



UK Active – Public Polling for National Fitness day– September, 2019

ComRes interviewed 2,080 UK adults aged 18+ between 6th and 8th September 2019. Data were weighted to be nationally representative of UK adults aged 18+ by key demographics including age, gender, region and socio-economic grade.

ComRes is a member of the British Polling Council and abides by its rules.

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National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 1

Q.1 In an average day, how much time do you spend doing each of the following?

Summary**Base: All respondents**

	Activities							
	Shopping online	Looking at a phone or tablet	Sitting on public transport or in a car	Working on your appearance, e.g. makeup, hair, deciding what to wear etc.	Watching reality TV	Using social media (e.g. Facebook, Instagram, Twitter etc.)	Making tea	Sitting in meetings
Unweighted base	2080	2080	2080	2080	2080	2080	2080	2080
Weighted base	2080	2080	2080	2080	2080	2080	2080	2080
No time	261 13%	35 2%	130 6%	142 7%	534 26%	135 6%	155 7%	428 21%
Up to 15 minutes	241 12%	57 3%	86 4%	369 18%	16 1%	110 5%	342 16%	31 2%
26-30 minutes	539 26%	191 9%	433 21%	686 33%	88 4%	311 15%	622 30%	104 5%
30-45 minutes	7 *	6 *	27 1%	9 *	3 *	5 *	10 *	2 *
46 minutes - 1 hour	289 14%	363 17%	556 27%	276 13%	208 10%	440 21%	324 16%	155 7%
1 - 2 hours	55 3%	453 22%	238 11%	39 2%	86 4%	284 14%	52 3%	73 4%
2 - 3 hours	24 1%	276 13%	62 3%	4 *	68 3%	135 6%	5 *	25 1%
3 hour+	16 1%	382 18%	57 3%	18 1%	95 5%	177 9%	26 1%	27 1%
Not applicable	357 17%	104 5%	305 15%	340 16%	843 41%	318 15%	347 17%	1130 54%
Don't know	291 14%	213 10%	186 9%	196 9%	138 7%	164 8%	197 9%	104 5%
Mean	0.61	2.49	1.14	0.59	1.07	1.60	0.66	0.68
Standard deviation	0.79	2.19	1.45	0.96	1.81	1.80	1.13	1.14
Standard error	0.02	0.05	0.04	0.02	0.05	0.05	0.03	0.04
Mean excluding No time	0.74	2.54	1.24	0.65	2.08	1.75	0.73	1.37

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 2

Q.1 In an average day, how much time do you spend doing each of the following?

Shopping online

Base: All respondents

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
No time	261 13%	139 14%	122 11%	31 14%	41 11%	29 9%	40 11%	37 12%	82 17%DEFG	72 12%	69 10%	119 15%J	83 15%n	77 13%	42 10%	59 12%	44 12%	90 11%
Up to 15 minutes	241 12%	129 13%	112 11%	27 11%	32 9%	37 11%	39 11%	41 13%	66 14%d	59 10%	76 11%	107 14%i	90 16%mnO	71 12%n	33 8%	46 9%	36 10%	99 12%
26-30 minutes	539 26%	235 23%	304 29%A	69 30%H	89 25%	98 29%H	111 30%H	78 25%	95 20%	157 27%k	209 30%K	173 22%	163 29%O	150 26%	116 27%o	110 22%	100 28%	245 29%
30-45 minutes	7 *	2 *	5 1%	- -	2 1%	2 1%	1 *	- -	2 1%	2 *	3 *	2 *	4 1%o	2 *	1 *	- -	2 1%	1 *
46 minutes - 1 hour	289 14%	112 11%	177 17%A	23 10%	69 19%CGH	59 18%CgH	58 16%cH	36 12%	45 9%	92 16%K	116 17%K	81 10%	78 14%	85 14%	59 14%	68 13%	62 17%	117 14%
1 - 2 hours	55 3%	24 2%	31 3%	9 4%H	13 4%H	12 4%H	10 3%	6 2%	5 1%	23 4%K	21 3%k	11 1%	14 3%	14 2%	10 2%	17 3%	12 3%	22 3%
2 - 3 hours	24 1%	9 1%	15 1%	8 4%FH	6 2%H	4 1%H	1 *	4 1%H	- -	14 2%JK	5 1%	4 1%	5 1%	5 1%	6 1%	7 1%	9 3%Q	7 1%
3 hour+	16 1%	10 1%	7 1%	- -	6 2%cGh	5 1%g	4 1%	- -	1 *	6 1%k	8 1%K	1 *	6 1%M	- -	7 2%M	3 1% <i>m</i>	4 1%	11 1%
Not applicable	357 17%	197 19%B	160 15%	30 13%	43 12%	41 12%	55 15%	65 21%CDEF	123 26%CDEF	74 12%	96 14%	187 24%IJ	75 13%	103 18%l	82 20%L	97 19%L	50 14%	138 16%
Don't know	291 14%	159 16%b	132 12%	34 15%	58 16%	46 14%	51 14%	41 13%	61 13%	92 16%	97 14%	102 13%	49 9%	78 13%L	66 16%L	98 19%LM	41 11%	112 13%
Mean	0.61	0.58	0.63	0.62H	0.75GH	0.72GH	0.64H	0.53h	0.42	0.70K	0.68K	0.46	0.57	0.53	0.75LM	0.63M	0.72	0.64
Standard deviation	0.79	0.87	0.71	0.72	0.89	0.87	0.94	0.56	0.60	0.83	0.91	0.58	0.81	0.52	1.10	0.70	0.92	0.89
Standard error	0.02	0.03	0.03	0.06	0.06	0.06	0.06	0.04	0.03	0.04	0.04	0.03	0.04	0.03	0.08	0.04	0.06	0.04
Mean excluding No time	0.74	0.73	0.75	0.77H	0.89GH	0.81gH	0.76H	0.65	0.58	0.84K	0.79K	0.61	0.71	0.66	0.88IM	0.78M	0.87	0.75

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 3

Q.1 In an average day, how much time do you spend doing each of the following?

Shopping online

Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
No time	261 13%	18 10%	9 9%	9 15%	224 13%	7 8%	33 14%	26 15%	17 10%	21 14%	29 15%	28 10%	37 13%	26 15%
Up to 15 minutes	241 12%	22 13%	17 17% ^{EhJL}	7 11%	195 11%	4 5%	31 13% ^{el}	25 14% ^{el}	17 9%	22 15% ^{eL}	18 9%	30 11%	22 8%	27 15% ^{EL}
26-30 minutes	539 26%	41 24%	18 18%	9 14%	471 27% ^{bc}	26 30% ^{bc}	61 26% ^c	43 25%	41 23%	34 23%	53 27% ^{bc}	66 24%	87 31% ^{BCh}	61 34% ^{aBCHik}
30-45 minutes	7 *	-	-	-	7 *	-	-	-	2 1%	2 2% ^{fk}	2 1% ^k	-	1 *	-
46 minutes - 1 hour	289 14%	27 15% ^m	18 18% ^M	8 13%	236 14%	14 17% ^m	29 13%	22 13%	27 15% ^m	18 12%	23 12%	56 21% ^{FgiJLM}	32 11%	15 8%
1 - 2 hours	55 3%	5 3%	3 3%	2 3%	45 3%	2 3%	8 3%	5 3%	4 2%	1 1%	3 2%	8 3%	12 4% ^{im}	2 1%
2 - 3 hours	24 1%	-	1 1%	-	22 1%	-	2 1%	-	4 2% ^g	1 1%	6 3% ^{AGL}	6 2% ^g	1 *	2 1%
3 hour+	16 1%	2 1%	1 1%	-	13 1%	-	4 2% ^{jk}	2 1%	2 1%	1 *	-	*	3 1%	*
Not applicable	357 17%	38 22% ^{fk}	17 17%	18 29% ^{DbeFGKlm}	284 16%	13 15%	31 13%	23 14%	36 20%	32 21% ^{fk}	37 19%	36 13%	48 17%	29 16%
Don't know	291 14%	23 13%	16 16%	9 14%	243 14%	19 23% ^{iJm}	33 14%	24 14%	30 17% ^m	16 11%	21 11%	41 15%	40 14%	18 10%
Mean	0.61	0.62	0.70 ^M	0.51	0.61	0.61	0.65 ^m	0.55	0.78 ^{iM}	0.48	0.59	0.67 ^{iM}	0.62 ^m	0.46
Standard deviation	0.79	0.76	1.04	0.54	0.78	0.44	0.96	0.70	1.28	0.61	0.67	0.65	0.75	0.51
Standard error	0.02	0.08	0.12	0.09	0.02	0.06	0.07	0.07	0.12	0.06	0.05	0.05	0.05	0.04
Mean excluding No time	0.74	0.73	0.82 ^m	0.70	0.74	0.70	0.81 ^m	0.69	0.91 ^{iM}	0.61	0.75 ^m	0.78 ^{iM}	0.76 ^m	0.58

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

Prepared by ComRes



National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 4

Q.1 In an average day, how much time do you spend doing each of the following?**Looking at a phone or tablet****Base: All respondents**

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
No time	35 2%	18 2%	18 2%	- -	3 1%	2 1%	8 2% ^c	7 2% ^{ce}	16 3% ^{CDE}	3 *	9 1%	23 3% ^{lj}	8 1%	7 1%	7 2%	14 3%	3 1%	11 1%
Up to 15 minutes	57 3%	32 3%	25 2%	- -	2 *	5 1%	14 4% ^{CDe}	11 3% ^{CD}	26 5% ^{CDE}	2 *	19 3% ^l	37 5% ^{lj}	16 3%	22 4% ^o	11 3%	9 2%	6 2%	18 2%
26-30 minutes	191 9%	102 10%	89 8%	3 1%	13 3%	23 7% ^{Cd}	32 9% ^{CD}	44 14% ^{CDEF}	75 16% ^{CDEF}	16 3%	55 8% ^l	120 15% ^J	56 10%	59 10%	32 8%	44 9%	20 6%	72 9%
30-45 minutes	6 *	3 *	3 *	1 *	- -	1 *	- -	3 1% ^{df}	1 *	1 *	1 *	4 1%	2 *	1 *	1 *	2 *	1 *	2 *
46 minutes - 1 hour	363 17%	195 19% ^b	168 16%	23 10%	34 9%	45 13%	85 23% ^{CDE}	63 21% ^{CDE}	114 24% ^{CDE}	57 10%	129 18% ^l	177 22% ^{lj}	98 17%	107 18%	75 18%	83 16%	52 15%	152 18%
1 - 2 hours	453 22%	220 22%	234 22%	44 19%	78 22%	85 25% ^H	96 26% ^{ch}	71 23% ^h	81 17%	121 21%	181 26% ^{ik}	151 19%	136 24% ^O	137 24% ^o	88 21%	92 18%	84 23%	206 24%
2 - 3 hours	276 13%	129 13%	147 14%	57 24% ^{DeFGH}	59 16% ^{FGH}	57 17% ^{FGH}	35 9%	25 8%	44 9%	115 20% ^{JK}	92 13% ^K	69 9%	102 18% ^{MNO}	73 12%	50 12%	51 10%	57 16%	116 14%
3 hour+	382 18%	132 13%	250 23% ^A	79 34% ^{EFGH}	122 34% ^{EFGH}	74 22% ^{FGH}	46 13% ^{gH}	24 8%	36 7%	202 34% ^{JK}	120 17% ^K	60 8%	96 17%	95 16%	97 23% ^{lM}	94 19%	86 24% ^Q	150 18%
Not applicable	104 5%	72 7% ^B	32 3%	4 2%	8 2%	5 2%	15 4% ^e	26 8% ^{CDEF}	47 10% ^{CDEF}	11 2%	20 3%	72 9% ^{IJ}	25 4%	23 4%	22 5%	34 7% ^m	10 3%	33 4%
Don't know	213 10%	114 11%	99 9%	21 9%	43 12%	37 11%	37 10%	34 11%	41 8%	64 11%	74 11%	75 9%	29 5%	60 10% ^L	40 9% ^L	84 17% ^{LMN}	39 11%	81 10%
Mean	2.49	2.20	2.74 ^A	3.42 ^{EFGH}	3.61 ^{EFGH}	2.89 ^{FGH}	2.07 ^{GH}	1.73	1.62	3.54 ^{JK}	2.46 ^K	1.66	2.36	2.38	2.68 ^l	2.60	2.88 ^Q	2.48
Standard deviation	2.19	1.97	2.34	2.01	2.71	2.30	1.88	1.57	1.60	2.45	2.13	1.59	1.95	2.13	2.35	2.38	2.34	2.09
Standard error	0.05	0.07	0.08	0.14	0.16	0.13	0.10	0.10	0.08	0.11	0.09	0.06	0.09	0.09	0.14	0.12	0.14	0.08
Mean excluding No time	2.54	2.24	2.80 ^A	3.42 ^{EFGH}	3.64 ^{EFGH}	2.91 ^{FGH}	2.12 ^{GH}	1.78	1.69	3.56 ^{JK}	2.50 ^K	1.73	2.40	2.42	2.74 ^{lm}	2.70 ^{lm}	2.91 ^Q	2.52

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 5

Q.1 In an average day, how much time do you spend doing each of the following?**Looking at a phone or tablet****Base: All respondents**

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
No time	35 2%	5 3%g	1 1%	1 1%	28 2%	2 3%g	4 2%	- -	1 1%	1 1%	4 2%	5 2%	4 2%	6 4%Gh
Up to 15 minutes	57 3%	4 2%	2 2%	3 5%	49 3%	1 1%	8 3%	4 3%	8 4%	7 4%	6 3%	5 2%	6 2%	5 3%
26-30 minutes	191 9%	10 6%	11 11%e	6 10%	163 9%	3 3%	16 7%	24 14%AEFK	16 9%	18 12%aE	19 10%	21 8%	29 10%e	18 10%
30-45 minutes	6 *	-	-	1 1%kl	5 *	-	1 *	1 1%	1 *	1 1%	-	-	-	1 *
46 minutes - 1 hour	363 17%	31 18%	21 21%i	9 15%	302 17%	13 15%	45 20%i	31 18%	32 18%	17 11%	32 17%	47 17%	41 14%	45 25%jkl
1 - 2 hours	453 22%	42 24%h	25 25%gh	14 22%	372 21%	20 24%	50 22%	26 16%	28 15%	43 29%GHm	42 22%	67 25%gH	61 22%	34 19%
2 - 3 hours	276 13%	17 10%	14 14%	5 8%	240 14%	14 16%	26 11%	24 14%	26 14%	22 15%	35 18%Acflm	40 15%	34 12%	19 11%
3 hour+	382 18%	30 17%	14 14%	11 18%	326 19%	8 10%	56 24%BEijm	37 22%e	37 21%e	23 16%	33 17%	49 18%	55 20%e	28 16%
Not applicable	104 5%	13 8%j	4 4%	1 2%	86 5%	7 8%j	10 4%	8 5%	13 8%J	7 5%	5 2%	11 4%	17 6%j	7 4%
Don't know	213 10%	23 13%fi	8 8%	11 18%dFgl	171 10%	17 20%BFGhJkM	15 6%	14 8%	19 10%	8 6%	18 9%	29 11%	34 12%Fi	16 9%
Mean	2.49	2.55	2.10	2.21	2.51	2.37	2.73BM	2.65bm	2.56	2.43	2.40	2.47	2.66bm	2.15
Standard deviation	2.19	2.20	1.53	2.01	2.23	1.88	2.47	2.30	2.08	2.22	2.01	2.02	2.59	2.00
Standard error	0.05	0.21	0.16	0.28	0.06	0.26	0.17	0.20	0.17	0.20	0.15	0.13	0.17	0.16
Mean excluding No time	2.54	2.65b	2.13	2.24	2.56	2.45	2.78BM	2.65	2.58	2.45	2.45	2.53	2.71b	2.24

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 6

Q.1 In an average day, how much time do you spend doing each of the following?**Sitting on public transport or in a car****Base: All respondents**

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
No time	130 6%	57 6%	72 7%	15 6%	18 5%	21 6%	24 7%	28 9% ^{dH}	23 5%	33 6%	46 6%	52 7%	26 5%	41 7%	27 6%	37 7% ^l	15 4%	47 6%
Up to 15 minutes	86 4%	44 4%	42 4%	6 3%	11 3%	8 2%	13 4%	16 5% ^e	32 7% ^{CDEF}	17 3%	21 3%	49 6% ^J	28 5%	25 4%	13 3%	20 4%	9 3%	22 3%
26-30 minutes	433 21%	199 20%	234 22%	48 21%	53 15%	56 17%	70 19%	59 19%	147 31% ^{CDEFG}	100 17%	126 18%	206 26% ^J	124 22%	120 20%	89 21%	99 20%	55 15%	159 19%
30-45 minutes	27 1%	11 1%	17 2%	* *	2 *	4 1%	9 2% ^{cdg}	2 1%	12 2% ^{cDg}	2 *	12 2% ^l	13 2% ^l	11 2% ^O	8 1%	6 1%	2 *	6 2%	9 1%
46 minutes - 1 hour	556 27%	277 27%	279 26%	73 32% ^g	99 27%	88 27%	92 25%	75 24%	129 27%	172 29%	180 26%	204 26%	178 31% ^{mO}	153 26% ^O	121 29% ^O	104 21%	122 34% ^q	232 28%
1 - 2 hours	238 11%	108 11%	130 12%	36 16% ^{GH}	54 15% ^{GH}	45 13% ^{GH}	47 13% ^{gH}	24 8%	33 7%	89 15% ^K	92 13% ^K	57 7%	89 16% ^{mO}	66 11% ^O	49 12% ^O	34 7%	66 18% ^q	117 14%
2 - 3 hours	62 3%	22 2%	40 4% ^a	9 4% ^{fgH}	20 5% ^{FGH}	20 6% ^{FGH}	5 1%	4 1%	5 1%	29 5% ^K	24 3% ^K	9 1%	15 3%	23 4%	12 3%	12 2%	17 5%	31 4%
3 hour+	57 3%	38 4% ^B	20 2%	2 1%	7 2%	11 3% ^h	20 5% ^{CDH}	13 4% ^{CdH}	5 1%	9 1%	30 4% ^{lk}	19 2%	10 2%	13 2%	16 4%	19 4% ^l	5 1%	47 6% ^P
Not applicable	305 15%	155 15%	150 14%	19 8%	54 15% ^C	48 14% ^c	66 18% ^{CH}	62 20% ^{CeH}	55 12%	73 12%	114 16% ⁱ	117 15%	57 10%	88 15% ^L	51 12%	108 21% ^{LMN}	37 10%	110 13%
Don't know	186 9%	106 10% ^B	81 8%	22 10%	45 12% ^{Fh}	33 10% ^f	22 6%	25 8%	39 8%	67 11% ^{jk}	56 8%	64 8%	30 5%	47 8% ^l	38 9% ^l	70 14% ^{LMn}	26 7%	66 8%
Mean	1.14	1.19	1.10	1.05 ^H	1.23 ^{cH}	1.25 ^{cH}	1.40 ^{cH}	1.24 ^H	0.81	1.16 ^K	1.33 ^K	0.97	1.06	1.13	1.19	1.22	1.19	1.42 ^p
Standard deviation	1.45	1.52	1.39	0.78	1.06	1.16	2.24	2.07	0.71	0.96	1.81	1.39	0.93	1.67	1.33	1.84	0.82	1.80
Standard error	0.04	0.05	0.05	0.06	0.07	0.07	0.14	0.14	0.04	0.05	0.08	0.06	0.04	0.08	0.08	0.10	0.05	0.07
Mean excluding No time	1.24	1.29	1.20	1.14 ^H	1.33 ^{cH}	1.36 ^{cH}	1.53 ^{cH}	1.42 ^H	0.86	1.25 ^K	1.45 ^{iK}	1.06	1.12	1.25	1.29	1.38 ^L	1.25	1.53 ^p

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 7

Q.1 In an average day, how much time do you spend doing each of the following?

Sitting on public transport or in a car

Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
No time	130 6%	13 7%	9 9%hk	3 4%	106 6%	6 8%	19 8%HK	7 4%	5 3%	9 6%	21 11%GHKL	10 4%	15 5%	12 7%
Up to 15 minutes	86 4%	5 3%	1 1%	4 7%bK	76 4%	2 2%	13 5%bK	9 5%k	7 4%	7 5%	10 5%k	5 2%	13 4%k	11 6%bK
26-30 minutes	433 21%	31 18%	22 21%	13 21%	367 21%	11 13%	46 20%	37 22%	29 16%	29 19%	38 20%	69 25%eH	66 24%e	42 23%
30-45 minutes	27 1%	2 1%	-	5 8%DABEFGHJKL1 M	21 1%	-	3 1%	1 *	4 2%	-	1 1%	7 2%i	4 2%	1 1%
46 minutes - 1 hour	556 27%	52 29%j	24 24%	12 19%	469 27%	23 27%	68 29%J	55 32%cJL	51 29%j	45 30%J	38 20%	70 26%	63 22%	55 31%lJ
1 - 2 hours	238 11%	23 13%	11 11%	11 17%fm	193 11%	6 7%	20 9%	19 11%	17 9%	20 14%	20 10%	39 14%fm	37 13%	15 8%
2 - 3 hours	62 3%	3 2%	1 1%	2 3%i	56 3%	6 7%aBIM	8 3%l	4 3%i	6 4%l	-	5 3%i	13 5%bIM	12 4%lm	2 1%
3 hour+	57 3%	1 1%	5 5%AJ	-	51 3%	6 8%AcIJl	9 4%aJ	4 2%	7 4%aj	3 2%	1 1%	8 3%	7 3%	5 3%
Not applicable	305 15%	20 12%	18 17%	8 12%	259 15%	10 12%	32 14%	18 10%	27 15%	23 16%	50 26%AcEFGHIKLM2%	32 2%	39 14%	28 16%
Don't know	186 9%	25 14%DFJKM	11 11%J	6 9%	144 8%	14 16%FIJKM	14 6%	16 9%	25 14%FJKM	11 8%	9 5%	20 7%	26 9%j	10 6%
Mean	1.14	0.98	1.13j	0.95	1.16	2.01AbcGfIJKL M	1.23j	1.08	1.37J	1.06	0.87	1.20J	1.11j	0.99
Standard deviation	1.45	0.72	1.17	0.68	1.54	3.01	1.91	1.02	2.31	1.24	0.78	1.18	1.17	1.20
Standard error	0.04	0.07	0.13	0.10	0.04	0.43	0.14	0.09	0.20	0.12	0.07	0.08	0.08	0.10

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 7

Q.1 In an average day, how much time do you spend doing each of the following?

Sitting on public transport or in a car

Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
Mean excluding No time	1.24	1.09	1.29	1.01	1.26	2.25AbCfGjJKL M	1.37	1.14	1.43	1.15	1.04	1.26	1.20	1.08

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 8

Q.1 In an average day, how much time do you spend doing each of the following?**Working on your appearance, e.g. makeup, hair, deciding what to wear etc.****Base: All respondents**

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
No time	142 7%	105 10%B	37 3%	5 2%	17 5%	19 6%	33 9%Cd	27 9%Cd	41 9%Cd	22 4%	52 7%l	68 9%l	47 8%M	29 5%	25 6%	41 8% <i>m</i>	21 6%	51 6%
Up to 15 minutes	369 18%	188 19%	180 17%	42 18%	46 13%	53 16%	71 19%D	63 20%D	94 20%D	88 15%	124 18%	157 20%l	128 23%NO	117 20%NO	55 13%	69 14%	61 17%	144 17%
26-30 minutes	686 33%	258 25%	429 40%A	78 34%	137 38%GH	122 37%Gh	120 33%	85 28%	145 30%	215 36%K	242 35%K	230 29%	207 36%mo	180 31%	143 34%	157 31%	120 33%	312 37%
30-45 minutes	9 *	- -	9 1%A	2 1%	4 1%	1 *	- -	1 *	3 1%	5 1%j	1 *	3 *	1 *	6 1%l	1 *	2 *	1 *	4 *
46 minutes - 1 hour	276 13%	77 8%	200 19%A	49 21% <i>d</i> FGH	54 15% <i>gh</i>	55 17% <i>FGH</i>	38 10%	30 10%	50 10%	103 17% <i>jk</i>	94 13% <i>k</i>	80 10%	83 15%O	85 15%O	63 15%O	45 9%	76 21%Q	101 12%
1 - 2 hours	39 2%	7 1%	32 3%A	12 5% <i>e</i> FGH	9 2%G	7 2%G	3 1%	1 *	6 1%	21 4%JK	11 2%	7 1%	13 2%	10 2%	6 1%	10 2%	6 2%	13 2%
2 - 3 hours	4 *	* *	4 *	1 *	3 1% <i>h</i>	- -	- -	- -	- -	4 1% <i>jk</i>	- -	- -	4 1% <i>mo</i>	- -	* *	- -	3 1% <i>q</i>	* *
3 hour+	18 1%	10 1%	8 1%	1 *	4 1%	5 2%	4 1%	2 1%	3 1%	5 1%	9 1%	5 1%	3 *	4 1%	7 2%	4 1%	3 1%	8 1%
Not applicable	340 16%	243 24%B	97 9%	18 8%	45 12%	32 10%	79 21% <i>CDE</i>	64 21% <i>CDE</i>	103 22% <i>CDE</i>	62 11%	111 16%l	167 21%lJ	50 9%	94 16%L	78 18%L	119 24%LM	40 11%	120 14%
Don't know	196 9%	127 13%B	69 6%	23 10% <i>f</i>	42 12% <i>Fh</i>	39 12% <i>Fh</i>	20 5%	36 12% <i>Fh</i>	36 7%	65 11%	59 8%	72 9%	33 6%	61 10%L	44 10%L	59 12%L	29 8%	86 10%
Mean	0.59	0.50	0.65A	0.65GH	0.66GH	0.72GH	0.59	0.46	0.49	0.65K	0.65K	0.48	0.53	0.59	0.74Lo	0.54	0.64	0.62
Standard deviation	0.96	1.08	0.85	0.53	0.71	1.41	1.39	0.55	0.57	0.64	1.40	0.56	0.58	1.02	1.47	0.65	0.68	1.22
Standard error	0.02	0.04	0.03	0.04	0.05	0.09	0.09	0.04	0.03	0.03	0.06	0.02	0.03	0.05	0.10	0.03	0.04	0.05
Mean excluding No time	0.65	0.60	0.68	0.67GH	0.70GH	0.78gH	0.67	0.53	0.55	0.69K	0.72K	0.54	0.59	0.63	0.81Lo	0.61	0.68	0.67

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 9

Q.1 In an average day, how much time do you spend doing each of the following?

Working on your appearance, e.g. makeup, hair, deciding what to wear etc.

Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
No time	142 7%	16 9%gH	10 10%GHk	2 3%	114 7%	6 8%	19 8%gH	6 3%	5 3%	9 6%	15 8%h	13 5%	19 7%	23 13%cGHikI
Up to 15 minutes	369 18%	28 16%	16 15%	17 27%aEK	308 18%	10 12%	39 17%	28 17%	46 26%abEFgiKl	24 16%	39 20%	39 14%	50 18%	34 19%
26-30 minutes	686 33%	43 25%	28 28%	22 36%	593 34%A	24 28%	74 32%	60 35%a	55 31%	51 34%	69 36%a	114 42%ABeFHLm	88 31%	59 33%
30-45 minutes	9 *	-	1 1%	-	9 1%	1 1%	1 *	-	1 *	2 1%	2 1%	-	2 1%	1 1%
46 minutes - 1 hour	276 13%	20 12%c	14 14%C	2 3%	240 14%C	18 21%CHIJM	33 14%C	28 17%Chj	17 10%	17 11%c	19 10%	40 14%C	51 18%CHJM	18 10%
1 - 2 hours	39 2%	6 3%jm	-	2 3%	31 2%	-	8 3%bJm	2 1%	5 3%j	2 1%	1 *	8 3%jm	5 2%	1 *
2 - 3 hours	4 *	-	-	-	4 *	-	-	-	-	-	-	-	4 1%k	* *
3 hour+	18 1%	-	1 1%	-	17 1%	1 1%	4 2%jL	-	3 2%jL	3 2%jL	-	6 2%jL	-	1 1%
Not applicable	340 16%	46 26%DcFGHKLm	24 23%DfgHKL	9 14%	262 15%	17 21%k	34 14%	23 14%	23 13%	30 21%hKl	37 19%K	29 11%	39 14%	30 17%
Don't know	196 9%	17 10%	8 8%	9 15%j	162 9%	8 10%	22 9%	22 13%j	25 14%iJm	10 7%	13 7%	25 9%	25 9%	13 7%
Mean	0.59	0.52	0.53	0.41	0.61	0.59cJ	0.71JM	0.54cJ	0.78jm	0.61J	0.44	0.69Jm	0.57cJm	0.45
Standard deviation	0.96	0.48	0.72	0.30	1.01	0.48	1.29	0.36	1.93	0.87	0.30	1.23	0.51	0.54
Standard error	0.02	0.05	0.08	0.04	0.03	0.07	0.09	0.03	0.17	0.08	0.02	0.08	0.03	0.05
Mean excluding No time	0.65	0.60cj	0.62	0.43	0.66	0.66CJ	0.80Jm	0.57Cj	0.81	0.67j	0.49	0.74J	0.62CJ	0.54

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 10

Q.1 In an average day, how much time do you spend doing each of the following?**Watching reality TV****Base: All respondents**

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
No time	534 26%	282 28%b	252 24%	62 27%	81 23%	82 25%	106 29%	83 27%	120 25%	143 24%	188 27%	203 26%	172 30%nO	160 27%O	101 24%	101 20%	99 28%	213 25%
Up to 15 minutes	16 1%	4 *	13 1%a	3 1%e	1 *	- -	5 1%e	5 2%E	2 *	4 1%	5 1%	7 1%	2 *	5 1%	6 1%	4 1%	4 1%	8 1%
26-30 minutes	88 4%	35 3%	52 5%	18 8%fGH	21 6%gH	15 5%	14 4%	8 2%	12 2%	39 7%jK	29 4%	19 2%	38 7%mNO	24 4%	9 2%	17 3%	15 4%	41 5%
30-45 minutes	3 *	- -	3 *	- -	2 *	1 *	- -	1 *	- -	2 *	1 *	1 *	- -	1 *	- -	2 *	1 *	- -
46 minutes - 1 hour	208 10%	67 7%	141 13%A	37 16%eFGH	48 13%fGH	33 10%	32 9%	23 7%	36 7%	85 14%JK	65 9%	59 7%	68 12%O	51 9%	50 12%o	39 8%	50 14%	87 10%
1 - 2 hours	86 4%	26 3%	60 6%A	13 6%gH	21 6%gH	18 6%gH	15 4%	7 2%	11 2%	34 6%K	33 5%K	18 2%	19 3%	24 4%	19 4%	24 5%	35 10%Q	26 3%
2 - 3 hours	68 3%	29 3%	39 4%	3 1%	23 6%CeFGH	10 3%	10 3%	8 2%	14 3%	26 4%	20 3%	22 3%	23 4%	18 3%	9 2%	18 3%	16 4%	28 3%
3 hour+	95 5%	46 5%	49 5%	4 2%	11 3%	25 8%CDf	14 4%	13 4%	28 6%C	15 3%	39 6%l	41 5%l	16 3%	20 3%	32 8%LM	27 5%L	19 5%	36 4%
Not applicable	843 41%	449 44%B	394 37%	64 28%	113 31%	121 36%c	161 44%CDe	148 48%CDE	236 49%CDE	177 30%	282 40%l	384 49%lJ	209 37%	241 41%	172 41%	221 44%L	99 28%	337 40%P
Don't know	138 7%	76 7%	62 6%	26 11%FGH	39 11%FGH	28 8%FgH	11 3%	13 4%	21 4%	65 11%JK	39 6%	34 4%	21 4%	40 7%L	25 6%	52 10%LmN	20 6%	65 8%
Mean	1.07	0.98	1.14	0.76	1.07c	1.41CFg	0.91	0.97	1.19c	0.94	1.15	1.10	0.89	0.87	1.27LM	1.38LM	1.21	0.98
Standard deviation	1.81	1.77	1.83	1.20	1.33	2.22	1.68	1.95	2.08	1.29	1.98	2.03	1.71	1.38	1.88	2.25	1.86	1.56
Standard error	0.05	0.08	0.08	0.10	0.10	0.16	0.12	0.16	0.14	0.07	0.10	0.11	0.09	0.08	0.14	0.14	0.13	0.08
Mean excluding No time	2.08	2.31b	1.94	1.35	1.75c	2.53CD	1.99c	2.23C	2.58CD	1.60	2.28l	2.44l	1.82	1.84	2.30m	2.45LM	2.07	1.90

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 11

Q.1 In an average day, how much time do you spend doing each of the following?**Watching reality TV****Base: All respondents**

	Region													
	Total	Scotland (a)	Wales (b)	North-ern Ireland (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
No time	534 26%	52 30%hl	31 30%hl	17 27%	435 25%	22 26%	66 28%hl	42 25%	36 20%	27 18%	48 25%	68 25%	67 24%	59 33%HI
Up to 15 minutes	16 1%	-	-	1 1%	16 1%	-	1 *	3 2%	-	*	-	1 *	7 3%afhJK	4 2%afhjk
26-30 minutes	88 4%	5 3%	-	1 2%	81 5%B	3 3%	12 5%B	7 4%b	10 5%B	6 4%b	10 5%B	12 4%b	14 5%B	9 5%B
30-45 minutes	3 *	-	-	-	3 *	-	-	1 1%	1 *	-	-	-	2 1%	-
46 minutes - 1 hour	208 10%	14 8%	10 10%	3 5%	181 10%	14 17%acfGHI	19 8%	9 5%	9 5%	21 14%cGH	25 13%GH	35 13%cGH	25 9%	25 14%cfGH
1 - 2 hours	86 4%	1 *	7 6%AJ	6 9%dAfJm	73 4%A	8 9%AfJm	7 3%a	8 4%A	9 5%Aj	9 6%AJ	3 1%	14 5%AJ	12 4%A	5 3%
2 - 3 hours	68 3%	4 3%	5 5%	-	59 3%	1 1%	9 4%	8 5%	12 7%ceJklm	5 3%	4 2%	8 3%	8 3%	4 2%
3 hour+	95 5%	10 6%	6 6%m	3 5%	75 4%	1 1%	13 5%	6 3%	5 3%	5 4%	12 6%m	21 8%eHLM	9 3%	4 2%
Not applicable	843 41%	75 43%	38 37%	25 40%	705 40%	28 33%	91 39%	83 49%befKM	79 44%km	68 46%KM	85 44%km	93 34%	118 42%k	61 34%
Don't know	138 7%	14 8%g	5 5%	6 10%Gj	113 6%	9 10%G	15 6%	5 3%	19 11%GiJm	7 5%	8 4%	22 8%g	20 7%g	9 5%
Mean	1.07	1.08	1.23M	1.02	1.06	0.78	1.18M	0.96	1.10m	1.10m	1.19m	1.36M	0.92	0.68
Standard deviation	1.81	2.09	1.95	1.59	1.78	1.00	2.10	1.45	1.41	1.36	2.13	2.24	1.71	1.19
Standard error	0.05	0.26	0.24	0.28	0.06	0.16	0.18	0.16	0.16	0.16	0.20	0.18	0.14	0.12
Mean excluding No time	2.08	2.75	2.58	2.24	2.00	1.44	2.46IM	1.98	1.98	1.76	2.29m	2.37M	1.72	1.45

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

Prepared by ComRes



National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 12

**Q.1 In an average day, how much time do you spend doing each of the following?
Using social media (e.g. Facebook, Instagram, Twitter etc.)**

Base: All respondents

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
No time	135 6%	77 8% ^b	58 5%	- -	10 3% ^C	11 3% ^C	28 7% ^{CDE}	29 9% ^{CDE}	58 12% ^{CDEF}	10 2%	38 5% ^I	86 11% ^J	38 7%	34 6%	24 6%	40 8%	17 5%	48 6%
Up to 15 minutes	110 5%	58 6%	52 5%	4 2%	16 4%	18 5% ^c	22 6% ^C	15 5%	36 7% ^C	20 3%	39 6%	51 6% ^I	42 7% ^N	30 5% ⁿ	10 2%	27 5% ⁿ	18 5%	43 5%
26-30 minutes	311 15%	137 14%	173 16%	14 6%	41 12% ^c	62 19% ^{CDH}	72 20% ^{CDH}	58 19% ^{CDH}	63 13% ^C	56 9%	134 19% ^{Ik}	121 15% ^l	91 16%	91 16%	57 14%	71 14%	50 14%	139 16%
30-45 minutes	5 *	4 *	2 *	1 *	- -	1 *	- -	1 *	2 *	1 *	1 *	3 *	2 *	1 *	1 *	1 *	- -	1 *
46 minutes - 1 hour	440 21%	230 23%	210 20%	57 25%	73 20%	72 22%	74 20%	67 22%	98 20%	130 22%	146 21%	165 21%	120 21%	135 23%	89 21%	97 19%	63 18%	197 23% ^p
1 - 2 hours	284 14%	113 11%	172 16% ^A	56 24% ^{dEFGH}	59 16% ^{GH}	47 14% ^{Gh}	50 13% ^g	26 8%	47 10%	115 19% ^{JK}	96 14% ^K	73 9%	89 16%	76 13%	55 13%	64 13%	61 17%	114 14%
2 - 3 hours	135 6%	55 5%	79 7%	35 15% ^{dEFGH}	35 10% ^{FGH}	25 7% ^{gH}	16 4%	11 4%	13 3%	70 12% ^{JK}	40 6% ^K	24 3%	34 6%	44 8% ^O	37 9% ^O	19 4%	40 11% ^Q	49 6%
3 hour+	177 9%	57 6%	120 11% ^A	30 13% ^{fGH}	59 16% ^{EFGH}	33 10% ^{GH}	29 8% ^{GH}	11 4%	16 3%	89 15% ^{JK}	62 9% ^K	26 3%	41 7%	47 8%	37 9%	52 10% ^l	33 9%	64 8%
Not applicable	318 15%	192 19% ^B	126 12%	9 4%	27 7%	34 10% ^C	54 15% ^{CD}	71 23% ^{CDEF}	123 26% ^{CDEF}	36 6%	88 13% ^l	194 25% ^{Ij}	79 14%	85 15%	76 18%	78 15%	44 12%	111 13%
Don't know	164 8%	92 9% ^b	72 7%	25 11% ^H	39 11% ^{fgh}	31 9% ^h	24 7%	20 6%	25 5%	64 11% ^K	55 8%	45 6%	31 5%	41 7%	36 9%	56 11% ^{LM}	33 9%	75 9%
Mean	1.60	1.39	1.78 ^A	2.14 ^{EFGH}	2.23 ^{EFGH}	1.70 ^{GH}	1.52 ^{GH}	1.10	1.05	2.19 ^{JK}	1.61 ^K	1.07	1.47	1.58	1.67	1.73 ^l	1.87 ^Q	1.49
Standard deviation	1.80	1.64	1.91	1.51	2.29	1.78	1.99	1.25	1.29	2.01	1.89	1.27	1.65	1.72	1.58	2.21	1.95	1.63
Standard error	0.05	0.06	0.07	0.11	0.14	0.11	0.12	0.08	0.07	0.09	0.08	0.05	0.08	0.08	0.10	0.11	0.12	0.07
Mean excluding No time	1.75	1.56	1.91 ^A	2.14 ^{EFGH}	2.31 ^{EFGH}	1.77 ^{GH}	1.68 ^{GH}	1.27	1.27	2.24 ^{JK}	1.73 ^K	1.27	1.60	1.71	1.80	1.94 ^L	1.98 ^Q	1.61

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 13

Q.1 In an average day, how much time do you spend doing each of the following?

