B2N MUCH MORE THAN A GAME

Back to Netball (B2N)
Running since 2009 and has engaged over 60,000 participants. The aim of the programme is to provide a gentle re-introduction to netball for people who have played in the past and want to re-engage with a sport they love.

What are the benefits of B2N?

Top results

- **Physical well-being**
  - 97% of B2N participants said B2N made them more physically active and they lead a healthier lifestyle
  - “I’ve made loads of friends and I am loving life!”

- **Social well-being**
  - 86% of B2N participants said they felt welcome and interacted well with others
  - “When I play all worries disappear, B2N saved my life.”

- **Mental well-being**
  - 76% of B2N participants said B2N helped them feel good about themselves
  - “I’ve increased my fitness and physical activity.”

- **89%** of ‘former’ B2N participants engage in further activity

- **37%** engage in further netball

- **52%** participate in other sports & activities

- **98%** of participants would recommend B2N to others

Former B2N participants are now 20% more physically active AFTER-B2N

'B2N caters for women of all ages!!

‘Net Mums’
52% of participants surveyed were mums.

**KEY THEMES**

**Baby weight**
Women are motivated to return to netball to lose baby weight.

**Identity**
B2N developed participants social lives away from their role as mothers.

**Social Networks**
Participants become aware of B2N through contacts gained at baby groups, schools or playgrounds.