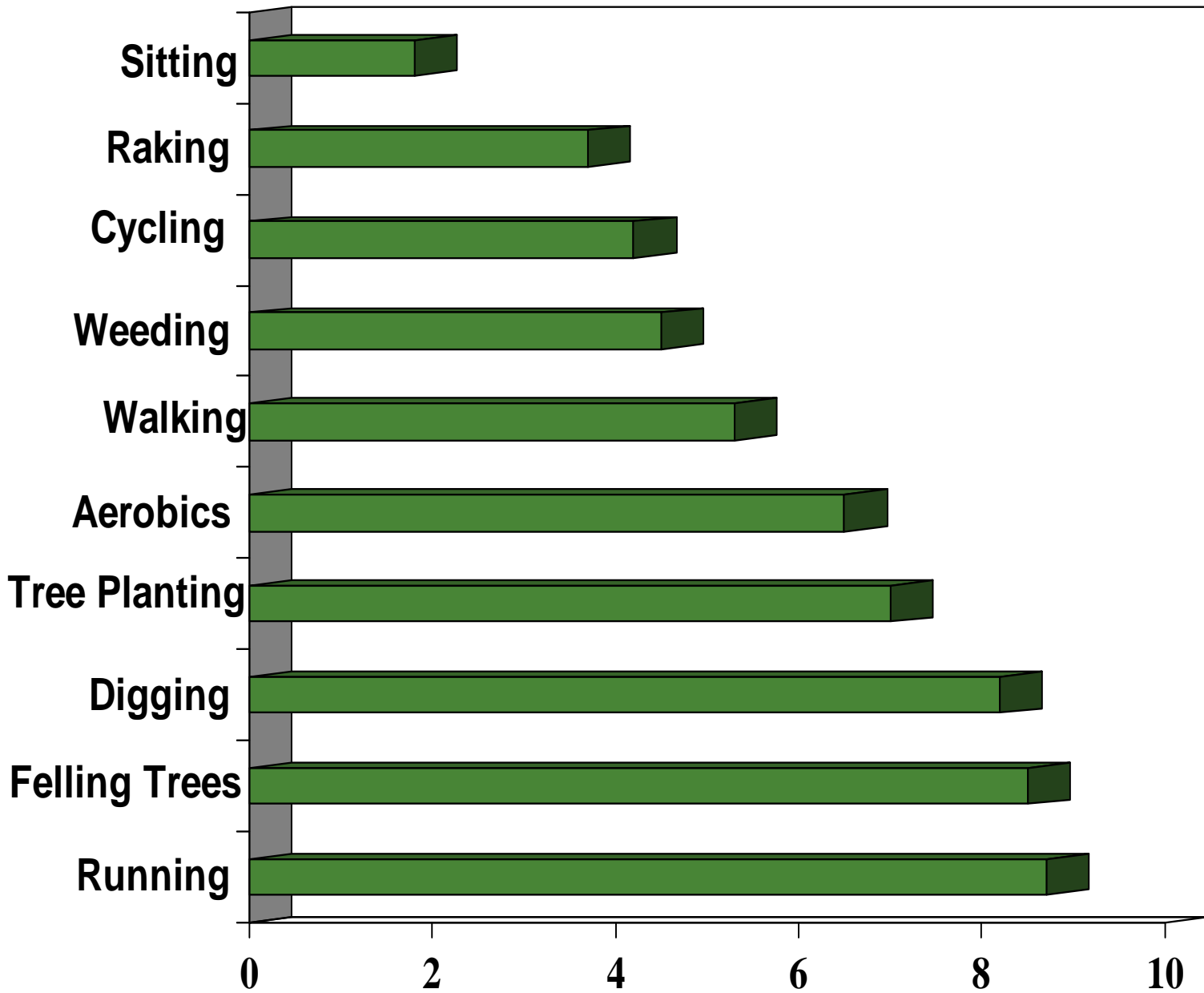
- Physical Activity
- Mental Health
- Social Inclusion and health inequalities
- Linking people with their environment