Using social media (e.g. Facebook, Instagram, Twitter etc.)

Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
No time	135 6%	11 7%	7 7%	4 6%	112 6%	3 3%	19 8%L	16 9%L	12 7%	8 6%	14 7%l	15 6%	10 4%	15 8%l
Up to 15 minutes	110 5%	2 1%	5 5%a	5 8%A	99 6%A	2 3%	11 5%a	6 4%	14 8%Aj	13 9%Aj	7 3%	18 7%A	16 6%A	11 6%A
26-30 minutes	311 15%	35 20%CF	22 22%dCFgjl	2 3%	252 14%C	15 17%C	22 10%	23 13%c	26 14%C	26 18%CF	25 13%c	44 16% Cf	37 13%c	33 18%CF
30-45 minutes	5 *	-	-	1 1%	4 *	-	1 *	1 1%	-	1 *	-	* *	1 *	1 *
46 minutes - 1 hour	440 21%	45 26%b	15 15%	10 16%	370 21%	19 22%	54 23%	32 19%	34 19%	31 21%	55 29%BcghLm	60 22%	51 18%	34 19%
1 - 2 hours	284 14%	18 10%	21 21%dAeHkm	10 16%	236 14%	9 10%	35 15%	21 13%	17 10%	20 13%	30 15%	34 12%	49 17%aH	22 12%
2 - 3 hours	135 6%	10 6%	7 7%	3 5%	114 7%	4 4%	20 9%	15 9%	14 8%	9 6%	12 6%	17 6%	13 5%	10 6%
3 hour+	177 9%	16 9%	7 7%	5 8%	149 9%	3 4%	23 10%	13 8%	21 12%ei	8 6%	14 7%	25 9%	28 10%	13 7%
Not applicable	318 15%	24 13%	13 13%	17 27%DAbfHiJKM	265 15%	16 18%	36 15%	35 21%hJK	23 13%	22 15%	21 11%	34 12%	53 19%Jk	25 14%
Don't know	164 8%	15 9%	4 4%	6 9%	140 8%	15 18%aBFGIjklm	11 5%	8 4%	18 10%bfg	10 7%	15 8%	25 9%f	24 9%	15 8%
Mean	1.60	1.48	1.59	1.57	1.62	1.29	1.80j	1.57	1.82j	1.45	1.42	1.50	1.89Jk	1.46
Standard deviation	1.80	1.44	1.92	1.50	1.84	1.21	1.94	1.62	2.19	1.97	1.23	1.60	2.20	1.85
Standard error	0.05	0.14	0.20	0.23	0.05	0.17	0.14	0.15	0.19	0.18	0.10	0.11	0.15	0.15
Mean excluding No time	1.75	1.61	1.74	1.74	1.76	1.35	2.00eJk	1.80	1.99j	1.57	1.56	1.62	1.98j	1.64

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 14

Q.1 In an average day, how much time do you spend doing each of the following?**Making tea****Base: All respondents**

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
No time	155 7%	71 7%	84 8%	32 14% ^{EFGH}	32 9% ^H	23 7% ^H	31 8% ^H	21 7% ^H	16 3%	64 11% ^K	55 8% ^K	37 5%	53 9% ^O	45 8%	28 7%	29 6%	42 12% ^q	62 7%
Up to 15 minutes	342 16%	185 18% ^b	156 15%	41 18%	52 14%	58 17%	49 13%	56 18%	86 18%	93 16%	107 15%	141 18%	122 21% ^{NO}	104 18% ^{No}	50 12%	67 13%	66 18%	146 17%
26-30 minutes	622 30%	279 27%	343 32% ^A	58 25%	95 26%	98 29%	125 34% ^{Cd}	87 28%	159 33% ^{cd}	153 26%	223 32% ^l	246 31% ⁱ	180 32%	185 32%	121 29%	136 27%	110 31%	252 30%
30-45 minutes	10 *	4 *	6 1% ^A	3 1%	1 *	1 *	2 1%	1 *	1 *	4 1%	3 *	2 *	1 *	3 1%	3 1%	2 *	1 *	6 1%
46 minutes - 1 hour	324 16%	142 14%	181 17% ^a	24 10%	60 17% ^c	54 16% ^c	63 17% ^C	38 12%	84 17% ^{Cg}	84 14%	118 17%	122 16%	79 14%	80 14%	85 20% ^{LM}	79 16%	47 13%	130 15%
1 - 2 hours	52 3%	16 2%	36 3% ^A	4 2%	12 3%	5 2%	10 3%	8 3%	13 3%	15 3%	16 2%	21 3%	13 2%	9 1%	19 5% ^{Mo}	11 2%	10 3%	15 2%
2 - 3 hours	5 *	- -	5 1% ^A	- -	1 *	2 1%	- -	- -	2 *	1 *	2 *	2 *	1 *	2 *	2 1%	- -	- -	- -
3 hour+	26 1%	10 1%	16 1%	2 1%	3 1%	7 2%	5 1%	2 1%	8 2%	4 1%	11 2%	11 1%	3 1%	7 1%	7 2%	9 2% ^l	2 1%	11 1%
Not applicable	347 17%	197 19% ^B	150 14%	40 17%	59 16%	55 17%	61 17%	59 19%	73 15%	99 17%	117 17%	132 17%	86 15%	89 15%	71 17%	102 20% ^{LM}	48 13%	141 17%
Don't know	197 9%	110 11% ^b	87 8%	27 12% ^F	46 13% ^{FH}	29 9%	21 6%	35 11% ^F	38 8%	73 12% ^J	50 7%	73 9%	30 5%	62 11% ^L	36 8% ^l	69 14% ^{LN}	33 9%	78 9%
Mean	0.66	0.60	0.71	0.45	0.62 ^C	0.70 ^C	0.70 ^C	0.55	0.78 ^{CG}	0.55	0.70 ⁱ	0.70 ⁱ	0.56	0.56	0.77 ^{LM}	0.81 ^{LM}	0.52	0.64
Standard deviation	1.13	1.06	1.18	0.52	0.72	1.29	1.27	0.60	1.47	0.65	1.28	1.23	1.02	0.67	1.03	1.66	0.67	1.16
Standard error	0.03	0.04	0.04	0.04	0.05	0.08	0.08	0.04	0.08	0.03	0.06	0.05	0.05	0.03	0.07	0.09	0.04	0.05
Mean excluding No time	0.73	0.67	0.79	0.56	0.71 ^c	0.78	0.78	0.61	0.81 ^g	0.65	0.78	0.74	0.63	0.63	0.85 ^{LM}	0.89 ^{LM}	0.61	0.71

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 15

Q.1 In an average day, how much time do you spend doing each of the following?

Making tea

Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
No time	155 7%	17 10%	9 9%	6 10%	123 7%	4 5%	13 6%	10 6%	9 5%	7 5%	16 8%	22 8%	30 10% ^{fhi}	13 7%
Up to 15 minutes	342 16%	32 18% ^F	13 13%	14 22% ^F	283 16%	15 18% ^f	22 9%	22 13%	33 18% ^F	23 15%	26 13%	61 22% ^{bFGJ}	51 18% ^F	31 17% ^F
26-30 minutes	622 30%	53 30%	26 25%	20 31%	524 30%	21 25%	81 35% ^{Gi}	40 24%	52 29%	37 25%	59 31%	79 29%	92 33% ^g	61 34% ^g
30-45 minutes	10 *	-	2 2% ^{DagkL}	-	8 *	2 2% ^l	1 *	-	1 *	-	1 1%	1 *	-	3 1% ^l
46 minutes - 1 hour	324 16%	27 16% ^l	16 15%	8 13%	272 16%	16 19% ^{kL}	54 23% ^{hJKLM}	41 24% ^{ahJKLM}	29 16% ^l	34 23% ^{JKLM}	24 12%	28 10%	26 9%	20 11%
1 - 2 hours	52 3%	1 1%	5 5% ^a	2 3%	44 3%	3 3%	4 2%	6 4%	4 2%	3 2%	8 4% ^a	5 2%	5 2%	6 3%
2 - 3 hours	5 *	-	1 1%	-	5 *	-	2 1%	-	1 *	1 1%	-	1 *	-	-
3 hour+	26 1%	2 1%	3 3% ^j	1 1%	21 1%	-	4 2%	1 1%	3 2%	2 2%	* *	5 2%	3 1%	1 1%
Not applicable	347 17%	25 14%	21 21% ^C	3 5%	298 17% ^C	10 12%	32 14%	32 19% ^C	27 15% ^c	31 21% ^{Cf}	42 21% ^{CF}	48 18% ^C	47 17% ^C	30 16% ^c
Don't know	197 9%	17 10%	6 6%	9 14%	165 9%	14 16% ^{bl}	20 8%	16 9%	23 13% ⁱ	9 6%	17 9%	23 9%	28 10%	15 8%
Mean	0.66	0.66	0.85 ^{kLm}	0.64	0.65	0.60	0.76 ^{kLm}	0.73 ^l	0.65	0.92 ^{kL}	0.60	0.58	0.53	0.57
Standard deviation	1.13	1.58	1.33	1.50	1.04	0.45	0.93	1.00	0.76	2.07	0.97	0.97	0.87	0.74
Standard error	0.03	0.16	0.15	0.21	0.03	0.06	0.07	0.09	0.07	0.20	0.08	0.07	0.06	0.06
Mean excluding No time	0.73	0.75	0.96 ^{kLm}	0.73	0.72	0.64	0.82 ^l	0.79	0.70	0.99 ^l	0.68	0.65	0.62	0.63

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

Prepared by ComRes



National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 16

Q.1 In an average day, how much time do you spend doing each of the following?**Sitting in meetings****Base: All respondents**

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
No time	428 21%	211 21%	217 20%	63 27% ^{dEgh}	73 20%	49 15%	82 22% ^E	62 20%	100 21% ^E	136 23%	131 19%	161 20%	108 19%	115 20%	100 24%	105 21%	66 18%	171 20%
Up to 15 minutes	31 2%	21 2% ^b	10 1%	2 1%	3 1%	7 2%	3 1%	4 1%	11 2%	5 1%	11 2%	16 2%	14 2% ^O	10 2% ^o	5 1%	2 *	6 2%	16 2%
26-30 minutes	104 5%	54 5%	50 5%	12 5% ^{GH}	27 8% ^{GH}	34 10% ^{cfGH}	21 6% ^{GH}	3 1%	7 2%	39 7% ^K	55 8% ^K	10 1%	44 8% ^{nO}	34 6% ^O	19 5% ^O	8 2%	36 10%	62 7%
30-45 minutes	2 *	2 *	1 *	- -	- -	2 1%	- -	1 *	- -	- -	2 *	1 *	1 *	2 *	- -	- -	2 1% ^Q	- -
46 minutes - 1 hour	155 7%	60 6%	94 9% ^A	26 11% ^{GH}	41 11% ^{GH}	37 11% ^{GH}	35 10% ^{GH}	11 4% ^H	4 1%	67 11% ^K	72 10% ^K	15 2%	71 13% ^{NO}	54 9% ^{NO}	14 3%	15 3%	62 17% ^Q	80 10%
1 - 2 hours	73 4%	38 4%	35 3%	12 5% ^H	14 4% ^H	19 6% ^H	12 3% ^h	10 3% ^h	6 1%	26 4% ^K	31 4% ^K	16 2%	31 5% ^O	26 5% ^O	14 3% ^O	2 *	18 5%	50 6%
2 - 3 hours	25 1%	16 2%	8 1%	2 1% ^h	8 2% ^H	7 2% ^H	3 1% ^h	4 1% ^H	- -	10 2% ^k	10 1% ^k	4 1%	17 3% ^{MNO}	3 1%	1 *	3 1%	13 4% ^Q	11 1%
3 hour+	27 1%	9 1%	18 2%	5 2%	5 2%	9 3% ^{fH}	3 1%	3 1%	3 1%	10 2%	12 2%	5 1%	13 2% ^O	6 1%	6 1%	2 *	13 4% ^q	12 1%
Not applicable	1130 54%	539 53%	591 56%	89 38%	158 44%	143 43%	196 53% ^{CDE}	201 65% ^{CDEF}	344 72% ^{CDEFg}	247 42%	339 48% ^l	544 69% ^{lJ}	244 43%	297 51% ^L	242 57% ^{Lm}	347 69% ^{LMN}	113 31%	384 46% ^P
Don't know	104 5%	65 6% ^B	40 4%	20 9% ^{FGH}	30 8% ^{FGH}	26 8% ^{FGH}	13 3% ^H	10 3% ^h	5 1%	50 9% ^{jk}	39 6% ^K	15 2%	26 5%	37 6%	21 5%	20 4%	29 8%	56 7%
Mean	0.68	0.61	0.73	0.69 ^H	0.77 ^H	1.03 ^{cFgH}	0.56 ^H	0.65 ^H	0.26	0.74 ^K	0.80 ^K	0.42	0.91 ^{MNO}	0.67 ^O	0.58 ^o	0.29	1.05 ^Q	0.77
Standard deviation	1.14	1.00	1.26	1.03	1.07	1.54	0.83	1.31	0.75	1.05	1.26	1.04	1.23	1.04	1.34	0.71	1.42	1.13
Standard error	0.04	0.05	0.06	0.10	0.09	0.12	0.07	0.13	0.07	0.07	0.07	0.07	0.07	0.07	0.13	0.06	0.10	0.06
Mean excluding No time	1.37	1.26	1.47	1.42	1.34	1.48	1.16	1.76	1.06	1.37	1.35	1.43	1.42	1.24	1.57	1.23	1.50	1.34

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 17

Q.1 In an average day, how much time do you spend doing each of the following?

Sitting in meetings

Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
No time	428 21%	30 17%	21 21%	7 11%	370 21%	19 22%	64 28%ACGIK	30 17%	38 21%	23 16%	48 25%CiK	44 16%	55 19%	48 27%aCgIK
Up to 15 minutes	31 2%	5 3%fj	-	-	27 2%	-	1 *	3 2%	3 2%	2 1%	* *	7 2%fj	4 1%	6 4%bFJ
26-30 minutes	104 5%	8 4%	2 2%	5 9%b	89 5%	4 5%	13 6%	10 6%	6 3%	5 3%	10 5%	19 7%	15 5%	7 4%
30-45 minutes	2 *	-	-	-	2 *	-	1 *	-	-	-	2 1%	-	-	-
46 minutes - 1 hour	155 7%	9 5%	9 8%	4 7%	132 8%	11 13%aFGHIJ	11 5%	7 4%	6 4%	7 5%	8 4%	45 16%AbcFGHIJLM	21 8%	15 8%h
1 - 2 hours	73 4%	5 3%	1 1%	7 10%DABFghJLM	61 4%	3 3%	8 3%	7 4%	7 4%	9 6%bM	5 3%	14 5%bm	7 2%	2 1%
2 - 3 hours	25 1%	3 2%	2 2%f	* *	20 1%	-	-	-	9 5%eFGiJKLm	1 1%	1 1%	2 1%	4 1%	3 1%
3 hour+	27 1%	6 4%DGHL	3 3%ghL	2 3%dGHL	16 1%	-	2 1%	-	-	7 5%eFGHjKLM	2 1%l	3 1%	-	2 1%
Not applicable	1130 54%	99 56%k	61 61%EKm	34 55%	936 54%	37 43%	123 53%	107 63%EfKM	97 54%	89 60%EKm	110 57%eK	126 46%	161 57%eK	86 48%
Don't know	104 5%	11 6%	3 3%	2 4%	88 5%	11 13%BFGIJKlm	9 4%	6 4%	14 8%fj	5 3%	6 3%	13 5%	16 6%	10 6%
Mean	0.68	1.02DFgJLM	0.96dFlm	1.32	0.61	0.50	0.44	0.45	0.70	1.23FGhJKLM	0.49	0.76FGjLM	0.51	0.46
Standard deviation	1.14	1.74	2.03	1.82	0.95	0.62	0.87	0.66	1.06	1.72	0.90	0.84	0.74	0.84
Standard error	0.04	0.26	0.32	0.35	0.04	0.11	0.09	0.09	0.13	0.24	0.10	0.07	0.07	0.10
Mean excluding No time	1.37	1.89	2.23	1.83	1.25	1.03	1.20	0.94	1.56	2.18	1.30	1.14	1.06	1.10

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 18

Q.1 In an average day, how much time do you spend doing each of the following?

Summary

Base: All respondents excluding don't know/not applicable

	Activities							
	Shopping online	Looking at a phone or tablet	Sitting on public transport or in a car	Working on your appearance, e.g. makeup, hair, deciding what to wear etc.	Watching reality TV	Using social media (e.g. Facebook, Instagram, Twitter etc.)	Making tea	Sitting in meetings
Unweighted base	1429	1755	1548	1520	1084	1594	1520	801
Weighted base	1432	1763	1589	1544	1099	1598	1536	845
No time	261 18%	35 2%	130 8%	142 9%	534 49%	135 8%	155 10%	428 51%
Up to 15 minutes	241 17%	57 3%	86 5%	369 24%	16 1%	110 7%	342 22%	31 4%
26-30 minutes	539 38%	191 11%	433 27%	686 44%	88 8%	311 19%	622 41%	104 12%
30-45 minutes	7 1%	6 *	27 2%	9 1%	3 *	5 *	10 1%	2 *
46 minutes - 1 hour	289 20%	363 21%	556 35%	276 18%	208 19%	440 28%	324 21%	155 18%
1 - 2 hours	55 4%	453 26%	238 15%	39 3%	86 8%	284 18%	52 3%	73 9%
2 - 3 hours	24 2%	276 16%	62 4%	4 *	68 6%	135 8%	5 *	25 3%
3 hour+	16 1%	382 22%	57 4%	18 1%	95 9%	177 11%	26 2%	27 3%
Mean	0.61	2.49	1.14	0.59	1.07	1.60	0.66	0.68
Standard deviation	0.79	2.19	1.45	0.96	1.81	1.80	1.13	1.14
Standard error	0.02	0.05	0.04	0.02	0.05	0.05	0.03	0.04
Mean excluding No time	0.74	2.54	1.24	0.65	2.08	1.75	0.73	1.37

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 19

Q.1 In an average day, how much time do you spend doing each of the following?**Shopping online****Base: All respondents excluding don't know/not applicable**

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	1429	702	727	166	233	244	266	222	298	399	510	520	451	430	208	340	235	548
Weighted base	1432	660	773	167	258	246	263	202	297	425	509	498	444	403	274	310	269	591
No time	261 18%	139 21%B	122 16%	31 19%	41 16%	29 12%	40 15%	37 18%e	82 28%cDEFG	72 17%	69 14%	119 24%J	83 19%	77 19%	42 15%	59 19%	44 16%	90 15%
Up to 15 minutes	241 17%	129 19%B	112 15%	27 16%	32 12%	37 15%	39 15%	41 20%D	66 22%Def	59 14%	76 15%	107 21%J	90 20%No	71 18%	33 12%	46 15%	36 13%	99 17%
26-30 minutes	539 38%	235 36%	304 39%	69 41%h	89 34%	98 40%h	111 42%H	78 38%	95 32%	157 37%	209 41%k	173 35%	163 37%	150 37%	116 42%	110 35%	100 37%	245 41%
30-45 minutes	7 1%	2 *	5 1%	- -	2 1%	2 1%	1 *	- -	2 1%	2 1%	3 1%	2 *	4 1%	2 *	1 *	- -	2 1%	1 *
46 minutes - 1 hour	289 20%	112 17%	177 23%A	23 14%	69 27%Gh	59 24%CH	58 22%ch	36 18%	45 15%	92 22%k	116 23%K	81 16%	78 18%	85 21%	59 21%	68 22%	62 23%	117 20%
1 - 2 hours	55 4%	24 4%	31 4%	9 6%H	13 5%H	12 5%h	10 4%	6 3%	5 2%	23 5%K	21 4%	11 2%	14 3%	14 3%	10 4%	17 5%	12 4%	22 4%
2 - 3 hours	24 2%	9 1%	15 2%	8 5%FH	6 2%H	4 2%H	1 *	4 2%H	- -	14 3%JK	5 1%	4 1%	5 1%	5 1%	6 2%	7 2%	9 3%q	7 1%
3 hour+	16 1%	10 1%	7 1%	- -	6 2%cgh	5 2%g	4 1%	- -	1 *	6 1%k	8 2%K	1 *	6 1%M	- -	7 3%M	3 1% _m	4 2%	11 2%
Mean	0.61	0.58	0.63	0.62H	0.75GH	0.72GH	0.64H	0.53h	0.42	0.70K	0.68K	0.46	0.57	0.53	0.75LM	0.63M	0.72	0.64
Standard deviation	0.79	0.87	0.71	0.72	0.89	0.87	0.94	0.56	0.60	0.83	0.91	0.58	0.81	0.52	1.10	0.70	0.92	0.89
Standard error	0.02	0.03	0.03	0.06	0.06	0.06	0.06	0.04	0.03	0.04	0.04	0.03	0.04	0.03	0.08	0.04	0.06	0.04
Mean excluding No time	0.74	0.73	0.75	0.77H	0.89GH	0.81gH	0.76H	0.65	0.58	0.84K	0.79K	0.61	0.71	0.66	0.88IM	0.78M	0.87	0.75

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 20

Q.1 In an average day, how much time do you spend doing each of the following?

Shopping online

Base: All respondents excluding don't know/not applicable

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humburside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	1429	85	75	37	1232	46	182	113	112	101	152	199	192	135
Weighted base	1432	115*	68*	35**	1214	53*	168	122*	113*	100*	136	195	195	133*
No time	261 18%	18 15%	9 14%	9 26%	224 18%	7 13%	33 20%	26 21%	17 15%	21 21%	29 22%	28 14%	37 19%	26 20%
Up to 15 minutes	241 17%	22 19%	17 25% ^{dEJKL}	7 19%	195 16%	4 8%	31 18%	25 20% ^{el}	17 15%	22 22% ^{eJL}	18 13%	30 15%	22 11%	27 20% ^{el}
26-30 minutes	539 38%	41 36%	18 27%	9 25%	471 39% ^b	26 49% ^B	61 36%	43 35%	41 36%	34 35%	53 39% ^b	66 34%	87 44% ^{Bk}	61 46% ^{Bk}
30-45 minutes	7 1%	-	-	-	7 1%	-	-	-	2 1%	2 2% ^{fk}	2 2% ^k	-	1 1%	-
46 minutes - 1 hour	289 20%	27 23% ^M	18 27% ^{IM}	8 23%	236 19%	14 27% ^M	29 17%	22 18%	27 24% ^M	18 18%	23 17%	56 29% ^{FgiJLM}	32 16%	15 11%
1 - 2 hours	55 4%	5 4%	3 4%	2 6%	45 4%	2 4%	8 5%	5 4%	4 4%	1 1%	3 3%	8 4%	12 6% ^{im}	2 1%
2 - 3 hours	24 2%	-	1 2%	-	22 2%	-	2 1%	-	4 3% ^g	1 1%	6 5% ^{aGL}	6 3%	1 1%	2 1%
3 hour+	16 1%	2 2%	1 1%	-	13 1%	-	4 2% ^{jk}	2 2%	2 2%	1 1%	-	*	3 1%	*
Mean	0.61	0.62	0.70 ^M	0.51	0.61	0.61	0.65 ^m	0.55	0.78 ^{iM}	0.48	0.59	0.67 ^{iM}	0.62 ^m	0.46
Standard deviation	0.79	0.76	1.04	0.54	0.78	0.44	0.96	0.70	1.28	0.61	0.67	0.65	0.75	0.51
Standard error	0.02	0.08	0.12	0.09	0.02	0.06	0.07	0.07	0.12	0.06	0.05	0.05	0.05	0.04
Mean excluding No time	0.74	0.73	0.82 ^m	0.70	0.74	0.70	0.81 ^m	0.69	0.91 ^{iM}	0.61	0.75 ^m	0.78 ^{iM}	0.76 ^m	0.58

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base; ** very small base (under 30) ineligible for sig testing**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 21

Q.1 In an average day, how much time do you spend doing each of the following?**Looking at a phone or tablet****Base: All respondents excluding don't know/not applicable**

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	1755	872	883	206	278	296	320	262	393	484	616	655	527	526	275	427	272	668
Weighted base	1763	829	934	206	310	291	316	248	393	516	607	641	513	502	361	388	310	727
No time	35 2%	18 2%	18 2%	- -	3 1%	2 1%	8 2% ^c	7 3% ^{ce}	16 4% ^{CDE}	3 *	9 2%	23 4% ^J	8 1%	7 1%	7 2%	14 4% ^{lm}	3 1%	11 2%
Up to 15 minutes	57 3%	32 4%	25 3%	- -	2 1%	5 2%	14 5% ^{CDe}	11 4% ^{CD}	26 7% ^{CDE}	2 *	19 3% ^l	37 6% ^{lj}	16 3%	22 4%	11 3%	9 2%	6 2%	18 2%
26-30 minutes	191 11%	102 12% ^b	89 9%	3 2%	13 4%	23 8% ^{Cd}	32 10% ^{CD}	44 18% ^{CDEF}	75 19% ^{CDEF}	16 3%	55 9% ^l	120 19% ^J	56 11%	59 12%	32 9%	44 11%	20 6%	72 10%
30-45 minutes	6 *	3 *	3 *	1 *	- -	1 *	- -	3 1% ^{df}	1 *	1 *	1 *	4 1%	2 *	1 *	1 *	2 *	1 *	2 *
46 minutes - 1 hour	363 21%	195 24% ^B	168 18%	23 11%	34 11%	45 15%	85 27% ^{CDE}	63 26% ^{CDE}	114 29% ^{CDE}	57 11%	129 21% ^l	177 28% ^J	98 19%	107 21%	75 21%	83 22%	52 17%	152 21%
1 - 2 hours	453 26%	220 26%	234 25%	44 21%	78 25%	85 29% ^{cH}	96 30% ^{CH}	71 29% ^H	81 21%	121 24%	181 30% ^{lK}	151 24%	136 26%	137 27%	88 24%	92 24%	84 27%	206 28%
2 - 3 hours	276 16%	129 16%	147 16%	57 27% ^{deFGH}	59 19% ^{FGH}	57 20% ^{FGH}	35 11%	25 10%	44 11%	115 22% ^{JK}	92 15% ^K	69 11%	102 20% ^{MnO}	73 14%	50 14%	51 13%	57 19%	116 16%
3 hour+	382 22%	132 16%	250 27% ^A	79 39% ^{EFGH}	122 40% ^{EFGH}	74 25% ^{FGH}	46 15% ^H	24 10%	36 9%	202 39% ^{JK}	120 20% ^K	60 9%	96 19%	95 19%	97 27% ^{LM}	94 24% ^{lm}	86 28% ^Q	150 21%
Mean	2.49	2.20	2.74 ^A	3.42 ^{EFGH}	3.61 ^{EFGH}	2.89 ^{FGH}	2.07 ^{GH}	1.73	1.62	3.54 ^{JK}	2.46 ^K	1.66	2.36	2.38	2.68 ^l	2.60	2.88 ^Q	2.48
Standard deviation	2.19	1.97	2.34	2.01	2.71	2.30	1.88	1.57	1.60	2.45	2.13	1.59	1.95	2.13	2.35	2.38	2.34	2.09
Standard error	0.05	0.07	0.08	0.14	0.16	0.13	0.10	0.10	0.08	0.11	0.09	0.06	0.09	0.09	0.14	0.12	0.14	0.08
Mean excluding No time	2.54	2.24	2.80 ^A	3.42 ^{EFGH}	3.64 ^{EFGH}	2.91 ^{FGH}	2.12 ^{GH}	1.78	1.69	3.56 ^{JK}	2.50 ^K	1.73	2.40	2.42	2.74 ^{lm}	2.70 ^{lm}	2.91 ^Q	2.52

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 22

Q.1 In an average day, how much time do you spend doing each of the following?

Looking at a phone or tablet

Base: All respondents excluding don't know/not applicable

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	1755	107	97	52	1499	53	222	134	145	129	185	235	235	161
Weighted base	1763	140*	89*	50*	1485	60*	208	147	147	131	171	233	231	156
No time	35 2%	5 4%g	1 2%	1 1%	28 2%	2 4%g	4 2%	- -	1 1%	1 1%	4 2%	5 2%	4 2%	6 4%G
Up to 15 minutes	57 3%	4 3%	2 2%	3 6%	49 3%	1 1%	8 4%	4 3%	8 5%	7 5%	6 3%	5 2%	6 3%	5 3%
26-30 minutes	191 11%	10 7%	11 13%	6 12%	163 11%	3 4%	16 8%	24 16%aeFk	16 11%	18 14%e	19 11%	21 9%	29 13%	18 12%
30-45 minutes	6 *	-	-	1 2%kl	5 *	-	1 1%	1 1%	1 *	1 1%	-	-	-	1 *
46 minutes - 1 hour	363 21%	31 23%i	21 24%i	9 18%	302 20%	13 21%	45 22%i	31 21%	32 22%i	17 13%	32 19%	47 20%	41 18%	45 29%ijkl
1 - 2 hours	453 26%	42 30%Gh	25 28%g	14 28%	372 25%	20 34%Gh	50 24%	26 18%	28 19%	43 33%GHm	42 25%	67 29%Gh	61 27%g	34 22%
2 - 3 hours	276 16%	17 12%	14 16%	5 10%	240 16%	14 23%	26 13%	24 16%	26 17%	22 16%	35 21%afm	40 17%	34 15%	19 12%
3 hour+	382 22%	30 22%	14 15%	11 22%	326 22%	8 13%	56 27%Beijm	37 25%	37 25%	23 18%	33 19%	49 21%	55 24%	28 18%
Mean	2.49	2.55	2.10	2.21	2.51	2.37	2.73BM	2.65bm	2.56	2.43	2.40	2.47	2.66bm	2.15
Standard deviation	2.19	2.20	1.53	2.01	2.23	1.88	2.47	2.30	2.08	2.22	2.01	2.02	2.59	2.00
Standard error	0.05	0.21	0.16	0.28	0.06	0.26	0.17	0.20	0.17	0.20	0.15	0.13	0.17	0.16
Mean excluding No time	2.54	2.65b	2.13	2.24	2.56	2.45	2.78BM	2.65	2.58	2.45	2.45	2.53	2.71b	2.24

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 23

Q.1 In an average day, how much time do you spend doing each of the following?**Sitting on public transport or in a car****Base: All respondents excluding don't know/not applicable**

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	1548	777	771	184	232	249	265	230	388	416	514	618	486	472	249	341	258	595
Weighted base	1589	755	835	189	262	251	279	222	386	451	531	608	480	449	333	327	296	666
No time	130 8%	57 8%	72 9%	15 8%	18 7%	21 8%	24 9%	28 13% ^{dH}	23 6%	33 7%	46 9%	52 8%	26 5%	41 9% ^L	27 8%	37 11% ^L	15 5%	47 7%
Up to 15 minutes	86 5%	44 6%	42 5%	6 3%	11 4%	8 3%	13 5%	16 7% ^e	32 8% ^{CdE}	17 4%	21 4%	49 8% ^J	28 6%	25 6%	13 4%	20 6%	9 3%	22 3%
26-30 minutes	433 27%	199 26%	234 28%	48 25%	53 20%	56 22%	70 25%	59 27%	147 38% ^{CDEFG}	100 22%	126 24%	206 34% ^J	124 26%	120 27%	89 27%	99 30%	55 18%	159 24%
30-45 minutes	27 2%	11 1%	17 2%	* *	2 1%	4 1%	9 3% ^{cd}	2 1%	12 3% ^{cdg}	2 *	12 2% ^l	13 2% ^l	11 2%	8 2%	6 2%	2 1%	6 2%	9 1%
46 minutes - 1 hour	556 35%	277 37%	279 33%	73 39%	99 38%	88 35%	92 33%	75 34%	129 33%	172 38%	180 34%	204 34%	178 37%	153 34%	121 36%	104 32%	122 41%	232 35%
1 - 2 hours	238 15%	108 14%	130 16%	36 19% ^{GH}	54 20% ^{GH}	45 18% ^{gH}	47 17% ^H	24 11%	33 8%	89 20% ^K	92 17% ^K	57 9%	89 18% ^O	66 15%	49 15%	34 10%	66 22%	117 18%
2 - 3 hours	62 4%	22 3%	40 5% ^a	9 5% ^H	20 7% ^{FGH}	20 8% ^{FGH}	5 2%	4 2%	5 1%	29 6% ^K	24 5% ^K	9 1%	15 3%	23 5%	12 4%	12 4%	17 6%	31 5%
3 hour+	57 4%	38 5% ^B	20 2%	2 1%	7 2%	11 4% ^{cH}	20 7% ^{CDH}	13 6% ^{CdH}	5 1%	9 2%	30 6% ^{Ik}	19 3%	10 2%	13 3%	16 5% ^l	19 6% ^{Lm}	5 2%	47 7% ^P
Mean	1.14	1.19	1.10	1.05 ^H	1.23 ^{cH}	1.25 ^{cH}	1.40 ^{cH}	1.24 ^H	0.81	1.16 ^K	1.33 ^K	0.97	1.06	1.13	1.19	1.22	1.19	1.42 ^p
Standard deviation	1.45	1.52	1.39	0.78	1.06	1.16	2.24	2.07	0.71	0.96	1.81	1.39	0.93	1.67	1.33	1.84	0.82	1.80
Standard error	0.04	0.05	0.05	0.06	0.07	0.07	0.14	0.14	0.04	0.05	0.08	0.06	0.04	0.08	0.08	0.10	0.05	0.07
Mean excluding No time	1.24	1.29	1.20	1.14 ^H	1.33 ^{cH}	1.36 ^{cH}	1.53 ^{cH}	1.42 ^H	0.86	1.25 ^K	1.45 ^{iK}	1.06	1.12	1.25	1.29	1.38 ^L	1.25	1.53 ^p

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 24

Q.1 In an average day, how much time do you spend doing each of the following?

