Sport England, Survey into adult physical activity attitudes and behaviour, 3rd August 2020

Methodology: Savanta ComRes interviewed 2, 125 English adults (16+ online) 31st July to 3rd August. Data were weighted to be demographically representative of English adults by gender, age, region, social grade, and the estimated households with children under 16. Savanta ComRes is a member of the British Polling Council and abides by its rules. Full tables at **www.comresglobal.com**

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D1. Are you...?
BASE: All respondents

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	1035	1035	-	330	333	372	51	148	94	106	90	94	199	156	96
	49%	100%	-	51%	48%	47%	50%	54%	45%	48%	49%	40%	60%	45%	44%
		b						fhi					cdefhi		
Female	1077	-	1077	306	360	411	50	128	113	116	91	140	132	189	120
	51%	-	100%	48%	52%	52%	49%	46%	54%	52%	50%	59%	39%	54%	55%
			a						g	g	g	bg		bg	bg
Other	1	-	-	1	-	-	-	-	-	-	1	-	-	-	-
	*	-	-	*	-	-	-	-	-	-	1%	-	-	-	-
Prefer not to say	12	-	-	5	6	1	1	-	1	1	-	1	3	4	1
	1%	-	-	1%	1%	*	1%	-	*	*	-	*	1%	1%	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D1. Are you...?
BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	1035	103	240	220	141	96	235	563	472	841	34	72	53	12	3	173
	49%	60%	51%	43%	51%	43%	49%	49%	48%	47%	56%	57%	56%	58%	30%	56%
		cefgh	ce		c			c				a				a
Female	1077	67	226	285	133	123	243	578	500	934	26	52	40	8	7	133
	51%	39%	48%	56%	48%	55%	51%	50%	51%	52%	44%	42%	43%	42%	70%	43%
			a	abdg	a	a	a	a	a	cg						
Other	1	-	-	-	-	-	1	-	1	1	-	-	-	-	-	-
	*	-	-	-	-	-	*	-	*	*	-	-	-	-	-	-
Prefer not to say	12	2	1	3	1	3	2	6	6	5	-	1	1	-	-	2
	1%	1%	*	1%	*	1%	*	1%	1%	*	-	1%	1%	-	-	1%

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D1. Are you...?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	1035	646	172	169	341	72	63	372	57	39	36	49	64	47	235	136
	49%	49%	47%	50%	48%	40%	51%	56%	30%	66%	49%	49%	61%	27%	52%	44%
						di	di	adik		abdgijk	di	di	adik		adik	di
Female	1077	677	193	170	363	108	62	288	131	20	36	50	39	128	214	170
	51%	51%	53%	50%	51%	60%	49%	44%	69%	34%	49%	50%	37%	72%	48%	55%
						cehj	e	bcefghjk				e		abcefghjk	e	cehj
Other	1	1	-	-	-	-	-	-	-	-	-	-	-	1	-	-
	*	*	-	-	-	-	-	-	-	-	-	-	-	1%	-	-
														c		
Prefer not to say	12	3	-	1	1	1	-	2	3	-	1	1	2	2	-	1
	1%	*	-	*	*	1%	-	*	2%	-	1%	1%	2%	1%	-	*
									cj			j	cj	j		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D1. Are you...?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	1035	245	190	83	30	273	275	314	130	87	19	217	333	175	531	276	53	859
	49%	49%	53%	53%	62%	53%	50%	52%	56%	49%	45%	53%	51%	46%	48%	52%	56%	49%
Female	1077	249	170	74	18	244	267	290	103	90	23	192	312	201	583	255	39	876
	51%	50%	47%	47%	36%	47%	49%	48%	44%	50%	53%	47%	48%	53%	52%	48%	41%	50%
														d	d			
Other	1	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-
	*	-	-	-	-	-	-	-	-	-	-	-	-	*	-	-	-	-
														e				
Prefer not to say	12	3	1	1	1	2	4	2	1	2	1	3	3	4	2	3	3	8
	1%	1%	*	1%	2%	*	1%	*	*	1%	2%	1%	*	1%	*	1%	3%	*
														b			bce	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D1. Are you...?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
Male	1035 49%	195 54%	641 48%	104 43%	176 45% f	54 56% abf	694 49% f	308 47% f	18 31%	820 49%	215 46%	864 48%	160 51%
Female	1077 51%	168 46%	689 52%	135 56% c	212 54%	43 44%	712 51%	343 52%	39 66% cde	829 50%	249 53%	919 51%	147 47%
Other	1 *	- -	- -	1 * d	1 *	- -	- -	1 *	1 2% de	1 *	- -	1 *	- -
Prefer not to say	12 1%	1 *	2 *	1 *	2 1%	- -	4 *	2 *	1 2%	11 1%	1 *	4 *	4 1% a

D1. Are you...?
BASE: All respondents

		Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	1035	201	97	154	173	104	126	45	135	430	306	309	524	186	197	266	383	163
	49%	47%	42%	48%	47%	53%	55%	56%	50%	49%	53%	51%	51%	42%	48%	46%	49%	56%
						b	abd	b			ab	c	c					ab
Female	1077	227	133	166	196	90	100	36	130	452	265	295	509	247	216	310	399	127
	51%	53%	57%	52%	53%	46%	44%	44%	48%	51%	46%	49%	49%	56%	52%	53%	51%	43%
		fj	efghj		fj						f			ab	d	d	d	
Other	1	-	-	-	-	-	-	-	1	-	1	-	-	-	-	1	-	-
	*	-	-	-	-	-	-	-	*	-	*	-	-	-	-	*	-	-
Prefer not to say	12	3	1	1	1	2	2	-	2	4	4	1	2	5	1	4	-	3
	1%	1%	*	*	*	1%	1%	-	1%	*	1%	*	*	1%	*	1%	-	1%
														ab		c		c

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D2. How old are you?
BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	21	20	1	21	-	-	3	1	4	3	2	2	3	3	-
	1%	2%	*	3%	-	-	3%	*	2%	2%	1%	1%	1%	1%	-
		b		bc			bi		i						
18-24	264	176	84	264	-	-	9	28	27	30	17	20	81	35	18
	12%	17%	8%	41%	-	-	8%	10%	13%	13%	9%	8%	24%	10%	8%
		b		bc									abcdefhi		
25-34	357	135	220	357	-	-	20	46	33	41	34	31	81	40	30
	17%	13%	20%	56%	-	-	20%	17%	16%	18%	19%	13%	24%	12%	14%
			a	bc			h			h	h		bcfhi		
35-44	335	158	174	-	335	-	16	47	23	31	33	37	60	52	36
	16%	15%	16%	-	48%	-	16%	17%	11%	14%	18%	16%	18%	15%	17%
					ac						c		c		
45-54	364	175	186	-	364	-	12	48	37	36	28	50	47	75	31
	17%	17%	17%	-	52%	-	11%	18%	18%	16%	15%	21%	14%	22%	14%
					ac							ag		agi	
55-64	308	123	186	-	-	308	16	38	31	30	27	42	30	59	36
	15%	12%	17%	-	-	39%	15%	14%	15%	13%	15%	18%	9%	17%	16%
			a			ab			g			g	g	g	g
65+	476	249	226	-	-	476	28	68	53	52	42	54	30	84	66
	22%	24%	21%	-	-	61%	27%	25%	25%	24%	23%	23%	9%	24%	30%
						ab	g	g	g	g	g	g		g	g
NET: 16-34	642	330	306	642	-	-	31	75	64	74	53	53	166	78	48
	30%	32%	28%	100%	-	-	31%	27%	31%	33%	29%	23%	50%	22%	22%
				bc					hi	fhi			abcdefhi		
NET: 35-54	699	333	360	-	699	-	28	96	60	66	61	87	107	127	67
	33%	32%	33%	-	100%	-	27%	35%	29%	30%	33%	37%	32%	37%	31%
					ac										
NET: 55+	785	372	411	-	-	785	43	105	84	82	69	95	60	143	102
	37%	36%	38%	-	-	100%	42%	38%	41%	37%	38%	40%	18%	41%	47%
						ab	g	g	g	g	g	g		g	bdg
Base for stats	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
Mean Score	46.80	46.10	47.56	25.34	44.37	66.50	47.96	48.31	47.50	46.19	47.05	48.79	38.08	49.53	50.92
					a	ab	g	g	g	g	g	g		dg	deg
Standard Deviation	17.978	19.067	16.822	5.155	5.836	7.278	18.149	17.802	18.366	18.407	17.808	16.655	16.379	17.409	18.093
Standard Error	.390	.584	.520	.196	.213	.279	1.723	1.023	1.295	1.214	1.289	1.205	.890	.939	1.234
Error variance	.15	.34	.27	.04	.05	.08	2.97	1.05	1.68	1.47	1.66	1.45	.79	.88	1.52

D2. How old are you?
BASE: All respondents

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	21	2	1	13	3	1	1	16	5	10	-	4	3	1	-	9
	1%	1%	*	3%	1%	*	*	1%	1%	1%	-	3%	3%	7%	-	3%
				befh				bfh				a	a			a
18-24	264	31	58	73	48	35	19	162	102	151	21	36	41	6	1	105
	12%	18%	12%	14%	17%	16%	4%	14%	10%	8%	36%	29%	43%	29%	13%	34%
		fh	f	fh	fh	fh		fh	f		a	a	ac			a
25-34	357	49	98	91	49	49	22	237	119	262	21	35	22	5	3	86
	17%	28%	21%	18%	18%	22%	4%	21%	12%	15%	34%	28%	24%	26%	29%	28%
		cdfgh	fh	fh	fh	fh		fh	f		a	a	a			a
35-44	335	35	94	91	50	38	27	220	115	280	11	23	10	2	3	49
	16%	20%	20%	18%	18%	17%	6%	19%	12%	16%	18%	19%	10%	11%	27%	16%
		fh	fh	fh	fh	fh		fh	f							
45-54	364	33	91	95	62	47	36	219	145	320	3	19	11	5	2	39
	17%	19%	20%	19%	23%	21%	7%	19%	15%	18%	4%	15%	11%	23%	22%	13%
		f	fh	f	fh	fh		fh	f	bg		b				
55-64	308	12	64	81	38	38	74	157	151	289	3	6	6	1	1	17
	15%	7%	14%	16%	14%	17%	15%	14%	15%	16%	5%	5%	6%	5%	8%	5%
			a	a	a	a	a	a	a	bcdg						
65+	476	10	60	65	24	15	302	135	341	470	1	1	1	-	-	4
	22%	6%	13%	13%	9%	7%	63%	12%	35%	26%	2%	1%	1%	-	-	1%
			ae	ae			abcdegh	ae	abcdeg	bcdg						
NET: 16-34	642	81	157	177	100	85	42	415	226	423	42	75	66	12	4	200
	30%	47%	34%	35%	36%	38%	9%	36%	23%	24%	70%	60%	71%	61%	43%	65%
		bcdfgh	fh	fh	fh	fh		fh	f		a	a	a			a
NET: 35-54	699	67	186	186	113	84	63	439	260	599	13	42	21	7	5	88
	33%	39%	40%	37%	41%	38%	13%	38%	27%	34%	22%	34%	22%	34%	49%	28%
		fh	fh	fh	fh	fh		fh	f	d						
NET: 55+	785	23	124	145	62	53	377	292	492	759	5	7	7	1	1	21
	37%	13%	27%	29%	23%	24%	78%	25%	50%	43%	8%	6%	7%	5%	8%	7%
			a	a	a	a	abcdegh	a	abcdeg	bcdg						
Base for stats	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
Mean Score	46.80	37.50	43.10	43.25	41.83	41.47	62.74	42.33	52.03	49.61	31.12	32.56	30.16	32.25	37.66	31.69
		a	a	a	a	a	abcdeg	a	abcdeg	bcdg						
Standard Deviation	17.978	13.983	15.585	16.666	15.559	15.111	15.762	15.968	18.780	17.420	12.122	12.254	13.099	13.177	12.661	12.572
Standard Error	.390	1.089	.736	.742	.887	.958	.744	.477	.592	.415	1.515	1.075	1.330	2.809	4.004	.700
Error variance	.15	1.18	.54	.55	.79	.92	.55	.23	.35	.17	2.30	1.16	1.77	7.89	16.03	.49

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D2. How old are you?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	21	9	4	3	7	-	3	3	-	1	1	-	12	1	-	3
	1%	1%	1%	1%	1%	-	2%	*	-	1%	2%	-	12%	*	-	1%
							acdj				j		abcdefgijk			
18-24	264	135	69	35	104	26	21	54	31	16	10	18	74	13	2	47
	12%	10%	19%	10%	15%	14%	17%	8%	16%	26%	13%	18%	70%	7%	*	15%
			ac		a	cij	cij	j	cij	acijk	j	cij	abcdefgijk	j		cij
25-34	357	148	87	110	197	34	32	161	47	8	11	21	13	30	-	65
	17%	11%	24%	32%	28%	19%	25%	24%	24%	13%	16%	21%	13%	17%	-	21%
			a	ab	a	j	ehj	ehij	ehj	j	j	j	j	j		hj
35-44	335	101	84	128	212	36	29	166	37	10	6	15	1	35	-	65
	16%	8%	23%	38%	30%	20%	23%	25%	19%	16%	9%	15%	1%	20%	-	21%
			a	abd	ab	fhj	fhj	fghj	fhj	hj	hj	hj		fhj		fhj
45-54	364	204	94	52	146	37	20	159	39	10	18	26	1	42	10	57
	17%	15%	26%	15%	21%	20%	16%	24%	21%	17%	25%	26%	1%	24%	2%	18%
			ac		a	hj	hj	bhjk	hj	hj	hj	bhj		hj		hj
55-64	308	272	22	8	30	38	9	90	30	16	12	18	1	39	57	46
	15%	21%	6%	2%	4%	21%	7%	14%	16%	26%	17%	18%	1%	22%	13%	15%
		bcd	c			bchj	h	bh	bh	bchjk	bh	bh		bchj	h	bh
65+	476	459	5	3	8	11	11	30	7	-	14	2	3	18	380	23
	22%	35%	1%	1%	1%	6%	9%	5%	4%	-	19%	2%	3%	10%	85%	7%
		bcd				e	cdegh				abcdeghk			cdegh	abcdefghik	eg
NET: 16-34	642	292	160	148	308	60	56	218	78	24	22	39	99	44	2	116
	30%	22%	44%	44%	44%	33%	45%	33%	41%	40%	31%	39%	95%	24%	*	38%
			a	a	a	j	acij	ij	cij	ij	j	ij	abcdefgijk	j		ij
NET: 35-54	699	304	178	181	359	73	49	325	76	20	24	42	2	77	10	122
	33%	23%	49%	53%	51%	40%	39%	49%	40%	33%	33%	41%	2%	43%	2%	40%
			a	a	a	hj	hj	abdefhjk	hj	hj	hj	hj		hj		hj

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D2. How old are you?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 55+	785	731	27	11	38	49	20	119	37	16	26	20	4	58	437	69
	37%	55%	7%	3%	5%	27%	16%	18%	19%	26%	36%	20%	3%	32%	97%	23%
		bcd	c			bch	h	h	h	h	bcdghk	h		bcdghk	abcdefghik	h
Base for stats	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
Mean Score	46.80	52.87	37.08	35.94	36.53	43.08	38.19	41.61	39.98	39.09	46.02	40.79	22.90	46.17	69.60	41.09
		bcd				bdh	h	bh	h	h	bcdeghk	h		abcdeghk	abcdefghik	h
Standard Deviation	17.978	18.217	12.499	9.530	11.172	14.962	14.648	12.922	14.171	15.615	16.938	14.200	11.197	15.021	7.312	15.005
Standard Error	.390	.489	.703	.541	.447	1.091	1.305	.491	1.000	1.937	1.969	1.313	1.077	1.098	.382	.847
Error variance	.15	.24	.49	.29	.20	1.19	1.70	.24	1.00	3.75	3.88	1.72	1.16	1.21	.15	.72

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D2. How old are you?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125 100%	497 100%	361 100%	158 100%	49 100%	519 100%	545 100%	605 100%	234 100%	178 100%	43 100%	412 100%	649 100%	381 100%	1116 100%	533 100%	94 100%	1744 100%
16-17	21 1%	4 1%	2 1%	1 1%	1 2%	3 1%	5 1%	4 1%	2 1%	1 1%	1 3%	3 1%	5 1%	1 *	4 *	10 2% ab	5 5% abe	19 1% b
18-24	264 12%	50 10%	40 11%	20 13%	14 29% abcef	60 12%	64 12%	52 9%	40 17% af	25 14% a	11 25% af	65 16% af	63 10%	26 7%	94 8%	114 21% abe	29 31% abce	238 14% ab
25-34	357 17%	113 23%	93 26%	34 22%	11 22%	127 24%	124 23%	136 22%	69 29% acf	31 18%	14 31% c	100 24%	150 23%	31 8%	192 17%	117 22% a	17 18% ab	326 19% a
35-44	335 16%	112 23% c	97 27% c	16 10%	12 24% c	113 22% c	124 23% c	143 24% c	56 24% c	28 16%	7 16%	84 20%	150 23% c	34 9%	140 13%	138 26% abe	23 24% ab	301 17% ab
45-54	364 17%	110 22% d	80 22% d	46 29% df	3 6%	126 24% d	113 21% d	153 25% de	45 19%	35 20%	5 11%	80 19%	158 24% d	63 17%	188 17%	99 19%	15 16%	301 17%
55-64	308 15%	84 17% be	38 11%	23 15%	4 8%	61 12%	88 16% be	92 15% b	14 6%	36 20% be	5 11%	50 12% b	97 15% b	74 20% cde	190 17% cde	41 8%	4 4%	234 13% cd
65+	476 22%	23 5%	12 3%	18 11% abef	4 8%	29 6%	27 5%	26 4%	8 4%	21 12% abf	1 3%	30 7% af	27 4%	151 40% bcde	308 28% cde	15 3%	2 2%	325 19% cd
NET: 16-34	642 30%	167 34%	134 37%	55 35%	26 54% abcef	190 37%	193 35%	192 32%	110 47% acf	57 32%	26 59% acef	168 41% acf	217 33%	59 15%	290 26% a	241 45% abe	51 55% abe	583 33% ab
NET: 35-54	699 33%	222 45% d	176 49% cd	62 39%	15 30%	238 46% d	237 43%	296 49% cde	101 43% d	64 36%	12 27%	164 40%	308 47% cde	97 25%	328 29%	237 44% abe	38 40% ab	602 35% ab
NET: 55+	785 37%	108 22% b	50 14%	41 26% be	8 16%	91 17%	115 21% b	118 19% b	23 10%	57 32% abdef	6 14%	80 19% b	124 19% b	226 59% bcde	498 45% cde	55 10%	5 6%	559 32% cd
Base for stats	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D2. How old are you?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID19	NET: Mostly travelling to work during COVID19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID19	NET: Mostly working standard hours during COVID19	Lives alone	23	45	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	46.80	41.76	39.78	43.28	35.71	40.84	41.21	41.96	37.05	44.18	34.56	40.14	41.47	55.57	49.78	36.77	32.69	44.88
		bd	d	bd		d	d	bde		bdef		bd	bd	bcde	cde	d		cd
Standard Deviation	17.978	13.628	12.692	15.261	16.027	13.607	13.951	12.988	12.757	16.292	13.971	14.804	13.175	17.133	17.784	13.410	12.587	17.588
Standard Error	.390	.593	.661	1.206	2.244	.592	.580	.515	.822	1.214	2.017	.722	.504	.868	.534	.582	1.298	.422
Error variance	.15	.35	.44	1.46	5.04	.35	.34	.27	.68	1.47	4.07	.52	.25	.75	.28	.34	1.69	.18

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D2. How old are you?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
16-17	21 1%	5 1%	13 1%	3 1%	3 1%	2 2%	11 1%	7 1%	- -	15 1%	6 1%	16 1%	4 1%
18-24	264 12%	59 16% b	165 12%	43 18% bde	23 6%	17 18% b	173 12% b	76 12% b	5 9%	221 13% b	44 9%	210 12%	46 15%
25-34	357 17%	86 24% b	231 17%	68 28% bde	37 10%	19 19% b	240 17% b	108 17% b	11 19% b	306 18% b	51 11%	276 15%	76 24% a
35-44	335 16%	66 18%	224 17%	37 15% b	34 9%	16 17% b	247 18% be	78 12%	7 12%	269 16%	65 14%	277 15%	53 17%
45-54	364 17%	72 20%	225 17%	45 19%	65 16%	19 19%	240 17%	113 17%	14 23%	296 18%	68 15%	313 18%	48 15%
55-64	308 15%	34 9%	194 15% a	35 15%	73 19% d	11 12%	196 14%	102 16%	15 26% acde	231 14%	78 17%	269 15%	39 12%
65+	476 22%	41 11%	281 21% a	9 4%	156 40% acdef	13 13% a	302 21% af	169 26% acdf	7 11% a	323 19%	153 33% a	427 24% b	46 15%
NET: 16-34	642 30%	150 41% b	409 31%	114 47% bdef	64 16%	38 39% b	424 30% b	192 29% b	17 28% b	541 33% b	101 22%	502 28%	126 40% a
NET: 35-54	699 33%	139 38%	449 34%	82 34% b	99 25%	35 36% b	488 35% be	191 29%	21 35%	566 34% b	133 29%	590 33%	100 32%
NET: 55+	785 37%	75 21%	474 36% a	44 18%	229 58% acdef	25 25%	499 35% ac	270 41% acd	22 37% a	554 33%	230 50% a	696 39% b	85 27%
Base for stats	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
Mean Score	46.80	40.85	46.26 a	38.72	55.51 acdef	42.37 a	46.29 ac	48.52 acd	46.06 a	45.47	51.54 a	47.68	42.51 b

D2. How old are you?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Standard Deviation	17.978	16.289	17.717	14.505	17.250	17.936	17.609	18.568	14.867	17.659	18.322	17.975	17.192
Standard Error	.390	.854	.489	.901	.888	1.785	.470	.726	1.830	.431	.870	.429	.935
Error variance	.15	.73	.24	.81	.79	3.19	.22	.53	3.35	.19	.76	.18	.87

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D2. How old are you?
BASE: All respondents

	Total	\<Number of days active\> 0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	\<Amount of activity in the past week compared to previous week\> NET: More	No more or less	NET: Less	\<Life satisfaction score\> 0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	21	3	1	3	4	2	3	1	4	9	8	8	5	4	4	6	7	3
	1%	1%	*	1%	1%	1%	1%	1%	2%	1%	1%	1%	1%	1%	1%	1%	1%	1%
18-24	264	17	38	47	58	27	31	14	33	132	77	118	66	68	58	71	89	30
	12%	4%	16%	15%	16%	14%	14%	17%	12%	15%	13%	20%	6%	15%	14%	12%	11%	10%
			a	a	a	a	a	a	a	a	a	b		b				
25-34	357	35	36	58	82	49	52	12	32	190	96	149	118	82	84	113	110	44
	17%	8%	16%	18%	22%	25%	23%	15%	12%	21%	17%	25%	11%	19%	20%	19%	14%	15%
			a	ah	ahj	abhj	ahj			ahj	a	bc		b	c	c		
35-44	335	30	41	53	65	38	42	16	50	156	108	109	153	69	59	109	120	39
	16%	7%	18%	17%	18%	19%	18%	20%	19%	18%	19%	18%	15%	16%	14%	19%	15%	13%
			a	a	a	a	a	a	a	a	a					d		
45-54	364	72	36	65	56	32	37	12	54	153	103	90	195	72	76	98	126	56
	17%	17%	16%	20%	15%	16%	16%	15%	20%	17%	18%	15%	19%	16%	18%	17%	16%	19%
													a					
55-64	308	87	35	35	46	19	38	8	40	100	87	59	179	64	68	80	118	36
	15%	20%	15%	11%	12%	10%	17%	10%	15%	11%	15%	10%	17%	15%	16%	14%	15%	12%
		cdegij					cei				i		a	a				
65+	476	188	44	60	59	28	25	18	54	147	98	72	318	79	66	104	212	85
	22%	44%	19%	19%	16%	15%	11%	23%	20%	17%	17%	12%	31%	18%	16%	18%	27%	29%
		bcdefghij	f	f				f	f	f	f		ac	a			ab	ab
NET: 16-34	642	54	75	108	144	79	86	26	69	331	182	275	190	154	146	190	205	77
	30%	13%	32%	34%	39%	40%	38%	33%	26%	37%	31%	46%	18%	35%	35%	33%	26%	26%
			a	ah	ahj	ahj	ah	a	a	ahj	a	bc		b	cd	c		
NET: 35-54	699	102	77	118	121	70	79	28	104	309	211	199	348	142	135	207	247	95
	33%	24%	33%	37%	33%	36%	34%	35%	39%	35%	37%	33%	34%	32%	33%	36%	32%	32%
			a	a	a	a	a	a	a	a	a							
NET: 55+	785	274	79	95	105	47	63	26	95	247	184	131	497	144	133	184	330	121
	37%	64%	34%	30%	28%	24%	28%	33%	35%	28%	32%	22%	48%	33%	32%	32%	42%	41%
		bcdefghij	e						ei		e		ac	a			ab	ab
Base for stats	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
Mean Score	46.80	57.78	45.25	44.50	42.79	42.13	42.20	45.17	46.58	43.26	44.65	39.56	52.25	44.66	44.66	44.79	48.80	49.37
		bcdefghij							defi				ac	a			ab	ab
Standard Deviation	17.978	16.293	17.829	17.275	17.365	17.494	15.935	18.573	17.140	17.368	16.978	16.255	17.159	17.758	17.180	17.421	18.178	18.165
Standard Error	.390	.802	1.178	.960	.898	1.225	1.046	2.064	1.047	.578	.704	.655	.538	.841	.827	.716	.659	1.080
Error variance	.15	.64	1.39	.92	.81	1.50	1.09	4.26	1.10	.33	.50	.43	.29	.71	.68	.51	.43	1.17

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D3. Which of the following describes where you live?
BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	102	51	50	31	28	43	102	-	-	-	-	-	-	-	-
	5%	5%	5%	5%	4%	6%	100% bcdefghi	-	-	-	-	-	-	-	-
North West	276	148	128	75	96	105	-	276	-	-	-	-	-	-	-
	13%	14%	12%	12%	14%	13%	-	100% acdefghi	-	-	-	-	-	-	-
Yorkshire and the Humber	208	94	113	64	60	84	-	-	208	-	-	-	-	-	-
	10%	9%	10%	10%	9%	11%	-	-	100% abdefghi	-	-	-	-	-	-
West Midlands	223	106	116	74	66	82	-	-	-	223	-	-	-	-	-
	10%	10%	11%	12%	9%	10%	-	-	-	100% abcefghi	-	-	-	-	-
East Midlands	183	90	91	53	61	69	-	-	-	-	183	-	-	-	-
	9%	9%	8%	8%	9%	9%	-	-	-	-	100% abcdfghi	-	-	-	-
East of England	235	94	140	53	87	95	-	-	-	-	-	235	-	-	-
	11%	9%	13% a	8%	12% a	12% a	-	-	-	-	-	100% abcdeghi	-	-	-
London	334	199	132	166	107	60	-	-	-	-	-	-	334	-	-
	16%	19% b	12%	26% bc	15% c	8%	-	-	-	-	-	-	100% abcdefhi	-	-
South East	348	156	189	78	127	143	-	-	-	-	-	-	-	348	-
	16%	15%	18%	12%	18% a	18% a	-	-	-	-	-	-	-	100% abcdefgi	-
South West	216	96	120	48	67	102	-	-	-	-	-	-	-	-	216
	10%	9%	11%	7%	10%	13% ab	-	-	-	-	-	-	-	-	100% abcdefgh
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Savanta: ComRes

D3. Which of the following describes where you live?
BASE: All respondents

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Savanta:
ComRes

D3. Which of the following describes where you live?
BASE: All respondents

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	102	6	24	25	10	12	25	55	47	89	4	3	4	1	-	11
	5%	4%	5%	5%	4%	5%	5%	5%	5%	5%	6%	2%	4%	4%	-	4%
North West	276	20	64	58	36	28	70	142	134	253	7	8	3	-	1	20
	13%	12%	14%	11%	13%	13%	14%	12%	14%	14% cdg	12% d	6%	4%	-	8%	6%
Yorkshire and the Humber	208	11	35	58	31	21	53	104	104	186	3	9	8	1	-	21
	10%	6%	8%	11% b	11%	9%	11%	9%	11%	10% g	5%	7%	8%	7%	-	7%
West Midlands	223	19	44	49	31	24	57	111	111	184	4	22	8	2	-	36
	10%	11%	9%	10%	11%	11%	12%	10%	11%	10%	7%	18% ad	8%	8%	-	12%
East Midlands	183	10	28	52	30	19	44	90	92	158	3	12	4	1	1	21
	9%	6%	6%	10% b	11% b	9%	9%	8%	9% b	9%	5%	9%	5%	5%	8%	7%
East of England	235	18	40	59	35	26	58	117	118	205	2	11	10	1	1	25
	11%	11%	9%	12%	13%	11%	12%	10%	12% b	12%	4%	9%	10%	5%	13%	8%
London	334	51	105	77	35	35	32	232	101	200	18	45	45	9	6	123
	16%	30% cdefgh	22% cdefh	15% fh	13% f	16% fh	7%	20% cdfh	10% f	11%	30% a	36% a	48% ab	44%	65%	40% a
South East	348	21	83	82	45	37	80	186	162	306	11	13	9	4	1	38
	16%	13%	18%	16%	17%	17%	17%	16%	17%	17% cg	19%	10%	10%	20%	7%	12%
South West	216	14	45	49	22	23	63	108	108	200	7	3	3	1	-	15
	10%	8%	10%	10%	8%	10%	13% dg	9%	11%	11% cdg	12% cdg	3%	4%	7%	-	5%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Savanta:
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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D3. Which of the following describes where you live?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	102	70	5	21	26	9	6	29	4	5	2	5	8	13	21	15
	5%	5% b	1%	6% b	4%	5%	5%	4%	2%	8% d	3%	5%	8% d	7% d	5%	5%
North West	276	180	44	41	85	18	16	94	19	7	10	18	9	23	63	34
	13%	14%	12%	12%	12%	10%	13%	14%	10%	12%	14%	18% adh	8%	13%	14%	11%
Yorkshire and the Humber	208	140	34	22	56	20	13	56	18	5	9	5	14	15	52	34
	10%	11% c	9%	6%	8%	11%	11%	9%	10%	8%	12%	5% g	13%	9%	12% g	11%
West Midlands	223	128	46	42	88	16	14	67	21	2	8	13	12	22	49	29
	10%	10%	13%	12%	13%	9%	11%	10%	11%	4%	11%	13%	11%	12%	11%	10%
East Midlands	183	115	25	34	59	9	12	60	13	8	8	8	10	17	38	21
	9%	9%	7%	10%	8%	5%	10%	9%	7%	13% a	11%	8%	9%	10%	8%	7%
East of England	235	158	29	39	68	22	7	72	22	8	6	14	10	22	53	29
	11%	12% b	8%	11%	10%	12% b	5%	11%	11%	13%	8%	13% b	10%	12% b	12% b	9%
London	334	166	84	65	149	42	35	113	38	14	13	11	22	23	22	76
	16%	12%	23% a	19% a	21% a	23% gij	28% cgij	17% j	20% gj	23% gj	18% j	11% j	21% gj	13% j	5%	25% cgij
South East	348	227	63	47	110	32	16	113	31	5	10	21	13	25	81	49
	16%	17%	17%	14%	16%	18%	13%	17%	16%	8%	14%	21% e	13%	14%	18%	16%
South West	216	144	35	31	65	14	6	58	25	7	6	5	7	19	70	20
	10%	11%	9%	9%	9%	8%	5%	9%	13% bgk	11%	8%	5%	7%	11%	16% abcghk	6%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D3. Which of the following describes where you live?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

D3. Which of the following describes where you live?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	102	20	14	7	5	21	25	24	9	8	4	17	28	22	46	30	4	80
	5%	4%	4%	5%	10%	4%	5%	4%	4%	5%	9%	4%	4%	6%	4%	6%	5%	5%
North West	276	65	50	20	2	71	67	84	27	21	2	49	87	44	161	65	7	232
	13%	13%	14%	13%	5%	14%	12%	14%	12%	12%	6%	12%	13%	11%	14% d	12%	7%	13%
Yorkshire and the Humber	208	39	35	21	2	56	41	46	22	24	4	46	50	45	122	36	6	163
	10%	8%	10%	13% af	4%	11%	7%	8%	9%	14% af	10%	11% a	8%	12% c	11% c	7%	6%	9%
West Midlands	223	50	33	17	8	51	58	64	22	13	10	35	73	37	118	54	14	186
	10%	10%	9%	11%	16%	10%	11%	11%	10%	7%	22% abcef	9%	11%	10%	11%	10%	14%	11%
East Midlands	183	50	26	16	5	42	55	59	22	17	1	39	60	28	100	44	11	154
	9%	10%	7%	10%	11%	8%	10%	10%	10%	10%	2%	10%	9%	7%	9%	8%	12%	9%
East of England	235	67	25	14	7	39	74	71	19	18	1	37	72	38	132	52	14	197
	11%	13% be	7%	9%	15% b	7%	14% be	12% d	8%	10%	2%	9%	11% d	10%	12%	10%	15%	11%
London	334	75	88	30	7	118	82	99	57	39	11	96	110	46	156	108	22	287
	16%	15%	24% af	19%	14%	23% af	15%	16%	25% af	22%	26%	23% af	17%	12%	14%	20% abe	24% ab	16% a
South East	348	75	64	23	8	86	82	98	40	22	7	62	105	68	177	93	10	280
	16%	15%	18%	14%	15%	17%	15%	16%	17%	12%	16%	15%	16%	18%	16%	17%	10%	16%
South West	216	57	26	9	5	36	61	60	15	16	3	31	63	52	105	53	7	165
	10%	11% bce	7%	6%	9%	7%	11% bce	10%	6%	9%	6%	7%	10%	14% be	9%	10%	8%	9%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Savanta:
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D3. Which of the following describes where you live?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D3. Which of the following describes where you live?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
North East	102 5%	18 5%	56 4%	17 7%	22 6%	5 5%	61 4%	36 6%	6 10% d	67 4%	36 8% a	85 5%	14 4%
North West	276 13%	43 12%	182 14%	37 15%	58 15%	12 13%	175 12%	96 15%	11 18%	221 13%	54 12%	234 13%	39 12%
Yorkshire and the Humber	208 10%	32 9%	125 9%	30 12%	36 9%	8 9%	136 10%	66 10%	8 13%	161 10%	47 10%	175 10%	30 10%
West Midlands	223 10%	40 11%	136 10%	29 12%	52 13% d	11 11%	135 10%	81 12% d	7 13%	175 11%	48 10%	187 10%	35 11%
East Midlands	183 9%	40 11%	110 8%	24 10%	36 9%	12 12%	117 8%	61 9%	6 10%	133 8%	50 11%	154 9%	27 9%
East of England	235 11%	27 8%	169 13% a	25 11%	46 12%	6 6%	161 11%	68 10%	8 13%	160 10%	76 16% a	209 12% b	24 8%
London	334 16%	86 24% b	194 15%	32 13%	47 12%	23 24% abdef	223 16% f	96 15% f	3 6%	318 19% b	16 3%	263 15%	65 21% a
South East	348 16%	52 14%	223 17%	24 10%	49 12%	10 10%	263 19% abcef	78 12%	5 8%	278 17%	71 15%	297 17%	49 16%
South West	216 10%	25 7%	136 10%	23 9%	46 12%	10 10%	139 10%	71 11%	5 9%	149 9%	68 15% a	185 10%	29 9%
Scotland	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
Wales	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -

Savanta: ComRes

D3. Which of the following describes where you live?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-

D3. Which of the following describes where you live?
BASE: All respondents

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	102	23	11	15	16	8	10	5	15	38	30	31	50	18	23	23	41	12
	5%	5%	5%	5%	4%	4%	4%	6%	6%	4%	5%	5%	5%	4%	6%	4%	5%	4%
North West	276	61	22	44	43	28	30	13	34	115	77	82	133	56	59	62	116	36
	13%	14%	10%	14%	12%	14%	13%	16%	13%	13%	13%	14%	13%	13%	14%	11%	15% b	12%
Yorkshire and the Humber	208	49	23	23	39	20	25	8	20	82	54	61	95	47	46	57	69	33
	10%	11% c	10%	7%	11%	10%	11%	11%	8%	9%	9%	10%	9%	11%	11%	10%	9%	11%
West Midlands	223	45	27	36	41	14	23	6	32	90	60	67	105	46	50	65	70	31
	10%	11%	12%	11%	11%	7%	10%	7%	12%	10%	10%	11%	10%	10%	12%	11%	9%	10%
East Midlands	183	31	17	29	34	25	14	4	29	88	46	50	99	33	30	51	69	29
	9%	7%	7%	9%	9%	13% afg	6%	4%	11%	10%	8%	8%	10%	7%	7%	9%	9%	10%
East of England	235	57	25	35	47	13	23	7	29	96	58	47	137	43	41	64	96	27
	11%	13% e	11%	11%	13% e	7%	10%	8%	11%	11%	10%	8%	13% a	10%	10%	11%	12%	9%
London	334	46	36	51	68	34	45	14	40	152	99	118	136	72	61	97	115	48
	16%	11%	16%	16% a	18% a	17% a	20% a	18%	15%	17% a	17% a	20% b	13%	16%	15%	17%	15%	16%
South East	348	79	44	56	46	33	36	13	40	135	89	91	172	80	63	103	126	45
	16%	18% d	19% d	18%	12%	17%	16%	16%	15%	15%	16%	15%	17%	18%	15%	18%	16%	15%
South West	216	38	24	33	36	22	23	11	29	91	63	58	108	45	42	58	80	34
	10%	9%	11%	10%	10%	11%	10%	13%	11%	10%	11%	10%	10%	10%	10%	10%	10%	11%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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D4. Do you have any children aged 15 or under currently living in your household? Please enter the number of children in each age group that live in your household.
BASE: All respondents

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1327	646	677	292	304	731	70	180	140	128	115	158	166	227	144
	62%	62%	63%	45%	44%	93%	68%	65%	67%	57%	63%	67%	50%	65%	67%
						ab	g	g	dg		g	dg		g	dg
Yes - children aged 0 to 12 months	98	46	52	72	25	1	2	13	12	22	9	3	19	12	7
	5%	4%	5%	11%	4%	*	2%	5%	6%	10%	5%	1%	6%	4%	3%
				bc	c			f	f	abfhi	f		f		
Yes - children aged 13 months to 4 years old	216	99	117	121	92	4	7	21	13	21	29	24	48	34	20
	10%	10%	11%	19%	13%	*	7%	8%	6%	9%	16%	10%	14%	10%	9%
				bc	c						abcdhi		abc		
Yes - children aged 5 to 10 years old	309	144	164	129	170	10	17	47	24	39	24	32	55	46	26
	15%	14%	15%	20%	24%	1%	16%	17%	11%	17%	13%	14%	16%	13%	12%
				c	c										
Yes - children aged 11 to 15 years old	316	160	156	76	211	30	16	33	25	39	25	32	66	51	30
	15%	15%	14%	12%	30%	4%	16%	12%	12%	17%	14%	13%	20%	15%	14%
				c	ac								bc		
Prefer not to answer	93	48	37	41	36	16	7	10	12	7	9	10	19	12	7
	4%	5%	3%	6%	5%	2%	7%	4%	6%	3%	5%	4%	6%	3%	3%
				c	c										
NET: Yes	705	341	363	308	359	38	26	85	56	88	59	68	149	110	65
	33%	33%	34%	48%	51%	5%	25%	31%	27%	40%	32%	29%	45%	32%	30%
				c	c					abcfi			abcefhi		

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D4. Do you have any children aged 15 or under currently living in your household? Please enter the number of children in each age group that live in your household.
BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1327	68	249	338	144	112	416	655	672	1180	28	50	40	11	3	132
	62%	40%	53%	67%	52%	50%	86%	57%	69%	66%	46%	40%	43%	57%	31%	43%
			a	abdeg	a	a	abcdegh	a	abdeg	bcdg						
Yes - children aged 0 to 12 months	98	25	23	10	19	15	6	58	40	71	9	15	4	-	-	28
	5%	15%	5%	2%	7%	7%	1%	5%	4%	4%	15%	12%	4%	-	-	9%
		bcdefgh	cf		cfh	cf		cf	cf		ad	ad				a
Yes - children aged 13 months to 4 years old	216	24	60	44	40	29	19	129	87	171	13	13	12	2	2	42
	10%	14%	13%	9%	15%	13%	4%	11%	9%	10%	22%	11%	12%	10%	21%	14%
		cfh	cfh	f	cfh	f		f	f		ac					a
Yes - children aged 5 to 10 years old	309	41	95	63	49	42	19	200	110	246	10	25	24	1	1	60
	15%	24%	20%	12%	18%	19%	4%	17%	11%	14%	16%	20%	25%	6%	9%	20%
		cfgh	cfh	f	cfh	cfh		cfh	f				a			a
Yes - children aged 11 to 15 years old	316	41	83	68	55	42	27	193	124	251	9	29	15	5	4	62
	15%	24%	18%	13%	20%	19%	6%	17%	13%	14%	15%	23%	16%	25%	40%	20%
		cfgh	fh	f	cfh	fh		fh	f			a				a
Prefer not to answer	93	9	15	27	12	12	18	50	42	54	3	10	11	2	1	27
	4%	5%	3%	5%	4%	6%	4%	4%	4%	3%	5%	8%	12%	7%	8%	9%
												a	a			a
NET: Yes	705	95	203	143	119	98	48	441	264	547	29	64	42	7	6	149
	33%	55%	43%	28%	43%	44%	10%	38%	27%	31%	48%	52%	45%	35%	61%	48%
		bcdefgh	cfh	f	cfh	cfh		cfh	f		a	a	a			a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D4. Do you have any children aged 15 or under currently living in your household? Please enter the number of children in each age group that live in your household.

BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1327	1327	-	-	-	109	54	338	100	36	49	64	50	98	429	163
	62%	100%	-	-	-	60%	43%	51%	52%	61%	68%	63%	47%	55%	96%	53%
		bcd				bch				b	bcdhik	bch			abcdefghik	
Yes - children aged 0 to 12 months	98	-	45	53	98	13	7	43	11	4	5	2	2	11	-	20
	5%	-	12%	16%	14%	7%	6%	6%	6%	7%	7%	2%	2%	6%	-	7%
			a	a	a	gj	j	j	j	j	j	j	j	j		j
Yes - children aged 13 months to 4 years old	216	-	73	143	216	22	17	86	27	3	6	12	4	38	-	39
	10%	-	20%	42%	31%	12%	14%	13%	14%	5%	8%	12%	4%	21%	-	13%
			a	abd	ab	hj	hj	hj	hj	j	j	hj	j	acefhjk		hj
Yes - children aged 5 to 10 years old	309	-	89	220	309	28	26	143	36	5	6	11	16	33	5	54
	15%	-	24%	65%	44%	16%	20%	22%	19%	8%	8%	11%	15%	18%	1%	18%
			a	abd	ab	j	efj	efgj	efj	j	j	j	j	efj		ej
Yes - children aged 11 to 15 years old	316	-	158	159	316	32	33	121	37	8	7	15	24	29	10	65
	15%	-	43%	47%	45%	18%	27%	18%	19%	13%	10%	15%	23%	16%	2%	21%
			a	a	a	j	cefgij	j	j	j	j	j	fj	j		fj
Prefer not to answer	93	-	-	-	-	6	5	25	10	7	5	6	14	7	7	11
	4%	-	-	-	-	3%	4%	4%	5%	12%	7%	6%	14%	4%	2%	3%
										j	abcijk	j	j	abcdijk		
NET: Yes	705	-	365	340	705	67	66	298	81	17	18	31	41	74	12	133
	33%	-	100%	100%	100%	37%	53%	45%	42%	28%	24%	31%	39%	42%	3%	43%
			a	a	a	j	aefghj	aefgj	efgj	j	j	j	fj	efj		efgj

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D4. Do you have any children aged 15 or under currently living in your household? Please enter the number of children in each age group that live in your household.
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1327	273	163	93	24	256	297	323	90	112	25	202	349	358	795	149	26	969
	62%	55%	45%	59%	48%	49%	54%	53%	39%	63%	58%	49%	54%	94%	71%	28%	28%	56%
		b		be			b	b		abef	b	b	b	bcde	cde			cd
Yes - children aged 0 to 12 months	98	33	21	10	4	31	37	30	26	10	2	37	33	-	44	41	13	98
	5%	7%	6%	7%	9%	6%	7%	5%	11%	6%	5%	9%	5%	-	4%	8%	14%	6%
									af			af			a	ab	abce	ab
Yes - children aged 13 months to 4 years old	216	56	63	15	2	78	58	75	38	17	3	56	78	-	70	116	30	216
	10%	11%	17%	10%	5%	15%	11%	12%	16%	10%	7%	14%	12%	-	6%	22%	32%	12%
			acdf			df				c					a	abe	abce	ab
Yes - children aged 5 to 10 years old	309	91	85	27	9	112	100	121	51	28	7	79	127	4	89	179	37	305
	15%	18%	24%	17%	18%	22%	18%	20%	22%	16%	15%	19%	20%	1%	8%	34%	39%	17%
			f												a	abe	abe	ab
Yes - children aged 11 to 15 years old	316	94	71	26	10	96	104	115	51	22	8	73	123	4	101	174	37	313
	15%	19%	20%	16%	21%	19%	19%	19%	22%	12%	18%	18%	19%	1%	9%	33%	40%	18%
								c	c				c		a	abe	abe	ab
Prefer not to answer	93	18	14	8	5	22	23	19	17	7	4	24	23	16	38	30	8	77
	4%	4%	4%	5%	10%	4%	4%	3%	7%	4%	9%	6%	4%	4%	3%	6%	9%	4%
					a				af		a	a					b	b
NET: Yes	705	205	183	58	20	241	226	263	126	59	14	186	277	7	284	354	60	698
	33%	41%	51%	37%	42%	47%	41%	43%	54%	33%	33%	45%	43%	2%	25%	66%	64%	40%
			acf			c		c	acdef			c	c		a	abe	abe	ab

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D4. Do you have any children aged 15 or under currently living in your household? Please enter the number of children in each age group that live in your household.
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1327	149	801	130	307	48	873	428	48	1009	318	1113	204
	62%	41%	60%	54%	78%	49%	62%	66%	81%	61%	68%	62%	66%
			a		acde		ac	ac	acde		a		
Yes - children aged 0 to 12 months	98	34	61	22	13	12	57	41	3	73	26	81	17
	5%	9%	5%	9%	3%	12%	4%	6%	5%	4%	6%	5%	5%
		b		bd		bde		bd					
Yes - children aged 13 months to 4 years old	216	59	155	41	18	10	148	60	6	179	37	183	32
	10%	16%	12%	17%	5%	10%	11%	9%	9%	11%	8%	10%	10%
		b		bde		b	b	b					
Yes - children aged 5 to 10 years old	309	82	216	44	34	11	223	81	7	253	56	280	28
	15%	23%	16%	18%	9%	11%	16%	12%	12%	15%	12%	16%	9%
		b		be			be						b
Yes - children aged 11 to 15 years old	316	95	212	38	38	19	225	85	6	265	51	279	35
	15%	26%	16%	16%	10%	20%	16%	13%	10%	16%	11%	16%	11%
		b		b		b	b			b		b	
Prefer not to answer	93	18	43	7	8	12	46	27	-	68	24	62	20
	4%	5%	3%	3%	2%	12%	3%	4%	-	4%	5%	3%	6%
						abdef							a
NET: Yes	705	196	488	104	76	38	491	198	11	583	122	614	87
	33%	54%	37%	43%	19%	39%	35%	30%	19%	35%	26%	34%	28%
		b		bdef		bf	bef	b		b		b	

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D4. Do you have any children aged 15 or under currently living in your household? Please enter the number of children in each age group that live in your household.

BASE: All respondents

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1327	364	132	195	201	106	126	47	157	502	330	299	741	268	267	353	512	173
	62%	84%	57%	61%	54%	54%	55%	59%	58%	57%	57%	49%	72%	61%	64%	61%	65%	59%
		bcdefghij											ac	a				
Yes - children aged 0 to 12 months	98	9	16	14	23	11	14	2	9	48	25	42	31	24	21	32	29	16
	5%	2%	7%	4%	6%	5%	6%	3%	3%	5%	4%	7%	3%	5%	5%	5%	4%	5%
			ah		a	a	a			a		b		b				
Yes - children aged 13 months to 4 years old	216	23	29	34	44	22	30	7	26	101	63	75	86	51	37	74	75	25
	10%	5%	13%	11%	12%	11%	13%	9%	10%	11%	11%	12%	8%	12%	9%	13%	10%	9%
			a	a	a	a	a		a	a	a	b		b				
Yes - children aged 5 to 10 years old	309	23	29	46	75	30	47	12	46	151	105	116	130	57	55	90	109	50
	15%	5%	13%	14%	20%	15%	21%	15%	17%	17%	18%	19%	13%	13%	13%	16%	14%	17%
			a	a	abc	a	ab	a	a	a	a	bc						
Yes - children aged 11 to 15 years old	316	23	43	49	55	38	45	14	51	141	110	124	122	63	64	75	121	47
	15%	5%	18%	15%	15%	19%	20%	18%	19%	16%	19%	21%	12%	14%	15%	13%	15%	16%
			a	a	a	a	a	a	a	a	a	bc						
Prefer not to answer	93	13	10	13	20	12	6	2	16	46	24	27	27	24	15	28	16	18
	4%	3%	4%	4%	6%	6%	3%	2%	6%	5%	4%	5%	3%	6%	4%	5%	2%	6%
												b		b		c		c
NET: Yes	705	54	90	113	148	78	96	32	95	339	223	278	267	147	132	201	254	102
	33%	12%	39%	35%	40%	40%	42%	39%	36%	38%	39%	46%	26%	33%	32%	35%	33%	35%
			a	a	a	a	a	a	a	a	a	bc		b				

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D5. The Chief Income Earner is the person with the largest income, whether from employment, pensions, state benefits, investments or any other source. If two or more related people in the household have equal income, please think of this question with the oldest in mind. The Chief Income Earner can be of either sex, with no preference to either. Please indicate which one of the following best describes the profession of the chief income earner in your household?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	171	103	67	81	67	23	6	20	11	19	10	18	51	21	14
	8%	10%	6%	13%	10%	3%	6%	7%	5%	8%	6%	8%	15%	6%	7%
		b		c	c								abcdefhi		
Social Grade B	467	240	226	157	186	124	24	64	35	44	28	40	105	83	45
	22%	23%	21%	24%	27%	16%	23%	23%	17%	20%	15%	17%	31%	24%	21%
				c	c			e					bcdefhi	e	
Social Grade C1	508	220	285	177	186	145	25	58	58	49	52	59	77	82	49
	24%	21%	26%	28%	27%	19%	24%	21%	28%	22%	28%	25%	23%	23%	23%
			a	c	c										
Social Grade C2	275	141	133	100	113	62	10	36	31	31	30	35	35	45	22
	13%	14%	12%	16%	16%	8%	9%	13%	15%	14%	16%	15%	10%	13%	10%
				c	c							g			
Social Grade D	223	96	123	85	84	53	12	28	21	24	19	26	35	37	23
	10%	9%	11%	13%	12%	7%	12%	10%	10%	11%	10%	11%	10%	11%	10%
				c	c										
Social Grade E	481	235	243	42	63	377	25	70	53	57	44	58	32	80	63
	23%	23%	23%	6%	9%	48%	25%	25%	26%	25%	24%	24%	9%	23%	29%
						ab	g	g	g	g	g	g		g	g
NET: ABC1	1146	563	578	415	439	292	55	142	104	111	90	117	232	186	108
	54%	54%	54%	65%	63%	37%	54%	52%	50%	50%	49%	50%	70%	53%	50%
				c	c								abcdefhi		
NET: C2DE	979	472	500	226	260	492	47	134	104	111	92	118	101	162	108
	46%	46%	46%	35%	37%	63%	46%	48%	50%	50%	51%	50%	30%	47%	50%
						ab	g	g	g	g	g	g		g	g

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

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BASE: All respondents

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	171	171	-	-	-	-	-	171	-	121	12	18	13	3	-	46
	8%	100%	-	-	-	-	-	15%	-	7%	19%	15%	14%	14%	-	15%
		bcdefgh						bcdefh			a	a	a			a
Social Grade B	467	-	467	-	-	-	-	467	-	385	15	31	22	6	3	77
	22%	-	100%	-	-	-	-	41%	-	22%	24%	25%	23%	32%	30%	25%
			acdefgh					acdefh								
Social Grade C1	508	-	-	508	-	-	-	508	-	405	15	39	29	5	3	91
	24%	-	-	100%	-	-	-	44%	-	23%	25%	32%	31%	25%	26%	30%
				abdefgh				abdefh				a				a
Social Grade C2	275	-	-	-	275	-	-	-	275	235	9	12	10	3	2	36
	13%	-	-	-	100%	-	-	-	28%	13%	14%	9%	11%	16%	21%	12%
					abcefgh				abcefg							
Social Grade D	223	-	-	-	-	223	-	-	223	176	7	20	14	2	2	43
	10%	-	-	-	-	100%	-	-	23%	10%	11%	16%	14%	10%	16%	14%
						abcdfgh			abcdfg			a				a
Social Grade E	481	-	-	-	-	-	481	-	481	458	4	5	6	1	1	16
	23%	-	-	-	-	-	100%	-	49%	26%	6%	4%	6%	3%	8%	5%
							abcdegh		abcdeg	bcdg						
NET: ABC1	1146	171	467	508	-	-	-	1146	-	912	41	88	64	14	6	214
	54%	100%	100%	100%	-	-	-	100%	-	51%	69%	71%	69%	71%	56%	69%
		defh	defh	defh				defh			a	a	a			a
NET: C2DE	979	-	-	-	275	223	481	-	979	869	19	36	29	6	4	95
	46%	-	-	-	100%	100%	100%	-	100%	49%	31%	29%	31%	29%	44%	31%
					abcg	abcg	abcg		abcg	bcdg						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

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BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	171	68	40	54	95	14	22	85	14	8	8	1	7	7	5	36
	8%	5%	11%	16%	13%	8%	18%	13%	7%	13%	11%	1%	7%	4%	1%	12%
			a	a	a	gj	adghij	dgij	gj	gij	gij		gj			gij
Social Grade B	467	249	110	93	203	38	30	219	52	16	20	11	16	16	48	68
	22%	19%	30%	27%	29%	21%	24%	33%	27%	28%	28%	11%	16%	9%	11%	22%
			a	a	a	gij	gij	abghijk	ghij	gij	ghij					gij
Social Grade C1	508	338	78	65	143	67	35	190	40	18	22	16	54	28	40	101
	24%	25%	21%	19%	20%	37%	28%	29%	21%	29%	30%	16%	51%	16%	9%	33%
		cd				cdgij	gij	dgij	j	gij	gij	j	abcdefgijk	j		dgij
Social Grade C2	275	144	58	61	119	27	15	104	38	15	8	12	9	26	21	42
	13%	11%	16%	18%	17%	15%	12%	16%	20%	25%	11%	12%	8%	14%	5%	14%
			a	a	a	j	j	hj	hj	bcfghijk	j	j		j		j
Social Grade D	223	112	57	42	98	30	22	57	43	3	13	17	12	19	6	52
	10%	8%	16%	12%	14%	17%	17%	9%	23%	5%	19%	17%	11%	10%	1%	17%
			a	a	a	cej	cej	j	cehij		cej	cej	j	j		ceij
Social Grade E	481	416	22	25	48	5	2	7	4	-	1	44	7	83	328	7
	23%	31%	6%	7%	7%	3%	1%	1%	2%	-	2%	44%	7%	47%	73%	2%
		bcd										abcdefhk	bcdek	abcdefhk	abcdefghik	
NET: ABC1	1146	655	228	213	441	119	87	494	106	42	50	28	77	51	93	206
	54%	49%	63%	62%	63%	66%	69%	75%	55%	70%	69%	28%	74%	28%	21%	67%
			a	a	a	dgij	dgij	adgijk	gij	dgij	dgij		dgij	j		dgij
NET: C2DE	979	672	137	128	264	62	38	168	86	18	23	73	28	128	355	101
	46%	51%	37%	38%	37%	34%	31%	25%	45%	30%	31%	72%	26%	72%	79%	33%
		bcd				c			abcefhk			abcdefhk		abcdefhk	abcdefhik	c

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

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BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	171	52	50	24	9	75	60	61	43	24	7	66	67	10	80	68	14	161
	8%	10%	14%	15%	18%	14% a	11%	10%	18% af	13%	15%	16% af	10%	3%	7% a	13% abe	15% ab	9% a
Social Grade B	467	96	160	59	14	219	110	183	69	65	11	134	194	49	258	140	20	418
	22%	19%	44% adf	37% af	28%	42% af	20%	30%	30%	36%	26%	33%	30%	13%	23% a	26% a	21% a	24% a
Social Grade C1	508	129	104	43	13	147	142	172	59	48	12	107	183	106	252	124	25	402
	24%	26%	29%	28%	27%	28%	26%	28%	25%	27%	27%	26%	28%	28% be	23%	23%	27%	23%
Social Grade C2	275	118	24	17	7	41	125	104	35	23	3	58	107	25	144	89	16	250
	13%	24% bce	7%	11%	14%	8%	23% bce	17%	15%	13%	7%	14%	16%	7%	13% a	17% ab	17% a	14% a
Social Grade D	223	95	21	12	5	33	100	79	25	16	10	40	90	30	111	73	9	192
	10%	19% bce	6%	8%	11%	6%	18% bce	13%	11%	9%	24% abcef	10%	14% e	8%	10%	14% ab	9%	11%
Social Grade E	481	7	1	3	1	4	8	7	3	3	-	6	7	160	271	40	10	321
	23%	1%	*	2%	2%	1%	2%	1%	1%	1%	-	1%	1%	42% bcde	24% cde	7%	11%	18% c
NET: ABC1	1146	276	315	127	36	441	312	415	171	137	30	308	445	165	591	331	59	981
	54%	56%	87% acdf	80% af	73% af	85% adf	57%	69%	73%	77% af	68%	75% af	69%	43%	53% a	62% abe	63% a	56% a
NET: C2DE	979	220	46	32	13	78	233	190	62	42	14	104	204	216	526	202	35	763
	46%	44% bcde	13%	20% b	27% be	15%	43% bcde	31% ce	27%	23%	32%	25%	31% ce	57% bcde	47% c	38%	37%	44% c

Prepared by Savanta: ComRes

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BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	171	63	91	28	21	19	106	62	2	138	33	159	12
	8%	17%	7%	12%	5%	20%	8%	9%	3%	8%	7%	9%	4%
		b		bdf		abdef		b				b	
Social Grade B	467	78	339	45	60	23	341	117	8	350	117	412	54
	22%	21%	25%	19%	15%	24%	24%	18%	13%	21%	25%	23%	17%
						b	bef					b	
Social Grade C1	508	71	323	48	80	14	364	126	14	420	88	409	90
	24%	19%	24%	20%	20%	14%	26%	19%	23%	25%	19%	23%	29%
							abce			b			a
Social Grade C2	275	50	190	37	42	10	187	78	9	214	61	235	37
	13%	14%	14%	15%	11%	11%	13%	12%	15%	13%	13%	13%	12%
Social Grade D	223	41	144	22	29	11	154	61	1	192	30	175	45
	10%	11%	11%	9%	7%	11%	11%	9%	1%	12%	7%	10%	14%
				f		f	bf	f		b			a
Social Grade E	481	61	246	62	161	20	257	210	27	346	135	399	74
	23%	17%	18%	26%	41%	20%	18%	32%	45%	21%	29%	22%	24%
				d	acde			cd	acde		a		
NET: ABC1	1146	212	753	121	160	56	811	304	23	908	238	980	156
	54%	58%	56%	50%	41%	58%	58%	47%	39%	55%	51%	55%	50%
				b		bef	abef						
NET: C2DE	979	152	580	120	231	41	598	349	36	752	226	809	156
	46%	42%	44%	50%	59%	42%	42%	53%	61%	45%	49%	45%	50%
				d	acd			cd	cd				

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

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BASE: All respondents

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	171	15	17	30	28	23	27	7	26	80	60	74	64	31	34	35	57	42
	8%	3%	7%	9%	7%	11%	12%	9%	10%	9%	10%	12%	6%	7%	8%	6%	7%	14%
			a	a	a	a	a	a	a	a	a	bc						abc
Social Grade B	467	60	53	69	95	43	62	19	67	207	147	163	193	106	82	127	200	55
	22%	14%	23%	21%	26%	22%	27%	23%	25%	23%	25%	27%	19%	24%	20%	22%	26%	19%
			a	a	a	a	a	a	a	a	a	b		b			ad	
Social Grade C1	508	95	49	90	87	47	63	16	60	225	139	154	240	103	102	157	175	58
	24%	22%	21%	28%	24%	24%	28%	20%	22%	25%	24%	26%	23%	23%	25%	27%	22%	20%
																d		
Social Grade C2	275	51	31	45	48	21	36	13	30	115	78	76	136	57	56	68	105	38
	13%	12%	13%	14%	13%	11%	16%	16%	11%	13%	14%	13%	13%	13%	14%	12%	13%	13%
Social Grade D	223	34	33	33	43	26	22	9	23	102	54	67	99	48	42	76	66	32
	10%	8%	14%	10%	12%	13%	10%	11%	8%	11%	9%	11%	10%	11%	10%	13%	8%	11%
			ahj			a											c	
Social Grade E	481	176	48	55	68	36	18	18	63	159	99	71	302	94	98	117	180	70
	23%	41%	21%	17%	18%	18%	8%	22%	24%	18%	17%	12%	29%	21%	24%	20%	23%	24%
		bcdefghij	f	f	f	f		f	cfij	f	f		ac	a				
NET: ABC1	1146	170	119	188	210	113	152	41	152	511	346	391	498	240	217	319	432	154
	54%	40%	52%	59%	57%	57%	67%	51%	57%	58%	60%	65%	48%	55%	53%	55%	55%	52%
			a	a	a	a	abdghi	a	a	a	ab	bc		b				
NET: C2DE	979	260	112	132	160	83	76	39	116	375	231	214	538	199	197	262	351	140
	46%	60%	48%	41%	43%	43%	33%	49%	43%	42%	40%	35%	52%	45%	47%	45%	45%	48%
		bcdefghij	fj		f			f	f	f			ac	a				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.

BASE: All respondents

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	431	201	227	54	102	274	23	61	49	45	31	57	46	79	38
	20%	19%	21%	8%	15%	35%	23%	22%	24%	20%	17%	24%	14%	23%	18%
					a	ab	g	g	g	g		g		g	
1 day	231	97	133	75	77	79	11	22	23	27	17	25	36	44	24
	11%	9%	12%	12%	11%	10%	11%	8%	11%	12%	9%	11%	11%	13%	11%
			a												
2 days	321	154	166	108	118	95	15	44	23	36	29	35	51	56	33
	15%	15%	15%	17%	17%	12%	14%	16%	11%	16%	16%	15%	15%	16%	15%
				c	c										
3 days	370	173	196	144	121	105	16	43	39	41	34	47	68	46	36
	17%	17%	18%	23%	17%	13%	15%	16%	19%	18%	19%	20%	20%	13%	17%
				bc	c							h	h		
4 days	196	104	90	79	70	47	8	28	20	14	25	13	34	33	22
	9%	10%	8%	12%	10%	6%	7%	10%	10%	6%	13%	6%	10%	9%	10%
				c	c						df				
5 days	228	126	100	86	79	63	10	30	25	23	14	23	45	36	23
	11%	12%	9%	13%	11%	8%	10%	11%	12%	10%	8%	10%	13%	10%	11%
		b		c	c										
6 days	81	45	36	26	28	26	5	13	8	6	4	7	14	13	11
	4%	4%	3%	4%	4%	3%	5%	5%	4%	3%	2%	3%	4%	4%	5%
7 days	268	135	130	69	104	95	15	34	20	32	29	29	40	40	29
	13%	13%	12%	11%	15%	12%	15%	13%	10%	14%	16%	12%	12%	12%	14%
					a										
NET: None (0 days)	431	201	227	54	102	274	23	61	49	45	31	57	46	79	38
	20%	19%	21%	8%	15%	35%	23%	22%	24%	20%	17%	24%	14%	23%	18%
					a	ab	g	g	g	g		g		g	
NET: Occasionally (1 day)	231	97	133	75	77	79	11	22	23	27	17	25	36	44	24
	11%	9%	12%	12%	11%	10%	11%	8%	11%	12%	9%	11%	11%	13%	11%
			a												
NET: Some (2-4 days)	887	430	452	331	309	247	38	115	82	90	88	96	152	135	91
	42%	42%	42%	52%	44%	31%	37%	42%	39%	41%	48%	41%	46%	39%	42%
				bc	c						h				
NET: Most 5+ days	577	306	265	182	211	184	30	77	54	60	46	58	99	89	63
	27%	30%	25%	28%	30%	24%	29%	28%	26%	27%	25%	25%	30%	26%	29%
		b		c	c										
Base for stats	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
Median	3	3	3	3	3	2	3	3	3	3	3	3	3	2	3

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	2.95	3.08	2.82	3.29	3.21	2.43	2.95	2.97	2.81	2.90	3.12	2.73	3.19	2.78	3.10
		b		c	c								fh		
Standard Deviation	2.300	2.311	2.279	2.017	2.276	2.445	2.434	2.339	2.274	2.337	2.282	2.310	2.178	2.320	2.313
Standard Error	.050	.071	.070	.077	.083	.094	.231	.134	.160	.154	.165	.167	.118	.125	.158
Error variance	*	.01	*	.01	.01	.01	.05	.02	.03	.02	.03	.03	.01	.02	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.
BASE: All respondents

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125 100%	171 100%	467 100%	508 100%	275 100%	223 100%	481 100%	1146 100%	979 100%	1781 100%	60 100%	125 100%	94 100%	20 100%	10 100%	308 100%
0 days	431 20%	15 9%	60 13%	95 19% abg	51 18% ab	34 15% a	176 37% abcdegh	170 15% a	260 27% abcdeg	402 23% bcdg	4 6%	8 7%	9 9%	2 8%	1 14%	24 8%
1 day	231 11%	17 10%	53 11%	49 10%	31 11%	33 15% cfg	48 10%	119 10%	112 11%	194 11%	7 12%	16 13%	11 11%	1 4%	- -	34 11%
2 days	321 15%	30 17%	69 15%	90 18% fh	45 16% f	33 15%	55 11%	188 16% f	132 14%	267 15%	11 19%	12 10%	19 20% c	5 25%	3 33%	50 16%
3 days	370 17%	28 16%	95 20% f	87 17%	48 18%	43 19%	68 14%	210 18% f	160 16%	298 17%	10 16%	30 24% a	20 21%	4 19%	2 18%	65 21%
4 days	196 9%	23 13% f	43 9%	47 9%	21 8%	26 12%	36 7%	113 10%	83 9%	151 8%	11 18% ad	19 15% ad	6 7%	4 18%	- -	40 13% a
5 days	228 11%	27 16% fh	62 13% fh	63 12% fh	36 13% fh	22 10% f	18 4%	152 13% fh	76 8% f	177 10%	8 14%	16 13%	18 20% a	1 5%	3 26%	46 15% a
6 days	81 4%	7 4%	19 4%	16 3%	13 5%	9 4%	18 4%	41 4%	39 4%	66 4%	3 4%	8 7%	2 2%	1 5%	- -	14 4%
7 days	268 13%	26 15%	67 14%	60 12%	30 11%	23 10%	63 13%	152 13%	116 12%	226 13%	7 12%	16 13%	10 10%	3 17%	1 8%	37 12%
NET: None (0 days)	431 20%	15 9%	60 13%	95 19% abg	51 18% ab	34 15% a	176 37% abcdegh	170 15% a	260 27% abcdeg	402 23% bcdg	4 6%	8 7%	9 9%	2 8%	1 14%	24 8%
NET: Occasionally (1 day)	231 11%	17 10%	53 11%	49 10%	31 11%	33 15% cfg	48 10%	119 10%	112 11%	194 11%	7 12%	16 13%	11 11%	1 4%	- -	34 11%
NET: Some (2-4 days)	887 42%	80 47% fh	207 44% fh	225 44% fh	115 42% f	102 46% fh	159 33%	511 45% fh	375 38% f	717 40%	31 52%	61 49%	44 47%	12 61%	5 52%	154 50% a
NET: Most 5+ days	577 27%	60 35% efh	147 31% efh	139 27% f	78 29% f	54 24%	99 21%	346 30% fh	231 24%	469 26%	18 30%	40 32%	30 32%	5 26%	3 34%	97 31%
Base for stats	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
Median	3	3	3	3	3	3	2	3	2	3	3	3	3	3	3	3
Mean Score	2.95	3.54 cdefh	3.29 cefh	2.97 fh	2.97 fh	2.94 f	2.38	3.19 fh	2.67 f	2.86	3.47 a	3.56 a	3.25	3.52	3.07	3.43
Standard Deviation	2.300	2.146	2.226	2.241	2.246	2.152	2.465	2.229	2.352	2.333	2.018	2.052	2.043	2.145	2.090	2.042

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Standard Error	.050	.167	.105	.100	.128	.136	.116	.067	.074	.056	.252	.180	.207	.457	.661	.114
Error variance	*	.03	.01	.01	.02	.02	.01	*	.01	*	.06	.03	.04	.21	.44	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.

BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	431	364	25	29	54	21	8	97	21	6	11	19	11	58	178	29
	20%	27%	7%	8%	8%	12%	7%	15%	11%	10%	16%	19%	10%	33%	40%	10%
		bcd						bk			b	bdk		abcdefghk	abcdefghk	
1 day	231	132	56	34	90	19	15	73	22	5	9	14	15	17	43	34
	11%	10%	15%	10%	13%	10%	12%	11%	12%	9%	12%	14%	14%	9%	10%	11%
			a													
2 days	321	195	63	49	113	30	23	105	35	15	3	15	16	21	57	53
	15%	15%	17%	14%	16%	17%	18%	16%	18%	25%	5%	15%	16%	12%	13%	17%
						f	f	f	f	fij		f	f		f	f
3 days	370	201	77	71	148	36	22	108	49	12	17	23	20	33	50	58
	17%	15%	21%	21%	21%	20%	18%	16%	25%	20%	23%	23%	19%	19%	11%	19%
			a	a	a	j		j	cj	j	j	j	j	j		j
4 days	196	106	39	39	78	22	17	62	21	5	6	7	11	11	33	39
	9%	8%	11%	11%	11%	12%	14%	9%	11%	9%	8%	7%	11%	6%	7%	13%
				a	a		ij									ij
5 days	228	126	39	57	96	28	17	100	19	9	13	5	8	6	23	45
	11%	10%	11%	17%	14%	15%	14%	15%	10%	15%	18%	5%	8%	3%	5%	15%
				ab	a	gij	gij	gij	ij	gij	ghij					gij
6 days	81	47	18	13	32	7	3	23	6	3	5	3	7	6	17	10
	4%	4%	5%	4%	4%	4%	3%	3%	3%	5%	6%	3%	7%	3%	4%	3%
7 days	268	157	48	48	95	19	19	95	19	4	9	14	16	25	47	38
	13%	12%	13%	14%	14%	10%	15%	14%	10%	6%	13%	14%	15%	14%	11%	12%
NET: None (0 days)	431	364	25	29	54	21	8	97	21	6	11	19	11	58	178	29
	20%	27%	7%	8%	8%	12%	7%	15%	11%	10%	16%	19%	10%	33%	40%	10%
		bcd						bk			b	bdk		abcdefghk	abcdefghk	
NET: Occasionally (1 day)	231	132	56	34	90	19	15	73	22	5	9	14	15	17	43	34
	11%	10%	15%	10%	13%	10%	12%	11%	12%	9%	12%	14%	14%	9%	10%	11%
			a													

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.

BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Some (2-4 days)	887	502	179	159	339	88	62	275	104	32	26	45	47	66	141	150
	42%	38%	49%	47%	48%	49%	49%	42%	54%	54%	36%	45%	45%	37%	31%	49%
			a	a	a	ij	ij	j	cfij	fij		j	j			cfij
NET: Most 5+ days	577	330	105	118	223	54	40	218	44	16	27	22	32	38	88	93
	27%	25%	29%	35%	32%	30%	32%	33%	23%	27%	37%	22%	31%	21%	20%	30%
				a	a	j	ij	dgij			dgij		j			ij
Base for stats	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
Median	3	2	3	3	3	3	3	3	3	3	3	3	3	2	2	3
Mean Score	2.95	2.68	3.31	3.53	3.42	3.24	3.48	3.26	3.05	3.07	3.37	2.82	3.36	2.52	2.21	3.34
			a	a	a	ij	gij	ij	ij	j	ij	j	ij			gij
Standard Deviation	2.300	2.362	2.096	2.102	2.100	2.082	2.113	2.271	2.006	1.940	2.288	2.289	2.258	2.452	2.401	2.094
Standard Error	.050	.063	.118	.119	.084	.152	.188	.086	.142	.241	.266	.212	.217	.179	.126	.118
Error variance	*	*	.01	.01	.01	.02	.04	.01	.02	.06	.07	.04	.05	.03	.02	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	431	70	38	24	4	62	75	94	19	21	3	40	97	100	262	61	8	330
	20%	14%	11%	15%	9%	12%	14%	16% be	8%	12%	7%	10%	15% be	26% cde	23% cde	11%	8%	19% cd
1 day	231	53	43	15	7	58	61	58	35	19	4	55	62	47	114	57	13	184
	11%	11%	12%	10%	15%	11%	11%	10%	15% af	11%	9%	13%	10%	12%	10%	11%	14%	11%
2 days	321	74	69	23	7	92	81	102	36	25	7	61	109	62	175	71	13	259
	15%	15%	19%	15%	15%	18%	15%	17%	15%	14%	17%	15%	17%	16%	16%	13%	13%	15%
3 days	370	88	70	24	13	94	101	103	41	38	15	78	118	53	182	112	23	317
	17%	18%	20%	15%	26%	18%	18%	17%	17%	21%	34% abef	19%	18%	14%	16%	21% ab	24% a	18% a
4 days	196	45	40	16	7	56	52	55	28	22	4	50	58	25	99	58	14	171
	9%	9%	11%	10%	13%	11%	9%	9%	12%	12%	8%	12%	9%	7%	9%	11% a	14% a	10%
5 days	228	76	47	24	6	71	82	85	32	31	5	64	90	34	109	77	8	194
	11%	15%	13%	15%	13%	14%	15%	14%	14%	18%	10%	15%	14%	9%	10%	14% abe	9%	11%
6 days	81	20	12	6	1	18	21	21	8	6	4	14	25	12	41	25	3	69
	4%	4%	3%	4%	2%	3%	4%	4%	3%	4%	8%	4%	4%	3%	4%	5%	3%	4%
7 days	268	70	41	26	3	67	73	87	34	16	3	50	90	48	134	73	13	220
	13%	14%	11%	16%	7%	13%	13%	14% c	15%	9%	6%	12%	14%	13%	12%	14%	14%	13%
NET: None (0 days)	431	70	38	24	4	62	75	94	19	21	3	40	97	100	262	61	8	330
	20%	14%	11%	15%	9%	12%	14%	16% be	8%	12%	7%	10%	15% be	26% cde	23% cde	11%	8%	19% cd
NET: Occasionally (1 day)	231	53	43	15	7	58	61	58	35	19	4	55	62	47	114	57	13	184
	11%	11%	12%	10%	15%	11%	11%	10%	15% af	11%	9%	13%	10%	12%	10%	11%	14%	11%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Some (2-4 days)	887	207	180	63	27	243	234	260	105	85	25	189	285	140	457	241	49	746
	42%	42%	50% acf	40%	55%	47%	43%	43%	45%	47%	59% af	46%	44%	37%	41%	45% a	52% ab	43% a
NET: Most 5+ days	577	166	99	56	11	156	176	194	74	53	11	128	204	94	284	175	24	483
	27%	33%	28%	35%	22%	30%	32%	32%	32%	30%	25%	31%	32%	25%	25%	33% abe	26%	28%
Base for stats	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
Median	3	3	3	3	3	3	3	3	3	3	3	3	3	2	3	3	3	3
Mean Score	2.95	3.29	3.17	3.39	3.02	3.24	3.27	3.23	3.38	3.22	3.23	3.31	3.23	2.65	2.81	3.40 ab	3.31 ab	3.02 ab
Standard Deviation	2.300	2.259	2.084	2.330	1.878	2.162	2.228	2.276	2.167	2.038	1.856	2.111	2.249	2.373	2.317	2.176	2.097	2.279
Standard Error	.050	.098	.108	.184	.263	.094	.093	.090	.140	.152	.268	.103	.086	.120	.070	.095	.216	.055
Error variance	*	.01	.01	.03	.07	.01	.01	.01	.02	.02	.07	.01	.01	.01	*	.01	.05	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	431	43	278	39	150	12	239	178	19	319	111	350	73
	20%	12%	21%	16%	38%	12%	17%	27%	32%	19%	24%	20%	24%
			a		acde			acd	acd		a		
1 day	231	41	142	29	41	15	155	73	8	186	45	194	36
	11%	11%	11%	12%	10%	15%	11%	11%	13%	11%	10%	11%	12%
2 days	321	48	205	32	53	12	224	92	5	256	65	269	50
	15%	13%	15%	13%	14%	13%	16%	14%	9%	15%	14%	15%	16%
3 days	370	75	233	45	45	22	253	105	6	290	79	314	49
	17%	21%	17%	19%	12%	23%	18%	16%	10%	17%	17%	18%	16%
				b		bf	b	b					
4 days	196	47	116	23	33	9	130	60	4	156	40	165	28
	9%	13%	9%	9%	8%	9%	9%	9%	6%	9%	9%	9%	9%
		b											
5 days	228	49	142	31	28	10	159	61	4	188	40	200	28
	11%	13%	11%	13%	7%	10%	11%	9%	7%	11%	9%	11%	9%
				b			b						
6 days	81	13	53	6	10	4	60	15	4	66	14	72	9
	4%	4%	4%	3%	2%	4%	4%	2%	7%	4%	3%	4%	3%
								e	e				
7 days	268	48	163	35	32	13	191	69	9	198	70	225	40
	13%	13%	12%	15%	8%	13%	14%	10%	16%	12%	15%	13%	13%
				b			b		b				
NET: None (0 days)	431	43	278	39	150	12	239	178	19	319	111	350	73
	20%	12%	21%	16%	38%	12%	17%	27%	32%	19%	24%	20%	24%
			a		acde			acd	acd		a		
NET: Occasionally (1 day)	231	41	142	29	41	15	155	73	8	186	45	194	36
	11%	11%	11%	12%	10%	15%	11%	11%	13%	11%	10%	11%	12%
NET: Some (2-4 days)	887	170	554	100	132	43	607	257	15	702	184	748	127
	42%	47%	42%	42%	34%	44%	43%	39%	25%	42%	40%	42%	41%
				bf		bf	bf	f					

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	577	110	358	73	69	27	410	145	18	452	125	497	76
	27%	30%	27%	30%	18%	28%	29%	22%	30%	27%	27%	28%	24%
				be		b	be		b				
Base for stats	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
Median	3	3	3	3	2	3	3	2	2	3	3	3	2
Mean Score	2.95	3.32	2.92	3.15	2.13	3.15	3.10	2.58	2.72	2.96	2.91	2.99	2.76
		b		be		be	be	b					
Standard Deviation	2.300	2.157	2.299	2.291	2.267	2.215	2.282	2.288	2.643	2.269	2.410	2.294	2.329
Standard Error	.050	.113	.063	.142	.117	.220	.061	.089	.325	.055	.114	.055	.127
Error variance	*	.01	*	.02	.01	.05	*	.01	.11	*	.01	*	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.
BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	431	431	-	-	-	-	-	-	-	-	-	19	298	86	105	115	145	50
	20%	100%	-	-	-	-	-	-	-	-	-	3%	29%	20%	25%	20%	19%	17%
		bcdefghij											ac	a	bcd			
1 day	231	-	231	-	-	-	-	-	-	-	-	46	99	81	62	63	67	34
	11%	-	100%	-	-	-	-	-	-	-	-	8%	10%	19%	15%	11%	9%	11%
			acdefghij											ab	c			
2 days	321	-	-	321	-	-	-	-	-	321	-	94	131	94	67	99	114	37
	15%	-	-	100%	-	-	-	-	-	36%	-	15%	13%	21%	16%	17%	15%	13%
				abdefghij						abdefghj				ab				
3 days	370	-	-	-	370	-	-	-	-	370	-	122	171	72	64	110	148	40
	17%	-	-	-	100%	-	-	-	-	42%	-	20%	17%	16%	15%	19%	19%	14%
					abcefghij					abcefghj								d
4 days	196	-	-	-	-	196	-	-	-	196	-	88	62	46	26	62	81	24
	9%	-	-	-	-	100%	-	-	-	22%	-	14%	6%	10%	6%	11%	10%	8%
						abcdfghij				abcdfghj		b		b		a	a	
5 days	228	-	-	-	-	-	228	-	-	-	228	97	102	28	38	51	97	39
	11%	-	-	-	-	-	100%	-	-	-	40%	16%	10%	6%	9%	9%	12%	13%
							abcdeghij				abcdeghi	bc	c				b	b
6 days	81	-	-	-	-	-	-	81	-	-	81	30	43	7	13	22	34	11
	4%	-	-	-	-	-	-	100%	-	-	14%	5%	4%	2%	3%	4%	4%	4%
								abcdefhij			abcdefhi	c	c					
7 days	268	-	-	-	-	-	-	-	268	-	268	110	130	24	38	61	96	59
	13%	-	-	-	-	-	-	-	100%	-	46%	18%	13%	5%	9%	10%	12%	20%
									abcdefgij		abcdefgi	bc	c					abc
NET: None (0 days)	431	431	-	-	-	-	-	-	-	-	-	19	298	86	105	115	145	50
	20%	100%	-	-	-	-	-	-	-	-	-	3%	29%	20%	25%	20%	19%	17%
		bcdefghij											ac	a	bcd			
NET: Occasionally (1 day)	231	-	231	-	-	-	-	-	-	-	-	46	99	81	62	63	67	34
	11%	-	100%	-	-	-	-	-	-	-	-	8%	10%	19%	15%	11%	9%	11%
			acdefghij											ab	c			

Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.
BASE: All respondents

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Some (2-4 days)	887	-	-	321	370	196	-	-	-	887	-	303	365	212	157	270	343	101
	42%	-	-	100%	100%	100%	-	-	-	100%	-	50%	35%	48%	38%	46%	44%	34%
				abfghj	abfghj	abfghj				abfghj		b		b		ad	ad	
NET: Most 5+ days	577	-	-	-	-	-	228	81	268	-	577	237	274	59	90	133	227	109
	27%	-	-	-	-	-	100%	100%	100%	-	100%	39%	27%	13%	22%	23%	29%	37%
							abcdei	abcdei	abcdei		abcdei	bc	c				ab	abc
Base for stats	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
Median	3	0	1	2	3	4	5	6	7	3	6	4	2	2	2	3	3	3
Mean Score	2.95	-	1.00	2.00	3.00	4.00	5.00	6.00	7.00	2.86	6.07	3.94	2.70	2.33	2.49	2.83	3.10	3.40
									ij		i	bc	c			a	ab	ab
Standard Deviation	2.300	-	-	-	-	-	-	-	*	.751	.926	2.001	2.417	1.912	2.237	2.197	2.262	2.483
Standard Error	.050	-	-	-	-	-	-	-	*	.025	.038	.081	.076	.091	.108	.090	.082	.148
Error variance	*	-	-	-	-	-	-	-	*	*	*	.01	.01	.01	.01	.01	.01	.02

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q2C. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to the previous week?
BASE: All respondents

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total		2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	153	94	59	90	45	18	6	20	16	20	7	16	37	18	14
		7%	9%	5%	14%	7%	2%	6%	7%	8%	9%	4%	7%	11%	5%	6%
			b		bc	c					e			eh		
A bit more	(4.0)	452	214	236	185	153	113	25	62	44	47	43	31	82	73	44
		21%	21%	22%	29%	22%	14%	24%	22%	21%	21%	24%	13%	24%	21%	20%
					bc	c		f	f	f	f	f		f	f	
Neither more nor less	(3.0)	1036	524	509	190	348	497	50	133	95	105	99	137	136	172	108
		49%	51%	47%	30%	50%	63%	48%	48%	46%	47%	54%	58%	41%	49%	50%
						a	ab					g	bcdgh		g	g
A bit less	(2.0)	285	133	147	102	91	92	11	32	31	28	25	27	51	45	34
		13%	13%	14%	16%	13%	12%	11%	12%	15%	13%	14%	12%	15%	13%	16%
					c											
A lot less	(1.0)	154	53	100	52	50	52	7	24	15	18	8	15	20	35	11
		7%	5%	9%	8%	7%	7%	7%	9%	7%	8%	4%	7%	6%	10%	5%
				a					e						ei	
Don't know		46	15	25	23	10	13	4	5	6	5	1	8	7	5	6
		2%	1%	2%	4%	1%	2%	4%	2%	3%	2%	1%	4%	2%	1%	3%
					bc			e					e			
NET: More		605	309	295	275	199	131	31	82	61	67	50	47	118	91	58
		28%	30%	27%	43%	28%	17%	30%	30%	29%	30%	27%	20%	36%	26%	27%
					bc	c			f	f	f			fhi		
NET: Less		439	186	247	154	142	144	18	56	47	46	33	43	72	80	45
		21%	18%	23%	24%	20%	18%	18%	20%	22%	20%	18%	18%	21%	23%	21%
				a	c											
Base for stats		2079	1019	1052	619	688	772	99	271	202	218	182	227	327	344	211
Mean Score		3.08	3.16	3.01	3.26	3.08	2.94	3.11	3.08	3.08	3.11	3.09	3.02	3.19	2.98	3.08
			b		bc	c								h		
Standard Deviation		.969	.946	.985	1.147	.952	.790	.952	.997	1.000	1.013	.827	.898	1.036	.983	.915
Standard Error		.021	.029	.031	.044	.035	.031	.092	.058	.072	.068	.060	.066	.057	.053	.063
Error variance		*	*	*	*	*	*	.01	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q2C. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to the previous week?
BASE: All respondents

			Social Grade								Ethnicity						
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total		2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	153	36	41	35	14	16	11	112	41	105	8	15	19	4	-	46
		7%	21%	9%	7%	5%	7%	2%	10%	4%	6%	14%	12%	20%	18%	-	15%
			bcdefgh	fh	fh	f	f		dfh			a	a	a			a
A bit more	(4.0)	452	38	122	119	62	51	59	279	173	367	19	31	26	5	1	81
		21%	22%	26%	23%	23%	23%	12%	24%	18%	21%	32%	25%	27%	23%	11%	26%
			f	fh	fh	fh	f		fh	f		a					a
Neither more nor less	(3.0)	1036	64	193	240	136	99	302	498	538	928	16	42	19	5	8	89
		49%	38%	41%	47%	50%	45%	63%	43%	55%	52%	27%	34%	20%	23%	80%	29%
					a	ab		abcdegh		abceg	bcdg		d				
A bit less	(2.0)	285	23	75	56	39	33	60	154	131	227	13	23	12	3	1	52
		13%	14%	16%	11%	14%	15%	12%	13%	13%	13%	22%	19%	13%	13%	8%	17%
				c								a	a				a
A lot less	(1.0)	154	8	31	47	19	15	35	85	68	124	2	10	14	3	-	29
		7%	4%	7%	9%	7%	7%	7%	7%	7%	7%	4%	8%	15%	16%	-	10%
					a									ab			
Don't know		46	2	5	11	5	9	14	18	28	31	1	3	5	1	-	10
		2%	1%	1%	2%	2%	4%	3%	2%	3%	2%	1%	2%	5%	7%	-	3%
							bg	b		bg				a			
NET: More		605	74	163	154	76	67	71	391	214	471	27	46	44	8	1	127
		28%	43%	35%	30%	28%	30%	15%	34%	22%	26%	46%	37%	47%	41%	11%	41%
			cdefgh	dfh	fh	fh	fh		dfh	f		a	a	a			a
NET: Less		439	31	106	103	57	48	94	240	199	350	16	33	26	6	1	81
		21%	18%	23%	20%	21%	21%	20%	21%	20%	20%	26%	27%	27%	29%	8%	26%
																	a
Base for stats		2079	170	462	497	270	214	467	1128	951	1750	59	122	89	19	10	298
Mean Score		3.08	3.42	3.14	3.08	3.05	3.09	2.90	3.16	2.99	3.06	3.30	3.15	3.27	3.15	3.03	3.21
			bcdefgh	fh	f	f	f		fh			a		a			a
Standard Deviation		.969	1.103	1.014	1.005	.926	.981	.799	1.030	.883	.926	1.103	1.118	1.355	1.399	.468	1.190
Standard Error		.021	.086	.048	.045	.053	.063	.038	.031	.028	.022	.139	.099	.141	.313	.148	.067
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.10	.02	*

Prepared by Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q2C. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to the previous week?
BASE: All respondents

			Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total		2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	153	66	35	43	78	21	21	56	16	4	7	6	8	6	7	43
		7%	5%	10%	13%	11%	12%	17%	8%	8%	7%	9%	6%	8%	4%	1%	14%
				a	a	a	ij	cdghij	ij	j	j	j	j	j			cdgij
A bit more	(4.0)	452	233	107	93	200	40	38	157	41	13	18	24	33	32	55	78
		21%	18%	29%	27%	28%	22%	31%	24%	21%	23%	25%	24%	32%	18%	12%	25%
				a	a	a	j	ij	j	j	j	j	j	dij			ij
Neither more nor less	(3.0)	1036	741	142	125	267	74	37	301	89	30	34	49	26	101	294	110
		49%	56%	39%	37%	38%	41%	29%	45%	47%	51%	47%	49%	25%	56%	65%	36%
			bcd				bh		bhk	bhk	bhk	bh	bhk		abchk	abcdefghik	h
A bit less	(2.0)	285	173	53	43	95	31	16	93	29	5	6	9	24	19	54	46
		13%	13%	14%	13%	14%	17%	13%	14%	15%	8%	8%	9%	23%	11%	12%	15%
							g							bcefgij			
A lot less	(1.0)	154	94	26	25	51	13	12	51	14	6	6	7	4	12	30	25
		7%	7%	7%	7%	7%	7%	10%	8%	7%	9%	8%	7%	3%	7%	7%	8%
								h									
Don't know		46	19	3	10	13	4	-	4	3	1	2	6	9	9	9	4
		2%	1%	1%	3%	2%	2%	-	1%	1%	1%	3%	6%	9%	5%	2%	1%
					b							bc	bcdjk	abcdjk	bck	c	
NET: More		605	299	142	136	278	61	60	214	57	18	24	30	42	38	62	121
		28%	23%	39%	40%	39%	34%	48%	32%	30%	30%	34%	30%	40%	21%	14%	39%
				a	a	a	ij	acdegij	ij	j	j	ij	j	ij	j		cdij
NET: Less		439	268	78	68	147	43	28	143	43	11	11	16	28	31	85	72
		21%	20%	22%	20%	21%	24%	23%	22%	22%	18%	16%	16%	27%	17%	19%	23%
														g			
Base for stats		2079	1308	362	330	692	178	125	658	189	59	70	95	96	170	440	303
Mean Score		3.08	3.00	3.20	3.26	3.23	3.15	3.32	3.12	3.09	3.11	3.20	3.14	3.19	3.01	2.89	3.22
				a	a	a	j	cij	j	j		j	j	j			ij
Standard Deviation		.969	.895	1.037	1.085	1.060	1.072	1.195	1.009	.995	1.002	1.008	.936	1.037	.856	.758	1.126
Standard Error		.021	.024	.059	.063	.043	.079	.106	.038	.071	.125	.120	.089	.104	.064	.040	.064
Error variance		*	*	*	*	*	.01	.01	*	*	.02	.01	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q2C. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to the previous week?
BASE: All respondents

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total		2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total		2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	153	46	27	23	4	50	50	54	28	16	3	44	57	10	67	64	12	143
		7%	9%	8%	15%	7%	10%	9%	9%	12%	9%	7%	11%	9%	3%	6%	12%	12%	8%
					bf											a	abe	ab	ab
A bit more	(4.0)	452	115	94	40	10	134	125	144	69	37	8	106	152	78	217	134	23	373
		21%	23%	26%	25%	20%	26%	23%	24%	30%	21%	20%	26%	23%	21%	19%	25%	24%	21%
										c							b		
Neither more nor less	(3.0)	1036	241	155	60	15	214	257	287	89	78	13	167	301	210	580	211	35	826
		49%	49%	43%	38%	31%	41%	47%	47%	38%	44%	31%	41%	46%	55%	52%	40%	37%	47%
			cde					cd	bde					bd	cde	cde			cd
A bit less	(2.0)	285	62	55	23	4	78	66	76	30	29	8	58	84	40	155	76	14	245
		13%	12%	15%	14%	9%	15%	12%	13%	13%	16%	18%	14%	13%	10%	14%	14%	15%	14%
A lot less	(1.0)	154	29	29	12	13	41	42	40	16	17	8	33	48	36	79	35	4	118
		7%	6%	8%	8%	27%	8%	8%	7%	7%	10%	19%	8%	7%	9%	7%	7%	4%	7%
						abcef						abef							
Don't know		46	4	1	1	3	2	6	4	2	2	3	4	6	7	18	14	7	38
		2%	1%	*	*	6%	*	1%	1%	1%	1%	6%	1%	1%	2%	2%	3%	7%	2%
						abcef						abcef						abce	
NET: More		605	161	122	63	14	184	174	198	97	53	11	150	209	88	284	198	34	516
		28%	32%	34%	40%	28%	36%	32%	33%	42%	30%	26%	36%	32%	23%	25%	37%	36%	30%
										acdf							abe	ab	ab
NET: Less		439	91	83	35	17	118	108	116	45	46	16	91	132	75	235	111	18	363
		21%	18%	23%	22%	36%	23%	20%	19%	19%	26%	37%	22%	20%	20%	21%	21%	19%	21%
						aef						abef							
Base for stats		2079	493	360	157	46	517	539	602	232	177	41	408	642	374	1098	520	87	1705
Mean Score		3.08	3.18	3.10	3.24	2.71	3.15	3.14	3.16	3.28	3.03	2.75	3.17	3.13	2.97	3.03	3.22	3.27	3.10
			d	d	d		d	d	d	cd			d	d			abe	ab	a
Standard Deviation		.969	.968	1.014	1.113	1.308	1.046	1.008	.985	1.055	1.060	1.211	1.063	1.004	.897	.934	1.057	1.039	.982
Standard Error		.021	.042	.053	.088	.189	.046	.042	.039	.068	.079	.181	.052	.039	.046	.028	.047	.112	.024
Error variance		*	*	*	.01	.04	*	*	*	*	.01	.03	*	*	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q2C. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to the previous week?
BASE: All respondents

		Total	Care responsibilities in household not including children		Longstanding condition or illness					NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total		2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
A lot more	(5.0)	153 7%	59 16% b	80 6%	31 13% bde	20 5%	13 14% bd	97 7%	54 8%	5 9%	128 8%	25 5%	130 7%	22 7%
A bit more	(4.0)	452 21%	80 22%	286 21%	58 24% b	65 16%	20 20%	311 22% b	129 20%	11 19%	362 22%	89 19%	380 21%	69 22%
Neither more nor less	(3.0)	1036 49%	147 40%	658 49% a	90 37%	219 56% acde	36 37%	691 49% ac	315 48% ac	26 43%	796 48%	240 52%	881 49%	143 46%
A bit less	(2.0)	285 13%	47 13%	192 14%	36 15%	49 12%	10 10%	195 14%	85 13%	8 13%	224 13%	62 13%	245 14%	37 12%
A lot less	(1.0)	154 7%	25 7%	90 7%	20 8%	31 8%	11 12%	99 7%	52 8%	9 15% d	115 7%	39 8%	125 7%	29 9%
Don't know		46 2%	5 1%	26 2%	6 2%	9 2%	7 7% abde	17 1%	18 3% d	1 2%	35 2%	11 2%	28 2%	12 4% a
NET: More		605 28%	140 38% b	366 27%	90 37% bde	84 21%	33 34% b	408 29% b	183 28% b	16 27%	490 30% b	114 25%	510 29%	91 29%
NET: Less		439 21%	72 20%	282 21%	56 23%	79 20%	21 22%	294 21%	137 21%	17 28%	339 20%	100 22%	370 21%	65 21%
Base for stats		2079	359	1306	235	383	91	1392	636	59	1625	454	1760	300
Mean Score		3.08	3.28 b	3.06	3.19 b	2.98	3.15	3.08	3.07	2.93	3.10	3.00	3.08	3.06
Standard Deviation		.969	1.104	.940	1.113	.907	1.184	.960	1.000	1.138	.975	.945	.963	1.014
Standard Error		.021	.058	.026	.070	.047	.123	.026	.040	.141	.024	.045	.023	.056
Error variance		*	*	*	*	*	.02	*	*	.02	*	*	*	*

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Q2C. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to the previous week?
BASE: All respondents

		Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	153	4	9	12	23	25	31	9	41	60	81	153	-	-	27	30	50	43
	7%	1%	4%	4%	6%	13%	14%	11%	15%	7%	14%	25%	-	-	6%	5%	6%	15%
			a	a	a	abcdi	abcdi	abc	abcdi	a	abcdi	bc						abc
A bit more (4.0)	452	16	37	81	99	63	66	21	69	243	156	452	-	-	76	137	181	51
	21%	4%	16%	25%	27%	32%	29%	26%	26%	27%	27%	75%	-	-	18%	24%	23%	17%
			a	ab	ab	ab	ab	ab	ab	ab	ab	bc				ad	ad	d
Neither more nor less (3.0)	1036	298	99	131	171	62	102	43	130	365	274	-	1036	-	201	264	394	153
	49%	69%	43%	41%	46%	32%	45%	53%	48%	41%	48%	-	100%	-	49%	45%	50%	52%
		bcdefghij	e	e	e		e	cei	ei	e	ei		ac					
A bit less (2.0)	285	26	54	58	58	39	21	6	22	155	49	-	-	285	60	89	105	27
	13%	6%	24%	18%	16%	20%	9%	7%	8%	18%	9%	-	-	65%	15%	15%	13%	9%
			adfghij	afghj	afghj	afghj				afghj				ab	d	d		
A lot less (1.0)	154	60	27	36	14	7	7	1	2	57	10	-	-	154	40	50	44	15
	7%	14%	12%	11%	4%	4%	3%	1%	1%	6%	2%	-	-	35%	10%	9%	6%	5%
		defghij	defghij	defghij	h	h	h			hj				ab	cd	c		
Don't know	46	28	5	2	5	-	1	1	5	7	6	-	-	-	10	12	8	5
	2%	6%	2%	1%	1%	-	*	1%	2%	1%	1%	-	-	-	2%	2%	1%	2%
		bcdefghij	e															
NET: More	605	19	46	94	122	88	97	30	110	303	237	605	-	-	103	167	232	94
	28%	4%	20%	29%	33%	45%	43%	37%	41%	34%	41%	100%	-	-	25%	29%	30%	32%
			a	ab	abcdi	abcdi	ab	abcdi	ab	abcdi	bc							a
NET: Less	439	86	81	94	72	46	28	7	24	212	59	-	-	439	100	139	149	41
	21%	20%	35%	29%	19%	23%	12%	9%	9%	24%	10%	-	-	100%	24%	24%	19%	14%
		fghj	adefghij	adfghj	fghj	fghj				fghj				ab	cd	cd		
Base for stats	2079	403	226	319	365	196	227	80	263	880	571	605	1036	439	404	569	774	288
Mean Score	3.08	2.69	2.76	2.93	3.16	3.30	3.41	3.38	3.47	3.11	3.44	4.25	3.00	1.65	2.97	3.01	3.11	3.28
				a	abc	abci	abcdi	abcdi	abcdi	abc	abcdi	c					a	abc
Standard Deviation	.969	.801	.995	1.018	.900	1.042	.946	.832	.878	.986	.899	.435	-	.478	1.000	.978	.919	.996
Standard Error	.021	.041	.066	.057	.047	.073	.062	.093	.054	.033	.038	.018	-	.023	.049	.041	.033	.060
Error variance	*	*	*	*	*	.01	*	.01	*	*	*	*	-	*	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q2D. You said you have done more physical activity and exercise over the past week than the previous week. What influenced you to make this change?
BASE: All who have done more physical activity and exercise over the past week than the previous week

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	615	325	289	290	212	113	33	92	57	70	55	38	119	92	59
Total	605	309	295	275	199	131	31	82	61	67	50	47	118	91	58
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I felt more motivated	225	114	111	101	75	49	9	32	22	21	20	18	45	37	20
	37%	37%	38%	37%	38%	37%	31%	39%	37%	32%	41%	39%	38%	40%	35%
I wanted to improve my physical and/or mental health	207	99	108	83	75	50	10	26	20	20	19	23	37	33	17
	34%	32%	37%	30%	38%	38%	33%	32%	32%	30%	39%	49%	32%	37%	30%
I wanted to lose weight	193	78	115	77	74	42	15	27	19	26	14	21	33	22	17
	32%	25%	39%	28%	37%	32%	49%	33%	31%	39%	28%	46%	28%	24%	29%
			a		a		egh			h		gh			
I had more time	185	90	95	80	70	35	11	19	24	20	18	13	35	27	18
	31%	29%	32%	29%	35%	27%	37%	23%	39%	31%	36%	28%	30%	30%	31%
									b						
The weather improved	179	94	85	70	64	45	10	28	27	15	14	12	34	20	19
	30%	30%	29%	25%	32%	34%	34%	35%	45%	22%	27%	25%	29%	22%	32%
									dgh						
I was bored	114	60	52	73	31	10	6	19	7	10	8	7	31	16	9
	19%	20%	18%	27%	16%	7%	19%	23%	12%	15%	16%	15%	26%	18%	16%
				bc	c								c		
Encouragement from friends/family	88	49	40	54	24	10	3	9	7	6	11	6	25	12	9
	15%	16%	13%	20%	12%	8%	11%	12%	12%	9%	21%	13%	21%	13%	16%
				bc									d		
I used or downloaded a fitness app	62	39	23	35	24	3	1	6	2	2	7	6	27	4	6
	10%	13%	8%	13%	12%	2%	4%	8%	4%	3%	15%	13%	23%	5%	10%
				c	c						dh	d	abcdhi		
I was less worried about COVID-19	59	38	21	30	17	11	1	9	9	4	5	4	16	4	6
	10%	12%	7%	11%	9%	9%	3%	11%	15%	7%	11%	8%	14%	5%	10%
		b							h				h		
More activities/sessions were running	48	27	21	23	15	10	2	7	1	7	7	2	12	6	4
	8%	9%	7%	8%	8%	8%	7%	8%	2%	10%	13%	5%	10%	7%	8%
											c				
More sports facilities were open	47	30	17	23	14	9	1	10	5	5	4	1	9	8	4
	8%	10%	6%	8%	7%	7%	3%	12%	7%	7%	9%	3%	8%	9%	7%
Advice from the Government	46	26	20	19	20	7	1	9	1	5	6	8	6	5	4
	8%	8%	7%	7%	10%	5%	3%	12%	2%	7%	12%	16%	5%	6%	7%
								c			c	cg			

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q2D. You said you have done more physical activity and exercise over the past week than the previous week. What influenced you to make this change?
BASE: All who have done more physical activity and exercise over the past week than the previous week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	615	325	289	290	212	113	33	92	57	70	55	38	119	92	59
Total	605	309	295	275	199	131	31	82	61	67	50	47	118	91	58
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I was inspired by someone on TV/social/other media	37	25	12	19	15	3	3	5	2	4	4	7	8	2	3
	6%	8%	4%	7%	7%	3%	9%	6%	4%	6%	8%	14%	7%	2%	4%
		b										h			
Advice from my doctor or another healthcare professional	37	26	11	19	15	3	-	6	4	4	4	1	7	7	4
	6%	9%	4%	7%	8%	2%	-	8%	6%	6%	9%	2%	6%	7%	6%
		b			c										
News stories	27	16	11	16	9	2	-	6	1	2	2	2	7	6	-
	4%	5%	4%	6%	5%	1%	-	8%	2%	3%	4%	5%	6%	7%	-
								i						i	
Advertising (on TV/radio/online etc.)	17	12	5	8	8	1	-	2	3	-	2	1	9	1	-
	3%	4%	2%	3%	4%	1%	-	2%	5%	-	4%	3%	7%	1%	-
													dhi		
Other	24	13	11	9	6	10	2	7	4	2	1	1	5	-	3
	4%	4%	4%	3%	3%	7%	6%	8%	6%	3%	1%	2%	4%	-	5%
							h	h	h						h
I wasn't influenced by anything	21	7	14	3	5	13	2	-	1	4	1	1	1	5	5
	3%	2%	5%	1%	2%	10%	7%	-	2%	6%	2%	2%	1%	6%	9%
						ab	bg			bg				bg	bg
Don't know	4	1	3	1	2	1	1	-	-	-	-	2	-	-	1
	1%	*	1%	1%	1%	1%	3%	-	-	-	-	5%	-	-	2%
												bgh			
NETS: Advertising, News stories, Advice from Government, inspired by someone on TV/Social/Other media	91	54	37	45	36	10	4	14	8	9	9	13	20	9	7
	15%	17%	13%	16%	18%	8%	12%	17%	13%	13%	17%	27%	17%	10%	12%
				c	c							h			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q2D. You said you have done more physical activity and exercise over the past week than the previous week. What influenced you to make this change?
BASE: All who have done more physical activity and exercise over the past week than the previous week

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	*b	c	d	*e	*f	g
Unweighted Total	615	74	157	154	86	75	69	385	230	474	29	48	47	9	1	134
Total	605	74	163	154	76	67	71	391	214	471	27	46	44	8	1	127
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I felt more motivated	225	25	67	64	28	21	20	156	69	173	9	21	16	3	-	50
	37%	34%	41%	41%	37%	32%	28%	40%	32%	37%	34%	46%	37%	34%	-	39%
I wanted to improve my physical and/or mental health	207	24	57	57	26	21	22	138	69	164	11	15	14	1	-	41
	34%	32%	35%	37%	35%	31%	31%	35%	32%	35%	39%	33%	30%	12%	-	32%
I wanted to lose weight	193	23	52	52	23	23	20	128	65	157	10	16	8	1	1	36
	32%	31%	32%	34%	30%	34%	28%	33%	30%	33%	35%	35%	17%	9%	100%	28%
											d					
I had more time	185	23	69	43	21	12	16	136	49	150	3	16	14	1	-	34
	31%	31%	43%	28%	28%	18%	23%	35%	23%	32%	9%	35%	31%	9%	-	26%
			cdefh					efh								
The weather improved	179	15	61	46	20	7	30	122	57	147	8	14	8	1	-	31
	30%	20%	37%	30%	26%	11%	42%	31%	27%	31%	27%	31%	19%	10%	-	24%
			aeh	e	e		adeh	e	e							
I was bored	114	16	31	32	14	13	9	78	35	83	6	11	12	1	-	30
	19%	21%	19%	21%	18%	19%	13%	20%	17%	18%	24%	23%	26%	10%	-	23%
Encouragement from friends/family	88	20	27	23	10	5	3	69	19	65	4	10	8	1	-	23
	15%	27%	16%	15%	14%	8%	5%	18%	9%	14%	16%	22%	17%	10%	-	18%
		cdefh	fh	f				efh								
I used or downloaded a fitness app	62	14	24	13	6	3	1	51	11	42	4	7	10	-	-	20
	10%	19%	15%	8%	8%	5%	2%	13%	5%	9%	13%	15%	23%	-	-	16%
		cefh	efh					fh					a			a
I was less worried about COVID-19	59	14	18	11	7	6	3	43	16	41	4	7	3	1	-	15
	10%	18%	11%	7%	9%	10%	4%	11%	7%	9%	15%	15%	7%	10%	-	12%
		cfh														
More activities/sessions were running	48	11	14	10	9	2	2	34	14	33	1	7	4	1	-	14
	8%	14%	8%	7%	12%	3%	3%	9%	6%	7%	5%	15%	10%	16%	-	11%
		efh			ef											
More sports facilities were open	47	6	15	14	5	7	-	35	12	26	6	8	6	1	-	21
	8%	8%	9%	9%	6%	10%	-	9%	5%	6%	21%	17%	13%	16%	-	16%
		f	f	f	f	f		f	f			a				a
Advice from the Government	46	8	12	10	8	7	-	30	16	33	2	6	4	-	-	12
	8%	11%	8%	6%	11%	11%	-	8%	7%	7%	6%	14%	9%	-	-	9%
		f	f	f	f	f		f	f							

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q2D. You said you have done more physical activity and exercise over the past week than the previous week. What influenced you to make this change?
BASE: All who have done more physical activity and exercise over the past week than the previous week

	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	*b	c	d	*e	*f	g
Unweighted Total	615	74	157	154	86	75	69	385	230	474	29	48	47	9	1	134
Total	605	74	163	154	76	67	71	391	214	471	27	46	44	8	1	127
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I was inspired by someone on TV/social/other media	37	12	10	9	4	3	-	31	7	23	2	4	8	-	-	14
	6%	16%	6%	6%	5%	4%	-	8%	3%	5%	7%	9%	18%	-	-	11%
		bcdefgh	f	f				fh					a			a
Advice from my doctor or another healthcare professional	37	8	9	10	3	4	3	27	10	21	4	5	3	3	1	16
	6%	10%	5%	7%	4%	6%	4%	7%	5%	4%	13%	11%	7%	34%	100%	12%
												a				a
News stories	27	6	8	6	4	3	1	20	8	19	2	4	1	-	-	8
	4%	7%	5%	4%	5%	5%	1%	5%	4%	4%	9%	9%	2%	-	-	6%
Advertising (on TV/radio/online etc.)	17	5	7	3	3	-	-	15	3	11	2	3	-	-	-	5
	3%	6%	5%	2%	3%	-	-	4%	1%	2%	8%	6%	-	-	-	4%
		efh	h													
Other	24	-	9	6	1	4	3	16	8	21	2	-	1	-	-	3
	4%	-	6%	4%	2%	6%	4%	4%	4%	4%	9%	-	3%	-	-	3%
			a			a										
I wasn't influenced by anything	21	-	2	3	4	5	6	5	15	19	-	1	1	-	-	2
	3%	-	1%	2%	6%	7%	9%	1%	7%	4%	-	2%	2%	-	-	2%
					ag	abg	abcg		abcg							
Don't know	4	-	-	1	1	2	-	1	3	4	-	-	-	-	-	-
	1%	-	-	1%	1%	3%	-	*	1%	1%	-	-	-	-	-	-
						bg										
NETS: Advertising, News stories, Advice from Government, inspired by someone on TV/Social/Other media	91	20	25	23	12	11	1	68	24	62	7	10	11	-	-	27
	15%	28%	15%	15%	16%	16%	1%	17%	11%	13%	25%	21%	24%	-	-	22%
		bcfgh	f	f	f	f		fh	f				a			a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q2D. You said you have done more physical activity and exercise over the past week than the previous week. What influenced you to make this change?
BASE: All who have done more physical activity and exercise over the past week than the previous week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	*e	*f	g	h	i	j	k
Unweighted Total	615	335	123	123	246	64	59	226	56	20	25	34	42	40	49	123
Total	605	299	142	136	278	61	60	214	57	18	24	30	42	38	62	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I felt more motivated	225	107	64	48	112	22	20	91	15	5	10	11	16	14	20	42
	37%	36%	45%	35%	40%	36%	33%	43% d	26%	27%	43%	37%	40%	37%	33%	34%
I wanted to improve my physical and/or mental health	207	96	53	53	106	19	20	71	22	5	13	9	15	9	23	40
	34%	32%	37%	39%	38%	32%	34%	33%	39%	27%	53%	32%	35%	23%	37%	33%
I wanted to lose weight	193	89	47	49	96	23	21	76	14	4	12	8	5	15	16	44
	32%	30%	33%	36%	34%	37% h	35% h	36% h	24%	24%	47%	26%	12%	39% h	26%	36% h
I had more time	185	82	47	53	100	15	18	79	21	3	6	8	15	7	14	32
	31%	27%	33%	39% a	36% a	24%	29%	37% i	37% i	14%	24%	28%	35%	18%	23%	27%
The weather improved	179	84	41	48	89	16	11	67	14	6	8	6	14	14	23	27
	30%	28%	29%	35%	32%	26%	19%	31%	24%	31%	31%	20%	34%	38% b	38% bk	22%
I was bored	114	54	29	25	54	12	17	39	9	3	1	8	17	6	2	29
	19%	18%	21%	18%	20%	20% j	28% j	18% j	15% j	16%	3%	27% j	40% acdijk	16% j	3%	24% j
Encouragement from friends/family	88	33	16	34	50	14	9	39	8	1	2	2	8	5	1	23
	15%	11%	11%	25% ab	18% a	24% gj	15% j	18% j	14% j	4%	8%	6%	19% j	12%	2%	19% j
I used or downloaded a fitness app	62	18	11	31	42	6	6	31	8	-	3	1	5	2	-	12
	10%	6%	8%	22% ab	15% a	10% j	11% j	14% j	13% j	-	13%	5%	11% j	6%	-	10% j
I was less worried about COVID-19	59	25	12	17	30	6	9	21	4	3	6	1	3	1	4	15
	10%	8%	9%	13%	11%	10%	16%	10%	7%	16%	25%	3%	8%	3%	6%	13%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q2D. You said you have done more physical activity and exercise over the past week than the previous week. What influenced you to make this change?

BASE: All who have done more physical activity and exercise over the past week than the previous week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	*e	*f	g	h	i	j	k
Unweighted Total	615	335	123	123	246	64	59	226	56	20	25	34	42	40	49	123
Total	605	299	142	136	278	61	60	214	57	18	24	30	42	38	62	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
More activities/sessions were running	48	19	8	19	27	6	4	21	5	2	1	1	2	2	4	9
	8%	6%	6%	14% ab	10%	9%	6%	10%	10%	12%	5%	4%	4%	5%	6%	8%
More sports facilities were open	47	23	8	14	22	7	6	21	4	2	2	3	2	-	-	12
	8%	8%	6%	10%	8%	11% ij	10% ij	10% ij	8% j	11%	8%	10% ij	6%	-	-	10% ij
Advice from the Government	46	17	10	17	27	8	6	12	7	3	1	1	2	1	4	14
	8%	6%	7%	13% a	10%	13% c	10%	6%	13%	15%	5%	4%	5%	3%	7%	12% c
I was inspired by someone on TV/social/other media	37	13	6	17	23	4	6	16	5	3	2	-	1	-	-	10
	6%	4%	5%	12% ab	8% a	7%	10% ij	7% j	9% j	15%	8%	-	3%	-	-	9% j
Advice from my doctor or another healthcare professional	37	13	9	11	20	7	7	11	4	2	3	1	-	2	-	14
	6%	5%	6%	8%	7%	11% hj	11% hj	5%	7%	12%	12%	3%	-	5%	-	11% chj
News stories	27	6	3	14	17	5	2	9	8	1	-	1	1	1	-	7
	4%	2%	2%	10% ab	6% a	8% j	3%	4%	14% cj	5%	-	2%	2%	3%	-	6%
Advertising (on TV/radio/online etc.)	17	4	2	9	11	5	4	4	1	2	-	-	-	-	-	10
	3%	1%	2%	7% a	4% a	9% cj	7% c	2%	3%	10%	-	-	-	-	-	8% cj
Other	24	15	6	3	9	2	2	6	3	2	2	-	1	1	5	4
	4%	5%	4%	2%	3%	4%	3%	3%	5%	9%	9%	-	3%	3%	8%	3%
I wasn't influenced by anything	21	16	2	2	4	3	3	2	2	1	-	-	1	2	7	5
	3%	5% d	1%	2%	2%	5%	4%	1%	3%	5%	-	-	3%	5%	12% cg	4% c

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q2D. You said you have done more physical activity and exercise over the past week than the previous week. What influenced you to make this change?
BASE: All who have done more physical activity and exercise over the past week than the previous week

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	*e	*f	g	h	i	j	k
Unweighted Total	615	335	123	123	246	64	59	226	56	20	25	34	42	40	49	123
Total	605	299	142	136	278	61	60	214	57	18	24	30	42	38	62	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Don't know	4	2	-	2	2	1	1	1	1	-	-	-	-	-	-	2
	1%	1%	-	2%	1%	2%	1%	*	2%	-	-	-	-	-	-	2%
NETS: Advertising, News stories, Advice from Government, inspired by someone on TV/Social/Other media	91	31	16	36	52	13	12	33	16	5	2	2	4	1	4	24
	15%	10%	11%	27%	19%	21%	19%	15%	28%	30%	8%	6%	10%	3%	7%	20%
				ab	a	gij	i	i	cghij							gij

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q2D. You said you have done more physical activity and exercise over the past week than the previous week. What influenced you to make this change?
BASE: All who have done more physical activity and exercise over the past week than the previous week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	d	e
Unweighted Total	615	171	125	62	14	187	185	204	102	55	12	157	216	93	293	196	33	522
Total	605	161	122	63	14	184	174	198	97	53	11	150	209	88	284	198	34	516
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I felt more motivated	225	57	45	28	6	73	63	74	40	19	4	59	78	35	98	76	15	190
	37%	35%	37%	45%	46%	40%	36%	37%	41%	36%	37%	39%	37%	40%	35%	38%	44%	37%
I wanted to improve my physical and/or mental health	207	53	45	26	2	71	55	68	35	22	3	58	70	27	94	67	18	180
	34%	33%	37%	42%	17%	39%	31%	34%	36%	42%	23%	38%	34%	31%	33%	34%	53% abce	35%
I wanted to lose weight	193	55	36	26	6	62	61	72	29	18	4	47	76	28	92	61	12	165
	32%	34%	29%	42%	41%	34%	35%	36%	30%	33%	37%	31%	36%	32%	32%	31%	34%	32%
I had more time	185	53	47	19	4	67	57	72	35	16	1	51	73	29	82	59	15	156
	31%	33%	39%	31%	26%	36%	33%	36%	36%	30%	8%	34%	35%	33%	29%	30%	43%	30%
The weather improved	179	51	34	15	3	48	54	61	21	17	2	38	63	22	86	62	9	157
	30%	32%	28%	24%	22%	26%	31%	31%	22%	33%	16%	26%	30%	24%	30%	31%	26%	30%
I was bored	114	29	24	9	2	32	31	38	14	12	-	26	38	15	47	41	11	99
	19%	18%	19%	14%	13%	18%	18%	19%	15%	22%	-	17%	18%	17%	17%	21%	31% b	19%
Encouragement from friends/family	88	27	17	11	2	28	29	31	22	6	-	28	31	13	38	29	9	76
	15%	17%	14%	18%	17%	15%	17%	15%	22%	12%	-	19%	15%	14%	13%	15%	25%	15%
I used or downloaded a fitness app	62	22	15	10	1	24	23	24	17	7	-	24	24	6	17	30	9	56
	10%	14%	12%	15%	10%	13%	13%	12%	18%	13%	-	16%	11%	7%	6%	15% b	25% abe	11% b
I was less worried about COVID-19	59	13	19	8	1	27	14	18	18	5	2	23	19	6	31	19	3	53
	10%	8%	16% af	13%	7%	15% af	8%	9%	18% af	9%	17%	15%	9%	7%	11%	9%	9%	10%
More activities/sessions were running	48	13	13	6	2	19	14	13	14	2	3	17	16	7	17	20	4	41
	8%	8%	10%	9%	13%	10%	8%	7%	15% a	5%	25%	11%	8%	8%	6%	10%	12%	8%

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Q2D. You said you have done more physical activity and exercise over the past week than the previous week. What influenced you to make this change?
BASE: All who have done more physical activity and exercise over the past week than the previous week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	d	e
Unweighted Total	615	171	125	62	14	187	185	204	102	55	12	157	216	93	293	196	33	522
Total	605	161	122	63	14	184	174	198	97	53	11	150	209	88	284	198	34	516
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
More sports facilities were open	47	9	16	11	-	26	9	12	12	11	-	22	12	8	19	16	4	39
	8%	5%	13%	17%	-	14%	5%	6%	12%	21%	-	15%	6%	9%	7%	8%	11%	8%
			af	af		af				af		af						
Advice from the Government	46	11	10	8	1	18	12	16	11	2	1	13	17	8	17	18	4	38
	8%	7%	8%	12%	7%	10%	7%	8%	11%	4%	8%	8%	8%	9%	6%	9%	10%	7%
I was inspired by someone on TV/social/other media	37	9	13	7	3	20	12	9	16	5	2	21	11	3	16	12	5	34
	6%	6%	11%	11%	21%	11%	7%	5%	16%	9%	14%	14%	5%	4%	6%	6%	15%	7%
									af			af						ab
Advice from my doctor or another healthcare professional	37	9	8	7	2	15	11	12	11	2	2	14	13	4	13	15	5	33
	6%	5%	7%	11%	17%	8%	6%	6%	12%	4%	14%	9%	6%	5%	5%	7%	14%	6%
																	b	
News stories	27	7	8	4	1	11	8	9	7	2	-	10	9	2	10	13	2	25
	4%	5%	6%	6%	5%	6%	5%	5%	7%	5%	-	6%	5%	2%	3%	7%	7%	5%
Advertising (on TV/radio/online etc.)	17	2	7	1	1	9	3	4	3	3	1	6	5	2	5	8	2	16
	3%	1%	6%	2%	7%	5%	2%	2%	3%	6%	8%	4%	3%	2%	2%	4%	6%	3%
			a															
Other	24	5	6	3	1	9	6	6	3	5	-	8	6	5	14	5	-	19
	4%	3%	5%	5%	7%	5%	3%	3%	3%	9%	-	5%	3%	5%	5%	3%	-	4%
I wasn't influenced by anything	21	4	2	-	-	2	4	2	2	2	1	4	2	4	11	3	2	17
	3%	3%	2%	-	-	1%	2%	1%	2%	3%	7%	2%	1%	5%	4%	2%	5%	3%
Don't know	4	2	1	-	-	1	2	2	-	-	-	-	2	1	3	-	-	3
	1%	1%	1%	-	-	*	1%	1%	-	-	-	-	1%	1%	1%	-	-	1%

Q2D. You said you have done more physical activity and exercise over the past week than the previous week. What influenced you to make this change?
BASE: All who have done more physical activity and exercise over the past week than the previous week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	d	e
Unweighted Total	615	171	125	62	14	187	185	204	102	55	12	157	216	93	293	196	33	522
Total	605	161	122	63	14	184	174	198	97	53	11	150	209	88	284	198	34	516
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NETS: Advertising, News stories, Advice from Government, inspired by someone on TV/Social/Other media	91	24	26	13	4	39	27	30	26	9	2	35	32	12	35	36	8	79
	15%	15%	22%	21%	26%	21%	16%	15%	27% af	18%	14%	24% af	15%	14%	12%	18%	22%	15%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q2D. You said you have done more physical activity and exercise over the past week than the previous week. What influenced you to make this change?
BASE: All who have done more physical activity and exercise over the past week than the previous week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	*f	a	b	a	b
Unweighted Total	615	143	366	93	85	34	413	187	18	506	109	510	101
Total	605	140	366	90	84	33	408	183	16	490	114	510	91
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I felt more motivated	225	50	137	34	29	7	161	62	5	182	43	185	39
	37%	36%	38%	38%	35%	21%	39% c	34%	32%	37%	38%	36%	43%
I wanted to improve my physical and/or mental health	207	46	131	33	29	12	143	61	9	168	39	165	41
	34%	33%	36%	37%	34%	35%	35%	33%	52%	34%	34%	32%	45% a
I wanted to lose weight	193	43	119	32	23	9	132	57	5	163	30	156	37
	32%	31%	32%	35%	28%	27%	32%	31%	31%	33%	26%	31%	41% a
I had more time	185	40	113	29	23	8	133	50	7	150	36	165	20
	31%	28%	31%	33%	28%	24%	33%	28%	45%	31%	31%	32% b	22%
The weather improved	179	37	117	24	27	10	124	53	3	142	37	155	24
	30%	27%	32%	27%	32%	30%	30%	29%	21%	29%	32%	30%	26%
I was bored	114	23	72	17	14	8	76	33	3	97	17	94	18
	19%	16%	20%	19%	16%	25%	19%	18%	18%	20%	14%	18%	20%
Encouragement from friends/family	88	28	44	21	11	5	55	32	3	73	15	76	13
	15%	20% b	12%	23% d	13%	14%	14%	17%	17%	15%	13%	15%	14%
I used or downloaded a fitness app	62	26	30	16	11	5	37	25	3	59	3	58	5
	10%	18% b	8%	18% d	13%	16%	9%	14%	21%	12% b	3%	11%	5%
I was less worried about COVID-19	59	27	24	16	10	6	28	29	2	51	8	50	7
	10%	19% b	7%	18% d	12%	19% d	7%	16% d	10%	10%	7%	10%	8%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q2D. You said you have done more physical activity and exercise over the past week than the previous week. What influenced you to make this change?
BASE: All who have done more physical activity and exercise over the past week than the previous week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	*f	a	b	a	b
Unweighted Total	615	143	366	93	85	34	413	187	18	506	109	510	101
Total	605	140	366	90	84	33	408	183	16	490	114	510	91
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
More activities/sessions were running	48	18	21	10	9	8	28	20	3	41	7	42	6
	8%	13%	6%	11%	11%	25%	7%	11%	16%	8%	6%	8%	7%
		b				de							
More sports facilities were open	47	18	21	10	10	6	26	21	3	39	8	39	8
	8%	13%	6%	11%	12%	19%	6%	12%	18%	8%	7%	8%	8%
		b				d		d					
Advice from the Government	46	18	19	12	8	5	27	19	3	38	8	43	3
	8%	13%	5%	14%	10%	16%	7%	10%	16%	8%	7%	8%	4%
		b		d		d							
I was inspired by someone on TV/social/other media	37	17	15	12	4	7	19	18	2	31	6	30	7
	6%	12%	4%	13%	5%	22%	5%	10%	12%	6%	6%	6%	8%
		b		d		bde		d					
Advice from my doctor or another healthcare professional	37	17	14	13	7	6	16	21	2	35	2	31	6
	6%	12%	4%	14%	8%	19%	4%	11%	14%	7%	2%	6%	6%
		b		d		d		d					
News stories	27	13	11	9	5	7	12	16	2	24	4	25	3
	4%	9%	3%	10%	5%	21%	3%	9%	12%	5%	3%	5%	3%
		b		d		bde		d					
Advertising (on TV/radio/online etc.)	17	11	4	5	4	7	8	10	2	16	1	14	3
	3%	8%	1%	6%	5%	23%	2%	5%	12%	3%	1%	3%	4%
		b		d		abde		d					
Other	24	3	16	4	5	1	16	7	2	19	5	22	2
	4%	2%	4%	4%	6%	4%	4%	4%	10%	4%	4%	4%	2%
I wasn't influenced by anything	21	1	15	1	6	-	15	6	1	17	4	19	2
	3%	1%	4%	1%	7%	-	4%	3%	4%	3%	4%	4%	2%
					a								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q2D. You said you have done more physical activity and exercise over the past week than the previous week. What influenced you to make this change?
BASE: All who have done more physical activity and exercise over the past week than the previous week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	*f	a	b	a	b
Unweighted Total	615	143	366	93	85	34	413	187	18	506	109	510	101
Total	605	140	366	90	84	33	408	183	16	490	114	510	91
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Don't know	4	1	2	-	1	1	2	2	-	4	-	4	-
	1%	1%	1%	-	1%	3%	1%	1%	-	1%	-	1%	-
NETS: Advertising, News stories, Advice from Government, inspired by someone on TV/Social/Other media	91	36	41	20	12	14	54	37	3	75	16	79	13
	15%	26%	11%	22%	14%	41%	13%	20%	16%	15%	14%	15%	14%
		b		d		abde		d					

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q2D. You said you have done more physical activity and exercise over the past week than the previous week. What influenced you to make this change?
BASE: All who have done more physical activity and exercise over the past week than the previous week

	Total	Number of days active								NET 2-4 days	NET 5+ days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	b	c	d	e	f	g	h	i	j	a	*b	*c	a	b	c	d
Unweighted Total	615	18	46	99	121	91	99	30	111	311	240	615	-	-	108	175	230	93
Total	605	19	46	94	122	88	97	30	110	303	237	605	-	-	103	167	232	94
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%	100%	100%	100%
I felt more motivated	225	6	13	27	43	34	48	15	39	104	101	225	-	-	40	59	91	33
	37%	33%	28%	29%	36%	38%	50%	49%	35%	34%	43%	37%	-	-	39%	35%	39%	35%
							bcdhi	c			ci							
I wanted to improve my physical and/or mental health	207	3	15	21	46	31	41	10	41	97	92	207	-	-	36	46	91	33
	34%	14%	33%	22%	38%	35%	42%	34%	37%	32%	39%	34%	-	-	35%	27%	39%	35%
					c		c		c		c						b	
I wanted to lose weight	193	4	9	22	38	33	34	10	42	93	86	193	-	-	32	57	69	32
	32%	22%	20%	23%	32%	38%	35%	35%	38%	31%	36%	32%	-	-	31%	34%	30%	34%
						bc			bc		bc							
I had more time	185	5	8	20	36	27	43	10	35	84	88	185	-	-	22	54	78	29
	31%	26%	18%	22%	30%	31%	44%	34%	32%	28%	37%	31%	-	-	21%	32%	34%	31%
							bcdi				bci						a	
The weather improved	179	3	14	27	32	29	32	12	30	88	74	179	-	-	28	45	79	26
	30%	17%	31%	29%	26%	33%	33%	40%	27%	29%	31%	30%	-	-	27%	27%	34%	28%
I was bored	114	1	9	16	27	13	19	8	20	56	47	114	-	-	22	44	34	10
	19%	7%	19%	17%	22%	15%	20%	27%	18%	19%	20%	19%	-	-	22%	26%	15%	10%
															d	cd		
Encouragement from friends/family	88	1	5	6	14	19	24	4	15	39	43	88	-	-	5	22	34	25
	15%	6%	11%	6%	12%	21%	25%	13%	14%	13%	18%	15%	-	-	5%	13%	15%	27%
						ci	cdhi				c					a	a	abc
I used or downloaded a fitness app	62	-	2	4	9	13	22	5	9	26	35	62	-	-	7	17	18	21
	10%	-	4%	4%	8%	14%	22%	15%	8%	8%	15%	10%	-	-	7%	10%	8%	22%
						c	bcdhi	c			bcdi							abc
I was less worried about COVID-19	59	3	5	5	12	6	13	1	14	23	28	59	-	-	6	18	17	16
	10%	16%	10%	6%	10%	7%	13%	4%	12%	8%	12%	10%	-	-	6%	11%	7%	17%
																		ac
More activities/sessions were running	48	-	1	3	6	5	12	6	15	14	33	48	-	-	3	16	17	12
	8%	-	2%	3%	5%	6%	12%	21%	14%	5%	14%	8%	-	-	3%	9%	7%	12%
							cdi	bcdei	bcdi		bcdei					a		a
More sports facilities were open	47	-	1	11	6	11	10	1	8	27	18	47	-	-	8	13	18	8
	8%	-	2%	11%	5%	13%	10%	2%	7%	9%	8%	8%	-	-	8%	8%	8%	9%
						bd												

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q2D. You said you have done more physical activity and exercise over the past week than the previous week. What influenced you to make this change?

BASE: All who have done more physical activity and exercise over the past week than the previous week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	b	c	d	e	f	g	h	i	j	a	*b	*c	a	b	c	d
Unweighted Total	615	18	46	99	121	91	99	30	111	311	240	615	-	-	108	175	230	93
Total	605	19	46	94	122	88	97	30	110	303	237	605	-	-	103	167	232	94
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%	100%	100%	100%
Advice from the Government	46	-	4	4	7	7	11	6	8	18	25	46	-	-	5	11	16	13
	8%	-	8%	4%	6%	8%	11% c	19% cdi	7%	6%	10% ci	8%	-	-	5%	6%	7%	14% ab
I was inspired by someone on TV/social/other media	37	-	1	4	6	5	10	2	9	16	21	37	-	-	4	7	15	11
	6%	-	1%	5%	5%	6%	10%	7%	8%	5%	9%	6%	-	-	4%	4%	7%	11% ab
Advice from my doctor or another healthcare professional	37	2	2	4	7	6	7	-	10	17	16	37	-	-	6	9	11	11
	6%	9%	5%	4%	6%	7%	7%	-	9%	6%	7%	6%	-	-	6%	5%	5%	11% c
News stories	27	-	-	5	4	3	6	2	8	12	15	27	-	-	3	10	8	5
	4%	-	-	5%	3%	4%	6%	7%	7%	4%	7%	4%	-	-	3%	6%	3%	6%
Advertising (on TV/radio/online etc.)	17	-	2	-	2	2	8	1	2	4	11	17	-	-	1	6	5	4
	3%	-	4% c	-	1%	3%	8% cdhi	4%	2%	1%	5% ci	3%	-	-	1%	4%	2%	5%
Other	24	1	1	3	3	3	9	1	3	8	13	24	-	-	5	7	9	3
	4%	7%	3%	3%	3%	3%	9% di	3%	3%	3%	6%	4%	-	-	5%	4%	4%	3%
I wasn't influenced by anything	21	3	2	5	4	3	-	2	1	13	3	21	-	-	4	7	8	1
	3%	17%	3%	6% fhj	4%	4%	-	7% fhj	1%	4% fj	1%	3%	-	-	4%	4%	4%	1%
Don't know	4	1	1	-	-	-	-	-	2	-	2	4	-	-	-	2	1	-
	1%	5%	2% i	-	-	-	-	-	2% i	-	1%	1%	-	-	-	1%	*	-
NETS: Advertising, News stories, Advice from Government, inspired by someone on TV/Social/Other media	91	-	5	10	12	17	23	8	16	39	47	91	-	-	10	26	31	24
	15%	-	12%	10%	10%	19%	24% cdi	25% cd	15%	13%	20% cdi	15%	-	-	10%	15%	13%	26% abc

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q2E. You said you increased your physical activity and exercise over the past week as a result of [Q2D]. Please tell us what you can remember about what you saw?
BASE: All who were influenced by Advertising, News stories, Advice from Government, inspired by someone on TV/Social/Other media to do more physical activity and exercise over the past week than the previous week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	91	56	35	45	37	9	4	15	7	9	9	10	20	10	7
Total	91	54	37	45	36	10	4	14	8	9	9	13	20	9	7
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Promoting exercise	27	18	10	14	11	3	1	5	2	2	2	7	6	2	1
	30%	33%	26%	31%	29%	29%	25%	33%	30%	21%	25%	51%	30%	25%	12%
Obesity / losing weight	14	8	6	6	5	3	-	4	-	1	-	5	1	3	1
	16%	15%	17%	14%	13%	33%	-	25%	-	11%	-	36%	6%	36%	10%
Stay healthy/getting healthy	7	3	4	4	1	1	-	1	1	1	-	-	1	-	3
	8%	6%	10%	10%	3%	14%	-	8%	12%	13%	-	-	6%	-	39%
YouTube	5	3	2	4	-	1	1	-	-	-	-	1	2	1	-
	5%	6%	4%	9%	-	9%	27%	-	-	-	-	10%	8%	10%	-
Joe Wicks	4	3	1	1	3	-	1	-	-	2	-	-	-	-	1
	5%	6%	3%	2%	9%	-	27%	-	-	26%	-	-	-	-	15%
Government advice	4	3	1	2	1	1	-	4	-	-	-	-	-	-	-
	4%	5%	3%	4%	3%	11%	-	28%	-	-	-	-	-	-	-
The news	3	2	1	2	1	-	-	-	1	1	-	1	-	-	-
	4%	4%	3%	5%	3%	-	-	-	12%	13%	-	10%	-	-	-
TV (various)	3	1	2	1	2	-	-	-	1	-	-	1	1	-	-
	3%	1%	5%	2%	5%	-	-	-	10%	-	-	8%	5%	-	-
Facebook	3	1	2	1	1	1	-	-	1	-	-	-	1	1	-
	3%	2%	5%	2%	2%	9%	-	-	12%	-	-	-	4%	10%	-
Boris Johnson	3	2	1	-	3	-	-	-	-	-	-	1	-	2	-
	3%	3%	2%	-	7%	-	-	-	-	-	-	7%	-	19%	-
Daily briefings	2	1	1	1	1	-	-	1	-	1	-	-	-	-	-
	2%	2%	3%	3%	3%	-	-	7%	-	13%	-	-	-	-	-
Kim Kardashian	2	1	1	2	-	-	-	2	-	-	-	-	-	-	-
	2%	1%	3%	4%	-	-	-	13%	-	-	-	-	-	-	-
Gyms have opened	2	2	-	1	1	-	-	-	-	-	1	-	-	1	-
	2%	3%	-	2%	2%	-	-	-	-	-	10%	-	-	8%	-
Other	22	12	10	10	10	2	-	1	4	1	5	-	8	1	2
	24%	22%	26%	22%	28%	15%	-	8%	49%	8%	55%	-	42%	14%	23%
Don't know	1	-	1	-	1	-	-	-	-	-	-	-	-	1	-
	1%	-	2%	-	2%	-	-	-	-	-	-	-	-	7%	-
Nothing	3	2	1	2	1	-	1	-	-	1	1	-	1	-	-
	3%	4%	2%	5%	2%	-	21%	-	-	7%	10%	-	4%	-	-

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q2E. You said you increased your physical activity and exercise over the past week as a result of [Q2D]. Please tell us what you can remember about what you saw?
BASE: All who were influenced by Advertising, News stories, Advice from Government, inspired by someone on TV/Social/Other media to do more physical activity and exercise over the past week than the previous week

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total	91	19	24	22	13	12	1	65	26	60	7	11	11	-	-	29
Total	91 100%	20 100%	25 100%	23 100%	12 100%	11 100%	1 100%	68 100%	24 100%	62 100%	7 100%	10 100%	11 100%	-	-	27 100%
Promoting exercise	27 30%	7 34%	6 26%	7 30%	6 46%	2 16%	-	20 30%	7 31%	15 25%	2 29%	2 21%	7 66%	-	-	11 41%
Obesity / losing weight	14 16%	1 6%	5 20%	4 18%	2 15%	3 23%	-	10 15%	4 18%	14 22%	-	1 7%	-	-	-	1 3%
Stay healthy/getting healthy	7 8%	1 5%	1 5%	4 16%	1 9%	-	-	6 9%	1 5%	5 8%	2 29%	-	-	-	-	2 7%
YouTube	5 5%	2 11%	1 4%	2 7%	-	-	-	5 7%	-	3 5%	-	1 10%	1 8%	-	-	2 6%
Joe Wicks	4 5%	-	2 9%	2 9%	-	-	-	4 6%	-	3 5%	-	1 10%	-	-	-	1 4%
Government advice	4 4%	-	2 7%	-	1 10%	1 10%	-	2 2%	2 9%	3 5%	-	1 11%	-	-	-	1 4%
The news	3 4%	1 6%	-	1 4%	-	1 10%	-	2 3%	1 5%	1 2%	1 13%	-	1 12%	-	-	2 8%
TV (various)	3 3%	-	1 4%	-	1 6%	1 10%	-	1 1%	2 8%	3 4%	-	-	-	-	-	-
Facebook	3 3%	-	2 7%	1 4%	-	-	-	3 4%	-	2 3%	-	1 10%	-	-	-	1 3%
Boris Johnson	3 3%	-	-	2 8%	-	1 8%	-	2 3%	1 4%	2 3%	1 15%	-	-	-	-	1 4%
Daily briefings	2 2%	1 5%	-	1 4%	-	-	-	2 3%	-	1 2%	-	1 11%	-	-	-	1 4%
Kim Kardashian	2 2%	-	-	1 4%	1 9%	-	-	1 1%	1 4%	1 1%	-	-	1 10%	-	-	1 4%
Gyms have opened	2 2%	-	-	2 7%	-	-	-	2 2%	-	-	-	2 16%	-	-	-	2 6%
Other	22 24%	9 43%	6 24%	2 9%	3 24%	1 11%	1 100%	17 25%	5 20%	18 29%	1 21%	-	2 14%	-	-	3 11%
Don't know	1 1%	-	-	-	-	1 6%	-	-	1 3%	-	-	1 7%	-	-	-	1 2%
Nothing	3 3%	-	2 6%	1 4%	-	1 6%	-	2 4%	1 3%	1 1%	1 21%	1 8%	-	-	-	2 8%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q2E. You said you increased your physical activity and exercise over the past week as a result of [Q2D]. Please tell us what you can remember about what you saw?

BASE: All who were influenced by Advertising, News stories, Advice from Government, inspired by someone on TV/Social/Other media to do more physical activity and exercise over the past week than the previous week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	*b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	91	35	14	32	46	13	11	34	15	6	2	2	4	1	3	24
Total	91	31	16	36	52	13	12	33	16	5	2	2	4	1	4	24
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Promoting exercise	27	8	5	12	17	7	2	9	3	2	1	-	2	-	1	9
	30%	27%	35%	32%	33%	55%	18%	28%	21%	34%	35%	-	52%	-	27%	37%
Obesity / losing weight	14	6	2	6	8	1	-	4	6	1	-	-	-	1	2	1
	16%	20%	13%	17%	16%	9%	-	12%	36%	15%	-	-	-	100%	39%	5%
Stay healthy/getting healthy	7	2	-	5	5	1	1	2	1	-	-	-	-	-	1	2
	8%	8%	-	13%	9%	7%	10%	7%	8%	-	-	-	-	-	34%	8%
YouTube	5	2	1	1	2	1	1	2	-	1	-	-	-	-	-	2
	5%	6%	9%	3%	4%	10%	9%	5%	-	18%	-	-	-	-	-	10%
Joe Wicks	4	-	-	4	4	-	-	3	-	-	1	-	-	-	-	-
	5%	-	-	12% a	8%	-	-	9%	-	-	65%	-	-	-	-	-
Government advice	4	2	2	-	2	-	-	2	-	-	-	1	-	-	1	-
	4%	6%	13%	-	4%	-	-	5%	-	-	-	61%	-	-	27%	-
The news	3	1	-	2	2	1	1	1	-	-	-	-	-	-	-	2
	4%	3%	-	7%	5%	7%	10%	4%	-	-	-	-	-	-	-	8%
TV (various)	3	1	-	-	-	-	-	2	-	1	-	-	-	-	-	-
	3%	3%	-	-	-	-	-	6%	-	17%	-	-	-	-	-	-
Facebook	3	2	-	-	-	-	-	1	-	1	-	-	1	-	-	-
	3%	6%	-	-	-	-	-	2%	-	18%	-	-	23%	-	-	-
Boris Johnson	3	1	-	1	1	1	-	1	1	-	-	-	-	-	-	1
	3%	2%	-	3%	2%	8%	-	3%	5%	-	-	-	-	-	-	4%
Daily briefings	2	-	1	1	2	-	-	1	-	-	-	-	1	-	-	-
	2%	-	7%	3%	4%	-	-	3%	-	-	-	-	27%	-	-	-
Kim Kardashian	2	-	1	-	1	1	-	1	-	-	-	-	-	-	-	1
	2%	-	7%	-	2%	6%	-	3%	-	-	-	-	-	-	-	3%
Gyms have opened	2	2	-	-	-	-	-	2	-	-	-	-	-	-	-	-
	2%	5%	-	-	-	-	-	5%	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q2E. You said you increased your physical activity and exercise over the past week as a result of [Q2D]. Please tell us what you can remember about what you saw?

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		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	*b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	91	35	14	32	46	13	11	34	15	6	2	2	4	1	3	24
Total	91	31	16	36	52	13	12	33	16	5	2	2	4	1	4	24
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other	22	6	6	8	14	3	6	7	5	-	-	1	-	-	-	9
	24%	19%	38%	22%	27%	24%	48%	23%	31%	-	-	39%	-	-	-	35%
Don't know	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-
	1%	-	-	-	-	-	-	-	4%	-	-	-	-	-	-	-
Nothing	3	3	-	-	-	-	1	1	-	1	-	-	1	-	-	1
	3%	10% d	-	-	-	-	6%	2%	-	15%	-	-	21%	-	-	3%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

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BASE: All who were influenced by Advertising, News stories, Advice from Government, inspired by someone on TV/Social/Other media to do more physical activity and exercise over the past week than the previous week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		*a	*b	*c	*d	e	f	a	*b	*c	*d	e	f	*a	b	c	*d	e
Unweighted Total	91	26	26	12	4	38	30	31	26	9	2	35	33	14	36	34	7	77
Total	91	24	26	13	4	39	27	30	26	9	2	35	32	12	35	36	8	79
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Promoting exercise	27	1	7	8	2	15	2	5	11	-	2	11	6	3	11	9	4	25
	30%	4%	27%	57%	43%	37% f	9%	16%	41%	-	100%	30%	20%	22%	32%	24%	59%	31%
Obesity / losing weight	14	3	3	4	1	6	4	5	5	1	-	6	5	2	7	5	-	12
	16%	13%	10%	30%	20%	16%	14%	15%	18%	11%	-	16%	15%	20%	19%	14%	-	15%
Stay healthy/getting healthy	7	3	1	-	-	1	3	3	1	-	-	1	3	-	3	3	-	7
	8%	14%	4%	-	-	3%	13%	11%	4%	-	-	3%	11%	-	10%	10%	-	9%
YouTube	5	2	2	-	-	2	2	-	3	1	-	4	-	-	1	4	-	5
	5%	8%	7%	-	-	4%	7%	-	10%	11%	-	10%	-	-	3%	11%	-	6%
Joe Wicks	4	2	1	1	-	2	2	3	-	1	-	1	3	-	1	3	-	4
	5%	9%	5%	8%	-	6%	7%	11%	-	11%	-	3%	10%	-	3%	9%	-	5%
Government advice	4	-	2	-	-	2	-	1	1	-	-	1	1	-	4	-	-	4
	4%	-	6%	-	-	4%	-	2%	4%	-	-	3%	2%	-	11%	-	-	5%
The news	3	-	1	-	1	1	1	-	1	1	-	2	-	-	1	1	1	3
	4%	-	4%	-	37%	3%	5%	-	4%	14%	-	7%	-	-	3%	3%	18%	4%
TV (various)	3	2	1	-	-	1	2	2	-	1	-	1	2	-	2	-	1	3
	3%	8%	4%	-	-	2%	7%	6%	-	10%	-	3%	6%	-	5%	-	12%	3%
Facebook	3	-	2	-	-	2	-	-	2	-	-	2	-	-	2	1	-	3
	3%	-	7%	-	-	4%	-	-	7%	-	-	5%	-	-	5%	3%	-	3%
Boris Johnson	3	1	1	-	-	1	1	2	-	-	-	-	2	-	2	1	-	3
	3%	4%	3%	-	-	2%	3%	5%	-	-	-	-	5%	-	4%	3%	-	3%
Daily briefings	2	-	1	-	-	1	-	1	-	-	-	-	1	-	1	1	-	2
	2%	-	4%	-	-	2%	-	3%	-	-	-	-	3%	-	3%	3%	-	3%
Kim Kardashian	2	-	1	-	-	1	-	-	1	-	-	1	-	-	-	1	1	2
	2%	-	4%	-	-	3%	-	-	4%	-	-	3%	-	-	-	2%	14%	2%
Gyms have opened	2	1	1	-	-	1	1	-	2	-	-	2	-	1	1	-	-	1
	2%	3%	3%	-	-	2%	3%	-	6%	-	-	4%	-	6%	2%	-	-	1%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q2E. You said you increased your physical activity and exercise over the past week as a result of [Q2D]. Please tell us what you can remember about what you saw?

BASE: All who were influenced by Advertising, News stories, Advice from Government, inspired by someone on TV/Social/Other media to do more physical activity and exercise over the past week than the previous week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		*a	*b	*c	*d	e	f	a	*b	*c	*d	e	f	*a	b	c	*d	e
Unweighted Total	91	26	26	12	4	38	30	31	26	9	2	35	33	14	36	34	7	77
Total	91	24	26	13	4	39	27	30	26	9	2	35	32	12	35	36	8	79
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other	22	8	9	1	-	9	8	9	5	3	-	9	9	5	7	9	-	17
	24%	35%	32%	6%	-	24%	31%	30%	21%	35%	-	25%	29%	40%	21%	26%	-	21%
Don't know	1	1	-	-	-	-	1	1	-	-	-	-	1	-	1	-	-	1
	1%	3%	-	-	-	-	2%	2%	-	-	-	-	2%	-	2%	-	-	1%
Nothing	3	-	1	1	-	2	-	-	1	1	-	2	-	2	-	1	1	2
	3%	-	3%	11%	-	6%	-	-	5%	9%	-	6%	-	12%	-	2%	11%	2%

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BASE: All who were influenced by Advertising, News stories, Advice from Government, inspired by someone on TV/Social/Other media to do more physical activity and exercise over the past week than the previous week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	*a	*b	*c	d	e	*f	a	*b	a	*b
Unweighted Total	91	34	41	20	12	13	54	37	3	74	17	77	14
Total	91 100%	36 100%	41 100%	20 100%	12 100%	14 100%	54 100%	37 100%	3 100%	75 100%	16 100%	79 100%	13 100%
Promoting exercise	27 30%	8 23%	15 37%	9 45%	4 32%	5 37%	13 25%	14 38%	1 30%	24 31%	4 24%	22 28%	6 45%
Obesity / losing weight	14 16%	4 11%	8 20%	- -	2 18%	1 8%	11 21%	3 9%	- -	11 14%	4 23%	14 17%	1 6%
Stay healthy/getting healthy	7 8%	2 6%	4 9%	1 6%	- -	- -	6 11%	1 3%	- -	7 9%	- -	7 9%	- -
YouTube	5 5%	1 4%	4 9%	1 7%	- -	1 10%	4 7%	1 4%	- -	5 7%	- -	5 6%	- -
Joe Wicks	4 5%	2 6%	2 5%	1 6%	- -	- -	3 6%	1 3%	- -	3 4%	1 6%	3 4%	1 8%
Government advice	4 4%	2 6%	2 5%	- -	2 18%	- -	2 3%	2 6%	- -	4 5%	- -	3 4%	1 6%
The news	3 4%	2 7%	1 2%	1 7%	- -	- -	2 4%	1 4%	- -	3 4%	- -	3 4%	- -
TV (various)	3 3%	- -	3 7%	- -	1 8%	- -	2 3%	1 2%	- -	2 3%	1 5%	2 2%	1 7%
Facebook	3 3%	- -	3 7%	- -	1 7%	1 7%	1 2%	2 5%	- -	3 4%	- -	3 3%	- -
Boris Johnson	3 3%	1 3%	2 4%	1 4%	- -	- -	2 3%	1 2%	- -	3 3%	- -	2 2%	1 6%
Daily briefings	2 2%	- -	1 2%	1 6%	1 8%	- -	- -	2 6%	- -	- -	2 13%	2 3%	- -
Kim Kardashian	2 2%	1 3%	1 2%	1 5%	- -	- -	1 1%	1 3%	- -	2 2%	- -	2 2%	- -
Gyms have opened	2 2%	1 2%	- -	- -	- -	1 6%	1 1%	1 2%	- -	2 2%	- -	1 1%	1 6%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

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BASE: All who were influenced by Advertising, News stories, Advice from Government, inspired by someone on TV/Social/Other media to do more physical activity and exercise over the past week than the previous week

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	*a	*b	*c	d	e	*f	a	*b	a	*b
Unweighted Total	91	34	41	20	12	13	54	37	3	74	17	77	14
Total	91	36	41	20	12	14	54	37	3	75	16	79	13
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other	22	12	4	5	3	6	11	10	1	19	2	19	3
	24%	35%	10%	25%	28%	43%	20%	28%	42%	25%	15%	24%	22%
		b											
Don't know	1	1	-	1	-	-	-	1	-	1	-	1	-
	1%	2%	-	3%	-	-	-	2%	-	1%	-	1%	-
Nothing	3	2	-	1	1	1	2	2	1	1	2	3	-
	3%	4%	-	4%	6%	6%	3%	4%	28%	1%	15%	4%	-

Q2E. You said you increased your physical activity and exercise over the past week as a result of [Q2D]. Please tell us what you can remember about what you saw?
BASE: All who were influenced by Advertising, News stories, Advice from Government, inspired by someone on TV/Social/Other media to do more physical activity and exercise over the past week than the previous week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	a	*b	*c	*a	*b	*c	*d
Unweighted Total	91	-	5	11	12	18	22	7	16	41	45	91	-	-	10	28	28	24
Total	91	-	5	10	12	17	23	8	16	39	47	91	-	-	10	26	31	24
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%	100%	100%	100%
Promoting exercise	27	-	1	3	4	2	11	1	6	9	18	27	-	-	4	6	12	5
	30%	-	12%	28%	33%	12%	46%	17%	36%	23%	38%	30%	-	-	37%	23%	41%	22%
Obesity / losing weight	14	-	2	2	2	1	2	1	5	5	8	14	-	-	-	5	8	2
	16%	-	32%	20%	16%	5%	9%	13%	31%	12%	17%	16%	-	-	-	18%	26%	7%
Stay healthy/getting healthy	7	-	-	-	-	2	2	1	1	2	5	7	-	-	1	-	4	1
	8%	-	-	-	-	14%	9%	19%	7%	6%	10%	8%	-	-	15%	-	14%	5%
YouTube	5	-	-	-	-	2	3	-	-	2	3	5	-	-	-	1	2	2
	5%	-	-	-	-	11%	13%	-	-	5%	7%	5%	-	-	-	3%	7%	8%
Joe Wicks	4	-	-	-	-	-	1	1	2	-	4	4	-	-	2	-	-	2
	5%	-	-	-	-	-	4%	13%	14%	-	9%	5%	-	-	21%	-	-	9%
Government advice	4	-	-	-	-	2	-	1	1	2	2	4	-	-	-	2	1	1
	4%	-	-	-	-	11%	-	14%	6%	5%	4%	4%	-	-	-	7%	4%	4%
The news	3	-	1	-	-	1	1	-	-	1	1	3	-	-	-	1	1	1
	4%	-	21%	-	-	8%	4%	-	-	3%	2%	4%	-	-	-	4%	3%	6%
TV (various)	3	-	-	-	2	1	-	-	-	3	-	3	-	-	-	1	1	1
	3%	-	-	-	15%	6%	-	-	-	7%	-	3%	-	-	-	4%	3%	3%
Facebook	3	-	-	-	1	1	1	-	-	2	1	3	-	-	2	-	1	-
	3%	-	-	-	8%	5%	4%	-	-	4%	2%	3%	-	-	18%	-	3%	-
Boris Johnson	3	-	-	-	1	-	1	-	1	1	2	3	-	-	-	3	-	-
	3%	-	-	-	6%	-	4%	-	5%	2%	4%	3%	-	-	-	10%	-	-
Daily briefings	2	-	-	-	1	1	-	-	-	2	-	2	-	-	-	-	1	-
	2%	-	-	-	9%	6%	-	-	-	5%	-	2%	-	-	-	-	3%	-
Kim Kardashian	2	-	-	1	1	-	-	-	-	2	-	2	-	-	-	1	1	-
	2%	-	-	8%	9%	-	-	-	-	5%	-	2%	-	-	-	3%	3%	-
Gyms have opened	2	-	1	-	-	-	-	-	1	-	1	2	-	-	-	1	-	1
	2%	-	14%	-	-	-	-	-	5%	-	2%	2%	-	-	-	3%	-	3%
Other	22	-	1	4	3	4	5	2	3	11	10	22	-	-	2	7	6	7
	24%	-	21%	36%	27%	23%	21%	24%	19%	28%	21%	24%	-	-	20%	25%	19%	31%
Don't know	1	-	-	-	-	1	-	-	-	1	-	1	-	-	-	-	-	1
	1%	-	-	-	-	4%	-	-	-	2%	-	1%	-	-	-	-	-	3%
Nothing	3	-	-	1	-	1	1	-	-	2	1	3	-	-	1	2	-	1
	3%	-	-	8%	-	8%	4%	-	-	6%	2%	3%	-	-	6%	6%	-	4%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q3. Which, if any, of the following physical activities have you done in the past week?
BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1224	547	676	319	414	490	58	164	115	132	112	141	151	220	130
	58%	53%	63%	50%	59%	62%	56%	60%	55%	59%	61%	60%	45%	63%	60%
			a		a	a	g	g	g	g	g	g		g	g
Running or jogging	400	227	174	202	165	33	21	47	31	37	37	32	101	61	34
	19%	22%	16%	32%	24%	4%	20%	17%	15%	17%	20%	14%	30%	18%	16%
		b		bc	c								abcdefhi		
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	327	158	168	127	111	89	22	29	28	30	26	37	76	55	24
	15%	15%	16%	20%	16%	11%	21%	11%	14%	14%	14%	16%	23%	16%	11%
				c	c		bi						bcdefhi	b	
Home activity, fitness or exercise class viewed online or on TV, DVD or video	302	118	184	145	101	56	13	45	23	26	25	29	71	47	23
	14%	11%	17%	23%	14%	7%	12%	16%	11%	12%	14%	12%	21%	14%	11%
			a	bc	c								acdefhi		
Cycling (either for leisure or travel)	270	167	103	106	105	60	10	44	24	21	22	31	54	42	22
	13%	16%	10%	16%	15%	8%	10%	16%	12%	10%	12%	13%	16%	12%	10%
		b		c	c			d					d		
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	210	107	102	96	79	35	8	30	21	24	23	17	44	27	17
	10%	10%	9%	15%	11%	5%	7%	11%	10%	11%	12%	7%	13%	8%	8%
				bc	c								fhi		
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	172	97	74	104	51	17	6	26	15	24	19	9	44	17	12
	8%	9%	7%	16%	7%	2%	6%	9%	7%	11%	10%	4%	13%	5%	6%
		b		bc	c			fh		fh	fh		acfhi		
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	158	92	66	85	61	12	3	27	17	12	13	18	35	26	6
	7%	9%	6%	13%	9%	2%	3%	10%	8%	6%	7%	8%	10%	8%	3%
		b		bc	c			ai	i			i	adi	i	
Swimming	96	54	42	48	35	12	7	11	5	7	17	12	19	9	9
	5%	5%	4%	7%	5%	2%	7%	4%	2%	3%	9%	5%	6%	3%	4%
				c	c		ch				bcdhi		h		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q3. Which, if any, of the following physical activities have you done in the past week?
BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Team sports (such as football, cricket, rugby etc.)	93	71	22	68	21	4	1	10	8	7	10	6	32	13	6
	4%	7%	2%	11%	3%	1%	1%	4%	4%	3%	6%	3%	10%	4%	3%
		b		bc	c								abcdfhi		
Golf	76	58	17	33	27	15	3	7	5	8	11	4	15	15	7
	4%	6%	2%	5%	4%	2%	3%	3%	2%	4%	6%	2%	5%	4%	3%
		b		c	c						bf				
Combat sports, martial arts or target sports (such as shooting, archery etc.)	68	47	20	44	19	4	2	9	8	12	6	6	19	4	2
	3%	5%	2%	7%	3%	1%	2%	3%	4%	6%	3%	3%	6%	1%	1%
		b		bc	c				hi	hi			hi		
Racket sports (such as tennis, badminton, squash etc.)	63	35	28	35	23	5	2	5	3	7	7	3	21	10	6
	3%	3%	3%	5%	3%	1%	2%	2%	1%	3%	4%	1%	6%	3%	3%
				c	c								bcfh		
Water sports (such as surfing, rowing, sailing etc.)	58	37	21	41	16	1	3	8	4	5	5	8	14	6	4
	3%	4%	2%	6%	2%	*	3%	3%	2%	2%	3%	4%	4%	2%	2%
		b		bc	c										
Gymnastics, trampolining or cheerleading	49	24	24	31	18	1	3	4	1	4	6	5	15	8	2
	2%	2%	2%	5%	3%	*	3%	2%	1%	2%	3%	2%	4%	2%	1%
				bc	c						c		bci		
Other sport, exercise or physical activity	92	54	38	25	19	48	7	14	11	9	8	7	9	15	12
	4%	5%	4%	4%	3%	6%	7%	5%	5%	4%	4%	3%	3%	4%	6%
						b	g								
I have not done any physical activity in the past week	290	134	149	36	77	177	15	35	35	29	20	42	31	52	31
	14%	13%	14%	6%	11%	23%	14%	13%	17%	13%	11%	18%	9%	15%	15%
					a	ab			g			g		g	
NET: Home based activity	691	311	378	293	238	160	38	84	59	70	60	71	149	109	50
	33%	30%	35%	46%	34%	20%	37%	31%	28%	32%	33%	30%	45%	31%	23%
			a	bc	c		i					i	bcdefhi	i	
NET: Any physical activity in the past week	1835	900	928	606	622	608	88	241	173	193	163	194	302	297	185
	86%	87%	86%	94%	89%	77%	86%	87%	83%	87%	89%	82%	91%	85%	85%
				bc	c								cfh		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q3. Which, if any, of the following physical activities have you done in the past week?
BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1224	77	277	315	160	121	274	669	555	1074	31	57	38	8	6	139
	58%	45%	59%	62%	58%	54%	57%	58%	57%	60%	52%	45%	40%	38%	63%	45%
			a	aeh	a		a	a	a	cdg						
Running or jogging	400	63	117	108	50	38	24	289	112	290	25	42	34	4	2	106
	19%	37%	25%	21%	18%	17%	5%	25%	11%	16%	41%	34%	36%	20%	20%	34%
		bcdefgh	defh	fh	fh	fh		defh	f		a	a	a			a
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	327	38	85	81	41	28	54	203	123	253	12	26	24	3	1	66
	15%	22%	18%	16%	15%	13%	11%	18%	13%	14%	20%	21%	25%	16%	13%	21%
		efh	fh	f				efh				a	a			a
Home activity, fitness or exercise class viewed online or on TV, DVD or video	302	34	88	83	33	34	31	205	97	226	12	28	26	6	1	73
	14%	20%	19%	16%	12%	15%	6%	18%	10%	13%	20%	22%	28%	31%	15%	24%
		dfh	dfh	fh	f	fh		dfh	f			a	a			a
Cycling (either for leisure or travel)	270	40	64	59	48	31	28	163	107	207	10	30	12	3	1	57
	13%	23%	14%	12%	18%	14%	6%	14%	11%	12%	18%	24%	13%	16%	11%	19%
		bcefgh	f	f	cfh	f		fh	f			ad				a
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	210	33	67	42	22	24	23	141	69	160	12	24	9	-	1	45
	10%	19%	14%	8%	8%	11%	5%	12%	7%	9%	19%	19%	10%	-	9%	15%
		cdefgh	cdfh	f		f		cdfh			a	a				a
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	172	29	50	40	22	23	9	119	54	119	10	20	14	1	2	48
	8%	17%	11%	8%	8%	10%	2%	10%	5%	7%	17%	16%	15%	7%	25%	16%
		bcdfgh	fh	f	f	fh		fh	f		a	a	a			a
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	158	27	51	32	23	14	11	110	47	113	12	9	18	4	-	43
	7%	16%	11%	6%	8%	6%	2%	10%	5%	6%	20%	7%	19%	18%	-	14%
		cdefgh	cefh	f	fh	f		cfh	f		ac		ac			ac
Swimming	96	18	24	22	16	6	10	64	32	75	7	7	5	-	-	20
	5%	11%	5%	4%	6%	2%	2%	6%	3%	4%	12%	6%	5%	-	-	6%
		bcefgh	f		fh			efh			a					

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q3. Which, if any, of the following physical activities have you done in the past week?
BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Team sports (such as football, cricket, rugby etc.)	93	23	23	21	13	11	1	67	26	50	10	17	12	1	-	40
	4%	13%	5%	4%	5%	5%	*	6%	3%	3%	17%	14%	13%	5%	-	13%
		bcdefgh	fh	f	f	fh		fh	f		a	a	a			a
Golf	76	24	21	9	12	1	9	54	22	62	5	7	1	2	-	14
	4%	14%	5%	2%	4%	*	2%	5%	2%	3%	8%	5%	1%	9%	-	5%
		bcdefgh	cefh		ce			cefh	e		d					
Combat sports, martial arts or target sports (such as shooting, archery etc.)	68	25	11	12	10	4	6	48	20	42	7	8	8	1	1	25
	3%	15%	2%	2%	4%	2%	1%	4%	2%	2%	12%	6%	8%	7%	13%	8%
		bcdefgh			f			fh			a	a	a			a
Racket sports (such as tennis, badminton, squash etc.)	63	13	20	11	9	9	2	44	19	41	4	14	4	-	-	22
	3%	8%	4%	2%	3%	4%	*	4%	2%	2%	7%	11%	4%	-	-	7%
		cdfgh	fh	f	f	f		fh	f		a	a				a
Water sports (such as surfing, rowing, sailing etc.)	58	17	14	9	7	8	3	40	18	37	3	6	9	1	-	20
	3%	10%	3%	2%	3%	4%	1%	4%	2%	2%	5%	5%	9%	7%	-	6%
		bcdefgh	f		f	f		fh				a	a			a
Gymnastics, trampolining or cheerleading	49	12	14	7	8	3	5	34	16	29	4	6	7	2	-	19
	2%	7%	3%	1%	3%	1%	1%	3%	2%	2%	7%	5%	7%	12%	-	6%
		bcdefgh	f					fh			a	a	a			a
Other sport, exercise or physical activity	92	1	21	25	4	7	34	47	45	80	4	1	3	2	-	10
	4%	1%	4%	5%	1%	3%	7%	4%	5%	4%	6%	1%	3%	12%	-	3%
			ad	ad			adeg	ad	ad		c					
I have not done any physical activity in the past week	290	7	38	57	33	30	125	102	188	260	5	8	7	1	-	20
	14%	4%	8%	11%	12%	13%	26%	9%	19%	15%	8%	6%	7%	5%	-	7%
				a	a	abg	abcdegh	a	abcdeg	cdg						
NET: Home based activity	691	74	193	172	86	72	94	439	252	535	25	63	44	9	4	144
	33%	43%	41%	34%	31%	33%	19%	38%	26%	30%	41%	50%	47%	43%	37%	47%
		cdefh	cdefh	fh	f	fh		dfh	f			a	a			a
NET: Any physical activity in the past week	1835	164	429	451	242	193	356	1045	790	1520	55	117	87	19	10	288
	86%	96%	92%	89%	88%	87%	74%	91%	81%	85%	92%	94%	93%	95%	100%	93%
		cdefgh	efh	fh	fh	fh		efh	f			a	a			a

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1224	795	207	190	397	106	65	376	117	32	46	64	52	95	271	171
	58%	60%	57%	56%	56%	58%	52%	57%	61%	54%	64%	63%	50%	53%	60%	56%
									h			h			h	
Running or jogging	400	153	105	122	227	43	31	169	47	15	10	17	43	17	9	74
	19%	12%	29%	36%	32%	24%	24%	25%	24%	25%	13%	17%	41%	9%	2%	24%
			a	a	a	ij	ij	fij	fij	ij	j	ij	abcdefgijk	j		fij
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	327	178	63	73	136	27	29	117	28	14	8	14	21	22	46	56
	15%	13%	17%	21%	19%	15%	23%	18%	15%	23%	11%	14%	20%	12%	10%	18%
				a	a		dfij	j		ij			j			j
Home activity, fitness or exercise class viewed online or on TV, DVD or video	302	151	64	80	143	32	23	119	35	12	8	14	21	18	21	55
	14%	11%	17%	23%	20%	17%	19%	18%	18%	19%	11%	14%	20%	10%	5%	18%
			a	a	a	ij	ij	ij	ij	ij	j	j	ij	j		ij
Cycling (either for leisure or travel)	270	131	59	66	125	25	21	108	34	13	6	11	17	9	27	46
	13%	10%	16%	19%	18%	13%	17%	16%	18%	22%	9%	10%	16%	5%	6%	15%
			a	a	a	ij	ij	ij	ij	fgij			ij			ij
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	210	73	71	61	132	14	29	76	21	8	5	6	14	15	22	43
	10%	5%	20%	18%	19%	8%	23%	11%	11%	13%	7%	6%	14%	9%	5%	14%
			a	a	a		acdfgijk	j	j	j			j			agj
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	172	65	47	46	93	15	16	77	17	11	4	9	13	4	6	31
	8%	5%	13%	13%	13%	8%	13%	12%	9%	19%	6%	9%	13%	2%	1%	10%
			a	a	a	ij	ij	ij	ij	adfgijk	j	ij	ij			ij

Q3. Which, if any, of the following physical activities have you done in the past week?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	158	43	44	64	107	20	16	59	15	7	8	8	11	9	5	36
	7%	3%	12%	19%	15%	11%	13%	9%	8%	12%	10%	8%	10%	5%	1%	12%
			a	ab	a	ij	ij	j	j	j	j	j	j	j		ij
Swimming	96	37	21	29	50	13	13	41	9	2	2	4	4	4	4	26
	5%	3%	6%	9%	7%	7%	10%	6%	4%	3%	3%	4%	4%	2%	1%	8%
			a	a	a	ij	dij	ij	j			j	j			ij
Team sports (such as football, cricket, rugby etc.)	93	36	22	26	48	13	9	31	11	6	2	2	15	2	3	22
	4%	3%	6%	8%	7%	7%	7%	5%	6%	10%	3%	2%	14%	1%	1%	7%
			a	a	a	ij	ij	ij	ij	gij			acdfgijk			ij
Golf	76	36	11	26	36	8	6	34	5	3	5	1	4	1	9	14
	4%	3%	3%	8%	5%	4%	5%	5%	3%	5%	6%	1%	3%	*	2%	5%
				ab	a	i	i	ij			i		i			ij
Combat sports, martial arts or target sports (such as shooting, archery etc.)	68	27	17	19	36	4	11	29	3	5	5	2	2	4	3	15
	3%	2%	5%	6%	5%	2%	9%	4%	2%	8%	7%	2%	2%	2%	1%	5%
			a	a	a		acdghij	j		adj	dj					j
Racket sports (such as tennis, badminton, squash etc.)	63	26	18	17	36	6	9	22	6	4	4	4	4	3	1	15
	3%	2%	5%	5%	5%	3%	7%	3%	3%	7%	5%	4%	4%	1%	*	5%
			a	a	a	j	cij	j	j	ij	j	j	j			ij
Water sports (such as surfing, rowing, sailing etc.)	58	19	14	18	32	8	5	25	4	6	3	3	3	1	-	13
	3%	1%	4%	5%	4%	4%	4%	4%	2%	10%	5%	3%	3%	1%	-	4%
			a	a	a	ij	ij	ij	j	cdij	ij	j	j			ij
Gymnastics, trampolining or cheerleading	49	20	8	18	26	4	10	14	6	4	4	3	3	1	-	14
	2%	1%	2%	5%	4%	2%	8%	2%	3%	6%	5%	3%	3%	*	-	5%
				ab	a	j	acij	j	ij	cij	ij	ij	j			cij

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q3. Which, if any, of the following physical activities have you done in the past week?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other sport, exercise or physical activity	92	74	12	4	16	6	2	21	5	3	4	4	7	4	35	9
	4%	6%	3%	1%	2%	4%	2%	3%	3%	6%	6%	4%	7%	2%	8%	3%
		cd											i		abcdik	
I have not done any physical activity in the past week	290	234	17	21	38	13	3	61	13	4	3	13	10	49	122	15
	14%	18%	5%	6%	5%	7%	2%	9%	7%	6%	4%	13%	9%	28%	27%	5%
		bcd						bk				bk	b	abcdefghk	abcdefghk	
NET: Home based activity	691	351	161	155	315	61	63	247	71	29	17	26	46	48	82	124
	33%	26%	44%	45%	45%	34%	51%	37%	37%	49%	24%	26%	44%	27%	18%	41%
			a	a	a	j	acdfgij	fgij	fgij	afgij			fgij	j		fgij
NET: Any physical activity in the past week	1835	1094	347	319	666	169	122	601	178	56	69	87	95	129	327	291
	86%	82%	95%	94%	95%	93%	98%	91%	93%	94%	96%	87%	91%	72%	73%	95%
			a	a	a	ij	cghij	ij	ij	ij	ij	ij	ij			cgij

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q3. Which, if any, of the following physical activities have you done in the past week?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1224	298	210	85	18	295	316	356	123	110	17	234	374	223	656	290	55	1001
	58%	60%	58%	54%	36%	57%	58%	59%	53%	62%	40%	57%	58%	58%	59%	54%	59%	57%
		d	d	d		d	d	d		d		d	d					
Running or jogging	400	113	106	38	10	144	123	142	79	36	8	115	149	35	163	166	36	365
	19%	23%	29%	24%	20%	28%	23%	23%	34%	20%	18%	28%	23%	9%	15%	31%	38%	21%
			af			f			acdf			c			a	abe	abe	ab
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	327	79	72	29	12	101	90	98	49	32	8	81	106	40	171	97	18	286
	15%	16%	20%	18%	23%	19%	17%	16%	21%	18%	19%	20%	16%	11%	15%	18%	20%	16%
															a	a	a	a
Home activity, fitness or exercise class viewed online or on TV, DVD or video	302	89	67	27	5	94	95	110	46	27	5	73	115	40	139	104	19	262
	14%	18%	19%	17%	11%	18%	17%	18%	19%	15%	11%	18%	18%	11%	12%	19%	21%	15%
																abe	ab	a
Cycling (either for leisure or travel)	270	90	66	17	4	83	95	100	51	20	6	71	106	39	132	77	21	231
	13%	18%	18%	11%	9%	16%	17%	17%	22%	11%	14%	17%	16%	10%	12%	15%	22%	13%
		c	c				c		c								abe	
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	210	51	54	24	7	79	58	63	45	18	8	63	71	17	98	79	16	193
	10%	10%	15%	15%	15%	15%	11%	10%	19%	10%	18%	15%	11%	5%	9%	15%	17%	11%
			af			af			acf			af			a	abe	ab	a
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	172	51	40	22	10	62	61	67	32	19	7	51	73	18	76	64	15	154
	8%	10%	11%	14%	21%	12%	11%	11%	14%	11%	16%	12%	11%	5%	7%	12%	16%	9%
					abf											abe	abe	ab

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q3. Which, if any, of the following physical activities have you done in the past week?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	158	36	47	13	5	60	41	49	37	13	3	50	52	11	63	69	15	147
	7%	7%	13%	8%	10%	12%	8%	8%	16%	7%	7%	12%	8%	3%	6%	13%	16%	8%
			af			af			acf			af			a	abe	abe	ab
Swimming	96	26	23	10	7	33	34	27	22	14	2	36	29	14	42	32	8	82
	5%	5%	6%	6%	15%	6%	6%	4%	9%	8%	5%	9%	4%	4%	4%	6%	9%	5%
					abcef				af			af				b	ab	
Team sports (such as football, cricket, rugby etc.)	93	23	17	12	5	28	28	22	21	6	6	27	28	9	35	40	9	84
	4%	5%	5%	7%	11%	5%	5%	4%	9%	4%	14%	7%	4%	2%	3%	7%	10%	5%
									acf		acf	a				abe	abe	ab
Golf	76	18	18	14	3	32	21	23	17	12	-	29	23	10	33	30	3	66
	4%	4%	5%	9%	6%	6%	4%	4%	7%	7%	-	7%	4%	3%	3%	6%	3%	4%
				af		a			af			af				ab		
Combat sports, martial arts or target sports (such as shooting, archery etc.)	68	19	19	11	4	30	22	19	16	12	5	27	24	7	27	24	10	61
	3%	4%	5%	7%	7%	6%	4%	3%	7%	7%	12%	7%	4%	2%	2%	4%	11%	3%
									a	a	af	af				ab	abce	
Racket sports (such as tennis, badminton, squash etc.)	63	18	16	9	3	25	21	21	13	9	3	22	23	9	27	23	5	54
	3%	4%	4%	6%	6%	5%	4%	3%	6%	5%	6%	5%	4%	2%	2%	4%	5%	3%
																b		
Water sports (such as surfing, rowing, sailing etc.)	58	13	19	7	4	26	17	14	14	11	3	25	18	8	22	21	7	51
	3%	3%	5%	4%	8%	5%	3%	2%	6%	6%	8%	6%	3%	2%	2%	4%	8%	3%
			a		a	a			af	af	af	af				b	abe	
Gymnastics, trampolining or cheerleading	49	14	16	5	3	21	16	11	15	7	4	22	15	5	22	13	9	44
	2%	3%	4%	3%	6%	4%	3%	2%	6%	4%	8%	5%	2%	1%	2%	2%	9%	3%
									af		af	af					abce	

Q3. Which, if any, of the following physical activities have you done in the past week?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other sport, exercise or physical activity	92	14	14	6	1	19	15	21	5	6	2	11	23	26	51	14	1	65
	4%	3%	4%	4%	2%	4%	3%	3%	2%	4%	4%	3%	3%	7%	5%	3%	1%	4%
														cde				
I have not done any physical activity in the past week	290	41	21	12	5	32	46	57	10	9	3	19	61	71	167	44	8	219
	14%	8%	6%	7%	11%	6%	8%	9%	4%	5%	8%	5%	9%	19%	15%	8%	8%	13%
								be					be	cde	c			c
NET: Home based activity	691	183	151	64	15	215	199	228	108	58	15	166	243	81	356	217	36	610
	33%	37%	42%	41%	31%	41%	36%	38%	46%	33%	35%	40%	37%	21%	32%	41%	38%	35%
									acf						a	abe	a	a
NET: Any physical activity in the past week	1835	456	340	147	44	487	499	548	223	169	40	392	588	310	950	489	86	1525
	86%	92%	94%	93%	89%	94%	92%	91%	96%	95%	92%	95%	91%	81%	85%	92%	92%	87%
									af				af			abe	a	a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q3. Which, if any, of the following physical activities have you done in the past week?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
Walking (either for leisure or travel)	1224 58%	168 46%	819 61% a	128 53% c	216 55% c	39 40%	853 61% ace	345 53% c	31 52%	935 56%	289 62% a	1059 59% b	163 52%
Running or jogging	400 19%	100 27% b	258 19%	52 22% be	35 9%	13 13%	303 22% be	87 13% b	9 16%	339 20% b	61 13%	342 19%	55 18%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	327 15%	79 22% b	202 15%	37 15% b	38 10%	18 19%	242 17% be	80 12%	9 14%	270 16% b	57 12%	279 16%	44 14%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	302 14%	65 18%	194 15%	42 18% bef	27 7%	13 14% b	218 15% bef	78 12% b	4 6%	251 15% b	51 11%	249 14%	52 17%
Cycling (either for leisure or travel)	270 13%	58 16%	168 13%	43 18% bef	28 7%	13 13%	186 13% b	76 12% b	5 8%	216 13%	55 12%	236 13%	31 10%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	210 10%	64 17% b	123 9%	33 14% bf	32 8%	9 10%	136 10%	69 10%	3 5%	168 10%	42 9%	195 11% b	14 5%
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	172 8%	57 16% b	89 7%	30 12% bd	21 5%	16 17% bde	106 8%	58 9% b	6 10%	149 9% b	24 5%	142 8%	27 9%

Q3. Which, if any, of the following physical activities have you done in the past week?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	158 7%	54 15% b	91 7%	33 14% bde	18 5%	9 9%	102 7%	52 8% b	5 8%	122 7%	36 8%	145 8% b	13 4%
Swimming	96 5%	35 10% b	45 3%	23 10% bd	20 5%	7 8%	55 4%	40 6% d	7 12% bd	80 5%	16 3%	84 5%	12 4%
Team sports (such as football, cricket, rugby etc.)	93 4%	39 11% b	43 3%	16 7% b	12 3%	9 9% bd	58 4%	31 5%	2 4%	76 5%	17 4%	81 5%	10 3%
Golf	76 4%	30 8% b	36 3%	16 6% bd	9 2%	13 13% abdef	43 3%	33 5% bd	2 3%	52 3%	24 5%	69 4%	7 2%
Combat sports, martial arts or target sports (such as shooting, archery etc.)	68 3%	32 9% b	25 2%	20 8% bd	14 4%	11 11% bde	29 2%	38 6% d	4 6% d	55 3%	13 3%	59 3%	9 3%
Racket sports (such as tennis, badminton, squash etc.)	63 3%	24 7% b	29 2%	15 6% d	12 3%	7 7% d	33 2%	29 4% d	2 3%	55 3%	9 2%	52 3%	11 4%
Water sports (such as surfing, rowing, sailing etc.)	58 3%	28 8% b	20 1%	18 8% bd	11 3%	13 13% bdef	20 1%	35 5% d	2 3%	50 3%	9 2%	47 3%	9 3%
Gymnastics, trampolining or cheerleading	49 2%	23 6% b	15 1%	13 5% d	10 3%	10 11% bde	20 1%	27 4% d	3 5% d	36 2%	13 3%	37 2%	11 4%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q3. Which, if any, of the following physical activities have you done in the past week?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other sport, exercise or physical activity	92	6	56	13	22	1	60	31	4	65	26	85	7
	4%	2%	4%	5%	6%	1%	4%	5%	7%	4%	6%	5%	2%
			a						c			b	
I have not done any physical activity in the past week	290	23	183	28	97	9	159	118	13	220	69	228	52
	14%	6%	14%	12%	25%	9%	11%	18%	22%	13%	15%	13%	17%
			a		acde			acd	acd				
NET: Home based activity	691	156	441	87	81	31	495	183	11	566	126	592	94
	33%	43%	33%	36%	21%	32%	35%	28%	19%	34%	27%	33%	30%
		b		bef		b	bef	b		b			
NET: Any physical activity in the past week	1835	341	1149	213	294	89	1250	536	47	1440	395	1560	260
	86%	94%	86%	88%	75%	91%	89%	82%	78%	87%	85%	87%	83%
		b		bef		bef	bef	b					

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Q3. Which, if any, of the following physical activities have you done in the past week?
BASE: All respondents

	Total	\<Number of days active\> 0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	\<Amount of activity in the past week compared to previous week\> NET: More	No more or less	NET: Less	\<Life satisfaction score\> 0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1224	135	141	202	223	128	150	54	191	553	395	347	612	254	200	341	488	176
	58%	31%	61%	63%	60%	65%	66%	67%	71%	62%	69%	57%	59%	58%	48%	59%	62%	60%
			a	a	a	a	a	a	abcdi	a	abdi					a	a	a
Running or jogging	400	4	19	58	98	47	77	23	75	203	175	196	131	71	61	110	162	59
	19%	1%	8%	18%	27%	24%	34%	29%	28%	23%	30%	32%	13%	16%	15%	19%	21%	20%
			a	ab	abc	ab	abcei	abc	abc	ab	abci	bc					a	
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	327	18	18	39	63	41	57	20	71	142	148	129	138	58	58	91	133	38
	15%	4%	8%	12%	17%	21%	25%	25%	27%	16%	26%	21%	13%	13%	14%	16%	17%	13%
				a	ab	abc	abcdi	abci	abcdi	ab	abcdi	bc						
Home activity, fitness or exercise class viewed online or on TV, DVD or video	302	6	26	47	57	40	61	16	50	144	127	135	109	58	41	89	113	52
	14%	1%	11%	15%	15%	20%	27%	20%	19%	16%	22%	22%	10%	13%	10%	15%	14%	18%
			a	a	a	ab	abcdhi	a	ab	ab	abcdi	bc				a	a	a
Cycling (either for leisure or travel)	270	7	20	45	51	36	46	14	51	133	110	107	109	52	43	66	109	48
	13%	2%	9%	14%	14%	19%	20%	17%	19%	15%	19%	18%	11%	12%	10%	11%	14%	16%
			a	ab	a	abd	ab	ab	ab	ab	abdi	bc						ab
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	210	12	16	30	45	25	39	16	27	100	82	90	77	43	42	54	75	35
	10%	3%	7%	9%	12%	13%	17%	20%	10%	11%	14%	15%	7%	10%	10%	9%	10%	12%
			a	a	ab	ab	abchi	abchi	a	ab	abc	bc						
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	172	2	10	22	31	27	35	10	36	80	80	99	40	32	36	37	62	32
	8%	*	5%	7%	8%	14%	15%	12%	13%	9%	14%	16%	4%	7%	9%	6%	8%	11%
			a	a	a	abcdi	abcdi	ab	abcdi	ab	abcdi	bc		b				b
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	158	5	14	22	32	17	28	6	34	71	67	73	57	27	30	47	49	29
	7%	1%	6%	7%	9%	9%	12%	7%	13%	8%	12%	12%	6%	6%	7%	8%	6%	10%
			a	a	a	a	abc	a	abci	a	abci	bc						c
Swimming	96	1	7	12	20	18	18	6	15	50	38	52	34	10	11	28	37	19
	5%	*	3%	4%	5%	9%	8%	8%	5%	6%	7%	9%	3%	2%	3%	5%	5%	6%
			a	a	a	abc	abc	a	a	a	ab	bc						a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q3. Which, if any, of the following physical activities have you done in the past week?
BASE: All respondents

	Total	Number of days active								NET 2-4 days	NET 5+ days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Team sports (such as football, cricket, rugby etc.)	93	1	3	9	28	15	12	8	18	51	37	43	33	16	13	26	26	23
	4%	*	1%	3%	8%	7%	5%	9%	7%	6%	6%	7%	3%	4%	3%	4%	3%	8%
				a	abc	abc	ab	abc	abc	abc	abc	bc						abc
Golf	76	4	5	16	12	13	12	2	12	40	26	38	24	14	14	23	24	14
	4%	1%	2%	5%	3%	7%	5%	2%	4%	5%	4%	6%	2%	3%	3%	4%	3%	5%
				a	a	ab	a		a	a	a	bc						
Combat sports, martial arts or target sports (such as shooting, archery etc.)	68	-	4	8	9	16	15	2	14	33	32	32	24	12	16	17	22	13
	3%	-	2%	3%	2%	8%	7%	3%	5%	4%	5%	5%	2%	3%	4%	3%	3%	4%
			a	a	a	abcdi	abcdi	a	ab	a	abcd	b						
Racket sports (such as tennis, badminton, squash etc.)	63	1	5	3	19	8	13	1	14	30	27	37	20	6	12	18	22	11
	3%	*	2%	1%	5%	4%	6%	1%	5%	3%	5%	6%	2%	1%	3%	3%	3%	4%
			a		ac	ac	ac		ac	ac	ac	bc						
Water sports (such as surfing, rowing, sailing etc.)	58	-	2	5	16	11	11	5	7	33	23	34	16	7	14	17	13	14
	3%	-	1%	2%	4%	6%	5%	6%	3%	4%	4%	6%	2%	2%	3%	3%	2%	5%
			a	a	abc	abc	abc	abc	a	ab	abc	bc			c			c
Gymnastics, trampolining or cheerleading	49	-	4	3	10	5	11	4	12	18	27	23	17	8	12	18	13	7
	2%	-	2%	1%	3%	3%	5%	5%	4%	2%	5%	4%	2%	2%	3%	3%	2%	2%
			a	a	a	a	abci	ac	aci	a	abci	b						
Other sport, exercise or physical activity	92	4	8	26	20	8	4	3	19	53	27	32	42	17	15	26	38	10
	4%	1%	4%	8%	5%	4%	2%	4%	7%	6%	5%	5%	4%	4%	4%	5%	5%	3%
			a	abfj	af	a		a	af	af	af							
I have not done any physical activity in the past week	290	255	11	3	6	5	2	2	5	14	9	7	202	52	78	64	93	37
	14%	59%	5%	1%	2%	3%	1%	2%	2%	2%	2%	1%	20%	12%	19%	11%	12%	13%
		bcdefghij	cdfij										ac	a	bcd			
NET: Home based activity	691	33	58	104	141	83	115	40	116	329	271	276	273	139	117	205	258	95
	33%	8%	25%	32%	38%	43%	50%	49%	43%	37%	47%	46%	26%	32%	28%	35%	33%	32%
			a	a	ab	abc	abcdi	abci	abc	ab	abcdi	bc		b		a		
NET: Any physical activity in the past week	1835	175	220	318	364	191	226	79	263	873	567	597	833	387	336	517	689	256
	86%	41%	95%	99%	98%	97%	99%	98%	98%	98%	98%	99%	80%	88%	81%	89%	88%	87%
			a	ab	ab	a	ab	a	a	ab	ab	bc		b		a	a	a

Q3E. You said you have walked in the past week. For what purpose(s) did you walk?

BASE: All respondents who walked in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	1217	560	656	342	445	430	61	180	108	136	116	114	156	218	128
Total	1224	547	676	319	414	490	58	164	115	132	112	141	151	220	130
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	858	397	460	204	299	355	38	116	82	86	83	110	98	162	84
	70%	73%	68%	64%	72%	72%	66%	71%	72%	65%	74%	78%	65%	73%	65%
					a	a						dgi			
To get to/from shops or supermarkets	552	256	297	167	194	191	22	72	53	54	50	64	96	92	48
	45%	47%	44%	52%	47%	39%	39%	44%	47%	41%	44%	45%	64%	42%	37%
				c	c								abcdefhi		
To visit friends or family	255	115	140	112	86	57	20	28	27	30	16	23	41	48	23
	21%	21%	21%	35%	21%	12%	35%	17%	23%	22%	14%	16%	27%	22%	18%
				bc	c		befhi						bef		
For personal business, e.g. running errands or visiting the doctor	135	63	72	47	55	34	7	17	16	13	16	19	20	16	10
	11%	11%	11%	15%	13%	7%	12%	11%	14%	10%	14%	13%	14%	7%	7%
				c	c				h		h				
To get to/from my place of work	130	54	76	43	56	31	4	19	12	12	13	13	24	20	14
	11%	10%	11%	13%	14%	6%	7%	12%	10%	9%	12%	9%	16%	9%	11%
				c	c								h		
For journeys made as part of my work	84	49	35	42	29	13	3	11	7	12	4	12	19	11	4
	7%	9%	5%	13%	7%	3%	6%	7%	6%	9%	4%	8%	13%	5%	3%
		b		bc	c					i			ehi		
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc	64	38	26	31	24	9	3	11	7	2	9	5	17	6	5
	5%	7%	4%	10%	6%	2%	6%	7%	6%	1%	8%	3%	11%	3%	4%
		b		bc	c			dh	d		dh		dfhi		
To volunteer or provide support to others	35	17	18	15	10	10	3	4	1	4	4	5	7	4	4
	3%	3%	3%	5%	2%	2%	6%	2%	1%	3%	3%	4%	5%	2%	3%
				c			c								
To get to/from school or place of education (including escorting others)	24	13	10	13	11	-	2	3	2	2	1	3	7	2	1
	2%	2%	2%	4%	3%	-	3%	2%	2%	2%	1%	2%	4%	1%	1%
				c	c								h		

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q3E. You said you have walked in the past week. For what purpose(s) did you walk?

BASE: All respondents who walked in the past week

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	1217	560	656	342	445	430	61	180	108	136	116	114	156	218	128
Total	1224	547	676	319	414	490	58	164	115	132	112	141	151	220	130
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For another purpose	88	28	59	18	24	46	5	17	13	12	7	10	5	13	6
	7%	5%	9%	6%	6%	9%	8%	10%	11%	9%	6%	7%	4%	6%	5%
			a			ab		g	g	g					
NET: Travel/utility	672	314	358	213	232	227	30	87	64	68	61	76	112	111	63
	55%	57%	53%	67%	56%	46%	51%	53%	56%	51%	55%	54%	74%	50%	49%
				bc	c								abcdefhi		
NET: Leisure, fitness & recreation and travel/utility	392	201	190	121	144	127	15	49	42	34	40	52	68	64	27
	32%	37%	28%	38%	35%	26%	26%	30%	37%	26%	35%	37%	45%	29%	21%
		b		c	c				i		i	i	abdhi		

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Q3E. You said you have walked in the past week. For what purpose(s) did you walk?
BASE: All respondents who walked in the past week

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	1217	73	265	310	181	133	255	648	569	1061	33	57	39	9	6	144
Total	1224	77	277	315	160	121	274	669	555	1074	31	57	38	8	6	139
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	858	56	215	220	100	73	194	492	367	768	19	35	23	6	2	85
	70%	73%	78%	70%	62%	61%	71%	73%	66%	72%	62%	62%	60%	78%	39%	61%
			cdeh				e	deh		g						
To get to/from shops or supermarkets	552	37	119	144	68	61	122	300	252	471	23	23	21	5	3	76
	45%	48%	43%	46%	43%	51%	45%	45%	45%	44%	75%	41%	56%	70%	45%	54%
											acg					a
To visit friends or family	255	12	63	66	33	37	44	141	114	212	13	16	12	-	-	42
	21%	15%	23%	21%	21%	30%	16%	21%	21%	20%	42%	29%	33%	-	-	30%
						acdfgh					a	a	a			a
For personal business, e.g. running errands or visiting the doctor	135	12	40	34	19	8	23	85	49	117	6	5	4	-	-	16
	11%	16%	14%	11%	12%	7%	8%	13%	9%	11%	19%	10%	12%	-	-	11%
		e	efh					eh								
To get to/from my place of work	130	11	29	39	28	22	1	79	51	107	6	6	7	1	-	19
	11%	14%	10%	12%	18%	19%	*	12%	9%	10%	18%	11%	18%	11%	-	14%
		f	f	f	bfgh	bfgh		f	f							
For journeys made as part of my work	84	8	18	25	20	8	4	51	33	62	3	7	12	1	-	22
	7%	11%	6%	8%	13%	7%	2%	8%	6%	6%	9%	13%	31%	8%	-	16%
		f	f	f	bfgh	f		f	f			a	abcg			a
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc	64	8	25	13	5	4	9	47	18	50	2	6	4	-	1	13
	5%	11%	9%	4%	3%	4%	3%	7%	3%	5%	7%	11%	11%	-	18%	10%
		cdefh	cdefh					dfh				a				a
To volunteer or provide support to others	35	5	10	5	3	4	8	21	14	20	2	9	3	-	-	14
	3%	7%	4%	2%	2%	3%	3%	3%	3%	2%	8%	16%	8%	-	-	10%
		cdh									a	a	a			a
To get to/from school or place of education (including escorting others)	24	3	6	7	2	2	3	16	7	16	-	5	2	-	-	7
	2%	4%	2%	2%	2%	2%	1%	2%	1%	1%	-	8%	7%	-	-	5%
												a	a			a
For another purpose	88	5	10	21	16	8	27	37	51	78	2	2	2	1	3	10
	7%	7%	4%	7%	10%	6%	10%	5%	9%	7%	7%	4%	6%	10%	43%	7%
					bg		bg		bg							

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Q3E. You said you have walked in the past week. For what purpose(s) did you walk?
BASE: All respondents who walked in the past week

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	1217	73	265	310	181	133	255	648	569	1061	33	57	39	9	6	144
Total	1224	77	277	315	160	121	274	669	555	1074	31	57	38	8	6	139
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	672	46	147	178	87	81	133	371	301	568	25	33	28	6	3	95
	55%	59%	53%	56%	55%	67%	48%	55%	54%	53%	80%	58%	75%	78%	45%	68%
						bcdfgh					ac		a			a
NET: Leisure, fitness & recreation and travel/utility	392	32	93	104	47	42	74	229	163	338	14	16	16	4	2	51
	32%	41%	34%	33%	29%	35%	27%	34%	29%	31%	44%	28%	42%	57%	27%	37%
		fh						f								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q3E. You said you have walked in the past week. For what purpose(s) did you walk?
BASE: All respondents who walked in the past week

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	1217	827	179	174	353	109	64	396	122	33	46	74	54	97	222	173
Total	1224	795	207	190	397	106	65	376	117	32	46	64	52	95	271	171
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	858	557	144	136	281	71	47	258	75	18	36	44	34	65	209	118
	70%	70%	70%	72%	71%	67%	73%	69%	64%	56%	79% e	69%	66%	69%	77% acde	69%
To get to/from shops or supermarkets	552	354	92	93	185	59	32	165	51	14	21	37	28	44	100	92
	45%	45%	45%	49%	47%	56% cj	50%	44%	44%	45%	46%	58% cj	54% j	46%	37%	54% cj
To visit friends or family	255	132	63	49	112	28	18	72	31	6	7	19	21	25	30	45
	21%	17%	30% a	26% a	28% a	26% j	27% j	19% j	26% j	18%	15%	29% j	40% cefj	26% j	11%	27% j
For personal business, e.g. running errands or visiting the doctor	135	80	22	31	52	7	10	47	13	5	6	8	7	11	20	17
	11%	10%	11%	16% a	13%	7%	15% j	12% j	11%	15%	13%	13%	14%	12%	7%	10%
To get to/from my place of work	130	77	26	25	51	6	9	80	21	6	3	1	4	-	1	15
	11%	10%	13%	13%	13%	5% ij	14% agij	21% afghijk	18% agijk	19% agij	7% ij	1%	7% ij	-	*	9% gij
For journeys made as part of my work	84	45	16	20	36	6	8	46	6	4	4	5	4	-	-	15
	7%	6%	7%	11% a	9% a	6% ij	13% ij	12% dij	5% ij	14% ij	8% ij	8% ij	8% ij	-	-	8% ij
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc	64	28	13	19	32	4	7	22	5	4	2	5	6	3	7	11
	5%	4%	6%	10% a	8% a	4%	11% j	6%	5%	11% j	3%	8% j	11% j	4%	3%	6%

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Q3E. You said you have walked in the past week. For what purpose(s) did you walk?
BASE: All respondents who walked in the past week

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	1217	827	179	174	353	109	64	396	122	33	46	74	54	97	222	173
Total	1224	795	207	190	397	106	65	376	117	32	46	64	52	95	271	171
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
To volunteer or provide support to others	35	18	6	9	15	5	4	8	3	1	1	5	2	2	4	9
	3%	2%	3%	5%	4%	5%	7%	2%	3%	3%	2%	8%	3%	2%	2%	5%
							cj					cj				cj
To get to/from school or place of education (including escorting others)	24	6	4	12	16	3	1	10	-	2	2	2	-	3	-	4
	2%	1%	2%	6%	4%	3%	1%	3%	-	7%	5%	3%	-	4%	-	2%
				a	a	dj		j		dj	dj	j		dj		j
For another purpose	88	67	9	12	20	7	5	19	11	2	3	2	4	8	27	12
	7%	8%	4%	6%	5%	6%	8%	5%	9%	6%	6%	3%	7%	8%	10%	7%
		d													c	
NET: Travel/utility	672	426	119	109	228	67	42	223	63	21	26	42	31	45	112	109
	55%	54%	57%	57%	57%	63%	64%	59%	54%	66%	56%	66%	60%	48%	41%	64%
						ij	ij	ij	j	j		ij	j			ij
NET: Leisure, fitness & recreation and travel/utility	392	242	70	72	142	39	29	123	34	9	19	27	17	28	66	68
	32%	30%	34%	38%	36%	37%	45%	33%	29%	29%	42%	43%	32%	29%	24%	40%
						j	dij	j			j	j				j

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Q3E. You said you have walked in the past week. For what purpose(s) did you walk?
BASE: All respondents who walked in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	d	e
Unweighted Total	1217	317	216	82	18	298	335	374	129	109	19	238	393	226	651	286	54	991
Total	1224	298	210	85	18	295	316	356	123	110	17	234	374	223	656	290	55	1001
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	858	181	163	61	12	223	194	246	88	74	11	162	257	153	471	201	33	705
	70%	61%	77%	72%	70%	76%	61%	69%	72%	67%	65%	69%	69%	69%	72%	69%	61%	70%
			af			af												
To get to/from shops or supermarkets	552	123	101	43	8	144	130	154	61	51	7	112	162	110	282	130	30	442
	45%	41%	48%	50%	43%	49%	41%	43%	49%	46%	43%	48%	43%	49%	43%	45%	54%	44%
To visit friends or family	255	59	42	18	10	60	69	70	28	23	7	51	77	43	120	70	22	212
	21%	20%	20%	21%	56%	20%	22%	20%	22%	21%	38%	22%	21%	19%	18%	24%	40%	21%
																b	abce	
For personal business, e.g. running errands or visiting the doctor	135	25	35	13	3	48	28	36	21	18	3	39	39	23	63	38	11	112
	11%	8%	17%	16%	19%	16%	9%	10%	17%	16%	16%	16%	10%	10%	10%	13%	19%	11%
			af			af			af			af					b	
To get to/from my place of work	130	82	23	5	6	27	87	78	18	13	3	30	81	26	59	35	10	104
	11%	27%	11%	6%	31%	9%	28%	22%	14%	12%	17%	13%	22%	12%	9%	12%	18%	10%
		bce					bce	ce					ce				b	
For journeys made as part of my work	84	40	17	6	5	22	45	44	13	8	2	22	45	11	35	26	12	73
	7%	13%	8%	7%	30%	8%	14%	12%	11%	8%	10%	9%	12%	5%	5%	9%	21%	7%
		e					be									b	abce	
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc	64	11	15	12	1	27	12	15	11	9	3	19	19	9	24	24	8	55
	5%	4%	7%	14%	8%	9%	4%	4%	9%	8%	19%	8%	5%	4%	4%	8%	14%	5%
				af		af						a				b	abe	
To volunteer or provide support to others	35	4	7	5	2	11	6	6	5	6	1	11	7	4	15	11	5	31
	3%	1%	3%	6%	12%	4%	2%	2%	4%	5%	6%	5%	2%	2%	2%	4%	9%	3%
				a						af		af					abe	

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q3E. You said you have walked in the past week. For what purpose(s) did you walk?
BASE: All respondents who walked in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	d	e
Unweighted Total	1217	317	216	82	18	298	335	374	129	109	19	238	393	226	651	286	54	991
Total	1224	298	210	85	18	295	316	356	123	110	17	234	374	223	656	290	55	1001
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
To get to/from school or place of education (including escorting others)	24	4	5	3	4	8	7	4	5	5	1	9	5	-	8	10	6	24
	2%	1%	2%	3%	20%	3%	2%	1%	4%	4%	6%	4%	1%	-	1%	3%	11%	2%
										a		af				ab	abce	a
For another purpose	88	21	9	8	-	17	21	20	8	7	1	15	21	17	48	20	2	71
	7%	7%	4%	9%	-	6%	7%	6%	6%	6%	9%	6%	6%	8%	7%	7%	4%	7%
NET: Travel/utility	672	176	123	49	13	171	190	203	80	65	10	145	213	130	343	163	37	543
	55%	59%	58%	58%	76%	58%	60%	57%	65%	59%	59%	62%	57%	58%	52%	56%	67%	54%
																	b	
NET: Leisure, fitness & recreation and travel/utility	392	82	84	33	10	117	91	112	54	36	7	90	119	73	202	97	20	319
	32%	27%	40%	38%	54%	40%	29%	31%	44%	33%	40%	39%	32%	33%	31%	33%	36%	32%
			af	a		af			af									

Q3E. You said you have walked in the past week. For what purpose(s) did you walk?
BASE: All respondents who walked in the past week

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	1217	168	806	139	207	38	847	343	35	944	273	1037	177
Total	1224	168	819	128	216	39	853	345	31	935	289	1059	163
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	858	96	602	77	139	22	629	217	16	647	211	763	94
	70%	57%	74%	60%	64%	56%	74%	63%	53%	69%	73%	72%	58%
			a				abcef						b
To get to/from shops or supermarkets	552	77	358	66	100	22	376	167	16	464	89	462	89
	45%	46%	44%	52%	47%	56%	44%	48%	53%	50%	31%	44%	54%
										b			a
To visit friends or family	255	57	152	34	37	11	173	73	6	212	43	213	42
	21%	34%	19%	27%	17%	28%	20%	21%	20%	23%	15%	20%	26%
		b		b						b			
For personal business, e.g. running errands or visiting the doctor	135	25	84	24	21	10	82	49	4	112	22	110	25
	11%	15%	10%	19%	10%	26%	10%	14%	13%	12%	8%	10%	15%
				bd		bd		d		b			a
To get to/from my place of work	130	24	78	20	17	5	89	36	3	116	14	101	29
	11%	14%	10%	16%	8%	12%	10%	10%	10%	12%	5%	10%	18%
				b						b			a
For journeys made as part of my work	84	26	47	14	9	6	56	25	2	69	15	68	16
	7%	15%	6%	11%	4%	16%	7%	7%	6%	7%	5%	6%	10%
		b		b		bd							
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc	64	23	31	10	10	4	40	20	2	58	7	55	9
	5%	14%	4%	8%	5%	11%	5%	6%	6%	6%	2%	5%	6%
		b								b			

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q3E. You said you have walked in the past week. For what purpose(s) did you walk?
BASE: All respondents who walked in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	1217	168	806	139	207	38	847	343	35	944	273	1037	177
Total	1224	168	819	128	216	39	853	345	31	935	289	1059	163
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
To volunteer or provide support to others	35	16	14	10	11	5	15	20	4	26	10	32	3
	3%	9%	2%	8%	5%	12%	2%	6%	12%	3%	3%	3%	2%
		b		d	d	d		d	d				
To get to/from school or place of education (including escorting others)	24	8	13	6	5	3	11	11	2	20	3	20	4
	2%	5%	2%	5%	2%	7%	1%	3%	6%	2%	1%	2%	2%
		b		d		d		d	d				
For another purpose	88	18	52	12	23	3	52	35	3	57	30	79	9
	7%	11%	6%	9%	11%	9%	6%	10%	11%	6%	10%	7%	6%
		b			d			d			a		
NET: Travel/utility	672	98	435	81	111	29	457	200	16	551	121	556	114
	55%	58%	53%	64%	52%	74%	54%	58%	53%	59%	42%	53%	70%
				bd		bd				b			a
NET: Leisure, fitness & recreation and travel/utility	392	44	270	42	56	14	285	103	6	324	68	337	53
	32%	26%	33%	33%	26%	36%	33%	30%	19%	35%	23%	32%	33%
								b		b			

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q3E. You said you have walked in the past week. For what purpose(s) did you walk?
BASE: All respondents who walked in the past week

	Total	Number of days active								NET 2-4 days	NET 5+ days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	1217	133	138	198	223	131	152	53	189	552	394	345	601	260	214	345	471	167
Total	1224	135	141	202	223	128	150	54	191	553	395	347	612	254	200	341	488	176
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	858	64	79	140	162	104	114	44	150	406	309	258	415	178	128	236	370	115
	70%	48%	56%	70%	73%	81%	76%	81%	79%	73%	78%	74%	68%	70%	64%	69%	76%	65%
				ab	ab	abc	ab	ab	abc	ab	abc	b					abd	
To get to/from shops or supermarkets	552	64	65	91	98	56	75	21	81	245	178	156	275	117	89	171	204	78
	45%	48%	46%	45%	44%	44%	50%	39%	43%	44%	45%	45%	45%	46%	44%	50%	42%	44%
																c		
To visit friends or family	255	12	22	45	55	33	34	11	43	133	88	89	115	50	42	86	88	35
	21%	9%	15%	22%	25%	26%	23%	20%	22%	24%	22%	26%	19%	20%	21%	25%	18%	20%
				a	ab	ab	a	a	a	ab	a	b				c		
For personal business, e.g. running errands or visiting the doctor	135	15	19	16	30	17	9	8	21	63	38	51	63	21	16	42	52	23
	11%	11%	14%	8%	14%	13%	6%	14%	11%	11%	10%	15%	10%	8%	8%	12%	11%	13%
			f		f	f						c						
To get to/from my place of work	130	8	11	25	18	21	24	4	17	64	46	48	62	20	20	39	37	29
	11%	6%	8%	12%	8%	17%	16%	8%	9%	12%	12%	14%	10%	8%	10%	11%	8%	17%
						abdh	abdh					c						c
For journeys made as part of my work	84	9	6	7	17	13	14	2	16	37	32	33	36	15	13	27	27	15
	7%	7%	5%	3%	7%	10%	9%	4%	9%	7%	8%	9%	6%	6%	7%	8%	6%	8%
						c	c		c		c	b						
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc	64	4	5	7	10	10	10	5	14	26	29	32	23	9	7	20	23	14
	5%	3%	3%	4%	4%	7%	7%	9%	7%	5%	7%	9%	4%	3%	3%	6%	5%	8%
												bc						a
To volunteer or provide support to others	35	1	1	1	10	4	6	3	9	15	18	19	12	4	5	11	10	8
	3%	*	1%	1%	4%	3%	4%	6%	5%	3%	5%	5%	2%	1%	2%	3%	2%	5%
					abc		ac	abc	abc		abc	bc						
To get to/from school or place of education (including escorting others)	24	2	1	1	4	4	2	3	6	9	11	11	5	6	1	9	9	5
	2%	2%	1%	*	2%	3%	1%	5%	3%	2%	3%	3%	1%	2%	*	3%	2%	3%
						c		c	c		c	b						a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q3E. You said you have walked in the past week. For what purpose(s) did you walk?

BASE: All respondents who walked in the past week

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	1217	133	138	198	223	131	152	53	189	552	394	345	601	260	214	345	471	167
Total	1224	135	141	202	223	128	150	54	191	553	395	347	612	254	200	341	488	176
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For another purpose	88	19	9	12	10	5	6	3	25	26	34	21	54	13	17	25	32	13
	7%	14%	6%	6%	4%	4%	4%	5%	13%	5%	8%	6%	9%	5%	9%	7%	7%	7%
		bcdefi							cdefi		i							
NET: Travel/utility	672	77	77	112	125	66	88	30	98	303	216	201	326	139	107	204	239	107
	55%	57%	54%	56%	56%	52%	59%	55%	51%	55%	55%	58%	53%	55%	53%	60%	49%	61%
																c		c
NET: Leisure, fitness & recreation and travel/utility	392	25	31	63	73	46	57	22	74	182	153	135	176	78	55	124	149	58
	32%	18%	22%	31%	33%	36%	38%	41%	39%	33%	39%	39%	29%	31%	28%	36%	31%	33%
				a	ab	ab	ab	ab	ab	ab	ab	bc				a		

Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?
BASE: All respondents who cycled in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	*c	*d	*e	*f	g	h	*i
Unweighted Total	279	178	101	111	113	55	11	48	24	24	25	26	56	43	22
Total	270	167	103	106	105	60	10	44	24	21	22	31	54	42	22
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	193	119	74	64	76	52	9	35	15	14	14	20	30	38	19
	71%	71%	72%	60%	73% a	88% ab	82%	80% g	62%	63%	65%	64%	56%	92% g	83%
To get to/from shops or supermarkets	62	38	24	27	21	14	2	8	7	3	4	7	20	7	4
	23%	23%	23%	26%	20%	23%	20%	19%	27%	16%	18%	22%	36% bh	18%	16%
To visit friends or family	54	36	19	32	15	8	2	8	7	4	4	4	18	4	4
	20%	21%	18%	30% bc	14%	13%	23%	18%	28%	17%	16%	13%	33% h	9%	19%
To get to/from my place of work	40	29	12	17	16	7	1	9	2	3	7	6	9	1	3
	15%	17%	12%	16%	16%	12%	7%	20% h	9%	16%	30% h	18%	18%	2%	13%
For personal business, e.g. running errands or visiting the doctor	31	24	7	13	12	6	1	6	2	2	3	7	7	3	-
	11%	14%	7%	12%	12%	10%	13%	13%	9%	9%	14%	22%	13%	6%	-
For journeys made as part of my work	25	10	16	18	7	1	1	4	2	3	2	3	7	2	2
	9%	6%	15% a	17% bc	6%	2%	11%	8%	8%	15%	8%	11%	13%	4%	9%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc	22	12	10	14	7	1	1	3	1	1	3	3	7	1	1
	8%	7%	10%	13% c	6%	2%	11%	8%	4%	5%	14%	11%	12%	3%	5%
To get to/from school or place of education (including escorting others)	17	8	8	9	8	-	1	4	2	-	1	3	5	-	-
	6%	5%	8%	9% c	7% c	-	11%	9%	8% h	-	7%	11%	9% h	-	-
To volunteer or provide support to others	16	10	6	10	7	-	-	3	-	-	2	1	8	-	1
	6%	6%	6%	9% c	6%	-	-	8%	-	-	10%	4%	15% h	-	5%
For another purpose	1	1	-	1	-	-	-	-	-	-	1	-	-	-	-
	*	*	-	1%	-	-	-	-	-	-	3%	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?

BASE: All respondents who cycled in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	*c	*d	*e	*f	g	h	*i
Unweighted Total	279	178	101	111	113	55	11	48	24	24	25	26	56	43	22
Total	270	167	103	106	105	60	10	44	24	21	22	31	54	42	22
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	115	70	45	52	41	23	4	19	12	8	8	15	34	9	6
	43%	42%	44%	49%	39%	39%	41%	43%	48%	36%	39%	50%	62%	23%	28%
								h					h		
NET: Leisure, fitness & recreation and travel/utility	54	38	16	20	18	16	2	12	4	3	3	8	14	6	4
	20%	23%	16%	19%	17%	27%	23%	27%	15%	12%	15%	25%	25%	15%	17%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?
BASE: All respondents who cycled in the past week

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	*f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total	279	38	61	60	56	36	28	159	120	213	11	32	12	3	1	59
Total	270	40	64	59	48	31	28	163	107	207	10	30	12	3	1	57
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	193	28	47	46	31	20	21	121	71	161	7	13	9	1	-	30
	71%	72%	74%	77%	63%	65%	73%	75%	66%	78% cg	67%	44%	73%	27%	-	53%
To get to/from shops or supermarkets	62	14	15	6	12	7	7	36	26	45	1	9	4	-	1	14
	23%	36% c	24%	10%	25% c	22%	26%	22%	24% c	22%	9%	28%	30%	-	100%	25%
To visit friends or family	54	12	14	13	5	4	7	38	16	36	2	10	4	1	-	17
	20%	30% dh	22%	21%	10%	12%	26%	24% d	15%	17%	17%	34% a	30%	42%	-	30% a
To get to/from my place of work	40	9	11	5	9	4	3	25	16	29	-	7	4	-	-	11
	15%	23%	16%	9%	18%	13%	11%	15%	14%	14%	-	23%	32%	-	-	19%
For personal business, e.g. running errands or visiting the doctor	31	6	9	4	5	5	3	18	12	20	-	7	2	-	-	9
	11%	15%	14%	6%	11%	15%	9%	11%	11%	9%	-	24% a	17%	-	-	16%
For journeys made as part of my work	25	7	7	3	4	3	2	17	8	15	1	6	2	-	-	9
	9%	18% c	11%	5%	8%	9%	7%	11%	8%	7%	8%	19% a	20%	-	-	16%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc	22	8	2	3	6	2	1	13	9	9	1	6	3	1	1	12
	8%	19% bcg	4%	5%	13%	6%	3%	8%	8%	4%	8%	20% a	28%	30%	100%	22% a
To get to/from school or place of education (including escorting others)	17	5	3	1	4	2	2	10	7	9	-	3	5	-	-	8
	6%	13% c	5%	2%	7%	6%	5%	6%	7%	4%	-	10%	41%	-	-	14% a
To volunteer or provide support to others	16	6	1	2	4	1	2	9	7	6	2	5	2	-	1	10
	6%	15% b	2%	4%	9%	4%	5%	6%	6%	3%	16%	17% a	20%	-	100%	18% a
For another purpose	1	-	-	1	-	-	-	1	-	-	-	1	-	-	-	1
	*	-	-	1%	-	-	-	*	-	-	-	2% a	-	-	-	1%

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Prepared by Savanta: ComRes

Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?
BASE: All respondents who cycled in the past week

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	*f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total	279	38	61	60	56	36	28	159	120	213	11	32	12	3	1	59
Total	270	40	64	59	48	31	28	163	107	207	10	30	12	3	1	57
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	115	21	27	16	27	12	13	64	51	83	3	16	8	-	1	29
	43%	54%	42%	27%	55%	38%	45%	39%	48%	40%	32%	53%	66%	-	100%	50%
		c			cg				c							
NET: Leisure, fitness & recreation and travel/utility	54	11	13	9	11	5	6	33	22	44	1	4	5	-	-	10
	20%	29%	20%	15%	22%	17%	21%	20%	20%	21%	8%	13%	40%	-	-	17%

Savanta:
ComRes

Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?

BASE: All respondents who cycled in the past week

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	279	149	52	61	113	25	22	115	35	13	6	14	17	10	22	47
Total	270	131	59	66	125	25	21	108	34	13	6	11	17	9	27	46
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	193	99	40	47	87	17	11	78	20	9	4	9	13	6	24	29
	71%	75%	68%	71%	69%	71%	53%	73%	60%	70%	57%	84%	78%	70%	92%	62%
To get to/from shops or supermarkets	62	30	16	14	30	10	7	23	5	3	1	1	2	1	8	16
	23%	23%	27%	21%	24%	40%	31%	22%	16%	24%	18%	13%	13%	9%	29%	36% d
To visit friends or family	54	20	14	18	31	3	9	15	7	2	2	5	5	1	5	12
	20%	15%	23%	27% a	25% a	13%	42%	14%	21%	15%	39%	45%	28%	14%	19%	26%
To get to/from my place of work	40	22	4	12	16	2	5	24	3	2	-	1	2	-	1	8
	15%	17%	7%	18%	13%	9%	25%	23%	8%	13%	-	8%	11%	-	5%	16%
For personal business, e.g. running errands or visiting the doctor	31	14	7	7	14	1	5	12	2	4	-	-	2	2	3	6
	11%	11%	12%	10%	11%	3%	24%	11%	6%	31%	-	-	11%	21%	13%	13%
For journeys made as part of my work	25	6	4	12	17	3	4	11	3	3	1	1	-	-	-	7
	9%	5%	8%	19% a	14% a	14%	17%	10%	8%	21%	18%	8%	-	-	-	16%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc	22	6	4	11	15	3	4	9	2	1	2	1	-	-	-	7
	8%	4%	7%	16% a	12% a	12%	20%	9%	5%	7%	25%	8%	-	-	-	16%
To get to/from school or place of education (including escorting others)	17	3	2	10	12	1	1	9	2	2	-	1	-	1	-	2
	6%	2%	4%	15% ab	10% a	5%	4%	8%	7%	14%	-	8%	-	7%	-	4%

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Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?
BASE: All respondents who cycled in the past week

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	279	149	52	61	113	25	22	115	35	13	6	14	17	10	22	47
Total	270	131	59	66	125	25	21	108	34	13	6	11	17	9	27	46
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
To volunteer or provide support to others	16	2	6	8	13	2	2	5	3	1	-	1	1	1	-	4
	6%	2%	9%	11%	11%	10%	10%	5%	7%	8%	-	8%	8%	7%	-	10%
			a	a	a											
For another purpose	1	1	-	-	-	-	-	-	-	-	-	-	1	-	-	-
	*	1%	-	-	-	-	-	-	-	-	-	-	4%	-	-	-
NET: Travel/utility	115	59	22	29	51	14	12	51	13	6	1	3	4	3	9	26
	43%	45%	37%	43%	40%	56%	55%	47%	38%	46%	18%	29%	24%	30%	34%	56%
NET: Leisure, fitness & recreation and travel/utility	54	31	10	13	22	7	4	25	4	2	-	2	3	-	7	11
	20%	24%	16%	19%	18%	27%	20%	23%	12%	16%	-	21%	19%	-	26%	24%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?
BASE: All respondents who cycled in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	*c	*d	e	f	a	b	*c	*d	e	f	a	b	c	*d	e
Unweighted Total	279	97	67	17	4	84	101	106	52	20	6	72	112	43	138	78	20	236
Total	270	90	66	17	4	83	95	100	51	20	6	71	106	39	132	77	21	231
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	193	56	53	9	2	61	58	68	34	12	5	46	72	28	96	55	15	165
	71%	62%	80% af	50%	53%	73%	62%	68%	67%	61%	81%	65%	68%	70%	73%	70%	69%	72%
To get to/from shops or supermarkets	62	19	10	6	3	16	22	17	15	5	2	20	19	9	26	19	8	53
	23%	21%	15%	37%	78%	20%	23%	17%	29%	26%	35%	28%	18%	23%	19%	24%	39%	23%
To visit friends or family	54	20	9	5	2	13	22	17	12	7	-	19	17	10	23	14	7	44
	20%	22%	13%	27%	56%	16%	23%	17%	23%	34%	-	26%	16%	25%	18%	19%	31%	19%
To get to/from my place of work	40	23	7	3	1	10	24	24	7	3	-	10	24	9	19	9	3	32
	15%	25% be	11%	19%	31%	12%	25% be	24%	15%	15%	-	15%	22%	23%	14%	12%	17%	14%
For personal business, e.g. running errands or visiting the doctor	31	5	10	6	2	16	7	7	10	3	2	13	9	5	15	8	3	25
	11%	5%	14% a	37%	53%	19% af	7%	7%	20% af	13%	35%	18% af	8%	13%	11%	10%	16%	11%
For journeys made as part of my work	25	10	7	3	1	10	11	11	7	2	1	9	12	2	11	8	5	24
	9%	11%	10%	18%	31%	12%	12%	11%	14%	11%	19%	13%	11%	4%	8%	10%	25%	10%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc	22	6	5	3	3	9	9	5	9	3	1	12	6	3	9	4	7	19
	8%	7%	8%	19%	75%	10%	10%	5%	17% af	16%	16%	17% af	6%	8%	7%	5%	31%	8%
To get to/from school or place of education (including escorting others)	17	7	4	2	1	6	8	7	4	2	1	6	8	2	5	7	3	15
	6%	8%	6%	11%	31%	7%	9%	7%	8%	11%	19%	9%	7%	5%	4%	8%	15%	6%

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Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?
BASE: All respondents who cycled in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	*c	*d	e	f	a	b	*c	*d	e	f	a	b	c	*d	e
Unweighted Total	279	97	67	17	4	84	101	106	52	20	6	72	112	43	138	78	20	236
Total	270	90	66	17	4	83	95	100	51	20	6	71	106	39	132	77	21	231
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
To volunteer or provide support to others	16	3	5	2	1	7	4	4	5	1	1	6	5	1	5	3	7	15
	6%	3%	7%	14%	31%	8%	4%	4%	9%	7%	19%	9%	5%	2%	4%	4%	32%	7%
For another purpose	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	1
	*	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1%	-	*
NET: Travel/utility	115	48	21	9	3	30	51	48	23	8	2	31	50	18	56	31	11	98
	43%	53% be	31%	55%	78%	36%	54% be	48%	45%	41%	35%	44%	47%	45%	42%	40%	52%	42%
NET: Leisure, fitness & recreation and travel/utility	54	21	10	2	2	12	23	21	10	4	1	14	22	8	27	14	5	46
	20%	23%	15%	11%	53%	14%	25%	21%	20%	18%	16%	19%	20%	21%	21%	17%	25%	20%

Savanta:
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Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?

BASE: All respondents who cycled in the past week

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	*b	*c	d	e	*f	a	b	a	b
Unweighted Total	279	59	171	44	27	14	194	77	5	225	54	240	35
Total	270 100%	58 100%	168 100%	43 100%	28 100%	13 100%	186 100%	76 100%	5 100%	216 100%	55 100%	236 100%	31 100%
For leisure, fitness, or recreation	193 71%	29 51%	135 80% a	25 58%	23 81%	5 35%	144 77% ae	46 60%	5 100%	154 72%	38 70%	176 74% b	16 53%
To get to/from shops or supermarkets	62 23%	22 38% b	30 18%	16 38% d	10 37%	4 29%	35 19%	25 33%	3 57% d	52 24%	9 17%	52 22%	8 27%
To visit friends or family	54 20%	21 37% b	22 13%	17 41% d	6 22%	5 38%	25 14%	26 34%	2 32% d	44 21%	10 18%	48 20%	5 17%
To get to/from my place of work	40 15%	12 21%	19 11%	8 19%	4 13%	2 15%	28 15%	11 15%	2 32%	33 15%	7 13%	35 15%	6 19%
For personal business, e.g. running errands or visiting the doctor	31 11%	8 13%	17 10%	11 26% d	5 18%	2 19%	16 9%	15 19%	2 42% d	24 11%	7 12%	26 11%	3 11%
For journeys made as part of my work	25 9%	15 26% b	9 5%	7 16% d	6 22%	5 37%	10 6%	15 20%	2 42% d	24 11%	2 3%	22 9%	4 13%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc	22 8%	14 24% b	4 2%	9 22% d	2 7%	7 52%	6 3%	15 20%	1 17%	19 9%	2 4%	18 8%	4 11%

Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?

