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D2.1 Toolkit for Inclusive Physical Literacy, module 10 of 10

Sustainability and follow-up

Real stories from other women, and checks after 3, 6 and 12 months to see your progress and set new goals.



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Module 10 of 10

Sustainability and follow-up

Real stories from other women, and checks after 3, 6 and 12 months to see your progress and set new goals.

In this module

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Read or listen on your phone

This module helps you keep going over many months. Read how other women got started. Then check your progress after 3, 6 and 12 months.

1 Success stories and testimonials

These are real stories from women in other projects. They are not part of VITALITY.

Each story was published by the organisation named with it. You can read the whole story there. Some of the full stories talk about war and hard times.

The women started in different ways: swimming, dancing, cycling, football, taekwondo or an exercise class. Some of them talk about meeting other women.

The words belong to the people who published them. They are not covered by this toolkit's licence. Tania's and Shukri's words were first published in Polish and Norwegian. We translated them into English.

Hakime

Norway

Hakime is from Afghanistan and lived in Grimstad, Norway. On Sunday mornings she went to a swimming class for women, run by volunteers.

> “ I get to talk with the other women, and we have a good time together.

Source: Crouch D. Taking the plunge: Swimming lessons help integration in Norway. UNHCR Nordic and Baltic Countries, 7 July 2017. www.unhcr.org/nordic-and-baltic/news/taking-plunge-swimming-lessons-help-integration-norway

Tania

Poland

Tania is from Luhansk in Ukraine and now lives in Białystok, Poland. At first it was hard for her to go out and meet people. Going back to taekwondo, a sport she loved as a child, helped her.

> “ In this sport, I am not aiming for big achievements.

Translated for this toolkit. In the original language: Akurat w tej dziedzinie nie stawiam sobie za cel wielkich osiągnięć

Source: Sajewicz A. Przez taekwondo do Caritasu. UNHCR Polska, 8 July 2026. www.unhcr.org/pl/wiadomosci/ludzkie-historie/przez-taekwondo-do-caritasu

Shukri
Norway

Shukri went to a Zumba class for immigrant women in Skien, Norway. A volunteer led it.

> I am tired when I get home, but I get a good feeling in my body.

Translated for this toolkit. In the original language: Jeg er sliten når jeg kommer hjem, men jeg får en god følelse i kroppen

Source: Bakkebø SH. Zumba-feber blant innvandrerkvinner. NRK Vestfold og Telemark, 13 June 2013. www.nrk.no/vestfoldogtelemark/zumba-feber-blant-innvandrerkvinner-1.11078175

Neleah
Finland

Neleah is from Kenya and lives in Finland. She was scared of swimming. In her 40s, she started lessons with a sports group for women from many cultures.

> There is no shame in learning at any age.

Source: Ramachandran D'souza P. Taking the plunge: Non-swimmers in Finland discover joy of the sport in adulthood. Yle News, 29 July 2024. yle.fi/a/74-20101605

Nazmeen
United Kingdom

Nazmeen was seeking asylum in London. She joined a women-only cycling course for beginners. Her name was changed to protect her.

> This course gave me a reason to leave the house.

Source: Shellien-Walker L. Life cycles: The project getting refugees cycling in London. UNHCR UK, 16 December 2016. www.unhcr.org/uk/news/stories/life-cycles-project-getting-refugees-cycling-london

Amal
Jordan

Amal left Syria for Jordan. Gyms there cost a lot, so she joined a Zumba class. It was at a centre run by the International Rescue Committee.

> When I found out that the IRC centre offers Zumba classes, I was very motivated to join for me, for my health.

Source: Kawar K. Counselling and Zumba classes help three generations of Syrian women find hope. International Rescue Committee UK, 13 March 2016. www.rescue.org/uk/article/counselling-and-zumba-classes-help-three-generations-syrian-women-find-hope

A woman in a study

Denmark

In Denmark, women from Somalia and other countries did a 12-week exercise programme near their homes. One of them said this afterwards.

