

Greater Manchester Moving > ^ < v

GM & High Peak Ramblers AGM
Steven Pleasant
29 November 2025

Why a movement for movement?

- Moving matters to all of us
- Together we can design movement back into life
- We all have a part to play

Why moving matters...



Physical health and wellbeing



Adding life to years and years to life. Benefits include reduced risk of long-term health conditions.



Mental health and wellbeing



Helps lift the mood, releasing 'feel-good' endorphins, and supports long-term mental health.



Individual development



Increases school readiness, educational attainment, self-esteem, productivity and independence. Supporting social and economic inclusion.



Social and community development



Increases social trust, belonging and community participation. Improves road safety, quality of life, environment and place. Reduces loneliness.



Economic development



Generates good employment, community wealth building and productivity at work. Saves money to the public purse and reduces sickness absence.



Environmental sustainability



Promotes more sustainable living, travel and places. Contributes to decarbonisation, cleaner air and a greener, healthier environment.

> £4 for every
£1 spent

Is the Social Return on investment in sport and physical activity.

> £9.59bn

Amount generated in England by improved physical and mental health.

> £14.22bn

Amount that contributes nationally to enhanced social capital.

Doing things differently – why?

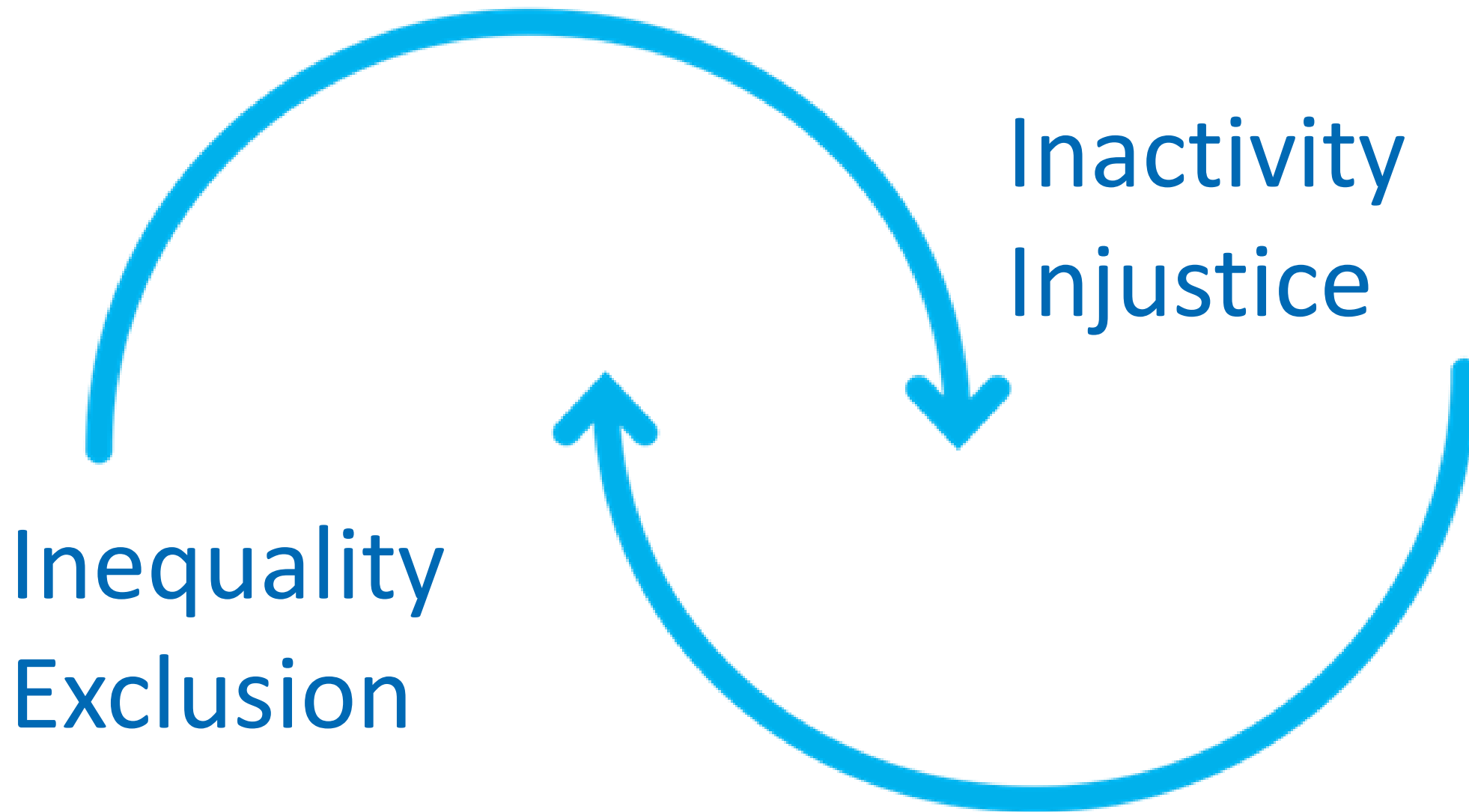
**Previous approaches had limited impact at population scale.
A new approach was needed to address inactivity and inequality.**