Sitting on public transport or in a car

Base: All respondents excluding don't know/not applicable

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	1548	96	82	47	1323	50	193	122	128	109	143	224	215	139
Weighted base	1589	131*	72*	49*	1338	61*	186	136*	127*	113*	135	221	218	141
No time	130 8%	13 10%	9 12%hK	3 5%	106 8%	6 11%	19 10%hK	7 5%	5 4%	9 8%	21 16%GHKLm	10 5%	15 7%	12 8%
Up to 15 minutes	86 5%	5 4%	1 2%	4 9%K	76 6%	2 3%	13 7%K	9 7%k	7 6%	7 6%k	10 7%K	5 2%	13 6%k	11 8%K
26-30 minutes	433 27%	31 24%	22 30%	13 26%	367 27%	11 18%	46 25%	37 27%	29 23%	29 25%	38 28%	69 31%	66 31%	42 29%
30-45 minutes	27 2%	2 1%	-	5 10%DABEFGIJKLM!* 10%	21	-	3 2%	1 *	4 3%i	-	1 1%	7 3%	4 2%	1 1%
46 minutes - 1 hour	556 35%	52 40%	24 33%	12 24%	469 35%	23 37%	68 37%	55 40%cij	51 40%cij	45 40%ij	38 28%	70 32%	63 29%	55 39%il
1 - 2 hours	238 15%	23 18%	11 15%	11 22%fm	193 14%	6 10%	20 11%	19 14%	17 13%	20 18%	20 15%	39 18%fm	37 17%	15 10%
2 - 3 hours	62 4%	3 2%	1 1%	2 3%	56 4%	6 10%aBIM	8 4%i	4 3%	6 5%l	-	5 4%i	13 6%bIM	12 5%lm	2 1%
3 hour+	57 4%	1 1%	5 7%AcJ	-	51 4%	6 11%AcgJkI	9 5%j	4 3%	7 6%aj	3 3%	1 1%	8 4%	7 3%	5 3%
Mean	1.14	0.98	1.13j	0.95	1.16	2.01AbcfGIJKL M	1.23j	1.08	1.37J	1.06	0.87	1.20J	1.11j	0.99
Standard deviation	1.45	0.72	1.17	0.68	1.54	3.01	1.91	1.02	2.31	1.24	0.78	1.18	1.17	1.20
Standard error	0.04	0.07	0.13	0.10	0.04	0.43	0.14	0.09	0.20	0.12	0.07	0.08	0.08	0.10
Mean excluding No time	1.24	1.09	1.29	1.01	1.26	2.25AbCfGIJKL M	1.37	1.14	1.43	1.15	1.04	1.26	1.20	1.08

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 25

Q.1 In an average day, how much time do you spend doing each of the following?**Working on your appearance, e.g. makeup, hair, deciding what to wear etc.****Base: All respondents excluding don't know/not applicable**

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	1520	669	851	192	245	258	264	225	336	437	522	561	488	454	229	349	257	584
Weighted base	1544	645	899	190	273	262	269	208	341	463	531	550	485	430	301	328	290	635
No time	142 9%	105 16%B	37 4%	5 3%	17 6%	19 7% <i>c</i>	33 12% <i>CDE</i>	27 13% <i>CDE</i>	41 12% <i>CDE</i>	22 5%	52 10% <i>l</i>	68 12% <i>l</i>	47 10%	29 7%	25 8%	41 12% <i>M</i>	21 7%	51 8%
Up to 15 minutes	369 24%	188 29%B	180 20%	42 22%	46 17%	53 20%	71 26% <i>D</i>	63 30% <i>cDE</i>	94 28% <i>De</i>	88 19%	124 23%	157 29% <i>lj</i>	128 26% <i>N</i>	117 27% <i>No</i>	55 18%	69 21%	61 21%	144 23%
26-30 minutes	686 44%	258 40%	429 48%A	78 41%	137 50% <i>g</i>	122 47%	120 45%	85 41%	145 42%	215 46%	242 46%	230 42%	207 43%	180 42%	143 47%	157 48%	120 41%	312 49% <i>p</i>
30-45 minutes	9 1%	- -	9 1%A	2 1%	4 1%	1 *	- -	1 *	3 1%	5 1% <i>j</i>	1 *	3 1%	1 *	6 1% <i>l</i>	1 *	2 1%	1 *	4 1%
46 minutes - 1 hour	276 18%	77 12%	200 22%A	49 26% <i>FGH</i>	54 20%	55 21% <i>fgh</i>	38 14%	30 14%	50 15%	103 22% <i>K</i>	94 18%	80 14%	83 17%	85 20% <i>o</i>	63 21% <i>o</i>	45 14%	76 26% <i>Q</i>	101 16%
1 - 2 hours	39 3%	7 1%	32 4%A	12 7% <i>FGH</i>	9 3% <i>g</i>	7 3% <i>g</i>	3 1%	1 *	6 2%	21 5% <i>jk</i>	11 2%	7 1%	13 3%	10 2%	6 2%	10 3%	6 2%	13 2%
2 - 3 hours	4 *	* *	4 *	1 1%	3 1% <i>h</i>	- -	- -	- -	- -	4 1% <i>jk</i>	- -	- -	4 1% <i>m</i>	- -	* *	- -	3 1% <i>q</i>	* *
3 hour+	18 1%	10 2%	8 1%	1 *	4 1%	5 2%	4 1%	2 1%	3 1%	5 1%	9 2%	5 1%	3 1%	4 1%	7 2% <i>l</i>	4 1%	3 1%	8 1%
Mean	0.59	0.50	0.65A	0.65GH	0.66GH	0.72GH	0.59	0.46	0.49	0.65K	0.65K	0.48	0.53	0.59	0.74Lo	0.54	0.64	0.62
Standard deviation	0.96	1.08	0.85	0.53	0.71	1.41	1.39	0.55	0.57	0.64	1.40	0.56	0.58	1.02	1.47	0.65	0.68	1.22
Standard error	0.02	0.04	0.03	0.04	0.05	0.09	0.09	0.04	0.03	0.03	0.06	0.02	0.03	0.05	0.10	0.03	0.04	0.05
Mean excluding No time	0.65	0.60	0.68	0.67GH	0.70GH	0.78gH	0.67	0.53	0.55	0.69K	0.72K	0.54	0.59	0.63	0.81Lo	0.61	0.68	0.67

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 26

Q.1 In an average day, how much time do you spend doing each of the following?

Working on your appearance, e.g. makeup, hair, deciding what to wear etc.

Base: All respondents excluding don't know/not applicable

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	1520	85	76	47	1312	50	186	115	127	105	154	217	218	140
Weighted base	1544	113*	69*	45*	1317	59*	176	125*	132*	107*	144	218	219	136
No time	142 9%	16 14%GHK	10 14%GHK	2 4%	114 9%	6 11%	19 11%gh	6 5%	5 4%	9 8%	15 10%h	13 6%	19 9%	23 17%cGHikL
Up to 15 minutes	369 24%	28 24%	16 23%	17 38%defgikl	308 23%	10 17%	39 22%	28 23%	46 35%EFgiKL	24 23%	39 27%k	39 18%	50 23%	34 25%
26-30 minutes	686 44%	43 38%	28 41%	22 50%	593 45%	24 40%	74 42%	60 48%	55 42%	51 48%	69 48%	114 52%afhL	88 40%	59 43%
30-45 minutes	9 1%	-	1 1%	-	9 1%	1 2%	1 *	-	1 *	2 2%	2 1%	-	2 1%	1 1%
46 minutes - 1 hour	276 18%	20 18%c	14 20%C	2 4%	240 18%C	18 30%CHIJM	33 19%C	28 23%Chjm	17 13%	17 15%c	19 13%	40 18%C	51 23%CHJUM	18 13%
1 - 2 hours	39 3%	6 5%bJm	-	2 4%	31 2%	-	8 4%Jm	2 2%	5 4%j	2 2%	1 *	8 4%j	5 2%	1 1%
2 - 3 hours	4 *	-	-	-	4 *	-	-	-	-	-	-	-	4 2%k	* *
3 hour+	18 1%	-	1 1%	-	17 1%	1 1%	4 2%jL	-	3 2%jL	3 3%jL	-	6 3%jL	-	1 1%
Mean	0.59	0.52	0.53	0.41	0.61	0.59cJ	0.71Jm	0.54cJ	0.78jm	0.61J	0.44	0.69Jm	0.57cJm	0.45
Standard deviation	0.96	0.48	0.72	0.30	1.01	0.48	1.29	0.36	1.93	0.87	0.30	1.23	0.51	0.54
Standard error	0.02	0.05	0.08	0.04	0.03	0.07	0.09	0.03	0.17	0.08	0.02	0.08	0.03	0.05
Mean excluding No time	0.65	0.60cj	0.62	0.43	0.66	0.66cJ	0.80Jm	0.57Cj	0.81	0.67j	0.49	0.74J	0.62cJ	0.54

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 27

Q.1 In an average day, how much time do you spend doing each of the following?**Watching reality TV****Base: All respondents excluding don't know/not applicable**

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	1084	505	579	136	192	187	195	153	221	328	382	374	340	324	175	245	205	413
Weighted base	1099	491	608	141	208	184	196	147	223	349	380	370	338	303	225	233	240	439
No time	534 49%	282 58%B	252 41%	62 44%	81 39%	82 44%	106 54%De	83 56%cDe	120 54%De	143 41%	188 49%i	203 55%l	172 51%	160 53%o	101 45%	101 44%	99 41%	213 49%
Up to 15 minutes	16 1%	4 1%	13 2%	3 2%	1 1%	- -	5 3%E	5 3%dE	2 1%	4 1%	5 1%	7 2%	2 1%	5 1%	6 3%l	4 2%	4 1%	8 2%
26-30 minutes	88 8%	35 7%	52 9%	18 13%gH	21 10%	15 8%	14 7%	8 5%	12 5%	39 11%K	29 8%	19 5%	38 11%N	24 8%	9 4%	17 7%	15 6%	41 9%
30-45 minutes	3 *	- -	3 *	- -	2 1%	1 *	- -	1 1%	- -	2 *	1 *	1 *	- -	1 *	- -	2 1%	1 *	- -
46 minutes - 1 hour	208 19%	67 14%	141 23%A	37 26%fgH	48 23%	33 18%	32 16%	23 15%	36 16%	85 24%JK	65 17%	59 16%	68 20%	51 17%	50 22%	39 17%	50 21%	87 20%
1 - 2 hours	86 8%	26 5%	60 10%A	13 9%	21 10%h	18 10%h	15 8%	7 5%	11 5%	34 10%K	33 9%k	18 5%	19 6%	24 8%	19 8%	24 10%l	35 15%Q	26 6%
2 - 3 hours	68 6%	29 6%	39 6%	3 2%	23 11%Cef	10 6%	10 5%	8 5%	14 6%	26 8%	20 5%	22 6%	23 7%	18 6%	9 4%	18 8%	16 7%	28 6%
3 hour+	95 9%	46 9%	49 8%	4 3%	11 5%	25 14%CDf	14 7%	13 9%c	28 12%CD	15 4%	39 10%l	41 11%l	16 5%	20 7%	32 14%LM	27 12%Lm	19 8%	36 8%
Mean	1.07	0.98	1.14	0.76	1.07c	1.41CFg	0.91	0.97	1.19c	0.94	1.15	1.10	0.89	0.87	1.27LM	1.38LM	1.21	0.98
Standard deviation	1.81	1.77	1.83	1.20	1.33	2.22	1.68	1.95	2.08	1.29	1.98	2.03	1.71	1.38	1.88	2.25	1.86	1.56
Standard error	0.05	0.08	0.08	0.10	0.10	0.16	0.12	0.16	0.14	0.07	0.10	0.11	0.09	0.08	0.14	0.14	0.13	0.08
Mean excluding No time	2.08	2.31b	1.94	1.35	1.75c	2.53CD	1.99c	2.23C	2.58CD	1.60	2.28l	2.44l	1.82	1.84	2.30m	2.45LM	2.07	1.90

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 28

Q.1 In an average day, how much time do you spend doing each of the following?

Watching reality TV

Base: All respondents excluding don't know/not applicable

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	1084	63	65	33	923	40	136	78	82	71	109	158	142	107
Weighted base	1099	87*	59*	31**	923	48*	126	82*	82*	72*	101*	158	144	110*
No time	534 49%	52 61%dhIK	31 52%	17 54%	435 47%	22 45%	66 52%i	42 51%	36 44%	27 37%	48 48%	68 43%	67 47%	59 53%i
Up to 15 minutes	16 1%	-	-	1 2%	16 2%	-	1 1%	3 3%	-	*	-	1 1%	7 5%afhJK	4 4%j
26-30 minutes	88 8%	5 6%	-	1 4%	81 9%B	3 6%	12 9%B	7 8%B	10 12%B	6 8%B	10 10%B	12 7%b	14 10%B	9 8%b
30-45 minutes	3 *	-	-	-	3 *	-	-	1 1%	1 1%	-	-	-	2 1%	-
46 minutes - 1 hour	208 19%	14 16%	10 17%	3 9%	181 20%	14 29%IGH	19 15%	9 11%	9 11%	21 28%FGHI	25 24%GH	35 22%gh	25 17%	25 23%gh
1 - 2 hours	86 8%	1 1%	7 11%AJ	6 19%	73 8%a	8 16%AFJM	7 6%	8 9%Aj	9 11%AJ	9 12%AJ	3 3%	14 9%Aj	12 8%a	5 5%
2 - 3 hours	68 6%	4 5%	5 8%	-	59 6%	1 1%	9 7%	8 9%	12 15%aEJKLM	5 6%	4 4%	8 5%	8 6%	4 4%
3 hour+	95 9%	10 12% <i>m</i>	6 11% <i>m</i>	3 11%	75 8%	1 2%	13 10% <i>m</i>	6 7%	5 6%	5 7%	12 12%M	21 13% <i>eIM</i>	9 6%	4 3%
Mean	1.07	1.08	1.23M	1.02	1.06	0.78	1.18M	0.96	1.10m	1.10m	1.19m	1.36M	0.92	0.68
Standard deviation	1.81	2.09	1.95	1.59	1.78	1.00	2.10	1.45	1.41	1.36	2.13	2.24	1.71	1.19
Standard error	0.05	0.26	0.24	0.28	0.06	0.16	0.18	0.16	0.16	0.16	0.20	0.18	0.14	0.12
Mean excluding No time	2.08	2.75	2.58	2.24	2.00	1.44	2.46IM	1.98	1.98	1.76	2.29m	2.37M	1.72	1.45

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base; ** very small base (under 30) ineligible for sig testing**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 29

Q.1 In an average day, how much time do you spend doing each of the following?**Using social media (e.g. Facebook, Instagram, Twitter etc.)****Base: All respondents excluding don't know/not applicable**

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	1594	769	825	197	266	271	297	233	330	463	568	563	472	484	234	404	253	601
Weighted base	1598	731	867	197	294	268	290	217	332	491	558	549	458	458	310	371	282	655
No time	135 8%	77 11%B	58 7%	- -	10 4%C	11 4%C	28 10%CDE	29 13%CDE	58 17%CDEF	10 2%	38 7%I	86 16%J	38 8%	34 7%	24 8%	40 11%	17 6%	48 7%
Up to 15 minutes	110 7%	58 8%	52 6%	4 2%	16 5%	18 7%c	22 7%C	15 7%c	36 11%CD	20 4%	39 7%i	51 9%I	42 9%N	30 7%	10 3%	27 7%n	18 6%	43 7%
26-30 minutes	311 19%	137 19%	173 20%	14 7%	41 14%C	62 23%CD	72 25%CD	58 27%CDh	63 19%C	56 11%	134 24%I	121 22%I	91 20%	91 20%	57 19%	71 19%	50 18%	139 21%
30-45 minutes	5 *	4 *	2 *	1 *	- -	1 *	- -	1 *	2 1%	1 *	1 *	3 1%	2 *	1 *	1 *	1 *	- -	1 *
46 minutes - 1 hour	440 28%	230 31%B	210 24%	57 29%	73 25%	72 27%	74 25%	67 31%	98 29%	130 27%	146 26%	165 30%	120 26%	135 29%	89 29%	97 26%	63 22%	197 30%P
1 - 2 hours	284 18%	113 15%	172 20%A	56 28%DEFGH	59 20%Gh	47 17%	50 17%	26 12%	47 14%	115 23%JK	96 17%	73 13%	89 19%	76 17%	55 18%	64 17%	61 22%	114 17%
2 - 3 hours	135 8%	55 8%	79 9%	35 18%EFGH	35 12%FGH	25 9%H	16 5%	11 5%	13 4%	70 14%JK	40 7%k	24 4%	34 8%	44 10%O	37 12%IO	19 5%	40 14%Q	49 7%
3 hour+	177 11%	57 8%	120 14%A	30 15%GH	59 20%EFGH	33 12%GH	29 10%gH	11 5%	16 5%	89 18%JK	62 11%K	26 5%	41 9%	47 10%	37 12%	52 14%L	33 12%	64 10%
Mean	1.60	1.39	1.78A	2.14EFGH	2.23EFGH	1.70GH	1.52GH	1.10	1.05	2.19JK	1.61K	1.07	1.47	1.58	1.67	1.73I	1.87Q	1.49
Standard deviation	1.80	1.64	1.91	1.51	2.29	1.78	1.99	1.25	1.29	2.01	1.89	1.27	1.65	1.72	1.58	2.21	1.95	1.63
Standard error	0.05	0.06	0.07	0.11	0.14	0.11	0.12	0.08	0.07	0.09	0.08	0.05	0.08	0.08	0.10	0.11	0.12	0.07
Mean excluding No time	1.75	1.56	1.91A	2.14EFGH	2.31EFGH	1.77GH	1.68GH	1.27	1.27	2.24JK	1.73K	1.27	1.60	1.71	1.80	1.94L	1.98Q	1.61

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 30

Q.1 In an average day, how much time do you spend doing each of the following?

Using social media (e.g. Facebook, Instagram, Twitter etc.)

Base: All respondents excluding don't know/not applicable

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	1594	100	96	43	1355	48	203	117	136	114	165	221	207	144
Weighted base	1598	137*	84*	40*	1337	54*	186	127*	138	116*	157	214	206	140
No time	135 8%	11 8%	7 9%	4 10%	112 8%	3 5%	19 10%l	16 13%L	12 9%	8 7%	14 9%	15 7%	10 5%	15 11%l
Up to 15 minutes	110 7%	2 1%	5 6%	5 13%Aj	99 7%A	2 4%	11 6%a	6 5%	14 10%Aj	13 11%Aj	7 4%	18 9%A	16 8%A	11 8%A
26-30 minutes	311 19%	35 26%CF	22 26%CFj	2 5%	252 19%c	15 27%CF	22 12%	23 18%c	26 19%c	26 23%CF	25 16%	44 21%CF	37 18%c	33 24%CF
30-45 minutes	5 *	-	-	1 2%dj	4 *	-	1 *	1 1%	-	1 1%	-	* *	1 1%	1 *
46 minutes - 1 hour	440 28%	45 33%B	15 18%	10 26%	370 28%b	19 35%b	54 29%b	32 25%	34 25%	31 27%	55 35%Bhlm	60 28%b	51 25%	34 24%
1 - 2 hours	284 18%	18 13%	21 25%aHk	10 24%	236 18%	9 16%	35 19%	21 17%	17 13%	20 17%	30 19%	34 16%	49 24%AHk	22 16%
2 - 3 hours	135 8%	10 7%	7 8%	3 8%	114 9%	4 7%	20 11%	15 12%	14 10%	9 8%	12 8%	17 8%	13 7%	10 7%
3 hour+	177 11%	16 11%	7 8%	5 12%	149 11%	3 6%	23 13%	13 10%	21 15%i	8 7%	14 9%	25 12%	28 14%	13 9%
Mean	1.60	1.48	1.59	1.57	1.62	1.29	1.80j	1.57	1.82j	1.45	1.42	1.50	1.89jk	1.46
Standard deviation	1.80	1.44	1.92	1.50	1.84	1.21	1.94	1.62	2.19	1.97	1.23	1.60	2.20	1.85
Standard error	0.05	0.14	0.20	0.23	0.05	0.17	0.14	0.15	0.19	0.18	0.10	0.11	0.15	0.15
Mean excluding No time	1.75	1.61	1.74	1.74	1.76	1.35	2.00eJk	1.80	1.99j	1.57	1.56	1.62	1.98j	1.64

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 31

Q.1 In an average day, how much time do you spend doing each of the following?**Making tea****Base: All respondents excluding don't know/not applicable**

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	1520	745	775	158	233	244	278	235	372	391	522	607	465	459	239	357	240	578
Weighted base	1536	708	828	163	255	248	286	213	369	418	534	583	453	434	316	334	278	622
No time	155 10%	71 10%	84 10%	32 19% ^{EFGH}	32 13% ^H	23 9% ^H	31 11% ^H	21 10% ^H	16 4%	64 15% ^{JK}	55 10% ^K	37 6%	53 12%	45 10%	28 9%	29 9%	42 15% ^q	62 10%
Up to 15 minutes	342 22%	185 26% ^B	156 19%	41 25% ^f	52 20%	58 23%	49 17%	56 26% ^F	86 23%	93 22%	107 20%	141 24%	122 27% ^{NO}	104 24% ^N	50 16%	67 20%	66 24%	146 23%
26-30 minutes	622 41%	279 39%	343 41%	58 36%	95 37%	98 39%	125 44%	87 41%	159 43%	153 37%	223 42%	246 42%	180 40%	185 43%	121 38%	136 41%	110 40%	252 41%
30-45 minutes	10 1%	4 1%	6 1%	3 2%	1 *	1 *	2 1%	1 *	1 *	4 1%	3 1%	2 *	1 *	3 1%	3 1%	2 1%	1 *	6 1%
46 minutes - 1 hour	324 21%	142 20%	181 22%	24 15%	60 23% ^c	54 22%	63 22%	38 18%	84 23% ^c	84 20%	118 22%	122 21%	79 18%	80 18%	85 27% ^{LM}	79 24% ^l	47 17%	130 21%
1 - 2 hours	52 3%	16 2%	36 4% ^a	4 2%	12 5%	5 2%	10 4%	8 4%	13 4%	15 4%	16 3%	21 4%	13 3%	9 2%	19 6% ^{lM}	11 3%	10 4%	15 2%
2 - 3 hours	5 *	- -	5 1% ^a	- -	1 1%	2 1%	- -	- -	2 1%	1 *	2 *	2 *	1 *	2 *	2 1%	- -	- -	- -
3 hour+	26 2%	10 1%	16 2%	2 1%	3 1%	7 3%	5 2%	2 1%	8 2%	4 1%	11 2%	11 2%	3 1%	7 2%	7 2%	9 3% ^L	2 1%	11 2%
Mean	0.66	0.60	0.71	0.45	0.62 ^C	0.70 ^C	0.70 ^C	0.55	0.78 ^{CG}	0.55	0.70 ⁱ	0.70 ⁱ	0.56	0.56	0.77 ^{LM}	0.81 ^{LM}	0.52	0.64
Standard deviation	1.13	1.06	1.18	0.52	0.72	1.29	1.27	0.60	1.47	0.65	1.28	1.23	1.02	0.67	1.03	1.66	0.67	1.16
Standard error	0.03	0.04	0.04	0.04	0.05	0.08	0.08	0.04	0.08	0.03	0.06	0.05	0.05	0.03	0.07	0.09	0.04	0.05
Mean excluding No time	0.73	0.67	0.79	0.56	0.71 ^c	0.78	0.78	0.61	0.81 ^g	0.65	0.78	0.74	0.63	0.63	0.85 ^{LM}	0.89 ^{LM}	0.61	0.71

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 32

Q.1 In an average day, how much time do you spend doing each of the following?**Making tea****Base: All respondents excluding don't know/not applicable**

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	1520	99	82	49	1290	51	198	117	127	105	144	204	207	137
Weighted base	1536	133*	74*	50*	1279	61*	181	122*	130*	107*	135	201	207	135
No time	155 10%	17 13%	9 12%	6 12%	123 10%	4 6%	13 7%	10 8%	9 7%	7 7%	16 12%	22 11%	30 14%Phi	13 10%
Up to 15 minutes	342 22%	32 24%F	13 18%	14 27%F	283 22%	15 24%f	22 12%	22 18%	33 25%F	23 21%f	26 19%f	61 30%bFGJ	51 25%F	31 23%F
26-30 minutes	622 41%	53 40%	26 35%	20 39%	524 41%	21 35%	81 45%g	40 33%	52 40%	37 35%	59 44%	79 39%	92 45%g	61 45%g
30-45 minutes	10 1%	-	2 3%DagkL	-	8 1%	2 3%l	1 1%	-	1 1%	-	1 1%	1 *	-	3 2%l
46 minutes - 1 hour	324 21%	27 21%	16 21%	8 16%	272 21%	16 27%kL	54 30%cJKLM	41 34%AbChJKLM	29 22%kL	34 32%acJKLM	24 18%	28 14%	26 13%	20 15%
1 - 2 hours	52 3%	1 1%	5 7%A	2 4%	44 3%	3 5%	4 2%	6 5%a	4 3%	3 2%	8 6%a	5 2%	5 3%	6 5%
2 - 3 hours	5 *	-	1 1%	-	5 *	-	2 1%	-	1 1%	1 1%	-	1 1%	-	-
3 hour+	26 2%	2 2%	3 3%j	1 2%	21 2%	-	4 2%	1 1%	3 3%	2 2%	* *	5 3%	3 1%	1 1%
Mean	0.66	0.66	0.85kLm	0.64	0.65	0.60	0.76kLm	0.73l	0.65	0.92kL	0.60	0.58	0.53	0.57
Standard deviation	1.13	1.58	1.33	1.50	1.04	0.45	0.93	1.00	0.76	2.07	0.97	0.97	0.87	0.74
Standard error	0.03	0.16	0.15	0.21	0.03	0.06	0.07	0.09	0.07	0.20	0.08	0.07	0.06	0.06
Mean excluding No time	0.73	0.75	0.96kLm	0.73	0.72	0.64	0.82l	0.79	0.70	0.99l	0.68	0.65	0.62	0.63

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 33

Q.1 In an average day, how much time do you spend doing each of the following?**Sitting in meetings****Base: All respondents excluding don't know/not applicable**

	Gender		Age									Social Grade				Employment Sector		
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	801	406	395	112	147	155	154	101	132	259	309	233	291	253	114	143	189	355
Weighted base	845	411	434	122*	172	163	160	97*	131	294	323	229	298	251	159*	138	217	401
No time	428 51%	211 51%	217 50%	63 52%E	73 42%e	49 30%	82 51%E	62 63%DE	100 76%CDEFg	136 46%	131 41%	161 71%J	108 36%	115 46%L	100 63%LM	105 76%LMN	66 30%	171 43%P
Up to 15 minutes	31 4%	21 5%b	10 2%	2 2%	3 2%	7 4%	3 2%	4 4%	11 9%CDF	5 2%	11 3%	16 7%j	14 5%	10 4%	5 3%	2 2%	6 3%	16 4%
26-30 minutes	104 12%	54 13%	50 12%	12 10%	27 16%GH	34 21%CGH	21 13%Gh	3 3%	7 6%	39 13%K	55 17%K	10 5%	44 15%O	34 13%O	19 12%	8 6%	36 17%	62 15%
30-45 minutes	2 *	2 *	1 *	- -	- -	2 1%	- -	1 1%	- -	- -	2 1%	1 *	1 *	2 1%	- -	- -	2 1%q	- -
46 minutes - 1 hour	155 18%	60 15%	94 22%A	26 21%gH	41 24%GH	37 22%gH	35 22%gH	11 11%H	4 3%	67 23%K	72 22%K	15 7%	71 24%NO	54 22%NO	14 9%	15 11%	62 28%q	80 20%
1 - 2 hours	73 9%	38 9%	35 8%	12 10%	14 8%	19 11%h	12 7%	10 10%	6 5%	26 9%	31 9%	16 7%	31 10%O	26 11%O	14 8%O	2 2%	18 8%	50 12%
2 - 3 hours	25 3%	16 4%	8 2%	2 2%	8 5%H	7 4%H	3 2%	4 4%H	- -	10 3%	10 3%	4 2%	17 6%MN	3 1%	1 1%	3 2%	13 6%	11 3%
3 hour+	27 3%	9 2%	18 4%	5 4%	5 3%	9 5%	3 2%	3 3%	3 2%	10 3%	12 4%	5 2%	13 4%	6 3%	6 4%	2 1%	13 6%	12 3%
Mean	0.68	0.61	0.73	0.69H	0.77H	1.03cFgH	0.56H	0.65H	0.26	0.74K	0.80K	0.42	0.91MNO	0.67O	0.58o	0.29	1.05Q	0.77
Standard deviation	1.14	1.00	1.26	1.03	1.07	1.54	0.83	1.31	0.75	1.05	1.26	1.04	1.23	1.04	1.34	0.71	1.42	1.13
Standard error	0.04	0.05	0.06	0.10	0.09	0.12	0.07	0.13	0.07	0.07	0.07	0.07	0.07	0.07	0.13	0.06	0.10	0.06
Mean excluding No time	1.37	1.26	1.47	1.42	1.34	1.48	1.16	1.76	1.06	1.37	1.35	1.43	1.42	1.24	1.57	1.23	1.50	1.34

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

*** small base**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 34

Q.1 In an average day, how much time do you spend doing each of the following?**Sitting in meetings****Base: All respondents excluding don't know/not applicable**

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	801	46	41	27	687	30	104	54	62	52	78	129	100	78
Weighted base	845	66*	37*	26**	717	37**	100*	57*	69*	54*	78*	133*	106*	83*
No time	428 51%	30 46%	21 57%K	7 28%	370 52%	19 51%	64 64%aIk	30 52%K	38 55%K	23 44%	48 62%iK	44 33%	55 52%K	48 58%K
Up to 15 minutes	31 4%	5 7%fj	-	-	27 4%	-	1 1%	3 6%j	3 5%	2 3%	* 1%	7 5%	4 4%	6 8%Fj
26-30 minutes	104 12%	8 11%	2 6%	5 21%	89 12%	4 12%	13 13%	10 17%	6 9%	5 9%	10 13%	19 14%	15 14%	7 8%
30-45 minutes	2 *	-	-	-	2 *	-	1 1%	-	-	-	2 2%	-	-	-
46 minutes - 1 hour	155 18%	9 14%	9 23%fh	4 17%	132 18%	11 29%	11 11%	7 13%	6 9%	7 14%	8 11%	45 33%AFGHIJIM	21 20%	15 18%
1 - 2 hours	73 9%	5 8%	1 2%	7 25%	61 9%	3 8%	8 8%	7 11% <i>m</i>	7 10%	9 16% <i>bM</i>	5 7%	14 10% <i>m</i>	7 7%	2 3%
2 - 3 hours	25 3%	3 4%	2 5% <i>F</i>	* 1%	20 3%	-	-	-	9 13% <i>FGiJKl</i> <i>m</i>	1 2%	1 2%	2 2%	4 3%	3 3%
3 hour+	27 3%	6 10% <i>DfgHkL</i>	3 7% <i>dgHL</i>	2 8%	16 2%	-	2 2%	-	-	7 13% <i>FGHJKLM</i>	2 3%	3 2%	-	2 2%
Mean	0.68	1.02 <i>DFgjLM</i>	0.96 <i>dFlm</i>	1.32	0.61	0.50	0.44	0.45	0.70	1.23 <i>FGhJKLM</i>	0.49	0.76 <i>FGjLM</i>	0.51	0.46
Standard deviation	1.14	1.74	2.03	1.82	0.95	0.62	0.87	0.66	1.06	1.72	0.90	0.84	0.74	0.84
Standard error	0.04	0.26	0.32	0.35	0.04	0.11	0.09	0.09	0.13	0.24	0.10	0.07	0.07	0.10
Mean excluding No time	1.37	1.89	2.23	1.83	1.25	1.03	1.20	0.94	1.56	2.18	1.30	1.14	1.06	1.10

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base; ** very small base (under 30) ineligible for sig testing**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 35

Q.2 How would you rank the following subjects in terms of what you care most about?

Summary**Base: All respondents**

	Subjects						
	Crime in my local area	Brexit	My career	Climate change	My family and friends	My finances	My health and wellbeing
Unweighted base	2080	2080	2080	2080	2080	2080	2080
Weighted base	2080	2080	2080	2080	2080	2080	2080
NET: All priorities	185 9%	374 18%	335 16%	399 19%	1738 84%	1320 63%	1665 80%
1 - highest priority	23 1%	96 5%	30 1%	74 4%	1072 52%	169 8%	541 26%
2 - 2nd highest priority	43 2%	96 5%	105 5%	120 6%	447 21%	415 20%	778 37%
3 - 3rd highest priority	118 6%	182 9%	200 10%	204 10%	219 11%	736 35%	346 17%
No answer	1895 91%	1706 82%	1745 84%	1681 81%	342 16%	760 37%	415 20%

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 36

Q.2 How would you rank the following subjects in terms of what you care most about?**Summary: Highest priority****Base: All respondents**

	Gender		Age									Social Grade				Employment Sector		
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
My family and friends	1072 52%	453 45%	619 58%A	118 51%	193 54%G	203 61%CdFGH	194 53%g	137 45%	228 47%	311 53%K	397 57%K	365 46%	289 51%	300 51%	234 55%	248 49%	211 59%Q	428 51%
My health and wellbeing	541 26%	276 27%	265 25%	51 22%	73 20%	58 18%	102 28%dE	90 29%DE	167 35%CDEf	124 21%	160 23%	257 33%J	152 27%	154 26%	102 24%	134 26%	78 22%	201 24%
My finances	169 8%	97 10%B	72 7%	20 9%	38 10%h	26 8%	29 8%	27 9%	30 6%	58 10%	54 8%	57 7%	45 8%	54 9%	32 8%	38 7%	26 7%	89 11%
Brexit	96 5%	63 6%B	33 3%	2 1%	18 5%C	12 4%c	15 4%C	18 6%C	31 6%C	20 3%	27 4%	49 6%lj	30 5%	26 4%	16 4%	25 5%	10 3%	39 5%
Climate change	74 4%	47 5%B	27 3%	14 6%H	13 4%	12 4%	13 3%	12 4%	11 2%	27 5%	25 4%	23 3%	26 5%	20 3%	10 2%	18 4%	10 3%	31 4%
My career	30 1%	22 2%B	8 1%	13 5%DeFGH	5 1%h	7 2%H	2 1%	1 *	1 *	18 3%jK	9 1%K	2 *	9 2%	11 2%o	7 2%	3 1%	5 1%	18 2%
Crime in my local area	23 1%	15 1%	8 1%	4 2%H	4 1%	6 2%H	5 1%h	4 1%h	1 *	7 1%	11 2%	5 1%	5 1%	8 1%	4 1%	7 1%	9 3%q	8 1%

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 37

Q.2 How would you rank the following subjects in terms of what you care most about?**Summary: Highest priority****Base: All respondents**

	Total	Region												
		Scotland (a)	Wales (b)	North-ern Ire-land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
My family and friends	1072 52%	85 48%	56 55%	43 69% ^{DAFGHKLM}	888 51%	49 58% ^h	112 48%	88 52%	80 45%	83 56% ^h	110 57% ^{Hk}	129 47%	144 51%	94 52%
My health and wellbeing	541 26%	47 27%	17 17%	13 22%	464 27% ^B	15 17%	56 24%	42 25%	51 29% ^B	34 23%	51 27% ^b	77 28% ^B	89 32% ^{BEf}	48 27% ^b
My finances	169 8%	15 8%	9 9%	2 3%	144 8%	4 5%	28 12% ^{ciL}	14 8%	15 8%	9 6%	19 10%	24 9%	16 6%	15 8%
Brexit	96 5%	7 4%	7 7% ^{cJM}	1 1%	81 5%	2 2%	11 5%	9 6%	16 9% ^{ceJIM}	8 5%	4 2%	16 6% ^{jm}	12 4%	4 2%
Climate change	74 4%	12 7% ^{djl}	4 4%	1 1%	58 3%	1 1%	12 5% ^j	8 5%	5 3%	5 3%	4 2%	10 4%	7 2%	7 4%
My career	30 1%	4 2%	4 4% ^{Dhjl}	-	22 1%	1 1%	4 2%	2 1%	1 1%	2 1%	2 1%	6 2%	2 1%	3 1%
Crime in my local area	23 1%	-	-	-	23 1%	4 4% ^{AbGJL}	6 3% ^{agJL}	-	3 2% ^j	2 1%	-	3 1%	2 1%	4 2% ^j

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 38

Q.2 How would you rank the following subjects in terms of what you care most about?**Summary: Top 3 highest priorities****Base: All respondents**

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
My family and friends	1738 84%	800 79%	938 88%A	195 84%	297 83%	277 83%	320 87%G	243 79%	407 85%G	492 83%	597 85%	650 82%	468 82%	498 85%o	362 86%	410 81%	298 83%	695 83%
My health and wellbeing	1665 80%	775 76%	891 84%A	162 70%	264 73%	258 78%c	301 82%CD	253 82%CD	428 89%CDEFG	426 72%	559 80%l	681 86%J	467 82%	476 81%	326 77%	396 78%	283 79%	645 77%
My finances	1320 63%	649 64%	672 63%	117 51%	239 66%CH	236 71%CH	256 70%CH	198 64%Ch	274 57%	356 60%	493 70%lK	472 60%	336 59%	379 65%l	286 68%L	319 63%	251 70%	561 67%
Climate change	399 19%	216 21%B	183 17%	54 24%De	56 16%	54 16%	71 19%	68 22%de	95 20%	111 19%	125 18%	163 21%	126 22%mO	104 18%	84 20%	85 17%	53 15%	159 19%
Brexit	374 18%	230 23%B	144 14%	22 10%	36 10%	53 16%cD	55 15%cd	68 22%CDeF	140 29%CDEFG	58 10%	108 15%l	208 26%J	120 21%N	100 17%	59 14%	96 19%n	47 13%	123 15%
My career	335 16%	162 16%	173 16%	99 43%DEFGH	113 31%EFGH	63 19%FGH	35 10%GH	15 5%H	10 2%	212 36%JK	98 14%K	25 3%	112 20%nO	104 18%O	61 15%	57 11%	81 22%	201 24%
Crime in my local area	185 9%	88 9%	97 9%	16 7%	25 7%	31 9%	38 10%	28 9%	47 10%	41 7%	69 10%	75 10%	41 7%	56 9%	36 9%	53 10%l	34 9%	59 7%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 39

Q.2 How would you rank the following subjects in terms of what you care most about?**Summary: Top 3 highest priorities****Base: All respondents**

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humber (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
My family and friends	1738 84%	145 82%	79 78%	59 95%DABEFHKlm84%	1456 84%	65 77%	189 81%	148 87%beH	139 78%	129 88%beH	172 89%BEFHK	220 81%	242 86%bH	150 84%
My health and wellbeing	1665 80%	140 80%	75 75%	54 87%	1396 80%	65 77%	178 77%	137 81%	135 75%	123 84%h	169 87%aBeFHKL	217 79%	222 79%	151 84%bfh
My finances	1320 63%	116 66%	62 62%	42 68%	1100 63%	53 63%	143 62%	101 60%	108 60%	97 66%	129 67%	171 63%	181 64%	116 65%
Climate change	399 19%	39 22%g	22 22%g	9 15%	328 19%	13 15%	53 23%Gi	23 13%	37 20%	22 15%	38 19%	48 18%	59 21%g	36 20%
Brexit	374 18%	24 13%	24 24%aCEJ	3 5%	324 19%C	8 10%	50 22%aCEJ	46 27%ACEJkLm	35 20%Ce	28 19%C	26 13%c	51 19%C	50 18%C	31 17%C
My career	335 16%	29 17%	17 16%	10 16%	279 16%	15 18%	47 20%JL	24 14%	38 21%iJL	19 13%	21 11%	53 19%JL	35 12%	28 15%
Crime in my local area	185 9%	14 8%	9 9%	1 2%	160 9%c	7 8%	25 11%c	11 6%	22 12%Cim	9 6%	13 7%	34 13%CgijM	28 10%c	11 6%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 40

Q.2 How would you rank the following subjects in terms of what you care most about?