> “ I have learned so much that I can help myself and practice at home.

Source: Thulstrup SH, Petersen S, Morsø L. Development of a supervised exercise programme for immigrant women: feasibility study of a practical intervention in a physiotherapy setting. J Rehabil Med 2021;53. doi:10.2340/16501977-2853. pmc.ncbi.nlm.nih.gov/articles/PMC8638724

Svitlana

Spain

Svitlana left Ukraine because of the war and came to Barcelona. She played football in a team for refugee women.

> “ I like it because I have made friends and I can talk to them.

Source: FC Barcelona Foundation. Aitana Bonmatí visits a training session of a soccer team of refugee women. 11 October 2022. foundation.fcbarcelona.com/en/news/3913795/aitana-bonmati-visits-a-training-session-of-a-soccer-team-of-refugee-women-on-the-occasion-of-international-day-of-the-girl-child

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2 Re-assessment tools

After 3, 6 and 12 months, check how you are doing. It takes about 25 minutes, with the warm-up.

1. Fill in My starting point (vitality.sports4.eu/toolkit/forms/self-assessment) again.
2. Do My body checks (vitality.sports4.eu/toolkit/forms/baseline) again.
3. Answer Looking back after 3, 6 and 12 months (page 7).

Compare only with your own start. Small changes count.

Changing your goals and routine

- If it went well, add a little: one more day, or a few more minutes.
- If life got in the way, make your step smaller and keep going.
- If you stopped, start again with one small step. Many people stop and start again.
- If you are bored, try something new.
- Keep a small plan for busy weeks, like 5 minutes of stretching.

Then write your next goal in My goals (vitality.sports4.eu/toolkit/forms/goal-setting).

Keep going with others

Moving with other women can help you keep going. Find a place near you (vitality.sports4.eu/toolkit/directory/#further-reading), or read how to join an online group safely (vitality.sports4.eu/toolkit/community/#online-communities).

Form

Looking back after 3, 6 and 12 months

Fill it in on your phone

After 3, 6 and 12 months, see what has changed, what helped and what you want to do next.

About 25 minutes, with the warm-up

First fill in your starting point and your body checks again. Then answer these questions.

Before you start

- Fill in My starting point (vitality.sports4.eu/toolkit/forms/self-assessment) again.
- Do My body checks (vitality.sports4.eu/toolkit/forms/baseline) again.
- Compare with your own start. Small changes count.

	3 months	6 months	12 months
Today's date			

What has changed

What has changed for me? Tick any that are true. If nothing has changed yet, that is fine. Keep going.

3 months

What have I kept doing?

What has changed for me? Tick any that are true.

- [ ] More energy
- [ ] Better sleep
- [ ] Better mood
- [ ] More confidence
- [ ] Feeling stronger
- [ ] Moving more easily
- [ ] Something else

What have I learned about myself?

What got in the way?

6 months

What have I kept doing?

What has changed for me? Tick any that are true.

- [ ] More energy
- [ ] Better sleep
- [ ] Better mood
- [ ] More confidence
- [ ] Feeling stronger
- [ ] Moving more easily
- [ ] Something else

What have I learned about myself?

What got in the way?

12 months

What have I kept doing?

What has changed for me? Tick any that are true.

- [ ] More energy
- [ ] Better sleep
- [ ] Better mood
- [ ] More confidence
- [ ] Feeling stronger
- [ ] Moving more easily
- [ ] Something else

What have I learned about myself?

What got in the way?

What next

What support would help me? For example: a friend to walk with, a group, or a place to be active.

3 months

What support would help me?

My goal for the next 3 months

6 months

What support would help me?

My goal for the next 3 months

12 months

What support would help me?

My goal for the next 3 months

Then choose a small step for it in My goals (vitality.sports4.eu/toolkit/forms/goal-setting).

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Toolkit for Inclusive Physical Literacy

Simple ways for women to move more, at home and together

Open the toolkit on your phone

vitality.sports4.eu/toolkit

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