

Sport England, Survey into adult physical activity attitudes and behaviour, 14th April 2020

Methodology: Savanta ComRes interviewed 2,019 English adults (16+) online from 9th April to 14th April 2020. 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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BASE: All respondents	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D1. Are you...?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Male

Female

Other

Prefer not to say

	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
	a	b	a	b	c	a	b	c	d	e	f	g	h	i
2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
980	980	-	266	293	420	52	132	95	94	92	103	156	155	102
49%	100%	-	44%	44%	56%	54%	50%	48%	44%	53%	46%	49%	47%	49%
	b				ab									
1019	-	1019	335	362	322	44	129	101	116	80	119	157	171	102
50%	-	100%	55%	55%	43%	45%	49%	51%	55%	46%	53%	49%	52%	49%
		a	c	c										
1	-	-	-	-	1	-	-	-	-	-	-	1	-	-
*	-	-	-	-	*	-	-	-	-	-	-	*	-	-
19	-	-	8	4	7	1	2	1	1	1	1	7	1	4
1%	-	-	1%	1%	1%	1%	1%	1%	*	1%	*	2% h	*	2%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D1. Are you...?

BASE: All respondents

Significance Level: 95%

	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
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
980	68	216	229	136	83	247	514	466	814	26	65	41	8	4	143
49%	51%	52%	43%	53%	39%	53%	47%	50%	48%	44%	61%	56%	48%	31%	54%
	e	ce		ce		ceg	e	ce			ab				
1019	65	199	302	116	128	209	566	454	885	33	41	32	7	7	120
50%	48%	48%	56%	45%	61%	45%	52%	49%	52%	56%	38%	43%	45%	61%	45%
			bdfh		abdfgh		df		cg	c					
1	-	-	-	-	-	1	-	1	-	-	-	-	-	-	-
*	-	-	-	-	-	*	-	*	-	-	-	-	-	-	-
19	1	2	4	4	-	8	7	12	8	-	1	1	1	1	4
1%	1%	*	1%	2%	-	2%	1%	1%	*	-	1%	1%	6%	8%	1%
						e									a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D1. Are you...?

BASE: All respondents

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
				2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
	Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total	2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total	2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	980	681	129	105	234	47	47	241	644	336	849	98	174	531	223	51	806	135	649
	49%	50%	47%	40%	44%	60%	54%	48%	48%	50%	49%	47%	51%	47%	47%	58%	48%	49%	48%
		cd				d													
Female	1019	672	145	157	302	29	39	255	696	323	878	106	166	579	240	36	854	139	694
	50%	49%	53%	60%	56%	37%	45%	51%	52%	48%	50%	51%	49%	52%	51%	40%	51%	50%	51%
				a	a			a	a	a				d	d		d		
Other	1	1	-	-	-	-	-	-	1	-	-	-	-	1	-	-	1	-	-
	*	*	-	-	-	-	-	-	*	-	-	-	-	*	-	-	*	-	-
Prefer not to say	19	4	-	-	-	3	1	7	8	11	14	4	1	8	8	2	18	3	8
	1%	*	-	-	-	4%	1%	1%	1%	2%	1%	2%	*	1%	2%	2%	1%	1%	1%
						d				d									

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D1. Are you...?

BASE: All respondents

Significance Level: 95%

	Longstanding condition or illness						Area		Number of days active									
	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness												
Total							Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
	a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
980	95	170	54	660	286	25	764	215	170	84	132	145	104	97	37	211	381	345
49%	40%	48%	60%	49%	48%	36%	48%	49%	42%	44%	50%	46%	54%	50%	50%	55%	49%	53%
			abdef	af	a						a		ab			abd	a	abd
1019	140	184	34	677	306	45	797	223	228	104	133	169	87	96	35	167	389	298
50%	59%	52%	37%	50%	51%	64%	51%	50%	56%	55%	50%	54%	45%	49%	48%	44%	50%	46%
	cde	c		c	c	cde			ehj	hj		hj					h	
1	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	1	-	1
*	-	-	-	-	-	-	*	-	-	-	-	-	-	-	-	*	-	*
19	2	1	2	5	5	-	15	4	8	2	-	1	1	2	1	4	2	7
1%	1%	*	2%	*	1%	-	1%	1%	2%	1%	-	*	1%	1%	1%	1%	*	1%
			bd						cdi									

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D1. Are you...?

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	980	322	273	370	696	106	694	100	630	130	650	112	463	247
	49%	50%	51%	46%	49%	45%	49%	43%	51% b	41%	50%	44%	46%	50%
Female	1019	321	256	427	714	127	707	131	588	184	634	141	537	241
	50%	49%	48%	53%	50%	54%	50%	56%	48%	58% a	49%	55%	53%	49%
Other	1	-	-	-	1	-	1	-	1	-	1	-	1	-
	*	-	-	-	*	-	*	-	*	-	*	-	*	-
Prefer not to say	19	6	4	3	10	1	10	3	11	2	13	3	9	2
	1%	1%	1%	*	1%	*	1%	1%	1%	1%	1%	1%	1%	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D2. How old 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	2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	67	51	14	67	-	-	3	7	4	9	7	2	15	14	5
	3%	5%	1%	11%	-	-	3%	3%	2%	4%	4%	1%	5%	4%	2%
		b		bc						f	f		f	f	
18-24	203	98	103	203	-	-	10	26	21	25	16	14	49	29	14
	10%	10%	10%	33%	-	-	10%	10%	10%	12%	9%	6%	15%	9%	7%
				bc									b f h i		
25-34	340	118	218	340	-	-	13	39	28	36	31	30	87	46	29
	17%	12%	21%	56%	-	-	14%	15%	14%	17%	18%	13%	27%	14%	14%
			a	bc									abcde f h i		
35-44	314	140	174	-	314	-	16	31	32	45	21	32	52	57	27
	16%	14%	17%	-	48%	-	17%	12%	16%	21%	12%	14%	16%	17%	13%
					ac					bei					
45-54	346	154	188	-	346	-	17	54	36	24	31	44	47	59	33
	17%	16%	18%	-	52%	-	17%	21%	18%	11%	18%	20%	15%	18%	16%
					ac			d	d			d		d	
55-64	294	161	131	-	-	294	11	45	27	30	23	47	33	41	37
	15%	16%	13%	-	-	39%	11%	17%	14%	14%	13%	21%	10%	13%	18%
		b				ab		g				agh			g
65+	456	259	191	-	-	456	27	61	49	41	43	54	37	80	64
	23%	26%	19%	-	-	61%	28%	23%	25%	19%	25%	24%	11%	25%	31%
		b				ab	g	g	g	g	g	g		g	dg
NET: 16-34	610	266	335	610	-	-	26	72	53	71	55	46	151	89	47
	30%	27%	33%	100%	-	-	27%	27%	27%	33%	32%	21%	47%	27%	23%
		a		bc						f i	f i		abcde f h i		
NET: 35-54	660	293	362	-	660	-	33	86	68	69	52	76	99	116	60
	33%	30%	36%	-	100%	-	34%	33%	34%	33%	30%	34%	31%	36%	29%
			a		ac										
NET: 55+	750	420	322	-	-	750	38	106	76	71	66	101	70	121	101
	37%	43%	32%	-	-	100%	39%	40%	39%	34%	38%	45%	22%	37%	48%
		b				ab	g	g	g	g	g	dg		g	cdegh
Base for stats	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
Mean Score	47.00	48.66	45.29	24.95	44.36	67.27	49.55	48.45	48.07	43.98	46.92	50.39	40.54	47.79	51.22
		b			a	ab	dg	dg	dg	g	g	dg		dg	degh
Standard Deviation	18.775	19.518	17.587	5.457	5.900	9.046	20.781	18.653	18.668	17.787	19.147	16.245	18.657	18.895	18.610
Standard Error	.418	.633	.543	.204	.227	.361	1.946	1.159	1.256	1.255	1.324	1.239	1.029	1.073	1.303
Error variance	.17	.40	.29	.04	.05	.13	3.79	1.34	1.58	1.57	1.75	1.53	1.06	1.15	1.70

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

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	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	67	6	8	34	8	6	5	48	19	44	3	7	7	-	2	18
	3%	5%	2%	6%	3%	3%	1%	4%	2%	3%	5%	6%	9%	-	15%	7%
		f		befh	f			bfb				a	a			a
18-24	203	28	47	75	24	16	13	150	53	129	20	25	16	3	2	66
	10%	21%	11%	14%	9%	7%	3%	14%	6%	8%	33%	24%	21%	20%	18%	25%
		bdefgh	fh	efh	fh	f		efh	f		a	a	a			a
25-34	340	28	94	100	50	50	18	222	118	273	13	29	11	3	1	57
	17%	21%	23%	19%	20%	23%	4%	20%	13%	16%	22%	28%	14%	17%	7%	21%
		fh	fh	fh	fh	fh		fh	f			ad				a
35-44	314	26	77	87	50	44	29	190	124	249	11	26	12	3	5	58
	16%	20%	18%	16%	20%	21%	6%	18%	13%	15%	19%	25%	17%	21%	43%	22%
		fh	fh	f	fh	fh		fh	f			a				a
45-54	346	26	78	88	67	43	43	192	153	312	6	11	9	2	1	28
	17%	19%	19%	16%	26%	20%	9%	18%	16%	18%	10%	10%	12%	12%	8%	11%
		f	f	f	befgh	f		f	f	cg						
55-64	294	11	62	77	34	39	72	149	145	269	3	4	8	3	1	20
	15%	8%	15%	14%	13%	18%	15%	14%	16%	16%	6%	4%	11%	20%	9%	7%
			a			a	a		a	bcg			c			
65+	456	8	52	75	22	14	285	135	321	431	3	4	11	1	-	19
	23%	6%	12%	14%	9%	7%	61%	12%	34%	25%	5%	4%	15%	9%	-	7%
			ae	ade			abcdegh	ae	abcdeg	bcdg			cg			
NET: 16-34	610	62	149	209	83	71	36	420	190	446	36	61	33	6	5	141
	30%	46%	36%	39%	32%	33%	8%	39%	20%	26%	61%	57%	45%	38%	40%	53%
		bdefh	fh	fh	fh	fh		fh	f		a	a	a			a
NET: 35-54	660	52	155	175	117	87	72	383	277	561	17	37	21	5	6	87
	33%	39%	37%	33%	46%	41%	16%	35%	30%	33%	29%	35%	29%	33%	50%	32%
		fh	fh	f	befgh	cfh		fh	f							
NET: 55+	750	19	113	151	56	53	357	284	465	699	6	8	19	5	1	39
	37%	14%	27%	28%	22%	25%	77%	26%	50%	41%	10%	8%	26%	29%	9%	15%
			a	ad		a	abcdegh	a	abcdeg	bcdg			bcg			
Base for stats	2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
Mean Score	47.00	37.72	43.17	42.24	43.25	42.88	62.52	42.04	52.79	48.93	32.90	33.61	41.82	40.78	33.94	36.16
			a	a	a	a	abcdegh	a	abcdeg	bcdg			bcg			
Standard Deviation	18.775	16.021	16.971	18.017	16.601	15.136	15.828	17.450	18.617	18.209	15.217	14.779	23.076	15.801	13.905	17.889
Standard Error	.418	1.349	.842	.778	.982	.983	.779	.530	.609	.444	1.887	1.366	2.596	3.832	3.856	1.049
Error variance	.17	1.82	.71	.61	.96	.97	.61	.28	.37	.20	3.56	1.87	6.74	14.69	14.87	1.10

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D2. How old are you?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
67	35	12	8	20	2	2	14	48	19	59	5	2	13	42	10	65	12	44
3%	3%	4%	3%	4%	3%	2%	3%	4%	3%	3%	2%	1%	1%	9%	11%	4%	4%	3%
													abe	abe	ab			
203	138	26	26	53	13	21	35	134	69	177	17	9	77	95	22	194	26	151
10%	10%	10%	10%	10%	17%	24%	7%	10%	10%	10%	8%	3%	7%	20%	25%	12%	10%	11%
					cd	cde		c	c				a	abe	abe	ab		
340	177	75	63	138	17	26	51	247	93	306	25	40	198	81	21	300	67	227
17%	13%	27%	24%	26%	21%	29%	10%	18%	14%	18%	12%	12%	18%	17%	24%	18%	24%	17%
		a	a	a	c	cde		ce		b			a	a	a	a	b	
314	121	67	107	174	16	22	46	230	84	275	33	29	158	116	11	284	48	232
16%	9%	25%	41%	33%	20%	25%	9%	17%	13%	16%	16%	9%	14%	25%	12%	17%	17%	17%
		a	abd	ab	ce	cde		ce					a	abde		ab		
346	220	65	43	108	17	7	63	259	87	296	39	66	177	90	13	280	45	229
17%	16%	24%	16%	20%	21%	8%	13%	19%	13%	17%	19%	19%	16%	19%	15%	17%	16%	17%
		ac		a	bce			bce										
294	257	18	7	25	9	4	74	207	87	245	34	68	185	34	6	226	31	190
15%	19%	6%	3%	5%	12%	4%	15%	15%	13%	14%	17%	20%	17%	7%	7%	13%	11%	14%
	bcd	c					b	b	b			cde	cde			c		
456	411	11	7	18	5	5	220	225	231	383	54	125	312	13	5	330	47	277
23%	30%	4%	3%	3%	6%	6%	44%	17%	34%	22%	26%	37%	28%	3%	6%	20%	17%	21%
	bcd						abde	ab	abd			bcde	cde			cd		
610	350	113	98	211	32	49	100	429	181	542	47	51	287	218	54	559	105	422
30%	26%	41%	37%	39%	41%	56%	20%	32%	27%	31%	23%	15%	26%	46%	60%	33%	38%	31%
		a	a	a	ce	acde		ce	c	b			a	abe	abce	ab	b	
660	341	132	150	282	33	29	109	489	171	571	71	96	334	206	24	564	93	461
33%	25%	48%	57%	53%	41%	33%	22%	36%	26%	33%	34%	28%	30%	44%	27%	34%	34%	34%
		a	ab	a	ce	c		ce						abde		b		
750	668	29	14	43	14	9	294	432	318	627	89	194	497	47	11	556	79	467
37%	49%	11%	5%	8%	18%	11%	59%	32%	47%	36%	43%	57%	44%	10%	13%	33%	28%	35%
	bcd	c					abde	ab	abd			bcde	cde			cd		a
2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D2. How old are you?

BASE: All respondents

Significance Level: 95%

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
47.00	50.56	39.00	37.67	38.35	40.07	35.63	55.26	45.07	50.90	46.57	49.48	55.46	50.01	36.01	35.03	45.29	43.64	45.99
	bcd					abde	ab	abd		a		bcde	cde		cd			
18.775	18.996	14.173	13.126	13.675	15.822	16.588	19.896	17.539	20.512	18.684	18.386	16.655	18.338	15.208	17.969	18.720	18.619	18.448
.418	.522	.838	.784	.575	1.737	1.702	.923	.473	.809	.447	1.290	.934	.557	.669	1.797	.454	1.105	.501
.17	.27	.70	.62	.33	3.02	2.90	.85	.22	.65	.20	1.67	.87	.31	.45	3.23	.21	1.22	.25

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D2. How old are you?

BASE: All respondents

	Longstanding condition or illness							Area		Number of days active									
	Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
	a	b	c	d	e	f		a	b	a	b	c	d	e	f	g	h	i	j
Significance Level: 95%																			
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	67 3%	8 3% b	2 1%	4 4% b	43 3% b	13 2%	1 2%	46 3%	20 5%	9 2%	2 1%	8 3%	11 4%	8 4%	11 6% ab	4 6% b	13 3%	27 4%	28 4% b
18-24	203 10%	35 15% bdef	13 4%	12 13% b	133 10% b	56 9% b	4 5%	159 10%	45 10%	27 7%	19 10%	29 11% a	45 14% ahj	21 11%	21 11%	6 8%	34 9%	96 12% a	61 9%
25-34	340 17%	49 21% bef	27 8%	22 25% bef	235 18% b	89 15% b	7 10%	283 18% b	57 13%	49 12%	28 15%	50 19% ah	68 21% ahj	39 20% ah	44 23% ahj	13 18%	48 13%	157 20% ahj	105 16%
35-44	314 16%	39 17%	39 11%	23 25% bde	217 16% b	89 15%	10 14%	265 17% b	49 11%	45 11%	38 20% a	48 18% a	44 14%	32 17%	37 19% a	9 12%	60 16%	125 16% a	106 16% a
45-54	346 17%	50 21% c	69 19% c	9 10%	230 17%	103 17%	21 31% bcde	279 18%	67 15%	66 16%	40 21% h	47 18%	56 18%	34 18%	31 16%	16 22%	55 14%	137 18%	102 16%
55-64	294 15%	28 12%	77 22% acde	11 12%	189 14%	97 16%	15 22% a	224 14%	70 16%	72 18% efi	24 13%	41 15%	41 13%	18 10%	23 12%	11 15%	64 17% e	101 13%	97 15%
65+	456 23%	27 11%	128 36% acdef	10 11%	296 22% ac	151 25% ac	11 16%	322 20%	134 30% a	136 34% bcdefgij	38 20%	42 16%	49 16%	39 21%	29 15%	14 19%	109 29% bcdefi	130 17%	152 23% cdfi
NET: 16-34	610 30%	92 39% bdef	42 12%	38 42% bdef	410 31% bf	157 26% b	12 17%	488 31%	122 28%	86 21%	50 26%	87 33% ah	124 39% abhj	68 36% abh	76 39% abhj	24 32% a	95 25%	279 36% abhj	194 30% a
NET: 35-54	660 33%	89 38%	108 30%	32 35%	447 33%	192 32%	32 45% bde	544 34% b	116 26%	111 27%	79 41% adhij	95 36% a	101 32%	66 34%	68 35%	25 34%	115 30%	261 34% a	208 32%
NET: 55+	750 37%	55 23%	205 58% acdef	20 23%	485 36% ac	248 42% acd	27 38% ac	546 35%	204 46% a	208 51% bcdefgij	61 32%	83 31%	90 29%	58 30%	51 26%	25 34%	173 45% bcdefij	231 30%	249 38% cdfi
Base for stats	2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D2. How old are you?

BASE: All respondents

Significance Level: 95%

	Longstanding condition or illness						Area		Number of days active									
						NET: Longstanding physical and mental condition or illness												
Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
	a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
47.00	41.58	55.95	40.85	46.65	49.01	48.72	46.21	49.82	52.77	46.50	44.80	43.26	44.15	42.50	46.40	49.58	44.01	47.10
		acdef		ac	acd	ac		a	bcdefghij	df						cdefij		dfi
18.775	16.488	16.352	18.370	18.567	18.678	14.081	18.446	19.667	19.000	17.274	18.073	18.468	18.040	17.927	19.527	18.870	18.216	18.907
.418	1.033	.895	1.885	.509	.764	1.660	.464	.942	.962	1.247	1.098	1.018	1.305	1.261	2.255	.982	.648	.744
.17	1.07	.80	3.55	.26	.58	2.75	.21	.89	.93	1.55	1.21	1.04	1.70	1.59	5.08	.96	.42	.55

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D2. How old are you?

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%														
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	67	28	7	27	51	4	53	6	47	6	50	5	41	13
	3%	4%	1%	3%	4%	2%	4%	2%	4%	2%	4%	2%	4%	3%
		b		b										
18-24	203	84	31	81	139	25	144	27	122	32	132	33	115	41
	10%	13%	6%	10%	10%	11%	10%	12%	10%	10%	10%	13%	11%	8%
		b		b										
25-34	340	158	55	121	255	26	238	42	219	52	220	51	197	73
	17%	24%	10%	15%	18%	11%	17%	18%	18%	16%	17%	20%	20%	15%
		bc		b	b								b	
35-44	314	113	70	128	234	31	229	26	215	33	221	32	180	65
	16%	17%	13%	16%	16%	13%	16%	11%	17%	10%	17%	12%	18%	13%
		b							b				b	
45-54	346	95	106	140	232	41	232	47	202	61	220	45	173	92
	17%	15%	20%	17%	16%	17%	16%	20%	16%	19%	17%	18%	17%	19%
			a											
55-64	294	70	104	118	207	33	203	35	167	48	173	35	118	84
	15%	11%	19%	15%	15%	14%	14%	15%	14%	15%	13%	14%	12%	17%
			ac	a										a
65+	456	100	160	186	302	74	314	51	258	85	281	55	185	123
	23%	15%	30%	23%	21%	32%	22%	22%	21%	27%	22%	22%	18%	25%
			ac	a		a				a				a
NET: 16-34	610	271	93	229	445	55	435	75	388	90	402	89	353	126
	30%	42%	17%	29%	31%	24%	31%	32%	32%	28%	31%	35%	35%	26%
		bc		b	b								b	
NET: 35-54	660	208	176	268	467	72	461	73	417	94	441	76	353	157
	33%	32%	33%	33%	33%	31%	33%	31%	34%	30%	34%	30%	35%	32%
NET: 55+	750	171	264	304	509	107	517	86	425	132	454	90	303	207
	37%	26%	50%	38%	36%	46%	37%	37%	35%	42%	35%	35%	30%	42%
			ac	a		a				a				a
Base for stats	2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
Mean Score	47.00	41.80	52.90	47.40	46.22	51.03	46.60	47.27	45.89	49.46	46.19	46.37	44.37	48.86
			ac	a		a				a				a
Standard Deviation	18.775	17.839	17.427	18.675	18.341	19.817	18.760	19.212	18.544	19.050	18.684	19.486	18.688	17.703
Standard Error	.418	.693	.769	.659	.487	1.304	.500	1.240	.528	1.078	.519	1.208	.584	.805
Error variance	.17	.48	.59	.43	.24	1.70	.25	1.54	.28	1.16	.27	1.46	.34	.65

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

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	2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	97	52	44	26	33	38	97	-	-	-	-	-	-	-	-
	5%	5%	4%	4%	5%	5%	100%	-	-	-	-	-	-	-	-
							bcdefghi								
North West	263	132	129	72	86	106	-	263	-	-	-	-	-	-	-
	13%	13%	13%	12%	13%	14%	-	100%	-	-	-	-	-	-	-
								acdefghi							
Yorkshire and the Humber	197	95	101	53	68	76	-	-	197	-	-	-	-	-	-
	10%	10%	10%	9%	10%	10%	-	-	100%	-	-	-	-	-	-
									abdefghi						
West Midlands	211	94	116	71	69	71	-	-	-	211	-	-	-	-	-
	10%	10%	11%	12%	11%	9%	-	-	-	100%	-	-	-	-	-
										abcefghi					
East Midlands	173	92	80	55	52	66	-	-	-	-	173	-	-	-	-
	9%	9%	8%	9%	8%	9%	-	-	-	-	100%	-	-	-	-
											abcdfghi				
East of England	223	103	119	46	76	101	-	-	-	-	-	223	-	-	-
	11%	11%	12%	8%	12%	13%	-	-	-	-	-	100%	-	-	-
					a	a						abcdeghi			
London	321	156	157	151	99	70	-	-	-	-	-	-	321	-	-
	16%	16%	15%	25%	15%	9%	-	-	-	-	-	-	100%	-	-
				bc	c								abcdefhi		
South East	327	155	171	89	116	121	-	-	-	-	-	-	-	327	-
	16%	16%	17%	15%	18%	16%	-	-	-	-	-	-	-	100%	-
														abcdefgi	
South West	208	102	102	47	60	101	-	-	-	-	-	-	-	-	208
	10%	10%	10%	8%	9%	13%	-	-	-	-	-	-	-	-	100%
						ab									abcdefgh
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D3. Which of the following describes where you live?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Northern Ireland

Outside of the UK

	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
	a	b	a	b	c	a	b	c	d	e	f	g	h	i
2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
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: 9th - 14th April 2020

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	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	97	7	13	27	11	11	27	47	50	88	2	2	2	1	-	6
	5%	5%	3%	5%	4%	5%	6%	4%	5%	5%	4%	2%	2%	5%	-	2%
North West	263	19	43	72	39	23	67	134	129	234	3	10	8	1	2	24
	13%	15%	10%	13%	15%	11%	14%	12%	14%	14%	5%	10%	11%	5%	14%	9%
Yorkshire and the Humber	197	11	35	54	21	28	47	101	96	173	4	11	7	1	1	23
	10%	8%	8%	10%	8%	13%	10%	9%	10%	10%	6%	11%	9%	4%	6%	9%
West Midlands	211	11	47	57	24	19	54	115	96	176	7	13	7	1	-	28
	10%	8%	11%	11%	9%	9%	12%	11%	10%	10%	11%	13%	10%	5%	-	11%
East Midlands	173	11	29	35	30	22	46	75	98	155	4	7	2	2	-	15
	9%	8%	7%	6%	12%	10%	10%	7%	11%	9%	7%	6%	3%	9%	-	5%
East of England	223	7	46	68	22	30	50	121	102	204	7	7	1	1	-	16
	11%	5%	11%	13%	9%	14%	11%	11%	11%	12%	13%	7%	1%	7%	-	6%
London	321	38	95	91	37	17	42	225	96	191	21	43	38	7	7	116
	16%	29%	23%	17%	15%	8%	9%	21%	10%	11%	36%	40%	51%	45%	59%	43%
		cdefgh	cdefh	efh	ef			defh			a	a	a			a
South East	327	16	73	86	40	40	73	175	152	287	7	14	7	2	3	32
	16%	12%	17%	16%	15%	19%	16%	16%	16%	17%	12%	13%	9%	12%	22%	12%
South West	208	12	35	47	33	22	58	95	113	199	4	-	2	1	-	6
	10%	9%	8%	9%	13%	10%	12%	9%	12%	12%	6%	-	3%	6%	-	2%
					g		g		bg	cdg	c					
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D3. Which of the following describes where you live?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
97	70	12	9	21	1	7	28	61	36	82	11	22	57	16	2	75	14	58
5%	5%	4%	4%	4%	1%	9% a	6%	5%	5%	5%	5%	7% c	5%	3%	2%	4%	5%	4%
263	182	34	29	63	15	10	62	176	87	227	25	57	140	55	11	206	37	162
13%	13%	12%	11%	12%	19%	11%	12%	13%	13%	13%	12%	17% bce	12%	12%	13%	12%	13%	12%
197	139	20	24	43	6	9	45	137	60	169	23	36	114	36	10	160	24	133
10%	10%	7%	9%	8%	7%	10%	9%	10%	9%	10%	11%	11%	10%	8%	11%	10%	9%	10%
211	139	33	30	63	8	10	54	138	73	179	25	46	103	56	6	165	28	129
10%	10%	12%	11%	12%	10%	12%	11%	10%	11%	10%	12%	14% be	9%	12%	7%	10%	10%	10%
173	120	19	25	44	8	2	44	119	54	154	15	30	98	39	6	143	25	116
9%	9%	7%	10%	8%	10% b	3%	9% b	9% b	8%	9%	7%	9%	9%	8%	7%	9%	9%	9%
223	165	31	19	50	6	5	55	157	66	194	24	29	138	48	8	194	23	170
11%	12% c	11%	7%	9%	8%	5%	11%	12%	10%	11%	12%	9%	12%	10%	9%	12%	8%	13% a
321	184	52	53	105	14	22	74	211	109	276	28	40	154	99	28	280	53	213
16%	14%	19% a	20% a	20% a	17%	25% cde	15%	16%	16%	16%	13%	12%	14%	21% abe	32% abce	17% ab	19%	16%
327	212	49	50	99	13	17	82	214	113	279	34	50	177	86	14	277	44	223
16%	16%	18%	19%	19%	17%	20%	16%	16%	17%	16%	17%	15%	16%	18%	16%	17%	16%	17%
208	147	25	23	47	8	6	58	136	72	181	22	30	138	36	4	178	28	146
10%	11%	9%	9%	9%	10%	7%	12%	10%	11%	10%	11%	9%	12% cd	8%	4%	11% d	10%	11%
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D3. Which of the following describes where you live?

BASE: All respondents

Significance Level: 95%

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D3. Which of the following describes where you live?

BASE: All respondents

	Total	Longstanding condition or illness						Area		Number of days active									
		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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Significance Level: 95%																			
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	97	17	26	5	47	45	2	68	29	19	10	12	18	5	10	7	16	36	33
	5%	7%	7%	5%	4%	8%	2%	4%	7%	5%	5%	4%	6%	3%	5%	10%	4%	5%	5%
		d	d			d			a							eh			
North West	263	39	51	20	164	91	16	211	52	50	22	39	42	20	25	9	56	102	90
	13%	16%	14%	22%	12%	15%	23%	13%	12%	12%	12%	15%	13%	11%	13%	12%	15%	13%	14%
				d			d												
Yorkshire and the Humber	197	27	46	8	124	68	13	153	44	50	23	22	28	16	15	7	37	66	58
	10%	12%	13%	9%	9%	11%	18%	10%	10%	12%	12%	8%	9%	8%	7%	9%	10%	9%	9%
			d			d				i									
West Midlands	211	30	39	9	135	68	8	176	34	44	21	22	30	20	15	8	50	73	73
	10%	13%	11%	10%	10%	11%	11%	11%	8%	11%	11%	8%	10%	11%	8%	10%	13%	9%	11%
								b											
East Midlands	173	21	32	5	115	51	5	128	45	31	15	23	34	16	19	8	27	72	55
	9%	9%	9%	6%	9%	9%	8%	8%	10%	8%	8%	9%	11%	8%	10%	11%	7%	9%	8%
East of England	223	26	33	2	168	51	9	158	65	49	19	28	33	21	23	8	41	82	72
	11%	11%	9%	2%	12%	9%	12%	10%	15%	12%	10%	11%	10%	11%	12%	11%	11%	11%	11%
		c	c		ce	c	c		a										
London	321	31	30	19	226	76	2	299	22	47	35	45	58	36	36	15	49	139	99
	16%	13%	8%	21%	17%	13%	3%	19%	5%	12%	19%	17%	18%	19%	18%	20%	13%	18%	15%
		f		bef	bef	bf		b			a		ah	ah	a			ah	
South East	327	23	59	12	225	82	11	247	80	69	27	40	41	39	36	9	65	120	110
	16%	10%	17%	13%	17%	14%	15%	16%	18%	17%	14%	15%	13%	20%	19%	12%	17%	16%	17%
			a		a									d					
South West	208	21	38	11	139	64	5	137	70	45	18	33	30	19	16	4	43	82	63
	10%	9%	11%	12%	10%	11%	8%	9%	16%	11%	9%	13%	9%	10%	8%	5%	11%	11%	10%
								a											
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D3. Which of the following describes where you live?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Outside of the UK

	Longstanding condition or illness						Area		Number of days active									
Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
	a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D3. Which of the following describes where you live?

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	97	25	24	46	69	15	69	10	58	13	63	10	48	24
	5%	4%	5%	6%	5%	6%	5%	4%	5%	4%	5%	4%	5%	5%
North West	263	80	73	106	182	29	184	23	165	38	173	23	125	55
	13%	12%	14%	13%	13%	13%	13%	10%	13%	12%	13% b	9%	12%	11%
Yorkshire and the Humber	197	63	62	69	132	32	139	29	112	39	122	29	100	49
	10%	10%	12%	9%	9%	14% a	10%	12%	9%	12%	9%	12%	10%	10%
West Midlands	211	72	58	75	157	22	148	24	128	38	141	29	105	52
	10%	11%	11%	9%	11%	10%	10%	10%	10%	12%	11%	11%	10%	11%
East Midlands	173	49	45	77	124	19	123	22	101	24	110	22	80	43
	9%	8%	9%	10%	9%	8%	9%	9%	8%	8%	8%	9%	8%	9%
East of England	223	78	62	82	157	27	162	19	129	39	132	36	103	64
	11%	12%	12%	10%	11%	12%	11%	8%	10%	12%	10%	14%	10%	13%
London	321	121	61	126	237	24	223	41	209	39	224	39	190	64
	16%	19% b	11% b	16% b	17% b	10%	16%	17%	17%	12%	17%	15%	19% b	13%
South East	327	105	80	136	218	40	221	40	199	55	200	42	165	81
	16%	16%	15%	17%	15%	17%	16%	17%	16%	17%	15%	16%	16%	17%
South West	208	55	68	83	145	24	145	24	129	31	133	25	94	58
	10%	9%	13% a	10%	10%	10%	10%	10%	10%	10%	10%	10%	9%	12%
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	2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204	
Total	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
No children aged 15 or under	1358	681	672	350	341	668	70	182	139	139	120	165	184	212	147	
	67%	70%	66%	57%	52%	89%	73%	69%	70%	66%	69%	74%	57%	65%	71%	
				b		ab	g	g	g		g	gh			g	
Yes - children aged 0 to 12 months	71	25	46	52	18	1	1	9	6	6	6	1	22	11	8	
	4%	3%	5%	9%	3%	*	1%	4%	3%	3%	4%	1%	7%	3%	4%	
			a	bc	c			f			f		acfh		f	
Yes - children aged 13 months to 4 years old	143	58	85	76	62	5	10	13	9	15	16	10	29	27	14	
	7%	6%	8%	12%	9%	1%	11%	5%	5%	7%	9%	5%	9%	8%	7%	
			a	c	c		bcd				bc					
Yes - children aged 5 to 10 years old	243	93	150	82	149	13	10	31	24	30	19	21	46	46	18	
	12%	9%	15%	13%	23%	2%	10%	12%	12%	14%	11%	9%	14%	14%	8%	
			a	c	ac								i			
Yes - children aged 11 to 15 years old	245	122	123	63	152	30	7	32	18	24	16	27	43	51	27	
	12%	12%	12%	10%	23%	4%	7%	12%	9%	12%	9%	12%	13%	16%	13%	
				c	ac									ace		
Prefer not to answer	125	64	45	49	37	39	5	17	15	9	9	8	31	16	14	
	6%	7%	4%	8%	6%	5%	5%	7%	8%	4%	5%	4%	10%	5%	7%	
		b		c									dfh			
NET: Yes	536	234	302	211	282	43	21	63	43	63	44	50	105	99	47	
	27%	24%	30%	35%	43%	6%	22%	24%	22%	30%	25%	22%	33%	30%	23%	
			a	c	ac								abcfi	c		

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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

		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	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1358	63	269	353	143	128	401	686	673	1201	29	53	38	6	8	134
	67%	47%	65%	66%	56%	61%	86%	63%	72%	70%	49%	50%	52%	38%	67%	50%
		ad	ad	ad	a	abcdegh	ad	abcdeg	bcdg							
Yes - children aged 0 to 12 months	71	10	21	16	9	9	6	47	25	48	4	10	4	1	2	21
	4%	7%	5%	3%	4%	4%	1%	4%	3%	3%	6%	9%	6%	6%	16%	8%
		cfh	fh	f	f	f		fh	a			a			a	
Yes - children aged 13 months to 4 years old	143	15	41	39	24	16	8	95	48	111	10	11	9	2	-	31
	7%	11%	10%	7%	9%	7%	2%	9%	5%	7%	16%	10%	12%	11%	-	12%
		fh	fh	f	fh	f		fh	f		a		a			a
Yes - children aged 5 to 10 years old	243	32	60	67	38	36	11	159	85	187	15	21	16	3	1	55
	12%	24%	14%	12%	15%	17%	2%	15%	9%	11%	25%	19%	22%	16%	9%	21%
		bcd fgh	fh	fh	fh	fh		fh	f		a	a	a			a
Yes - children aged 11 to 15 years old	245	25	56	66	47	33	17	148	97	201	10	16	14	1	-	41
	12%	19%	14%	12%	18%	16%	4%	14%	10%	12%	17%	15%	18%	6%	-	15%
		cfh	f	f	cfh	fh		fh	f							
Prefer not to answer	125	10	14	36	20	14	31	60	65	81	4	8	8	5	1	27
	6%	8%	3%	7%	8%	6%	7%	6%	7%	5%	7%	8%	11%	34%	8%	10%
		b		b	b		b		b				a			a
NET: Yes	536	60	134	147	93	69	33	340	195	424	26	45	27	4	3	105
	27%	45%	32%	27%	36%	33%	7%	31%	21%	25%	44%	42%	37%	28%	24%	39%
		bce fgh	fh	fh	cfh	fh		fh	f		a	a	a			a

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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

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1358	1358	-	-	-	45	39	379	896	462	1177	135	323	832	173	30	1035	123	886
67%	100%	-	-	-	56%	44%	75%	66%	69%	68%	65%	95%	74%	37%	34%	62%	44%	66%
	bcd						abde	b	ab			bcde	cde		cd		a	
71	-	37	34	71	3	12	14	42	29	59	9	1	34	29	7	70	23	46
4%	-	14%	13%	13%	4%	13%	3%	3%	4%	3%	5%	*	3%	6%	8%	4%	8%	3%
		a	a	a		acde							a	ab	ab	a	b	
143	-	45	97	143	14	14	26	89	53	123	15	-	46	80	17	143	38	105
7%	-	17%	37%	27%	17%	16%	5%	7%	8%	7%	7%	-	4%	17%	19%	9%	14%	8%
		a	abd	ab	cde	cde							a	abe	abe	ab	b	
243	-	77	167	243	16	18	34	176	68	210	29	-	81	143	20	243	60	178
12%	-	28%	64%	45%	20%	20%	7%	13%	10%	12%	14%	-	7%	30%	23%	15%	22%	13%
		a	abd	ab	ce	ce		c					a	abe	abe	ab	b	
245	-	115	130	245	11	17	39	178	67	217	22	-	75	138	32	245	55	189
12%	-	42%	50%	46%	14%	20%	8%	13%	10%	12%	11%	-	7%	29%	36%	15%	20%	14%
		a	a	a		ce		ce					a	abe	abe	ab	b	
125	-	-	-	-	7	8	32	78	47	91	23	16	64	34	11	109	21	68
6%	-	-	-	-	9%	9%	6%	6%	7%	5%	11%	5%	6%	7%	12%	6%	8%	5%
											a				abe			
536	-	274	262	536	27	41	93	375	161	473	50	1	222	264	48	535	132	396
27%	-	100%	100%	100%	34%	47%	18%	28%	24%	27%	24%	*	20%	56%	54%	32%	48%	29%
		a	a	a	ce	cde		c	c				a	abe	abe	ab	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	Longstanding condition or illness						Area		Number of days active									
		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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1358	144	265	43	926	395	47	1050	308	313	124	159	190	131	128	49	265	480	442
	67%	61%	75%	48%	69%	66%	67%	67%	70%	77%	65%	60%	60%	68%	66%	66%	69%	62%	68%
		c	acde		ac	c	c			bdefghij							cdi		cdi
Yes - children aged 0 to 12 months	71	16	8	10	37	31	1	59	12	12	5	11	15	11	6	3	8	37	17
	4%	7%	2%	11%	3%	5%	1%	4%	3%	3%	3%	4%	5%	6%	3%	4%	2%	5%	3%
		bd		bdef		bd								hj				hj	
Yes - children aged 13 months to 4 years old	143	27	18	14	89	51	5	118	25	16	10	30	34	12	13	3	25	75	41
	7%	11%	5%	15%	7%	9%	8%	7%	6%	4%	5%	11%	11%	6%	6%	5%	6%	10%	6%
		bd		bde								abhj	abhj					aj	
Yes - children aged 5 to 10 years old	243	34	36	15	163	73	12	205	39	28	23	36	45	25	32	5	49	107	86
	12%	14%	10%	17%	12%	12%	17%	13%	9%	7%	12%	14%	14%	13%	17%	7%	13%	14%	13%
								b			a	a	a	a	ag		a	a	a
Yes - children aged 11 to 15 years old	245	31	36	12	171	67	10	194	51	31	27	46	46	21	22	12	41	113	74
	12%	13%	10%	13%	13%	11%	15%	12%	12%	8%	14%	17%	15%	11%	11%	16%	11%	15%	11%
											a	ahj	a			a		a	
Prefer not to answer	125	17	10	15	59	39	2	94	31	24	13	16	14	10	14	7	26	41	47
	6%	7%	3%	16%	4%	7%	3%	6%	7%	6%	7%	6%	5%	5%	7%	10%	7%	5%	7%
		b		abdef		b													
NET: Yes	536	76	79	32	357	163	21	434	102	69	53	89	111	51	53	17	92	251	163
	27%	32%	22%	35%	27%	27%	30%	28%	23%	17%	28%	34%	35%	27%	27%	24%	24%	33%	25%
		b		b							a	ahj	aehj	a	a		a	ahj	a

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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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1358	402	405	534	952	158	952	148	810	213	853	166	653	347
	67%	62%	76% ac	67% a	67%	68%	67%	63%	66%	67%	66%	65%	65%	71% a
Yes - children aged 0 to 12 months	71	34	13	23	51	5	48	8	46	11	49	7	38	18
	4%	5% bc	3%	3%	4%	2%	3%	3%	4%	3%	4%	3%	4%	4%
Yes - children aged 13 months to 4 years old	143	60	20	63	102	21	101	21	92	27	89	27	77	34
	7%	9% b	4%	8% b	7%	9%	7%	9%	7%	8%	7%	10%	8%	7%
Yes - children aged 5 to 10 years old	243	95	39	109	171	31	166	33	153	40	165	31	146	57
	12%	15% b	7%	14% b	12%	13%	12%	14%	12%	13%	13%	12%	14%	12%
Yes - children aged 11 to 15 years old	245	87	48	110	179	34	174	33	159	39	173	36	138	51
	12%	13% b	9%	14% b	13%	14%	12%	14%	13%	12%	13%	14%	14%	10%
Prefer not to answer	125	37	30	41	83	11	83	14	77	19	79	16	57	24
	6%	6%	6%	5%	6%	5%	6%	6%	6%	6%	6%	6%	6%	5%
NET: Yes	536	211	98	225	386	65	378	72	343	84	366	74	299	119
	27%	32% b	18%	28% b	27%	28%	27%	31%	28%	27%	28%	29%	30% b	24%

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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

		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	2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204	
Total	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Social Grade A	134	68	65	62	52	19	7	19	11	11	11	7	38	16	12	
	7%	7%	6%	10%	8%	3%	8%	7%	6%	5%	6%	3%	12%	5%	6%	
				c	c								cdefhi			
Social Grade B	417	216	199	149	155	113	13	43	35	47	29	46	95	73	35	
	21%	22%	20%	24%	24%	15%	14%	16%	18%	22%	17%	21%	30%	22%	17%	
				c	c								abcefh	a		
Social Grade C1	536	229	302	209	175	151	27	72	54	57	35	68	91	86	47	
	27%	23%	30%	34%	27%	20%	28%	27%	28%	27%	20%	30%	28%	26%	23%	
			a	bc	c							e	e			
Social Grade C2	256	136	116	83	117	56	11	39	21	24	30	22	37	40	33	
	13%	14%	11%	14%	18%	7%	12%	15%	10%	11%	17%	10%	12%	12%	16%	
				c	ac						cf					
Social Grade D	211	83	128	71	87	53	11	23	28	19	22	30	17	40	22	
	10%	8%	13%	12%	13%	7%	11%	9%	14%	9%	13%	13%	5%	12%	11%	
			a	c	c		g		bg		g	g		g	g	
Social Grade E	465	247	209	36	72	357	27	67	47	54	46	50	42	73	58	
	23%	25%	21%	6%	11%	48%	28%	26%	24%	26%	27%	23%	13%	22%	28%	
		b			a	ab	g	g	g	g	g	g		g	g	
NET: ABC1	1086	514	566	420	383	284	47	134	101	115	75	121	225	175	95	
	54%	52%	56%	69%	58%	38%	49%	51%	51%	54%	43%	54%	70%	53%	46%	
				bc	c					e		e	abcdefhi	e		
NET: C2DE	933	466	454	190	277	465	50	129	96	96	98	102	96	152	113	
	46%	48%	44%	31%	42%	62%	51%	49%	49%	46%	57%	46%	30%	47%	54%	
					a	ab	g	g	g	g	dfgh	g		g	g	

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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

	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	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	134	134	-	-	-	-	-	134	-	88	7	19	9	-	3	38
	7%	100%	-	-	-	-	-	12%	-	5%	12%	18%	12%	-	23%	14%
		bcdefgh						bcdefh			a	a	a			a
Social Grade B	417	-	417	-	-	-	-	417	-	345	18	21	19	5	3	65
	21%	-	100%	-	-	-	-	38%	-	20%	31%	20%	25%	29%	23%	25%
			acdefgh					acdefh			a					
Social Grade C1	536	-	-	536	-	-	-	536	-	442	20	31	26	2	4	82
	27%	-	-	100%	-	-	-	49%	-	26%	33%	29%	35%	10%	30%	31%
				abdefgh				abdefh								
Social Grade C2	256	-	-	-	256	-	-	-	256	227	3	13	8	1	1	26
	13%	-	-	-	100%	-	-	-	27%	13%	5%	12%	11%	6%	8%	10%
					abcefg				abcefg							
Social Grade D	211	-	-	-	-	211	-	-	211	180	5	15	4	3	1	27
	10%	-	-	-	-	100%	-	-	23%	11%	9%	14%	5%	16%	8%	10%
						abcdfgh			abcdfg							
Social Grade E	465	-	-	-	-	-	465	-	465	425	6	7	8	6	1	28
	23%	-	-	-	-	-	100%	-	50%	25%	10%	7%	10%	39%	7%	11%
							abcdegh		abcdeg	bcdg						
NET: ABC1	1086	134	417	536	-	-	-	1086	-	874	45	72	54	6	9	185
	54%	100%	100%	100%	-	-	-	100%	-	51%	76%	67%	73%	39%	77%	69%
		defh	defh	defh				defh			a	a	a			a
NET: C2DE	933	-	-	-	256	211	465	-	933	832	14	35	20	10	3	81
	46%	-	-	-	100%	100%	100%	-	100%	49%	24%	33%	27%	61%	23%	31%
					abcg	abcg	abcg		abcg	bcdg						

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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

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
134	63	24	35	60	17	12	21	83	51	114	14	9	60	50	14	124	39	83
7%	5%	9%	13%	11%	22%	14%	4%	6%	8%	7%	7%	3%	5%	11%	16%	7%	14%	6%
		a	a	a	cde	cde			c					abe	abe	ab	b	
417	269	63	71	134	16	21	75	305	112	377	31	49	233	122	13	368	63	299
21%	20%	23%	27%	25%	20%	24%	15%	23%	17%	22%	15%	14%	21%	26%	15%	22%	23%	22%
			a	a		c		ce		b			a	abd		a		
536	353	84	63	147	22	29	110	374	161	475	48	92	275	144	25	444	55	371
27%	26%	31%	24%	27%	28%	34%	22%	28%	24%	27%	23%	27%	25%	31%	28%	26%	20%	27%
						ce		c						b			a	
256	143	53	40	93	9	10	42	194	61	229	23	34	135	73	14	222	35	184
13%	11%	19%	15%	17%	11%	12%	8%	14%	9%	13%	11%	10%	12%	16%	16%	13%	13%	14%
		a	a	a				ce						a				
211	128	35	34	69	6	7	43	155	56	180	22	25	120	54	12	186	27	154
10%	9%	13%	13%	13%	7%	8%	8%	12%	8%	10%	11%	7%	11%	11%	13%	11%	10%	11%
				a				e							a			
465	401	14	19	33	9	7	212	237	228	365	70	132	295	27	11	334	58	259
23%	30%	5%	7%	6%	12%	8%	42%	18%	34%	21%	34%	39%	26%	6%	12%	20%	21%	19%
	bcd						abde	b	abd		a	bcde	cde		c	c		
1086	686	172	169	340	55	63	206	762	324	967	93	150	568	316	52	936	157	753
54%	50%	63%	65%	64%	70%	72%	41%	56%	48%	56%	45%	44%	51%	67%	58%	56%	57%	56%
		a	a	a	cde	cde		ce	c	b			a	abe	a	ab		
933	673	103	93	195	24	25	297	587	345	774	115	190	551	155	37	742	120	598
46%	50%	37%	35%	36%	30%	28%	59%	44%	52%	44%	55%	56%	49%	33%	42%	44%	43%	44%
	bcd						abde	ab	abd		a	bcde	ce			c		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

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BASE: All respondents

		Longstanding condition or illness						Area		Number of days active									
							NET: Longstanding physical and mental condition or illness												
	Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	134 7%	15 6%	20 6%	10 12% bd	85 6%	41 7%	3 4%	108 7%	25 6%	12 3%	12 6%	24 9% a	22 7% a	15 8% a	18 9% a	7 9% a	25 7% a	60 8% a	49 8% a
Social Grade B	417 21%	41 18%	54 15%	13 14% abef	311 23% abef	96 16%	9 13%	325 21%	92 21%	65 16%	33 18%	54 21%	74 23% a	48 25% a	45 23% a	16 22%	82 21%	176 23% a	143 22% a
Social Grade C1	536 27%	56 24%	71 20%	22 25% bef	378 28% bef	137 23%	11 16%	440 28% b	96 22%	93 23%	45 24%	67 25%	88 28%	55 28%	49 25%	26 35% a	112 29% a	210 27%	187 29% a
Social Grade C2	256 13%	30 13%	35 10%	13 15%	176 13%	69 12%	8 12%	199 13%	57 13%	41 10%	26 14%	42 16% a	47 15% a	19 10%	29 15%	10 14%	42 11%	108 14%	81 12%
Social Grade D	211 10%	34 14% d	34 10%	10 11%	133 10%	67 11%	9 13%	173 11%	38 9%	51 13% hj	27 14% hj	29 11%	29 9%	21 11%	20 10%	5 7%	28 7%	80 10%	53 8%
Social Grade E	465 23%	61 26% d	140 40% acde	21 24%	259 19%	187 31% d	30 43% acde	332 21%	133 30% a	143 35% bcdefghij	46 24% gi	48 18%	55 18%	35 18%	34 18%	10 13%	94 25% dgi	138 18%	138 21%
NET: ABC1	1086 54%	112 48% f	145 41%	45 51% f	773 58% abef	274 46% f	23 33%	873 55% b	213 48%	171 42%	90 48%	145 55% a	183 58% ab	117 61% ab	112 57% a	49 66% ab	219 57% ab	446 58% ab	380 58% ab
NET: C2DE	933 46%	124 52% d	209 59% d	44 49%	569 42%	323 54% d	47 67% acde	704 45%	228 52% a	235 58% cdefghij	99 52% deghij	119 45%	132 42%	75 39%	83 43%	25 34%	164 43%	326 42%	272 42%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

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BASE: All respondents

	Total	Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	134 7%	60 9% bc	28 5%	45 6%	105 7%	13 6%	108 8% b	7 3%	97 8%	15 5%	97 8%	17 6%	91 9% b	23 5%
Social Grade B	417 21%	147 23% b	86 16%	179 22% b	317 22% b	35 15%	305 22%	47 20%	274 22%	57 18%	288 22%	45 17%	240 24% b	94 19%
Social Grade C1	536 27%	211 32% bc	121 23%	196 24%	402 28% b	44 19%	403 29%	56 24%	342 28%	80 25%	371 29% b	50 19%	289 29%	119 24%
Social Grade C2	256 13%	77 12%	73 14%	102 13%	177 12%	26 11%	166 12%	33 14%	154 13%	38 12%	161 12%	37 14%	120 12%	67 14%
Social Grade D	211 10%	55 8%	61 12%	93 12% a	127 9%	32 14% a	132 9%	31 13%	119 10%	37 12%	115 9%	37 14% a	96 10%	52 11%
Social Grade E	465 23%	100 15%	164 31% ac	185 23% a	294 21%	82 35% a	300 21%	61 26%	245 20%	89 28% a	265 20%	71 28% a	173 17%	135 27% a
NET: ABC1	1086 54%	418 64% bc	235 44%	420 53% b	823 58% b	93 40%	815 58% b	109 47%	712 58% b	153 48%	757 58% b	111 43%	620 61% b	236 48%
NET: C2DE	933 46%	232 36%	298 56% ac	380 47% a	598 42%	141 60% a	597 42%	125 53% a	518 42%	163 52% a	541 42%	145 57% a	389 39%	255 52% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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	2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	406 20%	170 17%	228 22% a	86 14%	111 17%	208 28% ab	19 19%	50 19%	50 25% g	44 21%	31 18%	49 22% g	47 15%	69 21% g	45 22% g
1 day	190 9%	84 9%	104 10%	50 8%	79 12% ac	61 8%	10 10%	22 8%	23 12%	21 10%	15 8%	19 9%	35 11%	27 8%	18 9%
2 days	265 13%	132 13%	133 13%	87 14%	95 14%	83 11%	12 12%	39 15%	22 11%	22 11%	23 13%	28 13%	45 14%	40 12%	33 16%
3 days	315 16%	145 15%	169 17%	124 20% bc	101 15%	90 12%	18 19%	42 16%	28 14%	30 14%	34 19% h	33 15%	58 18%	41 13%	30 14%
4 days	192 10%	104 11%	87 9%	68 11% c	66 10%	58 8%	5 6%	20 8%	16 8%	20 10%	16 9%	21 9%	36 11%	39 12%	19 9%
5 days	195 10%	97 10%	96 9%	76 12% c	68 10% c	51 7%	10 11%	25 9%	15 7%	15 7%	19 11%	23 10%	36 11%	36 11%	16 8%
6 days	74 4%	37 4%	35 3%	24 4%	25 4%	25 3%	7 7% hi	9 3%	7 3%	8 4%	8 5%	8 4%	15 5%	9 3%	4 2%
7 days	383 19%	211 22% b	167 16%	95 16%	115 17%	173 23% ab	16 16%	56 21%	37 19%	50 24% eg	27 16%	41 18%	49 15%	65 20%	43 21%
NET: None (0 days)	406 20%	170 17%	228 22% a	86 14%	111 17%	208 28% ab	19 19%	50 19%	50 25% g	44 21%	31 18%	49 22% g	47 15%	69 21% g	45 22% g
NET: Occasionally (1 day)	190 9%	84 9%	104 10%	50 8%	79 12% ac	61 8%	10 10%	22 8%	23 12%	21 10%	15 8%	19 9%	35 11%	27 8%	18 9%
NET: Some (2-4 days)	772 38%	381 39%	389 38%	279 46% bc	261 40% c	231 31%	36 37%	102 39%	66 34%	73 35%	72 42%	82 37%	139 43% cd	120 37%	82 39%
NET: Most 5+ days	652 32%	345 35% b	298 29%	194 32%	208 32%	249 33%	33 34%	90 34%	58 29%	73 35%	55 32%	72 32%	99 31%	110 34%	63 31%
Base for stats	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
Median	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

Significance Level: 95%

Unweighted Total

Total

Mean Score

Standard Deviation

Standard Error

Error variance

	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
	a	b	a	b	c	a	b	c	d	e	f	g	h	i
2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	3.23	3.45	3.37	3.23	3.13	3.23	3.33	2.96	3.36	3.24	3.18	3.27	3.29	3.15
	b													
Standard Deviation	2.472	2.475	2.249	2.397	2.697	2.445	2.505	2.559	2.608	2.358	2.498	2.289	2.506	2.523
Standard Error	.055	.080	.084	.092	.108	.229	.156	.172	.184	.163	.190	.126	.142	.177
Error variance	*	.01	.01	.01	.01	.05	.02	.03	.03	.03	.04	.02	.02	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	406 20%	12 9%	65 16%	93 17% a	41 16%	51 24% abcdg	143 31% abcdgh	171 16% a	235 25% abcdg	356 21% bg	6 10%	17 16%	10 14%	2 12%	2 16%	37 14%
1 day	190 9%	12 9%	33 8%	45 8%	26 10%	27 13% bg	46 10%	90 8%	99 11%	156 9%	13 22% acd	5 4%	6 9%	3 21%	1 8%	28 11% c
2 days	265 13%	24 18% f	54 13%	67 13%	42 16% f	29 14%	48 10%	145 13%	119 13%	216 13%	9 15%	18 17%	12 16%	3 16%	2 20%	43 16%
3 days	315 16%	22 16%	74 18% f	88 16%	47 19% f	29 14%	55 12%	183 17% f	132 14%	262 15%	8 13%	23 22%	15 20%	4 24%	- -	50 19%
4 days	192 10%	15 11%	48 11% h	55 10%	19 7%	21 10%	35 7%	117 11% h	75 8%	162 9%	5 9%	12 11%	8 11%	- -	2 15%	27 10%
5 days	195 10%	18 13% f	45 11%	49 9%	29 11%	20 9%	34 7%	112 10%	83 9%	155 9%	11 18% a	11 10%	11 14%	2 11%	2 15%	35 13% a
6 days	74 4%	7 5%	16 4%	26 5% fh	10 4%	5 2%	10 2%	49 4% fh	25 3%	60 4%	4 6%	5 5%	1 1%	1 7%	1 8%	12 4%
7 days	383 19%	25 19%	82 20% e	112 21% e	42 16%	28 13%	94 20% e	219 20% e	164 18%	339 20% bg	4 7%	16 15%	11 15%	2 9%	2 18%	34 13%
NET: None (0 days)	406 20%	12 9%	65 16%	93 17% a	41 16%	51 24% abcdg	143 31% abcdgh	171 16% a	235 25% abcdg	356 21% bg	6 10%	17 16%	10 14%	2 12%	2 16%	37 14%
NET: Occasionally (1 day)	190 9%	12 9%	33 8%	45 8%	26 10%	27 13% bg	46 10%	90 8%	99 11%	156 9%	13 22% acd	5 4%	6 9%	3 21%	1 8%	28 11% c
NET: Some (2-4 days)	772 38%	60 45% fh	176 42% fh	210 39% f	108 42% fh	80 38% f	138 30%	446 41% fh	326 35%	639 37%	22 37%	53 50% a	35 47%	6 40%	4 35%	120 45% a
NET: Most 5+ days	652 32%	49 37% e	143 34% e	187 35% eh	81 32%	53 25%	138 30%	380 35% eh	272 29%	555 33%	19 32%	32 30%	22 30%	4 28%	5 41%	82 31%
Base for stats	2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
Median	3	3	3	3	3	2	2	3	3	3	3	3	3	3	4	3

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	3.23	3.65	3.47	3.45	3.23	2.77	2.87	3.48	2.94	3.24	3.04	3.32	3.26	2.88	3.60	3.23
		efh	efh	efh	e			efh								
Standard Deviation	2.472	2.254	2.381	2.470	2.341	2.372	2.655	2.409	2.513	2.505	2.112	2.252	2.207	2.225	2.549	2.210
Standard Error	.055	.190	.118	.107	.138	.154	.131	.073	.082	.061	.262	.208	.248	.540	.707	.130
Error variance	*	.04	.01	.01	.02	.02	.02	.01	.01	*	.07	.04	.06	.29	.50	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total	2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total	2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	406	313	36	33	69	18	10	158	219	187	270	100	86	234	71	15	320	43	262
	20%	23% bcd	13%	12%	13%	23%	12%	31% bd	16%	28% bd	16%	48% a	25% ce	21% c	15%	17%	19% c	15%	19%
1 day	190	124	30	23	53	6	6	57	121	68	162	24	35	106	44	5	155	20	129
	9%	9%	11%	9%	10%	7%	7%	11%	9%	10%	9%	12%	10%	9%	9%	5%	9%	7%	10%
2 days	265	159	48	41	89	13	20	61	171	94	228	27	40	147	65	12	224	41	177
	13%	12%	18% a	16%	17% a	17%	23% cde	12%	13%	14%	13%	13%	12%	13%	14%	14%	13%	15%	13%
3 days	315	190	59	52	111	13	12	68	222	93	288	22	45	168	88	13	270	48	216
	16%	14%	21% a	20% a	21% a	16%	14%	14%	16%	14%	17% b	11%	13%	15%	19% a	15%	16%	17%	16%
4 days	192	131	16	35	51	7	14	45	125	67	175	11	35	93	51	13	157	36	118
	10%	10% b	6%	13% b	10%	9%	16% cd	9%	9%	10%	10%	5%	10%	8%	11%	15% b	9%	13% b	9%
5 days	195	128	25	28	53	6	7	36	146	49	184	9	18	113	52	11	177	25	149
	10%	9%	9%	11%	10%	8%	8%	7%	11% ce	7%	11% b	4%	5%	10% a	11% a	12% a	11% a	9%	11%
6 days	74	49	9	8	17	1	4	7	62	12	71	1	11	41	22	-	63	11	50
	4%	4%	3%	3%	3%	1%	5% c	1%	5% ce	2%	4% b	*	3%	4%	5% d	-	4% d	4%	4%
7 days	383	265	50	42	92	15	13	71	284	99	363	13	70	217	76	19	313	52	250
	19%	20%	18%	16%	17%	19%	15%	14%	21% ce	15%	21% b	6%	21%	19%	16%	22%	19%	19%	18%
NET: None (0 days)	406	313	36	33	69	18	10	158	219	187	270	100	86	234	71	15	320	43	262
	20%	23% bcd	13%	12%	13%	23%	12%	31% bd	16%	28% bd	16%	48% a	25% ce	21% c	15%	17%	19% c	15%	19%
NET: Occasionally (1 day)	190	124	30	23	53	6	6	57	121	68	162	24	35	106	44	5	155	20	129
	9%	9%	11%	9%	10%	7%	7%	11%	9%	10%	9%	12%	10%	9%	9%	5%	9%	7%	10%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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				Self-isolating status					Well enough to exercise today		Number of people in household including self						Care responsibilities in household not including children	
				2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others			
	Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No	
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total	2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total	2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
NET: Some (2-4 days)	772	480	123	128	251	33	46	174	518	254	691	61	120	408	204	39	651	125	512	
	38%	35%	45%	49%	47%	42%	53%	35%	38%	38%	40%	29%	35%	36%	43%	44%	39%	45%	38%	
			a	a	a		cde				b			ab			b			
NET: Most 5+ days	652	442	85	78	163	22	24	114	492	160	617	23	99	371	151	31	553	89	448	
	32%	33%	31%	30%	30%	28%	28%	23%	36%	24%	35%	11%	29%	33%	32%	34%	33%	32%	33%	
								ce			b									
Base for stats	2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351	
Median	3	3	3	3	3	3	3	2	3	2	3	1	3	3	3	3	3	3	3	
Mean Score	3.23	3.18	3.28	3.38	3.33	3.03	3.35	2.55	3.49	2.71	3.48	1.58	3.05	3.22	3.34	3.52	3.27	3.43	3.25	
							ce		ce		b									
Standard Deviation	2.472	2.539	2.324	2.221	2.273	2.472	2.209	2.442	2.451	2.431	2.427	2.052	2.592	2.503	2.312	2.407	2.446	2.353	2.453	
Standard Error	.055	.070	.137	.133	.096	.271	.227	.113	.066	.096	.058	.144	.145	.076	.102	.241	.059	.140	.067	
Error variance	*	*	.02	.02	.01	.07	.05	.01	*	.01	*	.02	.02	.01	.01	.06	*	.02	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

	Longstanding condition or illness						Area		Number of days active									
	Mental condition or illness	Physical condition or illness			NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness												
Total			Other	No			Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
	a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
2019 100%	237 100%	354 100%	90 100%	1342 100%	597 100%	70 100%	1577 100%	442 100%	406 100%	190 100%	265 100%	315 100%	192 100%	195 100%	74 100%	383 100%	772 100%	652 100%
406 20%	46 20%	121 34%	14 15%	239 18%	150 25%	26 37%	315 20%	91 20%	406 100%	-	-	-	-	-	-	-	-	-
		acde			cd	acde			bcdefghij									
190 9%	37 15% bcd	35 10%	5 6%	116 9%	66 11%	10 14%	156 10%	34 8%	-	190 100%	-	-	-	-	-	-	-	-
									acdefghij									
265 13%	34 14%	50 14%	23 25% abdef	158 12%	96 16% d	8 12%	210 13%	54 12%	-	-	265 100%	-	-	-	-	-	265 34%	-
									abdefghij								abdefghj	
315 16%	31 13%	41 12%	17 19%	225 17% b	81 14%	7 9%	241 15%	74 17%	-	-	-	315 100%	-	-	-	-	315 41%	-
									abcefg hij								abcefg hij	
192 10%	25 11%	29 8%	10 11%	132 10%	54 9%	6 9%	152 10%	40 9%	-	-	-	-	192 100%	-	-	-	192 25%	-
									abcd fghij								abcd fghj	
195 10%	23 10%	23 7%	5 5%	140 10% b	46 8%	4 6%	156 10%	39 9%	-	-	-	-	-	195 100%	-	-	-	195 30%
									abcde ghij								abcde ghi	
74 4%	7 3% b	3 1%	4 5% b	57 4% be	13 2%	-	57 4%	16 4%	-	-	-	-	-	-	74 100%	-	-	74 11%
									abcde fghij								abcde fhi	
383 19%	34 14%	53 15%	12 14%	275 21% abe	90 15%	9 13%	289 18%	94 21%	-	-	-	-	-	-	-	383 100%	-	383 59%
									abcde fgi j								abcde fgi	
406 20%	46 20%	121 34%	14 15%	239 18%	150 25%	26 37%	315 20%	91 20%	406 100%	-	-	-	-	-	-	-	-	-
		acde			cd	acde			bcdefghij									

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		Longstanding condition or illness						Area		Number of days active									
							NET: Longstanding physical and mental condition or illness												
	Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Occasionally (1 day)	190	37	35	5	116	66	10	156	34	-	190	-	-	-	-	-	-	-	-
	9%	15%	10%	6%	9%	11%	14%	10%	8%	-	100%	-	-	-	-	-	-	-	-
		bcd								acdefghij									
NET: Some (2-4 days)	772	90	120	50	515	232	21	604	168	-	-	265	315	192	-	-	-	772	-
	38%	38%	34%	55%	38%	39%	30%	38%	38%	-	-	100%	100%	100%	-	-	-	100%	-
				abdef						abfghj									
NET: Most 5+ days	652	64	79	21	472	149	13	503	149	-	-	-	-	-	195	74	383	-	652
	32%	27%	22%	24%	35%	25%	19%	32%	34%	-	-	-	-	-	100%	100%	100%	-	100%
				abcef						abcdei									
Base for stats	2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
Median	3	3	2	3	3	2	1	3	3	0	1	2	3	4	5	6	7	3	7
Mean Score	3.23	2.93	2.48	3.09	3.43	2.78	2.23	3.21	3.34	-	1.00	2.00	3.00	4.00	5.00	6.00	7.00	2.91	6.29
		bf		bf	abef					i									
Standard Deviation	2.472	2.364	2.479	2.205	2.462	2.415	2.433	2.458	2.521	-	-	-	-	-	*	-	-	.764	.897
Standard Error	.055	.148	.136	.226	.067	.099	.287	.062	.121	-	-	-	-	-	*	-	-	.027	.035
Error variance	*	.02	.02	.05	*	.01	.08	*	.01	-	-	-	-	-	*	-	-	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	406	28	149	210	184	122	197	101	131	138	137	128	120	162
	20%	4%	28%	26%	13%	52%	14%	43%	11%	44%	11%	50%	12%	33%
		a	a	a		a		a		a		a		a
1 day	190	33	42	109	130	21	127	26	93	33	106	26	98	38
	9%	5%	8%	14%	9%	9%	9%	11%	8%	10%	8%	10%	10%	8%
			a	ab										
2 days	265	83	56	125	177	28	196	26	159	41	171	29	123	71
	13%	13%	11%	16%	12%	12%	14%	11%	13%	13%	13%	11%	12%	15%
				b										
3 days	315	109	83	120	241	21	235	27	208	41	214	30	165	67
	16%	17%	16%	15%	17%	9%	17%	12%	17%	13%	17%	12%	16%	14%
					b		b							
4 days	192	89	32	70	157	6	147	14	139	15	146	11	105	36
	10%	14%	6%	9%	11%	3%	10%	6%	11%	5%	11%	4%	10%	7%
		bc			b		b		b		b			
5 days	195	93	43	59	155	12	148	15	140	20	151	13	118	42
	10%	14%	8%	7%	11%	5%	10%	6%	11%	6%	12%	5%	12%	9%
		bc			b		b		b		b			
6 days	74	40	15	17	63	5	59	2	59	5	57	3	51	8
	4%	6%	3%	2%	4%	2%	4%	1%	5%	2%	4%	1%	5%	2%
		bc					b		b		b		b	
7 days	383	176	112	90	314	19	303	24	300	24	315	14	230	65
	19%	27%	21%	11%	22%	8%	21%	10%	24%	8%	24%	6%	23%	13%
		bc	c		b		b		b		b		b	
NET: None (0 days)	406	28	149	210	184	122	197	101	131	138	137	128	120	162
	20%	4%	28%	26%	13%	52%	14%	43%	11%	44%	11%	50%	12%	33%
		a	a	a		a		a		a		a		a
NET: Occasionally (1 day)	190	33	42	109	130	21	127	26	93	33	106	26	98	38
	9%	5%	8%	14%	9%	9%	9%	11%	8%	10%	8%	10%	10%	8%
			a	ab										
NET: Some (2-4 days)	772	281	172	315	574	55	577	67	506	96	532	70	393	175
	38%	43%	32%	39%	40%	23%	41%	29%	41%	30%	41%	28%	39%	36%
		b		b	b		b		b		b			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	652	308	170	166	532	36	511	40	500	49	523	31	399	115
	32%	47%	32%	21%	37%	15%	36%	17%	41%	16%	40%	12%	39%	23%
		bc	c		b		b		b		b		b	
Base for stats	2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
Median	3	4	3	2	3	0	3	1	4	1	4	0	3	2
Mean Score	3.23	4.33	3.04	2.53	3.65	1.65	3.56	1.99	3.86	1.88	3.84	1.59	3.73	2.53
		bc	c		b		b		b		b		b	
Standard Deviation	2.472	2.130	2.636	2.288	2.392	2.258	2.405	2.333	2.358	2.213	2.361	2.079	2.393	2.429
Standard Error	.055	.083	.116	.081	.063	.149	.064	.151	.067	.125	.066	.129	.075	.110
Error variance	*	.01	.01	.01	*	.02	*	.02	*	.02	*	.02	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q2. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to a typical week before the COVID-19 restrictions were introduced?

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		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	175 9%	82 8%	91 9%	92 15% bc	54 8% c	28 4%	5 5%	18 7%	18 9%	25 12% i	15 9%	18 8%	39 12% abi	25 8%	12 6%
A bit more	(4.0)	475 24%	241 25%	230 23%	178 29% bc	154 23%	143 19%	20 21%	62 24%	45 23%	48 23%	34 19%	61 27%	82 26%	80 25%	44 21%
Neither more nor less	(3.0)	533 26%	273 28%	256 25%	93 15%	176 27% a	264 35% ab	24 25%	73 28% g	62 31% g	58 28% g	45 26% g	62 28% g	61 19%	80 24%	68 33% gh
A bit less	(2.0)	361 18%	180 18%	181 18%	111 18%	107 16%	143 19%	20 21%	52 20%	32 16%	34 16%	26 15%	40 18%	61 19%	54 17%	41 20%
A lot less	(1.0)	439 22%	190 19%	246 24% a	117 19%	161 24% a	161 21%	25 26%	54 21%	37 19%	41 20%	51 29% bcdghi	42 19%	65 20%	82 25%	42 20%
Don't know		36 2%	13 1%	16 2%	18 3% b	7 1%	11 1%	2 2% f	4 2%	3 2%	5 2% f	1 1%	- - efhi	13 4%	5 2%	2 1%
NET: More		650 32%	322 33%	321 32%	271 44% bc	208 32% c	171 23%	25 26%	80 30%	63 32%	72 34%	49 28%	78 35%	121 38% aei	105 32%	55 27%
NET: Less		800 40%	370 38%	427 42%	229 37%	268 41%	304 41%	46 47% cd	106 40%	69 35%	75 36%	77 45% c	82 37%	126 39%	136 42%	83 40%
Base for stats		1983	966	1004	592	652	738	95	259	194	206	172	223	308	322	206
Mean Score		2.79	2.84	2.74	3.03 bc	2.75	2.64	2.57	2.76	2.87 a	2.91 ae	2.63	2.87 a	2.90 ae	2.73	2.72
Standard Deviation		1.271	1.240	1.299	1.381	1.287	1.132	1.240	1.225	1.237	1.295	1.330	1.231	1.346	1.297	1.172
Standard Error		.029	.041	.040	.052	.050	.046	.118	.077	.084	.093	.092	.094	.076	.074	.082
Error variance		*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	.01	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q2. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to a typical week before the COVID-19 restrictions were introduced?

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		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	175	22	32	63	23	17	18	117	58	132	8	12	10	3	2	34
		9%	17%	8%	12%	9%	8%	4%	11%	6%	8%	13%	12%	13%	16%	14%	13%
			bdefgh	f	bfh	f	f		fh								a
A bit more	(4.0)	475	38	115	148	54	38	82	301	174	404	12	32	14	1	3	62
		24%	29%	27%	28%	21%	18%	18%	28%	19%	24%	21%	30%	19%	5%	24%	23%
			efh	efh	defh				defh								
Neither more nor less	(3.0)	533	28	86	121	73	61	164	235	298	469	12	19	17	3	4	55
		26%	21%	21%	23%	28%	29%	35%	22%	32%	27%	21%	18%	23%	17%	33%	21%
					bg	bg	abcg		abcg		cg						
A bit less	(2.0)	361	25	88	94	37	37	81	206	155	309	12	16	16	5	-	49
		18%	19%	21%	17%	15%	17%	17%	19%	17%	18%	20%	15%	21%	30%	-	18%
				dh													
A lot less	(1.0)	439	20	91	102	65	57	104	214	225	371	13	25	15	4	3	61
		22%	15%	22%	19%	25%	27%	22%	20%	24%	22%	22%	24%	21%	24%	28%	23%
					acg	acg			acg								
Don't know		36	1	5	8	4	2	17	14	23	21	2	1	2	1	-	5
		2%	1%	1%	1%	2%	1%	4%	1%	2%	1%	3%	1%	2%	7%	-	2%
							bceg		g								
NET: More		650	60	147	211	77	55	100	418	232	537	20	45	24	3	5	97
		32%	45%	35%	39%	30%	26%	21%	38%	25%	31%	34%	42%	33%	22%	38%	36%
			bdefh	efh	defh	f			defh				a				
NET: Less		800	45	179	196	102	93	185	420	380	680	25	42	31	9	3	110
		40%	34%	43%	37%	40%	44%	40%	39%	41%	40%	42%	39%	42%	54%	28%	41%
				c			ac										
Base for stats		1983	133	412	528	252	209	448	1073	910	1686	57	106	72	15	12	262
		2.79	3.13	2.78	2.95	2.74	2.63	2.62	2.91	2.65	2.77	2.82	2.91	2.83	2.57	2.96	2.85
			bdefh		bdefh				efh								
Standard Deviation		1.271	1.320	1.281	1.307	1.302	1.277	1.142	1.303	1.220	1.252	1.369	1.375	1.350	1.436	1.459	1.366
		.029	.112	.064	.057	.078	.083	.058	.040	.040	.031	.172	.128	.154	.359	.405	.081
Error variance		*	.01	*	*	.01	.01	*	*	*	*	.03	.02	.02	.13	.16	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q2. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to a typical week before the COVID-19 restrictions were introduced?

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	175	103	26	40	65	15	6	34	121	54	166	6	20	75	62	17	154	33	117
		9%	8%	9%	15%	12%	18%	7%	7%	9%	8%	10%	3%	6%	7%	13%	19%	9%	12%	9%	
					ab	a	bcde					b				abe	abe	b			
A bit more		(4.0)	475	299	80	66	146	15	32	97	331	144	428	35	63	261	130	22	413	97	306
		24%	22%	29%	25%	27%	19%	37%	19%	25%	22%	25%	17%	18%	23%	28%	24%	25%	35%	23%	
				a		a		acde		c		b				a		a	b		
Neither more nor less		(3.0)	533	405	54	44	98	16	19	145	354	179	445	67	123	306	90	14	410	47	356
		26%	30%	20%	17%	18%	20%	21%	29%	26%	27%	26%	32%	36%	27%	19%	16%	24%	17%	26%	
			bcd									a		bcde	cd			cd		a	
A bit less		(2.0)	361	242	57	45	102	12	14	80	255	106	322	28	55	209	83	14	306	40	258
		18%	18%	21%	17%	19%	15%	16%	16%	19%	16%	18%	13%	16%	19%	18%	16%	18%	15%	19%	
A lot less		(1.0)	439	293	57	66	123	20	14	137	268	171	356	66	73	249	98	19	365	54	304
		22%	22%	21%	25%	23%	25%	16%	27%	20%	26%	20%	32%	22%	22%	21%	21%	22%	19%	22%	
									bd		bd	a									
Don't know		36	17	1	1	2	2	3	11	20	16	23	5	6	19	8	3	30	5	10	
		2%	1%	*	*	*	2%	3%	2%	2%	2%	1%	3%	2%	2%	2%	4%	2%	2%	1%	
NET: More		650	402	105	106	211	30	38	130	452	198	594	41	83	336	192	38	567	130	423	
		32%	30%	38%	40%	39%	38%	43%	26%	33%	30%	34%	20%	24%	30%	41%	43%	34%	47%	31%	
				a	a	a	c	ce		c		b				abe	ab	ab	b		
NET: Less		800	534	114	111	225	32	28	216	523	277	678	94	128	458	181	33	672	94	561	
		40%	39%	42%	42%	42%	40%	32%	43%	39%	41%	39%	45%	38%	41%	38%	37%	40%	34%	42%	
								b											a		
Base for stats		1983	1341	273	261	534	78	85	492	1329	654	1717	202	334	1099	463	86	1649	272	1340	
Mean Score		2.79	2.76	2.85	2.88	2.87	2.90	3.02	2.62	2.84	2.70	2.84	2.45	2.71	2.73	2.95	3.03	2.81	3.06	2.76	
								ce		ce		b				abe	ab		b		
Standard Deviation		1.271	1.236	1.303	1.427	1.364	1.468	1.225	1.265	1.259	1.293	1.276	1.202	1.180	1.239	1.357	1.451	1.289	1.337	1.272	
Standard Error		.029	.034	.077	.085	.057	.163	.128	.059	.034	.052	.031	.086	.067	.038	.060	.148	.032	.080	.035	
Error variance		*	*	.01	.01	*	.03	.02	*	*	*	*	.01	*	*	*	.02	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q2. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to a typical week before the COVID-19 restrictions were introduced?

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
		Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	175	23	24	10	119	50	5	143	31	7	3	9	19	24	34	14	64	52	112
		9%	10%	7%	11%	9%	8%	8%	9%	7%	2%	2%	3%	6% ab	13% abcdi	18% abcdi	19% abcdi	17% abcdi	7% abc	17% abcdi
A bit more	(4.0)	475	53	65	27	323	131	15	367	108	21	30	73	90	65	58	26	112	229	196
		24%	23%	18%	30% b	24% b	22%	21%	23%	25%	5%	16% a	28% ab	29% ab	34% ab	30% ab	35% ab	29% ab	30% ab	30% ab
Neither more nor less	(3.0)	533	56	100	17	362	154	14	401	132	149	42	56	83	32	43	15	112	172	170
		26%	24%	28%	19%	27%	26%	20%	25%	30%	37% bcdefghij	22%	21%	26% e	17%	22%	20%	29% cei	22%	26% e
A bit less	(2.0)	361	43	57	13	254	97	12	287	74	56	36	54	68	52	36	11	48	174	95
		18%	18%	16%	14%	19%	16%	17%	18%	17%	14%	19% h	20% ahj	22% ahj	27% afghj	19%	15%	13%	23% ahj	15%
A lot less	(1.0)	439	55	104	20	270	154	22	355	84	154	73	71	52	17	23	7	42	140	71
		22%	23%	29% d	22%	20%	26% d	31% d	22%	19%	38% cdefghij	38% cdefghij	27% defghij	17% ehj	9%	12%	9%	11%	18% efghj	11%
Don't know		36	6	4	3	13	11	2	24	12	19	5	1	2	1	1	2	5	4	7
		2%	2%	1%	3%	1%	2%	3%	2%	3%	5% cdefhij	3% ci	*	1%	1%	*	3%	1%	1%	1%
NET: More		650	76	89	37	442	181	20	510	140	28	33	83	109	89	93	40	176	281	308
		32%	32%	25%	41% be	33% b	30%	29%	32%	32%	7%	17% a	31% ab	35% ab	46% abcdi	47% abcdi	54% abcdi	46% abcdi	36% ab	47% abcdi
NET: Less		800	98	161	33	524	251	34	642	158	210	109	125	120	70	59	17	90	315	166
		40%	41%	45% d	37%	39%	42%	48%	41%	36%	52% defghij	58% cdefghij	47% defghj	38% ghj	36% ghj	30%	24%	24%	41% fghj	26%
Base for stats		1983	231	350	87	1328	586	68	1553	430	387	185	264	313	191	194	72	378	767	644
		2.79	2.76	2.57	2.93 b	2.82 b	2.70	2.57	2.78	2.83	2.15	2.21	2.61 ab	2.86 abc	3.14 abcdi	3.24 abcdi	3.41 abcdi	3.28 abcdi	2.84 abc	3.28 abcdi
Standard Deviation		1.271	1.313	1.278	1.354	1.255	1.303	1.346	1.287	1.214	1.067	1.181	1.244	1.184	1.214	1.270	1.225	1.210	1.228	1.229
		.029	.083	.070	.141	.035	.054	.161	.033	.059	.056	.087	.076	.066	.088	.090	.143	.063	.044	.049
Error variance		*	.01	*	.02	*	*	.03	*	*	*	.01	.01	*	.01	.01	.02	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q2. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to a typical week before the COVID-19 restrictions were introduced?