Inactivity
costs £26.7m
per year

Inactivity rises to
33.9% in lowest
income groups

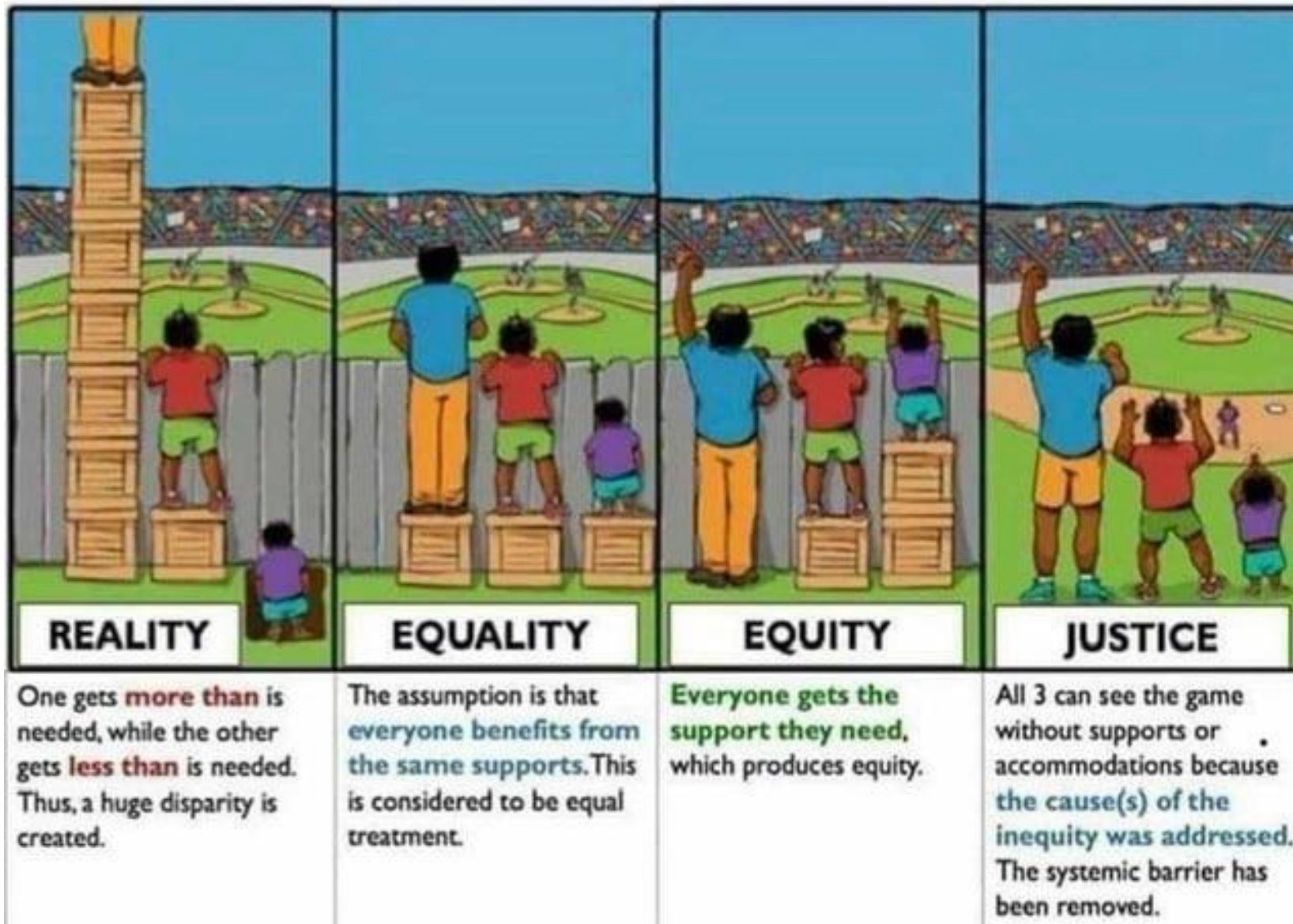
55%
of people in Greater
Manchester want to be
more physically active

What is the mission?