Crime in my local area

Base: All respondents

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
NET: All priorities	185 9%	88 9%	97 9%	16 7%	25 7%	31 9%	38 10%	28 9%	47 10%	41 7%	69 10%	75 10%	41 7%	56 9%	36 9%	53 10%	34 9%	59 7%
1 - highest priority	23 1%	15 1%	8 1%	4 2% ^H	4 1%	6 2% ^H	5 1% ^h	4 1% ^h	1 *	7 1%	11 2%	5 1%	5 1%	8 1%	4 1%	7 1%	9 3% ^q	8 1%
2 - 2nd highest priority	43 2%	18 2%	26 2%	* *	4 1%	8 2% ^c	11 3% ^C	8 3% ^C	12 2% ^C	4 1%	19 3% ^l	20 3% ^l	6 1%	17 3% ^L	6 1%	15 3% ^L	5 1%	10 1%
3 - 3rd highest priority	118 6%	55 5%	63 6%	12 5%	18 5%	17 5%	22 6%	15 5%	34 7%	29 5%	40 6%	49 6%	30 5%	31 5%	26 6%	31 6%	19 5%	41 5%
No answer	1895 91%	927 91%	968 91%	215 93%	335 93%	301 91%	331 90%	280 91%	433 90%	550 93%	632 90%	713 90%	527 93% ^o	529 91%	386 91%	453 90%	325 91%	783 93%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 41

Q.2 How would you rank the following subjects in terms of what you care most about?

Crime in my local area

Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
NET: All priorities	185 9%	14 8%	9 9%	1 2%	160 9% ^c	7 8%	25 11% ^c	11 6%	22 12% ^{Cim}	9 6%	13 7%	34 13% ^{CgijM}	28 10% ^c	11 6%
1 - highest priority	23 1%	-	-	-	23 1%	4 4% ^{AbGJL}	6 3% ^{agJl}	-	3 2% ^j	2 1%	-	3 1%	2 1%	4 2% ^j
2 - 2nd highest priority	43 2%	4 2%	1 1%	1 2%	37 2%	1 1%	5 2%	6 3%	2 1%	1 1%	4 2%	12 4% ^{him}	5 2%	2 1%
3 - 3rd highest priority	118 6%	10 6%	9 8% ^{Cgm}	-	100 6% ^c	2 2%	14 6% ^c	5 3%	17 10% ^{CeGiM}	6 4%	10 5%	20 7% ^{cgm}	21 8% ^{cgm}	5 3%
No answer	1895 91%	161 92%	92 91%	61 98% ^{dHkI}	1581 91%	78 92%	207 89%	159 94% ^k	158 88%	138 94% ^{hk}	180 93% ^k	238 87%	255 90%	169 94% ^{hK}

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 42

Q.2 How would you rank the following subjects in terms of what you care most about?**Brexit****Base: All respondents**

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
NET: All priorities	374 18%	230 23%B	144 14%	22 10%	36 10%	53 16%cD	55 15%cd	68 22%CDDeF	140 29%CDEFG	58 10%	108 15%l	208 26%lJ	120 21%N	100 17%	59 14%	96 19%n	47 13%	123 15%
1 - highest priority	96 5%	63 6%B	33 3%	2 1%	18 5%C	12 4%c	15 4%C	18 6%C	31 6%C	20 3%	27 4%	49 6%lj	30 5%	26 4%	16 4%	25 5%	10 3%	39 5%
2 - 2nd highest priority	96 5%	66 7%B	30 3%	10 4%	6 2%	18 5%D	15 4%	13 4%d	33 7%D	16 3%	33 5%	46 6%l	33 6%m	20 3%	18 4%	25 5%	18 5%	27 3%
3 - 3rd highest priority	182 9%	100 10%	82 8%	11 5%	11 3%	23 7%d	25 7%d	36 12%CDDef	76 16%CDEF	22 4%	48 7%l	112 14%lJ	57 10%n	54 9%	25 6%	46 9%	19 5%	57 7%
No answer	1706 82%	785 77%	920 86%A	209 90%efGH	324 90%EfGH	280 84%gH	313 85%GH	240 78%H	340 71%	533 90%JK	593 85%K	580 74%	448 79%	485 83%	363 86%Lo	410 81%	312 87%	719 85%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 43

Q.2 How would you rank the following subjects in terms of what you care most about?

Brexit**Base: All respondents**

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
NET: All priorities	374 18%	24 13%	24 24%aCEJ	3 5%	324 19%C	8 10%	50 22%aCEJ	46 27%ACEJkLm	35 20%Ce	28 19%C	26 13%c	51 19%C	50 18%C	31 17%C
1 - highest priority	96 5%	7 4%	7 7%cJM	1 1%	81 5%	2 2%	11 5%	9 6%	16 9%ceJIM	8 5%	4 2%	16 6%jm	12 4%	4 2%
2 - 2nd highest priority	96 5%	5 3%	8 8%ah	1 2%	82 5%	2 2%	14 6%	8 5%	5 3%	8 6%	8 4%	13 5%	14 5%	11 6%
3 - 3rd highest priority	182 9%	12 7%	9 8%	1 2%	160 9%c	4 5%	25 11%c	28 17%AbCEHIJKLm	15 8%	12 8%	14 7%	22 8%	23 8%	16 9%
No answer	1706 82%	152 87%bFG	77 76%	60 95%DBFGHijKLM	1417 1%	77 90%BFGh	182 78%	124 73%	144 80%	119 81%	168 87%BFG	222 81%g	233 82%G	149 83%g

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 44

Q.2 How would you rank the following subjects in terms of what you care most about?**My career****Base: All respondents**

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
NET: All priorities	335 16%	162 16%	173 16%	99 43% DEFGH	113 31% EFGH	63 19% FGH	35 10% GH	15 5% H	10 2%	212 36% JK	98 14% K	25 3%	112 20% nO	104 18% O	61 15%	57 11%	81 22%	201 24%
1 - highest priority	30 1%	22 2% B	8 1%	13 5% DeFGH	5 1% h	7 2% H	2 1%	1 *	1 *	18 3% jK	9 1% K	2 *	9 2%	11 2% o	7 2%	3 1%	5 1%	18 2%
2 - 2nd highest priority	105 5%	51 5%	54 5%	26 11% EFGH	38 10% EFGH	19 6% H	11 3% H	9 3% H	3 1%	64 11% JK	30 4% K	11 1%	31 6% O	36 6% O	25 6% O	13 3%	31 9%	59 7%
3 - 3rd highest priority	200 10%	89 9%	111 10%	61 26% dEFGH	69 19% EFGH	37 11% FGH	22 6% GH	5 2%	6 1%	130 22% JK	59 8% K	11 1%	72 13% NO	57 10%	30 7%	41 8%	45 12%	124 15%
No answer	1745 84%	853 84%	892 84%	131 57%	247 69% C	270 81% CD	333 90% CDE	293 95% CDEF	471 98% CDEFG	379 64%	603 86% I	764 97% IJ	456 80%	480 82%	361 85% I	448 89% LM	278 78%	640 76%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 45

Q.2 How would you rank the following subjects in terms of what you care most about?

My career

Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	Northern Ireland (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
NET: All priorities	335 16%	29 17%	17 16%	10 16%	279 16%	15 18%	47 20% _{JL}	24 14%	38 21% _{iJL}	19 13%	21 11%	53 19% _{JL}	35 12%	28 15%
1 - highest priority	30 1%	4 2%	4 4% _{Dhjl}	-	22 1%	1 1%	4 2%	2 1%	1 1%	2 1%	2 1%	6 2%	2 1%	3 1%
2 - 2nd highest priority	105 5%	17 10% _{DCJL}	4 4%	-	85 5%	6 7% _c	16 7% _{cjL}	8 5%	11 6% _{cl}	7 4%	6 3%	16 6% _{cl}	6 2%	10 5% _c
3 - 3rd highest priority	200 10%	8 5%	9 9%	10 16% _{Aij}	173 10% _a	9 10%	27 11% _A	15 9%	26 14% _{AiJ}	11 7%	13 7%	32 12% _A	26 9%	15 8%
No answer	1745 84%	146 83%	84 84%	53 84%	1462 84%	69 82%	185 80%	145 86%	142 79%	128 87% _h	173 89% _{FHK}	219 81%	248 88% _{FHK}	152 85%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 46

Q.2 How would you rank the following subjects in terms of what you care most about?

Climate change

Base: All respondents

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
NET: All priorities	399 19%	216 21%B	183 17%	54 24%De	56 16%	54 16%	71 19%	68 22%de	95 20%	111 19%	125 18%	163 21%	126 22%amO	104 18%	84 20%	85 17%	53 15%	159 19%
1 - highest priority	74 4%	47 5%B	27 3%	14 6%H	13 4%	12 4%	13 3%	12 4%	11 2%	27 5%	25 4%	23 3%	26 5%	20 3%	10 2%	18 4%	10 3%	31 4%
2 - 2nd highest priority	120 6%	65 6%	55 5%	15 6%	17 5%	18 5%	21 6%	21 7%	28 6%	32 5%	39 6%	49 6%	40 7%O	35 6%o	28 7%o	18 4%	16 5%	54 6%
3 - 3rd highest priority	204 10%	104 10%	100 9%	26 11%	26 7%	24 7%	37 10%	35 11%	56 12%de	52 9%	61 9%	91 12%	60 11%	49 8%	46 11%	49 10%	27 7%	74 9%
No answer	1681 81%	799 79%	882 83%A	177 76%	304 84%Gg	279 84%cg	297 81%	240 78%	385 80%	480 81%	576 82%	625 79%	442 78%	481 82%l	338 80%	420 83%L	306 85%	682 81%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 47

Q.2 How would you rank the following subjects in terms of what you care most about?**Climate change****Base: All respondents**

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
NET: All priorities	399 19%	39 22%g	22 22%g	9 15%	328 19%	13 15%	53 23%Gi	23 13%	37 20%	22 15%	38 19%	48 18%	59 21%g	36 20%
1 - highest priority	74 4%	12 7%djl	4 4%	1 1%	58 3%	1 1%	12 5%j	8 5%	5 3%	5 3%	4 2%	10 4%	7 2%	7 4%
2 - 2nd highest priority	120 6%	8 5%	3 3%	3 4%	106 6%	2 2%	21 9%egiJ	6 4%	17 9%begiJ	6 4%	5 3%	20 7%J	17 6%	12 7%j
3 - 3rd highest priority	204 10%	19 11%	15 15%dGK	6 10%	164 9%	10 12%	21 9%	8 5%	15 8%	12 8%	29 15%fGhiK	18 7%	36 13%GK	16 9%
No answer	1681 81%	137 78%	79 78%	53 85%	1413 81%	72 85%	179 77%	147 87%abFl	143 80%	125 85%f	156 81%	224 82%	223 79%	144 80%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 48

Q.2 How would you rank the following subjects in terms of what you care most about?**My family and friends****Base: All respondents**

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
NET: All priorities	1738 84%	800 79%	938 88%A	195 84%	297 83%	277 83%	320 87%G	243 79%	407 85%G	492 83%	597 85%	650 82%	468 82%	498 85%o	362 86%	410 81%	298 83%	695 83%
1 - highest priority	1072 52%	453 45%	619 58%A	118 51%	193 54%G	203 61%CdFGH	194 53%g	137 45%	228 47%	311 53%K	397 57%K	365 46%	289 51%	300 51%	234 55%	248 49%	211 59%Q	428 51%
2 - 2nd highest priority	447 21%	215 21%	232 22%	51 22%	76 21%	53 16%	85 23%E	61 20%	123 26%Eg	126 21%	137 20%	184 23%	128 23%	133 23%	81 19%	105 21%	57 16%	175 21%p
3 - 3rd highest priority	219 11%	132 13%B	87 8%	26 11%e	29 8%	21 6%	42 11%E	44 14%DE	57 12%E	55 9%	63 9%	102 13%iJ	50 9%	65 11%	47 11%	57 11%	30 8%	92 11%
No answer	342 16%	215 21%B	127 12%	36 16%	63 17%	56 17%	48 13%	65 21%FH	73 15%	99 17%	104 15%	138 18%	100 18%	86 15%	61 14%	95 19%m	61 17%	146 17%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 49

Q.2 How would you rank the following subjects in terms of what you care most about?

My family and friends

Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humburside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
NET: All priorities	1738 84%	145 82%	79 78%	59 95%DABEFHKlm	1456 84%	65 77%	189 81%	148 87%beH	139 78%	129 88%beH	172 89%BEFHK	220 81%	242 86%bH	150 84%
1 - highest priority	1072 52%	85 48%	56 55%	43 69%DAFGHKLM	888 51%	49 58%h	112 48%	88 52%	80 45%	83 56%h	110 57%Hk	129 47%	144 51%	94 52%
2 - 2nd highest priority	447 21%	37 21%	16 16%	9 15%	385 22%	9 11%	50 21%e	45 26%bEm	42 24%E	36 24%E	47 24%E	59 22%e	67 24%E	30 17%
3 - 3rd highest priority	219 11%	23 13%	7 7%	6 10%	183 10%	7 8%	28 12%	16 9%	17 9%	11 7%	15 8%	32 12%	32 11%	26 15%bij
No answer	342 16%	31 18%C	22 22%Cgijl	3 5%	285 16%C	20 23%CgiJ	43 19%CJ	21 13%	40 22%CGIJL	18 12%	22 11%	52 19%CJ	40 14%c	29 16%c

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 50

Q.2 How would you rank the following subjects in terms of what you care most about?

My finances

Base: All respondents

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
NET: All priorities	1320 63%	649 64%	672 63%	117 51%	239 66%CH	236 71%CH	256 70%CH	198 64%Ch	274 57%	356 60%	493 70%IK	472 60%	336 59%	379 65%l	286 68%L	319 63%	251 70%	561 67%
1 - highest priority	169 8%	97 10%B	72 7%	20 9%	38 10%h	26 8%	29 8%	27 9%	30 6%	58 10%	54 8%	57 7%	45 8%	54 9%	32 8%	38 7%	26 7%	89 11%
2 - 2nd highest priority	415 20%	215 21%	200 19%	38 16%	73 20%h	81 24%CH	83 22%H	71 23%CH	69 14%	111 19%	164 23%IK	140 18%	89 16%	128 22%L	88 21%l	109 22%L	84 23%	189 22%
3 - 3rd highest priority	736 35%	336 33%	400 38%a	59 26%	128 36%C	129 39%C	145 39%C	100 32%	175 36%C	187 32%	274 39%l	275 35%	202 36%	197 34%	165 39%	172 34%	141 39%	283 34%
No answer	760 37%	366 36%	393 37%	114 49%DEFG	121 34%	97 29%	112 30%	110 36%	206 43%DEFG	235 40%J	208 30%	316 40%J	232 41%mN	205 35%	137 32%	186 37%	108 30%	280 33%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 51

Q.2 How would you rank the following subjects in terms of what you care most about?

My finances**Base: All respondents**

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humburside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
NET: All priorities	1320 63%	116 66%	62 62%	42 68%	1100 63%	53 63%	143 62%	101 60%	108 60%	97 66%	129 67%	171 63%	181 64%	116 65%
1 - highest priority	169 8%	15 8%	9 9%	2 3%	144 8%	4 5%	28 12%ciL	14 8%	15 8%	9 6%	19 10%	24 9%	16 6%	15 8%
2 - 2nd highest priority	415 20%	45 26% <i>dG</i> lj	25 25% <i>GI</i>	17 27% <i>GI</i>	328 19%	21 25% <i>gl</i>	43 19%	23 14%	36 20%	18 12%	32 17%	51 19%	65 23% <i>GI</i>	38 21% <i>i</i>
3 - 3rd highest priority	736 35%	57 32%	28 28%	24 38%	627 36%	28 33%	73 31%	64 38%	57 32%	69 47% <i>ABeFHK</i> Lm	78 40% <i>Bf</i>	96 35%	99 35%	63 35%
No answer	760 37%	59 34%	39 38%	20 32%	642 37%	31 37%	89 38%	68 40%	72 40%	51 34%	64 33%	101 37%	102 36%	63 35%

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 52

Q.3 To what extent do you agree or disagree with the following statement. When I am having a bad day, exercise or physical activity helps me feel better.

Base: All respondents

	Total	Gender		Age									Social Grade				Employment Sector	
		Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
NET: Agree	1169 56%	561 55%	608 57%	143 62%Dfgh	184 51%	225 68%DFGH	197 54%	163 53%	256 53%	327 55%	422 60%K	420 53%	371 65%mnO	348 60%no	221 52%o	230 45%	207 58%	526 62%
Strongly agree (+2)	391 19%	179 18%	212 20%	63 27%DFGH	52 15%	79 24%DGH	67 18%	43 14%	87 18%	115 19%	146 21%k	131 17%	131 23%MnO	102 17%	74 18%	84 17%	60 17%	185 22%p
Tend to agree (+1)	778 37%	382 38%	396 37%	81 35%	132 37%	147 44%cdFH	130 35%	120 39%	169 35%	212 36%	277 39%	289 37%	240 42%nO	246 42%nO	147 35%	145 29%	148 41%	341 40%
Neither agree nor disagree (0)	387 19%	214 21%B	174 16%	31 14%	69 19%	55 16%	73 20%c	54 18%	105 22%Ce	100 17%	128 18%	159 20%	93 16%	112 19%	76 18%	106 21%l	71 20%	132 16%
Tend to disagree (-1)	129 6%	57 6%	72 7%	22 10%Eh	23 6%	14 4%	24 6%	21 7%	25 5%	45 8%	37 5%	47 6%	28 5%	37 6%	29 7%	36 7%	25 7%	48 6%
Strongly disagree (-2)	81 4%	37 4%	44 4%	3 1%	25 7%CEH	10 3%	18 5%cH	17 6%CH	8 2%	28 5%	27 4%	26 3%	20 4%	14 2%	19 4%	28 5%M	18 5%	29 3%
NET: Disagree	210 10%	95 9%	116 11%	25 11%	48 13%EH	23 7%	41 11%eh	39 13%EH	34 7%	73 12%	64 9%	73 9%	48 8%	52 9%	48 11%	63 13%Lm	44 12%	77 9%
Not applicable - I don't exercise or do physical activity	252 12%	109 11%	143 13%a	20 9%	43 12%E	22 7%	45 12%E	43 14%cE	78 16%CE	63 11%	68 10%	121 15%J	44 8%	60 10%	58 14%L	90 18%LM	25 7%	84 10%
Don't know	62 3%	37 4%	25 2%	11 5%H	16 4%H	8 2%	11 3%	9 3%	7 2%	27 5%K	19 3%	16 2%	13 2%	13 2%	20 5%lm	16 3%	12 3%	23 3%
Mean	0.72	0.70	0.74	0.89DFG	0.55	0.90DFGh	0.66	0.59	0.76DG	0.68	0.77	0.69	0.85NO	0.75O	0.66	0.56	0.64	0.83P
Standard deviation	1.03	1.01	1.06	1.02	1.12	0.95	1.07	1.08	0.94	1.09	1.02	1.00	0.99	0.95	1.07	1.13	1.05	1.01
Standard error	0.02	0.03	0.04	0.07	0.07	0.05	0.06	0.07	0.05	0.05	0.04	0.04	0.04	0.04	0.07	0.05	0.06	0.04

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 53

Q.3 To what extent do you agree or disagree with the following statement. When I am having a bad day, exercise or physical activity helps me feel better.

Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
NET: Agree	1169 56%	90 51%	51 50%	40 64%	988 57%	41 48%	121 52%	95 56%	108 60%	90 61%l	109 56%	165 60%fl	145 51%	116 64%ABEFL
Strongly agree	(+2) 391 19%	37 21%be	11 11%	14 22%be	329 19%b	9 10%	40 17%	29 17%	38 21%be	33 22%Be	33 17%	68 25%BEjL	47 17%	33 18%
Tend to agree	(+1) 778 37%	53 30%	39 39%	26 42%	659 38%	32 38%	80 35%	66 39%	70 39%	58 39%	76 39%	97 36%	98 35%	82 46%AFkL
Neither agree nor disagree	(0) 387 19%	27 15%	19 19%	14 22%	328 19%	18 21%	46 20%	34 20%	31 17%	23 15%	39 20%	45 16%	65 23%aikm	28 15%
Tend to disagree	(-1) 129 6%	6 3%	5 5%	* 1%	117 7%cc	6 7%	23 10%ACiJ	10 6%	12 7%	6 4%	7 4%	19 7%	21 8%cc	14 8%cj
Strongly disagree	(-2) 81 4%	15 8%DFgHijKL	5 5%	1 1%	60 3%	10 12%CFGHIJKLM	7 3%	5 3%	5 3%	3 2%	7 4%	8 3%	9 3%	7 4%
NET: Disagree	210 10%	21 12%c	10 10%c	1 2%	178 10%cc	16 19%CghIjkl	30 13%Cij	15 9%	17 9%	9 6%	14 7%	27 10%cc	30 11%cc	21 12%CC
Not applicable - I don't exercise or do physical activity	252 12%	34 20%DcefHKLM	13 13%cm	5 9%	199 11%	7 8%	29 12%cm	22 13%cm	18 10%	21 14%M	28 15%M	31 11%	31 11%	12 6%
Don't know	62 3%	4 2%	8 8%DafgJKM	2 3%	49 3%	3 4%	7 3%	4 2%	6 3%	4 3%	4 2%	6 2%	11 4%	4 2%
Mean	0.72	0.66	0.59	0.94bEfl	0.72	0.31	0.63e	0.72E	0.80E	0.92BEFL	0.75E	0.83bEfl	0.64e	0.73E
Standard deviation	1.03	1.23	1.01	0.83	1.02	1.20	1.05	0.98	0.99	0.92	0.97	1.04	1.01	1.02
Standard error	0.02	0.12	0.10	0.11	0.03	0.15	0.07	0.09	0.08	0.08	0.07	0.07	0.06	0.08

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 54

Q.3 To what extent do you agree or disagree with the following statement. When I am having a bad day, exercise or physical activity helps me feel better.

Base: All respondents excluding not applicables

	Total	Gender		Age									Social Grade				Employment Sector	
		Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	1829	945	884	218	286	311	323	280	411	504	634	691	548	555	277	449	298	700
Weighted base	1828	906	922	211	317	311	323	265	403	528	633	668	524	525	364	416	334	757
NET: Agree	1169 64%	561 62%	608 66%	143 68% ^d	184 58%	225 73% ^{DFGH}	197 61%	163 62%	256 64%	327 62%	422 67%	420 63%	371 71% ^{NO}	348 66% ^O	221 61%	230 55%	207 62%	526 69% ^P
Strongly agree (+2)	391 21%	179 20%	212 23%	63 30% ^{DFGH}	52 17%	79 25% ^{DG}	67 21%	43 16%	87 22%	115 22%	146 23%	131 20%	131 25% ^m	102 19%	74 20%	84 20%	60 18%	185 24% ^P
Tend to agree (+1)	778 43%	382 42%	396 43%	81 38%	132 42%	147 47% ^c	130 40%	120 45%	169 42%	212 40%	277 44%	289 43%	240 46% ^O	246 47% ^O	147 40%	145 35%	148 44%	341 45%
Neither agree nor disagree (0)	387 21%	214 24% ^B	174 19%	31 15%	69 22% ^c	55 18%	73 23% ^c	54 20%	105 26% ^{CE}	100 19%	128 20%	159 24% ⁱ	93 18%	112 21%	76 21%	106 26% ^L	71 21%	132 17%
Tend to disagree (-1)	129 7%	57 6%	72 8%	22 11% ^{Eh}	23 7%	14 4%	24 7%	21 8% ^e	25 6%	45 9%	37 6%	47 7%	28 5%	37 7%	29 8%	36 9% ^l	25 8%	48 6%
Strongly disagree (-2)	81 4%	37 4%	44 5%	3 1%	25 8% ^{CEH}	10 3%	18 6% ^{CH}	17 7% ^{CeH}	8 2%	28 5%	27 4%	26 4%	20 4%	14 3%	19 5%	28 7% ^{lM}	18 5%	29 4%
NET: Disagree	210 11%	95 10%	116 13%	25 12%	48 15% ^{EH}	23 7%	41 13% ^{eh}	39 15% ^{EH}	34 8%	73 14% ^j	64 10%	73 11%	48 9%	52 10%	48 13%	63 15% ^{LM}	44 13%	77 10%
Don't know	62 3%	37 4%	25 3%	11 5% ^H	16 5% ^H	8 3%	11 3%	9 3%	7 2%	27 5% ^K	19 3%	16 2%	13 2%	13 2%	20 5% ^{lm}	16 4%	12 4%	23 3%
Mean	0.72	0.70	0.74	0.89 ^{DFG}	0.55	0.90 ^{DFGh}	0.66	0.59	0.76 ^{DG}	0.68	0.77	0.69	0.85 ^{NO}	0.75 ^O	0.66	0.56	0.64	0.83 ^P
Standard deviation	1.03	1.01	1.06	1.02	1.12	0.95	1.07	1.08	0.94	1.09	1.02	1.00	0.99	0.95	1.07	1.13	1.05	1.01
Standard error	0.02	0.03	0.04	0.07	0.07	0.05	0.06	0.07	0.05	0.05	0.04	0.04	0.04	0.04	0.07	0.05	0.06	0.04

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 55

Q.3 To what extent do you agree or disagree with the following statement. When I am having a bad day, exercise or physical activity helps me feel better.

Base: All respondents excluding not applicables

	Region													
	Total	Scotland (a)	Wales (b)	North-ern Ire-land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	1829	110	99	59	1561	65	221	134	159	125	181	250	253	173
Weighted base	1828	141*	88*	57*	1542	78*	204	147	161	126*	166	242	251	168
NET: Agree	1169 64%	90 64%	51 58%	40 70%e	988 64%	41 52%	121 59%	95 64%	108 67%e	90 72%bEFL	109 66%e	165 68%EFL	145 58%	116 69%EFL
Strongly agree	(+2) 391 21%	37 26%BE	11 13%	14 25%e	329 21%b	9 11%	40 20%	29 20%	38 24%be	33 26%BE	33 20%	68 28%BEfLm	47 19%	33 20%
Tend to agree	(+1) 778 43%	53 38%	39 45%	26 46%	659 43%	32 41%	80 40%	66 45%	70 43%	58 46%	76 46%	97 40%	98 39%	82 49%fl
Neither agree nor disagree	(0) 387 21%	27 19%	19 22%	14 24%	328 21%	18 23%	46 22%	34 23%	31 19%	23 18%	39 24%	45 19%	65 26%kM	28 16%
Tend to disagree	(-1) 129 7%	6 4%	5 6%	* 1%	117 8%cc	6 8%	23 11%aCij	10 7%	12 7%	6 5%	7 4%	19 8%cc	21 8%cc	14 8%cc
Strongly disagree	(-2) 81 4%	15 11%DcFgHijKlm	5 5%	1 2%	60 4%	10 13%CFGHIJKLM	7 3%	5 4%	5 3%	3 2%	7 4%	8 3%	9 4%	7 4%
NET: Disagree	210 11%	21 15%Ci	10 11%c	1 2%	178 12%cc	16 21%CghJk	30 15%Cij	15 10%	17 10%	9 7%	14 8%	27 11%cc	30 12%cc	21 13%cc
Don't know	62 3%	4 3%	8 9%DafgJKM	2 3%	49 3%	3 4%	7 4%	4 3%	6 4%	4 3%	4 2%	6 2%	11 4%	4 2%
Mean	0.72	0.66	0.59	0.94bEfl	0.72	0.31	0.63e	0.72E	0.80E	0.92BEFL	0.75E	0.83bEfl	0.64e	0.73E
Standard deviation	1.03	1.23	1.01	0.83	1.02	1.20	1.05	0.98	0.99	0.92	0.97	1.04	1.01	1.02
Standard error	0.02	0.12	0.10	0.11	0.03	0.15	0.07	0.09	0.08	0.08	0.07	0.07	0.06	0.08

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 56

Q.4 Do you think you exercise or do physical activity more or less than the average person your age?**Base: All respondents**

	Total	Gender		Age									Social Grade				Employment Sector	
		Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
NET: More	611 29%	349 34%B	262 25%	86 37%DeFg	74 20%	98 29%D	103 28%D	89 29%D	161 34%D	159 27%	202 29%	250 32%i	201 35%mo	177 30%O	131 31%O	102 20%	101 28%	277 33%
A lot more (+2)	178 9%	100 10%cb	78 7%	28 12%D	22 6%	31 9%	30 8%	27 9%	39 8%	51 9%	61 9%	66 8%	68 12%MO	45 8%	34 8%	30 6%	30 8%	85 10%
A little bit more (+1)	433 21%	249 25%B	184 17%	58 25%D	51 14%	67 20%d	73 20%d	62 20%d	122 25%Df	109 18%	140 20%	184 23%i	133 23%O	132 23%O	97 23%O	72 14%	70 20%	192 23%
About the same (0)	528 25%	256 25%	271 25%	52 22%	107 30%cG	89 27%	88 24%	65 21%	127 26%	159 27%	177 25%	192 24%	146 26%	162 28%	96 23%	123 24%	91 25%	214 25%
A little bit less (-1)	410 20%	194 19%	216 20%	52 23%	74 21%	73 22%	69 19%	59 19%	83 17%	126 21%	142 20%	142 18%	121 21%o	113 19%	93 22%o	84 17%	85 24%	169 20%
A lot less (-2)	409 20%	150 15%	259 24%A	25 11%	82 23%CH	62 19%C	92 25%CeH	69 23%Ch	79 16%c	107 18%	153 22%	148 19%	77 14%	104 18%l	80 19%l	148 29%LMN	72 20%	132 16%
NET: Less	819 39%	344 34%	475 45%A	77 33%	156 43%CH	135 41%h	160 44%CH	128 42%cH	162 34%	233 39%	295 42%k	290 37%	198 35%	217 37%	173 41%	232 46%LM	157 44%Q	301 36%
Don't know	122 6%	66 7%	56 5%	17 7%e	23 6%	11 3%	17 4%	26 8%Ef	30 6%e	39 7%j	27 4%	56 7%J	23 4%	29 5%	23 5%	47 9%LMn	10 3%	49 6%p
Mean	-0.22	-0.05B	-0.39	0.05DEFG	-0.42	-0.21d	-0.34	-0.29	-0.09DFg	-0.24	-0.28	-0.17	-0.01MNO	-0.18O	-0.22O	-0.54	-0.28	-0.09P
Standard deviation	1.26	1.23	1.26	1.23	1.20	1.25	1.30	1.31	1.22	1.23	1.27	1.26	1.24	1.22	1.26	1.27	1.24	1.24
Standard error	0.03	0.04	0.04	0.08	0.07	0.07	0.07	0.07	0.06	0.05	0.05	0.05	0.05	0.05	0.07	0.06	0.07	0.05

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 57

Q.4 Do you think you exercise or do physical activity more or less than the average person your age?**Base: All respondents**

	Total	Region												
		Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
NET: More	611 29%	50 29%	23 23%	21 33%	517 30%	18 22%	71 30%	65 38%BEhJkL	49 27%	52 35%bejl	49 25%	77 28%	70 25%	67 37%BEhJkL
A lot more (+2)	178 9%	20 12%l	6 6%	6 10%	145 8%	5 5%	27 12%jL	14 8%	17 9%	13 9%	12 6%	23 9%	16 6%	18 10%
A little bit more (+1)	433 21%	30 17%	17 16%	14 23%	373 21%	14 16%	43 19%	51 30%ABeFHJKL	32 18%	39 26%ab	37 19%	54 20%	54 19%	49 27%abfhjkl
About the same (0)	528 25%	37 21%	27 27%	17 26%	446 26%	24 29%	60 26%	40 24%	50 28%	34 23%	44 23%	77 28%	76 27%	40 22%
A little bit less (-1)	410 20%	34 19%	26 26%eGi	10 15%	341 20%	12 14%	44 19%	22 13%	40 22%g	23 16%	48 25%eGi	53 20%	58 21%g	41 23%G
A lot less (-2)	409 20%	41 23%M	18 17%	14 22%	337 19%	26 31%bFgHKM	43 18%	33 19%	29 16%	32 21%am	42 22%M	45 16%	64 23%kM	23 13%
NET: Less	819 39%	75 42%	44 43%g	24 38%	677 39%	38 45%	87 37%	55 32%	68 38%	55 37%	90 46%fGkM	98 36%	122 43%G	64 36%
Don't know	122 6%	13 8%	7 7%	2 3%	100 6%	4 5%	14 6%	10 6%	13 7%	6 4%	10 5%	20 7%	14 5%	8 5%
Mean	-0.22	-0.28	-0.34	-0.18	-0.21	-0.51	-0.15ejl	-0.05EJL	-0.18	-0.16	-0.39	-0.17ejl	-0.37	-0.02bEJL
Standard deviation	1.26	1.35	1.17	1.31	1.25	1.27	1.29	1.28	1.22	1.30	1.23	1.22	1.22	1.22
Standard error	0.03	0.12	0.11	0.17	0.03	0.15	0.08	0.11	0.09	0.11	0.09	0.08	0.07	0.09

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 58

Q.5 If you had an extra hour a day, what are you most likely to do with it on most days?**Base: All respondents**

	Total	Gender		Age									Social Grade				Employment Sector	
		Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
Spend time with partner/friends/family	412 20%	209 21%	202 19%	52 22%	75 21%	76 23%h	71 19%	56 18%	83 17%	127 21%	146 21%	139 18%	105 19%	109 19%	94 22%	103 20%	80 22%	161 19%
Read	358 17%	143 14%	215 20%A	17 7%	36 10%	36 11%	52 14%C	53 17%CDE	165 34%CDEFG	53 9%	87 12%i	218 28%IJ	103 18%	107 18%	74 18%	74 15%	44 12%	103 12%
Sleep	315 15%	125 12%	190 18%A	48 21%GH	87 24%EFGH	57 17%H	59 16%H	39 13%H	25 5%	135 23%JK	116 17%K	64 8%	68 12%	93 16%l	64 15%	89 18%L	70 19%	150 18%
Watch TV	226 11%	121 12%	105 10%	15 6%	29 8%	37 11%c	51 14%CD	40 13%Cd	54 11%cc	44 7%	89 13%l	94 12%l	44 8%	68 12%L	44 10%	69 14%L	23 6%	103 12%P
Exercise or physical activity	219 11%	117 12%	101 9%	29 13%	30 8%	52 16%DGH	42 11%	27 9%	39 8%	59 10%	93 13%K	66 8%	79 14%NO	65 11%O	38 9%	37 7%	56 16%	103 12%
Arts/crafts	117 6%	32 3%	85 8%A	9 4%	18 5%	13 4%	16 4%	27 9%ccEF	33 7%	28 5%	30 4%	60 8%iJ	37 7%O	42 7%O	22 5%	16 3%	17 5%	41 5%
Go on my phone	75 4%	28 3%	47 4%a	12 5%gH	20 6%GH	20 6%GH	16 4%gH	5 2%h	2 *	32 5%K	36 5%K	7 1%	21 4%	18 3%	15 4%	21 4%	18 5%	30 4%
Go on my games console	61 3%	53 5%B	7 1%	12 5%gH	19 5%gH	10 3%H	9 3%h	6 2%	4 1%	31 5%JK	19 3%k	11 1%	22 4%n	18 3%	7 2%	14 3%	8 2%	36 4%
Work	45 2%	32 3%B	13 1%	8 4%f	11 3%	7 2%	4 1%	6 2%	10 2%	19 3%j	11 2%	16 2%	18 3%mo	8 1%	15 4%mo	5 1%	9 2%	25 3%
Go to the pub	24 1%	16 2%b	7 1%	7 3%DE	-	1 *	5 1%d	4 1%d	6 1%d	7 1%	6 1%	11 1%	7 1%	4 1%	5 1%	7 1%	4 1%	11 1%
Other	69 3%	38 4%	30 3%	3 1%	13 4%	7 2%	9 2%	17 6%CEf	20 4%c	17 3%	16 2%	37 5%J	23 4%	17 3%	11 3%	17 3%	8 2%	29 3%
Don't know	161 8%	100 10%B	61 6%	19 8%	22 6%	19 6%	34 9%	27 9%	40 8%	41 7%	53 8%	67 8%	39 7%	36 6%	32 8%	54 11%IM	23 6%	50 6%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 59

Q.5 If you had an extra hour a day, what are you most likely to do with it on most days?

Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
Spend time with partner/friends/family	412 20%	36 20%	20 20%	11 17%	345 20%	16 18%	41 18%	29 17%	46 26%fgKL	30 20%	46 24%KI	38 14%	47 17%	52 29%FGKL
Read	358 17%	39 22%H	16 16%	9 14%	294 17%	11 12%	40 17%	38 22%H	22 12%	21 14%	30 16%	50 18%	55 20%h	27 15%
Sleep	315 15%	19 11%	12 12%	13 21%a	270 16%	15 18%	39 17%	29 17%	23 13%	24 16%	27 14%	37 14%	42 15%	34 19%a
Watch TV	226 11%	23 13%m	8 8%	9 14%m	186 11%	12 14%m	25 11%	19 11%	26 14%iM	11 8%	20 10%	33 12%m	28 10%	11 6%
Exercise or physical activity	219 11%	12 7%	15 15%aM	7 12%	184 11%	6 8%	21 9%	18 11%	18 10%	17 12%	20 10%	40 15%AfM	34 12%m	10 6%
Arts/crafts	117 6%	8 4%	6 6%	3 5%	99 6%	2 3%	8 4%	8 5%	9 5%	9 6%	8 4%	12 4%	25 9%Fjk	18 10%aeFJK
Go on my phone	75 4%	5 3%	3 3%	1 2%	66 4%	6 7%g	12 5%	3 2%	7 4%	4 2%	8 4%	10 4%	13 4%	4 2%
Go on my games console	61 3%	12 7%DcGhKLM	5 5%cKIM	- -	43 2%	4 5%km	8 4%k	2 1%	4 2%	5 3%	10 5%gKIM	3 1%	5 2%	2 1%
Work	45 2%	5 3%	- -	3 5%b	37 2%	1 1%	8 3%b	2 1%	5 3%	6 4%b	3 2%	5 2%	4 1%	3 1%
Go to the pub	24 1%	2 1%	- -	- -	22 1%	4 4%bGK	2 1%	- -	2 1%k	2 2%k	1 1%	- -	5 2%k	6 3%GK
Other	69 3%	4 2%	3 3%	3 5%	58 3%	2 2%	10 4%	5 3%	3 2%	6 4%	7 3%	14 5%h	7 3%	5 3%
Don't know	161 8%	10 6%	11 11%m	2 4%	137 8%	7 8%	18 8%	16 9%	14 8%	13 9%	13 7%	30 11%lM	18 6%	8 5%

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 60

Q.6 Who are your biggest influences in doing exercise or physical activity in your daily life?**Summary****Base: All respondents**

	Subjects							
	NET: Employer/ manager	My employer (the company I work for)	My manager	Social media influencers	My partner	Elite sports professionals	My family or friends	My dog
Unweighted base	2080	2080	2080	2080	2080	2080	2080	2080
Weighted base	2080	2080	2080	2080	2080	2080	2080	2080
NET: All influences	211 10%	178 9%	62 3%	324 16%	772 37%	204 10%	986 47%	416 20%
1 - highest influence	39 2%	32 2%	6 *	63 3%	392 19%	33 2%	431 21%	226 11%
2 - 2nd highest influence	57 3%	45 2%	20 1%	80 4%	268 13%	61 3%	390 19%	106 5%
3 - 3rd highest influence	116 6%	101 5%	36 2%	181 9%	113 5%	110 5%	165 8%	84 4%
No answer	1869 90%	1902 91%	2018 97%	1756 84%	1308 63%	1876 90%	1094 53%	1664 80%

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 61

Q.6 How would you rank the following subjects in terms of what you care most about?**Summary: Highest influence****Base: All respondents**

	Gender		Age									Social Grade				Employment Sector		
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
My family or friends	431 21%	207 20%	224 21%	67 29% ^{fGH}	101 28% ^{fGH}	82 25% ^{GH}	79 21% ^{GH}	38 12%	64 13%	168 28% ^{jk}	161 23% ^k	102 13%	124 22% ^o	131 22% ^o	88 21%	88 17%	85 24%	206 25%
My partner	392 19%	214 21% ^B	178 17%	40 17%	69 19%	62 19%	65 18%	54 17%	102 21%	109 18%	127 18%	156 20%	126 22% ^O	114 19% ^O	80 19% ^o	71 14%	76 21%	160 19%
My dog	226 11%	98 10%	128 12%	23 10%	29 8%	36 11%	47 13% ^d	46 15% ^{DH}	47 10%	51 9%	83 12%	92 12%	52 9%	58 10%	70 17% ^{LMO}	47 9%	36 10%	81 10%
Social media influencers	63 3%	25 2%	38 4%	18 8% ^{FGH}	19 5% ^{FGH}	14 4% ^{fGH}	6 2%	3 1%	2 1%	37 6% ^{JK}	20 3% ^k	6 1%	21 4%	19 3%	8 2%	14 3%	17 5%	26 3%
NET: Employer/manager	39 2%	25 2% ^b	14 1%	9 4% ^{DH}	2 1%	14 4% ^{DgH}	8 2% ^H	5 2% ^H	-	11 2% ^k	22 3% ^k	5 1%	7 1%	12 2%	9 2%	11 2%	13 4%	25 3%
Elite sports professionals	33 2%	25 2% ^B	8 1%	10 4% ^{DFgH}	5 1% ^h	9 3% ^H	4 1% ^h	4 1% ^h	1 *	15 3% ^k	13 2% ^k	5 1%	13 2% ^m	5 1%	8 2%	8 2%	6 2%	20 2%
My employer (the company I work for)	32 2%	21 2%	11 1%	6 3% ^{DH}	1 *	12 4% ^{DH}	8 2% ^{dH}	5 2% ^{dH}	-	8 1%	19 3% ^k	5 1%	5 1%	9 2%	8 2%	10 2%	12 3%	20 2%
My manager	6 *	4 *	2 *	3 1% ^{fgH}	1 *	2 1% ^h	-	-	-	4 1% ^k	2 *	-	1 *	3 *	1 *	1 *	* *	4 1%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 62

Q.6 How would you rank the following subjects in terms of what you care most about?**Summary: Highest influence****Base: All respondents**

	Total	Region												
		Scotland (a)	Wales (b)	North-ern Ire-land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
My family or friends	431 21%	35 20%	21 21%	11 18%	364 21%	11 12%	52 22%	33 20%	50 28%EIL	25 17%	40 20%	64 23%e	52 18%	38 21%
My partner	392 19%	30 17%	20 19%	14 22%	329 19%	18 21%	54 23%K	31 18%	34 19%	25 17%	35 18%	35 13%	55 20%k	43 24%K
My dog	226 11%	19 11%	16 16%FI	11 18%dFhkl	180 10%	10 12%	19 8%	22 13%	16 9%	19 13%	23 12%	26 9%	25 9%	19 11%
Social media influencers	63 3%	3 2%	2 2%	- -	57 3%	4 5%	6 3%	4 3%	8 4%	2 1%	3 2%	16 6%aclj	9 3%	5 3%
NET: Employer/manager	39 2%	4 2%h	1 1%	1 1%	33 2%	- -	9 4%H	3 2%	- -	2 1%	4 2%h	5 2%	6 2%h	3 1%
Elite sports professionals	33 2%	2 1%	- -	* 1%	31 2%	2 3%	5 2%	7 4%bJm	2 1%	1 1%	1 *	5 2%	7 2%j	1 1%
My employer (the company I work for)	32 2%	3 2%	1 1%	1 1%	28 2%	- -	8 3%H	3 2%	- -	1 1%	4 2%h	3 1%	5 2%h	3 1%
My manager	6 *	1 1%	- -	- -	5 *	- -	1 1%	- -	- -	1 1%	- -	2 1%	1 *	- -

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 63

Q.6 How would you rank the following subjects in terms of what you care most about?**Summary: Top 3 highest influences****Base: All respondents**

	Gender		Age									Social Grade				Employment Sector		
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
My family or friends	986 47%	488 48%	498 47%	135 58% ^d FGH	178 50% ^g H	179 54% ^g H	177 48% ^h H	130 42%	188 39%	313 53% ^k K	355 51% ^k K	318 40%	290 51% ^o O	284 49% ^o O	214 51% ^o O	198 39%	193 54%	421 50%
My partner	772 37%	405 40% ^B	367 34%	79 34%	145 40%	131 40%	137 37%	105 34%	174 36%	225 38%	268 38%	279 35%	226 40% ^o O	211 36% ^o O	191 45% ^{MO}	145 29%	149 42%	323 38%
My dog	416 20%	185 18%	231 22% ^a	52 23%	67 19%	60 18%	88 24% ^e H	65 21%	84 17%	119 20%	148 21%	148 19%	104 18%	110 19%	109 26% ^{LMO}	93 18%	77 21%	161 19%
Social media influencers	324 16%	137 13%	187 18% ^A	60 26% ^{FGH}	77 21% ^{FGH}	75 23% ^{FGH}	42 11%	26 8%	44 9%	137 23% ^{JK}	117 17% ^K	70 9%	95 17%	91 16%	59 14%	78 15%	67 19%	134 16%
NET: Employer/manager	211 10%	133 13% ^B	79 7%	35 15% ^{GH}	52 14% ^{GH}	59 18% ^{FGH}	37 10% ^H	20 7% ^H	8 2%	87 15% ^K	96 14% ^K	28 4%	63 11%	58 10%	48 11%	42 8%	58 16%	142 17%
Elite sports professionals	204 10%	122 12% ^B	83 8%	49 21% ^{DEFGH}	34 10%	39 12% ^{fH}	27 7%	25 8%	29 6%	83 14% ^{JK}	66 9%	55 7%	71 13% ^o O	56 10% ^o O	46 11% ^o O	32 6%	38 11%	99 12%
My employer (the company I work for)	178 9%	109 11% ^B	69 6%	28 12% ^{GH}	43 12% ^{GH}	49 15% ^{fGH}	34 9% ^H	18 6% ^H	5 1%	71 12% ^K	84 12% ^K	23 3%	52 9%	49 8%	41 10%	36 7%	49 14%	122 15%
My manager	62 3%	41 4% ^B	20 2%	15 6% ^{FGH}	14 4% ^{fH}	19 6% ^{FGH}	5 1%	6 2%	4 1%	28 5% ^K	24 3% ^K	9 1%	18 3%	18 3%	15 3%	12 2%	18 5%	39 5%

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 64

Q.6 How would you rank the following subjects in terms of what you care most about?**Summary: Top 3 highest influences****Base: All respondents**

	Total	Region												
		Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
My family or friends	986 47%	77 44%	50 50%	33 53%	826 47%	33 39%	117 50%	87 51%	90 50%	69 47%	92 47%	126 46%	121 43%	89 50%
My partner	772 37%	62 35%	39 38%	20 33%	652 37%	27 32%	95 41%K	57 34%	82 46%agKL	56 38%	79 41%K	80 29%	99 35%	77 43%K
My dog	416 20%	46 26%DfKI	28 28%DFKI	17 27%K	325 19%	19 23%	40 17%	33 19%	38 21%k	30 20%	38 19%	40 15%	52 18%	35 20%
Social media influencers	324 16%	18 10%	16 16%	12 20%a	277 16%	15 17%	43 19%a	30 17%	32 18%a	25 17%	26 14%	41 15%	39 14%	26 15%
NET: Employer/manager	211 10%	16 9%	11 11%	9 15%	174 10%	8 10%	25 11%	16 9%	18 10%	13 9%	21 11%	35 13%l	22 8%	16 9%
Elite sports professionals	204 10%	16 9%	4 4%	7 11%	177 10%b	11 12%b	23 10%	27 16%BIJkm	20 11%b	9 6%	14 7%	26 10%	32 11%b	15 8%
My employer (the company I work for)	178 9%	10 6%	8 8%	8 13%	152 9%	7 9%	22 10%	16 9%	13 7%	12 8%	19 10%	28 10%	18 6%	16 9%
My manager	62 3%	10 6%dGJM	4 4%gM	2 3%	46 3%	3 3%m	10 4%gjM	1 1%	5 3%m	4 2%	3 1%	10 4%M	11 4%gM	* *

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 65

Q.6 Who are your biggest influences in doing exercise or physical activity in your daily life?**NET: Employer/ manager****Base: All respondents**

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
NET: All influences	211 10%	133 13%B	79 7%	35 15%GH	52 14%GH	59 18%FGH	37 10%H	20 7%H	8 2%	87 15%K	96 14%K	28 4%	63 11%	58 10%	48 11%	42 8%	58 16%	142 17%
1 - highest influence	39 2%	25 2%b	14 1%	9 4%DH	2 1%	14 4%DgH	8 2%H	5 2%H	- -	11 2%k	22 3%K	5 1%	7 1%	12 2%	9 2%	11 2%	13 4%	25 3%
2 - 2nd highest influence	57 3%	35 3%b	21 2%	6 3%	23 7%cFGH	12 4%gH	7 2%	4 1%	4 1%	29 5%jK	20 3%K	8 1%	16 3%	17 3%	13 3%	11 2%	17 5%	36 4%
3 - 3rd highest influence	116 6%	73 7%B	44 4%	20 9%GH	26 7%gH	33 10%GH	22 6%H	11 4%H	4 1%	46 8%K	55 8%K	15 2%	41 7%O	29 5%	27 6%	20 4%	28 8%	81 10%
No answer	1869 90%	883 87%	986 93%A	196 85%	308 86%	274 82%	331 90%E	288 93%CDE	473 98%CDEFG	504 85%	605 86%	760 96%IJ	504 89%	527 90%	374 89%	464 92%	301 84%	699 83%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 66

Q.6 Who are your biggest influences in doing exercise or physical activity in your daily life?**NET: Employer/ manager****Base: All respondents**

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
NET: All influences	211 10%	16 9%	11 11%	9 15%	174 10%	8 10%	25 11%	16 9%	18 10%	13 9%	21 11%	35 13% ^l	22 8%	16 9%
1 - highest influence	39 2%	4 2% ^h	1 1%	1 1%	33 2%	-	9 4% ^H	3 2%	-	2 1%	4 2% ^h	5 2%	6 2% ^h	3 1%
2 - 2nd highest influence	57 3%	3 2%	2 2%	1 2% ^g	51 3%	4 4% ^G	3 1%	-	8 5% ^{fG}	2 1%	8 4% ^G	14 5% ^{FGi}	7 3% ^g	4 3% ^g
3 - 3rd highest influence	116 6%	9 5%	9 9% ^L	7 11% ^{djL}	91 5%	5 6%	13 6%	13 8% ^l	9 5%	9 6%	9 5%	16 6%	8 3%	9 5%
No answer	1869 90%	159 91%	90 89%	53 85%	1567 90%	76 90%	207 89%	154 91%	162 90%	134 91%	173 89%	238 87%	261 92% ^k	163 91%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 67

Q.6 Who are your biggest influences in doing exercise or physical activity in your daily life?**My employer (the company I work for)****Base: All respondents**

	Gender		Age										Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
NET: All influences	178 9%	109 11%B	69 6%	28 12%GH	43 12%GH	49 15%fGH	34 9%H	18 6%H	5 1%	71 12%K	84 12%K	23 3%	52 9%	49 8%	41 10%	36 7%	49 14%	122 15%
1 - highest influence	32 2%	21 2%	11 1%	6 3%DH	1 *	12 4%DH	8 2%dH	5 2%dH	- -	8 1%	19 3%K	5 1%	5 1%	9 2%	8 2%	10 2%	12 3%	20 2%
2 - 2nd highest influence	45 2%	30 3%B	15 1%	5 2%	16 5%GH	10 3%gH	7 2%	3 1%	3 1%	21 4%K	18 3%K	6 1%	10 2%	16 3%	10 2%	9 2%	13 4%	30 4%
3 - 3rd highest influence	101 5%	58 6%	42 4%	17 7%GH	26 7%gH	27 8%GH	19 5%H	10 3%H	2 *	43 7%K	46 7%K	12 1%	36 6%O	24 4%	23 5%	17 3%	24 7%	72 9%
No answer	1902 91%	906 89%	996 94%A	202 88%	317 88%	284 85%	334 91%e	290 94%CDE	476 99%CDEFG	519 88%	617 88%	765 97%IJ	516 91%	535 92%	381 90%	470 93%	310 86%	719 85%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 68

Q.6 Who are your biggest influences in doing exercise or physical activity in your daily life?**My employer (the company I work for)****Base: All respondents**

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
NET: All influences	178 9%	10 6%	8 8%	8 13%	152 9%	7 9%	22 10%	16 9%	13 7%	12 8%	19 10%	28 10%	18 6%	16 9%
1 - highest influence	32 2%	3 2%	1 1%	1 1%	28 2%	- -	8 3%H	3 2%	- -	1 1%	4 2%h	3 1%	5 2%h	3 1%
2 - 2nd highest influence	45 2%	2 1%	2 2%	1 1%	40 2%	4 4%G	4 2%	- -	4 2%g	2 1%	7 4%G	11 4%G	4 1%	4 3%g
3 - 3rd highest influence	101 5%	5 3%	5 5%	7 11% ^{dAfjL}	84 5%	4 4%	11 5%	13 8% ^{aL}	9 5%	8 6%	8 4%	14 5%	8 3%	9 5%
No answer	1902 91%	166 94%	93 92%	54 87%	1589 91%	77 91%	210 90%	154 91%	166 93%	136 92%	174 90%	244 90%	265 94%	164 91%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 69

Q.6 Who are your biggest influences in doing exercise or physical activity in your daily life?**My manager****Base: All respondents**

	Gender		Age										Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
NET: All influences	62 3%	41 4%B	20 2%	15 6%FGH	14 4%fH	19 6%FGH	5 1%	6 2%	4 1%	28 5%JK	24 3%K	9 1%	18 3%	18 3%	15 3%	12 2%	18 5%	39 5%
1 - highest influence	6 *	4 *	2 *	3 1%fgH	1 *	2 1%h	- -	- -	- -	4 1%k	2 *	- -	1 *	3 *	1 *	1 *	* *	4 1%
2 - 2nd highest influence	20 1%	11 1%	9 1%	4 2%fH	7 2%fH	2 1%	1 *	4 1%	1 *	12 2%JK	4 1%	5 1%	6 1%	2 *	7 2%	5 1%	5 2%	13 2%
3 - 3rd highest influence	36 2%	27 3%B	9 1%	7 3%fgH	6 2%	14 4%dfGH	3 1%	2 1%	3 1%	13 2%K	18 3%K	5 1%	10 2%	13 2%	7 2%	6 1%	12 3%	21 3%
No answer	2018 97%	974 96%	1045 98%A	216 94%	346 96%	314 94%	364 99%CdE	302 98%CE	477 99%CDE	562 95%	677 97%	779 99%IJ	550 97%	567 97%	408 97%	494 98%	342 95%	802 95%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 70

Q.6 Who are your biggest influences in doing exercise or physical activity in your daily life?**My manager****Base: All respondents**

	Region													
	Total	Scotland (a)	Wales (b)	Northern Ireland (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
NET: All influences	62 3%	10 6%dGJM	4 4%gM	2 3%	46 3%	3 3%m	10 4%gjM	1 1%	5 3%im	4 2%	3 1%	10 4%M	11 4%gM	*
1 - highest influence	6 *	1 1%	-	-	5 *	-	1 1%	-	-	1 1%	-	2 1%	1 *	-
2 - 2nd highest influence	20 1%	1 *	1 1%	1 1%	17 1%	-	3 1%	1 1%	4 2%im	-	1 *	3 1%	5 2%	-
3 - 3rd highest influence	36 2%	9 5%DGHJM	3 3%GHm	1 1%	23 1%	3 3%Ghm	5 2%g	-	*	3 2%	2 1%	5 2%	5 2%	*
No answer	2018 97%	165 94%	97 96%	61 97%	1696 97%a	82 97%	222 96%	168 99%Abfl	175 97%	144 98%	191 99%Af	263 96%	272 96%	179 100%ABeFhKL

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 71

Q.6 Who are your biggest influences in doing exercise or physical activity in your daily life?**Social media influencers****Base: All respondents**

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
NET: All influences	324 16%	137 13%	187 18%A	60 26%FGH	77 21%FGH	75 23%FGH	42 11%	26 8%	44 9%	137 23%JK	117 17%K	70 9%	95 17%	91 16%	59 14%	78 15%	67 19%	134 16%
1 - highest influence	63 3%	25 2%	38 4%	18 8%FGH	19 5%FGH	14 4%fGH	6 2%	3 1%	2 1%	37 6%JK	20 3%K	6 1%	21 4%	19 3%	8 2%	14 3%	17 5%	26 3%
2 - 2nd highest influence	80 4%	29 3%	51 5%A	20 9%FGH	19 5%GH	22 7%FGH	9 2%	5 2%	5 1%	39 7%K	31 4%K	10 1%	20 4%	26 4%	13 3%	21 4%	16 5%	31 4%
3 - 3rd highest influence	181 9%	83 8%	98 9%	22 9%	39 11%G	38 12%Gh	27 7%	17 5%	37 8%	61 10%K	66 9%	54 7%	54 10%	46 8%	38 9%	43 9%	33 9%	77 9%
No answer	1756 84%	878 87%B	878 82%	171 74%	283 79%	258 77%	326 89%CDE	282 92%CDE	436 91%CDE	454 77%	584 83%I	719 91%IJ	472 83%	494 84%	363 86%	427 85%	292 81%	707 84%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 72

Q.6 Who are your biggest influences in doing exercise or physical activity in your daily life?**Social media influencers****Base: All respondents**

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humburside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
NET: All influences	324 16%	18 10%	16 16%	12 20%a	277 16%	15 17%	43 19%a	30 17%	32 18%a	25 17%	26 14%	41 15%	39 14%	26 15%
1 - highest influence	63 3%	3 2%	2 2%	- -	57 3%	4 5%	6 3%	4 3%	8 4%	2 1%	3 2%	16 6%aclj	9 3%	5 3%
2 - 2nd highest influence	80 4%	6 3%	5 5%j	7 12%DAfHJKLM	62 4%	5 6%j	11 5%j	10 6%hJm	3 2%	9 6%hJm	2 1%	10 4%	8 3%	3 2%
3 - 3rd highest influence	181 9%	9 5%	8 8%	5 8%	158 9%	6 7%	26 11%aK	15 9%	21 12%aK	14 10%	21 11%k	15 6%	23 8%	18 10%
No answer	1756 84%	157 90%cfh	85 84%	50 80%	1464 84%	70 83%	189 81%	140 83%	148 82%	123 83%	167 86%	231 85%	243 86%	153 85%

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 73

Q.6 Who are your biggest influences in doing exercise or physical activity in your daily life?**My partner****Base: All respondents**

	Gender		Age									Social Grade				Employment Sector		
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
NET: All influences	772 37%	405 40%B	367 34%	79 34%	145 40%	131 40%	137 37%	105 34%	174 36%	225 38%	268 38%	279 35%	226 40%O	211 36%O	191 45%MO	145 29%	149 42%	323 38%
1 - highest influence	392 19%	214 21%B	178 17%	40 17%	69 19%	62 19%	65 18%	54 17%	102 21%	109 18%	127 18%	156 20%	126 22%O	114 19%O	80 19%o	71 14%	76 21%	160 19%
2 - 2nd highest influence	268 13%	141 14%	127 12%	25 11%	44 12%	49 15%	61 16%ch	35 11%	54 11%	69 12%	109 16%iK	89 11%	74 13%O	73 13%o	76 18%IMO	44 9%	52 14%	114 14%
3 - 3rd highest influence	113 5%	51 5%	62 6%	15 6%f	32 9%FH	20 6%f	11 3%	16 5%	19 4%	47 8%JK	31 4%	35 4%	26 5%	24 4%	34 8%IM	29 6%	21 6%	49 6%
No answer	1308 63%	610 60%	698 66%A	152 66%	215 60%	201 60%	231 63%	203 66%	306 64%	366 62%	433 62%	509 65%	342 60%	374 64%N	232 55%	361 71%LMN	210 58%	518 62%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 74

Q.6 Who are your biggest influences in doing exercise or physical activity in your daily life?**My partner****Base: All respondents**

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humburside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
NET: All influences	772 37%	62 35%	39 38%	20 33%	652 37%	27 32%	95 41%K	57 34%	82 46%agKL	56 38%	79 41%K	80 29%	99 35%	77 43%K
1 - highest influence	392 19%	30 17%	20 19%	14 22%	329 19%	18 21%	54 23%K	31 18%	34 19%	25 17%	35 18%	35 13%	55 20%k	43 24%K
2 - 2nd highest influence	268 13%	20 11%	14 14%	5 8%	229 13%	7 8%	30 13%	20 12%	35 20%acEgIL	15 10%	29 15%	36 13%	32 11%	25 14%
3 - 3rd highest influence	113 5%	11 6%	5 5%	2 3%	95 5%	3 4%	10 4%	7 4%	13 7%	16 11%FGKLm	15 8%k	9 3%	12 4%	9 5%
No answer	1308 63%	114 65%h	62 62%	42 67%	1089 63%	57 68%	138 59%	112 66%h	98 54%	91 62%	115 59%	192 71%FHJM	183 65%H	103 57%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 75

Q.6 Who are your biggest influences in doing exercise or physical activity in your daily life?**Elite sports professionals****Base: All respondents**

	Gender		Age										Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
NET: All influences	204 10%	122 12%B	83 8%	49 21%DEFGH	34 10%	39 12%IH	27 7%	25 8%	29 6%	83 14%JK	66 9%	55 7%	71 13%O	56 10%o	46 11%O	32 6%	38 11%	99 12%
1 - highest influence	33 2%	25 2%B	8 1%	10 4%DFgH	5 1%h	9 3%H	4 1%h	4 1%h	1 *	15 3%K	13 2%k	5 1%	13 2%m	5 1%	8 2%	8 2%	6 2%	20 2%
2 - 2nd highest influence	61 3%	35 3%	26 2%	22 9%DEFGH	11 3%	10 3%	6 2%	5 2%	7 1%	32 5%JK	16 2%	12 2%	22 4%	17 3%	12 3%	10 2%	13 4%	32 4%
3 - 3rd highest influence	110 5%	61 6%	49 5%	17 7%	19 5%	21 6%	17 4%	16 5%	21 4%	36 6%	37 5%	37 5%	36 6%O	34 6%O	26 6%O	14 3%	19 5%	47 6%
No answer	1876 90%	893 88%	982 92%A	182 79%	326 90%C	293 88%C	341 93%Ce	283 92%C	451 94%CE	507 86%	635 91%l	734 93%l	497 87%	529 90%	376 89%	474 94%LmN	321 89%	742 88%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 76

Q.6 Who are your biggest influences in doing exercise or physical activity in your daily life?**Elite sports professionals****Base: All respondents**

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
NET: All influences	204 10%	16 9%	4 4%	7 11%	177 10%b	11 12%b	23 10%	27 16%BIJkm	20 11%b	9 6%	14 7%	26 10%	32 11%b	15 8%
1 - highest influence	33 2%	2 1%	-	* 1%	31 2%	2 3%	5 2%	7 4%bJm	2 1%	1 1%	1 *	5 2%	7 2%j	1 1%
2 - 2nd highest influence	61 3%	4 2%	2 2%	2 4%	52 3%	5 6%G	6 3%	1 1%	9 5%G	2 1%	5 2%	12 4%g	10 4%	3 1%
3 - 3rd highest influence	110 5%	10 6%	2 2%	4 7%	94 5%	3 4%	12 5%	19 11%BFhIJKI	9 5%	6 4%	9 4%	9 3%	16 6%	11 6%
No answer	1876 90%	159 91%	97 96%deGhl	55 89%	1565 90%	74 88%	210 90%	142 84%	160 89%	138 94%G	180 93%G	246 90%g	250 89%	164 92%g

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 77

Q.6 Who are your biggest influences in doing exercise or physical activity in your daily life?**My family or friends****Base: All respondents**

	Gender		Age										Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
NET: All influences	986 47%	488 48%	498 47%	135 58% ^d FGH	178 50% ^g H	179 54% ^{GH}	177 48% ^H	130 42%	188 39%	313 53% ^K	355 51% ^K	318 40%	290 51% ^O	284 49% ^O	214 51% ^O	198 39%	193 54%	421 50%
1 - highest influence	431 21%	207 20%	224 21%	67 29% ^f GH	101 28% ^f GH	82 25% ^{GH}	79 21% ^{GH}	38 12%	64 13%	168 28% ^{jk}	161 23% ^K	102 13%	124 22% ^o	131 22% ^o	88 21%	88 17%	85 24%	206 25%
2 - 2nd highest influence	390 19%	203 20%	187 18%	48 21%	58 16%	76 23% ^d F	56 15%	58 19%	93 19%	106 18%	132 19%	151 19%	122 22% ^O	106 18%	84 20%	77 15%	68 19%	157 19%
3 - 3rd highest influence	165 8%	78 8%	87 8%	20 8%	20 5%	21 6%	41 11% ^{DEH}	34 11% ^{DeH}	30 6%	39 7%	62 9%	64 8%	43 8%	46 8%	41 10%	34 7%	41 11% ^Q	58 7%
No answer	1094 53%	527 52%	567 53%	96 42%	182 50% ^c	154 46%	192 52% ^C	178 58% ^{CdE}	292 61% ^{CDEF}	278 47%	346 49%	471 60% ^{IJ}	278 49%	300 51%	209 49%	307 61% ^{LMN}	166 46%	420 50%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 78

Q.6 Who are your biggest influences in doing exercise or physical activity in your daily life?**My family or friends****Base: All respondents**

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
NET: All influences	986 47%	77 44%	50 50%	33 53%	826 47%	33 39%	117 50%	87 51%	90 50%	69 47%	92 47%	126 46%	121 43%	89 50%
1 - highest influence	431 21%	35 20%	21 21%	11 18%	364 21%	11 12%	52 22%	33 20%	50 28% ^{EIL}	25 17%	40 20%	64 23% ^e	52 18%	38 21%
2 - 2nd highest influence	390 19%	32 18%	18 18%	16 26% ^{HK}	323 19%	13 15%	46 20% ^{hk}	45 27% ^{eHKL}	23 13%	31 21% ^{hk}	42 22% ^{HK}	37 14%	49 17%	37 20% ^{hk}
3 - 3rd highest influence	165 8%	10 6%	10 10%	6 10%	138 8%	10 11%	19 8%	8 5%	18 10%	13 9%	10 5%	25 9%	20 7%	15 8%
No answer	1094 53%	98 56%	51 50%	29 47%	915 53%	52 61%	115 50%	82 49%	89 50%	78 53%	102 53%	146 54%	161 57%	90 50%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 79

Q.6 Who are your biggest influences in doing exercise or physical activity in your daily life?**My dog****Base: All respondents**

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
NET: All influences	416 20%	185 18%	231 22% ^a	52 23%	67 19%	60 18%	88 24% ^{eH}	65 21%	84 17%	119 20%	148 21%	148 19%	104 18%	110 19%	109 26% ^{LMO}	93 18%	77 21%	161 19%
1 - highest influence	226 11%	98 10%	128 12%	23 10%	29 8%	36 11%	47 13% ^d	46 15% ^{DH}	47 10%	51 9%	83 12%	92 12%	52 9%	58 10%	70 17% ^{LMO}	47 9%	36 10%	81 10%
2 - 2nd highest influence	106 5%	48 5%	59 5%	13 6%	25 7% ^{Eg}	9 3%	25 7% ^E	11 4%	24 5%	38 6%	33 5%	35 4%	31 5%	23 4%	22 5%	30 6%	23 6%	42 5%
3 - 3rd highest influence	84 4%	40 4%	44 4%	17 7% ^{GH}	14 4%	15 5%	17 5%	8 3%	13 3%	30 5% ^K	32 5% ^k	21 3%	21 4%	29 5%	17 4%	16 3%	18 5%	39 5%
No answer	1664 80%	830 82% ^b	834 78%	178 77%	293 81%	273 82% ^f	280 76%	243 79%	397 83% ^F	471 80%	553 79%	640 81%	464 82% ^N	474 81% ^N	313 74%	413 82% ^N	282 79%	680 81%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 80

Q.6 Who are your biggest influences in doing exercise or physical activity in your daily life?**My dog****Base: All respondents**

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humburside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
NET: All influences	416 20%	46 26%DfKI	28 28%DFKI	17 27%K	325 19%	19 23%	40 17%	33 19%	38 21%k	30 20%	38 19%	40 15%	52 18%	35 20%
1 - highest influence	226 11%	19 11%	16 16%FI	11 18%dFhkl	180 10%	10 12%	19 8%	22 13%	16 9%	19 13%	23 12%	26 9%	25 9%	19 11%
2 - 2nd highest influence	106 5%	14 8%gK	7 6%K	2 2%	85 5%	5 6%	14 6%K	5 3%	14 8%gK	9 6%K	8 4%	6 2%	14 5%	11 6%K
3 - 3rd highest influence	84 4%	14 8%Dflkm	5 5%l	4 7%l	60 3%	3 4%	8 3%	6 4%	9 5%i	1 1%	7 3%	8 3%	13 5%i	5 3%
No answer	1664 80%	129 74%	73 72%	45 73%	1416 81%AB	66 77%	192 83%aB	137 81%	141 79%	118 80%	156 81%	233 85%ABCh	231 82%ab	144 80%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 81
Q.7 How long do you expect to live after you retire?
Base: All respondents

