

Movement on the Mount: Impact Report

Programme Status & Key Performance Indicators

Reporting Period: Since 4th November 2025

Programme Duration: 6 months completed (of a 12-month programme)

Location: Acton

Original Participation Target: 80 women over 12 months

Actual Participation to Date: 95 girls and women (Target Exceeded)

Since 4th November 2025, the Movement on the Mount programme has successfully engaged 95 girls and women from the Acton area. The initiative has provided a diverse range of physical activities tailored to different age groups and interests, including Older Adults Fitness, Dance Fitness, Street Dance, Relax and Stretch, and HIIT.

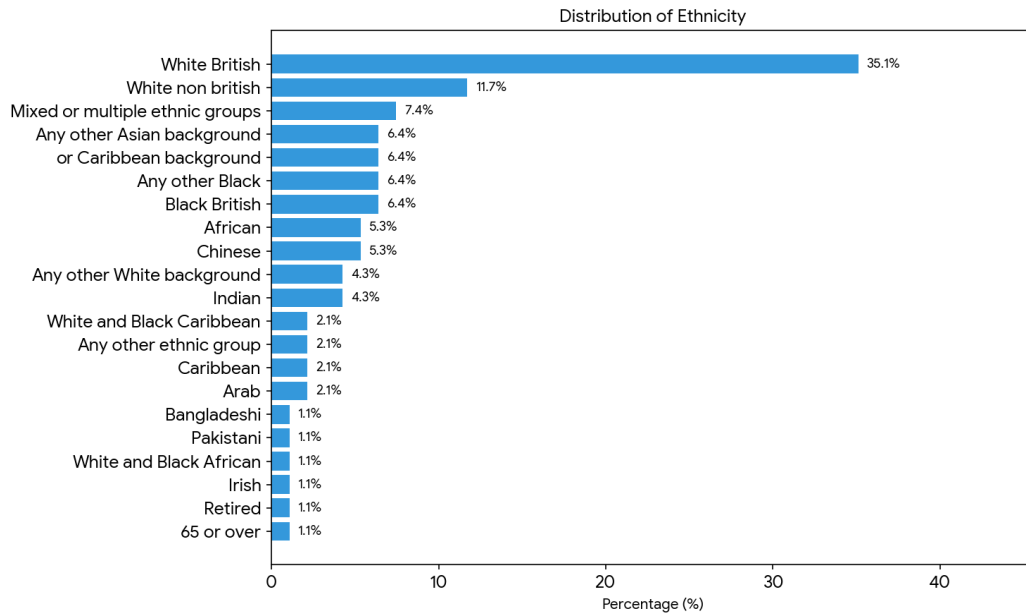
We are currently at the halfway mark of the 12-month Movement on the Mount programme. While the original target was to engage 80 women over the full year, the programme has already reached 95 participants in Acton within the first 6 months.

1. Participant Demographics

The programme has reached a broad cross-section of the local community, ensuring that fitness remains inclusive and accessible.