Equality, equity and justice

©: @RestoringRacialJustice

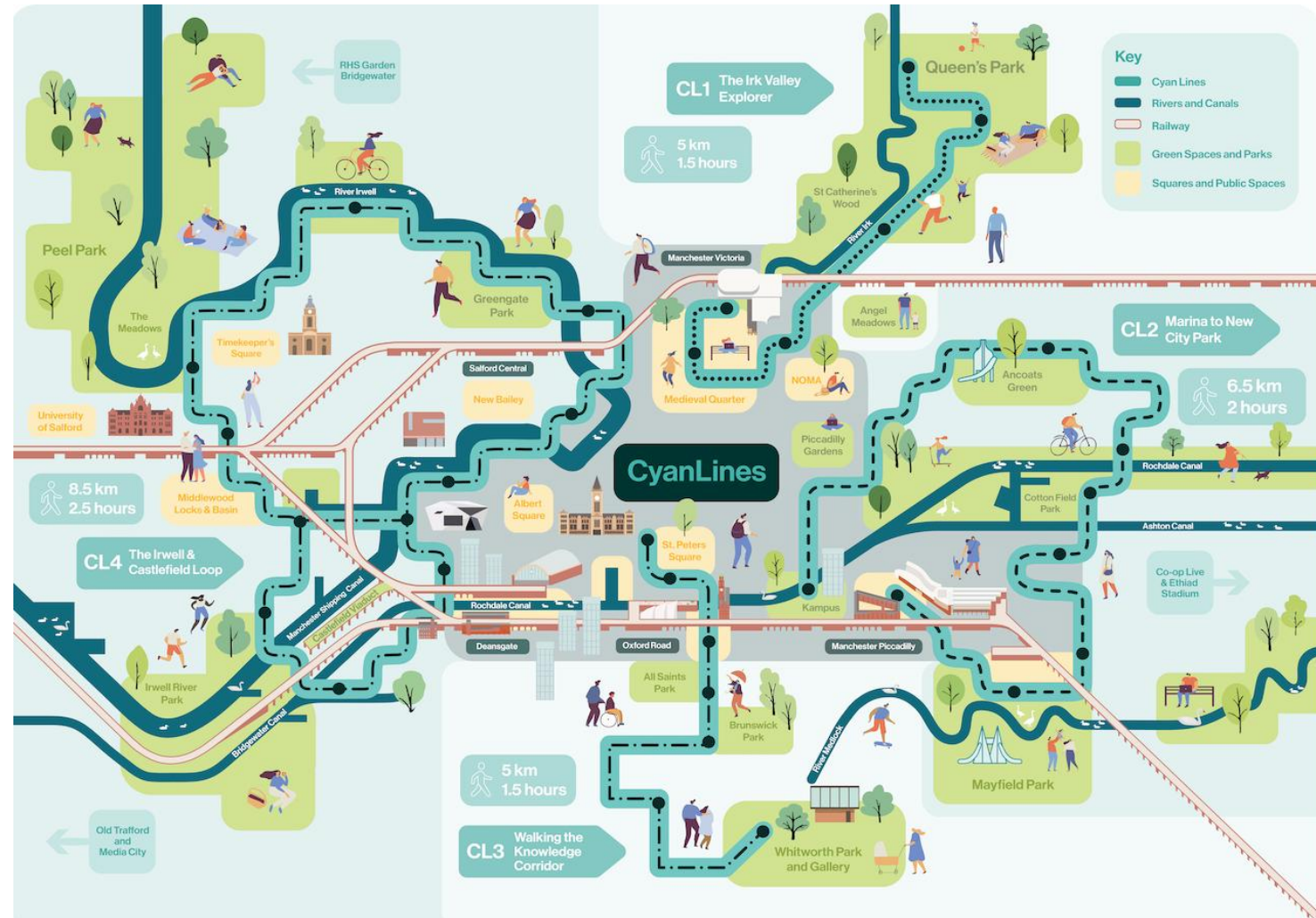


Increasing focus on environmental sustainability

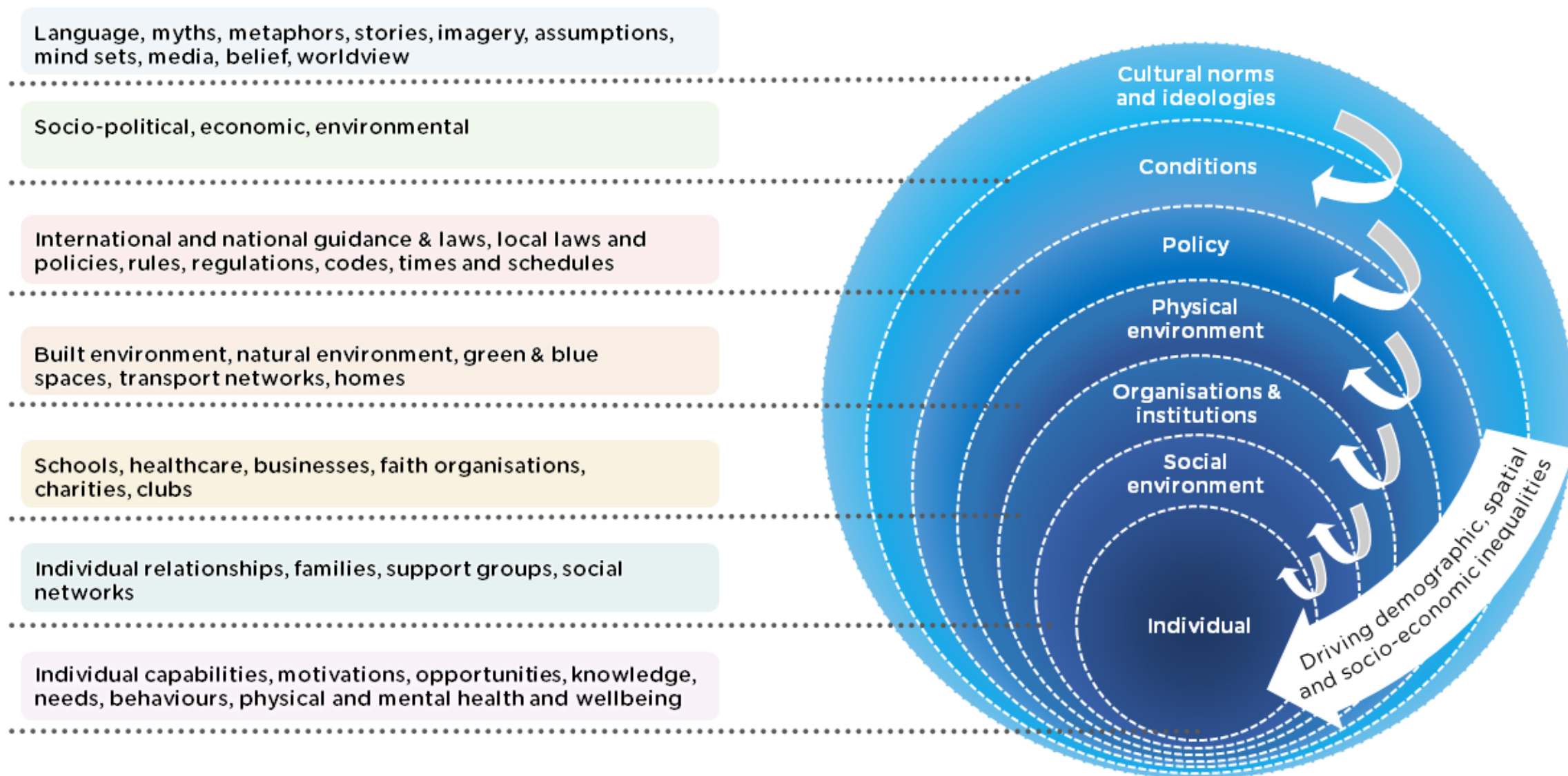
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GM Moving Mission:
To lead, support & connect
a GM system that supports
healthy people & planet

