

Sport England, Survey into adult physical activity attitudes and behaviour, 20th April 2020

Methodology: Savanta ComRes interviewed 2,029 English adults (16+) online from 17th April to 20th 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

All press releases or other publications must be checked with Savanta ComRes before use. Savanta ComRes requires 48-hours to check a press release unless otherwise agreed.

For information about commissioning research please contact info@comresglobal.com or call +44 (0)20 7871 8660

To register for Pollwatch, featuring commentary and insight from the Savanta ComRes team, please email: pollwatch@comresglobal.com

Page: i
Table of Contents

D1. Are you...? BASE: All respondents	1
D2. How old are you? BASE: All respondents	7
D3. Which of the following describes where you live? BASE: All respondents	16
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	25
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	31
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	37
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	49
Q3. Which, if any, of the following physical activities have you done in the past week? BASE: All respondents	55
Q3B. You mentioned that you have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week. On which, if any, digital platforms or websites have you found these home workouts? BASE: All those who have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week	64
Q3C. You mentioned that you have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week. Which influencers or instructors, if any, have you found most useful for these home workouts? BASE: All those who have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week	70
Q3D. You mentioned you have found online workouts on YouTube. To what extent do you agree or disagree that doing workouts on YouTube keeps you feeling fit and healthy? BASE: All those who have used YouTube to find a home workout in the past week	82
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	88
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	89
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	95
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	101
Q4.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants. BASE: All who have done some form of physical activity in the past week	107
Q4.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants. BASE: All who have done some form of physical activity in the past week	113
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	119
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	125
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	131
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	132

Page: ii
Table of Contents

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?	138
BASE: All who have done some form of physical activity in the past week	
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?	144
BASE: All who have done some form of physical activity in the past week	
Q6.4. Home activity, fitness or exercise class 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?	150
BASE: All who have done some form of physical activity in the past week	
Q6.5. Home activity, fitness or exercise class not 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?	156
BASE: All who have done some form of physical activity in the past week	
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?	162
BASE: All who have done some form of physical activity in the past week	
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?	168
BASE: All who have done some form of physical activity in the past week	
Q7. SUMMARY: How much did you agree or disagree with each one before the coronavirus outbreak?	174
BASE: All respondents	
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?	175
BASE: All respondents	
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?	181
BASE: All respondents	
Q7.3. I found exercise enjoyable and satisfying: How much did you agree or disagree with each one before the coronavirus outbreak?	187
BASE: All respondents	
Q7.4. It was important to me to exercise regularly: How much did you agree or disagree with each one before the coronavirus outbreak?	193
BASE: All respondents	
Q7.5. I felt guilty when I didn't exercise: How much did you agree or disagree with each one before the coronavirus outbreak?	199
BASE: All respondents	
Q8. SUMMARY: Now could you please tell us how much you agree or disagree with each of the statements today?	205
BASE: All respondents	
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?	206
BASE: All respondents	
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?	212
BASE: All respondents	
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?	218
BASE: All respondents	
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?	224
BASE: All respondents	
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?	230
BASE: All respondents	
Q9. SUMMARY: To what extent do you agree or disagree with each statement?	236
BASE: All respondents	
Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?	237
BASE: All respondents	
Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?	243
BASE: All respondents	

Page: iii
Table of Contents

Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?	249
BASE: All respondents	
Q9.4. I do not find exercising on my own enjoyable: To what extent do you agree or disagree with each statement?	255
BASE: All respondents	
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?	261
BASE: All respondents	
Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?	267
BASE: All respondents	
Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?	273
BASE: All respondents	
Q9.8. I feel guilty about not exercising more during the outbreak: To what extent do you agree or disagree with each statement?	279
BASE: All respondents	
Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement?	285
BASE: All respondents	
Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?	291
BASE: All respondents	
Q9.11. The current situation has not impacted my current exercise regime: To what extent do you agree or disagree with each statement?	297
BASE: All respondents	
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.	303
BASE: All respondents who have children under 16	
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.	309
BASE: All respondents who have children under 16	
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?	315
BASE: All respondents	
D6. Which one of the following best describes you today?	321
BASE: All respondents	
D7. Are you well enough to exercise today?	327
BASE: All respondents	
D8. Including yourself, how many people in total live in your household?	333
BASE: All respondents	
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.	339
BASE: All who live with at least one other person	
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?	345
BASE: All respondents	
D11. To which of the following ethnic groups do you consider you belong?	351
BASE: All respondents	
D12. Which of the following best describes where you live?	357
BASE: All respondents	
D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?	363
BASE: All respondents	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D1. Are you...?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	988	988	-	293	268	427	56	116	95	107	83	118	159	156	99
	49%	100%	-	48%	40%	57%	57%	44%	47%	49%	48%	53%	50%	47%	48%
		b		b		ab	b								
Female	1029	-	1029	314	394	321	41	148	103	105	91	106	156	173	106
	51%	-	100%	51%	59%	43%	42%	56%	51%	49%	52%	47%	49%	52%	52%
			a	c		ac		a							
Other	1	-	-	-	1	-	-	-	1	-	-	-	-	-	-
	*	-	-	-	*	-	-	-	*	-	-	-	-	-	-
Prefer not to say	11	-	-	7	1	3	1	-	2	4	-	-	2	1	1
	1%	-	-	1%	*	*	1%	-	1%	2%	-	-	1%	*	*
				b						b					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D1. 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
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	988	98	210	198	125	102	255	506	482	841	29	64	24	9	5	131
	49%	54%	46%	43%	49%	49%	54%	46%	52%	48%	51%	54%	45%	54%	37%	51%
		c					bcg		cg							
Female	1029	83	242	258	131	105	210	583	445	894	28	50	28	7	9	121
	51%	46%	53%	56%	51%	51%	45%	53%	48%	51%	47%	43%	53%	46%	63%	47%
			f	afh				fh								
Other	1	-	-	1	-	-	-	1	-	1	-	-	-	-	-	-
	*	-	-	*	-	-	-	*	-	*	-	-	-	-	-	-
Prefer not to say	11	1	1	4	2	-	3	6	5	4	1	3	1	-	-	5
	1%	1%	*	1%	1%	-	1%	1%	1%	*	2%	3%	2%	-	-	2%
											a	a	a			a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D1. 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	988	664	142	127	269	29	37	282	612	29	348	881	90	175	514	258	41	813
	49%	53%	43%	37%	40%	51%	62%	56%	46%	44%	56%	49%	46%	57%	48%	45%	54%	47%
		bcd					de	d			d			bce				
Female	1029	594	190	213	403	28	21	221	727	32	270	891	107	131	560	303	34	898
	51%	47%	57%	62%	60%	49%	36%	44%	54%	48%	44%	50%	54%	43%	52%	53%	45%	52%
		a	a	a	a				bcd					a	a	a	a	a
Other	1	-	-	1	1	-	-	-	1	-	-	1	-	-	-	1	-	1
	*	-	-	*	*	-	-	-	*	-	-	*	-	-	-	*	-	*
				a														
Prefer not to say	11	3	1	1	2	-	1	1	4	5	2	9	-	1	3	6	1	10
	1%	*	*	*	*	-	2%	*	*	8%	*	1%	-	*	*	1%	1%	1%
										acdf					b			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D1. Are you...?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Total	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%												
Unweighted Total	2029	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029 100%	1392 100%	205 100%	354 100%	80 100%	1380 100%	585 100%	46 100%	1612 100%	417 100%	1706 100%	300 100%
Male	988 49%	651 47%	88 43%	180 51%	47 59%	676 49%	294 50%	14 30%	784 49%	204 49%	816 48%	162 54%
Female	1029 51%	735 53%	117 57%	171 48%	33 41%	701 51%	287 49%	32 70%	821 51%	208 50%	881 52%	138 46%
Other	1 *	1 *	1 *	- -	- -	- -	1 *	- -	1 *	- -	1 *	- -
Prefer not to say	11 1%	5 *	- -	3 1%	- -	3 *	3 1%	- -	6 *	5 1%	8 *	- -

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D1. Are you...?

BASE: All respondents

	Number of days active										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)		
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
	a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b	
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	988	191	66	123	143	116	107	54	188	382	349	363	270	342	733	94	731	94
	49%	48%	38%	46%	46%	53%	51%	57%	54%	48%	54%	52%	51%	44%	49%	42%	50%	41%
		b			b	b	b	bcdi	b	bcdi		c	c			b		
Female	1029	208	107	147	168	100	102	40	156	415	298	329	259	425	739	126	729	134
	51%	52%	62%	54%	54%	46%	49%	43%	45%	52%	46%	47%	49%	55%	50%	57%	50%	59%
			aefghij	hj	hj				hj					ab		a		a
Other	1	-	-	1	-	-	-	-	-	1	-	-	-	1	1	-	1	-
	*	-	-	*	-	-	-	-	-	*	-	-	-	*	*	-	*	-
Prefer not to say	11	3	1	-	-	2	1	-	4	2	5	2	1	5	9	1	7	-
	1%	1%	1%	-	-	1%	*	-	1%	*	1%	*	*	1%	1%	*	*	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D1. Are you...?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Male

Female

Other

Prefer not to say

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Total	a	b	a	b	a	b	
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Male	988	653	122	696	111	521	237
	49%	51%	40%	51%	43%	48%	50%
		b		b			
Female	1029	614	184	651	145	556	236
	51%	48%	60%	48%	56%	51%	50%
			a		a		
Other	1	-	-	-	-	-	1
	*	-	-	-	-	-	*
Prefer not to say	11	8	1	7	1	6	1
	1%	1%	*	1%	*	1%	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	55 3%	47 5%	6 1%	55 9%	- -	- -	3 3%	5 2%	3 1%	8 4%	12 7%	5 2%	8 2%	7 2%	4 2%
		b		bc						bcfghi					
18-24	220 11%	135 14%	80 8%	220 36%	- -	- -	8 8%	22 8%	24 12%	37 17%	13 8%	14 6%	56 18%	26 8%	20 9%
		b		bc						abefhi			abefhi		
25-34	340 17%	112 11%	227 22%	340 55%	- -	- -	15 15%	51 19%	35 17%	35 16%	24 14%	18 8%	81 25%	51 16%	30 15%
		a		bc				f	f	f			acdefhi	f	
35-44	319 16%	124 13%	193 19%	- -	319 48%	- -	16 16%	36 14%	32 16%	31 15%	27 16%	37 16%	64 20%	47 14%	28 14%
		a			ac								bh		
45-54	345 17%	144 15%	201 20%	- -	345 52%	- -	10 10%	51 19%	31 16%	30 14%	31 18%	43 19%	47 15%	67 20%	34 17%
		a			ac			a						a	
55-64	296 15%	130 13%	165 16%	- -	- -	296 39%	13 14%	53 20%	32 16%	21 10%	27 15%	42 19%	21 7%	47 14%	40 19%
		ab					g	dg	g		g	dg		g	dg
65+	455 22%	297 30%	156 15%	- -	- -	455 61%	34 34%	45 17%	44 22%	54 25%	39 22%	64 29%	41 13%	84 25%	50 24%
		b				ab	bceg		g	bg	g	bg		bg	g
NET: 16-34	614 30%	293 30%	314 30%	614 100%	- -	- -	25 26%	78 30%	62 31%	79 37%	50 29%	37 17%	144 45%	84 26%	54 26%
				bc				f	f	afhi	f		abcdefhi	f	f
NET: 35-54	664 33%	268 27%	394 38%	- -	664 100%	- -	26 27%	87 33%	64 32%	62 29%	59 34%	80 36%	111 35%	114 35%	62 30%
			a		ac										
NET: 55+	751 37%	427 43%	321 31%	- -	- -	751 100%	47 48%	98 37%	75 38%	75 35%	65 38%	107 48%	63 20%	131 40%	91 44%
		b				ab	dg	g	g	g	g	bcdg		g	g
Base for stats	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
Mean Score	46.80	48.40	45.42	24.99	44.52	66.64	50.55	46.87	47.04	45.07	47.17	51.49	39.79	48.80	48.71
		b			a	ab	dg	g	g	g	g	bcdeg		dg	g
Standard Deviation	18.246	20.016	16.170	5.429	6.024	7.448	19.388	17.226	18.801	19.608	18.606	16.447	17.024	17.796	18.075
Standard Error	.405	.641	.501	.208	.233	.287	1.929	1.096	1.323	1.293	1.372	1.222	.929	.937	1.322
Error variance	.16	.41	.25	.04	.05	.08	3.72	1.20	1.75	1.67	1.88	1.49	.86	.88	1.75

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	55 3%	9 5% bfh	7 2% 2%	22 5% bfh	11 4% bfh	4 2% 2%	2 * 3%	38 3% bfh	17 2% f	36 2%	3 6%	8 7% a	2 3%	1 6%	2 11%	16 6% a
18-24	220 11%	34 19% bcefg	54 12% fh	58 12% fh	35 14% fh	22 11% f	16 4% fh	146 13% fh	74 8% f	145 8%	17 29% a	30 25% a	16 30% a	2 11%	2 15%	66 26% a
25-34	340 17%	38 21% fh	107 24% dfh	85 18% fh	38 15% f	44 21% fh	28 6% fh	230 21% dfh	110 12% f	268 15%	11 19%	36 31% a	14 27% a	4 22%	2 15%	67 26% a
35-44	319 16%	43 23% fh	94 21% fh	82 18% fh	49 19% fh	33 16% fh	18 4% fh	219 20% fh	100 11% f	263 15%	10 17%	25 21%	6 12%	7 43%	4 29%	52 20% a
45-54	345 17%	33 18% f	76 17% f	87 19% f	60 23% bfh	47 23% fh	42 9% fh	196 18% f	149 16% f	306 18%	9 16%	13 11%	7 14%	1 5%	3 24%	34 13%
55-64	296 15%	14 7%	49 11% ade	68 15% a	43 17% abg	40 19% abg	82 18% abg	131 12% abg	165 18% abg	282 16% cg	6 10% c	- -	5 9% c	1 5%	1 7%	12 5% c
65+	455 22%	12 6%	65 14% ade	60 13% a	22 9% a	17 8% a	280 60% abcdegh	136 12% a	319 34% abcdeg	440 25% bcdg	3 4%	5 4%	2 4%	1 8%	- -	11 4%
NET: 16-34	614 30%	81 44% cdefh	168 37% fh	165 36% fh	84 32% fh	70 34% fh	47 10% fh	414 38% fh	200 21% f	449 26%	31 53% a	74 63% a	32 61% a	6 39%	6 41%	148 58% a
NET: 35-54	664 33%	76 42% fh	171 38% fh	168 36% fh	109 42% fh	81 39% fh	59 13% fh	415 38% fh	249 27% f	569 33%	19 33%	38 32%	14 26%	8 48%	7 53%	86 33%
NET: 55+	751 37%	25 14% a	114 25% a	128 28% a	65 25% a	56 27% a	362 77% abcdegh	268 24% a	484 52% abcdeg	722 41% bcdg	8 14% c	5 4%	7 13% c	2 13%	1 7%	23 9%
Base for stats	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
Mean Score	46.80	37.62	42.65	42.80	42.84	43.84	61.83	41.88	52.58	48.87	35.54	31.72	35.06	37.48	35.94	33.85
Standard Deviation	18.246	15.256	16.533	17.157	16.265	15.540	15.643	16.691	18.308	17.896	15.347	12.721	15.985	14.172	12.449	14.159
Standard Error	.405	1.125	.780	.781	1.003	1.060	.749	.500	.606	.432	1.949	1.142	2.117	3.437	3.214	.854
Error variance	.16	1.26	.61	.61	1.01	1.12	.56	.25	.37	.19	3.80	1.31	4.48	11.81	10.33	.73

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	55 3%	24 2%	12 4%	6 2%	18 3%	2 4%	1 2%	4 1%	39 3%	9 13%	7 1%	46 3%	7 3%	1 *	16 1%	30 5%	7 9%	54 3%
						c			cf	bcd					abe	abe	ab	
18-24	220 11%	130 10%	39 12%	28 8%	66 10%	9 16%	23 38%	38 7%	134 10%	17 25%	69 11%	196 11%	17 9%	13 4%	86 8%	98 17%	24 31%	207 12%
						c	acdf			cdf	c				a	abe	abce	ab
25-34	340 17%	137 11%	97 29%	89 26%	186 28%	17 31%	18 30%	41 8%	250 19%	14 21%	76 12%	302 17%	31 16%	28 9%	187 17%	103 18%	22 29%	312 18%
			a	a	a	cdf	cdf		cf	cf	c				a	a	abce	a
35-44	319 16%	93 7%	74 22%	139 41%	213 32%	13 23%	10 16%	50 10%	236 18%	10 15%	73 12%	286 16%	22 11%	29 9%	135 13%	141 25%	14 18%	290 17%
			a	abd	ab	cf			cf						abe	a	ab	
45-54	345 17%	179 14%	93 28%	62 18%	155 23%	7 12%	6 10%	58 12%	270 20%	4 7%	71 11%	305 17%	35 18%	51 17%	166 15%	123 22%	5 6%	294 17%
			ac		a				bcef					d	d	bde		d
55-64	296 15%	267 21%	14 4%	9 3%	22 3%	6 10%	2 3%	73 14%	208 15%	8 12%	81 13%	265 15%	22 11%	68 22%	178 17%	47 8%	3 4%	228 13%
		bcd						b	b		b			bcde	cde			cd
65+	455 22%	431 34%	5 1%	9 3%	14 2%	2 4%	- -	240 48%	209 16%	4 6%	243 39%	382 21%	64 32%	117 38%	310 29%	25 4%	3 3%	338 20%
		bcd						abdef	abe		abde		a	bcde	cde			cd
NET: 16-34	614 30%	291 23%	148 44%	123 36%	271 40%	29 51%	42 71%	82 16%	423 31%	39 60%	152 25%	544 31%	54 28%	42 14%	289 27%	231 41%	53 69%	572 33%
			ac	a	a	cdf	acdf		cf	cdf	c				a	abe	abce	ab
NET: 35-54	664 33%	272 22%	167 50%	201 59%	368 55%	20 35%	15 26%	109 22%	506 38%	14 22%	144 23%	592 33%	57 29%	80 26%	300 28%	265 47%	18 24%	584 34%
			a	ab	a	cf			cef						abde			ab
NET: 55+	751 37%	698 55%	18 5%	18 5%	36 5%	8 14%	2 3%	313 62%	416 31%	12 18%	323 52%	647 36%	85 43%	185 60%	488 45%	73 13%	6 7%	566 33%
		bcd				b		abdef	abe	b	abde			bcde	cde			cd
Base for stats	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
Mean Score	46.80	52.50	37.34	37.94	37.65	36.74	29.94	56.70	44.89	33.89	52.32	46.53	49.65	55.66	50.01	38.12	30.59	45.22
		bcd				b		abdef	abe		abde		a	bcde	cde	d		cd
Standard Deviation	18.246	18.703	11.992	11.523	11.752	14.988	10.913	18.452	16.760	17.432	19.846	18.072	19.625	15.963	18.344	14.735	13.489	18.180

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Standard Error	.405	.509	.719	.680	.494	1.951	1.364	.844	.455	2.069	.810	.428	1.413	.894	.558	.629	1.518	.440
Error variance	.16	.26	.52	.46	.24	3.81	1.86	.71	.21	4.28	.66	.18	2.00	.80	.31	.40	2.30	.19

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D2. How old are you?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	55 3%	6 2%	42 3%	6 3% b	1 * b	1 1%	40 3% b	9 2%	- -	41 3%	14 3%	44 3%	6 2%
18-24	220 11%	46 16% b	145 10%	31 15% bd	28 8%	12 15% b	143 10%	64 11%	5 12%	183 11%	37 9%	179 11%	36 12%
25-34	340 17%	72 25% b	233 17%	43 21% bf	28 8%	25 32% bdef	236 17% b	91 16% b	4 9%	283 18%	57 14%	261 15%	72 24% a
35-44	319 16%	57 20%	228 16%	43 21% be	39 11%	10 12%	228 17% b	84 14%	6 14%	275 17% b	44 10%	259 15%	57 19%
45-54	345 17%	44 15%	246 18%	40 19% c	58 16%	7 9%	242 18% c	94 16%	9 20%	283 18%	62 15%	300 18%	45 15%
55-64	296 15%	32 11%	194 14%	31 15%	69 20% cd	8 9%	195 14%	92 16%	15 33% abcde	226 14%	70 17%	259 15%	38 13%
65+	455 22%	32 11%	304 22% a	12 6%	131 37% acdef	17 21% a	295 21% a	150 26% adf	6 13%	322 20%	133 32% a	404 24% b	47 16%
NET: 16-34	614 30%	124 43% b	420 30%	80 39% bdef	57 16%	39 48% bdef	420 30% b	164 28% b	9 20%	506 31% b	108 26%	484 28% b	114 38% a
NET: 35-54	664 33%	101 35%	474 34%	82 40% bce	97 27%	17 21%	470 34% bc	178 30%	15 34%	558 35% b	106 25%	559 33% b	102 34%
NET: 55+	751 37%	64 22%	498 36% a	43 21%	200 57% acde	25 31%	490 35% a	243 42% ad	21 46% a	548 34%	203 49% a	663 39% b	84 28%
Base for stats	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D2. How old are you?

BASE: All respondents

Significance Level: 95%

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Total	a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2029	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	46.80	46.49	40.23	54.42	43.17	46.40	48.38	48.45	45.83	50.55	47.60	43.28
		a		acdef		a	acd	a		a	b	
Standard Deviation	18.246	18.046	14.913	17.425	19.723	18.079	18.316	14.997	17.920	19.017	18.148	17.911
Standard Error	.405	.487	1.019	.941	2.165	.487	.759	2.165	.445	.943	.442	1.006
Error variance	.16	.24	1.04	.89	4.69	.24	.58	4.69	.20	.89	.20	1.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D2. How old are you?

BASE: All respondents

	Number of days active										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)		
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
	a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b	
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	55 3%	4 1%	5 3%	5 2%	12 4%	6 3%	5 2%	2 2%	15 4%	23 3%	23 3%	23 3%	6 1%	22 3%	45 3%	7 3%	39 3%	6 3%
18-24	220 11%	27 7%	22 12%	28 10%	36 12%	37 17%	31 15%	10 11%	28 8%	101 13%	70 11%	106 15%	34 6%	72 9%	167 11%	21 10%	164 11%	24 10%
25-34	340 17%	35 9%	39 22%	54 20%	65 21%	37 17%	37 18%	18 19%	55 16%	156 19%	111 17%	156 23%	53 10%	123 16%	250 17%	26 12%	250 17%	32 14%
35-44	319 16%	52 13%	31 18%	46 17%	65 21%	31 14%	38 18%	13 13%	44 13%	142 18%	94 14%	100 14%	75 14%	142 18%	238 16%	27 12%	227 15%	42 18%
45-54	345 17%	81 20%	31 18%	40 15%	54 17%	38 17%	31 15%	15 16%	54 16%	132 16%	101 15%	107 15%	105 20%	129 17%	254 17%	36 16%	240 16%	45 20%
55-64	296 15%	66 16%	25 14%	41 15%	38 12%	27 13%	34 16%	4 5%	61 17%	107 13%	99 15%	87 12%	92 17%	112 14%	206 14%	34 15%	217 15%	30 13%
65+	455 22%	137 34%	22 13%	57 21%	41 13%	42 19%	33 16%	32 34%	90 26%	140 18%	155 24%	115 17%	165 31%	173 22%	323 22%	70 32%	332 23%	49 21%
NET: 16-34	614 30%	66 16%	65 38%	87 32%	113 36%	80 37%	74 35%	30 32%	99 28%	280 35%	203 31%	286 41%	93 18%	217 28%	462 31%	54 25%	452 31%	62 27%
NET: 35-54	664 33%	133 33%	62 36%	86 32%	119 38%	69 32%	69 33%	28 30%	98 28%	274 34%	195 30%	207 30%	181 34%	271 35%	491 33%	63 28%	466 32%	87 38%
NET: 55+	751 37%	203 51%	47 27%	98 36%	80 26%	69 32%	67 32%	36 38%	151 43%	247 31%	254 39%	201 29%	257 48%	284 37%	529 36%	104 47%	549 37%	79 35%
Base for stats	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
Mean Score	46.80	53.39	42.84	46.66	42.42	44.22	43.89	48.31	48.15	44.35	46.81	42.65	52.49	47.01	46.23	50.43	46.73	46.78

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D2. How old are you?

BASE: All respondents

Significance Level: 95%

	Number of days active										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)		
	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Total	a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b	
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Standard Deviation	18.246	17.323	16.978	18.541	16.675	18.772	17.993	19.388	18.301	17.973	18.445	17.959	17.366	17.882	18.149	19.111	18.323	17.833
Standard Error	.405	.867	1.280	1.122	.944	1.269	1.230	2.032	.985	.634	.723	.679	.757	.646	.471	1.303	.478	1.184
Error variance	.16	.75	1.64	1.26	.89	1.61	1.51	4.13	.97	.40	.52	.46	.57	.42	.22	1.70	.23	1.40

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D2. How old are you?

BASE: All respondents

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
	a	b	a	b	a	b	
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
16-17	55	40	7	39	7	27	12
	3%	3%	2%	3%	3%	2%	2%
18-24	220	150	30	157	29	139	35
	11%	12%	10%	12%	11%	13%	7%
						b	
25-34	340	237	37	233	34	213	64
	17%	19%	12%	17%	13%	20%	14%
		b			b		
35-44	319	213	36	207	40	179	65
	16%	17%	12%	15%	16%	17%	14%
		b					
45-54	345	201	66	226	40	179	83
	17%	16%	22%	17%	16%	16%	17%
			a				
55-64	296	180	51	202	28	142	76
	15%	14%	17%	15%	11%	13%	16%
65+	455	254	80	289	79	205	140
	22%	20%	26%	21%	31%	19%	30%
			a		a		a
NET: 16-34	614	427	74	430	70	379	111
	30%	33%	24%	32%	27%	35%	23%
		b			b		
NET: 35-54	664	414	102	434	80	358	148
	33%	32%	33%	32%	31%	33%	31%
NET: 55+	751	434	131	491	107	347	216
	37%	34%	43%	36%	42%	32%	45%
			a				a
Base for stats	2029	1275	307	1354	257	1083	475
Mean Score	46.80	45.26	49.62	46.32	48.88	44.76	50.30
			a		a		a
Standard Deviation	18.246	18.143	17.922	18.390	18.954	18.100	17.939
Standard Error	.405	.508	1.023	.499	1.187	.548	.829
Error variance	.16	.26	1.05	.25	1.41	.30	.69

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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%															
Unweighted Total	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	98	56	41	25	26	47	98	-	-	-	-	-	-	-	-
	5%	6%	4%	4%	4%	6%	100%	-	-	-	-	-	-	-	-
							bcdefghi								
North West	263	116	148	78	87	98	-	263	-	-	-	-	-	-	-
	13%	12%	14%	13%	13%	13%	-	100%	-	-	-	-	-	-	-
								acdefghi							
Yorkshire and the Humber	201	95	103	62	64	75	-	-	201	-	-	-	-	-	-
	10%	10%	10%	10%	10%	10%	-	-	100%	-	-	-	-	-	-
									abdefghi						
West Midlands	216	107	105	79	62	75	-	-	-	216	-	-	-	-	-
	11%	11%	10%	13%	9%	10%	-	-	-	100%	-	-	-	-	-
				b						abcefghi					
East Midlands	173	83	91	50	59	65	-	-	-	-	173	-	-	-	-
	9%	8%	9%	8%	9%	9%	-	-	-	-	100%	-	-	-	-
											abcdfghi				
East of England	224	118	106	37	80	107	-	-	-	-	-	224	-	-	-
	11%	12%	10%	6%	12%	14%	-	-	-	-	-	100%	-	-	-
				a								abcdeghi			
London	318	159	156	144	111	63	-	-	-	-	-	-	318	-	-
	16%	16%	15%	24%	17%	8%	-	-	-	-	-	-	100%	-	-
				bc	c								abcdefhi		
South East	330	156	173	84	114	131	-	-	-	-	-	-	-	330	-
	16%	16%	17%	14%	17%	17%	-	-	-	-	-	-	-	100%	-
														abcdefgi	
South West	207	99	106	54	62	91	-	-	-	-	-	-	-	-	207
	10%	10%	10%	9%	9%	12%	-	-	-	-	-	-	-	-	100%
						a									abcdefgh
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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								
	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
2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
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: 17th April - 20th 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
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	98 5%	1 1%	21 5%	16 3%	11 4%	16 8%	33 7%	39 4%	59 6%	86 5%	3 6%	4 3%	2 5%	2 13%	-	12 5%
			a		a	acg	acg	a	acg							
North West	263 13%	16 9%	65 14%	65 14%	35 14%	28 14%	54 11%	146 13%	117 13%	240 14%	6 10%	8 7%	2 4%	1 8%	2 11%	19 7%
										cdg						
Yorkshire and the Humber	201 10%	16 9%	37 8%	46 10%	25 10%	27 13%	50 11%	99 9%	102 11%	175 10%	7 12%	10 9%	3 6%	2 12%	1 8%	23 9%
West Midlands	216 11%	16 9%	47 10%	48 10%	31 12%	23 11%	50 11%	112 10%	104 11%	171 10%	6 11%	27 23%	7 14%	1 6%	1 5%	42 16%
												a				a
East Midlands	173 9%	9 5%	40 9%	45 10%	25 10%	13 6%	42 9%	93 9%	80 9%	156 9%	5 9%	8 7%	2 4%	-	-	15 6%
				a												
East of England	224 11%	17 9%	42 9%	48 11%	36 14%	16 8%	65 14%	107 10%	117 13%	207 12%	2 4%	7 6%	1 3%	-	-	10 4%
					beg		beg		eg	bcdg						
London	318 16%	49 27%	101 22%	72 16%	28 11%	31 15%	36 8%	223 20%	95 10%	222 13%	9 16%	36 31%	25 47%	8 51%	9 63%	87 34%
		cdefgh	cdefh	fh		fh		cdfh				ab	abc			ab
South East	330 16%	36 20%	69 15%	68 15%	41 16%	31 15%	85 18%	172 16%	157 17%	289 17%	14 23%	15 13%	7 13%	2 10%	2 13%	39 15%
South West	207 10%	22 12%	31 7%	52 11%	26 10%	22 11%	53 11%	105 10%	101 11%	194 11%	6 10%	2 2%	3 5%	-	-	11 4%
		b		b			b		b	cg	c					
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	98	64	15	15	29	6	2	38	48	5	46	84	13	20	53	20	4	77
	5%	5%	4%	4%	4%	11%	3%	7%	4%	7%	7%	5%	7%	7%	5%	3%	6%	4%
						d		d		d				c				
North West	263	167	50	39	89	8	12	63	176	5	82	230	28	45	140	70	8	218
	13%	13%	15%	11%	13%	14%	20%	13%	13%	7%	13%	13%	14%	15%	13%	12%	11%	13%
						e												
Yorkshire and the Humber	201	126	20	47	67	6	4	56	125	9	66	181	17	35	96	61	9	165
	10%	10%	6%	14%	10%	10%	6%	11%	9%	14%	11%	10%	9%	11%	9%	11%	12%	10%
		b		b														
West Midlands	216	120	49	33	82	4	6	53	144	8	64	184	26	30	99	77	11	186
	11%	9%	15%	10%	12%	8%	10%	11%	11%	12%	10%	10%	13%	10%	9%	13%	14%	11%
		a														b		
East Midlands	173	121	26	20	46	8	4	40	115	7	51	151	18	21	105	43	5	152
	9%	10%	8%	6%	7%	13%	6%	8%	9%	10%	8%	8%	9%	7%	10%	8%	6%	9%
		cd																
East of England	224	152	25	38	63	1	3	53	160	6	58	198	20	31	126	63	4	193
	11%	12%	8%	11%	9%	2%	5%	11%	12%	9%	9%	11%	10%	10%	12%	11%	5%	11%
		b						a	a									
London	318	162	71	62	133	19	19	55	209	16	92	278	26	41	156	102	20	277
	16%	13%	21%	18%	20%	33%	32%	11%	16%	25%	15%	16%	13%	13%	14%	18%	26%	16%
			a	a	a	cdf	cdf		c	cdf							abe	
South East	330	211	51	57	108	3	6	83	231	6	92	293	28	51	184	82	12	279
	16%	17%	15%	17%	16%	5%	10%	17%	17%	10%	15%	16%	14%	17%	17%	15%	16%	16%
						a		a		a								
South West	207	138	27	32	59	2	5	62	135	3	69	182	20	32	120	51	3	174
	10%	11%	8%	9%	9%	4%	8%	12%	10%	5%	11%	10%	10%	11%	11%	9%	4%	10%
						a												
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D3. Which of the following describes where you live?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	98	17	58	12	23	5	59	39	1	73	24	85	11
	5%	6%	4%	6%	6%	6%	4%	7%	3%	5%	6%	5%	4%
North West	263	31	182	34	50	19	163	91	11	222	42	222	39
	13%	11%	13%	17%	14%	23%	12%	16%	25%	14%	10%	13%	13%
				d		bd		d	d	b			
Yorkshire and the Humber	201	28	135	18	24	5	149	44	1	158	43	178	20
	10%	10%	10%	9%	7%	6%	11%	8%	3%	10%	10%	10%	7%
							be					b	
West Midlands	216	32	148	16	41	9	153	59	5	177	39	193	22
	11%	11%	11%	8%	12%	11%	11%	10%	11%	11%	9%	11%	7%
												b	
East Midlands	173	21	129	16	35	8	112	54	5	125	48	150	22
	9%	7%	9%	8%	10%	10%	8%	9%	11%	8%	12%	9%	7%
											a		
East of England	224	26	161	22	47	4	152	66	7	149	75	199	22
	11%	9%	12%	10%	13%	5%	11%	11%	15%	9%	18%	12%	7%
					c						a	b	
London	318	62	204	27	32	20	232	73	3	299	18	228	83
	16%	22%	15%	13%	9%	25%	17%	12%	6%	19%	4%	13%	28%
		b				abdef	be			b			a
South East	330	37	237	31	57	8	232	88	8	257	73	276	52
	16%	13%	17%	15%	16%	10%	17%	15%	18%	16%	18%	16%	17%
South West	207	34	138	30	45	3	127	73	3	153	54	174	31
	10%	12%	10%	14%	13%	4%	9%	12%	8%	9%	13%	10%	10%
				cd	c			cd			a		
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D3. Which of the following describes where you live?

BASE: All respondents

Significance Level: 95%

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Total	a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	1392	205	354	80	1380	585	46	1612	417	1706	300
	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: 17th April - 20th April 2020

D3. Which of the following describes where you live?

BASE: All respondents

	Number of days active										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)		
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
	a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b	
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	98 5%	15 4%	6 4%	15 6%	11 4%	8 4%	18 9%	4 4%	20 6%	35 4%	42 6%	34 5%	21 4%	40 5%	74 5%	7 3%	63 4%	12 5%
							abdei				a							
North West	263 13%	67 17%	15 9%	41 15%	31 10%	21 9%	29 14%	11 12%	47 14%	93 12%	88 13%	94 14%	65 12%	103 13%	192 13%	32 14%	179 12%	32 14%
		bdei		b														
Yorkshire and the Humber	201 10%	39 10%	14 8%	26 9%	30 10%	27 12%	17 8%	7 7%	41 12%	83 10%	65 10%	65 9%	56 11%	74 10%	147 10%	19 8%	153 10%	20 9%
West Midlands	216 11%	43 11%	23 13%	28 10%	31 10%	19 9%	25 12%	13 14%	34 10%	79 10%	71 11%	73 11%	62 12%	77 10%	143 10%	22 10%	148 10%	26 11%
East Midlands	173 9%	35 9%	16 9%	24 9%	22 7%	17 8%	20 9%	8 8%	31 9%	63 8%	58 9%	74 11%	48 9%	48 6%	128 9%	19 8%	131 9%	17 7%
												c	c					
East of England	224 11%	45 11%	20 11%	31 11%	32 10%	23 11%	21 10%	11 11%	42 12%	86 11%	73 11%	68 10%	58 11%	91 12%	173 12%	28 13%	165 11%	30 13%
London	318 16%	57 14%	31 18%	51 19%	65 21%	39 18%	21 10%	15 16%	38 11%	155 19%	74 11%	122 18%	68 13%	121 16%	239 16%	35 16%	233 16%	33 15%
			fhj	fhj	afhj	fhj				afhj		b						
South East	330 16%	66 17%	26 15%	30 11%	57 18%	42 19%	37 18%	15 16%	56 16%	128 16%	109 17%	100 14%	85 16%	141 18%	235 16%	36 16%	247 17%	34 15%
		c			c	c	c			c	c			a				
South West	207 10%	35 9%	22 13%	25 9%	32 10%	21 10%	22 10%	11 11%	39 11%	79 10%	71 11%	62 9%	66 13%	77 10%	150 10%	23 11%	149 10%	24 10%
												a						
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D3. Which of the following describes where you live?

BASE: All respondents

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Disagree	
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
North East	98	65	13	70	12	48	24
	5%	5%	4%	5%	5%	4%	5%
North West	263	157	47	167	40	124	81
	13%	12%	15%	12%	15%	11%	17%
							a
Yorkshire and the Humber	201	122	34	127	26	99	51
	10%	10%	11%	9%	10%	9%	11%
West Midlands	216	130	32	137	32	118	50
	11%	10%	10%	10%	12%	11%	10%
East Midlands	173	115	20	117	21	91	41
	9%	9%	6%	9%	8%	8%	9%
East of England	224	141	31	157	28	116	57
	11%	11%	10%	12%	11%	11%	12%
London	318	212	50	222	34	193	47
	16%	17%	16%	16%	13%	18%	10%
						b	
South East	330	210	50	218	41	179	80
	16%	16%	16%	16%	16%	17%	17%
South West	207	125	30	140	23	115	43
	10%	10%	10%	10%	9%	11%	9%
Scotland	-	-	-	-	-	-	-
	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-
	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-
	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-
	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

BASE: All respondents

	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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1261	664	594	291	272	698	64	167	126	120	121	152	162	211	138
	62%	67%	58%	47%	41%	93%	65%	64%	63%	55%	70%	68%	51%	64%	67%
		b		b		ab	g	g	g		dg	dg		dg	dg
Yes - children aged 0 to 12 months	70	29	41	44	27	-	1	9	6	12	2	7	17	12	4
	3%	3%	4%	7%	4%	-	1%	3%	3%	5%	1%	3%	5%	4%	2%
				bc	c					e			e		
Yes - children aged 13 months to 4 years old	180	62	118	106	71	3	12	29	21	19	9	14	37	26	13
	9%	6%	11%	17%	11%	*	12%	11%	10%	9%	5%	6%	12%	8%	6%
			a	bc	c		e	e					efi		
Yes - children aged 5 to 10 years old	318	127	189	123	177	18	12	34	39	35	23	31	57	57	31
	16%	13%	18%	20%	27%	2%	13%	13%	19%	16%	13%	14%	18%	17%	15%
			a	c	ac										
Yes - children aged 11 to 15 years old	336	144	190	86	224	26	17	46	31	38	21	34	61	56	31
	17%	15%	18%	14%	34%	3%	18%	17%	16%	18%	12%	15%	19%	17%	15%
			a	c	ac								e		
Prefer not to answer	93	55	32	53	23	17	5	7	8	14	7	9	23	11	10
	5%	6%	3%	9%	3%	2%	5%	3%	4%	7%	4%	4%	7%	3%	5%
		b		bc									bh		
NET: Yes	675	269	403	271	368	36	29	89	67	82	46	63	133	108	59
	33%	27%	39%	44%	55%	5%	30%	34%	33%	38%	26%	28%	42%	33%	28%
		a		c	ac					efi			abcefi		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

BASE: All respondents

	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	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1261	72	228	276	137	129	418	577	684	1139	30	44	21	7	5	108
	62%	40%	50%	60%	53%	62%	89%	53%	73%	65%	52%	37%	41%	45%	39%	42%
		a	abg	a	abdg	abcdegh	a	abcdegh	bcdegh	bcdg						
Yes - children aged 0 to 12 months	70	14	27	7	11	11	1	48	23	58	2	7	-	2	-	11
	3%	8%	6%	2%	4%	5%	*	4%	2%	3%	4%	6%	-	15%	-	4%
		cfh	cfh	f	cf	cfh		cfh	f							
Yes - children aged 13 months to 4 years old	180	21	57	51	17	24	9	130	50	136	9	20	9	1	3	43
	9%	12%	13%	11%	7%	12%	2%	12%	5%	8%	16%	17%	17%	8%	24%	17%
		fh	dgh	dgh	f	fh		dgh	f							
Yes - children aged 5 to 10 years old	318	49	105	71	54	25	13	225	93	250	9	38	7	5	5	64
	16%	27%	23%	15%	21%	12%	3%	21%	10%	14%	16%	33%	13%	33%	34%	25%
		cefh	cefh	fh	efh	f		cefh	f			abd				a
Yes - children aged 11 to 15 years old	336	53	98	75	57	33	20	226	110	275	13	29	11	4	1	59
	17%	29%	22%	16%	22%	16%	4%	21%	12%	16%	22%	25%	22%	26%	9%	23%
		bcefhg	cfh	fh	fh	f		cfh	f			a				a
Prefer not to answer	93	9	7	32	21	7	16	49	44	61	1	10	8	-	1	21
	5%	5%	2%	7%	8%	4%	3%	4%	5%	4%	2%	8%	15%	-	11%	8%
		b		bfg	befgh			b	b			a	ab			a
NET: Yes	675	100	217	152	101	71	33	470	205	540	26	63	23	9	7	129
	33%	55%	48%	33%	39%	34%	7%	43%	22%	31%	45%	54%	44%	55%	51%	50%
		cdefgh	cdefh	fh	fh	fh		cefh	f			a	a	a		a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1261	1261	-	-	-	22	25	380	811	22	428	1108	127	290	778	172	21	971
	62%	100%	-	-	-	39%	42%	76%	60%	34%	69%	62%	64%	94%	72%	30%	27%	56%
		bcd						abdef	abe		abde			bcde	cde			cd
Yes - children aged 0 to 12 months	70	-	30	40	70	4	8	7	52	-	19	62	6	-	28	38	5	70
	3%	-	9%	12%	10%	8%	13%	1%	4%	-	3%	3%	3%	-	3%	7%	6%	4%
			a	a	a	cef	cdef		c						a	abe	a	ab
Yes - children aged 13 months to 4 years old	180	-	76	104	180	9	9	21	133	8	39	162	13	1	74	87	18	179
	9%	-	23%	30%	27%	17%	15%	4%	10%	12%	6%	9%	6%	*	7%	15%	23%	10%
			a	ab	a	cf	cf		cf	c					a	abe	abe	ab
Yes - children aged 5 to 10 years old	318	-	88	231	318	10	16	43	233	16	69	275	38	4	82	195	38	314
	16%	-	26%	67%	47%	17%	27%	9%	17%	24%	11%	15%	19%	1%	8%	34%	49%	18%
			a	abd	ab	c	cdf		cf	cf					a	abe	abce	ab
Yes - children aged 11 to 15 years old	336	-	140	196	336	16	6	56	245	13	78	305	25	2	81	224	29	333
	17%	-	42%	57%	50%	28%	10%	11%	18%	20%	13%	17%	13%	1%	8%	39%	37%	19%
			a	abd	ab	bcf			cf	c					a	abe	abe	ab
Prefer not to answer	93	-	-	-	-	7	7	26	32	20	40	68	13	11	50	24	8	81
	5%	-	-	-	-	13%	11%	5%	2%	31%	6%	4%	7%	4%	5%	4%	10%	5%
						cd	d	d		abcd	d		a				abce	
NET: Yes	675	-	333	342	675	27	28	97	501	23	151	606	56	6	249	372	48	670
	33%	-	100%	100%	100%	48%	47%	19%	37%	35%	24%	34%	29%	2%	23%	66%	63%	39%
			a	a	a	cf	cf		cf	c	c				a	abe	abe	ab

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1261	128	825	118	264	49	843	387	37	971	289	1063	191
	62%	44%	59%	58%	74%	61%	61%	66%	82%	60%	69%	62%	63%
		a	a		acde			ad	acde		a		
Yes - children aged 0 to 12 months	70	22	49	9	8	-	52	17	-	63	8	58	12
	3%	7%	4%	5%	2%	-	4%	3%	-	4%	2%	3%	4%
		b	b	c	c					b			
Yes - children aged 13 months to 4 years old	180	39	136	20	17	10	134	42	5	156	23	154	25
	9%	13%	10%	10%	5%	12%	10%	7%	10%	10%	6%	9%	8%
				b		b	b			b			
Yes - children aged 5 to 10 years old	318	63	247	35	29	10	239	72	-	273	45	271	45
	16%	22%	18%	17%	8%	12%	17%	12%	-	17%	11%	16%	15%
				bf	f	f	bef	f		b			
Yes - children aged 11 to 15 years old	336	63	262	45	39	13	237	91	5	279	57	297	38
	17%	22%	19%	22%	11%	16%	17%	15%	11%	17%	14%	17%	13%
				be			b					b	
Prefer not to answer	93	23	45	8	15	6	44	28	-	69	24	64	16
	5%	8%	3%	4%	4%	8%	3%	5%	-	4%	6%	4%	5%
		b				d							
NET: Yes	675	138	521	79	75	25	493	170	8	572	103	579	94
	33%	48%	37%	39%	21%	31%	36%	29%	18%	35%	25%	34%	31%
		b		bef			bef	b		b			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

BASE: All respondents

	Number of days active										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)		
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
	a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b	
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1261	305	99	169	158	120	120	56	234	447	410	390	388	468	918	150	928	132
	62%	76%	57%	62%	51%	55%	57%	59%	67%	56%	63%	56%	73%	61%	62%	68%	63%	58%
		bcdefghij		d					bdefi		dei		ac					
Yes - children aged 0 to 12 months	70	4	7	12	19	6	2	4	17	37	23	36	8	25	51	8	44	10
	3%	1%	4%	4%	6%	3%	1%	4%	5%	5%	3%	5%	2%	3%	3%	4%	3%	4%
			a	af	af				af	af	a	b						
Yes - children aged 13 months to 4 years old	180	19	19	26	44	18	25	5	24	88	54	76	32	70	138	9	122	24
	9%	5%	11%	10%	14%	8%	12%	5%	7%	11%	8%	11%	6%	9%	9%	4%	8%	11%
			a	a	aeghj		ah			ah	a	b		b	b			
Yes - children aged 5 to 10 years old	318	41	28	35	69	44	40	15	46	149	101	130	54	131	233	35	223	42
	16%	10%	16%	13%	22%	20%	19%	16%	13%	19%	15%	19%	10%	17%	16%	16%	15%	18%
			a		achj	ach	a			ach	a	b		b				
Yes - children aged 11 to 15 years old	336	47	37	46	62	37	40	21	46	145	107	127	63	144	254	35	249	33
	17%	12%	21%	17%	20%	17%	19%	23%	13%	18%	16%	18%	12%	19%	17%	16%	17%	14%
			ah	a	ah	ah	a	ah		ah	a	b		b				
Prefer not to answer	93	18	4	10	15	14	15	4	13	39	32	27	22	31	63	8	58	14
	5%	4%	2%	4%	5%	6%	7%	4%	4%	5%	5%	4%	4%	4%	4%	3%	4%	6%
					b	b												
NET: Yes	675	79	71	92	138	84	76	34	101	314	210	277	120	273	501	63	483	82
	33%	20%	41%	34%	44%	39%	36%	36%	29%	39%	32%	40%	23%	35%	34%	28%	33%	36%
			ahj	a	achj	ah	a	a	a	ahj	a	b		b				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

BASE: All respondents

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Total	a	b	a	b	a	b	
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1261	760	208	836	169	636	325
	62%	60%	68%	62%	66%	59%	68%
		a				a	
Yes - children aged 0 to 12 months	70	57	3	44	8	40	18
	3%	4%	1%	3%	3%	4%	4%
		b					
Yes - children aged 13 months to 4 years old	180	118	25	115	25	109	38
	9%	9%	8%	9%	10%	10%	8%
Yes - children aged 5 to 10 years old	318	222	38	215	41	187	51
	16%	17%	12%	16%	16%	17%	11%
		b				b	
Yes - children aged 11 to 15 years old	336	210	52	228	40	191	69
	17%	16%	17%	17%	15%	18%	14%
Prefer not to answer	93	56	13	62	12	50	21
	5%	4%	4%	5%	5%	5%	4%
NET: Yes	675	459	86	457	75	398	130
	33%	36%	28%	34%	29%	37%	27%
		b				b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	182 9%	98 10%	83 8%	81 13% c	76 11% c	25 3%	1 1%	16 6%	16 8% a	16 7% a	9 5%	17 7% a	49 16% abcdef	36 11% ae	22 11% ae
Social Grade B	453 22%	210 21%	242 24%	168 27% c	171 26% c	114 15%	21 22%	65 25% i	37 19%	47 22%	40 23%	42 19%	101 32% cdefhi	69 21%	31 15%
Social Grade C1	461 23%	198 20%	258 25% a	165 27% c	168 25% c	128 17%	16 16%	65 25%	46 23%	48 22%	45 26%	48 22%	72 23%	68 21%	52 25%
Social Grade C2	258 13%	125 13%	131 13%	84 14% c	109 16% c	65 9%	11 11%	35 13%	25 13%	31 14% g	25 14% g	36 16% g	28 9%	41 12%	26 12%
Social Grade D	207 10%	102 10%	105 10%	70 11% c	81 12% c	56 8%	16 16% efh	28 11%	27 13% f	23 11%	13 8%	16 7%	31 10%	31 9%	22 11%
Social Grade E	468 23%	255 26% b	210 20%	47 8%	59 9%	362 48% ab	33 33% bg	54 20% g	50 25% g	50 23% g	42 24% g	65 29% bg	36 11%	85 26% g	53 26% g
NET: ABC1	1096 54%	506 51%	583 57% a	414 67% c	415 63% c	268 36%	39 40%	146 56% a	99 49%	112 52% a	93 54% a	107 48%	223 70% abcdefhi	172 52% a	105 51%
NET: C2DE	933 46%	482 49% b	445 43%	200 33%	249 37%	484 64% ab	59 60% bdegh	117 44% g	102 51% g	104 48% g	80 46% g	117 52% g	95 30%	157 48% g	101 49% g

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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
		a	b	c	d	e	f	g	h	a	b	c	d	e	f	g
Significance Level: 95%																
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	182 9%	182 100%	-	-	-	-	-	182 17%	-	138 8%	10 17%	18 15%	8 16%	4 25%	1 10%	41 16%
		bcdefgh						bcdefh			a	a	a			a
Social Grade B	453 22%	-	453 100%	-	-	-	-	453 41%	-	372 21%	16 27%	39 33%	12 23%	5 32%	4 28%	76 30%
			acdefgh					acdefh				a				a
Social Grade C1	461 23%	-	-	461 100%	-	-	-	461 42%	-	384 22%	16 28%	29 25%	13 25%	3 22%	4 29%	66 25%
				abdefgh				abdefh								
Social Grade C2	258 13%	-	-	-	258 100%	-	-	-	258 28%	223 13%	9 15%	17 14%	5 9%	-	2 17%	33 13%
					abcefg			abcefg								
Social Grade D	207 10%	-	-	-	-	207 100%	-	-	207 22%	181 10%	3 5%	9 8%	8 16%	2 9%	1 9%	23 9%
						abcdfgh			abcdfg							
Social Grade E	468 23%	-	-	-	-	-	468 100%	-	468 50%	444 25%	5 8%	6 5%	6 11%	2 13%	1 5%	19 7%
							abcdegh		abcdeg	bcdg						
NET: ABC1	1096 54%	182 100%	453 100%	461 100%	-	-	-	1096 100%	-	893 51%	42 72%	85 73%	33 64%	13 78%	9 68%	183 71%
		defh	defh	defh				defh			a	a				a
NET: C2DE	933 46%	-	-	-	258 100%	207 100%	468 100%	-	933 100%	847 49%	16 28%	31 27%	19 36%	4 22%	4 32%	74 29%
					abcg	abcg	abcg		abcg	bcg						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	182 9%	72 6%	47 14%	54 16%	100 15%	13 22%	13 21%	32 6%	117 9%	8 12%	58 9%	164 9%	18 9%	12 4%	80 7%	82 15%	8 10%	170 10%
			a	a	a	cdf	cdf								a	abe	a	ab
Social Grade B	453 22%	228 18%	120 36%	98 29%	217 32%	13 23%	18 31%	73 14%	342 25%	7 11%	104 17%	413 23%	34 17%	41 13%	238 22%	157 28%	17 22%	412 24%
			a	a	a		cef		cef						a	ab		a
Social Grade C1	461 23%	276 22%	74 22%	78 23%	152 23%	10 18%	13 23%	75 15%	343 26%	19 30%	98 16%	421 24%	25 13%	74 24%	221 21%	144 25%	21 27%	387 22%
									cf	cf		b				b		
Social Grade C2	258 13%	137 11%	37 11%	64 19%	101 15%	6 11%	8 13%	69 14%	164 12%	11 17%	83 13%	224 13%	29 15%	20 6%	122 11%	98 17%	18 24%	238 14%
				ab	a										a	abe	abe	a
Social Grade D	207 10%	129 10%	39 12%	32 9%	71 11%	5 9%	6 9%	39 8%	150 11%	7 11%	49 8%	180 10%	19 10%	25 8%	123 11%	52 9%	7 10%	182 11%
									cf									
Social Grade E	468 23%	418 33%	16 5%	17 5%	33 5%	10 17%	1 2%	216 43%	228 17%	12 19%	227 37%	381 21%	72 36%	135 44%	293 27%	34 6%	6 7%	333 19%
						b		abdef	b	b	abde		a	bcde	cde			cd
NET: ABC1	1096 54%	577 46%	241 72%	229 67%	470 70%	36 63%	44 75%	180 36%	802 60%	35 53%	260 42%	998 56%	76 39%	127 41%	540 50%	384 68%	45 59%	969 56%
			a	a	a	cf	cdef		cf	c	c	b			a	abe	a	ab
NET: C2DE	933 46%	684 54%	92 28%	113 33%	205 30%	21 37%	15 25%	324 64%	543 40%	31 47%	359 58%	785 44%	120 61%	180 59%	538 50%	184 32%	31 41%	753 44%
								abdef	b	b	abd		a	bcde	ce			c

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Total	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%												
Unweighted Total	2029	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029 100%	1392 100%	205 100%	354 100%	80 100%	1380 100%	585 100%	46 100%	1612 100%	417 100%	1706 100%	300 100%
Social Grade A	182 9%	124 9%	21 10%	22 6%	15 19%	125 9%	55 9%	1 2%	144 9%	38 9%	160 9%	22 7%
Social Grade B	453 22%	344 25%	28 14%	54 15%	16 20%	346 25%	94 16%	3 7%	373 23%	81 19%	383 22%	69 23%
Social Grade C1	461 23%	314 23%	61 30%	58 16%	17 21%	316 23%	127 22%	7 15%	373 23%	88 21%	385 23%	66 22%
Social Grade C2	258 13%	187 13%	24 12%	35 10%	14 18%	182 13%	67 11%	6 13%	206 13%	53 13%	221 13%	35 12%
Social Grade D	207 10%	154 11%	18 9%	35 10%	4 4%	148 11%	54 9%	3 6%	176 11%	31 7%	158 9%	48 16%
Social Grade E	468 23%	269 19%	54 26%	150 42%	15 19%	263 19%	189 32%	26 57%	340 21%	127 31%	400 23%	61 20%
NET: ABC1	1096 54%	782 56%	110 53%	134 38%	48 59%	787 57%	276 47%	11 24%	890 55%	206 49%	927 54%	157 52%
NET: C2DE	933 46%	610 44%	96 47%	220 62%	33 41%	593 43%	309 53%	35 76%	722 45%	211 51%	779 46%	143 48%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

BASE: All respondents

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	182 9%	18 4%	14 8%	19 7%	36 12% a	24 11% a	20 9% a	11 12% a	41 12% ac	78 10% a	72 11% ac	89 13% bc	29 6% b	59 8% b	139 9% a	16 7% b	137 9% a	14 6% b
Social Grade B	453 22%	45 11%	44 25% a	74 27% a	81 26% a	54 25% a	49 23% a	24 25% a	82 24% a	209 26% a	155 24% a	184 26% b	88 17% b	179 23% b	363 24% b	33 15% b	350 24% a	50 22% b
Social Grade C1	461 23%	81 20%	45 26%	61 22%	76 25%	47 22%	49 24%	24 25%	78 22%	184 23%	151 23%	160 23% b	97 18% b	196 25% b	357 24% a	40 18% b	349 24% a	50 22% b
Social Grade C2	258 13%	45 11%	24 14%	38 14%	44 14%	24 11%	30 15%	11 11%	41 12%	106 13%	83 13%	97 14% a	73 14% a	84 11% a	189 13% a	27 12% b	187 13% a	28 12% b
Social Grade D	207 10%	53 13% g	18 10% g	24 9% g	35 11% g	23 11% g	21 10% g	2 3% g	31 9% g	82 10% g	54 8% g	67 10% a	59 11% a	78 10% a	142 10% a	18 8% a	139 9% a	19 8% a
Social Grade E	468 23%	161 40% bcdefghij	29 17% d	56 20% d	39 13% d	45 21% d	41 19% d	22 24% d	74 21% d	140 18% d	137 21% d	98 14% a	183 35% ac	176 23% a	292 20% a	86 39% a	306 21% a	68 30% a
NET: ABC1	1096 54%	144 36% a	103 59% a	153 57% a	193 62% a	125 57% a	118 56% a	59 62% a	201 58% a	471 59% a	378 58% a	433 62% bc	214 40% b	435 56% b	859 58% b	89 40% b	836 57% b	114 50% b
NET: C2DE	933 46%	259 64% bcdefghij	71 41% d	118 43% d	118 38% d	93 43% d	92 44% d	36 38% d	147 42% d	329 41% d	274 42% d	261 38% a	316 60% ac	338 44% a	623 42% a	131 60% a	632 43% a	114 50% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%						
Unweighted Total	2029	307	1357	255	1090	468
Total	2029	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%
Social Grade A	182	18	133	11	119	31
	9%	6%	10%	4%	11%	6%
			b		b	
Social Grade B	453	46	327	39	270	83
	22%	15%	24%	15%	25%	17%
			b		b	
Social Grade C1	461	73	316	56	253	109
	23%	24%	23%	22%	23%	23%
Social Grade C2	258	37	170	35	137	57
	13%	12%	13%	14%	13%	12%
Social Grade D	207	39	120	30	92	51
	10%	13%	9%	12%	9%	11%
		a				
Social Grade E	468	94	288	85	212	145
	23%	31%	21%	33%	20%	30%
		a		a		a
NET: ABC1	1096	138	776	106	642	222
	54%	45%	57%	41%	59%	47%
			b		b	
NET: C2DE	933	170	578	150	442	253
	46%	55%	43%	59%	41%	53%
		a		a		a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	402 20%	191 19%	208 20%	66 11%	133 20% a	203 27% ab	15 15%	67 25% agi	39 19%	43 20%	35 20%	45 20%	57 18%	66 20%	35 17%
1 day	174 9%	66 7%	107 10% a	65 11% c	62 9% c	47 6%	6 6%	15 6%	14 7%	23 11%	16 9%	20 9%	31 10%	26 8%	22 11%
2 days	271 13%	123 12%	147 14%	87 14%	86 13%	98 13%	15 15%	41 16% h	26 13%	28 13%	24 14%	31 14%	51 16% h	30 9%	25 12%
3 days	311 15%	143 14%	168 16%	113 18% c	119 18% c	80 11%	11 11%	31 12%	30 15%	31 14%	22 13%	32 14%	65 21% abe	57 17%	32 16%
4 days	218 11%	116 12%	100 10%	80 13% c	69 10%	69 9%	8 9%	21 8%	27 14% b	19 9%	17 10%	23 10%	39 12%	42 13%	21 10%
5 days	210 10%	107 11%	102 10%	74 12%	69 10%	67 9%	18 19% cfg	29 11%	17 8%	25 11%	20 11%	21 9%	21 7%	37 11% g	22 10%
6 days	94 5%	54 5%	40 4%	30 5%	28 4%	36 5%	4 4%	11 4%	7 3%	13 6%	8 4%	11 5%	15 5%	15 5%	11 5%
7 days	348 17%	188 19% b	156 15%	99 16%	98 15%	151 20% b	20 21% g	47 18% g	41 21% g	34 16%	31 18%	42 19% g	38 12%	56 17%	39 19% g
NET: None (0 days)	402 20%	191 19%	208 20%	66 11%	133 20% a	203 27% ab	15 15%	67 25% agi	39 19%	43 20%	35 20%	45 20%	57 18%	66 20%	35 17%
NET: Occasionally (1 day)	174 9%	66 7%	107 10% a	65 11% c	62 9% c	47 6%	6 6%	15 6%	14 7%	23 11%	16 9%	20 9%	31 10%	26 8%	22 11%
NET: Some (2-4 days)	800 39%	382 39%	415 40%	280 46% c	274 41% c	247 33%	35 35%	93 35%	83 41%	79 37%	63 36%	86 38%	155 49% abdefhi	128 39%	79 38%
NET: Most 5+ days	652 32%	349 35% b	298 29%	203 33%	195 29%	254 34%	42 43% g	88 33% g	65 32% g	71 33% g	58 34% g	73 33% g	74 23%	109 33% g	71 34% g
Base for stats	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
Median	3	3	3	3	3	3	4	3	3	3	3	3	3	3	3

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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%

	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
Unweighted Total	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	3.24	3.42	3.06	3.49	3.11	3.15	3.67	3.12	3.38	3.18	3.23	3.26	2.98	3.32	3.37
		b		bc			g								
Standard Deviation	2.427	2.460	2.377	2.222	2.359	2.627	2.420	2.545	2.472	2.432	2.481	2.482	2.213	2.422	2.437
Standard Error	.054	.079	.074	.085	.091	.101	.241	.162	.174	.160	.183	.184	.121	.127	.178
Error variance	*	.01	.01	.01	.01	.01	.06	.03	.03	.03	.03	.03	.01	.02	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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
		a	b	c	d	e	f	g	h	a	b	c	d	e	f	g
Significance Level: 95%																
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	402 20%	18 10%	45 10%	81 18% abg	45 17% ab	53 25% abcdg	161 34% abcdegh	144 13% abcdegh	259 28% abcdg	366 21% cg	10 18% c	6 5%	8 16% c	3 18%	3 22%	31 12% c
1 day	174 9%	14 8%	44 10%	45 10% f	24 9%	18 9%	29 6%	103 9%	71 8% f	146 8%	5 9%	11 10%	8 16%	1 9%	1 5%	27 11%
2 days	271 13%	19 10%	74 16% a	61 13%	38 15%	24 12%	56 12%	153 14%	118 13%	234 13%	6 10%	13 11%	8 15%	3 16%	4 26%	32 12%
3 days	311 15%	36 20% fh	81 18% fh	76 17% fh	44 17% f	35 17% f	39 8%	193 18% fh	118 13% f	249 14%	10 17%	31 26% a	12 22%	1 8%	3 19%	56 22% a
4 days	218 11%	24 13%	54 12%	47 10%	24 9%	23 11%	45 10%	125 11%	93 10%	179 10%	5 9%	20 17% a	8 15%	1 6%	2 13%	36 14%
5 days	210 10%	20 11%	49 11%	49 11%	30 12%	21 10%	41 9%	118 11%	92 10%	168 10%	10 17% a	20 17% a	4 9%	3 19%	1 6%	39 15% a
6 days	94 5%	11 6% e	24 5% e	24 5% e	11 4% e	2 1%	22 5% e	59 5% e	36 4%	90 5% g	- -	2 2%	1 1%	1 6%	- -	4 1%
7 days	348 17%	41 23% efh	82 18%	78 17%	41 16%	31 15%	74 16%	201 18%	147 16%	310 18% dg	12 20% d	14 12%	3 6%	3 17%	1 9%	33 13%
NET: None (0 days)	402 20%	18 10%	45 10%	81 18% abg	45 17% ab	53 25% abcdg	161 34% abcdegh	144 13% abcdegh	259 28% abcdg	366 21% cg	10 18% c	6 5%	8 16% c	3 18%	3 22%	31 12% c
NET: Occasionally (1 day)	174 9%	14 8%	44 10%	45 10% f	24 9%	18 9%	29 6%	103 9% f	71 8%	146 8%	5 9%	11 10%	8 16%	1 9%	1 5%	27 11%
NET: Some (2-4 days)	800 39%	78 43% f	209 46% fh	184 40% f	106 41% f	82 40% f	140 30%	471 43% fh	329 35%	662 38%	21 36%	63 54% ab	27 52% a	5 29%	8 58%	124 48% a
NET: Most 5+ days	652 32%	72 40% efh	155 34% e	151 33%	83 32%	54 26%	137 29%	378 34% eh	274 29%	567 33% d	22 37% d	36 31% d	9 16%	7 43%	2 15%	75 29% d
Base for stats	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
Median	3	4	3	3	3	3	2	3	3	3	3	3	3	3	2	3

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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%

	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	
Total	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	3.24	3.89	3.56	3.29	3.24	2.89	2.78	3.50	2.93	3.23	3.43	3.57	2.70	3.43	2.59	3.30
		cdefgh	efh	efh	f			efh				d				d
Standard Deviation	2.427	2.297	2.251	2.392	2.359	2.405	2.617	2.326	2.507	2.472	2.445	1.889	1.949	2.563	2.097	2.111
Standard Error	.054	.169	.106	.109	.145	.164	.125	.070	.083	.060	.311	.170	.258	.622	.542	.127
Error variance	*	.03	.01	.01	.02	.03	.02	*	.01	*	.10	.03	.07	.39	.29	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	402 20%	305 24% bcd	37 11%	42 12%	79 12%	11 20%	9 16%	153 30% bd	212 16%	16 25% d	174 28% bd	272 15%	110 56% a	91 30% bcde	225 21% cd	78 14%	8 11%	312 18% c
1 day	174 9%	99 8%	42 13% a	30 9%	71 11%	5 8%	2 3%	44 9%	120 9%	4 6%	50 8%	153 9%	12 6%	27 9%	92 8%	51 9%	5 7%	147 9%
2 days	271 13%	169 13%	50 15%	42 12%	92 14%	5 8%	10 17%	68 13%	182 14%	7 10%	83 13%	246 14%	18 9%	42 14%	134 12%	82 14%	13 17%	229 13%
3 days	311 15%	158 13%	65 19% a	73 21% a	138 20% a	9 17%	14 23% c	63 13%	212 16%	13 19%	86 14%	288 16% b	18 9%	37 12%	164 15%	93 16% a	17 22% a	274 16%
4 days	218 11%	120 10%	47 14% a	38 11%	84 12%	9 16%	10 17%	46 9%	145 11%	8 13%	65 11%	198 11%	15 8%	32 11%	107 10%	70 12%	9 12%	186 11%
5 days	210 10%	120 9%	35 11%	40 12%	76 11%	5 9%	5 8%	36 7%	157 12% cf	7 11%	46 7%	200 11% b	9 5%	20 6%	108 10%	74 13% a	8 11%	190 11% a
6 days	94 5%	56 4%	14 4%	20 6%	34 5%	2 4%	4 6%	16 3%	68 5%	4 6%	23 4%	91 5% b	2 1%	9 3%	58 5%	23 4%	5 7%	86 5%
7 days	348 17%	234 19% b	43 13%	58 17%	101 15%	10 18%	6 9%	77 15%	249 18%	7 11%	92 15%	334 19% b	13 6%	49 16%	190 18%	98 17%	11 15%	299 17%
NET: None (0 days)	402 20%	305 24% bcd	37 11%	42 12%	79 12%	11 20%	9 16%	153 30% bd	212 16%	16 25% d	174 28% bd	272 15%	110 56% a	91 30% bcde	225 21% cd	78 14%	8 11%	312 18% c
NET: Occasionally (1 day)	174 9%	99 8%	42 13% a	30 9%	71 11%	5 8%	2 3%	44 9%	120 9%	4 6%	50 8%	153 9%	12 6%	27 9%	92 8%	51 9%	5 7%	147 9%
NET: Some (2-4 days)	800 39%	447 35%	162 49% a	153 45% a	314 47% a	23 41%	34 57% cdf	177 35%	539 40%	28 42%	234 38%	733 41% b	51 26%	112 36%	405 38%	245 43% b	39 51% ab	688 40%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	652	410	92	118	210	17	14	130	473	18	161	625	24	77	356	194	24	575
	32%	33%	28%	35%	31%	30%	24%	26%	35%	28%	26%	35%	12%	25%	33%	34%	32%	33%
									cf			b			a	a		a
Base for stats	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
Median	3	3	3	3	3	3	3	2	3	3	3	3	0	2	3	3	3	3
Mean Score	3.24	3.14	3.26	3.53	3.40	3.31	3.19	2.72	3.44	3.00	2.82	3.47	1.58	2.76	3.25	3.46	3.48	3.33
				a	a				cf			b			a	a		a
Standard Deviation	2.427	2.541	2.149	2.260	2.209	2.443	2.086	2.504	2.389	2.331	2.467	2.377	2.184	2.506	2.468	2.303	2.174	2.403
Standard Error	.054	.069	.129	.133	.093	.318	.261	.115	.065	.277	.101	.056	.157	.140	.075	.098	.245	.058
Error variance	*	*	.02	.02	.01	.10	.07	.01	*	.08	.01	*	.02	.02	.01	.01	.06	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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%

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		a	b	c	d	e	f	a	b	a	b
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	402	35	269	46	121	12	238	153	23	321	81	326	69
	20%	12%	19%	22%	34%	15%	17%	26%	50%	20%	19%	19%	23%
			a		acde			cd	abcde				
1 day	174	33	113	18	30	9	117	51	5	147	27	142	32
	9%	12%	8%	9%	8%	11%	8%	9%	10%	9%	7%	8%	11%
2 days	271	40	183	34	55	14	165	98	5	227	44	229	38
	13%	14%	13%	17%	16%	18%	12%	17%	10%	14%	11%	13%	13%
				d				d					
3 days	311	64	204	26	42	17	219	83	2	263	48	259	49
	15%	22%	15%	13%	12%	22%	16%	14%	4%	16%	11%	15%	16%
		b				abf	f	f		b			
4 days	218	29	151	24	31	13	147	64	2	169	49	188	28
	11%	10%	11%	12%	9%	16%	11%	11%	5%	10%	12%	11%	9%
						b							
5 days	210	26	159	26	20	3	159	45	3	160	50	183	25
	10%	9%	11%	13%	6%	3%	12%	8%	7%	10%	12%	11%	8%
				bce			bce						
6 days	94	12	72	7	6	3	76	16	-	72	23	79	14
	5%	4%	5%	3%	2%	4%	6%	3%	-	4%	5%	5%	5%
							be						
7 days	348	50	241	24	48	9	259	75	6	253	94	300	45
	17%	17%	17%	12%	14%	12%	19%	13%	13%	16%	23%	18%	15%
							abe				a		
NET: None (0 days)	402	35	269	46	121	12	238	153	23	321	81	326	69
	20%	12%	19%	22%	34%	15%	17%	26%	50%	20%	19%	19%	23%
			a		acde			cd	abcde				
NET: Occasionally (1 day)	174	33	113	18	30	9	117	51	5	147	27	142	32
	9%	12%	8%	9%	8%	11%	8%	9%	10%	9%	7%	8%	11%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Total	a	b	a	b	c	d	e	f	a	b	a	b	
Significance Level: 95%													
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Some (2-4 days)	800	133	538	84	129	45	530	244	9	659	141	676	115
	39%	46%	39%	41%	36%	56%	38%	42%	19%	41%	34%	40%	38%
		b		f	f	abdef	f	f		b			
NET: Most 5+ days	652	87	472	57	75	15	495	137	9	485	167	562	84
	32%	30%	34%	28%	21%	19%	36%	23%	21%	30%	40%	33%	28%
							abcef			a			
Base for stats	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
Median	3	3	3	3	2	3	3	2	1	3	4	3	3
Mean Score	3.24	3.36	3.31	2.93	2.45	2.95	3.45	2.73	1.93	3.14	3.61	3.30	2.97
				bf		f	abef	f			a	b	
Standard Deviation	2.427	2.275	2.429	2.322	2.435	2.120	2.426	2.351	2.540	2.387	2.545	2.424	2.425
Standard Error	.054	.134	.066	.159	.131	.233	.065	.097	.367	.059	.126	.059	.136
Error variance	*	.02	*	.03	.02	.05	*	.01	.13	*	.02	*	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Number of days active										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)		
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
	a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b	
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	402 20%	402 100%	-	-	-	-	-	-	-	-	-	29 4%	156 29%	197 26%	197 13%	111 51%	206 14%	101 44%
		bcdefghij											a	a		a		a
1 day	174 9%	-	174 100%	-	-	-	-	-	-	-	-	41 6%	49 9%	83 11%	119 8%	17 8%	123 8%	18 8%
			acdefghij										a	a				
2 days	271 13%	-	-	271 100%	-	-	-	-	-	271 34%	-	61 9%	64 12%	144 19%	200 13%	26 12%	203 14%	24 11%
				abdefghij						abdefghij				ab				
3 days	311 15%	-	-	-	311 100%	-	-	-	-	311 39%	-	127 18%	62 12%	119 15%	241 16%	20 9%	241 16%	21 9%
					abcefg hij					abcefg hij		b	b	b	b	b	b	b
4 days	218 11%	-	-	-	-	218 100%	-	-	-	218 27%	-	98 14%	58 11%	60 8%	165 11%	17 8%	154 11%	23 10%
						abcdefghij				abcdefghj		c	c	c	c	c	c	c
5 days	210 10%	-	-	-	-	-	210 100%	-	-	-	210 32%	105 15%	37 7%	65 8%	178 12%	12 6%	179 12%	13 6%
							abcdeghij				abcdeghi	bc	bc	b	b	b	b	b
6 days	94 5%	-	-	-	-	-	-	94 100%	-	-	94 14%	52 7%	18 3%	24 3%	85 6%	5 2%	70 5%	8 4%
								abcdefhij			abcdefhi	bc	bc	b	b	b	b	b
7 days	348 17%	-	-	-	-	-	-	-	348 100%	-	348 53%	181 26%	86 16%	80 10%	297 20%	12 5%	291 20%	19 9%
									abcdefgij		abcdefgi	bc	c	c	b	b	b	b
NET: None (0 days)	402 20%	402 100%	-	-	-	-	-	-	-	-	-	29 4%	156 29%	197 26%	197 13%	111 51%	206 14%	101 44%
		bcdefghij										a	a		a		a	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Number of days active										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)				
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree		
	a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b			
Significance Level: 95%																				
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227		
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228		
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%		
NET: Occasionally (1 day)	174	-	174	-	-	-	-	-	-	-	-	41	49	83	119	17	123	18		
	9%	-	100%	-	-	-	-	-	-	-	-	6%	9%	11%	8%	8%	8%	8%		
			acdefghij											a	a					
NET: Some (2-4 days)	800	-	-	271	311	218	-	-	-	800	-	286	184	323	606	63	598	69		
	39%	-	-	100%	100%	100%	-	-	-	100%	-	41%	35%	42%	41%	29%	41%	30%		
			abfghj										b	b	b	b	b	b	b	
NET: Most 5+ days	652	-	-	-	-	210	94	348	-	652	-	338	141	169	561	29	541	40		
	32%	-	-	-	-	100%	100%	100%	-	100%	-	49%	27%	22%	38%	13%	37%	18%		
						abcdei										bc	c	b	b	b
Base for stats	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228		
Median	3	0	1	2	3	4	5	6	7	3	7	4	2	2	3	0	3	1		
Mean Score	3.24	-	1.00	2.00	3.00	4.00	5.00	6.00	7.00	2.93	6.21	4.38	2.81	2.58	3.63	1.68	3.56	2.07		
									ij	i		bc	b	b	b	b	b	b		
Standard Deviation	2.427	-	-	-	-	-	-	-	*	.780	.901	2.097	2.531	2.257	2.360	2.144	2.372	2.366		
Standard Error	.054	-	-	-	-	-	-	-	*	.027	.035	.079	.110	.081	.061	.146	.062	.157		
Error variance	*	-	-	-	-	-	-	-	*	*	*	.01	.01	.01	*	.02	*	.02		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

0 days

1 day

2 days

3 days

4 days

5 days

6 days

7 days

NET: None (0 days)

NET: Occasionally (1 day)

NET: Some (2-4 days)

NET: Most 5+ days

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
	a	b	a	b	a	b
Unweighted Total	1278	307	1357	255	1090	468
Total	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%
0 days	402	149	148	126	147	163
	20%	49%	11%	49%	14%	34%
		a		a		a
1 day	174	35	111	20	86	45
	9%	11%	8%	8%	8%	9%
		a				
2 days	271	33	186	29	143	71
	13%	11%	14%	11%	13%	15%
3 days	311	30	207	25	172	53
	15%	10%	15%	10%	16%	11%
		b		b		b
4 days	218	23	160	16	129	28
	11%	8%	12%	6%	12%	6%
		b		b		b
5 days	210	9	171	12	130	32
	10%	3%	13%	5%	12%	7%
		b		b		b
6 days	94	8	77	8	61	17
	5%	3%	6%	3%	6%	4%
		b				b
7 days	348	19	294	20	214	67
	17%	6%	22%	8%	20%	14%
		b		b		b
NET: None (0 days)	402	149	148	126	147	163
	20%	49%	11%	49%	14%	34%
		a		a		a
NET: Occasionally (1 day)	174	35	111	20	86	45
	9%	11%	8%	8%	8%	9%
		a				
NET: Some (2-4 days)	800	86	553	70	444	152
	39%	28%	41%	27%	41%	32%
		b		b		b
NET: Most 5+ days	652	36	542	40	406	115
	32%	12%	40%	16%	37%	24%
		b		b		b

