

“In rugby there’s a place for everyone: big, small, thinker, grafter, slow or quick. Everyone in the team is equal and you can all bring your own personality. I think, as well, the realisation that you are part of something bigger, the values, it makes you a better person.”

Jonny Wilkinson  
2003 Rugby World Cup winner



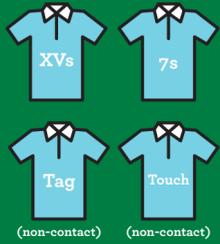
# RUGBY IS GOOD FOR YOU

## 1. Welcoming

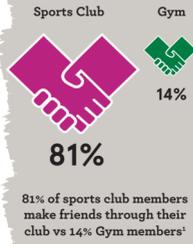
Family friendly club environment



Many ways to play:



Creating friendships<sup>1</sup>



## 2. Team Sport



Rugby union builds:



## 5 Ways that rugby is good for you

Where can I find rugby?



References:  
1. Sport & Recreation Alliance 2012  
2. NHS Choices 2015

## 3. Health Benefits

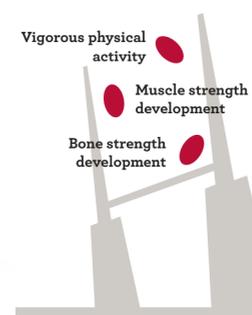
Health benefits of physical activity<sup>2</sup>



The NHS recommends:



Rugby is recommended for<sup>2</sup>:

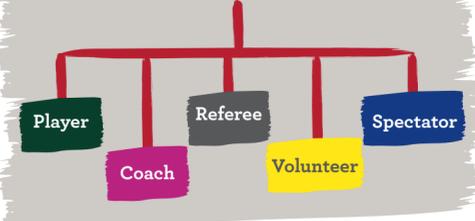


## 4. Player Safety

**Player welfare is at the heart of everything we do**

## 5. Life-long connection

Rugby family



Girls and boys, men and women of every body shape and size have a place in rugby union

“Sport has the power to change the world, the power to inspire, the power to unite people in a way that little else can”

Nelson Mandela  
Rugby World Cup 1995

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