Heart Rate

Comparison of heart-rate response during two sessions of activity

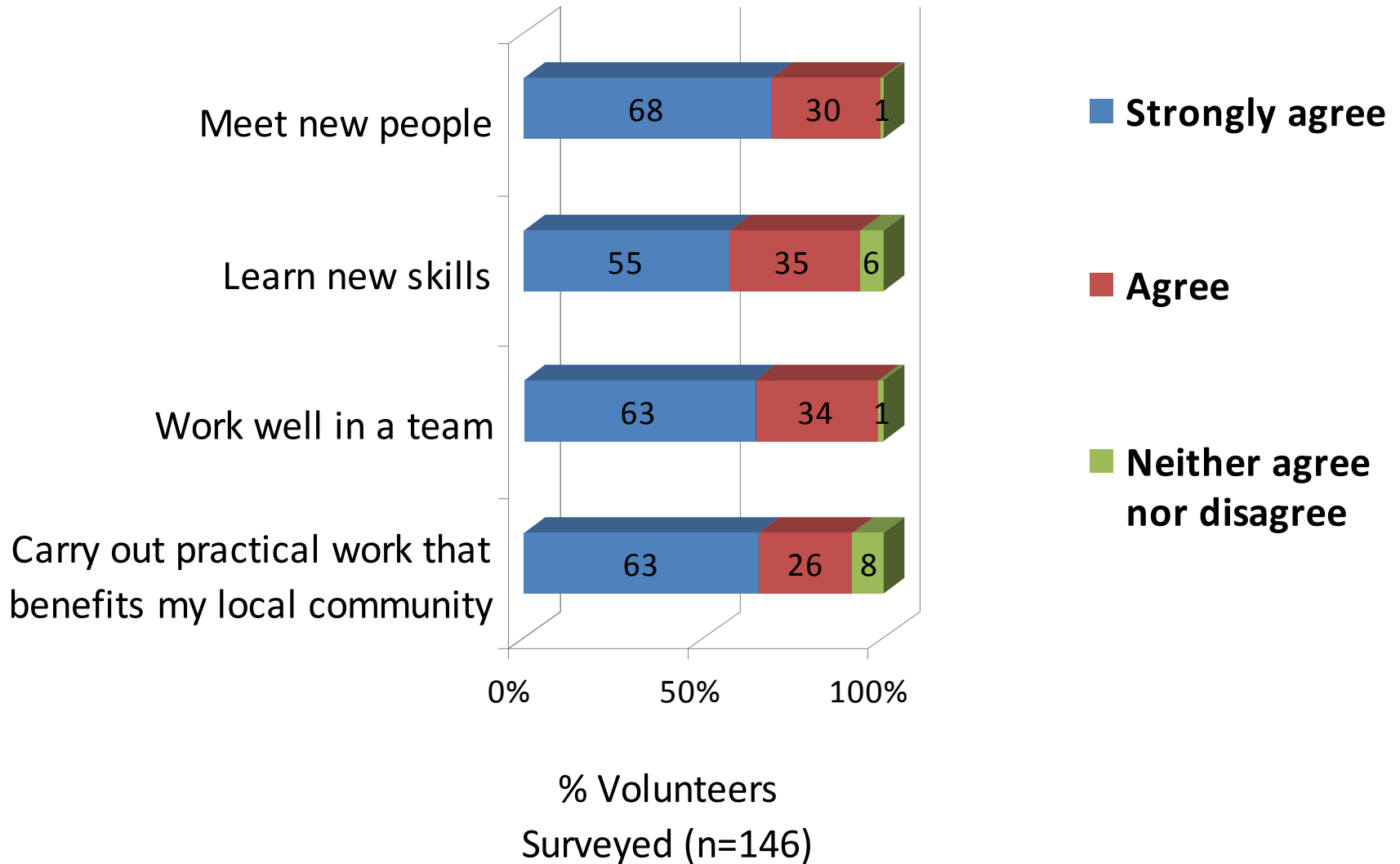