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

Base for stats

Median

Mean Score

Standard Deviation

Standard Error

Error variance

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Total	a	b	a	b	a	b	
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Base for stats	2029	1275	307	1354	257	1083	475
Median	3	4	1	4	1	3	2
Mean Score	3.24	3.89	1.67	3.78	1.82	3.62	2.50
Standard Deviation	2.427	b	2.148	b	2.293	b	2.503
Standard Error	.054	.064	.123	.063	.144	.071	.116
Error variance	*	*	.02	*	.02	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	221 11%	116 12%	104 10%	104 17% bc	64 10%	53 7%	8 9%	40 15% f	20 10%	25 11%	23 13% f	14 6%	40 12% f	34 10%	19 9%
A bit more (4.0)	472 23%	246 25%	225 22%	182 30% bc	143 22%	148 20%	26 26%	54 21%	45 22%	48 22%	52 30% bh	54 24%	83 26%	66 20%	44 21%
Neither more nor less (3.0)	530 26%	270 27%	259 25%	93 15%	181 27% a	257 34% ab	21 22%	65 25%	56 28%	62 29%	48 28% g	58 26%	68 21%	85 26%	66 32% g
A bit less (2.0)	343 17%	153 15%	187 18%	100 16%	118 18%	125 17%	23 23%	40 15%	34 17%	38 17%	25 15%	39 18%	56 18%	55 17%	33 16%
A lot less (1.0)	430 21%	189 19%	238 23% a	117 19%	153 23%	160 21%	18 18%	64 24% e	40 20%	39 18%	23 13%	52 23% e	65 21% e	86 26% de	44 21% e
Don't know	33 2%	14 1%	16 2%	19 3% bc	5 1%	9 1%	2 2%	1 *	5 2%	4 2%	3 2%	7 3% b	6 2%	4 1%	1 1%
NET: More	694 34%	363 37% b	329 32%	286 47% bc	207 31%	201 27%	34 35%	94 36%	65 32%	73 34%	74 43% cfhi	68 31%	122 39% h	100 30%	62 30%
NET: Less	772 38%	342 35%	425 41% a	217 35%	271 41% a	284 38%	40 41% e	103 39% e	74 37% e	77 36%	48 28%	91 41% e	121 38% e	141 43% e	77 37%
Base for stats	1996	975	1012	595	658	742	96	262	196	212	170	217	311	325	205
Mean Score	2.86	2.95	2.77	3.09 bc	2.77	2.74	2.84	2.88	2.85	2.91	3.16 abcfhi	2.72	2.92 h	2.71	2.81
Standard Deviation	1.301	1.289	1.307	1.398	1.289	1.205	1.259	1.388	1.273	1.271	1.223	1.254	1.339	1.327	1.247
Standard Error	.029	.042	.041	.054	.050	.047	.126	.089	.091	.085	.091	.095	.074	.070	.091
Error variance	*	*	*	*	*	*	.02	.01	.01	.01	.01	.01	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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
			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																	
Unweighted Total		2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total		2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)		221 11%	40 22% bcdefgh	56 12% fh	56 12% fh	23 9%	20 10%	27 6%	151 14% dfh	70 8%	175 10%	8 14%	25 21% a	7 13%	2 11%	3 18%	44 17% a
A bit more (4.0)		472 23%	49 27% fh	128 28% cfh	104 23% f	74 29% fh	46 22% f	70 15%	281 26% fh	191 20% f	400 23%	13 23%	31 27%	12 24%	3 20%	2 16%	62 24%
Neither more nor less (3.0)		530 26%	29 16%	88 19%	97 21%	73 28% abcg	59 29% abcg	183 39% abcdeg	214 20% abcdeg	316 34% abcg	477 27% bg	7 13%	23 20%	16 31% b	-	3 24%	50 20%
A bit less (2.0)		343 17%	30 16%	84 19%	79 17%	44 17%	31 15%	74 16%	193 18%	149 16%	292 17%	9 15%	21 18%	6 12%	7 42%	3 24%	46 18%
A lot less (1.0)		430 21%	29 16%	95 21%	117 25% adh	40 16% adh	47 23% d	102 22% d	241 22% d	188 20% d	374 22% c	17 29% c	16 14%	8 15%	4 27%	3 18%	48 19%
Don't know		33 2%	4 2%	3 1%	8 2%	4 2%	4 2%	11 2% b	15 1%	18 2%	22 1%	3 5% ac	1 1%	3 6% ac	-	-	7 3%
NET: More		694 34%	89 49% cdefgh	184 41% efh	160 35% fh	97 37% fh	67 32% f	98 21%	433 39% efh	261 28% f	574 33%	22 37%	56 48% a	19 36%	5 31%	5 34%	106 41% a
NET: Less		772 38%	59 32%	179 40%	196 43% adh	84 33% adh	78 37%	176 38%	435 40% d	338 36% d	667 38%	26 45% d	37 32%	14 27%	11 69%	6 43%	94 36%
Base for stats		1996	178	450	453	254	203	457	1081	915	1718	55	116	49	16	14	250
Mean Score		2.86	3.23 bcdefgh	2.92 f	2.79	2.98 fh	2.81	2.67	2.92 fh	2.79	2.83	2.77	3.24 ab	3.08	2.47	2.91	3.04 a
Standard Deviation		1.301	1.398	1.344	1.375	1.206	1.292	1.156	1.373	1.208	1.286	1.492	1.346	1.252	1.403	1.413	1.379
Standard Error		.029	.105	.064	.063	.075	.089	.056	.041	.040	.031	.194	.121	.172	.340	.365	.084
Error variance		*	.01	*	*	.01	.01	*	*	*	*	.04	.01	.03	.12	.13	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	221 11%	124 10%	49 15%	37 11%	87 13%	12 21%	12 20%	39 8%	155 12%	4 6%	63 10%	214 12%	8 4%	26 8%	110 10%	75 13%	10 13%	196 11%
			a			cdef	cdef		c			b				a		
A bit more (4.0)	472 23%	266 21%	87 26%	103 30%	190 28%	13 24%	19 32%	99 20%	332 25%	9 14%	131 21%	443 25%	23 12%	50 16%	251 23%	154 27%	17 22%	422 25%
			a	a			ce		ce			b			a	a		a
Neither more nor less (3.0)	530 26%	388 31%	61 18%	59 17%	120 18%	14 25%	9 16%	151 30%	336 25%	19 29%	175 28%	436 24%	78 40%	106 34%	300 28%	116 20%	9 11%	424 25%
		bcd						bd			b		a	bcde	cd			cd
A bit less (2.0)	343 17%	201 16%	54 16%	71 21%	125 18%	7 13%	10 18%	90 18%	223 17%	12 18%	108 17%	300 17%	33 17%	48 16%	181 17%	94 17%	20 26%	295 17%
			a														abc	
A lot less (1.0)	430 21%	267 21%	77 23%	71 21%	148 22%	9 16%	6 11%	120 24%	285 21%	9 14%	135 22%	372 21%	49 25%	72 23%	217 20%	120 21%	20 26%	358 21%
								b	b		b							
Don't know	33 2%	14 1%	4 1%	1 *	6 1%	1 1%	2 4%	4 1%	13 1%	13 19%	8 1%	19 1%	6 3%	5 2%	18 2%	9 1%	2 2%	28 2%
							cd			abcdf			a					
NET: More	694 34%	390 31%	137 41%	140 41%	277 41%	25 45%	31 52%	137 27%	487 36%	13 20%	193 31%	656 37%	31 16%	76 25%	362 34%	230 40%	27 35%	618 36%
			a	a	a	cef	cdef		cef			b			a	ab		a
NET: Less	772 38%	468 37%	131 39%	142 41%	273 40%	16 29%	17 29%	210 42%	508 38%	21 32%	243 39%	672 38%	82 42%	120 39%	398 37%	214 38%	40 52%	652 38%
								b									abce	
Base for stats	1996	1247	329	341	669	56	57	499	1332	53	611	1764	190	301	1060	559	75	1694
Mean Score	2.86	2.82	2.93	2.90	2.91	3.23	3.33	2.69	2.89	2.76	2.80	2.90	2.51	2.70	2.86	2.95	2.69	2.88
						cf	cdef		c			b			a	a		a
Standard Deviation	1.301	1.265	1.404	1.331	1.366	1.361	1.309	1.249	1.314	1.166	1.284	1.319	1.118	1.240	1.276	1.357	1.423	1.310
Standard Error	.029	.035	.085	.079	.058	.179	.168	.057	.036	.154	.053	.031	.082	.070	.039	.058	.162	.032
Error variance	*	*	.01	.01	*	.03	.03	*	*	.02	*	*	.01	*	*	*	.03	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0) 221 11%	41 14%	152 11%	26 12% bf	22 6%	13 17% bf	156 11% bf	60 10% b	1 2%	181 11%	41 10%	196 11%	26 9%
A bit more	(4.0) 472 23%	75 26%	341 24%	39 19% f	66 19% f	23 29% bf	340 25% bf	123 21% f	2 5%	359 22%	113 27% a	406 24%	64 21%
Neither more nor less	(3.0) 530 26%	74 26%	338 24%	56 27%	124 35% cd	17 22%	334 24%	176 30% d	18 40% cd	413 26%	117 28%	443 26%	83 28%
A bit less	(2.0) 343 17%	50 17%	239 17%	33 16%	58 16%	14 17%	235 17%	99 17% d	5 10%	268 17%	75 18%	296 17%	43 14%
A lot less	(1.0) 430 21%	45 16%	304 22% a	47 23%	75 21%	12 16%	302 22%	115 20% abcde	18 39% a	368 23% b	61 15%	346 20%	79 26% a
Don't know	33 2%	3 1%	19 1%	4 2%	9 3% d	- -	14 1%	11 2%	2 4% d	24 1%	9 2%	19 1%	6 2%
NET: More	694 34%	116 40%	492 35%	65 32% f	88 25% f	37 46% abef	496 36% bf	184 31% bf	3 7%	540 33%	154 37%	602 35%	90 30%
NET: Less	772 38%	95 33%	543 39%	80 39%	133 38%	26 32%	536 39%	214 37%	22 49% b	636 39%	136 33%	642 38%	122 41%
Base for stats	1996	286	1373	201	345	80	1366	574	44	1589	407	1687	294
Mean Score	2.86	3.06	2.85	2.82	2.72	3.15	2.86	2.85	2.17	2.82	2.99	2.89	2.71
		b		f	f	bef	f	f			a	b	
Standard Deviation	1.301	1.282	1.315	1.333	1.188	1.324	1.320	1.262	1.092	1.321	1.212	1.300	1.306
Standard Error	.029	.076	.036	.092	.065	.145	.036	.053	.161	.033	.061	.032	.074
Error variance	*	.01	*	.01	*	.02	*	*	.03	*	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Significance Level: 95%																			
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227	
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	221	6	10	10	25	27	39	24	81	61	145	221	-	-	183	16	169	24	
	11%	2%	6%	4%	8%	12%	19%	25%	23%	8%	22%	32%	-	-	12%	7%	11%	10%	
			a		ac	abc	abcd	abcde	abcde	ac	abcde	bc			b				
A bit more (4.0)	472	23	31	51	102	72	65	28	100	225	193	472	-	-	384	29	389	35	
	23%	6%	18%	19%	33%	33%	31%	29%	29%	28%	30%	68%	-	-	26%	13%	26%	15%	
			a	a	abc	abc	abc	abc	abc	abc	abc	bc			b		b		
Neither more nor less (3.0)	530	156	49	64	62	58	37	18	86	184	141	-	530	-	313	84	316	79	
	26%	39%	28%	24%	20%	26%	18%	19%	25%	23%	22%	-	100%	-	21%	38%	22%	35%	
		bcdefghij	df			f							ac		a		a		
A bit less (2.0)	343	46	22	64	71	36	42	16	45	172	102	-	-	343	252	38	248	33	
	17%	11%	13%	24%	23%	17%	20%	17%	13%	21%	16%	-	-	44%	17%	17%	17%	14%	
				abhj	abhj		ah			abhj		ab							
A lot less (1.0)	430	151	61	80	48	23	24	8	35	151	67	-	-	430	338	49	332	53	
	21%	38%	35%	29%	15%	11%	11%	9%	10%	19%	10%	-	-	56%	23%	22%	23%	23%	
		cdefghij	defghij	defghij	hj					efghj		ab							
Don't know	33	20	1	2	4	2	2	1	1	8	4	-	-	-	13	5	14	5	
	2%	5%	1%	1%	1%	1%	1%	1%	*	1%	1%	-	-	-	1%	2%	1%	2%	
		bcdefhij													a		a		
NET: More	694	29	41	61	127	98	105	52	181	286	338	694	-	-	567	45	557	58	
	34%	7%	24%	22%	41%	45%	50%	55%	52%	36%	52%	100%	-	-	38%	20%	38%	26%	
			a	a	abc	abc	abcd	abcd	abcd	abc	abcd	bc			b		b		
NET: Less	772	197	83	144	119	60	65	24	80	323	169	-	-	772	590	87	580	86	
	38%	49%	48%	53%	38%	27%	31%	25%	23%	40%	26%	-	-	100%	40%	39%	40%	38%	
		defghij	defghj	defghij	eghj		h			efghj		ab							
Base for stats	1996	382	173	269	307	216	208	94	346	793	648	694	530	772	1470	215	1454	223	
Mean Score	2.86	2.18	2.46	2.43	2.95	3.19	3.27	3.47	3.43	2.84	3.38	4.32	3.00	1.44	2.88	2.65	2.87	2.74	
			a	a	abc	abcd	abcd	abcd	abcde	abc	abcd	c			b				
Standard Deviation	1.301	1.076	1.290	1.200	1.228	1.182	1.291	1.279	1.257	1.244	1.272	.467	-	.497	1.355	1.182	1.342	1.271	
Standard Error	.029	.055	.097	.073	.070	.080	.089	.135	.068	.044	.050	.018	-	.018	.035	.082	.035	.085	
Error variance	*	*	.01	.01	*	.01	.01	.02	*	*	*	*	-	*	*	.01	*	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	221 11%	179 14% b	20 7%	159 12%	27 11%	155 14% b	35 7%
A bit more (4.0)	472 23%	342 27% b	55 18%	355 26% b	37 15%	286 26% b	82 17%
Neither more nor less (3.0)	530 26%	252 20%	105 34% a	275 20%	103 40% a	198 18%	170 36% a
A bit less (2.0)	343 17%	222 17%	54 18%	249 18% b	32 13%	186 17%	76 16%
A lot less (1.0)	430 21%	267 21%	67 22%	305 23%	51 20%	248 23%	102 22%
Don't know	33 2%	12 1%	6 2%	12 1%	6 2% a	9 1%	10 2% a
NET: More	694 34%	521 41% b	75 25%	514 38% b	65 25%	441 41% b	117 25%
NET: Less	772 38%	490 38%	121 39%	553 41% b	83 32%	434 40%	178 37%
Base for stats	1996	1263	301	1342	250	1074	465
Mean Score	2.86	2.95 b	2.70	2.86	2.83	2.92 b	2.73
Standard Deviation	1.301	1.364	1.195	1.347	1.224	1.392	1.202
Standard Error	.029	.038	.069	.037	.078	.042	.056
Error variance	*	*	*	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1213 60%	559 57%	649 63%	334 54%	413 62%	466 62%	60 61%	152 58%	126 63%	115 53%	98 56%	159 71%	162 51%	217 66%	124 60%
			a		a	a			dg			bdegi		bdeg	
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	450 22%	228 23%	221 22%	183 30%	132 20%	134 18%	24 25%	51 19%	46 23%	40 18%	45 26%	37 17%	88 28%	65 20%	54 26%
				bc							f		bdfh		f
Home activity, fitness or exercise class viewed online or on TV, DVD or video	383 19%	121 12%	258 25%	176 29%	131 20%	76 10%	18 18%	44 17%	31 15%	42 19%	33 19%	38 17%	82 26%	57 17%	38 18%
			a	bc	c								bcbf		
Running or jogging	378 19%	212 21%	161 16%	225 37%	128 19%	25 3%	10 10%	38 15%	27 14%	48 22%	34 19%	32 14%	98 31%	49 15%	42 20%
		b		bc	c					abcfh	a		abcdefhi		a
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	320 16%	143 14%	174 17%	136 22%	118 18%	66 9%	18 18%	38 14%	33 17%	34 16%	26 15%	21 9%	57 18%	55 17%	37 18%
				bc	c		f		f				f	f	f
Cycling (either for leisure or travel)	247 12%	165 17%	81 8%	106 17%	79 12%	62 8%	10 10%	22 8%	20 10%	33 15%	23 13%	34 15%	49 15%	38 12%	17 8%
		b		bc	c					bi		bi	bi		
Other sport, exercise or physical activity	119 6%	66 7%	51 5%	30 5%	33 5%	57 8%	4 4%	12 5%	8 4%	11 5%	16 9%	16 7%	15 5%	24 7%	13 6%
						a					c				
I have not done any physical activity in the past week	271 13%	132 13%	138 13%	39 6%	87 13%	144 19%	10 10%	47 18%	27 14%	38 18%	22 13%	27 12%	32 10%	43 13%	26 12%
					a	ab		g		g					
NET: Home based activity	916 45%	399 40%	511 50%	372 61%	303 46%	241 32%	47 48%	112 42%	90 45%	97 45%	81 47%	84 38%	165 52%	141 43%	100 48%
			a	bc	c								bhf		f

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1213	97	302	278	145	123	268	677	536	1081	24	54	22	10	8	117
	60%	53%	67%	60%	56%	59%	57%	62%	57%	62%	42%	46%	42%	62%	55%	46%
			adfh					a		bcdg						
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	450	48	115	107	58	41	81	270	180	363	22	36	17	3	3	81
	22%	27%	25%	23%	22%	20%	17%	25%	19%	21%	37%	31%	32%	21%	18%	31%
		fh	fh	f				fh			a	a	a			a
Home activity, fitness or exercise class viewed online or on TV, DVD or video	383	37	122	104	58	25	37	263	120	296	18	42	11	5	5	81
	19%	20%	27%	22%	22%	12%	8%	24%	13%	17%	31%	36%	21%	32%	37%	31%
		efh	efh	efh	efh			efh	f		a	ad				a
Running or jogging	378	63	124	94	51	29	18	280	98	283	19	44	20	4	6	93
	19%	34%	27%	20%	20%	14%	4%	26%	10%	16%	33%	38%	38%	22%	43%	36%
		cdefgh	cdefh	fh	fh	f		cdefh	f		a	a	a			a
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	320	50	87	82	39	24	39	219	101	260	9	29	10	2	5	55
	16%	27%	19%	18%	15%	11%	8%	20%	11%	15%	15%	25%	19%	13%	34%	21%
		bcddefgh	efh	efh	f			efh				a				a
Cycling (either for leisure or travel)	247	35	67	55	35	24	32	156	91	207	9	20	4	1	2	36
	12%	19%	15%	12%	13%	11%	7%	14%	10%	12%	15%	17%	9%	7%	17%	14%
		cefh	fh	f	f			fh								
Other sport, exercise or physical activity	119	11	24	24	19	7	33	60	60	103	3	8	1	3	1	15
	6%	6%	5%	5%	7%	3%	7%	5%	6%	6%	5%	6%	2%	17%	5%	6%
I have not done any physical activity in the past week	271	15	24	45	27	40	119	84	187	242	9	7	3	2	1	22
	13%	8%	5%	10%	11%	19%	25%	8%	20%	14%	16%	6%	5%	12%	9%	8%
				b	b	abcdg	abcdgh		abcdg	cdg		c				
NET: Home based activity	916	98	247	236	128	71	137	581	335	741	33	80	30	8	10	160
	45%	54%	55%	51%	49%	34%	29%	53%	36%	43%	57%	68%	58%	46%	70%	62%
		efh	efh	efh	efh			efh	f		a	a	a			a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1213	767	199	214	414	23	21	210	936	23	255	1138	61	172	672	331	38	1041
	60%	61%	60%	63%	61%	41%	36%	42%	70%	34%	41%	64%	31%	56%	62%	58%	50%	60%
									abcef			b			ad			
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	450	257	89	90	179	21	19	106	291	14	146	416	29	59	226	146	19	391
	22%	20%	27%	26%	26%	37%	32%	21%	22%	21%	24%	23%	15%	19%	21%	26%	25%	23%
			a	a	a	cdf						b				ab		
Home activity, fitness or exercise class viewed online or on TV, DVD or video	383	186	84	94	179	9	17	74	273	10	100	359	14	38	185	135	24	344
	19%	15%	25%	28%	26%	17%	28%	15%	20%	15%	16%	20%	7%	12%	17%	24%	32%	20%
			a	a	a		cf		cf			b			a	ab	abe	a
Running or jogging	378	163	100	93	193	17	23	37	287	13	78	353	21	28	173	156	22	350
	19%	13%	30%	27%	29%	31%	39%	7%	21%	20%	13%	20%	11%	9%	16%	27%	28%	20%
			a	a	a	cf	cdef		cf	c	c	b			a	abe	ab	ab
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	320	130	60	109	169	16	11	69	214	10	95	291	27	27	139	128	26	293
	16%	10%	18%	32%	25%	28%	18%	14%	16%	16%	15%	16%	14%	9%	13%	22%	34%	17%
			a	abd	ab	cdf									a	abe	abce	ab
Cycling (either for leisure or travel)	247	128	52	50	102	13	13	41	176	4	67	237	6	24	123	93	6	222
	12%	10%	16%	15%	15%	23%	22%	8%	13%	5%	11%	13%	3%	8%	11%	16%	8%	13%
			a	a	a	cdef	cdef		c			b				abe		a
Other sport, exercise or physical activity	119	78	19	16	36	1	-	30	84	4	31	111	6	15	62	36	6	104
	6%	6%	6%	5%	5%	2%	-	6%	6%	7%	5%	6%	3%	5%	6%	6%	8%	6%
								b	b	b								
I have not done any physical activity in the past week	271	209	26	22	49	13	5	128	112	13	146	160	91	65	146	54	6	206
	13%	17%	8%	6%	7%	24%	8%	25%	8%	20%	24%	9%	46%	21%	14%	9%	8%	12%
		bcd				bd		bd		bd	bd		a	bcde	c			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Home based activity	916	475	185	206	391	28	38	202	616	31	268	842	58	102	466	301	46	813
	45%	38%	55%	60%	58%	50%	64%	40%	46%	48%	43%	47%	30%	33%	43%	53%	60%	47%
			a	a	a			cdf			c			b		abe	abe	ab

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1213	137	889	115	166	34	887	297	16	945	268	1032	177
	60%	47%	64%	56%	47%	43%	64%	51%	35%	59%	64%	61%	59%
			a	bcf			abcef	f			a		
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	450	81	302	54	75	14	299	137	5	370	80	383	65
	22%	28%	22%	26%	21%	18%	22%	23%	11%	23%	19%	22%	21%
		b		f				f					
Home activity, fitness or exercise class viewed online or on TV, DVD or video	383	66	268	43	37	17	280	91	3	333	50	325	54
	19%	23%	19%	21%	10%	21%	20%	15%	7%	21%	12%	19%	18%
				bf		bf	bef	b		b			
Running or jogging	378	66	274	29	31	18	287	76	2	308	70	320	54
	19%	23%	20%	14%	9%	23%	21%	13%	5%	19%	17%	19%	18%
				b		bef	abef	b					
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	320	66	216	31	53	19	213	95	5	268	52	286	29
	16%	23%	16%	15%	15%	24%	15%	16%	12%	17%	13%	17%	10%
		b				d				b		b	
Cycling (either for leisure or travel)	247	46	171	24	33	13	176	67	1	180	67	219	27
	12%	16%	12%	12%	9%	16%	13%	11%	2%	11%	16%	13%	9%
				f		f	f	f			a		
Other sport, exercise or physical activity	119	18	81	8	18	4	84	28	2	78	41	108	10
	6%	6%	6%	4%	5%	5%	6%	5%	4%	5%	10%	6%	3%
											a	b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

I have not done any physical activity in the past week

NET: Home based activity

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Total	a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I have not done any physical activity in the past week	29	170	33	94	11	144	117	19	217	53	216	47
	10%	12%	16%	27%	14%	10%	20%	41%	13%	13%	13%	16%
			d	acde			d	abcde				
NET: Home based activity	156	635	102	129	38	630	252	13	765	150	785	120
	54%	46%	50%	36%	47%	46%	43%	28%	47%	36%	46%	40%
	b		bf		f	bf	bf		b			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

BASE: All respondents

	Number of days active										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)		
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
	a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b	
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1213 60%	120 30%	103 59%	167 62%	202 65%	139 64%	148 71%	68 72%	266 77%	508 63%	482 74%	452 65%	286 54%	467 60%	957 65%	96 44%	942 64%	100 44%
			a	a	a	a	abci	ab	abcdei	a	abcdei	b		b	b		b	
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	450 22%	15 4%	33 19%	54 20%	89 28%	69 32%	77 37%	29 31%	85 25%	212 26%	191 29%	219 32%	84 16%	142 18%	373 25%	33 15%	367 25%	37 16%
			a	a	abc	abc	abchij	abc	a	abc	abc	bc			b		b	
Home activity, fitness or exercise class viewed online or on TV, DVD or video	383 19%	16 4%	24 14%	47 17%	75 24%	44 20%	65 31%	30 32%	81 23%	166 21%	176 27%	204 29%	57 11%	118 15%	321 22%	23 10%	308 21%	32 14%
			a	a	abc	a	abcehi	abcei	ab	ab	abcei	bc			b		b	
Running or jogging	378 19%	4 1%	14 8%	42 16%	82 27%	62 29%	59 28%	28 30%	85 25%	187 23%	173 26%	219 32%	53 10%	103 13%	326 22%	19 8%	304 21%	34 15%
			a	ab	abc	abc	abc	abc	abc	abc	abc	bc			b		b	
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	320 16%	28 7%	26 15%	37 14%	68 22%	47 22%	37 18%	15 16%	61 18%	152 19%	114 17%	132 19%	66 12%	120 16%	241 16%	28 13%	224 15%	36 16%
			a	a	ac	ac	a	a	a	ac	a	b						
Cycling (either for leisure or travel)	247 12%	8 2%	15 9%	27 10%	44 14%	39 18%	39 19%	25 27%	50 14%	110 14%	114 17%	141 20%	39 7%	65 8%	194 13%	18 8%	196 13%	23 10%
			a	a	a	abc	abc	abcdhij	a	a	abci	bc			b			
Other sport, exercise or physical activity	119 6%	6 1%	11 7%	18 7%	15 5%	18 8%	18 8%	8 8%	26 8%	50 6%	52 8%	43 6%	36 7%	40 5%	95 6%	7 3%	93 6%	6 3%
			a	a	a	a	a	a	a	a	a						b	
I have not done any physical activity in the past week	271 13%	232 58%	9 5%	13 5%	5 2%	5 2%	2 1%	1 1%	3 1%	23 3%	7 1%	9 1%	114 22%	132 17%	116 8%	84 38%	124 8%	81 35%
		bcdefghij	dfhj	dfhj						hj			ac	a		a		a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Number of days active										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)	
	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
	a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
916	53	74	117	176	127	142	59	167	420	369	415	182	310	742	65	710	82
45%	13%	42%	43%	57%	58%	68%	63%	48%	53%	57%	60%	34%	40%	50%	29%	48%	36%
		a	a	abch	abch	abcdehij	abch	a	abc	abch	bc		b	b		b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

BASE: All respondents

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
	a	b	a	b	a	b	
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1213	848	138	885	110	685	241
	60%	66%	45%	65%	43%	63%	51%
		b		b		b	
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	450	340	33	362	31	294	64
	22%	27%	11%	27%	12%	27%	13%
		b		b		b	
Home activity, fitness or exercise class viewed online or on TV, DVD or video	383	302	30	309	30	276	39
	19%	24%	10%	23%	12%	25%	8%
		b		b		b	
Running or jogging	378	315	24	308	23	265	55
	19%	25%	8%	23%	9%	24%	12%
		b		b		b	
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	320	222	31	220	36	181	58
	16%	17%	10%	16%	14%	17%	12%
		b				b	
Cycling (either for leisure or travel)	247	189	20	186	14	158	45
	12%	15%	6%	14%	5%	15%	10%
		b		b		b	
Other sport, exercise or physical activity	119	81	16	84	7	65	26
	6%	6%	5%	6%	3%	6%	6%
				b			
I have not done any physical activity in the past week	271	63	115	86	100	82	125
	13%	5%	37%	6%	39%	8%	26%
			a		a		a
NET: Home based activity	916	672	77	700	79	576	141
	45%	53%	25%	52%	31%	53%	30%
		b		b		b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q3B. You mentioned that you have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week. On which, if any, digital platforms or websites have you found these home workouts?

BASE: All those who have done a home activity, fitness or exercise class viewed online or on TV, DVD or video 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	388	127	258	190	129	69	19	40	32	46	35	33	86	63	34
Total	383	121	258	176	131	76	18	44	31	42	33	38	82	57	38
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
YouTube	280	87	189	144	96	39	14	32	20	31	20	31	62	42	28
	73%	72%	73%	82%	74%	52%	76%	73%	65%	75%	61%	81%	75%	73%	73%
				c	c										
Facebook	73	27	45	36	27	10	5	6	10	6	8	12	8	9	8
	19%	22%	18%	20%	21%	13%	29%	12%	33%	15%	25%	32%	10%	15%	22%
									bg		g	bg			
Instagram	72	26	45	50	22	-	2	6	5	5	4	7	25	12	4
	19%	22%	17%	29%	17%	-	12%	14%	18%	13%	12%	19%	30%	22%	12%
				bc	c								dei		
The website of my gym	34	13	20	21	8	5	2	3	5	3	2	2	9	4	4
	9%	10%	8%	12%	6%	6%	12%	8%	16%	7%	5%	6%	11%	6%	10%
UK Active website	29	13	16	16	8	5	1	4	3	3	1	1	8	3	4
	8%	11%	6%	9%	6%	7%	7%	9%	11%	6%	4%	3%	10%	6%	10%
Twitter	22	14	8	17	5	-	-	5	2	3	-	-	7	3	2
	6%	11%	3%	10%	4%	-	-	11%	7%	8%	-	-	8%	5%	5%
		b		bc				e							
Sport England website	14	8	5	10	3	-	1	1	1	-	1	-	6	3	-
	4%	7%	2%	6%	3%	-	7%	2%	4%	-	4%	-	8%	5%	-
		b		c											
Other	48	8	40	10	22	16	1	4	4	6	3	5	12	8	4
	13%	7%	15%	6%	17%	21%	6%	9%	13%	15%	10%	13%	15%	14%	12%
			a		a	a									
I did not do an online workout in the past week	21	12	9	7	3	11	2	4	2	2	2	1	2	4	1
	5%	10%	3%	4%	3%	14%	11%	9%	7%	4%	6%	4%	3%	7%	2%
		b				ab									

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q3B. You mentioned that you have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week. On which, if any, digital platforms or websites have you found these home workouts?

BASE: All those who have done a home activity, fitness or exercise class viewed online or on TV, DVD or video 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
	a	b	c	d	*e	f	g	h	a	*b	c	*d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	388	38	123	107	56	27	37	268	120	297	19	43	12	5	6	85
Total	383	37	122	104	58	25	37	263	120	296	18	42	11	5	5	81
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
YouTube	280 73%	30 80% dfh	89 73% f	86 83% dfh	34 59%	21 84%	20 53%	205 78% dfh	75 62%	208 70%	15 83%	35 85% a	9 79%	5 100%	4 81%	68 84% a
Facebook	73 19%	8 21%	20 16%	19 19%	11 18%	7 28%	9 23%	47 18%	26 22%	59 20%	5 26%	7 18%	1 7%	- -	- -	13 16%
Instagram	72 19%	10 27% dfh	27 22% dh	21 21%	5 9%	6 22%	3 8%	58 22% dfh	14 12%	48 16%	6 32%	13 32% a	2 21%	1 14%	1 28%	23 29% a
The website of my gym	34 9%	10 27% bcdfgh	10 8%	10 9%	1 2%	- -	3 8%	29 11% dh	4 4%	25 8%	1 6%	5 12%	2 18%	1 26%	- -	9 11%
UK Active website	29 8%	6 16% cf	11 9%	3 3%	7 12% c	1 3%	1 2%	21 8%	8 7%	22 7%	1 6%	6 14%	- -	- -	- -	7 9%
Twitter	22 6%	6 16% bcgh	6 5%	5 5%	4 7%	- -	1 2%	17 7%	5 4%	17 6%	1 8%	3 6%	- -	1 26%	- -	5 7%
Sport England website	14 4%	3 8%	5 4%	3 3%	2 3%	1 3%	- -	11 4%	3 2%	12 4%	- -	1 3%	- -	- -	- -	1 1%
Other	48 13%	4 10%	15 12%	8 8%	10 18% c	2 8%	9 25% cg	27 10% cg	22 18%	43 15% cg	3 17%	1 3%	- -	- -	- -	4 5%
I did not do an online workout in the past week	21 5%	- -	8 6%	3 2%	8 14% acg	- -	2 6%	10 4%	11 9% c	17 6%	1 4%	1 3%	- -	- -	1 19%	3 4%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q3B. You mentioned that you have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week. On which, if any, digital platforms or websites have you found these home workouts?

BASE: All those who have done a home activity, fitness or exercise class viewed online or on TV, DVD or video 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	*a	*b	c	d	*e	f	a	*b	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	388	216	72	79	151	10	18	72	279	9	100	364	15	41	192	130	25	347
Total	383	186	84	94	179	9	17	74	273	10	100	359	14	38	185	135	24	344
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
YouTube	280	124	68	75	143	7	11	50	207	5	68	265	8	27	130	105	18	253
	73%	67%	80%	79%	80%	73%	65%	68%	76%	52%	68%	74%	60%	69%	70%	78%	74%	73%
			a	a	a													
Facebook	73	28	18	23	41	6	6	22	39	-	34	68	2	9	34	24	7	64
	19%	15%	21%	24%	23%	65%	37%	29%	14%	-	34%	19%	16%	22%	18%	18%	30%	19%
						d		d			d							
Instagram	72	34	22	15	37	4	6	15	45	2	25	70	1	7	31	26	9	65
	19%	18%	26%	16%	21%	44%	35%	20%	17%	19%	25%	20%	10%	18%	17%	19%	36%	19%
The website of my gym	34	15	7	11	18	4	3	4	23	-	10	32	1	2	14	14	3	32
	9%	8%	8%	12%	10%	42%	16%	5%	9%	-	10%	9%	9%	4%	8%	11%	14%	9%
UK Active website	29	11	9	7	16	5	5	8	11	-	18	27	1	5	12	9	3	24
	8%	6%	11%	8%	9%	57%	29%	11%	4%	-	18%	7%	10%	12%	7%	7%	14%	7%
						d		d			d							
Twitter	22	5	3	11	14	4	4	6	8	-	14	20	2	1	5	11	6	21
	6%	3%	4%	12%	8%	41%	22%	8%	3%	-	14%	6%	16%	2%	2%	8%	24%	6%
			a	a				d			d					b		
Sport England website	14	4	4	5	8	4	-	3	7	-	7	13	1	2	5	5	1	11
	4%	2%	4%	5%	5%	42%	-	4%	3%	-	7%	4%	6%	6%	3%	4%	5%	3%
Other	48	30	8	10	18	-	-	8	37	3	8	45	3	3	28	17	1	45
	13%	16%	9%	10%	10%	-	-	11%	14%	34%	8%	13%	23%	7%	15%	12%	3%	13%
I did not do an online workout in the past week	21	14	4	1	5	1	1	4	13	1	6	18	-	5	10	5	2	16
	5%	8%	4%	1%	3%	11%	6%	6%	5%	14%	6%	5%	-	12%	5%	3%	7%	5%
		cd												c				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q3B. You mentioned that you have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week. On which, if any, digital platforms or websites have you found these home workouts?

BASE: All those who have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	388	62	273	44	37	17	284	91	4	339	49	328	56
Total	383	66	268	43	37	17	280	91	3	333	50	325	54
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
YouTube	280	51	194	30	28	8	210	64	1	246	34	242	36
	73%	77%	72%	70%	76%	47%	75%	70%	24%	74%	68%	75%	66%
Facebook	73	24	38	10	17	4	42	29	1	62	11	58	14
	19%	36%	14%	24%	47%	21%	15%	32%	21%	19%	22%	18%	26%
		b			ad			d					
Instagram	72	18	45	10	10	4	49	21	1	65	7	58	14
	19%	27%	17%	24%	27%	25%	18%	23%	21%	20%	14%	18%	25%
The website of my gym	34	7	25	3	3	3	24	8	-	27	7	32	2
	9%	10%	9%	7%	7%	17%	9%	9%	-	8%	14%	10%	4%
UK Active website	29	10	13	6	5	3	16	13	-	23	6	22	7
	8%	16%	5%	15%	14%	20%	6%	15%	-	7%	12%	7%	14%
		b		d				d					
Twitter	22	8	13	1	2	3	17	5	-	21	1	21	-
	6%	12%	5%	2%	6%	17%	6%	6%	-	6%	2%	7%	-
		b											
Sport England website	14	6	5	1	1	1	9	3	-	12	1	12	1
	4%	10%	2%	3%	4%	9%	3%	4%	-	4%	2%	4%	2%
		b											
Other	48	7	39	4	2	4	38	9	1	43	6	44	4
	13%	10%	14%	9%	5%	25%	14%	10%	25%	13%	11%	13%	8%
I did not do an online workout in the past week	21	2	14	2	2	2	12	5	1	20	1	17	2
	5%	3%	5%	4%	5%	13%	4%	5%	30%	6%	2%	5%	5%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q3B. You mentioned that you have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week. On which, if any, digital platforms or websites have you found these home workouts?

BASE: All those who have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week

	Number of days active										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)		
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%																		
Unweighted Total	388	16	26	49	74	42	66	31	84	165	181	207	56	121	325	25	312	33
Total	383	16	24	47	75	44	65	30	81	166	176	204	57	118	321	23	308	32
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
YouTube	280	6	17	29	55	35	56	20	61	119	137	158	34	85	235	19	225	23
	73%	37%	69%	63%	73%	81%	86%	68%	75%	72%	78%	78%	60%	72%	73%	83%	73%	73%
							cdgi				c	b						
Facebook	73	3	6	9	18	8	9	6	13	35	29	37	10	25	60	3	57	4
	19%	17%	26%	20%	24%	19%	14%	21%	16%	21%	16%	18%	17%	21%	19%	12%	19%	14%
Instagram	72	-	5	5	18	13	12	3	16	36	32	46	5	21	59	6	58	7
	19%	-	20%	11%	23%	30%	19%	11%	20%	21%	18%	23%	9%	17%	18%	25%	19%	23%
						c					b							
The website of my gym	34	-	2	2	9	4	5	5	7	15	16	18	3	13	32	2	27	2
	9%	-	10%	4%	12%	9%	8%	15%	8%	9%	9%	9%	6%	11%	10%	7%	9%	5%
UK Active website	29	2	2	1	7	4	4	6	3	13	13	17	5	6	27	1	21	-
	8%	11%	6%	2%	10%	10%	6%	20%	4%	8%	8%	9%	10%	5%	8%	4%	7%	-
								cfhij										
Twitter	22	-	-	3	5	3	2	3	5	12	10	15	2	5	16	2	15	2
	6%	-	-	7%	7%	7%	3%	9%	6%	7%	6%	7%	4%	5%	5%	8%	5%	7%
Sport England website	14	1	-	-	3	2	1	6	1	5	8	10	1	3	12	1	10	-
	4%	5%	-	-	3%	4%	2%	19%	1%	3%	5%	5%	1%	2%	4%	3%	3%	-
								cdefhij										
Other	48	6	-	9	7	5	5	6	8	22	20	20	10	18	44	3	43	5
	13%	39%	-	20%	10%	12%	8%	21%	10%	13%	11%	10%	18%	15%	14%	11%	14%	14%
I did not do an online workout in the past week	21	1	1	3	4	2	3	-	7	9	10	12	3	5	16	1	19	2
	5%	6%	3%	7%	5%	5%	4%	-	9%	6%	6%	6%	5%	4%	5%	6%	6%	6%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q3B. You mentioned that you have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week. On which, if any, digital platforms or websites have you found these home workouts?

BASE: All those who have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Disagree	
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	388	303	32	311	32	278	39
Total	383	302	30	309	30	276	39
	100%	100%	100%	100%	100%	100%	100%
YouTube	280 73%	227 75%	17 56%	225 73%	21 68%	204 74%	28 71%
Facebook	73 19%	55 18%	4 15%	58 19%	5 15%	56 20%	8 20%
Instagram	72 19%	59 20%	8 25%	56 18%	6 19%	56 20%	5 12%
The website of my gym	34 9%	30 10%	- -	30 10%	1 3%	27 10%	3 8%
UK Active website	29 8%	22 7%	1 3%	23 7%	2 8%	22 8%	1 2%
Twitter	22 6%	17 6%	1 3%	15 5%	1 4%	17 6%	2 5%
Sport England website	14 4%	10 3%	- -	10 3%	1 4%	10 4%	1 2%
Other	48 13%	35 11%	8 27%	42 14%	5 16%	36 13%	5 13%
I did not do an online workout in the past week	21 5%	16 5%	2 6%	17 6%	2 8%	12 4%	2 5%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q3C. You mentioned that you have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week. Which influencers or instructors, if any, have you found most useful for these home workouts?

BASE: All those who have done a home activity, fitness or exercise class viewed online or on TV, DVD or video 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	388	127	258	190	129	69	19	40	32	46	35	33	86	63	34
Total	383	121	258	176	131	76	18	44	31	42	33	38	82	57	38
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Joe Wicks / The Body Coach	99	25	74	46	40	13	7	18	8	11	8	6	12	20	9
	26%	20%	29%	26%	31%	17%	41%	41%	25%	26%	25%	16%	14%	35%	23%
					c			fg						fg	
Yoga With Adriene	8	2	7	4	2	2	-	1	-	-	-	4	1	2	1
	2%	1%	3%	3%	1%	3%	-	2%	-	-	-	10%	1%	3%	2%
												dg			
Davina McCall	8	-	8	4	5	-	-	1	2	2	1	1	-	2	-
	2%	-	3%	2%	4%	-	-	2%	6%	4%	2%	2%	-	4%	-
			a						g						
My local / personal trainer	7	-	7	-	5	2	-	1	1	-	-	1	1	-	3
	2%	-	3%	-	4%	3%	-	3%	3%	-	-	4%	1%	-	7%
			a		a	a									h
Chloe Ting	7	1	6	5	2	-	1	1	1	-	-	-	3	-	1
	2%	1%	2%	3%	1%	-	5%	2%	2%	-	-	-	4%	-	2%
Mr Motivator	6	3	3	1	2	2	-	-	-	1	1	3	-	1	-
	2%	3%	1%	1%	2%	3%	-	-	-	3%	4%	7%	-	1%	-
												g			
Leslie Sansone	5	1	3	-	3	2	-	-	-	2	-	1	1	1	-
	1%	1%	1%	-	2%	2%	-	-	-	4%	-	3%	1%	1%	-
			a		a	a									
Les Mills	5	2	2	2	1	1	-	-	-	-	-	1	-	1	2
	1%	2%	1%	1%	1%	1%	-	-	-	-	-	3%	-	2%	6%
															g
Yoga instructor (unspecified)	4	1	3	1	1	1	-	1	-	1	-	-	1	-	1
	1%	1%	1%	1%	1%	2%	-	3%	-	2%	-	-	1%	-	4%
Just Dance	4	-	4	1	3	-	-	-	-	-	-	1	1	1	-
	1%	-	1%	1%	2%	-	-	-	-	-	-	4%	1%	2%	-
Lucy Wyndham-Read	3	-	3	1	1	1	-	1	-	-	-	1	-	1	-
	1%	-	1%	1%	1%	1%	-	3%	-	-	-	3%	-	1%	-
Blogilates	3	1	2	2	2	-	-	1	1	-	-	-	1	-	1
	1%	1%	1%	1%	1%	-	-	2%	2%	-	-	-	1%	-	2%
Fitness Blender	3	-	3	1	2	-	-	-	-	-	1	-	1	1	-
	1%	-	1%	1%	1%	-	-	-	-	-	2%	-	1%	2%	-
Shaun T	3	2	1	2	1	-	-	-	-	-	-	-	2	1	-
	1%	2%	*	1%	1%	-	-	-	-	-	-	-	3%	1%	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q3C. You mentioned that you have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week. Which influencers or instructors, if any, have you found most useful for these home workouts?

BASE: All those who have done a home activity, fitness or exercise class viewed online or on TV, DVD or video 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	388	127	258	190	129	69	19	40	32	46	35	33	86	63	34
Total	383	121	258	176	131	76	18	44	31	42	33	38	82	57	38
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Pamela Reif	3 1%	- -	3 1%	2 1%	1 1%	- -	- -	- -	- -	1 2%	- -	- -	1 1%	- -	1 2%
POPSUGAR Fitness	3 1%	- -	3 1%	2 1%	1 1%	- -	- -	- -	- -	- -	1 2%	1 2%	1 1%	- -	- -
Jessica Smith	2 1%	1 1%	1 *	- -	1 1%	1 2%	- -	- -	- -	- -	- -	2 6%	- -	- -	- -
												g			
Krissy Cela	2 1%	- -	2 1%	1 1%	1 1%	- -	- -	- -	- -	1 2%	- -	- -	1 1%	- -	- -
Natacha Oceane	2 1%	1 1%	1 *	2 1%	- -	- -	- -	- -	- -	- -	- -	1 2%	1 1%	- -	- -
MadFit	2 1%	- -	2 1%	1 1%	1 1%	- -	- -	- -	- -	1 2%	- -	- -	1 1%	- -	- -
Meggan Grubb	2 *	- -	2 1%	2 1%	- -	- -	- -	- -	- -	- -	- -	1 2%	1 1%	- -	- -
Athlean-X	1 *	1 1%	1 *	1 *	1 1%	- -	- -	- -	- -	1 2%	- -	- -	1 1%	- -	- -
Other	114 30%	46 37%	67 26%	57 32%	34 26%	23 31%	6 35%	8 19%	14 44%	14 32%	12 38%	12 32%	27 34%	14 25%	6 15%
			b						bi		i		i		
N/A / don't know	100 26%	36 29%	63 24%	45 26%	28 21%	27 36%	3 19%	11 26%	5 17%	10 23%	9 26%	7 19%	25 31%	15 26%	14 38%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q3C. You mentioned that you have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week. Which influencers or instructors, if any, have you found most useful for these home workouts?

BASE: All those who have done a home activity, fitness or exercise class viewed online or on TV, DVD or video 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
		a	b	c	d	*e	f	g	h	a	*b	c	*d	*e	*f	g
Significance Level: 95%																
Unweighted Total	388	38	123	107	56	27	37	268	120	297	19	43	12	5	6	85
Total	383	37	122	104	58	25	37	263	120	296	18	42	11	5	5	81
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Joe Wicks / The Body Coach	99 26%	11 29%	37 31%	30 29%	9 15%	6 25%	6 15%	78 30%	20 17%	79 27%	5 27%	7 18%	2 20%	3 64%	2 38%	20 24%
Yoga With Adriene	8 2%	2 5%	4 3%	2 2%	- -	- -	- -	8 3%	- -	6 2%	- -	1 2%	1 13%	- -	- -	2 3%
Davina McCall	8 2%	1 2%	2 1%	- -	3 5%	2 10%	1 2%	2 1%	6 5%	7 2%	- -	- -	- -	- -	- -	- -
My local / personal trainer	7 2%	- -	3 3%	3 3%	1 2%	- -	- -	6 2%	1 1%	7 2%	- -	- -	- -	- -	- -	- -
Chloe Ting	7 2%	- -	4 4%	1 1%	1 1%	1 3%	- -	5 2%	1 1%	4 2%	- -	1 2%	2 15%	- -	- -	2 3%
Mr Motivator	6 2%	- -	1 1%	2 2%	3 5%	- -	- -	3 1%	3 2%	6 2%	- -	- -	- -	- -	- -	- -
Leslie Sansone	5 1%	- -	- -	1 1%	1 1%	1 3%	2 5%	1 *	3 3%	3 1%	1 6%	- -	1 7%	- -	- -	2 2%
Les Mills	5 1%	- -	- -	2 2%	1 2%	- -	1 3%	2 1%	2 2%	5 2%	- -	- -	- -	- -	- -	- -
Yoga instructor (unspecified)	4 1%	- -	2 2%	2 2%	- -	- -	- -	4 2%	- -	4 1%	- -	- -	- -	- -	- -	- -
Just Dance	4 1%	- -	1 1%	2 2%	- -	- -	- -	4 1%	- -	3 1%	- -	1 3%	- -	- -	- -	1 1%
Lucy Wyndham-Read	3 1%	- -	- -	1 1%	1 2%	- -	1 3%	1 *	2 2%	3 1%	- -	- -	- -	- -	- -	- -
Blogilates	3 1%	- -	2 1%	- -	1 1%	1 3%	- -	2 1%	2 1%	2 1%	- -	1 2%	- -	- -	- -	1 1%
Fitness Blender	3 1%	- -	1 1%	1 1%	1 1%	- -	- -	2 1%	1 1%	2 1%	- -	- -	1 10%	- -	- -	1 1%
Shaun T	3 1%	- -	3 2%	- -	- -	- -	- -	3 1%	- -	2 1%	- -	1 2%	- -	- -	- -	1 1%
Pamela Reif	3 1%	1 2%	1 1%	1 1%	- -	- -	- -	3 1%	- -	3 1%	- -	- -	- -	- -	- -	- -

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q3C. You mentioned that you have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week. Which influencers or instructors, if any, have you found most useful for these home workouts?

BASE: All those who have done a home activity, fitness or exercise class viewed online or on TV, DVD or video 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
	a	b	c	d	*e	f	g	h	a	*b	c	*d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	388	38	123	107	56	27	37	268	120	297	19	43	12	5	6	85
Total	383	37	122	104	58	25	37	263	120	296	18	42	11	5	5	81
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
POPSUGAR Fitness	3 1%	- -	1 1%	2 1%	- -	- -	- -	3 1%	- -	3 1%	- -	- -	- -	- -	- -	- -
Jessica Smith	2 1%	- -	- -	- -	1 2%	- -	1 3%	- -	2 2%	2 1%	- -	- -	- -	- -	- -	- -
				g			g		g							
Krissy Cela	2 1%	- -	2 2%	- -	- -	- -	- -	2 1%	- -	1 *	- -	1 2%	- -	- -	- -	1 1%
Natacha Oceane	2 1%	- -	1 1%	1 1%	- -	- -	- -	2 1%	- -	2 1%	- -	- -	- -	- -	- -	- -
MadFit	2 1%	1 3%	1 1%	- -	- -	- -	- -	2 1%	- -	1 *	- -	- -	1 10%	- -	- -	1 1%
Meggan Grubb	2 *	- -	1 1%	1 1%	- -	- -	- -	2 1%	- -	1 *	- -	- -	- -	- -	- -	- -
Athlean-X	1 *	- -	1 1%	- -	- -	- -	- -	1 1%	- -	1 *	- -	- -	- -	- -	- -	- -
Other	114 30%	10 27%	32 27%	34 33%	17 30%	8 31%	12 33%	77 29%	37 31%	88 30%	6 33%	14 34%	2 21%	1 14%	3 48%	25 31%
N/A / don't know	100 26%	12 32%	25 21%	22 21%	19 33%	6 25%	16 42%	59 23%	41 34%	73 25%	6 33%	15 35%	2 14%	1 21%	1 13%	24 30%
							bcg		bcg							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q3C. You mentioned that you have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week. Which influencers or instructors, if any, have you found most useful for these home workouts?

BASE: All those who have done a home activity, fitness or exercise class viewed online or on TV, DVD or video 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	*a	*b	c	d	*e	f	a	*b	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	388	216	72	79	151	10	18	72	279	9	100	364	15	41	192	130	25	347
Total	383	186	84	94	179	9	17	74	273	10	100	359	14	38	185	135	24	344
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Joe Wicks / The Body Coach	99	33	24	39	63	1	4	16	76	2	21	96	2	9	39	47	4	90
	26%	18%	29%	41%	35%	11%	25%	21%	28%	19%	21%	27%	16%	23%	21%	34%	17%	26%
			a	a	a										b			
Yoga With Adriene	8	4	1	3	4	-	-	2	6	-	2	6	2	-	5	2	1	8
	2%	2%	2%	3%	2%	-	-	3%	2%	-	2%	2%	16%	-	3%	2%	5%	2%
Davina McCall	8	6	-	2	2	-	1	2	6	-	2	7	1	2	4	3	-	7
	2%	3%	-	2%	1%	-	4%	2%	2%	-	2%	2%	10%	4%	2%	2%	-	2%
My local / personal trainer	7	1	4	1	5	-	-	3	5	-	3	6	1	-	5	3	-	7
	2%	*	4%	2%	3%	-	-	3%	2%	-	3%	2%	10%	-	2%	2%	-	2%
			a															
Chloe Ting	7	3	3	-	3	-	-	-	7	-	-	7	-	-	3	3	1	7
	2%	2%	4%	-	2%	-	-	-	2%	-	-	2%	-	-	1%	3%	3%	2%
Mr Motivator	6	3	1	1	3	-	-	2	3	-	2	6	-	-	6	-	-	6
	2%	2%	1%	2%	2%	-	-	3%	1%	-	2%	2%	-	-	3%	-	-	2%
															c			
Leslie Sansone	5	3	1	-	1	-	-	1	4	-	1	5	-	-	3	1	-	5
	1%	2%	1%	-	1%	-	-	1%	1%	-	1%	1%	-	-	2%	1%	-	1%
Les Mills	5	2	1	1	2	-	-	-	3	1	-	5	-	-	3	1	-	5
	1%	1%	1%	1%	1%	-	-	-	1%	13%	-	1%	-	-	2%	1%	-	1%
Yoga instructor (unspecified)	4	3	-	1	1	-	-	-	4	-	-	4	-	1	1	1	-	3
	1%	2%	-	1%	1%	-	-	-	2%	-	-	1%	-	4%	1%	1%	-	1%
Just Dance	4	-	-	4	4	-	-	-	4	-	-	4	-	-	1	3	-	4
	1%	-	-	4%	2%	-	-	-	1%	-	-	1%	-	-	1%	2%	-	1%
				a	a													
Lucy Wyndham-Read	3	2	-	1	1	-	-	-	3	-	-	3	-	-	2	1	-	3
	1%	1%	-	1%	1%	-	-	-	1%	-	-	1%	-	-	1%	1%	-	1%
Blogilates	3	2	-	-	-	-	-	-	3	-	-	3	-	-	2	1	-	3
	1%	1%	-	-	-	-	-	-	1%	-	-	1%	-	-	1%	1%	-	1%
Fitness Blender	3	1	1	1	2	-	-	-	3	-	-	3	-	-	2	1	-	3
	1%	*	1%	1%	1%	-	-	-	1%	-	-	1%	-	-	1%	1%	-	1%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q3C. You mentioned that you have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week. Which influencers or instructors, if any, have you found most useful for these home workouts?

BASE: All those who have done a home activity, fitness or exercise class viewed online or on TV, DVD or video 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	*a	*b	c	d	*e	f	a	*b	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	388	216	72	79	151	10	18	72	279	9	100	364	15	41	192	130	25	347
Total	383	186	84	94	179	9	17	74	273	10	100	359	14	38	185	135	24	344
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Shaun T	3 1%	1 *	-	2 2%	2 1%	-	-	-	3 1%	-	-	3 1%	-	-	1 *	2 2%	-	3 1%
Pamela Reif	3 1%	2 1%	-	1 1%	1 1%	-	-	-	3 1%	-	-	2 1%	1 5%	1 2%	1 *	1 1%	-	2 1%
POPSUGAR Fitness	3 1%	2 1%	-	1 1%	1 1%	-	1 4%	-	2 1%	-	1 1%	3 1%	-	-	-	2 1%	1 3%	3 1%
Jessica Smith	2 1%	2 1%	-	-	-	-	-	-	2 1%	-	-	2 1%	-	-	2 1%	-	-	2 1%
Krissy Cela	2 1%	-	1 1%	1 1%	2 1%	-	1 6%	-	1 *	-	1 1%	2 1%	-	-	-	2 2%	-	2 1%
Natacha Oceane	2 1%	1 *	1 1%	-	1 1%	-	-	-	2 1%	-	-	2 1%	-	-	2 1%	-	-	2 1%
MadFit	2 1%	-	1 1%	1 1%	2 1%	-	-	-	2 1%	-	-	2 1%	-	-	-	2 1%	-	2 1%
Meggan Grubb	2 *	1 *	1 1%	-	1 1%	-	-	-	2 1%	-	-	2 1%	-	-	1 1%	-	1 3%	2 1%
Athlean-X	1 *	1 1%	-	-	-	-	-	-	1 1%	-	-	1 *	-	-	1 *	1 1%	-	1 *
Other	114 30%	61 33%	28 33%	20 21%	47 27%	7 76%	9 51%	25 34%	72 26%	1 8%	41 41%	110 31%	2 16%	13 33%	57 31%	36 27%	8 34%	101 29%
N/A / don't know	100 26%	57 30%	17 20%	19 20%	36 20%	1 13%	1 9%	24 32%	68 25%	6 60%	27 27%	89 25%	4 27%	13 34%	49 27%	28 21%	10 40%	87 25%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q3C. You mentioned that you have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week. Which influencers or instructors, if any, have you found most useful for these home workouts?

BASE: All those who have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	388	62	273	44	37	17	284	91	4	339	49	328	56
Total	383	66	268	43	37	17	280	91	3	333	50	325	54
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Joe Wicks / The Body Coach	99 26%	10 15%	78 29%	5 11%	12 32%	2 10%	80 29%	18 19%	1 24%	91 27%	8 16%	86 27%	12 22%
			a		a		a						
Yoga With Adriene	8 2%	1 1%	8 3%	1 2%	- -	- -	8 3%	1 1%	- -	5 1%	4 8%	8 3%	- -
											a		
Davina McCall	8 2%	- -	7 2%	1 2%	3 9%	1 5%	3 1%	4 4%	1 21%	6 2%	3 5%	8 2%	1 1%
					d								
My local / personal trainer	7 2%	1 2%	6 2%	- -	- -	- -	6 2%	- -	- -	5 1%	3 5%	7 2%	- -
Chloe Ting	7 2%	1 2%	5 2%	1 2%	- -	- -	5 2%	1 1%	- -	5 2%	1 3%	6 2%	1 2%
Mr Motivator	6 2%	3 4%	3 1%	1 3%	- -	- -	4 2%	1 2%	- -	6 2%	- -	5 1%	1 2%
Leslie Sansone	5 1%	- -	5 2%	- -	1 2%	- -	4 1%	1 1%	- -	4 1%	1 2%	5 1%	- -
Les Mills	5 1%	1 2%	3 1%	- -	- -	- -	5 2%	- -	- -	3 1%	1 2%	5 1%	- -
Yoga instructor (unspecified)	4 1%	- -	3 1%	1 3%	- -	- -	3 1%	1 1%	- -	3 1%	1 3%	4 1%	- -
Just Dance	4 1%	1 2%	3 1%	- -	- -	- -	4 1%	- -	- -	4 1%	- -	4 1%	- -
Lucy Wyndham-Read	3 1%	- -	3 1%	- -	- -	- -	3 1%	- -	- -	3 1%	- -	3 1%	- -
Blogilates	3 1%	- -	2 1%	- -	- -	- -	1 1%	- -	- -	2 1%	1 2%	3 1%	- -

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q3C. You mentioned that you have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week. Which influencers or instructors, if any, have you found most useful for these home workouts?

BASE: All those who have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		a	b	*c	d	e	*f	a	b	a	b
Significance Level: 95%													
Unweighted Total	388	62	273	44	37	17	284	91	4	339	49	328	56
Total	383	66	268	43	37	17	280	91	3	333	50	325	54
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Fitness Blender	3	-	3	-	-	-	3	-	-	3	-	3	-
	1%	-	1%	-	-	-	1%	-	-	1%	-	1%	-
Shaun T	3	-	3	-	-	-	3	-	-	3	-	2	1
	1%	-	1%	-	-	-	1%	-	-	1%	-	1%	1%
Pamela Reif	3	-	2	-	-	1	2	1	-	3	-	2	1
	1%	-	1%	-	-	6%	1%	1%	-	1%	-	1%	2%
POPSUGAR Fitness	3	-	3	-	-	-	3	-	-	3	-	3	-
	1%	-	1%	-	-	-	1%	-	-	1%	-	1%	-
Jessica Smith	2	-	2	-	-	-	2	-	-	1	1	1	1
	1%	-	1%	-	-	-	1%	-	-	*	3%	*	2%
Krissy Cela	2	-	2	-	-	-	2	-	-	2	-	2	-
	1%	-	1%	-	-	-	1%	-	-	1%	-	1%	-
Natacha Oceane	2	-	2	-	-	-	2	-	-	2	-	2	-
	1%	-	1%	-	-	-	1%	-	-	1%	-	1%	-
MadFit	2	-	2	1	-	-	1	1	-	1	1	2	-
	1%	-	1%	3%	-	-	*	1%	-	*	2%	1%	-
Meggan Grubb	2	-	2	1	-	-	1	1	-	2	-	2	-
	*	-	1%	2%	-	-	*	1%	-	1%	-	1%	-
Athlean-X	1	-	1	-	-	-	1	-	-	1	-	1	-
	*	-	1%	-	-	-	1%	-	-	*	-	*	-
Other	114	28	72	16	10	9	79	32	1	104	10	94	20
	30%	43%	27%	38%	27%	52%	28%	36%	30%	31%	21%	29%	37%
		b											
N/A / don't know	100	20	62	15	11	4	66	28	1	84	16	81	16
	26%	31%	23%	35%	30%	26%	24%	31%	25%	25%	32%	25%	30%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q3C. You mentioned that you have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week. Which influencers or instructors, if any, have you found most useful for these home workouts?

BASE: All those who have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week

	Number of days active										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)		
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
	*a	*b	c	d	e	f	g	h	i	j	a	b	c	a	*b	a	b	
Significance Level: 95%																		
Unweighted Total	388	16	26	49	74	42	66	31	84	165	181	207	56	121	325	25	312	33
Total	383	16	24	47	75	44	65	30	81	166	176	204	57	118	321	23	308	32
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Joe Wicks / The Body Coach	99	1	7	9	15	10	22	8	28	34	57	58	8	33	85	9	80	9
	26%	6%	27%	20%	20%	22%	34%	25%	34%	21%	32%	28%	14%	28%	26%	38%	26%	29%
							i		i		i	b		b				
Yoga With Adriene	8	1	1	1	2	1	1	1	-	4	2	6	-	2	6	-	6	1
	2%	5%	3%	2%	3%	3%	2%	3%	-	3%	1%	3%	-	2%	2%	-	2%	4%
Davina McCall	8	1	1	1	1	-	2	1	2	2	4	3	3	2	8	-	7	1
	2%	5%	6%	2%	1%	-	3%	2%	2%	1%	2%	2%	5%	2%	2%	-	2%	2%
My local / personal trainer	7	1	1	1	2	-	1	-	-	4	1	1	2	4	7	-	7	-
	2%	8%	4%	3%	3%	-	2%	-	-	2%	1%	1%	4%	3%	2%	-	2%	-
														a				
Chloe Ting	7	-	-	-	2	1	3	-	1	4	3	4	2	1	4	1	3	3
	2%	-	-	-	3%	3%	4%	-	1%	2%	2%	2%	3%	1%	1%	6%	1%	8%
																	a	
Mr Motivator	6	-	-	1	-	1	1	3	-	2	4	4	-	2	6	-	6	-
	2%	-	-	2%	-	3%	2%	9%	-	1%	2%	2%	-	2%	2%	-	2%	-
								dhij										
Leslie Sansone	5	-	-	-	1	1	1	-	2	2	3	4	-	1	5	-	4	1
	1%	-	-	-	1%	3%	2%	-	2%	1%	2%	2%	-	1%	1%	-	1%	3%
Les Mills	5	-	-	-	1	-	2	-	1	1	3	1	-	4	5	-	5	-
	1%	-	-	-	2%	-	3%	-	1%	1%	2%	1%	-	3%	1%	-	1%	-
Yoga instructor (unspecified)	4	-	1	-	1	1	-	-	1	2	1	2	-	2	4	-	4	-
	1%	-	5%	-	1%	3%	-	-	1%	1%	*	1%	-	2%	1%	-	1%	-
Just Dance	4	-	-	-	2	-	-	-	1	2	1	-	1	2	4	-	3	-
	1%	-	-	-	3%	-	-	-	2%	1%	1%	-	3%	2%	1%	-	1%	-
													a	a				
Lucy Wyndham-Read	3	-	1	-	-	-	1	-	1	-	2	-	2	1	2	-	2	-
	1%	-	5%	-	-	-	2%	-	1%	-	1%	-	4%	1%	1%	-	1%	-
													a					
Blogilates	3	-	-	-	1	1	1	-	1	2	2	1	2	1	2	2	2	2
	1%	-	-	-	1%	2%	1%	-	1%	1%	1%	*	3%	1%	*	7%	1%	5%
																	a	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q3C. You mentioned that you have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week. Which influencers or instructors, if any, have you found most useful for these home workouts?

BASE: All those who have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week

	Number of days active										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)		
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
	*a	*b	c	d	e	f	g	h	i	j	a	b	c	a	*b	a	b	
Significance Level: 95%																		
Unweighted Total	388	16	26	49	74	42	66	31	84	165	181	207	56	121	325	25	312	33
Total	383	16	24	47	75	44	65	30	81	166	176	204	57	118	321	23	308	32
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Fitness Blender	3 1%	-	1 5%	-	-	-	1 2%	1 3%	-	-	2 1%	-	2 3%	1 1%	3 1%	-	3 1%	-
Shaun T	3 1%	-	-	-	-	-	3 4%	-	-	-	3 2%	2 1%	1 2%	-	3 1%	-	2 1%	1 3%
Pamela Reif	3 1%	-	-	-	-	1 3%	2 2%	-	-	1 1%	2 1%	2 1%	1 2%	-	3 1%	-	3 1%	-
POPSUGAR Fitness	3 1%	-	-	-	-	-	1 2%	1 2%	1 1%	-	3 1%	2 1%	-	1 1%	3 1%	-	3 1%	-
Jessica Smith	2 1%	-	-	-	-	-	1 2%	-	1 2%	-	2 1%	-	1 2%	1 1%	2 1%	-	2 1%	-
Krissy Cela	2 1%	-	-	-	-	-	1 2%	-	1 1%	-	2 1%	1 1%	-	1 1%	1 5%	1 *	-	-
Natacha Oceane	2 1%	-	-	-	1 1%	1 3%	-	-	-	2 1%	-	-	1 2%	1 1%	2 1%	-	2 1%	-
MadFit	2 1%	-	-	-	-	-	1 1%	-	1 1%	-	2 1%	2 1%	-	-	1 *	1 4%	1 *	1 3%
Meggan Grubb	2 *	-	-	-	-	1 2%	-	-	1 1%	1 1%	1 *	2 1%	-	-	2 1%	-	2 1%	-
Athlean-X	1 *	-	-	1 1%	-	-	-	1 2%	-	1 *	1 *	-	-	1 1%	1 *	-	1 *	-
Other	114 30%	5 28%	5 21%	14 31%	25 33%	14 31%	20 31%	8 28%	23 28%	53 32%	51 29%	63 31%	18 33%	31 26%	101 32%	3 15%	93 30%	9 28%
N/A / don't know	100 26%	8 48%	8 34%	19 41%	22 30%	10 22%	6 9%	8 25%	20 24%	51 31%	33 19%	51 25%	16 28%	32 27%	75 23%	8 33%	79 26%	6 20%
				fhj	f			f	f	fj								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q3C. You mentioned that you have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week. Which influencers or instructors, if any, have you found most useful for these home workouts?

BASE: All those who have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
	a	b	a	b	a	b
Significance Level: 95%						
Unweighted Total	388	32	311	32	278	39
Total	383	30	309	30	276	39
	100%	100%	100%	100%	100%	100%
Joe Wicks / The Body Coach	99 26%	79 26%	8 25%	8 25%	79 29%	12 31%
Yoga With Adriene	8 2%	7 2%	- -	8 2%	1 3%	7 2%
Davina McCall	8 2%	5 2%	- -	6 2%	- -	6 2%
My local / personal trainer	7 2%	7 2%	- -	7 2%	- -	7 3%
Chloe Ting	7 2%	4 1%	1 5%	6 2%	- -	5 2%
Mr Motivator	6 2%	6 2%	- -	6 2%	- -	5 2%
Leslie Sansone	5 1%	3 1%	1 2%	3 1%	- -	4 1%
Les Mills	5 1%	5 2%	- -	5 1%	- -	5 2%
Yoga instructor (unspecified)	4 1%	3 1%	- -	4 1%	- -	3 1%
Just Dance	4 1%	4 1%	- -	4 1%	- -	1 1%
Lucy Wyndham-Read	3 1%	2 1%	- -	3 1%	- -	3 1%
Blogilates	3 1%	2 1%	1 2%	2 1%	1 2%	3 1%
Fitness Blender	3 1%	3 1%	- -	3 1%	- -	1 *
						2 5% a
Shaun T	3 1%	2 1%	1 3%	3 1%	- -	3 1%
Pamela Reif	3 1%	3 1%	- -	3 1%	- -	2 1%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q3C. You mentioned that you have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week. Which influencers or instructors, if any, have you found most useful for these home workouts?

BASE: All those who have done a home activity, fitness or exercise class viewed online or on TV, DVD or video in the past week

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%						
Unweighted Total	388	303	32	311	32	278
Total	383	302	30	309	30	276
	100%	100%	100%	100%	100%	100%
POPSUGAR Fitness	3	3	-	3	-	2
	1%	1%	-	1%	-	1%
Jessica Smith	2	2	-	2	-	1
	1%	1%	-	1%	-	*
						3%
						a
Krissy Cela	2	2	-	2	-	2
	1%	1%	-	1%	-	1%
Natacha Oceane	2	1	-	1	-	2
	1%	*	-	*	-	1%
MadFit	2	1	1	-	1	2
	1%	*	3%	-	3%	1%
						a
Meggan Grubb	2	2	-	2	-	1
	*	1%	-	1%	-	*
Athlean-X	1	1	-	1	-	1
	*	*	-	*	-	1%
Other	114	92	8	95	10	79
	30%	31%	27%	31%	33%	29%
N/A / don't know	100	74	10	75	11	63
	26%	25%	34%	24%	36%	23%
						30%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q3D. You mentioned you have found online workouts on YouTube. To what extent do you agree or disagree that doing workouts on YouTube keeps you feeling fit and healthy?

BASE: All those who have used YouTube to find a home workout in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	*b	*c	d	*e	*f	g	h	*i
Unweighted Total	284	93	188	154	95	35	15	29	21	35	22	27	65	45	25
Total	280	87	189	144	96	39	14	32	20	31	20	31	62	42	28
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	120 43%	39 44%	82 43%	67 46%	40 41%	14 36%	9 69%	15 45%	7 36%	11 35%	6 30%	21 66%	27 43%	16 38%	9 32%
Tend to agree (3.0)	143 51%	46 53%	95 50%	71 49%	52 54%	21 52%	4 31%	15 48%	11 53%	20 65%	13 64%	9 30%	29 47%	25 61%	16 58%
Tend to disagree (2.0)	8 3%	2 3%	5 3%	4 2%	2 2%	2 6%	- -	1 4%	1 5%	- -	- -	- -	3 6%	1 2%	1 5%
Strongly disagree (1.0)	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
Don't know	8 3%	- -	7 4%	3 2%	3 3%	2 6%	- -	1 3%	1 6%	- -	1 6%	1 4%	3 4%	- -	1 5%
NET: Agree	263 94%	85 97%	176 93%	137 95%	91 95%	35 88%	14 100%	30 93%	18 89%	31 100%	19 94%	30 96%	55 90%	41 98%	25 91%
NET: Disagree	8 3%	2 3%	5 3%	4 2%	2 2%	2 6%	- -	1 4%	1 5%	- -	- -	- -	3 6%	1 2%	1 5%
Base for stats	271	87	182	141	93	37	14	31	19	31	19	30	59	42	26
Mean Score	3.41	3.42	3.42	3.45	3.40	3.32	3.69	3.42	3.33	3.35	3.32	3.69	3.39	3.36	3.29
Standard Deviation	.549	.549	.551	.547	.535	.590	.482	.583	.582	.486	.481	.470	.602	.520	.563
Standard Error	.033	.057	.041	.045	.056	.103	.125	.110	.130	.082	.105	.092	.076	.078	.115
Error variance	*	*	*	*	*	.01	.02	.01	.02	.01	.01	.01	.01	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q3D. You mentioned you have found online workouts on YouTube. To what extent do you agree or disagree that doing workouts on YouTube keeps you feeling fit and healthy?

BASE: All those who have used YouTube to find a home workout in the past week

	Total	Social Grade							Ethnicity								
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	*e	*f	g	h	a	*b	c	*d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	284	31	89	90	33	22	19	210	74	208	16	37	9	5	5	72	
Total	280	30	89	86	34	21	20	205	75	208	15	35	9	5	4	68	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	120	15	40	36	14	9	6	91	29	95	6	12	5	2	1	26
		43%	50%	45%	42%	41%	44%	31%	44%	39%	46%	38%	35%	59%	39%	17%	38%
Tend to agree	(3.0)	143	15	45	44	19	10	11	104	39	101	9	21	3	3	3	39
		51%	50%	50%	51%	55%	48%	53%	51%	53%	49%	62%	60%	32%	61%	65%	57%
Tend to disagree	(2.0)	8	-	2	1	1	2	2	3	5	6	-	-	1	-	1	1
		3%	-	2%	1%	4%	8%	10%	1%	7%	3%	-	-	9%	-	17%	2%
Strongly disagree	(1.0)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Don't know		8	-	2	5	-	-	1	7	1	5	-	2	-	-	-	2
		3%	-	2%	6%	-	-	6%	4%	2%	3%	-	6%	-	-	-	3%
NET: Agree		263	30	85	80	33	19	17	195	69	196	15	33	8	5	3	65
		94%	100%	95%	93%	96%	92%	84%	95%	92%	94%	100%	94%	91%	100%	83%	95%
NET: Disagree		8	-	2	1	1	2	2	3	5	6	-	-	1	-	1	1
		3%	-	2%	1%	4%	8%	10%	1%	7%	3%	-	-	9%	-	17%	2%
Base for stats		271	30	87	81	34	21	19	197	74	202	15	33	9	5	4	66
Mean Score		3.41	3.50	3.44	3.44	3.37	3.36	3.22	3.45	3.33	3.44	3.38	3.37	3.51	3.39	3.00	3.37
Standard Deviation		.549	.509	.544	.517	.565	.641	.643	.525	.602	.557	.502	.489	.690	.543	.674	.529
Standard Error		.033	.091	.058	.056	.098	.137	.151	.037	.070	.039	.125	.083	.230	.243	.301	.063
Error variance		*	.01	*	*	.01	.02	.02	*	*	*	.02	.01	.05	.06	.09	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q3D. You mentioned you have found online workouts on YouTube. To what extent do you agree or disagree that doing workouts on YouTube keeps you feeling fit and healthy?

BASE: All those who have used YouTube to find a home workout 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	*a	*b	c	d	*e	f	a	*b	*a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	284	147	58	63	121	7	12	49	211	5	68	269	9	29	135	101	19	255
Total	280	124	68	75	143	7	11	50	207	5	68	265	8	27	130	105	18	253
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	120 43%	57 46%	32 48%	29 38%	61 43%	6 85%	1 7%	23 46%	89 43%	1 24%	30 44%	117 44%	2 20%	14 53%	54 41%	45 43%	7 41%	106 42%
Tend to agree (3.0)	143 51%	61 49%	32 47%	45 60%	77 54%	1 15%	10 93%	22 44%	108 52%	2 42%	33 49%	135 51%	5 56%	8 31%	67 52%	58 55%	10 54%	135 53%
Tend to disagree (2.0)	8 3%	4 3%	1 2%	1 2%	3 2%	- -	- -	4 7%	3 2%	1 14%	4 5%	6 2%	1 15%	1 5%	4 3%	2 2%	- -	6 3%
Strongly disagree (1.0)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Don't know	8 3%	3 2%	3 4%	-	3 2%	-	-	1 3%	6 3%	1 20%	1 2%	7 3%	1 9%	3 11%	5 4%	-	1 4%	5 2%
NET: Agree	263 94%	118 95%	64 94%	74 98%	137 96%	7 100%	11 100%	45 90%	197 95%	3 66%	63 93%	252 95%	6 76%	22 84%	121 93%	103 98%	17 96%	241 95%
NET: Disagree	8 3%	4 3%	1 2%	1 2%	3 2%	- -	- -	4 7%	3 2%	1 14%	4 5%	6 2%	1 15%	1 5%	4 3%	2 2%	- -	6 3%
Base for stats	271	121	65	75	140	7	11	49	201	4	66	258	8	23	125	105	17	248
Mean Score	3.41	3.44	3.48	3.36	3.42	3.85	3.07	3.40	3.43	3.12	3.39	3.43	3.05	3.54	3.39	3.41	3.43	3.40
Standard Deviation	.549	.554	.541	.520	.531	.385	.264	.631	.529	.782	.595	.544	.664	.613	.557	.533	.510	.542
Standard Error	.033	.046	.072	.065	.049	.146	.076	.091	.037	.391	.073	.034	.235	.120	.049	.053	.120	.034
Error variance	*	*	.01	*	*	.02	.01	.01	*	.15	.01	*	.06	.01	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q3D. You mentioned you have found online workouts on YouTube. To what extent do you agree or disagree that doing workouts on YouTube keeps you feeling fit and healthy?

BASE: All those who have used YouTube to find a home workout in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	*b	*c	d	e	*f	a	b	a	b
Significance Level: 95%													
Unweighted Total	284	48	197	31	27	9	214	64	1	251	33	245	37
Total	280	51	194	30	28	8	210	64	1	246	34	242	36
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	120 43%	19 38%	85 44%	12 42%	10 35%	6 80%	92 44%	27 43%	- -	106 43%	14 42%	103 43%	17 47%
Tend to agree (3.0)	143 51%	31 60%	98 51%	15 49%	17 60%	2 20%	107 51%	32 51%	1 100%	130 53%	13 40%	128 53%	15 42%
Tend to disagree (2.0)	8 3%	- -	6 3%	2 6%	1 5%	- -	5 2%	3 5%	- -	6 3%	1 4%	6 2%	1 4%
Strongly disagree (1.0)	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
Don't know	8 3%	1 1%	5 2%	1 4%	- -	- -	6 3%	1 2%	- -	4 2%	5 14%	5 2%	2 6%
NET: Agree	263 94%	50 99%	183 95%	27 90%	27 95%	8 100%	199 95%	59 93%	1 100%	236 96%	28 82%	231 96%	32 90%
NET: Disagree	8 3%	- -	6 3%	2 6%	1 5%	- -	5 2%	3 5%	- -	6 3%	1 4%	6 2%	1 4%
Base for stats	271	50	189	29	28	8	204	62	1	242	29	237	33
Mean Score	3.41	3.39	3.42	3.37	3.31	3.80	3.43	3.39	3.00	3.41	3.44	3.41	3.46
Standard Deviation	.549	.492	.553	.605	.563	.429	.541	.582	-	.545	.591	.539	.589
Standard Error	.033	.072	.040	.110	.108	.143	.038	.073	-	.035	.110	.035	.099
Error variance	*	.01	*	.01	.01	.02	*	.01	-	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q3D. You mentioned you have found online workouts on YouTube. To what extent do you agree or disagree that doing workouts on YouTube keeps you feeling fit and healthy?

BASE: All those who have used YouTube to find a home workout in the past week

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	*b	a	*b
Unweighted Total	284	6	17	31	54	34	57	22	63	119	142	161	33	88	240	20	229	24
Total	280	6	17	29	55	35	56	20	61	119	137	158	34	85	235	19	225	23
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	120 43%	3 44%	5 28%	8 27%	21 39%	14 39%	24 44%	9 44%	36 60% cdi	43 36%	70 51% ci	83 52% c	13 37%	24 28%	108 46%	6 30%	106 47%	4 18%
Tend to agree (3.0)	143 51%	1 18%	8 45%	20 68% hj	31 57%	20 57%	27 49%	11 56%	24 40%	71 60% hj	63 46%	72 45%	18 54%	53 62% a	115 49%	13 70%	110 49%	19 82%
Tend to disagree (2.0)	8 3%	1 22%	3 15%	1 2%	1 3%	-	2 3%	-	-	2 2%	2 1%	-	3 9% a	5 6% a	5 2%	-	4 2%	-
Strongly disagree (1.0)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Don't know	8 3%	1 17%	2 12%	1 3%	1 1%	1 4%	3 5%	-	-	3 2%	3 2%	4 3%	-	3 4%	7 3%	-	5 2%	-
NET: Agree	263 94%	4 62%	12 73%	28 95%	53 96%	34 96%	52 92%	20 100%	61 100%	114 96% f	133 97%	154 97% c	31 91%	77 91%	223 95%	19 100%	215 96%	23 100%
NET: Disagree	8 3%	1 22%	3 15%	1 2%	1 3%	-	2 3%	-	-	2 2%	2 1%	-	3 9% a	5 6% a	5 2%	-	4 2%	-
Base for stats	271	5	15	28	54	34	54	20	61	116	135	154	34	82	229	19	219	23
Mean Score	3.41	3.26	3.15	3.25	3.37	3.41	3.43	3.44	3.60 cdi	3.35	3.51 ci	3.54 bc	3.29	3.24	3.45	3.30	3.46	3.18
Standard Deviation	.549	.943	.711	.499	.539	.499	.561	.509	.494	.517	.527	.500	.625	.548	.545	.472	.537	.392
Standard Error	.033	.422	.184	.091	.074	.087	.076	.109	.062	.048	.045	.040	.109	.059	.036	.105	.036	.080
Error variance	*	.18	.03	.01	.01	.01	.01	.01	*	*	*	*	.01	*	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q3D. You mentioned you have found online workouts on YouTube. To what extent do you agree or disagree that doing workouts on YouTube keeps you feeling fit and healthy?