BASE: All respondents who cycled in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	*b	*c	d	e	*f	a	b	a	b
Unweighted Total	279	59	171	44	27	14	194	77	5	225	54	240	35
Total	270	58	168	43	28	13	186	76	5	216	55	236	31
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
To get to/from school or place of education (including escorting others)	17	8	6	7	2	4	5	12	1	13	4	16	1
	6%	15%	4%	16%	7%	33%	3%	15%	17%	6%	7%	7%	3%
		b		d				d					
To volunteer or provide support to others	16	10	5	6	3	3	6	10	1	15	1	14	2
	6%	17%	3%	14%	11%	20%	3%	13%	17%	7%	1%	6%	5%
		b		d				d					
For another purpose	1	1	-	-	-	-	1	-	-	1	-	-	1
	*	1%	-	-	-	-	*	-	-	*	-	-	2%
													a
NET: Travel/utility	115	35	60	25	13	8	72	41	3	94	21	96	18
	43%	62%	36%	58%	48%	64%	39%	54%	57%	44%	39%	41%	57%
		b		d				d					
NET: Leisure, fitness & recreation and travel/utility	54	15	31	12	8	2	36	18	3	45	10	48	7
	20%	26%	18%	29%	29%	14%	20%	24%	57%	21%	18%	20%	22%

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?
BASE: All respondents who cycled in the past week

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	279	7	20	47	54	39	46	14	52	140	112	110	114	53	45	72	111	47
Total	270	7	20	45	51	36	46	14	51	133	110	107	109	52	43	66	109	48
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	193	2	14	33	32	24	36	11	41	89	88	74	82	36	27	41	86	36
	71%	23%	72%	73%	62%	66%	79%	78%	80% d	67%	79% di	69%	75%	70%	63%	63%	79% ab	74%
To get to/from shops or supermarkets	62	4	2	6	16	11	11	2	9	33	22	31	21	10	9	11	23	18
	23%	61%	12%	13%	32% c	30%	25%	17%	17%	25%	20%	29%	19%	19%	22%	17%	21%	37% bc
To visit friends or family	54	1	2	6	9	14	5	4	14	29	22	26	20	8	17	12	16	8
	20%	17%	9%	14%	18%	38% cdfij	10%	27%	27% f	22%	20%	25%	18%	15%	39% bcd	18%	15%	17%
To get to/from my place of work	40	1	2	7	9	5	10	2	5	20	17	19	17	5	6	7	14	13
	15%	16%	10%	14%	18%	13%	22%	13%	11%	15%	16%	18%	15%	9%	13%	10%	13%	28% bc
For personal business, e.g. running errands or visiting the doctor	31	-	1	3	3	8	7	-	8	14	15	19	9	3	5	8	7	10
	11%	-	5%	7%	7%	21% d	16%	-	16%	11%	14%	17% bc	8%	5%	12%	13%	7%	21% c
For journeys made as part of my work	25	-	1	1	6	4	7	2	5	11	14	12	10	4	5	6	6	8
	9%	-	4%	2%	12%	10%	15% c	17%	9%	8%	13% c	11%	9%	8%	12%	10%	6%	16% c
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc	22	-	1	1	6	3	6	2	3	10	11	13	6	2	6	3	9	4
	8%	-	5%	2%	12% c	8%	14% c	13%	6%	8%	10%	13%	6%	4%	15% b	4%	8%	9%
To get to/from school or place of education (including escorting others)	17	-	-	1	5	2	2	1	5	8	8	9	6	2	5	5	3	3
	6%	-	-	2%	10%	6%	5%	8%	10%	6%	8%	8%	5%	4%	11% c	8%	3%	7%
To volunteer or provide support to others	16	-	-	-	5	4	1	2	4	9	8	11	2	2	3	2	5	5
	6%	-	-	-	9% c	11% c	3%	15%	8% c	6%	7%	11% b	2%	5%	8%	3%	5%	11%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?
BASE: All respondents who cycled in the past week

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	279	7	20	47	54	39	46	14	52	140	112	110	114	53	45	72	111	47
Total	270	7	20	45	51	36	46	14	51	133	110	107	109	52	43	66	109	48
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For another purpose	1	-	-	-	-	1	-	-	-	1	-	1	-	-	-	-	1	-
	*	-	-	-	-	2%	-	-	-	1%	-	1%	-	-	-	-	1%	-
NET: Travel/utility	115	5	5	14	29	17	22	5	19	60	45	53	45	17	19	26	42	28
	43%	77%	26%	31%	56%	48%	47%	37%	37%	45%	41%	49%	42%	33%	44%	39%	38%	58%
					c													bc
NET: Leisure, fitness & recreation and travel/utility	54	-	2	4	11	9	13	4	11	24	28	25	23	7	7	7	25	16
	20%	-	12%	9%	22%	24%	29%	28%	22%	18%	25%	23%	21%	13%	17%	11%	23%	32%
							c				c						b	b

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Q4. SUMMARY: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Nobody, I did this on my own	With another adult or adults	With a child or children	NET: With somebody else
Walking (either for leisure or travel)	1224	604	526	217	620
	100%	49%	43%	18%	51%
Cycling (either for leisure or travel)	270	156	87	48	114
	100%	58%	32%	18%	42%
Running or jogging	400	286	92	39	115
	100%	71%	23%	10%	29%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	302	225	58	35	77
	100%	74%	19%	12%	26%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	327	251	62	31	76
	100%	77%	19%	9%	23%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	210	54	95	107	156
	100%	26%	45%	51%	74%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	158	48	59	73	109
	100%	31%	37%	46%	69%
Team sports (such as football, cricket, rugby etc.)	93	25	59	16	68
	100%	27%	63%	17%	73%
Racket sports (such as tennis, badminton, squash etc.)	63	13	43	13	50
	100%	21%	68%	20%	79%
Golf	76	23	50	7	53
	100%	31%	65%	9%	69%
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	172	99	68	14	74
	100%	57%	40%	8%	43%
Swimming	96	44	37	25	52
	100%	46%	39%	27%	54%

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Q4. SUMMARY: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Nobody, I did this on my own	With another adult or adults	With a child or children	NET: With somebody else
Combat sports, martial arts or target sports (such as shooting, archery etc.)	68 100%	25 37%	35 51%	10 15%	43 63%
Water sports (such as surfing, rowing, sailing etc.)	58 100%	19 33%	36 61%	5 9%	39 67%
Gymnastics, trampolining or cheerleading	49 100%	16 33%	21 43%	18 37%	33 67%
Other sport, exercise or physical activity	92 100%	59 64%	27 30%	8 8%	33 36%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.1. Walking (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	1217	560	656	342	445	430	61	180	108	136	116	114	156	218	128
Total	1224	547	676	319	414	490	58	164	115	132	112	141	151	220	130
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	604	288	315	126	200	278	25	79	61	66	48	67	79	114	65
	49%	53%	47%	39%	48%	57%	43%	48%	53%	50%	43%	48%	52%	52%	50%
		b			a	ab									
With another adult or adults	526	230	296	159	163	204	28	76	50	56	48	56	61	89	62
	43%	42%	44%	50%	39%	42%	48%	46%	43%	42%	43%	40%	41%	41%	48%
				bc											
With a child or children	217	79	138	77	116	25	11	30	20	23	24	29	25	35	20
	18%	14%	20%	24%	28%	5%	18%	18%	17%	18%	21%	21%	17%	16%	16%
			a	c	c										
NET: With somebody else	620	259	361	194	214	212	33	86	54	66	64	74	72	106	65
	51%	47%	53%	61%	52%	43%	57%	52%	47%	50%	57%	52%	48%	48%	50%
			a	bc	c										

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Q4.1. Walking (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	1217	73	265	310	181	133	255	648	569	1061	33	57	39	9	6	144
Total	1224	77	277	315	160	121	274	669	555	1074	31	57	38	8	6	139
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	604	32	110	174	75	62	151	316	288	529	15	28	18	4	4	68
	49%	41%	40%	55%	47%	51%	55%	47%	52%	49%	48%	49%	47%	48%	62%	49%
				abg			b	abg	b	b						
With another adult or adults	526	36	145	121	68	46	110	302	224	469	13	24	12	3	2	54
	43%	47%	52%	38%	43%	38%	40%	45%	40%	44%	40%	42%	32%	44%	38%	39%
			cdefgh					c								
With a child or children	217	18	67	44	40	24	24	129	88	185	7	11	10	1	1	30
	18%	23%	24%	14%	25%	20%	9%	19%	16%	17%	22%	20%	28%	8%	20%	22%
		f	cfh		cfh	f		cf	f							
NET: With somebody else	620	45	167	141	85	59	123	353	267	545	16	29	20	4	2	71
	51%	59%	60%	45%	53%	49%	45%	53%	48%	51%	52%	51%	53%	52%	38%	51%
		cf	cefgh					cf								

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.1. Walking (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	1217	827	179	174	353	109	64	396	122	33	46	74	54	97	222	173
Total	1224	795	207	190	397	106	65	376	117	32	46	64	52	95	271	171
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	604	456	72	60	132	52	22	185	56	16	28	38	26	34	149	74
	49%	57%	35%	32%	33%	49%	34%	49%	47%	50%	61%	60%	49%	35%	55%	43%
		bcd						bi			bik	bik			bik	
With another adult or adults	526	326	105	82	187	46	35	153	53	14	18	22	25	40	120	81
	43%	41%	51%	43%	47%	43%	54%	41%	45%	43%	39%	34%	47%	43%	44%	48%
			a				cg									
With a child or children	217	31	79	102	181	18	18	80	28	5	4	9	5	35	15	36
	18%	4%	38%	54%	45%	17%	28%	21%	24%	17%	9%	15%	10%	37%	5%	21%
			a	ab	a	j	fhj	fj	fhj	j		j		acdefghjk		j
NET: With somebody else	620	338	135	130	265	54	43	191	62	16	18	26	26	61	123	97
	51%	43%	65%	68%	67%	51%	66%	51%	53%	50%	39%	40%	51%	65%	45%	57%
			a	a	a		cfgj							cfgj		fgj

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.1. Walking (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	d	e
Unweighted Total	1217	317	216	82	18	298	335	374	129	109	19	238	393	226	651	286	54	991
Total	1224	298	210	85	18	295	316	356	123	110	17	234	374	223	656	290	55	1001
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	604	153	94	38	9	132	162	175	55	54	7	109	183	182	296	109	17	423
	49%	51%	45%	45%	49%	45%	51%	49%	45%	49%	43%	47%	49%	81% bcde	45% c	38%	32%	42%
With another adult or adults	526	120	97	38	7	136	127	147	57	49	10	106	157	39	314	146	27	487
	43%	40%	46%	45%	39%	46%	40%	41%	46%	44%	57%	45%	42%	18%	48% a	50% a	49% a	49% a
With a child or children	217	55	51	16	6	68	62	78	30	16	3	46	81	4	93	97	24	213
	18%	19%	24%	19%	36%	23%	20%	22%	25%	14%	18%	20%	22%	2%	14% a	34% abe	43% abe	21% ab
NET: With somebody else	620	145	117	47	9	163	154	181	68	56	10	124	191	41	360	181	38	578
	51%	49%	55%	55%	51%	55%	49%	51%	55%	51%	57%	53%	51%	19%	55% a	62% ab	68% a	58% a

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Q4.1. Walking (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	1217	168	806	139	207	38	847	343	35	944	273	1037	177
Total	1224	168	819	128	216	39	853	345	31	935	289	1059	163
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	604	82	333	62	104	17	426	166	13	465	140	505	98
	49%	49%	41%	49%	48%	45%	50%	48%	41%	50%	48%	48%	60% a
With another adult or adults	526	66	416	53	101	16	362	153	16	394	132	472	53
	43%	39%	51% a	41%	47%	42%	42%	44%	50%	42%	46%	45% b	33%
With a child or children	217	38	173	27	26	8	158	54	6	174	43	190	27
	18%	22%	21%	21% b	12%	21%	19% b	16%	21%	19%	15%	18%	17%
NET: With somebody else	620	86	485	66	112	22	428	179	18	470	149	554	65
	51%	51%	59%	51%	52%	55%	50%	52%	59%	50%	52%	52% b	40%

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Q4.1. Walking (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	1217	133	138	198	223	131	152	53	189	552	394	345	601	260	214	345	471	167
Total	1224	135	141	202	223	128	150	54	191	553	395	347	612	254	200	341	488	176
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	604	71	78	97	108	58	71	29	92	264	192	150	324	124	118	166	219	89
	49%	53%	55%	48%	49%	46%	48%	53%	48%	48%	48%	43%	53%	49%	59%	49%	45%	51%
													a		bc			
With another adult or adults	526	58	54	90	94	55	66	23	86	240	175	163	252	109	70	140	231	79
	43%	43%	38%	45%	42%	43%	44%	42%	45%	43%	44%	47%	41%	43%	35%	41%	47%	45%
																	a	a
With a child or children	217	11	21	29	48	23	34	8	43	101	84	79	91	45	26	66	98	25
	18%	8%	15%	14%	22%	18%	22%	15%	22%	18%	21%	23%	15%	18%	13%	19%	20%	14%
					a	a	a		ac	a	ac	b					a	a
NET: With somebody else	620	64	64	104	115	69	79	26	99	289	204	197	288	130	82	175	268	87
	51%	47%	45%	52%	51%	54%	52%	47%	52%	52%	52%	57%	47%	51%	41%	51%	55%	49%
												b					a	a

Q4.2. Cycling (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	*c	*d	*e	*f	g	h	*i
Unweighted Total	279	178	101	111	113	55	11	48	24	24	25	26	56	43	22
Total	270	167	103	106	105	60	10	44	24	21	22	31	54	42	22
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	156	104	51	55	54	47	6	24	14	14	14	15	32	20	16
	58%	62%	50%	52%	51%	79%	56%	55%	59%	64%	66%	50%	59%	49%	70%
		b				ab									
With another adult or adults	87	49	38	46	31	10	4	12	10	5	5	10	20	16	7
	32%	29%	37%	43%	30%	17%	34%	27%	41%	21%	24%	33%	36%	37%	30%
				bc											
With a child or children	48	23	24	13	32	2	2	12	1	4	3	8	4	11	2
	18%	14%	24%	12%	31%	4%	19%	28%	4%	20%	15%	25%	7%	26%	11%
			a		ac			g						g	
NET: With somebody else	114	63	52	51	51	13	5	20	10	8	7	15	22	21	7
	42%	38%	50%	48%	49%	21%	44%	45%	41%	36%	34%	50%	41%	51%	30%
			a	c	c										

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Q4.2. Cycling (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	*f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total	279	38	61	60	56	36	28	159	120	213	11	32	12	3	1	59
Total	270	40	64	59	48	31	28	163	107	207	10	30	12	3	1	57
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	156	17	34	34	35	15	21	85	71	122	6	17	6	1	-	30
	58%	42%	54%	57%	72%	50%	73%	52%	66%	59%	60%	56%	49%	27%	-	53%
					abeg				ag							
With another adult or adults	87	18	21	19	11	12	7	57	30	60	4	12	6	2	1	26
	32%	45%	32%	32%	22%	40%	23%	35%	28%	29%	40%	40%	51%	73%	100%	46%
		dh														a
With a child or children	48	9	13	12	7	4	3	34	13	43	-	2	1	-	-	3
	18%	24%	20%	21%	14%	13%	9%	21%	12%	21%	-	6%	9%	-	-	5%
										cg						
NET: With somebody else	114	23	29	25	14	15	8	78	37	85	4	13	6	2	1	27
	42%	58%	46%	43%	28%	50%	27%	48%	34%	41%	40%	44%	51%	73%	100%	47%
		dh	d			d		dh								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.2. Cycling (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	279	149	52	61	113	25	22	115	35	13	6	14	17	10	22	47
Total	270	131	59	66	125	25	21	108	34	13	6	11	17	9	27	46
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	156	94	26	26	53	11	9	67	20	7	4	5	9	5	18	20
	58%	71% bcd	45%	40%	42%	45%	42%	62% k	60%	49%	67%	43%	55%	61%	67%	44%
With another adult or adults	87	33	28	22	50	11	9	28	9	7	2	5	8	2	7	20
	32%	25%	48% a	33%	40% a	45%	44%	26%	27%	51%	33%	50%	45%	18%	26%	44% c
With a child or children	48	6	13	27	40	3	5	22	12	-	-	2	-	2	2	8
	18%	5%	22% a	41% ab	32% a	13%	22%	21%	35%	-	-	15%	-	21%	7%	17%
NET: With somebody else	114	37	33	40	73	13	12	41	14	7	2	6	8	3	9	26
	42%	29%	55% a	60% a	58% a	55%	58%	38%	40%	51%	33%	57%	45%	39%	33%	56% c

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.2. Cycling (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	*c	*d	e	f	a	b	*c	*d	e	f	a	b	c	*d	e
Unweighted Total	279	97	67	17	4	84	101	106	52	20	6	72	112	43	138	78	20	236
Total	270	90	66	17	4	83	95	100	51	20	6	71	106	39	132	77	21	231
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	156	55	36	10	2	46	57	63	28	8	3	36	65	32	84	34	6	124
	58%	61%	55%	58%	47%	55%	61%	63%	55%	40%	43%	51%	62%	81%	64%	43%	27%	54%
														bce	c			
With another adult or adults	87	24	22	6	2	28	26	24	17	10	3	27	27	7	42	28	10	80
	32%	26%	33%	36%	53%	34%	28%	24%	34%	50%	57%	38%	26%	17%	32%	37%	48%	35%
												a				a		a
With a child or children	48	20	18	1	-	19	20	24	12	2	1	14	25	1	16	24	7	47
	18%	22%	27%	6%	-	23%	21%	24%	24%	10%	21%	20%	23%	2%	12%	31%	35%	20%
																ab		ab
NET: With somebody else	114	35	30	7	2	37	37	37	23	12	3	35	40	8	48	44	15	107
	42%	39%	45%	42%	53%	45%	39%	37%	45%	60%	57%	49%	38%	19%	36%	57%	73%	46%
																a	ab	a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.2. Cycling (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

| | Total | Care responsibilities in household not including children | | Longstanding condition or illness | | | | | | Area | | Access to private outdoor space | |
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	*b	*c	d	e	*f	a	b	a	b
Unweighted Total	279	59	171	44	27	14	194	77	5	225	54	240	35
Total	270	58	168	43	28	13	186	76	5	216	55	236	31
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	156	34	87	23	17	6	112	42	3	122	33	134	20
	58%	59%	52%	53%	62%	47%	60%	55%	58%	57%	61%	57%	65%
With another adult or adults	87	19	60	17	8	7	52	29	2	71	15	78	9
	32%	33%	35%	41%	28%	53%	28%	38%	42%	33%	28%	33%	28%
With a child or children	48	8	37	8	5	1	36	11	2	36	12	43	4
	18%	15%	22%	19%	18%	6%	19%	15%	42%	16%	22%	18%	13%
NET: With somebody else	114	23	81	20	11	7	74	35	2	93	21	102	11
	42%	41%	48%	47%	38%	53%	40%	45%	42%	43%	39%	43%	35%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.2. Cycling (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	279	7	20	47	54	39	46	14	52	140	112	110	114	53	45	72	111	47
Total	270	7	20	45	51	36	46	14	51	133	110	107	109	52	43	66	109	48
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	156	3	9	26	31	17	34	7	30	73	70	57	65	32	23	43	61	28
	58%	52%	43%	56%	60%	47%	74% ei	50%	58%	55%	63%	53%	60%	62%	53%	65%	56%	59%
With another adult or adults	87	2	9	14	18	14	9	6	15	46	30	40	31	15	19	16	33	17
	32%	28%	45%	31%	35%	39%	20%	44%	29%	35%	27%	38%	28%	29%	44% b	24%	31%	35%
With a child or children	48	1	3	8	9	6	7	3	10	23	20	19	22	7	2	10	27	7
	18%	20%	17%	17%	18%	17%	15%	23%	19%	17%	18%	17%	20%	14%	5%	16%	25% a	14%
NET: With somebody else	114	3	11	20	20	19	12	7	22	60	40	50	44	20	20	23	49	20
	42%	48%	57%	44%	40%	53% f	26%	50%	42%	45% f	37%	47%	40%	38%	47%	35%	44%	41%

Q4.3. Running or jogging: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	*c	d	e	*f	g	h	i
Unweighted Total	413	240	173	207	175	31	23	54	29	39	40	27	102	63	36
Total	400	227	174	202	165	33	21	47	31	37	37	32	101	61	34
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	286	168	117	147	116	23	18	30	27	25	27	23	63	48	24
	71%	74%	68%	73%	70%	68%	88%	65%	88%	69%	72%	72%	63%	78%	71%
														g	
With another adult or adults	92	52	39	47	36	10	3	15	4	10	9	3	29	10	9
	23%	23%	23%	23%	22%	29%	12%	33%	12%	28%	23%	8%	29%	17%	27%
								h							
With a child or children	39	14	24	18	18	3	-	2	1	6	2	6	15	6	1
	10%	6%	14%	9%	11%	8%	-	5%	3%	16%	5%	20%	14%	10%	2%
			a							i		i			
NET: With somebody else	115	59	56	55	49	11	3	16	4	11	10	9	38	14	10
	29%	26%	32%	27%	30%	32%	12%	35%	12%	31%	28%	28%	37%	22%	29%
														h	

Q4.3. Running or jogging: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	*f	g	h	a	*b	c	d	*e	*f	g
Unweighted Total	413	58	114	113	57	43	28	285	128	300	25	43	33	4	2	107
Total	400	63	117	108	50	38	24	289	112	290	25	42	34	4	2	106
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	286	35	82	84	31	29	23	202	84	209	13	32	23	3	2	72
	71%	56%	70%	78%	63%	77%	96%	70%	75%	72%	51%	77%	67%	72%	100%	68%
				ad		a		a	a							
With another adult or adults	92	23	28	20	14	6	1	71	21	61	12	7	10	1	-	30
	23%	36%	24%	18%	29%	15%	4%	25%	19%	21%	49%	17%	30%	28%	-	28%
		ceh														
With a child or children	39	8	17	4	6	3	-	29	10	28	1	5	3	1	-	11
	10%	13%	14%	4%	12%	9%	-	10%	9%	10%	6%	11%	10%	28%	-	10%
		c	c		c			c								
NET: With somebody else	115	27	35	24	18	9	1	87	28	80	12	10	11	1	-	34
	29%	44%	30%	22%	37%	23%	4%	30%	25%	28%	49%	23%	33%	28%	-	32%
		cegh			c											

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.3. Running or jogging: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	*e	*f	*g	h	*i	*j	k
Unweighted Total	413	187	93	108	201	44	31	173	46	16	11	20	45	18	9	75
Total	400	153	105	122	227	43	31	169	47	15	10	17	43	17	9	74
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	286	122	73	77	150	33	18	116	24	11	9	16	40	13	6	51
	71%	80%	69%	63%	66%	75%	60%	69%	51%	72%	92%	92%	92%	80%	64%	69%
		cd				d		d					abcdk			
With another adult or adults	92	28	29	31	60	9	10	43	17	3	1	1	3	-	3	20
	23%	18%	28%	25%	26%	21%	33%	25%	37%	22%	8%	8%	8%	-	36%	26%
							h	h	h							h
With a child or children	39	4	5	28	33	1	4	16	12	1	-	-	1	3	-	5
	10%	3%	4%	23%	15%	3%	13%	10%	25%	6%	-	-	3%	20%	-	7%
				ab	ab				achk							
NET: With somebody else	115	31	33	45	78	11	12	53	23	4	1	1	3	3	3	23
	29%	20%	31%	37%	34%	25%	40%	31%	49%	28%	8%	8%	8%	20%	36%	31%
				a	a	h	h	h	ach							h

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.3. Running or jogging: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	d	e
Unweighted Total	413	118	107	38	10	145	128	144	81	37	8	118	152	42	172	165	34	371
Total	400	113	106	38	10	144	123	142	79	36	8	115	149	35	163	166	36	365
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	286	74	69	23	9	92	83	100	48	25	3	72	102	30	120	113	23	256
	71%	66%	65%	60%	91%	64%	68%	70%	60%	70%	35%	63%	69%	85% cde	73%	68%	65%	70%
With another adult or adults	92	29	32	11	1	43	30	33	26	10	4	36	37	5	37	42	8	87
	23%	26%	30%	30%	9%	30%	25%	23%	33%	28%	52%	31%	25%	15%	23%	25%	23%	24%
With a child or children	39	14	15	5	-	19	14	17	11	3	1	14	18	-	9	20	10	39
	10%	12%	14%	12%	-	13%	11%	12%	14%	8%	13%	12%	12%	-	5%	12% ab	27% abce	11% ab
NET: With somebody else	115	39	37	15	1	52	40	42	32	11	5	43	47	5	44	54	13	110
	29%	34%	35%	40%	9%	36%	32%	30%	40%	30%	65%	37%	31%	15%	27%	32% a	35% a	30% a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.3. Running or jogging: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	413	98	265	53	38	13	313	90	10	352	61	348	62
Total	400	100	258	52	35	13	303	87	9	339	61	342	55
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	286	60	189	36	19	5	221	56	3	239	47	242	41
	71%	60%	73%	69%	54%	42%	73%	64%	36%	70%	76%	71%	74%
			a				b						
With another adult or adults	92	32	54	13	11	8	66	25	4	81	11	79	12
	23%	32%	21%	24%	33%	58%	22%	29%	47%	24%	18%	23%	22%
		b											
With a child or children	39	16	23	5	8	2	29	10	4	35	4	37	2
	10%	16%	9%	11%	23%	17%	10%	11%	37%	10%	6%	11%	3%
					d								
NET: With somebody else	115	40	70	16	16	8	82	31	6	100	14	101	14
	29%	40%	27%	31%	46%	58%	27%	36%	64%	30%	24%	29%	26%
		b			d								

Q4.3. Running or jogging: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	413	4	20	62	99	49	80	23	76	210	179	201	136	73	64	119	164	59
Total	400	4	19	58	98	47	77	23	75	203	175	196	131	71	61	110	162	59
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	286	3	16	45	67	37	53	16	49	149	118	125	101	56	46	79	111	44
	71%	78%	86%	77%	68%	79%	68%	69%	66%	73%	67%	64%	77% a	80% a	76%	71%	69%	75%
With another adult or adults	92	1	3	12	25	9	21	6	15	46	43	54	27	11	13	29	36	13
	23%	22%	14%	21%	25%	19%	27%	27%	20%	22%	24%	28% c	20%	15%	21%	26%	22%	22%
With a child or children	39	-	-	1	9	2	11	1	16	12	27	27	9	3	5	7	22	4
	10%	-	-	2%	9%	4%	14% ci	4%	21% cdei	6%	16% cei	14% bc	7%	5%	7%	7%	13%	7%
NET: With somebody else	115	1	3	13	31	10	24	7	26	54	57	71	30	14	15	32	51	15
	29%	22%	14%	23%	32%	21%	32%	31%	34%	27%	33%	36% bc	23%	20%	24%	29%	31%	25%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

| | Total | Gender | | Age | | | Region | | | | | | | | |
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	*c	*d	*e	*f	g	h	*i
Unweighted Total	308	123	185	151	107	50	14	52	21	28	28	23	71	46	25
Total	302	118	184	145	101	56	13	45	23	26	25	29	71	47	23
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	225	75	150	106	72	46	7	40	17	20	15	21	46	38	21
	74%	63%	82%	73%	72%	82%	58%	88%	74%	76%	59%	72%	65%	81%	90%
			a					g							
With another adult or adults	58	34	24	28	20	10	4	5	4	5	7	5	19	8	1
	19%	29%	13%	19%	20%	18%	29%	12%	16%	20%	27%	17%	27%	17%	5%
		b											b		
With a child or children	35	19	16	18	15	2	2	1	5	4	5	6	7	4	1
	12%	16%	9%	12%	15%	4%	14%	2%	20%	17%	22%	20%	11%	8%	5%
NET: With somebody else	77	43	34	39	28	10	5	5	6	6	10	8	25	9	2
	26%	37%	18%	27%	28%	18%	42%	12%	26%	24%	41%	28%	35%	19%	10%
		b											b		

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Q4.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	308	33	85	84	36	38	32	202	106	230	12	29	25	6	2	74
Total	302	34	88	83	33	34	31	205	97	226	12	28	26	6	1	73
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	225	15	65	68	25	25	27	148	77	173	11	18	16	5	1	51
	74%	45%	74%	82%	77%	73%	88%	72%	79%	77%	93%	65%	63%	79%	100%	70%
			a	a	a	a	a	a	a							
With another adult or adults	58	13	22	10	4	5	4	45	13	40	1	8	6	1	-	16
	19%	39%	25%	13%	12%	15%	12%	22%	13%	18%	7%	27%	24%	21%	-	22%
		cdefgh	ch													
With a child or children	35	9	11	6	6	4	-	26	9	24	-	4	7	-	-	11
	12%	27%	12%	7%	17%	11%	-	13%	10%	11%	-	14%	28%	-	-	15%
		bcfgh	f		f			f								
NET: With somebody else	77	19	23	15	8	9	4	57	20	53	1	10	10	1	-	22
	26%	55%	26%	18%	23%	27%	12%	28%	21%	23%	7%	35%	37%	21%	-	30%
		bcdefgh														

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	*b	c	d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	308	171	55	72	127	35	23	121	37	12	8	16	21	19	16	58
Total	302	151	64	80	143	32	23	119	35	12	8	14	21	18	21	55
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	225	127	51	40	91	25	13	85	23	7	7	13	17	16	20	38
	74%	84%	81%	50%	64%	79%	57%	71%	65%	63%	85%	87%	84%	89%	94%	69%
		cd	cd													
With another adult or adults	58	20	7	30	37	4	8	27	8	4	1	2	1	1	1	13
	19%	13%	11%	37%	26%	13%	36%	23%	23%	37%	15%	13%	4%	4%	6%	23%
				ab	ab											
With a child or children	35	5	7	23	30	4	4	13	9	1	1	-	3	1	-	7
	12%	3%	11%	29%	21%	11%	16%	11%	25%	8%	15%	-	12%	7%	-	13%
			a	ab	a				c							
NET: With somebody else	77	24	12	40	52	7	10	35	12	4	1	2	3	2	1	17
	26%	16%	19%	50%	36%	21%	43%	29%	35%	37%	15%	13%	16%	11%	6%	31%
				ab	ab											

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	*c	*d	e	f	a	b	*c	*d	e	f	a	b	c	*d	e
Unweighted Total	308	94	66	27	5	93	99	113	45	27	5	72	118	43	147	99	19	265
Total	302	89	67	27	5	94	95	110	46	27	5	73	115	40	139	104	19	262
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	225	65	44	15	5	59	69	75	27	22	3	49	78	38	112	63	13	187
	74%	72%	65%	56%	86%	63%	73%	68%	59%	83%	57%	68%	67%	94%	80%	60%	66%	71%
														bce	ce			c
With another adult or adults	58	19	19	10	-	29	19	29	13	4	1	17	31	1	22	29	7	57
	19%	21%	28%	37%	-	31%	20%	27%	29%	14%	26%	24%	27%	4%	16%	28%	34%	22%
															a	ab		a
With a child or children	35	9	12	6	1	18	10	16	11	1	1	11	17	1	9	22	4	34
	12%	10%	18%	22%	14%	19%	10%	14%	23%	3%	17%	16%	14%	2%	6%	21%	18%	13%
																ab		ab
NET: With somebody else	77	25	23	12	1	35	25	35	19	5	2	23	37	2	27	41	7	75
	26%	28%	35%	44%	14%	37%	27%	32%	41%	17%	43%	32%	33%	6%	20%	40%	34%	29%
															a	abe		ab

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	*b	*c	d	e	*f	a	b	a	b
Unweighted Total	308	64	197	43	27	13	224	78	4	257	51	250	56
Total	302	65	194	42	27	13	218	78	4	251	51	249	52
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	225	34	151	25	21	5	172	49	2	183	42	178	45
	74%	52%	78%	58%	77%	38%	79%	63%	47%	73%	83%	72%	87%
			a				ae						a
With another adult or adults	58	19	37	13	4	7	35	21	2	51	7	55	3
	19%	30%	19%	32%	14%	51%	16%	27%	53%	20%	14%	22%	6%
				d				d				b	
With a child or children	35	18	16	7	4	2	24	11	2	34	2	32	4
	12%	28%	8%	17%	16%	17%	11%	14%	53%	13%	3%	13%	7%
		b								b			
NET: With somebody else	77	31	43	18	6	8	46	29	2	68	9	71	6
	26%	48%	22%	42%	23%	62%	21%	37%	53%	27%	17%	28%	13%
		b		d				d				b	

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Q4.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	308	6	24	48	62	41	62	15	50	151	127	135	111	61	44	93	113	50
Total	302	6	26	47	57	40	61	16	50	144	127	135	109	58	41	89	113	52
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	225	4	20	36	47	35	39	11	31	118	82	97	84	43	32	64	92	33
	74%	75%	80%	77%	81% fhj	88% fhj	64%	72%	63%	82% fhj	65%	72%	77%	74%	77%	72%	81%	63% d
With another adult or adults	58	1	2	8	8	4	17	4	14	20	35	29	20	10	8	22	13	15
	19%	25%	7%	18%	13%	10%	28% dei	22%	29% dei	14%	28% dei	21%	18%	17%	19%	24% c	12%	28% c
With a child or children	35	-	3	3	5	1	12	1	9	9	23	21	9	5	2	9	13	10
	12%	-	13%	7%	9%	3%	20% cei	6%	19% ei	6%	18% ei	16%	9%	9%	4%	10%	12%	19% a
NET: With somebody else	77	1	5	11	11	5	22	4	18	26	44	38	24	15	10	25	21	19
	26%	25%	20%	23%	19%	12%	36% dei	28%	37% dei	18%	35% dei	28%	23%	26%	23%	28%	19%	37% c

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Q4.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	*c	d	*e	*f	g	h	*i
Unweighted Total	327	163	163	135	116	76	23	32	28	32	27	29	77	55	24
Total	327	158	168	127	111	89	22	29	28	30	26	37	76	55	24
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	251	116	134	90	82	79	18	25	24	23	14	30	51	44	21
	77%	73%	80%	71%	74%	89% ab	83%	86% g	86%	77%	56%	83%	67%	80%	87%
With another adult or adults	62	35	27	32	21	10	3	4	4	7	8	5	20	7	3
	19%	22%	16%	25% c	19%	11%	14%	14%	14%	23%	32%	14%	27%	14%	13%
With a child or children	31	17	14	12	15	4	1	2	2	3	4	1	11	6	-
	9%	11%	8%	9%	13% c	4%	4%	6%	8%	11%	15%	3%	15%	11%	-
NET: With somebody else	76	42	34	37	29	10	4	4	4	7	11	6	25	11	3
	23%	27%	20%	29% c	26% c	11%	17%	14%	14%	23%	44%	17%	33% b	20%	13%

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Q4.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	327	34	85	80	46	32	50	199	128	251	12	28	23	4	1	68
Total	327	38	85	81	41	28	54	203	123	253	12	26	24	3	1	66
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	251	20	67	63	31	21	49	150	101	204	7	17	15	2	1	42
	77%	54%	78%	78%	76%	75%	91%	74%	82%	80%	58%	65%	61%	74%	100%	63%
			a	a	a		ag	a	a	g						
With another adult or adults	62	13	17	15	8	4	5	45	17	40	5	6	9	1	-	21
	19%	36%	20%	18%	19%	14%	9%	22%	14%	16%	42%	23%	39%	26%	-	32%
		cefh						f								a
With a child or children	31	7	11	4	4	3	2	22	9	19	2	4	4	-	-	10
	9%	17%	13%	5%	10%	11%	3%	11%	7%	7%	20%	15%	15%	-	-	15%
		cf														
NET: With somebody else	76	17	19	18	10	7	5	54	22	49	5	9	9	1	-	24
	23%	46%	22%	22%	24%	25%	9%	26%	18%	20%	42%	35%	39%	26%	-	37%
		bcdfgh						f								a

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Q4.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	j	k
Unweighted Total	327	192	56	64	120	28	29	118	29	14	9	16	23	23	38	57
Total	327	178	63	73	136	27	29	117	28	14	8	14	21	22	46	56
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	251	152	49	39	88	24	18	84	18	8	6	11	18	20	44	42
	77%	86%	79%	53%	65%	87%	61%	72%	66%	57%	72%	78%	86%	88%	97%	74%
		cd	c												ck	
With another adult or adults	62	24	9	27	36	3	9	26	7	5	1	3	3	3	1	13
	19%	14%	14%	38%	27%	13%	32%	22%	27%	35%	17%	22%	14%	12%	3%	23%
				ab	a			j								j
With a child or children	31	2	8	19	27	1	4	13	7	2	1	2	1	-	-	5
	9%	1%	13%	27%	20%	4%	14%	11%	25%	15%	10%	12%	6%	-	-	9%
			a	a	a			j								
NET: With somebody else	76	26	13	34	47	3	11	33	10	6	2	3	3	3	1	15
	23%	14%	21%	47%	35%	13%	39%	28%	34%	43%	28%	22%	14%	12%	3%	26%
				ab	a			j								j

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Q4.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	*c	*d	e	f	a	b	c	*d	e	f	a	b	c	*d	e
Unweighted Total	327	82	71	28	12	99	94	102	49	30	8	79	110	43	172	94	18	284
Total	327	79	72	29	12	101	90	98	49	32	8	81	106	40	171	97	18	286
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	251	55	48	24	5	72	60	81	25	22	2	47	82	33	142	66	10	218
	77%	70%	67%	81%	41%	71%	66%	82%	51%	70%	24%	58%	78%	81%	83%	68%	53%	76%
								be					be			c		
With another adult or adults	62	17	20	3	6	24	22	14	18	8	4	27	18	8	25	21	9	55
	19%	21%	28%	12%	50%	23%	25%	15%	37%	26%	47%	33%	17%	19%	15%	21%	47%	19%
									af			af						
With a child or children	31	9	12	3	2	15	11	7	11	4	3	15	11	1	7	18	5	30
	9%	12%	17%	11%	17%	15%	13%	7%	22%	13%	40%	18%	10%	2%	4%	18%	25%	10%
									af			a				abe		b
NET: With somebody else	76	24	23	5	7	29	30	17	24	9	6	34	24	8	28	31	9	68
	23%	30%	33%	19%	59%	29%	34%	18%	49%	30%	76%	42%	22%	19%	17%	32%	47%	24%
									af			af				b		

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	327	77	202	38	36	19	243	79	9	272	55	276	48
Total	327 100%	79 100%	202 100%	37 100%	38 100%	18 100%	242 100%	80 100%	9 100%	270 100%	57 100%	279 100%	44 100%
Nobody, I did this on my own	251 77%	50 63%	167 82% a	22 60%	28 74%	7 40%	196 81% ae	51 64%	5 55%	206 76%	45 79%	214 77%	34 77%
With another adult or adults	62 19%	26 33% b	27 13%	12 32% d	9 23%	11 60%	38 16%	25 31% d	4 45%	54 20%	9 16%	54 19%	8 18%
With a child or children	31 9%	9 12%	18 9%	7 18% d	4 12%	5 25%	19 8%	11 13%	2 22%	28 10%	3 5%	27 10%	4 9%
NET: With somebody else	76 23%	29 37% b	36 18%	15 40% d	10 26%	11 60%	46 19%	29 36% d	4 45%	64 24%	12 21%	66 23%	10 23%

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Q4.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	327	17	18	41	63	42	57	19	70	146	146	126	136	63	62	94	129	35
Total	327	18	18	39	63	41	57	20	71	142	148	129	138	58	58	91	133	38
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	251	16	16	34	46	30	36	16	56	110	109	92	112	46	43	71	105	26
	77%	87%	91%	89%	73%	73%	63%	82%	79%	77%	74%	71%	82%	78%	73%	79%	79%	70%
				dfj						f	f							
With another adult or adults	62	2	1	4	13	10	19	2	10	27	32	34	20	8	14	14	24	10
	19%	13%	4%	11%	21%	24%	34%	12%	14%	19%	22%	26%	15%	13%	23%	16%	18%	25%
							chi					bc						
With a child or children	31	-	1	1	8	2	9	1	8	11	19	16	10	5	4	9	13	5
	9%	-	5%	2%	13%	5%	16%	6%	12%	8%	13%	12%	7%	8%	7%	9%	10%	14%
							c											
NET: With somebody else	76	2	2	4	17	11	21	4	15	32	39	37	25	13	16	19	28	11
	23%	13%	9%	11%	27%	27%	37%	18%	21%	23%	26%	29%	18%	22%	27%	21%	21%	30%
					c		chi				c							

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	*c	*a	b	*c	*d	*e	*f	g	*h	*i
Unweighted Total	201	104	96	97	76	28	9	31	19	25	22	13	42	24	16
Total	210	107	102	96	79	35	8	30	21	24	23	17	44	27	17
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	54	26	28	23	18	14	4	5	6	6	6	4	13	5	5
	26%	24%	27%	24%	23%	39%	58%	17%	26%	25%	25%	25%	30%	18%	32%
With another adult or adults	95	51	44	50	31	14	2	18	8	13	11	5	18	11	8
	45%	48%	43%	52%	40%	39%	29%	60%	39%	54%	46%	30%	42%	42%	50%
With a child or children	107	54	53	46	48	13	1	14	11	11	10	12	21	20	7
	51%	50%	52%	47%	61%	37%	13%	46%	50%	47%	43%	69%	48%	76%	43%
NET: With somebody else	156	81	75	74	61	22	3	25	16	18	17	13	31	22	11
	74%	76%	73%	76%	77%	61%	42%	83%	74%	75%	75%	75%	70%	82%	68%

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Q4.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	201	31	61	38	25	26	20	130	71	152	11	23	9	-	1	44
Total	210	33	67	42	22	24	23	141	69	160	12	24	9	-	1	45
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Nobody, I did this on my own	54	6	14	16	4	5	9	36	18	42	2	5	3	-	-	11
	26%	19%	21%	39%	18%	21%	38%	26%	26%	26%	20%	22%	33%	-	-	23%
With another adult or adults	95	18	31	16	11	12	7	65	30	67	6	15	6	-	-	27
	45%	55%	46%	40%	47%	49%	32%	46%	43%	42%	52%	62%	67%	-	-	59%
																a
With a child or children	107	15	40	17	13	11	10	73	34	84	7	10	3	-	1	20
	51%	46%	60%	42%	59%	46%	43%	52%	49%	53%	60%	42%	29%	-	100%	45%
NET: With somebody else	156	26	52	26	18	19	14	104	51	118	9	18	6	-	1	35
	74%	81%	79%	61%	82%	79%	62%	74%	74%	74%	80%	78%	67%	-	100%	77%

Q4.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	201	77	62	55	117	14	29	73	21	8	5	7	13	14	17	43
Total	210	73	71	61	132	14	29	76	21	8	5	6	14	15	22	43
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	54	28	13	10	23	2	8	20	1	2	2	1	2	6	10	11
	26%	39% bcd	18%	16%	17%	16%	28%	27%	3%	25%	41%	12%	16%	37%	46%	24%
With another adult or adults	95	34	32	27	59	7	12	30	16	5	2	4	9	2	8	19
	45%	47%	45%	44%	45%	51%	42%	40%	77%	62%	36%	58%	66%	10%	36%	45%
With a child or children	107	15	48	43	91	8	11	44	15	3	1	5	7	9	5	18
	51%	21%	68% a	71% a	69% a	54%	37%	58%	70%	36%	23%	75%	52%	59%	24%	42%
NET: With somebody else	156	44	58	51	110	12	21	56	20	6	3	5	12	10	12	33
	74%	61%	82% a	84% a	83% a	84%	72%	73%	97%	75%	59%	88%	84%	63%	54%	76%

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Q4.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e
Unweighted Total	201	52	51	24	7	75	59	63	43	17	8	60	71	19	95	72	15	182
Total	210	51	54	24	7	79	58	63	45	18	8	63	71	17	98	79	16	193
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	54	16	7	6	4	13	20	20	6	3	3	9	23	12	26	15	2	42
	26%	31%	14%	23%	58%	17%	35%	31%	14%	15%	42%	15%	32%	69%	26%	19%	12%	22%
		b					be	be					be					
With another adult or adults	95	18	30	14	3	43	21	24	25	11	3	36	27	3	48	35	9	92
	45%	36%	55%	56%	42%	55%	37%	38%	56%	60%	46%	57%	39%	20%	49%	45%	55%	48%
						af						af						
With a child or children	107	23	35	11	2	46	25	31	25	12	2	37	34	3	42	51	11	103
	51%	45%	64%	44%	33%	58%	44%	50%	56%	63%	29%	58%	47%	19%	42%	65%	69%	54%
			f													b		
NET: With somebody else	156	35	47	19	3	66	38	43	39	15	4	54	48	5	73	64	14	151
	74%	69%	86%	77%	42%	83%	65%	69%	86%	85%	58%	85%	68%	31%	74%	81%	88%	78%
			af			f			af			af						

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	*b	*c	d	e	*f	a	b	a	*b
Unweighted Total	201	59	116	32	28	9	131	64	3	162	39	183	16
Total	210	64	123	33	32	9	136	69	3	168	42	195	14
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	54	20	23	5	13	1	35	18	2	43	12	50	4
	26%	31%	18%	16%	41%	12%	26%	26%	70%	25%	28%	26%	29%
With another adult or adults	95	32	55	18	14	6	57	35	1	77	18	89	4
	45%	50%	44%	56%	44%	68%	42%	52%	30%	46%	44%	46%	31%
With a child or children	107	24	76	16	9	6	77	27	1	84	23	98	8
	51%	38%	62% a	47%	28%	60%	57% e	39%	30%	50%	55%	51%	53%
NET: With somebody else	156	44	100	27	18	8	100	51	1	126	30	144	10
	74%	69%	82%	84%	59%	88%	74%	74%	30%	75%	72%	74%	71%

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Q4.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	*a	*b	*c	d	*e	f	*g	*h	NET 2-4 days i	NET 5 + days j	NET: More a	No more or less b	NET: Less c	0-4 (low) a	5-6 (medium) b	7-8 (high) c	9-10 (very high) d
Significance Level: 95%																		
Unweighted Total	201	11	15	29	43	25	36	14	28	97	78	86	71	43	41	53	71	32
Total	210 100%	12 100%	16 100%	30 100%	45 100%	25 100%	39 100%	16 100%	27 100%	100 100%	82 100%	90 100%	77 100%	43 100%	42 100%	54 100%	75 100%	35 100%
Nobody, I did this on my own	54 26%	1 11%	1 5%	9 30%	17 38%	7 29%	10 25%	2 13%	7 26%	33 33%	19 23%	25 28%	19 25%	10 22%	12 28%	14 27%	14 19%	14 39% c
With another adult or adults	95 45%	5 40%	7 45%	11 38%	18 40%	11 43%	21 55%	9 56%	13 46%	40 40%	43 52%	45 51%	31 41%	18 43%	19 44%	23 43%	38 50%	15 42%
With a child or children	107 51%	6 49%	10 64%	14 46%	20 45%	12 46%	22 56%	11 66%	13 47%	46 46%	45 55%	44 49%	39 51%	23 54%	16 38%	24 45%	45 60% a	18 51%
NET: With somebody else	156 74%	11 89%	15 95%	21 70%	28 62%	18 71%	29 75%	14 87%	20 74%	67 67%	63 77%	65 72%	58 75%	33 78%	31 72%	39 73%	60 81% d	21 61%

Column header groups:
- **Number of days active**: 0, 1, 2, 3, 4, 5, 6, 7, NET 2-4 days, NET 5 + days
- **Amount of activity in the past week compared to previous week**: NET: More, No more or less, NET: Less
- **Life satisfaction score**: 0-4 (low), 5-6 (medium), 7-8 (high), 9-10 (very high)

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Q4.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	*c	*a	b	*c	*d	*e	*f	g	*h	*i
Unweighted Total	155	92	63	85	60	10	3	30	16	13	13	15	33	26	6
Total	158	92	66	85	61	12	3	27	17	12	13	18	35	26	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	48	34	15	30	16	3	-	15	5	2	5	3	12	7	1
	31%	37%	23%	35%	26%	26%	-	54%	30%	18%	36%	14%	35%	25%	11%
With another adult or adults	59	35	24	31	23	5	3	9	8	7	4	4	11	10	3
	37%	38%	36%	37%	37%	40%	100%	32%	49%	57%	34%	20%	33%	37%	44%
With a child or children	73	36	37	33	34	7	-	10	7	6	6	13	13	14	4
	46%	39%	55%	38%	55%	55%	-	36%	42%	51%	50%	71%	36%	52%	60%
					a										
NET: With somebody else	109	58	51	56	45	9	3	13	12	10	8	16	23	20	6
	69%	63%	77%	65%	74%	74%	100%	46%	70%	82%	64%	86%	65%	75%	89%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.
BASE: All who have done some form of physical activity in the past week

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		*a	b	*c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	155	27	48	29	25	15	11	104	51	109	12	10	17	4	-	43
Total	158	27	51	32	23	14	11	110	47	113	12	9	18	4	-	43
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	48	12	15	9	4	5	3	36	12	34	4	3	7	-	-	14
	31%	45%	29%	29%	18%	39%	26%	33%	26%	30%	33%	39%	38%	-	-	33%
With another adult or adults	59	10	19	11	13	4	2	40	19	37	6	4	8	4	-	21
	37%	35%	37%	35%	55%	32%	19%	36%	40%	33%	46%	48%	42%	100%	-	49%
With a child or children	73	6	27	16	10	7	7	48	24	59	4	3	5	-	-	12
	46%	21%	53%	49%	44%	50%	67%	44%	51%	52% g	32%	34%	27%	-	-	28%
NET: With somebody else	109	15	36	23	19	8	8	74	35	79	8	5	11	4	-	28
	69%	55%	71%	71%	82%	61%	74%	67%	74%	70%	67%	61%	62%	100%	-	67%

Q4.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	155	51	38	57	95	20	17	57	15	7	7	9	10	9	4	37
Total	158	43	44	64	107	20	16	59	15	7	8	8	11	9	5	36
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	48	18	12	16	28	6	9	18	3	2	2	2	5	2	1	15
	31%	41%	26%	26%	26%	31%	54%	30%	17%	26%	22%	30%	42%	20%	22%	41%
With another adult or adults	59	21	13	22	35	8	5	25	8	4	3	2	1	-	3	13
	37%	48%	30%	35%	33%	38%	33%	42%	55%	60%	43%	20%	11%	-	50%	36%
With a child or children	73	10	27	35	62	8	3	25	8	2	5	4	6	8	3	11
	46%	23%	61%	55%	57%	43%	18%	44%	55%	29%	63%	50%	58%	80%	52%	31%
			a	a	a											
NET: With somebody else	109	26	32	47	79	14	8	41	13	5	6	6	6	8	4	21
	69%	59%	74%	74%	74%	69%	46%	70%	83%	74%	78%	70%	58%	80%	78%	59%

Prepared by Savanta: ComRes

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.
BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e
Unweighted Total	155	38	45	12	5	57	43	48	37	12	4	49	52	11	65	65	14	144
Total	158	36	47	13	5	60	41	49	37	13	3	50	52	11	63	69	15	147
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	48	10	13	2	5	15	15	15	12	3	1	15	16	6	19	21	2	43
	31%	28%	28%	14%	100%	25%	37%	30%	32%	25%	46%	30%	31%	54%	30%	31%	15%	29%
With another adult or adults	59	17	22	7	-	29	17	18	19	7	2	26	20	3	23	23	9	55
	37%	46%	46%	57%	-	48%	41%	38%	50%	54%	54%	51%	39%	32%	37%	33%	63%	38%
With a child or children	73	15	21	6	-	27	15	25	12	5	1	17	25	3	26	36	8	70
	46%	42%	45%	46%	-	45%	37%	50%	33%	38%	27%	34%	49%	26%	42%	52%	51%	47%
NET: With somebody else	109	26	34	11	-	45	26	34	25	10	2	35	36	5	44	48	13	104
	69%	72%	72%	86%	-	75%	63%	70%	68%	75%	54%	70%	69%	46%	70%	69%	85%	71%

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Q4.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	*b	*c	d	e	*f	a	b	a	*b
Unweighted Total	155	53	88	32	17	9	101	50	5	121	34	140	15
Total	158	54	91	33	18	9	102	52	5	122	36	145	13
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	48	21	20	8	5	3	31	15	1	41	8	44	5
	31%	39%	22%	24%	28%	28%	30%	28%	21%	33%	21%	30%	37%
		b											
With another adult or adults	59	23	32	14	9	6	36	22	4	48	11	53	6
	37%	43%	35%	43%	51%	63%	35%	43%	79%	39%	30%	37%	42%
With a child or children	73	14	56	14	8	2	51	21	2	49	24	69	4
	46%	26%	61%	42%	44%	18%	50%	40%	41%	40%	67%	48%	28%
			a								a		
NET: With somebody else	109	33	71	25	13	7	71	37	4	81	28	101	8
	69%	61%	78%	76%	72%	72%	70%	72%	79%	67%	79%	70%	63%
			a										

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Q4.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	d	*e	*f	*g	h	i	j	a	b	*c	a	b	c	*d
Unweighted Total	155	4	14	22	31	17	27	6	34	70	67	73	56	26	31	46	48	28
Total	158	5	14	22	32	17	28	6	34	71	67	73	57	27	30	47	49	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	48	1	4	10	7	6	11	2	7	23	20	25	14	9	11	16	10	12
	31%	21%	28%	45%	23%	34%	41%	29%	21%	33%	30%	35%	25%	32%	38%	34%	20%	40%
With another adult or adults	59	-	5	6	12	5	15	2	14	23	31	27	27	5	11	14	23	10
	37%	-	36%	29%	37%	28%	53%	31%	42%	32%	46%	37%	47%	17%	35%	30%	47%	33%
With a child or children	73	4	8	7	17	8	7	2	19	31	29	30	27	16	10	20	27	14
	46%	79%	59%	30%	53%	45%	26%	41%	57%	44%	43%	41%	47%	58%	35%	42%	55%	47%
NET: With somebody else	109	4	10	12	25	11	16	4	26	48	47	48	43	19	19	31	40	18
	69%	79%	72%	55%	77%	66%	59%	71%	79%	67%	70%	65%	75%	68%	62%	66%	80%	60%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.9. Team sports (such as football, cricket, rugby etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	g	*h	*i
Unweighted Total	98	77	21	71	23	4	2	12	8	7	11	5	33	14	6
Total	93	71	22	68	21	4	1	10	8	7	10	6	32	13	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	25	18	7	17	8	-	-	2	2	2	4	3	9	2	2
	27%	26%	30%	25%	38%	-	-	16%	25%	26%	39%	45%	27%	19%	31%
With another adult or adults	59	46	13	42	12	4	1	7	6	4	6	1	20	9	4
	63%	64%	60%	62%	59%	100%	100%	69%	75%	57%	61%	21%	62%	73%	69%
With a child or children	16	12	5	15	1	-	-	4	-	1	-	2	7	2	-
	17%	16%	21%	22%	7%	-	-	42%	-	17%	-	35%	21%	15%	-
NET: With somebody else	68	53	15	51	13	4	1	8	6	5	6	4	24	10	4
	73%	74%	70%	75%	62%	100%	100%	84%	75%	74%	61%	55%	73%	81%	69%

Q4.9. Team sports (such as football, cricket, rugby etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.
BASE: All who have done some form of physical activity in the past week

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		*a	*b	*c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	98	22	22	23	16	13	2	67	31	52	11	17	13	1	-	42
Total	93	23	23	21	13	11	1	67	26	50	10	17	12	1	-	40
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	25	8	6	7	1	3	-	21	4	15	2	3	4	-	-	9
	27%	37%	25%	33%	6%	26%	-	31%	14%	30%	23%	17%	30%	-	-	22%
With another adult or adults	59	13	14	12	12	7	1	39	20	29	8	12	7	1	-	27
	63%	58%	60%	55%	88%	64%	57%	58%	76%	59%	77%	69%	52%	100%	-	67%
With a child or children	16	1	5	3	3	3	1	9	7	7	2	3	3	-	-	8
	17%	5%	21%	15%	26%	26%	43%	14%	27%	14%	22%	18%	26%	-	-	21%
NET: With somebody else	68	14	17	14	12	8	1	46	22	35	8	14	9	1	-	31
	73%	63%	75%	67%	94%	74%	100%	69%	86%	70%	77%	83%	70%	100%	-	78%

Q4.9. Team sports (such as football, cricket, rugby etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	*b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	98	45	20	22	42	14	9	33	12	6	2	3	14	2	3	23
Total	93	36	22	26	48	13	9	31	11	6	2	2	15	2	3	22
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	25	10	1	10	11	7	1	6	5	2	-	-	3	2	-	8
	27%	28%	5%	37%	22%	52%	14%	19%	44%	28%	-	-	20%	100%	-	36%
With another adult or adults	59	25	17	14	31	5	6	24	6	3	1	2	8	-	3	11
	63%	69%	76%	53%	64%	39%	72%	78%	56%	49%	53%	71%	57%	-	100%	53%
With a child or children	16	3	6	6	12	1	4	4	1	1	1	1	3	-	-	5
	17%	7%	28%	22%	25% a	9%	42%	11%	13%	23%	47%	29%	23%	-	-	23%
NET: With somebody else	68	26	21	16	37	6	8	25	6	4	2	2	12	-	3	14
	73%	72%	95%	63%	78%	48%	86%	81%	56%	72%	100%	100%	80%	-	100%	64%

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Q4.9. Team sports (such as football, cricket, rugby etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		*a	*b	*c	*d	*e	f	*a	*b	*c	*d	*e	f	*a	b	c	*d	e
Unweighted Total	98	25	17	12	5	29	30	24	22	6	6	28	30	11	38	39	10	87
Total	93	23	17	12	5	28	28	22	21	6	6	27	28	9	35	40	9	84
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	25	4	5	3	1	7	5	4	7	-	1	7	5	4	7	12	2	21
	27%	18%	28%	23%	25%	26%	19%	19%	31%	-	14%	24%	18%	42%	21%	29%	23%	25%
With another adult or adults	59	19	10	7	4	16	23	17	12	6	4	18	21	5	25	22	7	54
	63%	82%	59%	56%	75%	58%	81%	77%	57%	100%	65%	67%	74%	52%	70%	56%	77%	64%
With a child or children	16	2	5	2	1	8	3	3	4	1	1	6	5	1	5	9	2	16
	17%	8%	32%	21%	14%	28%	9%	16%	20%	23%	21%	20%	17%	7%	13%	23%	20%	19%
NET: With somebody else	68	19	12	9	4	21	23	17	14	6	5	21	23	5	28	28	7	63
	73%	82%	72%	77%	75%	74%	81%	81%	69%	100%	86%	76%	82%	58%	79%	71%	77%	75%

Q4.9. Team sports (such as football, cricket, rugby etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	*a	*b	*c	d	e	*f	a	*b	a	*b
Unweighted Total	98	39	45	16	13	9	62	32	3	79	19	83	13
Total	93 100%	39 100%	43 100%	16 100%	12 100%	9 100%	58 100%	31 100%	2 100%	76 100%	17 100%	81 100%	10 100%
Nobody, I did this on my own	25 27%	14 36% b	7 16%	4 28%	3 26%	1 12%	16 27%	8 25%	1 36%	18 23%	7 40%	20 25%	4 34%
With another adult or adults	59 63%	23 59%	30 70%	9 58%	9 74%	7 76%	37 63%	20 64%	2 64%	50 67%	8 46%	52 64%	6 58%
With a child or children	16 17%	7 18%	7 16%	4 26%	3 25%	3 38%	8 13%	7 24%	1 34%	14 19%	2 13%	15 18%	1 8%
NET: With somebody else	68 73%	25 64%	36 84% a	11 72%	9 74%	8 88%	43 73%	23 75%	2 64%	58 77%	10 60%	61 75%	7 66%

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Q4.9. Team sports (such as football, cricket, rugby etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

| | Total | Number of days active | | | | | | | | NET 2-4 days | NET 5 + days | Amount of activity in the past week compared to previous week | | | Life satisfaction score | | | |
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	a	b	*c	*a	*b	*c	*d
Unweighted Total	98	2	3	10	29	16	12	7	19	55	38	43	36	18	15	27	27	25
Total	93	1	3	9	28	15	12	8	18	51	37	43	33	16	13	26	26	23
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	25	1	2	2	7	6	4	1	3	15	8	12	8	3	4	5	7	6
	27%	53%	55%	24%	24%	38%	32%	17%	16%	28%	21%	27%	25%	21%	31%	21%	28%	27%
With another adult or adults	59	1	1	5	19	9	6	5	13	33	24	28	20	11	8	17	17	16
	63%	47%	45%	57%	67%	62%	49%	68%	71%	64%	63%	65%	61%	68%	60%	65%	65%	68%
With a child or children	16	-	-	2	3	2	4	1	4	7	9	7	5	3	3	5	3	4
	17%	-	-	19%	12%	17%	31%	15%	22%	15%	24%	17%	16%	22%	19%	19%	11%	17%
NET: With somebody else	68	1	1	7	21	9	8	6	15	37	29	31	25	13	9	21	19	17
	73%	47%	45%	76%	76%	62%	68%	83%	84%	72%	79%	73%	75%	79%	69%	79%	72%	73%

Q4.10. Racket sports (such as tennis, badminton, squash etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	65	37	28	37	23	5	3	5	3	8	7	2	21	9	7
Total	63	35	28	35	23	5	2	5	3	7	7	3	21	10	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	13	8	5	10	3	-	-	-	1	2	3	1	5	-	1
	21%	24%	17%	30%	12%	-	-	-	29%	30%	40%	50%	24%	-	20%
With another adult or adults	43	26	17	22	16	5	2	3	2	4	4	1	13	8	5
	68%	73%	62%	63%	70%	100%	100%	59%	71%	56%	60%	50%	64%	88%	80%
With a child or children	13	5	8	4	9	-	-	3	-	2	-	-	5	3	-
	20%	14%	28%	10%	40%	-	-	58%	-	31%	-	-	23%	32%	-
NET: With somebody else	50	27	23	24	21	5	2	5	2	5	4	1	16	10	5
	79%	76%	83%	70%	88%	100%	100%	100%	71%	70%	60%	50%	76%	100%	80%

Q4.10. Racket sports (such as tennis, badminton, squash etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total	65	12	20	12	10	9	2	44	21	43	5	14	3	-	-	22
Total	63	13	20	11	9	9	2	44	19	41	4	14	4	-	-	22
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
Nobody, I did this on my own	13	3	2	5	2	2	-	10	3	7	1	3	3	-	-	6
	21%	24%	9%	44%	18%	20%	-	22%	17%	17%	14%	21%	70%	-	-	28%
With another adult or adults	43	9	16	6	7	4	2	31	12	30	2	10	1	-	-	13
	68%	67%	79%	56%	82%	44%	100%	70%	65%	72%	54%	71%	30%	-	-	61%
With a child or children	13	2	5	-	3	3	-	7	6	9	1	2	1	-	-	4
	20%	15%	24%	-	34%	36%	-	15%	33%	21%	32%	13%	30%	-	-	20%
NET: With somebody else	50	10	18	6	7	7	2	34	16	34	4	11	1	-	-	16
	79%	76%	91%	56%	82%	80%	100%	78%	83%	83%	86%	79%	30%	-	-	72%

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Q4.10. Racket sports (such as tennis, badminton, squash etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	*b	*c	d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	65	32	16	15	31	6	10	22	6	5	3	4	5	3	1	16
Total	63	26	18	17	36	6	9	22	6	4	4	4	4	3	1	15
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	13	6	5	2	7	1	3	4	1	1	-	-	2	1	-	4
	21%	24%	25%	14%	19%	19%	36%	19%	21%	18%	-	-	37%	32%	-	29%
With another adult or adults	43	20	11	11	22	5	5	16	4	4	4	3	2	2	1	9
	68%	76%	58%	65%	61%	81%	53%	71%	56%	82%	100%	71%	38%	68%	100%	63%
With a child or children	13	1	4	8	12	-	4	4	1	-	1	1	1	-	-	4
	20%	3%	23%	45%	34% a	-	44%	18%	23%	-	32%	29%	25%	-	-	27%
NET: With somebody else	50	20	14	15	29	5	6	18	5	4	4	4	3	2	1	11
	79%	76%	75%	86%	81%	81%	64%	81%	79%	82%	100%	100%	63%	68%	100%	71%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.10. Racket sports (such as tennis, badminton, squash etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.
BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	e
Unweighted Total	65	17	15	10	3	25	20	20	14	8	3	22	23	10	29	22	4	55
Total	63	18	16	9	3	25	21	21	13	9	3	22	23	9	27	23	5	54
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	13	4	3	2	1	4	5	2	5	1	-	7	2	2	4	4	2	11
	21%	21%	17%	17%	42%	17%	24%	11%	41%	15%	-	30%	10%	27%	17%	18%	46%	20%
With another adult or adults	43	12	10	8	2	18	14	17	6	6	3	12	20	6	20	14	3	37
	68%	67%	67%	83%	58%	73%	66%	84%	42%	70%	100%	53%	86%	73%	76%	61%	54%	67%
With a child or children	13	5	6	-	-	6	5	6	2	2	-	5	6	-	4	9	-	13
	20%	30%	36%	-	-	22%	25%	29%	17%	27%	-	21%	26%	-	16%	38%	-	24%
NET: With somebody else	50	14	13	8	2	21	16	18	8	8	3	16	21	6	22	19	3	44
	79%	79%	83%	83%	58%	83%	76%	89%	59%	85%	100%	70%	90%	73%	83%	82%	54%	80%

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Q4.10. Racket sports (such as tennis, badminton, squash etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		*a	b	*a	*b	*c	d	*e	*f	a	*b	a	*b
Unweighted Total	65	23	31	15	12	7	35	29	2	56	9	52	13
Total	63	24	29	15	12	7	33	29	2	55	9	52	11
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	13	7	4	3	3	1	7	6	1	12	1	12	1
	21%	30%	12%	18%	24%	15%	22%	20%	51%	23%	9%	24%	7%
With another adult or adults	43	12	23	11	8	4	22	21	1	37	7	33	10
	68%	51%	81%	75%	64%	64%	65%	71%	49%	67%	77%	63%	93%
With a child or children	13	8	5	3	4	2	6	7	1	11	2	13	-
	20%	32%	18%	20%	34%	33%	19%	22%	49%	20%	23%	25%	-
NET: With somebody else	50	17	26	13	9	6	26	23	1	42	8	40	10
	79%	70%	88%	82%	76%	85%	78%	80%	49%	77%	91%	76%	93%

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Q4.10. Racket sports (such as tennis, badminton, squash etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	a	*b	*c	*a	*b	*c	*d
Unweighted Total	65	1	5	3	20	9	12	1	14	32	27	36	22	7	13	19	23	10
Total	63	1	5	3	19	8	13	1	14	30	27	37	20	6	12	18	22	11
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	13	1	2	1	3	4	2	-	1	7	3	9	3	1	1	3	4	5
	21%	100%	41%	20%	16%	45%	17%	-	7%	24%	11%	25%	13%	22%	12%	17%	18%	43%
With another adult or adults	43	-	2	2	15	4	9	-	11	21	20	24	14	5	10	12	16	6
	68%	-	39%	80%	79%	55%	72%	-	77%	73%	72%	65%	71%	78%	79%	63%	73%	57%
With a child or children	13	-	1	-	3	-	3	1	5	3	9	8	5	-	1	4	5	3
	20%	-	21%	-	17%	-	20%	100%	37%	11%	32%	21%	26%	-	9%	20%	24%	26%
NET: With somebody else	50	-	3	2	16	4	11	1	13	22	24	27	18	5	11	15	18	6
	79%	-	59%	80%	84%	55%	83%	100%	93%	76%	89%	75%	87%	78%	88%	83%	82%	57%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.11. Golf: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.
BASE: All who have done some form of physical activity in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	76	60	16	36	27	13	3	9	4	8	11	3	16	15	7
Total	76	58	17	33	27	15	3	7	5	8	11	4	15	15	7
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	23	14	9	11	9	4	1	1	3	1	5	2	3	5	3
	31%	24%	52%	32%	32%	26%	32%	21%	56%	15%	42%	38%	19%	32%	41%
With another adult or adults	50	44	6	20	18	11	2	6	2	6	7	3	10	10	4
	65%	75%	34%	61%	66%	74%	68%	79%	44%	77%	58%	62%	65%	68%	59%
With a child or children	7	5	2	2	5	-	-	1	-	2	1	-	2	1	-
	9%	8%	14%	7%	17%	-	-	11%	-	23%	9%	-	16%	6%	-
NET: With somebody else	53	44	8	23	19	11	2	6	2	7	7	3	13	10	4
	69%	76%	48%	68%	68%	74%	68%	79%	44%	85%	58%	62%	81%	68%	59%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.11. Golf: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total	76	22	20	10	14	1	9	52	24	62	4	7	1	2	-	14
Total	76	24	21	9	12	1	9	54	22	62	5	7	1	2	-	14
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	23	10	4	2	5	-	3	15	8	18	1	2	1	1	-	5
	31%	43%	16%	18%	41%	-	34%	28%	37%	30%	27%	29%	100%	40%	-	34%
With another adult or adults	50	13	16	8	5	1	6	38	12	42	2	5	-	1	-	8
	65%	57%	77%	82%	44%	100%	66%	69%	55%	67%	42%	71%	-	60%	-	56%
With a child or children	7	2	3	-	3	-	-	4	3	5	1	1	-	-	-	2
	9%	8%	12%	-	22%	-	-	8%	12%	8%	30%	12%	-	-	-	16%
NET: With somebody else	53	13	18	8	7	1	6	39	14	43	3	5	-	1	-	9
	69%	57%	84%	82%	59%	100%	66%	72%	63%	70%	73%	71%	-	60%	-	66%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.11. Golf: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.
BASE: All who have done some form of physical activity in the past week

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	*b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	76	39	9	23	32	9	7	33	5	3	5	2	4	1	7	16
Total	76	36	11	26	36	8	6	34	5	3	5	1	4	1	9	14
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	23	10	4	7	11	4	1	12	2	1	1	-	1	1	1	5
	31%	29%	36%	26%	29%	51%	14%	36%	29%	28%	16%	-	23%	100%	14%	35%
With another adult or adults	50	25	7	17	23	4	5	22	2	2	4	1	3	-	7	8
	65%	69%	64%	64%	64%	49%	70%	64%	44%	72%	84%	49%	77%	-	86%	58%
With a child or children	7	2	-	5	5	-	3	1	1	-	1	1	-	-	-	3
	9%	4%	-	21%	15%	-	44%	2%	27%	-	26%	51%	-	-	-	20%
NET: With somebody else	53	25	7	19	26	4	6	22	4	2	4	1	3	-	7	9
	69%	71%	64%	74%	71%	49%	86%	64%	71%	72%	84%	100%	77%	-	86%	65%

Q4.11. Golf: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		*a	*b	*c	*d	e	*f	*a	*b	*c	*d	*e	*f	*a	b	*c	*d	e
Unweighted Total	76	18	18	13	3	31	21	24	16	12	-	28	24	10	34	29	3	66
Total	76	18	18	14	3	32	21	23	17	12	-	29	23	10	33	30	3	66
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	23	6	5	4	1	8	7	5	8	2	-	10	5	3	12	6	2	21
	31%	35%	25%	26%	40%	25%	35%	21%	47%	19%	-	36%	21%	26%	37%	21%	68%	31%
With another adult or adults	50	11	11	10	2	22	13	19	9	7	-	16	19	7	20	21	1	42
	65%	65%	62%	74%	60%	67%	65%	79%	53%	60%	-	56%	79%	74%	61%	71%	32%	64%
With a child or children	7	1	5	-	-	5	1	3	1	2	-	3	3	-	1	6	-	7
	9%	5%	30%	-	-	17%	4%	12%	6%	21%	-	12%	12%	-	2%	21%	-	11%
NET: With somebody else	53	11	14	10	2	24	13	19	9	10	-	19	19	7	21	24	1	45
	69%	65%	75%	74%	60%	75%	65%	79%	53%	81%	-	64%	79%	74%	63%	79%	32%	69%

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Q4.11. Golf: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		*a	b	*a	*b	*c	d	e	*f	a	*b	a	*b
Unweighted Total	76	29	37	16	9	12	44	32	2	53	23	69	7
Total	76	30	36	16	9	13	43	33	2	52	24	69	7
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	23	9	11	4	1	5	13	10	-	17	6	22	2
	31%	32%	31%	22%	9%	43%	31%	30%	-	32%	27%	31%	23%
With another adult or adults	50	18	24	12	7	6	28	22	2	32	17	44	5
	65%	60%	67%	78%	76%	46%	65%	66%	100%	62%	73%	64%	77%
With a child or children	7	5	2	2	3	2	3	4	1	6	1	7	-
	9%	18%	4%	13%	33%	18%	6%	13%	49%	12%	4%	10%	-
NET: With somebody else	53	21	25	12	9	7	30	23	2	36	17	48	5
	69%	68%	69%	78%	91%	57%	69%	70%	100%	68%	73%	69%	77%

Savanta:
ComRes

Q4.11. Golf: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.
BASE: All who have done some form of physical activity in the past week

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	a	*b	*c	*a	*b	*c	*d
Unweighted Total	76	5	5	17	11	13	11	2	12	41	25	38	23	15	15	22	24	14
Total	76	4	5	16	12	13	12	2	12	40	26	38	24	14	14	23	24	14
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	23	2	2	4	5	2	2	1	4	12	7	12	7	5	5	4	8	6
	31%	50%	45%	26%	45%	19%	17%	60%	29%	29%	26%	31%	29%	33%	38%	17%	35%	40%
With another adult or adults	50	2	3	12	5	10	8	1	8	28	18	24	16	10	8	17	15	9
	65%	35%	55%	74%	46%	81%	71%	40%	71%	68%	69%	63%	68%	67%	57%	77%	61%	60%
With a child or children	7	1	-	-	1	-	2	-	3	1	5	5	2	-	1	1	1	4
	9%	15%	-	-	9%	-	21%	-	24%	3%	21%	14%	6%	-	5%	6%	4%	27%
NET: With somebody else	53	2	3	12	7	10	10	1	8	29	19	26	17	10	9	19	16	9
	69%	50%	55%	74%	55%	81%	83%	40%	71%	71%	74%	69%	71%	67%	62%	83%	65%	60%

Savanta:
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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	*c	*a	b	*c	*d	*e	*f	g	*h	*i
Unweighted Total	180	103	75	112	53	15	8	32	16	26	19	7	43	17	12
Total	172	97	74	104	51	17	6	26	15	24	19	9	44	17	12
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	99	56	42	60	29	10	2	12	8	12	14	5	29	10	8
	57%	58%	56%	57%	57%	57%	25%	45%	53%	49%	74%	55%	65%	58%	68%
With another adult or adults	68	38	30	42	21	6	4	14	7	12	5	2	14	7	3
	40%	39%	40%	40%	40%	34%	62%	52%	47%	51%	26%	27%	32%	42%	23%
With a child or children	14	8	6	6	5	3	1	1	-	2	1	1	6	-	1
	8%	9%	8%	6%	10%	17%	13%	6%	-	10%	5%	17%	14%	-	9%
NET: With somebody else	74	40	32	44	22	7	5	14	7	12	5	4	15	7	4
	43%	42%	44%	43%	43%	43%	75%	55%	47%	51%	26%	45%	35%	42%	32%

Q4.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		*a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	180	27	51	40	26	27	9	118	62	124	11	22	14	1	2	50
Total	172	29	50	40	22	23	9	119	54	119	10	20	14	1	2	48
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	99	17	22	31	12	12	5	70	29	67	6	14	9	-	2	31
	57%	59%	43%	79%	54%	53%	50%	59%	53%	56%	59%	68%	63%	-	100%	64%
				bgh												
With another adult or adults	68	11	27	7	10	10	3	45	23	50	4	7	5	-	-	16
	40%	38%	54%	17%	46%	45%	34%	38%	43%	42%	41%	32%	37%	-	-	33%
			cg					c	c							
With a child or children	14	1	7	1	2	2	1	9	5	8	1	1	-	1	-	4
	8%	3%	15%	3%	8%	7%	16%	8%	9%	7%	15%	4%	-	100%	-	7%
NET: With somebody else	74	12	28	8	10	11	5	48	25	52	4	7	5	1	-	17
	43%	41%	57%	21%	46%	47%	50%	41%	47%	44%	41%	32%	37%	100%	-	36%
			c					c	c							

Q4.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	180	80	42	41	83	16	18	80	17	12	5	10	13	4	5	34
Total	172	65	47	46	93	15	16	77	17	11	4	9	13	4	6	31
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	99	35	27	29	56	5	9	41	10	6	2	9	12	3	1	14
	57%	53%	56%	64%	60%	35%	54%	53%	60%	55%	55%	100%	88%	75%	23%	45%
With another adult or adults	68	29	20	15	35	10	7	33	7	4	2	-	2	1	3	17
	40%	44%	41%	34%	38%	65%	46%	43%	40%	33%	45%	-	12%	25%	51%	55%
With a child or children	14	1	4	8	11	1	1	6	2	1	1	-	-	-	1	2
	8%	2%	8%	17%	12%	7%	5%	8%	14%	11%	28%	-	-	-	26%	6%
				a	a											
NET: With somebody else	74	30	21	17	37	10	7	36	7	5	2	-	2	1	4	17
	43%	47%	44%	36%	40%	65%	46%	47%	40%	45%	45%	-	12%	25%	77%	55%

Q4.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e
Unweighted Total	180	53	41	25	11	66	64	69	34	19	8	53	77	21	78	66	15	159
Total	172	51	40	22	10	62	61	67	32	19	7	51	73	18	76	64	15	154
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	99	30	22	9	5	31	35	38	17	11	3	27	41	7	45	35	12	92
	57%	59%	54%	42%	51%	50%	58%	57%	52%	56%	40%	54%	55%	39%	59%	55%	82%	59%
With another adult or adults	68	19	18	12	5	29	24	27	13	8	4	21	31	10	27	28	3	58
	40%	37%	44%	52%	49%	47%	39%	41%	41%	44%	60%	42%	42%	57%	36%	44%	18%	38%
With a child or children	14	3	8	1	-	9	3	4	5	3	-	8	4	1	6	7	-	14
	8%	6%	19%	6%	-	14%	5%	6%	16%	15%	-	16%	5%	3%	9%	11%	-	9%
			af										f					
NET: With somebody else	74	21	18	13	5	31	26	29	15	8	4	24	33	11	31	29	3	63
	43%	41%	46%	58%	49%	50%	42%	43%	48%	44%	60%	46%	45%	61%	41%	45%	18%	41%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	*b	*c	d	e	*f	a	*b	a	b
Unweighted Total	180	58	92	30	23	17	111	61	7	155	25	146	31
Total	172	57	89	30	21	16	106	58	6	149	24	142	27
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	99	29	59	15	9	5	68	26	2	85	13	83	15
	57%	50%	67%	49%	41%	28%	64%	44%	28%	57%	57%	59%	57%
			a				e						
With another adult or adults	68	29	27	15	13	10	36	31	5	59	9	56	11
	40%	50%	31%	51%	59%	64%	34%	53%	72%	40%	40%	39%	41%
		b						d					
With a child or children	14	8	4	3	3	5	5	7	2	13	1	12	1
	8%	13%	4%	11%	16%	31%	4%	13%	31%	9%	3%	9%	2%
NET: With somebody else	74	29	30	15	13	12	38	32	5	63	10	59	12
	43%	50%	33%	51%	59%	72%	36%	56%	72%	43%	43%	41%	43%
		b						d					

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	d	*e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	180	2	12	23	32	29	36	11	35	84	82	101	44	34	39	40	64	33
Total	172 100%	2 100%	10 100%	22 100%	31 100%	27 100%	35 100%	10 100%	36 100%	80 100%	80 100%	99 100%	40 100%	32 100%	36 100%	37 100%	62 100%	32 100%
Nobody, I did this on my own	99 57%	- -	9 83%	12 55%	22 70% f	15 55%	14 40%	5 52%	22 63%	49 61% f	41 52%	53 54%	26 64%	20 62%	26 71% bd	18 47%	39 63%	14 44%
With another adult or adults	68 40%	2 100%	2 17%	9 39%	9 30%	12 43%	21 60% dhi	4 36%	11 31%	29 37%	35 44%	42 42%	14 36%	11 33%	10 29%	17 45%	23 37%	17 53% a
With a child or children	14 8%	- -	- -	1 6%	3 11%	1 2%	4 10%	1 11%	4 12%	5 7%	9 11%	11 11%	1 3%	2 8%	- -	5 14% a	3 6%	4 13% a
NET: With somebody else	74 43%	2 100%	2 17%	10 45%	9 30%	12 45%	21 60% di	5 48%	13 37%	31 39%	39 48%	46 46%	14 36%	12 38%	10 29%	20 53% a	23 37%	18 56% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.13. Swimming: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	97	57	40	50	37	10	8	12	5	7	17	10	20	9	9
Total	96	54	42	48	35	12	7	11	5	7	17	12	19	9	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	44	24	19	20	15	9	3	6	2	4	7	5	9	3	5
	46%	45%	47%	43%	42%	68%	48%	54%	34%	51%	42%	41%	51%	33%	50%
With another adult or adults	37	17	20	20	14	4	3	4	2	3	7	3	7	4	5
	39%	32%	48%	41%	38%	32%	37%	37%	43%	35%	40%	28%	39%	42%	50%
With a child or children	25	20	6	14	12	-	3	3	2	1	3	5	3	5	1
	27%	36% b	14%	28%	34%	-	42%	25%	49%	14%	19%	42%	14%	51%	11%
NET: With somebody else	52	30	22	27	21	4	4	5	3	4	10	7	9	6	5
	54%	55%	53%	57%	58%	32%	52%	46%	66%	49%	58%	59%	49%	67%	50%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.13. Swimming: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		*a	*b	*c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	*g
Unweighted Total	97	17	22	24	18	6	10	63	34	75	8	8	5	-	-	21
Total	96	18	24	22	16	6	10	64	32	75	7	7	5	-	-	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
Nobody, I did this on my own	44	6	12	9	6	1	9	27	16	37	4	2	-	-	-	7
	46%	34%	50%	42%	41%	22%	82%	43%	51%	49%	55%	35%	-	-	-	34%
With another adult or adults	37	7	11	9	5	4	-	27	10	26	3	4	4	-	-	11
	39%	40%	45%	42%	34%	78%	-	43%	31%	35%	45%	51%	73%	-	-	54%
With a child or children	25	9	3	5	6	1	2	17	9	21	-	2	1	-	-	3
	27%	48%	10%	25%	37%	22%	18%	26%	28%	28%	-	26%	27%	-	-	16%
NET: With somebody else	52	12	12	13	9	4	2	37	16	38	3	5	5	-	-	13
	54%	66%	50%	58%	59%	78%	18%	57%	49%	51%	45%	65%	100%	-	-	66%

Q4.13. Swimming: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	*b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	97	42	19	26	45	13	13	42	8	2	2	5	5	4	3	26
Total	96 100%	37 100%	21 100%	29 100%	50 100%	13 100%	13 100%	41 100%	9 100%	2 100%	2 100%	4 100%	4 100%	4 100%	4 100%	26 100%
Nobody, I did this on my own	44 46%	22 60% d	7 35%	11 36%	18 36%	6 44%	7 52%	14 34%	5 58%	-	1 47%	3 81%	2 54%	2 49%	4 100%	12 48%
With another adult or adults	37 39%	14 38%	12 55%	8 26%	19 38%	5 37%	5 40%	19 46%	3 32%	2 100%	1 53%	1 19%	1 19%	1 23%	-	10 39%
With a child or children	25 27%	2 4%	8 36%	15 52%	23 45% a	2 19%	4 29%	14 33%	2 24%	-	1 53%	-	1 27%	1 28%	-	6 24%
NET: With somebody else	52 54%	15 40%	14 65%	19 64%	32 64% a	7 56%	6 48%	27 66%	4 42%	2 100%	1 53%	1 19%	2 46%	2 51%	-	13 52%

Savanta: ComRes

Q4.13. Swimming: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		*a	*b	*c	*d	e	f	*a	*b	*c	*d	e	*f	*a	b	c	*d	e
Unweighted Total	97	26	23	10	8	33	34	26	23	14	2	37	28	15	42	33	7	82
Total	96	26	23	10	7	33	34	27	22	14	2	36	29	14	42	32	8	82
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	44	10	10	3	4	13	13	10	9	5	1	14	11	9	17	15	2	35
	46%	37%	44%	31%	49%	40%	40%	38%	41%	39%	39%	41%	38%	65%	42%	48%	27%	42%
With another adult or adults	37	12	10	5	2	15	14	11	12	5	1	17	13	4	21	9	2	33
	39%	45%	45%	52%	33%	47%	42%	43%	54%	39%	61%	48%	44%	30%	51%	29%	28%	40%
With a child or children	25	10	4	4	2	8	12	10	2	6	1	9	11	1	9	12	4	25
	27%	38%	19%	43%	31%	26%	36%	37%	11%	45%	61%	24%	39%	5%	22%	36%	45%	30%
NET: With somebody else	52	17	13	7	4	19	20	17	13	8	1	21	18	5	24	17	6	47
	54%	63%	56%	69%	51%	60%	60%	62%	59%	61%	61%	59%	62%	35%	58%	52%	73%	58%

Savanta:
ComRes

Q4.13. Swimming: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	*a	*b	*c	d	e	*f	a	*b	a	*b
Unweighted Total	97	35	45	22	20	8	56	39	7	82	15	84	13
Total	96	35	45	23	20	7	55	40	7	80	16	84	12
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	44	12	21	9	10	2	27	16	4	36	7	40	4
	46%	34%	47%	40%	49%	33%	50%	40%	59%	45%	47%	48%	32%
With another adult or adults	37	14	18	8	9	4	20	17	3	32	5	32	5
	39%	41%	41%	36%	46%	53%	37%	43%	41%	40%	30%	38%	44%
With a child or children	25	13	12	6	3	3	15	9	1	22	4	21	4
	27%	36%	27%	28%	15%	36%	28%	24%	12%	27%	23%	25%	35%
NET: With somebody else	52	23	24	14	10	5	27	24	3	44	8	44	8
	54%	66%	53%	60%	51%	67%	50%	60%	41%	55%	53%	52%	68%

Savanta:
ComRes

Q4.13. Swimming: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	a	b	*c	*a	*b	c	*d
Unweighted Total	97	1	7	11	21	20	17	6	14	52	37	52	35	10	12	29	36	18
Total	96	1	7	12	20	18	18	6	15	50	38	52	34	10	11	28	37	19
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	44	1	2	8	6	6	8	3	10	20	21	22	16	5	5	10	18	9
	46%	100%	24%	66%	30%	37%	46%	46%	68%	41%	54%	42%	49%	54%	48%	37%	49%	50%
With another adult or adults	37	-	1	3	12	8	8	1	4	23	13	25	9	4	4	12	15	5
	39%	-	11%	28%	59%	44%	48%	19%	25%	46%	34%	47%	26%	38%	41%	41%	41%	26%
With a child or children	25	-	4	1	5	6	4	3	2	12	9	14	11	1	2	11	6	6
	27%	-	65%	6%	26%	35%	21%	54%	13%	25%	23%	27%	32%	8%	19%	38%	17%	34%
NET: With somebody else	52	-	5	4	14	11	9	3	5	29	18	30	17	4	5	18	19	9
	54%	-	76%	34%	70%	63%	54%	54%	32%	59%	46%	58%	51%	46%	52%	63%	51%	50%

Savanta:
ComRes

Q4.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.
BASE: All who have done some form of physical activity in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	71	49	21	47	20	4	3	10	8	13	5	5	20	5	2
Total	68	47	20	44	19	4	2	9	8	12	6	6	19	4	2
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	25	18	7	16	6	3	1	5	2	3	2	1	9	2	1
	37%	39%	33%	36%	31%	72%	32%	59%	20%	25%	38%	22%	46%	35%	53%
With another adult or adults	35	24	10	24	10	1	1	4	7	9	4	2	6	2	1
	51%	51%	49%	54%	50%	28%	32%	41%	80%	75%	62%	38%	34%	36%	47%
With a child or children	10	5	5	6	4	-	1	1	-	1	-	2	4	1	-
	15%	11%	24%	13%	23%	-	36%	9%	-	9%	-	40%	20%	29%	-
NET: With somebody else	43	29	13	29	13	1	2	4	7	9	4	5	10	3	1
	63%	61%	67%	64%	69%	28%	68%	41%	80%	75%	62%	78%	54%	65%	47%

Q4.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total	71	24	12	13	11	4	7	49	22	44	8	8	8	1	1	26
Total	68	25	11	12	10	4	6	48	20	42	7	8	8	1	1	25
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	25	12	5	3	2	1	1	20	5	17	3	2	4	-	-	8
	37%	48%	40%	29%	23%	37%	24%	41%	26%	40%	39%	22%	49%	-	-	33%
With another adult or adults	35	9	5	8	6	2	5	22	13	22	2	5	4	1	-	12
	51%	37%	43%	71%	54%	63%	76%	47%	62%	52%	32%	61%	51%	100%	-	49%
With a child or children	10	4	3	-	3	-	-	7	3	5	2	2	-	-	1	5
	15%	15%	28%	-	31%	-	-	14%	16%	11%	28%	27%	-	-	100%	21%
NET: With somebody else	43	13	7	8	8	2	5	28	15	25	4	6	4	1	1	17
	63%	52%	60%	71%	77%	63%	76%	59%	74%	60%	61%	78%	51%	100%	100%	67%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	*b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	71	33	15	17	32	4	11	31	3	5	5	3	2	5	2	15
Total	68 100%	27 100%	17 100%	19 100%	36 100%	4 100%	11 100%	29 100%	3 100%	5 100%	5 100%	2 100%	2 100%	4 100%	3 100%	15 100%
Nobody, I did this on my own	25 37%	14 52% d	3 20%	5 27%	9 24%	1 23%	4 32%	12 41%	1 28%	2 43%	1 25%	1 36%	1 38%	1 34%	1 53%	4 30%
With another adult or adults	35 51%	12 45%	13 80%	7 35%	20 56%	3 77%	7 68%	12 42%	1 32%	2 40%	4 75%	2 64%	-	3 66%	1 47%	11 70%
With a child or children	10 15%	1 3%	1 7%	8 42%	9 26% a	-	1 7%	6 20%	1 39%	1 18%	-	-	1 62%	-	-	1 5%
NET: With somebody else	43 63%	13 48%	13 80%	14 73%	28 76% a	3 77%	7 68%	17 59%	2 72%	3 57%	4 75%	2 64%	1 62%	3 66%	1 47%	11 70%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.
BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		*a	*b	*c	*d	e	*f	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	e
Unweighted Total	71	19	19	12	4	31	23	20	16	12	6	28	26	9	27	25	10	62
Total	68	19	19	11	4	30	22	19	16	12	5	27	24	7	27	24	10	61
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	25	10	5	1	4	6	13	9	4	5	2	9	11	5	9	5	6	20
	37%	52%	27%	13%	100%	22%	59%	47%	28%	40%	30%	33%	43%	65%	34%	21%	59%	33%
With another adult or adults	35	5	11	9	-	20	5	8	9	5	4	14	11	3	16	14	2	32
	51%	29%	60%	79%	-	67%	25%	41%	57%	43%	70%	51%	47%	35%	61%	58%	22%	53%
With a child or children	10	4	4	1	-	5	4	3	4	2	-	6	3	-	2	6	2	10
	15%	19%	24%	7%	-	18%	16%	17%	23%	17%	-	20%	13%	-	9%	24%	19%	17%
NET: With somebody else	43	9	14	10	-	23	9	10	11	7	4	18	14	3	18	19	4	40
	63%	48%	73%	87%	-	78%	41%	53%	72%	60%	70%	67%	57%	35%	66%	79%	41%	67%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	*b	*a	*b	*c	d	e	*f	a	*b	a	*b
Unweighted Total	71	32	26	20	15	12	31	39	4	57	14	61	10
Total	68	32	25	20	14	11	29	38	4	55	13	59	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	25	10	10	4	4	5	14	11	1	19	6	22	3
	37%	32%	39%	21%	25%	41%	50%	28%	20%	35%	44%	37%	34%
With another adult or adults	35	17	11	14	10	6	11	23	3	30	4	29	6
	51%	54%	46%	68%	67%	51%	37%	61%	80%	56%	33%	49%	66%
With a child or children	10	6	4	4	3	2	4	6	2	7	3	10	-
	15%	20%	15%	21%	21%	15%	13%	16%	52%	13%	23%	17%	-
NET: With somebody else	43	22	15	16	11	6	15	28	3	36	8	37	6
	63%	68%	61%	79%	75%	59%	50%	72%	80%	65%	56%	63%	66%

Savanta: ComRes

Q4.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	a	*b	*c	*a	*b	*c	*d
Unweighted Total	71	-	4	10	10	16	15	2	14	36	31	34	24	13	16	19	23	13
Total	68	-	4	8	9	16	15	2	14	33	32	32	24	12	16	17	22	13
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	25	-	2	4	2	8	3	1	4	15	8	15	7	3	3	9	7	6
	37%	-	48%	51%	24%	54%	18%	66%	31%	45%	27%	47%	28%	27%	20%	50%	33%	46%
With another adult or adults	35	-	2	3	6	7	10	1	6	16	17	16	11	8	9	8	12	6
	51%	-	52%	39%	63%	46%	67%	34%	43%	49%	54%	50%	47%	62%	56%	46%	56%	44%
With a child or children	10	-	-	1	1	-	4	-	5	2	8	2	7	1	4	1	2	3
	15%	-	-	10%	14%	-	23%	-	32%	6%	25%	5%	30%	11%	23%	5%	11%	25%
											i							
NET: With somebody else	43	-	2	4	7	7	13	1	10	18	23	17	17	9	12	9	15	7
	63%	-	52%	49%	76%	46%	82%	34%	69%	55%	73%	53%	72%	73%	80%	50%	67%	54%

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.15. Water sports (such as surfing, rowing, sailing etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	61	39	21	42	18	1	3	8	5	5	6	7	15	7	5
Total	58	37	21	41	16	1	3	8	4	5	5	8	14	6	4
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	19	12	8	13	5	1	1	2	2	-	2	5	4	1	2
	33%	31%	38%	32%	30%	100%	38%	29%	37%	-	35%	55%	31%	21%	54%
With another adult or adults	36	24	11	27	9	-	2	5	3	5	3	4	10	4	1
	61%	65%	53%	66%	55%	-	62%	60%	63%	100%	52%	45%	69%	68%	25%
With a child or children	5	3	2	1	4	-	-	2	-	-	1	-	-	2	1
	9%	9%	9%	2%	27%	-	-	22%	-	-	13%	-	-	28%	22%
NET: With somebody else	39	25	13	28	12	-	2	5	3	5	3	4	10	5	2
	67%	69%	62%	68%	70%	-	62%	71%	63%	100%	65%	45%	69%	79%	46%

Q4.15. Water sports (such as surfing, rowing, sailing etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total	61	16	14	10	9	9	3	40	21	39	3	6	9	2	-	20
Total	58	17	14	9	7	8	3	40	18	37	3	6	9	1	-	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	19	6	4	5	2	3	-	15	4	14	2	-	3	-	-	5
	33%	34%	27%	59%	23%	33%	-	37%	24%	39%	52%	-	39%	-	-	26%
With another adult or adults	36	11	11	4	5	4	1	25	11	21	1	6	5	1	-	14
	61%	66%	73%	41%	68%	55%	40%	63%	58%	57%	48%	100%	61%	49%	-	71%
With a child or children	5	-	-	-	3	1	2	-	5	3	-	1	-	1	-	2
	9%	-	-	-	35%	12%	60%	-	28%	8%	-	13%	-	51%	-	8%
NET: With somebody else	39	11	11	4	6	5	3	25	14	23	1	6	5	1	-	15
	67%	66%	73%	41%	77%	67%	100%	63%	76%	61%	48%	100%	61%	100%	-	74%

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Q4.15. Water sports (such as surfing, rowing, sailing etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	61	23	13	16	29	8	5	26	4	6	4	4	3	1	-	13
Total	58	19	14	18	32	8	5	25	4	6	3	3	3	1	-	13
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	19	11	3	2	5	2	2	7	2	5	-	1	1	-	-	4
	33%	55%	23%	12%	17%	21%	38%	29%	42%	86%	-	20%	40%	-	-	28%
With another adult or adults	36	8	10	15	24	5	3	18	2	1	3	2	2	1	-	8
	61%	41%	70%	83%	77%	58%	62%	71%	58%	14%	79%	53%	60%	100%	-	59%
With a child or children	5	1	2	2	4	2	1	1	-	-	1	1	-	-	-	2
	9%	4%	15%	10%	12%	21%	16%	4%	-	-	21%	27%	-	-	-	19%
NET: With somebody else	39	9	11	15	26	6	3	18	2	1	3	3	2	1	-	9
	67%	45%	77%	88%	83%	79%	62%	71%	58%	14%	100%	80%	60%	100%	-	72%

Savanta:
ComRes

Q4.15. Water sports (such as surfing, rowing, sailing etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	e
Unweighted Total	61	13	20	8	4	28	17	15	14	12	4	26	19	10	22	22	7	51
Total	58	13	19	7	4	26	17	14	14	11	3	25	18	8	22	21	7	51
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	19	4	8	2	1	10	6	4	4	6	2	10	6	4	7	5	3	15
	33%	36%	39%	35%	29%	38%	34%	32%	28%	50%	46%	38%	35%	51%	32%	25%	40%	30%
With another adult or adults	36	8	12	4	3	16	11	10	10	5	2	15	12	4	13	15	4	32
	61%	64%	61%	56%	71%	59%	66%	68%	72%	44%	54%	59%	65%	49%	60%	72%	48%	63%
With a child or children	5	1	1	1	-	2	1	2	-	1	-	1	2	-	3	2	1	5
	9%	9%	4%	10%	-	6%	7%	14%	-	6%	-	3%	11%	-	12%	7%	12%	10%
NET: With somebody else	39	8	12	5	3	16	11	10	10	6	2	16	12	4	15	16	4	35
	67%	64%	61%	65%	71%	62%	66%	68%	72%	50%	54%	62%	65%	49%	68%	75%	60%	70%

Savanta:
ComRes

Q4.15. Water sports (such as surfing, rowing, sailing etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		*a	*b	*a	*b	*c	*d	e	*f	a	*b	a	*b
Unweighted Total	61	28	20	18	12	13	21	36	2	52	9	48	10
Total	58	28	20	18	11	13	20	35	2	50	9	47	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	19	9	7	6	2	4	8	12	-	17	2	14	5
	33%	31%	33%	31%	22%	32%	39%	33%	-	35%	24%	29%	55%
With another adult or adults	36	19	11	12	8	9	11	22	2	30	6	32	2
	61%	66%	58%	65%	69%	68%	56%	62%	100%	60%	68%	68%	27%
With a child or children	5	2	3	2	2	1	2	2	1	4	1	4	2
	9%	5%	15%	8%	16%	6%	10%	7%	42%	9%	8%	8%	18%
NET: With somebody else	39	20	13	13	9	9	12	24	2	32	7	33	4
	67%	69%	67%	69%	78%	68%	61%	67%	100%	65%	76%	71%	45%

Savanta:
ComRes

Q4.15. Water sports (such as surfing, rowing, sailing etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	a	*b	*c	*a	*b	*c	*d
Unweighted Total	61	-	3	5	17	13	10	5	8	35	23	35	17	8	16	18	12	14
Total	58	-	2	5	16	11	11	5	7	33	23	34	16	7	14	17	13	14
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	19	-	1	-	7	6	3	1	2	13	5	12	5	3	4	6	5	3
	33%	-	32%	-	42%	55%	29%	14%	21%	40%	23%	35%	29%	37%	31%	36%	41%	21%
With another adult or adults	36	-	2	4	9	4	8	4	5	18	16	20	11	4	8	11	7	10
	61%	-	68%	86%	58%	39%	71%	68%	67%	55%	69%	60%	66%	54%	53%	64%	59%	72%
With a child or children	5	-	-	1	1	1	-	1	2	3	3	2	2	1	2	-	1	2
	9%	-	-	14%	7%	6%	-	18%	22%	8%	11%	7%	12%	9%	16%	-	9%	12%
NET: With somebody else	39	-	2	5	9	5	8	4	6	20	18	22	12	5	10	11	7	11
	67%	-	68%	100%	58%	45%	71%	86%	79%	60%	77%	65%	71%	63%	69%	64%	59%	79%

Q4.16. Gymnastics, trampolining or cheerleading: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		*a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	52	26	25	32	19	1	4	5	1	4	7	5	16	8	2
Total	49	24	24	31	18	1	3	4	1	4	6	5	15	8	2
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	16	6	10	11	5	-	1	-	-	1	2	2	4	5	-
	33%	26%	41%	38%	27%	-	32%	-	-	28%	40%	39%	28%	63%	-
With another adult or adults	21	8	12	11	9	1	1	3	1	1	2	1	9	2	1
	43%	33%	51%	37%	51%	100%	44%	79%	100%	26%	24%	22%	59%	21%	61%
With a child or children	18	11	7	12	6	-	1	3	-	3	2	2	4	1	1
	37%	45%	30%	40%	33%	-	24%	83%	-	72%	35%	39%	30%	16%	39%
NET: With somebody else	33	18	14	19	13	1	2	4	1	3	4	3	11	3	2
	67%	74%	59%	62%	73%	100%	68%	100%	100%	72%	60%	61%	72%	37%	100%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.16. Gymnastics, trampolining or cheerleading: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total	52	13	13	8	9	3	6	34	18	31	4	6	7	3	-	20
Total	49	12	14	7	8	3	5	34	16	29	4	6	7	2	-	19
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	16	4	5	4	-	1	2	13	3	12	-	2	3	-	-	5
	33%	29%	35%	62%	-	31%	48%	39%	21%	40%	-	34%	38%	-	-	24%
With another adult or adults	21	5	7	3	5	1	1	14	7	9	3	3	4	1	-	11
	43%	37%	50%	38%	61%	36%	22%	43%	44%	32%	81%	44%	62%	33%	-	57%
With a child or children	18	4	6	-	6	1	2	10	8	10	2	2	2	2	-	8
	37%	34%	42%	-	72%	34%	30%	30%	52%	34%	54%	36%	31%	67%	-	42%
NET: With somebody else	33	9	9	3	8	2	3	21	12	18	4	4	4	2	-	15
	67%	71%	65%	38%	100%	69%	52%	61%	79%	60%	100%	66%	62%	100%	-	76%

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Q4.16. Gymnastics, trampolining or cheerleading: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	52	24	7	16	23	5	10	15	6	4	4	4	3	1	-	15
Total	49	20	8	18	26	4	10	14	6	4	4	3	3	1	-	14
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	16	7	4	3	7	2	5	2	2	-	1	1	3	1	-	7
	33%	34%	46%	19%	27%	38%	52%	12%	39%	-	28%	23%	100%	100%	-	48%
With another adult or adults	21	11	3	7	10	2	4	7	3	3	2	1	-	-	-	5
	43%	53%	42%	38%	39%	36%	35%	52%	46%	78%	47%	33%	-	-	-	35%
With a child or children	18	3	3	11	14	1	3	7	3	1	1	2	-	-	-	4
	37%	16%	40%	62%	56%	26%	32%	52%	50%	22%	25%	45%	-	-	-	30%
NET: With somebody else	33	13	4	14	19	3	5	13	4	4	3	3	-	-	-	7
	67%	66%	54%	81%	73%	62%	48%	88%	61%	100%	72%	77%	-	-	-	52%

Q4.16. Gymnastics, trampolining or cheerleading: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	e
Unweighted Total	52	14	16	5	3	21	17	12	15	7	4	22	16	6	24	13	9	46
Total	49	14	16	5	3	21	16	11	15	7	4	22	15	5	22	13	9	44
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	16	5	4	1	-	5	5	4	4	1	1	5	5	3	10	3	1	14
	33%	37%	22%	21%	-	22%	30%	33%	23%	15%	33%	21%	33%	50%	43%	21%	14%	31%
With another adult or adults	21	6	10	1	2	11	8	3	9	4	2	14	5	2	10	7	3	20
	43%	43%	62%	20%	67%	52%	47%	30%	61%	60%	42%	61%	33%	31%	44%	53%	32%	44%
With a child or children	18	5	7	3	1	10	6	7	5	3	1	8	8	1	5	6	6	17
	37%	35%	43%	59%	33%	47%	34%	60%	30%	45%	25%	35%	52%	19%	23%	43%	75%	39%
NET: With somebody else	33	9	12	4	3	16	12	8	12	6	2	18	10	3	13	10	7	30
	67%	63%	78%	79%	100%	78%	70%	67%	77%	85%	67%	79%	67%	50%	57%	79%	86%	69%

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Q4.16. Gymnastics, trampolining or cheerleading: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		*a	*b	*a	*b	*c	*d	*e	*f	a	*b	a	*b
Unweighted Total	52	23	16	13	10	12	20	29	3	38	14	38	13
Total	49	23	15	13	10	10	20	27	3	36	13	37	11
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	16	8	5	3	2	1	11	4	1	13	3	12	3
	33%	35%	32%	26%	19%	10%	56%	16%	28%	36%	24%	33%	27%
With another adult or adults	21	12	4	5	7	8	5	16	2	17	4	15	6
	43%	51%	30%	39%	70%	76%	24%	58%	72%	47%	32%	41%	52%
With a child or children	18	8	7	7	6	4	5	13	2	12	6	15	3
	37%	36%	46%	58%	56%	35%	23%	46%	72%	34%	44%	40%	28%
NET: With somebody else	33	15	10	9	8	9	9	23	2	23	10	25	8
	67%	65%	68%	74%	81%	90%	44%	84%	72%	64%	76%	67%	73%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.16. Gymnastics, trampolining or cheerleading: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*a	*b	*c	*a	*b	*c	*d
Unweighted Total	52	-	4	4	11	5	11	4	13	20	28	23	18	9	13	19	12	8
Total	49	-	4	3	10	5	11	4	12	18	27	23	17	8	12	18	13	7
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	16	-	1	1	4	3	3	1	3	8	7	8	5	3	2	6	5	3
	33%	-	29%	27%	39%	63%	24%	30%	27%	43%	27%	36%	31%	33%	17%	35%	39%	45%
With another adult or adults	21	-	3	2	5	1	6	2	4	8	11	9	7	4	6	9	4	2
	43%	-	71%	48%	52%	19%	51%	38%	30%	42%	40%	39%	42%	55%	49%	52%	34%	28%
With a child or children	18	-	-	1	2	1	7	2	6	4	14	10	6	1	4	5	6	4
	37%	-	-	25%	20%	18%	57%	50%	49%	20%	53%	44%	38%	12%	34%	25%	45%	55%
NET: With somebody else	33	-	3	2	6	2	9	3	9	10	20	14	12	5	10	12	8	4
	67%	-	71%	73%	61%	37%	76%	70%	73%	57%	73%	64%	69%	67%	83%	65%	61%	55%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.7. Other sport, exercise or physical activity: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	*a	*b	c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	90	52	38	27	22	41	8	15	10	8	8	6	9	14	12
Total	92	54	38	25	19	48	7	14	11	9	8	7	9	15	12
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	59	34	24	13	13	33	5	11	8	4	6	4	6	7	8
	64%	64%	64%	53%	66%	69%	67%	80%	75%	44%	77%	63%	66%	46%	63%
With another adult or adults	27	16	12	8	5	14	1	3	3	4	1	1	3	7	5
	30%	29%	30%	34%	27%	29%	20%	20%	25%	45%	9%	16%	34%	46%	37%
With a child or children	8	4	3	4	3	1	1	-	-	3	1	1	-	1	-
	8%	8%	9%	17%	13%	2%	13%	-	-	33%	13%	21%	-	8%	-
NET: With somebody else	33	19	14	12	7	15	2	3	3	5	2	3	3	8	5
	36%	36%	36%	47%	34%	31%	33%	20%	25%	56%	23%	37%	34%	54%	37%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.7. Other sport, exercise or physical activity: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.
BASE: All who have done some form of physical activity in the past week

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		*a	*b	*c	*d	*e	f	g	h	a	*b	*c	*d	*e	*f	*g
Unweighted Total	90	1	21	26	4	8	30	48	42	77	4	1	3	3	-	11
Total	92	1	21	25	4	7	34	47	45	80	4	1	3	2	-	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	59	1	9	17	3	5	23	28	31	53	1	1	2	1	-	5
	64%	100%	45%	69%	74%	72%	68%	59%	69%	66%	34%	100%	65%	36%	-	52%
With another adult or adults	27	-	7	8	-	2	11	14	13	22	2	-	1	2	-	5
	30%	-	33%	31%	-	28%	32%	31%	29%	27%	66%	-	35%	64%	-	48%
With a child or children	8	-	5	1	1	1	-	5	2	6	1	-	1	-	-	2
	8%	-	23%	3%	26%	15%	-	12%	5%	7%	22%	-	35%	-	-	18%
NET: With somebody else	33	-	11	8	1	2	11	19	14	27	2	-	1	2	-	5
	36%	-	55%	31%	26%	28%	32%	41%	31%	34%	66%	-	35%	64%	-	48%

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Q4.7. Other sport, exercise or physical activity: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	90	74	10	4	14	7	2	22	6	4	4	5	7	4	29	9
Total	92	74	12	4	16	6	2	21	5	3	4	4	7	4	35	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	59	50	6	2	8	4	1	12	4	3	4	4	3	1	23	5
	64%	67%	48%	54%	49%	61%	38%	59%	82%	100%	83%	100%	42%	26%	65%	55%
With another adult or adults	27	23	3	1	3	2	1	5	1	-	1	-	3	3	12	3
	30%	31%	21%	22%	21%	24%	62%	23%	18%	-	17%	-	44%	74%	35%	34%
With a child or children	8	2	5	1	6	1	-	4	-	-	-	-	2	1	-	1
	8%	2%	40%	24%	36%	15%	-	18%	-	-	-	-	27%	31%	-	11%
NET: With somebody else	33	24	6	2	8	2	1	8	1	-	1	-	4	3	12	4
	36%	33%	52%	46%	51%	39%	62%	41%	18%	-	17%	-	58%	74%	35%	45%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.7. Other sport, exercise or physical activity: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e	*f	*a	b	*c	*d	e
Unweighted Total	90	16	14	6	1	20	17	23	5	6	2	11	25	25	50	14	1	65
Total	92	14	14	6	1	19	15	21	5	6	2	11	23	26	51	14	1	65
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	59	11	7	3	1	11	12	13	3	5	2	8	14	23	27	8	-	35
	64%	77%	54%	61%	100%	56%	79%	61%	59%	77%	100%	69%	64%	89%	54%	59%	-	54%
With another adult or adults	27	3	2	2	-	5	3	6	1	1	-	2	6	3	20	5	-	24
	30%	23%	18%	39%	-	24%	21%	27%	15%	23%	-	20%	25%	11%	39%	34%	-	37%
With a child or children	8	-	4	-	-	4	-	3	1	-	-	1	3	-	5	2	1	8
	8%	-	28%	-	-	20%	-	12%	25%	-	-	11%	11%	-	9%	15%	100%	12%
NET: With somebody else	33	3	6	2	-	8	3	8	2	1	-	3	8	3	23	6	1	30
	36%	23%	46%	39%	-	44%	21%	39%	41%	23%	-	31%	36%	11%	46%	41%	100%	46%

Q4.7. Other sport, exercise or physical activity: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		*a	b	*a	*b	*c	d	*e	*f	a	*b	a	*b
Unweighted Total	90	6	55	13	19	1	60	28	4	66	24	82	8
Total	92	6	56	13	22	1	60	31	4	65	26	85	7
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	59	2	31	12	15	1	36	22	4	39	20	54	5
	64%	34%	56%	93%	67%	100%	60%	73%	100%	60%	75%	63%	77%
With another adult or adults	27	2	21	1	6	-	20	7	-	21	7	26	2
	30%	32%	37%	7%	27%	-	33%	22%	-	31%	25%	30%	23%
With a child or children	8	2	6	-	3	-	5	3	-	8	-	8	-
	8%	33%	10%	-	12%	-	8%	8%	-	12%	-	9%	-
NET: With somebody else	33	4	25	1	7	-	24	8	-	26	7	31	2
	36%	66%	44%	7%	33%	-	40%	27%	-	40%	25%	37%	23%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q4.7. Other sport, exercise or physical activity: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

| | Total | Number of days active | | | | | | | | NET 2-4 days | NET 5 + days | Amount of activity in the past week compared to previous week | | | Life satisfaction score | | | |
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	a	b	*c	*a	*b	c	*d
Unweighted Total	90	3	9	26	18	7	4	4	19	51	27	33	39	17	15	26	38	9
Total	92	4	8	26	20	8	4	3	19	53	27	32	42	17	15	26	38	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	59	4	5	16	12	3	2	3	14	31	19	24	26	9	9	16	27	6
	64%	100%	54%	61%	62%	43%	68%	79%	73%	59%	73%	74%	62%	52%	58%	60%	69%	63%
With another adult or adults	27	-	3	8	6	3	1	1	5	17	7	6	14	6	6	9	10	2
	30%	-	35%	30%	31%	44%	32%	21%	27%	32%	27%	20%	34%	35%	36%	34%	25%	25%
With a child or children	8	-	1	2	3	1	-	-	1	6	1	4	1	2	2	3	2	1
	8%	-	11%	9%	13%	14%	-	-	4%	11%	3%	12%	3%	13%	11%	10%	5%	12%
NET: With somebody else	33	-	4	10	7	4	1	1	5	22	7	8	16	8	6	10	12	4
	36%	-	46%	39%	38%	57%	32%	21%	27%	41%	27%	26%	38%	48%	42%	40%	31%	37%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D. SUMMARY: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?
BASE: All who have done some form of physical activity in the past week

	Total	A lot more	A bit more	Neither more nor less	A bit less	A lot less	Don't know	NET: More	NET: Less
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	210	30	91	68	14	6	2	121	20
	100%	14%	43%	32%	7%	3%	1%	57%	9%
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	172	59	38	38	19	15	4	97	34
	100%	34%	22%	22%	11%	9%	2%	56%	20%
Golf	76	16	27	27	5	2	-	42	6
	100%	21%	35%	36%	6%	2%	-	56%	9%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	158	33	54	50	15	4	1	87	20
	100%	21%	34%	31%	10%	3%	1%	55%	13%
Running or jogging	400	66	144	123	56	11	2	209	66
	100%	16%	36%	31%	14%	3%	*	52%	17%
Combat sports, martial arts or target sports (such as shooting, archery etc.)	68	14	21	19	10	2	1	36	12
	100%	21%	31%	28%	15%	3%	2%	52%	18%
Racket sports (such as tennis, badminton, squash etc.)	63	11	22	22	6	2	-	33	8
	100%	17%	35%	35%	10%	3%	-	52%	13%
Swimming	96	23	26	32	8	5	1	49	13
	100%	24%	27%	34%	8%	5%	2%	52%	13%
Other sport, exercise or physical activity	92	17	29	33	10	3	-	46	13
	100%	18%	32%	36%	11%	3%	-	50%	14%
Cycling (either for leisure or travel)	270	47	87	84	42	10	-	134	53
	100%	17%	32%	31%	16%	4%	-	49%	19%
Water sports (such as surfing, rowing, sailing etc.)	58	15	14	19	7	4	-	29	11
	100%	26%	23%	32%	12%	7%	-	49%	19%
Gymnastics, trampolining or cheerleading	49	11	13	16	5	5	-	24	10
	100%	22%	27%	32%	9%	11%	-	49%	20%
Team sports (such as football, cricket, rugby etc.)	93	18	27	31	14	3	1	45	17
	100%	19%	29%	33%	15%	3%	1%	48%	18%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D. SUMMARY: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

	Total	A lot more	A bit more	Neither more nor less	A bit less	A lot less	Don't know	NET: More	NET: Less
Home activity, fitness or exercise class viewed online or on TV, DVD or video	302	44	84	117	42	12	2	129	55
	100%	15%	28%	39%	14%	4%	1%	43%	18%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	327	38	95	142	42	9	-	133	51
	100%	12%	29%	44%	13%	3%	-	41%	16%
Walking (either for leisure or travel)	1224	132	325	560	155	47	5	457	202
	100%	11%	27%	46%	13%	4%	*	37%	16%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.1. Walking (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

			Gender		Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		1217	560	656	342	445	430	61	180	108	136	116	114	156	218	128
Total		1224	547	676	319	414	490	58	164	115	132	112	141	151	220	130
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	132	54	78	61	44	28	7	18	15	12	13	10	29	20	8
		11%	10%	11%	19%	11%	6%	12%	11%	13%	9%	12%	7%	19%	9%	6%
					bc	c								bdfhi		
A bit more	(4.0)	325	152	174	111	122	93	21	51	28	30	31	25	51	57	31
		27%	28%	26%	35%	29%	19%	37%	31%	25%	23%	28%	17%	34%	26%	24%
					c	c		df	f					df		
Neither more nor less	(3.0)	560	265	296	94	176	290	25	66	54	60	56	86	54	95	64
		46%	48%	44%	30%	43%	59%	43%	40%	47%	45%	50%	61%	36%	43%	49%
						a	ab						g	abcdgh		g
A bit less	(2.0)	155	59	95	40	51	63	5	20	14	20	10	17	10	37	22
		13%	11%	14%	13%	12%	13%	8%	12%	12%	15%	9%	12%	7%	17%	17%
											g				g	g
A lot less	(1.0)	47	16	31	11	21	15	-	8	3	9	2	4	6	11	5
		4%	3%	5%	3%	5%	3%	-	5%	3%	7%	2%	3%	4%	5%	3%
											a					
Don't know		5	1	3	3	-	2	-	1	-	1	-	-	1	1	-
		*	*	*	1%	-	*	-	1%	-	1%	-	-	1%	*	-
NET: More		457	206	252	172	165	120	28	69	43	42	44	35	80	77	39
		37%	38%	37%	54%	40%	25%	49%	42%	37%	32%	39%	25%	53%	35%	30%
					bc	c		dfhi	fi	f		f		bcdefhi		
NET: Less		202	75	126	51	73	78	5	28	18	29	12	21	16	47	27
		16%	14%	19%	16%	18%	16%	8%	17%	15%	22%	11%	15%	11%	21%	21%
				a							aeg				aeg	aeg
Base for stats		1219	545	673	317	414	488	58	163	115	131	112	141	150	219	130
Mean Score		3.28	3.31	3.26	3.54	3.28	3.11	3.54	3.31	3.32	3.12	3.39	3.15	3.58	3.18	3.12
					bc	c		dfhi				dfi		bcdfhi		
Standard Deviation		.950	.899	.990	1.045	.985	.811	.816	.985	.951	1.010	.873	.818	1.010	.976	.889
Standard Error		.027	.038	.039	.057	.047	.039	.104	.074	.091	.087	.081	.077	.081	.066	.079
Error variance		*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	.01	*	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.1. Walking (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Social Grade									Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		1217	73	265	310	181	133	255	648	569	1061	33	57	39	9	6	144
Total		1224	77	277	315	160	121	274	669	555	1074	31	57	38	8	6	139
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	132	10	32	31	18	19	21	74	58	104	6	9	11	1	-	28
		11%	13%	12%	10%	11%	16%	8%	11%	10%	10%	20%	17%	30%	11%	-	20%
								f						a			a
A bit more	(4.0)	325	25	96	91	39	31	44	212	114	276	12	20	13	2	1	49
		27%	33%	35%	29%	24%	26%	16%	32%	20%	26%	40%	36%	34%	32%	15%	35%
			fh	dfh	fh	f	f		fh								a
Neither more nor less	(3.0)	560	32	91	141	79	55	164	263	297	513	7	16	7	4	5	38
		46%	41%	33%	45%	49%	45%	60%	39%	54%	48%	21%	28%	18%	49%	85%	28%
				b	b	bg	b	abcdeg		abcg	bcdg						
A bit less	(2.0)	155	7	46	41	18	9	34	94	61	138	5	6	4	-	-	16
		13%	9%	17%	13%	11%	7%	12%	14%	11%	13%	17%	11%	11%	-	-	11%
				eh					e								
A lot less	(1.0)	47	3	12	10	5	6	10	25	22	39	1	4	2	1	-	8
		4%	4%	4%	3%	3%	5%	4%	4%	4%	4%	2%	7%	7%	8%	-	6%
Don't know		5	-	-	1	1	1	2	1	4	4	-	1	-	-	-	1
		*	-	-	*	*	1%	1%	*	1%	*	-	2%	-	-	-	1%
NET: More		457	36	128	122	57	50	64	286	171	380	19	30	24	3	1	77
		37%	46%	46%	39%	35%	42%	23%	43%	31%	35%	59%	53%	64%	43%	15%	55%
			fh	dfh	fh	f	fh		fh	f		a	a	a			a
NET: Less		202	10	58	51	24	15	44	119	82	178	6	10	7	1	-	23
		16%	13%	21%	16%	15%	12%	16%	18%	15%	17%	19%	18%	18%	8%	-	17%
				eh													
Base for stats		1219	77	277	314	159	120	271	668	551	1070	31	56	38	8	6	138
Mean Score		3.28	3.43	3.32	3.29	3.28	3.40	3.11	3.32	3.23	3.25	3.58	3.45	3.70	3.37	3.15	3.53
			f	f	f		f		f			a		a			a
Standard Deviation		.950	.961	1.027	.930	.930	1.016	.852	.975	.918	.928	1.073	1.115	1.213	1.052	.384	1.104
Standard Error		.027	.112	.063	.053	.069	.088	.054	.038	.039	.029	.187	.149	.194	.351	.157	.092
Error variance		*	.01	*	*	*	.01	*	*	*	*	.03	.02	.04	.12	.02	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.1. Walking (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

			Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		1217	827	179	174	353	109	64	396	122	33	46	74	54	97	222	173
Total		1224	795	207	190	397	106	65	376	117	32	46	64	52	95	271	171
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	132	68	24	36	60	20	8	44	17	1	5	11	5	12	9	28
		11%	9%	11%	19%	15%	19%	12%	12%	15%	3%	10%	17%	9%	12%	3%	17%
					a	a	cej	j	j	j			ej		j		ej
A bit more	(4.0)	325	171	79	65	144	30	25	112	33	9	13	11	21	26	46	55
		27%	21%	38%	34%	36%	29%	38%	30%	28%	29%	28%	17%	40%	28%	17%	32%
				a	a	a	j	gj	gj	j				gj	j		gj
Neither more nor less	(3.0)	560	418	68	65	134	43	18	151	48	17	23	32	18	42	169	61
		46%	53%	33%	34%	34%	41%	28%	40%	41%	52%	49%	51%	34%	44%	62%	36%
			bcd								b	b	bk		b	abcdhik	
A bit less	(2.0)	155	107	24	18	42	9	10	52	18	3	4	7	6	11	35	19
		13%	13%	12%	9%	11%	8%	16%	14%	15%	9%	8%	10%	12%	12%	13%	11%
A lot less	(1.0)	47	28	12	5	17	3	4	16	2	2	1	3	2	4	11	6
		4%	4%	6%	3%	4%	3%	6%	4%	1%	7%	2%	4%	5%	5%	4%	4%
Don't know		5	3	-	1	1	1	-	1	-	-	1	1	-	-	1	1
		*	*	-	1%	*	1%	-	*	-	-	2%	2%	-	-	*	*
NET: More		457	238	103	101	203	51	33	156	50	10	18	21	26	38	55	84
		37%	30%	50%	53%	51%	48%	51%	42%	43%	32%	38%	33%	49%	40%	20%	49%
				a	a	a	j	gj	j	j			j	j	j		gj
NET: Less		202	135	36	23	59	12	14	68	19	5	5	9	9	15	46	26
		16%	17%	17%	12%	15%	11%	21%	18%	16%	17%	11%	14%	17%	16%	17%	15%
Base for stats		1219	792	207	189	396	106	65	375	117	32	45	63	52	95	270	170
Mean Score		3.28	3.18	3.38	3.57	3.47	3.54	3.36	3.31	3.40	3.10	3.37	3.32	3.37	3.32	3.03	3.47
				a	a	a	cej	j	j	j		j	j	j	j		j
Standard Deviation		.950	.897	1.020	.992	1.010	.986	1.074	.991	.961	.888	.870	1.012	.976	.989	.773	1.021
Standard Error		.027	.031	.076	.075	.054	.095	.134	.050	.087	.155	.130	.118	.133	.100	.052	.078
Error variance		*	*	.01	.01	*	.01	.02	*	.01	.02	.02	.01	.02	.01	*	.01

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Q6D.1. Walking (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	d	e
Unweighted Total		1217	317	216	82	18	298	335	374	129	109	19	238	393	226	651	286	54	991
Total		1224	298	210	85	18	295	316	356	123	110	17	234	374	223	656	290	55	1001
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	132	38	20	8	5	28	43	45	18	9	1	26	46	24	58	36	13	108
		11%	13%	10%	9%	27%	10%	14%	13%	14%	8%	5%	11%	12%	11%	9%	12%	24%	11%
																		abce	
A bit more	(4.0)	325	92	65	21	4	86	95	104	50	23	6	73	110	41	156	107	22	285
		27%	31%	31%	25%	21%	29%	30%	29%	41%	21%	34%	31%	29%	18%	24%	37%	39%	28%
										acf			c				abe	ab	ab
Neither more nor less	(3.0)	560	134	73	37	7	110	141	149	36	54	8	90	157	121	322	103	14	440
		46%	45%	35%	43%	37%	37%	45%	42%	29%	49%	46%	38%	42%	54%	49%	36%	25%	44%
			be					b	b		b			b	cde	cde			cd
A bit less	(2.0)	155	28	39	16	2	55	29	43	16	22	1	38	44	28	94	28	4	127
		13%	9%	19%	18%	10%	19%	9%	12%	13%	20%	4%	16%	12%	12%	14%	10%	8%	13%
				af	af		af				af								
A lot less	(1.0)	47	5	13	2	1	16	6	14	3	2	2	5	16	8	25	11	2	39
		4%	2%	6%	3%	4%	5%	2%	4%	3%	2%	11%	2%	4%	4%	4%	4%	4%	4%
				af			af												
Don't know		5	1	-	1	-	1	1	1	1	-	-	1	1	1	-	3	-	3
		*	*	-	1%	-	*	*	*	1%	-	-	*	*	1%	-	1%	-	*
																	b		
NET: More		457	130	85	29	8	114	138	149	68	31	7	99	156	65	214	143	35	392
		37%	44%	40%	34%	48%	39%	44%	42%	55%	29%	39%	43%	42%	29%	33%	49%	63%	39%
									c	acef			c	c			abe	abe	ab
NET: Less		202	33	53	18	3	71	36	57	19	25	3	43	60	36	119	40	7	166
		16%	11%	25%	21%	15%	24%	11%	16%	15%	22%	15%	19%	16%	16%	18%	14%	12%	17%
				af	af		af												
Base for stats		1219	297	210	84	18	294	315	355	122	110	17	233	373	222	656	287	55	998
Mean Score		3.28	3.44	3.18	3.20	3.56	3.19	3.44	3.35	3.52	3.12	3.19	3.33	3.34	3.20	3.20	3.45	3.71	3.30
			bce					bce	c	c				c			abe	abe	b
Standard Deviation		.950	.894	1.052	.945	1.155	1.021	.908	.981	.979	.892	1.025	.958	.982	.928	.924	.968	1.050	.955
Standard Error		.027	.050	.072	.105	.272	.059	.050	.051	.087	.085	.235	.062	.050	.062	.036	.058	.143	.030
Error variance		*	*	.01	.01	.07	*	*	*	.01	.01	.06	*	*	*	*	*	.02	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.1. Walking (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		1217	168	806	139	207	38	847	343	35	944	273	1037	177
Total		1224	168	819	128	216	39	853	345	31	935	289	1059	163
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	132	25	81	23	16	3	92	38	4	109	23	108	24
		11%	15%	10%	18%	8%	7%	11%	11%	11%	12%	8%	10%	15%
					bde									
A bit more	(4.0)	325	49	231	43	48	10	225	88	10	253	73	285	40
		27%	29%	28%	34%	22%	25%	26%	26%	32%	27%	25%	27%	25%
					b									
Neither more nor less	(3.0)	560	74	358	42	110	18	392	156	13	422	138	495	64
		46%	44%	44%	33%	51%	47%	46%	45%	42%	45%	48%	47%	39%
						a		a	a					
A bit less	(2.0)	155	14	113	15	31	5	108	47	4	116	38	128	26
		13%	8%	14%	11%	14%	12%	13%	14%	12%	12%	13%	12%	16%
A lot less	(1.0)	47	6	33	3	9	1	36	11	1	31	16	41	7
		4%	3%	4%	2%	4%	2%	4%	3%	2%	3%	6%	4%	4%
Don't know		5	1	2	2	1	3	-	5	-	4	1	3	1
		*	1%	*	1%	1%	7%	-	1%	-	*	*	*	1%
					d	d	bde		d					
NET: More		457	74	312	66	64	13	318	126	14	362	95	392	64
		37%	44%	38%	52%	30%	32%	37%	37%	44%	39%	33%	37%	39%
					bcde									
NET: Less		202	20	146	17	40	5	144	58	4	148	54	169	33
		16%	12%	18%	14%	18%	13%	17%	17%	14%	16%	19%	16%	20%
Base for stats		1219	168	816	126	214	36	853	340	31	931	288	1055	162
Mean Score		3.28	3.43	3.26	3.55	3.15	3.26	3.27	3.28	3.39	3.31	3.17	3.28	3.30
			b		bde						b			
Standard Deviation		.950	.959	.955	.995	.903	.849	.959	.949	.930	.949	.949	.937	1.043
Standard Error		.027	.074	.034	.085	.063	.143	.033	.052	.157	.031	.058	.029	.079
Error variance		*	.01	*	.01	*	.02	*	*	.02	*	*	*	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.1. Walking (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
			0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total		1217	133	138	198	223	131	152	53	189	552	394	345	601	260	214	345	471	167
Total		1224	135	141	202	223	128	150	54	191	553	395	347	612	254	200	341	488	176
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	132	1	10	13	21	23	22	8	35	56	64	98	23	10	22	33	47	27
		11%	1%	7%	6%	9%	18%	15%	15%	18%	10%	16%	28%	4%	4%	11%	10%	10%	16%
				a	a	a	abcdi	ac	a	abcdi	a	abcdi	bc						c
A bit more	(4.0)	325	23	24	52	72	46	41	17	51	169	109	193	86	45	46	98	135	44
		27%	17%	17%	26%	32%	36%	27%	32%	27%	31%	28%	56%	14%	18%	23%	29%	28%	25%
					ab	ab	ab	ab	ab	ab	ab	ab	bc						
Neither more nor less	(3.0)	560	81	57	93	100	38	72	25	94	231	191	46	472	37	94	142	227	86
		46%	60%	41%	46%	45%	30%	48%	46%	49%	42%	48%	13%	77%	15%	47%	42%	46%	49%
			bcdefij		e	e		e	e	e	e	ei		ac					
A bit less	(2.0)	155	19	32	36	26	19	11	4	7	82	22	7	29	119	27	51	61	16
		13%	14%	22%	18%	12%	15%	7%	8%	4%	15%	6%	2%	5%	47%	14%	15%	12%	9%
			fhj	dfghij	fhj	hj	fhj				fhj			a	ab				
A lot less	(1.0)	47	11	16	7	4	2	3	-	5	13	7	3	2	42	10	17	16	3
		4%	8%	11%	4%	2%	1%	2%	-	2%	2%	2%	1%	*	16%	5%	5%	3%	2%
			defghij	cdefghij											ab				
Don't know		5	-	2	-	1	-	2	-	-	1	2	-	-	1	1	-	2	-
		*	-	2%	-	*	-	1%	-	-	*	*	-	-	1%	1%	-	*	-
				i															
NET: More		457	24	34	65	92	69	62	25	85	226	173	291	109	55	68	131	182	71
		37%	18%	24%	32%	41%	54%	42%	47%	45%	41%	44%	84%	18%	22%	34%	38%	37%	40%
					a	abc	abcdfij	ab	abc	abc	abc	abc	bc						
NET: Less		202	30	47	44	30	21	13	4	12	95	30	10	31	160	37	68	76	19
		16%	22%	33%	22%	13%	17%	9%	8%	6%	17%	7%	3%	5%	63%	19%	20%	16%	11%
			dfghj	acdefghij	dfghj	hj	hj				fhj				ab	d	d		
Base for stats		1219	135	139	202	222	128	148	54	191	552	393	347	612	253	199	341	485	176
Mean Score		3.28	2.88	2.87	3.13	3.35	3.54	3.46	3.54	3.54	3.32	3.51	4.08	3.16	2.46	3.22	3.23	3.28	3.43
					ab	abc	abci	abc	abc	abcdi	abc	abcdi	bc	c					ab
Standard Deviation		.950	.803	1.068	.907	.873	1.001	.897	.838	.914	.928	.896	.752	.570	1.089	.988	.985	.917	.921
Standard Error		.027	.070	.092	.064	.059	.087	.073	.115	.066	.040	.045	.041	.023	.068	.068	.053	.042	.071
Error variance		*	*	.01	*	*	.01	.01	.01	*	*	*	*	*	*	*	*	*	.01

Q6D.2. Cycling (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	*a	b	*c	*d	*e	*f	g	h	*i
Unweighted Total		279	178	101	111	113	55	11	48	24	24	25	26	56	43	22
Total		270	167	103	106	105	60	10	44	24	21	22	31	54	42	22
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	47	27	20	30	11	6	-	9	5	3	5	5	14	4	2
		17%	16%	19%	28% bc	10%	11%	-	20%	22%	16%	23%	16%	25%	10%	9%
A bit more	(4.0)	87	56	31	42	33	12	5	13	9	7	7	10	19	11	4
		32%	33%	30%	40% c	31%	20%	51%	30%	38%	34%	34%	34%	35%	27%	17%
Neither more nor less	(3.0)	84	51	33	15	42	27	3	17	6	6	5	8	11	19	9
		31%	30%	32%	14%	40% a	46% a	27%	40% g	24%	27%	24%	26%	21%	45% g	39%
A bit less	(2.0)	42	27	15	19	12	11	2	4	4	4	1	6	10	6	4
		16%	16%	15%	18%	12%	19%	22%	10%	17%	20%	4%	19%	18%	15%	19%
A lot less	(1.0)	10	6	4	1	7	3	-	-	-	1	3	1	-	2	4
		4%	4%	4%	1%	6% a	5%	-	-	-	3%	15%	4%	-	4%	16%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		134	83	51	72	44	18	5	22	14	11	12	15	33	15	6
		49%	50%	49%	68% bc	42%	30%	51%	50%	59%	50%	57%	50%	60% h	37%	26%
NET: Less		53	33	19	19	19	14	2	4	4	5	4	7	10	8	8
		19%	20%	19%	18%	18%	24%	22%	10%	17%	23%	19%	24%	18%	19%	35%
Base for stats		270	167	103	106	105	60	10	44	24	21	22	31	54	42	22
Mean Score		3.44	3.42	3.46	3.77 bc	3.27	3.12	3.28	3.60	3.65	3.39	3.45	3.38	3.67 h	3.24	2.85
Standard Deviation		1.069	1.061	1.089	1.068	1.018	1.013	.846	.925	1.019	1.088	1.330	1.121	1.057	.969	1.186
Standard Error		.064	.079	.108	.101	.096	.137	.255	.134	.208	.222	.266	.220	.141	.148	.253
Error variance		*	.01	.01	.01	.01	.02	.07	.02	.04	.05	.07	.05	.02	.02	.06

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.2. Cycling (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
						Social Grade							Ethnicity				
Significance Level: 95%			a	b	c	d	e	*f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total		279	38	61	60	56	36	28	159	120	213	11	32	12	3	1	59
Total		270	40	64	59	48	31	28	163	107	207	10	30	12	3	1	57
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	47	13	10	9	7	5	3	31	16	27	3	7	6	1	-	17
		17%	32% cdh	15%	15%	14%	18%	12%	19%	15%	13%	26%	23%	49%	42%	-	30% a
A bit more	(4.0)	87	10	19	23	16	12	6	52	35	64	3	12	4	1	1	21
		32%	24%	31%	39%	33%	39%	23%	32%	32%	31%	32%	38%	35%	27%	100%	37%
Neither more nor less	(3.0)	84	8	23	17	13	8	15	47	37	74	3	5	1	-	-	9
		31%	19%	36%	28%	28%	26%	54%	29%	34%	36% cg	26%	17%	9%	-	-	15%
A bit less	(2.0)	42	8	10	6	10	5	3	24	18	33	2	6	1	1	-	9
		16%	21%	16%	10%	20%	15%	12%	15%	16%	16%	15%	18%	7%	30%	-	16%
A lot less	(1.0)	10	1	1	5	2	1	-	7	3	9	-	1	-	-	-	1
		4%	3%	2%	8%	4%	3%	-	5%	3%	4%	-	4%	-	-	-	2%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		134	22	29	32	23	17	10	83	50	91	6	19	10	2	1	38
		49%	57%	46%	54%	48%	56%	34%	51%	47%	44%	59%	61%	84%	70%	100%	67% a
NET: Less		53	10	11	11	12	6	3	32	21	42	2	7	1	1	-	10
		19%	25%	18%	18%	24%	18%	12%	20%	19%	20%	15%	22%	7%	30%	-	18%
Base for stats		270	40	64	59	48	31	28	163	107	207	10	30	12	3	1	57
Mean Score		3.44	3.61	3.41	3.43	3.33	3.53	3.34	3.46	3.39	3.33	3.70	3.58	4.26	3.82	4.00	3.77 a
Standard Deviation		1.069	1.238	1.007	1.120	1.096	1.051	.850	1.104	1.018	1.035	1.076	1.166	.923	1.532	-	1.112
Standard Error		.064	.201	.129	.145	.146	.175	.161	.088	.093	.071	.325	.206	.267	.885	-	.145
Error variance		*	.04	.02	.02	.02	.03	.03	.01	.01	.01	.11	.04	.07	.78	-	.02

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.2. Cycling (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	279	149	52	61	113	25	22	115	35	13	6	14	17	10	22	47
Total	270	131	59	66	125	25	21	108	34	13	6	11	17	9	27	46
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	47	22	10	13	22	8	3	17	6	4	2	1	5	-	2	11
	17%	17%	16%	19%	18%	34%	15%	15%	16%	29%	31%	7%	28%	-	9%	25%
A bit more (4.0)	87	38	21	22	42	7	8	38	10	4	1	6	6	1	5	15
	32%	29%	35%	33%	34%	27%	39%	35%	31%	34%	18%	58%	36%	10%	18%	33%
Neither more nor less (3.0)	84	49	16	16	32	8	2	35	12	3	1	4	2	5	12	10
	31%	38%	27%	24%	25%	33%	10%	32%	34%	20%	22%	35%	10%	60%	46%	23%
		d														
A bit less (2.0)	42	18	9	13	22	-	5	16	6	2	1	-	4	2	5	5
	16%	14%	16%	20%	18%	-	24%	15%	19%	18%	15%	-	25%	21%	20%	11%
A lot less (1.0)	10	3	4	3	7	1	3	3	-	-	1	-	-	1	2	4
	4%	2%	7%	4%	5%	5%	12%	3%	-	-	14%	-	-	10%	8%	8%
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More	134	60	30	35	65	15	11	54	16	8	3	7	11	1	7	26
	49%	46%	51%	52%	52%	61%	54%	50%	47%	62%	49%	65%	64%	10%	26%	58%
NET: Less	53	21	13	16	29	1	8	18	6	2	2	-	4	3	7	9
	19%	16%	22%	24%	23%	5%	36%	17%	19%	18%	29%	-	25%	31%	28%	20%
Base for stats	270	131	59	66	125	25	21	108	34	13	6	11	17	9	27	46
Mean Score	3.44	3.44	3.38	3.44	3.41	3.84	3.20	3.46	3.44	3.73	3.37	3.72	3.68	2.69	2.99	3.54
Standard Deviation	1.069	1.006	1.141	1.133	1.132	1.092	1.320	1.005	.991	1.105	1.537	.612	1.172	.822	1.038	1.233
Standard Error	.064	.082	.158	.145	.107	.218	.281	.094	.167	.306	.628	.164	.284	.260	.221	.180
Error variance	*	.01	.03	.02	.01	.05	.08	.01	.03	.09	.39	.03	.08	.07	.05	.03

Q6D.2. Cycling (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Nature of working location						Nature of working hours						Number of people in household including self				
	Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	*c	*d	e	f	a	b	*c	*d	e	f	a	b	c	*d	e
Unweighted Total	279	97	67	17	4	84	101	106	52	20	6	72	112	43	138	78	20	236
Total	270	90	66	17	4	83	95	100	51	20	6	71	106	39	132	77	21	231
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	47	16	11	1	2	12	19	18	8	4	1	12	19	6	23	10	8	41
	17%	18%	17%	8%	53%	15%	20%	18%	16%	22%	16%	17%	18%	16%	17%	13%	37%	18%
A bit more (4.0)	87	26	24	10	1	34	27	30	20	8	4	28	33	12	37	33	5	74
	32%	29%	36%	57%	25%	40%	29%	30%	39%	38%	64%	39%	32%	31%	28%	42% b	22%	32%
Neither more nor less (3.0)	84	33	15	2	-	18	33	34	13	2	1	15	36	15	51	17	1	69
	31%	36% e	23%	12%	-	21%	35% e	34%	25%	10%	21%	21%	34%	38%	39%	22% c	4%	30%
A bit less (2.0)	42	13	14	2	1	16	14	17	7	5	-	12	17	5	18	14	5	37
	16%	14%	22%	11%	22%	20%	14%	17%	13%	26%	-	17%	16%	13%	13%	19%	24%	16%
A lot less (1.0)	10	2	1	2	-	4	2	1	3	1	-	4	1	1	4	3	3	10
	4%	2%	2%	12%	-	4%	2%	1%	7%	4%	-	6%	1%	2%	3%	3%	12%	4%
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More	134	43	35	11	3	46	46	48	28	12	5	40	52	19	59	43	13	115
	49%	47%	53%	64%	78%	55%	49%	48%	55%	60%	79%	56%	49%	47%	45%	56%	60%	50%
NET: Less	53	15	16	4	1	20	16	18	10	6	-	16	18	6	22	17	8	47
	19%	16%	24%	24%	22%	24%	17%	18%	20%	30%	-	23%	17%	15%	17%	22%	36%	20%
Base for stats	270	90	66	17	4	83	95	100	51	20	6	71	106	39	132	77	21	231
Mean Score	3.44	3.47	3.43	3.36	4.08	3.42	3.50	3.46	3.44	3.47	3.95	3.45	3.49	3.45	3.42	3.44	3.49	3.43
Standard Deviation	1.069	1.020	1.075	1.196	1.358	1.094	1.036	1.015	1.114	1.237	.660	1.141	1.003	.992	1.030	1.050	1.524	1.084
Standard Error	.064	.104	.131	.290	.679	.119	.103	.099	.155	.277	.269	.134	.095	.151	.088	.119	.341	.071
Error variance	*	.01	.02	.08	.46	.01	.01	.01	.02	.08	.07	.02	.01	.02	.01	.01	.12	*

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Q6D.2. Cycling (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	*b	*c	d	e	*f	a	b	a	b
Unweighted Total		279	59	171	44	27	14	194	77	5	225	54	240	35
Total		270	58	168	43	28	13	186	76	5	216	55	236	31
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	47	16	24	13	3	3	30	17	1	41	6	41	6
		17%	27%	14%	31%	11%	22%	16%	22%	17%	19%	12%	17%	19%
			b		d									
A bit more	(4.0)	87	21	51	15	10	4	56	28	2	71	15	75	10
		32%	37%	30%	36%	36%	32%	30%	36%	39%	33%	28%	32%	32%
Neither more nor less	(3.0)	84	8	60	9	8	2	66	18	1	66	17	73	10
		31%	14%	36%	22%	29%	18%	35%	23%	25%	31%	32%	31%	32%
				a										
A bit less	(2.0)	42	10	26	2	6	3	29	11	-	29	14	39	3
		16%	17%	16%	5%	21%	22%	16%	14%	-	13%	25%	16%	9%
												a		
A lot less	(1.0)	10	3	7	3	1	1	6	4	1	8	2	8	2
		4%	4%	4%	6%	3%	7%	3%	5%	18%	4%	4%	3%	7%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		134	37	75	29	13	7	86	44	3	112	21	116	16
		49%	64%	44%	67%	47%	54%	46%	58%	57%	52%	39%	49%	51%
			b		d									
NET: Less		53	12	34	5	7	4	35	14	1	37	16	47	5
		19%	22%	20%	11%	24%	28%	19%	19%	18%	17%	29%	20%	16%
Base for stats		270	58	168	43	28	13	186	76	5	216	55	236	31
Mean Score		3.44	3.66	3.34	3.81	3.30	3.41	3.40	3.56	3.37	3.50	3.18	3.43	3.47
					d						b			
Standard Deviation		1.069	1.186	1.039	1.133	1.039	1.287	1.030	1.124	1.463	1.064	1.063	1.066	1.132
Standard Error		.064	.154	.079	.171	.200	.344	.074	.128	.654	.071	.145	.069	.191
Error variance		*	.02	.01	.03	.04	.12	.01	.02	.43	.01	.02	*	.04

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.2. Cycling (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	279	7	20	47	54	39	46	14	52	140	112	110	114	53	45	72	111	47
Total	270	7	20	45	51	36	46	14	51	133	110	107	109	52	43	66	109	48
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	47	-	5	3	6	7	10	3	13	17	25	29	11	8	13	11	11	12
	17%	-	26%	6%	13%	20%	21%	21%	25%	12%	23%	27%	10%	15%	29%	17%	10%	26%
					c	c			ci		ci	b			c			c
A bit more (4.0)	87	-	8	11	22	18	14	3	10	51	27	53	21	11	13	16	39	17
	32%	-	42%	25%	43%	49%	31%	20%	19%	38%	24%	50%	19%	21%	30%	24%	36%	36%
					hj	chj				hj		bc						
Neither more nor less (3.0)	84	3	2	14	17	8	15	6	20	38	40	14	61	7	6	24	40	12
	31%	50%	9%	30%	33%	22%	32%	43%	39%	29%	36%	14%	56%	14%	15%	37%	36%	26%
													ac			a	a	
A bit less (2.0)	42	1	3	16	5	3	7	2	5	24	14	8	13	21	10	10	16	5
	16%	17%	13%	36%	10%	8%	15%	16%	10%	18%	13%	7%	12%	41%	23%	16%	15%	11%
				defhij										ab				
A lot less (1.0)	10	2	2	2	1	-	-	-	4	3	4	3	3	5	1	4	4	1
	4%	33%	10%	4%	2%	-	-	-	7%	2%	3%	2%	3%	9%	3%	7%	4%	2%
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More	134	-	14	14	28	25	24	6	23	68	52	82	32	19	26	27	50	30
	49%	-	68%	31%	55%	70%	53%	41%	44%	51%	47%	77%	29%	36%	59%	41%	45%	62%
					c	chij	c			c		bc						b
NET: Less	53	3	5	18	6	3	7	2	9	27	18	10	16	26	11	15	20	6
	19%	50%	23%	40%	12%	8%	15%	16%	17%	20%	16%	10%	15%	50%	26%	22%	18%	12%
				defhij										ab				
Base for stats	270	7	20	45	51	36	46	14	51	133	110	107	109	52	43	66	109	48
Mean Score	3.44	2.17	3.61	2.93	3.55	3.82	3.59	3.47	3.46	3.41	3.51	3.92	3.21	2.91	3.60	3.29	3.33	3.73
					c	ci	c			c	c	bc						bc
Standard Deviation	1.069	.972	1.304	1.010	.901	.864	.996	1.039	1.178	.993	1.082	.959	.881	1.263	1.220	1.129	.970	1.026
Standard Error	.064	.367	.292	.147	.123	.138	.147	.278	.163	.084	.102	.091	.083	.173	.182	.133	.092	.150
Error variance	*	.13	.09	.02	.02	.02	.02	.08	.03	.01	.01	.01	.01	.03	.03	.02	.01	.02

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Q6D.3. Running or jogging: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

			Gender		Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	*a	b	*c	d	e	*f	g	h	i
Unweighted Total		413	240	173	207	175	31	23	54	29	39	40	27	102	63	36
Total		400	227	174	202	165	33	21	47	31	37	37	32	101	61	34
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	66	34	32	38	24	4	1	9	6	8	3	6	19	8	6
		16%	15%	18%	19%	14%	11%	7%	19%	19%	22%	8%	20%	19%	12%	17%
A bit more	(4.0)	144	76	68	73	59	12	14	18	8	14	13	7	32	28	9
		36%	33%	39%	36%	36%	35%	65%	39%	25%	38%	36%	23%	32%	46%	27%
Neither more nor less	(3.0)	123	76	47	52	56	14	6	10	11	8	14	14	30	17	14
		31%	34%	27%	26%	34%	43%	28%	22%	36%	22%	37%	44%	29%	27%	41%
							a									
A bit less	(2.0)	56	36	20	30	22	4	-	7	5	5	7	4	17	5	4
		14%	16%	11%	15%	13%	12%	-	14%	17%	13%	20%	14%	17%	9%	13%
A lot less	(1.0)	11	3	7	7	3	-	-	1	1	2	-	-	3	3	1
		3%	1%	4%	4%	2%	-	-	2%	3%	5%	-	-	3%	6%	2%
Don't know		2	1	1	2	-	-	-	2	-	-	-	-	-	-	-
		*	1%	*	1%	-	-	-	4%	-	-	-	-	-	-	-
									g							
NET: More		209	110	99	111	83	15	15	27	14	22	16	14	51	36	15
		52%	49%	57%	55%	50%	45%	72%	58%	44%	60%	43%	43%	51%	58%	44%
NET: Less		66	39	27	37	25	4	-	7	6	7	7	4	20	9	5
		17%	17%	16%	18%	15%	12%	-	16%	20%	18%	20%	14%	20%	14%	16%
Base for stats		398	226	173	200	165	33	21	45	31	37	37	32	101	61	34
Mean Score		3.50	3.45	3.56	3.53	3.47	3.44	3.79	3.62	3.40	3.59	3.31	3.49	3.47	3.51	3.42
Standard Deviation		1.011	.981	1.049	1.075	.966	.843	.566	1.027	1.089	1.135	.885	.976	1.072	1.012	1.006
Standard Error		.050	.063	.080	.075	.073	.151	.118	.142	.202	.182	.140	.188	.106	.128	.168
Error variance		*	*	.01	.01	.01	.02	.01	.02	.04	.03	.02	.04	.01	.02	.03

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Q6D.3. Running or jogging: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

			Social Grade								Ethnicity						
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	*f	g	h	a	*b	c	d	*e	*f	g
Unweighted Total		413	58	114	113	57	43	28	285	128	300	25	43	33	4	2	107
Total		400	63	117	108	50	38	24	289	112	290	25	42	34	4	2	106
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	66	15	15	22	7	5	2	52	13	38	6	11	7	2	-	27
		16%	24%	13%	20%	14%	12%	7%	18%	12%	13%	26%	26%	22%	49%	-	25%
			h										a				a
A bit more	(4.0)	144	21	48	42	17	8	8	111	33	110	9	12	11	1	-	33
		36%	34%	41%	38%	34%	22%	32%	38%	29%	38%	37%	29%	32%	20%	-	31%
				e					e								
Neither more nor less	(3.0)	123	19	36	24	17	17	11	79	44	97	4	10	8	1	1	25
		31%	31%	30%	22%	33%	44%	45%	27%	39%	33%	15%	25%	25%	32%	42%	23%
							cg			cg	g						
A bit less	(2.0)	56	4	18	13	9	7	4	36	20	38	5	6	5	-	1	17
		14%	7%	15%	12%	19%	18%	16%	12%	18%	13%	22%	14%	15%	-	58%	16%
										a							
A lot less	(1.0)	11	1	1	7	-	1	-	9	1	6	-	3	2	-	-	5
		3%	2%	1%	6%	-	4%	-	3%	1%	2%	-	7%	6%	-	-	5%
					bh												
Don't know		2	1	-	1	-	-	-	2	-	1	-	-	-	-	-	-
		*	2%	-	1%	-	-	-	1%	-	*	-	-	-	-	-	-
NET: More		209	37	63	64	24	13	9	163	46	148	15	23	18	3	-	59
		52%	58%	54%	59%	48%	34%	39%	57%	41%	51%	63%	55%	54%	68%	-	56%
			eh	e	eh				eh								
NET: Less		66	6	19	20	9	8	4	45	22	44	5	8	7	-	1	22
		17%	9%	16%	19%	19%	22%	16%	15%	19%	15%	22%	20%	21%	-	58%	21%
Base for stats		398	62	117	108	50	38	24	287	112	288	25	42	34	4	2	106
Mean Score		3.50	3.73	3.49	3.55	3.44	3.19	3.30	3.56	3.33	3.47	3.66	3.54	3.48	4.17	2.42	3.55
			eh						eh								
Standard Deviation		1.011	.991	.934	1.138	.964	1.015	.830	1.027	.952	.948	1.109	1.209	1.192	1.012	.707	1.167
Standard Error		.050	.131	.087	.108	.128	.155	.157	.061	.084	.055	.222	.184	.207	.506	.500	.113
Error variance		*	.02	.01	.01	.02	.02	.02	*	.01	*	.05	.03	.04	.26	.25	.01

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Q6D.3. Running or jogging: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

			Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	*e	*f	*g	h	*i	*j	k
Unweighted Total		413	187	93	108	201	44	31	173	46	16	11	20	45	18	9	75
Total		400	153	105	122	227	43	31	169	47	15	10	17	43	17	9	74
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	66	22	19	18	37	8	8	26	7	4	2	2	8	1	-	16
		16%	14%	18%	15%	16%	17%	27%	15%	15%	26%	26%	11%	19%	5%	-	21%
A bit more	(4.0)	144	53	37	46	83	11	13	66	16	5	4	7	10	7	4	24
		36%	35%	35%	37%	37%	25%	42%	39%	34%	36%	44%	40%	24%	40%	44%	32%
Neither more nor less	(3.0)	123	50	34	35	68	15	4	53	15	5	1	6	14	6	4	19
		31%	33%	32%	28%	30%	34%	14%	31%	32%	31%	9%	35%	33%	39%	43%	26%
									b								
A bit less	(2.0)	56	19	13	23	35	9	4	20	7	1	1	2	7	3	1	13
		14%	12%	12%	19%	16%	21%	13%	12%	15%	7%	12%	10%	16%	16%	12%	18%
A lot less	(1.0)	11	8	1	1	2	1	-	3	2	-	1	1	3	-	-	1
		3%	5%	1%	1%	1%	2%	-	2%	4%	-	10%	5%	7%	-	-	1%
			cd														
Don't know		2	1	1	-	1	-	1	-	-	-	-	-	1	-	-	1
		*	1%	1%	-	1%	-	4%	-	-	-	-	-	2%	-	-	2%
								c									
NET: More		209	75	56	63	120	18	21	92	23	9	7	9	18	7	4	40
		52%	49%	53%	52%	53%	43%	69%	55%	49%	62%	69%	51%	42%	45%	44%	54%
								ah									
NET: Less		66	27	14	24	38	10	4	24	9	1	2	3	10	3	1	14
		17%	18%	14%	19%	17%	23%	13%	14%	19%	7%	22%	14%	23%	16%	12%	19%
Base for stats		398	152	104	122	226	43	29	169	47	15	10	17	42	17	9	73
Mean Score		3.50	3.41	3.57	3.46	3.51	3.35	3.86	3.54	3.41	3.81	3.63	3.43	3.32	3.34	3.32	3.56
								ah									
Standard Deviation		1.011	1.051	.972	.986	.979	1.069	1.000	.958	1.050	.941	1.328	.997	1.175	.834	.723	1.065
Standard Error		.050	.077	.101	.095	.069	.161	.183	.073	.155	.235	.400	.223	.177	.197	.241	.124
Error variance		*	.01	.01	.01	*	.03	.03	.01	.02	.06	.16	.05	.03	.04	.06	.02

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Q6D.3. Running or jogging: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	d	e
Unweighted Total	413	118	107	38	10	145	128	144	81	37	8	118	152	42	172	165	34	371
Total	400	113	106	38	10	144	123	142	79	36	8	115	149	35	163	166	36	365
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	66	20	16	10	1	25	21	26	14	6	1	20	27	8	23	30	5	58
	16%	18%	15%	26%	14%	18%	17%	18%	18%	16%	13%	17%	18%	22%	14%	18%	15%	16%
A bit more (4.0)	144	46	38	13	6	51	51	57	30	13	3	42	60	15	52	63	13	129
	36%	40%	36%	35%	60%	36%	42%	40%	37%	35%	39%	37%	40%	42%	32%	38%	36%	35%
Neither more nor less (3.0)	123	28	37	9	2	46	30	36	27	11	2	38	37	7	62	45	8	116
	31%	25%	35%	23%	20%	32%	25%	25%	33%	31%	24%	33%	25%	20%	38% ac	27%	23%	32%
A bit less (2.0)	56	16	12	5	1	18	16	19	8	6	2	13	21	4	21	24	7	52
	14%	14%	12%	14%	7%	12%	13%	13%	9%	15%	24%	11%	14%	11%	13%	14%	21%	14%
A lot less (1.0)	11	2	3	1	-	4	2	3	2	1	-	3	3	2	5	3	1	9
	3%	2%	3%	2%	-	3%	2%	2%	2%	3%	-	2%	2%	5%	3%	2%	4%	2%
Don't know	2	1	-	-	-	-	1	1	-	-	-	-	1	-	-	2	-	2
	*	1%	-	-	-	-	1%	1%	-	-	-	-	1%	-	-	1%	-	1%
NET: More	209	66	54	23	7	77	73	83	44	18	4	62	87	22	76	93	19	187
	52%	58%	51%	61%	74%	53%	59%	59%	55%	51%	52%	54%	58%	64% b	46%	56%	52%	51%
NET: Less	66	18	15	6	1	21	19	22	9	6	2	16	24	6	26	26	9	61
	17%	16%	14%	16%	7%	15%	15%	15%	12%	18%	24%	14%	16%	16%	16%	16%	25%	17%
Base for stats	398	112	106	38	10	144	122	141	79	36	8	115	148	35	163	164	36	363
Mean Score	3.50	3.58	3.48	3.67	3.81	3.53	3.60	3.60	3.59	3.46	3.41	3.55	3.59	3.64	3.42	3.57	3.38	3.48
Standard Deviation	1.011	1.008	.970	1.088	.793	1.003	.992	1.001	.959	1.032	1.070	.979	1.002	1.105	.984	.995	1.111	1.002
Standard Error	.050	.093	.094	.177	.251	.083	.088	.084	.107	.170	.378	.090	.082	.170	.075	.078	.191	.052
Error variance	*	.01	.01	.03	.06	.01	.01	.01	.01	.03	.14	.01	.01	.03	.01	.01	.04	*

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Q6D.3. Running or jogging: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total		413	98	265	53	38	13	313	90	10	352	61	348	62
Total		400	100	258	52	35	13	303	87	9	339	61	342	55
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	66	22	33	11	5	5	46	18	1	59	7	58	8
		16%	22%	13%	21%	14%	38%	15%	20%	16%	17%	12%	17%	14%
			b											
A bit more	(4.0)	144	37	89	24	18	3	102	37	6	124	19	122	20
		36%	37%	34%	45%	52%	22%	34%	43%	67%	37%	32%	36%	37%
						d								
Neither more nor less	(3.0)	123	25	89	10	5	2	102	17	-	97	25	107	14
		31%	25%	35%	19%	14%	15%	34%	19%	-	29%	41%	31%	26%
								abe				a		
A bit less	(2.0)	56	13	39	7	6	3	42	14	2	50	6	45	11
		14%	13%	15%	13%	18%	26%	14%	16%	17%	15%	10%	13%	20%
A lot less	(1.0)	11	2	7	1	1	-	9	2	-	7	4	9	2
		3%	2%	3%	1%	3%	-	3%	2%	-	2%	6%	3%	3%
Don't know		2	1	1	-	-	-	2	-	-	2	-	1	-
		*	1%	*	-	-	-	1%	-	-	1%	-	*	-
NET: More		209	59	122	35	23	8	148	55	8	183	26	181	28
		52%	59%	47%	66%	65%	60%	49%	63%	83%	54%	43%	53%	51%
			b		d				d					
NET: Less		66	15	46	8	7	3	51	15	2	57	9	53	13
		17%	15%	18%	15%	21%	26%	17%	18%	17%	17%	15%	16%	23%
Base for stats		398	99	257	52	35	13	301	87	9	337	61	341	55
Mean Score		3.50	3.66	3.40	3.71	3.56	3.72	3.44	3.64	3.81	3.53	3.34	3.52	3.38
			b											
Standard Deviation		1.011	1.032	.983	.999	1.034	1.264	1.007	1.038	.951	1.011	1.005	1.005	1.062
Standard Error		.050	.105	.061	.137	.168	.351	.057	.109	.301	.054	.129	.054	.135
Error variance		*	.01	*	.02	.03	.12	*	.01	.09	*	.02	*	.02

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Q6D.3. Running or jogging: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?
BASE: All who have done some form of physical activity in the past week

					Number of days active							Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	413	4	20	62	99	49	80	23	76	210	179	201	136	73	64	119	164	59
Total	400	4	19	58	98	47	77	23	75	203	175	196	131	71	61	110	162	59
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	66	-	1	5	12	7	15	4	22	24	41	57	7	2	7	17	21	19
	16%	-	4%	9%	12%	15%	20%	19%	29% cdi	12%	23% cdi	29% bc	6%	3%	12%	15%	13%	32% abc
A bit more (4.0)	144	-	5	25	34	24	25	9	22	83	56	95	32	17	26	39	62	16
	36%	-	26%	43%	34%	51% dfhj	33%	39%	29%	41%	32%	49% bc	24%	24%	43%	36%	38%	27%
Neither more nor less (3.0)	123	1	8	14	35	7	26	6	26	56	58	30	79	11	18	30	51	19
	31%	30%	41%	25%	35% e	15%	34% e	27%	35% e	27%	33% e	15%	60% ac	16%	30%	27%	31%	31%
A bit less (2.0)	56	2	3	12	15	7	10	3	5	33	17	13	11	32	7	18	28	3
	14%	48%	17%	20% hj	15%	15%	12%	11%	7%	16% h	10%	6%	9%	45% ab	11%	16% d	17% d	5%
A lot less (1.0)	11	1	2	2	3	1	1	1	1	5	2	-	2	9	2	7	-	1
	3%	22%	12%	3%	3%	2%	1%	3%	1%	3%	1%	-	1%	13% ab	4% c	7% c	-	2%
Don't know	2	-	-	-	1	1	-	-	-	2	-	1	-	-	-	-	-	1
	*	-	-	-	1%	2% j	-	-	-	1%	-	1%	-	-	-	-	-	2%
NET: More	209	-	5	31	45	31	41	13	43	107	97	152	39	18	33	56	83	35
	52%	-	29%	53%	46% d	66%	53%	58%	58%	52%	56%	78% bc	30%	26%	55%	51%	51%	60%
NET: Less	66	3	5	13	18	8	10	3	6	39	19	13	13	41	9	25	28	4
	17%	70%	29%	23% hj	18% h	17%	13%	14%	8%	19% hj	11%	6%	10%	58% ab	15%	23% d	17%	7%
Base for stats	398	4	19	58	98	45	77	23	75	201	175	194	131	71	61	110	162	58
Mean Score	3.50	2.07	2.92	3.36	3.37	3.64	3.58	3.60	3.78 cdi	3.43	3.67 cdi	4.01 bc	3.24 c	2.59	3.49	3.36	3.47	3.85 abc
Standard Deviation	1.011	.843	1.060	.998	.980	.993	.980	1.037	.980	.990	.986	.842	.745	1.066	.973	1.124	.927	1.009
Standard Error	.050	.422	.237	.127	.099	.143	.110	.216	.112	.069	.074	.060	.064	.125	.122	.103	.072	.132
Error variance	*	.18	.06	.02	.01	.02	.01	.05	.01	*	.01	*	*	.02	.01	.01	.01	.02

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Q6D.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	*a	b	*c	*d	*e	*f	g	h	*i
Unweighted Total		308	123	185	151	107	50	14	52	21	28	28	23	71	46	25
Total		302	118	184	145	101	56	13	45	23	26	25	29	71	47	23
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	44	18	26	28	13	3	1	7	3	3	4	7	9	5	5
		15%	15%	14%	20%	13%	5%	11%	16%	15%	13%	15%	24%	13%	10%	21%
					c											
A bit more	(4.0)	84	34	50	45	28	12	4	15	7	9	5	8	22	12	2
		28%	29%	27%	31%	27%	21%	29%	33%	32%	34%	20%	30%	31%	26%	10%
Neither more nor less	(3.0)	117	45	72	42	44	31	4	13	8	9	12	7	28	24	11
		39%	39%	39%	29%	44%	55%	34%	30%	35%	35%	47%	25%	40%	51%	46%
						a	a								b	
A bit less	(2.0)	42	14	29	25	10	7	1	8	2	2	4	6	11	3	4
		14%	12%	15%	17%	10%	12%	9%	18%	10%	9%	16%	22%	15%	7%	19%
A lot less	(1.0)	12	5	8	4	5	3	2	2	2	2	1	-	-	3	1
		4%	4%	4%	3%	5%	6%	18%	4%	8%	6%	3%	-	-	7%	5%
															g	
Don't know		2	2	-	1	1	-	-	-	-	1	-	-	1	-	-
		1%	1%	-	*	1%	-	-	-	-	3%	-	-	1%	-	-
NET: More		129	52	76	73	41	15	5	22	11	12	9	15	31	17	7
		43%	44%	42%	50%	40%	27%	40%	49%	48%	46%	34%	53%	43%	36%	31%
					c											
NET: Less		55	19	36	30	15	10	3	10	4	4	5	6	11	6	5
		18%	16%	20%	20%	15%	18%	26%	22%	18%	15%	19%	22%	15%	13%	23%
Base for stats		300	116	184	145	100	56	13	45	23	26	25	29	70	47	23
Mean Score		3.35	3.40	3.32	3.47	3.34	3.08	3.07	3.39	3.37	3.39	3.27	3.55	3.41	3.26	3.24
					c											
Standard Deviation		1.027	1.022	1.032	1.087	.989	.889	1.285	1.077	1.128	1.052	1.016	1.097	.906	.965	1.147
Standard Error		.059	.093	.076	.089	.096	.126	.343	.149	.246	.203	.192	.229	.108	.142	.229
Error variance		*	.01	.01	.01	.01	.02	.12	.02	.06	.04	.04	.05	.01	.02	.05

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Q6D.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total		308	33	85	84	36	38	32	202	106	230	12	29	25	6	2	74
Total		302	34	88	83	33	34	31	205	97	226	12	28	26	6	1	73
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	44	10	12	8	7	5	2	30	14	29	2	6	5	1	-	15
		15%	29% bcfg	13%	10%	20%	16%	8%	15%	15%	13%	18%	23%	20%	17%	-	20%
A bit more	(4.0)	84	9	23	25	13	8	5	58	26	67	2	4	10	-	-	16
		28%	28%	26%	31%	40% f	25%	15%	28%	27%	30%	18%	16%	38%	-	-	22%
Neither more nor less	(3.0)	117	10	34	33	11	14	15	77	40	90	5	9	7	4	1	25
		39%	30%	39%	40%	33%	41%	50%	38%	41%	40%	41%	32%	25%	71%	45%	35%
A bit less	(2.0)	42	5	14	13	2	5	4	31	11	30	2	5	3	1	1	11
		14%	13%	15%	15%	7%	15%	13%	15%	12%	13%	15%	20%	10%	13%	55%	16%
A lot less	(1.0)	12	-	5	3	-	1	3	8	4	9	1	2	1	-	-	4
		4%	-	5%	4%	-	3%	11% d	4%	4%	4%	8%	6%	4%	-	-	5%
Don't know		2	-	1	-	-	-	1	1	1	-	-	1	1	-	-	2
		1%	-	1%	-	-	-	3%	*	1%	-	-	3%	3%	-	-	2% a
NET: More		129	19	35	34	20	14	7	88	41	97	4	11	15	1	-	31
		43%	57% f	40%	41%	60% bf	41%	23%	43% f	42%	43%	36%	39%	58%	17%	-	43%
NET: Less		55	5	18	16	2	6	7	39	16	39	3	7	4	1	1	15
		18%	13%	21%	19%	7%	18%	24% d	19%	16%	17%	23%	26%	14%	13%	55%	21%
Base for stats		300	34	88	83	33	34	30	204	96	226	12	27	25	6	1	72
Mean Score		3.35	3.73 bcf	3.27	3.27	3.74 bcfg	3.36	2.96	3.35	3.36	3.35	3.23	3.31	3.63	3.20	2.45	3.38
Standard Deviation		1.027	1.039	1.051	.984	.871	1.030	1.049	1.031	1.024	.996	1.194	1.240	1.067	.945	.869	1.137
Standard Error		.059	.181	.115	.107	.145	.167	.188	.073	.100	.066	.345	.234	.218	.386	.614	.134
Error variance		*	.03	.01	.01	.02	.03	.04	.01	.01	*	.12	.05	.05	.15	.38	.02

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Q6D.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	*b	c	d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	308	171	55	72	127	35	23	121	37	12	8	16	21	19	16	58
Total	302	151	64	80	143	32	23	119	35	12	8	14	21	18	21	55
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	44	15	9	19	28	5	6	20	7	1	3	2	-	-	-	12
	15%	10%	14%	24% a	20% a	16%	27%	17%	19%	6%	42%	17%	-	-	-	21%
A bit more (4.0)	84	36	20	27	47	7	9	30	12	6	-	4	9	2	6	16
	28%	24%	31%	34%	33%	23%	37%	25%	34%	50%	-	25%	41%	13%	29%	29%
Neither more nor less (3.0)	117	71	22	21	43	14	7	44	11	3	4	7	8	12	8	21
	39%	47% cd	35%	26%	30%	44%	30%	37%	33%	27%	46%	47%	37%	66%	37%	38%
A bit less (2.0)	42	21	10	11	21	4	1	19	5	2	-	1	4	1	5	6
	14%	14%	15%	14%	14%	14%	5%	16%	15%	17%	-	6%	22%	5%	22%	10%
A lot less (1.0)	12	8	2	2	4	1	-	5	-	-	1	1	-	2	2	1
	4%	5%	3%	3%	3%	3%	-	5%	-	-	12%	6%	-	11%	12%	2%
Don't know	2	-	1	-	1	-	-	1	-	-	-	-	-	1	-	-
	1%	-	1%	-	1%	-	-	1%	-	-	-	-	-	5%	-	-
NET: More	129	51	29	46	75	12	15	50	19	6	3	6	9	2	6	28
	43%	34%	45%	58% a	52% a	39%	65%	42%	53%	55%	42%	41%	41%	13%	29%	50%
NET: Less	55	29	12	13	25	5	1	24	5	2	1	2	4	3	7	6
	18%	19%	19%	16%	17%	16%	5%	20%	15%	17%	12%	12%	22%	15%	34%	12%
Base for stats	300	151	63	80	142	32	23	119	35	12	8	14	21	17	21	55
Mean Score	3.35	3.18	3.38	3.63 a	3.52 a	3.37	3.87	3.34	3.57	3.44	3.60	3.41	3.20	2.87	2.83	3.58
Standard Deviation	1.027	.975	1.025	1.076	1.057	1.016	.896	1.075	.971	.879	1.434	1.054	.789	.815	1.004	.991
Standard Error	.059	.075	.140	.127	.094	.172	.187	.098	.160	.254	.507	.263	.172	.192	.251	.130
Error variance	*	.01	.02	.02	.01	.03	.03	.01	.03	.06	.26	.07	.03	.04	.06	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	*c	*d	e	f	a	b	*c	*d	e	f	a	b	c	*d	e
Unweighted Total	308	94	66	27	5	93	99	113	45	27	5	72	118	43	147	99	19	265
Total	302	89	67	27	5	94	95	110	46	27	5	73	115	40	139	104	19	262
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	44	18	10	3	4	12	22	23	7	1	2	9	25	2	17	21	4	43
	15%	20%	14%	10%	70%	13%	23%	21%	16%	5%	40%	12%	22%	4%	12%	20%	22%	16%
																a		a
A bit more (4.0)	84	27	20	6	1	26	28	27	17	6	2	23	30	10	39	29	6	74
	28%	30%	29%	24%	16%	28%	29%	25%	38%	21%	46%	32%	26%	25%	28%	28%	32%	28%
Neither more nor less (3.0)	117	29	26	12	1	37	29	42	13	12	1	24	42	20	54	38	5	97
	39%	32%	38%	44%	14%	40%	31%	38%	28%	43%	14%	34%	37%	50%	39%	36%	27%	37%
A bit less (2.0)	42	11	11	5	-	16	11	12	8	7	-	15	12	5	21	12	4	38
	14%	13%	16%	19%	-	17%	12%	11%	18%	25%	-	20%	11%	11%	15%	12%	19%	14%
A lot less (1.0)	12	4	2	1	-	3	4	5	-	2	-	2	5	4	7	2	-	9
	4%	4%	3%	4%	-	3%	4%	4%	-	6%	-	2%	4%	9%	5%	2%	-	3%
														c				
Don't know	2	1	-	-	-	-	1	1	-	-	-	-	1	-	1	1	-	2
	1%	1%	-	-	-	-	1%	1%	-	-	-	-	1%	-	1%	1%	-	1%
NET: More	129	45	29	9	5	38	50	51	25	7	4	32	55	12	56	50	10	117
	43%	50%	43%	34%	86%	41%	52%	46%	54%	26%	86%	44%	48%	29%	41%	49%	54%	45%
																a		
NET: Less	55	15	13	6	-	19	15	17	8	8	-	16	17	8	28	15	4	46
	18%	17%	19%	22%	-	20%	16%	15%	18%	31%	-	23%	15%	21%	20%	14%	19%	18%
Base for stats	300	89	67	27	5	94	94	109	46	27	5	73	114	40	138	103	19	260
Mean Score	3.35	3.50	3.36	3.18	4.57	3.31	3.56	3.48	3.52	2.94	4.26	3.31	3.51	3.03	3.28	3.54	3.56	3.40
																a		a
Standard Deviation	1.027	1.083	1.005	.983	.800	.997	1.094	1.079	.974	.969	.773	1.006	1.077	.966	1.026	1.017	1.060	1.029
Standard Error	.059	.112	.124	.189	.358	.103	.110	.102	.145	.186	.346	.119	.100	.147	.085	.103	.243	.063
Error variance	*	.01	.02	.04	.13	.01	.01	.01	.02	.03	.12	.01	.01	.02	.01	.01	.06	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	*b	*c	d	e	*f	a	b	a	b
Unweighted Total		308	64	197	43	27	13	224	78	4	257	51	250	56
Total		302	65	194	42	27	13	218	78	4	251	51	249	52
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	44	21	21	15	4	4	24	20	2	36	9	40	4
		15%	33%	11%	34%	15%	33%	11%	26%	53%	14%	17%	16%	8%
			b		d				d					
A bit more	(4.0)	84	20	54	11	10	2	61	23	1	70	15	67	17
		28%	31%	28%	27%	37%	19%	28%	29%	31%	28%	29%	27%	34%
Neither more nor less	(3.0)	117	17	79	10	8	5	90	23	1	99	18	95	20
		39%	26%	41%	24%	30%	40%	41%	29%	17%	40%	35%	38%	39%
				a				a						
A bit less	(2.0)	42	5	32	5	4	1	32	10	-	34	8	37	5
		14%	7%	17%	12%	15%	9%	15%	13%	-	14%	16%	15%	9%
A lot less	(1.0)	12	1	8	-	1	-	11	1	-	11	1	9	4
		4%	1%	4%	-	4%	-	5%	1%	-	4%	2%	4%	7%
Don't know		2	1	1	1	-	-	1	1	-	2	-	-	2
		1%	1%	*	2%	-	-	*	1%	-	1%	-	-	3%
														a
NET: More		129	42	75	26	14	7	85	43	3	105	23	107	21
		43%	64%	39%	61%	51%	51%	39%	55%	83%	42%	46%	43%	41%
			b		d				d					
NET: Less		55	5	40	5	5	1	43	11	-	45	9	46	8
		18%	8%	21%	12%	19%	9%	20%	15%	-	18%	19%	19%	16%
				a										
Base for stats		300	64	193	41	27	13	218	77	4	250	51	249	50
Mean Score		3.35	3.89	3.25	3.85	3.43	3.75	3.25	3.65	4.36	3.34	3.42	3.37	3.27
			b		d				d					
Standard Deviation		1.027	1.004	.993	1.053	1.054	1.049	1.011	1.055	.883	1.026	1.040	1.037	.998
Standard Error		.059	.127	.071	.162	.203	.291	.068	.120	.441	.064	.146	.066	.136
Error variance		*	.02	.01	.03	.04	.08	*	.01	.19	*	.02	*	.02

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Q6D.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	308	6	24	48	62	41	62	15	50	151	127	135	111	61	44	93	113	50
Total	302 100%	6 100%	26 100%	47 100%	57 100%	40 100%	61 100%	16 100%	50 100%	144 100%	127 100%	135 100%	109 100%	58 100%	41 100%	89 100%	113 100%	52 100%
A lot more (5.0)	44 15%	1 11%	2 7%	3 7%	9 15%	8 21% c	10 16%	3 19%	9 18%	20 14%	22 17%	34 25% bc	5 4%	5 9%	6 14%	9 10%	16 14%	13 25% b
A bit more (4.0)	84 28%	1 13%	8 30%	17 35%	17 30%	10 24%	17 28%	4 28%	11 22%	44 30%	33 26%	51 38% bc	22 20%	11 19%	12 29%	27 30%	30 26%	13 26%
Neither more nor less (3.0)	117 39%	1 21%	9 33%	19 40%	23 39%	15 37%	22 36%	5 32%	24 49%	56 39%	51 41%	32 24%	72 66% ac	12 21%	12 28%	33 38%	51 45%	16 31%
A bit less (2.0)	42 14%	1 14%	5 19%	9 18%	6 11%	6 16%	9 15%	2 15%	4 9%	21 14%	16 12%	10 8%	9 8%	23 39% ab	10 24% c	15 17%	10 9%	8 15%
A lot less (1.0)	12 4%	2 40%	2 8%	- -	2 4%	1 3%	3 4%	1 7%	1 2%	3 2%	5 4%	5 4%	1 1%	7 11% ab	1 2%	4 5%	5 5%	2 4%
Don't know	2 1%	- -	1 4%	- -	- -	- -	1 1%	- -	- -	- -	1 1%	2 1%	- -	- -	1 2%	- -	1 1%	- -
NET: More	129 43%	1 25%	9 36%	20 42%	26 46%	18 45%	27 44%	7 46%	20 40%	64 44%	54 43%	86 64% bc	27 25%	16 28%	18 44%	36 41%	46 41%	27 51%
NET: Less	55 18%	3 54%	7 27%	9 18%	8 15%	7 18%	12 19%	3 22%	5 11%	24 17%	20 16%	15 11%	10 9%	30 51% ab	11 26%	19 22%	15 14%	9 18%
Base for stats	300	6	25	47	57	40	60	16	50	144	126	133	109	58	40	89	112	52
Mean Score	3.35	2.42	3.09	3.30	3.42	3.46	3.37	3.36	3.46	3.39	3.40	3.75 bc	3.20 c	2.75	3.31	3.24	3.37	3.55
Standard Deviation	1.027	1.550	1.077	.849	1.016	1.080	1.071	1.188	.946	.979	1.031	1.045	.677	1.169	1.069	1.018	.996	1.132
Standard Error	.059	.633	.224	.122	.129	.169	.137	.307	.134	.080	.092	.091	.064	.150	.163	.106	.094	.160
Error variance	*	.40	.05	.02	.02	.03	.02	.09	.02	.01	.01	.01	*	.02	.03	.01	.01	.03

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

			Gender		Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	*a	b	*c	d	*e	*f	g	h	*i
Unweighted Total		327	163	163	135	116	76	23	32	28	32	27	29	77	55	24
Total		327	158	168	127	111	89	22	29	28	30	26	37	76	55	24
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	38	22	16	19	15	3	4	3	1	4	4	5	15	2	1
		12%	14%	10%	15%	14%	4%	19%	9%	4%	12%	16%	15%	19%	3%	4%
					c	c								h		
A bit more	(4.0)	95	45	49	44	33	17	5	5	11	9	7	9	29	17	4
		29%	28%	29%	35%	30%	19%	22%	17%	39%	28%	26%	23%	38%	31%	17%
					c									b		
Neither more nor less	(3.0)	142	70	72	38	52	52	12	13	10	14	10	22	24	25	12
		44%	45%	43%	30%	47%	59%	56%	45%	35%	47%	39%	59%	32%	46%	50%
						a	a									
A bit less	(2.0)	42	17	26	19	10	13	-	8	6	4	3	1	5	9	6
		13%	11%	15%	15%	9%	14%	-	29%	19%	12%	13%	3%	7%	17%	24%
									g							
A lot less	(1.0)	9	4	5	6	-	3	1	-	1	-	2	-	3	2	1
		3%	3%	3%	5%	-	4%	3%	-	3%	-	6%	-	3%	4%	4%
					b		b									
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		133	67	65	64	49	21	9	8	12	12	11	14	44	19	5
		41%	42%	39%	50%	44%	23%	41%	26%	42%	41%	42%	38%	58%	34%	21%
					c	c								bh		
NET: Less		51	21	30	25	10	16	1	8	6	4	5	1	8	11	7
		16%	13%	18%	20%	9%	18%	3%	29%	23%	12%	19%	3%	10%	21%	29%
					b				g							
Base for stats		327	158	168	127	111	89	22	29	28	30	26	37	76	55	24
Mean Score		3.34	3.40	3.27	3.41	3.48	3.06	3.53	3.07	3.20	3.41	3.33	3.49	3.63	3.12	2.93
					c	c								bh		
Standard Deviation		.940	.946	.935	1.065	.846	.801	.919	.921	.920	.872	1.094	.788	.991	.863	.882
Standard Error		.052	.074	.073	.092	.079	.092	.192	.163	.174	.154	.210	.146	.113	.116	.180
Error variance		*	.01	.01	.01	.01	.01	.04	.03	.03	.02	.04	.02	.01	.01	.03

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Q6D.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

			Social Grade								Ethnicity						
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total		327	34	85	80	46	32	50	199	128	251	12	28	23	4	1	68
Total		327	38	85	81	41	28	54	203	123	253	12	26	24	3	1	66
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	38	10	10	10	5	3	-	30	8	19	4	5	6	1	-	17
		12%	28%	11%	12%	11%	12%	-	15%	7%	8%	35%	20%	27%	26%	-	25%
			bcfh	f	f	f	f		fh								a
A bit more	(4.0)	95	11	26	30	8	11	9	68	27	71	3	12	6	2	-	22
		29%	30%	31%	37%	18%	38%	17%	33%	22%	28%	22%	45%	26%	50%	-	33%
					dfh		f		dfh								
Neither more nor less	(3.0)	142	13	36	29	22	8	35	78	65	121	5	6	6	1	1	19
		44%	34%	42%	36%	53%	30%	64%	38%	53%	48%	43%	24%	25%	24%	100%	29%
								abceg		ceg	g						
A bit less	(2.0)	42	3	11	7	7	5	9	22	21	36	-	2	4	-	-	6
		13%	8%	13%	9%	16%	17%	16%	11%	17%	14%	-	7%	17%	-	-	9%
A lot less	(1.0)	9	-	2	4	1	1	1	6	3	6	-	1	1	-	-	2
		3%	-	3%	5%	2%	2%	2%	3%	2%	2%	-	4%	5%	-	-	3%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		133	22	36	40	12	14	9	98	35	90	7	17	13	2	-	39
		41%	58%	42%	50%	29%	50%	17%	48%	29%	35%	57%	65%	53%	76%	-	59%
			dfh	fh	dfh		fh		dfh								a
NET: Less		51	3	14	11	8	6	10	28	23	42	-	3	5	-	-	8
		16%	8%	16%	14%	18%	20%	19%	14%	19%	17%	-	11%	23%	-	-	13%
Base for stats		327	38	85	81	41	28	54	203	123	253	12	26	24	3	1	66
Mean Score		3.34	3.77	3.35	3.43	3.21	3.40	2.96	3.46	3.14	3.24	3.93	3.71	3.52	4.03	3.00	3.68
			bdfh	f	fh		f		fh								a
Standard Deviation		.940	.959	.943	.993	.913	1.009	.660	.974	.849	.872	.918	1.007	1.236	.847	-	1.061
Standard Error		.052	.165	.102	.111	.135	.178	.093	.069	.075	.055	.265	.190	.258	.423	-	.129
Error variance		*	.03	.01	.01	.02	.03	.01	*	.01	*	.07	.04	.07	.18	-	.02

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	j	k
Unweighted Total	327	192	56	64	120	28	29	118	29	14	9	16	23	23	38	57
Total	327	178	63	73	136	27	29	117	28	14	8	14	21	22	46	56
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	38	12	7	14	22	6	9	16	3	1	1	1	1	1	1	14
	12%	7%	12%	19%	16%	20%	30%	13%	12%	6%	10%	7%	3%	4%	2%	25%
				a	a			j								j
A bit more (4.0)	95	50	19	22	41	10	10	34	9	2	3	4	7	6	10	20
	29%	28%	30%	31%	31%	38%	34%	29%	32%	16%	36%	26%	32%	29%	21%	36%
Neither more nor less (3.0)	142	83	28	29	56	7	6	57	9	7	3	8	7	10	29	13
	44%	47%	44%	39%	41%	27%	20%	49%	33%	50%	31%	53%	34%	45%	63%	23%
								k							k	
A bit less (2.0)	42	26	7	6	14	3	3	10	5	3	1	1	7	5	5	6
	13%	14%	12%	9%	10%	10%	10%	8%	18%	22%	11%	9%	31%	22%	11%	10%
A lot less (1.0)	9	6	1	1	3	1	2	1	1	1	1	1	-	-	1	3
	3%	4%	2%	2%	2%	4%	7%	1%	5%	7%	11%	6%	-	-	3%	5%
																c
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More	133	62	26	37	63	16	19	49	12	3	4	5	7	7	10	35
	41%	35%	42%	50%	47%	59%	64%	42%	44%	22%	46%	33%	35%	33%	23%	61%
				a	a			j								cj
NET: Less	51	32	9	8	16	4	5	10	6	4	2	2	7	5	6	9
	16%	18%	14%	10%	12%	14%	17%	9%	23%	29%	23%	15%	31%	22%	14%	15%
Base for stats	327	178	63	73	136	27	29	117	28	14	8	14	21	22	46	56
Mean Score	3.34	3.20	3.38	3.58	3.48	3.61	3.70	3.46	3.28	2.92	3.23	3.20	3.07	3.14	3.08	3.66
				a	a			j								j
Standard Deviation	.940	.900	.921	.963	.946	1.054	1.208	.848	1.055	.974	1.213	.939	.893	.821	.722	1.127
Standard Error	.052	.065	.123	.120	.086	.199	.224	.078	.196	.260	.404	.235	.186	.171	.117	.149
Error variance	*	*	.02	.01	.01	.04	.05	.01	.04	.07	.16	.06	.03	.03	.01	.02

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	*c	*d	e	f	a	b	c	*d	e	f	a	b	c	*d	e
Unweighted Total	327	82	71	28	12	99	94	102	49	30	8	79	110	43	172	94	18	284
Total	327	79	72	29	12	101	90	98	49	32	8	81	106	40	171	97	18	286
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	38	9	13	4	3	17	13	13	10	5	-	15	13	2	12	19	4	36
	12%	12%	18%	13%	29%	16%	14%	13%	21%	15%	-	19%	12%	5%	7%	20% ab	24%	13%
A bit more (4.0)	95	25	22	8	1	30	26	28	18	5	4	23	32	14	46	27	8	81
	29%	31%	31%	27%	7%	30%	28%	29%	36%	17%	54%	29%	30%	34%	27%	28%	44%	28%
Neither more nor less (3.0)	142	34	30	14	2	44	36	45	18	15	3	32	47	19	85	36	3	123
	44%	43%	42%	48%	21%	43%	40%	46%	36%	47%	35%	40%	45%	48%	50% c	37%	16%	43%
A bit less (2.0)	42	8	7	3	4	10	12	10	3	6	-	9	10	2	24	14	3	41
	13%	10%	10%	9%	35%	10%	13%	10%	6%	18%	-	11%	9%	4%	14%	14%	16%	14%
A lot less (1.0)	9	3	-	1	1	1	4	3	1	1	1	2	4	4	4	1	-	5
	3%	4%	-	3%	8%	1%	5%	3%	1%	3%	11%	2%	3%	9% bce	2%	1%	-	2%
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More	133	34	35	12	4	47	38	41	28	10	4	38	45	16	58	46	13	117
	41%	43%	49%	40%	36%	46%	42%	42%	57% c	32%	54%	47%	43%	39%	34%	48% b	68%	41%
NET: Less	51	11	7	4	5	11	16	13	4	7	1	10	13	5	28	15	3	46
	16%	14%	10%	13%	43%	10%	18%	13%	7%	21%	11%	13%	13%	13%	16%	16%	16%	16%
Base for stats	327	79	72	29	12	101	90	98	49	32	8	81	106	40	171	97	18	286
Mean Score	3.34	3.36	3.57	3.36	3.15	3.51	3.34	3.39	3.69 c	3.23	3.32	3.51	3.39	3.22	3.23	3.50 b	3.77	3.36
Standard Deviation	.940	.963	.898	.950	1.434	.913	1.027	.934	.923	1.026	1.005	.985	.935	.959	.862	1.013	1.019	.938
Standard Error	.052	.106	.107	.180	.414	.092	.106	.092	.132	.187	.355	.111	.089	.146	.066	.104	.240	.056
Error variance	*	.01	.01	.03	.17	.01	.01	.01	.02	.04	.13	.01	.01	.02	*	.01	.06	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total		327	77	202	38	36	19	243	79	9	272	55	276	48
Total		327	79	202	37	38	18	242	80	9	270	57	279	44
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	38	20	16	6	3	5	27	11	1	31	7	36	2
		12%	25%	8%	17%	8%	26%	11%	14%	9%	11%	13%	13%	4%
			b											
A bit more	(4.0)	95	24	55	11	13	3	71	22	3	84	11	72	22
		29%	30%	27%	30%	34%	14%	29%	28%	32%	31%	19%	26%	49%
														a
Neither more nor less	(3.0)	142	24	99	15	19	7	105	36	5	110	32	128	13
		44%	31%	49%	41%	50%	39%	43%	45%	58%	41%	57%	46%	29%
				a								a	b	
A bit less	(2.0)	42	8	29	4	2	3	32	9	-	37	6	36	6
		13%	11%	14%	10%	5%	16%	13%	11%	-	14%	10%	13%	14%
A lot less	(1.0)	9	3	3	1	1	1	7	2	-	8	1	7	2
		3%	3%	1%	2%	3%	5%	3%	2%	-	3%	1%	3%	4%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		133	44	71	17	16	7	98	33	4	115	18	108	24
		41%	55%	35%	47%	43%	40%	40%	42%	42%	43%	32%	39%	54%
			b											
NET: Less		51	11	32	4	3	4	40	10	-	45	6	43	8
		16%	14%	16%	12%	8%	21%	16%	13%	-	17%	11%	16%	18%
Base for stats		327	79	202	37	38	18	242	80	9	270	57	279	44
Mean Score		3.34	3.63	3.26	3.50	3.40	3.40	3.32	3.40	3.51	3.34	3.32	3.34	3.36
			b											
Standard Deviation		.940	1.078	.852	.979	.828	1.211	.942	.944	.705	.956	.867	.947	.931
Standard Error		.052	.123	.060	.159	.138	.278	.060	.106	.235	.058	.117	.057	.134
Error variance		*	.02	*	.03	.02	.08	*	.01	.06	*	.01	*	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?
BASE: All who have done some form of physical activity in the past week

		Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	327	17	18	41	63	42	57	19	70	146	146	126	136	63	62	94	129	35
Total	327 100%	18 100%	18 100%	39 100%	63 100%	41 100%	57 100%	20 100%	71 100%	142 100%	148 100%	129 100%	138 100%	58 100%	58 100%	91 100%	133 100%	38 100%
A lot more (5.0)	38 12%	- -	- -	5 14%	4 7%	5 12%	11 18%	- -	13 18%	15 10%	23 16%	29 22% bc	3 2%	6 10% b	5 9%	10 11%	13 10%	10 26% abc
A bit more (4.0)	95 29%	5 26%	7 40%	14 36%	18 29%	13 33%	13 24%	6 32%	18 25%	45 32%	37 25%	54 42% bc	28 21%	12 20%	18 32%	24 26%	38 29%	10 26%
Neither more nor less (3.0)	142 44%	10 54%	6 34%	13 33%	30 48%	16 40%	28 49%	11 53%	29 41%	59 42%	67 46%	32 25%	94 68% ac	16 27%	23 40%	39 43%	63 48%	14 37%
A bit less (2.0)	42 13%	2 13%	4 23%	3 9%	8 13%	6 15%	3 6%	3 15%	12 16%	18 12%	18 12%	11 8%	12 9%	19 33% ab	9 15%	12 13%	18 13%	4 10%
A lot less (1.0)	9 3%	1 7%	1 4%	3 8% hj	2 4%	- -	2 3%	- -	- -	5 4%	2 1%	4 3%	- -	5 9% b	3 5%	6 6% c	1 1%	- -
Don't know	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
NET: More	133 41%	5 26%	7 40%	20 51%	22 36%	18 45%	24 42%	6 32%	30 43%	60 42%	61 41%	83 64% bc	32 23%	18 30%	24 41%	34 37%	51 39%	20 53%
NET: Less	51 16%	4 20%	5 26%	6 17%	10 16%	6 15%	5 9%	3 15%	12 16%	23 16%	20 13%	14 11%	12 9%	25 42% ab	11 20%	18 19%	19 14%	4 10%
Base for stats	327	18	18	39	63	41	57	20	71	142	148	129	138	58	58	91	133	38
Mean Score	3.34	2.98	3.10	3.40	3.23	3.42	3.48	3.17	3.44	3.33	3.42	3.73 bc	3.17 c	2.89	3.26	3.22	3.34	3.69 abc
Standard Deviation	.940	.848	.900	1.095	.891	.902	.970	.684	.973	.952	.938	.994	.605	1.146	.980	1.019	.851	.981
Standard Error	.052	.206	.212	.171	.112	.139	.128	.157	.116	.079	.078	.089	.052	.144	.124	.105	.075	.166
Error variance	*	.04	.04	.03	.01	.02	.02	.02	.01	.01	.01	.01	*	.02	.02	.01	.01	.03

Q6D.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

			Gender		Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	*c	*a	b	*c	*d	*e	*f	g	*h	*i
Unweighted Total		201	104	96	97	76	28	9	31	19	25	22	13	42	24	16
Total		210	107	102	96	79	35	8	30	21	24	23	17	44	27	17
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	30	17	12	19	9	2	1	6	2	3	2	3	8	4	-
		14%	16%	12%	19%	11%	6%	12%	19%	9%	14%	10%	15%	19%	16%	-
A bit more	(4.0)	91	49	42	43	36	12	4	13	9	13	13	1	19	10	9
		43%	46%	41%	45%	45%	34%	52%	45%	42%	52%	55%	9%	44%	38%	53%
Neither more nor less	(3.0)	68	31	37	23	28	18	3	10	9	5	4	11	12	9	6
		32%	29%	37%	24%	35%	50%	36%	33%	42%	21%	19%	63%	26%	34%	36%
A bit less	(2.0)	14	7	7	4	6	4	-	1	1	1	3	1	4	2	1
		7%	6%	7%	4%	8%	10%	-	3%	6%	4%	11%	7%	9%	8%	6%
A lot less	(1.0)	6	3	3	6	-	-	-	-	-	2	-	1	1	1	1
		3%	3%	3%	6%	-	-	-	-	-	7%	-	7%	2%	5%	5%
					b											
Don't know		2	1	-	2	-	-	-	-	-	1	1	-	-	-	-
		1%	1%	-	2%	-	-	-	-	-	3%	4%	-	-	-	-
NET: More		121	66	55	62	45	14	5	19	11	16	15	4	27	14	9
		57%	62%	53%	64%	57%	40%	64%	64%	52%	66%	66%	24%	62%	54%	53%
NET: Less		20	9	10	10	6	4	-	1	1	3	3	2	5	3	2
		9%	9%	10%	10%	8%	10%	-	3%	6%	11%	11%	13%	11%	12%	11%
Base for stats		209	106	102	94	79	35	8	30	21	24	22	17	44	27	17
Mean Score		3.60	3.67	3.53	3.69	3.60	3.36	3.76	3.80	3.55	3.64	3.68	3.19	3.68	3.53	3.38
Standard Deviation		.908	.913	.902	1.030	.796	.760	.701	.797	.760	1.028	.834	1.030	.961	1.017	.822
Standard Error		.064	.090	.092	.106	.091	.144	.234	.143	.174	.210	.182	.286	.148	.208	.205
Error variance		*	.01	.01	.01	.01	.02	.05	.02	.03	.04	.03	.08	.02	.04	.04

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Q6D.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total		201	31	61	38	25	26	20	130	71	152	11	23	9	-	1	44
Total		210	33	67	42	22	24	23	141	69	160	12	24	9	-	1	45
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
A lot more	(5.0)	30	7	11	4	2	2	3	22	7	20	1	4	4	-	-	9
		14%	20%	17%	10%	8%	9%	15%	16%	11%	13%	7%	19%	42%	-	-	20%
A bit more	(4.0)	91	12	27	23	11	15	3	62	29	73	4	9	4	-	1	18
		43%	35%	41%	55%	50%	62%	14%	44%	42%	46%	36%	37%	43%	-	100%	39%
Neither more nor less	(3.0)	68	11	22	13	6	3	12	47	21	51	5	6	1	-	-	13
		32%	35%	34%	32%	26%	13%	52%	34%	30%	32%	46%	25%	15%	-	-	28%
A bit less	(2.0)	14	2	4	-	2	3	3	6	8	9	1	3	-	-	-	4
		7%	6%	6%	-	9%	13%	11%	4%	11% c	6%	10%	14%	-	-	-	10%
A lot less	(1.0)	6	1	1	1	2	-	1	3	2	5	-	1	-	-	-	1
		3%	3%	2%	3%	8%	-	3%	2%	3%	3%	-	5%	-	-	-	3%
Don't know		2	-	-	-	-	1	1	-	2	2	-	-	-	-	-	-
		1%	-	-	-	-	3%	4%	-	2%	1%	-	-	-	-	-	-
NET: More		121	18	39	27	13	17	7	84	37	94	5	13	8	-	1	27
		57%	56%	58%	65%	58%	71%	29%	60%	53%	58%	44%	56%	85%	-	100%	60%
NET: Less		20	3	5	1	4	3	3	10	10	14	1	4	-	-	-	6
		9%	9%	8%	3%	16%	13%	14%	7%	14%	9%	10%	19%	-	-	-	12%
Base for stats		209	33	67	42	22	23	22	141	68	159	12	24	9	-	1	45
Mean Score		3.60	3.64	3.65	3.69	3.41	3.69	3.28	3.66	3.47	3.60	3.41	3.51	4.28	-	4.00	3.65
Standard Deviation		.908	.982	.904	.772	1.035	.833	.995	.880	.957	.890	.801	1.120	.742	-	-	1.003
Standard Error		.064	.176	.116	.125	.207	.167	.228	.077	.115	.073	.242	.233	.247	-	-	.151
Error variance		*	.03	.01	.02	.04	.03	.05	.01	.01	.01	.06	.05	.06	-	-	.02

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	201	77	62	55	117	14	29	73	21	8	5	7	13	14	17	43
Total	210	73	71	61	132	14	29	76	21	8	5	6	14	15	22	43
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	30	9	7	12	19	4	7	8	2	1	2	1	-	4	1	11
	14%	12%	9%	20%	14%	27%	25%	10%	11%	10%	33%	12%	-	26%	6%	25% c
A bit more (4.0)	91	26	37	27	64	7	6	36	5	4	2	5	12	7	7	13
	43%	35%	52% a	44%	48%	47%	21%	48%	24%	50%	45%	74%	87%	45%	32%	29%
Neither more nor less (3.0)	68	29	20	18	38	4	10	26	11	2	1	1	1	3	11	13
	32%	40%	28%	30%	29%	27%	33%	34%	53%	25%	22%	14%	5%	18%	50%	31%
A bit less (2.0)	14	5	6	3	9	-	5	5	-	1	-	-	-	-	3	5
	7%	6%	9%	5%	7%	-	18%	7%	-	15%	-	-	-	-	12%	12%
A lot less (1.0)	6	4	1	1	2	-	1	1	2	-	-	-	1	1	-	1
	3%	5%	2%	2%	2%	-	3%	2%	8%	-	-	-	8%	4%	-	2%
Don't know	2	2	-	-	-	-	-	-	1	-	-	-	-	1	-	-
	1%	2%	-	-	-	-	-	-	3%	-	-	-	-	7%	-	-
NET: More	121	34	44	39	83	10	13	44	8	5	4	5	12	11	8	24
	57%	47%	61%	64%	62% a	73%	46%	58%	36%	60%	78%	86%	87%	71%	38%	55%
NET: Less	20	8	7	4	12	-	6	6	2	1	-	-	1	1	3	6
	9%	11%	10%	7%	9%	-	21%	8%	8%	15%	-	-	8%	4%	12%	14%
Base for stats	209	71	71	61	132	14	29	76	20	8	5	6	14	14	22	43
Mean Score	3.60	3.44	3.58	3.75	3.66	4.00	3.46	3.59	3.32	3.56	4.11	3.98	3.71	3.95	3.32	3.64
Standard Deviation	.908	.963	.845	.891	.867	.757	1.160	.826	1.000	.925	.817	.557	.864	.986	.772	1.068
Standard Error	.064	.111	.107	.120	.080	.202	.215	.097	.224	.327	.365	.210	.240	.273	.187	.163
Error variance	*	.01	.01	.01	.01	.04	.05	.01	.05	.11	.13	.04	.06	.07	.04	.03

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e
Unweighted Total	201	52	51	24	7	75	59	63	43	17	8	60	71	19	95	72	15	182
Total	210	51	54	24	7	79	58	63	45	18	8	63	71	17	98	79	16	193
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	30	6	6	5	4	11	9	8	6	4	1	10	8	2	12	13	2	28
	14%	11%	10%	21%	48%	14%	16%	12%	14%	23%	10%	16%	12%	10%	12%	17%	14%	14%
A bit more (4.0)	91	23	20	8	3	28	26	28	15	7	4	21	31	5	41	39	6	86
	43%	45%	37%	32%	39%	36%	44%	44%	33%	37%	48%	34%	44%	29%	42%	49%	39%	45%
Neither more nor less (3.0)	68	18	23	7	1	30	19	22	18	6	1	24	24	6	34	24	5	63
	32%	35%	42%	29%	13%	38%	32%	35%	40%	34%	17%	38%	33%	33%	35%	30%	32%	32%
A bit less (2.0)	14	4	3	3	-	6	4	5	3	1	1	4	6	2	8	2	1	12
	7%	8%	6%	14%	-	8%	7%	8%	7%	6%	13%	7%	8%	14%	8%	3%	8%	6%
A lot less (1.0)	6	-	3	1	-	4	-	-	3	-	1	3	1	1	3	1	1	5
	3%	-	5%	4%	-	5%	-	-	6% a	-	12%	5%	1%	5%	3%	1%	7%	2%
Don't know	2	1	-	-	-	-	1	1	-	-	-	-	1	2	-	-	-	-
	1%	1%	-	-	-	-	1%	1%	-	-	-	-	1%	9%	-	-	-	-
NET: More	121	28	26	13	6	39	35	35	21	11	4	32	40	7	53	52	8	114
	57%	56%	47%	53%	87%	49%	60%	56%	46%	60%	58%	50%	56%	39%	54%	66%	53%	59%
NET: Less	20	4	6	4	-	10	4	5	6	1	2	7	7	3	11	3	2	16
	9%	8%	11%	18%	-	13%	7%	8%	14%	6%	25%	12%	10%	19%	11%	4%	15%	8%
Base for stats	209	50	54	24	7	79	58	62	45	18	8	63	70	16	98	79	16	193
Mean Score	3.60	3.60	3.41	3.53	4.35	3.45	3.69	3.60	3.39	3.77	3.31	3.50	3.57	3.26	3.53	3.79	3.44	3.63
Standard Deviation	.908	.797	.948	1.105	.751	.993	.825	.807	1.033	.896	1.267	1.003	.861	1.072	.916	.799	1.086	.891
Standard Error	.064	.112	.133	.226	.284	.115	.108	.102	.158	.217	.448	.130	.103	.260	.094	.094	.280	.066
Error variance	*	.01	.02	.05	.08	.01	.01	.01	.02	.05	.20	.02	.01	.07	.01	.01	.08	*

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Q6D.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	*b	*c	d	e	*f	a	b	a	*b
Unweighted Total		201	59	116	32	28	9	131	64	3	162	39	183	16
Total		210	64	123	33	32	9	136	69	3	168	42	195	14
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	30	12	15	5	2	3	22	7	1	25	5	30	-
		14%	19%	12%	14%	6%	29%	16%	11%	30%	15%	12%	15%	-
A bit more	(4.0)	91	28	55	14	16	4	56	32	1	73	18	86	5
		43%	45%	45%	43%	51%	42%	41%	46%	34%	43%	43%	44%	36%
Neither more nor less	(3.0)	68	16	45	8	12	2	45	22	-	54	14	61	6
		32%	25%	37%	26%	37%	20%	33%	32%	-	32%	34%	32%	43%
A bit less	(2.0)	14	6	5	3	1	1	9	5	-	11	3	12	2
		7%	10%	4%	10%	4%	9%	6%	8%	-	6%	8%	6%	14%
A lot less	(1.0)	6	1	2	1	-	-	4	1	-	5	1	4	1
		3%	2%	2%	2%	-	-	3%	1%	-	3%	3%	2%	7%
Don't know		2	-	-	2	1	-	-	2	1	2	-	2	-
		1%	-	-	5% d	3%	-	-	2%	37%	1%	-	1%	-
NET: More		121	40	71	19	18	7	78	39	2	97	23	116	5
		57%	63%	57%	56%	57%	71%	58%	57%	63%	58%	56%	59%	36%
NET: Less		20	7	7	4	1	1	13	6	-	15	5	16	3
		9%	11%	6%	13%	4%	9%	9%	9%	-	9%	11%	8%	21%
Base for stats		209	64	123	31	31	9	136	67	2	167	42	193	14
Mean Score		3.60	3.69	3.62	3.58	3.61	3.92	3.62	3.59	4.47	3.61	3.54	3.65	3.09
Standard Deviation		.908	.950	.818	.965	.666	.969	.934	.838	.770	.908	.916	.887	.901
Standard Error		.064	.124	.076	.176	.128	.323	.082	.106	.545	.072	.147	.066	.225
Error variance		*	.02	.01	.03	.02	.10	.01	.01	.30	.01	.02	*	.05

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Q6D.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

						Number of days active					NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		Total	0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%			*a	*b	*c	d	*e	f	*g	*h	i	j	a	b	c	a	b	c	d
Unweighted Total		201	11	15	29	43	25	36	14	28	97	78	86	71	43	41	53	71	32
Total		210 100%	12 100%	16 100%	30 100%	45 100%	25 100%	39 100%	16 100%	27 100%	100 100%	82 100%	90 100%	77 100%	43 100%	42 100%	54 100%	75 100%	35 100%
A lot more	(5.0)	30 14%	3 24%	1 5%	1 4%	6 13%	5 21%	5 12%	1 7%	8 29%	12 12%	14 17%	22 25% bc	3 5%	4 9%	3 7%	10 19%	7 9%	9 27% ac
A bit more	(4.0)	91 43%	3 21%	8 53%	14 47%	23 50%	6 25%	18 47%	11 67%	9 31%	43 43%	37 45%	44 49%	26 34%	21 48%	20 49%	18 34%	36 49%	15 42%
Neither more nor less	(3.0)	68 32%	6 47%	5 29%	12 41%	16 36%	6 22%	12 31%	4 26%	8 28%	34 34%	24 29%	18 20%	41 53% ac	10 23%	14 32%	18 33%	26 35%	8 22%
A bit less	(2.0)	14 7%	1 9%	2 14%	1 3%	- -	5 21%	3 8%	- -	1 5%	6 6%	4 5%	4 5%	3 4%	6 15%	3 8%	6 12% c	2 3%	2 6%
A lot less	(1.0)	6 3%	- -	- -	1 4%	1 2%	2 8%	1 2%	- -	1 3%	4 4%	2 2%	1 1%	2 3%	2 5%	2 4%	- -	3 4%	1 3%
Don't know		2 1%	- -	- -	- -	- -	1 3%	- -	- -	1 4%	1 1%	1 1%	- -	1 1%	- -	- -	1 2%	1 1%	- -
NET: More		121 57%	5 44%	9 58%	15 52%	28 62%	11 46%	23 59%	12 74%	16 60%	55 55%	51 62%	67 74% b	30 39%	25 57%	24 56%	29 53%	43 58%	24 69%
NET: Less		20 9%	1 9%	2 14%	2 7%	1 2%	7 30%	4 10%	- -	2 8%	10 10%	6 7%	5 6%	6 7%	9 20% ab	5 12%	6 12%	5 6%	3 10%
Base for stats		209	12	16	30	45	24	39	16	26	100	81	90	76	43	42	53	74	35
Mean Score		3.60	3.59	3.49	3.45	3.72	3.29	3.59	3.81	3.81	3.53	3.71	3.92 bc	3.33	3.40	3.48	3.62	3.57	3.82
Standard Deviation		.908	.986	.813	.814	.754	1.284	.882	.561	1.050	.934	.887	.859	.771	1.031	.897	.939	.850	1.023
Standard Error		.064	.297	.210	.151	.115	.262	.147	.150	.202	.095	.101	.093	.092	.157	.140	.130	.102	.181
Error variance		*	.09	.04	.02	.01	.07	.02	.02	.04	.01	.01	.01	.01	.02	.02	.02	.01	.03

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Q6D.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

			Gender		Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	*c	*a	b	*c	*d	*e	*f	g	*h	*i
Unweighted Total		155	92	63	85	60	10	3	30	16	13	13	15	33	26	6
Total		158	92	66	85	61	12	3	27	17	12	13	18	35	26	6
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	33	18	16	21	11	1	-	5	2	4	2	2	12	3	3
		21%	19%	23%	25%	18%	7%	-	19%	13%	34%	16%	13%	33%	11%	40%
A bit more	(4.0)	54	32	23	28	24	2	3	9	6	4	3	6	14	8	2
		34%	35%	34%	33%	40%	20%	100%	33%	34%	30%	22%	34%	40%	29%	36%
Neither more nor less	(3.0)	50	31	19	22	19	9	-	9	6	3	7	9	7	7	2
		31%	34%	28%	26%	32%	72%	-	35%	38%	21%	54%	46%	20%	28%	24%
A bit less	(2.0)	15	8	8	10	5	-	-	3	2	1	1	-	1	8	-
		10%	8%	12%	12%	8%	-	-	9%	10%	10%	7%	-	3%	30%	-
A lot less	(1.0)	4	3	2	4	-	-	-	1	1	1	-	1	-	1	-
		3%	3%	3%	5%	-	-	-	4%	5%	6%	-	6%	-	3%	-
Don't know		1	1	-	-	1	-	-	-	-	-	-	-	1	-	-
		1%	1%	-	-	2%	-	-	-	-	-	-	-	3%	-	-
NET: More		87	49	38	49	35	3	3	14	8	8	5	9	26	10	5
		55%	54%	58%	57%	58%	28%	100%	52%	47%	63%	38%	47%	74%	40%	76%
NET: Less		20	10	10	15	5	-	-	4	2	2	1	1	1	9	-
		13%	11%	14%	17%	8%	-	-	13%	15%	16%	7%	6%	3%	32%	-
Base for stats		157	91	66	85	59	12	3	27	17	12	13	18	34	26	6
Mean Score		3.61	3.60	3.64	3.59	3.69	3.35	4.00	3.54	3.41	3.76	3.47	3.48	4.07	3.15	4.15
														b		
Standard Deviation		1.016	.990	1.058	1.142	.878	.640	-	1.044	1.030	1.236	.886	.965	.836	1.077	.855
Standard Error		.082	.104	.133	.124	.114	.202	-	.191	.258	.343	.246	.249	.148	.211	.349
Error variance		.01	.01	.02	.02	.01	.04	-	.04	.07	.12	.06	.06	.02	.04	.12

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Q6D.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			*a	b	*c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total		155	27	48	29	25	15	11	104	51	109	12	10	17	4	-	43
Total		158	27	51	32	23	14	11	110	47	113	12	9	18	4	-	43
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
A lot more	(5.0)	33	9	8	9	4	1	2	26	7	21	2	4	6	1	-	13
		21%	33%	16%	29%	16%	8%	19%	24%	14%	18%	13%	44%	35%	23%	-	30%
A bit more	(4.0)	54	8	22	11	7	3	3	41	14	42	3	1	4	2	-	11
		34%	28%	43%	34%	32%	25%	28%	37%	29%	38%	23%	17%	24%	57%	-	25%
Neither more nor less	(3.0)	50	8	16	8	6	7	5	32	18	36	7	1	5	-	-	12
		31%	29%	31%	25%	25%	53%	46%	29%	38%	32%	57%	8%	27%	-	-	29%
A bit less	(2.0)	15	2	3	2	5	2	1	7	8	11	1	2	1	1	-	4
		10%	7%	7%	5%	24%	15%	7%	6%	17% g	10%	7%	19%	4%	19%	-	9%
A lot less	(1.0)	4	1	1	2	1	-	-	4	1	3	-	1	1	-	-	2
		3%	3%	1%	7%	4%	-	-	3%	2%	2%	-	13%	4%	-	-	4%
Don't know		1	-	1	-	-	-	-	1	-	-	-	-	1	-	-	1
		1%	-	2%	-	-	-	-	1%	-	-	-	-	6%	-	-	2%
NET: More		87	17	30	20	11	4	5	67	20	63	4	5	11	3	-	23
		55%	61%	59%	63%	48%	33%	47%	61% h	43%	56%	36%	61%	59%	81%	-	55%
NET: Less		20	3	4	4	6	2	1	11	9	14	1	3	1	1	-	6
		13%	10%	8%	12%	27%	15%	7%	10%	19%	12%	7%	32%	8%	19%	-	14%
Base for stats		157	27	50	32	23	14	11	109	47	113	12	9	17	4	-	42
Mean Score		3.61	3.81	3.67	3.73	3.32	3.26	3.59	3.72 h	3.37	3.59	3.43	3.60	3.86	3.85	-	3.68
Standard Deviation		1.016	1.079	.888	1.154	1.132	.831	.916	1.011	.993	.977	.840	1.603	1.129	1.160	-	1.147
Standard Error		.082	.208	.130	.214	.226	.215	.276	.100	.139	.094	.243	.507	.282	.580	-	.177
Error variance		.01	.04	.02	.05	.05	.05	.08	.01	.02	.01	.06	.26	.08	.34	-	.03

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Q6D.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	155	51	38	57	95	20	17	57	15	7	7	9	10	9	4	37
Total	158	43	44	64	107	20	16	59	15	7	8	8	11	9	5	36
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	33	7	5	18	23	6	5	10	3	3	1	2	1	2	-	11
	21%	16%	11%	29% b	22%	32%	28%	17%	20%	44%	16%	24%	8%	20%	-	30%
A bit more (4.0)	54	12	23	18	41	9	5	22	3	3	-	4	5	3	-	14
	34%	29%	53% ac	28%	38%	44%	34%	38%	17%	42%	-	48%	45%	37%	-	39%
Neither more nor less (3.0)	50	17	11	19	31	2	4	17	6	1	6	2	4	2	5	6
	31%	40%	26%	30%	28%	11%	27%	28%	43%	14%	84%	19%	36%	22%	100%	18%
A bit less (2.0)	15	4	4	6	11	2	2	8	2	-	-	1	-	1	-	4
	10%	9%	10%	10%	10%	10%	11%	13%	14%	-	-	10%	-	10%	-	10%
A lot less (1.0)	4	3	-	1	1	1	-	1	1	-	-	-	1	1	-	1
	3%	6%	-	2%	1%	4%	-	1%	5%	-	-	-	11%	11%	-	2%
Don't know	1	-	-	1	1	-	-	1	-	-	-	-	-	-	-	-
	1%	-	-	2%	1%	-	-	2%	-	-	-	-	-	-	-	-
NET: More	87	19	28	36	64	15	10	33	6	6	1	6	6	5	-	25
	55%	45%	64%	57%	60%	76%	62%	56%	38%	86%	16%	71%	53%	57%	-	69%
NET: Less	20	7	4	7	12	3	2	8	3	-	-	1	1	2	-	4
	13%	15%	10%	12%	11%	14%	11%	14%	20%	-	-	10%	11%	21%	-	13%
Base for stats	157	43	44	63	106	20	16	58	15	7	8	8	11	9	5	36
Mean Score	3.61	3.39	3.66	3.73	3.70	3.91	3.79	3.59	3.33	4.30	3.32	3.85	3.40	3.44	3.00	3.85
Standard Deviation	1.016	1.068	.809	1.048	.954	1.103	1.009	.976	1.151	.758	.782	.950	1.071	1.304	-	1.048
Standard Error	.082	.150	.131	.140	.098	.247	.245	.130	.297	.286	.296	.317	.339	.435	-	.172
Error variance	.01	.02	.02	.02	.01	.06	.06	.02	.09	.08	.09	.10	.11	.19	-	.03

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?
BASE: All who have done some form of physical activity in the past week

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e
Unweighted Total		155	38	45	12	5	57	43	48	37	12	4	49	52	11	65	65	14	144
Total		158	36	47	13	5	60	41	49	37	13	3	50	52	11	63	69	15	147
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	33	6	11	2	2	13	8	10	9	3	-	13	10	1	13	13	5	32
		21%	16%	24%	17%	45%	22%	19%	20%	25%	24%	-	25%	18%	8%	21%	19%	37%	22%
A bit more	(4.0)	54	10	17	3	1	21	11	18	12	2	-	15	18	3	27	20	3	51
		34%	28%	37%	25%	26%	34%	28%	36%	33%	16%	-	29%	34%	29%	43%	30%	23%	35%
Neither more nor less	(3.0)	50	13	14	7	1	20	15	15	9	8	2	17	18	7	15	25	3	43
		31%	36%	29%	52%	30%	34%	35%	32%	24%	60%	74%	34%	34%	63%	24%	36%	19%	29%
A bit less	(2.0)	15	6	4	1	-	5	6	4	5	-	1	5	5	-	6	7	2	15
		10%	15%	9%	7%	-	8%	14%	9%	14%	-	26%	11%	10%	-	9%	11%	13%	10%
A lot less	(1.0)	4	2	-	-	-	-	2	2	-	-	-	-	2	-	2	2	1	4
		3%	4%	-	-	-	-	4%	3%	-	-	-	-	3%	-	2%	3%	8%	3%
Don't know		1	-	1	-	-	1	-	-	1	-	-	1	-	-	-	1	-	1
		1%	-	2%	-	-	2%	-	-	3%	-	-	2%	-	-	-	1%	-	1%
NET: More		87	16	29	5	4	34	19	27	22	5	-	27	27	4	41	34	9	83
		55%	44%	60%	42%	70%	56%	47%	56%	59%	40%	-	54%	52%	37%	64%	49%	59%	57%
NET: Less		20	7	4	1	-	5	7	6	5	-	1	5	7	-	8	9	3	20
		13%	20%	9%	7%	-	8%	17%	12%	14%	-	26%	11%	13%	-	12%	13%	21%	13%
Base for stats		157	36	46	13	5	59	41	49	36	13	3	49	52	11	63	68	15	146
Mean Score		3.61	3.36	3.77	3.52	4.15	3.71	3.45	3.60	3.72	3.64	2.74	3.69	3.55	3.45	3.71	3.54	3.67	3.63
Standard Deviation		1.016	1.068	.929	.884	.949	.918	1.076	1.012	1.024	.875	.529	.979	1.008	.676	.989	1.016	1.350	1.038
Standard Error		.082	.173	.140	.255	.424	.123	.164	.146	.171	.253	.265	.141	.140	.204	.123	.127	.361	.087
Error variance		.01	.03	.02	.07	.18	.02	.03	.02	.03	.06	.07	.02	.02	.04	.02	.02	.13	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	*b	*c	d	e	*f	a	b	a	*b
Unweighted Total		155	53	88	32	17	9	101	50	5	121	34	140	15
Total		158	54	91	33	18	9	102	52	5	122	36	145	13
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	33	18	13	11	3	2	19	13	2	30	3	33	-
		21%	34%	14%	33%	16%	25%	19%	26%	39%	25%	7%	23%	-
			b								b			
A bit more	(4.0)	54	17	33	9	7	3	35	18	1	40	14	49	5
		34%	32%	37%	28%	39%	36%	34%	34%	15%	33%	41%	34%	41%
Neither more nor less	(3.0)	50	10	33	5	6	4	35	13	-	37	13	45	4
		31%	18%	36%	14%	33%	39%	35%	25%	-	30%	37%	31%	32%
				a				a						
A bit less	(2.0)	15	7	8	7	1	-	8	7	1	11	4	14	2
		10%	13%	9%	21%	7%	-	8%	14%	24%	9%	12%	9%	13%
					d									
A lot less	(1.0)	4	2	3	1	1	-	3	1	1	3	1	4	1
		3%	4%	3%	3%	6%	-	3%	2%	21%	3%	3%	3%	5%
Don't know		1	-	1	-	-	-	1	-	-	1	-	-	1
		1%	-	1%	-	-	-	1%	-	-	1%	-	-	8%
NET: More		87	35	46	20	10	5	54	31	3	70	17	82	5
		55%	66%	51%	61%	55%	61%	53%	60%	54%	58%	48%	57%	41%
NET: Less		20	9	11	8	2	-	12	8	2	14	5	17	2
		13%	16%	12%	25%	12%	-	11%	16%	46%	12%	15%	12%	19%
Base for stats		157	54	90	33	18	9	101	52	5	121	36	145	12
Mean Score		3.61	3.80	3.51	3.66	3.54	3.85	3.57	3.68	3.27	3.69	3.37	3.65	3.19
Standard Deviation		1.016	1.158	.954	1.244	1.053	.837	.998	1.069	1.856	1.036	.916	1.018	.928
Standard Error		.082	.159	.102	.220	.255	.279	.100	.151	.830	.095	.157	.086	.248
Error variance		.01	.03	.01	.05	.07	.08	.01	.02	.69	.01	.02	.01	.06

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Q6D.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?
BASE: All who have done some form of physical activity in the past week

					Number of days active								Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	d	*e	*f	*g	h	i	j	a	b	*c	a	b	c	*d
Unweighted Total	155	4	14	22	31	17	27	6	34	70	67	73	56	26	31	46	48	28
Total	158	5	14	22	32	17	28	6	34	71	67	73	57	27	30	47	49	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	33	-	3	2	9	4	5	-	10	16	14	25	6	2	4	11	8	10
	21%	-	19%	10%	29%	26%	16%	-	29%	23%	21%	34% b	11%	7%	12%	24%	16%	35%
A bit more (4.0)	54	2	6	7	11	4	9	5	11	22	25	27	18	9	14	12	20	7
	34%	31%	40%	30%	34%	25%	33%	83%	33%	31%	37%	37%	32%	34%	47%	25%	40%	23%
Neither more nor less (3.0)	50	2	3	9	7	6	11	1	10	22	22	17	28	5	6	18	15	10
	31%	48%	23%	40%	23%	33%	41%	17%	29%	31%	33%	23%	50% a	17%	21%	39%	30%	34%
A bit less (2.0)	15	-	2	2	4	2	2	-	3	8	5	3	4	7	3	4	5	2
	10%	-	17%	8%	14%	10%	7%	-	9%	11%	7%	5%	8%	27%	10%	9%	10%	7%
A lot less (1.0)	4	-	-	3	-	1	1	-	-	4	1	1	-	3	2	1	2	-
	3%	-	-	12%	-	7%	3%	-	-	5%	1%	2%	-	11%	6%	2%	4%	-
Don't know	1	1	-	-	-	-	-	-	-	-	-	-	-	1	1	-	-	-
	1%	21%	-	-	-	-	-	-	-	-	-	-	-	4%	3%	-	-	-
NET: More	87	2	9	9	20	9	14	5	21	38	39	52	24	11	18	23	28	17
	55%	31%	60%	40%	63%	51%	49%	83%	62%	53%	59%	71% b	43%	41%	59%	50%	56%	59%
NET: Less	20	-	2	4	4	3	3	-	3	12	6	5	4	11	5	5	7	2
	13%	-	17%	20%	14%	17%	10%	-	9%	16%	8%	7%	8%	38%	16%	11%	14%	7%
Base for stats	157	4	14	22	32	17	28	6	34	71	67	73	57	26	29	47	49	29
Mean Score	3.61	3.40	3.62	3.19	3.78	3.53	3.54	3.83	3.82	3.54	3.70	3.96 b	3.46	2.98	3.51	3.61	3.54	3.88
Standard Deviation	1.016	.565	1.018	1.137	1.033	1.203	.953	.408	.965	1.121	.925	.971	.797	1.200	1.060	1.019	1.006	.994
Standard Error	.082	.326	.272	.242	.186	.292	.183	.166	.166	.134	.113	.114	.106	.240	.194	.150	.145	.188
Error variance	.01	.11	.07	.06	.03	.09	.03	.03	.03	.02	.01	.01	.01	.06	.04	.02	.02	.04

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Q6D.9. Team sports (such as football, cricket, rugby etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	g	*h	*i
Unweighted Total		98	77	21	71	23	4	2	12	8	7	11	5	33	14	6
Total		93	71	22	68	21	4	1	10	8	7	10	6	32	13	6
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	18	14	3	14	4	-	1	2	2	2	1	1	7	2	1
		19%	20%	16%	20%	20%	-	54%	15%	26%	24%	6%	21%	21%	19%	14%
A bit more	(4.0)	27	22	5	18	7	1	-	3	1	2	4	1	8	5	3
		29%	31%	21%	27%	33%	32%	-	28%	9%	27%	38%	20%	24%	43%	57%
Neither more nor less	(3.0)	31	21	10	23	6	2	-	4	3	1	4	4	12	2	1
		33%	29%	46%	33%	31%	41%	-	44%	33%	16%	39%	60%	36%	19%	14%
A bit less	(2.0)	14	12	2	9	3	1	1	1	2	1	-	-	6	2	1
		15%	17%	8%	14%	16%	27%	46%	12%	21%	16%	-	-	19%	19%	15%
A lot less	(1.0)	3	2	1	3	-	-	-	-	1	1	1	-	-	-	-
		3%	3%	5%	4%	-	-	-	-	11%	17%	9%	-	-	-	-
Don't know		1	-	1	1	-	-	-	-	-	-	1	-	-	-	-
		1%	-	4%	1%	-	-	-	-	-	-	8%	-	-	-	-
NET: More		45	36	8	32	11	1	1	4	3	3	5	3	15	8	4
		48%	51%	37%	47%	53%	32%	54%	43%	34%	51%	44%	40%	45%	61%	71%
NET: Less		17	14	3	12	3	1	1	1	3	2	1	-	6	2	1
		18%	20%	13%	18%	16%	27%	46%	12%	33%	33%	9%	-	19%	19%	15%
Base for stats		92	71	21	67	21	4	1	10	8	7	9	6	32	13	6
Mean Score		3.46	3.49	3.36	3.46	3.57	3.04	3.62	3.47	3.16	3.26	3.35	3.61	3.47	3.61	3.70
Standard Deviation		1.070	1.082	1.045	1.106	1.003	.871	2.607	.945	1.414	1.544	1.039	.876	1.038	1.044	.988
Standard Error		.109	.123	.234	.132	.209	.435	1.843	.273	.500	.584	.329	.392	.181	.279	.403
Error variance		.01	.02	.05	.02	.04	.19	3.40	.07	.25	.34	.11	.15	.03	.08	.16