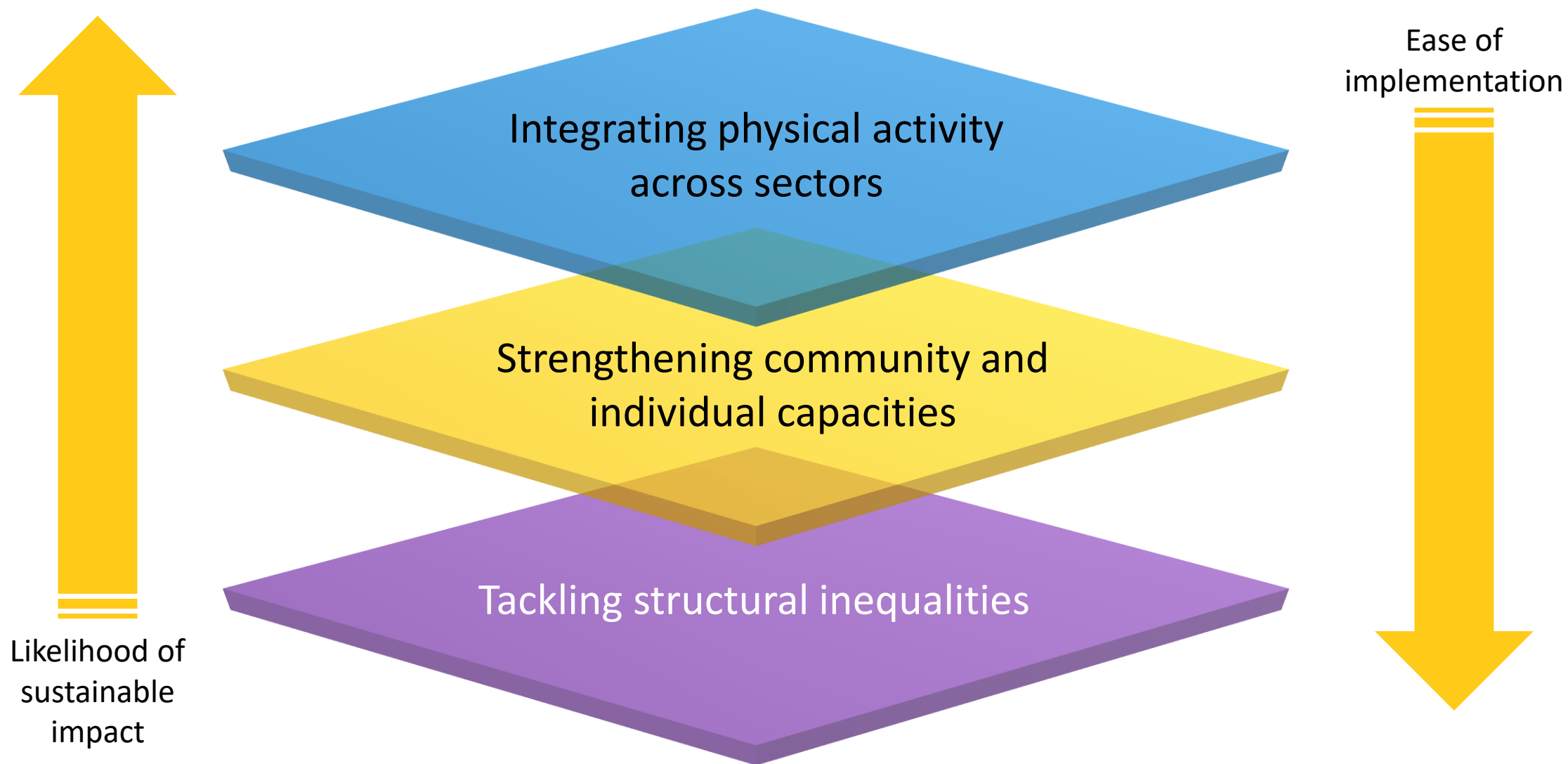
Vision:
A thriving planet that
supports active lives for all



