



# Integrating nature with sport and physical activity

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## Benefits of being in nature

Over 1 in \_\_ UK parents say their child has struggled with anxiety in the last 12 months

4

6

8

Over 1 in 4 UK parents say their child has struggled with anxiety in the last 12 months

(Ipsos, the national lottery community fund, 2025)

## Benefits of being in nature

\_\_\_ of parents say spending time in nature could help children's mental health

21%

50%

43%

**43% of parents say spending time in nature could help children's mental health**

(Ipsos, the national lottery community fund, 2025)





## Benefits of being in nature

Those who spend just \_\_ hours  
per week in nature report  
significantly higher levels of  
wellbeing compared to those  
who don't

4      1      2

Those who spend just 2 hours per week in  
nature report significantly higher levels of  
wellbeing compared to those who don't





## Benefits of being in nature

Individuals living within \_\_km of green space had a significantly lower risk of experiencing anxiety and depression

5

10

1

Individuals living within 1km of green space had a significantly lower risk of experiencing anxiety and depression

# Why?



Psychological wellbeing,  
increased physical activity



Exposure to nature improves  
activity levels



Evidence around health  
outcomes with water-based  
environments (blue space)



Contamination, pollution & toxins  
negatively impacting our health &  
wellbeing (air pollution from  
transport impacting respiratory &  
cardiovascular health)



Gap for clearer evidence of 'what  
works' for health and wellbeing,  
in terms of nature-based  
activities beyond gardening and  
physical activity.