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	175 9%	175 27% bc	- -	- -	137 10%	13 6%	130 9%	22 9%	126 10%	28 9%	123 9%	21 8%	112 11%	39 8%
A bit more	(4.0)	475 24%	475 73% bc	- -	- -	365 26% b	36 15%	365 26% b	36 15%	309 25%	67 21%	335 26% b	48 19%	270 27% b	99 20%
Neither more nor less	(3.0)	533 26%	- -	533 100% ac	- -	321 23%	82 35% a	318 22%	77 33% a	275 22%	100 31% a	291 22%	83 33% a	202 20%	151 31% a
A bit less	(2.0)	361 18%	- -	- -	361 45% ab	288 20% b	33 14%	275 19%	33 14%	239 19%	47 15%	245 19%	37 15%	192 19%	83 17%
A lot less	(1.0)	439 22%	- -	- -	439 55% ab	298 21%	65 28% a	312 22%	61 26%	271 22%	71 22%	293 23%	61 24%	218 22%	116 24%
Don't know		36 2%	- -	- -	- -	11 1%	4 2%	13 1%	5 2%	11 1%	5 1%	12 1%	5 2%	16 2%	3 1%
NET: More		650 32%	650 100% bc	- -	- -	503 35% b	49 21%	495 35% b	58 25%	434 35%	95 30%	458 35% b	69 27%	382 38% b	137 28%
NET: Less		800 40%	- -	- -	800 100% ab	587 41%	98 42%	587 42%	94 40%	510 41%	117 37%	538 41%	98 38%	410 41%	199 41%
Base for stats		1983	650	533	800	1410	230	1399	229	1219	312	1286	251	993	487
Mean Score		2.79	4.27 c	3.00	1.45	2.83 b	2.56	2.80	2.67	2.82	2.79	2.81	2.72	2.87 b	2.71
Standard Deviation		1.271	.444	-	.498	1.293	1.218	1.297	1.284	1.311	1.260	1.307	1.258	1.333	1.252
Standard Error		.029	.017	-	.018	.034	.081	.035	.084	.038	.072	.036	.079	.042	.057
Error variance		*	*	-	*	*	.01	*	.01	*	.01	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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	2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1187	553	630	332	391	464	61	162	111	109	108	145	165	193	134
	59%	56%	62%	54%	59%	62%	62%	62%	56%	52%	62%	65%	51%	59%	64%
			a			a	g	dg			dg	dg			dg
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	453	229	222	202	140	110	19	51	46	59	32	47	88	65	47
	22%	23%	22%	33%	21%	15%	19%	19%	23%	28%	18%	21%	27%	20%	22%
				bc	c					beh			beh		
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	410	159	249	193	150	67	19	50	28	42	30	37	102	64	40
	20%	16%	24%	32%	23%	9%	19%	19%	14%	20%	18%	17%	32%	19%	19%
			a	bc	c								abcdefhi		
Running or jogging	314	168	143	178	108	28	14	39	21	31	28	20	87	47	29
	16%	17%	14%	29%	16%	4%	14%	15%	11%	15%	16%	9%	27%	14%	14%
				bc	c						f		abcdefhi		
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	292	153	137	119	116	57	8	34	29	36	27	31	49	49	28
	14%	16%	13%	20%	18%	8%	9%	13%	15%	17%	16%	14%	15%	15%	14%
				c	c					a					
Cycling (either for leisure or travel)	193	119	71	81	66	46	11	21	19	15	23	21	37	30	16
	10%	12%	7%	13%	10%	6%	11%	8%	10%	7%	13%	10%	12%	9%	8%
		b		bc	c						d				
Other sport, exercise or physical activity	113	68	45	27	31	55	8	11	13	9	9	11	11	16	25
	6%	7%	4%	5%	5%	7%	8%	4%	7%	4%	5%	5%	4%	5%	12%
		b				a									bdefgh
I have not done any physical activity in the past week	290	119	164	51	84	155	13	32	40	33	25	35	38	49	26
	14%	12%	16%	8%	13%	21%	13%	12%	21%	16%	14%	16%	12%	15%	12%
			a		a	ab			bgi						
NET: Home based activity	897	417	476	368	319	211	34	109	83	104	72	96	175	137	87
	44%	43%	47%	60%	48%	28%	35%	41%	42%	49%	42%	43%	55%	42%	42%
				bc	c					a			abcefhi		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1187	68	265	329	151	118	256	662	526	1046	34	46	33	6	8	127
	59%	51%	63% afh	61% af	59%	56%	55%	61% afh	56%	61% cdg	59%	44%	44%	37%	65%	48%
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	453	50	106	135	55	43	63	292	161	361	25	30	23	3	2	83
	22%	38% bcdefgh	25% fh	25% fh	21% f	20% f	14%	27% efh	17%	21%	42% a	28%	32% a	17%	21%	31% a
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	410	53	107	129	51	29	41	289	121	318	24	30	22	6	1	83
	20%	40% bcdefgh	26% efh	24% efh	20% fh	14% f	9%	27% defh	13% f	19%	41% a	28% a	30% a	36%	9%	31% a
Running or jogging	314	46	95	82	47	23	21	223	91	220	27	29	21	2	3	83
	16%	34% bcdefgh	23% cefh	15% fh	18% efh	11% f	5%	21% cefh	10% f	13%	46% acd	27% a	29% a	16%	22%	31% a
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	292	28	67	85	43	34	35	180	112	236	11	20	18	1	2	52
	14%	21% fh	16% fh	16% fh	17% fh	16% f	8%	17% fh	12% f	14%	19%	19%	24% a	4%	14%	19% a
Cycling (either for leisure or travel)	193	31	42	50	32	19	18	123	69	156	12	10	7	2	-	30
	10%	23% bcdefgh	10% f	9% f	13% fh	9% f	4%	11% fh	7% f	9%	20% ac	10%	9%	10%	-	11%
Other sport, exercise or physical activity	113	6	28	19	12	10	38	53	60	102	2	3	3	1	-	8
	6%	5% c	7% c	4%	5%	5%	8% cg	5% cg	6% c	6% g	3%	2%	4%	5%	-	3%
I have not done any physical activity in the past week	290	8	34	53	27	42	127	94	196	251	3	14	6	4	1	28
	14%	6%	8%	10%	10%	20% abcdg	27% abcdegh	9% abcdg	21% abcdg	15% bg	4%	13%	8%	25%	8%	10%
NET: Home based activity	897	93	215	270	114	83	122	578	319	726	42	59	45	7	3	156
	44%	69% bcdefgh	52% efh	50% efh	45% fh	39% f	26%	53% defh	34% f	43%	71% ac	55% a	61% a	45%	29%	59% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

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				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total	2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total	2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1187 59%	822 61%	166 61%	143 55%	310 58%	25 31%	30 34%	216 43% a	916 68% abce	271 41%	1109 64% b	52 25%	201 59% d	690 62% cd	263 56% d	33 37%	986 59% d	136 49%	835 62% a
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	453 22%	290 21%	60 22%	79 30% ab	140 26% a	26 32% cd	32 37% cde	95 19%	300 22%	153 23%	419 24% b	26 12%	75 22%	220 20%	135 29% abe	23 26%	378 23%	78 28% b	290 22%
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	410 20%	224 17%	75 27% a	85 33% a	160 30% a	23 29% ce	22 26% c	82 16%	283 21% c	127 19%	375 22% b	24 12%	47 14%	200 18%	143 30% abe	21 24% a	364 22% ab	69 25%	284 21%
Running or jogging	314 16%	172 13%	51 18% a	70 27% ab	120 22% a	13 16% c	24 27% cde	43 9%	235 17% ce	80 12%	290 17% b	16 8%	31 9%	136 12%	128 27% abe	19 21% ab	283 17% ab	58 21% b	213 16%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	292 14%	132 10%	64 23% a	73 28% a	137 25% a	15 19%	17 20%	64 13%	196 15%	96 14%	263 15%	23 11%	22 7%	142 13% a	108 23% abe	20 22% ab	270 16% ab	57 21% b	208 15%
Cycling (either for leisure or travel)	193 10%	103 8%	34 12% a	43 16% a	76 14% a	9 12% c	13 15% ce	29 6%	141 10% ce	51 8%	176 10% b	10 5%	23 7%	98 9%	57 12% ab	14 16% ab	170 10%	36 13%	128 9%
Other sport, exercise or physical activity	113 6%	79 6%	15 5%	16 6%	31 6%	4 4%	4 5%	40 8% d	66 5%	48 7% d	99 6%	9 4%	13 4%	67 6%	30 6%	4 4%	100 6%	21 8%	77 6%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

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				Self-isolating status					Well enough to exercise today		Number of people in household including self						Care responsibilities in household not including children	
				2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others			
	Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No	
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total	2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total	2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
I have not done any physical activity in the past week	290	222	20	24	44	16	8	124	142	149	177	89	64	172	44	10	226	25	188	
	14%	16%	7%	9%	8%	21%	9%	25%	10%	22%	10%	43%	19%	15%	9%	11%	13%	9%	14%	
		bcd				bd		bd	bd		a		ce	c		c		a		
NET: Home based activity	897	526	152	166	319	45	54	193	605	292	819	60	120	450	275	53	777	153	607	
	44%	39%	56%	63%	59%	57%	61%	38%	45%	44%	47%	29%	35%	40%	58%	59%	46%	55%	45%	
		a	a	a		cde	cde		c		b				abe	abe	ab	b		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

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

BASE: All respondents

	Longstanding condition or illness							Area		Number of days active									
	Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1187	134	169	36	850	300	34	926	262	112	123	166	201	120	131	53	282	486	467
	59%	57%	48%	40%	63%	50%	48%	59%	59%	27%	65%	63%	64%	62%	67%	72%	74%	63%	72%
		bc			abcef						a	a	a	a	a	a	abcdei	a	acdei
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	453	54	64	23	310	125	14	377	75	19	28	61	90	62	62	27	105	213	193
	22%	23%	18%	25%	23%	21%	20%	24%	17%	5%	15%	23%	29%	33%	32%	37%	27%	28%	30%
								b			a	ab	ab	abc	abc	abc	ab	ab	abc
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	410	45	41	23	296	101	6	341	69	12	29	50	76	58	59	28	97	185	184
	20%	19%	12%	26%	22%	17%	9%	22%	16%	3%	15%	19%	24%	30%	30%	38%	25%	24%	28%
		bf		bef	bef	b		b			a	a	ab	abc	abc	abcdhi	ab	ab	abc
Running or jogging	314	33	20	13	235	63	4	251	63	5	23	35	64	40	56	14	77	139	147
	16%	14%	6%	14%	17%	11%	5%	16%	14%	1%	12%	13%	20%	21%	29%	19%	20%	18%	23%
		bf		b	bef	b					a	a	abc	abc	abcdhi	a	abc	a	abci
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	292	46	43	24	179	102	10	218	74	22	16	54	55	36	33	16	61	145	110
	14%	19%	12%	27%	13%	17%	15%	14%	17%	5%	8%	20%	17%	19%	17%	22%	16%	19%	17%
		bd		bde	bd							ab	ab	ab	ab	ab	ab	ab	ab
Cycling (either for leisure or travel)	193	28	21	7	134	50	5	144	49	6	9	19	36	35	31	18	40	90	89
	10%	12%	6%	8%	10%	8%	7%	9%	11%	1%	5%	7%	11%	18%	16%	24%	10%	12%	14%
		b			b						a	a	ab	abcdhi	abc	abcdhij	ab	abc	abc
Other sport, exercise or physical activity	113	14	30	4	69	40	7	75	38	13	6	16	20	8	13	2	35	44	51
	6%	6%	9%	5%	5%	7%	10%	5%	9%	3%	3%	6%	6%	4%	7%	3%	9%	6%	8%
			d						a				a		a		abei	a	ab
I have not done any physical activity in the past week	290	33	95	11	160	113	21	221	69	244	14	8	5	4	3	-	11	18	14
	14%	14%	27%	13%	12%	19%	29%	14%	16%	60%	7%	3%	2%	2%	2%	-	3%	2%	2%
			acde			d	acde			bcdefghij	cdefghij								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

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

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

NET: Home based activity

	Longstanding condition or illness						Area		Number of days active									
Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
	a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
897	114	121	52	609	257	26	718	179	48	64	131	168	124	114	51	198	422	363
44%	48%	34%	58%	45%	43%	37%	46%	41%	12%	34%	49%	53%	64%	58%	70%	52%	55%	56%
	b		bdef	b	b					a	ab	ab	abcdhij	ab	abcdhij	ab	ab	ab

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

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

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1187	384	304	496	924	96	896	101	789	147	844	107	639	263
	59%	59%	57%	62%	65%	41%	63%	43%	64%	47%	65%	42%	63%	54%
					b		b		b		b		b	
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	453	211	81	156	360	40	370	36	331	49	365	28	286	75
	22%	32%	15%	20%	25%	17%	26%	15%	27%	15%	28%	11%	28%	15%
		bc		b	b		b		b		b		b	
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	410	206	66	132	326	23	316	38	304	47	309	35	262	72
	20%	32%	12%	17%	23%	10%	22%	16%	25%	15%	24%	14%	26%	15%
		bc		b	b		b		b		b		b	
Running or jogging	314	158	60	93	262	17	252	22	240	24	259	15	215	42
	16%	24%	11%	12%	18%	7%	18%	10%	19%	8%	20%	6%	21%	9%
		bc			b		b		b		b		b	
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	292	122	54	113	214	30	217	29	193	47	186	45	157	77
	14%	19%	10%	14%	15%	13%	15%	13%	16%	15%	14%	18%	16%	16%
		bc		b										
Cycling (either for leisure or travel)	193	95	45	53	152	11	154	11	150	16	153	14	125	30
	10%	15%	8%	7%	11%	5%	11%	5%	12%	5%	12%	6%	12%	6%
		bc			b		b		b		b		b	
Other sport, exercise or physical activity	113	44	31	38	85	9	85	15	74	10	78	14	53	25
	6%	7%	6%	5%	6%	4%	6%	6%	6%	3%	6%	6%	5%	5%
									b					
I have not done any physical activity in the past week	290	20	112	136	117	87	126	76	83	102	86	92	73	121
	14%	3%	21%	17%	8%	37%	9%	33%	7%	32%	7%	36%	7%	25%
			a	a		a		a		a		a		a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

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

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

NET: Home based activity

	Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
	a	b	c	a	b	a	b	a	b	a	b	a	b
2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
897	398	168	321	685	75	698	82	630	115	662	84	537	178
44%	61%	31%	40%	48%	32%	49%	35%	51%	36%	51%	33%	53%	36%
	bc		b	b		b		b		b		b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

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

		Nobody, I did this on my own	With another adult or adults	With a child or children	NET: With somebody else
	Total				
Walking (either for leisure or travel)	1187 100%	622 52%	476 40%	170 14%	566 48%
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	453 100%	353 78%	68 15%	42 9%	99 22%
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	410 100%	256 62%	106 26%	67 16%	154 38%
Running or jogging	314 100%	233 74%	61 19%	26 8%	81 26%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	292 100%	86 29%	112 38%	118 40%	206 71%
Cycling (either for leisure or travel)	193 100%	131 68%	45 23%	28 15%	61 32%
Other sport, exercise or physical activity	113 100%	79 70%	26 23%	12 11%	34 30%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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	1177	522	651	392	397	388	71	158	124	103	132	110	167	181	131
Total	1187	553	630	332	391	464	61	162	111	109	108	145	165	193	134
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	622	313	306	155	187	280	33	86	64	65	50	73	93	90	67
	52%	57%	49%	47%	48%	60%	55%	53%	58%	60%	46%	50%	57%	47%	50%
		b				ab				eh					
With another adult or adults	476	222	252	149	152	175	23	64	38	36	47	65	59	82	62
	40%	40%	40%	45%	39%	38%	38%	39%	34%	33%	44%	45%	36%	43%	47%
				c											cd
With a child or children	170	54	116	55	100	15	9	21	17	15	18	20	20	35	15
	14%	10%	18%	16%	26%	3%	14%	13%	15%	14%	17%	14%	12%	18%	11%
			a	c	ac										
NET: With somebody else	566	240	324	176	205	185	27	76	47	44	58	72	72	103	67
	48%	43%	51%	53%	52%	40%	45%	47%	42%	40%	54%	50%	43%	53%	50%
		a		c	c					d				d	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		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	1177	72	254	325	169	134	223	651	526	1025	39	50	34	6	8	137
Total	1187	68	265	329	151	118	256	662	526	1046	34	46	33	6	8	127
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	622	35	129	178	69	66	146	341	280	544	18	24	19	2	5	69
	52%	51%	49%	54%	45%	56%	57%	52%	53%	52%	54%	52%	58%	38%	63%	54%
							d									
With another adult or adults	476	31	121	128	62	38	96	280	196	424	15	21	8	3	2	48
	40%	46%	46%	39%	41%	32%	37%	42%	37%	41%	43%	45%	25%	46%	25%	38%
			eh					e								
With a child or children	170	11	44	43	34	22	15	98	71	151	3	6	6	1	1	16
	14%	17%	16%	13%	23%	19%	6%	15%	14%	14%	8%	13%	17%	16%	13%	13%
		f	f	f	cfgh	f		f	f							
NET: With somebody else	566	33	136	151	83	53	110	320	245	502	16	22	14	4	3	58
	48%	49%	51%	46%	55%	44%	43%	48%	47%	48%	46%	48%	42%	62%	37%	46%
					f											

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	*a	b	c	d	e	a	b	a	b	c	d	e	a	b
1177	790	174	157	331	27	35	195	920	257	1100	51	184	664	290	39	993	143	831
1187	822	166	143	310	25	30	216	916	271	1109	52	201	690	263	33	986	136	835
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
622	478	59	52	111	14	15	120	472	150	575	31	185	311	115	10	437	67	360
52%	58%	35%	37%	36%	57%	52%	56%	51%	55%	52%	60%	92%	45%	44%	31%	44%	49%	43%
	bcd											bcd						
476	332	73	54	127	11	12	83	371	105	450	17	14	336	109	18	462	54	404
40%	40%	44%	37%	41%	43%	40%	38%	40%	39%	41%	32%	7%	49%	41%	54%	47%	40%	48%
													ac	a	a	a		
170	18	74	69	143	2	2	19	147	23	164	5	2	79	80	9	168	24	143
14%	2%	45%	48%	46%	7%	8%	9%	16%	8%	15%	10%	1%	11%	30%	26%	17%	18%	17%
		a	a	a				ce					a	abe	ab	ab		
566	345	107	91	198	11	14	96	444	121	534	21	16	379	148	23	550	69	475
48%	42%	65%	63%	64%	43%	48%	44%	49%	45%	48%	40%	8%	55%	56%	69%	56%	51%	57%
		a	a	a									a	a	a	a		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

	Longstanding condition or illness						Area		Number of days active									
	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Total	a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
1177	146	158	39	834	304	34	920	257	107	123	168	207	116	135	54	267	491	456
1187	134	169	36	850	300	34	926	262	112	123	166	201	120	131	53	282	486	467
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
622	72	105	17	430	172	19	489	133	70	71	81	105	63	52	28	151	250	231
52%	53%	62% d	48%	51%	57% d	57%	53%	51%	63% cfij	58% f	49%	53% f	52% f	40%	52%	54% f	51% f	49% f
476	53	52	16	354	105	13	367	109	36	40	63	77	53	70	22	115	193	207
40%	39%	31%	44%	42% be	35%	37%	40%	42%	32%	33%	38%	38%	44%	53% abcdhi	41%	41%	40%	44% ab
170	19	16	6	130	36	4	132	38	10	17	34	36	13	17	7	35	82	60
14%	14%	9%	16%	15%	12%	11%	14%	14%	9%	14%	20% aehj	18% a	11%	13%	14%	12%	17% a	13%
566	63	64	19	420	128	14	437	129	41	52	84	95	57	79	26	131	237	236
48%	47%	38%	52%	49% be	43%	43%	47%	49%	37%	42%	51% a	47%	48%	60% abdehij	48%	46%	49% a	51% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	1177	389	288	496	915	96	882	108	776	146	829	112	636	260
Total	1187	384	304	496	924	96	896	101	789	147	844	107	639	263
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	622	171	185	263	478	51	454	57	398	74	428	52	333	127
	52%	45%	61% ac	53% a	52%	54%	51%	56%	50%	51%	51%	48%	52%	48%
With another adult or adults	476	178	104	194	383	36	375	35	330	63	353	47	251	117
	40%	47% bc	34%	39%	41%	37%	42%	35%	42%	43%	42%	44%	39%	44%
With a child or children	170	73	31	66	129	13	129	15	115	18	124	19	95	39
	14%	19% bc	10%	13%	14%	13%	14%	15%	15%	12%	15%	18%	15%	15%
NET: With somebody else	566	213	119	234	446	45	442	44	391	73	416	55	306	136
	48%	55% bc	39%	47% b	48%	46%	49%	44%	50%	49%	49%	52%	48%	52%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		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	206	127	76	98	67	41	12	22	23	15	30	17	41	29	17
Total	193	119	71	81	66	46	11	21	19	15	23	21	37	30	16
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	131	84	45	49	50	32	7	13	14	8	14	17	27	23	8
	68%	70%	63%	60%	77% a	71%	65%	65%	73%	54%	63%	80%	73%	76%	51%
With another adult or adults	45	28	17	28	8	8	4	5	5	6	6	2	9	4	4
	23%	23%	25%	35% bc	13%	18%	35%	25%	24%	39%	24%	11%	25%	15%	25%
With a child or children	28	15	13	12	10	7	1	5	2	3	4	2	2	5	5
	15%	13%	18%	15%	15%	14%	7%	23%	11%	19%	19%	10%	5%	15%	29%
NET: With somebody else	61	35	26	33	15	13	4	7	5	7	9	4	10	7	8
	32%	30%	37%	40% b	23%	29%	35%	35%	27%	46%	37%	20%	27%	24%	49%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		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	206	33	44	53	37	21	18	130	76	164	14	12	7	2	-	35
Total	193	31	42	50	32	19	18	123	69	156	12	10	7	2	-	30
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	131	19	32	28	20	15	17	79	52	106	8	7	4	2	-	20
	68%	60%	77%	56%	62%	79%	96%	64%	76%	68%	66%	63%	66%	100%	-	67%
			c						c							
With another adult or adults	45	10	7	16	8	4	-	33	12	36	4	4	-	-	-	8
	23%	32%	18%	31%	25%	21%	-	27%	17%	23%	34%	37%	-	-	-	26%
With a child or children	28	5	3	11	8	1	1	19	9	25	1	-	2	-	-	3
	15%	16%	7%	22%	24%	4%	4%	15%	13%	16%	8%	-	34%	-	-	10%
				b	b											
NET: With somebody else	61	13	10	22	12	4	1	44	17	50	4	4	2	-	-	10
	32%	40%	23%	44%	38%	21%	4%	36%	24%	32%	34%	37%	34%	-	-	33%
				bh												

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
	a	b	c	d	*a	*b	*c	d	e	a	*b	*a	b	c	*d	e	a	b
206	109	37	44	81	10	15	29	152	54	187	12	22	101	67	16	184	38	139
193	103	34	43	76	9	13	29	141	51	176	10	23	98	57	14	170	36	128
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
131	79	21	20	41	6	5	22	99	33	119	7	22	72	32	5	110	19	87
68%	77%	63%	48%	54%	62%	41%	75%	70%	64%	68%	68%	95%	73%	56%	36%	65%	52%	68%
	cd												c					
45	23	6	13	19	3	5	5	32	13	41	3	1	21	15	8	44	16	26
23%	22%	19%	30%	25%	31%	41%	17%	23%	25%	23%	25%	5%	22%	26%	58%	26%	43%	20%
																	b	
28	3	9	15	24	1	3	2	22	6	28	1	-	10	15	3	28	7	21
15%	3%	27%	35%	32%	8%	26%	8%	15%	13%	16%	7%	-	10%	26%	23%	17%	18%	16%
		a	a	a										b				
61	24	12	22	35	4	8	7	43	19	56	3	1	26	25	9	60	17	40
32%	23%	37%	52%	46%	38%	59%	25%	30%	36%	32%	32%	5%	27%	44%	64%	35%	48%	32%
			a	a										b				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		Longstanding condition or illness						Area		Number of days active									
	Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
Significance Level: 95%		a	*b	*c	d	e	*f	a	b	*a	*b	*c	d	e	f	*g	h	i	j
Unweighted Total	206	31	23	8	141	55	6	153	53	6	9	21	40	36	34	19	41	97	94
Total	193	28	21	7	134	50	5	144	49	6	9	19	36	35	31	18	40	90	89
	100%	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	131	15	13	2	96	28	2	104	27	6	8	10	24	22	21	12	28	57	62
	68%	54%	64%	24%	72% e	56%	48%	72% b	56%	100%	89%	51%	68%	64%	69%	66%	71%	63%	69%
With another adult or adults	45	9	6	4	26	17	2	30	15	-	1	6	10	9	6	4	9	25	19
	23%	34%	29%	61%	20%	34% d	35%	21%	31%	-	11%	32%	28%	26%	19%	23%	22%	28%	21%
With a child or children	28	3	3	3	20	9	1	19	9	-	-	5	7	4	4	4	5	16	13
	15%	12%	16%	39%	15%	17%	17%	14%	18%	-	-	28%	18%	10%	12%	22%	13%	17%	14%
NET: With somebody else	61	13	8	5	38	22	3	40	22	-	1	9	11	13	10	6	11	33	27
	32%	46%	36%	76%	28%	44% d	52%	28%	44% a	-	11%	49%	32%	36%	31%	34%	29%	37%	31%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	*b	a	*b	a	*b	a	*b	a	b
Unweighted Total	206	101	45	59	161	12	166	12	159	17	166	15	135	31
Total	193	95	45	53	152	11	154	11	150	16	153	14	125	30
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	131	61	33	37	109	6	106	7	107	8	109	7	90	17
	68%	64%	74%	70%	72%	53%	69%	61%	71%	49%	71%	52%	72%	58%
With another adult or adults	45	29	5	11	32	4	36	4	33	5	33	5	24	9
	23%	30%	12%	21%	21%	40%	23%	32%	22%	33%	22%	32%	19%	30%
		b												
With a child or children	28	15	7	6	18	3	20	2	19	4	19	3	14	5
	15%	16%	16%	12%	12%	26%	13%	21%	12%	26%	12%	22%	12%	18%
NET: With somebody else	61	34	11	16	43	5	48	4	43	8	44	7	35	13
	32%	36%	26%	30%	28%	47%	31%	39%	29%	51%	29%	48%	28%	42%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

	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	346	181	161	212	108	26	17	43	27	34	35	17	93	49	31
Total	314	168	143	178	108	28	14	39	21	31	28	20	87	47	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	233	128	102	127	84	23	12	28	16	24	21	12	64	37	19
	74%	76%	72%	71%	77%	80%	85%	71%	75%	77%	76%	63%	74%	79%	67%
With another adult or adults	61	33	28	38	19	4	1	9	5	5	6	3	17	8	8
	19%	19%	20%	21%	17%	16%	6%	24%	22%	16%	21%	17%	19%	17%	27%
With a child or children	26	11	14	17	7	2	1	3	1	3	1	4	9	2	3
	8%	7%	10%	10%	6%	7%	10%	7%	4%	9%	3%	19%	11%	4%	10%
NET: With somebody else	81	40	40	51	25	6	2	11	5	7	7	7	23	10	9
	26%	24%	28%	29%	23%	20%	15%	29%	25%	23%	24%	37%	26%	21%	33%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		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	346	51	98	93	55	27	22	242	104	238	30	34	25	3	3	95
Total	314	46	95	82	47	23	21	223	91	220	27	29	21	2	3	83
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	233	28	78	58	34	20	15	164	69	169	21	19	11	2	2	56
	74%	62%	82%	71%	72%	85%	72%	74%	75%	77%	78%	66%	50%	100%	72%	67%
		a														
With another adult or adults	61	13	14	18	11	2	3	45	16	41	3	9	7	-	-	19
	19%	28%	15%	22%	24%	7%	15%	20%	17%	19%	11%	31%	33%	-	-	23%
With a child or children	26	6	5	7	2	3	3	18	8	14	3	3	4	-	1	10
	8%	14%	5%	9%	4%	13%	13%	8%	8%	6%	11%	10%	17%	-	28%	12%
NET: With somebody else	81	17	17	24	13	4	6	59	22	51	6	10	11	-	1	27
	26%	38%	18%	29%	28%	15%	28%	26%	25%	23%	22%	34%	50%	-	28%	33%
		b														

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	*a	*b	c	d	e	a	*b	a	b	c	*d	e	a	b
346	191	57	75	132	15	25	48	258	88	317	18	31	147	145	23	315	64	237
314	172	51	70	120	13	24	43	235	80	290	16	31	136	128	19	283	58	213
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
233	136	38	46	84	9	16	27	181	52	220	8	31	92	95	15	202	34	160
74%	79%	75%	66%	70%	72%	66%	62%	77%	65%	76%	52%	100%	67%	74%	80%	71%	58%	75%
	c						ce					bce					a	
61	34	9	12	20	2	5	12	42	19	52	5	-	37	21	3	61	15	43
19%	20%	17%	17%	17%	14%	21%	28%	18%	24%	18%	35%	-	27%	16%	16%	22%	25%	20%
													ac	a		a		
26	3	4	16	20	2	3	5	16	10	22	2	-	9	16	1	26	11	13
8%	2%	8%	23%	17%	14%	13%	12%	7%	13%	8%	13%	-	7%	12%	4%	9%	19%	6%
		a	ab	a										a			b	
81	37	13	24	37	4	8	16	53	28	69	8	-	45	33	4	81	24	53
26%	21%	25%	34%	30%	28%	34%	38%	23%	35%	24%	48%	-	33%	26%	20%	29%	42%	25%
			a				d		d				a	a		a	b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

	Longstanding condition or illness						Area		Number of days active									
	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Total	a	*b	*c	d	e	*f	a	b	*a	*b	c	d	e	f	*g	h	i	j
346	38	22	14	256	70	4	276	70	7	25	39	73	42	63	15	82	154	160
314	33	20	13	235	63	4	251	63	5	23	35	64	40	56	14	77	139	147
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
233	22	14	4	183	38	2	190	43	3	20	25	46	26	43	11	60	97	113
74%	66%	68%	32%	78% e	61%	51%	76%	68%	58%	85%	70%	72%	65%	76%	79%	78%	70%	77%
61	5	4	8	42	16	1	45	16	1	3	9	15	9	11	2	11	33	24
19%	14%	21%	62%	18%	26%	17%	18%	26%	15%	11%	26%	24%	22%	19%	16%	15%	24%	17%
26	6	2	2	14	9	1	21	5	1	1	2	5	7	3	1	7	14	10
8%	19% d	11%	12%	6%	14% d	32%	9%	7%	27%	3%	6%	7%	17% fj	5%	6%	9%	10%	7%
81	11	7	9	52	25	2	61	20	2	3	10	18	14	14	3	17	42	34
26%	34%	32%	68%	22%	39% d	49%	24%	32%	42%	15%	30%	28%	35%	24%	21%	22%	30%	23%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	*b	a	*b	a	*b	a	*b	a	b
Unweighted Total	346	173	65	104	285	21	276	26	262	28	284	17	237	45
Total	314	158	60	93	262	17	252	22	240	24	259	15	215	42
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	233	109	48	74	196	12	190	16	184	18	194	8	159	28
	74%	69%	80%	79%	75%	67%	75%	72%	77%	72%	75%	54%	74%	67%
With another adult or adults	61	32	12	17	50	3	46	5	41	7	48	5	44	11
	19%	20%	19%	19%	19%	16%	18%	23%	17%	28%	19%	31%	20%	26%
With a child or children	26	21	2	3	22	3	20	2	19	-	23	2	14	4
	8%	13% bc	3%	3%	8%	17%	8%	9%	8%	-	9%	15%	6%	9%
NET: With somebody else	81	49	12	19	66	6	62	6	56	7	65	7	56	14
	26%	31%	20%	21%	25%	33%	25%	28%	23%	28%	25%	46%	26%	33%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q4.4. Home activity, fitness or exercise classes 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	427	163	262	224	149	54	23	53	34	43	38	29	105	62	40
Total	410	159	249	193	150	67	19	50	28	42	30	37	102	64	40
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	256	97	158	118	89	50	13	33	18	27	18	21	55	43	28
	62%	61%	63%	61%	59%	74% b	68%	67%	64%	66%	60%	56%	54%	67%	71%
With another adult or adults	106	50	55	58	36	13	2	11	7	9	10	13	35	14	6
	26%	31% b	22%	30%	24%	19%	12%	21%	24%	21%	32%	34%	35% i	22%	15%
With a child or children	67	19	47	26	34	7	4	7	4	8	3	5	17	11	7
	16%	12%	19%	13%	22% a	10%	20%	15%	14%	20%	10%	13%	17%	17%	18%
NET: With somebody else	154	62	91	76	61	17	6	16	10	14	12	16	47	21	11
	38%	39%	37%	39%	41% c	26%	32%	33%	36%	34%	40%	44%	46%	33%	29%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q4.4. Home activity, fitness or exercise classes 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

		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	427	57	108	132	59	34	37	297	130	327	26	31	26	6	1	90
Total	410	53	107	129	51	29	41	289	121	318	24	30	22	6	1	83
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	256	30	62	80	35	20	28	173	84	211	14	12	11	3	1	41
	62%	56%	59%	62%	69%	70%	69%	60%	69%	66% cg	57%	40%	52%	45%	100%	49%
With another adult or adults	106	21	31	31	9	3	11	83	23	72	8	13	6	2	-	29
	26%	39% cdeh	30% e	24%	17%	11%	27%	29% eh	19%	23%	35%	43% a	28%	36%	-	35% a
With a child or children	67	7	16	25	7	7	4	49	18	48	2	9	5	1	-	17
	16%	14%	15%	19%	14%	25%	9%	17%	15%	15%	8%	29% a	25%	19%	-	21%
NET: With somebody else	154	24	44	49	16	9	12	117	37	107	10	18	11	3	-	42
	38%	44%	41%	38%	31%	30%	31%	40%	31%	34%	43%	60% a	48%	55%	-	51% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q4.4. Home activity, fitness or exercise classes 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				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	*a	*b	c	d	e	a	*b	a	b	c	*d	e	a	b
427	232	79	91	170	23	25	81	298	129	389	26	46	199	157	25	381	73	296
410	224	75	85	160	23	22	82	283	127	375	24	47	200	143	21	364	69	284
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
256	168	33	39	72	14	9	52	181	75	238	13	43	127	79	7	213	39	171
62%	75%	44%	46%	45%	63%	39%	64%	64%	59%	64%	52%	93%	64%	55%	33%	59%	57%	60%
	bcd											bce						
106	51	29	21	50	5	10	22	69	37	95	7	3	55	36	12	103	20	77
26%	23%	38%	25%	31%	20%	46%	27%	24%	29%	25%	28%	7%	28%	25%	55%	28%	29%	27%
		a											a	a		a		
67	8	20	34	54	5	4	14	43	23	58	5	-	24	39	4	67	12	52
16%	4%	27%	40%	34%	22%	18%	17%	15%	18%	16%	20%	-	12%	27%	19%	18%	18%	18%
		a	a	a									a	abe		ab		
154	57	42	46	88	8	14	30	102	52	136	12	3	72	64	14	151	30	113
38%	25%	56%	54%	55%	37%	61%	36%	36%	41%	36%	48%	7%	36%	45%	67%	41%	43%	40%
		a	a	a									a	a		a		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q4.4. Home activity, fitness or exercise classes 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

	Longstanding condition or illness						Area		Number of days active									
	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Total	a	b	*c	d	e	*f	a	b	*a	*b	c	d	e	f	*g	h	i	j
427	50	42	25	304	108	7	354	73	12	29	55	86	58	63	28	96	199	187
410	45	41	23	296	101	6	341	69	12	29	50	76	58	59	28	97	185	184
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
256	27	23	12	192	56	5	218	38	7	20	25	53	38	32	20	61	115	114
62%	61%	56%	53%	65%	55%	76%	64%	55%	53%	71%	50%	69% c	65%	55%	72%	63%	62%	62%
106	12	13	9	68	33	1	88	19	4	8	15	16	16	19	5	24	46	48
26%	27%	31%	39%	23%	33%	10%	26%	27%	30%	29%	30%	21%	27%	32%	19%	24%	25%	26%
67	8	7	3	49	17	1	49	18	3	1	12	11	6	10	4	17	30	32
16%	17%	18%	13%	16%	17%	13%	14%	25% a	28%	5%	24%	15%	11%	18%	16%	18%	16%	17%
154	18	18	11	104	45	1	123	31	6	8	25	24	20	27	8	36	69	70
38%	39%	44%	47%	35%	45%	24%	36%	45%	47%	29%	50% d	31%	35%	45%	28%	37%	38%	38%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q4.4. Home activity, fitness or exercise classes 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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	*b	a	b	a	b	a	b	a	b
Unweighted Total	427	215	69	137	336	26	326	41	316	48	322	37	273	75
Total	410	206	66	132	326	23	316	38	304	47	309	35	262	72
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	256	120	50	83	198	17	196	24	197	28	194	19	164	44
	62%	58%	77% ac	63%	61%	75%	62%	65%	65%	60%	63%	55%	63%	62%
With another adult or adults	106	63	12	29	87	2	87	4	71	13	82	11	72	18
	26%	31% b	18%	22%	27%	9%	27% b	11%	23%	28%	26%	31%	28%	24%
With a child or children	67	32	6	27	55	4	44	11	50	7	46	6	37	15
	16%	15%	10%	21%	17%	17%	14%	31% a	16%	15%	15%	17%	14%	20%
NET: With somebody else	154	86	15	50	128	6	120	13	107	19	115	16	98	27
	38%	42% b	23%	37% b	39%	25%	38%	35%	35%	40%	37%	45%	37%	38%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q4.5. Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines): 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	471	236	233	238	140	93	23	54	53	59	39	38	94	65	46
Total	453	229	222	202	140	110	19	51	46	59	32	47	88	65	47
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	353	186	165	155	104	95	16	38	38	37	29	41	65	48	43
	78%	81%	75%	77%	74%	86%	85%	74%	83%	63%	91%	87%	74%	74%	92%
						b			d		bdgh	d			bdgh
With another adult or adults	68	29	39	37	20	11	2	9	6	16	1	4	11	14	4
	15%	13%	18%	18%	14%	10%	12%	18%	12%	28%	2%	9%	13%	22%	8%
								e		cefgi				e	
With a child or children	42	18	24	14	24	5	1	4	4	10	2	2	13	6	-
	9%	8%	11%	7%	17%	4%	8%	8%	9%	16%	7%	4%	14%	9%	-
					ac				i	i			i	i	
NET: With somebody else	99	43	57	47	37	16	3	13	8	22	3	6	23	17	4
	22%	19%	25%	23%	26%	14%	15%	26%	17%	37%	9%	13%	26%	26%	8%
					c			ei		cefi			ei	ei	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q4.5. Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines): 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	471	56	107	141	62	49	56	304	167	370	27	33	26	3	3	92
Total	453	50	106	135	55	43	63	292	161	361	25	30	23	3	2	83
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	353	32	84	109	39	34	55	225	128	288	21	18	16	3	2	60
	78%	63%	79%	81%	71%	81%	87%	77%	80%	80%	86%	59%	67%	100%	100%	72%
		a	a	a			ad	a	a	c						
With another adult or adults	68	12	17	18	11	5	5	47	21	56	2	6	1	-	-	9
	15%	24%	16%	13%	20%	12%	9%	16%	13%	16%	8%	21%	3%	-	-	11%
		f														
With a child or children	42	9	10	10	6	4	3	29	13	25	2	7	7	-	-	16
	9%	18%	9%	8%	11%	9%	4%	10%	8%	7%	7%	24%	30%	-	-	19%
		cfh										a				a
NET: With somebody else	99	19	23	26	16	8	8	67	33	73	4	12	8	-	-	24
	22%	37%	21%	19%	29%	19%	13%	23%	20%	20%	14%	41%	33%	-	-	28%
		bcfgh			f							a				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q4.5. Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines): 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				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	*a	b	c	d	e	a	*b	a	b	c	*d	e	a	b
471	297	65	86	151	26	36	91	318	153	437	26	71	222	152	26	400	80	309
453	290	60	79	140	26	32	95	300	153	419	26	75	220	135	23	378	78	290
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
353	246	47	45	93	17	18	73	246	108	331	19	73	175	92	14	280	45	231
78%	85%	78%	57%	66%	65%	56%	76%	82%	70%	79%	74%	98%	80%	68%	60%	74%	58%	79%
	cd	c					b	be				bce	c				a	
68	38	8	17	26	5	12	16	35	33	58	7	2	36	26	4	66	21	41
15%	13%	14%	22%	18%	19%	38%	16%	12%	21%	14%	26%	2%	16%	19%	19%	18%	27%	14%
			a			cde			d				a	a	a	a	b	
42	8	7	23	30	4	5	9	24	18	38	2	-	10	24	8	42	14	27
9%	3%	12%	29%	22%	16%	14%	10%	8%	12%	9%	9%	-	5%	17%	34%	11%	18%	9%
		a	ab	a										abe		ab	b	
99	44	13	34	47	9	14	23	54	45	88	7	2	45	43	9	98	33	60
22%	15%	22%	43%	34%	35%	44%	24%	18%	30%	21%	26%	2%	20%	32%	40%	26%	42%	21%
			ab	a		cd			d				a	ab	a	a	b	

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Q4.5. Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines): 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

	Longstanding condition or illness						Area		Number of days active									
	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Total	a	b	*c	d	e	*f	a	b	*a	b	c	d	e	f	g	h	i	j
471	57	60	24	325	126	13	393	78	18	30	63	97	63	65	30	105	223	200
453	54	64	23	310	125	14	377	75	19	28	61	90	62	62	27	105	213	193
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
353	40	45	16	252	89	10	293	61	18	21	50	70	45	46	23	80	165	150
78%	74%	70%	69%	81% be	71%	68%	78%	81%	96%	77%	82%	78%	71%	75%	87%	76%	77%	77%
68	10	15	4	38	26	3	57	11	1	3	6	12	16	10	4	17	34	30
15%	19%	23% d	20%	12%	21% d	23%	15%	14%	4%	12%	10%	13%	26% cd	16%	13%	16%	16%	16%
42	7	8	3	25	15	2	36	6	-	4	5	11	3	8	1	11	18	19
9%	13%	12%	12%	8%	12%	16%	10%	8%	-	15%	8%	12%	4%	12%	2%	11%	9%	10%
99	14	19	7	58	36	4	85	15	1	6	11	20	18	15	4	25	48	44
22%	26%	30% d	31%	19%	29% d	32%	22%	19%	4%	23%	18%	22%	29%	25%	13%	24%	23%	23%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q4.5. Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines): 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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	471	220	81	164	370	42	383	39	344	51	377	32	299	77
Total	453	211	81	156	360	40	370	36	331	49	365	28	286	75
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	353	158	66	125	280	31	294	27	256	39	289	20	219	63
	78%	75%	82%	80%	78%	78%	79%	74%	77%	80%	79%	73%	77%	84%
With another adult or adults	68	35	11	21	54	6	51	7	49	7	51	5	45	8
	15%	17%	14%	13%	15%	16%	14%	18%	15%	14%	14%	19%	16%	11%
With a child or children	42	22	4	15	34	4	33	3	34	3	34	2	28	7
	9%	11%	5%	10%	9%	10%	9%	8%	10%	6%	9%	8%	10%	9%
NET: With somebody else	99	52	14	32	79	9	76	9	75	10	77	7	67	12
	22%	25%	18%	20%	22%	22%	21%	26%	23%	20%	21%	27%	23%	16%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		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	304	155	147	140	116	48	10	35	35	36	34	26	50	48	30
Total	292	153	137	119	116	57	8	34	29	36	27	31	49	49	28
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	86	49	37	27	29	30	5	11	8	8	9	4	22	11	7
	29%	32%	27%	23%	25%	52% ab	63%	31%	27%	23%	35%	13%	45% dh	23%	24%
With another adult or adults	112	65	45	57	36	19	1	12	16	15	9	13	17	17	13
	38%	43%	33%	48% b	31%	33%	9%	36%	54%	41%	35%	40%	34%	35%	46%
With a child or children	118	49	69	47	60	10	2	14	10	17	10	18	14	22	10
	40%	32%	50% a	40% c	52% ac	17%	28%	42%	35%	47%	36%	57%	29%	45%	36%
NET: With somebody else	206	104	100	92	86	28	3	23	21	28	18	27	27	38	21
	71%	68%	73%	77% c	75% c	48%	37%	69%	73%	77% g	65%	87%	55%	77% g	76%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		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	304	31	68	85	50	37	33	184	120	244	13	21	19	1	2	56
Total	292	28	67	85	43	34	35	180	112	236	11	20	18	1	2	52
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	86	10	20	26	7	6	17	56	30	68	3	5	8	1	1	17
	29%	34%	31%	30%	16%	17%	49%	31%	27%	29%	25%	23%	47%	100%	58%	34%
							degh	d								
With another adult or adults	112	16	20	34	16	13	14	70	42	93	4	8	4	-	1	17
	38%	56%	30%	40%	36%	38%	39%	39%	37%	39%	35%	41%	24%	-	42%	34%
		b														
With a child or children	118	10	29	29	25	19	7	67	50	96	5	9	5	-	-	20
	40%	34%	44%	34%	57%	56%	19%	37%	45%	40%	49%	45%	29%	-	-	38%
			f		acfg	cfg		f	f							
NET: With somebody else	206	19	46	59	36	28	18	124	82	168	8	16	9	-	1	34
	71%	66%	69%	70%	84%	83%	51%	69%	73%	71%	75%	77%	53%	-	42%	66%
					fg	f		f	f							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	*a	*b	c	d	e	a	*b	*a	b	c	*d	e	a	b
304	136	67	79	146	17	17	63	207	97	274	24	21	140	119	24	283	60	217
292	132	64	73	137	15	17	64	196	96	263	23	22	142	108	20	270	57	208
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
86	60	8	11	19	3	10	30	43	42	77	8	19	51	10	6	67	24	42
29%	45%	13%	15%	14%	17%	60%	46%	22%	44%	29%	36%	85%	36%	9%	31%	25%	43%	20%
	bcd						d		d				ce		c		b	
112	61	26	17	43	9	5	23	76	37	100	8	1	65	41	5	111	19	88
38%	46%	40%	24%	31%	57%	27%	36%	39%	38%	38%	36%	5%	46%	38%	26%	41%	33%	42%
	cd	c																
118	16	41	54	94	5	3	14	95	22	109	7	2	35	70	10	115	16	99
40%	12%	63%	74%	69%	33%	18%	22%	49%	23%	41%	32%	10%	25%	65%	51%	43%	28%	47%
		a	a	a				ce						be	b		a	
206	72	56	61	117	12	7	34	152	54	186	15	3	91	98	14	203	32	166
71%	55%	87%	85%	86%	83%	40%	54%	78%	56%	71%	64%	15%	64%	91%	69%	75%	57%	80%
		a	a	a				ce						be	b			a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

	Longstanding condition or illness						Area		Number of days active									
	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Total	a	b	*c	d	e	*f	a	b	*a	*b	c	d	e	f	*g	h	i	j
304	51	44	25	185	107	12	229	75	21	17	59	59	36	35	16	61	154	112
292	46	43	24	179	102	10	218	74	22	16	54	55	36	33	16	61	145	110
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
86	12	13	11	50	34	1	71	15	6	4	25	12	13	5	4	18	49	27
29%	27%	30%	45%	28%	33%	7%	32%	20%	29%	23%	46%	21%	35%	15%	25%	29%	34%	24%
							b				dfj					f		
112	20	21	11	60	47	4	78	35	8	4	12	22	16	19	7	23	50	50
38%	43%	49%	45%	34%	47%	42%	36%	46%	35%	28%	23%	41%	44%	58%	45%	38%	35%	45%
					d						c	c	c	ci			c	
118	17	14	2	85	28	5	85	32	10	8	19	28	11	13	6	24	57	43
40%	37%	31%	10%	48%	28%	50%	39%	44%	46%	49%	34%	51%	29%	38%	36%	40%	40%	39%
				e							e	e						
206	34	30	13	130	68	9	147	59	15	12	29	43	23	28	12	43	95	83
71%	73%	70%	55%	72%	67%	93%	68%	80%	71%	77%	54%	79%	65%	85%	75%	71%	66%	76%
							a	a			c	c	ci	ci			c	c

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	304	124	58	119	223	32	226	30	197	50	195	48	163	80
Total	292	122	54	113	214	30	217	29	193	47	186	45	157	77
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	86	26	26	33	59	6	64	7	62	8	54	9	42	26
	29%	21%	49%	29%	28%	19%	30%	23%	32%	18%	29%	19%	27%	33%
			ac						b					
With another adult or adults	112	54	13	43	87	11	82	12	73	21	72	20	65	24
	38%	44%	25%	38%	41%	38%	38%	40%	38%	44%	39%	44%	41%	31%
		b												
With a child or children	118	53	17	46	84	15	88	15	74	22	74	22	62	34
	40%	44%	32%	41%	39%	50%	41%	52%	38%	48%	40%	48%	40%	44%
NET: With somebody else	206	96	28	80	155	24	153	23	131	39	131	37	115	52
	71%	79%	51%	71%	72%	81%	70%	77%	68%	82%	71%	81%	73%	67%
		b		b					a					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		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	111	63	48	35	32	44	10	10	15	9	10	8	12	15	22
Total	113	68	45	27	31	55	8	11	13	9	9	11	11	16	25
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	79	48	31	17	18	43	6	6	11	6	6	4	7	12	20
	70%	71%	68%	63%	58%	80% b	82%	59%	82%	63%	61%	42%	62%	77%	80%
With another adult or adults	26	16	10	8	7	11	1	4	2	2	4	4	3	4	3
	23%	23%	23%	28%	24%	20%	10%	41%	18%	24%	39%	35%	22%	23%	12%
With a child or children	12	7	5	5	6	1	1	1	1	1	-	3	2	1	3
	11%	10%	12%	17% c	21% c	3%	8%	14%	11%	13%	-	24%	16%	5%	10%
NET: With somebody else	34	20	14	10	13	11	1	4	2	3	4	6	4	4	5
	30%	29%	32%	37%	42% c	20%	18%	41%	18%	37%	39%	58%	38%	23%	20%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		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	111	7	27	22	14	11	30	56	55	99	2	3	3	1	-	9
Total	113	6	28	19	12	10	38	53	60	102	2	3	3	1	-	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	79	4	21	11	7	6	30	36	43	74	-	1	1	1	-	3
	70%	58%	76%	59%	58%	55%	80%	68%	71%	73%	-	42%	28%	100%	-	34%
With another adult or adults	26	2	5	4	4	4	7	11	15	23	1	1	1	-	-	4
	23%	25%	20%	21%	32%	37%	20%	21%	25%	22%	41%	58%	46%	-	-	44%
With a child or children	12	1	2	5	1	2	1	8	4	7	1	1	2	-	-	4
	11%	17%	7%	27%	10%	16%	4%	15%	7%	7%	59%	27%	72%	-	-	48%
NET: With somebody else	34	3	7	8	5	5	7	17	17	28	2	1	2	-	-	5
	30%	42%	24%	41%	42%	45%	20%	32%	29%	27%	100%	58%	72%	-	-	66%

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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

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self						Care responsibilities in household not including children	
				2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others			
	Total	None	1 child								Yes	No	Lives alone					Yes	No	
Significance Level: 95%		a	*b	*c	d	*a	*b	c	d	e	a	*b	*a	b	c	*d	e	*a	b	
Unweighted Total	111	74	15	18	33	4	5	34	68	43	98	8	12	62	33	4	99	21	75	
Total	113	79	15	16	31	4	4	40	66	48	99	9	13	67	30	4	100	21	77	
	100%	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	79	61	7	10	17	4	2	30	44	35	71	6	13	49	16	1	66	10	54	
	70%	77%	50%	62%	56%	100%	40%	75%	67%	73%	72%	70%	100%	74%	54%	21%	66%	50%	71%	
		d																		
With another adult or adults	26	16	3	4	7	-	2	8	16	10	21	1	-	14	9	3	26	7	18	
	23%	21%	22%	26%	24%	-	39%	20%	25%	21%	21%	16%	-	21%	30%	79%	26%	33%	24%	
With a child or children	12	3	5	3	8	-	1	4	7	5	10	1	-	4	6	3	12	6	7	
	11%	3%	34%	21%	27%	-	21%	11%	11%	11%	10%	13%	-	6%	19%	79%	12%	27%	9%	
				a											b					
NET: With somebody else	34	18	8	6	13	-	3	10	22	13	28	3	-	18	14	3	34	11	23	
	30%	23%	50%	38%	44%	-	60%	25%	33%	27%	28%	30%	-	26%	46%	79%	34%	50%	29%	
				a																

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness			NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness												
	Total			Other	No			Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		*a	*b	*c	d	e	*f	a	b	*a	*b	*c	*d	*e	*f	*g	h	i	j
Unweighted Total	111	16	28	5	66	40	8	75	36	11	6	15	20	8	14	3	34	43	51
Total	113	14	30	4	69	40	7	75	38	13	6	16	20	8	13	2	35	44	51
	100%	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	79	8	21	4	48	28	5	49	31	11	2	11	15	6	7	1	26	32	34
	70%	62%	69%	84%	70%	69%	62%	65%	80%	89%	37%	73%	74%	67%	51%	66%	73%	72%	67%
With another adult or adults	26	4	7	1	15	11	2	20	7	1	3	3	4	3	4	1	7	10	12
	23%	30%	24%	16%	22%	26%	21%	26%	17%	11%	44%	21%	18%	33%	33%	34%	21%	22%	25%
With a child or children	12	2	3	1	9	4	2	11	1	1	2	1	2	1	2	-	3	4	5
	11%	15%	10%	16%	13%	9%	27%	15%	3%	11%	32%	6%	8%	17%	16%	-	8%	9%	10%
NET: With somebody else	34	5	9	1	21	13	3	27	8	1	4	4	5	3	7	1	9	12	17
	30%	38%	31%	16%	30%	31%	38%	35%	20%	11%	63%	27%	26%	33%	49%	34%	27%	28%	33%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	*b	c	a	*b	a	*b	a	*b	a	*b	a	*b
Unweighted Total	111	45	27	39	85	7	84	15	71	9	78	13	57	22
Total	113	44	31	38	85	9	85	15	74	10	78	14	53	25
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	79	30	28	22	60	6	60	11	55	4	56	7	35	18
	70%	68%	88%	57%	70%	71%	70%	74%	75%	43%	71%	48%	67%	72%
With another adult or adults	26	9	3	14	18	1	18	3	12	5	16	6	14	6
	23%	21%	9%	37%	22%	15%	22%	18%	16%	57%	20%	44%	26%	24%
With a child or children	12	5	2	5	10	1	11	1	10	-	11	1	6	1
	11%	13%	5%	14%	12%	14%	12%	8%	14%	-	14%	8%	11%	4%
NET: With somebody else	34	14	4	17	25	2	25	4	19	5	23	7	18	7
	30%	32%	12%	43%	30%	29%	30%	26%	25%	57%	29%	52%	33%	28%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5. SUMMARY: In the past week, on how many days have you done each of these activities?

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

	Total	1 day	2 days	3 days	4 days	5 days	6 days	7 days	NET: Occasionally (1 day)	NET: Some (2-4 days)	NET: Most 5+ days
Walking (either for leisure or travel)	1187 100%	167 14%	178 15%	217 18%	129 11%	133 11%	54 5%	311 26%	167 14%	523 44%	497 42%
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	453 100%	65 14%	89 20%	94 21%	70 15%	53 12%	18 4%	65 14%	65 14%	252 56%	136 30%
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	410 100%	55 14%	92 22%	83 20%	56 14%	63 15%	18 4%	43 11%	55 14%	231 56%	124 30%
Running or jogging	314 100%	59 19%	82 26%	82 26%	39 12%	22 7%	8 3%	22 7%	59 19%	203 64%	52 17%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	292 100%	53 18%	60 20%	58 20%	45 15%	36 12%	10 4%	30 10%	53 18%	163 56%	76 26%
Cycling (either for leisure or travel)	193 100%	41 21%	43 22%	34 17%	28 15%	20 10%	12 6%	15 8%	41 21%	105 55%	47 24%
Other sport, exercise or physical activity	113 100%	8 7%	19 17%	26 23%	11 10%	20 17%	4 3%	25 22%	8 7%	57 50%	48 42%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.1. Walking (either for leisure or travel): In the past week, on how many days have you done this activity?

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	1177	522	651	392	397	388	71	158	124	103	132	110	167	181	131
Total	1187	553	630	332	391	464	61	162	111	109	108	145	165	193	134
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	167 14%	73 13%	93 15%	64 19% c	55 14%	47 10%	9 15%	23 14%	16 15%	14 13%	17 16%	14 10%	33 20% fi	26 14%	13 10%
2 days	178 15%	82 15%	96 15%	53 16%	61 15%	65 14%	10 17%	21 13%	21 19%	13 12%	18 17%	15 10%	24 15%	35 18%	21 16%
3 days	217 18%	98 18%	117 19%	65 19%	73 19%	79 17%	11 18%	30 18%	19 18%	25 23%	20 18%	23 16%	29 18%	33 17%	26 19%
4 days	129 11%	60 11%	69 11%	46 14%	38 10%	45 10%	6 11%	12 7%	12 11%	11 10%	8 7%	20 14%	20 12%	26 14%	14 10%
5 days	133 11%	62 11%	71 11%	29 9%	55 14% a	49 11%	4 7%	22 13%	8 7%	8 7%	13 12%	16 11%	22 13%	23 12%	17 13%
6 days	54 5%	24 4%	29 5%	23 7% b	13 3%	18 4%	1 1%	5 3%	6 6%	5 4%	3 3%	9 6%	9 6%	8 4%	8 6%
7 days	311 26%	155 28%	156 25%	53 16%	96 25% a	161 35% ab	18 30% g	50 31% gh	29 26% g	33 30% g	29 27% g	48 33% gh	26 16%	41 21%	35 27% g
NET: Occasionally (1 day)	167 14%	73 13%	93 15%	64 19% c	55 14%	47 10%	9 15%	23 14%	16 15%	14 13%	17 16%	14 10%	33 20% fi	26 14%	13 10%
NET: Some (2-4 days)	523 44%	240 43%	282 45%	163 49% c	172 44%	188 41%	28 46%	62 38%	52 47%	49 45%	45 42%	58 40%	74 45%	94 49%	61 45%
NET: Most 5+ days	497 42%	241 44%	255 41%	104 31%	164 42% a	229 49% ab	23 39%	77 48% g	43 38%	46 42%	45 42%	73 50% gh	57 35%	72 37%	60 45%
Base for stats	1187	553	630	332	391	464	61	162	111	109	108	145	165	193	134
Median	4	4	4	3	4	4	3	4	3	4	3	5	3	4	4
Mean Score	4.08	4.17	4.01	3.61	4.02	4.47	4.03	4.27	3.97	4.23	4.00	4.55	3.65	3.90	4.24
				a	a	ab		g		g		cgh			g
Standard Deviation	2.166	2.177	2.156	2.059	2.138	2.195	2.277	2.227	2.215	2.196	2.243	2.124	2.071	2.087	2.098
Standard Error	.063	.095	.084	.104	.107	.111	.270	.177	.199	.216	.195	.202	.160	.155	.183
Error variance	*	.01	.01	.01	.01	.01	.07	.03	.04	.05	.04	.04	.03	.02	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.1. Walking (either for leisure or travel): In the past week, on how many days have you done this activity?

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	1177	72	254	325	169	134	223	651	526	1025	39	50	34	6	8	137
Total	1187	68	265	329	151	118	256	662	526	1046	34	46	33	6	8	127
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	167 14%	12 17%	33 13%	48 15%	19 13%	20 17%	35 14%	93 14%	74 14%	134 13%	7 19%	3 7%	9 27% ac	3 46%	4 50%	25 20% ac
2 days	178 15%	12 18%	37 14%	49 15%	25 17%	19 16%	35 14%	98 15%	79 15%	148 14%	7 22%	10 21%	7 22%	1 16%	- -	25 20%
3 days	217 18%	9 13%	56 21%	54 16%	26 17%	20 17%	52 20%	118 18%	98 19%	191 18%	6 18%	9 20%	7 22%	1 20%	1 9%	25 19%
4 days	129 11%	12 18% f	26 10%	33 10%	16 10%	20 17% cf	23 9%	71 11%	58 11%	110 11%	4 11%	11 23% ad	2 7%	- -	1 14%	18 14%
5 days	133 11%	6 9%	39 15% e	34 10%	21 14%	9 8%	24 9%	79 12%	54 10%	119 11%	3 7%	6 12%	5 17%	- -	- -	14 11%
6 days	54 5%	2 3%	20 7% dh	15 4%	2 1%	4 4%	11 4%	37 6% d	17 3%	46 4%	3 8%	3 6%	- -	1 17%	1 13%	7 6%
7 days	311 26%	16 23%	53 20%	97 29% b	42 28%	26 22%	77 30% b	165 25%	146 28% b	297 28% cdg	5 15%	5 11%	2 5%	- -	1 14%	13 10%
NET: Occasionally (1 day)	167 14%	12 17%	33 13%	48 15%	19 13%	20 17%	35 14%	93 14%	74 14%	134 13%	7 19%	3 7%	9 27% ac	3 46%	4 50%	25 20% ac
NET: Some (2-4 days)	523 44%	33 48%	119 45%	136 41%	67 44%	59 50%	109 43%	288 44%	236 45%	450 43%	17 50%	30 64% a	17 51%	2 36%	2 23%	68 53% a
NET: Most 5+ days	497 42%	24 35%	112 42%	146 44% e	65 43%	40 33%	112 44%	281 42%	216 41%	462 44% cdg	11 31%	13 29%	7 22%	1 17%	2 27%	34 27%
Base for stats	1187	68	265	329	151	118	256	662	526	1046	34	46	33	6	8	127
Median	4	4	4	4	4	3	4	4	4	4	3	4	3	2	3	3
Mean Score	4.08	3.83	4.03	4.18	4.12	3.82	4.20	4.08	4.09	4.20 dg	3.51	3.72 d	2.84	2.43	3.10	3.34
Standard Deviation	2.166	2.170	2.042	2.231	2.168	2.135	2.219	2.151	2.186	2.171	2.102	1.732	1.711	1.985	2.523	1.908
Standard Error	.063	.256	.128	.124	.167	.184	.149	.084	.095	.068	.337	.245	.293	.810	.892	.163
Error variance	*	.07	.02	.02	.03	.03	.02	.01	.01	*	.11	.06	.09	.66	.80	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.1. Walking (either for leisure or travel): In the past week, on how many days have you done this activity?

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

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
1177	790	174	157	331	27	35	195	920	257	1100	51	184	664	290	39	993	143	831
1187	822	166	143	310	25	30	216	916	271	1109	52	201	690	263	33	986	136	835
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
167	111	18	28	46	4	6	39	117	49	143	19	35	79	45	7	131	17	108
14%	14%	11%	19%	15%	16%	21%	18%	13%	18%	13%	36%	18%	11%	17%	21%	13%	12%	13%
			b						d		a	b		b				
178	117	31	20	51	5	3	38	131	47	158	12	28	108	36	6	150	22	124
15%	14%	19%	14%	17%	22%	12%	17%	14%	17%	14%	22%	14%	16%	14%	19%	15%	16%	15%
217	147	37	22	60	6	6	45	160	56	202	13	38	128	48	3	179	32	147
18%	18%	22%	16%	19%	24%	19%	21%	18%	21%	18%	24%	19%	19%	18%	8%	18%	24%	18%
129	86	18	23	40	6	7	29	88	41	123	3	22	64	38	5	107	19	87
11%	10%	11%	16%	13%	24%	23%	13%	10%	15%	11%	6%	11%	9%	14%	16%	11%	14%	10%
			a			d			d					b				
133	85	17	22	39	-	2	21	110	23	126	3	11	81	36	4	121	12	109
11%	10%	10%	15%	13%	-	5%	10%	12%	9%	11%	7%	6%	12%	14%	13%	12%	9%	13%
													a	a		a		
54	39	9	3	11	1	1	4	48	6	53	-	9	36	9	1	45	4	39
5%	5%	5%	2%	4%	4%	2%	2%	5%	2%	5%	-	4%	5%	3%	2%	5%	3%	5%
								e										
311	237	36	26	62	2	5	41	262	48	303	3	58	195	51	7	253	30	221
26%	29%	22%	18%	20%	10%	18%	19%	29%	18%	27%	5%	29%	28%	19%	21%	26%	22%	26%
	cd							ce		b		c	c			c		
167	111	18	28	46	4	6	39	117	49	143	19	35	79	45	7	131	17	108
14%	14%	11%	19%	15%	16%	21%	18%	13%	18%	13%	36%	18%	11%	17%	21%	13%	12%	13%
			b						d		a	b		b				
523	350	86	65	152	17	16	111	379	144	484	27	87	300	121	14	436	73	358
44%	43%	52%	46%	49%	70%	54%	51%	41%	53%	44%	52%	43%	44%	46%	43%	44%	54%	43%
		a					d		d								b	
497	361	62	50	112	4	8	67	420	78	482	6	78	311	96	12	419	46	370
42%	44%	37%	35%	36%	14%	25%	31%	46%	29%	43%	12%	39%	45%	37%	36%	42%	34%	44%
	cd							bce		b			c				a	
1187	822	166	143	310	25	30	216	916	271	1109	52	201	690	263	33	986	136	835
4	4	3	4	3	3	3	3	4	3	4	2	4	4	4	4	4	3	4

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.1. Walking (either for leisure or travel): In the past week, on how many days have you done this activity?

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

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self						Care responsibilities in household not including children	
				2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others			
	Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No	
Significance Level: 95%		a	b	c	d	*a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total	1177	790	174	157	331	27	35	195	920	257	1100	51	184	664	290	39	993	143	831	
Total	1187	822	166	143	310	25	30	216	916	271	1109	52	201	690	263	33	986	136	835	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Mean Score	4.08	4.19	3.93	3.71	3.83	3.21	3.58	3.61	4.24	3.57	4.18	2.45	4.02	4.22	3.81	3.70	4.10	3.88	4.16	
		cd							ce		b			c			c			
Standard Deviation	2.166	2.195	2.059	2.064	2.061	1.771	2.057	2.066	2.180	2.036	2.157	1.610	2.276	2.159	2.068	2.204	2.143	2.044	2.148	
Standard Error	.063	.078	.156	.165	.113	.341	.348	.148	.072	.127	.065	.225	.168	.084	.121	.353	.068	.171	.075	
Error variance	*	.01	.02	.03	.01	.12	.12	.02	.01	.02	*	.05	.03	.01	.01	.12	*	.03	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.1. Walking (either for leisure or travel): In the past week, on how many days have you done this activity?

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

	Longstanding condition or illness							Area		Number of days active									
	Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	1177	146	158	39	834	304	34	920	257	107	123	168	207	116	135	54	267	491	456
Total	1187	134	169	36	850	300	34	926	262	112	123	166	201	120	131	53	282	486	467
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	167	25	32	8	106	55	10	137	30	18	79	25	19	9	6	4	7	53	17
	14%	18%	19%	23%	12%	18%	30%	15%	11%	16%	64%	15%	9%	7%	4%	8%	2%	11%	4%
		d	d			d	d			efhj	acdefghij	efhj	hj	h				fhj	
2 days	178	23	32	3	119	51	6	142	36	17	14	93	26	9	9	3	6	129	18
	15%	17%	19%	7%	14%	17%	17%	15%	14%	15%	11%	56%	13%	8%	7%	5%	2%	27%	4%
										fhj	hj	abdefghij	hj	h	h			abdefghj	
3 days	217	27	29	7	153	59	5	167	50	23	11	26	105	19	16	5	12	150	33
	18%	20%	17%	20%	18%	20%	15%	18%	19%	20%	9%	15%	52%	16%	12%	9%	4%	31%	7%
										bhj		hj	abcefg hij	hj	h			abcefg hij	
4 days	129	17	17	7	88	36	2	108	21	8	6	6	25	51	11	8	14	82	34
	11%	13%	10%	21%	10%	12%	7%	12%	8%	7%	5%	4%	12%	42%	9%	16%	5%	17%	7%
				d									bchj	abcd fghij		bchj		abcfhj	
5 days	133	12	16	3	102	27	4	102	31	9	6	8	14	15	58	5	18	36	81
	11%	9%	10%	7%	12%	9%	12%	11%	12%	8%	5%	5%	7%	12%	44%	10%	6%	7%	17%
														bc	abcdeghij			abcdhi	
6 days	54	7	1	1	43	9	-	47	6	6	1	1	1	1	14	22	9	2	45
	5%	5%	1%	2%	5%	3%	-	5%	2%	5%	1%	1%	*	1%	11%	41%	3%	*	10%
		b			b					cdei					bcdchi	abcdefhij	di		bcdchi
7 days	311	23	41	7	238	64	6	222	88	31	7	6	11	16	17	7	215	34	239
	26%	17%	24%	19%	28%	21%	19%	24%	34%	27%	5%	4%	6%	14%	13%	12%	76%	7%	51%
					ae				a	bcdcf gi				bcdi	bcdi	c	abcde fgij		abcde fg i
NET: Occasionally (1 day)	167	25	32	8	106	55	10	137	30	18	79	25	19	9	6	4	7	53	17
	14%	18%	19%	23%	12%	18%	30%	15%	11%	16%	64%	15%	9%	7%	4%	8%	2%	11%	4%
		d	d			d	d			efhj	acdefghij	efhj	hj	h				fhj	
NET: Some (2-4 days)	523	68	78	17	360	146	13	417	106	48	30	125	156	79	37	16	32	360	85
	44%	50%	46%	48%	42%	49%	39%	45%	41%	43%	25%	76%	78%	66%	28%	29%	11%	74%	18%
										b fhj	h	abfghj	abefghj	abfghj	hj	hj		abfghj	h

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.1. Walking (either for leisure or travel): In the past week, on how many days have you done this activity?

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

		Longstanding condition or illness						Area		Number of days active									
							NET: Longstanding physical and mental condition or illness												
	Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	1177	146	158	39	834	304	34	920	257	107	123	168	207	116	135	54	267	491	456
Total	1187	134	169	36	850	300	34	926	262	112	123	166	201	120	131	53	282	486	467
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	497	42	58	10	383	100	10	372	126	46	13	15	26	32	89	33	243	73	365
	42%	31%	35%	29%	45%	33%	30%	40%	48%	41%	11%	9%	13%	26%	68%	63%	86%	15%	78%
					abce				a	bcdei				bc di	abcdei	abcdei	abcdefgij		abcdefgi
Base for stats	1187	134	169	36	850	300	34	926	262	112	123	166	201	120	131	53	282	486	467
Median	4	3	3	3	4	3	3	4	4	3	1	2	3	4	5	6	7	3	7
Mean Score	4.08	3.61	3.72	3.65	4.23	3.70	3.28	4.00	4.38	4.01	1.98	2.43	3.19	4.01	4.65	4.87	6.26	3.13	5.65
					abef				a	bc di		b	bc	bc di	abcdei	abcdei	abcdefgij	bc	abcdefgi
Standard Deviation	2.166	2.069	2.210	2.112	2.159	2.136	2.236	2.146	2.212	2.257	1.685	1.326	1.351	1.595	1.559	1.770	1.526	1.526	1.735
Standard Error	.063	.171	.176	.338	.075	.123	.383	.071	.138	.218	.152	.102	.094	.148	.134	.241	.093	.069	.081
Error variance	*	.03	.03	.11	.01	.02	.15	.01	.02	.05	.02	.01	.01	.02	.02	.06	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.1. Walking (either for leisure or travel): In the past week, on how many days have you done this activity?

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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	1177	389	288	496	915	96	882	108	776	146	829	112	636	260
Total	1187	384	304	496	924	96	896	101	789	147	844	107	639	263
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	167 14%	31 8%	33 11%	101 20% ab	123 13%	17 17%	122 14%	19 19%	100 13%	24 16%	107 13%	20 19%	93 15%	30 11%
2 days	178 15%	53 14%	34 11%	90 18% b	127 14%	21 22% a	127 14%	20 20%	103 13%	34 23% a	109 13%	28 26% a	91 14%	50 19%
3 days	217 18%	58 15%	54 18%	105 21% a	168 18%	21 22%	166 19%	18 18%	145 18%	25 17%	143 17%	22 21%	107 17%	53 20%
4 days	129 11%	57 15% bc	26 8%	47 9%	100 11%	12 12%	96 11%	11 11%	86 11%	14 10%	93 11%	7 6%	75 12%	20 7%
5 days	133 11%	48 12%	36 12%	49 10%	104 11%	8 9%	99 11%	11 11%	91 11%	19 13%	104 12%	12 11%	73 11%	33 12%
6 days	54 5%	25 7% c	14 5%	15 3%	48 5%	2 2%	40 4%	3 3%	39 5%	3 2%	42 5% b	1 1%	32 5%	11 4%
7 days	311 26%	112 29% c	108 36% c	90 18%	254 27% b	15 16%	247 28% b	18 18%	225 29% b	27 18%	247 29% b	18 17%	168 26%	67 25%
NET: Occasionally (1 day)	167 14%	31 8%	33 11%	101 20% ab	123 13%	17 17%	122 14%	19 19%	100 13%	24 16%	107 13%	20 19%	93 15%	30 11%
NET: Some (2-4 days)	523 44%	167 44%	114 37%	242 49% b	395 43%	54 56% a	389 43%	50 49%	334 42%	74 50%	344 41%	56 53% a	273 43%	122 46%
NET: Most 5+ days	497 42%	185 48% c	158 52% c	153 31%	407 44% b	26 27%	385 43% b	32 32%	355 45% b	50 34%	392 46% b	31 29%	273 43%	111 42%
Base for stats	1187	384	304	496	924	96	896	101	789	147	844	107	639	263
Median	4	4	5	3	4	3	4	3	4	3	4	3	4	3
Mean Score	4.08	4.47	4.55	3.51	4.19	3.43	4.15	3.56	4.25	3.61	4.29	3.35	4.11	4.05
		c	c		b		b		b		b			
Standard Deviation	2.166	2.060	2.189	2.095	2.166	1.992	2.174	2.089	2.161	2.074	2.169	2.047	2.173	2.140
Standard Error	.063	.104	.129	.094	.072	.203	.073	.201	.078	.172	.075	.193	.086	.133
Error variance	*	.01	.02	.01	.01	.04	.01	.04	.01	.03	.01	.04	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.2. Cycling (either for leisure or travel): In the past week, on how many days have you done this activity?

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	206	127	76	98	67	41	12	22	23	15	30	17	41	29	17
Total	193	119	71	81	66	46	11	21	19	15	23	21	37	30	16
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	41	23	18	22	13	5	-	2	2	3	8	5	8	8	4
	21%	20%	25%	27%	20%	12%	-	9%	12%	19%	36%	22%	22%	27%	27%
				c											
2 days	43	32	11	16	13	14	2	5	6	2	6	5	7	7	4
	22%	27%	16%	20%	20%	31%	16%	25%	31%	14%	25%	23%	18%	23%	24%
3 days	34	17	16	8	12	14	5	2	2	2	3	5	6	4	3
	17%	14%	22%	9%	18%	31%	48%	10%	8%	15%	13%	26%	17%	15%	20%
						a									
4 days	28	19	8	16	7	5	2	2	1	3	3	2	7	4	3
	15%	16%	11%	20%	11%	10%	22%	10%	8%	22%	13%	11%	18%	14%	17%
5 days	20	13	7	8	7	4	-	4	4	1	2	1	4	4	-
	10%	11%	10%	10%	11%	10%	-	19%	19%	5%	10%	6%	10%	13%	-
6 days	12	8	3	7	3	2	1	1	2	1	1	3	2	1	1
	6%	7%	4%	8%	5%	5%	7%	4%	12%	5%	3%	12%	5%	4%	6%
7 days	15	7	8	4	10	1	1	4	2	3	-	-	3	1	1
	8%	6%	12%	5%	15%	2%	7%	22%	9%	18%	-	-	9%	4%	6%
					ac										
NET: Occasionally (1 day)	41	23	18	22	13	5	-	2	2	3	8	5	8	8	4
	21%	20%	25%	27%	20%	12%	-	9%	12%	19%	36%	22%	22%	27%	27%
				c											
NET: Some (2-4 days)	105	68	35	40	32	33	9	9	9	8	12	13	20	15	10
	55%	58%	49%	50%	49%	71%	86%	46%	47%	52%	51%	60%	54%	52%	61%
						ab									
NET: Most 5+ days	47	27	18	19	20	8	2	9	8	4	3	4	9	6	2
	24%	23%	26%	23%	31%	17%	14%	45%	40%	29%	13%	18%	23%	21%	12%
Base for stats	193	119	71	81	66	46	11	21	19	15	23	21	37	30	16
Median	3	3	3	3	3	3	3	4	3	4	2	3	3	2	2
Mean Score	3.20	3.13	3.26	3.09	3.47	2.99	3.57	4.04	3.62	3.68	2.43	2.93	3.24	2.89	2.83
Standard Deviation	1.845	1.771	1.979	1.861	2.049	1.457	1.430	2.112	1.996	2.134	1.506	1.634	1.878	1.739	1.771
Standard Error	.129	.157	.227	.188	.250	.228	.413	.450	.416	.551	.275	.396	.293	.323	.429
Error variance	.02	.02	.05	.04	.06	.05	.17	.20	.17	.30	.08	.16	.09	.10	.18

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.2. Cycling (either for leisure or travel): In the past week, on how many days have you done this activity?

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	206	33	44	53	37	21	18	130	76	164	14	12	7	2	-	35
Total	193	31	42	50	32	19	18	123	69	156	12	10	7	2	-	30
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
1 day	41	6	10	13	7	2	3	30	11	35	4	1	1	-	-	6
	21%	20%	25%	26%	21%	10%	15%	24%	16%	22%	33%	14%	11%	-	-	20%
2 days	43	9	13	6	5	6	4	28	16	36	2	3	-	1	-	7
	22%	28%	30%	12%	17%	30%	25%	22%	23%	23%	20%	33%	-	55%	-	22%
			c													
3 days	34	3	6	10	5	4	5	19	14	31	1	-	1	1	-	3
	17%	11%	15%	20%	16%	23%	27%	16%	21%	20%	8%	-	22%	45%	-	10%
4 days	28	4	6	6	7	4	1	16	12	20	1	3	1	-	-	4
	15%	12%	15%	12%	22%	21%	6%	13%	17%	13%	8%	26%	12%	-	-	15%
5 days	20	6	2	4	4	2	2	12	8	16	3	-	1	-	-	3
	10%	19%	5%	8%	12%	8%	12%	10%	11%	10%	23%	-	11%	-	-	11%
6 days	12	1	2	5	1	1	2	9	3	9	1	1	1	-	-	3
	6%	4%	6%	10%	2%	4%	11%	7%	5%	5%	7%	11%	13%	-	-	9%
7 days	15	2	2	6	3	1	1	10	5	10	-	2	2	-	-	4
	8%	7%	5%	12%	10%	4%	5%	8%	7%	6%	-	16%	30%	-	-	12%
NET: Occasionally (1 day)	41	6	10	13	7	2	3	30	11	35	4	1	1	-	-	6
	21%	20%	25%	26%	21%	10%	15%	24%	16%	22%	33%	14%	11%	-	-	20%
NET: Some (2-4 days)	105	16	25	22	17	14	10	63	42	87	4	6	2	2	-	14
	55%	52%	60%	44%	54%	74%	57%	51%	61%	55%	37%	59%	34%	100%	-	47%
NET: Most 5+ days	47	9	7	15	8	3	5	31	16	35	4	3	4	-	-	10
	24%	29%	16%	30%	25%	16%	28%	25%	23%	22%	30%	27%	55%	-	-	33%
Base for stats	193	31	42	50	32	19	18	123	69	156	12	10	7	2	-	30
Median	3	3	2	3	3	3	3	3	3	3	2	4	5	2	-	3
Mean Score	3.20	3.20	2.82	3.40	3.35	3.16	3.29	3.15	3.28	3.08	2.89	3.62	4.74	2.45	-	3.51
Standard Deviation	1.845	1.840	1.716	2.076	1.880	1.531	1.814	1.902	1.748	1.790	1.853	2.184	2.177	.795	-	2.063
Standard Error	.129	.320	.259	.285	.309	.334	.428	.167	.201	.140	.495	.630	.823	.562	-	.349
Error variance	.02	.10	.07	.08	.10	.11	.18	.03	.04	.02	.25	.40	.68	.32	-	.12

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.2. Cycling (either for leisure or travel): In the past week, on how many days have you done this activity?

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

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%		a	b	c	d	*a	*b	*c	d	e	a	*b	*a	b	c	*d	e	a	b
Unweighted Total	206	109	37	44	81	10	15	29	152	54	187	12	22	101	67	16	184	38	139
Total	193	103	34	43	76	9	13	29	141	51	176	10	23	98	57	14	170	36	128
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	41	25	9	6	15	2	1	4	34	7	38	2	4	21	13	3	37	2	35
	21%	24%	27%	15%	20%	20%	5%	15%	24%	13%	22%	15%	17%	21%	22%	23%	22%	5%	28% a
2 days	43	21	6	14	20	1	5	3	35	8	40	1	2	18	20	3	41	9	31
	22%	20%	19%	33%	27%	10%	36%	9%	25%	16%	23%	9%	10%	19%	34%	23%	24%	24%	24%
3 days	34	20	4	7	12	2	2	6	24	10	32	2	3	26	4	2	31	7	24
	17%	20%	13%	17%	15%	22%	14%	21%	17%	19%	18%	18%	12%	26%	6%	12%	18% c	19%	19%
4 days	28	13	5	6	11	4	4	8	13	15	22	5	4	14	7	4	25	10	14
	15%	13%	14%	15%	14%	40%	27%	28%	9%	30% d	12%	51%	15%	14%	12%	31%	15%	28% b	11%
5 days	20	13	4	3	7	1	2	4	14	6	17	1	6	10	4	-	14	4	10
	10%	12%	13%	6%	9%	8%	13%	12%	10%	12%	9%	7%	24%	10%	8%	-	8%	10%	8%
6 days	12	6	2	1	3	-	1	4	8	4	12	-	3	4	5	-	9	1	5
	6%	6%	5%	3%	4%	-	5%	13%	5%	8%	7%	-	14%	4%	9%	-	5%	3%	4%
7 days	15	5	3	5	8	-	-	1	14	1	15	-	2	7	5	2	13	4	8
	8%	5%	8%	12%	11%	-	-	3%	10% e	1%	8%	-	7%	7%	8%	12%	8%	11%	7%
NET: Occasionally (1 day)	41	25	9	6	15	2	1	4	34	7	38	2	4	21	13	3	37	2	35
	21%	24%	27%	15%	20%	20%	5%	15%	24%	13%	22%	15%	17%	21%	22%	23%	22%	5%	28% a
NET: Some (2-4 days)	105	54	16	27	43	7	10	17	72	33	94	8	9	57	30	9	97	26	69
	55%	53%	46%	64%	56%	72%	76%	58%	51%	65%	54%	78%	37%	58%	52%	65%	57%	71%	54%
NET: Most 5+ days	47	24	9	9	18	1	2	8	35	11	44	1	11	20	14	2	36	9	23
	24%	23%	27%	21%	23%	8%	18%	28%	25%	22%	25%	7%	46%	20%	25%	12%	21%	24%	18%
Base for stats	193	103	34	43	76	9	13	29	141	51	176	10	23	98	57	14	170	36	128
Median	3	3	3	3	3	3	3	4	3	4	3	4	4	3	2	3	3	4	2
Mean Score	3.20	3.06	3.17	3.21	3.19	3.06	3.22	3.63	3.12	3.42	3.20	3.26	3.92	3.11	3.09	3.09	3.10	3.67 b	2.86
Standard Deviation	1.845	1.773	1.962	1.880	1.904	1.340	1.388	1.648	1.946	1.525	1.884	1.250	1.919	1.734	1.968	1.894	1.818	1.658	1.785

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.2. Cycling (either for leisure or travel): In the past week, on how many days have you done this activity?

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

		Children aged 15 or under in the household			Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
						Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
				2 or more children	NET: Yes	Self-isolating because of virus symptoms										NET: Lives with others			
	Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
Significance Level: 95%		a	b	c	d	*a	*b	*c	d	e	a	*b	*a	b	c	*d	e	a	b
Unweighted Total	206	109	37	44	81	10	15	29	152	54	187	12	22	101	67	16	184	38	139
Total	193	103	34	43	76	9	13	29	141	51	176	10	23	98	57	14	170	36	128
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Standard Error	.129	.170	.323	.283	.212	.424	.358	.306	.158	.208	.138	.361	.409	.173	.240	.474	.134	.269	.151
Error variance	.02	.03	.10	.08	.04	.18	.13	.09	.02	.04	.02	.13	.17	.03	.06	.22	.02	.07	.02

Significance Level: 95%

Unweighted Total

Total

Standard Error

Error variance

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.2. Cycling (either for leisure or travel): In the past week, on how many days have you done this activity?

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

	Longstanding condition or illness							Area		Number of days active									
	Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
		a	*b	*c	d	e	*f	a	b	*a	*b	*c	d	e	f	*g	h	i	j
Significance Level: 95%																			
Unweighted Total	206	31	23	8	141	55	6	153	53	6	9	21	40	36	34	19	41	97	94
Total	193	28	21	7	134	50	5	144	49	6	9	19	36	35	31	18	40	90	89
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	41	3	3	-	35	5	2	26	15	2	6	8	8	5	6	4	3	21	12
	21%	12%	13%	-	26%	9%	34%	18%	31%	27%	71%	42%	23%	14%	19%	20%	7%	23%	14%
					e				a				h					h	
2 days	43	6	4	4	31	12	1	31	13	-	2	7	7	13	8	3	4	27	15
	22%	20%	18%	54%	23%	23%	28%	21%	26%	-	20%	35%	21%	36%	27%	16%	10%	30%	17%
														hj				hj	
3 days	34	4	7	-	25	9	2	24	9	1	-	3	12	7	3	2	6	21	11
	17%	14%	32%	-	19%	18%	38%	17%	19%	18%	-	15%	33%	20%	11%	12%	15%	24%	13%
													fj					j	
4 days	28	8	3	2	13	13	-	20	8	-	1	2	6	10	3	3	4	18	10
	15%	30%	12%	34%	10%	25%	-	14%	16%	-	8%	8%	18%	28%	9%	19%	9%	20%	11%
		d				d								fhj					
5 days	20	3	2	-	15	4	-	18	2	2	-	-	2	1	8	1	6	2	15
	10%	9%	9%	-	11%	9%	-	12%	4%	40%	-	-	4%	3%	26%	4%	16%	3%	17%
															dei		i		dei
6 days	12	2	1	-	7	4	-	11	1	1	-	-	1	-	2	4	5	1	11
	6%	8%	7%	-	5%	7%	-	8%	2%	15%	-	-	2%	-	5%	24%	11%	1%	12%
																	ei		ei
7 days	15	2	2	1	9	4	-	14	1	-	-	-	-	-	1	1	13	-	15
	8%	6%	9%	12%	7%	9%	-	10%	2%	-	-	-	-	-	3%	5%	32%	-	17%
																	defij		dei
NET: Occasionally (1 day)	41	3	3	-	35	5	2	26	15	2	6	8	8	5	6	4	3	21	12
	21%	12%	13%	-	26%	9%	34%	18%	31%	27%	71%	42%	23%	14%	19%	20%	7%	23%	14%
					e				a				h					h	
NET: Some (2-4 days)	105	18	13	6	69	33	3	75	30	1	2	11	25	29	14	8	13	66	36
	55%	64%	63%	88%	51%	66%	66%	53%	61%	18%	29%	58%	71%	84%	46%	47%	33%	73%	41%
													fhj	fhj				fhj	
NET: Most 5+ days	47	7	5	1	30	13	-	43	4	3	-	-	2	1	11	6	24	3	40
	24%	24%	24%	12%	23%	25%	-	30%	8%	56%	-	-	6%	3%	34%	33%	60%	3%	45%
								b							dei		defi		dei
Base for stats	193	28	21	7	134	50	5	144	49	6	9	19	36	35	31	18	40	90	89
Median	3	4	3	2	3	3	2	3	2	5	1	2	3	3	3	4	5	2	4
Mean Score	3.20	3.53	3.39	3.30	2.99	3.59	2.05	3.44	2.49	3.74	1.45	1.90	2.66	2.70	3.24	3.63	4.81	2.51	4.02
						d		b							i		defij		dei

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.2. Cycling (either for leisure or travel): In the past week, on how many days have you done this activity?

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

Significance Level: 95%

	Longstanding condition or illness						Area		Number of days active									
	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Total	a	*b	*c	d	e	*f	a	b	*a	*b	*c	d	e	f	*g	h	i	j
Unweighted Total	206	31	23	8	141	55	6	53	6	9	21	40	36	34	19	41	97	94
Total	193	28	21	7	134	50	144	49	6	9	19	36	35	31	18	40	90	89
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Standard Deviation	1.845	1.705	1.783	1.803	1.839	1.731	1.907	1.452	2.068	.914	.970	1.249	1.111	1.797	2.031	2.030	1.174	2.063
Standard Error	.129	.306	.372	.637	.155	.233	.154	.199	.844	.305	.212	.197	.185	.308	.466	.317	.119	.213
Error variance	.02	.09	.14	.41	.02	.05	.02	.04	.71	.09	.04	.04	.03	.09	.22	.10	.01	.05

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.2. Cycling (either for leisure or travel): In the past week, on how many days have you done this activity?

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

	Total	Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	*b	a	*b	a	*b	a	*b	a	b
Unweighted Total	206	101	45	59	161	12	166	12	159	17	166	15	135	31
Total	193	95	45	53	152	11	154	11	150	16	153	14	125	30
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	41	19	8	13	36	2	36	3	33	2	32	4	24	9
	21%	20%	18%	26%	24%	20%	23%	24%	22%	14%	21%	25%	19%	29%
2 days	43	24	8	11	29	-	32	3	32	7	30	6	28	6
	22%	26%	18%	21%	19%	-	21%	25%	21%	45%	20%	42%	22%	21%
3 days	34	12	13	9	31	1	30	2	31	1	28	3	20	4
	17%	13%	29%	17%	20%	8%	20%	18%	21%	6%	19%	22%	16%	13%
			a											
4 days	28	15	6	8	21	3	19	3	21	4	22	1	20	4
	15%	16%	13%	15%	14%	26%	12%	24%	14%	25%	14%	10%	16%	13%
5 days	20	8	6	6	14	3	16	-	14	1	17	-	16	1
	10%	9%	13%	11%	9%	27%	10%	-	9%	7%	11%	-	13%	3%
6 days	12	7	2	3	9	2	9	-	8	1	11	-	9	2
	6%	8%	4%	6%	6%	19%	6%	-	5%	4%	7%	-	7%	7%
7 days	15	10	3	3	12	-	13	1	13	-	13	-	8	4
	8%	10%	6%	5%	8%	-	8%	10%	9%	-	9%	-	7%	15%
NET: Occasionally (1 day)	41	19	8	13	36	2	36	3	33	2	32	4	24	9
	21%	20%	18%	26%	24%	20%	23%	24%	22%	14%	21%	25%	19%	29%
NET: Some (2-4 days)	105	51	26	28	82	4	81	7	83	12	81	11	68	14
	55%	54%	59%	53%	54%	34%	53%	67%	55%	75%	53%	75%	54%	47%
NET: Most 5+ days	47	25	10	11	34	5	37	1	35	2	41	-	33	7
	24%	26%	23%	22%	22%	46%	24%	10%	23%	11%	27%	-	27%	25%
Base for stats	193	95	45	53	152	11	154	11	150	16	153	14	125	30
Median	3	3	3	3	3	4	3	3	3	2	3	2	3	3
Mean Score	3.20	3.31	3.20	3.02	3.12	3.97	3.16	2.91	3.18	2.79	3.31	2.17	3.30	3.21
Standard Deviation	1.845	1.944	1.702	1.788	1.838	1.780	1.873	1.814	1.851	1.412	1.887	.961	1.822	2.173
Standard Error	.129	.193	.254	.233	.145	.514	.145	.524	.147	.342	.146	.248	.157	.390
Error variance	.02	.04	.06	.05	.02	.26	.02	.27	.02	.12	.02	.06	.02	.15

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Q5.3. Running or jogging: In the past week, on how many days have you done this activity?

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	346	181	161	212	108	26	17	43	27	34	35	17	93	49	31
Total	314	168	143	178	108	28	14	39	21	31	28	20	87	47	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	59 19%	30 18%	29 21%	31 18%	22 20%	6 21%	4 26%	6 14%	5 26%	6 18%	5 18%	6 28%	15 17%	9 18%	5 18%
2 days	82 26%	41 25%	39 27%	53 30%	25 23%	4 14%	5 36%	8 21%	4 18%	9 28%	8 29%	2 11%	28 32%	12 25%	7 24%
3 days	82 26%	46 27%	35 25%	43 24%	32 29%	7 23%	3 24%	15 38%	6 30%	7 23%	2 8%	7 36%	19 22%	16 34%	6 22%
4 days	39 12%	20 12%	19 13%	24 14%	10 10%	4 16%	- -	2 5%	2 7%	4 14%	5 20%	1 7%	13 15%	5 10%	7 23%
5 days	22 7%	14 8%	8 6%	12 7%	7 7%	3 9%	1 5%	2 6%	1 4%	1 4%	5 17%	2 12%	5 6%	2 3%	3 9%
6 days	8 3%	5 3%	3 2%	5 3%	3 3%	- -	- -	4 9%	2 8%	- -	- -	- -	2 2%	1 2%	- -
7 days	22 7%	12 7%	9 7%	9 5%	9 8%	5 17%	1 10%	3 7%	1 7%	4 14%	2 7%	1 6%	5 6%	3 7%	1 3%
NET: Occasionally (1 day)	59 19%	30 18%	29 21%	31 18%	22 20%	6 21%	4 26%	6 14%	5 26%	6 18%	5 18%	6 28%	15 17%	9 18%	5 18%
NET: Some (2-4 days)	203 64%	107 64%	93 65%	120 68%	67 62%	15 52%	8 60%	25 64%	12 55%	20 65%	16 57%	10 54%	60 69%	32 69%	20 69%
NET: Most 5+ days	52 17%	31 18%	21 14%	26 15%	19 17%	7 26%	2 14%	9 22%	4 19%	5 17%	7 25%	4 18%	12 14%	6 13%	4 13%
Base for stats	314	168	143	178	108	28	14	39	21	31	28	20	87	47	29
Median	3	3	3	3	3	3	2	3	3	3	3	3	3	3	3
Mean Score	2.99	3.06	2.89	2.91	2.99	3.46	2.60	3.24	2.96	3.13	3.18	2.88	2.91	2.91	2.95
Standard Deviation	1.674	1.686	1.646	1.578	1.716	2.048	1.786	1.741	1.847	1.892	1.782	1.710	1.598	1.622	1.473
Standard Error	.090	.125	.130	.108	.165	.402	.433	.265	.355	.324	.301	.415	.166	.232	.265
Error variance	.01	.02	.02	.01	.03	.16	.19	.07	.13	.11	.09	.17	.03	.05	.07

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.3. Running or jogging: In the past week, on how many days have you done this activity?

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	346	51	98	93	55	27	22	242	104	238	30	34	25	3	3	95
Total	314	46	95	82	47	23	21	223	91	220	27	29	21	2	3	83
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	59 19%	11 24%	15 16%	15 19%	8 18%	7 31%	3 12%	41 19%	18 20%	43 20%	7 26%	3 10%	2 11%	1 37%	- -	13 16%
2 days	82 26%	12 25%	23 24%	21 26%	15 32%	8 32%	4 18%	56 25%	26 29%	60 27%	4 16%	9 31%	4 19%	2 63%	- -	19 23%
3 days	82 26%	9 19%	27 28%	25 31%	11 24%	3 12%	7 32%	61 27%	21 23%	57 26%	7 26%	10 35%	6 27%	- -	- -	23 28%
4 days	39 12%	7 15%	15 15%	9 11%	5 10%	2 10%	2 10%	30 13%	9 10%	26 12%	3 11%	4 13%	4 19%	- -	1 28%	12 14%
5 days	22 7%	4 8%	5 6%	5 6%	3 7%	2 7%	3 15%	14 6%	8 9%	18 8%	1 3%	1 2%	1 5%	- -	1 30%	4 4%
6 days	8 3%	2 4%	2 2%	3 4%	- -	- -	1 5%	7 3%	1 1%	4 2%	1 4%	3 10%	1 3%	- -	- -	5 5%
7 days	22 7%	2 5%	8 9%	4 4%	4 9%	2 8%	2 9%	14 6%	8 9%	13 6%	4 14%	- -	3 15%	- -	1 41%	8 10%
NET: Occasionally (1 day)	59 19%	11 24%	15 16%	15 19%	8 18%	7 31%	3 12%	41 19%	18 20%	43 20%	7 26%	3 10%	2 11%	1 37%	- -	13 16%
NET: Some (2-4 days)	203 64%	27 59%	64 68%	55 67%	31 66%	13 54%	13 59%	146 66%	56 62%	142 65%	14 53%	23 78%	14 65%	2 63%	1 28%	54 64%
NET: Most 5+ days	52 17%	8 17%	16 17%	12 14%	8 16%	3 15%	6 29%	35 16%	17 19%	34 16%	6 21%	3 12%	5 23%	- -	2 72%	16 19%
Base for stats	314	46	95	82	47	23	21	223	91	220	27	29	21	2	3	83
Median	3	3	3	3	3	2	3	3	3	3	3	3	3	2	5	3
Mean Score	2.99	2.89	3.14	2.88	2.94	2.62	3.47	2.99	2.98	2.90	3.17	2.95	3.58	1.63	5.55	3.23
Standard Deviation	1.674	1.707	1.695	1.557	1.711	1.789	1.766	1.645	1.751	1.616	2.035	1.358	1.884	.627	1.635	1.792
Standard Error	.090	.239	.171	.161	.231	.344	.376	.106	.172	.105	.372	.233	.377	.362	.944	.184
Error variance	.01	.06	.03	.03	.05	.12	.14	.01	.03	.01	.14	.05	.14	.13	.89	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.3. Running or jogging: In the past week, on how many days have you done this activity?

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

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%		a	b	c	d	*a	*b	c	d	e	a	*b	a	b	c	*d	e	a	b
Unweighted Total	346	191	57	75	132	15	25	48	258	88	317	18	31	147	145	23	315	64	237
Total	314	172	51	70	120	13	24	43	235	80	290	16	31	136	128	19	283	58	213
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	59 19%	32 19%	8 16%	14 21%	23 19%	- -	2 8%	8 19%	49 21%	10 13%	54 19%	4 25%	5 16%	24 17%	25 19%	6 30%	54 19%	5 9%	45 21% a
2 days	82 26%	46 27%	16 32%	17 24%	33 27%	7 52%	3 14%	8 20%	63 27%	19 23%	80 27%	1 5%	8 27%	34 25%	35 27%	5 25%	74 26%	13 23%	58 27%
3 days	82 26%	44 26%	13 26%	21 30%	34 28%	2 14%	7 29%	10 24%	62 27%	19 24%	76 26%	5 33%	7 22%	36 27%	36 28%	3 14%	75 26%	20 34%	54 25%
4 days	39 12%	23 13%	6 12%	6 8%	12 10%	2 12%	5 23%	9 21% d	23 10%	16 20% d	34 12%	2 12%	4 11%	22 16%	13 10%	- -	36 13%	8 13%	27 12%
5 days	22 7%	12 7%	2 4%	6 9%	8 7%	2 14%	4 15%	2 4%	15 6%	7 9%	19 6%	1 9%	2 6%	8 6%	8 6%	4 22%	20 7%	4 6%	15 7%
6 days	8 3%	3 2%	2 4%	1 1%	3 2%	1 8%	- -	2 6%	4 2%	4 5%	6 2%	2 11%	2 6%	2 1%	2 2%	2 10%	6 2%	4 7% b	2 1%
7 days	22 7%	11 7%	3 7%	5 7%	8 7%	- -	2 10%	2 6%	18 8%	5 6%	21 7%	1 6%	4 12%	10 7%	9 7%	- -	19 7%	5 9%	13 6%
NET: Occasionally (1 day)	59 19%	32 19%	8 16%	14 21%	23 19%	- -	2 8%	8 19%	49 21%	10 13%	54 19%	4 25%	5 16%	24 17%	25 19%	6 30%	54 19%	5 9%	45 21% a
NET: Some (2-4 days)	203 64%	114 66%	35 69%	43 62%	78 65%	10 78%	16 66%	28 65%	149 63%	54 68%	190 66%	8 49%	19 60%	93 68%	84 66%	7 38%	184 65%	40 69%	138 65%
NET: Most 5+ days	52 17%	27 15%	7 14%	12 17%	19 16%	3 22%	6 25%	7 16%	37 16%	16 20%	46 16%	4 26%	7 24%	20 15%	19 15%	6 31%	45 16%	13 22%	30 14%
Base for stats	314	172	51	70	120	13	24	43	235	80	290	16	31	136	128	19	283	58	213
Median	3	3	3	3	3	2	3	3	3	3	3	3	3	3	3	2	3	3	3
Mean Score	2.99	2.95	2.93	2.92	2.92	3.13	3.65	3.13	2.89	3.28	2.95	3.33	3.30	3.02	2.90	2.87	2.95	3.40 b	2.86
Standard Deviation	1.674	1.629	1.639	1.669	1.649	1.446	1.629	1.678	1.681	1.626	1.658	1.890	1.945	1.632	1.633	1.834	1.642	1.697	1.616
Standard Error	.090	.118	.217	.193	.144	.373	.326	.242	.105	.173	.093	.446	.349	.135	.136	.382	.092	.212	.105
Error variance	.01	.01	.05	.04	.02	.14	.11	.06	.01	.03	.01	.20	.12	.02	.02	.15	.01	.05	.01

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Q5.3. Running or jogging: In the past week, on how many days have you done this activity?

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

	Longstanding condition or illness							Area		Number of days active									
	Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
Significance Level: 95%		a	*b	*c	d	e	*f	a	b	*a	*b	c	d	e	f	*g	h	i	j
Unweighted Total	346	38	22	14	256	70	4	276	70	7	25	39	73	42	63	15	82	154	160
Total	314	33	20	13	235	63	4	251	63	5	23	35	64	40	56	14	77	139	147
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	59 19%	7 20%	4 20%	1 7%	44 19%	11 17%	1 21%	46 18%	13 21%	2 44%	14 59%	10 29%	15 23%	5 12%	7 13%	- -	7 9%	30 21%	14 9%
2 days	82 26%	9 27%	3 15%	1 5%	64 27%	13 20%	- -	69 27%	13 21%	2 29%	3 15%	13 36%	20 32%	10 25%	15 27%	3 21%	16 21%	43 31%	34 23%
3 days	82 26%	8 24%	8 39%	5 35%	61 26%	19 30%	1 32%	62 25%	20 31%	- -	4 19%	9 24%	22 35%	12 30%	14 25%	2 12%	19 25%	43 31%	35 23%
4 days	39 12%	5 16%	1 5%	2 16%	29 12%	9 14%	- -	30 12%	9 15%	1 15%	1 4%	3 9%	5 8%	11 28%	7 12%	4 28%	7 10%	19 14%	18 12%
5 days	22 7%	- -	1 5%	1 8%	19 8%	2 3%	- -	15 6%	7 11%	1 12%	1 4%	- -	1 1%	2 5%	12 21%	2 17%	3 4%	3 2%	17 12%
6 days	8 3%	- -	- -	4 28%	4 2%	4 6%	- -	8 3%	- -	- -	- -	1 2%	1 2%	- -	- -	3 22%	3 4%	2 1%	6 4%
7 days	22 7%	4 13%	3 17%	- -	14 6%	6 9%	2 48%	21 8%	1 2%	- -	- -	- -	- -	- -	1 2%	- -	21 27%	- -	22 15%
NET: Occasionally (1 day)	59 19%	7 20%	4 20%	1 7%	44 19%	11 17%	1 21%	46 18%	13 21%	2 44%	14 59%	10 29%	15 23%	5 12%	7 13%	- -	7 9%	30 21%	14 9%
NET: Some (2-4 days)	203 64%	22 67%	12 59%	7 57%	154 65%	40 64%	1 32%	161 64%	42 66%	2 44%	9 38%	24 69%	47 74%	33 83%	36 64%	9 62%	42 55%	105 75%	87 59%
NET: Most 5+ days	52 17%	4 13%	4 21%	5 36%	37 16%	12 19%	2 48%	44 18%	8 13%	1 12%	1 4%	1 2%	2 3%	2 5%	13 23%	5 38%	28 36%	4 3%	46 31%
Base for stats	314	33	20	13	235	63	4	251	63	5	23	35	64	40	56	14	77	139	147
Median	3	3	3	4	3	3	3	3	3	2	1	2	2	3	3	4	3	2	3
Mean Score	2.99	3.01	3.27	3.97	2.94	3.21	4.49	3.03	2.82	2.22	1.80	2.22	2.36	2.89	3.11	4.06	4.03	2.48	3.68
Standard Deviation	1.674	1.857	1.987	1.611	1.612	1.790	2.908	1.736	1.399	1.600	1.139	1.099	1.059	1.106	1.468	1.464	2.146	1.109	1.897
Standard Error	.090	.301	.424	.431	.101	.214	1.454	.104	.167	.605	.228	.176	.124	.171	.185	.378	.237	.089	.150
Error variance	.01	.09	.18	.19	.01	.05	2.11	.01	.03	.37	.05	.03	.02	.03	.03	.14	.06	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.3. Running or jogging: In the past week, on how many days have you done this activity?