How? Doing the work in the culture layer

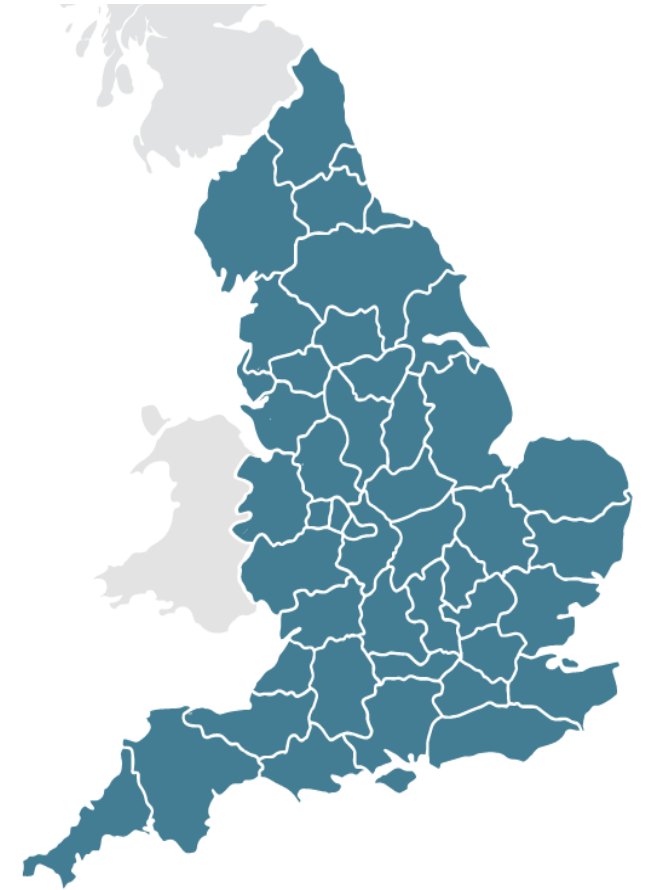
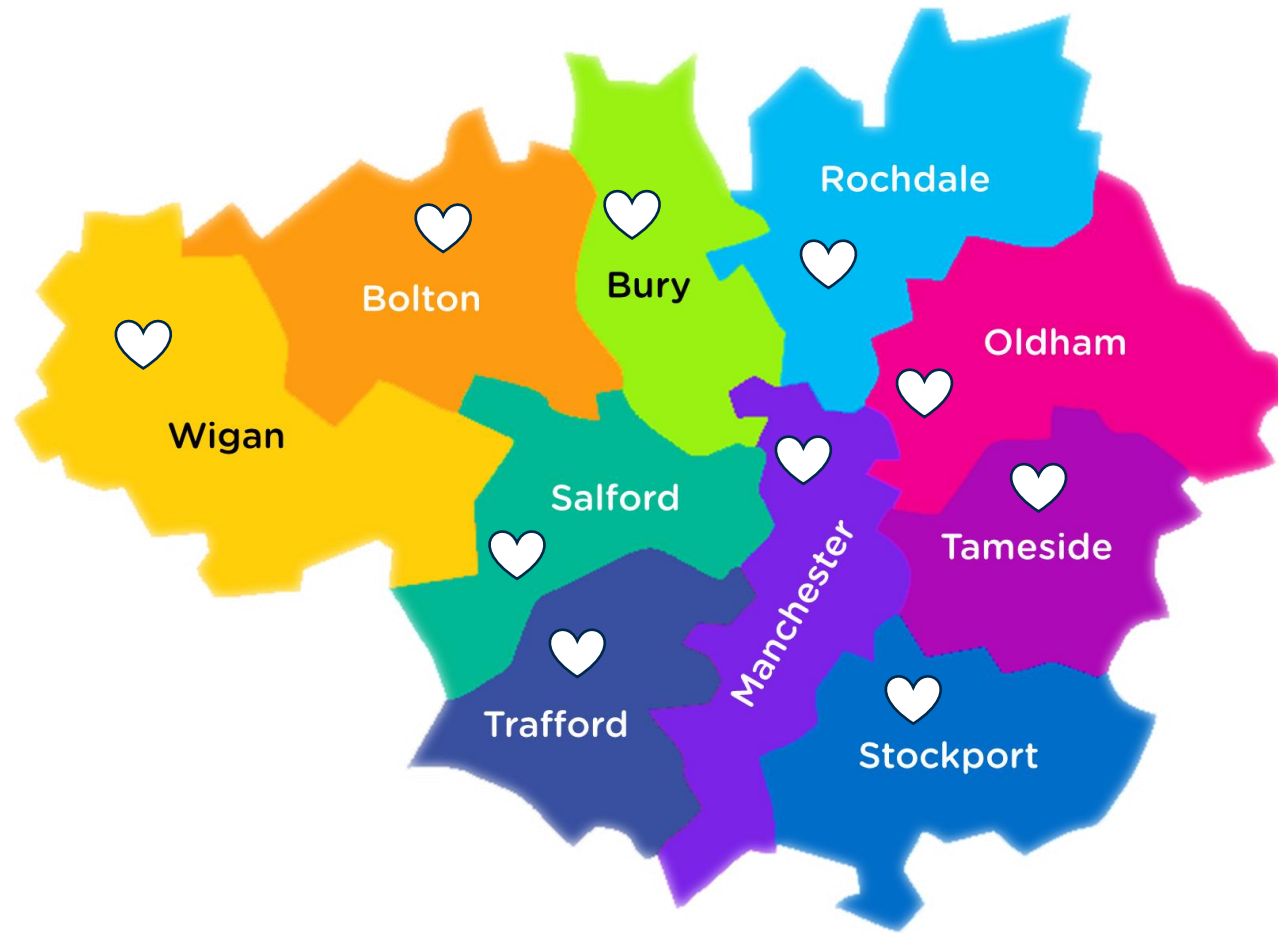


National Evaluation and Learning: Creating the conditions for people to be more active



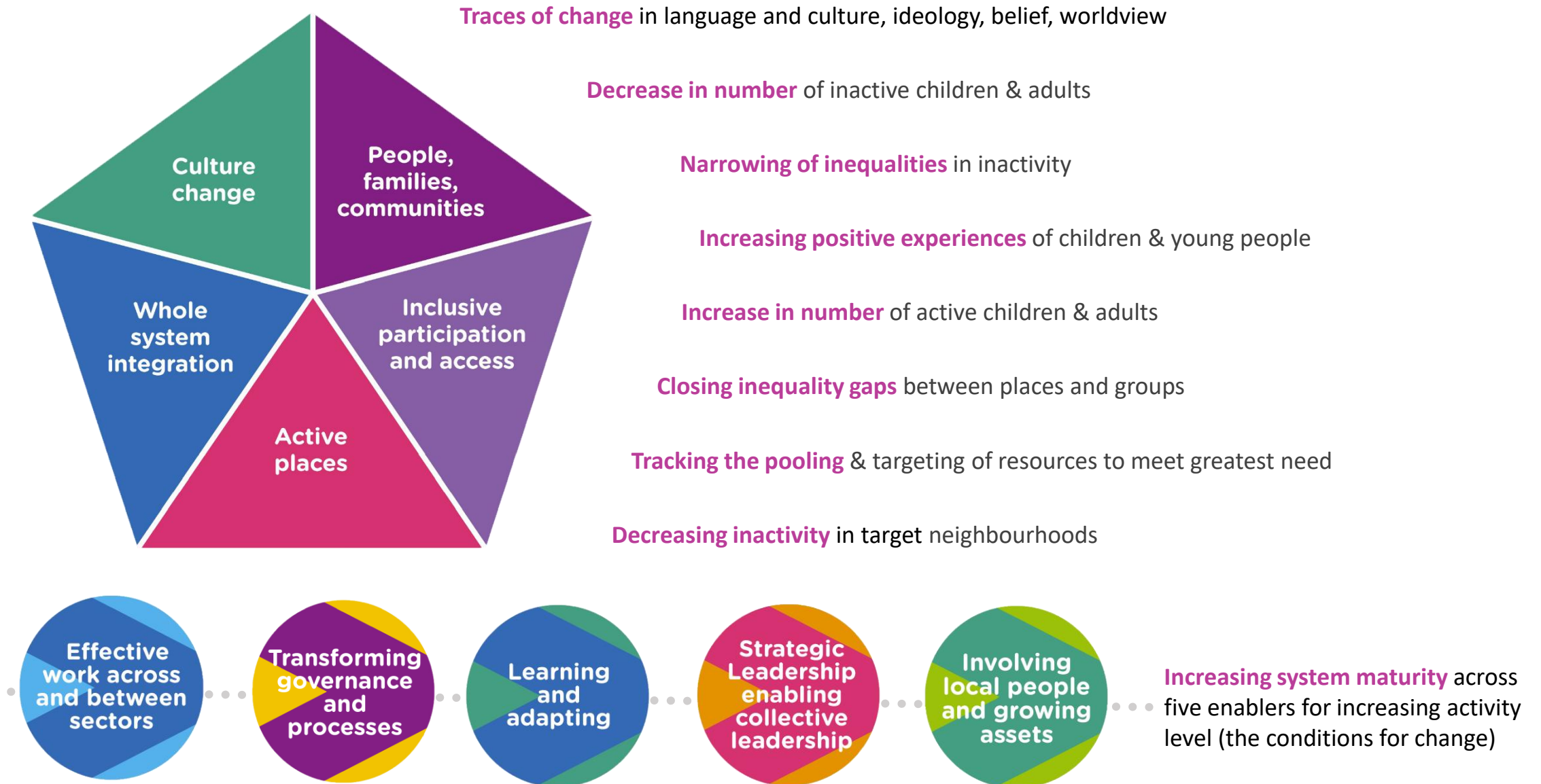
How?