BASE: All those who have used YouTube to find a home workout in the past week

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	*b	a	*b	a	*b
Unweighted Total	284	227	19	227	22	207	27
Total	280	227	17	225	21	204	28
	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	120 43%	100 44%	6 37%	95 42%	13 61%	92 45%	13 47%
Tend to agree (3.0)	143 51%	116 51%	11 63%	118 53%	8 39%	100 49%	15 53%
Tend to disagree (2.0)	8 3%	6 3%	-	6 3%	-	6 3%	-
Strongly disagree (1.0)	-	-	-	-	-	-	-
Don't know	8 3%	5 2%	-	5 2%	-	5 3%	-
NET: Agree	263 94%	216 95%	17 100%	213 95%	21 100%	192 94%	28 100%
NET: Disagree	8 3%	6 3%	-	6 3%	-	6 3%	-
Base for stats	271	222	17	219	21	198	28
Mean Score	3.41	3.42	3.37	3.40	3.61	3.44	3.47
Standard Deviation	.549	.551	.497	.549	.499	.553	.508
Standard Error	.033	.037	.114	.037	.106	.039	.098
Error variance	*	*	.01	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Nobody, I did this on my own	With another adult or adults	With a child or children	NET: With somebody else
Walking (either for leisure or travel)	1213 100%	582 48%	529 44%	247 20%	631 52%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	450 100%	326 72%	86 19%	52 12%	124 28%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	383 100%	249 65%	88 23%	61 16%	133 35%
Running or jogging	378 100%	275 73%	71 19%	39 10%	104 27%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	320 100%	91 28%	129 40%	143 45%	229 72%
Cycling (either for leisure or travel)	247 100%	152 62%	76 31%	31 13%	95 38%
Other sport, exercise or physical activity	119 100%	87 73%	25 21%	13 11%	32 27%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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	1199	539	655	362	416	421	61	145	126	124	101	126	168	236	112
Total	1213	559	649	334	413	466	60	152	126	115	98	159	162	217	124
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	582	298	280	139	188	255	31	76	62	56	41	75	89	96	56
	48%	53%	43%	42%	45%	55%	51%	50%	49%	49%	42%	47%	55%	44%	45%
		b				ab							eh		
With another adult or adults	529	239	289	163	160	206	22	62	56	48	53	67	57	107	56
	44%	43%	45%	49%	39%	44%	36%	41%	44%	42%	54%	42%	35%	49%	45%
				b						abg				g	
With a child or children	247	62	183	87	146	14	12	29	26	24	20	38	34	43	21
	20%	11%	28%	26%	35%	3%	20%	19%	21%	21%	20%	24%	21%	20%	17%
			a	c	ac										
NET: With somebody else	631	261	369	195	225	211	29	76	64	58	57	85	73	121	68
	52%	47%	57%	58%	55%	45%	49%	50%	51%	51%	58%	53%	45%	56%	55%
		a		c	c					g				g	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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
	a	b	c	d	e	f	g	h	a	*b	c	*d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	1199	92	298	288	147	125	249	678	521	1064	25	54	23	10	8	120
Total	1213	97	302	278	145	123	268	677	536	1081	24	54	22	10	8	117
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	582	41	115	136	63	67	159	292	290	518	9	24	17	3	3	55
	48%	42%	38%	49%	43%	55%	59%	43%	54%	48%	37%	44%	78%	27%	37%	47%
			b		bg	abcdg		abdg								
With another adult or adults	529	43	152	117	72	43	101	313	216	473	13	23	4	6	4	50
	44%	44%	50%	42%	49%	35%	38%	46%	40%	44%	54%	43%	17%	60%	53%	42%
			cefh		ef		efh									
With a child or children	247	23	91	64	33	23	13	178	69	210	8	17	2	3	2	33
	20%	24%	30%	23%	23%	19%	5%	26%	13%	19%	33%	32%	10%	34%	26%	28%
		fh	cefh	fh	fh	f		fh	f			a				a
NET: With somebody else	631	56	186	142	83	55	109	385	247	563	15	30	5	7	5	62
	52%	58%	62%	51%	57%	45%	41%	57%	46%	52%	63%	56%	22%	73%	63%	53%
		fh	cefh	f	fh		efh									

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	*a	*b	c	d	*e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	1199	817	164	178	342	23	23	197	932	24	243	1124	61	180	669	311	39	1019
Total	1213	767	199	214	414	23	21	210	936	23	255	1138	61	172	672	331	38	1041
	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	582 48%	434 57%	69 34%	60 28%	128 31%	12 54%	8 37%	126 60%	420 45%	15 68%	146 57%	537 47%	34 56%	164 95%	291 43%	107 32%	20 52%	418 40%
		bcd						d			d			bcde	c		c	c
With another adult or adults	529 44%	326 43%	94 47%	97 45%	191 46%	10 41%	10 49%	77 37%	426 46%	5 23%	97 38%	502 44%	23 38%	7 4%	336 50%	170 51%	16 43%	522 50%
			a	ab	a				cf					a	a	a	a	a
With a child or children	247 20%	17 2%	95 48%	131 61%	226 55%	7 32%	3 15%	14 6%	216 23%	6 27%	24 10%	232 20%	13 21%	1 1%	93 14%	144 44%	9 23%	246 24%
			a	ab	a				cf						a	abde	a	ab
NET: With somebody else	631 52%	333 43%	131 66%	155 72%	285 69%	11 46%	14 63%	84 40%	515 55%	7 32%	109 43%	600 53%	27 44%	8 5%	380 57%	224 68%	18 48%	623 60%
			a	a	a				cf					a	abde	a	a	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%	a	b	a	b	c	d	e	*f	a	b	a	b
Unweighted Total	1199	868	120	163	34	872	297	17	939	260	1011	184
Total	1213	889	115	166	34	887	297	16	945	268	1032	177
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	582	344	67	92	18	398	167	9	468	113	468	112
	48%	39%	58%	55%	53%	45%	56%	59%	50%	42%	45%	63%
			d	d			d		b		a	a
With another adult or adults	529	461	37	63	15	410	109	5	395	133	470	56
	44%	52%	32%	38%	44%	46%	37%	33%	42%	50%	46%	32%
		a				abe			a		b	
With a child or children	247	205	23	25	7	188	51	2	196	51	215	30
	20%	23%	20%	15%	19%	21%	17%	15%	21%	19%	21%	17%
NET: With somebody else	631	544	48	74	16	489	130	6	477	155	565	65
	52%	61%	42%	45%	47%	55%	44%	41%	50%	58%	55%	37%
						abe			a		b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Number of days active										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)		
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
	a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b	
Significance Level: 95%																		
Unweighted Total	1199	120	100	166	203	141	146	65	258	510	469	445	286	459	942	96	927	102
Total	1213	120	103	167	202	139	148	68	266	508	482	452	286	467	957	96	942	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	582 48%	64 53% fj	59 58% fhj	82 49% f	101 50% f	74 53% fhj	58 39% bdi	30 44% bd	114 43% abcdei	257 51% fhj	201 42% bcdei	175 39%	169 59% ac	232 50% a	443 46%	50 52%	452 48%	41 41%
With another adult or adults	529 44%	50 41%	33 32%	71 42%	75 37%	53 38%	72 48% bdi	35 51% bd	141 53% abcdei	199 39% bcdei	247 51% bcdei	231 51% bc	106 37%	189 40%	428 45%	37 39%	415 44%	47 47%
With a child or children	247 20%	15 12%	26 25% ag	39 23% ag	48 24% ag	28 20% ag	38 26% agh	8 12%	45 17%	115 23% ag	91 19%	106 23% b	33 12% b	107 23% b	204 21%	25 26%	182 19%	33 33% a
NET: With somebody else	631 52%	56 47%	43 42%	85 51%	101 50%	65 47%	91 61% abdei	38 56% bei	152 57% bei	251 49% abei	281 58% abei	277 61% bc	117 41% bc	234 50% b	515 54%	47 48%	490 52%	59 59%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Disagree	
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	1199	831	142	870	111	679	236
Total	1213	848	138	885	110	685	241
	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	582 48%	393 46%	76 55%	420 47%	53 48%	299 44%	125 52% a
With another adult or adults	529 44%	388 46% b	46 34%	396 45%	45 41%	327 48%	103 43%
With a child or children	247 20%	179 21%	28 20%	178 20%	23 21%	164 24% b	37 15%
NET: With somebody else	631 52%	454 54%	62 45%	465 53%	57 52%	387 56% b	116 48%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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	253	163	90	120	78	55	11	22	21	37	26	28	50	43	15
Total	247	165	81	106	79	62	10	22	20	33	23	34	49	38	17
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	152	106	45	64	41	46	8	16	9	20	14	23	27	27	8
	62%	64%	56%	61%	53%	75%	81%	72%	46%	61%	59%	66%	56%	69%	50%
			b												
With another adult or adults	76	44	32	36	27	13	1	5	11	11	6	10	18	9	5
	31%	27%	39%	34%	35%	21%	7%	22%	54%	34%	25%	30%	37%	24%	32%
			a												
With a child or children	31	20	10	10	17	4	1	2	1	3	6	3	8	4	3
	13%	12%	13%	10%	22%	6%	12%	9%	7%	8%	24%	8%	16%	11%	18%
					ac										
NET: With somebody else	95	59	36	42	37	15	2	6	11	13	9	12	22	12	8
	38%	36%	44%	39%	47%	25%	19%	28%	54%	39%	41%	34%	44%	31%	50%
					c										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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
	a	b	c	d	*e	f	g	h	a	*b	*c	*d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	253	36	69	58	35	24	31	163	90	212	9	20	5	1	2	37
Total	247	35	67	55	35	24	32	156	91	207	9	20	4	1	2	36
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	152	17	38	33	21	18	24	88	64	132	3	9	4	-	1	17
	62%	49%	57%	60%	62%	76%	76%	57%	70%	64%	39%	44%	82%	-	46%	46%
							ag	ag	g							
With another adult or adults	76	17	23	17	8	4	8	56	20	61	4	7	1	1	1	14
	31%	48%	35%	30%	23%	18%	24%	36%	22%	30%	50%	35%	18%	100%	54%	40%
		dh					h									
With a child or children	31	6	9	9	5	2	-	24	7	25	1	4	-	1	-	6
	13%	16%	14%	16%	15%	9%	-	15%	8%	12%	11%	20%	-	100%	-	17%
		f	f	f	f			f								
NET: With somebody else	95	18	28	22	13	6	8	68	27	75	5	11	1	1	1	19
	38%	51%	43%	40%	38%	24%	24%	43%	30%	36%	61%	56%	18%	100%	54%	54%
		fh						fh								a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	*a	*b	c	d	*e	f	a	*b	*a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	253	145	44	42	86	13	13	42	181	4	68	243	6	27	127	91	8	226
Total	247	128	52	50	102	13	13	41	176	4	67	237	6	24	123	93	6	222
	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	152	89	29	25	54	5	8	27	109	4	39	148	1	22	77	49	4	130
	62%	70%	55%	51%	53%	36%	60%	66%	62%	100%	59%	63%	20%	89%	63%	53%	64%	59%
		cd																
With another adult or adults	76	36	19	14	33	6	5	10	55	-	22	70	5	1	44	30	1	75
	31%	28%	36%	29%	32%	49%	40%	25%	31%	-	33%	30%	80%	6%	36%	32%	24%	34%
With a child or children	31	5	9	16	25	2	-	4	25	-	6	29	2	1	7	22	1	30
	13%	4%	18%	32%	25%	15%	-	9%	14%	-	9%	12%	34%	5%	5%	23%	24%	13%
		a	a	a	a										be		b	
NET: With somebody else	95	38	23	24	48	8	5	14	67	-	28	89	5	3	46	44	2	92
	38%	30%	45%	49%	47%	64%	40%	34%	38%	-	41%	37%	80%	11%	37%	47%	36%	41%
			a	a														

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		*a	b	*c	d	e	*f	a	b	a	*b
Significance Level: 95%													
Unweighted Total	253	46	174	26	34	14	178	71	1	184	69	224	28
Total	247	46	171	24	33	13	176	67	1	180	67	219	27
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	152	28	98	11	19	7	113	36	1	110	42	135	16
	62%	61%	57%	48%	58%	53%	64%	54%	100%	61%	63%	62%	60%
With another adult or adults	76	15	59	9	10	4	52	23	-	56	20	68	8
	31%	33%	34%	38%	31%	32%	30%	35%	-	31%	30%	31%	30%
With a child or children	31	3	27	7	4	3	18	13	-	21	10	27	4
	13%	6%	16%	28%	13%	24%	10%	19%	-	12%	14%	12%	15%
NET: With somebody else	95	18	73	12	14	6	63	31	-	70	25	84	11
	38%	39%	43%	52%	42%	47%	36%	46%	-	39%	37%	38%	40%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Number of days active										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)		
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%																		
Unweighted Total	253	9	16	26	43	41	41	24	53	110	118	143	42	66	198	19	200	25
Total	247	8	15	27	44	39	39	25	50	110	114	141	39	65	194	18	196	23
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	152	6	10	14	28	25	20	20	30	67	70	80	24	46	123	11	119	13
	62%	75%	64%	52%	63%	64%	52%	78%	60%	61%	61%	57%	62%	71%	64%	62%	61%	54%
														a				
With another adult or adults	76	2	6	10	14	11	13	4	16	36	33	48	12	15	56	5	63	7
	31%	25%	36%	38%	33%	29%	33%	18%	32%	33%	29%	34%	31%	23%	29%	25%	32%	31%
With a child or children	31	1	1	3	3	5	7	3	7	11	18	23	4	4	25	2	26	3
	13%	14%	8%	10%	8%	13%	18%	14%	14%	10%	15%	16%	9%	7%	13%	13%	13%	14%
NET: With somebody else	95	2	6	13	16	14	19	6	20	43	44	61	15	19	71	7	77	11
	38%	25%	36%	48%	37%	36%	48%	22%	40%	39%	39%	43%	38%	29%	36%	38%	39%	46%
												c						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Significance Level: 95%	a	*b	a	*b	a	b	
Unweighted Total	253	193	23	191	15	162	45
Total	247	189	20	186	14	158	45
	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	152	119	13	117	6	91	30
	62%	63%	63%	63%	45%	58%	67%
With another adult or adults	76	59	6	56	8	53	11
	31%	31%	32%	30%	55%	34%	25%
With a child or children	31	22	1	25	-	24	5
	13%	12%	5%	14%	-	15%	11%
NET: With somebody else	95	70	7	70	8	67	15
	38%	37%	37%	37%	55%	42%	33%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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									
	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	396	226	165	248	123	25	11	37	29	53	35	27	106	57	41
Total	378	212	161	225	128	25	10	38	27	48	34	32	98	49	42
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	275	157	115	162	90	23	8	24	21	36	26	26	69	33	32
	73%	74%	71%	72%	71%	89%	81%	62%	78%	75%	77%	81%	71%	67%	76%
With another adult or adults	71	41	29	45	23	3	1	10	5	9	5	3	17	12	9
	19%	20%	18%	20%	18%	11%	7%	25%	17%	19%	16%	10%	18%	25%	21%
With a child or children	39	18	20	19	19	-	1	5	2	4	2	4	11	5	4
	10%	8%	12%	8%	15%	-	12%	13%	7%	8%	7%	13%	11%	10%	9%
					a										
NET: With somebody else	104	55	47	64	37	3	2	15	6	12	8	6	28	16	10
	27%	26%	29%	28%	29%	11%	19%	38%	22%	25%	23%	19%	29%	33%	24%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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
	a	b	c	d	*e	*f	g	h	a	*b	c	*d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	396	65	125	103	54	29	20	293	103	293	21	48	21	4	6	100
Total	378	63	124	94	51	29	18	280	98	283	19	44	20	4	6	93
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	275	43	92	69	35	20	15	204	70	206	15	31	19	1	2	68
	73%	69%	74%	73%	68%	69%	87%	73%	72%	73%	78%	70%	95%	42%	27%	73%
With another adult or adults	71	13	20	20	12	6	2	52	19	52	4	9	-	2	3	19
	19%	20%	16%	21%	23%	19%	13%	19%	20%	18%	22%	21%	-	58%	52%	20%
With a child or children	39	8	12	9	7	4	-	28	10	29	-	6	1	-	1	8
	10%	12%	10%	9%	14%	12%	-	10%	11%	10%	-	13%	5%	-	21%	9%
NET: With somebody else	104	20	32	25	16	9	2	76	27	77	4	13	1	2	4	25
	27%	31%	26%	27%	32%	31%	13%	27%	28%	27%	22%	30%	5%	58%	73%	27%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	*a	*b	c	d	*e	f	a	*b	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	396	203	86	79	165	17	25	42	298	14	84	368	24	33	182	157	24	363
Total	378	163	100	93	193	17	23	37	287	13	78	353	21	28	173	156	22	350
	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	275	127	79	55	134	8	12	25	221	9	45	258	14	27	127	103	18	248
	73%	78%	79%	59%	69%	48%	50%	66%	77%	68%	58%	73%	66%	97%	74%	66%	84%	71%
		c	c						f					bce				
With another adult or adults	71	34	9	21	30	3	8	10	47	3	21	65	5	1	33	34	4	70
	19%	21%	9%	23%	16%	20%	35%	27%	16%	22%	28%	19%	24%	3%	19%	22%	16%	20%
		b		b					d					a	a	a	a	a
With a child or children	39	3	12	22	34	6	4	5	22	2	14	36	2	-	13	24	2	39
	10%	2%	12%	24%	18%	32%	15%	13%	8%	19%	18%	10%	9%	-	8%	15%	9%	11%
			a	ab	a						d					ab		a
NET: With somebody else	104	35	21	38	59	9	12	13	66	4	33	94	7	1	46	54	4	103
	27%	22%	21%	41%	31%	52%	50%	34%	23%	32%	42%	27%	34%	3%	26%	34%	16%	29%
			ab								d			a	a	a	a	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		a	b	*c	d	e	*f	a	b	a	b
Significance Level: 95%													
Unweighted Total	396	66	285	31	31	20	300	79	3	322	74	330	61
Total	378	66	274	29	31	18	287	76	2	308	70	320	54
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	275	43	197	20	18	9	216	45	2	220	54	232	40
	73%	65%	72%	69%	60%	51%	75%	60%	100%	71%	78%	72%	74%
With another adult or adults	71	13	56	4	9	6	51	20	-	60	12	61	10
	19%	20%	20%	15%	31%	34%	18%	26%	-	19%	17%	19%	19%
With a child or children	39	11	26	5	4	3	26	12	-	35	4	33	4
	10%	17%	10%	16%	14%	15%	9%	16%	-	11%	5%	10%	8%
NET: With somebody else	104	23	78	9	12	9	71	30	-	88	15	88	14
	27%	35%	28%	31%	40%	49%	25%	40%	-	29%	22%	28%	26%
								d					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Number of days active										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)		
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
	*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	*b	a	b	
Significance Level: 95%																		
Unweighted Total	396	5	16	45	83	67	61	29	90	195	180	227	55	110	341	20	319	36
Total	378	4	14	42	82	62	59	28	85	187	173	219	53	103	326	19	304	34
	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	275	2	11	30	63	46	42	19	61	140	122	159	41	72	236	16	227	26
	73%	55%	78%	72%	76%	74%	70%	69%	71%	75%	70%	73%	77%	70%	72%	83%	74%	75%
With another adult or adults	71	1	3	7	10	13	12	6	19	31	37	46	8	17	62	2	54	6
	19%	20%	22%	17%	13%	22%	20%	23%	22%	17%	21%	21%	16%	17%	19%	11%	18%	19%
With a child or children	39	1	1	5	11	3	8	2	8	19	18	18	4	15	34	1	28	2
	10%	26%	5%	12%	14%	4%	14%	8%	9%	10%	10%	8%	8%	15%	10%	6%	9%	6%
NET: With somebody else	104	2	3	12	20	16	18	9	25	48	51	59	12	31	90	3	78	8
	27%	45%	22%	28%	24%	26%	30%	31%	29%	25%	30%	27%	23%	30%	28%	17%	26%	25%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Significance Level: 95%							
Unweighted Total	396	327	27	322	24	279	56
Total	378	315	24	308	23	265	55
	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	275	233	18	230	17	194	41
	73%	74%	75%	75%	73%	73%	76%
With another adult or adults	71	58	5	57	5	46	12
	19%	18%	20%	19%	22%	17%	22%
With a child or children	39	31	1	27	1	31	1
	10%	10%	5%	9%	5%	12%	2%
NET: With somebody else	104	82	6	78	6	71	13
	27%	26%	25%	25%	27%	27%	24%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

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

	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	388	127	258	190	129	69	19	40	32	46	35	33	86	63	34
Total	383	121	258	176	131	76	18	44	31	42	33	38	82	57	38
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	249	82	166	114	77	58	12	27	21	26	19	32	55	37	20
	65%	67%	64%	65%	59%	76%	69%	62%	69%	61%	57%	84%	67%	64%	53%
			b			b					bdehi				
With another adult or adults	88	34	52	43	29	16	4	12	6	7	8	5	19	15	11
	23%	28%	20%	24%	22%	21%	24%	26%	21%	17%	25%	12%	24%	26%	30%
With a child or children	61	12	49	25	34	2	2	6	4	10	8	1	11	10	9
	16%	10%	19%	14%	26%	3%	12%	14%	13%	23%	25%	4%	13%	17%	23%
			a	c	ac				f	f					f
NET: With somebody else	133	40	92	61	54	18	5	17	9	16	14	6	27	20	18
	35%	33%	36%	35%	41%	24%	31%	38%	31%	39%	43%	16%	33%	36%	47%
					c			f	f	f				f	f

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

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

	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	388	38	123	107	56	27	37	268	120	297	19	43	12	5	6	85
Total	383	37	122	104	58	25	37	263	120	296	18	42	11	5	5	81
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	249	22	77	67	38	14	31	166	83	200	11	24	5	1	4	44
	65%	60%	63%	64%	66%	57%	82%	63%	69%	68%	59%	57%	49%	14%	76%	55%
						abcg				g						
With another adult or adults	88	9	31	24	14	6	4	64	24	64	6	10	3	3	1	24
	23%	24%	25%	23%	24%	23%	12%	24%	20%	22%	35%	23%	31%	66%	24%	29%
With a child or children	61	6	21	18	8	5	2	45	15	43	1	9	2	3	1	17
	16%	18%	17%	17%	14%	20%	6%	17%	13%	14%	6%	23%	20%	60%	24%	21%
NET: With somebody else	133	15	45	37	20	11	7	96	37	96	7	18	6	4	1	36
	35%	40%	37%	36%	34%	43%	18%	37%	31%	32%	41%	43%	51%	86%	24%	45%
		f	f	f				f								a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

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

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	*a	*b	c	d	*e	f	a	*b	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	388	216	72	79	151	10	18	72	279	9	100	364	15	41	192	130	25	347
Total	383	186	84	94	179	9	17	74	273	10	100	359	14	38	185	135	24	344
	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	249	143	49	49	98	6	10	46	182	5	62	232	9	34	123	79	13	215
	65%	77%	59%	52%	55%	64%	59%	62%	67%	52%	62%	65%	67%	90%	67%	58%	54%	62%
		bcd												bce				
With another adult or adults	88	41	17	21	39	2	6	21	55	3	29	83	4	3	44	32	9	85
	23%	22%	21%	23%	22%	24%	34%	29%	20%	35%	29%	23%	28%	7%	24%	24%	36%	25%
			a	a	a										a	a		a
With a child or children	61	5	20	34	54	2	2	11	45	1	15	58	2	1	22	31	7	60
	16%	3%	23%	36%	30%	20%	12%	15%	16%	13%	15%	16%	18%	3%	12%	23%	28%	17%
			a	a	a										ab			a
NET: With somebody else	133	43	35	45	80	3	7	28	91	5	38	127	5	4	62	56	11	129
	35%	23%	41%	48%	45%	36%	41%	38%	33%	48%	38%	35%	33%	10%	33%	42%	46%	38%
			a	a	a										a	a		a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b	a	b	*c	d	e	*f	a	b	a	b	
Significance Level: 95%													
Unweighted Total	388	62	273	44	37	17	284	91	4	339	49	328	56
Total	383	66	268	43	37	17	280	91	3	333	50	325	54
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	249	40	169	30	19	13	181	58	3	214	35	212	34
	65%	61%	63%	71%	52%	78%	65%	64%	76%	64%	72%	65%	64%
With another adult or adults	88	18	63	9	12	2	63	22	1	78	10	73	14
	23%	27%	23%	22%	32%	15%	23%	24%	24%	24%	19%	22%	27%
With a child or children	61	12	47	4	9	3	45	16	-	54	6	53	8
	16%	19%	18%	10%	26%	17%	16%	18%	-	16%	13%	16%	15%
NET: With somebody else	133	26	99	13	18	4	99	32	1	119	14	113	19
	35%	39%	37%	29%	48%	22%	35%	36%	24%	36%	28%	35%	36%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

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

	Number of days active										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)		
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%																		
Unweighted Total	388	16	26	49	74	42	66	31	84	165	181	207	56	121	325	25	312	33
Total	383	16	24	47	75	44	65	30	81	166	176	204	57	118	321	23	308	32
	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	249	12	16	28	55	24	43	19	52	107	114	129	46	72	215	9	206	17
	65%	73%	65%	59%	73%	56%	66%	63%	65%	65%	65%	63%	81% ac	61%	67%	41%	67%	53%
With another adult or adults	88	4	6	12	10	15	13	10	19	36	43	48	7	32	71	8	68	10
	23%	22%	23%	25%	13%	34% d	21%	33% d	24%	22%	24% d	23%	12%	28% b	22%	36%	22%	33%
With a child or children	61	2	3	8	11	10	10	2	14	29	26	36	5	19	46	8	43	9
	16%	11%	12%	18%	15%	22%	16%	7%	17%	18%	15%	18%	9%	16%	14%	36%	14%	27% a
NET: With somebody else	133	4	9	19	20	19	22	11	29	59	62	75	11	46	106	14	103	15
	35%	27%	35%	41%	27%	44%	34%	37%	35%	35%	35%	37% b	19%	39% b	33%	59%	33%	47%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

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

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%						
Unweighted Total	388	303	32	311	32	278
Total	383	302	30	309	30	276
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	249	199	18	206	17	179
	65%	66%	60%	67%	57%	65%
With another adult or adults	88	74	5	72	7	66
	23%	25%	17%	23%	22%	24%
With a child or children	61	41	9	43	9	42
	16%	13%	29%	14%	28%	15%
			a		a	
NET: With somebody else	133	102	12	102	13	96
	35%	34%	40%	33%	43%	35%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

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

	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	453	229	223	198	133	122	24	49	45	43	49	31	93	70	49
Total	450	228	221	183	132	134	24	51	46	40	45	37	88	65	54
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	326	167	158	126	89	112	15	37	39	26	31	32	60	48	38
	72%	73%	72%	69%	67%	83%	61%	73%	83%	65%	70%	87%	69%	73%	71%
						ab			d			dg			
With another adult or adults	86	45	41	41	24	21	5	12	5	10	9	3	22	9	11
	19%	20%	19%	22%	18%	16%	21%	24%	12%	25%	20%	7%	25%	13%	21%
									f				f		
With a child or children	52	21	31	23	27	2	6	5	2	5	8	2	8	10	6
	12%	9%	14%	13%	20%	1%	23%	9%	5%	13%	18%	6%	10%	15%	11%
				c	c										
NET: With somebody else	124	61	63	58	44	23	9	14	8	14	14	5	27	17	16
	28%	27%	28%	31%	33%	17%	39%	27%	17%	35%	30%	13%	31%	27%	29%
				c	c					cf			f		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

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

	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	453	49	117	111	61	40	75	277	176	361	21	39	18	4	3	85
Total	450	48	115	107	58	41	81	270	180	363	22	36	17	3	3	81
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	326	23	84	85	41	30	63	191	135	274	13	21	10	2	1	47
	72%	47%	73%	80%	71%	74%	78%	71%	75%	76%	60%	57%	59%	68%	57%	59%
		a	a	a	a	a	a	a	a	cg						
With another adult or adults	86	19	22	14	10	6	16	54	32	64	5	10	6	-	1	23
	19%	39%	19%	13%	17%	14%	20%	20%	18%	18%	25%	28%	34%	-	43%	28%
		bcd efgh													a	
With a child or children	52	11	14	10	8	7	1	36	16	33	4	9	1	1	1	17
	12%	23%	13%	10%	14%	17%	1%	13%	9%	9%	20%	26%	7%	32%	43%	21%
		cfh	f	f	f	f		f	f			a				a
NET: With somebody else	124	26	32	22	17	10	18	79	45	89	9	16	7	1	1	34
	28%	53%	27%	20%	29%	26%	22%	29%	25%	24%	40%	43%	41%	32%	43%	41%
		bcd efgh										a				a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

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

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	*a	*b	c	d	*e	f	a	b	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	453	282	76	76	152	20	20	100	298	15	140	418	30	62	228	144	19	391
Total	450	257	89	90	179	21	19	106	291	14	146	416	29	59	226	146	19	391
	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	326	209	62	44	106	10	6	77	222	12	92	307	15	52	174	91	9	274
	72%	81%	70%	49%	59%	48%	31%	72%	76%	84%	63%	74%	51%	88%	77%	62%	49%	70%
		bcd	c					f				b		ce	c			
With another adult or adults	86	43	18	21	39	7	11	22	46	-	40	75	10	7	41	31	7	79
	19%	17%	21%	23%	22%	35%	59%	21%	16%	-	28%	18%	34%	12%	18%	21%	39%	20%
										d		a						
With a child or children	52	6	15	31	46	5	3	11	31	2	19	47	5	-	17	29	5	52
	12%	3%	17%	34%	25%	23%	17%	10%	11%	16%	13%	11%	18%	-	8%	20%	29%	13%
			a	ab	a										a	abe		ab
NET: With somebody else	124	48	27	46	73	11	13	29	68	2	53	108	14	7	52	55	10	117
	28%	19%	30%	51%	41%	52%	69%	28%	24%	16%	37%	26%	49%	12%	23%	38%	51%	30%
			a	ab	a						d		a		ab			a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	453	80	301	53	73	16	303	135	5	375	78	381	69
Total	450	81	302	54	75	14	299	137	5	370	80	383	65
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	326	38	230	33	47	8	232	85	2	262	64	269	55
	72%	47%	76%	60%	62%	57%	77%	62%	49%	71%	80%	70%	85%
			a				abe						a
With another adult or adults	86	30	48	16	19	6	45	38	1	74	12	78	9
	19%	37%	16%	29%	25%	43%	15%	28%	27%	20%	15%	20%	13%
		b		d	d			d					
With a child or children	52	17	34	8	12	1	31	20	1	45	7	50	2
	12%	21%	11%	15%	15%	8%	10%	14%	23%	12%	9%	13%	4%
		b										b	
NET: With somebody else	124	43	73	22	28	6	67	53	3	108	16	114	10
	28%	53%	24%	40%	38%	43%	23%	38%	51%	29%	20%	30%	15%
		b		d	d			d				b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

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

	Number of days active										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)		
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%																		
Unweighted Total	453	16	32	52	89	69	79	30	86	210	195	221	84	143	377	31	369	36
Total	450	15	33	54	89	69	77	29	85	212	191	219	84	142	373	33	367	37
	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	326	11	24	35	66	55	59	20	55	157	134	147	67	109	272	22	271	24
	72%	76%	73%	66%	75%	80%	76%	69%	65%	74%	70%	67%	80%	77%	73%	67%	74%	64%
						h							a					
With another adult or adults	86	2	6	12	16	12	11	6	22	39	39	53	16	17	72	5	68	9
	19%	11%	20%	22%	18%	17%	14%	22%	26%	19%	20%	24%	19%	12%	19%	16%	18%	24%
												c						
With a child or children	52	2	4	8	9	4	9	2	14	21	25	31	3	17	43	6	39	6
	12%	13%	11%	15%	10%	6%	12%	8%	16%	10%	13%	14%	3%	12%	12%	17%	11%	15%
												b		b				
NET: With somebody else	124	4	9	18	22	14	18	9	30	54	57	72	17	33	101	11	95	13
	28%	24%	27%	34%	25%	20%	24%	31%	35%	26%	30%	33%	20%	23%	27%	33%	26%	36%
								e				b						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

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

Significance Level: 95%

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Total	a	b	a	b	a	b	
Unweighted Total	453	342	35	364	31	294	66
Total	450	340	33	362	31	294	64
	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	326	245	23	270	18	211	50
	72%	72%	69%	75%	59%	72%	77%
With another adult or adults	86	69	9	69	8	60	10
	19%	20%	28%	19%	25%	21%	15%
With a child or children	52	40	2	38	5	35	5
	12%	12%	7%	10%	16%	12%	7%
NET: With somebody else	124	96	10	92	13	83	14
	28%	28%	31%	25%	41%	28%	23%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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	317	139	175	147	111	59	19	35	33	36	27	17	58	60	32
Total	320	143	174	136	118	66	18	38	33	34	26	21	57	55	37
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	91	49	40	35	20	36	5	8	13	5	9	8	15	15	13
	28%	34%	23%	26%	17%	54%	28%	20%	40%	15%	36%	37%	26%	27%	35%
		b				ab			d						
With another adult or adults	129	63	66	62	45	23	7	16	8	14	11	7	27	26	13
	40%	44%	38%	45%	38%	35%	41%	43%	23%	42%	42%	31%	47%	47%	35%
													c	c	
With a child or children	143	43	97	60	73	10	9	19	13	20	10	10	20	27	15
	45%	30%	56%	44%	62%	15%	49%	51%	40%	57%	38%	45%	36%	49%	40%
			a	c	ac					g					
NET: With somebody else	229	94	133	101	97	31	13	30	20	29	17	13	42	41	24
	72%	66%	77%	74%	83%	46%	72%	80%	60%	85%	64%	63%	74%	73%	65%
			a	c	c					c					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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
	a	b	c	d	*e	f	g	h	a	*b	c	*d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	317	50	84	82	39	26	36	216	101	254	9	31	12	2	5	59
Total	320	50	87	82	39	24	39	219	101	260	9	29	10	2	5	55
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	91 28%	15 30%	21 24%	19 23%	6 14%	8 32%	22 58%	55 25%	35 35%	81 31%	3 31%	4 14%	3 32%	- -	- -	10 18%
						abcdgh		d		c						
With another adult or adults	129 40%	16 32%	39 45%	33 41%	24 62%	9 36%	9 22%	88 40%	41 41%	104 40%	2 24%	14 49%	5 51%	1 53%	2 39%	24 45%
			f		acfh		f	f								
With a child or children	143 45%	21 42%	39 44%	47 57%	18 47%	11 46%	8 20%	106 49%	37 36%	112 43%	5 60%	14 47%	2 25%	2 100%	3 61%	27 48%
		f	f	fh	f		fh									
NET: With somebody else	229 72%	35 70%	66 76%	63 77%	33 86%	16 68%	16 42%	163 75%	66 65%	180 69%	6 69%	25 86%	7 68%	2 100%	5 100%	45 82%
		f	f	f	fh		f	f				a				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	*a	*b	c	d	*e	f	a	*b	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	317	149	51	93	144	16	12	68	210	11	96	288	27	30	141	120	26	287
Total	320	130	60	109	169	16	11	69	214	10	95	291	27	27	139	128	26	293
	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	91	60	11	12	23	5	4	25	52	4	34	78	11	22	44	21	4	68
	28%	46%	18%	11%	14%	32%	35%	37%	24%	42%	36%	27%	41%	83%	32%	16%	14%	23%
		bcd						d			d			bce	c			a
With another adult or adults	129	60	23	35	58	8	7	32	78	4	48	118	12	3	67	50	9	126
	40%	46%	39%	32%	34%	53%	65%	47%	36%	36%	50%	40%	44%	12%	48%	39%	35%	43%
		cd						d			d			a	a	a		a
With a child or children	143	14	41	85	125	4	1	18	116	4	23	137	6	1	40	83	18	142
	45%	11%	68%	77%	74%	23%	6%	27%	54%	38%	24%	47%	23%	5%	29%	65%	69%	48%
			a	a	a			cf						a	abe			ab
NET: With somebody else	229	70	49	97	146	10	7	44	162	6	61	213	16	5	95	107	23	224
	72%	54%	82%	89%	86%	68%	65%	63%	76%	58%	64%	73%	59%	17%	68%	84%	86%	77%
			a	a	a			cf						a	ab			a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		a	b	*c	d	e	*f	a	b	a	b
Significance Level: 95%													
Unweighted Total	317	62	213	31	54	20	210	96	6	264	53	283	30
Total	320	66	216	31	53	19	213	95	5	268	52	286	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	91	17	48	9	21	6	52	33	1	74	17	81	9
	28%	26%	22%	28%	39%	31%	24%	35%	18%	28%	32%	28%	30%
					d								
With another adult or adults	129	31	90	11	27	10	83	43	4	108	22	117	10
	40%	48%	42%	35%	50%	53%	39%	45%	65%	40%	41%	41%	34%
With a child or children	143	28	110	15	14	4	109	30	3	122	21	129	12
	45%	43%	51%	49%	26%	23%	51%	32%	53%	46%	40%	45%	40%
				b			be						
NET: With somebody else	229	49	169	22	32	13	161	61	4	194	35	205	20
	72%	74%	78%	72%	61%	69%	76%	65%	82%	72%	68%	72%	70%
							b						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Number of days active										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)		
	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Total	*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	*b	a	b	
Significance Level: 95%																		
Unweighted Total	317	29	25	36	67	48	36	15	61	151	112	131	66	118	241	26	225	34
Total	320	28	26	37	68	47	37	15	61	152	114	132	66	120	241	28	224	36
	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	91	13	10	12	15	14	5	6	17	41	27	34	28	29	64	9	68	7
	28%	46%	37%	33%	22%	30%	13%	39%	27%	27%	24%	26%	42%	24%	27%	32%	30%	20%
			f										ac					
With another adult or adults	129	6	8	14	27	23	19	7	25	64	51	56	23	49	95	13	86	18
	40%	23%	31%	37%	40%	48%	51%	46%	41%	42%	45%	42%	35%	40%	39%	47%	39%	50%
With a child or children	143	11	13	14	32	18	23	4	27	64	54	59	23	60	113	13	96	21
	45%	40%	51%	38%	48%	37%	61%	29%	44%	42%	48%	45%	34%	50%	47%	45%	43%	59%
							ei							b				
NET: With somebody else	229	15	16	25	53	33	32	9	45	111	87	98	38	92	177	19	156	28
	72%	54%	63%	67%	78%	70%	87%	61%	73%	73%	76%	74%	58%	76%	73%	68%	70%	80%
							c					b		b				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

Significance Level: 95%

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Total	a	*b	a	b	a	b	
Unweighted Total	317	221	29	221	36	183	56
Total	320	222	31	220	36	181	58
	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	91	60	7	67	7	46	19
	28%	27%	22%	30%	20%	25%	32%
With another adult or adults	129	99	10	89	18	81	23
	40%	45%	31%	40%	50%	45%	40%
With a child or children	143	93	19	92	18	84	23
	45%	42%	61%	42%	49%	46%	40%
NET: With somebody else	229	162	24	153	29	136	40
	72%	73%	78%	70%	80%	75%	68%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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	116	62	52	32	33	51	4	11	7	12	16	13	16	26	11
Total	119	66	51	30	33	57	4	12	8	11	16	16	15	24	13
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	87	51	35	20	19	49	3	9	6	9	10	11	13	18	9
	73%	77%	69%	66%	56%	87%	74%	72%	71%	85%	61%	68%	85%	74%	71%
						ab									
With another adult or adults	25	10	14	6	11	8	-	2	2	2	4	5	2	4	4
	21%	15%	27%	21%	34%	13%	-	19%	29%	15%	24%	32%	15%	15%	29%
					c										
With a child or children	13	8	5	6	7	-	1	2	1	1	2	1	1	3	-
	11%	12%	9%	19%	21%	-	26%	20%	13%	6%	15%	9%	5%	11%	-
				c	c										
NET: With somebody else	32	15	16	10	15	8	1	3	2	2	6	5	2	6	4
	27%	23%	31%	34%	44%	13%	26%	28%	29%	15%	39%	32%	15%	26%	29%
				c	c										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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	116	11	23	25	18	8	31	59	57	98	4	8	1	3	1	17
Total	119	11	24	24	19	7	33	60	60	103	3	8	1	3	1	15
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	87	8	15	22	10	5	27	45	42	79	1	3	1	2	1	7
	73%	67%	62%	92%	53%	75%	81%	75%	71%	77%	24%	38%	100%	64%	100%	47%
With another adult or adults	25	4	7	1	5	2	6	12	13	21	2	3	-	-	-	4
	21%	33%	29%	4%	26%	25%	19%	20%	22%	20%	54%	33%	-	-	-	28%
With a child or children	13	2	5	1	6	-	-	7	6	7	1	4	-	1	-	5
	11%	13%	19%	4%	28%	-	-	12%	9%	7%	22%	49%	-	36%	-	35%
							f									
NET: With somebody else	32	4	9	2	9	2	6	15	17	24	2	5	-	1	-	8
	27%	33%	38%	8%	47%	25%	19%	25%	29%	23%	76%	62%	-	36%	-	53%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	*b	*c	d	*a	*b	*c	d	*e	*f	a	*b	*a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	116	81	16	14	30	1	-	27	83	5	28	108	5	16	60	34	6	100
Total	119	78	19	16	36	1	-	30	84	4	31	111	6	15	62	36	6	104
	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	87	63	8	12	20	1	-	23	60	3	24	81	3	15	47	21	4	73
	73%	80%	42%	73%	56%	100%	-	78%	71%	78%	78%	73%	59%	95%	76%	58%	76%	70%
		d																
With another adult or adults	25	15	8	1	9	-	-	5	19	1	5	24	1	1	14	10	1	24
	21%	19%	40%	8%	26%	-	-	16%	23%	22%	15%	21%	24%	5%	22%	27%	12%	23%
With a child or children	13	2	7	3	10	-	-	2	11	-	2	12	1	-	2	9	1	13
	11%	3%	38%	18%	29%	-	-	7%	13%	-	7%	10%	17%	-	4%	24%	24%	12%
		a													b			
NET: With somebody else	32	15	11	4	16	-	-	7	24	1	7	30	2	1	15	15	1	31
	27%	20%	58%	27%	44%	-	-	22%	29%	22%	22%	27%	41%	5%	24%	42%	24%	30%
				a														

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%	*a	b	*a	*b	*c	d	*e	*f	a	b	a	*b
Unweighted Total	116	77	8	17	4	82	27	2	80	36	103	11
Total	119	81	8	18	4	84	28	2	78	41	108	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	87	58	6	15	2	61	21	2	55	33	79	7
	73%	72%	72%	80%	48%	72%	72%	100%	70%	79%	74%	69%
With another adult or adults	25	16	1	4	1	18	6	-	19	6	22	2
	21%	19%	15%	20%	26%	21%	21%	-	25%	14%	21%	21%
With a child or children	13	10	1	-	1	11	2	-	9	3	12	1
	11%	12%	13%	-	25%	13%	7%	-	12%	8%	11%	10%
NET: With somebody else	32	23	2	4	2	23	8	-	23	9	28	3
	27%	28%	28%	20%	52%	28%	28%	-	30%	21%	26%	31%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Number of days active										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)		
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%																		
Unweighted Total	116	5	11	18	15	16	17	8	26	49	51	41	34	40	94	6	93	6
Total	119	6	11	18	15	18	18	8	26	50	52	43	36	40	95	7	93	6
	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	87	5	9	11	11	8	14	6	23	30	43	33	26	28	68	6	68	6
	73%	79%	81%	60%	74%	47%	78%	78%	89%	60%	84%	77%	71%	70%	72%	81%	73%	100%
With another adult or adults	25	1	2	6	4	7	2	1	2	17	5	5	9	10	20	1	20	-
	21%	21%	19%	34%	26%	40%	10%	9%	8%	34%	9%	13%	26%	26%	21%	19%	21%	-
With a child or children	13	-	1	2	-	3	3	1	1	6	5	5	3	4	11	-	9	-
	11%	-	13%	13%	-	19%	16%	13%	6%	11%	10%	13%	7%	11%	12%	-	10%	-
NET: With somebody else	32	1	2	7	4	9	4	2	3	20	8	10	10	12	27	1	25	-
	27%	21%	19%	40%	26%	53%	22%	22%	11%	40%	16%	23%	29%	30%	28%	19%	27%	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Disagree	
Significance Level: 95%		a	*b	a	*b	a	*b
Unweighted Total	116	80	15	82	8	65	24
Total	119	81	16	84	7	65	26
	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	87	57	15	61	7	44	21
	73%	71%	92%	72%	90%	67%	82%
With another adult or adults	25	16	1	16	1	16	3
	21%	20%	8%	19%	10%	25%	13%
With a child or children	13	10	-	11	-	8	3
	11%	12%	-	13%	-	12%	10%
NET: With somebody else	32	24	1	23	1	21	5
	27%	29%	8%	28%	10%	33%	18%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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 class viewed online or on TV, DVD or video	383 100%	113 30%	147 38%	67 17%	23 6%	24 6%	8 2%	261 68%	47 12%
Running or jogging	378 100%	107 28%	141 37%	76 20%	32 8%	21 6%	1 *	248 66%	53 14%
Cycling (either for leisure or travel)	247 100%	68 28%	90 37%	45 18%	29 12%	13 5%	1 1%	158 64%	42 17%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	450 100%	109 24%	151 33%	113 25%	37 8%	37 8%	4 1%	260 58%	74 16%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	320 100%	61 19%	112 35%	78 24%	34 11%	34 11%	1 *	172 54%	68 21%
Other sport, exercise or physical activity	119 100%	37 31%	22 18%	33 28%	12 10%	15 13%	1 1%	59 49%	27 22%
Walking (either for leisure or travel)	1213 100%	182 15%	307 25%	284 23%	201 17%	235 19%	4 *	489 40%	436 36%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	1199	539	655	362	416	421	61	145	126	124	101	126	168	236	112
Total	1213	559	649	334	413	466	60	152	126	115	98	159	162	217	124
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	182 15%	82 15%	100 15%	66 20% bc	55 13%	61 13%	5 8%	28 18%	17 13%	16 14%	17 17%	19 12%	21 13%	33 15%	27 22% af
A bit more (4.0)	307 25%	147 26%	159 25%	99 30% c	99 24%	109 23%	16 27%	41 27%	28 22%	32 28%	28 29%	43 27%	42 26%	51 24%	27 21%
Neither more nor less (3.0)	284 23%	147 26% b	136 21%	60 18%	87 21%	136 29% ab	15 25%	32 21%	35 27%	27 23%	23 23%	39 25%	31 19%	52 24%	30 25%
A bit less (2.0)	201 17%	89 16%	110 17%	52 15%	79 19%	71 15%	9 15%	20 13%	24 19%	21 18%	18 18%	25 16%	26 16%	39 18%	19 15%
A lot less (1.0)	235 19%	94 17%	141 22% a	53 16%	93 23% a	89 19%	15 24%	31 21%	22 18%	19 16%	12 12%	31 19%	42 26% de	42 19%	21 17%
Don't know	4 *	- -	3 *	4 1% bc	- -	- -	- -	- -	1 1%	1 1%	- -	2 1%	- -	- -	- -
NET: More	489 40%	229 41%	259 40%	165 50% bc	154 37%	170 36%	21 35%	69 45%	44 35%	48 42%	45 46%	62 39%	63 39%	84 39%	54 43%
NET: Less	436 36%	183 33%	251 39% a	104 31%	172 42% ac	160 34%	24 40%	51 34%	46 37%	39 34%	30 30%	56 35%	68 42%	81 37%	40 32%
Base for stats	1209	559	646	330	413	466	60	152	125	114	98	157	162	217	124
Mean Score	3.00	3.06	2.95	3.23 bc	2.86	2.96	2.79	3.09	2.94	3.05	3.21 ag	2.96	2.84	2.97	3.16
Standard Deviation	1.342	1.296	1.382	1.361	1.359	1.295	1.298	1.404	1.290	1.298	1.278	1.308	1.404	1.342	1.380
Standard Error	.039	.056	.054	.072	.067	.063	.166	.117	.115	.117	.127	.117	.108	.087	.130
Error variance	*	*	*	.01	*	*	.03	.01	.01	.01	.02	.01	.01	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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
		a	b	c	d	e	f	g	h	a	*b	c	*d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total		1199	92	298	288	147	125	249	678	521	1064	25	54	23	10	8	120
Total		1213	97	302	278	145	123	268	677	536	1081	24	54	22	10	8	117
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	182	23	41	47	20	20	32	111	71	165	1	10	3	1	1	17
		15%	23% bfh	14%	17%	14%	16%	12%	16%	13%	15%	6%	18%	15%	15%	10%	14%
A bit more	(4.0)	307	28	89	80	43	21	46	197	110	269	7	17	7	2	1	34
		25%	29% ef	29% efh	29% efh	30% efh	17%	17% efh	29% efh	20%	25%	31%	31%	30%	21%	12%	29%
Neither more nor less	(3.0)	284	15	58	59	39	33	79	132	152	256	9	11	3	4	1	27
		23%	16%	19%	21%	27%	27% a	30% abcg	20% abcg	28% abcg	24%	36%	20%	12%	36%	16%	23%
A bit less	(2.0)	201	17	50	38	26	27	43	105	96	177	2	13	2	-	3	21
		17%	18%	16%	14%	18%	22% c	16%	16%	18%	16%	9%	25%	10%	-	36%	18%
A lot less	(1.0)	235	12	63	52	17	22	68	127	108	211	4	3	7	3	2	20
		19%	12% d	21% d	19%	12%	18% adg	25% d	19% d	20% d	20% c	17%	6%	33%	28%	26%	17%
Don't know		4	2	1	1	-	-	-	4	-	3	-	-	-	-	-	-
		*	2% fh	*	*	-	-	-	1%	-	*	-	-	-	-	-	-
NET: More		489	51	129	128	63	41	78	308	181	434	9	26	10	4	2	50
		40%	53% efh	43% fh	46% efh	43% fh	33%	29% efh	46% efh	34%	40%	37%	49%	45%	36%	22%	43%
NET: Less		436	29	113	91	44	49	111	233	203	388	6	17	9	3	5	40
		36%	30%	38%	33%	30%	40%	41% cdg	34%	38%	36%	26%	31%	43%	28%	62%	34%
Base for stats		1209	95	301	277	145	123	268	673	536	1078	24	54	22	10	8	117
Mean Score		3.00	3.35 befh	2.98 f	3.12 fh	3.15 fh	2.92	2.74	3.09 fh	2.89	3.00	3.00	3.30	2.82	2.95	2.43	3.06
Standard Deviation		1.342	1.346	1.361	1.363	1.219	1.323	1.329	1.364	1.308	1.346	1.180	1.212	1.548	1.465	1.352	1.306
Standard Error		.039	.142	.079	.080	.101	.118	.084	.053	.057	.041	.236	.165	.323	.463	.478	.119
Error variance		*	.02	.01	.01	.01	.01	.01	*	*	*	.06	.03	.10	.21	.23	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	*a	*b	c	d	*e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	1199	817	164	178	342	23	23	197	932	24	243	1124	61	180	669	311	39	1019
Total	1213	767	199	214	414	23	21	210	936	23	255	1138	61	172	672	331	38	1041
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	182 15%	112 15%	35 18%	31 14%	66 16%	4 16%	6 29%	35 17%	136 15%	1 7%	45 18%	174 15%	8 13%	23 13%	103 15%	52 16%	5 12%	159 15%
A bit more (4.0)	307 25%	175 23%	57 29%	67 31%	124 30%	7 30%	7 34%	49 23%	240 26%	5 21%	63 25%	299 26%	6 9%	24 14%	176 26%	100 30%	7 20%	284 27%
			a	a								b			a	a		a
Neither more nor less (3.0)	284 23%	206 27%	32 16%	36 17%	68 16%	5 23%	6 28%	44 21%	221 24%	7 30%	56 22%	265 23%	14 23%	47 28%	162 24%	68 21%	7 17%	236 23%
A bit less (2.0)	201 17%	126 16%	34 17%	34 16%	69 17%	6 25%	2 8%	39 19%	147 16%	7 31%	47 18%	183 16%	13 21%	29 17%	110 16%	49 15%	12 32%	172 16%
																	abce	
A lot less (1.0)	235 19%	145 19%	41 21%	46 22%	87 21%	1 6%	- -	42 20%	190 20%	2 7%	43 17%	214 19%	19 31%	49 28%	119 18%	61 18%	7 18%	186 18%
								*	*	4%	*	*	2%	bce				
Don't know	4 *	2 *	- -	- -	- -	- -	- -	1 *	2 *	1 4%	1 *	3 *	1 2%	- -	3 *	1 *	- -	4 *
NET: More	489 40%	287 37%	92 46%	98 46%	190 46%	11 46%	14 63%	83 40%	375 40%	6 27%	108 42%	473 42%	14 22%	46 27%	279 42%	152 46%	12 32%	443 43%
			a	a	a							b			a	a		a
NET: Less	436 36%	271 35%	76 38%	81 38%	156 38%	7 31%	2 8%	81 39%	337 36%	9 39%	90 35%	397 35%	32 53%	78 45%	228 34%	110 33%	19 51%	358 34%
												a		bce			bce	
Base for stats	1209	765	199	214	414	23	21	209	934	22	254	1135	60	172	669	330	38	1037
Mean Score	3.00	2.98	3.05	3.01	3.03	3.27	3.84	2.98	2.98	2.87	3.08	3.03	2.50	2.67	3.05	3.10	2.76	3.06
												b			a	a		a
Standard Deviation	1.342	1.319	1.413	1.386	1.397	1.193	.964	1.377	1.346	1.081	1.350	1.339	1.375	1.367	1.324	1.345	1.315	1.330
Standard Error	.039	.046	.110	.104	.076	.249	.201	.098	.044	.225	.087	.040	.178	.102	.051	.076	.211	.042
Error variance	*	*	.01	.01	.01	.06	.04	.01	*	.05	.01	*	.03	.01	*	.01	.04	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	1199	133	868	120	163	34	872	297	17	939	260	1011	184
Total	1213	137	889	115	166	34	887	297	16	945	268	1032	177
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	182 15%	19 14%	138 16%	20 17%	17 10%	6 17%	138 16%	42 14%	- -	143 15%	39 14%	160 16%	22 12%
A bit more (4.0)	307 25%	35 25%	245 28%	32 28%	36 21%	8 22%	227 26%	73 24%	2 15%	220 23%	87 33% a	273 26% b	33 19%
Neither more nor less (3.0)	284 23%	40 29%	192 22%	23 20%	45 27%	7 20%	205 23%	71 24%	3 19%	218 23%	66 25%	242 23%	41 23%
A bit less (2.0)	201 17%	25 18%	144 16%	13 11%	29 17%	7 21%	150 17%	46 16%	2 15%	159 17%	42 16%	170 16%	30 17%
A lot less (1.0)	235 19%	18 13%	167 19%	28 24%	40 24%	7 20%	166 19%	65 22%	8 52%	202 21% b	33 12%	184 18%	51 29% a
Don't know	4 *	- -	3 *	- -	- -	- -	2 *	- -	- -	3 *	1 *	3 *	- -
NET: More	489 40%	54 39%	383 43%	52 45% b	53 32%	13 39%	364 41% b	114 38%	2 15%	363 38%	126 47% a	433 42% b	55 31%
NET: Less	436 36%	43 32%	311 35%	40 35%	68 41%	14 41%	316 36%	111 38%	11 67%	360 38% b	75 28%	354 34%	81 46% a
Base for stats	1209	137	886	115	166	34	886	297	16	942	267	1030	177
Mean Score	3.00	3.09	3.05	3.03	2.78	2.93	3.02 b	2.93	1.97	2.94	3.21 a	3.05 b	2.69
Standard Deviation	1.342	1.235	1.347	1.431	1.311	1.403	1.341	1.356	1.176	1.366	1.234	1.329	1.385
Standard Error	.039	.107	.046	.131	.103	.241	.045	.079	.285	.045	.077	.042	.102
Error variance	*	.01	*	.02	.01	.06	*	.01	.08	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	1199	120	100	166	203	141	146	65	258	510	469	445	286	459	942	96	927	102
Total	1213	120	103	167	202	139	148	68	266	508	482	452	286	467	957	96	942	100
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	182 15%	3 3%	12 12%	13 8%	30 15%	22 16%	28 19%	16 24%	57 21%	66 13%	101 21%	132 29%	16 5%	34 7%	144 15%	17 17%	140 15%	20 20%
			a		ac	ac	ac	abci	abci	a	abci	bc						
A bit more (4.0)	307 25%	17 14%	17 16%	31 19%	66 33%	38 27%	47 32%	20 29%	72 27%	135 27%	138 29%	204 45%	48 17%	53 11%	249 26%	19 19%	251 27%	22 22%
				abc	a	abc	a	ab	abc	abc	bc	c						
Neither more nor less (3.0)	284 23%	30 25%	21 21%	36 21%	36 18%	36 26%	33 22%	13 19%	79 30%	108 21%	125 26%	60 13%	176 62%	44 9%	209 22%	22 23%	202 21%	22 22%
								di	d			ac						
A bit less (2.0)	201 17%	24 20%	18 18%	31 19%	38 19%	26 19%	23 16%	9 14%	31 11%	95 19%	63 13%	39 9%	30 10%	130 28%	161 17%	14 14%	158 17%	15 15%
		h		h	h	h			hj			ab						
A lot less (1.0)	235 19%	45 37%	34 33%	55 33%	31 15%	17 12%	17 12%	10 14%	28 10%	102 20%	54 11%	16 3%	16 6%	203 43%	191 20%	24 25%	188 20%	21 21%
		defghij	defghij	defghij					efhj			ab						
Don't know	4 *	1 1%	- -	1 1%	1 *	- -	- -	- -	1 *	2 *	1 *	- -	- -	3 1%	3 *	1 1%	3 *	1 1%
NET: More	489 40%	20 17%	29 28%	45 27%	97 48%	60 43%	75 50%	36 53%	128 48%	201 40%	239 50%	336 74%	64 22%	87 19%	393 41%	35 37%	392 42%	42 41%
			a	a	abci	abc	abci	abci	abci	abc	abci	bc						
NET: Less	436 36%	69 57%	52 51%	86 51%	69 34%	43 31%	41 27%	19 28%	58 22%	197 39%	118 24%	55 12%	46 16%	333 71%	352 37%	38 40%	346 37%	36 36%
		defghij	defghij	defghij	hj	h			fhj			ab						
Base for stats	1209	119	103	166	201	139	148	68	265	506	481	452	286	464	955	95	939	99
Mean Score	3.00	2.24	2.56	2.50	3.14	3.16	3.30	3.35	3.37	2.94	3.35	3.88	3.06	2.10	2.99	2.89	3.00	3.05
				abc	abc	abci	abci	abci	abci	abc	abci	bc	c					
Standard Deviation	1.342	1.178	1.403	1.334	1.312	1.249	1.269	1.362	1.235	1.334	1.261	1.037	.844	1.279	1.355	1.440	1.355	1.423
Standard Error	.039	.108	.140	.104	.092	.105	.105	.169	.077	.059	.058	.049	.050	.060	.044	.148	.045	.142
Error variance	*	.01	.02	.01	.01	.01	.01	.03	.01	*	*	*	*	*	*	.02	*	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	1199	831	142	870	111	679	236
Total	1213	848	138	885	110	685	241
	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	182 15%	138 16%	26 19%	128 14%	30 27% a	117 17%	33 14%
A bit more (4.0)	307 25%	226 27%	31 22%	222 25%	24 22%	184 27%	65 27%
Neither more nor less (3.0)	284 23%	183 22%	26 19%	197 22%	21 19%	136 20%	59 25%
A bit less (2.0)	201 17%	140 17%	25 18%	158 18%	12 11%	118 17%	31 13%
A lot less (1.0)	235 19%	157 19%	29 21%	178 20%	23 21%	128 19%	53 22%
Don't know	4 *	3 *	1 1%	3 *	1 1%	3 *	- -
NET: More	489 40%	364 43%	58 42%	350 40%	54 49%	301 44%	98 41%
NET: Less	436 36%	297 35%	54 39%	336 38%	34 31%	246 36%	84 35%
Base for stats	1209	845	137	883	109	683	241
Mean Score	3.00	3.06	3.01	2.96	3.25 a	3.07	2.97
Standard Deviation	1.342	1.353	1.427	1.348	1.491	1.370	1.355
Standard Error	.039	.047	.120	.046	.142	.053	.088
Error variance	*	*	.01	*	.02	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	253	163	90	120	78	55	11	22	21	37	26	28	50	43	15
Total	247	165	81	106	79	62	10	22	20	33	23	34	49	38	17
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	68 28%	42 25%	26 32%	33 31%	19 25%	16 26%	2 23%	4 17%	4 19%	9 28%	7 31%	7 21%	19 38%	8 22%	7 43%
A bit more (4.0)	90 37%	61 37%	29 36%	39 37%	33 42%	18 29%	4 44%	10 47%	8 40%	11 33%	8 34%	15 44%	18 36%	12 32%	3 19%
Neither more nor less (3.0)	45 18%	27 17%	18 22%	18 17%	14 18%	13 22%	1 14%	5 22%	2 12%	7 20%	4 17%	8 24%	5 10%	11 28%	2 13%
A bit less (2.0)	29 12%	25 15%	4 4%	10 9%	10 12%	9 15%	1 11%	3 15%	5 24%	2 6%	3 14%	4 10%	4 8%	4 12%	2 15%
A lot less (1.0)	13 5%	10 6%	3 4%	5 5%	2 3%	5 9%	1 9%	- -	1 5%	4 11%	1 3%	- -	3 6%	2 6%	2 10%
Don't know	1 1%	- -	1 2%	1 1%	- -	- -	- -	- -	- -	1 2%	- -	- -	1 2%	- -	- -
NET: More	158 64%	103 62%	55 68%	72 68%	53 67%	33 54%	7 67%	14 64%	12 59%	20 61%	15 66%	22 65%	37 75%	21 54%	10 63%
NET: Less	42 17%	35 21%	7 8%	15 14%	12 15%	15 24%	2 19%	3 15%	6 29%	6 17%	4 17%	4 10%	7 13%	7 18%	4 24%
Base for stats	245	165	80	105	79	62	10	22	20	32	23	34	48	38	17
Mean Score	3.70	3.61	3.89	3.81	3.74	3.47	3.62	3.66	3.45	3.62	3.77	3.76	3.95	3.52	3.72
Standard Deviation	1.149	1.190	1.042	1.129	1.059	1.273	1.258	.944	1.209	1.287	1.154	.916	1.165	1.153	1.439
Standard Error	.073	.093	.111	.104	.120	.172	.379	.201	.264	.214	.226	.173	.166	.176	.371
Error variance	.01	.01	.01	.01	.01	.03	.14	.04	.07	.05	.05	.03	.03	.03	.14

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	
		a	b	c	d	*e	f	g	h	a	*b	*c	*d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	253	36	69	58	35	24	31	163	90	212	9	20	5	1	2	37	
Total	247	35	67	55	35	24	32	156	91	207	9	20	4	1	2	36	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	68 28%	7 21%	24 36% fh	20 36% fh	8 22%	5 21%	4 13%	51 33% fh	17 19%	61 29%	1 15%	4 22%	1 17%	- -	- -	6 18%	
A bit more (4.0)	90 37%	16 46%	18 28%	22 39%	16 46%	7 29%	11 35%	56 36%	34 38%	69 33%	3 39%	12 62%	3 66%	1 100%	1 46%	21 57% a	
Neither more nor less (3.0)	45 18%	6 17%	13 20%	5 9%	8 24%	7 28%	6 20%	24 15%	21 24% c	40 19%	2 22%	2 12%	- -	- -	1 54%	5 15%	
A bit less (2.0)	29 12%	3 7%	8 12%	6 11%	2 5%	3 15%	7 21%	17 11%	12 13%	24 12%	1 13%	1 4%	1 18%	- -	- -	3 7%	
A lot less (1.0)	13 5%	2 7%	2 4%	2 4%	1 2%	2 7%	4 11%	7 4%	6 7%	12 6%	1 11%	- -	- -	- -	- -	1 3%	
Don't know	1 1%	1 2%	1 1%	- -	- -	- -	- -	1 1%	- -	1 1%	- -	- -	- -	- -	- -	- -	
NET: More	158 64%	23 67%	42 63%	41 76% fh	24 68%	12 50%	16 49%	107 68% f	51 57%	129 62%	5 54%	17 84%	4 82%	1 100%	1 46%	27 75%	
NET: Less	42 17%	5 14%	10 16%	8 15%	3 8%	5 22%	10 32% dg	24 15%	18 20%	36 17%	2 25%	1 4%	1 18%	- -	- -	4 10%	
Base for stats	245	34	66	55	35	24	32	155	91	205	9	20	4	1	2	36	
Mean Score	3.70	3.69	3.80	3.92	3.81	3.43	3.19	3.82	3.49	3.69	3.32	4.03	3.81	4.00	3.46	3.80	
Standard Deviation	1.149	1.113	1.165	1.137	.939	1.202	1.242	1.139	1.143	1.182	1.282	.719	1.041	-	.657	.920	
Standard Error	.073	.188	.141	.149	.159	.245	.223	.090	.120	.082	.427	.161	.465	-	.465	.151	
Error variance	.01	.04	.02	.02	.03	.06	.05	.01	.01	.01	.18	.03	.22	-	.22	.02	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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						
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
																			a
Significance Level: 95%																			
Unweighted Total	253	145	44	42	86	13	13	42	181	4	68	243	6	27	127	91	8	226	
Total	247	128	52	50	102	13	13	41	176	4	67	237	6	24	123	93	6	222	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	68	36	14	13	27	2	4	10	51	1	16	65	2	5	35	27	1	63
		28%	28%	27%	25%	26%	15%	29%	24%	29%	20%	24%	28%	32%	19%	28%	29%	23%	28%
A bit more	(4.0)	90	40	20	24	44	9	7	10	62	1	27	87	2	6	46	36	2	84
		37%	32%	39%	48%	44%	73%	55%	25%	35%	29%	41%	37%	34%	26%	37%	38%	36%	38%
Neither more nor less	(3.0)	45	27	12	5	16	1	1	13	30	1	14	43	2	6	21	18	1	40
		18%	21%	23%	9%	16%	6%	8%	31%	17%	29%	22%	18%	34%	24%	17%	20%	11%	18%
A bit less	(2.0)	29	17	4	6	9	-	1	5	22	1	6	27	-	8	13	7	1	21
		12%	13%	7%	12%	9%	-	8%	12%	12%	22%	9%	11%	-	31%	10%	8%	17%	9%
A lot less	(1.0)	13	6	2	3	5	-	-	3	10	-	3	12	-	-	7	5	1	13
		5%	5%	4%	5%	5%	-	-	7%	6%	-	4%	5%	-	-	6%	5%	12%	6%
Don't know		1	1	-	-	-	1	-	-	1	-	1	1	-	-	1	-	-	1
		1%	1%	-	-	-	6%	-	-	*	-	1%	1%	-	-	1%	-	-	1%
NET: More		158	77	35	37	71	12	11	20	114	2	43	153	4	11	81	63	4	147
		64%	60%	66%	74%	70%	88%	84%	50%	64%	49%	64%	64%	66%	45%	66%	67%	59%	66%
NET: Less		42	23	6	8	14	-	1	8	32	1	9	39	-	8	20	12	2	34
		17%	18%	11%	17%	14%	-	8%	19%	18%	22%	13%	17%	-	31%	16%	13%	29%	15%
Base for stats		245	126	52	50	102	12	13	41	176	4	66	236	6	24	121	93	6	221
Mean Score		3.70	3.67	3.78	3.77	3.78	4.10	4.04	3.48	3.70	3.47	3.71	3.71	3.99	3.32	3.72	3.78	3.41	3.74
Standard Deviation		1.149	1.167	1.065	1.122	1.088	.488	.864	1.197	1.183	1.229	1.067	1.145	.890	1.134	1.164	1.110	1.458	1.146
Standard Error		.073	.098	.161	.173	.117	.141	.240	.185	.088	.614	.130	.074	.364	.218	.104	.116	.516	.077
Error variance		.01	.01	.03	.03	.01	.02	.06	.03	.01	.38	.02	.01	.13	.05	.01	.01	.27	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	*a	b	*c	d	e	*f	a	b	a	*b
Significance Level: 95%													
Unweighted Total	253	46	174	26	34	14	178	71	1	184	69	224	28
Total	247	46	171	24	33	13	176	67	1	180	67	219	27
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	68 28%	13 29%	49 29%	9 39%	9 28%	3 23%	46 26%	20 30%	- -	51 29%	16 25%	62 28%	6 24%
A bit more (4.0)	90 37%	19 41%	64 37%	7 29%	12 37%	6 45%	65 37%	25 37%	- -	65 36%	25 37%	84 38%	6 24%
Neither more nor less (3.0)	45 18%	9 19%	30 18%	5 21%	6 17%	3 20%	31 18%	12 19%	1 100%	30 17%	15 23%	39 18%	6 23%
A bit less (2.0)	29 12%	5 10%	16 10%	2 8%	3 8%	1 6%	24 14%	5 7%	- -	21 12%	7 11%	24 11%	5 18%
A lot less (1.0)	13 5%	1 2%	10 6%	1 3%	3 10%	- -	9 5%	4 6%	- -	10 6%	3 4%	9 4%	3 12%
Don't know	1 1%	- -	1 1%	- -	- -	1 6%	1 *	1 1%	- -	1 1%	- -	1 1%	- -
NET: More	158 64%	32 69%	113 66%	16 68%	21 65%	9 68%	111 63%	45 68%	- -	117 65%	41 62%	145 66%	13 48%
NET: Less	42 17%	6 12%	26 15%	3 11%	6 17%	1 6%	33 19%	8 13%	- -	31 17%	10 15%	33 15%	8 29%
Base for stats	245	46	170	24	33	12	175	66	1	178	67	217	27
Mean Score	3.70	3.84	3.74	3.92	3.66	3.90	3.65	3.80	3.00	3.71	3.67	3.76	3.30
Standard Deviation	1.149	1.026	1.149	1.115	1.251	.875	1.160	1.130	-	1.170	1.100	1.107	1.343
Standard Error	.073	.151	.088	.219	.215	.243	.087	.135	-	.087	.132	.074	.254
Error variance	.01	.02	.01	.05	.05	.06	.01	.02	-	.01	.02	.01	.06

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		*a	*b	*c	d	e	f	*g	h	i	j	a	b	c	a	*b	a	*b
Significance Level: 95%																		
Unweighted Total	253	9	16	26	43	41	41	24	53	110	118	143	42	66	198	19	200	25
Total	247	8	15	27	44	39	39	25	50	110	114	141	39	65	194	18	196	23
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	68 28%	-	3	8	9	8	7	11	22	25	40	52	3	13	59	6	55	6
		-	17%	28%	21%	22%	18%	43%	44%	23%	35%	37%	7%	21%	30%	30%	28%	28%
									defi		fi	bc						
A bit more (4.0)	90 37%	1	6	7	21	18	17	7	13	46	37	57	14	19	72	7	71	8
		14%	38%	24%	48%	47%	43%	29%	27%	42%	33%	40%	36%	29%	37%	36%	36%	34%
					h	h												
Neither more nor less (3.0)	45 18%	4	4	6	10	6	7	4	6	21	17	20	16	10	28	4	33	7
		47%	24%	20%	22%	16%	17%	17%	13%	19%	15%	14%	41%	15%	14%	19%	17%	29%
													ac					
A bit less (2.0)	29 12%	2	2	4	3	4	8	3	3	11	14	9	3	17	23	2	26	-
		20%	13%	16%	6%	11%	21%	11%	6%	10%	12%	6%	7%	26%	12%	11%	13%	-
							dh							ab				
A lot less (1.0)	13 5%	1	1	3	-	2	1	-	5	5	6	3	4	5	10	1	10	2
		19%	8%	11%	-	4%	2%	-	10%	4%	5%	2%	9%	8%	5%	4%	5%	9%
									d				a					
Don't know	1 1%	-	-	-	1	-	-	-	-	1	-	1	-	1	1	-	1	-
		-	-	-	3%	-	-	-	-	1%	-	1%	-	1%	1%	-	1%	-
					j													
NET: More	158 64%	1	8	14	30	27	24	18	35	71	77	109	17	32	131	12	126	14
		14%	55%	53%	69%	69%	61%	72%	71%	65%	68%	77%	44%	50%	68%	66%	64%	62%
												bc						
NET: Less	42 17%	3	3	7	3	6	9	3	8	16	20	12	6	22	33	3	36	2
		38%	21%	27%	6%	15%	23%	11%	16%	14%	17%	8%	16%	34%	17%	14%	18%	9%
							d						ab					
Base for stats	245	8	15	27	42	39	39	25	50	108	114	140	39	64	192	18	195	23
Mean Score	3.70	2.57	3.44	3.43	3.87	3.71	3.54	4.04	3.89	3.70	3.80	4.03	3.26	3.29	3.76	3.78	3.70	3.72
												bc						
Standard Deviation	1.149	1.020	1.185	1.361	.828	1.069	1.074	1.044	1.327	1.071	1.192	.983	1.019	1.282	1.161	1.136	1.166	1.167
Standard Error	.073	.340	.296	.267	.129	.167	.168	.213	.182	.103	.110	.083	.157	.159	.083	.261	.083	.233
Error variance	.01	.12	.09	.07	.02	.03	.03	.05	.03	.01	.01	.01	.02	.03	.01	.07	.01	.05

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	*b	a	*b	a	b
Significance Level: 95%							
Unweighted Total	253	193	23	191	15	162	45
Total	247	189	20	186	14	158	45
	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	68 28%	56 30%	8 40%	55 29%	2 17%	48 30%	9 20%
A bit more (4.0)	90 37%	68 36%	5 25%	64 34%	5 35%	61 38%	14 30%
Neither more nor less (3.0)	45 18%	34 18%	4 22%	33 18%	3 20%	24 15%	12 26%
A bit less (2.0)	29 12%	22 11%	1 6%	22 12%	2 18%	15 9%	9 21% a
A lot less (1.0)	13 5%	9 5%	1 7%	12 6%	1 10%	10 7%	1 3%
Don't know	1 1%	1 *	- -	1 *	- -	1 *	- -
NET: More	158 64%	124 65%	13 65%	119 64%	7 52%	109 69% b	23 51%
NET: Less	42 17%	31 16%	3 13%	33 18%	4 28%	25 16%	11 23%
Base for stats	245	188	20	185	14	158	45
Mean Score	3.70	3.74	3.85	3.69	3.32	3.77	3.45
Standard Deviation	1.149	1.147	1.243	1.192	1.279	1.173	1.117
Standard Error	.073	.083	.259	.086	.330	.092	.167
Error variance	.01	.01	.07	.01	.11	.01	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	396	226	165	248	123	25	11	37	29	53	35	27	106	57	41
Total	378	212	161	225	128	25	10	38	27	48	34	32	98	49	42
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	107 28%	48 23%	57 35%	65 29%	39 30%	3 11%	4 41%	16 42%	11 40%	14 28%	10 29%	7 21%	26 27%	11 23%	8 20%
A bit more (4.0)	141 37%	84 40%	56 35%	94 42%	37 29%	10 41%	2 19%	14 36%	8 30%	17 36%	12 36%	12 37%	39 40%	19 38%	18 43%
Neither more nor less (3.0)	76 20%	47 22%	28 17%	34 15%	32 25%	9 37%	1 7%	6 17%	5 19%	10 22%	6 19%	7 22%	17 18%	10 21%	12 29%
A bit less (2.0)	32 8%	21 10%	10 6%	20 9%	10 8%	2 8%	2 16%	1 2%	1 3%	4 8%	5 15%	4 13%	8 9%	6 11%	2 4%
A lot less (1.0)	21 6%	11 5%	10 6%	11 5%	9 7%	1 3%	2 17%	1 3%	2 8%	3 6%	- -	2 7%	6 6%	3 6%	2 4%
Don't know	1 *	- -	1 *	1 *	- -	- -	- -	- -	- -	- -	- -	- -	1 1%	- -	- -
NET: More	248 66%	132 62%	113 70%	159 71%	76 59%	13 52%	6 60%	30 78%	19 70%	31 64%	22 66%	19 58%	65 67%	30 61%	26 63%
NET: Less	53 14%	33 16%	19 12%	31 14%	20 15%	3 11%	3 33%	2 5%	3 11%	7 14%	5 15%	7 21%	14 15%	9 18%	4 8%
Base for stats	377	212	161	224	128	25	10	38	27	48	34	32	97	49	42
Mean Score	3.74	3.64	3.87	3.81	3.67	3.48	3.51	4.11	3.90	3.72	3.80	3.51	3.74	3.60	3.70
Standard Deviation	1.126	1.103	1.146	1.100	1.201	.931	1.634	.995	1.229	1.153	1.040	1.187	1.131	1.153	.979
Standard Error	.057	.073	.089	.070	.108	.186	.493	.164	.228	.158	.176	.228	.110	.153	.153
Error variance	*	.01	.01	*	.01	.03	.24	.03	.05	.03	.03	.05	.01	.02	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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
		a	b	c	d	*e	*f	g	h	a	*b	c	*d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total		396	65	125	103	54	29	20	293	103	293	21	48	21	4	6	100
Total		378	63	124	94	51	29	18	280	98	283	19	44	20	4	6	93
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	107	20	32	25	12	13	5	77	30	77	9	13	6	1	2	30
		28%	32%	26%	26%	24%	42%	29%	27%	31%	27%	44%	28%	30%	21%	31%	32%
A bit more	(4.0)	141	23	50	33	23	10	3	106	36	110	3	18	5	3	2	31
		37%	36%	40%	35%	45%	34%	17%	38%	37%	39%	15%	40%	26%	79%	36%	33%
Neither more nor less	(3.0)	76	13	22	21	7	5	8	56	20	55	2	7	8	-	2	20
		20%	21%	18%	22%	14%	16%	45%	20%	20%	19%	13%	16%	41%	-	33%	21%
A bit less	(2.0)	32	5	11	10	4	2	-	25	7	24	4	4	1	-	-	8
		8%	7%	9%	10%	8%	8%	-	9%	7%	8%	19%	9%	4%	-	-	9%
A lot less	(1.0)	21	2	9	6	4	-	1	16	5	17	2	3	-	-	-	5
		6%	3%	7%	6%	8%	-	4%	6%	5%	6%	9%	7%	-	-	-	5%
Don't know		1	-	-	-	-	-	1	-	1	1	-	-	-	-	-	-
		*	-	-	-	-	-	4%	-	1%	*	-	-	-	-	-	-
NET: More		248	43	82	58	35	22	8	182	66	187	11	30	11	4	4	60
		66%	68%	66%	62%	70%	76%	46%	65%	67%	66%	59%	68%	56%	100%	67%	65%
NET: Less		53	7	20	15	8	2	1	42	11	40	5	7	1	-	-	13
		14%	10%	16%	16%	16%	8%	4%	15%	12%	14%	28%	16%	4%	-	-	14%
Base for stats		377	63	124	94	51	29	17	280	97	282	19	44	20	4	6	93
Mean Score		3.74	3.87	3.69	3.65	3.70	4.11	3.70	3.72	3.82	3.73	3.67	3.74	3.82	4.21	3.98	3.78
Standard Deviation		1.126	1.046	1.163	1.157	1.175	.962	1.078	1.135	1.103	1.126	1.460	1.172	.930	.484	.875	1.144
Standard Error		.057	.130	.104	.114	.160	.179	.247	.066	.109	.066	.319	.169	.203	.242	.357	.114
Error variance		*	.02	.01	.01	.03	.03	.06	*	.01	*	.10	.03	.04	.06	.13	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	*a	*b	c	d	*e	f	a	*b	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	396	203	86	79	165	17	25	42	298	14	84	368	24	33	182	157	24	363
Total	378	163	100	93	193	17	23	37	287	13	78	353	21	28	173	156	22	350
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	107 28%	50 31%	29 29%	24 25%	53 27%	6 33%	7 32%	12 33%	81 28%	1 5%	25 33%	102 29%	5 24%	13 46%	49 29%	38 24%	7 31%	94 27%
A bit more (4.0)	141 37%	53 33%	43 43%	37 40%	81 42%	8 48%	12 53%	11 31%	105 37%	4 30%	32 41%	129 36%	9 42%	5 17%	64 37%	67 43%	6 26%	137 39%
Neither more nor less (3.0)	76 20%	34 21%	16 16%	19 20%	35 18%	2 11%	2 7%	7 18%	60 21%	6 46%	10 13%	73 21%	3 15%	3 13%	35 20%	33 21%	4 20%	72 21%
A bit less (2.0)	32 8%	16 10%	8 8%	5 5%	13 7%	- -	1 3%	3 8%	26 9%	2 13%	4 5%	31 9%	1 6%	4 16%	14 8%	13 8%	1 5%	28 8%
A lot less (1.0)	21 6%	9 6%	3 3%	8 8%	11 6%	1 7%	1 5%	4 11%	15 5%	- -	6 8%	19 5%	2 10%	2 6%	11 6%	5 3%	4 18%	20 6%
Don't know	1 *	1 *	- -	- -	- -	- -	- -	- -	- -	1 5%	- -	- -	1 3%	1 3%	- -	- -	- -	- -
NET: More	248 66%	103 64%	73 72%	61 66%	134 69%	14 82%	20 85%	24 63%	186 65%	5 35%	57 74%	230 65%	14 66%	17 63%	113 66%	105 67%	12 57%	231 66%
NET: Less	53 14%	25 15%	12 12%	13 14%	24 13%	1 7%	2 8%	7 19%	41 14%	2 13%	10 13%	50 14%	3 16%	6 22%	25 14%	18 11%	5 23%	47 13%
Base for stats	377	162	100	93	193	17	23	37	287	13	78	353	20	27	173	156	22	350
Mean Score	3.74	3.74	3.86	3.69	3.78	4.01	4.05	3.65	3.73	3.29	3.85	3.74	3.65	3.82	3.74	3.77	3.46	3.74
Standard Deviation	1.126	1.167	1.039	1.161	1.100	1.077	.987	1.323	1.121	.807	1.180	1.127	1.251	1.371	1.142	1.011	1.464	1.107
Standard Error	.057	.082	.112	.131	.086	.261	.197	.204	.065	.224	.129	.059	.261	.242	.085	.081	.299	.058
Error variance	*	.01	.01	.02	.01	.07	.04	.04	*	.05	.02	*	.07	.06	.01	.01	.09	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	*c	d	e	*f	a	b	a	b
Significance Level: 95%													
Unweighted Total	396	66	285	31	31	20	300	79	3	322	74	330	61
Total	378	66	274	29	31	18	287	76	2	308	70	320	54
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	107	71	8	6	7	81	21	-	85	22	89	17
		28%	26%	28%	20%	35%	28%	28%	-	28%	31%	28%	31%
A bit more	(4.0)	141	110	12	12	4	108	27	1	114	28	126	14
		37%	40%	42%	39%	21%	38%	36%	31%	37%	40%	39%	26%
Neither more nor less	(3.0)	76	55	4	7	4	57	14	1	62	14	65	9
		20%	20%	13%	24%	21%	20%	18%	36%	20%	20%	20%	17%
A bit less	(2.0)	32	23	1	3	2	26	6	-	26	6	25	7
		8%	8%	4%	8%	11%	9%	7%	-	8%	8%	8%	13%
A lot less	(1.0)	21	15	4	3	2	13	8	1	20	1	15	6
		6%	6%	12%	9%	13%	5%	10%	33%	7%	1%	5%	11%
Don't know		1	-	-	-	-	1	-	-	1	-	-	1
		*	-	-	-	-	*	-	-	*	-	-	1%
													a
NET: More		248	180	21	18	10	189	48	1	199	49	215	31
		66%	66%	71%	59%	56%	66%	64%	31%	65%	70%	67%	57%
NET: Less		53	39	5	5	4	40	13	1	46	7	40	13
		14%	14%	16%	17%	23%	14%	18%	33%	15%	10%	13%	24%
													a
Base for stats		377	274	29	31	18	286	76	2	308	70	320	53
Mean Score		3.74	3.72	3.71	3.53	3.56	3.76	3.63	2.65	3.71	3.90	3.78	3.54
Standard Deviation		1.126	1.109	1.283	1.175	1.427	1.106	1.253	1.630	1.154	.987	1.086	1.359
Standard Error		.057	.066	.230	.211	.319	.064	.141	.941	.064	.115	.060	.175
Error variance		*	*	.05	.04	.10	*	.02	.89	*	.01	*	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	*b	a	b
Unweighted Total	396	5	16	45	83	67	61	29	90	195	180	227	55	110	341	20	319	36
Total	378	4	14	42	82	62	59	28	85	187	173	219	53	103	326	19	304	34
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	107 28%	-	4 26%	6 14%	17 21%	18 29%	16 26%	9 31%	37 44%	41 22%	62 36%	88 40%	4 8%	15 14%	95 29%	5 27%	87 29%	9 28%
A bit more (4.0)	141 37%	3 64%	8 53%	22 52%	40 48%	22 36%	23 39%	9 32%	15 18%	84 45%	47 27%	92 42%	16 31%	31 30%	115 35%	10 55%	111 37%	13 38%
Neither more nor less (3.0)	76 20%	-	-	7 17%	15 18%	11 17%	12 20%	7 25%	25 29%	33 17%	43 25%	22 10%	29 54%	24 24%	69 21%	2 11%	59 20%	7 22%
A bit less (2.0)	32 8%	-	2 14%	2 4%	7 8%	9 15%	6 10%	3 11%	3 4%	18 9%	12 7%	11 5%	2 4%	19 19%	30 9%	-	31 10%	1 2%
A lot less (1.0)	21 6%	1 18%	1 7%	6 13%	4 5%	2 3%	3 4%	1 3%	5 5%	12 6%	8 5%	6 3%	2 3%	14 13%	18 6%	1 4%	16 5%	4 11%
Don't know *	1	1 18%	-	-	-	-	-	-	-	-	-	-	-	-	-	1 4%	-	-
NET: More	248 66%	3 64%	11 79%	28 66%	57 69%	41 65%	39 66%	17 62%	53 62%	125 67%	109 63%	180 82%	20 39%	46 44%	210 64%	15 82%	198 65%	22 65%
NET: Less	53 14%	1 18%	3 21%	7 17%	11 14%	11 18%	9 15%	4 13%	8 9%	29 16%	20 12%	17 8%	4 7%	33 32%	48 15%	1 4%	47 15%	4 13%
Base for stats	377	3	14	42	82	62	59	28	85	187	173	219	53	103	326	18	304	34
Mean Score	3.74	3.35	3.77	3.50	3.71	3.74	3.73	3.78	3.90	3.67	3.82	4.12 bc	3.36	3.13	3.73	4.05	3.73	3.70
Standard Deviation	1.126	1.494	1.222	1.196	1.053	1.127	1.104	1.093	1.175	1.109	1.134	.962	.823	1.259	1.138	.882	1.136	1.222
Standard Error	.057	.747	.306	.178	.116	.138	.141	.203	.124	.079	.085	.064	.111	.120	.062	.202	.064	.204
Error variance	*	.56	.09	.03	.01	.02	.02	.04	.02	.01	.01	*	.01	.01	*	.04	*	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	*b	a	*b	a	b
Significance Level: 95%							
Unweighted Total	396	327	27	322	24	279	56
Total	378	315	24	308	23	265	55
	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	107 28%	93 29%	7 29%	87 28%	11 46%	82 31%	13 23%
A bit more (4.0)	141 37%	112 35%	13 54%	115 37%	8 34%	90 34%	26 47%
Neither more nor less (3.0)	76 20%	60 19%	4 15%	61 20%	4 17%	52 20%	10 18%
A bit less (2.0)	32 8%	31 10%	- -	27 9%	- -	26 10%	4 8%
A lot less (1.0)	21 6%	20 6%	1 3%	18 6%	1 3%	15 6%	3 5%
Don't know	1 *	- -	- -	- -	- -	- -	- -
NET: More	248 66%	204 65%	20 82%	202 66%	18 80%	171 65%	38 70%
NET: Less	53 14%	50 16%	1 3%	45 15%	1 3%	42 16%	7 13%
Base for stats	377	315	24	308	23	265	55
Mean Score	3.74	3.72	4.05	3.73	4.20	3.74	3.75
Standard Deviation	1.126	1.167	.851	1.137	.953	1.166	1.063
Standard Error	.057	.065	.164	.063	.195	.070	.142
Error variance	*	*	.03	*	.04	*	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q6.4. Home activity, fitness or exercise class 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

	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	388	127	258	190	129	69	19	40	32	46	35	33	86	63	34
Total	383	121	258	176	131	76	18	44	31	42	33	38	82	57	38
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	113 30%	35 29%	77 30%	50 28%	42 33%	21 27%	6 32%	19 44%	10 33%	10 23%	8 23%	11 28%	19 24%	18 31%	13 35%
A bit more (4.0)	147 38%	48 39%	99 39%	66 38%	55 42%	26 35%	6 36%	11 26%	14 45%	20 47%	14 43%	13 35%	30 36%	23 40%	16 43%
Neither more nor less (3.0)	67 17%	25 21%	40 16%	32 18%	17 13%	17 23%	2 13%	4 10%	6 20%	9 21%	5 15%	9 24%	18 22%	6 10%	7 19%
A bit less (2.0)	23 6%	4 3%	19 8%	13 7%	6 4%	5 6%	2 11%	5 11%	- -	1 2%	3 11%	4 10%	4 5%	4 7%	- -
A lot less (1.0)	24 6%	7 6%	18 7%	11 6%	9 7%	4 6%	1 4%	3 7%	- -	2 5%	3 8%	- -	9 11%	6 10%	1 3%
Don't know	8 2%	3 2%	4 2%	4 2%	1 1%	3 3%	1 5%	1 3%	1 2%	1 2%	- -	1 4%	2 3%	1 2%	- -
NET: More	261 68%	83 68%	177 68%	116 66%	97 74%	47 62%	12 67%	31 69%	24 77%	29 70%	22 66%	24 63%	49 60%	41 71%	29 78%
NET: Less	47 12%	10 8%	37 14%	23 13%	15 12%	9 12%	3 15%	8 18%	- -	3 7%	6 19%	4 10%	13 16%	10 17%	1 3%
Base for stats	374	119	254	171	129	74	17	43	30	41	33	37	79	56	38
Mean Score	3.81	3.85	3.78	3.77	3.89	3.75	3.84	3.92	4.12	3.82	3.62	3.84	3.59	3.77	4.06
Standard Deviation	1.131	1.062	1.163	1.134	1.136	1.119	1.168	1.288	.739	1.003	1.204	.967	1.225	1.268	.933
Standard Error	.058	.095	.073	.083	.100	.137	.275	.206	.133	.150	.204	.171	.134	.161	.160
Error variance	*	.01	.01	.01	.01	.02	.08	.04	.02	.02	.04	.03	.02	.03	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q6.4. Home activity, fitness or exercise class 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

	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	
		a	b	c	d	*e	f	g	h	a	*b	c	*d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	388	38	123	107	56	27	37	268	120	297	19	43	12	5	6	85	
Total	383	37	122	104	58	25	37	263	120	296	18	42	11	5	5	81	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	113 30%	13 36%	39 32%	27 26%	11 20%	8 34%	14 38%	79 30%	34 28%	88 30%	9 48%	9 21%	5 48%	2 39%	1 14%	25 31%	
A bit more (4.0)	147 38%	13 36%	52 43%	37 36%	26 45%	12 47%	8 20%	102 39%	45 38%	117 40%	4 25%	16 39%	3 27%	2 36%	1 24%	27 33%	
Neither more nor less (3.0)	67 17%	5 14%	18 14%	20 19%	13 22%	4 16%	7 18%	43 16%	23 20%	51 17%	2 13%	12 30%	1 7%	- -	1 14%	16 20%	
A bit less (2.0)	23 6%	2 6%	9 7%	6 6%	2 3%	1 3%	3 8%	18 7%	5 4%	18 6%	1 6%	2 5%	- -	1 26%	1 19%	5 7%	
A lot less (1.0)	24 6%	2 5%	3 3%	9 9%	6 11%	- -	4 11%	14 5%	10 9%	18 6%	1 8%	1 4%	1 10%	- -	1 29%	5 7%	
Don't know	8 2%	1 2%	1 1%	4 4%	- -	- -	2 5%	6 2%	2 2%	4 1%	- -	1 2%	1 8%	- -	- -	2 2%	
NET: More	261 68%	27 72%	91 74%	64 62%	37 65%	20 81%	22 58%	182 69%	79 66%	206 70%	13 73%	25 60%	8 75%	4 74%	2 38%	52 64%	
NET: Less	47 12%	4 12%	12 10%	15 15%	8 13%	1 3%	7 19%	32 12%	16 13%	36 12%	3 14%	3 8%	1 10%	1 26%	2 48%	11 13%	
Base for stats	374	36	121	100	58	25	36	256	118	292	18	41	10	5	5	79	
Mean Score	3.81	3.94	3.95	3.67	3.61	4.12	3.69	3.84	3.74	3.82	4.00	3.71	4.12	3.88	2.76	3.77	
Standard Deviation	1.131	1.135	1.006	1.204	1.162	.793	1.386	1.109	1.179	1.117	1.282	.982	1.328	1.316	1.605	1.175	
Standard Error	.058	.187	.091	.119	.155	.153	.234	.068	.108	.065	.294	.152	.400	.589	.655	.129	
Error variance	*	.03	.01	.01	.02	.02	.05	*	.01	*	.09	.02	.16	.35	.43	.02	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q6.4. Home activity, fitness or exercise class 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	*a	*b	c	d	*e	f	a	*b	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	388	216	72	79	151	10	18	72	279	9	100	364	15	41	192	130	25	347
Total	383	186	84	94	179	9	17	74	273	10	100	359	14	38	185	135	24	344
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	113 30%	62 33%	28 33%	23 24%	50 28%	3 31%	5 27%	23 31%	82 30%	1 13%	30 30%	111 31%	2 17%	13 33%	63 34%	32 24%	5 23%	101 29%
A bit more (4.0)	147 38%	65 35%	30 36%	48 51%	78 44%	5 51%	8 50%	28 38%	105 38%	1 13%	41 41%	142 39%	4 25%	9 23%	63 34%	63 46%	12 51%	138 40%
Neither more nor less (3.0)	67 17%	37 20%	13 16%	9 10%	23 13%	2 19%	2 15%	15 21%	45 17%	2 18%	20 20%	62 17%	1 10%	6 14%	36 20%	22 16%	3 13%	61 18%
A bit less (2.0)	23 6%	9 5%	6 7%	8 9%	14 8%	- -	1 8%	3 4%	18 7%	1 12%	4 4%	19 5%	4 26%	2 6%	12 6%	9 7%	- -	21 6%
A lot less (1.0)	24 6%	12 6%	3 4%	6 6%	9 5%	- -	- -	4 6%	18 7%	2 21%	4 4%	20 6%	3 21%	7 18%	8 4%	6 5%	3 11%	17 5%
Don't know	8 2%	1 1%	3 4%	- -	3 2%	- -	- -	1 1%	5 2%	2 24%	1 1%	5 1%	- -	2 6%	2 1%	3 2%	1 3%	6 2%
NET: More	261 68%	127 68%	58 69%	71 75%	129 72%	8 81%	13 77%	51 69%	187 68%	3 26%	71 71%	252 70%	6 43%	21 56%	126 68%	95 70%	18 73%	239 69%
NET: Less	47 12%	20 11%	9 11%	14 15%	24 13%	- -	1 8%	7 9%	36 13%	3 33%	8 8%	39 11%	7 47%	9 24%	20 11%	15 11%	3 11%	38 11%
Base for stats	374	185	81	94	175	9	17	73	268	7	99	354	14	36	183	132	24	339
Mean Score	3.81	3.85	3.90	3.77	3.83	4.12	3.97	3.86	3.80	2.80	3.90	3.86	2.92	3.50	3.88	3.80	3.76	3.84
Standard Deviation	1.131	1.133	1.093	1.109	1.100	.732	.884	1.087	1.147	1.545	1.023	1.097	1.477	1.514	1.096	1.043	1.186	1.080
Standard Error	.058	.077	.132	.125	.090	.232	.208	.129	.069	.584	.103	.058	.381	.242	.079	.093	.242	.058
Error variance	*	.01	.02	.02	.01	.05	.04	.02	*	.34	.01	*	.15	.06	.01	.01	.06	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q6.4. Home activity, fitness or exercise class 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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	*c	d	e	*f	a	b	a	b
Significance Level: 95%													
Unweighted Total	388	62	273	44	37	17	284	91	4	339	49	328	56
Total	383	66	268	43	37	17	280	91	3	333	50	325	54
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	113	79	9	13	7	83	28	-	101	13	93	20
		30%	29%	20%	35%	40%	30%	30%	-	30%	26%	29%	38%
A bit more	(4.0)	147	107	16	11	6	111	31	-	131	16	133	13
		38%	40%	37%	29%	35%	40%	34%	-	39%	33%	41%	25%
												b	
Neither more nor less	(3.0)	67	46	12	6	3	46	19	3	50	16	56	10
		17%	17%	28%	16%	18%	17%	21%	76%	15%	33%	17%	18%
											a		
A bit less	(2.0)	23	18	3	3	-	18	5	1	21	2	20	3
		6%	7%	7%	7%	-	6%	5%	24%	6%	4%	6%	6%
A lot less	(1.0)	24	15	2	5	1	16	8	-	22	2	18	6
		6%	6%	5%	12%	7%	6%	9%	-	7%	4%	6%	11%
Don't know		8	3	1	-	-	5	1	-	8	-	5	1
		2%	1%	2%	-	-	2%	1%	-	2%	-	2%	2%
NET: More		261	186	25	24	13	194	58	-	231	29	226	34
		68%	69%	57%	64%	75%	69%	64%	-	69%	59%	69%	63%
NET: Less		47	33	5	7	1	34	13	1	43	4	38	9
		12%	12%	13%	20%	7%	12%	14%	24%	13%	8%	12%	17%
Base for stats		374	265	42	37	17	275	90	3	325	50	320	53
Mean Score		3.81	3.82	3.61	3.67	4.00	3.83	3.72	2.76	3.82	3.73	3.82	3.74
Standard Deviation		1.131	1.107	1.079	1.360	1.140	1.114	1.218	.509	1.146	1.030	1.096	1.341
Standard Error		.058	.067	.165	.224	.277	.067	.128	.254	.063	.147	.061	.181
Error variance		*	*	.03	.05	.08	*	.02	.06	*	.02	*	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q6.4. Home activity, fitness or exercise class 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		*a	*b	c	d	e	f	g	h	i	j	a	b	c	a	*b	a	b
Unweighted Total	388	16	26	49	74	42	66	31	84	165	181	207	56	121	325	25	312	33
Total	383	16	24	47	75	44	65	30	81	166	176	204	57	118	321	23	308	32
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	113 30%	2 12%	5 20%	9 19%	13 17%	12 28%	22 34%	11 35%	40 49%	34 21%	72 41%	75 37%	7 12%	31 26%	101 31%	6 26%	93 30%	7 23%
A bit more (4.0)	147 38%	6 37%	9 38%	14 30%	40 54%	19 44%	23 35%	14 48%	21 26%	74 44%	58 33%	95 46%	16 28%	37 31%	123 38%	9 38%	117 38%	16 50%
Neither more nor less (3.0)	67 17%	1 6%	3 13%	14 29%	12 16%	7 17%	13 20%	3 11%	13 16%	33 20%	29 16%	20 10%	29 51%	17 15%	54 17%	3 12%	55 18%	2 5%
A bit less (2.0)	23 6%	3 18%	4 17%	2 5%	2 3%	3 8%	4 6%	1 4%	3 4%	8 5%	8 4%	5 2%	1 1%	17 15%	20 6%	2 10%	20 6%	2 6%
A lot less (1.0)	24 6%	1 8%	3 12%	8 16%	4 5%	1 3%	4 6%	1 3%	3 4%	13 8%	7 4%	7 3%	3 6%	14 12%	19 6%	1 3%	19 6%	3 9%
Don't know	8 2%	3 18%	-	-	4 5%	-	-	-	1 2%	4 2%	1 1%	2 1%	1 2%	2 2%	3 1%	2 10%	5 2%	2 7%
NET: More	261 68%	8 50%	14 58%	23 49%	53 71%	31 72%	45 69%	25 82%	61 75%	108 65%	130 74%	170 83%	23 40%	67 57%	225 70%	15 64%	210 68%	23 73%
NET: Less	47 12%	4 26%	7 29%	10 21%	6 8%	5 11%	7 11%	2 7%	6 7%	21 12%	15 9%	12 6%	4 7%	31 27%	39 12%	3 13%	38 12%	5 15%
Base for stats	374	13	24	47	71	44	65	30	80	162	175	202	56	116	318	21	303	29
Mean Score	3.81	3.33	3.37	3.31	3.79	3.86	3.86	4.08	4.15	3.67	4.03	4.12	3.40	3.45	3.84	3.82	3.81	3.76
Standard Deviation	1.131	1.297	1.337	1.308	.950	1.026	1.131	.936	1.068	1.102	1.073	.933	.943	1.348	1.122	1.109	1.126	1.200
Standard Error	.058	.360	.262	.187	.114	.158	.139	.168	.117	.087	.080	.065	.127	.124	.063	.236	.064	.216
Error variance	*	.13	.07	.03	.01	.03	.02	.03	.01	.01	.01	*	.02	.02	*	.06	*	.05