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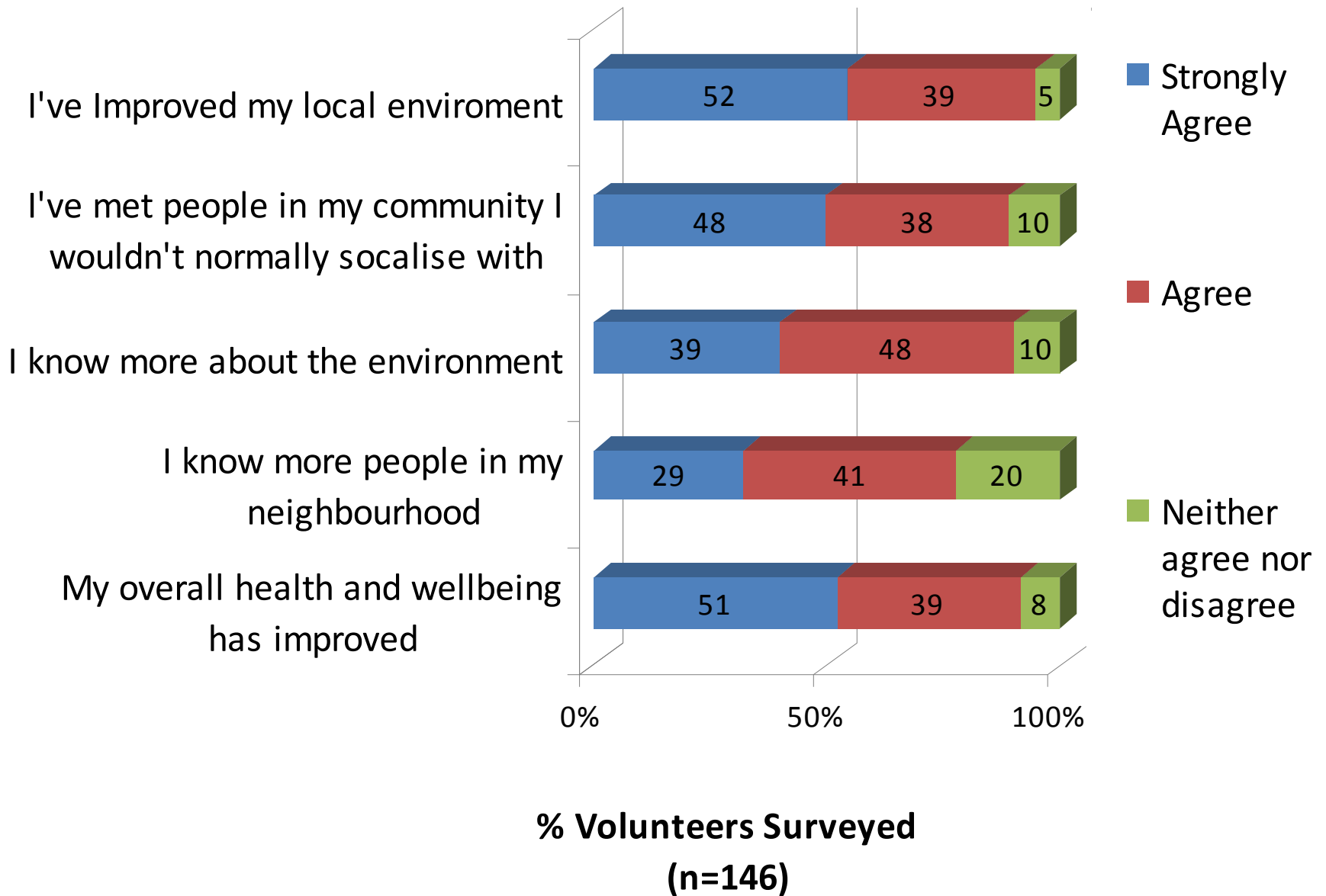


