

Stronger for Longer

Whittfit Training Ltd

Whittfit Training Ltd Funding

Project:

The Over 60's Stronger for Longer project was a 4-month progressive strength, balance, and core stability programme designed for 5–8 participants aged 60+. The programme includes two sessions per week (8 sessions per month) and is structured into four phases, each building on the previous one.

In Month 1, participants complete a total body routine focused on gradually increasing training volume through a linear progression of 3x8, 3x10, 3x12, and 3x15 repetitions. The goal is a 20–200% increase in volume, followed by a deload week to aid recovery. Month 2 shifts focus to building strength by increasing resistance and reducing repetitions in reverse order (3x15 down to 3x8), aiming for a 25–35% strength gain. Month 3 introduces wave training, where weights increase across sets each session, further enhancing strength progression. Finally, Month 4 returns to volume training with an added set (4x6 to 4x10), ensuring participants finish with improved endurance and resilience.

Number of Participants: 7

Note: The project received more applications than the project was funded for. This meant Whittfit put on another Over 60's Stronger for Longer project alongside the one funded by the Active Eastbourne and Lewes fund.

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Results

Category	Pre-survey (n=7)	Post (n=5)	Change / Insights	
Satisfaction / Expectations	N / A	5 / 5 for satisfaction 5 / 5 expectations	Very strong satisfaction achieved for clients	✓
Do you get enough physical activity to meet your health and fitness goals?	3 yes 3 no 1 unsure	5 Yes	Post project everyone now feels they are active enough – compared to before the project – to reach their goals	✓
Physical activity frequency	Range: 1-7 days Most at 1-4 days	Range: 1-7 days Most at 3-6 days	More consistency post survey around 3-6 days	✓
Weekly minutes of physical activity	60 – 240 minutes Mixed range of answers	Mostly 180 – 240 minutes (4/5 answers the other being 120-179)	Post project more participants are hitting recommended levels of physical activity.	✓
Session length when being physically active	30 – 60 minutes were the majority of answers Some answered over 60	30 – 60 minutes were the majority of answers Some answered over 60	Post project answers show although participants were more active (see physical activity frequency) the session length stayed the same.	✓
Self-rated fitness level	Most answers moderate 1 low	3 high 2 moderates	Post project, individuals self-perception of their fitness level improved	✓
Main reason / goals being part of the project	Fitness, health, learning new skills	Improved health, increase in energy and motivation and social connections	Post project the results show a shift from individuals fitness goals towards more broader wellbeing and social benefits of physical activity	

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Category	Pre-survey (n=7)	Post (n=5)	Change / Insights	
Confidence in achieving goals	3-5 range of scores with an average of ~4.4	<i>The question was not repeated post project</i>	The pre project survey showed that participants had a high confidence in achieving their goals	
Likelihood to recommend the project / activity	4 – 5 score given <i>Score given using just information had before project.</i>	All 5 post project scores gave a 5 for recommending the project.	Post project shows an increase in likelihood to recommend the project to others – based on their experience	
Concerns / Changes	Some participants had concerns about progressions matching their ability and attendance, if they missed any sessions	Most feedback regarded smaller circuits, 3 instead of 6 exercises/people, adding cardio exercises and extra session a week		
Continuation after project		All 5 survey responses score likely to very likely to continue exercising	The post project answers show a high chance of sustained impact on continuing physical activity now the project has finished. *	

Personal Journey

The following are short paragraphs from the post project survey from individuals on their journey:

1. Before the project I had just retired and was looking into activities i could participate in. I had previously done Yoga and was interested to see how the strength plan would benefit me. Worries were making the 14-week commitment and not enjoying the plan if I had then committed to 14 weeks. Challenges were learning the new exercises and then starting to master the techniques. I have gained new friendships and feel like general strength has improved.

2. I had never done, improved physical health. Continue with a membership

3. I was worried that by attending the sessions I would aggravate existing injuries, my concerns were mitigated by the trainers as they were able to advise on alternatives exercises if I found that there was discomfort. I was able to feel like I could develop so strength and balance over the course of the programme despite getting an unrelated injury part way through. I also enjoyed working with the other participants and found great camaraderie over time. We are now planning to set up an Whatsapp group so that we can attend gym sessions together. I've also taken up running again as I feel more confident.

4. Before I joined, I was a couch potato because I'd been unwell and had little motivation. I was really excited about getting involved in something that would help me feel stronger, more motivated and more confident. I have struggled with my balance throughout, but this is more to do with eyesight rather than my physical inability. Steve made adjustments to my programme to help with this.

I've made some great friends along the way and look forward to meeting up for and training sessions in the future.

Short Quote

The following are short quotes from the post project survey:

1. Joining the Stronger for longer sessions has helped me make new friends and improve my confidence in the gym.

2. The over 60's strength group has helped me with my mobility and overall wellbeing.

3. Since joining the over 60's strength group i feel better, more confident and enhanced social connections

4. Joining the Stronger for Longer Group go me back to running.

5. I've really noticed the difference in my body shape since joining the Stronger for Longer programme.