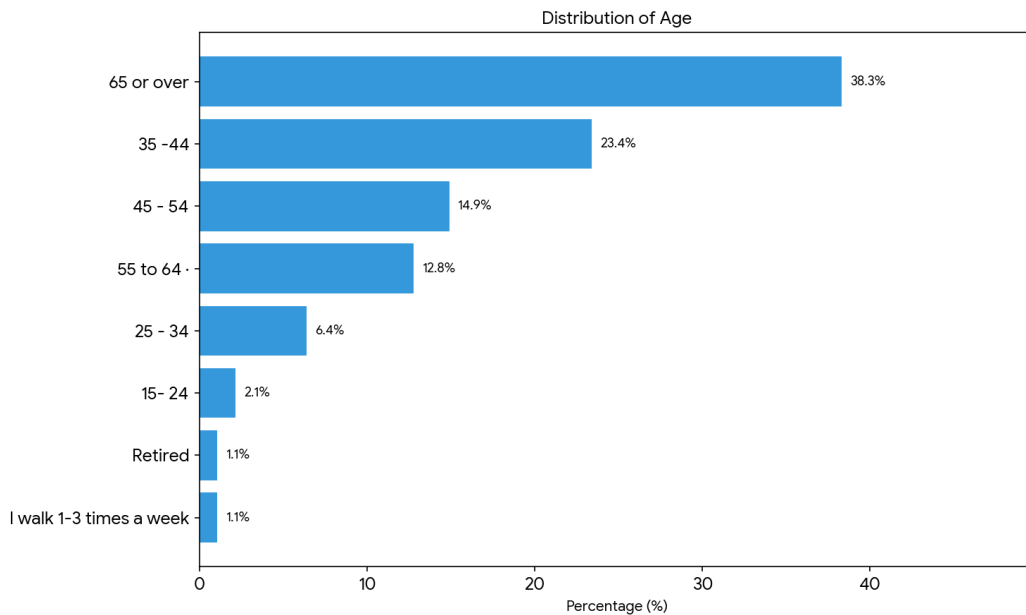
Ethnicity

The attendee base is ethnically diverse. While 'White British' is the most represented group, there is significant participation from 'Mixed or multiple ethnic groups', 'African', 'Asian', and 'Caribbean' backgrounds, reflecting the vibrant community of Acton.



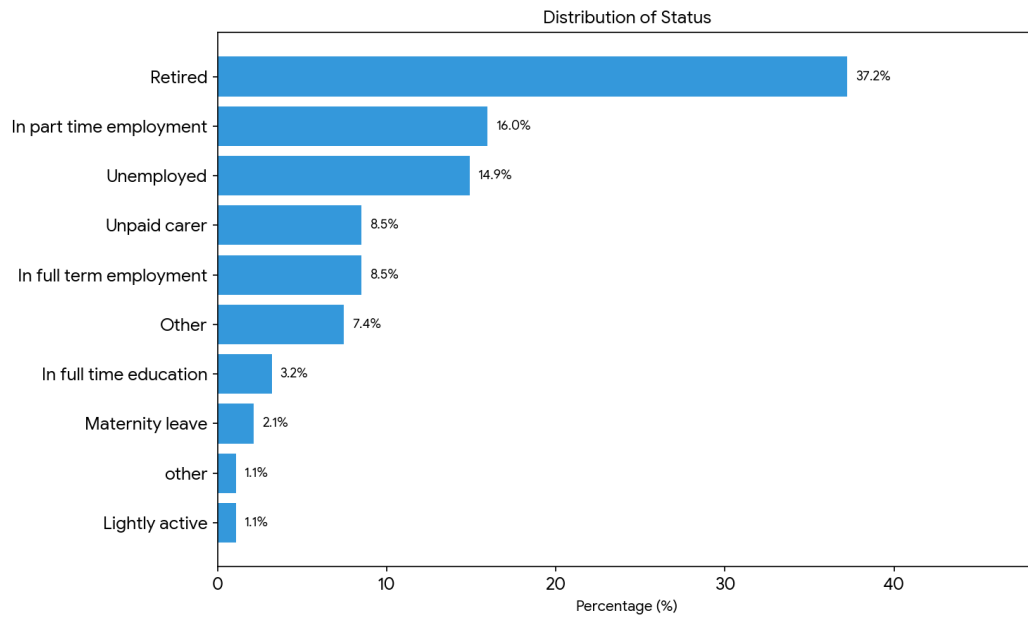
Age Profile

The programme serves multiple generations. A substantial proportion of attendees (approx. 47%) are aged 65 or over, many of whom attend the Older Adults Fitness sessions. There is also strong engagement from women in the 35–44 and 55–64 age brackets.