Kcal/min McArdle, Katch and Katch, 1996

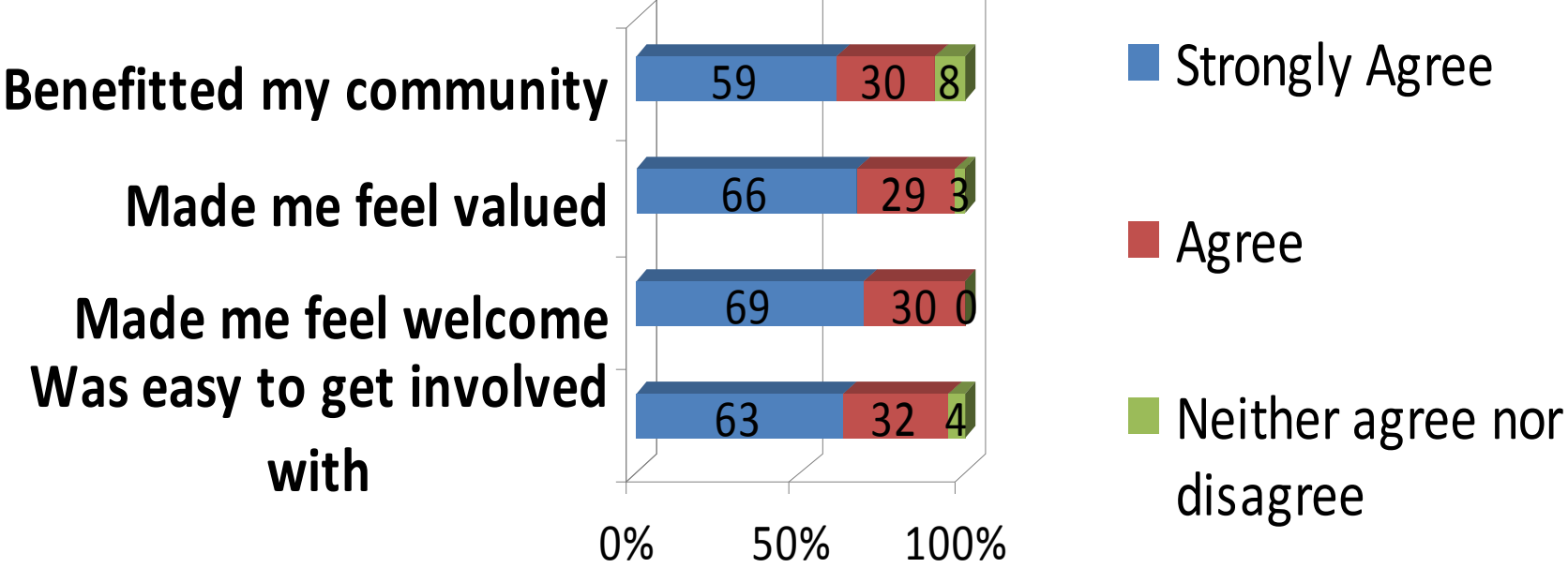
2010-11 Healthy Communities survey- Participating in a BTCV Health Programme has enabled me to...



2010-11 Healthy Communities survey - Since taking part in a BTCV Health programme...

