

## 4.1: Outcome 1

### Health and well-being

**Participants are learning to appreciate the benefits of physical fitness and the lifelong value of participation in healthy active leisure activities.**

#### Indicators

The participants you work with:

- » Understand the benefits of keeping themselves fit through regular physical activity.
- » Are aware of the benefits of spending time in 'green' and 'blue' spaces.
- » Are aware of the links between, and importance of, physical and emotional well-being.
- » Have or are developing a positive self-image.
- » Talk about the benefits to their mental, physical and emotional health through spending time in nature and participation in outdoor activities.
- » Understand the benefits of a healthy lifestyle, including healthy eating appropriate to the demands of their activities.
- » Walk, wheel or cycle, where this is a realistic and appropriate option, or take other regular exercise.
- » Want to continue their interest in outdoor activities beyond their current experience and throughout their life.
- » Independently participate in follow-up opportunities where these are available.
- » Understand how much exercise is required to remain healthy.

**If you are providing high quality outdoor learning, most people should be meeting or progressing towards some of the above indicators.**

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