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q6.4. Home activity, fitness or exercise class 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	388	303	32	311	32	278	39
Total	383	302	30	309	30	276	39
	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	113 30%	93 31%	7 23%	93 30%	7 25%	84 30%	16 40%
A bit more (4.0)	147 38%	114 38%	16 54%	116 38%	16 53%	107 39%	12 30%
Neither more nor less (3.0)	67 17%	56 18%	2 5%	56 18%	2 5%	48 17%	7 18%
A bit less (2.0)	23 6%	17 6%	3 12%	20 6%	- -	19 7%	1 3%
A lot less (1.0)	24 6%	20 7%	1 4%	20 6%	3 10%	16 6%	3 7%
Don't know	8 2%	1 *	1 2%	3 1%	2 8% a	3 1%	1 2%
NET: More	261 68%	207 69%	23 77%	209 68%	23 77%	190 69%	27 70%
NET: Less	47 12%	38 12%	5 15%	39 13%	3 10%	35 13%	4 10%
Base for stats	374	300	29	305	28	273	38
Mean Score	3.81	3.81	3.83	3.80	3.90	3.82	3.95
Standard Deviation	1.131	1.141	1.057	1.135	1.137	1.123	1.178
Standard Error	.058	.066	.190	.065	.211	.068	.191
Error variance	*	*	.04	*	.04	*	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q6.5. Home activity, fitness or exercise class not 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

	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	453	229	223	198	133	122	24	49	45	43	49	31	93	70	49
Total	450	228	221	183	132	134	24	51	46	40	45	37	88	65	54
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	109 24%	58 26%	51 23%	56 31% c	31 23%	22 16%	3 14%	14 28%	8 17%	11 28%	9 19%	7 18%	25 29%	17 26%	15 28%
A bit more (4.0)	151 33%	74 32%	76 34%	60 33%	44 33%	47 35%	12 49%	16 32%	13 28%	13 32%	19 42%	21 57% h bcdghi	27 31%	15 23%	15 27%
Neither more nor less (3.0)	113 25%	59 26%	54 25%	38 20%	36 27%	39 29%	5 22%	7 14%	17 37% bf	11 29%	11 25%	5 14%	22 25%	21 32% b	12 23%
A bit less (2.0)	37 8%	19 8%	17 8%	15 8%	9 7%	13 10%	2 8%	4 7%	7 14% g	3 6%	3 6%	2 6%	3 4%	8 12%	6 12%
A lot less (1.0)	37 8%	16 7%	21 9%	13 7%	11 9%	12 9%	1 6%	9 17% cdf	2 4%	1 2%	4 8%	1 2%	10 11%	5 7%	6 11%
Don't know	4 1%	1 1%	2 1%	1 1%	1 1%	1 1%	- -	1 3%	- -	1 3%	- -	1 3%	- -	- -	- -
NET: More	260 58%	132 58%	127 57%	117 64% c	74 56%	69 51%	15 64%	30 59%	21 45%	24 60%	27 61%	28 75% ch	53 60%	31 49%	30 55%
NET: Less	74 16%	36 16%	38 17%	28 15%	21 16%	25 19%	3 14%	12 24% d	8 18%	3 8%	6 14%	3 8%	13 15%	12 19%	12 22%
Base for stats	447	226	219	182	131	133	24	50	46	39	45	36	88	65	54
Mean Score	3.58	3.61	3.54	3.72 c	3.56	3.40	3.58	3.47	3.41	3.81	3.59	3.85	3.63	3.48	3.50
Standard Deviation	1.182	1.167	1.202	1.194 c	1.179	1.152	1.052	1.432	1.050	1.005	1.113	.886	1.249	1.213	1.304
Standard Error	.056	.077	.081	.085	.103	.105	.215	.207	.157	.155	.159	.162	.130	.145	.186
Error variance	*	.01	.01	.01	.01	.01	.05	.04	.02	.02	.03	.03	.02	.02	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q6.5. Home activity, fitness or exercise class not 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

	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	453	49	117	111	61	40	75	277	176	361	21	39	18	4	3	85
Total	450	48	115	107	58	41	81	270	180	363	22	36	17	3	3	81
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	109 24%	16 33% cf	31 27%	19 17%	18 31% c	12 28%	14 18%	65 24%	44 24%	85 23%	6 30%	9 24%	5 32%	-	1 43%	22 27%
A bit more (4.0)	151 33%	14 29%	44 38%	41 38% d	13 23% d	12 30%	27 33%	99 36% d	52 29%	120 33%	6 27%	14 39%	6 35%	2 55%	-	28 35%
Neither more nor less (3.0)	113 25%	11 23%	26 22%	29 27%	16 28%	9 21%	23 28%	66 24%	47 26%	95 26%	5 21%	8 23%	4 22%	1 24%	1 29%	18 23%
A bit less (2.0)	37 8%	4 8%	5 4%	8 7%	7 13% b	5 12%	8 10%	16 6%	21 12% bg	30 8%	3 12%	4 11%	1 4%	-	-	7 9%
A lot less (1.0)	37 8%	4 7%	8 7%	11 10%	3 5%	4 9%	8 10%	22 8%	15 8%	31 9%	2 10%	1 2%	-	1 21%	1 28%	4 5%
Don't know	4 1%	-	2 2%	-	-	-	1 1%	2 1%	1 1%	2 1%	-	-	1 7%	-	-	1 1%
NET: More	260 58%	30 62%	75 65% f	59 56%	31 54%	24 58%	41 50%	164 61%	96 53%	205 57%	12 57%	23 64%	11 67%	2 55%	1 43%	50 62%
NET: Less	74 16%	7 15%	12 11%	19 18%	10 18%	9 21%	17 20%	38 14%	36 20% b	61 17%	5 22%	5 13%	1 4%	1 21%	1 28%	12 14%
Base for stats	447	48	113	107	58	41	80	268	179	360	22	36	16	3	3	80
Mean Score	3.58	3.73	3.76 cf	3.45	3.62	3.57	3.38	3.63	3.50	3.55	3.55	3.73	4.02	3.13	3.31	3.70
Standard Deviation	1.182	1.217	1.109	1.171	1.208	1.272	1.197	1.159	1.216	1.185	1.331	1.030	.898	1.387	2.135	1.134
Standard Error	.056	.174	.103	.111	.155	.201	.139	.070	.092	.063	.290	.165	.218	.694	1.233	.124
Error variance	*	.03	.01	.01	.02	.04	.02	*	.01	*	.08	.03	.05	.48	1.52	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q6.5. Home activity, fitness or exercise class not 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	*a	*b	c	d	*e	f	a	b	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	453	282	76	76	152	20	20	100	298	15	140	418	30	62	228	144	19	391
Total	450	257	89	90	179	21	19	106	291	14	146	416	29	59	226	146	19	391
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	109 24%	59 23%	29 33%	19 21%	48 27%	5 25%	6 34%	27 25%	69 24%	2 12%	38 26%	102 25%	7 24%	11 19%	55 24%	35 24%	8 42%	98 25%
A bit more (4.0)	151 33%	81 31%	25 28%	42 47%	67 37%	10 48%	4 21%	29 28%	105 36%	3 21%	43 30%	139 33%	12 40%	16 27%	69 30%	60 41%	6 32%	135 34%
Neither more nor less (3.0)	113 25%	71 28%	22 25%	16 17%	38 21%	2 12%	6 30%	30 29%	67 23%	8 55%	38 26%	106 25%	5 19%	23 39%	60 26%	26 18%	4 21%	90 23%
A bit less (2.0)	37 8%	22 9%	4 5%	7 8%	12 7%	- -	1 7%	9 9%	26 9%	1 5%	10 7%	35 8%	2 7%	4 6%	19 8%	13 9%	1 6%	33 9%
A lot less (1.0)	37 8%	23 9%	6 7%	6 6%	12 7%	3 16%	2 8%	10 9%	22 8%	- -	15 10%	31 7%	3 11%	4 7%	23 10%	10 7%	- -	33 8%
Don't know	4 1%	1 *	1 2%	- -	1 1%	- -	- -	1 1%	1 *	1 7%	1 1%	4 1%	- -	1 2%	1 *	1 1%	- -	2 1%
NET: More	260 58%	140 54%	54 61%	61 68%	115 65%	15 72%	10 55%	56 53%	174 60%	5 33%	81 56%	241 58%	19 64%	28 46%	123 55%	95 65%	14 74%	232 59%
NET: Less	74 16%	45 17%	11 12%	13 15%	24 13%	3 16%	3 15%	19 18%	48 17%	1 5%	25 17%	65 16%	5 17%	8 13%	42 19%	23 16%	1 6%	66 17%
Base for stats	447	256	88	90	177	21	19	105	289	13	144	412	29	58	225	145	19	388
Mean Score	3.58	3.51	3.76	3.68	3.72	3.66	3.66	3.51	3.60	3.43	3.55	3.60	3.60	3.47	3.51	3.66	4.10	3.59
Standard Deviation	1.182	1.191	1.187	1.099	1.141	1.318	1.277	1.226	1.170	.814	1.239	1.163	1.246	1.094	1.234	1.150	.947	1.196
Standard Error	.056	.071	.137	.126	.093	.295	.286	.123	.068	.218	.105	.057	.228	.140	.082	.096	.217	.061
Error variance	*	.01	.02	.02	.01	.09	.08	.02	*	.05	.01	*	.05	.02	.01	.01	.05	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q6.5. Home activity, fitness or exercise class not 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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	*c	d	e	*f	a	b	a	b
Significance Level: 95%													
Unweighted Total	453	80	301	53	73	16	303	135	5	375	78	381	69
Total	450	81	302	54	75	14	299	137	5	370	80	383	65
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	109	71	10	14	6	79	27	1	96	13	90	19
		24%	23%	18%	18%	39%	27%	20%	14%	26%	17%	23%	30%
A bit more	(4.0)	151	110	25	21	4	101	49	1	112	38	130	20
		33%	37%	46%	28%	31%	34%	36%	23%	30%	48%	34%	30%
				b						a			
Neither more nor less	(3.0)	113	67	11	26	3	68	38	1	91	22	96	15
		25%	22%	21%	35%	19%	23%	28%	19%	25%	27%	25%	24%
				d									
A bit less	(2.0)	37	26	3	5	1	28	8	1	33	4	31	5
		8%	8%	6%	7%	6%	9%	6%	16%	9%	5%	8%	8%
A lot less	(1.0)	37	27	6	9	1	22	14	1	34	3	32	5
		8%	9%	10%	13%	5%	7%	10%	27%	9%	3%	8%	8%
Don't know		4	1	-	-	-	1	-	-	4	-	4	-
		1%	*	-	-	-	*	-	-	1%	-	1%	-
NET: More		260	181	34	35	10	180	77	2	208	52	220	39
		58%	60%	63%	46%	70%	60%	56%	38%	56%	65%	57%	60%
				b									
NET: Less		74	53	9	14	1	50	23	2	67	6	63	11
		16%	17%	16%	19%	10%	17%	16%	44%	18%	8%	17%	16%
				b						b			
Base for stats	447	81	301	54	75	14	298	137	5	367	80	380	65
Mean Score	3.58	3.68	3.57	3.55	3.33	3.94	3.63	3.49	2.81	3.55	3.70	3.57	3.65
Standard Deviation	1.182	1.226	1.196	1.164	1.220	1.157	1.183	1.184	1.596	1.232	.920	1.180	1.220
Standard Error	.056	.137	.069	.160	.143	.289	.068	.102	.714	.064	.104	.061	.147
Error variance	*	.02	*	.03	.02	.08	*	.01	.51	*	.01	*	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q6.5. Home activity, fitness or exercise class not 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		*a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Unweighted Total	453	16	32	52	89	69	79	30	86	210	195	221	84	143	377	31	369	36
Total	450	15	33	54	89	69	77	29	85	212	191	219	84	142	373	33	367	37
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	109 24%	1 9%	4 13%	9 17%	21 23%	18 26%	13 18%	7 25%	35 41%	48 23%	56 29%	82 37%	9 10%	19 13%	92 25%	6 18%	92 25%	10 27%
A bit more (4.0)	151 33%	5 33%	9 27%	19 35%	31 35%	24 34%	32 42%	7 26%	24 28%	74 35%	64 33%	91 41%	16 19%	43 30%	133 36%	14 44%	123 33%	14 38%
Neither more nor less (3.0)	113 25%	5 36%	11 34%	12 23%	23 26%	17 24%	22 29%	10 33%	12 14%	52 25%	44 23%	34 15%	52 61%	26 18%	87 23%	5 15%	86 23%	8 23%
A bit less (2.0)	37 8%	1 5%	- -	7 12%	9 11%	6 9%	5 6%	4 14%	5 6%	22 10%	14 7%	5 2%	7 8%	24 17%	26 7%	3 10%	30 8%	1 2%
A lot less (1.0)	37 8%	3 18%	9 26%	6 11%	4 5%	4 6%	4 5%	1 2%	7 9%	14 7%	12 6%	7 3%	- -	30 21%	31 8%	5 14%	32 9%	4 10%
Don't know	4 1%	- -	- -	1 2%	- -	1 2%	- -	- -	1 2%	2 1%	1 1%	1 1%	1 1%	- -	4 1%	- -	4 1%	- -
NET: More	260 58%	6 42%	13 40%	28 52%	52 59%	42 60%	46 59%	15 51%	59 69%	121 57%	119 62%	172 78%	25 29%	62 43%	225 60%	20 62%	215 59%	24 65%
NET: Less	74 16%	3 22%	9 26%	13 23%	14 15%	10 14%	9 11%	5 17%	13 15%	36 17%	26 14%	12 6%	7 8%	54 38%	57 15%	8 23%	62 17%	4 12%
Base for stats	447	15	33	53	89	68	77	29	84	209	190	218	83	142	369	33	363	37
Mean Score	3.58	3.11	3.01	3.35	3.62	3.67	3.61	3.57	3.89	3.57	3.72	4.08	3.32	2.97	3.62	3.43	3.59	3.70
Standard Deviation	1.182	1.239	1.373	1.237	1.102	1.128	1.018	1.104	1.266	1.148	1.150	.952	.778	1.364	1.174	1.299	1.203	1.191
Standard Error	.056	.310	.243	.173	.117	.137	.115	.202	.137	.080	.083	.064	.085	.114	.061	.233	.063	.199
Error variance	*	.10	.06	.03	.01	.02	.01	.04	.02	.01	.01	*	.01	.01	*	.05	*	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

Q6.5. Home activity, fitness or exercise class not 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	453	342	35	364	31	294	66
Total	450	340	33	362	31	294	64
	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	109 24%	88 26%	9 28%	87 24%	11 35%	79 27%	15 24%
A bit more (4.0)	151 33%	113 33%	10 31%	122 34%	11 37%	98 33%	24 37%
Neither more nor less (3.0)	113 25%	81 24%	5 16%	91 25%	5 17%	62 21%	15 24%
A bit less (2.0)	37 8%	29 8%	2 6%	30 8%	3 9%	23 8%	7 11%
A lot less (1.0)	37 8%	27 8%	5 16%	29 8%	1 3%	30 10%	2 3%
Don't know	4 1%	2 1%	1 3%	4 1%	- -	2 1%	- -
NET: More	260 58%	201 59%	20 59%	209 58%	22 71%	177 60%	39 61%
NET: Less	74 16%	56 16%	7 22%	59 16%	4 12%	53 18%	9 14%
Base for stats	447	338	32	359	31	292	64
Mean Score	3.58	3.61	3.52	3.58	3.91	3.59	3.67
Standard Deviation	1.182	1.191	1.411	1.177	1.086	1.248	1.070
Standard Error	.056	.065	.242	.062	.195	.073	.132
Error variance	*	*	.06	*	.04	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	317	139	175	147	111	59	19	35	33	36	27	17	58	60	32
Total	320	143	174	136	118	66	18	38	33	34	26	21	57	55	37
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	61 19%	27 19%	34 20%	30 22% c	24 20%	7 10%	3 17%	12 32%	6 18%	8 22%	6 24%	3 13%	8 15%	8 15%	7 18%
A bit more (4.0)	112 35%	48 34%	61 35%	52 38%	40 34%	19 29%	7 41%	12 30%	14 41%	11 33%	9 34%	7 35%	28 50% hi	14 24%	10 26%
Neither more nor less (3.0)	78 24%	40 28%	37 21%	29 21%	30 26%	19 29%	4 20%	4 11%	8 24%	7 21%	7 26%	5 25%	10 17%	19 34% bg	15 39% bg
A bit less (2.0)	34 11%	13 9%	22 12%	12 9%	14 12%	8 12%	3 16%	3 9%	4 11%	4 11%	2 8%	1 5%	7 12%	6 12%	4 11%
A lot less (1.0)	34 11%	16 11%	18 10%	12 9%	10 8%	12 18%	1 5%	7 19%	2 5%	4 13%	2 8%	5 22%	3 6%	7 13%	2 6%
Don't know	1 *	-	1 1%	-	-	1 2%	-	-	-	-	-	-	-	1 2%	-
NET: More	172 54%	75 52%	96 55%	82 61% c	64 54%	26 39%	10 58%	24 62% h	20 60%	19 55%	15 59%	10 48%	36 64% h	22 39%	17 44%
NET: Less	68 21%	28 20%	40 23%	25 18%	23 20%	20 30%	4 22%	11 28%	6 17%	8 24%	4 15%	6 27%	10 18%	14 25%	6 16%
Base for stats	319	143	173	136	118	65	18	38	33	34	26	21	57	54	37
Mean Score	3.41	3.40	3.42	3.56 c	3.47 c	3.01	3.47	3.47	3.56	3.40	3.60	3.13	3.55	3.15	3.40
Standard Deviation	1.217	1.206	1.238	1.197	1.180	1.259	1.142	1.498	1.086	1.318	1.178	1.363	1.084	1.232	1.093
Standard Error	.068	.102	.094	.099	.112	.165	.262	.253	.189	.220	.227	.331	.142	.160	.193
Error variance	*	.01	.01	.01	.01	.03	.07	.06	.04	.05	.05	.11	.02	.03	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	317	50	84	82	39	26	36	216	101	254	9	31	12	2	5	59
Total	320	50	87	82	39	24	39	219	101	260	9	29	10	2	5	55
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	61 19%	11 23%	13 15%	17 21%	8 20%	4 15%	8 21%	41 19%	19 19%	45 17%	4 41%	10 34%	1 15%	-	-	15 27%
A bit more (4.0)	112 35%	17 35%	34 39%	30 36%	13 34%	10 43%	7 18%	81 37%	30 30%	93 36%	1 9%	9 30%	4 40%	2 100%	1 23%	17 30%
Neither more nor less (3.0)	78 24%	15 31%	15 18%	16 20%	8 22%	7 28%	16 41%	47 22%	31 31%	68 26%	1 12%	5 18%	2 22%	-	1 16%	9 17%
A bit less (2.0)	34 11%	4 8%	8 10%	10 12%	6 16%	2 9%	3 9%	22 10%	12 12%	25 10%	1 11%	5 16%	1 9%	-	3 62%	9 17%
A lot less (1.0)	34 11%	2 4%	15 17%	9 11%	3 8%	1 3%	4 11%	25 12%	8 8%	29 11%	2 27%	1 2%	2 15%	-	-	5 8%
Don't know	1 *	-	1 1%	-	-	-	-	1 *	-	1 *	-	-	-	-	-	-
NET: More	172 54%	29 58%	48 54%	47 57%	21 54%	14 59%	15 39%	123 56%	50 49%	137 53%	4 49%	19 64%	5 54%	2 100%	1 23%	32 58%
NET: Less	68 21%	6 12%	23 27%	19 23%	10 25%	3 13%	8 20%	48 22%	20 20%	54 21%	3 38%	5 18%	2 24%	-	3 62%	14 26%
Base for stats	319	50	86	82	39	24	39	218	101	259	9	29	10	2	5	55
Mean Score	3.41	3.65	3.26	3.44	3.40	3.58	3.29	3.42	3.40	3.38	3.25	3.77	3.30	4.00	2.61	3.51
Standard Deviation	1.217	1.042	1.324	1.251	1.225	.993	1.231	1.241	1.172	1.206	1.796	1.171	1.328	-	.938	1.296
Standard Error	.068	.147	.145	.138	.196	.195	.205	.085	.117	.076	.599	.210	.383	-	.419	.169
Error variance	*	.02	.02	.02	.04	.04	.04	.01	.01	.01	.36	.04	.15	-	.18	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	*a	*b	c	d	*e	f	a	*b	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	317	149	51	93	144	16	12	68	210	11	96	288	27	30	141	120	26	287
Total	320	130	60	109	169	16	11	69	214	10	95	291	27	27	139	128	26	293
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	61 19%	24 18%	10 16%	24 22%	34 20%	2 12%	1 13%	19 27%	38 18%	1 7%	22 23%	58 20%	3 11%	6 23%	24 17%	23 18%	7 28%	55 19%
A bit more (4.0)	112 35%	39 30%	22 36%	46 42%	68 40%	10 65%	3 32%	16 23%	80 38%	2 17%	29 31%	105 36%	7 25%	5 18%	45 33%	54 42%	7 28%	107 36%
Neither more nor less (3.0)	78 24%	31 24%	17 28%	22 20%	39 23%	4 23%	5 47%	13 20%	52 24%	4 38%	22 23%	67 23%	10 39%	10 36%	39 28%	25 19%	5 20%	68 23%
A bit less (2.0)	34 11%	17 13%	6 10%	9 8%	15 9%	- -	1 8%	10 14%	21 10%	2 23%	11 11%	33 11%	1 5%	3 12%	12 8%	17 13%	3 11%	31 11%
A lot less (1.0)	34 11%	18 14%	6 10%	8 7%	14 8%	- -	- -	10 15%	22 10%	1 14%	10 11%	29 10%	4 17%	3 11%	18 13%	9 7%	4 14%	31 11%
Don't know	1 *	1 1%	- -	- -	- -	- -	- -	1 1%	- -	- -	1 1%	- -	1 4%	- -	1 1%	- -	- -	1 *
NET: More	172 54%	63 48%	31 52%	70 65%	102 60%	12 77%	5 45%	35 50%	119 55%	3 24%	51 54%	163 56%	10 36%	11 42%	70 50%	77 60%	14 55%	161 55%
NET: Less	68 21%	35 27%	12 20%	16 15%	28 17%	- -	1 8%	20 29%	43 20%	4 37%	21 22%	62 21%	6 21%	6 22%	30 21%	26 20%	6 24%	62 21%
Base for stats	319	129	60	109	169	16	11	68	214	10	94	291	26	27	138	128	26	292
Mean Score	3.41	3.27	3.38	3.65	3.55	3.89	3.50	3.34	3.43	2.80	3.45	3.45	3.08	3.32	3.33	3.51	3.45	3.42
Standard Deviation	1.217	1.294	1.176	1.122	1.145	.602	.856	1.407	1.197	1.158	1.263	1.211	1.225	1.274	1.240	1.152	1.378	1.214
Standard Error	.068	.106	.165	.116	.095	.150	.247	.172	.083	.349	.130	.071	.240	.233	.105	.105	.270	.072
Error variance	*	.01	.03	.01	.01	.02	.06	.03	.01	.12	.02	.01	.06	.05	.01	.01	.07	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	317	62	213	31	54	20	210	96	6	264	53	283	30
Total	320	66	216	31	53	19	213	95	5	268	52	286	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0) 61 19%	15 23%	36 17%	8 25%	15 28%	4 21%	32 15%	24 25%	2 32%	48 18%	13 25%	54 19%	6 19%
A bit more	(4.0) 112 35%	27 41%	78 36%	9 29%	13 24%	7 38%	82 38%	29 30%	- -	98 37%	13 26%	100 35%	12 41%
Neither more nor less	(3.0) 78 24%	13 19%	52 24%	3 8%	15 29%	5 28%	52 24%	21 23%	1 21%	61 23%	17 33%	70 25%	7 24%
A bit less	(2.0) 34 11%	7 10%	24 11%	6 20%	5 10%	3 13%	22 10%	12 13%	1 15%	29 11%	5 10%	30 11%	2 5%
A lot less	(1.0) 34 11%	3 5%	26 12%	5 16%	5 10%	- -	25 12%	9 9%	2 33%	31 11%	3 6%	31 11%	3 11%
Don't know	1 *	1 2%	- -	- -	- -	- -	1 *	- -	- -	1 *	- -	1 *	- -
NET: More	172 54%	42 64%	114 53%	17 55%	27 51%	11 58%	114 53%	53 55%	2 32%	146 55%	26 50%	154 54%	17 60%
NET: Less	68 21%	10 15%	50 23%	11 37%	10 20%	3 13%	47 22%	21 22%	3 48%	60 22%	9 16%	61 21%	5 17%
Base for stats	319	65	216	31	53	19	212	95	5	267	52	285	29
Mean Score	3.41	3.68	3.34	3.27	3.49	3.66	3.34	3.50	2.83	3.39	3.52	3.41	3.51
Standard Deviation	1.217	1.105	1.228	1.473	1.279	.977	1.205	1.255	1.819	1.230	1.157	1.218	1.215
Standard Error	.068	.141	.084	.265	.174	.218	.083	.128	.743	.076	.159	.073	.222
Error variance	*	.02	.01	.07	.03	.05	.01	.02	.55	.01	.03	.01	.05

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	*b	a	b
Significance Level: 95%																		
Unweighted Total	317	29	25	36	67	48	36	15	61	151	112	131	66	118	241	26	225	34
Total	320	28	26	37	68	47	37	15	61	152	114	132	66	120	241	28	224	36
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	61 19%	3 11%	2 8%	7 20%	9 14%	11 24%	7 19%	6 39%	14 23%	28 18%	28 24%	38 29% bc	6 9%	16 14%	49 20%	5 17%	44 20%	8 23%
A bit more (4.0)	112 35%	8 30%	10 40%	11 28%	29 43%	15 32%	13 35%	6 38%	19 31%	55 36%	38 34%	56 42% c	20 30%	36 30%	89 37%	9 32%	76 34%	11 32%
Neither more nor less (3.0)	78 24%	6 23%	7 26%	8 22%	15 22%	15 32%	10 28%	2 15%	14 23%	39 25%	27 23%	24 18%	34 52% ac	20 16%	50 21%	5 17%	52 23%	7 19%
A bit less (2.0)	34 11%	3 9%	2 6%	1 4%	10 15%	5 10%	4 11%	1 8%	8 13%	16 11%	14 12%	11 8%	4 6%	19 16% b	25 10%	5 18%	28 13%	4 11%
A lot less (1.0)	34 11%	8 27%	5 19%	9 25% defhij	3 5%	1 2%	2 6%	- -	6 9%	13 9%	8 7%	4 3%	1 2%	29 24% ab	28 12%	5 17%	23 10%	6 16%
Don't know	1 *	- -	- -	- -	1 1%	- -	- -	- -	- -	1 1%	- -	- -	1 2%	- -	1 *	- -	1 *	- -
NET: More	172 54%	12 41%	13 49%	18 48%	38 56%	27 56%	20 55%	12 77%	34 55%	83 54%	66 58%	94 71% bc	26 39%	52 44%	137 57%	14 49%	120 53%	19 55%
NET: Less	68 21%	10 36%	7 26%	11 29%	13 20%	6 12%	6 17%	1 8%	14 23%	30 20%	22 19%	14 11%	5 7%	48 40% ab	53 22%	9 34%	51 23%	9 27%
Base for stats	319	28	26	37	67	47	37	15	61	151	114	132	65	120	240	28	223	36
Mean Score	3.41	2.90	3.12	3.14	3.47	3.67	3.50	4.09	3.46	3.45	3.56	3.86 bc	3.40 c	2.93	3.44	3.15	3.40	3.35
Standard Deviation	1.217	1.410	1.271	1.472	1.060	1.020	1.125	.954	1.254	1.171	1.186	1.013	.811	1.407	1.251	1.370	1.227	1.378
Standard Error	.068	.262	.254	.245	.130	.147	.188	.246	.161	.096	.112	.089	.101	.130	.081	.269	.082	.236
Error variance	*	.07	.06	.06	.02	.02	.04	.06	.03	.01	.01	.01	.01	.02	.01	.07	.01	.06

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	*b	a	b	a	b
Significance Level: 95%							
Unweighted Total	317	221	29	221	36	183	56
Total	320	222	31	220	36	181	58
	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	61 19%	48 22%	6 19%	44 20%	4 11%	36 20%	9 16%
A bit more (4.0)	112 35%	79 36%	15 49%	77 35%	18 49%	74 41%	16 28%
Neither more nor less (3.0)	78 24%	49 22%	4 14%	49 22%	8 23%	36 20%	17 29%
A bit less (2.0)	34 11%	22 10%	4 12%	25 11%	5 13%	16 9%	7 12%
A lot less (1.0)	34 11%	23 10%	2 6%	25 11%	1 4%	18 10%	9 16%
Don't know	1 *	- -	- -	1 *	- -	1 1%	- -
NET: More	172 54%	128 58%	21 68%	121 55%	22 61%	110 61%	25 43%
NET: Less	68 21%	45 20%	6 18%	50 23%	6 17%	34 19%	16 28%
Base for stats	319	222	31	219	36	180	58
Mean Score	3.41	3.49	3.64	3.41	3.51	3.53	3.15
Standard Deviation	1.217	1.231	1.116	1.249	1.004	1.193	1.283
Standard Error	.068	.083	.207	.084	.167	.088	.171
Error variance	*	.01	.04	.01	.03	.01	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	116	62	52	32	33	51	4	11	7	12	16	13	16	26	11
Total	119	66	51	30	33	57	4	12	8	11	16	16	15	24	13
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	37 31%	25 38%	12 23%	13 43%	10 29%	14 26%	1 24%	7 52%	3 31%	3 27%	6 40%	3 17%	9 57%	5 22%	1 7%
A bit more (4.0)	22 18%	10 16%	11 21%	5 15%	6 17%	12 21%	1 26%	- -	1 13%	3 28%	6 36%	3 16%	2 11%	5 20%	2 17%
Neither more nor less (3.0)	33 28%	21 31%	11 22%	7 24%	9 27%	17 30%	2 50%	5 40%	3 41%	2 22%	2 13%	6 37%	- -	6 24%	6 51%
A bit less (2.0)	12 10%	3 4%	9 17%	1 3%	4 13%	6 11%	- -	- -	- -	2 17%	1 5%	1 8%	3 21%	3 14%	1 8%
A lot less (1.0)	15 13%	8 11%	7 15%	4 12%	4 13%	7 12%	- -	1 8%	1 15%	1 7%	1 5%	4 22%	1 5%	5 20%	2 17%
Don't know	1 1%	- -	1 2%	1 3%	- -	- -	- -	- -	- -	- -	- -	- -	1 7%	- -	- -
NET: More	59 49%	35 53%	23 44%	17 58%	15 47%	26 46%	2 50%	7 52%	4 44%	6 54%	12 77%	5 34%	10 67%	10 42%	3 24%
NET: Less	27 22%	10 15%	16 32%	4 15%	9 26%	14 24%	- -	1 8%	1 15%	3 24%	2 10%	5 29%	4 26%	8 34%	3 26%
Base for stats	118	66	50	29	33	57	4	12	8	11	16	16	14	24	13
Mean Score	3.46	3.64	3.21	3.77	3.36	3.35	3.73	3.89	3.44	3.50	4.03	2.99	4.00	3.10	2.87
Standard Deviation	1.357	1.331	1.388	1.388	1.389	1.321	.955	1.331	1.428	1.294	1.115	1.383	1.463	1.444	1.144
Standard Error	.127	.169	.194	.249	.242	.185	.478	.401	.540	.373	.279	.384	.378	.283	.345
Error variance	.02	.03	.04	.06	.06	.03	.23	.16	.29	.14	.08	.15	.14	.08	.12

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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
		*a	*b	*c	*d	*e	f	g	h	a	*b	*c	*d	*e	*f	*g
Significance Level: 95%																
Unweighted Total	116	11	23	25	18	8	31	59	57	98	4	8	1	3	1	17
Total	119	11	24	24	19	7	33	60	60	103	3	8	1	3	1	15
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	37 31%	5 41%	8 35%	6 24%	5 26%	3 42%	10 30%	19 31%	18 30%	31 30%	1 45%	3 39%	1 100%	- -	1 100%	6 41%
A bit more (4.0)	22 18%	1 7%	8 34%	4 15%	4 22%	2 25%	3 10%	13 21%	9 15%	17 16%	1 31%	3 41%	- -	1 36%	- -	5 33%
Neither more nor less (3.0)	33 28%	5 45%	4 18%	6 23%	4 20%	1 11%	13 39%	15 25%	18 30%	31 30%	- -	1 10%	- -	- -	- -	1 5%
A bit less (2.0)	12 10%	- -	1 5%	3 11%	4 21%	1 11%	3 9%	4 6%	8 13%	10 10%	1 24%	- -	- -	1 28%	- -	2 10%
A lot less (1.0)	15 13%	1 7%	2 8%	6 23%	2 10%	1 11%	4 12%	8 14%	7 11%	14 14%	- -	1 10%	- -	- -	- -	1 5%
Don't know	1 1%	- -	- -	1 4%	- -	- -	- -	1 2%	- -	- -	- -	- -	- -	1 36%	- -	1 7%
NET: More	59 49%	5 48%	17 69%	9 39%	9 48%	5 67%	13 40%	32 53%	27 46%	48 46%	2 76%	6 80%	1 100%	1 36%	1 100%	11 74%
NET: Less	27 22%	1 7%	3 13%	8 34%	6 32%	2 22%	7 21%	12 20%	15 24%	24 24%	1 24%	1 10%	- -	1 28%	- -	2 15%
Base for stats	118	11	24	23	19	7	33	59	60	103	3	8	1	2	1	14
Mean Score	3.46	3.76	3.83	3.06	3.32	3.76	3.38	3.51	3.40	3.39	3.98	4.00	5.00	3.12	5.00	4.01
Standard Deviation	1.357	1.240	1.216	1.521	1.370	1.480	1.338	1.376	1.347	1.368	1.428	1.268	-	1.523	-	1.223
Standard Error	.127	.374	.254	.310	.323	.523	.240	.181	.178	.138	.714	.448	-	1.077	-	.306
Error variance	.02	.14	.06	.10	.10	.27	.06	.03	.03	.02	.51	.20	-	1.16	-	.09

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self						
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
																			a
Significance Level: 95%																			
Unweighted Total	116	81	16	14	30	1	-	27	83	5	28	108	5	16	60	34	6	100	
Total	119	78	19	16	36	1	-	30	84	4	31	111	6	15	62	36	6	104	
	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	37	22	7	7	14	1	-	5	31	-	6	35	2	4	18	11	4	33
		31%	29%	38%	42%	40%	100%	-	17%	37%	-	20%	31%	39%	23%	29%	30%	73%	32%
A bit more	(4.0)	22	13	3	3	6	-	-	4	16	2	4	21	1	3	10	9	-	19
		18%	17%	16%	18%	17%	-	-	14%	19%	39%	14%	19%	17%	21%	16%	24%	-	18%
Neither more nor less	(3.0)	33	21	7	4	11	-	-	13	19	1	13	29	3	5	16	11	2	28
		28%	27%	34%	26%	30%	-	-	43%	23%	22%	42%	26%	44%	31%	26%	29%	27%	27%
A bit less	(2.0)	12	10	-	1	1	-	-	2	9	1	2	10	-	-	10	2	-	12
		10%	13%	-	8%	4%	-	-	7%	10%	17%	7%	9%	-	-	15%	6%	-	11%
A lot less	(1.0)	15	11	2	-	2	-	-	5	10	-	5	15	-	4	8	3	-	11
		13%	14%	12%	-	7%	-	-	18%	11%	-	18%	14%	-	25%	13%	9%	-	11%
Don't know		1	-	-	1	1	-	-	-	-	1	-	1	-	-	-	1	-	1
		1%	-	-	6%	3%	-	-	-	-	22%	-	1%	-	-	-	3%	-	1%
NET: More		59	36	11	10	21	1	-	9	47	2	10	56	3	7	28	20	4	52
		49%	46%	54%	61%	57%	100%	-	31%	56%	39%	33%	50%	56%	44%	46%	54%	73%	50%
NET: Less		27	21	2	1	4	-	-	8	18	1	8	25	-	4	17	5	-	23
		22%	27%	12%	8%	10%	-	-	25%	22%	17%	25%	23%	-	25%	28%	15%	-	22%
Base for stats		118	78	19	15	35	1	-	30	84	3	31	110	6	15	62	35	6	103
Mean Score		3.46	3.33	3.68	4.01	3.83	5.00	-	3.05	3.59	3.28	3.11	3.45	3.94	3.18	3.34	3.61	4.47	3.50
Standard Deviation		1.357	1.390	1.345	1.059	1.221	-	-	1.296	1.372	.945	1.321	1.381	1.001	1.497	1.385	1.251	.972	1.337
Standard Error		.127	.154	.336	.294	.227	-	-	.249	.151	.472	.250	.134	.448	.374	.179	.218	.397	.134
Error variance		.02	.02	.11	.09	.05	-	-	.06	.02	.22	.06	.02	.20	.14	.03	.05	.16	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		*a	b	*a	*b	*c	d	*e	*f	a	b	a	*b
Significance Level: 95%													
Unweighted Total	116	18	77	8	17	4	82	27	2	80	36	103	11
Total	119	18	81	8	18	4	84	28	2	78	41	108	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	37	30	5	7	1	25	12	1	22	15	34	2
		31%	37%	58%	38%	28%	30%	42%	55%	28%	37%	32%	18%
A bit more	(4.0)	22	16	1	2	1	15	4	-	17	5	21	1
		18%	20%	13%	11%	25%	18%	14%	-	21%	13%	20%	10%
Neither more nor less	(3.0)	33	20	1	6	-	24	7	-	19	14	28	4
		28%	25%	10%	32%	-	29%	23%	-	24%	35%	26%	39%
A bit less	(2.0)	12	10	-	-	1	10	1	-	8	3	10	2
		10%	12%	-	-	20%	12%	3%	-	11%	8%	9%	15%
A lot less	(1.0)	15	5	1	3	1	10	5	1	12	3	14	1
		13%	7%	19%	19%	26%	12%	18%	45%	15%	8%	13%	8%
Don't know		1	-	-	-	-	-	-	-	1	-	-	1
		1%	-	-	-	-	-	-	-	1%	-	-	10%
NET: More		59	46	6	9	2	40	16	1	38	21	55	3
		49%	56%	71%	49%	53%	48%	56%	55%	49%	50%	51%	28%
NET: Less		27	15	1	3	2	19	6	1	20	6	24	2
		22%	19%	19%	19%	47%	23%	21%	45%	26%	16%	23%	23%
Base for stats	118	18	81	8	18	4	84	28	2	77	41	108	9
Mean Score	3.46	2.78	3.68	3.93	3.50	3.09	3.43	3.58	3.19	3.37	3.63	3.48	3.17
Standard Deviation	1.357	1.397	1.268	1.639	1.506	1.882	1.338	1.517	3.146	1.395	1.280	1.372	1.253
Standard Error	.127	.329	.145	.580	.365	.941	.148	.292	2.225	.157	.213	.135	.396
Error variance	.02	.11	.02	.34	.13	.89	.02	.09	4.95	.02	.05	.02	.16

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		*a	*b	*c	*d	*e	*f	*g	*h	i	j	a	b	c	a	*b	a	*b
Significance Level: 95%																		
Unweighted Total	116	5	11	18	15	16	17	8	26	49	51	41	34	40	94	6	93	6
Total	119	6	11	18	15	18	18	8	26	50	52	43	36	40	95	7	93	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	37	-	1	6	4	7	8	3	8	16	19	26	3	8	29	2	28	3
	31%	-	8%	31%	30%	37%	46%	44%	30%	33%	38%	61%	7%	21%	30%	34%	31%	51%
A bit more (4.0)	22	-	2	4	1	6	4	2	4	11	9	11	7	4	21	-	19	-
	18%	-	18%	23%	6%	32%	23%	22%	14%	21%	18%	26%	19%	10%	22%	-	20%	-
Neither more nor less (3.0)	33	3	4	2	4	6	2	2	11	11	14	5	21	6	23	4	21	2
	28%	56%	34%	12%	25%	31%	11%	21%	41%	22%	28%	11%	58%	16%	24%	50%	22%	31%
A bit less (2.0)	12	-	2	2	5	-	2	-	1	7	3	-	1	11	9	1	10	1
	10%	-	18%	11%	35%	-	9%	-	4%	14%	5%	-	2%	27%	9%	17%	11%	19%
A lot less (1.0)	15	3	3	4	1	-	2	-	3	5	5	1	5	10	14	-	15	-
	13%	44%	22%	24%	5%	-	11%	-	11%	10%	9%	2%	13%	24%	15%	-	16%	-
Don't know	1	-	-	-	-	-	-	1	-	-	1	-	-	1	-	-	-	-
	1%	-	-	-	-	-	-	13%	-	-	2%	-	-	2%	-	-	-	-
NET: More	59	-	3	10	5	12	12	5	11	27	29	37	10	12	49	2	47	3
	49%	-	26%	54%	36%	69%	69%	66%	44%	54%	56%	87%	26%	31%	52%	34%	51%	51%
NET: Less	27	3	5	6	6	-	3	-	4	12	7	1	6	20	23	1	25	1
	22%	44%	40%	34%	40%	-	20%	-	15%	24%	14%	2%	15%	51%	24%	17%	27%	19%
Base for stats	118	6	11	18	15	18	18	7	26	50	51	43	36	39	95	7	93	6
Mean Score	3.46	2.12	2.72	3.27	3.21	4.06	3.84	4.26	3.48	3.53	3.71	4.45	3.05	2.76	3.43	3.51	3.38	3.83
Standard Deviation	1.357	1.089	1.268	1.606	1.378	.848	1.411	.891	1.290	1.347	1.296	.835	1.025	1.487	1.394	1.208	1.434	1.348
Standard Error	.127	.487	.382	.379	.356	.212	.342	.337	.253	.192	.183	.130	.176	.238	.144	.493	.149	.550
Error variance	.02	.24	.15	.14	.13	.04	.12	.11	.06	.04	.03	.02	.03	.06	.02	.24	.02	.30

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	*b	a	*b	a	*b
Significance Level: 95%							
Unweighted Total	116	80	15	82	8	65	24
Total	119	81	16	84	7	65	26
	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	37 31%	27 33%	6 37%	26 31%	4 54%	18 28%	13 50%
A bit more (4.0)	22 18%	18 22%	2 14%	16 19%	1 10%	14 22%	4 14%
Neither more nor less (3.0)	33 28%	19 24%	3 19%	21 25%	1 15%	18 28%	4 14%
A bit less (2.0)	12 10%	6 7%	5 29%	8 10%	- -	7 10%	1 4%
A lot less (1.0)	15 13%	10 13%	- -	13 15%	2 21%	8 12%	5 18%
Don't know	1 1%	1 1%	- -	1 1%	- -	- -	- -
NET: More	59 49%	45 55%	8 52%	42 50%	5 65%	32 49%	17 64%
NET: Less	27 22%	16 20%	5 29%	21 25%	2 21%	14 22%	6 22%
Base for stats	118	80	16	83	7	65	26
Mean Score	3.46	3.55	3.59	3.41	3.78	3.43	3.74
Standard Deviation	1.357	1.367	1.296	1.409	1.699	1.321	1.558
Standard Error	.127	.154	.335	.157	.601	.164	.318
Error variance	.02	.02	.11	.02	.36	.03	.10

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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
I felt that I had the ability to be physically active	2029 100%	543 27%	939 46%	314 15%	143 7%	77 4%	11 1%	1483 73%	221 11%
I felt that I had the opportunity to be physically active	2029 100%	557 27%	911 45%	321 16%	161 8%	67 3%	12 1%	1468 72%	228 11%
It was important to me to exercise regularly	2029 100%	501 25%	853 42%	404 20%	176 9%	80 4%	14 1%	1354 67%	257 13%
I found exercise enjoyable and satisfying	2029 100%	475 23%	800 39%	430 21%	207 10%	100 5%	17 1%	1275 63%	307 15%
I felt guilty when I didn't exercise	2029 100%	334 16%	750 37%	460 23%	332 16%	143 7%	11 1%	1083 53%	475 23%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	543 27%	284 29%	257 25%	184 30%	168 25%	192 26%	33 34%	71 27%	46 23%	53 24%	44 25%	58 26%	92 29%	94 29%	53 25%
Agree (4.0)	939 46%	450 46%	483 47%	279 45%	323 49%	338 45%	41 42%	121 46%	101 50%	90 42%	85 49%	115 51%	148 46%	141 43%	98 47%
Neither agree nor disagree (3.0)	314 15%	156 16%	159 15%	93 15%	106 16%	115 15%	15 16%	38 14%	33 17%	49 23%	25 15%	23 10%	39 12%	58 18%	33 16%
Disagree (2.0)	143 7%	62 6%	81 8%	36 6%	40 6%	67 9%	3 3%	22 8%	11 6%	12 5%	15 9%	17 7%	25 8%	21 6%	17 8%
Strongly disagree (1.0)	77 4%	32 3%	45 4%	18 3%	22 3%	37 5%	3 3%	10 4%	8 4%	10 5%	4 2%	12 5%	10 3%	15 4%	6 3%
Don't know	11 1%	6 1%	5 *	5 1%	4 1%	3 *	1 2%	1 *	2 1%	1 1%	1 1%	- -	4 1%	1 *	- -
NET: Agree	1483 73%	733 74%	739 72%	462 75%	491 74%	529 70%	74 76%	192 73%	147 73%	143 66%	128 74%	173 77%	239 75%	235 71%	150 73%
NET: Disagree	221 11%	94 9%	126 12%	54 9%	63 9%	104 14%	7 7%	32 12%	19 9%	22 10%	19 11%	28 13%	35 11%	36 11%	23 11%
Base for stats	2018	983	1024	609	660	748	96	262	199	214	172	224	314	329	207
Mean Score	3.86	3.91	3.81	3.94	3.87	3.78	4.02	3.85	3.84	3.76	3.87	3.85	3.91	3.85	3.84
Standard Deviation	1.017	.990	1.039	.976	.974	1.078	.978	1.032	.973	1.034	.963	1.054	1.010	1.050	1.000
Standard Error	.023	.032	.032	.038	.038	.042	.098	.066	.069	.069	.071	.078	.055	.055	.073
Error variance	*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	543 27%	66 36% cdefh	139 31% defh	126 27%	55 21%	44 21%	114 24%	331 30% defh	212 23%	454 26%	21 36%	40 34%	15 29%	5 31%	4 30%	85 33% a
Agree (4.0)	939 46%	73 40%	224 49% af	231 50% afh	134 52% afh	99 48% f	178 38%	528 48% af	411 44% f	798 46%	23 39%	59 51%	28 54%	8 50%	8 55%	126 49%
Neither agree nor disagree (3.0)	314 15%	27 15%	56 12%	60 13%	40 16%	44 21% bcg	87 19% bcg	143 13%	172 18% bcg	284 16% g	8 14%	11 10%	5 9%	2 13%	2 15%	28 11%
Disagree (2.0)	143 7%	10 5%	24 5%	26 6%	16 6%	11 6%	56 12% abcdeg	60 5%	83 9% bcg	127 7%	4 6%	4 3%	4 8%	- -	- -	11 4%
Strongly disagree (1.0)	77 4%	6 3%	9 2%	14 3%	11 4%	7 3%	30 6% bcg	29 3%	48 5% bg	72 4% g	2 3%	1 1%	- -	- -	- -	3 1%
Don't know	11 1%	- -	1 *	4 1%	2 1%	2 1%	2 1%	5 *	7 1%	5 *	1 2%	2 2% a	- -	1 6%	- -	4 2% a
NET: Agree	1483 73%	139 77% fh	363 80% defh	357 77% efh	189 73% f	142 69%	292 63%	859 78% efh	623 67%	1252 72%	44 75%	99 85% a	43 83%	13 81%	12 85%	211 82% a
NET: Disagree	221 11%	16 9%	33 7%	40 9%	27 11%	18 9%	86 18% abcdegh	89 8%	131 14% bceg	199 11% cg	6 10%	4 4%	4 8%	- -	- -	14 6%
Base for stats	2018	182	452	457	256	205	465	1091	926	1735	57	115	52	15	14	253
Mean Score	3.86	4.01 defh	4.02 defh	3.94 fh	3.80 f	3.78	3.63	3.98 defh	3.71	3.83	4.00	4.16 a	4.04	4.19	4.15	4.10 a
Standard Deviation	1.017	1.021	.909	.953	.990	.956	1.162	.947	1.075	1.031	1.036	.787	.845	.682	.676	.848
Standard Error	.023	.075	.043	.044	.061	.066	.056	.028	.036	.025	.133	.072	.112	.170	.174	.052
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.03	.03	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
		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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710	
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	543 27%	329 26%	93 28%	104 30%	196 29%	17 30%	21 35%	113 22%	374 28%	18 28%	151 24%	514 29%	27 14%	68 22%	278 26%	178 31%	18 24%	475 28%	
Agree (4.0)	939 46%	589 47%	152 46%	153 45%	305 45%	21 38%	22 38%	203 40%	669 50%	24 37%	247 40%	884 50%	40 20%	151 49%	504 47%	249 44%	36 46%	788 46%	
Neither agree nor disagree (3.0)	314 15%	187 15%	61 18%	48 14%	109 16%	11 19%	12 20%	96 19%	181 13%	14 22%	119 19%	251 14%	44 22%	52 17%	166 15%	82 14%	14 18%	262 15%	
Disagree (2.0)	143 7%	98 8%	13 4%	28 8%	40 6%	3 5%	3 5%	54 11%	79 6%	4 7%	60 10%	95 5%	41 21%	19 6%	78 7%	40 7%	7 9%	125 7%	
Strongly disagree (1.0)	77 4%	53 4%	13 4%	9 3%	22 3%	3 5%	1 1%	36 7%	36 3%	2 3%	40 6%	31 2%	42 22%	13 4%	47 4%	15 3%	1 1%	64 4%	
Don't know	11 1%	5 *	1 *	1 *	2 *	2 3%	- -	2 *	5 *	3 4%	3 1%	7 *	3 1%	3 1%	3 *	4 1%	1 2%	8 *	
NET: Agree	1483 73%	918 73%	245 73%	256 75%	501 74%	38 68%	43 73%	315 63%	1043 78%	42 65%	397 64%	1398 78%	66 34%	220 72%	782 73%	427 75%	54 70%	1263 73%	
NET: Disagree	221 11%	150 12%	26 8%	37 11%	63 9%	5 10%	4 6%	90 18%	115 9%	6 9%	99 16%	126 7%	83 42%	32 10%	126 12%	55 10%	8 10%	188 11%	
Base for stats	2018	1256	332	341	673	54	59	502	1339	63	616	1775	194	304	1074	564	75	1714	
Mean Score	3.86	3.83	3.90	3.92	3.91	3.87	4.01	3.60	3.95	3.84	3.66	3.99	2.83	3.80	3.83	3.95	3.85	3.87	
Standard Deviation	1.017	1.036	.980	1.005	.992	1.074	.944	1.157	.943	1.019	1.138	.896	1.351	1.001	1.036	.994	.935	1.019	
Standard Error	.023	.028	.059	.059	.042	.142	.118	.053	.026	.124	.047	.021	.098	.056	.032	.043	.107	.025	
Error variance	*	*	*	*	*	.02	.01	*	*	.02	*	*	.01	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	543 27%	91 32%	375 27%	42 20%	55 16%	25 31%	425 31%	111 19%	10 21%	433 27%	110 27%	466 27%	72 24%
Agree (4.0)	939 46%	123 43%	643 46%	80 39%	126 36%	28 34%	683 50%	221 38%	10 22%	738 46%	202 48%	811 48%	121 40%
Neither agree nor disagree (3.0)	314 15%	44 15%	213 15%	43 21%	74 21%	19 23%	177 13%	125 21%	8 17%	255 16%	59 14%	253 15%	55 18%
Disagree (2.0)	143 7%	16 6%	107 8%	20 10%	52 15%	5 6%	66 5%	74 13%	3 6%	111 7%	33 8%	110 6%	31 10%
Strongly disagree (1.0)	77 4%	14 5%	49 3%	20 10%	45 13%	4 4%	24 2%	51 9%	15 32%	65 4%	12 3%	60 4%	17 6%
Don't know	11 1%	1 *	6 *	1 1%	2 1%	1 1%	6 *	3 *	1 2%	11 1%	1 *	5 *	4 1%
NET: Agree	1483 73%	214 74%	1018 73%	122 59%	181 51%	52 65%	1108 80%	332 57%	20 43%	1171 73%	312 75%	1277 75%	193 64%
NET: Disagree	221 11%	30 10%	155 11%	40 19%	96 27%	9 11%	90 7%	125 21%	17 38%	176 11%	45 11%	170 10%	48 16%
Base for stats	2018	288	1386	204	352	80	1374	583	45	1602	416	1701	297
Mean Score	3.86	3.91	3.86	3.51	3.27	3.82	4.03	3.46	2.94	3.85	3.88	3.89	3.67
Standard Deviation	1.017	1.062	1.014	1.202	1.254	1.086	.886	1.189	1.587	1.025	.985	.994	1.126
Standard Error	.023	.063	.027	.082	.068	.120	.024	.049	.231	.026	.049	.024	.064
Error variance	*	*	*	.01	*	.01	*	*	.05	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	543 27%	63 16%	28 16%	54 20%	79 25%	61 28%	88 42%	42 44%	130 37%	194 24%	260 40%	213 31%	99 19%	228 30%	543 37%	-	512 35%	11 5%
					ab	abc	abcdei	abcdei	abcdei	ab	abcdei	b		b	b		b	
Agree (4.0)	939 46%	134 33%	91 52%	146 54%	162 52%	104 48%	91 43%	44 46%	167 48%	413 52%	301 46%	353 51%	214 40%	362 47%	939 63%	-	785 53%	54 24%
			a	afj	af	a	a	a	a	afj	a	b		b	b		b	
Neither agree nor disagree (3.0)	314 15%	86 21%	39 22%	45 17%	49 16%	36 16%	19 9%	4 4%	38 11%	129 16%	61 9%	82 12%	130 25%	91 12%	-	-	122 8%	35 16%
		fg hij	fg hij	fg hij	fg j	fg j			g	fg hij			ac					a
Disagree (2.0)	143 7%	60 15%	10 6%	21 8%	16 5%	13 6%	11 5%	5 5%	9 3%	50 6%	25 4%	36 5%	47 9%	60 8%	-	143 65%	36 2%	66 29%
		bcdefghij		h j						h j			a	a		a		a
Strongly disagree (1.0)	77 4%	52 13%	7 4%	5 2%	5 1%	4 2%	2 1%	-	3 1%	14 2%	4 1%	9 1%	36 7%	27 4%	-	77 35%	11 1%	58 25%
		bcdefghij	fg hij										ac	a		a		a
Don't know	11 1%	8 2%	-	-	1 *	1 *	-	1 1%	1 *	1 *	2 *	-	3 *	5 1%	-	-	2 *	4 2%
		cd fhij											a					a
NET: Agree	1483 73%	197 49%	119 68%	200 74%	241 78%	165 76%	178 85%	85 90%	297 85%	606 76%	561 86%	567 82%	313 59%	590 76%	1483 100%	-	1297 88%	65 29%
			a	a	ab	a	abcdei	abcdei	abcdei	ab	abcdei	bc		b	b		b	
NET: Disagree	221 11%	111 28%	17 10%	26 10%	20 7%	17 8%	12 6%	5 5%	12 3%	63 8%	29 4%	45 6%	84 16%	87 11%	-	221 100%	47 3%	124 54%
		bcdefghij	h j	h j		h				h j			ac	a		a		a
Base for stats	2018	394	174	271	310	217	210	93	347	799	650	694	527	767	1483	221	1466	224
Mean Score	3.86	3.24	3.70	3.82	3.95	3.95	4.20	4.31	4.19	3.91	4.21	4.05	3.56	3.92	4.37	1.65	4.19	2.53
			a	a	ab	ab	abcdei	abcdei	abcdei	ab	abcdei	bc		b	b		b	
Standard Deviation	1.017	1.263	.945	.906	.865	.913	.870	.768	.791	.893	.814	.865	1.103	1.019	.482	.478	.749	1.243
Standard Error	.023	.064	.071	.055	.049	.062	.059	.081	.043	.032	.032	.033	.048	.037	.013	.033	.020	.083
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	543 27%	473 37% b	26 9% b	488 36% b	24 9% b	385 36% b	68 14% b
Agree (4.0)	939 46%	633 50% b	107 35% b	682 50% b	94 37% b	514 47% b	209 44% b
Neither agree nor disagree (3.0)	314 15%	109 9% a	62 20% a	116 9% a	54 21% a	107 10% a	92 19% a
Disagree (2.0)	143 7%	49 4% a	58 19% a	50 4% a	42 16% a	57 5% a	60 13% a
Strongly disagree (1.0)	77 4%	9 1% a	49 16% a	13 1% a	41 16% a	17 2% a	44 9% a
Don't know	11 1%	2 * a	4 1% a	5 * a	1 * a	2 * a	1 * a
NET: Agree	1483 73%	1106 87% b	134 43% b	1170 86% b	118 46% b	899 83% b	277 58% b
NET: Disagree	221 11%	58 5% a	108 35% a	64 5% a	83 32% a	75 7% a	104 22% a
Base for stats	2018	1274	303	1350	256	1081	474
Mean Score	3.86	4.19 b	3.01 b	4.17 b	3.07 b	4.10 b	3.41 b
Standard Deviation	1.017	.799	1.246	.810	1.247	.896	1.161
Standard Error	.023	.022	.072	.022	.078	.027	.054
Error variance	*	*	.01	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	557 27%	276 28%	278 27%	182 30%	170 26%	204 27%	28 29%	73 28%	59 30%	59 27%	47 27%	59 26%	82 26%	98 30%	51 25%
Agree (4.0)	911 45%	455 46%	451 44%	270 44%	296 45%	345 46%	35 36%	105 40%	94 47%	89 41%	84 48%	106 47%	151 48%	149 45%	98 47%
Neither agree nor disagree (3.0)	321 16%	160 16%	158 15%	94 15%	108 16%	120 16%	21 22%	53 20%	28 14%	39 18%	25 14%	27 12%	48 15%	45 14%	34 17%
Disagree (2.0)	161 8%	64 7%	97 9%	47 8%	63 9%	52 7%	10 10%	22 8%	14 7%	19 9%	13 7%	22 10%	25 8%	21 6%	16 8%
Strongly disagree (1.0)	67 3%	30 3%	37 4%	15 2%	24 4%	27 4%	2 2%	10 4%	6 3%	7 3%	4 2%	8 4%	9 3%	13 4%	8 4%
Don't know	12 1%	3 *	8 1%	6 1%	2 *	3 *	1 1%	- -	- -	3 1%	- -	1 1%	4 1%	3 1%	- -
NET: Agree	1468 72%	731 74%	729 71%	452 74%	466 70%	549 73%	63 65%	179 68%	153 76%	148 69%	131 76%	165 74%	233 73%	247 75%	149 72%
NET: Disagree	228 11%	94 10%	134 13%	62 10%	87 13%	79 11%	12 12%	32 12%	20 10%	26 12%	17 10%	30 14%	33 11%	34 10%	24 11%
Base for stats	2017	985	1021	608	662	748	97	263	201	213	173	222	314	327	207
Mean Score	3.86	3.90	3.82	3.92	3.79	3.87	3.80	3.80	3.93	3.82	3.91	3.83	3.87	3.91	3.81
Standard Deviation	1.016	.984	1.048	.990	1.044	1.010	1.047	1.054	.986	1.037	.964	1.046	.981	1.028	1.016
Standard Error	.023	.032	.033	.038	.040	.039	.105	.067	.069	.069	.071	.078	.054	.054	.074
Error variance	*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	557 27%	64 35% defh	137 30% dh	127 28%	58 22%	49 23%	122 26%	328 30% dh	228 24%	466 27%	23 39% ad	43 37% ad	12 22%	3 19%	3 22%	84 33% a
Agree (4.0)	911 45%	74 40%	213 47%	221 48% f	129 50% af	90 44%	184 39%	508 46% f	403 43%	789 45%	20 35%	46 39%	27 51%	6 40%	8 58%	107 42%
Neither agree nor disagree (3.0)	321 16%	30 16%	52 11%	60 13%	42 16%	50 24% bcdg	88 19% bcg	141 13% bcg	180 19% bcg	273 16%	10 17%	18 15%	11 21%	5 28%	1 5%	44 17%
Disagree (2.0)	161 8%	9 5%	42 9%	38 8%	16 6%	13 6%	44 9%	89 8%	73 8%	145 8%	5 8%	5 4%	2 4%	1 7%	1 9%	14 5%
Strongly disagree (1.0)	67 3%	5 3%	8 2%	13 3%	12 5% bg	6 3%	24 5% bg	25 2% bg	41 4% bg	61 3%	- -	2 1%	1 2%	- -	1 6%	3 1%
Don't know	12 1%	1 1%	2 *	2 *	1 *	- -	6 1%	5 *	7 1%	6 *	1 2%	3 2% a	- -	1 6%	- -	4 2% a
NET: Agree	1468 72%	137 75% fh	350 77% efh	349 76% efh	187 72%	139 67%	306 65%	836 76% efh	632 68%	1255 72%	43 74%	90 77%	38 73%	10 59%	11 80%	191 74%
NET: Disagree	228 11%	14 8%	50 11%	50 11%	28 11%	19 9%	68 15% aeg	114 10%	114 12%	206 12% cg	5 8%	7 6%	3 5%	1 7%	2 15%	17 7%
Base for stats	2017	181	451	459	257	207	462	1091	926	1734	57	114	52	15	14	253
Mean Score	3.86	4.01 defh	3.95 defh	3.90 fh	3.80	3.79	3.73	3.94 defh	3.76	3.84	4.07	4.09 a	3.89	3.77	3.82	4.01 a
Standard Deviation	1.016	.982	.972	.988	1.008	.965	1.109	.980	1.050	1.025	.947	.921 a	.853	.888	1.095	.921 a
Standard Error	.023	.073	.046	.045	.062	.066	.053	.029	.035	.025	.121	.084	.113	.222	.283	.056
Error variance	*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.05	.08	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
		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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710	
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	557 27%	341 27%	97 29%	95 28%	192 28%	16 28%	18 30%	128 25%	379 28%	15 24%	162 26%	523 29%	29 15%	67 22%	291 27%	174 31%	26 33%	490 28%	
Agree (4.0)	911 45%	587 47%	147 44%	143 42%	290 43%	20 36%	18 30%	199 40%	647 48%	27 bcf	237 38%	854 48%	41 21%	156 bcde	481 45%	247 44%	26 34%	755 44%	
Neither agree nor disagree (3.0)	321 16%	198 16%	48 15%	58 17%	106 16%	15 26%	14 24%	97 19%	182 14%	13 20%	126 20%	250 14%	53 27%	49 16%	171 16%	86 15%	15 19%	273 16%	
Disagree (2.0)	161 8%	92 7%	27 8%	34 10%	61 9%	3 5%	9 16%	48 10%	96 7%	6 9%	60 10%	119 7%	36 18%	20 7%	89 8%	45 8%	7 9%	141 8%	
Strongly disagree (1.0)	67 3%	41 3%	11 3%	10 3%	21 3%	3 5%	- -	27 5%	36 3%	1 1%	30 5%	30 2%	34 17%	11 4%	41 4%	13 2%	2 3%	55 3%	
Don't know	12 1%	3 *	2 1%	2 1%	4 1%	- -	- -	4 1%	4 *	4 6%	4 1%	6 *	4 2%	4 1%	4 *	3 1%	1 2%	8 *	
NET: Agree	1468 72%	928 74%	244 73%	238 70%	483 71%	36 64%	36 60%	327 65%	1027 76%	42 64%	399 64%	1378 77%	71 36%	223 73%	772 72%	421 74%	52 68%	1245 72%	
NET: Disagree	228 11%	132 10%	38 12%	44 13%	82 12%	5 9%	9 16%	75 15%	132 10%	7 10%	89 14%	148 8%	69 35%	31 10%	130 12%	58 10%	9 12%	197 11%	
Base for stats	2017	1258	331	340	671	56	59	499	1341	62	615	1776	193	303	1074	565	75	1714	
Mean Score	3.86	3.87	3.88	3.82	3.85	3.78	3.74	3.71	3.92	3.81	3.72	3.97	2.98	3.81	3.83	3.93	3.88	3.87	
Standard Deviation	1.016	.998	1.029	1.038	1.033	1.059	1.057	1.114	.971	.973	1.102	.923	1.311	.976	1.038	.988	1.070	1.023	
Standard Error	.023	.027	.062	.062	.044	.138	.132	.051	.026	.119	.045	.022	.095	.055	.032	.042	.121	.025	
Error variance	*	*	*	*	*	.02	.02	*	*	.01	*	*	.01	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	557 27%	90 31%	390 28%	48 23%	67 19%	25 31% b	418 30% abe	128 22%	11 24%	450 28%	106 26%	479 28%	73 24%
Agree (4.0)	911 45%	119 41%	617 44%	82 40%	133 37%	32 39%	651 47% abef	229 39%	12 26%	721 45%	190 46%	783 46%	122 41%
Neither agree nor disagree (3.0)	321 16%	40 14%	227 16%	42 20% d	71 20% d	18 23% d	186 13%	124 21% d	5 10%	249 15%	73 17%	254 15%	63 21% a
Disagree (2.0)	161 8%	29 10%	111 8%	17 8% c	45 13% cd	1 2%	99 7%	58 10% cd	6 13% c	128 8%	33 8%	134 8%	24 8%
Strongly disagree (1.0)	67 3%	9 3%	42 3%	15 7% d	35 10% d	3 3%	22 2%	40 7% d	11 24% abcde	54 3%	13 3%	49 3%	16 5% a
Don't know	12 1%	2 1%	5 *	2 1%	4 1%	1 1%	4 *	5 1%	1 3% d	11 1%	1 *	7 *	3 1%
NET: Agree	1468 72%	209 72%	1008 72%	130 63%	199 56%	57 71% bf	1069 77% abef	358 61%	23 50%	1172 73%	296 71%	1262 74% b	195 65%
NET: Disagree	228 11%	38 13%	153 11%	32 16% cd	80 23% acde	4 5%	121 9%	98 17% cd	17 37% abcde	182 11%	47 11%	183 11%	40 13%
Base for stats	2017	287	1387	204	350	79	1376	580	45	1602	416	1699	298
Mean Score	3.86	3.88	3.87	3.64 bf	3.43	3.95 abef	3.98 abef	3.60 bf	3.14	3.87	3.83	3.89 b	3.71
Standard Deviation	1.016	1.058	1.011	1.143	1.218	.969	.933	1.141	1.546	1.020	1.004	.997	1.085
Standard Error	.023	.062	.027	.079	.066	.107	.025	.047	.226	.025	.050	.024	.061
Error variance	*	*	*	.01	*	.01	*	*	.05	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	557 27%	65 16%	42 24%	65 24%	88 28%	48 22%	84 40%	34 36%	130 37%	201 25%	248 38%	206 30%	100 19%	244 32%	533 36%	9 4%	557 38%	- -
			a	a	a		abcdei	abcei	abcdei	a	abcdei	b		b	b		b	
Agree (4.0)	911 45%	141 35%	81 47%	138 51%	153 49%	106 49%	95 45%	36 38%	162 46%	397 50%	293 45%	351 51%	216 41%	336 44%	764 52%	38 17%	911 62%	- -
			a	ag	a	a	a		a	ag	a	bc			b		b	
Neither agree nor disagree (3.0)	321 16%	90 22%	31 18%	42 16%	49 16%	41 19%	17 8%	15 15%	37 11%	132 16%	69 11%	78 11%	132 25%	103 13%	117 8%	48 22%	- -	- -
			cdhij	fhj	fj	fj	fhj		fhj	fhj	fhj		ac			a		
Disagree (2.0)	161 8%	61 15%	11 6%	19 7%	16 5%	18 8%	10 5%	8 9%	17 5%	54 7%	36 5%	50 7%	50 10%	59 8%	55 4%	73 33%	- -	161 71%
			bcdefhij													a		a
Strongly disagree (1.0)	67 3%	40 10%	7 4%	5 2%	5 2%	5 2%	3 1%	- -	2 1%	15 2%	5 1%	8 1%	29 5%	27 4%	10 1%	51 23%	- -	67 29%
			bcdefghij	hj									a	a		a		a
Don't know	12 1%	5 1%	2 1%	2 1%	- -	- -	1 *	1 1%	- -	2 *	2 *	- -	3 *	3 *	4 *	2 1%	- -	- -
			dhi	dh														
NET: Agree	1468 72%	206 51%	123 71%	203 75%	241 77%	154 71%	179 85%	70 75%	291 84%	598 75%	541 83%	557 80%	316 60%	580 75%	1297 87%	47 21%	1468 100%	- -
			a	a	a	a	abcdegi	a	abcdegi	a	abcdei	bc		b	b		b	
NET: Disagree	228 11%	101 25%	18 10%	24 9%	21 7%	23 11%	13 6%	8 9%	19 6%	69 9%	40 6%	58 8%	79 15%	86 11%	65 4%	124 56%	- -	228 100%
			bcdefghij			hj							ac			a		a
Base for stats	2017	397	172	269	311	218	209	93	348	798	650	694	527	769	1478	219	1468	228
Mean Score	3.86	3.33	3.82	3.89	3.97	3.80	4.19	4.03	4.15	3.90	4.14	4.01	3.58	3.92	4.19	2.46	4.38	1.71
			a	a	ae	a	abcdei	a	abcdei	a	abcdei	b		b	b		b	
Standard Deviation	1.016	1.210	1.006	.916	.894	.954	.871	.945	.845	.919	.868	.897	1.070	1.035	.784	1.146	.485	.456
Standard Error	.023	.061	.076	.056	.051	.064	.060	.100	.045	.032	.034	.034	.047	.037	.020	.079	.013	.030
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	557 27%	482 38% b	34 11%	494 36% b	25 10%	381 35% b	82 17%
Agree (4.0)	911 45%	610 48% b	97 31%	664 49% b	92 36%	508 47% b	195 41%
Neither agree nor disagree (3.0)	321 16%	114 9%	67 22% a	125 9%	52 20% a	104 10%	97 20% a
Disagree (2.0)	161 8%	57 4%	64 21% a	56 4%	52 20% a	72 7%	59 12% a
Strongly disagree (1.0)	67 3%	10 1%	44 14% a	12 1%	35 14% a	15 1%	39 8% a
Don't know	12 1%	2 *	1 *	4 *	1 *	3 *	3 1%
NET: Agree	1468 72%	1093 86% b	131 43%	1158 85% b	117 45%	889 82% b	277 58%
NET: Disagree	228 11%	67 5%	108 35% a	68 5%	87 34% a	88 8%	99 21% a
Base for stats	2017	1273	306	1351	256	1080	472
Mean Score	3.86	4.18 b	3.05	4.16 b	3.07	4.08 b	3.47
Standard Deviation	1.016	.827	1.244	.822	1.225	.916	1.162
Standard Error	.023	.023	.071	.022	.077	.028	.054
Error variance	*	*	.01	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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%																
Unweighted Total	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187	
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	475 23%	248 25%	224 22%	163 27% c	151 23%	161 21%	31 32% h	62 23%	49 24%	48 22%	39 22%	52 23%	79 25%	69 21%	46 22%	
Agree (4.0)	800 39%	405 41%	390 38%	263 43% c	263 40%	274 36%	34 35%	95 36%	73 36%	82 38%	76 44%	89 40%	133 42%	140 43%	78 38%	
Neither agree nor disagree (3.0)	430 21%	207 21%	221 21%	105 17%	145 22% a	179 24% a	20 20%	57 22%	43 21%	50 23%	38 22%	49 22%	54 17%	67 20%	52 25% g	
Disagree (2.0)	207 10%	74 8%	133 13% a	57 9%	65 10%	85 11%	10 10%	30 11%	21 11%	19 9%	12 7%	19 8%	36 11%	37 11%	21 10%	
Strongly disagree (1.0)	100 5%	48 5%	52 5%	17 3%	37 6% a	46 6% a	3 3%	17 6%	13 6%	13 6%	7 4%	12 5%	13 4%	14 4%	9 4%	
Don't know	17 1%	6 1%	10 1%	8 1% b	2 * b	7 1%	- - b	2 1%	2 1%	4 2%	1 1%	2 1%	3 1%	3 1%	- -	
NET: Agree	1275 63%	653 66% b	614 60%	427 69% bc	414 62%	434 58%	65 66%	157 60%	122 61%	130 60%	115 66%	141 63%	212 67%	210 64%	125 60%	
NET: Disagree	307 15%	122 12%	184 18% a	74 12%	102 15%	131 17% a	13 13%	47 18%	34 17%	32 15%	20 11%	31 14%	50 16%	50 15%	30 15%	
Base for stats	2012	982	1019	606	662	744	98	261	199	212	173	222	315	327	207	
Mean Score	3.67	3.74 b	3.59	3.82 bc	3.64	3.56	3.82	3.59	3.62	3.63	3.73	3.68	3.72	3.66	3.64	
Standard Deviation	1.095	1.068	1.117	1.020	1.105	1.132	1.092	1.155	1.156	1.110	1.028	1.091	1.090	1.062	1.072	
Standard Error	.024	.034	.035	.039	.043	.044	.109	.074	.082	.074	.076	.082	.060	.056	.078	
Error variance	*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	475 23%	60 33% cdefh	118 26% eh	112 24%	51 20%	37 18%	97 21%	290 26% defh	185 20%	391 22%	22 38% ad	38 32% ad	7 14%	5 32%	5 39%	78 30% ad
Agree (4.0)	800 39%	78 43% f	202 45% cefh	175 38%	117 45% cefh	71 34%	157 34%	455 42% efh	345 37%	678 39%	18 31%	56 48% b	27 52% ab	6 37%	5 35%	112 44%
Neither agree nor disagree (3.0)	430 21%	25 14%	85 19%	99 21% a	52 20%	57 28% abg	112 24% ag	208 19%	221 24% abg	379 22% cg	10 18%	16 14%	8 16%	5 31%	2 11%	41 16%
Disagree (2.0)	207 10%	15 8%	37 8%	58 12% b	22 8%	21 10%	55 12%	109 10%	98 10%	188 11% cg	4 6%	5 4%	7 14% c	- -	1 5%	16 6%
Strongly disagree (1.0)	100 5%	4 2%	9 2%	16 3% bg	15 6% bg	18 9% abcg	39 8% abcg	29 3% abcg	72 8% abcg	94 5% cg	1 2%	- -	2 4% c	- -	1 9%	5 2%
Don't know	17 1%	1 1%	3 1%	2 * *	1 *	3 1%	8 2% g	6 1%	11 1%	11 1%	2 4% a	3 2%	- -	- -	- -	5 2% a
NET: Agree	1275 63%	138 76% cdefgh	320 71% cefh	287 62% efh	168 65% efh	108 52%	254 54%	745 68% cefh	530 57%	1069 61%	40 70%	94 80% ad	35 66%	11 69%	10 74%	190 74% a
NET: Disagree	307 15%	18 10%	46 10%	73 16% b	37 14%	39 19% abg	94 20% abg	138 13%	170 18% abg	282 16% cg	5 9%	5 4%	9 17% cg	- -	2 15%	21 8%
Base for stats	2012	181	450	459	257	204	460	1091	921	1729	56	114	52	16	14	252
Mean Score	3.67	3.97 cdefgh	3.85 cdefh	3.68 efh	3.65 e	3.44	3.47	3.80 cdefh	3.51	3.63	4.00 ad	4.11 ad	3.59	4.01	3.90	3.96 ad
Standard Deviation	1.095	.995	.968	1.079	1.073	1.160	1.191	1.026	1.154	1.109	1.049	.790	1.023	.819	1.287	.948
Standard Error	.024	.074	.046	.049	.066	.080	.058	.031	.038	.027	.135	.072	.135	.199	.332	.058
Error variance	*	.01	*	*	*	.01	*	*	*	*	.02	.01	.02	.04	.11	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
		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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710	
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	475 23%	278 22%	90 27%	86 25%	176 26%	15 26%	20 33%	101 20%	327 24%	13 20%	135 22%	446 25%	27 14%	58 19%	250 23%	148 26%	19 25%	417 24%	
Agree (4.0)	800 39%	482 38%	137 41%	145 42%	282 42%	20 36%	25 42%	184 37%	545 41%	26 39%	229 37%	745 42%	44 22%	109 35%	422 39%	238 42%	32 42%	692 40%	
Neither agree nor disagree (3.0)	430 21%	283 22%	63 19%	64 19%	127 19%	17 29%	6 10%	109 22%	284 21%	14 21%	132 21%	361 20%	49 25%	68 22%	233 22%	114 20%	14 19%	361 21%	
Disagree (2.0)	207 10%	135 11%	25 7%	38 11%	63 9%	2 3%	6 10%	64 13%	130 10%	5 8%	72 12%	158 9%	38 19%	41 13%	111 10%	46 8%	9 12%	166 10%	
Strongly disagree (1.0)	100 5%	73 6%	17 5%	7 2%	24 3%	3 5%	3 5%	43 8%	49 4%	3 4%	48 8%	63 4%	34 17%	25 8%	55 5%	20 3%	1 1%	75 4%	
Don't know	17 1%	10 1%	1 *	2 1%	4 1%	- -	- -	4 1%	8 1%	5 8%	4 1%	9 1%	4 2%	6 2%	7 1%	2 *	1 2%	11 1%	
NET: Agree	1275 63%	760 60%	228 68%	231 68%	459 68%	35 62%	45 75%	285 57%	873 65%	38 58%	364 59%	1191 67%	71 36%	166 54%	672 62%	386 68%	51 67%	1109 64%	
NET: Disagree	307 15%	208 16%	41 12%	45 13%	86 13%	5 9%	9 15%	106 21%	179 13%	8 12%	120 19%	221 12%	72 37%	66 21%	166 15%	66 12%	10 13%	241 14%	
Base for stats	2012	1251	332	340	672	56	59	500	1336	60	616	1773	192	301	1070	566	75	1711	
Mean Score	3.67	3.61	3.78	3.78	3.78	3.74	3.89	3.47	3.73	3.67	3.54	3.76	2.96	3.44	3.65	3.79	3.80	3.71	
			a	a	a		cf		cf		b		a		a	ab	a	a	
Standard Deviation	1.095	1.118	1.080	1.014	1.046	1.058	1.131	1.191	1.051	1.048	1.180	1.038	1.305	1.186	1.100	1.029	.992	1.074	
Standard Error	.024	.031	.065	.060	.044	.138	.141	.055	.029	.129	.048	.025	.095	.067	.034	.044	.112	.026	
Error variance	*	*	*	*	*	.02	.02	*	*	.02	*	*	.01	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	475 23%	81 28%	326 23%	48 23% b	52 15%	20 25% b	354 26% be	108 19%	10 22%	378 23%	97 23%	403 24%	67 22%
Agree (4.0)	800 39%	114 39%	565 41%	65 32% f	118 33% f	28 35% f	570 41% abef	200 34% f	6 14%	625 39%	175 42%	702 41% b	93 31%
Neither agree nor disagree (3.0)	430 21%	57 20%	293 21%	43 21%	90 26% d	20 26%	273 20%	144 25% d	9 19%	347 22%	83 20%	346 20%	76 25% a
Disagree (2.0)	207 10%	24 8%	137 10%	26 13%	54 15% d	8 9%	122 9%	79 14% d	8 18% d	169 11%	37 9%	171 10%	34 11%
Strongly disagree (1.0)	100 5%	13 4%	62 4%	18 9% d	37 11% d	3 4%	52 4%	45 8% d	11 25% abcde	77 5%	23 6%	73 4%	26 9% a
Don't know	17 1%	1 *	10 1%	5 2% d	3 1%	1 1%	8 1%	8 1% d	1 2%	16 1%	1 *	11 1%	4 1%
NET: Agree	1275 63%	194 67%	890 64%	113 55% f	170 48%	48 60% f	925 67% abef	309 53% f	16 36%	1003 62%	272 65%	1105 65% b	160 53%
NET: Disagree	307 15%	37 13%	199 14%	45 22% d	91 26% cd	11 13%	174 13%	124 21% d	20 43% abcde	246 15%	61 15%	244 14%	60 20% a
Base for stats	2012	288	1382	201	351	79	1372	577	45	1596	416	1695	296
Mean Score	3.67	3.78	3.69	3.49 bf	3.27	3.68 bf	3.77 abef	3.43 bf	2.89	3.66	3.69	3.70 b	3.47
Standard Deviation	1.095	1.081	1.073	1.243	1.199	1.076	1.048	1.169	1.507	1.095	1.096	1.070	1.208
Standard Error	.024	.064	.029	.086	.065	.119	.028	.049	.220	.027	.054	.026	.068
Error variance	*	*	*	.01	*	.01	*	*	.05	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	475 23%	35 9%	26 15%	49 18%	68 22%	49 22%	72 34%	41 43%	136 39%	166 21%	248 38%	202 29%	81 15%	188 24%	437 29%	16 7%	434 30%	18 8%
Agree (4.0)	800 39%	84 21%	65 37%	128 47%	139 45%	109 50%	92 44%	38 40%	146 42%	376 47%	275 42%	319 46%	171 32%	302 39%	669 45%	42 19%	658 45%	48 21%
Neither agree nor disagree (3.0)	430 21%	122 30%	47 27%	60 22%	74 24%	36 16%	37 18%	7 8%	46 13%	169 21%	91 14%	97 14%	168 32%	157 20%	239 16%	51 23%	241 16%	50 22%
Disagree (2.0)	207 10%	78 19%	22 13%	28 10%	26 8%	20 9%	7 3%	8 9%	18 5%	73 9%	33 5%	64 9%	53 10%	86 11%	103 7%	57 26%	97 7%	61 27%
Strongly disagree (1.0)	100 5%	71 18%	13 7%	6 2%	4 1%	4 2%	2 1%	-	1 *	13 2%	3 *	11 2%	52 10%	35 5%	31 2%	51 23%	34 2%	47 21%
Don't know	17 1%	11 3%	1 1%	1 *	1 *	1 1%	1 *	-	1 *	3 *	2 *	1 *	4 1%	4 1%	4 *	4 2%	3 *	4 2%
NET: Agree	1275 63%	119 30%	91 52%	177 65%	207 67%	158 72%	163 78%	79 83%	282 81%	542 68%	524 80%	521 75%	252 48%	490 63%	1106 75%	58 26%	1093 74%	67 29%
NET: Disagree	307 15%	149 37%	35 20%	33 12%	30 10%	23 11%	9 4%	8 9%	19 6%	86 11%	36 6%	75 11%	105 20%	121 16%	134 9%	108 49%	131 9%	108 47%
Base for stats	2012	391	173	271	310	217	209	94	347	798	650	693	526	768	1479	217	1465	224
Mean Score	3.67	2.83	3.39	3.69	3.78	3.83	4.08	4.17	4.14	3.76	4.13	3.92	3.34	3.68	3.93	2.61	3.93	2.69
Standard Deviation	1.095	1.215	1.119	.953	.923	.938	.849	.921	.865	.938	.868	.971	1.153	1.098	.959	1.244	.965	1.249
Standard Error	.024	.062	.085	.058	.052	.064	.058	.096	.047	.033	.034	.037	.050	.040	.025	.086	.025	.084
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	475 23%	475 37% b	- - -	450 33% b	5 2% -	358 33% b	50 11% -
Agree (4.0)	800 39%	800 63% b	- - -	659 49% b	29 11% -	470 43% b	136 29% -
Neither agree nor disagree (3.0)	430 21%	- -	- -	182 13%	59 23% a	153 14%	129 27% a
Disagree (2.0)	207 10%	- -	207 67% a	45 3%	96 37% a	75 7%	96 20% a
Strongly disagree (1.0)	100 5%	- -	100 33% a	14 1%	62 24% a	24 2%	57 12% a
Don't know	17 1%	- -	- -	4 *	5 2% a	3 *	5 1% a
NET: Agree	1275 63%	1275 100% b	- -	1110 82% b	35 13%	827 76% b	187 39%
NET: Disagree	307 15%	- -	307 100% a	58 4%	158 61% a	99 9%	154 32% a
Base for stats	2012	1275	307	1350	251	1080	470
Mean Score	3.67	4.37 b	1.67	4.10 b	2.28	3.98 b	3.05
Standard Deviation	1.095	.484	.470	.826	1.028	.977	1.189
Standard Error	.024	.014	.027	.022	.065	.030	.055
Error variance	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	501 25%	261 26%	238 23%	168 27%	159 24%	174 23%	25 26%	60 23%	45 23%	53 25%	38 22%	56 25%	91 29%	85 26%	47 23%
Agree (4.0)	853 42%	436 44%	413 40%	262 43%	274 41%	317 42%	44 45%	107 41%	82 41%	84 39%	80 46%	101 45%	131 41%	133 40%	93 45%
Neither agree nor disagree (3.0)	404 20%	173 17%	229 22%	108 18%	148 22%	148 20%	14 15%	54 20%	46 23%	46 21%	35 20%	40 18%	56 18%	69 21%	43 21%
Disagree (2.0)	176 9%	72 7%	105 10%	51 8%	56 8%	69 9%	6 6%	26 10%	19 9%	23 10%	13 7%	20 9%	23 7%	31 9%	16 8%
Strongly disagree (1.0)	80 4%	39 4%	40 4%	18 3%	24 4%	38 5%	6 6%	13 5%	7 4%	9 4%	8 4%	7 3%	12 4%	10 3%	7 4%
Don't know	14 1%	9 1%	3 *	7 1%	1 *	5 1%	1 2%	3 1%	1 1%	1 *	- -	- -	5 2%	2 1%	- -
NET: Agree	1354 67%	696 70%	651 63%	430 70%	434 65%	491 65%	70 71%	167 63%	127 63%	137 63%	117 68%	157 70%	222 70%	218 66%	140 68%
NET: Disagree	257 13%	111 11%	145 14%	70 11%	80 12%	107 14%	12 12%	40 15%	26 13%	32 15%	21 12%	28 12%	34 11%	41 12%	23 11%
Base for stats	2015	980	1025	607	662	746	96	260	199	215	173	224	313	328	207
Mean Score	3.75	3.82	3.69	3.84	3.74	3.70	3.80	3.67	3.70	3.69	3.73	3.79	3.85	3.77	3.76
Standard Deviation	1.048	1.031	1.058	1.019	1.032	1.081	1.096	1.092	1.040	1.089	1.026	1.022	1.040	1.036	1.008
Standard Error	.023	.033	.033	.039	.040	.042	.110	.070	.073	.072	.076	.076	.057	.055	.074
Error variance	*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275	
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	501 25%	68 37% bcdefgh	126 28% deh	119 26% deh	46 18%	35 17%	107 23%	313 29% defh	188 20%	407 23%	24 41% ad	42 36% ad	11 21%	6 36%	7 53%	90 35% ad	
Agree (4.0)	853 42%	65 36%	201 44%	197 43%	124 48% af	85 41%	181 39%	463 42%	390 42%	727 42%	23 39%	51 44%	26 50%	8 50%	4 32%	112 44%	
Neither agree nor disagree (3.0)	404 20%	37 20%	86 19%	85 19%	52 20%	56 27% bcfg	87 19%	209 19%	195 21%	363 21% bg	6 10%	17 15%	8 15%	1 6%	1 5%	33 13%	
Disagree (2.0)	176 9%	9 5%	30 7%	43 9%	21 8%	22 11% a	51 11% abg	82 7%	94 10% abg	158 9%	4 7%	6 5%	5 10%	- -	- -	15 6%	
Strongly disagree (1.0)	80 4%	2 1%	9 2%	14 3% abg	14 5% abg	8 4%	34 7% abcg	24 2%	56 6% abcg	75 4%	1 1%	1 1%	1 1%	1 7%	1 9%	5 2%	
Don't know	14 1%	- -	2 *	3 1%	1 *	1 1%	7 1% g	5 *	9 1%	10 1%	1 2%	- -	1 2%	- -	- -	2 1%	
NET: Agree	1354 67%	133 73% efh	327 72% efh	316 69% efh	170 66%	120 58%	288 62%	776 71% efh	578 62%	1134 65%	46 80% a	93 79% a	37 71%	14 86%	12 85%	202 79% a	
NET: Disagree	257 13%	11 6%	39 9%	56 12% a	35 14% ab	30 15% abg	85 18% abcg	106 10%	150 16% abcg	233 13% cg	5 8%	7 6%	6 12%	1 7%	1 9%	21 8%	
Base for stats	2015	182	452	458	257	206	461	1091	924	1730	57	117	51	16	14	255	
Mean Score	3.75	4.03 cdefgh	3.90 defh	3.80 efh	3.65	3.56	3.60	3.88 defh	3.61 abcg	3.71	4.13 a	4.08 a	3.81	4.08	4.20	4.04 a	
Standard Deviation	1.048	.943	.948	1.024	1.034	1.022	1.172	.982	1.102	1.057	.956	.900	.946	1.075	1.214	.952	
Standard Error	.023	.070	.045	.047	.064	.070	.057	.029	.037	.026	.122	.081	.126	.261	.313	.058	
Error variance	*	*	*	*	*	*	*	*	*	*	.01	.01	.02	.07	.10	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
		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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710	
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	501 25%	299 24%	82 25%	94 27%	176 26%	13 24%	18 31%	111 22%	343 26%	15 22%	143 23%	477 27%	22 11%	68 22%	255 24%	153 27%	24 32%	433 25%	
Agree (4.0)	853 42%	537 43%	149 45%	131 38%	280 42%	25 44%	23 38%	211 42%	574 43%	22 33%	258 42%	788 44%	52 26%	116 38%	471 44%	238 42%	28 37%	737 43%	
Neither agree nor disagree (3.0)	404 20%	246 20%	74 22%	68 20%	142 21%	12 21%	9 15%	106 21%	260 19%	18 27%	126 20%	319 18%	64 33%	58 19%	220 20%	112 20%	15 19%	346 20%	
Disagree (2.0)	176 9%	112 9%	19 6%	35 10%	55 8%	2 4%	5 8%	41 8%	125 9%	4 7%	47 8%	140 8%	29 15%	38 12%	81 8%	51 9%	7 9%	139 8%	
Strongly disagree (1.0)	80 4%	57 5%	7 2%	14 4%	21 3%	2 3%	4 6%	32 6%	40 3%	3 4%	38 6%	51 3%	27 14%	21 7%	44 4%	13 2%	2 3%	59 3%	
Don't know	14 1%	9 1%	1 *	- -	1 *	3 5%	1 2%	3 1%	3 *	4 7%	7 1%	7 *	3 2%	7 2%	6 1%	1 *	- -	7 *	
NET: Agree	1354 67%	836 66%	231 69%	225 66%	457 68%	38 68%	41 70%	322 64%	917 68%	36 55%	401 65%	1265 71%	73 37%	184 60%	726 67%	392 69%	53 69%	1170 68%	
NET: Disagree	257 13%	169 13%	26 8%	49 14%	75 11%	4 7%	8 14%	73 14%	164 12%	7 11%	85 14%	191 11%	56 28%	58 19%	126 12%	64 11%	9 12%	198 12%	
Base for stats	2015	1252	332	342	674	54	58	501	1341	61	613	1775	193	300	1071	567	76	1715	
Mean Score	3.75	3.73	3.84	3.75	3.80	3.86	3.82	3.66	3.79	3.67	3.69	3.84	3.06	3.58	3.76	3.83	3.86	3.78	
Standard Deviation	1.048	1.063	.933	1.092	1.017	.959	1.155	1.106	1.021	1.064	1.099	1.000	1.195	1.170	1.030	1.001	1.061	1.022	
Standard Error	.023	.029	.056	.064	.043	.128	.146	.051	.028	.131	.045	.024	.087	.066	.031	.043	.119	.025	
Error variance	*	*	*	*	*	.02	.02	*	*	.02	*	*	.01	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
		Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total		2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	501 25%	82 28%	343 25%	39 19%	59 17%	18 23%	383 28% abe	107 18%	9 20%	405 25%	96 23%	426 25%	72 24%
Agree	(4.0)	853 42%	120 42%	596 43%	81 40% f	139 39% f	38 48% f	581 42% f	241 41% f	11 24%	659 41%	195 47% a	740 43% b	107 36%
Neither agree nor disagree	(3.0)	404 20%	55 19%	285 20%	46 22%	95 27% d	15 18%	244 18%	146 25% d	10 21%	331 21%	73 18%	330 19%	69 23%
Disagree	(2.0)	176 9%	18 6%	118 8%	22 11%	35 10%	5 6%	116 8%	57 10%	6 12%	141 9%	36 9%	145 8%	28 9%
Strongly disagree	(1.0)	80 4%	12 4%	47 3%	13 6% d	25 7% d	3 4%	50 4%	31 5%	9 20% abcde	65 4%	16 4%	59 3%	20 7% a
Don't know		14 1%	2 1%	4 *	3 1%	2 1%	1 1%	7 *	5 1%	1 2%	12 1%	2 *	6 *	5 2% a
NET: Agree		1354 67%	202 70%	939 67%	121 59%	198 56%	57 71% bef	964 70% abef	347 59% f	20 45%	1064 66%	291 70%	1165 68% b	179 59%
NET: Disagree		257 13%	30 10%	165 12%	36 17% d	59 17% d	8 10%	165 12%	87 15%	15 32% abcde	205 13%	51 12%	204 12%	48 16%
Base for stats		2015	287	1388	202	352	80	1373	581	45	1600	415	1700	296
Mean Score		3.75	3.84	3.77	3.55 f	3.49 f	3.80 bf	3.83 abef	3.58 f	3.13	3.75	3.77	3.78 b	3.62
Standard Deviation		1.048	1.044	1.022	1.120	1.098	.996	1.043	1.061	1.433	1.055	1.019	1.025	1.149
Standard Error		.023	.062	.028	.077	.059	.110	.028	.044	.209	.026	.051	.025	.065
Error variance		*	*	*	.01	*	.01	*	*	.04	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Significance Level: 95%																			
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227	
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	501 25%	49 12%	30 17%	47 17%	71 23%	59 27%	76 36%	37 39%	133 38%	176 22%	246 38%	199 29%	89 17%	208 27%	464 31%	18 8%	462 31%	18 8%	
					a	abc	abcdei	abcdei	abcdei	a	abcdei	b		b	b		b		
Agree (4.0)	853 42%	99 25%	81 46%	140 52%	136 44%	102 47%	95 45%	40 42%	161 46%	377 47%	296 45%	315 45%	186 35%	346 45%	707 48%	45 21%	696 47%	50 22%	
				a	a	a	a	a	a	a	a	b		b	b		b		
Neither agree nor disagree (3.0)	404 20%	121 30%	43 25%	54 20%	79 25%	40 18%	26 12%	9 9%	33 10%	172 22%	68 10%	113 16%	148 28%	133 17%	188 13%	72 33%	189 13%	68 30%	
		ce	efghij	fghj	fghj	h				fghj			ac		a		a		
Disagree (2.0)	176 9%	73 18%	15 8%	23 8%	23 8%	13 6%	9 4%	7 8%	13 4%	59 7%	30 5%	53 8%	64 12%	56 7%	89 6%	48 22%	90 6%	48 21%	
		bc	defghij	hj	hj	h				hj			ac		a		a		
Strongly disagree (1.0)	80 4%	54 13%	5 3%	7 2%	1 *	3 1%	3 1%	1 1%	6 2%	11 1%	10 2%	12 2%	39 7%	27 4%	30 2%	35 16%	27 2%	40 17%	
		bc	defghij	d	d	*						ac		a	a		a		
Don't know	14 1%	7 2%	1 *	1 *	1 *	2 1%	2 1%	- -	- -	4 1%	2 *	2 *	4 1%	3 *	6 *	1 1%	5 *	5 2%	
		hij								1%	*	*		*	*		*	a	
NET: Agree	1354 67%	148 37%	111 64%	186 69%	207 66%	160 73%	171 81%	77 82%	294 85%	553 69%	542 83%	514 74%	275 52%	553 72%	1170 79%	64 29%	1158 79%	68 30%	
			a	a	a	ab	abcdi	abcdi	abcdei	a	abcdei	b		b	b		b		
NET: Disagree	257 13%	126 31%	20 11%	29 11%	25 8%	16 7%	12 6%	8 9%	20 6%	70 9%	40 6%	65 9%	103 19%	83 11%	118 8%	83 38%	117 8%	87 38%	
		bc	defghij	fhj	fhj							ac		a	a		a		
Base for stats	2015	395	174	270	310	216	208	94	348	796	650	691	526	769	1477	219	1463	223	
Mean Score	3.75	3.04	3.67	3.73	3.81	3.92	4.12	4.11	4.15	3.81	4.14	3.92	3.42	3.85	4.01	2.83	4.01	2.82	
			a	a	a	abc	abcdei	abcdi	abcdei	a	abcdei	b		b	b		b		
Standard Deviation	1.048	1.215	.957	.928	.890	.908	.876	.945	.884	.910	.889	.952	1.128	1.015	.929	1.176	.925	1.198	
Standard Error	.023	.061	.072	.056	.050	.062	.060	.099	.048	.032	.035	.036	.049	.037	.024	.081	.024	.080	
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*	*	.01	*	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