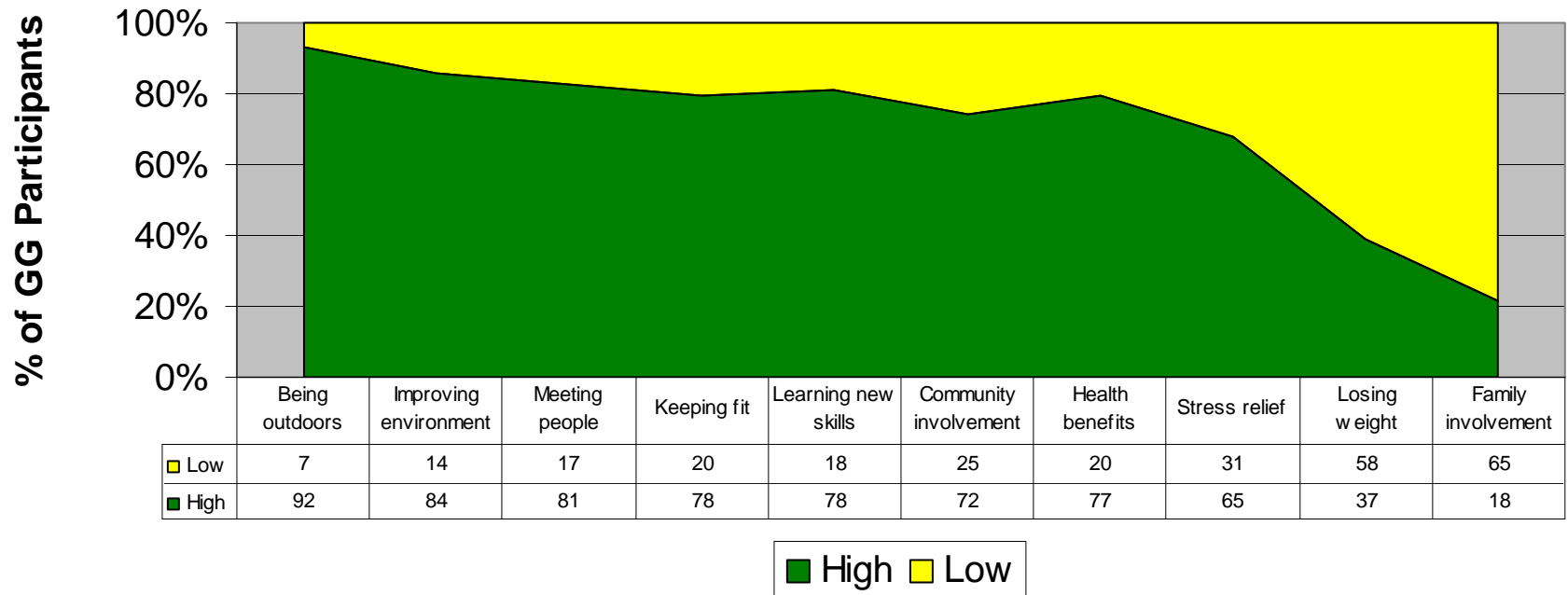


2010-11 Healthy Communities survey - The BTCV health programme I took part in...



**% Volunteers
Surveyed
(n=146)**

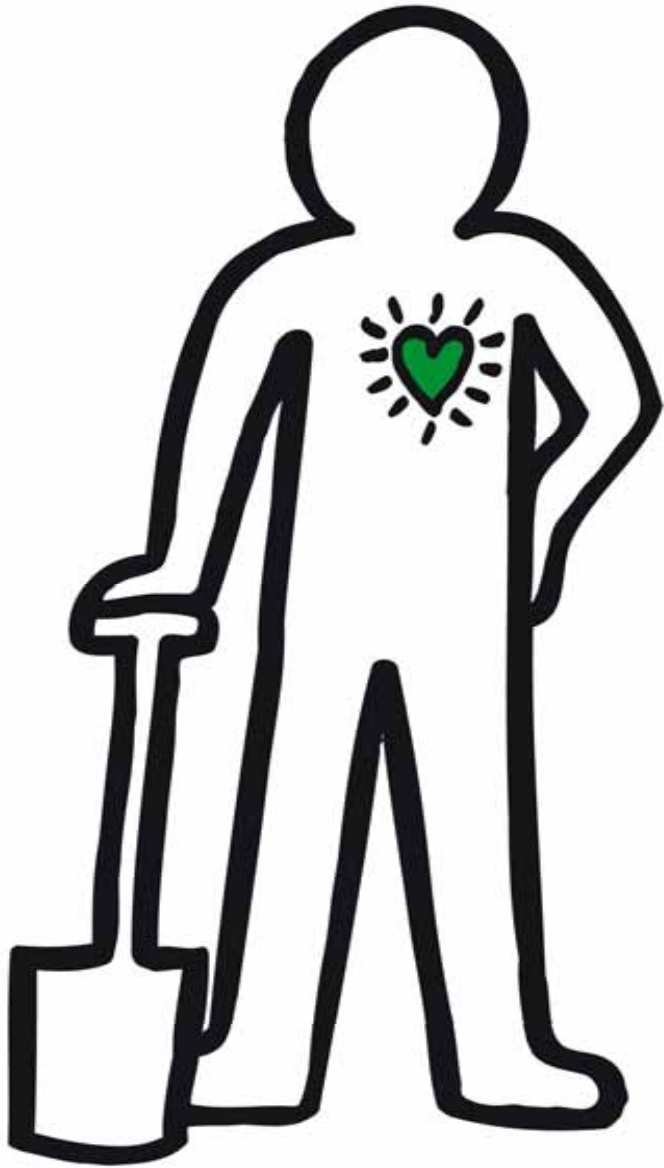
Motivation for joining GG (n=369)



92% of GG Participants were motivated to join GG by 'being outdoors' yet only 37% were motivated to join GG to 'lose weight'

National Intro Stats June 05

BTCV Green Gym development options in Scotland:



1. Short programme Green Gym (Discover Green Gym)
2. Employee Green Gym
3. “Quick start” Green Gym Community Group
4. Community Green Gym
5. School Green Gym
6. Youth Green Gym
7. BTCV Green Gym Licence
8. Direct Delivery Green Gym



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