Q6D.9. Team sports (such as football, cricket, rugby etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?
BASE: All who have done some form of physical activity in the past week

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			*a	*b	*c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total		98	22	22	23	16	13	2	67	31	52	11	17	13	1	-	42
Total		93	23	23	21	13	11	1	67	26	50	10	17	12	1	-	40
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
A lot more	(5.0)	18	6	4	3	2	3	-	13	5	6	2	5	4	-	-	12
		19%	26%	16%	15%	17%	25%	-	19%	20%	11%	24%	28%	36%	-	-	29%
																	a
A bit more	(4.0)	27	7	10	3	2	5	-	19	8	16	3	4	1	1	-	10
		29%	29%	42%	13%	19%	46%	-	28%	30%	33%	35%	25%	7%	100%	-	24%
Neither more nor less	(3.0)	31	5	7	11	5	2	1	23	8	18	1	3	7	-	-	11
		33%	22%	31%	52%	37%	17%	57%	35%	29%	36%	8%	20%	57%	-	-	28%
A bit less	(2.0)	14	4	2	3	3	1	1	9	5	8	2	4	-	-	-	6
		15%	19%	8%	15%	20%	12%	43%	14%	18%	16%	25%	21%	-	-	-	15%
A lot less	(1.0)	3	1	-	1	1	-	-	2	1	1	1	1	-	-	-	2
		3%	5%	-	4%	7%	-	-	3%	4%	2%	9%	7%	-	-	-	5%
Don't know		1	-	1	-	-	-	-	1	-	1	-	-	-	-	-	-
		1%	-	3%	-	-	-	-	1%	-	2%	-	-	-	-	-	-
NET: More		45	12	13	6	5	8	-	32	13	22	6	9	5	1	-	21
		48%	54%	57%	28%	36%	71%	-	47%	49%	44%	59%	53%	43%	100%	-	53%
NET: Less		17	5	2	4	4	1	1	11	6	9	3	5	-	-	-	8
		18%	24%	8%	19%	27%	12%	43%	17%	21%	18%	33%	27%	-	-	-	20%
Base for stats		92	23	22	21	13	11	1	66	26	49	10	17	12	1	-	40
Mean Score		3.46	3.51	3.67	3.20	3.18	3.85	2.57	3.47	3.44	3.36	3.40	3.47	3.79	4.00	-	3.57
Standard Deviation		1.070	1.226	.867	1.036	1.199	.974	.911	1.057	1.123	.958	1.393	1.316	.981	-	-	1.205
Standard Error		.109	.261	.189	.216	.300	.270	.644	.130	.202	.134	.420	.319	.272	-	-	.186
Error variance		.01	.07	.04	.05	.09	.07	.42	.02	.04	.02	.18	.10	.07	-	-	.03

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.9. Team sports (such as football, cricket, rugby etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

			Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	*b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total		98	45	20	22	42	14	9	33	12	6	2	3	14	2	3	23
Total		93	36	22	26	48	13	9	31	11	6	2	2	15	2	3	22
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	18	8	3	5	8	4	3	5	1	1	1	-	3	1	-	6
		19%	21%	11%	20%	16%	28%	28%	17%	7%	14%	53%	-	20%	50%	-	28%
A bit more	(4.0)	27	6	11	7	18	2	4	9	4	2	-	-	5	-	1	5
		29%	16%	50%	28%	38% a	13%	41%	28%	35%	35%	-	-	36%	-	44%	25%
Neither more nor less	(3.0)	31	14	5	10	15	5	1	10	6	1	1	2	3	-	2	6
		33%	38%	24%	37%	31%	40%	10%	33%	51%	23%	47%	71%	23%	-	56%	27%
A bit less	(2.0)	14	7	2	3	5	1	1	6	1	1	-	1	3	1	-	2
		15%	20%	10%	10%	10%	12%	9%	19%	6%	15%	-	29%	20%	50%	-	11%
A lot less	(1.0)	3	1	1	1	2	1	1	1	-	-	-	-	-	-	-	2
		3%	2%	4%	4%	4%	7%	12%	3%	-	-	-	-	-	-	-	9%
Don't know		1	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-
		1%	2%	-	-	-	-	-	-	-	14%	-	-	-	-	-	-
NET: More		45	14	14	13	26	5	6	14	5	3	1	-	8	1	1	11
		48%	37%	61%	49%	54%	41%	69%	45%	42%	49%	53%	-	57%	50%	44%	53%
NET: Less		17	8	3	4	7	2	2	7	1	1	-	1	3	1	-	4
		18%	22%	14%	14%	14%	19%	22%	22%	6%	15%	-	29%	20%	50%	-	20%
Base for stats		92	36	22	26	48	13	9	31	11	5	2	2	15	2	3	22
Mean Score		3.46	3.34	3.54	3.50	3.52	3.44	3.62	3.37	3.43	3.56	4.06	2.71	3.57	3.51	3.44	3.52
Standard Deviation		1.070	1.116	.990	1.078	1.028	1.265	1.393	1.079	.757	1.070	1.324	.617	1.063	2.335	.596	1.290
Standard Error		.109	.168	.221	.230	.159	.338	.464	.188	.218	.478	.937	.356	.284	1.651	.344	.269
Error variance		.01	.03	.05	.05	.03	.11	.22	.04	.05	.23	.88	.13	.08	2.73	.12	.07

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Q6D.9. Team sports (such as football, cricket, rugby etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?
BASE: All who have done some form of physical activity in the past week

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			*a	*b	*c	*d	*e	f	*a	*b	*c	*d	*e	f	*a	b	c	*d	e
Unweighted Total		98	25	17	12	5	29	30	24	22	6	6	28	30	11	38	39	10	87
Total		93	23	17	12	5	28	28	22	21	6	6	27	28	9	35	40	9	84
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	18	5	2	2	2	4	7	6	1	3	-	5	6	2	8	6	2	16
		19%	22%	9%	17%	39%	12%	25%	27%	7%	52%	-	17%	21%	16%	22%	16%	24%	20%
A bit more	(4.0)	27	6	4	4	3	9	9	7	6	1	2	8	9	3	7	14	3	24
		29%	25%	26%	37%	61%	30%	32%	31%	29%	23%	32%	28%	31%	31%	20%	34%	32%	28%
Neither more nor less	(3.0)	31	5	9	3	-	13	5	5	10	2	1	12	6	3	10	14	3	27
		33%	24%	56%	30%	-	45%	19%	24%	49%	25%	21%	43%	23%	37%	30%	34%	36%	33%
A bit less	(2.0)	14	5	1	2	-	3	5	3	1	-	3	1	6	1	7	6	1	13
		15%	21%	4%	16%	-	9%	17%	15%	6%	-	46%	5%	22%	7%	19%	15%	8%	16%
A lot less	(1.0)	3	2	-	-	-	-	2	1	1	-	-	1	1	-	3	-	-	3
		3%	9%	-	-	-	-	7%	4%	5%	-	-	4%	3%	-	8%	-	-	4%
Don't know		1	-	1	-	-	1	-	-	1	-	-	1	-	1	-	-	-	-
		1%	-	5%	-	-	3%	-	-	4%	-	-	3%	-	8%	-	-	-	-
NET: More		45	11	6	6	5	12	16	12	8	5	2	12	14	4	15	20	5	40
		48%	46%	35%	54%	100%	43%	56%	57%	36%	75%	32%	45%	52%	47%	43%	51%	56%	48%
NET: Less		17	7	1	2	-	3	7	4	2	-	3	2	7	1	10	6	1	16
		18%	30%	4%	16%	-	9%	24%	19%	11%	-	46%	9%	25%	7%	28%	15%	8%	20%
Base for stats		92	23	16	12	5	28	28	22	20	6	6	27	28	9	35	40	9	84
Mean Score		3.46	3.29	3.43	3.55	4.39	3.48	3.50	3.61	3.27	4.27	2.86	3.51	3.44	3.63	3.29	3.52	3.72	3.44
Standard Deviation		1.070	1.292	.750	.998	.542	.847	1.257	1.178	.916	.911	.957	.997	1.160	.913	1.258	.946	.971	1.088
Standard Error		.109	.258	.187	.288	.242	.160	.230	.240	.200	.372	.391	.192	.212	.289	.204	.152	.307	.117
Error variance		.01	.07	.04	.08	.06	.03	.05	.06	.04	.14	.15	.04	.04	.08	.04	.02	.09	.01

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Q6D.9. Team sports (such as football, cricket, rugby etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	*a	*b	*c	d	e	*f	a	*b	a	*b
Unweighted Total		98	39	45	16	13	9	62	32	3	79	19	83	13
Total		93	39	43	16	12	9	58	31	2	76	17	81	10
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	18	12	5	4	4	3	8	8	2	15	3	16	2
		19%	31%	11%	23%	35%	33%	14%	27%	64%	20%	17%	20%	15%
			b											
A bit more	(4.0)	27	8	14	6	3	3	17	10	-	24	2	25	2
		29%	21%	34%	40%	22%	38%	29%	32%	-	32%	14%	31%	15%
Neither more nor less	(3.0)	31	12	15	3	4	1	20	8	-	23	8	23	6
		33%	30%	35%	21%	36%	9%	35%	27%	-	30%	46%	29%	56%
A bit less	(2.0)	14	6	7	3	1	1	10	3	1	11	3	13	1
		15%	15%	16%	16%	7%	8%	17%	11%	36%	14%	18%	15%	14%
A lot less	(1.0)	3	1	2	-	-	1	2	1	-	3	-	3	-
		3%	3%	4%	-	-	13%	3%	4%	-	4%	-	4%	-
Don't know		1	-	-	-	-	-	1	-	-	-	1	1	-
		1%	-	-	-	-	-	1%	-	-	-	5%	1%	-
NET: More		45	20	19	10	7	6	25	18	2	39	5	41	3
		48%	52%	44%	63%	57%	71%	43%	59%	64%	52%	31%	51%	30%
NET: Less		17	7	9	3	1	2	12	4	1	14	3	15	1
		18%	18%	21%	16%	7%	20%	21%	14%	36%	18%	18%	19%	14%
Base for stats		92	39	43	16	12	9	57	31	2	76	17	80	10
Mean Score		3.46	3.62	3.30	3.70	3.85	3.72	3.34	3.68	3.93	3.49	3.32	3.49	3.31
Standard Deviation		1.070	1.165	1.016	1.028	1.033	1.416	1.038	1.108	1.889	1.086	1.011	1.097	.945
Standard Error		.109	.187	.151	.257	.286	.472	.133	.196	1.091	.122	.238	.121	.262
Error variance		.01	.03	.02	.07	.08	.22	.02	.04	1.19	.01	.06	.01	.07

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Q6D.9. Team sports (such as football, cricket, rugby etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

| | Total | Number of days active |||||||| | | Amount of activity in the past week compared to previous week ||| Life satisfaction score ||||
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	a	b	*c	*a	*b	*c	*d
Unweighted Total	98	2	3	10	29	16	12	7	19	55	38	43	36	18	15	27	27	25
Total	93	1	3	9	28	15	12	8	18	51	37	43	33	16	13	26	26	23
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	18	-	1	2	1	4	5	2	3	6	11	13	2	3	3	3	3	9
	19%	-	24%	18%	3%	26%	45%	32%	18%	12%	30% i	30% b	5%	22%	24%	11%	12%	38%
A bit more (4.0)	27	1	-	2	9	6	1	1	7	16	10	19	4	4	3	6	9	7
	29%	47%	-	24%	31%	39%	12%	11%	39%	32%	25%	44% b	13%	24%	25%	23%	34%	31%
Neither more nor less (3.0)	31	1	-	5	12	3	3	3	5	19	11	7	21	1	3	13	9	4
	33%	53%	-	51%	42%	18%	28%	39%	26%	37%	29%	16%	65% a	6%	26%	51%	34%	15%
A bit less (2.0)	14	-	2	1	4	2	1	1	3	7	5	3	4	8	2	3	4	3
	15%	-	76%	7%	14%	17%	6%	17%	17%	13%	13%	6%	11%	48%	16%	12%	17%	12%
A lot less (1.0)	3	-	-	-	2	-	1	-	-	2	1	2	1	-	1	-	1	1
	3%	-	-	-	7%	-	8%	-	-	4%	2%	4%	3%	-	8%	-	3%	4%
Don't know	1	-	-	-	1	-	-	-	-	1	-	-	1	-	-	1	-	-
	1%	-	-	-	3%	-	-	-	-	2%	-	-	2%	-	-	3%	-	-
NET: More	45	1	1	4	10	9	7	3	11	23	21	31	6	7	7	9	12	16
	48%	47%	24%	42%	34%	65%	58%	44%	58%	44%	55%	74% b	18%	46%	50%	33%	46%	69%
NET: Less	17	-	2	1	6	2	2	1	3	9	6	4	5	8	3	3	5	4
	18%	-	76%	7%	21%	17%	14%	17%	17%	17%	16%	10%	15%	48%	24%	12%	20%	16%
Base for stats	92	1	3	9	27	15	12	8	18	51	37	43	32	16	13	25	26	23
Mean Score	3.46	3.47	2.72	3.53	3.09	3.74	3.82	3.59	3.59	3.35	3.66	3.89 b	3.05	3.19	3.42	3.33	3.34	3.87
Standard Deviation	1.070	.894	1.610	.918	.950	1.065	1.339	1.191	.996	1.004	1.122	1.051	.776	1.290	1.294	.849	1.019	1.189
Standard Error	.109	.632	.930	.290	.180	.266	.386	.450	.229	.137	.182	.160	.131	.304	.334	.166	.196	.238
Error variance	.01	.40	.86	.08	.03	.07	.15	.20	.05	.02	.03	.03	.02	.09	.11	.03	.04	.06

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.10. Racket sports (such as tennis, badminton, squash etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total		65	37	28	37	23	5	3	5	3	8	7	2	21	9	7
Total		63	35	28	35	23	5	2	5	3	7	7	3	21	10	6
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	11	7	4	6	4	-	-	1	1	1	-	3	3	1	1
		17%	19%	15%	18%	19%	-	-	17%	41%	16%	-	100%	13%	15%	13%
A bit more	(4.0)	22	10	12	15	6	1	1	2	1	3	2	-	9	2	3
		35%	29%	42%	44%	24%	20%	34%	36%	30%	36%	30%	-	44%	23%	46%
Neither more nor less	(3.0)	22	12	10	10	9	4	2	1	-	2	4	-	6	5	3
		35%	34%	37%	28%	37%	80%	66%	27%	-	34%	58%	-	27%	51%	41%
A bit less	(2.0)	6	4	2	3	4	-	-	1	1	1	-	-	2	1	-
		10%	12%	7%	7%	15%	-	-	20%	29%	14%	-	-	11%	12%	-
A lot less	(1.0)	2	2	-	1	1	-	-	-	-	-	1	-	1	-	-
		3%	5%	-	2%	4%	-	-	-	-	-	12%	-	5%	-	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		33	17	16	22	10	1	1	3	2	4	2	3	12	4	4
		52%	48%	57%	62%	43%	20%	34%	53%	71%	52%	30%	100%	57%	37%	59%
NET: Less		8	6	2	3	5	-	-	1	1	1	1	-	3	1	-
		13%	18%	7%	10%	20%	-	-	20%	29%	14%	12%	-	16%	12%	-
Base for stats		63	35	28	35	23	5	2	5	3	7	7	3	21	10	6
Mean Score		3.53	3.44	3.65	3.68	3.38	3.20	3.34	3.49	3.84	3.55	3.05	5.00	3.49	3.40	3.71
Standard Deviation		.988	1.105	.824	.947	1.114	.451	.632	1.112	1.521	.992	.954	-	1.039	.923	.741
Standard Error		.123	.182	.156	.156	.232	.202	.365	.497	.878	.351	.360	-	.227	.308	.280
Error variance		.02	.03	.02	.02	.05	.04	.13	.25	.77	.12	.13	-	.05	.09	.08

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Q6D.10. Racket sports (such as tennis, badminton, squash etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total		65	12	20	12	10	9	2	44	21	43	5	14	3	-	-	22
Total		63	13	20	11	9	9	2	44	19	41	4	14	4	-	-	22
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
A lot more	(5.0)	11	4	4	-	2	2	-	7	4	8	-	2	1	-	-	3
		17%	27%	18%	-	19%	22%	-	16%	19%	19%	-	12%	35%	-	-	13%
A bit more	(4.0)	22	3	6	8	1	4	-	17	5	9	3	8	2	-	-	13
		35%	26%	31%	67%	11%	43%	-	39%	25%	21%	66%	56%	65%	-	-	60%
Neither more nor less	(3.0)	22	6	7	2	3	3	1	15	7	19	2	2	-	-	-	4
		35%	46%	36%	18%	37%	34%	57%	34%	37%	46%	34%	15%	-	-	-	16%
A bit less	(2.0)	6	-	2	1	3	-	1	3	4	5	-	2	-	-	-	2
		10%	-	9%	7%	33%	-	43%	6%	18%	11%	-	11%	-	-	-	7%
A lot less	(1.0)	2	-	1	1	-	-	-	2	-	1	-	1	-	-	-	1
		3%	-	5%	7%	-	-	-	4%	-	3%	-	6%	-	-	-	4%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		33	7	10	8	3	6	-	24	8	17	3	9	4	-	-	16
		52%	54%	50%	67%	30%	66%	-	55%	44%	40%	66%	68%	100%	-	-	73%
NET: Less		8	-	3	2	3	-	1	5	4	6	-	2	-	-	-	2
		13%	-	14%	15%	33%	-	43%	10%	18%	14%	-	17%	-	-	-	11%
Base for stats		63	13	20	11	9	9	2	44	19	41	4	14	4	-	-	22
Mean Score		3.53	3.81	3.48	3.45	3.15	3.88	2.57	3.57	3.45	3.43	3.66	3.56	4.35	-	-	3.72
Standard Deviation		.988	.872	1.079	.957	1.152	.787	.850	.982	1.024	1.013	.537	1.070	.557	-	-	.935
Standard Error		.123	.252	.241	.276	.364	.262	.601	.148	.223	.154	.240	.286	.322	-	-	.199
Error variance		.02	.06	.06	.08	.13	.07	.36	.02	.05	.02	.06	.08	.10	-	-	.04

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Q6D.10. Racket sports (such as tennis, badminton, squash etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Children aged 15 or under in the household				Current employment status										
			None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	*b	*c	d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total		65	32	16	15	31	6	10	22	6	5	3	4	5	3	1	16
Total		63	26	18	17	36	6	9	22	6	4	4	4	4	3	1	15
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	11	2	4	4	8	4	2	3	-	-	2	-	-	-	-	6
		17%	9%	21%	25%	23%	71%	18%	12%	-	-	64%	-	-	-	-	38%
A bit more	(4.0)	22	8	6	8	14	1	5	5	3	2	-	3	2	1	-	6
		35%	31%	30%	48%	39%	16%	57%	22%	44%	42%	-	78%	55%	43%	-	42%
Neither more nor less	(3.0)	22	12	6	4	9	-	2	11	4	2	1	1	1	-	1	2
		35%	48%	31%	20%	26%	-	25%	47%	56%	39%	36%	22%	25%	-	100%	16%
A bit less	(2.0)	6	2	3	-	3	1	-	3	-	1	-	-	-	1	-	1
		10%	9%	17%	-	9%	13%	-	14%	-	19%	-	-	-	57%	-	5%
A lot less	(1.0)	2	1	-	1	1	-	-	1	-	-	-	-	1	-	-	-
		3%	3%	-	6%	3%	-	-	5%	-	-	-	-	19%	-	-	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		33	11	10	13	22	5	7	8	3	2	2	3	2	1	-	12
		52%	41%	52%	74%	63%	87%	75%	34%	44%	42%	64%	78%	55%	43%	-	79%
NET: Less		8	3	3	1	4	1	-	4	-	1	-	-	1	1	-	1
		13%	12%	17%	6%	12%	13%	-	19%	-	19%	-	-	19%	57%	-	5%
Base for stats		63	26	18	17	36	6	9	22	6	4	4	4	4	3	1	15
Mean Score		3.53	3.35	3.56	3.87	3.71	4.44	3.93	3.23	3.44	3.23	4.29	3.78	3.17	2.86	3.00	4.12
Standard Deviation		.988	.899	1.036	1.018	1.024	1.125	.691	1.010	.540	.849	1.117	.487	1.294	1.259	-	.876
Standard Error		.123	.159	.259	.263	.184	.459	.218	.215	.221	.380	.645	.243	.579	.727	-	.219
Error variance		.02	.03	.07	.07	.03	.21	.05	.05	.05	.14	.42	.06	.33	.53	-	.05

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Q6D.10. Racket sports (such as tennis, badminton, squash etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	e
Unweighted Total		65	17	15	10	3	25	20	20	14	8	3	22	23	10	29	22	4	55
Total		63	18	16	9	3	25	21	21	13	9	3	22	23	9	27	23	5	54
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	11	-	4	1	1	5	1	3	1	3	-	3	3	-	3	6	1	11
		17%	-	27%	13%	42%	22%	6%	16%	7%	28%	-	15%	14%	-	13%	26%	28%	20%
A bit more	(4.0)	22	6	5	5	-	9	6	4	7	1	2	9	6	3	9	9	1	19
		35%	32%	30%	50%	-	37%	27%	21%	55%	16%	69%	39%	26%	35%	32%	39%	26%	35%
Neither more nor less	(3.0)	22	9	6	3	2	8	11	9	5	5	-	10	9	5	10	6	1	17
		35%	51%	36%	28%	58%	33%	52%	43%	39%	56%	-	46%	38%	57%	37%	27%	28%	32%
A bit less	(2.0)	6	3	-	1	-	1	3	3	-	-	1	-	4	1	5	1	-	6
		10%	18%	-	9%	-	3%	15%	15%	-	-	31%	-	17%	7%	18%	3%	-	10%
A lot less	(1.0)	2	-	1	-	-	1	-	1	-	-	-	-	1	-	-	1	1	2
		3%	-	7%	-	-	4%	-	5%	-	-	-	-	4%	-	-	4%	17%	3%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		33	6	9	6	1	15	7	8	8	4	2	12	10	3	12	15	3	30
		52%	32%	57%	63%	42%	59%	33%	37%	61%	44%	69%	54%	41%	35%	45%	66%	54%	55%
NET: Less		8	3	1	1	-	2	3	4	-	-	1	-	5	1	5	2	1	7
		13%	18%	7%	9%	-	8%	15%	20%	-	-	31%	-	21%	7%	18%	8%	17%	14%
Base for stats		63	18	16	9	3	25	21	21	13	9	3	22	23	9	27	23	5	54
Mean Score		3.53	3.14	3.71	3.67	3.84	3.70	3.25	3.29	3.68	3.72	3.37	3.70	3.30	3.28	3.40	3.80	3.47	3.57
Standard Deviation		.988	.710	1.110	.864	1.193	1.005	.803	1.092	.614	.927	1.162	.736	1.074	.626	.942	1.032	1.535	1.034
Standard Error		.123	.172	.287	.273	.689	.201	.180	.244	.164	.328	.671	.157	.224	.198	.175	.220	.767	.139
Error variance		.02	.03	.08	.07	.47	.04	.03	.06	.03	.11	.45	.02	.05	.04	.03	.05	.59	.02

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.10. Racket sports (such as tennis, badminton, squash etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			*a	b	*a	*b	*c	d	*e	*f	a	*b	a	*b
Unweighted Total		65	23	31	15	12	7	35	29	2	56	9	52	13
Total		63	24	29	15	12	7	33	29	2	55	9	52	11
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	11	8	2	5	3	3	2	8	1	11	-	10	1
		17%	32%	7%	30%	23%	46%	6%	26%	49%	20%	-	19%	7%
A bit more	(4.0)	22	9	10	3	6	1	13	9	-	21	1	20	2
		35%	38%	33%	20%	50%	21%	38%	32%	-	38%	13%	38%	20%
Neither more nor less	(3.0)	22	6	11	6	2	1	13	9	-	16	7	17	6
		35%	24%	39%	37%	19%	11%	41%	30%	-	29%	77%	32%	50%
A bit less	(2.0)	6	1	5	2	1	2	3	3	1	5	1	4	2
		10%	3%	17%	12%	7%	22%	9%	11%	51%	10%	10%	9%	16%
A lot less	(1.0)	2	1	1	-	-	-	2	-	-	2	-	1	1
		3%	3%	4%	-	-	-	6%	-	-	3%	-	2%	7%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		33	17	12	8	9	5	15	17	1	32	1	30	3
		52%	70%	41%	51%	74%	67%	45%	58%	49%	58%	13%	57%	27%
NET: Less		8	2	6	2	1	2	5	3	1	7	1	5	3
		13%	6%	20%	12%	7%	22%	14%	11%	51%	13%	10%	11%	23%
Base for stats		63	24	29	15	12	7	33	29	2	55	9	52	11
Mean Score		3.53	3.92	3.24	3.69	3.90	3.92	3.32	3.73	3.47	3.61	3.03	3.64	3.03
Standard Deviation		.988	1.009	.952	1.066	.869	1.300	.939	.994	2.380	1.024	.513	.959	1.012
Standard Error		.123	.210	.171	.275	.251	.491	.159	.185	1.683	.137	.171	.133	.281
Error variance		.02	.04	.03	.08	.06	.24	.03	.03	2.83	.02	.03	.02	.08

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Q6D.10. Racket sports (such as tennis, badminton, squash etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

| | | Total | Number of days active | | | | | | | | NET 2-4 days | NET 5 + days | Amount of activity in the past week compared to previous week | | | Life satisfaction score | | | |
			0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*g	*h	i	*j	a	*b	*c	*a	*b	*c	*d
Unweighted Total		65	1	5	3	20	9	12	1	14	32	27	36	22	7	13	19	23	10
Total		63	1	5	3	19	8	13	1	14	30	27	37	20	6	12	18	22	11
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	11	1	-	-	1	3	4	-	2	4	6	10	1	-	1	1	4	4
		17%	100%	-	-	7%	37%	28%	-	15%	14%	20%	27%	4%	-	11%	7%	17%	40%
A bit more	(4.0)	22	-	2	-	8	3	3	1	4	11	9	17	3	2	3	9	8	2
		35%	-	45%	-	41%	44%	27%	100%	30%	37%	31%	47%	14%	30%	21%	50%	37%	21%
Neither more nor less	(3.0)	22	-	2	3	6	1	3	-	8	10	10	8	12	2	6	6	6	4
		35%	-	39%	100%	33%	9%	23%	-	55%	33%	38%	21%	59%	39%	52%	31%	28%	38%
A bit less	(2.0)	6	-	1	-	4	-	2	-	-	4	2	1	5	1	2	2	3	-
		10%	-	16%	-	19%	-	14%	-	-	12%	6%	2%	23%	14%	15%	8%	13%	-
A lot less	(1.0)	2	-	-	-	-	1	1	-	-	1	1	1	-	1	-	1	1	-
		3%	-	-	-	-	11%	8%	-	-	3%	4%	2%	-	17%	-	5%	5%	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		33	1	2	-	9	6	7	1	6	15	14	27	4	2	4	10	12	7
		52%	100%	45%	-	48%	80%	55%	100%	45%	52%	52%	74%	18%	30%	33%	56%	54%	62%
NET: Less		8	-	1	-	4	1	3	-	-	4	3	2	5	2	2	2	4	-
		13%	-	16%	-	19%	11%	22%	-	-	15%	10%	4%	23%	30%	15%	13%	17%	-
Base for stats		63	1	5	3	19	8	13	1	14	30	27	37	20	6	12	18	22	11
Mean Score		3.53	5.00	3.29	3.00	3.36	3.96	3.54	4.00	3.59	3.48	3.58	3.95	2.99	2.83	3.29	3.46	3.49	4.02
Standard Deviation		.988	-	.805	-	.899	1.271	1.308	-	.759	.992	1.020	.887	.742	1.131	.897	.932	1.088	.931
Standard Error		.123	-	.360	-	.201	.424	.378	-	.203	.175	.196	.148	.158	.428	.249	.214	.227	.294
Error variance		.02	-	.13	-	.04	.18	.14	-	.04	.03	.04	.02	.03	.18	.06	.05	.05	.09

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.11. Golf: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?
BASE: All who have done some form of physical activity in the past week

			Gender		Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total		76	60	16	36	27	13	3	9	4	8	11	3	16	15	7
Total		76	58	17	33	27	15	3	7	5	8	11	4	15	15	7
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	16	15	1	7	7	1	-	3	2	2	1	1	4	1	1
		21%	25%	5%	22%	26%	8%	-	38%	44%	25%	9%	32%	25%	9%	18%
A bit more	(4.0)	27	22	5	15	8	3	1	4	-	3	7	-	8	3	-
		35%	37%	29%	45%	31%	22%	30%	52%	-	43%	63%	-	55%	21%	-
Neither more nor less	(3.0)	27	17	10	9	9	10	1	1	3	3	2	3	3	7	5
		36%	29%	58%	25%	33%	62%	32%	10%	56%	32%	19%	68%	20%	46%	72%
A bit less	(2.0)	5	3	2	1	2	1	1	-	-	-	-	-	-	3	1
		6%	5%	9%	4%	8%	8%	38%	-	-	-	-	-	-	18%	11%
A lot less	(1.0)	2	2	-	1	1	-	-	-	-	-	1	-	-	1	-
		2%	3%	-	3%	3%	-	-	-	-	-	8%	-	-	6%	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		42	37	6	23	15	5	1	6	2	5	8	1	12	4	1
		56%	63%	33%	68%	56%	30%	30%	90%	44%	68%	72%	32%	80%	30%	18%
NET: Less		6	5	2	2	3	1	1	-	-	-	1	-	-	4	1
		9%	8%	9%	7%	11%	8%	38%	-	-	-	8%	-	-	24%	11%
Base for stats		76	58	17	33	27	15	3	7	5	8	11	4	15	15	7
Mean Score		3.66	3.77	3.29	3.80	3.68	3.30	2.92	4.28	3.87	3.93	3.65	3.64	4.05	3.09	3.24
Standard Deviation		.956	.997	.712	.941	1.055	.750	.994	.685	1.112	.806	1.001	1.068	.693	1.020	.937
Standard Error		.110	.129	.178	.157	.203	.208	.574	.228	.556	.285	.302	.617	.173	.263	.354
Error variance		.01	.02	.03	.02	.04	.04	.33	.05	.31	.08	.09	.38	.03	.07	.13

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.11. Golf: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?
BASE: All who have done some form of physical activity in the past week

			Social Grade								Ethnicity						
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total		76	22	20	10	14	1	9	52	24	62	4	7	1	2	-	14
Total		76	24	21	9	12	1	9	54	22	62	5	7	1	2	-	14
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
A lot more	(5.0)	16	6	4	-	4	-	1	10	5	10	2	2	-	1	-	5
		21%	25%	21%	-	36%	-	13%	19%	25%	17%	51%	29%	-	60%	-	39%
A bit more	(4.0)	27	9	7	5	2	1	4	21	6	23	1	3	-	-	-	4
		35%	38%	34%	48%	15%	100%	39%	38%	28%	37%	18%	46%	-	-	-	28%
Neither more nor less	(3.0)	27	7	10	3	4	-	2	20	7	23	1	2	-	1	-	4
		36%	32%	45%	35%	36%	-	27%	37%	31%	37%	30%	25%	-	40%	-	27%
A bit less	(2.0)	5	1	-	1	1	-	2	2	3	4	-	-	1	-	-	1
		6%	5%	-	8%	6%	-	21%	4%	12%	6%	-	-	100%	-	-	5%
A lot less	(1.0)	2	-	-	1	1	-	-	1	1	2	-	-	-	-	-	-
		2%	-	-	9%	8%	-	-	2%	4%	3%	-	-	-	-	-	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		42	15	12	5	6	1	5	31	11	33	3	5	-	1	-	9
		56%	63%	55%	48%	50%	100%	52%	57%	53%	53%	70%	75%	-	60%	-	67%
NET: Less		6	1	-	2	2	-	2	3	4	6	-	-	1	-	-	1
		9%	5%	-	17%	14%	-	21%	5%	16%	9%	-	-	100%	-	-	5%
Base for stats		76	24	21	9	12	1	9	54	22	62	5	7	1	2	-	14
Mean Score		3.66	3.82	3.76	3.22	3.64	4.00	3.45	3.69	3.57	3.58	4.21	4.04	2.00	4.20	-	4.00
Standard Deviation		.956	.888	.790	.991	1.300	-	1.021	.881	1.142	.943	.990	.793	-	1.492	-	.973
Standard Error		.110	.189	.177	.313	.347	-	.340	.122	.233	.120	.495	.300	-	1.055	-	.260
Error variance		.01	.04	.03	.10	.12	-	.12	.01	.05	.01	.24	.09	-	1.11	-	.07

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.11. Golf: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?
BASE: All who have done some form of physical activity in the past week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	*b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	76	39	9	23	32	9	7	33	5	3	5	2	4	1	7	16
Total	76	36	11	26	36	8	6	34	5	3	5	1	4	1	9	14
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	16	4	2	10	12	3	2	6	1	1	1	-	-	-	1	5
	21%	10%	23%	38%	33% a	37%	33%	19%	12%	40%	26%	-	-	-	14%	35%
A bit more (4.0)	27	11	4	9	13	2	3	14	2	1	1	-	2	1	1	6
	35%	32%	42%	34%	37%	28%	53%	40%	32%	28%	23%	-	44%	100%	16%	39%
Neither more nor less (3.0)	27	17	3	6	9	3	1	10	3	1	1	1	2	-	5	4
	36%	49% d	26%	23%	24%	35%	14%	30%	56%	33%	17%	100%	56%	-	56%	26%
A bit less (2.0)	5	3	-	1	1	-	-	3	-	-	1	-	-	-	1	-
	6%	7%	-	5%	4%	-	-	8%	-	-	16%	-	-	-	14%	-
A lot less (1.0)	2	1	1	-	1	-	-	1	-	-	1	-	-	-	-	-
	2%	2%	9%	-	3%	-	-	3%	-	-	18%	-	-	-	-	-
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More	42	15	7	19	25	5	6	20	2	2	2	-	2	1	3	11
	56%	42%	65%	72%	70% a	65%	86%	59%	44%	67%	49%	-	44%	100%	30%	74%
NET: Less	6	3	1	1	2	-	-	4	-	-	2	-	-	-	1	-
	9%	10%	9%	5%	6%	-	-	11%	-	-	34%	-	-	-	14%	-
Base for stats	76	36	11	26	36	8	6	34	5	3	5	1	4	1	9	14
Mean Score	3.66	3.39	3.71	4.04	3.94 a	4.02	4.19	3.64	3.56	4.07	3.22	3.00	3.44	4.00	3.31	4.09
Standard Deviation	.956	.863	1.154	.915	.986	.909	.718	.977	.775	1.050	1.631	-	.584	-	.935	.804
Standard Error	.110	.138	.385	.191	.174	.303	.272	.170	.347	.606	.729	-	.292	-	.354	.201
Error variance	.01	.02	.15	.04	.03	.09	.07	.03	.12	.37	.53	-	.09	-	.12	.04

Q6D.11. Golf: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?
BASE: All who have done some form of physical activity in the past week

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			*a	*b	*c	*d	e	*f	*a	*b	*c	*d	*e	*f	*a	b	*c	*d	e
Unweighted Total		76	18	18	13	3	31	21	24	16	12	-	28	24	10	34	29	3	66
Total		76	18	18	14	3	32	21	23	17	12	-	29	23	10	33	30	3	66
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	16	4	3	3	1	7	5	6	4	1	-	5	6	-	8	8	-	16
		21%	21%	18%	25%	35%	21%	23%	27%	25%	7%	-	18%	27%	-	25%	25%	-	24%
A bit more	(4.0)	27	8	7	5	2	11	10	8	7	6	-	13	8	3	10	12	2	24
		35%	44%	36%	34%	65%	35%	47%	34%	41%	48%	-	44%	34%	31%	30%	40%	58%	36%
Neither more nor less	(3.0)	27	5	6	4	-	11	5	8	5	4	-	8	8	6	10	9	1	21
		36%	30%	35%	31%	-	33%	26%	32%	26%	32%	-	29%	32%	61%	32%	31%	42%	32%
A bit less	(2.0)	5	-	2	1	-	3	-	1	1	1	-	2	1	-	3	1	-	5
		6%	-	11%	5%	-	8%	-	3%	7%	6%	-	7%	3%	-	10%	4%	-	7%
A lot less	(1.0)	2	1	-	1	-	1	1	1	-	1	-	1	1	1	1	-	-	1
		2%	5%	-	6%	-	3%	5%	4%	-	7%	-	3%	4%	9%	3%	-	-	1%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		42	11	10	8	3	18	14	14	12	6	-	18	14	3	18	19	2	39
		56%	64%	54%	58%	100%	56%	70%	61%	66%	55%	-	62%	61%	31%	55%	65%	58%	60%
NET: Less		6	1	2	2	-	4	1	2	1	2	-	3	2	1	4	1	-	6
		9%	5%	11%	11%	-	11%	5%	7%	7%	13%	-	10%	7%	9%	13%	4%	-	8%
Base for stats		76	18	18	14	3	32	21	23	17	12	-	29	23	10	33	30	3	66
Mean Score		3.66	3.74	3.61	3.66	4.35	3.63	3.83	3.76	3.84	3.42	-	3.67	3.76	3.13	3.64	3.86	3.58	3.73
Standard Deviation		.956	.993	.933	1.130	.588	1.005	.959	1.036	.910	1.003	-	.954	1.036	.840	1.066	.857	.595	.954
Standard Error		.110	.234	.220	.313	.339	.180	.209	.211	.227	.289	-	.180	.211	.266	.183	.159	.344	.117
Error variance		.01	.05	.05	.10	.12	.03	.04	.04	.05	.08	-	.03	.04	.07	.03	.03	.12	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.11. Golf: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?
BASE: All who have done some form of physical activity in the past week

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			*a	b	*a	*b	*c	d	e	*f	a	*b	a	*b
Unweighted Total		76	29	37	16	9	12	44	32	2	53	23	69	7
Total		76 100%	30 100%	36 100%	16 100%	9 100%	13 100%	43 100%	33 100%	2 100%	52 100%	24 100%	69 100%	7 100%
A lot more	(5.0)	16 21%	8 26%	8 22%	5 33%	1 9%	4 31%	8 19%	7 22%	1 49%	14 26%	2 9%	16 23%	- -
A bit more	(4.0)	27 35%	16 52%	8 23%	8 52%	2 22%	5 39%	12 27%	15 46%	- -	15 28%	12 51%	25 36%	2 31%
Neither more nor less	(3.0)	27 36%	7 22%	14 40%	2 10%	6 61%	3 24%	18 42%	9 27%	- -	19 37%	8 32%	24 35%	3 45%
A bit less	(2.0)	5 6%	- -	5 13%	- -	- -	1 6%	4 9%	1 2%	- -	3 5%	2 8%	4 6%	1 11%
A lot less	(1.0)	2 2%	- -	1 3%	1 5%	1 9%	- -	1 2%	1 3%	1 51%	2 3%	- -	1 1%	1 12%
Don't know		- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
NET: More		42 56%	23 78%	16 45%	13 85%	3 30%	9 70%	20 47%	22 68%	1 49%	28 54%	14 60%	40 58%	2 31%
NET: Less		6 9%	- -	6 16%	1 5%	1 9%	1 6%	5 11%	2 5%	1 51%	5 9%	2 8%	5 7%	2 24%
Base for stats		76	30	36	16	9	13	43	33	2	52	24	69	7
Mean Score		3.66	4.04	3.48	4.07	3.21	3.96	3.52	3.83	2.95	3.68	3.60	3.73	2.95
Standard Deviation		.956	.706	1.065	.988	.992	.925	.986	.902	3.173	1.033	.776	.927	1.039
Standard Error		.110	.131	.175	.247	.331	.267	.149	.159	2.244	.142	.162	.112	.393
Error variance		.01	.02	.03	.06	.11	.07	.02	.03	5.03	.02	.03	.01	.15

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.11. Golf: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?
BASE: All who have done some form of physical activity in the past week

						Number of days active							Amount of activity in the past week compared to previous week			Life satisfaction score			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*g	*h	i	*j	a	*b	*c	*a	*b	*c	*d
Unweighted Total		76	5	5	17	11	13	11	2	12	41	25	38	23	15	15	22	24	14
Total		76	4	5	16	12	13	12	2	12	40	26	38	24	14	14	23	24	14
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	16	-	-	4	2	-	4	1	4	6	9	12	1	2	1	5	5	4
		21%	-	-	25%	19%	-	38%	60%	32%	15%	37%	32%	5%	15%	8%	24%	21%	28%
A bit more	(4.0)	27	2	1	7	5	8	2	-	3	20	5	15	6	6	6	10	8	2
		35%	42%	16%	43%	41%	62%	15%	-	24%	48%	18%	39%	24%	45%	45%	43%	33%	12%
Neither more nor less	(3.0)	27	2	4	3	3	5	6	1	4	11	10	9	14	3	6	6	9	6
		36%	38%	70%	20%	25%	38%	47%	40%	34%	28%	40%	25%	60%	23%	41%	25%	38%	45%
A bit less	(2.0)	5	-	1	2	1	-	-	-	1	3	1	1	2	2	1	1	2	1
		6%	-	15%	12%	6%	-	-	-	11%	6%	5%	2%	10%	11%	6%	3%	8%	8%
A lot less	(1.0)	2	1	-	-	1	-	-	-	-	1	-	1	-	1	-	1	-	1
		2%	19%	-	-	8%	-	-	-	-	2%	-	2%	-	6%	-	4%	-	7%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		42	2	1	11	7	8	6	1	7	26	14	27	7	9	7	15	13	6
		56%	42%	16%	68%	60%	62%	53%	60%	56%	64%	55%	71%	29%	60%	53%	68%	54%	40%
NET: Less		6	1	1	2	2	-	-	-	1	4	1	2	2	2	1	2	2	2
		9%	19%	15%	12%	14%	-	-	-	11%	9%	5%	4%	10%	17%	6%	7%	8%	15%
Base for stats		76	4	5	16	12	13	12	2	12	40	26	38	24	14	14	23	24	14
Mean Score		3.66	3.04	3.01	3.81	3.57	3.62	3.91	4.20	3.77	3.68	3.86	3.96	3.24	3.53	3.56	3.81	3.67	3.47
Standard Deviation		.956	1.242	.610	.975	1.162	.506	.961	1.435	1.059	.902	.996	.940	.718	1.104	.749	.989	.913	1.213
Standard Error		.110	.556	.273	.237	.350	.140	.290	1.014	.306	.141	.199	.153	.150	.285	.193	.211	.186	.324
Error variance		.01	.31	.07	.06	.12	.02	.08	1.03	.09	.02	.04	.02	.02	.08	.04	.04	.03	.11

Q6D.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

			Gender		Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	*c	*a	b	*c	*d	*e	*f	g	*h	*i
Unweighted Total		180	103	75	112	53	15	8	32	16	26	19	7	43	17	12
Total		172	97	74	104	51	17	6	26	15	24	19	9	44	17	12
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	59	37	21	32	16	11	2	11	7	10	5	4	15	2	4
		34%	39%	29%	31%	31%	61%	25%	41%	44%	41%	28%	46%	34%	14%	28%
A bit more	(4.0)	38	17	21	24	12	2	1	5	6	4	4	1	9	6	2
		22%	18%	29%	23%	24%	11%	11%	21%	38%	16%	21%	16%	21%	35%	16%
Neither more nor less	(3.0)	38	19	19	23	13	3	3	5	1	7	7	1	9	3	2
		22%	20%	25%	22%	25%	16%	39%	19%	6%	30%	37%	17%	20%	20%	15%
A bit less	(2.0)	19	11	6	11	7	1	1	2	2	-	2	1	5	3	3
		11%	11%	9%	11%	13%	6%	11%	9%	13%	-	10%	12%	12%	18%	24%
A lot less	(1.0)	15	9	6	10	4	1	1	3	-	2	-	1	5	2	2
		9%	10%	7%	10%	8%	6%	13%	10%	-	7%	-	9%	11%	13%	17%
Don't know		4	3	1	4	-	-	-	-	-	1	1	-	1	-	-
		2%	3%	1%	3%	-	-	-	-	-	6%	4%	-	3%	-	-
NET: More		97	54	43	57	28	12	2	16	13	14	9	5	24	8	6
		56%	56%	58%	54%	55%	72%	37%	62%	81%	57%	49%	62%	54%	50%	45%
NET: Less		34	20	12	21	11	2	2	5	2	2	2	2	10	5	5
		20%	21%	16%	20%	21%	11%	24%	19%	13%	7%	10%	21%	22%	31%	40%
Base for stats		169	94	73	100	51	17	6	26	15	23	18	9	43	17	12
Mean Score		3.63	3.67	3.64	3.57	3.57	4.17	3.25	3.74	4.13	3.88	3.71	3.77	3.57	3.20	3.16
Standard Deviation		1.300	1.364	1.211	1.315	1.268	1.260	1.411	1.365	1.029	1.222	1.030	1.463	1.373	1.291	1.540
Standard Error		.098	.136	.141	.127	.174	.325	.499	.241	.257	.249	.243	.553	.212	.313	.444
Error variance		.01	.02	.02	.02	.03	.11	.25	.06	.07	.06	.06	.31	.04	.10	.20

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			*a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total		180	27	51	40	26	27	9	118	62	124	11	22	14	1	2	50
Total		172	29	50	40	22	23	9	119	54	119	10	20	14	1	2	48
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	59	8	17	15	6	9	4	40	19	45	2	7	3	-	-	13
		34%	28%	35%	37%	27%	40%	39%	34%	35%	38%	23%	36%	22%	-	-	27%
A bit more	(4.0)	38	4	15	11	5	3	1	29	9	27	2	1	6	-	1	10
		22%	13%	29%	27%	24%	11%	9%	25%	16%	23%	19%	6%	44%	-	46%	22%
Neither more nor less	(3.0)	38	11	5	6	5	7	4	21	17	24	2	7	2	-	-	11
		22%	37%	10%	15%	25%	32%	44%	18%	31% bg	20%	22%	36%	12%	-	-	23%
A bit less	(2.0)	19	4	7	4	2	2	1	15	4	17	1	1	1	-	-	2
		11%	14%	14%	9%	10%	7%	8%	12%	8%	14%	9%	3%	6%	-	-	5%
A lot less	(1.0)	15	2	3	5	2	2	-	10	4	5	3	4	1	1	-	9
		9%	8%	7%	12%	11%	9%	-	9%	8%	4%	27%	19%	10%	100%	-	19% a
Don't know		4	-	3	-	1	-	-	3	1	1	-	-	1	-	1	2
		2%	-	6%	-	3%	-	-	2%	1%	1%	-	-	5%	-	54%	4%
NET: More		97	12	32	26	11	12	4	70	27	72	4	9	9	-	1	23
		56%	42%	64%	64%	51%	52%	48%	59%	51%	61%	42%	42%	66%	-	46%	48%
NET: Less		34	6	10	8	5	4	1	25	9	21	4	4	2	1	-	12
		20%	22%	21%	21%	21%	16%	8%	21%	17%	18%	36%	22%	16%	100%	-	24%
Base for stats		169	29	47	40	21	23	9	116	53	117	10	20	14	1	1	46
Mean Score		3.63	3.40	3.76	3.68	3.48	3.67	3.79	3.64	3.61	3.77 g	3.03	3.37	3.66	1.00	4.00	3.33
Standard Deviation		1.300	1.267	1.299	1.375	1.329	1.341	1.110	1.314	1.281	1.217	1.598	1.506	1.258	-	-	1.461
Standard Error		.098	.244	.188	.217	.266	.258	.370	.123	.164	.110	.482	.321	.349	-	-	.211
Error variance		.01	.06	.04	.05	.07	.07	.14	.02	.03	.01	.23	.10	.12	-	-	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	180	80	42	41	83	16	18	80	17	12	5	10	13	4	5	34
Total	172	65	47	46	93	15	16	77	17	11	4	9	13	4	6	31
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	59	23	11	18	29	3	6	29	3	2	3	5	4	1	3	9
	34%	36%	24%	40%	32%	18%	38%	38%	20%	21%	63%	52%	33%	26%	45%	28%
A bit more (4.0)	38	16	13	10	23	4	1	19	6	2	-	2	1	2	2	5
	22%	24%	27%	22%	24%	25%	6%	24%	33%	21%	-	20%	10%	49%	29%	15%
Neither more nor less (3.0)	38	13	9	12	21	6	4	13	4	2	-	2	4	1	1	10
	22%	21%	19%	27%	22%	39%	28%	17%	26%	14%	-	28%	28%	25%	26%	33%
A bit less (2.0)	19	7	6	3	10	2	2	9	2	2	1	-	2	-	-	4
	11%	11%	14%	7%	11%	12%	11%	12%	12%	16%	17%	-	13%	-	-	11%
A lot less (1.0)	15	4	7	2	9	1	2	6	-	2	1	-	2	-	-	3
	9%	6%	15%	5%	10%	7%	13%	8%	-	21%	20%	-	17%	-	-	10%
Don't know	4	1	1	-	1	-	1	1	1	1	-	-	-	-	-	1
	2%	2%	3%	-	1%	-	4%	1%	8%	7%	-	-	-	-	-	2%
NET: More	97	39	24	28	52	6	7	48	9	5	3	6	6	3	4	13
	56%	60%	50%	61%	56%	42%	44%	62%	54%	42%	63%	72%	42%	75%	74%	43%
NET: Less	34	11	13	6	19	3	4	15	2	4	2	-	4	-	-	7
	20%	17%	28%	12%	20%	19%	24%	20%	12%	37%	37%	-	29%	-	-	21%
Base for stats	169	63	46	46	92	15	15	77	15	11	4	9	13	4	6	30
Mean Score	3.63	3.75	3.32	3.84	3.58	3.35	3.47	3.72	3.68	3.06	3.69	4.24	3.29	4.02	4.19	3.41
Standard Deviation	1.300	1.246	1.390	1.180	1.308	1.139	1.501	1.308	.995	1.565	1.979	.911	1.512	.828	.904	1.312
Standard Error	.098	.141	.217	.184	.144	.285	.364	.147	.249	.472	.885	.288	.419	.414	.404	.228
Error variance	.01	.02	.05	.03	.02	.08	.13	.02	.06	.22	.78	.08	.18	.17	.16	.05

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e
Unweighted Total	180	53	41	25	11	66	64	69	34	19	8	53	77	21	78	66	15	159
Total	172	51	40	22	10	62	61	67	32	19	7	51	73	18	76	64	15	154
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	59	18	15	7	3	22	21	25	11	7	1	17	26	8	25	23	3	51
	34%	36%	37%	34%	29%	36%	35%	38%	33%	37%	14%	35%	36%	42%	34%	37%	17%	33%
A bit more (4.0)	38	12	8	5	1	13	13	19	4	4	1	8	20	3	20	13	3	35
	22%	24%	20%	23%	7%	21%	22%	28%	11%	24%	11%	16%	27%	14%	26%	20%	20%	23%
Neither more nor less (3.0)	38	10	8	3	3	11	13	11	6	4	1	10	13	3	13	15	7	35
	22%	20%	20%	12%	25%	18%	21%	17%	20%	21%	20%	20%	17%	16%	17%	24%	45%	23%
A bit less (2.0)	19	6	5	2	2	7	8	5	5	2	3	7	8	3	7	8	1	16
	11%	12%	13%	7%	19%	11%	13%	8%	15%	11%	39%	13%	11%	15%	9%	13%	8%	11%
A lot less (1.0)	15	3	3	5	1	8	3	5	6	-	1	6	6	1	9	4	1	14
	9%	5%	8%	23%	7%	13%	5%	7%	18%	-	16%	12%	8%	4%	12%	6%	10%	9%
Don't know	4	1	1	-	1	1	3	1	1	1	-	2	1	1	2	-	-	2
	2%	3%	2%	-	13%	1%	4%	2%	2%	7%	-	4%	2%	8%	3%	-	-	1%
NET: More	97	31	23	13	4	35	34	44	14	11	2	26	46	10	45	36	6	87
	56%	60%	57%	57%	36%	57%	56%	66% b	44%	61%	24%	51%	62%	56%	59%	57%	37%	56%
NET: Less	34	9	8	7	3	15	11	10	11	2	4	13	14	4	16	12	3	30
	20%	17%	21%	31%	26%	24%	19%	15%	33% a	11%	56%	25%	19%	19%	21%	19%	18%	20%
Base for stats	169	49	39	22	9	61	58	65	31	18	7	49	72	17	74	64	15	152
Mean Score	3.63	3.76	3.68	3.36	3.36	3.56	3.70	3.84 b	3.26	3.94	2.66	3.51	3.73	3.81	3.62	3.69	3.27	3.62
Standard Deviation	1.300	1.230	1.328	1.602	1.425	1.427	1.257	1.233	1.546	1.074	1.366	1.420	1.283	1.330	1.366	1.256	1.174	1.300
Standard Error	.098	.172	.210	.320	.451	.177	.161	.151	.269	.253	.483	.199	.148	.305	.157	.155	.303	.104
Error variance	.01	.03	.04	.10	.20	.03	.03	.02	.07	.06	.23	.04	.02	.09	.02	.02	.09	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

			Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	*b	*c	d	e	*f	a	*b	a	b
Unweighted Total		180	58	92	30	23	17	111	61	7	155	25	146	31
Total		172	57	89	30	21	16	106	58	6	149	24	142	27
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	59	20	30	14	7	5	35	23	4	54	5	52	7
		34%	35%	34%	48%	35%	33%	33%	39%	57%	36%	21%	36%	27%
A bit more	(4.0)	38	12	23	6	6	3	24	13	2	32	6	30	8
		22%	22%	26%	19%	30%	18%	22%	22%	27%	22%	25%	21%	29%
Neither more nor less	(3.0)	38	11	20	3	2	4	25	8	-	33	5	29	7
		22%	18%	22%	11%	10%	25%	24%	13%	-	22%	21%	20%	27%
A bit less	(2.0)	19	7	8	3	2	3	12	7	1	14	5	17	2
		11%	13%	9%	10%	12%	17%	11%	12%	16%	9%	23%	12%	7%
A lot less	(1.0)	15	6	8	4	3	1	6	8	-	13	2	13	2
		9%	10%	9%	12%	13%	8%	6%	13%	-	9%	7%	9%	6%
Don't know		4	1	1	-	-	-	4	-	-	3	1	2	1
		2%	2%	1%	-	-	-	3%	-	-	2%	3%	1%	5%
NET: More		97	32	53	20	14	8	59	36	5	86	11	81	15
		56%	56%	60%	67%	65%	50%	56%	61%	84%	58%	46%	57%	55%
NET: Less		34	13	15	7	5	4	18	15	1	27	7	30	3
		20%	23%	17%	22%	25%	25%	17%	26%	16%	18%	30%	21%	13%
Base for stats		169	56	88	30	21	16	102	58	6	146	23	140	26
Mean Score		3.63	3.60	3.68	3.81	3.62	3.50	3.69	3.61	4.24	3.69	3.31	3.64	3.67
Standard Deviation		1.300	1.362	1.270	1.458	1.441	1.356	1.233	1.446	1.170	1.300	1.281	1.340	1.159
Standard Error		.098	.180	.133	.266	.300	.329	.119	.185	.442	.105	.262	.112	.215
Error variance		.01	.03	.02	.07	.09	.11	.01	.03	.20	.01	.07	.01	.05

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Q6D.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

						Number of days active						Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	d	*e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	180	2	12	23	32	29	36	11	35	84	82	101	44	34	39	40	64	33
Total	172	2	10	22	31	27	35	10	36	80	80	99	40	32	36	37	62	32
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	59	-	2	5	12	10	12	2	17	26	30	46	8	5	12	8	22	14
	34%	-	22%	22%	38%	36%	33%	17%	48%	33%	38%	46% bc	19%	17%	33%	21%	36%	45% b
A bit more (4.0)	38	-	2	7	9	5	11	-	4	21	15	29	5	4	7	9	18	4
	22%	-	18%	33%	29%	19%	32% h	-	10%	27% h	18%	30% bc	12%	12%	21%	23%	29%	13%
Neither more nor less (3.0)	38	1	3	7	3	4	6	4	9	14	20	13	18	6	9	10	11	6
	22%	53%	30%	31%	11%	16%	18%	44%	25%	18%	25%	13%	44% ac	19%	24%	26%	17%	19%
A bit less (2.0)	19	1	1	1	4	5	1	3	3	10	7	5	5	9	4	5	5	6
	11%	47%	7%	5%	14%	19%	3%	32%	9%	13%	9%	5%	12%	29% a	11%	12%	8%	17%
A lot less (1.0)	15	-	2	2	2	3	2	1	3	7	5	5	2	8	4	5	4	2
	9%	-	23%	10%	6%	11%	6%	8%	8%	9%	7%	5%	5%	24% ab	11%	14%	6%	6%
Don't know	4	-	-	-	1	-	3	-	-	1	3	1	3	-	-	1	2	-
	2%	-	-	-	3%	-	8% i	-	-	1%	3%	1%	7% a	-	-	4%	3%	-
NET: More	97	-	4	12	21	15	23	2	21	48	45	75	13	9	19	16	40	19
	56%	-	40%	55%	67%	55%	65%	17%	58%	60%	56%	76% bc	31%	29%	54%	44%	65% b	58%
NET: Less	34	1	3	3	6	8	3	4	6	17	13	10	7	17	8	10	9	7
	20%	47%	30%	14%	20%	29%	8%	39%	17%	22%	16%	10%	17%	52% ab	22%	26%	14%	23%
Base for stats	169	2	10	22	30	27	32	10	36	79	77	98	37	32	36	36	60	32
Mean Score	3.63	2.53	3.09	3.53	3.81	3.51	3.92	2.87	3.82	3.63	3.74	4.07 bc	3.30 c	2.70	3.53	3.26	3.85 b	3.73
Standard Deviation	1.300	.785	1.508	1.192	1.285	1.433	1.122	1.188	1.340	1.305	1.266	1.126	1.123	1.413	1.366	1.339	1.201	1.356
Standard Error	.098	.555	.435	.249	.231	.266	.195	.358	.227	.143	.142	.113	.175	.242	.219	.217	.153	.236
Error variance	.01	.31	.19	.06	.05	.07	.04	.13	.05	.02	.02	.01	.03	.06	.05	.05	.02	.06

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Q6D.13. Swimming: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total		97	57	40	50	37	10	8	12	5	7	17	10	20	9	9
Total		96	54	42	48	35	12	7	11	5	7	17	12	19	9	9
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	23	13	10	16	5	3	2	2	2	3	4	2	5	2	1
		24%	24%	23%	33% b	13%	22%	26%	18%	49%	36%	22%	19%	29%	24%	9%
A bit more	(4.0)	26	14	12	11	10	6	-	3	1	2	3	6	6	2	3
		27%	26%	30%	22%	28%	47%	-	31%	16%	29%	15%	51%	31%	28%	35%
Neither more nor less	(3.0)	32	19	13	14	16	2	5	5	-	3	5	4	5	1	5
		34%	34%	32%	29%	45%	20%	74%	51%	-	35%	28%	30%	25%	7%	56%
A bit less	(2.0)	8	3	5	4	2	2	-	-	1	-	3	-	1	3	-
		8%	6%	11%	9%	5%	12%	-	-	17%	-	15%	-	8%	32%	-
A lot less	(1.0)	5	4	1	3	3	-	-	-	1	-	4	-	1	-	-
		5%	7%	3%	5%	7%	-	-	-	18%	-	21%	-	4%	-	-
Don't know		1	1	-	1	1	-	-	-	-	-	-	-	1	1	-
		2%	3%	-	2%	2%	-	-	-	-	-	-	-	4%	9%	-
NET: More		49	27	22	26	14	9	2	5	3	5	6	8	11	5	4
		52%	50%	53%	55%	41%	68%	26%	49%	64%	65%	37%	70%	59%	52%	44%
NET: Less		13	7	6	7	4	2	-	-	2	-	6	-	2	3	-
		13%	13%	14%	15%	12%	12%	-	-	36%	-	35%	-	12%	32%	-
Base for stats		94	53	42	47	35	12	7	11	5	7	17	12	18	8	9
Mean Score		3.58	3.56	3.59	3.69	3.35	3.78	3.52	3.68	3.59	4.01	3.02	3.89	3.75	3.48	3.52
Standard Deviation		1.113	1.153	1.073	1.199	1.033	.959	.947	.804	1.829	.904	1.454	.725	1.130	1.296	.687
Standard Error		.114	.156	.170	.171	.172	.303	.335	.232	.818	.342	.353	.229	.259	.458	.229
Error variance		.01	.02	.03	.03	.03	.09	.11	.05	.67	.12	.12	.05	.07	.21	.05

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Q6D.13. Swimming: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?
BASE: All who have done some form of physical activity in the past week

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			*a	*b	*c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	*g
Unweighted Total		97	17	22	24	18	6	10	63	34	75	8	8	5	-	-	21
Total		96	18	24	22	16	6	10	64	32	75	7	7	5	-	-	20
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
A lot more	(5.0)	23	7	5	4	2	2	2	17	6	17	1	3	1	-	-	6
		24%	40%	22%	19%	11%	36%	23%	26%	19%	23%	16%	46%	27%	-	-	30%
A bit more	(4.0)	26	5	7	4	6	1	3	16	11	22	1	1	2	-	-	4
		27%	28%	28%	18%	40%	19%	30%	25%	33%	30%	11%	14%	44%	-	-	21%
Neither more nor less	(3.0)	32	5	9	9	4	3	3	22	10	26	4	1	1	-	-	5
		34%	25%	35%	41%	28%	46%	30%	34%	32%	34%	52%	11%	15%	-	-	28%
A bit less	(2.0)	8	-	3	1	2	-	1	4	3	5	1	1	1	-	-	2
		8%	-	14%	4%	15%	-	10%	7%	11%	7%	10%	10%	15%	-	-	11%
A lot less	(1.0)	5	1	-	3	1	-	-	4	1	3	1	1	-	-	-	2
		5%	7%	-	14%	6%	-	-	7%	3%	4%	12%	17%	-	-	-	11%
Don't know		1	-	-	1	-	-	1	1	1	1	-	-	-	-	-	-
		2%	-	-	3%	-	-	7%	1%	2%	2%	-	-	-	-	-	-
NET: More		49	12	12	8	8	3	6	33	17	39	2	4	4	-	-	10
		52%	68%	50%	37%	51%	54%	54%	51%	53%	52%	26%	61%	70%	-	-	50%
NET: Less		13	1	3	4	3	-	1	9	4	9	2	2	1	-	-	4
		13%	7%	14%	18%	21%	-	10%	13%	13%	11%	22%	28%	15%	-	-	22%
Base for stats		94	18	24	21	16	6	10	63	31	74	7	7	5	-	-	20
Mean Score		3.58	3.94	3.58	3.26	3.36	3.90	3.72	3.58	3.57	3.61	3.08	3.62	3.82	-	-	3.47
Standard Deviation		1.113	1.159	1.008	1.271	1.088	.990	1.004	1.157	1.037	1.057	1.228	1.672	1.101	-	-	1.347
Standard Error		.114	.281	.215	.265	.256	.404	.335	.147	.180	.124	.434	.591	.493	-	-	.294
Error variance		.01	.08	.05	.07	.07	.16	.11	.02	.03	.02	.19	.35	.24	-	-	.09

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Q6D.13. Swimming: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

			Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	*b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total		97	42	19	26	45	13	13	42	8	2	2	5	5	4	3	26
Total		96	37	21	29	50	13	13	41	9	2	2	4	4	4	4	26
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	23	10	4	7	11	2	5	8	1	1	1	1	1	2	1	7
		24%	28%	21%	23%	22%	15%	38%	18%	17%	60%	53%	19%	19%	51%	34%	26%
A bit more	(4.0)	26	12	7	7	14	4	2	13	3	-	-	-	1	2	1	6
		27%	31%	34%	23%	28%	30%	16%	32%	35%	-	-	-	17%	49%	34%	23%
Neither more nor less	(3.0)	32	9	7	11	19	5	3	15	1	1	1	2	2	-	1	8
		34%	26%	35%	39%	37%	38%	25%	37%	17%	40%	47%	57%	46%	-	32%	31%
A bit less	(2.0)	8	3	1	2	3	-	1	3	2	-	-	1	-	-	-	1
		8%	8%	6%	6%	6%	-	11%	8%	23%	-	-	24%	-	-	-	6%
A lot less	(1.0)	5	2	1	3	4	2	1	1	-	-	-	-	1	-	-	3
		5%	5%	4%	9%	7%	17%	10%	2%	-	-	-	-	18%	-	-	14%
Don't know		1	1	-	-	-	-	-	1	1	-	-	-	-	-	-	-
		2%	2%	-	-	-	-	-	2%	9%	-	-	-	-	-	-	-
NET: More		49	22	12	14	25	6	7	21	4	1	1	1	2	4	3	13
		52%	59%	55%	46%	50%	45%	54%	51%	52%	60%	53%	19%	36%	100%	68%	50%
NET: Less		13	5	2	4	7	2	3	4	2	-	-	1	1	-	-	5
		13%	13%	10%	15%	13%	17%	21%	10%	23%	-	-	24%	18%	-	-	19%
Base for stats		94	36	21	29	50	13	13	40	8	2	2	4	4	4	4	26
Mean Score		3.58	3.72	3.62	3.45	3.52	3.26	3.61	3.58	3.50	4.21	4.06	3.13	3.18	4.51	4.02	3.43
Standard Deviation		1.113	1.121	1.047	1.188	1.123	1.284	1.400	.972	1.129	1.423	1.324	1.133	1.449	.575	.944	1.328
Standard Error		.114	.175	.240	.233	.167	.356	.388	.152	.427	1.006	.937	.507	.648	.288	.545	.260
Error variance		.01	.03	.06	.05	.03	.13	.15	.02	.18	1.01	.88	.26	.42	.08	.30	.07

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.13. Swimming: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?
BASE: All who have done some form of physical activity in the past week

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			*a	*b	*c	*d	e	f	*a	*b	*c	*d	e	*f	*a	b	c	*d	e
Unweighted Total		97	26	23	10	8	33	34	26	23	14	2	37	28	15	42	33	7	82
Total		96	26	23	10	7	33	34	27	22	14	2	36	29	14	42	32	8	82
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	23	4	7	1	4	9	8	7	3	6	-	9	7	4	8	9	1	19
		24%	14%	32%	12%	53%	26%	23%	26%	15%	43%	-	26%	24%	30%	20%	29%	16%	23%
A bit more	(4.0)	26	10	5	3	-	8	10	12	5	1	-	6	12	5	11	9	2	22
		27%	39%	21%	33%	-	25%	30%	46%	23%	7%	-	17%	43%	33%	26%	27%	25%	27%
Neither more nor less	(3.0)	32	9	8	3	2	10	11	7	8	5	-	14	7	4	14	12	2	28
		34%	36%	33%	27%	27%	31%	34%	25%	39%	40%	-	39%	23%	32%	33%	36%	27%	34%
A bit less	(2.0)	8	2	3	1	1	4	3	-	4	1	1	5	1	-	5	2	-	8
		8%	8%	14%	7%	10%	12%	8%	-	17%	5%	61%	13%	4%	-	13%	7%	-	9%
A lot less	(1.0)	5	1	-	1	-	1	1	1	1	-	-	1	1	-	3	-	3	5
		5%	4%	-	13%	-	4%	3%	4%	6%	-	-	3%	3%	-	6%	-	31%	6%
Don't know		1	-	-	1	1	1	1	-	-	1	1	1	1	1	1	-	-	1
		2%	-	-	7%	10%	2%	2%	-	-	5%	39%	2%	3%	5%	2%	-	-	1%
NET: More		49	14	12	4	4	17	18	19	8	7	-	15	19	9	19	18	3	41
		52%	53%	53%	46%	53%	51%	53%	72%	38%	50%	-	43%	67%	63%	46%	56%	42%	50%
NET: Less		13	3	3	2	1	5	4	1	5	1	1	6	2	-	8	2	3	13
		13%	12%	14%	20%	10%	16%	11%	4%	23%	5%	61%	16%	7%	-	19%	7%	31%	16%
Base for stats		94	26	23	9	7	32	33	27	22	13	1	35	28	13	41	32	8	81
Mean Score		3.58	3.52	3.72	3.28	4.07	3.59	3.63	3.91	3.25	3.92	2.00	3.50	3.83	3.98	3.41	3.78	2.95	3.51
Standard Deviation		1.113	.968	1.081	1.273	1.242	1.136	1.033	.920	1.111	1.088	-	1.136	.982	.840	1.147	.966	1.567	1.141
Standard Error		.114	.190	.226	.424	.470	.201	.180	.180	.232	.302	-	.189	.189	.224	.179	.168	.592	.127
Error variance		.01	.04	.05	.18	.22	.04	.03	.03	.05	.09	-	.04	.04	.05	.03	.03	.35	.02

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Q6D.13. Swimming: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	*a	*b	*c	d	e	*f	a	*b	a	*b
Unweighted Total	97	35	45	22	20	8	56	39	7	82	15	84	13
Total	96	35	45	23	20	7	55	40	7	80	16	84	12
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	23	9	10	9	4	2	11	12	2	18	5	20	3
	24%	25%	22%	38%	21%	22%	21%	29%	32%	22%	34%	24%	24%
A bit more (4.0)	26	8	14	7	9	2	12	14	3	23	3	25	1
	27%	24%	30%	31%	45%	25%	22%	35%	44%	29%	19%	30%	7%
Neither more nor less (3.0)	32	10	16	4	5	3	21	9	1	27	5	28	4
	34%	28%	36%	18%	26%	39%	39%	24%	13%	34%	33%	33%	37%
A bit less (2.0)	8	4	4	2	1	1	4	3	1	5	2	5	2
	8%	11%	8%	7%	7%	14%	8%	9%	11%	7%	14%	6%	19%
A lot less (1.0)	5	3	2	1	-	-	4	1	-	5	-	5	-
	5%	10%	4%	5%	-	-	7%	3%	-	6%	-	6%	-
Don't know	1	1	-	-	-	-	1	-	-	1	-	-	1
	2%	2%	-	-	-	-	3%	-	-	2%	-	-	13%
NET: More	49	17	24	16	13	3	24	26	5	41	8	46	4
	52%	49%	52%	69%	66%	47%	43%	65%	76%	51%	53%	54%	31%
								d					
NET: Less	13	7	6	3	1	1	8	5	1	11	2	11	2
	13%	21%	12%	13%	7%	14%	15%	12%	11%	13%	14%	13%	19%
Base for stats	94	34	45	23	20	7	53	40	7	78	16	84	10
Mean Score	3.58	3.45	3.58	3.89	3.80	3.56	3.43	3.79	3.98	3.55	3.72	3.60	3.41
Standard Deviation	1.113	1.278	1.058	1.177	.873	1.053	1.144	1.066	1.015	1.117	1.116	1.112	1.168
Standard Error	.114	.219	.158	.251	.195	.372	.156	.171	.384	.125	.288	.121	.352
Error variance	.01	.05	.02	.06	.04	.14	.02	.03	.15	.02	.08	.01	.12

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.13. Swimming: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

					Number of days active							Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	a	b	*c	*a	*b	c	*d
Unweighted Total	97	1	7	11	21	20	17	6	14	52	37	52	35	10	12	29	36	18
Total	96	1	7	12	20	18	18	6	15	50	38	52	34	10	11	28	37	19
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	23	-	2	3	3	4	4	1	6	10	11	20	3	-	4	5	8	6
	24%	-	29%	29%	13%	22%	23%	21%	41%	20%	29%	38% b	9%	-	37%	16%	21%	33%
A bit more (4.0)	26	-	1	1	9	6	7	1	1	16	9	14	9	3	1	7	14	4
	27%	-	12%	12%	44%	33%	37%	24%	9%	32%	24%	26%	27%	34%	8%	25%	39%	23%
Neither more nor less (3.0)	32	1	2	6	5	6	5	2	5	17	12	12	18	2	4	9	12	7
	34%	100%	26%	53%	27%	32%	26%	36%	35%	35%	31%	23%	54% a	19%	37%	33%	32%	35%
A bit less (2.0)	8	-	1	-	2	1	1	1	1	4	3	4	2	2	1	5	2	-
	8%	-	13%	-	12%	8%	4%	19%	7%	8%	8%	7%	5%	23%	7%	19%	4%	-
A lot less (1.0)	5	-	1	-	1	1	1	-	1	2	2	3	1	1	1	1	2	1
	5%	-	20%	-	5%	4%	5%	-	9%	3%	6%	6%	4%	8%	12%	5%	5%	5%
Don't know	1	-	-	1	-	-	1	-	-	1	1	-	-	1	-	1	-	1
	2%	-	-	6%	-	-	4%	-	-	1%	2%	-	-	16%	-	3%	-	4%
NET: More	49	-	3	5	12	10	11	3	7	26	21	34	12	3	5	11	22	10
	52%	-	40%	40%	57%	55%	60%	44%	50%	52%	54%	64% b	37%	34%	45%	41%	59%	56%
NET: Less	13	-	2	-	3	2	2	1	2	6	5	7	3	3	2	7	3	1
	13%	-	34%	-	16%	13%	9%	19%	15%	11%	13%	13%	9%	31%	19%	24%	9%	5%
Base for stats	94	1	7	11	20	18	17	6	15	49	38	52	34	8	11	27	37	18
Mean Score	3.58	3.00	3.15	3.74	3.49	3.60	3.72	3.46	3.66	3.59	3.65	3.83 b	3.33	2.94	3.51	3.29	3.67	3.81
Standard Deviation	1.113	-	1.600	.941	1.035	1.087	1.073	1.118	1.345	1.017	1.164	1.190	.881	1.102	1.423	1.130	1.007	1.104
Standard Error	.114	-	.605	.298	.226	.243	.268	.457	.359	.142	.194	.165	.149	.390	.411	.214	.168	.268
Error variance	.01	-	.37	.09	.05	.06	.07	.21	.13	.02	.04	.03	.02	.15	.17	.05	.03	.07

Q6D.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

			Gender		Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total		71	49	21	47	20	4	3	10	8	13	5	5	20	5	2
Total		68	47	20	44	19	4	2	9	8	12	6	6	19	4	2
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	14	11	3	12	3	-	-	2	1	4	1	3	2	1	1
		21%	24%	14%	26%	13%	-	-	22%	16%	31%	14%	44%	11%	20%	47%
A bit more	(4.0)	21	15	7	16	5	-	1	3	2	5	1	-	9	1	-
		31%	31%	34%	36%	28%	-	32%	37%	26%	40%	19%	-	46%	16%	-
Neither more nor less	(3.0)	19	11	8	10	7	2	-	4	4	2	1	3	2	2	1
		28%	23%	38%	23%	36%	47%	-	41%	48%	19%	21%	56%	8%	49%	53%
A bit less	(2.0)	10	7	3	3	4	2	-	-	1	1	3	-	5	1	-
		15%	15%	14%	7%	23%	53%	-	-	10%	10%	46%	-	25%	15%	-
A lot less	(1.0)	2	2	-	2	-	-	2	-	-	-	-	-	1	-	-
		3%	5%	-	5%	-	-	68%	-	-	-	-	-	4%	-	-
Don't know		1	1	-	1	-	-	-	-	-	-	-	-	1	-	-
		2%	2%	-	3%	-	-	-	-	-	-	-	-	6%	-	-
NET: More		36	26	10	28	8	-	1	5	4	9	2	3	11	2	1
		52%	55%	48%	62%	42%	-	32%	59%	42%	71%	33%	44%	57%	36%	47%
NET: Less		12	9	3	5	4	2	2	-	1	1	3	-	5	1	-
		18%	20%	14%	12%	23%	53%	68%	-	10%	10%	46%	-	29%	15%	-
Base for stats		67	46	20	43	19	4	2	9	8	12	6	6	17	4	2
Mean Score		3.53	3.56	3.48	3.73	3.32	2.47	1.97	3.81	3.48	3.92	3.01	3.88	3.37	3.41	3.94
Standard Deviation		1.090	1.171	.925	1.106	.995	.568	1.876	.821	.928	.982	1.208	1.086	1.146	1.101	1.715
Standard Error		.130	.169	.202	.163	.222	.284	1.083	.260	.328	.272	.540	.486	.263	.493	1.213
Error variance		.02	.03	.04	.03	.05	.08	1.17	.07	.11	.07	.29	.24	.07	.24	1.47

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Q6D.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total		71	24	12	13	11	4	7	49	22	44	8	8	8	1	1	26
Total		68	25	11	12	10	4	6	48	20	42	7	8	8	1	1	25
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	14	8	2	2	1	-	2	12	3	7	3	2	1	1	-	7
		21%	31%	17%	18%	8%	-	27%	24%	12%	16%	38%	23%	17%	100%	-	29%
A bit more	(4.0)	21	10	4	4	3	1	1	18	4	16	1	2	2	-	-	5
		31%	39%	31%	38%	25%	17%	10%	37%	19%	39%	17%	26%	22%	-	-	20%
Neither more nor less	(3.0)	19	4	1	3	6	2	3	8	11	13	2	1	1	-	1	6
		28%	14%	9%	28%	61%	53%	51%	16%	56%	31%	34%	11%	14%	-	100%	22%
A bit less	(2.0)	10	4	3	2	1	-	-	9	1	5	-	2	3	-	-	5
		15%	16%	30%	16%	6%	-	-	19%	3%	12%	-	26%	37%	-	-	19%
A lot less	(1.0)	2	-	2	-	-	-	1	2	1	1	1	-	1	-	-	2
		3%	-	13%	-	-	-	12%	3%	4%	2%	11%	-	10%	-	-	6%
Don't know		1	-	-	-	-	1	-	-	1	-	-	1	-	-	-	1
		2%	-	-	-	-	30%	-	-	6%	-	-	14%	-	-	-	4%
NET: More		36	17	5	6	3	1	2	29	6	23	4	4	3	1	-	12
		52%	69%	48%	56%	33%	17%	37%	61%	31%	56%	55%	49%	40%	100%	-	48%
NET: Less		12	4	5	2	1	-	1	11	1	6	1	2	4	-	-	6
		18%	16%	43%	16%	6%	-	12%	23%	7%	14%	11%	26%	46%	-	-	25%
Base for stats		67	25	11	12	10	3	6	48	19	42	7	7	8	1	1	24
Mean Score		3.53	3.84	3.08	3.58	3.35	3.24	3.41	3.60	3.35	3.57	3.71	3.53	3.01	5.00	3.00	3.47
Standard Deviation		1.090	1.059	1.410	.999	.753	.548	1.328	1.155	.912	.968	1.384	1.280	1.387	-	-	1.305
Standard Error		.130	.216	.407	.277	.227	.316	.502	.165	.199	.146	.489	.484	.490	-	-	.261
Error variance		.02	.05	.17	.08	.05	.10	.25	.03	.04	.02	.24	.23	.24	-	-	.07

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	*b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	71	33	15	17	32	4	11	31	3	5	5	3	2	5	2	15
Total	68	27	17	19	36	4	11	29	3	5	5	2	2	4	3	15
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	14	3	7	3	10	1	3	5	-	2	-	-	-	3	-	4
	21%	12%	42%	16%	28%	32%	28%	18%	-	43%	-	-	-	59%	-	29%
A bit more (4.0)	21	9	3	8	11	1	4	11	1	-	1	2	1	1	-	5
	31%	34%	20%	42%	32%	26%	36%	38%	39%	-	15%	64%	62%	14%	-	34%
Neither more nor less (3.0)	19	8	5	5	10	1	2	9	1	1	2	1	1	1	1	2
	28%	29%	32%	24%	27%	18%	14%	31%	32%	15%	42%	36%	38%	27%	47%	15%
A bit less (2.0)	10	5	-	4	4	1	2	2	1	-	2	-	-	-	1	3
	15%	17%	-	18%	10%	23%	22%	8%	28%	-	43%	-	-	-	53%	22%
A lot less (1.0)	2	2	-	-	-	-	-	1	-	1	-	-	-	-	-	-
	3%	8%	-	-	-	-	-	5%	-	18%	-	-	-	-	-	-
Don't know	1	-	1	-	1	-	-	-	-	1	-	-	-	-	-	-
	2%	-	7%	-	3%	-	-	-	-	25%	-	-	-	-	-	-
NET: More	36	12	10	11	22	2	7	16	1	2	1	2	1	3	-	9
	52%	46%	62%	58%	60%	59%	64%	56%	39%	43%	15%	64%	62%	73%	-	63%
NET: Less	12	7	-	4	4	1	2	4	1	1	2	-	-	-	1	3
	18%	26%	-	18%	10%	23%	22%	13%	28%	18%	43%	-	-	-	53%	22%
Base for stats	67	27	16	19	35	4	11	29	3	3	5	2	2	4	3	15
Mean Score	3.53	3.23	4.11	3.56	3.80 a	3.68	3.70	3.56	3.11	3.66	2.72	3.64	3.62	4.33	2.47	3.70
Standard Deviation	1.090	1.142	.909	.998	.985	1.326	1.147	1.049	.990	1.974	.795	.631	.668	.988	.636	1.149
Standard Error	.130	.199	.243	.242	.177	.663	.346	.188	.572	.987	.355	.365	.473	.442	.449	.297
Error variance	.02	.04	.06	.06	.03	.44	.12	.04	.33	.97	.13	.13	.22	.20	.20	.09

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			*a	*b	*c	*d	e	*f	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	e
Unweighted Total		71	19	19	12	4	31	23	20	16	12	6	28	26	9	27	25	10	62
Total		68	19	19	11	4	30	22	19	16	12	5	27	24	7	27	24	10	61
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	14	2	7	-	1	7	4	3	4	3	-	7	3	2	5	4	3	12
		21%	12%	36%	-	37%	23%	16%	16%	25%	29%	-	26%	12%	23%	20%	16%	31%	20%
A bit more	(4.0)	21	7	7	3	-	10	7	7	7	1	1	9	8	2	9	11	-	19
		31%	36%	40%	25%	-	35%	30%	39%	47%	10%	18%	31%	34%	31%	32%	45%	-	32%
Neither more nor less	(3.0)	19	5	4	3	2	7	7	5	2	4	2	6	8	3	7	7	3	17
		28%	27%	23%	25%	43%	24%	29%	27%	15%	32%	46%	22%	31%	36%	26%	28%	29%	27%
A bit less	(2.0)	10	4	-	4	-	4	4	3	2	3	-	5	3	-	6	1	3	10
		15%	22%	-	32%	-	12%	18%	15%	13%	23%	-	17%	12%	-	22%	4%	32%	16%
A lot less	(1.0)	2	1	-	1	1	1	1	1	-	1	1	1	1	1	-	1	1	2
		3%	4%	-	7%	20%	3%	7%	4%	-	7%	14%	3%	6%	10%	-	3%	8%	3%
Don't know		1	-	-	1	-	1	-	-	-	-	1	-	1	-	-	1	-	1
		2%	-	-	10%	-	4%	-	-	-	-	22%	-	5%	-	-	5%	-	2%
NET: More		36	9	14	3	1	17	10	10	11	5	1	16	11	4	14	14	3	32
		52%	47%	77%	25%	37%	58%	46%	55%	72%	39%	18%	58%	47%	54%	52%	61%	31%	52%
NET: Less		12	5	-	4	1	4	5	4	2	3	1	6	4	1	6	2	4	11
		18%	26%	-	40%	20%	15%	25%	18%	13%	29%	14%	20%	18%	10%	22%	7%	40%	19%
Base for stats		67	19	19	10	4	28	22	19	16	12	4	27	23	7	27	23	10	60
Mean Score		3.53	3.30	4.13	2.76	3.33	3.65	3.30	3.48	3.83	3.31	2.86	3.61	3.37	3.58	3.50	3.71	3.15	3.52
Standard Deviation		1.090	1.084	.782	1.005	1.740	1.077	1.161	1.069	.983	1.340	1.123	1.157	1.079	1.225	1.060	.927	1.430	1.083
Standard Error		.130	.249	.180	.303	.870	.197	.242	.239	.246	.387	.502	.219	.216	.408	.204	.189	.452	.139
Error variance		.02	.06	.03	.09	.76	.04	.06	.06	.06	.15	.25	.05	.05	.17	.04	.04	.20	.02

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	*b	*a	*b	*c	d	e	*f	a	*b	a	*b
Unweighted Total	71	32	26	20	15	12	31	39	4	57	14	61	10
Total	68	32	25	20	14	11	29	38	4	55	13	59	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	14	10	3	6	4	4	6	8	2	13	1	14	-
	21%	30%	11%	29%	25%	35%	22%	20%	52%	24%	6%	24%	-
A bit more (4.0)	21	13	5	7	4	2	9	12	1	18	4	18	3
	31%	40%	20%	33%	29%	19%	32%	32%	20%	32%	29%	30%	39%
Neither more nor less (3.0)	19	5	9	5	3	1	10	9	1	15	4	15	5
	28%	14%	38%	25%	23%	13%	33%	23%	27%	27%	32%	25%	53%
A bit less (2.0)	10	4	6	2	2	3	3	7	-	7	3	10	-
	15%	13%	23%	10%	14%	26%	10%	18%	-	13%	22%	17%	-
A lot less (1.0)	2	1	1	1	-	1	1	2	-	1	2	2	1
	3%	3%	3%	4%	-	7%	3%	4%	-	1%	12%	3%	8%
Don't know	1	-	1	-	1	-	-	1	-	1	-	1	-
	2%	-	4%	-	8%	-	-	3%	-	2%	-	2%	-
NET: More	36	22	8	13	8	6	16	20	3	31	5	32	3
	52%	70%	32%	62%	55%	54%	54%	52%	73%	56%	35%	54%	39%
NET: Less	12	5	7	3	2	4	4	9	-	8	4	11	1
	18%	15%	26%	14%	14%	33%	13%	22%	-	14%	33%	19%	8%
Base for stats	67	32	24	20	13	11	29	37	4	54	13	58	9
Mean Score	3.53	3.82	3.15	3.73	3.71	3.49	3.61	3.47	4.25	3.67	2.96	3.57	3.22
Standard Deviation	1.090	1.090	1.038	1.120	1.074	1.444	1.036	1.148	1.003	1.041	1.141	1.118	.871
Standard Error	.130	.193	.208	.250	.287	.417	.186	.186	.502	.139	.305	.144	.275
Error variance	.02	.04	.04	.06	.08	.17	.03	.03	.25	.02	.09	.02	.08

Q6D.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

						Number of days active						Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	a	*b	*c	*a	*b	*c	*d
Unweighted Total	71	-	4	10	10	16	15	2	14	36	31	34	24	13	16	19	23	13
Total	68	-	4	8	9	16	15	2	14	33	32	32	24	12	16	17	22	13
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	14	-	-	1	2	5	3	-	3	8	6	10	3	1	2	4	4	4
	21%	-	-	14%	20%	30%	20%	-	23%	23%	20%	32%	11%	11%	13%	20%	19%	33%
A bit more (4.0)	21	-	1	1	4	7	4	1	4	12	8	11	7	4	9	6	3	3
	31%	-	24%	18%	39%	47%	26%	34%	25%	38%	26%	33%	29%	32%	57%	36%	16%	21%
Neither more nor less (3.0)	19	-	3	3	1	3	5	-	5	6	10	5	12	3	3	2	9	5
	28%	-	76%	31%	12%	17%	33%	-	36%	19%	32%	15%	50%	22%	22%	12%	40%	37%
A bit less (2.0)	10	-	-	2	-	1	3	1	2	3	7	6	3	2	1	5	4	-
	15%	-	-	28%	-	5%	21%	66%	15%	10%	21%	17%	11%	15%	8%	27%	18%	-
A lot less (1.0)	2	-	-	1	1	-	-	-	-	2	-	1	-	1	-	1	1	-
	3%	-	-	10%	16%	-	-	-	-	7%	-	3%	-	12%	-	5%	7%	-
Don't know	1	-	-	-	1	-	-	-	-	1	-	-	-	1	-	-	-	1
	2%	-	-	-	12%	-	-	-	-	3%	-	-	-	9%	-	-	-	9%
NET: More	36	-	1	3	5	12	7	1	7	20	15	21	10	5	11	10	8	7
	52%	-	24%	32%	60%	78%	46%	34%	48%	61%	46%	65%	40%	43%	70%	57%	35%	54%
NET: Less	12	-	-	3	1	1	3	1	2	5	7	6	3	3	1	5	5	-
	18%	-	-	38%	16%	5%	21%	66%	15%	16%	21%	20%	11%	27%	8%	31%	25%	-
Base for stats	67	-	4	8	8	16	15	2	14	32	32	32	24	11	16	17	22	12
Mean Score	3.53	-	3.24	2.98	3.54	4.03	3.46	2.69	3.56	3.63	3.45	3.75	3.40	3.17	3.75	3.41	3.23	3.96
Standard Deviation	1.090	-	.502	1.258	1.447	.856	1.072	1.308	1.047	1.178	1.057	1.172	.836	1.278	.803	1.243	1.178	.914
Standard Error	.130	-	.251	.398	.482	.214	.277	.925	.280	.199	.190	.201	.171	.369	.201	.285	.246	.264
Error variance	.02	-	.06	.16	.23	.05	.08	.86	.08	.04	.04	.04	.03	.14	.04	.08	.06	.07

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Q6D.15. Water sports (such as surfing, rowing, sailing etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total		61	39	21	42	18	1	3	8	5	5	6	7	15	7	5
Total		58	37	21	41	16	1	3	8	4	5	5	8	14	6	4
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	15	10	5	11	4	-	-	3	1	1	2	3	4	-	1
		26%	28%	23%	28%	23%	-	-	38%	19%	20%	47%	32%	31%	-	19%
A bit more	(4.0)	14	9	5	8	5	-	-	1	1	2	1	2	2	3	1
		23%	24%	23%	20%	32%	-	-	13%	19%	40%	24%	25%	17%	49%	16%
Neither more nor less	(3.0)	19	10	8	12	6	1	3	2	1	2	1	3	4	1	2
		32%	26%	40%	29%	36%	100%	100%	26%	17%	40%	15%	42%	26%	17%	46%
A bit less	(2.0)	7	6	1	5	1	-	-	1	1	-	1	-	2	1	1
		12%	17%	3%	13%	8%	-	-	8%	20%	-	13%	-	17%	21%	19%
A lot less	(1.0)	4	2	2	4	-	-	-	1	1	-	-	-	1	1	-
		7%	5%	10%	10%	-	-	-	14%	24%	-	-	-	8%	13%	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		29	19	10	20	9	-	-	4	2	3	4	5	7	3	2
		49%	52%	47%	48%	55%	-	-	51%	39%	60%	71%	58%	49%	49%	35%
NET: Less		11	8	3	10	1	-	-	2	2	-	1	-	4	2	1
		19%	22%	14%	23%	8%	-	-	22%	44%	-	13%	-	25%	34%	19%
Base for stats		58	37	21	41	16	1	3	8	4	5	5	8	14	6	4
Mean Score		3.49	3.52	3.47	3.43	3.70	3.00	3.00	3.54	2.89	3.80	4.05	3.90	3.47	3.01	3.35
Standard Deviation		1.203	1.228	1.211	1.309	.946	-	-	1.522	1.655	.831	1.200	.915	1.354	1.205	1.124
Standard Error		.154	.197	.264	.202	.223	-	-	.538	.740	.372	.490	.346	.350	.455	.503
Error variance		.02	.04	.07	.04	.05	-	-	.29	.55	.14	.24	.12	.12	.21	.25

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.15. Water sports (such as surfing, rowing, sailing etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
								Social Grade						**Ethnicity**			
Significance Level: 95%			*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total		61	16	14	10	9	9	3	40	21	39	3	6	9	2	-	20
Total		58	17	14	9	7	8	3	40	18	37	3	6	9	1	-	20
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
A lot more	(5.0)	15	7	4	-	2	2	1	11	4	9	2	2	2	-	-	6
		26%	44%	25%	-	20%	22%	40%	27%	24%	24%	76%	31%	23%	-	-	32%
A bit more	(4.0)	14	4	2	5	-	2	-	12	2	8	1	3	1	-	-	5
		23%	24%	15%	57%	-	25%	-	29%	11%	22%	24%	52%	14%	-	-	27%
Neither more nor less	(3.0)	19	4	7	3	1	3	1	14	5	15	-	-	3	-	-	3
		32%	25%	48%	33%	15%	33%	33%	35%	26%	40%	-	-	33%	-	-	15%
A bit less	(2.0)	7	-	1	1	3	2	1	2	5	3	-	-	2	1	-	3
		12%	-	6%	10%	37%	20%	27%	4%	28%	8%	-	-	18%	100%	-	15%
A lot less	(1.0)	4	1	1	-	2	-	-	2	2	2	-	1	1	-	-	2
		7%	7%	6%	-	28%	-	-	5%	12%	5%	-	17%	12%	-	-	11%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		29	11	6	5	2	4	1	22	6	17	3	5	3	-	-	11
		49%	68%	40%	57%	20%	47%	40%	56%	35%	46%	100%	83%	37%	-	-	59%
NET: Less		11	1	2	1	5	2	1	4	7	5	-	1	3	1	-	5
		19%	7%	12%	10%	65%	20%	27%	9%	40%	14%	-	17%	30%	100%	-	26%
Base for stats		58	17	14	9	7	8	3	40	18	37	3	6	9	1	-	20
Mean Score		3.49	3.98	3.47	3.48	2.47	3.49	3.52	3.68	3.07	3.51	4.76	3.80	3.18	2.00	-	3.54
Standard Deviation		1.203	1.173	1.142	.705	1.527	1.118	1.605	1.079	1.382	1.117	.521	1.461	1.376	-	-	1.395
Standard Error		.154	.293	.305	.223	.509	.373	.927	.171	.302	.179	.301	.597	.459	-	-	.312
Error variance		.02	.09	.09	.05	.26	.14	.86	.03	.09	.03	.09	.36	.21	-	-	.10

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Q6D.15. Water sports (such as surfing, rowing, sailing etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Children aged 15 or under in the household				Current employment status										
			None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total		61	23	13	16	29	8	5	26	4	6	4	4	3	1	-	13
Total		58	19	14	18	32	8	5	25	4	6	3	3	3	1	-	13
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
A lot more	(5.0)	15	3	5	6	11	4	1	7	1	-	-	1	-	1	-	5
		26%	16%	39%	32%	35%	55%	16%	26%	38%	-	-	24%	-	100%	-	40%
A bit more	(4.0)	14	5	1	6	7	1	3	7	-	2	-	-	1	-	-	4
		23%	26%	8%	32%	21%	14%	60%	26%	-	30%	-	-	40%	-	-	31%
Neither more nor less	(3.0)	19	5	6	3	9	2	1	6	1	4	2	2	1	-	-	3
		32%	27%	45%	18%	30%	23%	23%	25%	20%	70%	59%	56%	32%	-	-	23%
A bit less	(2.0)	7	5	-	1	1	1	-	2	2	-	1	1	-	-	-	1
		12%	27%	-	6%	3%	9%	-	10%	42%	-	41%	20%	-	-	-	5%
A lot less	(1.0)	4	1	1	2	3	-	-	3	-	-	-	-	1	-	-	-
		7%	4%	7%	12%	10%	-	-	13%	-	-	-	-	28%	-	-	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		29	8	7	11	18	6	4	13	1	2	-	1	1	1	-	9
		49%	42%	47%	64%	57%	69%	77%	52%	38%	30%	-	24%	40%	100%	-	72%
NET: Less		11	6	1	3	4	1	-	6	2	-	1	1	1	-	-	1
		19%	31%	7%	18%	13%	9%	-	23%	42%	-	41%	20%	28%	-	-	5%
Base for stats		58	19	14	18	32	8	5	25	4	6	3	3	3	1	-	13
Mean Score		3.49	3.23	3.71	3.66	3.69	4.15	3.93	3.43	3.35	3.30	2.59	3.27	2.84	5.00	-	4.07
Standard Deviation		1.203	1.169	1.244	1.355	1.286	1.123	.702	1.346	1.576	.503	.589	1.255	1.481	-	-	.957
Standard Error		.154	.244	.345	.339	.239	.397	.314	.264	.788	.205	.294	.627	.855	-	-	.265
Error variance		.02	.06	.12	.11	.06	.16	.10	.07	.62	.04	.09	.39	.73	-	-	.07

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Q6D.15. Water sports (such as surfing, rowing, sailing etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	e
Unweighted Total		61	13	20	8	4	28	17	15	14	12	4	26	19	10	22	22	7	51
Total		58	13	19	7	4	26	17	14	14	11	3	25	18	8	22	21	7	51
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	15	2	4	1	1	5	4	3	2	3	1	5	4	2	5	5	2	13
		26%	20%	22%	12%	33%	19%	23%	23%	14%	24%	24%	19%	24%	30%	23%	26%	31%	25%
A bit more	(4.0)	14	3	7	1	-	8	3	5	3	2	1	6	6	1	5	4	3	12
		23%	27%	34%	17%	-	30%	20%	33%	22%	21%	28%	22%	32%	19%	23%	18%	43%	24%
Neither more nor less	(3.0)	19	4	6	2	2	8	6	3	7	3	1	10	4	3	10	5	1	16
		32%	36%	30%	26%	49%	29%	39%	24%	49%	28%	22%	40%	23%	32%	46%	25%	12%	32%
A bit less	(2.0)	7	-	2	3	1	5	1	1	1	3	1	4	2	2	1	5	-	5
		12%	-	8%	45%	17%	18%	4%	4%	7%	26%	26%	15%	9%	19%	3%	22%	-	10%
A lot less	(1.0)	4	2	1	-	-	1	2	2	1	-	-	1	2	-	1	2	1	4
		7%	17%	5%	-	-	4%	13%	15%	7%	-	-	4%	12%	-	5%	9%	14%	8%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		29	6	11	2	1	13	7	8	5	5	2	10	10	4	10	9	6	25
		49%	47%	56%	29%	33%	49%	44%	56%	37%	46%	53%	41%	56%	49%	46%	44%	74%	49%
NET: Less		11	2	3	3	1	6	3	3	2	3	1	5	4	2	2	6	1	9
		19%	17%	14%	45%	17%	22%	17%	20%	14%	26%	26%	20%	21%	19%	8%	31%	14%	19%
Base for stats		58	13	19	7	4	26	17	14	14	11	3	25	18	8	22	21	7	51
Mean Score		3.49	3.32	3.59	2.97	3.50	3.42	3.36	3.44	3.29	3.44	3.51	3.36	3.46	3.59	3.56	3.29	3.77	3.48
Standard Deviation		1.203	1.343	1.111	1.130	1.299	1.129	1.293	1.364	1.078	1.173	1.323	1.101	1.317	1.184	1.061	1.339	1.379	1.217
Standard Error		.154	.372	.248	.400	.650	.213	.314	.352	.288	.339	.662	.216	.302	.374	.226	.286	.521	.170
Error variance		.02	.14	.06	.16	.42	.05	.10	.12	.08	.11	.44	.05	.09	.14	.05	.08	.27	.03

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Q6D.15. Water sports (such as surfing, rowing, sailing etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			*a	*b	*a	*b	*c	*d	e	*f	a	*b	a	*b
Unweighted Total		61	28	20	18	12	13	21	36	2	52	9	48	10
Total		58	28	20	18	11	13	20	35	2	50	9	47	9
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	15	11	2	8	3	5	4	12	1	14	1	15	-
		26%	38%	11%	43%	29%	36%	18%	33%	42%	29%	9%	32%	-
A bit more	(4.0)	14	5	7	2	3	5	5	8	-	11	2	11	3
		23%	17%	36%	11%	24%	42%	26%	24%	-	22%	28%	23%	33%
Neither more nor less	(3.0)	19	7	8	4	4	2	7	9	1	15	4	14	3
		32%	25%	41%	24%	33%	15%	36%	25%	58%	30%	47%	30%	33%
A bit less	(2.0)	7	2	1	1	2	1	3	3	-	5	1	3	3
		12%	9%	8%	4%	14%	7%	15%	9%	-	11%	16%	7%	34%
A lot less	(1.0)	4	3	1	3	-	-	1	3	-	4	-	4	-
		7%	11%	4%	18%	-	-	4%	9%	-	8%	-	9%	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		29	16	9	10	6	10	9	20	1	25	3	26	3
		49%	55%	47%	55%	53%	78%	44%	57%	42%	51%	37%	55%	33%
NET: Less		11	6	2	4	2	1	4	6	-	10	1	7	3
		19%	20%	12%	21%	14%	7%	20%	18%	-	19%	16%	15%	34%
Base for stats		58	28	20	18	11	13	20	35	2	50	9	47	9
Mean Score		3.49	3.61	3.42	3.59	3.68	4.08	3.39	3.62	3.84	3.53	3.30	3.63	2.99
Standard Deviation		1.203	1.382	.958	1.537	1.083	.920	1.110	1.290	1.423	1.253	.896	1.251	.869
Standard Error		.154	.261	.214	.362	.313	.255	.242	.215	1.006	.174	.299	.181	.275
Error variance		.02	.07	.05	.13	.10	.07	.06	.05	1.01	.03	.09	.03	.08

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Q6D.15. Water sports (such as surfing, rowing, sailing etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?
BASE: All who have done some form of physical activity in the past week

						Number of days active							Amount of activity in the past week compared to previous week			Life satisfaction score			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*g	*h	i	*j	a	*b	*c	*a	*b	*c	*d
Unweighted Total		61	-	3	5	17	13	10	5	8	35	23	35	17	8	16	18	12	14
Total		58	-	2	5	16	11	11	5	7	33	23	34	16	7	14	17	13	14
		100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	15	-	1	-	4	4	4	1	2	8	6	13	-	2	4	2	2	7
		26%	-	32%	-	24%	36%	33%	22%	24%	24%	28%	39%	-	26%	25%	15%	17%	49%
A bit more	(4.0)	14	-	1	2	3	2	1	2	3	7	6	12	2	-	1	6	5	-
		23%	-	32%	42%	19%	17%	7%	39%	38%	22%	24%	34%	12%	-	9%	38%	42%	-
Neither more nor less	(3.0)	19	-	1	1	6	3	4	2	2	9	9	4	11	3	7	5	2	5
		32%	-	36%	22%	34%	24%	42%	40%	27%	29%	37%	12%	68%	39%	46%	28%	19%	37%
A bit less	(2.0)	7	-	-	1	3	3	1	-	-	6	1	3	1	3	3	3	1	-
		12%	-	-	14%	17%	23%	7%	-	-	19%	3%	9%	8%	34%	20%	20%	5%	-
A lot less	(1.0)	4	-	-	1	1	-	1	-	1	2	2	2	2	-	-	-	2	2
		7%	-	-	21%	6%	-	11%	-	11%	6%	8%	6%	12%	-	-	-	17%	14%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		29	-	2	2	7	6	4	3	5	15	12	25	2	2	5	9	7	7
		49%	-	64%	42%	43%	53%	40%	60%	62%	46%	52%	73%	12%	26%	34%	53%	59%	49%
NET: Less		11	-	-	2	4	3	2	-	1	8	3	5	3	3	3	3	3	2
		19%	-	-	36%	23%	23%	17%	-	11%	25%	12%	15%	20%	34%	20%	20%	22%	14%
Base for stats		58	-	2	5	16	11	11	5	7	33	23	34	16	7	14	17	13	14
Mean Score		3.49	-	3.96	2.85	3.37	3.65	3.46	3.82	3.63	3.39	3.59	3.91	2.80	3.19	3.39	3.48	3.38	3.69
Standard Deviation		1.203	-	1.077	1.325	1.230	1.243	1.365	.847	1.272	1.236	1.196	1.209	.820	1.258	1.110	.999	1.356	1.474
Standard Error		.154	-	.622	.593	.298	.345	.432	.379	.450	.209	.249	.204	.199	.445	.278	.236	.391	.394
Error variance		.02	-	.39	.35	.09	.12	.19	.14	.20	.04	.06	.04	.04	.20	.08	.06	.15	.16

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Q6D.16. Gymnastics, trampolining or cheerleading: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			*a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total		52	26	25	32	19	1	4	5	1	4	7	5	16	8	2
Total		49	24	24	31	18	1	3	4	1	4	6	5	15	8	2
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	11	5	6	7	4	-	-	-	-	-	1	2	6	2	-
		22%	20%	25%	23%	22%	-	-	-	-	-	13%	39%	40%	26%	-
A bit more	(4.0)	13	6	7	8	4	1	2	2	1	-	2	-	4	2	-
		27%	26%	28%	27%	22%	100%	53%	45%	100%	-	32%	-	28%	26%	-
Neither more nor less	(3.0)	16	8	7	10	6	-	1	1	-	3	3	1	4	2	1
		32%	34%	27%	32%	32%	-	24%	21%	-	72%	56%	21%	24%	20%	61%
A bit less	(2.0)	5	2	2	2	2	-	-	-	-	1	-	1	-	2	-
		9%	9%	10%	7%	13%	-	-	-	-	28%	-	18%	-	29%	-
A lot less	(1.0)	5	3	3	3	2	-	1	1	-	-	-	1	1	-	1
		11%	11%	11%	11%	10%	-	24%	35%	-	-	-	22%	8%	-	39%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		24	11	13	15	8	1	2	2	1	-	3	2	10	4	-
		49%	46%	53%	50%	44%	100%	53%	45%	100%	-	44%	39%	68%	52%	-
NET: Less		10	5	5	5	4	-	1	1	-	1	-	2	1	2	1
		20%	20%	20%	18%	24%	-	24%	35%	-	28%	-	39%	8%	29%	39%
Base for stats		49	24	24	31	18	1	3	4	1	4	6	5	15	8	2
Mean Score		3.40	3.35	3.48	3.43	3.32	4.00	3.05	2.75	4.00	2.72	3.57	3.17	3.93	3.49	2.21
Standard Deviation		1.237	1.235	1.284	1.245	1.283	-	1.445	1.527	-	.509	.773	1.781	1.194	1.231	1.557
Standard Error		.172	.242	.257	.220	.294	-	.722	.683	-	.255	.292	.796	.298	.435	1.101
Error variance		.03	.06	.07	.05	.09	-	.52	.47	-	.06	.09	.63	.09	.19	1.21

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Q6D.16. Gymnastics, trampolining or cheerleading: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?
BASE: All who have done some form of physical activity in the past week

		Total	Social Grade (A)	Social Grade (B)	Social Grade (C1)	Social Grade (C2)	Social Grade (D)	Social Grade (E)	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total		52	13	13	8	9	3	6	34	18	31	4	6	7	3	-	20
Total		49	12	14	7	8	3	5	34	16	29	4	6	7	2	-	19
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
A lot more	(5.0)	11	4	3	2	-	1	1	9	2	9	-	-	2	-	-	2
		22%	35%	20%	28%	-	31%	16%	27%	11%	30%	-	-	29%	-	-	10%
A bit more	(4.0)	13	4	4	1	3	-	1	9	4	6	3	3	1	-	-	7
		27%	34%	31%	11%	33%	-	22%	28%	23%	19%	81%	52%	15%	-	-	38%
Neither more nor less	(3.0)	16	4	2	3	4	1	2	9	6	10	-	3	2	1	-	5
		32%	31%	16%	45%	49%	36%	30%	28%	40%	33%	-	48%	24%	33%	-	27%
A bit less	(2.0)	5	-	3	-	-	1	1	3	2	4	-	-	-	1	-	1
		9%	-	19%	-	-	34%	19%	8%	12%	12%	-	-	-	40%	-	5%
A lot less	(1.0)	5	-	2	1	1	-	1	3	2	1	1	-	2	1	-	4
		11%	-	14%	16%	19%	-	13%	9%	13%	5%	19%	-	33%	27%	-	19%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		24	9	7	3	3	1	2	19	5	15	3	3	3	-	-	9
		49%	69%	52%	39%	33%	31%	38%	55%	34%	50%	81%	52%	44%	-	-	49%
NET: Less		10	-	5	1	1	1	2	6	4	5	1	-	2	2	-	5
		20%	-	33%	16%	19%	34%	32%	17%	26%	17%	19%	-	33%	67%	-	24%
Base for stats		49	12	14	7	8	3	5	34	16	29	4	6	7	2	-	19
Mean Score		3.40	4.04	3.25	3.35	2.95	3.28	3.08	3.57	3.05	3.58	3.42	3.52	3.07	2.05	-	3.15
Standard Deviation		1.237	.845	1.397	1.421	1.108	1.520	1.391	1.244	1.185	1.201	1.365	.550	1.742	1.015	-	1.302
Standard Error		.172	.234	.387	.502	.369	.877	.568	.213	.279	.216	.683	.225	.659	.586	-	.291
Error variance		.03	.05	.15	.25	.14	.77	.32	.05	.08	.05	.47	.05	.43	.34	-	.08

Social Grade — columns a through h. Ethnicity — columns White through NET: Non-white.

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.16. Gymnastics, trampolining or cheerleading: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

			Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total		52	24	7	16	23	5	10	15	6	4	4	4	3	1	-	15
Total		49	20	8	18	26	4	10	14	6	4	4	3	3	1	-	14
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
A lot more	(5.0)	11	7	-	2	2	3	2	4	-	1	-	-	1	1	-	4
		22%	34%	-	14%	9%	62%	17%	26%	-	21%	-	-	46%	100%	-	30%
A bit more	(4.0)	13	4	3	6	9	1	4	3	3	1	-	1	-	-	-	5
		27%	20%	43%	32%	36%	18%	40%	20%	54%	25%	-	33%	-	-	-	33%
Neither more nor less	(3.0)	16	5	2	7	9	1	1	7	1	-	3	2	1	-	-	2
		32%	27%	26%	41%	36%	20%	9%	49%	15%	-	75%	48%	54%	-	-	12%
A bit less	(2.0)	5	1	2	1	4	-	2	-	1	-	1	-	-	-	-	2
		9%	5%	30%	7%	14%	-	24%	-	19%	-	25%	-	-	-	-	16%
A lot less	(1.0)	5	3	-	1	1	-	1	1	1	2	-	1	-	-	-	1
		11%	14%	-	6%	4%	-	11%	5%	12%	53%	-	19%	-	-	-	8%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		24	11	3	8	12	3	6	7	3	2	-	1	1	1	-	9
		49%	54%	43%	46%	45%	80%	56%	46%	54%	47%	-	33%	46%	100%	-	64%
NET: Less		10	4	2	2	5	-	3	1	2	2	1	1	-	-	-	3
		20%	18%	30%	13%	18%	-	35%	5%	31%	53%	25%	19%	-	-	-	24%
Base for stats		49	20	8	18	26	4	10	14	6	4	4	3	3	1	-	14
Mean Score		3.40	3.57	3.13	3.40	3.32	4.42	3.27	3.62	3.11	2.62	2.75	2.95	3.93	5.00	-	3.62
Standard Deviation		1.237	1.394	.908	1.045	.995	.915	1.368	1.064	1.192	2.060	.504	1.243	1.264	-	-	1.332
Standard Error		.172	.284	.343	.261	.207	.409	.433	.275	.486	1.030	.252	.622	.730	-	-	.344
Error variance		.03	.08	.12	.07	.04	.17	.19	.08	.24	1.06	.06	.39	.53	-	-	.12

Q6D.16. Gymnastics, trampolining or cheerleading: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	e
Unweighted Total		52	14	16	5	3	21	17	12	15	7	4	22	16	6	24	13	9	46
Total		49	14	16	5	3	21	16	11	15	7	4	22	15	5	22	13	9	44
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	11	2	4	-	-	4	2	4	2	-	1	2	4	3	5	3	-	8
		22%	18%	24%	-	-	18%	15%	33%	11%	-	20%	8%	30%	49%	23%	25%	-	19%
A bit more	(4.0)	13	4	6	1	-	7	4	2	6	2	1	8	3	-	7	4	2	13
		27%	32%	36%	25%	-	33%	26%	17%	39%	30%	33%	36%	21%	-	29%	32%	26%	30%
Neither more nor less	(3.0)	16	4	3	3	1	6	5	2	5	2	2	7	4	2	5	6	3	14
		32%	30%	19%	59%	27%	29%	29%	19%	33%	29%	47%	32%	25%	32%	24%	43%	35%	32%
A bit less	(2.0)	5	1	3	-	1	3	2	1	3	1	-	4	1	1	2	-	1	4
		9%	7%	16%	-	33%	12%	12%	9%	17%	13%	-	16%	7%	19%	10%	-	14%	8%
A lot less	(1.0)	5	2	1	1	1	2	3	3	-	2	-	2	3	-	3	-	2	5
		11%	14%	5%	16%	40%	7%	18%	23%	-	27%	-	9%	17%	-	13%	-	25%	12%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		24	7	9	1	-	11	7	6	8	2	2	10	8	3	12	7	2	21
		49%	49%	60%	25%	-	51%	41%	50%	50%	30%	53%	44%	51%	49%	52%	57%	26%	49%
NET: Less		10	3	3	1	2	4	5	4	3	3	-	5	4	1	5	-	3	9
		20%	21%	21%	16%	73%	20%	30%	32%	17%	41%	-	25%	24%	19%	24%	-	39%	20%
Base for stats		49	14	16	5	3	21	16	11	15	7	4	22	15	5	22	13	9	44
Mean Score		3.40	3.33	3.58	2.93	1.87	3.42	3.07	3.28	3.44	2.62	3.74	3.18	3.40	3.80	3.38	3.82	2.62	3.36
Standard Deviation		1.237	1.291	1.189	1.047	1.000	1.167	1.343	1.626	.934	1.270	.910	1.095	1.466	1.376	1.338	.834	1.196	1.229
Standard Error		.172	.345	.297	.468	.577	.255	.326	.469	.241	.480	.455	.234	.367	.562	.273	.231	.399	.181
Error variance		.03	.12	.09	.22	.33	.06	.11	.22	.06	.23	.21	.05	.13	.32	.07	.05	.16	.03

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Q6D.16. Gymnastics, trampolining or cheerleading: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			*a	*b	*a	*b	*c	*d	*e	*f	a	*b	a	*b
Unweighted Total		52	23	16	13	10	12	20	29	3	38	14	38	13
Total		49	23	15	13	10	10	20	27	3	36	13	37	11
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	11	3	5	2	2	-	7	4	-	9	2	9	2
		22%	15%	33%	16%	15%	-	34%	13%	-	24%	16%	24%	18%
A bit more	(4.0)	13	9	4	4	3	6	4	9	1	11	2	10	3
		27%	37%	25%	31%	33%	53%	23%	32%	30%	31%	14%	28%	24%
Neither more nor less	(3.0)	16	4	4	6	4	2	4	10	2	10	6	11	4
		32%	18%	30%	46%	40%	15%	22%	35%	70%	27%	45%	29%	37%
A bit less	(2.0)	5	4	-	1	-	-	4	1	-	3	2	5	-
		9%	15%	-	8%	-	-	18%	4%	-	7%	15%	12%	-
A lot less	(1.0)	5	3	2	-	1	3	1	4	-	4	1	3	3
		11%	15%	12%	-	11%	32%	4%	16%	-	10%	11%	7%	22%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		24	12	9	6	5	6	11	12	1	20	4	19	5
		49%	52%	58%	46%	49%	53%	56%	45%	30%	56%	29%	52%	41%
NET: Less		10	7	2	1	1	3	4	5	-	6	3	7	3
		20%	30%	12%	8%	11%	32%	22%	20%	-	18%	26%	19%	22%
Base for stats		49	23	15	13	10	10	20	27	3	36	13	37	11
Mean Score		3.40	3.22	3.67	3.54	3.41	2.90	3.64	3.21	3.30	3.52	3.09	3.49	3.15
Standard Deviation		1.237	1.317	1.314	.879	1.166	1.408	1.253	1.241	.578	1.243	1.210	1.202	1.406
Standard Error		.172	.275	.328	.244	.369	.407	.280	.231	.334	.202	.323	.195	.390
Error variance		.03	.08	.11	.06	.14	.17	.08	.05	.11	.04	.10	.04	.15

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.16. Gymnastics, trampolining or cheerleading: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
			0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*a	*b	*c	*a	*b	*c	*d
Unweighted Total		52	-	4	4	11	5	11	4	13	20	28	23	18	9	13	19	12	8
Total		49	-	4	3	10	5	11	4	12	18	27	23	17	8	12	18	13	7
		100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	11	-	1	-	2	-	2	2	4	2	8	9	2	1	1	2	4	3
		22%	-	20%	-	20%	-	20%	52%	32%	11%	30%	38%	9%	9%	6%	14%	33%	50%
A bit more	(4.0)	13	-	3	-	3	-	4	1	2	3	7	9	3	1	5	4	3	1
		27%	-	80%	-	32%	-	31%	30%	17%	18%	25%	38%	17%	18%	40%	25%	25%	12%
Neither more nor less	(3.0)	16	-	-	2	3	4	2	-	5	8	8	3	9	4	5	5	3	3
		32%	-	-	52%	26%	73%	20%	-	46%	44%	28%	11%	50%	46%	39%	30%	24%	38%
A bit less	(2.0)	5	-	-	-	1	1	2	-	-	2	2	1	3	1	1	2	1	-
		9%	-	-	-	10%	27%	19%	-	-	13%	8%	4%	15%	12%	8%	13%	9%	-
A lot less	(1.0)	5	-	-	2	1	-	1	1	1	3	3	2	1	1	1	3	1	-
		11%	-	-	48%	12%	-	10%	18%	6%	15%	9%	9%	8%	15%	6%	19%	9%	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		24	-	4	-	5	-	6	3	6	5	15	17	5	2	5	7	7	4
		49%	-	100%	-	53%	-	51%	82%	49%	29%	55%	76%	26%	28%	46%	38%	58%	62%
NET: Less		10	-	-	2	2	1	3	1	1	5	5	3	4	2	2	6	2	-
		20%	-	-	48%	21%	27%	29%	18%	6%	28%	17%	13%	23%	27%	14%	32%	18%	-
Base for stats		49	-	4	3	10	5	11	4	12	18	27	23	17	8	12	18	13	7
Mean Score		3.40	-	4.20	2.04	3.40	2.73	3.33	3.97	3.69	2.98	3.58	3.92	3.03	2.96	3.32	3.02	3.64	4.12
Standard Deviation		1.237	-	.465	1.208	1.308	.493	1.325	1.692	1.133	1.188	1.270	1.221	1.040	1.202	.982	1.329	1.324	1.007
Standard Error		.172	-	.232	.604	.394	.221	.399	.846	.314	.266	.240	.255	.245	.401	.272	.305	.382	.356
Error variance		.03	-	.05	.36	.16	.05	.16	.72	.10	.07	.06	.06	.06	.16	.07	.09	.15	.13

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6D.7. Other sport, exercise or physical activity: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

			Gender		Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	*a	*b	c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total		90	52	38	27	22	41	8	15	10	8	8	6	9	14	12
Total		92	54	38	25	19	48	7	14	11	9	8	7	9	15	12
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	17	9	8	5	5	6	2	3	2	1	1	-	2	3	4
		18%	17%	20%	21%	28%	13%	21%	24%	15%	9%	9%	-	19%	20%	35%
A bit more	(4.0)	29	19	10	8	9	12	2	4	6	2	4	3	1	4	4
		32%	36%	26%	32%	49%	25%	33%	27%	52%	25%	50%	48%	8%	23%	29%
Neither more nor less	(3.0)	33	19	14	7	3	23	2	5	1	4	2	4	6	6	3
		36%	36%	36%	28%	18%	47%	33%	35%	12%	40%	18%	52%	73%	40%	27%
A bit less	(2.0)	10	6	4	3	1	6	1	2	2	2	1	-	-	1	-
		11%	11%	10%	12%	5%	12%	13%	14%	20%	26%	13%	-	-	8%	-
A lot less	(1.0)	3	-	3	2	-	1	-	-	-	-	1	-	-	1	1
		3%	-	8%	8%	-	2%	-	-	-	-	9%	-	-	8%	8%
				a												
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		46	29	17	13	15	18	4	7	7	3	5	3	2	7	8
		50%	54%	46%	52%	77%	39%	54%	51%	68%	34%	59%	48%	27%	44%	65%
NET: Less		13	6	7	5	1	7	1	2	2	2	2	-	-	2	1
		14%	11%	18%	19%	5%	14%	13%	14%	20%	26%	23%	-	-	16%	8%
Base for stats		92	54	38	25	19	48	7	14	11	9	8	7	9	15	12
Mean Score		3.52	3.60	3.40	3.46	4.01	3.35	3.62	3.60	3.63	3.18	3.36	3.48	3.46	3.40	3.84
Standard Deviation		1.018	.903	1.162	1.196	.836	.939	1.030	1.036	1.023	.976	1.186	.541	.837	1.172	1.204
Standard Error		.107	.125	.189	.230	.178	.147	.364	.267	.323	.345	.419	.221	.279	.313	.348
Error variance		.01	.02	.04	.05	.03	.02	.13	.07	.10	.12	.18	.05	.08	.10	.12

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Q6D.7. Other sport, exercise or physical activity: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
						Social Grade								Ethnicity			
Significance Level: 95%			*a	*b	*c	*d	*e	f	g	h	a	*b	*c	*d	*e	*f	*g
Unweighted Total		90	1	21	26	4	8	30	48	42	77	4	1	3	3	-	11
Total		92	1	21	25	4	7	34	47	45	80	4	1	3	2	-	10
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
A lot more	(5.0)	17	-	4	10	-	1	3	14	3	14	1	-	1	1	-	3
		18%	-	17%	41%	-	10%	8%	29% fh	7%	17%	22%	-	29%	33%	-	24%
A bit more	(4.0)	29	-	7	4	2	3	12	12	17	27	1	-	1	1	-	3
		32%	-	36%	17%	42%	48%	37%	25%	39%	33%	22%	-	35%	31%	-	25%
Neither more nor less	(3.0)	33	1	6	9	1	3	13	16	17	28	1	1	1	1	-	5
		36%	100%	28%	34%	32%	42%	39%	33%	39%	35%	34%	100%	36%	36%	-	43%
A bit less	(2.0)	10	-	3	1	1	-	5	4	6	10	-	-	-	-	-	-
		11%	-	13%	4%	26%	-	15%	8%	13%	12%	-	-	-	-	-	-
A lot less	(1.0)	3	-	1	1	-	-	1	2	1	2	1	-	-	-	-	1
		3%	-	6%	4%	-	-	2%	5%	2%	3%	21%	-	-	-	-	7%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		46	-	11	14	2	4	15	25	21	40	2	-	2	2	-	5
		50%	-	53%	58%	42%	58%	44%	54%	46%	50%	45%	-	64%	64%	-	49%
NET: Less		13	-	4	2	1	-	6	6	7	12	1	-	-	-	-	1
		14%	-	19%	8%	26%	-	17%	13%	15%	15%	21%	-	-	-	-	7%
Base for stats		92	1	21	25	4	7	34	47	45	80	4	1	3	2	-	10
Mean Score		3.52	3.00	3.45	3.87	3.16	3.67	3.33	3.66	3.37	3.50	3.25	3.00	3.94	3.97	-	3.59
Standard Deviation		1.018	-	1.127	1.137	.934	.696	.911	1.128	.875	1.006	1.629	-	.972	1.085	-	1.134
Standard Error		.107	-	.246	.223	.467	.246	.166	.163	.135	.115	.814	-	.561	.626	-	.342
Error variance		.01	-	.06	.05	.22	.06	.03	.03	.02	.01	.66	-	.32	.39	-	.12

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Q6D.7. Other sport, exercise or physical activity: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

			Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total		90	74	10	4	14	7	2	22	6	4	4	5	7	4	29	9
Total		92	74	12	4	16	6	2	21	5	3	4	4	7	4	35	9
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	17	15	1	-	1	2	-	5	1	2	-	1	2	1	3	2
		18%	20%	9%	-	7%	25%	-	26%	28%	75%	-	22%	24%	24%	7%	18%
A bit more	(4.0)	29	23	4	2	6	2	1	7	1	1	3	2	1	2	11	2
		32%	32%	29%	54%	36%	25%	38%	33%	14%	25%	65%	57%	13%	57%	30%	28%
Neither more nor less	(3.0)	33	26	5	1	6	2	1	4	2	-	2	1	3	1	17	4
		36%	36%	42%	22%	37%	36%	62%	21%	39%	-	35%	21%	37%	19%	49%	43%
A bit less	(2.0)	10	8	1	1	2	1	-	3	-	-	-	-	1	-	5	1
		11%	10%	9%	24%	13%	15%	-	14%	-	-	-	-	15%	-	14%	11%
A lot less	(1.0)	3	2	1	-	1	-	-	1	1	-	-	-	1	-	-	-
		3%	2%	10%	-	7%	-	-	6%	20%	-	-	-	11%	-	-	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		46	38	5	2	7	3	1	12	2	3	3	3	3	3	13	4
		50%	52%	39%	54%	43%	50%	38%	59%	42%	100%	65%	79%	37%	81%	37%	46%
NET: Less		13	9	2	1	3	1	-	4	1	-	-	-	2	-	5	1
		14%	13%	19%	24%	20%	15%	-	19%	20%	-	-	-	26%	-	14%	11%
Base for stats		92	74	12	4	16	6	2	21	5	3	4	4	7	4	35	9
Mean Score		3.52	3.57	3.19	3.30	3.22	3.60	3.38	3.60	3.31	4.75	3.65	4.01	3.24	4.05	3.31	3.54
Standard Deviation		1.018	1.006	1.106	.955	1.039	1.109	.643	1.210	1.561	.520	.546	.756	1.385	.768	.810	.969
Standard Error		.107	.117	.350	.477	.278	.419	.455	.258	.637	.260	.273	.338	.524	.384	.150	.323
Error variance		.01	.01	.12	.23	.08	.18	.21	.07	.41	.07	.07	.11	.27	.15	.02	.10

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Q6D.7. Other sport, exercise or physical activity: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e	*f	*a	b	*c	*d	e
Unweighted Total		90	16	14	6	1	20	17	23	5	6	2	11	25	25	50	14	1	65
Total		92	14	14	6	1	19	15	21	5	6	2	11	23	26	51	14	1	65
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	17	6	2	2	-	3	6	7	2	1	-	2	7	7	10	-	-	10
		18%	44%	12%	30%	-	17%	41%	34%	33%	12%	-	21%	31%	26%	20%	-	-	15%
A bit more	(4.0)	29	3	5	2	1	7	4	8	1	1	2	2	9	8	14	7	-	21
		32%	24%	36%	45%	100%	39%	30%	37%	15%	14%	100%	15%	42%	32%	28%	49%	-	32%
Neither more nor less	(3.0)	33	4	2	1	-	3	4	5	1	3	-	4	5	9	19	5	-	24
		36%	32%	15%	26%	-	18%	29%	25%	26%	47%	-	38%	23%	34%	37%	39%	-	37%
A bit less	(2.0)	10	-	3	-	-	3	-	1	-	2	-	2	1	1	6	2	1	9
		11%	-	21%	-	-	15%	-	5%	-	27%	-	15%	5%	4%	12%	12%	100%	13%
A lot less	(1.0)	3	-	2	-	-	2	-	-	1	-	-	1	-	1	2	-	-	2
		3%	-	16%	-	-	12%	-	-	25%	-	-	11%	-	4%	4%	-	-	3%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		46	9	7	4	1	11	11	15	2	2	2	4	16	15	24	7	-	31
		50%	68%	48%	74%	100%	56%	71%	70%	49%	26%	100%	36%	72%	59%	48%	49%	-	47%
NET: Less		13	-	5	-	-	5	-	1	1	2	-	3	1	2	8	2	1	11
		14%	-	37%	-	-	26%	-	5%	25%	27%	-	26%	5%	7%	16%	12%	100%	16%
Base for stats		92	14	14	6	1	19	15	21	5	6	2	11	23	26	51	14	1	65
Mean Score		3.52	4.12	3.07	4.04	4.00	3.35	4.11	3.98	3.31	3.12	4.00	3.20	3.98	3.74	3.48	3.36	2.00	3.43
Standard Deviation		1.018	.894	1.352	.820	-	1.280	.858	.911	1.749	1.030	-	1.307	.872	1.029	1.067	.718	-	1.007
Standard Error		.107	.224	.361	.335	-	.286	.208	.190	.782	.421	-	.394	.174	.206	.151	.192	-	.125
Error variance		.01	.05	.13	.11	-	.08	.04	.04	.61	.18	-	.16	.03	.04	.02	.04	-	.02

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Q6D.7. Other sport, exercise or physical activity: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			*a	b	*a	*b	*c	d	*e	*f	a	*b	a	*b
Unweighted Total		90	6	55	13	19	1	60	28	4	66	24	82	8
Total		92	6	56	13	22	1	60	31	4	65	26	85	7
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	17	1	8	2	3	-	12	4	1	14	3	14	3
		18%	12%	15%	14%	14%	-	20%	13%	21%	21%	13%	16%	47%
A bit more	(4.0)	29	1	19	5	8	-	18	11	1	21	8	27	2
		32%	12%	34%	35%	35%	-	30%	37%	22%	32%	32%	32%	34%
Neither more nor less	(3.0)	33	2	21	6	10	1	19	13	2	21	12	32	1
		36%	42%	37%	43%	45%	100%	32%	43%	57%	32%	46%	37%	19%
A bit less	(2.0)	10	2	7	1	1	-	7	2	-	7	2	10	-
		11%	33%	12%	7%	6%	-	13%	7%	-	11%	9%	11%	-
A lot less	(1.0)	3	-	1	-	-	-	3	-	-	3	-	3	-
		3%	-	2%	-	-	-	5%	-	-	5%	-	3%	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		46	1	27	6	11	-	30	15	2	34	12	41	5
		50%	24%	49%	49%	49%	-	50%	50%	43%	53%	45%	48%	81%
NET: Less		13	2	8	1	1	-	10	2	-	10	2	13	-
		14%	33%	14%	7%	6%	-	17%	7%	-	16%	9%	15%	-
Base for stats		92	6	56	13	22	1	60	31	4	65	26	85	7
Mean Score		3.52	3.03	3.47	3.56	3.56	3.00	3.48	3.55	3.63	3.53	3.48	3.46	4.27
Standard Deviation		1.018	1.063	.967	.854	.816	-	1.107	.820	.918	1.085	.847	1.011	.832
Standard Error		.107	.434	.130	.237	.187	-	.143	.155	.459	.134	.173	.112	.294
Error variance		.01	.19	.02	.06	.04	-	.02	.02	.21	.02	.03	.01	.09

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Q6D.7. Other sport, exercise or physical activity: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

BASE: All who have done some form of physical activity in the past week

		Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	a	b	*c	*a	*b	c	*d
Unweighted Total	90	3	9	26	18	7	4	4	19	51	27	33	39	17	15	26	38	9
Total	92	4	8	26	20	8	4	3	19	53	27	32	42	17	15	26	38	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	17	-	-	6	1	1	2	1	6	8	9	12	5	-	3	5	5	4
	18%	-	-	24%	5%	11%	68%	23%	30%	15%	34%	36% b	13%	-	22%	19%	12%	40%
A bit more (4.0)	29	-	3	6	7	2	-	2	9	16	10	11	15	3	4	8	15	2
	32%	-	37%	25%	37%	27%	-	43%	45%	30%	39%	34%	36%	18%	26%	31%	38%	24%
Neither more nor less (3.0)	33	4	4	8	8	1	1	1	5	18	7	6	20	6	7	9	14	1
	36%	100%	52%	31%	42%	16%	32%	34%	25%	33%	27%	18%	48% a	37%	46%	33%	37%	12%
A bit less (2.0)	10	-	1	2	3	3	-	-	-	9	-	4	1	4	1	3	5	1
	11%	-	11%	9%	15%	46%	-	-	-	16%	-	12%	3%	26%	6%	10%	13%	12%
A lot less (1.0)	3	-	-	3	-	-	-	-	-	3	-	-	-	3	-	2	-	1
	3%	-	-	11%	-	-	-	-	-	6%	-	-	-	18%	-	7%	-	12%
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More	46	-	3	13	8	3	2	2	15	24	19	22	21	3	7	13	19	6
	50%	-	37%	48%	43%	38%	68%	66%	75%	45%	73%	70%	49%	18%	48%	50%	50%	64%
NET: Less	13	-	1	5	3	3	-	-	-	12	-	4	1	7	1	4	5	2
	14%	-	11%	21%	15%	46%	-	-	-	22%	-	12%	3%	44%	6%	16%	13%	24%
Base for stats	92	4	8	26	20	8	4	3	19	53	27	32	42	17	15	26	38	10
Mean Score	3.52	3.00	3.26	3.40	3.33	3.03	4.35	3.89	4.05	3.32	4.07	3.93	3.59	2.56	3.64	3.46	3.49	3.67
Standard Deviation	1.018	-	.687	1.283	.811	1.153	1.101	.882	.761	1.098	.796	1.032	.756	1.016	.921	1.128	.880	1.484
Standard Error	.107	-	.229	.252	.191	.436	.551	.441	.174	.154	.153	.180	.121	.246	.238	.221	.143	.495
Error variance	.01	-	.05	.06	.04	.19	.30	.19	.03	.02	.02	.03	.01	.06	.06	.05	.02	.24

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6A. Which of the following statements about gym and leisure centre membership best reflects your current situation? By membership we mean to a single gym or leisure centre, or to multiple gyms or leisure centres.

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I have not been a member of a gym or leisure centre in 2020	1437	658	771	294	465	678	66	179	141	154	119	193	174	251	158
	68%	64%	72%	46%	67%	86%	64%	65%	68%	69%	65%	82%	52%	72%	73%
			a		a	ab	g	g	g	g	g	abcdeghi		g	g
I am currently a member of a gym or leisure centre (including if your membership is currently paused or on hold)	309	160	147	134	109	67	14	50	31	30	28	16	54	54	33
	15%	15%	14%	21%	16%	8%	13%	18%	15%	14%	15%	7%	16%	16%	15%
				bc	c			f	f	f	f		f	f	f
I was a member of a gym or leisure centre earlier in 2020, but I cancelled my membership due to the COVID-19 pandemic	212	126	83	119	69	24	14	17	21	20	26	12	64	22	16
	10%	12%	8%	19%	10%	3%	13%	6%	10%	9%	14%	5%	19%	6%	7%
		b		bc	c		bfh				bfhi		bcdfhi		
I was a member of a gym or leisure centre earlier in 2020, but I cancelled my membership due to reasons unrelated to the COVID-19 pandemic	167	91	76	95	56	16	9	30	15	18	10	13	42	21	10
	8%	9%	7%	15%	8%	2%	9%	11%	7%	8%	5%	6%	13%	6%	4%
				bc	c			efhi					efhi		
NET: Cancelled membership in 2020	379	217	159	214	125	40	23	47	36	38	36	26	106	43	25
	18%	21%	15%	33%	18%	5%	22%	17%	17%	17%	20%	11%	32%	12%	12%
		b		bc	c		fhi				fhi		bcdefhi		

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6A. Which of the following statements about gym and leisure centre membership best reflects your current situation? By membership we mean to a single gym or leisure centre, or to multiple gyms or leisure centres.

BASE: All respondents

	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		Social Grade								**Ethnicity**						
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I have not been a member of a gym or leisure centre in 2020	1437	66	268	349	190	145	419	683	754	1292	19	49	36	12	7	122
	68%	39%	57%	69%	69%	65%	87%	60%	77%	73%	32%	39%	38%	60%	67%	40%
			a	abg	abg	ab	abcdegh	a	abcdeg	bcdg						
I am currently a member of a gym or leisure centre (including if your membership is currently paused or on hold)	309	41	93	81	27	29	38	215	94	244	12	25	22	2	2	62
	15%	24%	20%	16%	10%	13%	8%	19%	10%	14%	20%	20%	24%	8%	20%	20%
		cdefh	defh	dfh		f		defh				a	a			a
I was a member of a gym or leisure centre earlier in 2020, but I cancelled my membership due to the COVID-19 pandemic	212	33	67	43	29	29	10	143	69	133	18	31	17	5	1	72
	10%	19%	14%	9%	11%	13%	2%	12%	7%	7%	30%	25%	18%	24%	13%	23%
		cdfgh	cfh	f	fh	fh		cfh	f		a	a	a			a
I was a member of a gym or leisure centre earlier in 2020, but I cancelled my membership due to reasons unrelated to the COVID-19 pandemic	167	32	39	35	28	20	14	106	62	112	11	20	19	2	-	52
	8%	19%	8%	7%	10%	9%	3%	9%	6%	6%	18%	16%	20%	8%	-	17%
		bcdefgh	f	f	fh	f		fh	f		a	a	a			a
NET: Cancelled membership in 2020	379	64	106	78	58	48	24	249	130	245	29	51	36	7	1	124
	18%	38%	23%	15%	21%	22%	5%	22%	13%	14%	49%	41%	38%	32%	13%	40%
		bcdefgh	cfh	f	cfh	cfh		cfh	f		a	a	a			a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6A. Which of the following statements about gym and leisure centre membership best reflects your current situation? By membership we mean to a single gym or leisure centre, or to multiple gyms or leisure centres.

BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I have not been a member of a gym or leisure centre in 2020	1437	1010	216	171	387	115	61	387	120	32	47	67	53	153	402	176
	68%	76%	59%	50%	55%	63%	49%	58%	63%	53%	65%	66%	50%	86%	90%	57%
		bcd	c			bh		b	bh		bh	bh		abcdefghk	abcdefghk	
I am currently a member of a gym or leisure centre (including if your membership is currently paused or on hold)	309	161	65	65	130	30	28	128	29	11	10	10	19	11	33	58
	15%	12%	18%	19%	18%	16%	22%	19%	15%	18%	14%	10%	18%	6%	7%	19%
			a	a	a	ij	gij	gij	ij	ij	i		ij			gij
I was a member of a gym or leisure centre earlier in 2020, but I cancelled my membership due to the COVID-19 pandemic	212	81	55	55	110	19	21	81	22	10	10	14	25	6	5	40
	10%	6%	15%	16%	16%	10%	17%	12%	11%	16%	13%	14%	24%	4%	1%	13%
			a	a	a	ij	ij	ij	ij	ij	ij	ij	acdgijk			ij
I was a member of a gym or leisure centre earlier in 2020, but I cancelled my membership due to reasons unrelated to the COVID-19 pandemic	167	75	29	49	78	18	15	66	21	7	6	10	8	8	8	33
	8%	6%	8%	14%	11%	10%	12%	10%	11%	12%	8%	10%	8%	5%	2%	11%
				ab	a	ij	ij	ij	ij	ij	j	j	j			ij
NET: Cancelled membership in 2020	379	156	84	104	188	37	36	147	42	17	15	24	33	14	13	73
	18%	12%	23%	31%	27%	20%	29%	22%	22%	28%	21%	24%	32%	8%	3%	24%
			a	ab	a	ij	ij	ij	ij	ij	ij	ij	acij	j		ij

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6A. Which of the following statements about gym and leisure centre membership best reflects your current situation? By membership we mean to a single gym or leisure centre, or to multiple gyms or leisure centres.

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I have not been a member of a gym or leisure centre in 2020	1437	311	188	86	24	274	335	367	115	108	19	222	386	287	811	286	53	1150
	68%	63%	52%	54%	49%	53%	61%	61%	49%	60%	43%	54%	59%	75%	73%	54%	56%	66%
		be					be	bde		bd			bd	cde	cde			cd
I am currently a member of a gym or leisure centre (including if your membership is currently paused or on hold)	309	89	75	30	11	105	100	121	42	29	12	71	133	45	136	106	22	264
	15%	18%	21%	19%	23%	20%	18%	20%	18%	16%	27%	17%	20%	12%	12%	20%	23%	15%
																abe	abe	b
I was a member of a gym or leisure centre earlier in 2020, but I cancelled my membership due to the COVID-19 pandemic	212	49	57	26	7	83	56	67	38	27	4	65	72	23	101	76	12	189
	10%	10%	16%	17%	15%	16%	10%	11%	16%	15%	10%	16%	11%	6%	9%	14%	13%	11%
			af	af		af			af			af				abe	a	a
I was a member of a gym or leisure centre earlier in 2020, but I cancelled my membership due to reasons unrelated to the COVID-19 pandemic	167	48	41	16	6	57	54	50	39	14	9	54	59	26	68	66	8	141
	8%	10%	11%	10%	13%	11%	10%	8%	17%	8%	20%	13%	9%	7%	6%	12%	8%	8%
									acf		acf	af				abe		b
NET: Cancelled membership in 2020	379	97	98	42	14	140	111	117	77	41	13	118	130	49	169	142	19	330
	18%	20%	27%	27%	28%	27%	20%	19%	33%	23%	30%	29%	20%	13%	15%	27%	21%	19%
			af			af			acf			af				abe		ab

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Q6A. Which of the following statements about gym and leisure centre membership best reflects your current situation? By membership we mean to a single gym or leisure centre, or to multiple gyms or leisure centres.

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I have not been a member of a gym or leisure centre in 2020	1437	183	942	143	298	51	958	442	42	1089	348	1230	192
	68%	50%	71%	59%	76%	52%	68%	68%	70%	66%	75%	69%	61%
			a		acde		ac	ac	c		a	b	
I am currently a member of a gym or leisure centre (including if your membership is currently paused or on hold)	309	71	187	41	39	15	219	83	10	257	53	263	44
	15%	19%	14%	17%	10%	15%	16%	13%	16%	15%	11%	15%	14%
		b		b			b			b			
I was a member of a gym or leisure centre earlier in 2020, but I cancelled my membership due to the COVID-19 pandemic	212	60	122	23	29	15	140	62	3	175	37	170	38
	10%	16%	9%	9%	7%	16%	10%	10%	5%	11%	8%	9%	12%
		b				bf							
I was a member of a gym or leisure centre earlier in 2020, but I cancelled my membership due to reasons unrelated to the COVID-19 pandemic	167	50	81	34	24	16	93	67	5	140	27	126	38
	8%	14%	6%	14%	6%	17%	7%	10%	9%	8%	6%	7%	12%
		b		bd		bde		bd					a
NET: Cancelled membership in 2020	379	110	204	57	54	32	233	129	8	315	64	296	77
	18%	30%	15%	24%	14%	32%	17%	20%	14%	19%	14%	17%	25%
		b		bd		bdef		b		b			a

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Q6A. Which of the following statements about gym and leisure centre membership best reflects your current situation? By membership we mean to a single gym or leisure centre, or to multiple gyms or leisure centres.
BASE: All respondents

	Total	\<Number of days active\> 0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	\<Amount of activity in the past week compared to previous week\> NET: More	No more or less	NET: Less	\<Life satisfaction score\> 0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I have not been a member of a gym or leisure centre in 2020	1437	383	171	209	231	102	121	50	169	542	341	314	802	290	272	392	537	197
	68%	89%	74%	65%	63%	52%	53%	62%	63%	61%	59%	52%	77%	66%	66%	67%	69%	67%
		bcdefghij	cdefghij	ef	ef					ef	ef		ac	a				
I am currently a member of a gym or leisure centre (including if your membership is currently paused or on hold)	309	28	32	43	52	44	50	16	44	139	110	133	110	62	65	81	120	38
	15%	7%	14%	13%	14%	22%	22%	19%	17%	16%	19%	22%	11%	14%	16%	14%	15%	13%
			a	a	a	abcdi	abcdi	a	a	a	ac	bc						
I was a member of a gym or leisure centre earlier in 2020, but I cancelled my membership due to the COVID-19 pandemic	212	10	14	33	43	30	38	11	32	106	81	89	71	44	43	60	73	31
	10%	2%	6%	10%	12%	15%	17%	13%	12%	12%	14%	15%	7%	10%	10%	10%	9%	10%
			a	a	ab	ab	abc	ab	ab	ab	ab	bc		b				
I was a member of a gym or leisure centre earlier in 2020, but I cancelled my membership due to reasons unrelated to the COVID-19 pandemic	167	9	14	35	43	20	19	4	22	99	45	69	52	42	33	48	53	28
	8%	2%	6%	11%	12%	10%	8%	5%	8%	11%	8%	11%	5%	10%	8%	8%	7%	10%
			a	ab	ab	a	a		a	abj	a	b		b				
NET: Cancelled membership in 2020	379	20	28	68	86	50	57	15	55	205	127	158	123	87	76	108	126	59
	18%	5%	12%	21%	23%	26%	25%	18%	20%	23%	22%	26%	12%	20%	18%	19%	16%	20%
			a	ab	ab	ab	a	ab	ab	ab	ab	bc		b				

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Q6B. You mentioned that you are currently a member of a gym(s) or leisure centre(s). Now that gyms and leisure centres have begun to reopen, how likely or unlikely are you to continue with your membership?

BASE: All those who are currently members of a gym(s) or leisure centre(s)

		Total	Gender Male	Gender Female	Age 16-34	Age 35-54	Age 55+	Region North East	Region North West	Region Yorkshire and the Humber	Region West Midlands	Region East Midlands	Region East of England	Region London	Region South East	Region South West
Significance Level: 95%			a	b	a	b	c	*a	b	c	d	*e	*f	g	h	i
Unweighted Total		318	170	146	147	114	57	14	56	30	32	29	13	57	53	34
Total		309	160	147	134	109	67	14	50	31	30	28	16	54	54	33
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0)	139	73	64	51	55	33	6	22	12	17	16	11	25	22	9
		45%	46%	44%	38%	50%	50%	44%	44%	40%	54%	59%	64% i	45%	40%	28%
Somewhat likely	(3.0)	89	44	45	47	32	10	2	18	10	9	5	1	17	18	8
		29%	27%	31%	35% c	29% c	15%	15%	37%	32%	29%	19%	7%	31%	34%	25%
Somewhat unlikely	(2.0)	42	24	18	23	13	6	4	6	4	3	3	5	7	6	5
		14%	15%	12%	17%	12%	9%	32%	11%	12%	9%	9%	28%	14%	10%	16%
Very unlikely	(1.0)	21	10	10	7	8	6	-	3	2	1	2	-	4	5	5
		7%	6%	7%	5%	7%	9%	-	6%	6%	2%	8%	-	7%	9%	14%
Not sure		19	9	9	6	2	11	1	1	3	2	1	-	2	4	5
		6%	5%	6%	4%	2%	17% ab	9%	2%	10%	6%	5%	-	3%	7%	17% bg
NET: Likely		228	117	109	98	86	43	8	40	22	25	21	12	41	40	17
		74%	73%	74%	73%	79%	65%	59%	81% i	72%	83% i	78%	72%	77% i	74%	53%
NET: Unlikely		63	34	29	30	21	12	4	8	6	3	5	5	11	10	10
		20%	21%	19%	22%	19%	18%	32%	17%	18%	11%	17%	28%	20%	19%	30%
Base for stats		290	151	138	128	107	55	12	49	28	29	26	16	53	50	27
Mean Score		3.19	3.19	3.18	3.11	3.24	3.29	3.14	3.22	3.18	3.43	3.35	3.36	3.19	3.13	2.79
Standard Deviation		.935	.939	.935	.890	.934	1.035	.942	.876	.916	.776	.987	.922	.932	.960	1.103
Standard Error		.054	.074	.080	.075	.088	.151	.261	.118	.176	.142	.186	.256	.126	.137	.205
Error variance		*	.01	.01	.01	.01	.02	.07	.01	.03	.02	.03	.07	.02	.02	.04

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6B. You mentioned that you are currently a member of a gym(s) or leisure centre(s). Now that gyms and leisure centres have begun to reopen, how likely or unlikely are you to continue with your membership?

BASE: All those who are currently members of a gym(s) or leisure centre(s)

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total		318	40	93	85	31	34	35	218	100	248	12	27	23	2	2	66
Total		309	41	93	81	27	29	38	215	94	244	12	25	22	2	2	62
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0)	139	15	45	37	12	11	19	98	41	114	4	9	8	-	2	24
		45%	38%	48%	46%	44%	36%	49%	45%	44%	47%	38%	37%	36%	-	100%	38%
Somewhat likely	(3.0)	89	14	27	20	10	11	7	61	28	66	5	8	7	2	-	22
		29%	34%	29%	24%	38%	37%	18%	28%	30%	27%	46%	33%	31%	100%	-	35%
Somewhat unlikely	(2.0)	42	6	17	12	2	4	1	35	7	33	1	4	3	-	-	8
		14%	16%	18% fh	14%	6%	14%	3%	16% fh	7%	13%	7%	17%	14%	-	-	13%
Very unlikely	(1.0)	21	3	2	8	2	-	6	13	8	16	1	2	1	-	-	4
		7%	7%	2%	10% b	6%	-	16% beg	6%	8%	7%	9%	7%	4%	-	-	6%
Not sure		19	2	1	5	2	4	5	9	11	14	-	2	3	-	-	5
		6%	6%	1%	6%	6%	13% bg	14% bg	4%	11% bg	6%	-	7%	15%	-	-	8%
NET: Likely		228	29	73	57	23	21	25	159	69	181	10	17	15	2	2	46
		74%	72%	78%	70%	82%	73%	67%	74%	73%	74%	84%	70%	67%	100%	100%	73%
NET: Unlikely		63	9	19	19	3	4	7	48	15	49	2	6	4	-	-	12
		20%	23%	21%	24%	12%	14%	19%	22%	15%	20%	16%	24%	18%	-	-	19%
Base for stats		290	38	92	76	26	25	33	206	84	230	12	23	19	2	2	57
Mean Score		3.19	3.09	3.26	3.13	3.28	3.25	3.15	3.18	3.22	3.21	3.13	3.07	3.17	3.00	4.00	3.15
Standard Deviation		.935	.939	.847	1.022	.858	.730	1.175	.930	.953	.941	.929	.951	.881	-	-	.892
Standard Error		.054	.152	.088	.115	.159	.133	.211	.064	.100	.062	.268	.190	.197	-	-	.114
Error variance		*	.02	.01	.01	.03	.02	.04	*	.01	*	.07	.04	.04	-	-	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6B. You mentioned that you are currently a member of a gym(s) or leisure centre(s). Now that gyms and leisure centres have begun to reopen, how likely or unlikely are you to continue with your membership?
BASE: All those who are currently members of a gym(s) or leisure centre(s)

		Total	Children aged 15 or under in the household				Current employment status										
			None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	*b	c	d	*e	*f	*g	*h	*i	*j	k
Unweighted Total		318	182	57	58	115	32	28	135	31	12	10	11	20	11	28	60
Total		309	161	65	65	130	30	28	128	29	11	10	10	19	11	33	58
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0)	139	70	33	33	66	14	10	60	12	4	5	5	6	6	18	24
		45%	44%	51%	51%	51%	48%	36%	47%	41%	32%	50%	47%	31%	50%	54%	42%
Somewhat likely	(3.0)	89	44	23	19	42	8	13	40	6	3	1	3	5	3	7	21
		29%	27%	36%	29%	32%	26%	47%	31%	20%	26%	11%	33%	25%	29%	20%	36%
Somewhat unlikely	(2.0)	42	23	8	8	17	4	2	18	7	4	1	-	5	-	1	6
		14%	14%	13%	12%	13%	13%	7%	14%	25%	33%	9%	-	25%	-	3%	10%
Very unlikely	(1.0)	21	13	-	3	3	3	-	7	2	1	2	-	1	1	5	3
		7%	8% b	-	5%	3%	9%	-	5%	6%	9%	16%	-	4%	14%	15%	4%
Not sure		19	11	-	1	1	1	3	3	2	-	1	2	3	1	3	4
		6%	7% bd	-	2%	1%	4%	10%	3%	8%	-	14%	20%	15%	7%	8%	7%
NET: Likely		228	114	56	53	109	22	23	100	18	6	6	8	11	9	25	45
		74%	71%	87% a	80%	84% a	74%	83%	78% d	61%	58%	61%	80%	56%	79%	74%	78%
NET: Unlikely		63	35	8	12	20	7	2	25	9	5	3	-	6	1	6	8
		20%	22%	13%	18%	15%	22%	7%	19%	32%	42%	25%	-	29%	14%	18%	15%
Base for stats		290	150	65	64	129	29	25	125	27	11	9	8	16	10	31	54
Mean Score		3.19	3.15	3.38	3.29	3.34	3.19	3.32	3.23	3.03	2.81	3.10	3.59	2.97	3.25	3.24	3.25
Standard Deviation		.935	.972	.712	.886	.802	1.001	.626	.889	1.006	1.038	1.272	.527	.952	1.085	1.112	.842
Standard Error		.054	.074	.094	.117	.075	.180	.125	.078	.187	.300	.424	.176	.231	.343	.218	.112
Error variance		*	.01	.01	.01	.01	.03	.02	.01	.03	.09	.18	.03	.05	.12	.05	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6B. You mentioned that you are currently a member of a gym(s) or leisure centre(s). Now that gyms and leisure centres have begun to reopen, how likely or unlikely are you to continue with your membership?

BASE: All those who are currently members of a gym(s) or leisure centre(s)

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	*d	e
Unweighted Total		318	94	76	32	12	108	106	129	42	30	12	72	141	49	144	105	20	269
Total		309	89	75	30	11	105	100	121	42	29	12	71	133	45	136	106	22	264
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0)	139	43	30	13	4	43	47	60	13	12	5	25	65	19	61	45	13	119
		45%	48%	40%	44%	37%	41%	47%	50% b	32%	42%	40%	36%	49%	43%	45%	43%	61%	45%
Somewhat likely	(3.0)	89	27	24	9	3	33	29	38	12	8	3	20	41	13	36	36	4	76
		29%	30%	33%	28%	25%	31%	30%	31%	29%	29%	25%	29%	31%	28%	27%	34%	17%	29%
Somewhat unlikely	(2.0)	42	10	17	3	2	19	12	15	10	4	2	15	17	5	21	13	3	37
		14%	12%	22%	9%	15%	18%	12%	12%	25% af	14%	17%	21%	13%	10%	16%	13%	12%	14%
Very unlikely	(1.0)	21	3	3	3	2	6	5	4	3	2	2	5	6	3	13	5	-	18
		7%	3%	4%	10%	16%	6%	5%	3%	6%	8%	18%	7%	5%	6%	9%	5%	-	7%
Not sure		19	6	1	3	1	3	6	4	3	2	-	5	4	6	5	6	2	14
		6%	6%	1%	9% b	7%	3%	6%	3%	8%	7%	-	8%	3%	12% b	4%	6%	11%	5%
NET: Likely		228	70	54	22	7	76	76	98	25	21	7	46	106	32	97	81	17	195
		74%	79%	73%	72%	62%	72%	77%	81% be	61%	70%	65%	65%	80% be	71%	71%	77%	77%	74%
NET: Unlikely		63	13	20	6	3	25	17	19	13	7	4	20	23	7	34	19	3	55
		20%	15%	26%	19%	31%	24%	17%	15%	31% af	22%	35%	28%	17% a	16%	25%	18%	12%	21%
Base for stats		290	83	74	28	10	101	93	117	38	27	12	66	128	40	131	100	20	251
Mean Score		3.19	3.32	3.09	3.17	2.89	3.11	3.27	3.32 be	2.94	3.13	2.87	3.02	3.28 b	3.24	3.11	3.21	3.54	3.18
Standard Deviation		.935	.835	.895	1.015	1.167	.924	.880	.827	.952	.981	1.178	.961	.868	.913	1.006	.872	.741	.940
Standard Error		.054	.089	.103	.185	.352	.090	.088	.074	.152	.185	.340	.117	.074	.138	.085	.088	.175	.059
Error variance		*	.01	.01	.03	.12	.01	.01	.01	.02	.03	.12	.01	.01	.02	.01	.01	.03	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6B. You mentioned that you are currently a member of a gym(s) or leisure centre(s). Now that gyms and leisure centres have begun to reopen, how likely or unlikely are you to continue with your membership?

BASE: All those who are currently members of a gym(s) or leisure centre(s)

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total		318	72	189	41	39	17	225	84	10	267	51	264	50
Total		309	71	187	41	39	15	219	83	10	257	53	263	44
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0)	139	29	88	24	18	4	96	38	7	117	22	123	16
		45%	42%	47%	58%	47%	25%	44%	46%	72%	46%	42%	47%	37%
Somewhat likely	(3.0)	89	23	51	11	9	6	65	24	2	74	15	76	12
		29%	33%	27%	27%	23%	43%	30%	29%	20%	29%	28%	29%	27%
Somewhat unlikely	(2.0)	42	9	27	6	7	2	27	14	1	36	6	29	11
		14%	13%	15%	15%	17%	17%	12%	17%	8%	14%	11%	11%	26% a
Very unlikely	(1.0)	21	6	11	-	4	1	14	6	-	16	5	18	3
		7%	9%	6%	-	11% a	10%	7%	7%	-	6%	9%	7%	7%
Not sure		19	3	9	-	1	1	17	2	-	14	5	17	2
		6%	4%	5%	-	2%	5%	8%	2%	-	5%	10%	6%	4%
NET: Likely		228	53	139	35	27	10	161	62	9	191	37	199	28
		74%	74%	75%	85%	70%	69%	73%	75%	92%	74%	70%	76%	63%
NET: Unlikely		63	16	38	6	11	4	42	19	1	52	11	47	14
		20%	22%	21%	15%	28%	26%	19%	23%	8%	20%	20%	18%	33% a
Base for stats		290	68	178	41	39	14	202	81	10	243	47	246	42
Mean Score		3.19	3.11	3.22	3.42	3.08	2.89	3.20	3.16	3.63	3.20	3.14	3.24	2.97
Standard Deviation		.935	.967	.927	.748	1.059	.949	.926	.950	.663	.924	.999	.924	.977
Standard Error		.054	.116	.069	.117	.172	.237	.064	.105	.210	.058	.147	.059	.141
Error variance		*	.01	*	.01	.03	.06	*	.01	.04	*	.02	*	.02

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6B. You mentioned that you are currently a member of a gym(s) or leisure centre(s). Now that gyms and leisure centres have begun to reopen, how likely or unlikely are you to continue with your membership?

BASE: All those who are currently members of a gym(s) or leisure centre(s)

						Number of days active							Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	318	27	34	46	52	46	52	16	45	144	113	136	113	66	70	84	121	37
Total	309	28	32	43	52	44	50	16	44	139	110	133	110	62	65	81	120	38
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely (4.0)	139	14	12	13	22	22	27	8	22	56	57	69	42	27	27	28	60	21
	45%	50%	36%	29%	41%	49%	54% c	54%	49%	40%	52% c	52% b	38%	44%	41%	35%	50% b	57% b
Somewhat likely (3.0)	89	4	14	17	18	14	8	3	12	48	23	42	30	15	22	26	31	8
	29%	15%	42% fj	39% fj	34% f	31%	17%	19%	26%	35% fj	21%	32%	27%	24%	34%	32%	26%	22%
Somewhat unlikely (2.0)	42	4	4	8	10	6	6	-	5	24	10	14	19	9	10	13	17	3
	14%	13%	14%	19%	19%	13%	11%	-	11%	17%	9%	11%	17%	14%	15%	15%	14%	8%
Very unlikely (1.0)	21	6	2	2	2	2	3	2	2	6	7	3	9	8	6	9	5	1
	7%	23%	5%	4%	3%	5%	7%	13%	4%	4%	6%	3%	8% a	13% a	9%	11%	4%	2%
Not sure	19	-	1	4	2	1	6	2	4	6	12	4	10	3	1	6	7	4
	6%	-	2%	9%	3%	2%	11%	13%	10%	5%	11%	3%	9% a	5%	1%	7%	6%	12% a
NET: Likely	228	18	25	29	39	35	35	12	33	104	80	112	72	42	49	54	91	30
	74%	65%	79%	68%	75%	80%	71%	74%	75%	74%	73%	84% bc	65%	68%	75%	67%	76%	78%
NET: Unlikely	63	10	6	10	11	8	9	2	7	29	17	18	28	17	16	21	22	4
	20%	35%	19%	23%	22%	18%	18%	13%	15%	21%	16%	13%	25% a	27% a	24%	26% d	18%	10%
Base for stats	290	28	31	39	51	43	44	14	40	133	98	130	100	59	65	75	113	34
Mean Score	3.19	2.92	3.13	3.02	3.17	3.26	3.34	3.33	3.34	3.16	3.34	3.37 bc	3.05	3.03	3.07	2.98	3.29 b	3.50 ab
Standard Deviation	.935	1.256	.856	.846	.854	.892	.970	1.101	.867	.863	.938	.784	.990	1.087	.977	1.002	.886	.764
Standard Error	.054	.242	.149	.131	.121	.133	.141	.294	.135	.074	.093	.068	.098	.137	.118	.113	.083	.133
Error variance	*	.06	.02	.02	.01	.02	.02	.09	.02	.01	.01	*	.01	.02	.01	.01	.01	.02

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Q6C. You mentioned that you are currently not a member of a gym(s) or leisure centre(s). Now that gyms and leisure centres have begun to reopen, how likely or unlikely are you to take out a membership to join one?

BASE: All those who currently are NOT members of a gym(s) or leisure centre(s)

		Total	Gender Male	Gender Female	Age 16-34	Age 35-54	Age 55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		1807	897	899	543	640	624	97	247	171	198	162	178	282	291	181
Total		1816	875	930	508	590	718	89	226	177	192	155	219	279	294	184
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0)	126	74	52	62	45	19	5	17	7	15	12	11	34	14	12
		7%	8%	6%	12%	8%	3%	5%	8%	4%	8%	8%	5%	12%	5%	6%
			b		bc	c								cfhi		
Somewhat likely	(3.0)	279	160	119	143	94	42	9	37	23	30	31	15	71	39	24
		15%	18%	13%	28%	16%	6%	10%	16%	13%	16%	20%	7%	26%	13%	13%
			b		bc	c			f		f	af		abcdfhi	f	f
Somewhat unlikely	(2.0)	278	148	131	108	117	54	14	31	24	32	24	40	51	42	20
		15%	17%	14%	21%	20%	7%	16%	14%	14%	17%	15%	18%	18%	14%	11%
					c	c							i	i		
Very unlikely	(1.0)	1030	455	569	159	305	567	53	129	114	108	80	142	104	184	116
		57%	52%	61%	31%	52%	79%	60%	57%	64%	56%	52%	65%	37%	62%	63%
				a		a	ab	g	g	eg	g	g	eg		eg	eg
Not sure		102	38	58	36	30	36	9	11	9	8	8	11	19	16	12
		6%	4%	6%	7%	5%	5%	10%	5%	5%	4%	5%	5%	7%	5%	6%
NET: Likely		405	234	171	205	139	61	13	54	30	45	43	25	106	52	36
		22%	27%	18%	40%	23%	9%	15%	24%	17%	23%	28%	12%	38%	18%	20%
			b		bc	c			f		f	acfh		abcdefhi		f
NET: Unlikely		1309	603	700	267	421	621	67	161	138	140	104	182	155	226	136
		72%	69%	75%	52%	71%	86%	75%	71%	78%	73%	67%	83%	56%	77%	74%
				a		a	ab	g	g	eg	g	g	bdegi		eg	g
Base for stats		1714	836	871	472	560	682	80	215	168	184	147	208	261	278	172
Mean Score		1.71	1.82	1.60	2.23	1.78	1.29	1.57	1.73	1.54	1.74	1.83	1.49	2.14	1.58	1.60
			b		bc	c			f		f	cfhi		abcdefhi		
Standard Deviation		.987	1.029	.935	1.056	.993	.704	.913	1.013	.884	1.000	1.027	.839	1.089	.906	.969
Standard Error		.024	.035	.032	.047	.040	.029	.098	.066	.070	.073	.083	.065	.067	.055	.074
Error variance		*	*	*	*	*	*	.01	*	*	.01	.01	*	*	*	.01

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Q6C. You mentioned that you are currently not a member of a gym(s) or leisure centre(s). Now that gyms and leisure centres have begun to reopen, how likely or unlikely are you to take out a membership to join one?

BASE: All those who currently are NOT members of a gym(s) or leisure centre(s)

		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		1807	125	356	420	277	215	414	901	906	1514	52	103	74	20	8	257
Total		1816	131	374	427	247	193	444	931	884	1537	48	100	72	19	8	246
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0)	126	27	28	29	19	16	8	84	42	88	8	12	14	2	-	36
		7%	21%	8%	7%	8%	8%	2%	9%	5%	6%	16%	12%	20%	8%	-	15%
			bcdefgh	f	f	f	fh		fh	f		a	a	a			a
Somewhat likely	(3.0)	279	34	83	62	46	25	28	179	100	202	21	31	17	2	1	72
		15%	26%	22%	14%	19%	13%	6%	19%	11%	13%	43%	31%	24%	9%	18%	29%
			cefh	cefh	f	fh	f		cefh	f		ad	a	a			a
Somewhat unlikely	(2.0)	278	21	68	72	47	35	34	162	117	224	6	26	8	6	3	49
		15%	16%	18%	17%	19%	18%	8%	17%	13%	15%	13%	26%	12%	30%	32%	20%
			f	fh	f	fh	f		fh	f			ad				a
Very unlikely	(1.0)	1030	45	181	236	117	102	350	462	569	943	11	27	29	7	4	77
		57%	35%	48%	55%	47%	53%	79%	50%	64%	61%	22%	27%	40%	36%	50%	31%
				a	ad	a	a	abcdegh	a	abcdeg	bcdg			b			
Not sure		102	3	13	28	18	16	24	45	57	79	3	4	3	3	-	12
		6%	3%	4%	7%	7%	8%	5%	5%	6%	5%	5%	4%	4%	16%	-	5%
						b	ab			b							
NET: Likely		405	61	111	91	65	41	36	263	142	291	29	43	32	3	1	108
		22%	47%	30%	21%	26%	21%	8%	28%	16%	19%	59%	43%	44%	17%	18%	44%
			bcdefgh	cefh	fh	fh	f		cefh	f		ag	a	a			a
NET: Unlikely		1309	66	249	308	164	137	384	624	685	1167	17	53	37	12	6	126
		72%	51%	67%	72%	66%	71%	87%	67%	78%	76%	35%	53%	52%	67%	82%	51%
				a	a	a	a	abcdegh	a	abcdeg	bcdg		b				b
Base for stats		1714	127	360	399	229	178	420	886	827	1458	46	96	69	16	8	234
Mean Score		1.71	2.34	1.88	1.71	1.85	1.75	1.27	1.87	1.54	1.61	2.56	2.29	2.26	1.87	1.68	2.29
			bcdefgh	cfh	fh	fh	fh		cfh	f		a	a	a			a
Standard Deviation		.987	1.168	1.017	.978	1.011	1.005	.665	1.042	.892	.938	1.043	1.018	1.208	.988	.812	1.084
Standard Error		.024	.106	.055	.049	.063	.071	.034	.036	.031	.025	.149	.102	.143	.240	.287	.069
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.02	.06	.08	*

Column headers span: **Social Grade** (a–h) and **Ethnicity** (a–g)

Prepared by Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6C. You mentioned that you are currently not a member of a gym(s) or leisure centre(s). Now that gyms and leisure centres have begun to reopen, how likely or unlikely are you to take out a membership to join one?

BASE: All those who currently are NOT members of a gym(s) or leisure centre(s)

			Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		1807	1206	259	252	511	156	98	558	170	53	64	106	88	176	338	254
Total		1816	1166	300	275	575	152	97	534	162	49	62	91	86	168	415	249
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0)	126	53	23	39	61	15	18	45	17	3	4	4	7	4	9	33
		7%	5%	8%	14%	11%	10%	18%	8%	11%	6%	6%	5%	9%	2%	2%	13%
				a	ab	a	ij	cefgij	ij	ij				ij			cgij
Somewhat likely	(3.0)	279	135	71	57	128	32	20	101	31	9	6	20	24	18	17	52
		15%	12%	24%	21%	22%	21%	20%	19%	19%	19%	9%	22%	28%	11%	4%	21%
				a	a	a	fij	ij	ij	ij	j		fij	cfij	j		fij
Somewhat unlikely	(2.0)	278	136	67	59	125	17	18	114	24	10	14	13	18	26	25	36
		15%	12%	22%	21%	22%	11%	19%	21%	15%	20%	23%	14%	21%	15%	6%	14%
				a	a	a	j	j	ajk	j	j	aj	j	j	j		j
Very unlikely	(1.0)	1030	786	121	104	226	79	38	246	81	26	37	47	25	102	348	118
		57%	67%	40%	38%	39%	52%	39%	46%	50%	53%	59%	52%	29%	61%	84%	47%
			bcd				bh		h	h	h	bch	h		bcdhk	abcdefghik	h
Not sure		102	56	18	16	35	8	3	28	9	1	1	6	11	18	17	11
		6%	5%	6%	6%	6%	5%	3%	5%	5%	2%	2%	7%	13%	11%	4%	4%
														abcdefjk	bcefjk		
NET: Likely		405	188	94	95	189	48	37	146	48	13	10	25	32	21	26	85
		22%	16%	31%	35%	33%	31%	39%	27%	30%	26%	15%	27%	37%	13%	6%	34%
				a	a	a	fij	cfij	fij	fij	ij	j	ij	fij	j		cfij
NET: Unlikely		1309	922	188	163	351	97	56	361	105	35	52	60	43	128	372	153
		72%	79%	63%	59%	61%	64%	58%	67%	65%	73%	83%	66%	50%	76%	90%	62%
			bcd				h		h	h	h	abcdghk	h		abcdhk	abcdeghik	h
Base for stats		1714	1110	282	258	540	144	94	506	154	48	61	85	75	149	398	238
Mean Score		1.71	1.51	1.98	2.11	2.05	1.88	2.18	1.89	1.90	1.79	1.61	1.78	2.19	1.48	1.21	2.00
				a	a	a	ij	acefgij	fij	ij	ij	j	ij	acefgij	j		fij
Standard Deviation		.987	.884	1.005	1.101	1.053	1.091	1.162	1.015	1.086	.984	.904	.987	1.020	.800	.620	1.126
Standard Error		.024	.026	.064	.072	.048	.089	.119	.044	.086	.136	.114	.100	.117	.064	.035	.072
Error variance		*	*	*	.01	*	.01	.01	*	.01	.02	.01	.01	.01	*	*	.01

Prepared by Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6C. You mentioned that you are currently not a member of a gym(s) or leisure centre(s). Now that gyms and leisure centres have begun to reopen, how likely or unlikely are you to take out a membership to join one?

BASE: All those who currently are NOT members of a gym(s) or leisure centre(s)

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	1807	434	293	128	39	421	473	507	199	150	36	349	543	341	967	425	74	1466
Total	1816	408	286	128	38	414	446	484	192	149	32	341	516	336	980	427	72	1479
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely (4.0)	126	42	24	13	3	37	45	49	22	10	4	32	53	12	57	49	8	114
	7%	10%	8%	10%	9%	9%	10%	10%	12%	7%	13%	9%	10%	4%	6%	11%	11%	8%
																abe	a	a
Somewhat likely (3.0)	279	61	73	18	8	91	69	76	60	18	5	79	81	34	139	93	14	245
	15%	15%	26%	14%	21%	22%	16%	16%	31%	12%	15%	23%	16%	10%	14%	22%	19%	17%
			acf			acf			acdef			acf				abe	a	a
Somewhat unlikely (2.0)	278	83	50	28	12	78	95	94	44	26	6	71	99	29	145	88	15	249
	15%	20%	17%	22%	32%	19%	21%	19%	23%	18%	18%	21%	19%	9%	15%	21%	21%	17%
					b										a	ab	a	a
Very unlikely (1.0)	1030	200	126	64	14	190	215	241	61	87	17	148	259	242	589	172	27	788
	57%	49%	44%	50%	38%	46%	48%	50%	32%	58%	55%	43%	50%	72%	60%	40%	38%	53%
								b		be	b	b	be	bcde	cde			cd
Not sure	102	22	12	5	-	18	22	24	4	8	-	12	24	19	50	26	8	83
	6%	5%	4%	4%	-	4%	5%	5%	2%	5%	-	4%	5%	6%	5%	6%	11%	6%
																	b	
NET: Likely	405	103	97	31	11	128	114	125	83	28	9	111	134	46	196	141	22	359
	22%	25%	34%	24%	30%	31%	26%	26%	43%	19%	27%	32%	26%	14%	20%	33%	31%	24%
			acf			acf			acef			acf			a	abe	ab	ab
NET: Unlikely	1309	283	177	92	27	268	310	335	105	113	23	218	358	272	734	261	43	1037
	72%	69%	62%	72%	70%	65%	69%	69%	55%	76%	73%	64%	69%	81%	75%	61%	59%	70%
		b		b			b	b		be	b	b	b	bcde	cde			cd
Base for stats	1714	386	274	123	38	397	424	460	188	141	32	329	492	317	930	402	65	1396
Mean Score	1.71	1.86	1.98	1.84	2.00	1.94	1.87	1.85	2.24	1.65	1.85	1.99	1.85	1.42	1.64	2.04	2.05	1.77
								c	acdef			c	c		a	abe	abe	ab
Standard Deviation	.987	1.046	1.040	1.036	.983	1.040	1.040	1.047	1.036	.952	1.103	1.040	1.049	.827	.949	1.070	1.076	1.008
Standard Error	.024	.052	.062	.093	.157	.052	.049	.048	.074	.080	.184	.057	.046	.046	.031	.054	.133	.027
Error variance	*	*	*	.01	.02	*	*	*	.01	.01	.03	*	*	*	*	*	.02	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6C. You mentioned that you are currently not a member of a gym(s) or leisure centre(s). Now that gyms and leisure centres have begun to reopen, how likely or unlikely are you to take out a membership to join one?

BASE: All those who currently are NOT members of a gym(s) or leisure centre(s)

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		1807	292	1126	218	338	84	1178	571	56	1414	393	1494	288
Total		1816	293	1146	200	352	82	1191	571	50	1404	412	1526	268
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0)	126	43	67	28	21	11	71	54	2	106	20	100	25
		7%	15%	6%	14%	6%	13%	6%	9%	3%	8%	5%	7%	9%
			b		bdf		bd		d					
Somewhat likely	(3.0)	279	81	157	41	44	21	173	94	9	226	53	233	43
		15%	28%	14%	20%	13%	25%	15%	17%	18%	16%	13%	15%	16%
			b		bd		bd							
Somewhat unlikely	(2.0)	278	48	195	40	35	16	187	83	7	218	61	227	46
		15%	16%	17%	20%	10%	19%	16%	15%	15%	16%	15%	15%	17%
					b		b	b	b					
Very unlikely	(1.0)	1030	106	667	79	234	31	701	308	30	777	254	882	144
		57%	36%	58%	39%	67%	38%	59%	54%	60%	55%	62%	58%	54%
				a		acde		ac	ac	ac		a		
Not sure		102	14	59	12	17	4	58	31	2	77	24	84	10
		6%	5%	5%	6%	5%	5%	5%	5%	4%	6%	6%	5%	4%
NET: Likely		405	125	224	69	65	31	244	148	11	332	73	333	67
		22%	43%	20%	34%	19%	38%	21%	26%	21%	24%	18%	22%	25%
			b		bde		bdef		bd		b			
NET: Unlikely		1309	155	862	119	270	47	888	391	38	995	314	1109	190
		72%	53%	75%	59%	77%	57%	75%	69%	75%	71%	76%	73%	71%
				a		ace		ace	ac	ac		a		
Base for stats		1714	279	1087	188	335	79	1132	539	48	1326	387	1442	258
Mean Score		1.71	2.22	1.65	2.10	1.56	2.13	1.66	1.80	1.63	1.74	1.59	1.69	1.80
			b		bdef		bd		bd		b			
Standard Deviation		.987	1.117	.942	1.110	.944	1.094	.953	1.054	.908	1.006	.910	.977	1.035
Standard Error		.024	.067	.029	.078	.053	.122	.029	.045	.124	.028	.047	.026	.062
Error variance		*	*	*	.01	*	.01	*	*	.02	*	*	*	*

Savanta: ComRes

Q6C. You mentioned that you are currently not a member of a gym(s) or leisure centre(s). Now that gyms and leisure centres have begun to reopen, how likely or unlikely are you to take out a membership to join one?

BASE: All those who currently are NOT members of a gym(s) or leisure centre(s)

						Number of days active						Amount of activity in the past week compared to previous week			Life satisfaction score			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total		1807	386	195	278	322	158	180	65	223	758	468	479	904	380	362	508	640	246
Total		1816	402	199	278	317	152	178	65	224	747	467	472	925	377	348	500	663	255
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0)	126	7	8	15	29	16	24	6	21	60	51	74	31	20	21	25	51	27
		7%	2%	4%	5%	9%	11%	13%	9%	10%	8%	11%	16%	3%	5%	6%	5%	8%	11%
					a	ab	abc	abci	a	ab	ab	abc	bc						ab
Somewhat likely	(3.0)	279	21	29	57	64	29	28	16	34	150	78	111	82	79	56	86	95	35
		15%	5%	15%	21%	20%	19%	16%	25%	15%	20%	17%	24%	9%	21%	16%	17%	14%	14%
				a	a	a	a	a	a	a	a	a	b		b				
Somewhat unlikely	(2.0)	278	25	39	42	68	29	35	9	32	139	76	73	144	57	54	89	109	20
		15%	6%	19%	15%	21%	19%	19%	14%	14%	19%	16%	16%	16%	15%	16%	18%	16%	8%
				a	a	ach	a	a	a	a	a	a				d	d	d	
Very unlikely	(1.0)	1030	325	112	150	143	69	82	30	119	362	231	191	618	202	196	273	382	161
		57%	81%	56%	54%	45%	46%	46%	46%	53%	48%	50%	40%	67%	54%	56%	55%	58%	63%
			bcdefghij	def	d									ac	a				b
Not sure		102	24	12	13	14	8	10	4	17	36	31	22	50	19	21	27	25	12
		6%	6%	6%	5%	5%	5%	6%	6%	8%	5%	7%	5%	5%	5%	6%	5%	4%	5%
NET: Likely		405	29	37	72	93	45	52	22	55	210	129	185	113	99	77	111	146	63
		22%	7%	18%	26%	29%	30%	29%	34%	25%	28%	28%	39%	12%	26%	22%	22%	22%	25%
				a	a	ab	ab	ab	ab	a	ab	ab	bc		b				
NET: Unlikely		1309	350	151	192	210	99	117	39	152	502	307	264	762	259	250	362	491	181
		72%	87%	76%	69%	66%	65%	65%	60%	68%	67%	66%	56%	82%	69%	72%	72%	74%	71%
			bcdefghij	defgij										ac	a				
Base for stats		1714	378	187	264	303	144	169	61	207	712	436	450	875	358	327	473	638	243
Mean Score		1.71	1.24	1.64	1.76	1.93	1.95	1.96	1.97	1.79	1.87	1.88	2.15	1.46	1.77	1.70	1.71	1.71	1.71
				a	a	abc	ab	abc	ab	a	ab	ab	bc		b				
Standard Deviation		.987	.641	.890	.977	1.030	1.069	1.105	1.079	1.058	1.021	1.080	1.146	.804	.981	.968	.944	.994	1.085
Standard Error		.024	.034	.066	.060	.059	.088	.085	.138	.074	.038	.052	.054	.028	.052	.052	.043	.040	.071
Error variance		*	*	*	*	*	.01	.01	.02	.01	*	*	*	*	*	*	*	*	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6E. In the past week, in which of the following indoor facilities, if any, have you taken part in sport or physical activity?
BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Indoor gyms or fitness centres (including fitness classes)	246	153	92	147	86	13	4	39	24	28	21	17	68	27	17
	12%	15%	9%	23%	12%	2%	4%	14%	11%	13%	12%	7%	20%	8%	8%
		b		bc	c			afhi	a	a	a		abcdefhi		
Indoor swimming pools	181	103	78	102	65	14	12	25	12	19	20	14	43	21	16
	9%	10%	7%	16%	9%	2%	12%	9%	6%	9%	11%	6%	13%	6%	7%
		b		bc	c		h				h		cfhi		
Other indoor sports facilities	153	109	43	88	44	21	7	18	13	17	20	14	34	18	13
	7%	11%	4%	14%	6%	3%	7%	6%	6%	7%	11%	6%	10%	5%	6%
		b		bc	c						h		h		
I have not taken part in sport or physical activity in any indoor facilities in the past week	1643	732	900	371	534	738	83	213	163	167	129	204	212	293	178
	77%	71%	84%	58%	76%	94%	81%	77%	79%	75%	71%	87%	63%	84%	82%
			a		a	ab	eg	g	g	g		bcdeg		bdeg	eg
NET: Sport or activity in an indoor facility in the past week	482	303	177	271	164	47	19	62	44	56	54	31	122	55	38
	23%	29%	16%	42%	24%	6%	19%	23%	21%	25%	29%	13%	37%	16%	18%
		b		bc	c			fh	f	fh	afhi		abcdfhi		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6E. In the past week, in which of the following indoor facilities, if any, have you taken part in sport or physical activity?
BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Indoor gyms or fitness centres (including fitness classes)	246	45	66	60	39	22	14	171	75	158	17	32	27	5	2	83
	12%	26%	14%	12%	14%	10%	3%	15%	8%	9%	29%	26%	28%	24%	25%	27%
		bcdefgh	fh	fh	fh	f		efh	f		a	a	a			a
Indoor swimming pools	181	45	47	32	23	16	18	124	57	131	14	21	11	-	-	46
	9%	27%	10%	6%	8%	7%	4%	11%	6%	7%	24%	17%	12%	-	-	15%
		bcdefgh	cfh		f			cfh			ad	a				a
Other indoor sports facilities	153	21	40	36	26	14	16	97	56	98	8	20	18	2	-	48
	7%	12%	9%	7%	9%	6%	3%	8%	6%	6%	14%	16%	19%	9%	-	16%
		cefh	fh	f	fh			fh			a	a	a			a
I have not taken part in sport or physical activity in any indoor facilities in the past week	1643	85	343	395	202	178	440	824	819	1454	30	65	49	14	7	165
	77%	50%	74%	78%	73%	80%	91%	72%	84%	82%	50%	52%	52%	68%	75%	53%
			a	ag	a	ag	abcdegh	a	abcdg	bcdg						
NET: Sport or activity in an indoor facility in the past week	482	86	124	113	73	45	41	323	159	327	30	60	45	7	2	144
	23%	50%	26%	22%	27%	20%	9%	28%	16%	18%	50%	48%	48%	32%	25%	47%
		bcdefgh	fh	fh	fh	f		cefh	f		a	a	a			a

Savanta: ComRes

Q6E. In the past week, in which of the following indoor facilities, if any, have you taken part in sport or physical activity?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Indoor gyms or fitness centres (including fitness classes)	246	90	64	80	144	25	31	104	28	10	7	17	13	3	7	56
	12%	7%	18%	24%	20%	14%	25%	16%	15%	16%	10%	17%	12%	2%	1%	18%
			a	a	a	ij	acdfhij	ij	ij	ij	ij	ij	ij			ij
Indoor swimming pools	181	59	53	57	110	26	24	73	18	8	5	9	8	8	3	49
	9%	4%	14%	17%	16%	14%	19%	11%	9%	14%	7%	9%	8%	5%	1%	16%
			a	a	a	ij	cdfghij	ij	j	ij	j	j	j	j		cdfhij
Other indoor sports facilities	153	67	26	41	67	14	15	59	13	12	11	5	10	5	9	30
	7%	5%	7%	12%	10%	8%	12%	9%	7%	20%	15%	5%	10%	3%	2%	10%
				ab	a	ij	gij	ij	j	acdgijk	dgij		ij			ij
I have not taken part in sport or physical activity in any indoor facilities in the past week	1643	1133	246	208	455	132	68	464	141	37	53	74	79	162	431	200
	77%	85%	68%	61%	65%	73%	55%	70%	74%	62%	73%	74%	76%	91%	96%	65%
		bcd				b		b	bk		b	b	bk	abcdefghk	abcdefghik	b
NET: Sport or activity in an indoor facility in the past week	482	194	118	132	250	49	57	198	50	23	19	26	26	16	18	106
	23%	15%	32%	39%	35%	27%	45%	30%	26%	38%	27%	26%	24%	9%	4%	35%
			a	a	a	ij	acdfghijk	ij	ij	ij	ij	ij	ij	j		dhij

Savanta: ComRes

Q6E. In the past week, in which of the following indoor facilities, if any, have you taken part in sport or physical activity?
BASE: All respondents

	Total	| Nature of working location						| Nature of working hours						| Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Indoor gyms or fitness centres (including fitness classes)	246	78	62	23	13	85	91	90	51	25	8	75	98	24	111	90	20	221
	12%	16%	17%	15%	26%	16%	17%	15%	22%	14%	18%	18%	15%	6%	10%	17%	21%	13%
									acf						a	abe	abe	ab
Indoor swimming pools	181	53	45	19	8	64	60	57	44	19	4	63	61	17	81	71	12	164
	9%	11%	12%	12%	16%	12%	11%	9%	19%	10%	10%	15%	9%	5%	7%	13%	13%	9%
									acf			af				abe	a	ab
Other indoor sports facilities	153	43	30	19	13	49	57	44	30	22	10	52	55	28	57	49	20	126
	7%	9%	8%	12%	27%	9%	10%	7%	13%	12%	24%	13%	8%	7%	5%	9%	21%	7%
					abcef				a	a	abcef	af					b	b
I have not taken part in sport or physical activity in any indoor facilities in the past week	1643	357	246	102	23	348	380	450	126	124	25	250	474	318	906	365	55	1325
	77%	72%	68%	64%	46%	67%	70%	74%	54%	70%	57%	61%	73%	83%	81%	68%	58%	76%
		d	d	d		d	d	bde		be			bde	cde	cde	d		cd
NET: Sport or activity in an indoor facility in the past week	482	139	115	57	26	171	166	156	107	54	19	162	174	64	210	169	40	418
	23%	28%	32%	36%	54%	33%	30%	26%	46%	30%	43%	39%	27%	17%	19%	32%	42%	24%
					abcef				acf		af	acf				abe	abce	ab

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Q6E. In the past week, in which of the following indoor facilities, if any, have you taken part in sport or physical activity?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Indoor gyms or fitness centres (including fitness classes)	246	98	116	48	30	26	150	90	8	208	37	208	36
	12%	27%	9%	20%	8%	27%	11%	14%	13%	13%	8%	12%	12%
		b		bde		bdef		bd		b			
Indoor swimming pools	181	87	73	43	25	18	104	73	8	148	34	158	20
	9%	24%	5%	18%	6%	18%	7%	11%	13%	9%	7%	9%	6%
		b		bde		bde		bd					
Other indoor sports facilities	153	54	64	31	20	23	83	65	3	130	23	115	34
	7%	15%	5%	13%	5%	24%	6%	10%	5%	8%	5%	6%	11%
		b		bd		abdef		bd		b			a
I have not taken part in sport or physical activity in any indoor facilities in the past week	1643	174	1121	145	333	45	1128	469	48	1258	385	1393	233
	77%	48%	84%	60%	85%	46%	80%	72%	80%	76%	83%	78%	75%
			a	c	acde		ace	ac	ac		a		
NET: Sport or activity in an indoor facility in the past week	482	190	212	96	58	53	282	185	12	402	80	395	78
	23%	52%	16%	40%	15%	54%	20%	28%	20%	24%	17%	22%	25%
		b		bdef		abdef	b	bd		b			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6E. In the past week, in which of the following indoor facilities, if any, have you taken part in sport or physical activity?

BASE: All respondents

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Indoor gyms or fitness centres (including fitness classes)	246	3	12	31	65	40	51	11	31	136	94	144	56	43	41	63	93	48
	12%	1%	5%	10%	18%	20%	23%	14%	12%	15%	16%	24%	5%	10%	10%	11%	12%	16%
			a	a	abch	abch	abchij	ab	ab	abc	abc	bc		b				ab
Indoor swimming pools	181	6	15	30	45	20	27	10	29	95	65	92	63	24	27	53	60	37
	9%	1%	7%	9%	12%	10%	12%	12%	11%	11%	11%	15%	6%	5%	6%	9%	8%	13%
			a	a	ab	a	ab	a	a	a	ab	bc						ac
Other indoor sports facilities	153	3	20	21	34	25	22	6	22	80	50	69	49	33	35	43	51	20
	7%	1%	9%	6%	9%	13%	10%	7%	8%	9%	9%	11%	5%	8%	9%	7%	6%	7%
			a	a	a	ac	a	a	a	a	a	bc		b				
I have not taken part in sport or physical activity in any indoor facilities in the past week	1643	420	187	248	251	129	147	60	202	628	409	357	892	354	321	449	614	214
	77%	98%	81%	77%	68%	66%	64%	75%	75%	71%	71%	59%	86%	81%	78%	77%	78%	73%
		bcdefghij	defij	defij					def				ac	a				
NET: Sport or activity in an indoor facility in the past week	482	11	45	73	119	67	82	21	66	259	168	248	143	85	93	132	169	79
	23%	2%	19%	23%	32%	34%	36%	25%	25%	29%	29%	41%	14%	19%	22%	23%	22%	27%
			a	a	abch	abch	abch	a	a	abc	abc	bc		b				

Savanta: ComRes

Prepared by Savanta: ComRes

Q6F. SUMMARY: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?
BASE: All who have not participated in a sport or activity in an indoor facility in the past week

	Total	Very likely	Somewhat likely	Somewhat unlikely	Very unlikely	Not sure	NET: Likely	NET: Unlikely
Indoor swimming pools	1643	64	153	252	1082	92	217	1334
	100%	4%	9%	15%	66%	6%	13%	81%
Indoor gyms or fitness centres (including fitness classes)	1643	50	149	245	1122	77	199	1367
	100%	3%	9%	15%	68%	5%	12%	83%
Other indoor sports facilities	1643	28	129	297	1092	97	157	1389
	100%	2%	8%	18%	66%	6%	10%	85%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6F.1. Indoor gyms or fitness centres (including fitness classes): Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		1619	743	865	399	579	641	88	230	155	171	133	165	214	288	175
Total		1643	732	900	371	534	738	83	213	163	167	129	204	212	293	178
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0)	50	22	27	18	14	18	4	9	4	4	5	5	7	9	4
		3%	3%	3%	5%	3%	3%	4%	4%	3%	2%	4%	2%	3%	3%	2%
					c											
Somewhat likely	(3.0)	149	65	84	74	43	32	6	20	12	17	15	5	24	32	19
		9%	9%	9%	20%	8%	4%	7%	10%	7%	10%	12%	2%	11%	11%	11%
					bc	c			f	f	f	f		f	f	f
Somewhat unlikely	(2.0)	245	119	122	67	106	72	10	31	20	22	17	28	47	43	27
		15%	16%	14%	18%	20%	10%	12%	15%	12%	13%	13%	14%	22%	15%	15%
					c	c								abcdefh		
Very unlikely	(1.0)	1122	489	629	179	351	591	58	143	117	119	87	160	116	198	123
		68%	67%	70%	48%	66%	80%	70%	67%	72%	71%	68%	78%	55%	68%	69%
						a	ab	g	g	g	g	g	beghi		g	g
Not sure		77	37	38	33	20	24	6	10	10	5	4	7	18	11	6
		5%	5%	4%	9%	4%	3%	7%	5%	6%	3%	3%	3%	8%	4%	3%
					bc									dfhi		
NET: Likely		199	87	111	92	57	51	9	29	16	21	20	10	31	41	23
		12%	12%	12%	25%	11%	7%	11%	14%	10%	12%	16%	5%	15%	14%	13%
					bc	c			f		f	f		f	f	f
NET: Unlikely		1367	607	751	246	457	663	68	175	137	141	104	188	163	241	150
		83%	83%	83%	66%	86%	90%	82%	82%	84%	84%	81%	92%	77%	82%	84%
						a	ab						abcdeghi			
Base for stats		1566	695	862	338	514	714	78	204	153	161	124	197	194	282	173
Mean Score		1.44	1.45	1.43	1.80	1.45	1.27	1.41	1.48	1.37	1.42	1.50	1.26	1.60	1.47	1.45
					bc	c			f			f		cdf	f	f
Standard Deviation		.794	.793	.792	.960	.759	.665	.821	.840	.744	.780	.861	.630	.839	.814	.783
Standard Error		.020	.030	.028	.050	.032	.027	.091	.057	.062	.061	.076	.050	.060	.049	.060
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6F.1. Indoor gyms or fitness centres (including fitness classes): Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
						Social Grade								**Ethnicity**			
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		1619	80	327	389	223	196	404	796	823	1422	32	66	50	15	8	171
Total		1643	85	343	395	202	178	440	824	819	1454	30	65	49	14	7	165
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0)	50	5	16	11	3	6	9	32	18	34	5	2	4	1	1	14
		3%	6%	5%	3%	2%	3%	2%	4%	2%	2%	17%	3%	7%	10%	20%	8%
			dfh	fh					h			ac		a			a
Somewhat likely	(3.0)	149	13	41	44	14	21	17	98	51	122	6	14	5	2	1	27
		9%	15%	12%	11%	7%	12%	4%	12%	6%	8%	19%	21%	11%	12%	10%	16%
			dfh	fh	fh		fh		dfh			a	a				a
Somewhat unlikely	(2.0)	245	14	64	59	45	24	40	137	108	204	5	15	10	3	1	34
		15%	16%	19%	15%	22%	13%	9%	17%	13%	14%	16%	24%	21%	21%	17%	21%
			f	fh	f	cefh			f	f			a				a
Very unlikely	(1.0)	1122	49	208	262	125	117	361	519	602	1044	12	24	23	5	4	68
		68%	58%	61%	66%	62%	66%	82%	63%	74%	72%	40%	37%	48%	39%	53%	42%
								abcdegh		abcdeg	bcdg						
Not sure		77	3	14	20	15	11	13	38	39	49	2	10	6	3	-	21
		5%	4%	4%	5%	7%	6%	3%	5%	5%	3%	8%	15%	13%	19%	-	13%
						f							a	a			a
NET: Likely		199	19	57	55	17	26	26	130	69	156	11	16	9	3	2	41
		12%	22%	16%	14%	9%	15%	6%	16%	8%	11%	36%	25%	18%	21%	30%	25%
			dfh	dfh	fh		dfh		dfh			a	a				a
NET: Unlikely		1367	63	272	320	169	141	401	656	711	1248	17	39	34	8	5	103
		83%	74%	79%	81%	84%	79%	91%	80%	87%	86%	55%	60%	69%	60%	70%	62%
								abcdegh		abceg	bcdg						
Base for stats		1566	82	329	375	187	167	427	786	780	1404	28	55	42	11	7	144
Mean Score		1.44	1.69	1.59	1.48	1.44	1.49	1.23	1.55	1.34	1.39	2.15	1.89	1.74	1.89	1.97	1.90
			cdfh	fh	fh	f	fh		fh	f			a	a			a
Standard Deviation		.794	.970	.884	.815	.712	.840	.618	.863	.703	.748	1.195	.914	.982	1.094	1.286	1.022
Standard Error		.020	.111	.050	.042	.050	.062	.031	.031	.025	.020	.222	.122	.148	.316	.455	.084
Error variance		*	.01	*	*	*	*	*	*	*	*	.05	.01	.02	.10	.21	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6F.1. Indoor gyms or fitness centres (including fitness classes): Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?
BASE: All who have not participated in a sport or activity in an indoor facility in the past week

		Total	Children aged 15 or under in the household				Current employment status										
			None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		1619	1155	210	190	400	135	67	486	149	40	53	87	82	169	351	202
Total		1643	1133	246	208	455	132	68	464	141	37	53	74	79	162	431	200
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0)	50	34	6	6	12	3	4	18	3	3	1	2	1	4	11	7
		3%	3%	2%	3%	3%	2%	6%	4%	2%	9%	2%	3%	1%	2%	3%	3%
											adhij						
Somewhat likely	(3.0)	149	86	32	25	57	19	10	53	14	2	4	4	16	9	18	29
		9%	8%	13%	12%	13%	14%	15%	11%	10%	6%	7%	5%	20%	5%	4%	15%
				a	a	a	gij	gij	ij	j				cdefgij			gij
Somewhat unlikely	(2.0)	245	142	50	43	93	20	12	88	25	7	9	10	15	28	31	32
		15%	13%	20%	21%	20%	15%	17%	19%	18%	18%	17%	13%	19%	17%	7%	16%
				a	a	a	j	j	j	j	j	j		j	j		j
Very unlikely	(1.0)	1122	838	147	118	266	88	41	274	96	22	38	54	34	110	364	129
		68%	74%	60%	57%	58%	67%	60%	59%	68%	60%	71%	73%	42%	68%	84%	65%
			bcd				h	h	h	h		h	ch		ch	abcdefghik	h
Not sure		77	34	12	15	27	2	1	30	3	3	2	5	13	12	7	3
		5%	3%	5%	7%	6%	1%	1%	7%	2%	7%	3%	6%	17%	7%	2%	1%
					a	a			ajk		ajk		ajk	abcdfgijk	adjk		
NET: Likely		199	120	38	32	69	22	14	72	17	5	5	6	17	12	29	36
		12%	11%	15%	15%	15%	16%	21%	15%	12%	15%	9%	8%	21%	8%	7%	18%
				a		a	ij	gij	ij					gij			gij
NET: Unlikely		1367	980	197	161	359	109	53	362	121	29	47	64	49	138	395	162
		83%	86%	80%	77%	79%	82%	78%	78%	86%	78%	89%	86%	62%	85%	92%	81%
			bcd				h	h	h	ch		h	h		ch	abcdehik	h
Base for stats		1566	1099	235	193	428	130	67	434	138	34	52	70	66	151	424	198
Mean Score		1.44	1.38	1.56	1.58	1.57	1.51	1.66	1.58	1.45	1.60	1.37	1.34	1.76	1.37	1.24	1.56
				a	a	a	j	gij	gij	j	j			adfgij	j		gij
Standard Deviation		.794	.759	.818	.840	.827	.819	.947	.863	.762	.982	.699	.719	.883	.706	.653	.865
Standard Error		.020	.023	.058	.063	.043	.071	.117	.040	.063	.162	.098	.080	.107	.056	.035	.061
Error variance		*	*	*	*	*	.01	.01	*	*	.03	.01	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6F.1. Indoor gyms or fitness centres (including fitness classes): Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	d	e
Unweighted Total	1619	382	252	98	23	350	405	475	128	123	27	251	502	318	889	358	54	1301
Total	1643	357	246	102	23	348	380	450	126	124	25	250	474	318	906	365	55	1325
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely (4.0)	50	15	6	7	2	12	17	15	6	7	2	13	17	9	27	11	4	41
	3%	4%	2%	7%	8%	4%	4%	3%	5%	5%	6%	5%	4%	3%	3%	3%	7%	3%
				b														
Somewhat likely (3.0)	149	35	32	7	6	39	41	52	15	8	5	23	58	18	76	46	9	131
	9%	10%	13%	7%	28%	11%	11%	12%	12%	6%	22%	9%	12%	6%	8%	13%	16%	10%
																ab	ab	a
Somewhat unlikely (2.0)	245	75	42	13	3	55	78	87	17	21	5	39	92	36	126	73	10	209
	15%	21%	17%	13%	15%	16%	21%	19%	14%	17%	19%	15%	19%	11%	14%	20%	18%	16%
																ab		a
Very unlikely (1.0)	1122	219	154	67	10	221	230	277	80	81	11	161	288	246	645	203	27	876
	68%	61%	63%	66%	46%	64%	60%	62%	64%	65%	46%	64%	61%	77%	71%	56%	49%	66%
														bcde	cde			cd
Not sure	77	13	13	8	1	20	14	18	7	8	2	14	20	9	32	31	5	68
	5%	4%	5%	7%	4%	6%	4%	4%	5%	6%	6%	6%	4%	3%	4%	9%	9%	5%
																abe	ab	
NET: Likely	199	50	37	14	8	51	58	68	21	14	7	36	75	27	103	57	13	172
	12%	14%	15%	13%	36%	15%	15%	15%	17%	12%	29%	14%	16%	8%	11%	16%	23%	13%
																ab	abe	a
NET: Unlikely	1367	294	196	80	14	276	308	364	98	102	16	200	380	282	772	276	37	1085
	83%	82%	80%	79%	61%	80%	81%	81%	78%	82%	65%	80%	80%	89%	85%	76%	67%	82%
														cde	cde			cd
Base for stats	1566	344	234	94	22	328	366	431	119	117	23	236	454	309	874	333	49	1257
Mean Score	1.44	1.55	1.52	1.50	1.98	1.52	1.58	1.55	1.56	1.48	1.89	1.52	1.57	1.32	1.41	1.59	1.79	1.47
																abe	abe	a
Standard Deviation	.794	.846	.817	.917	1.065	.846	.865	.838	.904	.853	1.017	.878	.850	.712	.774	.845	1.004	.810
Standard Error	.020	.044	.053	.096	.227	.047	.044	.039	.082	.079	.203	.057	.039	.041	.026	.047	.145	.023
Error variance	*	*	*	.01	.05	*	*	*	.01	.01	.04	*	*	*	*	*	.02	*

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6F.1. Indoor gyms or fitness centres (including fitness classes): Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		1619	171	1095	159	314	44	1111	458	53	1259	360	1351	250
Total		1643	174	1121	145	333	45	1128	469	48	1258	385	1393	233
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0)	50	7	33	7	11	3	30	19	2	36	14	38	11
		3%	4%	3%	5%	3%	7%	3%	4%	4%	3%	4%	3%	5%
Somewhat likely	(3.0)	149	21	107	23	21	7	98	46	4	124	25	122	27
		9%	12%	10%	16%	6%	15%	9%	10%	9%	10%	7%	9%	11%
					bde		b							
Somewhat unlikely	(2.0)	245	37	167	27	37	5	178	60	9	202	43	205	36
		15%	21%	15%	19%	11%	12%	16%	13%	19%	16%	11%	15%	15%
			b		b			b			b			
Very unlikely	(1.0)	1122	103	759	84	254	26	774	326	32	837	285	970	149
		68%	59%	68%	58%	76%	58%	69%	70%	67%	66%	74%	70%	64%
				a		acde		a	a			a		
Not sure		77	6	55	4	10	4	47	18	1	60	17	59	11
		5%	4%	5%	3%	3%	8%	4%	4%	2%	5%	4%	4%	5%
NET: Likely		199	27	140	29	32	10	128	65	6	159	40	159	38
		12%	16%	12%	20%	10%	22%	11%	14%	13%	13%	10%	11%	16%
					bd		bd							a
NET: Unlikely		1367	140	926	111	291	31	952	386	41	1039	328	1175	184
		83%	81%	83%	77%	87%	69%	84%	82%	86%	83%	85%	84%	79%
						ac		ac		c				b
Base for stats		1566	168	1066	140	323	41	1080	451	47	1198	368	1334	222
Mean Score		1.44	1.59	1.45	1.66	1.35	1.68	1.43	1.46	1.49	1.46	1.37	1.42	1.55
			b		bde		bd							a
Standard Deviation		.794	.856	.795	.914	.749	1.009	.770	.839	.825	.797	.781	.772	.887
Standard Error		.020	.067	.025	.074	.043	.160	.024	.040	.114	.023	.042	.022	.058
Error variance		*	*	*	.01	*	.03	*	*	.01	*	*	*	*

Savanta:
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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6F.1. Indoor gyms or fitness centres (including fitness classes): Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

					Number of days active							Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	1619	401	181	247	251	132	149	59	199	630	407	357	866	354	331	450	588	202
Total	1643	420	187	248	251	129	147	60	202	628	409	357	892	354	321	449	614	214
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely (4.0)	50	8	4	12	8	5	2	1	10	25	13	12	17	20	8	13	24	3
	3%	2%	2%	5%	3%	4%	2%	2%	5%	4%	3%	3%	2%	6%	3%	3%	4%	1%
				a					a					b				
Somewhat likely (3.0)	149	13	15	28	22	21	19	7	24	71	50	58	46	42	29	42	56	21
	9%	3%	8%	11%	9%	16%	13%	12%	12%	11%	12%	16%	5%	12%	9%	9%	9%	10%
			a	a	a	abd	a	a	a	a	a	b		b				
Somewhat unlikely (2.0)	245	27	35	50	45	24	24	9	31	118	65	53	122	65	45	84	85	23
	15%	6%	19%	20%	18%	18%	16%	15%	16%	19%	16%	15%	14%	18%	14%	19%	14%	11%
			a	a	a	a	a	a	a	a	a			b		cd		
Very unlikely (1.0)	1122	348	125	153	160	76	93	38	128	389	260	216	674	212	224	287	428	161
	68%	83%	67%	62%	64%	59%	64%	64%	63%	62%	64%	60%	76%	60%	70%	64%	70%	75%
		bcdefghij											ac					b
Not sure	77	24	7	5	16	3	8	4	8	25	21	19	32	16	15	23	21	7
	5%	6%	4%	2%	6%	2%	6%	7%	4%	4%	5%	5%	4%	4%	5%	5%	3%	3%
		c			c													
NET: Likely	199	21	19	39	30	26	21	8	34	95	63	70	64	62	37	55	80	24
	12%	5%	10%	16%	12%	20%	14%	14%	17%	15%	16%	20%	7%	18%	12%	12%	13%	11%
			a	a	a	abd	a	a	a	a	a	b		b				
NET: Unlikely	1367	374	160	203	205	100	117	48	159	508	324	269	796	276	269	372	513	183
	83%	89%	86%	82%	82%	77%	80%	79%	79%	81%	79%	75%	89%	78%	84%	83%	84%	86%
		cdefghij	e										ac					
Base for stats	1566	396	179	242	235	126	138	56	193	603	388	338	860	338	306	427	593	207
Mean Score	1.44	1.20	1.43	1.58	1.48	1.64	1.49	1.48	1.57	1.55	1.53	1.60	1.31	1.62	1.42	1.48	1.45	1.35
			a	a	a	ab	a	a	a	a	a	b		b		d		
Standard Deviation	.794	.592	.738	.876	.800	.901	.793	.789	.901	.853	.847	.890	.666	.918	.774	.791	.826	.717
Standard Error	.020	.031	.056	.056	.052	.080	.067	.106	.065	.035	.043	.048	.023	.050	.044	.038	.035	.051
Error variance	*	*	*	*	*	.01	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6F.2. Indoor swimming pools: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		1619	743	865	399	579	641	88	230	155	171	133	165	214	288	175
Total		1643	732	900	371	534	738	83	213	163	167	129	204	212	293	178
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0)	64	27	37	18	20	26	3	8	6	9	1	7	11	11	8
		4%	4%	4%	5%	4%	4%	4%	4%	4%	5% e	1%	4%	5% e	4%	5% e
Somewhat likely	(3.0)	153	60	92	60	47	46	8	19	11	15	20	15	16	28	21
		9%	8%	10%	16% bc	9%	6%	10%	9%	7%	9%	16% cfg	7%	7%	10%	12%
Somewhat unlikely	(2.0)	252	118	131	71	98	83	13	35	19	26	20	30	45	40	24
		15%	16%	15%	19% c	18% c	11%	15%	16%	12%	16%	16%	15%	21% chi	14%	14%
Very unlikely	(1.0)	1082	476	600	187	342	552	55	140	120	107	80	141	123	198	118
		66%	65%	67%	51%	64% a	75% ab	66%	65%	73% eg	64%	62%	69% g	58%	67% g	66%
Not sure		92	51	40	34	27	30	4	12	8	10	8	11	16	16	7
		6%	7% b	4%	9% bc	5%	4%	5%	6%	5%	6%	6%	5%	7%	6%	4%
NET: Likely		217	87	129	78	67	72	12	27	17	23	21	22	27	39	29
		13%	12%	14%	21% bc	12%	10%	14%	13%	10%	14%	16%	11%	13%	13%	16%
NET: Unlikely		1334	594	731	259	440	635	68	174	139	133	100	171	169	237	143
		81%	81%	81%	70%	82% a	86% a	81%	82%	85%	80%	78%	84%	80%	81%	80%
Base for stats		1551	681	860	337	507	707	79	201	156	157	121	193	196	277	172
Mean Score		1.48	1.47	1.50	1.73 bc	1.50 c	1.36	1.49	1.48	1.37	1.52	1.52	1.43	1.57 c	1.47	1.53
Standard Deviation		.834	.814	.851	.936	.819	.764	.846	.825	.774	.882	.787	.795	.870	.831	.884
Standard Error		.021	.031	.030	.049	.035	.031	.093	.056	.064	.070	.070	.064	.062	.051	.068
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6F.2. Indoor swimming pools: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

			Social Grade								Ethnicity						
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		1619	80	327	389	223	196	404	796	823	1422	32	66	50	15	8	171
Total		1643	85	343	395	202	178	440	824	819	1454	30	65	49	14	7	165
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0)	64	8	17	7	10	5	17	32	32	57	5	-	1	-	1	7
		4%	9%	5%	2%	5%	3%	4%	4%	4%	4%	18%	-	2%	-	12%	4%
			cefgh	c		c			c	c		acdg					
Somewhat likely	(3.0)	153	3	40	37	19	24	31	80	74	131	4	7	3	3	3	19
		9%	3%	12%	9%	10%	13%	7%	10%	9%	9%	13%	10%	6%	23%	36%	12%
				af			af										
Somewhat unlikely	(2.0)	252	12	62	64	34	30	50	138	114	216	3	12	13	3	-	31
		15%	14%	18%	16%	17%	17%	11%	17%	14%	15%	12%	19%	26%	20%	-	19%
				f		f			f					a			
Very unlikely	(1.0)	1082	58	214	262	116	106	326	534	548	979	15	37	29	6	4	91
		66%	69%	62%	66%	58%	60%	74%	65%	67%	67%	50%	57%	60%	46%	52%	55%
					d			bcdegh	d	d	bg						
Not sure		92	4	11	25	22	13	17	40	51	71	2	8	3	2	-	15
		6%	5%	3%	6%	11%	7%	4%	5%	6%	5%	8%	13%	6%	11%	-	9%
					b	bfgh	b			b			a				a
NET: Likely		217	10	57	44	30	29	47	111	106	188	9	7	4	3	4	27
		13%	12%	17%	11%	15%	16%	11%	14%	13%	13%	31%	10%	8%	23%	48%	16%
				cf								acdg					
NET: Unlikely		1334	70	276	326	150	136	376	672	662	1194	18	49	42	9	4	122
		81%	83%	80%	83%	75%	76%	85%	82%	81%	82%	61%	76%	86%	66%	52%	74%
					d			deh	d	d	bg			b			
Base for stats		1551	81	333	370	180	164	423	784	768	1382	28	56	46	12	7	149
Mean Score		1.48	1.50	1.58	1.43	1.58	1.56	1.38	1.50	1.47	1.47	1.99	1.46	1.47	1.74	2.09	1.62
				cfh		cf	f		f								a
Standard Deviation		.834	.948	.894	.745	.899	.850	.788	.835	.833	.828	1.229	.705	.725	.877	1.253	.893
Standard Error		.021	.109	.050	.039	.064	.063	.040	.030	.030	.023	.228	.093	.106	.243	.443	.072
Error variance		*	.01	*	*	*	*	*	*	*	*	.05	.01	.01	.06	.20	.01

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6F.2. Indoor swimming pools: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	1619	1155	210	190	400	135	67	486	149	40	53	87	82	169	351	202
Total	1643	1133	246	208	455	132	68	464	141	37	53	74	79	162	431	200
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely (4.0)	64	36	16	10	25	4	4	18	7	2	2	7	4	2	14	8
	4%	3%	6% a	5%	6% a	3%	6%	4%	5%	5%	3%	9% acij	5%	1%	3%	4%
Somewhat likely (3.0)	153	87	25	36	62	16	8	51	12	2	5	5	12	19	22	24
	9%	8%	10%	17% ab	14% a	12% j	11%	11% j	8%	6%	9%	7%	15% j	12% j	5%	12% j
Somewhat unlikely (2.0)	252	150	50	40	90	21	15	86	25	7	8	14	14	24	38	36
	15%	13%	20% a	19% a	20% a	16% j	22% j	19% j	18% j	18%	16%	19% j	17% j	15% j	9%	18% j
Very unlikely (1.0)	1082	805	147	108	255	83	39	280	94	24	36	42	36	106	342	123
	66%	71% bcd	60%	52%	56%	63% h	58%	60% h	66% h	64%	68% h	56%	46%	65% h	79% abcdeghik	61% h
Not sure	92	55	8	15	23	8	2	29	3	3	2	6	14	11	14	10
	6%	5%	3%	7%	5%	6%	4%	6% j	2%	7%	4%	8% d	17% abcdfijk	7%	3%	5%
NET: Likely	217	123	41	46	87	20	12	70	19	4	7	12	15	22	37	32
	13%	11%	17% a	22% a	19% a	15% j	17% j	15% j	14%	11%	12%	16% j	19% j	13%	8%	16% j
NET: Unlikely	1334	956	197	147	345	104	54	366	119	30	44	56	50	130	380	158
	81%	84% cd	80% c	71%	76%	79% h	79% h	79% h	84% h	82% h	83% h	76%	63%	80% h	88% abcghik	79% h
Base for stats	1551	1079	239	193	432	124	66	435	138	34	51	69	66	152	417	190
Mean Score	1.48	1.40	1.62 a	1.73 a	1.67 a	1.52 j	1.64 j	1.56 j	1.51 j	1.49	1.46	1.67 ij	1.74 ij	1.46 j	1.30	1.56 j
Standard Deviation	.834	.778	.922	.935	.928	.838	.910	.858	.865	.858	.805	.996	.950	.775	.724	.863
Standard Error	.021	.023	.065	.070	.048	.075	.114	.040	.072	.141	.114	.112	.116	.062	.039	.063
Error variance	*	*	*	*	*	.01	.01	*	.01	.02	.01	.01	.01	*	*	*

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6F.2. Indoor swimming pools: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	d	e
Unweighted Total		1619	382	252	98	23	350	405	475	128	123	27	251	502	318	889	358	54	1301
Total		1643	357	246	102	23	348	380	450	126	124	25	250	474	318	906	365	55	1325
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0)	64	15	11	4	1	16	16	16	7	7	2	14	19	6	38	18	2	58
		4%	4%	5%	4%	4%	4%	4%	4%	5%	6%	9%	6%	4%	2%	4%	5%	4%	4%
																a	a		a
Somewhat likely	(3.0)	153	37	25	9	4	33	41	47	10	10	4	20	51	22	79	44	8	131
		9%	10%	10%	8%	18%	9%	11%	10%	8%	8%	17%	8%	11%	7%	9%	12%	15%	10%
																	a	a	
Somewhat unlikely	(2.0)	252	71	49	12	4	60	75	82	26	18	4	45	86	37	129	75	11	216
		15%	20%	20%	11%	16%	17%	20%	18%	21%	15%	16%	18%	18%	12%	14%	21%	21%	16%
																	abe		a
Very unlikely	(1.0)	1082	215	149	72	13	222	228	279	77	84	13	161	292	238	620	198	27	844
		66%	60%	61%	71%	59%	64%	60%	62%	61%	68%	53%	64%	62%	75%	68%	54%	49%	64%
					af										bcde	cde			cd
Not sure		92	19	13	5	1	17	19	25	7	4	2	11	27	15	41	29	6	76
		6%	5%	5%	5%	4%	5%	5%	6%	5%	3%	6%	4%	6%	5%	5%	8%	12%	6%
																	b	ab	
NET: Likely		217	52	36	13	5	49	57	63	16	18	6	34	69	28	117	62	10	189
		13%	15%	14%	13%	21%	14%	15%	14%	13%	14%	26%	14%	15%	9%	13%	17%	19%	14%
																	a	a	a
NET: Unlikely		1334	286	198	84	17	282	303	362	103	102	17	205	378	274	749	273	38	1060
		81%	80%	80%	83%	75%	81%	80%	80%	82%	82%	68%	82%	80%	86%	83%	75%	69%	80%
															cde	cd			c
Base for stats		1551	339	233	97	22	330	360	425	119	120	23	239	448	302	865	336	48	1249
Mean Score		1.48	1.56	1.56	1.43	1.65	1.52	1.57	1.53	1.55	1.51	1.81	1.53	1.54	1.32	1.46	1.65	1.70	1.52
																a	abe	a	a
Standard Deviation		.834	.859	.864	.838	.930	.857	.862	.837	.864	.891	1.066	.876	.851	.692	.834	.906	.902	.860
Standard Error		.021	.045	.056	.087	.198	.047	.044	.040	.079	.082	.213	.057	.039	.040	.029	.050	.133	.025
Error variance		*	*	*	.01	.04	*	*	*	.01	.01	.05	*	*	*	*	*	.02	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6F.2. Indoor swimming pools: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		1619	171	1095	159	314	44	1111	458	53	1259	360	1351	250
Total		1643	174	1121	145	333	45	1128	469	48	1258	385	1393	233
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0)	64	12	45	4	15	1	46	18	2	46	18	56	8
		4%	7%	4%	3%	4%	2%	4%	4%	5%	4%	5%	4%	3%
Somewhat likely	(3.0)	153	18	109	14	24	8	107	43	3	117	36	127	23
		9%	10%	10%	10%	7%	17%	10%	9%	6%	9%	9%	9%	10%
							b							
Somewhat unlikely	(2.0)	252	30	180	31	48	7	169	76	10	202	50	216	33
		15%	17%	16%	21%	14%	16%	15%	16%	20%	16%	13%	16%	14%
					d									
Very unlikely	(1.0)	1082	106	723	88	234	24	747	309	31	821	261	925	150
		66%	61%	64%	61%	70%	53%	66%	66%	66%	65%	68%	66%	64%
						ac								
Not sure		92	8	63	8	12	5	58	22	2	71	20	69	19
		6%	5%	6%	5%	4%	12%	5%	5%	3%	6%	5%	5%	8%
							bde							a
NET: Likely		217	30	154	19	39	9	154	61	5	164	53	183	31
		13%	17%	14%	13%	12%	19%	14%	13%	11%	13%	14%	13%	13%
NET: Unlikely		1334	136	903	118	282	31	916	385	41	1023	311	1142	183
		81%	78%	81%	82%	85%	69%	81%	82%	86%	81%	81%	82%	78%
						c		c	c	c				
Base for stats		1551	166	1057	137	321	39	1069	446	46	1187	364	1325	214
Mean Score		1.48	1.61	1.50	1.53	1.44	1.64	1.49	1.48	1.48	1.49	1.48	1.48	1.48
Standard Deviation		.834	.940	.845	.806	.825	.884	.843	.828	.830	.826	.860	.834	.831
Standard Error		.021	.074	.026	.066	.047	.142	.026	.040	.116	.024	.047	.023	.055
Error variance		*	.01	*	*	*	.02	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6F.2. Indoor swimming pools: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

		Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	1619	401	181	247	251	132	149	59	199	630	407	357	866	354	331	450	588	202
Total	1643	420	187	248	251	129	147	60	202	628	409	357	892	354	321	449	614	214
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely (4.0)	64	7	4	12	13	8	4	4	13	33	20	22	17	22	13	10	34	6
	4%	2%	2%	5%	5%	6%	3%	6%	7%	5%	5%	6%	2%	6%	4%	2%	6%	3%
				a	a	a		a	ab	a	a	b		b			b	
Somewhat likely (3.0)	153	22	14	30	24	23	18	5	17	77	40	37	70	41	25	47	52	27
	9%	5%	8%	12%	10%	18%	12%	8%	8%	12%	10%	10%	8%	11%	8%	10%	8%	12%
				a	a	abdhj	a			a	a			b				
Somewhat unlikely (2.0)	252	35	36	40	47	24	17	11	42	110	70	70	119	59	52	87	86	22
	15%	8%	20%	16%	19%	19%	11%	18%	21%	18%	17%	20%	13%	17%	16%	19%	14%	10%
			af	a	a	a		a	af	a	a	b				cd		
Very unlikely (1.0)	1082	337	121	158	147	68	96	37	119	373	251	208	642	210	216	281	414	144
	66%	80%	65%	64%	58%	53%	65%	61%	59%	59%	61%	58%	72%	59%	67%	63%	67%	67%
		bcdefghij	e	e			e						ac					
Not sure	92	19	11	8	21	6	13	4	10	35	27	20	45	21	16	25	28	16
	6%	4%	6%	3%	8%	4%	9%	6%	5%	6%	7%	5%	5%	6%	5%	5%	5%	7%
					ac		c											
NET: Likely	217	29	18	41	37	31	22	9	30	110	60	60	87	63	38	57	86	32
	13%	7%	10%	17%	15%	24%	15%	14%	15%	17%	15%	17%	10%	18%	12%	13%	14%	15%
				ab	a	abdfhj	a		a	ab	a	b		b				
NET: Unlikely	1334	372	157	198	193	92	112	48	161	483	321	278	761	270	268	368	500	166
	81%	89%	84%	80%	77%	72%	76%	79%	80%	77%	79%	78%	85%	76%	83%	82%	82%	78%
		cdefghij	ei										ac					
Base for stats	1551	401	175	239	230	123	134	56	192	593	382	338	848	332	306	425	586	198
Mean Score	1.48	1.25	1.43	1.56	1.58	1.76	1.48	1.56	1.60	1.61	1.55	1.63	1.37	1.62	1.46	1.50	1.50	1.47
			a	a	a	abcfj	a	a	a	ab	a	b		b				
Standard Deviation	.834	.638	.730	.892	.891	.973	.833	.903	.912	.911	.883	.925	.720	.938	.817	.784	.880	.832
Standard Error	.021	.033	.056	.058	.059	.087	.071	.121	.067	.037	.045	.051	.025	.051	.046	.038	.037	.061
Error variance	*	*	*	*	*	.01	.01	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6F.3. Other indoor sports facilities: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		1619	743	865	399	579	641	88	230	155	171	133	165	214	288	175
Total		1643	732	900	371	534	738	83	213	163	167	129	204	212	293	178
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0)	28	22	6	7	12	10	1	6	3	2	3	2	4	6	2
		2%	3% b	1%	2%	2%	1%	1%	3%	2%	1%	2%	1%	2%	2%	1%
Somewhat likely	(3.0)	129	56	72	57	38	34	7	17	9	12	11	6	21	29	17
		8%	8%	8%	15% bc	7%	5%	8%	8% f	5%	7%	9% f	3%	10% f	10% f	10% f
Somewhat unlikely	(2.0)	297	151	144	94	119	84	12	35	22	31	26	38	51	44	35
		18%	21% b	16%	25% c	22% c	11%	15%	16%	14%	19%	20%	19%	24% bch	15%	20%
Very unlikely	(1.0)	1092	461	625	180	340	573	56	141	117	112	79	148	122	200	118
		66%	63%	69% a	48%	64% a	78% ab	67%	66%	71% g	67%	61%	73% eg	58%	68% g	66%
Not sure		97	42	53	34	26	38	8	15	12	11	9	9	13	14	7
		6%	6%	6%	9% bc	5%	5%	9%	7%	8%	6%	7%	5%	6%	5%	4%
NET: Likely		157	78	78	63	50	44	8	22	12	13	14	8	25	35	19
		10%	11%	9%	17% bc	9% c	6%	9%	10% f	7%	8%	11% f	4%	12% f	12% f	11% f
NET: Unlikely		1389	612	769	274	459	656	68	176	139	143	106	186	173	244	153
		85%	84%	85%	74%	86% a	89% a	82%	83%	85%	86%	82%	91% abegh	82%	83%	86%
Base for stats		1546	690	847	337	509	700	76	198	151	156	120	195	199	279	172
Mean Score		1.41	1.48 b	1.36	1.67 bc	1.45 c	1.26	1.38	1.43	1.33	1.38	1.48 f	1.30	1.53 cdf	1.43	1.43
Standard Deviation		.720	.776	.667	.822	.732	.611	.702	.765	.687	.668	.765	.589	.763	.765	.711
Standard Error		.018	.029	.023	.043	.031	.025	.079	.052	.058	.053	.069	.047	.054	.046	.055
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Q6F.3. Other indoor sports facilities: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
						Social Grade								Ethnicity			
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		1619	80	327	389	223	196	404	796	823	1422	32	66	50	15	8	171
Total		1643	85	343	395	202	178	440	824	819	1454	30	65	49	14	7	165
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0)	28	3	7	6	3	2	7	16	12	23	2	1	1	-	-	4
		2%	4%	2%	1%	2%	1%	2%	2%	1%	2%	7% a	1%	2%	-	-	2%
Somewhat likely	(3.0)	129	8	32	34	17	21	16	75	53	99	3	12	10	2	2	29
		8%	10% f	9% f	9% f	8% f	12% fh	4%	9% f	7% f	7%	11%	18% a	20% a	18%	31%	18% a
Somewhat unlikely	(2.0)	297	17	81	71	43	34	50	170	127	253	8	15	9	3	1	37
		18%	20% f	24% fh	18% f	21% fh	19% f	11%	21% fh	15% f	17%	27%	24%	18%	25%	17%	22%
Very unlikely	(1.0)	1092	51	207	260	119	108	347	518	574	1003	14	28	24	6	4	76
		66%	60%	60%	66%	59%	61%	79% abcdegh	63%	70% bdeg	69% bcdg	47%	44%	50%	43%	52%	46%
Not sure		97	5	16	24	19	12	21	45	53	75	3	8	5	2	-	18
		6%	6%	5%	6%	10% bfg	7%	5%	5%	6%	5%	8%	13% a	11%	14%	-	11% a
NET: Likely		157	12	39	40	20	23	23	91	66	122	5	13	10	2	2	33
		10%	14% f	11% f	10% f	10% f	13% fh	5%	11% fh	8%	8%	18%	19% a	21% a	18%	31%	20% a
NET: Unlikely		1389	69	288	331	162	142	396	688	701	1257	22	44	33	9	5	113
		85%	80%	84%	84%	81%	80%	90% abcdegh	84%	86%	86% bcdg	74%	68%	67%	68%	69%	69%
Base for stats		1546	80	328	371	182	165	419	779	767	1379	28	56	43	12	7	146
Mean Score		1.41	1.55 fh	1.51 fh	1.42 f	1.47 fh	1.50 fh	1.24	1.47 fh	1.35 f	1.38	1.76	1.73 a	1.70 a	1.71	1.80	1.73 a
Standard Deviation		.720	.842	.760	.723	.732	.770	.599	.752	.681	.692	.952	.846	.884	.826	.955	.870
Standard Error		.018	.097	.043	.038	.052	.057	.031	.027	.025	.019	.177	.111	.132	.229	.338	.070
Error variance		*	.01	*	*	*	*	*	*	*	*	.03	.01	.02	.05	.11	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6F.3. Other indoor sports facilities: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	1619	1155	210	190	400	135	67	486	149	40	53	87	82	169	351	202
Total	1643	1133	246	208	455	132	68	464	141	37	53	74	79	162	431	200
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely (4.0)	28	19	5	3	8	3	4	6	5	1	-	1	2	1	6	7
	2%	2%	2%	2%	2%	2%	6%	1%	4%	2%	-	2%	2%	*	1%	3%
							cij		i							
Somewhat likely (3.0)	129	79	19	22	41	13	8	43	14	2	4	7	11	8	18	21
	8%	7%	8%	11%	9%	10%	12%	9%	10%	4%	7%	10%	14%	5%	4%	11%
						j	j	j	j			j	ij			ij
Somewhat unlikely (2.0)	297	166	66	52	118	26	15	114	28	7	10	12	18	31	34	41
	18%	15%	27%	25%	26%	20%	23%	25%	20%	20%	19%	16%	23%	19%	8%	21%
			a	a	a	j	j	j	j	j	j	j	j	j		j
Very unlikely (1.0)	1092	814	142	112	254	81	40	268	90	27	38	48	34	110	357	121
	66%	72%	58%	54%	56%	61%	59%	58%	63%	72%	71%	64%	43%	67%	83%	60%
		bcd				h		h	h	h	h	h		ch	abcdfghik	h
Not sure	97	55	15	19	34	10	1	32	4	1	2	6	14	13	15	11
	6%	5%	6%	9%	7%	7%	1%	7%	3%	2%	3%	8%	17%	8%	4%	5%
				a				j					abcdefijk	dj		
NET: Likely	157	98	24	25	49	16	12	49	19	2	4	9	13	9	24	28
	10%	9%	10%	12%	11%	12%	17%	11%	14%	6%	7%	12%	16%	5%	6%	14%
						ij	ij	ij	ij			j	ij			ij
NET: Unlikely	1389	980	208	163	372	107	55	383	118	34	48	60	53	140	391	162
	85%	86%	84%	78%	82%	81%	81%	82%	83%	92%	90%	80%	66%	87%	91%	81%
		cd				h	h	h	h	h	h	h		h	abcdghk	h
Base for stats	1546	1078	232	189	421	122	67	432	137	36	51	68	66	149	416	190
Mean Score	1.41	1.35	1.51	1.56	1.53	1.49	1.64	1.51	1.52	1.35	1.34	1.45	1.70	1.33	1.21	1.54
			a	a	a	ij	fij	ij	ij			j	cefij	j		ij
Standard Deviation	.720	.695	.732	.766	.747	.776	.911	.732	.826	.656	.612	.765	.847	.603	.585	.827
Standard Error	.018	.021	.052	.058	.039	.069	.112	.034	.069	.105	.086	.086	.103	.048	.032	.060
Error variance	*	*	*	*	*	*	.01	*	*	.01	.01	.01	.01	*	*	*