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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	*b	a	*b	a	*b	a	*b	a	b
Unweighted Total	346	173	65	104	285	21	276	26	262	28	284	17	237	45
Total	314	158	60	93	262	17	252	22	240	24	259	15	215	42
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	59	23	12	23	50	3	49	4	46	4	48	4	42	8
	19%	15%	20%	24% a	19%	19%	19%	19%	19%	17%	19%	26%	19%	20%
2 days	82	37	18	26	71	3	70	3	65	5	71	2	57	7
	26%	23%	30%	28%	27%	18%	28%	12%	27%	20%	28%	11%	27%	17%
3 days	82	48	12	22	71	4	64	10	62	11	66	5	56	12
	26%	30%	20%	23%	27%	23%	26%	43%	26%	44%	26%	32%	26%	28%
4 days	39	23	8	8	29	4	29	2	29	3	32	3	25	4
	12%	14%	13%	9%	11%	21%	11%	7%	12%	11%	12%	20%	11%	11%
5 days	22	10	4	7	16	2	15	2	15	-	17	1	15	3
	7%	6%	7%	7%	6%	9%	6%	7%	6%	-	7%	4%	7%	6%
6 days	8	7	-	1	6	2	7	-	5	2	6	1	6	2
	3%	4%	-	1%	2%	10%	3%	-	2%	7%	2%	7%	3%	4%
7 days	22	10	6	6	20	-	18	3	17	-	18	-	15	6
	7%	6%	10%	7%	8%	-	7%	11%	7%	-	7%	-	7%	14%
NET: Occasionally (1 day)	59	23	12	23	50	3	49	4	46	4	48	4	42	8
	19%	15%	20%	24% a	19%	19%	19%	19%	19%	17%	19%	26%	19%	20%
NET: Some (2-4 days)	203	108	37	56	171	11	163	14	156	18	170	9	137	23
	64%	68%	62%	60%	65%	62%	65%	62%	65%	76%	65%	63%	64%	55%
NET: Most 5+ days	52	27	10	14	42	3	41	4	37	2	41	2	36	10
	17%	17%	17%	15%	16%	19%	16%	19%	16%	7%	16%	11%	17%	25%
Base for stats	314	158	60	93	262	17	252	22	240	24	259	15	215	42
Median	3	3	2	2	3	3	3	3	3	3	3	3	3	3
Mean Score	2.99	3.13	2.97	2.78	2.96	3.14	2.95	3.17	2.94	2.78	2.95	2.87	2.96	3.36
Standard Deviation	1.674	1.623	1.786	1.678	1.677	1.593	1.681	1.785	1.656	1.289	1.653	1.500	1.674	1.995
Standard Error	.090	.123	.221	.165	.099	.348	.101	.350	.102	.244	.098	.364	.109	.297
Error variance	.01	.02	.05	.03	.01	.12	.01	.12	.01	.06	.01	.13	.01	.09

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.4. Home activity, fitness or exercise classes viewed online or on TV, DVD or video: In the past week, on how many days have you done this activity?

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	427	163	262	224	149	54	23	53	34	43	38	29	105	62	40
Total	410	159	249	193	150	67	19	50	28	42	30	37	102	64	40
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	55 14%	21 13%	35 14%	33 17%	16 10%	7 10%	2 12%	6 12%	5 17%	7 16%	9 29% bgh	3 7%	11 10%	8 12%	6 16%
2 days	92 22%	35 22%	56 23%	45 24%	31 21%	15 22%	6 31%	13 27%	4 14%	8 18%	6 19%	13 35%	22 21%	14 22%	7 18%
3 days	83 20%	31 20%	52 21%	36 18%	28 19%	20 29%	2 13%	12 24%	5 19%	8 20%	4 15%	9 25%	18 18%	11 17%	12 31%
4 days	56 14%	23 15%	33 13%	27 14%	24 16%	5 7%	2 13%	4 8%	3 9%	7 16%	1 4%	2 6%	19 19% e	11 17%	7 19%
5 days	63 15%	23 14%	40 16%	26 13%	28 18%	9 14%	4 21%	7 14%	5 17%	5 12%	7 23% i	4 10%	20 19% i	10 15%	2 5%
6 days	18 4%	4 3%	13 5%	10 5%	6 4%	2 3%	1 4%	4 7%	2 8%	1 3%	- -	5 13%	4 4%	1 1%	1 2%
7 days	43 11%	22 14%	21 8%	16 8%	17 12%	10 15%	1 7%	4 8%	5 16%	6 15%	3 11%	1 4%	9 9%	10 16%	4 9%
NET: Occasionally (1 day)	55 14%	21 13%	35 14%	33 17%	16 10%	7 10%	2 12%	6 12%	5 17%	7 16%	9 29% bgh	3 7%	11 10%	8 12%	6 16%
NET: Some (2-4 days)	231 56%	89 56%	141 56%	108 56%	83 55%	39 58%	11 57%	29 59%	12 42%	22 54%	12 38%	24 66%	59 58% e	35 56%	27 67% ce
NET: Most 5+ days	124 30%	49 31%	74 30%	52 27%	51 34%	21 31%	6 32%	15 29%	12 42% i	12 30%	10 33%	10 27%	32 32%	20 32%	7 17%
Base for stats	410	159	249	193	150	67	19	50	28	42	30	37	102	64	40
Median	3	3	3	3	3	3	3	3	4	3	3	3	4	3	3
Mean Score	3.50	3.59	3.44	3.32	3.69	3.59	3.40	3.39	3.85	3.56	3.16	3.32	3.62	3.67	3.24
Standard Deviation	1.831	1.892	1.784	1.820	1.812	1.884	1.789	1.795	2.082	1.964	2.021	1.688	1.728	1.931	1.716
Standard Error	.089	.148	.110	.122	.148	.256	.373	.247	.357	.299	.328	.313	.169	.245	.271
Error variance	.01	.02	.01	.01	.02	.07	.14	.06	.13	.09	.11	.10	.03	.06	.07

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.4. Home activity, fitness or exercise classes viewed online or on TV, DVD or video: In the past week, on how many days have you done this activity?

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	427	57	108	132	59	34	37	297	130	327	26	31	26	6	1	90
Total	410	53	107	129	51	29	41	289	121	318	24	30	22	6	1	83
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	55 14%	4 8%	18 17%	16 12%	8 15%	5 18%	5 12%	38 13%	18 15%	47 15%	3 13%	3 9%	1 4%	1 18%	- -	8 9%
2 days	92 22%	13 24%	26 24%	30 23%	9 17%	4 12%	11 27%	69 24%	23 19%	76 24%	4 18%	3 10%	6 28%	1 14%	- -	15 18%
3 days	83 20%	12 22%	15 14%	25 20%	17 33% bg	7 24%	8 19%	52 18%	31 26% b	66 21%	4 15%	9 29%	4 16%	- -	- -	16 19%
4 days	56 14%	10 18%	21 19% c	13 10%	5 10%	4 12%	4 9%	43 15%	13 10%	38 12%	7 27%	6 20%	3 12%	- -	1 100%	16 20%
5 days	63 15%	6 11%	13 13%	25 19%	5 11%	7 23%	7 17%	44 15%	19 16%	47 15%	3 12%	6 19%	5 21%	3 48%	- -	16 19%
6 days	18 4%	3 6%	4 4%	9 7%	2 3%	1 2%	- -	16 5%	2 2%	13 4%	2 8%	1 4%	1 4%	- -	- -	4 5%
7 days	43 11%	7 12%	10 9%	12 9%	6 12%	3 9%	7 16%	28 10%	15 12%	32 10%	2 8%	2 7%	3 15%	1 19%	- -	9 10%
NET: Occasionally (1 day)	55 14%	4 8%	18 17%	16 12%	8 15%	5 18%	5 12%	38 13%	18 15%	47 15%	3 13%	3 9%	1 4%	1 18%	- -	8 9%
NET: Some (2-4 days)	231 56%	34 63%	61 58%	68 53%	31 60%	14 49%	22 55%	163 57%	67 56%	180 56%	15 60%	18 60%	12 56%	1 14%	1 100%	47 56%
NET: Most 5+ days	124 30%	16 29%	27 26%	45 35%	13 25%	10 34%	13 33%	88 30%	36 30%	91 29%	7 27%	9 31%	9 40%	4 68%	- -	29 34%
Base for stats	410	53	107	129	51	29	41	289	121	318	24	30	22	6	1	83
Median	3	3	3	3	3	3	3	3	3	3	4	4	4	5	4	4
Mean Score	3.50	3.68	3.35	3.56	3.41	3.52	3.56	3.51	3.49	3.40	3.60	3.74	3.90	4.24	4.00	3.78
Standard Deviation	1.831	1.804	1.833	1.829	1.824	1.816	1.968	1.824	1.857	1.830	1.775	1.600	1.868	2.303	-	1.739
Standard Error	.089	.239	.176	.159	.237	.311	.324	.106	.163	.101	.348	.287	.366	.940	-	.183
Error variance	.01	.06	.03	.03	.06	.10	.10	.01	.03	.01	.12	.08	.13	.88	-	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.4. Home activity, fitness or exercise classes viewed online or on TV, DVD or video: In the past week, on how many days have you done this activity?

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

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	*a	*b	c	d	e	a	*b	a	b	c	*d	e	a	b
427	232	79	91	170	23	25	81	298	129	389	26	46	199	157	25	381	73	296
410	224	75	85	160	23	22	82	283	127	375	24	47	200	143	21	364	69	284
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
55	37	10	8	18	-	-	12	43	12	52	2	8	29	16	2	48	6	40
14%	16%	14%	9%	11%	-	-	15%	15%	10%	14%	8%	16%	15%	11%	11%	13%	8%	14%
92	53	20	13	33	8	3	16	65	27	82	8	11	46	31	4	81	17	61
22%	24%	27% c	15%	21%	34%	13%	20%	23%	21%	22%	34%	23%	23%	21%	20%	22%	25%	22%
83	37	17	22	39	4	5	19	55	28	78	4	6	46	30	2	77	9	68
20%	16%	23%	26% a	24% a	17%	21%	24%	19%	22%	21%	17%	12%	23%	21%	8%	21%	13%	24% a
56	25	9	20	29	4	5	8	39	17	53	3	5	20	26	5	51	14	37
14%	11%	12%	24% a	18% a	16%	21%	10%	14%	13%	14%	11%	10%	10%	18% b	26%	14%	20%	13%
63	33	9	16	26	2	8	15	38	24	55	6	5	32	21	4	58	10	47
15%	15%	12%	19%	16%	7%	34%	18%	14%	19%	15%	23%	10%	16%	15%	21%	16%	15%	17%
18	12	3	1	4	2	1	2	12	6	16	1	2	10	5	1	16	2	12
4%	5%	3%	2%	2%	11%	7%	2%	4%	4%	4%	4%	5%	5%	4%	4%	4%	3%	4%
43	29	6	5	11	3	1	9	30	14	39	1	11	16	14	2	32	11	18
11%	13%	8%	6%	7%	15%	5%	11%	11%	11%	10%	4%	24% bce	8%	10%	10%	9%	17% b	6%
55	37	10	8	18	-	-	12	43	12	52	2	8	29	16	2	48	6	40
14%	16%	14%	9%	11%	-	-	15%	15%	10%	14%	8%	16%	15%	11%	11%	13%	8%	14%
231	114	47	55	102	15	12	44	159	72	213	15	21	111	87	11	209	40	167
56%	51%	62%	64% a	63% a	67%	54%	54%	56%	56%	57%	62%	46%	56%	61%	54%	58%	58%	59%
124	73	18	23	41	7	10	26	81	43	110	7	18	59	40	7	106	24	77
30%	33%	24%	27%	25%	33%	46%	31%	28%	34%	29%	31%	38%	29%	28%	35%	29%	34%	27%
410	224	75	85	160	23	22	82	283	127	375	24	47	200	143	21	364	69	284
3	3	3	4	3	3	4	3	3	3	3	3	3	3	3	4	3	4	3
3.50	3.51	3.25	3.57	3.42	3.89	4.16	3.47	3.43	3.67	3.48	3.34	3.83	3.37	3.53	3.79	3.46	3.83 b	3.34
1.831	1.967	1.735	1.520	1.627	1.879	1.343	1.841	1.852	1.780	1.824	1.620	2.238	1.791	1.744	1.805	1.772	1.906	1.687
.089	.129	.195	.159	.125	.392	.269	.205	.107	.157	.092	.318	.330	.127	.139	.361	.091	.223	.098

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.4. Home activity, fitness or exercise classes viewed online or on TV, DVD or video: In the past week, on how many days have you done this activity?

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

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
				2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
	Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
		a	b	c	d	*a	*b	c	d	e	a	*b	a	b	c	*d	e	a	b
Significance Level: 95%																			
Unweighted Total	427	232	79	91	170	23	25	81	298	129	389	26	46	199	157	25	381	73	296
Total	410	224	75	85	160	23	22	82	283	127	375	24	47	200	143	21	364	69	284
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Error variance	.01	.02	.04	.03	.02	.15	.07	.04	.01	.02	.01	.10	.11	.02	.02	.13	.01	.05	.01

Significance Level: 95%

Unweighted Total

Total

Error variance

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.4. Home activity, fitness or exercise classes viewed online or on TV, DVD or video: In the past week, on how many days have you done this activity?

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

	Longstanding condition or illness							Area		Number of days active									
	Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
	a	b	*c	d	e	*f		a	b	*a	*b	c	d	e	f	*g	h	i	j
Significance Level: 95%																			
Unweighted Total	427	50	42	25	304	108	7	354	73	12	29	55	86	58	63	28	96	199	187
Total	410	45	41	23	296	101	6	341	69	12	29	50	76	58	59	28	97	185	184
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	55 14%	8 18%	7 16%	2 7%	39 13%	14 14%	2 36%	48 14%	8 11%	5 36%	15 53%	12 24% efhij	9 12%	3 5%	2 4%	3 12%	5 5%	25 13% fhj	11 6%
2 days	92 22%	9 19%	13 31%	4 18%	66 22%	25 25%	1 12%	75 22%	17 25%	5 38%	4 14%	29 58% defhij	20 27% hj	11 20%	11 18%	3 11%	8 9%	61 33% fhj	22 12%
3 days	83 20%	10 23% b	3 7%	6 24%	64 22% b	17 17%	2 26%	62 18%	21 30% a	1 11%	5 18%	1 2% cefhij	35 46% cefhij	12 21% c	6 11% c	1 3%	20 21% c	48 26% cfj	28 15% c
4 days	56 14%	6 13%	8 19%	5 20%	38 13%	16 15%	2 26%	52 15% b	4 6%	1 6%	1 2%	6 13%	7 10%	23 40% cdfhij	8 13%	2 8%	7 8%	37 20% dhj	18 10%
5 days	63 15%	4 9%	6 14%	6 25%	47 16%	15 15%	- -	53 16%	9 13%	- -	2 7%	1 2%	3 4%	6 10%	28 48% cdehij	5 19%	17 18% cdi	10 5%	51 28% cdei
6 days	18 4%	1 2%	1 2%	1 5%	13 4%	3 3%	- -	16 5%	2 3%	- -	- -	- -	1 1%	2 3%	2 3%	10 37%	3 3%	2 1%	16 8% cdi
7 days	43 11%	7 16%	5 12%	- -	28 10%	12 12%	- -	35 10%	8 12%	1 8%	1 5%	1 1%	- -	1 2%	2 3%	2 8%	35 36% cdefij	2 1%	39 21% cdefi
NET: Occasionally (1 day)	55 14%	8 18%	7 16%	2 7%	39 13%	14 14%	2 36%	48 14%	8 11%	5 36%	15 53%	12 24% efhij	9 12%	3 5%	2 4%	3 12%	5 5%	25 13% fhj	11 6%
NET: Some (2-4 days)	231 56%	25 55%	23 56%	14 63%	168 57%	57 57%	4 64%	188 55%	42 61%	7 56%	10 35%	36 72% fhj	63 83% fhj	46 80% fhj	25 42%	6 23%	36 37%	146 79% fhj	68 37%
NET: Most 5+ days	124 30%	12 27%	11 27%	7 30%	88 30%	29 29%	- -	105 31%	19 28%	1 8%	3 12%	2 3%	4 5%	8 15% c	32 54% cdei	18 65%	56 57% cdei	14 8%	106 57% cdei
Base for stats	410	45	41	23	296	101	6	341	69	12	29	50	76	58	59	28	97	185	184
Median	3	3	3	4	3	3	3	3	3	2	1	2	3	4	5	5	5	3	5
Mean Score	3.50	3.44	3.35	3.54	3.48	3.47	2.43	3.52	3.41	2.27	2.16	2.15	2.70 c	3.45 cdi	4.03 cdei	4.56	4.79 cdefi	2.78 c	4.51 cdei

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.4. Home activity, fitness or exercise classes viewed online or on TV, DVD or video: In the past week, on how many days have you done this activity?

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

Significance Level: 95%

	Longstanding condition or illness						Area		Number of days active									
	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Total	a	b	*c	d	e	*f	a	b	*a	*b	c	d	e	f	*g	h	i	j
427	50	42	25	304	108	7	354	73	12	29	55	86	58	63	28	96	199	187
410	45	41	23	296	101	6	341	69	12	29	50	76	58	59	28	97	185	184
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1.831	1.993	1.921	1.375	1.798	1.864	1.328	1.838	1.809	1.697	1.655	1.130	1.010	1.252	1.448	1.956	2.006	1.225	1.859
.089	.282	.296	.275	.103	.179	.502	.098	.212	.490	.307	.152	.109	.164	.182	.370	.205	.087	.136
.01	.08	.09	.08	.01	.03	.25	.01	.04	.24	.09	.02	.01	.03	.03	.14	.04	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.4. Home activity, fitness or exercise classes viewed online or on TV, DVD or video: In the past week, on how many days have you done this activity?

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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	*b	a	b	a	b	a	b	a	b
Unweighted Total	427	215	69	137	336	26	326	41	316	48	322	37	273	75
Total	410	206	66	132	326	23	316	38	304	47	309	35	262	72
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	55	24	7	23	38	5	42	6	32	12	33	10	39	9
	14%	12%	11%	18%	12%	22%	13%	15%	11%	27% a	11%	27% a	15%	13%
2 days	92	45	12	33	75	2	72	5	75	8	70	3	48	16
	22%	22%	19%	25%	23%	7%	23%	14%	25%	17%	23%	10%	18%	22%
3 days	83	40	13	30	69	4	66	8	60	10	64	8	58	15
	20%	19%	19%	23%	21%	17%	21%	20%	20%	20%	21%	23%	22%	21%
4 days	56	27	11	18	47	3	45	7	42	7	40	6	40	7
	14%	13%	17%	13%	15%	15%	14%	18%	14%	15%	13%	16%	15%	10%
5 days	63	39	11	12	50	4	45	6	46	6	50	7	35	13
	15%	19%	17%	9%	15%	15%	14%	15%	15%	13%	16%	19%	13%	18%
		c												
6 days	18	8	4	6	16	-	17	-	16	1	16	1	14	2
	4%	4%	7%	4%	5%	-	5%	-	5%	2%	5%	2%	6%	2%
7 days	43	23	7	10	30	5	30	7	32	3	35	1	27	10
	11%	11%	11%	7%	9%	24%	10%	17%	11%	6%	11%	2%	10%	14%
NET: Occasionally (1 day)	55	24	7	23	38	5	42	6	32	12	33	10	39	9
	14%	12%	11%	18%	12%	22%	13%	15%	11%	27% a	11%	27% a	15%	13%
NET: Some (2-4 days)	231	113	36	81	191	9	183	20	177	25	174	18	146	38
	56%	55%	55%	61%	59%	38%	58%	52%	58%	53%	56%	49%	56%	53%
NET: Most 5+ days	124	70	23	28	96	9	92	12	94	10	101	8	77	24
	30%	34%	35%	21%	30%	39%	29%	33%	31%	20%	33%	23%	29%	34%
		c	c											
Base for stats	410	206	66	132	326	23	316	38	304	47	309	35	262	72
Median	3	3	4	3	3	4	3	4	3	3	3	3	3	3
Mean Score	3.50	3.62	3.73	3.14	3.50	3.88	3.48	3.75	3.56	2.98	3.62	3.05	3.53	3.60
		c	c						b					
Standard Deviation	1.831	1.829	1.813	1.746	1.768	2.223	1.804	1.968	1.813	1.740	1.831	1.651	1.837	1.906
Standard Error	.089	.125	.218	.149	.096	.436	.100	.307	.102	.251	.102	.271	.111	.220
Error variance	.01	.02	.05	.02	.01	.19	.01	.09	.01	.06	.01	.07	.01	.05

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.5. Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines): In the past week, on how many days have you done this activity?

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	471	236	233	238	140	93	23	54	53	59	39	38	94	65	46
Total	453	229	222	202	140	110	19	51	46	59	32	47	88	65	47
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	65 14%	27 12%	37 17%	32 16%	21 15%	11 10%	4 20%	6 12%	5 10%	9 15%	6 19%	9 20%	11 12%	5 8%	11 23% h
2 days	89 20%	38 17%	51 23%	40 20%	23 17%	25 22%	2 8%	14 28%	8 17%	10 16%	6 20%	6 13%	21 24%	13 20%	9 19%
3 days	94 21%	49 21%	44 20%	43 21%	34 24%	17 16%	2 9%	8 16%	13 28% ei	14 24%	3 9%	16 34% bei	21 24%	12 18%	5 10%
4 days	70 15%	39 17%	31 14%	29 15%	27 19%	13 12%	5 25%	8 16%	7 15%	6 10%	6 18%	7 15%	15 17%	11 17%	5 11%
5 days	53 12%	29 13%	23 10%	22 11%	14 10%	17 15%	4 19%	5 9%	4 10%	6 10%	4 14%	7 14%	6 7%	10 16%	6 13%
6 days	18 4%	9 4%	10 4%	10 5%	6 4%	3 2%	2 8%	3 5%	3 7%	3 5%	1 2%	- -	5 5%	2 3%	- -
7 days	65 14%	39 17%	26 12%	25 12%	15 11%	25 22% ab	2 10%	7 13%	6 12%	12 20% f	6 17%	2 4%	10 11%	11 17% f	11 23% f
NET: Occasionally (1 day)	65 14%	27 12%	37 17%	32 16%	21 15%	11 10%	4 20%	6 12%	5 10%	9 15%	6 19%	9 20%	11 12%	5 8%	11 23% h
NET: Some (2-4 days)	252 56%	125 55%	126 57%	113 56%	84 60%	55 50%	8 42%	31 60%	28 60%	30 51%	15 48%	29 62%	57 64% i	36 55%	19 41%
NET: Most 5+ days	136 30%	77 34%	59 27%	57 28%	35 25%	44 40% ab	7 38%	14 28%	13 29%	20 35%	11 34%	8 18%	21 24%	24 37% f	17 36%
Base for stats	453	229	222	202	140	110	19	51	46	59	32	47	88	65	47
Median	3	4	3	3	3	4	4	3	3	3	4	3	3	4	3
Mean Score	3.60	3.82	3.39	3.49	3.47	3.95	3.82	3.51	3.68	3.79	3.67	3.06	3.44	3.92 f	3.65
Standard Deviation	1.923	1.926	1.899	1.903	1.808	2.068	1.955	1.916	1.832	2.074	2.095	1.511	1.811	1.906	2.269
Standard Error	.089	.125	.124	.123	.153	.214	.408	.261	.252	.270	.335	.245	.187	.236	.334
Error variance	.01	.02	.02	.02	.02	.05	.17	.07	.06	.07	.11	.06	.03	.06	.11

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Q5.5. Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines): In the past week, on how many days have you done this activity?

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	471	56	107	141	62	49	56	304	167	370	27	33	26	3	3	92
Total	453	50	106	135	55	43	63	292	161	361	25	30	23	3	2	83
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	65 14%	6 12%	13 12%	20 15%	11 21%	5 13%	9 14%	39 13%	26 16%	55 15%	3 11%	2 6%	2 7%	1 31%	- -	7 8%
2 days	89 20%	13 26%	15 14%	29 21%	13 24%	7 16%	12 20%	56 19%	32 20%	70 19%	6 23%	8 27%	4 17%	- -	1 29%	19 22%
3 days	94 21%	12 23%	30 29% fh	25 19%	10 18%	8 20%	8 13%	67 23%	26 16%	73 20%	1 4%	10 34%	6 28%	1 31%	1 28%	19 23%
4 days	70 15%	8 16%	15 14%	24 18%	7 12%	7 17%	9 14%	47 16%	23 14%	58 16%	6 25%	2 8%	2 10%	- -	1 42%	12 14%
5 days	53 12%	4 9%	12 11%	11 8%	8 14%	11 27% abcfg	6 10%	27 9%	25 16% cg	43 12%	3 13%	5 15%	1 4%	- -	- -	9 10%
6 days	18 4%	- -	8 8% ah	7 5%	1 2%	1 2%	2 3%	15 5%	4 2%	14 4%	2 7%	1 3%	1 5%	1 38%	- -	5 6%
7 days	65 14%	7 14%	13 12%	20 15%	5 9%	3 6%	17 27% bcdeg	40 14%	25 15%	49 14%	4 16%	2 7%	7 30%	- -	- -	13 16%
NET: Occasionally (1 day)	65 14%	6 12%	13 12%	20 15%	11 21%	5 13%	9 14%	39 13%	26 16%	55 15%	3 11%	2 6%	2 7%	1 31%	- -	7 8%
NET: Some (2-4 days)	252 56%	33 65% f	60 56%	78 58%	30 54%	23 53%	29 46%	171 58%	81 51%	200 55%	13 52%	21 69%	13 55%	1 31%	2 100%	50 60%
NET: Most 5+ days	136 30%	12 23%	33 31%	37 28%	14 25%	15 35%	25 40%	82 28%	54 33%	106 29%	9 37%	7 25%	9 38%	1 38%	- -	27 32%
Base for stats	453	50	106	135	55	43	63	292	161	361	25	30	23	3	2	83
Median	3	3	3	3	3	4	4	3	3	3	4	3	3	3	3	3
Mean Score	3.60	3.40	3.70	3.56	3.17	3.60	4.03 d	3.59	3.62	3.55	3.93	3.36	4.19	3.53	3.13	3.76
Standard Deviation	1.923	1.839	1.850	1.954	1.852	1.662	2.212	1.894	1.979	1.911	1.996	1.590	2.167	2.662	1.081	1.901
Standard Error	.089	.246	.179	.165	.235	.237	.296	.109	.153	.099	.384	.277	.425	1.537	.624	.198
Error variance	.01	.06	.03	.03	.06	.06	.09	.01	.02	.01	.15	.08	.18	2.36	.39	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.5. Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines): In the past week, on how many days have you done this activity?

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

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self						Care responsibilities in household not including children	
				2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others			
	Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No	
Significance Level: 95%		a	b	c	d	*a	b	c	d	e	a	*b	a	b	c	*d	e	a	b	
Unweighted Total	471	297	65	86	151	26	36	91	318	153	437	26	71	222	152	26	400	80	309	
Total	453	290	60	79	140	26	32	95	300	153	419	26	75	220	135	23	378	78	290	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
1 day	65	41	9	10	19	3	2	11	50	15	58	6	14	31	19	2	51	5	44	
	14%	14%	15%	13%	14%	11%	5%	11%	17% e	10%	14%	22%	18%	14%	14%	7%	14%	6%	15% a	
2 days	89	59	12	16	27	2	6	19	62	27	85	2	9	46	29	4	79	13	65	
	20%	20%	20%	20%	20%	7%	19%	20%	21%	18%	20%	8%	13%	21%	21%	18%	21%	17%	22%	
3 days	94	57	18	14	32	5	7	18	64	30	86	6	11	48	29	6	82	17	65	
	21%	20%	30%	18%	23%	20%	20%	19%	21%	19%	21%	22%	15%	22%	21%	24%	22%	21%	22%	
4 days	70	45	6	15	21	6	10	18	36	34	61	7	14	32	20	4	56	15	38	
	15%	16%	11%	19%	15%	23%	32% d	18%	12%	22% d	14%	28%	19%	14%	15%	17%	15%	19%	13%	
5 days	53	33	7	8	15	5	1	10	36	17	47	5	7	29	15	2	46	11	35	
	12%	11%	12%	10%	11%	21%	5%	11%	12%	11%	11%	20%	9%	13%	11%	8%	12%	14%	12%	
6 days	18	12	2	4	6	1	3	3	12	7	18	-	7	6	6	-	12	4	8	
	4%	4%	3%	5%	4%	4%	10%	3%	4%	4%	4%	-	9% be	3%	4%	-	3%	5%	3%	
7 days	65	43	6	13	19	4	3	17	41	24	63	-	13	27	19	6	52	14	35	
	14%	15%	10%	16%	13%	15%	9%	18%	14%	16%	15%	-	17%	12%	14%	25%	14%	18%	12%	
NET: Occasionally (1 day)	65	41	9	10	19	3	2	11	50	15	58	6	14	31	19	2	51	5	44	
	14%	14%	15%	13%	14%	11%	5%	11%	17% e	10%	14%	22%	18%	14%	14%	7%	14%	6%	15% a	
NET: Some (2-4 days)	252	161	36	45	81	13	23	55	162	90	232	15	35	126	77	14	217	45	168	
	56%	56%	60%	56%	58%	49%	71%	58%	54%	59%	55%	58%	47%	57%	57%	59%	57%	57%	58%	
NET: Most 5+ days	136	88	15	25	40	10	8	30	88	48	129	5	26	63	39	8	110	29	78	
	30%	30%	25%	31%	28%	40%	24%	31%	29%	31%	31%	20%	35%	29%	29%	33%	29%	37%	27%	
Base for stats	453	290	60	79	140	26	32	95	300	153	419	26	75	220	135	23	378	78	290	
Median	3	3	3	3	3	4	4	3	3	4	3	3	4	3	3	4	3	4	3	
Mean Score	3.60	3.61	3.34	3.72	3.56	4.10	3.80	3.77	3.48	3.83	3.62	3.15	3.83	3.50	3.55	4.02	3.55	4.04 b	3.41	
Standard Deviation	1.923	1.939	1.787	1.953	1.886	1.818	1.658	1.952	1.944	1.865	1.944	1.444	2.084	1.858	1.916	2.037	1.889	1.856	1.862	
Standard Error	.089	.113	.222	.211	.153	.357	.276	.205	.109	.151	.093	.283	.247	.125	.155	.399	.094	.207	.106	
Error variance	.01	.01	.05	.04	.02	.13	.08	.04	.01	.02	.01	.08	.06	.02	.02	.16	.01	.04	.01	

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Q5.5. Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines): In the past week, on how many days have you done this activity?

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

	Longstanding condition or illness							Area		Number of days active									
	Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
Significance Level: 95%		a	b	*c	d	e	*f	a	b	*a	b	c	d	e	f	g	h	i	j
Unweighted Total	471	57	60	24	325	126	13	393	78	18	30	63	97	63	65	30	105	223	200
Total	453	54	64	23	310	125	14	377	75	19	28	61	90	62	62	27	105	213	193
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	65 14%	11 20%	10 15%	2 10%	43 14%	18 15%	4 29%	52 14%	12 16%	3 18%	14 48%	16 27%	20 23%	5 9%	1 2%	3 12%	1 1%	42 20%	6 3%
											cdefghij	efhj	efhj	h		hj		efhj	
2 days	89 20%	6 11%	13 20%	2 9%	68 22%	19 15%	2 17%	77 20%	12 15%	4 22%	6 22%	28 46%	19 21%	7 11%	11 18%	4 15%	10 9%	53 25%	25 13%
												bdefghij	h					ehj	
3 days	94 21%	9 16%	10 15%	8 34%	66 21%	24 19%	2 17%	80 21%	14 19%	5 25%	4 14%	11 18%	37 41%	11 18%	9 15%	6 22%	11 11%	59 28%	26 14%
													bcefhij					fhj	
4 days	70 15%	11 20%	17 26%	4 20%	40 13%	27 22%	2 16%	56 15%	14 18%	2 12%	2 6%	2 4%	7 8%	34 55%	7 12%	2 6%	13 13%	44 21%	22 11%
													bcdghij					cdj	
5 days	53 12%	6 11%	7 11%	1 4%	37 12%	13 11%	1 6%	46 12%	7 9%	- -	1 3%	- -	4 4%	3 4%	29 47%	3 12%	13 13%	6 3%	46 24%
															bcdghij	ci	cdi		bcdehi
6 days	18 4%	2 3%	2 3%	3 12%	12 4%	6 5%	- -	17 4%	2 2%	- -	1 3%	- -	1 1%	- -	2 3%	9 33%	6 5%	1 *	17 9%
																bcdghij	i		cdei
7 days	65 14%	10 19%	7 11%	2 11%	42 14%	18 14%	2 15%	50 13%	15 20%	4 23%	1 4%	4 6%	2 3%	2 3%	2 3%	- -	50 48%	8 4%	52 27%
																	bcdghij		bcdghij
NET: Occasionally (1 day)	65 14%	11 20%	10 15%	2 10%	43 14%	18 15%	4 29%	52 14%	12 16%	3 18%	14 48%	16 27%	20 23%	5 9%	1 2%	3 12%	1 1%	42 20%	6 3%
											cdefghij	efhj	efhj	h		hj		efhj	
NET: Some (2-4 days)	252 56%	25 46%	39 61%	14 63%	174 56%	70 56%	7 50%	212 56%	40 53%	11 59%	12 42%	41 67%	63 70%	53 84%	27 44%	12 44%	34 33%	156 73%	73 38%
												bfgjh	bfgjh	bcdghij				bfgjh	

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Q5.5. Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines): In the past week, on how many days have you done this activity?

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

		Longstanding condition or illness						Area		Number of days active									
						NET: Longstanding physical and mental condition or illness													
	Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	*c	d	e	*f	a	b	*a	b	c	d	e	f	g	h	i	j
Unweighted Total	471	57	60	24	325	126	13	393	78	18	30	63	97	63	65	30	105	223	200
Total	453	54	64	23	310	125	14	377	75	19	28	61	90	62	62	27	105	213	193
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	136	18	16	6	92	37	3	113	23	4	3	4	7	5	33	12	69	15	114
	30%	34%	24%	28%	30%	30%	21%	30%	31%	23%	10%	6%	8%	7%	54%	44%	66%	7%	59%
															bcdei	bcdei	bcdegi		bcdei
Base for stats	453	54	64	23	310	125	14	377	75	19	28	61	90	62	62	27	105	213	193
Median	3	4	4	3	3	4	3	3	3	3	2	2	3	4	5	4	6	3	5
Mean Score	3.60	3.78	3.49	3.81	3.53	3.71	3.12	3.57	3.74	3.45	2.17	2.29	2.64	3.46	4.05	3.88	5.33	2.78	4.72
														bcdi	bcdei	bcdi	bcdefgij	bc	bcdefgi
Standard Deviation	1.923	2.095	1.805	1.788	1.913	1.904	2.100	1.894	2.066	2.179	1.619	1.432	1.327	1.200	1.406	1.858	1.869	1.396	1.850
Standard Error	.089	.277	.233	.365	.106	.170	.582	.096	.234	.514	.296	.180	.135	.151	.174	.339	.182	.093	.131
Error variance	.01	.08	.05	.13	.01	.03	.34	.01	.05	.26	.09	.03	.02	.02	.03	.12	.03	.01	.02

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Q5.5. Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines): In the past week, on how many days have you done this activity?

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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	471	220	81	164	370	42	383	39	344	51	377	32	299	77
Total	453	211	81	156	360	40	370	36	331	49	365	28	286	75
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	65 14%	24 11%	8 10%	31 20% ab	49 14%	7 18%	53 14%	7 18%	46 14%	7 14%	47 13%	5 19%	46 16%	10 14%
2 days	89 20%	37 17%	15 18%	37 24%	65 18%	11 28%	70 19%	10 28%	62 19%	11 23%	65 18%	7 26%	51 18%	9 12%
3 days	94 21%	44 21%	18 22%	31 20%	79 22%	4 11%	73 20%	8 22%	67 20%	10 20%	82 22%	4 15%	61 21%	19 26%
4 days	70 15%	38 18%	12 14%	19 12%	54 15%	7 16%	57 15%	4 10%	47 14%	9 19%	54 15%	5 17%	37 13%	17 23% a
5 days	53 12%	28 13%	9 11%	16 10%	40 11%	6 15%	44 12%	4 10%	41 12%	5 10%	44 12%	2 8%	29 10%	8 11%
6 days	18 4%	12 6% c	4 5%	2 2%	16 4%	2 4%	16 4%	- -	14 4%	2 4%	18 5%	1 3%	16 6%	2 3%
7 days	65 14%	28 13%	16 20%	21 13%	57 16%	3 7%	57 15%	4 12%	54 16%	5 11%	56 15%	3 12%	48 17%	9 12%
NET: Occasionally (1 day)	65 14%	24 11%	8 10%	31 20% ab	49 14%	7 18%	53 14%	7 18%	46 14%	7 14%	47 13%	5 19%	46 16%	10 14%
NET: Some (2-4 days)	252 56%	119 56%	44 55%	86 55%	198 55%	22 55%	201 54%	22 60%	177 53%	30 62%	200 55%	16 58%	148 52%	45 60%
NET: Most 5+ days	136 30%	68 32%	29 36%	39 25%	113 31%	11 27%	116 31%	8 22%	108 33%	12 24%	118 32%	6 23%	93 32%	20 26%
Base for stats	453	211	81	156	360	40	370	36	331	49	365	28	286	75
Median	3	4	3	3	3	3	3	3	3	3	3	3	3	3
Mean Score	3.60	3.75 c	3.93 c	3.26	3.69	3.25	3.66	3.15	3.69	3.42	3.71	3.24	3.67	3.64
Standard Deviation	1.923	1.856	1.990	1.938	1.949	1.831	1.951	1.875	1.969	1.813	1.930	1.943	2.021	1.778
Standard Error	.089	.125	.221	.151	.101	.283	.100	.300	.106	.254	.099	.343	.117	.203
Error variance	.01	.02	.05	.02	.01	.08	.01	.09	.01	.06	.01	.12	.01	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, on how many days have you done this activity?

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	304	155	147	140	116	48	10	35	35	36	34	26	50	48	30
Total	292	153	137	119	116	57	8	34	29	36	27	31	49	49	28
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	53	23	30	25	15	14	1	4	8	6	7	9	10	6	4
	18%	15%	22%	21%	13%	24%	9%	11%	27%	16%	25%	28%	21%	12%	14%
2 days	60	33	27	20	26	14	3	6	5	9	4	6	6	11	10
	20%	22%	19%	17%	22%	24%	38%	18%	17%	25%	14%	20%	12%	22%	35%
															g
3 days	58	34	23	21	30	7	1	7	5	8	3	5	12	11	5
	20%	22%	17%	17%	26%	12%	18%	21%	17%	22%	12%	17%	24%	23%	18%
4 days	45	29	16	19	18	8	-	8	5	7	5	1	7	8	4
	15%	19%	11%	16%	16%	15%	-	23%	17%	19%	17%	4%	15%	16%	16%
5 days	36	13	23	18	14	3	2	5	1	4	4	2	6	7	4
	12%	8%	17%	15%	12%	5%	19%	14%	5%	11%	16%	8%	13%	15%	13%
			a												
6 days	10	7	3	7	2	1	-	1	1	-	-	3	2	2	1
	4%	5%	2%	6%	2%	2%	-	3%	3%	-	-	11%	4%	3%	5%
7 days	30	14	16	10	10	10	1	4	4	3	4	4	6	5	-
	10%	9%	12%	8%	9%	18%	16%	11%	15%	7%	16%	12%	11%	10%	-
									i		i				
NET: Occasionally (1 day)	53	23	30	25	15	14	1	4	8	6	7	9	10	6	4
	18%	15%	22%	21%	13%	24%	9%	11%	27%	16%	25%	28%	21%	12%	14%
NET: Some (2-4 days)	163	96	65	59	75	29	5	21	15	24	12	13	25	30	19
	56%	62%	48%	50%	64%	51%	56%	62%	51%	65%	43%	41%	51%	61%	68%
		b			a										e
NET: Most 5+ days	76	34	42	35	27	14	3	9	6	7	9	10	14	13	5
	26%	22%	30%	29%	23%	25%	35%	28%	22%	19%	32%	31%	28%	27%	18%
Base for stats	292	153	137	119	116	57	8	34	29	36	27	31	49	49	28
Median	3	3	3	3	3	3	3	4	3	3	3	3	3	3	3
Mean Score	3.35	3.35	3.34	3.38	3.33	3.31	3.45	3.65	3.24	3.15	3.48	3.25	3.43	3.47	2.94
Standard Deviation	1.853	1.778	1.953	1.871	1.692	2.141	2.093	1.746	2.077	1.664	2.097	2.156	1.920	1.760	1.445
Standard Error	.106	.143	.161	.158	.157	.309	.662	.295	.351	.277	.360	.423	.271	.254	.264
Error variance	.01	.02	.03	.02	.02	.10	.44	.09	.12	.08	.13	.18	.07	.06	.07

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Q5.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, on how many days have you done this activity?

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	304	31	68	85	50	37	33	184	120	244	13	21	19	1	2	56
Total	292	28	67	85	43	34	35	180	112	236	11	20	18	1	2	52
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	53 18%	4 15%	11 16%	19 23%	7 16%	6 18%	6 17%	34 19%	19 17%	39 17%	3 31%	5 24%	5 26%	- -	1 42%	14 27%
2 days	60 20%	6 23%	13 20%	16 18%	8 18%	9 25%	8 23%	35 20%	25 22%	52 22%	3 26%	3 17%	- -	- -	- -	6 12%
3 days	58 20%	5 19%	13 19%	19 22%	10 23%	5 13%	6 18%	37 21%	21 19%	44 19%	1 6%	8 40%	4 25%	- -	1 58%	14 28%
4 days	45 15%	6 23%	13 19%	8 10%	8 18%	5 14%	5 15%	27 15%	18 16%	38 16%	- -	4 18%	3 16%	- -	- -	7 13%
5 days	36 12%	3 11%	12 18%	10 12%	4 9%	6 18%	1 2%	25 14%	11 9%	29 12%	2 22%	- -	4 20%	1 100%	- -	7 13%
6 days	10 4%	- -	3 4%	4 5%	2 5%	- -	1 4%	7 4%	3 3%	9 4%	1 8%	- -	- -	- -	- -	1 2%
7 days	30 10%	2 9%	3 4%	9 10%	5 11%	4 11%	7 21%	14 8%	16 14%	25 11%	1 6%	- -	2 13%	- -	- -	3 6%
NET: Occasionally (1 day)	53 18%	4 15%	11 16%	19 23%	7 16%	6 18%	6 17%	34 19%	19 17%	39 17%	3 31%	5 24%	5 26%	- -	1 42%	14 27%
NET: Some (2-4 days)	163 56%	18 65%	39 58%	43 50%	26 59%	18 53%	20 56%	100 55%	63 56%	133 56%	4 32%	15 76%	7 41%	- -	1 58%	27 53%
NET: Most 5+ days	76 26%	6 20%	17 26%	23 27%	11 25%	10 29%	9 27%	46 26%	30 27%	63 27%	4 36%	- -	6 32%	1 100%	- -	10 20%
Base for stats	292	28	67	85	43	34	35	180	112	236	11	20	18	1	2	52
Median	3	3	3	3	3	3	3	3	3	3	2	3	3	5	3	3
Mean Score	3.35	3.27	3.32	3.26	3.46	3.32	3.57	3.28	3.45	3.39	3.06	2.53	3.53	5.00	2.17	3.01
Standard Deviation	1.853	1.719	1.643	1.935	1.865	1.907	2.155	1.788	1.957	1.859	2.143	1.079	1.991	-	1.535	1.722
Standard Error	.106	.309	.199	.210	.264	.313	.375	.132	.179	.119	.594	.235	.457	-	1.085	.230
Error variance	.01	.10	.04	.04	.07	.10	.14	.02	.03	.01	.35	.06	.21	-	1.18	.05

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Q5.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, on how many days have you done this activity?

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

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	*a	*b	c	d	e	a	*b	*a	b	c	*d	e	a	b
304	136	67	79	146	17	17	63	207	97	274	24	21	140	119	24	283	60	217
292	132	64	73	137	15	17	64	196	96	263	23	22	142	108	20	270	57	208
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
53	27	13	11	24	1	4	11	37	16	50	3	4	22	20	7	49	6	42
18%	20%	20%	16%	18%	9%	25%	17%	19%	17%	19%	14%	18%	16%	18%	37%	18%	10%	20%
60	33	13	11	23	3	3	14	40	20	53	5	6	31	19	3	54	7	46
20%	25%	20%	15%	17%	19%	17%	22%	20%	21%	20%	20%	27%	22%	18%	17%	20%	13%	22%
58	26	15	15	30	3	5	8	42	16	49	7	4	30	21	4	54	15	40
20%	19%	24%	21%	22%	20%	28%	13%	21%	17%	19%	33%	16%	21%	19%	18%	20%	26%	19%
45	17	10	13	23	3	1	18	23	22	41	2	1	27	15	3	44	15	28
15%	13%	15%	18%	17%	20%	6%	28%	12%	23%	15%	10%	5%	19%	14%	13%	16%	27%	13%
							d		d								b	
36	14	7	12	19	4	2	4	26	10	32	3	3	15	16	1	32	2	30
12%	10%	10%	17%	14%	25%	11%	6%	13%	10%	12%	14%	14%	11%	15%	4%	12%	4%	14%
																	a	
10	4	-	4	4	1	1	-	8	2	10	-	-	3	6	1	10	5	5
4%	3%	-	5%	3%	7%	5%	-	4%	2%	4%	-	-	2%	6%	4%	4%	9%	2%
																	b	
30	11	7	6	13	-	1	9	20	10	28	2	5	13	11	2	25	6	18
10%	8%	11%	9%	10%	-	8%	14%	10%	11%	11%	10%	21%	9%	10%	8%	9%	11%	9%
53	27	13	11	24	1	4	11	37	16	50	3	4	22	20	7	49	6	42
18%	20%	20%	16%	18%	9%	25%	17%	19%	17%	19%	14%	18%	16%	18%	37%	18%	10%	20%
163	76	38	39	76	9	9	40	105	58	142	14	11	88	55	9	152	38	113
56%	58%	59%	53%	56%	59%	52%	63%	53%	60%	54%	62%	48%	62%	51%	48%	56%	66%	54%
76	29	14	23	36	5	4	13	54	22	71	5	8	32	33	3	68	13	53
26%	22%	21%	31%	26%	32%	24%	20%	28%	23%	27%	24%	35%	22%	31%	16%	25%	24%	26%
292	132	64	73	137	15	17	64	196	96	263	23	22	142	108	20	270	57	208
3	3	3	3	3	4	3	3	3	3	3	3	3	3	3	2	3	4	3
3.35	3.10	3.19	3.57	3.40	3.55	3.06	3.41	3.34	3.37	3.36	3.29	3.54	3.31	3.47	2.74	3.33	3.72	3.22
1.853	1.802	1.815	1.803	1.812	1.501	1.880	1.879	1.877	1.814	1.883	1.732	2.200	1.754	1.895	1.910	1.825	1.737	1.827
.106	.154	.222	.203	.150	.364	.456	.237	.130	.184	.114	.354	.480	.148	.174	.390	.109	.224	.124
.01	.02	.05	.04	.02	.13	.21	.06	.02	.03	.01	.12	.23	.02	.03	.15	.01	.05	.02

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Q5.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, on how many days have you done this activity?

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

	Longstanding condition or illness							Area		Number of days active									
	Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
Significance Level: 95%		a	b	*c	d	e	*f	a	b	*a	*b	c	d	e	f	*g	h	i	j
Unweighted Total	304	51	44	25	185	107	12	229	75	21	17	59	59	36	35	16	61	154	112
Total	292	46	43	24	179	102	10	218	74	22	16	54	55	36	33	16	61	145	110
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	53	7	9	5	34	18	2	43	11	8	8	14	7	9	2	1	5	30	8
	18%	14%	21%	20%	19%	17%	24%	20%	14%	36%	52%	26% fhj	12%	25% fhj	5%	5%	9%	20% fhj	7%
2 days	60	12	11	-	37	20	3	44	15	6	4	18	10	6	6	2	8	34	16
	20%	26%	25%	-	20%	20%	25%	20%	21%	27%	26%	34% hj	18%	16%	17%	13%	14%	23%	14%
3 days	58	9	7	4	36	18	2	44	14	3	-	13	16	6	12	2	5	36	20
	20%	21%	16%	16%	20%	18%	19%	20%	19%	12%	-	24% h	29% h	17%	37% hj	14%	9%	25% h	18%
4 days	45	7	6	8	25	21	-	28	17	3	1	3	14	10	4	5	6	26	15
	15%	16%	15%	33%	14%	20%	-	13%	23% a	15%	6%	5%	25% ch	27% ch	13%	28%	11%	18% c	14%
5 days	36	5	4	3	24	11	2	28	7	1	2	4	7	3	6	1	10	14	18
	12%	11%	10%	14%	13%	11%	15%	13%	10%	6%	11%	7%	13%	10%	19%	9%	17%	10%	16%
6 days	10	-	-	2	8	2	-	9	2	-	-	-	-	2	1	5	2	2	8
	4%	-	-	8%	5%	2%	-	4%	2%	-	-	-	-	5%	4%	31%	3%	1%	8% cdi
7 days	30	6	6	2	16	12	2	22	9	1	1	2	2	-	2	-	23	3	25
	10%	12%	14%	9%	9%	12%	18%	10%	12%	4%	6%	3%	3%	-	5%	-	38% cdefij	2%	23% cdefi
NET: Occasionally (1 day)	53	7	9	5	34	18	2	43	11	8	8	14	7	9	2	1	5	30	8
	18%	14%	21%	20%	19%	17%	24%	20%	14%	36%	52%	26% fhj	12%	25% fhj	5%	5%	9%	20% fhj	7%
NET: Some (2-4 days)	163	29	24	12	97	59	4	117	46	12	5	34	40	21	22	9	20	95	51
	56%	63%	56%	49%	54%	58%	43%	54%	62%	54%	32%	63% hj	72% hj	60% h	67% hj	55%	33%	66% hj	46%
NET: Most 5+ days	76	11	10	7	48	25	3	59	18	2	3	6	9	5	9	6	36	20	51
	26%	23%	24%	31%	27%	24%	33%	27%	24%	10%	17%	11%	16%	15%	28% ci	40%	59% cdefi	14%	47% cdei
Base for stats	292	46	43	24	179	102	10	218	74	22	16	54	55	36	33	16	61	145	110
Median	3	3	3	4	3	3	3	3	3	2	1	2	3	3	3	4	5	3	4
Mean Score	3.35	3.33	3.22	3.82	3.32	3.39	3.30	3.31	3.46	2.43	2.21	2.47	3.20 c	2.96	3.58 ci	4.18	4.77 cdefi	2.87	4.32 cdefi
Standard Deviation	1.853	1.830	1.963	1.823	1.839	1.858	2.256	1.870	1.810	1.597	1.819	1.424	1.375	1.540	1.474	1.592	2.155	1.461	1.955

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Q5.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, on how many days have you done this activity?

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

Significance Level: 95%

	Longstanding condition or illness						Area		Number of days active									
	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness												
Total							Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
	a	b	*c	d	e	*f	a	b	*a	*b	c	d	e	f	*g	h	i	j
304	51	44	25	185	107	12	229	75	21	17	59	59	36	35	16	61	154	112
292	46	43	24	179	102	10	218	74	22	16	54	55	36	33	16	61	145	110
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
.106	.256	.296	.365	.135	.180	.651	.124	.209	.348	.441	.185	.179	.257	.249	.398	.276	.118	.185
.01	.07	.09	.13	.02	.03	.42	.02	.04	.12	.19	.03	.03	.07	.06	.16	.08	.01	.03

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Q5.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, on how many days have you done this activity?

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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	304	124	58	119	223	32	226	30	197	50	195	48	163	80
Total	292	122	54	113	214	30	217	29	193	47	186	45	157	77
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	53	20	8	25	34	12	36	12	30	15	31	12	28	16
	18%	17%	15%	22%	16%	41% a	16%	41% a	15%	32% a	17%	26%	18%	21%
2 days	60	19	14	25	41	6	46	2	38	9	32	10	35	13
	20%	15%	25%	22%	19%	19%	21%	7%	20%	19%	17%	23%	22%	17%
3 days	58	29	10	19	44	3	46	3	39	7	41	7	27	18
	20%	24%	19%	16%	20%	11%	21%	10%	20%	15%	22%	16%	17%	23%
4 days	45	18	5	21	34	3	30	3	34	4	31	6	25	10
	15%	15%	9%	19%	16%	9%	14%	9%	17%	8%	17%	14%	16%	13%
5 days	36	15	7	13	30	3	27	4	22	7	23	5	18	10
	12%	13%	13%	12%	14%	9%	12%	15%	11%	14%	12%	10%	11%	13%
6 days	10	7	1	3	9	1	9	1	8	1	6	2	6	4
	4%	6%	2%	2%	4%	4%	4%	4%	4%	3%	3%	5%	4%	5%
7 days	30	14	9	7	23	2	24	4	23	4	22	3	18	6
	10%	11%	17% c	6%	11%	6%	11%	13%	12%	9%	12%	6%	12%	8%
NET: Occasionally (1 day)	53	20	8	25	34	12	36	12	30	15	31	12	28	16
	18%	17%	15%	22%	16%	41% a	16%	41% a	15%	32% a	17%	26%	18%	21%
NET: Some (2-4 days)	163	66	29	65	118	12	121	8	111	20	104	24	87	41
	56%	54%	54%	58%	55%	40%	56% b	26%	57%	43%	56%	53%	55%	53%
NET: Most 5+ days	76	36	17	23	62	6	60	10	53	12	51	9	42	20
	26%	30%	31%	20%	29%	19%	28%	33%	27%	25%	27%	21%	27%	26%
Base for stats	292	122	54	113	214	30	217	29	193	47	186	45	157	77
Median	3	3	3	3	3	2	3	3	3	2	3	3	3	3
Mean Score	3.35	3.54	3.52	3.08	3.49	2.60	3.41	3.15	3.50	2.95	3.47	2.97	3.39	3.27
		c			b									
Standard Deviation	1.853	1.878	2.025	1.734	1.853	1.873	1.872	2.254	1.868	1.955	1.864	1.802	1.903	1.827
Standard Error	.106	.169	.266	.159	.124	.331	.125	.412	.133	.276	.134	.260	.149	.204
Error variance	.01	.03	.07	.03	.02	.11	.02	.17	.02	.08	.02	.07	.02	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.7. Other sport, exercise or physical activity: In the past week, on how many days have you done this activity?

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	111	63	48	35	32	44	10	10	15	9	10	8	12	15	22
Total	113	68	45	27	31	55	8	11	13	9	9	11	11	16	25
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	8 7%	3 4%	6 12%	2 9%	4 12%	2 4%	2 29%	- -	1 7%	1 10%	- -	- -	1 9%	2 13%	1 5%
2 days	19 17%	8 12%	11 25%	6 21%	9 29% c	4 8%	2 25%	2 17%	1 6%	4 41%	2 17%	2 23%	2 16%	2 12%	3 13%
3 days	26 23%	16 24%	10 22%	5 18%	8 25%	14 25%	- -	3 32%	4 29%	2 20%	1 13%	4 40%	4 35%	3 18%	5 20%
4 days	11 10%	8 12%	3 6%	5 18% b	1 2%	5 10%	1 18%	1 7%	1 5%	- -	2 22%	1 11%	1 7%	1 5%	4 14%
5 days	20 17%	13 19%	7 15%	5 17%	4 14%	11 19%	1 18%	2 17%	4 32%	1 13%	2 24%	- -	1 9%	- -	8 32%
6 days	4 3%	3 4%	1 1%	1 5%	1 2%	1 3%	- -	- -	- -	1 16%	1 16%	- -	- -	1 5%	- -
7 days	25 22%	17 24%	8 18%	3 12%	5 15%	17 31% a	1 11%	3 27%	3 22%	- -	1 8%	3 26%	3 26%	7 47%	4 17%
NET: Occasionally (1 day)	8 7%	3 4%	6 12%	2 9%	4 12%	2 4%	2 29%	- -	1 7%	1 10%	- -	- -	1 9%	2 13%	1 5%
NET: Some (2-4 days)	57 50%	33 48%	24 53%	16 57%	18 56%	24 43%	3 42%	6 56%	5 40%	6 61%	5 52%	8 74%	7 57%	6 36%	12 47%
NET: Most 5+ days	48 42%	32 48%	16 34%	9 34%	10 32%	29 53%	2 29%	5 44%	7 54%	3 29%	4 48%	3 26%	4 34%	8 51%	12 48%
Base for stats	113	68	45	27	31	55	8	11	13	9	9	11	11	16	25
Median	4	4	3	4	3	5	2	4	5	2	4	3	3	6	4
Mean Score	4.09	4.40	3.63	3.76	3.45	4.63	3.15	4.32	4.38	3.12	4.33	3.91	3.93	4.67	4.20
		b				ab									
Standard Deviation	1.967	1.879	2.025	1.823	1.973	1.917	2.141	1.968	1.877	1.762	1.611	2.000	2.128	2.484	1.754
Standard Error	.187	.237	.292	.308	.349	.289	.677	.622	.485	.587	.509	.707	.614	.641	.374
Error variance	.03	.06	.09	.09	.12	.08	.46	.39	.23	.34	.26	.50	.38	.41	.14

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.7. Other sport, exercise or physical activity: In the past week, on how many days have you done this activity?

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	111	7	27	22	14	11	30	56	55	99	2	3	3	1	-	9
Total	113	6	28	19	12	10	38	53	60	102	2	3	3	1	-	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
1 day	8	1	1	3	1	-	2	5	3	7	-	-	-	1	-	1
	7%	18%	3%	17%	7%	-	6%	10%	5%	6%	-	-	-	100%	-	10%
2 days	19	1	6	2	4	4	3	8	11	19	-	-	-	-	-	-
	17%	13%	21%	9%	31%	36%	9%	16%	18%	19%	-	-	-	-	-	-
3 days	26	1	8	7	1	4	6	16	11	26	-	1	-	-	-	1
	23%	17%	28%	36%	8%	37%	16%	30%	18%	25%	-	30%	-	-	-	10%
4 days	11	-	4	2	1	1	4	5	6	10	-	1	-	-	-	1
	10%	-	13%	8%	11%	6%	11%	10%	10%	10%	-	27%	-	-	-	9%
5 days	20	2	6	3	1	1	7	11	9	16	1	-	1	-	-	2
	17%	36%	21%	13%	6%	14%	19%	20%	15%	16%	59%	-	28%	-	-	23%
6 days	4	-	1	-	1	-	1	1	3	3	1	-	-	-	-	1
	3%	-	2%	-	12%	-	4%	1%	5%	3%	41%	-	-	-	-	8%
7 days	25	1	3	3	3	1	14	7	17	21	-	1	2	-	-	3
	22%	17%	11%	17%	24%	8%	36%	14%	29%	21%	-	42%	72%	-	-	41%
							g									
NET: Occasionally (1 day)	8	1	1	3	1	-	2	5	3	7	-	-	-	1	-	1
	7%	18%	3%	17%	7%	-	6%	10%	5%	6%	-	-	-	100%	-	10%
NET: Some (2-4 days)	57	2	17	10	6	8	13	29	28	55	-	1	-	-	-	1
	50%	29%	63%	53%	50%	79%	35%	55%	46%	54%	-	58%	-	-	-	18%
NET: Most 5+ days	48	3	9	6	5	2	22	19	30	40	2	1	3	-	-	6
	42%	53%	34%	30%	42%	21%	59%	35%	49%	40%	100%	42%	100%	-	-	72%
							g									
Base for stats	113	6	28	19	12	10	38	53	60	102	2	3	3	1	-	8
Median	4	5	3	3	4	3	5	3	4	3	5	4	7	1	-	5
Mean Score	4.09	3.90	3.78	3.59	4.10	3.29	4.84	3.72	4.42	4.02	5.41	4.97	6.43	1.00	-	5.22
							g									
Standard Deviation	1.967	2.225	1.658	1.991	2.261	1.533	2.010	1.817	2.049	1.940	.796	2.277	1.097	-	-	2.067
Standard Error	.187	.841	.319	.425	.604	.462	.367	.243	.276	.195	.563	1.315	.633	-	-	.689
Error variance	.03	.71	.10	.18	.37	.21	.13	.06	.08	.04	.32	1.73	.40	-	-	.47

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.7. Other sport, exercise or physical activity: In the past week, on how many days have you done this activity?

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

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total	111	74	15	18	33	4	5	34	68	43	98	8	12	62	33	4	99	21	75
Total	113	79	15	16	31	4	4	40	66	48	99	9	13	67	30	4	100	21	77
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	8 7%	4 5%	1 10%	3 18%	4 14%	- -	- -	2 6%	6 9%	2 5%	8 8%	- -	- -	6 8%	3 10%	- -	8 8%	3 12%	6 8%
2 days	19 17%	11 14%	4 29%	4 26%	8 27%	- -	2 43%	7 17%	11 16%	9 18%	15 15%	2 25%	2 15%	10 14%	8 26%	- -	17 17%	2 9%	15 20%
3 days	26 23%	20 26%	2 16%	3 17%	5 16%	1 30%	1 22%	7 19%	17 26%	9 20%	22 22%	4 49%	6 43%	15 22%	6 21%	- -	21 21%	4 19%	16 21%
4 days	11 10%	7 9%	1 9%	2 15%	4 12%	- -	1 14%	2 5%	8 13%	3 6%	11 11%	- -	- -	7 10%	2 7%	2 61%	11 11%	1 7%	10 13%
5 days	20 17%	16 20%	1 6%	3 20%	4 13%	1 20%	1 21%	9 22%	9 14%	10 22%	18 18%	- -	1 8%	14 20%	5 17%	- -	19 19%	5 24%	13 17%
6 days	4 3%	4 5%	- -	- -	- -	- -	- -	1 4%	2 3%	1 3%	2 2%	1 16%	1 6%	2 3%	1 2%	- -	3 3%	- -	3 4%
7 days	25 22%	17 22%	5 31%	1 5%	5 18%	2 50%	- -	11 28%	12 18%	13 27%	22 22%	1 10%	4 29%	14 21%	5 18%	1 39%	21 21%	6 28%	14 19%
NET: Occasionally (1 day)	8 7%	4 5%	1 10%	3 18%	4 14%	- -	- -	2 6%	6 9%	2 5%	8 8%	- -	- -	6 8%	3 10%	- -	8 8%	3 12%	6 8%
NET: Some (2-4 days)	57 50%	38 48%	8 54%	9 57%	17 56%	1 30%	4 79%	16 41%	36 55%	21 43%	48 48%	7 74%	7 58%	31 47%	16 53%	2 61%	49 49%	7 35%	41 53%
NET: Most 5+ days	48 42%	37 46%	5 36%	4 25%	9 30%	2 70%	1 21%	21 54%	23 36%	25 52%	43 43%	2 26%	5 42%	30 45%	11 37%	1 39%	43 42%	11 53%	30 39%
Base for stats	113	79	15	16	31	4	4	40	66	48	99	9	13	67	30	4	100	21	77
Median	4	4	3	3	3	7	3	5	3	5	4	3	3	4	3	4	4	5	4
Mean Score	4.09	4.25	3.94	3.13	3.53	5.41	3.14	4.44	3.88	4.39	4.12	3.64	4.32	4.15	3.74	5.16	4.06	4.34	3.97
Standard Deviation	1.967	1.899	2.315	1.702	2.032	2.053	1.343	2.039	1.922	2.010	1.976	1.812	2.031	1.958	2.006	1.709	1.967	2.130	1.931
Standard Error	.187	.221	.598	.401	.354	1.027	.601	.350	.233	.306	.200	.641	.586	.249	.349	.855	.198	.465	.223
Error variance	.03	.05	.36	.16	.13	1.05	.36	.12	.05	.09	.04	.41	.34	.06	.12	.73	.04	.22	.05

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.7. Other sport, exercise or physical activity: In the past week, on how many days have you done this activity?

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

	Longstanding condition or illness							Area		Number of days active									
	Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
Significance Level: 95%		*a	*b	*c	d	e	*f	a	b	*a	*b	*c	*d	*e	*f	*g	h	i	j
Unweighted Total	111	16	28	5	66	40	8	75	36	11	6	15	20	8	14	3	34	43	51
Total	113	14	30	4	69	40	7	75	38	13	6	16	20	8	13	2	35	44	51
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	8	1	-	-	6	1	-	5	3	-	3	3	1	-	1	-	1	4	2
	7%	7%	-	-	9%	2%	-	7%	8%	-	46%	19%	3%	-	7%	-	3%	8%	4%
2 days	19	4	6	2	10	8	3	16	4	1	3	9	2	2	1	1	1	13	2
	17%	26%	20%	43%	15%	20%	38%	21%	9%	6%	54%	58%	9%	26%	6%	32%	2%	29% hj	4%
3 days	26	2	5	1	19	7	1	16	10	2	-	3	14	-	3	-	5	16	8
	23%	13%	17%	24%	28%	18%	12%	22%	27%	19%	-	17%	68%	-	20%	-	14%	37% hj	15%
4 days	11	1	-	1	10	1	-	7	4	2	-	-	1	5	-	1	3	5	4
	10%	5%	-	16%	14%	4%	-	9%	11%	16%	-	-	4%	57%	-	34%	8%	12%	7%
5 days	20	4	10	-	8	12	3	10	9	3	-	-	1	1	8	-	7	2	14
	17%	30%	33%	-	11%	29% d	36%	14%	25%	25%	-	-	5%	17%	57%	-	19%	5%	28% i
6 days	4	-	2	-	1	2	-	3	1	-	-	-	1	-	1	1	1	1	2
	3%	-	7%	-	1%	5%	-	4%	2%	-	-	-	7%	-	5%	33%	2%	3%	4%
7 days	25	3	7	1	15	9	1	18	7	4	-	1	1	-	1	-	18	2	19
	22%	19%	22%	17%	22%	22%	15%	23%	18%	34%	-	7%	4%	-	5%	-	51% i	4%	37% i
NET: Occasionally (1 day)	8	1	-	-	6	1	-	5	3	-	3	3	1	-	1	-	1	4	2
	7%	7%	-	-	9%	2%	-	7%	8%	-	46%	19%	3%	-	7%	-	3%	8%	4%
NET: Some (2-4 days)	57	6	11	4	39	17	4	39	18	5	3	12	16	7	4	1	9	35	14
	50%	44%	37%	83%	57%	41%	50%	52%	47%	41%	54%	75%	81%	83%	26%	67%	25%	79% hj	27%
NET: Most 5+ days	48	7	19	1	23	23	4	31	17	7	-	1	3	1	9	1	25	6	35
	42%	49%	63%	17%	34%	56% d	50%	41%	45%	59%	-	7%	16%	17%	67%	33%	72% i	13%	69% i
Base for stats	113	14	30	4	69	40	7	75	38	13	6	16	20	8	13	2	35	44	51
Median	4	4	5	3	3	5	5	4	4	5	2	2	3	4	5	4	7	3	5
Mean Score	4.09	4.00	4.56	3.41	3.92	4.41	3.91	4.07	4.14	4.96	1.54	2.32	3.34	3.66	4.31	4.02	5.48 i	3.04	5.11 i
Standard Deviation	1.967	2.031	1.844	2.012	1.964	1.907	1.955	2.036	1.849	1.754	.545	1.440	1.286	1.111	1.525	2.227	1.812	1.398	1.809
Standard Error	.187	.508	.349	.900	.242	.301	.691	.235	.308	.529	.222	.372	.288	.393	.408	1.286	.311	.213	.253
Error variance	.03	.26	.12	.81	.06	.09	.48	.06	.09	.28	.05	.14	.08	.15	.17	1.65	.10	.05	.06

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q5.7. Other sport, exercise or physical activity: In the past week, on how many days have you done this activity?

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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	*b	c	a	*b	a	*b	a	*b	a	*b	a	*b
Unweighted Total	111	45	27	39	85	7	84	15	71	9	78	13	57	22
Total	113	44	31	38	85	9	85	15	74	10	78	14	53	25
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	8	3	-	6	7	-	7	1	6	1	6	1	7	1
	7%	6%	-	15%	9%	-	8%	7%	9%	11%	8%	7%	14%	4%
2 days	19	7	4	8	13	2	15	4	12	2	15	4	11	4
	17%	16%	12%	21%	15%	29%	18%	27%	16%	26%	19%	26%	20%	16%
3 days	26	4	13	9	17	5	19	4	16	2	14	4	10	8
	23%	10%	41%	25%	20%	54%	22%	26%	22%	25%	18%	31%	18%	30%
4 days	11	6	2	3	9	-	8	2	8	1	10	1	6	1
	10%	14%	7%	7%	11%	-	10%	14%	11%	8%	12%	5%	11%	5%
5 days	20	11	1	8	17	1	16	1	12	1	12	1	8	6
	17%	25%	5%	20%	20%	17%	19%	10%	16%	7%	15%	10%	15%	23%
6 days	4	2	1	1	3	-	1	-	1	1	1	1	1	-
	3%	5%	2%	2%	3%	-	2%	-	1%	15%	2%	10%	3%	-
7 days	25	10	10	4	18	-	19	3	19	1	21	1	10	5
	22%	24%	33%	10%	21%	-	22%	17%	25%	8%	26%	10%	19%	22%
NET: Occasionally (1 day)	8	3	-	6	7	-	7	1	6	1	6	1	7	1
	7%	6%	-	15%	9%	-	8%	7%	9%	11%	8%	7%	14%	4%
NET: Some (2-4 days)	57	18	19	20	39	7	42	10	36	6	38	9	26	13
	50%	41%	60%	53%	46%	83%	50%	66%	49%	58%	49%	62%	50%	52%
NET: Most 5+ days	48	23	13	12	38	1	36	4	31	3	34	4	19	11
	42%	53%	40%	32%	45%	17%	43%	27%	42%	31%	43%	31%	36%	45%
		c												
Base for stats	113	44	31	38	85	9	85	15	74	10	78	14	53	25
Median	4	5	3	3	4	3	4	3	4	3	4	3	3	3
Mean Score	4.09	4.45	4.44	3.40	4.14	3.06	4.07	3.61	4.13	3.56	4.18	3.58	3.75	4.13
		c												
Standard Deviation	1.967	1.940	1.991	1.839	1.969	1.053	1.978	1.912	2.043	1.970	2.073	1.865	2.052	1.898
Standard Error	.187	.289	.383	.294	.214	.398	.216	.494	.242	.657	.235	.517	.272	.405
Error variance	.03	.08	.15	.09	.05	.16	.05	.24	.06	.43	.06	.27	.07	.16

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6. SUMMARY: Thinking about these activities, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a 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 classes viewed online or on TV, DVD or video	410 100%	114 28%	160 39%	69 17%	36 9%	27 7%	6 1%	274 67%	63 15%
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	453 100%	89 20%	167 37%	105 23%	40 9%	45 10%	5 1%	257 57%	85 19%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	292 100%	48 16%	114 39%	72 25%	35 12%	18 6%	6 2%	161 55%	53 18%
Other sport, exercise or physical activity	113 100%	31 28%	31 27%	36 32%	4 4%	10 8%	1 1%	62 55%	14 12%
Running or jogging	314 100%	60 19%	109 35%	77 25%	41 13%	22 7%	5 2%	169 54%	63 20%
Cycling (either for leisure or travel)	193 100%	44 23%	54 28%	48 25%	24 13%	21 11%	1 1%	99 51%	45 23%
Walking (either for leisure or travel)	1187 100%	143 12%	256 22%	339 29%	198 17%	246 21%	5 *	400 34%	444 37%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.1. Walking (either for leisure or travel): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a 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		1177	522	651	392	397	388	71	158	124	103	132	110	167	181	131
Total		1187	553	630	332	391	464	61	162	111	109	108	145	165	193	134
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	143 12%	57 10%	85 14%	62 19% bc	48 12% c	34 7%	4 7%	23 14%	10 9%	14 12%	13 12%	27 19% ach	19 12%	18 9%	16 12%
A bit more	(4.0)	256 22%	127 23%	127 20%	86 26% b	75 19%	95 20%	14 24%	34 21%	33 30% ghi	27 24%	23 21%	29 20%	33 20%	38 20%	25 19%
Neither more nor less	(3.0)	339 29%	161 29%	178 28%	60 18%	111 28% a	168 36% ab	17 29%	46 29%	30 27%	33 30%	36 34% g	47 33%	38 23%	52 27%	39 30%
A bit less	(2.0)	198 17%	91 16%	107 17%	47 14%	71 18%	80 17%	13 21%	24 15%	15 13%	14 13%	13 12%	22 15%	29 18%	39 20%	29 22% e
A lot less	(1.0)	246 21%	115 21%	130 21%	73 22%	85 22%	88 19%	10 17%	34 21%	23 21%	22 20%	23 21%	20 14%	46 28% fi	45 23% f	23 17%
Don't know		5 *	3 *	2 *	3 1%	2 *	- -	1 2% g	1 *	- -	1 1%	- -	- -	- -	1 1%	1 1%
NET: More		400 34%	184 33%	213 34%	148 45% bc	123 31%	129 28%	19 31%	57 35%	43 39%	40 37%	35 33%	56 39%	52 32%	56 29%	41 30%
NET: Less		444 37%	206 37%	237 38%	120 36%	156 40%	168 36%	23 38%	58 36%	38 34%	36 33%	36 33%	42 29%	75 45% def	84 43% f	53 39%
Base for stats		1182	551	628	329	389	464	59	162	111	109	108	145	165	192	133
Mean Score		2.88	2.86	2.89	3.05 bc	2.82	2.80	2.82	2.92	2.93	2.97	2.90	3.15 gh	2.71	2.72	2.85
Standard Deviation		1.299	1.276	1.317	1.432	1.308	1.179	1.203	1.333	1.282	1.298	1.289	1.279	1.370	1.280	1.253
Standard Error		.038	.056	.052	.073	.066	.060	.145	.106	.115	.128	.112	.122	.106	.095	.110
Error variance		*	*	*	.01	*	*	.02	.01	.01	.02	.01	.01	.01	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.1. Walking (either for leisure or travel): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a 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		1177	72	254	325	169	134	223	651	526	1025	39	50	34	6	8	137	
Total		1187	68	265	329	151	118	256	662	526	1046	34	46	33	6	8	127	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	143	13	27	48	20	18	18	88	56	121	6	9	1	1	2	18	
		12%	19% bfh	10%	15% f	13% f	15% f	7% f	13% f	11%	12%	17% d	20% d	2%	16%	22%	14%	
A bit more	(4.0)	256	13	74	79	25	22	44	165	91	224	6	8	12	1	2	28	
		22%	18% defh	28% dh	24% dh	16% dh	19% dh	17% dfh	25% dfh	17%	21%	17%	17%	36% a	17%	27%	22%	
Neither more nor less	(3.0)	339	18	52	98	45	31	96	168	171	308	7	12	7	2	2	29	
		29%	26% b	20% b	30% b	29% b	26% b	38% beg	25% bg	33% bg	29%	19%	25%	22%	33%	25%	23%	
A bit less	(2.0)	198	10	55	45	24	24	41	109	89	179	7	6	6	-	-	19	
		17%	14% c	21% c	14% c	16% c	20% c	16% c	16% c	17%	17%	22%	12%	17%	-	-	15%	
A lot less	(1.0)	246	14	56	58	37	25	56	129	117	210	9	12	8	2	2	33	
		21%	21% f	21% fh	18% dfh	24% dfh	21% dfh	22% dfh	19% dfh	22%	20%	26%	27%	23%	33%	25%	26%	
Don't know		5	1	1	1	1	-	1	3	2	4	-	-	-	-	-	-	
		*	1% *	* *	* *	1% *	- *	* *	* *	*	*	-	-	-	-	-	-	
NET: More		400	26	100	127	45	40	63	253	147	345	11	17	12	2	4	46	
		34%	38% f	38% fh	39% dfh	30% dfh	33% dfh	24% dfh	38% dfh	28%	33%	33%	36%	38%	34%	49%	37%	
NET: Less		444	24	111	103	61	48	97	238	206	389	16	18	13	2	2	52	
		37%	35% c	42% c	31% c	40% c	41% c	38% c	36% c	39% c	37%	48%	39%	40%	33%	25%	41%	
Base for stats		1182	67	264	328	150	118	255	659	524	1042	34	46	33	6	8	127	
Mean Score		2.88	3.02	2.85	3.04 dfh	2.78	2.87	2.72	2.96 fh	2.77	2.87	2.76	2.90	2.77	2.84	3.21	2.84	
Standard Deviation		1.299	1.407	1.315	1.295	1.342	1.345	1.191	1.316	1.270	1.282	1.446	1.477	1.238	1.607	1.566	1.403	
Standard Error		.038	.167	.083	.072	.104	.116	.080	.052	.055	.040	.231	.209	.212	.656	.554	.120	
Error variance		*	.03	.01	.01	.01	.01	.01	*	*	*	.05	.04	.05	.43	.31	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.1. Walking (either for leisure or travel): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	*a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		1177	790	174	157	331	27	35	195	920	257	1100	51	184	664	290	39	993	143	831	
Total		1187	822	166	143	310	25	30	216	916	271	1109	52	201	690	263	33	986	136	835	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	143	89	22	24	45	2	4	29	108	36	136	6	17	80	42	4	126	22	103
			12%	11%	13%	16%	15%	9%	15%	13%	12%	13%	12%	11%	9%	12%	16%	12%	13%	16%	12%
						a										a					
A bit more		(4.0)	256	180	31	34	65	7	6	36	208	48	246	6	45	141	59	11	211	35	172
			22%	22%	19%	24%	21%	26%	20%	16%	23%	18%	22%	11%	22%	20%	22%	32%	21%	26%	21%
Neither more nor less		(3.0)	339	258	40	24	64	6	9	57	268	71	316	15	75	196	63	5	264	28	232
			29%	31%	24%	17%	21%	22%	30%	26%	29%	26%	29%	29%	37%	28%	24%	16%	27%	21%	28%
						cd									bcde						
A bit less		(2.0)	198	131	33	28	61	2	5	37	153	45	187	6	26	125	42	6	172	20	152
			17%	16%	20%	20%	20%	10%	18%	17%	17%	17%	17%	12%	13%	18%	16%	17%	17%	14%	18%
A lot less		(1.0)	246	160	40	33	73	8	5	56	176	69	220	19	36	146	57	7	210	30	176
			21%	19%	24%	23%	24%	33%	17%	26%	19%	26%	20%	37%	18%	21%	22%	22%	21%	22%	21%
										d		d		a							
Don't know			5	3	-	1	1	-	-	1	3	1	4	-	2	2	1	-	3	1	1
			*	*	-	1%	*	-	-	1%	*	1%	*	-	1%	*	*	-	*	1%	*
NET: More			400	270	53	58	110	9	10	65	316	84	382	12	63	221	101	15	337	57	274
			34%	33%	32%	40%	36%	35%	35%	30%	34%	31%	34%	23%	31%	32%	38%	45%	34%	42%	33%
																			b		
NET: Less			444	291	73	61	134	11	10	94	329	115	406	26	62	271	98	13	382	50	328
			37%	35%	44%	43%	43%	43%	35%	43%	36%	42%	37%	49%	31%	39%	37%	39%	39%	37%	39%
						a										a			a		
Base for stats			1182	819	166	142	309	25	30	215	913	270	1105	52	199	688	262	33	983	135	834
Mean Score			2.88	2.89	2.77	2.91	2.83	2.68	2.98	2.74	2.91	2.76	2.90	2.48	2.91	2.83	2.95	2.95	2.87	2.99	2.85
													b								
Standard Deviation			1.299	1.259	1.356	1.425	1.388	1.419	1.303	1.366	1.279	1.362	1.293	1.389	1.193	1.295	1.376	1.393	1.320	1.403	1.305
Standard Error			.038	.045	.103	.114	.076	.273	.220	.098	.042	.085	.039	.194	.088	.050	.081	.223	.042	.118	.045
Error variance			*	*	.01	.01	.01	.07	.05	.01	*	.01	*	.04	.01	*	.01	.05	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.1. Walking (either for leisure or travel): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

		Longstanding condition or illness						Area		Number of days active										
		Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		1177	146	158	39	834	304	34	920	257	107	123	168	207	116	135	54	267	491	456
Total		1187	134	169	36	850	300	34	926	262	112	123	166	201	120	131	53	282	486	467
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	143	19	15	5	102	36	3	106	38	5	8	17	14	19	32	11	37	51	80
		12%	14%	9%	14%	12%	12%	9%	11%	14%	5%	6%	11%	7%	16%	24%	21%	13%	10%	17%
A bit more	(4.0)	256	31	22	11	191	58	5	196	61	14	14	35	43	28	25	19	79	106	123
		22%	23%	13%	31%	22%	19%	14%	21%	23%	12%	11%	21%	21%	24%	19%	36%	28%	22%	26%
			b		b	b							b	b	ab		abcdfi	ab	ab	ab
Neither more nor less	(3.0)	339	34	52	6	247	84	8	253	86	41	29	39	58	27	39	11	95	124	145
		29%	25%	31%	18%	29%	28%	23%	27%	33%	37%	23%	23%	29%	22%	30%	21%	34%	25%	31%
											bcegi							bcei		
A bit less	(2.0)	198	22	32	5	140	51	8	156	42	10	17	34	47	27	17	8	38	108	63
		17%	16%	19%	15%	17%	17%	24%	17%	16%	9%	14%	21%	24%	22%	13%	15%	13%	22%	13%
													ahj	abfhj	ahj				abfhj	
A lot less	(1.0)	246	27	48	7	169	68	10	211	35	41	53	41	37	19	18	4	33	97	55
		21%	20%	28%	19%	20%	23%	29%	23%	13%	37%	43%	25%	18%	16%	14%	7%	12%	20%	12%
				d					b		cdefghij	cdefghij	fghj	gj					ghj	
Don't know	*	5	2	-	1	1	3	-	5	-	-	2	-	1	-	1	-	1	1	2
		*	2%	-	3%	*	1%	-	1%	-	-	2%	-	*	-	1%	-	*	*	*
			d		bd		d					i								
NET: More		400	49	37	16	293	94	8	302	98	19	22	52	57	48	57	30	115	157	202
		34%	37%	22%	45%	34%	31%	24%	33%	38%	17%	18%	31%	28%	40%	43%	57%	41%	32%	43%
			b		b	b	b						ab	ab	abd	abcdi	abcdehi	abcdi	ab	abcdi
NET: Less		444	49	79	12	309	119	18	367	77	51	70	75	84	46	35	12	71	205	118
		37%	36%	47%	34%	36%	40%	53%	40%	29%	46%	57%	45%	42%	38%	26%	22%	25%	42%	25%
				d					b		fghj	cdefghij	fghj	fghj	fghj				fghj	
Base for stats		1182	132	169	35	849	297	34	921	262	112	120	166	200	120	131	53	281	485	465
Mean Score		2.88	2.94	2.56	3.06	2.90	2.80	2.51	2.82	3.09	2.39	2.22	2.72	2.75	3.01	3.27	3.50	3.17	2.81	3.23
			b		b	b				a			ab	ab	ab	abcdi	abcdei	abcdi	ab	abcdi
Standard Deviation		1.299	1.339	1.272	1.378	1.288	1.316	1.318	1.314	1.225	1.233	1.296	1.324	1.191	1.324	1.336	1.187	1.178	1.274	1.227
Standard Error		.038	.112	.101	.224	.045	.076	.226	.043	.076	.119	.118	.102	.083	.123	.115	.161	.072	.058	.058
Error variance		*	.01	.01	.05	*	.01	.05	*	.01	.01	.01	.01	.01	.02	.01	.03	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.1. Walking (either for leisure or travel): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		1177	389	288	496	915	96	882	108	776	146	829	112	636	260
Total		1187	384	304	496	924	96	896	101	789	147	844	107	639	263
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	143 12%	89 23% bc	13 4%	41 8% b	118 13%	9 10%	116 13%	14 14%	101 13%	19 13%	105 12%	13 12%	87 14%	28 11%
A bit more	(4.0)	256 22%	175 45% bc	38 13%	44 9%	202 22%	20 21%	189 21%	25 25%	172 22%	35 24%	190 22%	25 24%	153 24%	56 21%
Neither more nor less	(3.0)	339 29%	59 15%	215 71% ac	65 13%	249 27%	33 35%	244 27%	24 24%	215 27%	38 26%	233 28%	24 23%	152 24%	78 30%
A bit less	(2.0)	198 17%	37 10%	21 7%	139 28% ab	155 17%	14 14%	154 17%	16 16%	136 17%	23 15%	145 17%	20 19%	111 17%	44 17%
A lot less	(1.0)	246 21%	23 6%	16 5%	206 42% ab	200 22%	18 19%	193 21%	20 20%	162 21%	32 22%	171 20%	23 21%	136 21%	55 21%
Don't know		5 *	1 *	1 *	2 *	1 *	2 2% a	1 *	2 2% a	2 *	1 1%	1 *	1 1%	- -	2 1% a
NET: More		400 34%	264 69% bc	51 17%	85 17%	320 35%	30 31%	305 34%	39 39%	273 35%	53 36%	294 35%	39 36%	240 38%	83 32%
NET: Less		444 37%	60 16%	37 12%	345 70% ab	355 38%	31 33%	346 39%	37 36%	299 38%	54 37%	316 37%	43 40%	247 39%	100 38%
Base for stats		1182	383	303	495	924	95	895	99	787	146	843	106	639	261
Mean Score		2.88	3.71 bc	3.04 c	2.14	2.87	2.89	2.87	2.96	2.89	2.90	2.89	2.87	2.91	2.83
Standard Deviation		1.299	1.109	.762	1.277	1.322	1.232	1.322	1.348	1.312	1.332	1.302	1.337	1.343	1.278
Standard Error		.038	.056	.045	.057	.044	.127	.045	.131	.047	.111	.045	.127	.053	.080
Error variance		*	*	*	*	*	.02	*	.02	*	.01	*	.02	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.2. Cycling (either for leisure or travel): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a 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		206	127	76	98	67	41	12	22	23	15	30	17	41	29	17
Total		193	119	71	81	66	46	11	21	19	15	23	21	37	30	16
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	44	28	17	22	15	7	1	6	5	7	2	5	11	4	4
		23%	23%	24%	27%	23%	16%	8%	28%	25%	45%	10%	25%	30% e	13%	23%
A bit more	(4.0)	54	31	21	27	20	7	2	6	4	1	9	6	13	9	4
		28%	27%	29%	33% c	31%	15%	22%	29%	20%	8%	38%	26%	35%	30%	28%
Neither more nor less	(3.0)	48	30	17	18	15	15	3	6	7	3	8	9	4	4	4
		25%	25%	23%	22%	23%	32%	28%	27%	36%	23%	36% g	42%	9%	13%	24%
A bit less	(2.0)	24	16	8	8	7	9	4	1	2	2	3	-	5	4	4
		13%	13%	12%	10%	10%	21%	35%	5%	8%	12%	13%	-	12%	15%	25%
A lot less	(1.0)	21	12	9	7	8	6	1	2	2	2	1	1	5	7	-
		11%	10%	12%	9%	12%	13%	8%	11%	11%	12%	3%	6%	13%	24%	-
Don't know		1	1	-	-	-	1	-	-	-	-	-	-	-	1	-
		1%	1%	-	-	-	3%	-	-	-	-	-	-	-	5%	-
NET: More		99	59	37	49	36	14	3	12	9	8	11	11	24	13	8
		51%	50%	53%	60% c	54% c	32%	29%	57%	45%	53%	48%	52%	65%	43%	50%
NET: Less		45	28	17	15	15	15	5	3	4	4	4	1	9	12	4
		23%	24%	24%	19%	22%	33%	43%	16%	20%	24%	16%	6%	25%	39%	25%
Base for stats		191	117	71	81	66	44	11	21	19	15	23	21	37	28	16
Mean Score		3.40	3.40	3.40	3.59 c	3.43	3.02	2.86	3.59	3.39	3.62	3.38	3.65	3.58	2.92	3.48
Standard Deviation		1.274	1.273	1.306	1.229	1.295	1.267	1.136	1.270	1.297	1.497	.961	1.076	1.381	1.443	1.137
Standard Error		.089	.113	.150	.124	.158	.200	.328	.271	.270	.386	.175	.261	.216	.273	.276
Error variance		.01	.01	.02	.02	.03	.04	.11	.07	.07	.15	.03	.07	.05	.07	.08

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.2. Cycling (either for leisure or travel): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a 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		206	33	44	53	37	21	18	130	76	164	14	12	7	2	-	35
Total		193	31	42	50	32	19	18	123	69	156	12	10	7	2	-	30
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
A lot more	(5.0)	44	9	10	13	7	3	3	31	13	34	4	3	1	-	-	8
		23%	28%	23%	26%	23%	15%	17%	25%	19%	22%	35%	24%	16%	-	-	26%
A bit more	(4.0)	54	8	16	12	7	7	5	35	19	47	4	2	1	-	-	7
		28%	25%	37%	24%	21%	34%	30%	29%	27%	30%	38%	21%	11%	-	-	24%
Neither more nor less	(3.0)	48	6	13	9	9	8	2	29	19	40	2	2	2	1	-	7
		25%	19%	32%	19%	27%	43%	10%	23%	27%	25%	18%	15%	37%	45%	-	23%
A bit less	(2.0)	24	6	4	6	3	1	4	15	9	21	1	2	-	-	-	3
		13%	18%	8%	12%	9%	7%	25%	13%	13%	13%	8%	15%	-	-	-	8%
A lot less	(1.0)	21	3	-	10	5	-	3	13	8	14	-	3	2	1	-	6
		11%	10%	-	19%	15%	-	18%	10%	12%	9%	-	25%	36%	55%	-	19%
			b		b	b			b	b							
Don't know		1	-	-	-	1	-	-	-	1	1	-	-	-	-	-	-
		1%	-	-	-	4%	-	-	-	2%	1%	-	-	-	-	-	-
						g											
NET: More		99	16	25	25	14	10	8	67	32	81	9	5	2	-	-	15
		51%	53%	60%	50%	44%	49%	47%	54%	46%	52%	73%	45%	27%	-	-	50%
NET: Less		45	9	4	16	8	1	8	28	17	34	1	4	2	1	-	8
		23%	29%	8%	32%	24%	7%	43%	23%	24%	22%	8%	40%	36%	55%	-	28%
			b		b				b	b							
Base for stats		191	31	42	50	31	19	18	123	68	155	12	10	7	2	-	30
Mean Score		3.40	3.42	3.74	3.25	3.28	3.57	3.03	3.46	3.30	3.43	4.00	3.05	2.71	1.89	-	3.28
				h													
Standard Deviation		1.274	1.360	.914	1.460	1.377	.856	1.435	1.280	1.266	1.220	.977	1.608	1.574	1.590	-	1.452
Standard Error		.089	.237	.138	.201	.230	.187	.338	.112	.146	.096	.261	.464	.595	1.124	-	.245
Error variance		.01	.06	.02	.04	.05	.03	.11	.01	.02	.01	.07	.22	.35	1.26	-	.06

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.2. Cycling (either for leisure or travel): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating						NET: Lives with others				
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+		Yes	No	
Significance Level: 95%			a	b	c	d	*a	*b	*c	d	e	a	*b	*a	b	c	*d	e	a	b	
Unweighted Total		206	109	37	44	81	10	15	29	152	54	187	12	22	101	67	16	184	38	139	
Total		193	103	34	43	76	9	13	29	141	51	176	10	23	98	57	14	170	36	128	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	44	19	8	15	22	2	5	3	34	10	42	1	2	20	19	4	42	15	25
			23%	18%	23%	34% a	29%	23%	37%	11%	24%	20%	24%	7%	9%	20%	33%	28%	25%	40% b	20%
A bit more		(4.0)	54	31	9	9	18	2	2	6	44	10	50	2	6	27	20	2	48	7	40
			28%	30%	28%	21%	24%	21%	13%	22%	31%	19%	29%	19%	25%	27%	35%	13%	29%	20%	31%
Neither more nor less		(3.0)	48	27	8	9	17	3	3	7	35	13	40	6	9	27	9	3	39	6	32
			25%	26%	24%	21%	22%	31%	20%	26%	25%	25%	23%	60%	38%	27%	15%	24%	23%	18%	25%
A bit less		(2.0)	24	13	4	6	11	1	1	6	16	8	23	1	3	12	7	2	21	7	14
			13%	12%	13%	15%	14%	9%	5%	22%	12%	15%	13%	7%	13%	12%	13%	12%	13%	19%	11%
A lot less		(1.0)	21	12	4	4	8	1	3	4	12	9	19	1	2	13	3	3	19	1	16
			11%	12%	12%	10%	11%	16%	25%	15%	8%	18%	11%	7%	9%	13%	5%	22%	11%	3%	13%
Don't know		1	1	-	-	-	-	-	-	1	-	1	-	-	1	-	-	-	-	-	-
		1%	1%	-	-	-	-	-	-	5%	-	3% d	-	-	6%	-	-	-	-	-	-
NET: More		99	50	17	23	40	4	7	9	78	20	92	3	8	46	39	6	91	22	65	
		51%	48%	51%	55%	53%	44%	51%	32%	55% e	39%	53%	26%	34%	47%	67% b	41%	53%	60%	51%	
NET: Less		45	25	9	10	19	2	4	11	28	17	43	1	5	25	10	5	40	8	31	
		23%	24%	26%	24%	25%	25%	30%	37%	20%	33%	24%	14%	22%	26%	18%	34%	24%	22%	24%	
Base for stats		191	101	34	43	76	9	13	27	141	50	176	10	22	98	57	14	170	36	128	
Mean Score		3.40	3.31	3.36	3.55	3.46	3.27	3.34	2.90	3.51 e	3.09	3.41	3.12	3.13	3.28	3.78 b	3.13	3.44	3.76	3.34	
Standard Deviation		1.274	1.247	1.322	1.358	1.336	1.415	1.660	1.261	1.217	1.388	1.287	.938	1.113	1.287	1.179	1.557	1.292	1.263	1.271	
Standard Error		.089	.120	.217	.205	.148	.447	.429	.238	.099	.191	.094	.271	.243	.128	.144	.389	.095	.205	.108	
Error variance		.01	.01	.05	.04	.02	.20	.18	.06	.01	.04	.01	.07	.06	.02	.02	.15	.01	.04	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.2. Cycling (either for leisure or travel): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

