



# CONTINUE YOUR JOURNEY

at [startarchery.co.uk](http://startarchery.co.uk)

*"I like the challenge. The science of archery is interesting, as well as being able to meet and make friends with like-minded people." - Hugh*

## FOUR BENEFITS OF ARCHERY:



### FITNESS

Archery builds muscle endurance and flexibility, develops hand eye coordination and core strength. At tournaments, archers walk around 8km (five miles) each day and can burn between 100 and 150 calories every 30 minutes.



### MEET NEW PEOPLE

We're a social lot, in archery you can compete as an individual or as part of a team but we love to learn and shoot together. We also love to share cake or a barbecue away from the shooting line.



### JOIN A DIVERSE COMMUNITY

Archery is for all genders, ages and abilities. Archery was one of the original sports of the first Paralympic Games!



### MENTAL HEALTH

The perfect sport for mental focus, drive and resilience. Archery allows people to practice mindfulness, a great way to relieve anxiety and depression.