Employment and Status

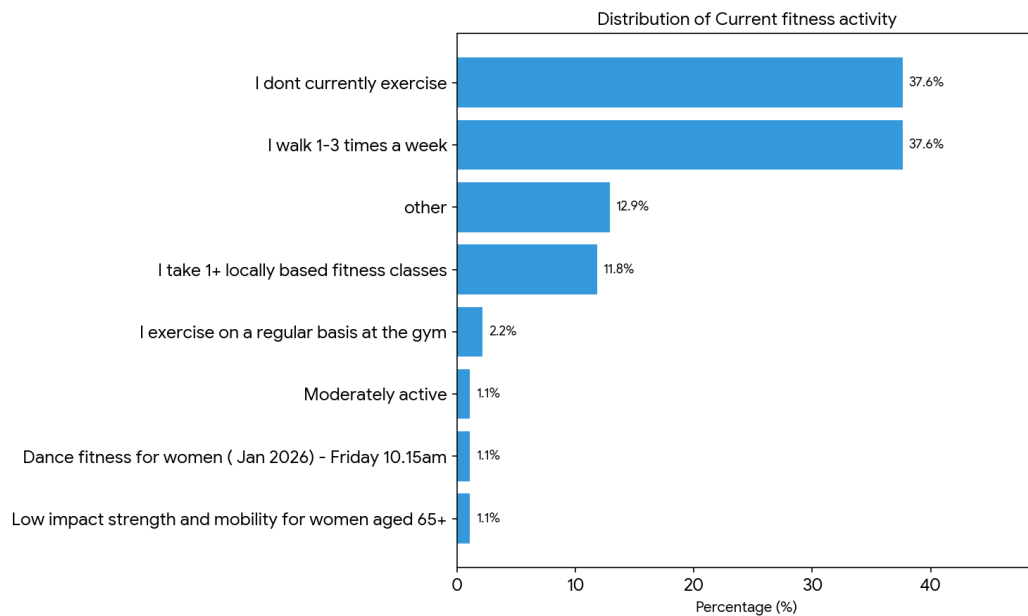
While 'Retired' is the most common status, the programme also supports those in full-time employment, unpaid carers, and those on maternity leave.



2. Baseline Fitness and Activity

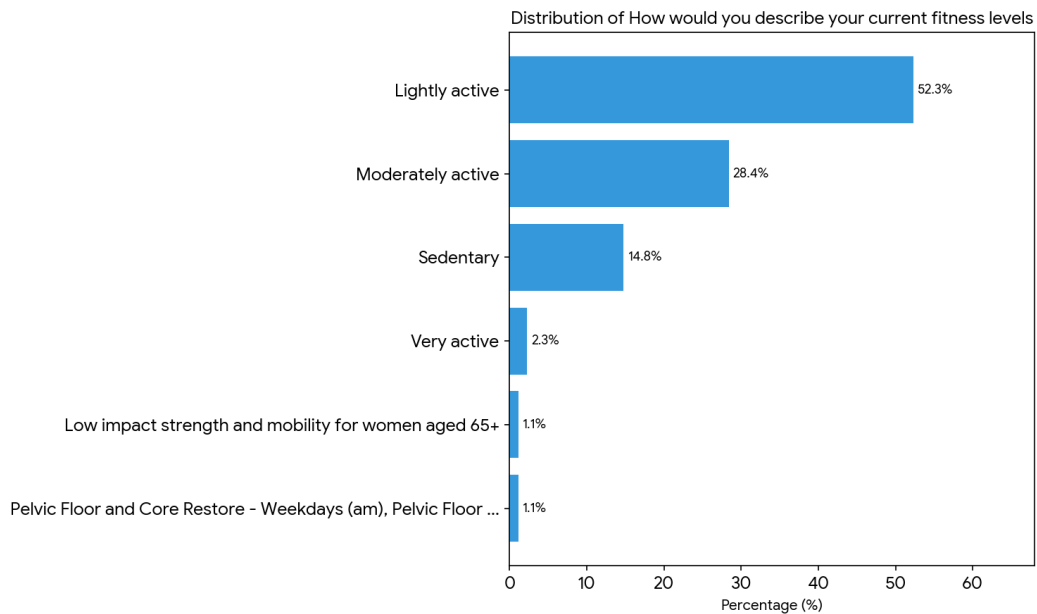
Participation in Classes

Before joining, many participants were limited to walking 1–3 times a week. The introduction of Street Dance, Relax and Stretch, and HIIT has allowed these women to access more varied and intensive forms of exercise.



