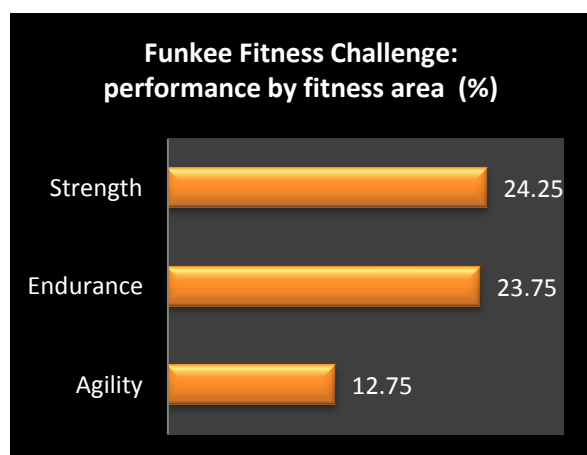
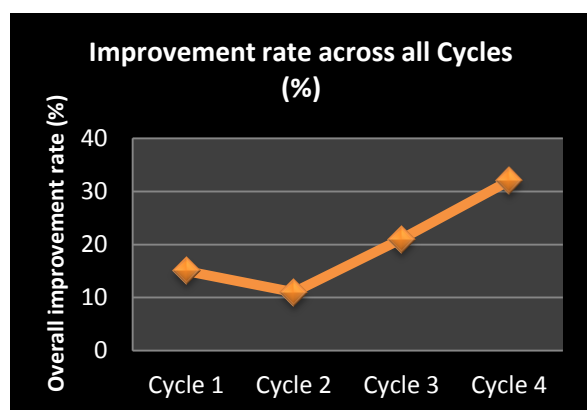
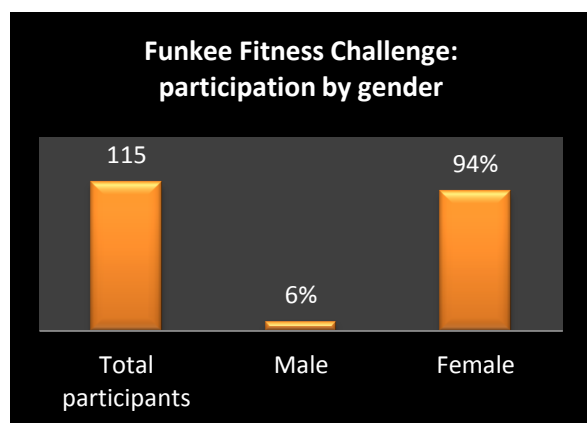


## Funkee Fitness Challenge

The **Funkee Fitness Challenge** is a personal fitness challenge programme consisting of exercise to music of two sessions per week of 75mins duration for 4weeks per cycle (four cycles overall have so far taken place). Participants were subjected to two assessment tests at the beginning of the programme and at the end of the programme. The difference between the two tests were used to calculate the overall rate of improvement for individuals and then used to provide the overall average improvement rate for each cycle.



### Outcome

- **115 participants over the four cycles**
- **94% of participants were female**
- **Average improvement rate per cycle: 20%**
- **Improvement by fitness areas: 12.75% (agility), 23.75% (endurance) and 24.25% (strength)**

Further details and information about upcoming **Funkee Fitness** events or to talk through a programme of physical health and well being opportunities, contact:

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