Learning, aligning and connecting across spatial layers (place)



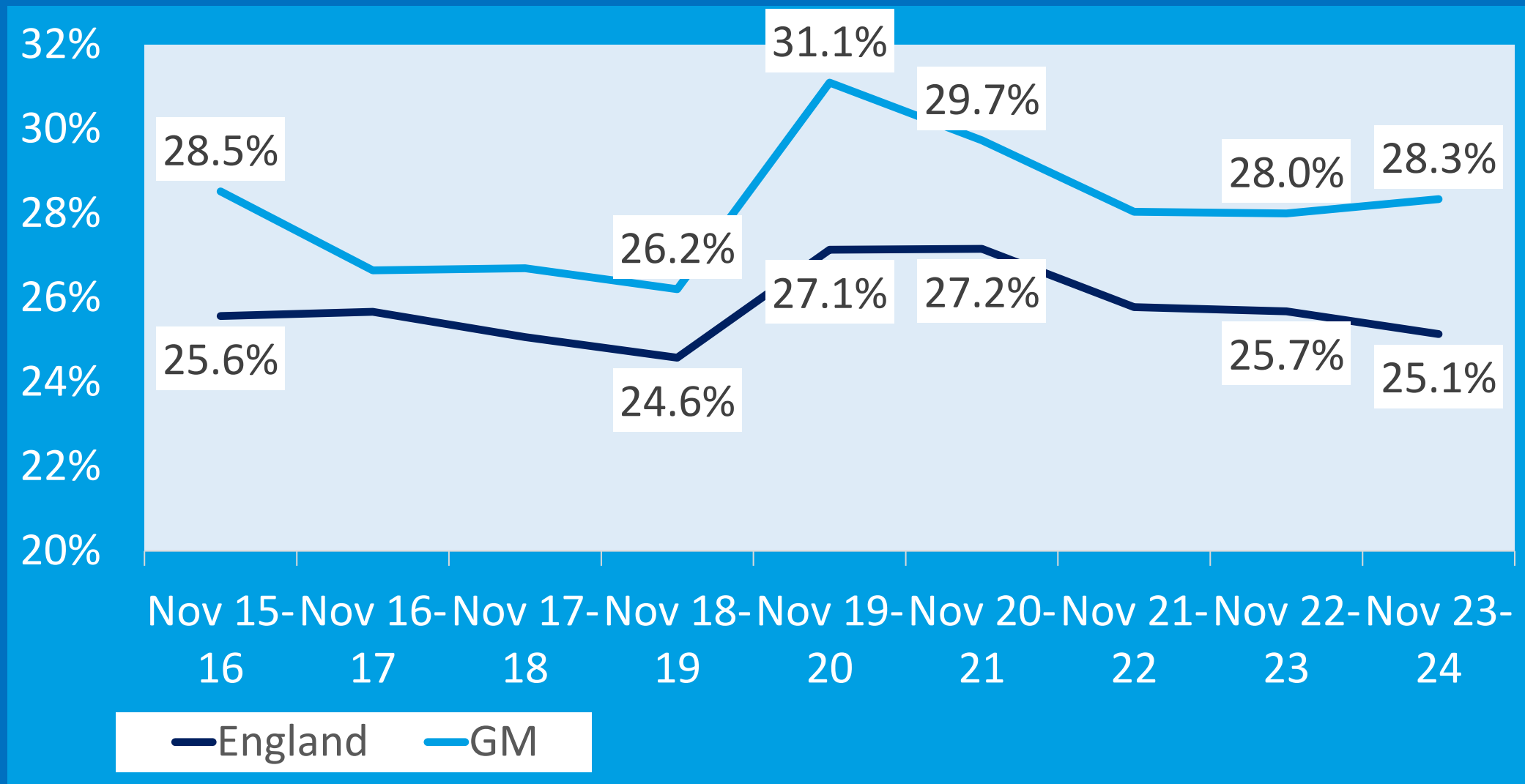


What is changing and how do we know?