		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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total		1278	307	1357	255	1090	468
Total		1275	307	1354	257	1083	475
		100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	501	15	501	-	384	54
		25%	5%	37%	-	35%	11%
			b		b		b
Agree	(4.0)	853	44	853	-	513	130
		42%	14%	63%	-	47%	27%
			b		b		b
Neither agree nor disagree	(3.0)	404	88	-	-	118	130
		20%	29%	-	-	11%	27%
			a				a
Disagree	(2.0)	176	94	-	176	52	103
		9%	31%	-	69%	5%	22%
			a		a		a
Strongly disagree	(1.0)	80	63	-	80	13	57
		4%	21%	-	31%	1%	12%
			a		a		a
Don't know		14	3	-	-	3	1
		1%	1%	-	-	*	*
			a				
NET: Agree		1354	58	1354	-	897	184
		67%	19%	100%	-	83%	39%
			b		b		b
NET: Disagree		257	158	-	257	65	159
		13%	51%	-	100%	6%	34%
			a		a		a
Base for stats		2015	304	1354	257	1080	474
Mean Score		3.75	2.51	4.37	1.69	4.11	3.05
			b		b		b
Standard Deviation		1.048	1.118	.483	.464	.868	1.194
Standard Error		.023	.064	.013	.029	.026	.055
Error variance		*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	334 16%	164 17%	168 16%	124 20% c	113 17% c	96 13%	17 18%	45 17%	31 16%	36 17%	21 12%	33 15%	72 23% cefhi	47 14%	32 15%
Agree (4.0)	750 37%	358 36%	388 38%	255 41% c	244 37%	251 33%	31 31%	79 30%	68 34%	83 38%	71 41% b	83 37%	121 38% b	132 40% b	83 40% b
Neither agree nor disagree (3.0)	460 23%	226 23%	231 22%	119 19%	156 23%	185 25% a	25 26%	57 22%	51 25%	45 21%	40 23%	51 23%	74 23%	70 21%	48 23%
Disagree (2.0)	332 16%	161 16%	170 17%	85 14%	106 16%	142 19% a	16 16%	58 22% dg	36 18% g	32 15%	31 18% g	40 18% g	33 10%	53 16%	34 16%
Strongly disagree (1.0)	143 7%	76 8%	66 6%	26 4%	43 6%	74 10% ab	8 8%	23 9% g	15 7%	18 8%	11 6%	17 8%	14 4%	27 8%	10 5%
Don't know	11 1%	4 *	6 1%	6 1%	2 *	3 *	1 1%	1 *	- -	3 1%	1 1%	- -	4 1%	1 *	- -
NET: Agree	1083 53%	521 53%	556 54%	379 62% bc	358 54% c	347 46%	48 49%	124 47%	99 49%	118 55%	91 53%	116 52%	193 61% abcf	179 54%	115 56%
NET: Disagree	475 23%	237 24%	236 23%	111 18%	148 22% a	216 29% ab	24 24% g	81 31% gi	51 25% g	50 23% g	41 24% g	57 25% g	47 15%	80 24% g	43 21%
Base for stats	2018	985	1023	609	661	748	97	262	201	213	173	224	313	329	207
Mean Score	3.40	3.38	3.41	3.60 bc	3.42 c	3.20	3.34	3.25	3.32	3.41	3.35	3.33	3.65 abcdefhi	3.36	3.45
Standard Deviation	1.151	1.166	1.136	1.088	1.138	1.182	1.191	1.227	1.156	1.181	1.099	1.159	1.081	1.156	1.080
Standard Error	.026	.037	.035	.042	.044	.046	.119	.078	.081	.078	.081	.086	.059	.061	.079
Error variance	*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	334 16%	47 26% cdefh	94 21% defh	74 16%	37 14%	24 11%	58 12%	216 20% defh	118 13%	262 15%	17 29% a	31 27% a	11 21%	3 16%	5 34%	66 26% a
Agree (4.0)	750 37%	72 39%	175 39%	179 39%	100 39%	69 33%	154 33%	426 39% f	324 35%	638 37%	23 40%	52 45%	16 31%	5 33%	4 32%	102 39%
Neither agree nor disagree (3.0)	460 23%	33 18%	99 22%	97 21%	62 24%	62 30% abcg	108 23%	228 21%	232 25% ag	405 23% b	7 11%	21 18%	12 24%	2 13%	5 34%	46 18%
Disagree (2.0)	332 16%	22 12%	72 16%	78 17%	37 14%	31 15%	91 19% a	173 16%	160 17%	300 17% cg	8 15% c	7 6% c	10 19% c	3 19%	-	28 11%
Strongly disagree (1.0)	143 7%	9 5%	10 2%	30 7% b	20 8% bg	19 9% bg	54 11% abcg	50 5% b	93 10% abcg	132 8% cg	2 3% a	3 2% a	3 5%	2 13%	-	10 4%
Don't know	11 1%	-	2 *	2 *	2 1%	1 1%	3 1%	4 *	6 1%	4 *	1 2% a	3 2% a	-	1 6%	-	5 2% a
NET: Agree	1083 53%	119 65% cdefh	270 60% efh	253 55% efh	137 53% f	92 45%	212 45%	642 59% efh	442 47%	900 52%	40 69% a	84 72% ad	27 52%	8 49%	9 66%	168 65% a
NET: Disagree	475 23%	31 17%	83 18%	109 24% b	57 22%	51 25%	145 31% abcdg	222 20%	253 27% abg	432 25% cg	10 18%	10 8%	13 25% c	5 32%	-	38 15%
Base for stats	2018	182	451	459	256	206	464	1092	926	1736	57	114	52	15	14	252
Mean Score	3.40	3.69 cdefh	3.60 cdefh	3.41 efh	3.38 f	3.22	3.15	3.54 cdefh	3.23	3.34	3.79 a	3.90 ad	3.43	3.22	4.00	3.74 ad
Standard Deviation	1.151	1.128	1.059	1.143	1.135	1.131	1.211	1.111	1.175	1.153	1.127	.956	1.183	1.363	.859	1.084
Standard Error	.026	.083	.050	.052	.070	.077	.058	.033	.039	.028	.144	.087	.157	.341	.222	.066
Error variance	*	.01	*	*	*	.01	*	*	*	*	.02	.01	.02	.12	.05	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self				
		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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
		a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	334 16%	192 15%	50 15%	79 23% ab	128 19% a	18 32% cdef	14 24%	78 16%	214 16%	10 15%	111 18%	310 17% b	22 11%	40 13%	159 15%	122 22% abe	13 17%	294 17%
Agree (4.0)	750 37%	444 35%	149 45% ac	120 35%	269 40%	22 39%	24 41%	171 34%	509 38%	23 36%	217 35%	686 38% b	51 26%	94 31%	411 38% a	216 38% a	28 37%	655 38% a
Neither agree nor disagree (3.0)	460 23%	297 24%	65 19%	80 23%	145 21%	10 18%	12 21%	115 23%	302 22%	20 31%	138 22%	394 22% b	49 25%	77 25%	249 23%	113 20%	22 28%	384 22%
Disagree (2.0)	332 16%	220 17%	50 15%	47 14%	98 14%	3 5%	4 7%	90 18% abe	231 17% abe	5 8%	96 16% a	284 16% b	37 19%	56 18%	178 17%	88 16%	9 12%	276 16%
Strongly disagree (1.0)	143 7%	105 8% cd	18 5%	14 4%	32 5%	3 5%	5 8%	49 10% d	84 6%	3 4%	56 9% d	103 6% a	36 18% a	36 12% bce	79 7% c	24 4%	4 5%	107 6%
Don't know	11 1%	3 *	1 *	2 1%	3 *	1 2% c	- -	1 *	4 *	5 7% bcdf	2 *	6 *	2 1%	4 1% b	1 *	4 1% b	1 2% b	7 *
NET: Agree	1083 53%	636 50% a	199 60% a	199 58% a	398 59% a	40 71% cdef	38 65% c	249 49%	723 54%	33 50%	327 53%	996 56% b	73 37%	134 44%	570 53% a	338 59% ab	41 54%	949 55% a
NET: Disagree	475 23%	325 26% cd	68 20%	61 18%	130 19%	5 9%	9 15%	138 27% abe	315 23% ae	8 12%	152 25% ae	387 22% a	73 37%	93 30% bcde	257 24%	113 20%	12 16%	382 22%
Base for stats	2018	1257	332	340	672	55	59	503	1340	61	617	1776	195	303	1076	564	75	1715
Mean Score	3.40	3.32	3.49	3.59	3.54	3.90	3.67	3.28	3.40	3.53	3.37	3.46	2.93	3.15	3.36	3.57	3.51	3.44
		a	a	a	a	cdef	c	c	c	c	c	b	a	a	a	abe	a	a
Standard Deviation	1.151	1.172	1.087	1.110	1.099	1.063	1.156	1.206	1.132	1.007	1.205	1.125	1.279	1.218	1.140	1.119	1.062	1.133
Standard Error	.026	.032	.065	.066	.046	.140	.145	.055	.031	.124	.049	.027	.093	.069	.035	.048	.120	.027
Error variance	*	*	*	*	*	.02	.02	*	*	.02	*	*	.01	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	334 16%	66 23% b	220 16%	39 19%	47 13%	17 21%	233 17%	92 16%	10 22%	273 17%	61 15%	280 16%	48 16%
Agree (4.0)	750 37%	109 38%	529 38%	69 34%	116 33%	26 32%	524 38% f	198 34%	10 22%	583 36%	167 40%	643 38%	101 33%
Neither agree nor disagree (3.0)	460 23%	60 21%	311 22%	41 20%	93 26%	19 24%	301 22%	145 25%	7 16%	363 23%	97 23%	374 22%	81 27%
Disagree (2.0)	332 16%	37 13%	238 17%	34 17%	51 14%	15 18%	231 17%	94 16%	5 11%	262 16%	70 17%	289 17%	40 13%
Strongly disagree (1.0)	143 7%	16 6%	90 6%	21 10% d	46 13% cd	4 4%	84 6%	56 10% d	12 26% abcde	122 8%	21 5%	116 7%	26 9%
Don't know	11 1%	1 *	4 *	1 1%	1 *	- -	7 *	1 *	1 2% e	10 1%	1 *	4 *	4 1% a
NET: Agree	1083 53%	175 61% b	749 54%	108 52%	163 46%	43 53%	757 55% be	289 49%	20 44%	855 53%	228 55%	923 54%	149 50%
NET: Disagree	475 23%	53 18%	328 24%	55 27%	97 27%	18 23%	315 23%	150 26%	17 38% d	384 24%	91 22%	405 24%	66 22%
Base for stats	2018	288	1388	204	353	80	1373	584	45	1603	416	1702	296
Mean Score	3.40	3.60 b	3.40	3.34	3.19	3.47	3.43 bef	3.30	3.02	3.39	3.43	3.40	3.35
Standard Deviation	1.151	1.137 b	1.135	1.252	1.221	1.147	1.135	1.194	1.542	1.167	1.085	1.149	1.168
Standard Error	.026	.067 *	.031 *	.086	.066 *	.126	.031 *	.050 *	.225 *	.029 *	.054 *	.028 *	.066 *
Error variance	*	*	*	.01	*	.02	*	*	.05	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	334 16%	45 11%	26 15%	41 15%	57 18%	30 14%	45 21%	22 23%	67 19%	128 16%	134 21%	147 21%	40 8%	143 18%	294 20%	15 7%	289 20%	22 10%
Agree (4.0)	750 37%	102 25%	60 34%	102 38%	115 37%	99 45%	85 40%	39 42%	147 42%	316 39%	272 42%	294 42%	158 30%	292 38%	606 41%	60 27%	600 41%	66 29%
Neither agree nor disagree (3.0)	460 23%	87 22%	42 24%	57 21%	84 27%	60 27%	48 23%	15 16%	67 19%	201 25%	130 20%	134 19%	158 30%	158 20%	305 21%	41 18%	300 20%	39 17%
Disagree (2.0)	332 16%	93 23%	32 18%	55 20%	42 13%	19 9%	26 13%	15 16%	50 14%	115 14%	92 14%	100 14%	104 20%	125 16%	211 14%	55 25%	209 14%	51 22%
Strongly disagree (1.0)	143 7%	69 17%	12 7%	16 6%	11 4%	10 4%	5 3%	2 2%	17 5%	37 5%	24 4%	17 2%	66 13%	53 7%	66 4%	50 22%	68 5%	48 21%
Don't know	11 1%	6 1%	1 1%	-	2 1%	1 *	-	1 1%	-	3 *	1 *	1 *	4 1%	2 *	2 *	1 *	2 *	3 1%
NET: Agree	1083 53%	147 37%	86 50%	143 53%	172 55%	129 59%	130 62%	61 65%	214 62%	444 55%	406 62%	441 64%	198 37%	434 56%	899 61%	75 34%	889 61%	88 38%
NET: Disagree	475 23%	163 40%	45 26%	71 26%	53 17%	28 13%	32 15%	17 18%	67 19%	152 19%	115 18%	117 17%	170 32%	178 23%	277 19%	104 47%	277 19%	99 43%
Base for stats	2018	397	173	271	309	217	210	93	348	798	651	693	526	770	1481	220	1466	226
Mean Score	3.40	2.90	3.32	3.36	3.53	3.56	3.66	3.69	3.57	3.48	3.62	3.66	3.00	3.45	3.57	2.71	3.57	2.84
Standard Deviation	1.151	1.281	1.155	1.138	1.055	.984	1.032	1.069	1.099	1.068	1.073	1.044	1.144	1.165	1.093	1.270	1.097	1.316
Standard Error	.026	.065	.087	.069	.060	.067	.071	.113	.059	.038	.042	.040	.050	.042	.028	.087	.029	.088
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	334 16%	274 22% b	25 8%	296 22% b	16 6%	334 31% b	- -
Agree (4.0)	750 37%	553 43% b	74 24%	601 44% b	49 19%	750 69% b	- -
Neither agree nor disagree (3.0)	460 23%	258 20%	51 17%	269 20% b	32 13%	- -	- -
Disagree (2.0)	332 16%	150 12%	78 25% a	143 11%	93 36% a	- -	332 70% a
Strongly disagree (1.0)	143 7%	37 3%	76 25% a	41 3%	66 26% a	- -	143 30% a
Don't know	11 1%	3 *	3 1%	4 *	- -	- -	- -
NET: Agree	1083 53%	827 65% b	99 32%	897 66% b	65 25%	1083 100% b	- -
NET: Disagree	475 23%	187 15%	154 50% a	184 14%	159 62% a	- -	475 100% a
Base for stats	2018	1272	305	1350	257	1083	475
Mean Score	3.40	3.69 b	2.65	3.72 b	2.44	4.31 b	1.70
Standard Deviation	1.151	1.027	1.308	1.019	1.236	.462	.459
Standard Error	.026	.029	.075	.028	.077	.014	.021
Error variance	*	*	.01	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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	2029 100%	517 25%	895 44%	382 19%	158 8%	68 3%	8 *	1413 70%	226 11%
I feel that I have the ability to be physically active	2029 100%	461 23%	907 45%	307 15%	239 12%	107 5%	9 *	1368 67%	345 17%
I feel that I have the opportunity to be physically active	2029 100%	464 23%	859 42%	332 16%	245 12%	119 6%	10 *	1323 65%	364 18%
I find exercise enjoyable and satisfying	2029 100%	448 22%	785 39%	439 22%	241 12%	101 5%	15 1%	1234 61%	342 17%
I feel guilty when I don't exercise	2029 100%	390 19%	740 36%	403 20%	343 17%	135 7%	18 1%	1130 56%	478 24%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	461 23%	225 23%	233 23%	173 28% bc	139 21%	149 20%	23 23%	55 21%	46 23%	48 22%	37 21%	52 23%	76 24%	74 22%	50 24%
Agree (4.0)	907 45%	454 46%	445 43%	252 41%	293 44%	362 48% a	49 50%	108 41%	95 47%	98 46%	88 51% g	101 45%	129 41%	143 43%	95 46%
Neither agree nor disagree (3.0)	307 15%	148 15%	158 15%	93 15%	111 17%	103 14%	14 14%	37 14%	31 15%	37 17%	26 15%	25 11%	44 14%	60 18% f	34 17%
Disagree (2.0)	239 12%	111 11%	128 12%	62 10%	91 14% a	87 12%	8 8%	44 17% acdh	21 10%	17 8%	20 12%	29 13%	45 14% d	31 9%	24 12%
Strongly disagree (1.0)	107 5%	46 5%	61 6%	31 5%	29 4%	47 6%	5 5%	16 6% ei	8 4%	15 7% ei	3 2%	16 7% ei	21 7% ei	20 6% ei	3 1%
Don't know	9 *	5 *	3 *	4 1%	1 *	4 1%	- -	2 1%	- -	1 *	- -	- -	3 1%	2 1%	- -
NET: Agree	1368 67%	679 69%	679 66%	424 69%	433 65%	511 68%	71 73% b	163 62%	141 70%	147 68%	124 72% b	154 69%	204 64%	217 66%	145 70%
NET: Disagree	345 17%	157 16%	189 18%	93 15%	119 18%	133 18%	13 13%	61 23% acdehi	28 14%	32 15%	23 13%	45 20%	66 21% ei	51 15%	27 13%
Base for stats	2020	983	1026	610	663	747	98	261	201	215	173	224	314	327	207
Mean Score	3.68	3.71	3.65	3.77 bc	3.64	3.64	3.79	3.54	3.75 b	3.69	3.78 b	3.65	3.61	3.67	3.80 b
Standard Deviation	1.108	1.081	1.136	1.119	1.088	1.113	1.045	1.178	1.044	1.115	.968	1.178	1.189	1.109	.984
Standard Error	.025	.035	.035	.043	.042	.043	.104	.075	.073	.074	.071	.088	.065	.059	.072
Error variance	*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275	
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	461 23%	56 31% defh	111 25% fh	110 24%	53 21%	43 21%	88 19%	277 25% fh	184 20%	374 22%	19 32%	42 36% a	12 23%	5 32%	4 32%	82 32% a	
Agree (4.0)	907 45%	81 45%	214 47%	209 45%	122 47%	89 43%	191 41%	504 46%	403 43%	785 45%	22 38%	50 42%	26 49%	8 47%	6 45%	112 43%	
Neither agree nor disagree (3.0)	307 15%	22 12%	50 11%	75 16% b	37 14%	41 20% abg	80 17% b	148 14%	159 17% bg	265 15%	8 15%	17 14%	8 15%	- -	1 8%	34 13%	
Disagree (2.0)	239 12%	14 8%	60 13% a	46 10%	28 11%	26 13%	66 14% a	119 11%	120 13% a	212 12% c	7 12%	6 5%	5 9%	3 20%	1 11%	23 9%	
Strongly disagree (1.0)	107 5%	8 4%	17 4%	20 4%	16 6%	7 3%	38 8% bceg	45 4%	62 7% bg	99 6% g	1 1%	3 2%	2 4%	- -	1 5%	6 2%	
Don't know *	9 *	1 *	1 *	1 *	1 *	1 *	4 1%	3 *	6 1%	6 *	1 2%	- -	- -	- -	- -	1 *	
NET: Agree	1368 67%	137 75% efh	325 72% efh	319 69% fh	176 68% f	132 64%	279 60%	781 71% efh	587 63%	1159 67%	41 70%	91 78% a	38 72%	13 80%	11 76%	193 75% a	
NET: Disagree	345 17%	22 12%	76 17%	66 14%	44 17%	33 16%	104 22% abcg	164 15%	181 19% acg	311 18% cg	8 13%	9 8%	7 13%	3 20%	2 16%	29 11%	
Base for stats	2020	181	452	460	257	206	463	1093	927	1735	57	117	52	16	14	256	
Mean Score	3.68	3.91 defh	3.76 fh	3.74 fh	3.65	3.65	3.49	3.78 fh	3.57	3.65	3.89	4.04 a	3.78	3.91	3.87	3.94 a	
Standard Deviation	1.108	1.059	1.079	1.066	1.117	1.052	1.187	1.071	1.140	1.116	1.042	.960	1.035	1.097	1.168	1.012	
Standard Error	.025	.078	.051	.049	.069	.072	.057	.032	.038	.027	.133	.086	.137	.266	.302	.061	
Error variance	*	.01	*	*	*	.01	*	*	*	*	.02	.01	.02	.07	.09	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	461 23%	282 22%	85 25%	78 23%	162 24%	10 18%	21 36%	94 19%	322 24%	14 21%	125 20%	444 25%	12 6%	57 19%	238 22%	143 25%	22 29%	404 23%
Agree (4.0)	907 45%	580 46%	146 44%	140 41%	285 42%	21 38%	17 28%	205 41%	635 47%	29 43%	243 39%	853 48%	45 23%	152 49%	485 45%	241 42%	29 38%	755 44%
Neither agree nor disagree (3.0)	307 15%	177 14%	46 14%	64 19%	110 16%	15 26%	10 17%	85 17%	184 14%	14 21%	110 18%	244 14%	43 22%	42 14%	161 15%	95 17%	10 13%	265 15%
Disagree (2.0)	239 12%	146 12%	43 13%	42 12%	85 13%	6 10%	9 16%	79 16%	140 10%	6 8%	94 15%	183 10%	43 22%	33 11%	136 13%	63 11%	7 10%	206 12%
Strongly disagree (1.0)	107 5%	70 6%	14 4%	19 6%	33 5%	3 6%	2 3%	37 7%	63 5%	2 3%	42 7%	55 3%	49 25%	18 6%	55 5%	26 5%	8 11%	89 5%
Don't know	9 *	7 1%	- -	- -	- -	1 2%	- -	4 1%	2 *	2 4%	5 1%	4 *	4 2%	5 2%	3 *	1 *	- -	4 *
NET: Agree	1368 67%	862 68%	230 69%	217 64%	448 66%	31 56%	38 64%	299 59%	957 71%	42 64%	369 60%	1297 73%	57 29%	209 68%	723 67%	384 68%	51 67%	1159 67%
NET: Disagree	345 17%	216 17%	56 17%	61 18%	118 17%	9 16%	11 19%	116 23%	202 15%	7 11%	136 22%	237 13%	92 47%	51 17%	191 18%	89 16%	16 20%	295 17%
Base for stats	2020	1254	333	342	675	55	59	500	1343	63	614	1779	192	301	1075	567	76	1719
Mean Score	3.68	3.68	3.73	3.63	3.68	3.53	3.77	3.48	3.75	3.74	3.51	3.81	2.62	3.65	3.67	3.73	3.65	3.69
Standard Deviation	1.108	1.112	1.099	1.129	1.115	1.100	1.194	1.178	1.074	.987	1.174	1.020	1.266	1.088	1.107	1.095	1.289	1.111
Standard Error	.025	.030	.066	.067	.047	.144	.149	.054	.029	.120	.048	.024	.092	.062	.034	.047	.145	.027
Error variance	*	*	*	*	*	.02	.02	*	*	.01	*	*	.01	*	*	*	.02	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	461	318	42	46	19	354	101	5	351	110	397	61
		23%	23%	20%	13%	24%	26%	17%	12%	22%	26%	23%	20%
				b		b	bef				a		
Agree	(4.0)	907	613	77	128	34	651	224	10	710	196	786	112
		45%	44%	37%	36%	42%	47%	38%	22%	44%	47%	46%	37%
				f		f	abef	f				b	
Neither agree nor disagree	(3.0)	307	210	32	74	10	184	109	8	249	58	248	52
		15%	15%	16%	21%	12%	13%	19%	17%	15%	14%	15%	17%
				d				d					
Disagree	(2.0)	239	178	37	65	9	133	98	10	202	37	195	43
		12%	13%	18%	18%	11%	10%	17%	23%	13%	9%	11%	14%
				d	d			d	d	b			
Strongly disagree	(1.0)	107	70	16	40	7	53	50	11	93	13	77	28
		5%	5%	8%	11%	9%	4%	9%	24%	6%	3%	5%	9%
				d	d	d		d	abcde	b		a	
Don't know		9	3	2	1	2	4	4	1	7	2	3	5
		*	*	1%	*	2%	*	1%	2%	*	*	*	2%
				d		d		d	d			a	
NET: Agree		1368	931	118	174	53	1005	325	16	1061	307	1183	173
		67%	67%	58%	49%	66%	73%	55%	34%	66%	74%	69%	58%
				f	f	bf	abef	f			a	b	
NET: Disagree		345	248	53	105	16	186	148	22	295	51	272	71
		17%	18%	26%	30%	20%	13%	25%	47%	18%	12%	16%	24%
				d	d			d	abcde	b		a	
Base for stats	2020	288	1389	204	353	78	1376	582	45	1605	415	1704	296
Mean Score	3.68	3.75	3.67	3.45	3.21	3.63	3.81	3.39	2.74	3.64	3.85	3.72	3.45
				bf	f	bf	abef	bf			a	b	
Standard Deviation	1.108	1.129	1.113	1.222	1.218	1.228	1.045	1.200	1.385	1.126	1.017	1.081	1.235
Standard Error	.025	.067	.030	.084	.066	.136	.028	.050	.202	.028	.051	.026	.070
Error variance	*	*	*	.01	*	.02	*	*	.04	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	461 23%	30 7%	17 10%	32 12%	72 23%	57 26%	81 39%	35 37%	136 39%	162 20%	251 39%	243 35%	96 18%	116 15%	425 29%	14 6%	409 28%	29 13%
				a	abc	abc	abcdei	abcdi	abcdei	abc	abcdei	bc			b		b	
Agree (4.0)	907 45%	116 29%	88 50%	140 52%	146 47%	112 52%	97 46%	44 46%	164 47%	399 50%	304 47%	342 49%	226 43%	332 43%	760 51%	40 18%	742 51%	56 24%
			a	a	a	a	a	a	a	a	a	bc			b		b	
Neither agree nor disagree (3.0)	307 15%	86 21%	33 19%	38 14%	59 19%	34 16%	16 8%	9 9%	32 9%	131 16%	57 9%	68 10%	117 22%	112 14%	121 8%	38 17%	128 9%	39 17%
		cfghij	fghj	fj	fghj	fhj				fhj			ac	a	a		a	
Disagree (2.0)	239 12%	100 25%	23 13%	51 19%	27 9%	11 5%	9 4%	5 5%	13 4%	88 11%	28 4%	32 5%	55 10%	149 19%	137 9%	67 30%	141 10%	55 24%
		bdefghij	efghj	defghij	hj					efhj			a	ab	a		a	
Strongly disagree (1.0)	107 5%	64 16%	14 8%	9 3%	6 2%	4 2%	6 3%	2 3%	2 1%	18 2%	10 2%	8 1%	36 7%	60 8%	38 3%	60 27%	44 3%	49 22%
		bcdefghij	cdefhij	h									a	a	a		a	
Don't know	9 *	5 1%	-	1 *	1 *	-	1 *	-	1 *	2 *	2 *	-	1 *	4 1%	3 *	2 1%	4 *	1 *
		i														a		
NET: Agree	1368 67%	146 36%	105 60%	172 64%	219 70%	170 78%	178 85%	78 83%	299 86%	561 70%	556 85%	586 84%	322 61%	448 58%	1184 80%	54 25%	1151 78%	84 37%
			a	a	ab	abci	abcdei	abcdi	abcdei	abc	abcdei	bc			b		b	
NET: Disagree	345 17%	164 41%	37 21%	59 22%	33 11%	14 7%	15 7%	7 8%	16 5%	106 13%	38 6%	40 6%	90 17%	208 27%	175 12%	126 57%	185 13%	104 46%
		bcdefghij	defghij	defghij	hj					efhj			a	ab	a		a	
Base for stats	2020	397	174	270	310	218	209	94	347	798	650	694	529	768	1480	218	1464	227
Mean Score	3.68	2.87	3.41	3.51	3.81	3.96	4.14	4.10	4.20	3.75	4.17	4.13	3.55	3.39	3.94	2.46	3.91	2.82
			a	a	abc	abci	abcdei	abcdi	abcdei	abc	abcdei	bc	c		b		b	
Standard Deviation	1.108	1.217	1.087	1.031	.952	.876	.934	.944	.813	.976	.872	.850	1.108	1.181	.983	1.247	1.008	1.354
Standard Error	.025	.061	.082	.063	.054	.059	.064	.099	.044	.034	.034	.032	.048	.043	.026	.085	.026	.090
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	461 23%	386 30% b	28 9% b	390 29% b	32 13% b	320 30% b	77 16% b
Agree (4.0)	907 45%	616 48% b	108 35% b	661 49% b	94 37% b	508 47% b	187 39% b
Neither agree nor disagree (3.0)	307 15%	117 9% a	50 16% a	128 9% a	35 14% a	105 10% a	81 17% a
Disagree (2.0)	239 12%	120 9% a	71 23% a	128 9% a	55 21% a	102 9% a	90 19% a
Strongly disagree (1.0)	107 5%	36 3% a	48 16% a	44 3% a	40 16% a	47 4% a	39 8% a
Don't know	9 *	2 *	2 1% a	3 *	- -	2 *	1 *
NET: Agree	1368 67%	1001 79% b	136 44% b	1051 78% b	126 49% b	828 76% b	264 56% b
NET: Disagree	345 17%	156 12% a	119 39% a	173 13% a	96 37% a	149 14% a	129 27% a
Base for stats	2020	1274	305	1352	257	1082	474
Mean Score	3.68	3.94 b	2.99 b	3.91 b	3.09 b	3.88 b	3.37 b
Standard Deviation	1.108	1.010	1.260	1.024	1.310	1.071	1.195
Standard Error	.025	.028	.072	.028	.082	.032	.055
Error variance	*	*	.01	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	464 23%	231 23%	231 22%	177 29% bc	128 19%	159 21%	25 25%	55 21%	42 21%	49 23%	42 24%	47 21%	80 25%	68 21%	57 28%
Agree (4.0)	859 42%	431 44%	422 41%	240 39%	287 43%	332 44%	41 42%	97 37%	94 47% bi	99 46% b	80 46%	102 45%	127 40%	143 43%	76 37%
Neither agree nor disagree (3.0)	332 16%	155 16%	174 17%	92 15%	119 18%	121 16%	15 15%	51 19%	31 15%	34 16%	29 17%	35 16%	44 14%	51 16%	42 20%
Disagree (2.0)	245 12%	118 12%	127 12%	64 10%	90 14%	91 12%	9 9%	44 17%	23 11% de	22 10%	15 9%	23 10%	37 12%	44 13%	28 13%
Strongly disagree (1.0)	119 6%	50 5%	69 7%	35 6%	38 6%	46 6%	6 7%	14 5%	11 5%	11 5%	8 4%	16 7% i	27 8% i	21 7% i	5 2%
Don't know	10 *	4 *	5 1%	6 1%	1 *	3 *	2 2% c	1 *	- -	1 1%	- -	1 *	3 1%	2 1%	- -
NET: Agree	1323 65%	662 67%	654 64%	417 68% b	415 63%	491 65%	66 68%	152 58%	136 68% b	148 69% b	122 70% b	148 66%	207 65%	211 64%	133 64%
NET: Disagree	364 18%	168 17%	195 19%	99 16%	128 19%	137 18%	15 16%	59 22% de	34 17%	33 15%	23 13%	39 18%	64 20%	65 20%	33 16%
Base for stats	2019	985	1023	609	662	748	96	262	201	215	173	223	315	327	207
Mean Score	3.65	3.69	3.61	3.76 bc	3.57	3.62	3.72	3.51	3.66	3.72 b	3.77 b	3.63	3.63	3.59	3.73 b
Standard Deviation	1.134	1.109	1.159	1.150	1.118	1.129	1.148	1.158	1.096	1.079	1.053	1.139	1.222	1.150	1.078
Standard Error	.025	.036	.036	.044	.043	.044	.115	.074	.077	.071	.078	.085	.067	.061	.079
Error variance	*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	464 23%	57 31% defh	110 24%	113 25% h	48 19%	45 22%	91 19%	280 26% dfh	184 20%	374 21%	16 27%	48 41% ad	12 22%	7 42%	4 25%	86 33% a
Agree (4.0)	859 42%	77 42%	196 43%	203 44%	122 47% ef	77 37%	184 39%	476 43%	383 41%	740 43%	27 46%	44 38%	27 52%	4 22%	5 39%	107 42%
Neither agree nor disagree (3.0)	332 16%	22 12%	62 14%	69 15%	43 17%	51 24% abcdg	84 18% g	153 14%	178 19% abg	299 17% cg	7 12%	11 10%	7 13%	1 7%	2 11%	28 11%
Disagree (2.0)	245 12%	17 9%	63 14%	49 11%	27 11%	22 11%	67 14%	129 12%	117 12%	214 12%	6 10%	9 8%	4 8%	3 17%	3 20%	25 10%
Strongly disagree (1.0)	119 6%	9 5%	21 5%	27 6%	16 6%	11 5%	36 8% bg	56 5%	63 7%	108 6%	2 3%	3 3%	2 4%	2 11%	1 5%	10 4%
Don't know *	10 *	- -	1 *	1 *	2 1%	1 1%	5 1% g	2 *	8 1% g	6 *	1 2%	1 1%	- -	- -	- -	2 1%
NET: Agree	1323 65%	134 74% efh	306 68% efh	316 68% efh	170 66%	122 59%	275 59%	756 69% efh	567 61%	1114 64%	42 73%	92 79% a	39 75%	10 64%	9 64%	193 75% a
NET: Disagree	364 18%	25 14%	84 19%	75 16%	43 17%	33 16%	103 22% acg	185 17%	180 19%	321 18% cg	8 13%	12 10%	7 13%	5 28%	3 25%	35 13%
Base for stats	2019	182	452	460	256	206	463	1094	925	1734	57	116	52	16	14	255
Mean Score	3.65	3.87 defh	3.69 fh	3.71 fh	3.62	3.60	3.49	3.73 fh	3.55	3.61	3.85	4.08 a	3.80	3.66	3.59	3.92 a
Standard Deviation	1.134	1.103	1.121	1.123	1.097	1.102	1.185	1.119	1.144	1.135	1.047	1.030	1.027	1.489	1.249	1.082
Standard Error	.025	.081	.053	.051	.068	.075	.057	.034	.038	.027	.134	.093	.136	.361	.322	.065
Error variance	*	.01	*	*	*	.01	*	*	*	*	.02	.01	.02	.13	.10	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	464 23%	285 23%	86 26%	72 21%	158 23%	16 29%	14 24%	96 19%	325 24%	12 19%	127 21%	437 25%	24 12%	57 18%	250 23%	135 24%	23 30%	408 24%
Agree (4.0)	859 42%	543 43%	144 43%	139 41%	283 42%	11 19%	24 40%	205 41%	594 44%	26 39%	240 39%	807 45%	39 20%	140 45%	448 42%	241 42%	31 40%	720 42%
Neither agree nor disagree (3.0)	332 16%	201 16%	58 17%	52 15%	110 16%	18 31%	9 16%	91 18%	200 15%	14 22%	118 19%	265 15%	44 22%	53 17%	186 17%	88 15%	5 7%	279 16%
Disagree (2.0)	245 12%	149 12%	32 10%	54 16%	86 13%	5 9%	9 16%	72 14%	151 11%	8 12%	87 14%	189 11%	50 25%	39 13%	127 12%	69 12%	10 14%	207 12%
Strongly disagree (1.0)	119 6%	78 6%	11 3%	25 7%	36 5%	5 9%	2 3%	37 7%	73 5%	2 3%	43 7%	79 4%	37 19%	15 5%	63 6%	35 6%	6 8%	104 6%
Don't know	10 *	4 *	1 *	1 *	2 *	1 2%	1 1%	3 1%	2 *	4 5%	5 1%	4 *	4 2%	5 2%	3 *	1 *	1 2%	5 *
NET: Agree	1323 65%	829 66%	230 69%	210 62%	441 65%	27 48%	38 64%	301 60%	918 68%	38 58%	367 59%	1245 70%	62 32%	196 64%	698 65%	375 66%	54 70%	1127 65%
NET: Disagree	364 18%	227 18%	43 13%	79 23%	122 18%	10 18%	11 19%	109 22%	224 17%	10 15%	130 21%	268 15%	87 44%	53 17%	190 18%	104 18%	17 22%	311 18%
Base for stats	2019	1256	332	341	673	55	59	501	1342	62	615	1778	193	302	1074	567	75	1717
Mean Score	3.65	3.64	3.79	3.52	3.66	3.51	3.68	3.50	3.70	3.62	3.52	3.75	2.81	3.61	3.65	3.65	3.71	3.65
Standard Deviation	1.134	1.138	1.042	1.196	1.129	1.269	1.112	1.168	1.116	1.045	1.171	1.077	1.301	1.079	1.133	1.148	1.268	1.143
Standard Error	.025	.031	.063	.071	.048	.167	.140	.054	.030	.128	.048	.026	.095	.061	.035	.049	.144	.028
Error variance	*	*	*	*	*	.03	.02	*	*	.02	*	*	.01	*	*	*	.02	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	464 23%	77 27%	318 23%	42 20%	55 15%	23 28% bf	342 25% be	112 19%	6 12%	362 22%	102 24%	403 24%	57 19%
Agree (4.0)	859 42%	119 41%	587 42%	68 33%	127 36% f	36 45% f	612 44% abef	219 37% f	9 19%	674 42%	185 44%	747 44% b	108 36%
Neither agree nor disagree (3.0)	332 16%	44 15%	223 16%	44 21% d	74 21% d	11 14%	202 15%	118 20% d	11 23%	265 16%	67 16%	267 16%	57 19%
Disagree (2.0)	245 12%	28 10%	175 13%	28 14% d	56 16% d	6 8%	154 11%	82 14%	7 15%	202 13%	44 10%	196 11%	47 16% a
Strongly disagree (1.0)	119 6%	20 7%	84 6%	21 10% d	39 11% cd	3 3%	65 5%	51 9% d	11 23% abcde	101 6%	18 4%	88 5%	28 9% a
Don't know	10 *	- -	5 *	3 1% d	3 1%	1 1%	5 *	4 1%	3 6% abde	9 1%	1 *	5 *	3 1% a
NET: Agree	1323 65%	196 68%	905 65%	110 54% f	182 51% f	59 74% abef	954 69% abef	331 57% f	15 32%	1036 64%	287 69%	1150 67% b	165 55%
NET: Disagree	364 18%	48 17%	259 19%	49 24% cd	95 27% cd	9 11%	219 16%	133 23% cd	18 38% acde	303 19%	61 15%	284 17%	75 25% a
Base for stats	2019	289	1387	203	351	79	1375	581	43	1603	416	1701	297
Mean Score	3.65	3.71	3.63	3.41 f	3.29 f	3.88 abef	3.74 abef	3.45 f	2.82	3.62	3.75 a	3.69 b	3.40
Standard Deviation	1.134	1.164	1.144	1.248	1.227	1.031	1.097	1.200	1.378	1.148	1.073	1.108	1.229
Standard Error	.025	.068	.031	.086	.067	.114	.030	.050	.205	.029	.053	.027	.069
Error variance	*	*	*	.01	*	.01	*	*	.04	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	464 23%	29 7%	18 10%	32 12%	68 22%	64 29%	80 38%	35 37%	138 40%	164 20%	254 39%	257 37%	103 19%	101 13%	418 28%	18 8%	410 28%	29 13%
				a	abc	abcd	abcde	abcd	abcde	abc	abcde	bc	c		b		b	
Agree (4.0)	859 42%	99 25%	79 46%	135 50%	149 48%	103 47%	86 41%	47 50%	161 46%	388 48%	293 45%	349 50%	227 43%	278 36%	707 48%	50 23%	702 48%	50 22%
			a	a	a	a	a	a	a	a	a	bc	c		b		b	
Neither agree nor disagree (3.0)	332 16%	105 26%	30 17%	46 17%	56 18%	33 15%	21 10%	9 9%	33 9%	135 17%	62 9%	61 9%	113 21%	145 19%	147 10%	42 19%	136 9%	40 18%
		bcdefghij	fghj	fghj	fghj	h				fghj			a	a	a		a	
Disagree (2.0)	245 12%	104 26%	31 18%	43 16%	26 8%	13 6%	12 6%	4 4%	13 4%	82 10%	28 4%	20 3%	56 11%	166 21%	151 10%	60 27%	149 10%	64 28%
		bcdefghij	defghij	defghij	h					fghj			a	ab	a		a	
Strongly disagree (1.0)	119 6%	62 15%	13 8%	14 5%	12 4%	4 2%	10 5%	- -	4 1%	30 4%	14 2%	7 1%	26 5%	83 11%	57 4%	50 23%	70 5%	42 19%
		bcdefghij	efghij	efghj	h		ghj			h			a	ab	a		a	
Don't know	10 *	4 1%	3 2%	1 *	- -	1 *	1 *	- -	- -	2 *	1 *	- -	4 1%	1 *	3 *	1 *	1 *	3 1%
		ij	dghj										a				a	
NET: Agree	1323 65%	128 32%	97 56%	167 62%	217 70%	167 77%	166 79%	82 87%	299 86%	551 69%	547 84%	605 87%	331 62%	379 49%	1125 76%	68 31%	1112 76%	79 35%
			a	a	abc	abcd	abcde	abcde	abcde	abc	abcde	bc	c		b		b	
NET: Disagree	364 18%	166 41%	44 25%	58 21%	38 12%	17 8%	22 10%	4 4%	16 5%	112 14%	42 6%	27 4%	82 16%	248 32%	208 14%	110 50%	219 15%	107 47%
		bcdefghij	defghij	defghij	ghj		h			efghj			a	ab	a		a	
Base for stats	2019	398	171	270	311	217	209	94	348	799	651	694	526	771	1480	220	1467	226
Mean Score	3.65	2.82	3.34	3.47	3.76	3.97	4.03	4.20	4.20	3.72	4.14	4.19	3.62	3.19	3.86	2.66	3.84	2.82
			a	a	abc	abcd	abcde	abcde	abcde	abc	abcde	bc	c		b		b	
Standard Deviation	1.134	1.181	1.121	1.061	1.010	.924	1.069	.767	.836	1.023	.911	.793	1.068	1.221	1.057	1.276	1.088	1.318
Standard Error	.025	.060	.085	.064	.057	.063	.073	.080	.045	.036	.036	.030	.047	.044	.027	.087	.028	.088
Error variance	*	*	.01	*	*	*	.01	.01	*	*	*	*	*	*	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	464 23%	389 31% b	33 11%	391 29% b	30 12%	320 30% b	72 15%
Agree (4.0)	859 42%	584 46% b	113 37%	623 46% b	89 35%	482 44% b	179 38%
Neither agree nor disagree (3.0)	332 16%	122 10%	56 18% a	146 11%	46 18% a	112 10%	97 20% a
Disagree (2.0)	245 12%	124 10%	61 20% a	130 10%	53 21% a	116 11%	91 19% a
Strongly disagree (1.0)	119 6%	53 4%	42 14% a	63 5%	39 15% a	52 5%	34 7%
Don't know	10 *	2 *	2 1%	2 *	- -	2 *	2 *
NET: Agree	1323 65%	973 76% b	146 48%	1014 75% b	119 46%	802 74% b	251 53%
NET: Disagree	364 18%	178 14%	103 34% a	193 14%	92 36% a	168 16%	125 26% a
Base for stats	2019	1273	305	1353	257	1082	473
Mean Score	3.65	3.89 b	3.11	3.85 b	3.07	3.83 b	3.35
Standard Deviation	1.134	1.077	1.246	1.085	1.275	1.111	1.163
Standard Error	.025	.030	.071	.029	.080	.034	.054
Error variance	*	*	.01	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	448 22%	235 24%	211 21%	163 26% c	146 22%	140 19%	24 25%	54 20%	48 24%	49 23%	37 21%	41 18%	76 24%	69 21%	52 25%
Agree (4.0)	785 39%	381 39%	398 39%	257 42% c	261 39%	266 35%	42 43%	92 35%	76 38%	81 37%	73 42%	93 41%	126 40%	127 39%	75 36%
Neither agree nor disagree (3.0)	439 22%	219 22%	220 21%	109 18%	139 21%	191 25% a	17 17%	70 27% g	41 21%	48 22%	40 23%	49 22%	59 19%	67 20%	49 24%
Disagree (2.0)	241 12%	100 10%	140 14% a	59 10%	78 12%	104 14% a	11 12%	30 11%	26 13%	20 9%	17 10%	31 14%	35 11%	45 14%	26 13%
Strongly disagree (1.0)	101 5%	47 5%	51 5%	20 3%	36 5% a	45 6% a	3 3%	15 6% i	8 4%	14 7% i	6 4%	11 5%	18 6% i	21 6% i	4 2%
Don't know	15 1%	6 1%	7 1%	6 1%	4 1%	5 1%	- -	2 1%	1 *	3 2%	1 1%	- -	5 1%	2 1%	1 1%
NET: Agree	1234 61%	616 62%	610 59%	420 68% bc	407 61% c	407 54%	67 68% b	146 56%	124 62%	130 60%	110 63%	133 60%	202 63%	196 59%	126 61%
NET: Disagree	342 17%	147 15%	191 19% a	79 13%	114 17% a	149 20% a	15 15%	45 17%	35 17%	34 16%	23 13%	42 19%	52 17%	66 20%	30 15%
Base for stats	2014	982	1021	608	660	746	98	261	200	213	173	224	313	328	205
Mean Score	3.62	3.67	3.57	3.80 bc	3.61 c	3.47	3.75	3.54	3.64	3.62	3.68	3.54	3.66	3.54	3.70
Standard Deviation	1.105	1.093	1.112	1.043	1.115	1.125	1.058	1.115	1.108	1.141	1.029	1.089	1.130	1.150	1.041
Standard Error	.025	.035	.035	.040	.043	.043	.105	.071	.078	.076	.076	.081	.062	.061	.076
Error variance	*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total		2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total		2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	448	54	113	104	50	34	93	272	177	364	19	35	11	9	5	79
		22%	30%	25%	23%	19%	16%	20%	25%	19%	21%	33%	30%	21%	56%	35%	31%
			defh	eh				efh			a	a				a	
Agree	(4.0)	785	86	191	186	108	73	141	464	321	674	16	51	25	4	3	99
		39%	47%	42%	40%	42%	35%	30%	42%	34%	39%	28%	44%	49%	22%	21%	39%
			efh	fh	fh	fh			fh				b	b			
Neither agree nor disagree	(3.0)	439	26	89	93	54	59	117	208	231	386	14	13	13	3	3	45
		22%	14%	20%	20%	21%	29%	25%	19%	25%	22%	25%	11%	25%	17%	20%	18%
						abcg		ag		abg	c	c		c			
Disagree	(2.0)	241	12	45	62	29	23	70	119	122	215	6	11	2	1	2	22
		12%	7%	10%	13%	11%	11%	15%	11%	13%	12%	11%	9%	4%	4%	15%	9%
					a			abg		a							
Strongly disagree	(1.0)	101	3	13	11	17	18	39	27	73	92	1	3	1	-	1	7
		5%	2%	3%	2%	7%	8%	8%	2%	8%	5%	2%	3%	2%	-	9%	3%
					abcg	abcg	abcg	abcg	abcg	abcg							
Don't know		15	-	2	4	1	-	8	6	8	9	1	4	-	-	-	5
		1%	-	1%	1%	*	-	2%	1%	1%	1%	2%	3%	-	-	-	2%
								g					a			a	
NET: Agree		1234	140	304	291	157	107	234	735	498	1038	35	86	36	13	8	178
		61%	77%	67%	63%	61%	52%	50%	67%	53%	60%	61%	74%	69%	78%	55%	69%
			bcdefgh	efh	efh	efh			efh		a	a				a	
NET: Disagree		342	16	58	73	46	41	109	146	195	307	8	14	3	1	3	29
		17%	9%	13%	16%	18%	20%	23%	13%	21%	18%	13%	12%	6%	4%	24%	11%
					a	a	abg	abcg	abcg	abcg	dg						
Base for stats		2014	182	451	457	257	207	460	1090	924	1731	57	113	52	16	14	252
Mean Score		3.62	3.97	3.77	3.68	3.56	3.40	3.39	3.76	3.44	3.58	3.80	3.92	3.81	4.30	3.56	3.87
			bcdefgh	defh	efh				defh		a	a				a	
Standard Deviation		1.105	.936	1.025	1.046	1.120	1.145	1.206	1.024	1.170	1.110	1.094	1.031	.899	.937	1.390	1.038
Standard Error		.025	.069	.048	.048	.069	.078	.058	.031	.039	.027	.140	.094	.119	.227	.359	.063
Error variance		*	*	*	*	*	.01	*	*	*	*	.02	.01	.01	.05	.13	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
		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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710	
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	448 22%	269 21%	83 25%	78 23%	161 24%	15 26%	17 29%	94 19%	308 23%	14 22%	126 20%	425 24%	17 9%	59 19%	238 22%	133 23%	19 24%	389 23%	
Agree (4.0)	785 39%	459 36%	142 42%	149 44%	291 43%	21 38%	21 35%	160 32%	560 42%	23 35%	202 33%	721 40%	55 28%	103 33%	418 39%	231 41%	33 43%	682 40%	
Neither agree nor disagree (3.0)	439 22%	294 23%	65 19%	62 18%	127 19%	15 27%	10 16%	125 25%	277 21%	13 20%	149 24%	380 21%	46 23%	74 24%	235 22%	115 20%	15 20%	365 21%	
Disagree (2.0)	241 12%	160 13%	29 9%	39 11%	67 10%	4 7%	7 12%	82 16%	140 10%	8 13%	93 15%	184 10%	41 21%	42 14%	128 12%	66 12%	4 5%	199 12%	
Strongly disagree (1.0)	101 5%	71 6%	15 5%	10 3%	26 4%	- -	3 5%	40 8%	54 4%	4 6%	43 7%	66 4%	32 16%	22 7%	56 5%	20 4%	2 3%	78 5%	
Don't know	15 1%	8 1%	- -	4 1%	4 1%	1 2%	1 2%	3 1%	6 *	3 4%	6 1%	7 *	6 3%	7 2%	2 *	2 *	4 5%	8 *	
NET: Agree	1234 61%	728 58%	224 67%	227 66%	452 67%	36 65%	38 64%	254 50%	868 65%	37 57%	328 53%	1146 64%	72 37%	162 53%	656 61%	364 64%	52 68%	1072 62%	
NET: Disagree	342 17%	231 18%	44 13%	49 14%	93 14%	4 7%	11 18%	121 24%	193 14%	12 19%	136 22%	249 14%	72 37%	65 21%	184 17%	87 15%	6 8%	277 16%	
Base for stats	2014	1253	333	338	671	55	58	500	1338	63	613	1775	191	300	1075	566	73	1714	
Mean Score	3.62	3.56	3.74	3.73	3.73	3.86	3.71	3.37	3.69	3.56	3.45	3.71	2.92	3.45	3.61	3.69	3.86	3.65	
Standard Deviation	1.105	1.128	1.068	1.037	1.052	.898	1.185	1.190	1.060	1.175	1.176	1.056	1.240	1.172	1.110	1.066	.962	1.091	
Standard Error	.025	.031	.064	.062	.044	.118	.149	.055	.029	.142	.048	.025	.091	.066	.034	.046	.111	.026	
Error variance	*	*	*	*	*	.01	.02	*	*	.02	*	*	.01	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
		Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total		2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	448	86	293	47	53	25	324	115	8	353	96	387	60
		22%	30%	21%	23%	15%	31%	23%	20%	16%	22%	23%	23%	20%
			b	b	b	be	b							
Agree	(4.0)	785	106	560	59	109	28	572	186	7	613	172	670	110
		39%	37%	40%	29%	31%	35%	41%	32%	15%	38%	41%	39%	37%
			f	f	f	f	abef	f	f	15%				
Neither agree nor disagree	(3.0)	439	59	298	43	94	15	284	140	12	350	89	369	65
		22%	20%	21%	21%	27%	19%	21%	24%	26%	22%	21%	22%	22%
					d	d								
Disagree	(2.0)	241	22	171	33	60	9	138	95	8	199	42	196	38
		12%	8%	12%	16%	17%	11%	10%	16%	16%	12%	10%	12%	13%
			a	a	d	d			d	d				
Strongly disagree	(1.0)	101	15	61	19	34	2	55	43	10	85	16	76	23
		5%	5%	4%	9%	10%	3%	4%	7%	22%	5%	4%	4%	8%
					d	cd			d	abcde				a
Don't know		15	1	8	4	3	1	8	6	2	13	2	9	4
		1%	*	1%	2%	1%	1%	1%	1%	5%	1%	*	1%	1%
					d					bde				a
NET: Agree		1234	192	854	106	163	53	896	301	14	966	267	1056	170
		61%	66%	61%	52%	46%	66%	65%	51%	31%	60%	64%	62%	56%
					f		abef	abef	f					
NET: Disagree		342	38	232	52	94	11	192	138	17	283	58	272	61
		17%	13%	17%	25%	27%	14%	14%	24%	38%	18%	14%	16%	20%
					cd	cd			cd	cde				
Base for stats		2014	288	1384	201	351	79	1372	579	44	1599	415	1697	296
Mean Score		3.62	3.78	3.62	3.41	3.25	3.81	3.71	3.41	2.87	3.59	3.70	3.64	3.49
			b	b	f		abef	abef	f				b	
Standard Deviation		1.105	1.116	1.083	1.269	1.193	1.091	1.058	1.190	1.398	1.118	1.051	1.089	1.177
Standard Error		.025	.066	.029	.088	.065	.120	.029	.050	.206	.028	.052	.027	.067
Error variance		*	*	*	.01	*	.01	*	*	.04	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	448 22%	28 7%	14 8%	33 12%	73 23%	53 24%	74 35%	36 38%	138 40%	158 20%	248 38%	230 33%	80 15%	136 18%	413 28%	17 8%	400 27%	21 9%
				a	abc	abc	abcdei	abcdei	abcdei	abc	abcdei	bc			b		b	
Agree (4.0)	785 39%	64 16%	66 38%	129 48%	131 42%	103 47%	91 43%	47 50%	155 45%	363 45%	292 45%	323 47%	167 31%	290 38%	648 44%	47 21%	637 43%	58 26%
			a	ab	a	a	a	a	a	a	a	bc		b	b		b	
Neither agree nor disagree (3.0)	439 22%	129 32%	52 30%	67 25%	71 23%	36 17%	35 17%	6 6%	43 12%	174 22%	84 13%	86 12%	161 30%	181 23%	244 16%	53 24%	261 18%	45 20%
		cdefghij	efghij	efghj	ghj	g	g			ghj			ac	a		a		
Disagree (2.0)	241 12%	104 26%	31 18%	34 13%	30 10%	19 9%	8 4%	5 6%	9 3%	83 10%	23 3%	50 7%	67 13%	119 15%	137 9%	51 23%	133 9%	55 24%
		bcdefghij	defghij	fhj	fhj	hj				fhj			a	a		a		a
Strongly disagree (1.0)	101 5%	68 17%	10 6%	8 3%	5 1%	6 3%	1 *	- -	3 1%	19 2%	3 1%	5 1%	52 10%	40 5%	38 3%	48 22%	36 2%	43 19%
		bcdefghij	dghij	fhj	fhj	fhj			j				ac	a		a		a
Don't know	15 1%	10 2%	1 1%	- -	1 *	1 1%	1 *	- -	- -	3 *	1 *	- -	4 1%	6 1%	2 *	5 2%	1 *	6 3%
		cdhij											a	a		a		a
NET: Agree	1234 61%	92 23%	80 46%	162 60%	204 65%	156 71%	165 78%	83 88%	293 84%	521 65%	541 83%	553 80%	247 47%	426 55%	1062 72%	64 29%	1037 71%	79 35%
			a	ab	ab	abc	abcdi	abcdefi	abcdei	ab	abcdei	bc		b	b		b	
NET: Disagree	342 17%	172 43%	41 24%	42 16%	35 11%	25 11%	9 4%	5 6%	12 3%	102 13%	26 4%	55 8%	118 22%	159 21%	175 12%	99 45%	169 11%	98 43%
		bcdefghij	cdefghij	fgij	fhj	fhj				fhj			a	a		a		a
Base for stats	2014	392	173	271	310	217	209	94	348	798	651	694	526	766	1480	216	1467	222
Mean Score	3.62	2.69	3.24	3.53	3.77	3.81	4.09	4.21	4.20	3.70	4.17	4.04	3.30	3.47	3.85	2.69	3.84	2.82
			a	ab	abc	abc	abcdei	abcdei	abcdei	abc	abcdei	bc		b	b		b	
Standard Deviation	1.105	1.144	1.035	.963	.968	.995	.842	.798	.809	.980	.818	.897	1.166	1.110	1.012	1.253	1.003	1.279
Standard Error	.025	.058	.078	.058	.055	.067	.058	.084	.044	.035	.032	.034	.051	.040	.026	.087	.026	.086
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	448 22%	422 33% b	12 4%	401 30% b	19 7%	328 30% b	54 11%
Agree (4.0)	785 39%	646 51% b	36 12%	630 46% b	40 16%	471 43% b	140 29%
Neither agree nor disagree (3.0)	439 22%	135 11% a	53 17%	214 16% a	61 24%	163 15% a	124 26% a
Disagree (2.0)	241 12%	57 4%	125 41% a	85 6%	80 31% a	95 9%	95 20% a
Strongly disagree (1.0)	101 5%	15 1%	77 25% a	21 2%	53 21% a	24 2%	59 12% a
Don't know	15 1%	1 *	4 1% a	4 *	4 1% a	2 *	3 1%
NET: Agree	1234 61%	1067 84% b	49 16%	1031 76% b	59 23%	799 74% b	193 41%
NET: Disagree	342 17%	72 6%	202 66% a	106 8%	133 52% a	120 11%	154 33% a
Base for stats	2014	1274	303	1351	253	1082	472
Mean Score	3.62	4.10 b	2.28	3.97 b	2.57	3.91 b	3.07
Standard Deviation	1.105	.845	1.093	.921	1.199	1.001	1.206
Standard Error	.025	.024	.063	.025	.076	.030	.056
Error variance	*	*	*	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	517 25%	275 28% b	239 23%	196 32% bc	155 23%	167 22%	27 28%	58 22%	48 24%	48 22%	40 23%	54 24%	91 29%	88 27%	63 30% b
Agree (4.0)	895 44%	417 42%	474 46%	251 41%	299 45%	346 46%	43 44%	114 43%	85 42%	99 46%	80 46%	115 51% g	130 41%	141 43%	88 43%
Neither agree nor disagree (3.0)	382 19%	184 19%	197 19%	106 17%	129 19%	147 20%	13 13%	55 21% f	43 21% f	41 19%	33 19%	29 13%	65 21% f	67 20% f	37 18%
Disagree (2.0)	158 8%	82 8%	76 7%	46 7%	61 9%	51 7%	10 11%	24 9%	19 9%	16 7%	17 10%	16 7%	19 6%	20 6%	16 8%
Strongly disagree (1.0)	68 3%	28 3%	39 4%	13 2%	19 3%	36 5% ab	4 4%	11 4%	5 3%	12 5% ei	3 2%	9 4%	10 3%	10 3%	3 2%
Don't know	8 *	3 *	4 *	3 1%	2 *	3 *	- -	1 *	1 *	- -	- -	1 *	3 1%	3 1%	- -
NET: Agree	1413 70%	692 70%	713 69%	446 73%	453 68%	513 68%	70 72%	171 65%	133 66%	147 68%	121 70%	169 76% bc	222 70%	229 70%	151 73%
NET: Disagree	226 11%	110 11%	115 11%	59 10%	80 12%	87 12%	15 15%	36 13%	24 12%	28 13%	20 12%	25 11%	28 9%	31 9%	19 9%
Base for stats	2021	985	1024	611	662	748	98	262	200	216	173	223	315	327	207
Mean Score	3.81	3.84	3.78	3.93 bc	3.77	3.74	3.80	3.70	3.75	3.72	3.80	3.84 b	3.87	3.85	3.93 bd
Standard Deviation	1.012	1.015	1.008	.989	1.000	1.033	1.093	1.047	1.012	1.061	.962	1.007	.997	.996	.962
Standard Error	.023	.033	.031	.038	.039	.040	.109	.067	.071	.070	.071	.075	.055	.053	.070
Error variance	*	*	*	*	*	*	.01	*	.01	*	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total		2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total		2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	517 25%	56 31% efh	130 29% efh	120 26%	65 25%	40 19%	106 23%	306 28% efh	211 23%	419 24%	20 35% a	43 37% a	16 30%	6 36%	5 35%	90 35% a
Agree	(4.0)	895 44%	82 45%	216 48% f	200 43%	119 46%	89 43%	189 41%	498 45%	398 43%	772 44%	27 46%	54 46%	24 46%	6 38%	5 39%	116 45%
Neither agree nor disagree	(3.0)	382 19%	30 17%	62 14%	103 22% bdg	39 15%	50 24% bdg	98 21% b	195 18%	187 20% b	339 19% cg	6 10%	12 10%	9 18%	- -	4 25%	31 12%
Disagree	(2.0)	158 8%	9 5%	40 9%	31 7%	19 7%	22 10%	38 8%	80 7%	78 8%	142 8% c	4 7%	4 3%	3 7%	4 27%	- -	16 6%
Strongly disagree	(1.0)	68 3%	3 2%	5 1%	7 2%	14 6% abcg	6 3%	32 7% abceg	15 1%	53 6% abcg	62 4% g	1 1%	3 2%	- -	- -	- -	3 1%
Don't know		8 *	1 1%	- -	1 *	2 1%	- -	4 1% bg	2 *	6 1%	5 *	- -	1 1%	- -	- -	- -	1 *
NET: Agree		1413 70%	138 76% efh	346 76% cefh	320 69% f	184 71% ef	129 63%	295 63%	804 73% efh	608 65%	1191 68%	47 81% a	97 83% a	40 76%	12 73%	10 75%	206 80% a
NET: Disagree		226 11%	13 7%	45 10%	38 8%	33 13% acg	28 13% acg	70 15% abcg	95 9%	131 14% abcg	205 12% cg	5 9%	6 5%	3 7%	4 27%	- -	19 7%
Base for stats		2021	181	453	460	256	207	463	1094	927	1735	58	116	52	16	14	256
Mean Score		3.81	3.99	3.94	3.86	3.78	3.66	3.65	3.91	3.69	3.77	4.06	4.14	3.99	3.82	4.10	4.07
Standard Deviation		1.012	.923	.932	.933	1.079	1.003	1.126	.931	1.087	1.019	.931	.899	.867	1.218	.801	.914
Standard Error		.023	.068	.044	.043	.067	.068	.054	.028	.036	.025	.118	.081	.115	.295	.207	.055
Error variance		*	*	*	*	*	*	*	*	*	*	.01	.01	.01	.09	.04	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
		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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710	
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	517 25%	317 25%	88 26%	91 27%	179 27%	14 25%	13 23%	110 22%	366 27%	14 21%	137 22%	495 28%	17 9%	66 22%	269 25%	150 26%	32 41%	451 26%	
Agree (4.0)	895 44%	552 44%	162 49%	149 43%	310 46%	24 43%	20 34%	219 43%	612 46%	20 31%	263 42%	828 46%	56 29%	126 41%	492 46%	252 44%	25 33%	769 45%	
Neither agree nor disagree (3.0)	382 19%	241 19%	55 17%	60 18%	115 17%	15 27%	11 19%	103 20%	231 17%	22 33%	129 21%	297 17%	63 32%	67 22%	202 19%	101 18%	12 16%	316 18%	
Disagree (2.0)	158 8%	97 8%	21 6%	33 10%	54 8%	1 2%	11 19%	45 9%	95 7%	5 7%	58 9%	125 7%	27 14%	26 8%	75 7%	49 9%	7 10%	132 8%	
Strongly disagree (1.0)	68 3%	51 4%	5 2%	9 3%	15 2%	1 1%	4 6%	25 5%	37 3%	2 3%	29 5%	35 2%	29 15%	18 6%	35 3%	14 3%	-	50 3%	
Don't know	8 *	4 *	1 *	- -	1 *	1 2%	- -	2 *	3 *	3 4%	3 *	2 *	5 3%	4 1%	4 *	1 *	-	5 *	
NET: Agree	1413 70%	868 69%	250 75%	240 70%	490 72%	38 68%	33 56%	329 65%	978 73%	34 52%	400 65%	1323 74%	73 37%	193 63%	761 71%	402 71%	57 75%	1220 71%	
NET: Disagree	226 11%	148 12%	27 8%	43 12%	69 10%	2 3%	15 25%	70 14%	132 10%	7 10%	87 14%	160 9%	55 28%	44 14%	111 10%	64 11%	7 10%	182 11%	
Base for stats	2021	1257	332	342	674	55	59	502	1341	63	616	1780	191	303	1074	567	76	1717	
Mean Score	3.81	3.78	3.92	3.81	3.87	3.90	3.48	3.68	3.88	3.64	3.68	3.91	3.03	3.65	3.82	3.84	4.06	3.84	
Standard Deviation	1.012	1.035	.910	1.022	.969	.856	1.210	1.065	.981	1.005	1.065	.946	1.180	1.093	.993	.997	.982	.995	
Standard Error	.023	.028	.055	.060	.041	.112	.151	.049	.027	.122	.044	.022	.086	.062	.030	.043	.110	.024	
Error variance	*	*	*	*	*	.01	.02	*	*	.01	*	*	.01	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	517 25%	94 33%	346 25%	52 25%	65 18%	17 22%	385 28%	123 21%	11 24%	410 25%	107 26%	447 26%	66 22%
Agree (4.0)	895 44%	111 39%	640 46%	76 37%	139 39%	36 44%	630 46%	238 41%	10 21%	703 44%	192 46%	770 45%	121 40%
Neither agree nor disagree (3.0)	382 19%	49 17%	258 19%	47 23%	90 25%	12 15%	229 17%	132 22%	14 30%	312 19%	70 17%	305 18%	67 22%
Disagree (2.0)	158 8%	23 8%	106 8%	18 9%	35 10%	8 11%	98 7%	58 10%	4 8%	122 8%	36 9%	133 8%	24 8%
Strongly disagree (1.0)	68 3%	11 4%	38 3%	9 5%	23 6%	5 7%	36 3%	30 5%	7 15%	58 4%	9 2%	47 3%	21 7%
Don't know	8 *	1 *	4 *	3 1%	2 1%	1 1%	2 *	5 1%	1 2%	6 *	2 1%	4 *	2 1%
NET: Agree	1413 70%	205 71%	986 71%	128 62%	204 58%	53 66%	1015 74%	361 62%	21 45%	1113 69%	299 72%	1218 71%	187 62%
NET: Disagree	226 11%	34 12%	144 10%	27 13%	58 16%	14 17%	134 10%	88 15%	10 22%	181 11%	45 11%	180 11%	44 15%
Base for stats	2021	288	1388	202	352	79	1378	580	45	1606	414	1702	299
Mean Score	3.81	3.88	3.83	3.71	3.53	3.65	3.89	3.63	3.33	3.80	3.85	3.84	3.63
Standard Deviation	1.012	1.072	.979	1.088	1.102	1.141	.977	1.080	1.346	1.020	.978	.990	1.120
Standard Error	.023	.063	.026	.075	.060	.126	.026	.045	.196	.025	.049	.024	.063
Error variance	*	*	*	.01	*	.02	*	*	.04	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	517 25%	29 7%	26 15%	41 15%	77 25%	61 28%	87 41%	39 42%	158 45%	179 22%	284 44%	254 37%	99 19%	162 21%	472 32%	22 10%	459 31%	31 14%
			a	a	abc	abc	abcdei	abcdei	abcdei	abc	abcdei	bc			b		b	
Agree (4.0)	895 44%	121 30%	81 47%	153 56%	140 45%	112 51%	92 44%	40 42%	157 45%	405 51%	288 44%	315 45%	199 38%	376 49%	714 48%	63 28%	713 49%	61 27%
			a	abdfghj	a	a	a	a	a	aj	a	b		b	b		b	
Neither agree nor disagree (3.0)	382 19%	114 28%	45 26%	51 19%	75 24%	35 16%	27 13%	7 7%	28 8%	161 20%	62 10%	94 14%	133 25%	143 18%	193 13%	61 28%	200 14%	54 23%
			cefg hij	efghj	ghj	efghj	ghj			fghj		ac		a	a		a	
Disagree (2.0)	158 8%	79 20%	21 12%	22 8%	15 5%	7 3%	1 1%	6 6%	6 2%	45 6%	13 2%	28 4%	59 11%	65 8%	85 6%	34 16%	75 5%	48 21%
			bcdefghij	defhij	efhj	fhj	f	fhj		fhj		a		a	a		a	
Strongly disagree (1.0)	68 3%	54 14%	1 1%	3 1%	4 1%	3 1%	2 1%	1 1%	-	10 1%	3 *	2 *	38 7%	25 3%	18 1%	37 17%	20 1%	32 14%
			bcdefghij		h	h	h			h		ac		a	a		a	
Don't know	8 *	5 1%	-	1 *	-	-	1 *	1 1%	-	1 *	2 *	-	2 *	2 *	2 *	4 2%	2 *	2 1%
			dhi					dhi								a		
NET: Agree	1413 70%	149 37%	107 61%	193 71%	217 70%	173 79%	179 85%	79 84%	314 90%	584 73%	572 88%	570 82%	298 56%	538 70%	1186 80%	84 38%	1172 80%	93 41%
			a	ab	a	abcd	abc di	abc di	abc dei	ab	abc dei	bc		b	b		b	
NET: Disagree	226 11%	134 33%	22 13%	26 9%	18 6%	10 5%	3 1%	7 7%	6 2%	54 7%	16 2%	30 4%	96 18%	90 12%	102 7%	71 32%	95 6%	80 35%
			bcdefghij	defhij	efhj	fhj	fh	fhj		fhj		a		a	a		a	
Base for stats	2021	397	174	270	311	218	209	93	348	799	650	694	528	771	1481	217	1466	226
Mean Score	3.81	2.97	3.63	3.76	3.88	4.01	4.25	4.19	4.34	3.87	4.29	4.14	3.50	3.76	4.04	2.99	4.03	3.05
			a	a	ab	abci	abc dei	abc di	abc dei	ab	abc dei	bc		b	b		b	
Standard Deviation	1.012	1.159	.903	.851	.878	.834	.761	.908	.696	.862	.752	.820	1.130	.984	.886	1.240	.880	1.269
Standard Error	.023	.058	.068	.052	.050	.056	.052	.096	.037	.030	.030	.031	.049	.036	.023	.085	.023	.085
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	517 25%	463 36% b	18 6%	474 35% b	14 5%	380 35% b	63 13%
Agree (4.0)	895 44%	632 50% b	83 27%	722 53% b	50 20%	521 48% b	168 35%
Neither agree nor disagree (3.0)	382 19%	130 10%	85 28% a	118 9%	55 21% a	126 12%	101 21% a
Disagree (2.0)	158 8%	43 3%	68 22% a	35 3%	86 33% a	41 4%	94 20% a
Strongly disagree (1.0)	68 3%	5 * a	51 16% a	4 *	51 20% a	13 1%	48 10% a
Don't know	8 *	2 *	2 1%	2 *	1 *	2 *	2 *
NET: Agree	1413 70%	1094 86% b	102 33%	1196 88% b	64 25%	901 83% b	230 48%
NET: Disagree	226 11%	48 4%	118 38% a	39 3%	137 53% a	54 5%	142 30% a
Base for stats	2021	1273	305	1353	255	1081	473
Mean Score	3.81	4.18 b	2.84	4.20 b	2.57	4.12 b	3.22
Standard Deviation	1.012	.778	1.174	.725	1.167	.843	1.201
Standard Error	.023	.022	.067	.020	.073	.026	.056
Error variance	*	*	*	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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%																
Unweighted Total	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187	
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	390 19%	186 19%	202 20%	147 24% c	132 20% c	111 15%	15 15%	58 22%	36 18%	37 17%	27 16%	41 18%	75 24% e	64 19%	36 18%	
Agree (4.0)	740 36%	358 36%	379 37%	242 39%	229 35%	269 36%	34 35%	69 26%	74 37% b	70 33%	66 38% b	83 37% b	120 38% b	141 43% bd	82 40% b	
Neither agree nor disagree (3.0)	403 20%	201 20%	202 20%	110 18%	144 22%	149 20%	22 23%	64 24% h	36 18%	48 22%	39 23%	46 20%	57 18%	55 17%	37 18%	
Disagree (2.0)	343 17%	164 17%	175 17%	80 13%	112 17% a	150 20% a	15 15%	50 19% g	41 21% g	39 18%	31 18%	35 16%	40 12%	49 15%	42 20% g	
Strongly disagree (1.0)	135 7%	70 7%	64 6%	23 4%	44 7% a	67 9% a	9 9%	20 8%	11 6%	19 9%	9 5%	18 8%	21 7%	18 5%	10 5%	
Don't know	18 1%	10 1%	7 1%	12 2% bc	1 * i	5 1%	2 2% i	2 1%	1 1%	3 1%	2 1%	1 *	5 2%	2 1%	- -	
NET: Agree	1130 56%	543 55%	581 56%	389 63% bc	361 54%	380 51%	49 51%	127 48%	110 55%	107 50%	93 53%	124 56%	195 61% bd	205 62% abd	118 57%	
NET: Disagree	478 24%	234 24%	239 23%	104 17%	157 24% a	218 29% ab	24 24%	70 27% g	53 26%	58 27% g	40 23%	53 24%	61 19%	67 20%	52 25%	
Base for stats	2011	978	1022	603	662	746	96	261	199	213	172	223	313	327	207	
Mean Score	3.45	3.43	3.47	3.68 bc	3.44 c	3.28	3.33	3.37	3.41	3.31	3.42	3.42	3.60 abd	3.56 bd	3.45	
Standard Deviation	1.174	1.179	1.168	1.099	1.178	1.201	1.197	1.234	1.172	1.212	1.107	1.189	1.177	1.129	1.137	
Standard Error	.026	.038	.036	.042	.046	.046	.120	.079	.083	.080	.082	.089	.065	.060	.083	
Error variance	*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	390 19%	55 30% cdefgh	108 24% defh	88 19% fh	42 16%	32 15%	66 14%	251 23% defh	140 15%	317 18%	21 35% ad	34 29% ad	8 15%	3 18%	3 23%	69 27% a
Agree (4.0)	740 36%	72 39%	179 39%	171 37%	97 38%	67 32%	155 33%	421 38%	319 34%	625 36%	21 36%	46 39%	20 39%	8 50%	5 38%	101 39%
Neither agree nor disagree (3.0)	403 20%	35 19%	84 18%	92 20%	58 23%	55 27% bfg	79 17%	210 19%	193 21%	350 20%	8 14%	20 17%	12 23%	1 6%	4 28%	45 18%
Disagree (2.0)	343 17%	15 8%	67 15% a	84 18% a	33 13%	36 18% a	108 23% abdg	166 15% a	177 19% adg	314 18% cg	6 10%	10 9%	8 15%	2 12%	2 11%	28 11%
Strongly disagree (1.0)	135 7%	6 3%	12 3%	22 5% abcg	24 9% bcg	16 8% bg	55 12% abcg	40 4% abcg	95 10% abcg	123 7% g	1 1%	4 3%	4 7%	1 7%	- -	9 4%
Don't know	18 1%	- -	4 1%	5 1%	3 1%	1 1%	5 1%	9 1%	9 1%	11 1%	2 3% a	2 2%	1 1%	1 6%	- -	6 2% a
NET: Agree	1130 56%	126 69% cdefgh	286 63% cdefh	259 56% efh	140 54%	98 48%	221 47%	672 61% defh	459 49%	942 54%	42 72% ad	80 69% ad	28 54%	11 68%	8 61%	169 66% a
NET: Disagree	478 24%	21 11%	79 17%	106 23% ab	57 22% a	52 25% abg	163 35% abcdegh	205 19% a	272 29% abcdg	437 25% bcg	7 11%	14 12%	12 22%	3 19%	2 11%	37 14%
Base for stats	2011	182	449	456	255	206	462	1088	923	1729	56	115	51	15	14	251
Mean Score	3.45	3.85 cdefgh	3.68 cdefh	3.48 fh	3.39 f	3.30	3.15	3.62 cdefh	3.25	3.40	3.98 ad	3.85 ad	3.40	3.64	3.73	3.77 ad
Standard Deviation	1.174	1.050	1.077	1.136	1.186	1.158	1.261	1.105	1.222	1.183	1.028	1.052	1.137	1.199	.968	1.080
Standard Error	.026	.077	.051	.052	.074	.079	.061	.033	.041	.029	.133	.095	.152	.300	.250	.066
Error variance	*	.01	*	*	.01	.01	*	*	*	*	.02	.01	.02	.09	.06	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
		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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710	
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	390 19%	226 18%	70 21%	80 23%	150 22%	16 28%	20 33%	96 19%	252 19%	7 11%	131 21%	364 20%	22 11%	48 16%	189 18%	132 23%	21 27%	343 20%	
Agree (4.0)	740 36%	438 35%	141 42%	126 37%	267 40%	22 38%	20 34%	166 33%	512 38%	20 31%	208 34%	680 38%	44 23%	101 33%	407 38%	211 37%	21 27%	639 37%	
Neither agree nor disagree (3.0)	403 20%	251 20%	61 18%	72 21%	134 20%	11 19%	9 15%	92 18%	271 20%	20 31%	112 18%	343 19%	46 24%	64 21%	216 20%	104 18%	20 26%	339 20%	
Disagree (2.0)	343 17%	238 19%	42 13%	47 14%	89 13%	5 9%	6 11%	98 20%	226 17%	8 12%	110 18%	291 16%	43 22%	62 20%	184 17%	89 16%	8 11%	281 16%	
Strongly disagree (1.0)	135 7%	98 8%	17 5%	13 4%	30 4%	2 3%	2 4%	45 9%	80 6%	5 8%	49 8%	94 5%	34 17%	27 9%	75 7%	28 5%	5 7%	107 6%	
Don't know	18 1%	10 1%	2 1%	3 1%	5 1%	2 3%	2 3%	6 1%	3 *	5 7%	10 2%	10 1%	6 3%	5 2%	7 1%	4 1%	2 3%	13 1%	
NET: Agree	1130 56%	664 53%	211 63%	206 60%	417 62%	37 66%	40 67%	262 52%	764 57%	27 42%	339 55%	1044 59%	66 34%	149 48%	596 55%	344 61%	41 54%	982 57%	
NET: Disagree	478 24%	336 27%	59 18%	61 18%	120 18%	7 12%	9 15%	143 28%	306 23%	13 20%	159 26%	385 22%	77 39%	89 29%	258 24%	117 21%	13 17%	388 23%	
Base for stats	2011	1251	331	339	670	55	57	497	1341	61	609	1772	190	302	1070	564	74	1709	
Mean Score	3.45	3.37	3.62	3.63	3.62	3.82	3.85	3.34	3.47	3.26	3.43	3.52	2.88	3.26	3.42	3.59	3.59	3.48	
			a	a	a	cdef	cdef	c	c	c	c	b	a	a	a	ab	a	a	
Standard Deviation	1.174	1.202	1.105	1.106	1.105	1.046	1.145	1.246	1.149	1.118	1.233	1.144	1.277	1.212	1.166	1.150	1.206	1.165	
Standard Error	.026	.033	.067	.066	.047	.139	.145	.057	.031	.138	.051	.027	.094	.068	.036	.049	.137	.028	
Error variance	*	*	*	*	*	.02	.02	*	*	.02	*	*	.01	*	*	*	.02	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	390 19%	79 28% b	255 18%	40 20%	56 16%	17 21%	273 20%	105 18%	8 18%	311 19%	79 19%	330 19%	54 18%
Agree (4.0)	740 36%	107 37%	517 37%	66 32%	116 33%	25 32%	530 38% e	189 32%	14 30%	575 36%	165 40%	640 38%	96 32%
Neither agree nor disagree (3.0)	403 20%	45 16%	285 20%	41 20%	71 20%	17 21%	264 19%	123 21% f	4 9%	329 20%	74 18%	340 20%	57 19%
Disagree (2.0)	343 17%	34 12%	238 17% a	37 18%	65 18%	14 18%	224 16%	110 19%	7 14%	267 17%	76 18%	283 17%	57 19%
Strongly disagree (1.0)	135 7%	18 6%	89 6%	18 9%	41 12% d	5 7%	80 6%	51 9% d	11 25% abcde	116 7% b	19 4%	102 6%	31 10% a
Don't know	18 1%	6 2% b	7 *	4 2%	4 1%	2 2%	9 1%	7 1%	2 4% d	13 1%	5 1%	10 1%	5 2% a
NET: Agree	1130 56%	186 65% b	773 56%	106 52%	172 49%	42 52%	803 58% be	294 50%	22 48%	886 55%	244 59%	971 57% b	151 50%
NET: Disagree	478 24%	52 18%	327 24% a	55 27%	106 30% d	20 24%	305 22%	161 28% d	18 39% d	383 24%	94 23%	385 23%	88 29% a
Base for stats	2011	283	1385	202	350	78	1371	578	44	1599	412	1696	295
Mean Score	3.45	3.69 b	3.44	3.37	3.23	3.43	3.50 bef	3.32	3.01	3.44	3.51	3.48 b	3.29
Standard Deviation	1.174	1.183	1.161	1.240	1.257	1.209	1.152	1.224	1.516	1.186	1.129	1.156	1.263
Standard Error	.026	.070	.031	.086	.068	.134	.031	.051	.224	.030	.056	.028	.072
Error variance	*	*	*	.01	*	.02	*	*	.05	*	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	390 19%	34 8%	28 16%	34 13%	70 22%	43 20%	56 27%	24 26%	101 29%	147 18%	182 28%	196 28%	52 10%	139 18%	350 24%	21 10%	344 23%	24 11%
			a	ac	ac	abcei	ac	abcei	ac	abcei	abcei	bc		b	b		b	b
Agree (4.0)	740 36%	104 26%	59 34%	107 39%	119 38%	106 49%	85 41%	33 35%	127 37%	332 41%	246 38%	277 40%	163 31%	294 38%	581 39%	65 30%	586 40%	69 30%
			a	a	a	abcdghj	a	a	a	a	a	b		b	b		b	b
Neither agree nor disagree (3.0)	403 20%	73 18%	40 23%	61 22%	71 23%	42 19%	38 18%	19 20%	59 17%	174 22%	116 18%	111 16%	141 27%	141 18%	264 18%	32 15%	254 17%	34 15%
Disagree (2.0)	343 17%	117 29%	34 20%	56 21%	37 12%	16 7%	21 10%	14 15%	48 14%	108 14%	84 13%	96 14%	102 19%	140 18%	221 15%	48 22%	208 14%	54 24%
		bcdefghij	defij	defhij			e	e	e	e	e	e	a	a	a	a	a	a
Strongly disagree (1.0)	135 7%	68 17%	12 7%	11 4%	13 4%	10 4%	7 3%	3 3%	11 3%	34 4%	20 3%	11 2%	66 13%	53 7%	61 4%	49 22%	72 5%	41 18%
		bcdefghij	hj										ac	a	a	a	a	a
Don't know	18 1%	7 2%	2 1%	2 1%	1 *	2 1%	2 1%	1 1%	1 *	5 1%	5 1%	2 *	6 1%	6 1%	6 *	5 2%	4 *	6 3%
															a	a	a	a
NET: Agree	1130 56%	137 34%	87 50%	141 52%	188 61%	149 68%	142 68%	58 61%	228 66%	479 60%	427 66%	473 68%	215 41%	433 56%	931 63%	86 39%	930 63%	93 41%
			a	a	abc	abci	abci	a	abc	abc	abci	bc		b	b		b	b
NET: Disagree	478 24%	185 46%	46 26%	67 25%	50 16%	25 12%	28 13%	17 18%	59 17%	142 18%	104 16%	107 15%	169 32%	192 25%	283 19%	97 44%	280 19%	95 42%
		bcdefghij	defhij	defhij						e			ac	a	a	a	a	a
Base for stats	2011	396	173	269	310	216	208	93	346	795	647	691	524	767	1477	216	1464	222
Mean Score	3.45	2.79	3.33	3.36	3.63	3.72	3.79	3.66	3.75	3.56	3.75	3.80	3.06	3.43	3.63	2.82	3.63	2.92
			a	a	abc	abci	abci	abc	abci	abc	abci	bc		b	b		b	b
Standard Deviation	1.174	1.245	1.168	1.075	1.087	1.005	1.055	1.124	1.112	1.071	1.095	1.051	1.186	1.177	1.120	1.342	1.133	1.315
Standard Error	.026	.063	.089	.065	.062	.068	.072	.118	.060	.038	.043	.040	.052	.043	.029	.093	.030	.089
Error variance	*	*	.01	*	*	*	.01	.01	*	*	*	*	*	*	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

