

Happy 2B active Case study



Ben's story

"Thank you so much for providing Ben and his friends with opportunities for outdoor competitive sports.

As the boys sit in school for long hours and mainly busy with academic studies they tend to lead a sedentary lifestyle.

Ben is extremely inactive and dislikes going to the gym. He views the gym as a punishment. However, the day he goes to football after school hours is his favourite day and looks forward to it all week. He falls asleep easier on that day and hence wakes up more refreshed and ready and willing to learn in school.

It's a beneficial new cycle and I thank you for that."

Mrs G (Ben's mum)