		Longstanding condition or illness						Area		Number of days active											
		Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	
Significance Level: 95%																					
		a	*b	*c	d	e	*f	a	b	*a	*b	*c	d	e	f	*g	h	i	j		
Unweighted Total		206	31	23	8	141	55	6	153	53	6	9	21	40	36	34	19	41	97	94	
Total		193	28	21	7	134	50	5	144	49	6	9	19	36	35	31	18	40	90	89	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	44	7	5	3	28	13	1	35	10	2	1	6	6	11	7	5	8	22	20
			23%	25%	22%	41%	21%	26%	13%	24%	19%	27%	9%	30%	16%	31%	23%	26%	20%	25%	22%
A bit more		(4.0)	54	7	5	1	41	10	3	38	16	1	4	3	11	12	8	9	6	26	23
			28%	26%	24%	11%	31%	20%	56%	27%	32%	18%	44%	18%	31%	34%	26%	49%	16%	29%	26%
Neither more nor less		(3.0)	48	9	5	2	32	14	2	36	12	1	2	6	9	4	10	4	12	19	25
			25%	32%	24%	23%	24%	28%	31%	25%	24%	15%	25%	31%	27%	11%	31% e	24%	29%	21%	29% e
A bit less		(2.0)	24	3	5	1	15	9	-	16	8	-	-	3	5	7	3	-	6	16	8
			13%	12%	25%	11%	11%	19%	-	11%	16%	-	-	17%	15%	20%	8%	-	15%	18%	10%
A lot less		(1.0)	21	2	1	1	17	3	-	17	4	1	2	1	4	2	4	-	8	6	12
			11%	6%	4%	13%	13%	7%	-	12%	8%	15%	21%	4%	12%	5%	12%	-	20% ei	7%	13%
Don't know		1	-	-	-	1	-	-	1	-	1	-	-	-	-	-	-	-	-	-	-
		1%	-	-	-	1%	-	-	1%	-	25%	-	-	-	-	-	-	-	-	-	-
NET: More		99	14	10	4	69	23	4	73	26	3	5	9	17	23	15	13	15	48	43	
		51%	50%	47%	52%	51%	46%	69%	51%	52%	44%	53%	48%	47%	64% h	49%	76%	37%	54%	49%	
NET: Less		45	5	6	2	32	13	-	34	12	1	2	4	10	9	6	-	14	22	20	
		23%	18%	29%	24%	24%	26%	-	23%	24%	15%	21%	21%	27%	25%	21%	-	35%	25%	23%	
Base for stats		191	28	21	7	132	50	5	142	49	4	9	19	36	35	31	18	40	90	89	
Mean Score		3.40	3.51	3.36	3.56	3.36	3.40	3.81	3.40	3.40	3.53	3.20	3.53	3.25	3.65 h	3.38	4.02	3.03	3.47	3.35	
Standard Deviation		1.274	1.178	1.223	1.557	1.284	1.257	.709	1.303	1.199	1.698	1.357	1.226	1.243	1.251	1.283	.732	1.404	1.243	1.296	
Standard Error		.089	.212	.255	.551	.109	.169	.290	.106	.165	.759	.452	.268	.197	.209	.220	.168	.219	.126	.134	
Error variance		.01	.04	.07	.30	.01	.03	.08	.01	.03	.58	.20	.07	.04	.04	.05	.03	.05	.02	.02	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.2. Cycling (either for leisure or travel): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
Total		NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	a	*b	a	*b	a	*b	a	*b	a	b
Significance Level: 95%														
Unweighted Total		206	101	45	59	161	12	12	159	17	166	15	135	31
Total		193	95	45	53	152	11	11	150	16	153	14	125	30
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	44	35	3	6	34	4	2	34	4	33	5	30	5
		23%	36%	7%	11%	23%	34%	19%	22%	26%	22%	34%	24%	18%
			bc											
A bit more	(4.0)	54	34	7	14	43	2	2	44	1	43	4	32	8
		28%	35%	15%	27%	28%	14%	17%	29%	9%	28%	29%	26%	26%
			b											
Neither more nor less	(3.0)	48	14	26	8	36	3	3	34	7	35	2	35	7
		25%	15%	58%	15%	24%	26%	24%	22%	43%	23%	15%	28%	25%
				ac										
A bit less	(2.0)	24	7	5	12	20	2	1	20	3	23	1	15	3
		13%	8%	11%	23%	13%	18%	13%	13%	16%	15%	5%	12%	11%
				a										
A lot less	(1.0)	21	4	4	13	18	1	3	17	1	18	2	14	6
		11%	4%	10%	24%	12%	8%	26%	12%	5%	12%	17%	11%	19%
				a										
Don't know		1	1	-	-	-	-	-	1	-	-	-	-	-
		1%	2%	-	-	-	-	-	1%	-	-	-	-	-
NET: More		99	68	10	20	77	5	4	78	6	76	9	62	13
		51%	72%	22%	38%	51%	48%	36%	52%	35%	50%	62%	49%	44%
			bc											
NET: Less		45	11	9	25	38	3	4	37	3	42	3	29	9
		23%	12%	20%	47%	25%	26%	39%	25%	21%	27%	23%	23%	31%
				ab										
Base for stats		191	93	45	53	152	11	11	149	16	153	14	125	30
Mean Score		3.40	3.93	2.99	2.78	3.36	3.48	2.90	3.38	3.34	3.32	3.56	3.39	3.12
			bc											
Standard Deviation		1.274	1.109	.980	1.371	1.294	1.404	1.525	1.290	1.218	1.301	1.489	1.271	1.386
Standard Error		.089	.111	.146	.179	.102	.405	.440	.103	.295	.101	.385	.109	.249
Error variance		.01	.01	.02	.03	.01	.16	.19	.01	.09	.01	.15	.01	.06

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Q6.3. Running or jogging: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a 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		346	181	161	212	108	26	17	43	27	34	35	17	93	49	31	
Total		314	168	143	178	108	28	14	39	21	31	28	20	87	47	29	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	60	33	26	41	18	1	4	8	6	4	4	2	19	9	3
			19%	20%	18%	23%	17%	3%	27%	21%	29%	14%	14%	12%	22%	20%	12%
A bit more		(4.0)	109	58	49	64	34	11	5	13	8	11	10	8	31	14	10
			35%	34%	34%	36%	32%	37%	36%	33%	37%	34%	37%	40%	36%	29%	36%
Neither more nor less		(3.0)	77	45	33	38	30	9	2	15	3	9	8	2	20	8	10
			25%	27%	23%	21%	28%	33%	12%	37%	16%	29%	28%	12%	23%	18%	36%
A bit less		(2.0)	41	21	20	19	17	5	1	4	2	4	2	4	9	12	4
			13%	13%	14%	11%	15%	19%	5%	10%	11%	12%	6%	21%	11%	26%	15%
A lot less		(1.0)	22	10	12	13	8	2	3	-	1	4	4	3	4	3	1
			7%	6%	8%	7%	7%	7%	20%	-	4%	11%	13%	16%	5%	7%	3%
Don't know			5	2	2	3	2	-	-	-	1	-	1	-	3	1	-
			2%	1%	2%	2%	1%	-	-	-	4%	-	3%	-	3%	2%	-
NET: More			169	90	75	105	52	12	9	21	14	15	14	10	50	23	13
			54%	54%	53%	59%	48%	41%	63%	54%	66%	48%	50%	52%	58%	48%	47%
NET: Less			63	31	32	32	24	7	3	4	3	7	5	7	14	15	5
			20%	18%	23%	18%	22%	26%	25%	10%	14%	23%	19%	36%	16%	32%	17%
Base for stats			309	166	140	174	107	28	14	39	20	31	27	20	84	46	29
Mean Score			3.46	3.50	3.41	3.58	3.36	3.12	3.45	3.65	3.80	3.27	3.33	3.13	3.60	3.30	3.39
Standard Deviation			1.155	1.127	1.193	1.171	1.148	.994	1.499	.927	1.133	1.196	1.215	1.342	1.116	1.251	.973
Standard Error			.063	.084	.095	.081	.112	.195	.363	.141	.222	.205	.208	.325	.118	.181	.175
Error variance			*	.01	.01	.01	.01	.04	.13	.02	.05	.04	.04	.11	.01	.03	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.3. Running or jogging: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a 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		346	51	98	93	55	27	22	242	104	238	30	34	25	3	3	95	
Total		314	46	95	82	47	23	21	223	91	220	27	29	21	2	3	83	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	60	10	14	19	11	3	3	44	16	43	5	6	2	1	-	14
		19%	22%	15%	24%	23%	13%	12%	20%	18%	20%	19%	21%	8%	33%	-	17%	
A bit more		(4.0)	109	17	34	29	13	10	7	79	30	73	10	12	10	-	1	33
		35%	36%	35%	35%	28%	42%	31%	36%	32%	33%	36%	42%	47%	-	28%	40%	
Neither more nor less		(3.0)	77	13	23	20	8	7	7	56	21	62	7	1	4	1	1	14
		25%	28%	25%	25%	17%	28%	32%	25%	23%	28%	25%	3%	20%	30%	41%	17%	
											cg	c						
A bit less		(2.0)	41	5	16	8	5	3	4	29	13	27	5	5	3	-	1	13
		13%	10%	17%	10%	11%	14%	21%	13%	14%	12%	17%	16%	13%	-	30%	16%	
A lot less		(1.0)	22	1	8	5	7	1	1	13	8	14	1	4	1	1	-	7
		7%	2%	9%	5%	15%	3%	4%	6%	9%	6%	3%	15%	4%	37%	-	8%	
						ag												
Don't know		5	1	-	1	3	-	-	2	3	2	-	1	2	-	-	2	
		2%	2%	-	1%	7%	-	-	1%	4%	1%	-	3%	7%	-	-	3%	
						bcd				g								
NET: More		169	27	48	48	24	13	9	123	46	116	15	18	12	1	1	47	
		54%	59%	50%	59%	51%	55%	43%	55%	50%	53%	55%	63%	55%	33%	28%	57%	
NET: Less		63	5	24	13	12	4	5	42	21	41	6	9	4	1	1	20	
		20%	12%	25%	15%	25%	17%	25%	19%	23%	18%	20%	31%	17%	37%	30%	24%	
Base for stats		309	45	95	81	43	23	21	221	88	218	27	28	20	2	3	81	
Mean Score		3.46	3.69	3.31	3.62	3.36	3.48	3.26	3.50	3.37	3.48	3.51	3.40	3.46	2.92	2.98	3.42	
Standard Deviation		1.155	1.001	1.173	1.123	1.396	1.005	1.081	1.129	1.219	1.129	1.102	1.400	.994	2.174	.975	1.197	
Standard Error		.063	.142	.118	.117	.196	.193	.231	.073	.122	.073	.201	.244	.207	1.255	.563	.125	
Error variance		*	.02	.01	.01	.04	.04	.05	.01	.01	.01	.04	.06	.04	1.58	.32	.02	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.3. Running or jogging: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk		Not self-isolating	NET: Self-isolating						NET: Lives with others			
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms						Yes	No	Lives alone	2-3	4-5	6+		Yes	No
Significance Level: 95%			a	b	c	d	*a	*b	c	d	e	a	*b	a	b	c	*d	e	a	b	
Unweighted Total		346	191	57	75	132	15	25	48	258	88	317	18	31	147	145	23	315	64	237	
Total		314	172	51	70	120	13	24	43	235	80	290	16	31	136	128	19	283	58	213	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	60	33	8	16	24	4	4	8	44	16	57	3	2	24	28	7	58	15	41
			19%	19%	17%	22%	20%	31%	16%	19%	19%	20%	20%	16%	6%	17%	22% a	35% a	21% a	25%	19%
A bit more		(4.0)	109	62	19	21	40	5	10	16	77	31	103	5	14	47	43	5	95	20	70
			35%	36%	38%	30%	33%	41%	40%	38%	33%	39%	36%	32%	45%	34%	34%	27%	33%	34%	33%
Neither more nor less		(3.0)	77	46	10	19	29	2	5	7	65	13	70	3	12	31	30	4	65	9	54
			25%	27%	20%	27%	24%	12%	20%	15%	28% e	16%	24%	22%	40% e	23%	23%	20%	23%	15%	25%
A bit less		(2.0)	41	21	6	8	15	1	5	7	29	12	36	4	3	24	14	1	39	11	27
			13%	12%	13%	12%	12%	5%	21%	16%	12%	16%	12%	24%	9%	17%	11%	4%	14%	19%	13%
A lot less		(1.0)	22	11	6	5	10	1	1	4	16	6	19	1	-	9	10	2	22	3	18
			7%	6%	11%	7%	9%	11%	4%	10%	7%	8%	6%	6%	-	7%	8%	13%	8%	5%	8%
Don't know			5	-	1	2	2	-	-	1	4	1	5	-	-	2	3	-	5	1	3
			2%	-	1%	2% a	2%	-	-	2%	2%	1%	2%	-	-	1%	3%	-	2%	1%	2%
NET: More		169	95	28	36	64	9	13	25	122	47	160	7	16	70	71	12	153	35	110	
		54%	55%	55%	52%	53%	72%	56%	57%	52%	59%	55%	48%	51%	52%	55%	62%	54%	59%	52%	
NET: Less		63	32	12	13	25	2	6	11	44	19	54	5	3	33	24	3	60	14	45	
		20%	18%	24%	19%	21%	16%	25%	25%	19%	24%	19%	30%	9%	24%	19%	17%	21%	24%	21%	
Base for stats		309	172	50	68	118	13	24	42	231	79	285	16	31	135	125	19	278	58	210	
Mean Score		3.46	3.49	3.37	3.50	3.45	3.75	3.43	3.42	3.46	3.48	3.51	3.29	3.47	3.38	3.52	3.67	3.46	3.55	3.42	
Standard Deviation		1.155	1.122	1.239	1.174	1.199	1.307	1.121	1.254	1.136	1.215	1.142	1.201	.753	1.167	1.194	1.374	1.192	1.226	1.191	
Standard Error		.063	.081	.166	.137	.106	.337	.224	.183	.071	.130	.065	.283	.135	.097	.101	.287	.068	.154	.078	
Error variance		*	.01	.03	.02	.01	.11	.05	.03	.01	.02	*	.08	.02	.01	.01	.08	*	.02	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.3. Running or jogging: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

		Longstanding condition or illness						Area		Number of days active										
		Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	*b	*c	d	e	*f	a	b	*a	*b	c	d	e	f	*g	h	i	j	
Unweighted Total	346	38	22	14	256	70	4	276	70	7	25	39	73	42	63	15	82	154	160	
Total	314	33	20	13	235	63	4	251	63	5	23	35	64	40	56	14	77	139	147	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	60	6	4	3	45	11	3	48	12	3	2	5	6	8	14	5	18	19	36
		19%	20%	22%	22%	19%	17%	79%	19%	19%	58%	9%	13%	9%	20%	24% di	34%	23% d	13%	24% di
A bit more	(4.0)	109	12	7	5	79	23	1	89	19	1	10	14	21	11	16	7	30	46	52
		35%	36%	34%	41%	34%	37%	21%	36%	31%	15%	41%	40%	33%	28%	29%	47%	38%	33%	36%
Neither more nor less	(3.0)	77	8	4	2	60	14	-	60	17	-	3	9	20	10	16	2	18	39	35
		25%	24%	22%	14%	25%	23%	-	24%	27%	-	12%	25%	32%	26%	28%	15%	23%	28%	24%
A bit less	(2.0)	41	4	2	2	33	8	-	31	10	1	4	6	11	7	5	1	8	24	14
		13%	12%	10%	16%	14%	13%	-	12%	16%	12%	16%	18%	17%	16%	9%	5%	10%	17% j	9%
A lot less	(1.0)	22	3	3	1	14	6	-	19	3	1	5	2	5	3	3	-	3	10	6
		7%	9%	12%	7%	6%	10%	-	8%	4%	15%	21%	5%	8%	8%	6%	-	3%	7%	4%
Don't know		5	-	-	-	4	-	-	3	2	-	-	-	1	-	2	-	2	1	4
		2%	-	-	-	2%	-	-	1%	2%	-	-	-	1%	-	4% i	-	2%	1%	3%
NET: More		169	18	11	8	124	34	4	137	31	4	12	18	27	19	30	11	47	65	88
		54%	55%	55%	63%	53%	54%	100%	55%	50%	73%	51%	52%	42%	49%	53%	81%	61% di	47%	60% di
NET: Less		63	7	5	3	47	14	-	50	13	1	9	8	16	10	8	1	11	34	20
		20%	20%	23%	23%	20%	23%	-	20%	20%	27%	37%	23%	25% j	25%	15%	5%	14%	24% j	13%
Base for stats	309	33	20	13	231	63	4	248	61	5	23	35	63	40	54	14	75	138	143	
Mean Score	3.46	3.45	3.42	3.55	3.47	3.38	4.79	3.46	3.46	3.90	3.02	3.38	3.18	3.36	3.59 d	4.09	3.69 di	3.28	3.69 di	
Standard Deviation	1.155	1.203	1.308	1.244	1.138	1.212	.472	1.166	1.116	1.711	1.374	1.083	1.092	1.231	1.159	.844	1.055	1.127	1.080	
Standard Error	.063	.195	.279	.332	.072	.145	.236	.071	.135	.647	.275	.173	.129	.190	.150	.218	.118	.091	.087	
Error variance	*	.04	.08	.11	.01	.02	.06	.01	.02	.42	.08	.03	.02	.04	.02	.05	.01	.01	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.3. Running or jogging: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)		
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Significance Level: 95%			a	b	c	a	*b	a	*b	a	*b	a	*b	a	b	
Unweighted Total		346	173	65	104	285	21	276	26	262	28	284	17	237	45	
Total		314	158	60	93	262	17	252	22	240	24	259	15	215	42	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	60	46	3	9	44	7	45	8	46	5	50	3	48	7
		19%	29%	5%	10%	17%	38%	18%	34%	19%	22%	19%	23%	22%	17%	
			bc													
A bit more		(4.0)	109	64	14	30	95	3	95	5	86	6	93	3	71	14
		35%	41%	23%	33%	36%	19%	38%	22%	36%	26%	36%	20%	33%	35%	
			b													
Neither more nor less		(3.0)	77	29	37	12	65	3	62	3	62	4	64	2	56	8
		25%	18%	61%	13%	25%	16%	25%	11%	26%	15%	25%	10%	26%	18%	
				ac												
A bit less		(2.0)	41	11	6	24	35	2	30	6	26	5	32	4	22	8
		13%	7%	10%	25%	14%	14%	12%	25%	11%	19%	12%	30%	10%	20%	
					ab											
A lot less		(1.0)	22	5	1	16	18	2	16	2	15	4	16	2	14	4
		7%	3%	2%	17%	7%	13%	6%	8%	6%	18%	6%	16%	7%	10%	
					ab											
Don't know		5	3	-	2	4	-	5	-	4	-	4	-	3	-	
		2%	2%	-	2%	2%	-	2%	-	2%	-	2%	-	1%	-	
NET: More		169	111	17	39	139	10	140	13	132	12	143	6	119	22	
		54%	70%	28%	42%	53%	57%	56%	56%	55%	48%	55%	43%	56%	52%	
			bc													
NET: Less		63	16	7	39	53	5	45	7	42	9	48	7	36	13	
		20%	10%	11%	42%	20%	27%	18%	33%	17%	37%	19%	47%	17%	30%	
					ab									a		
Base for stats		309	155	60	91	258	17	247	22	236	24	255	15	211	42	
Mean Score		3.46	3.87	3.20	2.93	3.44	3.56	3.50	3.50	3.51	3.16	3.50	3.03	3.55	3.29	
			bc													
Standard Deviation		1.155	1.027	.742	1.302	1.133	1.479	1.112	1.408	1.123	1.448	1.131	1.493	1.146	1.266	
Standard Error		.063	.079	.092	.130	.068	.323	.068	.276	.070	.274	.068	.362	.075	.189	
Error variance		*	.01	.01	.02	*	.10	*	.08	*	.07	*	.13	.01	.04	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.4. Home activity, fitness or exercise classes viewed online or on TV, DVD or video: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a 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		427	163	262	224	149	54	23	53	34	43	38	29	105	62	40	
Total		410	159	249	193	150	67	19	50	28	42	30	37	102	64	40	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	114	41	73	58	36	19	7	14	7	8	10	14	27	18	9	
		28%	26%	29%	30%	24%	28%	39%	28%	23%	19%	34%	39%	26%	29%	23%	
A bit more	(4.0)	160	67	93	77	53	30	8	20	12	12	13	13	40	26	17	
		39%	42%	37%	40%	36%	44%	41%	40%	42%	28%	44%	37%	39%	40%	43%	
Neither more nor less	(3.0)	69	22	46	28	34	6	2	6	4	11	4	5	17	12	7	
		17%	14%	19%	15%	23% ac	9%	13%	13%	15%	27%	13%	14%	17%	18%	17%	
A bit less	(2.0)	36	19	16	17	13	6	1	5	3	5	3	1	9	3	5	
		9%	12% b	6%	9%	9%	9%	4%	10%	11%	13%	10%	4%	9%	4%	13%	
A lot less	(1.0)	27	6	20	10	12	5	1	4	2	2	-	2	8	5	2	
		7%	4%	8%	5%	8%	7%	4%	9%	9%	5%	-	7%	8%	8%	5%	
Don't know		6	3	2	3	1	1	-	1	-	3	-	-	1	1	-	
		1%	2%	1%	2%	1%	2%	-	2%	-	7% g	-	-	1%	2%	-	
NET: More		274	108	165	135	90	49	15	33	18	20	24	28	66	44	26	
		67%	68%	66%	70% b	60%	72%	80%	67%	65%	47%	77% d	76%	65% d	69% d	65%	
NET: Less		63	25	36	26	25	11	1	9	6	8	3	4	17	7	7	
		15%	16%	14%	14%	17%	16%	7%	19%	20%	18%	10%	11%	17%	12%	18%	
Base for stats		405	155	247	190	149	66	19	49	28	39	30	37	101	63	40	
Mean Score		3.74	3.76	3.74	3.83	3.59	3.78	4.08	3.69	3.60	3.45	4.02 d	3.98	3.67	3.79	3.65	
Standard Deviation		1.156	1.092	1.183	1.117	1.186	1.183	1.015	1.237	1.228	1.148	.938	1.150	1.195	1.146	1.124	
Standard Error		.056	.087	.073	.075	.097	.163	.212	.172	.211	.182	.152	.214	.117	.147	.178	
Error variance		*	.01	.01	.01	.01	.03	.04	.03	.04	.03	.02	.05	.01	.02	.03	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.4. Home activity, fitness or exercise classes viewed online or on TV, DVD or video: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a 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		427	57	108	132	59	34	37	297	130	327	26	31	26	6	1	90	
Total		410	53	107	129	51	29	41	289	121	318	24	30	22	6	1	83	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	114	16	27	42	14	5	10	85	29	87	9	9	5	1	-	23	
		28%	30%	26%	32%	27%	17%	24%	29%	24%	27%	37%	29%	21%	14%	-	28%	
A bit more	(4.0)	160	21	46	51	19	12	11	118	42	125	8	13	8	3	-	32	
		39%	40%	43%	40%	37%	42%	26%	41%	35%	39%	35%	42%	36%	50%	-	38%	
Neither more nor less	(3.0)	69	7	18	18	10	7	9	43	26	55	3	5	3	1	1	13	
		17%	12%	17%	14%	19%	24%	22%	15%	21%	17%	11%	17%	13%	17%	100%	15%	
A bit less	(2.0)	36	6	10	7	4	3	6	23	13	26	1	2	6	-	-	9	
		9%	11%	9%	6%	8%	11%	15%	8%	11%	8%	3%	6%	27%	-	-	10%	
A lot less	(1.0)	27	3	4	10	4	2	4	18	9	22	2	1	-	1	-	4	
		7%	6%	4%	8%	7%	6%	9%	6%	8%	7%	8%	5%	-	19%	-	5%	
Don't know		6	-	2	2	1	-	1	3	2	3	1	-	1	-	-	2	
		1%	-	1%	1%	2%	-	4%	1%	2%	1%	6%	-	4%	-	-	3%	
NET: More		274	38	73	93	33	17	21	203	71	212	17	21	13	4	-	55	
		67%	70%	68%	72% fh	64%	59%	51%	70% fh	58%	67%	72%	72%	57%	64%	-	66%	
NET: Less		63	9	14	17	8	5	10	40	22	48	3	3	6	1	-	13	
		15%	17%	13%	13%	15%	17%	24%	14%	18%	15%	11%	11%	27%	19%	-	16%	
Base for stats		405	53	105	128	50	29	39	286	119	315	23	30	21	6	1	80	
Mean Score		3.74	3.77	3.78	3.84	3.70	3.54	3.44	3.80	3.58	3.73	3.96	3.85	3.53	3.39	3.00	3.75	
Standard Deviation		1.156	1.189	1.065	1.176	1.183	1.097	1.284	1.135	1.193	1.153	1.205	1.075	1.145	1.428	-	1.147	
Standard Error		.056	.157	.103	.103	.155	.188	.214	.066	.105	.064	.241	.193	.229	.583	-	.122	
Error variance		*	.02	.01	.01	.02	.04	.05	*	.01	*	.06	.04	.05	.34	-	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.4. Home activity, fitness or exercise classes viewed online or on TV, DVD or video: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk												
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms			Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	*a	*b	c	d	e	a	*b	a	b	c	*d	e	a	b	
Unweighted Total		427	232	79	91	170	23	25	81	298	129	389	26	46	199	157	25	381	73	296	
Total		410	224	75	85	160	23	22	82	283	127	375	24	47	200	143	21	364	69	284	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	114	67	17	24	42	7	6	12	89	25	109	2	14	52	43	4	99	16	79
			28%	30%	23%	29%	26%	31%	26%	15%	31% ce	20%	29%	8%	31%	26%	30%	19%	27%	23%	28%
A bit more		(4.0)	160	84	33	33	66	12	9	29	110	50	151	9	15	80	56	9	145	33	112
			39%	37%	44%	39%	41%	53%	39%	35%	39%	39%	40%	36%	32%	40%	39%	42%	40%	48%	40%
Neither more nor less		(3.0)	69	38	12	12	24	1	6	18	44	24	57	7	11	32	22	4	57	8	47
			17%	17%	17%	14%	15%	3%	25%	22%	16%	19%	15%	30%	24%	16%	15%	18%	16%	11%	16%
A bit less		(2.0)	36	18	6	10	17	2	3	12	20	16	28	5	3	19	11	3	33	6	26
			9%	8%	8%	12%	10%	8%	11%	14% d	7%	13%	7%	22%	6%	9%	8%	13%	9%	9%	9%
A lot less		(1.0)	27	13	6	6	12	1	-	8	18	9	25	1	1	16	9	1	26	6	18
			7%	6%	8%	7%	7%	5%	-	9%	6%	7%	7%	4%	2%	8%	6%	3%	7%	8%	6%
Don't know			6	6	-	-	-	-	-	4	2	4	5	-	2	1	2	1	3	1	2
			1%	2% d	-	-	-	-	-	5% d	1%	3%	1%	-	5% be	*	1%	4%	1%	1%	1%
NET: More			274	150	50	57	108	19	14	41	199	74	260	11	29	132	99	13	244	49	191
			67%	67%	67%	67%	67%	83%	64%	50%	70% ce	59%	69%	44%	63%	66%	70%	62%	67%	71%	67%
NET: Less			63	31	12	16	28	3	3	19	38	25	53	6	4	35	20	4	59	12	44
			15%	14%	16%	19%	18%	13%	11%	24% d	13%	20%	14%	26%	8%	18%	14%	17%	16%	17%	16%
Base for stats			405	219	75	85	160	23	22	78	281	123	370	24	44	199	141	20	360	68	282
Mean Score			3.74	3.79	3.67	3.70	3.68	3.96	3.78	3.34	3.83 ce	3.53	3.79	3.23	3.88	3.67	3.80	3.63	3.72	3.70	3.74
Standard Deviation			1.156	1.138	1.150	1.212	1.180	1.083	.974	1.199	1.143	1.162	1.146	1.032	1.011	1.197	1.151	1.085	1.172	1.175	1.154
Standard Error			.056	.076	.129	.127	.090	.226	.195	.137	.066	.104	.059	.202	.152	.085	.092	.222	.060	.139	.067
Error variance			*	.01	.02	.02	.01	.05	.04	.02	*	.01	*	.04	.02	.01	.01	.05	*	.02	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.4. Home activity, fitness or exercise classes viewed online or on TV, DVD or video: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

		Longstanding condition or illness						Area		Number of days active									
							NET: Longstanding physical and mental condition or illness												
		Total	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	0	1	2	3	4	5	6	7	NET 2-4 days
Significance Level: 95%		a	b	*c	d	e	*f	a	b	*a	*b	c	d	e	f	*g	h	i	j
Unweighted Total	427	50	42	25	304	108	7	354	73	12	29	55	86	58	63	28	96	199	187
Total	410	45	41	23	296	101	6	341	69	12	29	50	76	58	59	28	97	185	184
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	114	6	12	2	92	18	94	20	1	1	8	13	13	22	15	41	34	78
		28%	13%	28%	8%	31% ae	18%	24%	27%	7%	4%	15%	17%	23%	38% cde	52%	42% cdei	19%	42% cdei
A bit more	(4.0)	160	19	17	11	110	45	137	23	3	14	22	36	23	22	10	30	81	62
		39%	41%	42%	49%	37%	45%	40%	33%	27%	47%	45%	47% hj	39%	37%	36%	31%	44% hj	33%
Neither more nor less	(3.0)	69	10	4	5	48	16	56	13	2	6	8	15	12	10	2	14	35	25
		17%	21%	9%	21%	16%	16%	16%	19%	14%	22%	16%	20%	21%	16%	8%	14%	19%	14%
A bit less	(2.0)	36	6	2	4	24	11	29	7	1	3	8	8	6	3	-	6	23	9
		9%	12%	5%	18%	8%	11%	8%	10%	8%	12%	17% fhj	11%	10%	5%	-	6%	12% j	5%
A lot less	(1.0)	27	4	6	1	19	8	20	7	5	2	4	4	4	3	1	5	11	9
		7%	9%	14%	5%	6%	8%	6%	9%	37%	8%	7%	5%	7%	5%	4%	5%	6%	5%
Don't know		6	2	1	-	3	2	6	-	1	2	-	-	-	-	-	3	-	3
		1%	3%	2%	-	1%	2%	2%	-	6%	8%	-	-	-	-	-	3% i	-	1%
NET: More		274	24	29	13	202	63	231	43	4	15	30	49	36	44	25	70	116	139
		67%	54%	70%	56%	68%	63%	68%	62%	34%	51%	60%	65%	62%	74%	88%	73%	63%	75% ci
NET: Less		63	10	8	5	42	19	49	13	6	6	12	12	10	6	1	10	34	17
		15%	21%	19%	23%	14%	19%	14%	19%	45%	20%	24% fhj	16%	17%	10%	4%	11%	18% j	9%
Base for stats	405	44	40	23	292	98	6	335	69	12	27	50	76	58	59	28	94	185	182
Mean Score	3.74	3.39	3.67	3.36	3.80 ae	3.54	3.42	3.76	3.63	2.56	3.29	3.44	3.61	3.61	3.97 cde	4.32	4.02 cdei	3.57	4.05 cdei
Standard Deviation	1.156	1.153	1.336	1.045	1.156	1.166	1.432	1.132	1.266	1.505	1.044	1.166	1.050	1.159	1.090	.936	1.129	1.114	1.090
Standard Error	.056	.166	.209	.209	.067	.114	.541	.061	.148	.454	.201	.157	.113	.152	.137	.177	.117	.079	.080
Error variance	*	.03	.04	.04	*	.01	.29	*	.02	.21	.04	.02	.01	.02	.02	.03	.01	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.4. Home activity, fitness or exercise classes viewed online or on TV, DVD or video: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Total		a	b	c	a	*b	a	b	a	b	a	b	a	b
Significance Level: 95%														
Unweighted Total		427	215	69	137	336	26	41	316	48	322	37	273	75
Total		410	206	66	132	326	23	38	304	47	309	35	262	72
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	114	75	7	32	95	7	9	85	17	88	11	73	27
		28%	36%	11%	24%	29%	32%	24%	28%	37%	28%	30%	28%	38%
			bc		b									
A bit more	(4.0)	160	95	18	46	131	4	7	122	14	120	18	101	28
		39%	46%	28%	35%	40%	19%	19%	40%	31%	39%	51%	39%	39%
			bc					b						
Neither more nor less	(3.0)	69	18	33	17	54	2	6	47	7	50	2	47	8
		17%	9%	50%	13%	16%	8%	17%	15%	14%	16%	5%	18%	11%
				ac										
A bit less	(2.0)	36	10	4	20	25	5	5	25	4	27	3	23	5
		9%	5%	6%	15%	8%	22%	12%	8%	9%	9%	8%	9%	6%
					a									
A lot less	(1.0)	27	5	2	18	19	3	8	21	4	20	2	17	4
		7%	2%	3%	13%	6%	12%	21%	7%	8%	6%	6%	6%	5%
					ab			a						
Don't know		6	3	2	-	2	2	2	3	1	4	-	1	1
		1%	1%	2%	-	1%	7%	6%	1%	2%	1%	-	1%	1%
								a						
NET: More		274	170	25	77	226	12	16	207	31	208	29	174	55
		67%	82%	38%	59%	69%	51%	43%	68%	67%	67%	81%	66%	77%
			bc		b			b						
NET: Less		63	15	6	37	44	8	13	47	8	47	5	40	8
		15%	7%	9%	28%	14%	34%	33%	15%	17%	15%	14%	15%	12%
					ab			a						
Base for stats		405	204	64	132	324	21	35	301	46	305	35	261	71
Mean Score		3.74	4.10	3.38	3.41	3.79	3.40	3.14	3.74	3.81	3.75	3.90	3.73	3.99
			bc					b						
Standard Deviation		1.156	.938	.883	1.356	1.124	1.517	1.067	1.165	1.262	1.154	1.109	1.150	1.112
Standard Error		.056	.064	.108	.116	.062	.310	.059	.066	.184	.065	.182	.070	.129
Error variance		*	*	.01	.01	*	.10	.06	*	.03	*	.03	*	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.5. Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a 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		471	236	233	238	140	93	23	54	53	59	39	38	94	65	46	
Total		453	229	222	202	140	110	19	51	46	59	32	47	88	65	47	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	89	43	46	52	26	11	2	10	9	14	4	9	18	16	8
			20%	19%	21%	26%	19%	10%	12%	19%	20%	23%	14%	19%	20%	24%	17%
A bit more		(4.0)	167	80	87	78	52	37	9	19	16	21	9	18	37	17	22
			37%	35%	39%	39%	37%	33%	49%	37%	34%	35%	30%	38%	42%	27%	46%
Neither more nor less		(3.0)	105	58	46	43	36	27	4	14	17	13	8	11	17	13	7
			23%	25%	21%	21%	25%	24%	24%	28%	37%	22%	26%	24%	19%	21%	15%
A bit less		(2.0)	40	23	18	9	15	16	2	6	1	3	3	6	6	9	4
			9%	10%	8%	4%	11%	15%	12%	11%	3%	5%	11%	13%	7%	14%	9%
A lot less		(1.0)	45	25	20	17	9	20	1	3	3	8	6	3	7	9	5
			10%	11%	9%	8%	6%	18%	4%	5%	6%	14%	20%	6%	8%	13%	12%
Don't know			5	1	4	3	2	-	-	-	-	1	-	-	3	1	1
			1%	*	2%	2%	1%	-	-	-	-	1%	-	-	3%	1%	2%
NET: More			257	123	133	131	78	48	12	29	25	34	14	27	55	33	29
			57%	54%	60%	65%	56%	43%	61%	56%	54%	58%	44%	57%	62%	51%	63%
NET: Less			85	47	38	25	24	36	3	8	4	11	10	9	13	18	10
			19%	21%	17%	13%	17%	32%	15%	16%	9%	18%	31%	19%	15%	28%	21%
Base for stats			448	228	218	199	138	110	19	51	46	58	32	47	85	64	46
Mean Score			3.48	3.41	3.55	3.71	3.51	3.03	3.55	3.55	3.58	3.50	3.07	3.51	3.61	3.34	3.48
Standard Deviation			1.199	1.211	1.184	1.152	1.116	1.266	.992	1.087	1.047	1.300	1.347	1.138	1.148	1.357	1.232
Standard Error			.056	.079	.078	.075	.095	.131	.207	.148	.144	.171	.216	.185	.120	.170	.184
Error variance			*	.01	.01	.01	.01	.02	.04	.02	.02	.03	.05	.03	.01	.03	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.5. Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a 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		471	56	107	141	62	49	56	304	167	370	27	33	26	3	3	92	
Total		453	50	106	135	55	43	63	292	161	361	25	30	23	3	2	83	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	89	14	24	23	12	9	8	61	28	71	5	7	3	-	1	15
			20%	28% f	23%	17%	21%	21%	12%	21%	18%	20%	19%	25%	11%	-	29%	18%
A bit more		(4.0)	167	19	42	54	16	18	18	115	52	135	10	11	9	2	-	32
			37%	38%	39%	40%	29%	41%	29%	39%	32%	37%	40%	38%	38%	69%	-	38%
Neither more nor less		(3.0)	105	8	29	31	13	9	16	68	38	87	2	4	6	1	2	15
			23%	16%	27%	23%	24%	20%	25%	23%	24%	24%	9%	15%	24%	31%	71%	18%
A bit less		(2.0)	40	4	5	10	6	5	11	18	22	30	4	3	3	-	-	10
			9%	7%	4%	7%	11%	11%	18% bcg	6%	14% bg	8%	16%	11%	11%	-	-	12%
A lot less		(1.0)	45	4	6	16	7	3	9	26	19	35	4	3	3	-	-	10
			10%	8%	6%	12%	12%	6%	15%	9%	12%	10%	16%	11%	12%	-	-	12%
Don't know			5	1	1	2	1	-	1	3	2	3	-	-	1	-	-	1
			1%	2%	1%	1%	2%	-	1%	1%	1%	1%	-	-	4%	-	-	1%
NET: More			257	33	66	77	28	27	26	176	80	205	15	19	11	2	1	47
			57%	66% fh	62% fh	57%	50%	62% f	41%	60% fh	50%	57%	59%	63%	49%	69%	29%	57%
NET: Less			85	8	11	26	13	8	21	44	41	65	8	7	5	-	-	20
			19%	15%	10%	19% b	24% b	18%	33% abcg	15%	26% bg	18%	32%	22%	23%	-	-	24%
Base for stats			448	49	105	133	54	43	62	288	159	358	25	30	22	3	2	82
Mean Score			3.48	3.73 fh	3.70 fh	3.43	3.36	3.59 f	3.07	3.58 fh	3.31	3.49	3.30	3.54	3.26	3.69	3.59	3.40
Standard Deviation			1.199	1.206	1.053	1.211	1.294	1.142	1.257	1.159	1.251	1.184	1.387	1.296	1.217	.587	1.176	1.267
Standard Error			.056	.163	.102	.103	.166	.163	.169	.067	.097	.062	.267	.226	.243	.339	.679	.133
Error variance			*	.03	.01	.01	.03	.03	.03	*	.01	*	.07	.05	.06	.11	.46	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.5. Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating						NET: Lives with others			
		Total	None	1 child	2 or more children	NET: Yes						Yes	No	Lives alone	2-3	4-5	6+		Yes	No	
Significance Level: 95%			a	b	c	d	*a	b	c	d	e	a	*b	a	b	c	*d	e	a	b	
Unweighted Total		471	297	65	86	151	26	36	91	318	153	437	26	71	222	152	26	400	80	309	
Total		453	290	60	79	140	26	32	95	300	153	419	26	75	220	135	23	378	78	290	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	89	54	12	20	32	5	7	12	65	25	86	1	9	38	38	5	80	14	65
			20%	19%	19%	25%	23%	19%	23%	13%	22%	16%	20%	4%	12%	17%	28% ab	20%	21%	17%	22%
A bit more		(4.0)	167	100	25	32	58	9	14	33	111	57	156	10	23	82	54	9	145	42	100
			37%	35%	42%	41%	41%	36%	45%	35%	37%	37%	37%	39%	30%	37%	40%	38%	38%	54% b	34%
Neither more nor less		(3.0)	105	79	9	12	21	5	4	20	76	30	98	4	29	49	25	2	77	9	64
			23%	27% bcd	14%	15%	15%	20%	14%	21%	25%	19%	23%	16%	39% bce	22%	18%	10%	20%	12%	22% a
A bit less		(2.0)	40	26	7	7	14	4	2	11	23	17	34	7	6	23	8	4	34	5	29
			9%	9%	12%	8%	10%	17%	5%	12%	8%	11%	8%	26%	8%	10%	6%	15%	9%	6%	10%
A lot less		(1.0)	45	29	6	7	13	1	4	16	24	21	41	3	8	25	8	4	37	6	31
			10%	10%	11%	9%	10%	4%	13%	17% d	8%	14% d	10%	11%	10%	11%	6%	16%	10%	8%	11%
Don't know		5	1	1	2	3	1	-	2	2	3	4	1	-	3	2	-	5	2	2	
		1%	1%	2%	2%	2%	4%	-	3%	1%	2%	1%	3%	-	1%	1%	-	1%	2%	1%	
NET: More		257	154	37	52	89	14	22	45	176	81	242	11	32	119	92	13	225	56	165	
		57%	53%	61%	66% a	64% a	55%	68% c	47%	59%	53%	58%	43%	42%	54%	68% ab	58%	60% a	72% b	57%	
NET: Less		85	55	14	14	27	5	6	28	47	39	75	10	14	48	16	7	71	11	60	
		19%	19%	22%	17%	19%	21%	18%	29% d	16% d	25% d	18%	37%	19%	22% c	12%	32%	19%	14%	21%	
Base for stats		448	288	59	78	137	25	32	93	298	149	415	25	75	216	133	23	373	77	288	
Mean Score		3.48	3.43	3.48	3.67	3.59	3.50	3.61	3.15	3.57 ce	3.31	3.51	2.99	3.25	3.39	3.80 abe	3.29	3.53	3.68	3.48	
Standard Deviation		1.199	1.185	1.250	1.207	1.225	1.144	1.272	1.303	1.147	1.280	1.192	1.173	1.115	1.223	1.112	1.408	1.211	1.100	1.246	
Standard Error		.056	.069	.156	.132	.101	.229	.212	.139	.065	.105	.057	.235	.132	.083	.091	.276	.061	.125	.071	
Error variance		*	*	.02	.02	.01	.05	.04	.02	*	.01	*	.06	.02	.01	.01	.08	*	.02	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.5. Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

		Longstanding condition or illness						Area		Number of days active									
							NET: Longstanding physical and mental condition or illness												
		Total	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	0	1	2	3	4	5	6	7	NET 2-4 days
Significance Level: 95%		a	b	*c	d	e	*f	a	b	*a	b	c	d	e	f	g	h	i	j
Unweighted Total	471	57	60	24	325	126	13	393	78	18	30	63	97	63	65	30	105	223	200
Total	453	54	64	23	310	125	14	377	75	19	28	61	90	62	62	27	105	213	193
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	89	11	7	4	67	19	75	15	2	1	5	15	8	16	8	34	28	58
		20%	20%	10%	17%	22% b	15%	20%	20%	13%	4%	8%	17%	12%	26% bci	30% bcei	32% bcdei	13%	30% bcdiei
A bit more	(4.0)	167	18	29	10	112	50	142	25	3	13	19	42	22	20	10	38	83	69
		37%	34%	46%	44%	36%	40%	38%	33%	14%	46%	32%	46%	35%	33%	38%	37%	39%	36%
Neither more nor less	(3.0)	105	13	13	4	71	28	86	20	6	4	15	19	23	13	5	20	57	38
		23%	25%	21%	19%	23%	22%	23%	26%	33%	15%	25%	21%	36% bdhj	21%	19%	19%	27%	20%
A bit less	(2.0)	40	2	7	2	28	10	32	8	1	3	11	10	3	5	3	4	25	12
		9%	4%	11%	8%	9%	- -	9%	11%	4%	12%	19% ehj	11% h	5%	8%	11%	3%	12% hj	6%
A lot less	(1.0)	45	9	7	2	29	16	38	7	6	6	9	2	7	6	1	9	18	15
		10%	17%	12%	8%	9%	13%	10%	9%	32%	20% dgij	14% d	2%	12% d	10% d	2%	8%	8% d	8%
Don't know		5	1	1	1	2	2	4	1	1	1	1	2	-	1	-	-	3	1
		1%	1%	1%	4%	1%	5%	1%	1%	4%	3%	1%	2%	-	1%	-	-	1%	*
NET: More		257	29	36	14	180	69	217	40	5	14	24	57	30	36	18	72	111	127
		57%	53%	56%	61%	58%	55%	58%	53%	27%	50%	40%	63% c	48%	59% c	67% c	69% cei	52%	66% cei
NET: Less		85	11	14	4	57	26	70	15	7	9	20	12	10	11	4	12	43	27
		19%	21%	22%	16%	18%	21%	19%	20%	36%	32% dhj	33% deg hij	14%	16%	18%	13%	12%	20%	14%
Base for stats	448	53	64	22	308	123	13	373	75	18	27	60	88	62	61	27	105	210	193
Mean Score	3.48	3.36	3.33	3.57	3.52	3.37	3.36	3.49	3.44	2.71	3.01	3.01	3.66 ci	3.32	3.58 c	3.81 ci	3.82 cei	3.37 c	3.74 cei
Standard Deviation	1.199	1.331	1.168	1.157	1.200	1.226	1.342	1.200	1.199	1.441	1.290	1.207	.979	1.128	1.251	1.074	1.174	1.120	1.184
Standard Error	.056	.178	.152	.241	.067	.110	.388	.061	.137	.350	.239	.153	.100	.142	.156	.196	.115	.076	.084
Error variance	*	.03	.02	.06	*	.01	.15	*	.02	.12	.06	.02	.01	.02	.02	.04	.01	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.5. Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)		
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Significance Level: 95%			a	b	c	a	b	a	b	a	b	a	b	a	b	
Unweighted Total		471	220	81	164	370	42	383	39	344	51	377	32	299	77	
Total		453	211	81	156	360	40	370	36	331	49	365	28	286	75	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	89	62	6	21	79	8	76	11	70	11	75	6	62	20
		20%	29%	7%	14%	22%	20%	20%	30%	21%	23%	21%	23%	22%	27%	
			bc													
A bit more		(4.0)	167	108	17	42	136	9	140	7	122	17	134	13	104	34
		37%	51%	21%	27%	38%	23%	38%	21%	37%	34%	37%	46%	36%	45%	
			bc					b								
Neither more nor less		(3.0)	105	26	50	28	78	10	83	6	77	7	88	2	67	10
		23%	12%	61%	18%	22%	25%	22%	16%	23%	14%	24%	5%	23%	13%	
				ac								b				
A bit less		(2.0)	40	4	7	29	31	5	34	3	26	6	30	3	20	5
		9%	2%	8%	19%	9%	12%	9%	7%	8%	12%	8%	12%	7%	7%	
				a	ab											
A lot less		(1.0)	45	9	1	35	33	7	34	9	33	8	35	3	30	5
		10%	4%	2%	22%	9%	18%	9%	26%	10%	17%	10%	10%	10%	7%	
					ab			a								
Don't know		5	3	-	1	2	1	4	-	4	-	3	1	4	-	
		1%	1%	-	*	1%	2%	1%	-	1%	-	1%	4%	2%	-	
NET: More		257	170	23	63	215	17	215	18	192	28	209	19	166	54	
		57%	81%	29%	40%	60%	43%	58%	51%	58%	58%	57%	69%	58%	72%	
			bc			b								a		
NET: Less		85	12	8	64	65	12	68	12	59	14	65	6	50	11	
		19%	6%	10%	41%	18%	30%	18%	33%	18%	28%	18%	22%	17%	15%	
					ab			a								
Base for stats		448	208	81	156	358	39	366	36	327	49	363	27	282	75	
Mean Score		3.48	4.01	3.24	2.90	3.55	3.16	3.52	3.22	3.52	3.36	3.51	3.61	3.52	3.77	
			bc	c												
Standard Deviation		1.199	.932	.779	1.381	1.196	1.394	1.184	1.594	1.200	1.402	1.190	1.290	1.213	1.149	
Standard Error		.056	.063	.087	.108	.062	.218	.061	.255	.065	.196	.062	.232	.071	.131	
Error variance		*	*	.01	.01	*	.05	*	.07	*	.04	*	.05	.01	.02	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a 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		304	155	147	140	116	48	10	35	35	36	34	26	50	48	30	
Total		292	153	137	119	116	57	8	34	29	36	27	31	49	49	28	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	48	27	21	22	20	6	2	4	5	8	4	4	9	7	5	
		16%	17%	15%	18%	18%	10%	19%	13%	17%	23%	15%	12%	18%	14%	17%	
A bit more	(4.0)	114	55	59	45	49	20	2	9	10	13	13	17	18	26	6	
		39%	36%	43%	38%	42%	34%	28%	26%	33%	35%	46% i	55%	37%	53% bi	21%	
Neither more nor less	(3.0)	72	43	28	25	29	18	-	13	11	5	7	4	16	7	9	
		25%	28%	20%	21%	25%	31%	-	40% dh	37% dh	14%	25%	11%	32% h	15%	32%	
A bit less	(2.0)	35	21	14	16	11	8	1	6	4	6	1	1	4	6	7	
		12%	14%	10%	13%	10%	15%	9%	19% e	13%	15%	3%	4%	8%	12%	25% eg	
A lot less	(1.0)	18	5	12	8	5	4	2	1	-	2	3	5	2	2	1	
		6%	3%	9% a	7%	4%	7%	19%	3%	-	6%	11%	17%	5%	4%	3%	
Don't know		6	2	4	4	1	1	2	-	-	2	-	-	-	1	1	
		2%	1%	3%	3%	1%	2%	25%	-	-	6%	-	-	-	2%	3%	
NET: More		161	82	80	67	69	25	4	13	14	21	17	21	27	33	11	
		55%	53%	58%	56%	60%	44%	47%	39%	50%	59%	61%	67%	55%	67% bi	38%	
NET: Less		53	26	26	24	17	13	2	7	4	8	4	7	6	8	8	
		18%	17%	19%	20%	14%	22%	28%	21%	13%	21%	13%	21%	13%	16%	28%	
Base for stats		286	151	133	116	115	56	6	34	29	34	27	31	49	48	27	
Mean Score		3.48	3.51	3.47	3.48	3.59	3.25	3.25	3.28	3.54	3.59	3.53	3.42	3.56	3.62	3.25	
Standard Deviation		1.100	1.045	1.149	1.159	1.038	1.083	1.711	1.007	.937	1.216	1.134	1.281	1.043	1.011	1.132	
Standard Error		.064	.084	.096	.099	.097	.158	.605	.170	.158	.208	.194	.251	.148	.147	.210	
Error variance		*	.01	.01	.01	.01	.02	.37	.03	.03	.04	.04	.06	.02	.02	.04	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a 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		304	31	68	85	50	37	33	184	120	244	13	21	19	1	2	56
Total		292	28	67	85	43	34	35	180	112	236	11	20	18	1	2	52
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	48	4	10	17	9	5	3	30	17	37	2	5	1	-	1	9
		16%	13%	15%	19%	20%	15%	10%	17%	15%	16%	15%	23%	8%	-	58%	17%
A bit more	(4.0)	114	10	30	36	13	15	10	76	38	93	6	7	8	-	1	21
		39%	35%	45%	42%	29%	45%	28%	42%	34%	39%	54%	32%	43%	-	42%	40%
Neither more nor less	(3.0)	72	8	16	16	9	7	15	40	31	59	2	4	6	-	-	12
		25%	30%	24%	19%	20%	21%	44%	23%	28%	25%	23%	18%	32%	-	-	23%
							bcdeg										
A bit less	(2.0)	35	4	7	10	7	4	3	22	14	28	1	4	2	1	-	8
		12%	15%	10%	12%	15%	11%	10%	12%	12%	12%	9%	19%	13%	100%	-	15%
A lot less	(1.0)	18	1	2	6	5	2	3	8	9	15	-	2	1	-	-	2
		6%	3%	3%	7%	11%	6%	8%	5%	8%	7%	-	8%	4%	-	-	5%
Don't know		6	1	2	-	2	1	-	3	3	5	-	-	-	-	-	-
		2%	5%	3%	-	5%	2%	-	2%	2%	2%	-	-	-	-	-	-
			c			c											
NET: More		161	13	40	52	21	20	13	106	55	130	7	11	9	-	2	29
		55%	48%	60%	62%	49%	60%	38%	59%	49%	55%	68%	55%	51%	-	100%	57%
				f	f				f								
NET: Less		53	5	9	16	11	6	6	30	23	43	1	5	3	1	-	10
		18%	18%	13%	19%	26%	17%	18%	17%	21%	18%	9%	27%	17%	100%	-	20%
Base for stats		286	27	65	85	41	33	35	177	110	232	11	20	18	1	2	52
Mean Score		3.48	3.43	3.62	3.55	3.34	3.54	3.21	3.56	3.36	3.47	3.74	3.43	3.38	2.00	4.58	3.50
Standard Deviation		1.100	1.020	.970	1.147	1.294	1.087	1.043	1.062	1.154	1.101	.857	1.285	.984	-	.767	1.095
Standard Error		.064	.186	.119	.124	.187	.181	.182	.079	.107	.071	.238	.280	.226	-	.543	.146
Error variance		*	.03	.01	.02	.03	.03	.03	.01	.01	.01	.06	.08	.05	-	.29	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating									
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%			a	b	c	d	*a	*b	c	d	e	a	*b	*a	b	c	*d	e	a	b
Unweighted Total		304	136	67	79	146	17	17	63	207	97	274	24	21	140	119	24	283	60	217
Total		292	132	64	73	137	15	17	64	196	96	263	23	22	142	108	20	270	57	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	48	14	13	17	30	-	7	10	32	16	45	3	1	21	22	4	47	9	37
		16%	11%	20%	24% a	22% a	-	38%	15%	16%	17%	17%	12%	4%	15%	20%	20%	17%	16%	18%
A bit more	(4.0)	114	52	24	31	54	6	2	17	89	25	106	5	5	46	51	11	108	20	87
		39%	39%	37%	42%	40%	43%	9%	26%	45% ce	26%	40%	23%	23%	32%	48% b	54%	40%	35%	42%
Neither more nor less	(3.0)	72	34	15	15	29	3	3	18	48	24	63	5	8	42	21	1	64	20	43
		25%	26%	23%	20%	22%	20%	19%	28%	24%	25%	24%	23%	35%	30%	19%	4%	24%	35% b	21%
A bit less	(2.0)	35	22	10	3	13	3	1	12	19	17	31	4	3	23	8	2	33	6	26
		12%	16% c	15% c	5%	10%	22%	6%	19% d	10%	17%	12%	16%	13%	16% c	8%	9%	12%	10%	13%
A lot less	(1.0)	18	10	2	5	8	2	4	6	6	11	14	4	2	9	5	2	16	2	13
		6%	8%	4%	7%	6%	15%	21%	9%	3%	12% d	5%	19%	9%	6%	5%	9%	6%	4%	6%
Don't know		6	1	1	1	2	-	1	2	3	3	4	2	4	1	-	1	2	-	2
		2%	1%	1%	1%	1%	-	8%	3%	1%	3%	2%	8%	16%	1%	-	5%	1%	-	1%
NET: More		161	66	36	48	84	6	8	26	120	41	151	8	6	67	73	15	155	29	124
		55%	50%	57%	66% a	62% a	43%	47%	41%	61% ce	43%	57%	34%	27%	47%	68% be	74%	58% b	51%	60%
NET: Less		53	32	12	9	21	6	5	18	25	28	45	8	5	31	13	4	48	8	39
		18%	24% c	19%	12%	15%	37%	26%	28% d	13%	29% d	17%	35%	22%	22% c	12%	18%	18%	14%	19%
Base for stats		286	131	63	72	135	15	16	62	193	93	259	21	19	141	108	19	267	57	206
Mean Score		3.48	3.29	3.54	3.71 a	3.64 a	2.91	3.42	3.20	3.62 ce	3.19	3.53	2.92	3.00	3.34	3.71 b	3.70	3.52	3.49	3.53
Standard Deviation		1.100	1.102	1.098	1.118	1.108	1.155	1.645	1.199	.979	1.272	1.075	1.356	1.049	1.108	1.032	1.212	1.097	1.015	1.114
Standard Error		.064	.095	.135	.127	.092	.280	.411	.154	.069	.131	.065	.289	.247	.094	.095	.253	.066	.131	.076
Error variance		*	.01	.02	.02	.01	.08	.17	.02	*	.02	*	.08	.06	.01	.01	.06	*	.02	.01

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Q6.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

		Longstanding condition or illness						Area		Number of days active											
		Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	
Significance Level: 95%																					
Unweighted Total		304	51	44	25	185	107	12	229	75	21	17	59	59	36	35	16	61	154	112	
Total		292	46	43	24	179	102	10	218	74	22	16	54	55	36	33	16	61	145	110	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	48	6	8	5	29	17	2	36	12	2	3	3	7	5	12	3	13	15	28
			16%	13%	18%	20%	16%	16%	15%	16%	16%	8%	16%	6%	13%	13%	37% cdei	21%	21% ci	10%	26% cdi
A bit more		(4.0)	114	17	12	6	78	30	4	91	23	8	6	21	20	11	14	8	25	52	47
			39%	37%	28%	25%	44% e	30%	36%	42%	30%	35%	40%	39%	37%	30%	42%	50%	42%	36%	43%
Neither more nor less		(3.0)	72	15	13	8	39	31	4	52	20	7	3	15	17	11	5	1	12	43	19
			25%	32%	31%	32%	22%	31%	42%	24%	27%	32%	18%	28%	31% j	32%	15%	7%	20%	30% j	17%
A bit less		(2.0)	35	2	5	4	24	10	-	25	11	3	1	8	8	4	1	4	6	21	10
			12%	5%	11%	15%	14%	10%	-	11%	15%	14%	6%	16%	15%	12%	3%	22%	9%	15%	9%
A lot less		(1.0)	18	4	4	1	8	9	-	13	4	1	3	5	2	3	-	-	3	11	3
			6%	10%	9%	4%	5%	9%	-	6%	6%	4%	19%	9%	4%	10%	-	-	5%	7%	3%
Don't know			6	2	1	1	-	3	1	1	5	2	-	1	-	1	1	-	1	2	2
			2%	4%	3%	4%	-	3%	7%	1%	6% a	7%	-	2%	-	3%	2%	-	2%	2%	2%
NET: More			161	23	20	11	107	47	5	127	35	9	9	24	27	16	26	11	38	67	76
			55%	50%	46%	45%	60% e	46%	51%	58%	47%	43%	56%	45%	50%	44%	79% cdei	71%	63% i	46%	69% cdei
NET: Less			53	6	9	5	33	20	-	38	15	4	4	13	11	8	1	4	9	32	14
			18%	14%	20%	19%	18%	19%	-	17%	20%	18%	26%	25% fj	20% f	21% f	3%	22%	15%	22% fj	12%
Base for stats		286	44	42	23	179	98	10	216	70	20	16	53	55	35	32	16	59	143	108	
Mean Score		3.48	3.40	3.35	3.44	3.53	3.35	3.70	3.51	3.39	3.32	3.28	3.18	3.38	3.27	4.15 cdehi	3.70	3.66 ci	3.28	3.81 cdei	
Standard Deviation		1.100	1.103	1.197	1.142	1.064	1.170	.769	1.088	1.138	.995	1.393	1.084	1.037	1.165	.818	1.065	1.093	1.082	1.029	
Standard Error		.064	.158	.185	.233	.078	.115	.232	.072	.136	.228	.338	.142	.135	.197	.140	.266	.141	.088	.098	
Error variance		*	.02	.03	.05	.01	.01	.05	.01	.02	.05	.11	.02	.02	.04	.02	.07	.02	.01	.01	

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Q6.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)		
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Significance Level: 95%			a	b	c	a	b	a	b	a	b	a	b	a	b	
Unweighted Total		304	124	58	119	223	32	226	30	197	50	195	48	163	80	
Total		292	122	54	113	214	30	217	29	193	47	186	45	157	77	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	48	31	4	13	37	5	37	4	30	9	35	10	24	15
		16%	25%	7%	12%	17%	15%	17%	15%	15%	20%	19%	22%	16%	20%	
			bc													
A bit more		(4.0)	114	56	17	41	92	9	89	9	77	21	71	18	71	27
		39%	46%	31%	36%	43%	29%	41%	30%	40%	44%	38%	39%	45%	35%	
Neither more nor less		(3.0)	72	23	23	25	46	8	47	10	48	8	47	8	30	17
		25%	19%	42%	22%	22%	27%	22%	35%	25%	17%	25%	18%	19%	22%	
				ac												
A bit less		(2.0)	35	9	7	19	27	2	29	3	26	4	22	4	20	11
		12%	8%	12%	17%	13%	7%	13%	10%	13%	9%	12%	10%	13%	15%	
				a												
A lot less		(1.0)	18	3	1	14	10	5	13	2	10	4	10	4	10	5
		6%	2%	1%	13%	4%	17%	6%	7%	5%	8%	5%	9%	6%	7%	
				ab			a									
Don't know		6	-	3	1	2	2	2	1	2	1	1	1	2	1	
		2%	-	6%	1%	1%	5%	1%	3%	1%	2%	*	2%	2%	2%	
				ac												
NET: More		161	87	21	54	129	13	126	13	107	30	106	28	95	42	
		55%	71%	38%	48%	60%	44%	58%	45%	55%	64%	57%	62%	61%	54%	
			bc													
NET: Less		53	12	7	34	36	7	42	5	36	8	32	8	29	17	
		18%	10%	14%	30%	17%	24%	19%	17%	19%	17%	17%	18%	19%	21%	
				ab												
Base for stats		286	122	51	113	212	29	215	28	191	46	185	45	154	76	
Mean Score		3.48	3.84	3.32	3.17	3.56	3.19	3.50	3.36	3.47	3.61	3.54	3.59	3.52	3.47	
			bc													
Standard Deviation		1.100	.970	.856	1.222	1.060	1.333	1.105	1.103	1.077	1.158	1.091	1.204	1.097	1.171	
Standard Error		.064	.087	.115	.112	.071	.243	.074	.205	.077	.165	.078	.176	.087	.132	
Error variance		*	.01	.01	.01	.01	.06	.01	.04	.01	.03	.01	.03	.01	.02	

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Q6.7. Other sport, exercise or physical activity: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a 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		111	63	48	35	32	44	10	10	15	9	10	8	12	15	22
Total		113	68	45	27	31	55	8	11	13	9	9	11	11	16	25
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	31	20	11	6	12	13	-	5	4	4	2	2	4	3	7
		28%	30%	24%	21%	39%	24%	-	47%	31%	41%	22%	23%	35%	21%	27%
A bit more	(4.0)	31	21	10	7	4	20	1	2	3	1	3	2	4	7	6
		27%	30%	23%	26%	14%	36% b	10%	19%	25%	16%	37%	23%	32%	48%	26%
Neither more nor less	(3.0)	36	22	14	8	11	17	6	1	4	3	1	6	2	3	9
		32%	32%	30%	28%	36%	31%	81%	14%	33%	31%	9%	54%	16%	21%	36%
A bit less	(2.0)	4	2	3	3	1	-	-	-	-	-	1	-	2	1	-
		4%	2%	6%	13% c	2%	-	-	-	-	-	16%	-	17%	5%	-
A lot less	(1.0)	10	3	7	2	3	5	1	2	1	1	2	-	-	1	2
		8%	4%	15% a	8%	9%	9%	9%	20%	7%	12%	17%	-	-	6%	9%
Don't know		1	1	1	1	-	-	-	-	1	-	-	-	-	-	1
		1%	1%	2%	5%	-	-	-	-	5%	-	-	-	-	-	3%
NET: More		62	41	21	13	17	33	1	7	7	5	5	5	8	11	13
		55%	60%	47%	46%	53%	60%	10%	66%	55%	57%	59%	46%	67%	68%	52%
NET: Less		14	4	10	6	3	5	1	2	1	1	3	-	2	2	2
		12%	6%	21% a	21%	11%	9%	9%	20%	7%	12%	32%	-	17%	11%	9%
Base for stats		112	67	45	26	31	55	8	11	13	9	9	11	11	16	25
		3.63	3.81 b	3.34	3.41	3.72	3.68	2.93	3.72	3.77	3.73	3.32	3.69	3.84	3.72	3.62
Standard Deviation		1.181	1.027	1.345	1.235	1.266	1.113	.711	1.618	1.158	1.397	1.488	.864	1.135	1.062	1.193
Standard Error		.113	.130	.196	.215	.224	.168	.225	.512	.309	.466	.470	.305	.328	.274	.260
Error variance		.01	.02	.04	.05	.05	.03	.05	.26	.10	.22	.22	.09	.11	.08	.07

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Q6.7. Other sport, exercise or physical activity: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a 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		111	7	27	22	14	11	30	56	55	99	2	3	3	1	-	9
Total		113	6	28	19	12	10	38	53	60	102	2	3	3	1	-	8
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
A lot more	(5.0)	31	4	6	4	5	4	9	14	17	25	1	1	2	-	-	4
		28%	64%	22%	18%	37%	36%	24%	26%	29%	24%	59%	42%	72%	-	-	53%
A bit more	(4.0)	31	-	11	4	1	3	13	15	16	30	-	1	-	-	-	1
		27%	-	39%	21%	5%	26%	34%	28%	27%	30%	-	30%	-	-	-	10%
Neither more nor less	(3.0)	36	2	6	7	6	3	13	14	22	34	-	1	-	1	-	2
		32%	24%	21%	34%	45%	30%	36%	26%	37%	34%	-	27%	-	100%	-	19%
A bit less	(2.0)	4	-	1	3	-	-	1	3	1	4	1	-	-	-	-	1
		4%	-	2%	15%	-	-	2%	7%	1%	3%	41%	-	-	-	-	8%
A lot less	(1.0)	10	-	4	2	2	1	1	6	4	8	-	-	1	-	-	1
		8%	-	16%	8%	13%	7%	4%	11%	6%	8%	-	-	28%	-	-	11%
Don't know		1	1	-	1	-	-	-	1	-	1	-	-	-	-	-	-
		1%	11%	-	4%	-	-	-	3%	-	1%	-	-	-	-	-	-
NET: More		62	4	17	8	5	7	22	29	34	55	1	2	2	-	-	5
		55%	64%	61%	40%	42%	63%	59%	54%	56%	54%	59%	73%	72%	-	-	62%
NET: Less		14	-	5	4	2	1	2	9	4	12	1	-	1	-	-	2
		12%	-	18%	23%	13%	7%	6%	18%	7%	11%	41%	-	28%	-	-	19%
Base for stats		112	6	28	18	12	10	38	52	60	101	2	3	3	1	-	8
Mean Score		3.63	4.45	3.49	3.28	3.53	3.85	3.74	3.52	3.72	3.59	3.77	4.15	3.86	3.00	-	3.85
Standard Deviation		1.181	.987	1.329	1.215	1.384	1.190	.978	1.281	1.091	1.137	2.389	1.049	2.193	-	-	1.508
Standard Error		.113	.403	.256	.265	.370	.359	.179	.174	.147	.115	1.689	.606	1.266	-	-	.503
Error variance		.01	.16	.07	.07	.14	.13	.03	.03	.02	.01	2.85	.37	1.60	-	-	.25

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Q6.7. Other sport, exercise or physical activity: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk		Not self-isolating	NET: Self-isolating						NET: Lives with others			
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms						Yes	No	Lives alone	2-3	4-5	6+		Yes	No
Significance Level: 95%			a	*b	*c	d	*a	*b	c	d	e	a	*b	*a	b	c	*d	e	*a	b	
Unweighted Total		111	74	15	18	33	4	5	34	68	43	98	8	12	62	33	4	99	21	75	
Total		113	79	15	16	31	4	4	40	66	48	99	9	13	67	30	4	100	21	77	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	31	19	7	4	11	-	1	11	19	12	26	3	2	16	11	1	29	6	23
			28%	24%	49%	24%	36%	-	21%	29%	29%	26%	26%	30%	18%	24%	38%	39%	29%	26%	30%
A bit more		(4.0)	31	24	3	3	7	1	1	13	16	15	26	5	5	18	7	1	26	8	18
			27%	30%	22%	22%	22%	30%	17%	34%	24%	32%	26%	59%	40%	27%	24%	21%	26%	37%	23%
Neither more nor less		(3.0)	36	25	4	5	10	-	3	11	22	14	36	-	4	23	8	1	32	4	26
			32%	32%	30%	32%	31%	-	62%	28%	33%	29%	36%	-	33%	34%	27%	19%	31%	21%	34%
A bit less		(2.0)	4	3	-	1	1	-	-	-	4	-	3	-	-	3	-	1	4	1	3
			4%	4%	-	5%	3%	-	-	-	6%	-	3%	-	-	5%	-	21%	4%	4%	4%
A lot less		(1.0)	10	8	-	2	2	1	-	3	5	5	7	1	1	7	2	-	9	2	6
			8%	10%	-	12%	6%	30%	-	9%	8%	10%	7%	12%	9%	10%	7%	-	8%	9%	8%
Don't know			1	-	-	1	1	1	-	-	-	1	1	-	-	-	1	-	1	1	-
			1%	-	-	5%	2%	40%	-	-	-	3%	1%	-	-	-	5%	-	1%	3%	-
NET: More			62	42	11	7	18	1	2	25	35	28	52	8	8	34	18	2	55	13	41
			55%	54%	70%	46%	58%	30%	38%	63%	53%	58%	52%	88%	58%	51%	62%	60%	55%	64%	54%
NET: Less			14	11	-	3	3	1	-	3	9	5	11	1	1	10	2	1	13	3	9
			12%	14%	-	17%	9%	30%	-	9%	14%	10%	11%	12%	9%	15%	7%	21%	13%	12%	12%
Base for stats		112	79	15	15	30	2	4	40	66	46	98	9	13	67	28	4	99	20	77	
Mean Score		3.63	3.54	4.19	3.42	3.80	2.51	3.60	3.74	3.59	3.67	3.61	3.94	3.59	3.50	3.91	3.77	3.63	3.71	3.64	
Standard Deviation		1.181	1.188	.895	1.324	1.178	2.060	.927	1.153	1.195	1.173	1.133	1.231	1.097	1.201	1.160	1.371	1.197	1.197	1.189	
Standard Error		.113	.138	.231	.321	.208	1.457	.415	.198	.145	.183	.116	.435	.317	.153	.208	.685	.122	.268	.137	
Error variance		.01	.02	.05	.10	.04	2.12	.17	.04	.02	.03	.01	.19	.10	.02	.04	.47	.01	.07	.02	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.7. Other sport, exercise or physical activity: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

		Longstanding condition or illness						Area		Number of days active									
							NET: Longstanding physical and mental condition or illness												
		Total	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	0	1	2	3	4	5	6	7	NET 2-4 days
Significance Level: 95%		*a	*b	*c	d	e	*f	a	b	*a	*b	*c	*d	*e	*f	*g	h	i	j
Unweighted Total	111	16	28	5	66	40	8	75	36	11	6	15	20	8	14	3	34	43	51
Total	113	14	30	4	69	40	7	75	38	13	6	16	20	8	13	2	35	44	51
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	31	5	13	1	15	15	23	9	4	1	3	7	1	5	1	8	12	14
		28%	35%	41%	17%	22%	37%	30%	23%	34%	19%	21%	35%	13%	34%	68%	23%	26%	28%
A bit more	(4.0)	31	3	12	-	17	14	20	11	5	-	3	5	5	4	-	10	12	14
		27%	24%	41%	-	25%	34%	27%	29%	40%	-	19%	23%	57%	32%	-	27%	28%	28%
Neither more nor less	(3.0)	36	2	2	2	30	5	20	16	1	2	7	7	2	3	-	13	16	16
		32%	17%	6%	42%	43% e	13%	27%	41%	11%	28%	46%	33%	30%	23%	-	38%	37%	32%
A bit less	(2.0)	4	2	1	-	2	2	3	1	1	1	-	-	-	1	-	1	-	2
		4%	13%	5%	-	3%	6%	5%	2%	8%	16%	-	-	-	11%	-	2%	-	4%
A lot less	(1.0)	10	1	2	2	5	3	8	2	1	2	2	2	-	-	1	2	4	2
		8%	6%	7%	41%	7%	8%	10%	5%	7%	36%	14%	9%	-	-	32%	5%	9%	5%
Don't know		1	1	-	-	-	1	1	-	-	-	-	-	-	-	-	1	-	1
		1%	5%	-	-	-	2%	2%	-	-	-	-	-	-	-	-	4%	-	3%
NET: More		62	8	25	1	32	29	43	20	9	1	6	12	6	9	1	18	24	28
		55%	59%	82%	17%	47%	71% d	57%	51%	74%	19%	39%	58%	70%	66%	68%	51%	54%	56%
NET: Less		14	3	4	2	7	6	11	3	2	3	2	2	-	1	1	3	4	5
		12%	19%	12%	41%	10%	14%	15%	7%	15%	52%	14%	9%	-	11%	32%	7%	9%	9%
Base for stats	112	13	30	4	69	40	7	74	38	13	6	16	20	8	13	2	34	44	49
Mean Score	3.63	3.73	4.05	2.52	3.52	3.88	3.79	3.63	3.61	3.86	2.50	3.31	3.75	3.84	3.89	3.71	3.65	3.61	3.72
Standard Deviation	1.181	1.300	1.151	1.641	1.095	1.221	1.472	1.257	1.035	1.229	1.599	1.263	1.230	.679	1.030	2.570	1.052	1.160	1.091
Standard Error	.113	.336	.217	.734	.135	.196	.520	.147	.173	.370	.653	.326	.275	.240	.275	1.484	.186	.177	.156
Error variance	.01	.11	.05	.54	.02	.04	.27	.02	.03	.14	.43	.11	.08	.06	.08	2.20	.03	.03	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q6.7. Other sport, exercise or physical activity: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	*b	c	a	*b	a	*b	a	*b	a	*b	a	*b
Significance Level: 95%															
Unweighted Total		111	45	27	39	85	7	84	15	71	9	78	13	57	22
Total		113	44	31	38	85	9	85	15	74	10	78	14	53	25
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	31	19	5	8	22	4	24	5	22	4	19	5	15	7
		28%	43%	14%	21%	26%	46%	28%	35%	30%	45%	25%	33%	28%	27%
			c												
A bit more	(4.0)	31	16	9	6	23	3	22	4	19	-	22	2	9	8
		27%	36%	29%	16%	27%	37%	26%	29%	26%	-	28%	16%	17%	33%
			c												
Neither more nor less	(3.0)	36	6	17	13	26	1	28	3	24	4	25	4	21	7
		32%	14%	53%	33%	30%	16%	33%	18%	33%	37%	32%	26%	40%	28%
			a												
A bit less	(2.0)	4	-	1	3	3	-	2	2	-	1	1	3	1	2
		4%	-	3%	8%	4%	-	3%	13%	-	11%	2%	20%	3%	7%
A lot less	(1.0)	10	2	-	8	10	-	8	1	7	-	10	-	6	1
		8%	4%	-	20%	11%	-	9%	5%	10%	-	12%	-	11%	4%
					a										
Don't know		1	1	-	-	1	-	1	-	1	1	1	1	1	-
		1%	3%	-	-	2%	-	2%	-	1%	7%	1%	5%	1%	-
NET: More		62	34	14	14	45	7	46	10	41	4	41	7	24	15
		55%	78%	43%	38%	53%	84%	54%	64%	56%	45%	53%	49%	45%	60%
			c												
NET: Less		14	2	1	11	13	-	10	3	7	1	11	3	7	3
		12%	4%	3%	29%	15%	-	12%	18%	10%	11%	14%	20%	14%	11%
					a										
Base for stats		112	42	31	38	84	9	84	15	73	9	78	13	52	25
Mean Score		3.63	4.17	3.55	3.10	3.54	4.30	3.61	3.76	3.66	3.86	3.52	3.66	3.50	3.72
			c												
Standard Deviation		1.181	.982	.788	1.399	1.252	.780	1.204	1.246	1.206	1.221	1.246	1.200	1.251	1.092
Standard Error		.113	.150	.152	.224	.137	.295	.133	.322	.144	.432	.142	.346	.167	.233
Error variance		.01	.02	.02	.05	.02	.09	.02	.10	.02	.19	.02	.12	.03	.05

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7. SUMMARY: How much did you agree or disagree with each one before the coronavirus outbreak?

BASE: All respondents

Total	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Don't know	NET: Agree	NET: Disagree
2019 100%	465 23%	956 47%	345 17%	158 8%	76 4%	19 1%	1421 70%	234 12%
2019 100%	492 24%	920 46%	352 17%	166 8%	68 3%	20 1%	1413 70%	234 12%
2019 100%	481 24%	817 40%	449 22%	181 9%	75 4%	16 1%	1298 64%	256 13%
2019 100%	404 20%	827 41%	449 22%	206 10%	110 5%	23 1%	1230 61%	316 16%
2019 100%	295 15%	714 35%	497 25%	357 18%	133 7%	22 1%	1010 50%	490 24%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7.1. I felt that I had the ability to be physically active: How much did you agree or disagree with each one before the coronavirus outbreak?

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		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	465	240	217	166	156	142	23	50	54	52	45	58	87	65	32
		23%	24%	21%	27%	24%	19%	23%	19%	28%	24%	26%	26%	27%	20%	15%
					c	c				bhi	i	i	i	bhi		
Agree	(4.0)	956	456	496	279	310	366	46	132	78	106	79	99	151	153	113
		47%	47%	49%	46%	47%	49%	48%	50%	39%	50%	46%	44%	47%	47%	54%
									c		c					c
Neither agree nor disagree	(3.0)	345	170	169	103	119	124	11	51	33	28	28	38	54	64	37
		17%	17%	17%	17%	18%	17%	12%	19%	17%	13%	16%	17%	17%	20%	18%
Disagree	(2.0)	158	71	86	39	48	71	8	23	20	17	12	21	14	26	17
		8%	7%	8%	6%	7%	9%	8%	9%	10%	8%	7%	9%	4%	8%	8%
							a		g	g		g				
Strongly disagree	(1.0)	76	34	41	16	24	36	7	6	12	5	7	6	11	14	8
		4%	4%	4%	3%	4%	5%	7%	2%	6%	2%	4%	3%	3%	4%	4%
							a	bd		b						
Don't know		19	7	10	7	2	10	2	1	-	3	2	1	5	4	2
		1%	1%	1%	1%	*	1%	2%	*	-	2%	1%	*	2%	1%	1%
NET: Agree		1421	696	714	445	467	509	69	182	132	157	124	157	237	218	145
		70%	71%	70%	73%	71%	68%	71%	69%	67%	75%	72%	70%	74%	67%	70%
					c									h		
NET: Disagree		234	106	127	55	72	107	15	29	32	22	19	27	24	40	24
		12%	11%	12%	9%	11%	14%	15%	11%	16%	11%	11%	12%	8%	12%	12%
							a	g		g						
Base for stats		2000	972	1010	603	657	739	95	262	197	208	171	222	316	323	206
Mean Score		3.79	3.82	3.76	3.90	3.80	3.69	3.73	3.75	3.73	3.87	3.83	3.82	3.92	3.71	3.70
					c	c								bchi		
Standard Deviation		1.009	1.001	1.014	.967	1.000	1.042	1.137	.942	1.146	.961	1.035	1.019	.958	1.020	.954
Standard Error		.023	.033	.031	.036	.039	.042	.107	.059	.077	.068	.072	.078	.053	.058	.067
Error variance		*	*	*	*	*	*	.01	*	.01	*	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7.1. I felt that I had the ability to be physically active: How much did you agree or disagree with each one before the coronavirus outbreak?

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		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291	
Total		2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	465	41	101	137	60	36	89	279	186	374	17	31	18	4	6	76	
		23%	31% efh	24% e	26% efh	23%	17%	19%	26% efh	20%	22%	29%	29%	25%	28%	48%	29% a	
Agree	(4.0)	956	63	215	264	117	91	204	543	412	822	25	49	36	7	3	121	
		47%	47%	52% efh	49%	46%	43%	44%	50% efh	44%	48%	43%	46%	49%	45%	23%	45%	
Neither agree nor disagree	(3.0)	345	14	65	85	51	51	79	164	181	293	10	19	10	1	2	42	
		17%	11%	16%	16%	20% a	24% abcfg	17%	15%	19% ag	17%	17%	18%	14%	5%	17%	16%	
Disagree	(2.0)	158	9	26	31	19	23	49	66	91	138	5	4	5	2	1	17	
		8%	7%	6%	6%	7%	11% bcg	11% bcg	6%	10% bcg	8%	9%	3%	6%	11%	12%	6%	
Strongly disagree	(1.0)	76	4	9	13	8	9	33	27	50	69	2	3	2	1	-	7	
		4%	3%	2%	2%	3%	4%	7% bcdg	2%	5% bcg	4%	3%	3%	2%	4%	-	3%	
Don't know		19	1	-	5	2	1	10	6	13	11	-	1	3	1	-	4	
		1%	1%	-	1% b	1%	1%	2% bg	1%	1% b	1%	-	1%	3% a	6%	-	2%	
NET: Agree		1421	105	317	402	177	127	294	823	598	1196	42	80	55	12	8	197	
		70%	78% defh	76% efh	75% efh	69% e	60%	63%	76% defh	64%	70%	71%	75%	74%	74%	71%	74%	
NET: Disagree		234	13	35	44	26	32	82	93	141	207	7	7	6	2	1	24	
		12%	10%	8%	8%	10%	15% bcg	18% abcdg	9%	15% bcdg	12%	12%	6%	8%	15%	12%	9%	
Base for stats		2000	133	417	530	254	210	456	1080	920	1696	59	106	71	15	12	263	
Mean Score		3.79	3.97 efh	3.89 efh	3.91 efh	3.80 efh	3.58	3.59	3.91 efh	3.65	3.76	3.85	3.96 a	3.92	3.87	4.07	3.92 a	
Standard Deviation		1.009	1.000	.915	.932	.980	1.034	1.136	.933	1.075	1.015	1.038	.939	.926	1.142	1.108	.972	
Standard Error		.023	.085	.045	.040	.058	.067	.057	.028	.035	.025	.129	.087	.106	.285	.307	.057	
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.08	.09	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7.1. I felt that I had the ability to be physically active: How much did you agree or disagree with each one before the coronavirus outbreak?

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	465	310	66	59	125	24	21	71	349	116	428	27	72	251	121	21	393	66	317	
		23%	23%	24%	23%	23%	30% ce	24% c	14%	26% ce	17%	25% b	13%	21%	22%	26%	24%	23%	24%	23%	
Agree	(4.0)	956	642	126	135	261	29	34	215	678	277	890	51	154	539	225	38	802	138	647	
		47%	47%	46%	51%	49%	37%	38%	43%	50% abce	41%	51% b	24%	45%	48%	48%	43%	48%	50%	48%	
Neither agree nor disagree	(3.0)	345	238	53	30	83	13	24	108	201	144	287	39	56	203	73	13	289	44	229	
		17%	17% c	19% c	12%	16%	16%	28% d	21% d	15%	22% d	16%	19%	16%	18%	16%	14%	17%	16%	17%	
Disagree	(2.0)	158	108	17	26	43	13	5	62	78	80	88	53	40	71	37	10	118	18	98	
		8%	8%	6%	10%	8%	17% bd	6%	12% d	6%	12% d	5%	26% a	12% be	6%	8%	11%	7%	6%	7%	
Strongly disagree	(1.0)	76	50	10	12	22	1	4	38	34	42	38	33	17	43	14	3	59	8	52	
		4%	4%	4%	4%	4%	1%	4%	7% ad	3%	6% d	2%	16% a	5%	4%	3%	3%	4%	3%	4%	
Don't know		19	11	2	-	2	-	-	11	9	11	10	5	2	11	2	4	17	4	8	
		1%	1%	1%	-	*	-	-	2% d	1%	2% d	1%	2% a	1%	1%	*	5% abce	1%	1%	1%	
NET: Agree		1421	952	192	194	386	53	55	286	1028	393	1318	77	225	791	346	59	1195	204	964	
		70%	70%	70%	74%	72%	66%	63%	57%	76% abce	59%	76% b	37%	66%	71%	73% a	67%	71%	73%	71%	
NET: Disagree		234	158	27	38	65	14	9	99	112	122	126	87	57	114	51	13	177	25	149	
		12%	12%	10%	14%	12%	18% d	10%	20% bd	8%	18% bd	7% a	42% a	17% bce	10%	11%	14%	11%	9%	11%	
Base for stats		2000	1348	272	262	534	79	87	492	1341	659	1731	203	338	1108	469	85	1662	274	1342	
Mean Score		3.79	3.78	3.81	3.78	3.80	3.77 c	3.73 c	3.45	3.92 ce	3.52	3.91 b	2.92	3.66	3.80 a	3.86 a	3.77	3.81 a	3.86	3.80	
Standard Deviation		1.009	1.007	.994	1.046	1.019	1.088	1.030	1.116	.930	1.108	.898	1.300	1.089	.988	.985	1.064	.991	.951	1.003	
Standard Error		.023	.028	.059	.062	.043	.119	.106	.052	.025	.044	.022	.092	.061	.030	.043	.109	.024	.057	.027	
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7.1. I felt that I had the ability to be physically active: How much did you agree or disagree with each one before the coronavirus outbreak?

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
		Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	465	44	39	25	343	97	8	365	100	49	30	44	70	54	54	30	134	169	218
		23%	18% b	11%	28% bef	26% abef	16% b	11%	23%	23%	12%	16%	17%	22% a	28% abc	28% abc	41% abcdefgi	35% abcdi	22% a	33% abcdi
Agree	(4.0)	956	96	134	29	702	236	19	749	207	135	101	132	170	103	101	33	180	405	314
		47%	40% f	38%	33%	52% abcef	40% f	27%	47%	47%	33%	53% a	50% a	54% a	54% a	52% a	45% a	47% a	53% a	48% a
Neither agree nor disagree	(3.0)	345	46	79	20	192	126	16	270	75	88	38	58	51	29	28	6	48	138	81
		17%	20% d	22% d	23% d	14%	21% d	23% d	17%	17%	22% fghj	20% ghj	22% fghj	16%	15%	14%	8%	12%	18% ghj	12%
Disagree	(2.0)	158	33	65	9	67	88	18	123	35	75	16	24	15	4	10	2	11	43	23
		8%	14% d	18% d	11% d	5%	15% d	26% acde	8%	8%	19% bcdefghij	8% ehj	9% dehij	5%	2%	5%	3%	3%	6% e	4%
Strongly disagree	(1.0)	76	15	35	4	30	45	8	56	20	47	5	4	6	2	2	2	8	12	12
		4%	7% d	10% d	4%	2%	7% d	11% d	4%	4%	12% bcdefghij	3%	1%	2%	1%	1%	3%	2%	2%	2%
Don't know		19	2	3	2	9	5	2	14	5	11	-	2	2	-	1	-	3	5	4
		1%	1%	1%	2%	1%	1%	2%	1%	1%	3% bdehij	-	1%	1%	-	*	-	1%	1%	1%
NET: Agree		1421	139	172	54	1044	333	27	1114	307	184	130	177	241	157	155	63	314	574	532
		70%	59% bf	49%	61% bf	78% abcef	56% bf	38%	71%	69%	45%	69% a	67% a	76% ac	82% abci	79% abc	86% abci	82% abci	74% ac	82% abci
NET: Disagree		234	49	100	13	96	132	25	179	54	122	21	28	21	6	12	5	19	55	36
		12%	21% d	28% acde	15% d	7%	22% d	36% acde	11%	12%	30% bcdefghij	11% ehj	11% ehj	7%	3%	6%	6%	5%	7% e	5%
Base for stats		2000	234	351	88	1333	591	68	1563	436	395	190	262	313	192	194	74	380	767	648
Mean Score		3.79	3.51 bf	3.22	3.70 bef	3.95 abcef	3.43 bf	3.02	3.80	3.76	3.16	3.71 a	3.72 a	3.91 abc	4.06 abcdi	4.01 abc	4.17 abcdi	4.10 abcdi	3.88 abc	4.08 abcdi
Standard Deviation		1.009	1.144	1.167	1.129	.895	1.150	1.206	1.002	1.035	1.218	.927	.901	.866	.777	.845	.940	.879	.866	.876
Standard Error		.023	.072	.064	.117	.025	.047	.144	.025	.050	.063	.067	.055	.048	.056	.060	.109	.046	.031	.035
Error variance		*	.01	*	.01	*	*	.02	*	*	*	*	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7.1. I felt that I had the ability to be physically active: How much did you agree or disagree with each one before the coronavirus outbreak?

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	465	167	99	193	465	-	432	10	408	18	415	20	318	74
		23%	26% b	19%	24% b	33% b	-	31% b	4%	33% b	6%	32% b	8%	31% b	15%
Agree	(4.0)	956	335	222	393	956	-	791	56	644	99	676	82	493	229
		47%	52% b	42%	49% b	67% b	-	56% b	24%	52% b	31%	52% b	32%	49% b	47%
Neither agree nor disagree	(3.0)	345	95	128	111	-	-	131	39	123	73	137	51	109	87
		17%	15%	24% ac	14%	-	-	9%	17% a	10%	23% a	11%	20% a	11%	18% a
Disagree	(2.0)	158	38	56	62	-	158	43	73	39	80	44	65	65	53
		8%	6%	10% a	8%	-	67% a	3%	31% a	3%	25% a	3%	25% a	6%	11% a
Strongly disagree	(1.0)	76	11	26	37	-	76	11	53	12	45	20	34	19	43
		4%	2%	5% a	5% a	-	33% a	1%	23% a	1%	14% a	2%	13% a	2%	9% a
Don't know		19	3	3	4	-	-	5	3	4	1	5	4	6	5
		1%	*	1%	1%	-	-	*	1%	*	*	*	2% a	1%	1%
NET: Agree		1421	503	321	587	1421	-	1223	67	1052	117	1091	102	811	303
		70%	77% b	60%	73% b	100% b	-	87% b	29%	86% b	37%	84% b	40%	80% b	62%
NET: Disagree		234	49	82	98	-	234	54	126	51	125	65	99	84	96
		12%	8%	15% a	12% a	-	100% a	4%	54% a	4%	40% a	5%	39% a	8%	20% a
Base for stats		2000	647	530	796	1421	234	1408	232	1226	315	1293	252	1004	486
Mean Score		3.79	3.94 bc	3.59	3.81 b	4.33 b	1.67	4.13 b	2.56	4.14 b	2.89	4.10 b	2.95	4.02 b	3.49
Standard Deviation		1.009	.893	1.060	1.036	.469	.470	.759	1.210	.792	1.165	.834	1.201	.925	1.144
Standard Error		.023	.035	.047	.037	.012	.031	.020	.079	.023	.066	.023	.075	.029	.052
Error variance		*	*	*	*	*	*	*	.01	*	*	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7.2. I felt that I had the opportunity to be physically active: How much did you agree or disagree with each one before the coronavirus outbreak?

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		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204	
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	492	246	239	170	163	159	22	57	52	60	50	51	90	64	46	
		24%	25%	23%	28%	25%	21%	23%	22%	26%	28%	29%	23%	28%	19%	22%	
					c						h	h		h			
Agree	(4.0)	920	448	468	265	298	358	47	127	87	88	73	110	133	157	98	
		46%	46%	46%	43%	45%	48%	48%	48%	44%	42%	42%	49%	42%	48%	47%	
Neither agree nor disagree	(3.0)	352	175	173	92	122	138	17	54	27	36	26	42	50	62	38	
		17%	18%	17%	15%	18%	18%	18%	20%	14%	17%	15%	19%	16%	19%	18%	
Disagree	(2.0)	166	72	93	60	51	55	8	13	22	19	14	12	31	24	23	
		8%	7%	9%	10%	8%	7%	8%	5%	11%	9%	8%	5%	10%	7%	11%	
										bf				b		b	
Strongly disagree	(1.0)	68	27	38	15	22	31	3	10	7	5	8	8	10	17	2	
		3%	3%	4%	3%	3%	4%	3%	4%	4%	2%	4%	3%	3%	5%	1%	
									i			i		i			
Don't know		20	11	8	7	4	9	-	2	2	3	2	-	6	4	1	
		1%	1%	1%	1%	1%	1%	-	1%	1%	1%	1%	-	2%	1%	*	
NET: Agree		1413	694	707	435	461	517	69	184	139	148	123	162	223	221	145	
		70%	71%	69%	71%	70%	69%	71%	70%	70%	70%	71%	73%	70%	68%	70%	
NET: Disagree		234	100	131	75	73	86	10	23	29	24	22	19	41	40	24	
		12%	10%	13%	12%	11%	11%	11%	9%	15%	12%	13%	9%	13%	12%	12%	
Base for stats		1999	969	1012	603	656	741	97	261	194	208	171	223	315	323	207	
Mean Score		3.80	3.84	3.77	3.85	3.81	3.76	3.80	3.80	3.79	3.86	3.84	3.84	3.84	3.70	3.79	
Standard Deviation		1.012	.981	1.031	1.022	1.006	1.008	.974	.972	1.067	1.016	1.080	.957	1.047	1.030	.941	
Standard Error		.023	.032	.032	.038	.039	.040	.091	.061	.072	.072	.075	.073	.058	.059	.066	
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7.2. I felt that I had the opportunity to be physically active: How much did you agree or disagree with each one before the coronavirus outbreak?