		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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
		a	b	a	b	a	b	
Significance Level: 95%								
Unweighted Total	2029	1278	307	1357	255	1090	468	
Total	2029	1275	307	1354	257	1083	475	
	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	390 19%	329 26% b	28 9%	333 25% b	18 7%	351 32% b	12 2%
Agree	(4.0)	740 36%	528 41% b	76 25%	580 43% b	60 23%	571 53% b	75 16%
Neither agree nor disagree	(3.0)	403 20%	219 17%	49 16%	230 17% b	31 12%	95 9%	55 12%
Disagree	(2.0)	343 17%	153 12%	83 27% a	156 12%	85 33% a	42 4%	224 47% a
Strongly disagree	(1.0)	135 7%	41 3%	68 22% a	48 4%	59 23% a	18 2%	105 22% a
Don't know		18 1%	6 *	3 1%	8 1%	4 1%	6 1%	3 1%
NET: Agree		1130 56%	857 67% b	104 34%	913 67% b	78 30%	922 85% b	87 18%
NET: Disagree		478 24%	194 15%	152 49% a	204 15%	145 56% a	60 6%	329 69% a
Base for stats		2011	1269	304	1346	253	1078	472
Mean Score		3.45	3.75 b	2.71	3.74 b	2.57	4.11 b	2.29
Standard Deviation		1.174	1.069	1.308	1.065	1.270	.843	1.058
Standard Error		.026	.030	.075	.029	.080	.026	.049
Error variance		*	*	.01	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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	2029 100%	491 24%	930 46%	363 18%	153 8%	92 5%	1421 70%	516 25%
I have more time now to be physically active	2029 100%	500 25%	831 41%	406 20%	211 10%	81 4%	1331 66%	617 30%
I exercise to help manage my mental health during the outbreak	2029 100%	458 23%	827 41%	452 22%	189 9%	103 5%	1285 63%	642 32%
I miss the types of physical activity I was able to do before the outbreak	2029 100%	610 30%	626 31%	467 23%	236 12%	89 4%	1236 61%	703 35%
I worry about leaving my home to exercise or be active	2029 100%	434 21%	693 34%	502 25%	322 16%	79 4%	1127 56%	824 41%
I have been encouraged to exercise by the Government's guidance	2029 100%	280 14%	759 37%	587 29%	266 13%	136 7%	1039 51%	853 42%
Since the outbreak I have found new ways to be active	2029 100%	300 15%	720 35%	664 33%	264 13%	81 4%	1020 50%	928 46%
I feel guilty about not exercising more during the outbreak	2029 100%	355 17%	661 33%	630 31%	292 14%	92 5%	1016 50%	921 45%
I do not find exercising on my own enjoyable	2029 100%	275 14%	593 29%	641 32%	432 21%	89 4%	868 43%	1073 53%
The current situation has not impacted my current exercise regime	2029 100%	262 13%	597 29%	593 29%	487 24%	90 4%	859 42%	1080 53%
I feel guilty about wanting to exercise during the outbreak	2029 100%	160 8%	405 20%	694 34%	684 34%	87 4%	565 28%	1378 68%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	300 15%	145 15%	152 15%	150 25% bc	85 13% c	64 9%	17 18%	36 14%	33 16%	35 16%	23 13%	38 17%	53 17% h	37 11%	29 14%
Tend to agree (3.0)	720 35%	347 35%	370 36%	234 38% c	240 36%	246 33%	38 39%	86 33%	77 39% f	71 33%	64 37%	65 29%	128 40% f	122 37%	69 33%
Tend to disagree (2.0)	664 33%	331 33%	330 32%	140 23%	216 33% a	308 41% ab	31 32%	87 33%	60 30%	66 31%	54 31%	86 38% g	85 27%	114 35% g	81 39% g
Strongly disagree (1.0)	264 13%	132 13%	130 13%	56 9%	94 14% a	114 15% a	9 9%	45 17% g	23 11%	27 13%	26 15%	31 14%	34 11%	43 13%	26 13%
Don't know	81 4%	34 3%	46 5%	34 6% c	28 4%	19 3%	2 2%	9 3%	7 3%	17 8% bfi	7 4%	5 2%	18 6% i	14 4%	3 1%
NET: Agree	1020 50%	492 50%	523 51%	384 63% bc	326 49% c	310 41%	56 57%	123 47%	110 55%	106 49%	87 50%	103 46%	180 57% bfhi	159 48%	97 47%
NET: Disagree	928 46%	463 47%	460 45%	196 32%	310 47% a	422 56% ab	40 41%	132 50% g	83 41%	93 43%	79 46%	117 52% cg	119 38%	157 47% g	107 52% cg
Base for stats	1948	954	982	580	636	732	96	255	194	199	166	219	299	316	204
Mean Score	2.54	2.53	2.56	2.83 bc	2.50 c	2.36	2.67 b	2.45	2.62	2.57	2.51	2.50	2.66 bhi	2.49	2.49
Standard Deviation	.910	.911	.907	.926	.903	.846	.882	.941	.904	.934	.914	.939	.898	.870	.889
Standard Error	.021	.030	.029	.036	.036	.033	.089	.061	.065	.064	.069	.071	.051	.047	.065
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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
			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																	
Unweighted Total		2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total		2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	300 15%	40 22% befh	71 16% f	79 17% fh	43 17% fh	26 12% fh	42 9% fh	190 17% fh	110 12% fh	231 13% a	14 23% a	34 29% a	11 22% a	1 5% a	2 17% a	62 24% a
Tend to agree	(3.0)	720 35%	71 39% ef	185 41% efh	167 36% f	101 39% efh	61 29% efh	135 29% efh	424 39% efh	297 32% efh	616 35% cg	23 40% cg	40 34% cg	20 38% cg	8 51% cg	5 34% cg	96 37% cg
Tend to disagree	(2.0)	664 33%	50 28% adg	132 29% adg	144 31% adg	78 30% adg	74 35% adg	186 40% adg	326 30% adg	338 36% adg	588 34% bcg	17 29% bcg	28 24% bcg	13 25% bcg	5 33% bcg	3 25% bcg	67 26% bcg
Strongly disagree	(1.0)	264 13%	13 7% adg	52 12% adg	55 12% adg	27 11% adg	35 17% adg	81 17% adg	121 11% adg	143 15% adg	245 14% bcg	3 5% bcg	8 6% bcg	5 10% bcg	- - bcg	2 15% bcg	17 7% bcg
Don't know		81 4%	7 4% b	12 3% b	16 4% b	9 3% b	12 6% b	24 5% b	36 3% b	45 5% b	59 3% b	2 3% b	7 6% b	3 6% b	2 11% b	1 9% b	15 6% b
NET: Agree		1020 50%	111 61% efh	256 57% efh	246 53% efh	144 56% efh	87 42% efh	176 38% efh	613 56% efh	407 44% f	848 49% a	37 63% a	74 63% a	31 59% a	9 56% a	7 51% a	157 61% a
NET: Disagree		928 46%	64 35% abcdg	185 41% abcdg	199 43% abcdg	105 41% abcdg	108 52% abcdg	267 57% abcdg	447 41% abcdg	481 52% abcdg	834 48% bcdg	20 34% bcdg	36 31% bcdg	18 35% bcdg	5 33% bcdg	6 40% bcdg	84 33% bcdg
Base for stats		1948	175	441	445	249	195	443	1060	888	1682	56	109	49	14	13	242
Mean Score		2.54	2.79 bcdefgh	2.62 efh	2.61 efh	2.64 efh	2.40 efh	2.31 efh	2.64 efh	2.42 f	2.50 a	2.85 a	2.91 a	2.76 a	2.68 a	2.59 a	2.83 a
Standard Deviation		.910	.886	.892	.917	.893	.929	.876	.903	.903	.904	.850	.917	.927	.589	1.015	.891
Standard Error		.021	.067	.043	.043	.056	.065	.043	.028	.031	.022	.110	.085	.126	.152	.271	.055
Error variance		*	*	*	*	*	*	*	*	*	*	.01	.01	.02	.02	.07	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self				
		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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
		a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	300 15%	153 12%	69 21%	57 17%	126 19%	16 28%	14 24%	72 14%	183 14%	15 23%	102 16%	280 16%	19 10%	27 9%	149 14%	107 19%	16 22%	273 16%
			a	a	a	cdf	cd			d		b			a	ab	a	a
Tend to agree (3.0)	720 35%	415 33%	121 36%	151 44%	272 40%	13 23%	26 44%	168 33%	496 37%	17 27%	207 33%	668 37%	40 20%	97 31%	370 34%	224 39%	29 38%	623 36%
			a	a	a		ae		a			b				ab		
Tend to disagree (2.0)	664 33%	465 37%	83 25%	98 29%	181 27%	15 27%	13 22%	181 36%	437 33%	17 25%	210 34%	570 32%	75 38%	119 39%	364 34%	165 29%	15 20%	545 32%
			bcd					b				cde		cde	d			d
Strongly disagree (1.0)	264 13%	184 15%	42 13%	26 8%	68 10%	7 12%	5 9%	67 13%	179 13%	6 10%	78 13%	205 12%	51 26%	50 16%	159 15%	46 8%	9 11%	213 12%
			cd									a		c	c			c
Don't know	81 4%	43 3%	18 5%	10 3%	28 4%	6 11%	1 1%	16 3%	49 4%	10 15%	23 4%	59 3%	11 6%	14 4%	36 3%	25 4%	7 9%	68 4%
						bcd				bcd							be	
NET: Agree	1020 50%	568 45%	190 57%	208 61%	398 59%	29 51%	40 68%	240 48%	679 51%	33 50%	309 50%	948 53%	59 30%	124 40%	519 48%	331 58%	46 60%	896 52%
			a	a	a		cdef					b			a	abe	ab	ab
NET: Disagree	928 46%	650 52%	125 37%	124 36%	249 37%	22 39%	18 31%	248 49%	616 46%	23 35%	288 47%	775 44%	126 64%	169 55%	523 49%	211 37%	24 31%	758 44%
			bcd					be	b		b		a	bcde	cde			cd
Base for stats	1948	1218	315	332	647	50	59	488	1295	56	597	1723	186	293	1042	543	70	1654
Mean Score	2.54	2.44	2.69	2.72	2.70	2.75	2.84	2.50	2.53	2.75	2.56	2.59	2.15	2.35	2.49	2.72	2.77	2.58
			a	a	a		cdf					b			a	abe	ab	ab
Standard Deviation	.910	.895	.961	.839	.900	1.046	.898	.905	.899	.992	.923	.897	.944	.871	.918	.875	.953	.912
Standard Error	.021	.025	.059	.050	.039	.144	.113	.042	.025	.128	.038	.022	.070	.050	.028	.038	.112	.023
Error variance	*	*	*	*	*	.02	.01	*	*	.02	*	*	*	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0) 300 15%	68 24% b	198 14%	27 13%	41 11%	19 24% abdef	209 15%	83 14%	3 6%	249 15%	51 12%	260 15%	35 12%
Tend to agree	(3.0) 720 35%	109 38%	497 36%	66 32% f	94 27% f	33 41% bf	517 37% bef	186 32% f	4 9%	570 35%	150 36%	624 37% b	90 30%
Tend to disagree	(2.0) 664 33%	66 23%	468 34% a	63 30%	137 39% acd	20 25%	445 32%	202 35%	16 35%	517 32%	147 35%	558 33%	102 34%
Strongly disagree	(1.0) 264 13%	35 12%	176 13%	45 22% cd	70 20% cd	5 6%	155 11%	100 17% cd	19 42% abcde	209 13%	54 13%	209 12%	53 18% a
Don't know	81 4%	10 3%	53 4%	5 2%	12 3%	3 4%	55 4%	14 2%	4 8% ae	68 4%	14 3%	56 3%	20 7% a
NET: Agree	1020 50%	178 61% b	695 50%	93 45% f	135 38% f	52 65% abdef	726 53% bef	269 46% bf	7 15%	819 51%	202 48%	883 52% b	125 42%
NET: Disagree	928 46%	101 35%	644 46% a	107 52% cd	207 59% cde	25 31%	600 43% c	302 52% cd	35 77% abcde	726 45%	201 48%	767 45%	156 52% a
Base for stats	1948	279	1339	201	342	77	1325	571	42	1545	403	1650	280
Mean Score	2.54	2.76 b	2.54	2.38 f	2.31 f	2.86 abdef	2.59 abef	2.44 bf	1.77	2.56	2.49	2.57 b	2.38
Standard Deviation	.910	.965	.899	.980	.928	.868	.889	.943	.883	.917	.881	.903	.932
Standard Error	.021	.058	.025	.068	.051	.098	.025	.040	.133	.023	.044	.022	.054
Error variance	*	*	*	*	*	.01	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Significance Level: 95%																			
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227	
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	300 15%	14 4%	16 9%	25 9%	47 15%	48 22%	48 23%	16 16%	85 24%	121 15%	149 23%	203 29%	38 7%	56 7%	259 17%	17 8%	250 17%	27 12%	
			a	a	ac	abcdi	abcdi	a	abcdi	abc	abcdi	bc			b				
Tend to agree (3.0)	720 35%	69 17%	51 29%	120 44%	141 45%	83 38%	85 41%	50 53%	120 35%	344 43%	256 39%	295 43%	145 27%	275 36%	563 38%	46 21%	556 38%	61 27%	
			a	abh	abh	a	ab	abehj	a	abh	ab	bc		b	b		b		
Tend to disagree (2.0)	664 33%	187 47%	65 37%	90 33%	78 25%	63 29%	61 29%	19 20%	102 29%	230 29%	181 28%	149 22%	224 42%	283 37%	453 31%	88 40%	456 31%	63 27%	
		bcdefghij	dgij	dg									ac	a		a			
Strongly disagree (1.0)	264 13%	113 28%	35 20%	28 10%	23 7%	17 8%	10 5%	9 9%	30 9%	68 8%	48 7%	29 4%	96 18%	134 17%	163 11%	62 28%	161 11%	71 31%	
		bcdefghij	cdefghij	f									a	a		a		a	
Don't know	81 4%	19 5%	7 4%	7 3%	22 7%	8 3%	5 3%	2 2%	11 3%	37 5%	18 3%	18 3%	28 5%	24 3%	45 3%	8 4%	45 3%	6 3%	
					cfhj								ac						
NET: Agree	1020 50%	84 21%	67 39%	146 54%	188 61%	131 60%	134 64%	65 69%	205 59%	465 58%	405 62%	498 72%	183 34%	331 43%	821 55%	63 29%	806 55%	88 38%	
			a	ab	ab	ab	abc	abci	ab	ab	abc	bc		b	b		b		
NET: Disagree	928 46%	300 75%	100 57%	118 44%	101 32%	79 36%	71 34%	27 29%	132 38%	298 37%	229 35%	178 26%	319 60%	417 54%	616 42%	149 68%	617 42%	134 59%	
		bcdefghij	cdefghij	dfgj									ac	a		a		a	
Base for stats	1948	383	167	264	289	210	204	93	337	763	634	676	502	748	1437	212	1423	222	
Mean Score	2.54	1.96	2.29	2.54	2.73	2.77	2.84	2.78	2.77	2.68	2.80	2.99	2.25	2.34	2.64	2.09	2.63	2.20	
			a	ab	abc	abc	abci	abc	abc	abc	abci	bc			b		b		
Standard Deviation	.910	.789	.908	.810	.827	.892	.838	.838	.927	.845	.886	.831	.848	.856	.904	.909	.901	1.025	
Standard Error	.021	.041	.070	.050	.049	.061	.058	.089	.051	.031	.035	.032	.038	.031	.024	.063	.024	.069	
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	300 15%	253 20% b	24 8%	251 19% b	22 9%	226 21% b	38 8%
Tend to agree (3.0)	720 35%	501 39% b	72 24%	515 38% b	65 25%	418 39% b	135 28%
Tend to disagree (2.0)	664 33%	366 29% a	114 37% a	403 30% a	95 37% a	307 28% a	180 38% a
Strongly disagree (1.0)	264 13%	119 9% a	88 29% a	140 10% a	67 26% a	98 9% a	116 24% a
Don't know	81 4%	36 3%	9 3%	45 3%	7 3%	35 3% b	7 1%
NET: Agree	1020 50%	754 59% b	96 31%	766 57% b	87 34%	644 59% b	172 36%
NET: Disagree	928 46%	485 38% a	202 66% a	543 40% a	163 63% a	405 37% a	296 62% a
Base for stats	1948	1239	298	1309	250	1049	468
Mean Score	2.54	2.72 b	2.11	2.67 b	2.17	2.74 b	2.20
Standard Deviation	.910	.897	.922	.905	.927	.902	.904
Standard Error	.021	.025	.053	.025	.059	.028	.042
Error variance	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	500 25%	239 24%	259 25%	214 35% bc	159 24% c	127 17%	24 25%	69 26% i	54 27% i	56 26%	41 24%	54 24%	94 29% hi	70 21%	38 18%
Tend to agree (3.0)	831 41%	396 40%	431 42%	233 38%	270 41%	328 44% a	40 41%	102 39%	77 38%	95 44% f	71 41%	77 35%	131 41%	143 43% f	95 46% f
Tend to disagree (2.0)	406 20%	202 20%	202 20%	79 13%	136 20% a	191 25% ab	22 22% d	51 20%	50 25% dg	28 13%	37 21% d	51 23% dg	49 15%	70 21% dg	50 24% dg
Strongly disagree (1.0)	211 10%	114 12%	95 9%	53 9%	75 11%	82 11%	11 11%	27 10%	16 8%	24 11%	14 8%	36 16% cegi	30 9%	37 11%	17 8%
Don't know	81 4%	38 4%	42 4%	35 6% c	23 3%	23 3%	1 2%	14 5%	5 2%	12 5%	11 6% c	6 3%	14 5%	10 3%	8 4%
NET: Agree	1331 66%	634 64%	690 67%	447 73% bc	429 65%	455 61%	64 65%	171 65%	130 65%	152 70% f	112 65%	132 59%	225 71% f	213 65%	133 64%
NET: Disagree	617 30%	316 32%	297 29%	132 22%	211 32% a	273 36% a	33 33%	78 30%	66 33% g	52 24%	50 29%	86 38% dg	78 25%	107 33% dg	67 32% dg
Base for stats	1948	950	987	579	641	728	96	249	196	204	162	218	303	320	199
Mean Score	2.83	2.80	2.87	3.05 bc	2.80 c	2.69	2.80	2.86	2.86	2.90 f	2.86	2.69	2.95 fhi	2.77	2.77
Standard Deviation	.933	.950	.914	.934	.945	.890	.945	.946	.913	.940	.896	1.022	.929	.922	.855
Standard Error	.021	.031	.029	.037	.037	.035	.095	.062	.065	.064	.068	.077	.052	.049	.064
Error variance	*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	500	132	121	68	52	72	308	192	406	18	45	17	2	2	83
	25%	30%	29%	26%	26%	25%	15%	28%	21%	23%	30%	38%	33%	10%	17%	32%
		fh	fh	fh	fh	f		fh	f			a				a
Tend to agree	(3.0)	831	186	192	114	88	177	452	379	723	18	44	23	7	7	100
	41%	41%	41%	42%	44%	42%	38%	41%	41%	42%	31%	38%	44%	46%	52%	39%
Tend to disagree	(2.0)	406	81	88	45	38	129	194	212	362	11	16	7	3	3	40
	20%	14%	18%	19%	17%	18%	28%	18%	23%	21%	19%	14%	13%	21%	19%	16%
							abcdegh		abg							
Strongly disagree	(1.0)	211	41	42	21	23	64	103	108	187	7	6	4	1	1	20
	10%	11%	9%	9%	8%	11%	14%	9%	12%	11%	13%	5%	7%	9%	7%	8%
							bcdg									
Don't know		81	13	18	11	7	25	38	42	63	4	5	1	2	1	14
	4%	4%	3%	4%	4%	3%	5%	4%	5%	4%	7%	4%	3%	14%	5%	5%
NET: Agree		1331	317	313	182	140	249	760	571	1128	36	89	40	9	10	183
	66%	71%	70%	68%	70%	67%	53%	69%	61%	65%	62%	76%	77%	55%	69%	71%
		fh	fh	fh	fh	f		fh	f			ab				a
NET: Disagree		617	123	130	66	61	193	297	320	549	18	23	11	5	4	60
	30%	25%	27%	28%	25%	29%	41%	27%	34%	32%	31%	19%	21%	30%	26%	23%
							abcdegh		abcdg			cg				
Base for stats		1948	440	443	247	200	443	1058	891	1677	54	112	51	14	13	243
Mean Score	2.83	2.95	2.93	2.89	2.93	2.84	2.58	2.91	2.74	2.80	2.85	3.14	3.05	2.65	2.83	3.01
		fh	fh	fh	fh	f		fh	f			a	a			a
Standard Deviation	.933	.957	.926	.916	.889	.941	.928	.926	.932	.930	1.034	.872	.885	.847	.842	.915
Standard Error	.021	.072	.044	.043	.056	.065	.046	.028	.032	.023	.136	.080	.119	.219	.225	.057
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.05	.05	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	500 25%	285 23%	99 30%	96 28%	194 29%	18 32%	19 32%	98 19%	351 26%	15 22%	135 22%	466 26%	31 16%	65 21%	241 22%	166 29%	28 37%	436 25%
			a	a	a	c	c		cf			b				ab	abe	
Tend to agree (3.0)	831 41%	517 41%	144 43%	139 41%	282 42%	19 34%	23 38%	219 44%	548 41%	21 32%	261 42%	761 43%	50 26%	127 41%	439 41%	245 43%	20 27%	704 41%
						d	d			cdf	d	b	a	d	d	d	d	d
Tend to disagree (2.0)	406 20%	281 22%	50 15%	61 18%	111 16%	11 20%	10 17%	111 22%	264 20%	9 14%	133 21%	336 19%	61 31%	68 22%	236 22%	87 15%	16 21%	339 20%
												a	a	c	c		c	c
Strongly disagree (1.0)	211 10%	129 10%	29 9%	38 11%	66 10%	2 4%	2 3%	52 10%	144 11%	11 16%	56 9%	164 9%	38 19%	33 11%	121 11%	49 9%	7 9%	177 10%
									b	ab	a	a	a					
Don't know	81 4%	49 4%	12 4%	9 3%	21 3%	5 10%	6 9%	23 5%	37 3%	10 15%	34 5%	56 3%	16 8%	14 5%	41 4%	21 4%	5 7%	67 4%
						d	d				d	a	a					
NET: Agree	1331 66%	802 64%	242 73%	235 69%	477 71%	38 67%	42 70%	317 63%	899 67%	36 54%	397 64%	1227 69%	81 41%	192 62%	680 63%	411 72%	48 63%	1140 66%
			a	a	a				e		b	b	a			abe		
NET: Disagree	617 30%	410 33%	79 24%	99 29%	177 26%	13 24%	12 20%	163 32%	408 30%	20 31%	189 30%	500 28%	99 51%	101 33%	357 33%	136 24%	23 30%	516 30%
			bd					b				a	a	c	c		c	c
Base for stats	1948	1212	321	333	654	51	54	481	1307	56	585	1726	180	293	1037	547	71	1656
Mean Score	2.83	2.79	2.97	2.88	2.92	3.06	3.10	2.76	2.85	2.71	2.81	2.89	2.41	2.76	2.77	2.96	2.97	2.84
			a		a	c	odef				b	b	a			abe		
Standard Deviation	.933	.922	.908	.954	.932	.865	.823	.901	.942	1.065	.898	.912	1.005	.924	.936	.907	1.013	.934
Standard Error	.021	.026	.055	.057	.040	.119	.108	.042	.026	.137	.038	.022	.075	.053	.029	.039	.119	.023
Error variance	*	*	*	*	*	.01	.01	*	*	.02	*	*	.01	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0) 500 25%	81 28%	346 25%	58 28% b	69 19%	19 23%	356 26% b	133 23%	12 26%	413 26%	88 21%	438 26% b	60 20%
Tend to agree	(3.0) 831 41%	115 40%	576 41%	71 35%	130 37%	38 47% a	590 43% ab	223 38%	14 30%	664 41%	167 40%	705 41%	123 41%
Tend to disagree	(2.0) 406 20%	52 18%	276 20%	45 22%	81 23%	12 15%	265 19%	125 21%	9 20%	311 19%	96 23%	341 20%	58 19%
Strongly disagree	(1.0) 211 10%	27 10%	145 10%	20 10%	50 14% d	7 9%	131 9%	72 12%	5 12%	155 10%	56 13% a	164 10%	42 14% a
Don't know	81 4%	13 5%	49 4%	11 6% d	24 7% d	4 5%	38 3%	32 5% d	6 13% de	70 4%	11 3%	58 3%	18 6% a
NET: Agree	1331 66%	197 68%	922 66%	129 63%	199 56%	57 71% b	946 69% be	357 61%	25 56%	1076 67% b	255 61%	1144 67% b	182 61%
NET: Disagree	617 30%	79 27%	421 30%	65 32%	131 37% cd	20 24%	395 29%	197 34% d	14 31%	466 29%	151 36% a	504 30%	100 33%
Base for stats	1948	276	1343	194	330	76	1342	553	40	1542	406	1648	282
Mean Score	2.83	2.91	2.84	2.86 b	2.66	2.89	2.87 be	2.76	2.80	2.87 b	2.71	2.86 b	2.71
Standard Deviation	.933	.936	.932	.961	.972	.893	.915	.963	1.022	.924	.957	.923	.965
Standard Error	.021	.056	.026	.068	.054	.101	.025	.041	.158	.023	.048	.023	.056
Error variance	*	*	*	*	*	.01	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	500 25%	41 10%	34 20%	53 19%	77 25%	67 31%	76 36%	32 34%	122 35%	196 25%	229 35%	275 40%	78 15%	142 18%	417 28%	39 18%	410 28%	43 19%
			a	a	a	abc	abcdi	abc	abcdi	a	abcdi	bc			b		b	
Tend to agree (3.0)	831 41%	148 37%	75 43%	122 45%	138 45%	81 37%	89 42%	39 42%	138 40%	342 43%	267 41%	312 45%	215 41%	299 39%	630 42%	67 30%	630 43%	72 32%
				a	a					a		c			b		b	
Tend to disagree (2.0)	406 20%	111 28%	38 22%	61 23%	55 18%	44 20%	30 14%	11 12%	57 16%	160 20%	98 15%	67 10%	145 27%	189 24%	264 18%	54 25%	271 18%	47 21%
		defghij	gj	fghj						j			a	a		a		
Strongly disagree (1.0)	211 10%	75 19%	23 13%	24 9%	23 7%	21 9%	12 6%	8 8%	26 7%	67 8%	45 7%	31 4%	64 12%	109 14%	136 9%	48 22%	126 9%	52 23%
		cdefghij	dfhij										a	a		a		a
Don't know	81 4%	28 7%	4 2%	12 4%	18 6%	6 3%	3 1%	5 5%	6 2%	35 4%	13 2%	9 1%	27 5%	34 4%	36 2%	12 5%	32 2%	15 6%
		befhj			fhj					fhj			a	a		a		a
NET: Agree	1331 66%	188 47%	109 62%	175 64%	215 69%	148 68%	165 79%	71 75%	260 75%	538 67%	496 76%	586 85%	293 55%	441 57%	1047 71%	106 48%	1040 71%	115 50%
		a	a	a	a	abcdei	ab	abci	a	abcdei	bc				b		b	
NET: Disagree	617 30%	186 46%	61 35%	85 31%	78 25%	64 30%	42 20%	19 20%	82 24%	227 28%	143 22%	98 14%	209 40%	298 39%	400 27%	103 47%	397 27%	99 43%
		bcdefghij	dghj	fghj		fj				fj			a	a		a		a
Base for stats	1948	374	170	260	293	212	207	90	342	765	639	684	503	738	1447	209	1436	214
Mean Score	2.83	2.41	2.70	2.79	2.92	2.91	3.11	3.06	3.04	2.87	3.06	3.21	2.61	2.64	2.92	2.47	2.92	2.49
		a	a	a	ab	ab	abcdei	abc	abci	ab	abcdei	bc			b		b	
Standard Deviation	.933	.928	.943	.871	.873	.952	.856	.907	.906	.896	.890	.796	.897	.954	.916	1.046	.905	1.068
Standard Error	.021	.048	.072	.054	.051	.065	.059	.098	.049	.032	.035	.030	.040	.035	.024	.073	.024	.073
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	500 25%	383 30%	59 19%	374 28%	48 19%	327 30%	95 20%
Tend to agree (3.0)	831 41%	525 41%	109 35%	571 42%	102 40%	464 43%	181 38%
Tend to disagree (2.0)	406 20%	229 18%	66 21%	242 18%	55 21%	177 16%	105 22%
Strongly disagree (1.0)	211 10%	109 9%	58 19%	130 10%	44 17%	90 8%	76 16%
Don't know	81 4%	29 2%	16 5%	37 3%	8 3%	25 2%	18 4%
NET: Agree	1331 66%	908 71%	168 55%	945 70%	150 58%	791 73%	276 58%
NET: Disagree	617 30%	338 26%	124 40%	372 27%	98 38%	267 25%	181 38%
Base for stats	1948	1246	292	1318	248	1058	457
Mean Score	2.83	2.95	2.58	2.90	2.62	2.97	2.65
Standard Deviation	.933	.916	1.024	.924	.990	.904	.990
Standard Error	.021	.026	.060	.025	.063	.028	.047
Error variance	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	280 14%	133 13%	144 14%	123 20% bc	71 11%	86 11%	17 17%	31 12%	41 20% bdhi	23 11%	24 14%	33 15%	50 16%	40 12%	22 10%
Tend to agree (3.0)	759 37%	375 38%	380 37%	241 39%	251 38%	268 36%	40 41%	89 34%	70 35%	96 45% bchi	71 41%	83 37%	127 40%	114 35%	68 33%
Tend to disagree (2.0)	587 29%	283 29%	304 30%	140 23%	196 29% a	252 34% a	23 24%	73 28%	61 30%	51 24%	49 28%	66 29%	78 25%	107 32% dg	79 38% abdeg
Strongly disagree (1.0)	266 13%	135 14%	130 13%	64 10%	105 16% a	98 13%	11 12%	48 18% cdfg	16 8%	25 12%	23 13%	24 11%	37 12%	52 16% c	29 14% c
Don't know	136 7%	62 6%	71 7%	47 8%	42 6%	47 6%	6 6%	22 8%	13 7%	19 9% e	6 4%	17 8%	26 8%	18 5%	9 4%
NET: Agree	1039 51%	508 51%	524 51%	364 59% bc	321 48%	354 47%	57 59% bhi	120 46%	111 55% bi	120 55% bhi	94 54% i	116 52%	177 56% bhi	154 47%	90 43%
NET: Disagree	853 42%	418 42%	434 42%	204 33%	300 45% a	350 47% a	34 35%	121 46% dg	77 38%	77 36%	73 42%	90 40%	115 36%	158 48% acd	108 52% acdefg
Base for stats	1893	926	958	567	621	704	92	241	187	197	167	207	292	312	198
Mean Score	2.56	2.55	2.56	2.74 bc	2.46	2.49	2.69 bhi	2.43	2.72 bhi	2.60 i	2.57	2.61 i	2.65 bhi	2.45	2.42
Standard Deviation	.908	.910	.905	.922	.902	.879	.919	.953	.897	.860	.903	.893	.908	.914	.872
Standard Error	.021	.030	.029	.037	.036	.035	.094	.064	.065	.059	.068	.069	.052	.049	.065
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	280 14%	39 22% bcdfgh	60 13%	54 12%	35 14%	35 17%	56 12%	153 14%	127 14%	224 13%	11 20%	25 21% a	10 18%	2 10%	4 30%	51 20% a
Tend to agree (3.0)	759 37%	74 40%	181 40%	170 37%	102 40%	67 33%	164 35%	425 39%	334 36%	651 37%	27 46%	46 40%	16 31%	5 30%	4 30%	98 38%
Tend to disagree (2.0)	587 29%	38 21%	129 28%	134 29% a	78 30% a	58 28% a	151 32% a	300 27% a	287 31% a	521 30% g	12 20%	27 24%	16 30%	4 27%	2 11%	61 24%
Strongly disagree (1.0)	266 13%	17 9%	56 12%	69 15% a	30 11% a	33 16% a	62 13%	142 13%	124 13%	239 14% cg	6 10%	7 6%	7 14%	1 7%	1 9%	22 9%
Don't know	136 7%	14 8%	27 6%	34 7%	13 5%	13 6%	34 7%	76 7%	61 7%	105 6%	3 5%	12 10%	4 7%	4 26%	3 20%	25 10% a
NET: Agree	1039 51%	113 62% bcefg	241 53%	224 49%	137 53%	103 50%	221 47%	578 53% f	461 49%	875 50%	38 66% a	71 61% a	25 49%	6 40%	8 60%	149 58% a
NET: Disagree	853 42%	55 30% a	185 41% a	203 44% a	108 42% a	91 44% a	213 45% a	442 40% a	411 44% a	761 44% bcg	17 30%	34 29%	23 44% c	6 35%	3 20%	83 32%
Base for stats	1893	168	426	427	245	194	433	1021	872	1635	55	105	48	12	11	232
Mean Score	2.56	2.81 bcdefgh	2.58	2.49	2.58	2.54	2.50	2.58	2.53	2.53	2.79 a	2.85 a	2.57	2.57	3.00	2.77 a
Standard Deviation	.908	.910	.890	.910	.879	.978	.893	.907	.908	.903	.894	.854	.980	.881	1.028	.902
Standard Error	.021	.070	.043	.043	.056	.069	.045	.028	.031	.022	.116	.081	.135	.244	.297	.057
Error variance	*	*	*	*	*	*	*	*	*	*	.01	.01	.02	.06	.09	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self				
		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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
		a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	280 14%	162 13%	51 15%	45 13%	96 14%	16 28%	13 22%	82 16%	162 12%	7 11%	110 18%	255 14%	22 11%	34 11%	154 14%	83 15%	10 13%	246 14%
Tend to agree (3.0)	759 37%	446 35%	135 41%	149 44%	284 42%	16 29%	24 40%	181 36%	520 39%	18 27%	221 36%	696 39%	52 27%	116 38%	380 35%	238 42%	25 32%	643 37%
Tend to disagree (2.0)	587 29%	398 32%	83 25%	88 26%	171 25%	12 20%	11 18%	142 28%	406 30%	16 24%	165 27%	508 28%	61 31%	90 29%	327 30%	143 25%	28 36%	497 29%
Strongly disagree (1.0)	266 13%	171 14%	46 14%	41 12%	87 13%	4 7%	8 13%	61 12%	183 14%	10 16%	73 12%	224 13%	36 18%	42 14%	150 14%	68 12%	6 8%	225 13%
Don't know	136 7%	85 7%	18 5%	19 6%	37 6%	9 15%	4 7%	37 7%	72 5%	14 22%	50 8%	99 6%	25 13%	25 8%	67 6%	35 6%	9 11%	111 6%
NET: Agree	1039 51%	608 48%	186 56%	194 57%	380 56%	32 57%	37 62%	263 52%	683 51%	25 38%	332 54%	951 53%	74 38%	150 49%	534 50%	321 57%	34 45%	889 52%
NET: Disagree	853 42%	569 45%	129 39%	129 38%	258 38%	16 28%	19 31%	203 40%	590 44%	26 40%	238 38%	732 41%	97 49%	131 43%	477 44%	212 37%	33 44%	722 42%
Base for stats	1893	1176	315	323	638	48	55	466	1272	51	569	1683	171	281	1011	533	68	1611
Mean Score	2.56	2.51	2.61	2.61	2.61	2.91	2.76	2.61	2.52	2.43	2.65	2.58	2.35	2.51	2.53	2.63	2.57	2.57
Standard Deviation	.908	.903	.925	.879	.902	.964	.970	.924	.891	.975	.934	.902	.955	.889	.923	.895	.846	.911
Standard Error	.021	.025	.057	.053	.039	.136	.125	.044	.025	.130	.040	.022	.074	.052	.029	.040	.101	.023
Error variance	*	*	*	*	*	.02	.02	*	*	.02	*	*	.01	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	280	169	30	46	24	181	94	5	219	61	245	31
		14%	12%	15%	13%	29%	13%	16%	10%	14%	15%	14%	10%
			b			abdef							
Tend to agree	(3.0)	759	523	71	112	25	544	192	13	607	152	661	93
		37%	38%	35%	32%	32%	39%	33%	29%	38%	37%	39%	31%
			b				be					b	
Tend to disagree	(2.0)	587	424	52	112	21	398	176	9	452	135	493	91
		29%	30%	25%	32%	27%	29%	30%	19%	28%	32%	29%	30%
			a										
Strongly disagree	(1.0)	266	190	38	58	6	173	88	13	220	46	203	61
		13%	14%	19%	16%	7%	13%	15%	28%	14%	11%	12%	20%
			a	cd	c				bcde			a	a
Don't know		136	86	13	25	4	85	34	6	114	22	104	24
		7%	6%	6%	7%	5%	6%	6%	14%	7%	5%	6%	8%
								de					
NET: Agree		1039	692	101	159	49	724	286	18	826	213	906	124
		51%	50%	49%	45%	61%	52%	49%	39%	51%	51%	53%	41%
			b			bef	b					b	
NET: Disagree		853	614	91	170	27	570	265	22	672	182	696	152
		42%	44%	44%	48%	34%	41%	45%	47%	42%	44%	41%	51%
			a		cd								a
Base for stats		1893	1306	192	329	76	1295	551	40	1498	395	1602	276
Mean Score		2.56	2.51	2.48	2.45	2.87	2.57	2.53	2.25	2.55	2.58	2.59	2.34
			b			abdef	bf					b	
Standard Deviation		.908	.894	.984	.939	.947	.890	.955	1.052	.913	.888	.895	.949
Standard Error		.021	.025	.070	.053	.107	.025	.041	.164	.024	.045	.023	.056
Error variance		*	*	*	*	.01	*	*	.03	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	280 14%	27 7%	20 12%	29 11%	41 13%	32 15%	42 20%	11 12%	78 23%	101 13%	131 20%	148 21%	44 8%	84 11%	236 16%	17 8%	243 17%	18 8%
			a		a	a	abcdi		abcdegi	a	abcdi	bc			b		b	
Tend to agree (3.0)	759 37%	107 27%	61 35%	103 38%	144 46%	92 42%	87 42%	43 45%	122 35%	339 42%	252 39%	302 44%	176 33%	274 35%	590 40%	58 26%	575 39%	62 27%
			a	a	abchj	a	a	a	a	ahj	a	bc			b		b	
Tend to disagree (2.0)	587 29%	148 37%	54 31%	88 32%	78 25%	58 27%	48 23%	25 26%	88 25%	224 28%	161 25%	156 22%	189 36%	238 31%	411 28%	67 30%	398 27%	72 32%
			defhij		fj								a	a				
Strongly disagree (1.0)	266 13%	83 21%	25 15%	37 14%	24 8%	25 11%	22 11%	14 15%	37 11%	85 11%	73 11%	60 9%	88 17%	116 15%	167 11%	65 30%	171 12%	61 27%
			cdefhij	d	d			d					a	a		a		a
Don't know	136 7%	37 9%	13 7%	15 6%	24 8%	12 5%	11 5%	2 2%	23 7%	51 6%	35 5%	28 4%	34 6%	61 8%	78 5%	13 6%	80 5%	15 7%
			gi		g									a				
NET: Agree	1039 51%	134 33%	82 47%	132 49%	185 59%	123 57%	129 61%	54 57%	200 58%	440 55%	383 59%	450 65%	220 41%	358 46%	826 56%	76 34%	818 56%	79 35%
			a	a	abc	a	abc	a	abc	a	abc	bc			b		b	
NET: Disagree	853 42%	231 57%	80 46%	124 46%	102 33%	83 38%	70 33%	39 41%	125 36%	309 39%	234 36%	216 31%	277 52%	353 46%	579 39%	132 60%	569 39%	133 58%
			bcdefghij	dfhj	dfhij								ac	a		a		a
Base for stats	1893	365	162	256	286	206	199	93	325	749	617	665	496	711	1404	208	1387	213
Mean Score	2.56	2.21	2.48	2.48	2.70	2.63	2.75	2.56	2.74	2.61	2.72	2.81	2.35	2.46	2.64	2.13	2.64	2.17
			a	a	abc	a	abci	a	abci	ac	abci	bc		b	b		b	
Standard Deviation	.908	.878	.907	.875	.813	.884	.917	.891	.948	.859	.931	.884	.872	.901	.898	.956	.910	.940
Standard Error	.021	.046	.071	.055	.048	.061	.064	.094	.053	.031	.038	.034	.039	.034	.024	.067	.024	.065
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	280 14%	224 18% b	25 8%	236 17% b	16 6%	193 18% b	44 9%
Tend to agree (3.0)	759 37%	526 41% b	82 27%	539 40% b	71 28%	447 41% b	144 30%
Tend to disagree (2.0)	587 29%	315 25%	110 36% a	350 26%	99 38% a	269 25%	161 34% a
Strongly disagree (1.0)	266 13%	141 11%	72 23% a	153 11%	60 23% a	113 10%	100 21% a
Don't know	136 7%	68 5%	18 6%	76 6%	10 4%	61 6%	26 5%
NET: Agree	1039 51%	750 59% b	107 35%	775 57% b	88 34%	640 59% b	189 40%
NET: Disagree	853 42%	457 36%	182 59% a	503 37%	159 62% a	382 35%	261 55% a
Base for stats	1893	1207	289	1278	246	1022	449
Mean Score	2.56	2.69 b	2.21	2.67 b	2.18	2.70 b	2.30
Standard Deviation	.908	.906	.916	.911	.876	.899	.923
Standard Error	.021	.026	.054	.025	.056	.028	.044
Error variance	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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%															
Unweighted Total	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	275 14%	131 13%	140 14%	100 16% c	84 13%	91 12%	15 15%	36 14%	27 14%	30 14%	20 12%	26 12%	48 15%	51 15%	21 10%
Tend to agree (3.0)	593 29%	271 27%	320 31%	171 28%	194 29%	228 30%	24 24%	69 26%	67 34%	67 31%	54 31%	57 26%	91 29%	94 29%	71 34%
Tend to disagree (2.0)	641 32%	323 33%	315 31%	182 30%	192 29%	267 35% ab	32 32%	84 32%	56 28%	61 28%	54 31%	79 35%	98 31%	103 31%	74 36%
Strongly disagree (1.0)	432 21%	221 22%	210 20%	129 21%	166 25% c	137 18%	25 26%	64 24%	40 20%	49 23%	33 19%	55 24%	66 21%	64 19%	36 18%
Don't know	89 4%	42 4%	43 4%	32 5%	28 4%	29 4%	2 2%	10 4%	10 5%	10 4%	12 7% i	7 3%	15 5%	17 5%	5 2%
NET: Agree	868 43%	402 41%	460 45%	271 44%	278 42%	319 42%	39 39%	105 40%	95 47%	96 45%	74 43%	83 37%	139 44%	145 44%	92 45%
NET: Disagree	1073 53%	544 55%	526 51%	311 51%	358 54%	404 54%	57 58%	148 56%	96 48%	110 51%	87 50%	133 59% c	164 52%	167 51%	110 53%
Base for stats	1940	946	985	582	636	722	96	253	191	206	161	216	303	312	202
Mean Score	2.37	2.33	2.39	2.41	2.31	2.38	2.29	2.31	2.43	2.38	2.38	2.25	2.40	2.42	2.38
Standard Deviation	.980	.983	.975	1.016	.999	.932	1.032	1.003	.977	.999	.952	.968	.998	.992	.902
Standard Error	.022	.032	.031	.040	.039	.037	.104	.065	.071	.067	.073	.073	.056	.054	.067
Error variance	*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275	
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	275 14%	33 18% b	55 12%	60 13%	33 13%	28 13%	67 14%	147 13%	128 14%	242 14% d	10 17% d	16 13% d	1 1%	- -	1 9%	27 11% d	
Tend to agree (3.0)	593 29%	54 30%	132 29%	130 28%	70 27%	75 36% cdfg	133 28%	315 29%	278 30%	507 29%	12 21%	31 26%	20 38% b	5 30%	8 58%	75 29%	
Tend to disagree (2.0)	641 32%	50 27%	131 29%	157 34%	77 30%	65 32%	161 34%	338 31%	303 32%	550 32%	15 26%	43 37%	16 30%	8 50%	3 21%	85 33%	
Strongly disagree (1.0)	432 21%	40 22% cefh	119 26%	95 21%	67 26% efh	31 15%	80 17%	253 23% efh	179 19%	371 21%	18 31% c	21 18%	14 27%	2 14%	2 12%	56 22%	
Don't know	89 4%	6 3%	17 4%	21 4%	11 4%	7 4%	27 6%	43 4%	46 5%	69 4%	4 6%	7 6%	2 4%	1 6%	- -	13 5%	
NET: Agree	868 43%	87 48%	186 41%	189 41%	103 40%	103 50% bcdg	199 43%	462 42%	405 43%	750 43%	22 37%	46 40%	21 39%	5 30%	9 67%	103 40%	
NET: Disagree	1073 53%	90 49%	250 55% e	251 55%	144 56% e	96 47%	241 52%	591 54% e	482 52%	921 53%	33 57%	64 54%	30 57%	10 64%	5 33%	141 55%	
Base for stats	1940	176	437	440	247	200	440	1053	887	1671	54	110	50	15	14	244	
Mean Score	2.37	2.45	2.28	2.35	2.28	2.50 bdg	2.42 b	2.34 b	2.40 b	2.37	2.25	2.38	2.14	2.17	2.64	2.30	
Standard Deviation	.980	1.039	.999	.965	1.008	.920	.956	.992	.965	.984	1.102	.950	.852	.685	.842	.949	
Standard Error	.022	.078	.048	.045	.063	.064	.047	.030	.033	.024	.145	.088	.115	.171	.217	.059	
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.03	.05	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	275 14%	163 13%	44 13%	49 14%	93 14%	15 27%	11 18%	72 14%	166 12%	10 16%	98 16%	237 13%	31 16%	44 14%	133 12%	89 16%	9 12%	231 13%
Tend to agree (3.0)	593 29%	355 28%	87 26%	118 35%	206 30%	17 31%	22 37%	159 32%	377 28%	18 28%	198 32%	498 28%	78 40%	82 27%	321 30%	164 29%	25 33%	510 30%
Tend to disagree (2.0)	641 32%	429 34%	108 32%	84 25%	192 29%	11 19%	13 22%	149 30%	450 34%	18 27%	173 28%	581 33%	44 22%	109 36%	345 32%	169 30%	17 23%	531 31%
Strongly disagree (1.0)	432 21%	263 21%	80 24%	77 23%	157 23%	8 14%	10 17%	98 20%	307 23%	9 14%	116 19%	404 23%	26 13%	57 19%	236 22%	121 21%	18 23%	375 22%
Don't know	89 4%	51 4%	13 4%	14 4%	27 4%	5 9%	4 6%	25 5%	44 3%	11 16%	34 6%	62 3%	17 9%	14 5%	43 4%	24 4%	7 9%	74 4%
NET: Agree	868 43%	518 41%	131 39%	167 49%	299 44%	32 58%	32 55%	231 46%	543 40%	28 43%	296 48%	736 41%	109 56%	126 41%	454 42%	253 45%	34 45%	741 43%
NET: Disagree	1073 53%	692 55%	189 57%	161 47%	350 52%	19 33%	23 39%	247 49%	757 56%	27 41%	289 47%	985 55%	70 35%	166 54%	581 54%	290 51%	35 46%	906 53%
Base for stats	1940	1210	320	329	649	51	55	478	1300	55	585	1721	179	293	1034	544	70	1648
Mean Score	2.37	2.35	2.30	2.42	2.36	2.77	2.59	2.43	2.31	2.54	2.47	2.33	2.64	2.39	2.34	2.41	2.37	2.36
Standard Deviation	.980	.965	.995	1.007	1.003	1.048	1.002	.980	.971	.984	.992	.983	.935	.964	.968	1.008	1.012	.983
Standard Error	.022	.027	.061	.061	.043	.143	.129	.046	.027	.127	.042	.024	.070	.055	.030	.044	.119	.024
Error variance	*	*	*	*	*	.02	.02	*	*	.02	*	*	*	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space			
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317	
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	275	54	171	35	57	11	173	91	11	222	53	225	47
		14%	19%	12%	17%	16%	14%	13%	16%	25%	14%	13%	13%	16%
			b						d					
Tend to agree	(3.0)	593	81	416	49	117	30	398	181	11	486	107	506	80
		29%	28%	30%	24%	33%	37%	29%	31%	25%	30%	26%	30%	27%
			a			a								
Tend to disagree	(2.0)	641	83	438	55	103	23	450	172	7	495	146	540	97
		32%	29%	31%	27%	29%	28%	33%	29%	16%	31%	35%	32%	32%
							f	f						
Strongly disagree	(1.0)	432	60	309	54	58	14	307	114	11	333	99	370	58
		21%	21%	22%	26%	16%	18%	22%	19%	25%	21%	24%	22%	19%
					be		b							
Don't know		89	11	59	12	19	2	52	27	5	76	12	65	18
		4%	4%	4%	6%	5%	2%	4%	5%	10%	5%	3%	4%	6%
									d					
NET: Agree		868	135	587	85	174	41	571	272	23	708	160	731	127
		43%	47%	42%	41%	49%	52%	41%	46%	49%	44%	38%	43%	42%
						d			d		b			
NET: Disagree		1073	143	746	109	161	37	757	286	19	828	245	910	155
		53%	50%	54%	53%	45%	46%	55%	49%	41%	51%	59%	53%	52%
							be				a			
Base for stats		1940	278	1333	193	335	78	1328	558	41	1536	404	1641	282
Mean Score		2.37	2.46	2.34	2.34	2.52	2.49	2.33	2.45	2.55	2.39	2.28	2.36	2.41
						d			d					
Standard Deviation		.980	1.035	.971	1.074	.968	.960	.972	.993	1.177	.980	.977	.977	.996
Standard Error		.022	.062	.027	.076	.054	.107	.027	.042	.179	.025	.049	.024	.058
Error variance		*	*	*	.01	*	.01	*	*	.03	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	275 14%	83 21% cdefghij	34 19% cdefhij	32 12%	29 9%	23 10%	22 10%	9 10%	43 12%	84 10%	74 11%	83 12%	59 11%	128 17% ab	203 14%	38 17%	201 14%	33 14%
Tend to agree (3.0)	593 29%	151 38% cefg hij	59 34% fghj	82 30% fhj	97 31% fhj	62 28% j	44 21%	21 22%	76 22%	242 30% fhj	141 22%	188 27%	159 30%	237 31%	406 27%	72 33%	409 28%	77 34%
Tend to disagree (2.0)	641 32%	106 26%	55 32%	100 37% ag	101 32%	69 32%	79 38% ag	23 24%	108 31%	270 34% a	210 32% a	231 33%	167 32%	236 31%	481 32% b	54 25%	479 33%	62 27%
Strongly disagree (1.0)	432 21%	37 9%	18 10%	49 18% ab	67 21% ab	52 24% ab	59 28% abci	39 41% abcdefi	111 32% abcdei	168 21% ab	209 32% abcdei	176 25% bc	108 20%	148 19%	346 23%	47 21%	337 23%	47 21%
Don't know	89 4%	26 6% cfhj	9 5%	8 3%	17 6% j	12 5%	5 3%	2 3%	10 3%	37 5%	18 3%	16 2%	37 7% ac	24 3%	46 3%	9 4%	42 3%	9 4%
NET: Agree	868 43%	234 58% cdefghij	93 53% cdefghij	114 42% fhj	126 41% fj	85 39%	66 31%	30 32%	119 34%	325 41% fhj	215 33%	271 39%	218 41%	365 47% ab	609 41%	110 50% a	610 42%	110 48%
NET: Disagree	1073 53%	143 35%	73 42%	149 55% ab	167 54% ab	122 56% ab	138 66% abcdei	62 66% abdi	219 63% abc di	438 55% ab	419 64% abcdei	406 59% bc	275 52%	384 50%	828 56% b	101 46%	816 56% b	109 48%
Base for stats	1940	377	166	264	293	206	204	92	338	764	634	678	493	748	1437	212	1426	219
Mean Score	2.37	2.74 cdefghij	2.65 cdefghij	2.37 fghj	2.30 gj	2.27 g	2.14 g	2.00	2.15	2.32 fghj	2.13	2.26	2.34	2.46 ab	2.32	2.48 a	2.33	2.43
Standard Deviation	.980	.910	.922	.925	.928	.963	.959	1.034	1.022	.936	1.003	.980	.950	.993	.992	1.029	.989	.991
Standard Error	.022	.047	.071	.057	.054	.067	.066	.110	.056	.034	.040	.038	.043	.036	.026	.072	.026	.067
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	275 14%	153 12%	76 25% a	176 13%	55 21% a	147 14%	78 17%
Tend to agree (3.0)	593 29%	327 26%	113 37% a	368 27%	91 36% a	322 30%	126 27%
Tend to disagree (2.0)	641 32%	406 32% b	69 22%	430 32% b	60 23%	343 32%	143 30%
Strongly disagree (1.0)	432 21%	353 28% b	40 13%	343 25% b	42 16%	247 23%	106 22%
Don't know	89 4%	35 3%	9 3%	37 3%	9 3%	25 2%	22 5% a
NET: Agree	868 43%	481 38%	189 62% a	544 40%	146 57% a	469 43%	205 43%
NET: Disagree	1073 53%	759 60% b	108 35%	773 57% b	102 40%	590 54%	248 52%
Base for stats	1940	1240	298	1317	248	1058	453
Mean Score	2.37	2.23	2.76 a	2.29	2.65 a	2.35	2.39
Standard Deviation	.980	.996	.983	.996	1.006	.986	1.026
Standard Error	.022	.028	.057	.027	.064	.030	.049
Error variance	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	610 30%	311 31%	295 29%	227 37% bc	207 31% c	177 24%	35 36%	85 32%	57 28%	70 32%	47 27%	62 28%	110 35% h	89 27%	55 27%
Tend to agree (3.0)	626 31%	284 29%	339 33% a	195 32%	205 31%	226 30%	26 27%	71 27%	70 35%	61 28%	52 30%	67 30%	107 34%	106 32%	65 31%
Tend to disagree (2.0)	467 23%	235 24%	232 23%	116 19%	147 22%	204 27% ab	26 26%	64 24%	40 20%	55 25%	46 27% g	53 24% g	57 18%	74 22%	53 26% g
Strongly disagree (1.0)	236 12%	118 12%	117 11%	49 8%	68 10%	119 16% ab	10 10%	31 12%	25 13%	23 10%	19 11%	33 15% g	26 8%	43 13% g	27 13%
Don't know	89 4%	41 4%	45 4%	28 5%	36 5%	25 3%	2 2%	12 5%	8 4%	7 3%	8 5%	9 4%	18 6%	19 6%	7 4%
NET: Agree	1236 61%	594 60%	634 62%	421 69% bc	412 62% c	403 54%	61 62%	156 59%	128 64%	131 61%	100 57%	129 58%	217 68% befhi	195 59%	120 58%
NET: Disagree	703 35%	353 36%	349 34%	165 27%	216 32% a	323 43% ab	35 36%	95 36% g	65 32%	77 36% g	66 38% g	86 38% g	83 26%	116 35% g	80 39% g
Base for stats	1940	947	983	586	627	727	96	251	192	209	165	215	300	311	199
Mean Score	2.83	2.83	2.83	3.02 bc	2.88 c	2.64	2.90	2.83	2.83	2.86	2.77	2.74	3.01 bcefhi	2.77	2.74
Standard Deviation	1.007	1.023	.991	.959	.993	1.023	1.015	1.033	1.001	1.007	.995	1.041	.950	1.011	1.009
Standard Error	.023	.034	.031	.038	.040	.040	.102	.068	.072	.067	.075	.079	.053	.055	.075
Error variance	*	*	*	*	*	*	.01	*	.01	*	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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
			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																	
Unweighted Total		2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total		2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	610 30%	72 40% cdefh	155 34% dfh	139 30%	67 26%	56 27%	120 26%	366 33% dfh	244 26%	495 28%	27 47% a	50 43% a	18 34%	5 28%	7 52%	107 41% a
Tend to agree	(3.0)	626 31%	53 29%	154 34% f	141 31%	90 35% f	60 29%	129 28%	348 32%	278 30%	544 31%	14 24%	38 33%	12 22%	5 34%	4 30%	74 29%
Tend to disagree	(2.0)	467 23%	30 17%	88 19%	111 24% a	60 23%	50 24%	128 27% abg	229 21%	238 26% abg	421 24% cg	9 15%	12 10%	14 27% cg	2 15%	1 9%	38 15%
Strongly disagree	(1.0)	236 12%	20 11%	39 8%	46 10%	29 11%	29 14% bg	74 16% bcg	104 9%	132 14% bcg	216 12% cg	4 7%	7 6%	3 7%	3 16%	1 9%	18 7%
Don't know		89 4%	7 4%	17 4%	25 5%	12 5%	12 6%	17 4%	49 4%	40 4%	64 4%	4 7%	9 8% a	5 10% a	1 7%	-	20 8% a
NET: Agree		1236 61%	125 69% efh	309 68% cdefh	280 61% f	157 61%	116 56%	249 53%	714 65% efh	522 56%	1040 60%	41 71%	88 76% ad	29 56%	10 62%	11 82%	180 70% ad
NET: Disagree		703 35%	50 27%	127 28%	156 34%	89 35%	79 38% abg	202 43% abcdg	333 30%	370 40% abcg	637 37% bcg	13 22%	19 17%	17 33% c	5 31%	3 18%	57 22%
Base for stats		1940	175	436	436	246	195	451	1047	893	1676	54	108	47	15	14	237
Mean Score		2.83	3.02 defh	2.98 defh	2.86 fh	2.79	2.73	2.65	2.93 defh	2.71	2.79	3.20 a	3.22 a	2.93	2.80	3.25	3.13 a
Standard Deviation		1.007	1.021	.956	.986	.976	1.038	1.043	.981	1.025	1.008	.967	.898	.994	1.092	.993	.954
Standard Error		.023	.077	.046	.046	.062	.073	.051	.030	.035	.025	.127	.084	.139	.273	.256	.060
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.02	.07	.07	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	610 30%	349 28%	122 37%	116 34%	238 35%	21 37%	19 32%	149 30%	403 30%	19 28%	189 30%	565 32%	42 22%	75 24%	311 29%	201 35%	23 30%	535 31%
			a	a	a							b			ab		a	
Tend to agree (3.0)	626 31%	392 31%	88 26%	113 33%	201 30%	14 24%	18 30%	152 30%	422 31%	19 29%	184 30%	570 32%	42 21%	102 33%	325 30%	173 30%	25 33%	523 30%
												b						
Tend to disagree (2.0)	467 23%	311 25%	75 22%	64 19%	139 21%	10 18%	15 26%	120 24%	312 23%	10 15%	146 24%	406 23%	49 25%	78 26%	258 24%	118 21%	13 17%	389 23%
			c															
Strongly disagree (1.0)	236 12%	159 13%	35 11%	35 10%	71 11%	7 12%	4 6%	64 13%	154 11%	7 11%	75 12%	181 10%	46 24%	33 11%	145 13%	51 9%	7 9%	203 12%
												a			c			
Don't know	89 4%	50 4%	13 4%	14 4%	27 4%	5 9%	3 6%	18 4%	53 4%	11 16%	26 4%	61 3%	16 8%	18 6%	38 4%	24 4%	9 11%	71 4%
										bcd			a				bce	
NET: Agree	1236 61%	741 59%	210 63%	229 67%	439 65%	35 62%	37 62%	301 60%	825 61%	38 58%	373 60%	1135 64%	85 43%	177 58%	636 59%	374 66%	48 63%	1059 61%
				a	a							b			ab			
NET: Disagree	703 35%	470 37%	110 33%	99 29%	209 31%	17 30%	19 32%	185 37%	466 35%	17 26%	220 36%	586 33%	96 49%	111 36%	403 37%	170 30%	20 26%	592 34%
			cd										a		cd			
Base for stats	1940	1211	320	328	648	51	56	486	1291	55	593	1721	180	289	1039	544	68	1651
Mean Score	2.83	2.77	2.93	2.94	2.93	2.95	2.93	2.79	2.83	2.90	2.82	2.88	2.45	2.76	2.77	2.96	2.95	2.84
			a	a	a							b			abe			
Standard Deviation	1.007	1.009	1.027	.990	1.008	1.066	.945	1.021	1.002	1.027	1.018	.985	1.114	.966	1.027	.983	.965	1.014
Standard Error	.023	.028	.063	.060	.043	.145	.122	.048	.028	.134	.042	.024	.084	.056	.032	.043	.115	.025
Error variance	*	*	*	*	*	.02	.01	*	*	.02	*	*	.01	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	610 30%	101 35%	428 31%	62 30%	87 25%	28 35%	435 32%	164 28%	12 26%	519 32%	91 22%	518 30%	86 29%
Tend to agree (3.0)	626 31%	84 29%	423 30%	64 31%	102 29%	18 23%	429 31%	173 30%	9 20%	491 30%	135 32%	530 31%	92 31%
Tend to disagree (2.0)	467 23%	72 25%	308 22%	42 20%	95 27%	24 30%	305 22%	151 26%	7 16%	357 22%	110 26%	401 23%	64 21%
Strongly disagree (1.0)	236 12%	22 8%	178 13%	30 15%	49 14%	4 5%	158 11%	71 12%	12 25%	176 11%	60 14%	190 11%	42 14%
Don't know	89 4%	10 4%	55 4%	8 4%	21 6%	5 7%	53 4%	26 5%	6 13%	69 4%	20 5%	67 4%	15 5%
NET: Agree	1236 61%	185 64%	851 61%	126 61%	189 53%	47 58%	864 63%	337 58%	21 46%	1010 63%	226 54%	1048 61%	179 59%
NET: Disagree	703 35%	94 32%	486 35%	72 35%	144 41%	28 35%	462 34%	222 38%	19 42%	533 33%	170 41%	591 35%	106 35%
Base for stats	1940	278	1337	198	333	75	1326	559	40	1543	396	1640	285
Mean Score	2.83	2.95	2.82	2.80	2.68	2.95	2.86	2.77	2.53	2.88	2.65	2.84	2.78
Standard Deviation	1.007	.966	1.026	1.047	1.018	.959	1.007	1.010	1.210	1.005	.996	1.000	1.038
Standard Error	.023	.058	.028	.073	.057	.109	.028	.043	.187	.026	.051	.025	.060
Error variance	*	*	*	.01	*	.01	*	*	.03	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	610	86	52	83	102	73	67	30	119	258	215	190	67	348	522	44	523	35
	30%	21%	30%	31%	33%	33%	32%	32%	34%	32%	33%	27%	13%	45%	35%	20%	36%	15%
			a	a	a	a	a	a	a	a	a	b		ab	b		b	
Tend to agree (3.0)	626	105	60	106	91	74	68	29	93	272	190	211	143	267	480	43	480	61
	31%	26%	34%	39%	29%	34%	32%	31%	27%	34%	29%	30%	27%	35%	32%	20%	33%	27%
			a	adhj	a	a	a	a	ahj	ahj	a	b		b	b		b	
Tend to disagree (2.0)	467	99	46	64	74	45	45	14	80	183	140	181	181	103	308	58	290	62
	23%	25%	26%	24%	24%	21%	22%	15%	23%	23%	21%	26%	34%	13%	21%	26%	20%	27%
			g									c	ac					a
Strongly disagree (1.0)	236	84	10	9	25	22	24	19	42	57	85	93	97	39	125	63	132	60
	12%	21%	6%	3%	8%	10%	12%	20%	12%	7%	13%	13%	18%	5%	8%	29%	9%	26%
		bcdefhij			c	c	ci	bcdei	bci	c	bcdi	c	ac		a	a	a	a
Don't know	89	29	7	9	18	4	6	2	14	31	22	19	41	16	47	13	43	10
	4%	7%	4%	3%	6%	2%	3%	3%	4%	4%	3%	3%	8%	2%	3%	6%	3%	4%
		cefij		e								ac						
NET: Agree	1236	190	112	189	193	147	134	59	212	529	405	401	210	615	1002	87	1004	96
	61%	47%	64%	70%	62%	67%	64%	62%	61%	66%	62%	58%	40%	80%	68%	39%	68%	42%
		a	a	ahj	a	a	a	a	a	a	a	b		ab	b		b	
NET: Disagree	703	183	56	73	100	67	70	33	122	240	225	274	278	142	433	121	421	122
	35%	45%	32%	27%	32%	31%	33%	35%	35%	30%	35%	39%	52%	18%	29%	55%	29%	54%
		bcdefhij							c		c	c	ac		a		a	a
Base for stats	1940	373	168	262	293	214	204	92	334	769	630	675	488	757	1435	208	1425	218
Mean Score	2.83	2.52	2.91	3.00	2.92	2.92	2.87	2.76	2.86	2.95	2.85	2.74	2.37	3.22	2.97	2.33	2.98	2.32
		a	a	agj	a	a	a	a	a	a	a	b		ab	b		b	
Standard Deviation	1.007	1.078	.907	.839	.973	.981	1.005	1.118	1.042	.931	1.041	1.017	.952	.868	.963	1.120	.970	1.044
Standard Error	.023	.056	.070	.052	.057	.067	.070	.119	.057	.033	.042	.039	.043	.032	.025	.079	.026	.071
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	610 30%	497 39% b	37 12%	520 38% b	35 14%	425 39% b	82 17%
Tend to agree (3.0)	626 31%	409 32% b	65 21%	439 32% b	49 19%	341 32%	128 27%
Tend to disagree (2.0)	467 23%	240 19%	97 32% a	268 20%	76 30% a	206 19%	134 28% a
Strongly disagree (1.0)	236 12%	100 8%	94 31% a	97 7%	85 33% a	79 7%	113 24% a
Don't know	89 4%	29 2%	13 4% a	31 2%	11 4%	32 3%	18 4%
NET: Agree	1236 61%	906 71% b	103 33%	959 71% b	84 33%	767 71% b	210 44%
NET: Disagree	703 35%	340 27%	191 62% a	365 27%	161 63% a	285 26%	247 52% a
Base for stats	1940	1246	294	1324	246	1051	457
Mean Score	2.83	3.05 b	2.16	3.04 b	2.14	3.06 b	2.39
Standard Deviation	1.007	.954	1.015	.942	1.052	.948	1.047
Standard Error	.023	.027	.059	.026	.067	.029	.049
Error variance	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	434 21%	191 19%	241 23% a	144 23%	143 21%	148 20%	18 18%	73 28% deh	42 21%	42 19%	27 15%	45 20%	79 25% e	62 19%	46 22%
Tend to agree (3.0)	693 34%	323 33%	364 35%	223 36%	229 34%	241 32%	40 41% f	84 32%	72 36%	75 35%	75 43% bfh	64 28%	110 35%	102 31%	71 34%
Tend to disagree (2.0)	502 25%	270 27% b	230 22%	136 22%	181 27% a	185 25%	24 24%	60 23%	46 23%	51 24%	47 27%	59 27%	80 25%	87 27%	48 23%
Strongly disagree (1.0)	322 16%	167 17%	154 15%	80 13%	88 13%	154 20% ab	15 15%	41 16%	32 16%	33 15%	19 11%	50 22% eg	33 10%	59 18% eg	40 19% eg
Don't know	79 4%	37 4%	40 4%	32 5%	23 3%	24 3%	2 2%	5 2%	9 5% i	15 7% abfi	5 3%	5 2%	15 5% i	19 6% bi	2 1%
NET: Agree	1127 56%	514 52%	605 59% a	367 60% c	371 56%	389 52%	58 59%	157 60% fh	113 56%	117 54%	102 59% h	109 49%	189 60% fh	165 50%	117 57%
NET: Disagree	824 41%	437 44% b	384 37%	216 35%	269 41% a	339 45% a	39 39%	101 38%	78 39%	84 39%	66 38%	110 49% bcdeg	113 36%	146 44% g	87 42%
Base for stats	1950	951	989	583	641	727	96	258	191	200	168	219	303	311	204
Mean Score	2.64	2.56	2.70	2.74	2.66	2.53	2.63	2.74 fh	2.64	2.63	2.65	2.48	2.78 fh	2.54	2.60
Standard Deviation	1.003	1.000	1.005	.981	.972	1.039	.962	1.041	1.003	.993	.880	1.063	.957	1.016	1.040
Standard Error	.023	.033	.032	.039	.038	.041	.097	.067	.072	.068	.066	.080	.054	.055	.076
Error variance	*	*	*	*	*	*	.01	*	.01	*	*	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275	
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	434	49	90	99	49	37	110	238	196	352	13	37	13	5	5	73
		21%	27% de	20%	22%	19%	18%	24%	22%	21%	20%	23%	31% a	24%	34%	35%	28% a
Tend to agree	(3.0)	693	62	166	150	85	77	153	378	315	599	21	41	14	2	6	84
		34%	34%	37%	33%	33%	37%	33%	34%	34%	34%	36%	35%	26%	14%	46%	33%
Tend to disagree	(2.0)	502	34	110	117	77	61	103	261	241	438	8	26	16	6	2	58
		25%	19%	24%	25%	30% afg	29% af	22%	24%	26% a	25% b	14%	23%	31% b	36%	15%	23%
Strongly disagree	(1.0)	322	30	71	77	37	27	79	179	143	294	13	8	4	1	-	26
		16%	17%	16%	17%	14%	13%	17%	16%	15%	17% cg	23% cdg	7%	7%	9%	-	10%
Don't know		79	6	16	18	11	5	22	40	38	58	3	5	6	1	1	16
		4%	3%	4%	4%	4%	3%	5%	4%	4%	3%	5%	5%	11% a	6%	5%	6% a
NET: Agree		1127	111	256	249	134	114	263	616	511	951	34	78	26	8	11	157
		56%	61%	56%	54%	52%	55%	56%	56%	55%	55%	58%	66% ad	50%	48%	80%	61%
NET: Disagree		824	65	181	194	113	88	182	440	384	731	21	34	20	7	2	84
		41%	36%	40%	42%	44%	43%	39%	40%	41%	42% cg	36%	29%	38%	46%	15%	33%
Base for stats		1950	176	437	443	247	202	445	1056	894	1683	55	112	46	15	13	241
Mean Score		2.64	2.73	2.63	2.61	2.59	2.61	2.66	2.64	2.63	2.60	2.62	2.95 ab	2.76	2.78	3.21	2.84 a
Standard Deviation		1.003	1.049	.986	1.018	.967	.936	1.038	1.010	.996	1.004	1.103	.920	.952	1.081	.716	.977
Standard Error		.023	.079	.047	.047	.061	.065	.051	.031	.034	.025	.145	.085	.133	.270	.191	.061
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.07	.04	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self				
		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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
		a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	434 21%	259 21%	71 21%	84 25%	155 23%	24 43%	17 29%	165 33%	215 16%	13 19%	207 33%	367 21%	58 30%	60 20%	220 20%	133 23%	21 27%	374 22%
Tend to agree (3.0)	693 34%	426 34%	108 32%	127 37%	236 35%	14 25%	27 46%	178 35%	445 33%	29 43%	219 35%	614 34%	60 30%	107 35%	366 34%	193 34%	26 34%	585 34%
Tend to disagree (2.0)	502 25%	304 24%	97 29%	82 24%	179 26%	8 15%	11 18%	81 16%	395 29%	7 11%	100 16%	454 25%	40 20%	71 23%	270 25%	142 25%	19 25%	431 25%
Strongly disagree (1.0)	322 16%	228 18%	44 13%	37 11%	81 12%	6 10%	4 6%	63 12%	243 18%	7 10%	72 12%	289 16%	26 13%	54 18%	186 17%	76 13%	6 7%	268 16%
Don't know	79 4%	44 3%	13 4%	12 3%	25 4%	4 7%	- -	18 3%	47 3%	10 16%	21 3%	59 3%	13 6%	14 5%	35 3%	24 4%	5 7%	64 4%
NET: Agree	1127 56%	685 54%	179 54%	212 62%	390 58%	38 68%	45 76%	342 68%	660 49%	41 63%	426 69%	981 55%	118 60%	167 55%	587 54%	326 57%	47 61%	959 56%
NET: Disagree	824 41%	532 42%	141 42%	119 35%	260 39%	14 25%	14 24%	144 29%	638 47%	14 21%	172 28%	743 42%	66 34%	125 41%	456 42%	218 38%	24 32%	699 41%
Base for stats	1950	1217	320	331	651	52	59	486	1298	55	598	1724	184	292	1043	544	71	1658
Mean Score	2.64	2.59	2.64	2.78	2.71	3.09	2.99	2.92	2.49	2.86	2.94	2.61	2.81	2.59	2.60	2.70	2.87	2.64
Standard Deviation	1.003	1.022	.975	.952	.965	1.033	.861	1.008	.978	.915	.996	.999	1.038	1.012	1.010	.990	.930	1.002
Standard Error	.023	.028	.060	.057	.041	.139	.108	.047	.027	.119	.041	.024	.077	.058	.031	.043	.109	.025
Error variance	*	*	*	*	*	.02	.01	*	*	.01	*	*	.01	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	434	269	57	110	24	249	170	18	354	80	366	62
		21%	19%	28%	31%	31%	18%	29%	39%	22%	19%	21%	21%
		b	d	d	d	d	d	d	d				
Tend to agree	(3.0)	693	467	78	113	31	465	207	12	562	130	579	107
		34%	34%	38%	32%	39%	34%	35%	27%	35%	31%	34%	36%
Tend to disagree	(2.0)	502	375	36	69	15	377	114	5	388	115	430	69
		25%	27%	18%	19%	19%	27%	20%	11%	24%	28%	25%	23%
		a	a				abef						
Strongly disagree	(1.0)	322	229	29	47	7	239	73	7	245	77	270	50
		16%	16%	14%	13%	8%	17%	13%	16%	15%	18%	16%	17%
		a	a				ce						