Prepared by Savanta: ComRes

Savanta: ComRes

Q6F.3. Other indoor sports facilities: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	d	e
Unweighted Total		1619	382	252	98	23	350	405	475	128	123	27	251	502	318	889	358	54	1301
Total		1643	357	246	102	23	348	380	450	126	124	25	250	474	318	906	365	55	1325
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0)	28	9	4	2	-	6	9	10	2	3	1	5	11	8	12	7	1	20
		2%	3%	2%	2%	-	2%	2%	2%	2%	2%	5%	2%	2%	3%	1%	2%	1%	1%
Somewhat likely	(3.0)	129	28	24	8	6	32	34	42	12	9	3	22	45	16	71	33	8	113
		8%	8%	10%	8%	26%	9%	9%	9%	10%	7%	10%	9%	10%	5%	8%	9% a	15% a	8% a
Somewhat unlikely	(2.0)	297	93	54	19	5	73	98	109	25	25	7	50	116	36	148	93	20	261
		18%	26%	22%	19%	23%	21%	26%	24%	20%	20%	30%	20%	25%	11%	16% a	26% abe	36% abe	20% ab
Very unlikely	(1.0)	1092	211	150	68	12	218	222	265	81	83	13	164	278	245	627	196	24	847
		66%	59%	61%	67%	51%	63%	59%	59%	64%	67%	51%	65%	59%	77% bcde	69% cde	54%	43%	64% cd
Not sure		97	17	14	5	-	19	17	23	6	5	1	10	24	12	47	35	3	85
		6%	5%	6%	5%	-	6%	4%	5%	5%	4%	3%	4%	5%	4%	5%	10% abe	5%	6%
NET: Likely		157	37	28	9	6	38	43	52	14	12	4	26	56	24	84	40	9	132
		10%	10%	12%	9%	26%	11%	11%	12%	11%	9%	15%	10%	12%	8%	9%	11%	16%	10%
NET: Unlikely		1389	303	204	87	17	291	320	374	106	108	20	214	394	281	775	290	43	1108
		85%	85%	83%	85%	74%	84%	84%	83%	84%	87%	81%	85%	83%	88% ce	86% c	79%	79%	84%
Base for stats		1546	341	232	96	23	328	363	426	120	120	24	240	450	305	859	330	52	1241
Mean Score		1.41	1.52	1.50	1.41	1.75	1.47	1.53	1.52	1.47	1.42	1.68	1.45	1.53	1.30	1.38	1.55 abe	1.72 abe	1.44 a
Standard Deviation		.720	.761	.757	.720	.862	.746	.769	.767	.748	.731	.878	.738	.773	.693	.699	.759	.767	.724
Standard Error		.018	.040	.049	.075	.180	.041	.039	.036	.068	.067	.172	.048	.035	.040	.024	.042	.107	.021
Error variance		*	*	*	.01	.03	*	*	*	*	*	.03	*	*	*	*	*	.01	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6F.3. Other indoor sports facilities: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		1619	171	1095	159	314	44	1111	458	53	1259	360	1351	250
Total		1643	174	1121	145	333	45	1128	469	48	1258	385	1393	233
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0)	28	7	11	2	5	1	20	7	1	21	7	21	6
		2%	4%	1%	1%	1%	3%	2%	2%	2%	2%	2%	1%	3%
			b											
Somewhat likely	(3.0)	129	16	94	18	19	6	87	39	3	101	27	109	19
		8%	9%	8%	12%	6%	13%	8%	8%	7%	8%	7%	8%	8%
					bd									
Somewhat unlikely	(2.0)	297	39	218	30	48	9	214	76	11	237	59	258	36
		18%	22%	19%	21%	14%	20%	19%	16%	22%	19%	15%	19%	15%
Very unlikely	(1.0)	1092	107	724	86	249	27	738	327	30	826	267	934	152
		66%	61%	65%	59%	75%	61%	65%	70%	63%	66%	69%	67%	65%
						acd			a					
Not sure		97	6	74	9	13	1	68	20	3	74	24	72	20
		6%	3%	7%	6%	4%	3%	6%	4%	5%	6%	6%	5%	9%
														a
NET: Likely		157	23	105	20	23	7	107	46	4	122	35	130	25
		10%	13%	9%	14%	7%	16%	10%	10%	9%	10%	9%	9%	11%
					b		b							
NET: Unlikely		1389	145	942	116	297	36	952	402	41	1063	326	1192	188
		85%	83%	84%	80%	89%	81%	84%	86%	85%	84%	85%	86%	81%
						ad							b	
Base for stats		1546	168	1047	136	321	43	1059	448	45	1185	361	1322	213
Mean Score		1.41	1.54	1.42	1.53	1.31	1.57	1.42	1.39	1.44	1.42	1.38	1.41	1.43
			b		be		b	b						
Standard Deviation		.720	.832	.699	.780	.648	.845	.723	.714	.722	.721	.716	.709	.776
Standard Error		.018	.065	.022	.064	.037	.129	.022	.034	.102	.021	.039	.020	.051
Error variance		*	*	*	*	*	.02	*	*	.01	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6F.3. Other indoor sports facilities: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

		Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	1619	401	181	247	251	132	149	59	199	630	407	357	866	354	331	450	588	202
Total	1643	420	187	248	251	129	147	60	202	628	409	357	892	354	321	449	614	214
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely (4.0)	28	2	2	6	8	3	1	3	3	18	6	7	11	9	5	8	9	4
	2%	*	1%	3%	3%	2%	*	5%	1%	3%	2%	2%	1%	2%	2%	2%	1%	2%
				a	a	a		abf		a								
Somewhat likely (3.0)	129	16	14	20	20	13	12	5	28	54	45	46	47	31	25	35	52	15
	8%	4%	7%	8%	8%	10%	9%	8%	14%	9%	11%	13%	5%	9%	8%	8%	8%	7%
				a	a	a	a		abdi	a	a	b		b				
Somewhat unlikely (2.0)	297	33	37	61	54	35	27	14	37	150	77	65	147	79	52	95	112	30
	18%	8%	20%	25%	21%	28%	18%	23%	18%	24%	19%	18%	16%	22%	16%	21%	18%	14%
			a	a	a	ahj	a	a	a	a	a			b		d		
Very unlikely (1.0)	1092	344	125	148	152	68	93	35	128	368	256	216	645	211	221	285	405	158
	66%	82%	67%	60%	60%	53%	63%	58%	64%	59%	63%	60%	72%	60%	69%	63%	66%	74%
		bcdefghij	ei								e		ac					bc
Not sure	97	25	9	12	18	9	14	4	6	39	24	23	43	24	18	27	36	7
	6%	6%	5%	5%	7%	7%	10%	6%	3%	6%	6%	6%	5%	7%	6%	6%	6%	3%
							h											
NET: Likely	157	18	16	27	28	17	13	8	31	72	52	53	58	39	30	43	60	20
	10%	4%	8%	11%	11%	13%	9%	13%	15%	11%	13%	15%	7%	11%	9%	10%	10%	9%
			a	a	a	a	a	a	ab	a	a	b		b				
NET: Unlikely	1389	377	162	209	205	103	120	48	165	518	333	281	791	291	273	380	517	187
	85%	90%	87%	84%	82%	80%	81%	81%	82%	82%	81%	79%	89%	82%	85%	85%	84%	88%
		cdefghij											ac					
Base for stats	1546	394	178	236	233	120	133	57	196	589	385	334	850	330	303	423	577	207
Mean Score	1.41	1.18	1.40	1.51	1.51	1.60	1.41	1.58	1.51	1.53	1.49	1.53	1.32	1.51	1.39	1.45	1.42	1.36
			a	a	a	abf	a	a	a	ab	a	b		b				
Standard Deviation	.720	.507	.682	.769	.795	.793	.679	.879	.785	.784	.766	.808	.641	.772	.709	.727	.717	.713
Standard Error	.018	.026	.052	.050	.052	.072	.058	.117	.057	.032	.039	.044	.022	.043	.040	.035	.031	.051
Error variance	*	*	*	*	*	.01	*	.01	*	*	*	*	*	*	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6G. SUMMARY: Did you notice any Covid-19 safety measures that were in place at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Yes	No	Can't remember
Indoor gyms or fitness centres (including fitness classes)	246	206	32	7
	100%	84%	13%	3%
Other indoor sports facilities	153	115	27	12
	100%	75%	18%	8%
Indoor swimming pools	181	135	31	14
	100%	75%	17%	8%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6G.1. Indoor gyms or fitness centres (including fitness classes): Did you notice any Covid-19 safety measures that were in place at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	*c	*a	b	*c	d	*e	*f	g	*h	*i
Unweighted Total	256	162	93	155	89	12	5	46	24	30	23	14	68	28	18
Total	246	153	92	147	86	13	4	39	24	28	21	17	68	27	17
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	206	126	79	120	74	12	2	35	22	18	20	12	60	22	15
	84%	83%	86%	82%	86%	93%	58%	89%	92%	63%	91%	70%	88%	82%	91%
								d					d		
No	32	24	9	24	8	-	2	4	1	9	2	4	7	2	2
	13%	16%	9%	16%	10%	-	42%	11%	4%	33%	9%	22%	10%	7%	9%
										bg					
Can't remember	7	3	5	2	4	1	-	-	1	1	-	1	1	3	-
	3%	2%	5%	2%	5%	7%	-	-	4%	4%	-	8%	1%	11%	-

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6G.1. Indoor gyms or fitness centres (including fitness classes): Did you notice any Covid-19 safety measures that were in place at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	*e	*f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total	256	43	65	59	46	27	16	167	89	166	17	34	27	5	2	85
Total	246	45	66	60	39	22	14	171	75	158	17	32	27	5	2	83
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	206	37	55	48	33	22	12	140	66	136	14	23	23	4	2	67
	84%	81%	84%	80%	84%	96%	90%	82%	89%	86%	84%	72%	86%	78%	100%	80%
No	32	9	7	10	5	1	1	25	8	16	3	8	4	1	-	15
	13%	19%	10%	16%	14%	4%	10%	14%	10%	10%	16%	25%	14%	22%	-	19%
												a				
Can't remember	7	-	4	2	1	-	-	6	1	6	-	1	-	-	-	1
	3%	-	6%	4%	2%	-	-	4%	1%	4%	-	3%	-	-	-	1%

Q6G.1. Indoor gyms or fitness centres (including fitness classes): Did you notice any Covid-19 safety measures that were in place at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	256	111	58	72	130	28	31	108	27	11	8	20	13	4	6	59
Total	246	90	64	80	144	25	31	104	28	10	7	17	13	3	7	56
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	206	76	54	66	120	22	25	87	27	7	6	16	10	2	6	47
	84%	85%	84%	82%	83%	87%	80%	83%	96%	70%	83%	90%	77%	51%	88%	83%
No	32	11	7	13	20	2	6	15	1	2	1	2	2	1	1	9
	13%	12%	10%	16%	14%	10%	20%	14%	4%	20%	17%	10%	13%	19%	12%	15%
Can't remember	7	3	3	1	4	1	-	3	-	1	-	-	1	1	-	1
	3%	3%	5%	1%	3%	3%	-	3%	-	10%	-	-	11%	31%	-	2%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6G.1. Indoor gyms or fitness centres (including fitness classes): Did you notice any Covid-19 safety measures that were in place at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e
Unweighted Total	256	81	62	25	12	87	93	92	53	24	9	77	101	29	117	90	20	227
Total	246	78	62	23	13	85	91	90	51	25	8	75	98	24	111	90	20	221
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	206	67	52	22	7	74	74	81	41	20	6	61	87	19	96	77	14	187
	84%	86%	84%	96%	53%	87%	82%	89%	81%	81%	74%	81%	88%	79%	87%	85%	68%	84%
No	32	10	8	1	6	9	16	8	8	5	2	13	11	4	11	10	6	28
	13%	12%	13%	4%	47%	10%	17%	9%	16%	19%	26%	17%	11%	18%	10%	11%	32%	13%
Can't remember	7	1	2	-	-	2	1	1	2	-	-	2	1	1	3	3	-	6
	3%	1%	3%	-	-	2%	1%	1%	4%	-	-	3%	1%	4%	3%	3%	-	3%

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Q6G.1. Indoor gyms or fitness centres (including fitness classes): Did you notice any Covid-19 safety measures that were in place at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	256	97	121	50	32	27	155	94	9	217	39	212	41
Total	246	98	116	48	30	26	150	90	8	208	37	208	36
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	206	82	99	42	24	13	135	66	7	179	27	179	27
	84%	84%	85%	88%	78%	48%	90%	74%	91%	86%	73%	86%	75%
							e			b			
No	32	14	13	4	7	13	10	21	1	23	9	23	9
	13%	14%	11%	9%	22%	48%	7%	23%	9%	11%	24%	11%	25%
					d			ad			a		a
Can't remember	7	2	4	1	-	1	5	2	-	6	1	6	-
	3%	2%	4%	3%	-	4%	3%	3%	-	3%	3%	3%	-

Savanta:
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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6G.1. Indoor gyms or fitness centres (including fitness classes): Did you notice any Covid-19 safety measures that were in place at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	256	3	14	33	68	42	52	12	32	143	96	149	59	46	44	67	96	48
Total	246	3	12	31	65	40	51	11	31	136	94	144	56	43	41	63	93	48
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	206	1	8	27	53	33	46	9	29	113	84	130	45	31	34	48	80	44
	84%	52%	62%	87%	81%	82%	90%	77%	93%	83%	89%	90% c	80%	73%	82%	76%	87%	91% b
No	32	-	4	3	10	7	3	3	2	21	8	13	8	10	6	14	10	3
	13%	-	29%	10%	16%	18%	6%	23%	7%	15%	9%	9%	15%	22% a	14%	22% cd	10%	7%
Can't remember	7	1	1	1	2	-	2	-	-	3	2	1	3	2	2	1	3	1
	3%	48%	8%	3%	3%	-	4%	-	-	2%	2%	1%	5% a	5%	4%	2%	3%	2%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6G.2. Indoor swimming pools: Did you notice any Covid-19 safety measures that were in place at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	*c	*a	*b	*c	*d	*e	*f	g	*h	*i
Unweighted Total	185	109	76	103	70	12	14	29	12	19	20	11	43	21	16
Total	181	103	78	102	65	14	12	25	12	19	20	14	43	21	16
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	135	77	58	74	49	12	6	20	9	14	19	9	32	15	11
	75%	75%	75%	73%	75%	85%	49%	81%	78%	75%	96%	64%	73%	72%	72%
No	31	19	13	21	10	-	5	4	2	3	1	1	8	5	3
	17%	18%	16%	21%	16%	-	39%	16%	14%	16%	4%	10%	18%	24%	20%
Can't remember	14	7	7	7	6	2	2	1	1	2	-	4	4	1	1
	8%	7%	9%	6%	9%	15%	13%	3%	8%	8%	-	27%	9%	4%	8%

Q6G.2. Indoor swimming pools: Did you notice any Covid-19 safety measures that were in place at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	185	45	44	34	25	17	20	123	62	132	15	22	11	-	-	48
Total	181	45	47	32	23	16	18	124	57	131	14	21	11	-	-	46
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
Yes	135	35	33	23	20	10	14	91	44	98	9	16	10	-	-	35
	75%	76%	72%	72%	88%	64%	76%	73%	78%	75%	65%	75%	94%	-	-	76%
No	31	10	9	5	3	3	2	24	7	21	4	4	1	-	-	9
	17%	22%	20%	15%	12%	16%	11%	19%	13%	16%	30%	18%	6%	-	-	19%
Can't remember	14	1	4	4	-	3	2	9	5	12	1	1	-	-	-	2
	8%	2%	9%	13%	-	19%	13%	7%	9%	9%	6%	6%	-	-	-	5%
				a												

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Q6G.2. Indoor swimming pools: Did you notice any Covid-19 safety measures that were in place at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	185	72	47	51	98	25	25	74	18	9	5	10	8	9	2	50
Total	181	59	53	57	110	26	24	73	18	8	5	9	8	8	3	49
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	135	42	41	44	86	20	16	58	14	5	5	6	5	5	3	35
	75%	71%	78%	78%	78%	76%	68%	79%	80%	55%	100%	70%	59%	55%	100%	72%
No	31	10	8	11	19	2	6	12	3	3	-	2	-	3	-	8
	17%	17%	15%	19%	17%	7%	27%	16%	20%	37%	-	21%	-	34%	-	16%
Can't remember	14	7	3	2	5	4	1	3	-	1	-	1	3	1	-	6
	8%	12%	6%	3%	5%	17%	5%	5%	-	8%	-	8%	41%	11%	-	11%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6G.2. Indoor swimming pools: Did you notice any Covid-19 safety measures that were in place at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e
Unweighted Total	185	54	45	21	8	66	62	57	46	19	5	65	62	20	83	71	11	165
Total	181	53	45	19	8	64	60	57	44	19	4	63	61	17	81	71	12	164
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	135	43	34	13	6	47	48	46	33	15	2	48	48	10	62	56	8	125
	75%	81%	76%	68%	74%	73%	80%	81%	75%	81%	40%	77%	78%	58%	77%	78%	63%	76%
No	31	7	11	4	2	15	9	8	10	3	2	13	10	4	11	12	4	27
	17%	14%	24%	20%	26%	23%	15%	15%	22%	15%	44%	20%	17%	24%	14%	16%	37%	17%
Can't remember	14	3	-	2	-	2	3	3	1	1	1	2	3	3	7	4	-	11
	8%	6%	-	11%	-	3%	5%	5%	3%	4%	16%	3%	5%	18%	9%	6%	-	7%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6G.2. Indoor swimming pools: Did you notice any Covid-19 safety measures that were in place at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	*b	*c	d	e	*f	a	b	a	*b
Unweighted Total	185	87	73	44	26	19	104	76	8	150	35	158	23
Total	181	87	73	43	25	18	104	73	8	148	34	158	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	135	68	57	34	19	13	81	54	7	112	23	122	14
	75%	78%	78%	79%	75%	70%	78%	74%	89%	76%	69%	77%	69%
No	31	16	10	6	5	5	15	15	1	24	8	26	5
	17%	19%	14%	15%	22%	30%	15%	21%	11%	16%	23%	16%	27%
Can't remember	14	3	6	3	1	-	8	4	-	12	3	11	1
	8%	3%	9%	6%	4%	-	7%	5%	-	8%	8%	7%	4%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6G.2. Indoor swimming pools: Did you notice any Covid-19 safety measures that were in place at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	|	Number of days active										|	Amount of activity in the past week compared to previous week			|	Life satisfaction score			
			0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days		NET: More	No more or less	NET: Less		0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%			*a	*b	*c	d	*e	*f	*g	h	i	j		a	b	*c		*a	b	c	d
Unweighted Total	185		7	16	29	45	21	27	10	30	95	67		94	65	25		29	55	59	38
Total	181		6	15	30	45	20	27	10	29	95	65		92	63	24		27	53	60	37
	100%		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%		100%	100%	100%		100%	100%	100%	100%
Yes	135		4	9	23	34	13	20	8	24	70	52		75	43	16		15	36	50	33
	75%		74%	58%	76%	77%	64%	72%	87%	84%	74%	80%		82%	69%	69%		56%	69%	83%	89%
																					b
No	31		1	6	4	5	7	7	-	3	15	10		15	12	5		10	11	7	3
	17%		14%	37%	14%	10%	32%	25%	-	10%	16%	15%		16%	19%	19%		38%	21%	11%	7%
Can't remember	14		1	1	3	6	1	1	1	2	9	4		2	8	3		2	5	3	1
	8%		13%	5%	9%	13%	4%	3%	13%	6%	10%	5%		2%	13%	13%		6%	10%	6%	4%
															a						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6G.3. Other indoor sports facilities: Did you notice any Covid-19 safety measures that were in place at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	*c	*a	*b	*c	*d	*e	*f	g	*h	*i
Unweighted Total	163	117	45	98	48	17	9	21	14	18	22	12	36	17	14
Total	153	109	43	88	44	21	7	18	13	17	20	14	34	18	13
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	115	82	33	66	32	16	5	12	10	13	16	10	26	15	9
	75%	75%	76%	75%	73%	80%	70%	65%	80%	77%	82%	66%	75%	85%	67%
No	27	19	7	15	8	4	1	6	2	3	2	3	5	3	3
	18%	17%	17%	17%	18%	20%	20%	31%	13%	18%	10%	19%	15%	15%	24%
Can't remember	12	8	3	8	4	-	1	1	1	1	2	2	3	-	1
	8%	8%	7%	9%	9%	-	10%	4%	7%	6%	8%	15%	10%	-	10%

Q6G.3. Other indoor sports facilities: Did you notice any Covid-19 safety measures that were in place at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		*a	b	c	d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	163	20	40	38	31	17	17	98	65	101	10	22	19	2	-	53
Total	153	21	40	36	26	14	16	97	56	98	8	20	18	2	-	48
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Yes	115	18	29	28	20	8	12	75	40	75	6	16	11	2	-	34
	75%	86%	73%	76%	79%	54%	71%	77%	71%	77%	74%	78%	59%	100%	-	71%
No	27	2	9	6	2	4	4	17	10	18	2	2	5	-	-	9
	18%	10%	22%	18%	8%	30%	22%	18%	17%	18%	26%	9%	26%	-	-	18%
Can't remember	12	1	2	2	3	2	1	5	7	5	-	3	3	-	-	5
	8%	4%	5%	6%	13%	16%	7%	5%	12%	5%	-	13%	15%	-	-	11%

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Q6G.3. Other indoor sports facilities: Did you notice any Covid-19 safety measures that were in place at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	*b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	163	78	24	38	62	15	17	63	14	13	12	6	10	6	7	32
Total	153	67	26	41	67	14	15	59	13	12	11	5	10	5	9	30
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	115	49	19	35	53	13	13	44	8	9	6	3	8	4	6	25
	75%	73%	71%	84%	79%	88%	82%	75%	66%	77%	58%	68%	75%	79%	73%	85%
No	27	13	6	4	10	1	2	10	3	2	4	2	3	-	2	2
	18%	20%	24%	9%	15%	5%	12%	17%	22%	15%	34%	32%	25%	-	27%	8%
Can't remember	12	5	1	3	4	1	1	5	2	1	1	-	-	1	-	2
	8%	7%	5%	7%	6%	6%	6%	9%	12%	8%	8%	-	-	21%	-	6%

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Q6G.3. Other indoor sports facilities: Did you notice any Covid-19 safety measures that were in place at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	*c	*d	e	f	a	b	*c	*d	e	f	a	b	c	*d	e
Unweighted Total	163	46	31	22	15	53	61	47	32	24	12	56	59	30	61	51	21	133
Total	153	43	30	19	13	49	57	44	30	22	10	52	55	28	57	49	20	126
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	115	37	21	9	12	29	48	36	19	15	7	35	43	19	44	39	13	96
	75%	84%	69%	46%	88%	60%	85%	81%	65%	69%	69%	67%	79%	68%	77%	79%	68%	76%
		e					e											
No	27	4	8	7	1	15	5	5	9	4	2	13	7	6	10	6	5	21
	18%	10%	25%	39%	5%	31%	9%	11%	29%	18%	22%	24%	13%	23%	18%	12%	23%	17%
			f			af			a									
Can't remember	12	3	2	3	1	4	3	3	2	3	1	4	4	2	3	5	2	9
	8%	6%	5%	15%	7%	9%	6%	7%	5%	13%	9%	9%	8%	9%	5%	9%	8%	7%

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Q6G.3. Other indoor sports facilities: Did you notice any Covid-19 safety measures that were in place at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	*b	*c	d	e	*f	a	*b	a	b
Unweighted Total	163	55	68	31	23	25	87	69	3	138	25	121	37
Total	153	54	64	31	20	23	83	65	3	130	23	115	34
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	115	44	46	25	14	20	63	50	3	95	20	91	21
	75%	82%	72%	82%	70%	85%	76%	77%	100%	73%	87%	79% b	60%
No	27	8	12	3	5	3	15	12	-	25	2	16	11
	18%	14%	19%	10%	26%	15%	18%	18%	-	19%	10%	14%	31% a
Can't remember	12	2	6	2	1	-	5	3	-	11	1	7	3
	8%	3%	9%	8%	4%	-	6%	5%	-	8%	3%	6%	8%

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Q6G.3. Other indoor sports facilities: Did you notice any Covid-19 safety measures that were in place at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	d	*e	*f	*g	*h	i	j	a	b	c	a	b	c	*d
Unweighted Total	163	3	21	24	36	28	22	6	23	88	51	71	53	37	39	48	52	20
Total	153	3	20	21	34	25	22	6	22	80	50	69	49	33	35	43	51	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	115	1	12	16	28	17	18	5	18	61	41	59	31	24	26	27	40	18
	75%	43%	59%	76%	81%	70%	78%	88%	81%	76%	81%	85% b	64%	73%	72%	64%	79%	91%
No	27	-	6	4	5	6	4	1	2	14	7	9	10	8	7	10	9	1
	18%	-	32%	17%	13%	23%	18%	12%	10%	17%	14%	13%	21%	23%	19%	24%	18%	5%
Can't remember	12	2	2	1	2	2	1	-	2	5	3	1	7	1	3	5	2	1
	8%	57%	9%	7%	6%	7%	4%	-	9%	7%	6%	1%	15% a	4%	8%	12%	3%	5%

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Q6H. SUMMARY: How did you feel about the Covid-19 safety measures that were in place at this facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Totally inadequate	Somewhat inadequate	About right	Somewhat excessive	Totally excessive	NET: Inadequate	NET: Excessive
Other indoor sports facilities	115	11	31	64	6	3	42	8
	100%	10%	27%	56%	5%	2%	37%	7%
Indoor gyms or fitness centres (including fitness classes)	206	34	43	112	12	6	77	18
	100%	16%	21%	54%	6%	3%	37%	9%
Indoor swimming pools	135	25	24	67	10	9	49	19
	100%	18%	18%	50%	7%	7%	36%	14%

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Q6H.1. Indoor gyms or fitness centres (including fitness classes): How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	*c	*a	b	*c	*d	*e	*f	g	*h	*i
Unweighted Total		215	134	80	128	76	11	3	41	22	20	21	10	59	23	16
Total		206	126	79	120	74	12	2	35	22	18	20	12	60	22	15
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate	(1.0)	34	21	12	23	11	-	1	4	2	2	6	1	16	2	1
		16%	17%	15%	19%	14%	-	37%	10%	8%	10%	32%	11%	26%	7%	7%
Somewhat inadequate	(2.0)	43	28	16	31	11	2	1	4	10	2	3	2	16	2	3
		21%	22%	20%	26%	15%	15%	31%	13%	46%	9%	16%	20%	27%	10%	18%
About right	(3.0)	112	63	48	57	45	9	1	24	7	13	8	7	25	17	10
		54%	50%	61%	47%	61%	78%	32%	70% g	33%	72%	42%	60%	41%	75%	63%
Somewhat excessive	(4.0)	12	10	2	7	4	1	-	2	1	-	2	1	2	2	2
		6%	8%	2%	6%	5%	7%	-	7%	3%	-	10%	10%	3%	8%	12%
Totally excessive	(5.0)	6	5	1	3	3	-	-	-	2	2	-	-	2	-	-
		3%	4%	1%	2%	4%	-	-	-	11%	10%	-	-	3%	-	-
NET: Inadequate		77	49	28	54	22	2	1	8	12	3	9	4	32	4	4
		37%	39%	36%	45% b	29%	15%	68%	23%	53%	18%	48%	31%	53% b	18%	25%
NET: Excessive		18	15	3	10	7	1	-	2	3	2	2	1	4	2	2
		9%	12%	4%	8%	10%	7%	-	7%	14%	10%	10%	10%	6%	8%	12%
Base for stats		206	126	79	120	74	12	2	35	22	18	20	12	60	22	15
Mean Score		2.58	2.60	2.54	2.47	2.70	2.92	1.94	2.74 g	2.64	2.91	2.29	2.68	2.30	2.83	2.80
Standard Deviation		.927	.986	.834	.945	.930	.487	1.134	.746	1.074	.951	1.047	.831	.992	.680	.766
Standard Error		.063	.085	.093	.084	.107	.147	.655	.117	.229	.213	.229	.263	.129	.142	.191
Error variance		*	.01	.01	.01	.01	.02	.43	.01	.05	.05	.05	.07	.02	.02	.04

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Q6H.1. Indoor gyms or fitness centres (including fitness classes): How did you feel about the Covid-19 safety measures that were in place at this facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total		215	35	54	47	39	26	14	136	79	143	14	25	23	4	2	68
Total		206	37	55	48	33	22	12	140	66	136	14	23	23	4	2	67
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate	(1.0)	34	9	11	6	4	4	-	25	8	17	3	5	5	2	1	15
		16%	24%	19%	12%	12%	20%	-	18%	12%	13%	17%	23%	22%	41%	46%	23%
Somewhat inadequate	(2.0)	43	9	10	7	9	5	3	26	17	24	5	6	5	1	1	18
		21%	24%	17%	16%	28%	23%	27%	19%	26%	18%	36%	26%	20%	36%	54%	28%
About right	(3.0)	112	15	32	31	14	11	8	78	33	82	7	12	10	1	-	30
		54%	42%	58%	65%	42%	52%	67%	56%	50%	60%	47%	51%	45%	23%	-	45%
					ad						g						
Somewhat excessive	(4.0)	12	3	1	3	5	-	1	6	5	9	-	-	2	-	-	2
		6%	7%	1%	6%	14%	-	6%	4%	8%	7%	-	-	7%	-	-	3%
						bg											
Totally excessive	(5.0)	6	1	2	1	1	1	-	4	2	4	-	-	1	-	-	1
		3%	2%	4%	2%	3%	5%	-	3%	3%	3%	-	-	6%	-	-	2%
NET: Inadequate		77	18	20	13	13	9	3	51	26	41	8	11	10	3	2	34
		37%	49%	37%	28%	40%	43%	27%	37%	39%	30%	53%	49%	42%	77%	100%	51%
																	a
NET: Excessive		18	3	3	4	6	1	1	10	7	13	-	-	3	-	-	3
		9%	9%	6%	7%	18%	5%	6%	7%	11%	10%	-	-	13%	-	-	5%
Base for stats		206	37	55	48	33	22	12	140	66	136	14	23	23	4	2	67
Mean Score		2.58	2.38	2.54	2.69	2.69	2.47	2.79	2.55	2.64	2.69	2.29	2.28	2.55	1.82	1.54	2.33
											g						
Standard Deviation		.927	1.006	.968	.825	.980	.993	.556	.933	.917	.882	.772	.829	1.109	.913	.649	.930
Standard Error		.063	.170	.132	.120	.157	.195	.149	.080	.103	.074	.206	.166	.231	.456	.459	.113
Error variance		*	.03	.02	.01	.02	.04	.02	.01	.01	.01	.04	.03	.05	.21	.21	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6H.1. Indoor gyms or fitness centres (including fitness classes): How did you feel about the Covid-19 safety measures that were in place at this facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Total	Children aged 15 or under in the household				Current employment status										
			None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total		215	94	49	59	108	24	25	90	26	8	7	18	10	2	5	49
Total		206	76	54	66	120	22	25	87	27	7	6	16	10	2	6	47
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate	(1.0)	34	9	8	16	24	8	6	14	1	1	-	2	1	-	-	14
		16%	12%	14%	24%	20%	36%	26%	16%	5%	12%	-	11%	13%	-	-	31% c
Somewhat inadequate	(2.0)	43	18	12	11	23	1	9	17	4	1	4	2	2	1	2	10
		21%	23%	22%	17%	20%	4%	38%	19%	15%	11%	73%	15%	22%	44%	31%	22%
About right	(3.0)	112	44	29	34	63	11	9	48	18	4	2	11	5	1	4	19
		54%	57%	53%	52%	52%	48%	36%	56%	68%	55%	27%	68%	48%	56%	69%	41%
Somewhat excessive	(4.0)	12	4	5	1	6	2	-	7	1	1	-	1	1	-	-	2
		6%	5%	9%	2%	5%	7%	-	8%	3%	13%	-	6%	9%	-	-	3%
Totally excessive	(5.0)	6	1	1	3	4	1	-	1	2	1	-	-	1	-	-	1
		3%	2%	2%	5%	4%	5%	-	1%	9%	10%	-	-	8%	-	-	2%
NET: Inadequate		77	27	20	27	47	9	16	31	6	2	4	4	4	1	2	25
		37%	35%	36%	41%	39%	41%	64%	36%	21%	22%	73%	26%	35%	44%	31%	53% c
NET: Excessive		18	6	6	5	10	3	-	8	3	2	-	1	2	-	-	3
		9%	7%	11%	7%	9%	12%	-	9%	12%	23%	-	6%	16%	-	-	6%
Base for stats		206	76	54	66	120	22	25	87	27	7	6	16	10	2	6	47
Mean Score		2.58	2.62	2.62	2.47	2.54	2.40	2.09	2.58 k	2.95	2.99	2.27	2.70	2.76	2.56	2.69	2.24
Standard Deviation		.927	.843	.906	1.047	.985	1.203	.796	.894	.878	1.141	.489	.765	1.096	.765	.506	1.010
Standard Error		.063	.087	.129	.136	.095	.246	.159	.094	.172	.403	.185	.180	.347	.541	.226	.144
Error variance		*	.01	.02	.02	.01	.06	.03	.01	.03	.16	.03	.03	.12	.29	.05	.02

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6H.1. Indoor gyms or fitness centres (including fitness classes): How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e
Unweighted Total		215	70	52	24	7	76	77	82	43	20	7	63	89	23	102	76	14	192
Total		206	67	52	22	7	74	74	81	41	20	6	61	87	19	96	77	14	187
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate	(1.0)	34	10	7	3	2	10	13	11	7	5	-	11	11	2	14	14	4	31
		16%	16%	13%	15%	31%	14%	17%	14%	17%	23%	-	19%	13%	13%	15%	18%	26%	17%
Somewhat inadequate	(2.0)	43	13	13	6	3	18	16	16	8	7	2	16	19	4	22	16	1	39
		21%	20%	24%	25%	40%	25%	22%	20%	21%	37%	41%	26%	22%	22%	23%	21%	6%	21%
About right	(3.0)	112	38	29	10	2	39	40	45	23	7	3	31	47	12	51	42	7	100
		54%	56%	57%	44%	30%	53%	53%	55%	57%	37%	47%	50%	55%	61%	53%	54%	52%	53%
Somewhat excessive	(4.0)	12	5	2	2	-	4	5	8	-	1	-	1	8	1	6	4	1	11
		6%	7%	4%	7%	-	5%	6%	9%	-	4%	-	1%	9%	4%	6%	5%	6%	6%
									be					b					
Totally excessive	(5.0)	6	1	1	2	-	3	1	1	2	-	1	2	2	-	3	2	1	6
		3%	2%	2%	9%	-	4%	1%	1%	6%	-	12%	4%	2%	-	3%	2%	10%	3%
NET: Inadequate		77	24	19	9	5	28	29	28	15	12	2	27	30	7	36	30	4	70
		37%	36%	38%	40%	70%	38%	39%	34%	37%	59%	41%	45%	35%	34%	38%	39%	32%	38%
NET: Excessive		18	6	3	4	-	7	6	9	2	1	1	3	9	1	9	5	2	17
		9%	9%	6%	16%	-	9%	8%	11%	6%	4%	12%	5%	11%	4%	9%	7%	16%	9%
Base for stats		206	67	52	22	7	74	74	81	41	20	6	61	87	19	96	77	14	187
Mean Score		2.58	2.59	2.57	2.70	1.99	2.61	2.54	2.64	2.57	2.21	2.83	2.45	2.65	2.58	2.60	2.53	2.68	2.58
Standard Deviation		.927	.893	.846	1.116	.840	.929	.900	.882	.977	.860	1.013	.948	.886	.784	.922	.919	1.241	.942
Standard Error		.063	.107	.117	.228	.317	.107	.103	.097	.149	.192	.383	.119	.094	.163	.091	.105	.332	.068
Error variance		*	.01	.01	.05	.10	.01	.01	.01	.02	.04	.15	.01	.01	.03	.01	.01	.11	*

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6H.1. Indoor gyms or fitness centres (including fitness classes): How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	*b	*c	d	e	*f	a	*b	a	b
Unweighted Total	215	82	102	44	25	13	140	70	8	186	29	183	31
Total	206	82	99	42	24	13	135	66	7	179	27	179	27
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate (1.0)	34	24	7	9	4	8	18	16	2	30	4	33	1
	16%	30%	7%	20%	18%	67%	13%	24%	27%	17%	14%	18%	3%
		b						d				b	
Somewhat inadequate (2.0)	43	23	16	10	7	1	24	18	1	37	6	37	6
	21%	28%	16%	25%	31%	12%	18%	28%	12%	21%	22%	21%	24%
About right (3.0)	112	28	67	18	10	3	83	26	4	97	14	94	17
	54%	34%	68%	44%	43%	22%	62%	40%	49%	54%	52%	53%	63%
			a				ae						
Somewhat excessive (4.0)	12	4	7	2	2	-	7	3	1	8	3	10	2
	6%	4%	7%	6%	8%	-	5%	5%	12%	5%	12%	6%	6%
Totally excessive (5.0)	6	3	2	2	-	-	3	2	-	6	-	5	1
	3%	3%	2%	5%	-	-	2%	3%	-	3%	-	3%	4%
NET: Inadequate	77	47	22	19	12	10	42	34	3	67	10	70	7
	37%	58%	23%	45%	49%	78%	31%	52%	39%	38%	36%	39%	27%
		b						d					
NET: Excessive	18	7	9	5	2	-	10	6	1	14	3	15	3
	9%	8%	10%	11%	8%	-	8%	8%	12%	8%	12%	8%	10%
Base for stats	206	82	99	42	24	13	135	66	7	179	27	179	27
Mean Score	2.58	2.24	2.82	2.50	2.40	1.55	2.66	2.35	2.47	2.57	2.62	2.54	2.84
			a				e						
Standard Deviation	.927	1.045	.758	1.049	.891	.858	.857	1.009	1.092	.935	.883	.947	.757
Standard Error	.063	.115	.075	.158	.178	.238	.072	.121	.386	.069	.164	.070	.136
Error variance	*	.01	.01	.03	.03	.06	.01	.01	.15	*	.03	*	.02

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Q6H.1. Indoor gyms or fitness centres (including fitness classes): How did you feel about the Covid-19 safety measures that were in place at this facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
			0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%			*a	*b	*c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total		215	2	9	29	55	34	47	9	30	118	86	134	47	34	36	51	83	44
Total		206	1	8	27	53	33	46	9	29	113	84	130	45	31	34	48	80	44
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate	(1.0)	34	-	2	4	8	3	5	2	9	16	16	21	6	7	7	3	10	13
		16%	-	21%	15%	15%	10%	11%	26%	31% efi	14%	20%	16%	13%	21%	20%	7%	13%	31% bc
Somewhat inadequate	(2.0)	43	-	2	5	15	9	10	1	2	29	13	25	11	7	11	12	17	3
		21%	-	20%	19%	29% h	26%	21%	11%	8%	26% h	15%	19%	25%	23%	33% d	25% d	21%	8%
About right	(3.0)	112	1	5	17	25	18	24	5	15	61	45	73	24	14	13	30	46	22
		54%	100%	59%	63%	48%	55%	52%	63%	53%	54%	54%	56%	54%	46%	39%	62% a	57%	51%
Somewhat excessive	(4.0)	12	-	-	1	3	2	4	-	2	6	6	7	2	2	2	3	6	2
		6%	-	-	3%	6%	6%	8%	-	7%	5%	7%	6%	4%	7%	5%	6%	7%	4%
Totally excessive	(5.0)	6	-	-	-	1	1	4	-	-	2	4	3	2	1	1	-	2	3
		3%	-	-	-	2%	2%	9% i	-	-	2%	5%	3%	4%	2%	3%	-	2%	7%
NET: Inadequate		77	-	3	9	23	12	15	3	11	44	29	46	17	14	18	15	27	17
		37%	-	41%	34%	44%	37%	32%	37%	39%	39%	35%	36%	38%	44%	53%	32%	34%	39%
NET: Excessive		18	-	-	1	4	3	8	-	2	8	10	11	4	3	3	3	7	5
		9%	-	-	3%	8%	8%	16%	-	7%	7%	12%	8%	8%	10%	8%	6%	9%	11%
Base for stats		206	1	8	27	53	33	46	9	29	113	84	130	45	31	34	48	80	44
Mean Score		2.58	3.00	2.38	2.55	2.51	2.63	2.82	2.37	2.36	2.56	2.62	2.59	2.61	2.47	2.39	2.67	2.65	2.49
Standard Deviation		.927	-	.866	.799	.902	.846	1.034	.921	1.019	.856	1.032	.920	.908	1.001	.975	.694	.877	1.178
Standard Error		.063	-	.289	.148	.122	.145	.151	.307	.186	.079	.111	.080	.132	.172	.162	.097	.096	.178
Error variance		*	-	.08	.02	.01	.02	.02	.09	.03	.01	.01	.01	.02	.03	.03	.01	.01	.03

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6H.2. Indoor swimming pools: How did you feel about the Covid-19 safety measures that were in place at this facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	*c	*a	*b	*c	*d	*e	*f	g	*h	*i
Unweighted Total		137	81	56	75	52	10	7	23	9	14	19	7	31	15	12
Total		135	77	58	74	49	12	6	20	9	14	19	9	32	15	11
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate	(1.0)	25	17	7	17	6	1	1	1	1	4	3	2	9	2	2
		18%	22%	13%	24%	13%	9%	13%	4%	13%	31%	14%	29%	28%	13%	14%
Somewhat inadequate	(2.0)	24	14	10	18	6	-	2	3	1	2	2	1	8	2	3
		18%	18%	17%	24%	13%	-	41%	13%	11%	13%	9%	14%	25%	16%	24%
About right	(3.0)	67	36	32	28	28	11	3	14	6	6	14	1	10	7	5
		50%	46%	54%	38%	58% a	91%	45%	68%	65%	43%	77%	15%	32%	50%	47%
Somewhat excessive	(4.0)	10	6	4	5	5	-	-	2	-	-	-	2	3	1	2
		7%	8%	7%	6%	11%	-	-	9%	-	-	-	29%	9%	7%	15%
Totally excessive	(5.0)	9	4	5	6	3	-	-	1	1	2	-	1	2	2	-
		7%	5%	9%	8%	6%	-	-	6%	11%	13%	-	13%	6%	14%	-
NET: Inadequate		49	32	17	35	12	1	3	3	2	6	4	4	17	4	4
		36%	41%	30%	48% b	25%	9%	55%	17%	24%	45%	23%	43%	53%	29%	38%
NET: Excessive		19	10	9	11	8	-	-	3	1	2	-	4	5	3	2
		14%	13%	16%	14%	17%	-	-	15%	11%	13%	-	41%	15%	20%	15%
Base for stats		135	77	58	74	49	12	6	20	9	14	19	9	32	15	11
Mean Score		2.66	2.54	2.83	2.51	2.86	2.81	2.32	3.01	2.85	2.50	2.63	2.82	2.40	2.91	2.63
Standard Deviation		1.072	1.077	1.053	1.163	.994	.611	.765	.805	1.089	1.331	.738	1.526	1.177	1.178	.939
Standard Error		.092	.120	.141	.134	.138	.193	.289	.168	.363	.356	.169	.577	.211	.304	.271
Error variance		.01	.01	.02	.02	.02	.04	.08	.03	.13	.13	.03	.33	.04	.09	.07

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6H.2. Indoor swimming pools: How did you feel about the Covid-19 safety measures that were in place at this facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	*c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total		137	33	32	24	22	11	15	89	48	99	9	17	10	-	-	36
Total		135	35	33	23	20	10	14	91	44	98	9	16	10	-	-	35
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
Totally inadequate	(1.0)	25	7	6	4	4	4	-	17	7	14	2	5	2	-	-	10
		18%	21%	17%	19%	18%	37%	-	19%	17%	14%	25%	34%	21%	-	-	28%
Somewhat inadequate	(2.0)	24	8	7	4	3	2	1	19	5	15	4	2	3	-	-	9
		18%	22%	21%	17%	14%	19%	4%	21%	12%	15%	42%	12%	31%	-	-	25%
About right	(3.0)	67	14	16	14	8	3	12	44	24	53	2	8	4	-	-	14
		50%	41%	47%	59%	40%	33%	88%	48%	54%	54%	24%	49%	37%	-	-	39%
Somewhat excessive	(4.0)	10	3	1	-	5	-	1	4	6	8	-	1	1	-	-	2
		7%	9%	3%	-	23%	-	7%	5%	13%	8%	-	5%	10%	-	-	5%
Totally excessive	(5.0)	9	2	4	1	1	1	-	7	2	8	1	-	-	-	-	1
		7%	6%	11%	5%	5%	11%	-	8%	5%	8%	9%	-	-	-	-	2%
NET: Inadequate		49	15	13	8	7	6	1	36	13	29	6	7	5	-	-	19
		36%	44%	38%	36%	32%	56%	4%	40%	29%	30%	66%	46%	53%	-	-	53%
																	a
NET: Excessive		19	5	5	1	6	1	1	11	8	16	1	1	1	-	-	3
		14%	15%	15%	5%	28%	11%	7%	12%	18%	17%	9%	5%	10%	-	-	8%
Base for stats		135	35	33	23	20	10	14	91	44	98	9	16	10	-	-	35
Mean Score		2.66	2.56	2.71	2.56	2.83	2.28	3.03	2.61	2.77	2.81	2.27	2.25	2.36	-	-	2.29
											g						
Standard Deviation		1.072	1.116	1.152	.988	1.156	1.326	.351	1.090	1.040	1.059	1.183	1.022	.973	-	-	1.023
Standard Error		.092	.194	.204	.202	.247	.400	.091	.115	.150	.106	.394	.248	.308	-	-	.170
Error variance		.01	.04	.04	.04	.06	.16	.01	.01	.02	.01	.16	.06	.09	-	-	.03

Savanta:
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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6H.2. Indoor swimming pools: How did you feel about the Covid-19 safety measures that were in place at this facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	137	51	37	40	77	19	18	57	14	5	5	7	5	5	2	37
Total	135	42	41	44	86	20	16	58	14	5	5	6	5	5	3	35
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate (1.0)	25	8	6	7	13	5	4	8	2	1	3	-	1	-	-	9
	18%	19%	14%	16%	15%	25%	27%	13%	17%	17%	66%	-	28%	-	-	26%
Somewhat inadequate (2.0)	24	11	6	7	14	4	4	7	3	2	-	2	1	1	-	9
	18%	25%	16%	16%	16%	22%	27%	12%	21%	36%	-	29%	26%	13%	-	24%
About right (3.0)	67	19	22	23	45	7	4	35	6	2	1	4	2	4	3	10
	50%	44%	55%	51%	53%	34%	23%	60%	45%	47%	12%	71%	46%	87%	100%	29%
								k								
Somewhat excessive (4.0)	10	1	4	4	8	3	3	4	-	-	-	-	-	-	-	6
	7%	3%	11%	9%	10%	16%	18%	7%	-	-	-	-	-	-	-	17%
Totally excessive (5.0)	9	4	2	3	6	1	1	4	2	-	1	-	-	-	-	2
	7%	8%	6%	7%	7%	4%	5%	7%	16%	-	22%	-	-	-	-	5%
NET: Inadequate	49	19	12	14	26	9	9	15	6	2	3	2	3	1	-	18
	36%	44%	29%	32%	31%	46%	54%	26%	39%	53%	66%	29%	54%	13%	-	50%
																c
NET: Excessive	19	5	7	7	14	4	4	8	2	-	1	-	-	-	-	8
	14%	12%	16%	17%	16%	20%	23%	14%	16%	-	22%	-	-	-	-	21%
Base for stats	135	42	41	44	86	20	16	58	14	5	5	6	5	5	3	35
Mean Score	2.66	2.57	2.79	2.76	2.77	2.53	2.48	2.82	2.76	2.29	2.12	2.71	2.18	2.87	3.00	2.51
Standard Deviation	1.072	1.111	1.005	1.075	1.036	1.172	1.250	.999	1.265	.843	1.847	.496	.946	.384	*	1.190
Standard Error	.092	.156	.165	.170	.118	.269	.295	.132	.338	.377	.826	.188	.423	.172	*	.196
Error variance	.01	.02	.03	.03	.01	.07	.09	.02	.11	.14	.68	.04	.18	.03	*	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6H.2. Indoor swimming pools: How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e
Unweighted Total		137	43	34	14	6	48	49	45	35	15	2	50	47	11	64	55	7	126
Total		135	43	34	13	6	47	48	46	33	15	2	48	48	10	62	56	8	125
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate	(1.0)	25	5	3	7	3	10	8	8	5	5	-	10	8	1	11	11	1	24
		18%	13%	10%	51%	52%	22%	17%	18%	16%	33%	-	21%	17%	8%	18%	21%	17%	19%
Somewhat inadequate	(2.0)	24	4	8	3	-	12	4	4	6	5	-	11	4	2	10	11	1	22
		18%	9%	24%	26%	-	25%	8%	9%	19%	32%	-	23%	9%	17%	16%	20%	11%	18%
				f			af												
About right	(3.0)	67	28	15	2	2	17	30	25	17	4	1	21	26	5	33	25	4	62
		50%	65%	44%	15%	33%	35%	61%	53%	51%	29%	52%	44%	53%	52%	53%	45%	58%	50%
			e					e											
Somewhat excessive	(4.0)	10	3	4	-	-	4	3	5	1	1	-	2	5	1	3	4	1	8
		7%	7%	12%	-	-	8%	6%	10%	3%	7%	-	4%	10%	14%	5%	8%	14%	7%
Totally excessive	(5.0)	9	3	4	1	1	5	4	4	3	-	1	3	5	1	5	3	-	8
		7%	7%	10%	8%	15%	10%	8%	9%	10%	-	48%	7%	10%	9%	8%	6%	-	7%
NET: Inadequate		49	9	12	10	3	22	12	13	12	10	-	21	13	3	21	23	2	46
		36%	21%	35%	77%	52%	47%	25%	27%	35%	65%	-	44%	26%	26%	35%	41%	28%	37%
							af												
NET: Excessive		19	6	7	1	1	9	7	9	4	1	1	5	10	2	8	8	1	17
		14%	14%	22%	8%	15%	18%	14%	19%	13%	7%	48%	11%	20%	23%	13%	14%	14%	13%
Base for stats		135	43	34	13	6	47	48	46	33	15	2	48	48	10	62	56	8	125
Mean Score		2.66	2.86	2.88	1.88	2.26	2.59	2.79	2.83	2.72	2.09	3.97	2.52	2.87	2.98	2.68	2.58	2.68	2.64
Standard Deviation		1.072	.965	1.096	1.221	1.610	1.208	1.057	1.128	1.112	.970	1.507	1.099	1.145	1.045	1.082	1.093	.985	1.074
Standard Error		.092	.147	.188	.326	.657	.174	.151	.168	.188	.251	1.065	.155	.167	.315	.135	.147	.372	.096
Error variance		.01	.02	.04	.11	.43	.03	.02	.03	.04	.06	1.14	.02	.03	.10	.02	.02	.14	.01

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Q6H.2. Indoor swimming pools: How did you feel about the Covid-19 safety measures that were in place at this facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	*b	*c	d	e	*f	a	*b	a	*b
Unweighted Total	137	69	56	34	19	13	81	55	7	113	24	122	15
Total	135	68	57	34	19	13	81	54	7	112	23	122	14
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate (1.0)	25	16	8	6	5	2	12	13	-	22	3	22	2
	18%	23%	14%	19%	25%	12%	15%	24%	-	19%	13%	18%	17%
Somewhat inadequate (2.0)	24	14	8	7	5	5	9	14	2	17	7	22	2
	18%	21%	15%	22%	28%	39%	11%	26%	26%	15%	32%	18%	15%
								d					
About right (3.0)	67	27	35	12	7	2	50	17	3	57	11	59	8
	50%	39%	62%	35%	37%	13%	62%	32%	46%	50%	47%	49%	61%
			a				ae						
Somewhat excessive (4.0)	10	7	1	5	2	3	5	5	2	8	2	10	-
	7%	11%	2%	15%	10%	26%	6%	9%	27%	7%	8%	8%	-
Totally excessive (5.0)	9	4	4	3	-	1	5	4	-	9	-	8	1
	7%	6%	7%	9%	-	10%	6%	8%	-	8%	-	7%	7%
NET: Inadequate	49	30	16	14	10	7	21	27	2	38	10	44	4
	36%	44%	29%	41%	53%	51%	26%	50%	26%	34%	45%	37%	32%
								d					
NET: Excessive	19	11	5	8	2	5	10	9	2	17	2	18	1
	14%	17%	9%	24%	10%	36%	12%	17%	27%	15%	8%	15%	7%
Base for stats	135	68	57	34	19	13	81	54	7	112	23	122	14
Mean Score	2.66	2.56	2.73	2.73	2.33	2.82	2.77	2.52	3.01	2.70	2.49	2.66	2.66
Standard Deviation	1.072	1.146	.988	1.214	.989	1.278	.980	1.196	.793	1.115	.832	1.079	1.044
Standard Error	.092	.138	.132	.208	.227	.354	.109	.161	.300	.105	.170	.098	.270
Error variance	.01	.02	.02	.04	.05	.13	.01	.03	.09	.01	.03	.01	.07

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6H.2. Indoor swimming pools: How did you feel about the Covid-19 safety measures that were in place at this facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	d	*e	*f	*g	*h	i	j	a	b	*c	*a	b	c	d
Unweighted Total	137	5	9	22	35	13	19	9	25	70	53	76	44	17	16	38	49	33
Total	135	4	9	23	34	13	20	8	24	70	52	75	43	16	15	36	50	33
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate (1.0)	25	1	-	4	4	2	4	3	7	10	14	18	3	4	3	7	5	9
	18%	21%	-	18%	12%	15%	22%	33%	28%	14%	26%	24% b	7%	23%	19%	20%	11%	28% c
Somewhat inadequate (2.0)	24	-	2	6	6	4	5	1	1	15	8	17	5	2	4	7	9	5
	18%	-	18%	25%	17%	27%	27%	16%	4%	21%	14%	23%	11%	13%	26%	18%	18%	14%
About right (3.0)	67	3	7	10	18	6	6	3	15	34	24	30	28	10	5	19	29	14
	50%	79%	75%	42%	51%	50%	31%	38%	61%	48%	46%	39%	64% a	60%	34%	52%	57%	41%
Somewhat excessive (4.0)	10	-	1	-	4	1	2	1	1	5	4	8	1	1	-	2	6	3
	7%	-	7%	-	12%	8%	11%	14%	3%	7%	8%	11%	3%	4%	-	4%	11%	8%
Totally excessive (5.0)	9	-	-	4	3	-	2	-	1	6	3	3	6	-	3	2	1	3
	7%	-	-	16%	8%	-	9%	-	4%	9%	5%	4%	14% a	-	21%	5%	2%	9%
NET: Inadequate	49	1	2	10	10	6	10	4	8	25	21	35	8	6	7	14	14	14
	36%	21%	18%	42%	29%	42%	49%	49%	32%	36%	41%	46% b	19%	37%	45%	38%	29%	42%
NET: Excessive	19	-	1	4	7	1	4	1	2	11	7	11	7	1	3	3	7	6
	14%	-	7%	16%	20%	8%	20%	14%	8%	16%	13%	15%	17%	4%	21%	10%	14%	17%
Base for stats	135	4	9	23	34	13	20	8	24	70	52	75	43	16	15	36	50	33
Mean Score	2.66	2.59	2.89	2.71	2.87	2.50	2.58	2.32	2.53	2.75	2.51	2.49	3.06 a	2.44	2.78	2.57	2.76	2.56
Standard Deviation	1.072	.925	.520	1.250	1.049	.880	1.241	1.142	1.084	1.085	1.135	1.088	1.011	.918	1.402	1.037	.884	1.242
Standard Error	.092	.414	.173	.266	.177	.244	.285	.381	.217	.130	.156	.125	.152	.223	.350	.168	.126	.216
Error variance	.01	.17	.03	.07	.03	.06	.08	.15	.05	.02	.02	.02	.02	.05	.12	.03	.02	.05

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6H.3. Other indoor sports facilities: How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total		121	88	33	72	35	14	6	14	11	13	18	8	26	15	10
Total		115	82	33	66	32	16	5	12	10	13	16	10	26	15	9
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate	(1.0)	11	10	1	8	1	1	-	1	-	1	1	1	4	2	1
		10%	12%	4%	13%	5%	8%	-	7%	-	8%	9%	14%	14%	12%	17%
Somewhat inadequate	(2.0)	31	19	12	17	13	1	3	3	1	7	4	2	8	2	1
		27%	23%	36%	26%	39%	7%	52%	28%	9%	52%	28%	23%	31%	13%	9%
About right	(3.0)	64	45	19	36	15	14	2	6	8	4	8	6	12	10	7
		56%	55%	57%	54%	45%	84%	48%	53%	80%	32%	53%	63%	48%	67%	74%
Somewhat excessive	(4.0)	6	5	1	2	3	-	-	1	-	1	1	-	1	1	-
		5%	6%	3%	3%	11%	-	-	12%	-	8%	7%	-	4%	7%	-
Totally excessive	(5.0)	3	3	-	3	-	-	-	-	1	-	1	-	1	-	-
		2%	3%	-	4%	-	-	-	-	11%	-	4%	-	3%	-	-
NET: Inadequate		42	29	13	25	14	3	3	4	1	8	6	4	12	4	2
		37%	36%	39%	39%	44%	16%	52%	35%	9%	60%	36%	37%	45%	25%	26%
NET: Excessive		8	7	1	5	3	-	-	1	1	1	2	-	2	1	-
		7%	9%	3%	7%	11%	-	-	12%	11%	8%	11%	-	7%	7%	-
Base for stats		115	82	33	66	32	16	5	12	10	13	16	10	26	15	9
Mean Score		2.63	2.64	2.60	2.60	2.62	2.76	2.48	2.71	3.14	2.39	2.70	2.49	2.52	2.70	2.58
Standard Deviation		.821	.890	.625	.903	.746	.613	.557	.800	.761	.773	.911	.769	.906	.805	.806
Standard Error		.075	.095	.109	.106	.126	.164	.228	.214	.229	.214	.215	.272	.178	.208	.255
Error variance		.01	.01	.01	.01	.02	.03	.05	.05	.05	.05	.05	.07	.03	.04	.07

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6H.3. Other indoor sports facilities: How did you feel about the Covid-19 safety measures that were in place at this facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
									Social Grade					Ethnicity			
Significance Level: 95%			*a	*b	*c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total		121	17	29	29	25	9	12	75	46	78	7	17	11	2	-	37
Total		115	18	29	28	20	8	12	75	40	75	6	16	11	2	-	34
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Totally inadequate	(1.0)	11	3	2	4	1	-	1	10	2	6	1	2	1	-	-	5
		10%	18%	6%	16%	3%	-	9%	13%	4%	8%	24%	15%	12%	-	-	15%
Somewhat inadequate	(2.0)	31	9	11	5	3	1	3	24	7	16	2	7	4	2	-	14
		27%	49%	36%	17%	14%	13%	25%	32%	17%	21%	29%	45%	35%	100%	-	42%
																	a
About right	(3.0)	64	5	16	16	15	6	7	37	27	50	2	6	4	-	-	11
		56%	28%	54%	60%	72%	73%	56%	50%	68%	66%	35%	35%	35%	-	-	33%
											g						
Somewhat excessive	(4.0)	6	-	1	2	1	1	-	3	3	4	-	1	-	-	-	1
		5%	-	4%	7%	7%	15%	-	4%	6%	5%	-	5%	-	-	-	2%
Totally excessive	(5.0)	3	1	-	-	1	-	1	1	2	-	1	-	2	-	-	3
		2%	4%	-	-	3%	-	10%	1%	5%	-	13%	-	17%	-	-	8%
																	a
NET: Inadequate		42	12	12	9	4	1	4	34	8	22	3	9	5	2	-	19
		37%	68%	42%	33%	17%	13%	34%	45%	21%	29%	53%	60%	48%	100%	-	57%
									h								a
NET: Excessive		8	1	1	2	2	1	1	4	4	4	1	1	2	-	-	3
		7%	4%	4%	7%	10%	15%	10%	5%	11%	5%	13%	5%	17%	-	-	10%
Base for stats		115	18	29	28	20	8	12	75	40	75	6	16	11	2	-	34
Mean Score		2.63	2.22	2.55	2.59	2.93	3.02	2.77	2.48	2.90	2.68	2.49	2.31	2.74	2.00	-	2.46
										g							
Standard Deviation		.821	.918	.684	.857	.710	.558	1.017	.813	.775	.701	1.341	.811	1.275	-	-	1.043
Standard Error		.075	.223	.127	.159	.142	.186	.294	.094	.114	.079	.507	.197	.385	-	-	.171
Error variance		.01	.05	.02	.03	.02	.03	.09	.01	.01	.01	.26	.04	.15	-	-	.03

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6H.3. Other indoor sports facilities: How did you feel about the Covid-19 safety measures that were in place at this facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	*b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	121	57	17	32	49	13	14	47	9	10	7	4	7	5	5	27
Total	115	49	19	35	53	13	13	44	8	9	6	3	8	4	6	25
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate (1.0)	11	5	2	3	5	-	1	6	-	1	-	-	1	2	-	1
	10%	11%	12%	7%	9%	-	12%	13%	-	9%	-	-	18%	41%	-	6%
Somewhat inadequate (2.0)	31	11	3	13	16	3	5	11	1	3	3	2	2	-	-	8
	27%	23%	17%	38%	31%	20%	43%	26%	12%	36%	49%	51%	31%	-	-	32%
About right (3.0)	64	31	12	14	26	7	5	24	7	5	3	2	3	3	6	12
	56%	62%	65%	40%	49%	56%	38%	54%	88%	55%	42%	49%	36%	59%	100%	47%
		c														
Somewhat excessive (4.0)	6	1	1	4	5	2	1	2	-	-	1	-	-	-	-	3
	5%	1%	6%	11%	10%	18%	6%	5%	-	-	10%	-	-	-	-	12%
				a												
Totally excessive (5.0)	3	1	-	1	1	1	-	1	-	-	-	-	1	-	-	1
	2%	3%	-	3%	2%	6%	-	2%	-	-	-	-	15%	-	-	3%
NET: Inadequate	42	17	5	16	21	3	7	17	1	4	3	2	4	2	-	9
	37%	34%	29%	46%	40%	20%	55%	39%	12%	45%	49%	51%	49%	41%	-	38%
NET: Excessive	8	2	1	5	6	3	1	3	-	-	1	-	1	-	-	4
	7%	4%	6%	15%	12%	24%	6%	6%	-	-	10%	-	15%	-	-	15%
Base for stats	115	49	19	35	53	13	13	44	8	9	6	3	8	4	6	25
Mean Score	2.63	2.63	2.66	2.65	2.65	3.10	2.40	2.55	2.88	2.47	2.61	2.49	2.63	2.18	3.00	2.75
Standard Deviation	.821	.815	.779	.910	.859	.817	.809	.849	.352	.687	.719	.596	1.314	1.122	-	.872
Standard Error	.075	.108	.189	.161	.123	.227	.216	.124	.117	.217	.272	.298	.497	.502	-	.168
Error variance	.01	.01	.04	.03	.02	.05	.05	.02	.01	.05	.07	.09	.25	.25	-	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6H.3. Other indoor sports facilities: How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Total	Nature of working location — I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	Nature of working hours — I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Number of people in household including self — Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	*b	*c	*d	e	f	a	*b	*c	*d	e	f	*a	b	c	*d	e
Unweighted Total		121	39	22	10	13	32	52	38	21	17	8	38	46	20	47	40	14	101
Total		115	37	21	9	12	29	48	36	19	15	7	35	43	19	44	39	13	96
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate	(1.0)	11	2	4	-	2	4	4	1	3	3	1	6	2	-	5	5	1	11
		10%	5%	20%	-	17%	14%	8%	3%	18%	19%	11%	18% a	5%	-	13%	12%	10%	12%
Somewhat inadequate	(2.0)	31	7	8	6	4	14	10	9	9	3	3	12	12	5	10	12	4	26
		27%	19%	39%	65%	30%	47% af	22%	25%	45%	21%	45%	35%	28%	26%	23%	31%	30%	27%
About right	(3.0)	64	26	6	3	6	9	32	22	7	9	3	16	25	13	25	19	7	51
		56%	71% e	29%	35%	52%	31%	66% e	62%	34%	60%	45%	46%	59%	70%	56%	50%	52%	53%
Somewhat excessive	(4.0)	6	1	2	-	-	2	1	3	1	-	-	1	3	-	3	3	-	6
		5%	3%	12%	-	-	8%	2%	8%	3%	-	-	2%	7%	-	6%	7%	-	6%
Totally excessive	(5.0)	3	1	-	-	-	-	1	1	-	-	-	-	1	1	1	-	1	2
		2%	2%	-	-	-	-	1%	2%	-	-	-	-	2%	4%	2%	-	9%	2%
NET: Inadequate		42	9	12	6	6	18	14	10	12	6	4	18	14	5	15	17	5	37
		37%	24%	59%	65%	48%	61% af	30%	29%	63%	40%	55%	53% a	33%	26%	35%	43%	40%	39%
NET: Excessive		8	2	2	-	-	2	2	4	1	-	-	1	4	1	4	3	1	8
		7%	5%	12%	-	-	8%	4%	10%	3%	-	-	2%	8%	4%	8%	7%	9%	8%
Base for stats		115	37	21	9	12	29	48	36	19	15	7	35	43	19	44	39	13	96
Mean Score		2.63	2.77 e	2.32	2.35	2.35	2.33	2.67	2.80 e	2.23	2.42	2.34	2.31	2.72 e	2.81	2.62	2.53	2.68	2.59
Standard Deviation		.821	.687	.947	.508	.794	.829	.728	.718	.789	.810	.713	.792	.729	.629	.859	.804	1.006	.851
Standard Error		.075	.110	.202	.160	.220	.147	.101	.117	.172	.197	.252	.129	.108	.141	.125	.127	.269	.085
Error variance		.01	.01	.04	.03	.05	.02	.01	.01	.03	.04	.06	.02	.01	.02	.02	.02	.07	.01

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Q6H.3. Other indoor sports facilities: How did you feel about the Covid-19 safety measures that were in place at this facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	*a	*b	*c	d	e	*f	a	*b	a	*b
Unweighted Total	121	44	50	26	16	21	65	53	3	100	21	96	22
Total	115	44	46	25	14	20	63	50	3	95	20	91	21
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate (1.0)	11	8	3	2	5	3	2	9	1	10	1	10	1
	10%	18%	7%	8%	35%	17%	4%	18%	29%	11%	7%	11%	4%
								d					
Somewhat inadequate (2.0)	31	14	11	7	4	8	12	18	-	22	9	27	4
	27%	31%	24%	29%	28%	41%	20%	35%	-	23%	43%	29%	21%
About right (3.0)	64	19	29	12	3	5	44	19	-	56	8	50	14
	56%	42%	62%	49%	23%	26%	70%	37%	-	59%	41%	54%	66%
							e						
Somewhat excessive (4.0)	6	3	2	2	2	3	3	3	2	4	2	5	-
	5%	7%	4%	8%	14%	16%	4%	6%	71%	4%	9%	5%	-
Totally excessive (5.0)	3	1	1	1	-	-	1	1	-	3	-	1	2
	2%	2%	2%	6%	-	-	2%	3%	-	3%	-	1%	9%
NET: Inadequate	42	22	14	10	9	11	15	26	1	32	10	36	5
	37%	49%	31%	38%	63%	58%	24%	53%	29%	34%	50%	40%	24%
								d					
NET: Excessive	8	4	3	3	2	3	4	5	2	7	2	5	2
	7%	9%	7%	13%	14%	16%	6%	9%	71%	7%	9%	6%	9%
Base for stats	115	44	46	25	14	20	63	50	3	95	20	91	21
Mean Score	2.63	2.43	2.71	2.73	2.15	2.40	2.80	2.41	3.13	2.65	2.51	2.56	2.90
							e						
Standard Deviation	.821	.930	.776	.947	1.092	.973	.660	.960	1.711	.833	.768	.784	.868
Standard Error	.075	.140	.110	.186	.273	.212	.082	.132	.988	.083	.168	.080	.185
Error variance	.01	.02	.01	.03	.07	.05	.01	.02	.98	.01	.03	.01	.03

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6H.3. Other indoor sports facilities: How did you feel about the Covid-19 safety measures that were in place at this facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

						Number of days active							Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	a	b	*c	*a	b	c	*d
Unweighted Total	121	1	12	18	29	19	18	5	19	66	42	60	35	26	28	31	41	18
Total	115	1	12	16	28	17	18	5	18	61	41	59	31	24	26	27	40	18
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate (1.0)	11	-	2	1	2	3	-	-	3	6	3	7	2	3	3	5	-	1
	10%	-	19%	5%	8%	19%	-	-	16%	10%	7%	11%	7%	11%	13%	19% c	-	7%
Somewhat inadequate (2.0)	31	1	2	5	4	4	6	2	6	13	14	14	8	8	10	7	11	2
	27%	100%	19%	33%	14%	25%	32%	46%	34%	22%	34%	24%	27%	33%	39%	24%	28%	11%
About right (3.0)	64	-	7	8	18	10	12	1	8	36	21	35	18	12	11	12	27	13
	56%	-	62%	48%	66%	56%	68%	21%	46%	58%	52%	58%	58%	48%	42%	45%	68%	71%
Somewhat excessive (4.0)	6	-	-	1	2	-	-	2	1	3	3	3	3	-	-	2	2	2
	5%	-	-	7%	7%	-	-	33%	5%	5%	6%	5%	8%	-	-	8%	4%	11%
Totally excessive (5.0)	3	-	-	1	1	-	-	-	-	3	-	1	-	2	1	1	-	-
	2%	-	-	7%	5%	-	-	-	-	4%	-	1%	-	8%	6%	4%	-	-
NET: Inadequate	42	1	5	6	6	8	6	2	9	20	17	21	11	11	13	12	11	3
	37%	100%	38%	38%	21%	44%	32%	46%	50%	32%	41%	35%	34%	44%	52%	43%	28%	19%
NET: Excessive	8	-	-	2	4	-	-	2	1	6	3	4	3	2	1	3	2	2
	7%	-	-	14%	13%	-	-	33%	5%	9%	6%	6%	8%	8%	6%	12%	4%	11%
Base for stats	115	1	12	16	28	17	18	5	18	61	41	59	31	24	26	27	40	18
Mean Score	2.63	2.00	2.42	2.79	2.89	2.37	2.68	2.87	2.39	2.71	2.58	2.61	2.68	2.61	2.46	2.53	2.76	2.85
Standard Deviation	.821	-	.832	.949	.864	.802	.479	.977	.829	.884	.723	.804	.737	.982	.943	1.036	.520	.717
Standard Error	.075	-	.240	.224	.160	.184	.113	.437	.190	.109	.111	.104	.125	.193	.178	.186	.081	.169
Error variance	.01	-	.06	.05	.03	.03	.01	.19	.04	.01	.01	.01	.02	.04	.03	.03	.01	.03

Q6I. SUMMARY: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Very comfortable	Fairly comfortable	Neither comfortable nor uncomfortable	Fairly uncomfortable	Very uncomfortable	Don't know	NET: Comfortable	NET: Uncomfortable
Indoor gyms or fitness centres (including fitness classes)	246	74	94	46	27	3	2	168	30
	100%	30%	38%	19%	11%	1%	1%	68%	12%
Indoor swimming pools	181	46	74	37	17	4	4	120	21
	100%	26%	41%	20%	9%	2%	2%	66%	11%
Other indoor sports facilities	153	31	46	41	22	8	5	77	30
	100%	20%	30%	27%	14%	5%	3%	50%	19%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	*c	*a	b	*c	d	*e	*f	g	*h	*i
Unweighted Total	256	162	93	155	89	12	5	46	24	30	23	14	68	28	18
Total	246	153	92	147	86	13	4	39	24	28	21	17	68	27	17
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	74	47	26	38	31	5	1	9	10	10	8	5	21	6	4
	30%	31%	28%	26%	36%	37%	22%	24%	41%	36%	38%	27%	30%	22%	24%
Fairly comfortable (4.0)	94	56	37	54	35	5	1	16	8	10	7	6	26	10	8
	38%	37%	41%	37%	41%	38%	18%	42%	34%	37%	34%	36%	38%	38%	50%
Neither comfortable nor uncomfortable (3.0)	46	29	17	32	13	1	1	9	3	4	2	4	14	7	3
	19%	19%	18%	22%	15%	6%	20%	22%	12%	15%	12%	23%	21%	24%	16%
Fairly uncomfortable (2.0)	27	16	11	17	7	2	1	3	3	3	3	1	7	4	2
	11%	10%	12%	12%	8%	19%	18%	7%	13%	11%	12%	8%	11%	16%	10%
Very uncomfortable (1.0)	3	3	-	3	-	-	1	1	-	-	-	1	-	-	-
	1%	2%	-	2%	-	-	22%	3%	-	-	-	7%	-	-	-
Don't know	2	1	1	2	-	-	-	1	-	-	1	-	-	-	-
	1%	*	1%	1%	-	-	-	3%	-	-	3%	-	-	-	-
NET: Comfortable	168	104	63	92	66	10	1	26	18	21	16	11	47	16	13
	68%	68%	68%	63%	77% a	74%	40%	66%	75%	73%	73%	63%	69%	60%	74%
NET: Uncomfortable	30	19	11	21	7	2	1	4	3	3	3	3	7	4	2
	12%	12%	12%	14%	8%	19%	40%	10%	13%	11%	12%	15%	11%	16%	10%
Base for stats	244	152	91	145	86	13	4	38	24	28	21	17	68	27	17
Mean Score	3.85	3.85	3.85	3.74	4.04 a	3.92	3.01	3.79	4.04	3.98	4.03	3.69	3.88	3.67	3.88
Standard Deviation	1.016	1.045	.970	1.050	.918	1.137	1.696	1.010	1.042	1.001	1.034	1.181	.969	1.015	.913
Standard Error	.064	.082	.101	.085	.097	.328	.758	.151	.213	.183	.220	.316	.117	.192	.215
Error variance	*	.01	.01	.01	.01	.11	.58	.02	.05	.03	.05	.10	.01	.04	.05

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Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	Social Grade → Ethnicity →																
Significance Level: 95%			a	b	c	d	*e	*f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total		256	43	65	59	46	27	16	167	89	166	17	34	27	5	2	85
Total		246	45	66	60	39	22	14	171	75	158	17	32	27	5	2	83
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	74	19	20	10	11	11	4	49	25	52	4	8	6	3	1	21
		30%	41% c	30%	17%	27%	49%	26%	29%	34% c	33%	21%	24%	22%	54%	46%	25%
Fairly comfortable	(4.0)	94	17	28	23	15	4	6	68	26	59	9	11	11	1	1	33
		38%	39%	42%	39%	40%	18%	45%	40%	34%	38%	51%	33%	42%	18%	54%	39%
Neither comfortable nor uncomfortable	(3.0)	46	6	11	13	10	3	3	30	16	25	3	11	7	-	-	21
		19%	14%	17%	21%	27%	13%	22%	18%	22%	16%	17%	35% a	25%	-	-	25%
Fairly uncomfortable	(2.0)	27	2	7	11	3	3	1	20	7	19	1	3	2	1	-	7
		11%	4%	10%	19% a	7%	15%	7%	12%	9%	12%	7%	8%	7%	28%	-	8%
Very uncomfortable	(1.0)	3	-	1	1	-	1	-	2	1	1	1	-	1	-	-	2
		1%	-	1%	2%	-	6%	-	1%	2%	1%	5%	-	4%	-	-	2%
Don't know		2	1	-	1	-	-	-	2	-	2	-	-	-	-	-	-
		1%	2%	-	1%	-	-	-	1%	-	1%	-	-	-	-	-	-
NET: Comfortable		168	36	48	34	26	15	10	117	51	111	12	18	17	3	2	54
		68%	80% c	72%	56%	67%	67%	71%	69%	68%	70%	72%	57%	64%	72%	100%	64%
NET: Uncomfortable		30	2	7	13	3	5	1	22	8	20	2	3	3	1	-	9
		12%	4%	11%	21% ad	7%	20%	7%	13%	11%	13%	11%	8%	11%	28%	-	11%
Base for stats		244	44	66	59	39	22	14	169	75	157	17	32	27	5	2	83
Mean Score		3.85	4.19 cg	3.90 c	3.51	3.87	3.90	3.90	3.84 c	3.89 c	3.90	3.77	3.72	3.70	3.98	4.46	3.76
Standard Deviation		1.016	.849	.990	1.062	.895	1.335	.902	1.011	1.033	1.022	1.039	.928	1.040	1.450	.649	.999
Standard Error		.064	.131	.123	.139	.132	.257	.225	.079	.109	.080	.252	.159	.200	.649	.459	.108
Error variance		*	.02	.02	.02	.02	.07	.05	.01	.01	.01	.06	.03	.04	.42	.21	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

			Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	*a	b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total		256	111	58	72	130	28	31	108	27	11	8	20	13	4	6	59
Total		246	90	64	80	144	25	31	104	28	10	7	17	13	3	7	56
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	74	27	17	29	46	11	13	32	5	3	2	5	-	1	1	24
		30%	30%	26%	37%	32%	44%	42%	31%	19%	26%	29%	31%	-	28%	19%	43%
Fairly comfortable	(4.0)	94	33	23	30	53	6	8	46	15	5	2	5	5	-	3	14
		38%	36%	35%	38%	37%	23%	27%	44% k	53%	46%	24%	28%	38%	-	44%	26%
Neither comfortable nor uncomfortable	(3.0)	46	16	17	12	28	5	2	16	7	2	2	5	6	1	-	8
		19%	18%	26%	14%	20%	21%	8%	16%	25%	16%	24%	31%	44%	19%	-	14%
Fairly uncomfortable	(2.0)	27	10	7	9	16	3	5	9	1	-	2	2	1	2	2	8
		11%	12%	12%	11%	11%	11%	18%	9%	3%	-	23%	10%	6%	53%	37%	15%
Very uncomfortable	(1.0)	3	3	-	-	-	-	1	1	-	1	-	-	1	-	-	1
		1%	4% d	-	-	-	-	2%	1%	-	12%	-	-	6%	-	-	1%
Don't know		2	1	1	-	1	-	1	-	-	-	-	-	1	-	-	1
		1%	1%	2%	-	1%	-	3%	-	-	-	-	-	6%	-	-	2%
NET: Comfortable		168	60	39	60	99	17	21	78	20	7	4	10	5	1	4	38
		68%	66%	61%	74%	68%	68%	69%	75%	72%	72%	53%	59%	38%	28%	63%	68%
NET: Uncomfortable		30	14	7	9	16	3	6	10	1	1	2	2	2	2	2	9
		12%	15%	12%	11%	11%	11%	20%	10%	3%	12%	23%	10%	12%	53%	37%	16%
Base for stats		244	89	63	80	143	25	30	104	28	10	7	17	12	3	7	55
Mean Score		3.85	3.79	3.76	4.00	3.90	4.01	3.92	3.96	3.88	3.75	3.58	3.80	3.21	3.03	3.45	3.96
Standard Deviation		1.016	1.113	.978	.984	.985	1.069	1.215	.939	.750	1.257	1.226	1.023	.863	1.529	1.273	1.140
Standard Error		.064	.106	.130	.116	.087	.202	.222	.090	.144	.379	.433	.229	.249	.765	.520	.150
Error variance		*	.01	.02	.01	.01	.04	.05	.01	.02	.14	.19	.05	.06	.58	.27	.02

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Nature of working location						Nature of working hours						Number of people in household including self				
	Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e
Unweighted Total	256	81	62	25	12	87	93	92	53	24	9	77	101	29	117	90	20	227
Total	246	78	62	23	13	85	91	90	51	25	8	75	98	24	111	90	20	221
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	74	28	18	5	4	23	32	32	14	8	1	22	33	9	34	25	7	65
	30%	36%	29%	23%	30%	28%	35%	36%	28%	32%	9%	30%	33%	35%	30%	28%	34%	30%
Fairly comfortable (4.0)	94	34	22	12	5	35	39	37	22	9	4	31	41	8	40	41	5	86
	38%	44%	36%	53%	36%	41%	43%	41%	43%	38%	57%	41%	42%	33%	36%	45%	25%	39%
Neither comfortable nor uncomfortable (3.0)	46	8	13	5	1	17	9	13	10	3	-	13	13	6	20	12	7	40
	19%	10%	20%	21%	10%	20%	10%	14%	19%	13%	-	17%	13%	26%	18%	13%	37%	18%
Fairly uncomfortable (2.0)	27	6	8	1	2	9	8	7	4	3	3	7	10	-	15	11	1	27
	11%	8%	13%	4%	15%	10%	9%	8%	9%	12%	35%	10%	10%	-	13%	12%	4%	12%
Very uncomfortable (1.0)	3	1	1	-	1	1	2	1	1	1	-	2	1	1	1	1	-	3
	1%	1%	1%	-	9%	1%	2%	1%	1%	5%	-	2%	1%	3%	1%	2%	-	1%
Don't know	2	1	-	-	-	-	1	1	-	-	-	-	1	1	1	-	-	1
	1%	1%	-	-	-	-	1%	1%	-	-	-	-	1%	3%	1%	-	-	*
NET: Comfortable	168	62	41	18	8	58	70	69	36	17	5	53	74	17	74	66	12	151
	68%	79%	66%	76%	66%	68%	78%	76%	71%	70%	65%	71%	75%	68%	66%	73%	59%	68%
NET: Uncomfortable	30	7	9	1	3	9	10	8	5	4	3	9	10	1	16	13	1	29
	12%	9%	14%	4%	24%	11%	11%	8%	10%	17%	35%	12%	11%	3%	14%	14%	4%	13%
Base for stats	244	77	62	23	13	85	90	89	51	25	8	75	97	24	110	90	20	220
Mean Score	3.85	4.07	3.80	3.95	3.63	3.84	4.00	4.04	3.89	3.80	3.39	3.86	3.99	4.01	3.82	3.85	3.88	3.84
Standard Deviation	1.016	.938	1.040	.779	1.346	.973	1.008	.942	.968	1.174	1.125	1.032	.968	.952	1.047	1.019	.954	1.023
Standard Error	.064	.105	.132	.156	.388	.104	.105	.099	.133	.240	.375	.118	.097	.180	.097	.107	.213	.068
Error variance	*	.01	.02	.02	.15	.01	.01	.01	.02	.06	.14	.01	.01	.03	.01	.01	.05	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	256	97	121	50	32	27	155	94	9	217	39	212	41
Total	246	98	116	48	30	26	150	90	8	208	37	208	36
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	74	36	29	20	10	11	43	30	6	69	4	64	10
	30%	37%	25%	42%	32%	43%	29%	34%	69%	33% b	12%	31%	27%
Fairly comfortable (4.0)	94	37	44	15	12	8	62	32	2	76	18	81	12
	38%	38%	38%	31%	40%	31%	41%	36%	22%	36%	49%	39%	33%
Neither comfortable nor uncomfortable (3.0)	46	15	24	8	2	6	28	15	1	39	8	38	8
	19%	15%	20%	16%	8%	21%	19%	17%	9%	19%	20%	18%	21%
Fairly uncomfortable (2.0)	27	8	18	4	5	-	16	9	-	20	7	21	5
	11%	9%	15%	9%	17%	-	10%	10%	-	9%	19%	10%	14%
Very uncomfortable (1.0)	3	1	1	-	-	1	1	1	-	3	-	1	2
	1%	1%	1%	-	-	4%	1%	1%	-	2%	-	1%	5% a
Don't know	2	-	1	1	1	-	-	2	-	2	-	2	-
	1%	-	1%	2%	2%	-	-	2%	-	1%	-	1%	-
NET: Comfortable	168	73	73	35	22	20	105	62	7	145	23	145	22
	68%	75%	63%	73%	73%	74%	70%	69%	91%	70%	61%	70%	60%
NET: Uncomfortable	30	10	18	4	5	1	17	11	-	23	7	23	7
	12%	10%	16%	9%	17%	4%	11%	12%	-	11%	19%	11%	19%
Base for stats	244	98	115	47	30	26	150	88	8	207	37	206	36
Mean Score	3.85	4.01 b	3.72	4.08	3.90	4.08	3.87	3.92	4.60	3.91 b	3.54	3.90	3.64
Standard Deviation	1.016	.990	1.029	.985	1.065	1.034	.978	1.031	.693	1.020	.945	.981	1.178
Standard Error	.064	.100	.094	.141	.191	.199	.079	.108	.231	.070	.151	.068	.184
Error variance	*	.01	.01	.02	.04	.04	.01	.01	.05	*	.02	*	.03

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

					Number of days active							Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	256	3	14	33	68	42	52	12	32	143	96	149	59	46	44	67	96	48
Total	246	3	12	31	65	40	51	11	31	136	94	144	56	43	41	63	93	48
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	74	-	3	7	14	13	20	5	12	34	36	54	12	8	11	13	24	26
	30%	-	28%	22%	22%	33%	38% d	40%	39%	25%	39% di	37% bc	21%	19%	27%	20%	26%	54% abc
Fairly comfortable (4.0)	94	1	4	15	25	16	18	2	13	55	33	52	27	15	13	21	47	13
	38%	23%	36%	48%	38%	40%	36%	16%	42%	41%	35%	36%	47%	35%	31%	33%	51% abd	26%
Neither comfortable nor uncomfortable (3.0)	46	2	3	4	16	4	10	4	3	23	17	23	9	13	12	19	10	5
	19%	77%	28%	11%	24%	10%	20%	37%	10%	17%	19%	16%	16%	31% a	30% cd	30% cd	11%	10%
Fairly uncomfortable (2.0)	27	-	1	5	10	5	2	-	3	20	5	13	7	5	5	7	11	4
	11%	-	8%	16%	15% j	13%	5%	-	10%	15% j	6%	9%	13%	12%	13%	11%	12%	8%
Very uncomfortable (1.0)	3	-	-	1	1	1	-	1	-	2	1	2	-	1	-	2	1	1
	1%	-	-	2%	2%	2%	-	7%	-	2%	1%	1%	-	3%	-	3%	1%	1%
Don't know	2	-	-	-	-	1	1	-	-	1	1	-	2	-	-	2	-	-
	1%	-	-	-	-	3%	1%	-	-	1%	1%	-	3% a	-	-	3%	-	-
NET: Comfortable	168	1	8	22	39	29	38	6	25	90	70	106	39	23	24	34	71	39
	68%	23%	64%	70%	59%	72%	74%	56%	81% d	66%	74% d	74% c	69%	54%	58%	54%	76% ab	81% ab
NET: Uncomfortable	30	-	1	6	11	6	2	1	3	23	6	15	7	6	5	9	12	5
	12%	-	8%	18% fj	17% fj	15%	5%	7%	10%	17% fj	7%	11%	13%	15%	13%	14%	12%	10%
Base for stats	244	3	12	31	65	39	51	11	31	135	93	144	54	43	41	61	93	48
Mean Score	3.85	3.23	3.83	3.72	3.62	3.91	4.09 di	3.82	4.10 d	3.73	4.06 di	3.99 c	3.80	3.55	3.72	3.59	3.89	4.24 abc
Standard Deviation	1.016	.521	.970	1.062	1.046	1.074	.886	1.228	.942	1.057	.944	1.016	.936	1.031	1.010	1.036	.953	1.029
Standard Error	.064	.301	.259	.185	.127	.168	.124	.354	.167	.089	.097	.083	.124	.152	.152	.129	.097	.149
Error variance	*	.09	.07	.03	.02	.03	.02	.13	.03	.01	.01	.01	.02	.02	.02	.02	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

			Gender		Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	*c	*a	*b	*c	*d	*e	*f	g	*h	*i
Unweighted Total		185	109	76	103	70	12	14	29	12	19	20	11	43	21	16
Total		181	103	78	102	65	14	12	25	12	19	20	14	43	21	16
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	46	30	17	21	22	4	2	8	2	5	7	4	10	3	6
		26%	29%	21%	20%	34%	26%	14%	33%	19%	25%	36%	28%	23%	13%	38%
						a										
Fairly comfortable	(4.0)	74	42	31	42	26	6	4	9	7	9	7	6	16	8	8
		41%	41%	40%	41%	40%	41%	30%	36%	60%	46%	36%	44%	36%	41%	51%
Neither comfortable nor uncomfortable	(3.0)	37	20	17	24	10	2	3	4	1	3	3	3	12	5	2
		20%	19%	22%	24%	15%	16%	28%	16%	6%	18%	17%	21%	27%	26%	11%
Fairly uncomfortable	(2.0)	17	8	9	10	5	2	2	2	1	2	2	-	4	3	-
		9%	8%	11%	10%	7%	11%	15%	8%	7%	11%	12%	-	10%	15%	-
Very uncomfortable	(1.0)	4	3	2	2	2	-	1	1	-	-	-	-	2	1	-
		2%	3%	2%	2%	3%	-	6%	3%	-	-	-	-	4%	5%	-
Don't know		4	1	3	2	1	1	1	1	1	-	-	1	-	-	-
		2%	1%	4%	2%	1%	6%	7%	4%	8%	-	-	6%	-	-	-
NET: Comfortable		120	72	48	63	48	10	5	17	10	13	14	10	26	11	14
		66%	70%	62%	62%	74%	67%	44%	69%	79%	71%	72%	73%	59%	54%	89%
NET: Uncomfortable		21	11	10	13	7	2	3	3	1	2	2	-	6	4	-
		11%	10%	13%	13%	10%	11%	21%	11%	7%	11%	12%	-	14%	20%	-
Base for stats		178	102	75	100	64	13	11	24	11	19	20	13	43	21	16
Mean Score		3.80	3.87	3.71	3.68	3.96	3.88	3.33	3.91	3.98	3.85	3.96	4.08	3.64	3.43	4.27
Standard Deviation		1.010	1.008	1.012	.997	1.027	.976	1.174	1.095	.798	.949	1.018	.751	1.065	1.077	.666
Standard Error		.075	.097	.118	.099	.124	.294	.326	.207	.240	.218	.228	.237	.162	.235	.166
Error variance		.01	.01	.01	.01	.02	.09	.11	.04	.06	.05	.05	.06	.03	.06	.03

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total		185	45	44	34	25	17	20	123	62	132	15	22	11	-	-	48
Total		181	45	47	32	23	16	18	124	57	131	14	21	11	-	-	46
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
Very comfortable	(5.0)	46	14	10	7	5	6	3	32	15	36	3	3	3	-	-	9
		26%	31%	22%	23%	23%	39%	19%	25%	26%	28%	20%	14%	26%	-	-	19%
Fairly comfortable	(4.0)	74	21	18	13	9	6	6	52	22	55	4	11	2	-	-	17
		41%	46%	39%	40%	39%	41%	34%	42%	38%	42%	30%	50%	20%	-	-	37%
Neither comfortable nor uncomfortable	(3.0)	37	5	13	6	5	1	6	24	12	25	3	3	5	-	-	11
		20%	12%	27%	19%	21%	8%	34%	19%	22%	19%	24%	14%	45%	-	-	25%
Fairly uncomfortable	(2.0)	17	3	4	4	4	-	2	11	6	8	3	4	1	-	-	8
		9%	7%	8%	12%	17%	-	9%	9%	10%	6%	21%	21%	9%	-	-	18%
																	a
Very uncomfortable	(1.0)	4	-	2	2	-	-	1	4	1	3	1	-	-	-	-	1
		2%	-	4%	6%	-	-	4%	3%	1%	3%	6%	-	-	-	-	2%
Don't know		4	2	-	-	-	2	-	2	2	3	-	-	-	-	-	-
		2%	4%	-	-	-	11%	-	1%	3%	2%	-	-	-	-	-	-
NET: Comfortable		120	35	28	20	14	12	10	84	36	91	7	14	5	-	-	26
		66%	77%	61%	63%	62%	80%	53%	67%	64%	70%	50%	65%	46%	-	-	56%
NET: Uncomfortable		21	3	5	6	4	-	2	14	6	12	4	4	1	-	-	9
		11%	7%	12%	18%	17%	-	13%	12%	11%	9%	27%	21%	9%	-	-	20%
																	a
Base for stats		178	44	47	32	23	14	18	123	55	128	14	21	11	-	-	46
Mean Score		3.80	4.05	3.68	3.62	3.68	4.35	3.55	3.80	3.80	3.88	3.36	3.59	3.62	-	-	3.53
											g						
Standard Deviation		1.010	.869	1.027	1.150	1.029	.671	1.055	1.019	.999	.982	1.227	.997	1.020	-	-	1.060
Standard Error		.075	.133	.155	.197	.206	.173	.236	.093	.129	.086	.317	.212	.308	-	-	.153
Error variance		.01	.02	.02	.04	.04	.03	.06	.01	.02	.01	.10	.05	.09	-	-	.02

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Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Total	Children aged 15 or under in the household				Current employment status										
			None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total		185	72	47	51	98	25	25	74	18	9	5	10	8	9	2	50
Total		181	59	53	57	110	26	24	73	18	8	5	9	8	8	3	49
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	46	15	13	14	27	10	8	17	5	1	3	1	-	1	-	18
		26%	25%	24%	25%	25%	39%	33%	23%	26%	18%	61%	16%	-	11%	-	36%
Fairly comfortable	(4.0)	74	24	21	26	48	7	7	34	7	5	1	5	1	3	3	14
		41%	40%	41%	46%	44%	28%	31%	47%	42%	59%	22%	54%	14%	37%	100%	29%
Neither comfortable nor uncomfortable	(3.0)	37	14	11	10	21	5	4	11	5	2	-	1	5	4	-	9
		20%	24%	21%	17%	19%	20%	15%	15%	26%	23%	-	13%	60%	52%	-	18%
Fairly uncomfortable	(2.0)	17	2	6	6	12	3	3	5	1	-	1	1	2	-	-	6
		9%	3%	12%	10%	11%	12%	13%	7%	7%	-	17%	8%	26%	-	-	13%
				a		a											
Very uncomfortable	(1.0)	4	3	-	1	1	-	1	3	-	-	-	1	-	-	-	1
		2%	5%	-	2%	1%	-	4%	4%	-	-	-	9%	-	-	-	2%
Don't know		4	2	1	-	1	-	1	3	-	-	-	-	-	-	-	1
		2%	3%	2%	-	1%	-	4%	4%	-	-	-	-	-	-	-	2%
NET: Comfortable		120	39	34	41	75	17	15	52	12	6	4	6	1	4	3	32
		66%	65%	65%	72%	68%	67%	64%	70%	67%	77%	83%	70%	14%	48%	100%	66%
NET: Uncomfortable		21	5	6	7	13	3	4	8	1	-	1	2	2	-	-	7
		11%	8%	12%	12%	12%	12%	17%	11%	7%	-	17%	17%	26%	-	-	14%
Base for stats		178	58	52	57	109	26	23	71	18	8	5	9	8	8	3	48
Mean Score		3.80	3.79	3.79	3.83	3.81	3.94	3.80	3.82	3.87	3.94	4.26	3.61	2.89	3.60	4.00	3.88
Standard Deviation		1.010	1.043	.959	.983	.967	1.062	1.193	1.009	.902	.682	1.242	1.193	.667	.730	-	1.116
Standard Error		.075	.125	.141	.138	.098	.212	.244	.120	.213	.227	.555	.377	.236	.243	-	.159
Error variance		.01	.02	.02	.02	.01	.05	.06	.01	.05	.05	.31	.14	.06	.06	-	.03

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e
Unweighted Total		185	54	45	21	8	66	62	57	46	19	5	65	62	20	83	71	11	165
Total		181	53	45	19	8	64	60	57	44	19	4	63	61	17	81	71	12	164
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	46	17	9	6	2	15	19	19	10	4	1	14	20	5	19	20	3	42
		26%	32%	20%	32%	27%	24%	31%	33%	22%	24%	16%	23%	32%	29%	24%	28%	22%	25%
Fairly comfortable	(4.0)	74	24	17	9	3	26	27	26	19	6	2	25	28	4	31	35	4	70
		41%	46%	37%	46%	38%	40%	45%	46%	43%	32%	46%	40%	46%	20%	39%	49%	32%	43%
Neither comfortable nor uncomfortable	(3.0)	37	4	13	1	2	14	6	7	7	6	-	13	7	5	18	12	2	32
		20%	8%	30%	4%	24%	22%	10%	12%	16%	33%	-	21%	12%	26%	23%	16%	18%	20%
				af			a												
Fairly uncomfortable	(2.0)	17	2	6	3	-	9	2	1	7	1	1	8	2	3	8	4	2	14
		9%	4%	14%	14%	-	14%	3%	2%	15%	7%	19%	13%	3%	16%	9%	6%	19%	8%
				f			f			af			af						
Very uncomfortable	(1.0)	4	2	-	1	1	1	3	1	1	1	1	2	2	2	2	-	1	3
		2%	4%	-	4%	11%	1%	5%	2%	2%	4%	19%	3%	3%	9%	2%	-	9%	2%
Don't know		4	4	-	-	-	-	4	3	1	-	-	1	3	-	3	1	-	4
		2%	7%	-	-	-	-	6%	5%	2%	-	-	1%	5%	-	3%	1%	-	2%
			e					e											
NET: Comfortable		120	41	26	15	5	41	46	45	29	10	3	39	48	8	50	55	7	112
		66%	78%	57%	78%	65%	63%	76%	79%	65%	56%	61%	63%	78%	49%	63%	77%	55%	68%
			b					b	e										
NET: Uncomfortable		21	4	6	3	1	9	5	2	7	2	2	9	4	4	9	4	3	16
		11%	7%	14%	17%	11%	15%	8%	4%	17%	10%	39%	15%	6%	25%	11%	6%	27%	10%
										a			a						
Base for stats		178	49	45	19	8	64	57	54	43	19	4	62	59	17	78	71	12	160
Mean Score		3.80	4.06	3.63	3.90	3.69	3.71	4.01	4.13	3.70	3.65	3.19	3.69	4.06	3.43	3.75	4.00	3.41	3.84
			b						be					e					
Standard Deviation		1.010	.969	.960	1.140	1.277	1.016	1.011	.851	1.056	1.061	1.613	1.049	.942	1.336	1.005	.826	1.314	.965
Standard Error		.075	.137	.143	.249	.451	.125	.133	.116	.157	.243	.721	.131	.123	.299	.112	.099	.396	.076
Error variance		.01	.02	.02	.06	.20	.02	.02	.01	.02	.06	.52	.02	.02	.09	.01	.01	.16	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	*b	*c	d	e	*f	a	b	a	*b
Unweighted Total		185	87	73	44	26	19	104	76	8	150	35	158	23
Total		181	87	73	43	25	18	104	73	8	148	34	158	20
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	46	28	12	18	5	7	21	24	3	44	3	41	5
		26%	32%	16%	41%	22%	40%	21%	34%	34%	30%	8%	26%	25%
			b		d				d		b			
Fairly comfortable	(4.0)	74	35	35	10	12	7	50	24	4	54	20	68	6
		41%	40%	48%	23%	46%	40%	48%	33%	48%	36%	60%	43%	28%
								ae				a		
Neither comfortable nor uncomfortable	(3.0)	37	14	16	7	5	3	22	12	1	31	5	26	8
		20%	16%	22%	15%	18%	19%	21%	16%	18%	21%	16%	17%	39%
Fairly uncomfortable	(2.0)	17	9	5	6	2	-	8	8	-	12	4	16	-
		9%	11%	6%	15%	7%	-	8%	11%	-	8%	12%	10%	-
Very uncomfortable	(1.0)	4	-	3	1	1	-	3	2	-	3	1	3	2
		2%	-	4%	2%	3%	-	3%	2%	-	2%	3%	2%	8%
Don't know		4	-	3	2	1	-	-	3	-	3	1	4	-
		2%	-	4%	4%	4%	-	-	4%	-	2%	2%	2%	-
					d				d					
NET: Comfortable		120	64	47	27	17	14	71	48	6	98	23	110	11
		66%	73%	64%	64%	68%	81%	69%	66%	82%	66%	67%	69%	54%
NET: Uncomfortable		21	9	7	7	3	-	11	10	-	16	5	18	2
		11%	11%	10%	17%	10%	-	10%	14%	-	11%	15%	12%	8%
Base for stats		178	87	70	41	24	18	104	70	8	145	33	154	20
Mean Score		3.80	3.95	3.70	3.90	3.79	4.21	3.76	3.88	4.16	3.85	3.59	3.84	3.63
Standard Deviation		1.010	.960	.960	1.187	1.008	.765	.954	1.097	.750	1.028	.909	.992	1.128
Standard Error		.075	.103	.115	.183	.202	.176	.094	.128	.265	.085	.156	.080	.235
Error variance		.01	.01	.01	.03	.04	.03	.01	.02	.07	.01	.02	.01	.06

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
			0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%			*a	*b	*c	d	*e	*f	*g	h	i	j	a	b	*c	*a	b	c	d
Unweighted Total		185	7	16	29	45	21	27	10	30	95	67	94	65	25	29	55	59	38
Total		181	6	15	30	45	20	27	10	29	95	65	92	63	24	27	53	60	37
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	46	1	2	4	7	4	10	5	14	15	29	35	8	3	3	9	12	22
		26%	15%	14%	12%	15%	20%	36%	54%	48% di	15%	44% di	38% b	13%	14%	11%	18%	19%	58% bc
Fairly comfortable	(4.0)	74	1	8	20	14	11	9	3	8	44	20	35	29	10	10	20	32	10
		41%	25%	53%	67%	31%	52%	33%	35%	27%	47% j	31%	38%	45%	43%	37%	39%	54% d	26%
Neither comfortable nor uncomfortable	(3.0)	37	3	3	5	17	3	3	-	3	25	6	15	17	3	8	13	10	4
		20%	47%	20%	16%	38% hj	14%	12%	-	10%	26% j	9%	16%	27%	12%	30%	24%	16%	10%
Fairly uncomfortable	(2.0)	17	1	1	-	5	1	5	1	2	6	9	4	7	6	3	6	5	2
		9%	13%	6%	-	12%	4%	19%	11%	9%	7%	13%	5%	11%	23%	12%	11%	9%	6%
Very uncomfortable	(1.0)	4	-	1	2	2	-	-	-	-	3	-	2	1	2	2	2	-	-
		2%	-	7%	5%	4%	-	-	-	-	3%	-	2%	1%	7%	9%	3%	-	-
Don't know		4	-	-	-	-	2	-	-	2	2	2	2	2	-	-	3	1	-
		2%	-	-	-	-	10%	-	-	6%	2%	3%	2%	3%	-	-	5%	2%	-
NET: Comfortable		120	2	10	24	20	15	19	8	22	59	49	70	36	14	13	30	44	31
		66%	40%	67%	79%	46%	72%	69%	89%	76% d	62%	75% d	76% b	58%	57%	48%	57%	73%	84% b
NET: Uncomfortable		21	1	2	2	7	1	5	1	2	9	9	6	8	7	6	8	5	2
		11%	13%	13%	5%	16%	4%	19%	11%	9%	10%	13%	6%	12%	30%	21%	14%	9%	6%
Base for stats		178	6	15	30	45	18	27	10	27	93	64	91	61	24	27	50	59	37
Mean Score		3.80	3.43	3.62	3.81	3.41	3.98	3.87	4.33	4.23	3.65	4.09 di	4.08 b	3.59	3.34	3.29	3.60	3.85	4.36 bc
Standard Deviation		1.010	.987	1.063	.860	1.014	.771	1.124	.986	.983	.944	1.048	.949	.905	1.211	1.131	1.039	.848	.897
Standard Error		.075	.373	.266	.160	.151	.177	.216	.312	.186	.098	.130	.099	.114	.242	.210	.144	.111	.146
Error variance		.01	.14	.07	.03	.02	.03	.05	.10	.03	.01	.02	.01	.01	.06	.04	.02	.01	.02

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	*c	*a	*b	*c	*d	*e	*f	g	*h	*i
Unweighted Total		163	117	45	98	48	17	9	21	14	18	22	12	36	17	14
Total		153	109	43	88	44	21	7	18	13	17	20	14	34	18	13
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	31	25	6	17	6	8	1	4	4	4	1	4	7	4	2
		20%	23%	14%	19%	13%	41%	20%	22%	30%	25%	5%	28%	21%	21%	16%
Fairly comfortable	(4.0)	46	28	18	29	13	4	3	6	3	6	6	2	10	5	4
		30%	25%	42%	33%	28%	21%	47%	34%	23%	38%	31%	17%	28%	29%	28%
				a												
Neither comfortable nor uncomfortable	(3.0)	41	30	12	26	12	4	1	6	3	2	7	3	10	5	3
		27%	27%	27%	29%	26%	19%	20%	33%	27%	13%	37%	22%	29%	30%	21%
Fairly uncomfortable	(2.0)	22	14	8	10	10	2	1	1	1	4	2	3	5	4	2
		14%	12%	17%	11%	23%	8%	13%	6%	6%	25%	12%	17%	14%	20%	14%
Very uncomfortable	(1.0)	8	8	-	5	2	1	-	1	2	-	1	1	2	-	1
		5%	7%	-	6%	4%	4%	-	5%	14%	-	7%	8%	5%	-	6%
Don't know		5	5	-	2	2	1	-	-	-	-	1	1	1	-	2
		3%	5%	-	2%	5%	7%	-	-	-	-	7%	7%	2%	-	16%
NET: Comfortable		77	53	24	46	19	13	5	10	7	10	7	7	17	9	6
		50%	49%	56%	52%	42%	62%	67%	56%	53%	63%	37%	46%	49%	50%	44%
NET: Uncomfortable		30	21	8	15	12	3	1	2	3	4	4	4	7	4	3
		19%	20%	17%	17%	27%	13%	13%	11%	20%	25%	19%	25%	20%	20%	20%
Base for stats		148	104	43	87	42	19	7	18	13	17	18	13	34	18	11
Mean Score		3.48	3.48	3.52	3.50	3.25	3.92	3.74	3.63	3.49	3.63	3.17	3.43	3.46	3.51	3.40
Standard Deviation		1.136	1.207	.947	1.113	1.113	1.212	.996	1.070	1.393	1.144	1.013	1.370	1.158	1.065	1.220
Standard Error		.090	.114	.141	.114	.164	.303	.332	.234	.372	.270	.221	.413	.196	.258	.352
Error variance		.01	.01	.02	.01	.03	.09	.11	.05	.14	.07	.05	.17	.04	.07	.12

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			*a	b	c	d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total		163	20	40	38	31	17	17	98	65	101	10	22	19	2	-	53
Total		153	21	40	36	26	14	16	97	56	98	8	20	18	2	-	48
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Very comfortable	(5.0)	31	7	10	8	3	-	3	25	6	23	2	3	2	-	-	8
		20%	33%	26%	22%	12%	-	19%	26% h	11%	23%	30%	14%	13%	-	-	16%
Fairly comfortable	(4.0)	46	7	17	7	7	3	4	32	14	33	1	6	5	-	-	11
		30%	33%	44% c	20%	28%	21%	24%	33%	25%	34%	8%	27%	28%	-	-	23%
Neither comfortable nor uncomfortable	(3.0)	41	3	8	10	8	7	6	21	20	21	2	8	6	2	-	18
		27%	16%	19%	27%	31%	47%	35%	21%	36% g	21%	27%	41%	33%	100%	-	38% a
Fairly uncomfortable	(2.0)	22	4	3	6	4	2	2	13	9	14	3	2	2	-	-	7
		14%	18%	8%	17%	17%	17%	15%	13%	17%	14%	35%	9%	11%	-	-	14%
Very uncomfortable	(1.0)	8	-	-	2	3	1	1	2	5	4	-	1	2	-	-	3
		5%	-	-	7%	12% bg	8%	7%	2%	9% b	4%	-	4%	10%	-	-	5%
Don't know		5	-	2	3	-	1	-	4	1	3	-	1	1	-	-	2
		3%	-	4%	7%	-	7%	-	4%	2%	3%	-	5%	5%	-	-	4%
NET: Comfortable		77	14	28	15	10	3	7	57	20	56	3	8	7	-	-	19
		50%	66%	69% cdh	42%	40%	21%	43%	59% h	36%	57% g	38%	41%	41%	-	-	39%
NET: Uncomfortable		30	4	3	8	8	4	4	15	15	18	3	3	4	-	-	9
		19%	18%	8%	23%	29% b	25%	22%	16%	26% b	19%	35%	13%	21%	-	-	19%
Base for stats		148	21	39	33	26	13	16	93	55	95	8	19	17	2	-	46
Mean Score		3.48	3.81	3.91 cdh	3.37	3.11	2.87	3.33	3.69 dh	3.12	3.59	3.32	3.40	3.24	3.00	-	3.31
Standard Deviation		1.136	1.107	.892	1.242	1.202	.890	1.180	1.094	1.123	1.141	1.314	1.005	1.187	*	-	1.091
Standard Error		.090	.248	.145	.207	.216	.222	.286	.113	.140	.115	.416	.219	.280	*	-	.153
Error variance		.01	.06	.02	.04	.05	.05	.08	.01	.02	.01	.17	.05	.08	*	-	.02

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Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Total	Children aged 15 or under in the household				Current employment status										
			None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	*b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total		163	78	24	38	62	15	17	63	14	13	12	6	10	6	7	32
Total		153	67	26	41	67	14	15	59	13	12	11	5	10	5	9	30
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	31	13	5	11	15	5	2	11	1	-	3	1	4	2	3	7
		20%	20%	18%	26%	23%	37%	10%	19%	9%	-	25%	16%	37%	31%	32%	24%
Fairly comfortable	(4.0)	46	20	10	11	21	2	7	18	3	8	2	1	1	1	2	10
		30%	30%	38%	26%	31%	16%	47%	31%	27%	65%	18%	17%	9%	19%	24%	32%
Neither comfortable nor uncomfortable	(3.0)	41	22	6	8	14	7	3	15	2	3	4	2	3	1	2	9
		27%	33%	24%	19%	21%	46%	19%	25%	17%	29%	32%	32%	32%	15%	25%	32%
Fairly uncomfortable	(2.0)	22	5	3	10	13	-	3	8	5	1	2	2	1	-	2	3
		14%	8%	11%	24% a	19%	-	19%	13%	37%	7%	16%	34%	8%	-	19%	10%
Very uncomfortable	(1.0)	8	4	1	2	3	-	-	4	1	-	1	-	-	2	-	-
		5%	6%	4%	5%	5%	-	-	6%	9%	-	8%	-	-	35%	-	-
Don't know		5	3	1	-	1	-	1	3	-	-	-	-	1	-	-	1
		3%	4%	5%	-	2%	-	5%	5%	-	-	-	-	14%	-	-	3%
NET: Comfortable		77	33	15	22	36	8	9	30	5	8	5	2	5	3	5	16
		50%	50%	56%	52%	54%	54%	58%	50%	37%	65%	44%	34%	46%	50%	56%	56%
NET: Uncomfortable		30	9	4	12	16	-	3	12	6	1	3	2	1	2	2	3
		19%	14%	16%	29%	24%	-	19%	20%	46%	7%	24%	34%	8%	35%	19%	10%
Base for stats		148	65	25	41	66	14	15	56	13	12	11	5	9	5	9	29
Mean Score		3.48	3.52	3.57	3.45	3.49	3.91	3.52	3.46	2.92	3.58	3.37	3.16	3.87	3.13	3.68	3.71
Standard Deviation		1.136	1.103	1.086	1.256	1.188	.944	.965	1.165	1.217	.644	1.306	1.199	1.147	1.856	1.182	.958
Standard Error		.090	.127	.226	.204	.152	.244	.241	.150	.325	.179	.377	.490	.382	.758	.447	.172
Error variance		.01	.02	.05	.04	.02	.06	.06	.02	.11	.03	.14	.24	.15	.57	.20	.03

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	*c	*d	e	f	a	b	*c	*d	e	f	a	b	c	*d	e
Unweighted Total		163	46	31	22	15	53	61	47	32	24	12	56	59	30	61	51	21	133
Total		153	43	30	19	13	49	57	44	30	22	10	52	55	28	57	49	20	126
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	31	9	4	2	1	6	11	11	3	2	-	5	11	5	12	11	3	27
		20%	22%	13%	12%	10%	12%	19%	26% e	11%	10%	-	11%	21%	17%	21%	23%	16%	21%
Fairly comfortable	(4.0)	46	15	10	8	3	18	19	15	11	7	4	18	19	11	19	13	4	35
		30%	35%	34%	42%	26%	37%	33%	33%	37%	31%	42%	34%	35%	39%	33%	26%	18%	28%
Neither comfortable nor uncomfortable	(3.0)	41	9	6	5	5	11	14	8	9	7	1	16	9	8	16	12	6	33
		27%	21%	19%	28%	39%	22%	25%	18%	30%	34%	6%	32%	16%	29%	28%	24%	29%	27%
Fairly uncomfortable	(2.0)	22	4	8	2	2	11	6	6	6	4	3	9	8	3	5	9	5	20
		14%	9%	28% af	13%	18%	22%	11%	13%	19%	18%	27%	18%	15%	9%	9%	19%	27%	16%
Very uncomfortable	(1.0)	8	5	1	-	-	1	5	3	1	1	1	2	4	2	2	3	1	6
		5%	11%	4%	-	-	2%	8%	7%	4%	3%	9%	3%	7%	6%	3%	7%	5%	5%
Don't know		5	1	1	1	1	2	2	1	-	1	2	1	3	-	3	1	1	5
		3%	3%	3%	5%	6%	3%	4%	3%	-	4%	15%	2%	5%	-	6%	2%	5%	4%
NET: Comfortable		77	25	14	10	5	24	29	26	14	9	4	23	31	16	31	24	7	61
		50%	57%	47%	54%	36%	50%	52%	59%	48%	41%	42%	45%	56%	57%	54%	48%	34%	49%
NET: Uncomfortable		30	9	9	2	2	12	11	9	7	4	4	11	12	4	7	13	6	26
		19%	20%	32%	13%	18%	24%	20%	20%	23%	21%	36%	22%	23%	15%	12%	26%	31%	20%
Base for stats		148	42	29	18	12	47	55	43	30	21	9	51	52	28	54	48	19	121
Mean Score		3.48	3.49	3.25	3.56	3.30	3.37	3.45	3.59	3.33	3.29	2.97	3.31	3.49	3.54	3.64	3.39	3.16	3.47
Standard Deviation		1.136	1.260	1.142	.898	.941	1.055	1.190	1.226	1.038	1.004	1.179	1.014	1.230	1.076	1.046	1.243	1.186	1.153
Standard Error		.090	.188	.208	.196	.251	.148	.155	.181	.184	.209	.373	.137	.164	.196	.137	.176	.265	.102
Error variance		.01	.04	.04	.04	.06	.02	.02	.03	.03	.04	.14	.02	.03	.04	.02	.03	.07	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	*b	*c	d	e	*f	a	*b	a	b
Unweighted Total		163	55	68	31	23	25	87	69	3	138	25	121	37
Total		153	54	64	31	20	23	83	65	3	130	23	115	34
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	31	13	12	10	4	4	19	13	3	30	1	24	7
		20%	24%	19%	33%	21%	17%	23%	19%	100%	23%	5%	20%	20%
Fairly comfortable	(4.0)	46	12	21	6	6	9	27	17	-	39	7	36	10
		30%	22%	33%	19%	29%	38%	32%	27%	-	30%	32%	31%	29%
Neither comfortable nor uncomfortable	(3.0)	41	14	17	6	7	9	19	21	-	31	10	30	10
		27%	26%	27%	19%	34%	38%	23%	32%	-	24%	42%	26%	28%
Fairly uncomfortable	(2.0)	22	12	6	5	2	1	13	8	-	19	3	16	5
		14%	22%	9%	17%	8%	3%	16%	12%	-	15%	12%	14%	15%
			b											
Very uncomfortable	(1.0)	8	1	4	3	1	-	3	3	-	7	1	5	2
		5%	2%	7%	9%	4%	-	4%	5%	-	5%	3%	4%	6%
Don't know		5	2	3	1	1	1	2	3	-	4	1	4	1
		3%	4%	5%	4%	4%	4%	3%	4%	-	3%	6%	4%	3%
NET: Comfortable		77	25	33	16	10	13	46	30	3	69	8	59	17
		50%	47%	52%	52%	50%	55%	55%	46%	100%	53%	36%	52%	49%
NET: Uncomfortable		30	13	10	8	2	1	16	11	-	26	3	21	7
		19%	24%	16%	25%	12%	3%	20%	17%	-	20%	15%	19%	20%
Base for stats		148	52	61	30	19	22	81	62	3	127	22	111	33
Mean Score		3.48	3.47	3.52	3.53	3.57	3.72	3.55	3.45	5.00	3.52	3.24	3.51	3.43
Standard Deviation		1.136	1.168	1.135	1.375	1.071	.815	1.141	1.121	*	1.172	.887	1.119	1.161
Standard Error		.090	.160	.141	.251	.228	.166	.124	.138	*	.101	.181	.103	.194
Error variance		.01	.03	.02	.06	.05	.03	.02	.02	*	.01	.03	.01	.04

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	d	*e	*f	*g	*h	i	j	a	b	c	a	b	c	*d
Unweighted Total	163	3	21	24	36	28	22	6	23	88	51	71	53	37	39	48	52	20
Total	153	3	20	21	34	25	22	6	22	80	50	69	49	33	35	43	51	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	31	-	4	2	5	6	6	2	7	13	15	19	8	4	4	2	14	9
	20%	-	18%	8%	15%	25%	26%	31%	31%	16%	29%	27%	17%	12%	13%	4%	28% b	44%
Fairly comfortable (4.0)	46	-	7	7	9	6	8	2	6	22	16	22	13	10	13	13	14	5
	30%	-	36%	36%	25%	24%	35%	37%	28%	28%	32%	32%	28%	31%	36%	30%	27%	27%
Neither comfortable nor uncomfortable (3.0)	41	3	5	6	12	7	5	1	3	25	8	18	11	11	11	16	12	3
	27%	100%	25%	30%	34%	28%	23%	10%	12%	31%	17%	25%	22%	34%	30%	36%	23%	17%
Fairly uncomfortable (2.0)	22	-	2	4	7	5	2	1	2	15	5	7	9	6	4	8	10	1
	14%	-	9%	17%	19%	20%	9%	22%	9%	19%	10%	10%	19%	19%	10%	19%	19%	4%
Very uncomfortable (1.0)	8	-	1	2	2	1	1	-	2	4	2	2	4	1	3	3	-	2
	5%	-	4%	8%	5%	3%	3%	-	7%	6%	5%	4%	9%	3%	9% c	6%	-	9%
Don't know	5	-	2	-	-	-	1	-	3	-	3	2	3	1	1	2	1	-
	3%	-	8%	-	-	-	4%	-	12%	-	7% i	3%	5%	2%	2%	5%	2%	-
NET: Comfortable	77	-	11	9	14	12	14	4	13	35	31	41	22	14	17	15	28	14
	50%	-	54%	44%	41%	49%	61%	68%	60%	44%	61%	59%	45%	43%	49%	34%	56% b	71%
NET: Uncomfortable	30	-	3	5	9	6	3	1	4	20	8	9	14	7	7	11	10	3
	19%	-	13%	26%	25%	23%	12%	22%	16%	24%	15%	13%	28% a	21%	19%	25%	19%	12%
Base for stats	148	3	18	21	34	25	22	6	19	80	47	68	46	33	35	41	50	20
Mean Score	3.48	3.00	3.59	3.17	3.26	3.48	3.75	3.78	3.77	3.31	3.76 i	3.72 b	3.27	3.32	3.34	3.07	3.66 b	3.94
Standard Deviation	1.136	-	1.077	1.098	1.117	1.181	1.091	1.212	1.296	1.125	1.168	1.095	1.252	1.010	1.136	.976	1.103	1.268
Standard Error	.090	-	.247	.224	.186	.223	.238	.495	.283	.120	.169	.132	.175	.168	.184	.144	.154	.284
Error variance	.01	-	.06	.05	.03	.05	.06	.24	.08	.01	.03	.02	.03	.03	.03	.02	.02	.08

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I. SUMMARY: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Very comfortable	Fairly comfortable	Neither comfortable nor uncomfortable	Fairly uncomfortable	Very uncomfortable	Don't know	NET: Comfortable	NET: Uncomfortable
Indoor swimming pools	135	39	59	24	10	2	1	98	12
	100%	29%	44%	18%	8%	1%	1%	73%	9%
Indoor gyms or fitness centres (including fitness classes)	206	65	81	33	24	1	2	146	25
	100%	32%	39%	16%	11%	1%	1%	71%	12%
Other indoor sports facilities	115	25	34	29	18	5	3	59	23
	100%	22%	29%	25%	16%	5%	3%	52%	20%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	*c	*a	b	*c	*d	*e	*f	g	*h	*i
Unweighted Total		215	134	80	128	76	11	3	41	22	20	21	10	59	23	16
Total		206	126	79	120	74	12	2	35	22	18	20	12	60	22	15
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	65	40	24	33	27	5	1	8	10	7	7	5	17	6	4
		32%	32%	30%	28%	37%	40%	37%	24%	45%	39%	37%	39%	29%	27%	27%
Fairly comfortable	(4.0)	81	48	33	46	31	4	1	14	6	8	7	5	25	7	8
		39%	38%	42%	39%	42%	33%	32%	40%	29%	43%	38%	40%	42%	33%	50%
Neither comfortable nor uncomfortable	(3.0)	33	22	11	23	10	1	-	8	3	3	2	1	10	4	2
		16%	17%	14%	19%	13%	7%	-	22%	13%	18%	8%	10%	17%	20%	12%
Fairly uncomfortable	(2.0)	24	14	10	15	6	2	1	3	3	-	3	1	7	4	2
		11%	11%	13%	13%	8%	21%	31%	7%	14%	-	13%	11%	12%	20%	11%
Very uncomfortable	(1.0)	1	1	-	1	-	-	-	1	-	-	-	-	-	-	-
		1%	1%	-	1%	-	-	-	4%	-	-	-	-	-	-	-
Don't know		2	1	1	2	-	-	-	1	-	-	1	-	-	-	-
		1%	1%	1%	1%	-	-	-	3%	-	-	4%	-	-	-	-
NET: Comfortable		146	89	57	80	58	9	1	22	16	15	15	10	42	14	12
		71%	70%	72%	66%	78%	72%	69%	64%	73%	82%	75%	79%	71%	61%	77%
NET: Uncomfortable		25	15	10	16	6	2	1	4	3	-	3	1	7	4	2
		12%	12%	13%	14%	8%	21%	31%	11%	14%	-	13%	11%	12%	20%	11%
Base for stats		204	125	78	119	74	12	2	34	22	18	19	12	60	22	15
Mean Score		3.91	3.90	3.90	3.80	4.07	3.92	3.76	3.75	4.04	4.20	4.02	4.06	3.87	3.69	3.93
Standard Deviation		.997	1.010	.982	1.023	.911	1.184	1.700	1.041	1.086	.747	1.038	1.007	.972	1.099	.937
Standard Error		.068	.088	.110	.091	.104	.357	.982	.165	.232	.167	.232	.318	.127	.229	.234
Error variance		*	.01	.01	.01	.01	.13	.96	.03	.05	.03	.05	.10	.02	.05	.05

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Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total		215	35	54	47	39	26	14	136	79	143	14	25	23	4	2	68
Total		206	37	55	48	33	22	12	140	66	136	14	23	23	4	2	67
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	65	14	19	9	9	11	4	42	23	48	3	5	6	2	1	16
		32%	38%	34%	18%	27%	51%	29%	30%	35%	35%	18%	20%	25%	41%	46%	24%
			c							c							
Fairly comfortable	(4.0)	81	16	21	21	14	4	5	58	23	52	9	8	10	1	1	28
		39%	45%	38%	43%	43%	18%	44%	41%	35%	38%	60%	34%	41%	23%	54%	42%
Neither comfortable nor uncomfortable	(3.0)	33	3	10	8	7	3	2	21	12	17	2	8	7	-	-	17
		16%	9%	18%	16%	22%	13%	19%	15%	19%	12%	14%	34%	29%	-	-	25%
																	a
Fairly uncomfortable	(2.0)	24	2	6	10	3	2	1	18	6	17	1	3	1	1	-	6
		11%	5%	10%	21%	8%	11%	8%	13%	9%	12%	8%	11%	4%	36%	-	9%
					ah												
Very uncomfortable	(1.0)	1	-	-	-	-	1	-	-	1	1	-	-	-	-	-	-
		1%	-	-	-	-	6%	-	-	2%	1%	-	-	-	-	-	-
Don't know		2	1	-	1	-	-	-	2	-	2	-	-	-	-	-	-
		1%	3%	-	2%	-	-	-	1%	-	1%	-	-	-	-	-	-
NET: Comfortable		146	30	40	29	23	15	9	99	47	100	11	13	15	2	2	44
		71%	83%	72%	61%	70%	70%	73%	71%	71%	73%	78%	55%	67%	64%	100%	66%
			c														
NET: Uncomfortable		25	2	6	10	3	4	1	18	7	18	1	3	1	1	-	6
		12%	5%	10%	21%	8%	17%	8%	13%	11%	13%	8%	11%	4%	36%	-	9%
					a												
Base for stats		204	35	55	47	33	22	12	138	66	134	14	23	23	4	2	67
Mean Score		3.91	4.19	3.97	3.59	3.89	3.98	3.94	3.89	3.93	3.96	3.89	3.63	3.88	3.69	4.46	3.81
			c														
Standard Deviation		.997	.830	.968	1.032	.902	1.301	.931	.981	1.037	1.033	.817	.949	.846	1.549	.649	.905
Standard Error		.068	.142	.132	.152	.144	.255	.249	.085	.117	.087	.218	.190	.176	.774	.459	.110
Error variance		*	.02	.02	.02	.02	.07	.06	.01	.01	.01	.05	.04	.03	.60	.21	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	215	94	49	59	108	24	25	90	26	8	7	18	10	2	5	49
Total	206	76	54	66	120	22	25	87	27	7	6	16	10	2	6	47
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	65	25	14	25	39	9	10	29	5	3	1	5	-	1	1	19
	32%	33%	27%	38%	33%	43%	40%	34%	20%	37%	14%	34%	-	56%	22%	41%
Fairly comfortable (4.0)	81	27	21	26	47	5	8	38	14	4	2	4	5	-	2	13
	39%	35%	40%	39%	39%	24%	31%	44%	51%	53%	29%	26%	50%	-	36%	28%
Neither comfortable nor uncomfortable (3.0)	33	12	12	7	19	5	-	10	7	1	2	5	4	-	-	5
	16%	16%	22%	11%	16%	21%	-	12%	26%	10%	29%	34%	35%	-	-	10%
Fairly uncomfortable (2.0)	24	10	5	8	13	3	5	8	1	-	2	1	1	1	2	8
	11%	14%	10%	12%	11%	13%	22%	9%	3%	-	28%	6%	8%	44%	42%	18%
Very uncomfortable (1.0)	1	1	-	-	-	-	1	1	-	-	-	-	-	-	-	1
	1%	2%	-	-	-	-	3%	1%	-	-	-	-	-	-	-	1%
Don't know	2	1	1	-	1	-	1	-	-	-	-	-	1	-	-	1
	1%	1%	2%	-	1%	-	4%	-	-	-	-	-	7%	-	-	2%
NET: Comfortable	146	52	36	51	87	15	17	68	19	6	2	9	5	1	3	32
	71%	68%	66%	77%	72%	67%	71%	78%	71%	90%	43%	61%	50%	56%	58%	69%
NET: Uncomfortable	25	12	5	8	13	3	6	9	1	-	2	1	1	1	2	9
	12%	15%	10%	12%	11%	13%	25%	10%	3%	-	28%	6%	8%	44%	42%	19%
Base for stats	204	76	53	66	119	22	23	87	27	7	6	16	9	2	6	46
Mean Score	3.91	3.85	3.84	4.03	3.95	3.96	3.88	4.01	3.88	4.27	3.29	3.89	3.45	3.67	3.38	3.92
Standard Deviation	.997	1.086	.944	.989	.970	1.092	1.279	.953	.765	.686	1.127	.976	.682	2.295	1.352	1.179
Standard Error	.068	.113	.136	.129	.094	.223	.261	.100	.150	.243	.426	.230	.227	1.623	.605	.170
Error variance	*	.01	.02	.02	.01	.05	.07	.01	.02	.06	.18	.05	.05	2.63	.37	.03

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Nature of working location						Nature of working hours						Number of people in household including self				
	Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e
Unweighted Total	215	70	52	24	7	76	77	82	43	20	7	63	89	23	102	76	14	192
Total	206	67	52	22	7	74	74	81	41	20	6	61	87	19	96	77	14	187
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	65	23	17	5	3	23	25	29	12	7	1	18	30	8	30	23	5	57
	32%	34%	33%	24%	41%	31%	34%	36%	28%	33%	12%	30%	35%	40%	31%	30%	33%	31%
Fairly comfortable (4.0)	81	31	18	11	3	29	34	33	17	9	4	27	36	6	36	35	4	75
	39%	46%	34%	51%	49%	39%	46%	41%	42%	47%	62%	44%	42%	33%	37%	45%	31%	40%
Neither comfortable nor uncomfortable (3.0)	33	6	8	5	-	13	6	10	7	1	-	8	10	4	16	9	4	30
	16%	9%	16%	21%	-	18%	8%	12%	18%	5%	-	13%	12%	19%	17%	12%	29%	16%
Fairly uncomfortable (2.0)	24	6	8	1	1	9	7	7	4	3	2	7	8	-	14	9	1	24
	11%	10%	15%	4%	10%	12%	10%	9%	11%	15%	27%	12%	10%	-	14%	12%	6%	13%
Very uncomfortable (1.0)	1	1	1	-	-	1	1	1	1	-	-	1	1	1	-	1	-	1
	1%	1%	1%	-	-	1%	1%	1%	2%	-	-	1%	1%	3%	-	1%	-	*
Don't know	2	1	-	-	-	-	1	1	-	-	-	-	1	1	1	-	-	1
	1%	2%	-	-	-	-	1%	1%	-	-	-	-	1%	4%	1%	-	-	1%
NET: Comfortable	146	53	35	17	6	52	59	62	29	16	4	45	66	14	65	58	9	132
	71%	79%	67%	75%	90%	70%	80%	77%	70%	80%	73%	73%	77%	74%	68%	75%	64%	71%
NET: Uncomfortable	25	7	9	1	1	9	8	8	5	3	2	8	9	1	14	10	1	24
	12%	11%	17%	4%	10%	13%	10%	9%	12%	15%	27%	13%	11%	3%	14%	13%	6%	13%
Base for stats	204	66	52	22	7	74	73	80	41	20	6	61	86	19	95	77	14	186
Mean Score	3.91	4.03	3.83	3.95	4.21	3.87	4.05	4.04	3.85	3.98	3.59	3.89	4.01	4.12	3.85	3.92	3.91	3.89
Standard Deviation	.997	.957	1.101	.795	.945	1.014	.951	.960	1.013	1.018	1.103	1.008	.970	.980	1.023	.985	.969	.999
Standard Error	.068	.115	.153	.162	.357	.116	.109	.107	.154	.228	.417	.127	.103	.209	.102	.113	.259	.072
Error variance	*	.01	.02	.03	.13	.01	.01	.01	.02	.05	.17	.02	.01	.04	.01	.01	.07	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	*b	*c	d	e	*f	a	*b	a	b
Unweighted Total		215	82	102	44	25	13	140	70	8	186	29	183	31
Total		206	82	99	42	24	13	135	66	7	179	27	179	27
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	65	30	27	17	6	7	42	22	5	63	3	56	9
		32%	36%	27%	41%	26%	54%	31%	34%	66%	35%	9%	31%	34%
Fairly comfortable	(4.0)	81	32	39	15	10	3	56	25	2	68	13	74	8
		39%	39%	39%	36%	44%	25%	41%	38%	24%	38%	48%	41%	28%
Neither comfortable nor uncomfortable	(3.0)	33	12	18	4	2	3	21	9	1	28	5	26	7
		16%	14%	18%	10%	10%	21%	16%	13%	10%	16%	20%	15%	25%
Fairly uncomfortable	(2.0)	24	8	14	4	4	-	15	8	-	17	6	20	3
		11%	10%	15%	10%	16%	-	11%	12%	-	10%	23%	11%	10%
Very uncomfortable	(1.0)	1	-	-	-	-	-	1	-	-	1	-	1	1
		1%	-	-	-	-	-	1%	-	-	1%	-	*	2%
Don't know		2	-	1	1	1	-	-	2	-	2	-	2	-
		1%	-	1%	2%	3%	-	-	3%	-	1%	-	1%	-
NET: Comfortable		146	62	65	32	17	10	98	48	7	131	16	130	17
		71%	75%	66%	77%	70%	79%	72%	72%	90%	73%	57%	73%	62%
NET: Uncomfortable		25	8	14	4	4	-	16	8	-	19	6	21	3
		12%	10%	15%	10%	16%	-	12%	12%	-	10%	23%	12%	13%
Base for stats		204	82	98	41	23	13	135	65	7	177	27	177	27
Mean Score		3.91	4.02	3.80	4.11	3.82	4.34	3.91	3.96	4.56	3.98	3.44	3.93	3.81
Standard Deviation		.997	.964	1.008	.980	1.034	.830	.991	1.000	.719	.985	.961	.976	1.106
Standard Error		.068	.106	.100	.149	.211	.230	.084	.121	.254	.073	.178	.073	.199
Error variance		*	.01	.01	.02	.04	.05	.01	.01	.06	.01	.03	.01	.04

Savanta:
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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Total	Number of days active 0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week NET: More	No more or less	NET: Less	Life satisfaction score 0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%			*a	*b	*c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total		215	2	9	29	55	34	47	9	30	118	86	134	47	34	36	51	83	44
Total		206 100%	1 100%	8 100%	27 100%	53 100%	33 100%	46 100%	9 100%	29 100%	113 100%	84 100%	130 100%	45 100%	31 100%	34 100%	48 100%	80 100%	44 100%
Very comfortable	(5.0)	65 32%	- -	3 35%	7 26%	12 22%	10 31%	18 40%	3 31%	12 42%	29 26%	33 40% di	50 39% bc	9 20%	6 20%	9 27%	9 19%	23 28%	24 55% abc
Fairly comfortable	(4.0)	81 39%	1 45%	4 47%	12 45%	20 38%	14 43%	16 34%	2 21%	13 45%	46 41%	31 36%	47 36%	21 47%	13 43%	10 30%	19 40%	40 49% d	11 26%
Neither comfortable nor uncomfortable	(3.0)	33 16%	1 55%	1 18%	4 13%	12 23% eh	2 5%	9 19% h	4 48%	1 3%	17 15%	14 17%	18 14%	7 16%	8 25%	10 30% cd	10 21%	8 10%	5 11%
Fairly uncomfortable	(2.0)	24 11%	- -	- -	4 14%	9 17%	5 16%	2 5%	- -	3 10%	18 16% j	5 6%	13 10%	6 14%	4 13%	4 13%	7 14%	10 12%	3 7%
Very uncomfortable	(1.0)	1 1%	- -	- -	1 2%	- -	1 2%	- -	- -	- -	1 1%	- -	1 1%	- -	- -	- -	1 1%	- -	1 1%
Don't know		2 1%	- -	- -	- -	- -	1 3%	1 2%	- -	- -	1 1%	1 1%	- -	2 4% a	- -	- -	2 4%	- -	- -
NET: Comfortable		146 71%	1 45%	6 82%	19 70%	32 60%	24 74%	34 74%	5 52%	25 87% di	75 67%	64 76% d	97 75%	30 66%	19 62%	19 57%	28 59%	62 78% ab	35 81% ab
NET: Uncomfortable		25 12%	- -	- -	5 17%	9 17% j	6 18%	2 5%	- -	3 10%	19 17% fj	5 6%	14 11%	6 14%	4 13%	4 13%	7 15%	10 12%	4 8%
Base for stats		204	1	8	27	53	32	46	9	29	112	83	130	43	31	34	46	80	44
Mean Score		3.91	3.45	4.17	3.77	3.66	3.88	4.10 di	3.83	4.19 di	3.75	4.11 di	4.01	3.75	3.68	3.72	3.64	3.94	4.26 ab
Standard Deviation		.997	.863	.760	1.077	1.015	1.113	.906	.927	.923	1.053	.909	1.014	.950	.951	1.018	1.013	.933	1.006
Standard Error		.068	.610	.253	.200	.137	.194	.134	.309	.169	.097	.099	.088	.142	.163	.170	.145	.102	.152
Error variance		*	.37	.06	.04	.02	.04	.02	.10	.03	.01	.01	.01	.02	.03	.03	.02	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	*c	*a	*b	*c	*d	*e	*f	g	*h	*i
Unweighted Total		137	81	56	75	52	10	7	23	9	14	19	7	31	15	12
Total		135	77	58	74	49	12	6	20	9	14	19	9	32	15	11
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	39	25	14	19	18	2	2	8	2	3	7	4	7	3	4
		29%	33%	24%	25%	37%	20%	29%	37%	24%	23%	37%	44%	23%	19%	32%
Fairly comfortable	(4.0)	59	32	27	33	20	6	3	7	6	8	6	4	13	6	6
		44%	42%	46%	44%	41%	49%	43%	36%	68%	53%	34%	41%	41%	42%	53%
Neither comfortable nor uncomfortable	(3.0)	24	13	11	15	7	2	2	3	1	2	3	1	7	3	2
		18%	17%	19%	20%	14%	19%	28%	13%	8%	17%	17%	14%	24%	19%	15%
Fairly uncomfortable	(2.0)	10	6	5	5	4	2	-	1	-	1	2	-	3	3	-
		8%	7%	8%	7%	8%	12%	-	5%	-	6%	12%	-	10%	20%	-
Very uncomfortable	(1.0)	2	1	1	2	-	-	-	1	-	-	-	-	1	-	-
		1%	1%	1%	2%	-	-	-	4%	-	-	-	-	3%	-	-
Don't know		1	-	1	1	-	-	-	1	-	-	-	-	-	-	-
		1%	-	2%	1%	-	-	-	5%	-	-	-	-	-	-	-
NET: Comfortable		98	57	41	52	38	8	4	15	9	11	13	7	20	9	10
		73%	74%	70%	70%	78%	69%	72%	73%	92%	76%	71%	86%	64%	61%	85%
NET: Uncomfortable		12	7	5	7	4	2	-	2	-	1	2	-	4	3	-
		9%	9%	9%	9%	8%	12%	-	9%	-	6%	12%	-	13%	20%	-
Base for stats		134	77	57	73	49	12	6	19	9	14	19	9	32	15	11
Mean Score		3.92	3.97	3.85	3.85	4.07	3.76	4.02	4.01	4.16	3.93	3.96	4.30	3.71	3.59	4.17
Standard Deviation		.947	.953	.942	.964	.921	.951	.828	1.093	.577	.843	1.038	.749	1.030	1.046	.694
Standard Error		.081	.106	.127	.112	.128	.301	.313	.233	.192	.225	.238	.283	.185	.270	.200
Error variance		.01	.01	.02	.01	.02	.09	.10	.05	.04	.05	.06	.08	.03	.07	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	*c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total		137	33	32	24	22	11	15	89	48	99	9	17	10	-	-	36
Total		135	35	33	23	20	10	14	91	44	98	9	16	10	-	-	35
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
Very comfortable	(5.0)	39	12	8	6	5	4	3	26	13	31	2	3	2	-	-	7
		29%	34%	25%	27%	26%	41%	25%	29%	29%	32%	22%	19%	21%	-	-	21%
Fairly comfortable	(4.0)	59	15	14	10	8	5	6	39	20	46	2	8	2	-	-	12
		44%	44%	43%	42%	41%	52%	45%	43%	45%	47%	21%	50%	21%	-	-	34%
Neither comfortable nor uncomfortable	(3.0)	24	5	7	4	4	1	3	16	8	15	2	2	5	-	-	9
		18%	15%	22%	16%	19%	7%	23%	18%	17%	15%	24%	11%	48%	-	-	25%
Fairly uncomfortable	(2.0)	10	1	3	3	3	-	1	7	4	4	2	3	1	-	-	6
		8%	4%	8%	11%	14%	-	7%	7%	9%	4%	23%	20%	10%	-	-	18%
																	a
Very uncomfortable	(1.0)	2	-	1	1	-	-	-	2	-	1	1	-	-	-	-	1
		1%	-	3%	4%	-	-	-	2%	-	1%	9%	-	-	-	-	2%
Don't know		1	1	-	-	-	-	-	1	-	1	-	-	-	-	-	-
		1%	3%	-	-	-	-	-	1%	-	1%	-	-	-	-	-	-
NET: Comfortable		98	27	23	16	14	9	10	66	33	77	4	11	4	-	-	19
		73%	78%	68%	69%	67%	93%	70%	72%	74%	79%	43%	69%	42%	-	-	55%
											g						
NET: Uncomfortable		12	1	3	3	3	-	1	8	4	5	3	3	1	-	-	7
		9%	4%	10%	15%	14%	-	7%	9%	9%	5%	32%	20%	10%	-	-	20%
																	a
Base for stats		134	34	33	23	20	10	14	90	44	97	9	16	10	-	-	35
Mean Score		3.92	4.11	3.80	3.77	3.79	4.34	3.88	3.91	3.94	4.06	3.24	3.69	3.53	-	-	3.52
											g						
Standard Deviation		.947	.818	1.003	1.103	1.013	.633	.897	.969	.912	.853	1.358	1.030	.983	-	-	1.094
Standard Error		.081	.145	.177	.225	.216	.191	.232	.103	.132	.086	.453	.250	.311	-	-	.182
Error variance		.01	.02	.03	.05	.05	.04	.05	.01	.02	.01	.20	.06	.10	-	-	.03

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	137	51	37	40	77	19	18	57	14	5	5	7	5	5	2	37
Total	135	42	41	44	86	20	16	58	14	5	5	6	5	5	3	35
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	39	11	11	14	25	8	6	15	4	1	3	1	-	1	-	14
	29%	27%	26%	32%	29%	42%	36%	26%	27%	17%	61%	23%	-	21%	-	39%
Fairly comfortable (4.0)	59	17	19	22	41	7	5	28	6	3	1	5	-	1	3	13
	44%	39%	46%	50%	48%	37%	34%	48%	41%	64%	22%	77%	-	25%	100%	36%
Neither comfortable nor uncomfortable (3.0)	24	12	6	5	11	2	1	10	5	1	-	-	3	2	-	3
	18%	28% cd	16%	11%	13%	10%	6%	18%	32%	18%	-	-	56%	54%	-	8%
Fairly uncomfortable (2.0)	10	1	4	3	7	2	2	3	-	-	1	-	2	-	-	4
	8%	2%	10%	8%	9%	11%	12%	6%	-	-	17%	-	44%	-	-	11%
Very uncomfortable (1.0)	2	2	-	-	-	-	1	1	-	-	-	-	-	-	-	1
	1%	4%	-	-	-	-	5%	1%	-	-	-	-	-	-	-	2%
Don't know	1	-	1	-	1	-	1	-	-	-	-	-	-	-	-	1
	1%	-	3%	-	1%	-	7%	-	-	-	-	-	-	-	-	3%
NET: Comfortable	98	28	30	36	66	15	11	43	10	4	4	6	-	2	3	27
	73%	66%	72%	82%	77%	79%	70%	75%	68%	82%	83%	100%	-	46%	100%	75%
NET: Uncomfortable	12	2	4	3	7	2	3	4	-	-	1	-	2	-	-	5
	9%	6%	10%	8%	9%	11%	17%	7%	-	-	17%	-	44%	-	-	14%
Base for stats	134	42	40	44	84	20	15	58	14	5	5	6	5	5	3	34
Mean Score	3.92	3.83	3.90	4.07	3.99	4.09	3.90	3.92	3.95	3.99	4.26	4.23	2.56	3.67	4.00	4.01
Standard Deviation	.947	.990	.913	.861	.885	1.003	1.256	.906	.792	.675	1.242	.462	.558	.905	-	1.106
Standard Error	.081	.139	.152	.136	.101	.230	.305	.120	.212	.302	.555	.175	.250	.405	-	.184
Error variance	.01	.02	.02	.02	.01	.05	.09	.01	.04	.09	.31	.03	.06	.16	-	.03

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e
Unweighted Total		137	43	34	14	6	48	49	45	35	15	2	50	47	11	64	55	7	126
Total		135	43	34	13	6	47	48	46	33	15	2	48	48	10	62	56	8	125
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	39	13	8	6	2	13	15	16	9	4	-	13	16	4	15	17	3	35
		29%	31%	23%	42%	36%	29%	32%	34%	26%	29%	-	27%	33%	42%	24%	31%	35%	28%
Fairly comfortable	(4.0)	59	23	13	5	1	18	23	23	15	4	1	19	24	2	26	27	4	57
		44%	53%	39%	38%	16%	39%	49%	50%	45%	30%	52%	40%	50%	20%	42%	49%	51%	45%
Neither comfortable nor uncomfortable	(3.0)	24	3	10	1	2	11	5	5	5	6	-	11	5	2	13	8	-	22
		18%	7%	30%	6%	33%	23%	10%	11%	14%	41%	-	22%	11%	22%	22%	15%	-	17%
				af			a												
Fairly uncomfortable	(2.0)	10	2	3	2	-	4	2	1	4	-	-	4	1	1	6	3	1	10
		8%	4%	8%	13%	-	9%	4%	2%	13%	-	-	9%	2%	7%	9%	5%	14%	8%
Very uncomfortable	(1.0)	2	1	-	-	1	-	2	-	1	-	1	1	1	1	1	-	-	1
		1%	2%	-	-	15%	-	4%	-	3%	-	48%	2%	2%	9%	1%	-	-	1%
Don't know		1	1	-	-	-	-	1	1	-	-	-	-	1	-	1	-	-	1
		1%	2%	-	-	-	-	2%	2%	-	-	-	-	2%	-	2%	-	-	1%
NET: Comfortable		98	36	21	11	3	32	39	39	23	9	1	32	40	6	41	44	7	92
		73%	84%	62%	80%	52%	67%	80%	84%	71%	59%	52%	67%	83%	62%	66%	80%	86%	73%
			b																
NET: Uncomfortable		12	3	3	2	1	4	4	1	5	-	1	5	2	2	7	3	1	11
		9%	6%	8%	13%	15%	9%	7%	2%	16%	-	48%	11%	4%	16%	11%	5%	14%	8%
										a									
Base for stats		134	42	34	13	6	47	47	45	33	15	2	48	47	10	61	56	8	124
Mean Score		3.92	4.09	3.78	4.09	3.58	3.87	4.03	4.19	3.79	3.88	2.55	3.82	4.13	3.79	3.80	4.06	4.08	3.93
									e										
Standard Deviation		.947	.875	.899	1.047	1.505	.942	.965	.727	1.068	.858	2.260	.999	.834	1.361	.972	.823	1.017	.912
Standard Error		.081	.135	.154	.280	.614	.136	.139	.110	.180	.221	1.598	.141	.123	.410	.122	.111	.384	.082
Error variance		.01	.02	.02	.08	.38	.02	.02	.01	.03	.05	2.55	.02	.02	.17	.01	.01	.15	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	*b	*c	d	e	*f	a	*b	a	*b
Unweighted Total	137	69	56	34	19	13	81	55	7	113	24	122	15
Total	135	68	57	34	19	13	81	54	7	112	23	122	14
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	39	25	10	17	5	6	18	22	3	37	3	36	4
	29%	36%	18%	49%	29%	45%	22%	41%	38%	33%	11%	29%	26%
		b		d				d					
Fairly comfortable (4.0)	59	29	28	8	6	3	44	15	3	47	12	55	3
	44%	43%	49%	24%	33%	27%	55%	27%	42%	42%	51%	46%	25%
							ae						
Neither comfortable nor uncomfortable (3.0)	24	9	12	5	5	3	13	11	1	19	4	18	6
	18%	14%	22%	16%	24%	28%	16%	20%	20%	17%	19%	15%	43%
Fairly uncomfortable (2.0)	10	5	5	3	2	-	6	5	-	7	3	10	-
	8%	8%	8%	8%	9%	-	7%	9%	-	6%	14%	9%	-
Very uncomfortable (1.0)	2	-	1	-	1	-	1	1	-	1	1	1	1
	1%	-	1%	-	4%	-	1%	2%	-	1%	4%	1%	6%
Don't know	1	-	1	1	-	-	-	1	-	1	-	1	-
	1%	-	2%	3%	-	-	-	2%	-	1%	-	1%	-
NET: Comfortable	98	54	38	25	12	9	62	37	6	84	14	91	7
	73%	79%	67%	73%	62%	72%	76%	68%	80%	75%	62%	75%	51%
NET: Uncomfortable	12	5	5	3	3	-	7	5	-	8	4	11	1
	9%	8%	10%	8%	14%	-	8%	10%	-	7%	18%	9%	6%
Base for stats	134	68	56	33	19	13	81	53	7	111	23	120	14
Mean Score	3.92	4.07	3.75	4.17	3.73	4.18	3.88	3.99	4.18	4.00	3.52	3.95	3.64
		b											
Standard Deviation	.947	.896	.905	1.007	1.145	.870	.867	1.064	.799	.916	1.011	.928	1.095
Standard Error	.081	.108	.122	.175	.263	.241	.096	.145	.302	.087	.206	.084	.283
Error variance	.01	.01	.01	.03	.07	.06	.01	.02	.09	.01	.04	.01	.08

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

						Number of days active							Amount of activity in the past week compared to previous week			Life satisfaction score			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%			*a	*b	*c	d	*e	*f	*g	*h	i	j	a	b	*c	*a	b	c	d
Unweighted Total		137	5	9	22	35	13	19	9	25	70	53	76	44	17	16	38	49	33
Total		135	4	9	23	34	13	20	8	24	70	52	75	43	16	15	36	50	33
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	39	1	1	4	6	4	7	4	13	13	24	32	5	2	2	7	10	20
		29%	21%	16%	16%	16%	32%	34%	48%	54%	19%	45%	42%	12%	14%	15%	20%	19%	61%
												di	b						bc
Fairly comfortable	(4.0)	59	1	5	16	12	7	8	3	7	34	19	31	21	7	3	18	29	7
		44%	16%	60%	69%	34%	53%	42%	40%	29%	49%	35%	41%	49%	40%	23%	49%	59%	21%
																	d	d	
Neither comfortable nor uncomfortable	(3.0)	24	3	1	3	12	1	3	-	2	15	5	10	11	3	6	7	7	4
		18%	63%	13%	12%	34%	6%	16%	-	7%	22%	9%	13%	26%	18%	41%	18%	15%	12%
						j													
Fairly uncomfortable	(2.0)	10	-	1	-	4	-	2	1	2	4	5	2	4	5	1	4	3	2
		8%	-	10%	-	13%	-	8%	12%	10%	6%	10%	3%	8%	29%	9%	10%	7%	6%
Very uncomfortable	(1.0)	2	-	-	1	1	-	-	-	-	2	-	1	1	-	2	-	-	-
		1%	-	-	4%	3%	-	-	-	-	2%	-	1%	2%	-	12%	-	-	-
Don't know		1	-	-	-	-	1	-	-	-	1	-	-	1	-	-	1	-	-
		1%	-	-	-	-	8%	-	-	-	1%	-	-	2%	-	-	3%	-	-
NET: Comfortable		98	2	7	19	17	11	15	7	20	48	42	63	27	9	6	25	39	27
		73%	37%	77%	85%	51%	85%	75%	88%	83%	68%	81%	83%	61%	54%	38%	69%	78%	82%
												d	b						
NET: Uncomfortable		12	-	1	1	5	-	2	1	2	6	5	3	5	5	3	4	3	2
		9%	-	10%	4%	15%	-	8%	12%	10%	9%	10%	4%	10%	29%	20%	10%	7%	6%
Base for stats		134	4	9	23	34	12	20	8	24	69	52	75	42	16	15	35	50	33
Mean Score		3.92	3.57	3.83	3.93	3.49	4.28	4.01	4.23	4.27	3.77	4.16	4.20	3.63	3.39	3.22	3.81	3.91	4.36
												di	b						bc
Standard Deviation		.947	.927	.874	.797	1.005	.611	.934	1.024	.991	.923	.963	.854	.892	1.073	1.203	.886	.788	.937
Standard Error		.081	.415	.291	.170	.170	.176	.214	.341	.198	.111	.132	.098	.136	.260	.301	.146	.113	.163
Error variance		.01	.17	.08	.03	.03	.03	.05	.12	.04	.01	.02	.01	.02	.07	.09	.02	.01	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total		121	88	33	72	35	14	6	14	11	13	18	8	26	15	10
Total		115	82	33	66	32	16	5	12	10	13	16	10	26	15	9
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	25	19	6	14	6	6	-	3	4	3	1	3	7	2	2
		22%	24%	19%	21%	19%	34%	-	27%	37%	26%	7%	28%	28%	15%	23%
Fairly comfortable	(4.0)	34	19	15	21	9	3	3	5	2	4	4	1	8	4	3
		29%	23%	45% a	32%	29%	18%	52%	41%	21%	32%	28%	12%	31%	26%	32%
Neither comfortable nor uncomfortable	(3.0)	29	24	6	17	8	4	1	3	3	1	5	3	6	5	2
		25%	29%	17%	26%	26%	24%	29%	25%	25%	9%	34%	34%	22%	35%	17%
Fairly uncomfortable	(2.0)	18	11	6	9	7	2	1	-	-	4	2	3	3	4	1
		16%	14%	20%	13%	22%	10%	19%	-	-	32%	15%	26%	14%	24%	10%
Very uncomfortable	(1.0)	5	5	-	4	1	1	-	1	2	-	1	-	1	-	1
		5%	7%	-	6%	2%	5%	-	7%	17%	-	8%	-	3%	-	8%
Don't know		3	3	-	1	1	1	-	-	-	-	1	-	1	-	1
		3%	4%	-	1%	2%	8%	-	-	-	-	9%	-	3%	-	10%
NET: Comfortable		59	38	21	35	15	9	3	8	6	7	5	4	15	6	5
		52%	47%	63%	53%	48%	52%	52%	68%	57%	58%	34%	40%	58%	41%	55%
NET: Uncomfortable		23	17	6	13	8	3	1	1	2	4	4	3	4	4	2
		20%	21%	20%	19%	24%	16%	19%	7%	17%	32%	23%	26%	17%	24%	18%
Base for stats		112	79	33	65	32	15	5	12	10	13	15	10	25	15	8
Mean Score		3.50	3.45	3.62	3.50	3.41	3.71	3.34	3.81	3.60	3.52	3.10	3.42	3.68	3.33	3.57
Standard Deviation		1.153	1.208	1.016	1.156	1.113	1.274	.863	1.116	1.492	1.243	1.094	1.217	1.140	1.035	1.326
Standard Error		.106	.131	.177	.137	.191	.353	.352	.298	.450	.345	.265	.430	.228	.267	.442
Error variance		.01	.02	.03	.02	.04	.12	.12	.09	.20	.12	.07	.19	.05	.07	.20

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			*a	*b	*c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total		121	17	29	29	25	9	12	75	46	78	7	17	11	2	-	37
Total		115	18	29	28	20	8	12	75	40	75	6	16	11	2	-	34
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Very comfortable	(5.0)	25	6	9	6	3	-	2	21	5	18	2	3	2	-	-	7
		22%	34%	30%	21%	15%	-	14%	28% h	12%	23%	27%	17%	22%	-	-	20%
Fairly comfortable	(4.0)	34	6	12	6	5	2	4	23	10	25	-	3	4	-	-	7
		29%	32%	41%	20%	23%	22%	34%	31%	26%	33%	-	19%	41%	-	-	22%
Neither comfortable nor uncomfortable	(3.0)	29	2	4	7	6	6	4	14	16	15	2	7	2	2	-	13
		25%	14%	13%	27%	30%	78%	31%	18%	39% g	20%	25%	47%	22%	100%	-	38% a
Fairly uncomfortable	(2.0)	18	4	3	5	3	-	2	12	6	13	3	2	-	-	-	5
		16%	21%	10%	19%	17%	-	21%	16%	15%	17%	48%	12%	-	-	-	14%
Very uncomfortable	(1.0)	5	-	-	2	3	-	-	2	3	3	-	1	1	-	-	1
		5%	-	-	9%	15%	-	-	3%	8%	4%	-	5%	7%	-	-	4%
Don't know		3	-	2	1	-	-	-	3	-	2	-	-	1	-	-	1
		3%	-	5%	5%	-	-	-	4%	-	3%	-	-	8%	-	-	2%
NET: Comfortable		59	12	21	11	8	2	6	44	15	42	2	6	7	-	-	14
		52%	66%	71%	41%	38%	22%	49%	59% h	38%	56%	27%	36%	63%	-	-	41%
NET: Uncomfortable		23	4	3	8	6	-	2	14	9	16	3	3	1	-	-	6
		20%	21%	10%	28%	32%	-	21%	19%	22%	21%	48%	17%	7%	-	-	18%
Base for stats		112	18	28	26	20	8	12	72	40	73	6	16	10	2	-	33
Mean Score		3.50	3.79	3.96	3.26	3.07	3.22	3.42	3.66 h	3.20	3.56	3.07	3.32	3.79	3.00	-	3.40
Standard Deviation		1.153	1.157	.962	1.282	1.295	.441	1.016	1.163	1.088	1.158	1.367	1.082	1.092	*	-	1.107
Standard Error		.106	.281	.185	.242	.259	.147	.293	.137	.160	.133	.517	.262	.345	*	-	.185
Error variance		.01	.08	.03	.06	.07	.02	.09	.02	.03	.02	.27	.07	.12	*	-	.03

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

			Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	*b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total		121	57	17	32	49	13	14	47	9	10	7	4	7	5	5	27
Total		115	49	19	35	53	13	13	44	8	9	6	3	8	4	6	25
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	25	8	5	11	15	5	1	9	1	-	2	1	3	2	1	6
		22%	17%	26%	31%	29%	42%	6%	21%	14%	-	32%	24%	40%	40%	22%	24%
Fairly comfortable	(4.0)	34	14	8	9	16	2	6	13	3	6	-	1	-	1	2	9
		29%	29%	41%	25%	31%	19%	49%	29%	31%	64%	-	26%	-	24%	33%	34%
Neither comfortable nor uncomfortable	(3.0)	29	17	4	6	10	5	2	12	1	2	3	-	2	1	1	7
		25%	35%	23%	16%	19%	39%	15%	28%	8%	27%	42%	-	31%	19%	19%	27%
Fairly uncomfortable	(2.0)	18	4	2	9	11	-	3	5	4	1	1	2	1	-	2	3
		16%	8%	10%	26% a	20%	-	23%	12%	47%	9%	11%	50%	11%	-	26%	11%
Very uncomfortable	(1.0)	5	4	-	1	1	-	-	4	-	-	1	-	-	1	-	-
		5%	8%	-	2%	2%	-	-	9%	-	-	14%	-	-	17%	-	-
Don't know		3	2	-	-	-	-	1	1	-	-	-	-	1	-	-	1
		3%	3%	-	-	-	-	6%	2%	-	-	-	-	18%	-	-	3%
NET: Comfortable		59	22	12	19	32	8	7	22	4	6	2	2	3	3	4	15
		52%	46%	67%	56%	60%	61%	56%	50%	45%	64%	32%	50%	40%	64%	54%	58%
NET: Uncomfortable		23	8	2	10	12	-	3	9	4	1	2	2	1	1	2	3
		20%	16%	10%	28%	22%	-	23%	21%	47%	9%	25%	50%	11%	17%	26%	11%
Base for stats		112	48	19	35	53	13	12	43	8	9	6	3	6	4	6	24
Mean Score		3.50	3.39	3.82	3.56	3.65	4.03	3.42	3.42	3.12	3.55	3.25	3.23	3.83	3.69	3.50	3.74
Standard Deviation		1.153	1.132	.956	1.253	1.155	.940	.974	1.214	1.229	.689	1.508	1.539	1.280	1.631	1.199	.987
Standard Error		.106	.153	.232	.222	.165	.261	.270	.179	.410	.218	.570	.769	.523	.729	.536	.193
Error variance		.01	.02	.05	.05	.03	.07	.07	.03	.17	.05	.32	.59	.27	.53	.29	.04

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Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Nature of working location						Nature of working hours						Number of people in household including self				
	Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	*b	*c	*d	e	f	a	*b	*c	*d	e	f	*a	b	c	*d	e
Unweighted Total	121	39	22	10	13	32	52	38	21	17	8	38	46	20	47	40	14	101
Total	115	37	21	9	12	29	48	36	19	15	7	35	43	19	44	39	13	96
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	25	8	4	-	1	4	9	9	2	2	-	4	9	3	8	10	3	22
	22%	22%	19%	-	11%	13%	19%	25%	9%	14%	-	11%	21%	18%	19%	27%	24%	23%
Fairly comfortable (4.0)	34	15	4	4	3	8	17	14	5	5	2	10	16	8	16	8	3	26
	29%	40%	20%	49%	24%	29%	36%	39%	26%	30%	27%	28%	37%	40%	37%	19%	19%	27%
Neither comfortable nor uncomfortable (3.0)	29	6	5	4	4	8	11	5	8	5	1	13	6	4	12	8	5	25
	25%	17%	23%	43%	37%	29%	22%	15%	41%	33%	9%	37% af	14%	20%	28%	21%	36%	26%
Fairly uncomfortable (2.0)	18	3	7	1	2	8	6	4	5	3	2	7	6	3	4	9	2	15
	16%	9%	36%	8%	21%	27% a	12%	12%	23%	19%	29%	21%	14%	13%	10%	24%	14%	16%
Very uncomfortable (1.0)	5	5	-	-	-	-	5	3	-	1	1	1	4	2	1	2	1	4
	5%	13% e	-	-	-	-	10%	9%	-	4%	13%	2%	9%	8%	2%	6%	7%	4%
Don't know	3	-	1	-	1	1	1	-	-	-	2	-	2	-	2	1	-	3
	3%	-	4%	-	7%	3%	2%	-	-	-	22%	-	4%	-	5%	2%	-	3%
NET: Comfortable	59	22	8	4	4	12	27	23	7	7	2	14	25	11	25	18	6	48
	52%	61%	38%	49%	35%	42%	55%	64% e	36%	44%	27%	39%	58%	58%	56%	46%	43%	50%
NET: Uncomfortable	23	8	7	1	2	8	10	7	5	3	3	8	10	4	5	12	3	19
	20%	22%	36%	8%	21%	27%	21%	20%	23%	23%	41%	23%	24%	22%	11%	30% b	20%	20%
Base for stats	112	37	20	9	11	29	48	36	19	15	6	35	42	19	42	38	13	93
Mean Score	3.50	3.49	3.22	3.42	3.28	3.28	3.44	3.61	3.22	3.31	2.65	3.26	3.48	3.47	3.65	3.38	3.41	3.51
Standard Deviation	1.153	1.295	1.168	.671	.991	1.031	1.225	1.244	.933	1.097	1.232	.994	1.271	1.206	.979	1.298	1.227	1.149
Standard Error	.106	.207	.255	.212	.286	.185	.172	.202	.204	.266	.503	.161	.192	.270	.146	.208	.328	.116
Error variance	.01	.04	.06	.05	.08	.03	.03	.04	.04	.07	.25	.03	.04	.07	.02	.04	.11	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	*a	*b	*c	d	e	*f	a	*b	a	*b
Unweighted Total		121	44	50	26	16	21	65	53	3	100	21	96	22
Total		115	44	46	25	14	20	63	50	3	95	20	91	21
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	25	12	9	10	3	3	15	10	3	24	1	21	4
		22%	26%	20%	40%	19%	17%	24%	21%	100%	26%	6%	23%	18%
Fairly comfortable	(4.0)	34	9	17	4	5	7	20	13	-	29	5	28	6
		29%	19%	36%	18%	35%	35%	33%	27%	-	30%	24%	31%	27%
Neither comfortable nor uncomfortable	(3.0)	29	12	11	5	4	9	11	17	-	20	9	22	6
		25%	27%	24%	20%	30%	44%	18%	35%	-	21%	46%	24%	31%
									d					
Fairly uncomfortable	(2.0)	18	10	5	4	1	-	12	5	-	15	3	14	4
		16%	22%	10%	16%	5%	-	20%	10%	-	16%	13%	15%	19%
Very uncomfortable	(1.0)	5	-	3	2	1	-	2	2	-	5	1	4	1
		5%	-	7%	6%	5%	-	4%	5%	-	5%	4%	4%	4%
Don't know		3	2	1	-	1	1	1	2	-	2	1	3	-
		3%	5%	2%	-	5%	4%	2%	3%	-	2%	7%	3%	-
NET: Comfortable		59	20	26	15	8	10	36	24	3	53	6	49	9
		52%	46%	56%	58%	54%	51%	57%	48%	100%	56%	30%	53%	45%
NET: Uncomfortable		23	10	8	6	1	-	15	7	-	20	3	18	5
		20%	22%	17%	22%	10%	-	23%	14%	-	21%	17%	19%	24%
Base for stats		112	42	45	25	13	19	61	48	3	93	19	88	21
Mean Score		3.50	3.52	3.53	3.70	3.61	3.71	3.55	3.51	5.00	3.57	3.16	3.54	3.36
Standard Deviation		1.153	1.141	1.152	1.333	1.086	.766	1.177	1.093	*	1.188	.914	1.141	1.142
Standard Error		.106	.176	.165	.261	.281	.171	.147	.153	*	.120	.204	.118	.243
Error variance		.01	.03	.03	.07	.08	.03	.02	.02	*	.01	.04	.01	.06

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

					Number of days active							Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	a	b	*c	*a	b	c	*d
Unweighted Total	121	1	12	18	29	19	18	5	19	66	42	60	35	26	28	31	41	18
Total	115	1	12	16	28	17	18	5	18	61	41	59	31	24	26	27	40	18
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	25	-	2	2	5	6	5	1	5	13	10	18	3	4	2	2	11	9
	22%	-	17%	10%	19%	36%	26%	21%	26%	21%	25%	31% b	11%	16%	6%	6%	29% b	48%
Fairly comfortable (4.0)	34	-	3	7	7	3	6	2	6	16	14	18	9	6	9	7	12	5
	29%	-	26%	43%	25%	15%	37%	42%	31%	27%	35%	31%	29%	26%	37%	26%	30%	30%
Neither comfortable nor uncomfortable (3.0)	29	1	4	4	9	5	3	1	3	18	6	15	6	8	8	11	9	1
	25%	100%	29%	24%	33%	30%	17%	12%	15%	30%	15%	25%	20%	33%	32%	39%	22%	8%
Fairly uncomfortable (2.0)	18	-	2	3	6	2	2	1	2	11	5	6	8	4	4	6	8	1
	16%	-	14%	19%	20%	14%	11%	25%	11%	18%	13%	10%	25% a	18%	14%	21%	20%	4%
Very uncomfortable (1.0)	5	-	1	1	1	1	1	-	2	2	2	1	3	1	2	2	-	2
	5%	-	7%	4%	3%	5%	4%	-	9%	4%	6%	2%	10%	3%	8%	6%	-	10%
Don't know	3	-	1	-	-	-	1	-	1	-	2	1	1	1	1	1	-	-
	3%	-	6%	-	-	-	5%	-	8%	-	5%	1%	4%	3%	3%	3%	-	-
NET: Comfortable	59	-	5	8	12	9	11	3	10	30	25	37	12	10	11	9	23	14
	52%	-	43%	53%	44%	51%	62%	64%	58%	48%	60%	62% b	40%	42%	43%	32%	58% b	78%
NET: Uncomfortable	23	-	3	4	6	3	3	1	4	13	8	7	11	5	6	7	8	3
	20%	-	22%	23%	23%	19%	16%	25%	20%	22%	19%	12%	36% a	22%	22%	26%	20%	14%
Base for stats	112	1	11	16	28	17	17	5	16	61	38	58	30	24	25	27	40	18
Mean Score	3.50	3.00	3.33	3.36	3.38	3.63	3.72	3.61	3.60	3.45	3.65	3.80 b	3.05	3.34	3.19	3.05	3.67 b	4.04
Standard Deviation	1.153	-	1.220	1.059	1.104	1.267	1.155	1.195	1.321	1.129	1.203	1.065	1.227	1.094	1.057	.997	1.104	1.295
Standard Error	.106	-	.368	.250	.205	.291	.280	.535	.311	.139	.190	.139	.210	.219	.203	.182	.172	.305
Error variance	.01	-	.14	.06	.04	.08	.08	.29	.10	.02	.04	.02	.04	.05	.04	.03	.03	.09

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I. SUMMARY: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

	Total	Very comfortable	Fairly comfortable	Neither comfortable nor uncomfortable	Fairly uncomfortable	Very uncomfortable	Don't know	NET: Comfortable	NET: Uncomfortable
Other indoor sports facilities	27	6	10	7	4	1	-	16	5
	100%	22%	36%	25%	13%	4%	-	58%	17%
Indoor gyms or fitness centres (including fitness classes)	32	9	10	10	2	2	-	19	4
	100%	27%	30%	30%	7%	6%	-	57%	13%
Indoor swimming pools	31	4	13	6	5	2	1	17	7
	100%	13%	41%	20%	17%	6%	3%	54%	23%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			*a	*b	*a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total		34	25	9	25	9	-	2	5	1	9	2	3	8	2	2
Total		32	24	9	24	8	-	2	4	1	9	2	4	7	2	2
		100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	9	7	2	5	4	-	-	1	-	3	1	-	3	-	-
		27%	29%	22%	21%	45%	-	-	26%	-	36%	56%	-	47%	-	-
Fairly comfortable	(4.0)	10	7	2	7	2	-	-	2	1	3	-	1	1	1	1
		30%	31%	28%	31%	26%	-	-	54%	100%	30%	-	34%	12%	39%	48%
Neither comfortable nor uncomfortable	(3.0)	10	6	4	7	2	-	1	1	-	1	1	1	3	1	1
		30%	23%	50%	31%	29%	-	48%	20%	-	12%	44%	35%	41%	61%	52%
Fairly uncomfortable	(2.0)	2	2	-	2	-	-	-	-	-	2	-	-	-	-	-
		7%	9%	-	9%	-	-	-	-	-	23%	-	-	-	-	-
Very uncomfortable	(1.0)	2	2	-	2	-	-	1	-	-	-	-	1	-	-	-
		6%	8%	-	8%	-	-	52%	-	-	-	-	31%	-	-	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Comfortable		19	14	4	13	6	-	-	3	1	6	1	1	4	1	1
		57%	60%	50%	52%	71%	-	-	80%	100%	65%	56%	34%	59%	39%	48%
NET: Uncomfortable		4	4	-	4	-	-	1	-	-	2	-	1	-	-	-
		13%	17%	-	17%	-	-	52%	-	-	23%	-	31%	-	-	-
Base for stats		32	24	9	24	8	-	2	4	1	9	2	4	7	2	2
Mean Score		3.66	3.64	3.72	3.48	4.16	-	1.96	4.07	4.00	3.79	4.12	2.73	4.06	3.39	3.48
Standard Deviation		1.142	1.245	.856	1.183	.898	-	1.671	.768	-	1.222	1.450	1.430	1.013	.693	.813
Standard Error		.196	.249	.285	.237	.299	-	1.182	.344	-	.407	1.025	.826	.358	.490	.575
Error variance		.04	.06	.08	.06	.09	-	1.40	.12	-	.17	1.05	.68	.13	.24	.33

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*g	*h	*a	*b	*c	*d	*e	*f	*g
Unweighted Total		34	8	7	10	6	1	2	25	9	17	3	8	4	1	-	16
Total		32	9	7	10	5	1	1	25	8	16	3	8	4	1	-	15
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Very comfortable	(5.0)	9	4	1	2	2	-	-	7	2	4	1	3	-	1	-	5
		27%	53%	11%	19%	33%	-	-	29%	23%	24%	38%	36%	-	100%	-	32%
Fairly comfortable	(4.0)	10	1	4	3	1	-	1	8	2	5	-	2	2	-	-	3
		30%	12%	58%	27%	26%	-	55%	30%	28%	34%	-	23%	44%	-	-	22%
Neither comfortable nor uncomfortable	(3.0)	10	3	1	3	2	-	1	7	3	6	1	3	-	-	-	4
		30%	35%	18%	29%	40%	-	45%	28%	37%	35%	31%	42%	-	-	-	27%
Fairly uncomfortable	(2.0)	2	-	-	1	-	1	-	1	1	1	-	-	1	-	-	1
		7%	-	-	13%	-	100%	-	5%	12%	7%	-	-	25%	-	-	6%
Very uncomfortable	(1.0)	2	-	1	1	-	-	-	2	-	-	1	-	1	-	-	2
		6%	-	12%	12%	-	-	-	8%	-	-	30%	-	31%	-	-	13%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Comfortable		19	6	5	4	3	-	1	15	4	9	1	5	2	1	-	8
		57%	65%	69%	46%	60%	-	55%	59%	51%	58%	38%	58%	44%	100%	-	54%
NET: Uncomfortable		4	-	1	2	-	1	-	3	1	1	1	-	2	-	-	3
		13%	-	12%	25%	-	100%	-	13%	12%	7%	30%	-	56%	-	-	19%
Base for stats		32	9	7	10	5	1	1	25	8	16	3	8	4	1	-	15
Mean Score		3.66	4.18	3.56	3.29	3.93	2.00	3.55	3.67	3.63	3.74	3.17	3.94	2.56	5.00	-	3.55
Standard Deviation		1.142	.979	1.192	1.317	.951	-	.912	1.193	1.039	.934	2.081	.939	1.548	-	-	1.375
Standard Error		.196	.346	.450	.416	.388	-	.645	.239	.346	.227	1.202	.332	.774	-	-	.344
Error variance		.04	.12	.20	.17	.15	-	.42	.06	.12	.05	1.44	.11	.60	-	-	.12

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

		Total	Children aged 15 or under in the household				Current employment status										
			None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total		34	14	6	12	18	3	6	15	1	2	1	2	2	1	1	9
Total		32	11	7	13	20	2	6	15	1	2	1	2	2	1	1	9
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	9	2	2	4	7	2	3	3	-	-	1	-	-	-	-	5
		27%	20%	33%	33%	33%	74%	48%	19%	-	-	100%	-	-	-	-	56%
Fairly comfortable	(4.0)	10	4	-	4	4	1	1	6	1	-	-	1	-	-	1	1
		30%	35%	-	33%	22%	26%	13%	38%	100%	-	-	46%	-	-	100%	17%
Neither comfortable nor uncomfortable	(3.0)	10	3	2	4	7	-	2	5	-	1	-	-	1	1	-	2
		30%	27%	34%	34%	34%	-	39%	34%	-	42%	-	-	51%	100%	-	28%
Fairly uncomfortable	(2.0)	2	-	2	-	2	-	-	1	-	-	-	1	-	-	-	-
		7%	-	32%	-	11%	-	-	8%	-	-	-	54%	-	-	-	-
Very uncomfortable	(1.0)	2	2	-	-	-	-	-	-	-	1	-	-	1	-	-	-
		6%	18%	-	-	-	-	-	-	-	58%	-	-	49%	-	-	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Comfortable		19	6	2	9	11	2	4	8	1	-	1	1	-	-	1	6
		57%	55%	33%	66%	55%	100%	61%	57%	100%	-	100%	46%	-	-	100%	72%
NET: Uncomfortable		4	2	2	-	2	-	-	1	-	1	-	1	1	-	-	-
		13%	18%	32%	-	11%	-	-	8%	-	58%	-	54%	49%	-	-	-
Base for stats		32	11	7	13	20	2	6	15	1	2	1	2	2	1	1	9
Mean Score		3.66	3.40	3.34	3.99	3.78	4.74	4.09	3.68	4.00	1.84	5.00	2.92	2.01	3.00	4.00	4.28
Standard Deviation		1.142	1.365	1.347	.854	1.054	.567	1.012	.905	-	1.398	-	1.553	1.604	-	-	.925
Standard Error		.196	.365	.550	.246	.248	.328	.413	.234	-	.989	-	1.098	1.134	-	-	.308
Error variance		.04	.13	.30	.06	.06	.11	.17	.05	-	.98	-	1.21	1.29	-	-	.10

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e
Unweighted Total		34	10	8	1	5	9	15	9	8	4	2	12	11	5	12	11	6	29
Total		32	10	8	1	6	9	16	8	8	5	2	13	11	4	11	10	6	28
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	9	5	1	-	1	1	6	3	3	1	-	4	3	1	4	2	2	8
		27%	55%	9%	-	18%	9%	40%	35%	37%	26%	-	33%	28%	18%	34%	18%	35%	29%
Fairly comfortable	(4.0)	10	2	3	1	1	4	4	3	3	-	1	3	4	2	3	5	1	8
		30%	24%	38%	100%	22%	45%	23%	32%	33%	-	42%	21%	34%	39%	22%	46%	12%	29%
Neither comfortable nor uncomfortable	(3.0)	10	2	4	-	1	4	3	3	2	2	-	5	3	2	3	2	3	8
		30%	21%	52%	-	22%	47%	22%	33%	30%	49%	-	37%	27%	43%	25%	16%	53%	28%
Fairly uncomfortable	(2.0)	2	-	-	-	1	-	1	-	-	-	1	-	1	-	1	1	-	2
		7%	-	-	-	20%	-	8%	-	-	-	58%	-	11%	-	8%	12%	-	8%
Very uncomfortable	(1.0)	2	-	-	-	1	-	1	-	-	1	-	1	-	-	1	1	-	2
		6%	-	-	-	19%	-	7%	-	-	25%	-	9%	-	-	10%	8%	-	7%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Comfortable		19	8	4	1	2	5	10	6	6	1	1	7	6	2	6	7	3	16
		57%	79%	48%	100%	39%	53%	63%	67%	70%	26%	42%	54%	62%	57%	56%	64%	47%	57%
NET: Uncomfortable		4	-	-	-	2	-	2	-	-	1	1	1	1	-	2	2	-	4
		13%	-	-	-	39%	-	15%	-	-	25%	58%	9%	11%	-	18%	20%	-	15%
Base for stats		32	10	8	1	6	9	16	8	8	5	2	13	11	4	11	10	6	28
Mean Score		3.66	4.33	3.57	4.00	2.98	3.62	3.81	4.01	4.06	3.02	2.85	3.68	3.78	3.75	3.63	3.55	3.83	3.64
Standard Deviation		1.142	.852	.706	-	1.503	.678	1.290	.879	.873	1.616	1.368	1.244	1.027	.846	1.361	1.208	1.003	1.193
Standard Error		.196	.270	.249	-	.672	.226	.333	.293	.309	.808	.967	.359	.310	.379	.393	.364	.409	.222
Error variance		.04	.07	.06	-	.45	.05	.11	.09	.10	.65	.94	.13	.10	.14	.15	.13	.17	.05

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Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		*a	*b	*a	*b	*c	*d	*e	*f	*a	*b	*a	*b
Unweighted Total	34	13	15	5	7	13	10	22	1	25	9	23	10
Total	32	14	13	4	7	13	10	21	1	23	9	23	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	9	6	2	3	4	4	1	8	1	7	2	8	1
	27%	44%	16%	56%	55%	35%	12%	37%	100%	30%	21%	36%	9%
Fairly comfortable (4.0)	10	3	5	-	2	4	4	6	-	6	4	5	4
	30%	25%	35%	-	26%	33%	39%	28%	-	24%	45%	21%	46%
Neither comfortable nor uncomfortable (3.0)	10	3	4	2	-	3	5	5	-	8	2	9	1
	30%	23%	27%	44%	-	24%	49%	24%	-	33%	24%	40%	9%
Fairly uncomfortable (2.0)	2	-	2	-	1	-	-	1	-	1	1	-	2
	7%	-	16%	-	18%	-	-	6%	-	5%	10%	-	23%
Very uncomfortable (1.0)	2	1	1	-	-	1	-	1	-	2	-	1	1
	6%	8%	6%	-	-	9%	-	6%	-	8%	-	4%	13%
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Comfortable	19	9	7	3	5	9	5	14	1	13	6	13	5
	57%	68%	51%	56%	82%	67%	51%	65%	100%	54%	66%	57%	55%
NET: Uncomfortable	4	1	3	-	1	1	-	2	-	3	1	1	3
	13%	8%	22%	-	18%	9%	-	11%	-	14%	10%	4%	36%
Base for stats	32	14	13	4	7	13	10	21	1	23	9	23	9
Mean Score	3.66	3.95	3.38	4.12	4.18	3.84	3.62	3.85	5.00	3.61	3.77	3.85	3.15
Standard Deviation	1.142	1.240	1.154	1.125	1.217	1.222	.722	1.174	-	1.225	.952	1.051	1.311
Standard Error	.196	.344	.298	.503	.460	.339	.228	.250	-	.245	.317	.219	.415
Error variance	.04	.12	.09	.25	.21	.11	.05	.06	-	.06	.10	.05	.17

Savanta:
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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

		Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
			0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*a	*b	*c	*a	*b	*c	*d
Unweighted Total		34	-	4	3	11	8	3	3	2	22	8	14	9	10	6	15	10	3
Total		32	-	4	3	10	7	3	3	2	21	8	13	8	10	6	14	10	3
		100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	9	-	1	-	2	3	1	2	-	5	3	4	3	2	2	4	1	2
		27%	-	20%	-	21%	41%	38%	69%	-	25%	37%	28%	37%	22%	32%	27%	11%	68%
Fairly comfortable	(4.0)	10	-	1	2	4	2	1	-	-	8	1	5	4	2	2	2	5	1
		30%	-	23%	63%	42%	24%	23%	-	-	39%	9%	34%	44%	16%	28%	12%	56%	32%
Neither comfortable nor uncomfortable	(3.0)	10	-	2	-	2	3	1	-	2	4	4	4	1	5	1	7	1	-
		30%	-	57%	-	16%	35%	39%	-	100%	20%	44%	33%	8%	50%	23%	53%	12%	-
Fairly uncomfortable	(2.0)	2	-	-	1	1	-	-	-	-	2	-	-	1	-	1	-	1	-
		7%	-	-	37%	9%	-	-	-	-	10%	-	-	11%	-	16%	-	13%	-
Very uncomfortable	(1.0)	2	-	-	-	1	-	-	1	-	1	1	1	-	1	-	1	1	-
		6%	-	-	-	11%	-	-	31%	-	6%	10%	6%	-	12%	-	8%	8%	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Comfortable		19	-	2	2	7	5	2	2	-	13	4	8	7	4	3	5	6	3
		57%	-	43%	63%	64%	65%	61%	69%	-	64%	46%	62%	81%	38%	61%	39%	67%	100%
NET: Uncomfortable		4	-	-	1	2	-	-	1	-	3	1	1	1	1	1	1	2	-
		13%	-	-	37%	20%	-	-	31%	-	16%	10%	6%	11%	12%	16%	8%	21%	-
Base for stats		32	-	4	3	10	7	3	3	2	21	8	13	8	10	6	14	10	3
Mean Score		3.66	-	3.63	3.26	3.53	4.06	3.99	3.77	3.00	3.67	3.64	3.77	4.07	3.35	3.77	3.49	3.49	4.68
Standard Deviation		1.142	-	.939	1.159	1.298	.937	1.065	2.344	-	1.147	1.341	1.085	1.007	1.247	1.181	1.177	1.171	.563
Standard Error		.196	-	.469	.669	.391	.331	.615	1.353	-	.244	.474	.290	.336	.394	.482	.304	.370	.325
Error variance		.04	-	.22	.45	.15	.11	.38	1.83	-	.06	.22	.08	.11	.16	.23	.09	.14	.11

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

		Total	Gender Male	Gender Female	Age 16-34	Age 35-54	Age 55+	Region North East	Region North West	Region Yorkshire and the Humber	Region West Midlands	Region East Midlands	Region East of England	Region London	Region South East	Region South West
Significance Level: 95%			*a	*b	*a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total		33	20	13	22	11	-	5	5	2	3	1	1	8	5	3
Total		31	19	13	21	10	-	5	4	2	3	1	1	8	5	3
		100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	4	3	2	2	2	-	-	1	-	1	-	-	2	-	1
		13%	14%	12%	9%	22%	-	-	18%	-	23%	-	-	20%	-	36%
Fairly comfortable	(4.0)	13	9	4	7	6	-	1	2	1	1	1	1	3	1	2
		41%	49%	30%	35%	54%	-	23%	42%	50%	39%	100%	100%	35%	28%	64%
Neither comfortable nor uncomfortable	(3.0)	6	3	4	5	1	-	1	1	-	-	-	-	2	3	-
		20%	15%	27%	24%	13%	-	20%	15%	-	-	-	-	29%	51%	-
Fairly uncomfortable	(2.0)	5	2	3	5	-	-	1	1	1	1	-	-	1	-	-
		17%	12%	25%	25%	-	-	23%	24%	50%	39%	-	-	16%	-	-
Very uncomfortable	(1.0)	2	1	1	1	1	-	1	-	-	-	-	-	-	1	-
		6%	6%	6%	4%	10%	-	16%	-	-	-	-	-	-	20%	-
Don't know		1	1	-	1	-	-	1	-	-	-	-	-	-	-	-
		3%	4%	-	4%	-	-	17%	-	-	-	-	-	-	-	-
NET: Comfortable		17	12	5	9	8	-	1	2	1	2	1	1	4	1	3
		54%	63%	42%	44%	76%	-	23%	60%	50%	61%	100%	100%	55%	28%	100%
NET: Uncomfortable		7	3	4	6	1	-	2	1	1	1	-	-	1	1	-
		23%	17%	31%	29%	10%	-	40%	24%	50%	39%	-	-	16%	20%	-
Base for stats		31	18	13	20	10	-	4	4	2	3	1	1	8	5	3
Mean Score		3.40	3.56	3.17	3.20	3.78	-	2.60	3.55	3.00	3.46	4.00	4.00	3.59	2.88	4.36
Standard Deviation		1.119	1.095	1.157	1.073	1.162	-	1.267	1.204	1.561	1.474	-	-	1.051	1.164	.586
Standard Error		.198	.251	.321	.234	.350	-	.634	.538	1.104	.851	-	-	.372	.520	.338
Error variance		.04	.06	.10	.05	.12	-	.40	.29	1.22	.72	-	-	.14	.27	.11

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*g	*h	*a	*b	*c	*d	*e	*f	*g
Unweighted Total		33	11	9	5	3	3	2	25	8	21	5	4	1	-	-	10
Total		31	10	9	5	3	3	2	24	7	21	4	4	1	-	-	9
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
Very comfortable	(5.0)	4	1	2	-	-	1	-	3	1	3	1	-	1	-	-	1
		13%	15%	20%	-	-	31%	-	14%	11%	13%	17%	-	100%	-	-	17%
Fairly comfortable	(4.0)	13	6	3	3	1	1	-	11	2	8	2	3	-	-	-	4
		41%	58%	30%	53%	25%	44%	-	46%	25%	38%	37%	68%	-	-	-	47%
Neither comfortable nor uncomfortable	(3.0)	6	-	3	-	1	1	2	3	4	5	1	-	-	-	-	1
		20%	-	28%	-	40%	25%	100%	11%	51%	25%	26%	-	-	-	-	13%
Fairly uncomfortable	(2.0)	5	2	1	1	1	-	-	4	1	3	1	1	-	-	-	2
		17%	19%	13%	26%	35%	-	-	18%	13%	16%	20%	32%	-	-	-	23%
Very uncomfortable	(1.0)	2	-	1	1	-	-	-	2	-	2	-	-	-	-	-	-
		6%	-	8%	22%	-	-	-	8%	-	9%	-	-	-	-	-	-
Don't know		1	1	-	-	-	-	-	1	-	-	-	-	-	-	-	-
		3%	8%	-	-	-	-	-	3%	-	-	-	-	-	-	-	-
NET: Comfortable		17	7	5	3	1	2	-	14	3	11	2	3	1	-	-	6
		54%	73%	50%	53%	25%	75%	-	60%	35%	51%	54%	68%	100%	-	-	64%
NET: Uncomfortable		7	2	2	2	1	-	-	6	1	5	1	1	-	-	-	2
		23%	19%	22%	47%	35%	-	-	26%	13%	24%	20%	32%	-	-	-	23%
Base for stats		31	9	9	5	3	3	2	23	7	21	4	4	1	-	-	9
Mean Score		3.40	3.74	3.40	2.84	2.90	4.07	3.00	3.42	3.33	3.30	3.51	3.37	5.00	-	-	3.57
Standard Deviation		1.119	1.024	1.255	1.435	.960	.958	-	1.198	.900	1.165	1.141	1.081	-	-	-	1.085
Standard Error		.198	.324	.418	.642	.554	.553	-	.245	.318	.254	.510	.540	-	-	-	.343
Error variance		.04	.10	.18	.41	.31	.31	-	.06	.10	.06	.26	.29	-	-	-	.12

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

			Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total		33	13	7	10	17	2	6	13	4	3	-	2	-	3	-	8
Total		31	10	8	11	19	2	6	12	3	3	-	2	-	3	-	8
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	-	100%	-	100%
Very comfortable	(5.0)	4	2	1	-	1	1	1	2	1	-	-	-	-	-	-	1
		13%	15%	14%	-	6%	43%	12%	15%	23%	-	-	-	-	-	-	18%
Fairly comfortable	(4.0)	13	5	2	4	7	-	2	6	1	2	-	-	-	2	-	2
		41%	54%	29%	40%	35%	-	28%	48%	43%	64%	-	-	-	67%	-	22%
Neither comfortable nor uncomfortable	(3.0)	6	1	2	3	6	-	3	1	-	1	-	1	-	1	-	3
		20%	6%	31%	30%	30%	-	41%	5%	-	36%	-	59%	-	33%	-	32%
Fairly uncomfortable	(2.0)	5	1	2	2	5	1	1	2	1	-	-	-	-	-	-	2
		17%	8%	27%	21%	24%	57%	19%	16%	35%	-	-	-	-	-	-	27%
Very uncomfortable	(1.0)	2	1	-	1	1	-	-	1	-	-	-	1	-	-	-	-
		6%	8%	-	9%	5%	-	-	9%	-	-	-	41%	-	-	-	-
Don't know		1	1	-	-	-	-	-	1	-	-	-	-	-	-	-	-
		3%	8%	-	-	-	-	-	7%	-	-	-	-	-	-	-	-
NET: Comfortable		17	7	3	4	8	1	3	8	2	2	-	-	-	2	-	3
		54%	70%	42%	40%	41%	43%	40%	63%	65%	64%	-	-	-	67%	-	41%
NET: Uncomfortable		7	2	2	3	6	1	1	3	1	-	-	1	-	-	-	2
		23%	16%	27%	30%	29%	57%	19%	25%	35%	-	-	41%	-	-	-	27%
Base for stats		31	9	8	11	19	2	6	11	3	3	-	2	-	3	-	8
Mean Score		3.40	3.66	3.29	3.01	3.12	3.29	3.33	3.48	3.54	3.64	-	2.18	-	3.67	-	3.32
Standard Deviation		1.119	1.182	1.078	1.041	1.037	2.291	.997	1.275	1.398	.586	-	1.434	-	.579	-	1.135
Standard Error		.198	.341	.407	.329	.251	1.620	.407	.368	.699	.338	-	1.014	-	.334	-	.401
Error variance		.04	.12	.17	.11	.06	2.63	.17	.14	.49	.11	-	1.03	-	.11	-	.16

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e
Unweighted Total		33	8	11	4	2	15	10	9	10	3	2	13	11	5	12	12	4	28
Total		31	7	11	4	2	15	9	8	10	3	2	13	10	4	11	12	4	27
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	4	2	1	-	-	1	2	3	-	-	-	-	3	1	2	2	-	3
		13%	32%	10%	-	-	7%	25%	41%	-	-	-	-	33%	18%	13%	16%	-	12%
Fairly comfortable	(4.0)	13	2	3	3	2	6	4	2	4	2	1	6	3	2	5	7	-	11
		41%	26%	29%	78%	100%	42%	42%	25%	43%	55%	57%	46%	31%	37%	41%	59%	-	42%
Neither comfortable nor uncomfortable	(3.0)	6	1	3	-	-	3	1	2	2	-	-	2	2	1	2	1	2	6
		20%	17%	28%	-	-	21%	13%	22%	25%	-	-	20%	18%	15%	22%	9%	49%	21%
Fairly uncomfortable	(2.0)	5	-	4	1	-	4	-	-	2	1	1	4	1	1	2	1	1	4
		17%	-	32%	22%	-	29%	-	-	23%	45%	43%	28%	8%	30%	16%	9%	27%	15%
Very uncomfortable	(1.0)	2	1	-	-	-	-	1	1	-	-	-	-	1	-	1	-	1	2
		6%	15%	-	-	-	-	11%	13%	-	-	-	-	10%	-	7%	-	24%	7%
Don't know		1	1	-	-	-	-	1	-	1	-	-	1	-	-	-	1	-	1
		3%	11%	-	-	-	-	9%	-	8%	-	-	6%	-	-	-	7%	-	3%
NET: Comfortable		17	4	4	3	2	7	6	5	4	2	1	6	7	2	6	9	-	15
		54%	57%	39%	78%	100%	50%	67%	65%	43%	55%	57%	46%	64%	55%	54%	74%	-	54%
NET: Uncomfortable		7	1	4	1	-	4	1	1	2	1	1	4	2	1	3	1	2	6
		23%	15%	32%	22%	-	29%	11%	13%	23%	45%	43%	28%	18%	30%	23%	9%	51%	22%
Base for stats		31	6	11	4	2	15	8	8	9	3	2	12	10	4	11	11	4	27
Mean Score		3.40	3.67	3.17	3.57	4.00	3.28	3.75	3.81	3.21	3.11	3.14	3.19	3.68	3.43	3.38	3.87	2.25	3.39
Standard Deviation		1.119	1.508	1.042	.952	-	1.001	1.294	1.399	.873	1.250	1.415	.907	1.352	1.263	1.170	.849	.925	1.123
Standard Error		.198	.570	.314	.476	-	.258	.431	.466	.291	.721	1.000	.262	.408	.565	.338	.256	.463	.216
Error variance		.04	.32	.10	.23	-	.07	.19	.22	.08	.52	1.00	.07	.17	.32	.11	.07	.21	.05

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		*a	*b	*a	*b	*c	*d	*e	*f	*a	*b	*a	*b
Unweighted Total	33	16	11	7	6	6	15	17	1	25	8	26	7
Total	31	16	10	6	5	5	15	15	1	24	8	26	5
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	4	3	1	-	-	1	3	1	-	4	-	3	2
	13%	16%	7%	-	-	28%	17%	10%	-	17%	-	10%	28%
Fairly comfortable (4.0)	13	6	5	2	5	4	4	9	1	6	7	11	2
	41%	38%	52%	25%	100%	72%	26%	59%	100%	25%	90%	41%	41%
Neither comfortable nor uncomfortable (3.0)	6	3	2	1	-	-	5	1	-	6	-	5	2
	20%	21%	23%	17%	-	-	34%	7%	-	27%	-	18%	32%
Fairly uncomfortable (2.0)	5	4	-	3	-	-	2	3	-	5	-	5	-
	17%	25%	-	45%	-	-	16%	19%	-	23%	-	21%	-
Very uncomfortable (1.0)	2	-	2	1	-	-	1	1	-	2	-	2	-
	6%	-	18%	12%	-	-	7%	5%	-	8%	-	7%	-
Don't know	1	-	-	-	-	-	-	-	-	-	1	1	-
	3%	-	-	-	-	-	-	-	-	-	10%	3%	-
NET: Comfortable	17	9	6	2	5	5	7	10	1	10	7	13	4
	54%	54%	59%	25%	100%	100%	43%	68%	100%	43%	90%	51%	68%
NET: Uncomfortable	7	4	2	4	-	-	3	4	-	7	-	7	-
	23%	25%	18%	57%	-	-	23%	24%	-	30%	-	28%	-
Base for stats	31	16	10	6	5	5	15	15	1	24	7	25	5
Mean Score	3.40	3.45	3.30	2.56	4.00	4.28	3.31	3.49	4.00	3.22	4.00	3.28	3.96
Standard Deviation	1.119	1.068	1.259	1.084	-	.499	1.168	1.100	-	1.222	-	1.147	.852
Standard Error	.198	.267	.380	.410	-	.204	.302	.267	-	.244	-	.229	.322
Error variance	.04	.07	.14	.17	-	.04	.09	.07	-	.06	-	.05	.10

Prepared by Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

		Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
			0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*a	*b	*c	*a	*b	*c	*d
Unweighted Total		33	1	6	4	5	7	7	-	3	16	10	16	12	5	11	11	7	3
Total		31	1	6	4	5	7	7	-	3	15	10	15	12	5	10	11	7	3
		100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	4	-	1	-	-	-	3	-	1	-	3	3	1	-	1	1	1	1
		13%	-	13%	-	-	-	37%	-	28%	-	35%	22%	7%	-	7%	10%	11%	30%
Fairly comfortable	(4.0)	13	1	3	3	2	4	1	-	-	9	1	4	6	3	6	2	3	2
		41%	100%	48%	74%	40%	56%	12%	-	-	57%	8%	27%	53%	59%	63%	15%	45%	70%
Neither comfortable nor uncomfortable	(3.0)	6	-	1	1	1	2	-	-	1	4	1	4	2	-	1	4	1	-
		20%	-	20%	26%	21%	31%	-	-	43%	26%	12%	26%	21%	-	11%	39%	14%	-
Fairly uncomfortable	(2.0)	5	-	-	-	1	1	4	-	-	2	4	2	2	1	1	2	2	-
		17%	-	-	-	22%	13%	51%	-	-	12%	36%	15%	19%	19%	11%	20%	31%	-
Very uncomfortable	(1.0)	2	-	1	-	1	-	-	-	-	1	-	1	-	1	1	1	-	-
		6%	-	19%	-	17%	-	-	-	-	5%	-	5%	-	23%	8%	9%	-	-
Don't know		1	-	-	-	-	-	-	-	1	-	1	1	-	-	-	1	-	-
		3%	-	-	-	-	-	-	-	29%	-	8%	5%	-	-	-	7%	-	-
NET: Comfortable		17	1	3	3	2	4	3	-	1	9	4	7	7	3	7	3	4	3
		54%	100%	61%	74%	40%	56%	49%	-	28%	57%	43%	49%	59%	59%	71%	25%	55%	100%
NET: Uncomfortable		7	-	1	-	2	1	4	-	-	3	4	3	2	2	2	3	2	-
		23%	-	19%	-	39%	13%	51%	-	-	17%	36%	20%	19%	41%	18%	29%	31%	-
Base for stats		31	1	6	4	5	7	7	-	2	15	9	14	12	5	10	10	7	3
Mean Score		3.40	4.00	3.37	3.74	2.85	3.43	3.35	-	3.79	3.35	3.45	3.49	3.47	2.94	3.52	2.96	3.36	4.30
Standard Deviation		1.119	-	1.404	.500	1.282	.772	1.529	-	1.383	.906	1.423	1.205	.919	1.467	1.087	1.153	1.112	.582
Standard Error		.198	-	.573	.250	.573	.292	.578	-	.978	.226	.474	.311	.265	.656	.328	.365	.420	.336
Error variance		.04	-	.33	.06	.33	.09	.33	-	.96	.05	.23	.10	.07	.43	.11	.13	.18	.11

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			*a	*b	*a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total		29	20	8	17	9	3	2	6	2	4	2	2	6	2	3
Total		27	19	7	15	8	4	1	6	2	3	2	3	5	3	3
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	6	6	-	3	-	3	1	1	-	1	-	1	-	1	-
		22%	31%	-	21%	-	68%	100%	14%	-	27%	-	51%	-	53%	-
Fairly comfortable	(4.0)	10	7	3	5	3	1	-	1	1	1	1	1	2	1	1
		36%	38%	36%	36%	38%	32%	-	24%	53%	43%	53%	49%	34%	47%	29%
Neither comfortable nor uncomfortable	(3.0)	7	3	4	4	3	-	-	2	-	1	1	-	2	-	1
		25%	17%	49%	29%	31%	-	-	42%	-	31%	47%	-	30%	-	38%
Fairly uncomfortable	(2.0)	4	2	1	1	3	-	-	1	1	-	-	-	1	-	1
		13%	8%	14%	7%	31%	-	-	19%	47%	-	-	-	14%	-	32%
Very uncomfortable	(1.0)	1	1	-	1	-	-	-	-	-	-	-	-	1	-	-
		4%	6%	-	8%	-	-	-	-	-	-	-	-	22%	-	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Comfortable		16	13	3	8	3	4	1	2	1	2	1	3	2	3	1
		58%	69%	36%	56%	38%	100%	100%	39%	53%	69%	53%	100%	34%	100%	29%
NET: Uncomfortable		5	3	1	2	3	-	-	1	1	-	-	-	2	-	1
		17%	14%	14%	15%	31%	-	-	19%	47%	-	-	-	36%	-	32%
Base for stats		27	19	7	15	8	4	1	6	2	3	2	3	5	3	3
Mean Score		3.58	3.80	3.22	3.55	3.08	4.68	5.00	3.34	3.06	3.96	3.53	4.51	2.77	4.53	2.97
Standard Deviation		1.109	1.172	.728	1.159	.883	.536	-	1.043	1.624	.928	.731	.628	1.268	.629	.953
Standard Error		.206	.262	.257	.281	.294	.309	-	.426	1.149	.464	.517	.444	.518	.445	.550
Error variance		.04	.07	.07	.08	.09	.10	-	.18	1.32	.22	.27	.20	.27	.20	.30

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*g	*h	*a	*b	*c	*d	*e	*f	*g
Unweighted Total		29	2	9	7	2	5	4	18	11	18	3	2	5	-	-	10
Total		27	2	9	6	2	4	4	17	10	18	2	2	5	-	-	9
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
Very comfortable	(5.0)	6	1	2	2	-	-	1	4	1	5	1	-	-	-	-	1
		22%	35%	17%	35%	-	-	39%	26%	14%	28%	37%	-	-	-	-	9%
Fairly comfortable	(4.0)	10	1	5	2	-	1	-	8	1	7	1	2	1	-	-	3
		36%	65%	60%	28%	-	31%	-	49%	13%	37%	29%	100%	14%	-	-	36%
Neither comfortable nor uncomfortable	(3.0)	7	-	2	2	1	-	2	4	3	5	1	-	1	-	-	2
		25%	-	23%	25%	48%	-	61%	21%	33%	26%	33%	-	19%	-	-	18%
Fairly uncomfortable	(2.0)	4	-	-	1	1	2	-	1	3	2	-	-	2	-	-	2
		13%	-	-	12%	52%	42%	-	4%	29%	8%	-	-	44%	-	-	24%
Very uncomfortable	(1.0)	1	-	-	-	-	1	-	-	1	-	-	-	1	-	-	1
		4%	-	-	-	-	27%	-	-	11%	-	-	-	24%	-	-	13%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Comfortable		16	2	7	4	-	1	1	13	3	12	1	2	1	-	-	4
		58%	100%	77%	63%	-	31%	39%	75%	27%	66%	67%	100%	14%	-	-	45%
NET: Uncomfortable		5	-	-	1	1	3	-	1	4	2	-	-	3	-	-	3
		17%	-	-	12%	52%	69%	-	4%	40%	8%	-	-	68%	-	-	36%
Base for stats		27	2	9	6	2	4	4	17	10	18	2	2	5	-	-	9
Mean Score		3.58	4.35	3.94	3.86	2.48	2.34	3.77	3.96	2.90	3.86	4.04	4.00	2.22	-	-	3.05
Standard Deviation		1.109	.667	.667	1.122	.701	1.347	1.146	.824	1.264	.956	1.145	-	1.083	-	-	1.293
Standard Error		.206	.472	.222	.424	.496	.602	.573	.194	.381	.225	.661	-	.484	-	-	.409
Error variance		.04	.22	.05	.18	.25	.36	.33	.04	.15	.05	.44	-	.23	-	-	.17

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Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

		Total	Children aged 15 or under in the household				Current employment status										
			None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total		29	15	6	3	9	1	2	10	3	2	4	2	3	-	2	3
Total		27	13	6	4	10	1	2	10	3	2	4	2	3	-	2	2
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Very comfortable	(5.0)	6	5	-	-	-	-	1	2	-	-	1	-	1	-	1	1
		22%	38%	-	-	-	-	44%	22%	-	-	20%	-	31%	-	59%	32%
Fairly comfortable	(4.0)	10	4	2	1	4	-	1	4	-	2	2	-	1	-	-	1
		36%	33%	36%	38%	37%	-	56%	41%	-	100%	53%	-	35%	-	-	40%
Neither comfortable nor uncomfortable	(3.0)	7	3	2	1	3	1	-	2	1	-	-	2	1	-	1	1
		25%	24%	30%	34%	31%	100%	-	19%	32%	-	-	100%	34%	-	41%	29%
Fairly uncomfortable	(2.0)	4	1	1	1	2	-	-	2	1	-	1	-	-	-	-	-
		13%	6%	17%	28%	21%	-	-	18%	28%	-	27%	-	-	-	-	-
Very uncomfortable	(1.0)	1	-	1	-	1	-	-	-	1	-	-	-	-	-	-	-
		4%	-	18%	-	11%	-	-	-	41%	-	-	-	-	-	-	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Comfortable		16	9	2	1	4	-	2	6	-	2	3	-	2	-	1	2
		58%	71%	36%	38%	37%	-	100%	63%	-	100%	73%	-	66%	-	59%	71%
NET: Uncomfortable		5	1	2	1	3	-	-	2	2	-	1	-	-	-	-	-
		17%	6%	34%	28%	32%	-	-	18%	68%	-	27%	-	-	-	-	-
Base for stats		27	13	6	4	10	1	2	10	3	2	4	2	3	-	2	2
Mean Score		3.58	4.03	2.84	3.09	2.93	3.00	4.44	3.67	1.91	4.00	3.66	3.00	3.97	-	4.17	4.03
Standard Deviation		1.109	.953	1.196	.955	1.066	-	.751	1.066	1.061	*	1.261	-	1.030	-	1.292	1.004
Standard Error		.206	.246	.488	.552	.355	-	.531	.337	.612	*	.630	-	.595	-	.914	.579
Error variance		.04	.06	.24	.30	.13	-	.28	.11	.38	*	.40	-	.35	-	.83	.34

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Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e
Unweighted Total		29	4	7	9	1	16	5	5	9	4	3	13	8	7	11	6	5	22
Total		27	4	8	7	1	15	5	5	9	4	2	13	7	6	10	6	5	21
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	6	1	-	2	-	2	1	2	1	-	-	1	2	1	4	1	-	4
		22%	34%	-	30%	-	15%	29%	44%	17%	-	-	12%	30%	22%	36%	13%	-	22%
Fairly comfortable	(4.0)	10	-	5	3	1	8	1	-	5	2	1	7	1	3	3	4	1	7
		36%	-	71%	38%	100%	55%	13%	-	58%	58%	66%	58%	21%	41%	26%	61%	20%	34%
Neither comfortable nor uncomfortable	(3.0)	7	2	-	1	-	1	2	2	-	1	-	1	2	2	2	2	1	4
		25%	49%	-	9%	-	4%	42%	41%	-	16%	-	5%	28%	37%	20%	26%	19%	22%
Fairly uncomfortable	(2.0)	4	1	1	2	-	3	1	1	1	1	1	2	2	-	1	-	3	4
		13%	18%	14%	24%	-	19%	15%	15%	12%	26%	34%	16%	21%	-	7%	-	61%	17%
Very uncomfortable	(1.0)	1	-	1	-	-	1	-	-	1	-	-	1	-	-	1	-	-	1
		4%	-	15%	-	-	7%	-	-	13%	-	-	9%	-	-	11%	-	-	5%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Comfortable		16	1	5	5	1	10	2	2	7	2	1	9	4	4	6	4	1	12
		58%	34%	71%	68%	100%	70%	42%	44%	75%	58%	66%	70%	51%	63%	62%	74%	20%	56%
NET: Uncomfortable		5	1	2	2	-	4	1	1	2	1	1	3	2	-	2	-	3	5
		17%	18%	29%	24%	-	26%	15%	15%	25%	26%	34%	25%	21%	-	18%	-	61%	22%
Base for stats		27	4	8	7	1	15	5	5	9	4	2	13	7	6	10	6	5	21
Mean Score		3.58	3.50	3.28	3.74	4.00	3.51	3.56	3.73	3.54	3.32	3.33	3.47	3.61	3.85	3.69	3.86	2.59	3.50
Standard Deviation		1.109	1.294	1.255	1.208	-	1.211	1.198	1.311	1.342	.992	1.267	1.205	1.210	.821	1.380	.671	.908	1.189
Standard Error		.206	.647	.474	.403	-	.303	.536	.586	.447	.496	.732	.334	.428	.310	.416	.274	.406	.254
Error variance		.04	.42	.23	.16	-	.09	.29	.34	.20	.25	.54	.11	.18	.10	.17	.08	.16	.06

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			*a	*b	*a	*b	*c	*d	*e	*f	*a	*b	*a	*b
Unweighted Total		29	9	12	3	6	4	16	13	-	26	3	17	12
Total		27	8	12	3	5	3	15	12	-	25	2	16	11
		100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%
Very comfortable	(5.0)	6	1	3	-	2	1	4	2	-	6	-	3	3
		22%	19%	25%	-	29%	22%	24%	19%	-	24%	-	18%	27%
Fairly comfortable	(4.0)	10	3	4	1	1	2	6	4	-	7	2	6	3
		36%	35%	37%	39%	18%	55%	37%	34%	-	30%	100%	38%	32%
Neither comfortable nor uncomfortable	(3.0)	7	2	3	1	2	-	4	3	-	7	-	5	2
		25%	23%	22%	28%	35%	-	27%	23%	-	28%	-	28%	21%
Fairly uncomfortable	(2.0)	4	2	1	1	1	1	1	3	-	4	-	3	1
		13%	23%	6%	32%	19%	23%	5%	24%	-	14%	-	16%	9%
Very uncomfortable	(1.0)	1	-	1	-	-	-	1	-	-	1	-	-	1
		4%	-	9%	-	-	-	7%	-	-	5%	-	-	10%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Comfortable		16	4	7	1	2	3	9	6	-	13	2	9	6
		58%	54%	62%	39%	46%	77%	61%	53%	-	53%	100%	56%	59%
NET: Uncomfortable		5	2	2	1	1	1	2	3	-	5	-	3	2
		17%	23%	16%	32%	19%	23%	12%	24%	-	19%	-	16%	20%
Base for stats		27	8	12	3	5	3	15	12	-	25	2	16	11
Mean Score		3.58	3.49	3.62	3.07	3.56	3.76	3.65	3.48	-	3.54	4.00	3.59	3.56
Standard Deviation		1.109	1.115	1.247	1.016	1.218	1.238	1.150	1.098	-	1.156	-	.988	1.326
Standard Error		.206	.372	.360	.586	.497	.619	.288	.305	-	.227	-	.240	.383
Error variance		.04	.14	.13	.34	.25	.38	.08	.09	-	.05	-	.06	.15

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Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?
BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

			Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*a	*b	*c	*a	*b	*c	*d
Unweighted Total	29	-	7	4	5	7	3	1	2	16	6	10	10	9	8	11	9	1
Total	27	-	6	4	5	6	4	1	2	14	7	9	10	8	7	10	9	1
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	6	-	2	-	-	-	1	1	2	-	4	1	5	-	3	-	3	-
	22%	-	24%	-	-	-	36%	100%	100%	-	63%	9%	49%	-	43%	-	33%	-
Fairly comfortable (4.0)	10	-	4	-	2	3	1	-	-	4	1	4	3	3	3	6	1	-
	36%	-	66%	-	37%	44%	34%	-	-	30%	19%	38%	34%	36%	37%	57%	14%	-
Neither comfortable nor uncomfortable (3.0)	7	-	1	3	2	1	1	-	-	5	1	3	1	3	1	2	3	1
	25%	-	10%	69%	40%	12%	30%	-	-	36%	17%	30%	10%	41%	20%	15%	33%	100%
Fairly uncomfortable (2.0)	4	-	-	-	1	3	-	-	-	4	-	1	1	2	-	2	2	-
	13%	-	-	-	23%	43%	-	-	-	25%	-	11%	7%	23%	-	17%	20%	-
Very uncomfortable (1.0)	1	-	-	1	-	-	-	-	-	1	-	1	-	-	-	1	-	-
	4%	-	-	31%	-	-	-	-	-	8%	-	12%	-	-	-	11%	-	-
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Comfortable	16	-	6	-	2	3	3	1	2	4	6	4	9	3	5	6	4	-
	58%	-	90%	-	37%	44%	70%	100%	100%	30%	83%	47%	83%	36%	80%	57%	47%	-
NET: Uncomfortable	5	-	-	1	1	3	-	-	-	5	-	2	1	2	-	3	2	-
	17%	-	-	31%	23%	43%	-	-	-	33%	-	23%	7%	23%	-	28%	20%	-
Base for stats	27	-	6	4	5	6	4	1	2	14	7	9	10	8	7	10	9	1
Mean Score	3.58	-	4.14	2.39	3.14	3.01	4.06	5.00	5.00	2.89	4.46	3.20	4.25	3.13	4.23	3.19	3.60	3.00
Standard Deviation	1.109	-	.619	1.084	.865	1.029	.940	-	-	.966	.834	1.203	.952	.811	.822	1.124	1.206	-
Standard Error	.206	-	.234	.542	.387	.389	.543	-	-	.242	.340	.380	.301	.270	.291	.339	.402	-
Error variance	.04	-	.05	.29	.15	.15	.29	-	-	.06	.12	.14	.09	.07	.08	.11	.16	-

Q6J. SUMMARY: How much did you enjoy your activity at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	I enjoyed it a lot	I somewhat enjoyed it	I neither enjoyed it nor didn't enjoy it	I didn't enjoy it much	I didn't enjoy it at all	Don't know	NET: Enjoyed it	NET: Did not enjoy it
Indoor swimming pools	181	71	62	33	11	2	3	133	13
	100%	39%	34%	18%	6%	1%	1%	73%	7%
Indoor gyms or fitness centres (including fitness classes)	246	90	90	41	17	3	5	180	20
	100%	37%	37%	17%	7%	1%	2%	73%	8%
Other indoor sports facilities	153	42	46	34	22	8	2	88	30
	100%	27%	30%	22%	14%	5%	1%	57%	19%

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Q6J.1. Indoor gyms or fitness centres (including fitness classes): How much did you enjoy your activity at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	*c	*a	b	*c	d	*e	*f	g	*h	*i
Unweighted Total		256	162	93	155	89	12	5	46	24	30	23	14	68	28	18
Total		246	153	92	147	86	13	4	39	24	28	21	17	68	27	17
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot	(5.0)	90	57	32	42	41	7	1	16	11	9	8	5	21	10	8
		37%	37%	35%	29%	47% a	57%	18%	41%	47%	33%	39%	28%	31%	38%	47%
I somewhat enjoyed it	(4.0)	90	59	31	58	28	5	1	14	7	10	8	11	26	10	5
		37%	38%	34%	39%	32%	35%	22%	35%	29%	35%	35%	65%	38%	35%	28%
I neither enjoyed it nor didn't enjoy it	(3.0)	41	21	20	31	11	-	1	8	5	4	4	-	13	4	3
		17%	14%	22%	21%	12%	-	20%	19%	20%	13%	17%	-	20%	16%	20%
I didn't enjoy it much	(2.0)	17	9	7	12	4	1	1	1	-	4	2	1	4	3	1
		7%	6%	8%	8%	5%	7%	18%	2%	-	15% b	8%	7%	6%	11%	5%
I didn't enjoy it at all	(1.0)	3	3	-	3	-	-	-	1	1	-	-	-	1	-	-
		1%	2%	-	2%	-	-	-	3%	4%	-	-	-	2%	-	-
Don't know		5	4	1	2	3	-	1	-	-	1	-	-	3	-	-
		2%	3%	1%	1%	3%	-	22%	-	-	4%	-	-	4%	-	-
NET: Enjoyed it		180	115	63	99	68	12	1	30	18	19	16	16	47	20	13
		73%	76%	69%	68%	79%	93%	40%	76%	76%	68%	74%	93%	69%	73%	75%
NET: Did not enjoy it		20	13	7	15	4	1	1	2	1	4	2	1	5	3	1
		8%	8%	8%	10%	5%	7%	18%	5%	4%	15%	8%	7%	8%	11%	5%
Base for stats		241	149	91	145	83	13	3	39	24	27	21	17	65	27	17
Mean Score		4.02	4.05	3.97	3.85	4.26 a	4.43	3.52	4.09	4.16	3.89	4.04	4.15	3.94	4.00	4.16
Standard Deviation		.971	.984	.952	1.001	.871	.857	1.340	.972	1.012	1.072	.970	.747	.971	1.016	.956
Standard Error		.061	.078	.099	.081	.094	.247	.670	.143	.207	.199	.202	.200	.120	.192	.225
Error variance		*	.01	.01	.01	.01	.06	.45	.02	.04	.04	.04	.04	.01	.04	.05

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6J.1. Indoor gyms or fitness centres (including fitness classes): How much did you enjoy your activity at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	*e	*f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total		256	43	65	59	46	27	16	167	89	166	17	34	27	5	2	85
Total		246	45	66	60	39	22	14	171	75	158	17	32	27	5	2	83
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot	(5.0)	90	18	26	19	12	11	4	63	27	63	7	6	9	2	1	25
		37%	41%	40%	31%	30%	51%	27%	37%	36%	40% c	42%	19%	34%	32%	46%	30%
I somewhat enjoyed it	(4.0)	90	16	23	21	19	6	6	60	30	61	3	13	11	-	-	27
		37%	36%	34%	35%	48%	25%	42%	35%	40%	39%	16%	39%	43%	-	-	32%
I neither enjoyed it nor didn't enjoy it	(3.0)	41	6	8	14	7	3	3	28	13	22	5	7	5	2	-	19
		17%	12%	12%	24%	18%	14%	24%	16%	18%	14%	30%	21%	19%	46%	-	23%
I didn't enjoy it much	(2.0)	17	2	5	5	2	1	1	13	4	7	1	5	1	1	1	9
		7%	5%	8%	8%	5%	6%	7%	7%	5%	5%	7%	15% a	4%	22%	54%	11% a
I didn't enjoy it at all	(1.0)	3	1	1	1	-	-	-	3	-	1	-	1	-	-	-	1
		1%	3%	2%	1%	-	-	-	2%	-	1%	-	3%	-	-	-	1%
Don't know		5	1	3	-	-	1	-	4	1	3	1	1	-	-	-	2
		2%	3%	4%	-	-	4%	-	2%	1%	2%	5%	3%	-	-	-	2%
NET: Enjoyed it		180	35	49	40	30	17	9	123	57	125	10	19	21	2	1	52
		73%	77%	74%	66%	78%	76%	69%	72%	75%	79% cg	59%	58%	77%	32%	46%	63%
NET: Did not enjoy it		20	3	7	6	2	1	1	16	4	8	1	6	1	1	1	11
		8%	8%	10%	10%	5%	6%	7%	9%	5%	5%	7%	18% a	4%	22%	54%	13% a
Base for stats		241	44	64	60	39	21	14	167	74	155	16	31	27	5	2	82
Mean Score		4.02	4.11	4.06	3.86	4.03	4.26	3.89	4.00	4.07	4.15 cg	3.99	3.58	4.07	3.41	3.39	3.81
Standard Deviation		.971	.999	1.028	1.006	.822	.944	.920	1.012	.875	.887	1.051	1.095	.850	1.293	1.946	1.050
Standard Error		.061	.154	.131	.131	.121	.185	.230	.079	.093	.069	.263	.191	.164	.578	1.376	.115
Error variance		*	.02	.02	.02	.01	.03	.05	.01	.01	*	.07	.04	.03	.33	1.89	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6J.1. Indoor gyms or fitness centres (including fitness classes): How much did you enjoy your activity at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Total	Children aged 15 or under in the household				Current employment status										
			None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	*a	b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total		256	111	58	72	130	28	31	108	27	11	8	20	13	4	6	59
Total		246	90	64	80	144	25	31	104	28	10	7	17	13	3	7	56
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot	(5.0)	90	35	23	29	52	14	9	41	11	4	2	5	-	1	3	23
		37%	39%	35%	36%	36%	54%	30%	40%	40%	36%	25%	31%	-	28%	44%	41%
I somewhat enjoyed it	(4.0)	90	36	22	28	50	8	7	44	7	4	1	6	9	1	3	15
		37%	40%	35%	35%	35%	30%	23%	42% k	27%	43%	11%	37%	66%	41%	42%	26%
I neither enjoyed it nor didn't enjoy it	(3.0)	41	10	14	13	27	2	9	14	7	1	2	5	2	-	-	11
		17%	11%	21%	16%	19%	9%	28% c	13%	25%	9%	34%	26%	16%	-	-	19%
I didn't enjoy it much	(2.0)	17	6	5	6	11	2	4	4	2	1	-	-	2	1	1	6
		7%	6%	7%	8%	8%	7%	13%	4%	8%	12%	-	-	12%	31%	14%	10%
I didn't enjoy it at all	(1.0)	3	1	1	1	2	-	1	1	-	-	1	-	-	-	-	1
		1%	1%	2%	1%	2%	-	4%	1%	-	-	13%	-	-	-	-	2%
Don't know		5	3	-	2	2	-	1	1	-	-	1	1	1	-	-	1
		2%	3%	-	3%	2%	-	3%	1%	-	-	17%	5%	6%	-	-	2%
NET: Enjoyed it		180	71	45	57	102	21	16	85	19	8	3	12	9	2	6	37
		73%	79%	70%	71%	71%	84%	52%	81% bk	67%	80%	36%	68%	66%	69%	86%	66%
NET: Did not enjoy it		20	7	6	8	13	2	5	5	2	1	1	-	2	1	1	7
		8%	7%	9%	10%	9%	7%	17% c	5%	8%	12%	13%	-	12%	31%	14%	12%
Base for stats		241	88	64	78	142	25	30	104	28	10	6	16	12	3	7	55
Mean Score		4.02	4.13	3.94	4.00	3.97	4.30	3.64	4.16 b	3.98	4.04	3.43	4.05	3.58	3.67	4.16	3.94
Standard Deviation		.971	.927	1.010	1.009	1.006	.928	1.178	.871	1.010	1.013	1.463	.802	.732	1.404	1.070	1.112
Standard Error		.061	.089	.133	.121	.089	.175	.215	.084	.194	.305	.553	.184	.211	.702	.437	.146
Error variance		*	.01	.02	.01	.01	.03	.05	.01	.04	.09	.31	.03	.04	.49	.19	.02

