



The **Value** of Shooting

Health and wellbeing

The personal value of shooting

Three out of four

people who take part in shooting
said that it is important to them
and their personal wellbeing

90%

said exercise and getting out in the
fresh air and being part of a community,
along with relating to nature, were key
factors in their involvement

75%

said they would lose something
important if they were not involved

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