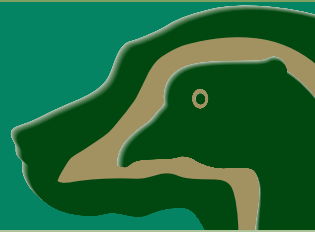


# BASC



The British Association for Shooting & Conservation

## Health and wellbeing the personal value of shooting

95%



said shooting is important to their **personal** wellbeing

91%

said they would spend less time outdoors if they could not shoot

84%



said shooting is important for their **physical** wellbeing



88%

said shooting gives them moderate to high-intensity exercise

59%

take part in picking-up, beating, or physical conservation work

20 the average number of friends made through shooting



77% said their social life would suffer without shooting

71%

said their levels of physical activity would suffer without shooting



The top three reasons for taking part in shooting:

Enjoyment

Time outdoors

Relaxation