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		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291	
Total		2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	492	41	104	145	59	37	107	290	202	407	16	33	15	3	5	72	
		24%	31% eh	25% e	27% eh	23%	18%	23%	27% eh	22%	24%	27%	31%	21%	20%	41%	27%	
Agree	(4.0)	920	67	201	258	107	95	193	525	395	785	30	44	38	7	5	123	
		46%	50%	48%	48% fh	42%	45%	42%	48% dfh	42%	46%	50%	41%	51%	46%	38%	46%	
Neither agree nor disagree	(3.0)	352	18	64	73	55	44	98	155	198	295	9	18	13	2	1	43	
		17%	14%	15%	14%	22% abcg	21% cg	21% bcg	14% abcg	21% abcg	17%	16%	17%	18%	11%	7%	16%	
Disagree	(2.0)	166	5	36	41	27	24	32	82	83	148	3	7	5	-	1	17	
		8%	3%	9% a	8%	10% a	11% af	7%	8%	9% a	9%	5%	7%	7%	-	8%	6%	
Strongly disagree	(1.0)	68	2	10	14	7	6	29	26	42	60	1	2	1	3	1	7	
		3%	2%	2%	3%	3%	3%	6% abcdg	2%	5% g	4%	1%	2%	1%	18%	6%	3%	
Don't know		20	1	2	5	2	4	6	7	12	11	-	2	2	1	-	5	
		1%	1%	*	1%	1%	2% bg	1%	1%	1%	1%	-	2%	2%	6%	-	2% a	
NET: Agree		1413	108	305	403	166	132	300	815	597	1193	46	77	53	10	9	195	
		70%	81% defh	73% defh	75% defh	65%	62%	64%	75% defh	64%	70%	78%	72%	72%	66%	78%	73%	
NET: Disagree		234	7	47	56	33	31	61	109	125	208	4	9	6	3	2	23	
		12%	5%	11% a	10%	13% a	14% ag	13% a	10% ag	13% ag	12%	7%	8%	8%	18%	14%	9%	
Base for stats		1999	133	416	531	254	207	459	1079	920	1696	59	104	72	15	12	262	
Mean Score		3.80	4.06 bdefh	3.85 efh	3.90 defh	3.72	3.64	3.69	3.90 defh	3.69	3.79	3.97	3.95	3.85	3.53	3.99	3.91	
Standard Deviation		1.012	.853	.978	.976	1.016	1.007	1.095	.964	1.054	1.018	.875	.963	.876	1.390	1.212	.960	
Standard Error		.023	.072	.049	.042	.060	.066	.054	.029	.035	.025	.109	.090	.100	.347	.336	.057	
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.12	.11	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7.2. I felt that I had the opportunity to be physically active: How much did you agree or disagree with each one before the coronavirus outbreak?

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	492	331	69	62	132	20	23	93	357	135	455	24	75	281	113	24	418	67	337
			24%	24%	25%	24%	25%	25%	26%	18%	26%	20%	26%	12%	22%	25%	24%	27%	25%	24%	25%
Agree		(4.0)	920	621	126	120	247	36	34	215	635	285	838	69	146	510	232	32	774	136	621
			46%	46%	46%	46%	46%	46%	39%	43%	47%	43%	48%	33%	43%	46%	49%	36%	46%	49%	46%
Neither agree nor disagree		(3.0)	352	247	42	41	83	19	15	101	217	135	273	51	67	204	63	18	285	41	230
			17%	18%	15%	16%	15%	24%	17%	20%	16%	20%	16%	25%	20%	18%	13%	20%	17%	15%	17%
Disagree		(2.0)	166	107	24	29	53	4	12	50	100	66	128	31	30	85	43	8	136	23	112
			8%	8%	9%	11%	10%	4%	14%	10%	7%	10%	7%	15%	9%	8%	9%	9%	8%	8%	8%
Strongly disagree		(1.0)	68	41	10	9	19	1	3	33	32	36	39	26	16	34	17	1	53	10	41
			3%	3%	4%	3%	4%	1%	3%	7%	2%	5%	2%	13%	5%	3%	4%	2%	3%	4%	3%
Don't know			20	11	3	-	3	-	1	11	8	12	7	6	7	5	3	5	13	-	11
			1%	1%	1%	-	1%	-	1%	2%	1%	2%	*	3%	2%	*	1%	6%	1%	-	1%
NET: Agree			1413	952	196	183	378	56	57	308	993	420	1294	93	221	790	345	57	1192	203	957
			70%	70%	71%	70%	71%	71%	65%	61%	74%	63%	74%	45%	65%	71%	73%	64%	71%	73%	71%
NET: Disagree			234	148	34	38	72	4	15	83	132	102	166	58	46	119	60	9	189	33	153
			12%	11%	12%	14%	13%	6%	17%	16%	10%	15%	10%	28%	13%	11%	13%	11%	11%	12%	11%
Base for stats		1999	1347	271	262	533	79	87	492	1342	658	1733	202	334	1114	468	84	1666	277	1340	
Mean Score		3.80	3.81	3.81	3.76	3.79	3.89	3.71	3.58	3.88	3.63	3.89	3.17	3.70	3.82	3.81	3.84	3.82	3.82	3.82	3.82
Standard Deviation		1.012	.993	1.031	1.045	1.037	.875	1.099	1.108	.964	1.085	.951	1.216	1.058	.994	1.019	1.012	1.001	1.008	1.000	
Standard Error		.023	.027	.061	.062	.044	.096	.113	.052	.026	.043	.023	.087	.060	.030	.045	.104	.024	.060	.027	
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7.2. I felt that I had the opportunity to be physically active: How much did you agree or disagree with each one before the coronavirus outbreak?

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active									
		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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Significance Level: 95%																			
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	492	54	54	25	351	119	399	94	66	31	60	73	54	51	30	126	188	208
	24%	23%	15%	27%	26%	20%	18%	25%	21%	16%	16%	23%	23%	28%	26%	41%	33%	24%	32%
		b		b	be							a	a	ab	ab	abcdefi	abcdi	ab	abcdi
Agree	(4.0)	920	97	150	35	641	252	710	211	131	96	136	162	92	97	29	177	390	303
	46%	41%	42%	39%	48%	42%	36%	45%	48%	32%	51%	51%	51%	48%	50%	39%	46%	51%	46%
					aef						a	a	a	a	a		a	a	a
Neither agree nor disagree	(3.0)	352	47	76	15	210	124	277	75	99	33	43	52	30	32	12	51	125	95
	17%	20%	21%	17%	16%	21%	17%	18%	17%	24%	18%	16%	16%	16%	16%	16%	13%	16%	15%
			d			d				cdefhij									
Disagree	(2.0)	166	27	43	8	102	61	130	36	59	20	19	23	12	13	1	19	54	33
	8%	11%	12%	9%	8%	10%	21%	8%	8%	15%	11%	7%	7%	6%	7%	1%	5%	7%	5%
		d	d			d	abcde			cdefghij	ghj		g						
Strongly disagree	(1.0)	68	10	29	6	28	36	44	24	42	6	7	4	3	2	1	5	13	7
	3%	4%	8%	7%	2%	6%	8%	3%	5%	10%	3%	3%	1%	1%	1%	1%	1%	2%	1%
		d	d	d		d	d		a	bdefghij									
Don't know		20	2	3	1	9	5	17	3	9	3	-	1	1	1	1	5	2	6
	1%	1%	1%	1%	1%	1%	1%	1%	1%	2%	2%	-	*	*	*	1%	1%	*	1%
										cdi	ci						i		
NET: Agree	1413	151	204	60	992	370	37	1109	304	197	127	196	235	147	148	59	303	577	511
	70%	64%	58%	66%	74%	62%	53%	70%	69%	49%	67%	74%	75%	76%	76%	80%	79%	75%	78%
					abef						a	a	a	ab	a	ab	ab	ab	ab
NET: Disagree	234	37	71	14	130	97	20	174	60	101	26	26	27	14	15	2	24	67	40
	12%	16%	20%	16%	10%	16%	29%	11%	14%	25%	14%	10%	9%	8%	7%	3%	6%	9%	6%
		d	d	d		d	ade			bdefghij	fghij								
Base for stats	1999	235	351	89	1333	592	69	1560	439	397	186	265	314	191	194	73	379	770	646
Mean Score	3.80	3.67	3.45	3.71	3.89	3.60	3.35	3.83	3.72	3.30	3.68	3.84	3.88	3.96	3.94	4.18	4.06	3.89	4.04
		bf		b	abef	b		b			a	a	ab	ab	ab	abcdfi	abcdi	ab	abcdi
Standard Deviation	1.012	1.081	1.137	1.168	.952	1.102	1.225	.997	1.060	1.216	.977	.940	.891	.904	.877	.857	.882	.912	.880
Standard Error	.023	.068	.062	.120	.026	.045	.145	.025	.051	.062	.071	.057	.049	.066	.062	.100	.046	.032	.035
Error variance	*	*	*	.01	*	*	.02	*	*	*	.01	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7.2. I felt that I had the opportunity to be physically active: How much did you agree or disagree with each one before the coronavirus outbreak?

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%			a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	492	174	99	211	454	12	492	-	409	33	432	27	323	86
		24%	27% b	19% 19%	26% b	32% b	5% 5%	35% b	- -	33% b	11% 11%	33% b	10% 10%	32% b	18% 18%
Agree	(4.0)	920	320	219	376	770	41	920	-	618	92	652	90	491	218
		46%	49% b	41% 41%	47% b	54% b	18% 18%	65% b	- -	50% b	29% 29%	50% b	35% 35%	49% 49%	45% 45%
Neither agree nor disagree	(3.0)	352	92	133	116	130	48	-	-	129	75	139	48	104	93
		17%	14% 14%	25% ac	14% 14%	9% 9%	21% a	- -	- -	10% 10%	24% a	11% 11%	19% a	10% 10%	19% a
Disagree	(2.0)	166	45	58	61	56	73	-	166	61	69	55	54	68	54
		8%	7% 7%	11% ac	8% 8%	4% 4%	31% a	- -	71% a	5% 5%	22% a	4% 4%	21% a	7% 7%	11% a
Strongly disagree	(1.0)	68	13	19	33	11	52	-	68	13	42	17	31	21	34
		3%	2% 2%	4% 4%	4% a	1% 1%	22% a	- -	29% a	1% 1%	13% a	1% 1%	12% a	2% 2%	7% a
Don't know		20	5	5	3	1	6	-	-	1	5	4	6	4	5
		1%	1% 1%	1% 1%	* *	* *	3% a	- -	- -	* *	2% a	* *	2% a	* *	1% 1%
NET: Agree		1413	495	318	587	1223	54	1413	-	1026	126	1083	116	813	305
		70%	76% b	60% 60%	73% b	86% b	23% 23%	100% b	- -	83% b	40% 40%	83% b	46% 46%	81% b	62% 62%
NET: Disagree		234	58	77	94	67	126	-	234	73	111	72	85	88	88
		12%	9% 9%	14% 14%	12% a	5% 5%	54% a	- -	100% a	6% 6%	35% a	6% 6%	33% a	9% 9%	18% a
Base for stats		1999	645	528	797	1420	227	1413	234	1229	311	1294	250	1005	485
Mean Score		3.80	3.93 b	3.61 3.61	3.84 b	4.13 b	2.51 2.51	4.35 b	1.71 1.71	4.10 b	3.02 3.02	4.10 b	3.11 3.11	4.02 b	3.56 3.56
Standard Deviation		1.012	.931	1.025	1.033	.788	1.184	.477	.456	.848	1.219	.847	1.223	.937	1.117
Standard Error		.023	.036	.045	.037	.021	.079	.013	.029	.024	.070	.024	.077	.029	.051
Error variance		*	*	*	*	*	.01	*	*	*	*	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7.3. I found exercise enjoyable and satisfying: How much did you agree or disagree with each one before the coronavirus outbreak?

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		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204	
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	404	206	192	145	134	125	21	50	37	47	34	39	74	62	38
		20%	21%	19%	24%	20%	17%	22%	19%	19%	22%	19%	18%	23%	19%	18%	
					c												
Agree		(4.0)	827	424	396	243	283	300	37	114	74	81	68	90	135	137	91
		41%	43%	39%	40%	43%	40%	38%	44%	38%	38%	39%	40%	42%	42%	44%	
			b														
Neither agree nor disagree		(3.0)	449	209	237	124	147	178	24	60	46	42	44	55	63	69	45
		22%	21%	23%	20%	22%	24%	25%	23%	23%	20%	26%	25%	19%	21%	22%	
Disagree		(2.0)	206	88	117	59	59	88	10	24	23	22	18	21	28	34	25
		10%	9%	12%	10%	9%	12%	11%	9%	12%	10%	11%	10%	9%	10%	12%	
Strongly disagree		(1.0)	110	43	66	31	35	44	3	15	16	16	6	17	11	21	6
		5%	4%	7%	5%	5%	6%	3%	6%	8%	7%	3%	8%	3%	6%	3%	
			a							egi	gi		gi				
Don't know		23	11	11	8	2	14	1	-	-	3	3	-	9	4	3	
		1%	1%	1%	1%	*	2%	1%	-	-	1%	2%	-	3%	1%	1%	
					b		b					bc		bcd			
NET: Agree		1230	630	588	388	417	425	58	165	112	128	101	129	209	199	129	
		61%	64%	58%	64%	63%	57%	60%	63%	57%	61%	59%	58%	65%	61%	62%	
			b		c	c								c			
NET: Disagree		316	130	184	90	94	132	13	38	39	38	24	39	39	55	31	
		16%	13%	18%	15%	14%	18%	14%	15%	20%	18%	14%	17%	12%	17%	15%	
			a							g							
Base for stats		1996	969	1009	602	658	735	96	263	197	208	170	223	311	323	205	
Mean Score		3.61	3.68	3.53	3.68	3.64	3.51	3.67	3.62	3.48	3.58	3.62	3.50	3.75	3.57	3.64	
			b		c	c								cfh			
Standard Deviation		1.087	1.042	1.122	1.096	1.065	1.093	1.033	1.067	1.165	1.169	1.032	1.124	1.032	1.110	1.009	
Standard Error		.024	.034	.035	.041	.041	.044	.098	.066	.078	.083	.072	.086	.058	.063	.071	
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7.3. I found exercise enjoyable and satisfying: How much did you agree or disagree with each one before the coronavirus outbreak?

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		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	404	42	97	103	49	33	79	243	161	329	14	28	15	3	5	65
		20%	32% bcdefgh	23% efh	19%	19%	16%	17%	22% efh	17%	19%	23%	26%	21%	21%	41%	24% a
Agree	(4.0)	827	55	177	238	105	86	166	470	357	698	20	53	30	6	4	113
		41%	41% f	42% fh	44%	41%	41%	36%	43% fh	38%	41%	35%	50% b	41%	35%	37%	42%
Neither agree nor disagree	(3.0)	449	19	85	110	63	54	118	214	235	381	18	17	14	5	3	57
		22%	14%	20%	20%	25% a	26% ag	25% ag	20% acg	25%	22%	31% c	16%	19%	31%	22%	21%
Disagree	(2.0)	206	7	39	51	32	24	53	97	109	181	7	6	9	-	-	22
		10%	5% a	9% a	10% a	13% a	11% a	11% a	9% ag	12% ag	11%	12%	6% a	12%	- -	- -	8% 8%
Strongly disagree	(1.0)	110	8	18	29	6	13	36	55	55	103	-	2	4	-	-	6
		5%	6% d	4% d	5% d	2% d	6% d	8% bd	5% d	6% d	6% bg	- -	2% 2%	5% 5%	- -	- -	2% 2%
Don't know		23	2	1	4	1	1	14	8	16	14	-	-	2	2	-	4
		1%	2% *	* *	1% 1%	* *	* *	3% bcdeg	1% 1%	2% bg	1% -	- -	- -	2% 2%	13% 13%	- -	1% 1%
NET: Agree		1230	97	274	342	154	119	245	712	518	1027	34	81	45	9	9	178
		61%	73% cdefh	66% efh	64% fh	60% f	56% f	53% f	66% efh	56% f	60% 60%	58% 58%	76% abd	61% 61%	56% 56%	78% 78%	67% a
NET: Disagree		316	15	57	80	38	37	89	153	163	285	7	8	13	-	-	28
		16%	11% 11%	14% 14%	15% 15%	15% 15%	18% 18%	19% abg	14% g	18% g	17% cg	12% 12%	8% 8%	17% c	- -	- -	10% 10%
Base for stats		1996	132	416	531	255	210	452	1079	917	1692	59	107	72	14	12	263
Mean Score		3.61	3.88 cdefh	3.71 efh	3.63 fh	3.63 f	3.48	3.44	3.69 efh	3.50	3.57	3.69	3.93 ad	3.61	3.89	4.19	3.80 a
Standard Deviation		1.087	1.117	1.060	1.069	1.005	1.080	1.145	1.073	1.094	1.102	.963	.908	1.110	.794	.802	.977
Standard Error		.024	.095	.053	.046	.060	.070	.057	.033	.036	.027	.119	.084	.127	.205	.223	.058
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.02	.04	.05	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7.3. I found exercise enjoyable and satisfying: How much did you agree or disagree with each one before the coronavirus outbreak?

BASE: All respondents

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
				2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total	2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total	2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	404	262	63	53	116	14	22	80	287	379	16	64	219	101	19	340	62	267
	20%	19%	23%	20%	22%	18%	25%	16%	21%	17%	22%	8%	19%	20%	21%	22%	20%	23%	20%
							c		ce		b						a		
Agree	(4.0)	827	548	111	116	227	43	31	162	591	749	66	119	464	210	33	707	112	579
	41%	40%	40%	44%	42%	54%	36%	32%	44%	35%	43%	32%	35%	41%	45%	37%	42%	40%	43%
						bce			ce		b			a	a		a		
Neither agree nor disagree	(3.0)	449	321	56	50	106	9	19	146	276	372	56	83	254	95	18	366	67	284
	22%	24%	20%	19%	20%	11%	22%	29%	20%	26%	21%	27%	24%	23%	20%	20%	22%	24%	21%
							ad		a	ad									
Disagree	(2.0)	206	136	31	29	60	6	9	70	121	155	34	44	107	43	11	162	25	135
	10%	10%	11%	11%	11%	8%	10%	14%	9%	13%	9%	16%	13%	10%	9%	13%	10%	9%	10%
							d			d		a							
Strongly disagree	(1.0)	110	77	13	11	24	6	5	35	64	77	28	23	67	17	3	87	9	78
	5%	6%	5%	4%	5%	8%	6%	7%	5%	7%	4%	13%	7%	6%	4%	3%	5%	3%	6%
										d		a							
Don't know		23	14	1	2	3	1	1	11	11	7	8	7	8	4	4	17	2	7
	1%	1%	*	1%	1%	1%	1%	2%	1%	2%	*	4%	2%	1%	1%	5%	1%	1%	1%
								d				a	b			bce			
NET: Agree		1230	810	174	169	343	57	53	242	878	1129	82	183	683	311	52	1047	174	846
	61%	60%	64%	65%	64%	72%	61%	48%	65%	53%	65%	39%	54%	61%	66%	59%	62%	63%	63%
						ce	c		ce		b			a	a		a		
NET: Disagree		316	213	43	41	84	13	14	105	185	232	62	67	174	61	14	249	34	213
	16%	16%	16%	16%	16%	16%	17%	21%	14%	20%	13%	30%	20%	16%	13%	16%	15%	12%	16%
							d			d		a	ce						
Base for stats	1996	1344	273	260	533	78	87	492	1338	657	1733	200	333	1111	467	85	1662	275	1343
Mean Score	3.61	3.58	3.66	3.65	3.66	3.67	3.64	3.37	3.68	3.44	3.69	3.04	3.47	3.60	3.72	3.64	3.63	3.70	3.61
						c	c		ce		b			ab			a		
Standard Deviation	1.087	1.086	1.095	1.061	1.077	1.113	1.157	1.127	1.054	1.134	1.047	1.172	1.147	1.091	1.024	1.084	1.073	1.024	1.089
Standard Error	.024	.030	.065	.064	.045	.123	.119	.053	.029	.045	.025	.084	.065	.033	.045	.111	.026	.061	.030
Error variance	*	*	*	*	*	.02	.01	*	*	*	*	.01	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7.3. I found exercise enjoyable and satisfying: How much did you agree or disagree with each one before the coronavirus outbreak?

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
		Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	404	41	47	19	287	99	6	319	85	36	25	43	61	45	43	25	125	149	194
		20%	17%	13%	21%	21%	17%	9%	20%	19%	9%	13%	16%	19%	24%	22%	35%	33%	19%	30%
					f	bef							a	a	ab	ab	abcdfi	abcdfi	ab	abcdfi
Agree	(4.0)	827	80	117	35	595	206	19	642	185	95	68	116	148	93	97	34	175	357	306
		41%	34%	33%	39%	44%	35%	28%	41%	42%	23%	36%	44%	47%	49%	50%	46%	46%	46%	47%
					abef							a	a	ab	ab	a	ab	ab	ab	ab
Neither agree nor disagree	(3.0)	449	58	100	21	269	156	20	350	99	124	60	65	63	38	35	8	56	167	99
		22%	24%	28%	24%	20%	26%	29%	22%	22%	30%	31%	25%	20%	20%	18%	11%	15%	22%	15%
				d		d					defghij	defghij	ghj					ghj		
Disagree	(2.0)	206	40	57	10	113	88	15	165	41	77	26	28	29	11	15	4	16	68	35
		10%	17%	16%	11%	8%	15%	22%	10%	9%	19%	14%	11%	9%	6%	7%	5%	4%	9%	5%
			d	d		d	d	d			cdefghij	efghij	hj	hj					hj	
Strongly disagree	(1.0)	110	16	28	5	68	40	8	84	26	60	7	12	12	4	6	1	8	28	15
		5%	7%	8%	6%	5%	7%	11%	5%	6%	15%	4%	5%	4%	2%	3%	2%	2%	4%	2%
				d			d	d			bdefghij		j							
Don't know		23	2	5	-	10	7	1	17	6	13	4	-	2	-	-	1	3	2	4
		1%	1%	1%	-	1%	1%	1%	1%	1%	3%	2%	-	1%	-	-	1%	1%	*	1%
											cdefhij	cfi				c				
NET: Agree		1230	120	164	54	882	306	26	960	270	131	93	159	208	139	140	59	300	506	500
		61%	51%	46%	60%	66%	51%	37%	61%	61%	32%	49%	60%	66%	72%	72%	80%	78%	66%	77%
			f		bf	abef	f					a	ab	ab	abc	abc	abcdi	abcdi	ab	abcdi
NET: Disagree		316	56	85	15	181	128	23	249	67	138	33	41	41	15	20	5	24	96	49
		16%	24%	24%	17%	13%	21%	33%	16%	15%	34%	17%	15%	13%	8%	10%	7%	6%	12%	8%
			d	d		d	d	cde			bdefghij	efghj	ehj	hj					hj	
Base for stats		1996	234	349	90	1332	590	69	1560	436	392	186	265	313	192	195	73	380	769	648
		3.61	3.38	3.28	3.58	3.69	3.40	3.02	3.61	3.60	2.92	3.42	3.56	3.69	3.86	3.81	4.08	4.03	3.69	3.97
			f		bf	abef	f					a	a	ab	abci	abc	abcdfi	abcdefi	ab	abcdfi
Standard Deviation		1.087	1.158	1.136	1.106	1.059	1.133	1.163	1.088	1.086	1.190	1.013	1.036	1.009	.906	.961	.908	.914	.999	.933
		.024	.073	.063	.113	.029	.047	.138	.027	.052	.061	.074	.063	.056	.066	.068	.106	.048	.036	.037
Error variance		*	.01	*	.01	*	.02		*	*	*	.01	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7.3. I found exercise enjoyable and satisfying: How much did you agree or disagree with each one before the coronavirus outbreak?

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	404	144	77	177	375	8	373	12	404	-	389	3	291	48
		20%	22%	14%	22%	26%	3%	26%	5%	33%	-	30%	1%	29%	10%
			b		b	b		b		b		b		b	
Agree	(4.0)	827	290	198	333	678	43	653	61	827	-	651	36	459	160
		41%	45%	37%	42%	48%	18%	46%	26%	67%	-	50%	14%	45%	33%
			b		b	b		b		b		b		b	
Neither agree nor disagree	(3.0)	449	116	152	169	248	53	256	45	-	-	179	57	154	123
		22%	18%	28%	21%	17%	23%	18%	19%	-	-	14%	22%	15%	25%
				ac								a		a	
Disagree	(2.0)	206	65	66	73	83	71	86	64	-	206	53	85	66	88
		10%	10%	12%	9%	6%	30%	6%	27%	-	65%	4%	33%	7%	18%
						a		a		a		a		a	
Strongly disagree	(1.0)	110	30	34	44	34	54	39	47	-	110	20	71	33	64
		5%	5%	6%	6%	2%	23%	3%	20%	-	35%	2%	28%	3%	13%
						a		a		a		a		a	
Don't know		23	5	7	3	3	5	5	5	-	-	5	3	6	6
		1%	1%	1%	*	*	2%	*	2%	-	-	*	1%	1%	1%
						a		a							
NET: Agree		1230	434	275	510	1052	51	1026	73	1230	-	1040	40	750	208
		61%	67%	52%	64%	74%	22%	73%	31%	100%	-	80%	16%	74%	42%
			b		b	b		b		b		b		b	
NET: Disagree		316	95	100	117	117	125	126	111	-	316	73	156	100	153
		16%	15%	19%	15%	8%	54%	9%	47%	-	100%	6%	61%	10%	31%
						a		a		a		a		a	
Base for stats		1996	645	526	797	1418	229	1408	229	1230	316	1293	252	1004	484
Mean Score		3.61	3.70	3.41	3.66	3.90	2.47	3.88	2.69	4.33	1.65	4.03	2.27	3.90	3.08
			b		b	b		b		b		b		b	
Standard Deviation		1.087	1.065	1.083	1.090	.938	1.145	.964	1.219	.470	.477	.863	1.066	1.000	1.200
Standard Error		.024	.042	.048	.039	.025	.076	.026	.080	.013	.027	.024	.067	.031	.055
Error variance		*	*	*	*	*	.01	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7.4. It was important to me to exercise regularly: How much did you agree or disagree with each one before the coronavirus outbreak?

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		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	481	249	226	160	161	160	20	54	44	56	43	52	99	71	42
		24%	25%	22%	26% c	24%	21%	20%	21%	22%	26%	25%	23%	31% abchi	22%	20%
Agree	(4.0)	817	401	408	242	281	295	43	119	78	85	67	80	125	129	91
		40%	41%	40%	40%	43%	39%	45%	45%	39%	40%	39%	36%	39%	40%	44%
Neither agree nor disagree	(3.0)	449	212	235	112	140	197	24	66	45	37	40	53	53	83	49
		22%	22%	23%	18%	21%	26% ab	24%	25% dg	23%	18%	23%	24% g	16%	25% dg	24% g
Disagree	(2.0)	181	82	97	57	59	65	9	16	18	21	13	25	30	29	19
		9%	8%	9%	9%	9%	9%	9%	6%	9%	10%	8%	11%	9%	9%	9%
Strongly disagree	(1.0)	75	30	44	32	18	25	2	6	12	8	8	11	9	13	6
		4%	3%	4%	5% b	3%	3%	2%	2%	6% b	4%	5%	5%	3%	4%	3%
Don't know		16	6	9	6	2	8	-	1	1	4	1	1	5	2	1
		1%	1%	1%	1%	*	1%	-	*	*	2%	*	1%	2%	1%	*
NET: Agree		1298	650	634	402	441	454	63	173	122	141	110	132	224	200	133
		64%	66%	62%	66% c	67% c	61%	65%	66%	62%	67%	64%	59%	70% fh	61%	64%
NET: Disagree		256	112	141	89	76	90	10	23	29	29	22	36	39	42	25
		13%	11%	14%	15%	12%	12%	11%	9%	15% b	14%	13%	16% b	12%	13%	12%
Base for stats		2003	973	1011	604	658	741	97	262	196	207	172	222	316	325	207
Mean Score		3.72	3.78 b	3.67	3.73	3.77	3.67	3.72	3.76	3.63	3.77	3.72	3.62	3.87 cfh	3.67	3.70
Standard Deviation		1.042	1.018	1.061	1.111	1.003	1.016	.949	.932	1.106	1.070	1.077	1.112	1.054	1.040	.991
Standard Error		.023	.033	.033	.042	.039	.041	.089	.058	.075	.076	.075	.085	.059	.059	.070
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7.4. It was important to me to exercise regularly: How much did you agree or disagree with each one before the coronavirus outbreak?

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		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291	
Total		2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	481	43	106	131	63	34	103	280	200	378	19	42	18	3	6	89	
		24%	32% efh	25% e	25% e	25% e	16%	22%	26% eh	21%	22%	33% a	40% ad	24%	22%	50%	33% a	
Agree	(4.0)	817	54	182	240	98	82	162	476	341	699	25	37	35	4	3	104	
		40%	41%	44% fh	45% fh	38%	39%	35%	44% fh	37%	41%	43%	35%	47%	27%	28%	39%	
Neither agree nor disagree	(3.0)	449	19	83	112	58	57	120	214	236	404	5	15	12	2	1	36	
		22%	14%	20%	21%	23% a	27% abg	26% abg	20%	25% abg	24% bcg	9%	15%	16%	12%	7%	13%	
Disagree	(2.0)	181	12	34	32	31	23	48	78	103	154	8	8	5	4	-	24	
		9%	9%	8%	6%	12% cg	11% c	10% cg	7%	11% cg	9%	13%	7%	7%	23%	-	9%	
Strongly disagree	(1.0)	75	4	11	18	6	14	23	33	42	62	1	3	3	1	2	10	
		4%	3%	3%	3%	2%	6% bcdg	5%	3%	5%	4%	1%	3%	5%	5%	14%	4%	
Don't know		16	1	1	3	-	2	9	5	11	8	-	1	1	2	-	3	
		1%	1%	*	1%	-	1%	2% bcdg	*	1%	*	-	1%	1%	11%	-	1%	
NET: Agree		1298	97	288	371	161	115	265	757	541	1078	45	79	52	8	9	193	
		64%	73% defh	69% efh	69% efh	63%	55%	57%	70% defh	58%	63%	76% a	75% a	71%	48%	78%	72% a	
NET: Disagree		256	17	45	50	37	37	71	111	145	216	9	11	9	4	2	34	
		13%	12%	11%	9%	14% cg	17% bcg	15% cg	10%	16% bcg	13%	15%	10%	12%	28%	14%	13%	
Base for stats		2003	133	416	533	256	209	456	1082	921	1698	59	106	73	14	12	263	
Mean Score		3.72	3.90 efh	3.81 efh	3.82 efh	3.71 e	3.47	3.60	3.83 efh	3.60	3.69	3.93	4.02 a	3.79	3.41	3.99	3.90 a	
Standard Deviation		1.042	1.060	.991	.983	1.038	1.091	1.099	.995	1.082	1.029	1.042	1.061	1.042	1.321	1.431	1.086	
Standard Error		.023	.090	.049	.043	.061	.071	.055	.030	.036	.025	.129	.099	.118	.341	.397	.064	
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.01	.12	.16	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7.4. It was important to me to exercise regularly: How much did you agree or disagree with each one before the coronavirus outbreak?

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	481	324	66	66	132	18	23	94	346	134	449	22	72	268	118	22	409	70	330	
		24%	24%	24%	25%	25%	23%	26%	19%	26%	20%	26%	11%	21%	24%	25%	25%	24%	25%	24%	
										ce		b									
Agree	(4.0)	817	529	117	117	233	35	31	186	565	252	743	63	123	454	204	36	694	119	556	
		40%	39%	43%	45%	44%	44%	36%	37%	42%	38%	43%	30%	36%	41%	43%	41%	41%	43%	41%	
											b				a						
Neither agree nor disagree	(3.0)	449	331	51	42	94	14	20	133	282	168	363	59	97	253	85	15	353	52	287	
		22%	24%	19%	16%	18%	18%	23%	27%	21%	25%	21%	28%	28%	23%	18%	17%	21%	19%	21%	
			bcd						d		d	a	bcd	c							
Disagree	(2.0)	181	117	28	25	53	7	8	55	110	70	131	39	35	94	42	10	146	24	120	
		9%	9%	10%	10%	10%	9%	9%	11%	8%	10%	8%	19%	10%	8%	9%	11%	9%	9%	9%	
												a									
Strongly disagree	(1.0)	75	49	10	11	21	4	5	27	39	36	49	21	12	43	18	2	63	9	53	
		4%	4%	4%	4%	4%	5%	6%	5%	3%	5%	3%	10%	3%	4%	4%	3%	4%	3%	4%	
										d		a									
Don't know		16	8	2	-	2	1	-	8	7	9	6	3	2	7	3	3	14	3	6	
		1%	1%	1%	-	*	1%	-	2%	1%	1%	*	2%	1%	1%	1%	3%	1%	1%	*	
									d		d	a					be				
NET: Agree		1298	853	183	183	366	53	54	280	912	386	1192	85	195	721	323	59	1103	189	886	
		64%	63%	67%	70%	68%	67%	61%	56%	68%	58%	68%	41%	57%	64%	69%	66%	66%	68%	66%	
					a	a				ce		b			a	a	a	a			
NET: Disagree		256	166	37	36	74	11	13	82	149	106	179	61	46	137	60	12	209	33	173	
		13%	12%	14%	14%	14%	14%	15%	16%	11%	16%	10%	29%	14%	12%	13%	14%	12%	12%	13%	
									d		d	a									
Base for stats		2003	1351	272	262	534	78	87	495	1342	660	1734	204	338	1111	468	86	1665	274	1345	
Mean Score		3.72	3.71	3.74	3.77	3.76	3.71	3.66	3.54	3.80	3.57	3.81	3.12	3.62	3.73	3.78	3.77	3.74	3.79	3.74	
										ce		b				a		a			
Standard Deviation		1.042	1.037	1.049	1.068	1.057	1.077	1.141	1.084	1.009	1.092	.994	1.157	1.037	1.040	1.046	1.050	1.042	1.030	1.048	
Standard Error		.023	.029	.062	.064	.045	.119	.117	.051	.027	.043	.024	.082	.058	.032	.046	.107	.025	.061	.029	
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*	

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Q7.4. It was important to me to exercise regularly: How much did you agree or disagree with each one before the coronavirus outbreak?

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
							NET:													
		Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j	
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646	
Total	2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	481	40	62	22	348	117	7	384	96	34	31	43	77	55	57	31	151	176	239
		24%	17%	17%	25%	26%	20%	10%	24%	22%	8%	16%	16%	25%	29%	29%	43%	39%	23%	37%
					f	abef	f					a	a	abc	abc	abci	abcdefi	abcdefi	ac	abcdei
Agree	(4.0)	817	89	127	33	562	221	23	647	171	103	75	128	137	91	93	26	165	356	284
		40%	38%	36%	37%	42%	37%	33%	41%	39%	25%	40%	48%	43%	47%	48%	35%	43%	46%	44%
					be							a	ag	a	a	a		a	a	a
Neither agree nor disagree	(3.0)	449	55	101	17	281	150	19	337	112	134	57	64	67	35	31	12	50	165	93
		22%	23%	28%	19%	21%	25%	27%	21%	25%	33%	30%	24%	21%	18%	16%	16%	13%	21%	14%
				d		d	d				cdefghij	defghij	fhj	hj					hj	
Disagree	(2.0)	181	35	44	14	99	78	12	140	41	76	24	28	21	7	11	1	11	56	24
		9%	15%	13%	15%	7%	13%	17%	9%	9%	19%	13%	11%	7%	4%	6%	2%	3%	7%	4%
			d	d	d		d	d			cdefghij	defghij	eghj	hj					hj	
Strongly disagree	(1.0)	75	15	19	2	45	28	8	60	15	52	2	1	9	4	2	2	3	14	7
		4%	6%	5%	3%	3%	5%	11%	4%	3%	13%	1%	*	3%	2%	1%	3%	1%	2%	1%
			d				cde				bdefghij			chj	c	c				
Don't know		16	2	2	1	8	4	1	9	7	7	1	1	3	-	-	1	3	4	5
		1%	1%	1%	1%	1%	1%	1%	1%	2%	2%	*	*	1%	-	-	1%	1%	1%	1%
NET: Agree		1298	129	188	55	910	337	30	1031	267	137	106	171	214	146	151	57	315	532	523
		64%	55%	53%	62%	68%	56%	43%	65%	60%	34%	56%	65%	68%	76%	77%	78%	82%	69%	80%
					f	abef	f					a	a	ab	abc	abcdi	abc	abcdi	ab	abcdi
NET: Disagree		256	50	63	16	143	106	20	199	56	128	26	29	30	11	13	3	14	70	31
		13%	21%	18%	18%	11%	18%	28%	13%	13%	32%	14%	11%	10%	6%	7%	5%	4%	9%	5%
			d	d	d		d	bde			bdefghij	efghj	hj	hj					hj	
Base for stats	2003	235	352	89	1334	593	69	1568	435	399	189	264	312	192	195	73	380	767	647	
Mean Score	3.72	3.44	3.48	3.66	3.80	3.54	3.14	3.74	3.67	2.98	3.58	3.70	3.81	3.97	3.99	4.15	4.18	3.81	4.12	
			f	f	f	abef	f				a	a	ab	abci	abcdi	abcdi	abcdefi	ab	abcdei	
Standard Deviation	1.042	1.131	1.083	1.099	1.015	1.091	1.167	1.044	1.032	1.148	.943	.877	.982	.905	.884	.948	.827	.932	.862	
Standard Error	.023	.071	.059	.113	.028	.045	.138	.026	.050	.059	.068	.053	.054	.065	.062	.110	.043	.033	.034	
Error variance	*	.01	*	.01	*	*	.02	*	*	*	*	*	*	*	*	.01	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7.4. It was important to me to exercise regularly: How much did you agree or disagree with each one before the coronavirus outbreak?

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	481	183	88	201	436	11	445	16	437	13	481	-	364	55
		24%	28% b	17%	25% b	31% b	5%	32% b	7%	35% b	4%	37% b	-	36% b	11%
Agree	(4.0)	817	275	203	337	655	54	638	55	604	60	817	-	439	163
		40%	42%	38%	42%	46% b	23%	45% b	24%	49% b	19%	63% b	-	43% b	33%
Neither agree nor disagree	(3.0)	449	120	157	162	226	67	211	76	148	86	-	-	135	122
		22%	18%	30% ac	20%	16%	29% a	15%	32% a	12%	27% a	-	-	13% a	25% a
Disagree	(2.0)	181	52	55	72	86	60	95	51	29	105	-	181	57	95
		9%	8%	10%	9%	6%	26% a	7%	22% a	2%	33% a	-	71% a	6%	19% a
Strongly disagree	(1.0)	75	17	29	27	16	39	21	34	11	51	-	75	11	57
		4%	3%	5% a	3%	1%	17% a	2%	15% a	1%	16% a	-	29% a	1%	12% a
Don't know		16	3	2	2	2	3	2	2	2	1	-	-	4	-
		1%	*	*	*	*	1% a	*	1%	*	*	-	-	*	-
NET: Agree		1298	458	291	538	1091	65	1083	72	1040	73	1298	-	803	217
		64%	70% b	55%	67% b	77% b	28%	77% b	31%	85% b	23%	100% b	-	80% b	44%
NET: Disagree		256	69	83	98	102	99	116	85	40	156	-	256	68	152
		13%	11%	16% a	12%	7%	42% a	8%	36% a	3%	49% a	-	100% a	7%	31% a
Base for stats		2003	647	531	798	1419	231	1411	232	1228	315	1298	256	1006	490
Mean Score		3.72	3.86 b	3.50	3.77 b	3.99 b	2.73	3.99 b	2.87	4.16 b	2.62	4.37 b	1.71	4.08 b	3.13
Standard Deviation		1.042	1.005	1.055	1.031	.901	1.136	.933	1.146	.791	1.097	.483	.456	.901	1.192
Standard Error		.023	.039	.047	.036	.024	.075	.025	.074	.023	.062	.013	.028	.028	.054
Error variance		*	*	*	*	*	.01	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7.5. I felt guilty when I didn't exercise: How much did you agree or disagree with each one before the coronavirus outbreak?

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		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	295	142	148	117	111	67	15	37	29	29	21	28	65	45	25
		15%	14%	14%	19% c	17% c	9%	15%	14%	15%	14%	12%	13%	20% befhi	14%	12%
Agree	(4.0)	714	321	389	236	242	237	33	89	71	76	58	74	125	120	69
		35%	33%	38% a	39% c	37%	32%	34%	34%	36%	36%	34%	33%	39%	37%	33%
Neither agree nor disagree	(3.0)	497	263	230	122	146	230	23	79	47	50	48	57	63	78	53
		25%	27% b	23%	20%	22%	31% ab	23%	30% g	24%	24%	28% g	25%	20%	24%	26%
Disagree	(2.0)	357	180	177	93	123	142	19	44	27	36	32	46	49	60	45
		18%	18%	17%	15%	19%	19%	20%	17%	14%	17%	18%	21%	15%	18%	21% c
Strongly disagree	(1.0)	133	67	65	34	34	65	5	11	22	15	11	18	15	21	13
		7%	7%	6%	5%	5%	9% ab	5%	4%	11% bg	7%	7%	8%	5%	6%	6%
Don't know		22	7	12	8	4	9	2	4	1	4	2	-	4	2	3
		1%	1%	1%	1%	1%	1%	2%	1%	*	2%	1%	-	1%	1%	1%
NET: Agree		1010	463	537	353	353	303	48	125	100	105	80	103	190	165	94
		50%	47%	53% a	58% c	54% c	40%	50%	48%	51%	50%	46%	46%	59% bcdefhi	50%	45%
NET: Disagree		490	247	241	126	157	207	24	55	49	52	43	64	64	81	58
		24%	25%	24%	21%	24%	28% a	25%	21%	25%	25%	25%	29% g	20%	25%	28% g
Base for stats		1997	973	1008	601	655	741	95	259	196	207	171	223	317	325	205
Mean Score		3.34	3.30	3.38	3.52 c	3.42 c	3.13	3.36	3.37	3.29	3.32	3.27	3.22	3.56 bcdefhi	3.33	3.23
Standard Deviation		1.131	1.134	1.124	1.134	1.127	1.099	1.130	1.058	1.211	1.144	1.108	1.153	1.120	1.126	1.120
Standard Error		.025	.037	.035	.043	.044	.044	.107	.066	.082	.082	.077	.088	.062	.064	.079
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7.5. I felt guilty when I didn't exercise: How much did you agree or disagree with each one before the coronavirus outbreak?

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		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	295	36	69	93	39	23	36	198	98	223	13	24	17	3	3	60
		15%	27% bcdefgh	16% efh	17% efh	15% fh	11% f	8% efh	18% efh	10% a	13% a	23% a	23% a	23% a	18% a	25% a	23% a
Agree	(4.0)	714	55	171	196	81	74	137	423	292	609	20	39	24	6	5	94
		35%	41% dfh	41% dfh	37% fh	32% f	35% f	29% dfh	39% dfh	31% a	36% a	35% a	37% a	32% a	38% a	39% a	35% a
Neither agree nor disagree	(3.0)	497	19	83	120	68	60	148	221	276	431	14	23	14	2	3	55
		25%	14% a	20% a	22% a	27% abg	29% abg	32% abcg	20% abcg	30% abcg	25% a	24% a	21% a	19% a	12% a	22% a	21% a
Disagree	(2.0)	357	16	73	93	52	36	87	183	175	312	8	16	11	2	2	39
		18%	12% a	18% a	17% a	20% a	17% a	19% a	17% a	19% a	18% a	14% a	15% a	15% a	10% a	14% a	14% a
Strongly disagree	(1.0)	133	6	21	26	16	16	48	53	80	117	3	4	7	3	-	16
		7%	5% abcg	5% bcg	5% bcg	6% bcg	8% bcg	10% abcg	5% bcg	9% bcg	7% a	4% a	3% a	9% a	16% a	- a	6% a
Don't know		22	1	-	8	1	2	10	9	12	14	-	1	2	1	-	3
		1%	1% b	- b	1% b	* b	1% b	2% b	1% b	1% b	1% a	- a	1% a	2% a	5% a	- a	1% a
NET: Agree		1010	91	240	289	120	96	173	620	389	833	34	63	40	9	8	154
		50%	68% bcdefgh	57% defh	54% defh	47% f	46% f	37% defh	57% defh	42% a	49% a	58% a	60% a	55% a	56% a	64% a	58% a
NET: Disagree		490	23	94	119	67	52	135	236	255	429	11	20	18	4	2	54
		24%	17% a	23% a	22% a	26% a	25% a	29% abcg	22% abcg	27% acg	25% a	18% a	18% a	24% a	26% a	14% a	20% a
Base for stats		1997	133	417	528	255	209	456	1077	920	1693	59	106	72	15	12	264
		Mean Score	3.74	3.46	3.45	3.30	3.24	3.06	3.49	3.17	3.30	3.58	3.61	3.45	3.33	3.74	3.55
Standard Deviation		1.131	1.132	1.111	1.116	1.138	1.102	1.109	1.119	1.120	1.122	1.123	1.102	1.271	1.405	1.032	1.165
		Standard Error	.025	.096	.055	.049	.067	.072	.055	.034	.037	.028	.139	.102	.145	.351	.286
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.02	.12	.08	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7.5. I felt guilty when I didn't exercise: How much did you agree or disagree with each one before the coronavirus outbreak?

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	295	185	45	46	91	18	22	45	211	84	268	19	35	165	79	16	260	53	196	
		15%	14%	16%	18%	17%	23% ce	25% cde	9%	16% c	13%	15% b	9%	10%	15% a	17% a	18% a	15% a	19% b	15% b	
Agree	(4.0)	714	467	94	114	209	26	25	159	504	210	632	62	117	376	191	31	598	96	489	
		35%	34%	34%	44% ab	39%	32%	29%	32%	37% ce	31%	36%	30%	34%	34%	40% be	35%	36%	35%	36%	
Neither agree nor disagree	(3.0)	497	346	68	46	115	20	24	151	302	195	414	61	85	289	104	19	412	79	316	
		25%	25% c	25% c	18%	21%	25%	28%	30% d	22%	29% d	24%	29%	25%	26%	22%	21%	25%	28%	23%	
Disagree	(2.0)	357	252	51	38	90	13	11	86	248	110	310	37	59	216	66	15	298	36	257	
		18%	19%	19%	15%	17%	16%	13%	17%	18%	16%	18%	18%	17%	19% c	14%	17%	18%	13%	19% a	
Strongly disagree	(1.0)	133	95	14	16	29	3	5	49	75	58	103	26	37	66	26	4	96	12	82	
		7%	7%	5%	6%	5%	4%	6%	10% d	6%	9% d	6%	13% a	11% bcde	6%	6%	4%	6%	4%	6%	
Don't know		22	12	2	1	3	-	-	12	10	12	13	2	6	7	5	3	15	1	10	
		1%	1%	1%	*	1%	-	-	2% d	1%	2% d	1%	1%	2% b	1%	1%	4% bce	1%	*	1%	
NET: Agree		1010	653	139	161	299	44	47	204	715	295	900	82	152	540	270	48	858	150	685	
		50%	48%	51%	61% ab	56% a	55% c	54% c	41%	53% ce	44%	52% b	39%	45%	48%	57% abe	54% a	51% a	54% a	51% a	
NET: Disagree		490	347	65	54	119	16	16	135	323	167	413	63	97	282	93	19	394	48	339	
		24%	26%	24%	21%	22%	20%	18%	27%	24%	25%	24%	30% a	28% c	25% c	20%	21%	23%	17% a	25% a	
Base for stats		1997	1346	272	261	533	79	87	491	1340	658	1727	206	334	1112	466	86	1664	276	1340	
Mean Score		3.34	3.29	3.39	3.53 a	3.45 a	3.54 ce	3.54 ce	3.13	3.39 ce	3.23	3.38 b	3.06	3.16	3.32 a	3.49 abe	3.48 a	3.38 a	3.52 b	3.34	
Standard Deviation		1.131	1.133	1.116	1.124	1.121	1.126	1.166	1.120	1.123	1.139	1.124	1.172	1.173	1.123	1.101	1.119	1.119	1.077	1.127	
Standard Error		.025	.031	.066	.067	.047	.124	.120	.053	.030	.045	.027	.083	.066	.034	.049	.114	.027	.064	.031	
Error variance		*	*	*	*	*	.02	.01	*	*	*	*	.01	*	*	*	.01	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7.5. I felt guilty when I didn't exercise: How much did you agree or disagree with each one before the coronavirus outbreak?

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
		Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j	
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646	
Total	2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	295	34	37	20	196	84	3	236	59	32	21	32	40	25	37	24	83	98	144
	15%	14%	10%	22%	15%	14%	4%	15%	13%	8%	11%	12%	13%	13%	19%	32%	22%	13%	22%	
		f		bdef	bf	f							a	a	abcdi	abcdefhij	abcdei	a	abcdei	
Agree	(4.0)	714	90	100	26	502	191	22	560	154	88	77	91	124	80	80	27	147	295	254
	35%	38%	28%	29%	37%	32%	32%	36%	35%	22%	40%	34%	40%	42%	41%	37%	38%	38%	39%	
		b			be						a	a	a	a	a	a	a	a	a	
Neither agree nor disagree	(3.0)	497	59	112	23	300	169	22	377	120	115	51	68	82	50	35	15	82	199	132
	25%	25%	32%	25%	22%	28%	31%	24%	27%	28%	27%	26%	26%	26%	18%	20%	21%	26%	20%	
			d			d				fhj	f		fj					fj		
Disagree	(2.0)	357	32	71	13	245	103	11	285	73	92	29	57	55	29	34	5	57	141	95
	18%	14%	20%	15%	18%	17%	16%	18%	16%	23%	15%	22%	17%	15%	17%	7%	15%	18%	15%	
			a							beghj			ghj	g		g		g		
Strongly disagree	(1.0)	133	18	33	7	85	46	11	101	32	70	9	14	12	8	8	3	8	34	19
	7%	8%	9%	8%	6%	8%	15%	6%	7%	17%	5%	5%	4%	4%	4%	5%	2%	4%	3%	
							ade			bcdefghij			h							
Don't know		22	2	2	1	13	4	2	18	4	9	3	2	1	1	-	-	6	4	6
	1%	1%	1%	1%	1%	1%	2%	1%	1%	2%	1%	1%	1%	*	1%	-	-	2%	1%	1%
										dfi										
NET: Agree		1010	125	137	46	698	275	25	796	213	120	98	123	165	105	118	51	230	393	399
	50%	53%	39%	51%	52%	46%	36%	50%	48%	30%	52%	47%	52%	55%	60%	69%	60%	51%	61%	
		bf		bf	bef	b					a	a	a	a	aci	abcdei	acdi	a	abcdei	
NET: Disagree		490	50	103	20	330	149	22	386	104	162	38	71	67	36	42	8	65	175	115
	24%	21%	29%	22%	25%	25%	31%	24%	24%	40%	20%	27%	21%	19%	22%	11%	17%	23%	18%	
			a							bcdefghij			eghj	g		g		ghj		
Base for stats		1997	234	352	89	1329	592	68	1559	438	397	187	263	314	191	195	74	377	768	645
Mean Score		3.34	3.39	3.11	3.45	3.36	3.28	2.94	3.35	3.31	2.80	3.38	3.27	3.40	3.45	3.54	3.86	3.64	3.37	3.63
			bf		bf	bf	bf					a	a	a	a	aci	abcdefi	abcdei	a	abcdei
Standard Deviation		1.131	1.126	1.126	1.214	1.131	1.139	1.139	1.134	1.120	1.203	1.039	1.097	1.041	1.028	1.111	1.094	1.050	1.058	1.076
Standard Error		.025	.071	.062	.125	.031	.047	.136	.029	.054	.062	.076	.067	.057	.075	.078	.126	.055	.038	.043
Error variance		*	.01	*	.02	*	*	.02	*	*	*	.01	*	*	.01	.01	.02	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q7.5. I felt guilty when I didn't exercise: How much did you agree or disagree with each one before the coronavirus outbreak?

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	295	115	57	115	256	10	251	18	252	19	268	10	295	-
		15%	18%	11%	14%	18%	4%	18%	8%	20%	6%	21%	4%	29%	-
			b			b		b		b		b		b	
Agree	(4.0)	714	267	144	295	554	74	563	70	498	81	535	58	714	-
		35%	41%	27%	37%	39%	32%	40%	30%	40%	26%	41%	23%	71%	-
			b		b	b		b		b		b		b	
Neither agree nor disagree	(3.0)	497	121	179	188	299	51	287	55	265	61	268	36	-	-
		25%	19%	34%	24%	21%	22%	20%	24%	22%	19%	21%	14%	-	-
				ac	a							b			
Disagree	(2.0)	357	104	101	150	247	46	244	50	179	79	180	75	-	357
		18%	16%	19%	19%	17%	20%	17%	21%	15%	25%	14%	29%	-	73%
										a		a		a	
Strongly disagree	(1.0)	133	33	49	49	56	50	61	38	29	74	38	76	-	133
		7%	5%	9%	6%	4%	22%	4%	16%	2%	23%	3%	30%	-	27%
				ac		a		a		a		a		a	
Don't know		22	10	2	3	8	2	8	3	8	2	10	-	-	-
		1%	1%	*	*	1%	1%	1%	1%	1%	1%	1%	-	-	-
			c												
NET: Agree		1010	382	202	410	811	84	813	88	750	100	803	68	1010	-
		50%	59%	38%	51%	57%	36%	58%	38%	61%	32%	62%	27%	100%	-
			bc		b	b		b		b		b		b	
NET: Disagree		490	137	151	199	303	96	305	88	208	153	217	152	-	490
		24%	21%	28%	25%	21%	41%	22%	37%	17%	48%	17%	59%	-	100%
				a		a		a		a		a		a	
Base for stats		1997	640	531	798	1412	231	1405	231	1222	314	1288	256	1010	490
Mean Score		3.34	3.51	3.11	3.35	3.50	2.77	3.50	2.92	3.63	2.66	3.63	2.41	4.29	1.73
			bc		b	b		b		b		b		b	
Standard Deviation		1.131	1.117	1.121	1.125	1.097	1.231	1.103	1.219	1.040	1.256	1.050	1.237	.455	.445
Standard Error		.025	.044	.050	.040	.029	.082	.029	.079	.030	.071	.029	.077	.014	.020
Error variance		*	*	*	*	*	.01	*	.01	*	.01	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8. SUMMARY: Now could you please tell us how much you agree or disagree with each of the statements today?

BASE: All respondents

		Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Don't know	NET: Agree	NET: Disagree
It is important to me to exercise regularly	2019	512	867	414	142	65	18	1379	207
	100%	25%	43%	21%	7%	3%	1%	68%	10%
I feel that I have the ability to be physically active	2019	401	925	345	231	100	17	1326	331
	100%	20%	46%	17%	11%	5%	1%	66%	16%
I feel that I have the opportunity to be physically active	2019	403	899	346	229	125	17	1302	354
	100%	20%	45%	17%	11%	6%	1%	64%	18%
I find exercise enjoyable and satisfying	2019	401	824	424	222	127	21	1225	349
	100%	20%	41%	21%	11%	6%	1%	61%	17%
I feel guilty when I don't exercise	2019	345	680	469	365	137	22	1025	503
	100%	17%	34%	23%	18%	7%	1%	51%	25%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.1. I feel that I have the ability to be physically active: Now could you please tell us how much you agree or disagree with each of the statements today?

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		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	401	217	183	152	124	125	14	48	45	58	35	37	73	52	39
		20%	22%	18%	25%	19%	17%	15%	18%	23%	28%	20%	16%	23%	16%	19%
			b		bc						abfhi			h		
Agree	(4.0)	925	446	471	265	310	350	50	118	78	83	70	105	153	162	105
		46%	46%	46%	43%	47%	47%	52%	45%	40%	40%	41%	47%	48%	50%	50%
								cde							cde	cde
Neither agree nor disagree	(3.0)	345	175	164	98	119	128	14	50	37	29	33	44	45	60	34
		17%	18%	16%	16%	18%	17%	15%	19%	19%	14%	19%	20%	14%	18%	16%
Disagree	(2.0)	231	95	135	65	69	98	12	30	23	27	20	27	37	33	22
		11%	10%	13%	11%	10%	13%	12%	12%	12%	13%	11%	12%	11%	10%	10%
				a												
Strongly disagree	(1.0)	100	40	59	24	34	42	6	15	13	11	12	11	7	17	8
		5%	4%	6%	4%	5%	6%	6%	6%	7%	5%	7%	5%	2%	5%	4%
								g	g	g		g			g	
Don't know		17	7	7	5	4	8	-	2	1	2	3	-	6	2	1
		1%	1%	1%	1%	1%	1%	-	1%	*	1%	2%	-	2%	1%	*
NET: Agree		1326	663	654	418	434	474	65	166	123	142	105	141	226	214	144
		66%	68%	64%	68%	66%	63%	67%	63%	62%	67%	61%	63%	70%	66%	69%
					c									ce		
NET: Disagree		331	135	194	88	103	140	18	45	36	38	32	38	44	50	30
		16%	14%	19%	15%	16%	19%	19%	17%	19%	18%	19%	17%	14%	15%	14%
				a			a									
Base for stats		2002	973	1013	604	656	742	97	261	196	209	170	223	315	325	207
Mean Score		3.65	3.73	3.58	3.76	3.64	3.56	3.57	3.59	3.60	3.73	3.57	3.58	3.79	3.61	3.70
			b		bc									abcefh		
Standard Deviation		1.077	1.042	1.106	1.068	1.061	1.090	1.085	1.087	1.161	1.157	1.155	1.054	.999	1.038	1.013
Standard Error		.024	.034	.034	.040	.041	.044	.102	.068	.078	.082	.081	.080	.056	.059	.071
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.1. I feel that I have the ability to be physically active: Now could you please tell us how much you agree or disagree with each of the statements today?

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		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291	
Total		2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	401	37	94	123	44	29	75	253	148	329	13	28	14	3	3	61
		20%		27%	23%	23%	17%	14%	16%	23%	16%	19%	22%	26%	19%	21%	25%	23%
				defh	efh	efh				defh								
Agree		(4.0)	925	61	199	250	123	102	190	509	415	785	31	56	33	7	5	132
		46%		46%	48%	47%	48%	48%	41%	47%	45%	46%	54%	52%	44%	43%	44%	50%
									f									
Neither agree nor disagree		(3.0)	345	17	58	68	56	41	104	143	202	294	6	11	16	3	2	37
		17%		13%	14%	13%	22%	20%	22%	13%	22%	17%	10%	10%	22%	17%	17%	14%
						abcg	cg		abcg		abcg	c			c			
Disagree		(2.0)	231	13	51	66	24	22	55	130	101	199	7	10	7	3	2	28
		11%		10%	12%	12%	9%	10%	12%	12%	11%	12%	12%	9%	9%	19%	13%	11%
Strongly disagree		(1.0)	100	5	16	24	9	14	32	44	55	92	1	2	3	-	-	7
		5%		3%	4%	5%	4%	7%	7%	4%	6%	5%	2%	2%	4%	-	-	2%
								bg				g						
Don't know			17	1	-	4	-	2	9	6	11	8	-	1	1	-	-	1
		1%		1%	-	1%	-	1%	2%	1%	1%	*	-	1%	1%	-	-	1%
						b		bdg			b							
NET: Agree			1326	97	293	372	166	131	266	763	564	1114	45	83	47	10	8	193
		66%		73%	70%	70%	65%	62%	57%	70%	60%	65%	76%	78%	63%	64%	70%	72%
				efh	efh	efh	f			efh				ad				a
NET: Disagree			331	18	66	91	33	36	87	175	156	291	8	12	10	3	2	35
		16%		13%	16%	17%	13%	17%	19%	16%	17%	17%	14%	11%	13%	19%	13%	13%
								d										
Base for stats		2002	133	417	531	256	209	457	1081	921	1699	59	106	73	16	12	265	
Mean Score		3.65	3.84	3.73	3.72	3.66	3.53	3.49	3.74	3.54	3.62	3.82	3.92	3.65	3.66	3.82	3.80	
			efh	efh	efh	f			efh				a				a	
Standard Deviation		1.077	1.051	1.056	1.092	.987	1.073	1.114	1.073	1.072	1.087	.995	.949	1.038	1.045	1.006	.991	
Standard Error		.024	.089	.052	.047	.058	.070	.055	.033	.035	.027	.123	.088	.118	.254	.279	.058	
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.06	.08	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.1. I feel that I have the ability to be physically active: Now could you please tell us how much you agree or disagree with each of the statements today?

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total		2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree		(5.0)	401	270	56	110	18	17	61	305	96	380	14	51	232	97	20	350	68	271
		20%	20%	20%	21%	21%	23% ce	19%	12%	23% ce	14%	22% b	7%	15%	21% a	21% a	23%	21% a	24%	20%
Agree		(4.0)	925	613	132	259	28	35	205	657	268	871	41	152	503	237	33	773	125	629
		46%	45%	48%	48%	48%	35%	40%	41%	49% ace	40%	50% b	20%	45%	45%	50% bd	37%	46%	45%	47%
Neither agree nor disagree		(3.0)	345	238	42	77	14	22	107	202	143	274	48	72	186	72	16	274	42	219
		17%	17%	15%	13%	14%	18%	25% d	21% d	15%	21% d	16%	23% a	21% ce	17%	15%	18%	16%	15%	16%
Disagree		(2.0)	231	158	34	65	10	9	83	129	102	152	62	37	133	48	14	194	30	161
		11%	12%	12%	12%	12%	13%	11%	16% d	10%	15% d	9%	30% a	11%	12%	10%	15%	12%	11%	12%
Strongly disagree		(1.0)	100	70	9	24	8	4	39	48	52	56	40	23	59	14	3	76	11	65
		5%	5%	3%	6%	5%	10% d	5%	8% d	4%	8% d	3%	19% a	7% c	5% c	3%	3%	5%	4%	5%
Don't know			17	10	1	1	1	-	8	8	9	7	3	5	6	2	3	12	1	6
		1%	1%	*	-	*	1%	-	2% d	1%	1%	*	1%	1%	1%	1%	4% bce	1%	1%	*
NET: Agree			1326	883	188	369	46	52	266	962	364	1251	55	203	735	334	53	1123	193	900
		66%	65%	69%	69%	69%	58%	59%	53%	71% abce	54%	72% b	26%	60%	66%	71% abd	60%	67% a	70%	67%
NET: Disagree			331	228	43	89	18	14	122	177	154	208	102	60	192	63	16	270	40	226
		16%	17%	16%	18%	17%	23% d	16%	24% d	13%	23% d	12%	49% a	18%	17% c	13%	18%	16%	15%	17%
Base for stats		2002	1349	273	262	535	78	87	495	1342	661	1734	205	335	1113	469	86	1667	276	1345
Mean Score		3.65	3.63	3.70	3.66	3.68	3.49	3.58	3.33	3.78 ace	3.39	3.79 b	2.65	3.51	3.64	3.76 a	3.64	3.68 a	3.76	3.65
Standard Deviation		1.077	1.086	1.032	1.109	1.070	1.266	1.077	1.132	1.018	1.144	.987	1.199	1.095	1.098	.996	1.104	1.071	1.061	1.077
Standard Error		.024	.030	.061	.066	.045	.140	.111	.053	.028	.045	.024	.085	.062	.033	.044	.113	.026	.063	.029
Error variance		*	*	*	*	*	.02	.01	*	*	*	*	.01	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.1. I feel that I have the ability to be physically active: Now could you please tell us how much you agree or disagree with each of the statements today?

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
							NET: Longstanding physical and mental condition or illness													
		Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j	
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646	
Total	2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	401	38	38	19	299	88	5	309	92	23	20	47	52	46	54	28	132	145	214
	20%	16%	11%	21%	22%	15%	7%	20%	21%	6%	10%	18%	17%	24%	28%	38%	34%	19%	33%	
		f		bf	abef						a	ab	a	abd	abcdi	abcdei	abcdei	ab	abcdei	
Agree	(4.0)	925	89	125	33	666	224	20	721	204	112	90	126	166	104	100	39	187	396	327
	46%	38%	35%	37%	50%	37%	29%	46%	46%	27%	48%	48%	53%	54%	52%	54%	49%	51%	50%	
					abcef						a	a	a	a	a	a	a	a	a	
Neither agree nor disagree	(3.0)	345	33	73	22	206	118	10	268	77	102	40	46	51	29	28	3	45	126	77
	17%	14%	21%	25%	15%	20%	14%	17%	17%	25%	21%	17%	16%	15%	14%	5%	12%	16%	12%	
				ad	ad		ad			cdefghij	ghj	ghj	g	g	g			ghj		
Disagree	(2.0)	231	53	70	11	124	105	24	185	47	99	27	35	38	9	10	1	12	82	23
	11%	22%	20%	13%	9%	18%	34%	12%	11%	24%	14%	13%	12%	5%	5%	2%	3%	11%	4%	
		cd	d			d	abcde			bcddefghij	efghj	efghj	efghj					efghj		
Strongly disagree	(1.0)	100	23	42	3	42	56	11	82	17	61	13	10	8	5	2	1	1	22	4
	5%	10%	12%	3%	3%	9%	15%	5%	4%	15%	7%	4%	2%	2%	1%	1%	*	3%	1%	
		d	cd			d	cd			bcddefghij	defhij	hj	hj	hj				hj		
Don't know		17	1	5	1	4	6	1	12	4	9	-	1	-	-	-	1	6	1	6
	1%	*	1%	1%	*	1%	1%	1%	1%	2%	-	*	-	-	-	1%	1%	*	1%	
			d							bcdefi							di		i	
NET: Agree		1326	127	164	52	965	312	25	1030	296	135	110	173	218	149	155	68	319	540	541
	66%	54%	46%	58%	72%	52%	36%	65%	67%	33%	58%	65%	69%	78%	79%	92%	83%	70%	83%	
		f		bf	abcef	f					a	a	ab	abcdi	abcdi	abcdefi	abcdi	ab	abcdi	
NET: Disagree		331	76	112	14	166	161	34	267	64	160	39	45	46	14	12	2	13	104	27
	16%	32%	32%	16%	12%	27%	49%	17%	15%	39%	21%	17%	15%	7%	6%	3%	3%	14%	4%	
		cd	cd			cd	abcde			bcddefghij	efghij	efghj	efghj					efghj		
Base for stats	2002	236	349	89	1338	591	69	1565	437	397	190	264	315	192	195	73	377	771	645	
Mean Score	3.65	3.28	3.14	3.60	3.79	3.31	2.78	3.63	3.70	2.84	3.41	3.63	3.69	3.92	4.00	4.28	4.16	3.72	4.12	
		f	f	abef	abef	bf					a	ab	ab	abcdi	abcdi	abcdefi	abcdefi	ab	abcdei	
Standard Deviation	1.077	1.247	1.212	1.069	.994	1.200	1.220	1.086	1.043	1.164	1.066	1.039	.970	.887	.856	.721	.775	.981	.798	
Standard Error	.024	.078	.067	.110	.027	.049	.145	.027	.050	.060	.077	.063	.053	.064	.060	.084	.041	.035	.032	
Error variance	*	.01	*	.01	*	*	.02	*	*	*	.01	*	*	*	*	*	.01	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.1. I feel that I have the ability to be physically active: Now could you please tell us how much you agree or disagree with each of the statements today?

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%			a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	401	189	80	128	362	20	347	24	334	29	353	20	284	56
		20%	29%	15%	16%	25%	9%	25%	10%	27%	9%	27%	8%	28%	11%
			bc			b		b		b		b		b	
Agree	(4.0)	925	337	243	338	757	45	755	66	639	101	643	94	479	221
		46%	52%	46%	42%	53%	19%	53%	28%	52%	32%	50%	37%	47%	45%
			bc			b		b		b		b			
Neither agree nor disagree	(3.0)	345	84	125	126	143	37	140	33	126	54	147	51	104	91
		17%	13%	24%	16%	10%	16%	10%	14%	10%	17%	11%	20%	10%	19%
				ac		a		a		a		a		a	
Disagree	(2.0)	231	30	52	147	116	84	127	65	95	85	107	62	97	77
		11%	5%	10%	18%	8%	36%	9%	28%	8%	27%	8%	24%	10%	16%
				a	ab		a		a		a		a		a
Strongly disagree	(1.0)	100	7	32	59	40	45	42	43	32	43	44	26	41	42
		5%	1%	6%	7%	3%	19%	3%	18%	3%	14%	3%	10%	4%	9%
				a	a		a		a		a		a		a
Don't know		17	3	2	2	2	3	3	2	3	3	4	2	4	3
		1%	*	*	*	*	1%	*	1%	*	1%	*	1%	*	1%
							a		a		a				
NET: Agree		1326	526	323	466	1119	65	1101	91	973	130	995	114	763	278
		66%	81%	61%	58%	79%	28%	78%	39%	79%	41%	77%	44%	76%	57%
			bc			b		b		b		b		b	
NET: Disagree		331	37	84	206	156	129	169	108	128	129	152	89	138	118
		16%	6%	16%	26%	11%	55%	12%	46%	10%	41%	12%	35%	14%	24%
				a	ab		a		a		a		a		a
Base for stats		2002	647	531	798	1419	230	1410	232	1228	313	1294	253	1006	487
Mean Score		3.65	4.04	3.54	3.41	3.91	2.62	3.88	2.84	3.93	2.96	3.89	3.07	3.86	3.36
			bc	c		b		b		b		b		b	
Standard Deviation		1.077	.838	1.051	1.172	.964	1.243	.979	1.309	.960	1.233	1.007	1.160	1.060	1.136
Standard Error		.024	.033	.046	.041	.026	.082	.026	.085	.027	.070	.028	.072	.033	.052
Error variance		*	*	*	*	*	.01	*	.01	*	*	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.2. I feel that I have the opportunity to be physically active: Now could you please tell us how much you agree or disagree with each of the statements today?

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		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	403	217	185	169	122	112	14	47	44	51	35	50	78	52	32
		20%	22%	18%	28%	18%	15%	15%	18%	23%	24%	20%	23%	24%	16%	15%
			b		bc					h	ahi			ahi		
Agree	(4.0)	899	446	447	246	293	360	44	112	82	87	69	92	143	162	107
		45%	46%	44%	40%	44%	48%	46%	43%	42%	41%	40%	41%	45%	50%	52%
					a		a							e	cdef	
Neither agree nor disagree	(3.0)	346	154	185	93	122	131	20	54	32	38	29	40	44	58	31
		17%	16%	18%	15%	19%	17%	21%	21%	16%	18%	17%	18%	14%	18%	15%
									g							
Disagree	(2.0)	229	100	127	65	77	87	11	30	25	22	21	28	38	28	26
		11%	10%	12%	11%	12%	12%	11%	11%	13%	11%	12%	13%	12%	8%	13%
Strongly disagree	(1.0)	125	56	67	31	43	51	6	20	13	11	17	12	13	24	10
		6%	6%	7%	5%	6%	7%	6%	7%	7%	5%	10%	5%	4%	7%	5%
												gi				
Don't know		17	6	8	6	3	8	1	-	-	2	2	1	6	3	2
		1%	1%	1%	1%	*	1%	1%	-	-	1%	1%	1%	2%	1%	1%
														bc		
NET: Agree		1302	663	632	415	415	473	59	159	126	138	104	142	221	214	139
		64%	68%	62%	68%	63%	63%	61%	61%	64%	66%	60%	64%	69%	65%	67%
			b		b									be		
NET: Disagree		354	156	194	96	120	139	17	49	38	33	38	40	51	52	36
		18%	16%	19%	16%	18%	18%	18%	19%	19%	16%	22%	18%	16%	16%	17%
Base for stats		2002	974	1011	603	657	742	96	263	197	209	171	222	315	324	206
		3.61	3.69	3.55	3.76	3.57	3.53	3.52	3.52	3.61	3.70	3.49	3.63	3.74	3.58	3.61
			b		bc									be		
Standard Deviation		1.116	1.102	1.124	1.127	1.115	1.097	1.084	1.133	1.161	1.107	1.231	1.123	1.082	1.090	1.045
		.025	.036	.035	.042	.043	.044	.102	.070	.078	.078	.086	.086	.060	.062	.074
		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.2. I feel that I have the opportunity to be physically active: Now could you please tell us how much you agree or disagree with each of the statements today?

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		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	403	36	100	128	43	28	68	265	138	337	7	30	12	3	4	57
		20%	27%	24%	24%	17%	13%	15%	24%	15%	20%	12%	28%	17%	22%	33%	21%
			defh	defh	defh				defh				ab				
Agree	(4.0)	899	68	178	249	117	96	192	494	405	760	33	48	35	7	5	128
		45%	51%	43%	46%	46%	45%	41%	45%	43%	45%	55%	45%	48%	44%	45%	48%
Neither agree nor disagree	(3.0)	346	15	58	75	54	46	98	148	198	290	10	18	11	2	-	41
		17%	11%	14%	14%	21%	22%	21%	14%	21%	17%	18%	17%	15%	14%	-	15%
					abcg	abcg	abcg		abcg								
Disagree	(2.0)	229	8	61	51	30	24	55	120	109	202	6	8	7	2	3	26
		11%	6%	15%	9%	12%	12%	12%	11%	12%	12%	11%	7%	10%	15%	22%	10%
				ac													
Strongly disagree	(1.0)	125	4	21	29	11	17	43	54	71	110	2	2	6	1	-	11
		6%	3%	5%	5%	4%	8%	9%	5%	8%	6%	4%	2%	8%	6%	-	4%
							abcdg			g	c			c			
Don't know		17	2	-	4	1	1	9	6	11	9	-	1	2	-	-	3
		1%	2%	-	1%	*	*	2%	1%	1%	1%	-	1%	2%	-	-	1%
			b					bg		b				a			
NET: Agree		1302	104	278	377	160	124	260	759	544	1097	40	78	48	10	9	185
		64%	78%	67%	70%	62%	59%	56%	70%	58%	64%	67%	74%	65%	66%	78%	69%
			bdefh	efh	defh				defh				a				
NET: Disagree		354	13	82	80	41	41	98	174	180	312	9	10	14	3	3	38
		18%	10%	20%	15%	16%	19%	21%	16%	19%	18%	15%	9%	19%	21%	22%	14%
				a			a	acg	a	ac	c						
Base for stats	2002	132	417	532	255	210	456	1081	921		1698	59	106	72	16	12	264
Mean Score	3.61	3.94	3.66	3.75	3.59	3.45	3.41	3.74	3.47		3.60	3.61	3.92	3.56	3.61	3.89	3.73
			bdefgh	efh	defh	f		defh					abd				
Standard Deviation	1.116	.974	1.138	1.093	1.038	1.106	1.163	1.099	1.118		1.124	.977	.953	1.155	1.187	1.141	1.045
Standard Error	.025	.083	.056	.047	.061	.072	.058	.033	.037		.028	.121	.088	.132	.288	.316	.062
Error variance	*	.01	*	*	*	.01	*	*	*		*	.01	.01	.02	.08	.10	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.2. I feel that I have the opportunity to be physically active: Now could you please tell us how much you agree or disagree with each of the statements today?

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	403	273	56	57	113	21	20	60	303	100	385	13	51	225	99	29	352	69	274
		20%	20%	20%	22%	21%	26%	23%	12%	22%	15%	22%	6%	15%	20%	21%	32%	21%	25%	20%	
							ce	c		ce		b			a	a	abce	a			
Agree		(4.0)	899	589	127	126	253	32	35	204	628	271	830	56	138	489	238	34	761	122	620
		45%	43%	46%	48%	47%	40%	40%	40%	47%	40%	48%	27%	41%	44%	51%	38%	45%	44%	46%	
										ce		b				abde					
Neither agree nor disagree		(3.0)	346	243	42	37	79	10	13	116	207	139	270	46	82	186	64	13	264	37	212
		17%	18%	15%	14%	15%	13%	15%	23%	15%	21%	16%	22%	24%	17%	14%	14%	16%	13%	16%	
									ad		d		a	bcd							
Disagree		(2.0)	229	160	29	28	57	8	11	69	141	89	172	47	37	136	48	8	192	31	159
		11%	12%	11%	11%	11%	10%	13%	14%	10%	13%	10%	23%	11%	12%	10%	9%	11%	11%	12%	
									d			a									
Strongly disagree		(1.0)	125	84	19	13	32	8	6	47	63	62	76	43	28	75	19	4	97	14	80
		6%	6%	7%	5%	6%	10%	7%	9%	5%	9%	4%	20%	8%	7%	4%	4%	6%	5%	6%	
							d		d		d		a	c	c						
Don't know			17	9	1	2	3	1	2	7	8	9	6	3	5	7	2	3	12	3	5
		1%	1%	*	1%	1%	1%	2%	1%	1%	1%	*	2%	1%	1%	*	3%	1%	1%	*	
												a					bce				
NET: Agree			1302	862	183	183	365	53	55	263	931	371	1216	69	189	715	337	62	1113	191	893
		64%	63%	67%	70%	68%	66%	63%	52%	69%	55%	70%	33%	55%	64%	71%	70%	66%	69%	66%	
					a	a	c			ce		b			a	abe	a	a			
NET: Disagree			354	244	48	41	89	16	17	117	204	150	248	89	65	211	68	11	290	46	240
		18%	18%	18%	16%	17%	20%	20%	23%	15%	22%	14%	43%	19%	19%	14%	13%	17%	17%	18%	
							d		d		d	a			c						
Base for stats		2002	1349	273	260	533	78	85	496	1342	660	1734	205	336	1112	469	86	1667	274	1346	
Mean Score		3.61	3.60	3.63	3.71	3.67	3.63	3.60	3.32	3.72	3.39	3.74	2.76	3.44	3.59	3.74	3.88	3.65	3.73	3.63	
							c	c		ce		b			a	ab	abe	a			
Standard Deviation		1.116	1.122	1.132	1.078	1.106	1.259	1.195	1.146	1.071	1.172	1.050	1.239	1.126	1.138	1.032	1.103	1.110	1.119	1.112	
Standard Error		.025	.031	.067	.065	.047	.139	.124	.054	.029	.047	.025	.088	.064	.035	.046	.112	.027	.067	.030	
Error variance		*	*	*	*	*	.02	.02	*	*	*	*	.01	*	*	*	.01	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.2. I feel that I have the opportunity to be physically active: Now could you please tell us how much you agree or disagree with each of the statements today?

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
		Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j	
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646	
Total	2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	403	42	37	18	300	90	6	312	91	16	21	47	56	48	55	24	136	150	215
	20%	18%	10%	20%	22%	15%	9%	20%	21%	4%	11%	18%	18%	25%	28%	32%	36%	20%	33%	
		b		b	bef	b					a	a	ab	abd	abcdi	abcdi	abcdei	ab	abcdei	
Agree	(4.0)	899	83	128	27	657	214	20	712	187	122	85	120	152	100	102	41	177	372	320
	45%	35%	36%	30%	49%	36%	28%	45%	42%	30%	45%	45%	48%	52%	52%	56%	46%	48%	49%	
					abcef						a	a	a	a	a	a	a	a	a	
Neither agree nor disagree	(3.0)	346	51	82	24	186	138	15	263	83	106	32	52	56	23	26	7	45	130	77
	17%	22%	23%	27%	14%	23%	22%	17%	19%	26%	17%	20%	18%	12%	13%	9%	12%	17%	12%	
		d	d	d		d				bcddefghij		eghj	hj					hj		
Disagree	(2.0)	229	34	58	14	134	87	14	178	52	74	34	36	43	18	7	1	15	96	24
	11%	14%	16%	15%	10%	15%	20%	11%	12%	18%	18%	14%	13%	9%	4%	2%	4%	12%	4%	
		d	d			d	d			efghij	efghij	fghj	fghj	fghj				fghj		
Strongly disagree	(1.0)	125	24	47	6	59	62	14	99	26	80	14	10	8	3	5	1	4	21	10
	6%	10%	13%	7%	4%	10%	20%	6%	6%	20%	7%	4%	3%	1%	3%	1%	1%	3%	2%	
		d	d			d	acde			bcddefghij	defghij	hj								
Don't know		17	3	2	1	6	5	1	13	3	7	2	1	1	-	-	-	5	2	5
	1%	1%	*	1%	*	1%	1%	1%	1%	2%	1%	*	*	-	-	-	1%	*	1%	
										i							i			
NET: Agree		1302	124	165	45	957	304	26	1025	278	138	107	166	208	149	157	65	313	523	535
	64%	53%	47%	50%	71%	51%	37%	65%	63%	34%	56%	63%	66%	77%	80%	88%	82%	68%	82%	
		f			abcef	f					a	a	ab	abcdi	abcdi	abcdi	abcdi	ab	abcdi	
NET: Disagree		354	59	105	20	193	149	28	277	77	154	49	46	51	21	13	2	20	117	35
	18%	25%	30%	22%	14%	25%	40%	18%	18%	38%	26%	17%	16%	11%	7%	3%	5%	15%	5%	
		d	d	d		d	acde			bcddefghij	cdefghij	fghj	fghj	ghj				fghj		
Base for stats	2002	234	352	89	1336	592	69	1564	438	398	188	264	314	192	195	74	378	770	646	
Mean Score	3.61	3.36	3.14	3.42	3.75	3.31	2.87	3.61	3.60	2.80	3.35	3.60	3.65	3.90	3.99	4.16	4.13	3.70	4.09	
		bf		bf	abcef	bf					a	ab	ab	abcdi	abcdi	abcdei	abcdei	ab	abcdei	
Standard Deviation	1.116	1.230	1.211	1.176	1.049	1.203	1.289	1.116	1.116	1.193	1.131	1.047	1.006	.932	.904	.751	.854	1.009	.860	
Standard Error	.025	.077	.066	.121	.029	.049	.153	.028	.054	.061	.082	.064	.056	.067	.064	.087	.045	.036	.034	
Error variance	*	.01	*	.01	*	*	.02	*	*	*	.01	*	*	*	*	.01	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.2. I feel that I have the opportunity to be physically active: Now could you please tell us how much you agree or disagree with each of the statements today?

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	403	209	83	107	355	16	354	20	333	31	343	29	282	65
		20%	32%	16%	13%	25%	7%	25%	9%	27%	10%	26%	11%	28%	13%
			bc			b		b		b		b		b	
Agree	(4.0)	899	333	240	316	720	67	724	67	601	112	619	91	462	210
		45%	51%	45%	40%	51%	29%	51%	29%	49%	35%	48%	35%	46%	43%
			bc			b		b		b		b			
Neither agree nor disagree	(3.0)	346	71	128	136	148	40	136	31	123	57	156	48	113	81
		17%	11%	24%	17%	10%	17%	10%	13%	10%	18%	12%	19%	11%	17%
				ac	a		a				a		a		a
Disagree	(2.0)	229	26	50	153	138	54	141	61	117	66	115	50	100	77
		11%	4%	9%	19%	10%	23%	10%	26%	10%	21%	9%	19%	10%	16%
				a	ab		a		a		a		a		a
Strongly disagree	(1.0)	125	10	29	83	56	53	53	51	52	48	60	36	48	54
		6%	2%	5%	10%	4%	23%	4%	22%	4%	15%	5%	14%	5%	11%
				a	ab		a		a		a		a		a
Don't know		17	1	3	5	4	3	5	3	4	3	6	2	5	2
		1%	*	1%	1%	*	1%	*	1%	*	1%	*	1%	*	*
						a									
NET: Agree		1302	542	323	424	1075	83	1077	88	934	142	961	120	744	275
		64%	83%	61%	53%	76%	36%	76%	38%	76%	45%	74%	47%	74%	56%
			bc	c		b		b		b		b		b	
NET: Disagree		354	36	79	236	193	107	195	112	169	114	175	86	148	132
		18%	6%	15%	29%	14%	46%	14%	48%	14%	36%	13%	34%	15%	27%
				a	ab		a		a		a		a		a
Base for stats		2002	649	530	795	1416	231	1408	231	1226	313	1292	253	1005	488
Mean Score		3.61	4.09	3.56	3.27	3.83	2.73	3.84	2.76	3.85	3.03	3.83	3.11	3.83	3.32
			bc	c		b		b		b		b		b	
Standard Deviation		1.116	.851	1.040	1.216	1.035	1.290	1.032	1.323	1.057	1.257	1.064	1.258	1.091	1.213
Standard Error		.025	.033	.046	.043	.027	.085	.028	.086	.030	.071	.030	.078	.034	.055
Error variance		*	*	*	*	*	.01	*	.01	*	.01	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.3. I find exercise enjoyable and satisfying: Now could you please tell us how much you agree or disagree with each of the statements today?

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		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204	
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	401	210	189	154	136	112	21	50	40	47	32	40	76	57	38
			20%	21%	19%	25% bc	21% c	15%	21%	19%	20%	22%	18%	18%	24%	18%	18%
Agree		(4.0)	824	422	393	233	275	315	39	113	76	79	68	93	134	130	92
			41%	43% b	39%	38%	42%	42%	40%	43%	39%	37%	39%	42%	42%	40%	44%
Neither agree nor disagree		(3.0)	424	208	212	129	128	167	20	59	37	40	43	50	65	69	40
			21%	21%	21%	21%	19%	22%	21%	22%	19%	19%	25%	22%	20%	21%	19%
Disagree		(2.0)	222	77	145	55	77	90	13	24	27	27	17	24	23	42	27
			11%	8%	14% a	9%	12%	12%	13% g	9%	14% g	13% g	10%	11%	7%	13% g	13% g
Strongly disagree		(1.0)	127	51	75	33	39	55	3	18	17	16	11	16	18	21	8
			6%	5%	7%	5%	6%	7%	3%	7%	8% i	8%	6%	7%	6%	7%	4%
Don't know			21	11	6	7	4	10	1	-	1	2	3	-	5	6	3
			1%	1%	1%	1%	1%	1%	1%	-	1%	1%	2% b	-	1% b	2% b	1%
NET: Agree			1225	632	582	387	411	427	60	163	115	126	99	133	210	188	130
			61%	65% b	57%	63% c	62% c	57%	61%	62%	59%	60%	57%	60%	66% h	57%	63%
NET: Disagree			349	128	220	87	116	146	16	41	43	43	28	40	40	63	35
			17%	13% a	22% a	14%	18%	19% a	17%	16%	22% g	20% g	16%	18%	13%	19% g	17%
Base for stats		1998	968	1014	603	655	740		96	263	196	209	170	223	316	320	205
Mean Score		3.58	3.68 b	3.47	3.70 c	3.60 c	3.46		3.64	3.59	3.49	3.55	3.54	3.53	3.72 ch	3.50	3.61
Standard Deviation		1.118	1.062	1.163	1.109	1.118	1.116		1.067	1.101	1.203	1.194	1.103	1.121	1.079	1.128	1.049
Standard Error		.025	.035	.036	.042	.043	.045		.100	.068	.081	.085	.077	.085	.060	.065	.074
Error variance		*	*	*	*	*	*		.01	*	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.3. I find exercise enjoyable and satisfying: Now could you please tell us how much you agree or disagree with each of the statements today?

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		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	401	41	98	128	40	34	60	266	134	323	12	33	16	3	5	70
		20%	31% defh	23% defh	24% defh	16%	16%	13%	25% defh	14%	19%	21%	31% a	22%	20%	40%	26% a
Agree	(4.0)	824	60	168	217	106	84	190	445	379	701	23	48	25	5	5	107
		41%	45%	40%	41%	41%	40%	41%	41%	41%	41%	40%	45%	34%	33%	44%	40%
Neither agree nor disagree	(3.0)	424	18	86	99	63	54	104	203	221	358	15	16	19	2	1	53
		21%	13%	21%	19%	24% acg	26% acg	22% a	19%	24% acg	21%	26%	15%	26%	12%	8%	20%
Disagree	(2.0)	222	9	41	57	32	24	59	107	115	201	7	5	4	1	1	18
		11%	7%	10%	11%	13%	11%	13%	10%	12%	12% cg	11%	5%	5%	6%	8%	7%
Strongly disagree	(1.0)	127	4	23	31	14	14	42	57	70	112	1	3	8	3	-	15
		6%	3%	5%	6%	6%	6%	9% abg	5%	7% ag	7%	2%	3%	10% bc	16%	-	5%
Don't know		21	2	2	3	1	2	10	8	13	11	-	1	2	2	-	5
		1%	2%	1%	1%	*	1%	2% bcdg	1%	1%	1%	-	1%	2%	13%	-	2% a
NET: Agree		1225	101	265	345	146	117	250	711	514	1024	36	81	42	8	10	177
		61%	75% bcdefgh	64% efh	64% defh	57%	56%	54%	65% defh	55%	60%	61%	76% abd	57%	53%	84%	66% a
NET: Disagree		349	13	64	88	46	38	101	164	185	314	8	9	11	3	1	32
		17%	10%	15%	16% a	18% a	18% a	22% abcg	15% abg	20% abg	18% cg	13%	8%	15%	22%	8%	12%
Base for stats		1998	132	415	532	255	209	455	1079	919	1696	59	106	72	14	12	262
Mean Score		3.58	3.95 bcdefgh	3.67 defh	3.67 defh	3.49	3.48	3.37	3.70 defh	3.43	3.54	3.67	3.96 ad	3.55	3.42	4.16	3.76 a
Standard Deviation		1.118	.990	1.104	1.126	1.077	1.095	1.146	1.105	1.116	1.125	1.003	.985	1.205	1.448	.908	1.090
Standard Error		.025	.084	.055	.049	.064	.071	.057	.034	.037	.028	.124	.091	.137	.374	.252	.064
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.02	.14	.06	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.3. I find exercise enjoyable and satisfying: Now could you please tell us how much you agree or disagree with each of the statements today?

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	401	263	59	60	120	15	16	65	305	96	382	15	55	218	102	26	346	66	272
		20%	19%	22%	23%	22%	19%	18%	13%	23%	14%	22%	7%	16%	19%	22%	29%	21%	24%	20%	
										ce		b				a	abe				
Agree		(4.0)	824	547	120	104	225	37	37	175	575	249	748	61	121	473	197	33	703	113	572
		41%	40%	44%	40%	42%	47%	43%	35%	43%	37%	43%	29%	36%	42%	42%	37%	42%	41%	42%	
							c			ce		b			a		a				
Neither agree nor disagree		(3.0)	424	286	50	60	110	16	19	130	258	166	349	52	77	219	115	12	347	54	278
		21%	21%	18%	23%	21%	21%	22%	26%	19%	25%	20%	25%	23%	20%	24%	14%	21%	19%	21%	
									d		d					bd					
Disagree		(2.0)	222	155	32	25	56	3	11	73	135	87	177	32	49	124	39	11	173	29	141
		11%	11%	12%	9%	11%	4%	13%	14%	10%	13%	10%	15%	14%	11%	8%	12%	10%	11%	10%	
									ad		ad		a		ce						
Strongly disagree		(1.0)	127	98	11	11	22	7	2	53	66	61	76	45	35	74	15	3	92	11	81
		6%	7%	4%	4%	4%	9%	2%	10%	5%	9%	4%	21%	10%	7%	3%	4%	6%	4%	6%	
			bd				b		bd		bd		a	bcd	c			c			
Don't know			21	10	1	2	3	1	2	7	11	10	8	4	4	10	3	4	17	4	7
		1%	1%	*	1%	1%	1%	2%	1%	1%	2%	*	2%	1%	1%	1%	4%	1%	1%	*	
												a					abce				
NET: Agree			1225	810	180	165	345	52	53	240	880	345	1130	75	176	691	299	59	1049	179	844
		61%	60%	66%	63%	64%	65%	61%	48%	65%	52%	65%	36%	52%	62%	63%	66%	62%	65%	63%	
							ce	c		ce		b			a	a	a	a			
NET: Disagree			349	253	43	35	78	10	13	125	201	148	253	76	84	198	54	14	266	41	222
		17%	19%	16%	13%	15%	13%	15%	25%	15%	22%	15%	37%	25%	18%	11%	16%	16%	15%	16%	
				cd					abd		d		a	bce	c			c			
Base for stats		1998	1348	273	260	533	78	85	496	1339	659	1733	204	337	1109	468	85	1662	273	1344	
Mean Score		3.58	3.54	3.68	3.69	3.68	3.63	3.64	3.26	3.69	3.35	3.68	2.85	3.33	3.58	3.71	3.79	3.62	3.71	3.61	
				a	a	a	ce	ce		ce		b		a	a	ab	a	a			
Standard Deviation		1.118	1.142	1.063	1.057	1.059	1.110	.996	1.178	1.082	1.158	1.062	1.266	1.209	1.124	1.002	1.128	1.093	1.076	1.104	
Standard Error		.025	.032	.063	.063	.045	.123	.103	.055	.029	.046	.025	.090	.068	.034	.044	.115	.027	.064	.030	
Error variance		*	*	*	*	*	.02	.01	*	*	*	*	.01	*	*	*	.01	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.3. I find exercise enjoyable and satisfying: Now could you please tell us how much you agree or disagree with each of the statements today?