Q6J.1. Indoor gyms or fitness centres (including fitness classes): How much did you enjoy your activity at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e
Unweighted Total		256	81	62	25	12	87	93	92	53	24	9	77	101	29	117	90	20	227
Total		246	78	62	23	13	85	91	90	51	25	8	75	98	24	111	90	20	221
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot	(5.0)	90	35	18	9	4	27	39	39	14	12	2	26	40	13	39	33	5	77
		37%	45%	29%	39%	32%	32%	43%	43%	27%	48%	20%	34%	41%	53%	35%	36%	24%	35%
I somewhat enjoyed it	(4.0)	90	25	23	11	3	34	28	33	23	1	3	25	36	8	41	35	6	82
		37%	32%	38%	46%	26%	40%	31%	37%	46%	6%	34%	33%	37%	33%	37%	39%	29%	37%
I neither enjoyed it nor didn't enjoy it	(3.0)	41	11	14	4	1	18	12	13	9	6	2	14	15	1	19	14	7	41
		17%	14%	23%	15%	9%	21%	13%	14%	17%	23%	26%	19%	15%	4%	17%	16%	37%	18%
I didn't enjoy it much	(2.0)	17	3	4	-	4	4	7	4	3	4	1	7	4	3	10	4	-	14
		7%	4%	6%	-	33%	5%	8%	4%	6%	15%	8%	9%	4%	11%	9%	4%	-	6%
I didn't enjoy it at all	(1.0)	3	2	1	-	-	1	2	1	1	-	1	1	2	-	1	1	1	3
		1%	3%	2%	-	-	1%	2%	1%	2%	-	11%	1%	2%	-	1%	1%	4%	1%
Don't know		5	2	1	-	-	1	2	1	-	2	-	2	1	-	1	3	1	5
		2%	3%	1%	-	-	1%	2%	1%	-	8%	-	3%	1%	-	1%	3%	6%	2%
NET: Enjoyed it		180	60	41	20	7	61	67	72	37	13	4	51	76	21	80	68	11	159
		73%	77%	67%	85%	58%	72%	74%	80%	74%	54%	55%	67%	78%	86%	72%	75%	53%	72%
NET: Did not enjoy it		20	5	5	-	4	5	9	5	4	4	2	8	6	3	11	5	1	17
		8%	7%	8%	-	33%	6%	10%	5%	9%	15%	20%	11%	6%	11%	10%	6%	4%	8%
Base for stats		241	76	61	23	13	84	89	89	51	23	8	73	97	24	110	87	19	217
Mean Score		4.02	4.15	3.88	4.23	3.57	3.97	4.07	4.17	3.90	3.95	3.44	3.92	4.11	4.28	3.97	4.08	3.73	3.99
Standard Deviation		.971	1.000	.982	.711	1.291	.925	1.059	.913	.958	1.220	1.306	1.037	.964	.974	.998	.916	1.023	.968
Standard Error		.061	.112	.126	.142	.373	.100	.111	.096	.132	.260	.435	.120	.096	.181	.093	.098	.235	.065
Error variance		*	.01	.02	.02	.14	.01	.01	.01	.02	.07	.19	.01	.01	.03	.01	.01	.06	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6J.1. Indoor gyms or fitness centres (including fitness classes): How much did you enjoy your activity at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total		256	97	121	50	32	27	155	94	9	217	39	212	41
Total		246	98	116	48	30	26	150	90	8	208	37	208	36
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot	(5.0)	90	36	38	19	15	12	54	36	5	80	10	78	11
		37%	37%	32%	40%	50%	44%	36%	40%	59%	38%	27%	38%	30%
I somewhat enjoyed it	(4.0)	90	32	48	18	10	8	57	33	2	73	17	79	11
		37%	33%	41%	37%	32%	29%	38%	37%	23%	35%	45%	38%	31%
I neither enjoyed it nor didn't enjoy it	(3.0)	41	17	22	8	4	3	26	13	1	35	7	30	10
		17%	17%	19%	17%	13%	10%	17%	14%	18%	17%	17%	15%	27%
I didn't enjoy it much	(2.0)	17	8	5	2	2	3	10	6	-	14	3	13	4
		7%	8%	4%	5%	6%	13%	6%	7%	-	7%	7%	6%	10%
I didn't enjoy it at all	(1.0)	3	2	1	1	-	-	1	1	-	3	-	2	1
		1%	2%	1%	2%	-	-	1%	1%	-	2%	-	1%	2%
Don't know		5	2	3	-	-	1	3	1	-	4	1	5	-
		2%	2%	2%	-	-	5%	2%	1%	-	2%	3%	2%	-
NET: Enjoyed it		180	68	86	37	25	19	111	68	7	153	27	157	22
		73%	70%	74%	76%	82%	73%	74%	76%	82%	73%	72%	76%	61%
														b
NET: Did not enjoy it		20	10	6	3	2	3	11	7	-	17	3	15	4
		8%	11%	5%	7%	6%	13%	7%	8%	-	8%	7%	7%	12%
Base for stats		241	96	114	48	30	25	147	89	8	205	36	203	36
Mean Score		4.02	3.96	4.03	4.07	4.26	4.10	4.04	4.08	4.40	4.04	3.95	4.07	3.76
Standard Deviation		.971	1.056	.881	.987	.896	1.064	.934	.970	.834	.987	.881	.945	1.077
Standard Error		.061	.108	.081	.140	.158	.209	.076	.101	.278	.068	.143	.066	.168
Error variance		*	.01	.01	.02	.03	.04	.01	.01	.08	*	.02	*	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6J.1. Indoor gyms or fitness centres (including fitness classes): How much did you enjoy your activity at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

					Number of days active							Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	256	3	14	33	68	42	52	12	32	143	96	149	59	46	44	67	96	48
Total	246	3	12	31	65	40	51	11	31	136	94	144	56	43	41	63	93	48
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot (5.0)	90	-	5	9	16	16	23	5	17	40	45	65	14	11	12	17	33	27
	37%	-	38%	27%	24%	41%	45%	40%	54%	30%	47%	45%	24%	26%	30%	27%	35%	57%
							di		cdi		cdi	bc						abc
I somewhat enjoyed it (4.0)	90	3	4	16	27	12	16	5	8	54	29	51	23	15	15	23	39	12
	37%	100%	36%	50%	41%	29%	30%	46%	25%	40%	30%	35%	40%	35%	36%	37%	42%	26%
				hj														
I neither enjoyed it nor didn't enjoy it (3.0)	41	-	2	6	15	8	6	1	4	29	11	21	9	11	12	15	12	2
	17%	-	17%	20%	23%	19%	12%	6%	12%	21%	11%	14%	16%	25%	29%	23%	13%	5%
					j										cd	d		
I didn't enjoy it much (2.0)	17	-	1	1	6	1	5	-	2	8	7	5	8	4	1	7	6	3
	7%	-	8%	3%	9%	4%	10%	-	7%	6%	8%	3%	14%	9%	3%	11%	6%	7%
													a					
I didn't enjoy it at all (1.0)	3	-	-	-	1	1	-	-	1	2	1	1	2	-	-	-	1	2
	1%	-	-	-	2%	3%	-	-	3%	2%	1%	1%	4%	-	-	-	1%	4%
Don't know	5	-	-	-	1	2	1	1	-	3	2	2	1	2	1	1	2	1
	2%	-	-	-	1%	5%	2%	7%	-	2%	2%	1%	2%	4%	2%	2%	2%	2%
NET: Enjoyed it	180	3	9	24	42	28	39	10	25	94	73	116	36	26	27	41	72	39
	73%	100%	74%	77%	65%	70%	76%	86%	78%	69%	78%	80%	64%	61%	66%	64%	78%	82%
												bc						b
NET: Did not enjoy it	20	-	1	1	7	3	5	-	3	11	8	6	10	4	1	7	7	5
	8%	-	8%	3%	11%	6%	10%	-	10%	8%	9%	4%	18%	9%	3%	11%	7%	11%
													a					
Base for stats	241	3	12	31	64	38	50	11	31	134	92	143	55	41	40	62	91	47
Mean Score	4.02	4.00	4.04	4.02	3.77	4.06	4.14	4.36	4.19	3.91	4.18	4.22	3.69	3.81	3.95	3.83	4.06	4.26
							d				di	bc						b
Standard Deviation	.971	-	.984	.778	.985	1.034	.995	.639	1.094	.958	.990	.873	1.115	.954	.858	.966	.928	1.117
Standard Error	.061	-	.263	.135	.120	.163	.139	.193	.193	.081	.102	.072	.146	.144	.131	.119	.096	.163
Error variance	*	-	.07	.02	.01	.03	.02	.04	.04	.01	.01	.01	.02	.02	.02	.01	.01	.03

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Q6J.2. Indoor swimming pools: How much did you enjoy your activity at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

			Gender		Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	*c	*a	*b	*c	*d	*e	*f	g	*h	*i
Unweighted Total		185	109	76	103	70	12	14	29	12	19	20	11	43	21	16
Total		181	103	78	102	65	14	12	25	12	19	20	14	43	21	16
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot	(5.0)	71	46	25	43	23	5	3	10	4	10	6	8	17	7	6
		39%	44%	32%	42%	36%	32%	24%	38%	36%	50%	31%	56%	40%	33%	41%
I somewhat enjoyed it	(4.0)	62	33	29	27	28	7	2	9	3	7	10	4	16	4	7
		34%	32%	37%	26%	43% a	51%	20%	38%	26%	37%	49%	33%	36%	17%	47%
I neither enjoyed it nor didn't enjoy it	(3.0)	33	17	16	22	9	2	3	4	3	2	4	2	6	7	1
		18%	16%	21%	21%	14%	11%	24%	18%	24%	13%	20%	12%	15%	33%	7%
I didn't enjoy it much	(2.0)	11	4	7	7	4	-	2	2	1	-	-	-	2	3	1
		6%	4%	9%	7%	6%	-	19%	6%	6%	-	-	-	5%	17%	5%
I didn't enjoy it at all	(1.0)	2	2	-	2	-	-	-	-	-	-	-	-	2	-	-
		1%	2%	-	2%	-	-	-	-	-	-	-	-	4%	-	-
Don't know		3	2	1	2	-	1	2	-	1	-	-	-	-	-	-
		1%	2%	1%	2%	-	6%	13%	-	8%	-	-	-	-	-	-
NET: Enjoyed it		133	79	54	70	52	12	5	19	8	16	16	12	33	10	14
		73%	77%	69%	68%	79%	83%	43%	76%	62%	87%	80%	88%	76%	51%	87%
NET: Did not enjoy it		13	6	7	9	4	-	2	2	1	-	-	-	4	3	1
		7%	6%	9%	9%	6%	-	19%	6%	6%	-	-	-	9%	17%	5%
Base for stats		179	102	77	100	65	13	11	25	11	19	20	14	43	21	16
Mean Score		4.06	4.15	3.93	4.01	4.09	4.23	3.55	4.08	4.00	4.37	4.11	4.44	4.02	3.67	4.23
Standard Deviation		.960	.960	.951	1.047	.874	.658	1.167	.920	1.007	.723	.727	.723	1.070	1.133	.828
Standard Error		.071	.093	.110	.104	.104	.198	.337	.171	.304	.166	.162	.218	.163	.247	.207
Error variance		.01	.01	.01	.01	.01	.04	.11	.03	.09	.03	.03	.05	.03	.06	.04

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6J.2. Indoor swimming pools: How much did you enjoy your activity at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
								Social Grade					**Ethnicity**				
Significance Level: 95%			a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total		185	45	44	34	25	17	20	123	62	132	15	22	11	-	-	48
Total		181	45	47	32	23	16	18	124	57	131	14	21	11	-	-	46
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
I enjoyed it a lot	(5.0)	71	23	16	9	12	6	4	48	23	54	3	7	4	-	-	14
		39%	50% c	34%	27%	54%	41%	24%	38%	41%	41%	22%	31%	36%	-	-	29%
I somewhat enjoyed it	(4.0)	62	15	17	14	6	3	8	46	17	41	7	9	5	-	-	21
		34%	33%	36%	44%	26%	17%	44%	37%	29%	32%	48%	42%	48%	-	-	45%
I neither enjoyed it nor didn't enjoy it	(3.0)	33	7	7	5	4	4	5	19	13	28	2	2	1	-	-	5
		18%	16%	16%	15%	17%	28%	28%	15%	23%	21%	11%	12%	9%	-	-	11%
I didn't enjoy it much	(2.0)	11	-	6	3	1	1	1	9	3	6	2	2	1	-	-	5
		6%	-	12% a	9% a	3%	7%	5%	7%	5%	5%	13%	11%	7%	-	-	11%
I didn't enjoy it at all	(1.0)	2	-	1	1	-	-	-	2	-	-	1	1	-	-	-	2
		1%	-	2%	3%	-	-	-	1%	-	-	6%	4%	-	-	-	4% a
Don't know		3	1	-	1	-	1	-	2	1	2	-	-	-	-	-	-
		1%	2%	-	2%	-	6%	-	1%	2%	1%	-	-	-	-	-	-
NET: Enjoyed it		133	38	33	23	18	9	12	93	40	95	10	15	9	-	-	35
		73%	83%	70%	71%	80%	59%	67%	75%	70%	73%	70%	73%	84%	-	-	75%
NET: Did not enjoy it		13	-	7	4	1	1	1	10	3	6	3	3	1	-	-	7
		7%	-	14% a	11% a	3%	7%	5%	8% a	5%	5%	19%	15%	7%	-	-	15% a
Base for stats		179	45	47	31	23	15	18	123	56	129	14	21	11	-	-	46
Mean Score		4.06	4.35 bc	3.89	3.87	4.30	3.99	3.85	4.05	4.07	4.11	3.66	3.85	4.13	-	-	3.86
Standard Deviation		.960	.746	1.081	1.028	.884	1.059	.863	.977	.930	.907	1.178	1.135	.883	-	-	1.085
Standard Error		.071	.113	.163	.179	.177	.265	.193	.089	.119	.080	.304	.242	.266	-	-	.157
Error variance		.01	.01	.03	.03	.03	.07	.04	.01	.01	.01	.09	.06	.07	-	-	.02

Q6J.2. Indoor swimming pools: How much did you enjoy your activity at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Total	Children aged 15 or under in the household				Current employment status										
			None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total		185	72	47	51	98	25	25	74	18	9	5	10	8	9	2	50
Total		181	59	53	57	110	26	24	73	18	8	5	9	8	8	3	49
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot	(5.0)	71	13	19	33	51	8	9	35	9	3	2	2	1	2	-	17
		39%	23%	36%	57% ab	47% a	32%	37%	48%	48%	32%	46%	20%	16%	22%	-	34%
I somewhat enjoyed it	(4.0)	62	27	20	13	33	10	7	20	8	3	1	5	4	3	3	17
		34%	45% c	38%	23%	30%	40%	28%	27%	47%	32%	12%	51%	54%	35%	100%	34%
I neither enjoyed it nor didn't enjoy it	(3.0)	33	11	9	10	19	6	4	13	-	1	1	2	2	4	-	10
		18%	19%	17%	18%	17%	24%	16%	18%	-	13%	25%	20%	19%	44%	-	20%
I didn't enjoy it much	(2.0)	11	6	5	1	6	1	4	3	1	2	-	1	-	-	-	5
		6%	9%	9%	2%	5%	4%	15%	4%	5%	23%	-	9%	-	-	-	10%
I didn't enjoy it at all	(1.0)	2	1	-	-	-	-	1	-	-	-	1	-	-	-	-	1
		1%	1%	-	-	-	-	4%	-	-	-	17%	-	-	-	-	2%
Don't know		3	2	-	-	-	-	-	2	-	-	-	-	1	-	-	-
		1%	3%	-	-	-	-	-	2%	-	-	-	-	10%	-	-	-
NET: Enjoyed it		133	40	39	46	85	18	15	55	17	5	3	6	6	5	3	34
		73%	67%	74%	80%	77%	72%	65%	75%	95%	64%	58%	71%	71%	56%	100%	69%
NET: Did not enjoy it		13	6	5	1	6	1	4	3	1	2	1	1	-	-	-	6
		7%	11%	9%	2%	5%	4%	19%	4%	5%	23%	17%	9%	-	-	-	11%
Base for stats		179	58	53	57	110	26	24	72	18	8	5	9	7	8	3	49
Mean Score		4.06	3.80	4.01	4.36 a	4.19 a	4.00	3.79	4.22	4.39	3.72	3.69	3.82	3.97	3.78	4.00	3.90
Standard Deviation		.960	.961	.949	.845	.909	.873	1.222	.906	.743	1.210	1.647	.901	.678	.830	-	1.048
Standard Error		.071	.115	.138	.118	.092	.175	.244	.107	.175	.403	.736	.285	.256	.277	-	.148
Error variance		.01	.01	.02	.01	.01	.03	.06	.01	.03	.16	.54	.08	.07	.08	-	.02

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6J.2. Indoor swimming pools: How much did you enjoy your activity at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e
Unweighted Total		185	54	45	21	8	66	62	57	46	19	5	65	62	20	83	71	11	165
Total		181	53	45	19	8	64	60	57	44	19	4	63	61	17	81	71	12	164
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot	(5.0)	71	32	13	9	4	21	36	32	17	5	2	22	33	3	27	34	7	68
		39%	60% be	28%	45%	55%	33%	60% be	55% e	39%	28%	36%	35%	54% e	15%	34%	48%	57%	42%
I somewhat enjoyed it	(4.0)	62	13	19	3	-	22	13	18	12	6	-	19	18	8	29	23	2	54
		34%	25%	41% f	16%	-	34%	22%	31%	28%	33%	-	30%	29%	47%	36%	32%	18%	33%
I neither enjoyed it nor didn't enjoy it	(3.0)	33	4	9	4	3	13	7	6	9	4	1	13	7	4	19	8	2	29
		18%	8%	19%	21%	33%	20%	11%	10%	21%	19%	19%	20%	11%	22%	23%	11%	18%	18%
I didn't enjoy it much	(2.0)	11	2	5	3	-	8	2	1	4	4	1	7	2	1	5	5	1	10
		6%	3%	11%	14%	-	12%	3%	2%	8%	20%	25%	12% a	3%	7%	6%	6%	7%	6%
I didn't enjoy it at all	(1.0)	2	-	-	1	1	1	1	-	1	-	1	1	1	1	-	1	-	1
		1%	-	-	4%	11%	1%	1%	-	2%	-	19%	1%	1%	5%	-	1%	-	1%
Don't know		3	2	-	-	-	-	2	1	1	-	-	1	1	1	1	1	-	2
		1%	3%	-	-	-	-	3%	2%	2%	-	-	1%	1%	5%	1%	1%	-	1%
NET: Enjoyed it		133	45	31	12	4	43	49	49	30	11	2	41	51	11	56	57	9	122
		73%	85% e	70%	61%	55%	67%	81%	86% be	67%	61%	36%	65%	83% e	61%	70%	80%	75%	75%
NET: Did not enjoy it		13	2	5	4	1	9	3	1	5	4	2	8	3	2	5	5	1	11
		7%	3%	11%	19%	11%	13%	4%	2%	10%	20%	45%	13% a	5%	12%	6%	8%	7%	7%
Base for stats		179	51	45	19	8	64	59	56	43	19	4	62	60	16	80	71	12	162
Mean Score		4.06	4.47 be	3.87	3.82	3.89	3.86	4.39 be	4.42 be	3.95	3.69	3.09	3.87	4.32 e	3.62	3.99	4.20	4.26	4.10
Standard Deviation		.960	.804	.958	1.293	1.469	1.060	.922	.755	1.075	1.108	1.787	1.082	.914	1.037	.906	.971	1.019	.944
Standard Error		.071	.111	.143	.282	.519	.131	.119	.101	.160	.254	.799	.135	.117	.238	.100	.116	.307	.074
Error variance		.01	.01	.02	.08	.27	.02	.01	.01	.03	.06	.64	.02	.01	.06	.01	.01	.09	.01

Q6J.2. Indoor swimming pools: How much did you enjoy your activity at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	*b	*c	d	e	*f	a	b	a	*b
Unweighted Total	185	87	73	44	26	19	104	76	8	150	35	158	23
Total	181	87	73	43	25	18	104	73	8	148	34	158	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot (5.0)	71	41	26	24	8	6	39	30	3	62	9	64	6
	39%	47%	36%	55%	31%	33%	38%	42%	42%	42%	26%	41%	31%
I somewhat enjoyed it (4.0)	62	22	31	11	9	8	38	23	4	47	15	54	7
	34%	25%	42%	27%	37%	46%	36%	32%	48%	32%	45%	34%	34%
			a										
I neither enjoyed it nor didn't enjoy it (3.0)	33	19	9	5	4	3	19	12	1	28	5	26	5
	18%	22%	12%	12%	18%	17%	18%	17%	9%	19%	14%	16%	27%
I didn't enjoy it much (2.0)	11	4	6	2	3	1	6	5	-	9	3	10	2
	6%	5%	9%	4%	11%	4%	6%	7%	-	6%	8%	6%	8%
I didn't enjoy it at all (1.0)	2	1	-	1	-	-	1	1	-	1	1	2	-
	1%	1%	-	2%	-	-	1%	1%	-	1%	3%	1%	-
Don't know	3	-	1	-	1	-	1	1	-	1	2	3	-
	1%	-	1%	-	4%	-	1%	1%	-	1%	5%	2%	-
NET: Enjoyed it	133	63	57	35	17	14	77	53	7	109	24	118	13
	73%	73%	78%	82%	68%	78%	74%	74%	91%	74%	71%	75%	64%
NET: Did not enjoy it	13	5	6	2	3	1	7	6	-	10	3	11	2
	7%	6%	9%	6%	11%	4%	7%	8%	-	7%	10%	7%	8%
Base for stats	179	87	72	43	24	18	103	72	8	147	32	155	20
Mean Score	4.06	4.13	4.07	4.29	3.90	4.06	4.06	4.07	4.33	4.10	3.88	4.09	3.87
Standard Deviation	.960	.977	.917	.968	.996	.845	.942	1.000	.681	.949	1.006	.963	.972
Standard Error	.071	.105	.108	.146	.199	.194	.093	.116	.241	.078	.175	.077	.203
Error variance	.01	.01	.01	.02	.04	.04	.01	.01	.06	.01	.03	.01	.04

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6J.2. Indoor swimming pools: How much did you enjoy your activity at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

					Number of days active							Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	d	*e	*f	*g	h	i	j	a	b	*c	*a	b	c	d
Unweighted Total	185	7	16	29	45	21	27	10	30	95	67	94	65	25	29	55	59	38
Total	181	6	15	30	45	20	27	10	29	95	65	92	63	24	27	53	60	37
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot (5.0)	71	3	6	8	14	7	15	5	13	29	33	38	23	9	4	17	27	22
	39%	56%	38%	26%	31%	36%	55%	54%	44%	31%	50% i	42%	36%	38%	16%	32%	45%	60% b
I somewhat enjoyed it (4.0)	62	1	9	13	12	7	6	4	10	33	20	33	21	8	11	16	22	12
	34%	13%	56%	44%	28%	36%	21%	46%	35%	35%	31%	35%	34%	34%	40%	30%	37%	32%
I neither enjoyed it nor didn't enjoy it (3.0)	33	2	-	7	14	3	3	-	4	24	7	13	13	5	8	14	7	1
	18%	31%	-	22%	31% j	17%	11%	-	14%	25% j	11%	14%	21%	19%	32%	27% cd	12%	3%
I didn't enjoy it much (2.0)	11	-	-	2	4	1	3	-	1	7	4	7	3	1	2	5	2	2
	6%	-	-	8%	8%	7%	10%	-	4%	8%	6%	8%	5%	5%	9%	10%	3%	6%
I didn't enjoy it at all (1.0)	2	-	-	-	1	-	1	-	-	1	1	-	1	1	1	-	1	-
	1%	-	-	-	2%	-	3%	-	-	1%	1%	-	1%	4%	3%	-	1%	-
Don't know	3	-	1	-	-	1	-	-	1	1	1	1	2	-	-	1	1	-
	1%	-	5%	-	-	4%	-	-	3%	1%	1%	1%	3%	-	-	2%	2%	-
NET: Enjoyed it	133	4	14	21	26	15	21	10	23	62	53	71	44	18	15	32	50	34
	73%	69%	95%	70%	59%	72%	75%	100%	79%	65%	81% di	77%	70%	73%	56%	62%	82% b	91% b
NET: Did not enjoy it	13	-	-	2	5	1	4	-	1	8	5	7	4	2	3	5	2	2
	7%	-	-	8%	10%	7%	13%	-	4%	9%	7%	8%	7%	8%	12%	10%	4%	6%
Base for stats	179	6	14	30	45	20	27	10	28	94	65	91	62	24	27	52	59	37
Mean Score	4.06	4.24	4.41	3.88	3.78	4.06	4.14	4.54	4.23	3.87	4.24 di	4.12	4.01	3.99	3.56	3.85	4.24 b	4.45 b
Standard Deviation	.960	.992	.509	.903	1.049	.934	1.177	.527	.855	.977	.967	.930	.970	1.062	.988	.996	.880	.824
Standard Error	.071	.375	.131	.168	.156	.209	.227	.167	.159	.101	.119	.096	.122	.212	.184	.136	.116	.134
Error variance	.01	.14	.02	.03	.02	.04	.05	.03	.03	.01	.01	.01	.01	.05	.03	.02	.01	.02

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6J.3. Other indoor sports facilities: How much did you enjoy your activity at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

			Gender		Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	*c	*a	*b	*c	*d	*e	*f	g	*h	*i
Unweighted Total		163	117	45	98	48	17	9	21	14	18	22	12	36	17	14
Total		153	109	43	88	44	21	7	18	13	17	20	14	34	18	13
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot	(5.0)	42	30	12	21	10	11	2	9	4	4	2	1	10	4	6
		27%	27%	29%	24%	22%	54%	26%	48%	30%	26%	9%	9%	30%	25%	44%
I somewhat enjoyed it	(4.0)	46	31	15	29	14	3	1	3	3	7	9	5	10	7	1
		30%	29%	34%	33%	31%	15%	10%	16%	23%	45%	46%	34%	29%	40%	11%
I neither enjoyed it nor didn't enjoy it	(3.0)	34	23	10	21	9	4	2	3	4	1	6	3	9	2	3
		22%	21%	23%	23%	21%	17%	30%	16%	35%	4%	29%	24%	27%	11%	24%
I didn't enjoy it much	(2.0)	22	17	5	13	7	2	2	3	1	3	2	4	3	4	1
		14%	16%	12%	15%	16%	8%	23%	15%	6%	19%	12%	25%	8%	24%	6%
I didn't enjoy it at all	(1.0)	8	6	1	5	2	1	1	1	1	1	1	1	1	-	1
		5%	6%	3%	5%	4%	6%	11%	5%	7%	7%	4%	8%	4%	-	6%
Don't know		2	2	-	-	2	-	-	-	-	-	-	-	1	-	1
		1%	2%	-	-	4%	-	-	-	-	-	-	-	2%	-	10%
						a										
NET: Enjoyed it		88	61	27	50	24	14	3	11	7	12	11	6	20	11	7
		57%	56%	63%	57%	54%	69%	36%	64%	52%	70%	55%	43%	59%	64%	55%
NET: Did not enjoy it		30	23	6	18	9	3	2	4	2	4	3	5	4	4	2
		19%	21%	15%	20%	21%	14%	34%	20%	13%	26%	16%	33%	11%	24%	12%
Base for stats		152	107	43	88	43	21	7	18	13	17	20	14	34	18	12
Mean Score		3.61	3.57	3.74	3.55	3.54	4.03	3.17	3.87	3.62	3.62	3.45	3.11	3.76	3.65	3.89
Standard Deviation		1.180	1.219	1.095	1.159	1.163	1.281	1.441	1.330	1.219	1.285	.965	1.168	1.101	1.132	1.313
Standard Error		.093	.114	.163	.117	.171	.311	.480	.290	.326	.303	.206	.337	.186	.275	.364
Error variance		.01	.01	.03	.01	.03	.10	.23	.08	.11	.09	.04	.11	.03	.08	.13

Q6J.3. Other indoor sports facilities: How much did you enjoy your activity at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			*a	b	c	d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total		163	20	40	38	31	17	17	98	65	101	10	22	19	2	-	53
Total		153	21	40	36	26	14	16	97	56	98	8	20	18	2	-	48
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
I enjoyed it a lot	(5.0)	42	6	14	13	6	-	3	33	9	29	3	4	4	-	-	12
		27%	29%	35%	35%	25%	-	18%	34%	17%	29%	39%	22%	23%	-	-	24%
				h	h				h								
I somewhat enjoyed it	(4.0)	46	10	10	9	8	4	5	29	17	30	2	8	4	1	-	15
		30%	49%	26%	24%	32%	28%	28%	30%	30%	31%	20%	41%	22%	46%	-	31%
I neither enjoyed it nor didn't enjoy it	(3.0)	34	4	8	6	3	6	6	18	15	17	1	4	8	1	-	14
		22%	18%	20%	18%	13%	45%	35%	19%	27%	17%	9%	20%	44%	54%	-	28%
I didn't enjoy it much	(2.0)	22	1	6	6	6	3	1	12	10	17	1	3	2	-	-	5
		14%	4%	14%	15%	24%	22%	5%	12%	18%	17%	8%	13%	11%	-	-	11%
I didn't enjoy it at all	(1.0)	8	-	2	2	2	-	2	4	4	4	2	1	-	-	-	3
		5%	-	5%	5%	6%	-	14%	4%	7%	4%	25%	3%	-	-	-	6%
Don't know		2	-	-	1	-	1	-	1	1	1	-	-	-	-	-	-
		1%	-	-	3%	-	5%	-	1%	1%	1%	-	-	-	-	-	-
NET: Enjoyed it		88	16	24	21	15	4	8	62	26	59	5	13	8	1	-	26
		57%	78%	61%	59%	57%	28%	46%	64%	47%	60%	59%	63%	45%	46%	-	55%
									h								
NET: Did not enjoy it		30	1	8	7	8	3	3	16	14	21	3	3	2	-	-	8
		19%	4%	19%	20%	30%	22%	19%	16%	25%	21%	33%	17%	11%	-	-	17%
Base for stats		152	21	40	35	26	13	16	96	56	97	8	20	18	2	-	48
Mean Score		3.61	4.02	3.72	3.71	3.46	3.06	3.31	3.79	3.32	3.65	3.40	3.65	3.56	3.46	-	3.57
									h								
Standard Deviation		1.180	.819	1.235	1.253	1.285	.754	1.274	1.160	1.167	1.194	1.740	1.097	.988	.760	-	1.149
Standard Error		.093	.183	.195	.206	.231	.189	.309	.118	.146	.119	.550	.234	.227	.538	-	.158
Error variance		.01	.03	.04	.04	.05	.04	.10	.01	.02	.01	.30	.05	.05	.29	-	.02

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6J.3. Other indoor sports facilities: How much did you enjoy your activity at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Total	Children aged 15 or under in the household				Current employment status										
			None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	*b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total		163	78	24	38	62	15	17	63	14	13	12	6	10	6	7	32
Total		153	67	26	41	67	14	15	59	13	12	11	5	10	5	9	30
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot	(5.0)	42	21	5	13	18	6	3	17	3	2	4	1	3	2	3	9
		27%	31%	17%	32%	26%	42%	20%	28%	24%	15%	37%	16%	25%	31%	31%	31%
I somewhat enjoyed it	(4.0)	46	15	14	14	28	5	7	18	2	4	-	3	6	1	1	12
		30%	22%	53%	35%	42% a	34%	47%	30%	18%	32%	-	54%	55%	19%	9%	41%
I neither enjoyed it nor didn't enjoy it	(3.0)	34	19	-	7	7	1	2	12	3	3	5	1	2	1	3	4
		22%	29% d	-	16%	10%	10%	15%	20%	23%	29%	48%	13%	20%	15%	30%	13%
I didn't enjoy it much	(2.0)	22	8	6	4	10	2	3	8	3	2	1	1	-	-	3	5
		14%	12%	25%	9%	15%	15%	17%	14%	26%	17%	7%	16%	-	-	30%	16%
I didn't enjoy it at all	(1.0)	8	4	-	3	3	-	-	3	1	1	1	-	-	2	-	-
		5%	5%	-	8%	5%	-	-	5%	10%	7%	8%	-	-	35%	-	-
Don't know		2	1	1	-	1	-	-	2	-	-	-	-	-	-	-	-
		1%	1%	5%	-	2%	-	-	3%	-	-	-	-	-	-	-	-
NET: Enjoyed it		88	36	18	28	46	11	10	34	5	6	4	4	8	3	4	21
		57%	53%	71%	67%	68%	76%	67%	58%	42%	47%	37%	71%	80%	50%	40%	71%
NET: Did not enjoy it		30	12	6	7	13	2	3	11	4	3	2	1	-	2	3	5
		19%	18%	25%	17%	20%	15%	17%	18%	35%	24%	15%	16%	-	35%	30%	16%
Base for stats		152	67	25	41	66	14	15	57	13	12	11	5	10	5	9	30
Mean Score		3.61	3.62	3.67	3.74	3.71	4.03	3.70	3.65	3.21	3.32	3.50	3.71	4.05	3.13	3.40	3.86
Standard Deviation		1.180	1.208	1.074	1.233	1.168	1.087	1.018	1.181	1.370	1.173	1.333	1.029	.703	1.856	1.284	1.047
Standard Error		.093	.138	.224	.200	.149	.281	.247	.151	.366	.325	.385	.420	.222	.758	.485	.185
Error variance		.01	.02	.05	.04	.02	.08	.06	.02	.13	.11	.15	.18	.05	.57	.24	.03

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Q6J.3. Other indoor sports facilities: How much did you enjoy your activity at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	*c	*d	e	f	a	b	*c	*d	e	f	a	b	c	*d	e
Unweighted Total		163	46	31	22	15	53	61	47	32	24	12	56	59	30	61	51	21	133
Total		153	43	30	19	13	49	57	44	30	22	10	52	55	28	57	49	20	126
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot	(5.0)	42	16	10	1	1	11	18	19	3	6	-	9	19	9	17	11	5	33
		27%	38%	33%	3%	10%	22%	31%	43% be	11%	26%	-	18%	35% be	33%	29%	23%	27%	26%
I somewhat enjoyed it	(4.0)	46	13	7	6	3	14	16	11	12	4	2	17	13	4	19	16	7	42
		30%	29%	24%	33%	24%	28%	28%	24%	42%	20%	19%	33%	23%	13%	34% a	33%	34%	34% a
I neither enjoyed it nor didn't enjoy it	(3.0)	34	7	5	7	5	12	12	8	5	7	5	12	13	9	11	8	5	24
		22%	17%	18%	36%	35%	25%	21%	17%	16%	32%	48%	23%	23%	34%	20%	17%	23%	19%
I didn't enjoy it much	(2.0)	22	4	6	4	3	10	7	4	7	3	3	10	7	6	8	8	1	16
		14%	9%	20%	20%	22%	20%	12%	9%	24%	12%	25%	19%	12%	21%	13%	16%	4%	13%
I didn't enjoy it at all	(1.0)	8	2	1	2	1	3	3	1	2	2	1	4	2	-	1	5	2	8
		5%	4%	4%	8%	9%	6%	5%	2%	6%	9%	9%	8%	3%	-	1%	10% b	9%	6%
Don't know		2	1	-	-	-	-	1	2	-	-	-	-	2	-	1	-	1	2
		1%	3%	-	-	-	-	2%	4%	-	-	-	-	3%	-	2%	-	3%	2%
NET: Enjoyed it		88	29	17	7	4	24	34	30	16	10	2	26	32	13	36	28	12	75
		57%	67%	58%	36%	34%	49%	59%	67%	53%	46%	19%	50%	58%	46%	63%	56%	61%	60%
NET: Did not enjoy it		30	6	7	5	4	12	10	5	9	5	3	14	8	6	8	13	2	24
		19%	13%	24%	28%	31%	25%	17%	11%	31% a	22%	33%	27%	15%	21%	15%	27%	13%	19%
Base for stats		152	42	30	19	13	49	55	43	30	22	10	52	53	28	56	49	19	124
Mean Score		3.61	3.91 e	3.63	3.04	3.04	3.40	3.70	4.02 be	3.28	3.42	2.77	3.34	3.77	3.58	3.78	3.42	3.68	3.62
Standard Deviation		1.180	1.154	1.263	1.013	1.148	1.197	1.202	1.109	1.157	1.285	.895	1.203	1.175	1.164	1.069	1.300	1.210	1.189
Standard Error		.093	.172	.227	.216	.296	.164	.155	.165	.205	.262	.258	.161	.156	.213	.138	.182	.271	.104
Error variance		.01	.03	.05	.05	.09	.03	.02	.03	.04	.07	.07	.03	.02	.05	.02	.03	.07	.01

Savanta: ComRes

Q6J.3. Other indoor sports facilities: How much did you enjoy your activity at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	*b	*c	d	e	*f	a	*b	a	b
Unweighted Total	163	55	68	31	23	25	87	69	3	138	25	121	37
Total	153	54	64	31	20	23	83	65	3	130	23	115	34
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot (5.0)	42	15	17	10	5	5	28	15	2	39	3	34	7
	27%	27%	27%	32%	23%	24%	33%	22%	71%	30%	13%	29%	22%
I somewhat enjoyed it (4.0)	46	17	23	10	5	7	26	20	-	40	6	36	10
	30%	32%	36%	33%	24%	32%	31%	31%	-	31%	24%	32%	29%
I neither enjoyed it nor didn't enjoy it (3.0)	34	10	12	3	8	2	19	12	1	24	10	21	11
	22%	18%	19%	9%	41%	11%	22%	19%	29%	18%	43%	18%	32%
I didn't enjoy it much (2.0)	22	7	7	4	2	5	11	10	-	19	3	17	5
	14%	14%	12%	12%	8%	22%	13%	16%	-	15%	12%	15%	16%
I didn't enjoy it at all (1.0)	8	5	2	3	1	3	-	7	-	6	2	6	1
	5%	9%	4%	10%	4%	12%	-	10%	-	4%	9%	5%	3%
				d				d					
Don't know	2	-	1	1	-	-	-	1	-	2	-	1	-
	1%	-	2%	4%	-	-	-	2%	-	1%	-	1%	-
NET: Enjoyed it	88	32	40	20	10	13	54	35	2	80	8	70	17
	57%	59%	63%	65%	48%	56%	64%	53%	71%	61%	37%	61%	50%
NET: Did not enjoy it	30	13	10	7	2	8	11	17	-	25	5	23	6
	19%	23%	16%	22%	11%	34%	13%	26%	-	19%	20%	20%	18%
								d					
Base for stats	152	54	62	30	20	23	83	63	3	128	23	114	34
Mean Score	3.61	3.54	3.72	3.67	3.56	3.35	3.84	3.40	4.42	3.69	3.21	3.66	3.51
							e						
Standard Deviation	1.180	1.286	1.119	1.359	1.067	1.390	1.037	1.295	1.141	1.183	1.104	1.198	1.089
Standard Error	.093	.173	.137	.248	.223	.278	.111	.157	.659	.101	.221	.109	.179
Error variance	.01	.03	.02	.06	.05	.08	.01	.02	.43	.01	.05	.01	.03

Savanta:
ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q6J.3. Other indoor sports facilities: How much did you enjoy your activity at this facility?
BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
						Number of days active								**Amount of activity in the past week compared to previous week**				**Life satisfaction score**		
Significance Level: 95%			*a	*b	*c	d	*e	*f	*g	*h	i	j	a	b	c	a	b	c	*d
Unweighted Total		163	3	21	24	36	28	22	6	23	88	51	71	53	37	39	48	52	20
Total		153	3	20	21	34	25	22	6	22	80	50	69	49	33	35	43	51	20
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot	(5.0)	42	-	4	4	9	7	7	3	9	19	19	25	11	6	5	6	17	13
		27%	-	18%	18%	25%	27%	31%	48%	43%	24%	38%	36% c	23%	17%	13%	15%	34% ab	65%
I somewhat enjoyed it	(4.0)	46	-	4	7	12	6	10	1	6	25	17	26	12	9	12	13	16	3
		30%	-	22%	33%	34%	24%	45%	18%	27%	31%	34%	37%	24%	26%	33%	30%	32%	13%
I neither enjoyed it nor didn't enjoy it	(3.0)	34	2	8	5	4	7	4	1	2	17	7	9	11	12	10	11	9	3
		22%	57%	41%	25%	12%	30%	17%	22%	10%	21%	14%	13%	22%	37% a	28%	26%	18%	13%
I didn't enjoy it much	(2.0)	22	-	4	4	8	4	2	1	1	15	3	9	9	4	5	8	8	1
		14%	-	19%	17%	22% j	16%	7%	12%	4%	19% j	6%	13%	19%	12%	14%	19%	16%	5%
I didn't enjoy it at all	(1.0)	8	1	-	1	2	1	-	-	2	4	2	1	4	3	4	2	-	1
		5%	43%	-	4%	7%	3%	-	-	11%	5%	5%	1%	8%	8%	12% c	6%	-	4%
Don't know		2	-	-	1	-	-	-	-	1	1	1	-	2	-	-	2	-	-
		1%	-	-	3%	-	-	-	-	6%	1%	2%	-	4%	-	-	4%	-	-
NET: Enjoyed it		88	-	8	11	20	13	17	4	15	44	36	51	23	14	16	19	33	16
		57%	-	40%	51%	59%	51%	76%	66%	70%	55%	72% i	73% bc	47%	43%	46%	45%	66% b	78%
NET: Did not enjoy it		30	1	4	4	10	5	2	1	3	19	6	10	13	7	9	11	8	2
		19%	43%	19%	21%	29% j	19%	7%	12%	15%	24%	11%	14%	28%	20%	26%	25%	16%	9%
Base for stats		152	3	20	20	34	25	22	6	21	80	49	69	47	33	35	41	51	20
Mean Score		3.61	2.13	3.40	3.47	3.48	3.56	4.00	4.02	3.93	3.50	3.97 i	3.95 bc	3.35	3.31	3.20	3.31	3.85 ab	4.30
Standard Deviation		1.180	1.245	1.018	1.132	1.286	1.166	.897	1.190	1.352	1.197	1.121	1.055	1.287	1.150	1.208	1.139	1.073	1.160
Standard Error		.093	.719	.222	.236	.214	.220	.191	.486	.288	.128	.158	.125	.180	.189	.193	.168	.149	.259
Error variance		.01	.52	.05	.06	.05	.05	.04	.24	.08	.02	.03	.02	.03	.04	.04	.03	.02	.07

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8. SUMMARY: How much do you agree or disagree with each of these statements today?
BASE: All respondents

	Total	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Don't know	NET: Agree	NET: Disagree
I feel that I have the ability to be physically active	2125	514	977	324	175	119	17	1491	294
	100%	24%	46%	15%	8%	6%	1%	70%	14%
I feel that I have the opportunity to be physically active	2125	474	984	381	172	100	14	1457	272
	100%	22%	46%	18%	8%	5%	1%	69%	13%
It is important to me to exercise regularly	2125	496	901	465	155	88	20	1397	243
	100%	23%	42%	22%	7%	4%	1%	66%	11%
I find exercise enjoyable and satisfying	2125	397	764	513	270	163	19	1160	433
	100%	19%	36%	24%	13%	8%	1%	55%	20%
I feel guilty when I don't exercise	2125	330	775	476	336	189	20	1104	525
	100%	16%	36%	22%	16%	9%	1%	52%	25%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8.1. I feel that I have the ability to be physically active: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total		2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	514	272	240	181	195	138	19	61	55	47	35	54	102	97	44
		24%	26%	22%	28%	28%	18%	18%	22%	26%	21%	19%	23%	31%	28%	20%
			b		c	c								abdei	aei	
Agree	(4.0)	977	472	500	305	333	338	43	131	89	105	80	112	146	169	103
		46%	46%	46%	48%	48%	43%	42%	47%	43%	47%	44%	48%	44%	48%	47%
Neither agree nor disagree	(3.0)	324	145	175	91	100	133	23	31	30	38	39	43	49	40	30
		15%	14%	16%	14%	14%	17%	22%	11%	15%	17%	21%	18%	15%	11%	14%
								bh				bgh	bh			
Disagree	(2.0)	175	78	96	36	39	99	3	33	16	16	17	17	25	26	22
		8%	8%	9%	6%	6%	13%	3%	12%	8%	7%	9%	7%	7%	8%	10%
							ab		a							a
Strongly disagree	(1.0)	119	60	59	19	28	73	10	19	15	16	12	8	11	14	14
		6%	6%	5%	3%	4%	9%	10%	7%	7%	7%	6%	3%	3%	4%	7%
							ab	fgh	g	g	g					
Don't know		17	7	8	10	4	3	4	1	2	2	-	1	1	2	3
		1%	1%	1%	2%	1%	*	4%	*	1%	1%	-	1%	*	*	2%
					bc			begh								
NET: Agree		1491	743	740	486	528	476	62	191	144	152	115	166	248	266	146
		70%	72%	69%	76%	76%	61%	61%	69%	69%	68%	63%	71%	74%	76%	68%
					c	c								ae	abdei	
NET: Disagree		294	139	154	55	67	172	14	52	31	31	28	24	36	41	36
		14%	13%	14%	9%	10%	22%	13%	19%	15%	14%	16%	10%	11%	12%	17%
							ab		fgh							g
Base for stats		2108	1027	1069	632	695	782	99	275	206	221	183	234	333	347	213
Mean Score		3.75	3.79	3.72	3.94	3.90	3.47	3.58	3.66	3.74	3.69	3.60	3.80	3.91	3.89	3.65
					c	c								abdei	abdei	
Standard Deviation		1.085	1.095	1.077	.961	1.001	1.190	1.157	1.154	1.149	1.101	1.095	.982	1.024	1.030	1.118
Standard Error		.024	.034	.033	.037	.037	.046	.112	.066	.082	.073	.079	.071	.056	.056	.077
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8.1. I feel that I have the ability to be physically active: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total		2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	514	57	144	139	53	52	69	340	174	395	23	38	38	9	4	112
		24%	33%	31%	27%	19%	23%	14%	30%	18%	22%	39%	30%	41%	45%	38%	36%
			defh	defh	dfh		fh		defh			a	a	a			a
Agree	(4.0)	977	81	233	242	131	99	190	556	420	833	26	49	37	8	6	126
		46%	47%	50%	48%	48%	45%	40%	49%	43%	47%	44%	39%	40%	37%	62%	41%
				fh	f	f			fh								
Neither agree nor disagree	(3.0)	324	17	50	70	47	43	96	137	187	272	6	30	8	2	-	46
		15%	10%	11%	14%	17%	20%	20%	12%	19%	15%	10%	24%	9%	10%	-	15%
						abg	abcg	abcg		abcg			abdg				
Disagree	(2.0)	175	7	28	39	22	17	63	73	102	162	2	3	4	1	-	11
		8%	4%	6%	8%	8%	8%	13%	6%	10%	9%	4%	2%	5%	5%	-	3%
								abcdeg		abg	cg						
Strongly disagree	(1.0)	119	8	11	14	18	10	58	33	86	107	2	4	4	-	-	11
		6%	5%	2%	3%	6%	4%	12%	3%	9%	6%	4%	4%	5%	-	-	4%
						bcg		abcdegh		bceg							
Don't know		17	2	1	4	3	2	5	7	10	11	-	-	1	1	-	2
		1%	1%	*	1%	1%	1%	1%	1%	1%	1%	-	-	1%	3%	-	1%
NET: Agree		1491	138	377	381	184	151	260	896	594	1228	49	87	76	16	10	238
		70%	80%	81%	75%	67%	68%	54%	78%	61%	69%	82%	70%	81%	82%	100%	77%
			defh	cdefh	defh	fh	fh		defh	f		a		a			a
NET: Disagree		294	15	39	52	40	27	121	107	187	269	5	7	9	1	-	22
		14%	9%	8%	10%	14%	12%	25%	9%	19%	15%	8%	6%	9%	5%	-	7%
						bg		abcdegh		abceg	cg						
Base for stats		2108	169	466	504	271	221	477	1140	969	1770	60	125	93	20	10	306
Mean Score		3.75	4.01	4.01	3.90	3.66	3.75	3.31	3.96	3.51	3.70	4.09	3.91	4.09	4.26	4.38	4.04
			defh	defh	dfh	fh	fh		defh	f		a	a	a			a
Standard Deviation		1.085	1.016	.934	.981	1.082	1.038	1.228	.968	1.163	1.096	.996	.980	1.059	.856	.512	.992
Standard Error		.024	.080	.044	.044	.062	.066	.058	.029	.037	.026	.125	.086	.108	.187	.162	.055
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.03	.03	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8.1. I feel that I have the ability to be physically active: How much do you agree or disagree with each of these statements today?
BASE: All respondents

			Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total		2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	514	284	106	108	214	51	39	193	47	18	15	21	34	26	68	90
		24%	21%	29%	32%	30%	28%	31%	29%	25%	31%	21%	20%	32%	15%	15%	29%
				a	a	a	ij	ij	ij	ij	ij			gij			ij
Agree	(4.0)	977	606	176	161	338	95	64	320	95	25	35	51	49	69	174	159
		46%	46%	48%	47%	48%	52%	51%	48%	50%	41%	49%	51%	47%	38%	39%	52%
							ij	ij	ij	ij			ij				ij
Neither agree nor disagree	(3.0)	324	204	53	43	96	25	13	92	29	9	7	14	12	40	83	38
		15%	15%	14%	13%	14%	14%	11%	14%	15%	15%	10%	14%	11%	22%	18%	12%
															abcfhk	bk	
Disagree	(2.0)	175	132	19	16	35	7	3	32	15	4	9	5	5	24	72	10
		8%	10%	5%	5%	5%	4%	3%	5%	8%	6%	12%	5%	5%	13%	16%	3%
			bcd							k		abck			abcghk	abcdeghk	
Strongly disagree	(1.0)	119	97	9	7	16	2	4	23	3	4	5	8	1	19	51	6
		6%	7%	2%	2%	2%	1%	3%	3%	2%	6%	7%	8%	1%	11%	11%	2%
			bcd								ah	adhk	acdhk		abcdhk	abcdhk	
Don't know		17	5	3	4	7	1	2	2	3	-	1	1	4	1	1	3
		1%	*	1%	1%	1%	*	2%	*	1%	-	1%	1%	4%	1%	*	1%
														acijk			
NET: Agree		1491	890	282	269	551	147	103	513	142	43	50	72	83	95	242	249
		70%	67%	77%	79%	78%	81%	82%	77%	74%	72%	70%	72%	80%	53%	54%	81%
				a	a	a	ij	fij	ij	ij	ij	ij	ij	ij			fgij
NET: Disagree		294	229	27	24	51	10	7	54	18	7	14	14	5	43	122	17
		14%	17%	7%	7%	7%	5%	6%	8%	9%	12%	19%	13%	5%	24%	27%	5%
			bcd								k	abcdhk	abhk		abcdghk	abcdeghk	
Base for stats		2108	1323	362	336	698	181	123	660	189	60	72	99	101	178	447	304
Mean Score		3.75	3.64	3.97	4.03	4.00	4.03	4.07	3.95	3.89	3.85	3.65	3.72	4.11	3.34	3.31	4.04
				a	a	a	fgij	fgij	fgij	ij	ij	j	ij	dfgij			fgij
Standard Deviation		1.085	1.140	.927	.919	.923	.838	.896	.967	.923	1.121	1.156	1.110	.837	1.199	1.233	.861
Standard Error		.024	.031	.052	.053	.037	.061	.080	.037	.066	.139	.135	.103	.082	.088	.065	.049
Error variance		*	*	*	*	*	*	.01	*	*	.02	.02	.01	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8.1. I feel that I have the ability to be physically active: How much do you agree or disagree with each of these statements today?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	514	134	107	47	14	154	148	176	66	47	10	113	187	80	250	150	34	434
	24%	27%	30%	29%	28%	30%	27%	29%	28%	26%	24%	27%	29%	21%	22%	28% ab	36% abe	25%
Agree (4.0)	977	250	179	68	20	247	269	303	115	81	17	195	320	158	520	264	35	819
	46%	50%	50%	43%	40%	48%	49%	50%	49%	45%	39%	47%	49%	41%	47%	49% ad	37%	47% a
Neither agree nor disagree (3.0)	324	63	48	24	8	72	71	74	34	27	9	61	83	77	166	67	14	247
	15%	13%	13%	15%	17%	14%	13%	12%	15%	15%	20%	15%	13%	20% bce	15%	13%	15%	14%
Disagree (2.0)	175	27	22	8	3	30	30	25	16	14	3	30	28	38	107	25	4	137
	8%	5%	6%	5%	7%	6%	6%	4%	7%	8% a	7%	7% af	4%	10% c	10% c	5%	5%	8% c
Strongly disagree (1.0)	119	20	2	11	4	13	24	23	2	9	3	11	27	25	70	18	7	94
	6%	4% b	1%	7% be	8% be	3% b	4% b	4% b	1%	5% b	8% b	3%	4% b	7% c	6% c	3%	7%	5%
Don't know	17	2	2	1	-	3	2	3	1	-	1	1	4	3	3	9	1	13
	1%	*	1%	1%	-	1%	*	*	*	-	2% e	*	1%	1%	*	2% be	1%	1%
NET: Agree	1491	384	286	115	33	401	417	480	180	128	27	308	507	238	770	413	69	1252
	70%	77%	79%	73%	68%	77%	77%	79% cd	77% d	72%	63%	75%	78% d	62%	69% a	78% abe	73%	72% a
NET: Disagree	294	47	25	18	7	43	54	48	18	23	7	41	55	63	177	43	11	231
	14%	9%	7%	11%	15% b	8%	10%	8%	8%	13% a	15%	10%	8%	17% c	16% c	8%	12%	13% c
Base for stats	2108	494	359	157	49	516	543	603	233	178	42	411	645	378	1113	524	94	1731
Mean Score	3.75	3.91	4.02 cdf	3.84	3.73	3.97	3.90	3.97 cd	3.97 d	3.80	3.66	3.90	3.95	3.61	3.70	3.96 abe	3.91 a	3.79 ab
Standard Deviation	1.085	.989	.862	1.110	1.195	.947	1.010	.965	.890	1.076	1.174	.977	.982	1.123	1.109	.957	1.157	1.075
Standard Error	.024	.043	.045	.088	.167	.041	.042	.038	.057	.080	.171	.048	.038	.057	.033	.042	.120	.026
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.03	*	*	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8.1. I feel that I have the ability to be physically active: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	514	89	337	55	55	16	391	111	11	407	107	445	68
	24%	24%	25%	23%	14%	16%	28%	17%	18%	25%	23%	25%	22%
				be			bce						
Agree (4.0)	977	164	640	104	105	39	730	227	15	766	211	828	142
	46%	45%	48%	43%	27%	40%	52%	35%	26%	46%	45%	46%	46%
				bef		b	abcef	b					
Neither agree nor disagree (3.0)	324	71	162	35	85	21	186	121	15	268	56	272	41
	15%	19%	12%	15%	22%	21%	13%	18%	25%	16%	12%	15%	13%
		b			ad	d		d	d	b			
Disagree (2.0)	175	24	112	25	81	5	67	103	7	128	47	144	29
	8%	6%	8%	10%	21%	5%	5%	16%	12%	8%	10%	8%	9%
				d	acd			acd	d				
Strongly disagree (1.0)	119	15	74	18	64	15	31	84	11	81	38	90	28
	6%	4%	6%	8%	16%	16%	2%	13%	18%	5%	8%	5%	9%
				d	ad	ad		ad	ad		a		a
Don't know	17	2	7	4	2	2	5	7	1	10	7	10	4
	1%	1%	1%	2%	*	2%	*	1%	1%	1%	1%	1%	1%
				d		d		d					
NET: Agree	1491	252	977	158	160	54	1121	339	26	1173	318	1273	210
	70%	69%	73%	66%	41%	56%	80%	52%	44%	71%	68%	71%	67%
				bef		b	abcef	b					
NET: Disagree	294	39	186	43	145	20	98	187	18	210	84	234	58
	14%	11%	14%	18%	37%	21%	7%	29%	30%	13%	18%	13%	18%
				d	acde	d		ad	ad		a		a
Base for stats	2108	362	1325	237	390	96	1405	647	59	1651	458	1778	308
Mean Score	3.75	3.79	3.80	3.64	3.02	3.36	3.98	3.28	3.14	3.78	3.66	3.78	3.62
				bef		b	abcef	b		b		b	
Standard Deviation	1.085	1.018	1.085	1.172	1.306	1.284	.896	1.282	1.363	1.057	1.179	1.065	1.192
Standard Error	.024	.053	.030	.073	.067	.129	.024	.050	.169	.026	.056	.025	.065
Error variance	*	*	*	.01	*	.02	*	*	.03	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8.1. I feel that I have the ability to be physically active: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	514	31	41	69	76	65	81	31	121	210	233	198	213	100	79	115	208	105
	24%	7%	18%	21%	21%	33%	35%	39%	45%	24%	40%	33%	21%	23%	19%	20%	27%	36%
			a	a	a	abcdi	abcdi	abcdi	abcdefi	a	abcdi	bc					ab	abc
Agree (4.0)	977	142	115	156	213	95	100	45	110	465	255	293	451	220	171	263	409	116
	46%	33%	50%	49%	58%	49%	44%	56%	41%	52%	44%	48%	44%	50%	41%	45%	52%	39%
			ah	a	acefhj	a	a	ah	a	afhj	a			b			abd	
Neither agree nor disagree (3.0)	324	90	40	62	57	22	32	2	19	141	53	59	197	58	64	110	98	38
	15%	21%	17%	19%	15%	11%	14%	2%	7%	16%	9%	10%	19%	13%	15%	19%	13%	13%
		defghij	ghj	eghj	ghj	g	ghj			ghj	g		ac			cd		
Disagree (2.0)	175	83	20	24	16	10	11	1	10	50	22	32	98	36	56	52	44	17
	8%	19%	9%	8%	4%	5%	5%	1%	4%	6%	4%	5%	9%	8%	14%	9%	6%	6%
		bcdefghij	dghj	ghj									a		bcd	c		
Strongly disagree (1.0)	119	79	13	9	7	1	3	1	5	18	10	17	72	22	42	35	22	16
	6%	18%	6%	3%	2%	1%	1%	2%	2%	2%	2%	3%	7%	5%	10%	6%	3%	6%
		bcdefghij	defhij										a		bcd	c		c
Don't know	17	7	2	-	1	2	1	-	4	3	5	6	5	2	3	7	2	1
	1%	2%	1%	-	*	1%	1%	-	1%	*	1%	1%	*	1%	1%	1%	*	*
		ci				c			c							c		
NET: Agree	1491	173	156	225	289	160	181	76	230	674	487	491	664	320	250	377	617	220
	70%	40%	68%	70%	78%	82%	79%	95%	86%	76%	85%	81%	64%	73%	60%	65%	79%	75%
			a	a	abc	abc	abc	abcdefhij	abcdfi	abc	abcdi	bc		b			ab	ab
NET: Disagree	294	161	33	34	24	11	14	2	15	68	32	49	170	58	98	86	66	34
	14%	37%	14%	10%	6%	6%	6%	3%	6%	8%	5%	8%	16%	13%	24%	15%	8%	12%
		bcdefghij	defghij	dghj									a	a	bcd	c		
Base for stats	2108	424	229	321	369	193	227	81	264	883	572	599	1031	436	411	574	780	292
Mean Score	3.75	2.91	3.66	3.78	3.90	4.10	4.08	4.29	4.25	3.90	4.19	4.04	3.62	3.78	3.46	3.65	3.94	3.94
			a	ab	abcdi	abcdi	abcdi	abcdi	abcdfi	abc	abcdi	bc		b		a	ab	ab
Standard Deviation	1.085	1.248	1.048	.963	.841	.836	.898	.735	.894	.893	.878	.947	1.123	1.052	1.230	1.083	.931	1.110
Standard Error	.024	.062	.070	.054	.044	.059	.059	.082	.055	.030	.037	.038	.035	.050	.059	.045	.034	.066
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8.2. I feel that I have the opportunity to be physically active: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total		2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	474	252	219	169	167	138	18	60	47	45	34	48	95	85	42
		22%	24%	20%	26%	24%	18%	17%	22%	23%	20%	19%	21%	28%	24%	19%
			b		c	c								adefi		
Agree	(4.0)	984	485	496	297	335	352	54	131	90	96	82	113	156	170	92
		46%	47%	46%	46%	48%	45%	52%	47%	43%	43%	45%	48%	47%	49%	42%
Neither agree nor disagree	(3.0)	381	174	202	97	126	158	14	41	48	47	40	48	50	51	42
		18%	17%	19%	15%	18%	20%	13%	15%	23%	21%	22%	21%	15%	15%	19%
							a			abgh	h	bgh				
Disagree	(2.0)	172	73	98	50	44	79	7	26	15	21	19	20	17	24	24
		8%	7%	9%	8%	6%	10%	7%	9%	7%	10%	10%	8%	5%	7%	11%
							b		g		g	g				g
Strongly disagree	(1.0)	100	42	58	23	23	54	8	18	6	13	6	5	13	17	13
		5%	4%	5%	4%	3%	7%	8%	7%	3%	6%	3%	2%	4%	5%	6%
							ab	cf	f							f
Don't know		14	9	4	7	4	3	3	-	1	1	1	1	2	1	4
		1%	1%	*	1%	1%	*	3%	-	*	1%	*	1%	1%	*	2%
								bh								bh
NET: Agree		1457	737	715	465	502	490	71	191	138	141	116	161	251	255	134
		69%	71%	66%	72%	72%	62%	69%	69%	66%	63%	64%	68%	75%	73%	62%
			b		c	c								cdei	dei	
NET: Disagree		272	115	156	72	67	133	15	44	21	34	25	24	30	42	37
		13%	11%	14%	11%	10%	17%	14%	16%	10%	15%	14%	10%	9%	12%	17%
				a			ab		g		g					cg
Base for stats		2111	1026	1073	634	695	781	100	276	207	222	182	234	331	348	212
Mean Score		3.74	3.81	3.67	3.85	3.83	3.56	3.66	3.68	3.76	3.63	3.65	3.77	3.91	3.81	3.59
			b		c	c								abdei	di	
Standard Deviation		1.044	1.016	1.066	1.015	.973	1.104	1.100	1.113	.981	1.086	1.014	.941	1.000	1.043	1.110
Standard Error		.023	.031	.033	.039	.036	.042	.106	.064	.069	.072	.074	.068	.055	.056	.077
Error variance		*	*	*	*	*	*	.01	*	*	.01	.01	*	*	*	.01

Q8.2. I feel that I have the opportunity to be physically active: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total		2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	474	55	127	124	47	47	74	305	168	368	17	39	29	9	6	99
		22%	32%	27%	24%	17%	21%	15%	27%	17%	21%	28%	31%	30%	42%	63%	32%
			defh	dfh	dfh				dfh				a	a			a
Agree	(4.0)	984	75	234	240	131	107	197	548	435	839	31	52	36	7	2	128
		46%	44%	50%	47%	48%	48%	41%	48%	44%	47%	51%	42%	38%	35%	23%	42%
				fh					f								
Neither agree nor disagree	(3.0)	381	26	60	86	61	41	108	172	209	329	7	19	16	2	-	44
		18%	15%	13%	17%	22%	18%	22%	15%	21%	18%	11%	16%	17%	10%	-	14%
						bg		abcg		bcg							
Disagree	(2.0)	172	8	31	40	20	18	56	79	94	152	2	8	7	3	-	19
		8%	5%	7%	8%	7%	8%	12%	7%	10%	9%	3%	7%	7%	13%	-	6%
								abg		ag							
Strongly disagree	(1.0)	100	6	15	16	14	7	42	37	63	84	4	5	6	-	1	16
		5%	4%	3%	3%	5%	3%	9%	3%	6%	5%	6%	4%	6%	-	14%	5%
								abceg		bceg							
Don't know		14	2	1	2	1	3	5	4	10	8	-	1	1	-	-	2
		1%	1%	*	*	1%	1%	1%	*	1%	*	-	1%	1%	-	-	1%
							bg										
NET: Agree		1457	129	361	364	178	154	271	854	603	1207	48	91	64	16	8	227
		69%	75%	77%	72%	65%	69%	56%	74%	62%	68%	80%	73%	68%	77%	86%	74%
			dfh	cdefh	dfh	f	fh		dfh			a					a
NET: Disagree		272	14	46	56	34	25	97	116	156	236	6	13	13	3	1	35
		13%	8%	10%	11%	12%	11%	20%	10%	16%	13%	9%	11%	14%	13%	14%	11%
								abcdegh		abcg							
Base for stats		2111	169	466	506	273	219	476	1142	969	1773	60	124	93	20	10	306
Mean Score		3.74	3.96	3.92	3.82	3.65	3.77	3.43	3.88	3.57	3.71	3.92	3.91	3.80	4.06	4.20	3.90
			dfh	dfh	dfh	f	fh		dfh	f			a				a
Standard Deviation		1.044	1.001	.972	.995	1.015	.980	1.149	.987	1.084	1.038	1.041	1.043	1.151	1.045	1.448	1.087
Standard Error		.023	.078	.046	.044	.058	.063	.055	.030	.034	.025	.130	.092	.118	.223	.458	.061
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.05	.21	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8.2. I feel that I have the opportunity to be physically active: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	474	266	102	88	191	51	38	168	36	15	16	25	24	25	75	89
	22%	20%	28%	26%	27%	28%	30%	25%	19%	25%	22%	25%	23%	14%	17%	29%
			a		a	dij	dij	dij		i		ij	i			dij
Agree (4.0)	984	608	171	167	338	90	62	322	100	25	29	45	57	73	179	152
	46%	46%	47%	49%	48%	50%	50%	49%	52%	42%	40%	45%	55%	41%	40%	50%
						j		j	ij				ij			j
Neither agree nor disagree (3.0)	381	257	56	46	103	31	14	101	34	14	14	18	9	49	96	45
	18%	19%	15%	14%	15%	17%	12%	15%	18%	23%	20%	18%	9%	27%	21%	15%
		cd							h	bh	h	h		abcdhk	bchk	
Disagree (2.0)	172	112	23	29	52	7	6	46	16	4	9	6	8	16	55	13
	8%	8%	6%	8%	7%	4%	5%	7%	8%	7%	13%	6%	7%	9%	12%	4%
											abk			k	abcgk	
Strongly disagree (1.0)	100	77	11	7	18	2	5	22	4	3	2	5	4	14	40	6
	5%	6%	3%	2%	3%	1%	4%	3%	2%	4%	2%	5%	4%	8%	9%	2%
		bcd										a		acdk	acdk	
Don't know	14	8	1	2	3	1	-	3	2	-	2	1	2	2	3	1
	1%	1%	*	1%	*	*	-	*	1%	-	3%	1%	2%	1%	1%	*
											ck					
NET: Agree	1457	874	273	255	529	141	100	491	136	40	45	71	82	98	255	241
	69%	66%	75%	75%	75%	78%	80%	74%	71%	66%	62%	71%	78%	55%	57%	79%
			a	a	a	fij	efij	fij	ij			ij	fij			defij
NET: Disagree	272	189	34	36	70	9	11	67	20	7	11	10	12	30	95	19
	13%	14%	9%	11%	10%	5%	8%	10%	10%	11%	15%	10%	12%	17%	21%	6%
		bd						ak	a		ak		a	abck	abcdghk	
Base for stats	2111	1320	364	338	702	181	125	659	190	60	71	100	103	177	446	306
Mean Score	3.74	3.66	3.91	3.89	3.90	4.00	3.98	3.87	3.77	3.76	3.69	3.81	3.87	3.44	3.44	3.99
			a	a	a	dfij	fij	ij	ij	ij		ij	ij			cdfij
Standard Deviation	1.044	1.071	.978	.960	.969	.835	.973	.983	.926	1.042	1.047	1.037	1.003	1.096	1.170	.892
Standard Error	.023	.029	.055	.055	.039	.061	.087	.037	.066	.129	.123	.096	.097	.081	.061	.050
Error variance	*	*	*	*	*	*	.01	*	*	.02	.02	.01	.01	.01	*	*

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Q8.2. I feel that I have the opportunity to be physically active: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total		2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total		2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	474	121	91	42	9	133	130	156	57	44	5	101	161	70	238	137	29	403
		22%	24%	25%	27%	19%	26%	24%	26%	25%	24%	13%	24%	25%	18%	21%	26%	31%	23%
									d								a	ab	a
Agree	(4.0)	984	256	181	68	17	249	272	313	103	86	18	190	330	172	512	260	40	811
		46%	51%	50%	43%	34%	48%	50%	52%	44%	48%	41%	46%	51%	45%	46%	49%	42%	47%
			d	d				d											
Neither agree nor disagree	(3.0)	381	76	49	27	12	76	88	84	40	30	10	70	94	88	201	76	16	294
		18%	15%	14%	17%	24%	15%	16%	14%	17%	17%	23%	17%	15%	23%	18%	14%	17%	17%
															bce				
Disagree	(2.0)	172	30	24	14	9	38	39	33	23	10	7	33	40	27	103	39	3	146
		8%	6%	7%	9%	19%	7%	7%	5%	10%	6%	17%	8%	6%	7%	9%	7%	4%	8%
						abef				a		acef							
Strongly disagree	(1.0)	100	11	15	7	2	22	13	19	8	7	1	15	20	20	59	16	4	80
		5%	2%	4%	4%	4%	4%	2%	3%	3%	4%	3%	4%	3%	5%	5%	3%	5%	5%
																	c		
Don't know		14	3	1	-	1	1	4	1	2	1	2	3	3	4	3	5	2	10
		1%	1%	*	-	2%	*	1%	*	1%	1%	4%	1%	*	1%	*	1%	2%	1%
						e						aef							b
NET: Agree		1457	377	272	110	26	382	402	469	161	130	23	291	492	242	749	396	69	1215
		69%	76%	75%	70%	52%	74%	74%	77%	69%	73%	53%	71%	76%	64%	67%	74%	73%	70%
			d	d	d		d	d	bde	d	d		d	bd			abe		a
NET: Disagree		272	41	39	21	11	60	52	51	31	17	8	48	60	47	162	55	8	225
		13%	8%	11%	13%	22%	12%	10%	9%	13%	10%	20%	12%	9%	12%	15%	10%	8%	13%
						abef				a		af					c		
Base for stats		2111	494	360	158	48	518	542	604	232	177	42	409	646	377	1113	528	92	1734
Mean Score		3.74	3.90	3.86	3.79	3.45	3.84	3.86	3.92	3.77	3.84	3.46	3.80	3.89	3.65	3.69	3.87	3.93	3.76
			d	d			d	d	d		d		d	d			abe	ab	
Standard Deviation		1.044	.916	1.003	1.072	1.122	1.024	.944	.942	1.035	.998	1.025	1.018	.953	1.032	1.072	.980	1.028	1.046
Standard Error		.023	.040	.052	.085	.159	.045	.039	.037	.067	.075	.151	.050	.037	.053	.032	.043	.107	.025
Error variance		*	*	*	.01	.03	*	*	*	*	.01	.02	*	*	*	*	*	.01	*

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Q8.2. I feel that I have the opportunity to be physically active: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Total	Care responsibilities in household not including children		Longstanding condition or illness							Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness		Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f		a	b	a	b
Unweighted Total		2125	364	1315	259	377	101	1403	655	66		1681	444	1758	338
Total		2125	364	1332	241	392	97	1410	654	60		1660	465	1788	312
		100%	100%	100%	100%	100%	100%	100%	100%	100%		100%	100%	100%	100%
Strongly agree	(5.0)	474	88	307	53	60	15	348	114	11		381	92	412	60
		22%	24%	23%	22%	15%	15%	25%	17%	18%		23%	20%	23%	19%
					b			bce							
Agree	(4.0)	984	157	638	102	134	32	718	242	21		768	216	841	132
		46%	43%	48%	42%	34%	33%	51%	37%	35%		46%	46%	47%	42%
					b			abcef							
Neither agree nor disagree	(3.0)	381	68	217	43	82	20	238	128	13		307	74	316	61
		18%	19%	16%	18%	21%	20%	17%	20%	22%		19%	16%	18%	19%
Disagree	(2.0)	172	34	106	25	62	20	70	100	5		125	47	143	27
		8%	9%	8%	10%	16%	21%	5%	15%	8%		8%	10%	8%	9%
					d	ad	adf		ad						
Strongly disagree	(1.0)	100	16	61	17	51	9	33	65	10		71	29	70	29
		5%	5%	5%	7%	13%	9%	2%	10%	16%		4%	6%	4%	9%
					d	ad	d		d	ad			a		a
Don't know		14	1	5	2	2	2	3	5	1		8	6	6	3
		1%	*	*	1%	1%	2%	*	1%	1%		*	1%	*	1%
							d		d				a		
NET: Agree		1457	245	945	155	194	46	1066	356	31		1149	308	1253	192
		69%	67%	71%	64%	49%	48%	76%	54%	53%		69%	66%	70%	62%
					bce			abcef						b	
NET: Disagree		272	50	166	42	114	29	103	165	14		196	76	213	56
		13%	14%	12%	17%	29%	30%	7%	25%	24%		12%	16%	12%	18%
					d	ad	ad		ad	d			a		a
Base for stats		2111	363	1328	239	389	95	1407	649	59		1653	458	1782	309
Mean Score		3.74	3.73	3.77	3.63	3.23	3.24	3.91	3.37	3.30		3.76	3.64	3.78	3.54
					bcef			abcef				b		b	
Standard Deviation		1.044	1.068	1.035	1.144	1.264	1.226	.906	1.222	1.325		1.026	1.104	1.017	1.176
Standard Error		.023	.056	.029	.071	.065	.123	.024	.048	.164		.025	.053	.024	.064
Error variance		*	*	*	.01	*	.02	*	*	.03		*	*	*	*

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Q8.2. I feel that I have the opportunity to be physically active: How much do you agree or disagree with each of these statements today?
BASE: All respondents

						Number of days active						Amount of activity in the past week compared to previous week			Life satisfaction score			
			Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%				a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total			2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total			2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
			100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)		474	32	29	51	69	54	86	33	120	173	240	191	196	83	72	101	197	97
			22%	7%	12%	16%	19%	27%	38%	41%	45%	20%	42%	32%	19%	19%	17%	17%	25%	33%
					a	a	ab	abcdi	abcdei	abcdei	abcdei	ab	abcdei	bc					ab	abc
Agree	(4.0)		984	129	115	168	216	100	106	40	108	484	254	306	455	211	169	276	390	127
			46%	30%	50%	52%	58%	51%	46%	49%	40%	55%	44%	51%	44%	48%	41%	47%	50%	43%
					ah	ahj	abfhj	ah	a	a	a	afhj	a	b				a	a	
Neither agree nor disagree	(3.0)		381	123	54	64	56	28	26	4	25	149	56	64	225	78	81	113	122	50
			18%	29%	23%	20%	15%	14%	11%	5%	9%	17%	10%	11%	22%	18%	20%	19%	16%	17%
				cdefghij	defghij	fghj	ghj	g				fghj			a	a				
Disagree	(2.0)		172	82	24	23	18	8	6	3	9	49	18	27	88	47	51	55	53	11
			8%	19%	10%	7%	5%	4%	3%	4%	3%	5%	3%	4%	9%	11%	12%	9%	7%	4%
				bcdefghij	defhij	fhj						j			a	a	cd	d		
Strongly disagree	(1.0)		100	59	8	14	10	5	2	-	3	29	5	14	63	19	38	33	18	8
			5%	14%	3%	4%	3%	2%	1%	-	1%	3%	1%	2%	6%	4%	9%	6%	2%	3%
				bcdefghij	j	fhj	j					fj			a		bcd	c		
Don't know			14	6	2	1	1	1	2	-	2	3	4	4	8	1	2	4	2	-
			1%	1%	1%	*	*	*	1%	-	1%	*	1%	1%	1%	*	1%	1%	*	-
				i																
NET: Agree			1457	161	144	219	284	154	192	73	229	658	494	497	652	294	241	376	587	224
			69%	37%	62%	68%	77%	79%	84%	91%	85%	74%	86%	82%	63%	67%	58%	65%	75%	76%
					a	a	abc	abc	abcd	abcdei	abcdi	abc	abcdei	bc				a	ab	ab
NET: Disagree			272	141	31	37	28	13	8	3	12	78	23	41	151	66	89	88	71	19
			13%	33%	13%	11%	8%	7%	3%	4%	4%	9%	4%	7%	15%	15%	22%	15%	9%	7%
				bcdefghij	defghij	fghj	fj					fhj			a	a	bcd	cd		
Base for stats			2111	425	229	320	368	195	226	81	266	884	573	601	1028	438	412	577	780	293
Mean Score			3.74	2.99	3.58	3.68	3.86	3.97	4.19	4.28	4.25	3.82	4.23	4.05	3.62	3.67	3.45	3.62	3.89	4.00
				a	a	abc	abci	abcdei	abcdei	abcdei	abc	abcdei	bc				a	ab	ab	
Standard Deviation			1.044	1.162	.950	.970	.872	.900	.800	.742	.852	.920	.816	.899	1.076	1.039	1.185	1.059	.935	.952
Standard Error			.023	.058	.063	.054	.045	.063	.053	.082	.052	.031	.034	.036	.034	.049	.057	.044	.034	.057
Error variance			*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8.3. I find exercise enjoyable and satisfying: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total		2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	397	218	176	138	159	99	20	50	34	37	28	35	88	68	37
		19%	21%	16%	22%	23%	13%	20%	18%	16%	17%	15%	15%	26%	20%	17%
			b		c	c								bcdefhi		
Agree	(4.0)	764	391	368	254	251	258	33	111	85	78	70	72	122	121	72
		36%	38%	34%	40%	36%	33%	32%	40%	41%	35%	38%	30%	36%	35%	33%
					c				f	f						
Neither agree nor disagree	(3.0)	513	244	265	142	165	206	27	53	49	56	44	70	72	79	63
		24%	24%	25%	22%	24%	26%	26%	19%	24%	25%	24%	30%	22%	23%	29%
													bg			bg
Disagree	(2.0)	270	106	164	71	70	129	9	38	27	35	27	36	29	45	26
		13%	10%	15%	11%	10%	16%	9%	14%	13%	16%	15%	15%	9%	13%	12%
				a			ab		g		g	g	g			
Strongly disagree	(1.0)	163	67	93	29	46	88	12	22	11	15	12	21	21	33	16
		8%	6%	9%	5%	7%	11%	12%	8%	5%	7%	7%	9%	6%	9%	7%
							ab	c								
Don't know		19	9	11	7	8	4	2	2	2	1	1	3	2	3	3
		1%	1%	1%	1%	1%	1%	2%	1%	1%	1%	*	1%	1%	1%	2%
NET: Agree		1160	609	545	393	410	358	53	161	119	116	98	107	209	189	109
		55%	59%	51%	61%	59%	46%	52%	58%	57%	52%	54%	45%	63%	54%	50%
			b		c	c			f	f				adefhi	f	
NET: Disagree		433	172	257	100	115	217	21	60	38	50	39	56	50	78	41
		20%	17%	24%	16%	17%	28%	20%	22%	18%	22%	22%	24%	15%	22%	19%
				a			ab		g		g	g	g		g	
Base for stats		2106	1026	1067	635	691	780	101	274	206	221	182	233	331	345	213
Mean Score		3.46	3.57	3.35	3.63	3.59	3.20	3.40	3.47	3.50	3.40	3.41	3.28	3.68	3.42	3.42
			b		c	c								abdefhi		
Standard Deviation		1.160	1.125	1.179	1.082	1.141	1.191	1.245	1.177	1.080	1.140	1.122	1.160	1.140	1.214	1.130
Standard Error		.025	.035	.037	.041	.042	.046	.119	.068	.077	.075	.081	.084	.062	.066	.078
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8.3. I find exercise enjoyable and satisfying: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total		2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	397	52	125	94	40	39	46	270	126	306	18	31	25	6	3	84
		19%	30%	27%	18%	15%	18%	10%	24%	13%	17%	31%	25%	27%	31%	28%	27%
			cdefh	cdefh	fh	f	fh		cdefh			a	a	a			a
Agree	(4.0)	764	70	169	186	107	77	153	426	337	646	20	41	38	7	2	107
		36%	41%	36%	37%	39%	35%	32%	37%	34%	36%	33%	33%	40%	36%	20%	35%
			f			f			f								
Neither agree nor disagree	(3.0)	513	30	102	116	69	61	135	248	265	428	12	36	20	4	3	75
		24%	18%	22%	23%	25%	27%	28%	22%	27%	24%	20%	29%	21%	19%	29%	24%
							ag	abg		abg							
Disagree	(2.0)	270	15	47	69	32	30	77	131	139	243	7	11	5	1	1	25
		13%	9%	10%	14%	12%	14%	16%	11%	14%	14%	12%	9%	5%	5%	8%	8%
								abg		b	dg						
Strongly disagree	(1.0)	163	4	21	39	22	13	64	64	98	143	2	5	5	1	1	15
		8%	2%	5%	8%	8%	6%	13%	6%	10%	8%	4%	4%	6%	7%	14%	5%
					a	a		abcdeg		abeg							
Don't know		19	-	2	5	4	2	6	7	13	14	-	1	1	1	-	3
		1%	-	*	1%	2%	1%	1%	1%	1%	1%	-	1%	1%	3%	-	1%
NET: Agree		1160	122	295	280	148	116	200	697	463	952	38	71	63	13	5	191
		55%	71%	63%	55%	54%	52%	41%	61%	47%	53%	64%	57%	67%	67%	48%	62%
			cdefgh	cdefh	fh	f	f		cdefh	f				a			a
NET: Disagree		433	19	69	108	54	43	140	195	238	386	10	16	10	2	2	40
		20%	11%	15%	21%	20%	19%	29%	17%	24%	22%	17%	13%	11%	11%	23%	13%
					abg	a	a	abcdeg		abg	cdg						
Base for stats		2106	171	465	503	270	220	475	1140	966	1766	60	123	93	20	10	306
Mean Score		3.46	3.88	3.71	3.45	3.41	3.45	3.09	3.62	3.26	3.41	3.74	3.66	3.78	3.83	3.39	3.72
			cdefgh	cdefh	fh	fh	fh		cdefh	f		a	a	a			a
Standard Deviation		1.160	1.015	1.108	1.165	1.128	1.110	1.186	1.131	1.164	1.162	1.152	1.070	1.083	1.163	1.423	1.104
Standard Error		.025	.079	.052	.052	.065	.071	.056	.034	.037	.028	.144	.094	.111	.254	.450	.062
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.01	.06	.20	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8.3. I find exercise enjoyable and satisfying: How much do you agree or disagree with each of these statements today?
BASE: All respondents

			Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total		2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	397	203	90	89	178	41	31	156	33	16	14	16	21	22	47	72
		19%	15%	25%	26%	25%	23%	25%	24%	17%	27%	20%	16%	20%	12%	10%	23%
				a	a	a	ij	ij	ij	j	ij	j		j			ij
Agree	(4.0)	764	461	147	130	276	65	52	262	62	18	29	33	39	64	140	117
		36%	35%	40%	38%	39%	36%	41%	40%	33%	30%	40%	33%	37%	36%	31%	38%
								j	j								
Neither agree nor disagree	(3.0)	513	335	79	69	148	51	20	139	50	10	14	24	26	52	127	71
		24%	25%	22%	20%	21%	28%	16%	21%	26%	17%	19%	24%	25%	29%	28%	23%
			d				bc			b					bc	bc	
Disagree	(2.0)	270	196	30	35	65	17	15	66	32	7	9	16	11	19	78	33
		13%	15%	8%	10%	9%	9%	12%	10%	17%	12%	12%	16%	11%	11%	17%	11%
			bcd							ac						acik	
Strongly disagree	(1.0)	163	125	14	14	29	5	6	38	12	8	5	8	7	20	53	12
		8%	9%	4%	4%	4%	3%	5%	6%	6%	13%	8%	8%	6%	11%	12%	4%
			bcd								ack				abck	abcdk	
Don't know		19	7	5	3	8	2	1	2	2	1	1	4	2	1	4	2
		1%	1%	1%	1%	1%	1%	1%	*	1%	2%	1%	4%	2%	*	1%	1%
													acijk				
NET: Agree		1160	664	236	218	455	106	83	418	95	34	43	49	59	87	187	188
		55%	50%	65%	64%	65%	58%	66%	63%	50%	56%	60%	48%	57%	49%	42%	61%
				a	a	a	j	dgij	dgij		j	j		j			dgij
NET: Disagree		433	321	44	49	94	23	22	104	44	15	14	24	18	40	131	44
		20%	24%	12%	15%	13%	13%	17%	16%	23%	24%	20%	24%	17%	22%	29%	14%
			bcd							ack	ak		ack		ack	abchk	
Base for stats		2106	1320	360	337	697	180	124	660	189	59	72	96	103	178	445	304
Mean Score		3.46	3.32	3.74	3.72	3.73	3.66	3.69	3.66	3.38	3.46	3.53	3.34	3.54	3.28	3.11	3.67
				a	a	a	dgij	dgij	dgij	j	j	j	j	j			dgij
Standard Deviation		1.160	1.180	1.047	1.093	1.069	1.030	1.127	1.115	1.148	1.358	1.173	1.174	1.122	1.167	1.174	1.069
Standard Error		.025	.032	.059	.062	.043	.076	.101	.042	.081	.170	.137	.110	.109	.086	.062	.061
Error variance		*	*	*	*	*	.01	.01	*	.01	.03	.02	.01	.01	.01	*	*

Significance Level: 95%

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8.3. I find exercise enjoyable and satisfying: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total		2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total		2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	397	105	83	40	11	124	115	128	64	38	9	102	137	58	186	124	28	338
		19%	21%	23%	25%	22%	24%	21%	21%	27% af	21%	21%	25%	21%	15%	17%	23% ab	30% abe	19%
Agree	(4.0)	764	191	151	51	18	202	209	232	89	72	12	161	244	117	398	220	29	647
		36%	39%	42% c	32%	36%	39%	38%	38%	38%	40%	29%	39%	38%	31%	36%	41% ab	31%	37% a
Neither agree nor disagree	(3.0)	513	109	67	33	11	100	120	131	42	36	13	78	145	100	280	114	19	413
		24%	22%	19%	21%	23%	19%	22%	22%	18%	20%	31% be	19%	22%	26%	25%	21%	20%	24%
Disagree	(2.0)	270	58	41	19	6	60	63	71	24	22	5	46	76	67	142	48	13	204
		13%	12%	11%	12%	12%	12%	12%	12%	10%	12%	12%	11%	12%	17% bce	13% c	9%	14%	12%
Strongly disagree	(1.0)	163	33	18	14	3	32	35	42	15	8	2	22	44	37	103	19	4	126
		8%	7%	5%	9%	5%	6%	6%	7%	6%	4%	4%	5%	7%	10% c	9% c	4%	4%	7% c
Don't know		19	1	1	1	1	2	2	1	-	2	2	2	2	3	7	8	1	16
		1%	*	*	1%	2%	*	*	* a	-	1%	4% abef	1%	*	1%	1%	2%	1%	1%
NET: Agree		1160	296	234	91	28	325	325	360	153	110	21	263	381	175	584	344	57	985
		55%	60%	65%	57%	58%	63%	60%	59%	65% d	62%	49%	64%	59%	46%	52% a	65% abe	61% a	56% ab
NET: Disagree		433	90	59	34	8	92	99	113	39	30	7	68	120	103	245	67	17	330
		20%	18%	16%	21%	17%	18%	18%	19%	17%	17%	16%	17%	19%	27% bce	22% ce	13%	18%	19% c
Base for stats		2106	495	360	157	48	517	543	605	234	176	42	409	646	378	1109	525	93	1727
Mean Score		3.46	3.56	3.67	3.53	3.58	3.63	3.56	3.55	3.70	3.63	3.52	3.67	3.55	3.25	3.38	3.73 abe	3.68 ab	3.50 ab
Standard Deviation		1.160	1.141	1.100	1.248	1.130	1.148	1.139	1.152	1.161	1.088	1.100	1.129	1.148	1.196	1.177	1.036	1.175	1.147
Standard Error		.025	.050	.057	.099	.160	.050	.047	.046	.075	.082	.162	.055	.044	.061	.035	.045	.123	.028
Error variance		*	*	*	.01	.03	*	*	*	.01	.01	.03	*	*	*	*	*	.02	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8.3. I find exercise enjoyable and satisfying: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	397	81	251	51	44	16	285	102	7	313	84	339	56
	19%	22%	19%	21%	11%	16%	20%	16%	11%	19%	18%	19%	18%
				be			be						
Agree (4.0)	764	136	498	86	111	32	551	204	19	601	162	652	107
	36%	37%	37%	36%	28%	33%	39%	31%	33%	36%	35%	36%	34%
				b			be						
Neither agree nor disagree (3.0)	513	88	309	53	108	20	321	166	13	390	123	429	73
	24%	24%	23%	22%	28%	21%	23%	25%	22%	23%	26%	24%	23%
					d								
Disagree (2.0)	270	40	158	27	70	18	165	97	13	220	51	232	36
	13%	11%	12%	11%	18%	18%	12%	15%	21%	13%	11%	13%	11%
					ad	ad		d	ad				
Strongly disagree (1.0)	163	16	105	22	54	7	82	76	7	122	41	121	37
	8%	4%	8%	9%	14%	8%	6%	12%	12%	7%	9%	7%	12%
			a	d	d			d	d				a
Don't know	19	3	11	2	3	5	6	9	1	15	4	14	3
	1%	1%	1%	1%	1%	5%	*	1%	1%	1%	1%	1%	1%
						abde		d					
NET: Agree	1160	216	749	137	155	47	836	305	26	914	246	991	163
	55%	59%	56%	57%	40%	49%	59%	47%	44%	55%	53%	55%	52%
				be			bcef	b					
NET: Disagree	433	56	263	49	125	25	246	173	20	341	91	354	73
	20%	15%	20%	20%	32%	26%	17%	26%	33%	21%	20%	20%	23%
					ad	d		d	ad				
Base for stats	2106	361	1322	239	388	92	1404	645	59	1645	461	1774	309
Mean Score	3.46	3.62	3.48	3.49	3.05	3.34	3.56	3.24	3.11	3.46	3.43	3.48	3.35
		b		bef		b	bef	b					
Standard Deviation	1.160	1.083	1.161	1.210	1.218	1.199	1.112	1.230	1.221	1.158	1.168	1.143	1.246
Standard Error	.025	.057	.032	.075	.063	.122	.030	.048	.151	.028	.056	.027	.068
Error variance	*	*	*	.01	*	.01	*	*	.02	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8.3. I find exercise enjoyable and satisfying: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	397	14	19	54	61	49	68	24	107	164	200	185	139	71	57	86	156	93
	19%	3%	8%	17%	16%	25%	30%	30%	40%	18%	35%	31%	13%	16%	14%	15%	20%	32%
			a	ab	ab	abcdi	abcdi	abcdi	abcdefi	ab	abcdei	bc					ab	abc
Agree (4.0)	764	70	77	130	159	82	102	39	103	372	244	237	356	160	133	210	316	91
	36%	16%	33%	40%	43%	42%	45%	49%	38%	42%	42%	39%	34%	36%	32%	36%	40%	31%
			a	a	ab	a	ab	ab	ab	a	ab	ab	b				ad	
Neither agree nor disagree (3.0)	513	127	65	84	90	48	42	14	41	223	98	107	276	114	107	156	167	64
	24%	29%	28%	26%	24%	25%	19%	18%	15%	25%	17%	18%	27%	26%	26%	27%	21%	22%
		fghj	fhj	fhj	hj	hj				fhj			a	a		c		
Disagree (2.0)	270	106	52	34	41	14	11	3	11	89	24	49	143	68	75	78	86	26
	13%	25%	22%	11%	11%	7%	5%	3%	4%	10%	4%	8%	14%	16%	18%	13%	11%	9%
		cdefghij	cdefghij	fghj	fghj					fhj			a	a	bcd			
Strongly disagree (1.0)	163	107	14	16	14	2	4	-	5	32	9	21	111	25	34	46	56	20
	8%	25%	6%	5%	4%	1%	2%	-	2%	4%	2%	3%	11%	6%	8%	8%	7%	7%
		bcdefghij	efghj	efgj	ej					ej			ac					
Don't know	19	6	5	2	4	1	1	-	1	7	1	5	10	2	8	6	2	-
	1%	1%	2%	1%	1%	*	*	-	*	1%	*	1%	1%	*	2%	1%	*	-
		j	j												cd	c		
NET: Agree	1160	85	96	184	220	131	170	63	210	536	444	422	495	231	190	296	472	184
	55%	20%	41%	57%	59%	67%	75%	79%	78%	60%	77%	70%	48%	53%	46%	51%	60%	63%
			a	ab	abc	abcd	abcdi	abcdei	ab	abcdei	bc						ab	ab
NET: Disagree	433	213	66	50	55	16	15	3	16	121	33	70	255	93	109	123	142	46
	20%	49%	28%	16%	15%	8%	6%	3%	6%	14%	6%	12%	25%	21%	26%	21%	18%	16%
		bcdefghij	cdefghij	efghj	efghj					efghj			a	a	cd			
Base for stats	2106	425	226	319	366	195	227	81	267	880	575	600	1025	437	406	575	781	293
Mean Score	3.46	2.48	3.15	3.54	3.58	3.83	3.97	4.05	4.11	3.62	4.05	3.86	3.26	3.42	3.26	3.37	3.55	3.72
			a	ab	ab	abcdi	abcdi	abcdi	abcdei	ab	abcdei	bc		b			ab	abc
Standard Deviation	1.160	1.137	1.062	1.052	1.019	.916	.910	.788	.940	1.015	.909	1.055	1.182	1.105	1.157	1.131	1.138	1.196
Standard Error	.025	.056	.071	.059	.053	.064	.060	.088	.058	.034	.038	.043	.037	.052	.056	.047	.041	.071
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	.01

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Q8.4. It is important to me to exercise regularly: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Total	Gender Male	Gender Female	Age 16-34	Age 35-54	Age 55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total		2125 100%	1035 100%	1077 100%	642 100%	699 100%	785 100%	102 100%	276 100%	208 100%	223 100%	183 100%	235 100%	334 100%	348 100%	216 100%
Strongly agree	(5.0)	496 23%	260 25%	235 22%	168 26% c	178 25% c	151 19%	21 20%	71 26%	53 25%	50 23%	41 22%	51 22%	88 26% i	80 23%	41 19%
Agree	(4.0)	901 42%	435 42%	461 43%	284 44%	304 44%	313 40%	46 45%	111 40%	86 41%	83 37%	75 41%	100 43%	151 45%	153 44%	96 44%
Neither agree nor disagree	(3.0)	465 22%	216 21%	245 23%	116 18%	149 21%	200 26% a	22 22%	51 18%	43 21%	60 27% bg	46 25%	52 22%	61 18%	77 22%	53 24%
Disagree	(2.0)	155 7%	66 6%	89 8%	48 8%	37 5%	70 9% b	3 3%	27 10% a	17 8%	17 8%	11 6%	18 8%	20 6%	24 7%	17 8%
Strongly disagree	(1.0)	88 4%	48 5%	40 4%	18 3%	26 4%	44 6% a	9 9% ceghi	13 5%	7 4%	12 5%	7 4%	9 4%	10 3%	14 4%	6 3%
Don't know		20 1%	10 1%	8 1%	8 1%	6 1%	6 1%	1 1%	3 1%	2 1%	- -	2 1%	4 2%	4 1%	1 *	3 2%
NET: Agree		1397 66%	695 67%	696 65%	452 70% c	482 69% c	464 59%	67 65%	181 66%	139 67%	134 60%	116 64%	151 64%	239 72% di	233 67%	137 63%
NET: Disagree		243 11%	114 11%	128 12%	66 10%	62 9%	115 15% ab	12 12%	41 15% g	24 12%	29 13%	18 10%	28 12%	29 9%	38 11%	23 11%
Base for stats		2105	1025	1069	634	693	778	101	273	206	223	180	232	329	347	213
Mean Score		3.74	3.77	3.71	3.85 c	3.82 c	3.59	3.65	3.73	3.78	3.64	3.74	3.71	3.87 adi	3.75	3.70
Standard Deviation		1.030	1.046	1.016	.990	.994	1.074	1.124	1.103	1.034	1.079	.999	1.027	.971	1.015	.965
Standard Error		.022	.032	.032	.038	.036	.041	.108	.064	.073	.071	.073	.075	.053	.055	.066
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8.4. It is important to me to exercise regularly: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total		2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	496	63	136	128	49	51	70	326	170	388	15	38	32	9	5	99
		23%	37%	29%	25%	18%	23%	15%	28%	17%	22%	25%	30%	34%	44%	54%	32%
			cdefgh	dfh	dfh		fh		dfh				a	a			a
Agree	(4.0)	901	70	205	222	122	89	193	497	404	771	31	40	34	7	2	114
		42%	41%	44%	44%	44%	40%	40%	43%	41%	43%	51%	32%	36%	34%	25%	37%
											cg	cg					
Neither agree nor disagree	(3.0)	465	26	89	100	68	53	129	215	250	399	9	31	16	2	1	60
		22%	15%	19%	20%	25%	24%	27%	19%	26%	22%	16%	25%	17%	12%	7%	19%
						ag	a	abcg		abcg							
Disagree	(2.0)	155	7	25	36	21	21	45	69	86	128	4	11	8	2	-	25
		7%	4%	5%	7%	8%	9%	9%	6%	9%	7%	6%	9%	9%	10%	-	8%
								abg		abg							
Strongly disagree	(1.0)	88	4	10	18	13	7	35	32	56	79	1	4	3	-	1	9
		4%	2%	2%	4%	5%	3%	7%	3%	6%	4%	1%	3%	3%	-	14%	3%
						b		abceg		bg							
Don't know		20	2	2	4	2	1	9	8	12	15	-	1	1	-	-	2
		1%	1%	*	1%	1%	1%	2%	1%	1%	1%	-	1%	1%	-	-	1%
								g									
NET: Agree		1397	133	341	349	171	140	263	823	574	1159	46	78	65	16	8	213
		66%	77%	73%	69%	62%	63%	55%	72%	59%	65%	77%	63%	70%	78%	79%	69%
			cdefh	defh	fh	f	f		defh								
NET: Disagree		243	11	35	55	34	28	80	101	142	208	5	15	11	2	1	34
		11%	7%	8%	11%	12%	12%	17%	9%	14%	12%	8%	12%	12%	10%	14%	11%
						ab	b	abcg		abcg							
Base for stats		2105	170	465	504	272	221	473	1139	966	1765	60	124	93	20	10	306
Mean Score		3.74	4.06	3.93	3.80	3.64	3.71	3.46	3.89	3.57	3.71	3.93	3.79	3.90	4.12	4.04	3.88
			cdefgh	cdefh	dfh	f	f		defh								a
Standard Deviation		1.030	.950	.944	1.014	1.019	1.026	1.089	.980	1.059	1.029	.891	1.069	1.063	1.005	1.455	1.042
Standard Error		.022	.074	.045	.045	.058	.065	.052	.029	.034	.025	.111	.094	.108	.214	.460	.058
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.05	.21	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8.4. It is important to me to exercise regularly: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Total	Children aged 15 or under in the household				Current employment status										
			None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total		2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	496	286	90	103	193	50	38	173	40	17	16	20	33	32	77	88
		23%	22%	25%	30%	27%	28%	30%	26%	21%	28%	22%	20%	31%	18%	17%	29%
					a	a	ij	ij	ij		j			dgij			ij
Agree	(4.0)	901	544	173	148	321	81	58	298	81	20	34	46	47	67	171	138
		42%	41%	47%	43%	45%	44%	46%	45%	42%	33%	46%	46%	45%	37%	38%	45%
				a					j								
Neither agree nor disagree	(3.0)	465	316	65	62	127	40	15	130	45	18	11	21	14	50	122	55
		22%	24%	18%	18%	18%	22%	12%	20%	23%	30%	16%	20%	13%	28%	27%	18%
			bcd				b		b	bh	bcfhk				bcfhk	bcfhk	
Disagree	(2.0)	155	99	30	20	50	6	12	37	20	3	8	8	5	13	42	18
		7%	7%	8%	6%	7%	3%	9%	6%	11%	5%	11%	8%	5%	8%	9%	6%
								a		ac		a				ac	
Strongly disagree	(1.0)	88	74	6	4	10	4	1	20	5	2	2	4	3	13	33	5
		4%	6%	2%	1%	1%	2%	1%	3%	2%	4%	3%	4%	2%	7%	7%	2%
			bcd												abcdk	abcdk	
Don't know		20	8	1	4	5	1	2	3	1	-	1	3	3	3	4	3
		1%	1%	*	1%	1%	*	1%	*	1%	-	1%	3%	3%	2%	1%	1%
													c	c	c		
NET: Agree		1397	830	263	251	514	131	96	471	121	36	50	66	80	99	248	226
		66%	63%	72%	74%	73%	72%	77%	71%	63%	61%	69%	66%	76%	55%	55%	74%
				a	a	a	ij	deij	dij			ij	j	deij			deij
NET: Disagree		243	173	36	24	60	10	13	58	25	6	10	11	8	26	76	23
		11%	13%	10%	7%	8%	6%	10%	9%	13%	9%	14%	11%	8%	15%	17%	8%
			cd							ak		a			ack	achk	
Base for stats		2105	1319	364	337	700	181	123	659	190	60	72	98	102	176	445	304
Mean Score		3.74	3.66	3.86	3.97	3.91	3.92	3.97	3.86	3.69	3.75	3.74	3.73	4.01	3.52	3.48	3.94
				a	a	a	dij	dij	dij	j				dgij			dgij
Standard Deviation		1.030	1.070	.938	.914	.928	.912	.947	.974	1.000	1.056	1.044	.996	.953	1.102	1.113	.925
Standard Error		.022	.029	.053	.052	.037	.067	.085	.037	.071	.131	.122	.093	.093	.081	.058	.052
Error variance		*	*	*	*	*	*	.01	*	*	.02	.01	.01	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8.4. It is important to me to exercise regularly: How much do you agree or disagree with each of these statements today?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	496	120	92	48	12	140	132	148	73	43	10	115	158	79	236	147	35	417
	23%	24%	26%	30%	25%	27%	24%	24%	31% af	24%	23%	28%	24%	21%	21%	28% ab	37% abe	24%
Agree (4.0)	901	229	176	55	18	231	247	283	94	77	18	171	301	155	469	247	30	746
	42%	46% c	49% c	35%	36%	44% c	45% c	47%	40%	43%	41%	41%	46%	41%	42%	46% d	32%	43% d
Neither agree nor disagree (3.0)	465	91	66	37	9	102	101	117	47	34	6	81	123	100	254	93	17	365
	22%	18%	18%	23%	19%	20%	18%	19%	20%	19%	15%	20%	19%	26% ce	23% c	17%	18%	21%
Disagree (2.0)	155	42	14	13	7	27	49	37	13	19	6	32	43	27	93	27	8	128
	7%	8% be	4%	8%	15% be	5%	9% be	6%	6%	11% a	14% ab	8%	7%	7%	8% c	5%	8%	7%
Strongly disagree (1.0)	88	14	11	5	1	16	15	20	5	5	1	10	21	15	56	13	4	73
	4%	3%	3%	3%	1%	3%	3%	3%	2%	3%	2%	3%	3%	4%	5% c	2%	4%	4%
Don't know	20	-	2	1	2	3	2	1	1	1	2	2	4	5	9	6	-	15
	1%	-	1%	1%	3% abef	1%	*	*	*	1%	6% abcef	*	1%	1%	1%	1%	-	1%
NET: Agree	1397	349	268	102	30	370	379	431	166	120	28	286	459	234	704	394	65	1163
	66%	70%	74% cd	65%	61%	71%	69%	71%	71%	67%	64%	69%	71%	61%	63%	74% abe	69%	67% ab
NET: Disagree	243	56	25	18	8	43	64	57	19	24	7	43	64	42	149	40	12	201
	11%	11% b	7%	11%	17% be	8%	12% b	9%	8%	13%	16%	10%	10%	11%	13% c	8%	12%	12% c
Base for stats	2105	497	359	157	47	516	544	604	233	177	41	410	645	376	1107	527	94	1729
Mean Score	3.74	3.80	3.90	3.81	3.70	3.87	3.79	3.83	3.92	3.75	3.75	3.85	3.83	3.68	3.66	3.92 abe	3.89 b	3.76 b
Standard Deviation	1.030	.992	.930	1.064	1.076	.973	.999	.976	.977	1.029	1.056	1.002	.981	1.011	1.058	.939	1.125	1.034
Standard Error	.022	.043	.049	.084	.154	.042	.042	.039	.063	.077	.157	.049	.038	.052	.032	.041	.116	.025
Error variance	*	*	*	.01	.02	*	*	*	*	.01	.02	*	*	*	*	*	.01	*

Q8.4. It is important to me to exercise regularly: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	496	99	308	62	70	17	352	129	14	389	107	426	66
	23%	27%	23%	26%	18%	17%	25%	20%	23%	23%	23%	24%	21%
				b			be						
Agree (4.0)	901	159	574	98	135	39	635	243	24	716	185	775	120
	42%	44%	43%	41%	35%	40%	45%	37%	40%	43%	40%	43%	38%
							be						
Neither agree nor disagree (3.0)	465	69	281	50	114	22	282	168	14	359	106	390	66
	22%	19%	21%	21%	29%	22%	20%	26%	23%	22%	23%	22%	21%
					ad			d					
Disagree (2.0)	155	29	96	18	37	13	87	64	3	121	34	121	33
	7%	8%	7%	7%	9%	14%	6%	10%	5%	7%	7%	7%	11%
					d	d		d					a
Strongly disagree (1.0)	88	6	64	12	30	5	44	43	4	64	24	65	21
	4%	2%	5%	5%	8%	5%	3%	7%	6%	4%	5%	4%	7%
			a		d			d					a
Don't know	20	3	9	2	5	1	8	6	2	11	9	12	6
	1%	1%	1%	1%	1%	1%	1%	1%	3%	1%	2%	1%	2%
									d		a		a
NET: Agree	1397	258	882	160	205	56	988	373	38	1106	291	1200	186
	66%	71%	66%	66%	52%	58%	70%	57%	64%	67%	63%	67%	60%
				be			bce					b	
NET: Disagree	243	35	160	30	67	18	132	107	6	185	58	187	54
	11%	10%	12%	12%	17%	19%	9%	16%	11%	11%	13%	10%	17%
					d	d		d					a
Base for stats	2105	361	1323	239	387	96	1402	647	58	1649	456	1777	306
Mean Score	3.74	3.87	3.73	3.75	3.46	3.52	3.83	3.54	3.72	3.76	3.69	3.77	3.58
		b		be			bce					b	
Standard Deviation	1.030	.960	1.049	1.072	1.130	1.093	.979	1.115	1.078	1.018	1.073	1.006	1.143
Standard Error	.022	.050	.029	.067	.059	.109	.026	.044	.135	.025	.051	.024	.063
Error variance	*	*	*	*	*	.01	*	*	.02	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8.4. It is important to me to exercise regularly: How much do you agree or disagree with each of these statements today?
BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	496	25	27	59	69	60	83	41	131	189	255	196	203	96	84	112	191	99
	23%	6%	12%	19%	19%	31%	37%	50%	49%	21%	44%	32%	20%	22%	20%	19%	24%	34%
			a	ab	ab	abcdi	abcdi	abcdefi	abcdefi	ab	abcdefi	bc					b	abc
Agree (4.0)	901	103	109	162	196	97	109	34	90	455	233	285	397	201	166	258	362	96
	42%	24%	47%	51%	53%	50%	48%	43%	34%	51%	40%	47%	38%	46%	40%	44%	46%	33%
			ah	ahj	ahj	ahj	ah	a	a	ahj	a	b		b	d	d	ad	
Neither agree nor disagree (3.0)	465	167	59	64	74	28	30	5	38	166	73	86	272	91	100	128	162	61
	22%	39%	26%	20%	20%	14%	13%	6%	14%	19%	13%	14%	26%	21%	24%	22%	21%	21%
		bcdefghij	efghij	fgj	fgj					fgj			ac	a				
Disagree (2.0)	155	61	26	28	23	6	6	1	5	56	12	26	92	33	36	57	41	18
	7%	14%	11%	9%	6%	3%	2%	1%	2%	6%	2%	4%	9%	8%	9%	10%	5%	6%
		cdefghij	defghij	efghj	fhj					fghj			a	a	c	c		
Strongly disagree (1.0)	88	63	7	6	6	4	1	-	1	16	2	9	59	17	23	24	21	16
	4%	15%	3%	2%	2%	2%	*	-	1%	2%	*	2%	6%	4%	5%	4%	3%	5%
		bcdefghij	fhj	j		j				j			a	a	c			c
Don't know	20	11	3	1	3	1	-	-	2	4	2	3	13	1	6	2	5	2
	1%	2%	1%	*	1%	*	-	-	1%	*	*	*	1%	*	1%	*	1%	1%
		cfij											c					
NET: Agree	1397	129	137	222	265	158	192	75	221	644	488	481	599	297	250	370	553	195
	66%	30%	59%	69%	72%	81%	84%	93%	82%	73%	85%	80%	58%	68%	60%	64%	71%	67%
			a	ab	ab	abcdi	abcdi	abcdefhij	abcdi	ab	abcdi	bc		b			ab	
NET: Disagree	243	124	33	34	29	9	6	1	7	72	14	35	151	50	58	81	62	34
	11%	29%	14%	11%	8%	5%	3%	1%	3%	8%	2%	6%	15%	11%	14%	14%	8%	12%
		bcdefghij	defghij	efghj	fghj					fghj			a	a	c	c		
Base for stats	2105	420	228	320	367	195	228	81	266	882	574	602	1023	438	408	579	777	291
Mean Score	3.74	2.92	3.54	3.75	3.81	4.05	4.18	4.42	4.29	3.84	4.26	4.05	3.58	3.74	3.62	3.65	3.85	3.84
			a	ab	ab	abcdi	abcdi	abcdefi	abcdei	ab	abcdei	bc		b			ab	ab
Standard Deviation	1.030	1.108	.948	.923	.867	.857	.774	.654	.827	.892	.787	.882	1.081	1.006	1.075	1.032	.943	1.129
Standard Error	.022	.055	.063	.051	.045	.060	.051	.073	.051	.030	.033	.036	.034	.048	.052	.042	.034	.067
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8.5. I feel guilty when I don't exercise: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total		2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	330	151	177	131	118	80	19	50	39	35	21	25	61	53	26
		16%	15%	16%	20%	17%	10%	19%	18%	19%	16%	12%	10%	18%	15%	12%
					c	c		f	f	ef				ef		
Agree	(4.0)	775	369	402	250	261	263	36	103	72	76	66	90	120	136	76
		36%	36%	37%	39%	37%	34%	35%	37%	35%	34%	36%	38%	36%	39%	35%
					c											
Neither agree nor disagree	(3.0)	476	246	226	133	156	187	20	55	37	64	51	51	80	70	47
		22%	24%	21%	21%	22%	24%	20%	20%	18%	29%	28%	22%	24%	20%	22%
											bch	bch				
Disagree	(2.0)	336	151	182	82	108	146	10	46	36	31	25	49	44	51	44
		16%	15%	17%	13%	16%	19%	10%	17%	17%	14%	14%	21%	13%	15%	20%
							a						adg			ag
Strongly disagree	(1.0)	189	110	79	37	49	103	12	22	20	17	18	16	26	37	21
		9%	11%	7%	6%	7%	13%	12%	8%	9%	8%	10%	7%	8%	11%	10%
			b				ab									
Don't know		20	8	10	8	7	5	5	-	4	-	1	4	2	2	3
		1%	1%	1%	1%	1%	1%	5%	-	2%	-	*	1%	1%	1%	2%
								bdegh		bd			b			b
NET: Agree		1104	520	580	381	379	344	55	153	111	111	87	115	181	189	101
		52%	50%	54%	59%	54%	44%	54%	56%	54%	50%	48%	49%	54%	54%	47%
					bc	c										
NET: Disagree		525	260	262	119	157	249	22	67	56	48	43	65	71	87	64
		25%	25%	24%	19%	22%	32%	22%	24%	27%	22%	24%	28%	21%	25%	30%
							ab									dg
Base for stats		2105	1027	1067	633	692	780	98	276	204	223	182	232	332	346	213
Mean Score		3.34	3.29	3.39	3.56	3.42	3.09	3.41	3.42	3.37	3.36	3.26	3.25	3.43	3.34	3.20
					bc	c			i					i		
Standard Deviation		1.182	1.199	1.166	1.129	1.150	1.208	1.266	1.190	1.248	1.139	1.146	1.117	1.167	1.210	1.183
Standard Error		.026	.037	.036	.043	.042	.046	.123	.068	.089	.075	.083	.081	.064	.065	.081
Error variance		*	*	*	*	*	*	.02	*	.01	.01	.01	.01	*	*	.01

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Q8.5. I feel guilty when I don't exercise: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total		2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	330	36	90	95	31	42	35	221	108	239	18	32	27	6	2	86
		16%	21%	19%	19%	11%	19%	7%	19%	11%	13%	31%	26%	29%	30%	25%	28%
			dfh	dfh	dfh		dfh		dfh	f		a	a	a			a
Agree	(4.0)	775	67	205	183	95	78	147	455	320	664	22	44	26	5	5	102
		36%	39%	44%	36%	35%	35%	30%	40%	33%	37%	36%	35%	28%	27%	48%	33%
			f	cdefh					fh								
Neither agree nor disagree	(3.0)	476	36	88	109	77	46	121	232	243	403	14	26	17	4	3	63
		22%	21%	19%	21%	28%	21%	25%	20%	25%	23%	23%	21%	18%	19%	28%	20%
						bceg		bg		bg							
Disagree	(2.0)	336	17	57	70	46	40	105	144	192	297	3	10	18	2	-	33
		16%	10%	12%	14%	17%	18%	22%	13%	20%	17%	5%	8%	19%	12%	-	11%
						ag	abg	abcg		abcg	bcg			bcg			
Strongly disagree	(1.0)	189	15	24	46	24	14	67	84	105	168	2	10	5	3	-	19
		9%	9%	5%	9%	9%	6%	14%	7%	11%	9%	3%	8%	5%	13%	-	6%
					b			bcdeg		beg							
Don't know		20	1	3	6	2	2	7	10	10	9	1	3	1	-	-	5
		1%	*	1%	1%	1%	1%	1%	1%	1%	1%	1%	3%	1%	-	-	2%
													a				a
NET: Agree		1104	103	295	278	126	120	182	676	428	903	40	76	54	11	7	188
		52%	60%	63%	55%	46%	54%	38%	59%	44%	51%	67%	61%	57%	57%	72%	61%
			dfh	cdefh	dfh	f	fh		dfh	f		a	a				a
NET: Disagree		525	31	81	116	70	55	172	228	297	465	5	19	22	5	-	51
		25%	18%	17%	23%	26%	25%	36%	20%	30%	26%	8%	15%	24%	24%	-	17%
					b	bg	b	abcdegh		abcg	bcg			b			
Base for stats		2105	171	464	502	273	221	475	1137	968	1771	59	121	93	20	10	303
Mean Score		3.34	3.55	3.60	3.42	3.23	3.42	2.95	3.52	3.14	3.29	3.87	3.66	3.58	3.50	3.97	3.67
			dfh	cdefh	dfh	f	fh		dfh	f		a	a	a			a
Standard Deviation		1.182	1.179	1.089	1.203	1.127	1.179	1.179	1.156	1.180	1.175	1.022	1.181	1.241	1.389	.763	1.174
Standard Error		.026	.092	.052	.054	.064	.075	.056	.035	.037	.028	.129	.105	.127	.296	.241	.066
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.02	.09	.06	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8.5. I feel guilty when I don't exercise: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Total	Children aged 15 or under in the household				Current employment status										
			None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total		2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	330	177	67	76	143	36	28	130	21	13	10	17	18	14	42	64
		16%	13%	18%	22%	20%	20%	23%	20%	11%	22%	14%	17%	17%	8%	9%	21%
					a	a	a	dij	dij	dij		dij		ij	ij			dij
Agree	(4.0)	775	474	143	129	272	67	51	271	64	16	27	29	42	58	148	118
		36%	36%	39%	38%	39%	37%	41%	41%	33%	27%	38%	29%	40%	33%	33%	39%
								g	egij								
Neither agree nor disagree	(3.0)	476	302	83	67	151	44	23	132	55	16	14	24	15	48	105	68
		22%	23%	23%	20%	21%	24%	19%	20%	29%	26%	20%	24%	14%	27%	23%	22%
							h			bch	h				ch	h	
Disagree	(2.0)	336	219	49	49	98	25	13	83	35	7	10	22	19	32	89	38
		16%	17%	14%	14%	14%	14%	11%	13%	18%	11%	14%	22%	18%	18%	20%	12%
										c			bck			bck	
Strongly disagree	(1.0)	189	146	19	17	36	9	6	42	15	8	9	8	7	24	60	15
		9%	11%	5%	5%	5%	5%	5%	6%	8%	13%	12%	8%	7%	14%	13%	5%
			bcd								ack	ak			abck	abck	
Don't know		20	8	4	2	6	1	2	3	1	-	2	-	4	2	4	3
		1%	1%	1%	1%	1%	*	2%	*	1%	-	2%	-	4%	1%	1%	1%
														acdgjk			
NET: Agree		1104	651	210	205	414	103	80	401	85	29	38	46	60	72	190	183
		52%	49%	57%	60%	59%	57%	64%	61%	44%	49%	52%	46%	57%	40%	42%	60%
				a	a	a	dij	dgij	dgij					dij			dgij
NET: Disagree		525	365	68	66	134	33	20	126	51	15	19	30	26	56	149	53
		25%	28%	19%	19%	19%	18%	16%	19%	26%	24%	26%	30%	24%	32%	33%	17%
			bcd							bck			abck		abck	abck	
Base for stats		2105	1319	361	338	699	181	123	659	190	60	71	101	101	176	444	304
Mean Score		3.34	3.24	3.53	3.58	3.55	3.54	3.66	3.55	3.21	3.34	3.29	3.25	3.45	3.03	3.05	3.59
				a	a	a	dgij	dfgij	dgij					ij			dfgij
Standard Deviation		1.182	1.204	1.098	1.134	1.115	1.102	1.107	1.133	1.117	1.311	1.239	1.210	1.183	1.178	1.207	1.104
Standard Error		.026	.032	.062	.065	.045	.081	.099	.043	.079	.163	.146	.112	.116	.087	.063	.063
Error variance		*	*	*	*	*	.01	.01	*	.01	.03	.02	.01	.01	.01	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8.5. I feel guilty when I don't exercise: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Nature of working location						Nature of working hours						Number of people in household including self				
	Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	330	78	78	27	11	105	90	106	55	26	8	80	114	46	172	92	20	284
	16%	16%	22%	17%	23%	20%	16%	18%	23%	14%	19%	20%	18%	12%	15%	17%	21%	16%
			af						acf							a	a	a
Agree (4.0)	775	189	149	62	15	212	204	246	86	68	12	154	258	129	397	211	38	646
	36%	38%	41%	39%	32%	41%	37%	41%	37%	38%	29%	37%	40%	34%	36%	40%	40%	37%
Neither agree nor disagree (3.0)	476	111	71	33	15	103	127	128	49	40	11	89	139	84	258	121	13	392
	22%	22%	20%	21%	32%	20%	23%	21%	21%	22%	25%	22%	21%	22%	23%	23%	13%	22%
					b										d	d		d
Disagree (2.0)	336	76	40	20	4	60	80	83	26	24	9	50	93	72	175	76	13	264
	16%	15%	11%	13%	8%	12%	15%	14%	11%	14%	21%	12%	14%	19%	16%	14%	13%	15%
											b							
Strongly disagree (1.0)	189	40	21	14	3	35	43	43	16	18	2	35	44	46	108	27	8	143
	9%	8%	6%	9%	6%	7%	8%	7%	7%	10%	4%	8%	7%	12%	10%	5%	9%	8%
														ce	c			c
Don't know	20	2	2	2	-	4	2	-	2	2	1	4	1	5	6	6	3	15
	1%	*	*	1%	-	1%	*	-	1%	1%	2%	1%	*	1%	1%	1%	3%	1%
									a	af	af	a					be	
NET: Agree	1104	267	228	90	27	317	294	352	141	94	21	234	372	174	569	303	58	930
	52%	54%	63%	57%	55%	61%	54%	58%	60%	53%	48%	57%	57%	46%	51%	57%	61%	53%
			af			af										ab	a	a
NET: Disagree	525	116	61	34	7	95	123	126	42	43	11	85	137	118	283	103	21	407
	25%	23%	17%	21%	14%	18%	22%	21%	18%	24%	26%	21%	21%	31%	25%	19%	22%	23%
		be					b							bce	c			
Base for stats	2105	495	359	156	49	515	544	605	232	176	42	408	648	376	1111	527	91	1729
Mean Score	3.34	3.38	3.62	3.44	3.58	3.57	3.40	3.48	3.59	3.33	3.38	3.48	3.47	3.15	3.32	3.50	3.54	3.38
			af			af			c							a	abe	a	a
Standard Deviation	1.182	1.160	1.115	1.179	1.111	1.137	1.157	1.140	1.167	1.193	1.159	1.184	1.141	1.220	1.194	1.094	1.233	1.169
Standard Error	.026	.051	.058	.094	.156	.050	.048	.045	.075	.089	.169	.058	.044	.062	.036	.048	.129	.028
Error variance	*	*	*	.01	.02	*	*	*	.01	.01	.03	*	*	*	*	*	.02	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8.5. I feel guilty when I don't exercise: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness				NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	330	70	211	53	46	14	224	97	12	258	72	278	48
	16%	19%	16%	22%	12%	14%	16%	15%	21%	16%	15%	16%	16%
				bde			b		b				
Agree (4.0)	775	130	505	85	123	31	548	211	20	607	168	663	109
	36%	36%	38%	35%	31%	32%	39%	32%	33%	37%	36%	37%	35%
							be						
Neither agree nor disagree (3.0)	476	91	289	50	85	26	314	146	12	380	96	397	69
	22%	25%	22%	21%	22%	27%	22%	22%	20%	23%	21%	22%	22%
Disagree (2.0)	336	52	202	31	79	14	209	115	8	258	77	286	45
	16%	14%	15%	13%	20%	14%	15%	18%	14%	16%	17%	16%	14%
					ad								
Strongly disagree (1.0)	189	18	118	20	55	11	106	78	6	145	44	151	36
	9%	5%	9%	8%	14%	11%	8%	12%	11%	9%	10%	8%	12%
			a		ad			d					
Don't know	20	2	7	2	3	2	9	6	1	13	7	13	3
	1%	1%	1%	1%	1%	2%	1%	1%	1%	1%	2%	1%	1%
NET: Agree	1104	201	716	139	169	45	772	308	32	865	240	942	158
	52%	55%	54%	57%	43%	46%	55%	47%	54%	52%	52%	53%	51%
				bce			be						
NET: Disagree	525	70	320	51	135	25	316	194	15	403	122	437	81
	25%	19%	24%	21%	34%	25%	22%	30%	25%	24%	26%	24%	26%
					ad			ad					
Base for stats	2105	361	1325	239	389	96	1401	648	59	1648	457	1775	308
Mean Score	3.34	3.51	3.37	3.51	3.06	3.24	3.41	3.21	3.40	3.35	3.32	3.36	3.29
		b		be			be		b				
Standard Deviation	1.182	1.110	1.180	1.205	1.251	1.205	1.147	1.244	1.274	1.175	1.207	1.173	1.234
Standard Error	.026	.058	.033	.075	.065	.121	.031	.049	.158	.029	.058	.028	.068
Error variance	*	*	*	.01	*	.01	*	*	.02	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8.5. I feel guilty when I don't exercise: How much do you agree or disagree with each of these statements today?
BASE: All respondents

					Number of days active								Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	330	38	35	44	47	30	49	20	67	121	136	125	113	88	80	85	97	64
	16%	9%	15%	14%	13%	15%	22%	24%	25%	14%	24%	21%	11%	20%	19%	15%	12%	22%
			a	a		a	acdi	acdi	abcdei	a	abcdei	b		b	bc			bc
Agree (4.0)	775	95	74	122	164	87	95	39	97	374	232	253	328	185	153	221	313	76
	36%	22%	32%	38%	44%	45%	42%	49%	36%	42%	40%	42%	32%	42%	37%	38%	40%	26%
			a	a	abh	ab	ab	abh	a	ab	ab	b		b	d	d	d	
Neither agree nor disagree (3.0)	476	104	56	80	81	46	47	13	49	207	109	110	275	80	85	127	175	71
	22%	24%	24%	25%	22%	23%	20%	17%	18%	23%	19%	18%	27%	18%	20%	22%	22%	24%
			j		j					j			ac					
Disagree (2.0)	336	91	46	53	58	27	27	6	28	138	60	80	188	57	56	90	137	42
	16%	21%	20%	16%	16%	14%	12%	7%	10%	16%	10%	13%	18%	13%	14%	16%	17%	14%
		defghij	fghj	ghj	gj					ghj			ac					
Strongly disagree (1.0)	189	94	16	22	20	5	10	2	21	47	32	31	125	26	38	52	58	36
	9%	22%	7%	7%	5%	3%	4%	2%	8%	5%	6%	5%	12%	6%	9%	9%	7%	12%
		bcdefghij	e	e					e				ac					c
Don't know	20	8	4	-	-	1	1	1	6	1	8	6	7	3	2	7	3	4
	1%	2%	2%	-	-	*	*	1%	2%	*	1%	1%	1%	1%	*	1%	*	1%
		cdi	cdi						cdi		cdi							
NET: Agree	1104	134	109	167	211	117	144	59	164	495	367	378	441	273	233	305	409	140
	52%	31%	47%	52%	57%	60%	63%	73%	61%	56%	64%	63%	43%	62%	56%	53%	52%	48%
			a	a	ab	ab	abci	abcdei	abc	ab	abcdi	b		b	d			
NET: Disagree	525	185	63	74	78	33	36	8	49	185	93	111	313	84	94	142	194	78
	25%	43%	27%	23%	21%	17%	16%	10%	18%	21%	16%	18%	30%	19%	23%	24%	25%	27%
		bcdefghij	efghij	fgj	g					gj			ac					
Base for stats	2105	423	227	321	370	195	227	80	262	886	569	599	1028	436	412	574	779	289
Mean Score	3.34	2.75	3.28	3.36	3.43	3.56	3.65	3.86	3.62	3.43	3.66	3.60	3.11	3.58	3.44	3.34	3.33	3.31
			a	a	a	abc	abcdi	abcdei	abcdi	a	abcdi	b		b				
Standard Deviation	1.182	1.277	1.162	1.116	1.066	.998	1.076	.955	1.199	1.071	1.120	1.111	1.190	1.130	1.208	1.174	1.125	1.304
Standard Error	.026	.063	.077	.062	.055	.070	.071	.107	.074	.036	.047	.045	.037	.054	.058	.049	.041	.078
Error variance	*	*	.01	*	*	*	.01	.01	.01	*	*	*	*	*	*	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8A. SUMMARY: Thinking back specifically to the 'Stay At Home" phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Don't know	NET: Agree	NET: Disagree
I felt that I had the ability to be physically active	2125	395	932	400	245	132	21	1327	377
	100%	19%	44%	19%	12%	6%	1%	62%	18%
I felt that I had the opportunity to be physically active	2125	382	933	388	257	146	18	1315	403
	100%	18%	44%	18%	12%	7%	1%	62%	19%
It was important to me to exercise regularly	2125	435	832	483	240	116	19	1267	356
	100%	20%	39%	23%	11%	5%	1%	60%	17%
I found exercise enjoyable and satisfying	2125	380	742	515	305	158	26	1121	463
	100%	18%	35%	24%	14%	7%	1%	53%	22%
I felt guilty when I didn't exercise	2125	327	740	483	359	199	17	1068	558
	100%	15%	35%	23%	17%	9%	1%	50%	26%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8A.1. I felt that I had the ability to be physically active: Thinking back specifically to the 'Stay At Home" phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?
BASE: All respondents

		Total	Gender Male	Gender Female	Age 16-34	Age 35-54	Age 55+	Region North East	Region North West	Region Yorkshire and the Humber	Region West Midlands	Region East Midlands	Region East of England	Region London	Region South East	Region South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total		2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	395	207	187	134	153	109	15	55	34	35	28	44	79	70	35
		19%	20%	17%	21% c	22% c	14%	15%	20%	16%	16%	15%	19%	24% acdei	20%	16%
Agree	(4.0)	932	455	473	283	321	328	50	122	82	101	81	101	133	167	94
		44%	44%	44%	44%	46%	42%	49%	44%	40%	45%	45%	43%	40%	48% g	43%
Neither agree nor disagree	(3.0)	400	195	199	120	129	151	20	45	43	45	39	54	66	53	35
		19%	19%	19%	19%	18%	19%	20%	16%	21%	20%	21%	23% h	20%	15%	16%
Disagree	(2.0)	245	103	139	69	63	113	7	34	28	26	19	30	35	32	34
		12%	10%	13% a	11%	9%	14% ab	7%	12%	13%	11%	10%	13%	11%	9%	16% ah
Strongly disagree	(1.0)	132	63	69	25	26	80	7	18	19	16	11	4	18	25	14
		6%	6%	6%	4%	4%	10% ab	7% f	6% f	9% f	7% f	6% f	2%	5% f	7% f	7% f
Don't know		21	11	10	10	7	4	3	2	2	-	4	3	1	2	4
		1%	1%	1%	2% c	1%	*	3% dgh	1%	1%	-	2% dg	1%	*	*	2% d
NET: Agree		1327	662	660	417	474	436	65	177	117	136	109	146	213	236	129
		62%	64%	61%	65% c	68% c	56%	63%	64%	56%	61%	60%	62%	64%	68% ci	60%
NET: Disagree		377	167	208	94	89	193	14	52	47	42	30	33	53	57	48
		18%	16%	19%	15%	13%	25% ab	14%	19%	22% f	19%	17%	14%	16%	16%	22% f
Base for stats		2104	1024	1067	631	692	781	99	273	206	223	178	233	332	347	213
Mean Score		3.58	3.62	3.53	3.68 c	3.74 c	3.35	3.59	3.59	3.41	3.51	3.54	3.66 c	3.67 c	3.64 c	3.48
Standard Deviation		1.109	1.102	1.117	1.049	1.023	1.189	1.058	1.133	1.185	1.110	1.074	.979	1.114	1.121	1.145
Standard Error		.024	.034	.035	.040	.037	.046	.102	.065	.084	.073	.079	.071	.061	.061	.079
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8A.1. I felt that I had the ability to be physically active: Thinking back specifically to the 'Stay At Home" phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?
BASE: All respondents

		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
			Social Grade								Ethnicity						
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total		2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	395	55	112	99	35	41	54	265	130	308	16	25	24	9	5	78
		19%	32%	24%	19%	13%	18%	11%	23%	13%	17%	26%	20%	25%	42%	50%	25%
			bcdefgh	dfh	dfh		fh		dfh					a			a
Agree	(4.0)	932	76	220	227	122	103	184	523	409	780	26	62	42	4	3	137
		44%	44%	47%	45%	45%	46%	38%	46%	42%	44%	44%	50%	44%	19%	34%	44%
				f	f		f		f								
Neither agree nor disagree	(3.0)	400	23	67	94	63	46	107	185	215	337	11	24	15	4	1	54
		19%	14%	14%	19%	23%	21%	22%	16%	22%	19%	18%	20%	16%	21%	8%	18%
						abg	b	abg		abg							
Disagree	(2.0)	245	10	47	64	34	20	69	121	123	218	6	6	9	3	1	25
		12%	6%	10%	13%	12%	9%	14%	11%	13%	12%	10%	5%	10%	14%	8%	8%
					a	a		aeg		a	cg						
Strongly disagree	(1.0)	132	7	21	18	17	8	61	46	86	122	1	4	4	1	-	10
		6%	4%	5%	3%	6%	3%	13%	4%	9%	7%	2%	3%	4%	4%	-	3%
								abcdegh		bceg	g						
Don't know		21	-	-	6	3	5	7	6	15	16	-	3	1	-	-	4
		1%	-	-	1%	1%	2%	1%	1%	1%	1%	-	2%	1%	-	-	1%
					b	b	abg	b		bg							
NET: Agree		1327	131	332	325	158	144	238	788	539	1088	42	88	65	12	8	215
		62%	76%	71%	64%	57%	65%	49%	69%	55%	61%	70%	70%	69%	62%	84%	70%
			cdefh	cdfh	fh	f	fh		dfh	f			a				a
NET: Disagree		377	17	68	82	52	28	129	168	209	340	8	10	13	4	1	35
		18%	10%	15%	16%	19%	13%	27%	15%	21%	19%	13%	8%	14%	18%	8%	11%
						ae		abcdegh		abceg	cg						
Base for stats		2104	171	467	502	272	217	475	1140	964	1764	60	122	93	20	10	305
Mean Score		3.58	3.94	3.76	3.65	3.46	3.68	3.22	3.74	3.39	3.53	3.81	3.81	3.78	3.82	4.27	3.82
			cdefgh	dfh	dfh	f	dfh		dfh	f			a	a			a
Standard Deviation		1.109	1.039	1.066	1.045	1.072	.997	1.206	1.057	1.140	1.123	1.022	.933	1.065	1.259	.956	1.013
Standard Error		.024	.081	.050	.047	.061	.064	.057	.032	.036	.027	.128	.083	.109	.268	.302	.057
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.07	.09	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8A.1. I felt that I had the ability to be physically active: Thinking back specifically to the 'Stay At Home" phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

		Total	Children aged 15 or under in the household				Current employment status										
			None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total		2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	395	220	80	80	160	43	29	146	39	13	15	19	17	16	58	72
		19%	17%	22%	24%	23%	24%	23%	22%	21%	22%	20%	19%	16%	9%	13%	24%
				a	a	a	ij	ij	ij	ij	ij	i	i				ij
Agree	(4.0)	932	571	174	154	327	81	67	316	85	26	27	35	48	71	176	148
		44%	43%	48%	45%	46%	45%	54%	48%	45%	44%	37%	35%	45%	40%	39%	48%
								fgij	gij								gj
Neither agree nor disagree	(3.0)	400	244	67	59	126	31	19	112	36	9	17	28	19	45	85	51
		19%	18%	18%	17%	18%	17%	15%	17%	19%	14%	24%	28%	18%	25%	19%	16%
													abcejk		bck		
Disagree	(2.0)	245	177	26	34	60	19	6	65	18	7	11	8	13	27	71	25
		12%	13%	7%	10%	8%	10%	5%	10%	10%	12%	15%	8%	12%	15%	16%	8%
			bd									b		b	bck	bcdgk	
Strongly disagree	(1.0)	132	107	13	10	23	6	4	21	10	3	2	8	4	18	56	10
		6%	8%	4%	3%	3%	3%	3%	3%	5%	5%	3%	8%	3%	10%	13%	3%
			bcd										ck		abchk	abcdfhk	
Don't know		21	8	5	4	9	1	-	2	3	1	1	3	5	3	3	1
		1%	1%	1%	1%	1%	*	-	*	1%	1%	1%	3%	5%	2%	1%	*
													ck	abcjk			
NET: Agree		1327	791	253	234	487	124	96	462	125	40	41	54	64	87	233	221
		62%	60%	70%	69%	69%	69%	77%	70%	65%	66%	57%	54%	61%	49%	52%	72%
				a	a	a	gij	dfghij	fgij	gij	ij			i			fghij
NET: Disagree		377	284	39	43	83	25	10	86	28	11	13	16	17	44	127	35
		18%	21%	11%	13%	12%	14%	8%	13%	15%	18%	18%	16%	16%	25%	28%	11%
			bcd									b	b	b	abcdk	abcdghk	
Base for stats		2104	1319	360	336	696	181	125	660	189	59	72	98	100	176	446	306
Mean Score		3.58	3.47	3.78	3.78	3.78	3.75	3.90	3.76	3.67	3.67	3.57	3.50	3.61	3.23	3.24	3.81
				a	a	a	gij	dfghij	fgij	ij	ij	ij	ij	ij			gij
Standard Deviation		1.109	1.156	.993	1.012	1.001	1.040	.916	1.006	1.072	1.132	1.081	1.148	1.027	1.131	1.234	.992
Standard Error		.024	.031	.056	.058	.040	.076	.082	.038	.076	.142	.127	.108	.101	.083	.065	.056
Error variance		*	*	*	*	*	.01	.01	*	.01	.02	.02	.01	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8A.1. I felt that I had the ability to be physically active: Thinking back specifically to the 'Stay At Home" phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?
BASE: All respondents

		Total	Nature of working location — I mostly travelled to work pre-Covid-19, and this is mostly still the case (a)	I mostly travelled to work pre-Covid-19, but now I work more from home (b)	I mostly worked from home pre-Covid-19, and this is mostly still the case (c)	I mostly worked from home pre-Covid-19, but now I travel to work more (d)	NET: Working from home more during COVID-19 (e)	NET: Mostly travelling to work during COVID-19 (f)	Nature of working hours — I mostly worked standard hours pre-Covid-19 and this is still the case (a)	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours (b)	I mostly worked flexible hours pre-Covid-19, and this is still the case (c)	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours (d)	NET: Working more flexible hours during COVID-19 (e)	NET: Mostly working standard hours during COVID-19 (f)	Number in household — Lives alone (a)	2-3 (b)	4-5 (c)	6+ (d)	NET: Lives with others (e)
Significance Level: 95%			a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total		2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total		2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	395	109	84	35	7	118	116	134	52	37	9	90	144	60	186	123	26	335
		19%	22%	23%	22%	14%	23%	21%	22%	22%	21%	22%	22%	22%	16%	17%	23% ab	28% abe	19%
Agree	(4.0)	932	237	174	76	22	250	259	288	114	86	15	200	304	155	492	241	43	777
		44%	48%	48%	48%	46%	48%	47%	48%	49%	48%	36%	49%	47%	41%	44%	45%	46%	45%
Neither agree nor disagree	(3.0)	400	94	49	23	11	72	106	104	35	31	8	66	112	80	209	97	14	320
		19%	19% be	14%	14%	23%	14%	19% be	17%	15%	17%	19%	16%	17%	21%	19%	18%	15%	18%
Disagree	(2.0)	245	40	36	17	7	53	48	54	23	17	7	39	62	54	139	45	7	190
		12%	8%	10%	11%	15%	10%	9%	9%	10%	9%	17%	10%	9%	14% c	12% c	8%	8%	11%
Strongly disagree	(1.0)	132	15	17	7	-	23	15	24	7	7	1	14	25	27	83	20	2	105
		6%	3%	5%	4%	-	4%	3%	4%	3%	4%	3%	3%	4%	7% cd	7% cd	4%	2%	6% c
Don't know		21	2	1	1	1	2	3	1	3	-	1	3	2	4	8	8	2	18
		1%	*	*	1%	2%	*	*	*	1% a	-	3% acf	1%	*	1%	1%	1%	2%	1%
NET: Agree		1327	345	258	110	29	369	375	423	166	123	25	289	448	216	678	364	70	1111
		62%	70%	72%	70%	60%	71%	69%	70%	71%	69%	58%	70%	69%	57%	61%	68% ab	74% abe	64% a
NET: Disagree		377	55	52	23	7	76	63	78	29	24	8	53	86	82	222	65	9	295
		18%	11%	14%	15%	15%	15%	11%	13%	13%	13%	20%	13%	13%	21% cde	20% cde	12%	9%	17% cd
Base for stats		2104	495	360	157	48	517	543	604	230	178	42	409	646	378	1108	525	93	1726
Mean Score		3.58	3.78	3.76	3.73	3.61	3.75	3.76	3.75	3.79	3.73	3.59	3.76	3.74	3.44	3.50	3.77 abe	3.92 abe	3.61 ab
Standard Deviation		1.109	.980	1.061	1.054	.923	1.058	.975	1.023	.998	1.024	1.117	1.009	1.030	1.136	1.135	1.023	.948	1.101
Standard Error		.024	.043	.055	.084	.130	.046	.041	.041	.065	.076	.165	.049	.039	.058	.034	.045	.099	.027
Error variance		*	*	*	.01	.02	*	*	*	*	.01	.03	*	*	*	*	*	.01	*

Q8A.1. I felt that I had the ability to be physically active: Thinking back specifically to the 'Stay At Home" phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?
BASE: All respondents

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total		2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	395	82	244	44	43	16	291	92	6	305	90	349	41
		19%	23%	18%	18%	11%	17%	21%	14%	11%	18%	19%	20%	13%
					b			be					b	
Agree	(4.0)	932	150	608	82	114	39	699	216	15	737	194	788	138
		44%	41%	46%	34%	29%	40%	50%	33%	25%	44%	42%	44%	44%
							bf	abef						
Neither agree nor disagree	(3.0)	400	82	228	47	78	17	253	127	12	310	91	338	53
		19%	22%	17%	19%	20%	17%	18%	19%	20%	19%	19%	19%	17%
			b											
Disagree	(2.0)	245	28	158	46	78	14	116	121	15	197	48	201	42
		12%	8%	12%	19%	20%	15%	8%	18%	25%	12%	10%	11%	13%
				a	d	d	d		d	d				
Strongly disagree	(1.0)	132	17	87	19	75	8	43	88	10	93	39	99	33
		6%	5%	6%	8%	19%	8%	3%	13%	17%	6%	8%	6%	10%
					d	acde	d		ad	ad		a		a
Don't know		21	5	8	3	4	3	8	9	1	18	3	13	4
		1%	1%	1%	1%	1%	3%	1%	1%	1%	1%	1%	1%	1%
							d							
NET: Agree		1327	232	852	127	157	55	989	309	21	1043	284	1137	180
		62%	64%	64%	53%	40%	57%	70%	47%	36%	63%	61%	64%	58%
					bf		bf	abcef	b				b	
NET: Disagree		377	45	245	64	153	22	159	209	26	290	87	300	74
		18%	12%	18%	27%	39%	23%	11%	32%	43%	17%	19%	17%	24%
				a	d	acde	d		d	acd				a
Base for stats		2104	359	1325	238	388	94	1402	644	59	1643	461	1775	307
Mean Score		3.58	3.70	3.58	3.37	2.93	3.44	3.77	3.16	2.86	3.59	3.54	3.61	3.37
					bef		bef	abcef	b				b	
Standard Deviation		1.109	1.055	1.116	1.212	1.310	1.188	.971	1.272	1.292	1.093	1.163	1.092	1.189
Standard Error		.024	.056	.031	.076	.068	.121	.026	.050	.160	.027	.055	.026	.065
Error variance		*	*	*	.01	*	.01	*	*	.03	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8A.1. I felt that I had the ability to be physically active: Thinking back specifically to the 'Stay At Home" phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?
BASE: All respondents

						Number of days active						Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	395	25	27	44	64	48	58	25	104	156	187	152	164	74	65	81	154	89
	19%	6%	12%	14%	17%	24%	25%	32%	39%	18%	32%	25%	16%	17%	16%	14%	20%	30%
			a	a	a	abcdi	abcdi	abcdi	abcdefi	ab	abcdefi	bc					b	abc
Agree (4.0)	932	122	115	154	182	96	119	38	107	432	264	282	437	209	145	272	387	112
	44%	28%	50%	48%	49%	49%	52%	47%	40%	49%	46%	47%	42%	48%	35%	47%	50%	38%
			ah	ah	ah	ah	ah	a	a	ah	a					ad	ad	
Neither agree nor disagree (3.0)	400	100	58	60	75	29	31	10	38	164	79	93	224	65	70	119	142	54
	19%	23%	25%	19%	20%	15%	14%	12%	14%	18%	14%	15%	22%	15%	17%	21%	18%	18%
		efghij	efghij	j	fhj					j			ac					
Disagree (2.0)	245	89	24	44	33	19	17	5	14	96	36	53	119	62	82	65	66	22
	12%	21%	10%	14%	9%	10%	7%	6%	5%	11%	6%	9%	11%	14%	20%	11%	8%	8%
		bcdefghij	h	dfhj						hj				a	bcd			
Strongly disagree (1.0)	132	85	7	16	13	4	3	2	2	33	7	21	83	26	46	35	33	15
	6%	20%	3%	5%	4%	2%	1%	3%	1%	4%	1%	4%	8%	6%	11%	6%	4%	5%
		bcdefghij	h	fhj	hj					hj			a		bcd			
Don't know	21	9	1	3	3	1	1	-	4	6	4	3	9	2	5	8	-	1
	1%	2%	*	1%	1%	*	*	-	1%	1%	1%	*	1%	1%	1%	1%	-	*
		i													c	c		
NET: Agree	1327	147	142	198	246	144	177	63	211	588	451	435	601	283	210	353	542	201
	62%	34%	61%	62%	66%	73%	77%	79%	79%	66%	78%	72%	58%	64%	51%	61%	69%	69%
			a	a	a	abci	abcdi	abcdi	abcdi	a	abcdi	bc		b		a	ab	ab
NET: Disagree	377	174	31	60	46	23	20	7	16	129	43	75	202	88	128	100	99	37
	18%	40%	13%	19%	13%	12%	9%	9%	6%	15%	7%	12%	19%	20%	31%	17%	13%	13%
		bcdefghij	hj	defghj	hj	h				fhj			a	a	bcd	c		
Base for stats	2104	421	230	318	367	195	227	81	264	880	572	602	1026	437	409	573	782	292
Mean Score	3.58	2.79	3.57	3.52	3.68	3.85	3.93	3.98	4.12	3.66	4.03	3.82	3.47	3.56	3.25	3.52	3.72	3.81
			a	a	ac	abci	abcd	abcd	abcdefi	ac	abcdei	bc				a	ab	ab
Standard Deviation	1.109	1.226	.934	1.052	.983	.969	.896	.973	.892	1.011	.908	1.023	1.134	1.110	1.258	1.063	1.008	1.110
Standard Error	.024	.061	.062	.059	.051	.068	.059	.108	.055	.034	.038	.041	.036	.053	.061	.044	.037	.066
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8A.2. I felt that I had the opportunity to be physically active: Thinking back specifically to the 'Stay At Home" phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

		Total	Gender Male	Gender Female	Age 16-34	Age 35-54	Age 55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total		2125 100%	1035 100%	1077 100%	642 100%	699 100%	785 100%	102 100%	276 100%	208 100%	223 100%	183 100%	235 100%	334 100%	348 100%	216 100%
Strongly agree	(5.0)	382 18%	199 19%	182 17%	133 21% c	146 21% c	103 13%	15 14%	52 19%	32 15%	35 16%	27 15%	41 17%	77 23% acde	69 20%	35 16%
Agree	(4.0)	933 44%	449 43%	479 44%	279 44%	319 46%	335 43%	49 48%	122 44%	94 45%	94 42%	81 44%	111 47%	141 42%	158 46%	83 39%
Neither agree nor disagree	(3.0)	388 18%	181 17%	203 19%	104 16%	128 18%	156 20%	20 19%	37 13%	39 19%	44 20%	37 20% b	51 21% b	61 18%	55 16%	45 21% b
Disagree	(2.0)	257 12%	119 12%	135 13%	77 12%	73 10%	107 14%	8 8%	42 15% h	24 12%	33 15%	24 13%	25 11%	35 10%	33 10%	34 16% h
Strongly disagree	(1.0)	146 7%	76 7%	69 6%	37 6%	27 4%	81 10% ab	10 9% f	21 8% f	17 8% f	16 7% f	12 6%	6 2%	18 5%	30 9% f	17 8% f
Don't know		18 1%	10 1%	8 1%	11 2% c	6 1%	1 *	1 1%	1 *	2 1%	1 1%	3 2%	3 1%	3 1%	2 *	3 1%
NET: Agree		1315 62%	648 63%	661 61%	413 64% c	465 66% c	438 56%	64 62%	174 63%	125 60%	129 58%	107 59%	152 64%	218 65% i	227 65% i	119 55%
NET: Disagree		403 19%	196 19%	205 19%	114 18%	100 14%	189 24% ab	18 18%	63 23% fg	41 20%	49 22% f	35 19%	30 13%	52 16%	64 18%	50 23% fg
Base for stats		2107	1025	1069	631	693	783	102	275	205	222	180	233	331	347	214
Mean Score		3.54	3.56	3.53	3.62 c	3.70 c	3.35	3.50	3.52	3.49	3.45	3.48	3.67 di	3.68 di	3.58	3.41
Standard Deviation		1.128	1.147	1.111	1.122	1.040	1.178	1.133	1.187	1.135	1.139	1.097	.966	1.104	1.168	1.166
Standard Error		.025	.035	.034	.043	.038	.045	.108	.068	.081	.075	.080	.070	.060	.063	.080
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	*	*	*	.01

Prepared by Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8A.2. I felt that I had the opportunity to be physically active: Thinking back specifically to the 'Stay At Home" phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?
BASE: All respondents

		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
											Social Grade				Ethnicity		
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total		2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	382	51	108	91	42	42	48	250	133	298	16	29	22	6	5	77
		18%	30%	23%	18%	15%	19%	10%	22%	14%	17%	26%	23%	23%	28%	52%	25%
			cdefgh	cdfh	fh	f	fh		dfh			a					a
Agree	(4.0)	933	66	212	246	124	96	189	524	409	798	25	50	36	9	3	123
		44%	38%	45%	48%	45%	43%	39%	46%	42%	45%	42%	40%	38%	45%	26%	40%
					afh				f								
Neither agree nor disagree	(3.0)	388	26	70	85	58	44	105	182	207	326	11	24	18	1	2	56
		18%	15%	15%	17%	21%	20%	22%	16%	21%	18%	19%	19%	19%	7%	22%	18%
						bg		bg		bcg							
Disagree	(2.0)	257	22	50	57	29	27	71	130	127	222	4	14	11	1	-	31
		12%	13%	11%	11%	11%	12%	15%	11%	13%	12%	7%	12%	12%	5%	-	10%
Strongly disagree	(1.0)	146	3	26	25	19	11	62	54	92	128	3	5	6	3	-	17
		7%	2%	6%	5%	7%	5%	13%	5%	9%	7%	4%	4%	6%	16%	-	5%
				a		a		abcdegh		abceg							
Don't know		18	3	1	3	2	3	6	7	11	9	1	3	1	-	-	5
		1%	2%	*	1%	1%	1%	1%	1%	1%	1%	1%	2%	1%	-	-	2%
			b										a				a
NET: Agree		1315	117	320	337	167	138	237	774	542	1096	41	79	57	15	8	200
		62%	68%	68%	66%	61%	62%	49%	67%	55%	62%	69%	63%	61%	73%	78%	65%
			fh	dfh	fh	f	f		dfh	f							
NET: Disagree		403	25	77	82	48	38	133	184	219	350	7	19	17	4	-	48
		19%	15%	16%	16%	18%	17%	28%	16%	22%	20%	11%	16%	18%	20%	-	15%
								abcdegh		abcg							
Base for stats		2107	168	466	505	273	220	475	1139	968	1771	59	122	93	20	10	304
Mean Score		3.54	3.83	3.70	3.64	3.52	3.60	3.19	3.69	3.38	3.52	3.80	3.68	3.60	3.65	4.30	3.70
			cdefh	dfh	fh	f	fh		dfh	f		a					a
Standard Deviation		1.128	1.058	1.111	1.056	1.097	1.079	1.201	1.080	1.159	1.127	1.058	1.085	1.161	1.382	.851	1.119
Standard Error		.025	.083	.052	.047	.063	.069	.057	.032	.037	.027	.133	.096	.119	.295	.269	.063
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.09	.07	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8A.2. I felt that I had the opportunity to be physically active: Thinking back specifically to the 'Stay At Home" phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?
BASE: All respondents

			Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total		2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	382	212	77	77	154	40	31	138	36	14	16	15	19	18	56	70
		18%	16%	21%	23%	22%	22%	24%	21%	19%	24%	22%	15%	18%	10%	12%	23%
				a	a	a	ij	ij	ij	ij	ij	ij					ij
Agree	(4.0)	933	568	178	153	330	84	66	297	88	27	29	43	48	71	181	150
		44%	43%	49%	45%	47%	46%	53%	45%	46%	44%	39%	43%	46%	40%	40%	49%
								ij									ij
Neither agree nor disagree	(3.0)	388	261	57	48	105	29	15	109	38	9	17	25	19	45	82	44
		18%	20%	16%	14%	15%	16%	12%	16%	20%	16%	23%	25%	18%	25%	18%	14%
			cd									b	bck		abck		
Disagree	(2.0)	257	172	32	43	74	21	11	82	19	6	4	7	13	22	73	31
		12%	13%	9%	13%	11%	11%	8%	12%	10%	9%	6%	7%	12%	13%	16%	10%
			b													bdfgk	
Strongly disagree	(1.0)	146	109	17	15	32	7	2	33	9	3	6	8	4	20	54	9
		7%	8%	5%	4%	5%	4%	1%	5%	5%	5%	9%	8%	4%	11%	12%	3%
			bcd									bk	bk		abcdhk	abcdhk	
Don't know		18	6	3	5	9	1	1	4	2	1	-	2	2	2	3	2
		1%	*	1%	2%	1%	*	1%	1%	1%	1%	-	2%	2%	1%	1%	1%
					a	a											
NET: Agree		1315	779	255	230	485	124	96	435	123	41	45	59	67	90	237	220
		62%	59%	70%	68%	69%	68%	77%	66%	64%	68%	62%	58%	64%	50%	53%	72%
				a	a	a	ij	cdfghij	ij	ij	ij			ij			cgij
NET: Disagree		403	281	49	58	107	28	12	115	29	9	11	15	17	42	127	40
		19%	21%	13%	17%	15%	15%	10%	17%	15%	15%	15%	15%	16%	24%	28%	13%
			bd						b						abdk	abcdefghk	
Base for stats		2107	1322	361	335	696	181	124	658	189	59	72	98	103	177	445	305
Mean Score		3.54	3.45	3.74	3.70	3.72	3.72	3.91	3.65	3.64	3.73	3.60	3.52	3.63	3.26	3.25	3.80
				a	a	a	ij	cdfghij	ij	ij	ij	ij	j	ij			cgij
Standard Deviation		1.128	1.151	1.042	1.094	1.067	1.052	.918	1.096	1.051	1.103	1.163	1.091	1.045	1.154	1.222	1.003
Standard Error		.025	.031	.059	.063	.043	.077	.082	.042	.074	.138	.135	.102	.102	.085	.064	.057
Error variance		*	*	*	*	*	.01	.01	*	.01	.02	.02	.01	.01	.01	*	*

Prepared by Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8A.2. I felt that I had the opportunity to be physically active: Thinking back specifically to the 'Stay At Home" phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?
BASE: All respondents

			Nature of working location						Nature of working hours						Number of people in household including self				
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total		2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total		2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	382	101	77	35	10	112	111	130	53	37	7	89	137	55	183	119	26	327
		18%	20%	21%	22%	21%	22%	20%	21%	23%	21%	16%	22%	21%	14%	16%	22%	27%	19%
																	ab	abe	a
Agree	(4.0)	933	241	168	68	14	236	255	287	104	79	15	183	302	160	488	246	39	773
		44%	49%	47%	43%	29%	45%	47%	47%	44%	45%	35%	44%	47%	42%	44%	46%	41%	44%
			d	d			d	d											
Neither agree nor disagree	(3.0)	388	85	48	31	11	79	97	90	36	39	9	75	100	80	216	77	16	308
		18%	17%	13%	19%	23%	15%	18%	15%	15%	22%	22%	18%	15%	21%	19%	14%	17%	18%
											af				c	c			
Disagree	(2.0)	257	48	49	14	6	63	53	68	26	14	6	40	75	56	137	54	10	201
		12%	10%	14%	9%	11%	12%	10%	11%	11%	8%	15%	10%	12%	15%	12%	10%	10%	12%
															c				
Strongly disagree	(1.0)	146	20	17	10	5	27	25	29	12	7	4	19	34	29	85	29	3	117
		7%	4%	5%	6%	9%	5%	5%	5%	5%	4%	10%	5%	5%	8%	8%	5%	3%	7%
Don't know		18	2	1	1	3	2	5	-	4	2	1	6	1	1	7	8	2	17
		1%	*	*	1%	6%	*	1%	-	2%	1%	2%	1%	*	*	1%	2%	2%	1%
						abcef				af	af	af	af					a	
NET: Agree		1315	342	245	103	25	348	366	417	156	116	22	272	439	215	671	365	65	1100
		62%	69%	68%	65%	50%	67%	67%	69%	67%	65%	51%	66%	68%	56%	60%	68%	68%	63%
			d	d			d	d	d	d			d	d			abe	a	a
NET: Disagree		403	68	67	24	10	90	78	98	38	21	11	59	109	85	222	83	13	318
		19%	14%	19%	15%	21%	17%	14%	16%	16%	12%	25%	14%	17%	22%	20%	16%	13%	18%
				a								c			c	c			
Base for stats		2107	495	360	157	46	517	541	605	230	176	42	406	648	380	1109	525	93	1727
Mean Score		3.54	3.72	3.66	3.67	3.44	3.66	3.69	3.69	3.69	3.71	3.33	3.70	3.67	3.41	3.49	3.71	3.81	3.57
									d	d	d		d	d			abe	ab	a
Standard Deviation		1.128	1.024	1.105	1.112	1.254	1.106	1.047	1.078	1.102	1.016	1.226	1.064	1.091	1.135	1.135	1.096	1.059	1.124
Standard Error		.025	.045	.058	.088	.181	.048	.044	.043	.072	.076	.179	.052	.042	.058	.034	.048	.110	.027
Error variance		*	*	*	.01	.03	*	*	*	.01	.01	.03	*	*	*	*	*	.01	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8A.2. I felt that I had the opportunity to be physically active: Thinking back specifically to the 'Stay At Home" phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?
BASE: All respondents

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total		2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	382	83	238	44	47	19	278	95	7	294	89	341	40
		18%	23%	18%	18%	12%	19%	20%	15%	11%	18%	19%	19%	13%
			b		b			be					b	
Agree	(4.0)	933	148	609	87	116	30	698	213	18	736	197	811	114
		44%	41%	46%	36%	30%	31%	50%	33%	31%	44%	42%	45%	37%
								abcef					b	
Neither agree nor disagree	(3.0)	388	68	231	46	89	24	232	144	13	304	84	315	65
		18%	19%	17%	19%	23%	25%	16%	22%	22%	18%	18%	18%	21%
						d	d		d					
Disagree	(2.0)	257	42	151	38	68	8	146	103	10	201	56	200	55
		12%	11%	11%	16%	17%	9%	10%	16%	17%	12%	12%	11%	18%
					d	cd			d					a
Strongly disagree	(1.0)	146	16	97	25	69	11	51	91	10	111	35	110	34
		7%	4%	7%	11%	18%	11%	4%	14%	17%	7%	8%	6%	11%
				a	d	ad	d		d	d				a
Don't know		18	8	6	2	2	5	5	9	1	15	3	11	4
		1%	2%	*	1%	1%	5%	*	1%	1%	1%	1%	1%	1%
			b				abde		d					
NET: Agree		1315	231	847	131	163	48	976	308	25	1029	286	1152	154
		62%	64%	64%	54%	42%	50%	69%	47%	42%	62%	62%	64%	49%
					b			abcef					b	
NET: Disagree		403	57	248	63	137	19	197	194	21	312	92	310	89
		19%	16%	19%	26%	35%	20%	14%	30%	35%	19%	20%	17%	29%
					d	acd			cd	cd				a
Base for stats		2107	356	1326	239	390	92	1405	645	59	1645	462	1778	308
Mean Score		3.54	3.68	3.56	3.36	3.01	3.40	3.72	3.18	3.02	3.55	3.54	3.60	3.23
					bf		b	abcef	b				b	
Standard Deviation		1.128	1.089	1.128	1.246	1.291	1.244	1.013	1.269	1.294	1.119	1.157	1.105	1.207
Standard Error		.025	.058	.031	.078	.067	.128	.027	.050	.161	.027	.055	.026	.066
Error variance		*	*	*	.01	*	.02	*	*	.03	*	*	*	*

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Q8A.2. I felt that I had the opportunity to be physically active: Thinking back specifically to the 'Stay At Home" phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

					Number of days active							Amount of activity in the past week compared to previous week			Life satisfaction score			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total		2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total		2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	382	23	22	45	51	44	62	21	114	140	197	155	152	72	68	79	143	87
		18%	5%	10%	14%	14%	23%	27%	26%	43%	16%	34%	26%	15%	16%	16%	14%	18%	30%
				a	a	a	abcdi	abcdi	abcdi	abcdefgij	ab	abcdei	bc					b	abc
Agree	(4.0)	933	132	119	154	201	89	104	42	92	444	238	278	442	201	145	262	386	120
		44%	31%	52%	48%	54%	46%	45%	53%	34%	50%	41%	46%	43%	46%	35%	45%	49%	41%
				ahj	ah	aefhj	ah	ah	ah		ahj	a					a	ad	
Neither agree nor disagree	(3.0)	388	109	44	64	67	29	32	7	36	161	75	77	230	70	73	122	129	50
		18%	25%	19%	20%	18%	15%	14%	8%	13%	18%	13%	13%	22%	16%	18%	21%	17%	17%
			defghij	gj	ghj	gj					gj			ac			c		
Disagree	(2.0)	257	84	32	40	30	24	24	6	18	94	48	63	123	60	71	72	89	18
		12%	20%	14%	12%	8%	12%	10%	8%	7%	11%	8%	10%	12%	14%	17%	12%	11%	6%
			cdefghij	dhj	hj		h									bcd	d	d	
Strongly disagree	(1.0)	146	77	14	17	15	9	6	3	5	41	14	27	81	33	51	39	34	17
		7%	18%	6%	5%	4%	4%	2%	4%	2%	5%	3%	4%	8%	7%	12%	7%	4%	6%
			bcdefghij	hj	hj							j		a	a	bcd			
Don't know		18	6	-	1	5	1	1	1	3	7	5	5	7	3	6	6	1	-
		1%	1%	-	*	1%	*	*	1%	1%	1%	1%	1%	1%	1%	1%	1%	*	-
																cd	c		
NET: Agree		1315	155	141	198	252	133	166	63	206	584	435	433	594	273	213	341	529	208
		62%	36%	61%	62%	68%	68%	73%	79%	77%	66%	75%	72%	57%	62%	52%	59%	68%	71%
				a	a	a	a	abci	abci	abcdei	a	abcdei	bc				a	ab	ab
NET: Disagree		403	161	45	57	45	33	30	10	23	135	62	90	204	93	122	111	123	35
		19%	37%	20%	18%	12%	17%	13%	12%	9%	15%	11%	15%	20%	21%	29%	19%	16%	12%
			bcdefghij	dhj	dhj		hj				hj			a	a	bcd	d		
Base for stats		2107	424	231	320	365	195	227	80	265	880	572	599	1029	435	408	575	781	293
Mean Score		3.54	2.86	3.45	3.53	3.66	3.70	3.85	3.89	4.10	3.62	3.97	3.79	3.45	3.50	3.27	3.47	3.66	3.83
				a	a	ab	ab	abcdi	abci	abcdefi	ab	abcdei	bc				a	ab	abc
Standard Deviation		1.128	1.197	1.035	1.050	.961	1.086	1.020	1.023	1.005	1.023	1.019	1.080	1.121	1.144	1.277	1.091	1.040	1.107
Standard Error		.025	.059	.068	.058	.050	.076	.067	.114	.062	.034	.042	.044	.035	.054	.062	.045	.038	.066
Error variance		*	*	*	*	*	.01	*	.01	*	*	*	*	*	*	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8A.3. I found exercise enjoyable and satisfying: Thinking back specifically to the 'Stay At Home" phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total		2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	380	200	179	130	151	99	17	54	33	34	28	30	77	65	41
		18%	19%	17%	20%	22%	13%	17%	20%	16%	15%	15%	13%	23%	19%	19%
					c	c			f					def		
Agree	(4.0)	742	378	359	251	252	238	39	92	75	77	69	80	122	120	68
		35%	37%	33%	39%	36%	30%	38%	34%	36%	35%	38%	34%	37%	34%	31%
					c	c										
Neither agree nor disagree	(3.0)	515	250	260	129	173	212	30	60	51	63	48	68	79	67	47
		24%	24%	24%	20%	25%	27%	30%	22%	25%	28%	26%	29%	24%	19%	22%
						a	a	h			h		h			
Disagree	(2.0)	305	122	181	87	75	143	4	46	33	30	28	34	32	57	41
		14%	12%	17%	13%	11%	18%	4%	17%	16%	13%	15%	14%	10%	16%	19%
				a			ab		ag	ag	a	ag	a		ag	ag
Strongly disagree	(1.0)	158	74	83	32	40	85	10	21	13	16	8	22	22	31	16
		7%	7%	8%	5%	6%	11%	9%	7%	6%	7%	4%	9%	7%	9%	7%
							ab								e	
Don't know		26	11	15	12	7	7	2	2	2	3	2	2	2	7	4
		1%	1%	1%	2%	1%	1%	2%	1%	1%	1%	1%	1%	*	2%	2%
NET: Agree		1121	578	538	381	403	337	56	147	109	111	97	110	199	185	109
		53%	56%	50%	59%	58%	43%	55%	53%	52%	50%	53%	47%	60%	53%	50%
			b		c	c								dfi		
NET: Disagree		463	196	264	119	115	229	14	67	46	46	36	55	54	88	57
		22%	19%	24%	19%	17%	29%	14%	24%	22%	21%	20%	23%	16%	25%	26%
				a			ab		ag				ag		ag	ag
Base for stats		2099	1024	1062	630	692	777	100	273	205	220	181	233	332	341	213
Mean Score		3.42	3.50	3.35	3.57	3.58	3.16	3.49	3.42	3.41	3.38	3.45	3.27	3.60	3.38	3.36
			b		c	c								bdfhi		
Standard Deviation		1.161	1.146	1.172	1.115	1.118	1.190	1.125	1.198	1.124	1.125	1.063	1.142	1.141	1.227	1.210
Standard Error		.025	.035	.037	.043	.041	.046	.108	.069	.080	.075	.077	.083	.062	.067	.083
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8A.3. I found exercise enjoyable and satisfying: Thinking back specifically to the 'Stay At Home" phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?
BASE: All respondents

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total		2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	380	52	117	84	37	41	49	253	127	290	15	30	28	6	2	81
		18%	31%	25%	17%	14%	18%	10%	22%	13%	16%	24%	24%	30%	30%	25%	26%
			cdefgh	cdefh	f		fh		cdfh				a	a			a
Agree	(4.0)	742	66	165	193	107	68	143	424	318	627	20	42	31	6	3	102
		35%	38%	35%	38%	39%	31%	30%	37%	32%	35%	34%	34%	33%	32%	28%	33%
			f		efh	efh			fh								
Neither agree nor disagree	(3.0)	515	28	96	131	62	60	138	255	259	427	12	36	24	2	3	77
		24%	16%	21%	26%	23%	27%	29%	22%	27%	24%	20%	29%	26%	12%	31%	25%
					a		a	abg		abg							
Disagree	(2.0)	305	16	66	71	40	34	78	153	152	274	9	8	7	4	2	29
		14%	9%	14%	14%	14%	15%	16%	13%	16%	15%	15%	7%	7%	18%	16%	9%
								a		a	cdg						
Strongly disagree	(1.0)	158	8	20	25	25	16	64	53	105	144	4	8	2	1	-	15
		7%	5%	4%	5%	9%	7%	13%	5%	11%	8%	6%	6%	3%	5%	-	5%
						bcg		abceg		abcg	g						
Don't know		26	2	3	4	4	3	10	9	18	19	1	1	2	1	-	5
		1%	1%	1%	1%	2%	2%	2%	1%	2%	1%	1%	1%	2%	4%	-	2%
								g		g							
NET: Agree		1121	118	281	278	144	109	191	677	444	917	35	72	59	12	5	183
		53%	69%	60%	55%	52%	49%	40%	59%	45%	51%	58%	57%	63%	62%	53%	59%
			bcdefgh	defh	fh	fh	f		defh	f				a			a
NET: Disagree		463	24	86	96	64	50	142	206	257	418	12	16	9	5	2	43
		22%	14%	18%	19%	23%	23%	30%	18%	26%	23%	21%	13%	10%	22%	16%	14%
						ag	a	abcg		abcg	cdg						
Base for stats		2099	170	464	504	270	219	472	1138	961	1762	59	123	92	19	10	304
Mean Score		3.42	3.82	3.63	3.48	3.34	3.38	3.07	3.59	3.22	3.37	3.57	3.63	3.82	3.67	3.61	3.68
			cdefgh	cdefh	fh	f	f		defh	f			a	a			a
Standard Deviation		1.161	1.113	1.133	1.078	1.161	1.172	1.193	1.111	1.187	1.167	1.191	1.109	1.037	1.260	1.082	1.110
Standard Error		.025	.087	.054	.048	.067	.075	.057	.033	.038	.028	.150	.098	.106	.275	.342	.062
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.01	.08	.12	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8A.3. I found exercise enjoyable and satisfying: Thinking back specifically to the 'Stay At Home" phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?
BASE: All respondents

		Total	Children aged 15 or under in the household				Current employment status										
			None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total		2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	380	192	89	80	168	40	25	153	34	13	15	17	19	16	46	66
		18%	14%	24%	23%	24%	22%	20%	23%	18%	21%	21%	17%	18%	9%	10%	21%
				a	a	a	ij	ij	ij	ij	ij	ij	ij	ij			ij
Agree	(4.0)	742	439	140	131	270	66	65	230	61	27	23	36	43	63	127	131
		35%	33%	38%	38%	38%	36%	52%	35%	32%	46%	32%	35%	41%	35%	28%	43%
						a		acdfgij	j		dj			j			cdj
Neither agree nor disagree	(3.0)	515	345	77	69	146	47	12	159	45	11	20	21	24	52	123	59
		24%	26%	21%	20%	21%	26%	10%	24%	24%	19%	28%	21%	23%	29%	27%	19%
			cd				b		b	b		b	b	b	bk	bk	b
Disagree	(2.0)	305	212	41	42	83	20	13	81	36	6	7	18	11	25	88	33
		14%	16%	11%	12%	12%	11%	10%	12%	19%	10%	9%	18%	10%	14%	20%	11%
			bd							abck			k			abcfhk	
Strongly disagree	(1.0)	158	125	15	14	29	6	6	36	11	3	7	5	4	20	60	13
		7%	9%	4%	4%	4%	4%	5%	5%	6%	4%	10%	5%	4%	11%	13%	4%
			bcd									ak			achk	abcdeghk	
Don't know		26	14	4	5	9	2	3	4	3	-	1	3	4	3	4	4
		1%	1%	1%	2%	1%	1%	2%	1%	2%	-	1%	3%	4%	1%	1%	1%
													c	cj			
NET: Agree		1121	631	229	210	439	106	91	383	96	40	38	53	62	79	174	197
		53%	48%	63%	62%	62%	58%	73%	58%	50%	67%	52%	53%	59%	44%	39%	64%
				a	a	a	ij	acdfghij	dij	j	dij	j	j	ij			dgij
NET: Disagree		463	338	56	56	112	27	19	117	47	8	14	23	15	45	148	46
		22%	25%	15%	16%	16%	15%	15%	18%	25%	14%	19%	23%	14%	25%	33%	15%
			bcd							abchk					abchk	abcdefghk	
Base for stats		2099	1314	361	335	696	180	122	658	188	60	72	97	101	176	445	302
Mean Score		3.42	3.27	3.68	3.66	3.67	3.63	3.74	3.58	3.38	3.70	3.45	3.44	3.62	3.18	3.03	3.67
				a	a	a	dij	dgij	dij	j	ij	j	j	ij			dgij
Standard Deviation		1.161	1.178	1.091	1.095	1.092	1.063	1.067	1.133	1.163	1.051	1.214	1.134	1.035	1.135	1.202	1.064

Q8A.3. I found exercise enjoyable and satisfying: Thinking back specifically to the 'Stay At Home" phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Standard Error	.025	.032	.062	.063	.044	.078	.096	.043	.083	.130	.142	.107	.101	.084	.063	.061
Error variance	*	*	*	*	*	.01	.01	*	.01	.02	.02	.01	.01	.01	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8A.3. I found exercise enjoyable and satisfying: Thinking back specifically to the 'Stay At Home" phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?
BASE: All respondents

		Nature of working location						Nature of working hours						Number of people in household including self				
	Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	380	117	71	34	10	105	127	143	49	33	9	82	152	52	184	117	26	328
	18%	24%	20%	21%	20%	20%	23%	24%	21%	19%	21%	20%	23%	14%	17%	22%	28%	19%
																ab	abe	a
Agree (4.0)	742	163	153	63	12	216	175	206	98	73	10	171	216	118	366	222	35	623
	35%	33%	42%	40%	25%	42%	32%	34%	42%	41%	24%	42%	33%	31%	33%	42%	37%	36%
			adf	d		adf			adf	d		adf				abe		
Neither agree nor disagree (3.0)	515	114	65	36	18	101	132	141	42	40	13	82	154	102	286	113	14	412
	24%	23%	18%	22%	37%	19%	24%	23%	18%	22%	30%	20%	24%	27%	26%	21%	15%	24%
					abcef		b							cd	cd			d
Disagree (2.0)	305	68	51	13	6	63	73	77	27	23	7	49	84	62	181	52	10	243
	14%	14%	14%	8%	12%	12%	13%	13%	11%	13%	17%	12%	13%	16%	16%	10%	10%	14%
				c										c	c			c
Strongly disagree (1.0)	158	30	18	13	3	30	32	36	13	10	3	22	39	43	89	19	7	115
	7%	6%	5%	8%	5%	6%	6%	6%	5%	5%	7%	5%	6%	11%	8%	3%	8%	7%
														bce	c			c
Don't know	26	5	3	-	1	3	6	3	5	-	1	5	4	4	10	11	2	23
	1%	1%	1%	-	1%	1%	1%	1%	2%	-	2%	1%	1%	1%	1%	2%	2%	1%
																b		
NET: Agree	1121	280	224	97	22	322	302	348	147	106	19	253	368	170	550	339	62	951
	53%	56%	62%	61%	45%	62%	55%	58%	63%	60%	44%	62%	57%	45%	49%	64%	65%	55%
			df	d		df			d			d				abe	abe	ab
NET: Disagree	463	97	68	25	8	94	106	113	40	32	10	72	123	105	270	70	17	358
	22%	20%	19%	16%	17%	18%	19%	19%	17%	18%	24%	17%	19%	28%	24%	13%	18%	21%
														ce	ce			c
Base for stats	2099	492	358	158	48	516	540	602	229	178	43	407	645	377	1106	522	92	1721
Mean Score	3.42	3.55	3.59	3.59	3.44	3.59	3.54	3.57	3.63	3.55	3.36	3.59	3.55	3.20	3.34	3.70	3.69	3.47
															a	abe	ab	ab
Standard Deviation	1.161	1.169	1.106	1.151	1.113	1.119	1.163	1.157	1.112	1.098	1.199	1.105	1.160	1.204	1.170	1.035	1.222	1.146
Standard Error	.025	.051	.058	.091	.157	.049	.049	.046	.072	.082	.175	.054	.045	.061	.035	.045	.127	.028
Error variance	*	*	*	.01	.02	*	*	*	.01	.01	.03	*	*	*	*	*	.02	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8A.3. I found exercise enjoyable and satisfying: Thinking back specifically to the 'Stay At Home" phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?
BASE: All respondents

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total		2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	380	87	233	44	40	18	274	95	4	291	89	335	40
		18%	24%	17%	18%	10%	18%	19%	15%	6%	18%	19%	19%	13%
			b		bf		bf	bef	b				b	
Agree	(4.0)	742	129	479	75	115	27	538	191	21	583	159	634	102
		35%	36%	36%	31%	29%	28%	38%	29%	35%	35%	34%	35%	33%
								abce						
Neither agree nor disagree	(3.0)	515	92	308	56	108	24	321	171	14	402	113	430	76
		24%	25%	23%	23%	28%	25%	23%	26%	23%	24%	24%	24%	24%
						d								
Disagree	(2.0)	305	38	200	39	66	18	188	106	12	241	64	250	52
		14%	10%	15%	16%	17%	18%	13%	16%	20%	14%	14%	14%	17%
				a										
Strongly disagree	(1.0)	158	15	96	23	57	9	76	80	8	125	33	122	34
		7%	4%	7%	10%	15%	9%	5%	12%	14%	8%	7%	7%	11%
				a	d	d			d	d				a
Don't know		26	3	16	5	5	1	12	9	1	19	7	17	7
		1%	1%	1%	2%	1%	1%	1%	1%	1%	1%	2%	1%	2%
														a
NET: Agree		1121	216	712	118	156	45	812	286	25	874	247	969	142
		53%	59%	53%	49%	40%	46%	58%	44%	42%	53%	53%	54%	46%
			b		b			abcef					b	
NET: Disagree		463	53	297	62	123	27	264	187	20	366	97	373	86
		22%	14%	22%	26%	31%	28%	19%	29%	34%	22%	21%	21%	28%
				a	d	d	d		d	d				a
Base for stats		2099	361	1317	236	387	96	1398	644	59	1641	458	1772	305
Mean Score		3.42	3.65	3.42	3.33	3.04	3.28	3.53	3.18	3.01	3.41	3.45	3.46	3.20
			b		b			abcef					b	
Standard Deviation		1.161	1.080	1.158	1.229	1.215	1.234	1.112	1.234	1.184	1.161	1.162	1.151	1.203
Standard Error		.025	.057	.032	.077	.063	.123	.030	.049	.147	.028	.056	.028	.066
Error variance		*	*	*	.01	*	.02	*	*	.02	*	*	*	*

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Q8A.3. I found exercise enjoyable and satisfying: Thinking back specifically to the 'Stay At Home" phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

		Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	380	9	24	45	57	49	64	23	108	151	196	160	147	68	52	80	141	100
	18%	2%	10%	14%	15%	25%	28%	29%	40%	17%	34%	27%	14%	16%	13%	14%	18%	34%
			a	a	a	abcdi	abcdi	abcdi	abcdefi	ab	abcdei	bc					ab	abc
Agree (4.0)	742	63	79	128	166	90	87	32	97	383	216	239	333	162	127	205	312	84
	35%	15%	34%	40%	45%	46%	38%	40%	36%	43%	37%	40%	32%	37%	31%	35%	40%	29%
			a	a	abhj	abhj	a	a	a	abhj	a	b					ad	
Neither agree nor disagree (3.0)	515	140	59	86	88	32	52	16	41	207	109	112	277	109	107	157	174	59
	24%	33%	26%	27%	24%	16%	23%	20%	15%	23%	19%	19%	27%	25%	26%	27%	22%	20%
		defghij	ehj	ehj	eh		h			ehj			a	a		cd		
Disagree (2.0)	305	105	46	49	46	19	19	7	12	115	38	64	158	74	78	92	106	24
	14%	24%	20%	15%	13%	10%	9%	8%	5%	13%	7%	11%	15%	17%	19%	16%	13%	8%
		cdefghij	defghij	fhj	hj	h				hj			a	a	cd	d	d	
Strongly disagree (1.0)	158	102	17	12	12	2	5	3	6	25	13	24	105	22	45	40	42	25
	7%	24%	7%	4%	3%	1%	2%	3%	2%	3%	2%	4%	10%	5%	11%	7%	5%	8%
		bcdefghij	defhij	e									ac		bc			
Don't know	26	11	6	1	1	4	1	-	4	5	5	5	14	3	5	8	8	1
	1%	3%	2%	*	*	2%	*	-	1%	1%	1%	1%	1%	1%	1%	1%	1%	*
		cdfij	cdi			cd												
NET: Agree	1121	72	103	172	222	140	151	55	205	534	412	400	481	230	179	285	453	184
	53%	17%	45%	54%	60%	71%	66%	69%	77%	60%	71%	66%	46%	52%	43%	49%	58%	63%
			a	ab	ab	abcdi	abc	abc	abcdfi	abc	abcdi	bc		b			ab	ab
NET: Disagree	463	207	63	61	58	21	24	9	18	141	51	88	263	96	123	132	147	49
	22%	48%	27%	19%	16%	11%	11%	11%	7%	16%	9%	15%	25%	22%	30%	23%	19%	17%
		bcdefghij	cdefghij	efhj	hj					fhj			a	a	bcd	d		
Base for stats	2099	420	225	320	369	192	227	81	264	881	572	600	1021	436	408	573	774	292
Mean Score	3.42	2.46	3.20	3.45	3.57	3.86	3.82	3.83	4.10	3.59	3.95	3.75	3.25	3.41	3.15	3.33	3.52	3.72
			a	ab	ab	abcdi	abcdi	abcdi	abcdefgij	abc	abcdi	bc		b		a	ab	abc
Standard Deviation	1.161	1.083	1.118	1.031	1.001	.941	1.002	1.046	.969	1.010	1.001	1.086	1.186	1.097	1.198	1.116	1.101	1.253
Standard Error	.025	.054	.075	.057	.052	.067	.066	.116	.060	.034	.042	.044	.037	.052	.058	.046	.040	.075
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8A.4. It was important to me to exercise regularly: Thinking back specifically to the 'Stay At Home" phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total		2125 100%	1035 100%	1077 100%	642 100%	699 100%	785 100%	102 100%	276 100%	208 100%	223 100%	183 100%	235 100%	334 100%	348 100%	216 100%
Strongly agree	(5.0)	435 20%	232 22% b	201 19%	146 23% c	176 25% c	113 14%	11 11%	62 23% a	41 20% a	46 21% a	36 20% a	37 16%	85 26% af	73 21% a	43 20% a
Agree	(4.0)	832 39%	405 39%	425 40%	255 40%	275 39%	302 39%	48 47% d	109 40%	83 40%	79 35%	73 40%	100 42%	122 37%	137 39%	81 38%
Neither agree nor disagree	(3.0)	483 23%	223 22%	256 24%	136 21%	148 21%	199 25%	22 22%	57 21%	52 25%	59 26%	42 23%	66 28% h	72 21%	70 20%	44 20%
Disagree	(2.0)	240 11%	105 10%	133 12%	68 11%	62 9%	109 14% b	10 10%	32 12%	18 8%	29 13%	22 12%	20 9%	35 11%	45 13%	28 13%
Strongly disagree	(1.0)	116 5%	58 6%	54 5%	26 4%	33 5%	58 7% ab	10 10%	14 5%	11 5%	11 5%	8 4%	11 5%	16 5%	20 6%	15 7%
Don't know		19 1%	12 1%	7 1%	11 2% c	5 1%	3 *	1 1%	1 *	3 2%	- -	2 1%	2 1%	3 1%	3 1%	4 2% bd
NET: Agree		1267 60%	637 62%	627 58%	401 62% c	451 65% c	415 53%	59 58%	172 62%	124 60%	125 56%	109 60%	136 58%	207 62%	210 60%	125 58%
NET: Disagree		356 17%	163 16%	188 17%	94 15%	95 14%	167 21% ab	20 19%	46 17%	29 14%	39 18%	29 16%	31 13%	51 15%	66 19%	44 20%
Base for stats		2106	1023	1071	631	694	781	102	275	205	223	181	233	330	346	212
Mean Score		3.58	3.63	3.55	3.68 c	3.72 c	3.39	3.40	3.63	3.61	3.54	3.60	3.56	3.68 a	3.57	3.51
Standard Deviation		1.102	1.110	1.085	1.069	1.083	1.119	1.120	1.109	1.071	1.099	1.066	1.008	1.118	1.135	1.170
Standard Error		.024	.034	.034	.041	.040	.043	.107	.064	.076	.072	.078	.073	.061	.061	.081
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8A.4. It was important to me to exercise regularly: Thinking back specifically to the 'Stay At Home" phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total		2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	435	53	131	109	47	39	55	294	141	335	20	35	26	8	4	92
		20%	31%	28%	22%	17%	18%	11%	26%	14%	19%	33%	28%	27%	40%	39%	30%
			cdefh	cdefh	fh	f	f		defh			a	a	a			a
Agree	(4.0)	832	74	188	198	104	85	183	460	372	713	29	40	32	6	3	108
		39%	43%	40%	39%	38%	38%	38%	40%	38%	40%	48%	32%	34%	28%	26%	35%
												c					
Neither agree nor disagree	(3.0)	483	25	89	120	67	60	121	234	249	412	8	33	19	3	-	64
		23%	15%	19%	24%	24%	27%	25%	20%	25%	23%	13%	26%	21%	17%	-	21%
					a	a	abg	abg		abg			b				
Disagree	(2.0)	240	13	45	56	36	24	67	113	127	207	3	10	12	2	2	29
		11%	7%	10%	11%	13%	11%	14%	10%	13%	12%	5%	8%	13%	8%	21%	9%
								abg		ag							
Strongly disagree	(1.0)	116	7	11	22	19	10	48	39	77	100	-	7	3	-	1	11
		5%	4%	2%	4%	7%	4%	10%	3%	8%	6%	-	6%	3%	-	14%	4%
						bg		abceg		bcg							
Don't know		19	-	3	4	2	4	7	6	13	13	-	-	2	2	-	4
		1%	-	1%	1%	1%	2%	1%	1%	1%	1%	-	-	2%	8%	-	1%
							g										
NET: Agree		1267	127	320	307	151	124	238	754	513	1048	49	74	57	14	6	200
		60%	74%	68%	60%	55%	56%	49%	66%	52%	59%	81%	60%	61%	67%	64%	65%
			cdefgh	cdefh	fh				cdefh			acdg					a
NET: Disagree		356	19	55	78	55	34	115	152	203	308	3	17	15	2	4	41
		17%	11%	12%	15%	20%	15%	24%	13%	21%	17%	5%	14%	16%	8%	36%	13%
						abg		abceg		abceg	b			b			
Base for stats		2106	171	464	504	273	219	474	1140	966	1768	60	125	92	19	10	305
Mean Score		3.58	3.90	3.83	3.63	3.46	3.55	3.27	3.75	3.39	3.55	4.10	3.68	3.70	4.08	3.53	3.79
			cdefh	cdefh	dfh	f	fh		cdefh			acdg					a
Standard Deviation		1.102	1.049	1.021	1.071	1.129	1.050	1.151	1.053	1.127	1.096	.823	1.135	1.111	.998	1.602	1.091
Standard Error		.024	.082	.048	.048	.065	.067	.055	.032	.036	.026	.103	.100	.114	.223	.507	.061
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.05	.26	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8A.4. It was important to me to exercise regularly: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

			Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total		2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	435	234	96	89	185	45	35	166	38	17	18	20	18	24	54	80
		20%	18%	26%	26%	26%	25%	28%	25%	20%	29%	25%	20%	17%	14%	12%	26%
				a	a	a	ij	ij	ij	j	ij	ij	j				ij
Agree	(4.0)	832	509	150	140	290	82	57	257	67	20	26	41	50	65	168	139
		39%	38%	41%	41%	41%	45%	46%	39%	35%	33%	35%	41%	48%	36%	37%	45%
							d							dij			cdij
Neither agree nor disagree	(3.0)	483	323	75	60	135	32	18	152	46	14	18	23	22	47	110	50
		23%	24%	21%	18%	19%	17%	15%	23%	24%	23%	25%	23%	21%	26%	25%	16%
			cd						bk	bk					abk	bk	
Disagree	(2.0)	240	161	33	35	68	19	10	55	30	6	6	10	8	22	75	29
		11%	12%	9%	10%	10%	10%	8%	8%	15%	10%	8%	10%	7%	12%	17%	9%
										bchk						bchk	
Strongly disagree	(1.0)	116	89	8	15	23	3	3	30	9	3	4	3	4	16	41	6
		5%	7%	2%	4%	3%	2%	3%	5%	5%	4%	6%	3%	4%	9%	9%	2%
			bd												abck	abcdgk	
Don't know		19	11	3	1	4	1	2	2	2	-	1	4	3	4	1	3
		1%	1%	1%	*	1%	*	2%	*	1%	-	1%	4%	3%	2%	*	1%
								c					acjk	cj	cj		
NET: Agree		1267	743	246	229	475	127	91	423	105	37	44	61	69	89	222	219
		60%	56%	67%	67%	67%	70%	73%	64%	55%	62%	60%	60%	65%	50%	49%	71%
				a	a	a	dij	cdgij	dij					j	ij		cdgij
NET: Disagree		356	250	41	50	90	22	13	85	38	9	10	13	12	39	115	35
		17%	19%	11%	15%	13%	12%	10%	13%	20%	15%	14%	13%	11%	22%	26%	11%
			bd							abchk					abchk	abcfghk	
Base for stats		2106	1317	361	339	701	181	123	661	190	60	71	97	102	174	447	304
Mean Score		3.58	3.48	3.81	3.75	3.78	3.82	3.89	3.72	3.51	3.72	3.66	3.66	3.70	3.33	3.27	3.85
				a	a	a	dij	dij	dij	j	ij	ij	ij	ij			dij
Standard Deviation		1.102	1.121	.999	1.088	1.043	.976	.997	1.071	1.117	1.129	1.121	1.026	.972	1.151	1.150	.984
Standard Error		.024	.030	.056	.062	.042	.071	.090	.041	.079	.140	.131	.097	.095	.085	.060	.056
Error variance		*	*	*	*	*	.01	.01	*	.01	.02	.02	.01	.01	.01	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8A.4. It was important to me to exercise regularly: Thinking back specifically to the 'Stay At Home" phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?
BASE: All respondents

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total		2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total		2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	435	124	90	40	9	130	133	150	66	40	6	106	156	66	213	132	25	369
		20%	25%	25%	25%	19%	25%	24%	25%	28%	22%	13%	26%	24%	17%	19%	25%	26%	21%
										d							ab		
Agree	(4.0)	832	188	150	54	17	204	205	238	90	62	17	152	256	142	423	227	40	690
		39%	38%	42%	34%	34%	39%	38%	39%	39%	35%	40%	37%	39%	37%	38%	42%	42%	40%
Neither agree nor disagree	(3.0)	483	108	78	43	11	121	118	132	50	44	12	93	144	99	265	106	13	384
		23%	22%	22%	27%	22%	23%	22%	22%	21%	24%	27%	23%	22%	26%	24%	20%	14%	22%
															cd	d			
Disagree	(2.0)	240	53	25	12	10	38	63	56	17	24	5	41	61	49	138	43	10	191
		11%	11%	7%	8%	20%	7%	12%	9%	7%	13%	12%	10%	9%	13%	12%	8%	11%	11%
			e			abce		be			b				c	c			
Strongly disagree	(1.0)	116	23	16	7	1	23	24	29	11	6	2	17	31	22	72	17	6	94
		5%	5%	4%	5%	2%	5%	4%	5%	5%	3%	5%	4%	5%	6%	6%	3%	6%	5%
																	c		c
Don't know		19	-	1	2	2	3	2	-	-	3	1	3	1	4	5	9	1	16
		1%	-	*	1%	4%	1%	*	-	-	2%	2%	1%	*	1%	*	2%	1%	1%
					a	abef					abf	abf	a				b		
NET: Agree		1267	312	240	94	26	334	338	389	156	102	23	258	412	208	636	358	65	1059
		60%	63%	67%	59%	53%	64%	62%	64%	67%	57%	53%	63%	63%	55%	57%	67%	68%	61%
				d						c							abe	ab	ab
NET: Disagree		356	76	41	20	11	61	87	85	28	30	7	58	92	70	210	60	16	285
		17%	15%	11%	12%	22%	12%	16%	14%	12%	17%	17%	14%	14%	18%	19%	11%	17%	16%
						be		e							c	c			c
Base for stats		2106	497	360	156	47	516	544	605	234	175	42	409	648	377	1111	524	93	1728
Mean Score		3.58	3.68	3.76	3.68	3.49	3.74	3.66	3.70	3.78	3.60	3.46	3.71	3.69	3.48	3.51	3.79	3.73	3.61
																	abe		ab
Standard Deviation		1.102	1.102	1.046	1.087	1.097	1.058	1.102	1.085	1.082	1.087	1.048	1.087	1.084	1.098	1.127	1.016	1.148	1.102
Standard Error		.024	.048	.055	.086	.157	.046	.046	.043	.070	.082	.153	.053	.041	.056	.034	.045	.120	.027
Error variance		*	*	*	.01	.02	*	*	*	*	.01	.02	*	*	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8A.4. It was important to me to exercise regularly: Thinking back specifically to the 'Stay At Home" phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?
BASE: All respondents

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total		2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
Strongly agree	(5.0)	435 20%	101 28% b	259 19%	58 24% be	55 14%	21 21%	309 22% be	117 18%	12 19%	336 20%	99 21%	385 22% b	49 16%
Agree	(4.0)	832 39%	146 40%	532 40%	84 35%	130 33%	33 34%	596 42% abe	220 34%	20 33%	655 39%	177 38%	714 40%	113 36%
Neither agree nor disagree	(3.0)	483 23%	74 20%	297 22%	55 23%	108 28% d	24 25%	294 21%	169 26% d	17 28%	385 23%	98 21%	394 22%	80 26%
Disagree	(2.0)	240 11%	32 9%	157 12%	27 11%	47 12%	15 16%	151 11%	83 13%	5 9%	180 11%	60 13%	200 11%	39 13%
Strongly disagree	(1.0)	116 5%	8 2%	77 6% a	14 6%	48 12% acd	1 1%	54 4%	57 9% cd	5 9% cd	89 5%	27 6%	86 5%	24 8% a
Don't know		19 1%	2 1%	10 1%	3 1%	3 1%	2 3% d	7 *	8 1%	1 1%	15 1%	4 1%	9 1%	7 2% a
NET: Agree		1267 60%	247 68% b	792 59%	142 59% be	185 47%	54 55%	905 64% bef	337 52%	31 52%	991 60%	276 59%	1099 61% b	161 52%
NET: Disagree		356 17%	40 11%	234 18% a	41 17%	95 24% ad	17 17%	204 14%	141 21% d	11 18%	269 16%	87 19%	286 16%	63 20% a
Base for stats		2106	361	1322	238	388	95	1403	646	59	1645	461	1779	305
Mean Score		3.58	3.83 b	3.56	3.61 be	3.25	3.60 b	3.68 be	3.40	3.45	3.59	3.57	3.62 b	3.40
Standard Deviation		1.102	1.011	1.107	1.143	1.206	1.042	1.050	1.179	1.185	1.094	1.134	1.088	1.140
Standard Error		.024	.053	.031	.071	.062	.105	.028	.046	.147	.027	.054	.026	.063
Error variance		*	*	*	.01	*	.01	*	*	.02	*	*	*	*

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Q8A.4. It was important to me to exercise regularly: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?
BASE: All respondents

		Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	435	14	27	52	57	54	72	30	129	164	231	172	182	77	74	96	156	102
	20%	3%	12%	16%	15%	28%	32%	37%	48%	18%	40%	29%	18%	18%	18%	16%	20%	35%
			a	a	a	abcdi	abcdi	abcdi	abcdefij	ab	abcdefi	bc						abc
Agree (4.0)	832	87	95	143	185	100	102	35	86	427	223	267	354	201	143	245	344	85
	39%	20%	41%	44%	50%	51%	45%	43%	32%	48%	39%	44%	34%	46%	35%	42%	44%	29%
			ah	ah	abhj	abhj	ah	a	a	ahj	a	b		b		ad	ad	
Neither agree nor disagree (3.0)	483	143	67	82	79	27	36	12	37	188	85	105	273	87	103	139	163	60
	23%	33%	29%	25%	21%	14%	16%	15%	14%	21%	15%	17%	26%	20%	25%	24%	21%	20%
		cdefghij	defghij	efghj	ehj					ehj			ac					
Disagree (2.0)	240	101	34	34	34	13	11	3	9	81	23	39	140	52	57	69	87	23
	11%	24%	15%	11%	9%	7%	5%	3%	3%	9%	4%	6%	14%	12%	14%	12%	11%	8%
		bcdefghij	defghij	fghj	fhj					fhj			a	a	d			
Strongly disagree (1.0)	116	75	7	9	12	1	5	1	6	22	12	16	78	18	29	27	30	24
	5%	17%	3%	3%	3%	*	2%	1%	2%	2%	2%	3%	7%	4%	7%	5%	4%	8%
		bcdefghij	e	e	e								ac		c			bc
Don't know	19	11	1	1	3	1	3	-	1	5	3	6	9	3	8	5	2	-
	1%	2%	*	*	1%	*	1%	-	*	1%	1%	1%	1%	1%	2%	1%	*	-
		bchij													cd			
NET: Agree	1267	101	122	195	242	154	174	65	215	591	454	440	536	279	217	341	500	187
	60%	23%	53%	61%	65%	79%	76%	81%	80%	67%	79%	73%	52%	64%	52%	59%	64%	64%
			a	a	ab	abcdi	abcdi	abcdi	abcdi	ab	abcdi	bc		b		a	a	a
NET: Disagree	356	176	41	43	47	14	16	4	15	103	35	55	218	70	86	96	118	46
	17%	41%	18%	13%	13%	7%	7%	5%	6%	12%	6%	9%	21%	16%	21%	17%	15%	16%
		bcdefghij	efghij	efghj	efghj					fhj			ac	a	c			
Base for stats	2106	420	230	320	367	195	226	81	267	882	574	599	1027	436	406	576	780	293
Mean Score	3.58	2.68	3.44	3.61	3.65	3.99	3.99	4.12	4.21	3.71	4.11	3.90	3.41	3.61	3.43	3.54	3.65	3.75
			a	ab	ab	abcdi	abcdi	abcdi	abcdefi	ab	abcdi	bc		b			a	ab
Standard Deviation	1.102	1.093	.979	.977	.962	.850	.937	.873	.959	.955	.942	.976	1.151	1.040	1.149	1.051	1.041	1.236
Standard Error	.024	.055	.065	.054	.050	.060	.062	.097	.059	.032	.039	.040	.036	.049	.056	.043	.038	.073
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	.01

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Q8A.5. I felt guilty when I didn't exercise: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total		2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	327	162	165	135	108	84	15	48	33	34	27	28	61	53	27
		15%	16%	15%	21% bc	15% c	11%	15%	17%	16%	15%	15%	12%	18%	15%	13%
Agree	(4.0)	740	358	379	235	260	245	35	99	73	79	55	87	118	124	71
		35%	35%	35%	37% c	37% c	31%	34%	36%	35%	36%	30%	37%	35%	36%	33%
Neither agree nor disagree	(3.0)	483	240	238	136	160	186	25	55	47	57	48	58	84	63	45
		23%	23%	22%	21%	23%	24%	24%	20%	22%	26% h	27% h	24%	25% h	18%	21%
Disagree	(2.0)	359	157	199	86	113	160	14	44	34	37	37	44	42	58	48
		17%	15%	18% a	13%	16%	20% ab	14%	16%	16%	17%	21% g	19%	13%	17%	22% g
Strongly disagree	(1.0)	199	109	90	40	52	107	10	28	20	15	13	16	26	47	23
		9%	11%	8%	6%	7%	14% ab	10%	10%	10%	7%	7%	7%	8%	14% defg	11%
Don't know		17	8	7	9	6	2	3	1	2	-	1	2	3	2	3
		1%	1%	1%	1% c	1%	*	3% bd	*	1%	-	*	1%	1%	1%	1%
NET: Agree		1068	520	544	371	368	329	50	147	106	114	83	115	179	177	98
		50%	50%	50%	58% c	53% c	42%	49%	53%	51%	51%	45%	49%	54%	51%	45%
NET: Disagree		558	266	288	126	165	267	24	72	54	52	51	61	68	105	71
		26%	26%	27%	20%	24%	34% ab	24%	26%	26%	23%	28% g	26%	20%	30% g	33% dg
Base for stats		2108	1026	1070	633	693	782	99	274	206	223	182	233	331	346	213
Mean Score		3.30	3.30	3.31	3.54 bc	3.37 c	3.05	3.31	3.35	3.31	3.37	3.25	3.28	3.44 hi	3.23	3.15
Standard Deviation		1.195	1.213	1.182	1.154	1.150	1.222	1.204	1.232	1.205	1.129	1.161	1.120	1.157	1.281	1.215
Standard Error		.026	.037	.037	.044	.042	.047	.116	.071	.085	.074	.084	.081	.063	.069	.083
Error variance		*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01

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Q8A.5. I felt guilty when I didn't exercise: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

		Total	Social Grade						NET: ABC1	NET: C2DE	Ethnicity						NET: Non-white
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E			White	Mixed	Asian	Black	Chinese	Other ethnic group	
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total		2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	327	37	89	93	36	34	38	219	108	236	17	27	29	10	2	85
		15%	22%	19%	18%	13%	15%	8%	19%	11%	13%	29%	22%	31%	48%	21%	28%
			dfh	dfh	dfh	f	f		dfh			a	a	a			a
Agree	(4.0)	740	58	192	181	87	73	149	431	309	626	22	50	27	5	3	106
		35%	34%	41%	36%	32%	33%	31%	38%	32%	35%	36%	40%	29%	23%	29%	34%
				defh					fh								
Neither agree nor disagree	(3.0)	483	46	90	102	71	59	115	238	245	413	12	22	18	4	3	61
		23%	27%	19%	20%	26%	26%	24%	21%	25%	23%	21%	18%	20%	22%	35%	20%
			b			b	b			bcg							
Disagree	(2.0)	359	21	66	87	51	37	96	174	185	319	7	14	12	2	-	34
		17%	12%	14%	17%	19%	17%	20%	15%	19%	18%	11%	11%	13%	8%	-	11%
								abg		abg	cg						
Strongly disagree	(1.0)	199	10	29	41	26	17	76	80	119	178	2	11	4	-	1	18
		9%	6%	6%	8%	9%	8%	16%	7%	12%	10%	4%	9%	4%	-	14%	6%
								abcdeg		abceg	g						
Don't know		17	-	1	4	4	3	6	5	12	8	-	1	3	-	-	4
		1%	-	*	1%	1%	1%	1%	*	1%	*	-	1%	3%	-	-	1%
										g				a			
NET: Agree		1068	95	281	274	123	107	188	650	417	863	39	77	56	14	5	192
		50%	55%	60%	54%	45%	48%	39%	57%	43%	48%	65%	62%	60%	71%	51%	62%
			dfh	defh	dfh		f		defh			a	a	a			a
NET: Disagree		558	31	95	128	77	54	172	254	304	497	9	24	16	2	1	52
		26%	18%	20%	25%	28%	24%	36%	22%	31%	28%	15%	20%	17%	8%	14%	17%
					abg	abg		abcdeg		abceg	bcdg						
Base for stats		2108	171	466	504	271	220	475	1142	966	1772	60	124	91	20	10	305
Mean Score		3.30	3.53	3.53	3.39	3.20	3.32	2.95	3.47	3.11	3.24	3.75	3.56	3.72	4.12	3.43	3.68
			dfh	defh	dfh	f	fh		dfh	f		a	a	a			a
Standard Deviation		1.195	1.131	1.137	1.200	1.177	1.156	1.217	1.165	1.201	1.189	1.103	1.201	1.175	1.019	1.304	1.169
Standard Error		.026	.088	.054	.054	.067	.074	.058	.035	.038	.028	.138	.106	.121	.217	.412	.065
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.01	.05	.17	*

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Q8A.5. I felt guilty when I didn't exercise: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?
BASE: All respondents

		Total	Children aged 15 or under in the household				Current employment status										
			None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total		2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	327	188	57	70	128	33	26	129	24	14	15	16	17	16	37	59
		15%	14%	16%	21%	18%	18%	21%	19%	13%	23%	20%	16%	16%	9%	8%	19%
					a	a	ij	dij	dij		dij	ij	j	j			dij
Agree	(4.0)	740	444	140	130	270	64	56	239	66	12	24	32	44	55	147	120
		35%	33%	38%	38%	38%	35%	45%	36%	34%	20%	34%	32%	42%	31%	33%	39%
						a	e	egij	e	e				ei		e	e
Neither agree nor disagree	(3.0)	483	305	85	63	149	43	21	142	52	19	16	21	20	50	100	64
		23%	23%	23%	19%	21%	24%	17%	21%	27%	31%	22%	21%	19%	28%	22%	21%
										b	b				b		
Disagree	(2.0)	359	231	56	58	114	32	17	102	33	8	11	21	12	28	95	50
		17%	17%	15%	17%	16%	18%	14%	15%	17%	14%	15%	21%	11%	16%	21%	16%
													h			ch	
Strongly disagree	(1.0)	199	152	23	16	39	8	3	48	14	7	7	9	7	28	68	11
		9%	11%	6%	5%	6%	4%	2%	7%	8%	12%	9%	9%	6%	16%	15%	3%
			bcd						bk	bk	abk	bk	bk		abcdhk	abcdhk	
Don't know		17	8	3	2	6	1	2	2	2	-	-	1	6	2	1	3
		1%	1%	1%	1%	1%	1%	2%	*	1%	-	-	1%	6%	1%	*	1%
														acdfijk			
NET: Agree		1068	632	197	200	397	97	82	368	90	26	39	49	61	71	184	179
		50%	48%	54%	59%	56%	53%	66%	56%	47%	43%	54%	48%	58%	40%	41%	58%
				a	a	a	ij	acdegij	dij			ij		ij			deij
NET: Disagree		558	383	79	74	153	40	20	150	48	15	17	30	18	56	163	60
		26%	29%	22%	22%	22%	22%	16%	23%	25%	26%	24%	30%	17%	31%	36%	20%
			bcd										bhk		abchk	abcdfhk	
Base for stats		2108	1320	361	338	699	180	123	660	190	60	72	99	99	177	447	303
Mean Score		3.30	3.22	3.42	3.53	3.48	3.45	3.70	3.45	3.27	3.28	3.41	3.27	3.53	3.02	2.98	3.55
				a	a	a	ij	acdegij	dij	ij				ij			dgij
Standard Deviation		1.195	1.222	1.121	1.141	1.131	1.117	1.027	1.177	1.124	1.296	1.235	1.222	1.114	1.215	1.220	1.087
Standard Error		.026	.033	.063	.065	.045	.082	.092	.045	.080	.161	.144	.114	.110	.089	.064	.062
Error variance		*	*	*	*	*	.01	.01	*	.01	.03	.02	.01	.01	.01	*	*

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Q8A.5. I felt guilty when I didn't exercise: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?
BASE: All respondents

		Nature of working location						Nature of working hours						Number of people in household including self				
	Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	327	85	73	32	10	106	95	110	58	27	7	85	117	49	165	86	27	278
	15%	17%	20%	21%	21%	20%	17%	18%	25% acf	15%	17%	21%	18%	13%	15%	16%	29% abce	16%
Agree (4.0)	740	160	144	60	21	204	181	214	78	67	17	145	231	119	385	206	30	622
	35%	32%	40% af	38%	43%	39% af	33%	35%	33%	38%	39%	35%	36%	31%	35%	39% a	32%	36%
Neither agree nor disagree (3.0)	483	115	80	27	12	106	128	134	50	40	11	90	145	96	258	109	20	386
	23%	23%	22%	17%	25%	20%	23%	22%	22%	22%	25%	22%	22%	25%	23%	20%	21%	22%
Disagree (2.0)	359	94	43	23	5	66	99	97	34	30	5	64	102	72	190	85	12	287
	17%	19% be	12%	15%	9%	13%	18% be	16%	15%	17%	12%	16%	16%	19%	17%	16%	12%	16%
Strongly disagree (1.0)	199	41	20	15	-	35	41	49	12	14	3	26	53	43	113	39	4	156
	9%	8% d	6%	9% d	-	7%	8% d	8%	5%	8%	7%	6%	8%	11% c	10%	7%	5%	9%
Don't know	17	1	1	1	1	2	2	1	1	1	-	2	1	2	5	9	2	15
	1%	*	*	1%	1%	*	*	*	*	1%	-	*	*	1%	*	2% b	2%	1%
NET: Agree	1068	244	217	92	31	309	276	323	136	94	24	230	348	168	551	292	57	900
	50%	49%	60% af	58% a	64% a	60% af	51%	53%	58%	53%	56%	56%	54%	44%	49%	55% ab	60% ab	52% a
NET: Disagree	558	135	63	38	5	101	140	146	47	43	8	90	155	115	302	124	16	443
	26%	27% bde	18%	24% d	9%	20%	26% bde	24%	20%	24%	19%	22%	24%	30% cd	27% d	23%	17%	25%
Base for stats	2108	495	360	157	48	517	543	604	233	177	43	410	647	379	1111	525	93	1729
Mean Score	3.30	3.31	3.57 af	3.46	3.77 af	3.54 af	3.35	3.39	3.58 af	3.36	3.47	3.49	3.40	3.16	3.27	3.41 ab	3.69 abce	3.33 a
Standard Deviation	1.195	1.199	1.110	1.240	.903	1.151	1.182	1.190	1.166	1.158	1.138	1.166	1.186	1.205	1.203	1.158	1.160	1.191
Standard Error	.026	.052	.058	.098	.128	.050	.049	.047	.075	.087	.164	.057	.045	.061	.036	.051	.121	.029
Error variance	*	*	*	.01	.02	*	*	*	.01	.01	.03	*	*	*	*	*	.01	*

Q8A.5. I felt guilty when I didn't exercise: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?
BASE: All respondents

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total		2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	327	63	211	48	43	17	221	97	10	247	81	271	55
		15%	17%	16%	20%	11%	17%	16%	15%	17%	15%	17%	15%	18%
					b			b						
Agree	(4.0)	740	143	466	79	117	33	521	200	23	591	149	629	105
		35%	39%	35%	33%	30%	34%	37%	31%	39%	36%	32%	35%	34%
								be						
Neither agree nor disagree	(3.0)	483	91	285	57	93	19	315	155	10	381	102	409	68
		23%	25%	21%	24%	24%	20%	22%	24%	17%	23%	22%	23%	22%
Disagree	(2.0)	359	46	236	31	70	16	242	109	5	274	85	308	47
		17%	13%	18%	13%	18%	17%	17%	17%	8%	16%	18%	17%	15%
				a										
Strongly disagree	(1.0)	199	19	127	22	66	11	103	88	10	156	43	161	35
		9%	5%	10%	9%	17%	11%	7%	13%	16%	9%	9%	9%	11%
				a		ad			d	d				
Don't know		17	2	8	4	1	1	8	4	1	13	5	10	2
		1%	1%	1%	1%	*	1%	1%	1%	1%	1%	1%	1%	1%
NET: Agree		1068	206	676	127	161	50	742	297	34	838	230	899	160
		50%	57%	51%	53%	41%	52%	53%	45%	56%	50%	49%	50%	51%
			b		be			be		b				
NET: Disagree		558	65	364	53	137	27	345	197	15	429	128	469	82
		26%	18%	27%	22%	35%	28%	24%	30%	25%	26%	28%	26%	26%
				a		ad			ad					
Base for stats		2108	362	1325	238	391	97	1402	649	59	1648	460	1778	309
Mean Score		3.30	3.51	3.30	3.42	3.00	3.31	3.37	3.17	3.33	3.30	3.30	3.30	3.32
			b		be			be	b					
Standard Deviation		1.195	1.083	1.209	1.218	1.267	1.260	1.155	1.260	1.330	1.188	1.224	1.186	1.245
Standard Error		.026	.057	.033	.076	.065	.126	.031	.049	.165	.029	.058	.028	.068
Error variance		*	*	*	.01	*	.02	*	*	.03	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q8A.5. I felt guilty when I didn't exercise: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?
BASE: All respondents

						Number of days active						Amount of activity in the past week compared to previous week			Life satisfaction score			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total		2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total		2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	327	25	29	50	40	34	52	20	78	123	150	128	119	76	69	91	103	59
		15%	6%	12%	15%	11%	17%	23%	24%	29%	14%	26%	21%	12%	17%	17%	16%	13%	20%
				a	a	a	ad	abcdi	abdi	abcdei	a	abcdei	b		b				c
Agree	(4.0)	740	96	76	120	157	82	87	35	87	359	209	232	309	193	153	211	295	70
		35%	22%	33%	37%	43%	42%	38%	43%	32%	41%	36%	38%	30%	44%	37%	36%	38%	24%
				a	a	abh	ah	a	a	a	abh	a	b		b	d	d	d	
Neither agree nor disagree	(3.0)	483	91	57	80	92	44	51	15	52	216	119	130	263	74	81	131	175	80
		23%	21%	25%	25%	25%	22%	22%	19%	20%	24%	21%	22%	25%	17%	20%	23%	22%	27%
															c				a
Disagree	(2.0)	359	102	53	51	59	28	27	6	33	138	66	84	204	62	68	89	147	47
		17%	24%	23%	16%	16%	14%	12%	7%	12%	16%	11%	14%	20%	14%	16%	15%	19%	16%
			cdefghij	cdefghij	g	gj					gj			ac					
Strongly disagree	(1.0)	199	109	15	19	21	7	8	5	14	47	27	26	134	32	39	55	61	35
		9%	25%	7%	6%	6%	4%	3%	6%	5%	5%	5%	4%	13%	7%	9%	10%	8%	12%
			bcdefghij											ac	a				c
Don't know		17	8	1	1	1	2	2	-	3	3	5	4	6	2	4	4	2	2
		1%	2%	*	*	*	1%	1%	-	1%	*	1%	1%	1%	1%	1%	1%	*	1%
			di																
NET: Agree		1068	121	105	170	197	115	140	55	166	482	360	360	429	269	222	302	398	129
		50%	28%	45%	53%	53%	59%	61%	68%	62%	54%	62%	60%	41%	61%	54%	52%	51%	44%
				a	a	a	ab	ab	abcdi	abcdi	ab	abcdi	b		b	d	d	d	
NET: Disagree		558	211	68	69	80	36	35	11	47	185	93	110	337	94	107	144	208	83
		26%	49%	30%	22%	22%	18%	15%	14%	18%	21%	16%	18%	33%	21%	26%	25%	27%	28%
			bcdefghij	cdefghij	j	j					j			ac					
Base for stats		2108	423	230	320	369	194	226	81	265	883	572	600	1029	436	410	577	781	291
Mean Score		3.30	2.59	3.22	3.41	3.37	3.54	3.66	3.72	3.69	3.42	3.68	3.59	3.07	3.50	3.35	3.33	3.30	3.24
				a	ab	a	ab	abcdi	abcdi	abcdi	ab	abcdi	b		b				
Standard Deviation		1.195	1.253	1.133	1.106	1.057	1.058	1.069	1.111	1.176	1.076	1.124	1.101	1.216	1.152	1.211	1.193	1.148	1.282
Standard Error		.026	.062	.075	.062	.055	.074	.070	.123	.072	.036	.047	.045	.038	.055	.059	.049	.042	.077
Error variance		*	*	.01	*	*	.01	*	.02	.01	*	*	*	*	*	*	*	*	.01

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Q9. SUMMARY: To what extent do you agree or disagree with each statement?
BASE: All respondents

	Total	Strongly agree	Tend to agree	Tend to disagree	Strongly disagree	Don't know	NET: Agree	NET: Disagree
I exercise to help manage my physical health during the outbreak	2125 100%	458 22%	965 45%	386 18%	217 10%	99 5%	1423 67%	603 28%
I have more time now to be physically active	2125 100%	429 20%	913 43%	455 21%	230 11%	98 5%	1342 63%	684 32%
I exercise to help manage my mental health during the outbreak	2125 100%	410 19%	898 42%	422 20%	291 14%	105 5%	1308 62%	713 34%
Since the outbreak I have found new ways to be active	2125 100%	313 15%	767 36%	619 29%	322 15%	104 5%	1080 51%	942 44%
I miss the types of physical activity I was able to do before the outbreak	2125 100%	420 20%	619 29%	573 27%	379 18%	135 6%	1039 49%	951 45%
I worry about leaving my home to exercise or be active	2125 100%	312 15%	610 29%	610 29%	519 24%	73 3%	922 43%	1129 53%
I have been encouraged to exercise by the Government's guidance	2125 100%	249 12%	649 31%	637 30%	438 21%	152 7%	897 42%	1075 51%
I feel guilty about wanting to exercise during the outbreak	2125 100%	177 8%	365 17%	667 31%	802 38%	115 5%	541 25%	1469 69%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total		2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	313	152	161	155	108	50	14	38	31	33	22	25	74	46	30
		15%	15%	15%	24%	15%	6%	14%	14%	15%	15%	12%	11%	22%	13%	14%
					bc	c								bcdefhi		
Tend to agree	(3.0)	767	373	391	263	277	227	34	103	72	90	74	89	132	117	56
		36%	36%	36%	41%	40%	29%	33%	38%	35%	40%	40%	38%	40%	34%	26%
					c	c			i	i	i	i	i	i		i
Tend to disagree	(2.0)	619	297	316	129	196	295	35	82	64	61	49	65	68	107	89
		29%	29%	29%	20%	28%	38%	34%	30%	31%	27%	27%	27%	20%	31%	41%
						a	ab	g	g	g					g	bcdefgh
Strongly disagree	(1.0)	322	169	153	59	91	172	15	37	35	29	24	44	42	62	34
		15%	16%	14%	9%	13%	22%	15%	13%	17%	13%	13%	19%	12%	18%	16%
						a	ab									
Don't know		104	43	56	36	27	41	5	15	6	9	14	13	17	17	8
		5%	4%	5%	6%	4%	5%	5%	6%	3%	4%	7%	5%	5%	5%	4%
												c				
NET: Agree		1080	525	551	418	385	276	48	141	103	123	96	114	207	163	85
		51%	51%	51%	65%	55%	35%	47%	51%	50%	55%	53%	48%	62%	47%	39%
					bc	c			i	i	hi	i		abcefhi		
NET: Disagree		942	466	470	188	287	467	49	119	99	90	73	108	110	169	123
		44%	45%	44%	29%	41%	60%	48%	43%	48%	41%	40%	46%	33%	48%	57%
						a	ab	g	g	g			g		g	bdefgh
Base for stats		2021	991	1021	606	672	744	97	260	202	213	169	223	316	331	209
Mean Score		2.53	2.51	2.55	2.85	2.60	2.21	2.49	2.54	2.49	2.60	2.56	2.43	2.76	2.44	2.39
					bc	c					i			abcefhi		
Standard Deviation		.937	.948	.930	.916	.913	.873	.927	.908	.954	.912	.891	.931	.959	.949	.925
Standard Error		.021	.030	.030	.036	.034	.034	.090	.054	.068	.061	.067	.069	.053	.052	.064
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?
BASE: All respondents

			Social Grade								Ethnicity						
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total		2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	313	49	79	81	40	34	31	209	104	224	21	30	25	4	3	83
		15%	29%	17%	16%	14%	15%	6%	18%	11%	13%	36%	24%	27%	20%	28%	27%
			bcdefgh	fh	fh	f	f		fh	f		a	a	a			a
Tend to agree	(3.0)	767	75	194	187	104	80	128	455	312	627	23	59	30	11	5	127
		36%	44%	42%	37%	38%	36%	27%	40%	32%	35%	38%	47%	32%	54%	50%	41%
			fh	fh	f	f	f		fh	f			ad				a
Tend to disagree	(2.0)	619	29	120	149	76	63	183	297	322	555	12	18	21	4	-	55
		29%	17%	26%	29%	28%	28%	38%	26%	33%	31%	21%	14%	22%	18%	-	18%
				a	a	a	a	abcdeg	a	abg	cg						
Strongly disagree	(1.0)	322	17	58	67	40	31	109	142	181	288	3	12	15	-	2	32
		15%	10%	12%	13%	15%	14%	23%	12%	18%	16%	4%	10%	16%	-	22%	11%
								abcdeg		abcg	bg			b			
Don't know		104	1	16	26	15	15	30	43	60	86	1	6	3	2	-	11
		5%	1%	3%	5%	6%	7%	6%	4%	6%	5%	2%	5%	3%	8%	-	4%
					a	a	abg	ag		abg							
NET: Agree		1080	124	273	267	143	113	159	664	416	852	44	89	55	15	8	210
		51%	72%	59%	53%	52%	51%	33%	58%	42%	48%	73%	71%	59%	74%	78%	68%
			bcdefgh	fh	fh	fh	fh		cefh	f		a	ad	a			a
NET: Disagree		942	46	178	215	116	94	292	439	503	843	15	30	36	4	2	87
		44%	27%	38%	42%	42%	42%	61%	38%	51%	47%	25%	24%	38%	18%	22%	28%
				a	a	a	a	abcdegh	a	abcdeg	bcg			c			
Base for stats		2021	170	451	482	259	207	451	1103	918	1695	59	119	91	18	10	297
Mean Score		2.53	2.92	2.65	2.58	2.55	2.56	2.18	2.66	2.37	2.46	3.06	2.90	2.71	3.02	2.83	2.88
			bcdefgh	fh	fh	fh	fh		fh	f		ad	a	a			a
Standard Deviation		.937	.926	.915	.925	.932	.934	.876	.927	.924	.924	.871	.898	1.053	.660	1.127	.942
Standard Error		.021	.072	.044	.042	.055	.061	.043	.028	.030	.023	.110	.081	.109	.148	.356	.053
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.02	.13	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?
BASE: All respondents

			Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total		2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	313	139	77	82	159	42	29	112	34	9	14	15	18	14	26	71
		15%	10%	21%	24%	23%	23%	24%	17%	18%	15%	19%	15%	17%	8%	6%	23%
				a	a	a	ij	ij	ij	ij	j	ij	ij	ij			cij
Tend to agree	(3.0)	767	427	166	134	300	66	59	264	74	28	30	35	44	62	106	125
		36%	32%	45%	39%	43%	36%	47%	40%	38%	46%	41%	35%	42%	35%	24%	41%
				a	a	a	j	ij	j	j	j	j	j	j	j		j
Tend to disagree	(2.0)	619	453	67	79	146	44	28	181	57	12	17	28	21	52	180	71
		29%	34%	18%	23%	21%	24%	22%	27%	30%	21%	24%	27%	20%	29%	40%	23%
			bcd													abcdefghik	
Strongly disagree	(1.0)	322	244	41	29	69	25	5	84	21	7	9	17	10	34	110	30
		15%	18%	11%	8%	10%	14%	4%	13%	11%	11%	12%	17%	10%	19%	24%	10%
			bcd				b		b	b	b	b	bk		bcdhk	abcdefhk	b
Don't know		104	64	14	16	30	5	4	21	6	4	2	5	12	17	28	9
		5%	5%	4%	5%	4%	3%	3%	3%	3%	7%	3%	5%	11%	9%	6%	3%
														abcdfk	abcdk	ck	
NET: Agree		1080	566	243	216	459	108	88	376	108	36	44	51	62	76	131	196
		51%	43%	67%	64%	65%	60%	71%	57%	56%	61%	61%	50%	59%	43%	29%	64%
				a	a	a	ij	acdgij	ij	ij	ij	ij	j	ij	j		cgij
NET: Disagree		942	697	107	108	215	69	32	265	78	19	26	45	31	86	290	101
		44%	53%	29%	32%	31%	38%	26%	40%	41%	32%	36%	45%	30%	48%	65%	33%
			bcd				b		bhk	b			bhk		behk	abcdefghik	
Base for stats		2021	1263	350	324	675	177	121	641	186	56	70	96	93	162	421	298
Mean Score		2.53	2.36	2.80	2.83	2.81	2.70	2.94	2.63	2.65	2.69	2.69	2.51	2.75	2.35	2.11	2.80
				a	a	a	ij	acdgij	ij	ij	ij	ij	j	ij	j		cgij
Standard Deviation		.937	.916	.916	.908	.911	.987	.792	.920	.910	.886	.937	.969	.896	.906	.863	.919
Standard Error		.021	.025	.053	.053	.037	.073	.072	.036	.065	.114	.110	.092	.091	.070	.047	.053
Error variance		*	*	*	*	*	.01	.01	*	*	.01	.01	.01	.01	*	*	*