Don't know		79	52	7	16	3	49	20	4	63	16	61	12
		4%	4%	3%	5%	3%	4%	3%	8%	4%	4%	4%	4%
NET: Agree		1127	736	134	222	56	714	377	30	917	210	945	169
		56%	53%	65%	63%	70%	52%	64%	65%	57%	50%	55%	56%
		b	d	d	d	d	d	d		b			
NET: Disagree		824	604	65	116	22	617	187	12	633	191	700	120
		41%	43%	31%	33%	27%	45%	32%	26%	39%	46%	41%	40%
		a	a				abcef			a			
Base for stats	1950	282	1340	199	338	78	1331	565	42	1549	401	1645	288
Mean Score	2.64	2.91	2.58	2.82	2.84	2.95	2.54	2.84	2.96	2.66	2.53	2.63	2.62
		b	d	d	d	d	d	d	d	b			
Standard Deviation	1.003	.999	.994	1.006	1.029	.929	.991	.999	1.117	.999	1.015	1.003	1.008
Standard Error	.023	.059	.027	.070	.057	.104	.027	.042	.168	.025	.051	.025	.058
Error variance	*	*	*	*	*	.01	*	*	.03	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	434 21%	113 28% cdefhij	46 26% hj	52 19%	61 20%	45 21%	39 19%	22 23%	57 16%	158 20%	118 18%	133 19% b	68 13%	228 29% ab	330 22%	54 25%	322 22%	49 22%
Tend to agree (3.0)	693 34%	130 32%	66 38% ghj	134 49% abdefghij	105 34%	72 33%	66 31%	24 25%	96 28%	312 39% afghj	185 28%	215 31%	179 34%	288 37% a	497 34%	63 29%	501 34%	75 33%
Tend to disagree (2.0)	502 25%	89 22%	43 25%	58 21%	87 28%	58 26%	54 26%	18 19%	95 27%	203 25%	167 26%	205 30% c	143 27% c	152 20%	381 26%	47 21%	366 25%	54 24%
Strongly disagree (1.0)	322 16%	46 11%	15 9%	24 9%	41 13%	33 15% c	44 21% abcdi	28 30% abcdei	91 26% abcdei	97 12% abcdei	163 25% abcdei	129 19% c	104 20% c	85 11%	235 16%	45 20%	242 16%	39 17%
Don't know	79 4%	24 6% chj	5 3%	4 1%	16 5% c	11 5% c	7 3%	3 3%	9 2%	31 4% c	19 3%	12 2%	36 7% ac	20 3%	40 3%	11 5%	37 3%	10 4%
NET: Agree	1127 56%	242 60% fghj	112 64% defghj	186 69% defghij	166 53% hj	117 54% h	105 50%	45 48%	154 44%	469 59% fhj	304 47%	348 50%	247 47%	515 67% ab	828 56%	117 53%	823 56%	125 55%
NET: Disagree	824 41%	136 34%	58 33%	82 30%	128 41% ac	90 41% c	98 47% abci	46 49% abci	186 53% abcdei	300 38% c	330 51% abcdei	334 48% c	247 47% c	237 31%	615 41%	92 42%	608 41%	94 41%
Base for stats	1950	378	170	268	295	207	203	91	339	770	633	682	494	752	1443	209	1431	218
Mean Score	2.64	2.82 defghij	2.84 defghj	2.80 defghj	2.63 hj	2.62 hj	2.49	2.42	2.35	2.69 fghj	2.41	2.52	2.43	2.87 ab	2.64	2.61	2.63	2.62
Standard Deviation	1.003	.996	.925	.854	.963	.993	1.037	1.163	1.050	.937	1.063	1.011	.971	.971	1.007	1.093	1.011	1.027
Standard Error	.023	.052	.071	.052	.056	.069	.072	.124	.057	.034	.042	.039	.044	.036	.027	.077	.027	.070
Error variance	*	*	.01	*	*	*	.01	.02	*	*	*	*	*	*	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	434 21%	287 22%	72 23%	311 23%	45 17%	274 25% b	91 19%
Tend to agree (3.0)	693 34%	443 35% b	80 26%	463 34%	73 28%	388 36% b	124 26%
Tend to disagree (2.0)	502 25%	309 24%	83 27%	329 24%	76 30%	248 23%	135 28% a
Strongly disagree (1.0)	322 16%	204 16%	60 19%	218 16%	54 21%	151 14%	115 24% a
Don't know	79 4%	32 2%	13 4%	34 3%	9 3%	22 2%	11 2%
NET: Agree	1127 56%	730 57% b	151 49%	774 57% b	117 46%	662 61% b	215 45%
NET: Disagree	824 41%	514 40%	143 46% a	547 40%	130 51% a	399 37%	250 53% a
Base for stats	1950	1244	294	1320	248	1061	464
Mean Score	2.64	2.65	2.56	2.66 b	2.44	2.74 b	2.41
Standard Deviation	1.003	1.009	1.070	1.013	1.023	.997	1.063
Standard Error	.023	.029	.062	.028	.065	.031	.050
Error variance	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	160 8%	84 9%	73 7%	99 16% bc	46 7% c	14 2% a	7 7%	24 9% h	20 10% h	14 6%	13 8% h	15 7%	42 13% dfhi	12 4%	12 6%
Tend to agree (3.0)	405 20%	194 20%	207 20%	166 27% bc	147 22% c	92 12% a	16 16%	51 19%	46 23%	50 23%	33 19%	41 18%	69 22%	59 18%	39 19%
Tend to disagree (2.0)	694 34%	343 35%	349 34%	162 26% a	239 36% a	293 39% a	34 35%	76 29%	64 32%	76 35%	66 38% bg	83 37%	91 29%	129 39% bg	75 36%
Strongly disagree (1.0)	684 34%	333 34%	349 34%	149 24% a	214 32% a	321 43% ab	37 37%	102 39% d	65 32%	60 28%	56 32%	76 34%	99 31%	115 35%	73 35%
Don't know	87 4%	34 3%	50 5%	38 6% b	17 3%	32 4%	4 4%	11 4%	5 3%	15 7% ce	5 3%	9 4%	17 5%	14 4%	7 3%
NET: Agree	565 28%	278 28%	280 27%	266 43% bc	193 29% c	106 14% a	23 23%	75 28%	66 33% h	64 30% h	47 27%	56 25%	111 35% afhi	71 22%	51 25%
NET: Disagree	1378 68%	676 68%	698 68%	311 51%	453 68% a	614 82% ab	71 72% g	178 67%	129 64%	136 63%	122 70% g	159 71% g	190 60%	244 74% cdg	148 72% g
Base for stats	1942	955	979	576	646	719	93	253	196	200	169	215	301	316	200
Mean Score	2.02	2.03	2.00	2.37 bc	2.04 c	1.72	1.93	1.99	2.11 h	2.09 h	2.02	1.98	2.18 abfhi	1.90	1.95
Standard Deviation	.943	.952	.932	1.048	.919	.757	.930	.994	.984	.908	.924	.912	1.042	.837	.898
Standard Error	.021	.031	.030	.041	.036	.030	.095	.065	.070	.062	.069	.069	.058	.045	.067
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275	
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	160 8%	30 16% bcdefgh	38 8% f	30 7% f	22 8% f	19 9% f	21 4% f	98 9% fh	61 7% f	119 7% cg	8 14% a	21 18% a	6 11% ad	- - c	2 17% f	37 14% g	
Tend to agree (3.0)	405 20%	47 26% fh	98 22% fh	105 23% fh	57 22% fh	41 20% f	57 12% f	250 23% fh	154 17% f	340 20% cg	12 20% c	37 31% ad	6 11% d	5 29% e	3 21% f	62 24% g	
Tend to disagree (2.0)	694 34%	47 26% a	162 36% a	143 31% a	97 37% a	78 37% a	168 36% a	351 32% abdegh	343 37% d	614 35% cg	16 28% c	26 22% c	16 31% c	8 48% e	3 20% f	68 27% g	
Strongly disagree (1.0)	684 34%	55 30% d	145 32% d	160 35% d	71 28% d	63 30% d	190 41% abdegh	360 33% d	324 35% d	605 35% cg	19 33% c	25 21% c	21 39% c	3 17% e	5 37% f	73 28% g	
Don't know	87 4%	4 2% b	10 2% b	22 5% b	11 4% b	7 3% b	32 7% abg	36 3% bg	50 5% a	63 4% a	3 5% a	9 7% a	4 8% a	1 6% e	1 5% f	17 7% g	
NET: Agree	565 28%	77 42% bcdefgh	136 30% fh	135 29% fh	79 30% fh	60 29% f	77 17% f	349 32% fh	216 23% f	459 26% adg	20 34% c	58 49% adg	11 22% d	5 29% e	5 38% f	99 38% g	
NET: Disagree	1378 68%	101 56% a	306 68% a	304 66% a	168 65% a	140 68% a	358 77% abcdegh	711 65% a	666 71% acdgh	1219 70% cg	35 61% c	51 43% c	36 70% cg	11 65% e	8 57% f	141 55% g	
Base for stats	1942	178	443	439	247	200	435	1060	882	1678	55	108	48	15	13	240	
Mean Score	2.02	2.29 bcdefgh	2.07 fh	2.01 f	2.12 fh	2.08 f	1.79 f	2.08 fh	1.95 f	1.98	2.16	2.49 abd	1.93	2.12	2.18	2.26 ad	
Standard Deviation	.943	1.078	.944	.939	.928	.948	.844	.970	.905	.920	1.067	1.052	1.019	.714	1.183	1.055	
Standard Error	.021	.080	.045	.044	.058	.066	.042	.030	.031	.023	.139	.099	.141	.179	.316	.066	
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.03	.10	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
		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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710	
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	160 8%	70 6%	39 12%	38 11%	77 11%	13 24%	18 31%	35 7%	87 6%	6 9%	67 11%	143 8%	13 7%	19 6%	70 6%	62 11%	9 12%	141 8%	
			a	a	a	cdef	cdef				cd					abe			
Tend to agree (3.0)	405 20%	211 17%	85 25%	83 24%	168 25%	21 37%	21 36%	85 17%	258 19%	19 29%	127 21%	357 20%	37 19%	42 14%	197 18%	149 26%	17 22%	363 21%	
			a	a	a	cdf	cdf			cd						abe		a	
Tend to disagree (2.0)	694 34%	461 37%	95 28%	113 33%	207 31%	7 12%	13 21%	174 34%	486 36%	15 23%	193 31%	612 34%	67 34%	110 36%	384 36%	179 32%	21 28%	584 34%	
			bd					ab	abef		a								
Strongly disagree (1.0)	684 34%	471 37%	103 31%	99 29%	201 30%	12 21%	5 8%	186 37%	467 35%	14 21%	203 33%	609 34%	66 34%	121 39%	386 36%	155 27%	22 29%	563 33%	
			bcd			b		abe	abe	b	b			ce	c			c	
Don't know	87 4%	48 4%	12 4%	10 3%	22 3%	4 7%	2 3%	23 5%	46 3%	12 18%	29 5%	61 3%	13 7%	15 5%	42 4%	22 4%	8 10%	72 4%	
										bcd			a				bce		
NET: Agree	565 28%	281 22%	124 37%	121 35%	245 36%	34 60%	40 67%	120 24%	346 26%	25 38%	194 31%	500 28%	51 26%	61 20%	267 25%	211 37%	26 34%	503 29%	
			a	a	a	cdef	cdef			cd	cd					abe	a	ab	
NET: Disagree	1378 68%	932 74%	197 59%	211 62%	409 61%	18 33%	18 30%	360 71%	952 71%	29 45%	396 64%	1221 69%	133 68%	230 75%	769 71%	334 59%	43 56%	1147 67%	
			bcd					abef	abef		abe			cde	cde			c	
Base for stats	1942	1213	321	333	654	52	57	480	1298	54	590	1721	183	292	1036	546	69	1650	
Mean Score	2.02	1.90	2.19	2.18	2.18	2.68	2.93	1.94	1.97	2.30	2.10	2.02	1.99	1.86	1.95	2.22	2.18	2.05	
			a	a	a	cdf	cdef			cd	cd					abe	ab	ab	
Standard Deviation	.943	.885	1.019	.987	1.002	1.094	.944	.925	.910	.979	1.002	.946	.925	.894	.911	.984	1.034	.949	
Standard Error	.021	.025	.062	.059	.043	.148	.120	.043	.025	.128	.042	.023	.069	.051	.028	.043	.123	.023	
Error variance	*	*	*	*	*	.02	.01	*	*	.02	*	*	*	*	*	*	.02	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space			
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317	
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	160	47	87	26	23	22	86	66	4	133	27	137	20
		8%	16%	6%	13%	7%	27%	6%	11%	9%	8%	6%	8%	6%
			b		bd		abdef		bd					
Tend to agree	(3.0)	405	81	272	40	65	24	274	119	6	325	80	334	70
		20%	28%	20%	19%	18%	30%	20%	20%	14%	20%	19%	20%	23%
			b				bdf							
Tend to disagree	(2.0)	694	80	494	66	128	19	473	202	9	541	152	600	87
		34%	28%	35%	32%	36%	24%	34%	35%	20%	34%	37%	35%	29%
				a		cf		f	f				b	
Strongly disagree	(1.0)	684	71	484	62	122	13	494	175	21	544	140	575	105
		34%	25%	35%	30%	35%	16%	36%	30%	46%	34%	34%	34%	35%
				a	c	c		ce	c	ace				
Don't know		87	9	55	12	16	2	53	23	5	70	17	61	18
		4%	3%	4%	6%	4%	2%	4%	4%	11%	4%	4%	4%	6%
										cde				a
NET: Agree		565	128	359	66	88	46	360	186	10	457	107	471	90
		28%	44%	26%	32%	25%	57%	26%	32%	23%	28%	26%	28%	30%
			b				abdef		bd					
NET: Disagree		1378	151	978	128	251	33	967	377	30	1085	293	1175	192
		68%	52%	70%	62%	71%	41%	70%	64%	66%	67%	70%	69%	64%
				a	c	ace		ace	c	c				
Base for stats		1942	280	1337	194	338	78	1327	562	41	1542	400	1645	282
Mean Score		2.02	2.37	1.97	2.16	1.97	2.70	1.96	2.14	1.84	2.03	1.99	2.02	2.02
			b		bd		abdef		bd					
Standard Deviation		.943	1.040	.909	1.022	.909	1.058	.916	.989	1.041	.952	.907	.941	.949
Standard Error		.021	.062	.025	.072	.050	.118	.025	.042	.159	.024	.046	.023	.055
Error variance		*	*	*	.01	*	.01	*	*	.03	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	160 8%	20 5%	17 10%	17 6%	27 9%	17 8%	25 12%	5 5%	32 9%	62 8%	62 9%	89 13%	14 3%	53 7%	129 9%	12 5%	138 9%	8 3%
Tend to agree (3.0)	405 20%	54 13%	38 22%	66 24%	80 26%	47 22%	45 21%	20 21%	55 16%	194 24%	120 18%	143 21%	73 14%	183 24%	302 20%	31 14%	290 20%	40 17%
Tend to disagree (2.0)	694 34%	167 41%	63 36%	105 39%	95 31%	68 31%	63 30%	25 27%	107 31%	268 34%	196 30%	203 29%	213 40%	271 35%	487 33%	72 33%	479 33%	88 38%
Strongly disagree (1.0)	684 34%	135 33%	49 28%	72 27%	98 32%	74 34%	73 35%	40 43%	142 41%	245 31%	255 39%	243 35%	199 38%	237 31%	515 35%	98 44%	517 35%	86 38%
Don't know	87 4%	28 7%	7 4%	11 4%	10 3%	12 5%	3 2%	4 5%	12 3%	32 4%	19 3%	16 2%	30 6%	29 4%	50 3%	7 3%	44 3%	7 3%
NET: Agree	565 28%	73 18%	55 31%	83 31%	107 35%	65 30%	70 34%	24 26%	87 25%	255 32%	181 28%	232 33%	87 16%	236 31%	431 29%	43 20%	428 29%	47 21%
NET: Disagree	1378 68%	301 75%	112 64%	177 65%	193 62%	142 65%	136 65%	66 70%	249 72%	513 64%	451 69%	446 64%	413 78%	508 66%	1002 68%	170 77%	996 68%	173 76%
Base for stats	1942	375	167	261	301	206	206	90	336	768	633	678	500	744	1433	214	1424	221
Mean Score	2.02	1.89	2.13	2.11	2.12	2.04	2.11	1.87	1.93	2.09	1.98	2.12	1.80	2.07	2.03	1.80	2.03	1.86
Standard Deviation	.943	.838	.954	.888	.970	.961	1.027	.928	.982	.940	.992	1.040	.789	.919	.964	.890	.977	.831
Standard Error	.021	.044	.073	.055	.056	.067	.071	.099	.054	.034	.040	.040	.035	.034	.025	.062	.026	.056
Error variance	*	*	.01	*	*	*	.01	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	160 8%	137 11%	11 3%	131 10%	10 4%	120 11%	18 4%
Tend to agree (3.0)	405 20%	283 22%	37 12%	297 22%	28 11%	272 25%	48 10%
Tend to disagree (2.0)	694 34%	388 30%	113 37%	422 31%	92 36%	324 30%	176 37%
Strongly disagree (1.0)	684 34%	426 33%	140 45%	458 34%	121 47%	341 31%	222 47%
Don't know	87 4%	42 3%	7 2%	47 3%	6 2%	27 2%	10 2%
NET: Agree	565 28%	419 33%	48 16%	428 32%	38 15%	392 36%	67 14%
NET: Disagree	1378 68%	814 64%	252 82%	880 65%	213 83%	665 61%	398 84%
Base for stats	1942	1233	300	1308	251	1057	465
Mean Score	2.02	2.11	1.73	2.08	1.71	2.16	1.70
Standard Deviation	.943	1.004	.812	.986	.820	1.004	.809
Standard Error	.021	.029	.047	.027	.052	.031	.038
Error variance	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	355 17%	157 16%	196 19%	160 26% bc	116 17% c	79 11%	15 15%	51 20%	31 15%	32 15%	22 13%	39 17%	78 25% cdehi	56 17%	30 14%
Tend to agree (3.0)	661 33%	305 31%	351 34%	201 33%	236 36% c	224 30%	30 31%	69 26%	71 35% b	64 30%	59 34%	68 30%	110 35% b	114 35% b	75 36% b
Tend to disagree (2.0)	630 31%	349 35% b	280 27%	147 24%	193 29% a	289 38% ab	35 35% g	80 30%	69 34% g	64 30%	64 37% g	71 32%	78 25%	98 30%	71 34% g
Strongly disagree (1.0)	292 14%	139 14%	151 15%	66 11%	96 14% a	130 17% a	13 13%	48 18% cg	22 11%	39 18% cg	21 12%	41 18% cg	35 11%	48 15%	26 13%
Don't know	92 5%	37 4%	51 5%	41 7% bc	22 3%	29 4%	5 5%	15 6%	8 4%	16 8% fi	7 4%	5 2%	17 5%	14 4%	5 2%
NET: Agree	1016 50%	463 47%	547 53% a	361 59% bc	352 53% c	303 40%	45 47%	121 46%	102 51%	97 45%	81 47%	107 48%	188 59% abdefh	170 51%	105 51%
NET: Disagree	921 45%	488 49% b	430 42%	213 35%	289 44% a	419 56% ab	47 48% g	128 49% g	90 45% g	103 48% g	85 49% g	112 50% g	113 36%	146 44% g	97 47% g
Base for stats	1937	951	977	574	641	722	93	249	192	200	167	219	301	316	202
Mean Score	2.56	2.51	2.61	2.79	2.58	2.35	2.52	2.50	2.58	2.45	2.50	2.48	2.77 abcdefhi	2.56	2.54
Standard Deviation	.956	.935	.974	.975	.952	.899	.925	1.028	.891	.983	.881	.993	.964	.951	.897
Standard Error	.022	.031	.031	.039	.037	.035	.094	.067	.064	.068	.066	.075	.054	.051	.066
Error variance	*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275	
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	355 17%	53 29%	93 20%	82 18%	36 14%	45 22%	46 10%	228 21%	127 14%	281 16%	15 26%	30 26%	12 23%	4 28%	4 31%	66 26%
			bcd dfh	gh	fh	dfh	gh	gh	gh	gh		a	a			a	
Tend to agree	(3.0)	661 33%	56 31%	170 37%	157 34%	83 32%	63 30%	133 28%	383 35%	278 30%	567 33%	21 35%	41 35%	19 36%	3 18%	4 31%	88 34%
				fh				fh	fh	fh							
Tend to disagree	(2.0)	630 31%	49 27%	125 28%	137 30%	92 36%	62 30%	164 35%	311 28%	319 34%	565 32%	13 22%	24 20%	9 18%	7 42%	5 33%	57 22%
					abg			abg	bg	cdg							
Strongly disagree	(1.0)	292 14%	19 10%	50 11%	61 13%	34 13%	26 13%	101 22%	130 12%	161 17%	260 15%	6 11%	14 12%	8 16%	1 5%	1 5%	30 12%
							abcdeg	abg	abg	abg							
Don't know		92 5%	5 3%	16 4%	23 5%	13 5%	11 5%	24 5%	44 4%	48 5%	68 4%	4 6%	8 6%	4 7%	1 6%	- -	16 6%
NET: Agree		1016 50%	109 60%	262 58%	240 52%	119 46%	108 52%	178 38%	611 56%	405 43%	847 49%	35 61%	72 61%	31 59%	7 46%	9 62%	154 60%
			dfh	dfh	fh	f	fh	gh	dfh	dfh			a			a	
NET: Disagree		921 45%	68 37%	175 39%	199 43%	127 49%	88 43%	265 57%	441 40%	480 51%	825 47%	19 33%	38 32%	18 34%	8 48%	5 38%	87 34%
					abg			abcdeg	abceg	bcdg							
Base for stats	1937	177	437	438	245	196	443	1052	885	1672	54	109	49	15	14	241	
Mean Score	2.56	2.81	2.70	2.59	2.49	2.65	2.28	2.67	2.42	2.52	2.81	2.81	2.72	2.73	2.88	2.79	
		cd	dfh	fh	f	fh		dfh	f		a	a				a	
Standard Deviation	.956	.987	.931	.948	.907	.981	.930	.950	.946	.947	.970	.988	1.033	.981	.949	.983	
Standard Error	.022	.074	.045	.044	.057	.069	.046	.029	.032	.023	.127	.092	.142	.245	.245	.061	
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.06	.06	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self				
		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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
		a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	355 17%	196 16%	64 19%	77 23%	141 21%	15 27%	21 35%	80 16%	230 17%	9 13%	116 19%	323 18%	28 14%	44 14%	174 16%	122 21%	15 20%	311 18%
Tend to agree (3.0)	661 33%	402 32%	122 37%	112 33%	235 35%	16 29%	18 31%	162 32%	446 33%	19 29%	196 32%	597 33%	49 25%	102 33%	340 32%	193 34%	26 34%	559 32%
Tend to disagree (2.0)	630 31%	423 34%	88 26%	95 28%	183 27%	14 25%	16 27%	161 32%	425 32%	14 22%	190 31%	556 31%	60 31%	94 31%	365 34%	150 26%	21 27%	535 31%
Strongly disagree (1.0)	292 14%	197 16%	43 13%	40 12%	83 12%	8 14%	2 3%	82 16%	192 14%	8 12%	92 15%	237 13%	48 24%	51 17%	159 15%	73 13%	8 11%	241 14%
Don't know	92 5%	44 3%	16 5%	18 5%	33 5%	3 5%	3 4%	19 4%	52 4%	15 23%	24 4%	70 4%	12 6%	16 5%	40 4%	30 5%	6 8%	76 4%
NET: Agree	1016 50%	598 47%	187 56%	190 55%	376 56%	32 56%	39 66%	242 48%	675 50%	28 42%	313 50%	920 52%	76 39%	146 47%	514 48%	315 55%	41 54%	870 51%
NET: Disagree	921 45%	619 49%	131 39%	135 39%	265 39%	22 39%	18 30%	243 48%	617 46%	23 34%	282 46%	792 44%	108 55%	145 47%	524 49%	224 39%	29 38%	776 45%
Base for stats	1937	1217	317	324	642	54	57	485	1292	50	595	1712	184	291	1038	538	70	1647
Mean Score	2.56	2.49	2.66	2.70	2.68	2.73	3.03	2.50	2.55	2.56	2.57	2.59	2.30	2.48	2.51	2.67	2.69	2.57
Standard Deviation	.956	.946	.949	.968	.959	1.044	.888	.959	.949	.963	.973	.947	1.018	.950	.945	.972	.950	.957
Standard Error	.022	.026	.058	.059	.041	.139	.114	.045	.026	.130	.041	.023	.076	.055	.029	.043	.111	.024
Error variance	*	*	*	*	*	.02	.01	*	*	.02	*	*	.01	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space			
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317	
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	355	63	237	43	51	19	238	104	9	299	56	298	53
		17%	22%	17%	21%	15%	24%	17%	18%	19%	19%	13%	17%	18%
						b					b			
Tend to agree	(3.0)	661	100	450	60	111	26	458	187	7	527	134	565	92
		33%	35%	32%	29%	31%	33%	33%	32%	16%	33%	32%	33%	31%
						f	f	f	f					
Tend to disagree	(2.0)	630	76	448	54	98	23	450	164	8	487	143	536	87
		31%	26%	32%	26%	28%	29%	33%	28%	18%	30%	34%	31%	29%
							ef							
Strongly disagree	(1.0)	292	39	198	37	73	8	182	101	17	230	61	237	52
		14%	13%	14%	18%	21%	11%	13%	17%	36%	14%	15%	14%	17%
						cd		d	abcde					
Don't know		92	12	59	11	20	4	53	29	5	69	22	70	16
		5%	4%	4%	6%	6%	5%	4%	5%	11%	4%	5%	4%	5%
									d					
NET: Agree		1016	162	687	103	163	45	695	291	16	826	190	863	146
		50%	56%	49%	50%	46%	56%	50%	50%	36%	51%	46%	51%	48%
			b		f	f				b				
NET: Disagree		921	115	646	91	171	31	632	265	25	717	204	774	139
		45%	40%	46%	44%	48%	39%	46%	45%	54%	44%	49%	45%	46%
				a										
Base for stats		1937	277	1333	194	334	77	1327	556	41	1543	394	1636	285
Mean Score		2.56	2.67	2.55	2.56	2.42	2.73	2.57	2.53	2.21	2.58	2.47	2.56	2.52
			b		bf	bf	f			b				
Standard Deviation		.956	.978	.950	1.038	.998	.961	.937	.993	1.202	.965	.920	.949	.998
Standard Error		.022	.059	.026	.073	.055	.108	.026	.042	.183	.024	.047	.024	.058
Error variance		*	*	*	.01	*	.01	*	*	.03	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	355 17%	61 15%	39 22% a	44 16%	62 20%	34 15%	39 19%	16 17%	60 17%	140 17%	115 18%	147 21% b	34 6%	172 22% b	295 20% b	23 10%	298 20% b	24 10%
Tend to agree (3.0)	661 33%	103 26%	68 39% aghj	113 42% aghj	123 39% aghj	72 33% ag	72 34% ag	18 19%	92 27%	308 38% aghj	182 28%	214 31% b	136 26%	305 40% ab	510 34% b	58 26%	498 34% b	60 26%
Tend to disagree (2.0)	630 31%	120 30%	44 26%	74 27%	90 29%	66 30%	65 31%	39 42% abcdi	130 37% abcdi	230 29%	235 36% abcdi	233 34% c	203 38% c	186 24%	448 30%	67 30%	442 30%	74 32%
Strongly disagree (1.0)	292 14%	98 24% bcdefhij	13 7%	30 11%	20 7%	32 14% bd	28 13% d	18 19% bcdi	54 15% bdi	82 10%	100 15% bdi	79 11% c	125 24% ac	84 11%	177 12% a	65 29% a	188 13% a	59 26% a
Don't know	92 5%	21 5%	9 5%	10 4%	16 5%	14 7% j	6 3%	3 3%	12 3%	41 5%	21 3%	21 3% ac	32 6%	25 3%	53 4%	8 4%	42 3%	12 5%
NET: Agree	1016 50%	164 41%	107 62% aeghj	157 58% aeghj	184 59% aeghj	106 49% g	111 53% agh	34 36%	152 44%	448 56% aghj	297 46%	361 52% b	170 32%	478 62% ab	804 54% b	81 37%	796 54% b	83 37%
NET: Disagree	921 45%	218 54% bcdefi	58 33%	103 38%	110 35%	98 45% bd	93 44% bd	58 61% bcdefi	184 53% bcdfi	312 39%	334 51% bcdi	312 45% c	328 62% ac	269 35%	626 42% a	131 60%	630 43% a	133 58% a
Base for stats	1937	382	165	261	295	204	204	92	336	759	631	673	498	747	1430	212	1426	216
Mean Score	2.56	2.33	2.81 aefghj	2.66 aghj	2.77 aefghj	2.53 a	2.60 ag	2.34	2.47	2.67 aghj	2.49 a	2.64 b	2.16	2.76 ab	2.64 b	2.18	2.64 b	2.22
Standard Deviation	.956	1.028	.889	.891	.860	.946	.949	.989	.963	.898	.965	.950	.879	.933	.943	.989	.956	.970
Standard Error	.022	.053	.069	.055	.050	.066	.066	.105	.053	.032	.038	.036	.040	.034	.025	.069	.025	.066
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	355 17%	262 21% b	45 15%	283 21% b	33 13%	285 26% b	39 8%
Tend to agree (3.0)	661 33%	441 35% b	71 23%	472 35% b	60 23%	434 40% b	85 18%
Tend to disagree (2.0)	630 31%	377 30%	98 32%	392 29%	84 33%	250 23%	186 39% a
Strongly disagree (1.0)	292 14%	152 12%	83 27% a	162 12%	77 30% a	89 8%	149 31% a
Don't know	92 5%	42 3%	11 4%	44 3%	3 1%	25 2%	16 3%
NET: Agree	1016 50%	703 55% b	115 38%	756 56% b	93 36%	719 66% b	124 26%
NET: Disagree	921 45%	529 42%	181 59% a	554 41%	160 62% a	339 31%	336 71% a
Base for stats	1937	1233	296	1310	253	1058	459
Mean Score	2.56	2.66 b	2.26	2.67 b	2.20	2.87 b	2.03
Standard Deviation	.956	.947	1.028	.950	1.015	.908	.921
Standard Error	.022	.027	.060	.026	.064	.028	.043
Error variance	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	491 24%	243 25%	245 24%	182 30% bc	140 21%	169 23%	26 26%	59 23%	50 25%	52 24%	45 26%	46 21%	84 26%	79 24%	51 24%
Tend to agree (3.0)	930 46%	459 46%	468 45%	279 45%	302 46%	349 46%	48 49%	113 43%	91 45%	92 43%	80 46%	114 51%	148 47%	156 47%	89 43%
Tend to disagree (2.0)	363 18%	167 17%	193 19%	79 13%	133 20% a	151 20% a	14 15%	53 20%	38 19%	40 19%	30 17%	37 16%	45 14%	54 16%	52 25% afgh
Strongly disagree (1.0)	153 8%	79 8%	73 7%	35 6%	54 8%	64 8%	6 6%	26 10%	13 6%	18 8%	12 7%	18 8%	23 7%	27 8%	11 5%
Don't know	92 5%	39 4%	50 5%	39 6% c	34 5% c	19 2%	5 5%	12 4%	9 5%	14 7% i	7 4%	9 4%	18 6%	14 4%	5 2%
NET: Agree	1421 70%	703 71%	713 69%	461 75% bc	442 67%	518 69%	73 75%	172 66%	141 70%	143 66%	124 72%	160 72%	232 73%	235 71%	140 68%
NET: Disagree	516 25%	246 25%	266 26%	114 19%	187 28% a	215 29% a	20 20%	79 30% g	51 25%	58 27%	42 24%	54 24%	68 21%	81 25%	62 30% g
Base for stats	1937	949	979	575	630	733	93	252	191	201	167	215	299	316	202
Mean Score	2.91	2.91	2.90	3.06 bc	2.84	2.85	3.00	2.82	2.93	2.88	2.94	2.88	2.98 b	2.91	2.89
Standard Deviation	.865	.871	.859	.834	.868	.873	.822	.911	.850	.896	.863	.840	.857	.872	.843
Standard Error	.020	.029	.027	.033	.034	.034	.084	.059	.061	.061	.065	.064	.048	.047	.062
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275	
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	491 24%	55 30% defh	123 27% dh	115 25%	53 20%	42 20%	103 22%	293 27% dh	198 21%	396 23%	20 35% a	43 37% a	14 27%	5 28%	4 30%	86 33% a
Tend to agree	(3.0)	930 46%	93 51% f	226 50% fh	204 44%	129 50% f	88 42%	189 40%	523 48% f	407 44%	808 46%	23 39%	55 47%	22 43%	6 39%	6 45%	112 44%
Tend to disagree	(2.0)	363 18%	20 11%	64 14%	87 19% a	44 17%	49 24% abg	99 21% abg	172 16% abg	191 20% abg	327 19% cg	8 13%	11 9%	9 18%	3 19%	2 11%	33 13%
Strongly disagree	(1.0)	153 8%	9 5%	21 5%	30 6%	24 9% bg	18 9% b	50 11% abcg	60 6% abcg	93 10% abcg	140 8% cg	3 6%	3 2%	3 6%	1 7%	1 9%	12 5%
Don't know		92 5%	4 2%	18 4%	25 5%	8 3%	10 5%	26 6%	48 4%	44 5%	70 4%	4 7%	5 4%	3 7%	1 6%	1 5%	14 5%
NET: Agree	1421 70%	148 81% cdefgh	349 77% cefh	319 69% f	182 71% f	130 63%	293 63%	816 74% cefh	605 65%	1204 69%	43 74%	98 84% ad	36 69%	11 67%	10 75%	198 77% a	
NET: Disagree	516 25%	30 16%	86 19%	117 25% ab	68 26% ab	67 33% abg	149 32% abcg	232 21% abcg	284 30% abcg	467 27% cg	11 19%	14 12%	13 24% c	4 27%	3 20%	45 17%	
Base for stats	1937	178	435	436	250	197	441	1048	889	1671	54	112	49	15	13	243	
Mean Score	2.91	3.09 cdefh	3.04 cdefh	2.93 efh	2.84	2.78	2.78	3.00 defh	2.80	2.87	3.11 a	3.24 ad	2.96	2.93	3.00	3.12 a	
Standard Deviation	.865	.794	.791	.856	.867	.889	.931	.821	.903	.867	.873	.731	.867	.934	.937	.819	
Standard Error	.020	.059	.038	.040	.054	.062	.046	.025	.031	.021	.115	.067	.119	.234	.250	.051	
Error variance	*	*	*	*	*	*	*	*	*	*	.01	*	.01	.05	.06	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	491 24%	307 24%	88 26%	73 21%	161 24%	17 29%	17 28%	106 21%	337 25%	15 23%	139 22%	470 26%	19 10%	73 24%	253 24%	142 25%	23 29%	418 24%
Tend to agree (3.0)	930 46%	564 45%	157 47%	176 51%	333 49%	23 40%	23 39%	216 43%	645 48%	23 35%	262 42%	858 48%	55 28%	125 41%	503 47%	267 47%	36 47%	805 47%
Tend to disagree (2.0)	363 18%	243 19%	52 16%	51 15%	104 15%	8 13%	10 17%	108 22%	227 17%	9 14%	126 20%	287 16%	60 31%	67 22%	197 18%	93 16%	5 7%	296 17%
Strongly disagree (1.0)	153 8%	98 8%	24 7%	24 7%	48 7%	1 2%	7 12%	56 11%	85 6%	5 7%	64 10%	103 6%	44 22%	25 8%	86 8%	35 6%	6 8%	128 7%
Don't know	92 5%	49 4%	12 4%	18 5%	30 4%	8 14%	2 4%	18 4%	50 4%	14 21%	28 5%	64 4%	18 9%	17 6%	38 4%	30 5%	6 8%	75 4%
NET: Agree	1421 70%	871 69%	245 74%	248 73%	493 73%	39 70%	40 67%	322 64%	982 73%	38 58%	401 65%	1328 75%	74 38%	198 64%	756 70%	409 72%	58 76%	1224 71%
NET: Disagree	516 25%	340 27%	76 23%	76 22%	152 22%	9 16%	17 29%	164 33%	312 23%	14 21%	190 31%	390 22%	104 53%	92 30%	283 26%	129 23%	12 15%	423 25%
Base for stats	1937	1212	321	324	645	48	57	486	1294	52	591	1718	179	290	1039	538	70	1647
Mean Score	2.91	2.89	2.96	2.92	2.94	3.14	2.87	2.77	2.95	2.94	2.81	2.99	2.28	2.85	2.89	2.96	3.07	2.92
Standard Deviation	.865	.875	.856	.823	.839	.775	.978	.919	.834	.918	.918	.825	.954	.900	.868	.837	.871	.859
Standard Error	.020	.024	.052	.050	.036	.110	.125	.043	.023	.122	.038	.020	.072	.052	.027	.037	.103	.021
Error variance	*	*	*	*	*	.01	.02	*	*	.01	*	*	.01	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	491	323	43	64	24	357	122	7	401	90	424	63
	24%	30%	23%	21%	18%	30%	26%	21%	15%	25%	22%	25%	21%
		b				b	be						
Tend to agree	(3.0)	930	670	85	144	35	659	246	15	723	207	793	133
	46%	40%	48%	41%	41%	44%	48%	42%	32%	45%	50%	46%	44%
		a					bef						
Tend to disagree	(2.0)	363	243	46	89	12	217	135	10	288	74	305	52
	18%	16%	17%	22%	25%	15%	16%	23%	22%	18%	18%	18%	17%
				d	cd			d					
Strongly disagree	(1.0)	153	101	18	43	7	91	58	9	126	27	116	36
	8%	8%	7%	9%	12%	9%	7%	10%	21%	8%	6%	7%	12%
				d	d			d	ade			a	
Don't know		92	54	14	14	3	56	24	5	73	19	69	17
	5%	6%	4%	7%	4%	3%	4%	4%	10%	5%	4%	4%	6%
									d				
NET: Agree		1421	994	127	208	59	1016	367	21	1125	297	1217	196
	70%	70%	71%	62%	59%	74%	74%	63%	47%	70%	71%	71%	65%
						bf	abef	f				b	
NET: Disagree		516	344	64	132	19	308	194	20	414	101	421	88
	25%	24%	25%	31%	37%	23%	22%	33%	43%	26%	24%	25%	29%
				d	cd			d	cd				
Base for stats		1937	1338	192	340	78	1324	561	41	1539	398	1637	284
Mean Score		2.91	2.91	2.79	2.67	2.98	2.97	2.77	2.46	2.91	2.90	2.93	2.79
				f		bf	abef	f				b	
Standard Deviation		.865	.847	.900	.923	.909	.842	.906	1.034	.876	.822	.851	.931
Standard Error		.020	.023	.064	.051	.102	.023	.038	.158	.022	.042	.021	.054
Error variance		*	*	*	*	.01	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	491 24%	22 6%	26 15%	43 16%	75 24%	65 30%	81 39%	33 35%	145 42%	184 23%	259 40%	253 37%	89 17%	146 19%	429 29%	30 14%	426 29%	30 13%
			a	a	abc	abcd	abcde	abcde	abcde	abc	abcde	bc			b		b	
Tend to agree (3.0)	930 46%	87 22%	83 48%	167 62%	176 57%	116 53%	104 49%	44 47%	153 44%	459 57%	300 46%	361 52%	213 40%	352 46%	733 49%	57 26%	729 50%	59 26%
			a	abfghj	ahj	ah	a	a	a	abfghj	a	bc			b		b	
Tend to disagree (2.0)	363 18%	157 39%	43 25%	45 16%	33 11%	22 10%	17 8%	13 14%	32 9%	99 12%	62 10%	57 8%	133 25%	166 22%	201 14%	72 32%	191 13%	76 33%
		bcdefghij	cdefghij	defhj								a	a		a		a	
Strongly disagree (1.0)	153 8%	102 25%	11 6%	6 2%	9 3%	9 4%	2 1%	3 3%	11 3%	24 3%	16 2%	9 1%	62 12%	75 10%	77 5%	49 22%	79 5%	49 22%
		bcdefghij	cfij		f							a	a		a		a	
Don't know	92 5%	33 8%	10 6%	10 4%	17 6%	6 3%	6 3%	1 1%	8 2%	34 4%	15 2%	14 2%	33 6%	34 4%	42 3%	13 6%	43 3%	14 6%
		cefg hij	hj		hj				j			a	a		a		a	
NET: Agree	1421 70%	110 27%	110 63%	210 77%	251 81%	181 83%	185 88%	77 82%	297 86%	643 80%	559 86%	614 88%	302 57%	498 64%	1162 78%	87 39%	1155 79%	89 39%
		a	a	ab	ab	ab	abcde	ab	abc	ab	abcde	bc		b	b		b	
NET: Disagree	516 25%	259 64%	54 31%	51 19%	42 14%	31 14%	19 9%	16 17%	43 12%	124 15%	78 12%	66 10%	195 37%	241 31%	279 19%	121 55%	269 18%	125 55%
		bcdefghij	cdefghij	fthj				f	f			ac	a		a		a	
Base for stats	1937	369	164	261	293	212	204	93	340	766	637	680	497	738	1441	208	1425	215
Mean Score	2.91	2.08	2.76	2.95	3.08	3.12	3.29	3.15	3.27	3.05	3.26	3.26	2.66	2.77	3.05	2.32	3.05	2.33
		a	a	abc	abc	abc	abcde	abc	abcde	abc	abcde	bc		b	b		b	
Standard Deviation	.865	.867	.800	.656	.698	.752	.663	.781	.758	.703	.733	.665	.912	.880	.806	.995	.807	.980
Standard Error	.020	.045	.062	.041	.041	.052	.046	.082	.041	.025	.029	.025	.041	.033	.021	.070	.021	.067
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	491 24%	430 34%	26 9%	432 32%	20 8%	348 32%	65 14%
		b		b		b	
Tend to agree (3.0)	930 46%	641 50%	90 29%	693 51%	63 25%	540 50%	161 34%
		b		b		b	
Tend to disagree (2.0)	363 18%	124 10%	104 34%	141 10%	90 35%	120 11%	150 32%
		a		a		a	
Strongly disagree (1.0)	153 8%	48 4%	71 23%	53 4%	68 27%	46 4%	77 16%
		a		a		a	
Don't know	92 5%	32 3%	17 5%	36 3%	15 6%	30 3%	21 4%
		a		a		a	
NET: Agree	1421 70%	1071 84%	116 38%	1125 83%	83 32%	888 82%	226 48%
		b		b		b	
NET: Disagree	516 25%	172 13%	175 57%	193 14%	159 62%	166 15%	227 48%
		a		a		a	
Base for stats	1937	1243	291	1319	242	1054	454
Mean Score	2.91	3.17	2.24	3.14	2.14	3.13	2.47
		b		b		b	
Standard Deviation	.865	.756	.926	.758	.925	.776	.938
Standard Error	.020	.021	.054	.021	.060	.024	.044
Error variance	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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%																
Unweighted Total	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187	
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	458 23%	231 23%	225 22%	184 30% bc	150 23% c	124 16%	30 31% bh	53 20%	47 23%	46 21%	38 22%	49 22%	82 26%	68 20%	46 22%	
Tend to agree (3.0)	827 41%	381 39%	444 43% a	250 41%	285 43%	292 39%	40 41%	107 41%	81 40%	98 45% h	75 43%	94 42%	130 41%	120 36%	83 40%	
Tend to disagree (2.0)	452 22%	223 23%	227 22%	99 16%	140 21% a	213 28% ab	16 16%	68 26% ag	48 24%	41 19%	35 20%	48 21%	57 18%	86 26% adg	54 26% ag	
Strongly disagree (1.0)	189 9%	101 10%	86 8%	39 6%	60 9%	91 12% a	9 9%	25 10%	16 8%	17 8%	16 9%	26 12%	26 8%	41 13% i	13 6%	
Don't know	103 5%	53 5%	47 5%	41 7% c	29 4%	32 4%	3 4%	10 4%	9 4%	14 6%	9 5%	8 3%	23 7%	15 5%	11 5%	
NET: Agree	1285 63%	612 62%	669 65%	434 71% bc	435 66% c	416 55%	70 71% h	160 61%	128 64%	144 67% h	113 65%	143 64%	211 66% h	188 57%	128 62%	
NET: Disagree	642 32%	324 33%	313 30%	139 23%	199 30% a	303 40% ab	24 25%	93 35% g	64 32%	58 27%	51 30%	73 33%	83 26%	127 38% adeg	67 32%	
Base for stats	1926	936	982	573	634	719	94	253	192	202	164	216	294	315	195	
Mean Score	2.81	2.79	2.82	3.01 bc	2.83 c	2.62	2.97 bh	2.74	2.83	2.85 h	2.82	2.77	2.91 bh	2.68	2.83	
Standard Deviation	.910	.934	.883	.878	.897	.912	.931	.902	.896	.869	.902	.934	.904	.955	.866	
Standard Error	.021	.031	.028	.035	.035	.036	.094	.059	.065	.059	.068	.071	.051	.051	.065	
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	458 23%	116 26%	118 26%	50 19%	41 20%	80 17%	286 26%	172 18%	369 21%	19 33%	40 35%	14 27%	3 17%	3 23%	79 31%
		defh	fh	fh				dfh			a	a				a
Tend to agree	(3.0)	827 41%	205 45%	203 44%	113 44%	80 39%	149 32%	484 44%	343 37%	709 41%	20 35%	51 44%	22 42%	8 53%	7 52%	110 43%
		f	fh	fh	fh			fh								
Tend to disagree	(2.0)	452 22%	77 17%	84 18%	59 23%	53 26%	142 30%	198 18%	254 27%	417 24%	8 13%	13 11%	7 13%	1 9%	2 11%	30 12%
						bcdg	abcdg		bcg	bcdg						
Strongly disagree	(1.0)	189 9%	29 6%	32 7%	27 10%	19 9%	71 15%	72 7%	117 13%	162 9%	7 12%	7 6%	6 12%	3 16%	1 9%	24 9%
					g		abceg		abcg							
Don't know		103 5%	26 6%	24 5%	9 4%	14 7%	25 5%	55 5%	47 5%	84 5%	4 7%	5 4%	3 6%	1 6%	1 5%	13 5%
NET: Agree		1285 63%	321 71%	321 70%	164 63%	121 58%	230 49%	770 70%	514 55%	1078 62%	40 68%	92 78%	36 69%	11 69%	10 74%	189 74%
		efh	defh	efh	fh	f		defh	f			a				a
NET: Disagree		642 32%	106 23%	116 25%	85 33%	72 35%	213 46%	270 25%	371 40%	579 33%	14 25%	21 18%	13 25%	4 25%	3 20%	55 21%
					bcdg	bcg	abcdegh		abcg	cg						
Base for stats		1926	427	437	249	193	443	1041	885	1657	54	112	49	15	13	244
Mean Score		2.81	2.96	2.93	2.75	2.74	2.54	2.95	2.64	2.78	2.96	3.11	2.89	2.75	2.93	3.00
			defh	defh	defh	f	f	defh				a				a
Standard Deviation		.910	.868	.852	.869	.900	.908	.966	.940	.903	1.009	.858	.970	.967	.893	.924
Standard Error		.021	.065	.041	.057	.064	.048	.026	.032	.022	.133	.079	.133	.242	.239	.057
Error variance		*	*	*	*	*	*	*	*	*	.02	.01	.02	.06	.06	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	458 23%	271 21%	87 26%	74 22%	161 24%	20 36%	18 30%	107 21%	302 22%	11 17%	144 23%	430 24%	24 12%	65 21%	239 22%	135 24%	19 25%	384 23%
Tend to agree (3.0)	827 41%	494 39%	149 45%	158 46%	306 45%	20 36%	20 33%	183 36%	582 43%	21 32%	224 36%	767 43%	46 24%	115 37%	443 41%	241 42%	28 37%	712 41%
Tend to disagree (2.0)	452 22%	305 24%	56 17%	74 22%	130 19%	8 14%	11 18%	122 24%	299 22%	12 19%	140 23%	373 21%	63 32%	77 25%	239 22%	120 21%	16 21%	375 22%
Strongly disagree (1.0)	189 9%	131 10%	26 8%	21 6%	48 7%	- -	8 13%	64 13%	108 8%	9 14%	72 12%	138 8%	46 23%	33 11%	106 10%	43 8%	7 9%	156 9%
Don't know	103 5%	61 5%	15 5%	15 5%	31 5%	8 14%	3 5%	28 6%	52 4%	12 18%	39 6%	74 4%	18 9%	17 6%	50 5%	29 5%	7 9%	85 5%
NET: Agree	1285 63%	765 61%	235 71%	232 68%	467 69%	40 72%	38 63%	290 58%	885 66%	32 49%	368 59%	1197 67%	70 36%	179 58%	682 63%	376 66%	47 61%	1105 64%
NET: Disagree	642 32%	435 35%	83 25%	95 28%	178 26%	8 14%	19 31%	186 37%	407 30%	22 33%	213 34%	511 29%	108 55%	110 36%	345 32%	163 29%	23 30%	531 31%
Base for stats	1926	1200	318	327	644	48	56	476	1292	54	580	1708	178	289	1028	539	70	1637
Mean Score	2.81	2.75	2.93	2.87	2.90	3.25	2.84	2.70	2.84	2.64	2.76	2.87	2.27	2.73	2.79	2.87	2.84	2.82
Standard Deviation	.910	.925	.882	.837	.859	.729	1.033	.964	.880	1.004	.965	.882	.991	.937	.915	.880	.939	.905
Standard Error	.021	.026	.054	.051	.037	.102	.132	.045	.024	.132	.041	.021	.075	.054	.029	.039	.111	.022
Error variance	*	*	*	*	*	.01	.02	*	*	.02	*	*	.01	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	458	296	62	66	21	307	137	11	369	89	395	60
		23%	21%	30%	19%	27%	22%	23%	24%	23%	21%	23%	20%
		b		bd									
Tend to agree	(3.0)	827	595	76	110	32	599	205	12	649	178	711	113
		41%	43%	37%	31%	40%	43%	35%	25%	40%	43%	42%	38%
							bef						
Tend to disagree	(2.0)	452	314	29	102	18	306	138	9	357	95	374	72
		22%	23%	14%	29%	23%	22%	24%	21%	22%	23%	22%	24%
					ad		a	a					
Strongly disagree	(1.0)	189	122	23	53	5	113	70	10	152	37	148	39
		9%	9%	11%	15%	6%	8%	12%	21%	9%	9%	9%	13%
					cd			d	cd			a	a
Don't know		103	64	15	22	4	54	36	5	86	17	78	17
		5%	5%	8%	6%	5%	4%	6%	10%	5%	4%	5%	6%
				d				d	d				
NET: Agree		1285	891	138	176	53	906	341	22	1017	268	1106	172
		63%	64%	67%	50%	66%	66%	58%	49%	63%	64%	65%	57%
				bef		b	bef	b				b	
NET: Disagree		642	437	52	156	23	419	208	19	509	133	522	111
		32%	31%	25%	44%	29%	30%	36%	41%	32%	32%	31%	37%
					acde			ad	a				a
Base for stats		1926	1328	190	332	76	1326	550	41	1526	400	1628	283
Mean Score		2.81	2.80	2.93	2.57	2.91	2.83	2.74	2.57	2.81	2.80	2.83	2.68
				bef		b	b	b				b	
Standard Deviation		.910	.889	.979	.984	.883	.881	.972	1.124	.915	.892	.899	.956
Standard Error		.021	.025	.069	.055	.099	.024	.041	.171	.023	.045	.022	.055
Error variance		*	*	*	*	.01	*	*	.03	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	458 23%	21 5%	32 18%	51 19%	66 21%	56 26%	63 30%	38 40%	131 38%	174 22%	232 36%	225 32%	82 15%	146 19%	391 26%	23 10%	386 26%	31 14%
Tend to agree (3.0)	827 41%	79 20%	79 45%	118 43%	174 56%	100 46%	104 49%	35 37%	139 40%	392 49%	278 43%	331 48%	178 34%	314 41%	651 44%	53 24%	653 45%	62 27%
Tend to disagree (2.0)	452 22%	168 42%	38 22%	81 30%	41 13%	39 18%	22 11%	13 14%	50 14%	162 20%	85 13%	94 14%	160 30%	189 24%	287 19%	79 36%	274 19%	73 32%
Strongly disagree (1.0)	189 9%	100 25%	18 11%	7 3%	12 4%	13 6%	13 6%	7 8%	18 5%	33 4%	38 6%	25 4%	78 15%	82 11%	103 7%	52 24%	101 7%	53 23%
Don't know	103 5%	34 9%	8 5%	14 5%	17 5%	10 4%	8 4%	2 2%	10 3%	41 5%	20 3%	18 3%	33 6%	41 5%	51 3%	14 6%	53 4%	10 4%
NET: Agree	1285 63%	100 25%	110 63%	169 62%	240 77%	156 72%	167 79%	72 77%	270 78%	565 71%	509 78%	556 80%	260 49%	461 60%	1042 70%	76 34%	1039 71%	93 41%
NET: Disagree	642 32%	268 67%	56 32%	88 32%	54 17%	53 24%	35 17%	20 21%	68 19%	194 24%	123 19%	120 17%	237 45%	271 35%	390 26%	131 59%	375 26%	126 55%
Base for stats	1926	368	166	257	294	209	202	93	338	759	633	676	497	731	1432	207	1414	219
Mean Score	2.81	2.05	2.74	2.83	3.00	2.95	3.07	3.11	3.14	2.93	3.11	3.12	2.53	2.72	2.93	2.22	2.94	2.33
Standard Deviation	.910	.844	.894	.772	.731	.846	.823	.923	.855	.780	.854	.781	.945	.910	.869	.952	.866	.998
Standard Error	.021	.044	.069	.048	.043	.059	.057	.098	.047	.028	.034	.030	.043	.034	.023	.067	.023	.068
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	458 23%	383 30% b	33 11%	396 29% b	27 10%	324 30% b	62 13%
Tend to agree (3.0)	827 41%	575 45% b	83 27%	598 44% b	57 22%	484 45% b	152 32%
Tend to disagree (2.0)	452 22%	209 16%	92 30% a	234 17%	87 34% a	183 17%	145 30% a
Strongly disagree (1.0)	189 9%	66 5%	81 26% a	77 6%	75 29% a	57 5%	102 21% a
Don't know	103 5%	42 3%	18 6% a	49 4%	10 4%	35 3%	15 3%
NET: Agree	1285 63%	958 75% b	116 38%	994 73% b	84 33%	808 75% b	214 45%
NET: Disagree	642 32%	275 22%	173 56% a	311 23%	163 63% a	241 22%	246 52% a
Base for stats	1926	1233	289	1306	247	1049	460
Mean Score	2.81	3.03 b	2.24	3.01 b	2.14	3.02 b	2.38
Standard Deviation	.910	.833	.986	.848	.978	.838	.973
Standard Error	.021	.024	.058	.023	.062	.026	.046
Error variance	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	262 13%	129 13%	132 13%	89 15% c	93 14%	80 11%	12 13%	34 13%	29 15%	27 13%	17 10%	25 11%	51 16%	40 12%	27 13%
Tend to agree (3.0)	597 29%	321 32% b	274 27%	174 28%	183 28%	240 32%	23 23%	68 26%	67 33%	69 32%	64 37% abgh	69 31%	89 28%	91 28%	57 28%
Tend to disagree (2.0)	593 29%	272 28%	317 31%	149 24%	195 29% a	248 33% a	37 38% cdeg	74 28%	48 24%	58 27%	44 26%	80 36% ceg	83 26%	106 32% c	63 30%
Strongly disagree (1.0)	487 24%	234 24%	252 25%	159 26%	167 25%	161 21%	20 21%	79 30% cf	43 22%	51 24%	40 23%	45 20%	80 25%	77 23%	52 25%
Don't know	90 4%	33 3%	53 5% a	43 7% bc	25 4%	22 3%	5 5%	9 3%	13 6% f	10 5%	8 5%	4 2%	16 5%	16 5%	9 4%
NET: Agree	859 42%	449 45% b	406 39%	264 43%	276 42%	319 43%	35 36%	102 39%	96 48%	97 45%	81 46%	94 42%	139 44%	131 40%	84 40%
NET: Disagree	1080 53%	507 51%	569 55%	308 50%	363 55%	409 54%	57 59% c	152 58% c	92 46%	109 50%	85 49%	126 56% c	163 51%	182 55% c	114 55%
Base for stats	1939	956	975	571	639	729	93	254	188	205	165	220	302	314	198
Mean Score	2.33	2.36	2.29	2.34	2.32	2.33	2.30	2.22	2.44 b	2.36	2.35	2.34	2.36	2.30	2.29
Standard Deviation	.997	.995	.998	1.047	1.016	.939	.961	1.029	1.013	.996	.962	.933	1.049	.980	1.002
Standard Error	.023	.032	.032	.041	.040	.037	.099	.067	.074	.067	.073	.070	.059	.053	.075
Error variance	*	*	*	*	*	*	.01	*	.01	*	.01	*	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	262 13%	37 20% bcdefgh	58 13%	53 11%	34 13%	21 10%	58 12%	148 14%	114 12%	213 12%	11 19%	19 16%	8 15%	1 5%	3 21%	41 16%
Tend to agree (3.0)	597 29%	54 30%	125 27%	131 28%	85 33%	67 33%	135 29%	310 28%	287 31%	514 30%	11 18%	37 31%	21 41% b	5 33%	4 29%	78 30%
Tend to disagree (2.0)	593 29%	40 22%	135 30% a	143 31% a	72 28%	61 30%	141 30% a	318 29%	274 29% a	535 31% bdg	11 19% d	29 25% d	3 5%	5 33%	3 21%	51 20% d
Strongly disagree (1.0)	487 24%	44 24%	122 27%	110 24%	55 21%	46 22%	111 24%	276 25%	211 23%	412 24%	19 33%	25 21%	18 35% a	3 18%	4 28%	69 27%
Don't know	90 4%	6 4%	14 3%	24 5%	11 4%	11 5%	24 5%	44 4%	46 5%	66 4%	6 11% a	8 6%	2 5%	2 11%	- -	18 7% a
NET: Agree	859 42%	91 50% bcfg	183 40%	184 40%	120 46%	89 43%	193 41%	458 42%	401 43%	727 42%	22 37%	55 47%	29 55% ab	6 38%	7 50%	119 46%
NET: Disagree	1080 53%	84 46%	257 57% a	253 55% a	127 49%	107 52%	252 54%	594 54% a	486 52%	947 54% dg	30 52%	54 46%	21 40%	8 51%	7 50%	120 47%
Base for stats	1939	176	439	437	247	196	444	1052	887	1674	52	109	50	14	14	239
Mean Score	2.33	2.48 bcg	2.27	2.29	2.40	2.33	2.31	2.31	2.34	2.32	2.25	2.45	2.37	2.28	2.42	2.38
Standard Deviation	.997	1.087	1.009	.977	.983	.955	.989	1.011	.980	.981	1.177	1.028	1.143	.874	1.151	1.079
Standard Error	.023	.082	.048	.046	.062	.067	.049	.031	.033	.024	.157	.095	.155	.226	.297	.067
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.05	.09	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	262 13%	163 13%	46 14%	37 11%	83 12%	17 30%	16 27%	61 12%	161 12%	7 10%	94 15%	225 13%	31 16%	42 14%	146 14%	69 12%	5 6%	220 13%
Tend to agree (3.0)	597 29%	379 30%	92 28%	100 29%	192 28%	15 26%	21 35%	173 34%	370 27%	19 30%	208 34%	519 29%	63 32%	86 28%	316 29%	170 30%	24 32%	511 30%
Tend to disagree (2.0)	593 29%	394 31%	84 25%	92 27%	176 26%	13 22%	13 23%	139 28%	415 31%	13 19%	165 27%	540 30%	37 19%	102 33%	315 29%	161 28%	15 20%	491 29%
Strongly disagree (1.0)	487 24%	280 22%	94 28%	99 29%	193 29%	7 12%	8 14%	116 23%	343 25%	13 20%	131 21%	432 24%	53 27%	64 21%	254 24%	142 25%	26 34%	423 25%
Don't know	90 4%	45 4%	17 5%	14 4%	31 5%	5 9%	1 2%	15 3%	56 4%	14 21%	21 3%	66 4%	13 6%	13 4%	45 4%	26 5%	6 8%	77 4%
NET: Agree	859 42%	542 43%	138 41%	137 40%	275 41%	32 56%	37 62%	233 46%	531 40%	26 40%	302 49%	744 42%	94 48%	128 42%	463 43%	239 42%	29 38%	731 42%
NET: Disagree	1080 53%	674 53%	178 53%	191 56%	369 55%	19 35%	22 36%	256 51%	758 56%	26 39%	297 48%	972 55%	90 46%	166 54%	570 53%	303 53%	42 54%	914 53%
Base for stats	1939	1216	316	328	644	51	58	489	1289	52	598	1716	184	294	1033	542	71	1645
Mean Score	2.33	2.35	2.29	2.23	2.26	2.82	2.76	2.36	2.27	2.38	2.44	2.31	2.40	2.36	2.34	2.31	2.10	2.32
Standard Deviation	.997	.978	1.046	1.003	1.024	1.049	1.016	.979	.990	1.014	1.000	.991	1.079	.977	1.002	.998	.989	1.000
Standard Error	.023	.027	.065	.060	.044	.143	.128	.045	.028	.134	.042	.024	.080	.056	.031	.044	.116	.025
Error variance	*	*	*	*	*	.02	.02	*	*	.02	*	*	.01	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space			
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317	
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	262	49	164	36	52	20	153	100	7	208	54	224	37
		13%	17%	12%	18%	15%	24%	11%	17%	16%	13%	13%	13%	12%
			b	d	bd	d								
Tend to agree	(3.0)	597	101	397	50	120	31	390	187	8	460	137	512	81
		29%	35%	29%	24%	34%	38%	28%	32%	18%	29%	33%	30%	27%
			b	adf	af	af								
Tend to disagree	(2.0)	593	72	409	48	100	18	427	154	11	466	127	503	81
		29%	25%	29%	23%	28%	22%	31%	26%	25%	29%	30%	29%	27%
							ae							
Strongly disagree	(1.0)	487	57	360	57	72	9	351	122	14	409	79	404	81
		24%	20%	26%	28%	20%	11%	25%	21%	31%	25%	19%	24%	27%
			a	bce	c	c	bce	c	c	b				
Don't know		90	9	61	15	10	3	59	22	5	70	20	63	20
		4%	3%	4%	7%	3%	4%	4%	4%	11%	4%	5%	4%	7%
					bde					bde			a	
NET: Agree		859	150	561	86	172	50	543	287	15	668	191	736	118
		42%	52%	40%	42%	49%	63%	39%	49%	33%	41%	46%	43%	39%
			b	df	abdef	df								
NET: Disagree		1080	129	770	104	172	27	778	276	25	874	206	907	162
		53%	45%	55%	51%	49%	33%	56%	47%	55%	54%	49%	53%	54%
			a	c	c	c	bce	c	c					
Base for stats		1939	280	1331	190	344	77	1321	563	41	1542	397	1643	280
Mean Score		2.33	2.51	2.27	2.34	2.44	2.79	2.26	2.47	2.21	2.30	2.42	2.34	2.26
			b	d	abdef	d				a				
Standard Deviation		.997	1.006	.993	1.100	.984	.955	.978	1.020	1.117	1.005	.957	.994	1.019
Standard Error		.023	.060	.027	.078	.054	.107	.027	.043	.170	.026	.049	.025	.059
Error variance		*	*	*	.01	*	.01	*	*	.03	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	262 13%	55 14%	18 10%	21 8%	41 13%	25 11%	28 13%	18 19%	55 16%	88 11%	101 16%	95 14%	108 20%	58 7%	191 13%	38 17%	187 13%	42 19%
		c		c			bci	ci			ci	c	ac				a	
Tend to agree (3.0)	597 29%	120 30%	39 22%	84 31%	89 29%	61 28%	63 30%	28 30%	112 32%	234 29%	203 31%	232 33%	220 41%	138 18%	425 29%	61 28%	417 28%	58 25%
			b	b			b	b			b	c	ac					
Tend to disagree (2.0)	593 29%	89 22%	62 36%	81 30%	99 32%	69 32%	64 31%	26 28%	103 30%	248 31%	194 30%	219 32%	127 24%	241 31%	437 29%	52 24%	438 30%	55 24%
			a	a	a	a	a	a	a	a	a	b		b				
Strongly disagree (1.0)	487 24%	113 28%	44 25%	75 28%	66 21%	55 25%	47 22%	18 20%	69 20%	195 24%	135 21%	126 18%	44 8%	313 40%	384 26%	58 26%	389 26%	61 27%
		dhj		hj								b		ab				
Don't know	90 4%	26 6%	11 6%	10 4%	16 5%	9 4%	7 4%	4 4%	8 2%	35 4%	19 3%	22 3%	32 6%	22 3%	46 3%	11 5%	37 3%	12 5%
		hj	hj	h									ac				a	
NET: Agree	859 42%	175 43%	57 33%	106 39%	131 42%	86 39%	91 43%	46 49%	167 48%	322 40%	305 47%	327 47%	327 62%	196 25%	616 42%	99 45%	604 41%	100 44%
		b		b	b	b	b	bcei			bci	c	ac					
NET: Disagree	1080 53%	202 50%	107 61%	155 57%	164 53%	123 57%	112 53%	45 47%	173 50%	443 55%	329 50%	345 50%	171 32%	554 72%	821 55%	110 50%	827 56%	116 51%
			aghj									b		ab				
Base for stats	1939	377	164	261	295	210	202	91	340	765	633	672	498	750	1437	209	1431	216
Mean Score	2.33	2.31	2.19	2.20	2.36	2.27	2.35	2.51	2.45	2.28	2.43	2.44	2.78	1.92	2.29	2.38	2.28	2.38
				c				bci	bcei		bcei	c	ac					
Standard Deviation	.997	1.053	.959	.950	.980	.980	.985	1.034	.992	.971	.996	.952	.883	.951	1.004	1.077	1.003	1.094
Standard Error	.023	.055	.074	.059	.057	.067	.069	.111	.054	.035	.040	.037	.040	.035	.026	.076	.027	.075
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	262 13%	175 14%	44 14%	186 14%	42 17%	150 14%	75 16%
Tend to agree (3.0)	597 29%	373 29%	95 31%	377 28%	74 29%	308 28%	130 27%
Tend to disagree (2.0)	593 29%	343 27%	92 30%	375 28%	79 31%	298 28%	144 30%
Strongly disagree (1.0)	487 24%	349 27%	58 19%	380 28%	52 20%	299 28%	104 22%
Don't know	90 4%	34 3%	18 6%	36 3%	10 4%	28 3%	22 5%
NET: Agree	859 42%	548 43%	139 45%	564 42%	116 45%	458 42%	205 43%
NET: Disagree	1080 53%	693 54%	150 49%	754 56%	131 51%	597 55%	248 52%
Base for stats	1939	1241	290	1318	247	1055	453
Mean Score	2.33	2.30	2.43 a	2.28	2.43 a	2.29	2.39
Standard Deviation	.997	1.028	.978	1.030	1.006	1.029	1.013
Standard Error	.023	.029	.058	.028	.064	.032	.048
Error variance	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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	565	223	339	233	307	25	26	68	55	75	39	45	114	99	44
Total	675	269	403	271	368	36	29	89	67	82	46	63	133	108	59
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	68	26	41	35	27	5	3	6	7	13	6	6	11	9	5
	10%	10%	10%	13%	7%	15%	12%	7%	11%	16%	12%	9%	8%	9%	9%
				b											
Some, but less than half an hour	244	120	124	100	134	10	11	28	18	28	14	14	54	49	27
	36%	45%	31%	37%	36%	28%	37%	32%	27%	35%	31%	22%	40%	45%	46%
		b											f	cf	f
Between half an hour and an hour	267	89	177	109	139	19	13	39	32	31	14	31	49	38	20
	39%	33%	44%	40%	38%	53%	44%	44%	48%	38%	30%	49%	37%	35%	34%
			a												
More than an hour	97	34	62	27	69	1	2	15	9	9	12	13	19	11	7
	14%	13%	15%	10%	19%	4%	7%	17%	14%	11%	26%	20%	14%	11%	11%
					a						h				
NET: Some	607	243	363	235	341	31	26	82	59	69	40	57	122	99	54
	90%	90%	90%	87%	93%	85%	88%	93%	89%	84%	88%	91%	92%	91%	91%
					a										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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
		a	b	c	d	e	*f	g	h	a	*b	c	*d	*e	*f	g
Significance Level: 95%																
Unweighted Total	565	85	183	126	84	60	27	394	171	446	23	56	20	8	6	113
Total	675	100	217	152	101	71	33	470	205	540	26	63	23	9	7	129
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	68	7	14	12	11	16	8	33	35	55	1	7	3	2	-	13
	10%	7%	7%	8%	11%	23%	23%	7%	17%	10%	4%	11%	14%	26%	-	10%
						abcg			abcg							
Some, but less than half an hour	244	41	84	50	32	29	8	174	69	188	8	28	12	3	1	52
	36%	40%	39%	33%	32%	41%	23%	37%	34%	35%	30%	44%	51%	36%	18%	40%
Between half an hour and an hour	267	34	85	67	43	23	14	186	81	215	14	23	6	3	2	48
	39%	34%	39%	44%	42%	33%	44%	40%	39%	40%	53%	36%	24%	38%	34%	37%
More than an hour	97	18	34	24	15	2	4	77	20	82	4	6	3	-	3	15
	14%	18%	16%	16%	14%	3%	11%	16%	10%	15%	14%	9%	11%	-	48%	12%
		e	e	e	e			e								
NET: Some	607	93	203	141	90	55	26	437	170	485	25	57	20	7	7	115
	90%	93%	93%	92%	89%	77%	77%	93%	83%	90%	96%	89%	86%	74%	100%	90%
		eh	eh	eh				eh								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	*a	b	c	d	*a	*b	c	d	*e	f	a	b	*a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	565	-	278	287	565	23	24	80	418	20	127	508	47	5	207	311	42	560
Total	675	-	333	342	675	27	28	97	501	23	151	606	56	6	249	372	48	670
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	68	-	46	22	68	3	2	6	49	8	11	52	11	-	32	31	5	68
	10%	-	14%	6%	10%	9%	9%	6%	10%	34%	7%	9%	20%	-	13%	8%	10%	10%
			c									a						
Some, but less than half an hour	244	-	118	125	244	10	15	43	167	9	68	214	26	2	92	126	23	241
	36%	-	36%	37%	36%	39%	53%	44%	33%	40%	45%	35%	46%	40%	37%	34%	49%	36%
										d								
Between half an hour and an hour	267	-	129	137	267	7	7	38	211	4	52	247	15	2	88	159	17	264
	39%	-	39%	40%	39%	26%	24%	39%	42%	16%	34%	41%	27%	39%	35%	43%	36%	39%
More than an hour	97	-	40	58	97	7	4	10	74	2	21	93	4	1	37	57	3	96
	14%	-	12%	17%	14%	26%	14%	11%	15%	10%	14%	15%	8%	21%	15%	15%	6%	14%
NET: Some	607	-	287	320	607	24	25	91	452	15	140	554	45	6	217	341	43	602
	90%	-	86%	94%	90%	91%	91%	94%	90%	66%	93%	91%	80%	100%	87%	92%	90%	90%
			b								b							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	565	117	433	67	63	21	411	143	7	480	85	484	79
Total	675	138	521	79	75	25	493	170	8	572	103	579	94
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	68	16	49	5	4	2	55	11	1	58	9	58	10
	10%	12%	9%	7%	6%	10%	11%	6%	15%	10%	9%	10%	11%
Some, but less than half an hour	244	65	173	37	21	10	175	66	1	220	24	202	41
	36%	47%	33%	47%	27%	41%	36%	39%	16%	38%	23%	35%	44%
		b		b						b			
Between half an hour and an hour	267	41	218	26	40	5	195	66	5	216	51	232	34
	39%	30%	42%	33%	53%	20%	39%	39%	56%	38%	49%	40%	36%
		a		a	ad					a			
More than an hour	97	14	81	11	10	7	69	27	1	78	19	89	8
	14%	11%	16%	14%	14%	29%	14%	16%	13%	14%	18%	15%	9%
NET: Some	607	121	473	74	71	23	438	159	7	514	93	522	83
	90%	88%	91%	93%	94%	90%	89%	94%	85%	90%	91%	90%	89%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Number of days active										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)			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Significance Level: 95%																			
Unweighted Total	565	67	59	76	117	71	64	28	83	264	175	233	100	227	419	53	404	69	
Total	675	79	71	92	138	84	76	34	101	314	210	277	120	273	501	63	483	82	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Nothing	68	22	8	5	14	6	4	5	5	25	13	17	22	28	43	6	43	9	
	10%	27%	11%	6%	10%	7%	5%	14%	5%	8%	6%	6%	18%	10%	8%	10%	9%	11%	
		bcdefhij											a						
Some, but less than half an hour	244	27	34	39	50	34	22	12	25	124	59	87	43	112	178	22	171	30	
	36%	34%	48%	43%	37%	40%	29%	36%	24%	39%	28%	31%	36%	41%	36%	35%	35%	36%	
			fhj	hj		h				hj				a					
Between half an hour and an hour	267	20	23	34	59	37	35	9	50	129	94	130	44	89	202	22	195	29	
	39%	26%	32%	37%	43%	44%	47%	25%	50%	41%	45%	47%	37%	33%	40%	35%	40%	36%	
				a	a	a			ab	a	a	c							
More than an hour	97	11	6	14	15	7	15	9	21	36	44	43	11	43	78	13	74	14	
	14%	13%	9%	15%	11%	9%	19%	25%	21%	11%	21%	16%	9%	16%	16%	21%	15%	17%	
									bdei		bdei								
NET: Some	607	58	63	87	124	78	72	29	96	289	197	260	98	245	459	56	440	73	
	90%	73%	89%	94%	90%	93%	95%	86%	95%	92%	94%	94%	82%	90%	92%	90%	91%	89%	
			a	a	a	a	a		a	a	a	b							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