Inactivity Levels – Adults*

Greater Manchester

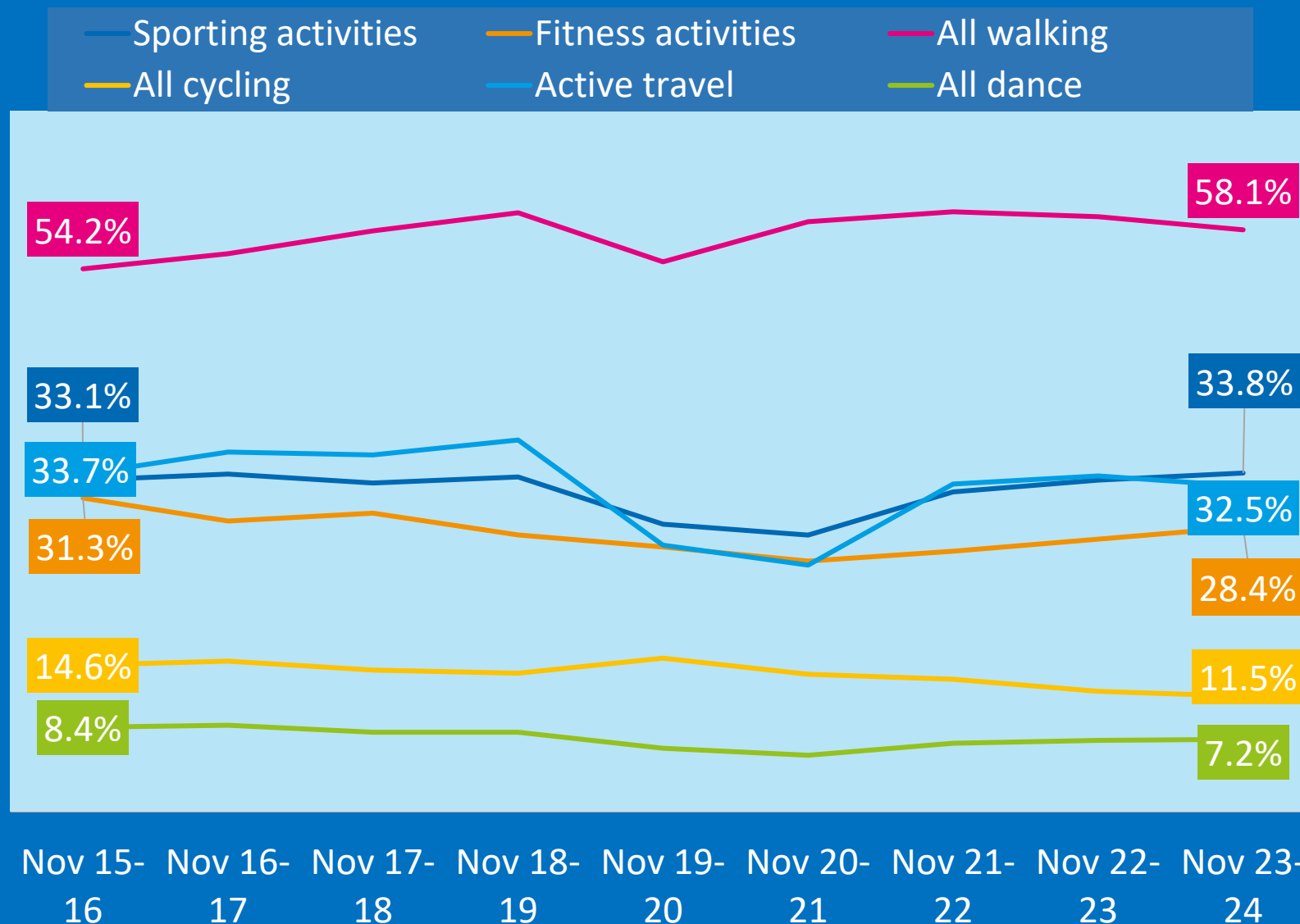


Source: Sport England, Adult Active Lives Survey – Updated: April 2025

*inactive for adults is defined as less than 30 minutes a week of moderate intensity physical activity (Sport England, Active Lives Survey)