	Gender			Age							Social Grade				Employment Sector			
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
0-5 years	131 6%	61 6%	70 7%	8 3% ^H	31 9% ^{CH}	29 9% ^{CH}	30 8% ^{CH}	29 9% ^{CH}	4 1%	38 7% ^k	59 8% ^K	33 4%	20 3%	35 6% ^l	30 7% ^L	46 9% ^{Lm}	22 6%	67 8%
6-10 years	190 9%	98 10%	92 9%	27 12% ^H	42 12% ^H	28 8% ^H	40 11% ^H	40 13% ^H	14 3%	69 12% ^K	68 10% ^k	53 7%	57 10%	49 8%	41 10%	43 9%	49 14%	94 11%
11-15 years	234 11%	123 12%	111 10%	23 10%	49 14% ^H	44 13% ^H	46 13% ^H	41 13% ^H	30 6%	72 12% ^k	90 13% ^K	71 9%	63 11%	75 13%	47 11%	49 10%	51 14%	123 15%
16-20 years	371 18%	178 17%	193 18%	41 18%	60 17%	61 18%	55 15%	45 15%	109 23% ^{dFG}	101 17%	116 17%	154 19%	109 19% ^O	118 20% ^O	77 18% ^o	66 13%	67 19%	152 18%
21-25 years	206 10%	90 9%	116 11%	25 11% ^D	19 5%	36 11% ^D	25 7%	24 8%	76 16% ^{DeFG}	44 7%	61 9%	100 13% ^{LJ}	63 11%	64 11%	35 8%	44 9%	37 10%	69 8%
26-30 years	196 9%	94 9%	103 10%	26 11% ^{dEf}	23 6%	18 5%	24 7%	26 8%	79 17% ^{ccDEFG}	49 8%	42 6%	105 13% ^{LJ}	67 12% ^O	51 9%	45 11% ^o	34 7%	23 6%	54 6%
31-35 years	83 4%	39 4%	44 4%	8 3%	9 3%	8 2%	9 2%	11 4%	39 8% ^{CDEFG}	17 3%	17 2%	49 6% ^{LJ}	35 6% ^O	24 4% ^o	16 4%	9 2%	18 5% ^Q	16 2%
36-40 years	51 2%	25 3%	25 2%	11 5% ^{dFG}	6 2%	7 2%	6 2%	3 1%	18 4% ^{fG}	16 3%	13 2%	21 3%	14 2%	6 1%	17 4% ^M	14 3% ^{am}	11 3%	17 2%
41 or more years	67 3%	30 3%	37 3%	9 4%	17 5%	10 3%	9 2%	7 2%	14 3%	27 4%	19 3%	22 3%	24 4% ^N	16 3%	6 1%	21 4% ^N	6 2%	31 4%
Don't know	552 27%	277 27%	274 26%	54 24%	103 29% ^H	91 27% ^H	124 34% ^{CgH}	82 27% ^h	98 20%	157 27%	215 31% ^K	179 23%	117 21%	146 25%	109 26%	179 36% ^{LMN}	75 21%	219 26%
NET: More than 26 years	397 19%	189 19%	208 20%	53 23% ^{dEFG}	56 15%	43 13%	48 13%	47 15%	150 31% ^{CDEFG}	109 18% ^J	91 13%	197 25% ^{LJ}	139 24% ^{MO}	97 17%	83 20%	78 15%	58 16%	117 14%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 82

Q.7 How long do you expect to live after you retire?**Base: All respondents**

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
0-5 years	131 6%	12 7%	7 7%	5 7%	107 6%	6 7%	19 8%k	13 8%	8 4%	5 4%	9 5%	12 4%	27 10%hIJKm	8 5%
6-10 years	190 9%	23 13%BEK	3 3%	7 12%Bek	157 9%b	3 3%	26 11%BeK	17 10%bk	17 9%bk	20 14%BEK	19 10%BK	13 5%	26 9%bk	17 10%bk
11-15 years	234 11%	21 12%	16 16%chk	3 5%	194 11%	12 15%	30 13%	18 11%	15 8%	19 13%	21 11%	25 9%	30 11%	25 14%c
16-20 years	371 18%	26 15%	23 23%E	11 18%ee	311 18%	6 7%	43 19%E	30 18%ee	29 16%ee	21 14%	33 17%e	51 19%E	51 18%E	46 25%Aehji
21-25 years	206 10%	15 8%	7 7%	6 10%	178 10%	12 14%l	21 9%	22 13%Lm	19 11%	16 11%	19 10%	37 14%bLM	19 7%	12 7%
26-30 years	196 9%	13 8%	10 9%	7 11%	167 10%	10 12%	16 7%	22 13%f	17 10%	17 11%	19 10%	26 10%	26 9%	12 7%
31-35 years	83 4%	4 2%	2 2%	1 2%	76 4%	4 5%	7 3%	4 3%	8 5%	8 6%	7 3%	17 6%	13 5%	8 4%
36-40 years	51 2%	3 2%	4 4%f	4 6%eFjk	40 2%	- -	2 1%	5 3%	4 2%	8 5%eFjK	3 1%	4 1%	5 2%	9 5%eFjKl
41 or more years	67 3%	3 2%	4 4%	1 2%	58 3%	1 1%	8 4%	2 1%	9 5%gj	4 3%	3 1%	10 4%	13 5%j	7 4%
Don't know	552 27%	55 32%giM	26 26%	17 27%	453 26%	31 36%GIM	60 26%	35 21%	53 29%gim	30 20%	60 31%GIM	79 29%gim	72 25%	35 20%
NET: More than 26 years	397 19%	25 14%	19 19%	13 20%	341 20%	16 19%	33 14%	34 20%	39 22%f	37 25%AFj	32 16%	57 21%f	58 20%f	37 20%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 83

Q.8 How, if at all, does your average working day impact your ability to exercise or do physical activity?**Base: All working full time or part time**

	Total	Gender		Age									Social Grade				Employment Sector	
		Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	1093	570	523	119	241	255	254	169	55	360	509	224	340	385	183	185	318	775
Weighted base	1200	618	583	137*	285	272	273	178	55*	421	545	233	349	388	265	198	359	841
NET: Easier	257 21%	144 23%	113 19%	31 22%g	73 26%fG	74 27%FG	49 18%	22 12%	9 17%	103 25%K	122 22%K	32 14%	84 24%	74 19%	59 22%	40 20%	65 18%	192 23%
A lot easier (+2)	98 8%	61 10%b	37 6%	15 11%	20 7%	24 9%	23 8%	12 7%	3 6%	35 8%	47 9%	16 7%	31 9%	20 5%	28 11%M	19 9% <i>m</i>	17 5%	81 10%P
A little easier (+1)	159 13%	83 14%	76 13%	16 11%	52 18%FG	50 18%FG	25 9%	10 6%	6 11%	68 16%K	75 14%K	16 7%	53 15%	54 14%	31 12%	22 11%	48 13%	111 13%
Neither easier nor difficult (0)	376 31%	197 32%	179 31%	33 24%	68 24%	77 28%	100 37%CD <i>e</i>	67 38%CD <i>e</i>	30 55% <i>CDEFG</i>	101 24%	177 32% <i>l</i>	98 42% <i>lJ</i>	90 26%	131 34% <i>L</i>	78 30%	76 38% <i>L</i>	107 30%	269 32%
A little harder (-1)	283 24%	130 21%	154 26% <i>a</i>	38 28%	63 22%	63 23%	59 22%	49 27%	11 19%	101 24%	123 22%	60 26%	104 30% <i>NO</i>	94 24%	51 19%	35 18%	93 26%	190 23%
A lot harder (-2)	235 20%	118 19%	116 20%	27 20% <i>h</i>	63 22% <i>H</i>	52 19% <i>h</i>	56 20% <i>H</i>	33 18% <i>h</i>	4 7%	90 21%	108 20%	37 16%	67 19%	80 21%	58 22%	30 15%	82 23%	152 18%
NET: Harder	518 43%	248 40%	270 46% <i>a</i>	65 48% <i>H</i>	127 44% <i>H</i>	115 42% <i>h</i>	115 42% <i>h</i>	82 46% <i>H</i>	15 26%	192 45%	230 42%	96 41%	170 49% <i>O</i>	174 45% <i>O</i>	110 41%	64 32%	176 49% <i>Q</i>	342 41%
Don't know	49 4%	29 5%	20 3%	8 6%	18 6% <i>E</i>	6 2%	10 4%	8 4%	1 1%	25 6% <i>J</i>	16 3%	8 3%	5 1%	9 2%	18 7% <i>LM</i>	17 9% <i>LM</i>	11 3%	38 4%
Mean	-0.35	-0.28 <i>b</i>	-0.42	-0.36	-0.36	-0.26	-0.38	-0.47	-0.11 <i>g</i>	-0.36	-0.32	-0.38	-0.36	-0.42	-0.32	-0.19 <i>m</i>	-0.51	-0.28 <i>P</i>
Standard deviation	1.19	1.23	1.15	1.27	1.25	1.23	1.18	1.09	0.91	1.25	1.20	1.06	1.21	1.13	1.28	1.16	1.14	1.21
Standard error	0.04	0.05	0.05	0.12	0.08	0.08	0.08	0.09	0.12	0.07	0.05	0.07	0.07	0.06	0.10	0.09	0.07	0.04

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

* small base

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 84

Q.8 How, if at all, does your average working day impact your ability to exercise or do physical activity?

Base: All working full time or part time

	Total	Region												
		Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	1093	71	56	35	931	43	134	72	93	69	103	169	145	103
Weighted base	1200	101*	55*	42**	1003	55*	137	84*	103*	76*	106*	175	162	105*
NET: Easier	257 21%	22 22%	19 35%DEGIJKL	10 23%	207 21%	5 8%	39 29%EGJ	11 14%	28 27%Egj	13 17%	16 15%	39 22%e	33 20%	23 22%
A lot easier (+2)	98 8%	10 10%	8 14%L	3 8%	77 8%	2 3%	11 8%	4 5%	15 14%egjL	6 8%	6 6%	17 10%	7 4%	8 8%
A little easier (+1)	159 13%	11 11%	11 21%Egj	6 15%	130 13%	3 5%	28 20%Egjk	8 9%	13 13%	7 9%	10 9%	22 12%	25 16%	14 14%
Neither easier nor difficult (0)	376 31%	31 31%	13 24%	7 18%	325 32%	21 37%	41 30%	27 32%	27 26%	30 39%	41 38%	62 35%	44 27%	33 31%
A little harder (-1)	283 24%	21 21%	11 21%	9 22%	242 24%	14 26%	24 17%	21 26%	15 15%	24 32%FH	28 26%h	36 21%	54 33%FHK	26 24%
A lot harder (-2)	235 20%	21 21%	8 15%	14 32%	192 19%	15 28%i	26 19%	20 24%i	24 23%	9 12%	16 15%	35 20%	25 15%	21 20%
NET: Harder	518 43%	42 42%	19 36%	23 54%	434 43%	30 54%f	50 37%	42 50%	39 38%	33 43%	43 41%	72 41%	79 49%f	46 44%
Don't know	49 4%	6 6%	3 5%	2 5%	38 4%	- -	7 5%	4 4%	9 8%eiK	1 1%	6 6%	3 2%	6 4%	3 3%
Mean	-0.35	-0.33	-0.02dEGL	-0.58	-0.35	-0.70	-0.20Eg	-0.58	-0.21e	-0.31e	-0.37	-0.30e	-0.41	-0.35
Standard deviation	1.19	1.26	1.30	1.34	1.17	1.04	1.24	1.12	1.39	1.06	1.06	1.21	1.08	1.19
Standard error	0.04	0.15	0.18	0.23	0.04	0.16	0.11	0.13	0.15	0.13	0.11	0.09	0.09	0.12

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base; ** very small base (under 30) ineligible for sig testing

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 85

Q.9 Approximately, how frequently do you cancel exercise or physical activity due to work commitments?**Base: All working full time**

	Total	Gender		Age									Social Grade				Employment Sector	
		Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	709	436	273	83	169	182	164	96	15	252	346	111	243	251	118	97	222	487
Weighted base	948	545	404	113*	238	223	216	134*	24**	351	439	158*	290	314	207*	138*	294	655
NET: Daily/ Weekly	289 30%	158 29%	131 32%	40 35%F	85 36%F	77 34%F	45 21%	36 27%	5 21%	125 36%j	122 28%	41 26%	111 38%MO	80 26%	66 32%	32 23%	94 32%	195 30%
Daily	101 11%	57 10%	44 11%	5 5%	43 18%CEF	15 7%	13 6%	24 18%CEF	1 4%	48 14%J	28 6%	25 16%J	36 12%	29 9%	23 11%	13 10%	31 10%	70 11%
Weekly	188 20%	101 19%	87 21%	35 31%DFG	42 18%g	62 28%DFG	32 15%	13 10%	4 17%	77 22%K	94 21%K	17 11%	75 26%MO	52 16%	42 20%	18 13%	63 22%	125 19%
Monthly	78 8%	49 9%	29 7%	12 11%	21 9%	24 11%f	10 5%	11 8%	- -	33 9%	34 8%	11 7%	30 10%o	30 9%o	13 6%	5 3%	20 7%	58 9%
Less than monthly	116 12%	71 13%	46 11%	17 15%	27 11%	30 13%	27 12%	11 8%	5 22%	44 12%	56 13%	16 10%	30 10%	55 18%LN	14 7%	18 13%	32 11%	84 13%
Never - I always do my planned exercise or physical activity	172 18%	110 20%	62 15%	20 17%d	21 9%	51 23%D	49 23%D	28 21%D	4 15%	40 11%	100 23%l	32 20%l	42 14%	57 18%	47 22%l	26 19%	56 19%	116 18%
Never - I don't do exercise	222 23%	111 20%	111 28%A	18 16%	60 25%E	26 12%	70 32%CE	38 28%cE	10 42%	78 22%	96 22%	48 30%	63 22%	70 22%	50 24%	39 28%	71 24%	150 23%
Don't know	71 8%	46 8%	26 6%	7 6%	24 10%	15 7%	16 7%	9 7%	- -	31 9%	31 7%	9 6%	14 5%	21 7%	17 8%	19 13%Lm	20 7%	51 8%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 86

Q.9 Approximately, how frequently do you cancel exercise or physical activity due to work commitments?**Base: All working full time**

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	709	46	32	28	603	30	101	46	64	38	60	107	96	61
Weighted base	948	78*	40**	37**	794	46**	117*	66*	85*	54*	75*	140*	131*	80*
NET: Daily/ Weekly	289 30%	28 36%i	13 32%	7 18%	241 30%	13 29%	36 31%	18 27%	32 38%lJ	9 16%	15 20%	50 36%lj	46 35%lj	21 27%
Daily	101 11%	10 13%l	3 8%	3 7%	85 11%	5 10%	11 10%i	11 17%lj	19 22%FIJKM	- -	4 5%	12 9%i	16 12%l	6 8%
Weekly	188 20%	18 23%	10 24%	4 11%	157 20%	9 19%	25 21%	7 10%	13 16%	9 16%	11 15%	38 27%G	30 23%	15 19%
Monthly	78 8%	3 4%	2 6%	- -	72 9%	5 11%	7 6%	11 16%af	8 9%	6 11%	4 6%	18 13%	9 7%	5 7%
Less than monthly	116 12%	8 10%	8 21%	7 18%	93 12%	5 11%	14 12%	10 15%k	13 15%k	5 9%	6 8%	8 6%	13 10%	21 26%aFiJKL
Never - I always do my planned exercise or physical activity	172 18%	15 20%	6 14%	8 22%	143 18%	6 14%	20 17%	10 15%	14 16%	20 38%FGHKLM	16 21%	27 19%	19 14%	12 15%
Never - I don't do exercise	222 23%	14 19%	11 26%	14 37%	183 23%	16 35%	31 26%h	16 24%	11 13%	8 15%	28 37%aHIKM	26 19%	37 28%Hm	11 14%
Don't know	71 8%	9 11%	1 2%	1 4%	61 8%	- -	10 9%	2 4%	7 8%	5 10%	6 9%	12 9%	7 6%	10 12%

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base; ** very small base (under 30) ineligible for sig testing**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 87

Q.10 Thinking about exercising or physical activity in relation to work, to what extent do you agree or disagree with the following statements?

Summary**Base: All working full time**

	Statements					
	I am more productive if I have exercised or done physical activity before going to work	I feel less stressed at work if I have exercised or done physical activity before going to work	My colleagues think I am easier to work with if I have exercised or done physically activity before going to work	It would boost my employer's performance if employees were offered an hour a day to exercise or do physical activity before going to work	It is difficult to fit in exercise or physical activity before work	I am tired at work if I have exercised or done physical activity beforehand
Unweighted base	709	709	709	709	709	709
Weighted base	948	948	948	948	948	948
NET: Agree	288 30%	283 30%	135 14%	332 35%	437 46%	186 20%
Strongly agree (+2)	80 8%	90 9%	39 4%	119 13%	231 24%	62 7%
Tend to agree (+1)	208 22%	193 20%	96 10%	213 22%	206 22%	124 13%
Neither agree nor disagree (0)	164 17%	171 18%	194 20%	140 15%	84 9%	162 17%
Tend to disagree (-1)	65 7%	63 7%	44 5%	41 4%	67 7%	139 15%
Strongly disagree (-2)	28 3%	34 4%	40 4%	27 3%	35 4%	81 9%
NET: Disagree	93 10%	98 10%	84 9%	68 7%	102 11%	220 23%
I don't do exercise or physical activity before going to work	255 27%	255 27%	255 27%	255 27%	255 27%	255 27%
Don't know	148 16%	142 15%	280 30%	153 16%	71 7%	126 13%
Mean	0.45	0.44	0.12	0.66	0.85	-0.09
Standard deviation	1.04	1.08	1.05	1.06	1.19	1.21
Standard error	0.05	0.05	0.06	0.05	0.06	0.06

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 88

Q.10 Thinking about exercising or physical activity in relation to work, to what extent do you agree or disagree with the following statements?**Summary****Base: All working full time**

	Gender		Age									Social Grade				Employment Sector		
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	709	436	273	83	169	182	164	96	15	252	346	111	243	251	118	97	222	487
Weighted base	948	545	404	113*	238	223	216	134*	24**	351	439	158*	290	314	207*	138*	294	655
NET: Agree																		
I am more productive if I have exercised or done physical activity before going to work	288 30%	164 30%	124 31%	38 34%	72 30%	80 36%g	58 27%	32 24%	9 38%	110 31%	138 31%	41 26%	112 39%MNO	90 29%	54 26%	33 24%	94 32%	195 30%
I feel less stressed at work if I have exercised or done physical activity before going to work	283 30%	166 31%	116 29%	45 40%dFG	63 26%	82 37%dFg	52 24%	32 24%	9 38%	108 31%	134 30%	41 26%	109 38%MnO	86 27%	57 28%	31 22%	96 33%	187 29%
My colleagues think I am easier to work with if I have exercised or done physically activity before going to work	135 14%	80 15%	55 14%	28 24%FG	50 21%FG	38 17%FG	11 5%	9 7%	-	77 22%JK	49 11%	9 6%	47 16%	41 13%	31 15%	17 12%	39 13%	96 15%
It would boost my employer's performance if employees were offered an hour a day to exercise or do physical activity before going to work	332 35%	184 34%	148 37%	49 44%fG	89 37%G	92 41%fG	66 30%	31 23%	5 21%	138 39%K	158 36%K	36 23%	124 43%nO	110 35%o	66 32%	32 24%	120 41%Q	212 32%
NET: Disagree																		
It is difficult to fit in exercise or physical activity before work	102 11%	66 12%	35 9%	9 8%	16 7%	33 15%D	20 9%	16 12%	7 29%	25 7%	54 12%i	23 15%l	24 8%	33 11%	23 11%	21 15%l	25 8%	77 12%
I am tired at work if I have exercised or done physical activity beforehand	220 23%	120 22%	100 25%	23 21%	50 21%	65 29%d	47 22%	26 19%	9 36%	73 21%	113 26%	35 22%	90 31%MN	68 22%n	28 13%	35 25%N	69 23%	151 23%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 89

Q.10 Thinking about exercising or physical activity in relation to work, to what extent do you agree or disagree with the following statements?**Summary****Base: All working full time**

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	709	46	32	28	603	30	101	46	64	38	60	107	96	61
Weighted base	948	78*	40**	37**	794	46**	117*	66*	85*	54*	75*	140*	131*	80*
NET: Agree														
I am more productive if I have exercised or done physical activity before going to work	288 30%	24 31%	17 42%	13 37%	234 29%	12 27%	31 27%	21 32%	26 30%	9 17%	24 32%	50 35%i	34 26%	27 34%i
I feel less stressed at work if I have exercised or done physical activity before going to work	283 30%	18 23%	14 34%	13 35%	238 30%	15 34%	27 23%	22 34%	29 34%j	11 20%	15 19%	54 39%aFiJ	36 28%	28 35%j
My colleagues think I am easier to work with if I have exercised or done physically activity before going to work	135 14%	14 18%j	14 34%	5 13%	103 13%	7 15%	19 17%j	14 22%iJL	13 15%	3 5%	4 6%	22 16%j	9 7%	11 14%
It would boost my employer's performance if employees were offered an hour a day to exercise or do physical activity before going to work	332 35%	18 23%	19 47%	15 40%	281 35%	13 28%	36 31%	31 47%AfL	33 39%a	15 28%	25 34%	56 40%al	36 27%	35 44%Al
NET: Disagree														
It is difficult to fit in exercise or physical activity before work	102 11%	7 8%	1 4%	3 7%	91 11%	9 19%	12 10%	9 13%	12 14%	4 7%	5 7%	21 15%	13 10%	8 10%
I am tired at work if I have exercised or done physical activity beforehand	220 23%	14 18%	10 24%	10 26%	187 24%	14 31%	21 18%	14 21%	26 30%fi	6 12%	23 30%i	36 26%i	29 22%	18 22%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base; ** very small base (under 30) ineligible for sig testing

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 90

Q.10 Thinking about exercising or physical activity in relation to work, to what extent do you agree or disagree with the following statements?

I feel less stressed at work if I have exercised or done physical activity before going to work

Base: All working full time

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	709	436	273	83	169	182	164	96	15	252	346	111	243	251	118	97	222	487
Weighted base	948	545	404	113*	238	223	216	134*	24**	351	439	158*	290	314	207*	138*	294	655
NET: Agree	283 30%	166 31%	116 29%	45 40% <small>dFG</small>	63 26%	82 37% <small>dFg</small>	52 24%	32 24%	9 38%	108 31%	134 30%	41 26%	109 38% <small>MnO</small>	86 27%	57 28%	31 22%	96 33%	187 29%
Strongly agree (+2)	90 9%	50 9%	40 10%	20 18% <small>DFg</small>	17 7%	24 11%	13 6%	10 7%	6 24%	37 11%	37 8%	15 10%	37 13% <small>m</small>	23 7%	17 8%	13 9%	29 10%	61 9%
Tend to agree (+1)	193 20%	117 21%	76 19%	25 22%	46 19%	58 26%	39 18%	23 17%	3 14%	71 20%	96 22%	26 16%	72 25% <small>O</small>	63 20%	40 19%	18 13%	67 23%	126 19%
Neither agree nor disagree (0)	171 18%	111 20% <small>b</small>	60 15%	16 14%	40 17%	37 16%	52 24%	23 17%	3 12%	56 16%	89 20%	26 17%	52 18%	55 17%	35 17%	29 21%	51 17%	120 18%
Tend to disagree (-1)	63 7%	33 6%	31 8%	6 5%	15 6%	21 9%	12 6%	6 4%	3 13%	21 6%	33 8%	9 6%	15 5%	23 7%	18 9%	8 5%	24 8%	39 6%
Strongly disagree (-2)	34 4%	22 4%	12 3%	3 3%	8 4%	8 4%	9 4%	5 4%	1 4%	11 3%	17 4%	6 4%	9 3%	4 1%	5 3%	16 11% <small>LMN</small>	10 3%	25 4%
NET: Disagree	98 10%	55 10%	43 11%	9 8%	24 10%	30 13%	21 10%	10 8%	4 17%	33 9%	50 11%	14 9%	24 8%	27 9%	24 11%	23 17% <small>LM</small>	34 11%	64 10%
I don't do exercise or physical activity before going to work	255 27%	134 25%	122 30%	36 32% <small>E</small>	54 23%	41 19%	62 29% <small>E</small>	56 42% <small>DEF</small>	6 26%	90 26%	103 23%	63 40% <small>IJ</small>	61 21%	100 32% <small>L</small>	56 27%	38 28%	69 24%	186 28%
Don't know	142 15%	79 15%	63 16%	8 7%	57 24% <small>CeFG</small>	34 15% <small>cc</small>	30 14%	12 9%	2 7%	65 18% <small>K</small>	63 14%	13 8%	44 15%	46 15%	35 17%	17 12%	44 15%	97 15%
Mean	0.44	0.42	0.46	0.77 <small>dF</small>	0.38	0.46	0.29	0.40	0.61	0.51	0.38	0.44	0.62 <small>O</small>	0.46 <small>O</small>	0.39	0.06	0.45	0.43
Standard deviation	1.08	1.07	1.11	1.09	1.07	1.10	1.02	1.07	1.35	1.09	1.06	1.13	1.04	0.98	1.07	1.31	1.08	1.09
Standard error	0.05	0.07	0.09	0.14	0.11	0.10	0.10	0.16	0.43	0.09	0.07	0.15	0.08	0.08	0.13	0.17	0.09	0.06

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 91

Q.10 Thinking about exercising or physical activity in relation to work, to what extent do you agree or disagree with the following statements?**I feel less stressed at work if I have exercised or done physical activity before going to work****Base: All working full time**

	Total	Region												
		Scotland (a)	Wales (b)	North-ern Ire-land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	709	46	32	28	603	30	101	46	64	38	60	107	96	61
Weighted base	948	78*	40**	37**	794	46**	117*	66*	85*	54*	75*	140*	131*	80*
NET: Agree	283 30%	18 23%	14 34%	13 35%	238 30%	15 34%	27 23%	22 34%	29 34% _{ij}	11 20%	15 19%	54 39% _{aFIJ}	36 28%	28 35% _j
Strongly agree (+2)	90 9%	2 2%	7 17%	3 9%	78 10%	8 17%	8 7%	7 11%	15 17% _{AfJL}	4 7%	3 4%	19 14% _{Ajl}	6 5%	8 10%
Tend to agree (+1)	193 20%	16 21%	7 17%	10 27%	160 20%	8 17%	19 16%	15 23%	14 17%	7 13%	12 16%	35 25%	30 23%	20 25%
Neither agree nor disagree (0)	171 18%	10 13%	6 15%	9 24%	146 18%	3 7%	20 17%	13 20%	14 16%	10 19%	17 23%	30 22%	20 15%	19 24%
Tend to disagree (-1)	63 7%	3 3%	3 8%	-	58 7%	3 7%	8 7%	5 8%	4 5%	1 2%	7 9%	13 9%	10 8%	6 7%
Strongly disagree (-2)	34 4%	2 2%	1 3%	5 12%	27 3%	6 13%	4 3% _k	2 2%	4 4% _K	1 1%	2 3%	-	7 6% _K	1 1%
NET: Disagree	98 10%	4 6%	4 11%	5 12%	84 11%	9 20%	12 10%	7 11%	8 9%	2 3%	9 12%	13 9%	17 13%	7 9%
I don't do exercise or physical activity before going to work	255 27%	34 44% _{DGhKlm}	13 33%	9 24%	199 25%	5 11%	37 31% _K	12 18%	20 24%	26 48% _{GHJKLM}	21 28%	25 18%	35 27%	19 24%
Don't know	142 15%	11 14%	3 7%	2 4%	127 16%	13 28%	21 18%	12 18%	14 16%	6 11%	14 18%	18 13%	23 17%	7 9%
Mean	0.44	0.41	0.62	0.27	0.44	0.28	0.33	0.50	0.63	0.52	0.15	0.62 _l	0.25	0.53
Standard deviation	1.08	0.93	1.19	1.23	1.08	1.54	1.10	1.05	1.21	0.96	0.97	0.95	1.12	0.94
Standard error	0.05	0.20	0.27	0.28	0.06	0.34	0.15	0.20	0.20	0.23	0.17	0.11	0.15	0.14

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base; ** very small base (under 30) ineligible for sig testing**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 92

Q.10 Thinking about exercising or physical activity in relation to work, to what extent do you agree or disagree with the following statements?
My colleagues think I am easier to work with if I have exercised or done physically activity before going to work

Base: All working full time

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	709	436	273	83	169	182	164	96	15	252	346	111	243	251	118	97	222	487
Weighted base	948	545	404	113*	238	223	216	134*	24**	351	439	158*	290	314	207*	138*	294	655
NET: Agree	135 14%	80 15%	55 14%	28 24%FG	50 21%FG	38 17%FG	11 5%	9 7%	-	77 22%JK	49 11%	9 6%	47 16%	41 13%	31 15%	17 12%	39 13%	96 15%
Strongly agree (+2)	39 4%	23 4%	16 4%	9 8%F	16 7%F	8 4%	2 1%	3 2%	-	26 7%JK	10 2%	3 2%	16 5%	11 4%	8 4%	4 3%	16 5%	23 4%
Tend to agree (+1)	96 10%	57 10%	39 10%	18 16%FG	34 14%FG	30 13%FG	9 4%	6 4%	-	52 15%JK	39 9%k	6 4%	31 11%	30 9%	23 11%	12 9%	23 8%	73 11%
Neither agree nor disagree (0)	194 20%	130 24%B	64 16%	18 16%	41 17%	59 26%d	45 21%	28 21%	2 9%	59 17%	104 24%i	30 19%	57 20%	59 19%	46 22%	32 23%	56 19%	137 21%
Tend to disagree (-1)	44 5%	29 5%	14 4%	4 4%	4 2%	14 6%D	13 6%d	4 3%	4 17%	8 2%	28 6%l	8 5%	12 4%	15 5%	8 4%	9 6%	10 4%	33 5%
Strongly disagree (-2)	40 4%	17 3%	23 6%	3 2%	9 4%	6 3%	19 9%cdEg	3 2%	1 4%	11 3%	25 6%	4 3%	8 3%	9 3%	15 7%lm	8 6%	15 5%	25 4%
NET: Disagree	84 9%	47 9%	37 9%	7 6%	13 5%	20 9%	33 15%cDG	7 5%	5 21%	19 5%	53 12%i	12 8%	20 7%	24 8%	23 11%	17 12%	25 9%	59 9%
I don't do exercise or physical activity before going to work	255 27%	134 25%	122 30%	36 32%E	54 23%	41 19%	62 29%E	56 42%DEF	6 26%	90 26%	103 23%	63 40%IJ	61 21%	100 32%L	56 27%	38 28%	69 24%	186 28%
Don't know	280 30%	155 28%	126 31%	25 22%	81 34%c	64 29%	66 31%	33 25%	10 44%	106 30%	130 30%	44 28%	105 36%no	90 29%	52 25%	34 25%	104 35%Q	177 27%
Mean	0.12	0.15	0.07	0.53eF	0.43F	0.18F	-0.43	0.04	-0.85	0.46JK	-0.09	-0.08	0.28o	0.15	*	-0.06	0.12	0.12
Standard deviation	1.05	0.97	1.16	1.03	1.08	0.91	1.02	0.89	0.69	1.06	1.00	0.92	1.02	1.00	1.12	1.05	1.14	1.01
Standard error	0.06	0.07	0.11	0.16	0.12	0.09	0.13	0.16	0.31	0.10	0.08	0.15	0.10	0.10	0.15	0.15	0.11	0.07

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 93

Q.10 Thinking about exercising or physical activity in relation to work, to what extent do you agree or disagree with the following statements?

My colleagues think I am easier to work with if I have exercised or done physically activity before going to work

Base: All working full time

	Total	Region												
		Scotland (a)	Wales (b)	North-ern Ire-land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	709	46	32	28	603	30	101	46	64	38	60	107	96	61
Weighted base	948	78*	40**	37**	794	46**	117*	66*	85*	54*	75*	140*	131*	80*
NET: Agree	135 14%	14 18% ^{jl}	14 34%	5 13%	103 13%	7 15%	19 17% ^{jl}	14 22% ^{ijL}	13 15%	3 5%	4 6%	22 16% ^{jl}	9 7%	11 14%
Strongly agree (+2)	39 4%	3 4%	5 12%	-	32 4%	3 7%	6 5%	2 2%	6 7% ^l	-	4 5%	5 4%	1 1%	4 5%
Tend to agree (+1)	96 10%	11 14% ^J	9 22%	5 13%	72 9%	4 8%	13 11% ^J	13 19% ^{ijL}	7 8%	3 5%	1 1%	17 12% ^J	8 6%	7 8% ^j
Neither agree nor disagree (0)	194 20%	6 8%	6 14%	10 26%	172 22% ^A	6 13%	18 15%	12 18%	18 21% ^a	15 28% ^A	20 27% ^{Af}	31 22% ^a	28 21% ^a	24 30% ^{Af}
Tend to disagree (-1)	44 5%	4 5%	1 2%	2 6%	37 5%	6 13%	4 4%	2 4%	5 6%	1 2%	1 2%	9 6%	6 4%	2 3%
Strongly disagree (-2)	40 4%	3 4%	1 2%	* 1%	36 4%	3 7%	4 3%	3 4%	2 2%	2 3%	2 3%	7 5%	9 7%	3 4%
NET: Disagree	84 9%	7 9%	1 4%	3 7%	73 9%	9 20%	8 7%	5 8%	8 9%	3 5%	4 5%	16 11%	15 11%	6 7%
I don't do exercise or physical activity before going to work	255 27%	34 44% ^{DGhKlm}	13 33%	9 24%	199 25%	5 11%	37 31% ^K	12 18%	20 24%	26 48% ^{GHJKLM}	21 28%	25 18%	35 27%	19 24%
Don't know	280 30%	17 22%	6 16%	11 30%	246 31%	18 40%	35 30% ⁱ	23 35% ^l	26 30% ⁱ	7 14%	26 34% ^l	47 33% ^l	44 34% ^l	20 26%
Mean	0.12	0.24	0.78	0.10	0.07	-0.11	0.30 ^L	0.24	0.25	-0.08	0.07	0.06	-0.24	0.15
Standard deviation	1.05	1.20	0.99	0.73	1.04	1.29	1.10	1.01	1.07	0.72	0.97	1.05	1.00	0.99
Standard error	0.06	0.30	0.24	0.20	0.06	0.32	0.17	0.23	0.20	0.18	0.20	0.15	0.16	0.17

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base; ** very small base (under 30) ineligible for sig testing**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 94

Q.10 Thinking about exercising or physical activity in relation to work, to what extent do you agree or disagree with the following statements?

It would boost my employer's performance if employees were offered an hour a day to exercise or do physical activity before going to work

Base: All working full time

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	709	436	273	83	169	182	164	96	15	252	346	111	243	251	118	97	222	487
Weighted base	948	545	404	113*	238	223	216	134*	24**	351	439	158*	290	314	207*	138*	294	655
NET: Agree	332 35%	184 34%	148 37%	49 44%fG	89 37%G	92 41%fG	66 30%	31 23%	5 21%	138 39%K	158 36%K	36 23%	124 43%nO	110 35%o	66 32%	32 24%	120 41%Q	212 32%
Strongly agree (+2)	119 13%	64 12%	55 14%	22 19%eg	34 14%	23 10%	28 13%	11 8%	2 8%	56 16%k	50 11%	13 8%	56 19%MNO	36 11%	18 9%	9 7%	46 16%	73 11%
Tend to agree (+1)	213 22%	120 22%	93 23%	28 25%	54 23%	69 31%FG	38 18%	20 15%	3 14%	82 23%k	108 24%K	23 15%	68 23%	74 24%	47 23%	23 17%	74 25%	139 21%
Neither agree nor disagree (0)	140 15%	95 17%B	45 11%	10 9%	44 19%cG	38 17%G	32 15%g	9 7%	6 24%	55 16%	70 16%	15 9%	42 14%	40 13%	35 17%	23 17%	38 13%	102 16%
Tend to disagree (-1)	41 4%	26 5%	15 4%	4 3%	9 4%	9 4%	11 5%	6 4%	3 13%	12 4%	20 5%	9 5%	11 4%	13 4%	12 6%	5 4%	20 7%q	21 3%
Strongly disagree (-2)	27 3%	19 4%	8 2%	7 6%D	3 1%	5 2%	9 4%	3 2%	1 4%	10 3%	14 3%	4 2%	4 1%	8 3%	5 2%	10 8%Lmn	7 2%	20 3%
NET: Disagree	68 7%	45 8%	23 6%	10 9%	12 5%	14 6%	19 9%	8 6%	4 17%	22 6%	34 8%	12 8%	15 5%	21 7%	17 8%	15 11%l	26 9%	42 6%
I don't do exercise or physical activity before going to work	255 27%	134 25%	122 30%	36 32%E	54 23%	41 19%	62 29%E	56 42%DEF	6 26%	90 26%	103 23%	63 40%IJ	61 21%	100 32%L	56 27%	38 28%	69 24%	186 28%
Don't know	153 16%	86 16%	66 16%	7 6%	40 17%C	37 17%C	37 17%C	29 22%C	3 11%	47 13%	74 17%	32 20%	48 16%	43 14%	34 16%	29 21%	39 13%	113 17%
Mean	0.66	0.57	0.79a	0.77	0.75	0.66	0.56	0.64	0.13	0.75	0.61	0.52	0.89NO	0.68O	0.52	0.22	0.72	0.62
Standard deviation	1.06	1.08	1.02	1.22	0.95	0.94	1.17	1.14	1.12	1.04	1.05	1.15	0.99	1.03	1.01	1.21	1.07	1.05
Standard error	0.05	0.07	0.08	0.16	0.09	0.09	0.12	0.20	0.37	0.08	0.07	0.18	0.08	0.09	0.12	0.17	0.09	0.06

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 95

Q.10 Thinking about exercising or physical activity in relation to work, to what extent do you agree or disagree with the following statements?