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Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Nature of working location						Nature of working hours						Number of people in household including self				
	Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	313	81	66	38	11	104	91	100	51	33	9	84	108	46	138	107	22	267
	15%	16%	18%	24%	22%	20%	17%	16%	22%	19%	21%	20%	17%	12%	12%	20%	23%	15%
				af												abe	abe	b
Tend to agree (3.0)	767	204	152	62	18	214	222	243	105	69	17	174	260	105	401	220	41	662
	36%	41%	42%	39%	36%	41%	41%	40%	45%	39%	38%	42%	40%	28%	36%	41%	44%	38%
															a	ab	a	a
Tend to disagree (2.0)	619	133	97	39	11	136	144	159	56	51	13	107	172	142	343	117	17	478
	29%	27%	27%	25%	23%	26%	26%	26%	24%	29%	30%	26%	27%	37%	31%	22%	18%	27%
														bcde	cd			c
Strongly disagree (1.0)	322	61	39	15	4	54	66	83	19	17	4	36	87	69	184	59	10	253
	15%	12%	11%	9%	9%	10%	12%	14%	8%	10%	9%	9%	13%	18%	16%	11%	11%	15%
								be					be	c	c			c
Don't know	104	18	7	4	5	11	23	20	3	8	1	11	21	19	51	30	4	84
	5%	4%	2%	2%	11%	2%	4%	3%	1%	5%	2%	3%	3%	5%	5%	6%	4%	5%
					abcef		e			b								
NET: Agree	1080	285	217	101	28	318	313	343	156	102	26	258	369	151	538	327	63	928
	51%	57%	60%	64%	58%	61%	57%	57%	67%	57%	59%	63%	57%	40%	48%	61%	67%	53%
									acf			a			a	abe	abe	ab
NET: Disagree	942	194	136	54	16	190	210	242	75	68	17	143	259	211	527	177	27	731
	44%	39%	38%	34%	32%	37%	38%	40%	32%	38%	39%	35%	40%	55%	47%	33%	29%	42%
								b					b	bcde	cde			cd
Base for stats	2021	479	353	155	44	508	523	585	231	170	43	401	628	362	1065	504	90	1659
Mean Score	2.53	2.64	2.69	2.81	2.79	2.73	2.65	2.61	2.82	2.69	2.72	2.76	2.62	2.36	2.46	2.74	2.83	2.57
				a					af			af				abe	abe	ab
Standard Deviation	.937	.909	.900	.922	.933	.907	.911	.929	.870	.899	.905	.883	.927	.932	.924	.924	.925	.934
Standard Error	.021	.040	.047	.074	.138	.040	.039	.037	.056	.069	.132	.044	.036	.048	.028	.041	.097	.023
Error variance	*	*	*	.01	.02	*	*	*	*	*	.02	*	*	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	313	85	175	53	32	18	213	95	4	258	55	262	49
	15%	23%	13%	22%	8%	19%	15%	15%	7%	16%	12%	15%	16%
		b		bdef		bf	b	b					
Tend to agree (3.0)	767	144	497	79	117	31	541	206	17	608	159	658	102
	36%	40%	37%	33%	30%	32%	38%	32%	29%	37%	34%	37%	33%
							be						
Tend to disagree (2.0)	619	85	382	62	127	30	406	192	23	476	143	526	88
	29%	23%	29%	26%	32%	30%	29%	29%	38%	29%	31%	29%	28%
									a				
Strongly disagree (1.0)	322	36	210	30	96	12	191	123	13	240	82	263	56
	15%	10%	16%	13%	25%	13%	14%	19%	21%	14%	18%	15%	18%
			a		acde			ad					
Don't know	104	13	68	17	19	6	59	38	2	78	25	79	17
	5%	4%	5%	7%	5%	6%	4%	6%	4%	5%	5%	4%	5%
				d									
NET: Agree	1080	229	672	132	150	49	754	301	22	866	214	920	151
	51%	63%	50%	55%	38%	51%	53%	46%	36%	52%	46%	51%	48%
		b		bef		b	bef	b		b			
NET: Disagree	942	121	592	92	223	42	597	314	36	716	225	789	144
	44%	33%	44%	38%	57%	43%	42%	48%	60%	43%	48%	44%	46%
			a		acde			ad	acd		a		
Base for stats	2021	351	1265	224	373	91	1351	616	57	1582	439	1709	295
Mean Score	2.53	2.80	2.50	2.69	2.23	2.61	2.57	2.44	2.23	2.56	2.43	2.54	2.49
		b		bef		bf	bef	b		b			
Standard Deviation	.937	.926	.927	.982	.932	.963	.918	.978	.884	.936	.933	.929	.984
Standard Error	.021	.049	.026	.063	.049	.099	.025	.039	.111	.023	.045	.023	.055
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	313	10	21	40	49	38	60	22	72	127	154	163	95	51	54	72	110	68
	15%	2%	9%	12%	13%	19%	26%	27%	27%	14%	27%	27%	9%	12%	13%	12%	14%	23%
			a	a	a	abc	abcdi	abcdi	abcdi	ab	abcdei	bc						abc
Tend to agree (3.0)	767	80	74	137	169	75	100	30	102	381	232	258	331	166	98	237	321	97
	36%	19%	32%	43%	46%	38%	44%	38%	38%	43%	40%	43%	32%	38%	24%	41%	41%	33%
			a	ab	abh	a	ab	a	a	ab	ab	b		b		ad	ad	a
Tend to disagree (2.0)	619	152	82	102	98	59	46	22	59	260	126	127	350	133	146	178	216	67
	29%	35%	35%	32%	27%	30%	20%	27%	22%	29%	22%	21%	34%	30%	35%	31%	28%	23%
		dfhij	dfhj	fhj		fhj				fhj			a	a	cd	d		
Strongly disagree (1.0)	322	154	38	29	35	20	16	6	24	84	46	43	201	67	100	62	102	49
	15%	36%	16%	9%	9%	10%	7%	7%	9%	9%	8%	7%	19%	15%	24%	11%	13%	17%
		bcdefghij	cdfghij										a	a	bcd			b
Don't know	104	35	16	13	18	3	6	1	11	34	18	13	59	22	16	33	33	13
	5%	8%	7%	4%	5%	2%	3%	1%	4%	4%	3%	2%	6%	5%	4%	6%	4%	4%
		cefghij	efgij										a	a				
NET: Agree	1080	90	95	177	219	113	160	52	174	509	386	421	426	217	152	309	431	165
	51%	21%	41%	55%	59%	58%	70%	65%	65%	57%	67%	70%	41%	49%	37%	53%	55%	56%
			a	ab	ab	ab	abcdei	ab	abci	ab	abcdei	bc		b		a	a	a
NET: Disagree	942	305	120	131	133	79	62	27	83	344	173	171	551	200	246	240	318	116
	44%	71%	52%	41%	36%	41%	27%	34%	31%	39%	30%	28%	53%	45%	59%	41%	41%	39%
		bcdefghij	cdefghij	fhj	f	fhj				fhj			ac	a	bcd			
Base for stats	2021	396	215	308	352	192	222	80	257	852	559	592	976	417	398	548	749	280
Mean Score	2.53	1.87	2.36	2.61	2.66	2.68	2.92	2.86	2.86	2.65	2.88	2.92	2.33	2.48	2.27	2.58	2.59	2.66
			a	ab	ab	ab	abcdei	abci	abcdei	ab	abcdei	bc		b		a	a	a
Standard Deviation	.937	.824	.887	.828	.838	.911	.876	.911	.934	.851	.907	.881	.909	.904	.987	.856	.900	1.032
Standard Error	.021	.042	.061	.047	.044	.064	.058	.102	.058	.029	.038	.036	.029	.044	.048	.036	.033	.063
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total		2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	429	233	196	168	146	114	12	59	41	51	30	39	87	71	38
		20%	23%	18%	26%	21%	15%	12%	21%	20%	23%	17%	17%	26%	20%	18%
			b		bc	c			a		a			aefi	a	
Tend to agree	(3.0)	913	433	477	264	305	344	50	115	90	87	78	101	157	156	78
		43%	42%	44%	41%	44%	44%	49%	42%	43%	39%	43%	43%	47%	45%	36%
								i						i	i	
Tend to disagree	(2.0)	455	219	233	118	149	188	23	69	46	55	43	55	43	65	56
		21%	21%	22%	18%	21%	24%	23%	25%	22%	25%	24%	23%	13%	19%	26%
							a	g	g	g	g	g	g		g	gh
Strongly disagree	(1.0)	230	117	112	62	70	98	11	23	20	21	20	29	31	44	30
		11%	11%	10%	10%	10%	13%	11%	8%	10%	9%	11%	12%	9%	13%	14%
																b
Don't know		98	33	59	29	29	40	6	10	11	9	11	10	15	13	14
		5%	3%	5%	5%	4%	5%	6%	4%	5%	4%	6%	4%	5%	4%	6%
				a												
NET: Agree		1342	666	673	433	451	458	62	174	131	138	108	141	244	227	116
		63%	64%	62%	67%	65%	58%	61%	63%	63%	62%	59%	60%	73%	65%	54%
					c	c			i					abcdefhi	i	
NET: Disagree		684	335	345	180	219	286	34	92	66	75	63	85	74	109	86
		32%	32%	32%	28%	31%	36%	33%	33%	32%	34%	34%	36%	22%	31%	40%
							ab	g	g	g	g	g	g		g	gh
Base for stats		2027	1002	1018	612	670	744	96	266	197	214	171	225	318	336	203
Mean Score		2.76	2.78	2.74	2.88	2.79	2.64	2.66	2.79	2.77	2.79	2.69	2.67	2.94	2.76	2.61
					c	c			i					abcefhi		
Standard Deviation		.912	.933	.892	.926	.901	.897	.842	.885	.896	.916	.897	.914	.895	.934	.958
Standard Error		.020	.029	.028	.036	.033	.035	.082	.052	.065	.062	.067	.068	.050	.051	.068
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total		2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	429	60	99	120	46	47	58	278	151	336	15	36	28	5	2	86
		20%	35%	21%	24%	17%	21%	12%	24%	15%	19%	25%	29%	30%	23%	23%	28%
			bcdefgh	fh	dfh		fh		dfh				a	a			a
Tend to agree	(3.0)	913	64	209	232	104	89	215	506	408	765	27	56	44	8	3	139
		43%	37%	45%	46%	38%	40%	45%	44%	42%	43%	46%	45%	47%	41%	35%	45%
					d				d								
Tend to disagree	(2.0)	455	28	103	93	74	47	110	223	232	411	9	10	13	6	1	38
		21%	16%	22%	18%	27%	21%	23%	19%	24%	23%	15%	8%	14%	28%	13%	12%
						acg				acg	cdg						
Strongly disagree	(1.0)	230	18	44	36	38	29	65	98	131	191	8	17	5	-	2	32
		11%	10%	9%	7%	14%	13%	14%	9%	13%	11%	13%	14%	6%	-	17%	10%
						cg	cg	cg		bcg				d			
Don't know		98	2	12	27	13	12	32	41	57	78	1	5	3	2	1	12
		5%	1%	3%	5%	5%	5%	7%	4%	6%	4%	2%	4%	4%	8%	11%	4%
					ab		a	abg		abg							
NET: Agree		1342	124	308	352	150	135	274	783	559	1100	42	92	72	13	6	225
		63%	72%	66%	69%	54%	61%	57%	68%	57%	62%	70%	74%	77%	64%	58%	73%
			defh	dfh	defh				defh				a	a			a
NET: Disagree		684	45	147	129	112	75	175	322	363	603	16	27	18	6	3	70
		32%	26%	31%	25%	41%	34%	36%	28%	37%	34%	27%	22%	19%	28%	30%	23%
				c		abcg	c	acg		abcg	cdg						
Base for stats		2027	169	455	481	262	211	449	1105	922	1703	58	120	90	19	9	296
Mean Score		2.76	2.98	2.80	2.90	2.60	2.73	2.59	2.87	2.63	2.73	2.84	2.93	3.05	2.95	2.73	2.94
			bdefh	dfh	defh				defh				a	a			a
Standard Deviation		.912	.971	.890	.858	.939	.957	.890	.891	.920	.903	.957	.983	.834	.760	1.120	.924
Standard Error		.020	.076	.043	.039	.055	.062	.043	.027	.030	.022	.121	.088	.086	.170	.373	.052
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.03	.14	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	429	236	85	93	178	51	45	135	37	11	16	22	26	23	64	96
	20%	18%	23%	27%	25%	28%	36%	20%	19%	18%	23%	22%	24%	13%	14%	31%
			a	a	a	cdij	cdefgij	ij				ij	ij			cdeij
Tend to agree (3.0)	913	565	171	137	308	91	53	282	84	23	28	48	49	67	188	144
	43%	43%	47%	40%	44%	50%	42%	43%	44%	39%	39%	47%	47%	38%	42%	47%
						i										i
Tend to disagree (2.0)	455	314	63	64	127	24	19	148	49	14	17	15	15	43	110	43
	21%	24%	17%	19%	18%	13%	15%	22%	26%	23%	24%	15%	15%	24%	25%	14%
		bd						ak	abghk		ak			ak	abghk	
Strongly disagree (1.0)	230	153	29	36	65	10	7	77	14	8	7	12	7	26	62	16
	11%	12%	8%	11%	9%	5%	5%	12%	7%	13%	10%	12%	6%	15%	14%	5%
								abk		ak		ak		abdhk	abdhk	
Don't know	98	60	17	10	27	5	1	19	8	4	3	4	8	19	25	6
	5%	4%	5%	3%	4%	3%	1%	3%	4%	7%	4%	4%	8%	11%	6%	2%
										bk			bck	abcdgjk	bck	
NET: Agree	1342	800	256	230	486	142	98	417	120	34	44	70	75	90	251	240
	63%	60%	70%	68%	69%	78%	78%	63%	63%	57%	61%	69%	71%	51%	56%	78%
			a	a	a	cdefij	cdefij	ij	i			ij	ij			cdefgij
NET: Disagree	684	467	92	100	191	34	26	226	63	22	25	26	22	69	172	60
	32%	35%	25%	29%	27%	19%	21%	34%	33%	36%	34%	26%	21%	39%	38%	19%
		bcd						abhk	abhk	abhk	abhk			abghk	abghk	
Base for stats	2027	1268	348	330	678	176	124	643	183	56	69	96	97	159	423	300
Mean Score	2.76	2.70	2.90	2.87	2.88	3.05	3.10	2.74	2.78	2.66	2.77	2.83	2.97	2.55	2.60	3.07
			a	a	a	cdefgij	cdefgij	ij	ij			ij	ceij			cdefgij
Standard Deviation	.912	.909	.864	.948	.905	.805	.857	.924	.854	.949	.937	.922	.840	.932	.915	.826
Standard Error	.020	.025	.050	.055	.037	.060	.077	.036	.061	.123	.111	.088	.084	.072	.049	.047
Error variance	*	*	*	*	*	*	.01	*	*	.02	.01	.01	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total		2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total		2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	429	101	91	32	12	123	113	137	56	33	7	89	145	69	201	133	26	359
		20%	20%	25%	20%	24%	24%	21%	23%	24%	19%	17%	22%	22%	18%	18%	25%	27%	21%
																	abe	b	
Tend to agree	(3.0)	913	182	177	74	18	251	200	238	110	81	22	190	260	169	480	230	34	744
		43%	37%	49%	47%	37%	48%	37%	39%	47%	45%	51%	46%	40%	44%	43%	43%	36%	43%
				af	af		af			a			af						
Tend to disagree	(2.0)	455	136	67	30	7	97	144	145	43	40	7	83	152	82	261	91	20	372
		21%	27%	19%	19%	15%	19%	26%	24%	18%	22%	16%	20%	23%	22%	23%	17%	21%	21%
			bce					be									c		c
Strongly disagree	(1.0)	230	55	22	20	9	43	63	64	21	18	7	39	71	37	123	59	11	192
		11%	11%	6%	13%	18%	8%	12%	11%	9%	10%	16%	9%	11%	10%	11%	11%	11%	11%
			b		b	be		b											
Don't know		98	22	4	2	3	5	25	21	4	6	-	11	21	23	51	21	4	75
		5%	4%	1%	1%	7%	1%	5%	3%	2%	4%	-	3%	3%	6%	5%	4%	4%	4%
			bce			bce		bce											
NET: Agree		1342	283	268	106	30	375	313	375	165	114	30	279	404	238	681	363	60	1104
		63%	57%	74%	67%	61%	72%	57%	62%	71%	64%	68%	68%	62%	63%	61%	68%	64%	63%
				adf	af		af			af							be		
NET: Disagree		684	191	89	50	16	139	207	209	64	58	14	122	223	120	384	149	31	565
		32%	38%	25%	32%	33%	27%	38%	35%	27%	32%	32%	30%	34%	31%	34%	28%	33%	32%
			be					be	b					b		c			
Base for stats		2027	474	357	157	46	514	520	584	229	172	43	401	628	358	1066	512	91	1668
Mean Score		2.76	2.70	2.94	2.75	2.72	2.89	2.70	2.77	2.87	2.75	2.70	2.82	2.76	2.76	2.71	2.85	2.83	2.76
				acf			af										be		
Standard Deviation		.912	.934	.831	.926	1.056	.865	.944	.932	.884	.890	.940	.888	.932	.885	.902	.935	.977	.918
Standard Error		.020	.042	.043	.074	.152	.038	.040	.038	.057	.067	.136	.044	.036	.046	.028	.041	.103	.023
Error variance		*	*	*	.01	.02	*	*	*	*	*	.02	*	*	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	429	101	250	58	63	18	296	122	12	340	88	372	53
	20%	28%	19%	24%	16%	18%	21%	19%	21%	21%	19%	21%	17%
		b		b			b						
Tend to agree (3.0)	913	149	580	98	142	43	638	256	23	732	181	773	134
	43%	41%	44%	41%	36%	44%	45%	39%	38%	44%	39%	43%	43%
							be						
Tend to disagree (2.0)	455	65	294	47	97	14	300	142	11	337	118	390	61
	21%	18%	22%	19%	25%	14%	21%	22%	18%	20%	25%	22%	19%
					c						a		
Strongly disagree (1.0)	230	38	147	22	58	16	134	87	9	174	56	183	44
	11%	10%	11%	9%	15%	16%	9%	13%	14%	10%	12%	10%	14%
					ad	d		d					a
Don't know	98	11	61	17	32	7	43	47	6	77	22	70	21
	5%	3%	5%	7%	8%	7%	3%	7%	9%	5%	5%	4%	7%
				d	d	d		d	d				a
NET: Agree	1342	250	831	155	204	61	934	378	35	1072	270	1145	187
	63%	69%	62%	64%	52%	62%	66%	58%	58%	65%	58%	64%	60%
		b		b			be			b			
NET: Disagree	684	103	441	69	155	30	434	229	19	511	173	573	104
	32%	28%	33%	29%	40%	31%	31%	35%	32%	31%	37%	32%	33%
					ad						a		
Base for stats	2027	353	1272	224	360	90	1367	607	54	1584	443	1718	291
Mean Score	2.76	2.89	2.73	2.85	2.58	2.69	2.80	2.68	2.71	2.78	2.68	2.78	2.67
		b		be			be			b			
Standard Deviation	.912	.944	.906	.918	.958	.985	.887	.952	.997	.906	.932	.905	.942
Standard Error	.020	.050	.026	.059	.051	.102	.024	.039	.129	.023	.045	.022	.053
Error variance	*	*	*	*	*	.01	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?
BASE: All respondents

					Number of days active							Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	429	34	23	66	70	51	69	26	90	187	184	199	141	87	68	90	169	92
	20%	8%	10%	21%	19%	26%	30%	32%	33%	21%	32%	33%	14%	20%	16%	15%	22%	31%
				ab	ab	abd	abcdi	abcdi	abcdi	ab	abcdi	bc		b			ab	abc
Tend to agree (3.0)	913	143	106	151	191	97	93	34	99	438	226	280	436	186	173	278	347	101
	43%	33%	46%	47%	52%	49%	41%	42%	37%	49%	39%	46%	42%	42%	42%	48%	44%	34%
			ah	ahj	afhj	ahj				afhj					d	d	d	
Tend to disagree (2.0)	455	117	66	68	71	29	51	15	37	169	103	75	263	110	88	125	183	47
	21%	27%	29%	21%	19%	15%	22%	19%	14%	19%	18%	12%	25%	25%	21%	21%	23%	16%
		dehij	cdehij	h			h			h			a	a			d	
Strongly disagree (1.0)	230	102	23	29	20	16	8	3	28	66	40	40	133	46	62	63	56	43
	11%	24%	10%	9%	6%	8%	3%	4%	11%	7%	7%	7%	13%	11%	15%	11%	7%	15%
		bcdefghij	df	f		f			df	f			a	a	bc	c		c
Don't know	98	34	13	7	17	2	8	2	14	27	24	12	63	10	23	26	28	11
	5%	8%	6%	2%	5%	1%	3%	3%	5%	3%	4%	2%	6%	2%	5%	4%	4%	4%
		cefij	cei		e				ce		e		ac					
NET: Agree	1342	177	129	217	261	148	162	60	189	625	410	479	577	273	241	367	516	192
	63%	41%	56%	68%	70%	76%	71%	74%	70%	71%	71%	79%	56%	62%	58%	63%	66%	66%
			a	ab	abc	ab	ab	ab	ab	ab	ab	bc		b			a	a
NET: Disagree	684	219	89	97	92	46	59	19	65	234	142	115	396	156	150	188	238	90
	32%	51%	38%	30%	25%	23%	26%	23%	24%	26%	25%	19%	38%	35%	36%	32%	30%	31%
		bcdefghij	cdefghij										a	a	c			
Base for stats	2027	397	218	314	353	194	221	78	254	860	553	593	973	428	391	556	754	282
Mean Score	2.76	2.28	2.60	2.81	2.88	2.95	3.01	3.05	2.98	2.87	3.00	3.07	2.60	2.73	2.63	2.71	2.83	2.85
			a	ab	ab	abci	abc	abc	abc	ab	abcdi	bc		b			ab	ab
Standard Deviation	.912	.943	.815	.873	.787	.867	.829	.839	.975	.838	.899	.851	.897	.904	.948	.870	.857	1.041
Standard Error	.020	.048	.055	.049	.042	.061	.055	.094	.061	.028	.038	.035	.029	.043	.047	.037	.032	.063
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Gender		Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total		2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	249	126	121	101	95	52	11	23	29	24	22	24	50	34	32
		12%	12%	11%	16%	14%	7%	11%	8%	14%	11%	12%	10%	15%	10%	15%
					c	c				b				bh		b
Tend to agree	(3.0)	649	331	315	226	200	222	36	85	58	58	64	67	115	111	54
		31%	32%	29%	35%	29%	28%	35%	31%	28%	26%	35%	29%	35%	32%	25%
					bc							di		di		
Tend to disagree	(2.0)	637	280	355	154	220	264	30	76	63	81	51	77	80	104	75
		30%	27%	33%	24%	31%	34%	29%	28%	30%	36%	28%	33%	24%	30%	35%
				a		a	a				bg		g			g
Strongly disagree	(1.0)	438	234	201	99	140	199	21	71	46	44	33	44	61	77	41
		21%	23%	19%	15%	20%	25%	20%	26%	22%	20%	18%	19%	18%	22%	19%
			b			a	ab		eg							
Don't know		152	64	85	61	45	47	4	21	12	16	12	23	27	22	15
		7%	6%	8%	9%	6%	6%	4%	7%	6%	7%	7%	10%	8%	6%	7%
					bc											
NET: Agree		897	457	436	328	295	275	47	107	87	82	86	91	165	146	86
		42%	44%	41%	51%	42%	35%	46%	39%	42%	37%	47%	39%	49%	42%	40%
					bc	c						d		bdfhi		
NET: Disagree		1075	514	556	253	359	463	51	147	109	125	84	121	141	181	116
		51%	50%	52%	39%	51%	59%	50%	54%	52%	56%	46%	51%	42%	52%	53%
						a	ab		g	g	eg		g		g	g
Base for stats		1973	971	992	581	654	738	98	255	196	207	171	212	306	327	202
Mean Score		2.36	2.36	2.36	2.57	2.38	2.17	2.38	2.23	2.36	2.30	2.44	2.33	2.50	2.32	2.38
					bc	c						b		bdh		
Standard Deviation		.963	.987	.939	.968	.977	.909	.950	.958	.999	.931	.949	.932	.990	.949	.979
Standard Error		.022	.031	.030	.039	.037	.036	.092	.057	.073	.064	.071	.071	.056	.053	.069
Error variance		*	*	*	*	*	*	.01	*	.01	*	.01	.01	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total		2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	249	27	63	62	26	33	38	152	97	191	14	17	15	2	2	51
		12%	16%	13%	12%	9%	15%	8%	13%	10%	11%	24%	14%	16%	9%	21%	16%
			dfh	fh	f		fh		fh			a					a
Tend to agree	(3.0)	649	63	153	157	91	72	113	373	275	534	21	41	34	11	3	110
		31%	37%	33%	31%	33%	32%	23%	33%	28%	30%	35%	33%	37%	52%	29%	36%
			fh	f	f	f	f		fh								a
Tend to disagree	(2.0)	637	42	122	155	87	65	168	318	319	552	11	38	20	6	1	75
		30%	24%	26%	30%	32%	29%	35%	28%	33%	31%	18%	30%	21%	28%	7%	24%
								abg		abg	bdg						
Strongly disagree	(1.0)	438	27	104	90	56	32	129	221	217	387	7	19	17	1	2	45
		21%	16%	22%	18%	20%	14%	27%	19%	22%	22%	11%	15%	18%	4%	21%	15%
				e				acdeg		ce	bg						
Don't know		152	12	25	45	15	22	33	82	70	117	7	9	7	1	2	28
		7%	7%	5%	9%	6%	10%	7%	7%	7%	7%	12%	7%	8%	7%	23%	9%
					b		b										
NET: Agree		897	91	216	219	116	105	151	525	372	725	35	59	50	12	5	161
		42%	53%	46%	43%	42%	47%	31%	46%	38%	41%	58%	47%	53%	61%	50%	52%
			cdfh	fh	f	f	fh		fh	f		a		a			a
NET: Disagree		1075	69	226	244	143	96	297	539	536	938	18	56	37	6	3	120
		51%	40%	48%	48%	52%	43%	62%	47%	55%	53%	29%	45%	39%	32%	27%	39%
						ae		abcdegh		abceg	bdg		b				
Base for stats		1973	160	442	463	259	201	448	1064	908	1664	52	115	86	19	8	281
Mean Score		2.36	2.57	2.39	2.41	2.33	2.53	2.13	2.43	2.28	2.32	2.81	2.50	2.56	2.72	2.65	2.59
			dfh	fh	fh	f	dfh		fh	f		ac	a	a			a
Standard Deviation		.963	.967	.998	.948	.926	.947	.930	.973	.945	.955	.983	.939	1.001	.714	1.221	.962
Standard Error		.022	.078	.048	.044	.054	.063	.046	.030	.031	.024	.131	.086	.106	.160	.432	.056
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.03	.19	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?
BASE: All respondents

			Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total		2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	249	113	56	66	122	28	20	92	22	8	9	14	11	15	30	48
		12%	9%	15%	19%	17%	16%	16%	14%	12%	14%	13%	14%	11%	8%	7%	16%
				a	a	a	ij	ij	ij	j	j		j				ij
Tend to agree	(3.0)	649	384	116	120	236	53	56	219	56	16	20	30	39	42	118	109
		31%	29%	32%	35%	33%	29%	45%	33%	29%	28%	28%	30%	37%	23%	26%	35%
					a	a		acdefgij	ij					ij			ij
Tend to disagree	(2.0)	637	437	102	81	183	58	35	177	64	13	25	30	27	65	145	93
		30%	33%	28%	24%	26%	32%	28%	27%	33%	22%	34%	29%	25%	36%	32%	30%
			cd												ce		
Strongly disagree	(1.0)	438	301	62	52	115	29	13	125	35	19	15	22	15	38	127	42
		21%	23%	17%	15%	16%	16%	10%	19%	18%	32%	21%	22%	14%	21%	28%	14%
			bcd						bk		abcdhk	b	bk		bk	abcdhk	
Don't know		152	92	28	21	49	14	2	50	15	2	3	6	14	19	29	15
		7%	7%	8%	6%	7%	7%	1%	8%	8%	4%	4%	6%	13%	11%	6%	5%
							b		b	b				bfjk	bk	b	
NET: Agree		897	497	172	186	358	81	75	311	78	25	30	43	50	56	148	156
		42%	37%	47%	55%	51%	44%	60%	47%	41%	41%	41%	43%	47%	32%	33%	51%
				a	a	a	ij	acdefghij	ij				ij	ij			dij
NET: Disagree		1075	738	164	133	298	87	48	302	98	33	40	51	42	103	272	135
		51%	56%	45%	39%	42%	48%	38%	46%	51%	54%	55%	51%	40%	58%	61%	44%
			bcd							b	b	b	bh	b	bchk	abcdhk	
Base for stats		1973	1235	336	319	656	168	123	612	177	57	70	95	91	159	420	291
Mean Score		2.36	2.25	2.49	2.63	2.56	2.48	2.67	2.45	2.37	2.24	2.34	2.37	2.50	2.21	2.12	2.56
				a	a	a	ij	cdefgij	ij	j				ij			deij
Standard Deviation		.963	.927	.979	.990	.986	.966	.869	.979	.940	1.080	.971	.997	.913	.914	.924	.930
Standard Error		.022	.026	.057	.058	.041	.073	.078	.039	.069	.137	.115	.095	.094	.070	.050	.054
Error variance		*	*	*	*	*	.01	.01	*	*	.02	.01	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Nature of working location						Nature of working hours						Number of people in household including self				
	Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	249	66	47	22	11	69	77	76	45	20	3	65	79	31	116	83	19	218
	12%	13%	13%	14%	22%	13%	14%	13%	19%	11%	8%	16%	12%	8%	10%	16%	21%	13%
									acf							ab	abe	a
Tend to agree (3.0)	649	147	131	56	19	186	166	196	89	54	16	143	212	100	324	191	34	549
	31%	30%	36%	35%	39%	36%	30%	32%	38%	30%	37%	35%	33%	26%	29%	36%	36%	31%
			a			a										ab		a
Tend to disagree (2.0)	637	162	90	41	9	131	172	178	47	54	14	101	192	134	344	142	18	503
	30%	33%	25%	26%	19%	25%	32%	29%	20%	30%	32%	24%	30%	35%	31%	27%	19%	29%
		bde					be	b		b			b	cde	d			d
Strongly disagree (1.0)	438	85	69	35	7	104	92	108	45	40	7	85	115	91	249	79	19	347
	21%	17%	19%	22%	14%	20%	17%	18%	19%	22%	16%	21%	18%	24%	22%	15%	20%	20%
														c	c			c
Don't know	152	36	24	4	3	28	39	46	8	10	3	18	50	25	84	39	5	127
	7%	7%	7%	3%	5%	5%	7%	8%	4%	6%	8%	4%	8%	7%	8%	7%	5%	7%
		c					c	be					be					
NET: Agree	897	213	177	78	30	256	243	273	134	74	19	208	292	131	440	274	53	767
	42%	43%	49%	49%	61%	49%	44%	45%	57%	42%	45%	50%	45%	34%	39%	51%	56%	44%
					af	a			acf			c				abe	abe	ab
NET: Disagree	1075	248	159	76	16	235	264	287	92	94	20	186	307	225	593	221	37	850
	51%	50%	44%	48%	34%	45%	48%	47%	39%	53%	47%	45%	47%	59%	53%	41%	39%	49%
		d					d	b		b			b	bcde	cde			c
Base for stats	1973	460	337	154	46	491	507	559	225	168	40	393	599	356	1032	495	90	1617
Mean Score	2.36	2.42	2.46	2.43	2.72	2.45	2.45	2.43	2.59	2.32	2.40	2.48	2.43	2.20	2.30	2.56	2.60	2.39
					a				acf							abe	ab	ab
Standard Deviation	.963	.950	.970	.998	.990	.978	.957	.952	1.023	.970	.878	1.008	.947	.919	.957	.950	1.049	.969
Standard Error	.022	.043	.052	.080	.143	.044	.041	.039	.067	.075	.132	.050	.038	.048	.030	.043	.111	.024
Error variance	*	*	*	.01	.02	*	*	*	*	.01	.02	*	*	*	*	*	.01	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	249	78	135	40	30	20	159	84	3	191	58	218	27
	12%	21%	10%	17%	8%	21%	11%	13%	6%	11%	12%	12%	9%
		b		bdf		bdef	b	b					
Tend to agree (3.0)	649	123	409	69	95	30	462	173	15	508	141	557	86
	31%	34%	31%	29%	24%	31%	33%	26%	25%	31%	30%	31%	28%
							be						
Tend to disagree (2.0)	637	97	397	63	131	27	423	197	19	493	144	536	95
	30%	27%	30%	26%	33%	28%	30%	30%	32%	30%	31%	30%	30%
Strongly disagree (1.0)	438	45	291	42	109	15	280	147	18	342	96	358	76
	21%	12%	22%	17%	28%	15%	20%	22%	29%	21%	21%	20%	24%
			a		acde				ac				
Don't know	152	21	100	26	27	5	85	53	5	127	26	119	29
	7%	6%	8%	11%	7%	5%	6%	8%	8%	8%	6%	7%	9%
				d									
NET: Agree	897	201	545	109	124	50	622	257	18	699	199	775	113
	42%	55%	41%	45%	32%	52%	44%	39%	30%	42%	43%	43%	36%
		b		bf		bef	bef	b				b	
NET: Disagree	1075	142	688	105	240	42	703	343	36	835	240	894	170
	51%	39%	52%	44%	61%	43%	50%	53%	61%	50%	52%	50%	55%
			a		acde			a	ac				
Base for stats	1973	343	1232	215	364	92	1324	600	55	1534	439	1669	283
Mean Score	2.36	2.68	2.32	2.50	2.12	2.61	2.38	2.32	2.08	2.36	2.37	2.38	2.22
		b		bef		bdef	bf	b				b	
Standard Deviation	.963	.967	.953	1.010	.934	1.006	.948	.994	.924	.962	.967	.963	.949
Standard Error	.022	.052	.027	.066	.050	.103	.026	.040	.119	.024	.047	.024	.054
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	249	17	19	37	50	23	37	14	51	111	102	116	86	44	41	50	86	64
	12%	4%	8%	12%	14%	12%	16%	18%	19%	12%	18%	19%	8%	10%	10%	9%	11%	22%
			a	a	ab	a	ab	ab	abcei	a	abcei	bc						abc
Tend to agree (3.0)	649	83	75	122	138	68	76	21	66	328	162	211	289	142	101	188	258	88
	31%	19%	33%	38%	37%	35%	33%	26%	25%	37%	28%	35%	28%	32%	24%	32%	33%	30%
			ah	aghj	ahj	ah	ah			aghj	a	b				a	a	
Tend to disagree (2.0)	637	141	77	84	112	63	58	24	78	260	160	146	333	146	126	181	251	65
	30%	33%	33%	26%	30%	32%	25%	30%	29%	29%	28%	24%	32%	33%	30%	31%	32%	22%
		f											a	a	d	d	d	
Strongly disagree (1.0)	438	147	46	58	47	34	43	11	52	139	106	103	239	85	111	117	136	66
	21%	34%	20%	18%	13%	17%	19%	14%	19%	16%	18%	17%	23%	19%	27%	20%	17%	22%
		bcdefghij	d						d		d		a		bc			
Don't know	152	43	14	19	22	8	16	10	21	49	46	29	89	22	35	45	51	11
	7%	10%	6%	6%	6%	4%	7%	12%	8%	6%	8%	5%	9%	5%	8%	8%	7%	4%
		cdei						cei					ac		d	d		
NET: Agree	897	99	94	160	188	91	112	35	117	439	265	327	374	186	142	239	344	152
	42%	23%	41%	50%	51%	46%	49%	44%	44%	50%	46%	54%	36%	42%	34%	41%	44%	52%
			a	ab	ab	a	a	a	a	ab	a	bc		b		a	a	abc
NET: Disagree	1075	288	123	143	159	97	100	35	130	399	266	249	572	231	237	298	387	130
	51%	67%	53%	44%	43%	49%	44%	44%	49%	45%	46%	41%	55%	53%	57%	51%	50%	44%
		bcdefghij	cdfi										a	a	cd			
Base for stats	1973	387	217	302	348	188	213	71	247	838	531	576	946	417	379	536	731	283
Mean Score	2.36	1.92	2.31	2.46	2.55	2.43	2.50	2.54	2.47	2.49	2.49	2.59	2.23	2.35	2.19	2.32	2.40	2.53
			a	a	a	a	ab	a	a	ab	ab	bc		b		a	a	ab
Standard Deviation	.963	.872	.905	.940	.901	.923	1.000	.995	1.043	.920	1.018	1.002	.931	.921	.979	.918	.921	1.082
Standard Error	.022	.045	.062	.054	.048	.066	.068	.118	.066	.032	.044	.041	.031	.045	.049	.039	.035	.066
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

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Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total		2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	420	211	209	179	146	95	16	63	44	44	37	32	83	68	33
		20%	20%	19%	28%	21%	12%	16%	23%	21%	20%	20%	14%	25%	20%	15%
					bc	c			fi	f				afi		
Tend to agree	(3.0)	619	314	302	225	214	179	36	85	48	60	53	63	123	93	58
		29%	30%	28%	35%	31%	23%	35%	31%	23%	27%	29%	27%	37%	27%	27%
					c	c		c						cdfhi		
Tend to disagree	(2.0)	573	267	303	126	176	271	30	61	77	65	51	69	53	96	70
		27%	26%	28%	20%	25%	35%	30%	22%	37%	29%	28%	29%	16%	27%	32%
						a	ab	g	g	bgh	g	g	g		g	bg
Strongly disagree	(1.0)	379	191	187	70	118	190	15	54	30	41	31	54	52	65	38
		18%	18%	17%	11%	17%	24%	15%	19%	15%	18%	17%	23%	16%	19%	17%
						a	ab						cg			
Don't know		135	53	76	43	44	48	5	13	9	14	11	18	22	26	17
		6%	5%	7%	7%	6%	6%	5%	5%	4%	6%	6%	8%	7%	8%	8%
NET: Agree		1039	525	511	404	360	275	52	147	92	103	90	95	206	162	91
		49%	51%	47%	63%	52%	35%	50%	53%	44%	46%	49%	40%	62%	46%	42%
					bc	c			cfi					abcdefhi		
NET: Disagree		951	457	490	195	294	462	46	115	107	106	82	123	105	160	108
		45%	44%	46%	30%	42%	59%	44%	42%	51%	47%	45%	52%	32%	46%	50%
						a	ab	g	g	bg	g	g	bg		g	g
Base for stats		1990	982	1001	599	654	736	97	262	199	209	172	218	312	322	199
Mean Score		2.54	2.56	2.53	2.86	2.59	2.24	2.54	2.60	2.53	2.51	2.56	2.34	2.76	2.51	2.43
					bc	c			f			f		cdefhi		
Standard Deviation		1.025	1.033	1.021	.977	1.025	.981	.947	1.065	1.002	1.031	1.019	1.009	1.026	1.038	.979
Standard Error		.023	.032	.033	.039	.039	.039	.092	.063	.073	.070	.076	.076	.058	.058	.069
Error variance		*	*	*	*	*	*	.01	*	.01	*	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total		2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	420	47	117	107	40	51	58	271	149	309	23	38	37	6	2	106
		20%	27%	25%	21%	15%	23%	12%	24%	15%	17%	38%	31%	39%	30%	20%	34%
			dfh	dfh	dfh		dfh		dfh			a	a	a			a
Tend to agree	(3.0)	619	66	140	167	88	54	105	372	247	504	20	48	27	6	3	105
		29%	38%	30%	33%	32%	24%	22%	32%	25%	28%	34%	38%	29%	28%	35%	34%
			befh	f	efh	fh			efh				a				a
Tend to disagree	(2.0)	573	30	120	129	70	62	162	279	293	518	9	19	16	4	1	48
		27%	17%	26%	25%	25%	28%	34%	24%	30%	29%	14%	15%	17%	21%	8%	16%
				a	a	a	a	abcdg	a	ag	bcdg						
Strongly disagree	(1.0)	379	20	68	78	56	35	122	167	212	341	3	15	8	4	3	33
		18%	12%	15%	15%	20%	16%	25%	15%	22%	19%	5%	12%	9%	18%	30%	11%
						abg		abceg		abceg	bcdg						
Don't know		135	9	22	27	21	21	35	58	77	109	4	5	6	1	1	16
		6%	5%	5%	5%	8%	9%	7%	5%	8%	6%	8%	4%	6%	3%	7%	5%
							bcg			bg							
NET: Agree		1039	113	256	274	128	105	163	643	396	813	43	86	64	12	5	211
		49%	66%	55%	54%	47%	47%	34%	56%	40%	46%	73%	69%	68%	58%	55%	68%
			bcdefgh	dfh	dfh	f	f		defh	f		a	a	a			a
NET: Disagree		951	50	189	207	126	97	283	446	506	859	12	34	24	8	4	81
		45%	29%	40%	41%	46%	43%	59%	39%	52%	48%	20%	27%	26%	39%	38%	26%
				a	a	ag	a	abcdegh	a	abceg	bcdg						
Base for stats		1990	163	445	481	253	202	446	1089	901	1672	55	120	88	20	9	292
Mean Score		2.54	2.85	2.68	2.63	2.44	2.60	2.22	2.69	2.37	2.47	3.14	2.92	3.04	2.72	2.48	2.97
			cdefh	dfh	dfh	f	fh		dfh	f		a	a	a			a
Standard Deviation		1.025	.978	1.024	1.002	1.005	1.045	.991	1.010	1.018	1.013	.896	.986	.994	1.124	1.214	.992
Standard Error		.023	.078	.049	.046	.060	.070	.049	.031	.033	.025	.116	.088	.104	.245	.405	.057
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.06	.16	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Total	Children aged 15 or under in the household				Current employment status										
			None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total		2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	420	220	75	107	182	36	34	157	33	15	11	20	36	23	54	71
		20%	17%	20%	31%	26%	20%	27%	24%	17%	25%	16%	20%	35%	13%	12%	23%
					ab	a	j	dij	ij		ij			acdfgijk			ij
Tend to agree	(3.0)	619	345	133	108	241	62	48	208	50	20	17	28	35	54	94	110
		29%	26%	36%	32%	34%	34%	39%	31%	26%	33%	23%	28%	34%	30%	21%	36%
				a	a	a	j	dfj	j		j			j	j		dfj
Tend to disagree	(2.0)	573	407	86	65	151	48	24	166	54	11	28	25	19	43	156	71
		27%	31%	24%	19%	21%	26%	19%	25%	28%	18%	38%	25%	18%	24%	35%	23%
			bcd							h		bcehik				abcghik	
Strongly disagree	(1.0)	379	278	45	40	85	27	14	94	37	11	12	19	6	41	117	41
		18%	21%	12%	12%	12%	15%	11%	14%	19%	18%	16%	19%	6%	23%	26%	13%
			bcd				h		h	h	h	h	h		abchk	abchk	h
Don't know		135	77	26	20	46	8	4	36	17	3	5	8	9	17	27	13
		6%	6%	7%	6%	7%	5%	4%	6%	9%	5%	6%	8%	8%	10%	6%	4%
										k					bck		
NET: Agree		1039	564	208	215	423	99	82	365	84	35	28	48	72	77	148	181
		49%	43%	57%	63%	60%	54%	66%	55%	44%	59%	39%	48%	68%	43%	33%	59%
				a	a	a	dfij	acdfgij	dfij	j	dfij			acdfgij	j		dfgij
NET: Disagree		951	686	131	105	236	75	38	260	91	22	39	44	25	84	273	113
		45%	52%	36%	31%	33%	41%	30%	39%	48%	36%	54%	44%	24%	47%	61%	37%
			bcd				h		h	bchk		bcehk	bh		bhk	abcdeghik	h
Base for stats		1990	1250	339	320	659	173	120	626	175	57	68	92	96	161	421	294
Mean Score		2.54	2.40	2.70	2.88	2.79	2.62	2.85	2.68	2.45	2.69	2.42	2.54	3.05	2.36	2.20	2.72
				a	ab	a	ij	adfgij	dfij	j	ij		j	acdefgijk			dfij
Standard Deviation		1.025	1.019	.958	1.013	.989	.984	.970	1.011	1.028	1.074	.967	1.052	.916	1.017	.986	.983
Standard Error		.023	.028	.056	.059	.041	.073	.088	.039	.076	.138	.116	.102	.092	.078	.053	.057
Error variance		*	*	*	*	*	.01	.01	*	.01	.02	.01	.01	.01	.01	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	420	101	96	38	12	134	112	147	57	30	10	88	157	66	193	137	23	354
	20%	20%	27%	24%	24%	26%	21%	24%	24%	17%	23%	21%	24%	17%	17%	26%	25%	20%
			af			af		c					c			abe		b
Tend to agree (3.0)	619	142	124	46	16	170	158	169	94	52	12	146	181	82	323	178	35	536
	29%	29%	34%	29%	33%	33%	29%	28%	40%	29%	28%	35%	28%	22%	29%	33%	38%	31%
									acf			af			a	a	a	a
Tend to disagree (2.0)	573	141	80	44	9	123	150	158	41	59	12	100	170	119	324	111	19	454
	27%	28%	22%	28%	19%	24%	28%	26%	17%	33%	28%	24%	26%	31%	29%	21%	20%	26%
		b						b		be		b	b	cde	c			c
Strongly disagree (1.0)	379	81	46	24	7	71	88	94	33	27	7	60	101	82	212	75	10	297
	18%	16%	13%	15%	14%	14%	16%	16%	14%	15%	15%	15%	16%	21%	19%	14%	11%	17%
														cde	cd			
Don't know	135	33	15	6	5	21	37	38	9	9	3	18	40	33	64	31	7	102
	6%	7%	4%	4%	9%	4%	7%	6%	4%	5%	6%	4%	6%	9%	6%	6%	7%	6%
							e							be				
NET: Agree	1039	242	220	84	28	304	270	316	151	82	22	233	338	148	516	316	59	891
	49%	49%	61%	53%	58%	59%	50%	52%	65%	46%	51%	57%	52%	39%	46%	59%	62%	51%
			af			af			acef			c			a	abe	abe	ab
NET: Disagree	951	222	126	68	16	194	238	252	74	86	19	160	270	200	536	186	29	751
	45%	45%	35%	43%	33%	37%	44%	42%	32%	49%	43%	39%	42%	53%	48%	35%	31%	43%
		be					be	b		be			b	cde	cde			cd
Base for stats	1990	464	346	152	44	498	508	568	224	169	41	393	608	348	1052	502	87	1642
Mean Score	2.54	2.56	2.78	2.64	2.75	2.74	2.58	2.65	2.78	2.51	2.62	2.66	2.65	2.38	2.47	2.75	2.82	2.58
			af			af			c							abe	abe	ab
Standard Deviation	1.025	1.015	.999	1.029	1.027	1.010	1.017	1.038	.990	.968	1.037	.988	1.037	1.042	1.010	1.017	.958	1.019
Standard Error	.023	.046	.053	.083	.150	.045	.044	.042	.065	.074	.155	.049	.041	.055	.031	.046	.103	.025
Error variance	*	*	*	.01	.02	*	*	*	*	.01	.02	*	*	*	*	*	.01	*

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Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	420	97	250	63	54	16	298	114	15	355	65	353	64
	20%	27%	19%	26%	14%	17%	21%	17%	25%	21%	14%	20%	20%
		b		be			be		b	b			
Tend to agree (3.0)	619	127	398	68	102	37	421	186	16	490	128	520	90
	29%	35%	30%	28%	26%	38%	30%	28%	27%	30%	28%	29%	29%
						b							
Tend to disagree (2.0)	573	80	363	52	106	23	392	166	12	424	149	502	67
	27%	22%	27%	22%	27%	23%	28%	25%	20%	26%	32%	28%	22%
			a				a				a	b	
Strongly disagree (1.0)	379	41	247	38	102	14	229	139	11	279	99	308	67
	18%	11%	19%	16%	26%	14%	16%	21%	18%	17%	21%	17%	22%
			a		acd			d			a		
Don't know	135	19	75	21	27	7	71	50	6	111	23	105	23
	6%	5%	6%	9%	7%	8%	5%	8%	10%	7%	5%	6%	7%
				d				d					
NET: Agree	1039	224	648	131	156	53	718	300	31	845	193	873	154
	49%	61%	49%	54%	40%	55%	51%	46%	52%	51%	42%	49%	49%
		b		be		b	be			b			
NET: Disagree	951	121	610	90	208	37	621	304	23	703	248	810	135
	45%	33%	46%	37%	53%	38%	44%	47%	38%	42%	53%	45%	43%
			a		acdef		a	a			a		
Base for stats	1990	345	1257	220	364	90	1339	604	54	1549	441	1683	289
Mean Score	2.54	2.81	2.52	2.71	2.30	2.62	2.59	2.46	2.65	2.59	2.36	2.55	2.52
		b		be		b	be	b	b	b			
Standard Deviation	1.025	.976	1.020	1.061	1.033	.960	1.015	1.042	1.101	1.030	.989	1.017	1.078
Standard Error	.023	.052	.029	.069	.055	.099	.028	.042	.143	.026	.048	.025	.061
Error variance	*	*	*	*	*	.01	*	*	.02	*	*	*	*

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Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

					Number of days active									Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	420	48	36	74	69	53	51	20	68	196	140	185	118	113	98	104	135	76
	20%	11%	16%	23%	19%	27%	22%	25%	26%	22%	24%	31%	11%	26%	24%	18%	17%	26%
				ab	a	abd	a	a	abd	ab	abd	b		b	bc			bc
Tend to agree (3.0)	619	76	67	115	127	61	80	20	73	303	173	212	258	137	115	192	233	67
	29%	18%	29%	36%	34%	31%	35%	25%	27%	34%	30%	35%	25%	31%	28%	33%	30%	23%
			a	ah	a	a	a		a	ah	a	b		b		d	d	
Tend to disagree (2.0)	573	112	76	79	105	52	60	24	63	237	148	113	339	113	94	160	237	72
	27%	26%	33%	25%	29%	26%	26%	30%	24%	27%	26%	19%	33%	26%	23%	27%	30%	24%
			chj										ac	a			a	
Strongly disagree (1.0)	379	158	32	39	44	22	25	11	48	105	83	63	242	61	79	84	144	63
	18%	37%	14%	12%	12%	11%	11%	13%	18%	12%	14%	10%	23%	14%	19%	14%	18%	22%
		bcdefghij							defi				ac					b
Don't know	135	37	20	13	24	9	12	5	15	46	32	31	77	14	29	42	34	16
	6%	9%	9%	4%	6%	4%	5%	7%	6%	5%	6%	5%	7%	3%	7%	7%	4%	5%
		ci	ci										c			c		
NET: Agree	1039	123	103	189	197	113	131	40	142	499	313	397	377	250	212	295	368	143
	49%	29%	45%	59%	53%	58%	58%	50%	53%	56%	54%	66%	36%	57%	51%	51%	47%	49%
			a	ab	ab	ab	ab	a	a	ab	ab	bc		b				
NET: Disagree	951	270	108	119	150	74	85	35	111	342	231	176	582	175	173	244	381	135
	45%	63%	47%	37%	40%	38%	37%	43%	41%	39%	40%	29%	56%	40%	42%	42%	49%	46%
		bcdefghij	cfi										ac	a			ab	
Base for stats	1990	394	211	308	346	187	217	75	253	841	544	573	959	425	385	539	749	278
Mean Score	2.54	2.03	2.51	2.73	2.64	2.77	2.73	2.67	2.64	2.70	2.68	2.91	2.26	2.71	2.60	2.58	2.48	2.56
			a	ab	a	ab	ab	a	a	ab	ab	bc		b				
Standard Deviation	1.025	1.041	.947	.969	.943	.989	.950	1.031	1.075	.963	1.020	.977	.973	1.014	1.077	.970	.998	1.120
Standard Error	.023	.054	.066	.055	.050	.071	.064	.118	.068	.033	.044	.040	.032	.049	.054	.041	.037	.068
Error variance	*	*	*	*	*	.01	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?
BASE: All respondents

			Gender		Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total		2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	312	152	160	135	76	102	16	35	42	46	25	29	55	38	26
		15%	15%	15%	21%	11%	13%	16%	13%	20%	21%	13%	12%	17%	11%	12%
					bc					bfhi	bfhi			h		
Tend to agree	(3.0)	610	286	323	216	212	183	28	76	53	56	55	61	119	101	62
		29%	28%	30%	34%	30%	23%	27%	27%	25%	25%	30%	26%	36%	29%	29%
					c	c								bcdf		
Tend to disagree	(2.0)	610	283	323	143	215	252	34	84	69	68	52	67	79	98	60
		29%	27%	30%	22%	31%	32%	33%	30%	33%	30%	28%	28%	24%	28%	28%
						a	a			g						
Strongly disagree	(1.0)	519	283	233	120	173	226	22	71	38	48	45	67	67	103	58
		24%	27%	22%	19%	25%	29%	21%	26%	18%	22%	25%	28%	20%	30%	27%
			b			a	a		c				cg		cdg	c
Don't know		73	31	38	28	24	22	3	10	6	5	6	12	13	9	9
		3%	3%	3%	4%	3%	3%	3%	4%	3%	2%	3%	5%	4%	3%	4%
NET: Agree		922	438	483	351	287	284	44	111	95	102	80	90	175	138	89
		43%	42%	45%	55%	41%	36%	43%	40%	46%	46%	44%	38%	52%	40%	41%
					bc									bfhi		
NET: Disagree		1129	566	556	263	388	478	55	155	107	116	97	134	146	201	119
		53%	55%	52%	41%	56%	61%	54%	56%	51%	52%	53%	57%	44%	58%	55%
						a	ab		g				g	g	g	g
Base for stats		2052	1004	1040	614	675	763	99	266	202	217	177	223	320	339	207
Mean Score		2.35	2.30	2.40	2.59	2.28	2.21	2.39	2.28	2.49	2.46	2.33	2.23	2.51	2.22	2.27
				a	bc					bfhi	bfh			bfhi		
Standard Deviation		1.019	1.039	.998	1.035	.970	1.013	1.002	1.002	1.025	1.058	1.010	1.019	1.007	1.000	1.009
Standard Error		.022	.032	.031	.040	.036	.039	.097	.059	.074	.071	.074	.076	.056	.055	.070
Error variance		*	*	*	*	*	*	.01	*	.01	*	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total		2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	312	41	64	64	34	39	70	169	143	235	18	21	24	6	3	71
		15%	24%	14%	13%	12%	18%	14%	15%	15%	13%	29%	17%	25%	27%	32%	23%
			bcdfgh									ac		a			a
Tend to agree	(3.0)	610	50	140	143	83	59	136	333	277	485	17	54	34	9	4	119
		29%	29%	30%	28%	30%	27%	28%	29%	28%	27%	29%	43%	37%	43%	44%	38%
													a	a			a
Tend to disagree	(2.0)	610	33	148	161	87	63	118	342	268	535	15	31	17	4	-	67
		29%	19%	32%	32%	32%	28%	24%	30%	27%	30%	25%	25%	18%	22%	-	22%
				af	af	af	a		af	a	dg						
Strongly disagree	(1.0)	519	46	103	117	63	47	143	266	253	468	9	16	16	1	2	44
		24%	27%	22%	23%	23%	21%	30%	23%	26%	26%	16%	13%	17%	4%	24%	14%
								bcdeg			cdg						
Don't know		73	2	13	22	8	14	16	36	37	57	1	3	3	1	-	7
		3%	1%	3%	4%	3%	6%	3%	3%	4%	3%	1%	2%	3%	3%	-	2%
					a		abg										
NET: Agree		922	91	204	207	117	99	205	502	420	720	35	75	58	14	8	190
		43%	53%	44%	41%	43%	44%	43%	44%	43%	40%	59%	60%	62%	71%	76%	62%
			bcdfgh									a	a	a			a
NET: Disagree		1129	79	251	279	150	110	261	608	521	1003	24	47	33	5	2	111
		53%	46%	54%	55%	55%	50%	54%	53%	53%	56%	40%	37%	35%	26%	24%	36%
					a						bcdg						
Base for stats		2052	170	455	486	267	209	466	1110	941	1723	59	122	91	20	10	301
Mean Score		2.35	2.51	2.36	2.32	2.33	2.44	2.28	2.36	2.33	2.28	2.73	2.66	2.72	2.97	2.84	2.72
			cfh									a	a	a			a
Standard Deviation		1.019	1.129	.983	.983	.977	1.038	1.057	1.008	1.031	1.010	1.064	.915	1.043	.844	1.178	.986
Standard Error		.022	.088	.047	.045	.056	.068	.051	.031	.033	.024	.134	.081	.108	.184	.373	.056
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.03	.14	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total		2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	312	168	63	68	131	34	22	83	30	7	12	14	12	33	65	56
		15%	13%	17%	20%	19%	19%	17%	13%	16%	12%	17%	14%	12%	18%	14%	18%
				a	a	a	c								c		c
Tend to agree	(3.0)	610	358	108	114	222	61	38	200	51	14	15	26	36	57	112	99
		29%	27%	30%	33%	31%	33%	30%	30%	27%	23%	20%	26%	34%	32%	25%	32%
					a	a	fj							f			fj
Tend to disagree	(2.0)	610	413	97	78	175	48	40	207	54	22	31	31	26	35	117	89
		29%	31%	27%	23%	25%	27%	32%	31%	28%	37%	42%	31%	25%	19%	26%	29%
			cd					i	i	i	i	adhijk	i				i
Strongly disagree	(1.0)	519	349	88	67	155	34	24	155	48	15	13	26	21	43	141	58
		24%	26%	24%	20%	22%	19%	19%	23%	25%	25%	17%	25%	20%	24%	32%	19%
			cd													abcfhk	
Don't know		73	40	9	14	22	4	1	17	8	2	2	4	11	11	14	5
		3%	3%	2%	4%	3%	2%	1%	3%	4%	3%	3%	4%	10%	6%	3%	2%
														abcdjk	bck		
NET: Agree		922	525	171	181	352	95	60	283	81	21	27	40	48	90	177	155
		43%	40%	47%	53%	50%	52%	48%	43%	42%	36%	37%	40%	46%	50%	39%	50%
				a	a	a	cefgj								ej		cefj
NET: Disagree		1129	762	185	145	330	83	64	361	102	37	43	56	47	78	258	147
		53%	57%	51%	43%	47%	46%	52%	55%	53%	62%	60%	56%	44%	43%	58%	48%
			bcd	c					ai		ahik	ahi	i			ahik	
Base for stats		2052	1287	356	327	683	178	124	645	183	58	70	97	94	168	435	302
Mean Score		2.35	2.27	2.41	2.56	2.48	2.53	2.46	2.33	2.34	2.24	2.38	2.30	2.42	2.48	2.23	2.50
				a	a	a	cj	j								j	cj
Standard Deviation		1.019	1.000	1.047	1.036	1.043	1.014	.996	.980	1.042	.981	.976	1.018	.974	1.075	1.061	1.006
Standard Error		.022	.027	.060	.060	.042	.075	.089	.038	.075	.124	.115	.096	.099	.081	.056	.057
Error variance		*	*	*	*	*	.01	.01	*	.01	.02	.01	.01	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Nature of working location						Nature of working hours						Number of people in household including self				
	Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	312	61	50	28	8	78	70	82	39	22	9	61	91	50	164	80	18	262
	15%	12%	14%	18%	17%	15%	13%	14%	17%	13%	20%	15%	14%	13%	15%	15%	19%	15%
Tend to agree (3.0)	610	132	122	37	16	160	147	155	89	50	11	139	167	98	324	159	29	512
	29%	26%	34% acf	24%	32%	31%	27%	26%	38% acf	28%	26%	34% af	26%	26%	29%	30%	31%	29%
Tend to disagree (2.0)	610	161	108	54	16	162	177	196	67	58	14	125	210	109	328	149	25	501
	29%	32%	30%	34%	33%	31%	32%	32%	29%	33%	32%	30%	32%	29%	29%	28%	26%	29%
Strongly disagree (1.0)	519	129	74	36	7	110	135	155	38	42	8	80	163	107	273	121	18	412
	24%	26% d	21%	23%	13%	21%	25%	26% be	16%	24%	17%	19%	25% be	28%	24%	23%	19%	24%
Don't know	73	14	6	3	3	9	16	17	1	6	2	7	19	17	28	24	4	56
	3%	3%	2%	2%	5%	2%	3%	3% b	1%	3% b	4%	2%	3% b	4%	3%	5% b	4%	3%
NET: Agree	922	193	173	66	24	238	217	237	128	73	20	200	257	148	488	239	48	774
	43%	39%	48% af	41%	49%	46% af	40%	39%	55% acf	41%	46%	49% af	40%	39%	44% a	45%	50%	44% a
NET: Disagree	1129	290	182	90	23	272	312	351	105	100	22	205	372	216	600	270	43	913
	53%	58% b	51%	57%	46%	52%	57% b	58% be	45%	56% b	50%	50%	57% be	57% d	54%	51%	45%	52%
Base for stats	2052	483	355	155	46	510	529	588	232	173	42	405	630	364	1088	509	90	1688
Mean Score	2.35	2.26	2.42 af	2.37	2.55	2.40 af	2.29	2.28	2.55 acf	2.31	2.51	2.45 af	2.29	2.25	2.35 a	2.39 a	2.53 a	2.37 a
Standard Deviation	1.019	.992	.972	1.034	.949	.991	.990	1.004	.953	.982	1.026	.972	1.007	1.026	1.015	1.014	1.029	1.016
Standard Error	.022	.044	.051	.083	.137	.043	.042	.040	.062	.074	.151	.048	.039	.053	.031	.045	.109	.025
Error variance	*	*	*	.01	.02	*	*	*	*	.01	.02	*	*	*	*	*	.01	*

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Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	312	96	158	65	80	25	161	143	18	253	59	272	35
	15%	27%	12%	27%	20%	25%	11%	22%	30%	15%	13%	15%	11%
		b		bd	d	d		d	d				
Tend to agree (3.0)	610	126	372	73	117	32	402	197	22	488	123	497	105
	29%	35%	28%	30%	30%	33%	28%	30%	37%	29%	26%	28%	34%
		b											a
Tend to disagree (2.0)	610	70	420	55	96	22	432	161	10	465	145	528	80
	29%	19%	32%	23%	25%	22%	31%	25%	17%	28%	31%	30%	26%
			a				abef						
Strongly disagree (1.0)	519	63	340	38	86	15	372	131	6	393	126	439	79
	24%	17%	26%	16%	22%	16%	26%	20%	11%	24%	27%	25%	25%
			a		af		acef						
Don't know	73	9	41	10	12	4	44	22	4	61	12	52	14
	3%	2%	3%	4%	3%	4%	3%	3%	6%	4%	3%	3%	4%
NET: Agree	922	222	531	138	197	56	563	340	40	741	181	769	140
	43%	61%	40%	57%	50%	58%	40%	52%	66%	45%	39%	43%	45%
		b		d	d	d		d	bde	b			
NET: Disagree	1129	133	760	93	183	37	803	292	16	858	271	967	158
	53%	37%	57%	39%	47%	38%	57%	45%	27%	52%	58%	54%	51%
			a		af		abcef	f			a		
Base for stats	2052	355	1291	231	379	93	1366	631	56	1599	452	1736	298
Mean Score	2.35	2.72	2.27	2.72	2.50	2.71	2.26	2.56	2.91	2.38	2.25	2.35	2.32
		b		bde	d	d		d	bde	b			
Standard Deviation	1.019	1.048	.985	1.048	1.062	1.035	.986	1.057	.982	1.021	1.004	1.023	.993
Standard Error	.022	.056	.028	.066	.056	.106	.027	.042	.125	.025	.048	.025	.055
Error variance	*	*	*	*	*	.01	*	*	.02	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?
BASE: All respondents

			Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	312	75	24	56	51	18	38	12	38	124	88	109	118	78	87	82	86	45
	15%	17%	11%	17%	14%	9%	17%	15%	14%	14%	15%	18%	11%	18%	21%	14%	11%	15%
		be		be			e				e	b		b	bc			
Tend to agree (3.0)	610	100	80	92	129	68	68	19	54	289	140	199	266	135	146	170	214	72
	29%	23%	35%	29%	35%	35%	30%	23%	20%	33%	24%	33%	26%	31%	35%	29%	27%	25%
			ahj	h	aghj	ahj	h			ahj		b		b	bcd			
Tend to disagree (2.0)	610	118	67	94	97	61	68	27	80	251	174	169	316	116	90	178	263	63
	29%	27%	29%	29%	26%	31%	30%	33%	30%	28%	30%	28%	31%	26%	22%	31%	34%	21%
																ad	ad	
Strongly disagree (1.0)	519	111	54	68	78	47	50	22	89	193	161	122	290	98	78	124	202	108
	24%	26%	23%	21%	21%	24%	22%	27%	33%	22%	28%	20%	28%	22%	19%	21%	26%	37%
									abcdefi		cdi		ac				a	abc
Don't know	73	26	6	11	15	2	5	1	7	29	13	6	46	11	13	27	18	5
	3%	6%	2%	3%	4%	1%	2%	1%	3%	3%	2%	1%	4%	3%	3%	5%	2%	2%
		befhij											a			cd		
NET: Agree	922	175	105	148	180	86	106	31	91	414	228	308	384	213	233	252	300	117
	43%	41%	45%	46%	49%	44%	47%	39%	34%	47%	40%	51%	37%	49%	56%	43%	38%	40%
			h	h	ahj	h	h			ahj		b		b	bcd			
NET: Disagree	1129	229	121	162	175	108	117	49	170	444	335	291	606	214	168	302	464	171
	53%	53%	52%	50%	47%	55%	51%	60%	63%	50%	58%	48%	58%	49%	41%	52%	59%	58%
								d	abcdfi		cdi		ac			a	ab	a
Base for stats	2052	404	225	310	355	193	223	80	261	858	564	598	990	427	401	554	764	288
Mean Score	2.35	2.34	2.33	2.44	2.43	2.29	2.43	2.27	2.15	2.40	2.28	2.49	2.21	2.45	2.60	2.38	2.24	2.19
		h	h	hj	hj		h			hj		b		b	bcd	cd		
Standard Deviation	1.019	1.071	.960	1.024	.988	.937	1.018	1.032	1.052	.991	1.042	1.011	.997	1.036	1.031	.991	.969	1.104
Standard Error	.022	.055	.064	.058	.052	.066	.067	.115	.065	.034	.044	.041	.032	.050	.050	.042	.036	.066
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total		2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	177	99	78	100	49	27	9	24	17	20	12	13	48	15	17
		8%	10%	7%	16%	7%	3%	9%	9%	8%	9%	7%	5%	15%	4%	8%
					bc	c			h		h			bcefhi		
Tend to agree	(3.0)	365	187	175	160	144	61	19	46	39	39	31	30	78	50	33
		17%	18%	16%	25%	21%	8%	18%	17%	19%	18%	17%	13%	23%	14%	15%
					bc	c								bfhi		
Tend to disagree	(2.0)	667	304	361	172	212	284	29	82	78	68	67	80	82	108	72
		31%	29%	33%	27%	30%	36%	29%	30%	38%	31%	37%	34%	24%	31%	33%
				a			ab			g		g	g			g
Strongly disagree	(1.0)	802	384	415	170	253	379	36	110	64	83	60	101	105	159	85
		38%	37%	39%	26%	36%	48%	35%	40%	31%	37%	33%	43%	31%	46%	39%
						a	ab		cg				ceg		cdeg	
Don't know		115	61	48	39	42	34	9	14	9	13	12	11	21	16	9
		5%	6%	5%	6%	6%	4%	9%	5%	4%	6%	6%	5%	6%	5%	4%
NET: Agree		541	286	253	260	192	88	28	70	56	59	44	43	126	65	50
		25%	28%	23%	41%	28%	11%	28%	25%	27%	27%	24%	18%	38%	19%	23%
			b		bc	c		h	h	fh	fh			bcdefhi		
NET: Disagree		1469	688	776	342	465	663	65	192	143	151	127	181	186	267	157
		69%	66%	72%	53%	66%	84%	64%	70%	69%	68%	70%	77%	56%	77%	73%
				a		a	ab		g	g	g	g	adg		abcdg	g
Base for stats		2010	974	1029	602	657	751	94	262	199	210	171	224	312	332	207
Mean Score		1.96	2.00	1.92	2.32	1.98	1.65	2.02	1.94	2.04	1.99	1.98	1.80	2.22	1.77	1.91
					bc	c		h	h	fh	fh	h		bdefhi		
Standard Deviation		.964	.996	.933	1.056	.950	.780	.999	.979	.932	.984	.909	.881	1.076	.873	.944
Standard Error		.022	.032	.030	.042	.036	.031	.100	.058	.068	.067	.068	.065	.060	.048	.066
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

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Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

			Social Grade								Ethnicity						
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total		2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	177	30	40	38	23	21	24	108	69	120	13	19	17	1	-	50
		8%	17%	9%	8%	9%	9%	5%	9%	7%	7%	22%	15%	18%	6%	-	16%
			bcdefgh	f			f		fh			a	a	a			a
Tend to agree	(3.0)	365	50	95	98	43	35	43	243	121	283	14	40	17	7	2	81
		17%	29%	20%	19%	16%	16%	9%	21%	12%	16%	23%	32%	19%	34%	25%	26%
			bcdefgh	fh	fh	f	f		defh				ad				a
Tend to disagree	(2.0)	667	39	136	157	97	80	160	331	336	586	16	30	21	5	1	73
		31%	23%	29%	31%	35%	36%	33%	29%	34%	33%	26%	24%	22%	25%	14%	24%
					a	ag	ag	a		abg	cdg						
Strongly disagree	(1.0)	802	45	183	186	96	64	227	414	388	709	12	27	32	6	6	83
		38%	26%	39%	37%	35%	29%	47%	36%	40%	40%	20%	21%	34%	32%	61%	27%
				ae	ae			abcdegh	ae	ae	bcg			c			
Don't know		115	8	14	29	15	23	27	50	65	83	5	9	7	1	-	22
		5%	4%	3%	6%	5%	10%	6%	4%	7%	5%	9%	8%	7%	3%	-	7%
					b		abcdfgh	b		bg							a
NET: Agree		541	80	135	137	67	56	68	351	190	403	27	59	34	8	2	131
		25%	47%	29%	27%	24%	25%	14%	31%	19%	23%	45%	47%	37%	40%	25%	42%
			bcdefgh	fh	fh	f	f		dfh	f		a	a	a			a
NET: Disagree		1469	84	319	343	193	144	387	745	724	1295	28	56	53	11	7	155
		69%	49%	68%	67%	70%	65%	80%	65%	74%	73%	46%	45%	56%	57%	75%	50%
				a	a	a	a	abcdegh	a	abceg	bcdg						
Base for stats		2010	164	453	479	260	200	454	1097	914	1698	54	115	87	20	10	286
Mean Score		1.96	2.40	1.98	1.98	1.98	2.06	1.70	2.04	1.86	1.89	2.51	2.44	2.22	2.14	1.64	2.34
			bcdefgh	fh	fh	f	fh		fh	f		a	a	a			a
Standard Deviation		.964	1.078	.983	.956	.949	.956	.850	.996	.915	.925	1.090	1.020	1.147	.971	.899	1.075
Standard Error		.022	.086	.047	.044	.056	.064	.042	.030	.030	.023	.143	.093	.121	.212	.284	.062
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.04	.08	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

			Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total		2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	177	72	38	49	87	25	13	57	15	11	8	10	16	10	12	38
		8%	5%	10%	14%	12%	14%	11%	9%	8%	19%	10%	10%	15%	6%	3%	12%
				a	a	a	cij	j	j	j	cdij	j	j	cdij			ij
Tend to agree	(3.0)	365	176	84	84	169	40	37	138	34	13	9	13	20	30	31	77
		17%	13%	23%	25%	24%	22%	29%	21%	18%	22%	13%	13%	19%	17%	7%	25%
				a	a	a	gj	cdfgij	gj	j	j		j	j	j		dfgij
Tend to disagree	(2.0)	667	455	104	88	192	47	29	211	67	11	27	33	28	53	160	76
		31%	34%	28%	26%	27%	26%	23%	32%	35%	19%	37%	33%	27%	30%	36%	25%
			bcd						bek	bek		bek				abek	
Strongly disagree	(1.0)	802	558	123	102	226	61	39	228	65	21	21	38	29	70	230	100
		38%	42%	34%	30%	32%	34%	31%	34%	34%	36%	29%	38%	28%	39%	51%	33%
			bcd													abcdefghik	
Don't know		115	67	16	17	32	8	7	27	11	2	8	7	11	16	16	15
		5%	5%	4%	5%	5%	5%	5%	4%	6%	4%	11%	7%	11%	9%	3%	5%
												cj		acjk	cj		
NET: Agree		541	248	122	133	255	65	50	195	49	24	17	22	36	40	43	115
		25%	19%	33%	39%	36%	36%	40%	29%	25%	41%	23%	22%	34%	22%	10%	37%
				a	a	a	dgij	cdfgij	ij	j	dfgij	j	j	ij	j		cdfgij
NET: Disagree		1469	1013	227	190	417	108	68	439	132	33	48	71	58	123	390	176
		69%	76%	62%	56%	59%	60%	54%	66%	69%	55%	66%	70%	55%	69%	87%	58%
			bcd						bhk	behk			behk		behk	abcdefghik	
Base for stats		2010	1261	349	324	673	173	118	635	180	57	65	93	94	162	433	291
Mean Score		1.96	1.81	2.10	2.25	2.17	2.16	2.21	2.04	1.99	2.25	2.06	1.94	2.24	1.88	1.60	2.18
				a	a	a	ij	gij	j	j	ij	j		dgij	j		cdgij
Standard Deviation		.964	.881	1.010	1.061	1.036	1.064	1.031	.967	.939	1.158	.970	.982	1.077	.924	.745	1.049
Standard Error		.022	.024	.058	.062	.042	.080	.094	.038	.068	.147	.119	.095	.111	.071	.040	.061
Error variance		*	*	*	*	*	.01	.01	*	*	.02	.01	.01	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

			Nature of working location						Nature of working hours						Number of people in household including self				
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total		2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total		2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	177	47	29	19	7	48	54	49	30	17	6	47	55	21	80	62	13	155
		8%	9%	8%	12%	14%	9%	10%	8%	13%	9%	13%	11%	8%	6%	7%	12%	14%	9%
										a							ab	ab	a
Tend to agree	(3.0)	365	97	82	34	11	116	108	115	64	29	12	93	127	47	186	112	20	318
		17%	20%	23%	22%	23%	22%	20%	19%	28%	16%	27%	23%	20%	12%	17%	21%	21%	18%
										acf						a	ab	a	a
Tend to disagree	(2.0)	667	167	106	48	13	154	180	196	67	53	15	120	211	129	371	147	21	538
		31%	34%	29%	30%	27%	30%	33%	32%	29%	30%	35%	29%	33%	34%	33%	27%	22%	31%
															cd	cd			
Strongly disagree	(1.0)	802	159	135	50	15	185	174	218	66	67	8	133	226	163	431	177	30	638
		38%	32%	37%	32%	30%	36%	32%	36%	28%	37%	19%	32%	35%	43%	39%	33%	32%	37%
										bd		bd			d	ce	c		
Don't know		115	26	9	7	3	16	30	27	6	12	2	19	29	20	49	35	11	95
		5%	5%	2%	4%	7%	3%	5%	4%	3%	7%	5%	5%	5%	5%	4%	7%	11%	5%
				b				be			b							abe	
NET: Agree		541	144	111	53	18	164	162	165	94	46	17	140	182	68	266	175	33	473
		25%	29%	31%	34%	37%	32%	30%	27%	40%	26%	40%	34%	28%	18%	24%	33%	35%	27%
										acf		c	acf			a	abe	ab	ab
NET: Disagree		1469	326	241	98	28	339	353	414	133	120	24	253	437	293	802	324	51	1176
		69%	66%	67%	62%	56%	65%	65%	68%	57%	67%	54%	61%	67%	77%	72%	61%	54%	67%
										bde		b		be	cde	cde			cd
Base for stats		2010	470	352	151	46	503	516	578	227	166	41	393	619	361	1067	499	84	1649
Mean Score		1.96	2.07	2.02	2.14	2.23	2.05	2.08	1.99	2.25	1.97	2.36	2.14	2.02	1.80	1.92	2.12	2.18	1.99
										acf		acf	a			a	abe	ab	a
Standard Deviation		.964	.971	.976	1.021	1.069	.990	.980	.958	1.020	.994	.971	1.017	.963	.883	.934	1.034	1.092	.978
Standard Error		.022	.043	.051	.083	.156	.044	.042	.039	.067	.077	.145	.051	.038	.046	.029	.047	.121	.024
Error variance		*	*	*	.01	.02	*	*	*	*	.01	.02	*	*	*	*	*	.01	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total		2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
Strongly agree	(4.0)	177 8%	68 19% b	79 6%	36 15% bd	27 7%	17 17% bde	103 7%	69 11% d	8 13%	142 9%	35 8%	152 9%	22 7%
Tend to agree	(3.0)	365 17%	108 30% b	202 15%	48 20% b	51 13%	25 26% bdef	248 18% b	114 18%	7 12%	297 18%	68 15%	311 17%	49 16%
Tend to disagree	(2.0)	667 31%	83 23%	442 33% a	76 32%	130 33%	27 28%	436 31%	211 32%	15 25%	525 32%	143 31%	561 31%	101 32%
Strongly disagree	(1.0)	802 38%	82 23%	547 41% a	66 27%	165 42% ace	20 21%	557 39% ace	222 34% c	25 42% ac	606 36%	196 42% a	678 38%	119 38%
Don't know		115 5%	23 6%	63 5%	15 6%	19 5%	8 8%	65 5%	37 6%	4 8%	92 6%	23 5%	87 5%	21 7%
NET: Agree		541 25%	175 48% b	281 21%	84 35% bde	78 20%	42 43% bdef	352 25% b	183 28% b	15 25%	438 26%	103 22%	463 26%	71 23%
NET: Disagree		1469 69%	166 46%	989 74% a	142 59%	294 75% ace	47 49%	993 70% ac	433 66% ac	40 67% c	1130 68%	339 73% a	1239 69%	220 71%
Base for stats		2010	341	1269	226	373	89	1344	616	55	1569	442	1702	291
Mean Score		1.96	2.47 b	1.85	2.24 bde	1.84	2.43 bdef	1.92	2.05 bd	1.95	1.98 b	1.87	1.96	1.91
Standard Deviation		.964	1.064	.904	1.042	.922	1.042	.949	.996	1.082	.968	.948	.968	.936
Standard Error		.022	.058	.026	.067	.049	.109	.026	.040	.139	.024	.046	.024	.053
Error variance		*	*	*	*	*	.01	*	*	.02	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	177	10	13	26	38	22	22	12	33	86	68	92	51	30	36	40	47	46
	8%	2%	6%	8%	10%	11%	10%	15%	12%	10%	12%	15%	5%	7%	9%	7%	6%	16%
			a	a	a	ab	a	abc	ab	a	ab	bc						abc
Tend to agree (3.0)	365	29	40	64	84	46	42	18	42	194	102	146	131	84	79	107	129	47
	17%	7%	17%	20%	23%	23%	18%	22%	16%	22%	18%	24%	13%	19%	19%	18%	16%	16%
			a	a	ahj	ah	a	a	a	ahj	a	b		b				
Tend to disagree (2.0)	667	140	83	112	114	66	77	19	57	292	153	145	355	155	129	192	264	62
	31%	32%	36%	35%	31%	34%	34%	23%	21%	33%	26%	24%	34%	35%	31%	33%	34%	21%
		hj	ghj	ghj	h	h	hj			hj			a	a	d	d	d	
Strongly disagree (1.0)	802	216	82	105	115	58	79	29	118	278	227	200	431	157	154	201	315	125
	38%	50%	35%	33%	31%	29%	35%	36%	44%	31%	39%	33%	42%	36%	37%	35%	40%	43%
		bcdefgij							bcdefi		dei		ac				b	b
Don't know	115	37	13	14	18	5	7	3	18	36	28	21	67	13	16	41	28	14
	5%	9%	6%	4%	5%	2%	3%	3%	7%	4%	5%	3%	6%	3%	4%	7%	4%	5%
		cdefij							e				ac			ac		
NET: Agree	541	38	53	90	122	68	64	30	75	280	169	238	182	114	115	147	176	92
	25%	9%	23%	28%	33%	35%	28%	37%	28%	32%	29%	39%	18%	26%	28%	25%	22%	32%
			a	a	ab	ab	a	ab	a	ab	a	bc		b	c			c
NET: Disagree	1469	356	164	217	229	123	156	48	175	570	379	345	786	312	283	393	578	187
	69%	83%	71%	68%	62%	63%	69%	60%	65%	64%	66%	57%	76%	71%	68%	68%	74%	64%
		bcdefghij	d										a	a			abd	
Base for stats	2010	394	218	307	352	191	221	78	250	850	549	584	969	426	398	540	754	280
Mean Score	1.96	1.57	1.93	2.04	2.13	2.17	2.03	2.17	1.96	2.10	2.02	2.22	1.80	1.97	1.99	1.98	1.88	2.05
			a	a	abh	abh	a	a	a	abh	a	bc		b	c			c
Standard Deviation	.964	.733	.895	.946	.992	.988	.978	1.106	1.082	.975	1.046	1.085	.867	.920	.976	.932	.908	1.128
Standard Error	.022	.038	.061	.054	.053	.070	.065	.125	.069	.033	.045	.045	.028	.044	.048	.040	.034	.069
Error variance	*	*	*	*	*	*	*	.02	*	*	*	*	*	*	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total		2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	458	248	209	179	163	116	16	59	52	48	38	43	93	71	39
		22%	24%	19%	28%	23%	15%	16%	21%	25%	21%	21%	18%	28%	20%	18%
			b		bc	c								afhi		
Tend to agree	(3.0)	965	467	496	273	339	353	54	132	89	94	83	105	145	167	96
		45%	45%	46%	43%	48%	45%	53%	48%	43%	42%	45%	45%	43%	48%	44%
						a										
Tend to disagree	(2.0)	386	170	214	106	112	168	16	39	36	48	39	53	49	61	46
		18%	16%	20%	17%	16%	21%	15%	14%	17%	21%	21%	23%	15%	17%	21%
				a			ab				bg	b	bg			bg
Strongly disagree	(1.0)	217	112	103	44	60	113	10	32	23	21	14	22	34	37	24
		10%	11%	10%	7%	9%	14%	10%	12%	11%	9%	8%	9%	10%	11%	11%
							ab									
Don't know		99	39	55	39	25	34	7	14	8	12	9	12	14	13	11
		5%	4%	5%	6%	4%	4%	6%	5%	4%	5%	5%	5%	4%	4%	5%
					b											
NET: Agree		1423	714	705	452	502	469	70	191	141	142	121	148	237	238	135
		67%	69%	65%	71%	72%	60%	68%	69%	68%	64%	66%	63%	71%	68%	62%
					c	c								i		
NET: Disagree		603	281	317	150	172	281	26	71	59	69	53	75	82	97	71
		28%	27%	29%	23%	25%	36%	25%	26%	28%	31%	29%	32%	25%	28%	33%
							ab									g
Base for stats		2026	995	1022	603	673	750	96	262	200	211	174	224	320	335	206
Mean Score		2.82	2.85	2.79	2.98	2.90	2.63	2.79	2.83	2.86	2.80	2.83	2.76	2.93	2.81	2.73
					c	c								fi		
Standard Deviation		.902	.920	.880	.876	.868	.919	.851	.915	.937	.903	.862	.878	.928	.892	.904
Standard Error		.020	.029	.028	.034	.032	.036	.083	.054	.068	.061	.064	.065	.051	.049	.063
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total		2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	458	63	124	100	52	52	67	287	171	356	23	36	28	4	3	94
		22%	37%	26%	20%	19%	24%	14%	25%	18%	20%	39%	29%	30%	21%	28%	31%
			bcdefgh	cdfh	f		fh		cdfh			a	a	a			a
Tend to agree	(3.0)	965	80	225	239	114	96	212	543	421	815	29	60	37	10	2	138
		45%	47%	48%	47%	41%	43%	44%	47%	43%	46%	49%	48%	40%	48%	21%	45%
									h								
Tend to disagree	(2.0)	386	16	73	97	59	44	98	186	200	338	4	16	20	3	2	45
		18%	9%	16%	19%	22%	20%	20%	16%	20%	19%	7%	12%	21%	17%	20%	15%
					a	abg	a	a	a	abg	b			b			
Strongly disagree	(1.0)	217	9	29	42	37	20	81	79	137	194	2	8	3	1	3	18
		10%	5%	6%	8%	13%	9%	17%	7%	14%	11%	4%	6%	4%	5%	31%	6%
						abcg		abceg		abceg	dg						
Don't know		99	4	17	30	13	11	24	51	48	79	1	5	6	2	-	14
		5%	2%	4%	6%	5%	5%	5%	4%	5%	4%	2%	4%	6%	10%	-	4%
NET: Agree		1423	143	349	339	165	148	280	831	593	1170	52	96	65	14	5	232
		67%	83%	75%	67%	60%	66%	58%	72%	61%	66%	87%	77%	69%	69%	49%	75%
			bcdefgh	cdefh	fh		f		cdfh			adg	a				a
NET: Disagree		603	25	101	139	96	63	178	265	337	532	6	23	23	4	5	62
		28%	15%	22%	27%	35%	28%	37%	23%	34%	30%	11%	19%	25%	21%	51%	20%
					ab	abcg	ab	abceg	a	abcg	bcg			b			
Base for stats		2026	168	450	478	261	211	458	1096	930	1702	59	119	88	18	10	294
Mean Score		2.82	3.17	2.99	2.83	2.69	2.86	2.58	2.95	2.67	2.78	3.24	3.04	3.02	2.94	2.45	3.05
			bcdefgh	cdfh	dfh		dfh		cdfh			a	a	a			a
Standard Deviation		.902	.810	.832	.859	.947	.899	.944	.848	.940	.903	.759	.832	.838	.815	1.263	.842
Standard Error		.020	.064	.040	.039	.055	.059	.046	.026	.030	.022	.096	.075	.087	.182	.399	.048
Error variance		*	*	*	*	*	*	*	*	*	*	.01	.01	.01	.03	.16	*

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	458	247	94	98	191	53	44	150	43	15	15	21	29	27	60	97
	22%	19%	26%	29%	27%	29%	35%	23%	22%	25%	21%	21%	27%	15%	13%	32%
			a	a	a	ij	cdfgij	ij	j	j			j	ij		cdgij
Tend to agree (3.0)	965	596	175	158	333	83	60	319	84	24	33	45	45	75	197	143
	45%	45%	48%	46%	47%	46%	48%	48%	44%	40%	46%	45%	43%	42%	44%	47%
Tend to disagree (2.0)	386	264	57	52	109	29	13	114	43	10	14	17	19	37	91	42
	18%	20%	16%	15%	15%	16%	10%	17%	23%	17%	20%	17%	18%	21%	20%	14%
		d							bk					bk	bk	
Strongly disagree (1.0)	217	162	25	17	42	10	4	55	11	7	7	10	6	25	82	14
	10%	12%	7%	5%	6%	6%	4%	8%	6%	11%	10%	10%	5%	14%	18%	5%
		bcd						k		bk				abcdhk	abcdghk	
Don't know	99	59	14	15	29	7	3	25	10	4	2	7	7	14	18	10
	5%	4%	4%	4%	4%	4%	3%	4%	5%	6%	3%	7%	6%	8%	4%	3%
														bcjk		
NET: Agree	1423	843	268	256	524	136	104	469	127	39	49	67	74	102	258	240
	67%	64%	74%	75%	74%	75%	83%	71%	66%	65%	67%	66%	71%	57%	57%	78%
			a	a	a	ij	cdefghij	ij	j				ij			cdefgij
NET: Disagree	603	426	82	69	151	39	17	168	55	17	21	26	24	62	173	56
	28%	32%	23%	20%	21%	21%	14%	25%	28%	29%	29%	26%	23%	35%	39%	18%
		bcd						bk	bk	b	bk	b		abchk	abcdghk	
Base for stats	2026	1269	351	325	676	175	122	637	181	56	70	93	98	164	430	296
Mean Score	2.82	2.73	2.96	3.04	3.00	3.03	3.18	2.89	2.87	2.84	2.82	2.84	2.99	2.63	2.55	3.09
			a	a	a	ij	cdefgij	ij	ij	j	j	j	ij			cdefgij
Standard Deviation	.902	.918	.847	.820	.834	.839	.764	.863	.844	.966	.895	.899	.848	.939	.954	.811
Standard Error	.020	.025	.049	.048	.034	.062	.069	.033	.061	.124	.105	.086	.084	.071	.051	.047
Error variance	*	*	*	*	*	*	*	*	*	.02	.01	.01	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

			Nature of working location						Nature of working hours						Number of people in household including self				
	Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	458	120	88	40	11	128	131	134	69	50	8	119	142	63	222	149	24	395
	22%	24%	24%	25%	23%	25%	24%	22%	30% af	28%	19%	29% af	22%	17%	20%	28% abe	25%	23% a
Tend to agree (3.0)	965	216	193	69	23	262	239	290	107	83	18	190	308	180	494	248	43	785
	45%	44%	54% acf	44%	47%	51% af	44%	48%	46%	47%	41%	46%	47%	47%	44%	46%	46%	45%
Tend to disagree (2.0)	386	98	51	30	9	81	106	102	41	26	14	67	115	79	215	77	15	307
	18%	20% b	14%	19%	18%	16%	20% b	17%	18%	14%	31% abcef	16%	18%	21% c	19% c	14%	16%	18%
Strongly disagree (1.0)	217	43	21	11	5	33	47	52	12	14	2	26	55	42	131	36	7	174
	10%	9%	6%	7%	9%	6%	9%	9%	5%	8%	5%	6%	8%	11% c	12% c	7%	8%	10% c
Don't know	99	20	7	7	2	15	22	27	4	6	2	10	28	16	54	24	5	83
	5%	4%	2%	5%	4%	3%	4%	4%	2%	3%	4%	2%	4%	4%	5%	4%	5%	5%
NET: Agree	1423	336	282	109	34	391	370	425	176	133	26	309	450	243	716	397	67	1180
	67%	68%	78% acf	69%	70%	75% af	68%	70%	75% d	75% d	59%	75% df	69%	64%	64%	74% abe	71%	68%
NET: Disagree	603	140	72	41	13	113	153	154	53	40	16	93	170	121	346	113	22	481
	28%	28% be	20%	26%	27%	22%	28% be	25%	23%	22%	37% bce	22%	26%	32% c	31% c	21%	24%	28% c
Base for stats	2026	476	353	151	47	504	524	579	229	172	42	402	620	365	1062	510	89	1661
Mean Score	2.82	2.87	2.99 af	2.92	2.86	2.97	2.87	2.88	3.02 af	2.98	2.76	3.00 af	2.87	2.72	2.76	3.00 abe	2.93 a	2.84 ab
Standard Deviation	.902	.893	.797	.875	.896	.821	.893	.869	.832	.874	.835	.849	.867	.883	.921	.854	.872	.905
Standard Error	.020	.040	.042	.071	.128	.036	.038	.035	.054	.066	.123	.042	.034	.046	.028	.038	.093	.022
Error variance	*	*	*	.01	.02	*	*	*	*	*	.02	*	*	*	*	*	.01	*

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	458	109	276	64	59	20	318	128	11	374	84	388	65
	22%	30%	21%	26%	15%	21%	23%	20%	18%	23%	18%	22%	21%
		b		be			b			b			
Tend to agree (3.0)	965	147	621	97	147	37	690	252	23	751	214	825	133
	45%	40%	47%	40%	38%	38%	49%	38%	39%	45%	46%	46%	43%
			a				abce						
Tend to disagree (2.0)	386	65	234	45	87	27	236	140	12	295	91	329	53
	18%	18%	18%	19%	22%	28%	17%	21%	21%	18%	20%	18%	17%
					d	d		d					
Strongly disagree (1.0)	217	29	138	24	75	8	111	99	9	165	51	171	43
	10%	8%	10%	10%	19%	8%	8%	15%	15%	10%	11%	10%	14%
					acd			ad	d				a
Don't know	99	14	63	12	23	5	55	34	4	75	24	76	17
	5%	4%	5%	5%	6%	5%	4%	5%	7%	5%	5%	4%	6%
NET: Agree	1423	256	898	160	206	57	1008	380	34	1125	298	1213	198
	67%	70%	67%	66%	53%	59%	72%	58%	57%	68%	64%	68%	63%
				be			bcef						
NET: Disagree	603	93	372	69	162	35	347	239	22	460	143	499	97
	28%	26%	28%	29%	41%	36%	25%	37%	36%	28%	31%	28%	31%
					ad	d		ad	d				
Base for stats	2026	349	1269	229	369	92	1355	619	56	1585	441	1712	295
Mean Score	2.82	2.96	2.82	2.87	2.51	2.75	2.90	2.66	2.65	2.84	2.75	2.84	2.75
		b		be		b	bef	b					
Standard Deviation	.902	.910	.896	.941	.990	.900	.852	.979	.979	.902	.897	.889	.964
Standard Error	.020	.049	.025	.060	.053	.092	.023	.039	.124	.023	.044	.022	.054
Error variance	*	*	*	*	*	.01	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	458	14	30	55	80	58	80	28	113	193	221	180	182	91	76	102	169	101
	22%	3%	13%	17%	22%	29%	35%	35%	42%	22%	38%	30%	18%	21%	18%	18%	22%	35%
			a	a	ab	abcdi	abcdi	abcdi	abcdei	ab	abcdei	bc						abc
Tend to agree (3.0)	965	99	108	175	211	103	118	40	110	489	269	310	431	214	169	278	397	103
	45%	23%	47%	54%	57%	53%	52%	50%	41%	55%	47%	51%	42%	49%	41%	48%	51%	35%
			a	ahj	abhj	ah	ah	a	a	abhj	a	b		b		ad	ad	
Tend to disagree (2.0)	386	138	62	55	56	23	20	10	23	134	53	73	217	87	91	118	130	39
	18%	32%	27%	17%	15%	11%	9%	13%	8%	15%	9%	12%	21%	20%	22%	20%	17%	13%
		cdefghij	cdefghij	fhj	fhj					fhj			a	a	cd	d		
Strongly disagree (1.0)	217	138	20	19	11	8	7	1	12	38	20	29	146	31	56	51	60	42
	10%	32%	9%	6%	3%	4%	3%	1%	5%	4%	3%	5%	14%	7%	14%	9%	8%	14%
		bcdefghij	dfgij										ac		bc			bc
Don't know	99	40	11	17	12	4	3	1	10	33	14	13	59	16	22	32	27	8
	5%	9%	5%	5%	3%	2%	1%	1%	4%	4%	2%	2%	6%	4%	5%	6%	3%	3%
		bcdefghij	f	fj									a					
NET: Agree	1423	114	138	230	291	161	198	69	223	682	490	490	614	305	245	380	565	205
	67%	26%	60%	72%	79%	82%	87%	85%	83%	77%	85%	81%	59%	70%	59%	65%	72%	70%
			a	ab	abc	abc	abcdi	abc	abci	ab	abcdi	bc		b		a	ab	a
NET: Disagree	603	277	82	74	67	31	27	11	35	172	73	102	363	118	147	169	190	81
	28%	64%	35%	23%	18%	16%	12%	14%	13%	19%	13%	17%	35%	27%	35%	29%	24%	28%
		bcdefghij	cdefghij	efhj	fj					fhj			ac	a	bcd	c		
Base for stats	2026	390	220	304	358	191	225	80	258	854	563	592	977	423	392	549	756	285
Mean Score	2.82	1.97	2.67	2.87	3.01	3.10	3.20	3.21	3.26	2.98	3.23	3.08	2.67	2.86	2.68	2.79	2.89	2.92
			a	ab	abc	abci	abcd	abcd	abcdei	ab	abcdei	bc		b			ab	ab
Standard Deviation	.902	.870	.825	.775	.708	.763	.730	.696	.807	.749	.761	.785	.947	.837	.946	.851	.839	1.039
Standard Error	.020	.045	.056	.044	.037	.054	.048	.078	.050	.025	.032	.032	.031	.040	.047	.036	.031	.063
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Savanta: ComRes

Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total		2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	410	195	212	151	165	94	13	62	36	53	36	34	76	64	36
		19%	19%	20%	24%	24%	12%	13%	22%	17%	24%	20%	14%	23%	18%	17%
					c	c			af		af			af		
Tend to agree	(3.0)	898	439	457	285	302	311	45	113	96	84	75	94	147	158	86
		42%	42%	42%	44%	43%	40%	44%	41%	46%	38%	41%	40%	44%	45%	40%
Tend to disagree	(2.0)	422	188	231	105	122	195	25	51	45	51	33	54	54	59	51
		20%	18%	21%	16%	17%	25%	24%	18%	21%	23%	18%	23%	16%	17%	23%
							ab				g		g			g
Strongly disagree	(1.0)	291	163	125	64	77	150	13	39	25	28	23	40	42	47	34
		14%	16%	12%	10%	11%	19%	12%	14%	12%	13%	13%	17%	13%	14%	16%
			b				ab									
Don't know		105	49	51	37	33	35	7	11	6	7	15	14	14	21	10
		5%	5%	5%	6%	5%	4%	6%	4%	3%	3%	8%	6%	4%	6%	5%
												cd				
NET: Agree		1308	634	669	435	467	405	59	175	132	137	111	128	223	221	122
		62%	61%	62%	68%	67%	52%	57%	63%	64%	61%	61%	54%	67%	64%	56%
					c	c				f				fi	f	
NET: Disagree		713	351	357	169	199	345	37	90	69	79	56	94	96	106	84
		34%	34%	33%	26%	28%	44%	36%	33%	33%	36%	31%	40%	29%	31%	39%
							ab						gh			gh
Base for stats		2020	986	1026	604	666	750	96	265	202	216	168	222	319	328	206
Mean Score		2.71	2.68	2.74	2.86	2.83	2.47	2.62	2.75	2.71	2.75	2.74	2.55	2.81	2.73	2.60
					c	c			f		f			fi	f	
Standard Deviation		.950	.973	.924	.912	.931	.949	.888	.977	.903	.969	.952	.958	.950	.937	.959
Standard Error		.021	.031	.029	.036	.035	.037	.087	.057	.065	.065	.072	.071	.053	.052	.067
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total		2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	410	57	102	95	49	49	59	253	157	325	22	30	17	4	1	75
		19%	33%	22%	19%	18%	22%	12%	22%	16%	18%	37%	24%	19%	22%	15%	24%
			bcdefgh	fh	f	f	fh		fh			adg					a
Tend to agree	(3.0)	898	68	226	226	113	84	180	520	377	748	25	58	41	13	4	142
		42%	40%	48%	44%	41%	38%	37%	45%	39%	42%	42%	47%	44%	62%	45%	46%
				defh	fh				efh								
Tend to disagree	(2.0)	422	23	68	105	57	50	119	196	226	368	9	14	22	1	1	46
		20%	13%	15%	21%	21%	22%	25%	17%	23%	21%	15%	11%	23%	4%	9%	15%
					ab	ab	ab	abg		abg	cg			c			
Strongly disagree	(1.0)	291	20	55	53	42	25	97	127	164	254	4	17	9	-	3	32
		14%	12%	12%	10%	15%	11%	20%	11%	17%	14%	6%	13%	9%	-	31%	10%
						cg		abceg		bceg							
Don't know		105	4	17	29	13	15	27	50	55	86	-	6	5	2	-	14
		5%	2%	4%	6%	5%	7%	6%	4%	6%	5%	-	5%	5%	12%	-	4%
							a										
NET: Agree		1308	125	328	321	162	133	239	774	534	1073	47	88	59	17	6	216
		62%	73%	70%	63%	59%	60%	50%	67%	55%	60%	79%	71%	62%	84%	60%	70%
			cdefh	cdefh	fh	f	f		defh			ad	a				a
NET: Disagree		713	43	122	158	99	75	215	323	389	621	13	30	30	1	4	78
		34%	25%	26%	31%	36%	33%	45%	28%	40%	35%	21%	24%	32%	4%	40%	25%
						abg	b	abcdeg		abcg	bcg						
Base for stats		2020	168	450	479	261	207	455	1097	923	1695	60	118	89	18	10	295
Mean Score		2.71	2.97	2.83	2.76	2.65	2.75	2.44	2.82	2.57	2.68	3.09	2.85	2.75	3.21	2.45	2.88
			cdefh	dfh	fh	f	fh		dfh	f		ad	a				a
Standard Deviation		.950	.975	.914	.896	.963	.949	.967	.918	.970	.950	.877	.956	.886	.516	1.136	.914
Standard Error		.021	.077	.044	.041	.056	.062	.047	.028	.031	.023	.110	.086	.092	.118	.359	.052
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.01	.13	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	410	209	85	101	185	49	31	146	41	11	15	24	19	26	49	79
	19%	16%	23%	30%	26%	27%	25%	22%	21%	18%	21%	24%	18%	15%	11%	26%
			a	a	a	ij	ij	ij	j		j	ij				ij
Tend to agree (3.0)	898	549	170	140	311	79	61	295	78	24	31	41	51	73	166	140
	42%	41%	47%	41%	44%	44%	48%	45%	41%	40%	43%	41%	48%	41%	37%	46%
							j	j					j			j
Tend to disagree (2.0)	422	300	51	55	106	29	18	129	41	10	11	17	17	32	117	47
	20%	23%	14%	16%	15%	16%	14%	19%	22%	17%	16%	17%	16%	18%	26%	15%
		bcd													abcghik	
Strongly disagree (1.0)	291	206	46	27	72	14	12	67	22	11	10	11	10	36	97	26
	14%	16%	12%	8%	10%	8%	10%	10%	11%	19%	13%	11%	10%	20%	22%	9%
		cd								ack				abcdghk	abcdghk	
Don't know	105	63	13	17	31	11	3	25	10	4	5	8	8	12	19	14
	5%	5%	4%	5%	4%	6%	3%	4%	5%	7%	7%	8%	8%	6%	4%	5%
NET: Agree	1308	758	255	241	496	128	91	442	118	35	46	65	69	98	215	219
	62%	57%	70%	71%	70%	70%	73%	67%	62%	58%	64%	65%	66%	55%	48%	72%
			a	a	a	ij	deij	ij	j		j	j	j			deij
NET: Disagree	713	506	97	82	178	43	30	196	63	21	21	28	28	69	215	73
	34%	38%	26%	24%	25%	24%	24%	30%	33%	35%	29%	28%	26%	38%	48%	24%
		bcd							ak					abchk	abcdfghik	
Base for stats	2020	1264	351	323	674	171	121	637	182	56	67	93	97	167	429	292
Mean Score	2.71	2.60	2.84	2.98	2.90	2.95	2.90	2.82	2.75	2.61	2.78	2.84	2.80	2.53	2.39	2.93
			a	a	a	deij	ij	ij	ij		j	ij	ij			deij
Standard Deviation	.950	.947	.938	.904	.924	.885	.896	.906	.937	1.018	.965	.947	.875	1.000	.960	.888
Standard Error	.021	.026	.054	.053	.038	.066	.081	.035	.068	.131	.116	.092	.088	.075	.051	.051
Error variance	*	*	*	*	*	*	.01	*	*	.02	.01	.01	.01	.01	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Nature of working location						Nature of working hours						Number of people in household including self				
	Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	410	105	86	37	9	123	114	128	63	39	6	101	135	62	200	125	23	348
	19%	21%	24%	24%	18%	24%	21%	21%	27%	22%	14%	25%	21%	16%	18%	23% ab	24%	20%
Tend to agree (3.0)	898	206	177	67	19	244	225	262	107	79	18	185	280	151	462	242	42	746
	42%	41%	49% af	42%	39%	47%	41%	43%	46%	44%	43%	45%	43%	40%	41%	45%	45%	43%
Tend to disagree (2.0)	422	111	55	27	9	82	120	117	39	33	12	72	129	90	231	89	11	331
	20%	22% be	15%	17%	19%	16%	22% be	19%	17%	18%	27%	18%	20%	24% cde	21% cd	17%	12%	19%
Strongly disagree (1.0)	291	55	33	20	6	53	61	72	20	19	5	38	77	58	169	53	12	233
	14%	11%	9%	13%	13%	10%	11%	12%	8%	11%	11%	9%	12%	15% c	15% c	10%	12%	13% c
Don't know	105	20	10	7	6	17	25	26	5	9	2	14	28	19	54	25	6	85
	5%	4%	3%	4%	11% abef	3%	5%	4%	2%	5%	5%	4%	4%	5%	5%	5%	6%	5%
NET: Agree	1308	311	263	104	28	367	339	390	169	117	25	287	415	213	662	367	65	1094
	62%	63%	73% adf	66%	57%	71% adf	62%	64%	73% adf	66%	57%	70%	64%	56%	59%	69% abe	69% a	63% a
NET: Disagree	713	166	88	47	16	135	181	189	59	52	16	111	206	148	400	141	23	564
	34%	33% be	24%	30%	32%	26%	33% be	31%	25%	29%	38%	27%	32%	39% cde	36% cd	27%	24%	32% c
Base for stats	2020	477	351	151	43	502	520	579	228	169	41	397	620	362	1062	508	88	1658
Mean Score	2.71	2.76	2.90 af	2.80	2.70	2.87 af	2.75	2.77	2.93 adf	2.81	2.64	2.88 f	2.76	2.60	2.65	2.86 abe	2.87 ab	2.73 ab
Standard Deviation	.950	.925	.876	.960	.956	.902	.927	.933	.888	.916	.882	.901	.930	.952	.960	.905	.952	.948
Standard Error	.021	.041	.046	.078	.143	.040	.039	.038	.058	.070	.131	.045	.036	.049	.030	.040	.102	.023
Error variance	*	*	*	.01	.02	*	*	*	*	*	.02	*	*	*	*	*	.01	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	410	101	234	74	56	19	268	131	14	328	82	347	58
	19%	28%	18%	31%	14%	20%	19%	20%	23%	20%	18%	19%	19%
		b		bcde			b	b					
Tend to agree (3.0)	898	144	589	77	134	40	654	225	20	705	193	767	126
	42%	40%	44%	32%	34%	42%	46%	34%	34%	42%	42%	43%	40%
							abef						
Tend to disagree (2.0)	422	65	254	47	97	20	260	147	12	336	86	360	57
	20%	18%	19%	19%	25%	21%	18%	22%	20%	20%	18%	20%	18%
					d			d					
Strongly disagree (1.0)	291	40	188	28	84	10	169	114	8	214	77	234	53
	14%	11%	14%	11%	21%	11%	12%	17%	13%	13%	17%	13%	17%
					acd			ad			a		a
Don't know	105	14	66	16	21	7	59	37	6	78	26	81	18
	5%	4%	5%	7%	5%	7%	4%	6%	10%	5%	6%	5%	6%
									d				
NET: Agree	1308	245	823	151	191	60	922	356	34	1032	275	1114	184
	62%	67%	62%	63%	49%	61%	65%	54%	57%	62%	59%	62%	59%
				be		b	be						
NET: Disagree	713	105	443	74	180	30	429	261	20	550	163	594	110
	34%	29%	33%	31%	46%	31%	30%	40%	33%	33%	35%	33%	35%
					acd			ad					
Base for stats	2020	350	1266	225	371	90	1351	617	54	1582	438	1708	294
Mean Score	2.71	2.87	2.69	2.88	2.44	2.76	2.76	2.60	2.75	2.72	2.64	2.72	2.64
		b		be		b	be	b	b				
Standard Deviation	.950	.956	.940	1.008	1.002	.922	.912	1.017	1.001	.940	.980	.940	.995
Standard Error	.021	.051	.027	.065	.053	.095	.025	.041	.129	.024	.048	.023	.056
Error variance	*	*	*	*	*	.01	*	*	.02	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

					Number of days active							Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	410	14	28	55	63	55	71	24	100	172	195	156	162	90	77	97	150	76
	19%	3%	12%	17%	17%	28%	31%	30%	37%	19%	34%	26%	16%	20%	19%	17%	19%	26%
			a	a	a	abcdi	abcdi	abcdi	abcdei	ab	abcdi	bc		b				abc
Tend to agree (3.0)	898	90	95	156	199	95	112	41	108	451	262	295	383	209	149	267	365	108
	42%	21%	41%	49%	54%	49%	49%	51%	40%	51%	45%	49%	37%	48%	36%	46%	47%	37%
			a	ah	abhj	a	ah	a	a	abhj	a	b		b		ad	ad	
Tend to disagree (2.0)	422	138	64	77	55	31	23	11	23	163	56	92	235	85	103	119	145	39
	20%	32%	28%	24%	15%	16%	10%	14%	8%	18%	10%	15%	23%	19%	25%	20%	19%	13%
		cdefghij	defghij	defghij	hj	hj				fhj			a		cd	d	d	
Strongly disagree (1.0)	291	152	26	24	36	11	17	3	21	72	41	51	191	38	59	69	94	60
	14%	35%	11%	7%	10%	6%	7%	4%	8%	8%	7%	8%	18%	9%	14%	12%	12%	20%
		bcdefghij	e										ac					abc
Don't know	105	36	17	9	17	3	5	1	16	29	22	11	65	17	25	29	28	11
	5%	8%	8%	3%	5%	2%	2%	1%	6%	3%	4%	2%	6%	4%	6%	5%	4%	4%
		cdefgij	cefgij						efi				a	a	c			
NET: Agree	1308	105	123	211	262	150	184	65	208	623	457	451	545	299	226	364	515	184
	62%	24%	53%	66%	71%	77%	81%	81%	78%	70%	79%	75%	53%	68%	55%	63%	66%	63%
			a	ab	ab	abc	abcdi	abci	abci	ab	abcdi	bc		b		a	a	a
NET: Disagree	713	290	91	101	91	43	39	14	44	234	98	143	425	123	162	188	239	99
	34%	67%	39%	31%	25%	22%	17%	18%	16%	26%	17%	24%	41%	28%	39%	32%	31%	34%
		bcdefghij	defghij	defghj	fhj					fhj			ac		bc			
Base for stats	2020	395	214	312	353	193	223	80	252	857	555	594	970	422	389	552	754	282
Mean Score	2.71	1.92	2.58	2.78	2.82	3.00	3.07	3.08	3.14	2.84	3.10	2.94	2.53	2.83	2.63	2.71	2.76	2.71
			a	ab	ab	abcdi	abcdi	abcdi	abcdi	ab	abcdi	b		b			a	
Standard Deviation	.950	.868	.868	.825	.845	.830	.847	.784	.897	.838	.861	.870	.989	.865	.968	.899	.913	1.082
Standard Error	.021	.045	.060	.047	.045	.059	.056	.088	.057	.028	.036	.035	.032	.042	.048	.038	.034	.066
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Q9A. Which, if any, physical activities did you do regularly before the lockdown (at least once a month on average during 2019)?
BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1086	479	603	241	369	476	48	147	108	99	95	141	134	196	117
	51%	46%	56%	37%	53%	61%	47%	53%	52%	44%	52%	60%	40%	56%	54%
			a		a	ab		dg	g		g	adg		dg	dg
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	464	226	236	221	169	74	23	68	45	44	41	30	106	74	30
	22%	22%	22%	35%	24%	9%	23%	25%	22%	20%	23%	13%	32%	21%	14%
				bc	c		fi	fi	fi		fi		bcdefhi	fi	
Swimming	407	167	241	129	151	128	16	69	37	33	34	48	57	73	41
	19%	16%	22%	20%	22%	16%	15%	25%	18%	15%	18%	20%	17%	21%	19%
			a		c			adg							
Cycling (either for leisure or travel)	384	249	135	152	150	82	19	52	38	34	36	52	66	60	27
	18%	24%	13%	24%	21%	10%	19%	19%	18%	15%	20%	22%	20%	17%	12%
		b		c	c						i	i	i		
Running or jogging	379	224	153	182	159	37	14	56	32	27	29	41	95	55	30
	18%	22%	14%	28%	23%	5%	14%	20%	15%	12%	16%	17%	28%	16%	14%
		b		bc	c			d					abcdefhi		
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	326	157	167	139	115	72	16	43	39	23	27	36	68	53	22
	15%	15%	15%	22%	17%	9%	16%	16%	19%	10%	15%	15%	20%	15%	10%
				bc	c				di				di		
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	230	109	119	117	84	29	10	37	17	29	19	24	42	37	14
	11%	11%	11%	18%	12%	4%	9%	14%	8%	13%	11%	10%	13%	11%	6%
				bc	c			i		i			i		
Home activity, fitness or exercise class viewed online or on TV, DVD or video	207	71	135	108	74	26	9	25	18	17	14	23	49	28	24
	10%	7%	13%	17%	11%	3%	9%	9%	9%	8%	8%	10%	15%	8%	11%
			a	bc	c								bcdeh		
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	199	95	102	83	84	32	4	27	26	25	13	19	29	33	22
	9%	9%	9%	13%	12%	4%	4%	10%	12%	11%	7%	8%	9%	9%	10%
				c	c			a	a	a					a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9A. Which, if any, physical activities did you do regularly before the lockdown (at least once a month on average during 2019)?
BASE: All respondents

| | Total | Gender | | Age | | | Region | | | | | | | | |
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Team sports (such as football, cricket, rugby etc.)	158	131	28	93	45	20	3	20	14	15	19	16	41	23	8
	7%	13%	3%	15%	6%	3%	3%	7%	7%	7%	10%	7%	12%	7%	4%
		b		bc	c						ai		abcdfhi		
Golf	130	103	26	49	52	28	6	14	6	13	16	10	28	25	12
	6%	10%	2%	8%	7%	4%	6%	5%	3%	6%	9%	4%	8%	7%	6%
		b		c	c						c		c	c	
Combat sports, martial arts or target sports (such as shooting, archery etc.)	119	82	35	79	35	5	6	16	9	15	11	7	41	7	7
	6%	8%	3%	12%	5%	1%	6%	6%	4%	7%	6%	3%	12%	2%	3%
		b		bc	c		h	h		h	h		bcdefhi		
Racket sports (such as tennis, badminton, squash etc.)	110	71	39	51	32	27	6	15	5	12	10	15	28	13	7
	5%	7%	4%	8%	5%	3%	6%	6%	2%	5%	5%	6%	8%	4%	3%
		b		bc								c	chi		
Gymnastics, trampolining or cheerleading	75	43	32	48	26	1	3	7	8	6	6	4	23	13	5
	4%	4%	3%	7%	4%	*	3%	3%	4%	3%	3%	2%	7%	4%	2%
				bc	c								bdfi		
Water sports (such as surfing, rowing, sailing etc.)	51	28	22	29	16	6	1	5	4	5	7	6	13	9	1
	2%	3%	2%	5%	2%	1%	1%	2%	2%	2%	4%	3%	4%	3%	1%
				bc	c						i		i		
Other sport, exercise or physical activity	96	45	51	21	16	59	6	14	8	4	10	9	12	20	13
	4%	4%	5%	3%	2%	8%	5%	5%	4%	2%	5%	4%	4%	6%	6%
						ab		d			d			d	d
I did no regular physical activity	317	144	167	61	86	171	11	31	34	42	24	43	34	63	36
	15%	14%	16%	9%	12%	22%	11%	11%	16%	19%	13%	18%	10%	18%	17%
						ab			g	bg		bg		bg	g
NET: Home based activity	381	156	223	188	141	51	16	54	31	41	30	39	79	56	35
	18%	15%	21%	29%	20%	6%	16%	20%	15%	18%	16%	16%	24%	16%	16%
			a	bc	c								cefhi		
NET: Any regular physical activities before lockdown	1808	891	910	581	613	614	91	245	174	181	159	193	300	286	180
	85%	86%	84%	91%	88%	78%	89%	89%	84%	81%	87%	82%	90%	82%	83%
				c	c			dfh					cdfhi		

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9A. Which, if any, physical activities did you do regularly before the lockdown (at least once a month on average during 2019)?
BASE: All respondents

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1086	59	243	277	132	108	266	579	507	958	24	47	33	6	7	117
	51%	34%	52%	55%	48%	49%	55%	51%	52%	54%	40%	38%	36%	29%	68%	38%
			a	a	a	a	a	a	a	bcdg						
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	464	64	140	104	71	55	31	308	157	340	23	46	37	10	3	118
	22%	37%	30%	20%	26%	25%	6%	27%	16%	19%	38%	37%	39%	48%	33%	38%
		cdefgh	cfh	fh	fh	fh		cfh	f		a	a	a			a
Swimming	407	44	106	88	58	44	67	238	169	357	10	19	17	1	1	48
	19%	26%	23%	17%	21%	20%	14%	21%	17%	20%	17%	15%	18%	6%	9%	15%
		cfh	cfh		f	f		fh								
Cycling (either for leisure or travel)	384	65	110	82	50	39	38	257	127	302	17	41	14	2	1	75
	18%	38%	23%	16%	18%	18%	8%	22%	13%	17%	28%	33%	15%	11%	13%	24%
		bcdefgh	cfh	f	fh	f		cfh	f		ad	ad				a
Running or jogging	379	48	102	109	56	40	24	259	120	280	22	30	34	3	1	90
	18%	28%	22%	22%	20%	18%	5%	23%	12%	16%	37%	24%	37%	15%	8%	29%
		efh	fh	fh	fh	fh		fh	f		a	a	ac			a
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	326	35	86	79	45	33	49	200	127	244	19	31	22	4	2	77
	15%	21%	18%	16%	16%	15%	10%	17%	13%	14%	32%	25%	23%	18%	20%	25%
		fh	fh	f	f			fh			a	a	a			a
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	230	29	62	55	30	31	23	146	84	175	12	20	11	5	-	48
	11%	17%	13%	11%	11%	14%	5%	13%	9%	10%	20%	16%	12%	24%	-	16%
		cfh	fh	f	f	fh		fh	f		a	a				a
Home activity, fitness or exercise class viewed online or on TV, DVD or video	207	29	63	47	34	19	16	138	69	156	10	13	21	2	1	48
	10%	17%	13%	9%	12%	8%	3%	12%	7%	9%	17%	11%	23%	12%	15%	16%
		cefh	cfh	f	fh	f		fh	f		a		ac			a
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	199	19	58	44	30	29	18	121	77	158	12	15	10	1	1	39
	9%	11%	12%	9%	11%	13%	4%	11%	8%	9%	20%	12%	10%	6%	9%	13%
		f	fh	f	f	fh		fh	f		a					a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9A. Which, if any, physical activities did you do regularly before the lockdown (at least once a month on average during 2019)?
BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Team sports (such as football, cricket, rugby etc.)	158	27	41	36	22	18	14	104	54	99	8	23	22	2	-	56
	7%	16%	9%	7%	8%	8%	3%	9%	6%	6%	14%	19%	24%	11%	-	18%
		bcdefgh	fh	f	f	f		fh	f			a	a	a		a
Golf	130	31	38	20	16	7	17	89	40	108	6	7	4	3	-	20
	6%	18%	8%	4%	6%	3%	3%	8%	4%	6%	11%	6%	4%	17%	-	7%
		bcdefgh	cefh					cefh								
Combat sports, martial arts or target sports (such as shooting, archery etc.)	119	37	29	20	18	9	6	86	32	81	4	16	10	3	1	35
	6%	22%	6%	4%	6%	4%	1%	8%	3%	5%	7%	13%	11%	15%	13%	11%
		bcdefgh	fh	f	fh	f		cefh	f			a	a			a
Racket sports (such as tennis, badminton, squash etc.)	110	20	34	19	15	16	6	73	37	79	8	14	5	4	-	31
	5%	12%	7%	4%	6%	7%	1%	6%	4%	4%	14%	11%	5%	22%	-	10%
		cdfgh	cfh	f	f	cfh		cfh	f			a	a			a
Gymnastics, trampolining or cheerleading	75	18	23	7	12	7	7	48	26	45	6	13	7	2	1	29
	4%	10%	5%	1%	4%	3%	2%	4%	3%	3%	10%	11%	7%	10%	11%	9%
		bcdefgh	cfh		cf			cf				a	a	a		a
Water sports (such as surfing, rowing, sailing etc.)	51	16	15	6	5	5	4	37	14	31	2	10	4	1	-	17
	2%	9%	3%	1%	2%	2%	1%	3%	1%	2%	4%	8%	4%	6%	-	6%
		bcdefgh	cfh					cfh				a				a
Other sport, exercise or physical activity	96	-	18	25	6	8	39	43	52	87	1	2	5	1	-	9
	4%	-	4%	5%	2%	3%	8%	4%	5%	5%	1%	2%	6%	4%	-	3%
			a	ad		a	abcdegh	a	ad							
I did no regular physical activity	317	15	37	59	43	36	128	111	206	287	6	12	3	2	-	22
	15%	9%	8%	12%	16%	16%	26%	10%	21%	16%	10%	10%	3%	8%	-	7%
				abg	abg	abcdegh			abcdg	cdg	d	d				
NET: Home based activity	381	49	108	92	53	44	35	249	132	288	18	32	27	7	1	85
	18%	28%	23%	18%	19%	20%	7%	22%	13%	16%	31%	25%	29%	36%	15%	28%
		cdefh	fh	fh	fh	fh		fh	f			a	a	a		a
NET: Any regular physical activities before lockdown	1808	156	430	449	232	187	354	1035	772	1494	54	113	91	18	10	286
	85%	91%	92%	88%	84%	84%	74%	90%	79%	84%	90%	90%	97%	92%	100%	93%
		defh	defh	fh	fh	f		defh	f			a	abc			a

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Q9A. Which, if any, physical activities did you do regularly before the lockdown (at least once a month on average during 2019)?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1086	729	182	154	337	81	54	306	101	28	39	56	45	100	277	134
	51%	55%	50%	45%	48%	44%	43%	46%	53%	47%	53%	56%	43%	56%	62%	44%
		cd								k		abchk		abchk	abcdehk	
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	464	216	112	110	222	41	43	187	50	19	17	20	33	21	33	84
	22%	16%	31%	32%	32%	22%	35%	28%	26%	31%	24%	20%	32%	12%	7%	27%
			a	a	a	ij	agij	gij	ij	ij	ij	j	gij			ij
Swimming	407	208	89	96	185	35	30	150	39	11	10	13	22	28	69	65
	19%	16%	24%	28%	26%	19%	24%	23%	20%	18%	14%	13%	21%	16%	15%	21%
			a	a	a		gj	gij								
Cycling (either for leisure or travel)	384	183	89	101	189	29	34	166	39	10	12	14	29	11	40	63
	18%	14%	24%	30%	27%	16%	27%	25%	20%	17%	17%	14%	28%	6%	9%	21%
			a	a	a	ij	agij	agij	ij	ij	ij	i	agij			ij
Running or jogging	379	165	93	104	197	39	25	157	44	18	8	19	47	17	6	64
	18%	12%	25%	31%	28%	21%	20%	24%	23%	31%	11%	19%	44%	9%	1%	21%
			a	a	a	ij	ij	fij	fij	fij	j	ij	abcdfgijk	j		ij
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	326	159	63	85	148	30	21	111	38	15	13	12	20	24	42	51
	15%	12%	17%	25%	21%	17%	16%	17%	20%	25%	18%	12%	19%	14%	9%	17%
			a	ab	a	j	j	j	j	gij	j		j			j
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	230	77	70	73	144	19	17	72	34	5	10	18	21	24	12	36
	11%	6%	19%	21%	20%	11%	13%	11%	18%	8%	14%	18%	20%	13%	3%	12%
			a	a	a	j	j	j	acj	j	j	cj	acejk	j		j

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9A. Which, if any, physical activities did you do regularly before the lockdown (at least once a month on average during 2019)?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	207	92	48	59	107	20	14	80	29	7	8	11	14	10	14	34
	10%	7%	13%	17%	15%	11%	11%	12%	15%	12%	11%	11%	13%	6%	3%	11%
			a	a	a	j	j	ij	ij	j	j	j	ij			ij
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	199	65	64	62	126	14	14	74	25	4	7	6	20	17	17	27
	9%	5%	18%	18%	18%	7%	11%	11%	13%	7%	10%	6%	19%	9%	4%	9%
			a	a	a		j	j	j		j		acegijk	j		j
Team sports (such as football, cricket, rugby etc.)	158	75	33	43	76	14	16	57	14	5	3	8	28	3	10	30
	7%	6%	9%	13%	11%	8%	13%	9%	7%	9%	5%	8%	27%	2%	2%	10%
			a	a	a	ij	ij	ij	ij	ij			ij	abcdefgijk		ij
Golf	130	60	26	37	63	9	8	64	10	6	5	3	5	3	17	17
	6%	5%	7%	11%	9%	5%	6%	10%	5%	10%	7%	3%	5%	2%	4%	5%
				a	a		i	adgijk		gij		i				i
Combat sports, martial arts or target sports (such as shooting, archery etc.)	119	39	36	40	75	19	22	44	10	4	6	5	4	2	2	41
	6%	3%	10%	12%	11%	10%	17%	7%	5%	7%	9%	5%	4%	1%	*	13%
			a	a	a	hij	cdghij	ij	ij	ij	ij	j	j			cdghij
Racket sports (such as tennis, badminton, squash etc.)	110	61	21	23	45	14	7	41	9	5	4	7	9	6	9	21
	5%	5%	6%	7%	6%	8%	6%	6%	5%	8%	6%	7%	9%	3%	2%	7%
						j	j	j		j		j	j			j
Gymnastics, trampolining or cheerleading	75	25	17	26	43	9	13	26	11	5	3	2	3	2	-	22
	4%	2%	5%	8%	6%	5%	11%	4%	6%	8%	5%	2%	3%	1%	-	7%
			a	a	a	ij	cghij	j	ij	gij	j	j	j	j		cgij

Q9A. Which, if any, physical activities did you do regularly before the lockdown (at least once a month on average during 2019)?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Water sports (such as surfing, rowing, sailing etc.)	51	24	9	17	26	4	8	16	9	5	-	1	4	2	3	12
	2%	2%	2%	5%	4%	2%	7%	2%	5%	8%	-	1%	4%	1%	1%	4%
				a	a		acfgij	j	ij	acfgij			j			ij
Other sport, exercise or physical activity	96	80	6	10	15	7	3	19	4	4	7	3	6	9	34	10
	4%	6%	2%	3%	2%	4%	3%	3%	2%	6%	10%	3%	5%	5%	8%	3%
		bcd									abcdgk				bcdk	
I did no regular physical activity	317	241	33	27	60	29	5	77	19	3	7	18	7	41	112	34
	15%	18%	9%	8%	8%	16%	4%	12%	10%	5%	9%	18%	7%	23%	25%	11%
		bcd				beh		b				bdeh		bcdefhk	abcdefhk	b
NET: Home based activity	381	153	105	108	213	31	28	132	55	11	14	25	30	28	26	60
	18%	11%	29%	32%	30%	17%	23%	20%	29%	19%	19%	25%	29%	16%	6%	19%
			a	a	a	j	j	j	acijk	j	j	j	acijk	j		j
NET: Any regular physical activities before lockdown	1808	1087	332	313	645	153	119	585	173	57	66	83	98	138	336	273
	85%	82%	91%	92%	92%	84%	96%	88%	90%	95%	91%	82%	93%	77%	75%	89%
			a	a	a	j	acgijk	ij	gij	agij	ij		agij			ij

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Q9A. Which, if any, physical activities did you do regularly before the lockdown (at least once a month on average during 2019)?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1086	230	184	81	13	264	243	290	102	97	16	198	306	209	590	243	44	877
	51%	46%	51%	51%	26%	51%	45%	48%	44%	54%	37%	48%	47%	55%	53%	46%	46%	50%
		d	d	d		df	d			bd				c	c			
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	464	122	124	50	15	174	136	162	83	50	15	133	177	53	224	163	24	411
	22%	25%	34%	31%	30%	34%	25%	27%	36%	28%	35%	32%	27%	14%	20%	31%	26%	24%
			af			af			af						a	abe	a	ab
Swimming	407	105	93	25	9	118	114	130	62	29	6	92	136	49	211	125	22	359
	19%	21%	26%	16%	18%	23%	21%	21%	27%	16%	14%	22%	21%	13%	19%	24%	23%	21%
			c						c						a	ab	a	a
Cycling (either for leisure or travel)	384	109	97	40	10	137	119	138	76	31	10	107	149	50	169	142	23	334
	18%	22%	27%	25%	21%	26%	22%	23%	33%	18%	24%	26%	23%	13%	15%	27%	25%	19%
									acf			c				abe	ab	ab
Running or jogging	379	105	98	34	10	132	115	130	72	32	9	104	139	40	157	153	29	338
	18%	21%	27%	21%	20%	25%	21%	22%	31%	18%	20%	25%	21%	11%	14%	29%	31%	19%
			af						acf							abe	abe	ab
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	326	79	59	39	15	98	94	93	39	42	12	81	105	41	154	109	23	285
	15%	16%	16%	25%	30%	19%	17%	15%	17%	24%	28%	20%	16%	11%	14%	20%	24%	16%
				abf	abf					af	af					abe	ab	a
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	230	49	61	19	6	80	55	67	37	22	5	59	72	19	101	88	21	211
	11%	10%	17%	12%	12%	15%	10%	11%	16%	13%	11%	14%	11%	5%	9%	17%	23%	12%
			af			af									a	abe	abe	ab

Q9A. Which, if any, physical activities did you do regularly before the lockdown (at least once a month on average during 2019)?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	207	55	52	22	8	75	63	68	42	16	7	58	76	21	85	81	20	186
	10%	11%	14%	14%	16%	14%	12%	11%	18%	9%	16%	14%	12%	6%	8%	15%	21%	11%
									acf							abe	abe	ab
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	199	48	50	16	7	66	54	64	31	20	4	51	68	14	85	80	20	185
	9%	10%	14%	10%	14%	13%	10%	10%	13%	11%	9%	12%	10%	4%	8%	15%	21%	11%
			a												a	abe	abe	ab
Team sports (such as football, cricket, rugby etc.)	158	35	40	14	4	54	40	46	24	16	6	40	52	18	65	64	11	140
	7%	7%	11%	9%	9%	10%	7%	8%	10%	9%	14%	10%	8%	5%	6%	12%	12%	8%
			af													abe	ab	ab
Golf	130	34	34	18	5	53	39	43	31	14	4	45	47	15	64	42	8	114
	6%	7%	10%	11%	10%	10%	7%	7%	13%	8%	10%	11%	7%	4%	6%	8%	8%	7%
									af			af				a		
Combat sports, martial arts or target sports (such as shooting, archery etc.)	119	32	35	17	2	52	34	33	36	11	5	47	38	11	50	46	12	108
	6%	7%	10%	11%	4%	10%	6%	5%	15%	6%	12%	11%	6%	3%	4%	9%	13%	6%
				f		af			acf			af				abe	abe	ab
Racket sports (such as tennis, badminton, squash etc.)	110	23	30	10	1	40	25	34	19	9	2	28	36	15	55	34	7	95
	5%	5%	8%	6%	3%	8%	5%	6%	8%	5%	4%	7%	6%	4%	5%	6%	7%	5%
			af			af												
Gymnastics, trampolining or cheerleading	75	15	27	10	7	36	21	17	26	8	7	34	23	7	37	18	12	68
	4%	3%	7%	6%	14%	7%	4%	3%	11%	5%	15%	8%	4%	2%	3%	3%	13%	4%
			af		af	af			acf		acf	af					abce	a

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Q9A. Which, if any, physical activities did you do regularly before the lockdown (at least once a month on average during 2019)?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Water sports (such as surfing, rowing, sailing etc.)	51	11	18	3	7	20	18	12	15	9	1	24	13	9	17	21	4	42
	2%	2%	5%	2%	14%	4%	3%	2%	6%	5%	2%	6%	2%	2%	2%	4%	5%	2%
			a		abcef				af	af		af				b	b	
Other sport, exercise or physical activity	96	18	10	8	-	18	18	22	4	6	1	10	23	26	50	18	2	70
	4%	4%	3%	5%	-	3%	3%	4%	2%	4%	2%	2%	4%	7%	4%	3%	2%	4%
														ce				
I did no regular physical activity	317	67	18	12	6	31	73	74	8	14	8	23	82	81	171	56	10	237
	15%	14%	5%	8%	12%	6%	13%	12%	3%	8%	18%	5%	13%	21%	15%	10%	10%	14%
		bce			b		bce	be		b	bce		be	bcde	c			
NET: Home based activity	381	93	100	35	10	134	103	118	69	33	11	102	129	35	168	144	33	346
	18%	19%	28%	22%	21%	26%	19%	20%	30%	19%	25%	25%	20%	9%	15%	27%	35%	20%
			af			af			acf			a			a	abe	abe	ab
NET: Any regular physical activities before lockdown	1808	429	342	146	43	488	472	531	225	164	35	389	567	301	945	478	85	1507
	85%	86%	95%	92%	88%	94%	87%	88%	97%	92%	82%	95%	87%	79%	85%	90%	90%	86%
			adf	af		af			acdf	d		adf			a	ab	a	a

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Q9A. Which, if any, physical activities did you do regularly before the lockdown (at least once a month on average during 2019)?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
Walking (either for leisure or travel)	1086 51%	143 39%	725 54% a	119 49% c	207 53% c	31 32%	753 53% ce	314 48% c	36 60% c	827 50%	259 56% a	952 53%	132 42% b
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	464 22%	102 28% b	298 22%	66 27% b	65 16%	30 31% bde	314 22% b	140 21%	11 19%	391 24% b	73 16%	381 21%	77 25%
Swimming	407 19%	79 22%	274 21%	58 24% c	79 20%	12 13%	272 19%	129 20%	18 30% cd	309 19%	98 21%	366 20% b	39 13%
Cycling (either for leisure or travel)	384 18%	105 29% b	221 17%	60 25% bde	50 13%	27 28% bde	259 18% b	117 18% b	11 18%	312 19%	73 16%	340 19% b	41 13%
Running or jogging	379 18%	88 24% b	244 18%	48 20% be	33 8%	12 12%	291 21% bce	80 12%	10 16%	328 20% b	51 11%	318 18%	56 18%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	326 15%	86 24% b	189 14%	52 22% bde	44 11%	15 15%	222 16% b	95 15%	12 21% b	262 16%	64 14%	279 16%	43 14%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	230 11%	55 15%	151 11%	40 17% bde	30 8%	13 13%	154 11%	67 10%	11 18% be	179 11%	50 11%	200 11%	30 10%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9A. Which, if any, physical activities did you do regularly before the lockdown (at least once a month on average during 2019)?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	207 10%	53 15% b	128 10%	31 13% b	24 6%	11 11%	147 10% b	56 9%	8 13%	179 11% b	29 6%	174 10%	33 11%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	199 9%	46 13%	131 10%	36 15% bcde	35 9%	6 6%	127 9%	65 10%	7 13%	157 9%	42 9%	181 10% b	17 6%
Team sports (such as football, cricket, rugby etc.)	158 7%	27 7%	107 8%	15 6% b	12 3%	9 10% be	117 8% be	32 5%	2 3%	138 8% b	21 4%	133 7%	25 8%
Golf	130 6%	45 12% b	68 5%	24 10% bd	15 4%	15 15% bde	81 6%	45 7% b	4 6%	89 5%	40 9% a	118 7% b	12 4%
Combat sports, martial arts or target sports (such as shooting, archery etc.)	119 6%	59 16% b	44 3%	29 12% bd	23 6%	14 15% bde	60 4%	56 9% d	4 6%	103 6% b	16 3%	103 6%	14 5%
Racket sports (such as tennis, badminton, squash etc.)	110 5%	30 8% b	64 5%	16 6% b	10 2%	6 6%	80 6% b	26 4%	2 3%	90 5%	20 4%	97 5%	13 4%
Gymnastics, trampolining or cheerleading	75 4%	40 11% b	24 2%	20 8% bd	12 3%	14 15% bde	32 2%	41 6% bd	4 6% d	63 4%	11 2%	59 3%	15 5%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9A. Which, if any, physical activities did you do regularly before the lockdown (at least once a month on average during 2019)?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
Water sports (such as surfing, rowing, sailing etc.)	51 2%	21 6% b	17 1%	13 5% bd	8 2%	7 7% bd	27 2%	21 3%	4 6% d	39 2%	12 3%	41 2%	9 3%
Other sport, exercise or physical activity	96 4%	9 2%	60 4%	12 5%	14 3%	1 1%	73 5%	22 3%	4 7% c	61 4%	34 7% a	83 5%	13 4%
I did no regular physical activity	317 15%	26 7%	200 15% a	29 12%	97 25% acde	13 13%	173 12%	125 19% ad	9 15%	250 15%	68 15%	246 14%	62 20% a
NET: Home based activity	381 18%	93 26% b	244 18%	61 25% bde	48 12%	19 19%	262 19% b	108 16%	16 26% be	314 19% b	67 14%	321 18%	59 19%
NET: Any regular physical activities before lockdown	1808 85%	338 93% b	1132 85%	212 88% be	295 75%	84 87% b	1237 88% be	528 81% b	51 85%	1411 85%	397 85%	1542 86% b	250 80%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9A. Which, if any, physical activities did you do regularly before the lockdown (at least once a month on average during 2019)?
BASE: All respondents

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1086	153	123	160	190	107	126	46	181	456	354	285	552	239	190	288	435	159
	51%	36%	53%	50%	51%	55%	55%	58%	68%	51%	61%	47%	53%	55%	46%	50%	56%	54%
			a	a	a	a	a	a	abcdefi	a	abcdi		a	a			ab	a
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	464	33	44	70	86	57	77	27	71	212	175	209	136	116	95	126	184	55
	22%	8%	19%	22%	23%	29%	34%	34%	26%	24%	30%	34%	13%	26%	23%	22%	24%	19%
			a	a	a	ab	abcdi	abc	ab	a	abcdi	bc		b				
Swimming	407	35	39	69	87	50	56	19	52	206	127	140	147	117	78	107	166	54
	19%	8%	17%	22%	24%	26%	24%	24%	19%	23%	22%	23%	14%	27%	19%	18%	21%	19%
			a	a	ab	ab	ab	a	a	ab	a	b		b				
Cycling (either for leisure or travel)	384	11	36	63	69	57	59	22	68	188	148	152	151	80	69	99	147	62
	18%	3%	16%	20%	19%	29%	26%	27%	25%	21%	26%	25%	15%	18%	17%	17%	19%	21%
			a	a	a	abcdi	abd	ab	abd	a	abcdi	bc						
Running or jogging	379	16	28	57	79	50	61	26	63	186	150	166	121	88	69	100	148	54
	18%	4%	12%	18%	21%	25%	27%	32%	23%	21%	26%	27%	12%	20%	17%	17%	19%	18%
			a	a	ab	abc	abc	abcdi	ab	ab	abci	bc		b				
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	326	23	25	49	59	39	55	15	62	146	132	126	123	73	46	98	121	52
	15%	5%	11%	15%	16%	20%	24%	18%	23%	17%	23%	21%	12%	17%	11%	17%	15%	18%
			a	a	a	ab	abcdi	a	abcdi	ab	abcdi	b		b		a	a	a
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	230	16	20	32	52	24	32	18	36	108	86	108	71	48	41	68	91	28
	11%	4%	9%	10%	14%	12%	14%	22%	14%	12%	15%	18%	7%	11%	10%	12%	12%	9%
			a	a	ab	a	a	abcei	a	a	abc	bc		b				
Home activity, fitness or exercise class viewed online or on TV, DVD or video	207	10	14	26	52	31	29	11	35	108	75	96	67	43	31	63	77	33
	10%	2%	6%	8%	14%	16%	13%	13%	13%	12%	13%	16%	7%	10%	8%	11%	10%	11%
			a	a	abc	abc	ab	ab	abc	abc	abc	bc		b				
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	199	17	19	31	36	25	29	15	27	92	70	83	66	44	33	57	77	27
	9%	4%	8%	10%	10%	13%	13%	18%	10%	10%	12%	14%	6%	10%	8%	10%	10%	9%
			a	a	a	a	a	abcdi	a	a	a	b		b				

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Q9A. Which, if any, physical activities did you do regularly before the lockdown (at least once a month on average during 2019)?
BASE: All respondents

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Team sports (such as football, cricket, rugby etc.)	158	5	11	29	30	23	26	9	26	81	62	63	60	34	35	47	53	21
	7%	1%	5%	9%	8%	12%	12%	11%	10%	9%	11%	10%	6%	8%	8%	8%	7%	7%
			a	a	a	ab	ab	a	ab	ab	ab	b						
Golf	130	10	9	23	23	21	19	3	21	67	43	54	52	23	26	33	51	18
	6%	2%	4%	7%	6%	11%	8%	4%	8%	8%	8%	9%	5%	5%	6%	6%	6%	6%
				a	a	ab	a		a	a	a	bc						
Combat sports, martial arts or target sports (such as shooting, archery etc.)	119	5	6	13	18	23	29	6	19	53	55	67	31	21	20	34	38	26
	6%	1%	3%	4%	5%	12%	13%	8%	7%	6%	10%	11%	3%	5%	5%	6%	5%	9%
				a	a	abcdi	abcdhi	ab	ab	a	abcdi	bc						ac
Racket sports (such as tennis, badminton, squash etc.)	110	4	14	14	21	12	13	5	28	46	46	47	38	24	23	25	47	14
	5%	1%	6%	4%	6%	6%	6%	7%	10%	5%	8%	8%	4%	6%	6%	4%	6%	5%
			a	a	a	a	a	a	acdi	a	aci	b						
Gymnastics, trampolining or cheerleading	75	2	4	8	19	12	12	8	10	39	30	40	17	16	12	30	19	13
	4%	*	2%	2%	5%	6%	5%	10%	4%	4%	5%	7%	2%	4%	3%	5%	2%	4%
				a	ab	abc	ab	abchi	a	a	abc	bc		b		c		
Water sports (such as surfing, rowing, sailing etc.)	51	4	1	5	9	9	13	-	9	24	22	24	19	8	10	9	21	10
	2%	1%	*	2%	2%	5%	6%	-	3%	3%	4%	4%	2%	2%	2%	2%	3%	3%
						abcg	abcdi		ab	ab	ab	bc						
Other sport, exercise or physical activity	96	8	12	17	17	10	8	6	17	44	31	27	46	23	19	27	31	16
	4%	2%	5%	5%	5%	5%	3%	7%	6%	5%	5%	4%	4%	5%	5%	5%	4%	6%
			a	a	a	a		a	a	a	a							
I did no regular physical activity	317	202	28	21	31	8	11	4	12	60	27	42	213	39	73	78	101	42
	15%	47%	12%	7%	8%	4%	5%	5%	5%	7%	5%	7%	21%	9%	18%	14%	13%	14%
		bcdefghij	cefhij		ej								ac		c			
NET: Home based activity	381	25	34	53	91	45	49	23	61	189	133	168	126	84	65	110	148	53
	18%	6%	15%	17%	25%	23%	21%	29%	23%	21%	23%	28%	12%	19%	16%	19%	19%	18%
			a	a	abc	ab	a	abc	ab	ab	abc	bc		b				
NET: Any regular physical activities before lockdown	1808	229	203	300	339	188	217	77	256	827	549	562	822	400	341	503	681	251
	85%	53%	88%	93%	92%	96%	95%	95%	95%	93%	95%	93%	79%	91%	82%	86%	87%	86%
			a	ab	a	abd	ab	a	ab	ab	abd	b		b				a

Q9B. Which, if any, physical activities have you done at least twice during the lockdown phase (23rd March to present)

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1150	520	626	260	379	511	53	155	113	112	108	144	134	208	122
	54%	50%	58%	40%	54%	65%	52%	56%	55%	50%	59%	61%	40%	60%	56%
			a		a	ab	g	g	g	g	g	dg		dg	g
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	363	170	190	141	117	105	20	42	39	31	32	38	79	58	23
	17%	16%	18%	22%	17%	13%	19%	15%	19%	14%	17%	16%	24%	17%	11%
				bc			i		i			i	bdfhi	i	
Running or jogging	361	209	151	180	148	32	21	47	28	26	28	33	96	59	24
	17%	20%	14%	28%	21%	4%	20%	17%	13%	12%	15%	14%	29%	17%	11%
		b		bc	c		di						bcdefhi		
Home activity, fitness or exercise class viewed online or on TV, DVD or video	329	104	222	152	110	67	17	38	26	33	34	34	65	47	35
	15%	10%	21%	24%	16%	9%	16%	14%	13%	15%	18%	14%	19%	14%	16%
			a	bc	c								ch		
Cycling (either for leisure or travel)	324	207	117	120	131	73	15	56	27	27	27	38	53	54	29
	15%	20%	11%	19%	19%	9%	14%	20%	13%	12%	15%	16%	16%	15%	13%
		b		c	c			cdi							
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	183	82	101	81	74	28	5	27	19	18	15	17	37	38	8
	9%	8%	9%	13%	11%	4%	5%	10%	9%	8%	8%	7%	11%	11%	4%
				c	c			i	i	i	i		i	i	
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	164	100	62	113	44	7	7	22	22	13	20	7	44	23	5
	8%	10%	6%	18%	6%	1%	7%	8%	10%	6%	11%	3%	13%	7%	2%
		b		bc	c		i	fi	fi		dfi		bdfhi	i	
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	151	79	72	84	52	15	6	25	11	15	7	12	35	26	14
	7%	8%	7%	13%	7%	2%	6%	9%	5%	7%	4%	5%	10%	7%	6%
				bc	c			e					cef		
Swimming	97	53	44	54	31	11	5	14	9	5	11	9	23	16	5
	5%	5%	4%	8%	4%	1%	5%	5%	5%	2%	6%	4%	7%	5%	2%
				bc	c						di		di		

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9B. Which, if any, physical activities have you done at least twice during the lockdown phase (23rd March to present)

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Golf	84	65	18	36	32	16	5	16	3	12	13	5	17	7	6
	4%	6%	2%	6%	5%	2%	5%	6%	2%	5%	7%	2%	5%	2%	3%
		b		c	c			ch		ch	cfhi		ch		
Combat sports, martial arts or target sports (such as shooting, archery etc.)	77	53	24	50	23	4	3	9	9	9	7	4	30	4	2
	4%	5%	2%	8%	3%	1%	3%	3%	4%	4%	4%	2%	9%	1%	1%
		b		bc	c				hi	h	h		abcdefhi		
Gymnastics, trampolining or cheerleading	74	42	33	46	27	1	3	8	11	7	8	4	23	8	2
	3%	4%	3%	7%	4%	*	3%	3%	5%	3%	4%	2%	7%	2%	1%
				bc	c				i		i		bfhi		
Team sports (such as football, cricket, rugby etc.)	64	49	15	50	12	2	1	9	3	4	11	3	18	12	3
	3%	5%	1%	8%	2%	*	1%	3%	1%	2%	6%	1%	5%	4%	1%
		b		bc	c						acdfi		acdfi		
Racket sports (such as tennis, badminton, squash etc.)	54	30	24	33	17	4	2	8	2	6	5	2	11	10	6
	3%	3%	2%	5%	2%	1%	2%	3%	1%	3%	3%	1%	3%	3%	3%
				bc	c										
Water sports (such as surfing, rowing, sailing etc.)	29	14	14	21	6	2	2	2	1	5	2	6	7	3	3
	1%	1%	1%	3%	1%	*	1%	1%	*	2%	1%	2%	2%	1%	1%
				bc											
Other sport, exercise or physical activity	53	31	22	5	11	36	4	5	7	1	6	8	4	10	7
	2%	3%	2%	1%	2%	5%	4%	2%	3%	1%	4%	3%	1%	3%	3%
						ab	d		d		d	d			d
I have done no regular physical activity during lockdown	337	149	183	57	93	186	16	45	34	43	20	50	34	57	40
	16%	14%	17%	9%	13%	24%	15%	16%	16%	19%	11%	21%	10%	16%	18%
					a	ab		g	g	eg		eg		g	eg
NET: Home based activity	429	159	265	208	145	76	21	55	34	41	39	41	89	63	45
	20%	15%	25%	32%	21%	10%	21%	20%	16%	19%	21%	17%	27%	18%	21%
			a	bc	c								bcdfh		
NET: Any physical activities during lockdown	1788	886	895	585	605	598	87	231	174	180	162	186	300	292	177
	84%	86%	83%	91%	87%	76%	85%	84%	84%	81%	89%	79%	90%	84%	82%
				bc	c						dfi		bcdfhi		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9B. Which, if any, physical activities have you done at least twice during the lockdown phase (23rd March to present)
BASE: All respondents

	Total	Social Grade — Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	Ethnicity — White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1150	63	258	303	138	106	282	624	525	1025	25	44	36	7	5	117
	54%	37%	55%	60%	50%	47%	59%	54%	54%	58%	41%	35%	38%	36%	54%	38%
			ae	adeh	a	a	ade	ae	a	bcdg						
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	363	41	94	92	39	29	67	227	136	270	21	29	28	6	3	86
	17%	24%	20%	18%	14%	13%	14%	20%	14%	15%	35%	23%	30%	27%	29%	28%
		defh	defh	h				defh			a	a	a			a
Running or jogging	361	49	108	96	50	37	20	253	107	268	21	30	30	5	1	87
	17%	29%	23%	19%	18%	17%	4%	22%	11%	15%	35%	24%	32%	25%	8%	28%
		cdefh	efh	fh	fh	fh		fh	f		a	a	a			a
Home activity, fitness or exercise class viewed online or on TV, DVD or video	329	36	95	80	41	39	38	210	118	246	12	23	32	6	3	77
	15%	21%	20%	16%	15%	18%	8%	18%	12%	14%	21%	19%	34%	29%	35%	25%
		fh	fh	fh	f	fh		fh	f				ac			a
Cycling (either for leisure or travel)	324	53	75	64	56	42	34	192	132	265	14	25	11	1	1	52
	15%	31%	16%	13%	20%	19%	7%	17%	13%	15%	24%	20%	12%	4%	13%	17%
		bcdefgh	f	f	cfh	cfh		cfh	f		ad					
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	183	18	54	40	28	25	17	113	70	149	7	13	9	1	1	31
	9%	11%	12%	8%	10%	11%	4%	10%	7%	8%	12%	11%	9%	5%	9%	10%
		f	fh	f	f	fh		fh	f							
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	164	40	38	38	30	14	4	116	48	106	11	23	17	2	2	55
	8%	24%	8%	7%	11%	6%	1%	10%	5%	6%	18%	18%	18%	10%	25%	18%
		bcdefgh	fh	fh	fh	f		fh	f		a	a	a			a
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	151	26	44	31	22	21	7	101	50	116	7	14	9	2	-	33
	7%	15%	9%	6%	8%	9%	2%	9%	5%	7%	11%	12%	10%	10%	-	11%
		bcdfgh	cfh	f	f	fh		fh	f			a				a
Swimming	97	18	18	21	21	11	8	58	39	75	7	8	5	-	-	21
	5%	11%	4%	4%	7%	5%	2%	5%	4%	4%	12%	7%	5%	-	-	7%
		bcefgh	f	f	bcfh	f		f	f		a					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9B. Which, if any, physical activities have you done at least twice during the lockdown phase (23rd March to present)
BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Golf	84	24	21	12	10	4	13	57	26	67	2	10	3	1	-	17
	4%	14%	4%	2%	4%	2%	3%	5%	3%	4%	4%	8%	3%	7%	-	5%
		bcdefgh						cefh				a				
Combat sports, martial arts or target sports (such as shooting, archery etc.)	77	33	18	7	11	7	3	57	20	50	6	11	7	3	-	27
	4%	19%	4%	1%	4%	3%	1%	5%	2%	3%	10%	9%	8%	14%	-	9%
		bcdefgh	cfh		cf	f		cfh	f		a	a	a			a
Gymnastics, trampolining or cheerleading	74	17	22	7	15	9	4	46	28	45	2	15	9	2	-	28
	3%	10%	5%	1%	5%	4%	1%	4%	3%	3%	4%	12%	10%	9%	-	9%
		bcefgh	cf		cfh	cf		cf	f			a	a			a
Team sports (such as football, cricket, rugby etc.)	64	16	19	12	7	9	1	47	17	35	5	15	9	-	-	29
	3%	10%	4%	2%	2%	4%	*	4%	2%	2%	9%	12%	10%	-	-	9%
		bcdefgh	fh	f	f	fh		fh	f		a	a	a			a
Racket sports (such as tennis, badminton, squash etc.)	54	9	14	11	11	6	2	35	19	32	5	9	4	2	-	20
	3%	6%	3%	2%	4%	3%	*	3%	2%	2%	8%	7%	5%	10%	-	7%
		cfh	f	f	fh	f		f	f		a	a				a
Water sports (such as surfing, rowing, sailing etc.)	29	7	10	4	3	5	1	21	9	20	1	4	3	1	-	9
	1%	4%	2%	1%	1%	2%	*	2%	1%	1%	2%	3%	3%	3%	-	3%
		cdfgh	f			f		f				a	a			a
Other sport, exercise or physical activity	53	4	6	12	4	3	25	22	31	50	1	1	-	-	-	3
	2%	2%	1%	2%	1%	1%	5%	2%	3%	3%	2%	1%	-	-	-	1%
							bcdeg		b	g						
I have done no regular physical activity during lockdown	337	8	46	68	43	41	131	122	215	296	3	13	6	2	1	26
	16%	5%	10%	13%	16%	19%	27%	11%	22%	17%	6%	10%	6%	12%	14%	9%
			a	a	abg	abg	abcdegh	a	abcdg	bdg						
NET: Home based activity	429	54	123	100	57	51	43	277	152	323	19	34	34	8	3	98
	20%	32%	26%	20%	21%	23%	9%	24%	16%	18%	32%	27%	37%	39%	35%	32%
		cdfgh	cfh	fh	fh	fh		cfh	f		a	a	a			a
NET: Any physical activities during lockdown	1788	163	421	440	232	181	350	1025	763	1485	56	112	88	18	8	282
	84%	95%	90%	87%	84%	81%	73%	89%	78%	83%	94%	90%	94%	88%	86%	91%
		bcdefgh	defh	fh	fh	f		defh	f		a		a			a

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Q9B. Which, if any, physical activities have you done at least twice during the lockdown phase (23rd March to present)

BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1150	789	176	158	334	99	49	344	107	28	34	64	52	90	283	148
	54%	59%	48%	46%	47%	55%	39%	52%	56%	46%	47%	64%	49%	50%	63%	48%
		bcd				b		b	b			bcefhik			bcefhik	
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	363	208	69	73	142	35	28	104	41	13	15	16	24	25	61	63
	17%	16%	19%	21%	20%	19%	22%	16%	21%	22%	20%	16%	23%	14%	14%	20%
				a	a		j		j				j			j
Running or jogging	361	166	85	94	179	41	23	163	31	13	9	18	43	13	6	64
	17%	13%	23%	28%	25%	23%	18%	25%	16%	21%	13%	17%	41%	7%	1%	21%
			a	a	a	ij	ij	dfij	ij	ij	j	ij	abcdefgijk	j		ij
Home activity, fitness or exercise class viewed online or on TV, DVD or video	329	169	67	84	151	35	22	124	44	8	8	15	20	20	32	57
	15%	13%	18%	25%	21%	19%	18%	19%	23%	14%	12%	15%	20%	11%	7%	19%
			a	a	a	ij	j	ij	fij			j	j			ij
Cycling (either for leisure or travel)	324	163	82	67	149	31	28	130	35	12	8	12	20	12	36	58
	15%	12%	23%	20%	21%	17%	22%	20%	18%	21%	10%	12%	19%	7%	8%	19%
			a	a	a	ij	fgij	ij	ij	ij			ij			ij
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	183	55	66	54	121	18	16	68	19	6	6	9	12	17	12	34
	9%	4%	18%	16%	17%	10%	13%	10%	10%	9%	9%	9%	12%	10%	3%	11%
			a	a	a	j	j	j	j	j	j	j	j	j		j
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	164	65	46	41	88	16	23	70	18	11	7	3	12	2	2	39
	8%	5%	13%	12%	12%	9%	19%	11%	9%	18%	9%	3%	12%	1%	1%	13%
			a	a	a	gij	acdgij	gij	gij	agij	gij	j	gij			gij

Q9B. Which, if any, physical activities have you done at least twice during the lockdown phase (23rd March to present)

BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	151	38	52	54	106	13	19	60	17	6	6	7	13	5	6	32
	7%	3%	14%	16%	15%	7%	15%	9%	9%	10%	8%	7%	12%	3%	1%	10%
			a	a	a	ij	acij	ij	ij	ij	j	ij	ij			ij
Swimming	97	31	26	33	59	11	13	40	10	4	3	3	4	6	4	24
	5%	2%	7%	10%	8%	6%	10%	6%	5%	7%	4%	3%	4%	3%	1%	8%
			a	a	a	j	ghij	j	j	j	j		j	j		ij
Golf	84	37	16	24	40	9	12	33	4	2	4	1	6	-	12	22
	4%	3%	4%	7%	6%	5%	10%	5%	2%	3%	5%	1%	5%	-	3%	7%
				a	a	i	cdgij	i	i	i	i		i		i	dgij
Combat sports, martial arts or target sports (such as shooting, archery etc.)	77	28	20	26	46	11	18	28	7	4	3	1	1	1	3	29
	4%	2%	6%	8%	7%	6%	14%	4%	4%	6%	4%	1%	1%	*	1%	9%
			a	a	a	hij	acdfghij	ij	ij	ij	ij					cdghij
Gymnastics, trampolining or cheerleading	74	22	14	29	43	6	12	32	10	6	1	1	2	3	-	19
	3%	2%	4%	8%	6%	3%	10%	5%	5%	11%	2%	1%	2%	2%	-	6%
			a	ab	a	j	acfghij	gij	gij	acfghij	j		j	j		gij
Team sports (such as football, cricket, rugby etc.)	64	24	12	23	35	6	7	18	9	4	2	3	12	1	2	13
	3%	2%	3%	7%	5%	3%	5%	3%	5%	7%	3%	3%	12%	*	*	4%
				a	a	ij	ij	j	ij	cij		j	acdfgijk			ij
Racket sports (such as tennis, badminton, squash etc.)	54	22	15	15	30	3	6	20	9	5	2	4	3	1	1	8
	3%	2%	4%	4%	4%	1%	5%	3%	5%	9%	3%	4%	3%	*	*	3%
			a	a	a		ij	ij	ij	acijk	j	ij	j			j

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9B. Which, if any, physical activities have you done at least twice during the lockdown phase (23rd March to present)

BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Water sports (such as surfing, rowing, sailing etc.)	29	13	4	9	14	-	4	8	5	3	4	2	4	1	-	4
	1%	1%	1%	3%	2%	-	3%	1%	2%	5%	5%	2%	4%	1%	-	1%
				a			aj	j	aj	acijk	acijk	j	aij			j
Other sport, exercise or physical activity	53	47	5	1	6	2	4	12	2	-	5	1	1	4	22	7
	2%	4%	1%	*	1%	1%	4%	2%	1%	-	7%	1%	1%	2%	5%	2%
		bcd									acdeghk				acdg	
I have done no regular physical activity during lockdown	337	256	33	30	63	19	5	75	21	5	10	18	10	47	127	25
	16%	19%	9%	9%	9%	11%	4%	11%	11%	9%	13%	18%	10%	27%	28%	8%
		bcd				b		b	b		b	bk		abcdefhk	abcdefghk	
NET: Home based activity	429	197	101	114	215	44	34	162	55	14	12	19	29	24	36	78
	20%	15%	28%	33%	31%	24%	27%	24%	29%	23%	16%	19%	28%	13%	8%	25%
			a	a	a	ij	ij	ij	fij	j	j	j	ij	j		ij
NET: Any physical activities during lockdown	1788	1071	332	310	642	162	120	587	170	54	63	83	95	131	322	282
	84%	81%	91%	91%	91%	89%	96%	89%	89%	91%	87%	82%	90%	73%	72%	92%
			a	a	a	ij	acdfgij	ij	ij	ij	ij	j	ij	j		gij

Q9B. Which, if any, physical activities have you done at least twice during the lockdown phase (23rd March to present)

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1150	266	185	77	12	263	278	328	97	100	13	197	341	219	633	255	43	931
	54%	54%	51%	49%	24%	51%	51%	54%	41%	56%	30%	48%	53%	57%	57%	48%	45%	53%
		d	d	d		d	d	bde		bd		d	bd	cd	cd			c
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	363	75	70	39	13	109	87	95	46	38	16	84	111	48	187	106	21	314
	17%	15%	19%	25%	26%	21%	16%	16%	20%	21%	36%	20%	17%	13%	17%	20%	22%	18%
				af		af					abcef					a	a	a
Running or jogging	361	101	93	31	10	124	111	134	65	28	7	93	141	38	154	140	29	323
	17%	20%	26%	20%	21%	24%	20%	22%	28%	16%	17%	23%	22%	10%	14%	26%	31%	19%
									c						a	abe	abe	ab
Home activity, fitness or exercise class viewed online or on TV, DVD or video	329	81	77	29	15	106	96	102	55	33	8	88	110	39	158	105	27	289
	15%	16%	21%	18%	30%	20%	18%	17%	23%	19%	18%	21%	17%	10%	14%	20%	28%	17%
					af				af							ab	abe	a
Cycling (either for leisure or travel)	324	108	73	20	7	93	116	113	59	24	9	83	123	44	151	113	17	281
	15%	22%	20%	13%	15%	18%	21%	19%	25%	13%	21%	20%	19%	11%	14%	21%	18%	16%
		c	c				c		acf				c			abe		a
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	183	38	50	17	8	66	46	55	28	23	5	51	60	13	87	69	15	171
	9%	8%	14%	10%	16%	13%	8%	9%	12%	13%	11%	12%	9%	3%	8%	13%	16%	10%
			af		a	af									a	abe	ab	a
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	164	44	41	29	13	70	58	51	40	27	8	67	58	17	74	63	10	147
	8%	9%	11%	18%	27%	13%	11%	8%	17%	15%	18%	16%	9%	4%	7%	12%	11%	8%
				abf	abef	a			af	af	af	af				abe	a	a

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Q9B. Which, if any, physical activities have you done at least twice during the lockdown phase (23rd March to present)
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	151	35	48	16	5	64	40	49	32	17	7	49	56	8	66	65	13	143
	7%	7%	13%	10%	9%	12%	7%	8%	14%	9%	15%	12%	9%	2%	6%	12%	14%	8%
			af			af			af			a			a	abe	ab	ab
Swimming	97	39	17	7	7	24	45	30	24	12	2	36	32	12	40	37	8	85
	5%	8%	5%	4%	13%	5%	8%	5%	10%	7%	5%	9%	5%	3%	4%	7%	9%	5%
		e			bce		be		af			af				ab	ab	
Golf	84	23	18	9	5	27	28	26	19	8	2	27	28	11	40	24	8	73
	4%	5%	5%	6%	11%	5%	5%	4%	8%	5%	4%	7%	4%	3%	4%	5%	9%	4%
									af								abe	
Combat sports, martial arts or target sports (such as shooting, archery etc.)	77	25	24	10	1	34	26	24	24	9	4	32	27	6	32	31	9	71
	4%	5%	7%	6%	3%	7%	5%	4%	10%	5%	8%	8%	4%	2%	3%	6%	9%	4%
									acf			af				ab	abe	a
Gymnastics, trampolining or cheerleading	74	23	25	9	4	35	28	22	27	9	4	36	26	8	30	29	7	66
	3%	5%	7%	6%	9%	7%	5%	4%	12%	5%	10%	9%	4%	2%	3%	5%	7%	4%
									acf		af	af				ab	ab	
Team sports (such as football, cricket, rugby etc.)	64	17	13	5	4	19	21	17	9	9	3	18	20	5	18	34	7	59
	3%	3%	4%	3%	8%	4%	4%	3%	4%	5%	7%	4%	3%	1%	2%	6%	8%	3%
																abe	abe	ab
Racket sports (such as tennis, badminton, squash etc.)	54	16	14	8	5	21	21	20	10	11	2	21	22	6	19	21	7	48
	3%	3%	4%	5%	11%	4%	4%	3%	4%	6%	4%	5%	3%	2%	2%	4%	8%	3%
					abef											ab	abe	
Water sports (such as surfing, rowing, sailing etc.)	29	6	10	3	5	13	10	5	8	9	1	17	7	3	10	12	5	27
	1%	1%	3%	2%	9%	2%	2%	1%	3%	5%	3%	4%	1%	1%	1%	2%	5%	2%
					abcef				af	af		af					b	abe

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Q9B. Which, if any, physical activities have you done at least twice during the lockdown phase (23rd March to present)

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other sport, exercise or physical activity	53	13	3	5	1	8	14	12	3	7	-	10	12	15	33	5	-	38
	2%	3%	1%	3%	1%	2%	3%	2%	1%	4%	-	2%	2%	4%	3%	1%	-	2%
														ce	c			
I have done no regular physical activity during lockdown	337	61	24	13	9	37	70	76	9	13	6	22	83	85	182	63	7	252
	16%	12%	7%	8%	17%	7%	13%	13%	4%	7%	15%	5%	13%	22%	16%	12%	7%	14%
		be			be		be	be			be		bce	bcde	cd			
NET: Home based activity	429	104	108	40	16	149	120	136	73	45	12	118	148	46	207	143	32	383
	20%	21%	30%	26%	33%	29%	22%	23%	31%	25%	27%	29%	23%	12%	19%	27%	34%	22%
			af			af			af			af			a	abe	abe	ab
NET: Any physical activities during lockdown	1788	435	336	145	40	482	476	529	224	165	37	389	566	297	934	470	87	1491
	84%	88%	93%	92%	83%	93%	87%	87%	96%	93%	85%	95%	87%	78%	84%	88%	93%	86%
			adf			adf			adf	f		adf			a	ab	ab	a

Q9B. Which, if any, physical activities have you done at least twice during the lockdown phase (23rd March to present)
BASE: All respondents

	Care responsibilities in household not including children			Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1150	152	765	113	207	29	817	312	31	884	265	989	160
	54%	42%	57%	47%	53%	30%	58%	48%	52%	53%	57%	55%	51%
			a	c	c		ace	c	c				
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	363	74	233	49	51	20	255	102	13	293	69	305	54
	17%	20%	17%	20%	13%	20%	18%	16%	22%	18%	15%	17%	17%
				b			b		b				
Running or jogging	361	76	241	39	31	9	284	69	7	306	54	302	56
	17%	21%	18%	16%	8%	10%	20%	11%	12%	18%	12%	17%	18%
				be			bce			b			
Home activity, fitness or exercise class viewed online or on TV, DVD or video	329	65	216	46	47	11	227	91	10	265	64	273	52
	15%	18%	16%	19%	12%	12%	16%	14%	17%	16%	14%	15%	17%
				b			b						
Cycling (either for leisure or travel)	324	68	206	45	35	20	225	90	4	259	65	289	34
	15%	19%	15%	19%	9%	21%	16%	14%	6%	16%	14%	16%	11%
				bf		bf	bf	b					b
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	183	45	120	30	34	6	119	62	6	149	34	166	17
	9%	12%	9%	13%	9%	6%	8%	10%	10%	9%	7%	9%	5%
				d									b
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	164	73	69	36	20	28	84	74	4	144	20	136	26
	8%	20%	5%	15%	5%	29%	6%	11%	7%	9%	4%	8%	8%
		b		bd		abdef		bd		b			

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9B. Which, if any, physical activities have you done at least twice during the lockdown phase (23rd March to present)
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	151	46	95	27	23	12	92	54	4	128	23	135	16
	7%	13%	7%	11%	6%	12%	7%	8%	7%	8%	5%	8%	5%
		b		bd		bd				b			
Swimming	97	40	43	25	14	8	55	41	3	81	16	91	6
	5%	11%	3%	10%	4%	8%	4%	6%	5%	5%	3%	5%	2%
		b		bde		d		d				b	
Golf	84	41	30	25	13	13	43	41	5	62	22	76	8
	4%	11%	2%	10%	3%	13%	3%	6%	9%	4%	5%	4%	2%
		b		bde		bde		bd	bd				
Combat sports, martial arts or target sports (such as shooting, archery etc.)	77	44	26	23	19	12	34	42	5	61	16	71	6
	4%	12%	2%	10%	5%	13%	2%	6%	8%	4%	3%	4%	2%
		b		bd	d	bde		d	d				
Gymnastics, trampolining or cheerleading	74	34	27	19	11	12	36	36	3	60	14	59	13
	3%	9%	2%	8%	3%	12%	3%	5%	4%	4%	3%	3%	4%
		b		bd		bde		bd					
Team sports (such as football, cricket, rugby etc.)	64	25	32	14	9	7	38	25	2	54	10	62	3
	3%	7%	2%	6%	2%	7%	3%	4%	3%	3%	2%	3%	1%
		b		bd		bd						b	
Racket sports (such as tennis, badminton, squash etc.)	54	18	25	13	8	7	28	23	3	49	5	44	9
	3%	5%	2%	6%	2%	7%	2%	4%	5%	3%	1%	2%	3%
		b		bd		bd		d		b			
Water sports (such as surfing, rowing, sailing etc.)	29	13	11	8	6	4	13	16	1	24	6	26	3
	1%	4%	1%	3%	2%	4%	1%	2%	1%	1%	1%	1%	1%
		b		d		d		d					

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Q9B. Which, if any, physical activities have you done at least twice during the lockdown phase (23rd March to present)
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
Other sport, exercise or physical activity	53 2%	5 2%	31 2%	5 2%	13 3%	- -	35 3%	17 3%	1 2%	34 2%	19 4% a	49 3%	4 1%
I have done no regular physical activity during lockdown	337 16%	28 8%	213 16% a	32 13%	110 28% acde	14 14%	178 13%	139 21% ad	13 22% d	253 15%	84 18%	267 15%	59 19%
NET: Home based activity	429 20%	97 27% b	275 21%	64 26% bde	64 16%	22 23%	282 20%	133 20%	12 21%	348 21%	80 17%	359 20%	65 21%
NET: Any physical activities during lockdown	1788 84%	336 92% b	1119 84%	209 87% be	282 72%	83 86% b	1232 87% bef	515 79%	46 78% b	1407 85%	381 82%	1521 85%	253 81%

Savanta:
ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9B. Which, if any, physical activities have you done at least twice during the lockdown phase (23rd March to present)
BASE: All respondents

| | Total | \multicolumn{10}{c}{Number of days active} | \multicolumn{3}{c}{Amount of activity in the past week compared to previous week} | \multicolumn{4}{c}{Life satisfaction score} |
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1150	147	130	186	206	118	131	47	185	509	364	317	574	251	202	308	466	157
	54%	34%	56%	58%	56%	60%	58%	59%	69%	57%	63%	52%	55%	57%	49%	53%	60%	54%
			a	a	a	a	a	a	abcdefi	a	adi						ab	
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	363	29	30	53	65	41	64	15	65	159	145	120	160	78	54	108	144	52
	17%	7%	13%	16%	18%	21%	28%	19%	24%	18%	25%	20%	15%	18%	13%	19%	18%	18%
			a	a	a	ab	abcdi	a	abcdi	a	abcdi	b				a	a	
Running or jogging	361	11	29	51	80	52	58	19	62	183	138	166	113	78	60	99	149	48
	17%	3%	12%	16%	22%	26%	25%	23%	23%	21%	24%	27%	11%	18%	15%	17%	19%	17%
			a	a	ab	abc	abc	ab	abc	ab	abc	bc		b			a	
Home activity, fitness or exercise class viewed online or on TV, DVD or video	329	22	28	46	72	48	49	14	50	167	112	122	120	85	55	94	133	43
	15%	5%	12%	14%	20%	24%	22%	17%	18%	19%	19%	20%	12%	19%	13%	16%	17%	15%
			a	a	ab	abc	abc	a	ab	ab	ab	b		b				
Cycling (either for leisure or travel)	324	9	27	55	60	45	46	19	61	160	127	118	136	69	49	89	127	57
	15%	2%	12%	17%	16%	23%	20%	24%	23%	18%	22%	20%	13%	16%	12%	15%	16%	19%
			a	a	a	abd	ab	ab	abd	ab	abd	b					a	a
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	183	10	21	20	42	22	25	14	29	83	69	70	62	50	31	52	73	23
	9%	2%	9%	6%	11%	11%	11%	17%	11%	9%	12%	12%	6%	11%	8%	9%	9%	8%
			a	a	ac	a	ac	abci	ac	a	ac	b		b				
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	164	4	13	24	33	25	36	5	24	83	65	85	44	32	29	51	54	29
	8%	1%	5%	8%	9%	13%	16%	6%	9%	9%	11%	14%	4%	7%	7%	9%	7%	10%
			a	a	a	ab	abcdghi	a	a	a	ab	bc		b				
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	151	5	12	21	33	15	32	13	22	68	67	67	53	31	29	43	58	20
	7%	1%	5%	6%	9%	7%	14%	16%	8%	8%	12%	11%	5%	7%	7%	7%	7%	7%
			a	a	a	a	abcdehi	abcehi	a	a	abci	bc						
Swimming	97	-	10	7	27	17	12	8	15	52	35	51	27	19	16	32	29	19
	5%	-	4%	2%	7%	9%	5%	10%	6%	6%	6%	8%	3%	4%	4%	5%	4%	7%
			a	a	ac	ac	a	ac	ac	ac	ac	bc						c

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9B. Which, if any, physical activities have you done at least twice during the lockdown phase (23rd March to present)
BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Golf	84	4	7	17	15	16	10	4	11	47	25	33	32	18	23	17	23	18
	4%	1%	3%	5%	4%	8%	5%	5%	4%	5%	4%	6%	3%	4%	6%	3%	3%	6%
				a	a	abd	a	a	a	a	a	b			bc			bc
Combat sports, martial arts or target sports (such as shooting, archery etc.)	77	2	4	7	12	15	18	5	14	33	38	44	21	13	10	19	26	21
	4%	*	2%	2%	3%	7%	8%	7%	5%	4%	7%	7%	2%	3%	2%	3%	3%	7%
			a	a	a	abcdi	abcdi	abc	abc	a	abcdi	bc						abc
Gymnastics, trampolining or cheerleading	74	1	3	8	19	12	14	8	9	39	31	40	24	10	9	28	25	12
	3%	*	1%	3%	5%	6%	6%	10%	3%	4%	5%	7%	2%	2%	2%	5%	3%	4%
				a	ab	abc	abc	abchi	a	ab	ab	bc				a		
Team sports (such as football, cricket, rugby etc.)	64	1	3	6	16	10	6	7	15	32	28	33	19	11	9	15	25	13
	3%	*	1%	2%	4%	5%	3%	9%	6%	4%	5%	5%	2%	3%	2%	3%	3%	5%
				a	ab	ab	a	abcfi	abc	a	abc	bc						
Racket sports (such as tennis, badminton, squash etc.)	54	-	4	5	14	7	7	4	13	26	24	28	20	6	9	19	18	8
	3%	-	2%	2%	4%	3%	3%	5%	5%	3%	4%	5%	2%	1%	2%	3%	2%	3%
			a	a	a	a	a	abc	a	a	ac	bc						
Water sports (such as surfing, rowing, sailing etc.)	29	-	-	1	4	7	6	1	11	12	18	14	10	4	3	5	13	9
	1%	-	-	*	1%	3%	3%	1%	4%	1%	3%	2%	1%	1%	1%	1%	2%	3%
					a	abci	abc		abcdi	a	abcdi	b						ab
Other sport, exercise or physical activity	53	4	7	13	9	6	3	4	6	28	13	12	32	9	10	14	19	9
	2%	1%	3%	4%	2%	3%	1%	5%	2%	3%	2%	2%	3%	2%	2%	2%	2%	3%
			a	af				af		a								
I have done no regular physical activity during lockdown	337	237	31	29	17	5	7	4	7	51	17	28	230	52	85	92	101	37
	16%	55%	13%	9%	4%	3%	3%	5%	3%	6%	3%	5%	22%	12%	21%	16%	13%	13%
		bcdefghij	defghij	defhij						hj			ac	a	bcd			
NET: Home based activity	429	25	35	63	96	56	67	22	65	215	153	164	156	106	74	121	172	57
	20%	6%	15%	20%	26%	29%	29%	27%	24%	24%	27%	27%	15%	24%	18%	21%	22%	19%
			a	a	abc	abc	abc	ab	ab	ab	abc	b		b				
NET: Any physical activities during lockdown	1788	193	200	292	353	191	221	77	261	836	559	577	806	387	329	490	681	256
	84%	45%	87%	91%	96%	97%	97%	95%	97%	94%	97%	95%	78%	88%	79%	84%	87%	87%
			a	a	abc	abc	abc	ab	abci	abc	abci	bc		b		a	a	a

Q9C. Which, if any, physical activities do you intend to do regularly in the future (at least once a month on average, once lockdown restrictions have fully lifted)?
BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1209	539	666	261	415	533	56	167	120	122	103	146	152	212	132
	57%	52%	62%	41%	59%	68%	54%	61%	58%	55%	56%	62%	46%	61%	61%
			a		a	ab		g	g	g	g	g		g	g
Swimming	434	186	246	144	160	130	21	71	45	33	42	42	59	79	42
	20%	18%	23%	22%	23%	17%	20%	26%	22%	15%	23%	18%	18%	23%	19%
			a	c	c			dfg			d			d	
Running or jogging	423	248	174	204	183	36	17	58	36	31	28	41	112	66	34
	20%	24%	16%	32%	26%	5%	17%	21%	17%	14%	15%	17%	34%	19%	16%
		b		bc	c			d					abcdefhi		
Cycling (either for leisure or travel)	423	265	158	156	172	95	17	64	40	39	37	54	75	62	34
	20%	26%	15%	24%	25%	12%	17%	23%	19%	18%	20%	23%	22%	18%	16%
		b		c	c			i							
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	391	199	189	199	127	65	23	54	33	39	41	23	87	63	28
	18%	19%	18%	31%	18%	8%	23%	20%	16%	17%	23%	10%	26%	18%	13%
				bc	c		fi	f		f	fi		bcdfhi	f	
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	345	151	192	134	120	91	22	42	34	33	24	42	66	61	20
	16%	15%	18%	21%	17%	12%	21%	15%	16%	15%	13%	18%	20%	17%	9%
			a	c	c		i		i			i	i	i	
Home activity, fitness or exercise class viewed online or on TV, DVD or video	300	86	214	129	112	58	12	39	23	20	27	35	62	47	35
	14%	8%	20%	20%	16%	7%	12%	14%	11%	9%	15%	15%	19%	14%	16%
			a	bc	c								cd		d
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	198	95	103	91	87	20	6	32	16	24	15	23	29	36	15
	9%	9%	10%	14%	13%	3%	6%	12%	8%	11%	8%	10%	9%	10%	7%
				c	c										
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	196	87	108	89	78	29	4	31	26	20	10	23	30	33	18
	9%	8%	10%	14%	11%	4%	4%	11%	12%	9%	6%	10%	9%	10%	8%
				c	c			ae	ae						

Q9C. Which, if any, physical activities do you intend to do regularly in the future (at least once a month on average, once lockdown restrictions have fully lifted)?
BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Golf	147	121	26	56	53	37	7	18	10	17	15	9	29	25	17
	7%	12%	2%	9%	8%	5%	6%	6%	5%	8%	8%	4%	9%	7%	8%
		b		c	c								f		
Combat sports, martial arts or target sports (such as shooting, archery etc.)	128	89	38	87	33	8	7	15	13	18	12	8	39	9	6
	6%	9%	4%	13%	5%	1%	7%	5%	6%	8%	7%	3%	12%	3%	3%
		b		bc	c				h	fhi	h		bcfhi		
Team sports (such as football, cricket, rugby etc.)	125	108	16	77	31	17	2	23	11	13	10	7	33	19	7
	6%	10%	1%	12%	4%	2%	2%	8%	5%	6%	5%	3%	10%	5%	3%
		b		bc	c			afi					afhi		
Racket sports (such as tennis, badminton, squash etc.)	110	66	44	53	34	23	6	15	8	15	10	6	23	21	6
	5%	6%	4%	8%	5%	3%	6%	5%	4%	7%	6%	2%	7%	6%	3%
		b		bc						f			fi		
Gymnastics, trampolining or cheerleading	84	55	29	57	25	2	5	12	9	5	5	6	29	9	3
	4%	5%	3%	9%	4%	*	5%	4%	4%	2%	3%	3%	9%	3%	2%
		b		bc	c								bdefhi		
Water sports (such as surfing, rowing, sailing etc.)	73	40	32	48	18	7	1	3	10	7	9	10	18	12	3
	3%	4%	3%	7%	3%	1%	1%	1%	5%	3%	5%	4%	5%	3%	1%
				bc	c				bi		abi	b	abi		
Other sport, exercise or physical activity	87	42	45	16	13	58	5	10	9	3	6	14	12	17	10
	4%	4%	4%	3%	2%	7%	4%	4%	4%	1%	3%	6%	4%	5%	5%
						ab						d		d	
I don't intend to do any regular physical activity	241	113	123	38	70	133	8	24	26	31	17	37	29	46	23
	11%	11%	11%	6%	10%	17%	8%	9%	13%	14%	9%	16%	9%	13%	11%
					a	ab						abg			
NET: Home based activity	437	154	283	190	175	72	17	60	33	42	39	50	79	74	43
	21%	15%	26%	30%	25%	9%	16%	22%	16%	19%	22%	21%	24%	21%	20%
			a	c	c								c		
NET: Intend to do any regular physical activities once lockdown restrictions have fully lifted	1884	922	954	604	628	651	94	251	182	192	165	198	304	303	193
	89%	89%	89%	94%	90%	83%	92%	91%	87%	86%	91%	84%	91%	87%	89%
				bc	c		f	f					f		

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Q9C. Which, if any, physical activities do you intend to do regularly in the future (at least once a month on average, once lockdown restrictions have fully lifted)?
BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1209	65	262	313	148	121	301	639	570	1080	22	48	38	10	6	124
	57%	38%	56%	62%	54%	54%	63%	56%	58%	61%	36%	39%	40%	49%	60%	40%
			a	adg	a	a	abdeg	a	a	bcdg						
Swimming	434	39	113	110	52	52	68	262	172	377	15	18	16	4	2	56
	20%	23%	24%	22%	19%	23%	14%	23%	18%	21%	25%	15%	17%	22%	22%	18%
		f	fh	f		fh		fh								
Running or jogging	423	55	134	115	58	39	22	303	120	312	24	41	36	5	1	107
	20%	32%	29%	23%	21%	18%	5%	26%	12%	18%	41%	33%	38%	27%	8%	35%
		cdefh	cdefh	fh	fh	fh		efh	f		a	a	a			a
Cycling (either for leisure or travel)	423	60	114	89	67	43	51	263	160	347	16	31	20	2	1	71
	20%	35%	24%	17%	24%	19%	11%	23%	16%	19%	27%	25%	21%	11%	13%	23%
		bcdefgh	cfh	f	cfh	f		cfh	f							
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	391	65	113	88	45	47	33	266	125	289	26	38	27	2	3	96
	18%	38%	24%	17%	16%	21%	7%	23%	13%	16%	43%	31%	28%	12%	28%	31%
		bcdefgh	cdfh	fh	f	fh		cdfh	f		a	a	a			a
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	345	32	92	85	47	29	59	210	135	261	17	30	23	6	3	79
	16%	19%	20%	17%	17%	13%	12%	18%	14%	15%	29%	24%	24%	27%	29%	26%
		f	efh	f				efh			a	a	a			a
Home activity, fitness or exercise class viewed online or on TV, DVD or video	300	29	86	75	38	36	35	190	109	229	15	22	23	5	2	66
	14%	17%	18%	15%	14%	16%	7%	17%	11%	13%	25%	17%	24%	26%	16%	21%
		fh	fh	fh	f	fh		fh	f		a		a			a
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	198	28	49	55	27	23	15	133	65	159	7	20	9	1	-	38
	9%	16%	11%	11%	10%	10%	3%	12%	7%	9%	12%	16%	10%	4%	-	12%
		dfh	fh	fh	f	fh		fh	f			a				
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	196	23	55	43	32	22	21	120	75	154	6	17	8	4	1	35
	9%	13%	12%	8%	12%	10%	4%	11%	8%	9%	10%	13%	8%	18%	9%	11%
		fh	fh	f	fh	f		fh	f							

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Q9C. Which, if any, physical activities do you intend to do regularly in the future (at least once a month on average, once lockdown restrictions have fully lifted)?
BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Golf	147	35	39	27	19	10	16	102	45	116	7	8	7	5	1	29
	7%	21%	8%	5%	7%	4%	3%	9%	5%	7%	12%	7%	7%	25%	11%	9%
		bcdefgh	fh		f			cefh								
Combat sports, martial arts or target sports (such as shooting, archery etc.)	128	41	32	22	19	10	4	95	33	88	7	15	10	4	1	37
	6%	24%	7%	4%	7%	4%	1%	8%	3%	5%	12%	12%	11%	19%	13%	12%
		bcdefgh	fh	f	fh	f		cefh	f		a	a	a			a
Team sports (such as football, cricket, rugby etc.)	125	22	28	30	22	12	10	81	44	83	5	16	16	2	-	40
	6%	13%	6%	6%	8%	5%	2%	7%	5%	5%	8%	13%	17%	12%	-	13%
		bcefgh	f	f	fh	f		fh	f			a	a			a
Racket sports (such as tennis, badminton, squash etc.)	110	20	37	21	16	9	6	78	31	85	5	11	6	-	-	23
	5%	12%	8%	4%	6%	4%	1%	7%	3%	5%	8%	9%	7%	-	-	7%
		cdefgh	cfh	f	fh	f		cfh	f			a				
Gymnastics, trampolining or cheerleading	84	13	27	15	17	7	4	55	29	55	3	11	12	-	1	28
	4%	8%	6%	3%	6%	3%	1%	5%	3%	3%	5%	9%	13%	-	11%	9%
		cefh	cfh	f	cfh	f		fh	f			a	a			a
Water sports (such as surfing, rowing, sailing etc.)	73	14	19	16	12	7	6	48	25	49	4	13	4	2	-	23
	3%	8%	4%	3%	4%	3%	1%	4%	3%	3%	7%	10%	4%	12%	-	7%
		bcefgh	f	f	f			fh				a	a			a
Other sport, exercise or physical activity	87	2	18	14	11	4	39	33	54	79	4	1	3	1	-	9
	4%	1%	4%	3%	4%	2%	8%	3%	6%	4%	7%	1%	3%	4%	-	3%
							abcdeg		aceg	c	c					
I don't intend to do any regular physical activity	241	10	27	42	30	31	102	79	163	210	2	12	2	2	1	19
	11%	6%	6%	8%	11%	14%	21%	7%	17%	12%	3%	10%	2%	10%	14%	6%
					bg	abcg	abcdegh		abcdg	bdg		d				
NET: Home based activity	437	50	116	120	54	51	46	286	151	341	19	36	27	6	2	90
	21%	29%	25%	24%	20%	23%	10%	25%	15%	19%	31%	29%	29%	30%	16%	29%
		dfh	fh	fh	f	fh		fh	f		a	a	a			a
NET: Intend to do any regular physical activities once lockdown restrictions have fully lifted	1884	161	440	466	245	192	379	1068	816	1570	58	112	92	18	8	289
	89%	94%	94%	92%	89%	86%	79%	93%	83%	88%	97%	90%	98%	90%	86%	94%
		efh	defh	efh	fh	f		defh	f		a		ac			a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9C. Which, if any, physical activities do you intend to do regularly in the future (at least once a month on average, once lockdown restrictions have fully lifted)?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1209	830	193	162	355	102	58	356	108	30	43	61	49	108	295	160
	57%	63%	53%	48%	50%	56%	47%	54%	57%	50%	59%	60%	47%	60%	66%	52%
		bcd										bh		bh	abcdehk	
Swimming	434	226	92	100	192	47	35	159	37	6	13	16	20	35	66	82
	20%	17%	25%	29%	27%	26%	28%	24%	19%	9%	18%	16%	19%	20%	15%	27%
			a	a	a	egj	egj	ej								egj
Running or jogging	423	178	110	118	229	46	32	187	40	18	10	23	41	17	8	78
	20%	13%	30%	35%	32%	25%	26%	28%	21%	31%	14%	23%	39%	10%	2%	26%
			a	a	a	fij	fij	dfij	ij	fij	j	ij	abcdfgijk	j		fij
Cycling (either for leisure or travel)	423	206	108	95	204	34	35	173	46	13	12	21	27	20	43	69
	20%	15%	30%	28%	29%	19%	28%	26%	24%	22%	16%	20%	25%	11%	9%	22%
			a	a	a	ij	ij	aij	ij	ij		ij	ij			ij
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	391	204	75	91	165	33	37	153	42	17	11	19	31	19	28	70
	18%	15%	20%	27%	23%	18%	30%	23%	22%	28%	15%	19%	30%	11%	6%	23%
			a	a	a	ij	afij	ij	ij	ij	j	ij	afij			ij
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	345	192	78	62	140	32	31	109	37	15	14	16	16	22	53	63
	16%	14%	21%	18%	20%	18%	25%	16%	19%	26%	20%	16%	15%	12%	12%	21%
			a		a		cij	j	j	ij						ij
Home activity, fitness or exercise class viewed online or on TV, DVD or video	300	152	68	70	138	33	23	105	34	6	10	20	16	24	28	56
	14%	11%	19%	21%	20%	18%	18%	16%	18%	11%	14%	20%	16%	13%	6%	18%
			a	a	a	j	j	j	j			j	j	j	j	j

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Q9C. Which, if any, physical activities do you intend to do regularly in the future (at least once a month on average, once lockdown restrictions have fully lifted)?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	198	64	57	70	127	19	23	66	22	9	6	10	14	19	10	42
	9%	5%	16%	21%	18%	11%	18%	10%	11%	15%	9%	10%	13%	11%	2%	14%
			a	a	a	j	cj	j	j	j	j	j	j	j		j
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	196	60	58	70	128	16	22	63	23	6	5	8	14	18	21	38
	9%	4%	16%	21%	18%	9%	18%	9%	12%	10%	8%	8%	14%	10%	5%	12%
			a	a	a		acfgj	j	j				j	j		j
Golf	147	67	29	44	72	12	16	62	9	6	5	5	9	2	22	28
	7%	5%	8%	13%	10%	7%	13%	9%	4%	10%	7%	5%	8%	1%	5%	9%
			ab	a		i	dgij	dij		i	i		i		i	dij
Combat sports, martial arts or target sports (such as shooting, archery etc.)	128	52	28	39	68	24	20	47	11	6	7	4	4	1	3	44
	6%	4%	8%	12%	10%	13%	16%	7%	6%	10%	10%	4%	4%	*	1%	14%
			a	a	a	cdghij	cdghij	ij	ij	ij	ij	ij	ij			cdghij
Team sports (such as football, cricket, rugby etc.)	125	57	29	32	60	12	15	41	10	5	5	5	21	3	9	27
	6%	4%	8%	9%	9%	7%	12%	6%	5%	8%	7%	5%	20%	2%	2%	9%
			a	a	a	ij	cdgij	ij	ij	ij	ij		acdefgijk			ij
Racket sports (such as tennis, badminton, squash etc.)	110	59	20	30	50	13	13	39	12	1	3	7	9	3	10	25
	5%	4%	6%	9%	7%	7%	10%	6%	6%	1%	5%	7%	8%	2%	2%	8%
				a	a	ij	eij	ij	ij			ij	ij			eij
Gymnastics, trampolining or cheerleading	84	32	19	26	45	8	14	36	9	6	3	2	4	2	-	22
	4%	2%	5%	8%	6%	4%	11%	5%	5%	9%	5%	2%	4%	1%	-	7%
			a	a	a	j	acdghij	ij	ij	gij	j	j	j	j		gij

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Q9C. Which, if any, physical activities do you intend to do regularly in the future (at least once a month on average, once lockdown restrictions have fully lifted)?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Water sports (such as surfing, rowing, sailing etc.)	73	32	11	25	36	6	12	23	10	6	2	4	7	2	2	17
	3%	2%	3%	7%	5%	3%	9%	4%	5%	10%	3%	4%	7%	1%	1%	6%
				ab	a	j	acij	j	ij	acij			ij	ij		ij
Other sport, exercise or physical activity	87	73	6	8	14	6	2	17	2	3	4	4	4	11	35	7
	4%	6%	2%	2%	2%	3%	1%	3%	1%	5%	6%	4%	3%	6%	8%	2%
		bcd								d	d			bcdk	abcdk	
I don't intend to do any regular physical activity	241	179	23	23	46	17	4	46	18	3	3	12	8	38	92	21
	11%	14%	6%	7%	7%	9%	3%	7%	10%	5%	4%	12%	8%	21%	20%	7%
		bcd							b			b		abcdefghk	abcdefghk	
NET: Home based activity	437	196	110	117	227	46	38	152	46	14	16	27	25	37	36	84
	21%	15%	30%	34%	32%	25%	30%	23%	24%	24%	21%	27%	24%	21%	8%	27%
			a	a	a	j	j	j	j	j	j	j	j	j		j
NET: Intend to do any regular physical activities once lockdown restrictions have fully lifted	1884	1148	342	317	659	165	121	616	173	57	69	88	97	141	357	286
	89%	86%	94%	93%	93%	91%	97%	93%	90%	95%	96%	88%	92%	79%	80%	93%
			a	a	a	ij	dgij	ij	ij	ij	ij	ij	ij			ij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9C. Which, if any, physical activities do you intend to do regularly in the future (at least once a month on average, once lockdown restrictions have fully lifted)?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1209	262	200	96	15	296	277	334	108	109	14	217	348	243	663	259	45	966
	57%	53%	55%	61%	30%	57%	51%	55%	46%	61%	31%	53%	54%	64%	59%	48%	47%	55%
		d	d	df		df	d	bd		bd		d	d	cde	cde			c
Swimming	434	105	95	32	11	127	116	130	63	37	7	100	137	59	229	126	20	375
	20%	21%	26%	20%	22%	25%	21%	21%	27%	21%	17%	24%	21%	16%	21%	24%	21%	21%
															a	a		a
Running or jogging	423	123	113	36	13	149	135	157	76	39	9	115	166	40	176	174	34	383
	20%	25%	31%	23%	26%	29%	25%	26%	33%	22%	21%	28%	26%	10%	16%	33%	36%	22%
			acf						acf						a	abe	abe	ab
Cycling (either for leisure or travel)	423	125	109	31	8	141	134	145	79	37	10	116	155	57	207	135	24	366
	20%	25%	30%	20%	17%	27%	24%	24%	34%	21%	23%	28%	24%	15%	19%	25%	26%	21%
			c						acf							abe	a	a
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	391	107	103	35	10	138	117	132	69	40	13	109	146	50	177	135	29	341
	18%	22%	29%	22%	20%	27%	21%	22%	30%	22%	31%	26%	22%	13%	16%	25%	31%	20%
			af			f			af							abe	abe	ab
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	345	83	68	36	13	103	97	101	47	37	13	84	114	39	197	91	18	306
	16%	17%	19%	23%	27%	20%	18%	17%	20%	21%	29%	20%	18%	10%	18%	17%	20%	18%
											af				a	a	a	a
Home activity, fitness or exercise class viewed online or on TV, DVD or video	300	77	62	28	7	90	84	88	42	31	8	73	96	36	139	104	21	264
	14%	15%	17%	18%	14%	17%	15%	15%	18%	17%	19%	18%	15%	9%	12%	19%	22%	15%
																abe	ab	ab

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9C. Which, if any, physical activities do you intend to do regularly in the future (at least once a month on average, once lockdown restrictions have fully lifted)?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	198	46	48	25	5	73	51	56	41	22	4	63	60	13	84	84	17	185
	9%	9%	13%	16%	10%	14%	9%	9%	18%	12%	10%	15%	9%	3%	7%	16%	18%	11%
				af		af			af			af			a	abe	abe	ab
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	196	44	50	20	4	70	48	60	30	21	5	51	65	13	90	72	21	183
	9%	9%	14%	13%	8%	13%	9%	10%	13%	12%	11%	12%	10%	3%	8%	14%	22%	10%
			af			af									a	ab	abce	ab
Golf	147	38	38	16	4	55	42	43	37	14	3	51	46	19	74	46	8	128
	7%	8%	11%	10%	8%	11%	8%	7%	16%	8%	7%	12%	7%	5%	7%	9%	8%	7%
									acf			af				a		
Combat sports, martial arts or target sports (such as shooting, archery etc.)	128	40	33	15	3	47	43	40	34	11	4	46	45	14	56	46	12	113
	6%	8%	9%	9%	6%	9%	8%	7%	15%	6%	10%	11%	7%	4%	5%	9%	12%	7%
									acf			af				ab	abe	a
Team sports (such as football, cricket, rugby etc.)	125	33	28	9	4	37	37	38	19	11	6	29	44	12	52	50	11	113
	6%	7%	8%	6%	8%	7%	7%	6%	8%	6%	14%	7%	7%	3%	5%	9%	12%	6%
											af					abe	abe	ab
Racket sports (such as tennis, badminton, squash etc.)	110	27	29	9	3	38	30	35	18	12	1	30	36	13	48	39	10	97
	5%	5%	8%	6%	6%	7%	5%	6%	8%	6%	3%	7%	6%	3%	4%	7%	10%	6%
																ab	ab	
Gymnastics, trampolining or cheerleading	84	17	29	13	9	42	26	25	22	15	5	37	30	11	36	28	8	73
	4%	3%	8%	8%	19%	8%	5%	4%	9%	8%	12%	9%	5%	3%	3%	5%	9%	4%
			af	a	abcef	af			af	af	af	af						abe

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Q9C. Which, if any, physical activities do you intend to do regularly in the future (at least once a month on average, once lockdown restrictions have fully lifted)?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Water sports (such as surfing, rowing, sailing etc.)	73	16	21	9	6	30	23	19	16	13	3	29	21	8	36	24	5	64
	3%	3%	6%	6%	13%	6%	4%	3%	7%	7%	6%	7%	3%	2%	3%	4%	5%	4%
					abef	a			af	af		af						
Other sport, exercise or physical activity	87	14	8	5	-	13	14	18	3	6	-	9	18	22	50	15	-	65
	4%	3%	2%	3%	-	2%	3%	3%	1%	4%	-	2%	3%	6%	5%	3%	-	4%
														cd	d			
I don't intend to do any regular physical activity	241	42	12	7	8	18	49	50	7	7	5	14	54	60	126	47	9	181
	11%	8%	3%	4%	15%	4%	9%	8%	3%	4%	11%	3%	8%	16%	11%	9%	9%	10%
		be			bce		bce	be			be		bce	bce				
NET: Home based activity	437	109	94	47	11	140	119	129	70	45	11	115	141	46	200	162	29	391
	21%	22%	26%	30%	22%	27%	22%	21%	30%	25%	27%	28%	22%	12%	18%	30%	31%	22%
				af		af			af			af			a	abe	abe	ab
NET: Intend to do any regular physical activities once lockdown restrictions have fully lifted	1884	455	349	152	41	501	496	556	227	171	38	398	594	321	990	487	86	1563
	89%	92%	97%	96%	85%	96%	91%	92%	97%	96%	89%	97%	92%	84%	89%	91%	91%	90%
			adf	df		adf			adf	f		adf			a	a		a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9C. Which, if any, physical activities do you intend to do regularly in the future (at least once a month on average, once lockdown restrictions have fully lifted)?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1209	158	796	122	227	36	842	342	37	921	288	1045	164
	57%	43%	60%	51%	58%	37%	60%	52%	62%	55%	62%	58%	53%
			a	c	c		ace	c	c		a	b	
Swimming	434	74	292	67	75	10	298	131	19	342	92	380	52
	20%	20%	22%	28%	19%	10%	21%	20%	31%	21%	20%	21%	17%
				bcde	c		c	c	bcde				
Running or jogging	423	86	292	48	33	13	332	82	9	367	56	353	69
	20%	24%	22%	20%	9%	14%	24%	13%	15%	22%	12%	20%	22%
				be			bce	b		b			
Cycling (either for leisure or travel)	423	91	266	64	49	22	295	120	6	343	80	371	51
	20%	25%	20%	27%	12%	22%	21%	18%	10%	21%	17%	21%	16%
		b		bdef		bf	bf	b					
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	391	88	245	65	46	24	262	118	11	327	64	320	68
	18%	24%	18%	27%	12%	25%	19%	18%	18%	20%	14%	18%	22%
		b		bde		b	b	b		b			
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	345	74	224	47	46	17	246	94	14	285	60	287	54
	16%	20%	17%	20%	12%	18%	17%	14%	24%	17%	13%	16%	17%
				be			b		be	b			
Home activity, fitness or exercise class viewed online or on TV, DVD or video	300	57	205	39	41	10	215	79	7	245	54	250	47
	14%	16%	15%	16%	10%	10%	15%	12%	11%	15%	12%	14%	15%
				b			b						

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9C. Which, if any, physical activities do you intend to do regularly in the future (at least once a month on average, once lockdown restrictions have fully lifted)?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	198 9%	51 14% b	128 10%	36 15% bd	31 8%	9 10%	125 9%	67 10%	6 11%	164 10%	34 7%	177 10%	20 7%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	196 9%	43 12%	134 10%	32 13% bd	31 8%	7 7%	124 9%	61 9%	6 10%	163 10%	33 7%	178 10% b	16 5%
Golf	147 7%	50 14% b	75 6%	24 10% bd	18 5%	18 18% abde	91 6%	51 8%	5 8%	109 7%	38 8%	129 7%	18 6%
Combat sports, martial arts or target sports (such as shooting, archery etc.)	128 6%	50 14% b	56 4%	34 14% bde	24 6%	12 13% bd	65 5%	58 9% d	7 11% d	108 6%	20 4%	110 6%	17 6%
Team sports (such as football, cricket, rugby etc.)	125 6%	31 8%	77 6%	14 6% b	8 2%	7 7% b	92 6% be	27 4%	1 1%	109 7% b	16 3%	105 6%	18 6%
Racket sports (such as tennis, badminton, squash etc.)	110 5%	25 7%	69 5%	19 8% be	8 2%	3 3%	78 6% b	27 4%	1 1%	91 5%	19 4%	98 5%	12 4%
Gymnastics, trampolining or cheerleading	84 4%	39 11% b	29 2%	24 10% bd	14 4%	15 15% bdef	35 2%	45 7% bd	3 5%	64 4%	20 4%	64 4%	19 6% a

Q9C. Which, if any, physical activities do you intend to do regularly in the future (at least once a month on average, once lockdown restrictions have fully lifted)?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
Water sports (such as surfing, rowing, sailing etc.)	73 3%	28 8% b	33 2%	19 8% bde	12 3%	6 6%	42 3%	27 4%	6 10% bde	62 4%	11 2%	63 4%	9 3%
Other sport, exercise or physical activity	87 4%	7 2%	58 4% a	8 3%	23 6%	1 1%	60 4%	27 4%	4 6%	63 4%	24 5%	78 4%	9 3%
I don't intend to do any regular physical activity	241 11%	20 6%	148 11% a	23 9%	77 20% ad	11 12%	123 9%	101 16% ad	7 12%	185 11%	56 12%	186 10%	44 14% a
NET: Home based activity	437 21%	92 25%	293 22%	64 27% bce	63 16%	14 15%	301 21% b	127 19%	12 19%	360 22% b	77 17%	373 21%	62 20%
NET: Intend to do any regular physical activities once lockdown restrictions have fully lifted	1884 89% b	344 94%	1184 89%	218 91% be	315 80%	86 88%	1287 91% be	552 84%	52 88%	1475 89%	409 88%	1602 90% b	268 86%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9C. Which, if any, physical activities do you intend to do regularly in the future (at least once a month on average, once lockdown restrictions have fully lifted)?
BASE: All respondents

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1209	182	142	191	209	117	143	47	177	518	368	315	616	269	221	319	490	165
	57%	42%	61%	60%	57%	60%	63%	59%	66%	58%	64%	52%	59%	61%	53%	55%	63%	56%
			a	a	a	a	a	a	adi	a	adi		a	a			ab	
Swimming	434	44	38	66	88	50	59	20	68	204	148	153	156	119	81	114	178	57
	20%	10%	16%	20%	24%	26%	26%	25%	25%	23%	26%	25%	15%	27%	20%	20%	23%	19%
			a	a	ab	ab	ab	a	ab	ab	ab	b		b				
Running or jogging	423	18	35	60	92	54	76	22	65	206	164	182	139	101	75	121	169	54
	20%	4%	15%	19%	25%	28%	34%	28%	24%	23%	28%	30%	13%	23%	18%	21%	22%	18%
			a	a	ab	abc	abcdhi	ab	ab	ab	abci	bc		b				
Cycling (either for leisure or travel)	423	14	51	66	75	56	70	22	68	198	160	159	170	94	73	107	173	66
	20%	3%	22%	21%	20%	29%	31%	27%	25%	22%	28%	26%	16%	21%	18%	18%	22%	23%
			a	a	a	acdi	abcdi	a	a	a	acdi	b		b				
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	391	32	30	55	71	57	63	23	60	183	146	179	119	91	69	116	152	52
	18%	8%	13%	17%	19%	29%	27%	28%	22%	21%	25%	30%	11%	21%	17%	20%	19%	18%
			a	a	ab	abcdi	abcdi	abc	ab	ab	abcdi	bc		b				
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	345	29	35	48	61	40	52	14	65	149	131	116	141	84	58	101	133	48
	16%	7%	15%	15%	17%	21%	23%	18%	24%	17%	23%	19%	14%	19%	14%	17%	17%	16%
			a	a	a	a	abci	a	abcdi	a	abcdi	b		b				
Home activity, fitness or exercise class viewed online or on TV, DVD or video	300	23	25	43	69	36	43	15	44	148	103	122	106	69	56	91	107	41
	14%	5%	11%	13%	19%	19%	19%	19%	17%	17%	18%	20%	10%	16%	13%	16%	14%	14%
			a	a	ab	ab	ab	a	a	ab	ab	b		b				
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	198	14	16	24	52	23	33	7	29	98	70	80	67	50	33	55	79	29
	9%	3%	7%	7%	14%	12%	15%	9%	11%	11%	12%	13%	6%	11%	8%	9%	10%	10%
			a	a	abc	a	abc	a	a	a	abc	b		b				
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	196	17	16	23	48	25	27	12	27	96	67	80	62	52	37	52	76	25
	9%	4%	7%	7%	13%	13%	12%	15%	10%	11%	12%	13%	6%	12%	9%	9%	10%	9%
					abc	abc	a	abc	a	a	ac	b		b				

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Q9C. Which, if any, physical activities do you intend to do regularly in the future (at least once a month on average, once lockdown restrictions have fully lifted)?
BASE: All respondents

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Golf	147	10	9	31	25	26	20	2	24	82	46	62	58	26	33	31	54	26
	7%	2%	4%	10%	7%	13%	9%	2%	9%	9%	8%	10%	6%	6%	8%	5%	7%	9%
				abg	a	abdgj	ab		abg	abg	ab	bc						b
Combat sports, martial arts or target sports (such as shooting, archery etc.)	128	5	11	16	18	24	29	7	18	58	54	66	34	28	24	31	46	24
	6%	1%	5%	5%	5%	12%	13%	8%	7%	7%	9%	11%	3%	6%	6%	5%	6%	8%
			a	a	a	abcdhi	abcdhi	a	a	a	abcd	bc		b				
Team sports (such as football, cricket, rugby etc.)	125	4	8	23	22	16	23	8	20	61	52	53	40	30	25	34	42	22
	6%	1%	4%	7%	6%	8%	10%	10%	8%	7%	9%	9%	4%	7%	6%	6%	5%	7%
			a	a	a	ab	ab	ab	a	a	ab	b		b				
Racket sports (such as tennis, badminton, squash etc.)	110	5	10	15	23	13	14	5	25	51	44	48	39	23	25	26	45	13
	5%	1%	4%	5%	6%	7%	6%	6%	9%	6%	8%	8%	4%	5%	6%	4%	6%	4%
			a	a	a	a	a	a	abci	a	a	b						
Gymnastics, trampolining or cheerleading	84	2	1	9	22	12	18	7	13	43	39	47	21	16	11	28	30	14
	4%	*	*	3%	6%	6%	8%	9%	5%	5%	7%	8%	2%	4%	3%	5%	4%	5%
				ab	abc	ab	abc	abc	ab	ab	abc	bc						
Water sports (such as surfing, rowing, sailing etc.)	73	4	3	11	12	14	12	1	16	37	29	28	23	22	18	16	27	11
	3%	1%	1%	4%	3%	7%	5%	1%	6%	4%	5%	5%	2%	5%	4%	3%	3%	4%
				a	a	abdg	ab		ab	ab	ab	b		b				
Other sport, exercise or physical activity	87	11	10	16	13	10	7	6	14	39	27	21	47	19	19	24	28	15
	4%	2%	4%	5%	4%	5%	3%	7%	5%	4%	5%	4%	5%	4%	5%	4%	4%	5%
								a										
I don't intend to do any regular physical activity	241	176	15	17	16	6	3	1	7	39	11	27	165	25	51	63	70	32
	11%	41%	6%	5%	4%	3%	2%	1%	3%	4%	2%	4%	16%	6%	12%	11%	9%	11%
		bcdefghij	fghj	fj	j					fj			ac					
NET: Home based activity	437	33	37	64	107	52	61	20	63	223	144	172	160	102	80	130	160	59
	21%	8%	16%	20%	29%	26%	27%	25%	23%	25%	25%	28%	15%	23%	19%	22%	20%	20%
			a	a	abc	ab	ab	a	ab	ab	ab	b		b				

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q9C. Which, if any, physical activities do you intend to do regularly in the future (at least once a month on average, once lockdown restrictions have fully lifted)?
BASE: All respondents

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Intend to do any regular physical activities once lockdown restrictions have fully lifted	1884	254	216	303	354	190	225	80	261	848	566	578	870	414	363	518	712	261
	89%	59%	94%	95%	96%	97%	98%	99%	97%	96%	98%	96%	84%	94%	88%	89%	91%	89%
			a	a	a	a	abci	ab	ab	a	abcdi	b		b				

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Q10a. On average, how much physical activity and exercise does each child in your household do on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	*c	*a	b	c	d	e	f	g	h	i
Unweighted Total	626	308	317	274	325	27	24	86	46	83	57	50	127	95	58
Total	705	341	363	308	359	38	26	85	56	88	59	68	149	110	65
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	62	34	28	34	22	6	1	3	4	14	5	7	15	8	4
	9%	10%	8%	11%	6%	16%	4%	3%	8%	16%	9%	10%	10%	7%	7%
				b						b					
Some, but less than half an hour	208	112	96	93	105	9	10	26	10	31	18	7	57	31	17
	30%	33%	26%	30%	29%	25%	39%	31%	18%	35%	31%	10%	39%	29%	26%
								f		cf	f		cf	f	f
Between half an hour and an hour	284	136	147	121	152	11	8	36	32	28	28	32	50	44	28
	40%	40%	41%	39%	42%	30%	30%	42%	57%	31%	48%	47%	33%	40%	43%
									dg		d				
An hour or more	151	59	91	60	80	11	7	20	10	15	7	22	27	27	16
	21%	17%	25%	20%	22%	29%	27%	23%	18%	17%	13%	33%	18%	24%	25%
			a									deg			
NET: Some	643	307	335	275	337	32	24	82	51	74	54	61	134	102	61
	91%	90%	92%	89%	94%	84%	96%	97%	92%	84%	91%	90%	90%	93%	93%
					a			d							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q10a. On average, how much physical activity and exercise does each child in your household do on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	*b	c	d	*e	*f	g
Unweighted Total	626	80	172	119	115	95	45	371	255	489	26	56	36	6	5	129
Total	705	95	203	143	119	98	48	441	264	547	29	64	42	7	6	149
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	62	7	13	12	11	10	9	32	30	42	4	7	6	-	-	17
	9%	7%	7%	8%	9%	11%	18% bg	7%	11%	8%	15%	11%	14%	-	-	12%
Some, but less than half an hour	208	27	60	41	32	37	10	129	79	151	11	25	14	4	1	55
	30%	29%	30%	29%	27%	37%	22%	29%	30%	28%	39%	39%	32%	55%	19%	37% a
Between half an hour and an hour	284	44	92	60	45	32	10	196	88	226	9	27	17	1	2	56
	40%	47% fh	45% efh	42% f	38% f	33%	21%	45% efh	33%	41%	32%	41%	40%	15%	39%	38%
An hour or more	151	16	37	30	30	19	18	83	67	128	4	5	6	2	3	20
	21%	17%	18%	21%	25%	19%	39% abceg	19%	26% g	23% cg	14%	8%	14%	30%	43%	14%
NET: Some	643	88	190	131	107	88	39	409	234	505	25	57	37	7	6	131
	91%	93%	93% f	92%	91%	89%	82%	93%	89%	92%	85%	89%	86%	100%	100%	88%

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Q10a. On average, how much physical activity and exercise does each child in your household do on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		*a	b	c	d	a	b	c	d	*e	*f	*g	h	i	*j	k
Unweighted Total	626	-	316	310	626	58	60	265	73	15	15	29	33	69	9	118
Total	705	-	365	340	705	67	66	298	81	17	18	31	41	74	12	133
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	62	-	43	19	62	6	5	32	8	-	-	1	1	7	2	11
	9%	-	12% c	6%	9%	9%	8%	11%	10%	-	-	3%	3%	10%	13%	8%
Some, but less than half an hour	208	-	99	109	208	23	24	83	18	7	6	15	14	17	-	48
	30%	-	27%	32%	30%	35%	37%	28%	23%	45%	34%	47%	34%	23%	-	36%
Between half an hour and an hour	284	-	151	133	284	22	22	136	37	7	8	5	17	25	5	44
	40%	-	41%	39%	40%	33%	34%	46% k	46%	40%	46%	15%	42%	34%	41%	33%
An hour or more	151	-	72	79	151	15	14	48	18	2	3	11	9	24	6	29
	21%	-	20%	23%	21%	23%	22%	16%	22%	15%	20%	34%	21%	33% c	46%	22%
NET: Some	643	-	322	321	643	60	61	267	73	17	18	30	40	67	11	121
	91%	-	88%	94% b	91%	91%	92%	89%	90%	100%	100%	97%	97%	90%	87%	92%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q10a. On average, how much physical activity and exercise does each child in your household do on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	*d	e	f	a	b	c	*d	e	f	*a	b	c	d	e
Unweighted Total	626	188	161	49	18	210	206	236	111	52	13	163	249	7	250	317	52	619
Total	705	205	183	58	20	241	226	263	126	59	14	186	277	7	284	354	60	698
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	62	21	17	2	1	20	22	26	10	4	1	14	27	-	31	28	2	62
	9%	10%	9%	4%	6%	8%	10%	10%	8%	7%	7%	8%	10%	-	11%	8%	4%	9%
Some, but less than half an hour	208	60	52	16	10	68	70	67	46	19	4	65	72	4	77	103	24	204
	30%	29%	28%	27%	47%	28%	31%	26%	36% af	32%	31%	35% af	26%	56%	27%	29%	41%	29%
Between half an hour and an hour	284	93	77	29	8	107	102	124	47	29	7	76	130	2	117	145	20	282
	40%	46%	42%	51%	40%	44%	45%	47%	37%	49%	46%	41%	47%	27%	41%	41%	33%	40%
An hour or more	151	31	37	10	1	47	32	45	23	7	2	30	48	1	58	78	13	150
	21%	15%	20%	18%	6%	19%	14%	17%	18%	12%	16%	16%	17%	17%	21%	22%	22%	21%
NET: Some	643	184	166	55	19	222	203	237	116	55	13	171	250	7	252	326	58	636
	91%	90%	91%	96%	94%	92%	90%	90%	92%	93%	93%	92%	90%	100%	89%	92%	96%	91%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q10a. On average, how much physical activity and exercise does each child in your household do on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	*f	a	b	a	b
Unweighted Total	626	176	430	92	66	34	438	174	10	519	107	541	81
Total	705	196	488	104	76	38	491	198	11	583	122	614	87
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	62	17	44	5	6	3	49	12	-	57	5	49	12
	9%	9%	9%	5%	7%	8%	10%	6%	-	10% b	4%	8%	13%
Some, but less than half an hour	208	79	121	32	26	15	137	67	3	172	36	176	30
	30%	40% b	25%	31%	34%	40%	28%	34%	30%	30%	29%	29%	35%
Between half an hour and an hour	284	62	216	44	23	12	206	73	3	231	53	251	33
	40%	32%	44% a	42%	30%	33%	42%	37%	28%	40%	43%	41%	38%
An hour or more	151	38	107	23	21	8	99	47	5	122	29	137	13
	21%	19%	22%	22%	28%	20%	20%	23%	42%	21%	24%	22%	14%
NET: Some	643	179	444	99	71	35	441	186	11	525	118	564	76
	91%	91%	91%	95%	93%	92%	90%	94%	100%	90%	96% a	92%	87%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q10a. On average, how much physical activity and exercise does each child in your household do on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	626	48	79	102	132	70	83	28	84	304	195	246	238	131	118	180	225	90
Total	705	54	90	113	148	78	96	32	95	339	223	278	267	147	132	201	254	102
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	62	14	8	10	14	5	7	2	2	29	11	22	28	11	12	25	17	7
	9%	27%	9%	8%	9%	7%	7%	6%	2%	8%	5%	8%	11%	7%	9%	12%	7%	7%
		bcdefhij			h					h								
Some, but less than half an hour	208	13	40	39	49	23	22	5	17	111	44	75	80	48	63	61	57	22
	30%	24%	45%	34%	33%	30%	23%	14%	18%	33%	20%	27%	30%	33%	47%	30%	22%	22%
			afhij	hj	hj					hj					bcd			
Between half an hour and an hour	284	12	25	50	65	34	41	18	40	149	98	120	97	62	36	76	127	42
	40%	22%	27%	44%	44%	44%	43%	56%	41%	44%	44%	43%	36%	42%	27%	38%	50%	41%
				ab	ab	ab	ab		a	ab	ab						ab	a
An hour or more	151	14	17	15	21	14	26	7	37	50	70	62	62	25	21	39	54	31
	21%	27%	19%	13%	14%	19%	27%	24%	38%	15%	31%	22%	23%	17%	16%	19%	21%	31%
		cdi					cdi		bcdei		bcdei							ab
NET: Some	643	39	82	103	135	72	89	30	93	310	212	256	239	136	120	176	237	95
	91%	73%	91%	92%	91%	93%	93%	94%	98%	92%	95%	92%	89%	93%	91%	88%	93%	93%
			a	a	a	a	a		adi	a	a							

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q10c. In the past week, on average, do you think the child(ren) in your household have done more, less or the same amount of physical activity and exercise, compared to the previous week?

BASE: All respondents who have children under 16

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	*c	*a	b	c	d	e	f	g	h	i
Unweighted Total		626	308	317	274	325	27	24	86	46	83	57	50	127	95	58
Total		705	341	363	308	359	38	26	85	56	88	59	68	149	110	65
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	55	26	29	27	22	6	3	7	5	4	1	7	15	11	3
		8%	8%	8%	9%	6%	15%	11%	9%	8%	4%	2%	10%	10% e	10%	5%
A bit more	(4.0)	220	113	107	114	95	11	11	28	18	36	17	17	42	30	22
		31%	33%	30%	37% b	27%	30%	42%	33%	33%	40%	29%	25%	28%	27%	34%
Neither more nor less	(3.0)	304	142	161	109	176	19	9	34	27	31	24	34	65	51	28
		43%	42%	44%	35%	49% a	51%	36%	40%	48%	36%	41%	50%	44%	47%	42%
A bit less	(2.0)	82	38	44	33	48	-	2	11	5	12	12	8	10	13	9
		12%	11%	12%	11%	14%	-	8%	14%	9%	13%	21% g	11%	7%	11%	13%
A lot less	(1.0)	34	18	16	19	13	2	-	2	1	3	4	1	14	5	3
		5%	5%	4%	6%	4%	4%	-	2%	2%	3%	7%	2%	9% b	4%	4%
Don't know		11	4	6	6	4	-	1	2	-	2	-	1	2	1	1
		2%	1%	2%	2%	1%	-	4%	2%	-	2%	-	2%	2%	1%	2%
NET: More		275	139	136	141	117	17	13	35	23	40	18	24	57	40	25
		39%	41%	38%	46% b	33%	45%	53%	42%	41%	45%	31%	35%	38%	37%	38%
NET: Less		115	55	60	52	61	2	2	13	6	15	17	9	24	17	11
		16%	16%	16%	17%	17%	4%	8%	16%	11%	17%	28% c	13%	16%	16%	18%
Base for stats		694	337	357	302	355	38	25	83	56	86	59	66	146	109	64
Mean Score		3.26	3.27	3.25	3.32	3.19	3.51	3.57	3.33 e	3.36 e	3.30 e	2.97	3.30	3.23	3.26	3.22
Standard Deviation		.936	.944	.931	1.002	.874	.912	.809	.907	.839	.895	.937	.875	1.049	.947	.905
Standard Error		.038	.054	.053	.061	.049	.176	.169	.099	.124	.099	.124	.125	.094	.098	.120
Error variance		*	*	*	*	*	.03	.03	.01	.02	.01	.02	.02	.01	.01	.01

Prepared by Savanta: ComRes

Q10c. In the past week, on average, do you think the child(ren) in your household have done more, less or the same amount of physical activity and exercise, compared to the previous week?

BASE: All respondents who have children under 16

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	*b	c	d	*e	*f	g
Unweighted Total		626	80	172	119	115	95	45	371	255	489	26	56	36	6	5	129
Total		705	95	203	143	119	98	48	441	264	547	29	64	42	7	6	149
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	55	7	19	11	6	6	5	38	17	43	-	5	2	1	3	12
		8%	7%	10%	8%	5%	6%	11%	9%	6%	8%	-	7%	6%	16%	56%	8%
A bit more	(4.0)	220	36	74	48	29	22	11	158	62	177	8	19	12	3	-	41
		31%	38%	37%	33%	25%	22%	22%	36%	23%	32%	28%	29%	28%	37%	-	28%
			deh	deh	h				deh								
Neither more nor less	(3.0)	304	35	78	66	58	47	20	179	125	243	12	25	17	2	1	58
		43%	37%	38%	46%	49%	48%	42%	41%	47%	44%	42%	39%	40%	33%	24%	39%
A bit less	(2.0)	82	8	22	13	19	13	6	43	38	60	4	10	4	1	1	20
		12%	9%	11%	9%	16%	13%	12%	10%	14%	11%	14%	15%	9%	15%	21%	13%
A lot less	(1.0)	34	7	8	5	4	5	4	20	13	19	2	5	6	-	-	14
		5%	8%	4%	3%	3%	5%	8%	5%	5%	4%	8%	8%	15%	-	-	9%
														a			a
Don't know		11	1	1	-	1	5	2	2	8	4	2	1	1	-	-	4
		2%	1%	1%	-	1%	5%	5%	1%	3%	1%	8%	2%	2%	-	-	3%
							bcg	bcg		g							a
NET: More		275	43	94	59	36	28	16	196	79	220	8	23	14	4	3	53
		39%	46%	46%	41%	30%	29%	33%	44%	30%	40%	28%	36%	34%	53%	56%	36%
			deh	deh	h				deh								
NET: Less		115	15	30	18	24	18	10	64	51	79	7	15	10	1	1	34
		16%	16%	15%	13%	20%	19%	20%	14%	19%	15%	23%	23%	24%	15%	21%	23%
																	a
Base for stats		694	94	202	143	117	93	45	438	256	543	27	63	41	7	6	144
Mean Score		3.26	3.30	3.37	3.33	3.12	3.11	3.15	3.34	3.12	3.30	2.97	3.12	3.01	3.54	3.90	3.12
				deh	h				deh		g						
Standard Deviation		.936	1.001	.946	.881	.872	.917	1.075	.936	.923	.899	.921	1.037	1.120	.998	1.392	1.060
Standard Error		.038	.113	.072	.081	.082	.097	.164	.049	.059	.041	.188	.140	.189	.408	.623	.095
Error variance		*	.01	.01	.01	.01	.01	.03	*	*	*	.04	.02	.04	.17	.39	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q10c. In the past week, on average, do you think the child(ren) in your household have done more, less or the same amount of physical activity and exercise, compared to the previous week?

BASE: All respondents who have children under 16

		Total	Children aged 15 or under in the household				Current employment status										
			None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			*a	b	c	d	a	b	c	d	*e	*f	*g	h	i	*j	k
Unweighted Total		626	-	316	310	626	58	60	265	73	15	15	29	33	69	9	118
Total		705	-	365	340	705	67	66	298	81	17	18	31	41	74	12	133
		100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	55	-	23	31	55	8	5	21	8	-	-	2	1	8	2	13
		8%	-	6%	9%	8%	12%	8%	7%	10%	-	-	7%	3%	10%	14%	10%
A bit more	(4.0)	220	-	111	110	220	20	27	100	22	6	6	4	15	18	3	47
		31%	-	30%	32%	31%	30%	41%	34%	27%	37%	33%	13%	36%	24%	22%	35%
Neither more nor less	(3.0)	304	-	182	122	304	24	22	133	39	6	8	19	11	36	5	45
		43%	-	50% c	36%	43% c	35%	33%	45%	48%	39%	47%	62%	28%	48%	41%	34%
A bit less	(2.0)	82	-	29	53	82	9	8	33	8	3	2	2	5	12	-	16
		12%	-	8%	16% b	12%	13%	12%	11%	10%	17%	14%	8%	12%	15%	-	12%
A lot less	(1.0)	34	-	17	17	34	5	3	8	4	1	1	2	6	1	2	8
		5%	-	5%	5%	5%	7%	5%	3%	5%	7%	7%	7%	15% ci	1%	13%	6%
Don't know		11	-	3	7	11	2	1	3	-	-	-	1	2	-	1	3
		2%	-	1%	2%	2%	3%	2%	1%	-	-	-	3%	5% d	-	9%	2%
NET: More		275	-	134	141	275	28	32	121	30	6	6	6	16	26	5	60
		39%	-	37%	41%	39%	42%	48%	41%	37%	37%	33%	20%	40%	35%	36%	45%
NET: Less		115	-	46	69	115	14	11	41	12	4	4	5	11	13	2	25
		16%	-	13%	20% b	16%	20%	17%	14%	15%	24%	21%	15%	27% c	17%	13%	19%
Base for stats		694	-	362	333	694	65	65	295	81	17	18	30	39	74	11	130
Mean Score		3.26	-	3.26	3.26	3.26	3.27	3.34	3.32	3.27	3.06	3.05	3.05	3.01	3.27	3.27	3.31
Standard Deviation		.936	-	.875	1.000	.936	1.079	.979	.863	.952	.929	.882	.911	1.142	.898	1.227	1.027
Standard Error		.038	-	.049	.057	.038	.144	.127	.053	.111	.240	.228	.172	.205	.108	.434	.096
Error variance		*	-	*	*	*	.02	.02	*	.01	.06	.05	.03	.04	.01	.19	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q10c. In the past week, on average, do you think the child(ren) in your household have done more, less or the same amount of physical activity and exercise, compared to the previous week?
BASE: All respondents who have children under 16

			Nature of working location						Nature of working hours						Number of people in household including self				
	Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	*d	e	f	a	b	c	*d	e	f	*a	b	c	d	e
Unweighted Total	626	188	161	49	18	210	206	236	111	52	13	163	249	7	250	317	52	619
Total	705	205	183	58	20	241	226	263	126	59	14	186	277	7	284	354	60	698
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	55	10	17	3	1	20	12	16	9	5	1	13	17	-	23	25	6	55
	8%	5%	9%	6%	6%	8%	5%	6%	7%	8%	9%	7%	6%	-	8%	7%	11%	8%
A bit more (4.0)	220	76	54	22	7	76	83	97	40	15	8	55	104	3	83	118	15	217
	31%	37%	30%	38%	34%	32%	37%	37%	32%	25%	53%	30%	38%	47%	29%	33%	25%	31%
Neither more nor less (3.0)	304	89	84	23	6	107	94	115	55	27	2	81	117	2	128	153	21	302
	43%	43%	46%	39%	27%	44%	42%	44%	43%	45%	17%	44%	42%	30%	45%	43%	34%	43%
A bit less (2.0)	82	24	20	5	5	25	29	26	18	7	1	25	27	1	28	45	8	81
	12%	12%	11%	8%	26%	10%	13%	10%	14%	11%	8%	13%	10%	12%	10%	13%	14%	12%
A lot less (1.0)	34	4	6	5	1	11	5	6	5	6	2	10	8	-	18	7	8	34
	5%	2%	3%	9%	6%	5%	2%	2%	4%	9%	13%	6%	3%	-	6%	2%	14%	5%
				af						af					c		ce	c
Don't know	11	2	2	-	-	2	2	3	-	1	-	1	3	1	3	6	1	10
	2%	1%	1%	-	-	1%	1%	1%	-	2%	-	1%	1%	11%	1%	2%	2%	1%
NET: More	275	86	71	25	8	97	95	113	49	20	9	68	121	3	107	143	22	272
	39%	42%	39%	44%	41%	40%	42%	43%	39%	33%	62%	37%	44%	47%	38%	40%	36%	39%
NET: Less	115	28	26	10	7	36	34	32	23	12	3	35	35	1	46	52	17	114
	16%	14%	14%	17%	32%	15%	15%	12%	18%	20%	21%	19%	13%	12%	16%	15%	28%	16%
																	bce	
Base for stats	694	203	181	58	20	239	224	259	126	58	14	185	274	6	281	349	59	688
Mean Score	3.26	3.32	3.31	3.23	3.10	3.29	3.30	3.35	3.24	3.11	3.36	3.20	3.35	3.39	3.24	3.31	3.05	3.26
Standard Deviation	.936	.825	.904	1.017	1.063	.931	.849	.828	.915	1.035	1.210	.954	.849	.772	.964	.863	1.194	.938
Standard Error	.038	.061	.072	.145	.251	.065	.059	.054	.087	.145	.336	.075	.054	.315	.061	.049	.167	.038
Error variance	*	*	.01	.02	.06	*	*	*	.01	.02	.11	.01	*	.10	*	*	.03	*

Q10c. In the past week, on average, do you think the child(ren) in your household have done more, less or the same amount of physical activity and exercise, compared to the previous week?