Significance Level: 95%

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
	a	b	a	b	a	b	
Unweighted Total	565	384	73	381	65	334	108
Total	675	459	86	457	75	398	130
	100%	100%	100%	100%	100%	100%	100%
Nothing	68	42	11	38	12	33	14
	10%	9%	12%	8%	16%	8%	11%
Some, but less than half an hour	244	163	28	165	25	146	39
	36%	35%	32%	36%	33%	37%	30%
Between half an hour and an hour	267	187	27	183	24	164	47
	39%	41%	32%	40%	32%	41%	36%
More than an hour	97	67	21	71	14	55	29
	14%	15%	24%	16%	19%	14%	23%
			a				a
NET: Some	607	417	76	419	64	364	115
	90%	91%	88%	92%	84%	92%	89%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	565	223	339	233	307	25	26	68	55	75	39	45	114	99	44
Total	675	269	403	271	368	36	29	89	67	82	46	63	133	108	59
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	47 7%	22 8%	25 6%	30 11% b	17 5%	- -	4 12%	8 9%	5 7%	5 6%	2 5%	1 2%	13 10%	6 6%	2 4%
A bit more (4.0)	168 25%	79 29% b	88 22%	83 31% b	79 21%	6 16%	7 23%	23 26%	16 24%	19 23%	17 37% h	14 22%	40 30%	20 19%	12 20%
Neither more nor less (3.0)	196 29%	79 29%	116 29%	81 30%	107 29%	7 20%	8 27%	21 24%	21 32%	29 36%	15 33%	21 33%	34 25%	34 32%	12 20%
A bit less (2.0)	121 18%	45 17%	76 19%	42 15%	69 19%	10 28%	7 24%	16 18%	13 19%	13 16%	8 18%	12 20%	20 15%	14 13%	18 31% gh
A lot less (1.0)	135 20%	41 15%	94 23% a	29 11%	94 25% a	12 33%	3 11%	21 24% e	11 16%	13 16%	2 5%	14 22% e	25 19% e	31 29% de	14 25% e
Don't know	10 1%	4 2%	5 1%	7 2%	2 1%	1 3%	1 3%	- -	1 2%	3 4%	1 3%	- -	1 1%	2 2%	- -
NET: More	214 32%	100 37% b	113 28%	113 42% b	96 26%	6 16%	10 35%	30 34%	21 31%	24 30%	19 41%	16 25%	53 40% h	27 25%	14 24%
NET: Less	255 38%	86 32%	170 42% a	71 26%	163 44% a	22 61%	10 35%	37 42% e	24 35%	26 31%	10 23%	26 42%	45 34%	45 42% e	33 55% cdeg
Base for stats	665	265	399	264	366	35	28	89	65	79	44	63	132	106	59
Mean Score	2.81	2.98 b	2.69	3.16 b	2.61	2.20	3.02	2.77	2.86	2.89	3.19 fhi	2.63	2.98 hi	2.59	2.48
Standard Deviation	1.220	1.191	1.228	1.157	1.211	1.098	1.222	1.307	1.176	1.149	.971	1.137	1.272	1.259	1.193
Standard Error	.052	.081	.067	.077	.069	.224	.244	.159	.160	.135	.158	.169	.120	.128	.180
Error variance	*	.01	*	.01	*	.05	.06	.03	.03	.02	.02	.03	.01	.02	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	
		a	b	c	d	e	*f	g	h	a	*b	c	*d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	565	85	183	126	84	60	27	394	171	446	23	56	20	8	6	113	
Total	675	100	217	152	101	71	33	470	205	540	26	63	23	9	7	129	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	47 7%	15 15%	11 5%	6 4%	7 7%	8 11%	1 3%	31 7%	16 8%	31 6%	5 17%	7 12%	1 5%	-	1 16%	14 11%	
		bcg															a
A bit more (4.0)	168 25%	33 33%	53 25%	37 24%	26 25%	13 19%	5 14%	124 26%	44 21%	128 24%	6 22%	23 37%	5 20%	2 24%	1 18%	37 29%	
		h											a				
Neither more nor less (3.0)	196 29%	23 23%	68 31%	43 28%	27 27%	25 34%	9 27%	135 29%	61 30%	152 28%	9 36%	22 34%	6 27%	3 28%	-	40 31%	
A bit less (2.0)	121 18%	12 12%	34 16%	38 25%	20 20%	8 11%	8 24%	85 18%	36 18%	105 19%	2 8%	6 10%	4 16%	2 23%	1 16%	15 12%	
				abe													
A lot less (1.0)	135 20%	17 16%	50 23%	27 18%	19 19%	16 22%	7 21%	93 20%	42 20%	117 22%	5 17%	3 4%	5 24%	2 24%	4 50%	18 14%	
										c							c
Don't know	10 1%	-	2 1%	1 1%	1 1%	2 3%	3 10%	3 1%	7 3%	6 1%	-	2 3%	2 8%	-	-	4 3%	
									g								
NET: More	214 32%	48 48%	64 29%	43 28%	33 33%	21 29%	6 17%	155 33%	59 29%	160 30%	10 39%	31 48%	6 25%	2 24%	2 34%	51 40%	
		bcdegh											a			a	
NET: Less	255 38%	29 29%	84 38%	65 43%	39 39%	24 33%	15 45%	178 38%	78 38%	222 41%	7 25%	9 14%	9 40%	4 48%	5 66%	33 26%	
				a						cg							
Base for stats	665	100	215	152	99	69	30	467	198	534	26	61	21	9	7	124	
Mean Score	2.81	3.17	2.73	2.71	2.82	2.84	2.49	2.82	2.78	2.72	3.14	3.44	2.63	2.52	2.33	3.11	
		bcgh											a			a	
Standard Deviation	1.220	1.299	1.208	1.134	1.224	1.285	1.123	1.217	1.231	1.214	1.313	.978	1.257	1.169	1.712	1.208	
Standard Error	.052	.141	.090	.101	.134	.169	.229	.062	.096	.058	.274	.133	.296	.413	.699	.116	
Error variance	*	.02	.01	.01	.02	.03	.05	*	.01	*	.07	.02	.09	.17	.49	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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						
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
		*a	b	c	d	*a	*b	c	d	*e	f	a	b	*a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	565	-	278	287	565	23	24	80	418	20	127	508	47	5	207	311	42	560	
Total	675	-	333	342	675	27	28	97	501	23	151	606	56	6	249	372	48	670	
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	47	-	22	25	47	7	7	5	27	-	20	44	2	1	13	26	7	45
		7%	-	7%	7%	7%	26%	27%	6%	5%	-	13%	7%	4%	21%	5%	7%	14%	7%
											d							b	
A bit more	(4.0)	168	-	77	91	168	8	7	30	115	7	45	152	13	1	59	92	16	166
		25%	-	23%	27%	25%	30%	24%	31%	23%	31%	30%	25%	23%	18%	24%	25%	33%	25%
Neither more nor less	(3.0)	196	-	108	88	196	6	9	21	152	8	36	173	17	1	85	103	6	194
		29%	-	32%	26%	29%	22%	32%	22%	30%	34%	24%	29%	30%	22%	34%	28%	12%	29%
															d	d		d	
A bit less	(2.0)	121	-	58	63	121	1	2	21	94	2	24	103	15	-	42	70	9	121
		18%	-	17%	18%	18%	5%	8%	21%	19%	10%	16%	17%	26%	-	17%	19%	18%	18%
A lot less	(1.0)	135	-	61	74	135	5	3	19	106	2	27	124	10	2	47	77	9	133
		20%	-	18%	22%	20%	17%	9%	20%	21%	10%	18%	20%	17%	39%	19%	21%	18%	20%
Don't know		10	-	8	2	10	-	-	-	7	3	-	10	-	-	2	5	2	10
		1%	-	2%	1%	1%	-	-	-	1%	15%	-	2%	-	-	1%	1%	4%	1%
NET: More		214	-	98	116	214	15	14	36	142	7	65	196	15	2	72	117	23	212
		32%	-	30%	34%	32%	56%	50%	37%	28%	31%	43%	32%	27%	39%	29%	32%	47%	32%
											d							bce	
NET: Less		255	-	119	136	255	6	5	40	200	5	51	227	24	2	89	146	18	253
		38%	-	36%	40%	38%	22%	17%	41%	40%	20%	34%	37%	43%	39%	36%	39%	37%	38%
Base for stats		665	-	325	340	665	27	28	97	494	19	151	596	56	6	247	367	46	660
Mean Score		2.81	-	2.81	2.80	2.81	3.43	3.50	2.81	2.72	3.02	3.05	2.82	2.71	2.82	2.79	2.78	3.07	2.81
											d								
Standard Deviation		1.220	-	1.184	1.255	1.220	1.404	1.243	1.238	1.194	.994	1.300	1.234	1.132	1.752	1.160	1.230	1.391	1.217
Standard Error		.052	-	.072	.074	.052	.293	.254	.138	.059	.241	.115	.055	.165	.784	.081	.070	.220	.052
Error variance		*	-	.01	.01	*	.09	.06	.02	*	.06	.01	*	.03	.61	.01	*	.05	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	565	117	433	67	63	21	411	143	7	480	85	484	79
Total	675	138	521	79	75	25	493	170	8	572	103	579	94
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0) 47 7%	18 13% b	26 5%	9 11%	8 10%	4 15%	28 6%	19 11% d	1 11%	41 7%	6 6%	42 7%	4 5%
A bit more	(4.0) 168 25%	43 31%	121 23%	16 20%	21 28%	9 37%	122 25%	45 26%	- -	140 25%	27 26%	148 26%	20 21%
Neither more nor less	(3.0) 196 29%	29 21%	161 31% a	19 24%	20 26%	1 5%	154 31% e	35 21%	5 59%	163 29%	32 31%	159 28%	34 36%
A bit less	(2.0) 121 18%	25 18%	95 18%	18 23%	17 23%	7 29%	78 16%	42 25% d	1 14%	100 17%	21 20%	108 19%	12 13%
A lot less	(1.0) 135 20%	18 13%	113 22% a	16 20%	8 11%	4 14%	106 22%	27 16%	1 16%	121 21%	14 14%	112 19%	23 24%
Don't know	10 1%	3 2%	5 1%	1 2%	1 1%	- -	7 1%	2 1%	- -	8 1%	2 2%	9 2%	1 1%
NET: More	214 32%	62 45% b	147 28%	24 31%	29 38%	13 52%	149 30%	64 38%	1 11%	181 32%	33 32%	190 33%	24 26%
NET: Less	255 38%	44 32%	209 40%	34 43%	26 34%	11 43%	184 37%	69 40%	2 30%	220 38%	35 34%	221 38%	35 37%
Base for stats	665	135	516	78	74	25	487	168	8	564	101	570	93
Mean Score	2.81	3.14 b	2.71	2.78	3.03	3.10	2.77	2.93	2.77	2.79	2.90	2.82	2.68
Standard Deviation	1.220	1.265	1.191	1.292	1.185	1.381	1.207	1.271	1.146	1.235	1.136	1.227	1.192
Standard Error	.052	.118	.057	.159	.150	.301	.060	.107	.433	.057	.125	.056	.135
Error variance	*	.01	*	.03	.02	.09	*	.01	.19	*	.02	*	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	d	e	f	*g	h	i	j	a	b	c	a	b	a	b
Unweighted Total	565	67	59	76	117	71	64	28	83	264	175	233	100	227	419	53	404	69
Total	675	79	71	92	138	84	76	34	101	314	210	277	120	273	501	63	483	82
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	47 7%	4 4%	7 9%	7 8%	6 4%	5 6%	7 9%	4 11%	8 8%	17 6%	19 9%	30 11%	3 3%	14 5%	34 7%	8 13%	37 8%	6 7%
A bit more (4.0)	168 25%	9 11%	15 21%	20 22%	41 30%	18 22%	23 31%	11 31%	30 30%	80 25%	64 30%	121 44%	14 11%	32 12%	131 26%	14 22%	125 26%	11 14%
Neither more nor less (3.0)	196 29%	18 23%	9 12%	25 27%	41 30%	31 37%	26 35%	8 24%	38 37%	97 31%	73 34%	81 29%	49 41%	64 23%	134 27%	18 29%	129 27%	31 38%
A bit less (2.0)	121 18%	12 15%	23 33%	14 15%	25 18%	15 18%	14 19%	4 13%	13 13%	54 17%	32 15%	32 12%	28 24%	59 22%	82 16%	13 21%	82 17%	13 16%
A lot less (1.0)	135 20%	35 44%	17 24%	26 29%	22 16%	13 15%	5 6%	7 21%	10 10%	61 19%	22 10%	14 5%	18 15%	103 38%	115 23%	8 13%	104 21%	19 23%
Don't know	10 1%	2 2%	1 2%	-	3 2%	2 3%	-	-	1 1%	6 2%	1 1%	-	8 7%	1 *	5 1%	1 2%	6 1%	1 2%
NET: More	214 32%	12 16%	21 30%	27 30%	47 34%	23 27%	30 40%	14 42%	39 38%	97 31%	83 39%	150 54%	17 14%	46 17%	165 33%	22 35%	162 34%	17 21%
NET: Less	255 38%	47 59%	40 56%	40 44%	47 34%	28 33%	19 25%	12 34%	23 23%	115 36%	54 26%	46 17%	46 39%	162 59%	197 39%	21 34%	186 38%	32 39%
Base for stats	665	77	70	92	135	82	76	34	99	309	209	277	112	272	496	62	476	81
Mean Score	2.81	2.15	2.59	2.65	2.88	2.84	3.17	2.99	3.13	2.80	3.13	3.44	2.61	2.24	2.77	3.02	2.81	2.66
Standard Deviation	1.220	1.249	1.320	1.310	1.140	1.122	1.043	1.328	1.084	1.189	1.110	.997	.994	1.220	1.258	1.231	1.258	1.200
Standard Error	.052	.155	.173	.150	.107	.135	.130	.251	.120	.074	.084	.065	.103	.081	.062	.171	.063	.145
Error variance	*	.02	.03	.02	.01	.02	.02	.06	.01	.01	.01	*	.01	.01	*	.03	*	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	565	384	73	381	65	334	108
Total	675	459	86	457	75	398	130
	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	47 7%	36 8%	7 8%	32 7%	8 11%	32 8%	8 6%
A bit more (4.0)	168 25%	123 27%	16 19%	128 28% b	9 12%	110 28% b	23 18%
Neither more nor less (3.0)	196 29%	123 27%	21 24%	122 27%	24 31%	101 25%	46 35% a
A bit less (2.0)	121 18%	81 18%	18 21%	82 18%	12 16%	67 17%	27 21%
A lot less (1.0)	135 20%	92 20%	23 27%	88 19%	20 27%	84 21%	25 19%
Don't know	10 1%	3 1%	1 1%	4 1%	2 3%	3 1%	1 1%
NET: More	214 32%	159 35%	23 27%	160 35%	17 23%	143 36% b	31 24%
NET: Less	255 38%	173 38%	41 48%	171 37%	33 43%	151 38%	52 40%
Base for stats	665	455	85	452	73	394	129
Mean Score	2.81	2.85	2.61	2.85	2.62	2.85	2.70
Standard Deviation	1.220	1.247	1.300	1.228	1.317	1.268	1.151
Standard Error	.052	.064	.153	.063	.166	.070	.111
Error variance	*	*	.02	*	.03	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187	
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Much more important	(5.0)	459	206	249	145	153	160	19	64	44	53	35	40	81	71	52
		23%	21%	24%	24%	23%	21%	19%	24%	22%	25%	20%	18%	26%	21%	25%
													f			
Somewhat more important	(4.0)	811	376	433	277	253	280	41	96	79	82	74	93	135	127	83
		40%	38%	42%	45%	38%	37%	42%	36%	39%	38%	43%	42%	43%	39%	40%
					bc											
No more or less important	(3.0)	598	321	276	113	200	285	30	76	61	59	56	75	71	107	64
		29%	32%	27%	18%	30%	38%	30%	29%	30%	27%	32%	34%	22%	32%	31%
			b			a	ab			g		g	g		g	g
Somewhat less important	(2.0)	77	44	32	43	24	11	4	10	8	10	2	7	19	12	5
		4%	4%	3%	7%	4%	1%	4%	4%	4%	5%	1%	3%	6%	4%	2%
					bc	c					e			e		
Much less important	(1.0)	21	14	7	9	10	3	2	2	2	2	4	3	4	2	1
		1%	1%	1%	1%	1%	*	2%	1%	1%	1%	2%	1%	1%	1%	*
Don't know		62	27	31	28	23	12	2	15	8	9	3	5	7	11	2
		3%	3%	3%	4%	4%	2%	2%	6%	4%	4%	2%	2%	2%	3%	1%
					c	c			egi							
NET: More important		1270	582	682	422	407	440	60	160	123	135	109	133	217	198	135
		63%	59%	66%	69%	61%	59%	62%	61%	61%	63%	63%	59%	68%	60%	65%
			a		bc								fh			
NET: Less important		99	59	39	51	33	14	6	12	10	12	6	11	23	14	5
		5%	6%	4%	8%	5%	2%	6%	4%	5%	6%	4%	5%	7%	4%	3%
			b		bc	c							i			
Base for stats	1967	961	997	587	640	740	96	248	193	206	171	219	311	319	204	
Mean Score	3.82	3.74	3.89	3.86	3.81	3.79	3.75	3.85	3.81	3.85	3.78	3.73	3.87	3.79	3.89	
			a													
Standard Deviation	.872	.895	.841	.921	.894	.810	.888	.877	.864	.899	.869	.850	.914	.855	.827	
Standard Error	.020	.029	.026	.036	.035	.031	.089	.058	.062	.061	.065	.064	.050	.046	.061	
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important	(5.0)	459 23%	101 22%	116 25%	53 20%	49 24%	81 17%	276 25%	183 20%	373 21%	19 33%	29 25%	19 36%	4 26%	7 52%	78 30%
		bdfgh		fh				fh			a		a			a
Somewhat more important	(4.0)	811 40%	200 44%	192 42%	115 45%	78 38%	157 33%	461 42%	350 38%	693 40%	21 36%	55 47%	22 42%	5 30%	6 43%	108 42%
			fh	f	fh			fh								
No more or less important	(3.0)	598 29%	120 27%	115 25%	68 26%	65 31%	194 41%	272 25%	326 35%	549 32%	15 26%	22 19%	6 11%	1 9%	1 5%	45 18%
						ag	abcdegh	abcdg		cdg	d					
Somewhat less important	(2.0)	77 4%	17 4%	19 4%	12 4%	6 3%	12 3%	47 4%	30 3%	60 3%	1 2%	6 5%	4 7%	2 15%	-	13 5%
			fh													
Much less important	(1.0)	21 1%	5 1%	5 1%	2 1%	4 2%	4 1%	12 1%	9 1%	18 1%	1 2%	-	1 1%	1 6%	-	3 1%
Don't know		62 3%	9 2%	14 3%	9 4%	5 2%	20 4%	28 3%	34 4%	47 3%	1 1%	6 5%	1 3%	2 14%	-	10 4%
NET: More important	1270 63%	128 70%	301 66%	308 67%	168 65%	127 61%	238 51%	737 67%	533 57%	1067 61%	40 68%	83 71%	41 78%	9 56%	13 95%	186 72%
		fh	fh	fh	fh	f		fh	f			a	a			a
NET: Less important	99 5%	14 8%	22 5%	23 5%	13 5%	10 5%	16 3%	59 5%	39 4%	77 4%	2 4%	6 5%	4 8%	3 21%	-	16 6%
		fh														
Base for stats	1967	177	444	447	249	202	448	1068	898	1693	57	111	51	14	14	247
Mean Score	3.82	3.96	3.84	3.89	3.83	3.80	3.67	3.88	3.74	3.79	3.96	3.96	4.08	3.64	4.46	4.00
		fh	fh	fh	f			fh				a	a			a
Standard Deviation	.872	.957	.858	.876	.837	.908	.832	.882	.853	.859	.932	.819	.955	1.309	.617	.903
Standard Error	.020	.072	.041	.041	.053	.063	.041	.027	.029	.021	.119	.075	.129	.338	.159	.056
Error variance	*	.01	*	*	*	*	*	*	*	*	.01	.01	.02	.11	.03	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
		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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710	
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Much more important (5.0)	459 23%	296 24%	69 21%	70 21%	140 21%	13 23%	11 18%	120 24%	304 23%	11 17%	143 23%	432 24%	24 12%	76 25%	232 22%	131 23%	20 26%	383 22%	
Somewhat more important (4.0)	811 40%	476 38%	162 49%	148 43%	310 46%	22 40%	23 39%	172 34%	578 43%	15 24%	218 35%	747 42%	47 24%	105 34%	438 41%	238 42%	30 39%	706 41%	
No more or less important (3.0)	598 29%	424 34%	70 21%	83 24%	153 23%	13 24%	17 28%	169 34%	382 28%	17 26%	199 32%	491 28%	91 46%	108 35%	341 32%	132 23%	18 23%	491 28%	
Somewhat less important (2.0)	77 4%	26 2%	17 5%	27 8%	44 6%	3 5%	8 14%	23 5%	40 3%	3 5%	34 6%	54 3%	20 10%	9 3%	31 3%	33 6%	4 6%	68 4%	
Much less important (1.0)	21 1%	13 1%	4 1%	3 1%	7 1%	1 2%	-	9 2%	10 1%	1 1%	10 2%	17 1%	2 1%	4 1%	7 1%	10 2%	1 1%	18 1%	
Don't know	62 3%	26 2%	10 3%	11 3%	21 3%	4 7%	1 1%	11 2%	30 2%	18 27%	15 2%	41 2%	14 7%	6 2%	29 3%	23 4%	4 5%	56 3%	
NET: More important	1270 63%	772 61%	231 69%	218 64%	449 67%	35 63%	34 57%	292 58%	882 66%	27 41%	361 58%	1179 66%	70 36%	181 59%	670 62%	369 65%	49 64%	1089 63%	
NET: Less important	99 5%	39 3%	21 6%	30 9%	51 8%	4 7%	8 14%	32 6%	50 4%	4 6%	45 7%	71 4%	22 11%	12 4%	38 3%	43 8%	5 7%	86 5%	
Base for stats	1967	1235	323	331	654	53	59	493	1314	48	604	1741	183	301	1049	545	72	1666	
Mean Score	3.82	3.82	3.86	3.77	3.81	3.82	3.62	3.75	3.86	3.69	3.74	3.88	3.38	3.80	3.82	3.82	3.87	3.82	
Standard Deviation	.872	.854	.856	.909	.884	.946	.946	.938	.833	.974	.939	.852	.884	.892	.831	.931	.921	.868	
Standard Error	.020	.024	.052	.055	.038	.128	.119	.043	.023	.136	.039	.020	.066	.050	.026	.041	.106	.021	
Error variance	*	*	*	*	*	.02	.01	*	*	.02	*	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important	(5.0)	459	319	43	73	19	316	127	6	359	100	396	60
		23%	23%	21%	21%	23%	23%	22%	13%	22%	24%	23%	20%
Somewhat more important	(4.0)	811	580	77	120	28	585	211	11	655	156	703	105
		40%	42%	37%	34%	34%	42%	36%	25%	41%	37%	41%	35%
							bef					b	
No more or less important	(3.0)	598	401	57	134	21	394	187	21	473	125	498	97
		29%	29%	28%	38%	26%	29%	32%	46%	29%	30%	29%	32%
					ad				acde				
Somewhat less important	(2.0)	77	42	17	11	5	42	30	2	63	14	54	18
		4%	3%	8%	3%	6%	3%	5%	4%	4%	3%	3%	6%
				bd				d				a	
Much less important	(1.0)	21	11	2	2	7	11	10	-	17	4	13	9
		1%	1%	1%	*	8%	1%	2%	-	1%	1%	1%	3%
						abdef						a	
Don't know		62	39	10	14	1	32	20	6	45	18	43	12
		3%	3%	5%	4%	2%	2%	3%	12%	3%	4%	3%	4%
				d					bcde				
NET: More important		1270	899	120	193	46	901	338	17	1014	256	1099	165
		63%	65%	58%	55%	57%	65%	58%	37%	63%	61%	64%	55%
				f	f	f	abef	f				b	
NET: Less important		99	53	19	13	12	53	40	2	81	18	66	27
		5%	4%	9%	4%	14%	4%	7%	4%	5%	4%	4%	9%
				bd		bde		bd				a	
Base for stats		1967	1353	196	340	79	1348	565	40	1568	399	1663	289
Mean Score		3.82	3.85	3.73	3.74	3.59	3.86	3.73	3.52	3.81	3.83	3.85	3.65
			a				abcef					b	
Standard Deviation		.872	.842	.939	.846	1.167	.840	.929	.803	.870	.878	.844	.980
Standard Error		.020	.023	.066	.047	.129	.023	.039	.124	.022	.045	.021	.056
Error variance		*	*	*	*	.02	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	Number of days active										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)		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b	
Significance Level: 95%																			
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227	
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Much more important	(5.0)	459	49	36	48	56	55	59	33	123	158	215	238	71	146	386	39	375	38
	23%	12%	21%	18%	18%	25%	28%	35%	35%	20%	33%	34%	13%	19%	26%	18%	26%	17%	
			a	a	a	acd	acdi	abcdi	abcdei	a	abcdei	bc		b	b		b		
Somewhat more important	(4.0)	811	122	72	113	155	92	95	32	129	360	257	321	170	317	636	65	632	68
	40%	30%	42%	42%	50%	42%	45%	34%	37%	45%	39%	46%	32%	41%	43%	29%	43%	30%	
			a	a	acghj	a	a			ahj	a	bc		b	b		b		
No more or less important	(3.0)	598	181	47	88	82	52	42	24	83	222	148	109	247	237	379	88	386	90
	29%	45%	27%	32%	26%	24%	20%	25%	24%	28%	23%	16%	47%	31%	26%	40%	26%	39%	
			bcdefghij		efhj					fj			ac	a		a		a	
Somewhat less important	(2.0)	77	18	12	16	9	9	9	1	4	33	14	16	21	38	40	16	36	19
	4%	4%	7%	6%	3%	4%	4%	4%	1%	1%	4%	2%	2%	4%	5%	3%	7%	2%	8%
			hj	dghj	hj	h	h			hj				a		a		a	
Much less important	(1.0)	21	8	2	2	2	4	-	3	1	9	3	4	2	16	12	5	12	2
	1%	2%	1%	1%	1%	2%	-	3%	*	1%	1%	1%	*	2%	1%	2%	1%	1%	
			fhj						fhj					ab					
Don't know		62	25	4	5	7	8	5	2	8	19	14	6	20	18	30	9	26	11
	3%	6%	2%	2%	2%	3%	2%	2%	2%	2%	2%	1%	4%	2%	2%	4%	2%	5%	
			cdfhij										a	a		a		a	
NET: More important		1270	171	109	160	211	146	154	65	252	518	472	559	240	463	1022	104	1008	107
	63%	42%	62%	59%	68%	67%	74%	69%	72%	65%	72%	81%	45%	60%	69%	47%	69%	47%	
			a	a	ac	a	abci	a	abci	a	abci	bc		b	b		b		
NET: Less important		99	25	14	18	11	13	9	4	5	42	18	20	23	55	52	20	49	21
	5%	6%	8%	7%	4%	6%	4%	4%	2%	5%	3%	3%	4%	7%	4%	9%	3%	9%	
			hj	dhj	hj	hj				hj				ab		a		a	
Base for stats		1967	377	170	267	304	210	205	93	340	781	638	688	510	755	1453	212	1442	217
Mean Score		3.82	3.49	3.76	3.70	3.83	3.88	4.00	3.99	4.09	3.80	4.04	4.12	3.56	3.71	3.93	3.55	3.92	3.56
			a	a	a	ac	abcdi	aci	abcdei	a	abcdei	bc		b	b		b		
Standard Deviation		.872	.851	.910	.860	.782	.907	.814	.958	.822	.846	.840	.795	.791	.907	.839	.946	.836	.913
Standard Error		.020	.044	.069	.053	.045	.062	.056	.102	.045	.030	.033	.030	.035	.033	.022	.066	.022	.062
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Total	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
		a	b	a	b	a	b	
Significance Level: 95%								
Unweighted Total	2029	1278	307	1357	255	1090	468	
Total	2029	1275	307	1354	257	1083	475	
	100%	100%	100%	100%	100%	100%	100%	
Much more important	(5.0)	459	342	47	371	37	306	74
		23%	27%	15%	27%	15%	28%	16%
			b		b		b	
Somewhat more important	(4.0)	811	562	100	584	75	475	162
		40%	44%	32%	43%	29%	44%	34%
			b		b		b	
No more or less important	(3.0)	598	300	129	325	117	239	192
		29%	24%	42%	24%	46%	22%	40%
			a		a		a	
Somewhat less important	(2.0)	77	38	12	43	13	35	22
		4%	3%	4%	3%	5%	3%	5%
Much less important	(1.0)	21	12	6	12	3	11	8
		1%	1%	2%	1%	1%	1%	2%
Don't know		62	23	13	20	11	17	18
		3%	2%	4%	1%	4%	2%	4%
			a		a		a	
NET: More important		1270	903	147	955	112	781	236
		63%	71%	48%	71%	44%	72%	50%
			b		b		b	
NET: Less important		99	50	18	54	16	46	30
		5%	4%	6%	4%	6%	4%	6%
Base for stats		1967	1252	294	1334	245	1066	457
Mean Score		3.82	3.94	3.57	3.94	3.53	3.97	3.59
			b		b		b	
Standard Deviation		.872	.845	.883	.852	.861	.856	.876
Standard Error		.020	.024	.052	.023	.055	.026	.041
Error variance		*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	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	56 3%	29 3%	28 3%	29 5%	20 3%	8 1%	6 6%	8 3%	6 3%	4 2%	8 4%	1 *	19 6%	3 1%	2 1%
				c	c		fhi	h			fhi		dfhi		
I am self-isolating because someone in my household has virus symptoms	59 3%	37 4%	21 2%	42 7%	15 2%	2 *	2 2%	12 4%	4 2%	6 3%	4 2%	3 1%	19 6%	6 2%	5 2%
		b		bc	c								cefh		
I am self-isolating because I am at increased risk due to my age or health condition	504 25%	282 29%	221 21%	82 13%	109 16%	313 42%	38 38%	63 24%	56 28%	53 25%	40 23%	53 24%	55 17%	83 25%	62 30%
		b				ab	bdefgh	g	g	g			g	g	g
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1344 66%	612 62%	727 71%	423 69%	506 76%	416 55%	48 49%	176 67%	125 62%	144 67%	115 66%	160 72%	209 66%	231 70%	135 65%
		a	a	c	ac		a	a	a	a	a	a	a	a	a
Prefer not to say	66 3%	29 3%	32 3%	39 6%	14 2%	12 2%	5 5%	5 2%	9 5%	8 4%	7 4%	6 3%	16 5%	6 2%	3 2%
				bc									bhi		
NET: Self-isolating	619 31%	348 35%	270 26%	152 25%	144 22%	323 43%	46 47%	82 31%	66 33%	64 29%	51 30%	58 26%	92 29%	92 28%	69 33%
		b				ab	bcdefghi								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D6. Which one of the following best describes you 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	
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g		
Significance Level: 95%																	
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275	
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257	
	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	56 3%	13 7%	13 3%	10 2%	6 2%	5 2%	10 2%	36 3%	21 2%	44 3%	1 2%	6 5%	2 4%	- -	1 8%	11 4%	
		bcdefgh															
I am self-isolating because someone in my household has virus symptoms	59 3%	13 7%	18 4%	13 3%	8 3%	6 3%	1 *	44 4%	15 2%	38 2%	3 6%	11 9%	4 8%	1 8%	1 5%	20 8%	
		cefh	fh	f	f	f		fh	f			a	a			a	
I am self-isolating because I am at increased risk due to my age or health condition	504 25%	32 18%	73 16%	75 16%	69 27%	39 19%	216 46%	180 16%	324 35%	440 25%	20 34%	21 18%	11 21%	4 25%	3 18%	58 23%	
					abceg		abcdegh		abcdeg			c					
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1344 66%	117 64%	342 75%	343 74%	164 64%	150 73%	228 49%	802 73%	543 58%	1177 68%	29 50%	70 60%	33 63%	9 56%	9 63%	150 58%	
		f	adfh	adfh	f	dfh		adfh	f	bg							
Prefer not to say	66 3%	8 4%	7 2%	19 4%	11 4%	7 3%	12 3%	35 3%	31 3%	42 2%	4 8%	8 7%	2 5%	2 11%	1 5%	18 7%	
		b		b	b						a	a				a	
NET: Self-isolating	619 31%	58 32%	104 23%	98 21%	83 32%	49 24%	227 49%	260 24%	359 39%	522 30%	24 42%	38 33%	17 33%	5 33%	4 31%	89 35%	
		bcg			bcg		abcdegh		bceg		a						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	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	56 3%	22 2%	10 3%	17 5%	27 4%	56 100%	- -	- -	- -	- -	56 9%	32 2%	22 11%	9 3%	22 2%	22 4%	3 4%	47 3%
				a	a	bcdef					bcde		a		b			
I am self-isolating because someone in my household has virus symptoms	59 3%	25 2%	15 5%	13 4%	28 4%	- -	59 100%	- -	- -	- -	59 10%	46 3%	11 6%	2 1%	24 2%	26 5%	7 9%	57 3%
			a	a	a		acdef				acde		a		ab	ab	abe	a
I am self-isolating because I am at increased risk due to my age or health condition	504 25%	380 30%	43 13%	54 16%	97 14%	- -	- -	504 100%	- -	- -	504 81%	390 22%	97 49%	99 32%	295 27%	92 16%	17 22%	404 23%
		bcd					abdef			abde		a		ce	ce		c	
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1344 66%	811 64%	256 77%	245 72%	501 74%	- -	- -	- -	1344 100%	- -	- -	1267 71%	58 30%	185 60%	708 66%	409 72%	41 54%	1159 67%
			a	a	a				abcef			b		d	abde		ad	
Prefer not to say	66 3%	22 2%	9 3%	14 4%	23 3%	- -	- -	- -	- -	66 100%	- -	47 3%	8 4%	11 4%	28 3%	19 3%	8 10%	55 3%
				a	a				abcdf								abce	
NET: Self-isolating	619 31%	428 34%	68 20%	83 24%	151 22%	56 100%	59 100%	504 100%	- -	- -	619 100%	468 26%	130 66%	111 36%	341 32%	140 25%	28 36%	509 30%
		bcd				de	de	de		de		a		ce	c		c	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am self-isolating because I have had virus symptoms	56 3%	23 8%	23 2%	14 7%	16 4%	7 9%	23 2%	32 5%	4 9%	52 3%	5 1%	46 3%	10 3%
		b		d	d	d		d	d	b			
I am self-isolating because someone in my household has virus symptoms	59 3%	28 10%	27 2%	12 6%	12 4%	8 10%	24 2%	32 5%	1 2%	52 3%	7 2%	51 3%	7 2%
		b		d	d	bd		d					
I am self-isolating because I am at increased risk due to my age or health condition	504 25%	90 31%	305 22%	45 22%	199 56%	33 41%	245 18%	246 42%	26 57%	396 25%	108 26%	436 26%	62 21%
		b			acde	ad		ad	ade				
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1344 66%	138 48%	1004 72%	128 62%	123 35%	30 37%	1049 76%	264 45%	15 32%	1059 66%	285 68%	1134 66%	205 68%
		a		bcef			abcef	b					
Prefer not to say	66 3%	10 4%	33 2%	6 3%	4 1%	2 2%	39 3%	12 2%	- -	54 3%	12 3%	39 2%	16 5%
													a
NET: Self-isolating	619 31%	140 49%	355 25%	71 34%	228 64%	48 60%	292 21%	310 53%	31 68%	499 31%	120 29%	532 31%	79 26%
		b		d	ade	ad		ad	ade				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

BASE: All respondents

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	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	56 3%	11 3%	5 3%	5 2%	9 3%	9 4%	5 2%	2 2%	10 3%	23 3%	17 3%	25 4%	14 3%	16 2%	38 3%	5 2%	36 2%	5 2%
I am self-isolating because someone in my household has virus symptoms	59 3%	9 2%	2 1%	10 4%	14 4%	10 5%	5 2%	4 4%	6 2%	34 4%	14 2%	31 4%	9 2%	17 2%	43 3%	4 2%	36 2%	9 4%
I am self-isolating because I am at increased risk due to my age or health condition	504 25%	153 38%	44 25%	68 25%	63 20%	46 21%	36 17%	16 17%	77 22%	177 22%	130 20%	137 20%	151 29%	210 27%	315 21%	90 41%	327 22%	75 33%
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1344 66%	212 53%	120 69%	182 67%	212 68%	145 66%	157 75%	68 72%	249 71%	539 67%	473 73%	487 70%	336 63%	508 66%	1043 70%	115 52%	1027 70%	132 58%
Prefer not to say	66 3%	16 4%	4 2%	7 3%	13 4%	8 4%	7 3%	4 4%	7 2%	28 3%	18 3%	13 2%	19 4%	21 3%	42 3%	6 3%	42 3%	7 3%
NET: Self-isolating	619 31%	174 43%	50 29%	83 30%	86 28%	65 30%	46 22%	23 24%	92 27%	234 29%	161 25%	193 28%	175 33%	243 31%	397 27%	99 45%	399 27%	89 39%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

BASE: All respondents

	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: Agree a	NET: Disagree b	NET: Agree a	NET: Disagree b	NET: Agree a	NET: Disagree b
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
I am self-isolating because I have had virus symptoms	56 3%	35 3%	5 2%	38 3%	4 1%	40 b	5 1%
I am self-isolating because someone in my household has virus symptoms	59 3%	45 4%	9 3%	41 3%	8 3%	38 4%	9 2%
I am self-isolating because I am at increased risk due to my age or health condition	504 25%	285 22%	106 35% a	322 24%	73 28%	249 23%	138 29% a
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1344 66%	873 68% b	179 58%	917 68%	164 64%	723 67%	315 66%
Prefer not to say	66 3%	38 3%	8 3%	36 3%	7 3%	33 3%	8 2%
NET: Self-isolating	619 31%	364 29%	120 39% a	401 30%	85 33%	327 30%	152 32%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D7. Are you well enough to exercise today?

BASE: All respondents

Significance Level: 95%

	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
Unweighted Total	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1782	881	891	544	592	647	84	230	181	184	151	198	278	293	182
	88%	89%	87%	89%	89%	86%	86%	87%	90%	85%	87%	89%	88%	89%	88%
No	196	90	107	54	57	85	13	28	17	26	18	20	26	28	20
	10%	9%	10%	9%	9%	11%	14%	11%	9%	12%	10%	9%	8%	9%	10%
Don't know	50	18	31	16	15	19	-	5	2	5	5	6	14	8	5
	2%	2%	3%	3%	2%	3%	-	2%	1%	2%	3%	3%	4%	2%	2%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1782	164	413	421	224	180	381	998	785	1536	49	102	47	14	14	226
	88%	90%	91%	91%	87%	87%	81%	91%	84%	88%	85%	87%	90%	86%	100%	88%
		fh	fh	fh			dfh									
No	196	18	34	25	29	19	72	76	120	166	7	11	3	2	-	24
	10%	10%	7%	5%	11%	9%	15%	7%	13%	10%	11%	10%	7%	14%	-	9%
		c		cg	c	bceg	bcg									
Don't know	50	1	6	15	5	8	15	23	28	38	2	4	2	-	-	7
	2%	*	1%	3%	2%	4%	3%	2%	3%	2%	3%	3%	3%	-	-	3%
		a		a	a	a	a		a							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D7. Are you well enough to exercise today?

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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1782	1108	299	307	606	32	46	390	1267	47	468	1782	-	260	953	508	61	1522
	88%	88%	90%	90%	90%	56%	78%	77%	94%	71%	76%	100%	-	85%	88%	89%	79%	88%
							a	a	abcef		a	b			d	ad		d
No	196	127	26	30	56	22	11	97	58	8	130	-	196	39	100	46	11	157
	10%	10%	8%	9%	8%	39%	19%	19%	4%	13%	21%	-	100%	13%	9%	8%	14%	9%
						bcdef	d	d		d	d	-	a	ce				
Don't know	50	26	8	5	12	2	2	17	19	10	21	-	-	7	25	14	5	43
	2%	2%	2%	1%	2%	4%	3%	3%	1%	16%	3%	-	-	2%	2%	2%	6%	2%
								d		abcd	d						b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D7. Are you well enough to exercise today?

BASE: All respondents

Significance Level: 95%

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Total	a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1782	251	1239	161	244	62	1298	438	23	1416	367	1530	243
	88%	87%	89%	79%	69%	77%	94%	75%	49%	88%	88%	90%	81%
				bf	f	f	abcef	bf				b	
No	196	31	121	33	97	17	63	124	21	155	41	142	47
	10%	11%	9%	16%	27%	21%	5%	21%	46%	10%	10%	8%	16%
				d	ade	d		d	abcde			a	
Don't know	50	7	32	11	13	1	18	23	2	42	9	33	11
	2%	2%	2%	5%	4%	2%	1%	4%	5%	3%	2%	2%	4%
				d	d			d	d				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D7. Are you well enough to exercise today?

BASE: All respondents

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1782	272	153	246	288	198	200	91	334	733	625	656	436	672	1398	126	1378	148
	88%	68%	88%	91%	93%	91%	95%	97%	96%	92%	96%	95%	82%	87%	94%	57%	94%	65%
			a	a	a	a	ab	ab	abcei	a	abcdei	bc		b	b		b	
No	196	110	12	18	18	15	9	2	13	51	24	31	78	82	66	83	71	69
	10%	27%	7%	7%	6%	7%	4%	2%	4%	6%	4%	4%	15%	11%	4%	38%	5%	30%
		bcdefghij				j				j			ac	a		a		a
Don't know	50	21	9	7	5	5	1	1	2	17	3	7	17	19	18	11	19	11
	2%	5%	5%	3%	2%	2%	*	1%	*	2%	*	1%	3%	2%	1%	5%	1%	5%
		dfhij	dfhij	hj		hj				hj			a	a		a		a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D7. Are you well enough to exercise today?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Yes

No

Don't know

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Total	a	b	a	b	a	b
Unweighted Total	1278	307	1357	255	1090	468
Total	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%
Yes	1191	221	1265	191	996	387
	93%	72%	93%	75%	92%	81%
	b		b		b	
No	71	72	73	56	73	73
	6%	23%	5%	22%	7%	15%
		a		a		a
Don't know	13	14	16	10	15	15
	1%	5%	1%	4%	1%	3%
		a		a		a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	307	175	131	42	80	185	20	45	35	30	21	31	41	51	32
	15%	18%	13%	7%	12%	25%	21%	17%	18%	14%	12%	14%	13%	15%	16%
		b			a	ab	g								
2-3	1078	514	560	289	300	488	53	140	96	99	105	126	156	184	120
	53%	52%	54%	47%	45%	65%	55%	53%	48%	46%	60%	56%	49%	56%	58%
						ab				cdg	d			d	cdg
4-5	568	258	303	231	265	73	20	70	61	77	43	63	102	82	51
	28%	26%	29%	38%	40%	10%	20%	27%	30%	35%	25%	28%	32%	25%	25%
				c	c					abe	hi		ah		
6+	76	41	34	53	18	6	4	8	9	11	5	4	20	12	3
	4%	4%	3%	9%	3%	1%	4%	3%	4%	5%	3%	2%	6%	4%	2%
				bc	c								fi		
NET: Lives with others	1722	813	898	572	584	566	77	218	165	186	152	193	277	279	174
	85%	82%	87%	93%	88%	75%	79%	83%	82%	86%	88%	86%	87%	85%	84%
			a	bc	c								a		
Base for stats	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
Mean Score	2.89	2.87	2.90	3.60	3.13	2.11	2.74	2.76	2.83	3.11	2.83	2.72	3.33	2.80	2.69
				bc	c					bfhi			bcefhi		
Standard Deviation	1.789	2.153	1.345	2.496	1.324	.969	1.609	1.336	1.401	1.613	1.939	1.267	2.971	1.349	1.254
Standard Error	.040	.069	.042	.095	.051	.037	.160	.085	.099	.106	.143	.094	.162	.071	.092
Error variance	*	*	*	.01	*	*	.03	.01	.01	.01	.02	.01	.03	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	307	12	41	74	20	25	135	127	180	279	7	2	9	1	1	20
	15%	6%	9%	16%	8%	12%	29%	12%	19%	16%	12%	2%	17%	5%	5%	8%
				abdg			abcdegh	a	abdeg	cg	c		cg			c
2-3	1078	80	238	221	122	123	293	540	538	959	28	41	25	8	5	107
	53%	44%	53%	48%	47%	59%	63%	49%	58%	55%	48%	35%	48%	50%	39%	42%
						acd	abcdg		acd	cg						
4-5	568	82	157	144	98	52	34	384	184	455	20	57	13	7	6	103
	28%	45%	35%	31%	38%	25%	7%	35%	20%	26%	35%	49%	25%	46%	42%	40%
		bce	efh	fh	efh	f		efh	f			ad				ad
6+	76	8	17	21	18	7	6	45	31	47	3	16	5	-	2	27
	4%	4%	4%	5%	7%	4%	1%	4%	3%	3%	5%	14%	11%	-	14%	10%
		f	f	f	bfg	f		f	f			a	a			a
NET: Lives with others	1722	170	412	387	238	182	333	969	753	1461	51	115	43	15	13	237
	85%	94%	91%	84%	92%	88%	71%	88%	81%	84%	88%	98%	83%	95%	95%	92%
		cfgh	cfh	f	cfh	fh		cfh	f			abd				ad
Base for stats	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
Mean Score	2.89	3.60	3.12	3.02	3.30	2.95	2.02	3.16	2.58	2.76	3.24	4.11	3.79	3.34	3.66	3.78
		bce	efh	fh	cefh	fh		fh	f		a	ab	a			a
Standard Deviation	1.789	3.211	1.311	1.828	1.538	1.872	.995	1.964	1.500	1.502	1.587	1.478	5.788	1.376	1.535	2.932
Standard Error	.040	.237	.062	.083	.095	.128	.048	.059	.050	.036	.202	.133	.767	.334	.396	.177
Error variance	*	.06	*	.01	.01	.02	*	*	*	*	.04	.02	.59	.11	.16	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	307	290	3	2	6	9	2	99	185	11	111	260	39	307	-	-	-	-
	15%	23%	1%	1%	1%	16%	4%	20%	14%	17%	18%	15%	20%	100%	-	-	-	-
		bcd				b		bd	b	b	bd		a	bcde				
2-3	1078	778	215	34	249	22	24	295	708	28	341	953	100	-	1078	-	-	1078
	53%	62%	65%	10%	37%	39%	40%	59%	53%	43%	55%	53%	51%	-	100%	-	-	63%
		cd	cd		c			abde	ab		ab				acde			acd
4-5	568	172	107	265	372	22	26	92	409	19	140	508	46	-	-	568	-	568
	28%	14%	32%	78%	55%	39%	44%	18%	30%	29%	23%	29%	24%	-	-	100%	-	33%
			a	abd	ab	cf	cdf		cf	c						abde		abd
6+	76	21	8	40	48	3	7	17	41	8	28	61	11	-	-	-	76	76
	4%	2%	2%	12%	7%	6%	12%	3%	3%	12%	4%	3%	6%	-	-	-	100%	4%
				abd	ab		cdf			cdf							abce	abc
NET: Lives with others	1722	971	330	340	670	47	57	404	1159	55	509	1522	157	-	1078	568	76	1722
	85%	77%	99%	99%	99%	84%	96%	80%	86%	83%	82%	85%	80%	-	100%	100%	100%	100%
			a	a	a		acdef		cf			b			a	a	a	a
Base for stats	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
Mean Score	2.89	2.30	3.35	4.42	3.89	3.14	4.27	2.60	2.90	3.53	2.81	2.89	2.84	1.00	2.37	4.29	7.46	3.23
			a	abd	ab		acdf		c	cdf						be	bce	b
Standard Deviation	1.789	1.335	1.023	1.122	1.198	1.451	3.945	2.259	1.336	2.226	2.461	1.756	2.022	-	.484	.453	5.192	1.737
Standard Error	.040	.036	.061	.066	.050	.189	.493	.103	.036	.264	.100	.042	.146	-	.015	.019	.584	.042
Error variance	*	*	*	*	*	.04	.24	.01	*	.07	.01	*	.02	-	*	*	.34	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	307	-	-	37	66	13	192	102	11	255	52	209	93
	15%	-	-	18%	19%	17%	14%	17%	24%	16%	12%	12%	31%
					d			d	d				a
2-3	1078	162	899	99	217	37	728	322	27	827	251	916	154
	53%	56%	65%	48%	61%	46%	53%	55%	58%	51%	60%	54%	51%
			a		acd						a		
4-5	568	107	443	59	64	23	409	138	7	467	101	517	45
	28%	37%	32%	29%	18%	29%	30%	24%	16%	29%	24%	30%	15%
				b		b	bef					b	
6+	76	20	51	10	7	7	51	23	1	63	13	65	9
	4%	7%	4%	5%	2%	8%	4%	4%	2%	4%	3%	4%	3%
		b		b		bd							
NET: Lives with others	1722	289	1392	169	288	67	1188	483	35	1357	365	1497	207
	85%	100%	100%	82%	81%	83%	86%	83%	76%	84%	88%	88%	69%
							bef					b	
Base for stats	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
Mean Score	2.89	3.63	3.11	2.90	2.47	3.73	2.91	2.81	2.32	2.90	2.86	2.97	2.38
		b		bf		abde	bf	b				b	
Standard Deviation	1.789	2.972	1.223	1.445	1.207	5.407	1.393	2.373	1.125	1.532	2.554	1.778	1.356
Standard Error	.040	.175	.033	.099	.065	.594	.038	.098	.162	.038	.127	.043	.076
Error variance	*	.03	*	.01	*	.35	*	.01	.03	*	.02	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

BASE: All respondents

	Total	Number of days active									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)		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	307	91	27	42	37	32	20	9	49	112	77	76	106	120	220	32	223	31
	15%	23%	15%	16%	12%	15%	9%	9%	14%	14%	12%	11%	20%	16%	15%	15%	15%	14%
		cdefghij		f									ac	a				
2-3	1078	225	92	134	164	107	108	58	190	405	356	362	300	398	782	126	772	130
	53%	56%	53%	49%	53%	49%	52%	61%	55%	51%	55%	52%	57%	52%	53%	57%	53%	57%
								ce										
4-5	568	78	51	82	93	70	74	23	98	245	194	230	116	214	427	55	421	58
	28%	19%	29%	30%	30%	32%	35%	24%	28%	31%	30%	33%	22%	28%	29%	25%	29%	25%
			a	a	a	a	a		a	a	a	bc		b				
6+	76	8	5	13	17	9	8	5	11	39	24	27	9	40	54	8	52	9
	4%	2%	3%	5%	5%	4%	4%	5%	3%	5%	4%	4%	2%	5%	4%	3%	4%	4%
				a	a					a		b		b				
NET: Lives with others	1722	312	147	229	274	186	190	86	299	688	575	618	424	652	1263	188	1245	197
	85%	77%	85%	84%	88%	85%	91%	91%	86%	86%	88%	89%	80%	84%	85%	85%	85%	86%
				a	a	a	ac	a	a	a	a	bc		b				
Base for stats	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
Mean Score	2.89	2.56	2.88	2.99	3.12	2.97	3.11	2.91	2.83	3.04	2.93	3.11	2.58	2.90	2.92	2.82	2.90	2.84
				a	ah	a	ah			a	a	bc		b				
Standard Deviation	1.789	2.418	1.404	1.994	1.807	1.399	1.408	1.417	1.329	1.774	1.371	2.043	1.620	1.478	1.821	2.044	1.817	1.388
Standard Error	.040	.121	.106	.121	.102	.095	.096	.149	.072	.063	.054	.077	.071	.053	.047	.139	.047	.092
Error variance	*	.01	.01	.01	.01	.01	.01	.02	.01	*	*	.01	*	*	*	.02	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Lives alone

2-3

4-5

6+

NET: Lives with others

Base for stats

Mean Score

Standard Deviation

Standard Error

Error variance

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Total	a	b	a	b	a	b
Unweighted Total	1278	307	1357	255	1090	468
Total	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%
Lives alone	166	66	184	58	134	93
	15%	13%	14%	23%	12%	20%
	a	a	a	a	a	a
2-3	672	166	726	126	570	257
	53%	54%	54%	49%	53%	54%
4-5	386	66	392	64	338	113
	28%	21%	29%	25%	31%	24%
	b	b	b	b	b	b
6+	51	10	53	9	41	12
	4%	3%	4%	4%	4%	3%
NET: Lives with others	1109	241	1170	198	949	382
	85%	79%	86%	77%	88%	80%
	b	b	b	b	b	b
Base for stats	1275	307	1354	257	1083	475
Mean Score	2.89	2.69	2.92	2.65	2.99	2.76
	b	b	b	b	b	b
Standard Deviation	1.868	1.922	1.489	1.483	1.505	2.522
Standard Error	.040	.110	.040	.093	.046	.117
Error variance	*	.01	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

Significance Level: 95%

	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
Unweighted Total	1710	796	903	630	575	505	80	202	164	197	161	155	290	303	158
Total	1722	813	898	572	584	566	77	218	165	186	152	193	277	279	174
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	289	142	145	124	101	64	17	31	28	32	21	26	62	37	34
	17%	18%	16%	22%	17%	11%	22%	14%	17%	17%	14%	14%	23%	13%	19%
				c	c		h						behf		
No	1392	651	735	420	474	498	58	182	135	148	129	161	204	237	138
	81%	80%	82%	73%	81%	88%	74%	84%	81%	80%	85%	84%	74%	85%	79%
					a	ab		g			g	g		ag	
Prefer not to say	41	19	18	28	9	5	3	5	3	6	2	5	10	5	3
	2%	2%	2%	5%	1%	1%	3%	2%	2%	3%	1%	3%	4%	2%	2%
				bc											

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	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	1710	171	403	400	241	188	307	974	736	1433	54	121	47	16	14	252
Total	1722	170	412	387	238	182	333	969	753	1461	51	115	43	15	13	237
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	289 17%	40 24%	63 15%	61 16%	47 20%	25 14%	53 16%	164 17%	125 17%	225 15%	15 30%	32 28%	10 22%	2 12%	3 23%	61 26%
		bcefg									a	a				a
No	1392 81%	124 73%	344 84%	314 81%	187 79%	154 85%	269 81%	782 81%	610 81%	1215 83%	34 66%	77 67%	30 70%	13 82%	10 77%	163 69%
		a	a	a	a	a	a	a	a	bcdg						
Prefer not to say	41 2%	6 4%	5 1%	12 3%	4 2%	3 2%	10 3%	24 2%	17 2%	21 1%	2 4%	6 5%	4 8%	1 6%	-	13 5%
												a	a			a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	*a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	1710	1050	275	285	560	49	61	381	1160	59	491	1514	151	-	1082	549	79	1710
Total	1722	971	330	340	670	47	57	404	1159	55	509	1522	157	-	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%
Yes	289	128	63	74	138	23	28	90	138	10	140	251	31	-	162	107	20	289
	17%	13%	19%	22%	21%	49%	48%	22%	12%	19%	28%	16%	20%	-	15%	19%	26%	17%
			a	a	a	cdef	cdef	d			d						be	
No	1392	825	262	259	521	23	27	305	1004	33	355	1239	121	-	899	443	51	1392
	81%	85%	80%	76%	78%	48%	47%	75%	87%	60%	70%	81%	77%	-	83%	78%	67%	81%
		bcd						abe	abcef		ab				cd	d	d	d
Prefer not to say	41	18	4	7	10	2	2	9	16	11	14	32	5	-	17	19	5	41
	2%	2%	1%	2%	2%	4%	4%	2%	1%	21%	3%	2%	3%	-	2%	3%	7%	2%
										abcdf						b	be	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

Significance Level: 95%

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Total	a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	1710	1374	172	277	69	1178	476	36	1355	355	1474	216
Total	1722	1392	169	288	67	1188	483	35	1357	365	1497	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	289	-	43	76	35	137	142	9	248	41	258	29
	17%	-	26%	26%	53%	12%	29%	26%	18%	11%	17%	14%
		b	d	d	abdef		d	d	b			
No	1392	1392	124	207	31	1035	334	26	1078	314	1214	172
	81%	100%	73%	72%	47%	87%	69%	74%	79%	86%	81%	83%
		a	c	c		abcef	c	c	a			
Prefer not to say	41	-	2	5	-	16	7	-	31	10	25	6
	2%	-	1%	2%	-	1%	1%	-	2%	3%	2%	3%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

Significance Level: 95%

	Number of days active										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)		
	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Total	a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b	
Unweighted Total	1710	305	147	230	272	185	193	83	295	687	571	618	418	643	1257	181	1238	194
Total	1722	312	147	229	274	186	190	86	299	688	575	618	424	652	1263	188	1245	197
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	289	35	33	40	64	29	26	12	50	133	87	116	74	95	214	30	209	38
	17%	11%	23%	18%	23%	16%	13%	14%	17%	19%	15%	19%	18%	15%	17%	16%	17%	19%
			afj	a	aeftj				a	a		c						
No	1392	269	113	183	204	151	159	72	241	538	472	492	338	543	1018	155	1008	153
	81%	86%	76%	80%	75%	81%	84%	84%	81%	78%	82%	80%	80%	83%	81%	82%	81%	78%
		bdi				d					d							
Prefer not to say	41	8	1	5	5	6	5	2	8	17	15	10	12	15	31	3	28	6
	2%	2%	1%	2%	2%	3%	3%	2%	3%	2%	3%	2%	3%	2%	2%	2%	2%	3%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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

Significance Level: 95%

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Total	a	b	a	b	a	b
Unweighted Total	1710	240	1165	196	948	374
Total	1722	241	1170	198	949	382
	100%	100%	100%	100%	100%	100%
Yes	289	37	202	30	175	53
	17%	15%	17%	15%	18%	14%
No	1392	199	939	165	749	328
	81%	83%	80%	83%	79%	86%
Prefer not to say	41	5	29	3	25	2
	2%	2%	3%	2%	3%	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	205 10%	88 9%	117 11%	80 13% c	82 12% c	43 6%	12 12%	34 13% d	18 9%	16 7%	16 9%	22 10%	27 8%	31 9%	30 14% dg
Yes - physical condition or illness	354 17%	180 18%	171 17%	57 9%	97 15% a	200 27% ab	23 23% cg	50 19% cg	24 12%	41 19% cg	35 20% cg	47 21% cg	32 10%	57 17% g	45 22% cg
Yes - other	80 4%	47 5%	33 3%	39 6% bc	17 3%	25 3%	5 5%	19 7% cfhi	5 2%	9 4%	8 5%	4 2%	20 6% cfhi	8 2%	3 1%
No	1380 68%	676 68%	701 68%	420 68%	470 71% c	490 65%	59 60%	163 62%	149 74% abei	153 71% bi	112 65%	152 68%	232 73% abei	232 70% bi	127 61%
Prefer not to say	64 3%	19 2%	40 4% a	30 5% bc	15 2%	19 2%	- -	9 4%	7 4%	4 2%	8 4% a	6 3%	12 4% a	10 3%	7 3%
NET: Longstanding condition or illness	585 29%	294 30%	287 28%	164 27%	178 27%	243 32% ab	39 40% cdgh	91 34% cgh	44 22%	59 27%	54 31% cg	66 29%	73 23%	88 27%	73 35% cgh
NET: Longstanding physical and mental condition or illness	46 2%	14 1%	32 3% a	9 2%	15 2%	21 3%	1 1%	11 4% cg	1 1%	5 2%	5 3%	7 3%	3 1%	8 3%	3 2%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

	Total	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	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275	
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Yes - mental condition or illness	205	21	28	61	24	18	54	110	96	181	9	10	4	-	1	23	
	10%	11%	6%	13%	9%	9%	11%	10%	10%	10%	15%	9%	7%	-	6%	9%	
		b		b			b		b								
Yes - physical condition or illness	354	22	54	58	35	35	150	134	220	325	9	11	3	2	2	27	
	17%	12%	12%	13%	13%	17%	32%	12%	24%	19%	16%	9%	6%	14%	14%	11%	
							abcdegh		abcdegh	cdg							
Yes - other	80	15	16	17	14	4	15	48	33	67	1	4	4	1	1	11	
	4%	8%	3%	4%	5%	2%	3%	4%	4%	4%	1%	4%	7%	6%	8%	4%	
		bceifgh			e												
No	1380	125	346	316	182	148	263	787	593	1178	38	89	39	12	10	188	
	68%	69%	76%	68%	71%	72%	56%	72%	64%	68%	66%	77%	74%	74%	72%	73%	
		f	acfh	f	fh	fh		fh	f			a					
Prefer not to say	64	2	13	18	9	5	16	34	30	43	2	3	3	1	-	8	
	3%	1%	3%	4%	4%	2%	3%	3%	3%	2%	3%	2%	5%	6%	-	3%	
NET: Longstanding condition or illness	585	55	94	127	67	54	189	276	309	520	18	25	10	3	4	60	
	29%	30%	21%	28%	26%	26%	40%	25%	33%	30%	31%	21%	20%	20%	28%	23%	
		b		b			abcdegh		bcdegh	cg							
NET: Longstanding physical and mental condition or illness	46	1	3	7	6	3	26	11	35	44	1	1	-	-	-	1	
	2%	*	1%	2%	2%	1%	6%	1%	4%	3%	1%	1%	-	-	-	1%	
							abcdegh		abcgh	g							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	205	118	37	42	79	14	12	45	128	6	71	161	33	37	99	59	10	169
	10%	9%	11%	12%	12%	25%	20%	9%	10%	10%	11%	9%	17%	12%	9%	10%	14%	10%
						cdef	cd						a					
Yes - physical condition or illness	354	264	43	32	75	16	12	199	123	4	228	244	97	66	217	64	7	288
	17%	21%	13%	9%	11%	28%	21%	40%	9%	6%	37%	14%	49%	22%	20%	11%	9%	17%
		bcd				de	de	bde			bde	14%	49%	cde	cde	11%	9%	17%
Yes - other	80	49	13	12	25	7	8	33	30	2	48	62	17	13	37	23	7	67
	4%	4%	4%	3%	4%	13%	14%	7%	2%	3%	8%	3%	9%	4%	3%	4%	9%	4%
						de	cde	d			d		a				be	
No	1380	843	243	251	493	23	24	245	1049	39	292	1298	63	192	728	409	51	1188
	68%	67%	73%	73%	73%	40%	40%	49%	78%	59%	47%	73%	32%	63%	68%	72%	67%	69%
				a	a				abcef	ab		b		a	a		a	
Prefer not to say	64	31	3	9	12	2	4	12	31	15	18	46	9	13	27	21	3	51
	3%	2%	1%	3%	2%	3%	6%	2%	2%	23%	3%	3%	5%	4%	3%	4%	4%	3%
							d			abcdf								
NET: Longstanding condition or illness	585	387	87	82	170	32	32	246	264	12	310	438	124	102	322	138	23	483
	29%	31%	26%	24%	25%	57%	53%	49%	20%	18%	50%	25%	63%	33%	30%	24%	30%	28%
		cd				de	de	de			de		a	c	c			
NET: Longstanding physical and mental condition or illness	46	37	6	2	8	4	1	26	15	-	31	23	21	11	27	7	1	35
	2%	3%	2%	1%	1%	8%	1%	5%	1%	-	5%	1%	11%	4%	2%	1%	1%	2%
		cd				de		de			d		a	c				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	205	43	124	205	46	1	-	205	46	166	40	162	40
	10%	15%	9%	100%	13%	1%	-	35%	100%	10%	10%	10%	13%
		b		bcde	cd	d		bcd	bcde				a
Yes - physical condition or illness	354	76	207	46	354	9	-	354	46	270	84	302	51
	17%	26%	15%	22%	100%	11%	-	60%	100%	17%	20%	18%	17%
		b		cd	acde	d		acd	acde				
Yes - other	80	35	31	1	9	80	-	80	1	66	15	70	9
	4%	12%	2%	1%	2%	100%	-	14%	3%	4%	3%	4%	3%
		b		d	d	abdef		abdf	d				
No	1380	137	1035	-	-	-	1380	-	-	1109	271	1174	201
	68%	47%	74%	-	-	-	100%	-	-	69%	65%	69%	67%
			a				abcef						
Prefer not to say	64	10	23	-	-	-	-	-	-	49	15	43	9
	3%	3%	2%	-	-	-	-	-	-	3%	4%	2%	3%
NET: Longstanding condition or illness	585	142	334	205	354	80	-	585	46	455	130	490	90
	29%	49%	24%	100%	100%	100%	-	100%	100%	28%	31%	29%	30%
		b		d	d	d		d	d				
NET: Longstanding physical and mental condition or illness	46	9	26	46	46	1	-	46	46	41	5	37	9
	2%	3%	2%	22%	13%	1%	-	8%	100%	3%	1%	2%	3%
				bcde	cde	d		cd	abcde				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	205	46	18	34	26	24	26	7	24	84	57	65	56	80	122	40	130	32
	10%	11%	10%	13%	8%	11%	12%	8%	7%	10%	9%	9%	11%	10%	8%	18%	9%	14%
		h		h			h									a		a
Yes - physical condition or illness	354	121	30	55	42	31	20	6	48	129	75	88	124	133	181	96	199	80
	17%	30%	17%	20%	14%	14%	10%	6%	14%	16%	11%	13%	23%	17%	12%	44%	14%	35%
		bcdefghij	fg	dfghj						fgj			ac	a		a		a
Yes - other	80	12	9	14	17	13	3	3	9	45	15	37	17	26	52	9	57	4
	4%	3%	5%	5%	6%	6%	1%	3%	3%	6%	2%	5%	3%	3%	4%	4%	4%	2%
			f	fj	fj	fj				afhj								
No	1380	238	117	165	219	147	159	76	259	530	495	496	334	536	1108	90	1069	121
	68%	59%	67%	61%	70%	67%	76%	81%	75%	66%	76%	71%	63%	69%	75%	41%	73%	53%
				ac	a	aci	abcdei		aci	a	abcei	b	bcdei	b	b		b	
Prefer not to say	64	11	7	9	9	8	5	2	14	26	21	14	20	22	43	5	41	9
	3%	3%	4%	3%	3%	4%	3%	2%	4%	3%	3%	2%	4%	3%	3%	2%	3%	4%
NET: Longstanding condition or illness	585	153	51	98	83	64	45	16	75	244	137	184	176	214	332	125	358	98
	29%	38%	29%	36%	27%	29%	22%	17%	22%	31%	21%	26%	33%	28%	22%	57%	24%	43%
		bdefghij	gj	dfghj		ghj				fghj			ac		a		a	
NET: Longstanding physical and mental condition or illness	46	23	5	5	2	2	3	-	6	9	9	3	18	22	20	17	23	17
	2%	6%	3%	2%	1%	1%	2%	-	2%	1%	1%	*	3%	3%	1%	8%	2%	7%
		cdefghij											a	a		a		a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Disagree	
		a	b	a	b	a	b
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	205	113	45	121	36	108	55
	10%	9%	15%	9%	14%	10%	12%
		a	a		a		
Yes - physical condition or illness	354	170	91	198	59	163	97
	17%	13%	30%	15%	23%	15%	20%
		a	a		a		a
Yes - other	80	48	11	57	8	43	18
	4%	4%	3%	4%	3%	4%	4%
No	1380	925	174	964	165	757	315
	68%	73%	57%	71%	64%	70%	66%
		b	b		b		
Prefer not to say	64	41	9	43	4	37	10
	3%	3%	3%	3%	2%	3%	2%
NET: Longstanding condition or illness	585	309	124	347	87	289	150
	29%	24%	40%	26%	34%	27%	32%
		a	a		a		a
NET: Longstanding physical and mental condition or illness	46	16	20	20	15	20	17
	2%	1%	6%	2%	6%	2%	4%
		a	a		a		a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1740	841	894	449	569	722	86	240	175	171	156	207	222	289	194
	86%	85%	87%	73%	86%	96%	88%	91%	87%	79%	90%	92%	70%	88%	94%
					a	ab	g	dg	dg	g	dg	dg		dg	cdgh
Mixed	58	29	28	31	19	8	3	6	7	6	5	2	9	14	6
	3%	3%	3%	5%	3%	1%	4%	2%	4%	3%	3%	1%	3%	4%	3%
				bc	c									f	
Asian	117	64	50	74	38	5	4	8	10	27	8	7	36	15	2
	6%	6%	5%	12%	6%	1%	4%	3%	5%	12%	5%	3%	11%	5%	1%
				bc	c				i	abcefhi	i		abcefhi	i	
Black	52	24	28	32	14	7	2	2	3	7	2	1	25	7	3
	3%	2%	3%	5%	2%	1%	2%	1%	1%	3%	1%	1%	8%	2%	1%
				bc						b			bcdefhi		
Chinese	16	9	7	6	8	2	2	1	2	1	-	-	8	2	-
	1%	1%	1%	1%	1%	*	2%	*	1%	*	-	-	3%	*	-
							ei						efhi		
Other ethnic group	14	5	9	6	7	1	-	2	1	1	-	-	9	2	-
	1%	1%	1%	1%	1%	*	-	1%	1%	*	-	-	3%	1%	-
				c	c								defhi		
Prefer not to answer	32	17	13	16	9	6	-	5	3	3	2	7	9	2	2
	2%	2%	1%	3%	1%	1%	-	2%	1%	1%	1%	3%	3%	1%	1%
				c								h	h		
NET: Non-white	257	131	121	148	86	23	12	19	23	42	15	10	87	39	11
	13%	13%	12%	24%	13%	3%	12%	7%	12%	19%	9%	5%	27%	12%	5%
				bc	c		fi		fi	bcefhi			abcdefhi	fi	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1740	138	372	384	223	181	444	893	847	1740	-	-	-	-	-	-
	86%	76%	82%	83%	86%	87%	95%	81%	91%	100%	-	-	-	-	-	-
		a	a	a	ag	abcdegh	abcdg	bcdg								
Mixed	58	10	16	16	9	3	5	42	16	-	58	-	-	-	-	58
	3%	5%	4%	3%	3%	1%	1%	4%	2%	-	100%	-	-	-	-	23%
		efh	fh	fh	f			fh			acd					acd
Asian	117	18	39	29	17	9	6	85	31	-	-	117	-	-	-	117
	6%	10%	9%	6%	6%	4%	1%	8%	3%	-	-	100%	-	-	-	45%
		efh	efh	fh	fh	f		fh	f			abd				abd
Black	52	8	12	13	5	8	6	33	19	-	-	-	52	-	-	52
	3%	4%	3%	3%	2%	4%	1%	3%	2%	-	-	-	100%	-	-	20%
		fh				f		f				abcg				abc
Chinese	16	4	5	3	-	2	2	13	4	-	-	-	-	16	-	16
	1%	2%	1%	1%	-	1%	*	1%	*	-	-	-	-	100%	-	6%
		dfh														abc
Other ethnic group	14	1	4	4	2	1	1	9	4	-	-	-	-	-	14	14
	1%	1%	1%	1%	1%	1%	*	1%	*	-	-	-	-	-	100%	5%
																ac
Prefer not to answer	32	3	6	12	2	3	5	21	11	-	-	-	-	-	-	-
	2%	2%	1%	3%	1%	1%	1%	2%	1%	-	-	-	-	-	-	-
NET: Non-white	257	41	76	66	33	23	19	183	74	-	58	117	52	16	14	257
	13%	23%	17%	14%	13%	11%	4%	17%	8%	-	100%	100%	100%	100%	100%	100%
		cdefgh	fh	fh	fh	f		efh	f		a	a	a			a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1740	1139	261	279	540	44	38	440	1177	42	522	1536	166	279	959	455	47	1461
	86%	90%	78%	81%	80%	78%	65%	87%	88%	64%	84%	86%	85%	91%	89%	80%	62%	85%
		bcd						be	abe		be			cde	cde	d		cd
Mixed	58	30	14	13	26	1	3	20	29	4	24	49	7	7	28	20	3	51
	3%	2%	4%	4%	4%	2%	6%	4%	2%	7%	4%	3%	3%	2%	3%	4%	4%	3%
								d		d	d							
Asian	117	44	33	30	63	6	11	21	70	8	38	102	11	2	41	57	16	115
	6%	3%	10%	9%	9%	11%	18%	4%	5%	12%	6%	6%	6%	1%	4%	10%	21%	7%
			a	a	a	cd	cdf			cd					a	abe	abce	ab
Black	52	21	15	8	23	2	4	11	33	2	17	47	3	9	25	13	5	43
	3%	2%	4%	2%	3%	3%	7%	2%	2%	4%	3%	3%	2%	3%	2%	2%	7%	3%
			a		a		cd										bce	
Chinese	16	7	4	4	9	-	1	4	9	2	5	14	2	1	8	7	-	15
	1%	1%	1%	1%	1%	-	2%	1%	1%	3%	1%	1%	1%	*	1%	1%	-	1%
Other ethnic group	14	5	3	5	7	1	1	3	9	1	4	14	-	1	5	6	2	13
	1%	*	1%	1%	1%	2%	1%	1%	1%	1%	1%	1%	-	*	*	1%	3%	1%
																	ab	
Prefer not to answer	32	14	3	4	7	2	1	5	17	6	8	20	7	8	11	10	3	23
	2%	1%	1%	1%	1%	3%	1%	1%	1%	10%	1%	1%	3%	3%	1%	2%	3%	1%
										bcd			a	b				
NET: Non-white	257	108	69	60	129	11	20	58	150	18	89	226	24	20	107	103	27	237
	13%	9%	21%	17%	19%	19%	34%	12%	11%	27%	14%	13%	12%	6%	10%	18%	35%	14%
			a	a	a		cdf			cdf	d				abe	abce	ab	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1740	225	1215	181	325	67	1178	520	44	1361	379	1487	247
	86%	78%	87%	88%	92%	84%	85%	89%	97%	84%	91%	87%	82%
			a		cd			d	cd		a	b	
Mixed	58	15	34	9	9	1	38	18	1	50	8	43	13
	3%	5%	2%	4%	3%	1%	3%	3%	2%	3%	2%	3%	4%
		b											
Asian	117	32	77	10	11	4	89	25	1	106	11	101	14
	6%	11%	6%	5%	3%	6%	6%	4%	2%	7%	3%	6%	5%
		b					b			b			
Black	52	10	30	4	3	4	39	10	-	45	7	42	9
	3%	3%	2%	2%	1%	5%	3%	2%	-	3%	2%	2%	3%
						b	b						
Chinese	16	2	13	-	2	1	12	3	-	12	4	14	2
	1%	1%	1%	-	1%	1%	1%	1%	-	1%	1%	1%	1%
Other ethnic group	14	3	10	1	2	1	10	4	-	13	1	8	5
	1%	1%	1%	*	1%	1%	1%	1%	-	1%	*	*	2%
												a	
Prefer not to answer	32	3	14	2	2	2	14	6	-	24	7	11	10
	2%	1%	1%	1%	1%	2%	1%	1%	-	2%	2%	1%	3%
												a	
NET: Non-white	257	61	163	23	27	11	188	60	1	227	30	209	43
	13%	21%	12%	11%	8%	14%	14%	10%	3%	14%	7%	12%	14%
		b					bef			b			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

	Total	Number of days active										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)	
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1740	366	146	234	249	179	168	90	310	662	567	574	477	667	1252	199	1255	206
	86%	91%	84%	86%	80%	82%	80%	95%	89%	83%	87%	83%	90%	86%	84%	90%	86%	90%
		bdefi		d				bcdefij	defi		dfi		ac		a			
Mixed	58	10	5	6	10	5	10	-	12	21	22	22	7	26	44	6	43	5
	3%	3%	3%	2%	3%	2%	5%	-	3%	3%	3%	3%	1%	3%	3%	3%	3%	2%
							g							b				
Asian	117	6	11	13	31	20	20	2	14	63	36	56	23	37	99	4	90	7
	6%	2%	7%	5%	10%	9%	10%	2%	4%	8%	5%	8%	4%	5%	7%	2%	6%	3%
			a	a	acghj	acgh	acghj		a	agh	a	bc			b			
Black	52	8	8	8	12	8	4	1	3	27	9	19	16	14	43	4	38	3
	3%	2%	5%	3%	4%	4%	2%	1%	1%	3%	1%	3%	3%	2%	3%	2%	3%	1%
			hj		hj	hj				hj								
Chinese	16	3	1	3	1	1	3	1	3	5	7	5	-	11	13	-	10	1
	1%	1%	1%	1%	*	*	1%	1%	1%	1%	1%	1%	-	1%	1%	-	1%	*
														b				
Other ethnic group	14	3	1	4	3	2	1	-	1	8	2	5	3	6	12	-	11	2
	1%	1%	*	1%	1%	1%	*	-	*	1%	*	1%	1%	1%	1%	-	1%	1%
Prefer not to answer	32	6	2	5	7	3	3	1	6	14	10	13	3	12	20	7	21	5
	2%	1%	1%	2%	2%	1%	2%	1%	2%	2%	2%	2%	1%	2%	1%	3%	1%	2%
												b						
NET: Non-white	257	31	27	32	56	36	39	4	33	124	75	106	50	94	211	14	191	17
	13%	8%	16%	12%	18%	17%	18%	4%	9%	16%	12%	15%	9%	12%	14%	6%	13%	8%
			agh	g	acghj	agh	acghj			aghj	ag	b			b		b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

White

Mixed

Asian

Black

Chinese

Other ethnic group

Prefer not to answer

NET: Non-white

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Total	a	b	a	b	a	b
Unweighted Total	1278	307	1357	255	1090	468
Total	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%
White	1069	282	1134	233	900	432
	84%	92%	84%	91%	83%	91%
	a	a		a		a
Mixed	40	5	46	5	40	10
	3%	2%	3%	2%	4%	2%
Asian	94	5	93	7	84	10
	7%	1%	7%	3%	8%	2%
	b		b		b	
Black	35	9	37	6	27	13
	3%	3%	3%	2%	2%	3%
Chinese	11	-	14	1	8	5
	1%	-	1%	*	1%	1%
Other ethnic group	10	2	12	1	9	-
	1%	1%	1%	*	1%	-
					b	
Prefer not to answer	16	5	18	3	16	5
	2%	2%	1%	1%	1%	1%
NET: Non-white	190	21	202	21	168	38
	15%	7%	15%	8%	16%	8%
	b		b		b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	794	415	375	280	277	238	28	85	66	96	55	58	239	100	66
	39%	42%	36%	46%	42%	32%	29%	32%	33%	45%	32%	26%	75%	30%	32%
		b		c	c					abcefhi			abcdefhi		
Urban - Town and Fringe	818	370	446	227	281	311	45	136	92	80	70	91	60	157	87
	40%	37%	43%	37%	42%	41%	46%	52%	46%	37%	40%	41%	19%	48%	42%
		a		a	a		g	defgi	g	g	g	g		dg	g
Rural - Village	384	188	191	100	96	189	24	40	37	36	46	72	17	69	43
	19%	19%	19%	16%	14%	25%	25%	15%	18%	17%	26%	32%	5%	21%	21%
						ab	bg	g	g	g	bdg	bcdghi		g	g
Rural - Hamlet and Isolated Dwelling	32	15	17	8	10	14	-	1	6	3	2	4	1	4	10
	2%	2%	2%	1%	1%	2%	-	1%	3%	2%	1%	2%	*	1%	5%
									bg						abdegh
NET: Urban	1612	784	821	506	558	548	73	222	158	177	125	149	299	257	153
	79%	79%	80%	82%	84%	73%	75%	84%	79%	82%	72%	66%	94%	78%	74%
				c	c			aefi	f	ef			abcdefhi	f	
NET: Rural	417	204	208	108	106	203	24	42	43	39	48	75	18	73	54
	21%	21%	20%	18%	16%	27%	25%	16%	21%	18%	28%	34%	6%	22%	26%
						ab	bg	g	g	g	bdg	bcdgh		g	bg

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	794	85	189	172	102	98	148	446	348	643	25	65	29	9	11	138
	39%	47%	42%	37%	40%	47%	32%	41%	37%	37%	43%	55%	56%	54%	78%	54%
		cfh	f	f	f	cfh	f	f	f			a	a			a
Urban - Town and Fringe	818	59	184	201	104	78	192	444	374	718	25	41	16	4	2	88
	40%	32%	41%	44%	40%	38%	41%	41%	40%	41%	43%	35%	31%	24%	16%	34%
				a			a	a		g						
Rural - Village	384	34	76	83	47	28	116	192	192	351	7	11	7	4	1	29
	19%	18%	17%	18%	18%	14%	25%	18%	21%	20%	11%	9%	13%	23%	5%	11%
							bcdeg		e	cg						
Rural - Hamlet and Isolated Dwelling	32	4	4	5	5	2	11	14	19	28	1	-	-	-	-	1
	2%	2%	1%	1%	2%	1%	2%	1%	2%	2%	2%	-	-	-	-	1%
NET: Urban	1612	144	373	373	206	176	340	890	722	1361	50	106	45	12	13	227
	79%	79%	82%	81%	80%	85%	73%	81%	77%	78%	86%	91%	87%	77%	95%	88%
			fh	f	f	fh	fh	fh	fh			a			a	a
NET: Rural	417	38	81	88	53	31	127	206	211	379	8	11	7	4	1	30
	21%	21%	18%	19%	20%	15%	27%	19%	23%	22%	14%	9%	13%	23%	5%	12%
							bcdeg		beg	cg						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th 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					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	794	462	150	145	296	32	24	165	543	30	221	709	67	119	407	230	37	675
	39%	37%	45%	42%	44%	57%	40%	33%	40%	45%	36%	40%	34%	39%	38%	41%	49%	39%
			a		a	cdf			cf	c							b	
Urban - Town and Fringe	818	509	135	141	277	20	28	230	516	24	278	707	88	136	420	237	26	683
	40%	40%	41%	41%	41%	35%	48%	46%	38%	37%	45%	40%	45%	44%	39%	42%	34%	40%
						d		d			d							
Rural - Village	384	269	47	46	94	5	7	99	262	11	111	340	37	49	233	91	12	336
	19%	21%	14%	14%	14%	8%	12%	20%	20%	17%	18%	19%	19%	16%	22%	16%	16%	20%
		bcd						a	a						ac			
Rural - Hamlet and Isolated Dwelling	32	20	-	9	9	-	-	9	23	1	9	26	5	3	18	10	1	29
	2%	2%	-	3%	1%	-	-	2%	2%	1%	1%	1%	2%	1%	2%	2%	2%	2%
		b		b	b													
NET: Urban	1612	971	286	287	572	52	52	396	1059	54	499	1416	155	255	827	467	63	1357
	79%	77%	86%	84%	85%	92%	88%	79%	79%	82%	81%	79%	79%	83%	77%	82%	83%	79%
			a	a	a	cdf								b		b		
NET: Rural	417	289	47	56	103	5	7	108	285	12	120	367	41	52	251	101	13	365
	21%	23%	14%	16%	15%	8%	12%	21%	21%	18%	19%	21%	21%	17%	23%	18%	17%	21%
		bcd						a	a		a				ac			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D12. Which of the following best describes where you live?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2029	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	289	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	794	135	527	71	114	38	571	202	18	794	-	628	161
	39%	47%	38%	34%	32%	48%	41%	34%	39%	49%	-	37%	53%
		b				abe	be			b			a
Urban - Town and Fringe	818	113	551	95	156	27	538	253	23	818	-	710	103
	40%	39%	40%	46%	44%	34%	39%	43%	50%	51%	-	42%	34%
				d						b		b	
Rural - Village	384	38	291	40	75	11	253	120	5	-	384	339	36
	19%	13%	21%	19%	21%	14%	18%	20%	11%	-	92%	20%	12%
			a								a	b	
Rural - Hamlet and Isolated Dwelling	32	3	23	-	9	3	18	11	-	-	32	30	1
	2%	1%	2%	-	2%	4%	1%	2%	-	-	8%	2%	*
					a	a		a			a	b	
NET: Urban	1612	248	1078	166	270	66	1109	455	41	1612	-	1338	264
	79%	86%	77%	81%	76%	82%	80%	78%	89%	100%	-	78%	88%
		b								b			a
NET: Rural	417	41	314	40	84	15	271	130	5	-	417	368	37
	21%	14%	23%	19%	24%	18%	20%	22%	11%	-	100%	22%	12%
			a								a	b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D12. Which of the following best describes where you live?

BASE: All respondents

	Number of days active										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)		
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
	a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b	
Significance Level: 95%																		
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	794	156	80	107	128	83	78	44	119	318	240	292	193	299	594	76	593	78
	39%	39%	46%	39%	41%	38%	37%	46%	34%	40%	37%	42%	36%	39%	40%	34%	40%	34%
			hj					h				b						
Urban - Town and Fringe	818	165	67	120	136	86	82	28	135	341	244	248	220	337	576	100	578	103
	40%	41%	39%	44%	44%	39%	39%	29%	39%	43%	37%	36%	42%	44%	39%	45%	39%	45%
		g		g	g					gj		a		a				
Rural - Village	384	76	27	40	41	47	46	19	87	128	152	140	108	129	289	42	276	42
	19%	19%	16%	15%	13%	22%	22%	20%	25%	16%	23%	20%	20%	17%	20%	19%	19%	18%
		d			cd	cdi		abcdi		bcdi								
Rural - Hamlet and Isolated Dwelling	32	5	-	4	6	2	4	4	8	13	15	14	9	7	23	3	21	5
	2%	1%	-	2%	2%	1%	2%	4%	2%	2%	2%	2%	2%	1%	2%	1%	1%	2%
							b	b	b	b	b							
NET: Urban	1612	321	147	227	263	169	160	72	253	659	485	540	413	636	1171	176	1172	182
	79%	80%	84%	84%	85%	77%	76%	76%	73%	82%	74%	78%	78%	82%	79%	80%	80%	80%
		hj	fhj	fhj	efhj					fhj				ab				
NET: Rural	417	81	27	44	48	49	50	23	94	141	167	154	117	136	312	45	296	47
	21%	20%	16%	16%	15%	23%	24%	24%	27%	18%	26%	22%	22%	18%	21%	20%	20%	20%
					d	bcdi		abcdi		abcdi		c	c					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D12. Which of the following best describes where you live?

BASE: All respondents

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Total	a	b	a	b	a	b	
Significance Level: 95%							
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	794	498	120	542	103	427	182
	39%	39%	39%	40%	40%	39%	38%
Urban - Town and Fringe	818	505	127	522	102	428	203
	40%	40%	41%	39%	40%	40%	43%
Rural - Village	384	254	57	268	47	209	87
	19%	20%	18%	20%	18%	19%	18%
Rural - Hamlet and Isolated Dwelling	32	18	4	23	4	19	4
	2%	1%	1%	2%	2%	2%	1%
NET: Urban	1612	1003	246	1064	205	855	384
	79%	79%	80%	79%	80%	79%	81%
NET: Rural	417	272	61	291	51	228	91
	21%	21%	20%	21%	20%	21%	19%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

Significance Level: 95%

	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
Unweighted Total	2029	974	1043	683	671	675	101	247	202	230	184	181	336	361	187
Total	2029	988	1029	614	664	751	98	263	201	216	173	224	318	330	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1706	816	881	484	559	663	85	222	178	193	150	199	228	276	174
	84%	83%	86%	79%	84%	88%	87%	84%	89%	90%	87%	89%	72%	84%	84%
					a	ab	g	g	g	gh	g	g		g	g
No	300	162	138	114	102	84	11	39	20	22	22	22	83	52	31
	15%	16%	13%	19%	15%	11%	11%	15%	10%	10%	12%	10%	26%	16%	15%
				c	c								abcdefhi	d	
Prefer not to say	22	10	10	16	2	4	2	2	2	1	1	2	7	2	2
	1%	1%	1%	3%	*	1%	2%	1%	1%	*	1%	1%	2%	1%	1%
				bc									h		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

	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	2029	184	449	482	263	215	436	1115	914	1720	62	124	57	17	15	275	
Total	2029	182	453	461	258	207	468	1096	933	1740	58	117	52	16	14	257	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Yes	1706	160	383	385	221	158	400	927	779	1487	43	101	42	14	8	209	
	84%	88%	84%	83%	86%	76%	85%	85%	83%	85%	75%	86%	80%	88%	59%	81%	
		e	e	e	e		e	e	e	b							
No	300	22	69	66	35	48	61	157	143	247	13	14	9	2	5	43	
	15%	12%	15%	14%	14%	23%	13%	14%	15%	14%	23%	12%	18%	12%	36%	17%	
					abcdfgh												
Prefer not to say	22	-	2	10	2	1	7	12	11	7	1	2	1	-	1	5	
	1%	-	*	2%	1%	1%	1%	1%	1%	*	3%	2%	2%	-	5%	2%	
				ab							a	a				a	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	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	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2029	1351	278	287	565	59	64	478	1357	71	601	1783	193	319	1082	549	79	1710
Total	2029	1261	333	342	675	56	59	504	1344	66	619	1782	196	307	1078	568	76	1722
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1706	1063	278	301	579	46	51	436	1134	39	532	1530	142	209	916	517	65	1497
	84%	84%	84%	88%	86%	82%	86%	87%	84%	60%	86%	86%	72%	68%	85%	91%	85%	87%
						e	e	e	e		e	b			a	abe	a	a
No	300	191	55	39	94	10	7	62	205	16	79	243	47	93	154	45	9	207
	15%	15%	16%	11%	14%	18%	12%	12%	15%	24%	13%	14%	24%	30%	14%	8%	12%	12%
										cdf		a		bcde	c			c
Prefer not to say	22	7	-	2	2	-	2	6	5	10	8	9	7	5	8	7	3	18
	1%	1%	-	1%	*	-	3%	1%	*	15%	1%	*	4%	2%	1%	1%	4%	1%
							d	d		abcd	d	a					be	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

Significance Level: 95%

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Total	a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	289	1374	214	343	83	1377	583	48	1622	407	1687	317
Total	2029	1392	205	354	80	1380	585	46	1612	417	1706	300
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1706	1214	162	302	70	1174	490	37	1338	368	1706	-
	84%	87%	79%	85%	87%	85%	84%	81%	83%	88%	100%	-
						a				a	b	
No	29	172	40	51	9	201	90	9	264	37	-	300
	10%	12%	19%	14%	12%	15%	15%	19%	16%	9%	-	100%
									b			a
Prefer not to say	2	6	3	1	1	5	5	-	11	12	-	-
	1%	*	2%	*	1%	*	1%	-	1%	3%	-	-
			d							a		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

Significance Level: 95%

	Number of days active										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)		
	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Total	a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	a	b	
Unweighted Total	2029	399	176	273	312	219	214	91	345	804	650	699	526	767	1483	215	1470	227
Total	2029	402	174	271	311	218	210	94	348	800	652	694	530	772	1483	221	1468	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1706	326	142	229	259	188	183	79	300	676	562	602	443	642	1277	170	1262	183
	84%	81%	81%	84%	83%	86%	87%	84%	86%	85%	86%	87%	84%	83%	86%	77%	86%	80%
									a		a				b		b	
No	300	69	32	38	49	28	25	14	45	115	84	90	83	122	193	48	195	40
	15%	17%	19%	14%	16%	13%	12%	15%	13%	14%	13%	13%	16%	16%	13%	22%	13%	17%
															a			
Prefer not to say	22	8	-	4	3	2	2	1	3	9	6	2	4	8	12	2	11	6
	1%	2%	-	1%	1%	1%	1%	1%	1%	1%	1%	*	1%	1%	1%	1%	1%	2%
																	a	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 17th April - 20th April 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Yes

No

Prefer not to say

	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: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Total	a	b	a	b	a	b	
Unweighted Total	2029	1278	307	1357	255	1090	468
Total	2029	1275	307	1354	257	1083	475
	100%	100%	100%	100%	100%	100%	100%
Yes	1706	1105	244	1165	204	923	405
	84%	87%	79%	86%	79%	85%	85%
		b		b			
No	300	160	60	179	48	149	66
	15%	13%	20%	13%	19%	14%	14%
			a		a		
Prefer not to say	22	10	3	10	5	11	3
	1%	1%	1%	1%	2%	1%	1%