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
		Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	401	41	37	16	303	87	6	327	74	22	24	37	60	43	48	24	142	140	215
		20%	17% b	10% b	18% b	23% bef	15% b	8% b	21% b	17% b	6% a	13% a	14% a	19% a	23% abc	25% abci	33% abcdi	37% abcdef	18% a	33% abcdef
Agree	(4.0)	824	82	125	35	578	218	18	634	190	87	71	126	149	97	86	37	170	373	293
		41%	35% abef	35% abef	39% abef	43% abef	37% abef	26% abef	40% abef	43% abef	22% a	38% a	48% ab	47% ab	51% ab	44% a	50% a	44% a	48% ab	45% a
Neither agree nor disagree	(3.0)	424	53	90	18	254	143	18	330	94	117	52	60	60	39	38	9	48	159	95
		21%	22% d	25% d	20% d	19% d	24% d	26% d	21% d	21% d	29% defghij	28% dghij	23% ghj	19% h	20% h	19% h	12% h	13% h	21% hj	15% hj
Disagree	(2.0)	222	43	59	9	131	87	19	176	46	89	33	28	33	10	14	2	14	71	29
		11%	18% d	17% d	10% d	10% d	15% d	28% bcde	11% d	10% d	22% cdefghij	17% cdefghij	11% eghj	11% eghj	5% eghj	7% eghj	2% eghj	4% eghj	9% ghj	4% ghj
Strongly disagree	(1.0)	127	15	41	10	69	55	7	96	31	80	9	12	11	3	8	-	4	26	12
		6%	6% ad	12% ad	11% d	5% d	9% d	11% d	6% d	7% d	20% bcdefghij	5% hj	5% hj	4% h	1% h	4% h	- h	1% h	3% h	2% h
Don't know		21	3	3	2	8	7	1	14	7	10	1	1	1	-	1	2	5	2	8
		1%	1% cdei	1% cdei	2% cdei	1% cdei	1% cdei	1% cdei	1% cdei	2% cdei	2% cdei	2% cdei	* cdei	* cdei	* cdei	- cdei	1% cdei	3% cdei	1% i	* i
NET: Agree		1225	123	161	51	880	304	24	961	264	110	95	163	210	140	134	61	312	513	507
		61%	52% f	46% f	57% f	66% abef	51% f	34% f	61% f	60% f	27% f	50% a	62% ab	67% ab	73% abc	69% ab	83% abcdfi	81% abcdef	66% ab	78% abcdfi
NET: Disagree		349	58	100	19	199	142	27	273	77	169	42	41	44	12	21	2	18	97	41
		17%	24% d	28% d	21% d	15% d	24% d	38% acde	17% d	17% d	42% bcdefghij	22% defghij	15% eghj	14% eghj	6% ghj	11% ghj	2% ghj	5% ghj	13% eghj	6% eghj
Base for stats		1998	233	351	88	1334	589	69	1563	435	396	189	264	314	192	194	71	378	770	644
Mean Score		3.58	3.39 bf	3.16 bf	3.44 bf	3.69 abcef	3.33 bf	2.93 bf	3.59 bf	3.53 bf	2.70 a	3.36 a	3.55 ab	3.68 ab	3.88 abcdi	3.79 abc	4.17 abcdef	4.14 abcdef	3.69 ab	4.04 abcdef
Standard Deviation		1.118	1.160	1.176	1.230	1.084	1.172	1.146	1.121	1.108	1.182	1.057	1.013	1.013	.864	1.023	.727	.857	.984	.911
Standard Error		.025	.073	.065	.127	.030	.048	.136	.028	.053	.061	.077	.062	.056	.063	.072	.085	.045	.035	.036
Error variance		*	.01	*	.02	*	*	.02	*	*	*	.01	*	*	*	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.3. I find exercise enjoyable and satisfying: Now could you please tell us how much you agree or disagree with each of the statements today?

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	401	180	78	140	351	21	341	26	364	14	364	12	291	51
		20%	28% bc	15%	18%	25% b	9%	24% b	11%	30% b	4%	28% b	5%	29% b	10%
Agree	(4.0)	824	296	206	317	674	51	650	65	687	40	631	48	455	159
		41%	46% bc	39%	40%	47% b	22%	46% b	28%	56% b	13%	49% b	19%	45% b	32%
Neither agree nor disagree	(3.0)	424	107	145	161	232	47	238	47	105	47	179	52	146	115
		21%	16%	27% ac	20%	16%	20%	17%	20%	9%	15% a	14%	20% a	14%	24% a
Disagree	(2.0)	222	50	56	112	116	58	125	50	53	125	81	72	80	87
		11%	8%	10%	14% a	8%	25% a	9%	21% a	4%	40% a	6%	28% a	8%	18% a
Strongly disagree	(1.0)	127	14	45	65	40	54	55	41	17	86	38	67	33	74
		6%	2%	8% a	8% a	3%	23% a	4%	18% a	1%	27% a	3%	26% a	3%	15% a
Don't know		21	2	4	5	8	3	4	5	4	4	5	5	4	4
		1%	*	1%	1%	1%	1%	*	2% a	*	1% a	*	2% a	*	1% a
NET: Agree		1225	476	284	457	1025	73	991	90	1051	54	995	60	746	210
		61%	73% bc	53%	57%	72% b	31%	70% b	39%	85% b	17%	77% b	23%	74% b	43%
NET: Disagree		349	65	101	176	156	111	180	91	70	211	118	139	113	161
		17%	10%	19% a	22% a	11%	48% a	13%	39% a	6%	67% a	9%	55% a	11% a	33% a
Base for stats		1998	648	529	795	1413	231	1409	229	1226	312	1293	251	1005	487
Mean Score		3.58	3.89 bc	3.41	3.45	3.84 b	2.69	3.78 b	2.93	4.08 b	2.27	3.93 b	2.47	3.89 b	3.05
Standard Deviation		1.118	.971	1.122	1.172	.985	1.299	1.034	1.292	.820	1.128	.963	1.208	1.018	1.239
Standard Error		.025	.038	.050	.041	.026	.086	.028	.084	.023	.064	.027	.076	.032	.057
Error variance		*	*	*	*	*	.01	*	.01	*	*	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.4. It is important to me to exercise regularly: Now could you please tell us how much you agree or disagree with each of the statements today?

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		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	512	261	245	181	171	160	24	59	45	57	41	63	105	69	48
		25%	27%	24%	30% c	26%	21%	25%	22%	23%	27%	24%	28%	33% bcehi	21%	23%
Agree	(4.0)	867	420	442	256	287	325	42	115	92	92	71	80	135	146	94
		43%	43%	43%	42%	43%	43%	44%	44%	47% f	43%	41%	36%	42%	45%	45%
Neither agree nor disagree	(3.0)	414	193	217	104	138	172	21	64	33	32	41	54	51	77	40
		21%	20%	21%	17%	21%	23% a	22%	24% cdg	17%	15%	24% dg	24% dg	16%	24% dg	19%
Disagree	(2.0)	142	61	80	42	39	60	7	18	15	17	10	13	22	22	18
		7%	6%	8%	7%	6%	8%	7%	7%	8%	8%	6%	6%	7%	7%	9%
Strongly disagree	(1.0)	65	35	28	19	20	26	1	3	10	12	8	10	5	10	6
		3%	4%	3%	3%	3%	3%	1%	1%	5% bg	5% bg	5% bg	5% bg	2%	3%	3%
Don't know		18	9	7	7	5	6	2	3	1	2	2	2	4	2	2
		1%	1%	1%	1%	1%	1%	2%	1%	* 1%	1%	1%	1%	1%	1%	1%
NET: Agree		1379	681	687	437	457	485	66	174	137	149	113	143	240	215	142
		68%	70%	67%	72% c	69%	65%	68%	66%	70%	71%	65%	64%	75% befh	66%	68%
NET: Disagree		207	96	108	61	59	86	8	21	26	29	18	24	26	33	23
		10%	10%	11%	10%	9%	12%	8%	8%	13%	14%	10%	11%	8%	10%	11%
Base for stats		2001	970	1012	602	655	743	95	260	196	209	171	220	317	325	206
Mean Score		3.81	3.84	3.79	3.89 c	3.84 c	3.72	3.85	3.80	3.75	3.79	3.75	3.78	3.99 bcdefhi	3.74	3.78
Standard Deviation		1.002	1.009	.989	1.014	.982	1.004	.919	.912	1.060	1.100	1.034	1.072	.951	.972	.992
Standard Error		.022	.033	.031	.038	.038	.040	.087	.057	.071	.078	.072	.082	.053	.055	.070
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.4. It is important to me to exercise regularly: Now could you please tell us how much you agree or disagree with each of the statements today?

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		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291	
Total		2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	512	50	120	150	58	41	93	320	192	417	22	31	22	6	4	85	
		25%	37% cdefh	29% efh	28% efh	23%	20%	20%	29% defh	21%	24%	38% a	29%	30%	38%	33%	32% a	
Agree	(4.0)	867	54	184	238	106	96	189	476	391	744	20	48	29	4	6	107	
		43%	41%	44%	44%	42%	45%	41%	44%	42%	44%	34%	45%	39%	25%	51%	40%	
Neither agree nor disagree	(3.0)	414	17	73	92	62	53	118	181	233	360	10	18	11	3	2	43	
		21%	12%	17%	17%	24% abcg	25% abcg	25% abcg	17% abcg	25% abcg	21%	17%	16%	15%	18%	16%	16%	
Disagree	(2.0)	142	9	31	39	17	12	34	79	63	120	6	7	6	1	-	20	
		7%	6%	8%	7%	7%	6%	7%	7%	7%	7%	10%	7%	8%	7%	-	7%	
Strongly disagree	(1.0)	65	3	9	11	7	10	26	23	42	55	1	3	3	1	-	8	
		3%	2%	2%	2%	3%	5% g	5% bcg	2%	4% bcg	3%	1%	3%	4%	6%	-	3%	
Don't know		18	1	-	6	5	-	6	7	12	11	-	-	3	1	-	4	
		1%	1%	-	1% b	2% beg	-	1% b	1%	1% b	1%	-	-	4% ac	6%	-	1%	
NET: Agree		1379	104	304	388	165	137	281	796	583	1160	43	78	51	10	10	192	
		68%	78% defh	73% defh	72% defh	64%	65%	60%	73% defh	63%	68%	73%	73%	69%	64%	84%	72%	
NET: Disagree		207	12	40	50	24	21	60	103	105	176	6	11	9	2	-	28	
		10%	9%	10%	9%	9%	10%	13%	9%	11%	10%	11%	10%	12%	13%	-	11%	
Base for stats		2001	133	417	530	251	211	459	1080	921	1695	59	107	71	15	12	263	
Mean Score		3.81	4.05 defh	3.90 efh	3.90 efh	3.77	3.70	3.63	3.92 defh	3.68	3.79	3.99	3.89	3.85	3.88	4.17	3.91	
Standard Deviation		1.002	.993	.975	.965	.971	.994	1.059	.973	1.022	.997	1.031	1.006	1.090	1.242	.709	1.033	
Standard Error		.022	.084	.048	.042	.058	.065	.053	.030	.034	.024	.128	.093	.125	.311	.197	.061	
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.10	.04	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.4. It is important to me to exercise regularly: Now could you please tell us how much you agree or disagree with each of the statements today?

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	512	336	69	79	148	22	23	92	374	138	480	27	69	279	130	33	443	74	355
		25%	25%	25%	30%	28%	28%	27%	18%	28%	21%	28%	13%	20%	25%	28%	38%	26%	27%	26%	
										ce			b			a	abce	a			
Agree		(4.0)	867	576	126	114	239	30	30	208	599	268	790	55	141	488	211	27	726	128	582
		43%	42%	46%	43%	45%	39%	34%	41%	44%	40%	45%	26%	42%	44%	45%	30%	43%	46%	43%	
										b			b		d	d	d	d			
Neither agree nor disagree		(3.0)	414	296	51	43	94	15	20	123	255	159	329	67	84	234	82	14	330	46	270
		21%	22%	19%	16%	18%	19%	23%	24%	19%	24%	19%	32%	25%	21%	17%	16%	20%	17%	20%	
				cd					d		d		a	ce							
Disagree		(2.0)	142	96	20	18	37	6	10	47	78	64	96	33	29	69	35	9	113	19	91
		7%	7%	7%	7%	7%	8%	12%	9%	6%	10%	6%	16%	9%	6%	7%	10%	7%	7%	7%	
								d		d		d	a								
Strongly disagree		(1.0)	65	45	7	6	13	5	2	27	31	34	37	24	14	43	6	2	51	8	42
		3%	3%	2%	2%	2%	6%	3%	5%	2%	5%	2%	11%	4%	4%	1%	3%	3%	3%	3%	
							d		d		d		a	c	c		c				
Don't know			18	9	1	3	4	1	1	5	11	7	9	3	3	6	6	4	15	1	10
		1%	1%	*	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	4%	1%	*	1%
																	abe				
NET: Agree			1379	912	195	192	388	52	53	300	974	406	1270	81	210	767	342	60	1169	202	937
		68%	67%	71%	74%	72%	66%	61%	60%	72%	61%	73%	39%	62%	69%	73%	68%	70%	73%	69%	
					a	a				bce		b			a	a	a	a			
NET: Disagree			207	141	26	24	50	11	13	74	109	98	133	57	43	112	41	11	164	28	134
		10%	10%	10%	9%	9%	14%	15%	15%	8%	15%	8%	27%	13%	10%	9%	12%	10%	10%	10%	
								d		d		d	a								
Base for stats		2001	1349	273	259	532	78	86	498	1338	662	1732	205	337	1113	465	85	1663	276	1340	
Mean Score		3.81	3.79	3.85	3.93	3.89	3.75	3.71	3.58	3.90	3.62	3.91	3.13	3.66	3.80	3.91	3.94	3.84	3.87	3.83	
					a	a				ce		b			a	ab	a	a			
Standard Deviation		1.002	1.004	.966	.974	.970	1.129	1.082	1.065	.950	1.075	.935	1.183	1.028	1.008	.934	1.107	.994	.985	.998	
Standard Error		.022	.028	.057	.059	.041	.125	.112	.050	.026	.043	.022	.084	.058	.031	.041	.113	.024	.059	.027	
Error variance		*	*	*	*	*	.02	.01	*	*	*	*	.01	*	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.4. It is important to me to exercise regularly: Now could you please tell us how much you agree or disagree with each of the statements today?

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
		Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	512	45	61	17	382	114	7	409	103	34	26	46	74	60	75	35	163	179	273
		25%	19%	17%	19%	28% abef	19%	11%	26%	23%	8%	13%	17% a	23% ab	31% abci	38% abcdi	48% abcdei	43% abcdei	23% abc	42% abcdei
Agree	(4.0)	867	97	154	37	585	253	30	675	193	102	89	139	161	102	83	29	162	401	275
		43%	41%	43%	41%	44%	42%	43%	43%	44%	25%	47% a	52% afhj	51% ahj	53% afghj	43% a	40% a	42% a	52% afghj	42% a
Neither agree nor disagree	(3.0)	414	48	84	25	252	138	15	312	102	144	49	58	62	24	27	6	45	144	78
		21%	20%	24% d	28% d	19%	23% d	21%	20%	23%	35% bcdefghij	26% efghij	22% efghj	20% eghj	13%	14%	7%	12%	19% eghj	12%
Disagree	(2.0)	142	35	38	6	75	62	14	111	31	75	20	14	13	6	7	2	4	33	13
		7%	15% cd	11% d	7%	6%	10% d	19% bcde	7%	7%	19% bcdefghij	11% cdefghij	5% hj	4% hj	3%	3% h	2%	1%	4% hj	2%
Strongly disagree	(1.0)	65	7	16	4	39	24	3	54	11	45	3	6	5	1	2	2	2	12	5
		3%	3%	4%	5%	3%	4%	5%	3%	2%	11% bcdefghij	1% 1%	2% h	2%	*	1%	3%	*	2%	1%
Don't know		18	4	2	-	9	5	1	16	3	5	3	1	1	-	1	-	7	2	8
		1%	2%	*	-	1%	1%	1%	1%	1%	1% i	2% i	*	*	-	1% i	-	2% i	*	1% i
NET: Agree		1379	142	215	54	967	367	37	1084	295	136	115	184	234	161	158	64	325	580	548
		68%	60%	61%	61%	72% abcef	62%	53%	69%	67%	34%	61% a	70% ab	74% ab	84% abcdi	81% abc	87% abcdi	85% abcdi	75% ab	84% abcdi
NET: Disagree		207	42	54	10	114	86	17	165	42	120	23	21	18	7	8	4	6	46	18
		10%	18% d	15% d	11%	8%	14% d	24% cde	10%	10%	30% bcdefghij	12% defhij	8% hj	6% hj	3%	4% h	5%	2%	6% hj	3%
Base for stats		2001	233	352	90	1333	592	69	1561	439	400	187	263	314	192	194	74	376	769	644
Mean Score		3.81	3.59	3.59	3.64	3.90	3.63	3.35	3.82	3.78	3.01	3.62	3.77	3.91	4.11	4.15	4.28	4.28	3.91	4.24
						abcef	f					a	a	ab	abcdi	abcdi	abcdi	abcdei	abc	abcdi
Standard Deviation		1.002	1.060	1.038	1.023	.976	1.037	1.068	1.012	.965	1.113	.902	.884	.859	.765	.852	.907	.751	.854	.802
Standard Error		.022	.067	.057	.105	.027	.043	.127	.026	.046	.057	.066	.054	.047	.055	.060	.105	.039	.030	.032
Error variance		*	*	*	.01	*	*	.02	*	*	*	*	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.4. It is important to me to exercise regularly: Now could you please tell us how much you agree or disagree with each of the statements today?

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	512	211	106	187	453	25	447	21	441	27	469	13	389	54
		25%	33%	20%	23%	32%	11%	32%	9%	36%	8%	36%	5%	39%	11%
			bc			b		b		b		b		b	
Agree	(4.0)	867	306	192	362	671	67	665	87	610	85	673	48	455	185
		43%	47%	36%	45%	47%	29%	47%	37%	50%	27%	52%	19%	45%	38%
			b		b	b		b		b		b		b	
Neither agree nor disagree	(3.0)	414	94	159	155	208	67	209	57	137	84	120	57	120	121
		21%	14%	30%	19%	15%	29%	15%	25%	11%	26%	9%	22%	12%	25%
				ac	a		a		a		a		a		a
Disagree	(2.0)	142	28	44	66	63	43	68	42	28	72	23	83	31	79
		7%	4%	8%	8%	4%	18%	5%	18%	2%	23%	2%	33%	3%	16%
				a	a		a		a		a		a		a
Strongly disagree	(1.0)	65	6	28	28	22	27	21	24	10	45	8	51	9	50
		3%	1%	5%	3%	2%	11%	1%	10%	1%	14%	1%	20%	1%	10%
				a	a		a		a		a		a		a
Don't know		18	4	4	4	3	5	3	3	4	3	4	3	6	1
		1%	1%	1%	*	*	2%	*	1%	*	1%	*	1%	1%	*
							a		a				a		
NET: Agree		1379	518	298	548	1125	92	1112	108	1051	112	1143	61	844	240
		68%	80%	56%	69%	79%	39%	79%	46%	85%	35%	88%	24%	84%	49%
			bc		b	b		b		b		b		b	
NET: Disagree		207	35	73	93	84	70	89	66	38	118	31	135	40	129
		10%	5%	14%	12%	6%	30%	6%	28%	3%	37%	2%	53%	4%	26%
				a	a		a		a		a		a		a
Base for stats		2001	646	529	797	1418	229	1409	231	1226	313	1294	252	1004	489
Mean Score		3.81	4.07	3.57	3.77	4.04	3.09	4.03	3.17	4.18	2.92	4.22	2.55	4.18	3.24
			bc		b	b		b		b		b		b	
Standard Deviation		1.002	.856	1.066	1.010	.884	1.178	.890	1.146	.779	1.191	.733	1.159	.825	1.157
Standard Error		.022	.033	.047	.036	.023	.078	.024	.074	.022	.068	.020	.072	.026	.053
Error variance		*	*	*	*	*	.01	*	.01	*	*	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.5. I feel guilty when I don't exercise: Now could you please tell us how much you agree or disagree with each of the statements today?

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		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	345	163	178	150	117	79	18	41	31	39	26	33	80	50	28
		17%	17%	17%	25% bc	18% c	10%	19%	16%	16%	18%	15%	15%	25% bcefh	15%	13%
Agree	(4.0)	680	301	375	203	227	250	32	85	74	67	57	61	113	125	66
		34%	31%	37% a	33%	34%	33%	33%	32%	38% f	32%	33%	28%	35%	38% f	32%
Neither agree nor disagree	(3.0)	469	250	213	124	146	199	23	83	37	46	43	59	60	68	51
		23%	25% b	21%	20%	22%	27% a	23%	32% cdgh	19%	22%	25%	27% g	19%	21%	24%
Disagree	(2.0)	365	189	175	93	127	146	20	33	38	40	32	49	47	58	48
		18%	19%	17%	15%	19%	19% a	20%	13%	19% b	19%	19%	22% bg	15%	18%	23% bg
Strongly disagree	(1.0)	137	68	68	31	37	70	4	17	16	16	13	20	16	23	12
		7%	7%	7%	5%	6%	9% ab	4%	7%	8%	8%	8%	9%	5%	7%	6%
Don't know		22	8	11	9	6	7	1	3	1	3	2	-	4	3	4
		1%	1%	1%	1%	1%	1%	1%	1%	*	2%	1%	-	1%	1%	2%
NET: Agree		1025	464	552	352	344	329	49	126	105	106	83	95	193	175	94
		51%	47%	54% a	58% bc	52% c	44%	51%	48%	53% f	50%	48%	42%	60% bdefi	53% f	45%
NET: Disagree		503	257	243	124	163	215	23	50	55	56	45	69	63	81	60
		25%	26%	24%	20%	25%	29% a	24%	19%	28% bg	27%	26%	31% bg	20%	25%	29% bg
Base for stats		1997	971	1008	601	653	743	96	260	196	208	171	223	317	324	204
Mean Score		3.37	3.31	3.42 a	3.58 bc	3.40 c	3.16	3.42	3.38	3.33	3.35	3.29	3.18	3.61 bcdefhi	3.37	3.24
Standard Deviation		1.165	1.166	1.160	1.169	1.150	1.143	1.128	1.101	1.196	1.210	1.167	1.191	1.161	1.154	1.131
Standard Error		.026	.038	.036	.044	.045	.046	.107	.069	.081	.086	.081	.091	.065	.066	.080
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.5. I feel guilty when I don't exercise: Now could you please tell us how much you agree or disagree with each of the statements today?

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		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291	
Total		2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	345	38	89	115	36	26	42	241	104	268	18	28	16	4	4	69	
		17%	29% defh	21% defh	21% defh	14% f	12%	9%	22% defh	11%	16%	31% a	26% a	21%	26%	34%	26% a	
Agree	(4.0)	680	47	151	192	83	66	142	389	291	587	16	34	23	5	4	81	
		34%	35%	36%	36%	32%	31%	31%	36% h	31%	34%	27%	32%	31%	31%	32%	30%	
Neither agree nor disagree	(3.0)	469	24	84	107	62	60	132	214	255	400	11	22	16	4	1	54	
		23%	18%	20%	20%	24%	29% abcg	28% abcg	20%	27% abcg	23%	19%	21%	22%	25%	6%	20%	
Disagree	(2.0)	365	19	75	90	55	42	84	184	182	313	12	20	11	-	3	46	
		18%	14%	18%	17%	22%	20%	18%	17%	19%	18%	20%	19%	15%	-	29%	17%	
Strongly disagree	(1.0)	137	5	18	27	19	16	52	50	87	124	2	3	7	2	-	13	
		7%	4%	4%	5%	7%	8%	11% abcg	5%	9% abcg	7%	3%	3%	9% c	11%	-	5%	
Don't know		22	2	1	5	1	1	13	7	15	14	-	-	2	1	-	3	
		1%	1%	*	1%	*	*	3% bcdeg	1%	2% bg	1%	-	-	2%	6%	-	1%	
NET: Agree		1025	85	239	307	119	91	184	631	394	855	34	61	38	9	8	150	
		51%	63% defh	57% defh	57% defh	46%	43%	40%	58% defh	42%	50%	58%	57%	52%	57%	65%	56%	
NET: Disagree		503	24	94	117	74	58	136	234	269	437	14	23	18	2	3	60	
		25%	18%	22%	22%	29% abcg	28% ag	29% abcg	22% abcg	29% abcg	26%	23%	22%	24%	11%	29%	22%	
Base for stats		1997	132	416	531	255	210	453	1079	918	1692	59	107	72	15	12	264	
Mean Score		3.37	3.71 defh	3.52 defh	3.52 defh	3.24	3.20	3.08	3.54 defh	3.15	3.33	3.62	3.59 a	3.40	3.65	3.71	3.55 a	
Standard Deviation		1.165	1.141	1.142	1.152	1.163	1.128	1.151	1.148	1.150	1.161	1.209	1.143	1.253	1.270	1.261	1.195	
Standard Error		.026	.097	.057	.050	.069	.073	.058	.035	.038	.028	.150	.106	.143	.318	.350	.070	
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.02	.10	.12	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.5. I feel guilty when I don't exercise: Now could you please tell us how much you agree or disagree with each of the statements today?

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	345	219	54	56	109	14	20	64	247	98	313	26	42	197	85	22	303	56	236	
		17%	16%	20%	21%	20%	18%	23%	13%	18%	15%	18%	12%	12%	18%	18%	25%	18%	20%	17%	
					a	a		ce		ce		b		a	a	a	a				
Agree	(4.0)	680	451	100	97	198	28	22	144	486	194	613	48	119	365	173	24	561	95	456	
		34%	33%	37%	37%	37%	35%	25%	29%	36%	29%	35%	23%	35%	33%	37%	27%	33%	34%	34%	
									bce		b										
Neither agree nor disagree	(3.0)	469	324	59	46	105	15	27	137	289	180	392	55	89	256	104	20	380	65	299	
		23%	24%	22%	17%	20%	19%	31%	27%	21%	27%	23%	27%	26%	23%	22%	23%	23%	23%	22%	
					cd			d	d		d										
Disagree	(2.0)	365	256	43	45	88	12	14	92	246	119	308	45	57	218	79	12	308	45	257	
		18%	19%	16%	17%	16%	16%	17%	18%	18%	18%	18%	22%	17%	19%	17%	13%	18%	16%	19%	
Strongly disagree	(1.0)	137	97	17	16	33	8	4	54	72	65	103	30	30	76	23	9	107	12	93	
		7%	7%	6%	6%	6%	10%	4%	11%	5%	10%	6%	14%	9%	7%	5%	10%	6%	4%	7%	
									d		d		a	c							
Don't know		22	12	1	3	4	2	-	11	8	14	10	4	4	8	8	3	18	3	10	
		1%	1%	*	1%	1%	3%	-	2%	1%	2%	1%	2%	1%	1%	2%	3%	1%	1%	1%	
							d		d		d					b					
NET: Agree		1025	670	154	153	307	41	42	208	733	292	927	74	160	561	258	46	865	151	691	
		51%	49%	56%	58%	57%	52%	48%	41%	54%	44%	53%	35%	47%	50%	55%	52%	52%	55%	51%	
				a	a	a				ce		b				a					
NET: Disagree		503	353	60	61	121	20	18	146	319	184	411	75	87	294	102	20	416	57	350	
		25%	26%	22%	23%	23%	25%	21%	29%	24%	28%	24%	36%	26%	26%	22%	23%	25%	21%	26%	
									d			a			c						
Base for stats		1997	1347	273	259	532	77	87	492	1341	656	1730	204	337	1111	463	86	1660	274	1340	
Mean Score		3.37	3.33	3.48	3.51	3.49	3.36	3.45	3.15	3.44	3.21	3.42	2.97	3.25	3.35	3.47	3.45	3.39	3.50	3.36	
				a	a	a		c		ce		b				a					
Standard Deviation		1.165	1.165	1.153	1.182	1.166	1.241	1.142	1.192	1.143	1.195	1.149	1.244	1.147	1.176	1.120	1.284	1.167	1.122	1.176	
Standard Error		.026	.032	.068	.071	.049	.138	.117	.056	.031	.048	.028	.088	.065	.036	.050	.130	.028	.067	.032	
Error variance		*	*	*	.01	*	.02	.01	*	*	*	*	.01	*	*	*	.02	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.5. I feel guilty when I don't exercise: Now could you please tell us how much you agree or disagree with each of the statements today?

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
		Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	345	40	37	16	245	85	6	277	67	25	27	43	52	29	48	22	98	124	168
		17%	17% b	10%	18%	18% bef	14%	9%	18%	15%	6%	14% a	16% a	17% a	15% a	25% abcdei	30% abcdei	25% abcdei	16% a	26% abcdei
Agree	(4.0)	680	77	108	29	477	188	22	532	148	90	59	95	113	78	78	30	136	286	245
		34%	33%	31%	33%	36%	32%	31%	34%	33%	22%	31% a	36% a	36% a	41% a	40% a	41% a	35% a	37% a	38% a
Neither agree nor disagree	(3.0)	469	61	95	24	282	158	19	357	112	95	58	60	85	45	38	11	78	190	126
		23%	26%	27% d	26%	21%	27% d	27%	23%	25%	23%	30% fghj	23% fghj	27% fghj	23%	19%	15%	20%	25% j	19%
Disagree	(2.0)	365	38	71	13	245	106	13	290	76	101	37	56	47	32	29	8	56	135	93
		18%	16%	20%	14%	18%	18%	19%	18%	17%	25% defghij	19%	21% dghj	15%	16%	15%	11%	15%	17%	14%
Strongly disagree	(1.0)	137	18	41	5	84	51	9	105	32	85	6	10	15	8	2	1	10	33	14
		7%	7%	12% d	5%	6%	9%	13% d	7%	7%	21% bcddefghij	3%	4% fj	5% fj	4%	1%	2%	3%	4% fj	2%
Don't know		22	2	2	4	8	7	1	16	6	10	2	1	3	-	-	1	6	4	6
		1%	1%	1%	4% bd	1%	1%	1%	1%	1%	2% cefi	1%	*	1%	-	-	1%	1%	*	1%
NET: Agree		1025	117	145	45	723	273	28	810	215	115	87	138	166	107	127	53	233	411	413
		51%	49% b	41%	50%	54% bef	46%	40%	51%	49%	28%	46% a	52% a	53% a	56% ab	65% abcdi	71% abcdei	61% abcdi	53% a	63% abcdi
NET: Disagree		503	56	112	17	329	158	22	395	108	186	43	66	62	40	31	9	66	167	106
		25%	24% acd	31%	19%	25%	26%	32%	25%	24%	46% bcddefghij	23% j	25% fghj	20%	21%	16%	12%	17%	22% j	16%
Base for stats		1997	234	352	86	1334	589	69	1562	435	396	187	264	312	192	195	73	378	768	645
Mean Score		3.37	3.36	3.09	3.46	3.42	3.25	3.04	3.38	3.33	2.67	3.35	3.40	3.45	3.46	3.73	3.88	3.67	3.44	3.71
Standard Deviation			bf		bf	bef	b					a	a	a	a	abcdei	abcdei	abcdei	a	abcdei
Standard Error		1.165	1.162	1.179	1.117	1.165	1.167	1.192	1.169	1.151	1.220	1.055	1.103	1.082	1.068	1.029	1.027	1.095	1.085	1.068
Error variance		.026	.073	.065	.117	.032	.048	.141	.030	.056	.063	.077	.067	.060	.077	.072	.119	.057	.039	.042
		*	.01	*	.01	*	*	.02	*	*	*	.01	*	*	.01	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q8.5. I feel guilty when I don't exercise: Now could you please tell us how much you agree or disagree with each of the statements today?

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
Total		NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%														
Unweighted Total		2019	662	514	803		1420	231		1410	240		1232	312
Total		2019	650	533	800		1421	234		1413	234		1230	316
		100%	100%	100%	100%		100%	100%		100%	100%		100%	100%
Strongly agree	(5.0)	345	143	58	140		284	28		281	31		286	30
		17%	22%	11%	17%		20%	12%		20%	13%		23%	9%
			bc		b		b			b			b	
Agree	(4.0)	680	238	154	283		543	54		533	67		473	82
		34%	37%	29%	35%		38%	23%		38%	29%		38%	26%
			b		b		b			b			b	
Neither agree nor disagree	(3.0)	469	119	160	180		282	41		276	39		237	47
		23%	18%	30%	23%		20%	17%		20%	17%		19%	15%
				ac									b	
Disagree	(2.0)	365	113	109	136		243	60		247	57		188	83
		18%	17%	20%	17%		17%	26%		15%	24%		15%	26%
								a			a			a
Strongly disagree	(1.0)	137	29	50	57		60	47		68	36		39	70
		7%	5%	9%	7%		4%	20%		5%	15%		3%	22%
				a	a			a			a			a
Don't know		22	7	2	5		9	4		9	3		7	4
		1%	1%	*	1%		1%	2%		1%	1%		1%	1%
NET: Agree		1025	381	212	423		827	82		814	99		759	112
		51%	59%	40%	53%		58%	35%		58%	42%		62%	35%
			bc		b		b			b			b	
NET: Disagree		503	143	158	192		303	107		314	93		227	153
		25%	22%	30%	24%		21%	46%		22%	40%		18%	48%
				ac				a			a			a
Base for stats		1997	643	531	795		1412	230		1404	231		1223	312
Mean Score		3.37	3.55	3.12	3.39		3.53	2.81		3.51	3.01		3.64	2.74
			bc		b		b			b			b	
Standard Deviation		1.165	1.149	1.137	1.166		1.119	1.331		1.136	1.309		1.095	1.321
Standard Error		.026	.045	.050	.041		.030	.088		.030	.085		.031	.075
Error variance		*	*	*	*		*	.01		*	.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	2019	468	932	340	164	115	1400	504	
	100%	23%	46%	17%	8%	6%	69%	25%	
I have more time now to be physically active	2019	501	797	430	196	95	1297	627	
	100%	25%	39%	21%	10%	5%	64%	31%	
I exercise to help manage my mental health during the outbreak	2019	425	867	417	198	112	1292	615	
	100%	21%	43%	21%	10%	6%	64%	30%	
I miss the types of physical activity I was able to do before the outbreak	2019	569	675	442	222	111	1244	664	
	100%	28%	33%	22%	11%	5%	62%	33%	
I worry about leaving my home to exercise or be active	2019	466	744	457	276	76	1210	733	
	100%	23%	37%	23%	14%	4%	60%	36%	
Since the outbreak I have found new ways to be active	2019	311	714	618	270	107	1025	887	
	100%	15%	35%	31%	13%	5%	51%	44%	
I have been encouraged to exercise by the Government's guidance	2019	266	703	604	289	156	970	894	
	100%	13%	35%	30%	14%	8%	48%	44%	
I feel guilty about not exercising more during the outbreak	2019	320	644	640	304	111	964	944	
	100%	16%	32%	32%	15%	5%	48%	47%	
I do not find exercising on my own enjoyable	2019	285	591	601	437	104	876	1039	
	100%	14%	29%	30%	22%	5%	43%	51%	
The current situation has not impacted my current exercise regime	2019	261	600	612	447	99	861	1059	
	100%	13%	30%	30%	22%	5%	43%	52%	
I feel guilty about wanting to exercise during the outbreak	2019	172	452	690	590	115	624	1280	
	100%	9%	22%	34%	29%	6%	31%	63%	

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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

		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		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	311 15%	147 15%	158 15%	149 24% bc	112 17% c	50 7%	14 14%	32 12%	26 13%	42 20% bhi	24 14%	29 13%	79 25% abcefhi	44 13%	21 10%
Tend to agree	(3.0)	714 35%	349 36%	363 36%	236 39% c	228 35%	249 33%	32 33%	99 38% c	57 29%	76 36%	57 33%	65 29%	124 39% cf	120 37%	83 40% cf
Tend to disagree	(2.0)	618 31%	318 32%	295 29%	130 21%	186 28% a	302 40% ab	33 34% g	80 31% g	63 32% g	57 27%	63 37% dgh	90 40% bdgh	74 23%	92 28%	65 31% g
Strongly disagree	(1.0)	270 13%	121 12%	146 14%	55 9%	99 15% a	116 15% a	14 14%	33 13%	40 20% begi	29 14%	21 12%	29 13%	28 9%	50 15% g	25 12%
Don't know		107 5%	44 5%	59 6%	39 6%	35 5%	33 4%	4 4%	18 7%	11 6%	6 3%	8 4%	10 4%	16 5%	21 7%	14 7%
NET: Agree		1025 51%	496 51%	521 51%	386 63% bc	340 52% c	299 40%	46 47%	131 50%	83 42%	119 56% cf	82 47%	95 43%	202 63% abcefhi	163 50%	104 50%
NET: Disagree		887 44%	439 45%	440 43%	185 30%	285 43% a	418 56% ab	47 49% g	114 43% g	103 52% bdgh	86 41% g	84 48% g	119 53% bdgh	102 32%	142 43% g	90 43% g
Base for stats		1912	935	961	570	625	717	93	245	186	205	165	213	305	305	194
Mean Score		2.56	2.56	2.55	2.84 bc	2.56 c	2.32	2.49	2.53	2.37	2.64 cf	2.52	2.45	2.83 abcdefhi	2.51	2.51
Standard Deviation		.924	.906	.938	.923	.960	.826	.924	.887	.974	.964	.893	.893	.920	.931	.852
Standard Error		.021	.030	.030	.036	.038	.034	.088	.057	.067	.069	.063	.070	.052	.055	.062
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	311	40	73	94	43	28	32	207	104	231	20	24	22	2	4	71
		15%	30%	18%	17%	17%	13%	7%	19%	11%	14%	33%	23%	29%	10%	35%	27%
			bcdefgh	fh	fh	fh	f		efh	f		a	a	a			a
Tend to agree	(3.0)	714	52	164	193	101	67	137	409	305	598	20	46	28	8	4	107
		35%	39%	39%	36%	39%	32%	29%	38%	33%	35%	34%	43%	38%	53%	34%	40%
			f	fh	f	fh			fh								
Tend to disagree	(2.0)	618	25	117	155	73	69	177	298	320	555	11	20	13	2	3	48
		31%	19%	28%	29%	29%	33%	38%	27%	34%	33%	18%	19%	17%	15%	23%	18%
				a	a	a	a	abcdg	a	abcg	bcdg						
Strongly disagree	(1.0)	270	11	47	67	27	31	86	125	145	240	5	7	9	1	1	23
		13%	8%	11%	13%	11%	15%	19%	11%	16%	14%	8%	7%	12%	6%	9%	9%
							abcdg		abdg	cg							
Don't know		107	5	15	27	12	15	33	48	59	83	4	9	2	3	-	18
		5%	4%	4%	5%	4%	7%	7%	4%	6%	5%	6%	9%	3%	16%	-	7%
							bg			b							
NET: Agree		1025	92	238	286	144	96	169	616	409	828	40	70	50	10	8	178
		51%	69%	57%	53%	56%	45%	36%	57%	44%	49%	68%	66%	67%	63%	69%	67%
			bcdefgh	efh	efh	efh	f		efh	f		a	a	a			a
NET: Disagree		887	37	164	222	100	101	264	423	465	795	15	27	22	3	4	71
		44%	27%	39%	41%	39%	48%	57%	39%	50%	47%	26%	26%	29%	20%	31%	27%
				a	a	a	abg	abcdegh	a	abcdg	bcdg						
Base for stats		1912	129	402	508	244	196	433	1039	873	1624	55	97	71	13	12	249
Mean Score		2.56	2.94	2.66	2.62	2.65	2.47	2.27	2.67	2.42	2.50	2.99	2.89	2.88	2.80	2.95	2.91
			bcdefgh	efh	fh	efh	f		efh	f		a	a	a			a
Standard Deviation		.924	.926	.908	.933	.898	.928	.863	.927	.902	.911	.951	.869	.986	.761	1.005	.918
Standard Error		.021	.079	.046	.041	.054	.063	.044	.029	.031	.023	.122	.084	.113	.203	.279	.056
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.04	.08	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+		Yes	No
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total		2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	311	176	54	62	116	19	22	63	206	104	286	23	27	165	96	23	284	66	208
		15%	13%	20%	24%	22%	24%	25%	13%	15%	16%	16%	11%	8%	15%	20%	26%	17%	24%	15%
			a	a	a	a	cde	cde				b			a	ab	abe	a	b	
Tend to agree	(3.0)	714	464	99	105	204	22	37	173	483	231	644	54	98	381	203	33	616	97	500
		35%	34%	36%	40%	38%	28%	42%	34%	36%	35%	37%	26%	29%	34%	43%	37%	37%	35%	37%
												b			abe		a			
Tend to disagree	(2.0)	618	448	80	56	135	17	15	155	430	187	538	59	126	367	110	14	491	78	408
		31%	33%	29%	21%	25%	22%	17%	31%	32%	28%	31%	28%	37%	33%	23%	16%	29%	28%	30%
			cd	c					b	ab	b			cde	cde		cd			
Strongly disagree	(1.0)	270	196	28	33	61	11	11	84	163	106	195	60	66	150	41	12	203	24	173
		13%	14%	10%	13%	11%	14%	13%	17%	12%	16%	11%	29%	20%	13%	9%	13%	12%	9%	13%
								d	d		d	a		bce	c		c	a		
Don't know		107	74	14	6	19	9	3	28	67	40	78	13	23	57	20	7	84	12	61
		5%	5%	5%	2%	4%	12%	3%	6%	5%	6%	4%	6%	7%	5%	4%	8%	5%	4%	5%
			c				bcde													
NET: Agree		1025	640	153	167	321	41	58	236	689	336	930	77	124	545	299	56	900	163	708
		51%	47%	56%	64%	60%	52%	67%	47%	51%	50%	53%	37%	36%	49%	64%	63%	54%	59%	52%
			a	a	a	a		cde				b			a	abe	ab	ab		
NET: Disagree		887	644	107	89	196	28	26	239	593	294	733	118	193	517	151	26	694	102	581
		44%	47%	39%	34%	37%	36%	30%	48%	44%	44%	42%	57%	57%	46%	32%	29%	41%	37%	43%
			bcd						ab	b	b	a		bcde	cde		cd			
Base for stats		1912	1284	261	256	517	70	85	475	1282	629	1663	195	317	1062	451	82	1595	265	1289
Mean Score		2.56	2.48	2.69	2.77	2.73	2.71	2.81	2.45	2.57	2.53	2.61	2.20	2.27	2.53	2.79	2.82	2.62	2.77	2.58
				a	a	a	c	cde		c		b			a	abe	abe	ab	b	
Standard Deviation		.924	.910	.919	.961	.940	1.048	.969	.932	.907	.959	.903	1.007	.886	.918	.884	1.002	.921	.926	.915
Standard Error		.021	.026	.056	.058	.040	.122	.101	.045	.025	.039	.022	.073	.052	.029	.040	.104	.023	.056	.025
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		Longstanding condition or illness						Area		Number of days active										
							NET: Longstanding physical and mental condition or illness													
		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									NET 2-4 days	NET 5 + days	
Total		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j	
Significance Level: 95%																				
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	311	40	42	18	206	90	6	255	55	15	19	35	46	36	52	24	85	117	161
		15%	17%	12%	20%	15%	15%	9%	16%	13%	4%	10%	13%	15%	19%	27%	32%	22%	15%	25%
					b							a	a	a	ab	abcdi	abcdei	abcdi	a	abcdi
Tend to agree	(3.0)	714	72	94	34	509	178	17	553	161	66	60	108	143	88	76	27	147	339	250
		35%	30%	26%	38%	38%	30%	24%	35%	36%	16%	31%	41%	45%	46%	39%	37%	38%	44%	38%
					b	abef						a	ab	abj	ab	a	a	a	abj	a
Tend to disagree	(2.0)	618	71	128	20	404	192	24	478	140	154	77	90	84	45	49	16	102	218	168
		31%	30%	36%	22%	30%	32%	34%	30%	32%	38%	41%	34%	27%	23%	25%	22%	27%	28%	26%
					cd						defghij	defghij	efghj							
Strongly disagree	(1.0)	270	41	77	10	158	108	18	208	61	131	26	26	25	16	10	4	30	68	44
		13%	17%	22%	11%	12%	18%	26%	13%	14%	32%	14%	10%	8%	8%	5%	5%	8%	9%	7%
			d	cd			d	cd			bcdefghij	dfhij								
Don't know		107	12	14	7	65	29	5	83	24	40	8	5	18	7	7	3	19	30	29
		5%	5%	4%	8%	5%	5%	7%	5%	5%	10%	4%	2%	6%	4%	4%	4%	5%	4%	4%
											bcdefhij			c						
NET: Agree		1025	112	135	52	715	268	23	808	216	80	78	143	189	124	128	51	232	456	411
		51%	47%	38%	58%	53%	45%	33%	51%	49%	20%	41%	54%	60%	64%	66%	69%	60%	59%	63%
			bf		bef	bef	b					a	ab	ab	abc	abc	abc	ab	ab	abc
NET: Disagree		887	112	205	30	562	300	42	686	201	285	104	116	109	61	59	20	133	286	212
		44%	47%	58%	34%	42%	50%	60%	43%	46%	70%	55%	44%	35%	32%	30%	27%	35%	37%	33%
			c	acde			cd	cd			bcdefghij	cdefghij	defghij							
Base for stats		1912	224	340	83	1277	568	65	1494	418	366	182	259	297	185	188	71	364	742	623
Mean Score		2.56	2.49	2.29	2.73	2.60	2.44	2.18	2.57	2.50	1.90	2.39	2.59	2.71	2.77	2.91	2.99	2.79	2.68	2.85
			bf		bef	bef	bf					a	ab	ab	abc	abcdi	abcdi	abc	ab	abcdi
Standard Deviation		.924	.988	.953	.945	.901	.972	.954	.931	.900	.831	.857	.849	.829	.860	.865	.894	.897	.846	.889
Standard Error		.021	.064	.053	.101	.025	.041	.117	.024	.044	.044	.064	.052	.047	.063	.062	.106	.048	.031	.036
Error variance		*	*	*	.01	*	*	.01	*	*	*	*	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%			a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	311	174	42	88	251	22	259	24	246	29	254	23	219	48
		15%	27% bc	8%	11%	18% b	9%	18% b	10%	20% b	9%	20% b	9%	22% b	10%
Tend to agree	(3.0)	714	302	152	255	553	50	533	65	485	78	501	59	374	151
		35%	46% bc	29%	32%	39% b	21%	38% b	28%	39% b	25%	39% b	23%	37% b	31%
Tend to disagree	(2.0)	618	115	212	285	415	87	409	80	343	110	365	93	273	167
		31%	18% a	40% a	36% a	29% a	37% a	29% a	34% a	28% a	35% a	28% a	36% a	27% a	34% a
Strongly disagree	(1.0)	270	35	86	143	155	61	165	55	121	87	140	70	111	101
		13%	5% a	16% a	18% a	11% a	26% a	12% a	24% a	10% a	28% a	11% a	27% a	11% a	21% a
Don't know		107	24	41	28	46	13	47	9	36	12	39	11	32	23
		5%	4% ac	8% ac	4% ac	3% ac	6% ac	3% ac	4% ac	3% ac	4% ac	3% ac	4% ac	3% ac	5% ac
NET: Agree		1025	475	194	343	804	72	792	90	731	107	755	82	594	199
		51%	73% bc	36% b	43% b	57% b	31% b	56% b	38% b	59% b	34% b	58% b	32% b	59% b	41% b
NET: Disagree		887	151	297	429	570	148	573	135	464	197	505	163	384	268
		44%	23% a	56% a	54% a	40% a	64% a	41% a	58% a	38% a	62% a	39% a	64% a	38% a	55% a
Base for stats		1912	626	492	772	1375	220	1366	225	1195	304	1259	245	977	467
Mean Score		2.56	2.98 bc	2.31	2.37	2.66 b	2.15	2.65 b	2.26	2.72 b	2.16	2.69 b	2.14	2.72 b	2.31
Standard Deviation		.924	.830	.857	.913	.905	.942	.921	.952	.904	.952	.916	.939	.938	.925
Standard Error		.021	.033	.039	.033	.024	.064	.025	.063	.026	.055	.026	.059	.030	.043
Error variance		*	*	*	*	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		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		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	501	231	264	208	166	126	17	57	46	57	42	57	104	72	49
		25%	24%	26%	34% bc	25% c	17%	17%	22%	24%	27%	24%	26%	32% abcehi	22%	24%
Tend to agree	(3.0)	797	403	387	225	249	322	41	111	81	89	62	77	115	137	85
		39%	41%	38%	37%	38%	43% a	42%	42%	41%	42%	36%	35%	36%	42%	41%
Tend to disagree	(2.0)	430	206	223	103	142	186	29	55	34	47	39	51	60	66	49
		21%	21%	22%	17%	22% a	25% a	30% cgh	21%	17%	22%	23%	23%	19%	20%	24%
Strongly disagree	(1.0)	196	102	90	42	71	83	9	26	27	8	21	31	27	32	15
		10%	10%	9%	7%	11% a	11% a	9% d	10% d	14% dgi	4% d	12% d	14% dgi	8% d	10% d	7%
Don't know		95	37	54	31	31	33	1	13	9	11	10	6	15	20	9
		5%	4%	5%	5%	5%	4%	1%	5%	4%	5%	6%	3%	5%	6% a	4%
NET: Agree		1297	634	651	434	415	448	57	168	127	145	103	134	219	209	134
		64%	65%	64%	71% bc	63%	60%	59%	64%	64%	69%	60%	60%	68% e	64%	65%
NET: Disagree		627	308	314	145	214	268	38	81	61	55	60	82	87	98	65
		31%	31%	31%	24%	32% a	36% a	39% dg	31%	31%	26%	35%	37% dg	27%	30%	31%
Base for stats		1924	942	965	578	629	717	95	249	188	200	163	217	306	307	199
Mean Score		2.83	2.81	2.86	3.04 bc	2.81 c	2.69	2.68	2.80	2.78	2.97 abcefh	2.76	2.74	2.97 abcefh	2.81	2.84
Standard Deviation		.930	.928	.928	.911	.953	.894	.878	.913	.979	.821	.974	1.007	.942	.913	.886
Standard Error		.021	.031	.029	.035	.038	.036	.083	.058	.067	.060	.069	.078	.053	.054	.063
Error variance		*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		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		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	501	42	118	155	72	49	64	315	185	402	20	38	25	4	4	91
		25%	32% fh	28% fh	29% fh	28% fh	23% f	14% fh	29% fh	20% f	24% fh	34% a	36% a	34% a	24% a	33% a	34% a
Tend to agree	(3.0)	797	60	162	228	99	78	170	451	346	686	18	43	29	5	4	99
		39%	45%	39%	43% h	38%	37%	36%	41% h	37%	40%	31%	41%	39%	33%	30%	37%
Tend to disagree	(2.0)	430	17	88	94	58	45	129	199	232	376	12	14	12	4	4	47
		21%	12% a	21% a	18% a	23% a	21% a	28% abcg	18% acg	25% acg	22% c	21%	13%	16%	28% a	37% a	18% a
Strongly disagree	(1.0)	196	9	33	43	18	27	66	85	112	170	5	8	4	1	-	17
		10%	7% bcdg	8% bcdg	8% bcdg	7% bcdg	13% abcdg	14% abcdg	8% bcdg	12% bcdg	10% cg	8% cg	7% cg	6% cg	4% cg	- cg	6% cg
Don't know		95	5	17	15	10	11	36	37	58	73	3	4	3	2	-	13
		5%	4% bcdg	4% bcdg	3% bcdg	4% bcdg	5% bcdg	8% bcdg	3% cg	6% cg	4% cg	6% cg	4% cg	5% cg	11% cg	- cg	5% cg
NET: Agree		1297	103	280	383	170	127	234	766	532	1087	38	81	54	9	7	190
		64%	77% bdefh	67% fh	72% efh	66% fh	60% f	50% f	70% efh	57% f	64% f	65% a	76% a	73% a	57% a	63% a	71% a
NET: Disagree		627	26	120	137	75	73	195	283	343	546	17	21	16	5	4	64
		31%	19% a	29% a	26% a	29% a	34% acg	42% abcdg	26% abcdg	37% abcdg	32% cg	29% cg	20% cg	22% cg	32% cg	37% cg	24% cg
Base for stats		1924	128	400	520	246	200	429	1049	875	1634	55	102	70	14	12	254
Mean Score		2.83	3.06 efh	2.91 efh	2.95 efh	2.91 efh	2.75 f	2.54 efh	2.95 efh	2.69 f	2.81 efh	2.98 a	3.09 a	3.07 a	2.86 a	2.95 a	3.04 a
Standard Deviation		.930	.863	.913	.899	.901	.979	.928	.900	.945	.925	.969	.895	.879	.902	.873	.902
Standard Error		.021	.074	.046	.039	.054	.065	.048	.028	.032	.023	.124	.085	.102	.233	.242	.054
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.05	.06	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating									
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total		2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	501	325	71	80	151	28	24	100	349	151	466	29	58	271	136	36	443	80	350
		25%	24%	26%	31%	28%	35%	27%	20%	26%	23%	27%	14%	17%	24%	29%	40%	26%	29%	26%
					a		ce			c		b			a	a	abce	a		
Tend to agree	(3.0)	797	537	115	99	214	26	41	200	530	267	712	63	130	451	188	28	666	108	539
		39%	40%	42%	38%	40%	33%	47%	40%	39%	40%	41%	30%	38%	40%	40%	31%	40%	39%	40%
												b								
Tend to disagree	(2.0)	430	293	59	50	109	12	15	112	291	139	350	62	77	243	95	16	354	64	283
		21%	22%	21%	19%	20%	15%	18%	22%	22%	21%	20%	30%	23%	22%	20%	17%	21%	23%	21%
												a								
Strongly disagree	(1.0)	196	139	20	24	44	7	5	66	118	78	152	35	47	112	34	4	150	19	128
		10%	10%	7%	9%	8%	9%	6%	13%	9%	12%	9%	17%	14%	10%	7%	4%	9%	7%	9%
									d		d		a	cde						
Don't know		95	64	10	9	19	7	2	25	61	34	60	19	29	41	18	6	66	7	51
		5%	5%	4%	3%	3%	8%	2%	5%	5%	5%	3%	9%	8%	4%	4%	7%	4%	2%	4%
												a		bce						
NET: Agree		1297	862	186	179	365	54	64	300	879	418	1178	92	188	722	324	63	1109	188	889
		64%	63%	68%	68%	68%	68%	74%	60%	65%	62%	68%	44%	55%	65%	69%	71%	66%	68%	66%
								ce		c		b			a	a	a	a		
NET: Disagree		627	432	78	74	153	19	21	178	409	217	502	97	123	355	129	19	503	83	411
		31%	32%	29%	28%	28%	24%	24%	35%	30%	32%	29%	47%	36%	32%	27%	21%	30%	30%	30%
									abd			a		cde	d					
Base for stats		1924	1294	264	253	517	73	85	478	1288	636	1681	189	312	1077	453	83	1613	270	1300
		2.83	2.81	2.90	2.93	2.91	3.03	2.97	2.70	2.86	2.77	2.89	2.45	2.64	2.82	2.94	3.16	2.87	2.92	2.86
						a	ce	c		ce		b			a	ab	abce	a		
Standard Deviation		.930	.934	.883	.947	.914	.972	.849	.951	.919	.948	.914	.964	.950	.928	.900	.881	.921	.899	.928
Standard Error		.021	.026	.053	.058	.039	.111	.088	.045	.025	.038	.022	.071	.056	.029	.040	.091	.023	.054	.026
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		Longstanding condition or illness						Area		Number of days active									
		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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
Total		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Significance Level: 95%																			
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	501	69	64	22	349	138	380	121	55	41	55	79	68	63	28	111	202	203
	25%		29%	18%	24%	26%	23%	24%	27%	14%	22%	21%	25%	35%	32%	38%	29%	26%	31%
			b		b						a	a	a	abcdi	abc	abcdi	ac	a	abci
Tend to agree	(3.0)	797	75	123	34	561	207	638	159	127	74	122	149	78	73	30	143	350	246
	39%		32%	35%	37%	42%	35%	40%	36%	31%	39%	46%	47%	41%	37%	41%	37%	45%	38%
					abef							ahj	afhj	a				afhj	a
Tend to disagree	(2.0)	430	61	92	17	269	145	338	93	105	48	63	61	33	34	9	77	157	120
	21%		26%	26%	19%	20%	24%	21%	21%	26%	25%	24%	19%	17%	17%	12%	20%	20%	18%
			d	d		d	d			defgij	efgj	g							
Strongly disagree	(1.0)	196	15	52	12	115	71	148	49	76	19	17	19	7	19	3	36	43	58
	10%		6%	15%	13%	9%	12%	9%	11%	19%	10%	7%	6%	3%	10%	4%	9%	6%	9%
			ad	a		ad				bcdefghij	ei				ei		ei		ei
Don't know		95	16	24	5	48	35	74	21	43	7	7	6	7	6	3	15	20	25
	5%		7%	7%	6%	4%	6%	5%	5%	11%	4%	3%	2%	3%	3%	5%	4%	3%	4%
			d	d		d	de			bcdefhij									
NET: Agree	1297	145	186	55	909	345	33	1018	280	182	115	177	229	146	136	58	255	552	449
	64%		61%	53%	61%	58%	48%	65%	63%	45%	61%	67%	73%	76%	70%	79%	66%	71%	69%
			bf		abef						a	a	ab	abch	a	abch	a	ab	ab
NET: Disagree	627	76	144	29	384	216	27	485	141	181	68	80	80	39	53	12	113	200	178
	31%		32%	41%	33%	36%	39%	31%	32%	45%	36%	30%	25%	21%	27%	16%	30%	26%	27%
			ad			d				bcdefghij	degij	eg				eg			g
Base for stats	1924	221	330	85	1294	562	61	1503	421	363	183	257	309	185	189	70	368	752	627
Mean Score	2.83	2.90	2.60	2.77	2.88	2.73	2.69	2.83	2.84	2.44	2.75	2.83	2.94	3.12	2.96	3.19	2.90	2.95	2.95
			be		be						a	a	ab	abcdhij	ab	abcdhij	a	ab	ab
Standard Deviation	.930	.926	.971	.991	.906	.972	.909	.918	.971	.985	.923	.838	.838	.821	.958	.811	.946	.840	.939
Standard Error	.021	.060	.055	.105	.025	.041	.114	.024	.048	.053	.068	.052	.047	.060	.069	.096	.050	.030	.038
Error variance	*	*	*	.01	*	*	.01	*	*	*	*	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%			a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	501	266	87	140	407	39	415	37	367	68	378	51	340	85
		25%	41% bc	16%	18%	29% b	17%	29% b	16%	30% b	22%	29% b	20%	34% b	17%
Tend to agree	(3.0)	797	272	193	322	599	53	600	73	502	105	518	85	387	193
		39%	42%	36%	40%	42% b	23%	42% b	31%	41% b	33%	40% b	33%	38%	39%
Tend to disagree	(2.0)	430	78	145	203	266	77	264	59	227	76	266	56	179	118
		21%	12% a	27% a	25% a	19% a	33% a	19% a	25% a	18% a	24% a	20% a	22% a	18% a	24% a
Strongly disagree	(1.0)	196	20	71	100	112	50	104	51	106	47	108	48	78	69
		10%	3% a	13% a	13% a	8% a	21% a	7% a	22% a	9% a	15% a	8% a	19% a	8% a	14% a
Don't know		95	14	37	34	37	15	31	14	27	20	29	16	25	26
		5%	2% ac	7% a	4% a	3% a	7% a	2% a	6% a	2% a	6% a	2% a	6% a	2% a	5% a
NET: Agree		1297	538	280	462	1006	92	1014	110	870	174	896	136	727	278
		64%	83% bc	53%	58%	71% b	39%	72% b	47%	71% b	55%	69% b	53%	72% b	57%
NET: Disagree		627	98	216	304	378	127	368	110	334	123	374	104	258	186
		31%	15% a	41% a	38% a	27% a	54% a	26% a	47% a	27% a	39% a	29% a	41% a	26% a	38% a
Base for stats		1924	636	496	766	1384	218	1382	220	1204	296	1269	240	985	464
Mean Score		2.83	3.23 bc	2.60	2.66	2.94 b	2.37	2.96 b	2.44	2.94 b	2.66	2.92 b	2.58	3.00 b	2.63
Standard Deviation		.930	.782	.938	.925	.898	1.025	.889	1.026	.919	1.003	.917	1.035	.920	.945
Standard Error		.021	.031	.043	.033	.024	.070	.024	.068	.026	.059	.026	.066	.029	.044
Error variance		*	*	*	*	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		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		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	266	137	123	110	82	75	13	28	24	29	19	27	56	45	25
		13%	14%	12%	18% bc	12%	10%	13%	10%	12%	14%	11%	12%	17% be	14%	12%
Tend to agree	(3.0)	703	338	363	208	237	258	36	95	57	79	60	81	114	105	78
		35%	35%	36%	34%	36%	34%	37%	36%	29%	38%	35%	36%	35%	32%	37%
Tend to disagree	(2.0)	604	300	303	146	198	261	29	80	69	55	43	70	78	112	68
		30%	31%	30%	24%	30% a	35% a	30%	30%	35% deg	26%	25%	31%	24%	34% deg	33% g
Strongly disagree	(1.0)	289	140	145	87	89	113	14	36	37	30	33	32	49	39	18
		14%	14%	14%	14%	14%	15%	14%	14%	19% hi	14%	19% hi	14%	15% i	12%	9%
Don't know		156	64	85	59	54	43	5	25	10	18	17	13	23	26	18
		8%	7%	8%	10% c	8%	6%	5%	9%	5%	8%	10% c	6%	7%	8%	9%
NET: Agree		970	475	486	318	319	333	49	122	81	108	79	108	170	150	103
		48%	49%	48%	52% c	48%	44%	50%	46%	41%	51% c	46%	48%	53% c	46%	50%
NET: Disagree		894	440	449	233	287	374	43	116	106	85	76	102	128	151	86
		44%	45%	44%	38%	44% a	50% ab	45%	44%	54% bdegi	40%	44%	46%	40%	46%	42%
Base for stats		1863	916	935	551	606	706	92	238	187	193	155	210	297	301	189
Mean Score		2.51	2.52	2.50	2.62 c	2.51	2.42	2.51	2.48	2.36	2.55 c	2.42	2.49	2.59 c	2.52	2.58 c
Standard Deviation		.920	.926	.908	.976	.903	.881	.916	.886	.945	.929	.960	.905	.977	.901	.842
Standard Error		.021	.031	.029	.038	.036	.036	.088	.058	.065	.069	.070	.071	.056	.053	.062
Error variance		*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		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		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	266	28	62	74	32	24	46	163	103	200	13	18	17	2	7	57
		13%	21% cdefh	15% f	14%	13%	12%	10%	15% fh	11%	12%	22% a	17%	23% a	13%	55%	21% a
Tend to agree	(3.0)	703	54	157	185	87	76	145	396	308	598	18	36	28	8	3	94
		35%	40% f	38%	34%	34%	36%	31%	36%	33%	35%	31%	34%	38%	53%	23%	35%
Tend to disagree	(2.0)	604	30	115	161	87	62	148	307	297	541	16	28	14	1	1	60
		30%	23%	28%	30%	34% a	29%	32% a	28%	32% a	32% dg	26%	26%	19%	5%	9%	22%
Strongly disagree	(1.0)	289	11	62	72	32	27	84	146	143	242	9	16	9	3	1	38
		14%	9%	15%	14%	13%	13%	18% ag	13%	15% a	14%	15%	15%	13%	22%	7%	14%
Don't know		156	10	21	44	18	22	41	75	81	125	3	8	5	1	1	18
		8%	7%	5%	8%	7%	10% b	9% b	7%	9% b	7%	5%	8%	7%	6%	7%	7%
NET: Agree		970	82	219	258	119	101	191	559	411	797	31	55	45	11	9	151
		48%	61% cdefgh	52% fh	48% f	46%	48%	41%	51% fh	44%	47%	53%	51%	61% a	67%	77%	56% a
NET: Disagree		894	42	177	234	120	88	233	453	441	784	25	44	23	4	2	98
		44%	31% a	43% a	44% a	47% a	42% a	50% abeg	42% a	47% ag	46% dg	42%	41%	32%	27%	15%	37%
Base for stats		1863	124	396	492	238	189	424	1012	851	1581	56	99	68	15	11	249
Mean Score		2.51	2.80 bcdefgh	2.55 fh	2.53 f	2.50	2.52 f	2.36	2.57 fh	2.43	2.48	2.63	2.58	2.77 a	2.62	3.35	2.68 a
Standard Deviation		.920	.897	.935	.919	.893	.891	.921	.926	.909	.900	1.022	.973	.979	1.031	.964	.994
Standard Error		.021	.079	.048	.041	.055	.061	.048	.029	.031	.023	.130	.094	.115	.258	.278	.061
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.07	.08	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating									
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total		2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	266	166	39	41	80	24	18	66	158	108	238	25	39	138	71	17	227	73	144
		13%	12%	14%	16%	15%	30% cde	20% d	13%	12%	16% d	14%	12%	12%	12%	15%	19% ab	14%	26% b	11%
Tend to agree	(3.0)	703	458	100	97	197	24	31	156	493	211	630	59	107	389	175	32	596	94	487
		35%	34%	36%	37%	37%	30%	35%	31%	37% ce	31%	36% b	28%	32%	35%	37%	36%	36%	34%	36%
Tend to disagree	(2.0)	604	426	81	75	156	17	27	158	402	203	509	67	103	348	135	18	501	71	426
		30%	31%	30%	29%	29%	22%	31%	31%	30%	30%	29%	32%	30%	31% d	29%	21%	30%	26%	32%
Strongly disagree	(1.0)	289	202	35	34	69	7	9	77	196	93	237	43	62	159	53	14	227	28	190
		14%	15%	13%	13%	13%	9%	10%	15%	15%	14%	14%	20% a	18% ce	14%	11%	16%	14%	10%	14%
Don't know		156	106	18	14	33	7	3	45	101	55	127	14	28	84	36	7	127	11	103
		8%	8%	7%	5%	6%	8%	3%	9%	7%	8%	7%	7%	8%	7%	8%	8%	8%	4%	8% a
NET: Agree		970	624	139	139	278	48	49	222	651	319	868	84	147	527	247	49	823	167	631
		48%	46%	51%	53% a	52% a	61% cde	56% c	44%	48%	48%	50% b	40%	43%	47%	52% a	55% a	49%	60% b	47%
NET: Disagree		894	628	117	109	226	25	36	235	598	296	746	109	165	508	188	33	728	99	616
		44%	46%	43%	42%	42%	31%	41%	47% a	44% a	44% a	43%	53% a	49% cd	45% c	40%	37%	43%	36%	46% a
Base for stats		1863	1252	256	248	503	73	85	458	1248	615	1614	193	312	1035	435	82	1551	266	1247
Mean Score		2.51	2.47	2.56	2.59	2.57	2.89 cde	2.68 c	2.46	2.49	2.54	2.54 b	2.35	2.40	2.49	2.61 ab	2.64 a	2.53 a	2.80 b	2.47
Standard Deviation		.920	.916	.912	.922	.916	.984	.929	.937	.904	.951	.915	.966	.945	.909	.902	1.005	.914	.961	.886
Standard Error		.021	.026	.056	.057	.040	.113	.097	.046	.025	.039	.023	.070	.056	.029	.041	.105	.023	.058	.025
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		Longstanding condition or illness						Area		Number of days active										
							NET: Longstanding physical and mental condition or illness													
		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									NET 2-4 days	NET 5 + days	
Total		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j	
Significance Level: 95%																				
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646	
Total	2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	266	37	38	20	167	85	7	214	52	24	14	33	41	38	32	14	69	113	115
		13%	15%	11%	22%	12%	14%	10%	14%	12%	6%	7%	12%	13%	20%	17%	19%	18%	15%	18%
					bdf								a	ab	abcd	ab	ab	ab	ab	abc
Tend to agree	(3.0)	703	79	105	34	484	196	18	548	155	86	68	114	121	65	77	35	136	300	249
		35%	33%	30%	38%	36%	33%	25%	35%	35%	21%	36%	43%	38%	34%	40%	48%	35%	39%	38%
					b							a	ah	a	a	a	aeh	a	a	a
Tend to disagree	(2.0)	604	61	117	23	406	181	18	467	137	151	58	82	86	56	52	13	107	224	171
		30%	26%	33%	25%	30%	30%	25%	30%	31%	37%	31%	31%	27%	29%	26%	17%	28%	29%	26%
											dfghij	g	g		g			g		
Strongly disagree	(1.0)	289	40	65	8	187	95	16	223	66	99	26	24	42	23	25	5	45	90	75
		14%	17%	18%	9%	14%	16%	23%	14%	15%	24%	14%	9%	13%	12%	13%	7%	12%	12%	11%
			c	cd				cd			bcdefghij									
Don't know		156	19	29	6	97	41	12	124	31	45	23	11	24	9	8	7	27	44	42
		8%	8%	8%	6%	7%	7%	17%	8%	7%	11%	12%	4%	8%	5%	4%	9%	7%	6%	6%
							abcde				cefij	cefhij								
NET: Agree		970	115	143	54	652	280	25	762	207	110	82	147	162	104	110	49	205	413	364
		48%	49%	40%	60%	49%	47%	35%	48%	47%	27%	43%	56%	51%	54%	56%	67%	53%	54%	56%
			bf		bdef	bf	b					a	ab	a	ab	ab	abdhi	ab	ab	ab
NET: Disagree		894	102	182	31	593	275	34	691	203	250	84	106	129	79	77	18	151	314	246
		44%	43%	52%	34%	44%	46%	48%	44%	46%	62%	44%	40%	41%	41%	39%	24%	39%	41%	38%
				acd		c					bcdefghij	g	g	g	g	g		g	g	g
Base for stats		1863	217	325	84	1245	556	58	1453	410	360	166	253	291	183	187	67	356	727	609
Mean Score	2.51	2.51	2.35	2.78	2.51	2.49	2.27	2.52	2.47	2.10	2.43	2.61	2.55	2.65	2.63	2.87	2.64	2.60	2.66	
					abdef	bf	b					a	ab	a	ab	ab	abcdi	ab	ab	ab
Standard Deviation	.920	.982	.931	.912	.906	.947	1.002	.924	.908	.880	.853	.832	.909	.950	.925	.828	.933	.894	.921	
Standard Error	.021	.064	.053	.097	.026	.040	.128	.024	.045	.048	.066	.052	.052	.070	.067	.101	.051	.033	.038	
Error variance	*	*	*	.01	*	*	.02	*	*	*	*	*	*	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
Total		NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%														
Unweighted Total		2019	662	514	803		1420	231		1410	240		1232	312
Total		2019	650	533	800		1421	234		1413	234		1230	316
		100%	100%	100%	100%		100%	100%		100%	100%		100%	100%
Strongly agree	(4.0)	266	127	50	80		214	20		220	23		209	24
		13%	19%	9%	10%		15%	9%		16%	10%		17%	8%
			bc				b			b			b	
Tend to agree	(3.0)	703	267	159	273		537	62		536	58		478	65
		35%	41%	30%	34%		38%	26%		38%	25%		39%	21%
			bc				b			b			b	
Tend to disagree	(2.0)	604	152	196	255		398	88		398	85		324	125
		30%	23%	37%	32%		28%	38%		28%	36%		26%	39%
				a	a			a			a			a
Strongly disagree	(1.0)	289	61	88	132		186	48		183	54		157	72
		14%	9%	17%	17%		13%	20%		13%	23%		12%	29%
				a	a			a			a			a
Don't know		156	43	40	59		85	16		76	14		63	30
		8%	7%	7%	7%		6%	7%		5%	6%		5%	9%
											a			
NET: Agree		970	393	209	353		752	82		756	81		687	90
		48%	61%	39%	44%		53%	35%		54%	35%		56%	28%
			bc				b			b			b	
NET: Disagree		894	213	284	387		584	136		581	140		480	197
		44%	33%	53%	48%		41%	58%		41%	60%		39%	62%
				a	a			a			a			a
Base for stats		1863	606	493	741		1336	218		1337	220		1167	286
Mean Score		2.51	2.76	2.35	2.41		2.58	2.25		2.59	2.23		2.63	2.14
			bc				b			b			b	
Standard Deviation		.920	.897	.887	.904		.918	.902		.919	.937		.927	.895
Standard Error		.021	.036	.041	.033		.025	.062		.025	.062		.027	.053
Error variance		*	*	*	*		*	*		*	*		*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q9.4. I do not find exercising on my own enjoyable: 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		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	285	129	152	108	89	89	13	37	21	42	26	20	56	43	27
		14%	13%	15%	18% bc	13%	12%	14%	14%	11%	20% cfh	15%	9%	18% cf	13%	13%
Tend to agree	(3.0)	591	267	321	177	188	225	25	79	64	65	38	60	90	101	69
		29%	27%	32% a	29%	29%	30%	26%	30% e	33% e	31% e	22%	27%	28%	31% e	33% e
Tend to disagree	(2.0)	601	316	282	159	208	235	36	70	57	51	60	67	88	103	68
		30%	32% b	28%	26%	32% a	31% a	37% d	27%	29%	24%	35% d	30%	27%	32%	33%
Strongly disagree	(1.0)	437	224	209	136	140	161	19	64	39	43	40	63	69	63	37
		22%	23%	20%	22%	21%	22%	19% i	24%	20%	20%	23%	28% chi	22%	19%	18%
Don't know		104	45	56	30	35	40	4	12	16	10	9	13	17	16	7
		5%	5%	5%	5%	5%	5%	5%	5%	8% i	5%	5%	6%	5%	5%	3%
NET: Agree		876	395	473	285	278	314	38	116	85	107	64	80	146	144	96
		43%	40%	46% a	47%	42%	42%	40%	44%	43%	51% ef	37%	36%	46% f	44%	46% f
NET: Disagree		1039	540	491	295	348	396	54	134	96	94	100	131	157	166	106
		51%	55% b	48%	48%	53%	53%	56%	51%	49%	45%	58% dg	59% dg	49%	51%	51%
Base for stats		1915	935	964	580	625	710	93	250	181	201	164	210	304	311	201
Mean Score		2.38	2.32	2.43 a	2.44	2.36	2.34	2.36	2.36	2.37 f	2.53 ef	2.31	2.17	2.44 f	2.40 f	2.43 f
Standard Deviation		.995	.986	.997	1.044	.982	.965	.961	1.019	.948	1.048	1.014	.967	1.039	.962	.943
Standard Error		.023	.033	.032	.040	.039	.040	.092	.065	.066	.076	.072	.076	.059	.056	.067
Error variance		*	*	*	*	*	*	.01	*	*	.01	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q9.4. I do not find exercising on my own enjoyable: 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		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291	
Total		2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	285	25	51	81	26	32	70	157	128	225	11	23	15	-	3	52	
		14%	19% d	12%	15%	10%	15%	15%	14%	14%	13%	19%	21% a	20%	-	27%	19% a	
Tend to agree	(3.0)	591	34	124	158	85	59	130	316	275	502	22	24	21	6	3	76	
		29%	25%	30%	30%	33%	28%	28%	29%	29%	29%	38% c	23%	28%	38%	28%	29%	
Tend to disagree	(2.0)	601	40	122	143	87	69	140	305	297	530	11	28	18	5	2	64	
		30%	30%	29%	27%	34% cg	33%	30%	28%	32% c	31% bg	19%	27%	25%	29%	17%	24%	
Strongly disagree	(1.0)	437	29	102	131	44	41	91	262	176	368	13	25	16	4	3	61	
		22%	22% dh	24% dh	24% dh	17%	19%	20%	24% dh	19%	22%	22%	23%	21%	27%	29%	23%	
Don't know		104	6	18	22	13	11	33	47	57	82	1	6	5	1	-	14	
		5%	5%	4%	4%	5%	5%	7% cg	4%	6%	5%	2%	6%	7%	6%	-	5%	
NET: Agree		876	59	175	239	112	91	201	473	403	726	33	47	35	6	6	128	
		43%	44%	42%	45%	44%	43%	43%	44%	43%	43%	57% a	44%	48%	38%	54%	48%	
NET: Disagree		1039	69	224	274	131	109	231	566	472	899	24	53	34	9	5	125	
		51%	51%	54%	51%	51%	52%	50%	52%	51%	53%	41%	50%	46%	55%	46%	47%	
Base for stats		1915	128	399	513	243	200	432	1039	875	1625	57	100	69	15	12	253	
Mean Score		2.38	2.43	2.31	2.37	2.39	2.41	2.42	2.35	2.41	2.36	2.55	2.44	2.50	2.12	2.51	2.47	
Standard Deviation		.995	1.049	.990	1.031	.905	.984	.996	1.018	.968	.980	1.057	1.099	1.067	.853	1.221	1.070	
Standard Error		.023	.091	.050	.045	.055	.066	.051	.032	.033	.025	.133	.105	.125	.213	.339	.065	
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.05	.11	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q9.4. I do not find exercising on my own enjoyable: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating									
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total		2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	285	179	46	37	83	17	22	79	168	117	234	44	44	159	66	17	241	62	166
		14%	13%	17%	14%	16%	22% d	25% cd	16%	12%	18% d	13%	21% a	13%	14%	14%	19%	14%	22% b	12%
Tend to agree	(3.0)	591	397	72	80	151	20	32	162	377	214	493	70	94	337	137	23	497	83	395
		29%	29%	26%	30%	28%	25%	37%	32%	28%	32%	28%	34%	28%	30%	29%	26%	30%	30%	29%
Tend to disagree	(2.0)	601	417	80	78	158	19	20	154	408	193	540	48	104	341	132	25	498	77	414
		30%	31%	29%	30%	29%	24%	23%	31%	30%	29%	31% b	23%	30%	31%	28%	28%	30%	28%	31%
Strongly disagree	(1.0)	437	298	65	58	122	13	13	78	332	105	403	26	75	228	116	20	363	47	312
		22%	22%	24%	22%	23%	17%	15%	16%	25% bce	16%	23% b	12%	22%	20%	25%	22%	22%	17%	23% a
Don't know		104	68	11	10	21	9	-	31	64	40	71	20	25	54	21	4	80	8	64
		5%	5%	4%	4%	4%	12% bde	-	6% b	5% b	6% b	4%	9% a	7%	5%	4%	5%	5%	3%	5%
NET: Agree		876	576	118	116	235	37	54	240	545	331	727	114	138	495	203	40	739	145	561
		43%	42%	43%	44%	44%	47%	62% cde	48% d	40%	49% d	42%	55% a	40%	44%	43%	45%	44%	52% b	42%
NET: Disagree		1039	715	145	135	280	33	34	232	741	298	942	74	178	569	247	44	861	125	726
		51%	53%	53%	52%	52%	41%	38%	46%	55% abce	45%	54% b	35%	52%	51%	52%	50%	51%	45% a	54%
Base for stats		1915	1291	263	251	514	70	87	472	1286	629	1670	188	316	1064	450	85	1599	270	1286
Mean Score		2.38	2.35	2.38	2.38	2.38	2.59 d	2.71 d	2.51 d	2.30	2.55 d	2.33	2.71 a	2.34	2.40	2.34	2.45	2.39	2.59 b	2.32
Standard Deviation		.995	.984	1.042	.995	1.018	1.064	1.010	.957	.994	.978	.993	.979	.989	.983	1.016	1.062	.997	1.027	.981
Standard Error		.023	.028	.063	.061	.044	.124	.104	.046	.027	.040	.024	.072	.058	.031	.046	.109	.025	.062	.027
Error variance		*	*	*	*	*	.02	.01	*	*	*	*	.01	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q9.4. I do not find exercising on my own enjoyable: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
							NET: Longstanding physical and mental condition or illness													
		Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	285	46	66	26	151	118	14	218	67	77	31	42	38	27	25	3	43	107	70
		14%	19%	19%	29%	11%	20%	20%	14%	15%	19%	16%	16%	12%	14%	13%	3%	11%	14%	11%
			d	d	abde		d	d			dghij	gj	gj	g	g	g		g	g	g
Tend to agree	(3.0)	591	74	108	33	382	186	24	467	124	140	68	83	86	55	51	26	81	225	158
		29%	31%	30%	37%	28%	31%	35%	30%	28%	34%	36%	31%	27%	29%	26%	36%	21%	29%	24%
											dfhj	dfhj	hj		h		hj		hj	
Tend to disagree	(2.0)	601	70	102	17	413	170	18	466	135	90	55	88	97	62	65	15	129	247	209
		30%	29%	29%	19%	31%	28%	25%	30%	31%	22%	29%	33%	31%	32%	33%	21%	34%	32%	32%
					c									ag	a	a	ag		ag	ag
Strongly disagree	(1.0)	437	35	57	10	335	93	7	341	96	54	24	44	83	41	49	26	117	167	192
		22%	15%	16%	11%	25%	16%	9%	22%	22%	13%	13%	16%	26%	21%	25%	35%	31%	22%	30%
					abcef									abc	ab	abc	abcei	abcei	ab	abcei
Don't know		104	12	22	3	61	30	7	85	19	45	12	7	11	7	5	4	13	25	22
		5%	5%	6%	4%	5%	5%	11%	5%	4%	11%	6%	3%	4%	3%	3%	5%	3%	3%	3%
								d			cdefhij	i								
NET: Agree		876	120	174	59	533	304	38	685	191	217	99	126	124	82	76	29	124	332	229
		43%	51%	49%	66%	40%	51%	55%	43%	43%	53%	52%	48%	39%	43%	39%	39%	32%	43%	35%
			d	d	abde		d	d			defghij	dfhij	dhj	h	h					hj
NET: Disagree		1039	104	159	27	748	263	24	807	231	144	79	131	179	103	114	41	247	414	401
		51%	44%	45%	30%	56%	44%	35%	51%	52%	35%	42%	50%	57%	54%	58%	56%	64%	54%	62%
			c	c		abcef	c							a	ab	ab	ab	ab	abcdei	ab
Base for stats		1915	224	333	86	1281	567	63	1493	422	361	178	257	304	185	190	70	370	746	630
Mean Score		2.38	2.58	2.55	2.88	2.27	2.58	2.73	2.38	2.38	2.67	2.59	2.48	2.26	2.37	2.28	2.07	2.13	2.36	2.17
			d	d	abde		d	d			cdefghij	defghij	dfghj		ghj				ghj	
Standard Deviation		.995	.983	.995	.978	.979	.995	.932	.992	1.007	.975	.930	.960	.995	.983	.991	.947	.992	.984	.988
Standard Error		.023	.063	.056	.103	.027	.042	.116	.026	.049	.052	.069	.059	.056	.073	.071	.112	.053	.036	.040
Error variance		*	*	*	.01	*	*	.01	*	*	*	*	*	*	.01	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q9.4. I do not find exercising on my own enjoyable: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%			a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	285	97	66	114	189	40	202	46	153	88	174	65	147	83
		14%	15%	12%	14%	13%	17%	14%	20% a	12%	28% a	13%	25% a	15%	17%
Tend to agree	(3.0)	591	170	149	264	399	87	400	78	304	122	349	87	301	141
		29%	26%	28%	33% a	28%	37% a	28%	33% a	25%	39% a	27%	34% a	30%	29%
Tend to disagree	(2.0)	601	201	159	240	441	49	429	50	396	51	395	54	272	140
		30%	31%	30%	30%	31% b	21%	30% b	21%	32% b	16%	30% b	21%	27%	28%
Strongly disagree	(1.0)	437	163	119	151	346	40	340	48	346	37	343	37	260	102
		22%	25% c	22%	19%	24% b	17%	24% b	20%	28% b	12%	26% b	14%	26% b	21%
Don't know		104	20	40	30	46	17	42	13	31	18	37	13	30	26
		5%	3%	7% ac	4%	3%	7% a	3%	5% a	3%	6% a	3%	5%	3%	5% a
NET: Agree		876	266	215	378	588	127	602	124	456	210	523	152	447	223
		43%	41%	40%	47% ab	41%	54% a	43%	53% a	37%	66% a	40%	59% a	44%	46%
NET: Disagree		1039	364	278	391	786	89	770	98	743	88	738	91	532	241
		51%	56% c	52%	49%	55% b	38%	54% b	42%	60% b	28%	57% b	35%	53%	49%
Base for stats		1915	630	493	770	1374	216	1371	221	1199	298	1261	242	980	465
Mean Score		2.38	2.32	2.33	2.44 ab	2.31	2.59 a	2.34	2.55 a	2.22	2.88 a	2.28	2.74 a	2.34	2.44
Standard Deviation		.995	1.021	.986	.969	.997	.996	1.008	1.048	1.002	.974	1.011	1.017	1.027	1.021
Standard Error		.023	.040	.045	.035	.027	.068	.027	.069	.029	.057	.028	.065	.033	.048
Error variance		*	*	*	*	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		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		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	569	278	286	211	188	170	26	77	47	54	51	56	110	95	53
		28%	28%	28%	35% bc	28% c	23%	27%	29%	24%	26%	30%	25%	34% cdfi	29%	26%
Tend to agree	(3.0)	675	346	327	214	237	224	30	94	63	75	62	69	117	94	71
		33%	35%	32%	35% c	36% c	30%	31%	36%	32%	35%	36%	31%	37% h	29%	34%
Tend to disagree	(2.0)	442	212	225	100	134	208	27	51	49	43	30	63	56	75	49
		22%	22%	22%	16% eg	20% eg	28% ab	28% eg	19%	25% eg	20%	17% beg	28% beg	17%	23% beg	24%
Strongly disagree	(1.0)	222	107	111	46	66	110	10	26	30	29	21	26	18	41	21
		11%	11%	11%	8% ab	10% ab	15% ab	11% g	10% g	15% g	14% g	12% g	11% g	6% g	13% g	10% g
Don't know		111	37	69	39	35	37	4	15	7	10	9	10	20	21	13
		5%	4%	7% a	6% a	5% a	5% a	4% a	6% a	4% a	5% a	5% a	4% a	6% a	7% a	6% a
NET: Agree		1244	624	614	425	425	394	56	171	111	129	113	125	227	189	124
		62%	64%	60%	70% bc	64% c	53%	58% c	65% c	56%	61%	65%	56%	71% acdfhi	58%	60%
NET: Disagree		664	319	337	146	200	318	37	76	79	72	51	88	74	117	71
		33%	33%	33%	24% a	30% a	42% ab	38% g	29% g	40% beg	34% g	29% beg	40% beg	23% g	36% g	34% g
Base for stats		1908	942	950	571	625	713	93	248	190	200	164	213	300	305	195
Mean Score		2.83	2.84	2.83	3.03 bc	2.88 c	2.64	2.77	2.90 c	2.67	2.77	2.87 c	2.73	3.06 abcdefhi	2.79	2.80
Standard Deviation		.984	.974	.989	.931	.961	1.009	.983	.961	1.019	1.004	1.001	.983	.887	1.029	.965
Standard Error		.023	.032	.032	.036	.038	.041	.094	.062	.070	.073	.071	.077	.051	.061	.070
Error variance		*	*	*	*	*	*	.01	*	*	.01	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

			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		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	569	51	121	162	63	54	117	334	235	460	20	45	23	3	5	95
		28%	38% defh	29%	30% h	25%	26%	25%	31% dfh	25%	27%	34%	42% a	32%	20%	39%	36% a
Tend to agree	(3.0)	675	44	156	180	85	74	136	380	295	557	23	43	29	9	3	107
		33%	33% fh	37%	34%	33%	35%	29%	35% f	32%	33%	38%	40%	40%	58%	23%	40% a
Tend to disagree	(2.0)	442	23	85	113	71	41	109	221	221	404	10	7	14	1	2	34
		22%	17% abceg	20%	21%	28%	19%	23%	20%	24%	24% cg	16% c	7%	19% c	6%	21%	13%
Strongly disagree	(1.0)	222	10	37	46	28	24	76	93	129	203	1	4	6	2	1	14
		11%	8% abcdg	9%	9%	11%	11%	16% abcg	9%	14% abcg	12% bcg	2%	3%	9%	10%	8%	5%
Don't know		111	6	17	35	9	18	27	58	53	83	5	9	1	1	1	17
		5%	4% bd	4%	6%	3%	8%	6%	5%	6%	5%	9% d	8% d	1%	6%	9%	6%
NET: Agree		1244	95	277	342	148	129	253	714	530	1017	42	87	53	12	7	202
		62%	71% dfh	67% dfh	64% fh	58%	61%	54%	66% dfh	57%	60%	72% a	82% a	71% a	78%	62%	76% a
NET: Disagree		664	33	123	159	99	65	185	315	349	606	11	11	20	3	3	48
		33%	25% abcg	29%	30% abceg	39%	31%	40% abceg	29%	37% abcg	36% bcg	19%	10%	28% c	16%	29%	18% c
Base for stats		1908	128	400	501	247	194	438	1029	879	1624	53	98	73	15	11	250
Mean Score		2.83	3.06 defh	2.90 dfh	2.91 dfh	2.74	2.82	2.67	2.93 dfh	2.72	2.79	3.14 a	3.31 ad	2.95	2.93	3.02	3.13 a
Standard Deviation		.984	.948	.939	.954	.967	.981	1.052	.948	1.014	.993	.801	.761	.935	.874	1.060	.852
Standard Error		.023	.082	.048	.043	.058	.067	.054	.030	.034	.025	.104	.073	.106	.218	.306	.052
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.05	.09	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating									
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total		2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	569	373	80	80	160	29	25	135	380	189	511	42	78	308	151	32	490	93	384
		28%	27%	29%	30%	30%	37%	28%	27%	28%	28%	29% b	20%	23%	28%	32% a	36% a	29% a	34%	28%
Tend to agree	(3.0)	675	433	99	109	208	23	34	165	453	223	595	62	104	361	185	25	571	104	450
		33%	32%	36%	42% a	39% a	29%	39%	33%	34%	33%	34%	30%	31%	32%	39% abde	28%	34%	37%	33%
Tend to disagree	(2.0)	442	318	58	38	96	12	18	115	296	146	373	51	85	262	81	13	357	51	300
		22%	23% cd	21% c	14%	18%	16%	21%	23%	22%	22%	21%	24%	25% cd	23% c	17%	15%	21% c	19%	22%
Strongly disagree	(1.0)	222	164	24	22	46	5	8	59	151	71	176	40	48	132	29	13	174	21	149
		11%	12% d	9%	8%	9%	6%	9%	12%	11%	11%	10%	19% a	14% c	12% c	6%	15% c	10% c	8%	11%
Don't know		111	71	13	13	26	10	2	28	70	41	86	13	25	55	25	6	86	8	68
		5%	5%	5%	5%	5%	13% bcde	3%	6%	5%	6%	5%	6%	7%	5%	5%	6%	5%	3%	5%
NET: Agree		1244	806	179	189	368	52	59	300	833	412	1106	104	183	669	336	57	1062	197	834
		62%	59%	65%	72% a	69% a	66%	67%	60%	62%	61%	64% b	50%	54%	60%	71% abe	64%	63% a	71% b	62%
NET: Disagree		664	482	82	60	142	17	26	174	447	217	549	91	133	395	110	27	531	72	448
		33%	35% cd	30%	23%	26%	21%	30%	35% a	33% a	32% a	32% a	44% a	39% ce	35% ce	23%	30%	32% c	26%	33% a
Base for stats		1908	1288	261	249	510	69	85	474	1280	629	1655	195	315	1064	446	83	1593	269	1282
Mean Score		2.83	2.79	2.90	2.99 a	2.95 a	3.11 cde	2.88	2.79	2.83	2.84	2.87 b	2.54	2.68	2.79	3.03 abe	2.91	2.87 a	3.00 b	2.83
Standard Deviation		.984	1.001	.943	.911	.928	.928	.940	.991	.986	.981	.971	1.046	1.011	.996	.883	1.084	.976	.924	.985
Standard Error		.023	.028	.057	.056	.040	.109	.098	.047	.027	.040	.024	.076	.059	.031	.040	.112	.024	.056	.027
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		Longstanding condition or illness						Area		Number of days active										
							NET: Longstanding physical and mental condition or illness													
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural									NET 2-4 days	NET 5 + days	
Total		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j	
Significance Level: 95%																				
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	569	70	87	22	383	161	17	461	108	96	57	76	82	57	59	28	112	215	200
		28%	29%	25%	25%	29%	27%	24%	29%	24%	24%	30%	29%	26%	30%	30%	38%	29%	28%	31%
									b								ad		a	
Tend to agree	(3.0)	675	67	104	39	470	185	20	542	133	103	73	111	131	53	69	23	112	296	203
		33%	28%	29%	44%	35%	31%	28%	34%	30%	25%	38%	42%	42%	28%	35%	31%	29%	38%	31%
					abef	a						ae	ae	ae	a			ae	a	
Tend to disagree	(2.0)	442	53	88	16	284	140	14	329	113	90	39	52	67	53	45	14	82	172	141
		22%	22%	25%	18%	21%	24%	20%	21%	26%	22%	21%	20%	21%	28%	23%	19%	21%	22%	22%
									a					c						
Strongly disagree	(1.0)	222	29	53	9	143	75	13	160	62	77	11	19	18	21	12	7	57	57	77
		11%	12%	15%	10%	11%	12%	18%	10%	14%	19%	6%	7%	6%	11%	6%	10%	15%	7%	12%
				d					a		bcdefij				d		bcdfi		bcdfi	
Don't know		111	18	22	4	61	36	7	85	26	40	9	6	17	8	9	2	19	32	30
		5%	7%	6%	4%	5%	6%	10%	5%	6%	10%	5%	2%	6%	4%	5%	2%	5%	4%	5%
											bcdefghij									
NET: Agree		1244	137	192	61	853	346	36	1003	241	200	130	187	213	110	128	51	224	511	403
		62%	58%	54%	68%	64%	58%	52%	64%	55%	49%	69%	71%	68%	57%	66%	69%	59%	66%	62%
					bf	be			b			ae	ae	ae	a	a	a	ae	a	
NET: Disagree		664	82	141	25	428	215	26	489	175	167	50	71	84	74	58	21	139	229	218
		33%	35%	40%	28%	32%	36%	38%	31%	40%	41%	26%	27%	27%	38%	30%	29%	36%	30%	33%
				cd					a		bcdfgij				bcdi		bcdi		cd	
Base for stats		1908	219	332	86	1281	561	63	1492	416	366	181	258	298	184	186	72	364	740	622
Mean Score		2.83	2.81	2.68	2.86	2.85	2.77	2.65	2.87	2.69	2.60	2.98	2.95	2.93	2.79	2.94	3.00	2.77	2.90	2.85
						b			b			ah	ah	ah	a	a	a	a	ah	a
Standard Deviation		.984	1.029	1.030	.923	.974	1.009	1.089	.971	1.017	1.090	.885	.888	.857	1.007	.912	1.001	1.056	.908	1.011
Standard Error		.023	.067	.058	.097	.027	.043	.135	.025	.050	.058	.066	.055	.049	.075	.066	.117	.057	.033	.041
Error variance		*	*	*	.01	*	*		*	*	*	*	*	*	.01	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
Total		NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%														
Unweighted Total		2019	662	514	803		1420	231		1410	240		1232	312
Total		2019	650	533	800		1421	234		1413	234		1230	316
		100%	100%	100%	100%		100%	100%		100%	100%		100%	100%
Strongly agree	(4.0)	569	164	75	321		472	43		473	42		451	49
		28%	25%	14%	40%		33%	18%		37%	16%		36%	11%
			b		ab		b			b			b	
Tend to agree	(3.0)	675	223	145	302		519	52		494	62		452	61
		33%	34%	27%	38%		37%	22%		35%	27%		35%	24%
			b		b		b			b			b	
Tend to disagree	(2.0)	442	159	166	112		263	75		271	62		225	76
		22%	24%	31%	14%		19%	32%		19%	27%		17%	30%
			c		ac		a			a			a	
Strongly disagree	(1.0)	222	74	100	43		123	50		125	56		110	70
		11%	11%	19%	5%		9%	21%		9%	24%		8%	27%
			c		ac		a			a			a	
Don't know		111	30	47	23		42	14		50	12		40	19
		5%	5%	9%	3%		3%	6%		4%	5%		3%	8%
				ac			a			a			a	
NET: Agree		1244	387	220	622		992	95		967	104		923	91
		62%	60%	41%	78%		70%	41%		68%	44%		71%	35%
			b		ab		b			b			b	
NET: Disagree		664	233	265	155		386	125		396	118		335	146
		33%	36%	50%	19%		27%	54%		28%	50%		26%	57%
			c		ac		a			a			a	
Base for stats		1908	620	486	777		1378	220		1363	222		1258	236
Mean Score		2.83	2.77	2.40	3.16		2.97	2.40		2.96	2.41		3.02	2.21
			b		ab		b			b			b	
Standard Deviation		.984	.973	.981	.868		.944	1.046		.955	1.061		.950	1.004
Standard Error		.023	.039	.045	.031		.025	.071		.026	.070		.027	.065
Error variance		*	*	*	*		*	.01		*	*		*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	466	188	275	151	183	133	18	65	54	47	40	55	88	62	37
		23%	19%	27%	25%	28%	18%	18%	25%	27%	22%	23%	25%	27%	19%	18%
				a	c	c				hi				hi		
Tend to agree	(3.0)	744	336	405	218	231	295	38	103	66	75	54	74	130	115	88
		37%	34%	40%	36%	35%	39%	40%	39%	34%	36%	31%	33%	41%	35%	42%
				a									e		e	
Tend to disagree	(2.0)	457	258	196	129	143	185	24	56	42	50	44	46	56	86	52
		23%	26%	19%	21%	22%	25%	25%	21%	22%	24%	25%	21%	17%	26%	25%
			b								g			g	g	
Strongly disagree	(1.0)	276	166	107	71	84	120	14	30	27	31	25	43	34	50	24
		14%	17%	11%	12%	13%	16%	14%	11%	13%	15%	14%	19%	10%	15%	12%
			b				a					bgi				
Don't know		76	32	36	41	18	16	2	9	8	7	10	5	14	14	7
		4%	3%	4%	7%	3%	2%	2%	3%	4%	3%	6%	2%	4%	4%	3%
					bc											
NET: Agree		1210	524	680	369	414	428	56	168	120	122	95	129	218	178	125
		60%	53%	67%	60%	63%	57%	58%	64%	61%	58%	55%	58%	68%	54%	60%
				a		c			h				defh			
NET: Disagree		733	423	304	200	228	305	39	86	69	81	68	89	89	135	76
		36%	43%	30%	33%	35%	41%	40%	33%	35%	38%	39%	40%	28%	41%	37%
			b				ab	g		g	g	g		bg	g	
Base for stats		1943	947	983	569	641	733	95	254	189	204	163	218	307	313	201
Mean Score		2.72	2.58	2.86	2.79	2.80	2.60	2.63	2.80	2.78	2.68	2.68	2.65	2.89	2.61	2.68
				a	c	c			h					adehfi		
Standard Deviation		.983	.996	.947	.975	.998	.965	.956	.955	1.014	.995	1.010	1.066	.946	.978	.909
Standard Error		.022	.033	.030	.038	.039	.039	.091	.061	.070	.072	.072	.082	.053	.057	.065
Error variance		*	*	*	*	*	*	.01	*	*	.01	.01	.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