BASE: All respondents who have children under 16

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	*f	a	b	a	b
Unweighted Total		626	176	430	92	66	34	438	174	10	519	107	541	81
Total		705	196	488	104	76	38	491	198	11	583	122	614	87
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	55	24	31	6	5	6	40	13	2	46	9	54	1
		8%	12%	6%	6%	7%	15%	8%	7%	21%	8%	8%	9%	1%
			b										b	
A bit more	(4.0)	220	63	152	45	27	13	140	77	2	180	41	197	23
		31%	32%	31%	44%	36%	34%	28%	39%	20%	31%	33%	32%	27%
					d				d					
Neither more nor less	(3.0)	304	68	226	36	34	10	225	73	6	257	47	265	38
		43%	35%	46%	34%	45%	25%	46%	37%	49%	44%	38%	43%	44%
				a				ace						
A bit less	(2.0)	82	23	56	13	7	3	57	21	1	63	19	66	14
		12%	12%	12%	12%	10%	9%	12%	11%	11%	11%	15%	11%	16%
A lot less	(1.0)	34	17	15	3	1	7	21	11	-	29	5	26	8
		5%	9%	3%	3%	1%	18%	4%	6%	-	5%	4%	4%	9%
			b				abde							
Don't know		11	1	8	1	1	-	7	2	-	9	2	6	3
		2%	*	2%	1%	1%	-	2%	1%	-	1%	2%	1%	3%
NET: More		275	87	183	51	33	18	180	91	5	225	50	251	25
		39%	44%	37%	49%	43%	49%	37%	46%	41%	39%	41%	41%	28%
					d				d				b	
NET: Less		115	41	72	16	8	10	79	32	1	92	24	92	22
		16%	21%	15%	15%	11%	26%	16%	16%	11%	16%	19%	15%	25%
														a
Base for stats		694	195	480	103	75	38	483	196	11	574	120	608	85
Mean Score		3.26	3.27	3.26	3.36	3.37	3.20	3.25	3.31	3.51	3.26	3.26	3.31	2.96
														b
Standard Deviation		.936	1.102	.867	.892	.814	1.315	.926	.955	.984	.935	.947	.929	.935
Standard Error		.038	.083	.042	.094	.101	.226	.045	.073	.311	.041	.092	.040	.106
Error variance		*	.01	*	.01	.01	.05	*	.01	.10	*	.01	*	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q10c. In the past week, on average, do you think the child(ren) in your household have done more, less or the same amount of physical activity and exercise, compared to the previous week?

BASE: All respondents who have children under 16

					Number of days active							Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	626	48	79	102	132	70	83	28	84	304	195	246	238	131	118	180	225	90
Total	705	54	90	113	148	78	96	32	95	339	223	278	267	147	132	201	254	102
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	55	3	1	3	14	6	9	3	15	24	27	40	10	5	8	9	22	15
	8%	6%	1%	3%	10%	8%	9%	11%	15%	7%	12%	14%	4%	3%	6%	4%	9%	15%
					bc	b	b		bci	b	bc	bc						ab
A bit more (4.0)	220	7	18	32	48	26	43	12	34	106	89	131	48	38	32	57	91	36
	31%	13%	20%	28%	33%	33%	45%	38%	36%	31%	40%	47%	18%	26%	24%	29%	36%	35%
				a	a	a	abci		ab	a	abci	bc					a	
Neither more nor less (3.0)	304	34	40	57	62	33	34	8	38	151	79	74	171	52	50	99	111	39
	43%	63%	45%	50%	42%	42%	35%	25%	40%	45%	35%	27%	64%	36%	38%	49%	44%	38%
		defhij		fj						j			ac			a		
A bit less (2.0)	82	5	17	11	21	5	8	7	8	37	23	19	28	34	28	20	22	11
	12%	9%	19%	10%	14%	7%	9%	21%	8%	11%	10%	7%	10%	23%	21%	10%	8%	11%
			efhij											ab	bc			
A lot less (1.0)	34	3	9	8	2	7	1	2	1	17	4	9	7	16	11	14	8	-
	5%	6%	10%	7%	1%	9%	1%	6%	1%	5%	2%	3%	3%	11%	9%	7%	3%	-
			dfhj	dhj		dfhj								ab	cd	d		
Don't know	11	2	4	1	1	1	1	-	-	3	1	4	3	1	3	2	-	1
	2%	4%	5%	1%	1%	1%	1%	-	-	1%	1%	2%	1%	1%	2%	1%	-	1%
			hij												c			
NET: More	275	10	19	35	63	32	52	15	49	130	116	171	58	43	40	66	113	51
	39%	19%	21%	31%	42%	41%	54%	48%	51%	38%	52%	62%	22%	30%	31%	33%	44%	50%
					ab	ab	abci		abci	ab	abci	bc					ab	ab
NET: Less	115	8	26	20	23	12	9	9	9	54	27	28	35	50	39	34	30	11
	16%	15%	29%	18%	15%	16%	10%	27%	9%	16%	12%	10%	13%	34%	30%	17%	12%	11%
			dfhij											ab	bcd			
Base for stats	694	52	86	112	147	77	95	32	95	336	222	274	264	146	129	199	254	101
Mean Score	3.26	3.04	2.83	3.10	3.36	3.25	3.53	3.26	3.56	3.25	3.50	3.63	3.10	2.87	2.99	3.14	3.38	3.54
					abc	b	abci		abcei	b	abci	bc	c				ab	ab
Standard Deviation	.936	.864	.923	.897	.888	1.024	.829	1.114	.885	.928	.900	.929	.733	1.036	1.036	.908	.882	.879
Standard Error	.038	.127	.107	.089	.078	.123	.092	.211	.097	.053	.065	.060	.048	.091	.097	.068	.059	.093
Error variance	*	.02	.01	.01	.01	.02	.01	.04	.01	*	*	*	*	.01	.01	*	*	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D. SUMMARY: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	1st most likely	2nd most likely	3rd most likely	4th most likely	5th most likely	NET: In the top 3	NET: In the top 5	NET: Not in top 3	Not ranked
The NHS	2125	475	267	176	82	56	919	1057	1206	1068
	100%	22%	13%	8%	4%	3%	43%	50%	57%	50%
Healthcare professional or GP	2125	166	197	132	93	81	494	669	1631	1456
	100%	8%	9%	6%	4%	4%	23%	31%	77%	69%
Central Government	2125	220	161	124	89	59	505	653	1620	1472
	100%	10%	8%	6%	4%	3%	24%	31%	76%	69%
The BBC	2125	207	135	100	70	51	442	563	1683	1562
	100%	10%	6%	5%	3%	2%	21%	26%	79%	74%
Friends / family / carer	2125	190	102	98	73	86	391	549	1734	1576
	100%	9%	5%	5%	3%	4%	18%	26%	82%	74%
Local Councils	2125	112	126	109	101	70	348	519	1777	1606
	100%	5%	6%	5%	5%	3%	16%	24%	84%	76%
Health and Wellbeing Charities	2125	54	70	85	70	62	209	341	1916	1784
	100%	3%	3%	4%	3%	3%	10%	16%	90%	84%
Leisure Facility Operators	2125	67	68	65	61	50	199	311	1926	1814
	100%	3%	3%	3%	3%	2%	9%	15%	91%	85%
Sports Governing Bodies (e.g. The Football Association, England and Wales Cricket Board, Lawn Tennis Association etc.)	2125	59	55	64	43	50	178	270	1947	1855
	100%	3%	3%	3%	2%	2%	8%	13%	92%	87%
Sports clubs / coaches	2125	62	50	56	44	48	168	260	1957	1865
	100%	3%	2%	3%	2%	2%	8%	12%	92%	88%
Sport England	2125	50	48	51	46	36	149	231	1976	1894
	100%	2%	2%	2%	2%	2%	7%	11%	93%	89%
Sky	2125	52	51	32	37	28	136	201	1989	1924
	100%	2%	2%	2%	2%	1%	6%	9%	94%	91%
Ukactive	2125	27	18	18	17	21	63	101	2062	2024
	100%	1%	1%	1%	1%	1%	3%	5%	97%	95%
Other	2125	39	4	2	2	2	45	49	2080	2076
	100%	2%	*	*	*	*	2%	2%	98%	98%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D. SUMMARY - Ranked Top 5: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2121	1066	1043	687	753	681	111	302	200	229	191	191	338	344	215
Total	2122	1034	1076	639	698	785	102	275	207	222	183	235	333	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
The NHS	1057	506	546	357	350	350	42	137	103	112	92	127	181	162	101
	50%	49%	51%	56%	50%	45%	41%	50%	50%	50%	51%	54%	54%	46%	47%
				bc	c							a	ah		
Healthcare professional or GP	669	316	352	213	202	253	27	81	57	75	59	84	115	110	61
	32%	31%	33%	33%	29%	32%	26%	29%	28%	34%	32%	36%	34%	32%	28%
Central Government	653	321	328	193	234	226	34	82	58	58	65	86	83	121	66
	31%	31%	31%	30%	33%	29%	33%	30%	28%	26%	36%	37%	25%	35%	31%
											dg	dg		dg	
The BBC	563	290	266	198	193	172	24	72	47	64	41	67	92	101	56
	27%	28%	25%	31%	28%	22%	23%	26%	22%	29%	22%	28%	28%	29%	26%
				c	c										
Friends / family / carer	549	272	275	198	165	187	20	80	55	59	56	48	106	81	45
	26%	26%	26%	31%	24%	24%	20%	29%	26%	26%	31%	20%	32%	23%	21%
				bc				afi			afi		afhi		
Local Councils	519	246	268	158	188	173	34	77	58	57	38	57	74	75	51
	24%	24%	25%	25%	27%	22%	33%	28%	28%	26%	21%	24%	22%	21%	23%
					c		egh								
Health and Wellbeing Charities	341	143	195	122	125	94	15	38	34	40	18	43	77	42	34
	16%	14%	18%	19%	18%	12%	15%	14%	16%	18%	10%	18%	23%	12%	16%
			a	c	c					eh		e	behi		
Leisure Facility Operators	311	134	176	106	109	96	15	35	32	43	28	28	47	59	24
	15%	13%	16%	17%	16%	12%	15%	13%	16%	19%	15%	12%	14%	17%	11%
			a	c						bfi					
Sports Governing Bodies (e.g. The Football Association, England and Wales Cricket Board, Lawn Tennis Association etc.)	270	155	113	116	95	60	8	37	30	24	24	19	51	50	28
	13%	15%	11%	18%	14%	8%	8%	13%	14%	11%	13%	8%	15%	14%	13%
		b		bc	c				f				af	f	
Sports clubs / coaches	260	148	111	110	94	56	8	33	26	31	23	19	63	33	23
	12%	14%	10%	17%	13%	7%	8%	12%	12%	14%	12%	8%	19%	10%	11%
		b		bc	c								abcfhi		
Sport England	231	157	73	100	79	52	11	39	14	25	21	15	46	35	24
	11%	15%	7%	16%	11%	7%	11%	14%	7%	11%	11%	6%	14%	10%	11%
		b		bc	c			cf					cf		
Sky	201	118	82	101	73	27	8	26	18	26	18	16	47	25	18
	9%	11%	8%	16%	10%	3%	7%	10%	9%	12%	10%	7%	14%	7%	8%
		b		bc	c								fhi		

Q11D. SUMMARY - Ranked Top 5: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2121	1066	1043	687	753	681	111	302	200	229	191	191	338	344	215
Total	2122	1034	1076	639	698	785	102	275	207	222	183	235	333	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ukactive	101	53	46	54	34	12	6	12	7	17	11	3	17	14	13
	5%	5%	4%	9%	5%	1%	6%	5%	3%	8%	6%	1%	5%	4%	6%
				bc	c		f			f	f		f		f
Other	49	20	29	8	14	27	3	5	6	1	2	5	8	14	6
	2%	2%	3%	1%	2%	3%	3%	2%	3%	*	1%	2%	2%	4%	3%
						a			d					de	d
Nobody	341	170	170	56	100	184	23	39	42	28	36	41	33	61	38
	16%	16%	16%	9%	14%	23%	23%	14%	20%	13%	19%	17%	10%	18%	18%
					a	ab	bdg		dg			g		g	g

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D. SUMMARY - Ranked Top 5: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2121	165	448	502	308	249	449	1115	1006	1759	64	130	97	22	10	323
Total	2122	171	466	505	275	223	481	1143	979	1778	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
The NHS	1057	97	249	260	131	119	200	606	450	867	37	72	56	8	4	177
	50%	57%	53%	51%	48%	53%	42%	53%	46%	49%	62%	58%	60%	41%	40%	58%
		fh	fh	fh		fh		fh			a	a	a			a
Healthcare professional or GP	669	56	161	159	70	70	152	376	292	571	18	40	30	4	1	92
	32%	33%	35%	31%	25%	31%	32%	33%	30%	32%	30%	32%	32%	19%	11%	30%
			d					d								
Central Government	653	56	168	170	76	61	123	393	260	552	18	43	25	5	3	94
	31%	33%	36%	34%	28%	27%	25%	34%	27%	31%	30%	34%	26%	24%	33%	30%
			defh	fh				defh								
The BBC	563	49	148	135	69	59	105	331	232	444	20	49	30	9	2	110
	27%	28%	32%	27%	25%	26%	22%	29%	24%	25%	34%	39%	32%	46%	17%	36%
			dfh					fh				a				a
Friends / family / carer	549	39	123	139	71	66	111	301	248	451	24	35	25	5	4	93
	26%	23%	26%	27%	26%	30%	23%	26%	25%	25%	40%	28%	26%	25%	37%	30%
											a					
Local Councils	519	49	123	125	81	44	97	297	222	446	12	31	16	7	1	68
	24%	29%	26%	25%	29%	20%	20%	26%	23%	25%	20%	25%	17%	37%	15%	22%
		ef	f		efh			ef								
Health and Wellbeing Charities	341	37	76	79	50	42	57	192	149	269	10	28	23	5	3	68
	16%	22%	16%	16%	18%	19%	12%	17%	15%	15%	16%	22%	24%	26%	26%	22%
		fh			f	f		f				a	a			a
Leisure Facility Operators	311	33	83	69	49	32	45	185	126	261	8	21	15	2	2	48
	15%	19%	18%	14%	18%	14%	9%	16%	13%	15%	14%	17%	16%	11%	16%	16%
		fh	fh	f	fh			fh								
Sports Governing Bodies (e.g. The Football Association, England and Wales Cricket Board, Lawn Tennis Association etc.)	270	37	58	69	50	23	34	164	106	210	14	15	22	4	1	56
	13%	22%	12%	14%	18%	10%	7%	14%	11%	12%	23%	12%	24%	21%	7%	18%
		bcefgh	f	f	befh			fh	f		a		ac			a
Sports clubs / coaches	260	36	64	64	41	30	25	164	96	202	13	21	19	2	1	56
	12%	21%	14%	13%	15%	14%	5%	14%	10%	11%	22%	17%	20%	8%	11%	18%
		bcefgh	fh	f	fh	f		fh	f		a		a			a
Sport England	231	31	66	50	38	25	21	148	83	185	7	19	13	2	-	41
	11%	18%	14%	10%	14%	11%	4%	13%	9%	10%	11%	16%	14%	8%	-	13%
		cefh	cfh	f	fh	f		fh	f							
Sky	201	34	43	44	27	24	29	121	80	136	15	25	21	1	1	62
	9%	20%	9%	9%	10%	11%	6%	11%	8%	8%	25%	20%	22%	5%	8%	20%
		bcdefgh					f		f		a	a	a			a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D. SUMMARY - Ranked Top 5: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2121	165	448	502	308	249	449	1115	1006	1759	64	130	97	22	10	323
Total	2122	171	466	505	275	223	481	1143	979	1778	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ukactive	101	19	32	18	12	12	7	69	31	78	2	11	7	4	-	23
	5%	11%	7%	4%	4%	5%	1%	6%	3%	4%	3%	9%	7%	19%	-	7%
		cdefgh	cfh	f	f	f		cfh				a				a
Other	49	2	7	16	2	2	20	26	24	44	-	2	2	1	-	5
	2%	1%	2%	3%	1%	1%	4%	2%	2%	2%	-	2%	2%	4%	-	2%
				d			bdeg									
Nobody	341	11	57	71	46	33	123	139	202	306	3	10	5	3	3	24
	16%	7%	12%	14%	17%	15%	26%	12%	21%	17%	4%	8%	6%	17%	27%	8%
				a	ag	a	abcdegh	a	abceg	bcdg						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D. SUMMARY - Ranked Top 5: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2121	1386	316	310	626	188	126	691	201	65	74	117	106	187	366	314
Total	2122	1326	365	340	705	182	125	660	191	60	72	101	103	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
The NHS	1057	633	215	182	397	97	64	353	103	27	32	48	61	80	192	161
	50%	48%	59% a	54%	56% a	53% j	51%	53% ij	54% j	46%	45%	47%	59% ij	45%	43%	52% j
Healthcare professional or GP	669	406	133	104	237	66	39	203	56	18	16	32	35	59	144	105
	32%	31%	36% a	31%	34%	36% f	31%	31%	29%	30%	23%	32%	33%	33%	32%	34%
Central Government	653	414	107	119	226	60	32	219	66	19	15	35	43	50	114	92
	31%	31%	29%	35%	32%	33%	26%	33% fj	35% fj	31%	21%	34% f	42% bfijk	28%	25%	30%
The BBC	563	327	113	106	219	52	31	205	48	16	13	27	36	43	92	83
	27%	25%	31% a	31% a	31% a	28% j	25%	31% fj	25%	28%	18%	27%	35% fij	24%	20%	27% j
Friends / family / carer	549	324	126	76	202	55	35	166	53	11	19	34	31	49	96	90
	26%	24%	35% ac	22%	29% ac	30% j	28%	25%	28%	19%	26%	34% cej	30%	27%	21%	29% j
Local Councils	519	321	91	96	187	48	29	179	43	21	16	26	24	45	89	77
	24%	24%	25%	28%	27%	26%	23%	27% j	22%	34% j	22%	26%	23%	25%	20%	25%
Health and Wellbeing Charities	341	192	76	62	138	32	18	124	36	9	11	14	18	29	50	50
	16%	14%	21% a	18%	20% a	17% j	14%	19% j	19% j	16%	16%	13%	17%	16%	11%	16% j
Leisure Facility Operators	311	185	59	54	113	23	17	119	41	10	8	20	9	20	43	41
	15%	14%	16%	16%	16%	13%	14%	18% hij	21% ahijk	17%	11%	20% hij	9%	11%	10%	13%
Sports Governing Bodies (e.g. The Football Association, England and Wales Cricket Board, Lawn Tennis Association etc.)	270	145	53	57	110	23	28	118	29	8	4	10	9	14	27	52
	13%	11%	15%	17% a	16% a	13% j	23% afghij	18% fghij	15% fij	13% j	5%	10%	9%	8%	6%	17% fhij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D. SUMMARY - Ranked Top 5: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2121	1386	316	310	626	188	126	691	201	65	74	117	106	187	366	314
Total	2122	1326	365	340	705	182	125	660	191	60	72	101	103	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Sports clubs / coaches	260	136	49	59	108	31	28	96	28	10	10	8	15	16	18	59
	12%	10%	14%	17%	15%	17%	23%	14%	14%	17%	13%	8%	14%	9%	4%	19%
				a	a	gij	cgij	ij	j	j	j		j	j		gij
Sport England	231	109	44	62	107	26	18	102	21	11	3	5	11	12	22	44
	11%	8%	12%	18%	15%	14%	15%	15%	11%	19%	4%	5%	10%	7%	5%	14%
			a	ab	a	fgij	fgij	fgij	j	fgij			j			fgij
Sky	201	94	51	42	93	18	10	83	21	7	6	7	14	15	21	28
	9%	7%	14%	12%	13%	10%	8%	12%	11%	11%	8%	7%	14%	8%	5%	9%
			a	a	a	j		j	j	j			j			j
Ukactive	101	41	27	27	53	8	12	44	12	2	4	4	2	5	6	20
	5%	3%	7%	8%	8%	4%	10%	7%	6%	4%	5%	4%	2%	3%	1%	7%
			a	a	a	j	ahij	ij	j			j	j			j
Other	49	37	5	7	12	7	2	7	3	3	1	2	2	3	19	9
	2%	3%	1%	2%	2%	4%	2%	1%	1%	5%	1%	2%	2%	2%	4%	3%
						c				c					c	c
Nobody	341	254	34	35	69	20	12	79	28	6	14	13	13	36	120	32
	16%	19%	9%	10%	10%	11%	10%	12%	14%	11%	20%	13%	13%	20%	27%	10%
		bcd									k			abck	abcdeghk	

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D. SUMMARY - Ranked Top 5: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2121	528	368	160	50	528	578	636	240	180	47	420	683	389	1110	529	93	1732
Total	2122	497	360	158	48	518	545	605	233	178	42	411	648	380	1115	533	93	1741
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
The NHS	1057	271	194	76	20	270	291	335	119	88	17	208	352	168	553	288	48	889
	50%	55%	54%	48%	41%	52%	53%	55%	51%	50%	41%	51%	54%	44%	50%	54%	52%	51%
								d								a		a
Healthcare professional or GP	669	143	122	42	14	164	157	187	79	50	11	129	198	113	355	168	33	556
	32%	29%	34%	27%	29%	32%	29%	31%	34%	28%	26%	31%	30%	30%	32%	32%	35%	32%
Central Government	653	150	129	45	16	174	166	203	76	44	13	120	216	111	342	178	21	542
	31%	30%	36%	29%	32%	34%	30%	34%	33%	25%	30%	29%	33%	29%	31%	34%	23%	31%
								c					c			d		
The BBC	563	130	114	46	10	160	140	184	68	38	11	106	196	87	285	163	28	476
	27%	26%	32%	29%	21%	31%	26%	30%	29%	21%	26%	26%	30%	23%	26%	31%	30%	27%
			f					c					c			ab		
Friends / family / carer	549	117	99	41	14	140	131	157	62	49	8	111	166	91	292	144	23	459
	26%	24%	27%	26%	29%	27%	24%	26%	27%	28%	20%	27%	26%	24%	26%	27%	24%	26%
Local Councils	519	124	103	42	8	145	132	160	63	44	11	107	171	85	272	145	18	434
	24%	25%	29%	27%	16%	28%	24%	26%	27%	25%	25%	26%	26%	22%	24%	27%	19%	25%
Health and Wellbeing Charities	341	92	63	30	9	93	101	101	44	39	8	83	109	51	181	89	20	290
	16%	19%	18%	19%	18%	18%	19%	17%	19%	22%	18%	20%	17%	13%	16%	17%	21%	17%
Leisure Facility Operators	311	88	68	30	5	98	92	107	48	30	7	78	114	43	176	83	9	268
	15%	18%	19%	19%	10%	19%	17%	18%	21%	17%	18%	19%	18%	11%	16%	16%	10%	15%
																a		a
Sports Governing Bodies (e.g. The Football Association, England and Wales Cricket Board, Lawn Tennis Association etc.)	270	83	70	24	4	94	87	105	48	22	4	70	109	39	137	81	13	231
	13%	17%	19%	15%	8%	18%	16%	17%	21%	12%	10%	17%	17%	10%	12%	15%	14%	13%
									c							a		
Sports clubs / coaches	260	82	64	13	7	77	89	85	50	25	7	75	92	43	121	81	15	217
	12%	17%	18%	8%	15%	15%	16%	14%	22%	14%	18%	18%	14%	11%	11%	15%	16%	12%
		c	c			c	c		acf							b		

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D. SUMMARY - Ranked Top 5: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2121	528	368	160	50	528	578	636	240	180	47	420	683	389	1110	529	93	1732
Total	2122	497	360	158	48	518	545	605	233	178	42	411	648	380	1115	533	93	1741
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Sport England	231	63	59	20	9	80	72	71	42	32	7	74	77	28	112	77	14	203
	11%	13%	17%	13%	19%	15%	13%	12%	18%	18%	16%	18%	12%	7%	10%	14%	15%	12%
									af	af		af				ab	a	a
Sky	201	52	39	19	10	59	62	58	37	15	9	53	67	31	95	63	11	170
	9%	11%	11%	12%	20%	11%	11%	10%	16%	9%	21%	13%	10%	8%	9%	12%	12%	10%
				a					acf		acf					b		
Ukactive	101	27	34	10	4	44	31	34	28	12	1	40	35	7	49	38	6	93
	5%	5%	9%	7%	9%	9%	6%	6%	12%	7%	2%	10%	5%	2%	4%	7%	7%	5%
			af			a			adf			af			a	ab	a	a
Other	49	3	6	6	-	12	3	5	4	5	-	9	5	15	21	11	2	34
	2%	1%	2%	4%	-	2%	1%	1%	2%	3%	-	2%	1%	4%	2%	2%	3%	2%
				af		af				af		f		be				
Nobody	341	69	29	21	9	49	78	77	19	23	8	42	85	87	188	55	10	253
	16%	14%	8%	13%	18%	10%	14%	13%	8%	13%	18%	10%	13%	23%	17%	10%	11%	15%
		be			be		be				b		b	bcde	c			c

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D. SUMMARY - Ranked Top 5: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2121	363	1314	259	377	100	1401	654	66	1677	444	1756	337
Total	2122 100%	363 100%	1332 100%	241 100%	392 100%	96 100%	1408 100%	653 100%	60 100%	1657 100%	465 100%	1787 100%	311 100%
The NHS	1057 50%	182 50%	689 52%	148 61% bcde	193 49%	41 43%	703 50%	335 51%	38 64% bcde	855 52% b	202 43%	908 51%	144 46%
Healthcare professional or GP	669 32%	96 27%	452 34% a	90 37% d	156 40% cd	27 28%	417 30%	239 37% d	23 39%	527 32%	141 30%	583 33% b	83 27%
Central Government	653 31%	96 27%	433 32% a	76 32% b	93 24%	29 30%	463 33% be	178 27%	15 25%	493 30%	160 34%	557 31%	92 30%
The BBC	563 27%	99 27%	367 28%	80 33% bd	90 23%	29 30%	372 26%	177 27%	16 27%	452 27%	111 24%	471 26%	85 27%
Friends / family / carer	549 26%	120 33% b	329 25%	82 34% bdf	96 24%	33 34% df	345 24%	193 30% d	12 20%	445 27%	105 22%	475 27%	71 23%
Local Councils	519 24%	102 28%	323 24%	59 24%	101 26%	30 32%	335 24%	170 26%	16 27%	413 25%	107 23%	440 25%	74 24%
Health and Wellbeing Charities	341 16%	78 22% b	206 15%	51 21% bd	57 14%	20 21%	221 16%	110 17%	12 19%	283 17% b	58 12%	286 16%	54 17%
Leisure Facility Operators	311 15%	67 18%	197 15%	41 17%	52 13%	19 20%	208 15%	100 15%	9 14%	234 14%	77 17%	264 15%	46 15%
Sports Governing Bodies (e.g. The Football Association, England and Wales Cricket Board, Lawn Tennis Association etc.)	270 13%	57 16%	168 13%	32 13% b	29 7%	18 19% bef	194 14% b	72 11%	5 8%	224 14% b	46 10%	222 12%	46 15%

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Q11D. SUMMARY - Ranked Top 5: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2121	363	1314	259	377	100	1401	654	66	1677	444	1756	337
Total	2122	363	1332	241	392	96	1408	653	60	1657	465	1787	311
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Sports clubs / coaches	260	69	142	38	38	13	175	81	5	203	56	222	38
	12%	19%	11%	16%	10%	14%	12%	12%	9%	12%	12%	12%	12%
		b		b									
Sport England	231	57	137	33	25	20	156	70	5	183	48	195	32
	11%	16%	10%	13%	6%	21%	11%	11%	9%	11%	10%	11%	10%
		b		b		bdef	b	b					
Sky	201	68	99	39	29	25	110	85	4	161	41	171	26
	9%	19%	7%	16%	7%	26%	8%	13%	6%	10%	9%	10%	8%
		b		bdf		abdef		bd					
Ukactive	101	42	48	24	19	10	51	45	5	81	20	78	21
	5%	11%	4%	10%	5%	10%	4%	7%	9%	5%	4%	4%	7%
		b		bd		bd		d	d				
Other	49	7	27	7	12	1	31	18	2	34	16	45	4
	2%	2%	2%	3%	3%	1%	2%	3%	4%	2%	3%	3%	1%
Nobody	341	33	209	15	66	7	241	82	4	254	87	276	57
	16%	9%	16%	6%	17%	7%	17%	13%	7%	15%	19%	15%	18%
			a		acf		acef	a					

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Q11D. SUMMARY - Ranked Top 5: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2121	411	228	324	373	204	232	81	268	901	581	614	1016	445	431	591	760	283
Total	2122	429	230	321	369	196	228	81	268	886	577	604	1035	438	413	580	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
The NHS	1057	167	106	167	197	109	124	48	137	474	309	346	473	224	188	307	404	140
	50%	39%	46%	52%	53%	56%	55%	59%	51%	53%	54%	57%	46%	51%	45%	53%	52%	48%
				a	a	ab	a	ab	a	ab	a	bc				a	a	
Healthcare professional or GP	669	132	56	95	128	66	74	28	90	289	192	225	299	134	119	191	265	88
	32%	31%	24%	29%	35%	34%	33%	34%	33%	33%	33%	37%	29%	31%	29%	33%	34%	30%
				b	b				b	b	b	bc						
Central Government	653	98	67	105	114	77	79	28	86	295	193	196	302	147	98	163	292	92
	31%	23%	29%	33%	31%	39%	34%	35%	32%	33%	33%	33%	29%	34%	24%	28%	37%	31%
				a	a	abd	a	a	a	a	a						ab	a
The BBC	563	80	61	91	106	53	74	21	78	250	173	175	259	120	95	155	230	71
	27%	19%	26%	28%	29%	27%	32%	26%	29%	28%	30%	29%	25%	27%	23%	27%	29%	24%
			a	a	a	a	a		a	a	a						a	
Friends / family / carer	549	81	57	90	116	55	63	24	63	261	151	178	233	128	100	161	203	73
	26%	19%	25%	28%	31%	28%	28%	30%	24%	29%	26%	30%	22%	29%	24%	28%	26%	25%
				a	ah	a	a	a		a	a	b		b				
Local Councils	519	85	49	88	96	61	56	23	62	245	141	149	248	113	81	147	210	76
	24%	20%	21%	27%	26%	31%	25%	28%	23%	28%	24%	25%	24%	26%	20%	25%	27%	26%
				a	a	abh				ab						a	a	a
Health and Wellbeing Charities	341	53	39	45	78	34	47	12	32	157	91	135	135	65	59	101	122	57
	16%	12%	17%	14%	21%	17%	21%	15%	12%	18%	16%	22%	13%	15%	14%	17%	16%	19%
					achj		ach			ah		bc						
Leisure Facility Operators	311	47	27	43	63	38	38	10	43	144	92	110	125	69	59	90	128	30
	15%	11%	12%	13%	17%	20%	17%	13%	16%	16%	16%	18%	12%	16%	14%	16%	16%	10%
					a	ab	a			a	a	b					d	d
Sports Governing Bodies (e.g. The Football Association, England and Wales Cricket Board, Lawn Tennis Association etc.)	270	24	23	44	56	37	38	10	38	137	86	102	114	53	47	65	101	53
	13%	6%	10%	14%	15%	19%	17%	12%	14%	15%	15%	17%	11%	12%	11%	11%	13%	18%
			a	a	a	ab	ab	a	a	ab	a	bc						abc
Sports clubs / coaches	260	26	22	44	50	25	40	11	42	119	93	102	106	48	48	69	103	39
	12%	6%	10%	14%	13%	13%	17%	13%	16%	13%	16%	17%	10%	11%	12%	12%	13%	13%
				a	a	a	ab	a	ab	a	ab	bc						
Sport England	231	15	23	40	50	28	33	10	33	118	76	85	100	44	43	53	90	42
	11%	3%	10%	12%	14%	14%	14%	12%	12%	13%	13%	14%	10%	10%	10%	9%	11%	14%
			a	a	a	a	a	a	a	a	a	bc						b

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D. SUMMARY - Ranked Top 5: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2121	411	228	324	373	204	232	81	268	901	581	614	1016	445	431	591	760	283
Total	2122	429	230	321	369	196	228	81	268	886	577	604	1035	438	413	580	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Sky	201	17	27	27	41	25	32	7	24	93	64	90	73	36	38	52	71	37
	9%	4%	12%	8%	11%	13%	14%	8%	9%	11%	11%	15%	7%	8%	9%	9%	9%	13%
			a	a	a	a	ac		a	a	a	bc						
Ukactive	101	7	12	17	20	16	10	5	14	53	28	40	36	24	25	24	34	16
	5%	2%	5%	5%	5%	8%	4%	6%	5%	6%	5%	7%	3%	6%	6%	4%	4%	5%
			a	a	a	a	a	a	a	a	a	b						
Other	49	14	4	6	6	3	5	3	8	15	17	11	32	6	11	13	18	6
	2%	3%	2%	2%	2%	1%	2%	4%	3%	2%	3%	2%	3%	1%	3%	2%	2%	2%
													c					
Nobody	341	136	37	38	46	14	20	10	40	97	70	47	221	58	67	80	112	57
	16%	32%	16%	12%	13%	7%	9%	13%	15%	11%	12%	8%	21%	13%	16%	14%	14%	19%
		bcdefghij	efi		e				ef		e		ac	a				bc

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D. SUMMARY - Ranked Top 3: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2121	1066	1043	687	753	681	111	302	200	229	191	191	338	344	215
Total	2122	1034	1076	639	698	785	102	275	207	222	183	235	333	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
The NHS	919	435	481	311	295	313	36	121	84	93	83	117	155	140	90
	43%	42%	45%	49%	42%	40%	35%	44%	40%	42%	45%	50%	47%	40%	41%
				bc								ah	a		
Central Government	505	250	253	139	181	185	31	65	45	46	49	66	58	91	55
	24%	24%	24%	22%	26%	24%	30%	24%	22%	21%	27%	28%	17%	26%	25%
							g	g			g	g		g	g
Healthcare professional or GP	494	228	266	145	151	198	15	67	47	57	44	59	81	80	45
	23%	22%	25%	23%	22%	25%	15%	24%	23%	25%	24%	25%	24%	23%	21%
								a		a		a	a		
The BBC	442	225	210	153	156	133	17	58	35	48	29	56	71	82	45
	21%	22%	19%	24%	22%	17%	17%	21%	17%	22%	16%	24%	21%	24%	21%
				c	c							e		e	
Friends / family / carer	391	190	201	141	121	129	14	54	38	47	37	32	82	56	31
	18%	18%	19%	22%	17%	16%	14%	20%	18%	21%	20%	14%	25%	16%	14%
				bc						f			afhi		
Local Councils	348	158	184	99	126	123	27	60	35	39	24	39	44	44	37
	16%	15%	17%	15%	18%	16%	27%	22%	17%	17%	13%	17%	13%	12%	17%
							cdefghi	egh							
Health and Wellbeing Charities	209	84	123	69	80	60	8	21	21	29	8	25	43	28	25
	10%	8%	11%	11%	11%	8%	8%	8%	10%	13%	5%	11%	13%	8%	11%
			a		c				e	be		e	beh		e
Leisure Facility Operators	199	80	118	67	71	61	11	22	18	22	20	23	36	37	11
	9%	8%	11%	10%	10%	8%	10%	8%	9%	10%	11%	10%	11%	11%	5%
			a							i	i		i	i	
Sports Governing Bodies (e.g. The Football Association, England and Wales Cricket Board, Lawn Tennis Association etc.)	178	107	69	75	61	42	4	21	22	15	16	14	32	40	15
	8%	10%	6%	12%	9%	5%	4%	8%	11%	7%	9%	6%	10%	11%	7%
		b		c	c									af	
Sports clubs / coaches	168	99	68	72	57	38	7	19	16	19	17	15	38	20	17
	8%	10%	6%	11%	8%	5%	7%	7%	8%	9%	9%	6%	11%	6%	8%
		b		bc	c								bh		
Sport England	149	107	41	70	55	25	3	23	9	11	18	7	35	24	19
	7%	10%	4%	11%	8%	3%	3%	9%	4%	5%	10%	3%	10%	7%	9%
		b		bc	c			af			acf		acdf		af

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D. SUMMARY - Ranked Top 3: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2121	1066	1043	687	753	681	111	302	200	229	191	191	338	344	215
Total	2122	1034	1076	639	698	785	102	275	207	222	183	235	333	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Sky	136	80	55	66	56	15	5	15	9	23	15	10	29	16	15
	6%	8%	5%	10%	8%	2%	5%	5%	4%	10%	8%	4%	9%	5%	7%
		b		c	c					bcfh			fh		
Ukactive	63	33	29	39	17	6	4	8	4	12	7	2	8	8	9
	3%	3%	3%	6%	2%	1%	4%	3%	2%	5%	4%	1%	2%	2%	4%
				bc	c					fg					f
Other	45	19	26	6	13	25	3	5	6	-	2	5	7	14	4
	2%	2%	2%	1%	2%	3%	3%	2%	3%	-	1%	2%	2%	4%	2%
						a	d	d	d			d	d	de	d
Nobody	341	170	170	56	100	184	23	39	42	28	36	41	33	61	38
	16%	16%	16%	9%	14%	23%	23%	14%	20%	13%	19%	17%	10%	18%	18%
					a	ab	bdg		dg		g	g		g	g

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Q11D. SUMMARY - Ranked Top 3: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2121	165	448	502	308	249	449	1115	1006	1759	64	130	97	22	10	323
Total	2122	171	466	505	275	223	481	1143	979	1778	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
The NHS	919	80	215	223	110	108	183	517	402	757	29	63	47	8	4	152
	43%	46%	46%	44%	40%	49%	38%	45%	41%	43%	49%	51%	50%	41%	40%	49%
			f			dfh		f								a
Central Government	505	42	131	130	61	47	95	303	203	432	14	32	16	3	3	68
	24%	24%	28%	26%	22%	21%	20%	26%	21%	24%	24%	26%	17%	13%	33%	22%
			efh	fh				fh								
Healthcare professional or GP	494	38	119	110	49	57	122	267	228	427	14	26	20	3	1	64
	23%	22%	26%	22%	18%	25%	25%	23%	23%	24%	24%	21%	21%	15%	11%	21%
			d			d	d	d	d							
The BBC	442	40	110	103	56	48	85	253	189	350	17	38	21	6	1	83
	21%	23%	24%	20%	20%	22%	18%	22%	19%	20%	28%	30%	23%	31%	9%	27%
			f					f				a				a
Friends / family / carer	391	26	83	109	45	55	73	217	173	318	19	29	17	2	4	69
	18%	15%	18%	22%	16%	25%	15%	19%	18%	18%	31%	23%	18%	8%	37%	22%
				f		abdfgh					ad					a
Local Councils	348	35	82	80	54	26	71	197	151	308	7	13	9	5	1	35
	16%	20%	18%	16%	20%	12%	15%	17%	15%	17%	12%	10%	10%	23%	8%	11%
			e	e		e			e		cg					
Health and Wellbeing Charities	209	25	45	51	32	21	36	120	89	164	8	16	13	4	1	43
	10%	14%	10%	10%	12%	10%	7%	10%	9%	9%	14%	13%	14%	19%	14%	14%
			fh													a
Leisure Facility Operators	199	19	52	39	38	18	33	111	89	171	4	14	7	1	2	28
	9%	11%	11%	8%	14%	8%	7%	10%	9%	10%	7%	11%	8%	4%	16%	9%
				f		cefgh										
Sports Governing Bodies (e.g. The Football Association, England and Wales Cricket Board, Lawn Tennis Association etc.)	178	22	39	44	38	13	21	105	72	133	9	12	15	4	1	41
	8%	13%	8%	9%	14%	6%	4%	9%	7%	8%	16%	10%	16%	21%	7%	13%
			efh	f	f	bcefgh			f	f		a		a			a
Sports clubs / coaches	168	23	38	43	26	21	18	103	64	135	8	10	12	1	-	30
	8%	13%	8%	8%	9%	9%	4%	9%	7%	8%	13%	8%	13%	4%	-	10%
			fh	f	f	f	f		fh	f						
Sport England	149	22	45	37	20	12	13	104	45	118	5	11	9	2	-	27
	7%	13%	10%	7%	7%	5%	3%	9%	5%	7%	9%	9%	10%	8%	-	9%
			cefh	efh	fh	f			fh							
Sky	136	19	28	31	19	19	21	78	58	93	9	18	14	-	-	41
	6%	11%	6%	6%	7%	8%	4%	7%	6%	5%	15%	14%	15%	-	-	13%
			bcfgh				f				a	a	a			a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D. SUMMARY - Ranked Top 3: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2121	165	448	502	308	249	449	1115	1006	1759	64	130	97	22	10	323
Total	2122	171	466	505	275	223	481	1143	979	1778	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ukactive	63	14	20	11	8	5	4	45	17	46	1	7	7	2	-	17
	3%	8%	4%	2%	3%	2%	1%	4%	2%	3%	1%	6%	7%	11%	-	5%
		cdefgh	fh			f		fh				a	a			a
Other	45	2	6	15	2	2	18	23	22	42	-	1	1	1	-	3
	2%	1%	1%	3%	1%	1%	4%	2%	2%	2%	-	1%	1%	4%	-	1%
				d			bdeg									
Nobody	341	11	57	71	46	33	123	139	202	306	3	10	5	3	3	24
	16%	7%	12%	14%	17%	15%	26%	12%	21%	17%	4%	8%	6%	17%	27%	8%
				a	ag	a	abcdegh	a	abceg	bcdg						

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D. SUMMARY - Ranked Top 3: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2121	1386	316	310	626	188	126	691	201	65	74	117	106	187	366	314
Total	2122	1326	365	340	705	182	125	660	191	60	72	101	103	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
The NHS	919	555	185	156	341	87	53	294	91	17	31	44	54	70	177	140
	43%	42%	51% a	46%	48% a	48% e	43%	44% e	48% e	29%	43%	44% e	52% eij	39%	39%	46% e
Central Government	505	332	75	89	165	45	28	167	49	14	13	30	32	38	88	74
	24%	25%	21%	26%	23%	25%	23%	25% j	26%	23%	18%	30% j	31% fij	21%	20%	24%
Healthcare professional or GP	494	311	95	73	169	52	27	137	43	15	13	23	21	48	114	79
	23%	23%	26%	22%	24%	29% c	21%	21%	23%	25%	18%	23%	20%	27%	25%	26%
The BBC	442	262	84	81	165	38	24	156	39	12	10	25	33	35	71	62
	21%	20%	23%	24%	23%	21%	19%	24% j	20%	20%	14%	25% j	32% abdfijk	19%	16%	20%
Friends / family / carer	391	227	92	50	142	39	28	115	34	9	14	21	22	38	69	68
	18%	17%	25% ac	15%	20% c	22%	23%	17%	18%	15%	19%	21%	21%	21%	15%	22% j
Local Councils	348	217	55	69	123	24	22	125	28	12	13	16	10	30	68	46
	16%	16%	15%	20%	18%	13%	18%	19% h	15%	19%	17%	16%	9%	17%	15%	15%
Health and Wellbeing Charities	209	119	46	38	84	22	13	71	25	5	7	8	6	17	35	35
	10%	9%	13% a	11%	12% a	12%	11%	11%	13% j	8%	10%	8%	6%	10%	8%	11%
Leisure Facility Operators	199	118	38	36	74	15	10	75	24	7	5	16	6	12	30	25
	9%	9%	10%	11%	10%	8%	8%	11% j	12% j	12%	6%	15% hijk	6%	7%	7%	8%
Sports Governing Bodies (e.g. The Football Association, England and Wales Cricket Board, Lawn Tennis Association etc.)	178	96	35	36	71	16	15	78	19	8	2	8	7	9	16	31
	8%	7%	10%	10%	10% a	9% j	12% fij	12% fij	10% fj	13% fij	2%	8%	7%	5%	4%	10% fij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D. SUMMARY - Ranked Top 3: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2121	1386	316	310	626	188	126	691	201	65	74	117	106	187	366	314
Total	2122	1326	365	340	705	182	125	660	191	60	72	101	103	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Sports clubs / coaches	168	90	28	40	67	11	18	63	14	9	8	7	13	10	13	29
	8%	7%	8%	12%	10%	6%	14%	10%	8%	15%	11%	7%	13%	6%	3%	10%
				a	a		adij	j	j	aij	j		ij			j
Sport England	149	67	29	41	70	15	14	65	15	6	3	3	6	6	16	29
	7%	5%	8%	12%	10%	8%	11%	10%	8%	10%	4%	3%	6%	3%	4%	9%
			a	a	a	ij	gij	gij	j	gij						gij
Sky	136	60	40	24	63	12	8	56	16	6	5	7	7	10	10	20
	6%	5%	11%	7%	9%	7%	6%	9%	8%	10%	7%	7%	7%	5%	2%	6%
			a		a	j	j	j	j	j	j	j	j			j
Ukactive	63	23	17	19	36	4	8	30	7	2	1	3	2	3	2	12
	3%	2%	5%	5%	5%	2%	6%	4%	4%	4%	1%	3%	2%	2%	1%	4%
			a	a	a		ij	j	j	j			j			j
Other	45	34	4	7	10	7	2	6	3	3	1	1	2	2	17	9
	2%	3%	1%	2%	1%	4%	2%	1%	1%	5%	1%	1%	2%	1%	4%	3%
						c				c					c	c
Nobody	341	254	34	35	69	20	12	79	28	6	14	13	13	36	120	32
	16%	19%	9%	10%	10%	11%	10%	12%	14%	11%	20%	13%	13%	20%	27%	10%
		bcd									k			abck	abcdeghk	

Savanta:
ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D. SUMMARY - Ranked Top 3: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2121	528	368	160	50	528	578	636	240	180	47	420	683	389	1110	529	93	1732
Total	2122	497	360	158	48	518	545	605	233	178	42	411	648	380	1115	533	93	1741
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
The NHS	919	227	164	62	17	226	245	287	99	72	11	171	298	145	482	250	42	774
	43%	46%	46%	39%	36%	44%	45%	47%	42%	41%	27%	42%	46%	38%	43%	47%	45%	44%
								d	d				d			a		a
Central Government	505	118	98	34	11	132	129	153	57	39	7	96	160	92	264	133	17	414
	24%	24%	27%	21%	22%	26%	24%	25%	24%	22%	17%	23%	25%	24%	24%	25%	19%	24%
Healthcare professional or GP	494	99	87	31	11	118	110	130	53	40	11	93	140	81	271	119	24	414
	23%	20%	24%	19%	23%	23%	20%	21%	23%	22%	26%	23%	22%	21%	24%	22%	25%	24%
The BBC	442	107	81	36	8	117	115	142	53	27	8	80	150	68	222	131	22	374
	21%	21%	23%	23%	16%	23%	21%	23%	23%	15%	19%	20%	23%	18%	20%	25%	23%	21%
								c					c			ab		
Friends / family / carer	391	82	67	35	10	101	91	108	41	40	6	81	114	69	203	102	17	322
	18%	16%	19%	22%	20%	20%	17%	18%	18%	22%	15%	20%	18%	18%	18%	19%	18%	18%
Local Councils	348	90	69	27	6	96	96	107	42	34	8	76	115	58	183	94	13	290
	16%	18%	19%	17%	11%	18%	18%	18%	18%	19%	19%	19%	18%	15%	16%	18%	14%	17%
Health and Wellbeing Charities	209	51	39	24	5	64	56	56	32	27	3	59	58	35	116	45	13	174
	10%	10%	11%	15%	9%	12%	10%	9%	14%	15%	6%	14%	9%	9%	10%	9%	13%	10%
									f	af		af						
Leisure Facility Operators	199	62	35	16	2	52	64	68	28	15	6	44	74	22	115	54	8	177
	9%	13%	10%	10%	3%	10%	12%	11%	12%	9%	14%	11%	11%	6%	10%	10%	8%	10%
															a	a		a
Sports Governing Bodies (e.g. The Football Association, England and Wales Cricket Board, Lawn Tennis Association etc.)	178	50	49	16	2	66	52	68	31	17	3	47	71	27	92	50	8	150
	8%	10%	14%	10%	4%	13%	10%	11%	13%	9%	8%	12%	11%	7%	8%	9%	8%	9%
			f															
Sports clubs / coaches	168	50	45	10	4	55	54	54	34	14	7	48	61	28	72	56	11	139
	8%	10%	12%	6%	8%	11%	10%	9%	14%	8%	16%	12%	9%	7%	6%	11%	12%	8%
			c						acf							b	b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D. SUMMARY - Ranked Top 3: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2121	528	368	160	50	528	578	636	240	180	47	420	683	389	1110	529	93	1732
Total	2122	497	360	158	48	518	545	605	233	178	42	411	648	380	1115	533	93	1741
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Sport England	149	48	32	11	9	43	57	45	28	22	4	50	49	14	74	52	9	135
	7%	10%	9%	7%	19%	8%	10%	7%	12%	12%	9%	12%	8%	4%	7%	10%	10%	8%
					abce				af	af		af			a	ab	a	a
Sky	136	34	28	17	8	45	42	38	29	11	8	40	46	20	66	42	8	116
	6%	7%	8%	11%	16%	9%	8%	6%	12%	6%	18%	10%	7%	5%	6%	8%	8%	7%
				abf					acf		acf	a						
Ukactive	63	19	20	7	3	27	21	23	16	8	1	24	24	3	33	21	5	59
	3%	4%	5%	4%	6%	5%	4%	4%	7%	5%	2%	6%	4%	1%	3%	4%	5%	3%
									f						a	a	a	a
Other	45	3	4	6	-	11	3	4	4	5	-	9	4	13	19	11	2	32
	2%	1%	1%	4%	-	2%	1%	1%	2%	3%	-	2%	1%	3%	2%	2%	3%	2%
				abf		af				af		af						
Nobody	341	69	29	21	9	49	78	77	19	23	8	42	85	87	188	55	10	253
	16%	14%	8%	13%	18%	10%	14%	13%	8%	13%	18%	10%	13%	23%	17%	10%	11%	15%
		be			be		be				b		b	bcde	c			c

Q11D. SUMMARY - Ranked Top 3: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2121	363	1314	259	377	100	1401	654	66	1677	444	1756	337
Total	2122 100%	363 100%	1332 100%	241 100%	392 100%	96 100%	1408 100%	653 100%	60 100%	1657 100%	465 100%	1787 100%	311 100%
The NHS	919 43%	161 44%	597 45%	130 54% bcde	168 43%	34 35%	613 44%	288 44%	34 58% bcde	735 44%	183 39%	786 44%	128 41%
Central Government	505 24%	66 18%	340 26% a	57 24%	75 19%	21 22%	359 25% be	137 21%	13 21%	370 22%	136 29% a	433 24%	70 22%
Healthcare professional or GP	494 23%	68 19%	342 26% a	71 30% cd	124 32% cd	17 18%	297 21%	189 29% cd	19 33% cd	395 24%	100 21%	427 24%	65 21%
The BBC	442 21%	70 19%	295 22%	60 25%	74 19%	23 24%	289 21%	141 22%	12 20%	351 21%	91 20%	368 21%	67 22%
Friends / family / carer	391 18%	83 23% b	233 18%	58 24% d	73 19%	23 24%	242 17%	141 22% d	10 17%	323 20% b	67 14%	339 19%	50 16%
Local Councils	348 16%	74 20% b	208 16%	37 15%	70 18%	19 20%	220 16%	115 18%	10 16%	277 17%	71 15%	293 16%	50 16%
Health and Wellbeing Charities	209 10%	47 13% b	125 9%	27 11%	37 9%	13 14%	137 10%	67 10%	6 10%	170 10%	39 8%	175 10%	33 11%
Leisure Facility Operators	199 9%	47 13%	129 10%	25 10%	35 9%	14 14%	132 9%	65 10%	6 11%	157 10%	42 9%	169 9%	29 9%
Sports Governing Bodies (e.g. The Football Association, England and Wales Cricket Board, Lawn Tennis Association etc.)	178 8%	35 10%	111 8%	20 8% b	15 4%	13 13% be	131 9% be	42 6%	2 4%	150 9% b	28 6%	145 8%	32 10%

Savanta:
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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D. SUMMARY - Ranked Top 3: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

| | Total | Care responsibilities in household not including children | | Longstanding condition or illness | | | | | | Area | | Access to private outdoor space | |
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2121	363	1314	259	377	100	1401	654	66	1677	444	1756	337
Total	2122	363	1332	241	392	96	1408	653	60	1657	465	1787	311
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Sports clubs / coaches	168	37	97	26	25	2	116	49	4	128	39	143	24
	8%	10%	7%	11%	6%	2%	8%	8%	6%	8%	8%	8%	8%
				bc			c						
Sport England	149	43	85	21	13	14	101	44	3	120	29	126	20
	7%	12%	6%	9%	3%	15%	7%	7%	4%	7%	6%	7%	6%
		b		b		bdef	b	b					
Sky	136	52	62	26	21	16	73	58	3	107	29	113	21
	6%	14%	5%	11%	5%	17%	5%	9%	5%	6%	6%	6%	7%
		b		bd		bdef		bd					
Ukactive	63	26	30	15	11	9	29	30	3	48	15	50	11
	3%	7%	2%	6%	3%	9%	2%	5%	5%	3%	3%	3%	4%
		b		bd		bde		d					
Other	45	6	26	7	11	1	29	16	2	29	16	42	2
	2%	2%	2%	3%	3%	1%	2%	2%	4%	2%	3%	2%	1%
											a		
Nobody	341	33	209	15	66	7	241	82	4	254	87	276	57
	16%	9%	16%	6%	17%	7%	17%	13%	7%	15%	19%	15%	18%
			a		acf		acef	a					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D. SUMMARY - Ranked Top 3: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2121	411	228	324	373	204	232	81	268	901	581	614	1016	445	431	591	760	283
Total	2122	429	230	321	369	196	228	81	268	886	577	604	1035	438	413	580	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
The NHS	919	149	100	141	177	97	98	42	114	415	255	301	407	199	162	270	353	117
	43%	35%	43%	44%	48%	50%	43%	52%	43%	47%	44%	50%	39%	46%	39%	47%	45%	40%
			a	a	a	a	a	a	a	a	a	b		b		a	a	
Central Government	505	86	51	79	82	57	61	22	68	219	150	139	240	120	82	124	223	71
	24%	20%	22%	25%	22%	29%	27%	27%	25%	25%	26%	23%	23%	27%	20%	21%	28%	24%
						a					a						ab	
Healthcare professional or GP	494	101	45	65	91	52	57	16	67	209	140	154	225	108	98	138	199	56
	23%	23%	19%	20%	25%	27%	25%	20%	25%	24%	24%	26%	22%	25%	24%	24%	25%	19%
																	d	
The BBC	442	63	53	76	87	38	49	15	61	201	125	128	209	96	76	131	175	49
	21%	15%	23%	24%	24%	19%	22%	19%	23%	23%	22%	21%	20%	22%	18%	23%	22%	17%
			a	a	a		a		a	a	a							
Friends / family / carer	391	57	40	61	79	44	50	17	43	184	109	127	160	96	74	119	142	49
	18%	13%	17%	19%	21%	22%	22%	21%	16%	21%	19%	21%	15%	22%	18%	20%	18%	17%
				a	a	a	a			a	a	b		b				
Local Councils	348	60	29	61	64	39	40	16	39	164	95	95	170	76	51	100	145	50
	16%	14%	12%	19%	17%	20%	18%	19%	15%	19%	16%	16%	16%	17%	12%	17%	18%	17%
				b		b				ab						a	a	
Health and Wellbeing Charities	209	34	23	31	45	20	27	6	23	96	56	85	84	36	41	55	73	38
	10%	8%	10%	10%	12%	10%	12%	8%	8%	11%	10%	14%	8%	8%	10%	10%	9%	13%
												bc						
Leisure Facility Operators	199	28	17	28	42	23	27	6	28	93	61	76	77	41	38	53	84	22
	9%	7%	8%	9%	11%	12%	12%	7%	11%	10%	11%	13%	7%	9%	9%	9%	11%	7%
					a	a	a			a	a	b						
Sports Governing Bodies (e.g. The Football Association, England and Wales Cricket Board, Lawn Tennis Association etc.)	178	18	13	31	30	22	28	8	28	84	64	66	80	30	29	45	62	39
	8%	4%	6%	10%	8%	11%	12%	10%	10%	9%	11%	11%	8%	7%	7%	8%	8%	13%
				a	a	ab	ab	a	a	a	ab	bc						abc
Sports clubs / coaches	168	14	14	28	32	18	21	9	32	78	61	66	72	26	32	47	69	19
	8%	3%	6%	9%	9%	9%	9%	11%	12%	9%	11%	11%	7%	6%	8%	8%	9%	6%
				a	a	a	a	a	ab	a	a	bc						
Sport England	149	8	15	28	33	17	21	9	18	78	48	55	65	28	25	41	52	29
	7%	2%	6%	9%	9%	9%	9%	11%	7%	9%	8%	9%	6%	6%	6%	7%	7%	10%
			a	a	a	a	a	a	a	a	a	b						

Savanta: ComRes

Q11D. SUMMARY - Ranked Top 3: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2121	411	228	324	373	204	232	81	268	901	581	614	1016	445	431	591	760	283
Total	2122	429	230	321	369	196	228	81	268	886	577	604	1035	438	413	580	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Sky	136	14	20	19	26	17	23	2	15	62	40	62	50	23	28	34	44	28
	6%	3%	8%	6%	7%	9%	10%	2%	6%	7%	7%	10%	5%	5%	7%	6%	6%	9%
			ag		a	ag	ag			a	a	bc						c
Ukactive	63	2	9	13	14	10	5	3	6	37	14	25	24	13	15	16	21	9
	3%	1%	4%	4%	4%	5%	2%	3%	2%	4%	2%	4%	2%	3%	4%	3%	3%	3%
			a	a	a	a	a	a	a	a	a	b						
Other	45	12	4	6	5	3	5	3	7	14	16	10	29	6	9	12	18	5
	2%	3%	2%	2%	1%	1%	2%	4%	3%	2%	3%	2%	3%	1%	2%	2%	2%	2%
Nobody	341	136	37	38	46	14	20	10	40	97	70	47	221	58	67	80	112	57
	16%	32%	16%	12%	13%	7%	9%	13%	15%	11%	12%	8%	21%	13%	16%	14%	14%	19%
		bcdefghij	efi		e				ef		e		ac	a				bc

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.1. Central Government: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	220	105	114	53	80	87	16	24	14	19	23	28	23	41	32
	10%	10%	11%	8%	11%	11%	15%	9%	7%	9%	13%	12%	7%	12%	15%
					a		bcg				g			g	bcg
2nd most likely	161	83	79	47	61	54	7	26	15	22	14	21	19	26	10
	8%	8%	7%	7%	9%	7%	7%	9%	7%	10%	8%	9%	6%	8%	5%
								i		gi					
3rd most likely	124	62	60	39	41	44	8	16	15	4	12	17	16	23	13
	6%	6%	6%	6%	6%	6%	8%	6%	7%	2%	6%	7%	5%	7%	6%
							d	d	d		d	d		d	d
4th most likely	89	35	52	33	31	25	1	11	6	6	11	14	17	16	6
	4%	3%	5%	5%	4%	3%	1%	4%	3%	3%	6%	6%	5%	4%	3%
5th most likely	59	36	23	20	22	17	2	6	7	6	5	6	8	15	5
	3%	3%	2%	3%	3%	2%	1%	2%	3%	3%	3%	3%	2%	4%	2%
NET: In the top 3	505	250	253	139	181	185	31	65	45	46	49	66	58	91	55
	24%	24%	24%	22%	26%	24%	30%	24%	22%	21%	27%	28%	17%	26%	25%
							g	g			g	g		g	g
NET: In the top 5	653	321	328	193	234	226	34	82	58	58	65	86	83	121	66
	31%	31%	30%	30%	33%	29%	33%	30%	28%	26%	36%	37%	25%	35%	31%
											dg	dg		dg	
NET: Not in top 3	1620	785	824	502	517	600	71	210	163	177	134	170	276	258	162
	76%	76%	76%	78%	74%	76%	70%	76%	78%	79%	73%	72%	83%	74%	75%
													abefhi		
Not ranked	1472	714	749	449	465	558	68	194	150	165	118	149	250	227	150
	69%	69%	70%	70%	67%	71%	67%	70%	72%	74%	64%	63%	75%	65%	69%
										efh			efh		

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.1. Central Government: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		Social Grade								**Ethnicity**						
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	220	18	54	63	27	18	39	135	84	191	4	15	5	2	1	26
	10%	10%	12%	12% fh	10%	8%	8%	12% fh	9%	11%	6%	12%	5%	9%	11%	9%
2nd most likely	161	18	42	37	20	15	29	97	64	136	6	10	6	-	1	24
	8%	10%	9%	7%	7%	7%	6%	8%	7%	8%	10%	8%	6%	-	13%	8%
3rd most likely	124	6	35	30	14	13	27	71	54	106	5	7	5	1	1	18
	6%	3%	7%	6%	5%	6%	6%	6%	6%	6%	8%	6%	5%	4%	8%	6%
4th most likely	89	10	22	24	8	9	16	56	33	75	3	5	2	2	-	12
	4%	6%	5%	5%	3%	4%	3%	5%	3%	4%	5%	4%	2%	11%	-	4%
5th most likely	59	4	15	16	7	5	11	35	24	46	1	6	7	-	-	13
	3%	2%	3%	3%	3%	2%	2%	3%	2%	3%	1%	5%	7% a	-	-	4%
NET: In the top 3	505	42	131	130	61	47	95	303	203	432	14	32	16	3	3	68
	24%	24%	28% efh	26% fh	22%	21%	20%	26% fh	21%	24%	24%	26%	17%	13%	33%	22%
NET: In the top 5	653	56	168	170	76	61	123	393	260	552	18	43	25	5	3	94
	31%	33%	36% defh	33% fh	28%	27%	25%	34% defh	27%	31%	30%	34%	26%	24%	33%	30%
NET: Not in top 3	1620	130	336	378	213	176	386	844	776	1349	46	93	78	18	7	240
	76%	76%	72%	74%	78% b	79% bcg	80% bcg	74%	79% bcg	76%	76%	74%	83%	87%	67%	78%
Not ranked	1472	116	299	338	198	162	359	753	719	1229	42	82	69	15	7	215
	69%	67%	64%	67%	72% bg	73% bg	75% bcg	66%	73% bcg	69%	70%	66%	74%	76%	67%	70%

Prepared by Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.1. Central Government: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	220	152	31	32	64	21	12	67	27	6	2	15	14	14	42	32
	10%	11%	9%	10%	9%	11% f	9%	10%	14% f	10%	3%	15% f	14% f	8%	9%	11%
2nd most likely	161	97	27	35	62	14	7	59	14	5	6	7	9	15	25	21
	8%	7%	7%	10%	9%	8%	6%	9%	7%	8%	8%	7%	9%	8%	6%	7%
3rd most likely	124	83	17	22	39	11	10	41	9	3	5	8	9	9	21	20
	6%	6%	5%	6%	6%	6%	8%	6%	5%	5%	6%	8%	8%	5%	5%	7%
4th most likely	89	50	17	20	38	11	4	28	12	4	2	3	3	6	16	15
	4%	4%	5%	6%	5%	6%	3%	4%	6%	7%	3%	3%	3%	4%	4%	5%
5th most likely	59	32	14	9	24	3	-	24	5	1	-	1	7	6	10	3
	3%	2%	4%	3%	3%	2%	-	4% bk	3%	2%	-	1%	7% abfgjk	4% b	2%	1%
NET: In the top 3	505	332	75	89	165	45	28	167	49	14	13	30	32	38	88	74
	24%	25%	21%	26%	23%	25%	23%	25% j	26%	23%	18%	30% j	31% fj	21%	20%	24%
NET: In the top 5	653	414	107	119	226	60	32	219	66	19	15	35	43	50	114	92
	31%	31%	29%	35%	32%	33%	26%	33% fj	35% fj	31%	21%	34% f	41% bfijk	28%	25%	30%
NET: Not in top 3	1620	995	289	251	540	136	96	495	142	46	60	70	73	141	360	233
	76%	75%	79%	74%	77%	75%	77%	75%	74%	77%	82% h	70%	69%	79%	80% cgh	76%
Not ranked	1472	914	258	221	479	122	92	443	125	41	58	66	62	128	334	214
	69%	69%	71%	65%	68%	67%	74% h	67%	65%	69%	79% cdgh	66%	59%	72% h	75% cdh	70% h

Prepared by Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.1. Central Government: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	220	48	42	14	5	55	53	68	21	16	3	37	71	32	124	55	8	187
	10%	10%	12%	9%	9%	11%	10%	11%	9%	9%	7%	9%	11%	9%	11%	10%	9%	11%
2nd most likely	161	40	32	10	6	42	45	47	21	16	1	37	48	32	84	38	8	130
	8%	8%	9%	7%	11%	8%	8%	8%	9%	9%	3%	9%	7%	8%	8%	7%	8%	7%
3rd most likely	124	30	25	9	1	35	30	38	15	7	3	21	41	28	56	40	1	97
	6%	6%	7%	6%	1%	7%	6%	6%	6%	4%	7%	5%	6%	7%	5%	7%	1%	6%
														d		bd		
4th most likely	89	19	17	9	4	26	23	26	15	4	5	18	31	11	45	29	3	77
	4%	4%	5%	6%	8%	5%	4%	4%	6%	2%	11%	4%	5%	3%	4%	5%	3%	4%
									c		ace							
5th most likely	59	13	14	3	1	16	14	24	5	1	1	6	25	8	33	17	1	51
	3%	3%	4%	2%	2%	3%	3%	4%	2%	1%	2%	1%	4%	2%	3%	3%	1%	3%
								ce					ce					
NET: In the top 3	505	118	98	34	11	132	129	153	57	39	7	96	160	92	264	133	17	414
	24%	24%	27%	21%	22%	25%	24%	25%	24%	22%	17%	23%	25%	24%	24%	25%	19%	24%
NET: In the top 5	653	150	129	45	16	174	166	203	76	44	13	120	216	111	342	178	21	542
	31%	30%	36%	29%	32%	34%	30%	34%	33%	25%	30%	29%	33%	29%	31%	33%	22%	31%
								c					c			d		
NET: Not in top 3	1620	379	262	124	38	387	417	452	177	139	36	316	488	289	852	401	77	1330
	76%	76%	73%	79%	78%	75%	76%	75%	76%	78%	83%	77%	75%	76%	76%	75%	81%	76%
Not ranked	1472	346	232	113	33	345	379	402	157	134	30	291	433	270	774	355	73	1202
	69%	70%	64%	71%	68%	66%	70%	66%	67%	75%	70%	71%	67%	71%	69%	67%	78%	69%
										af								c

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.1. Central Government: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
1st most likely	220 10%	29 8%	157 12% a	15 6%	29 7%	12 13% a	166 12% abe	50 8%	3 5%	158 10%	61 13% a	189 11%	30 9%
2nd most likely	161 8%	26 7%	99 7%	18 7%	23 6%	4 4%	118 8%	41 6%	4 6%	124 7%	37 8%	137 8%	23 7%
3rd most likely	124 6%	11 3%	84 6% a	24 10% d	24 6%	5 5%	74 5%	46 7%	6 10%	87 5%	37 8% a	107 6%	17 5%
4th most likely	89 4%	18 5%	56 4%	11 5%	9 2%	7 7% b	62 4% b	25 4%	1 1%	73 4%	16 3%	73 4%	16 5%
5th most likely	59 3%	12 3%	37 3%	8 3%	9 2%	- -	42 3%	16 2%	1 2%	50 3%	9 2%	50 3%	7 2%
NET: In the top 3	505 24%	66 18%	340 26% a	57 24%	75 19%	21 22%	359 25% be	137 21%	13 21%	370 22%	136 29% a	433 24%	70 22%
NET: In the top 5	653 31%	96 26%	433 32% a	76 32% b	93 24%	29 30%	463 33% be	178 27%	15 25%	493 30%	160 34%	557 31%	92 30%
NET: Not in top 3	1620 76%	298 82% b	993 74%	184 76%	316 81% d	76 78%	1051 75%	517 79% d	47 79%	1291 78% b	329 71%	1355 76%	242 78%
Not ranked	1472 69%	267 74% b	900 68%	165 68%	299 76% ad	68 70%	947 67%	476 73% d	45 75%	1167 70%	305 66%	1232 69%	220 70%

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Q11D.1. Central Government: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	\multicolumn{10}{c}{Number of days active}										\multicolumn{3}{c}{Amount of activity in the past week compared to previous week}			\multicolumn{4}{c}{Life satisfaction score}
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	220	42	14	45	34	24	17	11	32	103	60	54	103	61	37	54	95	32
	10%	10%	6%	14%	9%	12%	7%	14%	12%	12%	10%	9%	10%	14%	9%	9%	12%	11%
				bf		b		b	b	b				ab				
2nd most likely	161	23	25	23	24	19	28	4	16	66	47	49	77	35	23	43	70	24
	8%	5%	11%	7%	7%	10%	12%	5%	6%	7%	8%	8%	7%	8%	5%	7%	9%	8%
			ah			a	acdhi										a	
3rd most likely	124	21	11	12	24	14	16	6	20	49	43	35	59	24	23	27	57	15
	6%	5%	5%	4%	7%	7%	7%	8%	7%	6%	7%	6%	6%	6%	6%	5%	7%	5%
									c		c						b	
4th most likely	89	3	9	20	18	11	11	2	15	49	28	37	34	16	5	26	44	13
	4%	1%	4%	6%	5%	6%	5%	3%	6%	6%	5%	6%	3%	4%	1%	4%	6%	4%
			a	a	a	a	a		a	a	a	b				a	a	a
5th most likely	59	8	8	6	13	9	7	4	3	28	15	20	28	10	11	13	25	9
	3%	2%	4%	2%	3%	4%	3%	6%	1%	3%	3%	3%	3%	2%	3%	2%	3%	3%
						h		h										
NET: In the top 3	505	86	51	79	82	57	61	22	68	219	150	139	240	120	82	124	223	71
	24%	20%	22%	25%	22%	29%	27%	27%	25%	25%	26%	23%	23%	27%	20%	21%	28%	24%
						a					a						ab	
NET: In the top 5	653	98	67	105	114	77	79	28	86	295	193	196	302	147	98	163	292	92
	31%	23%	29%	33%	31%	39%	34%	35%	32%	33%	33%	32%	29%	33%	24%	28%	37%	31%
				a	a	abd	a	a	a	a	a						ab	a
NET: Not in top 3	1620	344	180	242	287	139	167	59	200	668	427	466	795	319	332	457	560	223
	76%	80%	78%	75%	78%	71%	73%	73%	75%	75%	74%	77%	77%	73%	80%	79%	72%	76%
		ej													c	c		
Not ranked	1472	333	164	216	256	119	150	52	182	591	384	408	733	292	316	418	491	201
	69%	77%	71%	67%	69%	61%	66%	65%	68%	67%	67%	68%	71%	67%	76%	72%	63%	69%
		cdefghij	e		e										cd	c		

Q11D.2. The NHS: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	475	227	248	163	147	164	20	66	43	50	47	60	78	70	41
	22%	22%	23%	25% c	21%	21%	19%	24%	21%	23%	26%	26%	23%	20%	19%
2nd most likely	267	127	139	85	89	93	12	33	23	25	22	32	51	37	32
	13%	12%	13%	13%	13%	12%	11%	12%	11%	11%	12%	14%	15%	11%	15%
3rd most likely	176	81	93	62	58	56	5	21	18	18	14	25	26	33	17
	8%	8%	9%	10%	8%	7%	4%	8%	9%	8%	8%	11%	8%	9%	8%
4th most likely	82	42	39	32	28	22	3	9	9	15	4	6	13	13	10
	4%	4%	4%	5% c	4%	3%	3%	3%	4%	7% e	2%	3%	4%	4%	4%
5th most likely	56	30	26	15	27	14	3	7	11	4	5	3	13	9	2
	3%	3%	2%	2%	4% c	2%	3%	3%	5% fi	2%	3%	1%	4% i	2%	1%
NET: In the top 3	919	435	481	311	295	313	36	121	84	93	83	117	155	140	90
	43%	42%	45%	48% bc	42%	40%	35%	44%	40%	42%	45%	50% ah	47% a	40%	41%
NET: In the top 5	1057	506	546	357	350	350	42	137	103	112	92	127	181	162	101
	50%	49%	51%	56% bc	50% c	45%	41%	50%	50%	50%	51%	54% a	54% ah	46%	47%
NET: Not in top 3	1206	600	596	331	404	471	66	155	124	130	100	118	178	208	127
	57%	58%	55%	52%	58% a	60% a	65% fg	56%	60%	58%	55%	50%	53%	60% f	59%
Not ranked	1068	528	531	285	349	435	60	139	105	111	90	109	153	187	116
	50%	51%	49%	44%	50% a	55% ab	59% fg	50%	50%	50%	49%	46%	46%	54% g	53%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.2. The NHS: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	475	42	109	112	65	55	92	264	212	391	16	33	25	3	2	79
	22%	24%	23%	22%	24%	25%	19%	23%	22%	22%	27%	26%	27%	14%	22%	26%
2nd most likely	267	17	66	69	27	26	61	152	115	215	9	20	15	4	1	49
	13%	10%	14%	14%	10%	12%	13%	13%	12%	12%	15%	16%	16%	18%	11%	16%
3rd most likely	176	20	39	42	18	27	30	101	75	151	4	11	6	2	1	23
	8%	12%	8%	8%	7%	12%	6%	9%	8%	9%	7%	9%	6%	9%	7%	8%
		f				dfh										
4th most likely	82	12	21	19	12	7	12	51	31	66	2	8	4	-	-	14
	4%	7%	4%	4%	4%	3%	2%	4%	3%	4%	4%	6%	4%	-	-	5%
		fh														
5th most likely	56	5	14	19	9	4	5	38	18	44	5	1	6	-	-	12
	3%	3%	3%	4%	3%	2%	1%	3%	2%	2%	9%	1%	6%	-	-	4%
			f	fh	f			fh			ac		ac			
NET: In the top 3	919	80	215	223	110	108	183	517	402	757	29	63	47	8	4	152
	43%	46%	46%	44%	40%	49%	38%	45%	41%	43%	49%	51%	50%	41%	40%	49%
			f			dfh		f								a
NET: In the top 5	1057	97	249	260	131	119	200	606	450	867	37	72	56	8	4	177
	50%	57%	53%	51%	48%	53%	42%	53%	46%	49%	62%	58%	60%	41%	40%	58%
		fh	fh	f		fh		fh			a	a	a			a
NET: Not in top 3	1206	92	252	285	164	114	298	630	577	1024	30	61	47	12	6	157
	57%	54%	54%	56%	60%	51%	62%	55%	59%	57%	51%	49%	50%	59%	60%	51%
					e		beg		e	g						
Not ranked	1068	75	218	248	143	104	281	540	528	913	23	52	38	12	6	131
	50%	43%	47%	49%	52%	47%	58%	47%	54%	51%	38%	42%	40%	59%	60%	42%
							abceg		abeg	bcdg						

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.2. The NHS: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	475	277	98	84	182	41	32	153	43	11	21	20	32	32	91	73
	22%	21%	27%	25%	26%	23%	25%	23%	22%	18%	30%	20%	30%	18%	20%	24%
			a		a						i		ij			
2nd most likely	267	171	50	43	93	27	13	80	29	4	4	14	14	26	55	41
	13%	13%	14%	13%	13%	15%	11%	12%	15%	7%	6%	14%	14%	15%	12%	13%
						f			f					f		
3rd most likely	176	107	37	28	65	18	8	61	20	2	6	11	8	12	31	27
	8%	8%	10%	8%	9%	10%	7%	9%	10%	3%	8%	11%	7%	6%	7%	9%
4th most likely	82	46	19	13	33	5	7	37	4	7	1	3	6	3	10	12
	4%	3%	5%	4%	5%	3%	5%	6%	2%	11%	1%	3%	6%	2%	2%	4%
								dij		adfgijk			i			
5th most likely	56	31	10	14	23	4	4	22	8	4	1	1	1	8	4	8
	3%	2%	3%	4%	3%	2%	3%	3%	4%	6%	1%	1%	1%	4%	1%	3%
								j	j	gj				j		
NET: In the top 3	919	555	185	156	341	87	53	294	91	17	31	44	54	70	177	140
	43%	42%	51%	46%	48%	48%	43%	44%	48%	29%	43%	44%	51%	39%	39%	46%
			a		a	e		e	e			e	eij			e
NET: In the top 5	1057	633	215	182	397	97	64	353	103	27	32	48	61	80	192	161
	50%	48%	59%	54%	56%	53%	51%	53%	54%	46%	45%	47%	58%	45%	43%	52%
			a		a	j		ij	j				ij			j
NET: Not in top 3	1206	772	179	185	364	95	71	368	100	43	41	56	51	109	272	166
	57%	58%	49%	54%	52%	52%	57%	56%	52%	71%	57%	56%	49%	61%	61%	54%
		bd								acdghk				h	h	
Not ranked	1068	695	150	158	308	85	61	309	89	33	40	53	44	99	257	146
	50%	52%	41%	46%	44%	47%	49%	47%	46%	54%	55%	53%	42%	55%	57%	48%
		bd												ch	acdhk	

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Q11D.2. The NHS: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	475	117	95	31	9	126	126	150	56	40	5	96	155	76	246	132	22	400
	22%	24%	26%	20%	18%	24%	23%	25%	24%	22%	11%	23%	24%	20%	22%	25%	23%	23%
								d	d			d	d					
2nd most likely	267	67	39	15	4	55	71	91	18	16	2	34	93	41	146	63	17	226
	13%	14%	11%	10%	8%	11%	13%	15%	8%	9%	4%	8%	14%	11%	13%	12%	18%	13%
								bcde					bde					
3rd most likely	176	43	30	16	5	46	48	46	25	16	5	42	51	28	90	55	3	148
	8%	9%	8%	10%	10%	9%	9%	8%	11%	9%	12%	10%	8%	7%	8%	10%	4%	9%
																d		
4th most likely	82	23	20	8	2	28	25	27	9	14	4	23	32	13	44	21	4	69
	4%	5%	5%	5%	4%	5%	5%	4%	4%	8%	10%	5%	5%	3%	4%	4%	4%	4%
5th most likely	56	20	10	5	1	15	21	21	11	2	1	14	23	10	27	17	2	46
	3%	4%	3%	3%	1%	3%	4%	3%	5%	1%	3%	3%	3%	3%	2%	3%	2%	3%
NET: In the top 3	919	227	164	62	17	226	245	287	99	72	11	171	298	145	482	250	42	774
	43%	46%	46%	39%	35%	44%	45%	47%	42%	41%	26%	42%	46%	38%	43%	47%	44%	44%
								d	d			d	d			a		a
NET: In the top 5	1057	271	194	76	20	270	291	335	119	88	17	208	352	168	553	288	48	889
	50%	55%	54%	48%	40%	52%	53%	55%	51%	50%	40%	50%	54%	44%	50%	54%	51%	51%
								d								a		a
NET: Not in top 3	1206	269	196	96	32	292	301	319	135	106	32	241	350	237	634	284	52	970
	57%	54%	54%	61%	65%	56%	55%	53%	58%	59%	74%	58%	54%	62%	57%	53%	56%	56%
											abef			ce				
Not ranked	1068	226	166	82	29	249	255	270	114	90	26	204	296	214	563	245	46	855
	50%	45%	46%	52%	60%	48%	47%	45%	49%	50%	60%	50%	46%	56%	50%	46%	49%	49%
											a			ce				

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.2. The NHS: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	475	80	310	71	85	14	317	148	20	378	97	407	65
	22%	22%	23%	30%	22%	14%	22%	23%	33%	23%	21%	23%	21%
				bcde					bcd				
2nd most likely	267	43	180	35	60	13	168	92	11	221	46	230	36
	13%	12%	14%	14%	15%	13%	12%	14%	18%	13%	10%	13%	12%
3rd most likely	176	38	107	24	23	7	128	47	4	136	40	150	26
	8%	10%	8%	10%	6%	7%	9%	7%	6%	8%	9%	8%	8%
							b						
4th most likely	82	13	54	10	19	5	52	30	3	72	10	72	10
	4%	3%	4%	4%	5%	5%	4%	5%	5%	4%	2%	4%	3%
										b			
5th most likely	56	8	38	9	7	3	38	17	1	48	9	50	6
	3%	2%	3%	4%	2%	3%	3%	3%	2%	3%	2%	3%	2%
NET: In the top 3	919	161	597	130	168	34	613	288	34	735	183	786	128
	43%	44%	45%	54%	43%	35%	43%	44%	58%	44%	39%	44%	41%
				bcde					bcde				
NET: In the top 5	1057	182	689	148	193	41	703	335	38	855	202	908	144
	50%	50%	52%	61%	49%	43%	50%	51%	64%	51%	43%	51%	46%
				bcde					bcde	b			
NET: Not in top 3	1206	203	735	112	224	64	797	366	25	925	282	1002	184
	57%	56%	55%	46%	57%	65%	57%	56%	42%	56%	61%	56%	59%
					af	af	af	af					
Not ranked	1068	182	643	93	199	56	707	318	21	806	263	880	168
	50%	50%	48%	39%	51%	57%	50%	49%	36%	49%	57%	49%	54%
					af	af	af	af			a		

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.2. The NHS: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	475	88	49	75	91	42	54	19	57	208	130	160	214	97	89	134	187	55
	22%	20%	21%	23%	25%	22%	24%	23%	21%	23%	22%	26% b	21%	22%	22%	23%	24%	19%
2nd most likely	267	40	34	35	48	33	28	13	36	116	77	80	114	71	45	86	93	37
	13%	9%	15% a	11%	13%	17% a	12%	16%	13%	13%	13%	13%	11%	16% b	11%	15%	12%	12%
3rd most likely	176	21	16	31	38	22	16	10	22	90	48	61	79	32	27	50	72	26
	8%	5%	7%	10% a	10% a	11% a	7%	13% a	8%	10% a	8% a	10%	8%	7%	6%	9%	9%	9%
4th most likely	82	12	4	11	13	5	15	5	16	29	36	18	49	11	13	25	33	12
	4%	3%	2%	4%	4%	2%	7% abei	6%	6% abi	3%	6% abei	3%	5% c	2%	3%	4%	4%	4%
5th most likely	56	5	2	15	7	8	11	1	7	30	18	26	16	14	14	12	19	11
	3%	1%	1%	5% abd	2%	4% ab	5% ab	1%	3%	3% a	3% a	4% b	2%	3% b	3%	2%	2%	4%
NET: In the top 3	919	149	100	141	177	97	98	42	114	415	255	301	407	199	162	270	353	117
	43%	35%	43% a	44% a	48% a	50% a	43% a	52% a	43% a	47% a	44% a	50% b	39%	45% b	39%	46% a	45% a	40%
NET: In the top 5	1057	167	106	167	197	109	124	48	137	474	309	346	473	224	188	307	404	140
	50%	39%	46%	52% a	53% a	56% ab	55% a	59% ab	51% a	53% ab	54% a	57% bc	46%	51%	45%	53% a	52% a	48%
NET: Not in top 3	1206	281	131	180	193	99	130	39	154	472	322	304	628	240	252	311	430	176
	57%	65% bcdefghij	57%	56%	52%	50%	57%	48%	57%	53%	56%	50%	61% ac	55%	61% bc	54%	55%	60%
Not ranked	1068	264	125	153	173	86	104	33	131	413	267	259	563	215	226	275	378	153
	50%	61% cdefghij	54% egi	48%	47%	44%	45%	41%	49%	47%	46%	43%	54% a	49% a	55% bc	47%	48%	52%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.3. Sports Governing Bodies (e.g. The Football Association, England and Wales Cricket Board, Lawn Tennis Association etc.): With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	59	36	23	23	22	15	3	6	8	4	4	3	11	15	6
	3%	3%	2%	4%	3%	2%	3%	2%	4%	2%	2%	1%	3%	4%	3%
2nd most likely	55	35	20	25	18	12	1	9	7	4	5	3	12	11	3
	3%	3%	2%	4%	3%	2%	1%	3%	3%	2%	3%	1%	3%	3%	1%
		b		c											
3rd most likely	64	37	26	27	21	15	-	6	7	6	6	8	10	14	6
	3%	4%	2%	4%	3%	2%	-	2%	3%	3%	3%	3%	3%	4%	3%
				c					a		a			a	
4th most likely	43	21	21	21	17	5	4	6	4	4	3	-	11	6	5
	2%	2%	2%	3%	2%	1%	4%	2%	2%	2%	1%	-	3%	2%	2%
				c	c		f	f					f		f
5th most likely	50	26	23	20	17	13	-	10	4	5	5	5	8	4	8
	2%	3%	2%	3%	2%	2%	-	4%	2%	2%	3%	2%	2%	1%	4%
								ah							a
NET: In the top 3	178	107	69	75	61	42	4	21	22	15	16	14	32	40	15
	8%	10%	6%	12%	9%	5%	4%	8%	10%	7%	9%	6%	10%	11%	7%
		b		c	c									af	
NET: In the top 5	270	155	113	116	95	60	8	37	30	24	24	19	51	50	28
	13%	15%	11%	18%	14%	8%	8%	13%	14%	11%	13%	8%	15%	14%	13%
		b		bc	c				f				af	f	
NET: Not in top 3	1947	928	1009	567	638	742	98	255	186	208	167	222	301	309	202
	92%	90%	94%	88%	91%	95%	96%	92%	90%	93%	91%	94%	90%	89%	93%
			a			ab	h					h			
Not ranked	1855	880	964	526	604	725	95	239	178	198	159	217	283	298	189
	87%	85%	89%	82%	86%	92%	92%	87%	86%	89%	87%	92%	85%	86%	87%
			a		a	ab	g					cgh			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.3. Sports Governing Bodies (e.g. The Football Association, England and Wales Cricket Board, Lawn Tennis Association etc.): With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	59	4	18	13	13	3	8	35	24	44	3	1	7	2	1	13
	3%	2%	4%	3%	5%	1%	2%	3%	2%	2%	4%	1%	8%	11%	7%	4%
			f		efh								ac			c
2nd most likely	55	8	9	18	11	6	3	35	20	38	3	7	4	2	-	16
	3%	5%	2%	4%	4%	3%	1%	3%	2%	2%	4%	6%	4%	11%	-	5%
		f		f	fh	f		f	f			a				a
3rd most likely	64	10	13	13	14	4	10	35	28	51	4	4	4	-	-	12
	3%	6%	3%	3%	5%	2%	2%	3%	3%	3%	7%	3%	4%	-	-	4%
		cefh			f						a					
4th most likely	43	8	7	10	6	5	7	25	18	33	3	1	5	-	-	9
	2%	4%	2%	2%	2%	2%	1%	2%	2%	2%	5%	1%	5%	-	-	3%
		bfh									c		ac			
5th most likely	50	7	11	15	6	4	6	34	16	43	1	2	3	-	-	6
	2%	4%	2%	3%	2%	2%	1%	3%	2%	2%	2%	2%	3%	-	-	2%
		fh						fh								
NET: In the top 3	178	22	39	44	38	13	21	105	72	133	9	12	15	4	1	41
	8%	13%	8%	9%	14%	6%	4%	9%	7%	7%	16%	10%	16%	21%	7%	13%
		efh	f	f	bcefgh			f	f		a		a			a
NET: In the top 5	270	37	58	69	50	23	34	164	106	210	14	15	22	4	1	56
	13%	22%	12%	14%	18%	10%	7%	14%	11%	12%	23%	12%	24%	21%	7%	18%
		bcefgh	f	f	befh			fh	f		a		ac			a
NET: Not in top 3	1947	149	428	464	237	209	460	1041	906	1647	50	113	79	16	9	267
	92%	87%	92%	91%	86%	94%	96%	91%	93%	93%	84%	90%	84%	79%	93%	87%
			d	d		ad	abcdgh	d	ad	bdg						
Not ranked	1855	134	409	439	225	200	448	983	872	1571	46	110	72	16	9	252
	87%	78%	88%	86%	82%	90%	93%	86%	89%	88%	77%	88%	76%	79%	93%	82%
			ad	a		ad	abcdgh	a	adg	bdg		d				

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.3. Sports Governing Bodies (e.g. The Football Association, England and Wales Cricket Board, Lawn Tennis Association etc.): With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125 100%	1327 100%	365 100%	340 100%	705 100%	182 100%	125 100%	662 100%	191 100%	60 100%	72 100%	101 100%	105 100%	179 100%	449 100%	306 100%
1st most likely	59 3%	35 3%	10 3%	10 3%	20 3%	9 5% ij	6 4%	21 3%	4 2%	3 5%	2 2%	4 4%	1 1%	2 1%	8 2%	15 5% ij
2nd most likely	55 3%	24 2%	11 3%	14 4% a	25 4% a	4 2%	5 4% j	27 4% j	4 2%	3 5% j	-	2 2%	3 3% j	5 3% j	2 *	9 3% j
3rd most likely	64 3%	37 3%	15 4%	11 3%	26 4%	3 2%	5 4%	30 5% ij	10 5% fij	2 3%	-	2 2%	3 3%	2 1%	7 2%	8 3%
4th most likely	43 2%	24 2%	7 2%	9 3%	17 2%	6 3% j	5 4% j	18 3% j	6 3% j	-	-	2 2%	1 1%	2 1%	3 1%	11 3% j
5th most likely	50 2%	25 2%	10 3%	12 4%	23 3%	2 1%	8 6% adeghij	22 3% g	4 2%	-	2 3% g	-	1 1%	4 2%	7 2%	10 3%
NET: In the top 3	178 8%	96 7%	35 10%	36 10%	71 10% a	16 9% j	15 12% fij	78 12% fij	19 10% fj	8 13% fij	2 2%	8 8%	7 7%	9 5%	16 4%	31 10% fij
NET: In the top 5	270 13%	145 11%	53 15%	57 17% a	110 16% a	23 13% j	28 23% afghij	118 18% fghij	29 15% fij	8 13% j	4 5%	10 10%	9 9%	14 8%	27 6%	52 17% fhij
NET: Not in top 3	1947 92%	1231 93% d	329 90%	305 90%	634 90%	166 91%	109 88%	584 88%	173 90%	52 87%	71 98% bcdek	93 92%	98 93%	170 95% bcek	432 96% abcdek	275 90%
Not ranked	1855 87%	1182 89% cd	312 85%	283 83%	595 84%	158 87% b	96 77%	544 82%	163 85%	52 87%	69 95% bcdk	91 90% bc	96 91% bck	165 92% bcdk	422 94% abcdek	255 83%

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Q11D.3. Sports Governing Bodies (e.g. The Football Association, England and Wales Cricket Board, Lawn Tennis Association etc.): With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	59	17	12	3	-	16	17	19	9	5	1	14	20	12	30	14	4	47
	3%	3%	3%	2%	-	3%	3%	3%	4%	3%	3%	3%	3%	3%	3%	3%	4%	3%
2nd most likely	55	15	19	5	-	24	15	23	12	4	1	15	24	5	29	18	3	50
	3%	3%	5%	3%	-	5%	3%	4%	5%	2%	2%	4%	4%	1%	3%	3%	3%	3%
3rd most likely	64	18	18	8	2	27	20	26	10	9	1	18	27	10	34	19	1	53
	3%	4%	5%	5%	4%	5%	4%	4%	4%	5%	2%	4%	4%	3%	3%	4%	1%	3%
4th most likely	43	11	13	2	2	15	13	13	10	2	1	12	14	6	21	13	3	37
	2%	2%	4%	1%	4%	3%	2%	2%	4%	1%	2%	3%	2%	2%	2%	2%	3%	2%
5th most likely	50	22	8	6	-	13	22	24	8	3	-	10	24	6	23	18	3	43
	2%	4%	2%	4%	-	3%	4%	4%	3%	2%	-	3%	4%	2%	2%	3%	3%	2%
NET: In the top 3	178	50	49	16	2	66	52	68	31	17	3	47	71	27	92	50	8	150
	8%	10%	14%	10%	4%	13%	10%	11%	13%	9%	8%	12%	11%	7%	8%	9%	8%	9%
			f															
NET: In the top 5	270	83	70	24	4	94	87	105	48	22	4	70	109	39	137	81	13	231
	13%	17%	19%	15%	8%	18%	16%	17%	21%	12%	10%	17%	17%	10%	12%	15%	14%	13%
			d						c							a		
NET: Not in top 3	1947	446	311	142	47	453	493	538	203	162	40	364	578	354	1024	483	87	1593
	92%	90%	86%	90%	96%	87%	90%	89%	87%	91%	92%	88%	89%	93%	92%	91%	92%	91%
							b											
Not ranked	1855	414	291	134	45	425	459	501	185	157	39	342	540	342	979	452	81	1513
	87%	83%	81%	85%	92%	82%	84%	83%	79%	88%	90%	83%	83%	90%	88%	85%	86%	87%
			b							b				c				

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Q11D.3. Sports Governing Bodies (e.g. The Football Association, England and Wales Cricket Board, Lawn Tennis Association etc.): With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

| | Total | Care responsibilities in household not including children | | Longstanding condition or illness | | | | | | Area | | Access to private outdoor space | |
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	59	9	37	6	3	4	47	12	-	51	8	50	8
	3%	3%	3%	2%	1%	4%	3%	2%	-	3%	2%	3%	3%
						b	b						
2nd most likely	55	13	36	9	4	5	37	15	2	46	9	44	11
	3%	4%	3%	4%	1%	5%	3%	2%	3%	3%	2%	2%	3%
				b		b							
3rd most likely	64	12	39	5	8	4	47	15	1	52	11	50	13
	3%	3%	3%	2%	2%	4%	3%	2%	1%	3%	2%	3%	4%
4th most likely	43	12	24	7	6	2	30	13	2	36	7	35	8
	2%	3%	2%	3%	1%	2%	2%	2%	3%	2%	1%	2%	2%
5th most likely	50	11	33	5	8	4	33	16	1	38	11	42	6
	2%	3%	2%	2%	2%	4%	2%	2%	1%	2%	2%	2%	2%
NET: In the top 3	178	35	111	20	15	13	131	42	2	150	28	145	32
	8%	10%	8%	8%	4%	13%	9%	6%	4%	9%	6%	8%	10%
				b		be	be			b			
NET: In the top 5	270	57	168	32	29	18	194	72	5	224	46	222	46
	13%	16%	13%	13%	7%	19%	14%	11%	8%	14%	10%	12%	15%
				b		be	b			b			
NET: Not in top 3	1947	329	1221	221	377	85	1279	611	57	1511	436	1643	279
	92%	90%	92%	92%	96%	87%	91%	94%	96%	91%	94%	92%	90%
					acd			cd			a		
Not ranked	1855	307	1165	209	363	79	1216	582	55	1436	419	1566	265
	87%	84%	87%	87%	93%	81%	86%	89%	92%	86%	90%	88%	85%
					acd			c			a		

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BASE: All respondents

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	59	4	5	8	14	8	7	1	12	30	20	21	27	11	11	12	19	15
	3%	1%	2%	3%	4%	4%	3%	1%	4%	3%	3%	3%	3%	3%	3%	2%	2%	5%
					a	a			a	a	a							bc
2nd most likely	55	4	4	13	9	8	10	3	5	29	18	24	24	6	10	17	14	11
	3%	1%	2%	4%	2%	4%	4%	3%	2%	3%	3%	4%	2%	1%	3%	3%	2%	4%
				a		a	a			a	a	c						
3rd most likely	64	9	4	10	7	6	11	4	11	24	26	22	29	13	7	15	29	12
	3%	2%	2%	3%	2%	3%	5%	5%	4%	3%	5%	4%	3%	3%	2%	3%	4%	4%
							d				ad							
4th most likely	43	1	4	6	12	8	8	-	5	25	12	16	15	11	7	10	17	8
	2%	*	2%	2%	3%	4%	3%	-	2%	3%	2%	3%	1%	2%	2%	2%	2%	3%
				a	a	a	a		a	a	a							
5th most likely	50	5	7	7	14	7	3	2	6	28	10	20	18	12	11	10	22	6
	2%	1%	3%	2%	4%	4%	1%	2%	2%	3%	2%	3%	2%	3%	3%	2%	3%	2%
					a	a				a								
NET: In the top 3	178	18	13	31	30	22	28	8	28	84	64	66	80	30	29	45	62	39
	8%	4%	6%	10%	8%	11%	12%	10%	10%	9%	11%	11%	8%	7%	7%	8%	8%	13%
				a	a	ab	ab	a	a	a	ab	bc						abc
NET: In the top 5	270	24	23	44	56	37	38	10	38	137	86	102	114	53	47	65	101	53
	13%	6%	10%	14%	15%	19%	17%	12%	14%	15%	15%	17%	11%	12%	11%	11%	13%	18%
			a	a	a	ab	ab	a	a	ab	a	bc						abc
NET: Not in top 3	1947	413	218	289	340	174	200	73	240	803	513	539	955	409	385	536	721	255
	92%	96%	94%	90%	92%	89%	88%	90%	90%	91%	89%	89%	92%	93%	93%	92%	92%	87%
		cdefghij	efj										a	a	d	d	d	
Not ranked	1855	407	208	277	314	159	190	71	230	750	490	503	922	386	367	516	682	240
	87%	94%	90%	86%	85%	81%	83%	88%	86%	85%	85%	83%	89%	88%	89%	89%	87%	82%
		bcdefghij	efi										a	a	d	d	d	

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Q11D.4. Leisure Facility Operators: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	67	27	40	21	24	22	2	5	11	10	6	7	11	6	8
	3%	3%	4%	3%	3%	3%	2%	2%	6%	5%	3%	3%	3%	2%	4%
									bh	h					
2nd most likely	68	29	38	24	20	24	7	7	5	5	6	10	14	12	2
	3%	3%	4%	4%	3%	3%	7%	3%	3%	2%	3%	4%	4%	3%	1%
							i					i	i	i	
3rd most likely	65	24	40	22	27	16	2	9	2	7	7	6	12	19	1
	3%	2%	4%	3%	4%	2%	2%	3%	1%	3%	4%	3%	3%	5%	*
					c			i		i	ci		i	ci	
4th most likely	61	33	28	23	23	16	1	8	7	12	6	1	7	12	6
	3%	3%	3%	4%	3%	2%	1%	3%	3%	5%	3%	1%	2%	3%	3%
									f	f				f	
5th most likely	50	21	29	16	15	19	4	5	7	9	2	4	4	10	6
	2%	2%	3%	2%	2%	2%	4%	2%	3%	4%	1%	2%	1%	3%	3%
										g					
NET: In the top 3	199	80	118	67	71	61	11	22	18	22	20	23	36	37	11
	9%	8%	11%	10%	10%	8%	10%	8%	9%	10%	11%	10%	11%	11%	5%
			a									i	i	i	
NET: In the top 5	311	134	176	106	109	96	15	35	32	43	28	28	47	59	24
	15%	13%	16%	16%	16%	12%	15%	13%	15%	19%	15%	12%	14%	17%	11%
			a	c						bfi					
NET: Not in top 3	1926	955	959	575	628	723	92	254	190	200	163	213	298	312	205
	91%	92%	89%	90%	90%	92%	90%	92%	91%	90%	89%	90%	89%	89%	95%
		b													egh
Not ranked	1814	901	901	536	589	689	87	240	176	180	155	208	286	290	193
	85%	87%	84%	84%	84%	88%	85%	87%	85%	81%	85%	88%	86%	83%	89%
		b				a				d		d			d

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BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	67	8	13	13	11	8	14	34	33	60	1	5	-	-	1	7
	3%	5%	3%	3%	4%	3%	3%	3%	3%	3%	2%	4%	-	-	8%	2%
2nd most likely	68	4	24	13	11	5	10	41	27	53	2	6	5	1	1	15
	3%	2%	5%	3%	4%	2%	2%	4%	3%	3%	4%	5%	5%	4%	8%	5%
			cfh													
3rd most likely	65	8	15	13	16	5	9	35	29	58	1	3	3	-	-	7
	3%	4%	3%	2%	6%	2%	2%	3%	3%	3%	1%	3%	3%	-	-	2%
					cefgh											
4th most likely	61	6	18	22	8	5	4	45	16	47	3	3	5	1	-	13
	3%	3%	4%	4%	3%	2%	1%	4%	2%	3%	5%	3%	6%	7%	-	4%
		f	fh	fh	f			fh								
5th most likely	50	8	14	8	4	9	8	29	21	42	1	4	2	-	-	7
	2%	5%	3%	2%	1%	4%	2%	3%	2%	2%	1%	3%	2%	-	-	2%
		cdf				cdf										
NET: In the top 3	199	19	52	39	38	18	33	111	89	171	4	14	7	1	2	28
	9%	11%	11%	8%	14%	8%	7%	10%	9%	10%	7%	11%	8%	4%	16%	9%
			f		cefgh											
NET: In the top 5	311	33	83	69	49	32	45	185	126	261	8	21	15	2	2	48
	15%	19%	18%	14%	18%	14%	9%	16%	13%	15%	14%	17%	16%	11%	16%	16%
		fh	fh	f	fh			fh								
NET: Not in top 3	1926	152	415	469	237	205	448	1036	890	1609	56	110	86	19	8	280
	91%	89%	89%	92%	86%	92%	93%	90%	91%	90%	93%	89%	92%	96%	84%	91%
				d		d	bd	d	d							
Not ranked	1814	138	384	439	225	191	436	962	852	1520	52	103	79	18	8	260
	85%	81%	82%	86%	82%	86%	91%	84%	87%	85%	86%	83%	84%	89%	84%	84%
							abcdg		abdg							

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Q11D.4. Leisure Facility Operators: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	67	44	12	9	21	5	3	20	7	5	3	5	1	5	13	8
	3%	3%	3%	3%	3%	3%	2%	3%	4%	9%	4%	5%	1%	3%	3%	2%
										abchijk						
2nd most likely	68	38	12	16	29	6	3	26	9	-	2	5	4	4	8	9
	3%	3%	3%	5%	4%	3%	2%	4%	5%	-	3%	5%	4%	2%	2%	3%
									j							
3rd most likely	65	36	13	11	24	4	4	29	7	1	-	5	1	3	9	8
	3%	3%	4%	3%	3%	2%	4%	4%	4%	2%	-	5%	1%	2%	2%	3%
								j				f				
4th most likely	61	34	12	12	24	3	4	30	9	1	2	3	2	2	5	7
	3%	3%	3%	3%	3%	2%	3%	5%	5%	1%	3%	3%	2%	1%	1%	2%
								ij	ij							
5th most likely	50	34	9	6	16	5	4	14	8	3	1	2	1	5	8	9
	2%	3%	3%	2%	2%	3%	3%	2%	4%	4%	2%	2%	1%	3%	2%	3%
NET: In the top 3	199	118	38	36	74	15	10	75	24	7	5	16	6	12	30	25
	9%	9%	10%	11%	10%	8%	8%	11%	12%	12%	6%	15%	6%	7%	7%	8%
								j	j			hijk				
NET: In the top 5	311	185	59	54	113	23	17	119	41	10	8	20	9	20	43	41
	15%	14%	16%	16%	16%	13%	14%	18%	21%	17%	11%	20%	9%	11%	10%	13%
								hij	ahijk			hij				
NET: Not in top 3	1926	1210	327	304	631	167	115	587	168	53	68	85	99	166	418	282
	91%	91%	90%	89%	90%	92%	92%	89%	88%	88%	94%	85%	94%	93%	93%	92%
												g	g	g	cdg	g
Not ranked	1814	1142	306	286	592	158	108	543	151	49	64	80	96	159	406	266
	85%	86%	84%	84%	84%	87%	86%	82%	79%	83%	89%	80%	91%	89%	90%	87%
						d							cdg	cdg	cdg	d

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Q11D.4. Leisure Facility Operators: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	67	22	8	5	-	14	22	22	9	5	3	13	25	9	37	20	1	58
	3%	5%	2%	3%	-	3%	4%	4%	4%	3%	6%	3%	4%	2%	3%	4%	1%	3%
2nd most likely	68	15	15	8	1	23	16	19	12	6	2	19	21	7	36	21	4	61
	3%	3%	4%	5%	2%	4%	3%	3%	5%	4%	5%	4%	3%	2%	3%	4%	4%	3%
3rd most likely	65	25	12	2	1	15	26	27	8	4	1	12	28	6	43	13	3	59
	3%	5%	3%	2%	2%	3%	5%	4%	3%	2%	3%	3%	4%	2%	4% a	2%	3%	3%
4th most likely	61	17	19	9	1	28	18	25	12	7	1	19	27	16	30	15	-	46
	3%	3%	5%	6%	1%	5%	3%	4%	5%	4%	3%	5%	4%	4% d	3%	3%	-	3%
5th most likely	50	8	14	4	3	18	11	13	8	7	-	16	13	6	30	13	2	44
	2%	2%	4% a	3%	5%	4% a	2%	2%	4%	4%	-	4%	2%	2%	3%	2%	2%	3%
NET: In the top 3	199	62	35	16	2	52	64	68	28	15	6	44	74	22	115	54	8	177
	9%	13% d	10%	10%	3%	10%	12%	11%	12%	9%	14%	11%	11%	6%	10% a	10% a	8%	10% a
NET: In the top 5	311	88	68	30	5	98	92	107	48	30	7	78	114	43	176	83	9	268
	15%	18%	19%	19%	10%	19%	17%	18%	21%	17%	17%	19%	18%	11%	16% a	15%	10%	15% a
NET: Not in top 3	1926	434	325	142	47	467	482	537	205	163	37	368	574	359	1001	479	87	1566
	91%	87%	90%	90%	97% a	90%	88%	89%	88%	91%	86%	89%	89%	94% bce	90%	90%	92%	90%
Not ranked	1814	409	293	128	44	421	453	498	185	148	36	334	534	338	940	451	85	1476
	85%	82%	81%	81%	90%	81%	83%	82%	79%	83%	83%	81%	82%	89% be	84%	85%	90%	85%

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Q11D.4. Leisure Facility Operators: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	67	12	43	12	15	6	39	27	3	57	10	58	8
	3%	3%	3%	5%	4%	6%	3%	4%	6%	3%	2%	3%	3%
2nd most likely	68	18	42	5	10	3	51	16	2	50	18	55	13
	3%	5%	3%	2%	2%	3%	4%	2%	3%	3%	4%	3%	4%
3rd most likely	65	16	43	8	10	5	42	22	1	51	13	56	9
	3%	4%	3%	3%	3%	5%	3%	3%	2%	3%	3%	3%	3%
4th most likely	61	11	34	9	8	4	41	20	-	45	17	50	10
	3%	3%	3%	4%	2%	4%	3%	3%	-	3%	4%	3%	3%
5th most likely	50	9	35	6	9	2	34	15	2	32	18	44	6
	2%	2%	3%	2%	2%	2%	2%	2%	4%	2%	4%	2%	2%
											a		
NET: In the top 3	199	47	129	25	35	14	132	65	6	157	42	169	29
	9%	13%	10%	10%	9%	14%	9%	10%	11%	9%	9%	9%	9%
NET: In the top 5	311	67	197	41	52	19	208	100	9	234	77	264	46
	15%	18%	15%	17%	13%	19%	15%	15%	14%	14%	17%	15%	15%
NET: Not in top 3	1926	317	1204	216	357	84	1277	589	53	1503	423	1619	282
	91%	87%	90%	90%	91%	86%	91%	90%	89%	91%	91%	91%	91%
Not ranked	1814	297	1135	200	339	78	1202	553	51	1426	388	1525	266
	85%	82%	85%	83%	87%	81%	85%	85%	86%	86%	83%	85%	85%

Q11D.4. Leisure Facility Operators: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	67	13	6	6	17	4	12	-	9	28	21	22	31	11	21	14	25	6
	3%	3%	2%	2%	4%	2%	5% cg	-	3%	3%	4%	4%	3%	2%	5% b	2%	3%	2%
2nd most likely	68	7	6	7	17	10	7	3	11	34	20	30	22	14	10	16	36	6
	3%	2%	3%	2%	5% a	5% a	3%	3%	4% a	4% a	4%	5% b	2%	3%	2%	3%	5%	2%
3rd most likely	65	8	6	14	8	9	9	3	9	31	20	24	24	16	7	23	24	10
	3%	2%	2%	4% a	2%	4%	4%	4%	3%	3%	4%	4% b	2%	4%	2%	4% a	3%	3%
4th most likely	61	11	8	10	11	7	6	2	7	28	15	16	29	15	13	19	26	4
	3%	3%	3%	3%	3%	3%	3%	3%	3%	3%	3%	3%	3%	3%	3%	3%	3%	1%
5th most likely	50	8	3	5	10	9	5	2	8	24	15	18	19	13	8	18	18	4
	2%	2%	1%	2%	3%	4% b	2%	3%	3%	3%	3%	3%	2%	3%	2%	3%	2%	1%
NET: In the top 3	199	28	17	28	42	23	27	6	28	93	61	76	77	41	38	53	84	22
	9%	7%	7%	9%	11% a	12% a	12% a	7%	11%	10% a	11% a	13% b	7%	9%	9%	9%	11%	7%
NET: In the top 5	311	47	27	43	63	38	38	10	43	144	92	110	125	69	59	90	128	30
	15%	11%	12%	13%	17% a	20% ab	17% a	13%	16%	16% a	16% a	18% b	12%	16%	14%	15%	16% d	10%
NET: Not in top 3	1926	402	214	293	328	173	201	75	240	794	515	529	959	398	376	528	698	271
	91%	93% defij	93%	91%	89%	88%	88%	93%	89%	90%	89%	87%	93% a	91%	91%	91%	89%	93%
Not ranked	1814	383	204	278	307	157	190	70	225	742	485	495	910	370	355	491	654	263
	85%	89% defij	88% e	87%	83%	80%	83%	87%	84%	84%	84%	82%	88% a	84%	86%	85%	84%	90% bc

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.5. Local Councils: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	112	52	58	20	47	45	8	26	15	10	5	15	11	13	10
	5%	5%	5%	3%	7%	6%	8%	9%	7%	4%	3%	6%	3%	4%	5%
					a	a	e	deghi	eg						
2nd most likely	126	60	65	38	46	43	6	18	12	17	9	11	17	22	15
	6%	6%	6%	6%	7%	5%	6%	6%	6%	7%	5%	5%	5%	6%	7%
3rd most likely	109	47	62	41	33	36	14	17	8	12	10	13	16	8	12
	5%	5%	6%	6%	5%	5%	14%	6%	4%	6%	5%	6%	5%	2%	5%
							bcdefghi	h		h		h			h
4th most likely	101	55	46	30	37	35	4	10	14	10	9	13	18	16	7
	5%	5%	4%	5%	5%	4%	4%	4%	7%	5%	5%	6%	5%	5%	3%
5th most likely	70	33	37	30	25	15	2	7	10	8	5	4	12	15	7
	3%	3%	3%	5%	4%	2%	2%	3%	5%	4%	3%	2%	4%	4%	3%
				c	c										
NET: In the top 3	348	158	184	99	126	123	27	60	35	39	24	39	44	44	37
	16%	15%	17%	15%	18%	16%	27%	22%	17%	17%	13%	17%	13%	12%	17%
							cdefghi	egh							
NET: In the top 5	519	246	268	158	188	173	34	77	58	57	38	57	74	75	51
	24%	24%	25%	25%	27%	22%	33%	28%	28%	25%	21%	24%	22%	21%	23%
					c		egh								
NET: Not in top 3	1777	876	893	543	573	662	75	216	173	184	159	196	290	305	180
	84%	85%	83%	85%	82%	84%	73%	78%	83%	83%	87%	83%	87%	88%	83%
									a	a	ab	a	ab	ab	a
Not ranked	1606	788	809	483	511	612	69	199	150	166	145	179	260	274	166
	76%	76%	75%	75%	73%	78%	67%	72%	72%	75%	79%	76%	78%	79%	77%
						b					a		a	a	

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.5. Local Councils: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	112	8	25	28	20	9	22	61	51	104	-	4	-	2	-	6
	5%	4%	5%	6%	7%	4%	5%	5%	5%	6% bdg	-	3%	-	11%	-	2%
2nd most likely	126	11	25	28	23	11	27	64	62	111	3	6	4	1	1	16
	6%	6%	5%	6%	8%	5%	6%	6%	6%	6%	5%	5%	5%	5%	8%	5%
3rd most likely	109	16	32	23	11	6	21	72	38	93	4	3	5	1	-	14
	5%	9% cdefh	7% eh	5%	4%	3%	4%	6% eh	4%	5%	7%	3%	5%	7%	-	5%
4th most likely	101	9	23	26	14	11	18	58	43	87	3	8	4	-	1	15
	5%	5%	5%	5%	5%	5%	4%	5%	4%	5%	4%	6%	4%	-	7%	5%
5th most likely	70	5	17	19	13	7	9	42	28	51	2	10	3	3	-	18
	3%	3%	4%	4%	5% f	3%	2%	4%	3%	3%	3%	8% a	3%	14%	-	6% a
NET: In the top 3	348	35	82	80	54	26	71	197	151	308	7	13	9	5	1	35
	16%	20% e	18% e	16%	20% e	12%	15%	17% e	15%	17% cg	12%	10%	10%	23%	8%	11%
NET: In the top 5	519	49	123	125	81	44	97	297	222	446	12	31	16	7	1	68
	24%	29% ef	26% f	25%	29% efh	20%	20%	26% ef	23%	25%	20%	25%	17%	37%	15%	22%
NET: Not in top 3	1777	137	385	428	220	196	411	950	828	1473	52	112	84	16	9	273
	84%	80%	82%	84%	80%	88% abdg	85%	83%	85%	83%	88%	90% a	90%	77%	92%	89% a
Not ranked	1606	122	344	383	194	179	384	849	756	1334	48	94	78	13	8	241
	76%	71%	74%	75%	71%	80% adg	80% abdg	74%	77% d	75%	80%	75%	83%	63%	85%	78%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.5. Local Councils: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125 100%	1327 100%	365 100%	340 100%	705 100%	182 100%	125 100%	662 100%	191 100%	60 100%	72 100%	101 100%	105 100%	179 100%	449 100%	306 100%
1st most likely	112 5%	73 6%	13 3%	24 7% b	36 5%	7 4%	6 5%	41 6%	10 5%	2 4%	3 4%	3 3%	2 2%	12 7%	26 6%	13 4%
2nd most likely	126 6%	79 6%	24 7%	22 6%	45 6%	6 3%	10 8%	43 7%	14 8%	3 5%	4 6%	8 8%	4 3%	11 6%	23 5%	16 5%
3rd most likely	109 5%	64 5%	18 5%	24 7%	42 6%	11 6% d	6 5%	41 6% d	4 2%	6 10% dj	5 8% d	5 5%	4 4%	8 4%	19 4%	16 5%
4th most likely	101 5%	63 5%	17 5%	20 6%	37 5%	15 8% bj	3 3%	30 5%	8 4%	6 9% bj	3 4%	6 6%	6 6%	11 6%	13 3%	18 6%
5th most likely	70 3%	42 3%	20 5% ac	7 2%	27 4%	9 5% j	4 3%	24 4%	7 3%	4 6% j	1 1%	4 4%	8 8% ij	3 2%	7 2%	13 4% j
NET: In the top 3	348 16%	217 16%	55 15%	69 20%	123 18%	24 13%	22 18%	125 19% h	28 15%	12 19%	13 17%	16 16%	10 9%	30 17%	68 15%	46 15%
NET: In the top 5	519 24%	321 24%	91 25%	96 28%	187 27%	48 26%	29 23%	179 27% j	43 22%	21 34% j	16 22%	26 26%	24 23%	45 25%	89 20%	77 25%
NET: Not in top 3	1777 84%	1111 84%	310 85%	271 80%	581 82%	158 87%	103 82%	537 81%	163 85%	48 81%	60 83%	85 84%	95 91% c	148 83%	380 85%	261 85%
Not ranked	1606 76%	1006 76%	273 75%	245 72%	518 73%	134 74%	96 77%	483 73%	149 78%	39 66%	56 78%	74 74%	81 77%	134 75%	360 80% ce	230 75%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.5. Local Councils: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	112	30	22	7	3	29	32	34	9	11	5	19	40	21	58	30	3	91
	5%	6%	6%	4%	5%	6%	6%	6%	4%	6%	12%	5%	6%	5%	5%	6%	3%	5%
											be							
2nd most likely	126	36	21	12	2	33	38	40	18	13	-	31	40	21	65	36	5	106
	6%	7%	6%	8%	4%	6%	7%	7%	8%	7%	-	8%	6%	5%	6%	7%	5%	6%
									d			d						
3rd most likely	109	24	25	8	1	33	25	32	15	10	3	26	35	16	59	29	5	93
	5%	5%	7%	5%	2%	6%	5%	5%	7%	6%	7%	6%	5%	4%	5%	5%	5%	5%
4th most likely	101	20	17	9	2	26	22	31	10	7	1	17	32	17	50	32	2	85
	5%	4%	5%	6%	3%	5%	4%	5%	4%	4%	2%	4%	5%	4%	5%	6%	2%	5%
5th most likely	70	13	17	6	1	23	14	22	11	3	2	13	24	10	39	18	3	60
	3%	3%	5%	4%	2%	4%	3%	4%	5%	2%	4%	3%	4%	3%	3%	3%	3%	3%
NET: In the top 3	348	90	69	27	6	96	96	107	42	34	8	76	115	58	183	94	13	290
	16%	18%	19%	17%	11%	18%	18%	18%	18%	19%	19%	18%	18%	15%	16%	18%	14%	17%
NET: In the top 5	519	124	103	42	8	145	132	160	63	44	11	107	171	85	272	145	18	434
	24%	25%	29%	27%	16%	28%	24%	26%	27%	25%	25%	26%	26%	22%	24%	27%	19%	25%
NET: Not in top 3	1777	406	292	131	43	423	450	498	191	144	35	336	533	323	933	439	81	1454
	84%	82%	81%	83%	89%	82%	82%	82%	82%	81%	81%	82%	82%	85%	84%	82%	86%	83%
Not ranked	1606	372	257	116	41	374	414	445	171	134	32	305	478	296	844	389	76	1309
	76%	75%	71%	73%	84%	72%	76%	74%	73%	75%	75%	74%	74%	78%	76%	73%	81%	75%

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Q11D.5. Local Councils: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
1st most likely	112 5%	22 6%	64 5%	7 3%	28 7% a	6 6%	67 5%	39 6%	2 3%	88 5%	24 5%	93 5%	16 5%
2nd most likely	126 6%	27 8%	76 6%	16 7%	20 5%	8 8%	86 6%	37 6%	5 8%	100 6%	27 6%	111 6%	14 4%
3rd most likely	109 5%	24 7%	68 5%	14 6%	23 6%	6 6%	67 5%	40 6%	3 5%	89 5%	20 4%	89 5%	20 6%
4th most likely	101 5%	16 4%	68 5%	14 6%	23 6%	5 5%	65 5%	35 5%	5 8%	80 5%	21 5%	87 5%	15 5%
5th most likely	70 3%	12 3%	46 3%	8 3%	7 2%	6 7% b	50 4%	20 3%	2 3%	55 3%	14 3%	60 3%	9 3%
NET: In the top 3	348 16%	74 20% b	208 16%	37 15%	70 18%	19 20%	220 16%	115 18%	10 16%	277 17%	71 15%	293 16%	50 16%
NET: In the top 5	519 24%	102 28%	323 24%	59 24%	101 26%	30 31%	335 24%	170 26%	16 27%	413 25%	107 23%	440 25%	74 24%
NET: Not in top 3	1777 84%	290 80%	1124 84% a	204 85%	322 82%	78 80%	1190 84%	538 82%	50 84%	1384 83%	394 85%	1495 84%	262 84%
Not ranked	1606 76%	262 72%	1010 76%	182 76%	291 74%	67 69%	1075 76%	483 74%	44 73%	1248 75%	358 77%	1349 75%	238 76%

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Q11D.5. Local Councils: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125 100%	431 100%	231 100%	321 100%	370 100%	196 100%	228 100%	81 100%	268 100%	887 100%	577 100%	605 100%	1036 100%	439 100%	414 100%	581 100%	782 100%	293 100%
1st most likely	112 5%	22 5%	11 5%	21 6%	19 5%	16 8% hj	12 5%	5 6%	6 2%	56 6% hj	23 4%	29 5%	57 5%	21 5%	15 4%	26 5%	51 7%	19 7% a
2nd most likely	126 6%	19 4%	11 5%	25 8% a	21 6%	12 6%	13 6%	8 9%	18 7%	59 7%	38 7%	42 7%	58 6%	26 6%	20 5%	35 6%	57 7%	15 5%
3rd most likely	109 5%	19 5%	7 3%	15 5%	24 6%	10 5%	16 7%	3 4%	16 6%	49 6%	34 6%	24 4%	55 5%	29 7%	16 4%	39 7%	36 5%	16 5%
4th most likely	101 5%	18 4%	11 5%	17 5%	17 5%	10 5%	12 5%	4 5%	13 5%	44 5%	29 5%	28 5%	48 5%	24 6%	18 4%	27 5%	42 5%	14 5%
5th most likely	70 3%	7 2%	10 4%	10 3%	15 4%	12 6% afj	4 2%	3 4%	9 4%	36 4% a	16 3%	26 4%	30 3%	13 3%	12 3%	21 4%	24 3%	13 4%
NET: In the top 3	348 16%	60 14%	29 12%	61 19% b	64 17%	39 20% b	40 18%	16 19%	39 15%	164 19% ab	95 16%	95 16%	170 16%	76 17%	51 12%	100 17% a	145 18% a	50 17%
NET: In the top 5	519 24%	85 20%	49 21%	88 27% a	96 26% a	61 31% abh	56 25%	23 28%	62 23%	245 28% ab	141 24%	149 25%	248 24%	113 26%	81 20%	147 25% a	210 27% a	76 26% a
NET: Not in top 3	1777 84%	370 86% i	203 88% cei	260 81%	306 83%	157 80%	188 82%	65 81%	229 85%	722 81%	482 84%	510 84%	866 84%	363 83%	363 88% bc	481 83%	638 82%	244 83%
Not ranked	1606 76%	345 80% cdei	182 79% ei	233 73%	274 74%	135 69%	172 75%	58 72%	206 77% e	642 72%	436 76%	456 75%	788 76%	326 74%	333 80% bcd	434 75%	572 73%	217 74%

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Q11D.6. Sport England: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	50	36	13	25	15	10	1	8	3	4	4	-	14	10	6
	2%	3%	1%	4%	2%	1%	1%	3%	1%	2%	2%	-	4%	3%	3%
		b		c				f			f		f	f	f
2nd most likely	48	33	15	20	22	5	-	5	4	4	7	3	12	5	8
	2%	3%	1%	3%	3%	1%	-	2%	2%	2%	4%	1%	4%	1%	4%
		b		c	c						a		a		a
3rd most likely	51	38	13	25	17	9	2	10	2	3	7	4	8	10	5
	2%	4%	1%	4%	2%	1%	2%	4%	1%	1%	4%	2%	2%	3%	2%
		b		c											
4th most likely	46	29	17	17	12	17	4	9	2	8	1	4	7	8	3
	2%	3%	2%	3%	2%	2%	4%	3%	1%	4%	1%	2%	2%	2%	1%
		b					e								
5th most likely	36	20	15	13	12	10	4	7	3	6	2	3	5	3	3
	2%	2%	1%	2%	2%	1%	4%	2%	1%	3%	1%	1%	2%	1%	1%
							h								
NET: In the top 3	149	107	41	70	55	25	3	23	9	11	18	7	35	24	19
	7%	10%	4%	11%	8%	3%	3%	9%	4%	5%	10%	3%	10%	7%	9%
		b		bc	c			af			acf		acdf		af
NET: In the top 5	231	157	73	100	79	52	11	39	14	25	21	15	46	35	24
	11%	15%	7%	16%	11%	7%	11%	14%	7%	11%	11%	6%	14%	10%	11%
		b		bc	c			cf					cf		
NET: Not in top 3	1976	928	1036	572	644	760	100	252	199	211	165	228	299	324	198
	93%	90%	96%	89%	92%	97%	97%	91%	96%	95%	90%	97%	90%	93%	91%
			a		a	ab	begi		eg	g		begi			
Not ranked	1894	878	1005	542	620	732	91	237	194	198	162	221	287	313	192
	89%	85%	93%	84%	89%	93%	89%	86%	93%	89%	89%	94%	86%	90%	89%
			a		a	ab			bg			bg			

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Q11D.6. Sport England: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	50	9	20	10	5	3	3	39	11	41	2	1	4	1	-	8
	2%	5%	4%	2%	2%	1%	1%	3%	1%	2%	4%	1%	4%	4%	-	2%
		cdefh	cefh					fh								
2nd most likely	48	7	12	16	9	4	1	34	14	39	-	5	1	1	-	7
	2%	4%	3%	3%	3%	2%	*	3%	1%	2%	-	4%	1%	4%	-	2%
		fh	f	fh	fh	f		fh	f							
3rd most likely	51	6	13	12	6	6	9	31	21	38	3	5	4	-	-	12
	2%	3%	3%	2%	2%	3%	2%	3%	2%	2%	5%	4%	4%	-	-	4%
4th most likely	46	5	12	8	8	8	5	25	21	39	2	4	2	-	-	8
	2%	3%	3%	2%	3%	4%	1%	2%	2%	2%	3%	3%	2%	-	-	2%
					f	f										
5th most likely	36	5	8	6	9	5	3	19	17	29	-	4	2	-	-	6
	2%	3%	2%	1%	3%	2%	1%	2%	2%	2%	-	3%	2%	-	-	2%
		f			cf											
NET: In the top 3	149	22	45	37	20	12	13	104	45	118	5	11	9	2	-	27
	7%	13%	10%	7%	7%	5%	3%	9%	5%	7%	9%	9%	10%	8%	-	9%
		cefh	efh	fh	f			fh								
NET: In the top 5	231	31	66	50	38	25	21	148	83	185	7	19	13	2	-	41
	11%	18%	14%	10%	14%	11%	4%	13%	9%	10%	11%	16%	14%	8%	-	13%
		cefh	cfh	f	fh	f		fh	f							
NET: Not in top 3	1976	150	422	471	254	211	468	1042	934	1663	55	113	85	19	10	281
	93%	87%	90%	93%	93%	95%	97%	91%	95%	93%	91%	91%	90%	92%	100%	91%
				a		ab	abcdg		abcg							
Not ranked	1894	140	401	458	237	198	460	999	895	1595	53	105	81	19	10	267
	89%	82%	86%	90%	86%	89%	96%	87%	91%	90%	89%	84%	86%	92%	100%	87%
				ab			a	abcdegh		abdg						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.6. Sport England: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	50	25	7	13	19	4	5	22	4	3	3	-	2	1	7	9
	2%	2%	2%	4%	3%	2%	4%	3%	2%	4%	4%	-	2%	*	1%	3%
				a			gi	gi		gi	gi					
2nd most likely	48	20	14	11	25	4	6	24	4	2	-	2	2	4	1	10
	2%	2%	4%	3%	4%	2%	5%	4%	2%	3%	-	2%	1%	2%	*	3%
			a	a	a	j	j	j	j	j				j		j
3rd most likely	51	22	9	17	26	7	2	19	7	2	-	2	3	1	9	10
	2%	2%	3%	5%	4%	4%	2%	3%	4%	3%	-	2%	3%	*	2%	3%
				a	a	i			i							i
4th most likely	46	23	9	12	21	6	3	19	5	1	-	2	2	4	4	9
	2%	2%	2%	4%	3%	3%	2%	3%	3%	1%	-	2%	2%	2%	1%	3%
						j		j								j
5th most likely	36	18	6	10	16	5	2	17	1	4	-	-	2	2	2	7
	2%	1%	2%	3%	2%	3%	2%	3%	*	7%	-	-	2%	1%	*	2%
						j		j		dfgij						j
NET: In the top 3	149	67	29	41	70	15	14	65	15	6	3	3	6	6	16	29
	7%	5%	8%	12%	10%	8%	11%	10%	8%	10%	4%	3%	6%	3%	4%	9%
			a	a	a	ij	gij	gij	j	gij						gij
NET: In the top 5	231	109	44	62	107	26	18	102	21	11	3	5	11	12	22	44
	11%	8%	12%	18%	15%	14%	15%	15%	11%	19%	4%	5%	10%	7%	5%	14%
			a	ab	a	fgij	fgij	fgij	j	fgij			j			fgij
NET: Not in top 3	1976	1260	335	300	635	167	111	597	177	53	70	97	99	173	433	278
	93%	95%	92%	88%	90%	92%	89%	90%	92%	90%	96%	97%	94%	97%	96%	91%
		bcd										bcek		abcek	abcdek	
Not ranked	1894	1219	320	278	598	156	106	560	171	49	70	95	94	167	427	262
	89%	92%	88%	82%	85%	86%	85%	85%	89%	81%	96%	95%	90%	93%	95%	86%
		bcd	c								abcek	abcek		abcek	abcdehk	

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.6. Sport England: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	50	15	12	6	3	19	18	16	13	6	2	19	18	3	21	24	2	47
	2%	3%	3%	4%	5%	4%	3%	3%	5% af	4%	4%	5%	3%	1%	2%	5% abe	2%	3% a
2nd most likely	48	19	10	2	1	12	21	16	7	9	1	16	18	5	29	12	2	43
	2%	4%	3%	1%	3%	2%	4%	3%	3%	5%	3%	4%	3%	1%	3%	2%	2%	2%
3rd most likely	51	13	9	2	5	11	18	13	8	7	1	16	14	7	24	15	5	44
	2%	3%	3%	1%	10% abcef	2%	3%	2%	4%	4%	2%	4%	2%	2%	2%	3%	5% ab	3%
4th most likely	46	8	15	5	-	19	8	12	7	7	2	14	14	7	25	13	1	39
	2%	2%	4% af	3%	-	4% af	1%	2%	3%	4%	4%	3%	2%	2%	2%	2%	1%	2%
5th most likely	36	7	13	5	-	17	7	14	7	3	1	10	15	7	13	12	4	29
	2%	1%	4% af	3%	-	3% af	1%	2%	3%	1%	3%	2%	2%	2%	1%	2%	4% b	2%
NET: In the top 3	149	48	32	11	9	43	57	45	28	22	4	50	49	14	74	52	9	135
	7%	10%	9%	7%	18% bce	8%	10%	7%	12% af	12% af	9%	12% af	8%	4%	7% a	10% ab	10% a	8% a
NET: In the top 5	231	63	59	20	9	80	72	71	42	32	7	74	77	28	112	77	14	203
	11%	13%	16%	13%	18%	15%	13%	12%	18% af	18% af	15%	18% af	12%	7%	10%	14% ab	15% a	12% a
NET: Not in top 3	1976	449	329	147	40	476	489	560	205	156	39	361	600	367	1043	482	85	1609
	93%	90%	91% d	93% d	82%	92% d	90%	93% bce	88%	88%	91%	88%	92% bce	96% bcde	93% c	90%	90%	92%
Not ranked	1894	434	301	138	40	439	474	535	191	147	37	338	571	353	1004	457	80	1541
	89%	87%	84%	87%	82%	85%	87%	88% bce	82%	82%	85%	82%	88% bce	93% cde	90% c	86%	85%	88%

Savanta: ComRes

Q11D.6. Sport England: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	50	17	28	8	5	6	30	19	-	38	12	41	7
	2%	5%	2%	3%	1%	6%	2%	3%	-	2%	3%	2%	2%
		b				bdf							
2nd most likely	48	16	26	8	7	4	29	16	2	40	7	42	4
	2%	4%	2%	3%	2%	4%	2%	2%	3%	2%	2%	2%	1%
		b											
3rd most likely	51	11	30	5	1	4	42	9	1	42	10	43	8
	2%	3%	2%	2%	*	5%	3%	1%	1%	3%	2%	2%	3%
				b		be	be						
4th most likely	46	9	30	4	6	5	32	13	1	32	14	42	4
	2%	2%	2%	2%	1%	5%	2%	2%	2%	2%	3%	2%	1%
						b							
5th most likely	36	5	22	7	6	1	22	12	1	31	5	27	8
	2%	1%	2%	3%	2%	1%	2%	2%	2%	2%	1%	1%	3%
NET: In the top 3	149	43	85	21	13	14	101	44	3	120	29	126	20
	7%	12%	6%	9%	3%	15%	7%	7%	4%	7%	6%	7%	6%
		b		b		bdef	b	b					
NET: In the top 5	231	57	137	33	25	20	156	70	5	183	48	195	32
	11%	16%	10%	13%	6%	21%	11%	11%	9%	11%	10%	11%	10%
		b		b		bdef	b	b					
NET: Not in top 3	1976	321	1248	220	379	83	1309	609	57	1540	436	1662	292
	93%	88%	94%	91%	97%	85%	93%	93%	96%	93%	94%	93%	94%
			a		acde		c	c	c				
Not ranked	1894	307	1196	209	367	77	1254	584	54	1477	416	1593	280
	89%	84%	90%	87%	94%	79%	89%	89%	91%	89%	90%	89%	90%
			a		acde		c	c	c				

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Q11D.6. Sport England: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	50	4	4	8	12	3	6	6	7	24	19	20	18	10	7	12	21	8
	2%	1%	2%	3%	3%	2%	3%	7%	3%	3%	3%	3%	2%	2%	2%	2%	3%	3%
					a			abei		a	a	b						
2nd most likely	48	3	6	5	8	9	7	2	7	22	16	19	24	5	8	12	14	13
	2%	1%	3%	2%	2%	4%	3%	3%	2%	2%	3%	3%	2%	1%	2%	2%	2%	4%
						a	a			a	a	c						c
3rd most likely	51	1	5	15	12	5	7	1	5	32	13	16	22	13	9	17	17	8
	2%	*	2%	5%	3%	2%	3%	1%	2%	4%	2%	3%	2%	3%	2%	3%	2%	3%
			a	ahj	a	a	a		a	a	a							
4th most likely	46	2	4	6	12	6	7	-	8	25	15	18	16	12	11	5	22	8
	2%	1%	2%	2%	3%	3%	3%	-	3%	3%	3%	3%	2%	3%	3%	1%	3%	3%
					a	a	a		a	a	a	b			b		b	b
5th most likely	36	4	4	5	5	5	5	1	7	15	12	12	20	4	8	7	15	5
	2%	1%	2%	2%	1%	3%	2%	1%	3%	2%	2%	2%	2%	1%	2%	1%	2%	2%
NET: In the top 3	149	8	15	28	33	17	21	9	18	78	48	55	65	28	25	41	52	29
	7%	2%	6%	9%	9%	9%	9%	11%	7%	9%	8%	9%	6%	6%	6%	7%	7%	10%
			a	a	a	a	a	a	a	a	a	b						
NET: In the top 5	231	15	23	40	50	28	33	10	33	118	76	85	100	44	43	53	90	42
	11%	3%	10%	12%	14%	14%	14%	12%	12%	13%	13%	14%	10%	10%	10%	9%	11%	14%
			a	a	a	a	a	a	a	a	a	bc						b
NET: Not in top 3	1976	422	216	292	337	179	207	71	250	809	529	550	971	411	389	540	730	265
	93%	98%	94%	91%	91%	91%	91%	89%	93%	91%	92%	91%	94%	94%	94%	93%	93%	90%
		bcdefghij											a					
Not ranked	1894	416	208	281	320	168	195	71	235	769	501	520	936	395	371	528	693	252
	89%	97%	90%	88%	86%	86%	86%	88%	88%	87%	87%	86%	90%	90%	90%	91%	89%	86%
		bcdefghij											a	a		d		

Q11D.7. Ukactive: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	27	13	14	17	9	1	3	4	1	5	4	-	3	4	4
	1%	1%	1%	3%	1%	*	3%	1%	1%	2%	2%	-	1%	1%	2%
				c	c		f			f	f				
2nd most likely	18	9	8	11	4	3	2	1	1	2	1	2	3	3	2
	1%	1%	1%	2%	1%	*	1%	*	1%	1%	1%	1%	1%	1%	1%
				bc											
3rd most likely	18	11	7	11	4	2	-	3	2	5	2	-	2	1	3
	1%	1%	1%	2%	1%	*	-	1%	1%	2%	1%	-	1%	*	1%
				bc						f					
4th most likely	17	7	10	7	7	3	2	2	1	3	1	-	4	3	2
	1%	1%	1%	1%	1%	*	1%	1%	1%	1%	*	-	1%	1%	1%
5th most likely	21	13	8	8	10	2	1	3	1	2	3	1	5	3	2
	1%	1%	1%	1%	1%	*	1%	1%	1%	1%	2%	*	1%	1%	1%
				c	c										
NET: In the top 3	63	33	29	39	17	6	4	8	4	12	7	2	8	8	9
	3%	3%	3%	6%	2%	1%	4%	3%	2%	5%	4%	1%	2%	2%	4%
				bc	c					fg					f
NET: In the top 5	101	53	46	54	34	12	6	12	7	17	11	3	17	14	13
	5%	5%	4%	8%	5%	1%	6%	5%	3%	8%	6%	1%	5%	4%	6%
				bc	c		f			cf	f		f		f
NET: Not in top 3	2062	1002	1049	602	682	778	98	268	204	211	176	233	326	340	207
	97%	97%	97%	94%	98%	99%	96%	97%	98%	95%	96%	99%	98%	98%	96%
					a	ab						di	d		
Not ranked	2024	982	1031	587	664	773	96	263	201	206	172	232	317	334	203
	95%	95%	96%	92%	95%	99%	94%	95%	97%	92%	94%	99%	95%	96%	94%
					a	ab			d			adegi			

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.7. Ukactive: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	27	5	8	5	5	2	2	18	9	19	1	3	4	-	-	8
	1%	3%	2%	1%	2%	1%	*	2%	1%	1%	1%	3%	4%	-	-	2%
		fh	f		f			f					a			a
2nd most likely	18	6	4	3	2	2	1	12	5	14	-	1	1	1	-	4
	1%	4%	1%	1%	1%	1%	*	1%	1%	1%	-	1%	1%	7%	-	1%
		bcdfgh														
3rd most likely	18	3	9	4	1	1	1	15	3	13	-	3	2	1	-	5
	1%	2%	2%	1%	1%	*	*	1%	*	1%	-	2%	2%	4%	-	2%
		fh	fh					fh								
4th most likely	17	1	7	4	1	2	2	12	5	14	1	2	-	1	-	3
	1%	1%	2%	1%	1%	1%	*	1%	1%	1%	2%	1%	-	4%	-	1%
5th most likely	21	4	4	3	3	5	1	12	9	18	-	2	-	1	-	3
	1%	2%	1%	1%	1%	2%	*	1%	1%	1%	-	2%	-	4%	-	1%
		cf				f										
NET: In the top 3	63	14	20	11	8	5	4	45	17	46	1	7	7	2	-	17
	3%	8%	4%	2%	3%	2%	1%	4%	2%	3%	1%	6%	7%	11%	-	5%
		cdefgh	fh		f			fh				a	a			a
NET: In the top 5	101	19	32	18	12	12	7	69	31	78	2	11	7	4	-	23
	5%	11%	7%	4%	4%	5%	1%	6%	3%	4%	3%	9%	7%	19%	-	7%
		cdefgh	cfh	f	f	f		cfh				a				a
NET: Not in top 3	2062	158	447	497	267	217	478	1101	961	1735	59	117	87	18	10	292
	97%	92%	96%	98%	97%	98%	99%	96%	98%	97%	99%	94%	93%	89%	100%	95%
				a	a	a	abdg	a	abg	cdg						
Not ranked	2024	152	435	490	262	211	474	1077	947	1703	58	114	87	16	10	285
	95%	89%	93%	96%	96%	95%	99%	94%	97%	96%	97%	91%	93%	81%	100%	93%
				abg	a	a	abcdeg	a	abg	cg						

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.7. Ukactive: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	27	8	7	10	17	2	1	13	3	2	1	2	1	2	-	3
	1%	1%	2%	3%	2%	1%	1%	2%	2%	4%	1%	2%	1%	1%	-	1%
			a	a	a			j	j	j	j	j		j		
2nd most likely	18	7	6	4	10	-	4	9	1	-	-	-	1	-	2	4
	1%	1%	2%	1%	1%	-	3%	1%	1%	-	-	-	1%	-	1%	1%
			a		a		agij									
3rd most likely	18	8	3	5	8	2	3	8	3	-	-	1	-	1	-	5
	1%	1%	1%	1%	1%	1%	2%	1%	2%	-	-	1%	-	1%	-	2%
						j	j	j	j			j				j
4th most likely	17	10	4	3	7	2	1	4	4	-	3	-	-	2	2	3
	1%	1%	1%	1%	1%	1%	1%	1%	2%	-	4%	-	-	1%	1%	1%
									c		cghj					
5th most likely	21	7	6	5	11	2	4	11	1	-	-	1	-	-	1	6
	1%	1%	2%	1%	2%	1%	3%	2%	*	-	-	1%	-	-	*	2%
					a		ij									j
NET: In the top 3	63	23	17	19	36	4	8	30	7	2	1	3	2	3	2	12
	3%	2%	5%	5%	5%	2%	6%	4%	4%	4%	1%	3%	2%	2%	1%	4%
			a	a	a		ij	j	j	j		j				j
NET: In the top 5	101	41	27	27	53	8	12	44	12	2	4	4	2	5	6	20
	5%	3%	7%	8%	8%	4%	10%	7%	6%	4%	5%	4%	2%	3%	1%	7%
			a	a	a	j	ahij	ij	j			j	j			j
NET: Not in top 3	2062	1304	348	322	669	178	117	632	184	57	71	97	103	176	446	295
	97%	98%	95%	95%	95%	98%	94%	96%	96%	96%	99%	97%	98%	98%	99%	96%
		bcd												b	bcdegk	
Not ranked	2024	1286	338	313	651	174	112	618	180	57	69	96	103	174	442	286
	95%	97%	93%	92%	92%	96%	90%	93%	94%	96%	95%	96%	98%	97%	99%	93%
		bcd				b								b	bc	abcdfgk

Prepared by Savanta: ComRes

Q11D.7. Ukactive: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	27	8	8	4	1	12	9	11	6	4	-	9	11	2	11	14	1	25
	1%	2%	2%	2%	2%	2%	2%	2%	2%	2%	-	2%	2%	*	1%	3% ab	1%	1%
2nd most likely	18	5	6	2	2	7	7	3	5	5	1	10	4	1	13	4	-	17
	1%	1%	2%	1%	4%	1%	1%	1%	2% af	3% af	2%	2% af	1%	*	1%	1%	-	1%
3rd most likely	18	6	6	1	-	7	6	8	5	-	-	5	8	1	9	4	4	17
	1%	1%	2%	1%	-	1%	1%	1%	2% c	-	-	1%	1%	*	1%	1%	4% abce	1%
4th most likely	17	3	6	2	1	8	4	4	6	2	-	7	4	2	9	7	-	15
	1%	1%	2%	1%	1%	1%	1%	1%	2% af	1%	-	2%	1%	*	1%	1%	-	1%
5th most likely	21	5	8	2	1	10	6	7	6	3	-	9	7	2	7	10	1	18
	1%	1%	2%	1%	1%	2%	1%	1%	3%	1%	-	2%	1%	1%	1%	2% b	1%	1%
NET: In the top 3	63	19	20	7	3	27	21	23	16	8	1	24	24	3	33	21	5	59
	3%	4%	5%	4%	6%	5%	4%	4%	7% f	5%	2%	6%	4%	1%	3% a	4% a	5% a	3% a
NET: In the top 5	101	27	34	10	4	44	31	34	28	12	1	40	35	7	49	38	6	93
	5%	5%	9% af	7%	9%	9% a	6%	6%	12% adf	7%	2%	10% af	5%	2%	4% a	7% ab	7% a	5% a
NET: Not in top 3	2062	478	341	151	46	492	524	583	218	170	42	388	625	378	1083	512	89	1684
	97%	96%	95%	96%	94%	95%	96%	96%	93%	95%	98%	94%	96% b	99% bcde	97%	96%	95%	97%
Not ranked	2024	470	327	148	45	475	515	572	206	166	42	371	614	374	1067	495	88	1650
	95%	95% be	91%	93%	91%	91%	94% b	94% be	88%	93%	98% b	90%	95% be	98% bcde	96% c	93%	93%	95%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.7. Ukactive: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	27	11	13	8	4	3	13	12	2	19	8	21	5
	1%	3%	1%	3%	1%	3%	1%	2%	3%	1%	2%	1%	2%
		b		bd									
2nd most likely	18	8	7	2	2	4	8	9	-	13	5	16	2
	1%	2%	1%	1%	1%	5%	1%	1%	-	1%	1%	1%	1%
		b				abde		d					
3rd most likely	18	7	10	4	5	2	8	9	1	16	2	14	4
	1%	2%	1%	2%	1%	2%	1%	1%	2%	1%	*	1%	1%
		b		d									
4th most likely	17	6	9	4	4	-	11	6	2	15	3	12	6
	1%	2%	1%	2%	1%	-	1%	1%	3%	1%	1%	1%	2%
									d				a
5th most likely	21	9	9	5	4	1	11	9	-	19	2	16	4
	1%	3%	1%	2%	1%	1%	1%	1%	-	1%	*	1%	1%
		b											
NET: In the top 3	63	26	30	15	11	9	29	30	3	48	15	50	11
	3%	7%	2%	6%	3%	9%	2%	5%	5%	3%	3%	3%	4%
		b		bd		bde		d					
NET: In the top 5	101	42	48	24	19	10	51	45	5	81	20	78	21
	5%	11%	4%	10%	5%	10%	4%	7%	9%	5%	4%	4%	7%
		b		bd		bd		d	d				
NET: Not in top 3	2062	338	1303	226	381	88	1381	624	57	1613	450	1738	301
	97%	93%	98%	94%	97%	91%	98%	95%	95%	97%	97%	97%	96%
			a		ac		ace	c					
Not ranked	2024	322	1284	217	373	87	1359	608	55	1579	445	1710	291
	95%	89%	96%	90%	95%	90%	96%	93%	91%	95%	96%	96%	93%
			a		ac		acef						

Savanta:
ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.7. Ukactive: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	27	1	7	6	4	4	1	2	3	14	6	10	10	7	6	7	10	4
	1%	*	3%	2%	1%	2%	*	2%	1%	2%	1%	2%	1%	2%	1%	1%	1%	1%
			afj	a		a		a		a								
2nd most likely	18	-	1	5	6	2	1	1	2	13	4	4	10	4	4	2	8	3
	1%	-	*	1%	2%	1%	*	1%	1%	1%	1%	1%	1%	1%	1%	*	1%	1%
				a	a	a		a		a								
3rd most likely	18	1	2	2	4	4	4	-	1	10	5	11	5	2	5	7	3	2
	1%	*	1%	1%	1%	2%	2%	-	*	1%	1%	2%	1%	*	1%	1%	*	1%
						a						bc						
4th most likely	17	5	2	1	2	4	1	1	2	7	3	8	6	3	5	1	8	3
	1%	1%	1%	*	1%	2%	*	1%	1%	1%	1%	1%	1%	1%	1%	*	1%	1%
															b		b	
5th most likely	21	-	1	2	4	2	4	1	6	9	11	7	6	8	5	7	4	4
	1%	-	*	1%	1%	1%	2%	1%	2%	1%	2%	1%	1%	2%	1%	1%	1%	1%
				a	a	a	a	a	a	a	a			b				
NET: In the top 3	63	2	9	13	14	10	5	3	6	37	14	25	24	13	15	16	21	9
	3%	1%	4%	4%	4%	5%	2%	3%	2%	4%	2%	4%	2%	3%	4%	3%	3%	3%
			a	a	a	a	a	a	a	a	a	b						
NET: In the top 5	101	7	12	17	20	16	10	5	14	53	28	40	36	24	25	24	34	16
	5%	2%	5%	5%	5%	8%	4%	6%	5%	6%	5%	7%	3%	6%	6%	4%	4%	5%
			a	a	a	a	a	a	a	a	a	b						
NET: Not in top 3	2062	428	222	308	356	186	223	78	262	850	563	580	1011	426	399	565	761	284
	97%	99%	96%	96%	96%	95%	98%	97%	98%	96%	98%	96%	98%	97%	96%	97%	97%	97%
		bcdefghij											a					
Not ranked	2024	423	219	304	350	180	218	76	254	834	548	565	999	415	388	557	749	278
	95%	98%	95%	95%	95%	92%	96%	94%	95%	94%	95%	93%	97%	94%	94%	96%	96%	95%
		bcdefghij											a					

Savanta: ComRes

Q11D.8. The BBC: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125 100%	1035 100%	1077 100%	642 100%	699 100%	785 100%	102 100%	276 100%	208 100%	223 100%	183 100%	235 100%	334 100%	348 100%	216 100%
1st most likely	207 10%	110 11%	91 8%	67 11%	73 10%	66 8%	6 6%	23 8%	17 8%	25 11%	13 7%	26 11%	39 12%	39 11%	20 9%
2nd most likely	135 6%	64 6%	70 7%	44 7%	48 7%	43 5%	6 5%	22 8%	10 5%	9 4%	12 7%	17 7%	18 5%	26 7%	16 7%
3rd most likely	100 5%	51 5%	49 5%	42 6% c	35 5%	24 3%	5 5%	13 5%	8 4%	14 6% e	4 2%	14 6%	15 4%	17 5%	9 4%
4th most likely	70 3%	37 4%	34 3%	29 5% b	18 3%	23 3%	3 3%	6 2%	7 3%	9 4% i	8 4% i	8 3%	11 3%	16 5% i	2 1%
5th most likely	51 2%	28 3%	23 2%	16 2%	18 3%	17 2%	4 4% h	7 3%	4 2%	6 3%	4 2%	3 1%	10 3%	3 1%	9 4% h
NET: In the top 3	442 21%	225 22%	210 19%	153 24% c	156 22% c	133 17%	17 17%	58 21%	35 17%	48 22%	29 16%	56 24% e	71 21%	82 24% e	45 21%
NET: In the top 5	563 26%	290 28%	266 25%	198 31% c	193 28% c	172 22%	24 23%	72 26%	47 22%	64 29%	41 22%	67 28%	92 28%	101 29%	56 26%
NET: Not in top 3	1683 79%	810 78%	867 81%	488 76%	543 78%	652 83% ab	85 83%	217 79%	173 83%	175 78%	154 84% fh	179 76%	262 79%	266 76%	172 79%
Not ranked	1562 74%	745 72%	811 75%	443 69%	506 72%	612 78% ab	78 77%	204 74%	161 78%	159 71%	142 78%	168 72%	241 72%	247 71%	161 74%

Savanta: ComRes

Q11D.8. The BBC: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	207	17	51	46	26	24	43	114	93	157	5	20	15	4	1	45
	10%	10%	11%	9%	9%	11%	9%	10%	9%	9%	9%	16% a	16% a	20%	9%	15% a
2nd most likely	135	13	33	37	13	11	28	83	52	113	9	7	4	2	-	22
	6%	8%	7%	7%	5%	5%	6%	7%	5%	6%	14% acd	6%	4%	11%	-	7%
3rd most likely	100	9	26	20	17	13	14	55	44	81	3	11	2	-	-	16
	5%	5%	6%	4%	6%	6%	3% f	5%	5%	5%	6%	9% ad	2%	-	-	5%
4th most likely	70	2	24	18	8	6	12	43	27	55	-	8	5	2	1	16
	3%	1%	5% afh	3%	3%	3%	3%	4%	3%	3%	-	6% ab	6%	9%	8%	5%
5th most likely	51	7	14	14	4	4	8	34	16	40	3	3	3	1	-	11
	2%	4% h	3%	3%	1%	2%	2%	3%	2%	2%	5%	2%	3%	7%	-	3%
NET: In the top 3	442	40	110	103	56	48	85	253	189	350	17	38	21	6	1	83
	21%	23%	24% f	20%	20%	22%	18%	22%	19%	20%	28%	30% a	23%	31%	9%	27% a
NET: In the top 5	563	49	148	135	69	59	105	331	232	444	20	49	30	9	2	110
	26%	28%	32% dfh	26%	25%	26%	22%	29% fh	24%	25%	34%	39% a	32%	46%	17%	36% a
NET: Not in top 3	1683	132	357	405	218	175	396	894	789	1431	43	87	73	14	9	225
	79%	77%	76%	80%	80%	78%	82% b	78%	81%	80% cg	72%	70%	77%	69%	91%	73%
Not ranked	1562	123	320	373	206	164	377	816	746	1336	40	76	64	11	8	199
	74%	72%	68% b	74%	75%	74%	78% bg	71%	76% bg	75% cg	66%	61%	68%	54%	83%	64%

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.8. The BBC: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	207	127	34	33	67	18	11	73	22	3	5	12	11	18	34	29
	10%	10%	9%	10%	9%	10%	9%	11%	11%	5%	7%	12%	10%	10%	8%	9%
2nd most likely	135	78	27	29	56	12	8	44	8	5	3	9	12	9	25	20
	6%	6%	7%	9%	8%	7%	6%	7%	4%	8%	4%	9%	11% dj	5%	6%	7%
3rd most likely	100	57	24	19	42	8	5	39	9	4	2	3	10	8	11	13
	5%	4%	7%	5%	6%	4%	4%	6% j	5%	6%	2%	3%	10% fgjk	4%	3%	4%
4th most likely	70	42	13	13	26	4	6	28	4	2	2	1	3	6	14	10
	3%	3%	3%	4%	4%	2%	4%	4%	2%	4%	2%	1%	3%	3%	3%	3%
5th most likely	51	22	16	12	28	9	2	21	5	2	1	2	-	2	6	11
	2%	2%	4% a	4% a	4% a	5% hij	2%	3%	2%	4% h	1%	2%	-	1%	1%	4% hj
NET: In the top 3	442	262	84	81	165	38	24	156	39	12	10	25	33	35	71	62
	21%	20%	23%	24%	23%	21%	19%	24% j	20%	20%	14%	25% j	32% abdfijk	19%	16%	20%
NET: In the top 5	563	327	113	106	219	52	31	205	48	16	13	27	36	43	92	83
	26%	25%	31% a	31% a	31% a	28% j	25%	31% fj	25%	28%	18%	27%	35% fj	24%	20%	27% j
NET: Not in top 3	1683	1065	281	259	540	143	101	506	153	48	62	76	72	144	378	245
	79%	80% h	77%	76%	77%	79% h	81% h	76%	80% h	80%	86% h	75%	68%	81% h	84% cgh	80% h
Not ranked	1562	1001	252	234	486	130	93	457	144	43	60	73	69	136	357	223
	74%	75% bcd	69%	69%	69%	72%	75%	69%	75%	72%	82% ch	73%	65%	76%	80% achk	73%

Savanta: ComRes

Q11D.8. The BBC: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	207	55	37	12	4	50	60	68	23	12	5	35	73	33	117	47	9	174
	10%	11%	10%	8%	8%	10%	11%	11%	10%	7%	11%	9%	11%	9%	10%	9%	10%	10%
2nd most likely	135	27	23	16	1	39	28	41	15	9	2	24	43	22	62	46	6	113
	6%	5%	6%	10% af	2%	8%	5%	7%	7%	5%	4%	6%	7%	6%	6%	9% b	6%	6%
3rd most likely	100	24	20	8	3	28	27	34	14	6	1	21	35	12	43	38	7	87
	5%	5%	6%	5%	5%	5%	5%	6%	6%	3%	3%	5%	5%	3%	4%	7% ab	7%	5%
4th most likely	70	14	20	5	1	26	15	26	8	6	1	15	26	14	35	17	5	57
	3%	3%	6% af	3%	3%	5%	3%	4%	4%	3%	2%	4%	4%	4%	3%	3%	6%	3%
5th most likely	51	10	13	5	1	18	11	17	6	5	2	11	19	5	28	15	1	45
	2%	2%	4%	3%	2%	3%	2%	3%	3%	3%	6%	3%	3%	1%	3%	3%	1%	3%
NET: In the top 3	442	107	81	36	8	117	115	142	53	27	8	80	150	68	222	131	22	374
	21%	21%	23%	23%	16%	23%	21%	23% c	23%	15%	18%	19%	23% c	18%	20%	24% ab	23%	21%
NET: In the top 5	563	130	114	46	10	160	140	184	68	38	11	106	196	87	285	163	28	476
	26%	26%	32% f	29%	21%	31%	26%	30% c	29%	21%	26%	26%	30% c	23%	26%	31% ab	30%	27%
NET: Not in top 3	1683	390	279	123	41	402	431	463	181	151	35	332	499	313	894	403	73	1370
	79%	79%	77%	77%	84%	77%	79%	77%	77%	85% af	82%	81%	77%	82% c	80% c	76%	77%	79%
Not ranked	1562	366	246	112	39	358	405	421	166	140	32	306	453	294	831	371	66	1268
	74%	74%	68%	71%	79%	69%	74% b	70%	71%	79% af	74%	74%	70%	77% c	74% c	69%	70%	73%

Savanta:
ComRes

Q11D.8. The BBC: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
1st most likely	207 10%	33 9%	137 10%	23 10%	31 8%	12 12%	140 10%	58 9%	7 11%	158 10%	49 10%	161 9%	43 14% a
2nd most likely	135 6%	21 6%	90 7%	21 9%	20 5%	7 7%	86 6%	46 7%	2 3%	109 7%	26 6%	120 7%	16 5%
3rd most likely	100 5%	17 5%	68 5%	15 6%	22 6%	4 4%	63 4%	36 6%	3 6%	84 5%	16 3%	88 5%	9 3%
4th most likely	70 3%	19 5% b	37 3%	13 5% be	7 2%	2 2%	51 4%	17 3%	4 6% b	60 4%	11 2%	59 3%	11 3%
5th most likely	51 2%	10 3%	35 3%	7 3%	9 2%	4 4%	32 2%	19 3%	1 2%	41 2%	9 2%	44 2%	7 2%
NET: In the top 3	442 21%	70 19%	295 22%	60 25%	74 19%	23 24%	289 21%	141 22%	12 20%	351 21%	91 20%	368 21%	67 22%
NET: In the top 5	563 26%	99 27%	367 28%	80 33% bd	90 23%	29 29%	372 26%	177 27%	16 27%	452 27%	111 24%	471 26%	85 27%
NET: Not in top 3	1683 79%	293 81%	1037 78%	181 75%	318 81%	74 76%	1121 79%	513 78%	48 80%	1309 79%	374 80%	1420 79%	245 78%
Not ranked	1562 74%	264 73%	965 72%	162 67%	302 77% a	69 71%	1038 74%	476 73% a	43 73%	1208 73%	354 76%	1317 74%	227 73%

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Q11D.8. The BBC: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	207	31	26	39	35	20	25	6	27	93	57	56	99	46	43	69	64	25
	10%	7%	11%	12%	9%	10%	11%	7%	10%	11%	10%	9%	10%	11%	10%	12%	8%	8%
				a												c		
2nd most likely	135	19	16	21	25	12	19	4	19	58	42	42	63	29	17	37	64	14
	6%	4%	7%	7%	7%	6%	8%	5%	7%	7%	7%	7%	6%	7%	4%	6%	8%	5%
							a										a	
3rd most likely	100	13	11	16	28	6	6	5	15	50	26	29	48	21	16	25	47	11
	5%	3%	5%	5%	8%	3%	3%	6%	5%	6%	4%	5%	5%	5%	4%	4%	6%	4%
					aefj					a								
4th most likely	70	10	3	8	14	12	11	5	8	33	25	27	28	16	13	17	27	12
	3%	2%	1%	2%	4%	6%	5%	6%	3%	4%	4%	4%	3%	4%	3%	3%	3%	4%
					abc	abc	b	b			b							
5th most likely	51	7	5	7	5	4	13	1	9	16	23	20	21	8	6	7	28	9
	2%	2%	2%	2%	1%	2%	6%	1%	3%	2%	4%	3%	2%	2%	2%	1%	4%	3%
							acdei				adi						ab	
NET: In the top 3	442	63	53	76	87	38	49	15	61	201	125	128	209	96	76	131	175	49
	21%	15%	23%	24%	24%	19%	22%	19%	23%	23%	22%	21%	20%	22%	18%	22%	22%	17%
			a	a	a		a		a	a	a							
NET: In the top 5	563	80	61	91	106	53	74	21	78	250	173	175	259	120	95	155	230	71
	26%	18%	26%	28%	29%	27%	32%	26%	29%	28%	30%	29%	25%	27%	23%	27%	29%	24%
			a	a	a	a	a		a	a	a						a	
NET: Not in top 3	1683	368	178	245	282	158	179	66	207	685	452	477	826	342	338	450	608	244
	79%	85%	77%	76%	76%	81%	78%	81%	77%	77%	78%	79%	80%	78%	82%	78%	78%	83%
		bcdfhij																
Not ranked	1562	351	170	230	264	143	155	60	190	637	404	430	777	319	319	426	553	223
	74%	82%	74%	72%	71%	73%	68%	74%	71%	72%	70%	71%	75%	73%	77%	73%	71%	76%
		bcdefhij													c			

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Q11D.9. Sky: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	52	35	16	26	22	5	2	9	6	9	4	1	12	5	5
	2%	3%	1%	4%	3%	1%	2%	3%	3%	4%	2%	*	4%	2%	2%
		b		c	c			f		f			f		
2nd most likely	51	28	23	24	23	4	2	5	1	9	8	6	9	8	3
	2%	3%	2%	4%	3%	1%	2%	2%	*	4%	4%	3%	3%	2%	1%
				c	c					c	ci				
3rd most likely	32	17	16	16	11	6	1	1	2	5	3	3	9	2	7
	2%	2%	1%	2%	2%	1%	1%	*	1%	2%	2%	1%	3%	1%	3%
				c									bh		bh
4th most likely	37	22	15	22	12	4	2	6	3	1	2	3	12	8	1
	2%	2%	1%	3%	2%	1%	2%	2%	1%	*	1%	1%	4%	2%	*
				bc	c								di		
5th most likely	28	15	12	14	6	8	1	5	7	2	2	3	6	1	2
	1%	1%	1%	2%	1%	1%	1%	2%	3%	1%	1%	1%	2%	*	1%
				b					h						
NET: In the top 3	136	80	55	66	56	15	5	15	9	23	15	10	29	16	15
	6%	8%	5%	10%	8%	2%	5%	5%	4%	10%	8%	4%	9%	5%	7%
		b		c	c					bcfh			cfh		
NET: In the top 5	201	118	82	101	73	27	8	26	18	26	18	16	47	25	18
	9%	11%	8%	16%	10%	3%	7%	10%	9%	12%	10%	7%	14%	7%	8%
		b		bc	c								fhi		
NET: Not in top 3	1989	955	1022	576	643	770	97	261	199	200	168	226	304	332	201
	94%	92%	95%	90%	92%	98%	95%	95%	96%	90%	92%	96%	91%	95%	93%
			a			ab		d	dg			dg		dg	
Not ranked	1924	917	995	540	626	758	95	249	190	197	164	219	287	323	199
	91%	89%	92%	84%	90%	97%	93%	90%	91%	88%	90%	93%	86%	93%	92%
			a		a	ab						g		g	g

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.9. Sky: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	52	5	11	9	11	7	10	25	27	35	5	6	5	-	-	16
	2%	3%	2%	2%	4%	3%	2%	2%	3%	2%	8%	5%	5%	-	-	5%
											a	a	a			a
2nd most likely	51	11	13	9	4	10	4	33	18	39	1	7	4	-	-	12
	2%	6%	3%	2%	2%	4%	1%	3%	2%	2%	2%	5%	4%	-	-	4%
		bcdfgh	f			cdfh		f				a				
3rd most likely	32	4	3	13	3	2	7	20	13	19	3	5	5	-	-	13
	2%	2%	1%	3%	1%	1%	1%	2%	1%	1%	5%	4%	6%	-	-	4%
				b							a	a	a			a
4th most likely	37	10	8	7	6	5	1	25	12	23	3	5	5	1	-	14
	2%	6%	2%	1%	2%	2%	*	2%	1%	1%	5%	4%	5%	5%	-	5%
		bcdfgh	f		f	f		f			a	a	a			a
5th most likely	28	5	8	6	3	1	7	18	10	20	3	2	2	-	1	8
	1%	3%	2%	1%	1%	*	1%	2%	1%	1%	5%	2%	2%	-	8%	3%
		e									a					a
NET: In the top 3	136	19	28	31	19	19	21	78	58	93	9	18	14	-	-	41
	6%	11%	6%	6%	7%	8%	4%	7%	6%	5%	15%	14%	15%	-	-	13%
		bcfgh				f					a	a	a			a
NET: In the top 5	201	34	43	44	27	24	29	121	80	136	15	25	21	1	1	62
	9%	20%	9%	9%	10%	11%	6%	11%	8%	8%	25%	20%	22%	5%	8%	20%
		bcdefgh				f		f			a	a	a			a
NET: Not in top 3	1989	152	439	477	256	204	460	1069	920	1687	51	107	80	20	10	268
	94%	89%	94%	94%	93%	92%	96%	93%	94%	95%	85%	86%	85%	100%	100%	87%
			a	a			ae	a	a	bcdg						
Not ranked	1924	138	424	464	248	198	452	1026	898	1644	45	99	73	19	9	246
	91%	80%	91%	91%	90%	89%	94%	89%	92%	92%	75%	80%	78%	95%	92%	80%
			a	a	a	a	aeg	a	a	bcdg						

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.9. Sky: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	52	21	13	13	26	4	3	24	7	1	2	3	2	3	3	8
	2%	2%	4%	4%	4%	2%	2%	4%	4%	2%	3%	3%	2%	2%	1%	2%
			a	a	a			j	j							
2nd most likely	51	23	18	7	24	3	5	23	6	1	3	4	2	2	3	8
	2%	2%	5%	2%	3%	2%	4%	4%	3%	1%	4%	4%	2%	1%	1%	3%
			ac		a		j	j	j		j	j				
3rd most likely	32	16	9	4	13	5	-	9	2	4	-	-	3	5	4	5
	2%	1%	2%	1%	2%	2%	-	1%	1%	7%	-	-	3%	3%	1%	1%
										bcdfgjk			b			
4th most likely	37	17	7	12	19	5	2	16	3	1	1	1	5	1	3	6
	2%	1%	2%	4%	3%	3%	1%	2%	1%	1%	1%	1%	5%	1%	1%	2%
				a	a			j					ij			
5th most likely	28	17	4	6	10	1	1	10	2	-	-	-	2	4	7	2
	1%	1%	1%	2%	1%	1%	1%	2%	1%	-	-	-	2%	2%	2%	1%
NET: In the top 3	136	60	40	24	63	12	8	56	16	6	5	7	7	10	10	20
	6%	5%	11%	7%	9%	7%	6%	9%	8%	10%	7%	7%	6%	5%	2%	6%
			a		a	j	j	j	j	j	j	j	j			j
NET: In the top 5	201	94	51	42	93	18	10	83	21	7	6	7	14	15	21	28
	9%	7%	14%	12%	13%	10%	8%	12%	11%	11%	8%	7%	13%	8%	5%	9%
			a	a	a	j		j	j	j			j			j
NET: Not in top 3	1989	1267	325	317	642	170	117	606	176	54	68	94	98	169	438	287
	94%	95%	89%	93%	91%	93%	94%	91%	92%	90%	93%	93%	94%	95%	98%	94%
		bd													abcdefghk	
Not ranked	1924	1233	314	299	612	164	115	580	171	53	67	93	91	164	428	278
	91%	93%	86%	88%	87%	90%	92%	88%	89%	89%	92%	93%	87%	92%	95%	91%
		bcd													acdehk	

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.9. Sky: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	52	16	8	7	3	15	19	18	10	4	2	15	20	8	23	18	3	45
	2%	3%	2%	4%	7%	3%	4%	3%	4%	2%	4%	4%	3%	2%	2%	3%	3%	3%
2nd most likely	51	13	13	7	4	21	16	13	14	6	3	20	16	7	28	13	3	44
	2%	3%	4%	5%	8%	4%	3%	2%	6%	3%	7%	5%	3%	2%	3%	2%	3%	3%
					a				af			af						
3rd most likely	32	6	6	3	1	9	6	6	4	1	3	5	10	6	15	11	1	27
	2%	1%	2%	2%	1%	2%	1%	1%	2%	*	8%	1%	1%	1%	1%	2%	1%	2%
											abcef							
4th most likely	37	13	5	3	2	8	14	12	6	3	-	10	12	3	17	14	4	34
	2%	3%	1%	2%	4%	1%	3%	2%	3%	2%	-	2%	2%	1%	1%	3%	4%	2%
																	a	
5th most likely	28	6	6	-	-	6	6	7	2	1	1	3	9	8	13	8	-	20
	1%	1%	2%	-	-	1%	1%	1%	1%	1%	3%	1%	1%	2%	1%	1%	-	1%
NET: In the top 3	136	34	28	17	8	45	42	38	29	11	8	40	46	20	66	42	8	116
	6%	7%	8%	11%	16%	9%	8%	6%	12%	6%	18%	10%	7%	5%	6%	8%	8%	7%
					abf				acf		acf	a						
NET: In the top 5	201	52	39	19	10	59	62	58	37	15	9	53	67	31	95	63	11	170
	9%	11%	11%	12%	20%	11%	11%	10%	16%	9%	21%	13%	10%	8%	9%	12%	12%	10%
					a				acf		acf					b		
NET: Not in top 3	1989	463	333	141	41	474	504	568	205	167	35	372	603	361	1050	491	87	1628
	94%	93%	92%	89%	84%	91%	92%	94%	88%	94%	82%	90%	93%	95%	94%	92%	92%	93%
		d	d				d	bde		bd			bd					
Not ranked	1924	444	322	139	39	460	483	548	196	163	34	359	582	350	1021	470	83	1574
	91%	89%	89%	88%	80%	89%	89%	90%	84%	91%	79%	87%	90%	92%	91%	88%	88%	90%
		d						bd					bd		c			

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.9. Sky: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
1st most likely	52 2%	21 6% b	22 2%	10 4% d	9 2%	8 8% bd	26 2%	25 4% d	2 3%	45 3%	7 2%	43 2%	7 2%
2nd most likely	51 2%	19 5% b	25 2%	8 3%	8 2%	7 7% bde	30 2%	20 3%	1 2%	38 2%	14 3%	45 2%	7 2%
3rd most likely	32 2%	11 3% b	15 1%	7 3% d	4 1%	2 2%	17 1%	13 2%	- -	24 1%	9 2%	25 1%	7 2%
4th most likely	37 2%	9 2%	25 2%	7 3%	4 1%	6 6% bde	23 2%	14 2%	- -	29 2%	8 2%	33 2%	2 1%
5th most likely	28 1%	8 2%	13 1%	7 3% d	4 1%	3 4% d	14 1%	13 2%	1 1%	25 1%	3 1%	25 1%	3 1%
NET: In the top 3	136 6%	52 14% b	62 5%	26 11% bd	21 5%	16 17% bdef	73 5%	58 9% bd	3 5%	107 6%	29 6%	113 6%	21 7%
NET: In the top 5	201 9%	68 19% b	99 7%	39 16% bdf	29 7%	25 26% abdef	110 8%	85 13% bd	4 6%	161 10%	41 9%	171 10%	26 8%
NET: Not in top 3	1989 94%	312 86%	1271 95% a	215 89%	371 95% ace	81 83%	1337 95% ace	596 91% c	57 95% c	1554 94%	435 94%	1676 94%	291 93%
Not ranked	1924 91%	296 81%	1233 93% a	202 84% c	363 93% ace	72 74%	1300 92% ace	568 87% c	56 94% ac	1500 90%	424 91%	1617 90%	286 92%

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Q11D.9. Sky: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	\ Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	52	3	7	6	11	4	14	1	7	21	21	27	18	7	11	12	14	14
	2%	1%	3%	2%	3%	2%	6%	1%	3%	2%	4%	5%	2%	2%	3%	2%	2%	5%
			a		a		acei			a	a	a	bc						bc
2nd most likely	51	10	6	9	8	7	5	1	5	25	11	20	22	8	12	14	19	5
	2%	2%	2%	3%	2%	4%	2%	1%	2%	3%	2%	3%	2%	2%	3%	2%	2%	2%
3rd most likely	32	2	7	4	7	6	4	-	3	16	7	14	11	7	4	8	11	9
	2%	*	3%	1%	2%	3%	2%	-	1%	2%	1%	2%	1%	2%	1%	1%	1%	3%
			a			a				a		b						a
4th most likely	37	2	3	3	7	4	7	3	7	14	18	18	10	9	3	12	14	6
	2%	*	1%	1%	2%	2%	3%	4%	3%	2%	3%	3%	1%	2%	1%	2%	2%	2%
							a	a	a		ac	b						
5th most likely	28	1	5	5	8	4	2	2	2	16	6	10	13	4	7	5	13	3
	1%	*	2%	1%	2%	2%	1%	3%	1%	2%	1%	2%	1%	1%	2%	1%	2%	1%
			a	a	a	a		a		a								
NET: In the top 3	136	14	20	19	26	17	23	2	15	62	40	62	50	23	28	34	44	28
	6%	3%	8%	6%	7%	9%	10%	2%	6%	7%	7%	10%	5%	5%	7%	6%	6%	9%
			ag		a	ag	ag			a	a	bc						c
NET: In the top 5	201	17	27	27	41	25	32	7	24	93	64	90	73	36	38	52	71	37
	9%	4%	12%	8%	11%	13%	14%	8%	9%	10%	11%	15%	7%	8%	9%	9%	9%	13%
			a	a	a	a	ac		a	a	a	bc						
NET: Not in top 3	1989	416	211	302	344	179	205	79	253	824	537	543	985	416	386	547	738	266
	94%	97%	92%	94%	93%	91%	90%	98%	94%	93%	93%	90%	95%	95%	93%	94%	94%	91%
		bdefij						bef					a	a				d
Not ranked	1924	413	204	294	328	171	196	74	244	794	513	515	962	403	376	529	712	256
	91%	96%	88%	92%	89%	87%	86%	92%	91%	90%	89%	85%	93%	92%	91%	91%	91%	87%
		bcdefhij		f									a	a				

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.10. Health and Wellbeing Charities: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	54	18	36	21	22	12	2	3	3	4	3	10	11	9	9
	3%	2%	3%	3%	3%	2%	2%	1%	2%	2%	2%	4%	3%	3%	4%
			a	c	c							b	b		b
2nd most likely	70	27	42	21	28	21	4	11	6	13	1	9	13	8	5
	3%	3%	4%	3%	4%	3%	3%	4%	3%	6%	*	4%	4%	2%	2%
							e	e		ehi		e	e		
3rd most likely	85	40	45	27	31	27	3	7	12	11	4	6	19	11	11
	4%	4%	4%	4%	4%	3%	3%	3%	6%	5%	2%	3%	6%	3%	5%
4th most likely	70	34	36	25	26	19	4	13	9	4	4	10	17	3	6
	3%	3%	3%	4%	4%	2%	4%	5%	4%	2%	2%	4%	5%	1%	3%
							h	h	h				h		
5th most likely	62	26	36	29	18	15	3	4	4	7	5	8	17	11	3
	3%	2%	3%	5%	3%	2%	3%	2%	2%	3%	3%	3%	5%	3%	1%
				bc									bi		
NET: In the top 3	209	84	123	69	80	60	8	21	21	29	8	25	43	28	25
	10%	8%	11%	11%	11%	8%	8%	8%	10%	13%	5%	11%	13%	8%	11%
			a		c				e	be		e	beh		e
NET: In the top 5	341	143	195	122	125	94	15	38	34	40	18	43	77	42	34
	16%	14%	18%	19%	18%	12%	15%	14%	16%	18%	10%	18%	23%	12%	16%
			a	c	c					eh		e	behi		
NET: Not in top 3	1916	951	954	573	619	724	94	255	187	194	174	210	290	320	192
	90%	92%	89%	89%	89%	92%	92%	92%	90%	87%	95%	89%	87%	92%	89%
		b				b		dg			cdfgi			g	
Not ranked	1784	891	882	520	574	691	87	238	174	182	165	193	256	306	183
	84%	86%	82%	81%	82%	88%	85%	86%	84%	82%	90%	82%	77%	88%	84%
		b				ab		g			dfg			dg	g

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BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	54	9	11	14	5	7	9	34	21	42	3	5	4	-	-	12
	3%	5% bdfh	2%	3%	2%	3%	2%	3%	2%	2%	5%	4%	4%	-	-	4%
2nd most likely	70	8	13	17	12	10	12	37	33	59	1	3	6	-	1	10
	3%	5%	3%	3%	4%	4%	2%	3%	3%	3%	1%	2%	6%	-	7%	3%
3rd most likely	85	7	21	20	16	5	15	49	36	63	4	8	4	4	1	21
	4%	4%	5%	4%	6% e	2%	3%	4%	4%	4%	7%	6%	4%	19%	8%	7% a
4th most likely	70	6	16	12	10	14	12	34	36	57	1	4	4	1	1	12
	3%	4%	3%	2%	4%	6% cfg	2%	3%	4%	3%	1%	3%	5%	6%	11%	4%
5th most likely	62	7	16	16	8	7	9	38	24	48	1	8	5	-	-	14
	3%	4%	3%	3%	3%	3%	2%	3%	2%	3%	1%	6% a	6% a	-	-	4%
NET: In the top 3	209	25	45	51	32	21	36	120	89	164	8	16	13	4	1	43
	10%	14% fh	10%	10%	12%	10%	7%	10%	9%	9%	14%	13%	14%	19%	14%	14% a
NET: In the top 5	341	37	76	79	50	42	57	192	149	269	10	28	23	5	3	68
	16%	22% fh	16%	15%	18% f	19% f	12%	17% f	15%	15%	16%	22% a	24% a	26%	26%	22% a
NET: Not in top 3	1916	147	422	457	243	201	445	1026	889	1617	51	109	81	16	8	266
	90%	86%	90%	90%	88%	90%	93% a	90%	91% a	91% g	86%	87%	86%	81%	86%	86%
Not ranked	1784	134	391	429	225	181	424	954	830	1511	50	97	71	15	7	240
	84%	78%	84%	85%	82%	81%	88% adeg	83%	85% a	85% cdg	84%	78%	76%	74%	74%	78%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.10. Health and Wellbeing Charities: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	54	23	17	13	31	4	5	22	5	2	1	2	1	5	8	9
	3%	2%	5%	4%	4%	2%	4%	3%	3%	3%	1%	2%	1%	3%	2%	3%
			a	a	a											
2nd most likely	70	46	15	7	23	9	3	22	8	1	3	4	3	6	12	12
	3%	3%	4%	2%	3%	5%	3%	3%	4%	1%	4%	3%	3%	3%	3%	4%
3rd most likely	85	50	13	17	31	9	5	27	12	2	4	2	2	6	15	14
	4%	4%	4%	5%	4%	5%	4%	4%	6%	4%	5%	2%	2%	3%	3%	5%
4th most likely	70	35	23	10	33	3	2	28	4	2	2	3	7	10	8	6
	3%	3%	6%	3%	5%	2%	2%	4%	2%	3%	3%	3%	7%	6%	2%	2%
			ac		a			j					abdjk	jk		
5th most likely	62	38	7	14	21	6	3	25	7	3	2	3	4	2	7	9
	3%	3%	2%	4%	3%	3%	2%	4%	4%	4%	3%	3%	4%	1%	2%	3%
								j								
NET: In the top 3	209	119	46	38	84	22	13	71	25	5	7	8	6	17	35	35
	10%	9%	13%	11%	12%	12%	11%	11%	13%	8%	10%	8%	6%	10%	8%	11%
			a		a				j							
NET: In the top 5	341	192	76	62	138	32	18	124	36	9	11	14	18	29	50	50
	16%	14%	21%	18%	20%	17%	14%	19%	19%	16%	16%	13%	17%	16%	11%	16%
			a		a	j		j	j							j
NET: Not in top 3	1916	1209	319	302	621	160	112	591	167	55	65	93	98	162	414	271
	90%	91%	87%	89%	88%	88%	89%	89%	87%	92%	90%	92%	94%	90%	92%	89%
		bd													d	
Not ranked	1784	1136	288	279	567	150	107	538	155	50	61	87	87	149	399	257
	84%	86%	79%	82%	80%	83%	86%	81%	81%	84%	84%	87%	83%	84%	89%	84%
		bd													acdk	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

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BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	54	13	11	8	2	19	15	13	8	11	1	19	14	9	29	11	5	46
	3%	3%	3%	5%	4%	4%	3%	2%	3%	6%	2%	5%	2%	2%	3%	2%	6%	3%
										af		af						c
2nd most likely	70	17	11	8	-	19	17	19	9	7	-	17	19	10	42	14	4	60
	3%	3%	3%	5%	-	4%	3%	3%	4%	4%	-	4%	3%	3%	4%	3%	4%	3%
3rd most likely	85	21	17	8	3	25	24	24	14	9	2	23	25	16	45	20	4	68
	4%	4%	5%	5%	6%	5%	4%	4%	6%	5%	4%	6%	4%	4%	4%	4%	4%	4%
4th most likely	70	24	8	3	2	11	26	23	6	5	3	11	26	9	35	24	1	60
	3%	5%	2%	2%	4%	2%	5%	4%	3%	3%	8%	3%	4%	2%	3%	4%	1%	3%
		e					e											
5th most likely	62	17	15	3	2	18	19	23	7	6	2	13	25	6	30	20	6	55
	3%	3%	4%	2%	5%	4%	4%	4%	3%	4%	4%	3%	4%	2%	3%	4%	7%	3%
																	ab	
NET: In the top 3	209	51	39	24	5	64	56	56	32	27	3	59	58	35	116	45	13	174
	10%	10%	11%	15%	9%	12%	10%	9%	13%	15%	6%	14%	9%	9%	10%	8%	13%	10%
										f	af	af						
NET: In the top 5	341	92	63	30	9	93	101	101	44	39	8	83	109	51	181	89	20	290
	16%	19%	18%	19%	18%	18%	19%	17%	19%	22%	18%	20%	17%	13%	16%	17%	21%	17%
NET: Not in top 3	1916	445	321	134	44	455	490	550	202	151	41	353	590	346	1000	488	82	1570
	90%	90%	89%	85%	91%	88%	90%	91%	87%	85%	94%	86%	91%	91%	90%	92%	87%	90%
								ce					bce					
Not ranked	1784	404	298	128	40	425	444	504	189	140	35	329	539	331	935	444	74	1454
	84%	81%	82%	81%	82%	82%	81%	83%	81%	78%	82%	80%	83%	87%	84%	83%	79%	83%

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Q11D.10. Health and Wellbeing Charities: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
1st most likely	54 3%	17 5% b	28 2%	3 1%	9 2%	6 7% abdef	37 3%	16 2%	- -	47 3%	8 2%	42 2%	13 4%
2nd most likely	70 3%	17 5%	42 3%	11 4%	13 3%	3 3%	46 3%	24 4%	1 2%	52 3%	18 4%	59 3%	11 4%
3rd most likely	85 4%	13 4%	55 4%	13 5%	15 4%	4 4%	54 4%	27 4%	5 8%	71 4%	14 3%	75 4%	9 3%
4th most likely	70 3%	15 4%	43 3%	18 7% bde	8 2%	2 2%	42 3%	24 4%	4 6%	58 3%	12 3%	58 3%	11 4%
5th most likely	62 3%	16 4%	39 3%	6 2%	12 3%	5 5%	41 3%	20 3%	2 3%	55 3% b	7 1%	52 3%	9 3%
NET: In the top 3	209 10%	47 13% b	125 9%	27 11%	37 9%	13 13%	137 10%	67 10%	6 10%	170 10%	39 8%	175 10%	33 11%
NET: In the top 5	341 16%	78 22% b	206 15%	51 21% bd	57 14%	20 21%	221 16%	110 17%	12 19%	283 17% b	58 12%	286 16%	54 17%
NET: Not in top 3	1916 90%	317 87%	1208 91% a	214 89%	355 91%	84 87%	1273 90%	587 90%	54 90%	1490 90%	425 92%	1613 90%	279 89%
Not ranked	1784 84%	286 78%	1126 85% a	190 79%	335 86%	77 79%	1189 84% a	543 83%	48 81%	1377 83%	407 88% a	1503 84%	258 83%

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Q11D.10. Health and Wellbeing Charities: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125 100%	431 100%	231 100%	321 100%	370 100%	196 100%	228 100%	81 100%	268 100%	887 100%	577 100%	605 100%	1036 100%	439 100%	414 100%	581 100%	782 100%	293 100%
1st most likely	54 3%	6 1%	7 3%	10 3%	8 2%	4 2%	11 5% a	3 4%	6 2%	22 3%	20 3% a	24 4% b	18 2%	12 3%	14 3%	14 2%	17 2%	9 3%
2nd most likely	70 3%	14 3%	4 2%	14 4%	18 5%	4 2%	6 3%	3 4%	6 2%	36 4%	16 3%	28 5% b	28 3%	11 3%	14 3%	18 3%	25 3%	13 4%
3rd most likely	85 4%	14 3%	12 5% g	8 2%	18 5% g	12 6% cg	10 4%	- -	10 4%	38 4%	21 4%	32 5% c	38 4%	12 3%	14 3%	23 4%	31 4%	16 5%
4th most likely	70 3%	9 2%	8 4%	6 2%	20 5% ach	6 3%	9 4%	5 6% ac	6 2%	32 4%	20 3%	27 5%	29 3%	13 3%	14 3%	20 3%	26 3%	10 4%
5th most likely	62 3%	10 2%	8 3%	7 2%	14 4%	8 4%	10 5% h	1 1%	4 2%	28 3%	16 3%	22 4%	22 2%	17 4%	4 1%	26 4% a	23 3% a	9 3% a
NET: In the top 3	209 10%	34 8%	23 10%	31 10%	45 12%	20 10%	27 12%	6 8%	23 8%	96 11%	56 10%	85 14% bc	84 8%	36 8%	41 10%	55 10%	73 9%	38 13%
NET: In the top 5	341 16%	53 12%	39 17%	45 14%	78 21% achj	34 17%	47 21% ach	12 15%	32 12%	157 18% ah	91 16%	135 22% bc	135 13%	65 15%	59 14%	101 17%	122 16%	57 19%
NET: Not in top 3	1916 90%	397 92%	208 90%	289 90%	325 88%	176 90%	201 88%	74 92%	245 92%	791 89%	521 90%	520 86%	951 92% a	403 92% a	373 90%	526 90%	709 91%	256 87%
Not ranked	1784 84% dfi	377 88% dfi	192 83%	276 86% df	292 79%	162 83%	181 79%	68 85%	236 88% dfi	730 82%	485 84% d	470 78%	900 87% a	373 85% a	355 86%	480 83%	660 84%	236 81%

Q11D.11. Friends / family / carer: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125 100%	1035 100%	1077 100%	642 100%	699 100%	785 100%	102 100%	276 100%	208 100%	223 100%	183 100%	235 100%	334 100%	348 100%	216 100%
1st most likely	190 9%	82 8%	108 10%	67 10%	58 8%	65 8%	6 6%	26 9%	21 10%	25 11%	21 12% fi	14 6%	38 11% fi	27 8%	13 6%
2nd most likely	102 5%	54 5%	48 4%	42 7% c	31 4%	29 4%	4 4%	14 5%	10 5%	8 4%	7 4%	9 4%	18 5%	20 6%	11 5%
3rd most likely	98 5%	54 5%	45 4%	32 5%	32 5%	35 4%	4 4%	14 5%	7 4%	14 6% h	8 5%	9 4%	27 8% chi	9 2%	7 3%
4th most likely	73 3%	38 4%	34 3%	19 3%	18 3%	36 5% b	2 2%	12 4%	12 6%	5 2%	8 4%	5 2%	8 2%	13 4%	8 4%
5th most likely	86 4%	44 4%	41 4%	37 6% c	26 4%	22 3%	4 4%	14 5%	5 2%	7 3%	11 6%	11 5%	15 5%	12 3%	6 3%
NET: In the top 3	391 18%	190 18%	201 19%	141 22% bc	121 17%	129 16%	14 14%	54 20%	38 18%	47 21%	37 20%	32 14%	82 25% afhi	56 16%	31 14%
NET: In the top 5	549 26%	272 26%	275 26%	198 31% bc	165 24%	187 24%	20 20%	80 29% fi	55 26%	59 26%	56 31% afi	48 20%	106 32% afhi	81 23%	45 21%
NET: Not in top 3	1734 82%	845 82%	877 81%	501 78%	578 83% a	656 84% a	88 86% g	221 80%	170 82%	176 79%	146 80%	203 86% g	251 75%	293 84% g	186 86% g
Not ranked	1576 74%	763 74%	802 74%	444 69%	534 76% a	598 76% a	82 80% eg	195 71%	153 74%	164 74%	127 69%	188 80% beg	228 68%	267 77% g	171 79% beg

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Q11D.11. Friends / family / carer: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
												Ethnicity				
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	190	17	29	59	18	25	40	106	84	157	5	14	10	1	2	31
	9%	10%	6%	12%	7%	11%	8%	9%	9%	9%	8%	11%	10%	5%	16%	10%
				bd		bd										
2nd most likely	102	8	24	26	16	16	13	58	44	78	11	8	2	1	1	23
	5%	5%	5%	5%	6%	7%	3%	5%	5%	4%	19%	6%	3%	4%	8%	7%
				f	f			f			acdg					a
3rd most likely	98	1	29	23	11	14	20	53	45	83	3	7	5	-	1	15
	5%	*	6%	5%	4%	6%	4%	5%	5%	5%	4%	5%	5%	-	13%	5%
			a	a	a	a	a	a	a							
4th most likely	73	3	15	17	11	4	22	35	38	62	2	4	4	-	-	10
	3%	2%	3%	3%	4%	2%	5%	3%	4%	3%	3%	3%	5%	-	-	3%
5th most likely	86	10	26	13	15	7	15	49	37	71	3	3	4	3	-	13
	4%	6%	5%	3%	5%	3%	3%	4%	4%	4%	5%	2%	4%	17%	-	4%
		c	c		c											
NET: In the top 3	391	26	83	109	45	55	73	217	173	318	19	29	17	2	4	69
	18%	15%	18%	21%	16%	25%	15%	19%	18%	18%	31%	23%	18%	8%	37%	22%
				f		abdfgh					ad					a
NET: In the top 5	549	39	123	139	71	66	111	301	248	451	24	35	25	5	4	93
	26%	23%	26%	27%	26%	30%	23%	26%	25%	25%	40%	28%	26%	25%	37%	30%
											a					
NET: Not in top 3	1734	146	384	399	230	167	408	929	805	1463	41	96	77	19	6	239
	82%	85%	82%	79%	84%	75%	85%	81%	82%	82%	69%	77%	82%	92%	63%	78%
		e	e		e		ce	e	e	bg			b			
Not ranked	1576	132	344	369	204	156	370	845	731	1330	36	89	69	15	6	216
	74%	77%	74%	73%	74%	70%	77%	74%	75%	75%	60%	72%	74%	75%	63%	70%
										b						

Q11D.11. Friends / family / carer: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	190	118	46	19	65	19	13	50	14	6	9	10	14	19	36	33
	9%	9%	13%	6%	9%	11%	10%	8%	7%	10%	12%	10%	13%	11%	8%	11%
			ac													
2nd most likely	102	55	21	16	36	12	8	35	12	1	4	3	6	7	16	20
	5%	4%	6%	5%	5%	7%	6%	5%	6%	1%	5%	3%	5%	4%	4%	6%
3rd most likely	98	54	25	16	41	8	8	30	8	2	1	9	3	12	18	16
	5%	4%	7%	5%	6%	4%	6%	5%	4%	4%	2%	9%	3%	7%	4%	5%
			a									fhj				
4th most likely	73	50	13	9	21	6	5	22	7	1	2	6	2	6	17	11
	3%	4%	3%	3%	3%	4%	4%	3%	4%	2%	3%	6%	2%	3%	4%	4%
5th most likely	86	47	21	17	38	9	2	28	12	1	4	8	7	5	10	11
	4%	4%	6%	5%	5%	5%	2%	4%	6%	1%	5%	8%	6%	3%	2%	4%
									bj			bj	j			
NET: In the top 3	391	227	92	50	142	39	28	115	34	9	14	21	22	38	69	68
	18%	17%	25%	15%	20%	22%	23%	17%	18%	15%	19%	21%	21%	21%	15%	22%
			ac		c											j
NET: In the top 5	549	324	126	76	202	55	35	166	53	11	19	34	31	49	96	90
	26%	24%	35%	22%	29%	30%	28%	25%	28%	19%	26%	34%	29%	27%	21%	29%
			ac		ac	j						cej				j
NET: Not in top 3	1734	1100	273	290	562	142	96	547	158	51	59	79	83	141	379	239
	82%	83%	75%	85%	80%	78%	77%	83%	82%	85%	81%	79%	79%	79%	85%	78%
		b		bd												k
Not ranked	1576	1003	239	264	503	126	90	496	139	49	53	66	74	130	353	216
	74%	76%	65%	78%	71%	70%	72%	75%	72%	81%	74%	66%	71%	73%	79%	71%
		bd		bd											agk	
								g		g						

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Q11D.11. Friends / family / carer: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	190	34	30	18	5	48	39	45	21	20	3	41	48	39	95	47	9	151
	9%	7%	8%	11%	10%	9%	7%	7%	9%	11%	7%	10%	7%	10%	8%	9%	10%	9%
2nd most likely	102	27	19	9	2	27	30	30	13	12	2	24	32	13	51	33	4	89
	5%	5%	5%	5%	5%	5%	5%	5%	5%	7%	6%	6%	5%	3%	5%	6%	5%	5%
3rd most likely	98	20	18	8	2	26	22	33	7	8	1	15	34	16	57	22	3	82
	5%	4%	5%	5%	5%	5%	4%	6%	3%	4%	2%	4%	5%	4%	5%	4%	3%	5%
4th most likely	73	17	13	4	1	16	18	21	13	4	-	16	21	13	42	14	4	60
	3%	3%	4%	2%	3%	3%	3%	3%	5%	2%	-	4%	3%	3%	4%	3%	4%	3%
5th most likely	86	19	20	3	3	22	22	29	9	5	2	14	31	9	47	28	2	76
	4%	4%	5%	2%	6%	4%	4%	5%	4%	3%	5%	3%	5%	2%	4%	5% a	2%	4%
NET: In the top 3	391	82	67	35	10	101	91	108	41	40	6	81	114	69	203	102	17	322
	18%	16%	18%	22%	19%	20%	17%	18%	18%	22%	15%	20%	18%	18%	18%	19%	18%	18%
NET: In the top 5	549	117	99	41	14	140	131	157	62	49	8	111	166	91	292	144	23	459
	26%	24%	27%	26%	28%	27%	24%	26%	27%	28%	19%	27%	26%	24%	26%	27%	24%	26%
NET: Not in top 3	1734	415	294	124	39	418	454	497	193	138	37	331	534	313	913	432	77	1422
	82%	84%	82%	78%	81%	80%	83%	82%	82%	78%	85%	80%	82%	82%	82%	81%	82%	82%
Not ranked	1576	379	262	117	35	379	415	448	171	129	35	300	483	290	825	389	72	1285
	74%	76%	73%	74%	72%	73%	76%	74%	73%	72%	81%	73%	74%	76%	74%	73%	76%	74%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.11. Friends / family / carer: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
1st most likely	190 9%	38 10%	110 8%	21 9%	33 8%	9 9%	128 9%	57 9%	5 9%	153 9%	37 8%	170 10%	20 6%
2nd most likely	102 5%	23 6%	63 5%	20 8% d	21 5%	7 7%	56 4%	44 7% d	1 2%	86 5%	16 4%	86 5%	15 5%
3rd most likely	98 5%	22 6%	59 4%	18 7% d	20 5%	7 8%	58 4%	41 6% d	4 6%	85 5%	14 3%	83 5%	16 5%
4th most likely	73 3%	13 4%	44 3%	9 4%	12 3%	5 5%	45 3%	26 4%	- -	55 3%	18 4%	62 3%	10 3%
5th most likely	86 4%	24 7% b	52 4%	15 6% b	11 3%	5 5%	58 4%	26 4%	2 3%	67 4%	19 4%	75 4%	11 3%
NET: In the top 3	391 18%	83 23% b	233 17%	58 24% d	73 19%	23 24%	242 17%	141 22% d	10 17%	323 19% b	67 14%	339 19%	50 16%
NET: In the top 5	549 26%	120 33% b	329 25%	82 34% bdf	96 24%	33 34% d	345 24%	193 30% d	12 20%	445 27%	105 22%	475 27%	71 23%
NET: Not in top 3	1734 82%	281 77%	1099 83% a	183 76%	318 81%	74 76%	1168 83% ae	512 78%	50 83%	1337 81%	397 86% a	1450 81%	262 84%
Not ranked	1576 74%	243 67%	1003 75% a	159 66%	296 76% a	64 66%	1065 76% ace	460 70%	48 80% a	1215 73%	360 78%	1313 73%	241 77%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.11. Friends / family / carer: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	190	23	28	28	32	24	22	10	23	84	55	56	87	45	33	64	67	22
	9%	5%	12%	9%	9%	12%	10%	12%	8%	10%	9%	9%	8%	10%	8%	11%	9%	8%
			a			a	a	a		a	a							
2nd most likely	102	21	6	10	28	7	15	3	11	46	29	38	37	22	22	30	37	12
	5%	5%	3%	3%	8%	4%	7%	3%	4%	5%	5%	6%	4%	5%	5%	5%	5%	4%
					bc		bc					b						
3rd most likely	98	14	5	23	19	12	12	4	9	54	25	34	36	29	19	25	38	14
	5%	3%	2%	7%	5%	6%	5%	5%	3%	6%	4%	6%	4%	7%	5%	4%	5%	5%
				abh		b				ab		b		b				
4th most likely	73	12	8	16	16	9	4	2	7	41	13	25	33	13	13	16	30	12
	3%	3%	3%	5%	4%	4%	2%	3%	3%	5%	2%	4%	3%	3%	3%	3%	4%	4%
				fj						fj								
5th most likely	86	12	9	13	21	2	10	6	13	36	28	26	40	19	13	27	31	13
	4%	3%	4%	4%	6%	1%	4%	7%	5%	4%	5%	4%	4%	4%	3%	5%	4%	4%
					e			e	e	e	e							
NET: In the top 3	391	57	40	61	79	44	50	17	43	184	109	127	160	96	74	119	142	49
	18%	13%	17%	19%	21%	22%	22%	21%	16%	21%	19%	21%	15%	22%	18%	20%	18%	17%
				a	a	a	a			a	a	b		b				
NET: In the top 5	549	81	57	90	116	55	63	24	63	261	151	178	233	128	100	161	203	73
	26%	19%	24%	28%	31%	28%	28%	30%	24%	29%	26%	29%	22%	29%	24%	28%	26%	25%
				a	ah	a	a	a		a	a	b		b				
NET: Not in top 3	1734	373	191	259	291	152	179	64	225	703	468	478	876	343	339	462	640	245
	82%	87%	83%	81%	79%	78%	78%	79%	84%	79%	81%	79%	85%	78%	82%	80%	82%	83%
		cdefij											ac					
Not ranked	1576	349	174	231	254	141	165	56	205	626	426	427	803	311	314	420	579	220
	74%	81%	76%	72%	69%	72%	72%	70%	76%	71%	74%	71%	78%	71%	76%	72%	74%	75%
		cdefgij							d				ac					

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Q11D.12. Sports clubs / coaches: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	62	34	28	27	25	10	3	9	5	7	5	6	17	6	4
	3%	3%	3%	4%	4%	1%	3%	3%	2%	3%	3%	3%	5%	2%	2%
				c	c								h		
2nd most likely	50	32	18	26	12	11	3	2	8	6	6	1	12	6	6
	2%	3%	2%	4%	2%	1%	2%	1%	4%	3%	3%	*	4%	2%	3%
		b		bc					bf		bf		bf		
3rd most likely	56	33	22	19	19	17	2	7	4	6	6	8	8	8	7
	3%	3%	2%	3%	3%	2%	2%	3%	2%	3%	3%	3%	2%	2%	3%
4th most likely	44	25	19	19	18	7	-	8	4	5	3	-	12	7	6
	2%	2%	2%	3%	3%	1%	-	3%	2%	2%	2%	-	4%	2%	3%
				c	c			f		f			af		f
5th most likely	48	24	24	18	19	11	1	7	5	7	2	4	14	7	1
	2%	2%	2%	3%	3%	1%	1%	3%	2%	3%	1%	2%	4%	2%	*
										i			i		
NET: In the top 3	168	99	68	72	57	38	7	19	16	19	17	15	38	20	17
	8%	10%	6%	11%	8%	5%	7%	7%	8%	9%	9%	6%	11%	6%	8%
		b		bc	c								bh		
NET: In the top 5	260	148	111	110	94	56	8	33	26	31	23	19	63	33	23
	12%	14%	10%	17%	13%	7%	8%	12%	12%	14%	12%	8%	19%	10%	11%
		b		bc	c								abcfhi		
NET: Not in top 3	1957	936	1010	569	642	746	95	257	192	204	165	220	296	328	200
	92%	90%	94%	89%	92%	95%	93%	93%	92%	91%	91%	94%	89%	94%	92%
			a		a	ab			g					g	
Not ranked	1865	887	966	532	605	729	94	242	182	191	160	216	271	315	193
	88%	86%	90%	83%	87%	93%	92%	88%	88%	86%	88%	92%	81%	90%	89%
			a		a	ab	g	g	g			g		g	g

Q11D.12. Sports clubs / coaches: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?

