

**The Weaver's Triangle**

**Project name:  
Active Lives**

**Aim**  
Longer -  
term effect

To improve the  
health & wellbeing  
of inactive adults  
through physical  
activity

**Outcomes**

the changes or differences we want to make

- Inactive adults (over 45, living in deprived areas) become more physically active
- Previously inactive adults (over 45, living in deprived areas) stay physically active
- Improve the health of inactive and previously inactive adults (over 45, living in deprived areas)
- Improve the wellbeing of inactive and previously inactive adults (over 45, living in deprived areas)

**Activities**

what we do to make those changes

- Community Engagement      Referrals      1-2-1 Consultations      personal activity plan
- Active Lives Cards – free/concessionary pricing      Socials      Newsletter
- Gentle Exercise Activity Pilots