

## Mytime Active CLUB1 Case Study – Millie

***CLUB1 aims to get more young people aged 14-25 to take part in solo fitness activities. The aim is to connect young people to activity opportunities in their local area, helping them to become more independently active while making use of local facilities.***

Millie who is 16 and from Bromley, South East London, freely admitted that she used to 'hate' sport and '*practically never*' took part in sport or exercise before joining the project.

However, through initial outreach work undertaken by the Mytime Active team at Millie's school, she was referred onto their CLUB1 Endzone project at the Pavilion Leisure Centre.

Through the project, Millie has had the opportunity to take part in a variety of activities including: gym sessions, group spin classes, group circuit classes and boxing for fitness classes.

For Millie, the fact that the project enabled her to get involved in a variety of different sporting activities for free has really made a big difference. It has enabled her to use the gym equipment and try out new sports, it: *"gave me the independence to explore the gym and the boxing, enabled me to join in with other young people whilst developing a sport that I discover I enjoyed a lot."*

Millie has also supported the project as a volunteer, helping out in the local area and is now taking part in sport and exercise on a regular basis: *"I would've never taken part in sport if it wasn't for these projects. I now love it so much and wish that I had found boxing as a regular sport for myself at a young age.... It is really handy in improving concentration and teamwork, as well as building up a great relationship with the mentors."*

*"It has made me realise I actually enjoy going to the gym and engaging in sports which I never thought beforehand. I'm a lot healthier now as I feel more inclined to take part in sports."*