It would boost my employer's performance if employees were offered an hour a day to exercise or do physical activity before going to work

Base: All working full time

	Total	Region												
		Scotland (a)	Wales (b)	North-ern Ire-land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	709	46	32	28	603	30	101	46	64	38	60	107	96	61
Weighted base	948	78*	40**	37**	794	46**	117*	66*	85*	54*	75*	140*	131*	80*
NET: Agree	332 35%	18 23%	19 47%	15 40%	281 35%	13 28%	36 31%	31 47%aFL	33 39%a	15 28%	25 34%	56 40%al	36 27%	35 44%Al
Strongly agree	(+2) 119 13%	4 5%	6 15%	9 24%	100 13%	4 8%	13 11%	7 11%	15 17%a	4 7%	10 14%	17 12%	16 12%	15 18%a
Tend to agree	(+1) 213 22%	13 17%	13 32%	6 16%	181 23%	9 20%	23 20%	24 36%afjL	19 22%	12 22%	15 20%	39 28%l	20 16%	20 26%
Neither agree nor disagree	(0) 140 15%	12 15%	2 4%	4 12%	122 15%	5 12%	17 15%	4 6%	14 16%	7 13%	10 13%	25 18%g	26 20%g	14 18%
Tend to disagree	(-1) 41 4%	1 2%	1 2%	2 6%	37 5%	-	6 5%	5 8%	2 2%	1 3%	8 10%al	8 6%	4 3%	3 4%
Strongly disagree	(-2) 27 3%	1 2%	2 5%	-	24 3%	6 13%	4 3%	4 7%h	-	1 2%	1 1%	2 2%	3 2%	2 2%
NET: Disagree	68 7%	3 3%	3 7%	2 6%	61 8%	6 13%	10 8%	10 15%aHI	2 2%	3 5%	9 11%h	10 7%	7 5%	5 6%
I don't do exercise or physical activity before going to work	255 27%	34 44%DGHklm	13 33%	9 24%	199 25%	5 11%	37 31%K	12 18%	20 24%	26 48%GHJKLM	21 28%	25 18%	35 27%	19 24%
Don't know	153 16%	12 15%	4 10%	7 18%	130 16%	17 37%	17 15%	9 14%	15 18%	3 6%	11 14%	24 17%	27 21%im	7 8%
Mean	0.66	0.55	0.87	1.02	0.64	0.20	0.57	0.53	0.94	0.61	0.60	0.66	0.60	0.80
Standard deviation	1.06	0.94	1.12	1.03	1.06	1.42	1.12	1.19	0.87	1.00	1.10	0.97	1.04	1.02
Standard error	0.05	0.20	0.26	0.25	0.06	0.34	0.15	0.22	0.15	0.23	0.19	0.11	0.14	0.16

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base; ** very small base (under 30) ineligible for sig testing**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 96

Q.10 Thinking about exercising or physical activity in relation to work, to what extent do you agree or disagree with the following statements?**It is difficult to fit in exercise or physical activity before work****Base: All working full time**

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	709	436	273	83	169	182	164	96	15	252	346	111	243	251	118	97	222	487
Weighted base	948	545	404	113*	238	223	216	134*	24**	351	439	158*	290	314	207*	138*	294	655
NET: Agree	437 46%	239 44%	198 49%	49 43%	119 50%G	106 48%G	111 51%G	44 33%	9 36%	167 48%K	217 49%K	53 33%	162 56%MnO	130 42%	94 46%	50 36%	157 54%Q	280 43%
Strongly agree (+2)	231 24%	122 22%	109 27%	27 24%	57 24%	50 23%	71 33%eG	25 18%	1 3%	84 24%	122 28%K	25 16%	91 31%MO	60 19%	57 27%o	23 17%	86 29%q	145 22%
Tend to agree (+1)	206 22%	117 22%	89 22%	22 19%	62 26%G	56 25%g	40 18%	20 15%	8 33%	83 24%	96 22%	27 17%	71 25%	70 22%	38 18%	27 20%	71 24%	135 21%
Neither agree nor disagree (0)	84 9%	64 12%B	20 5%	13 11%	23 10%	27 12%fg	13 6%	6 5%	1 4%	36 10%	41 9%	7 5%	22 8%	29 9%	22 11%	11 8%	18 6%	65 10%
Tend to disagree (-1)	67 7%	46 8%	21 5%	7 6%	9 4%	25 11%DF	10 5%	11 8%	4 18%	16 5%	35 8%	15 9%	14 5%	20 6%	16 8%	17 12%L	17 6%	49 8%
Strongly disagree (-2)	35 4%	20 4%	15 4%	2 2%	7 3%	8 4%	10 5%	5 4%	3 11%	9 2%	18 4%	8 5%	10 4%	13 4%	7 3%	4 3%	7 3%	28 4%
NET: Disagree	102 11%	66 12%	35 9%	9 8%	16 7%	33 15%D	20 9%	16 12%	7 29%	25 7%	54 12%i	23 15%l	24 8%	33 11%	23 11%	21 15%l	25 8%	77 12%
I don't do exercise or physical activity before going to work	255 27%	134 25%	122 30%	36 32%E	54 23%	41 19%	62 29%E	56 42%DEF	6 26%	90 26%	103 23%	63 40%lJ	61 21%	100 32%L	56 27%	38 28%	69 24%	186 28%
Don't know	71 7%	42 8%	29 7%	7 6%	26 11%f	15 7%	10 5%	11 8%	1 4%	33 10%	25 6%	12 8%	20 7%	21 7%	12 6%	18 13%mn	24 8%	47 7%
Mean	0.85	0.74	1.01A	0.93	0.97e	0.69	1.05E	0.71	-0.02	0.95K	0.86	0.57	1.05MO	0.75	0.86	0.59	1.05Q	0.76
Standard deviation	1.19	1.20	1.17	1.10	1.07	1.20	1.22	1.33	1.28	1.08	1.22	1.35	1.12	1.20	1.21	1.24	1.10	1.22
Standard error	0.06	0.07	0.09	0.14	0.10	0.10	0.12	0.20	0.41	0.08	0.08	0.18	0.08	0.10	0.13	0.16	0.09	0.07

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 97

Q.10 Thinking about exercising or physical activity in relation to work, to what extent do you agree or disagree with the following statements?

It is difficult to fit in exercise or physical activity before work

Base: All working full time

	Total	Region												
		Scotland (a)	Wales (b)	North-ern Ire-land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	709	46	32	28	603	30	101	46	64	38	60	107	96	61
Weighted base	948	78*	40**	37**	794	46**	117*	66*	85*	54*	75*	140*	131*	80*
NET: Agree	437 46%	30 38%	16 41%	22 61%	369 46%	26 57%	49 42%	32 49%	32 38%	19 35%	39 52%	69 49%	58 44%	44 55%hi
Strongly agree	(+2) 231 24%	12 15%	11 28%	14 37%	194 24%	13 29%	26 22%	12 18%	14 17%	8 16%	26 34%agHi	45 32%aHi	30 23%	21 26%
Tend to agree	(+1) 206 22%	18 23%	5 13%	9 24%	175 22%	13 28%	24 20%	20 31%k	18 22%	10 19%	14 18%	24 17%	28 21%	24 30%k
Neither agree nor disagree	(0) 84 9%	5 6%	6 15%	- -	73 9%	6 13%	12 10%	4 5%	10 11%	2 4%	6 8%	17 12%	10 8%	6 8%
Tend to disagree	(-1) 67 7%	4 5%	1 2%	1 2%	61 8%	4 9%	6 5%	5 8%	10 12%	2 4%	3 4%	19 13%lj	8 6%	5 6%
Strongly disagree	(-2) 35 4%	3 3%	1 2%	2 5%	30 4%	5 10%	6 5%	4 5%	2 2%	1 2%	2 3%	2 1%	5 4%	4 5%
NET: Disagree	102 11%	7 8%	1 4%	3 7%	91 11%	9 19%	12 10%	9 13%	12 14%	4 7%	5 7%	21 15%	13 10%	8 10%
I don't do exercise or physical activity before going to work	255 27%	34 44%DGHklm	13 33%	9 24%	199 25%	5 11%	37 31%K	12 18%	20 24%	26 48%GHJKLM	21 28%	25 18%	35 27%	19 24%
Don't know	71 7%	3 4%	3 8%	3 8%	62 8%	- -	7 6%	10 15%aM	10 12%m	4 7%	4 5%	9 7%	15 11%m	2 3%
Mean	0.85	0.79	1.07	1.28	0.83	0.64	0.80	0.71	0.60	0.91	1.15h	0.86	0.85	0.90
Standard deviation	1.19	1.16	1.07	1.13	1.20	1.34	1.23	1.21	1.17	1.14	1.11	1.20	1.21	1.16
Standard error	0.06	0.23	0.24	0.25	0.06	0.26	0.16	0.22	0.19	0.26	0.18	0.13	0.16	0.17

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base; ** very small base (under 30) ineligible for sig testing**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 98

Q.10 Thinking about exercising or physical activity in relation to work, to what extent do you agree or disagree with the following statements?

I am tired at work if I have exercised or done physical activity beforehand

Base: All working full time

	Total	Gender		Age									Social Grade				Employment Sector	
		Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	709	436	273	83	169	182	164	96	15	252	346	111	243	251	118	97	222	487
Weighted base	948	545	404	113*	238	223	216	134*	24**	351	439	158*	290	314	207*	138*	294	655
NET: Agree	186 20%	124 23%B	62 15%	29 26%G	56 24%G	46 21%g	35 16%	16 12%	3 13%	86 24%K	81 18%	19 12%	54 19%	57 18%	49 24%	26 19%	51 17%	135 21%
Strongly agree (+2)	62 7%	45 8%b	17 4%	9 8%	17 7%	17 8%	14 6%	5 4%	- -	26 7%	31 7%	5 3%	19 7%	17 5%	21 10%	5 4%	14 5%	49 7%
Tend to agree (+1)	124 13%	79 14%	45 11%	20 18%g	39 17%g	29 13%	22 10%	11 8%	3 13%	59 17%jk	50 11%	14 9%	35 12%	40 13%	28 14%	21 15%	37 13%	86 13%
Neither agree nor disagree (0)	162 17%	101 19%	60 15%	17 15%	34 14%	45 20%	40 18%	22 16%	4 18%	51 15%	85 19%	26 16%	49 17%	55 18%	43 21%o	14 10%	59 20%	103 16%
Tend to disagree (-1)	139 15%	74 14%	65 16%	15 13%	29 12%	45 20%dG	30 14%	13 10%	7 27%	45 13%	75 17%	20 12%	56 19%N	46 15%	17 8%	20 15%	51 17%	88 13%
Strongly disagree (-2)	81 9%	46 8%	35 9%	8 7%	20 8%	20 9%	18 8%	13 10%	2 8%	28 8%	38 9%	15 10%	33 12%n	22 7%	11 5%	15 11%	18 6%	63 10%
NET: Disagree	220 23%	120 22%	100 25%	23 21%	50 21%	65 29%d	47 22%	26 19%	9 36%	73 21%	113 26%	35 22%	90 31%MN	68 22%n	28 13%	35 25%N	69 23%	151 23%
I don't do exercise or physical activity before going to work	255 27%	134 25%	122 30%	36 32%E	54 23%	41 19%	62 29%E	56 42%DEF	6 26%	90 26%	103 23%	63 40%IJ	61 21%	100 32%L	56 27%	38 28%	69 24%	186 28%
Don't know	126 13%	66 12%	60 15%	8 7%	44 19%Ce	26 12%	32 15%	14 11%	2 7%	52 15%	58 13%	16 10%	36 12%	33 11%	32 15%	25 18%om	45 15%	80 12%
Mean	-0.09	0.01b	-0.25	0.10	0.03	-0.14	-0.13	-0.29	-0.47	0.05k	-0.14	-0.33	-0.26	-0.09	0.26LmO	-0.25	-0.12	-0.08
Standard deviation	1.21	1.22	1.17	1.23	1.25	1.19	1.20	1.21	0.97	1.24	1.19	1.16	1.23	1.16	1.18	1.25	1.09	1.26
Standard error	0.06	0.07	0.09	0.16	0.12	0.11	0.12	0.18	0.31	0.10	0.08	0.16	0.10	0.10	0.14	0.17	0.09	0.07

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

*** small base; ** very small base (under 30) ineligible for sig testing**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 99

Q.10 Thinking about exercising or physical activity in relation to work, to what extent do you agree or disagree with the following statements?

I am tired at work if I have exercised or done physical activity beforehand

Base: All working full time

	Total	Region												
		Scotland (a)	Wales (b)	North-ern Ire-land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	709	46	32	28	603	30	101	46	64	38	60	107	96	61
Weighted base	948	78*	40**	37**	794	46**	117*	66*	85*	54*	75*	140*	131*	80*
NET: Agree	186 20%	15 19%	8 21%	6 18%	156 20%	6 13%	27 23%	12 18%	20 23%	8 15%	16 21%	28 20%	17 13%	23 28%L
Strongly agree (+2)	62 7%	4 5%	4 10%	2 7%	52 7%	3 7%	7 6%	5 8%	9 11%l	3 5%	3 4%	10 7%	5 4%	7 9%
Tend to agree (+1)	124 13%	11 15%	4 11%	4 11%	104 13%	3 6%	20 18%	6 9%	10 12%	6 11%	13 17%	18 13%	13 10%	15 19%
Neither agree nor disagree (0)	162 17%	8 10%	6 16%	9 24%	139 17%	9 21%	16 14%	16 24%	13 15%	8 15%	10 13%	27 19%	24 18%	16 19%
Tend to disagree (-1)	139 15%	13 17%	8 19%	6 17%	112 14%	6 13%	15 13%	9 13%	13 16%	5 9%	13 18%	27 20%	15 11%	8 10%
Strongly disagree (-2)	81 9%	1 1%	2 5%	3 9%	75 9%a	8 18%	6 5%	5 8%	12 14%Afi	1 2%	9 12%A	9 6%	14 11%a	9 12%a
NET: Disagree	220 23%	14 18%	10 24%	10 26%	187 24%	14 31%	21 18%	14 21%	26 30%fi	6 12%	23 30%i	36 26%i	29 22%	18 22%
I don't do exercise or physical activity before going to work	255 27%	34 44%DGHkIm	13 33%	9 24%	199 25%	5 11%	37 31%K	12 18%	20 24%	26 48%GHJKLM	21 28%	25 18%	35 27%	19 24%
Don't know	126 13%	7 8%	3 7%	3 9%	113 14%	11 24%	16 14%	13 19%hm	6 7%	6 11%	7 9%	24 17%hm	26 20%HjM	5 6%
Mean	-0.09	0.09	0.03	-0.16	-0.11	-0.45	0.11l	-0.06	-0.15	0.15	-0.29	-0.08	-0.30	0.05
Standard deviation	1.21	1.08	1.24	1.17	1.22	1.30	1.16	1.20	1.38	1.09	1.22	1.16	1.18	1.28
Standard error	0.06	0.23	0.28	0.26	0.06	0.28	0.15	0.22	0.21	0.26	0.20	0.14	0.16	0.19

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base; ** very small base (under 30) ineligible for sig testing**

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 100

Q.11 On average, roughly how much physical activity do you do per week? By physical activity we mean 'moderate' activity which raises your heart rate and makes you breathe faster, but where you can normally still talk while doing it (e.g. fast walking, riding a bike or hiking).

Base: All respondents

	Total	Gender		Age									Social Grade				Employment Sector	
		Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
None	268 13%	131 13%	137 13%	20 9%	35 10%	24 7%	53 14% ^c E	58 19% ^{CDE}	77 16% ^{CDE}	55 9%	77 11%	135 17% ^J	55 10%	68 12%	45 11%	99 20% ^{LMN}	35 10%	81 10%
NET: Any physical activity	1734 83%	845 83%	889 84%	199 86% ^G	299 83% ^g	297 89% ^{DFGH}	307 83% ^g	238 77%	394 82%	498 84% ^k	604 86% ^K	632 80%	499 88% ^m O	491 84% ^O	361 85% ^O	383 76%	313 87%	723 86%
30 minutes or less (0.50)	304 15%	124 12%	180 17% ^A	24 10%	64 18% ^C	51 15%	53 14%	41 13%	72 15%	88 15%	104 15%	113 14%	74 13%	82 14%	53 13%	95 19% ^{LMN}	56 16%	115 14%
30 minutes to 1 hour (0.75)	237 11%	97 10%	140 13% ^A	30 13%	57 16% ^{FGH}	40 12%	36 10%	28 9%	47 10%	87 15% ^{jk}	76 11%	74 9%	57 10%	74 13%	47 11%	59 12%	48 13%	98 12%
1 hour to 1.5 hours (1.25)	214 10%	97 10%	117 11%	29 12%	43 12%	41 12% ^f	29 8%	25 8%	48 10%	71 12%	70 10%	73 9%	69 12%	62 11%	37 9%	45 9%	45 13%	87 10%
1.5 hours to 2 hours (1.75)	216 10%	118 12%	98 9%	25 11%	51 14% ^{fGH}	42 13% ^{gh}	34 9%	24 8%	40 8%	76 13% ^K	75 11%	64 8%	55 10%	80 14% ^l O	43 10%	39 8%	42 12%	100 12%
2 hours to 2.5 hours (2.25)	225 11%	117 12%	108 10%	36 16% ^{Dg}	26 7%	36 11%	46 12% ^d	29 9%	52 11%	62 11%	82 12%	81 10%	79 14% ^O	62 11% ^O	49 12% ^O	35 7%	36 10%	97 12%
More than 2.5 hours (2.50)	537 26%	291 29% ^B	247 23%	55 24% ^d	58 16%	87 26% ^D	110 30% ^D	92 30% ^D	136 28% ^D	113 19%	197 28% ^l	228 29% ^l	165 29% ^{MO}	131 22%	131 31% ^{MO}	111 22%	86 24%	227 27%
Don't know	78 4%	39 4%	39 4%	12 5% ^{fH}	25 7% ^{efH}	11 3%	9 2%	11 4%	9 2%	38 6% ^{JK}	20 3%	21 3%	14 2%	25 4%	16 4%	23 4%	11 3%	37 4%
Mean	1.63	1.72 ^B	1.54	1.68 ^D	1.41	1.61 ^D	1.72 ^D	1.72 ^D	1.67 ^D	1.52	1.66 ^I	1.69 ^I	1.71 ^{MO}	1.59 ^o	1.72 ^{MO}	1.49	1.56	1.66
Standard deviation	0.80	0.78	0.81	0.76	0.76	0.78	0.81	0.81	0.81	0.77	0.80	0.81	0.78	0.77	0.79	0.83	0.79	0.78
Standard error	0.02	0.03	0.03	0.05	0.05	0.05	0.05	0.05	0.04	0.04	0.03	0.03	0.03	0.03	0.05	0.04	0.05	0.03
NET: Under 1.5 hours	756 36%	319 31%	437 41% ^A	82 36%	164 45% ^{CFGH}	133 40% ^{fG}	117 32%	93 30%	167 35%	246 42% ^{jk}	250 36%	260 33%	201 35%	218 37%	138 33%	199 39% ⁿ	149 42%	299 36%
NET: Over 1.5 hours	978 47%	526 52% ^B	453 42%	116 50% ^D	136 38%	165 49% ^D	189 51% ^D	145 47% ^D	228 47% ^D	252 43%	354 51% ^l	373 47%	298 53% ^m O	273 47% ^O	223 53% ^O	185 37%	164 46%	424 50%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 101

Q.11 On average, roughly how much physical activity do you do per week? By physical activity we mean 'moderate' activity which raises your heart rate and makes you breathe faster, but where you can normally still talk while doing it (e.g. fast walking, riding a bike or hiking).

Base: All respondents

	Total	Region												
		Scotland (a)	Wales (b)	North-ern Ire-land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	209	281	286	187	
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	180	
None	268 13%	30 17% <i>Ckm</i>	18 18% <i>Ckm</i>	1 2%	218 13% <i>C</i>	15 18% <i>C</i>	34 15% <i>C</i>	21 12% <i>C</i>	19 11% <i>c</i>	17 11% <i>c</i>	22 12% <i>c</i>	29 11% <i>c</i>	43 15% <i>C</i>	18 10% <i>c</i>
NET: Any physical activity	1734 83%	142 81%	80 79%	57 91% <i>b</i>	1455 84%	69 81%	192 83%	140 83%	154 86%	127 86%	167 86%	222 82%	230 81%	155 86%
30 minutes or less	(0.50) 304 15%	32 18%	13 13%	10 16%	250 14%	20 24% <i>bFGHlm</i>	28 12%	19 11%	24 14%	22 15%	34 17%	40 15%	39 14%	25 14%
30 minutes to 1 hour	(0.75) 237 11%	23 13%	16 16% <i>ghiK</i>	6 10%	192 11%	13 15%	25 11%	13 8%	15 8%	11 7%	27 14% <i>gik</i>	22 8%	42 15% <i>GhIK</i>	26 14% <i>gik</i>
1 hour to 1.5 hours	(1.25) 214 10%	14 8%	9 9%	7 11%	184 11%	7 8%	27 12%	12 7%	27 15% <i>aGI</i>	18 12%	18 9%	33 12%	25 9%	18 10%
1.5 hours to 2 hours	(1.75) 216 10%	7 4%	12 12% <i>A</i>	7 11%	191 11% <i>A</i>	9 10%	34 15% <i>AJM</i>	27 16% <i>AhJM</i>	16 9%	14 10% <i>a</i>	15 8%	34 12% <i>A</i>	29 10% <i>a</i>	13 7%
2 hours to 2.5 hours	(2.25) 225 11%	17 10%	8 8%	8 12%	193 11%	10 12%	20 8%	19 11%	30 17% <i>bFKL</i>	24 16% <i>bFKL</i>	21 11%	24 9%	23 8%	22 12%
More than 2.5 hours	(2.50) 537 26%	50 28% <i>E</i>	23 23%	19 31% <i>E</i>	445 26%	10 12%	60 26% <i>E</i>	51 30% <i>E</i>	41 23% <i>e</i>	38 26% <i>E</i>	52 27% <i>E</i>	70 26% <i>E</i>	71 25% <i>E</i>	51 29% <i>E</i>
Don't know	78 4%	3 2%	3 3%	4 7% <i>e</i>	67 4%	1 1%	5 2%	8 5%	7 4%	4 3%	4 2%	21 8% <i>AeFiJL</i>	10 3%	7 4%
Mean	1.63	1.58	1.56	1.68 <i>E</i>	1.64	1.34	1.66 <i>E</i>	1.79 <i>abEJL</i>	1.67 <i>E</i>	1.70 <i>E</i>	1.58 <i>e</i>	1.64 <i>E</i>	1.59 <i>e</i>	1.64 <i>E</i>
Standard deviation	0.80	0.86	0.80	0.80	0.79	0.79	0.76	0.75	0.76	0.78	0.83	0.78	0.81	0.81
Standard error	0.02	0.08	0.08	0.11	0.02	0.11	0.05	0.07	0.06	0.07	0.06	0.05	0.05	0.07
NET: Under 1.5 hours	756 36%	68 39% <i>G</i>	37 37% <i>g</i>	23 37%	627 36%	39 47% <i>fG</i>	79 34%	43 26%	66 37% <i>g</i>	51 34%	78 40% <i>G</i>	95 35% <i>g</i>	106 37% <i>G</i>	69 38% <i>G</i>

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 101

Q.11 On average, roughly how much physical activity do you do per week? By physical activity we mean 'moderate' activity which raises your heart rate and makes you breathe faster, but where you can normally still talk while doing it (e.g. fast walking, riding a bike or hiking).

Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
NET: Over 1.5 hours	978 47%	74 42%	43 42%	33 54%e	829 48%	29 35%	113 49%e	97 57%ABEjKL	87 49%e	76 52%E	88 46%	127 47%	124 44%	86 48%

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 102
Gender
Base: All respondents

	Gender		Age									Social Grade				Employment Sector		
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
Male	1015 49%	1015 100%B	-	116 50%d	150 42%	163 49%	185 50%d	168 55%D	233 48%d	266 45%	348 50%	401 51%i	276 49%	270 46%	219 52%	250 49%	152 42%	466 55%P
Female	1065 51%	-	1065 100%A	115 50%	210 58%cfGh	170 51%	183 50%	140 45%	248 52%	325 55%k	353 50%	387 49%	292 51%	315 54%	203 48%	255 51%	207 58%Q	375 45%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 103
Gender
Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
Male	1015 49%	101 58% <small>DIKL</small>	60 59% <small>DIKL</small>	31 50% <small>K</small>	823 47%	43 51% <small>K</small>	127 55% <small>iKL</small>	87 51% <small>KI</small>	103 58% <small>iKL</small>	65 44% <small>K</small>	95 49% <small>K</small>	91 33%	119 42% <small>k</small>	92 51% <small>KI</small>
Female	1065 51%	74 42%	41 41%	32 50%	918 53% <small>AB</small>	41 49%	105 45%	82 49%	76 42%	82 56% <small>ABfH</small>	98 51%	182 67% <small>ABCEFGHIJ</small>	164 58% <small>ABFgHm</small>	87 49%

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m
* small base

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 104
Age
Base: All respondents

	Total	Gender		Age							Social Grade				Employment Sector			
		Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
18-24	231 11%	116 11%	115 11%	231 100% ^{DEF} GH	-	-	-	-	-	231 39% ^{JK}	-	-	89 16% ^{mNO}	68 12% ^O	44 10% ^O	30 6%	45 13%	91 11%
25-34	360 17%	150 15%	210 20% ^A	-	360 100% ^{CEFGH}	-	-	-	-	360 61% ^{JK}	-	-	80 14%	105 18%	75 18%	99 20% ^L	84 23%	200 24%
35-44	333 16%	163 16%	170 16%	-	-	333 100% ^{CDFGH}	-	-	-	-	333 47% ^{IK}	-	95 17%	102 17% ^o	71 17%	65 13%	87 24%	185 22%
45-54	368 18%	185 18%	183 17%	-	-	-	368 100% ^{CDEGH}	-	-	-	368 53% ^{IK}	-	91 16%	91 16%	86 20%	99 20%	81 22%	193 23%
55-64	308 15%	168 17% ^b	140 13%	-	-	-	-	308 100% ^{CDEFH}	-	-	-	308 39% ^{IJ}	71 13%	92 16%	65 15%	79 16%	43 12%	135 16%
65+	480 23%	233 23%	248 23%	-	-	-	-	-	480 100% ^{CDEFG}	-	-	480 61% ^{IJ}	141 25% ⁿ	126 22%	81 19%	133 26% ^{mN}	19 5%	36 4%
NET: 18-34	591 28%	266 26%	325 30% ^a	231 100% ^{EF} GH	360 100% ^{EF} GH	-	-	-	-	591 100% ^{JK}	-	-	170 30%	173 30%	119 28%	129 26%	129 36%	292 35%
NET: 35-54	701 34%	348 34%	353 33%	-	-	333 100% ^{CD} GH	368 100% ^{CD} GH	-	-	-	701 100% ^{IK}	-	186 33%	193 33%	157 37%	164 33%	168 47%	377 45%
NET: 55+	788 38%	401 40%	387 36%	-	-	-	-	308 100% ^{CDE} F	480 100% ^{CDE} F	-	-	788 100% ^{IJ}	212 37%	218 37%	146 35%	212 42% ⁿ	62 17%	172 20%
Average age	47.92	48.66 ^b	47.22	21.59	29.98 ^C	39.59 ^{CD}	49.58 ^{CDE}	59.26 ^{CDEF}	71.26 ^{CDEFG}	26.70	44.84 ^I	66.57 ^{IJ}	47.23	47.02	47.41	50.18 ^{LMN}	40.90	42.16

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 105
Age
Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humber (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
18-24	231 11%	23 13%	10 10%	4 6%	194 11%	9 10%	30 13%	19 11%	29 16% cJk	17 11%	16 8%	25 9%	30 11%	21 11%
25-34	360 17%	39 22% IM	15 14%	13 21% i	293 17%	17 20%	46 20% Im	24 14%	43 24% bGIKM	17 11%	35 18%	40 15%	49 17%	22 12%
35-44	333 16%	27 15%	16 16%	7 12%	282 16%	18 21%	39 17%	21 12%	26 15%	25 17%	28 14%	57 21% GjL	37 13%	32 18%
45-54	368 18%	24 14%	22 22% H	19 30% DAFGHijlm	303 17%	19 22% h	36 15%	27 16%	20 11%	25 17%	36 19% h	59 22% aH	51 18% h	30 17%
55-64	308 15%	26 15%	15 14%	11 17%	256 15%	10 12%	34 15%	29 17%	19 11%	30 20% HK	30 15%	30 11%	51 18% hK	24 13%
65+	480 23%	37 21%	23 23%	8 13%	412 24% c	12 14%	47 20%	51 30% CEf	42 23%	34 23%	50 26% ce	61 22%	64 23%	51 28% CEf
NET: 18-34	591 28%	61 35% lKm	25 24%	17 28%	488 28%	26 31%	76 33% iKm	43 25%	72 40% BGIJKLM	33 23%	50 26%	65 24%	79 28%	43 24%
NET: 35-54	701 34%	51 29%	39 38% H	26 42% gH	585 34%	37 43% aGHI	75 32%	47 28%	46 26%	50 34%	64 33%	116 43% AFGHjL	88 31%	62 35%
NET: 55+	788 38%	63 36%	38 37%	19 31%	668 38%	22 26%	81 35%	80 47% acEFHK	61 34%	64 43% Ek	80 41% E	91 34%	115 41% E	74 41% e
Average age	47.92	45.24	48.79	47.26	48.17a	44.92	46.65	50.79 AEFH	44.79	49.38 aeH	49.40 AeH	47.84	48.77 aH	49.78 AeH

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 106
Social Grade
Base: All respondents

	Total	Gender		Age									Social Grade				Employment Sector	
		Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
A	138 7%	73 7%	65 6%	22 9%G	23 6%	20 6%	20 5%	12 4%	41 9%G	44 8%	41 6%	53 7%	138 24%MNO	-	-	-	35 10%	57 7%
B	430 21%	203 20%	227 21%	68 29%DFGH	57 16%	74 22%d	71 19%	59 19%	100 21%	125 21%	146 21%	159 20%	430 76%MNO	-	-	-	108 30%Q	151 18%
C1	585 28%	270 27%	315 30%	68 29%	105 29%	102 31%	91 25%	92 30%	126 26%	173 29%	193 28%	218 28%	-	585 100%LNO	-	-	128 36%	261 31%
C2	422 20%	219 22%	203 19%	44 19%	75 21%	71 21%	86 23%H	65 21%	81 17%	119 20%	157 22%k	146 19%	-	-	422 100%LMO	-	59 16%	206 24%P
D	271 13%	140 14%	131 12%	22 9%	71 20%CEGH	41 12%	54 15%cH	39 13%	44 9%	93 16%K	95 14%	83 11%	-	-	-	271 54%LMN	28 8%	164 19%P
E	234 11%	110 11%	124 12%	8 4%	28 8%ac	24 7%ac	45 12%Ce	40 13%CdE	89 19%CDEFg	37 6%	69 10%l	129 16%lJ	-	-	-	234 46%LMN	2 1%	4 *
NET: AB	568 27%	276 27%	292 27%	89 39%DEFGH	80 22%	95 29%	91 25%	71 23%	141 29%Dg	170 29%	186 27%	212 27%	568 100%MNO	-	-	-	142 40%Q	207 25%
NET: ABC1	1152 55%	546 54%	607 57%	157 68%DeFGH	185 52%	197 59%dF	183 50%	164 53%	267 55%	342 58%	379 54%	430 55%	568 100%NO	585 100%NO	-	-	270 75%Q	468 56%
NET: C2DE	928 45%	469 46%	458 43%	74 32%	174 48%Ce	136 41%c	185 50%CE	144 47%C	214 45%C	248 42%	322 46%	358 45%	-	-	422 100%LM	505 100%LM	89 25%	373 44%P
NET: DE	505 24%	250 25%	255 24%	30 13%	99 28%CE	65 20%c	99 27%CE	79 26%C	133 28%CE	129 22%	164 23%	212 27%i	-	-	-	505 100%LMN	30 8%	168 20%P

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 107
Social Grade
Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
A	138 7%	13 8%G	10 10%Gi	6 9%G	109 6%	6 7%g	19 8%Gi	3 2%	12 7%g	5 3%	10 5%	18 6%g	25 9%Gi	11 6%g
B	430 21%	42 24%	17 17%	9 14%	362 21%	19 23%	38 16%	40 23%	37 20%	29 20%	31 16%	80 29%BCFhiJLM	56 20%	32 18%
C1	585 28%	45 26%	26 26%	15 24%	498 29%	25 29%	66 28%	58 34%l	45 25%	33 22%	53 27%	84 31%	78 28%	57 32%
C2	422 20%	35 20%	18 18%	19 30%dbgK	351 20%	15 17%	49 21%k	29 17%	42 23%k	34 23%K	44 23%K	38 14%	64 23%K	37 20%
D	271 13%	16 9%	20 20%dAKL	11 18%K	224 13%	11 14%	34 15%K	26 15%K	26 15%K	26 18%aKl	30 15%K	18 7%	31 11%	22 12%k
E	234 11%	24 14%	11 11%	3 5%	197 11%	9 10%	26 11%	14 8%	17 9%	21 14%cc	26 13%	35 13%	28 10%	22 12%
NET: AB	568 27%	56 32%j	27 26%	14 23%	471 27%	25 30%	57 25%	43 25%	49 27%	34 23%	42 22%	97 36%cFghIJM	81 29%	43 24%
NET: ABC1	1152 55%	101 57%i	52 52%	30 47%	969 56%	50 59%	123 53%	101 59%lj	94 53%	67 45%	94 49%	181 67%BCFHIJLM	159 56%i	99 55%
NET: C2DE	928 45%	75 43%	49 48%K	33 53%K	772 44%	35 41%	109 47%K	69 41%	85 47%K	80 55%aGkl	99 51%gK	91 33%	123 44%K	80 45%K
NET: DE	505 24%	40 23%	31 31%kl	14 22%	421 24%	20 24%	60 26%	40 23%	43 24%	46 32%KL	55 29%kl	53 20%	59 21%	43 24%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 108
GO Region
Base: All respondents

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
Scotland	176 8%	101 10%B	74 7%	23 10%	39 11%f	27 8%	24 7%	26 8%	37 8%	61 10%j	51 7%	63 8%	56 10%	45 8%	35 8%	40 8%	31 9%	70 8%
North East	85 4%	43 4%	41 4%	9 4%	17 5%	18 5%h	19 5%h	10 3%	12 3%	26 4%	37 5%K	22 3%	25 4%	25 4%	15 3%	20 4%	25 7%Q	30 4%
North West	232 11%	127 13%b	105 10%	30 13%	46 13%	39 12%	36 10%	34 11%	47 10%	76 13%	75 11%	81 10%	57 10%	66 11%	49 12%	60 12%	35 10%	102 12%
Yorkshire & Humberside	170 8%	87 9%	82 8%	19 8%	24 7%	21 6%	27 7%	29 9%	51 11%de	43 7%	47 7%	80 10%J	43 8%	58 10%	29 7%	40 8%	26 7%	58 7%
West Midlands	180 9%	103 10%B	76 7%	29 12%FG	43 12%FG	26 8%	20 6%	19 6%	42 9%	72 12%JK	46 7%	61 8%	49 9%	45 8%	42 10%	43 9%	30 8%	73 9%
East Midlands	147 7%	65 6%	82 8%	17 7%	17 5%	25 7%	25 7%	30 10%D	34 7%	33 6%	50 7%	64 8%	34 6%	33 6%	34 8%	46 9%IM	19 5%	57 7%
Wales	101 5%	60 6%b	41 4%	10 4%	15 4%	16 5%	22 6%	15 5%	23 5%	25 4%	39 6%	38 5%	27 5%	26 4%	18 4%	31 6%	18 5%	37 4%
Eastern	194 9%	95 9%	98 9%	16 7%	35 10%	28 8%	36 10%	30 10%	50 10%	50 9%	64 9%	80 10%	42 7%	53 9%	44 10%	55 11%l	33 9%	73 9%
London	272 13%	91 9%	182 17%A	25 11%	40 11%	57 17%cdG	59 16%G	30 10%	61 13%	65 11%	116 17%lK	91 12%	97 17%NO	84 14%No	38 9%	53 11%	55 15%	120 14%
South East	282 14%	119 12%	164 15%A	30 13%	49 14%	37 11%	51 14%	51 17%e	64 13%	79 13%	88 13%	115 15%	81 14%	78 13%	64 15%	59 12%	46 13%	116 14%
South West	180 9%	92 9%	87 8%	21 9%	22 6%	32 10%	30 8%	24 8%	51 11%d	43 7%	62 9%	74 9%	43 8%	57 10%	37 9%	43 9%	33 9%	72 9%
Northern Ireland	62 3%	31 3%	32 3%	4 2%	13 4%	7 2%	19 5%ceH	11 3%	8 2%	17 3%	26 4%	19 2%	14 3%	15 3%	19 4%	14 3%	9 2%	33 4%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 109
GO Region
Base: All respondents