		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		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	466	32	95	125	58	60	97	251	215	382	14	32	18	4	6	74
		23%	24%	23%	23%	23%	28% f	21%	23%	23%	22%	25%	30%	24%	25%	54%	28% a
Tend to agree	(3.0)	744	54	150	211	83	82	164	415	329	636	22	37	27	6	2	94
		37%	40%	36%	39%	33%	39%	35%	38%	35%	37%	37%	35%	37%	41%	15%	35%
Tend to disagree	(2.0)	457	25	107	116	68	31	110	248	209	402	8	21	15	2	2	47
		23%	19%	26% e	22% e	27% e	15% e	24% e	23% e	22% e	24% bg	13%	19%	20%	10%	14%	17%
Strongly disagree	(1.0)	276	17	54	65	40	27	73	136	140	237	10	12	8	3	2	35
		14%	12%	13%	12%	16%	13%	16%	13%	15%	14%	17%	11%	11%	17%	17%	13%
Don't know		76	7	11	19	6	11	22	36	39	49	5	5	6	1	-	17
		4%	5%	3%	3%	2%	5%	5%	3%	4%	3%	8% a	5%	8% a	6%	-	6% a
NET: Agree		1210	85	245	335	142	142	261	666	545	1018	36	69	45	10	8	169
		60%	64%	59%	63% df	55%	67% bdfh	56%	61%	58%	60%	62%	64%	61%	66%	69%	63%
NET: Disagree		733	42	161	182	108	58	183	384	349	640	18	33	23	4	4	81
		36%	31%	39% e	34%	42% aceg	28%	39% e	35% e	37% e	37% g	30%	31%	31%	27%	31%	30%
Base for stats		1943	127	406	517	250	200	443	1050	893	1657	54	102	68	15	12	250
Mean Score		2.72	2.79	2.70	2.76	2.64	2.87 bdfh	2.64	2.74	2.69	2.70	2.76	2.87	2.81	2.79	3.06	2.83 a
Standard Deviation		.983	.965	.971	.958	1.011	.993	1.000	.964	1.005	.978	1.054	.994	.962	1.073	1.212	1.008
Standard Error		.022	.084	.049	.042	.061	.066	.051	.030	.034	.024	.137	.094	.113	.268	.336	.061
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.07	.11	*

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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

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating									
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total		2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	466	292	71	73	144	24	25	145	273	194	393	59	65	257	119	25	401	90	298
		23%	21%	26%	28%	27%	31%	29%	29%	20%	29%	23%	28%	19%	23%	25%	28%	24%	33%	22%
			a		a		d		d		d				a			b		
Tend to agree	(3.0)	744	494	108	100	208	32	38	205	469	275	639	76	115	425	175	29	629	106	504
		37%	36%	39%	38%	39%	41%	43%	41%	35%	41%	37%	37%	34%	38%	37%	32%	37%	38%	37%
								d		d										
Tend to disagree	(2.0)	457	330	47	55	102	9	14	82	353	104	415	33	92	248	97	19	364	44	314
		23%	24%	17%	21%	19%	11%	16%	16%	26%	15%	24%	16%	27%	22%	21%	21%	22%	16%	23%
			bd						abce		b		ce					a		
Strongly disagree	(1.0)	276	198	41	26	67	7	7	52	210	66	243	26	56	153	58	10	220	29	188
		14%	15%	15%	10%	13%	9%	8%	10%	16%	10%	14%	13%	16%	14%	12%	11%	13%	10%	14%
			c						ce											
Don't know		76	44	7	9	15	7	4	19	45	30	51	13	11	35	22	7	65	9	46
		4%	3%	2%	3%	3%	9%	4%	4%	3%	5%	3%	6%	3%	3%	5%	8%	4%	3%	3%
							cd					a				b				
NET: Agree		1210	786	179	172	351	56	63	350	741	469	1032	135	181	683	294	53	1030	196	802
		60%	58%	65%	66%	66%	71%	72%	70%	55%	70%	59%	65%	53%	61%	62%	60%	61%	71%	59%
				a	a	a	d	d	d		d			a	a		a	b		
NET: Disagree		733	528	89	81	169	15	21	134	563	170	658	59	149	401	155	29	584	72	502
		36%	39%	32%	31%	32%	19%	24%	27%	42%	25%	38%	29%	44%	36%	33%	32%	35%	26%	37%
			bcd						abce		b		bcd					a		
Base for stats		1943	1314	267	253	521	72	84	484	1304	639	1689	194	329	1083	449	82	1614	268	1304
Mean Score		2.72	2.67	2.78	2.87	2.82	3.03	2.96	2.91	2.62	2.93	2.70	2.86	2.58	2.73	2.79	2.83	2.75	2.96	2.70
					a	a	d	d	d		d		a		a	a	a	a	b	
Standard Deviation		.983	.983	1.006	.950	.979	.920	.905	.945	.988	.936	.982	1.001	.992	.978	.978	.994	.979	.962	.978
Standard Error		.022	.028	.060	.058	.042	.106	.095	.045	.027	.038	.024	.073	.057	.030	.044	.104	.024	.058	.027
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.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

		Longstanding condition or illness						Area		Number of days active										
							NET: Longstanding physical and mental condition or illness													
		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									NET 2-4 days	NET 5 + days	
Total		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j	
Significance Level: 95%																				
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	466	70	110	29	270	178	24	386	81	123	66	64	75	31	32	14	62	170	108
		23%	29%	31%	32%	20%	30%	34%	24%	18%	30%	35%	24%	24%	16%	17%	18%	16%	22%	17%
			d	d	d		d	d	b		defghij	cdefghij	efhj	ehj					hj	
Tend to agree	(3.0)	744	90	127	42	486	227	27	592	152	133	65	112	133	76	79	33	113	322	224
		37%	38%	36%	46%	36%	38%	39%	38%	35%	33%	34%	42%	42%	40%	40%	45%	29%	42%	34%
					d								ahj	ahj	h	h	ah		ahj	
Tend to disagree	(2.0)	457	49	68	8	334	112	11	345	112	57	33	54	73	65	49	14	112	192	175
		23%	21%	19%	9%	25%	19%	16%	22%	25%	14%	17%	20%	23%	34%	25%	19%	29%	25%	27%
			c	c		bce	c						a	a	abcdgi	a		abc	ab	abc
Strongly disagree	(1.0)	276	20	40	6	210	61	5	197	79	65	18	28	27	16	29	12	82	71	122
		14%	8%	11%	7%	16%	10%	7%	13%	18%	16%	9%	11%	8%	8%	15%	16%	21%	9%	19%
						acef				a	bdei					di		bcdei		bcdei
Don't know		76	9	9	5	42	20	3	58	18	27	8	5	9	3	6	2	15	17	23
		4%	4%	3%	6%	3%	3%	5%	4%	4%	7%	4%	2%	3%	2%	3%	2%	4%	2%	3%
											cdeij									
NET: Agree		1210	159	237	70	756	405	51	977	233	257	130	177	207	107	111	47	175	491	332
		60%	67%	67%	78%	56%	68%	72%	62%	53%	63%	69%	67%	66%	56%	57%	63%	46%	64%	51%
			d	d	abde		d	d	b		hj	efhj	efhj	efhj	h	h	hj		ehj	
NET: Disagree		733	68	108	14	544	172	16	542	191	122	51	83	99	81	78	25	194	263	297
		36%	29%	30%	16%	41%	29%	23%	34%	43%	30%	27%	31%	31%	42%	40%	35%	51%	34%	46%
			c	c		abcef	c			a					abcdi	abd		abcdfgi		abcdi
Base for stats		1943	228	345	85	1300	577	67	1519	424	379	181	259	307	189	189	72	368	754	629
Mean Score		2.72	2.92	2.89	3.10	2.63	2.91	3.04	2.77	2.55	2.83	2.98	2.82	2.83	2.65	2.61	2.67	2.42	2.78	2.51
			d	d	d		d	d	b		efhj	efghij	efhj	efhj	h	h			fhj	
Standard Deviation		.983	.929	.987	.856	.986	.957	.901	.973	1.001	1.066	.972	.931	.895	.855	.943	.966	1.014	.900	.991
Standard Error		.022	.059	.055	.091	.028	.040	.109	.025	.049	.056	.072	.057	.050	.063	.067	.113	.054	.032	.040
Error variance		*	*	*	.01	*	*	.01	*	*	*	.01	*	*	*	*	.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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
Total		NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%														
Unweighted Total		2019	662	514	803		1420	231		1410	240		1232	312
Total		2019	650	533	800		1421	234		1413	234		1230	316
		100%	100%	100%	100%		100%	100%		100%	100%		100%	100%
Strongly agree	(4.0)	466	130	78	251		331	63		337	64		310	71
		23%	20%	15%	31%		23%	27%		24%	28%		25%	22%
			b		ab									
Tend to agree	(3.0)	744	221	184	330		547	84		535	78		447	114
		37%	34%	35%	41%		39%	36%		38%	33%		36%	36%
					ab									
Tend to disagree	(2.0)	457	179	146	129		316	47		312	48		290	57
		23%	27%	27%	16%		22%	20%		22%	20%		24%	18%
			c	c									b	
Strongly disagree	(1.0)	276	100	103	69		191	35		193	39		161	61
		14%	15%	19%	9%		13%	15%		14%	16%		13%	19%
			c	c									a	a
Don't know		76	21	21	21		36	5		36	5		22	13
		4%	3%	4%	3%		3%	2%		3%	2%		2%	4%
													a	
NET: Agree		1210	350	262	581		878	147		872	143		757	185
		60%	54%	49%	73%		62%	63%		62%	61%		62%	59%
					ab									
NET: Disagree		733	278	249	198		507	82		504	86		451	118
		36%	43%	47%	25%		36%	35%		36%	37%		37%	37%
			c	c										
Base for stats		1943	629	512	779		1385	229		1377	229		1208	303
Mean Score		2.72	2.60	2.46	2.98		2.74	2.76		2.74	2.74		2.75	2.64
			b		ab									
Standard Deviation		.983	.985	.979	.918		.974	1.021		.982	1.048		.984	1.051
Standard Error		.022	.039	.044	.033		.026	.068		.027	.069		.028	.061
Error variance		*	*	*	*		*	*		*	*		*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		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		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	172	76	93	88	65	20	9	15	17	20	19	18	37	26	11
		9%	8%	9%	14% bc	10% c	3%	9%	6%	9%	9%	11% bi	8%	12% bi	8%	5%
Tend to agree	(3.0)	452	213	234	175	171	106	15	71	32	60	37	35	100	60	41
		22%	22%	23%	29% c	26% c	14%	15%	27% acfh	16%	29% acfhi	22%	16%	31% acefhi	18%	20%
Tend to disagree	(2.0)	690	347	342	156	197	337	40	99	74	65	56	74	76	115	92
		34%	35%	34%	26%	30%	45% ab	41% g	38% g	38% g	31%	32% g	33% g	24%	35% g	44% defgh
Strongly disagree	(1.0)	590	294	291	149	191	250	28	64	63	57	52	84	87	104	52
		29%	30%	29%	24%	29%	33% a	29%	24%	32%	27%	30%	38% bdgi	27%	32%	25%
Don't know		115	49	60	43	35	37	6	14	11	9	9	12	21	21	12
		6%	5%	6%	7%	5%	5%	6%	5%	5%	4%	5%	6%	7%	7%	6%
NET: Agree		624	289	327	262	236	125	23	86	49	80	57	53	137	87	51
		31%	30%	32%	43% bc	36% c	17%	24%	33% f	25%	38% acfhi	33%	24%	43% abcefhi	27%	25%
NET: Disagree		1280	641	633	305	389	587	68	163	137	122	108	158	162	219	144
		63%	65%	62%	50%	59% a	78% ab	70% dg	62% g	70% dg	58%	62% g	71% dg	51%	67% dg	69% dg
Base for stats		1904	930	960	567	625	712	91	249	186	202	164	211	300	305	195
Mean Score		2.11	2.08	2.13	2.35 bc	2.18 c	1.85	2.04	2.15 f	2.02	2.21 cfh	2.15 f	1.94	2.29 acfhi	2.03	2.05
Standard Deviation		.947	.932	.957	1.032	.983	.767	.922	.874	.940	.967	.997	.950	1.019	.941	.834
Standard Error		.022	.031	.030	.040	.039	.031	.090	.056	.065	.070	.071	.075	.058	.055	.060
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		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	
			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																		
Unweighted Total		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291	
Total		2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	172	21	43	58	16	16	17	123	49	124	9	18	10	3	2	41	
		9%	16%	10%	11%	6%	8%	4%	11%	5%	7%	16%	17%	13%	17%	15%	16%	
		defh	fh	dfh		f		dfh			a	a					a	
Tend to agree	(3.0)	452	42	108	114	70	48	70	264	188	361	19	30	24	5	4	82	
		22%	31%	26%	21%	27%	23%	15%	24%	20%	21%	33%	28%	33%	29%	37%	31%	
		cfh	fh	f	fh	f		fh	f		a		a				a	
Tend to disagree	(2.0)	690	31	115	183	91	75	194	329	361	615	15	28	17	4	4	67	
		34%	23%	28%	34%	36%	36%	42%	30%	39%	36%	25%	26%	22%	26%	30%	25%	
				ab	ab	ab	ab	ab	ab	ab	cdg							
Strongly disagree	(1.0)	590	33	128	155	66	57	151	316	273	519	10	26	20	3	1	60	
		29%	25%	31%	29%	26%	27%	32%	29%	29%	30%	17%	24%	28%	16%	8%	22%	
											bg							
Don't know		115	6	23	25	13	16	33	54	62	89	5	5	3	2	1	17	
		6%	5%	5%	5%	5%	7%	7%	5%	7%	5%	8%	5%	4%	12%	9%	6%	
NET: Agree		624	63	152	172	86	64	87	387	237	484	29	48	34	7	6	123	
		31%	47%	36%	32%	34%	30%	19%	36%	25%	28%	49%	45%	46%	46%	52%	46%	
		bcddefgh	fh	fh	fh	f		fh	f		a	a	a				a	
NET: Disagree		1280	64	243	339	157	132	345	646	634	1134	25	54	37	7	5	127	
		63%	48%	58%	63%	61%	62%	74%	59%	68%	66%	43%	50%	50%	42%	39%	48%	
			a	a	a	a	a	abcdegh	a	abdg	bcdg							
Base for stats		1904	128	395	511	243	196	433	1033	871	1618	54	101	71	14	11	250	
Mean Score		2.11	2.40	2.17	2.15	2.15	2.12	1.89	2.19	2.01	2.05	2.52	2.39	2.32	2.53	2.65	2.42	
			bcddefgh	fh	fh	fh	f		fh	f		a	a	a			a	
Standard Deviation		.947	1.051	1.006	.981	.896	.923	.811	1.002	.869	.920	1.000	1.057	1.040	1.037	.906	1.029	
Standard Error		.022	.090	.051	.043	.054	.063	.042	.031	.029	.023	.130	.100	.120	.268	.262	.062	
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.07	.07	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	172	88	27	38	65	16	19	36	101	71	150	16	18	80	62	13	154	44	98	
		9%	6%	10%	15%	12%	21%	22%	7%	7%	11%	9%	8%	5%	7%	13%	14%	9%	16%	7%	
				a	a	a	cde	cde			cd					abe	ab	a	b		
Tend to agree	(3.0)	452	260	79	84	163	21	32	117	282	171	385	55	53	249	126	25	399	92	296	
		22%	19%	29%	32%	30%	27%	37%	23%	21%	25%	22%	26%	15%	22%	27%	28%	24%	33%	22%	
				a	a	a		cde			d				a	a	a	a	b		
Tend to disagree	(2.0)	690	514	78	63	141	21	19	183	466	224	595	71	146	404	125	16	544	80	457	
		34%	38%	28%	24%	26%	26%	22%	36%	35%	33%	34%	34%	43%	36%	26%	18%	32%	29%	34%	
			bcd						b	b	b			bcd	cde		cd				
Strongly disagree	(1.0)	590	430	74	62	136	15	14	141	420	170	525	48	104	334	125	26	485	51	429	
		29%	32%	27%	24%	25%	19%	16%	28%	31%	25%	30%	23%	31%	30%	27%	29%	29%	18%	32%	
			cd						b	abe	b	b								a	
Don't know		115	67	15	15	30	6	3	25	81	34	85	18	20	53	33	9	95	10	70	
		6%	5%	6%	6%	6%	7%	4%	5%	6%	5%	5%	9%	6%	5%	7%	10%	6%	4%	5%	
													a				b				
NET: Agree		624	348	107	122	229	38	51	153	382	242	535	70	70	328	188	38	554	136	394	
		31%	26%	39%	47%	43%	47%	59%	30%	28%	36%	31%	34%	21%	29%	40%	43%	33%	49%	29%	
			a	a	a	cde	cde				cd				a	abe	abe	ab	b		
NET: Disagree		1280	943	152	125	277	36	33	325	886	394	1120	120	250	738	250	42	1030	131	886	
		63%	69%	56%	48%	52%	46%	38%	65%	66%	59%	64%	58%	74%	66%	53%	47%	61%	47%	66%	
		bcd						ab	abe	ab			bcd	cde		cd			a		
Base for stats		1904	1291	259	247	506	74	84	478	1268	636	1655	190	320	1066	438	80	1584	267	1280	
Mean Score		2.11	2.00	2.23	2.40	2.31	2.52	2.67	2.10	2.05	2.22	2.10	2.20	1.95	2.07	2.28	2.31	2.14	2.48	2.05	
				a	a	a	cde	cde			cd				a	abe	ab	a	b		
Standard Deviation		.947	.898	.982	1.028	1.007	1.058	1.003	.913	.932	.967	.951	.916	.842	.917	1.030	1.094	.964	.983	.933	
Standard Error		.022	.025	.060	.063	.044	.121	.105	.043	.026	.039	.023	.067	.049	.029	.047	.115	.024	.060	.026	
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	*	*	*	*	.01	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		Longstanding condition or illness						Area		Number of days active									
		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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
Total		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Significance Level: 95%																			
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	172	25	31	11	99	60	140	32	20	18	22	28	19	13	9	42	70	65
	9%	10%	9%	12%	7%	10%	7%	9%	7%	5%	9%	8%	9%	10%	7%	12%	11%	9%	10%
						d					a		a	a		a	a	a	a
Tend to agree	(3.0)	452	66	58	38	289	142	367	85	65	47	68	99	58	47	12	56	225	115
	22%	28%	16%	43%	22%	24%	23%	23%	19%	16%	25%	26%	31%	30%	24%	16%	15%	29%	18%
		bd		abdef	b	b					ahj	ahj	aghj	aghj	ahj			aghj	
Tend to disagree	(2.0)	690	69	142	21	464	207	528	162	143	66	93	108	51	73	28	128	252	229
	34%	29%	40%	24%	35%	35%	34%	33%	37%	35%	35%	35%	34%	27%	38%	38%	33%	33%	35%
			ac		c	c				e				e				e	e
Strongly disagree	(1.0)	590	66	106	13	416	159	442	148	137	47	69	69	55	56	22	134	194	212
	29%	28%	30%	15%	31%	27%	29%	28%	34%	34%	25%	26%	22%	29%	29%	29%	35%	25%	33%
		c	c		c	c	c		a	bcdi							bcdi		bdi
Don't know		115	11	18	6	74	29	100	15	41	12	11	11	8	5	3	22	30	31
	6%	5%	5%	7%	6%	5%	7%	6%	3%	10%	7%	4%	3%	4%	3%	5%	6%	4%	5%
								b		cdefhij									
NET: Agree		624	90	89	49	388	202	507	117	85	65	91	127	77	60	21	98	295	180
	31%	38%	25%	55%	29%	34%	30%	32%	26%	21%	34%	34%	40%	40%	31%	28%	26%	38%	28%
		bd		abdef		bd		b			ah	ahj	afghj	ahj	a			ahj	a
NET: Disagree		1280	135	247	34	880	366	970	310	280	112	162	177	107	129	50	262	446	441
	63%	57%	70%	38%	66%	61%	63%	62%	70%	69%	59%	61%	56%	56%	66%	67%	69%	58%	68%
		c	ace		ac	c	c		a	bcdei					dei		bdei		bdei
Base for stats	1904	226	336	84	1268	568	65	1477	427	365	177	253	304	184	190	70	361	741	621
Mean Score	2.11	2.22	2.04	2.57	2.06	2.18	2.09	2.14	2.00	1.91	2.21	2.17	2.28	2.22	2.09	2.11	2.02	2.23	2.05
		bd		abdef		bd		b			ah	a	afhj	ahj	a			ahj	a
Standard Deviation	.947	.988	.925	.912	.931	.960	.924	.953	.921	.873	.946	.934	.918	.997	.907	.990	1.000	.944	.970
Standard Error	.022	.063	.052	.097	.026	.040	.113	.025	.045	.047	.071	.058	.052	.074	.065	.117	.054	.034	.039
Error variance	*	*	*	.01	*	*	.01	*	*	*	.01	*	*	.01	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
Total		NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%														
Unweighted Total		2019	662	514	803		1420	231		1410	240		1232	312
Total		2019	650	533	800		1421	234		1413	234		1230	316
		100%	100%	100%	100%		100%	100%		100%	100%		100%	100%
Strongly agree	(4.0)	172	72	26	66		135	14		135	15		134	9
		9%	11%	5%	8%		10%	6%		10%	7%		11%	3%
			b		b					b			b	
Tend to agree	(3.0)	452	155	102	191		337	37		309	52		294	59
		22%	24%	19%	24%		24%	16%		22%	22%		24%	19%
					b		b			b			b	
Tend to disagree	(2.0)	690	194	208	283		477	93		481	75		393	102
		34%	30%	39%	35%		34%	40%		34%	32%		32%	32%
				a	a								31%	31%
Strongly disagree	(1.0)	590	209	162	215		419	76		432	84		364	128
		29%	32%	30%	27%		29%	33%		31%	36%		30%	40%
			c								a		a	
Don't know		115	21	35	45		53	13		55	8		45	18
		6%	3%	7%	6%		4%	6%		4%	3%		4%	6%
				a	a									
NET: Agree		624	227	128	257		472	51		444	67		428	68
		31%	35%	24%	32%		33%	22%		31%	29%		35%	22%
			b		b		b			b			b	
NET: Disagree		1280	402	370	498		895	170		913	160		758	230
		63%	62%	69%	62%		63%	73%		65%	68%		62%	73%
				ac				a					a	
Base for stats		1904	629	498	755		1368	221		1358	226		1186	298
Mean Score		2.11	2.14	1.98	2.14		2.14	1.95		2.11	1.99		2.17	1.83
			b		b		b			b			b	
Standard Deviation		.947	1.009	.860	.932		.964	.881		.966	.936		.990	.853
Standard Error		.022	.040	.039	.034		.026	.060		.026	.061		.029	.050
Error variance		*	*	*	*		*	*		*	*		*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q9.8. I feel guilty about not exercising more during the outbreak: 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		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204	
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	320	134	182	145	113	62	21	28	32	31	30	30	75	51	22	
		16%	14%	18%	24%	17%	8%	22%	11%	16%	15%	17%	13%	23%	16%	11%	
				a	bc	c		bi				bi		bdfhi			
Tend to agree	(3.0)	644	308	331	210	204	230	25	76	67	70	50	64	107	114	73	
		32%	31%	32%	34%	31%	31%	25%	29%	34%	33%	29%	29%	33%	35%	35%	
Tend to disagree	(2.0)	640	341	297	147	198	295	40	96	61	60	50	82	81	94	77	
		32%	35%	29%	24%	30%	39%	41%	37%	31%	28%	29%	37%	25%	29%	37%	
			b		a	ab	degh	g				g				g	
Strongly disagree	(1.0)	304	149	151	71	102	131	8	42	29	40	27	41	39	50	28	
		15%	15%	15%	12%	15%	18%	8%	16%	15%	19%	16%	18%	12%	15%	14%	
					a	a		a		ag	a	a		a			
Don't know		111	48	58	37	44	30	4	21	8	10	16	7	19	17	9	
		5%	5%	6%	6%	7%	4%	4%	8%	4%	5%	9%	3%	6%	5%	4%	
					c			f				cfi					
NET: Agree		964	442	513	355	316	293	46	104	99	101	80	94	181	166	94	
		48%	45%	50%	58%	48%	39%	47%	40%	50%	48%	46%	42%	56%	51%	45%	
			a	bc	c			b						befi	b		
NET: Disagree		944	489	449	218	300	427	47	138	90	100	77	122	121	144	105	
		47%	50%	44%	36%	45%	57%	49%	52%	46%	47%	45%	55%	38%	44%	50%	
		b		a	ab	g	g		g		egh			g			
Base for stats		1908	932	962	573	616	720	93	242	189	201	157	216	302	310	199	
Mean Score		2.51	2.46	2.57	2.75	2.53	2.31	2.64	2.37	2.54	2.46	2.53	2.38	2.72	2.54	2.44	
				a	bc	c		bf						bcdelfhi	b		
Standard Deviation		.951	.925	.970	.971	.973	.868	.927	.902	.951	.981	.992	.945	.980	.951	.868	
Standard Error		.022	.031	.031	.037	.039	.035	.089	.059	.065	.071	.072	.073	.056	.055	.062	
Error variance		*	*	*	*	*	*	.01	*	*	.01	.01	.01	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q9.8. I feel guilty about not exercising more 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		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	320	35	76	90	42	32	44	201	119	240	15	27	24	2	4	72
		16%	26%	18%	17%	17%	15%	9%	19%	13%	14%	26%	25%	33%	10%	33%	27%
			bcd efgh	fh	fh	f	f		fh			a	a	a			a
Tend to agree	(3.0)	644	39	137	178	87	69	135	354	290	545	22	38	16	8	3	87
		32%	29%	33%	33%	34%	33%	29%	33%	31%	32%	37%	35%	22%	50%	29%	32%
												d	d				
Tend to disagree	(2.0)	640	36	132	162	84	60	167	330	310	567	12	26	21	3	3	64
		32%	27%	32%	30%	33%	28%	36%	30%	33%	33%	21%	24%	28%	18%	21%	24%
								eg			bcg						
Strongly disagree	(1.0)	304	19	61	74	27	34	90	154	150	274	7	10	6	1	2	25
		15%	14%	15%	14%	11%	16%	19%	14%	16%	16%	11%	9%	8%	5%	17%	9%
								cdg		d	cg						
Don't know		111	4	12	31	16	17	30	47	63	81	3	6	7	3	-	19
		5%	3%	3%	6%	6%	8%	7%	4%	7%	5%	5%	6%	10%	17%	-	7%
					b	b	bg	b		bg				a			
NET: Agree		964	74	213	268	129	101	179	555	409	785	37	65	40	9	7	158
		48%	56%	51%	50%	50%	48%	38%	51%	44%	46%	63%	61%	54%	60%	62%	59%
			fh	fh	fh	f	f		fh			a	a				a
NET: Disagree		944	55	192	236	111	93	256	484	460	841	19	36	26	4	5	89
		47%	41%	46%	44%	43%	44%	55%	45%	49%	49%	32%	33%	36%	24%	38%	33%
								abcdeg		g	bcdg						
Base for stats		1908	129	405	505	240	194	435	1039	869	1626	56	100	67	13	12	248
Mean Score		2.51	2.70	2.56	2.56	2.60	2.51	2.31	2.58	2.43	2.46	2.81	2.82	2.88	2.77	2.77	2.83
			fh	fh	fh	fh	f		fh	f		a	a	a			a
Standard Deviation		.951	1.026	.960	.948	.906	.967	.911	.963	.931	.939	.976	.944	1.013	.767	1.131	.964
Standard Error		.022	.088	.048	.042	.055	.066	.047	.030	.032	.024	.124	.090	.121	.205	.314	.059
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.04	.10	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q9.8. I feel guilty about not exercising more 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				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
								Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating						NET: Lives with others		
		Total	None	1 child	2 or more children	NET: Yes							Yes	No	Lives alone	2-3	4-5	6+		Yes
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total		2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	320	189	51	57	108	19	30	71	201	119	279	34	36	172	86	26	284	70	200
		16%	14%	19%	22%	20%	24%	34%	14%	15%	18%	16%	16%	11%	15%	18%	30%	17%	25%	15%
				a	a	a	cd	cde							a	a	abce	a	b	
Tend to agree	(3.0)	644	421	95	96	191	23	26	151	443	201	571	55	97	350	176	21	547	94	443
		32%	31%	35%	37%	36%	30%	30%	30%	33%	30%	33%	26%	28%	31%	37%	24%	33%	34%	33%
															abde					
Tend to disagree	(2.0)	640	454	78	71	149	17	22	168	433	207	558	67	125	368	125	22	515	78	430
		32%	33%	28%	27%	28%	21%	25%	33%	32%	31%	32%	32%	37%	33%	27%	24%	31%	28%	32%
			cd					a	a					cde	c					
Strongly disagree	(1.0)	304	222	36	32	68	12	5	84	202	102	249	41	62	169	60	14	242	28	207
		15%	16%	13%	12%	13%	15%	6%	17%	15%	15%	14%	20%	18%	15%	13%	15%	14%	10%	15%
			d					b	b	b		a		c					a	
Don't know		111	72	14	6	20	8	4	28	70	40	84	11	21	60	24	6	90	7	71
		5%	5%	5%	2%	4%	10%	5%	6%	5%	6%	5%	5%	6%	5%	5%	7%	5%	3%	5%
			c																	
NET: Agree		964	610	146	153	299	43	56	222	644	320	850	89	133	521	263	48	832	164	643
		48%	45%	53%	58%	56%	54%	64%	44%	48%	48%	49%	43%	39%	47%	56%	54%	50%	59%	48%
				a	a	a		cde							a	abe	a	a	b	
NET: Disagree		944	676	114	103	217	29	27	253	635	309	807	108	187	537	185	35	757	106	637
		47%	50%	42%	39%	41%	36%	31%	50%	47%	46%	46%	52%	55%	48%	39%	40%	45%	38%	47%
			bcd					ab	b	b				bcd	c		c		a	
Base for stats		1908	1286	260	256	516	71	83	475	1279	629	1657	197	320	1058	447	83	1589	270	1279
Mean Score		2.51	2.45	2.62	2.69	2.66	2.70	2.96	2.44	2.50	2.54	2.53	2.41	2.33	2.49	2.65	2.73	2.55	2.76	2.50
				a	a	a	c	cde							a	abe	ab	a	b	
Standard Deviation		.951	.942	.956	.954	.955	1.052	.945	.949	.938	.977	.942	1.002	.915	.946	.939	1.087	.954	.956	.942
Standard Error		.022	.027	.058	.058	.041	.122	.100	.045	.026	.040	.023	.072	.053	.030	.042	.113	.024	.058	.026
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q9.8. I feel guilty about not exercising more during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
							NET: Longstanding physical and mental condition or illness													
		Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	320	46	51	23	199	107	9	256	64	47	34	47	49	33	33	12	65	128	111
		16%	19%	14%	25% bdf	15%	18%	13%	16%	14%	12%	18% a	18% a	15%	17%	17%	17%	17% a	17% a	17% a
Tend to agree	(3.0)	644	76	93	26	447	173	20	504	141	99	62	92	135	60	65	26	105	287	197
		32%	32%	26%	29% b	33% b	29%	28%	32%	32%	24%	33% a	35% a	43% abcefhj	31%	34% a	35% a	28%	37% ahj	30% a
Tend to disagree	(2.0)	640	72	126	22	422	199	18	500	140	129	66	80	89	64	62	21	130	232	213
		32%	31%	36% c	24%	31%	33%	26%	32%	32%	32%	35%	30%	28%	33%	32%	29%	34%	30%	33%
Strongly disagree	(1.0)	304	29	64	11	209	83	16	231	72	105	14	30	30	25	26	12	61	85	100
		15%	12%	18%	12%	16%	14%	23% ae	15%	16%	26% bcdefhij	8%	12%	9%	13%	14%	16% b	16% bdi	11% bdi	15% bdi
Don't know		111	13	20	9	65	34	7	86	25	26	14	16	13	10	8	2	21	39	32
		5%	5%	6%	9% d	5%	6%	10% d	5%	6%	6%	7%	6%	4%	5%	4%	3%	6%	5%	5%
NET: Agree		964	122	144	49	646	281	29	760	204	146	96	139	184	93	99	38	171	415	308
		48%	51% b	41%	55% b	48% b	47%	41%	48%	46%	36%	50% a	52% ah	58% aehj	48% a	51% a	52% a	44% a	54% ahj	47% a
NET: Disagree		944	102	190	32	631	283	34	731	213	234	80	110	119	89	88	33	191	317	313
		47%	43%	54% acd	36% c	47% c	47% c	49%	46%	48%	58% bcdefghij	42%	42%	38%	46%	45%	45%	50% cdi	41% cdi	48% di
Base for stats		1908	224	334	81	1277	563	63	1491	417	379	176	249	302	182	187	71	362	733	620
Mean Score		2.51	2.62	2.39	2.75	2.50	2.54	2.34	2.53	2.47	2.23	2.65	2.62	2.67	2.56	2.57	2.54	2.48	2.63	2.51
			bf		bdf		b					ah	a	ahj	a	a	a	a	ahj	a
Standard Deviation		.951	.955	.963	1.009	.943	.963	1.022	.951	.951	.991	.882	.927	.861	.945	.944	.968	.975	.905	.964
Standard Error		.022	.062	.054	.109	.027	.041	.127	.025	.047	.052	.066	.058	.049	.070	.068	.114	.052	.033	.039
Error variance		*	*	*	.01	*	*	.02	*	*	*	*	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q9.8. I feel guilty about not exercising more during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
Total		NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%														
Unweighted Total		2019	662	514	803		1420	231		1410	240		1232	312
Total		2019	650	533	800		1421	234		1413	234		1230	316
		100%	100%	100%	100%		100%	100%		100%	100%		100%	100%
Strongly agree	(4.0)	320	124	39	148		247	27		263	24		241	38
		16%	19%	7%	19%		17%	12%		19%	10%		20%	12%
			b		b		b			b			b	
Tend to agree	(3.0)	644	215	132	289		494	65		481	68		428	87
		32%	33%	25%	36%		35%	28%		34%	29%		35%	27%
			b		b		b			b			b	
Tend to disagree	(2.0)	640	195	206	233		443	74		433	75		369	94
		32%	30%	39%	29%		31%	32%		31%	32%		30%	30%
				ac										
Strongly disagree	(1.0)	304	89	116	94		180	58		181	62		151	88
		15%	14%	22%	12%		13%	25%		13%	26%		12%	28%
				ac				a			a			a
Don't know		111	27	40	35		58	10		55	6		41	9
		5%	4%	8%	4%		4%	4%		4%	2%		3%	3%
				ac										
NET: Agree		964	339	171	437		740	92		744	91		669	125
		48%	52%	32%	55%		52%	39%		53%	39%		54%	40%
			b		b		b			b			b	
NET: Disagree		944	284	322	328		623	131		614	137		520	182
		47%	44%	60%	41%		44%	56%		43%	59%		42%	58%
				ac				a			a			a
Base for stats		1908	623	493	765		1363	224		1357	228		1190	307
Mean Score		2.51	2.60	2.19	2.64		2.59	2.28		2.61	2.23		2.64	2.24
			b		b		b			b			b	
Standard Deviation		.951	.963	.887	.930		.931	.981		.945	.965		.944	1.006
Standard Error		.022	.038	.041	.034		.025	.066		.026	.063		.027	.058
Error variance		*	*	*	*		*	*		*	*		*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

			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		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204	
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	468	234	228	183	153	132	19	59	48	54	45	47	98	61	37	
		23%	24%	22%	30% bc	23% c	18%	20%	22%	24%	26%	26% i	21%	30% abfhi	19%	18%	
Tend to agree	(3.0)	932	461	468	261	311	361	49	121	88	88	75	98	145	152	115	
		46%	47%	46%	43%	47%	48% a	50%	46%	45%	42%	43%	44%	45%	47%	56% bcdefgh	
Tend to disagree	(2.0)	340	167	170	82	101	157	18	39	35	40	30	49	39	62	30	
		17%	17%	17%	13%	15%	21% ab	19%	15%	18%	19% g	17%	22% g	12%	19% g	14%	
Strongly disagree	(1.0)	164	73	87	40	56	68	5	26	19	17	13	18	20	31	14	
		8%	7%	9%	7%	8%	9%	5%	10%	10%	8%	7%	8%	6%	10%	7%	
Don't know		115	44	67	44	39	32	6	18	7	11	11	12	19	20	12	
		6%	4%	7% a	7% c	6%	4%	6%	7%	3%	5%	6%	5%	6%	6%	6%	
NET: Agree		1400	695	696	443	464	493	68	180	136	143	120	145	243	213	152	
		69%	71%	68%	73% c	70%	66%	70%	69%	69%	68%	69%	65%	76% dfh	65%	73%	
NET: Disagree		504	240	257	123	157	224	23	65	54	57	43	67	59	93	44	
		25%	25%	25%	20%	24%	30% ab	24%	25%	28% g	27% g	25%	30% gi	18%	29% g	21%	
Base for stats		1904	936	953	566	621	717	91	245	190	199	162	211	302	307	196	
Mean Score		2.89	2.92	2.88	3.03 bc	2.90 c	2.78	2.90	2.87	2.87	2.90	2.93	2.82	3.06 bcdghi	2.79	2.89	
Standard Deviation		.871	.858	.877	.868	.872	.855	.798	.899	.911	.901	.880	.874	.846	.877	.786	
Standard Error		.020	.029	.028	.034	.035	.035	.078	.058	.062	.066	.063	.069	.048	.051	.057	
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		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		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291	
Total		2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	468	46	100	154	57	41	70	300	167	374	20	33	25	2	6	87	
		23%	35% bdefh	24% fh	29% defh	22% f	19%	15%	28% efh	18%	22%	34% a	31% a	34% a	16%	49%	32% a	
Tend to agree	(3.0)	932	52	217	244	119	86	214	513	419	805	21	50	30	8	2	112	
		46%	39%	52% aceh	45%	47%	41%	46%	47%	45%	47%	36%	47%	40%	53%	19%	42%	
Tend to disagree	(2.0)	340	17	62	72	59	43	87	151	189	299	9	15	9	1	1	34	
		17%	13%	15%	13%	23% abcg	20% cg	19% cg	14%	20% abcg	18% g	15%	14%	12%	9%	7%	13%	
Strongly disagree	(1.0)	164	9	24	36	11	20	63	69	95	145	5	3	5	1	2	16	
		8%	7%	6%	7%	4%	10% d	14% abcdg	6%	10% bcdg	8% c	8%	3%	7%	5%	16%	6%	
Don't know		115	8	15	30	9	22	31	53	62	83	4	6	4	3	1	18	
		6%	6%	3%	6%	4%	10% bcdg	7% b	5%	7% b	5%	6%	6%	6%	17%	9%	7%	
NET: Agree		1400	99	317	398	177	126	284	813	587	1180	42	83	55	11	8	199	
		69%	74% efh	76% defh	74% efh	69% ef	60%	61%	75% defh	63%	69%	71%	78% a	75%	69%	69%	75%	
NET: Disagree		504	27	86	108	70	63	150	220	284	443	13	17	14	2	3	50	
		25%	20%	21%	20%	27% bcg	30% abcg	32% abcg	20% abcg	30% abcg	26% cg	23%	16%	19%	15%	22%	19%	
Base for stats		1904	125	403	506	247	190	434	1034	871	1623	55	101	69	13	11	249	
Mean Score		2.89	3.08 defh	2.98 efh	3.02 efh	2.90 fh	2.77	2.67	3.01 efh	2.76	2.87	3.03	3.13 a	3.08 a	2.95	3.12	3.08 a	
Standard Deviation		.871	.901	.799	.856	.801	.906	.915	.840	.887	.868	.948	.756 a	.902 a	.776	1.194	.859	
Standard Error		.020	.078	.040	.038	.048	.062	.047	.026	.030	.022	.121	.072	.105	.207	.345	.052	
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.04	.12	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	468	292	71	74	145	24	22	95	327	141	442	20	63	249	123	32	405	81	312	
		23%	22%	26%	28%	27%	31%	25%	19%	24%	21%	25%	10%	19%	22%	26%	36%	24%	29%	23%	
			a	a	a	c		c		c	b			a	abce	a	b				
Tend to agree	(3.0)	932	638	120	126	247	29	38	213	652	281	842	67	152	514	230	37	781	117	646	
		46%	47%	44%	48%	46%	37%	43%	42%	48%	42%	48%	32%	45%	46%	49%	42%	47%	42%	48%	
									ace		b										
Tend to disagree	(2.0)	340	235	48	33	81	5	20	98	217	123	273	47	65	196	67	12	275	50	219	
		17%	17%	17%	13%	15%	6%	23%	19%	16%	18%	16%	23%	19%	18%	14%	13%	16%	18%	16%	
							a	a	a	a	a	a									
Strongly disagree	(1.0)	164	118	18	17	35	11	6	64	84	80	105	52	41	95	25	3	123	18	101	
		8%	9%	7%	6%	7%	13%	6%	13%	6%	12%	6%	25%	12%	9%	5%	3%	7%	6%	8%	
							d		d		d		a	cde	cd						
Don't know		115	76	17	12	28	10	2	33	70	45	79	22	19	64	26	5	96	12	71	
		6%	6%	6%	4%	5%	13%	2%	7%	5%	7%	5%	11%	6%	6%	5%	6%	6%	4%	5%	
							bcde					a									
NET: Agree		1400	930	191	200	391	54	60	308	978	422	1284	87	215	763	354	69	1186	198	958	
		69%	68%	70%	77%	73%	68%	69%	61%	73%	63%	74%	42%	63%	68%	75%	78%	71%	71%	71%	
					a	a			ce		b				abe	ab	a				
NET: Disagree		504	353	66	50	116	15	26	162	301	203	378	99	106	292	92	14	398	67	321	
		25%	26%	24%	19%	22%	19%	29%	32%	22%	30%	22%	48%	31%	26%	19%	16%	24%	24%	24%	
			cd					ad		ad		a	cde	cd			c				
Base for stats		1904	1283	257	250	507	69	86	470	1279	625	1662	186	321	1054	445	84	1583	265	1279	
		2.89	2.86	2.95	3.03	2.99	2.98	2.89	2.72	2.95	2.77	2.98	2.29	2.74	2.87	3.02	3.18	2.93	2.98	2.91	
					a	a	c			ce		b		a	abe	abe	a				
Standard Deviation		.871	.871	.862	.836	.849	1.023	.869	.937	.828	.941	.826	.993	.920	.876	.806	.789	.857	.874	.852	
Standard Error		.020	.025	.053	.051	.037	.121	.090	.045	.023	.038	.020	.074	.053	.027	.037	.081	.021	.053	.024	
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		Longstanding condition or illness						Area		Number of days active											
							NET: Longstanding physical and mental condition or illness														
		Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j	
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646	
Total		2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	468	46	58	26	334	119	8	368	100	23	21	53	71	59	61	31	149	183	240
			23%	20%	16%	29%	25%	20%	11%	23%	23%	6%	11%	20%	22%	31%	31%	42%	39%	24%	37%
						abef	bef						a	ab	ab	abcdi	abcdi	abcdi	abcdi	ab	abcdi
Tend to agree		(3.0)	932	101	154	34	638	261	26	719	213	102	84	152	181	97	101	34	181	430	316
			46%	43%	44%	38%	48%	44%	37%	46%	48%	25%	44%	58%	57%	50%	52%	46%	47%	56%	49%
													a	abhj	abhj	a	a	a	a	abhj	a
Tend to disagree		(2.0)	340	47	61	14	224	101	17	264	76	128	49	38	44	24	23	6	28	106	57
			17%	20%	17%	16%	17%	17%	24%	17%	17%	32%	26%	14%	14%	12%	12%	9%	7%	14%	9%
												cdefghij	cdefghij	hj	hj	h			hj		
Strongly disagree		(1.0)	164	27	58	8	82	76	12	131	33	103	18	11	13	6	3	3	6	31	12
			8%	12%	16%	8%	6%	13%	17%	8%	7%	25%	9%	4%	4%	3%	2%	4%	2%	4%	2%
				d	d		d	d	d			bcdefghij	cdefhij	hj	hj	3%	2%	4%	2%	hj	
Don't know			115	15	24	8	64	40	7	95	20	50	17	10	6	6	7	-	19	22	26
			6%	6%	7%	9%	5%	7%	10%	6%	4%	12%	9%	4%	2%	3%	3%	-	5%	3%	4%
							d	d	d			cdefghij	cdefgij					dg			
NET: Agree			1400	147	212	60	972	380	34	1088	313	124	106	206	252	156	162	65	330	613	557
			69%	62%	60%	67%	72%	64%	48%	69%	71%	31%	56%	78%	80%	81%	83%	88%	86%	80%	85%
				f		f	abef	f					a	ab	ab	ab	ab	abcdi	ab	abcdi	
NET: Disagree			504	74	119	22	306	177	29	395	109	231	67	49	57	30	27	9	34	136	69
			25%	31%	33%	24%	23%	30%	42%	25%	25%	57%	35%	19%	18%	16%	14%	12%	9%	18%	11%
				d	d		d	cde				bcdefghij	cdefghij	hj	hj	h			hj		
Base for stats			1904	221	330	82	1278	557	63	1482	422	356	173	255	309	186	188	74	364	750	626
Mean Score			2.89	2.75	2.64	2.97	2.96	2.76	2.47	2.89	2.90	2.12	2.63	2.97	3.00	3.12	3.16	3.26	3.30	3.02	3.25
				f		bf	abef	f					a	ab	ab	abc	abcdi	abcdi	abcdefi	ab	abcdei
Standard Deviation			.871	.925	.966	.934	.831	.941	.951	.877	.849	.905	.832	.733	.737	.753	.702	.766	.681	.741	.699
Standard Error			.020	.060	.055	.101	.023	.040	.118	.023	.042	.049	.063	.045	.041	.055	.050	.089	.036	.027	.028
Error variance			*	*	*	.01	*	*	.01	*	*	*	*	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	468 23%	217 33% bc	82 15% b	158 20% b	396 28% b	22 9% b	405 29% b	26 11% b	388 32% b	38 12% b	404 31% b	18 7% b	324 32% b	70 14% b
Tend to agree	(3.0)	932 46%	323 50% c	250 47% c	354 44% c	710 50% b	74 32% b	686 49% b	89 38% b	624 51% b	98 31% b	667 51% b	71 28% b	480 48% b	195 40% b
Tend to disagree	(2.0)	340 17%	72 11%	106 20% a	158 20% a	195 14%	65 28% a	205 14%	53 22% a	134 11%	88 28% a	141 11%	76 30% a	118 12% a	118 24% a
Strongly disagree	(1.0)	164 8%	18 3%	55 10% a	87 11% a	72 5%	56 24% a	66 5%	54 23% a	47 4%	77 24% a	44 3%	78 31% a	50 5% a	80 16% a
Don't know		115 6%	19 3%	40 7% a	43 5% a	48 3%	17 7% a	51 4%	13 6% a	38 3%	15 5% a	42 3%	12 5% a	37 4% a	28 6% a
NET: Agree		1400 69%	541 83% bc	332 62%	512 64%	1106 78% b	96 41%	1091 77% b	114 49%	1011 82% b	136 43%	1071 83% b	89 35%	804 80% b	265 54%
NET: Disagree		504 25%	90 14%	161 30% a	244 31% a	267 19%	121 52% a	271 19%	107 46% a	181 15%	165 52% a	185 14%	155 61% a	168 17% a	198 40% a
Base for stats		1904	631	493	757	1373	216	1362	221	1193	301	1256	243	973	462
Mean Score		2.89	3.17 bc	2.73	2.77	3.04 b	2.29	3.05 b	2.39	3.13 b	2.32	3.14 b	2.12	3.11 b	2.55
Standard Deviation		.871	.737	.870	.908	.799	.964	.800	.982	.761	.993	.744	.947	.806	.948
Standard Error		.020	.029	.040	.033	.022	.066	.022	.065	.022	.058	.021	.060	.026	.044
Error variance		*	*	*	*	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		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		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	425	195	224	163	155	108	19	48	41	43	34	41	89	70	41
		21%	20%	22%	27% c	23% c	14%	20%	18%	21%	20%	19%	18%	28% befi	21%	20%
Tend to agree	(3.0)	867	421	443	247	294	326	42	124	76	97	69	98	134	132	95
		43%	43%	43%	41%	45%	43%	43%	47%	39%	46%	40%	44%	42%	40%	45%
Tend to disagree	(2.0)	417	215	200	115	124	179	22	58	49	38	43	47	52	63	46
		21%	22%	20%	19%	19%	24% ab	22%	22%	25% g	18%	25% g	21%	16%	19%	22%
Strongly disagree	(1.0)	198	102	92	45	56	97	7	24	23	21	18	26	23	34	19
		10%	10%	9%	7%	8%	13% ab	7%	9%	12%	10%	11%	12%	7%	11%	9%
Don't know		112	47	60	40	31	40	7	8	8	11	9	11	22	28	7
		6%	5%	6%	7%	5%	5%	7%	3%	4%	5%	5%	5%	7% b	8% bci	4%
NET: Agree		1292	615	668	410	449	434	61	172	117	140	103	139	223	202	135
		64%	63%	66%	67% c	68% c	58%	63%	66%	59%	66%	59%	62%	70% ceh	62%	65%
NET: Disagree		615	317	292	159	180	276	29	82	72	60	61	73	75	97	65
		30%	32%	29%	26%	27%	37% ab	30%	31% g	37% g	28%	35% g	33% g	24%	30%	31% g
Base for stats		1907	933	960	569	629	709	90	254	189	200	164	212	299	299	201
Mean Score		2.80	2.76	2.83	2.93 c	2.87 c	2.63	2.81	2.77	2.71	2.81	2.72	2.72	2.97 bcefhi	2.79	2.78
Standard Deviation		.903	.905	.894	.893	.886	.901	.867	.865	.943	.894	.917	.915	.888	.930	.877
Standard Error		.021	.030	.028	.034	.035	.037	.085	.055	.065	.065	.065	.072	.051	.055	.062
Error variance		*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		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		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	425	46	109	129	46	36	58	285	140	340	15	29	24	2	5	75
		21%	35%	26%	24%	18%	17%	13%	26%	15%	20%	26%	27%	32%	15%	39%	28%
			cdefgh	defh	defh	f			defh					a			a
Tend to agree	(3.0)	867	52	197	234	121	88	176	482	385	748	25	49	28	8	-	111
		43%	39%	47%	44%	47%	42%	38%	44%	41%	44%	43%	46%	39%	53%	-	41%
				fh		f			f								
Tend to disagree	(2.0)	417	20	77	93	59	49	119	190	228	372	7	16	9	3	3	38
		21%	15%	19%	17%	23%	23%	26%	17%	24%	22%	12%	15%	12%	20%	28%	14%
					acg	g		abcg		abcg	dg						
Strongly disagree	(1.0)	198	8	25	51	20	20	75	83	115	164	8	8	8	1	1	26
		10%	6%	6%	9%	8%	9%	16%	8%	12%	10%	14%	8%	11%	6%	8%	10%
								abcdeg		abdg							
Don't know		112	8	9	30	10	18	37	47	65	83	4	5	4	1	3	17
		6%	6%	2%	6%	4%	9%	8%	4%	7%	5%	6%	5%	6%	6%	25%	6%
			b		b		bdg	bdg		bdg							
NET: Agree		1292	98	306	363	167	124	234	767	525	1088	40	78	52	11	5	186
		64%	74%	73%	68%	65%	59%	50%	71%	56%	64%	69%	73%	71%	68%	39%	70%
			efh	defh	efh	fh	f		efh	f			a				
NET: Disagree		615	28	102	143	79	69	194	273	342	536	15	24	17	4	4	64
		30%	21%	24%	27%	31%	32%	42%	25%	37%	31%	25%	22%	23%	26%	37%	24%
					ag	abg	abcdeg		abcg		cg						
Base for stats		1907	126	408	506	246	193	428	1040	868	1624	55	102	69	15	9	250
Mean Score		2.80	3.09	2.96	2.87	2.78	2.73	2.51	2.93	2.64	2.78	2.87	2.97	2.99	2.83	2.92	2.94
			cdefh	defh	fh	fh	f		defh	f			a	a			a
Standard Deviation		.903	.877	.837	.908	.840	.885	.934	.879	.906	.891	.990	.875	.972	.801	1.221	.932
Standard Error		.021	.076	.042	.040	.051	.060	.048	.027	.031	.022	.127	.083	.113	.200	.386	.056
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.04	.15	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	425	273	60	68	128	22	16	74	313	112	401	18	47	237	116	24	378	79	289
			21%	20%	22%	26%	24%	27%	19%	15%	23%	17%	23%	9%	14%	21%	25%	27%	23%	28%	21%
					a		ce				ce		b			a	a	a	b		
Tend to agree		(3.0)	867	568	123	124	247	27	35	203	602	265	784	67	137	481	212	38	730	112	599
			43%	42%	45%	47%	46%	34%	40%	40%	45%	40%	45%	32%	40%	43%	45%	43%	43%	40%	44%
										e		b									
Tend to disagree		(2.0)	417	297	56	45	101	16	25	125	251	166	334	60	86	225	90	17	331	53	272
			21%	22%	20%	17%	19%	21%	29%	25%	19%	25%	19%	29%	25%	20%	19%	19%	20%	19%	20%
									d	d		d	a		ce						
Strongly disagree		(1.0)	198	144	22	16	38	6	8	68	116	82	145	43	47	115	29	6	150	23	123
			10%	11%	8%	6%	7%	8%	9%	14%	9%	12%	8%	21%	14%	10%	6%	7%	9%	8%	9%
				cd						d		d	a		cde	c					
Don't know			112	75	13	9	22	8	3	33	68	44	76	19	23	61	24	4	89	11	66
			6%	6%	5%	4%	4%	11%	3%	6%	5%	7%	4%	9%	7%	5%	5%	4%	5%	4%	5%
								d				a									
NET: Agree			1292	841	183	191	375	48	52	277	915	377	1185	85	184	718	328	62	1108	191	889
			64%	62%	67%	73%	70%	61%	59%	55%	68%	56%	68%	41%	54%	64%	70%	70%	66%	69%	66%
						a	a			ce		b			a	ab	a	a			
NET: Disagree			615	442	78	61	139	22	33	193	367	248	480	103	133	340	119	23	482	76	396
			30%	33%	28%	23%	26%	28%	38%	38%	27%	37%	28%	50%	39%	30%	25%	26%	29%	27%	29%
				cd					d	d		d	a		bcd	c					
Base for stats		1907	1283	261	253	514	71	84	470	1282	626	1665	188	317	1058	447	85	1590	266	1284	
Mean Score		2.80	2.76	2.85	2.96	2.90	2.90	2.71	2.60	2.87	2.65	2.87	2.32	2.58	2.79	2.93	2.95	2.84	2.93	2.82	
					a	a	ce			ce		b			a	ab	a	a			
Standard Deviation		.903	.915	.871	.840	.857	.938	.881	.921	.886	.921	.879	.933	.918	.911	.849	.875	.894	.912	.889	
Standard Error		.021	.026	.053	.051	.037	.108	.092	.044	.025	.038	.022	.068	.053	.028	.038	.089	.022	.055	.025	
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	*	*	*	*	.01	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

		Longstanding condition or illness						Area		Number of days active										
							NET: Longstanding physical and mental condition or illness													
		Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j	
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646	
Total	2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	425	54	57	21	281	122	8	341	84	15	18	41	73	49	59	31	139	164	229
		21%	23%	16%	24%	21%	20%	12%	22%	19%	4%	10%	16%	23%	26%	30%	42%	36%	21%	35%
			bf		f							a	a	abc	abc	abci	abcdei	abcdei	abc	abcdei
Tend to agree	(3.0)	867	90	135	31	615	226	26	656	211	99	86	140	164	96	91	30	160	401	281
		43%	38%	38%	34%	46%	38%	37%	42%	48%	24%	45%	53%	52%	50%	47%	41%	42%	52%	43%
					abce					a		a	ahj	ahj	a	a	a	a	ahj	a
Tend to disagree	(2.0)	417	62	93	26	256	154	23	333	84	134	48	56	51	29	39	11	50	136	100
		21%	26%	26%	29%	19%	26%	32%	21%	19%	33%	25%	21%	16%	15%	20%	14%	13%	18%	15%
			d	d	d	d	d	d			cdefghij	dehij	hj			h		h		
Strongly disagree	(1.0)	198	18	48	6	127	63	6	153	45	108	23	19	16	8	4	2	19	43	25
		10%	8%	14%	7%	9%	11%	9%	10%	10%	26%	12%	7%	5%	4%	2%	2%	5%	6%	4%
			ad								bcddefghij	defghij	fj					f		
Don't know		112	13	21	6	63	32	7	94	18	51	15	8	11	10	2	1	15	29	18
		6%	6%	6%	6%	5%	5%	11%	6%	4%	12%	8%	3%	3%	5%	1%	1%	4%	4%	3%
							d				cdefghij	cdfghij			f					
NET: Agree		1292	143	192	52	896	348	34	997	295	114	104	181	237	146	150	60	299	565	510
	64%	61%	54%	58%	67%	58%	48%	63%	67%	28%	55%	69%	75%	76%	77%	82%	78%	73%	78%	
					bef							a	ab	ab	ab	abc	abc	abc	ab	abci
NET: Disagree		615	80	141	32	383	216	29	486	129	241	71	75	67	37	43	12	69	178	124
	30%	34%	40%	36%	29%	36%	41%	31%	29%	59%	38%	28%	21%	19%	22%	17%	18%	23%	19%	
			d		d	d	d				bcddefghij	cdefghij	deghj					h		
Base for stats		1907	223	333	84	1279	564	63	1483	424	355	175	256	304	182	193	73	368	743	634
Mean Score		2.80	2.80	2.60	2.80	2.82	2.72	2.57	2.80	2.79	2.06	2.56	2.80	2.97	3.03	3.06	3.22	3.14	2.92	3.13
			b			bef						a	ab	abc	abc	abci	abcdi	abcdi	abc	abcdi
Standard Deviation		.903	.896	.936	.909	.886	.926	.842	.910	.880	.864	.848	.795	.787	.777	.765	.790	.839	.792	.812
Standard Error		.021	.058	.053	.096	.025	.039	.104	.024	.043	.047	.064	.049	.044	.058	.054	.092	.045	.029	.032
Error variance		*	*	*	.01	*	*	.01	*	*	*	*	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	425 21%	199 31% bc	67 13% b	153 19% b	359 25% b	26 11% b	358 25% b	23 10% b	358 29% b	30 10% b	362 28% b	26 10% b	297 29% b	64 13% b
Tend to agree	(3.0)	867 43%	293 45%	226 42%	340 42%	666 47% b	65 28% b	656 46% b	73 31% b	587 48% b	85 27% b	631 49% b	59 23% b	462 46% b	182 37% b
Tend to disagree	(2.0)	417 21%	111 17%	131 25% a	173 22% a	247 17%	80 34% a	245 17%	73 31% a	177 14%	110 35% a	202 16%	81 32% a	160 16%	124 25% a
Strongly disagree	(1.0)	198 10%	29 4%	77 14% a	87 11% a	99 7%	47 20% a	104 7%	54 23% a	79 6%	73 23% a	74 6%	73 29% a	61 6%	89 18% a
Don't know		112 6%	17 3%	32 6% a	48 6% a	50 3%	15 6% a	49 3%	11 5% a	30 2%	17 5% a	30 2%	17 7% a	29 3%	31 6% a
NET: Agree		1292 64%	493 76% bc	293 55%	493 62% b	1025 72% b	91 39% b	1014 72% b	96 41% b	945 77% b	115 37% b	992 76% b	84 33% b	760 75% b	247 50% b
NET: Disagree		615 30%	140 22%	208 39% ac	260 32% a	346 24%	127 54% a	350 25%	127 54% a	255 21%	184 58% a	276 21%	154 60% a	221 22%	213 43% a
Base for stats		1907	633	501	752	1371	219	1364	223	1200	299	1268	239	981	460
Mean Score		2.80	3.05 bc	2.57 b	2.74 b	2.94 b	2.32 b	2.93 b	2.29 b	3.02 b	2.24 b	3.01 b	2.16 b	3.02 b	2.48 b
Standard Deviation		.903	.819	.907	.912	.853	.944	.863	.948	.841	.937	.823	.980	.846	.959
Standard Error		.021	.032	.041	.033	.023	.064	.023	.063	.024	.054	.023	.063	.027	.045
Error variance		*	*	*	*	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q9.11. The current situation has not impacted my current exercise regime: 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		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	261	152	106	86	85	90	13	29	32	28	21	31	57	29	22
		13%	16%	10%	14%	13%	12%	13%	11%	16%	13%	12%	14%	18%	9%	11%
			b							h				bhi		
Tend to agree	(3.0)	600	301	296	167	195	239	32	74	63	70	50	56	83	100	73
		30%	31%	29%	27%	29%	32%	33%	28%	32%	33%	29%	25%	26%	30%	35%
															fg	
Tend to disagree	(2.0)	612	300	309	167	192	253	31	86	55	63	52	68	82	112	64
		30%	31%	30%	27%	29%	34%	32%	33%	28%	30%	30%	30%	25%	34%	31%
							a								g	
Strongly disagree	(1.0)	447	187	253	154	153	140	18	61	38	42	40	51	81	69	45
		22%	19%	25%	25%	23%	19%	19%	23%	19%	20%	23%	23%	25%	21%	22%
			a		c	c										
Don't know		99	40	56	36	35	28	2	13	9	8	10	17	18	18	4
		5%	4%	6%	6%	5%	4%	2%	5%	5%	4%	6%	8%	6%	5%	2%
												i	i	i	i	
NET: Agree		861	453	401	253	280	328	45	103	95	98	71	87	140	129	95
		43%	46%	39%	42%	42%	44%	46%	39%	48%	46%	41%	39%	44%	39%	46%
			b							bh						
NET: Disagree		1059	487	562	320	345	393	50	147	93	105	92	119	163	181	110
		52%	50%	55%	53%	52%	52%	51%	56%	47%	50%	53%	53%	51%	55%	53%
				a												
Base for stats		1920	940	963	574	625	721	95	250	187	203	163	206	302	309	204
		2.35	2.45	2.26	2.32	2.34	2.39	2.42	2.28	2.47	2.41	2.31	2.32	2.38	2.29	2.35
			b							bh						
Standard Deviation		.983	.985	.969	1.028	.994	.935	.959	.961	1.001	.967	.986	1.010	1.074	.916	.945
		.022	.033	.031	.040	.039	.038	.091	.061	.069	.070	.070	.080	.061	.054	.067
		*	*	*	*	*	*	.01	*	*	*	*	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q9.11. The current situation has not impacted my current exercise regime: 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		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291	
Total		2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	261	27	45	68	37	23	60	141	120	204	9	17	15	5	3	50	
		13%	21% bce fgh	11%	13%	15%	11%	13%	13%	13%	12%	16%	16%	20% a	34%	25%	19% a	
Tend to agree	(3.0)	600	32	110	166	78	70	144	308	292	514	15	31	24	7	1	78	
		30%	24%	26%	31%	31%	33%	31%	28%	31%	30%	25%	29%	32%	43%	12%	29%	
Tend to disagree	(2.0)	612	39	140	154	74	56	150	332	280	545	14	26	15	2	1	57	
		30%	29%	34%	29%	29%	26%	32%	31%	30%	32% dg	23%	24%	20%	11%	7%	21%	
Strongly disagree	(1.0)	447	29	109	124	55	48	82	262	185	372	18	26	16	1	5	66	
		22%	22% fh	26% fh	23% f	22%	23%	18%	24% fh	20%	22%	30%	25%	22%	6%	39%	25%	
Don't know		99	6	13	24	11	14	30	44	55	72	3	6	4	1	2	16	
		5%	5%	3%	5%	4%	7% b	6% b	4%	6% bg	4%	6%	5%	6%	6%	17%	6%	
NET: Agree		861	60	156	234	115	93	204	449	412	718	24	48	39	12	4	128	
		43%	45%	37%	44%	45% b	44%	44%	41%	44% b	42%	41%	45%	52%	77%	37%	48%	
NET: Disagree		1059	68	248	278	129	104	231	594	465	917	31	52	31	3	6	123	
		52%	51% cde f h	60%	52%	51%	49%	50%	55% h	50% dg	54%	53%	49%	42%	17%	46%	46%	
Base for stats		1920	127	404	511	245	197	436	1043	877	1635	55	101	69	15	10	250	
Mean Score		2.35	2.45 b	2.23	2.35	2.40 b	2.34	2.42 b	2.31	2.40 b	2.34	2.28	2.39	2.55	3.12	2.27	2.45	
Standard Deviation		.983	1.070	.969	.990	.999	.976	.947	.994	.968	.964	1.094	1.056	1.076	.875	1.387	1.084	
Standard Error		.022	.092	.049	.044	.060	.066	.048	.031	.033	.024	.140	.100	.125	.219	.418	.066	
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.05	.17	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q9.11. The current situation has not impacted my current exercise regime: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
				2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total	2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total	2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	261	166	32	47	79	16	19	71	154	107	40	46	125	71	19	215	59	147
		13%	12%	12%	18%	15%	21%	22%	14%	11%	16%	19%	13%	11%	15%	21%	13%	21%	11%
				ab			d	cd		d		a			b	be		b	
Tend to agree	(3.0)	600	408	75	72	147	21	30	144	406	194	57	100	340	138	22	500	87	395
		30%	30%	27%	28%	27%	26%	34%	29%	30%	29%	27%	29%	30%	29%	25%	30%	31%	29%
Tend to disagree	(2.0)	612	418	101	66	167	21	24	143	424	188	54	114	345	133	21	498	71	421
		30%	31%	37%	25%	31%	27%	28%	28%	31%	28%	26%	33%	31%	28%	23%	30%	25%	31%
				ac															
Strongly disagree	(1.0)	447	301	56	68	124	16	11	116	303	143	41	66	248	110	23	381	49	324
		22%	22%	20%	26%	23%	21%	13%	23%	22%	21%	19%	19%	22%	23%	25%	23%	18%	24%
								b	b									a	
Don't know		99	65	11	8	19	5	3	29	62	37	16	14	60	20	4	84	11	62
		5%	5%	4%	3%	3%	6%	3%	6%	5%	5%	8%	4%	5%	4%	5%	5%	4%	5%
												a							
NET: Agree		861	574	107	119	226	37	49	215	560	301	96	146	465	209	41	715	147	543
		43%	42%	39%	46%	42%	47%	57%	43%	41%	45%	46%	43%	42%	44%	46%	43%	53%	40%
								cde										b	
NET: Disagree		1059	719	157	134	291	38	35	259	727	332	95	180	593	242	43	879	120	746
		52%	53%	57%	51%	54%	47%	40%	51%	54%	50%	46%	53%	53%	51%	49%	52%	43%	55%
									b		b							a	
Base for stats		1920	1293	264	254	517	74	85	474	1287	633	191	326	1059	451	85	1594	266	1289
Mean Score	2.35	2.34	2.31	2.39	2.35	2.50	2.68	2.36	2.32	2.42	2.34	2.50	2.39	2.32	2.38	2.45	2.34	2.59	2.28
							cde			d		a						b	
Standard Deviation	.983	.973	.940	1.072	1.007	1.069	.976	1.011	.964	1.018	.976	1.046	.963	.962	1.018	1.117	.987	1.029	.968
Standard Error	.022	.027	.057	.065	.043	.121	.102	.048	.027	.041	.024	.076	.055	.030	.046	.115	.025	.062	.027
Error variance	*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q9.11. The current situation has not impacted my current exercise regime: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
							NET: Longstanding physical and mental condition or illness													
		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									NET 2-4 days	NET 5 + days	
Total		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j	
Significance Level: 95%																				
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	261	30	57	18	159	90	10	207	53	66	15	17	38	20	28	11	66	75	104
		13%	13%	16%	21%	12%	15%	15%	13%	12%	16%	8%	6%	12%	11%	14%	14%	17%	10%	16%
				d	d						bci			c		bc	c	bcei		bci
Tend to agree	(3.0)	600	74	113	33	387	196	19	459	142	109	59	88	103	68	49	16	110	259	174
		30%	31%	32%	37%	29%	33%	28%	29%	32%	27%	31%	33%	33%	36%	25%	21%	29%	34%	27%
													fgj		afgj			afgj		
Tend to disagree	(2.0)	612	64	97	17	432	158	18	468	144	92	50	87	95	62	66	36	124	244	226
		30%	27%	27%	19%	32%	26%	26%	30%	33%	23%	27%	33%	30%	32%	34%	49%	32%	32%	35%
					ce								a	a	a	a	abcdefhij	a	a	ab
Strongly disagree	(1.0)	447	52	68	15	310	120	14	361	86	104	53	59	65	36	49	12	70	160	130
		22%	22%	19%	17%	23%	20%	20%	23%	19%	26%	28%	22%	21%	19%	25%	16%	18%	21%	20%
											hj	eghij								
Don't know		99	17	20	6	54	34	8	82	17	36	12	13	15	5	4	-	14	33	18
		5%	7%	6%	7%	4%	6%	12%	5%	4%	9%	7%	5%	5%	2%	2%	-	4%	4%	3%
			d				de				defghij	fgj								
NET: Agree		861	104	169	51	546	286	30	666	195	174	74	105	141	89	77	26	175	335	279
		43%	44%	48%	57%	41%	48%	42%	42%	44%	43%	39%	40%	45%	46%	39%	36%	46%	43%	43%
				d	ad		d													
NET: Disagree		1059	116	165	33	742	277	32	829	230	195	103	147	159	98	114	47	194	404	355
		52%	49%	46%	36%	55%	46%	46%	53%	52%	48%	55%	55%	51%	51%	59%	64%	51%	52%	55%
			c		bce										a	adh			a	
Base for stats		1920	220	334	84	1288	563	62	1495	425	370	177	251	300	187	191	74	369	739	634
Mean Score		2.35	2.37	2.47	2.65	2.31	2.45	2.43	2.34	2.38	2.37	2.20	2.25	2.38	2.39	2.29	2.34	2.46	2.34	2.40
				d	ad		d											bci	bc	
Standard Deviation		.983	.991	.998	1.023	.971	.997	1.017	.993	.945	1.073	.970	.890	.962	.920	1.009	.914	.992	.928	.990
Standard Error		.022	.064	.056	.108	.027	.042	.127	.026	.046	.057	.072	.055	.054	.067	.072	.106	.053	.034	.040
Error variance		*	*	*	.01	*	*	.02	*	*	*	.01	*	*	*	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q9.11. The current situation has not impacted my current exercise regime: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%														
Unweighted Total		2019	662	514	803		1420	231		1410	240		1232	312
Total		2019	650	533	800		1421	234		1413	234		1230	316
		100%	100%	100%	100%		100%	100%		100%	100%		100%	100%
Strongly agree	(4.0)	261	92	107	56		183	40		178	44		174	52
		13%	14%	20%	7%		13%	17%		13%	19%		14%	16%
			c	ac				a			a			a
Tend to agree	(3.0)	600	208	216	169		421	65		419	59		359	90
		30%	32%	41%	21%		30%	28%		30%	25%		29%	28%
			c	ac										
Tend to disagree	(2.0)	612	214	129	266		446	59		431	63		373	91
		30%	33%	24%	33%		31%	25%		31%	27%		30%	29%
			b		b									
Strongly disagree	(1.0)	447	117	48	275		335	52		339	60		301	71
		22%	18%	9%	34%		24%	22%		24%	26%		24%	22%
			b		ab									
Don't know		99	19	32	35		36	17		45	8		23	13
		5%	3%	6%	4%		3%	7%		3%	4%		2%	4%
			a					a			a			a
NET: Agree		861	300	323	225		604	106		597	103		533	141
		43%	46%	61%	28%		43%	45%		42%	44%		43%	45%
			c	ac										
NET: Disagree		1059	331	178	540		780	111		770	122		674	162
		52%	51%	33%	68%		55%	47%		55%	52%		55%	51%
			b		ab		b						b	
Base for stats		1920	630	501	765		1384	217		1367	226		1207	303
Mean Score		2.35	2.44	2.76	2.01		2.33	2.43		2.32	2.39		2.34	2.40
			c	ac										a
Standard Deviation		.983	.955	.896	.935		.984	1.051		.987	1.080		1.005	1.026
Standard Error		.022	.038	.041	.034		.026	.071		.027	.071		.029	.059
Error variance		*	*	*	*		*	.01		*	.01		*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q10a. On average, how much physical activity and exercise does each child in your household do on a typical day at the moment? 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

		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	566	239	327	243	285	38	27	66	52	64	57	39	111	99	51
Total	536	234	302	211	282	43	21	63	43	63	44	50	105	99	47
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	43	18	25	20	19	3	6	5	3	4	1	1	10	8	6
	8%	8%	8%	10%	7%	8%	27%	7%	8%	6%	3%	2%	9%	8%	12%
Some, but less than half an hour	188	89	99	74	97	17	5	22	12	26	14	19	40	34	18
	35%	38%	33%	35%	34%	39%	22%	34%	28%	41%	32%	37%	38%	34%	38%
Between half an hour and an hour	206	87	119	80	108	18	7	24	19	21	21	19	41	40	15
	38%	37%	39%	38%	38%	41%	32%	37%	43%	33%	49%	38%	39%	40%	31%
More than an hour	99	40	59	36	57	5	4	13	9	12	7	11	15	18	9
	18%	17%	19%	17%	20%	12%	18%	21%	21%	20%	16%	22%	15%	18%	18%
NET: Some	493	216	277	190	263	40	15	59	40	59	42	48	96	91	42
	92%	92%	92%	90%	93%	92%	73%	93%	92%	94%	97%	98%	91%	92%	88%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q10a. On average, how much physical activity and exercise does each child in your household do on a typical day at the moment? 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

		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	566	62	135	150	104	79	36	347	219	445	28	49	30	5	3	115
Total	536	60	134	147	93	69	33	340	195	424	26	45	27	4	3	105
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	43 8%	8 13%	8 6%	10 7%	5 6%	7 10%	5 16%	26 8%	17 9%	33 8%	3 10%	3 6%	2 6%	- -	1 34%	8 8%
Some, but less than half an hour	188 35%	19 33%	46 34%	58 39%	28 30%	24 35%	13 38%	123 36%	65 33%	138 33%	13 52%	21 47%	13 48%	1 18%	1 30%	49 47% a
Between half an hour and an hour	206 38%	16 27%	56 42%	59 40%	37 40%	28 40%	9 28%	131 39%	74 38%	171 40%	7 29%	13 29%	9 35%	3 61%	1 36%	34 32%
More than an hour	99 18%	16 27%	24 18%	20 13%	22 24%	11 15%	6 18%	60 18%	39 20%	82 19%	2 9%	8 18%	3 11%	1 20%	- -	14 14%
NET: Some	493 92%	52 87%	126 94%	137 93%	87 94%	63 90%	28 84%	314 92%	178 91%	391 92%	23 90%	42 94%	26 94%	4 100%	2 66%	97 92%
		c		c												
		f														

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q10a. On average, how much physical activity and exercise does each child in your household do on a typical day at the moment? 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

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self						Care responsibilities in household not including children	
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%		*a	b	c	d	*a	b	c	d	e	a	b	*a	b	c	d	e	a	b	
Unweighted Total	566	-	286	280	566	29	44	98	395	171	502	51	1	230	281	54	565	142	416	
Total	536	-	274	262	536	27	41	93	375	161	473	50	1	222	264	48	535	132	396	
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Nothing	43	-	25	18	43	5	3	8	27	16	37	5	-	23	19	2	43	14	28	
	8%	-	9%	7%	8%	18%	8%	8%	7%	10%	8%	10%	-	10%	7%	3%	8%	11%	7%	
Some, but less than half an hour	188	-	105	83	188	10	23	38	118	71	158	28	1	78	89	20	187	55	128	
	35%	-	38%	32%	35%	36%	55% d	41%	31%	44% d	33%	55% a	100%	35%	34%	42%	35%	42% b	32%	
Between half an hour and an hour	206	-	108	98	206	8	12	35	150	55	187	13	-	95	94	16	206	41	165	
	38%	-	39%	38%	38%	31%	29%	38%	40%	34%	40%	26%	-	43%	36%	33%	38%	31%	42% a	
More than an hour	99	-	36	62	99	4	3	12	80	19	91	4	-	26	62	10	99	22	76	
	18%	-	13%	24% b	18%	15%	7%	13%	21% be	12%	19%	9%	-	12%	23% b	22%	18% b	16%	19%	
NET: Some	493	-	249	244	493	22	38	85	348	145	436	45	1	199	246	46	492	118	369	
	92%	-	91%	93%	92%	82%	92%	92%	93%	90%	92%	90%	100%	90%	93%	97%	92%	89%	93%	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q10a. On average, how much physical activity and exercise does each child in your household do on a typical day at the moment? 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	Longstanding condition or illness						Area		Number of days active									
		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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
Significance Level: 95%		a	b	c	d	e	*f	a	b	a	b	c	d	e	f	*g	h	i	j
Unweighted Total	566	84	82	34	373	175	22	460	106	70	55	97	119	54	57	19	95	270	171
Total	536	76	79	32	357	163	21	434	102	69	53	89	111	51	53	17	92	251	163
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	43	7	6	2	28	12	3	34	9	15	6	6	6	3	1	-	6	16	7
	8%	9%	7%	6%	8%	7%	13%	8%	9%	21%	11%	7%	6%	6%	2%	-	6%	6%	4%
										cdefhij									
Some, but less than half an hour	188	24	36	15	115	67	7	154	34	25	27	34	43	20	11	1	26	97	39
	35%	32%	45%	47%	32%	41%	35%	35%	34%	36%	51%	38%	39%	40%	21%	8%	28%	39%	24%
			d			d				j	fhj	fj	fj	fj				fj	
Between half an hour and an hour	206	33	28	11	136	65	6	170	36	21	19	41	40	18	25	10	33	98	68
	38%	44%	35%	36%	38%	40%	26%	39%	35%	30%	35%	46%	36%	34%	47%	56%	36%	39%	42%
												a			a				
More than an hour	99	11	10	3	77	19	5	76	22	8	2	8	22	10	16	6	28	39	49
	18%	14%	13%	11%	22%	12%	26%	18%	22%	12%	3%	9%	20%	19%	29%	35%	30%	16%	30%
					e								bc	b	abci		abci	b	abcdi
NET: Some	493	69	73	30	329	151	18	400	93	54	47	83	105	48	52	17	87	235	156
	92%	91%	93%	94%	92%	93%	87%	92%	91%	79%	89%	93%	94%	94%	98%	100%	94%	94%	96%
												a	a	a	a		a	a	a

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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? 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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	566	222	101	241	408	67	403	74	363	88	387	77	316	126
Total	536	211	98	225	386	65	378	72	343	84	366	74	299	119
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	43	15	5	23	31	4	31	6	25	10	27	7	22	10
	8%	7%	5%	10%	8%	6%	8%	9%	7%	12%	7%	10%	7%	8%
Some, but less than half an hour	188	66	39	81	130	29	125	33	115	32	129	33	112	39
	35%	31%	40%	36%	34%	45%	33%	45% a	33%	38%	35%	45%	37%	33%
Between half an hour and an hour	206	84	35	87	153	21	146	23	138	25	144	20	110	45
	38%	40%	36%	39%	40%	33%	39%	32%	40%	30%	39% b	27%	37%	38%
More than an hour	99	46	19	34	72	10	76	10	66	17	66	14	55	25
	18%	22%	19%	15%	19%	16%	20%	14%	19%	20%	18%	18%	18%	21%
NET: Some	493	196	93	202	355	61	348	66	318	74	339	67	277	109
	92%	93%	95%	90%	92%	94%	92%	91%	93%	88%	93%	90%	93%	92%

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Q10b. How does this compare to the amount of physical activity and exercise they would usually do on a weekend day before the coronavirus outbreak? 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

		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		566	239	327	243	285	38	27	66	52	64	57	39	111	99	51
Total		536	234	302	211	282	43	21	63	43	63	44	50	105	99	47
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	40	21	19	22	16	1	-	5	3	4	1	1	14	8	4
		7%	9%	6%	11% b	6%	3%	-	7%	6%	7%	3%	3%	13% e	8%	8%
A bit more	(4.0)	145	62	83	65	76	4	5	17	10	13	14	12	37	21	15
		27%	27%	28%	31% c	27% c	9%	26%	27%	23%	21%	33%	25%	35% h	21%	31%
Neither more nor less	(3.0)	157	76	81	54	85	18	10	23	12	21	11	10	25	30	14
		29%	32%	27%	26%	30%	41%	49%	36%	28%	33%	26%	20%	24%	30%	29%
A bit less	(2.0)	92	33	59	43	40	9	2	6	9	10	6	16	17	20	6
		17%	14%	20%	20%	14%	21%	11%	9%	22%	16%	13%	32% begi	16%	21% b	13%
A lot less	(1.0)	96	41	55	23	62	12	3	13	8	14	10	10	13	16	8
		18%	17%	18%	11%	22% a	27% a	15%	20%	20%	22%	24%	20%	13%	17%	18%
Don't know		6	2	5	3	4	-	-	-	1	1	1	-	-	3	1
		1%	1%	2%	1%	1%	-	-	-	2%	1%	2%	-	-	3%	2%
NET: More		185	83	102	88	92	5	5	22	12	17	16	14	50	29	19
		34%	35%	34%	42% bc	33% c	12%	26%	35%	29%	28%	36%	27%	48% cdfh	29%	39%
NET: Less		188	74	114	66	102	21	5	19	18	24	16	26	30	37	14
		35%	32%	38%	31%	36%	48% a	26%	29%	41%	38%	37%	52% bgi	28%	37%	30%
Base for stats		530	232	297	208	278	43	21	63	42	62	43	50	105	96	46
		2.89	2.95	2.83	3.11 bc	2.80	2.40	2.85	2.92	2.73	2.75	2.79	2.58	3.20 cdefh	2.83	3.00
Standard Deviation		1.210	1.214	1.206	1.176	1.226	1.062	.990	1.220	1.206	1.216	1.244	1.151	1.226	1.197	1.235
Standard Error		.051	.079	.067	.076	.073	.172	.190	.150	.169	.153	.166	.184	.116	.122	.175
Error variance		*	.01	*	.01	.01	.03	.04	.02	.03	.02	.03	.03	.01	.01	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q10b. How does this compare to the amount of physical activity and exercise they would usually do on a weekend day before the coronavirus outbreak? 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

			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		566	62	135	150	104	79	36	347	219	445	28	49	30	5	3	115	
Total		536	60	134	147	93	69	33	340	195	424	26	45	27	4	3	105	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	40	11	10	6	7	5	2	26	13	28	3	2	3	-	1	9	
		7%	18%	7%	4%	8%	7%	5%	8%	7%	7%	11%	4%	12%	-	36%	9%	
			bcdegh															
A bit more	(4.0)	145	19	46	37	23	15	5	103	42	103	13	17	9	2	1	42	
		27%	32%	35%	25%	25%	21%	14%	30%	22%	24%	51%	38%	32%	41%	34%	40%	
			efh										a				a	
Neither more nor less		(3.0)	157	14	35	44	30	21	13	93	64	129	4	14	7	1	1	26
		29%	24%	26%	30%	32%	30%	39%	27%	33%	30%	14%	32%	24%	20%	30%	25%	
A bit less	(2.0)	92	9	15	35	17	10	6	59	33	78	2	6	3	1	-	13	
		17%	15%	12%	24%	18%	15%	18%	17%	17%	18%	9%	14%	13%	17%	-	12%	
			b															
A lot less	(1.0)	96	5	27	24	16	18	6	57	40	85	3	4	4	-	-	11	
		18%	8%	20%	17%	17%	26%	18%	17%	20%	20%	11%	9%	16%	-	-	11%	
			a								g							
Don't know		6	2	-	2	-	1	2	4	3	1	1	1	1	1	-	3	
		1%	3%	-	1%	-	1%	6%	1%	1%	*	3%	2%	3%	21%	-	3%	
			bdg										a				a	
NET: More		185	30	56	43	30	19	7	129	56	131	16	19	12	2	2	51	
		34%	50%	42%	29%	32%	28%	20%	38%	29%	31%	62%	43%	44%	41%	70%	49%	
			cdefh														a	
NET: Less		188	14	43	59	33	28	12	115	73	163	5	10	8	1	-	24	
		35%	23%	32%	40%	35%	41%	36%	34%	37%	38%	21%	23%	28%	17%	-	23%	
			a								cg							
Base for stats		530	58	134	145	93	69	31	337	193	424	25	44	26	4	3	102	
Mean Score		2.89	3.38	2.97	2.76	2.87	2.68	2.70	2.95	2.77	2.79	3.42	3.15	3.13	3.30	4.06	3.24	
			bcdefgh										a				a	
Standard Deviation		1.210	1.204	1.254	1.129	1.194	1.262	1.127	1.209	1.205	1.207	1.195	1.034	1.288	.954	.998	1.136	
Standard Error		.051	.155	.108	.093	.117	.143	.193	.065	.082	.057	.230	.149	.239	.477	.576	.108	
Error variance		*	.02	.01	.01	.01	.02	.04	*	.01	*	.05	.02	.06	.23	.33	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q10b. How does this compare to the amount of physical activity and exercise they would usually do on a weekend day before the coronavirus outbreak? 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

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
		None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Significance Level: 95%																			
Unweighted Total		566	-	286	280	566	29	44	98	395	171		502	51	1	230	281	54	565
Total		536	-	274	262	536	27	41	93	375	161		473	50	1	222	264	48	535
		100%	-	100%	100%	100%	100%	100%	100%	100%			100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	40	-	14	26	40	4	1	7	27	12		35	5	-	13	21	6	40
		7%	-	5%	10%	7%	15%	2%	8%	7%	8%		7%	10%	-	6%	8%	11%	7%
					b														
A bit more	(4.0)	145	-	66	79	145	10	21	21	93	52		130	11	1	56	77	10	144
		27%	-	24%	30%	27%	35%	52%	23%	25%	32%		28%	22%	100%	25%	29%	22%	27%
								cde										b	
Neither more nor less	(3.0)	157	-	88	69	157	8	14	28	107	50		135	17	-	68	78	11	157
		29%	-	32%	26%	29%	28%	34%	31%	28%	31%		29%	34%	-	30%	29%	24%	29%
A bit less	(2.0)	92	-	46	46	92	3	1	19	69	23		81	10	-	41	39	12	92
		17%	-	17%	17%	17%	12%	2%	21%	18%	15%		17%	20%	-	19%	15%	24%	17%
								b	b	b									
A lot less	(1.0)	96	-	57	40	96	2	2	14	78	19		89	5	-	42	45	9	96
		18%	-	21%	15%	18%	9%	6%	15%	21%	12%		19%	11%	-	19%	17%	19%	18%
									be									a	
Don't know		6	-	3	3	6	-	2	3	2	4		3	2	-	2	5	-	6
		1%	-	1%	1%	1%	-	5%	3%	*	3%		1%	4%	-	1%	2%	-	1%
								d	d	d									
NET: More		185	-	80	105	185	14	22	29	120	65		165	16	1	69	98	16	184
		34%	-	29%	40%	34%	51%	54%	31%	32%	40%		35%	32%	100%	31%	37%	33%	34%
					b			cd										b	
NET: Less		188	-	103	85	188	6	3	33	146	42		169	15	-	84	84	21	188
		35%	-	38%	33%	35%	21%	8%	36%	39%	26%		36%	30%	-	38%	32%	43%	35%
								b	be	b								a	
Base for stats		530	-	271	259	530	27	39	90	373	157		469	48	1	221	260	48	529
Mean Score		2.89	-	2.76	3.02	2.89	3.36	3.44	2.87	2.79	3.10		2.88	3.01	4.00	2.80	2.96	2.82	2.88
					b			cd		d								b	
Standard Deviation		1.210	-	1.184	1.223	1.210	1.165	.844	1.180	1.232	1.128		1.219	1.148	-	1.189	1.210	1.299	1.210
Standard Error		.051	-	.071	.073	.051	.216	.130	.121	.062	.088		.055	.164	-	.079	.073	.177	.051
Error variance		*	-	*	.01	*	.05	.02	.01	*	.01		*	.03	-	.01	.01	.03	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q10b. How does this compare to the amount of physical activity and exercise they would usually do on a weekend day before the coronavirus outbreak? 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

		Longstanding condition or illness						Area		Number of days active										
		Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		566	84	82	34	373	175	22	460	106	70	55	97	119	54	57	19	95	270	171
Total		536	76	79	32	357	163	21	434	102	69	53	89	111	51	53	17	92	251	163
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	40	7	9	-	25	14	3	33	7	1	3	4	7	6	7	1	11	17	19
		7%	10%	11%	-	7%	8%	14%	8%	7%	1%	6%	5%	6%	11% a	13% a	5%	12% a	7%	11% a
A bit more	(4.0)	145	19	18	16	93	47	4	120	25	7	7	22	37	26	15	13	19	84	47
		27%	25%	23%	50% abde	26%	29%	17%	28%	24%	10%	13%	25% a	33% abh	50% abcdfhij	29% ab	72%	20%	34% abh	29% ab
Neither more nor less	(3.0)	157	22	16	11	109	44	4	125	31	24	16	25	34	7	15	3	32	67	49
		29%	29%	20%	35%	31%	27%	20%	29%	31%	35% e	29%	29%	31% e	15%	28%	15%	35% e	27%	30% e
A bit less	(2.0)	92	15	18	2	59	30	5	74	18	13	11	15	16	7	10	1	19	38	30
		17%	20%	23% c	7%	17%	19%	23%	17%	18%	19%	20%	17%	15%	13%	19%	8%	20%	15%	19%
A lot less	(1.0)	96	11	18	1	69	25	5	77	19	24	13	21	17	6	6	-	10	43	16
		18%	14%	22% c	3%	19% c	15% c	22%	18%	19%	35% defhij	24% hj	23% hj	15%	11%	11%	-	11%	17% j	10%
Don't know		6	1	1	2	2	3	1	4	2	-	3	1	-	-	-	-	2	1	2
		1%	1%	1%	6% d	*	2%	4%	1%	2%	-	7% adj	1%	-	-	-	-	2%	*	1%
NET: More		185	27	27	16	118	61	6	153	31	8	10	27	43	31	22	14	30	101	65
		34%	35%	34%	50%	33%	37%	31%	35%	31%	11%	20%	30% a	39% ab	61% abcdfhij	42% ab	77%	32% a	40% ab	40% ab
NET: Less		188	26	36	3	128	55	9	151	37	37	24	36	33	12	16	1	29	82	46
		35%	34% c	45% c	9%	36% c	34% c	45%	35%	37%	53% defhij	44% ej	40% ej	30%	24%	30%	8%	31%	33%	28%
Base for stats		530	75	78	30	355	160	20	430	100	69	50	88	111	51	53	17	90	250	161
Mean Score		2.89	2.96	2.77	3.40 bd	2.85	2.96	2.76	2.90	2.82	2.24	2.54	2.71 a	2.99 ab	3.37 abci	3.14 abc	3.74	3.01 ab	2.97 ab	3.14 abc
Standard Deviation		1.210	1.208	1.337	.752	1.211	1.204	1.392	1.212	1.203	1.085	1.219	1.223	1.160	1.184	1.199	.697	1.166	1.207	1.152
Standard Error		.051	.133	.149	.133	.063	.092	.304	.057	.118	.130	.171	.125	.106	.161	.159	.160	.121	.074	.089
Error variance		*	.02	.02	.02	*	.01	.09	*	.01	.02	.03	.02	.01	.03	.03	.03	.01	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q10b. How does this compare to the amount of physical activity and exercise they would usually do on a weekend day before the coronavirus outbreak? 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

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)		
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Significance Level: 95%			a	b	c	a	b	a	b	a	b	a	b	a	b	
Unweighted Total		566	222	101	241	408	67	403	74	363	88	387	77	316	126	
Total		536	211	98	225	386	65	378	72	343	84	366	74	299	119	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	40	28	3	9	32	3	29	7	34	2	30	4	26	8
		7%	13%	3%	4%	8%	4%	8%	9%	10%	3%	8%	5%	9%	7%	
			bc							b						
A bit more		(4.0)	145	92	19	33	114	14	102	19	94	25	106	19	96	23
		27%	43%	20%	15%	29%	21%	27%	27%	27%	29%	29%	26%	32%	20%	
			bc											b		
Neither more nor less		(3.0)	157	45	51	60	100	21	99	19	90	29	97	27	70	39
		29%	21%	52%	27%	26%	32%	26%	26%	26%	35%	27%	37%	23%	33%	
				ac										a		
A bit less		(2.0)	92	30	13	49	64	15	71	11	66	11	63	12	53	22
		17%	14%	13%	22%	17%	23%	19%	15%	19%	14%	17%	16%	18%	19%	
					a											
A lot less		(1.0)	96	14	10	73	72	12	73	15	55	15	63	11	51	24
		18%	6%	10%	32%	19%	18%	19%	20%	16%	18%	17%	16%	17%	20%	
					ab											
Don't know		6	3	2	2	4	1	4	1	4	1	5	1	4	2	
		1%	1%	2%	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	2%	
NET: More		185	120	22	41	145	17	131	26	128	27	136	23	121	32	
		34%	57%	23%	18%	38%	26%	35%	36%	37%	32%	37%	31%	40%	27%	
			bc											b		
NET: Less		188	44	23	122	137	27	144	26	121	27	127	23	104	46	
		35%	21%	23%	54%	35%	41%	38%	36%	35%	32%	35%	31%	35%	39%	
					ab											
Base for stats		530	208	96	223	382	64	374	71	340	83	361	73	296	117	
Mean Score		2.89	3.43	2.93	2.35	2.92	2.71	2.85	2.89	2.96	2.85	2.94	2.89	2.97	2.74	
			bc	c												
Standard Deviation		1.210	1.096	.934	1.188	1.245	1.135	1.238	1.285	1.235	1.135	1.230	1.119	1.243	1.201	
Standard Error		.051	.074	.094	.077	.062	.140	.062	.150	.065	.122	.063	.128	.070	.108	
Error variance		*	.01	.01	.01	*	.02	*	.02	*	.01	*	.02	*	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q11. To what extent do you think it is more or less important to be active during the coronavirus outbreak than compared to other times?