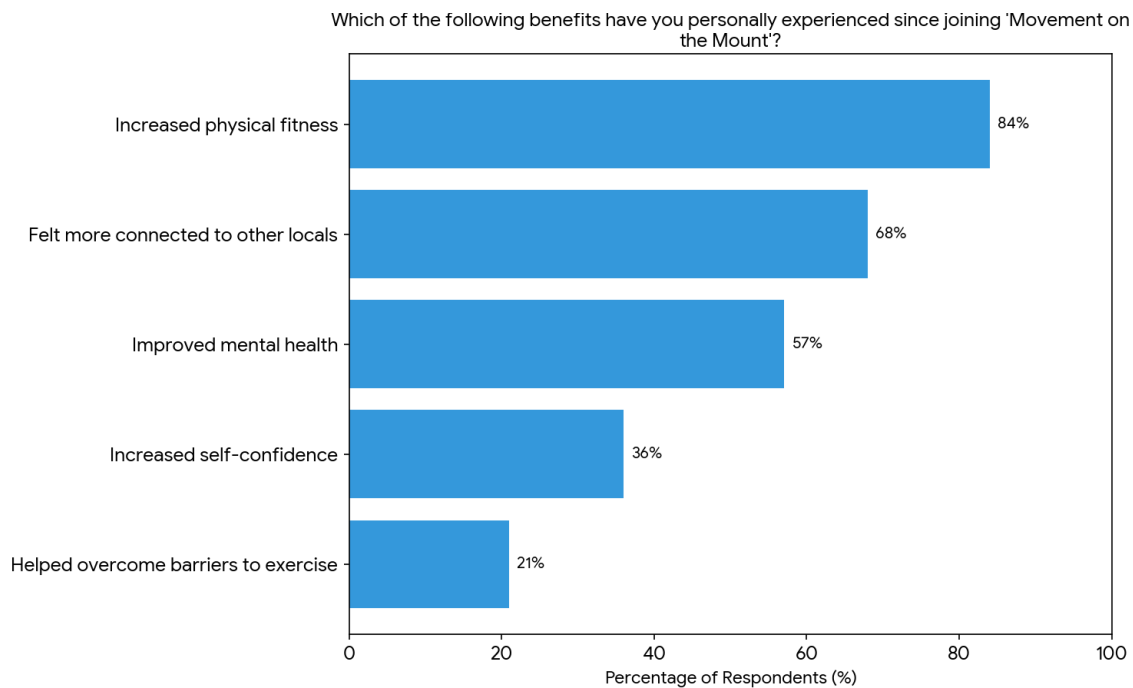
Self-Reported Fitness Levels

A significant number of participants entered the programme describing their fitness as 'Lightly active' (42%) or 'Sedentary' (18%).



3. Participant Testimonials and Impact

Qualitative feedback from participants highlights the significant physical, emotional, and social benefits of the programme. With 84% of participants reporting increased physical fitness and 68% feeling more connected to their local community. Furthermore, over half of the attendees (57%) have experienced improved mental health, highlighting the programme's holistic approach to well-being



Here are a selection of comments from participants.

- *"Increased strength and framework to continue"*
- *"Weight loss after an operation – I was looking for a keep fit class near home."*
- *"Better control and lowering anxiety"*
- *"Visualising pelvic floor exercises better with Zahra."*
- *"I enjoy the classes and it has got me back into exercise after an operation... Karen is caring and such a nice lady she makes the classes fun. I will continue to attend."*
- *"I have made friends and feel fitter. My mental health has improved as a result."*
- *"Improving balance and music makes exercise more fun! Karen is a great instructor!"*
- *"Feel fitter physically and emotionally"*
- *"The most significant benefit has been reconnecting with my body and rebuilding my confidence. After my hysterectomy, I no longer felt at ease in my own body. Movement on the Mount encouraged me to begin moving again at my own pace. I gradually felt stronger and more accepting of myself."*
- *"Being part of a supportive group of women, where we encourage and understand one another, has made a lasting difference to my overall well-being."*
- *"Instructor was so positive and she made me realise to live life in full!"*
- *"Meeting different types of women from all walks of life"*
- *"A keenness to continue exercise classes; I will continue to attend next year as a paying participant. Karen is excellent!"*

4. Conclusion

The data and feedback collected since November 2025 confirm that Movement on the Mount is an invaluable resource for girls and women in Acton. By engaging 95 individuals—many of whom were previously inactive—the programme is successfully fostering a more active and supportive community. The variety of sessions ensures that every participant can find a path to improved well-being.