Inequalities across participation

Twice in the last 28 days by activity type- Baseline and Pre-pandemic recovery

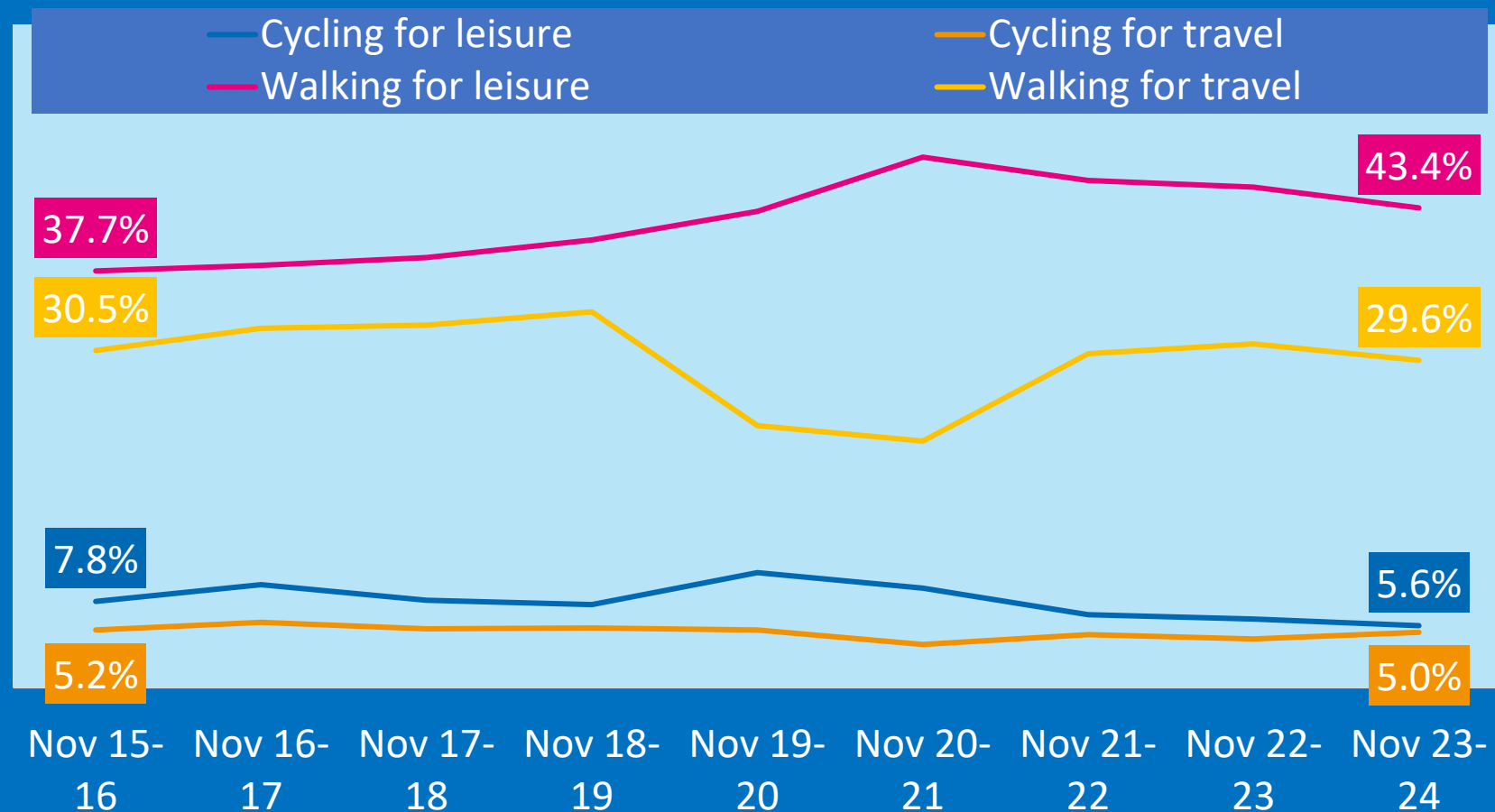


> All walking similar to pre-pandemic (2018-19) levels and 4.1% higher than baseline.

> Only sporting and fitness activities have seen an increase in the last 12 months.

Inequalities across participation

Twice in the last 28 days by activity type- Baseline and Pre-pandemic recovery



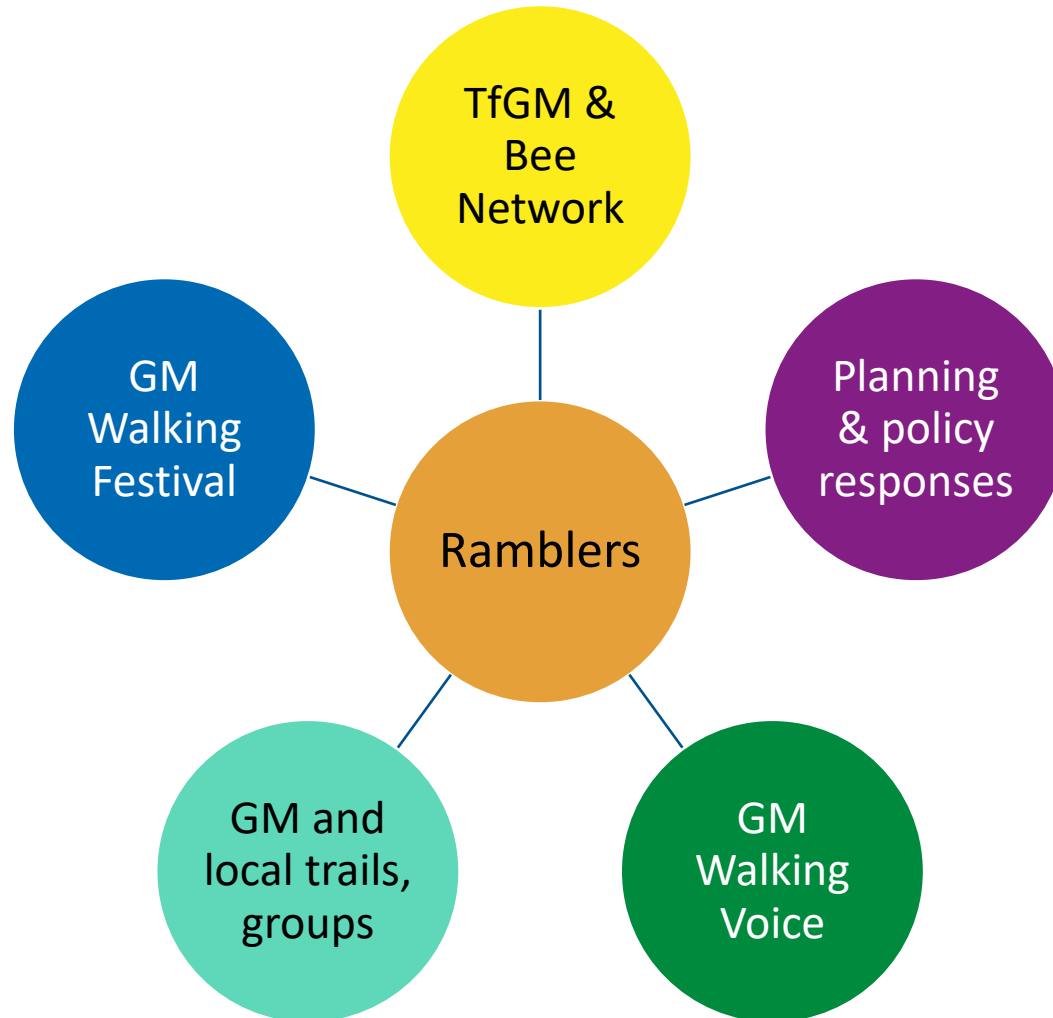
Walking for leisure up 5.8% since baseline but returning to pre-pandemic (2018-19) levels. Cycling remains down over the long term.



GM & High Peak Ramblers:

Current and forthcoming partnerships, influence and local delivery

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GM
Leisure
Walking
plan

Cyan
Lines

Live
Well