BASE: All respondents

	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
						Social Grade										
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	62	8	19	11	7	9	8	39	23	48	3	4	6	-	-	13
	3%	5%	4%	2%	3%	4%	2%	3%	2%	3%	6%	3%	7%	-	-	4%
		f	f										a			
2nd most likely	50	5	11	12	7	8	6	28	22	42	2	2	2	1	-	7
	2%	3%	2%	2%	3%	4%	1%	2%	2%	2%	3%	1%	2%	4%	-	2%
						f										
3rd most likely	56	9	8	19	12	4	4	36	19	45	2	4	4	-	-	10
	3%	5%	2%	4%	4%	2%	1%	3%	2%	3%	4%	3%	4%	-	-	3%
		befh		fh	bfh			f								
4th most likely	44	9	13	10	4	6	2	32	12	28	5	6	5	1	-	16
	2%	5%	3%	2%	2%	3%	*	3%	1%	2%	8%	5%	5%	4%	-	5%
		cdfh	fh	f		f		fh			a	a	a			a
5th most likely	48	4	13	11	11	4	5	29	19	39	1	5	2	-	1	9
	2%	2%	3%	2%	4%	2%	1%	2%	2%	2%	2%	4%	2%	-	11%	3%
					f											
NET: In the top 3	168	23	38	43	26	21	18	103	64	135	8	10	12	1	-	30
	8%	13%	8%	8%	9%	9%	4%	9%	7%	8%	13%	8%	13%	4%	-	10%
		fh	f	f	f	f		fh	f							
NET: In the top 5	260	36	64	64	41	30	25	164	96	202	13	21	19	2	1	56
	12%	21%	14%	13%	15%	14%	5%	14%	10%	11%	22%	17%	20%	8%	11%	18%
		bcefgh	fh	f	fh	f		fh	f		a		a			a
NET: Not in top 3	1957	149	429	465	249	202	464	1043	914	1646	52	115	82	19	10	278
	92%	87%	92%	92%	91%	91%	96%	91%	93%	92%	87%	92%	87%	96%	100%	90%
							abcdegh		ag							
Not ranked	1865	135	403	444	234	192	457	982	883	1579	46	104	75	19	9	253
	88%	79%	86%	87%	85%	86%	95%	86%	90%	89%	78%	83%	80%	92%	89%	82%
			a	a		a	abcdegh	a	abdg	bdg						

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.12. Sports clubs / coaches: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	62	32	8	17	25	6	7	25	4	4	3	4	4	4	2	12
	3%	2%	2%	5%	4%	3%	5%	4%	2%	6%	4%	4%	3%	2%	1%	4%
				a		j	j	j		j	j	j	j			j
2nd most likely	50	30	8	10	18	2	5	14	5	4	3	3	4	3	7	7
	2%	2%	2%	3%	2%	1%	4%	2%	3%	7%	4%	3%	4%	2%	2%	2%
										acijk						
3rd most likely	56	28	12	13	25	4	6	25	5	1	2	1	5	3	4	10
	3%	2%	3%	4%	3%	2%	5%	4%	3%	2%	3%	1%	5%	2%	1%	3%
							gj	j					j			j
4th most likely	44	21	8	13	21	11	6	16	7	-	-	1	1	1	3	17
	2%	2%	2%	4%	3%	6%	5%	2%	4%	-	-	1%	1%	*	1%	5%
				a	a	cefghij	ij	j	ij							cfghij
5th most likely	48	25	14	6	20	9	4	17	6	1	1	1	1	5	2	13
	2%	2%	4%	2%	3%	5%	4%	3%	3%	2%	2%	1%	1%	3%	1%	4%
			a			j	j	j	j					j		j
NET: In the top 3	168	90	28	40	67	11	18	63	14	9	8	7	13	10	13	29
	8%	7%	8%	12%	10%	6%	14%	10%	8%	15%	11%	7%	12%	6%	3%	10%
				a	a		adij	j	j	aij	j		ij			j
NET: In the top 5	260	136	49	59	108	31	28	96	28	10	10	8	15	16	18	59
	12%	10%	14%	17%	15%	17%	23%	14%	14%	17%	13%	8%	14%	9%	4%	19%
				a	a	gij	cgij	ij	j	j	j		j	j		cgij
NET: Not in top 3	1957	1238	337	301	638	170	107	599	177	51	64	94	92	168	435	277
	92%	93%	92%	88%	90%	94%	86%	90%	92%	85%	89%	93%	88%	94%	97%	90%
		cd				be			b					beh	bcdefhk	
Not ranked	1865	1191	315	281	596	151	97	566	164	50	63	92	90	163	430	247
	88%	90%	86%	83%	85%	83%	77%	86%	86%	83%	87%	92%	86%	91%	96%	81%
		cd						bk				abk		abck	abcdefhik	

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.12. Sports clubs / coaches: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	62	15	16	6	4	22	19	18	11	6	4	17	23	14	26	19	3	49
	3%	3%	4%	4%	8%	4%	3%	3%	5%	3%	10% acf	4%	3%	4%	2%	4%	3%	3%
2nd most likely	50	13	15	2	-	17	13	17	7	4	2	11	19	6	19	22	3	44
	2%	3%	4%	1%	-	3%	2%	3%	3%	2%	5%	3%	3%	2%	2%	4% ab	4%	3%
3rd most likely	56	22	14	3	-	17	22	19	15	4	-	20	19	9	26	15	5	46
	3%	4%	4%	2%	-	3%	4%	3%	7% af	3%	-	5%	3%	2%	2%	3%	5%	3%
4th most likely	44	18	7	1	1	8	19	17	7	3	1	10	18	5	21	15	3	39
	2%	4% ce	2%	1%	2%	2%	4% ce	3%	3%	2%	2%	3%	3%	1%	2%	3%	3%	2%
5th most likely	48	14	12	2	2	13	16	13	10	7	-	16	13	9	29	9	1	39
	2%	3%	3%	1%	5%	3%	3%	2%	4%	4%	-	4% f	2%	2%	3%	2%	1%	2%
NET: In the top 3	168	50	45	10	4	55	54	54	34	14	7	48	61	28	72	56	11	139
	8%	10%	12% c	6%	8%	11%	10%	9%	14% acf	8%	15%	12%	9%	7%	6%	11% b	12%	8%
NET: In the top 5	260	82	64	13	7	77	89	85	50	25	7	75	92	43	121	81	15	217
	12%	17% c	18% c	8%	14%	15% c	16% c	14%	21% acf	14%	17%	18%	14%	11%	11%	15% b	16%	12%
NET: Not in top 3	1957	446	316	148	45	464	491	551	200	164	37	364	588	353	1044	477	83	1605
	92%	90%	88%	94% b	92%	89%	90%	91% b	86%	92% b	85%	88%	91% b	93%	94% c	89%	88%	92%
Not ranked	1865	414	297	145	42	442	456	521	184	154	36	337	556	338	995	453	79	1527
	88%	83%	82%	92% abef	86%	85%	84%	86% b	79%	86% b	83%	82%	86% b	89%	89%	85% c	84%	88%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.12. Sports clubs / coaches: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
1st most likely	62 3%	18 5% b	30 2%	7 3%	6 2%	- -	48 3%	13 2%	- -	49 3%	13 3%	50 3%	12 4%
2nd most likely	50 2%	11 3%	32 2%	12 5% cd	9 2%	- -	31 2%	19 3%	2 3%	42 3%	8 2%	43 2%	7 2%
3rd most likely	56 3%	9 2%	35 3%	7 3%	10 2%	2 2%	36 3%	17 3%	2 3%	38 2%	18 4%	50 3%	6 2%
4th most likely	44 2%	18 5% b	21 2%	6 2%	8 2%	8 8% abde	26 2%	18 3%	1 1%	35 2%	9 2%	40 2%	5 1%
5th most likely	48 2%	14 4% b	25 2%	7 3%	5 1%	3 4%	33 2%	15 2%	1 2%	40 2%	8 2%	39 2%	9 3%
NET: In the top 3	168 8%	37 10%	97 7%	26 11% bc	25 6%	2 2%	116 8% c	49 8%	4 6%	128 8%	39 8%	143 8%	24 8%
NET: In the top 5	260 12%	69 19% b	142 11%	38 16% b	38 10%	13 14%	175 12%	81 12%	5 9%	203 12%	56 12%	222 12%	38 12%
NET: Not in top 3	1957 92%	327 90%	1236 93%	215 89% a	367 94% ad	95 98%	1294 92%	604 92%	56 94%	1532 92%	426 92%	1645 92%	288 92%
Not ranked	1865 88%	295 81%	1190 89% a	203 84%	354 90% a	84 86%	1235 88%	572 88%	54 91%	1457 88%	408 88%	1567 88%	274 88%

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Q11D.12. Sports clubs / coaches: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	_ Number of days active _								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	62	6	9	9	13	7	5	1	12	30	18	21	28	11	12	21	22	6
	3%	1%	4%	3%	3%	4%	2%	2%	5%	3%	3%	4%	3%	3%	3%	4%	3%	2%
			a		a	a			a	a								
2nd most likely	50	7	1	10	10	6	8	3	6	25	18	19	21	9	9	9	22	9
	2%	2%	*	3%	3%	3%	3%	4%	2%	3%	3%	3%	2%	2%	2%	2%	3%	3%
				b	b	b	b	b		b	b							
3rd most likely	56	1	5	9	10	5	8	4	13	24	26	26	24	7	10	17	25	3
	3%	*	2%	3%	3%	2%	4%	5%	5%	3%	4%	4%	2%	1%	3%	3%	3%	1%
			a	a	a	a	a	a	a	a	a	bc						
4th most likely	44	4	7	6	9	5	9	-	4	19	13	20	14	10	7	15	12	10
	2%	1%	3%	2%	2%	3%	4%	-	2%	2%	2%	3%	1%	2%	2%	3%	2%	4%
							a					b						c
5th most likely	48	8	1	10	9	2	10	2	6	21	18	16	20	11	8	7	22	10
	2%	2%	*	3%	3%	1%	4%	2%	2%	2%	3%	3%	2%	3%	2%	1%	3%	4%
				b	b		be			b	b						b	b
NET: In the top 3	168	14	14	28	32	18	21	9	32	78	61	66	72	26	32	47	69	19
	8%	3%	6%	9%	9%	9%	9%	11%	12%	9%	11%	11%	7%	6%	8%	8%	9%	6%
				a	a	a	a	a	ab	a	a	bc						
NET: In the top 5	260	26	22	44	50	25	40	11	42	119	93	102	106	48	48	69	103	39
	12%	6%	10%	14%	13%	13%	17%	13%	16%	13%	16%	17%	10%	11%	12%	12%	13%	13%
				a	a	a	ab	a	ab	a	ab	bc						
NET: Not in top 3	1957	417	217	293	338	178	208	72	236	809	515	539	963	413	382	534	714	275
	92%	97%	94%	91%	91%	91%	91%	89%	88%	91%	89%	89%	93%	94%	92%	92%	91%	94%
		cdefghij	h											a	a			
Not ranked	1865	404	209	277	320	171	188	70	226	768	484	503	929	391	366	512	680	254
	88%	94%	90%	86%	87%	87%	83%	87%	84%	87%	84%	83%	90%	89%	88%	88%	87%	87%
		cdefghij	fhj										a	a				

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.13. Healthcare professional or GP: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125 100%	1035 100%	1077 100%	642 100%	699 100%	785 100%	102 100%	276 100%	208 100%	223 100%	183 100%	235 100%	334 100%	348 100%	216 100%
1st most likely	166 8%	71 7%	95 9%	48 7%	43 6%	75 10% b	6 6%	24 9%	13 6%	21 9%	8 4%	21 9%	27 8%	29 8%	17 8%
2nd most likely	197 9%	87 8%	110 10%	62 10%	56 8%	79 10%	5 5%	22 8%	20 10%	21 10%	21 12% a	25 11%	30 9%	30 9%	22 10%
3rd most likely	132 6%	70 7%	62 6%	36 6%	52 7%	44 6%	4 4%	21 8% i	14 7%	14 6%	15 8% i	13 5%	24 7% i	20 6%	6 3%
4th most likely	93 4%	46 4%	47 4%	35 6%	29 4%	29 4%	6 6%	7 2%	9 4%	10 4%	8 4%	15 6% b	16 5%	14 4%	9 4%
5th most likely	81 4%	42 4%	38 4%	33 5%	22 3%	26 3%	5 5% c	7 3%	2 1%	9 4% c	7 4%	10 4% c	18 5% c	17 5% c	7 3%
NET: In the top 3	494 23%	228 22%	266 25%	145 23%	151 22%	198 25%	15 15%	67 24% a	47 23%	57 25% a	44 24%	59 25% a	81 24% a	80 23%	45 21%
NET: In the top 5	669 31%	316 31%	352 33%	213 33%	202 29%	253 32%	27 26%	81 29%	57 28%	75 34%	59 32%	84 36%	115 34%	110 32%	61 28%
NET: Not in top 3	1631 77%	807 78%	811 75%	496 77%	548 78%	587 75%	87 85% bdfg	209 76%	161 77%	166 75%	139 76%	177 75%	252 76%	269 77%	171 79%
Not ranked	1456 69%	719 69%	725 67%	428 67%	497 71%	531 68%	76 74%	195 71%	151 72%	147 66%	124 68%	151 64%	219 66%	238 68%	155 72%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.13. Healthcare professional or GP: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	166	8	37	38	13	19	50	83	83	148	9	3	4	1	-	17
	8%	4%	8%	8%	5%	9%	10%	7%	8%	8%	15%	3%	4%	5%	-	6%
							adg		d	c	acdg					
2nd most likely	197	18	45	36	25	23	50	99	98	171	3	12	10	-	-	25
	9%	11%	10%	7%	9%	10%	10%	9%	10%	10%	4%	10%	11%	-	-	8%
3rd most likely	132	12	37	36	11	15	22	85	47	108	2	10	6	2	1	21
	6%	7%	8%	7%	4%	7%	5%	7%	5%	6%	4%	8%	7%	10%	11%	7%
			dfh					dfh								
4th most likely	93	11	21	24	16	4	16	57	36	80	2	7	4	1	-	14
	4%	7%	5%	5%	6%	2%	3%	5%	4%	4%	3%	6%	5%	4%	-	4%
		e			e			e								
5th most likely	81	7	21	25	5	9	14	52	28	65	2	7	6	-	-	15
	4%	4%	4%	5%	2%	4%	3%	5%	3%	4%	3%	6%	6%	-	-	5%
				d				dh								
NET: In the top 3	494	38	119	110	49	57	122	267	228	427	14	26	20	3	1	64
	23%	22%	26%	22%	18%	25%	25%	23%	23%	24%	24%	21%	21%	15%	11%	21%
			d			d	d	d	d							
NET: In the top 5	669	56	161	159	70	70	152	376	292	571	18	40	30	4	1	92
	31%	33%	34%	31%	25%	31%	32%	33%	30%	32%	30%	32%	32%	19%	11%	30%
			d					d								
NET: Not in top 3	1631	134	348	398	226	166	359	880	751	1354	46	99	74	17	9	244
	77%	78%	74%	78%	82%	75%	75%	77%	77%	76%	76%	79%	79%	85%	89%	79%
					befgh											
Not ranked	1456	115	306	349	205	153	329	770	686	1209	42	85	64	16	9	216
	69%	67%	66%	69%	75%	69%	68%	67%	70%	68%	70%	68%	68%	81%	89%	70%
					bg											

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Q11D.13. Healthcare professional or GP: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	166	106	31	24	55	15	8	49	12	2	2	7	5	23	42	23
	8%	8%	9%	7%	8%	8%	6%	7%	7%	3%	3%	7%	5%	13% cdefhk	9%	8%
2nd most likely	197	127	35	27	62	22	11	55	17	9	5	10	7	15	46	33
	9%	10%	10%	8%	9%	12%	9%	8%	9%	15%	7%	10%	7%	8%	10%	11%
3rd most likely	132	78	29	22	51	15	8	34	14	4	6	6	9	10	26	23
	6%	6%	8%	7%	7%	8%	7%	5%	7%	7%	8%	6%	8%	6%	6%	8%
4th most likely	93	53	24	12	36	8	6	33	8	2	1	6	9	5	16	14
	4%	4%	7% a	3%	5%	4%	5%	5%	4%	4%	1%	6%	9% fij	3%	3%	4%
5th most likely	81	43	13	19	33	6	6	33	5	1	2	3	4	6	14	12
	4%	3%	4%	6% a	5%	4%	4%	5%	3%	1%	3%	3%	4%	3%	3%	4%
NET: In the top 3	494	311	95	73	169	52	27	137	43	15	13	23	21	48	114	79
	23%	23%	26%	22%	24%	29% c	21%	21%	23%	25%	18%	23%	20%	27%	25%	26%
NET: In the top 5	669	406	133	104	237	66	39	203	56	18	16	32	35	59	144	105
	31%	31%	36% a	31%	34%	36% f	31%	31%	29%	30%	23%	32%	33%	33%	32%	34%
NET: Not in top 3	1631	1017	269	267	536	129	98	525	148	45	59	77	84	130	334	227
	77%	77%	74%	78%	76%	71%	79%	79% a	77%	75%	82%	77%	80%	73%	75%	74%
Not ranked	1456	921	232	236	467	115	86	459	135	42	56	68	70	120	305	202
	69%	69% b	64%	69%	66%	64%	69%	69%	71%	70%	77% a	68%	67%	67%	68%	66%

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Q11D.13. Healthcare professional or GP: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	166	34	25	11	2	36	36	43	16	12	1	29	45	25	93	37	10	141
	8%	7%	7%	7%	4%	7%	7%	7%	7%	7%	3%	7%	7%	7%	8%	7%	11%	8%
2nd most likely	197	41	37	8	6	45	47	50	25	11	8	36	58	38	105	48	5	158
	9%	8%	10% c	5%	12%	9%	9%	8%	10%	6%	19% acef	9%	9%	10%	9%	9%	6%	9%
3rd most likely	132	24	25	12	3	38	27	36	12	16	2	28	38	17	73	33	8	115
	6%	5%	7%	8%	6%	7%	5%	6%	5%	9%	4%	7%	6%	4%	7%	6%	9%	7%
4th most likely	93	20	19	5	3	24	23	31	12	3	-	15	31	16	49	24	5	78
	4%	4%	5%	3%	6%	5%	4%	5% c	5% c	2%	-	4%	5%	4%	4%	4%	5%	4%
5th most likely	81	25	15	6	-	22	25	26	14	7	-	21	26	17	34	26	4	64
	4%	5%	4%	4%	-	4%	5%	4%	6%	4%	-	5%	4%	4%	3%	5%	4%	4%
NET: In the top 3	494	99	87	31	11	118	110	130	53	40	11	93	140	81	271	119	24	414
	23%	20%	24%	19%	23%	23%	20%	21%	23%	22%	25%	23%	22%	21%	24%	22%	25%	24%
NET: In the top 5	669	143	122	42	14	164	157	187	79	50	11	129	198	113	355	168	33	556
	31%	29%	34%	27%	28%	32%	29%	31%	34%	28%	25%	31%	30%	30%	32%	32%	35%	32%
NET: Not in top 3	1631	398	273	127	38	401	436	476	181	138	32	319	508	300	845	415	70	1330
	77%	80%	76%	81%	77%	77%	80%	79%	77%	78%	75%	77%	78%	79%	76%	78%	75%	76%
Not ranked	1456	353	239	116	35	355	388	419	155	128	32	283	451	268	762	365	61	1188
	69%	71%	66%	73%	72%	68%	71%	69%	66%	72%	75%	69%	70%	70%	68%	68%	65%	68%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.13. Healthcare professional or GP: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	166	18	121	30	59	5	83	81	9	138	28	147	19
	8%	5%	9%	12%	15%	5%	6%	12%	16%	8%	6%	8%	6%
			a	cd	cd			cd	cd				
2nd most likely	197	20	135	24	44	4	129	65	7	152	45	166	30
	9%	6%	10%	10%	11%	4%	9%	10%	11%	9%	10%	9%	10%
			a	c	c			c					
3rd most likely	132	29	86	17	21	9	85	42	3	105	27	115	16
	6%	8%	6%	7%	5%	9%	6%	6%	6%	6%	6%	6%	5%
4th most likely	93	17	60	6	19	3	63	27	-	73	20	85	8
	4%	5%	4%	3%	5%	3%	4%	4%	-	4%	4%	5%	3%
5th most likely	81	12	50	12	13	7	57	23	4	60	21	71	10
	4%	3%	4%	5%	3%	7%	4%	4%	7%	4%	5%	4%	3%
NET: In the top 3	494	68	342	71	124	17	297	189	19	395	100	427	65
	23%	19%	26%	30%	32%	18%	21%	29%	33%	24%	21%	24%	21%
			a	cd	cd			cd	cd				
NET: In the top 5	669	96	452	90	156	27	417	239	23	527	141	583	83
	31%	26%	34%	37%	40%	27%	30%	37%	39%	32%	30%	33%	27%
			a	d	cd			d				b	
NET: Not in top 3	1631	296	990	170	268	80	1112	465	40	1266	365	1361	247
	77%	81%	74%	70%	68%	82%	79%	71%	67%	76%	79%	76%	79%
		b				abef	abef						
Not ranked	1456	267	880	151	236	70	993	415	36	1133	323	1205	229
	69%	74%	66%	63%	60%	73%	70%	63%	61%	68%	70%	67%	73%
		b				b	abe						a

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Q11D.13. Healthcare professional or GP: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	166	38	17	17	29	19	19	3	23	65	45	47	76	39	37	51	60	17
	8%	9%	8%	5%	8%	10% c	8%	4%	8%	7%	8%	8%	7%	9%	9%	9%	8%	6%
2nd most likely	197	35	15	34	42	16	18	8	29	92	55	58	92	46	36	58	79	22
	9%	8%	6%	11%	11%	8%	8%	10%	11%	10%	10%	10%	9%	10%	9%	10%	10%	7%
3rd most likely	132	28	12	14	21	17	20	5	15	51	40	49	57	24	25	28	60	17
	6%	6%	5%	4%	6%	9% c	9% c	6%	6%	6%	7%	8% b	6%	5%	6%	5%	8% b	6%
4th most likely	93	17	7	16	21	7	7	6	14	43	26	37	40	15	14	27	31	19
	4%	4%	3%	5%	6%	3%	3%	7%	5%	5%	5%	6% bc	4%	3%	3%	5%	4%	6%
5th most likely	81	14	4	13	17	7	10	6	9	37	25	33	33	11	8	25	35	13
	4%	3%	2%	4%	5%	4%	4%	7% b	3%	4%	4%	5% bc	3%	2%	2%	4% a	4% a	5% a
NET: In the top 3	494	101	45	65	91	52	57	16	67	209	140	154	225	108	98	138	199	56
	23%	23%	19%	20%	25%	27%	25%	20%	25%	24%	24%	26%	22%	25%	24%	24%	25% d	19%
NET: In the top 5	669	132	56	95	128	66	74	28	90	289	192	225	299	134	119	191	265	88
	31%	31%	24%	29%	35% b	34% b	33% b	34%	33% b	33% b	33% b	37% bc	29%	31%	29%	33%	34%	30%
NET: Not in top 3	1631	330	186	256	279	143	171	65	201	678	437	450	810	330	316	443	583	237
	77%	77%	81%	80%	75%	73%	75%	80%	75%	76%	76%	74%	78%	75%	76%	76%	75%	81% c
Not ranked	1456	299	175	226	241	130	154	53	178	597	385	380	737	305	295	391	517	205
	69%	69%	76% defhij	71%	65%	66%	67%	66%	67%	67%	67%	63%	71% a	69% a	71%	67%	66%	70%

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Q11D.14. Other: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	39	16	23	6	9	25	3	4	5	-	-	5	6	13	4
	2%	2%	2%	1%	1%	3%	3%	1%	3%	-	-	2%	2%	4%	2%
						ab	de		de			d	d	de	d
2nd most likely	4	1	3	-	3	1	-	1	1	-	1	-	1	-	-
	*	*	*	-	*	*	-	*	*	-	*	-	*	-	-
3rd most likely	2	1	1	1	1	-	-	-	-	-	1	-	-	1	-
	*	*	*	*	*	-	-	-	-	-	*	-	-	*	-
4th most likely	2	-	2	-	1	1	-	-	-	-	-	-	-	-	2
	*	-	*	-	*	*	-	-	-	-	-	-	-	-	1%
5th most likely	2	1	1	2	-	-	-	-	-	1	-	-	1	-	-
	*	*	*	*	-	-	-	-	-	*	-	-	*	-	-
NET: In the top 3	45	19	26	6	13	25	3	5	6	-	2	5	7	14	4
	2%	2%	2%	1%	2%	3%	3%	2%	3%	-	1%	2%	2%	4%	2%
						a	d	d	d			d	d	de	d
NET: In the top 5	49	20	29	8	14	27	3	5	6	1	2	5	8	14	6
	2%	2%	3%	1%	2%	3%	3%	2%	3%	*	1%	2%	2%	4%	3%
						a			d					de	d
NET: Not in top 3	2080	1016	1051	635	685	759	100	271	202	223	181	231	327	334	213
	98%	98%	98%	99%	98%	97%	97%	98%	97%	100%	99%	98%	98%	96%	98%
				c						abcfghi	h				
Not ranked	2076	1015	1048	633	684	758	100	271	202	222	181	231	326	334	210
	98%	98%	97%	99%	98%	97%	97%	98%	97%	100%	99%	98%	98%	96%	97%
				c						chi	h				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.14. Other: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	39	1	4	12	2	2	18	17	22	36	-	1	1	1	-	3
	2%	*	1%	2%	1%	1%	4%	1%	2%	2%	-	1%	1%	4%	-	1%
							abdeg									
2nd most likely	4	-	2	2	-	-	-	4	-	4	-	-	-	-	-	-
	*	-	*	*	-	-	-	*	-	*	-	-	-	-	-	-
			h													
3rd most likely	2	1	-	1	-	-	-	2	-	2	-	-	-	-	-	-
	*	1%	-	*	-	-	-	*	-	*	-	-	-	-	-	-
		h														
4th most likely	2	-	-	1	-	-	1	1	1	2	-	-	-	-	-	-
	*	-	-	*	-	-	*	*	*	*	-	-	-	-	-	-
5th most likely	2	-	1	1	-	-	-	2	-	-	-	1	1	-	-	2
	*	-	*	*	-	-	-	*	-	-	-	1%	1%	-	-	1%
												a	a			a
NET: In the top 3	45	2	6	15	2	2	18	23	22	42	-	1	1	1	-	3
	2%	1%	1%	3%	1%	1%	4%	2%	2%	2%	-	1%	1%	4%	-	1%
				d			bdeg									
NET: In the top 5	49	2	7	16	2	2	20	26	24	44	-	2	2	1	-	5
	2%	1%	2%	3%	1%	1%	4%	2%	2%	2%	-	2%	2%	4%	-	2%
				d			bdeg									
NET: Not in top 3	2080	169	461	493	273	221	463	1124	956	1739	60	123	93	19	10	305
	98%	99%	99%	97%	99%	99%	96%	98%	98%	98%	100%	99%	99%	96%	100%	99%
			f		cf	f		f								
Not ranked	2076	169	460	492	273	221	462	1121	955	1736	60	122	92	19	10	303
	98%	99%	98%	97%	99%	99%	96%	98%	98%	98%	100%	98%	98%	96%	100%	98%
			f		cf	f		f								

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Q11D.14. Other: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	39	30	4	5	8	6	2	3	2	3	1	1	1	2	17	8
	2%	2%	1%	1%	1%	3%	2%	*	1%	5%	1%	1%	1%	1%	4%	3%
						c				cd					cd	c
2nd most likely	4	3	-	1	1	1	-	2	1	-	-	-	-	-	-	1
	*	*	-	*	*	1%	-	*	1%	-	-	-	-	-	-	*
3rd most likely	2	1	-	1	1	-	-	1	-	-	-	-	-	1	-	-
	*	*	-	*	*	-	-	*	-	-	-	-	-	1%	-	-
4th most likely	2	2	-	-	-	-	-	-	-	-	-	1	-	-	1	-
	*	*	-	-	-	-	-	-	-	-	-	1%	-	-	*	-
												c				
5th most likely	2	1	1	-	1	-	-	1	-	-	-	-	-	1	-	-
	*	*	*	-	*	-	-	*	-	-	-	-	-	*	-	-
NET: In the top 3	45	34	4	7	10	7	2	6	3	3	1	1	2	2	17	9
	2%	3%	1%	2%	1%	4%	2%	1%	1%	5%	1%	1%	2%	1%	4%	3%
						c				c					c	c
NET: In the top 5	49	37	5	7	12	7	2	7	3	3	1	2	2	3	19	9
	2%	3%	1%	2%	2%	4%	2%	1%	1%	5%	1%	2%	2%	2%	4%	3%
						c				c					c	c
NET: Not in top 3	2080	1293	361	333	694	175	122	656	189	57	72	99	103	176	431	297
	98%	97%	99%	98%	99%	96%	98%	99%	99%	95%	99%	99%	98%	99%	96%	97%
								aejk								
Not ranked	2076	1290	360	333	693	175	122	655	189	57	72	98	103	176	430	297
	98%	97%	99%	98%	98%	96%	98%	99%	99%	95%	99%	98%	98%	98%	96%	97%
								aejk								

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Q11D.14. Other: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	39	2	2	6	-	8	2	3	3	3	-	6	3	11	17	9	2	28
	2%	*	1%	3%	-	1%	*	*	1%	2%	-	1%	*	3%	2%	2%	3%	2%
				abf														
2nd most likely	4	1	1	1	-	2	1	1	-	2	-	2	1	1	2	1	-	3
	*	*	*	1%	-	*	*	*	-	1%	-	*	*	*	*	*	-	*
3rd most likely	2	-	1	-	-	1	-	-	1	-	-	1	-	1	-	1	-	1
	*	-	*	-	-	*	-	-	1%	-	-	*	-	*	-	*	-	*
4th most likely	2	-	-	-	-	-	-	-	-	-	-	-	-	1	1	-	-	1
	*	-	-	-	-	-	-	-	-	-	-	-	-	*	*	-	-	*
5th most likely	2	-	1	-	-	1	-	1	-	-	-	-	1	1	1	-	-	1
	*	-	*	-	-	*	-	*	-	-	-	-	*	*	*	-	-	*
NET: In the top 3	45	3	4	6	-	11	3	4	4	5	-	9	4	13	19	11	2	32
	2%	1%	1%	4%	-	2%	1%	1%	2%	3%	-	2%	1%	3%	2%	2%	3%	2%
				abf		af				af		af						
NET: In the top 5	49	3	6	6	-	12	3	5	4	5	-	9	5	15	21	11	2	34
	2%	1%	2%	4%	-	2%	1%	1%	2%	3%	-	2%	1%	4%	2%	2%	3%	2%
				af		af				af		f		be				
NET: Not in top 3	2080	493	356	152	49	508	542	602	230	173	43	403	645	369	1097	522	92	1711
	98%	99%	99%	96%	100%	98%	99%	99%	98%	97%	100%	98%	99%	97%	98%	98%	97%	98%
		ce	c				ce	ce					ce					
Not ranked	2076	493	355	152	49	507	542	601	230	173	43	403	644	366	1095	522	92	1709
	98%	99%	98%	96%	100%	98%	99%	99%	98%	97%	100%	98%	99%	96%	98%	98%	97%	98%
		ce					ce	c					ce		a			a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q11D.14. Other: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
1st most likely	39 2%	6 2%	22 2%	5 2%	10 3%	1 1%	26 2%	14 2%	2 4%	25 1%	15 3% a	37 2% b	2 *
2nd most likely	4 *	- -	3 *	1 *	1 *	- -	2 *	2 *	- -	3 *	1 *	4 *	- -
3rd most likely	2 *	- -	1 *	1 *	- -	- -	1 *	1 *	- -	2 *	- -	1 *	1 *
4th most likely	2 *	1 *	- -	- -	1 *	- -	1 *	1 *	- -	2 *	- -	1 *	1 *
5th most likely	2 *	- -	1 *	- -	- -	- -	1 *	- -	- -	2 *	- -	2 *	- -
NET: In the top 3	45 2%	6 2%	26 2%	7 3%	11 3%	1 1%	29 2%	16 2%	2 4%	29 2%	16 3% a	42 2%	2 1%
NET: In the top 5	49 2%	7 2%	27 2%	7 3%	12 3%	1 1%	31 2%	18 3%	2 4%	34 2%	16 3%	45 3%	4 1%
NET: Not in top 3	2080 98%	357 98%	1306 98%	234 97%	381 97%	96 99%	1381 98%	637 98%	57 96%	1631 98% b	449 97%	1746 98%	310 99%
Not ranked	2076 98%	356 98%	1305 98%	234 97%	379 97%	96 99%	1379 98%	636 97%	57 96%	1627 98%	449 97%	1743 97%	308 99%

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Q11D.14. Other: With many restrictions still in place around sport and physical activity, who are you most likely to look to for trusted information and guidance on how to be active?
BASE: All respondents

	Total	\ Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1st most likely	39	12	4	4	4	2	5	3	5	10	14	9	28	3	9	9	16	4
	2%	3%	2%	1%	1%	1%	2%	4%	2%	1%	2%	1%	3%	1%	2%	2%	2%	1%
		i						di					c					
2nd most likely	4	-	-	1	1	-	-	-	2	2	2	1	1	2	-	1	2	1
	*	-	-	*	*	-	-	-	1%	*	*	*	*	*	-	*	*	*
3rd most likely	2	-	-	1	-	1	-	-	-	2	-	1	-	1	-	2	-	-
	*	-	-	*	-	*	-	-	-	*	-	*	-	*	-	*	-	-
4th most likely	2	1	-	-	1	-	-	-	-	1	-	-	2	-	1	1	-	-
	*	*	-	-	*	-	-	-	-	*	-	-	*	-	*	*	-	-
5th most likely	2	1	-	-	-	-	-	-	1	-	1	1	1	-	1	-	-	1
	*	*	-	-	-	-	-	-	*	-	*	*	*	-	*	-	-	*
NET: In the top 3	45	12	4	6	5	3	5	3	7	14	16	10	29	6	9	12	18	5
	2%	3%	2%	2%	1%	1%	2%	4%	3%	2%	3%	2%	3%	1%	2%	2%	2%	2%
NET: In the top 5	49	14	4	6	6	3	5	3	8	15	17	11	32	6	11	13	18	6
	2%	3%	2%	2%	2%	1%	2%	4%	3%	2%	3%	2%	3%	1%	3%	2%	2%	2%
													c					
NET: Not in top 3	2080	419	227	315	365	193	223	77	261	873	561	594	1007	433	405	569	765	288
	98%	97%	98%	98%	99%	99%	98%	96%	97%	98%	97%	98%	97%	99%	98%	98%	98%	98%
Not ranked	2076	417	227	315	363	193	223	77	260	872	560	594	1003	433	402	568	765	287
	98%	97%	98%	98%	98%	99%	98%	96%	97%	98%	97%	98%	97%	99%	97%	98%	98%	98%
														b				

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Q14. SUMMARY: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Strongly agree	Tend to agree	Tend to disagree	Strongly disagree	Don't know	NET: Agree	NET: Disagree
I am worried about exercising close to other people	2125	604	849	395	188	89	1453	582
	100%	28%	40%	19%	9%	4%	68%	27%
I will feel safer exercising at home than in public places	2125	565	851	401	163	145	1416	564
	100%	27%	40%	19%	8%	7%	67%	27%
I intend to walk and cycle more often for everyday journeys such as to work or local shops and services	2125	394	931	399	255	147	1324	654
	100%	19%	44%	19%	12%	7%	62%	31%
I intend to increase the amount of physical activity and exercise I do as we come out of lockdown	2125	404	872	479	172	199	1275	651
	100%	19%	41%	23%	8%	9%	60%	31%
Coming out of lockdown will make it harder for me to be active	2125	203	450	801	497	174	652	1298
	100%	10%	21%	38%	23%	8%	31%	61%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q14.1. I intend to increase the amount of physical activity and exercise I do as we come out of lockdown: Looking ahead to the next few months, to what extent do you agree or disagree with the following:
BASE: All respondents

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	404	206	197	173	152	78	14	52	40	49	36	30	84	61	37
	19%	20%	18%	27%	22%	10%	14%	19%	19%	22%	20%	13%	25%	18%	17%
				bc	c					f			afhi		
Tend to agree (3.0)	872	421	449	286	299	287	45	113	88	91	74	98	140	143	81
	41%	41%	42%	45%	43%	37%	44%	41%	42%	41%	40%	41%	42%	41%	37%
				c	c										
Tend to disagree (2.0)	479	245	230	107	143	229	25	58	40	48	42	56	65	85	60
	23%	24%	21%	17%	20%	29%	24%	21%	19%	22%	23%	24%	19%	24%	28%
						ab									cg
Strongly disagree (1.0)	172	92	78	29	43	100	10	29	22	14	13	20	18	32	14
	8%	9%	7%	4%	6%	13%	9%	11%	11%	6%	7%	8%	5%	9%	6%
						ab		g	g						
Don't know	199	71	123	47	61	91	9	23	18	20	18	31	27	28	24
	9%	7%	11%	7%	9%	12%	9%	8%	9%	9%	10%	13%	8%	8%	11%
			a			a									
NET: Agree	1275	627	645	459	451	365	59	165	127	141	110	128	224	204	118
	60%	61%	60%	72%	65%	47%	57%	60%	61%	63%	60%	54%	67%	59%	54%
				bc	c								fhi		
NET: Disagree	651	337	308	136	186	329	34	88	62	62	55	76	83	116	74
	31%	33%	29%	21%	27%	42%	34%	32%	30%	28%	30%	32%	25%	33%	34%
					a	ab		g						g	g
Base for stats	1926	964	954	595	637	694	93	252	190	202	165	204	307	320	192
Mean Score	2.78	2.77	2.80	3.01	2.88	2.49	2.68	2.74	2.76	2.87	2.81	2.68	2.94	2.73	2.73
				bc	c					f			abcfhi		
Standard Deviation	.876	.892	.858	.815	.849	.874	.856	.915	.917	.859	.870	.846	.848	.883	.853
Standard Error	.020	.028	.028	.032	.032	.036	.085	.055	.068	.059	.066	.065	.048	.050	.062
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q14.1. I intend to increase the amount of physical activity and exercise I do as we come out of lockdown: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total		2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	404	50	107	93	55	48	50	250	154	301	23	35	33	5	3	98
		19%	29%	23%	18%	20%	22%	10%	22%	16%	17%	39%	28%	35%	24%	26%	32%
			cdfgh	fh	f	f	fh		fh	f		a	a	a			a
Tend to agree	(3.0)	872	63	209	239	105	87	169	511	361	735	28	50	36	7	5	126
		41%	37%	45%	47%	38%	39%	35%	45%	37%	41%	47%	40%	38%	36%	53%	41%
				fh	adefh				dfh								
Tend to disagree	(2.0)	479	38	97	101	64	45	133	237	242	420	4	23	17	6	1	51
		23%	22%	21%	20%	23%	20%	28%	21%	25%	24%	6%	18%	18%	32%	13%	17%
								bceg		cg	bg		b	b			b
Strongly disagree	(1.0)	172	13	24	28	22	12	73	65	106	159	2	7	-	-	1	9
		8%	8%	5%	6%	8%	5%	15%	6%	11%	9%	3%	5%	-	-	8%	3%
								abcdegh		bceg	dg			d			
Don't know		199	7	30	46	29	30	56	83	115	166	3	10	9	2	-	23
		9%	4%	6%	9%	11%	14%	12%	7%	12%	9%	5%	8%	9%	8%	-	8%
					a	ab	abg	abg		abg							
NET: Agree		1275	113	316	332	160	135	220	761	515	1036	51	85	68	12	8	225
		60%	66%	68%	65%	58%	61%	46%	66%	53%	58%	86%	68%	73%	60%	79%	73%
			fh	dfh	dfh	f	fh		dfh	f		acg	a	a			a
NET: Disagree		651	51	121	130	86	57	205	302	348	579	6	29	17	6	2	60
		31%	30%	26%	26%	31%	26%	43%	26%	36%	33%	10%	24%	18%	32%	21%	20%
								abcdegh		bceg	bcdg		b				
Base for stats		1926	164	437	462	246	193	425	1063	863	1615	57	114	85	18	10	285
Mean Score		2.78	2.91	2.91	2.86	2.79	2.89	2.46	2.89	2.65	2.73	3.28	2.99	3.19	2.91	2.97	3.10
			fh	fh	fh	fh	fh		fh	f		ac	a	a			a
Standard Deviation		.876	.922	.825	.805	.891	.853	.911	.832	.911	.876	.735	.861	.743	.794	.886	.804
Standard Error		.020	.073	.040	.037	.053	.058	.046	.026	.031	.022	.094	.079	.079	.178	.280	.046
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.03	.08	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q14.1. I intend to increase the amount of physical activity and exercise I do as we come out of lockdown: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

			Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total		2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	404	206	79	97	175	39	36	146	36	17	15	22	28	28	38	74
		19%	16%	22%	28%	25%	21%	29%	22%	19%	29%	20%	22%	27%	16%	8%	24%
				a	ab	a	j	dij	j	j	ij	j	j	ij	j		ij
Tend to agree	(3.0)	872	528	172	142	314	82	50	299	74	21	25	45	45	65	165	132
		41%	40%	47%	42%	44%	45%	40%	45%	39%	35%	35%	45%	43%	36%	37%	43%
				a		a			ij								
Tend to disagree	(2.0)	479	336	71	55	126	40	28	141	52	15	18	15	10	33	125	69
		23%	25%	19%	16%	18%	22%	23%	21%	27%	26%	25%	15%	9%	19%	28%	22%
			bcd				h	h	h	ghi	h	h			h	cghi	h
Strongly disagree	(1.0)	172	135	15	16	30	7	4	40	12	4	5	7	2	20	70	11
		8%	10%	4%	5%	4%	4%	3%	6%	6%	6%	7%	7%	2%	11%	16%	4%
			bcd												abchk	abcdeghk	
Don't know		199	122	29	31	60	13	6	37	17	2	9	11	20	32	51	20
		9%	9%	8%	9%	8%	7%	5%	6%	9%	4%	13%	11%	19%	18%	11%	6%
												c	c	abcdejk	abcdejk	bck	
NET: Agree		1275	734	250	238	489	121	86	444	110	38	40	67	73	93	203	207
		60%	55%	69%	70%	69%	66%	69%	67%	58%	64%	55%	67%	70%	52%	45%	67%
				a	a	a	ij	dfij	dfij	j	j		ij	dfij			dfij
NET: Disagree		651	471	85	71	156	48	32	181	64	19	23	23	12	53	195	80
		31%	35%	23%	21%	22%	26%	26%	27%	33%	32%	32%	23%	12%	30%	43%	26%
			bcd				h	h	h	gh	h	h	h		h	abcdghik	h
Base for stats		1926	1205	336	309	645	168	118	625	174	57	63	90	85	146	398	287
Mean Score		2.78	2.67	2.94	3.03	2.98	2.90	2.99	2.88	2.77	2.90	2.78	2.91	3.16	2.69	2.43	2.94
				a	a	a	ij	dij	ij	j	j	j	j	acdfgijk	j		dij
Standard Deviation		.876	.888	.785	.833	.809	.799	.827	.837	.855	.911	.898	.860	.731	.936	.889	.811
Standard Error		.020	.025	.046	.050	.034	.060	.076	.033	.063	.116	.111	.085	.078	.075	.049	.047
Error variance		*	*	*	*	*	*	.01	*	*	.01	.01	.01	.01	.01	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q14.1. I intend to increase the amount of physical activity and exercise I do as we come out of lockdown: Looking ahead to the next few months, to what extent do you agree or disagree with the following:
BASE: All respondents

			Nature of working location						Nature of working hours						Number of people in household including self				
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total		2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total		2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	404	101	92	33	13	125	114	134	69	26	8	95	142	53	193	127	31	351
		19%	20%	25%	21%	26%	24%	21%	22%	30%	15%	19%	23%	22%	14%	17%	24%	33%	20%
									c	acf			c	c			ab	abe	a
Tend to agree	(3.0)	872	211	161	65	13	227	224	260	99	72	19	171	278	157	439	241	35	715
		41%	43%	45%	41%	26%	44%	41%	43%	43%	40%	43%	42%	43%	41%	39%	45%	37%	41%
			d	d			d	d									b		
Tend to disagree	(2.0)	479	117	76	36	18	112	135	135	48	50	11	99	146	93	279	92	16	386
		23%	23%	21%	23%	37%	22%	25%	22%	21%	28%	26%	24%	22%	24%	25%	17%	17%	22%
						abce									c	c			c
Strongly disagree	(1.0)	172	33	16	12	2	28	35	34	9	16	2	24	37	38	101	26	7	134
		8%	7%	4%	8%	3%	5%	6%	6%	4%	9%	6%	6%	6%	10%	9%	5%	7%	8%
											b				c	c			c
Don't know		199	35	15	12	4	27	39	43	8	15	3	22	45	41	104	48	6	158
		9%	7%	4%	7%	8%	5%	7%	7%	3%	8%	7%	5%	7%	11%	9%	9%	7%	9%
									b		b			b					
NET: Agree		1275	312	253	98	25	352	338	394	169	98	27	267	421	210	633	367	65	1065
		60%	63%	70%	62%	52%	68%	62%	65%	72%	55%	62%	65%	65%	55%	57%	69%	69%	61%
				adf			df		c	acef			c	c			abe	ab	ab
NET: Disagree		651	150	92	48	20	140	169	169	57	66	14	123	183	130	380	118	22	520
		31%	30%	25%	30%	40%	27%	31%	28%	24%	37%	31%	30%	28%	34%	34%	22%	24%	30%
						be					abf				c	cde			c
Base for stats		1926	462	345	146	45	492	507	563	226	164	40	390	603	340	1012	485	88	1586
Mean Score		2.78	2.82	2.95	2.81	2.81	2.91	2.82	2.88	3.02	2.66	2.80	2.87	2.87	2.66	2.72	2.96	3.02	2.81
				af					c	acef			c	c			abe	abe	ab
Standard Deviation		.876	.853	.818	.881	.900	.839	.856	.841	.823	.859	.837	.855	.841	.870	.886	.817	.922	.876
Standard Error		.020	.038	.044	.072	.131	.037	.037	.035	.054	.067	.125	.043	.033	.046	.028	.037	.098	.022
Error variance		*	*	*	.01	.02	*	*	*	*	*	.02	*	*	*	*	*	.01	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q14.1. I intend to increase the amount of physical activity and exercise I do as we come out of lockdown: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total		2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	404	106	239	57	55	26	274	122	12	324	79	337	65
		19%	29%	18%	24%	14%	27%	19%	19%	20%	20%	17%	19%	21%
			b		b		b	b						
Tend to agree	(3.0)	872	142	557	102	155	29	600	254	28	698	174	737	130
		41%	39%	42%	42%	40%	30%	43%	39%	46%	42%	37%	41%	42%
					c			c		c				
Tend to disagree	(2.0)	479	68	306	42	82	24	327	137	6	359	120	417	55
		23%	19%	23%	17%	21%	25%	23%	21%	10%	22%	26%	23%	18%
						f	f	af	f					b
Strongly disagree	(1.0)	172	27	103	20	53	9	93	74	6	128	43	138	31
		8%	8%	8%	8%	14%	9%	7%	11%	11%	8%	9%	8%	10%
						ad			d					
Don't know		199	21	126	21	46	9	116	66	8	151	48	160	30
		9%	6%	9%	9%	12%	10%	8%	10%	13%	9%	10%	9%	10%
				a		d								
NET: Agree		1275	248	797	158	210	55	875	376	39	1022	254	1074	196
		60%	68%	60%	66%	54%	57%	62%	57%	66%	62%	55%	60%	63%
			b		be			be			b			
NET: Disagree		651	95	409	62	135	33	420	211	13	487	163	555	86
		31%	26%	31%	26%	35%	34%	30%	32%	21%	29%	35%	31%	28%
						af			a			a		
Base for stats		1926	343	1206	220	345	88	1294	587	52	1509	417	1629	282
Mean Score		2.78	2.95	2.77	2.89	2.61	2.82	2.82	2.72	2.86	2.81	2.70	2.78	2.82
			b		be			be			b			
Standard Deviation		.876	.909	.862	.895	.930	.970	.848	.933	.917	.870	.896	.869	.914
Standard Error		.020	.049	.025	.058	.051	.101	.024	.038	.120	.022	.045	.022	.052
Error variance		*	*	*	*	*	.01	*	*	.01	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q14.1. I intend to increase the amount of physical activity and exercise I do as we come out of lockdown: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

		Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	404	37	39	60	64	55	49	21	79	179	148	187	102	110	96	90	129	82
	19%	9%	17%	19%	17%	28%	21%	26%	29%	20%	26%	31%	10%	25%	23%	16%	17%	28%
			a	a	a	abcdi	a	a	abcdfi	a	abcdi	bc		b	bc			bc
Tend to agree (3.0)	872	117	95	160	183	89	103	31	94	432	228	297	373	195	143	271	352	94
	41%	27%	41%	50%	50%	45%	45%	38%	35%	49%	40%	49%	36%	44%	35%	47%	45%	32%
			a	abhj	abhj	ah	ah	a	a	abhj	a	b		b		ad	ad	
Tend to disagree (2.0)	479	100	57	74	83	41	44	18	59	199	122	84	306	81	99	126	179	64
	23%	23%	25%	23%	23%	21%	19%	22%	22%	22%	21%	14%	30%	19%	24%	22%	23%	22%
													ac	a				
Strongly disagree (1.0)	172	99	12	11	12	5	14	4	16	28	34	15	126	26	36	38	57	33
	8%	23%	5%	4%	3%	2%	6%	5%	6%	3%	6%	3%	12%	6%	9%	7%	7%	11%
		bcdefghij					i		i		i		ac	a				bc
Don't know	199	77	27	16	28	6	18	7	20	49	45	21	129	27	40	55	65	20
	9%	18%	12%	5%	7%	3%	8%	9%	7%	6%	8%	4%	12%	6%	10%	9%	8%	7%
		bcdefghij	cei		e		e	e	e		e		ac	a				
NET: Agree	1275	154	135	220	247	144	152	52	173	611	376	484	475	305	239	362	482	176
	60%	36%	58%	68%	67%	73%	67%	64%	64%	69%	65%	80%	46%	69%	58%	62%	62%	60%
			a	ab	ab	abhj	a	a	a	ab	a	bc		b				
NET: Disagree	651	199	69	86	95	46	58	22	75	227	155	100	432	107	135	164	236	97
	31%	46%	30%	27%	26%	24%	25%	27%	28%	26%	27%	16%	42%	24%	33%	28%	30%	33%
		bcdefghij											ac	a				
Base for stats	1926	353	204	305	342	190	210	74	248	837	532	584	907	412	374	526	717	274
Mean Score	2.78	2.26	2.80	2.88	2.88	3.02	2.89	2.93	2.95	2.91	2.92	3.12	2.50	2.95	2.80	2.79	2.77	2.82
			a	a	a	abcd	a	a	a	a	a	bc		b				
Standard Deviation	.876	.983	.815	.758	.743	.780	.834	.868	.902	.759	.870	.745	.867	.844	.932	.812	.835	.997
Standard Error	.020	.053	.057	.043	.040	.056	.057	.100	.057	.026	.037	.031	.029	.041	.047	.035	.032	.061
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q14.2. I intend to walk and cycle more often for everyday journeys such as to work or local shops and services: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total		2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	394	189	205	174	128	92	24	49	35	42	32	32	82	59	38
		19%	18%	19%	27%	18%	12%	23%	18%	17%	19%	18%	14%	25%	17%	18%
					bc	c		f						bcfh		
Tend to agree	(3.0)	931	453	472	281	347	303	40	116	89	97	80	117	151	148	92
		44%	44%	44%	44%	50%	39%	39%	42%	43%	44%	44%	50%	45%	43%	42%
						ac										
Tend to disagree	(2.0)	399	207	192	101	116	183	18	61	38	40	42	42	50	70	38
		19%	20%	18%	16%	17%	23%	18%	22%	18%	18%	23%	18%	15%	20%	18%
							ab		g			g				
Strongly disagree	(1.0)	255	125	127	46	65	144	16	31	33	29	15	26	27	46	32
		12%	12%	12%	7%	9%	18%	15%	11%	16%	13%	8%	11%	8%	13%	15%
							ab	g		eg					g	eg
Don't know		147	61	81	40	44	63	5	18	12	14	14	18	23	26	16
		7%	6%	8%	6%	6%	8%	5%	6%	6%	6%	8%	8%	7%	7%	7%
NET: Agree		1324	641	677	455	474	395	63	165	125	139	112	150	233	207	130
		62%	62%	63%	71%	68%	50%	62%	60%	60%	63%	61%	64%	70%	59%	60%
					c	c								bcehi		
NET: Disagree		654	333	319	147	181	326	34	93	71	69	57	68	77	116	70
		31%	32%	30%	23%	26%	42%	33%	34%	34%	31%	31%	29%	23%	33%	32%
							ab	g	g	g	g	g			g	g
Base for stats		1978	974	996	602	655	722	97	258	196	208	169	218	310	322	200
Mean Score		2.74	2.72	2.76	2.97	2.82	2.48	2.73	2.71	2.65	2.73	2.77	2.72	2.93	2.68	2.68
					bc	c								abcdefhi		
Standard Deviation		.921	.920	.923	.874	.858	.951	1.007	.914	.965	.939	.860	.862	.876	.933	.962
Standard Error		.021	.029	.030	.034	.032	.038	.098	.054	.070	.064	.065	.065	.049	.052	.068
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

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Q14.2. I intend to walk and cycle more often for everyday journeys such as to work or local shops and services: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
						Social Grade								Ethnicity			
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total		2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	394	43	98	101	56	41	54	243	151	293	20	34	30	5	5	94
		19%	25%	21%	20%	21%	18%	11%	21%	15%	16%	33%	28%	32%	23%	46%	30%
			fh	fh	fh	fh	f		fh	f		a	a	a			a
Tend to agree	(3.0)	931	70	212	231	117	110	190	513	417	791	26	52	37	9	5	129
		44%	41%	45%	45%	43%	50%	39%	45%	43%	44%	44%	42%	40%	45%	46%	42%
							fh										
Tend to disagree	(2.0)	399	30	88	94	54	32	102	212	188	349	3	25	13	3	-	44
		19%	17%	19%	18%	20%	14%	21%	18%	19%	20%	6%	20%	14%	15%	-	14%
								e			bg		b				
Strongly disagree	(1.0)	255	17	46	49	29	23	90	112	142	225	5	9	11	2	1	27
		12%	10%	10%	10%	11%	10%	19%	10%	15%	13%	8%	7%	12%	10%	8%	9%
								abcdegh		bcg							
Don't know		147	11	22	34	18	16	46	67	80	123	6	5	2	1	-	15
		7%	6%	5%	7%	6%	7%	9%	6%	8%	7%	9%	4%	3%	7%	-	5%
								bg		bg							
NET: Agree		1324	113	310	332	174	152	244	756	569	1084	46	86	67	14	9	223
		62%	66%	66%	65%	63%	68%	51%	66%	58%	61%	77%	69%	72%	68%	92%	72%
			f	fh	fh	f	fh		fh	f		a		a			a
NET: Disagree		654	47	135	142	83	55	192	324	330	574	8	33	24	5	1	71
		31%	27%	29%	28%	30%	25%	40%	28%	34%	32%	14%	27%	26%	25%	8%	23%
								abcdegh		ceg	bg		b				
Base for stats		1978	160	445	474	257	206	436	1080	899	1658	54	120	91	19	10	294
Mean Score		2.74	2.87	2.81	2.81	2.78	2.82	2.48	2.82	2.64	2.70	3.13	2.94	2.95	2.86	3.30	2.98
			fh	fh	fh	fh	fh		fh	f		a	a	a			a
Standard Deviation		.921	.935	.896	.887	.917	.878	.956	.897	.940	.915	.880	.885	.979	.938	.872	.916
Standard Error		.021	.075	.043	.041	.054	.058	.047	.028	.031	.023	.116	.079	.101	.210	.276	.052
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.04	.08	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q14.2. I intend to walk and cycle more often for everyday journeys such as to work or local shops and services: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

		Total	Children aged 15 or under in the household				Current employment status										
			None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total		2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	394	189	91	98	189	45	32	134	36	13	11	17	29	35	42	77
		19%	14%	25%	29%	27%	25%	26%	20%	19%	22%	15%	17%	27%	19%	9%	25%
				a	a	a	j	j	j	j	j			j	fj	j	j
Tend to agree	(3.0)	931	566	165	159	324	76	62	302	94	23	28	53	49	72	171	138
		44%	43%	45%	47%	46%	42%	50%	46%	49%	38%	39%	52%	47%	40%	38%	45%
								j	j	j			ij				
Tend to disagree	(2.0)	399	284	53	49	103	39	17	127	39	14	19	13	11	28	92	56
		19%	21%	15%	15%	15%	21%	14%	19%	20%	23%	26%	13%	10%	16%	21%	18%
			bcd				h		h	h	h	bgh					h
Strongly disagree	(1.0)	255	195	29	20	49	12	9	63	16	8	10	7	7	22	101	20
		12%	15%	8%	6%	7%	6%	7%	10%	8%	14%	14%	7%	7%	12%	23%	7%
			bcd								k	k			k	abcdghik	
Don't know		147	93	26	14	40	10	5	35	7	1	5	10	9	22	42	15
		7%	7%	7%	4%	6%	5%	4%	5%	4%	3%	7%	10%	8%	12%	9%	5%
													cd		abcdek	cdk	
NET: Agree		1324	756	256	257	513	121	94	437	130	36	39	70	78	107	213	215
		62%	57%	70%	76%	73%	67%	75%	66%	68%	60%	54%	69%	75%	60%	48%	70%
				a	a	a	j	cefij	fj	fj			fj	fij	j		fij
NET: Disagree		654	479	83	69	152	51	25	190	54	22	29	21	18	50	193	76
		31%	36%	23%	20%	22%	28%	20%	29%	28%	37%	39%	21%	17%	28%	43%	25%
			bcd				h		h	h	bghk	bghk			h	abcdghik	
Base for stats		1978	1234	338	326	665	172	119	627	184	58	68	90	96	157	406	291
Mean Score		2.74	2.61	2.94	3.03	2.98	2.90	2.98	2.81	2.81	2.70	2.59	2.88	3.04	2.76	2.38	2.93
				a	a	a	fj	cefij	fj	j	j		fj	cdefij	j		cfij
Standard Deviation		.921	.928	.877	.833	.856	.870	.837	.886	.843	.989	.931	.810	.848	.950	.971	.857
Standard Error		.021	.026	.051	.048	.035	.065	.076	.035	.061	.125	.112	.079	.086	.074	.053	.049
Error variance		*	*	*	*	*	*	.01	*	*	.02	.01	.01	.01	.01	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q14.2. I intend to walk and cycle more often for everyday journeys such as to work or local shops and services: Looking ahead to the next few months, to what extent do you agree or disagree with the following:
BASE: All respondents

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total		2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total		2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	394	97	75	33	15	108	113	127	56	31	7	87	133	55	180	133	26	339
		19%	20%	21%	21%	32%	21%	21%	21%	24%	18%	16%	21%	21%	14%	16%	25%	27%	19%
						a											abe	ab	ab
Tend to agree	(3.0)	931	231	169	65	17	234	248	272	108	76	23	184	295	165	473	248	45	766
		44%	46%	47%	41%	36%	45%	46%	45%	46%	43%	53%	45%	46%	43%	42%	46%	48%	44%
Tend to disagree	(2.0)	399	101	65	33	10	98	112	114	44	40	10	84	124	69	239	80	12	330
		19%	20%	18%	21%	21%	19%	20%	19%	19%	23%	23%	20%	19%	18%	21%	15%	12%	19%
											cd					cd			c
Strongly disagree	(1.0)	255	45	33	18	3	52	48	60	18	19	3	38	63	62	149	37	8	193
		12%	9%	9%	12%	6%	10%	9%	10%	8%	11%	8%	9%	10%	16%	13%	7%	8%	11%
															cde	c			c
Don't know		147	22	19	9	3	27	25	33	9	11	-	19	33	31	76	36	4	116
		7%	5%	5%	5%	6%	5%	5%	5%	4%	6%	-	5%	5%	8%	7%	7%	5%	7%
NET: Agree		1324	328	244	99	33	342	361	399	163	108	30	271	429	220	653	381	71	1105
		62%	66%	68%	62%	67%	66%	66%	66%	70%	60%	69%	66%	66%	58%	59%	71%	75%	63%
										c							abe	abe	ab
NET: Disagree		654	146	98	51	13	149	159	173	62	60	13	121	187	131	387	117	19	523
		31%	29%	27%	32%	27%	29%	29%	29%	26%	34%	31%	29%	29%	34%	35%	22%	20%	30%
															cd	cde			cd
Base for stats		1978	474	342	150	46	492	520	572	225	167	43	392	616	350	1040	498	90	1628
Mean Score		2.74	2.80	2.83	2.76	2.99	2.81	2.82	2.81	2.89	2.71	2.77	2.82	2.81	2.61	2.66	2.96	2.99	2.77
										c							abe	abe	ab
Standard Deviation		.921	.871	.878	.938	.908	.896	.875	.896	.868	.904	.820	.887	.891	.952	.926	.851	.873	.912
Standard Error		.021	.039	.047	.076	.131	.040	.037	.036	.057	.070	.118	.044	.035	.050	.029	.038	.093	.023
Error variance		*	*	*	.01	.02	*	*	*	*	*	.01	*	*	*	*	*	.01	*

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Q14.2. I intend to walk and cycle more often for everyday journeys such as to work or local shops and services: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

		Total	Care responsibilities in household not including children		Longstanding condition or illness				NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total		2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	394	100	230	67	54	20	260	124	10	319	75	335	57
		19%	28%	17%	28%	14%	20%	18%	19%	17%	19%	16%	19%	18%
			b		bde			b	b					
Tend to agree	(3.0)	931	147	598	94	137	48	660	249	23	751	180	788	136
		44%	40%	45%	39%	35%	49%	47%	38%	39%	45%	39%	44%	44%
							be	abe			b			
Tend to disagree	(2.0)	399	69	256	37	82	16	267	122	12	298	101	345	50
		19%	19%	19%	16%	21%	17%	19%	19%	20%	18%	22%	19%	16%
Strongly disagree	(1.0)	255	28	160	30	85	10	137	113	11	180	75	205	47
		12%	8%	12%	13%	22%	11%	10%	17%	19%	11%	16%	11%	15%
				a		acd			d	d		a		a
Don't know		147	19	88	12	34	3	86	46	3	112	34	116	22
		7%	5%	7%	5%	9%	3%	6%	7%	5%	7%	7%	6%	7%
NET: Agree		1324	247	828	161	191	67	920	373	33	1070	255	1122	193
		62%	68%	62%	67%	49%	69%	65%	57%	56%	64%	55%	63%	62%
			b		be		be	be	b		b			
NET: Disagree		654	97	416	68	167	27	404	235	23	478	176	550	97
		31%	27%	31%	28%	43%	27%	29%	36%	39%	29%	38%	31%	31%
						acde			ad			a		
Base for stats		1978	344	1244	229	358	94	1324	608	56	1548	430	1672	290
Mean Score		2.74	2.93	2.72	2.86	2.45	2.82	2.79	2.63	2.58	2.78	2.59	2.75	2.70
			b		bef		b	be	b		b			
Standard Deviation		.921	.901	.910	.985	1.013	.894	.876	1.007	1.015	.904	.969	.914	.965
Standard Error		.021	.048	.026	.063	.054	.090	.024	.041	.128	.023	.048	.023	.054
Error variance		*	*	*	*	*	.01	*	*	.02	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q14.2. I intend to walk and cycle more often for everyday journeys such as to work or local shops and services: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

		Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	394	33	35	57	70	57	47	19	76	184	141	184	113	93	77	83	146	83
	19%	8%	15%	18%	19%	29%	20%	23%	28%	21%	24%	30%	11%	21%	19%	14%	19%	28%
			a	a	a	abcdfi	a	a	abcdfi	a	abcd	bc		b			b	abc
Tend to agree (3.0)	931	107	118	170	181	92	116	43	103	443	262	277	428	210	148	295	361	106
	44%	25%	51%	53%	49%	47%	51%	54%	38%	50%	45%	46%	41%	48%	36%	51%	46%	36%
			ah	ahj	ah	a	ah	ah	a	ah	a			b		ad	ad	
Tend to disagree (2.0)	399	99	43	63	65	31	37	13	49	158	99	79	245	68	83	111	154	43
	19%	23%	19%	20%	18%	16%	16%	16%	18%	18%	17%	13%	24%	16%	20%	19%	20%	15%
		efij											ac					
Strongly disagree (1.0)	255	131	22	24	28	8	16	4	21	60	41	46	158	43	68	59	80	43
	12%	31%	9%	7%	8%	4%	7%	5%	8%	7%	7%	8%	15%	10%	16%	10%	10%	15%
		bcdefghij	e										ac		bc			bc
Don't know	147	59	13	7	26	7	13	2	19	40	34	19	92	25	37	33	41	18
	7%	14%	6%	2%	7%	4%	6%	2%	7%	5%	6%	3%	9%	6%	9%	6%	5%	6%
		bcdefghij	c		c		c		c		c		ac		bc			
NET: Agree	1324	141	153	227	251	149	162	62	179	628	403	461	541	303	226	378	507	189
	62%	33%	66%	71%	68%	76%	71%	77%	67%	71%	70%	76%	52%	69%	55%	65%	65%	64%
			a	a	a	abdh	a	a	a	a	a	bc		b		a	a	a
NET: Disagree	654	230	65	87	93	39	53	17	70	219	140	124	403	111	151	170	234	86
	31%	53%	28%	27%	25%	20%	23%	21%	26%	25%	24%	21%	39%	25%	36%	29%	30%	29%
		bcdefghij	e										ac		bc			
Base for stats	1978	371	218	314	344	188	215	79	249	847	543	585	944	414	377	548	741	275
Mean Score	2.74	2.12	2.76	2.83	2.85	3.05	2.90	2.96	2.94	2.89	2.93	3.02	2.53	2.85	2.62	2.73	2.77	2.83
			a	a	a	abcdi	a	a	ab	ab	ab	bc		b			a	a
Standard Deviation	.921	.996	.840	.812	.837	.801	.822	.791	.915	.824	.861	.873	.908	.885	1.005	.847	.886	1.031
Standard Error	.021	.053	.057	.046	.045	.057	.055	.089	.058	.028	.037	.036	.030	.043	.051	.036	.033	.063
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q14.3. I will feel safer exercising at home than in public places: Looking ahead to the next few months, to what extent do you agree or disagree with the following:
BASE: All respondents

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total		2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	565	239	323	205	184	176	30	68	59	68	47	59	93	88	52
		27%	23%	30%	32%	26%	22%	29%	25%	29%	31%	26%	25%	28%	25%	24%
				a	bc											
Tend to agree	(3.0)	851	405	444	252	290	309	42	121	79	82	75	92	134	133	93
		40%	39%	41%	39%	41%	39%	41%	44%	38%	37%	41%	39%	40%	38%	43%
Tend to disagree	(2.0)	401	219	178	106	136	159	14	45	41	42	37	48	61	73	40
		19%	21%	17%	17%	19%	20%	13%	16%	20%	19%	20%	20%	18%	21%	19%
			b													
Strongly disagree	(1.0)	163	99	63	41	46	76	10	25	8	18	10	15	26	35	16
		8%	10%	6%	6%	7%	10%	10%	9%	4%	8%	6%	6%	8%	10%	7%
			b				ab	c	c						c	
Don't know		145	72	69	38	43	65	6	16	21	12	12	22	20	20	15
		7%	7%	6%	6%	6%	8%	6%	6%	10%	6%	7%	9%	6%	6%	7%
										h						
NET: Agree		1416	644	766	457	474	485	72	189	138	150	123	151	227	221	145
		67%	62%	71%	71%	68%	62%	71%	69%	66%	67%	67%	64%	68%	63%	67%
				a	c	c										
NET: Disagree		564	318	242	147	182	235	24	70	49	60	47	63	87	108	57
		27%	31%	22%	23%	26%	30%	23%	25%	23%	27%	26%	27%	26%	31%	26%
			b				a									
Base for stats		1980	963	1008	604	656	720	96	260	187	210	170	213	314	329	201
Mean Score		2.92	2.82	3.02	3.03	2.93	2.81	2.96	2.90	3.02	2.95	2.94	2.91	2.94	2.83	2.90
				a	bc	c				h						
Standard Deviation		.901	.924	.865	.887	.876	.923	.941	.903	.840	.932	.859	.877	.908	.945	.878
Standard Error		.020	.029	.028	.035	.033	.037	.093	.053	.062	.063	.064	.067	.051	.052	.062
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

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Q14.3. I will feel safer exercising at home than in public places: Looking ahead to the next few months, to what extent do you agree or disagree with the following:
BASE: All respondents

					Social Grade								Ethnicity				
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total		2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	565	61	118	143	68	67	108	322	243	445	24	44	34	7	4	113
		27%	36%	25%	28%	25%	30%	23%	28%	25%	25%	40%	35%	37%	35%	41%	37%
			bdfgh		f		f		f			a	a	a			a
Tend to agree	(3.0)	851	54	222	196	115	86	178	471	380	723	20	47	36	8	4	116
		40%	31%	47%	39%	42%	39%	37%	41%	39%	41%	34%	38%	38%	41%	37%	38%
				acefgh		a			a								
Tend to disagree	(2.0)	401	30	79	101	59	38	93	211	190	344	8	24	13	4	-	49
		19%	18%	17%	20%	22%	17%	19%	18%	19%	19%	14%	19%	13%	21%	-	16%
Strongly disagree	(1.0)	163	21	30	29	17	18	48	80	84	144	3	6	5	1	2	17
		8%	12%	6%	6%	6%	8%	10%	7%	9%	8%	6%	5%	6%	3%	22%	6%
			bcdg					bcg		c							
Don't know		145	5	19	39	16	12	53	63	82	125	3	4	5	-	-	13
		7%	3%	4%	8%	6%	6%	11%	6%	8%	7%	6%	3%	6%	-	-	4%
					ab			abdeg		abg							
NET: Agree		1416	115	339	339	182	153	287	793	623	1169	45	91	71	15	8	229
		67%	67%	73%	67%	66%	69%	60%	69%	64%	66%	75%	73%	75%	76%	78%	74%
				cfh	f		f		fh								a
NET: Disagree		564	52	109	130	76	57	141	290	274	487	12	29	18	5	2	66
		27%	30%	23%	26%	28%	26%	29%	25%	28%	27%	20%	24%	19%	24%	22%	22%
								b			g						
Base for stats		1980	166	448	469	258	210	428	1083	897	1656	56	120	88	20	10	295
Mean Score		2.92	2.93	2.95	2.97	2.90	2.96	2.81	2.96	2.87	2.89	3.16	3.07	3.13	3.07	2.97	3.10
				f	f				fh			a	a	a			a
Standard Deviation		.901	1.031	.838	.876	.862	.925	.943	.886	.917	.901	.899	.865	.872	.850	1.203	.880
Standard Error		.020	.082	.040	.041	.051	.060	.047	.027	.030	.022	.116	.077	.091	.181	.380	.050
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.03	.14	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q14.3. I will feel safer exercising at home than in public places: Looking ahead to the next few months, to what extent do you agree or disagree with the following:
BASE: All respondents

			Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total		2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	565	324	107	108	215	57	48	168	55	14	17	28	30	49	100	105
		27%	24%	29%	32%	30%	31%	39%	25%	29%	24%	23%	28%	28%	27%	22%	34%
					a	a	j	cefij									cj
Tend to agree	(3.0)	851	536	140	145	285	76	40	277	75	24	32	40	41	74	171	116
		40%	40%	38%	43%	40%	42%	32%	42%	39%	40%	44%	40%	39%	41%	38%	38%
									b								
Tend to disagree	(2.0)	401	264	73	49	122	34	22	138	35	14	10	19	13	26	90	56
		19%	20%	20%	14%	17%	19%	18%	21%	18%	24%	14%	19%	12%	15%	20%	18%
			c						h		h						
Strongly disagree	(1.0)	163	105	29	20	50	10	11	48	15	3	8	6	8	12	41	21
		8%	8%	8%	6%	7%	5%	9%	7%	8%	6%	11%	6%	8%	7%	9%	7%
Don't know		145	98	15	19	34	5	3	32	12	4	5	8	13	17	47	8
		7%	7%	4%	5%	5%	3%	2%	5%	6%	7%	7%	8%	12%	10%	10%	3%
			bd							k			bk	abck	abck	abck	
NET: Agree		1416	860	247	253	499	133	89	445	129	38	49	68	71	123	271	221
		67%	65%	68%	74%	71%	73%	71%	67%	68%	63%	68%	68%	68%	69%	60%	72%
					a	a	j	j	j								j
NET: Disagree		564	370	103	69	172	44	34	185	50	18	18	25	21	39	130	77
		27%	28%	28%	20%	24%	24%	27%	28%	26%	30%	25%	25%	20%	22%	29%	25%
			c	c													
Base for stats		1980	1230	350	322	671	177	122	630	180	56	67	93	92	161	402	299
Mean Score		2.92	2.88	2.93	3.06	2.99	3.02	3.03	2.90	2.94	2.87	2.85	2.97	3.00	2.99	2.82	3.02
					a	a	j	j									cj
Standard Deviation		.901	.898	.922	.858	.893	.861	.977	.881	.917	.869	.937	.880	.915	.882	.921	.908
Standard Error		.020	.025	.053	.050	.037	.064	.088	.034	.067	.112	.112	.085	.094	.068	.051	.052
Error variance		*	*	*	*	*	*	.01	*	*	.01	.01	.01	.01	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q14.3. I will feel safer exercising at home than in public places: Looking ahead to the next few months, to what extent do you agree or disagree with the following:
BASE: All respondents

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total		2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total		2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	565	129	107	42	14	149	143	156	83	42	10	125	166	99	274	156	36	466
		27%	26%	30%	27%	29%	29%	26%	26%	35% acf	24%	23%	30%	26%	26%	25%	29% b	38% abe	27%
Tend to agree	(3.0)	851	192	159	68	15	227	207	250	96	68	19	164	269	127	478	216	29	723
		40%	39%	44%	43%	31%	44% f	38%	41%	41%	38%	43%	40%	41%	33%	43% ad	41% a	31%	41% ad
Tend to disagree	(2.0)	401	101	62	31	14	93	115	119	37	40	11	77	130	88	210	89	14	313
		19%	20%	17%	19%	29% b	18%	21%	20%	16%	22%	25%	19%	20%	23% ce	19%	17%	15%	18%
Strongly disagree	(1.0)	163	48	17	15	2	32	50	47	13	16	3	29	51	31	83	42	8	132
		8%	10% be	5%	10% b	4%	6%	9% b	8%	5%	9%	8%	7%	8%	8%	7%	8%	9%	8%
Don't know		145	27	15	3	3	17	30	33	5	12	1	17	33	36	72	30	7	109
		7%	5% c	4%	2%	7%	3%	6% c	5% b	2%	7% b	2%	4%	5%	9% bce	6%	6%	7%	6%
NET: Agree		1416	321	266	110	29	376	350	406	179	110	29	289	435	226	752	373	65	1190
		67%	65%	74% adf	69%	60%	72% af	64%	67%	77% acf	62%	66%	70% c	67%	59%	67% a	70% a	69%	68% a
NET: Disagree		564	148	79	46	16	125	165	166	50	56	14	106	181	119	292	131	22	445
		27%	30% be	22%	29%	33%	24%	30% be	27%	21%	32% b	32%	26%	28% b	31% ce	26%	25%	23%	26%
Base for stats		1980	469	346	156	46	501	515	573	228	166	43	395	615	345	1044	503	87	1635
Mean Score		2.92	2.86	3.03 af	2.88	2.91	2.98 af	2.86	2.90	3.09 acdf	2.82	2.82	2.97	2.89	2.85	2.90	2.97	3.07	2.93
Standard Deviation		.901	.937	.830	.923	.898	.862	.933	.896	.860	.926	.887	.898	.895	.939	.878	.905	.975	.892
Standard Error		.020	.042	.044	.074	.130	.038	.040	.037	.056	.071	.129	.045	.035	.050	.027	.041	.105	.022
Error variance		*	*	*	.01	.02	*	*	*	*	.01	.02	*	*	*	*	*	.01	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q14.3. I will feel safer exercising at home than in public places: Looking ahead to the next few months, to what extent do you agree or disagree with the following:
BASE: All respondents

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total		2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	565	131	325	86	118	28	356	199	25	446	119	493	69
		27%	36%	24%	35%	30%	29%	25%	30%	43%	27%	26%	28%	22%
			b		d				d	bde			b	
Tend to agree	(3.0)	851	137	569	84	147	37	581	249	13	669	181	718	126
		40%	38%	43%	35%	38%	38%	41%	38%	21%	40%	39%	40%	40%
					f	f	f	f	f					
Tend to disagree	(2.0)	401	52	252	42	66	20	273	115	11	305	96	332	64
		19%	14%	19%	18%	17%	20%	19%	18%	18%	18%	21%	19%	20%
				a										
Strongly disagree	(1.0)	163	29	100	17	33	5	109	50	6	126	37	134	26
		8%	8%	7%	7%	9%	5%	8%	8%	10%	8%	8%	8%	8%
Don't know		145	14	87	11	27	8	91	41	5	114	31	110	27
		7%	4%	7%	5%	7%	8%	6%	6%	8%	7%	7%	6%	9%
NET: Agree		1416	269	894	170	265	65	937	448	38	1115	300	1212	195
		67%	74%	67%	71%	68%	66%	66%	69%	64%	67%	65%	68%	63%
			b											
NET: Disagree		564	81	351	60	99	25	382	165	17	431	133	466	89
		27%	22%	26%	25%	25%	26%	27%	25%	28%	26%	29%	26%	29%
Base for stats		1980	350	1246	230	365	90	1319	613	55	1547	433	1678	284
Mean Score		2.92	3.06	2.90	3.04	2.96	2.97	2.90	2.97	3.05	2.93	2.88	2.94	2.84
			b		d									
Standard Deviation		.901	.925	.879	.928	.933	.879	.893	.916	1.050	.898	.909	.899	.896
Standard Error		.020	.049	.025	.059	.050	.091	.025	.037	.136	.023	.045	.022	.051
Error variance		*	*	*	*	*	.01	*	*	.02	*	*	*	*

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Q14.3. I will feel safer exercising at home than in public places: Looking ahead to the next few months, to what extent do you agree or disagree with the following:
BASE: All respondents

					Number of days active							Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	565	99	58	82	105	55	76	19	71	242	165	194	236	125	131	144	184	97
	27%	23%	25%	25%	28%	28%	33%	24%	26%	27%	29%	32%	23%	29%	32%	25%	24%	33%
							ac				a	b		b	bc			bc
Tend to agree (3.0)	851	178	102	140	147	77	83	30	94	364	207	234	423	178	147	259	331	95
	40%	41%	44%	43%	40%	39%	36%	38%	35%	41%	36%	39%	41%	41%	36%	45%	42%	32%
			hj	hj						j						ad	ad	
Tend to disagree (2.0)	401	57	48	67	70	41	44	15	59	179	118	109	190	94	77	102	163	54
	19%	13%	21%	21%	19%	21%	19%	19%	22%	20%	20%	18%	18%	21%	19%	18%	21%	18%
			a	a	a	a	a		a	a	a							
Strongly disagree (1.0)	163	43	11	18	21	16	13	8	34	55	55	47	87	28	30	41	55	32
	8%	10%	5%	6%	6%	8%	6%	10%	13%	6%	9%	8%	8%	6%	7%	7%	7%	11%
		bcdi							bcdfi		bcdi							bc
Don't know	145	53	13	14	26	6	13	8	11	47	32	21	100	13	30	36	50	15
	7%	12%	6%	5%	7%	3%	6%	9%	4%	5%	6%	4%	10%	3%	7%	6%	6%	5%
		bcdefhij						e					ac					
NET: Agree	1416	277	160	221	252	133	158	50	164	606	372	428	659	303	278	402	515	193
	67%	64%	69%	69%	68%	68%	69%	62%	61%	68%	65%	71%	64%	69%	67%	69%	66%	66%
										h		b		b				
NET: Disagree	564	100	58	85	92	57	57	23	92	234	172	156	277	122	107	143	217	86
	27%	23%	25%	27%	25%	29%	25%	29%	34%	26%	30%	26%	27%	28%	26%	25%	28%	29%
									abcdfi		a							
Base for stats	1980	377	218	306	344	190	215	73	257	840	544	583	936	425	384	545	732	278
Mean Score	2.92	2.88	2.95	2.93	2.98	2.91	3.03	2.83	2.78	2.94	2.89	2.99	2.86	2.94	2.98	2.93	2.88	2.93
					h		h					b						
Standard Deviation	.901	.927	.827	.847	.871	.913	.892	.948	.994	.872	.954	.916	.899	.883	.922	.864	.872	1.002
Standard Error	.020	.049	.056	.048	.047	.065	.060	.110	.062	.030	.041	.038	.030	.042	.046	.037	.033	.061
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q14.4. Coming out of lockdown will make it harder for me to be active: Looking ahead to the next few months, to what extent do you agree or disagree with the following:
BASE: All respondents

			Gender		Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total		2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	203	89	112	102	63	38	13	31	21	23	23	13	43	21	13
		10%	9%	10%	16%	9%	5%	13%	11%	10%	10%	13%	6%	13%	6%	6%
					bc	c		fhi	fhi			fhi		fhi		
Tend to agree	(3.0)	450	224	224	190	163	97	27	53	42	45	31	41	107	73	31
		21%	22%	21%	30%	23%	12%	26%	19%	20%	20%	17%	17%	32%	21%	14%
					bc	c		ei						bcdefhi		
Tend to disagree	(2.0)	801	367	432	205	250	346	31	95	82	80	80	100	102	139	90
		38%	35%	40%	32%	36%	44%	31%	35%	40%	36%	44%	43%	31%	40%	42%
				a			ab			g		abg	ag		g	g
Strongly disagree	(1.0)	497	289	205	101	171	225	21	80	42	53	35	61	62	90	54
		23%	28%	19%	16%	24%	29%	20%	29%	20%	24%	19%	26%	19%	26%	25%
			b			a	a		ceg						g	
Don't know		174	65	105	44	52	79	10	16	21	21	13	21	19	25	28
		8%	6%	10%	7%	7%	10%	10%	6%	10%	10%	7%	9%	6%	7%	13%
				a			a									bgh
NET: Agree		652	313	336	292	226	135	40	84	63	68	54	54	151	94	44
		31%	30%	31%	45%	32%	17%	39%	31%	30%	31%	29%	23%	45%	27%	20%
					bc	c		fhi	i	i	i	i		bcdefhi		
NET: Disagree		1298	656	636	307	421	571	52	175	124	133	115	161	164	229	144
		61%	63%	59%	48%	60%	73%	51%	63%	60%	60%	63%	68%	49%	66%	67%
			b			a	ab		ag	g	g	ag	ag		ag	ag
Base for stats		1951	970	972	598	647	705	92	259	187	201	169	215	315	323	188
Mean Score		2.18	2.12	2.25	2.49	2.18	1.93	2.36	2.14	2.23	2.19	2.24	2.03	2.42	2.08	2.02
				a	bc	c		fhi		fi		fhi		bcdfhi		
Standard Deviation		.931	.941	.917	.964	.934	.817	.985	.991	.925	.956	.937	.849	.958	.873	.852
Standard Error		.021	.030	.030	.038	.035	.033	.099	.059	.069	.066	.070	.064	.053	.049	.062
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q14.4. Coming out of lockdown will make it harder for me to be active: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	203	36	46	49	23	24	26	130	72	140	15	21	16	3	2	57
	10%	21%	10%	10%	8%	11%	5%	11%	7%	8%	25%	17%	18%	14%	18%	19%
		bcdefgh	f	f		f		fh			a	a	a			a
Tend to agree (3.0)	450	53	115	110	55	52	64	278	172	353	11	44	27	4	2	88
	21%	31%	25%	22%	20%	24%	13%	24%	18%	20%	18%	35%	28%	19%	22%	28%
		cdfh	fh	f	f	fh		fh	f			ab	a			a
Tend to disagree (2.0)	801	39	170	213	109	79	191	422	379	702	18	33	29	8	4	93
	38%	23%	36%	42%	40%	36%	40%	37%	39%	39%	30%	27%	31%	41%	43%	30%
			a	ag	a	a	a	a	a	cg						
Strongly disagree (1.0)	497	37	108	100	58	46	148	245	252	439	14	15	17	3	2	50
	23%	22%	23%	20%	21%	20%	31%	21%	26%	25%	24%	12%	18%	15%	17%	16%
							abcdegh		cg	cg	c					
Don't know	174	7	29	36	29	21	53	71	103	147	2	11	5	2	-	20
	8%	4%	6%	7%	10%	10%	11%	6%	11%	8%	3%	9%	5%	11%	-	6%
					abg	a	abcg		abcg							
NET: Agree	652	89	161	159	78	76	90	409	244	493	26	65	43	7	4	145
	31%	52%	34%	31%	28%	34%	19%	36%	25%	28%	44%	52%	46%	33%	40%	47%
		bcdefgh	fh	fh	f	fh		dfh	f		a	a	a			a
NET: Disagree	1298	76	278	313	168	125	339	667	631	1141	32	48	46	11	6	143
	61%	44%	59%	62%	61%	56%	70%	58%	65%	64%	53%	39%	49%	56%	60%	47%
			a	a	a	a	abcdegh	a	aeg	cdg						
Base for stats	1951	165	438	473	246	201	428	1075	875	1634	58	113	89	18	10	288
Mean Score	2.18	2.53	2.22	2.23	2.17	2.27	1.92	2.27	2.07	2.12	2.47	2.63	2.48	2.37	2.41	2.53
		bcdefgh	fh	fh	f	fh		fh	f		a	a	a			a
Standard Deviation	.931	1.068	.937	.899	.898	.945	.854	.947	.900	.903	1.130	.937	1.002	.964	1.027	1.000
Standard Error	.021	.085	.046	.041	.054	.063	.043	.029	.030	.022	.143	.087	.104	.216	.325	.058
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.05	.11	*

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Q14.4. Coming out of lockdown will make it harder for me to be active: Looking ahead to the next few months, to what extent do you agree or disagree with the following:
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	203	95	46	49	95	24	26	74	16	6	7	5	10	13	20	51
	10%	7%	13%	15%	13%	13%	21%	11%	9%	10%	10%	5%	9%	7%	4%	17%
			a	a	a	gj	cdghij	j	j		j					cdgij
Tend to agree (3.0)	450	228	102	95	197	45	30	171	44	17	11	15	34	35	47	75
	21%	17%	28%	28%	28%	25%	24%	26%	23%	28%	15%	15%	33%	20%	11%	24%
			a	a	a	j	j	fgj	j	gj			fgij	j		gj
Tend to disagree (2.0)	801	549	128	100	228	68	44	234	73	17	36	46	34	61	189	112
	38%	41%	35%	29%	32%	38%	35%	35%	38%	28%	49%	46%	33%	34%	42%	37%
		bcd									bcehik	cehi			ce	
Strongly disagree (1.0)	497	345	68	68	136	34	21	141	45	16	17	26	14	44	139	55
	23%	26%	19%	20%	19%	19%	17%	21%	23%	27%	23%	26%	14%	25%	31%	18%
		bcd							h	h		h		h	abchk	
Don't know	174	110	22	27	49	10	4	42	14	4	2	8	12	25	54	14
	8%	8%	6%	8%	7%	5%	3%	6%	7%	6%	2%	8%	12%	14%	12%	4%
													abcfk	abcdfk	abcfk	
NET: Agree	652	323	147	145	292	69	56	245	60	23	18	21	44	48	67	126
	31%	24%	40%	43%	41%	38%	45%	37%	32%	38%	25%	21%	42%	27%	15%	41%
			a	a	a	fgij	dfgij	fgij	gj	gj	j		fgij	j		dfgij
NET: Disagree	1298	895	196	168	364	103	64	375	117	33	52	72	49	105	328	167
	61%	67%	54%	49%	52%	56%	52%	57%	61%	55%	72%	72%	46%	59%	73%	54%
		bcd						h	h		abcehik	abcehik		h	abcdehik	
Base for stats	1951	1217	343	313	656	172	121	620	178	56	71	93	93	153	395	293
Mean Score	2.18	2.06	2.36	2.40	2.38	2.35	2.51	2.29	2.18	2.23	2.13	2.00	2.43	2.11	1.87	2.42
			a	a	a	gij	cdfgij	gij	j	j	j		dfgij	j		dfgij
Standard Deviation	.931	.883	.947	.997	.971	.956	1.019	.948	.918	.998	.897	.824	.879	.925	.810	.984
Standard Error	.021	.025	.055	.059	.040	.071	.092	.037	.067	.129	.106	.080	.090	.073	.045	.057
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.01	.01	.01	.01	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q14.4. Coming out of lockdown will make it harder for me to be active: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	203	57	46	14	9	60	67	72	35	17	5	52	76	27	100	60	16	176
	10%	12%	13%	9%	19%	11%	12%	12%	15%	9%	11%	13%	12%	7%	9%	11% a	17% abe	10%
Tend to agree (3.0)	450	108	95	43	14	139	122	130	71	45	14	115	144	56	220	152	22	394
	21%	22%	26%	27%	28%	27%	22%	21%	30% af	25%	33%	28% af	22%	15%	20% a	29% abe	23% a	23% a
Tend to disagree (2.0)	801	191	131	49	15	181	207	220	75	68	18	142	238	152	450	166	34	650
	38%	39%	36%	31%	31%	35%	38%	36%	32%	38%	41%	35%	37%	40% c	40% c	31%	36%	37% c
Strongly disagree (1.0)	497	110	68	46	5	114	115	142	44	40	6	84	148	105	259	115	18	392
	23%	22%	19%	29% bdf	11%	22%	21%	23%	19%	22%	13%	20%	23%	28% ce	23%	21%	19%	22%
Don't know	174	30	20	6	5	26	35	42	9	10	1	18	43	42	87	40	5	132
	8%	6%	6%	4%	11% c	5%	6%	7%	4%	5%	2%	4%	7%	11% e	8%	8%	5%	8%
NET: Agree	652	166	141	57	23	198	189	201	106	61	19	168	220	83	320	212	38	570
	31%	33%	39%	36%	47% a	38%	35%	33%	45% acf	34%	44%	41% af	34%	22%	29% a	40% abe	40% ab	33% ab
NET: Disagree	1298	301	200	95	20	295	321	362	119	107	24	226	385	257	709	281	51	1042
	61%	61% d	55%	60% d	42%	57% d	59% d	60% b	51%	60%	54%	55%	59% b	67% cde	64% ce	53%	54%	60% c
Base for stats	1951	467	341	152	44	493	510	563	225	169	43	393	606	339	1029	493	89	1611
Mean Score	2.18	2.24	2.35	2.17	2.62 acef	2.29	2.28	2.23	2.43 acf	2.23	2.42	2.35	2.25	2.01	2.16 a	2.32 abe	2.41 ab	2.22 a
Standard Deviation	.931	.949	.948	.965	.964	.956	.955	.969	.976	.923	.866	.958	.962	.889	.911	.963	1.005	.936
Standard Error	.021	.043	.051	.078	.144	.043	.041	.040	.064	.071	.126	.048	.038	.048	.028	.044	.107	.023
Error variance	*	*	*	.01	.02	*	*	*	*	.01	.02	*	*	*	*	*	.01	*

Prepared by Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q14.4. Coming out of lockdown will make it harder for me to be active: Looking ahead to the next few months, to what extent do you agree or disagree with the following:
BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	203	78	95	43	34	22	117	84	10	163	40	172	30
	10%	21%	7%	18%	9%	23%	8%	13%	17%	10%	9%	10%	10%
		b		bde		bde		bd	bd				
Tend to agree (3.0)	450	111	267	54	72	31	295	141	12	357	93	372	71
	21%	30%	20%	22%	18%	32%	21%	22%	20%	21%	20%	21%	23%
		b				bde							
Tend to disagree (2.0)	801	105	536	80	149	22	554	231	20	636	166	682	114
	38%	29%	40%	33%	38%	23%	39%	35%	34%	38%	36%	38%	37%
			a		c		c	c					
Strongly disagree (1.0)	497	49	333	38	95	15	349	133	10	375	122	419	75
	23%	14%	25%	16%	24%	15%	25%	20%	16%	23%	26%	23%	24%
			a		a		ace						
Don't know	174	20	102	26	42	6	94	65	7	130	44	143	23
	8%	6%	8%	11%	11%	6%	7%	10%	12%	8%	10%	8%	7%
				d	d			d					
NET: Agree	652	189	362	97	106	54	413	225	22	520	133	544	101
	31%	52%	27%	40%	27%	55%	29%	34%	37%	31%	29%	30%	32%
		b		bd		abdef		bd					
NET: Disagree	1298	155	869	117	245	37	903	363	30	1011	287	1101	188
	61%	42%	65%	49%	62%	39%	64%	56%	51%	61%	62%	62%	60%
			a		ace		acef	c					
Base for stats	1951	344	1230	215	350	91	1315	588	52	1530	420	1645	289
Mean Score	2.18	2.63	2.10	2.48	2.13	2.67	2.14	2.30	2.43	2.20	2.12	2.18	2.19
		b		bde		bde		bd	bd				
Standard Deviation	.931	.988	.887	1.005	.922	1.026	.910	.973	1.012	.930	.935	.931	.938
Standard Error	.021	.053	.025	.066	.050	.106	.025	.040	.133	.024	.047	.023	.053
Error variance	*	*	*	*	*	.01	*	*	.02	*	*	*	*

Q14.4. Coming out of lockdown will make it harder for me to be active: Looking ahead to the next few months, to what extent do you agree or disagree with the following:
BASE: All respondents

					Number of days active						NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		Total	0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total		2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total		2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	203	26	15	30	42	24	27	5	32	97	65	99	50	49	47	51	63	38
		10%	6%	6%	9%	11%	12%	12%	7%	12%	11%	11%	16%	5%	11%	11%	9%	8%	13%
						ab	ab	ab		ab	ab	ab	bc		b				c
Tend to agree	(3.0)	450	48	65	76	91	48	55	23	43	215	121	152	178	109	101	135	152	52
		21%	11%	28%	24%	25%	24%	24%	28%	16%	24%	21%	25%	17%	25%	25%	23%	19%	18%
				ahj	ah	ah	ah	ah	ah		ah	a	b		b	cd			
Tend to disagree	(2.0)	801	158	86	143	142	82	87	26	78	367	190	201	424	165	145	226	329	89
		38%	37%	37%	45%	38%	42%	38%	32%	29%	41%	33%	33%	41%	38%	35%	39%	42%	30%
			h	h	aghj	h	hj	h			hj			a				d	ad
Strongly disagree	(1.0)	497	122	50	58	69	36	48	22	92	162	162	125	274	88	80	117	193	97
		23%	28%	22%	18%	19%	18%	21%	28%	34%	18%	28%	21%	26%	20%	19%	20%	25%	33%
			cdefi						ci	bcdefi		cdefi		ac				ab	abc
Don't know		174	76	15	14	25	6	10	4	23	46	38	27	109	27	41	52	45	17
		8%	18%	7%	4%	7%	3%	5%	6%	9%	5%	7%	5%	11%	6%	10%	9%	6%	6%
			bcdefghij			e				cei				ac		c	c		
NET: Agree		652	75	80	106	134	72	82	28	76	312	186	251	228	158	149	186	215	90
		31%	17%	34%	33%	36%	37%	36%	35%	28%	35%	32%	42%	22%	36%	36%	32%	27%	31%
				a	a	ah	a	a	a	a	ah	a	b		b	c			
NET: Disagree		1298	280	136	201	211	118	136	48	169	529	353	326	698	253	225	343	523	186
		61%	65%	59%	63%	57%	60%	59%	59%	63%	60%	61%	54%	67%	58%	54%	59%	67%	64%
			d											ac				ab	a
Base for stats		1951	355	216	306	345	190	218	76	245	841	539	578	926	411	373	529	738	276
Mean Score		2.18	1.94	2.21	2.25	2.31	2.32	2.28	2.15	2.07	2.29	2.17	2.39	2.01	2.29	2.31	2.23	2.11	2.11
				a	ah	ahj	ah	ah			ahj	a	b		b	cd	c		
Standard Deviation		.931	.881	.876	.873	.930	.924	.949	.928	1.039	.907	.992	1.007	.840	.936	.947	.901	.893	1.041
Standard Error		.021	.048	.060	.050	.050	.066	.064	.106	.066	.031	.043	.042	.028	.046	.048	.039	.033	.064
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q14.5. I am worried about exercising close to other people: Looking ahead to the next few months, to what extent do you agree or disagree with the following:
BASE: All respondents

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total		2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	604	247	355	185	194	225	28	70	61	67	55	67	91	96	68
		28%	24%	33% a	29%	28%	29%	28%	25%	29%	30%	30%	29%	27%	28%	31%
Tend to agree	(3.0)	849	416	431	244	286	319	45	111	87	89	72	87	137	139	85
		40%	40%	40%	38%	41%	41%	44%	40%	42%	40%	39%	37%	41%	40%	39%
Tend to disagree	(2.0)	395	217	174	125	130	139	13	52	38	45	31	50	60	66	39
		19%	21% b	16%	19%	19%	18%	13%	19%	18%	20%	17%	21%	18%	19%	18%
Strongly disagree	(1.0)	188	114	74	60	58	70	12	30	10	12	19	22	28	39	16
		9%	11% b	7%	9%	8%	9%	11% c	11% cd	5%	5%	10% c	9%	9%	11% cd	7%
Don't know		89	41	44	27	31	31	4	12	12	10	6	10	17	9	8
		4%	4%	4%	4%	4%	4%	4%	4%	6% h	5%	3%	4%	5%	2%	4%
NET: Agree		1453	663	786	429	480	544	73	181	147	155	126	154	228	235	153
		68%	64%	73% a	67%	69%	69%	72%	66%	71%	70%	69%	65%	68%	67%	71%
NET: Disagree		582	331	247	185	188	210	25	83	48	57	50	71	88	105	55
		27%	32% b	23%	29%	27%	27%	24%	30%	23%	26%	27%	30%	26%	30%	26%
Base for stats		2036	994	1034	615	668	753	98	264	196	212	176	225	316	340	208
Mean Score		2.92	2.80	3.03 a	2.90	2.92	2.93	2.92	2.84	3.01 b	2.99	2.92	2.89	2.92	2.86	2.98
Standard Deviation		.924	.942	.893	.942	.908	.923	.947	.950	.845	.871	.956	.947	.913	.957	.909
Standard Error		.020	.029	.028	.037	.034	.036	.092	.056	.062	.059	.070	.070	.051	.052	.063
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q14.5. I am worried about exercising close to other people: Looking ahead to the next few months, to what extent do you agree or disagree with the following:
BASE: All respondents

			Social Grade								Ethnicity						
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total		2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	604	59	142	145	63	66	130	346	258	501	21	35	27	8	6	96
		28%	34%	30%	28%	23%	30%	27%	30%	26%	28%	35%	28%	29%	38%	62%	31%
			dh	d					d								
Tend to agree	(3.0)	849	58	194	214	104	80	199	467	383	713	21	56	35	7	2	121
		40%	34%	42%	42%	38%	36%	41%	41%	39%	40%	35%	45%	37%	33%	24%	39%
Tend to disagree	(2.0)	395	32	78	88	73	43	81	198	197	337	11	19	20	4	1	54
		19%	19%	17%	17%	26%	19%	17%	17%	20%	19%	18%	15%	21%	18%	7%	18%
						bcfgh											
Strongly disagree	(1.0)	188	21	32	43	25	21	46	96	92	158	6	10	8	2	1	27
		9%	12%	7%	8%	9%	9%	10%	8%	9%	9%	10%	8%	8%	12%	8%	9%
			b														
Don't know		89	2	20	19	10	13	26	41	48	71	1	5	4	-	-	10
		4%	1%	4%	4%	4%	6%	5%	4%	5%	4%	2%	4%	4%	-	-	3%
							a	a		a							
NET: Agree		1453	117	337	359	167	146	329	812	641	1214	42	91	62	14	8	217
		68%	68%	72%	71%	61%	65%	68%	71%	66%	68%	70%	73%	66%	71%	85%	70%
				dh	dh				d	dh							
NET: Disagree		582	53	111	130	97	64	127	293	289	495	17	29	28	6	1	81
		27%	31%	24%	26%	35%	29%	26%	26%	30%	28%	28%	23%	29%	29%	15%	26%
						bcfgh				bg							
Base for stats		2036	169	447	489	264	210	456	1106	930	1710	59	120	90	20	10	298
Mean Score		2.92	2.91	3.00	2.94	2.77	2.91	2.90	2.96	2.87	2.91	2.96	2.97	2.91	2.97	3.39	2.96
				dh	d				dh								
Standard Deviation		.924	1.014	.885	.906	.916	.957	.928	.915	.932	.924	.985	.886	.931	1.039	.970	.930
Standard Error		.020	.079	.043	.041	.053	.062	.045	.028	.030	.022	.124	.080	.097	.222	.307	.053
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.05	.09	*

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Q14.5. I am worried about exercising close to other people: Looking ahead to the next few months, to what extent do you agree or disagree with the following:
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	604	375	98	111	209	60	49	180	46	13	17	21	17	62	139	109
	28%	28%	27%	33%	30%	33%	39%	27%	24%	22%	23%	21%	16%	35%	31%	36%
						dgh	cdefgh	h						cdgh	gh	cdefgh
Tend to agree (3.0)	849	532	146	134	280	67	48	270	82	18	35	47	48	61	173	115
	40%	40%	40%	39%	40%	37%	38%	41%	43%	31%	49%	47%	45%	34%	39%	37%
											ei	ei				
Tend to disagree (2.0)	395	238	81	60	141	39	20	132	37	18	14	17	22	21	75	59
	19%	18%	22%	18%	20%	21%	16%	20%	20%	29%	19%	17%	20%	12%	17%	19%
						i		i	i	bij			i			i
Strongly disagree (1.0)	188	129	30	20	50	12	6	60	15	6	6	9	10	21	43	18
	9%	10%	8%	6%	7%	7%	5%	9%	8%	11%	8%	9%	10%	12%	9%	6%
		c												bk		
Don't know	89	53	10	15	25	4	2	20	10	4	1	6	9	14	19	6
	4%	4%	3%	4%	4%	2%	2%	3%	5%	7%	1%	6%	8%	8%	4%	2%
									k	ak		k	abcfk	abcfk		
NET: Agree	1453	907	243	245	489	127	96	450	129	32	52	68	65	122	312	224
	68%	68%	67%	72%	69%	70%	77%	68%	67%	53%	72%	68%	62%	69%	70%	73%
						e	cdeh	e	e		e	e		e	e	eh
NET: Disagree	582	367	111	80	191	51	26	192	53	24	20	26	32	42	117	77
	27%	28%	30%	24%	27%	28%	21%	29%	27%	40%	27%	26%	30%	24%	26%	25%
										bgijk						
Base for stats	2036	1274	354	326	680	178	122	642	181	56	72	94	96	165	429	301
Mean Score	2.92	2.90	2.88	3.03	2.95	2.98	3.14	2.89	2.88	2.69	2.88	2.86	2.74	2.99	2.95	3.05
				ab		eh	cdefgh							eh	eh	cdeh
Standard Deviation	.924	.937	.913	.879	.900	.914	.857	.921	.887	.968	.868	.876	.874	1.011	.945	.893
Standard Error	.020	.026	.052	.051	.037	.067	.077	.036	.064	.125	.102	.084	.088	.077	.051	.051
Error variance	*	*	*	*	*	*	.01	*	*	.02	.01	.01	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q14.5. I am worried about exercising close to other people: Looking ahead to the next few months, to what extent do you agree or disagree with the following:
BASE: All respondents

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total		2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total		2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	604	127	109	47	13	156	140	172	77	42	9	119	181	102	325	150	27	502
		28%	26%	30%	30%	26%	30%	26%	28%	33%	23%	20%	29%	28%	27%	29%	28%	29%	29%
											c								
Tend to agree	(3.0)	849	205	152	64	16	216	221	242	93	85	14	178	256	148	465	204	33	702
		40%	41%	42%	40%	32%	42%	40%	40%	40%	48%	33%	43%	39%	39%	42%	38%	35%	40%
Tend to disagree	(2.0)	395	98	68	31	12	99	109	118	46	27	14	73	132	71	189	112	22	323
		19%	20%	19%	20%	24%	19%	20%	20%	20%	15%	32%	18%	20%	19%	17%	21%	23%	19%
												ace					b		
Strongly disagree	(1.0)	188	48	23	11	7	34	56	51	14	17	5	31	57	40	96	44	8	148
		9%	10%	6%	7%	14%	7%	10%	8%	6%	10%	13%	8%	9%	11%	9%	8%	9%	8%
						be		be											
Don't know		89	18	8	6	2	14	20	22	4	8	1	11	23	20	42	23	4	69
		4%	4%	2%	4%	3%	3%	4%	4%	2%	4%	2%	3%	4%	5%	4%	4%	4%	4%
NET: Agree		1453	332	261	110	28	372	360	414	170	126	23	296	437	249	790	354	60	1204
		68%	67%	72%	70%	58%	72%	66%	68%	73%	71%	53%	72%	67%	65%	71%	66%	64%	69%
				df			df		d	d	d		d	d					
NET: Disagree		582	146	91	42	19	133	165	170	60	44	19	104	189	111	285	156	30	471
		27%	29%	25%	27%	39%	26%	30%	28%	26%	25%	45%	25%	29%	29%	25%	29%	32%	27%
						be						abcef							
Base for stats		2036	478	352	153	47	505	525	584	230	171	42	400	626	361	1075	510	90	1675
Mean Score		2.92	2.86	2.98	2.96	2.72	2.98	2.85	2.92	3.01	2.89	2.61	2.96	2.90	2.86	2.95	2.90	2.87	2.93
				adf			af		d	d			d	d					
Standard Deviation		.924	.926	.876	.896	1.030	.881	.935	.919	.884	.891	.961	.888	.924	.953	.913	.922	.949	.917
Standard Error		.020	.041	.046	.072	.147	.039	.040	.037	.058	.068	.140	.044	.036	.050	.028	.041	.100	.022
Error variance		*	*	*	.01	.02	*	*	*	*	*	.02	*	*	*	*	*	.01	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q14.5. I am worried about exercising close to other people: Looking ahead to the next few months, to what extent do you agree or disagree with the following:
BASE: All respondents

			Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total		2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	604	126	367	89	134	28	379	215	29	483	121	524	76
		28%	35%	28%	37%	34%	29%	27%	33%	48%	29%	26%	29%	24%
			b		d	d			d	bcde				
Tend to agree	(3.0)	849	143	543	82	141	31	598	227	19	670	179	708	135
		40%	39%	41%	34%	36%	32%	42%	35%	32%	40%	39%	40%	43%
								abce						
Tend to disagree	(2.0)	395	62	254	33	63	28	266	117	6	303	91	331	59
		19%	17%	19%	14%	16%	28%	19%	18%	9%	18%	20%	19%	19%
							abdef		f					
Strongly disagree	(1.0)	188	22	120	24	36	7	120	62	4	137	51	155	33
		9%	6%	9%	10%	9%	7%	9%	10%	7%	8%	11%	9%	10%
Don't know		89	11	48	13	18	3	46	32	2	67	22	70	10
		4%	3%	4%	5%	5%	3%	3%	5%	3%	4%	5%	4%	3%
NET: Agree		1453	269	910	171	275	59	978	442	48	1153	300	1233	210
		68%	74%	68%	71%	70%	61%	69%	68%	80%	69%	65%	69%	67%
			b							ce	b			
NET: Disagree		582	84	374	58	99	35	386	179	10	440	143	486	92
		27%	23%	28%	24%	25%	36%	27%	27%	16%	26%	31%	27%	29%
							abf							
Base for stats		2036	353	1284	228	373	94	1364	621	58	1593	443	1718	302
Mean Score		2.92	3.06	2.90	3.03	3.00	2.85	2.91	2.96	3.25	2.94	2.83	2.93	2.84
			b							bcde	b			
Standard Deviation		.924	.887	.921	.980	.957	.942	.904	.967	.917	.913	.958	.924	.925
Standard Error		.020	.047	.026	.063	.050	.096	.025	.039	.115	.023	.047	.022	.051
Error variance		*	*	*	*	*	.01	*	*	.01	*	*	*	*

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Q14.5. I am worried about exercising close to other people: Looking ahead to the next few months, to what extent do you agree or disagree with the following:
BASE: All respondents

			Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total		2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total		2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	604	127	58	96	95	58	81	22	69	248	171	190	266	138	139	170	201	88
		28%	30%	25%	30%	26%	29%	35%	27%	26%	28%	30%	31%	26%	31%	34%	29%	26%	30%
								bdhi					b		b	c			
Tend to agree	(3.0)	849	144	110	126	165	78	84	33	109	369	226	240	419	179	159	239	331	98
		40%	34%	48%	39%	45%	40%	37%	41%	41%	42%	39%	40%	40%	41%	38%	41%	42%	33%
				acfj		a					a							d	d
Tend to disagree	(2.0)	395	64	46	74	70	40	42	16	44	184	102	116	199	69	69	103	166	48
		19%	15%	20%	23%	19%	20%	18%	20%	16%	21%	18%	19%	19%	16%	17%	18%	21%	16%
					ah						a								
Strongly disagree	(1.0)	188	60	12	20	22	16	16	8	34	58	58	42	100	43	32	44	57	49
		9%	14%	5%	6%	6%	8%	7%	10%	13%	7%	10%	7%	10%	10%	8%	8%	7%	17%
			bcdefi							bcdfi		bcdi							abc
Don't know		89	36	6	6	17	5	6	1	13	28	20	17	51	11	15	25	27	10
		4%	8%	3%	2%	5%	2%	3%	2%	5%	3%	4%	3%	5%	2%	4%	4%	3%	3%
			bcdefgij			c				c				ac					
NET: Agree		1453	272	168	222	260	135	164	55	178	617	397	430	685	317	298	409	532	186
		68%	63%	73%	69%	70%	69%	72%	68%	66%	70%	69%	71%	66%	72%	72%	70%	68%	63%
				a		a		a			a		b		b	d	d		
NET: Disagree		582	123	57	94	93	56	58	24	78	242	160	158	299	111	101	147	223	97
		27%	29%	25%	29%	25%	29%	25%	30%	29%	27%	28%	26%	29%	25%	24%	25%	29%	33%
																			ab
Base for stats		2036	395	225	315	353	191	222	79	255	859	557	588	985	428	399	556	755	283
Mean Score		2.92	2.86	2.95	2.94	2.94	2.92	3.03	2.86	2.83	2.94	2.92	2.98	2.86	2.96	3.02	2.96	2.89	2.79
								ah					b			cd	d		
Standard Deviation		.924	1.034	.817	.888	.849	.919	.918	.937	.973	.879	.950	.898	.929	.939	.918	.900	.883	1.067
Standard Error		.020	.053	.055	.050	.045	.065	.061	.105	.061	.030	.040	.037	.030	.045	.045	.038	.033	.065
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?
BASE: All respondents

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total		2125 100%	1035 100%	1077 100%	642 100%	699 100%	785 100%	102 100%	276 100%	208 100%	223 100%	183 100%	235 100%	334 100%	348 100%	216 100%
0 - Not at all satisfied	(0.0)	54 3%	23 2%	31 3%	16 3%	20 3%	18 2%	4 4% g	9 3% g	8 4% g	9 4% fg	4 2%	2 1%	3 1%	10 3%	5 2%
1	(1.0)	25 1%	13 1%	12 1%	6 1%	12 2%	7 1%	2 2%	4 1%	3 1%	2 1%	2 1%	3 1%	2 *	5 1%	3 1%
2	(2.0)	66 3%	27 3%	39 4%	22 3%	20 3%	24 3%	4 4%	12 4%	9 4%	4 2%	6 4%	4 2%	9 3%	8 2%	9 4%
3	(3.0)	122 6%	51 5%	70 6%	42 7%	39 6%	40 5%	9 9% e	16 6%	12 6%	17 8% e	5 3%	11 5%	21 6%	20 6%	10 5%
4	(4.0)	147 7%	82 8%	65 6%	60 9% bc	44 6%	44 6%	4 4%	18 7%	15 7%	17 8%	12 6%	20 8%	26 8%	20 6%	16 7%
5	(5.0)	280 13%	122 12%	156 14%	94 15% c	101 14% c	86 11%	8 8%	30 11%	36 17% ab	30 13%	25 14%	30 13%	46 14%	46 13%	29 13%
6	(6.0)	301 14%	144 14%	154 14%	96 15%	107 15%	98 12%	15 15%	32 12%	22 10%	35 16%	25 14%	34 15%	51 15%	57 16%	29 14%
7	(7.0)	401 19%	196 19%	205 19%	126 20%	132 19%	142 18%	20 20%	65 23% di	41 20%	37 16%	36 20%	42 18%	61 18%	65 19%	34 16%
8	(8.0)	382 18%	187 18%	194 18%	79 12%	114 16% a	188 24% ab	21 20%	51 19%	28 13%	34 15%	33 18%	55 23% cdg	54 16%	61 18%	46 21% c
9	(9.0)	135 6%	78 8% b	55 5%	27 4%	41 6%	66 8% a	6 6%	21 8%	13 6%	11 5%	11 6%	15 7%	18 5%	24 7%	16 7%
10 - Completely satisfied	(10.0)	159 7%	85 8%	72 7%	50 8%	54 8%	55 7%	6 6%	15 5%	20 10%	20 9%	18 10%	12 5%	30 9%	22 6%	17 8%
Don't know		29 1%	16 2%	13 1%	13 2%	8 1%	8 1%	3 3% i	2 1%	2 1%	3 2%	3 1%	4 2%	5 2%	8 2% i	- -
Prefer not to say		25 1%	9 1%	12 1%	10 2%	7 1%	8 1%	1 1%	2 1%	1 *	4 2%	1 1%	3 1%	8 2%	3 1%	3 1%

Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?
BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 0-3	267	115	151	86	91	89	19	40	31	33	18	21	35	43	26
	13%	11%	14%	13%	13%	11%	18%	15%	15%	15%	10%	9%	11%	12%	12%
			a				efg								
NET: 4-6	728	349	375	250	251	228	27	80	73	82	62	84	123	123	74
	34%	34%	35%	39%	36%	29%	26%	29%	35%	37%	34%	36%	37%	35%	34%
				c	c								ab		
NET: 7-10	1076	546	526	283	342	452	53	152	102	101	98	123	163	171	113
	51%	53%	49%	44%	49%	58%	52%	55%	49%	45%	54%	52%	49%	49%	52%
						ab		d							
Base for stats	2071	1010	1052	618	684	768	98	272	205	216	179	229	321	337	214
Mean Score	6.27	6.39	6.15	6.02	6.20	6.53	6.12	6.20	6.09	6.08	6.45	6.40	6.37	6.25	6.35
		b				ab									
Standard Deviation	2.317	2.307	2.322	2.302	2.346	2.280	2.505	2.381	2.492	2.452	2.299	2.086	2.175	2.281	2.352
Standard Error	.051	.072	.073	.089	.086	.088	.243	.138	.177	.164	.168	.153	.121	.125	.162
Error variance	*	.01	.01	.01	.01	.01	.06	.02	.03	.03	.03	.02	.01	.02	.03

Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?
BASE: All respondents

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total		2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 - Not at all satisfied	(0.0)	54	1	9	15	5	7	17	25	29	49	1	3	1	-	-	4
		3%	1%	2%	3%	2%	3%	3%	2%	3%	3%	1%	2%	1%	-	-	1%
1	(1.0)	25	4	3	5	2	3	8	12	13	24	1	-	-	-	-	1
		1%	3% b	1%	1%	1%	1%	2%	1%	1%	1%	1%	-	-	-	-	*
2	(2.0)	66	2	13	17	13	7	13	33	33	54	4	2	4	-	-	10
		3%	1%	3%	3%	5%	3%	3%	3%	3%	3%	6%	2%	4%	-	-	3%
3	(3.0)	122	12	22	29	18	12	29	63	59	102	5	10	4	1	-	20
		6%	7%	5%	6%	7%	5%	6%	5%	6%	6%	8%	8%	4%	6%	-	6%
4	(4.0)	147	14	35	36	19	13	30	84	63	118	6	11	5	5	1	28
		7%	8%	7%	7%	7%	6%	6%	7%	6%	7%	11%	9%	5%	23%	8%	9%
5	(5.0)	280	10	58	74	32	39	67	143	137	228	8	17	16	5	1	47
		13%	6%	12% a	15% a	12%	17% adg	14% a	12% a	14% a	13%	13%	14%	17%	26%	8%	15%
6	(6.0)	301	25	69	82	37	38	50	176	125	247	9	16	19	1	1	47
		14%	15%	15%	16% f	13%	17% f	10%	15% f	13%	14%	16%	13%	20%	7%	14%	15%
7	(7.0)	401	23	102	92	67	38	80	216	184	337	9	24	18	6	4	60
		19%	13%	22% af	18%	24% acefgh	17%	17%	19%	19%	19%	15%	19%	19%	30%	40%	20%
8	(8.0)	382	34	99	83	38	28	100	215	166	344	11	17	8	2	1	38
		18%	20% e	21% de	16%	14%	13%	21% de	19% de	17%	19% dg	18%	13%	9%	9%	9%	12%
9	(9.0)	135	12	27	26	15	12	42	65	69	116	2	10	6	-	-	18
		6%	7%	6%	5%	6%	5%	9% cg	6%	7%	7%	3%	8%	7%	-	-	6%
10 - Completely satisfied	(10.0)	159	29	28	31	22	20	28	88	70	128	4	8	12	-	2	26
		7%	17% bcdefgh	6%	6%	8%	9%	6%	8%	7%	7%	7%	7%	13% a	-	21%	9%
Don't know		29	2	1	10	6	3	6	13	16	20	-	6	1	-	-	7
		1%	1%	*	2% b	2% b	2% b	1%	1%	2% b	1%	-	5% a	1%	-	-	2%
Prefer not to say		25	2	2	7	1	3	11	11	14	13	1	1	-	-	-	2
		1%	1%	1%	1%	*	1%	2% bd	1%	1%	1%	1%	1%	-	-	-	1%

Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?
BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 0-3	267	20	47	66	37	29	67	133	134	230	10	15	9	1	-	35
	13%	12%	10%	13%	14%	13%	14%	12%	14%	13%	17%	12%	9%	6%	-	11%
NET: 4-6	728	49	162	193	88	90	147	403	325	593	24	44	40	11	3	122
	34%	29%	35%	38%	32%	40%	31%	35%	33%	33%	40%	35%	43%	56%	30%	40%
				af		adfh										a
NET: 7-10	1076	98	255	232	143	98	250	586	490	924	25	59	44	8	7	143
	51%	57%	55%	46%	52%	44%	52%	51%	50%	52%	42%	47%	47%	39%	70%	46%
		ce	ce				e	ce								
Base for stats	2071	167	464	491	268	217	464	1122	949	1747	59	118	93	20	10	300
Mean Score	6.27	6.78	6.38	6.09	6.25	6.10	6.23	6.32	6.21	6.27	5.89	6.22	6.45	5.59	7.16	6.22
		cdefgh	c													
Standard Deviation	2.317	2.461	2.135	2.290	2.276	2.381	2.434	2.264	2.377	2.336	2.326	2.243	2.204	1.506	1.862	2.203
Standard Error	.051	.194	.101	.104	.131	.153	.117	.068	.076	.056	.293	.202	.225	.321	.589	.124
Error variance	*	.04	.01	.01	.02	.02	.01	*	.01	*	.09	.04	.05	.10	.35	.02

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?
BASE: All respondents

			Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total		2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 - Not at all satisfied	(0.0)	54	29	6	14	20	6	3	10	3	1	2	6	4	8	10	9
		3%	2%	2%	4%	3%	3%	2%	2%	2%	1%	3%	6%	4%	4%	2%	3%
					ab								cdj		c		
1	(1.0)	25	17	3	2	6	1	1	11	1	-	2	2	-	6	3	2
		1%	1%	1%	1%	1%	*	1%	2%	*	-	3%	2%	-	3%	1%	1%
															adjk		
2	(2.0)	66	47	9	8	17	7	4	16	7	3	-	6	3	7	13	11
		3%	4%	3%	2%	2%	4%	3%	2%	3%	4%	-	6%	3%	4%	3%	4%
													cf				
3	(3.0)	122	83	21	17	37	12	12	35	6	4	3	10	4	11	25	24
		6%	6%	6%	5%	5%	6%	10%	5%	3%	7%	4%	10%	4%	6%	5%	8%
								d					d				d
4	(4.0)	147	91	25	28	52	16	8	42	9	4	8	14	8	15	24	24
		7%	7%	7%	8%	7%	9%	6%	6%	5%	7%	11%	14%	7%	8%	5%	8%
													bcdjk				
5	(5.0)	280	166	52	46	98	25	19	72	28	13	11	18	12	34	48	44
		13%	13%	14%	14%	14%	14%	15%	11%	15%	21%	15%	18%	12%	19%	11%	14%
										cj			cj		cj		
6	(6.0)	301	187	57	46	103	23	32	94	34	10	15	12	14	18	50	55
		14%	14%	16%	14%	15%	13%	26%	14%	18%	16%	20%	12%	13%	10%	11%	18%
								acghij		ij			ij				ij
7	(7.0)	401	257	74	64	138	31	14	149	40	11	15	15	22	27	77	45
		19%	19%	20%	19%	20%	17%	12%	22%	21%	19%	20%	15%	21%	15%	17%	15%
									bijk	b							
8	(8.0)	382	255	57	59	116	26	16	119	41	5	9	10	13	25	118	42
		18%	19%	16%	17%	16%	14%	13%	18%	22%	9%	12%	9%	13%	14%	26%	14%
									g	begk						abcefghik	
9	(9.0)	135	87	22	19	41	15	4	40	10	6	2	1	5	8	45	19
		6%	7%	6%	5%	6%	8%	3%	6%	5%	9%	3%	1%	4%	5%	10%	6%
								g		g			g			bcdfgi	g

Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
10 - Completely satisfied (10.0)	159	87	32	30	62	13	10	66	12	4	6	1	9	12	28	23
	7%	7%	9%	9%	9%	7%	8%	10%	6%	7%	8%	1%	8%	7%	6%	7%
						g	g	gj	g	g	g		g	g	g	g
Don't know	29	16	4	6	9	4	3	4	2	-	-	4	6	3	3	7
	1%	1%	1%	2%	1%	2%	2%	1%	1%	-	-	4%	6%	2%	1%	2%
						c						cj	cdefj			c
Prefer not to say	25	7	3	3	6	4	-	5	-	-	1	1	5	5	4	4
	1%	1%	1%	1%	1%	2%	-	1%	-	-	1%	1%	5%	3%	1%	1%
						d							bcdjk	cd		
NET: 0-3	267	176	39	41	80	25	19	72	16	7	7	24	12	32	50	45
	13%	13%	11%	12%	11%	14%	16%	11%	8%	12%	10%	24%	11%	18%	11%	15%
							d					acdfhjk		cdj		d
NET: 4-6	728	444	133	120	253	64	58	208	71	26	33	45	34	67	122	123
	34%	33%	37%	35%	36%	35%	47%	31%	37%	44%	46%	44%	32%	38%	27%	40%
						j	achj		j	cj	cj	cj		j		cj
NET: 7-10	1076	685	186	171	357	84	44	373	103	26	31	26	48	71	269	128
	51%	52%	51%	50%	51%	46%	35%	56%	54%	44%	43%	26%	46%	40%	60%	42%
						g	abfghik	bgik	g	g			g	g	abefghik	g
Base for stats	2071	1305	358	332	690	174	122	653	190	60	72	95	94	171	441	296
Mean Score	6.27	6.25	6.37	6.23	6.30	6.09	5.94	6.50	6.45	6.12	5.99	4.87	6.19	5.68	6.60	6.03
						g	g	abgik	bgik	g	g		g	g	abefghik	g
Standard Deviation	2.317	2.295	2.205	2.411	2.306	2.415	2.246	2.256	2.043	2.188	2.258	2.270	2.412	2.555	2.260	2.344
Standard Error	.051	.062	.125	.139	.093	.179	.202	.086	.145	.271	.264	.216	.246	.192	.119	.134
Error variance	*	*	.02	.02	.01	.03	.04	.01	.02	.07	.07	.05	.06	.04	.01	.02

Savanta:
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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?
BASE: All respondents

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%			a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total		2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total		2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 - Not at all satisfied	(0.0)	54	10	5	-	4	5	14	12	3	2	1	5	14	12	20	18	3	41
		3%	2%	1%	-	8% abcef	1%	3% ce	2%	1%	1%	3%	1%	2%	3%	2%	3%	3%	2%
1	(1.0)	25	9	5	1	-	6	9	12	2	-	1	2	13	11	6	8	-	14
		1%	2%	1%	1%	-	1%	2%	2% e	1%	-	2%	*	2% e	3% be	1%	1%	-	1%
2	(2.0)	66	11	12	4	1	17	12	18	7	2	2	9	19	13	36	11	5	52
		3%	2%	3%	3%	2%	3%	2%	3%	3%	1%	4%	2%	3%	4%	3%	2%	5%	3%
3	(3.0)	122	26	22	9	1	31	26	30	15	9	2	24	32	19	70	32	1	103
		6%	5%	6%	6%	1%	6%	5%	5%	6%	5%	4%	6%	5%	5%	6% d	6% d	1%	6% d
4	(4.0)	147	26	25	12	6	37	32	28	23	15	2	38	30	34	74	32	8	114
		7%	5%	7%	7%	12% a	7%	6%	5%	10% af	8%	4%	9% af	5%	9%	7%	6%	9%	7%
5	(5.0)	280	58	42	23	10	65	68	68	28	26	10	54	77	47	150	64	18	232
		13%	12%	12%	15%	21%	13%	12%	11%	12%	15%	23% abf	13%	12%	12%	13%	12%	19%	13%
6	(6.0)	301	88	61	28	2	89	91	98	39	32	8	72	106	61	152	76	12	240
		14%	18% d	17% d	18% d	5%	17% d	17% d	16%	17%	18%	19%	17%	16%	16%	14%	14%	12%	14%
7	(7.0)	401	98	75	35	14	110	112	130	37	45	8	83	138	63	209	106	23	337
		19%	20%	21%	22%	29%	21%	21%	22%	16%	25% b	19%	20%	21%	17%	19%	20%	24%	19%
8	(8.0)	382	87	67	25	3	92	90	108	47	26	4	73	112	54	221	95	12	328
		18%	17% d	19% d	16%	7%	18% d	16%	18%	20%	15%	9%	18%	17%	14%	20% a	18%	13%	19% a
9	(9.0)	135	28	23	7	1	29	29	35	15	5	3	20	38	25	76	31	2	109
		6%	6%	6%	4%	2%	6%	5%	6%	6%	3%	7%	5%	6%	7%	7%	6%	2%	6%

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Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?
BASE: All respondents

		Nature of working location						Nature of working hours						Number of people in household including self				
	Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
10 - Completely satisfied (10.0)	159	47	23	14	6	37	53	56	16	14	2	30	58	28	80	44	6	131
	7%	9%	6%	9%	13%	7%	10%	9%	7%	8%	5%	7%	9%	7%	7%	8%	6%	7%
Don't know	29	8	-	-	-	-	8	6	1	-	-	1	6	9	10	11	-	20
	1%	2%	-	-	-	-	1%	1%	1%	-	-	*	1%	2%	1%	2%	-	1%
		be					be							b		b		
Prefer not to say	25	3	2	-	-	2	3	4	1	-	1	1	5	4	12	6	3	21
	1%	1%	1%	-	-	*	1%	1%	*	-	2%	*	1%	1%	1%	1%	4%	1%
																	b	
NET: 0-3	267	55	44	14	6	58	60	72	26	14	5	40	78	56	133	69	9	211
	13%	11%	12%	9%	12%	11%	11%	12%	11%	8%	12%	10%	12%	15%	12%	13%	10%	12%
NET: 4-6	728	172	128	63	19	191	190	194	91	73	20	164	213	142	375	173	38	586
	34%	35%	35%	40%	38%	37%	35%	32%	39%	41%	46%	40%	33%	37%	34%	32%	41%	34%
										af		af						
NET: 7-10	1076	260	187	81	25	268	284	329	115	91	17	206	347	170	586	275	44	905
	51%	52%	52%	51%	50%	52%	52%	54%	49%	51%	40%	50%	53%	45%	53%	52%	46%	52%
															a	a		a
Base for stats	2071	486	359	158	49	517	535	595	231	178	43	410	638	369	1095	517	91	1702
Mean Score	6.27	6.44	6.30	6.41	5.93	6.34	6.39	6.43	6.30	6.36	5.97	6.33	6.40	6.01	6.36	6.29	6.02	6.32
															a			a
Standard Deviation	2.317	2.263	2.186	2.002	2.658	2.130	2.304	2.299	2.173	1.984	2.244	2.091	2.297	2.468	2.234	2.383	2.219	2.280
Standard Error	.051	.100	.114	.158	.372	.093	.097	.092	.141	.148	.327	.102	.089	.127	.068	.105	.234	.055
Error variance	*	.01	.01	.03	.14	.01	.01	.01	.02	.02	.11	.01	.01	.02	*	.01	.05	*

Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?
BASE: All respondents

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total		2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 - Not at all satisfied	(0.0)	54	4	33	13	20	5	20	32	6	40	14	43	10
		3%	1%	3%	5%	5%	5%	1%	5%	10%	2%	3%	2%	3%
					d	d	d		d	d				
1	(1.0)	25	5	9	10	12	3	6	19	6	20	5	20	4
		1%	1%	1%	4%	3%	3%	*	3%	10%	1%	1%	1%	1%
					d	d	d		d	bde				
2	(2.0)	66	6	46	17	19	3	33	30	7	54	12	52	14
		3%	2%	3%	7%	5%	3%	2%	5%	12%	3%	3%	3%	4%
					d	d			d	bcde				
3	(3.0)	122	37	65	20	41	9	57	61	8	97	26	96	25
		6%	10%	5%	8%	11%	9%	4%	9%	14%	6%	6%	5%	8%
			b		d	d	d		d	d				
4	(4.0)	147	32	79	21	33	14	82	63	3	118	29	125	21
		7%	9%	6%	9%	8%	14%	6%	10%	5%	7%	6%	7%	7%
							df		d					
5	(5.0)	280	58	166	35	53	15	179	91	9	228	52	223	51
		13%	16%	12%	15%	13%	15%	13%	14%	15%	14%	11%	12%	17%
														a
6	(6.0)	301	43	194	25	54	18	206	89	4	243	59	254	46
		14%	12%	15%	10%	14%	18%	15%	14%	7%	15%	13%	14%	15%
							f							
7	(7.0)	401	60	271	34	61	9	295	100	4	312	89	340	58
		19%	16%	20%	14%	16%	10%	21%	15%	6%	19%	19%	19%	19%
						f		abcef		f				
8	(8.0)	382	58	265	31	59	8	289	89	7	287	94	342	39
		18%	16%	20%	13%	15%	8%	21%	14%	11%	17%	20%	19%	13%
								abce					b	
9	(9.0)	135	21	87	8	17	5	107	27	4	96	39	120	15
		6%	6%	7%	3%	4%	6%	8%	4%	6%	6%	8%	7%	5%
								abe						

Savanta:
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Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?
BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
10 - Completely satisfied (10.0)	159	31	96	20	20	6	110	42	3	122	37	137	20
	7%	9%	7%	8%	5%	7%	8%	6%	5%	7%	8%	8%	7%
Don't know	29	4	14	3	2	2	20	7	-	26	4	23	3
	1%	1%	1%	1%	1%	2%	1%	1%	-	2%	1%	1%	1%
Prefer not to say	25	4	6	3	1	1	6	4	1	19	6	12	5
	1%	1%	*	1%	*	1%	*	1%	1%	1%	1%	1%	1%
NET: 0-3	267	53	154	60	92	19	116	141	27	210	56	212	53
	13%	14%	12%	25%	23%	20%	8%	22%	45%	13%	12%	12%	17%
				d	d	d		d	abcde				a
NET: 4-6	728	132	440	81	139	46	467	243	16	588	140	601	118
	34%	36%	33%	33%	35%	48%	33%	37%	26%	35%	30%	34%	38%
						abdef				b			
NET: 7-10	1076	170	719	94	158	29	801	258	17	817	259	939	133
	51%	47%	54%	39%	40%	30%	57%	39%	28%	49%	56%	53%	43%
			a				abcef				a	b	
Base for stats	2071	355	1313	234	389	95	1384	642	59	1615	456	1752	304
Mean Score	6.27	6.16	6.38	5.44	5.53	5.41	6.60	5.57	4.44	6.22	6.44	6.34	5.86
				f	f	f	abcef	f				b	
Standard Deviation	2.317	2.298	2.261	2.755	2.566	2.518	2.100	2.569	3.006	2.303	2.360	2.300	2.387
Standard Error	.051	.122	.063	.174	.133	.254	.057	.101	.373	.057	.113	.055	.132
Error variance	*	.01	*	.03	.02	.06	*	.01	.14	*	.01	*	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?
BASE: All respondents

		Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
			0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total		2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total		2125 100%	431 100%	231 100%	321 100%	370 100%	196 100%	228 100%	81 100%	268 100%	887 100%	577 100%	605 100%	1036 100%	439 100%	414 100%	581 100%	782 100%	293 100%
0 - Not at all satisfied	(0.0)	54 3%	24 6% bcdefhij	5 2%	8 3% f	6 2%	2 1%	1 *	2 2%	5 2%	17 2%	8 1%	13 2%	23 2%	15 3%	54 13% bcd	- -	- -	- -
1	(1.0)	25 1%	5 1%	5 2%	4 1%	4 1%	1 *	1 *	3 3% f	3 1%	8 1%	7 1%	9 1%	12 1%	4 1%	25 6% bcd	- -	- -	- -
2	(2.0)	66 3%	18 4%	7 3%	11 3%	13 4%	2 1%	5 2%	4 5% e	5 2%	27 3%	15 3%	17 3%	32 3%	14 3%	66 16% bcd	- -	- -	- -
3	(3.0)	122 6%	27 6%	19 8%	23 7%	17 5%	8 4%	13 6%	2 2%	13 5%	47 5%	28 5%	33 5%	61 6%	28 6%	122 30% bcd	- -	- -	- -
4	(4.0)	147 7%	31 7%	26 11% dghij	22 7%	24 7%	12 6%	19 8%	3 3%	11 4%	58 7%	33 6%	32 5%	73 7%	39 9% a	147 36% bcd	- -	- -	- -
5	(5.0)	280 13%	61 14%	28 12%	47 15%	49 13%	29 15%	24 10%	9 11%	34 13%	125 14%	67 12%	79 13%	125 12%	70 16%	- -	280 48% acd	- -	- -
6	(6.0)	301 14%	54 13%	35 15%	51 16% h	61 17% hj	33 17% h	27 12%	12 15%	27 10%	145 16% hj	67 12%	88 15%	138 13%	69 16%	- -	301 52% acd	- -	- -
7	(7.0)	401 19%	69 16%	29 12%	56 17%	96 26% abchj	43 22% b	47 21% b	14 18%	47 17%	195 22% ab	108 19% b	123 20%	183 18%	89 20%	- -	- -	401 51% abd	- -
8	(8.0)	382 18%	76 18%	38 17%	58 18%	52 14%	38 19%	50 22% d	20 25% d	50 19%	148 17%	119 21% d	109 18%	211 20% c	60 14%	- -	- -	382 49% abd	- -
9	(9.0)	135 6%	26 6%	12 5%	17 5%	22 6%	13 7%	16 7%	6 7%	24 9%	51 6%	46 8%	40 7% c	77 7% c	16 4%	- -	- -	- -	135 46% abc
10 - Completely satisfied	(10.0)	159 7%	24 6%	22 9% di	20 6%	18 5%	11 6%	23 10% adi	5 6%	36 13% acdei	49 6%	63 11% acdei	54 9%	76 7%	26 6%	- -	- -	- -	159 54% abc
Don't know		29 1%	9 2%	4 2%	3 1%	2 *	3 1%	2 1%	- -	8 3% cdi	7 1%	10 2%	5 1%	14 1%	6 1%	- -	- -	- -	- -

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?
BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Prefer not to say	25	7	2	1	7	1	2	1	5	9	8	4	10	3	-	-	-	-
	1%	2%	1%	*	2%	*	1%	1%	2%	1%	1%	1%	1%	1%	-	-	-	-
				c					c									
NET: 0-3	267	74	36	45	40	14	20	11	27	99	57	71	128	61	267	-	-	-
	13%	17%	15%	14%	11%	7%	9%	13%	10%	11%	10%	12%	12%	14%	64%	-	-	-
		defhij	efj	ef											bcd			
NET: 4-6	728	146	89	120	134	74	69	24	72	328	166	199	336	178	147	581	-	-
	34%	34%	38%	38%	36%	38%	30%	30%	27%	37%	29%	33%	32%	40%	36%	100%	-	-
			hj	hj	hj	hj				hj				ab	cd	acd		
NET: 7-10	1076	195	101	151	187	105	135	45	156	444	336	326	547	191	-	-	782	293
	51%	45%	44%	47%	51%	54%	59%	56%	58%	50%	58%	54%	53%	43%	-	-	100%	100%
					b		abcdi		abci		abcdi	c	c				ab	ab
Base for stats	2071	415	225	317	361	192	224	80	255	871	559	596	1011	429	414	581	782	293
Mean Score	6.27	5.88	6.04	6.10	6.22	6.50	6.70	6.38	6.77	6.24	6.68	6.42	6.36	5.91	2.69	5.52	7.49	9.54
				a		abc	abcdi		abcdi	a	abcdi	c	c			a	ab	abc
Standard Deviation	2.317	2.550	2.456	2.294	2.106	1.961	2.096	2.399	2.372	2.149	2.269	2.289	2.314	2.281	1.353	.500	.500	.499
Standard Error	.051	.128	.164	.128	.110	.139	.139	.268	.149	.072	.096	.093	.073	.109	.065	.021	.018	.030
Error variance	*	.02	.03	.02	.01	.02	.02	.07	.02	.01	.01	.01	.01	.01	*	*	*	*

D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Working full time- working 30 hours per week or more	845	466	376	283	415	148	36	118	74	83	68	85	165	142	74
	40%	45%	35%	44%	59%	19%	36%	43%	35%	37%	37%	36%	49%	41%	34%
		b		c	ac								acdefhi		
Working part time- working between 8 and 29 hours per week	283	69	213	107	103	72	11	32	31	27	21	38	45	52	26
	13%	7%	20%	17%	15%	9%	11%	12%	15%	12%	11%	16%	13%	15%	12%
			a	c	c										
Self-employed- working 30 hours per week or more	81	58	23	33	28	20	3	7	5	6	8	9	23	9	10
	4%	6%	2%	5%	4%	3%	3%	3%	2%	3%	5%	4%	7%	3%	5%
		b		c									bcdh		
Self-employed- working between 8 and 29 hours per week	81	43	36	23	28	29	4	8	11	7	10	7	19	10	6
	4%	4%	3%	4%	4%	4%	4%	3%	5%	3%	5%	3%	6%	3%	3%
Not working but seeking work or temporarily unemployed or sick	94	46	47	34	39	21	4	17	8	8	14	10	14	14	6
	4%	4%	4%	5%	6%	3%	4%	6%	4%	4%	8%	4%	4%	4%	3%
				c	c						i				
Student	118	76	40	114	1	3	8	8	14	19	11	11	25	14	7
	6%	7%	4%	18%	*	*	8%	3%	7%	9%	6%	5%	8%	4%	3%
		b		bc			b		b	bhi			bi		
Not working and not seeking work	165	41	121	45	71	49	13	22	13	23	13	22	21	24	14
	8%	4%	11%	7%	10%	6%	13%	8%	6%	10%	7%	9%	6%	7%	6%
			a		ac		ghi								
Retired	458	237	221	2	12	443	23	64	52	49	37	55	21	83	73
	22%	23%	21%	*	2%	57%	22%	23%	25%	22%	20%	23%	6%	24%	34%
					a	ab	g	g	g	g	g	g		g	abcdefgh

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D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?
BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Working full time- working 30 hours per week or more	845	106	269	255	127	82	8	630	216	696	30	51	38	9	7	135
	40%	62%	58%	50%	46%	37%	2%	55%	22%	39%	51%	41%	40%	45%	70%	44%
		cdefh	cdefh	efh	efh	fh		defh	f							
Working part time- working between 8 and 29 hours per week	283	17	70	71	49	69	8	157	126	227	9	22	17	2	2	51
	13%	10%	15%	14%	18%	31%	2%	14%	13%	13%	15%	17%	18%	8%	17%	17%
		f	f	f	afh	abcdfgh		f	f							
Self-employed- working 30 hours per week or more	81	13	21	19	21	7	1	53	28	60	7	7	3	2	-	19
	4%	8%	4%	4%	8%	3%	*	5%	3%	3%	11%	6%	3%	12%	-	6%
		cefh	f	f	cefgh	f		fh	f		ad					a
Self-employed- working between 8 and 29 hours per week	81	12	19	27	9	13	1	58	23	61	2	5	7	3	1	19
	4%	7%	4%	5%	3%	6%	*	5%	2%	3%	4%	4%	8%	15%	13%	6%
		fh	f	fh	f	fh		fh	f				a			a
Not working but seeking work or temporarily unemployed or sick	94	3	10	16	11	13	42	29	65	76	2	7	3	3	-	16
	4%	2%	2%	3%	4%	6%	9%	3%	7%	4%	4%	6%	4%	16%	-	5%
						bg	abcdg		abcg							
Student	118	9	20	52	14	15	8	81	37	66	5	22	21	1	-	48
	6%	5%	4%	10%	5%	7%	2%	7%	4%	4%	8%	18%	22%	4%	-	16%
		f	f	bdfgh	f	fh		bfh	f			a	ab			a
Not working and not seeking work	165	5	13	27	25	17	77	45	120	146	3	8	4	-	-	15
	8%	3%	3%	5%	9%	8%	16%	4%	12%	8%	5%	6%	5%	-	-	5%
					abcg	bg	abcdegh		abceg	g						
Retired	458	6	46	42	20	7	336	94	363	449	2	2	1	-	-	5
	22%	4%	10%	8%	7%	3%	70%	8%	37%	25%	3%	2%	1%	-	-	2%
			ae	e	e		abcdegh	ae	abcdeg	bcdg						

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Working full time- working 30 hours per week or more	845	431	192	191	382	111	63	624	17	11	4	9	1	5	1	174
	40%	33%	53%	56%	54%	61%	51%	94%	9%	18%	5%	9%	1%	3%	*	57%
			a	a	a	defghij	defghij	abdefghijk	hij	dfhij	j	hij			j	defghij
Working part time- working between 8 and 29 hours per week	283	156	68	46	114	58	42	12	156	2	6	5	1	1	-	100
	13%	12%	19%	14%	16%	32%	33%	2%	82%	3%	9%	5%	1%	1%	-	33%
			a		a	cefghij	cefghij	j	abcefghijk	j	chij	ij				cefghij
Self-employed- working 30 hours per week or more	81	55	10	10	20	4	7	14	5	36	11	2	1	1	-	11
	4%	4%	3%	3%	3%	2%	6%	2%	2%	61%	16%	2%	1%	1%	-	3%
						j	chij	j	j	abcdfghijk	abcdghijk	j				ij
Self-employed- working between 8 and 29 hours per week	81	48	12	15	28	3	10	6	9	8	40	3	2	-	-	13
	4%	4%	3%	4%	4%	2%	8%	1%	5%	13%	55%	3%	2%	-	-	4%
						j	acij		cij	acdghijk	abcdeghijk	ij	ij			cij
Not working but seeking work or temporarily unemployed or sick	94	60	12	15	28	2	3	2	-	1	6	70	1	8	1	6
	4%	5%	3%	5%	4%	1%	3%	*	-	2%	8%	69%	1%	4%	*	2%
							cdj				acdhjk	abcdefhijk		cdj		cj
Student	118	60	30	15	45	3	-	3	4	1	3	5	96	2	1	3
	6%	5%	8%	4%	6%	1%	-	1%	2%	1%	4%	5%	92%	1%	*	1%
			a						cj		bcj	abcijk	abcdefgijk			
Not working and not seeking work	165	83	32	41	74	-	-	-	-	1	2	8	2	150	2	-
	8%	6%	9%	12%	10%	-	-	-	-	2%	3%	8%	2%	84%	*	-
				a	a					cdk	acdjk	abcdjk	cdk	abcdefghjk		

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D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Retired	458	435	8	6	15	1	-	-	-	-	-	-	1	12	443	1
	22%	33%	2%	2%	2%	1%	-	-	-	-	-	-	1%	7%	99%	*
		bcd				c							c	abcdefghk	abcdefghik	

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?

BASE: All respondents

	Total	\[Location\] I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	\[Hours\] I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Working full time- working 30 hours per week or more	845	348	274	61	20	335	368	485	145	61	13	206	498	127	424	263	31	718
	40%	70%	76%	38%	41%	65%	68%	80%	62%	34%	30%	50%	77%	33%	38%	49%	33%	41%
		cd	cdef			cd	cd	bcde	cde			cd	bcde			abde		a
Working part time- working between 8 and 29 hours per week	283	115	59	24	5	82	121	99	49	36	14	84	113	37	153	78	15	246
	13%	23%	16%	15%	11%	16%	22%	16%	21%	20%	32%	20%	17%	10%	14%	15%	16%	14%
		bcde					bce				af				a	a		a
Self-employed- working 30 hours per week or more	81	15	17	28	6	45	22	12	26	26	3	52	15	12	44	22	3	69
	4%	3%	5%	18%	13%	9%	4%	2%	11%	15%	8%	13%	2%	3%	4%	4%	3%	4%
				abef	abf	abf			af	af	af	af						
Self-employed- working between 8 and 29 hours per week	81	10	9	38	10	47	21	6	9	44	9	53	16	13	44	18	6	68
	4%	2%	2%	24%	21%	9%	4%	1%	4%	25%	21%	13%	2%	3%	4%	3%	7%	4%
				abef	abef	abf			a	abef	abf	abf						
Not working but seeking work or temporarily unemployed or sick	94	5	-	5	2	5	7	1	1	7	1	8	2	21	40	24	8	73
	4%	1%	-	3%	4%	1%	1%	*	*	4%	3%	2%	*	6%	4%	5%	9%	4%
				be	abe		b			abf	abf	af					be	
Student	118	1	2	3	4	4	5	1	3	3	3	7	4	7	38	57	16	111
	6%	*	1%	2%	8%	1%	1%	*	1%	2%	6%	2%	1%	2%	3%	11%	17%	6%
				a	abcef				a	a	af	a				abe	abe	ab
Not working and not seeking work	165	1	-	-	1	-	2	1	-	1	-	1	1	19	82	53	11	146
	8%	*	-	-	2%	-	*	*	-	1%	-	*	*	5%	7%	10%	12%	8%
					abe											a	a	a
Retired	458	-	-	-	-	-	-	-	-	-	-	-	-	145	292	17	3	313
	22%	-	-	-	-	-	-	-	-	-	-	-	-	38%	26%	3%	3%	18%
														bcde	cde			cd

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Working full time- working 30 hours per week or more	845	158	549	93	89	29	631	193	12	713	133	700	140
	40%	43%	41%	39%	23%	30%	45%	30%	19%	43%	29%	39%	45%
				bef			bcef	b		b			a
Working part time- working between 8 and 29 hours per week	283	60	180	32	40	11	203	74	8	210	72	246	34
	13%	17%	13%	13%	10%	12%	14%	11%	14%	13%	16%	14%	11%
							b						
Self-employed- working 30 hours per week or more	81	22	44	11	15	15	44	34	3	59	22	70	11
	4%	6%	3%	4%	4%	15%	3%	5%	5%	4%	5%	4%	3%
		b				abdef		d					
Self-employed- working between 8 and 29 hours per week	81	21	45	14	13	8	46	34	2	61	21	64	16
	4%	6%	3%	6%	3%	9%	3%	5%	4%	4%	4%	4%	5%
		b		d		bd		d					
Not working but seeking work or temporarily unemployed or sick	94	17	52	19	19	11	47	42	5	79	15	67	26
	4%	5%	4%	8%	5%	11%	3%	6%	9%	5%	3%	4%	8%
				d		bd		d	d				a
Student	118	18	84	13	8	3	89	21	2	100	17	94	18
	6%	5%	6%	5%	2%	3%	6%	3%	4%	6%	4%	5%	6%
				b			be						
Not working and not seeking work	165	26	112	46	47	4	79	78	19	126	39	141	20
	8%	7%	8%	19%	12%	4%	6%	12%	32%	8%	8%	8%	6%
				bcde	cd			cd	abcde				
Retired	458	41	267	14	159	16	270	178	7	312	145	406	47
	22%	11%	20%	6%	41%	16%	19%	27%	12%	19%	31%	23%	15%
			a		acdef	a	a	acdf			a	b	

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?
BASE: All respondents

| | Total | | | | Number of days active | | | | | NET 2-4 days | NET 5 + days | Amount of activity in the past week compared to previous week | | | Life satisfaction score | | | |
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Working full time- working 30 hours per week or more	845	109	93	130	152	86	126	34	115	368	276	293	357	190	149	222	321	138
	40%	25%	40%	41%	41%	44%	55%	43%	43%	41%	48%	49%	34%	43%	36%	38%	41%	47%
			a	a	a	a	abcdehi	a	a	a	acdi	b		b				ab
Working part time- working between 8 and 29 hours per week	283	38	32	54	60	31	29	9	30	146	67	87	137	52	54	91	104	27
	13%	9%	14%	17%	16%	16%	12%	11%	11%	16%	12%	14%	13%	12%	13%	16%	13%	9%
			a	aj	aj	a				ahj						d		
Self-employed- working 30 hours per week or more	81	8	12	16	11	7	12	4	11	34	27	29	37	14	19	25	26	10
	4%	2%	5%	5%	3%	4%	5%	5%	4%	4%	5%	5%	4%	3%	5%	4%	3%	3%
			a	a			a			a	a							
Self-employed- working between 8 and 29 hours per week	81	13	4	11	19	8	15	1	10	39	26	23	37	19	16	31	25	8
	4%	3%	2%	3%	5%	4%	7%	1%	4%	4%	4%	4%	4%	4%	4%	5%	3%	3%
					b		abg									c		
Not working but seeking work or temporarily unemployed or sick	94	18	13	13	19	11	6	3	12	43	21	28	46	15	32	37	19	3
	4%	4%	6%	4%	5%	6%	3%	3%	5%	5%	4%	5%	4%	4%	8%	6%	2%	1%
															cd	cd		
Student	118	12	17	23	22	11	10	7	16	55	33	46	31	33	23	24	44	15
	6%	3%	7%	7%	6%	6%	4%	9%	6%	6%	6%	8%	3%	7%	6%	4%	6%	5%
			a	a	a			a	a	a	a	b		b				
Not working and not seeking work	165	51	17	16	31	10	7	5	27	57	39	37	86	32	44	49	45	19
	8%	12%	7%	5%	8%	5%	3%	6%	10%	6%	7%	6%	8%	7%	11%	8%	6%	6%
		cefij	f		f				cefi	f	f				c			
Retired	458	182	43	58	56	32	24	17	46	145	88	61	305	84	77	102	198	73
	22%	42%	19%	18%	15%	16%	11%	21%	17%	16%	15%	10%	29%	19%	19%	18%	25%	25%
		bcdefghij	f	f				f	f	f			ac	a			ab	ab

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.
BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	182	72	108	60	73	49	9	18	20	16	9	22	42	32	14
	9%	7%	10%	9%	10%	6%	8%	6%	10%	7%	5%	10%	13%	9%	6%
			a	c	c								bdei		
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	125	63	62	56	49	20	6	16	13	14	12	7	35	16	6
	6%	6%	6%	9%	7%	3%	6%	6%	6%	6%	7%	3%	10%	5%	3%
				c	c								bfhi		
Working full time- working 30 hours per week or more	662	372	288	218	325	119	29	94	56	67	60	72	113	113	58
	31%	36%	27%	34%	46%	15%	28%	34%	27%	30%	33%	31%	34%	32%	27%
		b		c	ac										
Working part time- working between 8 and 29 hours per week	191	57	131	78	76	37	4	19	18	21	13	22	38	31	25
	9%	6%	12%	12%	11%	5%	4%	7%	9%	9%	7%	9%	11%	9%	12%
			a	c	c								ab		a
Self-employed- working 30 hours per week or more	60	39	20	24	20	16	5	7	5	2	8	8	14	5	7
	3%	4%	2%	4%	3%	2%	5%	3%	2%	1%	4%	3%	4%	1%	3%
		b					dh				d		dh		
Self-employed- working between 8 and 29 hours per week	72	36	36	22	24	26	2	10	9	8	8	6	13	10	6
	3%	3%	3%	3%	3%	3%	2%	4%	4%	4%	4%	2%	4%	3%	3%
Not working but seeking work or temporarily unemployed or sick	101	49	50	39	42	20	5	18	5	13	8	14	11	21	5
	5%	5%	5%	6%	6%	3%	5%	6%	2%	6%	5%	6%	3%	6%	2%
				c	c			ci							i
Student	105	64	39	99	2	4	8	9	14	12	10	10	22	13	7
	5%	6%	4%	15%	*	*	8%	3%	7%	5%	5%	4%	7%	4%	3%
		b		bc			b						b		
Not working and not seeking work	179	47	128	44	77	58	13	23	15	22	17	22	23	25	19
	8%	5%	12%	7%	11%	7%	12%	8%	7%	10%	9%	9%	7%	7%	9%
			a		ac										
Retired	449	235	214	2	10	437	21	63	52	49	38	53	22	81	70
	21%	23%	20%	*	1%	56%	21%	23%	25%	22%	21%	23%	7%	23%	32%
					a	ab	g	g	g	g	g	g		g	abdefgh

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.
BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	306	136	170	116	122	69	15	34	34	29	21	29	76	49	20
	14%	13%	16%	18%	17%	9%	15%	12%	16%	13%	12%	12%	23%	14%	9%
				c	c				i				bdefhi		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.
BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	182	14	38	67	27	30	5	119	62	147	12	14	6	2	1	35
	9%	8%	8%	13%	10%	14%	1%	10%	6%	8%	19%	11%	6%	11%	11%	11%
		f	f	bfh	fh	bfh		fh	f		ad					
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	125	22	30	35	15	22	2	87	38	96	4	16	5	2	-	28
	6%	13%	6%	7%	5%	10%	*	8%	4%	5%	7%	13%	5%	11%	-	9%
		bcdfgh	fh	fh	f	fh		fh	f			a				a
Working full time- working 30 hours per week or more	662	85	219	190	104	57	7	494	168	540	21	40	35	7	5	109
	31%	50%	47%	37%	38%	26%	1%	43%	17%	30%	36%	32%	37%	34%	50%	35%
		cdefh	cdefh	efh	efh	fh		cefh	f							
Working part time- working between 8 and 29 hours per week	191	14	52	40	38	43	4	106	86	153	7	10	13	1	3	34
	9%	8%	11%	8%	14%	20%	1%	9%	9%	9%	12%	8%	13%	5%	30%	11%
		f	f	f	cfgh	abcfgh		f	f							
Self-employed- working 30 hours per week or more	60	8	16	18	15	3	-	42	18	42	4	5	5	1	-	15
	3%	5%	4%	3%	6%	1%	-	4%	2%	2%	6%	4%	5%	7%	-	5%
		efh	fh	f	efh	f		fh	f							a
Self-employed- working between 8 and 29 hours per week	72	8	20	22	8	13	1	50	23	56	1	5	5	4	-	15
	3%	5%	4%	4%	3%	6%	*	4%	2%	3%	1%	4%	5%	21%	-	5%
		f	fh	fh	f	fh		fh	f							
Not working but seeking work or temporarily unemployed or sick	101	1	11	16	12	17	44	28	73	86	3	7	3	2	-	14
	5%	1%	2%	3%	4%	8%	9%	2%	7%	5%	4%	6%	3%	8%	-	5%
					a	abcg	abcdg		abcg							
Student	105	7	16	54	9	12	7	77	28	58	4	19	20	-	-	43
	5%	4%	4%	11%	3%	5%	1%	7%	3%	3%	6%	15%	22%	-	-	14%
		f		abdefgh		f		bdfh				a	ab			a
Not working and not seeking work	179	7	16	28	26	19	83	51	128	162	4	7	1	1	1	13
	8%	4%	4%	6%	9%	8%	17%	4%	13%	9%	6%	5%	1%	5%	8%	4%
					abcg	bg	abcdegh		abceg	dg						
Retired	449	5	48	40	21	6	328	93	355	440	1	2	1	-	-	4
	21%	3%	10%	8%	8%	3%	68%	8%	36%	25%	1%	2%	1%	-	-	1%
			ae	ae	ae		abcdegh	ae	abcdeg	bcdg						

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.
BASE: All respondents

| | Total | Social Grade | | | | | | | | Ethnicity | | | | | | |
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	306	36	68	101	42	52	7	206	101	243	16	30	11	4	1	62
	14%	21%	15%	20%	15%	23%	1%	18%	10%	14%	27%	24%	12%	22%	11%	20%
		bfh	fh	bfh	fh	bdfgh		fh	f		ad	ad				a

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D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	182	109	35	32	67	182	-	-	-	-	-	-	-	-	-	182
	9%	8%	10%	9%	9%	100%	-	-	-	-	-	-	-	-	-	59%
						bcdefghijk										bcdefghij
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	125	54	33	33	66	-	125	-	-	-	-	-	-	-	-	125
	6%	4%	9%	10%	9%	-	100%	-	-	-	-	-	-	-	-	41%
			a	a	a		acdefghijk									acdefghij
Working full time- working 30 hours per week or more	662	338	153	146	298	-	-	662	-	-	-	-	-	-	-	-
	31%	25%	42%	43%	42%	-	-	100%	-	-	-	-	-	-	-	-
			a	a	a			abdefghijk								
Working part time- working between 8 and 29 hours per week	191	100	41	40	81	-	-	-	191	-	-	-	-	-	-	-
	9%	8%	11%	12%	11%	-	-	-	100%	-	-	-	-	-	-	-
			a	a	a				abcefghijk							
Self-employed- working 30 hours per week or more	60	36	8	8	17	-	-	-	-	60	-	-	-	-	-	-
	3%	3%	2%	2%	2%	-	-	-	-	100%	-	-	-	-	-	-
										abcdfghijk						
Self-employed- working between 8 and 29 hours per week	72	49	8	10	18	-	-	-	-	-	72	-	-	-	-	-
	3%	4%	2%	3%	3%	-	-	-	-	-	100%	-	-	-	-	-
											abcdeghijk					

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Not working but seeking work or temporarily unemployed or sick	101	64	17	13	31	-	-	-	-	-	-	101	-	-	-	-
	5%	5%	5%	4%	4%	-	-	-	-	-	-	100%	-	-	-	-
												abcdefhijk				
Student	105	50	28	13	41	-	-	-	-	-	-	-	105	-	-	-
	5%	4%	8%	4%	6%	-	-	-	-	-	-	-	100%	-	-	-
			ac		a								abcdefgijk			
Not working and not seeking work	179	98	33	41	74	-	-	-	-	-	-	-	-	179	-	-
	8%	7%	9%	12%	11%	-	-	-	-	-	-	-	-	100%	-	-
				a	a									abcdefghjk		
Retired	449	429	8	4	12	-	-	-	-	-	-	-	-	-	449	-
	21%	32%	2%	1%	2%	-	-	-	-	-	-	-	-	-	100%	-
		bcd													abcdefghik	
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	306	163	68	65	133	182	125	-	-	-	-	-	-	-	-	306
	14%	12%	19%	19%	19%	100%	100%	-	-	-	-	-	-	-	-	100%
			a	a	a	cdefghij	cdefghij									cdefghij

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	182	-	-	-	-	-	-	-	-	-	-	-	-	26	89	55	12	156
	9%	-	-	-	-	-	-	-	-	-	-	-	-	7%	8%	10%	13%	9%
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	125	43	48	19	5	68	47	36	46	25	4	71	40	17	58	47	2	107
	6%	9%	13%	12%	10%	13%	9%	6%	20%	14%	10%	17%	6%	5%	5%	9%	3%	6%
			af			af			af	af		af				abde		
Working full time- working 30 hours per week or more	662	317	240	63	27	303	344	453	125	57	15	182	468	100	332	204	26	563
	31%	64%	67%	40%	55%	58%	63%	75%	53%	32%	35%	44%	72%	26%	30%	38%	28%	32%
		c	ce			c	c	bcde	cde			c	bcde			abe		a
Working part time- working between 8 and 29 hours per week	191	104	52	23	6	75	110	92	39	36	13	75	105	22	108	49	12	169
	9%	21%	14%	15%	12%	14%	20%	15%	17%	20%	30%	18%	16%	6%	10%	9%	13%	10%
		be					be				abef				a		a	a
Self-employed- working 30 hours per week or more	60	15	13	20	7	33	23	15	15	20	6	34	21	10	31	15	3	50
	3%	3%	4%	12%	15%	6%	4%	3%	6%	11%	13%	8%	3%	3%	3%	3%	4%	3%
				abef	abef	a			af	af	af	af						
Self-employed- working between 8 and 29 hours per week	72	18	8	33	4	41	22	10	8	40	5	49	15	16	38	16	3	57
	3%	4%	2%	21%	9%	8%	4%	2%	4%	23%	12%	12%	2%	4%	3%	3%	3%	3%
				abdef	b	abf				abef	abf	abf						
Not working but seeking work or temporarily unemployed or sick	101	-	-	-	-	-	-	-	-	-	-	-	-	18	49	28	5	82
	5%	-	-	-	-	-	-	-	-	-	-	-	-	5%	4%	5%	6%	5%
Student	105	-	-	-	-	-	-	-	-	-	-	-	-	6	35	51	14	99
	5%	-	-	-	-	-	-	-	-	-	-	-	-	2%	3%	9%	15%	6%
																abe	abe	ab

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D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Not working and not seeking work	179	-	-	-	-	-	-	-	-	-	-	-	-	29	84	54	12	150
	8%	-	-	-	-	-	-	-	-	-	-	-	-	8%	8%	10%	13%	9%
Retired	449	-	-	-	-	-	-	-	-	-	-	-	-	137	293	14	4	311
	21%	-	-	-	-	-	-	-	-	-	-	-	-	36%	26%	3%	4%	18%
														bcde	cde			cd
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	306	43	48	19	5	68	47	36	46	25	4	71	40	43	147	102	14	263
	14%	9%	13%	12%	10%	13%	9%	6%	20%	14%	10%	17%	6%	11%	13%	19%	15%	15%
			af			af			af	af		af				abe		

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.
BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
Currently furloughed	182 9%	43 12% b	111 8%	20 8%	27 7%	11 11%	128 9%	50 8%	5 9%	154 9% b	27 6%	150 8%	29 9%
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	125 6%	39 11% b	67 5%	15 6%	15 4%	10 10% b	87 6%	36 6%	2 3%	105 6%	20 4%	107 6%	18 6%
Working full time- working 30 hours per week or more	662 31%	115 32%	439 33%	72 30% bef	63 16%	30 31% bf	490 35% bef	154 24% bf	7 11%	549 33% b	113 24%	553 31%	106 34%
Working part time- working between 8 and 29 hours per week	191 9%	47 13% b	117 9%	27 11%	29 7%	8 8%	134 9%	54 8%	9 15% b	148 9%	44 9%	161 9%	29 9%
Self-employed- working 30 hours per week or more	60 3%	11 3%	38 3%	6 3%	8 2%	7 8% abde	39 3%	19 3%	2 3%	43 3%	17 4%	51 3%	8 3%
Self-employed- working between 8 and 29 hours per week	72 3%	10 3%	40 3%	12 5%	13 3%	5 6%	42 3%	28 4%	3 5%	49 3%	23 5% a	57 3%	15 5%
Not working but seeking work or temporarily unemployed or sick	101 5%	18 5%	63 5%	16 6%	20 5%	5 5%	60 4%	36 5%	5 8%	83 5%	17 4%	78 4%	22 7% a
Student	105 5%	16 4%	74 6%	11 5% b	7 2%	2 2%	78 6% be	18 3%	1 2%	87 5%	18 4%	82 5%	17 5%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
Not working and not seeking work	179 8%	26 7%	118 9%	48 20% cde	55 14% cd	4 4%	87 6%	85 13% cd	20 34% abcde	137 8%	41 9%	149 8%	25 8%
Retired	449 21%	39 11%	267 20% a	13 5%	155 40% acdef	15 15% a	266 19% a	173 26% acdf	6 11%	305 18%	143 31% a	401 22%	43 14% b
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	306 14%	83 23% b	177 13%	35 15%	42 11%	21 22% be	215 15% b	86 13%	7 11%	259 16% b	48 10%	257 14%	47 15%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.
BASE: All respondents

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	182	21	19	30	36	22	28	7	19	88	54	61	74	43	42	48	57	27
	9%	5%	8%	9%	10%	11%	12%	9%	7%	10%	9%	10%	7%	10%	10%	8%	7%	9%
				a	a	a	a			a	a	b						
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	125	8	15	23	22	17	17	3	19	62	40	60	37	28	27	51	30	14
	6%	2%	7%	7%	6%	9%	7%	4%	7%	7%	7%	10%	4%	6%	7%	9%	4%	5%
			a	a	a	a	a		a	a	a	bc		b	c	cd		
Working full time- working 30 hours per week or more	662	97	73	105	108	62	100	23	95	275	218	214	301	143	114	166	268	106
	31%	22%	31%	33%	29%	32%	44%	28%	35%	31%	38%	35%	29%	33%	28%	29%	34%	36%
			a	a	a	a	abcdegi		a	a	adi	b					ab	ab
Working part time- working between 8 and 29 hours per week	191	21	22	35	49	21	19	6	19	104	44	57	89	43	25	62	81	21
	9%	5%	10%	11%	13%	11%	8%	8%	7%	12%	8%	9%	9%	10%	6%	11%	10%	7%
			a	a	ahj	a				ahj						a	a	
Self-employed- working 30 hours per week or more	60	6	5	15	12	5	9	3	4	32	16	18	30	11	11	22	17	10
	3%	1%	2%	5%	3%	3%	4%	4%	1%	4%	3%	3%	3%	2%	3%	4%	2%	3%
				ah			a			a								
Self-employed- working between 8 and 29 hours per week	72	11	9	3	17	6	13	5	9	26	27	24	34	11	16	25	23	7
	3%	3%	4%	1%	4%	3%	6%	6%	3%	3%	5%	4%	3%	3%	4%	4%	3%	3%
			c		c		aci	c			c							
Not working but seeking work or temporarily unemployed or sick	101	19	14	15	23	7	5	3	14	45	22	30	49	16	39	30	25	2
	5%	4%	6%	5%	6%	4%	2%	3%	5%	5%	4%	5%	5%	4%	9%	5%	3%	1%
			f		f										bcd	d	d	
Student	105	11	15	16	20	11	8	7	16	47	32	42	26	28	19	26	35	13
	5%	3%	6%	5%	5%	6%	4%	9%	6%	5%	6%	7%	3%	6%	5%	4%	4%	5%
			a		a	a		a	a	a	a	b		b				
Not working and not seeking work	179	58	17	21	33	11	6	6	25	66	38	38	101	31	47	52	51	20
	8%	14%	7%	7%	9%	6%	3%	7%	9%	7%	7%	6%	10%	7%	11%	9%	7%	7%
		bcdefij	f	f	f				f	f	f		a		cd			
Retired	449	178	43	57	50	33	23	17	47	141	88	62	294	85	74	98	195	73
	21%	41%	19%	18%	14%	17%	10%	21%	18%	16%	15%	10%	28%	19%	18%	17%	25%	25%
		bcdefghij	f	f		f		f	f	f			ac	a			ab	ab

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.
BASE: All respondents

		Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	306	29	34	53	58	39	45	10	38	150	93	121	110	72	69	99	87	41
	14%	7%	15%	16%	16%	20%	20%	13%	14%	17%	16%	20%	11%	16%	17%	17%	11%	14%
			a	a	a	a	a		a	a	a	b		b	c	c		

D6C. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?

BASE: All respondents that are employed or self-employed during the coronavirus pandemic

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	1159	611	542	429	528	202	54	169	103	121	109	96	217	182	108
Total	1111	567	538	398	494	218	47	146	101	112	101	114	213	176	102
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I mostly travelled to work pre-Covid-19, and this is mostly still the case	497	245	249	167	222	108	20	65	39	50	50	67	75	75	57
	45%	43%	46%	42%	45%	49%	43%	44%	38%	45%	49%	59%	35%	43%	56%
											g	bcdgh			cgh
I mostly travelled to work pre-Covid-19, but now I work more from home	361	190	170	134	176	50	14	50	35	33	26	25	88	64	26
	32%	34%	32%	34%	36%	23%	30%	35%	34%	30%	26%	21%	41%	36%	26%
				c	c			f	f				defi	f	
I mostly worked from home pre-Covid-19, and this is mostly still the case	158	83	74	55	62	41	7	20	21	17	16	14	30	23	9
	14%	15%	14%	14%	13%	19%	15%	14%	21%	16%	16%	13%	14%	13%	9%
						b			i						
I mostly worked from home pre-Covid-19, but now I travel to work more	49	30	18	26	15	8	5	2	2	8	5	7	7	8	5
	4%	5%	3%	7%	3%	4%	10%	2%	2%	7%	5%	6%	3%	4%	4%
				b			bcg			b		b			
None of the above	46	19	27	15	19	12	1	8	5	3	4	1	13	7	5
	4%	3%	5%	4%	4%	6%	1%	6%	5%	3%	4%	1%	6%	4%	5%
													f		
NET: Working from home more during COVID-19	519	273	244	190	238	91	21	71	56	51	42	39	118	86	36
	47%	48%	45%	48%	48%	42%	45%	48%	55%	45%	42%	34%	55%	49%	35%
								fi	fi				efi	fi	
NET: Mostly travelling to work during COVID-19	545	275	267	193	237	115	25	67	41	58	55	74	82	82	61
	49%	48%	50%	49%	48%	53%	54%	46%	40%	52%	54%	65%	39%	47%	60%
							g			g	cg	bcgh			bcgh

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D6C. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?
BASE: All respondents that are employed or self-employed during the coronavirus pandemic

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	*f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	1159	133	334	309	210	157	16	776	383	926	38	80	66	16	8	208
Total	1111	137	337	304	180	139	14	778	333	888	37	76	63	15	8	200
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I mostly travelled to work pre-Covid-19, and this is mostly still the case	497	52	96	129	118	95	7	276	220	423	13	30	15	1	3	61
	45%	38%	28%	42%	66%	68%	53%	36%	66%	48%	34%	39%	24%	7%	36%	31%
		b		bg	abcg	abcg		b	abcg	dg						
I mostly travelled to work pre-Covid-19, but now I work more from home	361	50	160	104	24	21	1	315	46	289	13	22	26	7	2	70
	32%	37%	47%	34%	14%	15%	7%	40%	14%	33%	36%	29%	41%	44%	28%	35%
		deh	acdegh	deh				deh								
I mostly worked from home pre-Covid-19, and this is mostly still the case	158	24	59	43	17	12	3	127	32	118	7	16	11	2	-	36
	14%	18%	17%	14%	9%	9%	20%	16%	10%	13%	20%	21%	18%	14%	-	18%
		deh	deh	h				deh								
I mostly worked from home pre-Covid-19, but now I travel to work more	49	9	14	13	7	5	1	36	13	26	2	6	8	3	1	21
	4%	6%	4%	4%	4%	4%	9%	5%	4%	3%	4%	9%	13%	23%	17%	11%
												a	a			a
None of the above	46	2	9	14	14	6	2	25	21	33	2	2	3	2	2	11
	4%	1%	3%	5%	8%	4%	11%	3%	6%	4%	6%	3%	5%	12%	19%	6%
				abg					abg							
NET: Working from home more during COVID-19	519	75	219	147	41	33	4	441	78	407	21	38	37	9	2	106
	47%	55%	65%	49%	23%	24%	27%	57%	23%	46%	56%	49%	58%	58%	28%	53%
		deh	acdegh	deh				cdeh					a			
NET: Mostly travelling to work during COVID-19	545	60	110	142	125	100	8	312	233	449	14	36	23	5	4	82
	49%	44%	32%	47%	69%	72%	62%	40%	70%	51%	38%	47%	37%	30%	52%	41%
		b		bg	abcg	abcg		b	abcg	dg						

D6C. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?
BASE: All respondents that are employed or self-employed during the coronavirus pandemic

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	b	c	d	e	f	*g	*h	*i	*j	k
Unweighted Total	1159	666	212	216	428	-	126	693	201	65	74	-	-	-	-	126
Total	1111	579	243	237	479	-	125	662	191	60	72	-	-	-	-	125
	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	-	-	-	-	100%
I mostly travelled to work pre-Covid-19, and this is mostly still the case	497	273	99	106	205	-	43	317	104	15	18	-	-	-	-	43
	45%	47%	41%	45%	43%	-	34%	48%	54%	26%	25%	-	-	-	-	34%
								befk	befk							
I mostly travelled to work pre-Covid-19, but now I work more from home	361	163	96	87	183	-	48	240	52	13	8	-	-	-	-	48
	32%	28%	40%	37%	38%	-	39%	36%	27%	22%	11%	-	-	-	-	39%
			a	a	a		def	def	f							def
I mostly worked from home pre-Covid-19, and this is mostly still the case	158	93	29	29	58	-	19	63	23	20	33	-	-	-	-	19
	14%	16%	12%	12%	12%	-	16%	9%	12%	33%	46%	-	-	-	-	16%
							c			bcdk	bcdk					c
I mostly worked from home pre-Covid-19, but now I travel to work more	49	24	9	12	20	-	5	27	6	7	4	-	-	-	-	5
	4%	4%	4%	5%	4%	-	4%	4%	3%	12%	6%	-	-	-	-	4%
										bcdk						
None of the above	46	27	10	3	13	-	10	16	7	4	10	-	-	-	-	10
	4%	5%	4%	1%	3%	-	8%	2%	3%	7%	13%	-	-	-	-	8%
		c					c			c	cd					c
NET: Working from home more during COVID-19	519	256	125	116	241	-	68	303	75	33	41	-	-	-	-	68
	47%	44%	52%	49%	50%	-	54%	46%	39%	55%	56%	-	-	-	-	54%
					a		d			d	d					d
NET: Mostly travelling to work during COVID-19	545	297	108	118	226	-	47	344	110	23	22	-	-	-	-	47
	49%	51%	44%	50%	47%	-	38%	52%	57%	38%	30%	-	-	-	-	38%
								befk	befk							

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D6C. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?

BASE: All respondents that are employed or self-employed during the coronavirus pandemic

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	1159	528	369	160	51	529	579	636	241	180	48	421	684	188	596	328	47	971
Total	1111	497	361	158	49	519	545	605	234	178	43	412	649	165	567	331	47	945
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I mostly travelled to work pre-Covid-19, and this is mostly still the case	497	497	-	-	-	-	497	396	52	32	10	84	406	69	260	148	20	427
	45%	100%	-	-	-	-	91%	65%	22%	18%	22%	20%	63%	42%	46%	45%	41%	45%
		bcdef					bcde	bcde					bcde					
I mostly travelled to work pre-Covid-19, but now I work more from home	361	-	361	-	-	361	-	159	143	46	6	189	165	54	179	115	12	306
	32%	-	100%	-	-	70%	-	26%	61%	26%	13%	46%	25%	33%	32%	35%	25%	32%
			acdef			acdf		d	acdef			acdf						
I mostly worked from home pre-Covid-19, and this is mostly still the case	158	-	-	158	-	158	-	38	28	79	9	107	47	26	83	39	10	132
	14%	-	-	100%	-	30%	-	6%	12%	44%	20%	26%	7%	16%	15%	12%	21%	14%
				abdef		abdf			af	abdef	af	abf						
I mostly worked from home pre-Covid-19, but now I travel to work more	49	-	-	-	49	-	49	5	8	18	17	26	22	8	18	18	5	41
	4%	-	-	-	100%	-	9%	1%	4%	10%	40%	6%	3%	5%	3%	5%	10%	4%
					abcef		abce		a	abf	abcef	af	a				b	
None of the above	46	-	-	-	-	-	-	8	3	3	2	6	9	7	27	11	1	39
	4%	-	-	-	-	-	-	1%	1%	2%	4%	2%	1%	4%	5%	3%	3%	4%
NET: Working from home more during COVID-19	519	-	361	158	-	519	-	197	171	125	15	296	212	81	262	154	22	438
	47%	-	100%	100%	-	100%	-	33%	73%	70%	34%	72%	33%	49%	46%	47%	46%	46%
			adf	adf		adf			adf	adf		adf						
NET: Mostly travelling to work during COVID-19	545	497	-	-	49	-	545	400	60	50	27	110	427	78	278	166	24	468
	49%	100%	-	-	100%	-	100%	66%	26%	28%	62%	27%	66%	47%	49%	50%	51%	49%
		bce			bce		bce	bce			bce		bce					

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D6C. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?

BASE: All respondents that are employed or self-employed during the coronavirus pandemic

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	*f	a	b	a	b
Unweighted Total	1159	228	714	140	135	64	820	307	24	938	221	954	197
Total	1111	222	700	134	128	61	791	292	22	894	217	928	176
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I mostly travelled to work pre-Covid-19, and this is mostly still the case	497	91	331	52	55	15	368	115	5	405	92	433	63
	45%	41%	47%	39%	43%	25%	47%	39%	22%	45%	42%	47%	36%
					c		ce	c				b	
I mostly travelled to work pre-Covid-19, but now I work more from home	361	74	227	48	37	18	266	90	10	299	61	297	63
	32%	33%	32%	36%	29%	29%	34%	31%	46%	34%	28%	32%	36%
I mostly worked from home pre-Covid-19, and this is mostly still the case	158	32	94	21	28	14	97	55	6	118	40	128	31
	14%	15%	13%	16%	22%	22%	12%	19%	28%	13%	18%	14%	17%
					d	d		d					
I mostly worked from home pre-Covid-19, but now I travel to work more	49	15	22	9	3	10	28	20	-	34	15	37	11
	4%	7%	3%	7%	3%	16%	4%	7%	-	4%	7%	4%	6%
		b				abde		d					a
None of the above	46	10	26	4	4	4	32	12	1	37	9	35	9
	4%	4%	4%	3%	3%	7%	4%	4%	4%	4%	4%	4%	5%
NET: Working from home more during COVID-19	519	107	321	69	65	31	363	145	16	418	101	424	94
	47%	48%	46%	52%	51%	51%	46%	50%	74%	47%	47%	46%	53%
NET: Mostly travelling to work during COVID-19	545	106	353	61	58	25	396	135	5	438	107	469	74
	49%	48%	50%	45%	46%	41%	50%	46%	22%	49%	49%	51%	42%
												b	

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D6C. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?
BASE: All respondents that are employed or self-employed during the coronavirus pandemic

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	1159	151	128	190	214	120	163	43	150	524	356	386	515	247	209	340	433	162
Total	1111	144	124	181	207	111	158	40	146	499	344	373	492	236	193	326	419	158
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I mostly travelled to work pre-Covid-19, and this is mostly still the case	497	70	53	74	88	45	76	20	70	207	166	161	241	91	80	146	184	75
	45%	49%	43%	41%	42%	41%	48%	50%	48%	41%	48% i	43%	49% c	38%	42%	45%	44%	48%
I mostly travelled to work pre-Covid-19, but now I work more from home	361	38	43	69	70	40	47	12	41	180	99	122	155	83	69	103	141	46
	32%	27%	35%	38% ahj	34%	36%	29%	31%	28%	36% aj	29%	33%	31%	35%	36%	31%	34%	29%
I mostly worked from home pre-Covid-19, and this is mostly still the case	158	24	15	23	24	16	24	6	26	63	56	63	60	35	26	52	60	20
	14%	16%	12%	13%	11%	15%	15%	14%	18%	13%	16%	17% b	12%	15%	13%	16%	14%	13%
I mostly worked from home pre-Covid-19, but now I travel to work more	49	4	7	7	13	7	6	1	3	27	11	14	15	17	12	13	17	7
	4%	3%	6%	4%	6%	6%	4%	3%	2%	5%	3%	4%	3%	7% ab	6%	4%	4%	5%
None of the above	46	7	5	7	12	3	5	1	6	22	12	14	21	10	6	13	16	9
	4%	5%	4%	4%	6%	3%	3%	2%	4%	4%	3%	4%	4%	4%	3%	4%	4%	6%
NET: Working from home more during COVID-19	519	62	58	92	94	56	71	18	67	243	156	184	214	118	95	154	202	66
	47%	43%	47%	51%	45%	51%	45%	45%	46%	49%	45%	49%	44%	50%	49%	47%	48%	42%
NET: Mostly travelling to work during COVID-19	545	75	61	81	101	52	82	21	73	234	176	174	257	108	92	159	202	83
	49%	52%	49%	45%	49%	46%	52%	53%	50%	47%	51%	47%	52%	46%	48%	49%	48%	52%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D6D. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?

BASE: All respondents that are employed or self-employed during the coronavirus pandemic

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	1159	611	542	429	528	202	54	169	103	121	109	96	217	182	108
Total	1111	567	538	398	494	218	47	146	101	112	101	114	213	176	102
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I mostly worked standard hours pre-Covid-19 and this is still the case	605	314	290	192	296	118	24	84	46	64	59	71	99	98	60
	55%	55%	54%	48%	60% a	54%	52%	58% cg	45%	57%	59% g	62% cg	46%	55%	59% cg
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	234	130	103	110	101	23	9	27	22	22	22	19	57	40	15
	21%	23%	19%	28% bc	20% c	10%	19%	19%	21%	20%	22%	17%	27% fi	23%	15%
I mostly worked flexible hours pre-Covid-19, and this is still the case	178	87	90	57	64	57	8	21	24	13	17	18	39	22	16
	16%	15%	17%	14%	13%	26% ab	17%	15%	24% dh	11%	17%	16%	18%	12%	16%
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	43	19	23	26	12	6	4	2	4	10	1	1	11	7	3
	4%	3%	4%	6% b	2%	3%	8% bef	2%	4%	9% bef	1%	1%	5%	4%	3%
None of the above	50	17	33	13	23	14	2	10	5	3	2	5	7	9	8
	5%	3%	6% a	3%	5%	7%	3%	7% e	5%	3%	2%	4%	3%	5%	8% e
NET: Working more flexible hours during COVID-19	412	217	192	168	164	80	17	49	46	35	39	37	96	62	31
	37%	38%	36%	42% b	33%	37%	37%	33%	45% di	31%	39%	33%	45% bdfhi	35%	30%
NET: Mostly working standard hours during COVID 19	649	333	312	217	308	124	28	87	50	73	60	72	110	105	63
	58%	59%	58%	55%	62% a	57%	60%	60%	50%	66% cg	59%	63%	52%	60%	62%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D6D. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?
BASE: All respondents that are employed or self-employed during the coronavirus pandemic

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	*f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	1159	133	334	309	210	157	16	776	383	926	38	80	66	16	8	208
Total	1111	137	337	304	180	139	14	778	333	888	37	76	63	15	8	200
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I mostly worked standard hours pre-Covid-19 and this is still the case	605	61	183	172	104	79	7	415	190	505	18	34	25	5	6	88
	55%	44%	54%	56%	58%	57%	51%	53%	57%	57%	48%	44%	40%	33%	74%	44%
				a	a	a			a	cdg						
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	234	43	69	59	35	25	3	171	62	177	8	24	17	4	-	53
	21%	31%	21%	19%	19%	18%	23%	22%	19%	20%	21%	32%	27%	26%	-	27%
		bcdegh										a				a
I mostly worked flexible hours pre-Covid-19, and this is still the case	178	24	65	48	23	16	3	137	42	141	8	10	12	4	1	35
	16%	17%	19%	16%	13%	11%	20%	18%	12%	16%	20%	14%	19%	24%	17%	18%
			eh						h							
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	43	7	11	12	3	10	-	30	14	26	2	5	7	1	-	15
	4%	5%	3%	4%	2%	8%	-	4%	4%	3%	5%	7%	11%	5%	-	7%
						bdg							a			a
None of the above	50	3	9	13	16	8	1	26	25	39	2	2	2	2	1	9
	5%	2%	3%	4%	9%	6%	6%	3%	7%	4%	6%	3%	3%	12%	10%	5%
					abcg				abg							
NET: Working more flexible hours during COVID-19	412	66	134	107	58	40	6	308	104	318	15	35	29	8	1	88
	37%	48%	40%	35%	32%	29%	43%	40%	31%	36%	41%	46%	46%	50%	17%	44%
		cdeh	eh					deh								a
NET: Mostly working standard hours during COVID 19	649	67	194	183	107	90	7	445	204	531	20	39	32	6	6	102
	58%	49%	57%	60%	59%	65%	51%	57%	61%	60%	52%	51%	51%	38%	74%	51%
				a		a			a	g						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D6D. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?
BASE: All respondents that are employed or self-employed during the coronavirus pandemic

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	b	c	d	e	f	*g	*h	*i	*j	k
Unweighted Total	1159	666	212	216	428	-	126	693	201	65	74	-	-	-	-	126
Total	1111	579	243	237	479	-	125	662	191	60	72	-	-	-	-	125
	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	-	-	-	-	100%
I mostly worked standard hours pre-Covid-19 and this is still the case	605	323	131	131	263	-	36	453	92	15	10	-	-	-	-	36
	55%	56%	54%	55%	55%	-	29%	68%	48%	25%	14%	-	-	-	-	29%
							f	bdefk	befk							f
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	234	90	60	66	126	-	46	125	39	15	8	-	-	-	-	46
	21%	16%	25%	28%	26%	-	37%	19%	21%	25%	11%	-	-	-	-	37%
			a	a	a		cdf			f						cdf
I mostly worked flexible hours pre-Covid-19, and this is still the case	178	112	33	26	59	-	25	57	36	20	40	-	-	-	-	25
	16%	19%	14%	11%	12%	-	20%	9%	19%	33%	56%	-	-	-	-	20%
		cd					c		c	cd	bcdek					c
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	43	25	8	7	14	-	4	15	13	6	5	-	-	-	-	4
	4%	4%	3%	3%	3%	-	3%	2%	7%	9%	7%	-	-	-	-	3%
									c	c	c					
None of the above	50	28	10	7	17	-	13	12	12	4	9	-	-	-	-	13
	5%	5%	4%	3%	4%	-	11%	2%	6%	7%	12%	-	-	-	-	11%
							c		c	c	c					c
NET: Working more flexible hours during COVID-19	412	202	93	92	186	-	71	182	75	34	49	-	-	-	-	71
	37%	35%	38%	39%	39%	-	57%	28%	39%	58%	67%	-	-	-	-	57%
							cd		c	cd	cd					cd
NET: Mostly working standard hours during COVID 19	649	349	139	138	277	-	40	468	105	21	15	-	-	-	-	40
	58%	60%	57%	58%	58%	-	32%	71%	55%	35%	21%	-	-	-	-	32%
								bdefk	befk							

Savanta: ComRes

D6D. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?

BASE: All respondents that are employed or self-employed during the coronavirus pandemic

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	1159	528	369	160	51	529	579	636	241	180	48	421	684	188	596	328	47	971
Total	1111	497	361	158	49	519	545	605	234	178	43	412	649	165	567	331	47	945
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I mostly worked standard hours pre-Covid-19 and this is still the case	605	396	159	38	5	197	400	605	-	-	-	-	605	88	313	181	23	518
	55%	80%	44%	24%	9%	38%	73%	100%	-	-	-	-	93%	53%	55%	55%	49%	55%
		bcdef	cd	d		cd	bcde	bcdef					bcde					
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	234	52	143	28	8	171	60	-	234	-	-	234	-	26	114	85	9	208
	21%	10%	40%	17%	17%	33%	11%	-	100%	-	-	57%	-	16%	20%	26%	19%	22%
			acdef	af		acdf			acdef			acdf				a		a
I mostly worked flexible hours pre-Covid-19, and this is still the case	178	32	46	79	18	125	50	-	-	178	-	178	-	34	99	35	11	145
	16%	6%	13%	50%	36%	24%	9%	-	-	100%	-	43%	-	20%	17%	11%	23%	15%
			a	abef	abf	abf				abdef		abdf		c	c		c	c
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	43	10	6	9	17	15	27	-	-	-	43	-	43	9	15	18	1	34
	4%	2%	2%	6%	35%	3%	5%	-	-	-	100%	-	7%	5%	3%	6%	2%	4%
				ab	abcef		ab				abcef		abce			b		
None of the above	50	7	6	5	1	11	9	-	-	-	-	-	-	9	25	12	3	41
	5%	1%	2%	3%	3%	2%	2%	-	-	-	-	-	-	6%	4%	4%	7%	4%
NET: Working more flexible hours during COVID-19	412	84	189	107	26	296	110	-	234	178	-	412	-	59	213	119	20	353
	37%	17%	53%	67%	53%	57%	20%	-	100%	100%	-	100%	-	36%	38%	36%	42%	37%
			af	abef	af	af			adf	adf		adf						
NET: Mostly working standard hours during COVID 19	649	406	165	47	22	212	427	605	-	-	43	-	649	97	328	200	24	552
	58%	82%	46%	30%	45%	41%	78%	100%	-	-	100%	-	100%	59%	58%	60%	51%	58%
		bcde	c			c	bcde	bce			bce		bce					

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D6D. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?

BASE: All respondents that are employed or self-employed during the coronavirus pandemic

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	*f	a	b	a	b
Unweighted Total	1159	228	714	140	135	64	820	307	24	938	221	954	197
Total	1111	222	700	134	128	61	791	292	22	894	217	928	176
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I mostly worked standard hours pre-Covid-19 and this is still the case	605	97	417	64	64	14	462	129	10	503	102	513	89
	55%	44%	60%	48%	50%	23%	58%	44%	45%	56%	47%	55%	51%
			a	c	c		ace	c		b			
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	234	69	132	35	22	21	157	74	4	185	48	191	42
	21%	31%	19%	26%	17%	35%	20%	25%	16%	21%	22%	21%	24%
		b				bd							
I mostly worked flexible hours pre-Covid-19, and this is still the case	178	34	103	23	31	16	113	60	6	132	46	150	27
	16%	15%	15%	17%	24%	26%	14%	21%	28%	15%	21%	16%	15%
					d	d		d				a	
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	43	7	23	6	6	6	24	16	1	39	4	29	15
	4%	3%	3%	5%	4%	10%	3%	5%	4%	4%	2%	3%	8%
						d							a
None of the above	50	15	25	6	5	3	35	13	2	33	17	45	4
	5%	7%	4%	5%	4%	6%	4%	5%	7%	4%	8%	5%	2%
											a		
NET: Working more flexible hours during COVID-19	412	104	236	57	53	37	270	134	10	318	94	341	69
	37%	47%	34%	43%	41%	61%	34%	46%	44%	36%	43%	37%	39%
		b		d		abde	d				a		
NET: Mostly working standard hours during COVID 19	649	104	439	70	70	20	486	145	11	542	106	542	104
	58%	47%	63%	53%	55%	33%	61%	50%	49%	61%	49%	58%	59%
			a	c	c		ace	c		b			

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D6D. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?

BASE: All respondents that are employed or self-employed during the coronavirus pandemic

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	1159	151	128	190	214	120	163	43	150	524	356	386	515	247	209	340	433	162
Total	1111	144	124	181	207	111	158	40	146	499	344	373	492	236	193	326	419	158
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I mostly worked standard hours pre-Covid-19 and this is still the case	605	94	58	102	103	55	85	21	87	260	194	198	287	116	100	166	238	91
	55%	66%	47%	56%	50%	49%	54%	53%	60%	52%	56%	53%	58%	49%	52%	51%	57%	58%
		bdefi							b				c					
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	234	19	35	36	41	28	32	8	34	105	74	97	89	45	49	67	84	31
	21%	13%	29%	20%	20%	25%	20%	20%	24%	21%	22%	26%	18%	19%	25%	21%	20%	20%
			a			a			a	a	a	bc						
I mostly worked flexible hours pre-Covid-19, and this is still the case	178	21	19	25	38	22	31	6	16	85	53	53	78	46	29	58	71	20
	16%	15%	16%	14%	18%	20%	20%	16%	11%	17%	16%	14%	16%	19%	15%	18%	17%	12%
					h	h	h											
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	43	3	4	7	15	4	5	4	3	25	11	11	13	16	7	18	12	5
	4%	2%	3%	4%	7%	3%	3%	9%	2%	5%	3%	3%	3%	7%	4%	6%	3%	3%
					ahj			ah						ab				
None of the above	50	7	7	10	11	3	5	1	6	25	11	13	24	13	8	17	14	11
	5%	5%	6%	6%	5%	3%	3%	2%	4%	5%	3%	4%	5%	5%	4%	5%	3%	7%
NET: Working more flexible hours during COVID-19	412	40	55	61	78	50	64	14	50	189	128	150	167	91	78	126	156	51
	37%	28%	44%	34%	38%	45%	40%	36%	34%	38%	37%	40%	34%	39%	40%	39%	37%	32%
			a		a	a	a			a	a							
NET: Mostly working standard hours during COVID 19	649	97	62	109	118	58	90	25	90	285	204	209	301	132	107	184	250	97
	58%	68%	50%	60%	57%	52%	57%	62%	62%	57%	59%	56%	61%	56%	56%	56%	60%	61%
		bdei							b									

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D8. Including yourself, how many people in total live in your household?
BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	381	175	201	59	97	226	22	44	45	37	28	38	46	68	52
	18%	17%	19%	9%	14%	29%	22%	16%	22%	17%	16%	16%	14%	20%	24%
					a	ab	g		g					g	beg
2-3	1116	531	583	290	328	498	46	161	122	118	100	132	156	177	105
	53%	51%	54%	45%	47%	64%	45%	58%	58%	53%	55%	56%	47%	51%	49%
						ab		agi	agi			g			
4-5	533	276	255	241	237	55	30	65	36	54	44	52	108	93	53
	25%	27%	24%	38%	34%	7%	29%	23%	17%	24%	24%	22%	32%	27%	24%
				c	c		c						bcdefi	c	
6+	94	53	39	51	38	5	4	7	6	14	11	14	22	10	7
	4%	5%	4%	8%	5%	1%	4%	2%	3%	6%	6%	6%	7%	3%	3%
				bc	c					bh	b		bch		
NET: Lives with others	1744	859	876	583	602	559	80	232	163	186	154	197	287	280	165
	82%	83%	81%	91%	86%	71%	78%	84%	78%	83%	84%	84%	86%	80%	76%
				bc	c			i				i	achi		
Base for stats	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
Mean Score	2.91	2.94	2.84	3.63	3.26	2.02	2.78	2.78	2.57	2.95	2.96	2.75	3.65	2.74	2.74
				bc	c					c	c		bcdfhi		
Standard Deviation	2.611	2.148	2.616	3.120	3.040	.985	1.518	1.641	1.723	1.717	2.035	1.465	4.989	1.548	2.754
Standard Error	.057	.066	.081	.119	.111	.038	.144	.094	.121	.113	.147	.106	.271	.083	.188
Error variance	*	*	.01	.01	.01	*	.02	.01	.01	.01	.02	.01	.07	.01	.04

D8. Including yourself, how many people in total live in your household?
BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	381	10	49	106	25	30	160	165	216	342	6	9	14	2	1	31
	18%	6%	10%	21%	9%	14%	33%	14%	22%	19%	9%	7%	15%	9%	8%	10%
				abdeg		a	abcdegh	abd	abdeg	bcg			c			
2-3	1116	80	258	252	144	111	271	591	526	976	29	49	34	13	4	129
	53%	47%	55%	50%	52%	50%	56%	52%	54%	55%	49%	39%	36%	62%	44%	42%
							ac			cdg						
4-5	533	68	140	124	89	73	40	331	202	406	21	54	33	5	4	117
	25%	39%	30%	24%	33%	33%	8%	29%	21%	23%	35%	44%	35%	26%	36%	38%
		bcfgh	fh	f	cfh	cfh		fh	f		a	a	a			a
6+	94	14	20	25	16	9	10	59	35	56	4	13	13	1	1	32
	4%	8%	4%	5%	6%	4%	2%	5%	4%	3%	7%	10%	14%	3%	11%	10%
		fh		f	f			f				a	a			a
NET: Lives with others	1744	161	418	402	250	192	321	981	763	1439	54	116	80	18	9	277
	82%	94%	90%	79%	91%	86%	67%	86%	78%	81%	91%	93%	85%	91%	92%	90%
		cefgh	cfgh	f	cfgh	cfh		cfh	f		a	ad				a
Base for stats	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
Mean Score	2.91	3.49	3.00	3.00	3.28	3.20	2.19	3.08	2.73	2.71	3.43	3.84	3.47	3.59	8.62	3.78
		bfh	fh	f	fh	fh		fh	f		a	a	a			a
Standard Deviation	2.611	1.697	1.343	3.573	2.803	2.952	2.153	2.616	2.594	1.857	1.930	2.397	1.828	4.136	15.747	3.614
Standard Error	.057	.132	.063	.159	.160	.187	.102	.078	.082	.044	.241	.210	.186	.882	4.980	.201
Error variance	*	.02	*	.03	.03	.04	.01	.01	.01	*	.06	.04	.03	.78	24.80	.04

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D8. Including yourself, how many people in total live in your household?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	381	358	6	2	7	26	17	100	22	10	16	18	6	29	137	43
	18%	27%	2%	*	1%	14%	14%	15%	12%	17%	22%	18%	6%	16%	31%	14%
		bcd				h	h	h		h	dh	h		h	abcdeghik	h
2-3	1116	795	238	46	284	89	58	332	108	31	38	49	35	84	293	147
	53%	60%	65%	13%	40%	49%	46%	50%	56%	52%	52%	48%	33%	47%	65%	48%
		cd	cd		c	h	h	h	h	h	h	h		h	abcdefghik	h
4-5	533	149	109	245	354	55	47	204	49	15	16	28	51	54	14	102
	25%	11%	30%	72%	50%	30%	38%	31%	26%	25%	22%	28%	48%	30%	3%	33%
			a	abd	ab	j	dfj	j	j	j	j	j	acdefgijk	j		fj
6+	94	26	12	47	60	12	2	26	12	3	3	5	14	12	4	14
	4%	2%	3%	14%	9%	7%	2%	4%	6%	6%	4%	5%	13%	7%	1%	5%
				abd	ab	j		j	j	j	j	j	bcdfgjk	j		j
NET: Lives with others	1744	969	359	339	698	156	107	563	169	50	57	82	99	150	311	263
	82%	73%	98%	100%	99%	86%	86%	85%	88%	83%	78%	82%	94%	84%	69%	86%
			a	a	a	j	j	j	fj	j		j	abcefgijk	j		j
Base for stats	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
Mean Score	2.91	2.29	3.50	4.44	3.95	3.36	3.05	2.99	3.21	2.96	2.81	3.31	4.51	3.23	1.88	3.23
			a	abd	ab	j	j	j	j	j	j	j	abcdefgijk	j		j
Standard Deviation	2.611	2.201	2.838	1.471	2.330	4.035	1.299	2.046	3.147	1.623	2.342	2.986	5.074	2.828	.825	3.215
Standard Error	.057	.059	.160	.084	.093	.294	.116	.078	.222	.201	.272	.276	.488	.207	.043	.181
Error variance	*	*	.03	.01	.01	.09	.01	.01	.05	.04	.07	.08	.24	.04	*	.03

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D8. Including yourself, how many people in total live in your household?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	381	69	54	26	8	81	78	88	26	34	9	59	97	381	-	-	-	-
	18%	14%	15%	17%	17%	16%	14%	14%	11%	19%	21%	14%	15%	100%	-	-	-	-
										b				bcde				
2-3	1116	260	179	83	18	262	278	313	114	99	15	213	328	-	1116	-	-	1116
	53%	52%	50%	52%	37%	51%	51%	52%	49%	56%	34%	52%	51%	-	100%	-	-	64%
		d						d		d		d	d		acde			acd
4-5	533	148	115	39	18	154	166	181	85	35	18	119	200	-	-	533	-	533
	25%	30%	32%	25%	36%	30%	30%	30%	36%	20%	43%	29%	31%	-	-	100%	-	31%
								c	c		c	c	c			abde		abd
6+	94	20	12	10	5	22	24	23	9	11	1	20	24	-	-	-	94	94
	4%	4%	3%	6%	9%	4%	4%	4%	4%	6%	2%	5%	4%	-	-	-	100%	5%
					b												abce	abc
NET: Lives with others	1744	427	306	132	41	438	468	518	208	145	34	353	552	-	1116	533	94	1744
	82%	86%	85%	83%	83%	84%	86%	86%	89%	81%	79%	86%	85%	-	100%	100%	100%	100%
									c						a	a	a	a
Base for stats	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
Mean Score	2.91	2.97	2.98	3.08	3.35	3.01	3.00	2.98	3.31	2.76	3.28	3.07	3.00	1.00	2.39	4.26	9.26	3.33
									c							be	bce	b
Standard Deviation	2.611	1.560	1.373	3.452	1.837	2.220	1.588	2.060	2.947	1.429	2.806	2.423	2.116	-	.488	.439	9.051	2.707
Standard Error	.057	.068	.071	.273	.257	.097	.066	.082	.190	.107	.405	.118	.081	-	.015	.019	.933	.065
Error variance	*	*	.01	.07	.07	.01	*	.01	.04	.01	.16	.01	.01	-	*	*	.87	*

D8. Including yourself, how many people in total live in your household?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	381	-	-	53	94	13	236	136	20	304	77	273	104
	18%	-	-	22%	24%	14%	17%	21%	34%	18%	17%	15%	33%
				d	cd			d	acde				a
2-3	1116	206	889	107	222	54	738	353	24	843	273	962	148
	53%	57%	67%	44%	57%	56%	52%	54%	41%	51%	59%	54%	47%
			a		af		a	af			a	b	
4-5	533	125	388	67	61	21	379	132	11	440	93	477	45
	25%	34%	29%	28%	15%	22%	27%	20%	18%	27%	20%	27%	14%
				be			be			b		b	
6+	94	33	55	15	14	9	57	33	4	73	21	76	15
	4%	9%	4%	6%	4%	9%	4%	5%	7%	4%	5%	4%	5%
		b				bd							
NET: Lives with others	1744	364	1332	188	297	84	1174	518	39	1357	387	1515	208
	82%	100%	100%	78%	76%	86%	83%	79%	66%	82%	83%	85%	67%
				f		bf	abef	f				b	
Base for stats	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
Mean Score	2.91	3.77	3.15	3.02	2.53	3.85	2.85	2.85	2.90	2.97	2.72	2.89	2.74
		b		b		bde	b						
Standard Deviation	2.611	3.213	1.986	2.521	2.087	5.642	1.604	2.837	4.247	2.820	1.645	1.878	3.778
Standard Error	.057	.168	.055	.157	.107	.561	.043	.111	.523	.069	.078	.045	.206
Error variance	*	.03	*	.02	.01	.32	*	.01	.27	*	.01	*	.04

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D8. Including yourself, how many people in total live in your household?
BASE: All respondents

	Total	Number of days active								NET 2-4 days	NET 5 + days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	381	100	47	62	53	25	34	12	48	140	94	88	210	75	90	108	117	53
	18%	23%	20%	19%	14%	13%	15%	15%	18%	16%	16%	15%	20%	17%	22%	19%	15%	18%
		defij	e											a	c			
2-3	1116	262	114	175	182	99	109	41	134	457	284	284	580	235	206	302	430	157
	53%	61%	49%	55%	49%	50%	48%	50%	50%	51%	49%	47%	56%	53%	50%	52%	55%	53%
		bdefhij											a	a				
4-5	533	61	57	71	112	58	77	25	73	241	175	198	211	111	101	141	200	75
	25%	14%	25%	22%	30%	30%	34%	31%	27%	27%	30%	33%	20%	25%	24%	24%	26%	26%
			a	a	ac	a	abc	a	a	a	ac	bc		b				
6+	94	8	13	13	23	14	8	3	13	49	24	34	35	18	17	30	35	8
	4%	2%	6%	4%	6%	7%	4%	3%	5%	6%	4%	6%	3%	4%	4%	5%	5%	3%
			a		a	a			a	a	a	b						
NET: Lives with others	1744	330	184	259	317	171	194	69	220	746	483	516	826	363	324	473	665	240
	82%	77%	80%	81%	86%	87%	85%	85%	82%	84%	84%	85%	80%	83%	78%	81%	85%	82%
					a	ab	a			a	a	b					a	
Base for stats	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
Mean Score	2.91	2.48	2.99	2.82	3.20	3.18	2.96	2.90	3.04	3.06	2.99	3.26	2.67	2.83	2.80	2.92	2.94	2.78
			a		a	a	a		a	a	a	bc						
Standard Deviation	2.611	2.974	3.026	2.537	3.032	2.116	1.349	1.391	2.408	2.678	1.917	2.947	2.302	1.412	1.684	2.418	2.726	1.720
Standard Error	.057	.146	.200	.141	.157	.148	.089	.155	.147	.089	.080	.119	.072	.067	.081	.099	.099	.102
Error variance	*	.02	.04	.02	.02	.02	.01	.02	.02	.01	.01	.01	.01	*	.01	.01	.01	.01

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D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 15 or under in your household, please note this should exclude them.

BASE: All who live with at least one other person

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	1735	872	855	617	633	485	86	254	156	190	159	160	290	276	164
Total	1744	859	876	583	602	559	80	232	163	186	154	197	287	280	165
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	364	195	168	150	139	75	18	43	32	40	40	27	86	52	25
	21%	23%	19%	26%	23%	13%	22%	19%	19%	22%	26%	14%	30%	19%	15%
				c	c						fi		bcdfhi		
No	1332	641	689	409	449	474	56	182	125	136	110	169	194	223	136
	76%	75%	79%	70%	75%	85%	70%	79%	77%	73%	71%	85%	68%	80%	83%
			a			ab		g	g			adeg		eg	adeg
Prefer not to say	48	24	19	24	15	9	6	6	6	9	4	1	7	4	3
	3%	3%	2%	4%	2%	2%	8%	3%	4%	5%	3%	1%	2%	2%	2%
				c			bfghi			fh					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 15 or under in your household, please note this should exclude them.

BASE: All who live with at least one other person

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	1735	153	397	395	276	212	302	945	790	1419	57	120	80	20	9	286
Total	1744	161	418	402	250	192	321	981	763	1439	54	116	80	18	9	277
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	364	63	78	71	50	41	61	212	152	266	22	43	18	7	4	94
	21%	39%	19%	18%	20%	21%	19%	22%	20%	19%	40%	37%	23%	38%	43%	34%
		bcdefgh									ad	ad				a
No	1332	91	339	323	190	144	246	753	580	1148	32	66	59	10	5	172
	76%	57%	81%	80%	76%	75%	77%	77%	76%	80%	58%	57%	74%	54%	57%	62%
			ah	a	a	a	a	a	a	bcg			bcg			
Prefer not to say	48	6	1	9	10	7	14	16	31	24	1	7	2	1	-	11
	3%	4%	*	2%	4%	4%	4%	2%	4%	2%	1%	6%	3%	8%	-	4%
		b		b	bg	bg	bg	b	bg			a				a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 15 or under in your household, please note this should exclude them.

BASE: All who live with at least one other person

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	1735	1024	311	308	619	160	108	576	177	52	58	93	101	155	255	268
Total	1744	969	359	339	698	156	107	563	169	50	57	82	99	150	311	263
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	364	149	89	107	196	43	39	115	47	11	10	18	16	26	39	83
	21%	15%	25%	32%	28%	28%	37%	20%	28%	22%	17%	21%	16%	18%	12%	31%
			a	a	a	chij	cfghij	j	chij			j				cfhij
No	1332	801	264	224	488	111	67	439	117	38	40	63	74	118	267	177
	76%	83%	74%	66%	70%	71%	62%	78%	69%	76%	71%	77%	75%	78%	86%	67%
		bcd	c					bdk				b	b	bk	abcdfhk	
Prefer not to say	48	19	6	7	13	2	1	9	5	1	7	1	9	6	6	4
	3%	2%	2%	2%	2%	1%	1%	2%	3%	1%	12%	2%	9%	4%	2%	1%
											abcdegijk		abcdgjk			

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D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 15 or under in your household, please note this should exclude them.

BASE: All who live with at least one other person

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	*a	b	c	d	e
Unweighted Total	1735	447	307	132	41	439	488	533	210	147	37	357	570	-	1111	530	94	1735
Total	1744	427	306	132	41	438	468	518	208	145	34	353	552	-	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%
Yes	364	91	74	32	15	107	106	97	69	34	7	104	104	-	206	125	33	364
	21%	21%	24%	25%	37%	24%	23%	19%	33%	24%	21%	29%	19%	-	18%	23%	35%	21%
					af				af			af					b	bce
No	1332	331	227	94	22	321	353	417	132	103	23	236	439	-	889	388	55	1332
	76%	77%	74%	71%	54%	73%	75%	80%	64%	71%	67%	67%	80%	-	80%	73%	59%	76%
		d	d	d		d	d	bcde					bce	-	cde	d		d
Prefer not to say	48	5	5	6	4	11	9	4	6	7	4	13	8	-	21	21	6	48
	3%	1%	2%	4%	9%	2%	2%	1%	3%	5%	12%	4%	2%	-	2%	4%	7%	3%
				a	abef				a	af	abef	af					b	be

D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 15 or under in your household, please note this should exclude them.

BASE: All who live with at least one other person

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	1735	364	1315	197	285	87	1165	514	44	1364	371	1486	225
Total	1744	364	1332	188	297	84	1174	518	39	1357	387	1515	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	364	364	-	71	81	48	182	175	15	297	67	324	37
	21%	100%	-	38%	27%	58%	16%	34%	38%	22%	17%	21%	18%
		b		bd	d	abdef		d	d				
No	1332	-	1332	110	209	34	978	328	23	1023	310	1163	165
	76%	-	100%	59%	70%	40%	83%	63%	59%	75%	80%	77%	79%
			a	c	ace		abcef	c	c				
Prefer not to say	48	-	-	6	7	1	14	14	1	37	11	29	6
	3%	-	-	3%	2%	2%	1%	3%	2%	3%	3%	2%	3%
				d				d					

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D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 15 or under in your household, please note this should exclude them.

BASE: All who live with at least one other person

	Total	Number of days active								NET 2-4 days	NET 5+ days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	1735	316	182	260	318	176	196	68	219	754	483	522	809	365	332	477	650	231
Total	1744	330	184	259	317	171	194	69	220	746	483	516	826	363	324	473	665	240
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	364	43	41	48	75	47	49	13	48	170	110	140	147	72	84	101	118	52
	21%	13%	22%	19%	24%	28%	25%	19%	22%	23%	23%	27%	18%	20%	26%	21%	18%	22%
			a		a	ac	a		a	a	a	bc			c			
No	1332	278	142	205	233	116	142	53	163	554	358	366	658	282	233	361	536	183
	76%	84%	77%	79%	73%	68%	73%	78%	74%	74%	74%	71%	80%	78%	72%	76%	81%	76%
		bdefhij		e									a	a			a	
Prefer not to say	48	9	2	5	9	7	4	2	9	22	15	11	20	9	7	11	12	5
	3%	3%	1%	2%	3%	4%	2%	3%	4%	3%	3%	2%	2%	3%	2%	2%	2%	2%
						b			b									

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	241	104	135	114	82	44	17	37	30	29	24	25	32	24	23
	11%	10%	13%	18%	12%	6%	17%	13%	14%	13%	13%	11%	10%	7%	10%
				bc	c		gh	h	h	h	h				
Yes - physical condition or illness	392	176	212	64	99	229	22	58	36	52	36	46	47	49	46
	18%	17%	20%	10%	14%	29%	22%	21%	17%	23%	19%	20%	14%	14%	21%
					a	ab	h	gh		gh					gh
Yes - other	97	54	43	38	35	25	5	12	8	11	12	6	23	10	10
	5%	5%	4%	6%	5%	3%	5%	4%	4%	5%	6%	3%	7%	3%	5%
				c							h		fh		
No	1410	694	712	424	488	499	61	175	136	135	117	161	223	263	139
	66%	67%	66%	66%	70%	64%	60%	64%	65%	61%	64%	69%	67%	75%	64%
					c									abcdegi	
Prefer not to say	62	34	22	26	20	16	5	5	7	6	4	6	15	8	6
	3%	3%	2%	4%	3%	2%	5%	2%	3%	3%	2%	3%	4%	2%	3%
				c											
NET: Longstanding condition or illness	654	308	343	192	191	270	36	96	66	81	61	68	96	78	71
	31%	30%	32%	30%	27%	34%	36%	35%	32%	37%	34%	29%	29%	22%	33%
						b	h	h	h	h	h		h		h
NET: Longstanding physical and mental condition or illness	60	18	39	17	21	22	6	11	8	7	6	8	3	5	5
	3%	2%	4%	3%	3%	3%	6%	4%	4%	3%	3%	3%	1%	1%	2%
			a				gh	gh	g						

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D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?
BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	241	28	45	48	37	22	62	121	120	198	12	15	9	5	-	41
	11%	16%	10%	9%	14%	10%	13%	11%	12%	11%	20%	12%	10%	24%	-	13%
		bceg									a					
Yes - physical condition or illness	392	21	60	80	42	29	161	160	231	363	8	9	8	2	1	27
	18%	12%	13%	16%	15%	13%	33%	14%	24%	20%	13%	8%	9%	8%	8%	9%
							abcdegh		abcdeg	cdg						
Yes - other	97	19	23	14	10	11	20	56	41	66	7	12	6	4	1	30
	5%	11%	5%	3%	4%	5%	4%	5%	4%	4%	12%	10%	6%	19%	11%	10%
		bcdefgh						c			a	a				a
No	1410	106	341	364	187	154	257	811	598	1186	34	87	68	10	8	207
	66%	62%	73%	72%	68%	69%	53%	71%	61%	67%	57%	70%	72%	48%	80%	67%
			afh	afh	fh	fh		afh	f							
Prefer not to say	62	4	9	18	9	7	14	31	31	35	1	5	3	1	-	11
	3%	2%	2%	4%	3%	3%	3%	3%	3%	2%	1%	4%	3%	6%	-	3%
NET: Longstanding condition or illness	654	62	117	126	78	61	210	304	349	560	25	32	23	9	2	91
	31%	36%	25%	25%	29%	27%	44%	27%	36%	31%	41%	25%	25%	45%	20%	29%
		bcg					bcdegh		bcdeg	cd						
NET: Longstanding physical and mental condition or illness	60	2	8	14	9	1	27	23	36	57	-	3	-	-	-	3
	3%	1%	2%	3%	3%	*	6%	2%	4%	3%	-	2%	-	-	-	1%
				e	e		abceg		beg	g						

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D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	241	130	47	57	104	20	15	72	27	6	12	16	11	48	13	35
	11%	10%	13%	17%	15%	11%	12%	11%	14%	10%	17%	16%	11%	27%	3%	11%
				a	a	j	j	j	j	j	j	j	j	abcdeghjk		j
Yes - physical condition or illness	392	307	37	39	76	27	15	63	29	8	13	20	7	55	155	42
	18%	23%	10%	11%	11%	15%	12%	9%	15%	14%	18%	20%	6%	31%	35%	14%
		bcd				ch			ch		ch	ch		abcdefghk	abcdefghk	ch
Yes - other	97	48	15	23	38	11	10	30	8	7	5	5	2	4	15	21
	5%	4%	4%	7%	5%	6%	8%	4%	4%	12%	8%	5%	2%	2%	3%	7%
				a			hij			cdhij	i					hij
No	1410	873	258	233	491	128	87	490	134	39	42	60	78	87	266	215
	66%	66%	71%	69%	70%	70%	69%	74%	70%	65%	58%	60%	74%	48%	59%	70%
						fij	ij	fgij	ij	i			fgij		i	fgij
Prefer not to say	62	26	11	5	16	4	2	18	4	1	3	4	9	7	10	6
	3%	2%	3%	1%	2%	2%	1%	3%	2%	3%	4%	4%	8%	4%	2%	2%
													abcdjk			
NET: Longstanding condition or illness	654	428	96	102	198	50	36	154	54	19	28	36	18	85	173	86
	31%	32%	26%	30%	28%	27%	29%	23%	28%	32%	38%	36%	17%	47%	38%	28%
		b					h		h	h	ch	ch		abcdeghjk	acdhk	h
NET: Longstanding physical and mental condition or illness	60	48	2	9	11	5	2	7	9	2	3	5	1	20	6	7
	3%	4%	1%	3%	2%	3%	1%	1%	5%	3%	4%	5%	1%	11%	1%	2%
		bd		b					cj			c	cj	abcdeghjk		

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D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	241	52	48	21	9	69	61	64	35	23	6	57	70	53	107	67	15	188
	11%	10%	13%	13%	19%	13%	11%	11%	15%	13%	14%	14%	11%	14% b	10%	13%	15%	11%
Yes - physical condition or illness	392	55	37	28	3	65	58	64	22	31	6	53	70	94	222	61	14	297
	18%	11%	10%	18% abf	7%	13%	11%	11%	10%	17% abf	13%	13%	11%	25% bcde	20% c	11%	15%	17% c
Yes - other	97	15	18	14	10	31	25	14	21	16	6	37	20	13	54	21	9	84
	5%	3%	5%	9% af	20% abcef	6% a	5%	2%	9% af	9% af	14% af	9% af	3%	3%	5%	4%	10% abce	5%
No	1410	368	266	97	28	363	396	462	157	113	24	270	486	236	738	379	57	1174
	66%	74% cd	74% cd	61%	57%	70% c	73% cd	76% bcde	67%	64%	55%	66%	75% bcde	62%	66%	71% abd	60%	67% a
Prefer not to say	62	14	5	6	1	10	14	15	3	5	3	8	18	10	25	22	5	52
	3%	3%	1%	4%	2%	2%	3%	2%	1%	3%	7% abe	2%	3%	3%	2%	4% b	5%	3%
NET: Longstanding condition or illness	654	115	90	55	20	145	135	129	74	60	16	134	145	136	353	132	33	518
	31%	23%	25%	35% abf	41% abef	28%	25%	21%	32% af	34% af	37% af	32% af	22%	36% ce	32% c	25%	35% c	30% c
NET: Longstanding physical and mental condition or illness	60	5	10	6	-	16	5	10	4	6	1	10	11	20	24	11	4	39
	3%	1%	3% af	4% af	-	3% af	1%	2%	2%	3%	2%	2%	2%	5% bce	2%	2%	4%	2%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125	364	1332	241	392	97	1410	654	60	1660	465	1788	312
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	241	71	110	241	60	9	-	241	60	190	51	195	44
	11%	20%	8%	100%	15%	9%	-	37%	100%	11%	11%	11%	14%
		b		bcde	d	d		bcd	bcde				
Yes - physical condition or illness	392	81	209	60	392	12	-	392	60	287	105	331	58
	18%	22%	16%	25%	100%	12%	-	60%	100%	17%	23%	19%	19%
		b		cd	acde	d		acd	acde		a		
Yes - other	97	48	34	9	12	97	-	97	4	74	23	78	19
	5%	13%	3%	4%	3%	100%	-	15%	7%	4%	5%	4%	6%
		b		d	d	abdef		abd	d				
No	1410	182	978	-	-	-	1410	-	-	1117	293	1210	192
	66%	50%	73%	-	-	-	100%	-	-	67%	63%	68%	62%
			a				abcef						b
Prefer not to say	62	6	26	-	-	-	-	-	-	51	10	37	12
	3%	2%	2%	-	-	-	-	-	-	3%	2%	2%	4%
NET: Longstanding condition or illness	654	175	328	241	392	97	-	654	60	492	162	541	108
	31%	48%	25%	100%	100%	100%	-	100%	100%	30%	35%	30%	35%
		b		d	d	d		d	d		a		
NET: Longstanding physical and mental condition or illness	60	15	23	60	60	4	-	60	60	45	14	49	11
	3%	4%	2%	25%	15%	4%	-	9%	100%	3%	3%	3%	3%
		b		bcde	cde	d		d	abcde				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

		Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	241	39	29	32	45	23	31	6	35	100	73	90	90	56	81	60	65	28
	11%	9%	13%	10%	12%	12%	14%	8%	13%	11%	13%	15%	9%	13%	19%	10%	8%	10%
												b		b	bcd			
Yes - physical condition or illness	392	150	41	53	45	33	28	10	32	132	69	84	219	79	124	106	121	37
	18%	35%	18%	17%	12%	17%	12%	12%	12%	15%	12%	14%	21%	18%	30%	18%	15%	13%
		bcdefghij	j										a		bcd	d		
Yes - other	97	12	15	12	22	9	10	4	13	43	27	33	36	21	33	32	17	12
	5%	3%	7%	4%	6%	4%	4%	5%	5%	5%	5%	5%	4%	5%	8%	6%	2%	4%
			a		a										cd	c		
No	1410	239	155	224	253	130	159	60	191	607	410	408	691	294	198	385	584	217
	66%	55%	67%	70%	68%	66%	70%	75%	71%	68%	71%	67%	67%	67%	48%	66%	75%	74%
			a	a	a	a	a	a	a	a	a					a	ab	ab
Prefer not to say	62	13	3	5	12	6	9	5	8	23	22	14	30	8	12	16	10	7
	3%	3%	1%	1%	3%	3%	4%	6%	3%	3%	4%	2%	3%	2%	3%	3%	1%	2%
								bc			c				c	c		
NET: Longstanding condition or illness	654	178	73	92	105	60	61	15	69	257	145	183	315	137	204	180	189	69
	31%	41%	32%	29%	28%	30%	27%	19%	26%	29%	25%	30%	30%	31%	49%	31%	24%	24%
		bcdefghij	g												bcd	cd		
NET: Longstanding physical and mental condition or illness	60	19	8	5	6	4	4	4	9	15	18	16	26	17	30	13	10	6
	3%	4%	3%	2%	2%	2%	2%	5%	4%	2%	3%	3%	2%	4%	7%	2%	1%	2%
		cdi													bcd			

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D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1781	841	934	423	599	759	89	253	186	184	158	205	200	306	200
	84%	81%	87%	66%	86%	97%	87%	92%	89%	83%	86%	87%	60%	88%	92%
			a		a	ab	g	dg	g	g	g	g		g	deg
Mixed	60	34	26	42	13	5	4	7	3	4	3	2	18	11	7
	3%	3%	2%	7%	2%	1%	3%	3%	1%	2%	2%	1%	5%	3%	3%
				bc	c								cdef		
Asian	125	72	52	75	42	7	3	8	9	22	12	11	45	13	3
	6%	7%	5%	12%	6%	1%	3%	3%	4%	10%	6%	5%	13%	4%	2%
		b		bc	c					abcfhi	i		abcefhi		
Black	94	53	40	66	21	7	4	3	8	8	4	10	45	9	3
	4%	5%	4%	10%	3%	1%	4%	1%	4%	3%	2%	4%	14%	3%	2%
				bc	c							b	abcdefhi		
Chinese	20	12	8	12	7	1	1	-	1	2	1	1	9	4	1
	1%	1%	1%	2%	1%	*	1%	-	1%	1%	1%	*	3%	1%	1%
				c	c								b		
Other ethnic group	10	3	7	4	5	1	-	1	-	-	1	1	6	1	-
	*	*	1%	1%	1%	*	-	*	-	-	*	1%	2%	*	-
													cdhi		
Prefer not to answer	36	21	10	19	12	5	3	3	2	3	4	6	10	5	1
	2%	2%	1%	3%	2%	1%	3%	1%	1%	1%	2%	2%	3%	1%	1%
		b		c									i		
NET: Non-white	308	173	133	200	88	21	11	20	21	36	21	25	123	38	15
	15%	17%	12%	31%	13%	3%	11%	7%	10%	16%	11%	11%	37%	11%	7%
		b		bc	c					bi			abcdefhi		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D11. To which of the following ethnic groups do you consider you belong?
BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1781	121	385	405	235	176	458	912	869	1781	-	-	-	-	-	-
	84%	71%	83%	80%	85%	79%	95%	80%	89%	100%	-	-	-	-	-	-
			a	a	aceg		abcdegh	a	abceg	bcdg						
Mixed	60	12	15	15	9	7	4	41	19	-	60	-	-	-	-	60
	3%	7%	3%	3%	3%	3%	1%	4%	2%	-	100%	-	-	-	-	19%
		bcfgh	f	f	f	f		fh		-	acdg					acd
Asian	125	18	31	39	12	20	5	88	36	-	-	125	-	-	-	125
	6%	11%	7%	8%	4%	9%	1%	8%	4%	-	-	100%	-	-	-	40%
		dfh	fh	fh	f	dfh		dfh	f			abdg				abd
Black	94	13	22	29	10	14	6	64	29	-	-	-	94	-	-	94
	4%	8%	5%	6%	4%	6%	1%	6%	3%	-	-	-	100%	-	-	30%
		fh	f	fh	f	fh		fh	f				abcg			abc
Chinese	20	3	6	5	3	2	1	14	6	-	-	-	-	20	-	20
	1%	2%	1%	1%	1%	1%	*	1%	1%	-	-	-	-	100%	-	7%
		f	f					f								abcd
Other ethnic group	10	-	3	3	2	2	1	6	4	-	-	-	-	-	10	10
	*	-	1%	1%	1%	1%	*	*	*	-	-	-	-	-	100%	3%
																ac
Prefer not to answer	36	4	5	12	4	3	7	21	15	-	-	-	-	-	-	-
	2%	3%	1%	2%	2%	1%	2%	2%	2%	-	-	-	-	-	-	-
NET: Non-white	308	46	77	91	36	43	16	214	95	-	60	125	94	20	10	308
	15%	27%	16%	18%	13%	20%	3%	19%	10%	-	100%	100%	100%	100%	100%	100%
		bcdfgh	fh	fh	f	dfh		dfh	f		a	a	a			a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D11. To which of the following ethnic groups do you consider you belong?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1781	1180	281	266	547	147	96	540	153	42	56	86	58	162	440	243
	84%	89%	77%	78%	78%	81%	77%	82%	80%	71%	77%	85%	55%	91%	98%	79%
		bcd				h	h	eh	h	h	h	eh		abcdefhk	abcdefghik	h
Mixed	60	28	15	13	29	12	4	21	7	4	1	3	4	4	1	16
	3%	2%	4%	4%	4%	6%	4%	3%	4%	6%	1%	3%	4%	2%	*	5%
			a		a	cij	j	j	j	j		j	j	j		j
Asian	125	50	33	31	64	14	16	40	10	5	5	7	19	7	2	30
	6%	4%	9%	9%	9%	7%	13%	6%	5%	8%	7%	7%	18%	4%	1%	10%
			a	a	a	j	cdij	j	j	j	j	j	acdfgijk	j		cij
Black	94	40	21	21	42	6	5	35	13	5	5	3	20	1	1	11
	4%	3%	6%	6%	6%	3%	4%	5%	7%	8%	7%	3%	19%	1%	*	4%
			a	a	a	j	ij	ij	ij	ij	ij	j	abcdfgijk			ij
Chinese	20	11	4	3	7	2	2	7	1	1	4	2	-	1	-	4
	1%	1%	1%	1%	1%	1%	2%	1%	*	2%	6%	2%	-	1%	-	1%
						j	j			j	acdhijk	j		j		j
Other ethnic group	10	3	4	2	6	1	-	5	3	-	-	-	-	1	-	1
	*	*	1%	1%	1%	1%	-	1%	2%	-	-	-	-	*	-	*
			a		a				j							
Prefer not to answer	36	15	6	3	9	-	1	13	4	2	2	1	4	3	5	1
	2%	1%	2%	1%	1%	-	1%	2%	2%	4%	2%	1%	4%	2%	1%	*
								k	ak	ak	a		ajk			
NET: Non-white	308	132	78	71	149	35	28	109	34	15	15	14	43	13	4	62
	15%	10%	21%	21%	21%	19%	22%	16%	18%	25%	21%	14%	41%	8%	1%	20%
			a	a	a	ij	ij	ij	ij	ij	ij	j	abcdefgijk	j		ij

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D11. To which of the following ethnic groups do you consider you belong?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1781	423	289	118	26	407	449	505	177	141	26	318	531	342	976	406	56	1439
	84%	85%	80%	75%	52%	78%	82%	83%	76%	79%	60%	77%	82%	90%	87%	76%	60%	83%
		bcde	d	d		d	cd	bde	d	d		d	bd	cde	cde	d		cd
Mixed	60	13	13	7	2	21	14	18	8	8	2	15	20	6	29	21	4	54
	3%	3%	4%	5%	3%	4%	3%	3%	3%	4%	4%	4%	3%	1%	3%	4%	4%	3%
																a		
Asian	125	30	22	16	6	38	36	34	24	10	5	35	39	9	49	54	13	116
	6%	6%	6%	10%	13%	7%	7%	6%	10%	6%	12%	8%	6%	2%	4%	10%	14%	7%
					a				af							abe	abe	ab
Black	94	15	26	11	8	37	23	25	17	12	7	29	32	14	34	33	13	80
	4%	3%	7%	7%	17%	7%	4%	4%	7%	7%	16%	7%	5%	4%	3%	6%	13%	5%
			a	a	abcef	af					aef	a				b	abce	b
Chinese	20	1	7	2	3	9	5	5	4	4	1	8	6	2	13	5	1	18
	1%	*	2%	1%	7%	2%	1%	1%	2%	2%	2%	2%	1%	*	1%	1%	1%	1%
			a		abcef	a												
Other ethnic group	10	3	2	-	1	2	4	6	-	1	-	1	6	1	4	4	1	9
	*	1%	1%	-	3%	*	1%	1%	-	1%	-	*	1%	*	*	1%	1%	1%
					c													
Prefer not to answer	36	12	2	4	2	6	15	13	3	2	2	6	15	8	11	10	6	28
	2%	3%	1%	2%	5%	1%	3%	2%	1%	1%	6%	1%	2%	2%	1%	2%	7%	2%
		b			be		b				e						abce	
NET: Non-white	308	61	70	36	21	106	82	88	53	35	15	88	102	31	129	117	32	277
	15%	12%	19%	23%	43%	20%	15%	14%	23%	20%	34%	21%	16%	8%	12%	22%	33%	16%
			a	af	abcef	af			af		acf	af				abe	abce	ab

Prepared by Savanta: ComRes

D11. To which of the following ethnic groups do you consider you belong?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
White	1781 84%	266 73%	1148 86% a	198 82% c	363 93% acde	66 68%	1186 84% c	560 86% c	57 95% acde	1364 82%	416 90% a	1539 86% b	236 76%
Mixed	60 3%	22 6% b	32 2%	12 5% bd	8 2%	7 7% bdf	34 2%	25 4%	- -	54 3% b	6 1%	50 3%	9 3%
Asian	125 6%	43 12% b	66 5%	15 6% b	9 2%	12 12% bde	87 6% b	32 5%	3 5%	104 6%	21 4%	97 5%	25 8%
Black	94 4%	18 5%	59 4%	9 4%	8 2%	6 6% bf	68 5% b	23 4%	- -	85 5% b	9 2%	64 4%	29 9% a
Chinese	20 1%	7 2% b	10 1%	5 2% bd	2 *	4 4% bd	10 1%	9 1%	- -	16 1%	4 1%	15 1%	4 1%
Other ethnic group	10 *	4 1%	5 *	- -	1 *	1 1%	8 1%	2 *	- -	10 1%	- -	7 *	2 1%
Prefer not to answer	36 2%	3 1%	12 1%	2 1%	2 *	1 1%	17 1%	3 *	- -	28 2%	8 2%	16 1%	7 2% a
NET: Non-white	308 15% b	94 26% b	172 13%	41 17% bf	27 7%	30 31% abdef	207 15% bf	91 14% bf	3 5%	268 16% b	40 9%	234 13%	69 22% a

D11. To which of the following ethnic groups do you consider you belong?
BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1781	402	194	267	298	151	177	66	226	717	469	471	928	350	348	475	681	243
	84%	93% bcdefghij	84%	83%	81%	77%	78%	81%	84%	81%	81%	78%	90% ac	80%	84%	82%	87% b	83%
Mixed	60	4	7	11	10	11	8	3	7	31	18	27	16	16	17	17	20	6
	3%	1%	3% a	3%	3% a	5%	4% a	4% a	3%	3%	4% a	3% a	5% b	2%	4% b	4%	3%	3%	2%
Asian	125	8	16	12	30	19	16	8	16	61	40	46	42	33	26	33	40	18
	6%	2%	7% a	4%	8% ac	10% ac	7% a	10% ac	6% a	7% ac	7% ac	8% b	4%	8% b	6%	6%	5%	6%
Black	94	9	11	19	20	6	18	2	10	44	30	44	19	26	14	35	26	18
	4%	2%	5%	6% a	5% a	3%	8% aeh	3%	4%	5% a	5% a	7% b	2%	6% b	3%	6% ac	3%	6% c
Chinese	20	2	1	5	4	4	1	1	3	12	5	8	5	6	6	7	8	-
	1%	*	*	2%	1%	2%	*	1%	1%	1%	1%	1% b	*	1%	1% d	1%	1%	-
Other ethnic group	10	1	-	3	2	-	3	-	1	5	3	1	8	1	1	2	5	2
	*	*	-	1%	*	-	1%	-	*	1%	1%	*	1%	*	*	*	1%	1%
Prefer not to answer	36	5	3	4	7	5	6	1	5	16	12	6	18	7	4	12	3	6
	2%	1%	1%	1%	2%	2%	2%	1%	2%	2%	2%	1%	2%	2%	1%	2% c	*	2% c
NET: Non-white	308	24	34	50	65	40	46	14	37	154	97	127	89	81	62	95	98	44
	15%	5%	15% a	16% a	17% a	20% a	20% a	17% a	14% a	17% a	17% a	21% b	9%	19% b	15%	16%	13%	15%

D12. Which of the following best describes where you live?
BASE: All respondents

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	775	426	342	300	265	211	35	93	63	83	55	63	243	96	45
	36%	41%	32%	47%	38%	27%	34%	34%	30%	37%	30%	27%	73%	28%	21%
		b		bc	c		i	i	i	fhi	i		abcdefhi		
Urban - Town and Fringe	885	394	486	241	301	343	32	128	98	92	78	97	75	181	104
	42%	38%	45%	38%	43%	44%	31%	46%	47%	41%	43%	41%	23%	52%	48%
			a		a	a		ag	ag	g	ag	g		adefg	ag
Rural - Village	420	190	230	89	123	209	33	49	45	43	47	70	13	66	55
	20%	18%	21%	14%	18%	27%	32%	18%	22%	19%	26%	30%	4%	19%	26%
						ab	bcdgh	g	g	g	bg	bdgh		g	bg
Rural - Hamlet and Isolated Dwelling	44	25	19	12	10	21	3	6	2	4	3	6	3	5	12
	2%	2%	2%	2%	1%	3%	3%	2%	1%	2%	2%	3%	1%	1%	6%
															bcdegh
NET: Urban	1660	820	829	541	566	554	67	221	161	175	133	160	318	278	149
	78%	79%	77%	84%	81%	71%	65%	80%	77%	79%	73%	68%	95%	80%	69%
				c	c			afi	af	afi			abcdefhi	afi	
NET: Rural	465	215	249	101	133	230	36	54	47	48	50	76	16	71	68
	22%	21%	23%	16%	19%	29%	35%	20%	23%	21%	27%	32%	5%	20%	31%
						ab	bcdgh	g	g	g	g	bcdgh		g	bdgh

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D12. Which of the following best describes where you live?
BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	775	80	173	201	93	88	140	455	320	599	30	63	50	10	7	160
	36%	47%	37%	40%	34%	39%	29%	40%	33%	34%	50%	50%	53%	51%	71%	52%
		bdfh	f	fh		fh		fh			a	a	a			a
Urban - Town and Fringe	885	58	177	218	121	104	206	453	432	765	24	41	35	6	3	109
	42%	34%	38%	43%	44%	47%	43%	40%	44%	43%	40%	33%	37%	30%	29%	35%
				a	a	abg	a		abg	cg						
Rural - Village	420	25	110	83	53	30	121	217	203	383	4	21	9	2	-	36
	20%	14%	23%	16%	19%	13%	25%	19%	21%	21%	7%	17%	9%	11%	-	12%
			aceg				aceg	e	ce	bdg						
Rural - Hamlet and Isolated Dwelling	44	8	7	5	8	1	14	21	23	34	2	-	1	2	-	4
	2%	5%	2%	1%	3%	*	3%	2%	2%	2%	3%	-	1%	9%	-	1%
		bceg			ce		ce		e							
NET: Urban	1660	138	350	420	214	192	346	908	752	1364	54	104	85	16	10	268
	78%	81%	75%	83%	78%	86%	72%	79%	77%	77%	90%	83%	90%	80%	100%	87%
		f		bfh		bdfgh		f	f		a		a			a
NET: Rural	465	33	117	88	61	30	135	238	226	416	6	21	9	4	-	40
	22%	19%	25%	17%	22%	14%	28%	21%	23%	23%	10%	17%	10%	20%	-	13%
			ce		e		acegh	e	ce	bdg						

Savanta: ComRes

D12. Which of the following best describes where you live?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	775	439	161	141	302	81	67	272	71	21	24	35	46	56	101	148
	36%	33%	44%	41%	43%	45%	54%	41%	37%	36%	33%	35%	44%	32%	23%	48%
			a	a	a	ij	cdefgij	ij	j	j		j	ij	j		cdfgij
Urban - Town and Fringe	885	570	144	137	280	73	38	277	77	21	25	48	41	81	204	111
	42%	43%	39%	40%	40%	40%	30%	42%	40%	36%	35%	48%	39%	45%	46%	36%
								b				bk		bk	bk	
Rural - Village	420	287	56	59	115	27	19	102	41	11	19	15	17	37	130	47
	20%	22%	15%	17%	16%	15%	16%	15%	22%	19%	26%	15%	17%	21%	29%	15%
		bd							c		ack				abcghik	
Rural - Hamlet and Isolated Dwelling	44	31	4	3	7	-	1	11	3	5	4	2	1	4	13	1
	2%	2%	1%	1%	1%	-	1%	2%	1%	9%	5%	2%	1%	2%	3%	*
										abcdghijk	abck			ak	ak	
NET: Urban	1660	1009	305	278	583	154	105	549	148	43	49	83	87	137	305	259
	78%	76%	84%	82%	83%	85%	84%	83%	77%	72%	68%	83%	83%	77%	68%	84%
			a	a	a	efij	fj	efj	j				fj	fj	j	defij
NET: Rural	465	318	60	62	122	27	20	113	44	17	23	17	18	41	143	48
	22%	24%	16%	18%	17%	15%	16%	17%	23%	28%	32%	17%	17%	23%	32%	16%
		bcd							k	ack	abcghk			ak	abcdghik	

Savanta: ComRes

D12. Which of the following best describes where you live?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	775	200	159	59	15	218	215	254	97	71	18	168	272	142	371	223	39	633
	36%	40%	44%	37%	31%	42%	39%	42%	42%	40%	42%	41%	42%	37%	33%	42%	42%	36%
																be		
Urban - Town and Fringe	885	205	140	60	19	200	223	250	88	62	21	149	271	162	472	218	34	724
	42%	41%	39%	38%	38%	39%	41%	41%	38%	35%	49%	36%	42%	42%	42%	41%	36%	41%
Rural - Village	420	81	56	36	14	92	95	92	44	39	4	83	96	65	251	85	20	355
	20%	16%	15%	23%	29%	18%	17%	15%	19%	22%	9%	20%	15%	17%	22%	16%	21%	20%
				b	abef					adf		af				ac		c
Rural - Hamlet and Isolated Dwelling	44	11	6	4	1	10	12	10	5	7	-	11	10	12	22	8	2	32
	2%	2%	2%	2%	2%	2%	2%	2%	2%	4%	-	3%	2%	3%	2%	2%	2%	2%
NET: Urban	1660	405	299	118	34	418	438	503	185	132	39	318	542	304	843	440	73	1357
	78%	82%	83%	75%	69%	81%	80%	83%	79%	74%	91%	77%	84%	80%	76%	83%	77%	78%
		d	cd			d	d	ce			ce		ce			be		
NET: Rural	465	92	61	40	15	101	107	102	48	46	4	94	106	77	273	93	21	387
	22%	18%	17%	25%	31%	19%	20%	17%	21%	26%	9%	23%	16%	20%	24%	17%	23%	22%
				b	abef					adf		adf				c		c

Savanta:
ComRes

D12. Which of the following best describes where you live?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
Urban - Population over 10,000	775 36%	157 43% b	462 35%	92 38%	123 31%	39 40%	521 37% b	227 35%	19 32%	775 47% b	- -	611 34%	154 49% a
Urban - Town and Fringe	885 42%	140 39%	561 42%	98 41%	164 42%	35 36%	596 42%	265 41%	26 44%	885 53% b	- -	761 43%	116 37%
Rural - Village	420 20%	65 18%	283 21%	44 18%	95 24% d	22 23%	270 19%	144 22%	14 23%	- -	420 90% a	379 21%	38 12% b
Rural - Hamlet and Isolated Dwelling	44 2%	2 1%	26 2%	7 3%	10 3%	1 1%	22 2%	17 3%	1 1%	- -	44 10% a	37 2%	3 1%
NET: Urban	1660 78%	297 82%	1023 77%	190 79%	287 73%	74 77%	1117 79% be	492 75%	45 76%	1660 100% b	- -	1372 77%	270 87% a
NET: Rural	465 22%	67 18%	310 23%	51 21%	105 27% d	23 23%	293 21%	162 25% d	14 24%	- -	465 100% a	416 23%	42 13% b

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D12. Which of the following best describes where you live?
BASE: All respondents

	Total	Number of days active								NET 2-4 days	NET 5+ days	Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7			NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	775	137	86	117	144	77	89	25	100	338	215	255	343	160	141	228	270	112
	36%	32%	37%	36%	39% a	39%	39%	32%	37%	38% a	37%	42% b	33%	36%	34%	39%	35%	38%
Urban - Town and Fringe	885	183	101	140	146	79	99	41	97	365	237	235	453	179	187	242	329	105
	42%	42%	44%	44%	39%	40%	44%	51% h	36%	41%	41%	39%	44%	41%	45% d	42%	42%	36%
Rural - Village	420	102	44	61	69	36	35	13	60	166	109	100	218	93	79	100	165	70
	20%	24% fi	19%	19%	19%	18%	15%	16%	23% f	19%	19%	16%	21% a	21%	19%	17%	21%	24% b
Rural - Hamlet and Isolated Dwelling	44	9	1	4	10	4	5	1	10	18	16	15	21	7	7	11	18	5
	2%	2%	*	1%	3% b	2%	2%	1%	4% bc	2%	3% b	2%	2%	2%	2%	2%	2%	2%
NET: Urban	1660	319	186	256	290	156	188	66	198	702	452	490	796	339	328	470	599	218
	78%	74%	81%	80%	79%	80%	82% ah	82%	74%	79% a	78%	81% b	77%	77%	79%	81% d	77%	74%
NET: Rural	465	111	45	65	79	40	40	14	70	184	125	114	240	100	86	111	183	76
	22%	26% fi	19%	20%	21%	20%	18%	18%	26% f	21%	22%	19%	23% a	23%	21%	19%	23%	26% b

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?
BASE: All respondents

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2125	1067	1045	690	754	681	111	303	201	230	191	191	339	344	215
Total	2125	1035	1077	642	699	785	102	276	208	223	183	235	334	348	216
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1788	864	919	502	590	696	85	234	175	187	154	209	263	297	185
	84%	83%	85%	78%	84%	89%	83%	85%	84%	84%	84%	89%	79%	85%	86%
					a	ab		g				g		g	g
No	312	160	147	126	100	85	14	39	30	35	27	24	65	49	29
	15%	15%	14%	20%	14%	11%	14%	14%	15%	16%	15%	10%	19%	14%	13%
				bc	c								f		
Prefer not to say	25	11	10	13	9	3	4	3	2	1	2	3	6	2	3
	1%	1%	1%	2%	1%	*	3%	1%	1%	*	1%	1%	2%	1%	1%
				c			dh								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?
BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2125	165	449	505	308	249	449	1119	1006	1762	64	130	97	22	10	323
Total	2125	171	467	508	275	223	481	1146	979	1781	60	125	94	20	10	308
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1788	159	412	409	235	175	399	980	809	1539	50	97	64	15	7	234
	84%	93%	88%	80%	86%	78%	83%	85%	83%	86%	83%	78%	69%	75%	71%	76%
		cdefgh	cefh		e			ce		cdg	d					
No	312	12	54	90	37	45	74	156	156	236	9	25	29	4	2	69
	15%	7%	12%	18%	13%	20%	15%	14%	16%	13%	16%	20%	30%	21%	21%	22%
				abg	a	abdg	a	a	ab			a	ab			a
Prefer not to say	25	-	2	9	3	3	8	11	14	6	1	3	1	1	1	6
	1%	-	*	2%	1%	1%	2%	1%	1%	*	1%	2%	1%	3%	8%	2%
				b				b				a				a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2125	1388	316	310	626	188	126	693	201	65	74	117	108	187	366	314
Total	2125	1327	365	340	705	182	125	662	191	60	72	101	105	179	449	306
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1788	1113	308	305	614	150	107	553	161	51	57	78	82	149	401	257
	84%	84%	85%	90%	87%	82%	86%	84%	84%	85%	78%	77%	78%	83%	89%	84%
				a											acfghik	
No	312	204	54	33	87	29	18	106	29	8	15	22	17	25	43	47
	15%	15%	15%	10%	12%	16%	14%	16%	15%	14%	21%	22%	16%	14%	10%	15%
		c	c			j		j	j		j	j				j
Prefer not to say	25	10	2	2	4	3	-	3	2	1	1	1	6	4	4	3
	1%	1%	1%	1%	1%	1%	-	*	1%	1%	1%	1%	6%	2%	1%	1%
													abcdjk	c		

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 31st July - 3rd August 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2125	528	369	160	51	529	579	636	241	180	48	421	684	390	1111	530	94	1735
Total	2125	497	361	158	49	519	545	605	234	178	43	412	649	381	1116	533	94	1744
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1788	433	297	128	37	424	469	513	191	150	29	341	542	273	962	477	76	1515
	84%	87%	82%	81%	75%	82%	86%	85%	82%	84%	66%	83%	84%	72%	86%	89%	80%	87%
		bcde					d	d	d	d		d	d		a	ad		a
No	312	63	63	31	11	94	74	89	42	27	15	69	104	104	148	45	15	208
	15%	13%	18%	19%	22%	18%	14%	15%	18%	15%	34%	17%	16%	27%	13%	8%	16%	12%
			a	a		af					abcef			bcde	c		c	c
Prefer not to say	25	1	1	-	2	1	3	2	1	2	-	2	2	4	6	12	3	21
	1%	*	*	-	3%	*	*	*	*	1%	-	1%	*	1%	1%	2%	3%	1%
					abcef											b	b	

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D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2125	364	1315	259	377	101	1403	655	66	1681	444	1758	338
Total	2125 100%	364 100%	1332 100%	241 100%	392 100%	97 100%	1410 100%	654 100%	60 100%	1660 100%	465 100%	1788 100%	312 100%
Yes	1788 84%	324 89%	1163 87%	195 81%	331 85%	78 81%	1210 86% a	541 83%	49 82%	1372 83%	416 90% a	1788 100% b	- -
No	312 15%	37 10%	165 12%	44 18%	58 15%	19 19%	192 14%	108 16%	11 18%	270 16% b	42 9%	- -	312 100% a
Prefer not to say	25 1%	3 1%	5 *	2 1%	2 1%	- -	8 1%	4 1%	- -	18 1%	7 1%	- -	- -

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D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?
BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2125	413	229	324	374	204	232	81	268	902	581	615	1017	446	432	592	761	283
Total	2125	431	231	321	370	196	228	81	268	887	577	605	1036	439	414	581	782	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1788	350	194	269	314	165	200	72	225	748	497	510	881	370	337	476	682	257
	84%	81%	84%	84%	85%	84%	87%	89%	84%	84%	86%	84%	85%	84%	81%	82%	87%	88%
							a				a						ab	ab
No	312	73	36	50	49	28	28	9	40	127	76	91	143	65	74	97	98	35
	15%	17%	16%	16%	13%	14%	12%	11%	15%	14%	13%	15%	14%	15%	18%	17%	12%	12%
															cd	c		
Prefer not to say	25	8	1	2	7	3	1	-	3	12	4	4	11	3	3	8	3	1
	1%	2%	*	1%	2%	1%	*	-	1%	1%	1%	1%	1%	1%	1%	1%	*	*
																c		