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		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204	
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Much more important		(5.0)	439	202	232	142	136	160	23	47	38	49	36	53	89	57	47
			22%	21%	23%	23%	21%	21%	24%	18%	19%	23%	21%	24%	28% bch	17%	23%
Somewhat more important		(4.0)	745	344	399	251	250	245	35	107	73	76	55	75	125	118	80
			37%	35%	39%	41% c	38% c	33%	36%	41% e	37%	36%	32%	34%	39%	36%	39%
No more or less important		(3.0)	651	344	303	137	214	300	28	86	63	64	65	82	73	121	70
			32%	35% b	30%	23%	32% a	40% ab	28%	33% g	32% g	30% g	37% g	37% g	23%	37% g	34% g
Somewhat less important		(2.0)	62	33	28	30	20	12	4	10	8	6	5	4	11	9	5
			3%	3%	3%	5% c	3%	2%	4%	4%	4%	3%	3%	2%	3%	3%	2%
Much less important		(1.0)	38	22	14	17	10	11	4	4	5	5	2	3	9	5	1
			2%	2%	1%	3%	1%	2%	4% i	1%	3%	2%	1%	2%	3%	2%	*
Don't know			85	34	44	33	30	22	4	10	9	11	11	6	14	17	5
			4%	3%	4%	5% c	5%	3%	4%	4%	5%	5%	6% i	3%	4%	5%	2%
NET: More important			1184	546	631	393	386	405	58	154	111	125	90	128	214	175	127
			59%	56%	62% a	64% bc	59%	54%	60%	59%	56%	59%	52%	58%	67% bcefh	54%	61%
NET: Less important			100	56	42	47	30	23	7	13	14	11	7	7	20	14	6
			5%	6%	4%	8% bc	5%	3%	8%	5%	7%	5%	4%	3%	6%	4%	3%
Base for stats			1934	946	975	577	630	728	93	253	188	200	162	217	307	310	203
Mean Score			3.77	3.71	3.83 a	3.82	3.77	3.73	3.76	3.73	3.69	3.79	3.73	3.79	3.89 bch	3.69	3.82
Standard Deviation			.902	.920	.875	.960	.877	.875	1.000	.853	.942	.933	.875	.890	.964	.860	.831
Standard Error			.021	.030	.028	.037	.035	.035	.096	.054	.065	.068	.063	.069	.054	.050	.059
Error variance			*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q11. To what extent do you think it is more or less important to be active during the coronavirus outbreak than compared to other times?

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		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important	(5.0)	439	44	89	127	48	42	89	260	179	359	10	24	25	3	4	66
		22%	33% bcdefgh	21%	24% h	19%	20%	19%	24% fh	19%	21%	17%	23%	34% ab	19%	32%	25%
Somewhat more important	(4.0)	745	55	172	213	116	76	113	440	305	631	23	49	24	5	3	105
		37%	41% f	41% fh	40% fh	45% efh	36% f	24% fh	40% fh	33% f	37%	39%	46% a	33%	34%	28%	39%
No more or less important	(3.0)	651	19	122	152	67	69	221	293	358	586	21	20	12	2	4	59
		32%	14% a	29% a	28% a	26% a	33% a	48% abcdegh	27% a	38% abcdg	34% cdg	35% cdg	19%	17%	12%	32%	22%
Somewhat less important	(2.0)	62	6	16	14	9	8	10	36	26	46	3	5	7	1	-	15
		3%	4% a	4% a	3% a	3% a	4% a	2% a	3% a	3% a	3% a	5% a	5% a	9% a	4% a	- a	6% a
Much less important	(1.0)	38	4	7	10	6	4	6	22	16	24	1	3	3	5	-	13
		2%	3% a	2% a	2% a	2% a	2% a	1% a	2% a	2% a	1% a	2% a	3% a	5% a	31% a	- a	5% a
Don't know		85	6	11	19	11	12	27	36	49	61	1	5	2	-	1	9
		4%	4% bg	3% bg	4% bg	4% bg	6% bg	6% bg	3% bg	5% bg	4% bg	1% bg	5% bg	3% bg	- bg	8% bg	3% bg
NET: More important		1184	99	261	340	164	118	202	700	484	990	33	74	49	8	7	171
		59%	74% bcdefgh	63% fh	63% efh	64% fh	56% f	43% efh	64% efh	52% f	58% a	57% a	69% a	66% a	52% a	59% a	64% a
NET: Less important		100	10	22	25	15	12	16	57	42	70	4	8	10	6	-	28
		5%	7% f	5% f	5% f	6% f	6% f	3% f	5% f	5% f	4% a	7% a	7% a	14% a	35% a	- a	10% a
Base for stats		1934	128	406	517	245	199	439	1051	884	1646	58	102	71	16	11	258
Mean Score		3.77	4.01 bdefgh	3.79 fh	3.83 fh	3.78 f	3.72	3.61	3.84 fh	3.68	3.76	3.65	3.85	3.85	3.05	3.99	3.76
Standard Deviation		.902	.993	.886	.898	.884	.912	.876	.907	.888	.873	.911	.936	1.147	1.589	.876	1.051
Standard Error		.021	.085	.045	.040	.053	.061	.045	.028	.030	.022	.114	.089	.132	.385	.253	.063
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.02	.15	.06	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q11. To what extent do you think it is more or less important to be active during the coronavirus outbreak than compared to other times?

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Much more important		(5.0)	439	303	46	54	100	18	11	108	302	136	400	30	63	240	113	23	376	64	304
		22%	22%	17%	21%	19%	22%	12%	22%	22%	20%	23%	14%	18%	21%	24%	26%	22%	23%	23%	
			b						b	b											
Somewhat more important		(4.0)	745	489	119	108	227	28	35	145	537	208	684	49	116	400	199	31	629	97	516
		37%	36%	43%	41%	42%	36%	40%	29%	40%	31%	39%	24%	34%	36%	42%	35%	37%	35%	38%	
				a		a		c		ce		b				ab					
No more or less important		(3.0)	651	472	78	74	152	23	24	184	420	231	538	91	132	382	115	21	519	83	428
		32%	35%	29%	28%	28%	29%	28%	36%	31%	34%	31%	44%	39%	34%	24%	24%	31%	30%	32%	
			bcd					d	d			a		cde	cd			c			
Somewhat less important		(2.0)	62	28	11	15	26	5	9	22	26	36	45	11	8	32	18	4	53	18	35
		3%	2%	4%	6%	5%	6%	11%	4%	2%	5%	3%	5%	2%	3%	4%	4%	3%	6%	3%	
					a	a	d	cde	d		d		a						b		
Much less important		(1.0)	38	15	11	5	16	-	5	15	18	20	19	11	5	19	8	7	33	8	22
		2%	1%	4%	2%	3%	-	5%	3%	1%	3%	1%	5%	2%	2%	2%	7%	2%	3%	2%	
				a		a		ad	d		d		a				abce				
Don't know			85	51	8	6	14	6	4	30	46	39	55	16	16	46	19	4	69	8	45
		4%	4%	3%	2%	3%	7%	4%	6%	3%	6%	3%	8%	5%	4%	4%	4%	4%	3%	3%	
									d		d		a								
NET: More important			1184	792	165	162	327	46	45	253	840	344	1084	78	178	640	312	54	1005	161	820
		59%	58%	60%	62%	61%	58%	52%	50%	62%	51%	62%	38%	52%	57%	66%	61%	60%	58%	61%	
										bce		b				abe		a			
NET: Less important			100	43	22	20	42	5	14	37	44	56	64	22	14	50	25	10	86	25	57
		5%	3%	8%	8%	8%	6%	16%	7%	3%	8%	4%	11%	4%	4%	5%	12%	5%	9%	4%	
				a	a	a		acde	d		d		a				abce		b		
Base for stats			1934	1307	266	256	521	74	84	473	1304	630	1686	192	324	1072	452	85	1610	270	1305
Mean Score			3.77	3.79	3.67	3.75	3.71	3.80	3.44	3.65	3.83	3.64	3.83	3.39	3.69	3.76	3.87	3.71	3.78	3.71	3.80
				b				b			bce		b				ab				
Standard Deviation			.902	.861	.949	.922	.936	.886	1.034	.984	.854	.982	.859	1.009	.866	.892	.892	1.145	.908	.990	.884
Standard Error			.021	.024	.057	.056	.040	.101	.108	.047	.023	.040	.021	.074	.050	.028	.040	.117	.023	.060	.024
Error variance			*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q11. To what extent do you think it is more or less important to be active during the coronavirus outbreak than compared to other times?

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
		Total	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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important	(5.0)	439	47	61	19	310	114	11	344	95	51	36	41	66	38	50	24	131	145	206
		22%	20%	17%	21%	23% b	19%	16%	22%	21%	13%	19% a	16%	21% a	20% a	26% aci	33% abcdei	34% abcdefi	19% a	32% abcdei
Somewhat more important	(4.0)	745	92	128	30	501	218	29	581	164	104	57	113	132	87	81	31	140	333	252
		37%	39%	36%	33%	37%	36%	42%	37%	37%	26%	30%	43% ab	42% ab	45% abh	42% ab	42% a	36% a	43% abh	39% ab
No more or less important	(3.0)	651	67	136	24	440	196	24	515	136	192	75	83	92	54	51	12	91	229	154
		32%	28%	38% ac	27%	33%	33%	34%	33%	31%	47% cdefghij	39% defghij	31% ghj	29% g	28% g	26% g	16% g	24% g	30% ghj	24% ghj
Somewhat less important	(2.0)	62	13	8	10	33	28	-	48	14	11	9	6	11	6	6	3	10	23	19
		3%	5% bdf	2%	11% bdef	2%	5% d	-	3%	3%	3%	5%	2%	3%	3%	3%	4%	2%	3%	3%
Much less important	(1.0)	38	4	7	5	20	15	1	23	15	13	4	5	10	2	3	1	1	16	5
		2%	2%	2%	5% ad	1%	3%	1%	1%	3% a	3% hj	2% h	2% h	3% hj	1% hj	2% hj	1% hj	*	2% hj	1% hj
Don't know		85	14	15	2	37	26	5	67	18	35	8	16	5	5	3	2	11	26	16
		4%	6% d	4%	3%	3%	4%	7% d	4%	4%	9% defhij	4% d	6% dfhj	2% dfhj	3% dfhj	2% dfhj	2% dfhj	2% dfhj	3% dfhj	3% dfhj
NET: More important		1184	139	189	49	811	332	40	925	259	155	94	155	198	125	131	56	271	478	458
		59%	59%	53%	55%	60% be	56%	58%	59%	59%	38%	49% a	58% a	63% ab	65% ab	67% ab	76% abcdei	71% abcdei	62% ab	70% abcdei
NET: Less important		100	16	15	15	53	43	1	70	29	23	13	11	20	8	9	4	10	39	24
		5%	7% d	4%	16% abdef	4%	7% df	1%	4%	7%	6% h	7% h	4%	6% hj	4%	5%	6%	3%	5%	4%
Base for stats		1934	223	339	87	1305	571	65	1510	424	371	181	249	310	187	192	72	373	746	636
Mean Score		3.77	3.75	3.67	3.56	3.80	3.68	3.76	3.78	3.73	3.46	3.62 a	3.73 a	3.75 a	3.82 ab	3.88 ab	4.04 abcdei	4.05 abcdefi	3.76 a	4.00 abcdei
Standard Deviation		.902	.914	.869	1.122	.881	.937	.776	.884	.963	.889	.937	.835	.932	.823	.890	.907	.848	.873	.870
Standard Error		.021	.059	.049	.117	.025	.039	.094	.023	.047	.047	.069	.052	.052	.060	.063	.106	.045	.032	.035
Error variance		*	*	*	.01	*	*	.01	*	*	*	*	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q11. To what extent do you think it is more or less important to be active during the coronavirus outbreak than compared to other times?

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)		
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
			a	b	c	a	b	a	b	a	b	a	b	a	b	
Significance Level: 95%																
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484	
Total		2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Much more important		(5.0)	439	208	73	151	366	34	371	31	337	46	356	32	285	79
			22%	32%	14%	19%	26%	14%	26%	13%	27%	14%	27%	13%	28%	16%
				bc		b	b		b		b		b		b	
Somewhat more important		(4.0)	745	273	155	313	552	72	555	80	485	91	516	73	410	160
			37%	42%	29%	39%	39%	31%	39%	34%	39%	29%	40%	29%	41%	33%
				b		b	b		b		b		b		b	
No more or less important		(3.0)	651	129	258	258	417	91	406	85	332	129	345	109	240	204
			32%	20%	48%	32%	29%	39%	29%	36%	27%	41%	27%	43%	24%	42%
					ac	a		a		a		a		a		a
Somewhat less important		(2.0)	62	18	12	30	36	14	31	15	29	21	32	12	34	13
			3%	3%	2%	4%	3%	6%	2%	7%	2%	7%	2%	5%	3%	3%
								a		a		a		a		
Much less important		(1.0)	38	5	9	22	17	8	16	8	15	13	13	13	13	13
			2%	1%	2%	3%	1%	3%	1%	3%	1%	4%	1%	5%	1%	3%
						a		a		a		a		a		
Don't know			85	16	26	26	33	15	35	15	33	17	35	15	28	22
			4%	2%	5%	3%	2%	6%	2%	7%	3%	5%	3%	6%	3%	4%
					a			a		a		a		a		
NET: More important			1184	481	228	464	918	106	926	111	822	137	873	105	695	239
			59%	74%	43%	58%	65%	45%	66%	47%	67%	43%	67%	41%	69%	49%
				bc		b	b		b		b		b		b	
NET: Less important			100	23	21	52	53	22	46	23	43	34	45	26	47	26
			5%	4%	4%	6%	4%	9%	3%	10%	4%	11%	3%	10%	5%	5%
						a		a		a		a		a		
Base for stats			1934	634	507	774	1388	219	1378	219	1198	299	1263	240	982	469
Mean Score			3.77	4.04	3.54	3.70	3.88	3.50	3.90	3.50	3.92	3.45	3.93	3.41	3.94	3.60
				bc		b	b		b		b		b		b	
Standard Deviation			.902	.847	.832	.922	.873	.948	.862	.946	.871	.976	.863	.974	.887	.893
Standard Error			.021	.033	.038	.033	.023	.064	.023	.063	.025	.057	.024	.062	.028	.042
Error variance			*	*	*	*	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q12. Has the coronavirus health emergency changed any other feelings you have about physical activity and exercise?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Yes

No

Don't know

	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
	a	b	a	b	c	a	b	c	d	e	f	g	h	i
2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
582	267	314	213	214	155	29	76	53	58	45	57	120	94	51
29%	27%	31%	35%	32%	21%	30%	29%	27%	28%	26%	25%	37%	29%	24%
			c	c								bcd efhi		
1233	636	589	320	368	546	61	157	122	131	109	149	166	195	143
61%	65%	58%	52%	56%	73%	62%	60%	62%	62%	63%	67%	52%	60%	69%
	b				ab	g		g	g	g	g		g	bgh
203	77	117	77	78	49	7	30	21	21	19	17	34	38	14
10%	8%	11%	13%	12%	7%	8%	12%	11%	10%	11%	8%	11%	12%	7%
		a	c	c										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q12. Has the coronavirus health emergency changed any other feelings you have about physical activity and exercise?

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	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	582	60	135	160	73	65	89	354	228	477	22	35	25	5	6	94
	29%	45%	32%	30%	29%	31%	19%	33%	24%	28%	38%	33%	34%	33%	48%	35%
		bcd efgh	fh	fh	f	fh		fh	f							a
No	1233	66	246	324	158	112	328	636	598	1073	29	57	44	8	5	144
	61%	49%	59%	60%	62%	53%	71%	58%	64%	63%	49%	54%	60%	48%	46%	54%
			a	a	ae		abcde gh	a	aeg	bg						
Don't know	203	8	36	52	25	34	48	96	107	157	7	14	4	3	1	29
	10%	6%	9%	10%	10%	16%	10%	9%	11%	9%	12%	13%	5%	19%	6%	11%
						abcd fg										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q12. Has the coronavirus health emergency changed any other feelings you have about physical activity and exercise?

BASE: All respondents

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
				2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating									
	Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total	2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total	2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	582	355	96	89	185	34	33	136	380	203	530	38	68	327	157	31	515	121	382
	29%	26%	35%	34%	35%	42%	38%	27%	28%	30%	30%	18%	20%	29%	33%	34%	31%	44%	28%
			a	a	a	cde	cd				b			a	a	a	a	b	
No	1233	875	153	150	303	38	42	314	839	394	1056	150	238	690	260	46	996	140	847
	61%	64%	56%	57%	57%	48%	48%	62%	62%	59%	61%	72%	70%	62%	55%	51%	59%	50%	63%
		bcd						ab	ab	b	a		bcde	cd				a	
Don't know	203	128	24	23	47	8	12	53	130	73	154	20	35	102	54	13	168	16	122
	10%	9%	9%	9%	9%	10%	14%	10%	10%	11%	9%	10%	10%	9%	11%	14%	10%	6%	9%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q12. Has the coronavirus health emergency changed any other feelings you have about physical activity and exercise?

BASE: All respondents

Significance Level: 95%

	Longstanding condition or illness						Area		Number of days active									
	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness											NET 2-4 days	NET 5 + days
Total							Urban	Rural	0	1	2	3	4	5	6	7		
	a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
582	91	102	30	370	197	20	465	117	74	72	84	92	65	69	25	101	241	195
29%	38%	29%	34%	28%	33%	28%	30%	26%	18%	38%	32%	29%	34%	36%	33%	26%	31%	30%
	bd				d					ahj	a	a	a	ah	a	a	a	a
1233	118	226	46	854	342	42	960	273	279	100	149	185	108	114	42	255	442	411
61%	50%	64%	51%	64%	57%	60%	61%	62%	69%	53%	56%	59%	56%	58%	57%	67%	57%	63%
		ac		ace	a				bcdefi						bcdefi		bi	
203	28	26	14	117	58	8	151	52	52	18	32	37	19	12	7	26	88	45
10%	12%	7%	16%	9%	10%	12%	10%	12%	13%	9%	12%	12%	10%	6%	9%	7%	11%	7%
			bd						fhj		fhj	fhj					fhj	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q12. Has the coronavirus health emergency changed any other feelings you have about physical activity and exercise?

BASE: All respondents

	Total	Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	582	251	85	245	439	51	452	60	394	75	416	55	365	97
	29%	39%	16%	31%	31%	22%	32%	26%	32%	24%	32%	22%	36%	20%
		bc		b	b				b		b		b	
No	1233	349	396	476	867	156	853	146	733	216	777	169	554	356
	61%	54%	74%	59%	61%	67%	60%	63%	60%	68%	60%	66%	55%	73%
			ac	a						a				a
Don't know	203	50	52	80	115	27	108	27	103	25	105	31	90	37
	10%	8%	10%	10%	8%	11%	8%	12%	8%	8%	8%	12%	9%	8%
								a				a		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q13. How has coronavirus changed how you feel about physical activity and exercise?

BASE: All who code a) Yes at Q12

		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	600	264	334	249	220	131	36	76	64	58	56	44	120	95	51
Total	582	267	314	213	214	155	29	76	53	58	45	57	120	94	51
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased awareness of need to exercise or desire to do more	325 56%	141 53%	183 58%	118 55%	121 56%	87 56%	14 47%	42 56%	29 55%	34 58%	23 52%	33 58%	68 57%	48 51%	33 66%
Scared or worried to go out	84 14%	36 13%	48 15%	28 13%	31 14%	25 16%	6 20%	11 14%	6 12%	9 15%	13 30%	10 18%	12 10%	12 13%	5 10%
											bcghi				
Important for mental health	51 9%	18 7%	33 10%	15 7%	23 11%	13 8%	5 18%	6 7%	4 8%	5 8%	3 6%	6 11%	5 5%	10 11%	6 12%
Less motivation to do exercise or exercising less	45 8%	16 6%	29 9%	17 8%	20 9%	8 5%	2 5%	4 6%	7 13%	5 9%	4 9%	4 7%	8 7%	10 10%	2 4%
Can't go out / stuck at home	34 6%	21 8%	12 4%	12 5%	14 6%	8 5%	1 3%	2 3%	2 5%	1 2%	2 4%	2 4%	11 9%	9 10%	3 5%
		b													
Can't / want to go to the gym	15 3%	9 3%	6 2%	6 3%	6 3%	3 2%	1 3%	1 1%	2 4%	1 2%	1 2%	- -	5 4%	4 4%	1 2%
Have more time to exercise	13 2%	6 2%	7 2%	3 1%	5 2%	5 3%	1 3%	5 7%	1 2%	2 3%	1 2%	- -	1 1%	1 1%	2 4%
								gh							
Adapted to exercise at home	10 2%	4 2%	6 2%	6 3%	1 *	3 2%	- -	3 4%	2 3%	2 4%	- -	1 2%	1 1%	1 1%	1 2%
				b											
Doing the same / no change	6 1%	6 2%	- -	4 2%	- -	1 1%	- -	1 2%	1 1%	1 1%	- -	- -	2 2%	1 1%	- -
		b		b											
Enjoying exercising more than before	4 1%	- -	4 1%	3 1%	1 1%	- -	- -	- -	- -	2 3%	- -	- -	- -	2 2%	- -
Other	35 6%	21 8%	14 4%	11 5%	12 6%	11 7%	2 7%	5 6%	2 3%	4 6%	2 3%	5 9%	9 7%	5 6%	2 4%
Don't know	7 1%	3 1%	4 1%	3 1%	2 1%	2 1%	- -	1 1%	- -	- -	- -	- -	5 4%	1 1%	1 2%
Nothing	3 1%	2 1%	2 1%	1 *	3 1%	- -	- -	- -	3 5%	- -	- -	- -	- -	1 1%	- -
									g						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q13. How has coronavirus changed how you feel about physical activity and exercise?

BASE: All who code a) Yes at Q12

	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	600	62	136	164	83	74	81	362	238	485	25	40	27	6	6	104
Total	582	60	135	160	73	65	89	354	228	477	22	35	25	5	6	94
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased awareness of need to exercise or desire to do more	325 56%	30 50%	78 58%	94 59%	35 48%	38 58%	50 56%	202 57%	123 54%	276 58% g	10 46%	17 49%	11 43%	3 49%	2 36%	43 46%
Scared or worried to go out	84 14%	5 9%	20 15%	20 12%	12 17%	9 14%	17 19%	45 13%	39 17%	73 15%	2 10%	4 12%	3 10%	1 16%	- -	10 10%
Important for mental health	51 9%	3 5%	9 6%	13 8%	10 14% g	5 8%	10 12%	25 7%	26 11%	43 9%	- -	1 3%	3 11%	- -	2 33%	6 6%
Less motivation to do exercise or exercising less	45 8%	2 3%	10 7%	17 11%	5 7%	4 6%	6 7%	29 8%	16 7%	31 7%	2 8%	6 17% a	3 11%	1 22%	2 33%	14 14% a
Can't go out / stuck at home	34 6%	3 6%	5 4%	8 5%	8 11% bg	3 4%	7 8%	16 5%	18 8%	25 5%	1 4%	3 8%	2 7%	- -	1 17%	6 7%
Can't / want to go to the gym	15 3%	3 4%	5 4%	3 2%	1 1%	2 3%	1 1%	11 3%	4 2%	10 2%	- -	1 3%	2 8%	- -	1 14%	4 4%
Have more time to exercise	13 2%	3 4%	4 3%	2 2%	2 2%	- -	2 3%	9 3%	4 2%	11 2%	- -	1 2%	1 6%	- -	- -	2 2%
Adapted to exercise at home	10 2%	- -	2 1%	5 3%	- -	2 3%	1 2%	7 2%	3 1%	4 1%	3 14%	1 3%	1 4%	1 16%	1 14%	7 7% a
Doing the same / no change	6 1%	- -	3 3%	1 1%	- -	- -	1 2%	4 1%	1 1%	4 1%	- -	1 2%	- -	1 14%	- -	1 2%
Enjoying exercising more than before	4 1%	1 1%	2 1%	1 1%	- -	- -	- -	4 1%	- -	4 1%	- -	- -	- -	- -	- -	- -
Other	35 6%	9 15% bcfgh	5 4%	7 4%	7 9%	4 6%	2 3%	22 6%	13 6%	27 6%	3 13%	2 4%	2 8%	- -	- -	6 7%
Don't know	7 1%	2 3%	1 1%	1 1%	2 2%	- -	1 2%	4 1%	3 1%	6 1%	1 5%	- -	- -	- -	- -	1 1%
Nothing	3 1%	- -	1 1%	1 1%	- -	2 3%	- -	2 *	2 1%	3 1%	- -	- -	1 3%	- -	- -	1 1%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q13. How has coronavirus changed how you feel about physical activity and exercise?

BASE: All who code a) Yes at Q12

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total	600	358	102	98	200	36	36	132	396	204	548	39	63	328	173	36	537	125	398
Total	582	355	96	89	185	34	33	136	380	203	530	38	68	327	157	31	515	121	382
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased awareness of need to exercise or desire to do more	325 56%	207 58%	55 57%	45 50%	100 54%	13 38%	9 27%	65 48% b	239 63% abce	87 43%	313 59% b	9 23%	35 52%	193 59%	83 53%	15 48%	290 56%	56 47%	229 60% a
Scared or worried to go out	84 14%	56 16%	16 17%	9 10%	25 14%	7 21%	2 7%	22 16%	53 14%	31 15%	76 14%	5 13%	15 22% c	49 15%	18 11%	2 7%	69 13%	13 11%	55 15%
Important for mental health	51 9%	29 8%	9 9%	11 13%	20 11%	- -	4 11% a	12 9%	35 9%	16 8%	48 9%	3 8%	7 10%	25 8%	15 10%	3 11%	44 8%	11 9%	32 8%
Less motivation to do exercise or exercising less	45 8%	29 8%	5 5%	6 7%	11 6%	2 5%	3 8%	11 8%	29 8%	16 8%	38 7%	7 19% a	6 9%	22 7%	16 10%	1 3%	39 8%	6 5%	30 8%
Can't go out / stuck at home	34 6%	15 4%	7 7%	7 8%	14 7%	4 11%	2 6%	10 7%	18 5%	15 8%	24 5%	7 19% a	4 5%	18 6%	9 6%	3 9%	30 6%	7 6%	22 6%
Can't / want to go to the gym	15 3%	9 2%	2 3%	3 3%	5 3%	- -	2 7%	5 4%	8 2%	7 4%	15 3%	- -	- -	9 3%	5 3%	1 3%	15 3%	5 4%	10 3%
Have more time to exercise	13 2%	7 2%	2 2%	2 2%	4 2%	1 2%	2 5%	5 4%	5 1%	8 4%	11 2%	1 2%	1 1%	6 2%	4 3%	1 5%	12 2%	5 4%	6 2%
Adapted to exercise at home	10 2%	7 2%	2 2%	1 1%	3 2%	- -	1 2%	6 4% d	4 1%	7 3% d	9 2%	1 2%	2 3%	4 1%	4 2%	1 3%	8 2%	- -	8 2%
Doing the same / no change	6 1%	5 1%	- -	- -	- -	2 6% cd	2 7% cd	- -	2 *	4 2% d	4 1%	1 2%	- -	4 1%	1 *	1 4%	6 1%	2 2%	4 1%
Enjoying exercising more than before	4 1%	1 *	1 1%	2 2%	3 1%	- -	- -	- -	4 1%	- -	4 1%	- -	- -	- -	4 2% b	- -	4 1%	- -	4 1%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q13. How has coronavirus changed how you feel about physical activity and exercise?

BASE: All who code a) Yes at Q12

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
				2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
	Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total	600	358	102	98	200	36	36	132	396	204	548	39	63	328	173	36	537	125	398
Total	582	355	96	89	185	34	33	136	380	203	530	38	68	327	157	31	515	121	382
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other	35	19	3	7	10	6	3	13	13	21	27	5	5	19	5	5	30	14	14
	6%	5%	3%	8%	6%	17% d	9%	9% d	3%	11% d	5%	14% a	7%	6%	3%	16% bce	6%	12% b	4%
Don't know	7	4	2	1	3	-	3	2	2	5	7	-	-	4	3	-	7	5	2
	1%	1%	2%	1%	2%	-	10% cde	2%	*	3% d	1%	-	-	1%	2%	-	1%	5% b	*
Nothing	3	1	-	2	2	-	3	-	1	3	3	-	-	1	2	1	3	3	-
	1%	*	-	2%	1%	-	8% cde	-	*	1%	1%	-	-	*	1%	3% b	1%	3% b	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q13. How has coronavirus changed how you feel about physical activity and exercise?

BASE: All who code a) Yes at Q12

	Longstanding condition or illness							Area		Number of days active									
						NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness												
	Total	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	*f	a	b	a	b	c	d	e	f	*g	h	i	j
Unweighted Total	600	100	100	30	381	203	20	481	119	72	74	88	100	67	73	25	101	255	199
Total	582	91	102	30	370	197	20	465	117	74	72	84	92	65	69	25	101	241	195
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased awareness of need to exercise or desire to do more	325 56%	54 59%	50 48%	10 32%	226 61%	98 50%	13 67%	261 56%	64 55%	31 41%	32 44%	46 55%	50 54%	38 59%	42 60%	20 83%	66 65%	135 56%	128 66%
		c			bce					cefhij	cefhij			a	a		ab	a	abi
Scared or worried to go out	84 14%	15 16%	19 19%	5 17%	47 13%	35 18%	1 5%	67 14%	17 14%	19 26%	17 24%	8 10%	15 17%	6 10%	6 9%	2 7%	10 10%	30 12%	18 9%
Important for mental health	51 9%	9 10%	14 13%	1 4%	28 8%	22 11%	2 10%	37 8%	14 12%	4 5%	4 6%	6 7%	10 11%	10 15%	4 6%	3 13%	9 9%	26 11%	17 9%
														a					
Less motivation to do exercise or exercising less	45 8%	5 6%	6 6%	2 6%	30 8%	13 6%	1 4%	36 8%	9 8%	10 13%	11 16%	8 9%	8 9%	1 1%	5 7%	- -	3 3%	17 7%	7 4%
										ehj	ehij	eh	e						
Can't go out / stuck at home	34 6%	3 3%	4 4%	1 5%	22 6%	8 4%	- -	24 5%	10 8%	8 10%	4 5%	8 9%	2 2%	4 7%	4 5%	2 7%	3 3%	13 6%	8 4%
										dh		d							
Can't / want to go to the gym	15 3%	- -	2 2%	2 5%	9 3%	4 2%	- -	12 3%	3 2%	1 1%	2 2%	2 2%	5 5%	1 2%	3 4%	- -	2 2%	7 3%	5 2%
				a															
Have more time to exercise	13 2%	3 3%	3 3%	1 4%	8 2%	5 2%	2 9%	9 2%	4 3%	1 2%	3 4%	2 2%	2 2%	3 4%	2 2%	- -	1 1%	6 3%	2 1%
Adapted to exercise at home	10 2%	1 1%	2 2%	- -	7 2%	3 1%	- -	9 2%	2 1%	- -	3 4%	1 1%	1 1%	- -	2 3%	1 3%	3 3%	2 1%	5 3%
											i								
Doing the same / no change	6 1%	- -	- -	2 6%	4 1%	2 1%	- -	3 1%	3 2%	1 2%	- -	1 1%	- -	3 5%	- -	- -	1 1%	4 2%	1 *
				abde										dj					
Enjoying exercising more than before	4 1%	- -	- -	1 3%	3 1%	1 *	- -	3 1%	1 1%	- -	- -	1 1%	1 1%	- -	1 2%	- -	1 1%	2 1%	2 1%
Other	35 6%	8 9%	12 12%	5 15%	10 3%	20 10%	3 15%	29 6%	6 5%	6 8%	2 3%	8 9%	4 5%	4 6%	2 3%	- -	8 8%	16 7%	10 5%
		d	d	d		d													

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q13. How has coronavirus changed how you feel about physical activity and exercise?

BASE: All who code a) Yes at Q12

Significance Level: 95%

	Longstanding condition or illness						Area		Number of days active									
	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness											NET 2-4 days	NET 5 + days
Total							Urban	Rural	0	1	2	3	4	5	6	7		
	a	b	c	d	e	*f	a	b	a	b	c	d	e	f	*g	h	i	j
600	100	100	30	381	203	20	481	119	72	74	88	100	67	73	25	101	255	199
582	91	102	30	370	197	20	465	117	74	72	84	92	65	69	25	101	241	195
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
7	-	1	2	4	3	-	6	1	-	-	2	-	-	4	1	-	2	5
1%	-	1%	7%	1%	2%	-	1%	1%	-	-	3%	-	-	6%	4%	-	1%	2%
			ad											abdh	i			
3	1	-	1	3	1	-	3	-	-	-	-	-	2	1	-	1	2	2
1%	1%	-	3%	1%	*	-	1%	-	-	-	-	-	3%	1%	-	1%	1%	1%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q13. How has coronavirus changed how you feel about physical activity and exercise?

BASE: All who code a) Yes at Q12

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	600	260	86	251	451	54	465	63	406	78	429	59	377	98
Total	582	251	85	245	439	51	452	60	394	75	416	55	365	97
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased awareness of need to exercise or desire to do more	325 56%	167 67% bc	44 52%	112 46%	250 57%	30 59%	255 56%	35 57%	218 55%	48 64%	231 55%	35 64%	201 55%	60 61%
Scared or worried to go out	84 14%	19 8%	6 7%	58 24% ab	60 14%	8 16%	62 14%	12 19%	58 15%	10 14%	57 14%	9 16%	49 13%	15 16%
Important for mental health	51 9%	26 10%	9 11%	15 6%	36 8%	6 13%	33 7%	10 16% a	32 8%	7 9%	35 8%	7 13%	29 8%	9 9%
Less motivation to do exercise or exercising less	45 8%	6 2%	8 9% a	30 12% a	32 7%	4 9%	39 9%	2 3%	31 8%	3 4%	36 9%	2 3%	31 8%	8 8%
Can't go out / stuck at home	34 6%	7 3%	7 8% a	20 8% a	25 6%	2 5%	27 6%	4 7%	27 7%	4 6%	26 6%	2 3%	26 7%	4 4%
Can't / want to go to the gym	15 3%	7 3%	- -	8 3%	13 3%	1 2%	12 3%	3 5%	11 3%	1 1%	14 3%	- -	12 3%	- -
Have more time to exercise	13 2%	5 2%	3 3%	5 2%	7 2%	2 4%	10 2%	1 2%	9 2%	2 2%	9 2%	- -	9 3%	1 1%
Adapted to exercise at home	10 2%	6 2%	- -	5 2%	10 2%	- -	7 1%	1 1%	8 2%	- -	7 2%	- -	8 2%	1 1%
Doing the same / no change	6 1%	3 1%	- -	3 1%	4 1%	1 2%	4 1%	1 1%	4 1%	1 2%	4 1%	- -	3 1%	1 1%
Enjoying exercising more than before	4 1%	3 1%	- -	1 *	2 *	1 2%	2 *	2 3% a	1 *	2 2% a	1 *	1 2% a	2 *	1 1%
Other	35 6%	16 6%	6 7%	12 5%	25 6%	- -	26 6%	1 2%	23 6%	1 1%	22 5%	4 7%	22 6%	4 4%
Don't know	7 1%	5 2%	1 1%	1 *	5 1%	1 2%	6 1%	- -	5 1%	- -	6 1%	- -	5 1%	- -

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

Q13. How has coronavirus changed how you feel about physical activity and exercise?

BASE: All who code a) Yes at Q12

Significance Level: 95%

Unweighted Total

Total

Nothing

	Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
	a	b	c	a	b	a	b	a	b	a	b	a	b
600	260	86	251	451	54	465	63	406	78	429	59	377	98
582	251	85	245	439	51	452	60	394	75	416	55	365	97
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
3	2	2	-	3	-	3	-	3	-	3	-	3	1
1%	1%	2% c	-	1%	-	1%	-	1%	-	1%	-	1%	1%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D6. Which one of the following best describes you today?

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	2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am self-isolating because I have had virus symptoms	79	47	29	32	33	14	1	15	6	8	8	6	14	13	8
	4%	5%	3%	5%	5%	2%	1%	6%	3%	4%	5%	3%	4%	4%	4%
		b		c	c			a							
I am self-isolating because someone in my household has virus symptoms	87	47	39	49	29	9	7	10	9	10	2	5	22	17	6
	4%	5%	4%	8%	4%	1%	8%	4%	4%	5%	1%	2%	7%	5%	3%
				bc	c		efi			e			efi	e	
I am self-isolating because I am at increased risk due to my age or health condition	503	241	255	100	109	294	28	62	45	54	44	55	74	82	58
	25%	25%	25%	16%	17%	39%	29%	23%	23%	26%	25%	25%	23%	25%	28%
						ab									
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1349	644	696	429	489	432	61	176	137	138	119	157	211	214	136
	67%	66%	68%	70%	74%	58%	63%	67%	70%	66%	69%	70%	66%	65%	65%
				c	c										
NET: Self-isolating	670	336	323	181	171	318	36	87	60	73	54	66	109	113	72
	33%	34%	32%	30%	26%	42%	37%	33%	30%	34%	31%	30%	34%	35%	35%
						ab									

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D6. Which one of the following best describes you 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	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am self-isolating because I have had virus symptoms	79 4%	17 13% bcdefgh	16 4%	22 4%	9 3%	6 3%	9 2%	55 5% fh	24 3%	61 4%	3 6%	5 5%	5 6%	1 4%	- -	14 5%
I am self-isolating because someone in my household has virus symptoms	87 4%	12 9% defh	21 5% fh	29 5% fh	10 4% f	7 3%	7 2%	63 6% fh	25 3%	59 3%	9 16% a	7 7%	6 8% a	1 6%	3 21%	25 9% a
I am self-isolating because I am at increased risk due to my age or health condition	503 25%	21 16%	75 18%	110 20%	42 17%	43 20%	212 45% abcdegh	206 19%	297 32% abcdeg	426 25%	10 17%	30 28%	21 28%	5 32%	2 14%	68 25%
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1349 67%	83 62% f	305 73% afh	374 70% fh	194 76% afh	155 74% afh	237 51%	762 70% afh	587 63% f	1160 68% g	37 62%	65 61%	42 57%	9 58%	8 65%	160 60%
NET: Self-isolating	670 33%	51 38% bdeg	112 27%	161 30%	61 24%	56 26%	228 49% abcdegh	324 30%	345 37% bcdeg	547 32%	22 38%	42 39%	31 43%	7 42%	4 35%	106 40% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D6. Which one of the following best describes you today?

BASE: All respondents

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total	2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total	2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am self-isolating because I have had virus symptoms	79 4%	45 3%	9 3%	18 7%	27 5%	79 100%	- -	- -	- -	79 12%	40 2%	35 17%	9 3%	40 4%	24 5%	6 7%	70 4%	25 9%	44 3%
				a		bcde				bcd		a						b	
I am self-isolating because someone in my household has virus symptoms	87 4%	39 3%	18 7%	23 9%	41 8%	- -	87 100%	- -	- -	87 13%	67 4%	15 7%	6 2%	40 4%	31 7%	10 12%	81 5%	34 12%	41 3%
			a	a	a		acde			acd		a			ab	abe	a	b	
I am self-isolating because I am at increased risk due to my age or health condition	503 25%	379 28%	50 18%	43 16%	93 17%	- -	- -	503 100%	- -	503 75%	372 21%	102 49%	116 34%	292 26%	72 15%	22 25%	387 23%	76 28%	292 22%
		bcd						abde		abd		a	bce	c		c	c	b	
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1349 67%	896 66%	197 72%	178 68%	375 70%	- -	- -	- -	1349 100%	- -	1261 72%	55 27%	209 61%	747 67%	344 73%	50 57%	1141 68%	142 51%	975 72%
									abce		b			d	abde		ad	a	
NET: Self-isolating	670 33%	462 34%	77 28%	84 32%	161 30%	79 100%	87 100%	503 100%	- -	670 100%	479 28%	153 73%	132 39%	372 33%	127 27%	39 43%	538 32%	135 49%	376 28%
						d	d	d		d	a		ce	c		bce	c	b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D6. Which one of the following best describes you today?

BASE: All respondents

	Total	Longstanding condition or illness						Area		Number of days active									
		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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am self-isolating because I have had virus symptoms	79	13	17	12	39	36	4	62	17	18	6	13	13	7	6	1	15	33	22
	4%	6%	5%	13%	3%	6%	5%	4%	4%	4%	3%	5%	4%	4%	3%	1%	4%	4%	3%
		d		abde		d													
I am self-isolating because someone in my household has virus symptoms	87	19	10	19	34	47	1	69	19	10	6	20	12	14	7	4	13	46	24
	4%	8%	3%	22%	3%	8%	2%	4%	4%	3%	3%	7%	4%	7%	4%	6%	4%	6%	4%
		bd		abdef		bd						ahj		ahj				a	
I am self-isolating because I am at increased risk due to my age or health condition	503	78	190	33	222	258	35	357	146	158	57	61	68	45	36	7	71	174	114
	25%	33%	54%	37%	17%	43%	51%	23%	33%	39%	30%	23%	22%	24%	19%	9%	19%	23%	17%
		d	acde	d		ad	ad		a	bcdefghij	dfghij	g	g	g			g	gi	
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1349	126	137	25	1046	256	30	1089	260	219	121	171	222	125	146	62	284	518	492
	67%	53%	39%	28%	78%	43%	43%	69%	59%	54%	64%	64%	70%	65%	75%	84%	74%	67%	75%
		bce		abcef	c			b			a	a	a	a	abcei	abcdei	abcei	a	abcei
NET: Self-isolating	670	110	217	64	296	341	40	488	181	187	68	94	93	67	49	12	99	254	160
	33%	47%	61%	72%	22%	57%	57%	31%	41%	46%	36%	36%	30%	35%	25%	16%	26%	33%	25%
		d	ad	ade		ad	d		a	bcdefghij	fghj	fghj	g	fghj				fghj	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D6. Which one of the following best describes you today?

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am self-isolating because I have had virus symptoms	79	30	16	32	53	14	56	4	57	13	53	11	44	16
	4%	5%	3%	4%	4%	6%	4%	2%	5%	4%	4%	4%	4%	3%
I am self-isolating because someone in my household has virus symptoms	87	38	19	28	55	9	57	15	53	14	54	13	47	16
	4%	6%	4%	4%	4%	4%	4%	6%	4%	5%	4%	5%	5%	3%
I am self-isolating because I am at increased risk due to my age or health condition	503	130	145	216	286	99	308	83	242	105	280	82	204	135
	25%	20%	27%	27%	20%	42%	22%	35%	20%	33%	22%	32%	20%	28%
			a	a		a		a		a		a		a
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1349	452	354	523	1028	112	993	132	878	185	912	149	715	323
	67%	70%	66%	65%	72%	48%	70%	56%	71%	58%	70%	58%	71%	66%
					b		b		b		b			
NET: Self-isolating	670	198	179	277	393	122	420	102	353	132	386	106	295	167
	33%	30%	34%	35%	28%	52%	30%	44%	29%	42%	30%	42%	29%	34%
						a		a		a		a		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D7. Are you well enough to exercise today?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Yes

No

Don't know

	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
	a	b	a	b	c	a	b	c	d	e	f	g	h	i
2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1740	849	878	542	571	627	82	227	169	179	154	194	276	279	181
86%	87%	86%	89%	87%	84%	84%	86%	86%	85%	89%	87%	86%	85%	87%
			c											
208	98	106	47	71	89	11	25	23	25	15	24	28	34	22
10%	10%	10%	8%	11%	12%	12%	9%	12%	12%	8%	11%	9%	11%	11%
			a											
71	33	36	20	17	33	4	11	5	7	4	5	17	14	4
3%	3%	4%	3%	3%	4%	4%	4%	2%	3%	3%	2%	5%	4%	2%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D7. Are you well enough to exercise today?

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	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1740	114	377	475	229	180	365	967	774	1484	53	96	60	7	11	228
	86%	85%	90%	89%	90%	85%	78%	89%	83%	87%	90%	90%	81%	47%	92%	85%
			efh	fh	fh	f		fh	f							
No	208	14	31	48	23	22	70	93	115	169	5	9	9	6	1	29
	10%	11%	7%	9%	9%	11%	15%	9%	12%	10%	8%	8%	12%	36%	8%	11%
							bcdg		bg							
Don't know	71	5	9	12	4	9	31	27	44	53	1	2	5	3	-	10
	3%	4%	2%	2%	2%	4%	7%	2%	5%	3%	1%	2%	6%	17%	-	4%
							bcdg		bcdg							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D7. Are you well enough to exercise today?

BASE: All respondents

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
				2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating									
	Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total	2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total	2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1740	1177	248	225	473	40	67	372	1261	479	1740	-	276	972	419	73	1464	241	1191
	86%	87%	90%	86%	88%	50%	77% a	74% a	93% abce	72% a	100% b	-	81%	87% a	89% ad	82%	87% a	87%	88%
No	208	135	19	31	50	35	15	102	55	153	-	208	47	109	40	12	160	29	125
	10%	10%	7%	12% b	9%	44% bcde	18% d	20% d	4%	23% d	-	100% a	14% bce	10%	8%	13%	10%	11%	9%
Don't know	71	47	7	6	13	4	5	29	33	38	-	-	16	37	12	5	54	7	35
	3%	3%	3%	2%	3%	5%	5%	6% d	2%	6% d	-	-	5%	3%	3%	5%	3%	3%	3%

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D7. Are you well enough to exercise today?

BASE: All respondents

Significance Level: 95%

	Longstanding condition or illness						Area		Number of days active									
	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness											NET 2-4 days	NET 5 + days
Total							Urban	Rural	0	1	2	3	4	5	6	7		
	a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1740	172	244	59	1251	431	37	1372	368	270	162	228	288	175	184	71	363	691	617
86%	73%	69%	66%	93%	72%	53%	87%	83%	67%	86%	86%	91%	91%	94%	96%	95%	90%	95%
	f	f		abcef	f					a	a	abc	a	abci	abc	abci	a	abci
208	50	93	25	63	136	26	155	53	100	24	27	22	11	9	1	13	61	23
10%	21%	26%	27%	5%	23%	38%	10%	12%	25%	13%	10%	7%	6%	5%	1%	3%	8%	3%
	d	d	d		d	ade			bcdefghij	defghij	fghj	ghj					ghj	
71	15	17	6	28	30	6	50	20	36	3	10	4	6	2	2	8	20	12
3%	6%	5%	7%	2%	5%	9%	3%	5%	9%	2%	4%	1%	3%	1%	3%	2%	3%	2%
	d	d	d		d	d			bcdefhij									

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D7. Are you well enough to exercise today?

BASE: All respondents

	Total	Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1740	594	445	678	1318	126	1294	166	1129	232	1192	179	900	413
	86%	91%	84%	85%	93%	54%	92%	71%	92%	73%	92%	70%	89%	84%
		bc			b		b		b		b		b	
No	208	41	67	94	77	87	93	58	82	62	85	61	82	63
	10%	6%	13%	12%	5%	37%	7%	25%	7%	20%	7%	24%	8%	13%
			a	a		a		a		a		a		a
Don't know	71	14	21	28	25	21	26	10	20	22	21	15	28	14
	3%	2%	4%	4%	2%	9%	2%	4%	2%	7%	2%	6%	3%	3%
						a		a		a		a		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D8. Including yourself, how many people in total 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	2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204	
Total	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Lives alone	340	174	166	51	96	194	22	57	36	46	30	29	40	50	30	
	17%	18%	16%	8%	14%	26%	23%	22%	19%	22%	17%	13%	13%	15%	14%	
					a	ab	fgi	fghi		fgi						
2-3	1119	531	579	287	334	497	57	140	114	103	98	138	154	177	138	
	55%	54%	57%	47%	51%	66%	59%	53%	58%	49%	57%	62%	48%	54%	67%	
					ab	ab	g		g		g	dg			bdegh	
4-5	471	223	240	218	206	47	16	55	36	56	39	48	99	86	36	
	23%	23%	23%	36%	31%	6%	16%	21%	18%	27%	22%	21%	31%	26%	17%	
				c	c					aci			abcefi	aci		
6+	89	51	36	54	24	11	2	11	10	6	6	8	28	14	4	
	4%	5%	3%	9%	4%	2%	2%	4%	5%	3%	4%	4%	9%	4%	2%	
				bc	c								abdefhi			
NET: Lives with others	1679	806	854	559	564	556	75	206	160	165	143	194	280	277	178	
	83%	82%	84%	92%	86%	74%	77%	78%	81%	78%	83%	87%	87%	85%	86%	
				bc	c							abd	abd	b	abd	
Base for stats	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208	
Mean Score	2.92	2.95	2.79	3.57	2.96	2.36	2.38	2.69	3.04	2.79	2.92	2.73	3.46	2.99	2.75	
				bc	c							a	abdfi	a		
Standard Deviation	3.001	3.163	1.958	2.746	1.424	3.961	1.189	1.536	4.356	2.476	3.158	1.297	3.825	3.022	3.487	
Standard Error	.067	.103	.060	.102	.055	.158	.111	.095	.293	.175	.218	.099	.211	.172	.244	
Error variance	*	.01	*	.01	*	.03	.01	.01	.09	.03	.05	.01	.04	.03	.06	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D8. Including yourself, how many people in total live in your household?

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	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	340	9	49	92	34	25	132	150	190	304	8	7	12	1	-	27
	17%	7%	12%	17% ab	13%	12%	28% abcdegh	14% a	20% abdeg	18% cg	13%	6%	16% c	5%	-	10%
2-3	1119	60	233	275	135	120	295	568	551	1006	21	33	26	7	7	94
	55%	45%	56% a	51%	53%	57% a	63% abcdg	52%	59% acg	59% bcdg	36%	31%	35%	44%	58%	35%
4-5	471	50	122	144	73	54	27	316	155	344	29	51	22	5	4	112
	23%	38% cefgh	29% fh	27% fh	29% fh	26% fh	6% fh	29% fh	17% f	20% ad	50% ad	48% ad	30% a	32%	35%	42% a
6+	89	14	13	25	14	12	11	52	37	53	1	16	14	3	1	34
	4%	11% bcfgh	3% cfh	5% f	5% f	6% f	2% f	5% f	4% f	3% ab	1% ab	15% ab	19% ab	18%	7%	13% ab
NET: Lives with others	1679	124	368	444	222	186	334	936	742	1402	51	100	62	15	12	240
	83%	93% cfgh	88% cfh	83% f	87% fh	88% fh	72% fh	86% fh	80% f	82% ad	87% ad	94% ad	84% a	95%	100%	90% a
Base for stats	2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
Mean Score	2.92	4.02 bcdefgh	2.88 f	3.00 f	3.19 fh	3.04 f	2.35 fh	3.08 fh	2.74 f	2.70	3.22	3.99 ab	4.17 a	9.08	3.35	4.14 a
Standard Deviation	3.001	5.021	1.310	2.586	3.222	1.472	3.911	2.676	3.333	2.333	1.357	1.612	4.622	15.774	1.283	4.785
Standard Error	.067	.423	.065	.112	.191	.096	.192	.081	.109	.057	.168	.149	.520	3.826	.356	.281
Error variance	*	.18	*	.01	.04	.01	.04	.01	.01	*	.03	.02	.27	14.64	.13	.08

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D8. Including yourself, how many people in total live in your household?

BASE: All respondents

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
				2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating						NET: Lives with others			
	Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total	2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total	2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	340	323	1	-	1	9	6	116	209	132	276	47	340	-	-	-	-	-	-
	17%	24%	*	-	*	11%	7%	23%	15%	20%	16%	23%	100%	-	-	-	-	-	-
		bcd						abd	b	bd		a	bcde						
2-3	1119	832	191	31	222	40	40	292	747	372	972	109	-	1119	-	-	1119	164	927
	55%	61%	70%	12%	41%	51%	46%	58%	55%	56%	56%	53%	-	100%	-	-	67%	59%	69%
		cd	acd		c			b						acde			acd		a
4-5	471	173	68	197	264	24	31	72	344	127	419	40	-	-	471	-	471	90	362
	23%	13%	25%	75%	49%	31%	35%	14%	25%	19%	24%	19%	-	-	100%	-	28%	33%	27%
			a	abd	ab	ce	cde		ce	c					abde		abd	b	
6+	89	30	15	34	48	6	10	22	50	39	73	12	-	-	-	89	89	23	62
	4%	2%	5%	13%	9%	7%	12%	4%	4%	6%	4%	6%	-	-	-	100%	5%	8%	5%
			a	ab	a		cde			d						abce	abc	b	
NET: Lives with others	1679	1035	273	262	535	70	81	387	1141	538	1464	160	-	1119	471	89	1679	277	1351
	83%	76%	100%	100%	100%	89%	93%	77%	85%	80%	84%	77%	-	100%	100%	100%	100%	100%	100%
			a	a	a	c	cde		ce		b			a	a	a	a		
Base for stats	2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
Mean Score	2.92	2.32	3.35	4.64	3.98	3.18	3.62	2.71	2.94	2.89	2.87	3.05	1.00	2.36	4.30	10.05	3.31	3.75	3.15
			a	abd	ab		cde								be	bce	b	b	
Standard Deviation	3.001	1.475	1.271	3.526	2.703	1.572	2.002	3.699	2.817	3.344	2.268	4.871	-	.480	.460	11.074	3.152	4.206	2.319
Standard Error	.067	.041	.075	.211	.114	.173	.205	.172	.076	.132	.054	.342	-	.015	.020	1.107	.076	.250	.063
Error variance	*	*	.01	.04	.01	.03	.04	.03	.01	.02	*	.12	-	*	*	1.23	.01	.06	*

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D8. Including yourself, how many people in total live in your household?

BASE: All respondents

	Total	Longstanding condition or illness						Area		Number of days active									
		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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	340	43	97	11	198	129	20	271	69	86	35	40	45	35	18	11	70	120	99
	17%	18%	27%	12%	15%	22%	29%	17%	16%	21%	18%	15%	14%	18%	9%	15%	18%	16%	15%
		acde				cd	cd			cdfij	f			f			f	f	f
2-3	1119	123	198	48	754	331	30	865	254	234	106	147	168	93	113	41	217	408	371
	55%	52%	56%	54%	56%	55%	43%	55%	57%	58%	56%	56%	53%	48%	58%	55%	57%	53%	57%
					f					e									e
4-5	471	56	49	23	335	108	17	367	104	71	44	65	88	51	52	22	76	204	151
	23%	24%	14%	25%	25%	18%	24%	23%	24%	18%	23%	25%	28%	27%	27%	30%	20%	26%	23%
		b		b	be		b					a	ah	a	a	a		ah	a
6+	89	14	10	8	54	29	3	74	15	15	5	12	13	13	11	-	19	39	31
	4%	6%	3%	9%	4%	5%	4%	5%	3%	4%	2%	5%	4%	7%	6%	-	5%	5%	5%
				bd										bg	g		g	g	
NET: Lives with others	1679	193	257	79	1144	468	50	1306	372	320	155	224	270	157	177	63	313	651	553
	83%	82%	73%	88%	85%	78%	71%	83%	84%	79%	82%	85%	86%	82%	91%	85%	82%	84%	85%
		b		bef	bef	b						a	a		abehij			a	a
Base for stats	2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
Mean Score	2.92	3.14	2.39	3.80	2.88	2.83	3.00	2.90	2.98	2.74	2.68	3.08	3.20	2.95	3.17	2.71	2.79	3.10	2.89
		b		bde	b	b								b					
Standard Deviation	3.001	3.440	2.053	5.333	2.408	3.147	3.922	2.710	3.868	3.626	1.357	3.743	3.627	1.607	2.578	1.170	2.669	3.287	2.520
Standard Error	.067	.215	.112	.547	.066	.129	.462	.068	.185	.184	.098	.227	.200	.116	.181	.135	.139	.117	.099
Error variance	*	.05	.01	.30	*	.02	.21	*	.03	.03	.01	.05	.04	.01	.03	.02	.02	.01	.01

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D8. Including yourself, how many people in total live in your household?

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	340	83	123	128	225	57	221	46	183	67	195	46	152	97
	17%	13%	23% ac	16%	16%	24% a	16%	19%	15%	21% a	15%	18%	15%	20% a
2-3	1119	336	306	458	791	114	790	119	683	174	721	137	540	282
	55%	52%	57%	57% a	56%	49%	56%	51%	56%	55%	56%	54%	54%	58%
4-5	471	192	90	181	346	51	345	60	311	61	323	60	270	93
	23%	30% bc	17%	23% b	24%	22%	24%	26%	25% b	19%	25%	23%	27% b	19%
6+	89	38	14	33	59	13	57	9	52	14	59	12	48	19
	4%	6% b	3%	4%	4%	5%	4%	4%	4%	5%	5%	5%	5%	4%
NET: Lives with others	1679	567	410	672	1195	177	1192	189	1047	249	1103	209	858	394
	83%	87% b	77%	84% b	84% b	76%	84%	81%	85% b	79%	85%	82%	85% b	80%
Base for stats	2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
Mean Score	2.92	3.14 b	2.51	2.90 b	2.88	2.67	2.85	2.84	2.84	2.82	2.87	3.12	2.95 b	2.68
Standard Deviation	3.001	2.685	1.845	3.002	2.310	1.502	1.914	1.644	1.403	3.051	1.682	4.326	2.080	1.967
Standard Error	.067	.104	.081	.106	.061	.099	.051	.106	.040	.173	.047	.268	.065	.089
Error variance	*	.01	.01	.01	*	.01	*	.01	*	.03	*	.07	*	.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 16 or under in your household, please note this should exclude them.

BASE: All who live with at least one other person

		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	1701	790	892	662	573	466	89	206	184	161	176	151	291	267	176
Total	1679	806	854	559	564	556	75	206	160	165	143	194	280	277	178
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	277	135	139	105	93	79	14	37	24	28	25	23	53	44	28
	17%	17%	16%	19%	17%	14%	19%	18%	15%	17%	17%	12%	19%	16%	16%
				c											
No	1351	649	694	422	461	467	58	162	133	129	116	170	213	223	146
	80%	80%	81%	76%	82%	84%	78%	79%	83%	78%	81%	88%	76%	80%	82%
					a	a						abdg			
Prefer not to say	51	22	21	32	10	10	2	7	3	7	2	1	14	10	4
	3%	3%	2%	6%	2%	2%	3%	3%	2%	4%	1%	1%	5%	4%	2%
				bc						f			ef		

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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 16 or under in your household, please note this should exclude them.

BASE: All who live with at least one other person

		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	1701	132	361	449	251	210	298	942	759	1397	57	110	68	16	13	264
Total	1679	124	368	444	222	186	334	936	742	1402	51	100	62	15	12	240
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	277	39	63	55	35	27	58	157	120	215	14	23	16	3	2	57
	17%	31%	17%	12%	16%	15%	17%	17%	16%	15%	28%	23%	26%	18%	14%	24%
		bcd	efgh					c			a	a	a			a
No	1351	83	299	371	184	154	259	753	598	1164	35	73	45	10	9	173
	80%	66%	81%	84%	83%	83%	78%	80%	81%	83%	69%	73%	72%	68%	79%	72%
			a	af	a	a	a	a	a	bcdg						
Prefer not to say	51	3	6	17	3	5	17	26	25	23	2	4	1	2	1	10
	3%	2%	2%	4%	2%	2%	5%	3%	3%	2%	4%	4%	2%	14%	6%	4%
							bd									a

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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 16 or under in your household, please note this should exclude them.

BASE: All who live with at least one other person

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	a	b	c	d	e	a	b	*a	b	c	d	e	a	b
1701	1023	285	280	565	74	89	364	1174	527	1487	158	-	1084	517	100	1701	284	1358
1679	1035	273	262	535	70	81	387	1141	538	1464	160	-	1119	471	89	1679	277	1351
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%
277	123	61	72	132	25	34	76	142	135	241	29	-	164	90	23	277	277	-
17%	12%	22%	27%	25%	36%	42%	20%	12%	25%	16%	18%	-	15%	19%	26%	17%	100%	-
	a	a	a	a	cde	cde	d		d				b	b	be		b	
1351	886	208	188	396	44	41	292	975	376	1191	125	-	927	362	62	1351	-	1351
80%	86%	76%	72%	74%	62%	50%	75%	85%	70%	81%	78%	-	83%	77%	70%	80%	-	100%
	bcd						ab	abce	b				cd		d		a	
51	26	4	2	6	1	7	19	24	27	33	6	-	28	19	4	51	-	-
3%	2%	2%	1%	1%	2%	8%	5%	2%	5%	2%	4%	-	2%	4%	4%	3%	-	-
						d	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 16 or under in your household, please note this should exclude them.

BASE: All who live with at least one other person

		Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness											NET 2-4 days	NET 5 + days
	Total							Urban	Rural	0	1	2	3	4	5	6	7		
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	1701	210	247	84	1146	478	51	1326	375	311	159	233	285	160	184	64	305	678	553
Total	1679	193	257	79	1144	468	50	1306	372	320	155	224	270	157	177	63	313	651	553
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	277	60	73	29	126	141	18	224	53	43	20	41	48	36	25	11	52	125	89
	17%	31%	28%	37%	11%	30%	37%	17%	14%	13%	13%	18%	18%	23%	14%	18%	17%	19%	16%
		d	d	d		d	d							abf				a	
No	1351	126	178	47	1001	314	28	1048	303	262	129	177	216	118	149	50	250	512	448
	80%	65%	69%	59%	88%	67%	57%	80%	81%	82%	83%	79%	80%	75%	84%	79%	80%	79%	81%
				abcef										e					
Prefer not to say	51	7	6	3	17	13	3	34	17	15	6	6	5	3	3	2	11	14	16
	3%	4%	2%	3%	1%	3%	7%	3%	4%	5%	4%	3%	2%	2%	2%	3%	4%	2%	3%
		d				d	d			i									

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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 16 or under in your household, please note this should exclude them.

BASE: All who live with at least one other person

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	1701	584	398	685	1210	179	1204	195	1062	250	1118	216	881	395
Total	1679	567	410	672	1195	177	1192	189	1047	249	1103	209	858	394
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	277	130	47	94	204	25	203	33	174	34	189	33	150	48
	17%	23%	12%	14%	17%	14%	17%	17%	17%	14%	17%	16%	17%	12%
		bc											b	
No	1351	423	356	561	964	149	957	153	846	213	886	173	685	339
	80%	75%	87%	84%	81%	84%	80%	81%	81%	86%	80%	82%	80%	86%
			a	a									a	a
Prefer not to say	51	13	7	16	28	2	31	3	27	2	28	3	23	7
	3%	2%	2%	2%	2%	1%	3%	1%	3%	1%	3%	2%	3%	2%

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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

		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	2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	237	95	140	92	89	55	17	39	27	30	21	26	31	23	21
	12%	10%	14%	15%	14%	7%	18%	15%	14%	14%	12%	12%	10%	7%	10%
			a	c	c		gh	gh	h	h	h				
Yes - physical condition or illness	354	170	184	42	108	205	26	51	46	39	32	33	30	59	38
	18%	17%	18%	7%	16%	27%	26%	20%	23%	19%	18%	15%	9%	18%	18%
					a	ab	fg	g	fg	g	g			g	g
Yes - other	90	54	34	38	32	20	5	20	8	9	5	2	19	12	11
	4%	6%	3%	6%	5%	3%	5%	8%	4%	4%	3%	1%	6%	4%	5%
		b		c			f	efh				f			f
No	1342	660	677	410	447	485	47	164	124	135	115	168	226	225	139
	66%	67%	66%	67%	68%	65%	49%	62%	63%	64%	66%	75%	70%	69%	67%
							a	a	a	a	a	abcd	ab	a	a
Prefer not to say	80	33	37	43	21	17	4	8	5	9	7	4	19	20	5
	4%	3%	4%	7%	3%	2%	4%	3%	2%	4%	4%	2%	6%	6%	2%
				bc									cfi	cfi	
NET: Longstanding condition or illness	597	286	306	157	192	248	45	91	68	68	51	51	76	82	64
	30%	29%	30%	26%	29%	33%	47%	35%	34%	32%	30%	23%	24%	25%	31%
						a	bcdefghi	fgh	fgh	g					
NET: Longstanding physical and mental condition or illness	70	25	45	12	32	27	2	16	13	8	5	9	2	11	5
	3%	3%	4%	2%	5%	4%	2%	6%	6%	4%	3%	4%	1%	3%	3%
			a		a			g	ag	g	g	g		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	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	237	15	41	56	30	34	61	112	124	201	13	5	9	2	2	31
	12%	11%	10%	11%	12%	16%	13%	10%	13%	12%	23%	5%	12%	12%	15%	11%
						bcdg			g	c	acg					c
Yes - physical condition or illness	354	20	54	71	35	34	140	145	209	324	9	11	5	1	-	26
	18%	15%	13%	13%	14%	16%	30%	13%	22%	19%	16%	11%	7%	5%	-	10%
							abcdegh		abcdeg	cdg						
Yes - other	90	10	13	22	13	10	21	45	44	66	3	8	7	5	1	23
	4%	8%	3%	4%	5%	5%	5%	4%	5%	4%	5%	7%	9%	28%	8%	9%
		b											a			a
No	1342	85	311	378	176	133	259	773	569	1149	33	76	53	9	7	179
	66%	63%	74%	70%	69%	63%	56%	71%	61%	67%	57%	71%	72%	55%	62%	67%
			aefh	efh	fh			efh								
Prefer not to say	80	8	11	21	10	11	19	40	41	44	3	7	1	1	2	13
	4%	6%	3%	4%	4%	5%	4%	4%	4%	3%	4%	7%	1%	4%	15%	5%
												a				a
NET: Longstanding condition or illness	597	41	96	137	69	67	187	274	323	513	23	24	20	6	3	76
	30%	31%	23%	26%	27%	32%	40%	25%	35%	30%	39%	22%	27%	40%	23%	28%
						bg	abcdeg		bcdg		c					
NET: Longstanding physical and mental condition or illness	70	3	9	11	8	9	30	23	47	65	2	-	1	1	-	3
	3%	2%	2%	2%	3%	4%	6%	2%	5%	4%	3%	-	1%	5%	-	1%
							abdg		bcdg	cg						

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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

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
237	144	40	36	76	13	19	78	126	110	172	50	43	123	56	14	193	60	126
12%	11%	15%	14%	14% a	17% d	21% d	16% d	9%	16% d	10%	24% a	13%	11%	12%	16%	12%	22% b	9%
354	265	42	37	79	17	10	190	137	217	244	93	97	198	49	10	257	73	178
18%	20% cd	15%	14%	15%	21% d	12%	38% abd	10%	32% abd	14%	45% a	29% bcde	18% c	10%	11%	15% c	26% b	13%
90	43	11	21	32	12	19	33	25	64	59	25	11	48	23	8	79	29	47
4%	3%	4%	8% ab	6% a	15% cd	22% cde	7% d	2%	10% d	3%	12% a	3%	4%	5%	9% ab	5%	11% b	3%
1342	926	181	176	357	39	34	222	1046	296	1251	63	198	754	335	54	1144	126	1001
66%	68%	66%	67%	67%	50%	39%	44%	78% abce	44%	72% b	30%	58%	67% a	71% ad	60%	68% a	45%	74% a
80	38	9	6	16	4	7	22	47	33	59	8	13	34	28	6	67	11	35
4%	3%	3%	2%	3%	5%	8% d	4%	4%	5%	3%	4%	4%	3%	6% b	6%	4%	4%	3%
597	395	84	79	163	36	47	258	256	341	431	136	129	331	108	29	468	141	314
30%	29%	31%	30%	30%	45% d	53% d	51% d	19%	51% d	25%	66% a	38% bce	30% c	23%	33% c	28% c	51% b	23%
70	47	9	12	21	4	1	35	30	40	37	26	20	30	17	3	50	18	28
3%	3%	3%	4%	4%	5%	1%	7% bd	2%	6% d	2%	13% a	6% be	3%	4%	3%	3%	7% b	2%

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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

	Longstanding condition or illness						Area		Number of days active										
	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness													
Total							Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	
	a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j	
2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646	
2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
237	237	70	6	-	237	70	187	50	46	37	34	31	25	23	7	34	90	64	
12%	100%	20%	7%	-	40%	100%	12%	11%	11%	19%	13%	10%	13%	12%	9%	9%	12%	10%	
	bcd	cd	d		bcd	bcde				adfhij									
354	70	354	9	-	354	70	273	81	121	35	50	41	29	23	3	53	120	79	
18%	30%	100%	10%	-	59%	100%	17%	18%	30%	18%	19%	13%	15%	12%	4%	14%	16%	12%	
	cd	acde	d		acd	acde			bcdefghij	gj	fgj	g	g	g		g	g	g	
90	6	9	90	-	90	2	65	24	14	5	23	17	10	5	4	12	50	21	
4%	3%	3%	100%	-	15%	2%	4%	6%	3%	3%	9%	5%	5%	3%	6%	3%	6%	3%	
	d	d	abdef		abdf	d					abfhj					abfhj			
1342	-	-	-	1342	-	-	1057	285	239	116	158	225	132	140	57	275	515	472	
66%	-	-	-	100%	-	-	67%	65%	59%	61%	60%	72%	69%	72%	78%	72%	67%	72%	
				abcef								abc	a	abc	abc	abc	ac	abci	
80	-	-	-	-	-	-	65	16	17	8	10	9	6	9	4	18	24	31	
4%	-	-	-	-	-	-	4%	4%	4%	4%	4%	3%	3%	5%	5%	5%	3%	5%	
597	237	354	90	-	597	70	456	141	150	66	96	81	54	46	13	90	232	149	
30%	100%	100%	100%	-	100%	100%	29%	32%	37%	35%	36%	26%	28%	24%	17%	24%	30%	23%	
	d	d	d		d	d			defghij	dghj	dghj						ghj		
70	70	70	2	-	70	70	58	12	26	10	8	7	6	4	-	9	21	13	
3%	30%	20%	2%	-	12%	100%	4%	3%	6%	5%	3%	2%	3%	2%	-	2%	3%	2%	
	bcde	cde	d		cd	abcde			dghij	gj									

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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	Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	237	76	56	98	139	49	151	37	120	56	129	50	125	50
	12%	12%	11%	12%	10%	21% a	11%	16% a	10%	18% a	10%	20% a	12%	10%
Yes - physical condition or illness	354	89	100	161	172	100	204	71	164	85	188	63	137	103
	18%	14%	19% a	20% a	12%	43% a	14%	30% a	13%	27% a	15%	25% a	14%	21% a
Yes - other	90	37	17	33	54	13	60	14	54	15	55	16	46	20
	4%	6%	3%	4%	4%	6%	4%	6%	4%	5%	4%	6%	5%	4%
No	1342	442	362	524	1044	96	992	130	882	181	910	143	698	330
	66%	68%	68%	66%	74% b	41%	70% b	56%	72% b	57%	70% b	56%	69%	67%
Prefer not to say	80	27	17	25	43	5	50	7	42	7	51	7	37	11
	4%	4%	3%	3%	3%	2%	4%	3%	3%	2%	4%	3%	4%	2%
NET: Longstanding condition or illness	597	181	154	251	333	132	370	97	306	128	337	106	275	149
	30%	28%	29%	31%	23%	57% a	26%	42% a	25%	40% a	26%	41% a	27%	30%
NET: Longstanding physical and mental condition or illness	70	20	14	34	27	25	37	20	26	23	30	20	25	22
	3%	3%	3%	4%	2%	11% a	3%	9% a	2%	7% a	2%	8% a	2%	4% a

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D11. To which of the following ethnic groups do you consider you belong?

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	2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1707	814	885	446	561	699	88	234	173	176	155	204	191	287	199
	85%	83%	87%	73%	85%	93%	91%	89%	88%	83%	89%	92%	59%	88%	96%
			a		a	ab	g	g	g	g	g	dg		g	bcdegh
Mixed	59	26	33	36	17	6	2	3	4	7	4	7	21	7	4
	3%	3%	3%	6%	3%	1%	2%	1%	2%	3%	2%	3%	7%	2%	2%
				bc	c								bcehi		
Asian	107	65	41	61	37	8	2	10	11	13	7	7	43	14	-
	5%	7%	4%	10%	6%	1%	2%	4%	6%	6%	4%	3%	13%	4%	-
		b		bc	c			i	i	i	i	i	abcdefhi	i	
Black	74	41	32	33	21	19	2	8	7	7	2	1	38	7	2
	4%	4%	3%	5%	3%	3%	2%	3%	3%	4%	1%	*	12%	2%	1%
				bc				f	f	f			abcdefhi		
Chinese	16	8	7	6	5	5	1	1	1	1	2	1	7	2	1
	1%	1%	1%	1%	1%	1%	1%	*	*	*	1%	1%	2%	1%	*
Other ethnic group	12	4	7	5	6	1	-	2	1	-	-	-	7	3	-
	1%	*	1%	1%	1%	*	-	1%	*	-	-	-	2%	1%	-
													dei		
Prefer not to answer	46	23	15	23	12	11	2	5	1	7	4	2	15	8	2
	2%	2%	1%	4%	2%	1%	2%	2%	*	3%	2%	1%	5%	2%	1%
				bc						c			cfi		
NET: Non-white	267	143	120	141	87	39	6	24	23	28	15	16	116	32	6
	13%	15%	12%	23%	13%	5%	7%	9%	12%	13%	8%	7%	36%	10%	3%
				bc	c			i	i	i	i		abcdefhi	i	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D11. To which of the following ethnic groups do you consider you belong?

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	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1707	88	345	442	227	180	425	874	832	1707	-	-	-	-	-	-
	85%	66%	83%	82%	89%	85%	91%	80%	89%	100%	-	-	-	-	-	-
		a	a	a	abcb	a	abcb	a	abcb	bcdg						
Mixed	59	7	18	20	3	5	6	45	14	-	59	-	-	-	-	59
	3%	5%	4%	4%	1%	2%	1%	4%	2%	-	100%	-	-	-	-	22%
		dfh	dfh	dfh				dfh			acd					acd
Asian	107	19	21	31	13	15	7	72	35	-	-	107	-	-	-	107
	5%	14%	5%	6%	5%	7%	2%	7%	4%	-	-	100%	-	-	-	40%
		bcdefgh	f	f	f	fh		fh	f			abdg				abd
Black	74	9	19	26	8	4	8	54	20	-	-	-	74	-	-	74
	4%	7%	4%	5%	3%	2%	2%	5%	2%	-	-	-	100%	-	-	28%
		efh	fh	efh				efh					abcb			abc
Chinese	16	-	5	2	1	3	6	6	10	-	-	-	-	16	-	16
	1%	-	1%	*	*	1%	1%	1%	1%	-	-	-	-	100%	-	6%
																abcd
Other ethnic group	12	3	3	4	1	1	1	9	3	-	-	-	-	-	12	12
	1%	2%	1%	1%	*	*	*	1%	*	-	-	-	-	-	100%	4%
		fh														ac
Prefer not to answer	46	8	7	12	3	3	12	27	19	-	-	-	-	-	-	-
	2%	6%	2%	2%	1%	2%	3%	2%	2%	-	-	-	-	-	-	-
		bcdegh														
NET: Non-white	267	38	65	82	26	27	28	185	81	-	59	107	74	16	12	267
	13%	28%	16%	15%	10%	13%	6%	17%	9%	-	100%	100%	100%	100%	100%	100%
		bcdefgh	dfh	dfh	f	f		dfh			a	a	a			a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 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				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1707	1201	230	195	424	61	59	426	1160	547	1484	169	304	1006	344	53	1402	215	1164
85%	88%	84%	74%	79%	78%	68%	85%	86%	82%	85%	82%	89%	90%	73%	59%	84%	78%	86%
	bcd	c					b	abe	b			cde	cde	d	cd		a	
59	29	9	16	26	3	9	10	37	22	53	5	8	21	29	1	51	14	35
3%	2%	3%	6%	5%	4%	10%	2%	3%	3%	3%	2%	2%	2%	6%	1%	3%	5%	3%
			a	a		cde								abde		b		
107	53	20	25	45	5	7	30	65	42	96	9	7	33	51	16	100	23	73
5%	4%	7%	9%	8%	6%	8%	6%	5%	6%	6%	4%	2%	3%	11%	18%	6%	8%	5%
		a	a	a										abe	abe	ab		
74	38	8	19	27	5	6	21	42	31	60	9	12	26	22	14	62	16	45
4%	3%	3%	7%	5%	6%	7%	4%	3%	5%	3%	4%	3%	2%	5%	15%	4%	6%	3%
			ab	a										b	abce	b		
16	6	2	3	4	1	1	5	9	7	7	6	1	7	5	3	15	3	10
1%	*	1%	1%	1%	1%	1%	1%	1%	1%	*	3%	*	1%	1%	3%	1%	1%	1%
											a				abe			
12	8	2	1	3	-	3	2	8	4	11	1	-	7	4	1	12	2	9
1%	1%	1%	*	1%	-	3%	*	1%	1%	1%	*	-	1%	1%	1%	1%	1%	1%
						cde												
46	23	3	3	6	4	3	9	29	17	29	9	9	19	15	3	36	5	14
2%	2%	1%	1%	1%	5%	3%	2%	2%	2%	2%	4%	3%	2%	3%	3%	2%	2%	1%
											a			b				
267	134	41	64	105	14	25	68	160	106	228	29	27	94	112	34	240	57	173
13%	10%	15%	24%	20%	17%	29%	13%	12%	16%	13%	14%	8%	8%	24%	38%	14%	21%	13%
		a	ab	a		cde		d						abe	abce	ab	b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

	Longstanding condition or illness							Area		Number of days active									
						NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness												
	Total	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1707	201	324	66	1149	513	65	1302	404	356	156	216	262	162	155	60	339	639	555
	85%	85%	92%	73%	86%	86%	93%	83%	91%	88%	82%	82%	83%	84%	80%	82%	89%	83%	85%
		c	acde		c	c	c		a	cfi						bcdfi			
Mixed	59	13	9	3	33	23	2	54	4	6	13	9	8	5	11	4	4	22	19
	3%	6%	3%	3%	2%	4%	2%	3%	1%	1%	7%	3%	2%	3%	6%	5%	1%	3%	3%
		d						b			adhij	h			ah	ah			
Asian	107	5	11	8	76	24	-	97	9	17	5	18	23	12	11	5	16	53	32
	5%	2%	3%	8%	6%	4%	-	6%	2%	4%	2%	7%	7%	6%	5%	7%	4%	7%	5%
				abf	af			b				b	b					b	
Black	74	9	5	7	53	20	1	64	10	10	6	12	15	8	11	1	11	35	22
	4%	4%	1%	8%	4%	3%	1%	4%	2%	3%	3%	4%	5%	4%	5%	1%	3%	5%	3%
				be	b														
Chinese	16	2	1	5	9	6	1	10	5	2	3	3	4	-	2	1	2	6	4
	1%	1%	*	5%	1%	1%	1%	1%	1%	*	2%	1%	1%	-	1%	1%	*	1%	1%
				abde															
Other ethnic group	12	2	-	1	7	3	-	12	-	2	1	2	-	2	2	1	2	4	5
	1%	1%	-	1%	1%	*	-	1%	-	*	*	1%	-	1%	1%	1%	1%	1%	1%
																d			
Prefer not to answer	46	5	3	1	15	8	1	37	8	13	6	5	4	3	4	2	9	12	15
	2%	2%	1%	1%	1%	1%	2%	2%	2%	3%	3%	2%	1%	2%	2%	2%	2%	2%	2%
NET: Non-white	267	31	26	23	179	76	3	238	29	37	28	43	50	27	35	12	34	120	82
	13%	13%	7%	26%	13%	13%	5%	15%	7%	9%	15%	16%	16%	14%	18%	16%	9%	16%	13%
		b		abdef	bf	b		b			ah	ah	ah		ahj			ah	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1707	537	469	680	1196	207	1193	208	1027	285	1078	216	833	429
	85%	83%	88% a	85%	84%	89%	84%	89%	83%	90% a	83%	85%	82%	88% a
Mixed	59	20	12	25	42	7	46	4	34	7	45	9	34	11
	3%	3%	2%	3%	3%	3%	3%	2%	3%	2%	3%	3%	3%	2%
Asian	107	45	19	42	80	7	77	9	81	8	79	11	63	20
	5%	7% b	4%	5%	6%	3%	5%	4%	7% b	3%	6%	4%	6%	4%
Black	74	24	17	31	55	6	53	6	45	13	52	9	40	18
	4%	4%	3%	4%	4%	3%	4%	3%	4%	4%	4%	3%	4%	4%
Chinese	16	3	3	9	12	2	10	3	9	-	8	4	9	4
	1%	1%	1%	1%	1%	1%	1%	1%	1%	-	1%	2%	1%	1%
Other ethnic group	12	5	4	3	8	1	9	2	9	-	9	2	8	2
	1%	1%	1%	*	1%	1%	1%	1%	1%	-	1%	1%	1%	*
Prefer not to answer	46	16	9	11	28	3	25	3	25	4	27	5	23	7
	2%	3%	2%	1%	2%	1%	2%	1%	2%	1%	2%	2%	2%	1%
NET: Non-white	267	97	55	110	197	24	195	23	178	28	193	34	154	54
	13%	15% b	10%	14%	14%	10%	14%	10%	15% b	9%	15%	13%	15% b	11%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

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	2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	734	387	334	246	245	244	19	100	65	75	50	51	223	89	61
	36%	40%	33%	40%	37%	33%	19%	38%	33%	36%	29%	23%	70%	27%	30%
		b		c				aefh	af	afh			abcdefhi		a
Urban - Town and Fringe	843	377	463	242	299	302	49	111	87	102	78	107	76	158	76
	42%	39%	45%	40%	45%	40%	51%	42%	44%	48%	45%	48%	24%	48%	37%
		a			a		gi	g	g	gi	g	gi		gi	g
Rural - Village	392	187	203	108	103	181	26	47	39	24	41	61	18	73	62
	19%	19%	20%	18%	16%	24%	27%	18%	20%	11%	24%	28%	6%	22%	30%
						ab	bdg	g	dg	g	dg	bdg		dg	bcdg
Rural - Hamlet and Isolated Dwelling	50	28	20	14	13	23	3	5	5	10	4	4	4	7	8
	2%	3%	2%	2%	2%	3%	3%	2%	3%	5%	2%	2%	1%	2%	4%
										g					g
NET: Urban	1577	764	797	488	544	546	68	211	153	176	128	158	299	247	137
	78%	78%	78%	80%	82%	73%	70%	80%	77%	84%	74%	71%	93%	76%	66%
				c	c			afi	i	aefhi			abcdefhi	i	
NET: Rural	442	215	223	122	116	204	29	52	44	34	45	65	22	80	70
	22%	22%	22%	20%	18%	27%	30%	20%	23%	16%	26%	29%	7%	24%	34%
						ab	bdg	g	g	g	dg	bdg		dg	bcdgh

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D12. Which of the following best 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	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	134	417	536	256	211	465	1086	933	1707	59	107	74	16	12	267
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	734	63	160	215	92	63	141	438	296	562	35	60	40	4	11	150
	36%	47% defh	38% efh	40% efh	36%	30%	30%	40% efh	32%	33%	60% a	57% a	54% a	25%	91%	56% a
Urban - Town and Fringe	843	46	165	225	106	110	192	435	408	740	19	37	24	6	1	88
	42%	34%	40%	42%	42%	52% abcdfgh	41%	40%	44% a	43% g	33%	35%	32%	40%	9%	33%
Rural - Village	392	20	81	84	51	36	120	185	207	361	4	9	8	3	-	25
	19%	15%	20%	16%	20%	17%	26% abceg	17%	22% acg	21% bcdg	8%	9%	11%	17%	-	9%
Rural - Hamlet and Isolated Dwelling	50	6	11	12	6	2	13	29	21	44	-	-	2	3	-	4
	2%	4% e	3%	2%	3%	1%	3%	3%	2%	3%	-	-	2%	17%	-	2%
NET: Urban	1577	108	325	440	199	173	332	873	704	1302	54	97	64	10	12	238
	78%	81% f	78% f	82% fh	78%	82% fh	71%	80% fh	76%	76%	92% a	91% a	86% a	65%	100%	89% a
NET: Rural	442	25	92	96	57	38	133	213	228	404	4	9	10	5	-	29
	22%	19%	22%	18%	22%	18%	29% abceg	20%	24% ceg	24% bcdg	8%	9%	14%	35%	-	11%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D12. Which of the following best describes where you live?

BASE: All respondents

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self						Care responsibilities in household not including children	
				2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others			
	Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No	
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total	2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total	2019	1358	274	262	536	79	87	503	1349	670	1740	208	340	1119	471	89	1679	277	1351	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Urban - Population over 10,000	734	474	106	106	213	35	33	173	493	241	636	75	138	366	184	46	596	110	468	
	36%	35%	39%	41%	40% a	45%	38%	34%	37%	36%	37%	36%	41% b	33%	39% b	52% abce	35%	40%	35%	
Urban - Town and Fringe	843	576	114	107	221	27	35	185	596	247	736	80	133	499	183	28	710	113	580	
	42%	42%	42%	41%	41%	34%	40%	37%	44% ce	37%	42%	38%	39%	45% cd	39%	32% d	42% d	41%	43%	
Rural - Village	392	279	48	41	89	15	16	128	234	158	329	46	64	227	90	11	328	47	267	
	19%	21%	18%	16%	17%	19%	18%	25% d	17%	24% d	19%	22%	19%	20%	19%	12%	20%	17%	20%	
Rural - Hamlet and Isolated Dwelling	50	30	6	7	13	2	3	18	26	23	39	7	5	27	14	4	45	6	36	
	2%	2%	2%	3%	2%	3%	4%	4% d	2%	3% d	2%	3%	1%	2%	3%	4%	3%	2%	3%	
NET: Urban	1577	1050	220	214	434	62	69	357	1089	488	1372	155	271	865	367	74	1306	224	1048	
	78%	77%	80%	82%	81%	79%	78%	71%	81% ce	73%	79%	74%	80%	77%	78%	83%	78%	81%	78%	
NET: Rural	442	308	54	48	102	17	19	146	260	181	368	53	69	254	104	15	372	53	303	
	22%	23%	20%	18%	19%	21%	22%	29% d	19%	27% d	21%	26%	20%	23%	22%	17%	22%	19%	22%	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D12. Which of the following best describes where you live?

BASE: All respondents

	Total	Longstanding condition or illness						Area		Number of days active									
		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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	237	354	90	1342	597	70	1577	442	406	190	265	315	192	195	74	383	772	652
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	734	86	127	36	485	213	33	734	-	149	79	104	107	67	74	26	127	278	228
	36%	36%	36%	40%	36%	36%	47%	47%	-	37%	42%	39%	34%	35%	38%	35%	33%	36%	35%
								b											
Urban - Town and Fringe	843	101	145	30	571	243	25	843	-	166	77	107	134	85	82	31	162	326	275
	42%	43%	41%	33%	43%	41%	36%	53%	-	41%	41%	40%	42%	44%	42%	43%	42%	42%	42%
								b											
Rural - Village	392	43	73	23	253	126	10	-	392	83	30	52	66	32	37	12	80	151	128
	19%	18%	21%	25%	19%	21%	14%	-	89%	20%	16%	20%	21%	17%	19%	16%	21%	20%	20%
								a											
Rural - Hamlet and Isolated Dwelling	50	6	8	2	33	14	2	-	50	8	4	2	8	7	2	4	14	17	21
	2%	3%	2%	2%	2%	2%	3%	-	11%	2%	2%	1%	3%	4%	1%	6%	4%	2%	3%
								a						c		acfi	c		c
NET: Urban	1577	187	273	65	1057	456	58	1577	-	315	156	210	241	152	156	57	289	604	503
	78%	79%	77%	73%	79%	76%	83%	100%	-	78%	82%	80%	76%	79%	80%	78%	75%	78%	77%
								b											
NET: Rural	442	50	81	24	285	141	12	-	442	91	34	54	74	40	39	16	94	168	149
	22%	21%	23%	27%	21%	24%	17%	-	100%	22%	18%	20%	24%	21%	20%	22%	25%	22%	23%
								a											

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 9th - 14th April 2020

D12. Which of the following best describes where you live?

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	650	533	800	1421	234	1413	234	1230	316	1298	256	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	734	240	158	320	514	89	520	90	444	115	491	88	378	172
	36%	37%	30%	40%	36%	38%	37%	38%	36%	36%	38%	35%	37%	35%
Urban - Town and Fringe	843	270	243	321	600	91	589	84	516	134	540	111	419	214
	42%	42%	46%	40%	42%	39%	42%	36%	42%	42%	42%	43%	41%	44%
Rural - Village	392	123	115	145	272	50	271	52	238	62	237	48	182	96
	19%	19%	22%	18%	19%	21%	19%	22%	19%	20%	18%	19%	18%	20%
Rural - Hamlet and Isolated Dwelling	50	17	17	14	35	5	33	8	32	5	30	8	31	8
	2%	3%	3%	2%	2%	2%	2%	3%	3%	1%	2%	3%	3%	2%
NET: Urban	1577	510	401	642	1114	179	1109	174	960	249	1031	199	796	386
	78%	79%	75%	80%	78%	77%	78%	74%	78%	79%	79%	78%	79%	79%
NET: Rural	442	140	132	158	307	54	304	60	270	67	267	56	213	104
	22%	21%	25%	20%	22%	23%	22%	26%	22%	21%	21%	22%	21%	21%