	Total	Region												
		Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
Scotland	176 8%	176 100%DBCEFGHIJKL M	-	-	-	-	-	-	-	-	-	-	-	-
North East	85 4%	-	-	-	85 5%AB	85 100%ABCFGHIJKLM	-	-	-	-	-	-	-	-
North West	232 11%	-	-	-	232 13%ABC	-	232 100%ABCEGHIJKLM	-	-	-	-	-	-	-
Yorkshire & Humberside	170 8%	-	-	-	170 10%ABC	-	-	170 100%ABCEFHIJKLM	-	-	-	-	-	-
West Midlands	180 9%	-	-	-	180 10%ABC	-	-	-	180 100%ABCEFGIJKLM	-	-	-	-	-
East Midlands	147 7%	-	-	-	147 8%ABC	-	-	-	-	147 100%ABCEFGHIJKLM	-	-	-	-
Wales	101 5%	-	101 100%DACEFGHIJKL M	-	-	-	-	-	-	-	-	-	-	-
Eastern	194 9%	-	-	-	194 11%ABC	-	-	-	-	-	194 100%ABCEFGHIJKLM	-	-	-
London	272 13%	-	-	-	272 16%ABC	-	-	-	-	-	-	272 100%ABCEFGHIJLM	-	-
South East	282 14%	-	-	-	282 16%ABC	-	-	-	-	-	-	-	282 100%ABCEFGHIJKM	-
South West	180 9%	-	-	-	180 10%ABC	-	-	-	-	-	-	-	-	180 100%ABCEFGHIJK L

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 109
GO Region
Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
Northern Ireland	62 3%	-	-	62 100% M	-	-	-	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m
*** small base**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 110
Have you taken a foreign holiday in the last 3 years?
Base: All respondents

	Gender		Age									Social Grade				Employment Sector		
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
Yes	1300 62%	629 62%	671 63%	185 80%DEFGH	242 67%FGH	217 65%FGh	204 56%	170 55%	281 59%	427 72%JK	422 60%	451 57%	435 77%MNO	373 64%O	252 60%O	240 48%	263 73%	572 68%
No	780 38%	386 38%	394 37%	45 20%	118 33%C	116 35%C	164 44%CDE	138 45%CDE	199 41%CD _e	164 28%	279 40%l	337 43%l	133 23%	212 36%L	170 40%L	265 52%LMN	96 27%	269 32%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 111
Have you taken a foreign holiday in the last 3 years?
Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
Yes	1300 62%	103 59%	54 54%	52 83% M	1091 3% b	51 60%	143 62% J	100 59%	119 66% bJ	93 63% J	97 50%	195 72% ABFGJL	175 62% J	118 66% bJ
No	780 38%	73 41% CK	47 46% dChKm	11 17%	650 37% C	34 40% C	89 38% CK	70 41% CK	61 34% C	54 37% C	96 50% CFHIKLM	77 28%	108 38% CK	62 34% C

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m
* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 112
Opinion Influencer
Base: All respondents

	Gender		Age									Social Grade				Employment Sector		
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
Yes	206 10%	120 12%B	85 8%	45 20%FGH	51 14%FGH	47 14%FGH	26 7%	14 5%	21 4%	96 16%JK	74 11%K	36 5%	93 16%MNO	50 9%O	43 10%O	21 4%	52 15%	121 14%
No	1874 90%	895 88%	979 92%A	186 80%	309 86%	285 86%	342 93%CDE	294 95%CDE	459 96%CDE	495 84%	627 89%I	753 95%IJ	475 84%	535 91%L	380 90%L	485 96%LMN	307 85%	720 86%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 113
Opinion Influencer
Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
Yes	206 10%	14 8%	7 7%	5 8%	179 10%	8 9%	20 9%	13 8%	21 12%J	9 6%	10 5%	39 14%bfglJ	26 9%	33 19%ABcFGIJL
No	1874 90%	161 92%M	94 93%kM	57 92%m	1562 90%	77 91%	212 91%kM	157 92%kM	158 88%	138 94%KM	184 95%HKM	234 86%	256 91%M	146 81%

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 114
Tenure
Base: All respondents

	Total	Gender		Age									Social Grade				Employment Sector	
		Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
NET: Homeowners	1348 65%	686 68%B	662 62%	137 59%D	171 47%	193 58%D	229 62%D	241 78%CDEF	377 78%CDEF	308 52%	422 60%I	617 78%IJ	446 78%MNO	388 66%O	277 66%O	237 47%	236 66%	533 63%
Owned outright - without mortgage	751 36%	387 38%b	364 34%	59 25%DE	48 13%	49 15%	100 27%DE	146 48%CDEF	348 72%CDEFG	107 18%	150 21%	494 63%IJ	239 42%MO	203 35%O	166 39%O	142 28%	78 22%	222 26%
Owned with a mortgage or loan	597 29%	299 29%	298 28%	78 34%H	123 34%H	144 43%CDfGH	129 35%H	94 31%H	29 6%	201 34%K	273 39%K	123 16%	206 36%NO	184 32%O	111 26%O	95 19%	158 44%q	311 37%
NET: Renters	701 34%	312 31%	389 37%A	83 36%GH	175 49%CeFGH	137 41%GH	139 38%GH	66 21%	102 21%	258 44%K	275 39%K	168 21%	111 20%	187 32%L	142 34%L	261 52%LMN	118 33%	297 35%
NET: Rent from Council/ Housing Association	443 21%	203 20%	239 22%	39 17%	86 24%cgh	79 24%cgh	100 27%CGH	53 17%	86 18%	125 21%	179 25%K	139 18%	51 9%	100 17%L	96 23%Lm	194 38%LMN	73 20%	155 18%
Rented from the council	270 13%	118 12%	152 14%	20 9%	55 15%Cgh	48 14%cg	66 18%CGH	29 10%	51 11%	76 13%	114 16%K	80 10%	27 5%	71 12%L	59 14%L	114 22%LMN	38 11%	100 12%
Rented from a housing association	172 8%	85 8%	87 8%	19 8%	31 9%	30 9%	34 9%	23 8%	35 7%	50 8%	64 9%	58 7%	25 4%	30 5%	37 9%Lm	81 16%LMN	35 10%	54 6%
Rented from someone else	258 12%	108 11%	150 14%A	43 19%FGH	89 25%EFGH	58 17%FGH	39 11%GH	13 4%	16 3%	132 22%JK	97 14%K	29 4%	60 11%	87 15%L	45 11%	67 13%	45 13%	143 17%
Rent free	31 2%	17 2%	14 1%	11 5%EFGH	14 4%EFGH	3 1%	1 *	1 *	2 *	25 4%JK	3 *	3 *	11 2%	10 2%	3 1%	7 1%	5 1%	11 1%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 115
Tenure
Base: All respondents

	Total	Region												
		Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
NET: Homeowners	1348 65%	91 52%	70 70%AK	51 81%DAEFJKL	1136 65%A	53 63%	142 61%	117 69%AK	132 74%AFKL	103 70%AFKL	131 68%AK	155 57%	172 61%	131 73%AFKL
Owned outright - without mortgage	751 36%	54 31%	43 43%aCEK	16 25%	639 37%c	21 25%	79 34%	79 47%ACEFJKL	67 37%	64 43%ACEFKL	71 37%	80 29%	96 34%	81 45%ACEFKL
Owned with a mortgage or loan	597 29%	37 21%	27 27%	35 56%DABeFGHIJKL LM	497 9%	32 38%AG	63 27%	37 22%	65 36%AFGKL	40 27%	60 31%ag	75 28%	76 27%	49 27%
NET: Renters	701 34%	79 45%BCGHIJM	29 28%	11 18%	582 33%C	30 35%ch	87 37%CHM	52 31%	40 23%	43 29%	61 32%ch	114 42%BCGHIJM	107 38%CHM	47 26%
NET: Rent from Council/ Housing Association	443 21%	60 34%BCFGHIJLM	16 5%	6 10%	361 21%c	20 23%cm	48 21%cm	33 20%	28 16%	26 18%	41 21%cm	75 28%BCFHiM	66 23%ChM	24 13%
Rented from the council	270 13%	36 21%DbCFHiJM	11 11%	3 5%	220 13%	15 17%cFM	17 7%	25 15%cFM	18 10%	17 12%am	23 12%M	54 20%bCFHiJM	42 15%cFM	9 5%
Rented from a housing association	172 8%	24 14%dBGHi	5 5%	3 5%	141 8%	5 6%	31 13%BcGHlk	8 5%	9 5%	9 6%	18 9%	21 8%	24 9%	15 8%
Rented from someone else	258 12%	19 11%	13 13%	5 8%	221 13%	10 12%	39 17%Hj	19 11%	13 7%	17 11%	21 11%	39 14%H	41 15%H	23 13%h
Rent free	31 2%	6 3%	2 2%	* 1%	23 1%	2 2%	4 2%	1 1%	7 4%giJkl	1 *	1 1%	3 1%	3 1%	2 1%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 116

What is the highest educational level that you have achieved to date?

Base: All respondents

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
No formal education	23 1%	13 1%	10 1%	- -	6 2% ^c	3 1%	6 2% ^c	2 1%	6 1%	6 1%	9 1%	8 1%	4 1%	2 *	7 2% ^m	10 2% ^{lm}	5 1%	10 1%
Primary	8 *	6 1%	3 *	- -	1 *	1 *	- -	2 1%	4 1%	1 *	1 *	7 1% ^j	- -	* *	5 1% ^{LM}	3 1% ^l	- -	- -
Secondary school, high school, 6th form/college, GCSE's, A-Levels, BTEC, NVQ levels 1 to 3, etc.	1167 56%	559 55%	607 57%	104 45%	183 51%	167 50%	226 61% ^{CDE}	189 61% ^{CDE}	298 62% ^{CDE}	287 49%	393 56% ^l	487 62% ^{lj}	195 34%	318 54% ^L	291 69% ^{LM}	363 72% ^{LM}	138 38%	471 56% ^P
University degree or equivalent professional qualification, NVQ level 4, etc.	610 29%	301 30%	310 29%	62 27%	101 28%	113 34%	109 30%	90 29%	135 28%	163 28%	222 32%	225 29%	233 41% ^{MNO}	181 31% ^{NO}	88 21%	108 21%	129 36%	269 32%
Higher university degree, doctorate, MBA, NVQ level 5, etc.	213 10%	102 10%	111 10%	28 12% ^{fH}	56 16% ^{FGH}	48 15% ^{FGH}	27 7%	23 7%	31 6%	84 14% ^K	75 11% ^K	54 7%	116 20% ^{MNO}	69 12% ^{NO}	18 4%	11 2%	79 22% ^Q	84 10%
Still in full time education	43 2%	25 2%	18 2%	33 14% ^{DEFGH}	10 3% ^{EFGH}	* *	- -	- -	- -	42 7% ^{JK}	* *	- -	15 3%	14 2%	8 2%	6 1%	6 2% ^Q	2 *
Don't know	3 *	2 *	1 *	- -	1 *	- -	- -	- -	2 *	1 *	- -	2 *	- -	- -	3 1% ^m	- -	- -	1 *
Prefer not to answer	13 1%	7 1%	6 1%	3 1% ^{ef}	3 1%	- -	* *	2 1%	4 1%	6 1% ^J	* *	6 1% ^j	5 1% ^m	1 *	3 1%	4 1%	1 *	5 1%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 117

What is the highest educational level that you have achieved to date?

Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
No formal education	23 1%	5 3% ^{dh}	2 2%	2 4%DfHm	14 1%	-	1 1%	3 2%	-	1 *	3 1%	4 1%	2 1%	1 *
Primary	8 *	1 1%	1 1%	* 1%	6 *	-	-	-	-	-	3 2% ^{lk}	-	2 1%	1 *
Secondary school, high school, 6th form/college, GCSE's, A-Levels, BTEC, NVQ levels 1 to 3, etc.	1167 56%	81 46%	56 55%	32 52%	998 57%A	52 62% ^a	133 57% ^a	103 61%A	101 56%	90 61%A	123 64% ^{AKm}	141 52%	158 56%	97 54%
University degree or equivalent professional qualification, NVQ level 4, etc.	610 29%	49 28%	30 30%	19 30%	513 29%	25 30%	72 31%	42 25%	52 29%	40 27%	53 27%	73 27%	93 33%	62 35% ^g
Higher university degree, doctorate, MBA, NVQ level 5, etc.	213 10%	30 17% ^{DEfGiJLm}	9 9%	8 12% ^j	167 10%	5 6%	23 10% ^j	14 8%	23 13% ^{JL}	13 9%	9 5%	48 17% ^{bEFGIJLM}	18 6%	16 9%
Still in full time education	43 2%	9 5% ^{DFhjK}	3 3%	-	31 2%	2 3%	2 1%	6 3%	2 1%	4 2%	2 1%	3 1%	7 2%	3 2%
Don't know	3 *	-	-	-	3 *	-	1 *	-	1 *	-	-	-	1 *	-
Prefer not to answer	13 1%	1 1%	-	1 2% ^{Fj}	10 1%	-	-	2 1%	1 1%	1 1%	-	4 2% ^f	1 *	1 *

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 118

Thinking about your household's food and grocery shopping, are you personally responsible for selecting half or more of the items to be bought from supermarkets and food shops?

Base: All respondents

	Gender		Age										Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
Yes - responsible for half or more of the items bought	1877 90%	872 86%	1005 94%A	151 66%	329 91%C	322 97%CDGH	352 96%CDGH	281 91%C	441 92%C	480 81%	674 96%IK	722 92%I	506 89%	530 91%	375 89%	467 92%I	332 92%	768 91%
No - not responsible for most of the items bought	203 10%	144 14%B	60 6%	79 34%DEFGH	31 9%EF	11 3%	16 4%	27 9%EF	40 8%EF	110 19%JK	27 4%	66 8%J	62 11%O	55 9%	47 11%	39 8%	28 8%	73 9%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 119

Thinking about your household's food and grocery shopping, are you personally responsible for selecting half or more of the items to be bought from supermarkets and food shops?

Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
Yes - responsible for half or more of the items bought	1877 90%	154 88%	94 93% ^C	49 78%	1580 91% ^C	80 95% ^C	210 90% ^C	150 89% ^c	158 88% ^c	131 89% ^c	171 88% ^c	259 95% ^{ACFGHIJL}	251 89% ^C	169 94% ^{aCghj}
No - not responsible for most of the items bought	203 10%	22 12% ^{Km}	7 7%	14 22% ^{DBEFghjKLM}	161 9%	4 5%	22 10% ^k	19 11% ^{Km}	21 12% ^{Km}	16 11% ^k	23 12% ^{Km}	14 5%	31 11% ^{Km}	10 6%

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base**

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 120
How many cars are there in your household?
Base: All respondents

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
No cars in the household	437 21%	195 19%	241 23%a	33 14%	99 27%CIH	84 25%CH	76 21%c	65 21%c	81 17%	131 22%	160 23%k	145 18%	79 14%	145 25%LN	52 12%	160 32%LMN	69 19%	167 20%
NET: Any	1643 79%	820 81%b	824 77%	198 86%DEfg	261 73%	249 75%	292 79% 79% 79%	243 79%	400 83%DE	459 78%	541 77%	643 82%j	489 86%MO	439 75%O	370 88%MO	345 68%	290 81%	674 80%
1	844 41%	433 43%b	410 39%	45 20%	134 37%C	136 41%C	144 39%C	125 41%C	260 54%CDEFG	179 30%	280 40%l	385 49%lJ	206 36%	260 45%L	169 40%	208 41%	138 38%	314 37%
2	609 29%	299 29%	310 29%	95 41%DEFGH	108 30%	93 28%	101 28%	91 30%	121 25%	203 34%JK	194 28%	212 27%	222 39%MnO	130 22%	136 32%MO	120 24%	107 30%	278 33%
3+	191 9%	87 9%	104 10%	57 25%DEFGH	20 6%	20 6%	47 13%DEH	27 9%H	20 4%	77 13%K	67 10%K	46 6%	61 11%O	49 8%O	64 15%MO	17 3%	45 13%	83 10%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 121
How many cars are there in your household?
Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
No cars in the household	437 21%	45 26%bcHjLm	15 15%	8 13%	369 21%	17 20%i	52 22%hl	33 20%i	25 14%	14 10%	33 17%i	118 43%ABCEFGHIJLM	46 6%i	30 17%
NET: Any	1643 79%	131 74%K	86 85%aK	55 87%aK	1372 79%	67 80%K	181 78%K	136 80%K	154 86%AfK	133 90%AeFGjKl	161 83%aK	154 57%	236 84%AK	150 83%aK
1	844 41%	75 43%ck	41 41%	16 26%	712 41%C	35 41%	89 39%	87 51%CFHkI	64 36%	68 46%CK	81 42%CK	89 33%	114 40%ck	83 46%ChK
2	609 29%	39 22%	40 39%DAGKM	27 43%DAfGjKM	503 29%	25 29%K	69 30%K	44 26%K	65 36%AgKm	53 36%AgKm	58 30%K	43 16%	100 35%AgKm	47 26%K
3+	191 9%	17 10%G	5 5%	11 18%DBGiKL	158 9%	8 9%g	22 10%G	5 3%	25 14%BGkl	12 8%g	21 11%G	22 8%g	22 8%g	20 11%G

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 122

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

Base: All respondents

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
White	1872 90%	916 90%	955 90%	191 83%	292 81%	280 84%	338 92%CDE	292 95%CDE	478 100%CDEFG	483 82%	618 88%I	770 98%IJ	499 88%	525 90%	383 91%	465 92%L	303 85%	727 86%
NET: BAME	186 9%	82 8%	103 10%	36 16%FGH	61 17%FGH	50 15%FGH	24 6%H	13 4%H	1 *	97 16%JK	73 10%K	15 2%	61 11%o	56 10%	32 8%	37 7%	51 14%	100 12%
Mixed	35 2%	21 2%	14 1%	7 3%H	7 2%H	7 2%H	8 2%H	5 2%H	1 *	14 2%K	15 2%K	6 1%	9 2%	12 2%	7 2%	8 2%	9 3%	17 2%
Asian	105 5%	51 5%	55 5%	25 11%FGH	42 12%FGH	27 8%FGH	8 2%H	2 1%	1 *	67 11%JK	35 5%K	3 *	31 5%	27 5%	21 5%	26 5%	24 7%	60 7%
Black	36 2%	8 1%	28 3%A	2 1%h	8 2%H	14 4%CH	6 2%H	6 2%H	-	9 2%	21 3%K	6 1%	15 3%nO	15 3%nO	3 1%	2 *	13 4%	20 2%
Chinese	3 *	1 *	2 *	1 *	1 *	1 *	1 *	-	-	1 *	2 *	-	2 *	1 *	-	1 *	1 *	1 *
Other ethnic group	6 *	1 *	5 *	1 1%	4 1%eH	-	1 *	-	-	5 1%jK	1 *	-	5 1%o	1 *	1 *	-	4 1%Q	1 *
Prefer not to answer	23 1%	17 2%B	6 1%	3 2%h	7 2%H	3 1%	7 2%H	2 1%	1 *	10 2%K	10 1%k	3 *	8 1%	4 1%	8 2%	4 1%	5 1%	14 2%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 123

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

Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
White	1872 90%	162 93%HK	97 96%DFHK	61 97%dfHK	1552 89%	82 97%fHK	207 89%HK	159 94%HK	138 77%	138 94%HK	187 97%FHK	201 74%	263 93%HK	176 98%AFgHiKL
NET: BAME	186 9%	7 4% <i>m</i>	4 4% <i>m</i>	-	174 10%AbC	2 2%	25 11%AbCEJIM	10 6% <i>cM</i>	38 21%ABCEFGIJLM	8 6% <i>cM</i>	4 2%	68 25%ABCEFGIJLM	17 6% <i>cjM</i>	1 1%
Mixed	35 2%	3 1%	1 1%	-	32 2%	-	2 1%	2 1%	3 2%	2 2%	2 1%	15 6% <i>abceFGhiJIM</i>	6 2%	1 1%
Asian	105 5%	3 2%	2 2% <i>Jm</i>	-	100 6% <i>ac</i>	2 2%	21 9%ABCeIJLM	8 5% <i>JM</i>	33 18%ABCEFGIJKLM	4 %	-	26 10%ABCeIJLM	7 2% <i>jm</i>	-
Black	36 2%	1 *	1 1%	-	34 2%	-	1 1%	-	2 1%	2 1%	3 1%	25 9%ABCEFGHIJLM	1 -	-
Chinese	3 *	1 *	-	-	2 *	-	1 1%	-	-	-	-	1 *	* *	-
Other ethnic group	6 *	-	-	-	6 *	-	-	-	1 *	1 *	-	1 *	3 1%	* *
Prefer not to answer	23 1%	6 3% <i>DFI</i>	-	2 3% <i>f</i>	15 1%	1 1%	1 *	1 *	3 2%	1 1%	2 1%	3 1%	2 1%	2 1%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 124

To which of the following religious groups do you consider yourself to be a member of?

Base: All respondents

	Total	Gender		Age									Social Grade				Employment Sector	
		Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
Christian	984 47%	500 49%	484 45%	65 28%	93 26%	117 35%D	183 50%CDE	177 58%CDEF	349 73%CDEFG	158 27%	300 43%I	526 67%IJ	282 50%	262 45%	198 47%	243 48%	145 40%	359 43%
NET: Other	156 8%	69 7%	88 8%	29 12%FGH	50 14%FGH	35 11%FGH	14 4%	9 3%	19 4%	79 13%JK	50 7%K	28 4%	46 8%	40 7%	29 7%	41 8%	41 12%	67 8%
Muslim	83 4%	37 4%	46 4%	19 8%FGH	37 10%FGH	23 7%FGH	4 1%h	-	-	56 9%JK	27 4%K	-	18 3%	20 3%	23 5%	21 4%	20 6%	48 6%
Hindu	11 1%	7 1%	4 *	2 1%	3 1%	2 *	3 1%	-	1 *	5 1%K	5 1%k	1 *	4 1%	5 1%	-	2 *	5 1%q	3 *
Jewish	16 1%	7 1%	9 1%	1 *	3 1%	1 *	2 *	2 1%	7 2%	4 1%	3 *	9 1%	8 1%	4 1%	1 *	4 1%	7 2%Q	3 *
Sikh	4 *	2 *	2 *	1 *	-	3 1%fh	-	-	-	1 *	3 *k	-	4 1%mo	-	-	-	-	3 *
Buddhist	14 1%	3 *	10 1%	-	2 1%	1 *	2 1%	2 1%	7 1%	2 *	3 *	8 1%	5 1%	3 *	3 1%	2 *	2 1%	4 *
Other	28 1%	12 1%	16 2%	6 2%	5 1%	5 1%	4 1%	5 2%	4 1%	11 2%	8 1%	9 1%	6 1%	8 1%	2 1%	11 2%n	7 2%	7 1%
None	905 43%	428 42%	476 45%	130 56%FGH	202 56%FGH	179 54%FGH	163 44%H	121 39%H	110 23%	332 56%JK	342 49%K	231 29%	224 39%	279 48%L	186 44%	215 43%	168 47%	398 47%
Prefer not to say	35 2%	18 2%	17 2%	8 3%EGH	14 4%EGH	1 *	8 2%eGh	1 *	3 1%	22 4%JK	9 1%	4 *	16 3%M	3 *	9 2%M	7 1%	4 1%	17 2%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 125

To which of the following religious groups do you consider yourself to be a member of?

Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
Christian	984 47%	72 41%	45 44%	46 73% DABEFHIJKL M	822 47%	42 50%	112 48% h	102 60% ABFHIKLM	70 39%	68 46%	100 52% aH	118 43%	129 46%	82 46%
NET: Other	156 8%	8 5%	3 3%	1 1%	145 8% bc	3 4%	28 12% ABCEGIJLM	3 2%	36 20% ABCEFGIJLM	6 4%	9 5%	41 15% ABCEGIJLM	14 5%	4 2%
Muslim	83 4%	1 1%	- -	- -	82 5% AB	1 1%	18 8% ABCEGIJLM	3 2% m	28 16% ABCEFGIJKLM	2 %	2 1%	21 8% ABCEGIJLM	5 2%	- -
Hindu	11 1%	- -	- -	- -	11 1%	- -	- -	- -	4 2% FgJLm	1 1%	- -	6 2% aFgJLm	- -	- -
Jewish	16 1%	- -	- -	- -	16 1%	* 1%	4 2% hm	- -	- -	1 *	1 *	8 3% abGHJLM	1 1%	- -
Sikh	4 *	1 1%	- -	- -	3 *	- -	- -	- -	2 1%	- -	- -	- -	1 *	- -
Buddhist	14 1%	1 *	2 2% hm	- -	11 1%	- -	3 1%	- -	- -	- -	3 2%	3 1%	2 1%	- -
Other	28 1%	5 3% g	1 1%	1 1%	22 1%	1 2%	3 1%	- -	2 1%	2 2%	3 1%	3 1%	3 1%	4 2% g
None	905 43%	87 50% CfGk	54 53% dCFGHK	16 25%	748 43% C	40 47% C	91 39% c	61 36%	71 40% c	72 49% CfGk	83 43% C	107 39% c	135 48% CfGk	90 50% CFGhK
Prefer not to say	35 2%	9 5% DBeFhij	- -	* 1%	26 1%	- -	2 1%	3 2%	2 1%	1 1%	2 1%	6 2%	5 2%	3 2%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 126

Which of the following best describes where you live?

Base: All respondents

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
NET: Urban	1655 80%	804 79%	851 80%	192 83%GH	312 87%efGH	270 81%Gh	297 81%G	221 72%	362 75%	505 85%jk	567 81%K	583 74%	443 78%	489 84%LN	311 74%	412 81%N	305 85%q	665 79%
Urban - Population over 10,000	907 44%	462 45%	445 42%	105 45%gh	180 50%GH	169 51%fGH	159 43%	114 37%	181 38%	284 48%K	329 47%K	294 37%	262 46%N	267 46%N	159 38%	219 43%	184 51%	379 45%
Town and Fringe	748 36%	342 34%	406 38%a	88 38%e	133 37%	101 30%	137 37%e	107 35%	182 38%E	220 37%	239 34%	289 37%	181 32%	222 38%L	152 36%	193 38%l	121 34%	286 34%
NET: Rural	425 20%	211 21%	214 20%	39 17%	48 13%	63 19%d	71 19%d	87 28%CDEF	118 25%CDDe	86 15%	134 19%i	205 26%J	125 22%M	95 16%	111 26%MO	94 19%	54 15%	176 21%p
Village	378 18%	186 18%	192 18%	34 15%	42 12%	56 17%	59 16%	76 25%CDEF	110 23%CDDeF	77 13%	115 16%	186 24%J	114 20%M	83 14%	96 23%Mo	86 17%	53 15%	149 18%
Hamlet & Isolated Dwelling	46 2%	25 2%	22 2%	4 2%	5 1%	6 2%	12 3%	11 4%	8 2%	9 2%	18 3%	19 2%	10 2%	13 2%	15 4%o	8 2%	2 *	27 3%P

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 127

Which of the following best describes where you live?

Base: All respondents

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
NET: Urban	1655 80%	136 77%BCj	65 64%	38 60%	1417 81%BC	70 82%BCIJ	199 86%aBCIJLM	134 79%BCIJ	161 90%ABCGIJLM	102 69%	129 67%	269 99%ABCEFGHIJL M	214 6%BCJ	140 78%BCJ
Urban - Population over 10,000	907 44%	72 41%CJ	30 30%	14 22%	791 45%BC	36 43%Cj	105 45%BCiJIM	78 46%BCiJIM	89 49%BCIJLM	51 34%	55 29%	216 79%ABCEFGHIJL M	102 16%c	60 33%
Town and Fringe	748 36%	63 36%K	35 34%K	24 38%K	626 36%	34 40%K	94 40%K	56 33%K	72 40%K	51 35%K	74 38%K	53 19%	112 40%K	80 45%gK
NET: Rural	425 20%	40 23%fHK	36 36%DAEFGHKLM	25 40%DAEFGHKLM	324 19%	15 18%K	33 14%K	36 21%HK	18 10%K	46 31%eFgHK	65 33%aEFGHKLM	4 1%	68 24%FHK	40 22%fHK
Village	378 18%	34 19%fHK	25 25%dFHK	13 21%fhK	306 18%	15 18%K	28 12%K	36 21%FHK	18 10%K	43 29%aFHK	59 30%AeFgHKm	4 1%	67 24%FHK	38 21%FHK
Hamlet & Isolated Dwelling	46 2%	6 3%DgHKL	12 11%DAEFGHIJKL M	12 19%DAEFGHIJKLM	17	-	6 2%ghKL	-	-	3 2%K	6 3%GHKL	-	1 *	2 1%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 128

Which of the following best describes your current working status?

Base: All respondents

	Gender		Age									Social Grade				Employment Sector		
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	2080	1071	1009	236	322	336	371	330	485	558	707	815	593	616	324	547	318	775
Weighted base	2080	1015	1065	231	360	333	368	308	480	591	701	788	568	585	422	505	359	841
NET: Working	1200 58%	618 61%B	583 55%	137 59%H	285 79%CGH	272 82%CFGH	273 74%CGH	178 58%H	55 11%	421 71%K	545 78%IK	233 30%	349 62%O	388 66%O	265 63%O	198 39%	359 100%	841 100%
Working full time - working 30 hours per week or more	948 46%	545 54%B	404 38%	113 49%H	238 66%CFGH	223 67%CFGH	216 59%CGH	134 44%H	24 5%	351 59%K	439 63%K	158 20%	290 51%O	314 54%O	207 49%O	138 27%	294 82%	655 78%
Working part time - working between 8 and 29 hours per week	252 12%	73 7%	179 17%A	24 10%	47 13%H	49 15%H	57 15%H	44 14%H	31 6%	70 12%	106 15%K	75 10%	59 10%	75 13%	58 14%	60 12%	66 18%	186 22%
NET: Not working	880 42%	398 39%	482 45%A	94 41%DEF	75 21%	61 18%	95 26%E	129 42%DEF	426 89%CDEFG	169 29%J	156 22%	555 70%IJ	218 38%	196 34%	158 37%	308 61%LMN	-	-
Not working but seeking work or temporarily unemployed or sick	76 4%	47 5%B	29 3%	12 5%H	17 5%H	18 6%gH	20 5%gH	8 2%H	1 *	29 5%K	39 6%K	8 1%	6 1%	8 1%	7 2%	55 11%LMN	-	-
Not working and not seeking work/ student	182 9%	96 9%	87 8%	80 35%DEFGH	24 7%eH	10 3%H	29 8%EH	37 12%DEH	1 *	104 18%JK	40 6%	38 5%	38 7%	38 6%	24 6%	83 16%LMN	-	-
Retired on a state pension only	144 7%	46 5%	98 9%A	-	-	-	-	*	144 30%CDEFG	-	-	144 18%J	12 2%	12 2%	20 5%Lm	100 20%LMN	-	-
Retired with a private pension	334 16%	193 19%B	141 13%	-	-	-	6 2%de	54 17%CDEF	275 57%CDEFG	-	6 1%i	328 42%IJ	138 24%mNO	115 20%nO	60 14%O	21 4%	-	-
House person, housewife, househusband, etc.	144 7%	16 2%	128 12%A	3 1%	34 9%CH	32 10%CH	40 11%CH	30 10%CH	5 1%	36 6%	72 10%IK	35 4%	25 4%	23 4%	47 11%LM	49 10%LM	-	-

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 129

Which of the following best describes your current working status?**Base: All respondents**

	Region													
	Total	Scotland (a)	Wales (b)	North-ern Ire-land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2080	135	112	64	1769	71	254	153	181	147	209	281	286	187
Weighted base	2080	176	101*	62*	1741	85*	232	170	180	147	194	272	282	180
NET: Working	1200 58%	101 57%	55 54%	42 67%Gi	1003 58%	55 65%g	137 59%g	84 49%	103 58%	76 52%	106 55%	175 64%bGlj	162 57%	105 58%
Working full time - working 30 hours per week or more	948 46%	78 44%	40 40%	37 59%daBGJm	794 46%	46 54%glj	117 50%GIJ	66 39%	85 47%i	54 37%	75 39%	140 52%bGIJ	131 46%i	80 45%
Working part time - working between 8 and 29 hours per week	252 12%	23 13%	14 14%	5 9%	209 12%	9 11%	20 9%	18 11%	19 10%	22 15%f	31 16%F	35 13%	31 11%	25 14%
NET: Not working	880 42%	75 43%	46 46%k	20 33%	738 42%	30 35%	95 41%	86 51%CeFK	76 42%	71 48%ck	88 45%k	97 36%	121 43%	75 42%
Not working but seeking work or temporarily unemployed or sick	76 4%	9 5%	3 3%	1 2%	63 4%	5 5%	10 5%	4 2%	6 3%	5 3%	9 5%	8 3%	9 3%	7 4%
Not working and not seeking work/ student	182 9%	20 11%g	11 11%	5 8%	147 8%	6 7%	23 10%	9 5%	16 9%	16 11%g	14 7%	18 7%	26 9%	17 9%
Retired on a state pension only	144 7%	9 5%	6 6%	1 1%	128 7%	6 7%	11 5%	16 9%c	10 5%	16 11%CFI	17 9%c	23 9%c	16 6%	14 8%
Retired with a private pension	334 16%	23 13%	21 21%ek	9 15%	281 16%	8 10%	38 16%	46 27%AcEFHIJKLml	29 16%	19 13%	30 16%	33 12%	46 16%	33 18%
House person, housewife, househusband, etc.	144 7%	14 8%M	6 6%	4 7%	119 7%	4 5%	13 6%	11 6%	16 9%M	15 10%M	17 9%M	15 5%	23 8%M	4 2%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base**

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 130

Do you work in any of the following occupations?

Base: All respondents who work

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	1093	570	523	119	241	255	254	169	55	360	509	224	340	385	183	185	318	775
Weighted base	1200	618	583	137*	285	272	273	178	55*	421	545	233	349	388	265	198	359	841
NET: Public Sector	359 30%	152 25%	207 36%A	45 33%	84 30%	87 32%	81 29%	43 24%	19 34%	129 31%	168 31%	62 26%	142 41% mNO	128 33% NO	59 22%	30 15%	359 100% Q	-
A nationalised industry/state corporation	34 3%	23 4%	11 2%	5 4%	7 2%	14 5% G	8 3%	1 1%	-	12 3%	21 4% K	1 1%	13 4% o	6 2%	14 5% MO	1 1%	34 10% Q	-
Central government or civil service (including Courts service and Bank of England)	39 3%	24 4%	15 2%	4 3%	9 3%	8 3%	9 3%	9 5%	1 1%	13 3%	16 3%	9 4%	18 5% NO	18 5% No	1 *	2 1%	39 11% Q	-
Local government or council (including fire services, police and local authority controlled schools/colleges)	113 9%	45 7%	68 12% A	9 7%	21 7%	41 15% cDfG	25 9%	13 7%	3 6%	30 7%	66 12% lk	16 7%	46 13% NO	43 11% NO	13 5%	10 5%	113 31% Q	-
A university, or other grant funded establishment (include opted-out schools)	33 3%	10 2%	23 4% A	1 *	12 4% c	6 2%	10 4%	3 2%	2 3%	13 3%	16 3%	5 2%	12 4%	16 4% no	3 1%	2 1%	33 9% Q	-
A health authority or NHS Trust	90 8%	25 4%	65 11% A	14 10%	23 8%	15 6%	20 7%	11 6%	8 15% Eg	36 9%	35 6%	19 8%	38 11% NO	34 9% O	13 5%	5 3%	90 25% Q	-
The armed forces	3 *	3 1%	-	2 2% df	-	1 *	-	-	-	2 1%	1 *	-	-	1 *	2 1%	* *	3 1% Q	-
Other public sector occupation (Please specify as much detail as possible)	47 4%	22 3%	25 4%	11 8% E	12 4% e	3 1%	10 4% e	6 3%	5 9% E	23 5% J	13 2%	11 5%	14 4%	10 3%	13 5%	9 5%	47 13% Q	-

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

* small base

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 130

Do you work in any of the following occupations?**Base: All respondents who work**

	Total	Gender		Age									Social Grade				Employment Sector	
		Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Weighted base	1200	618	583	137*	285	272	273	178	55*	421	545	233	349	388	265	198	359	841
NET: Private Sector	841	466	375	91	200	185	193	135	36	292	377	172	207	261	206	168	-	841
	70%	75%B	64%	67%	70%	68%	71%	76%	66%	69%	69%	74%	59%	67%l	78%LM	85%LM	-	100%P
A charity, voluntary organisation or trust	53	27	26	1	13	15	12	8	4	14	28	12	14	24	11	4	-	53
	4%	4%	4%	*	5%c	6%C	5%c	5%c	7%C	3%	5%	5%	4%	6%o	4%	2%	-	6%P
Self-employed (Private sector)	186	114	73	7	28	36	60	46	10	35	96	56	46	54	50	37	-	186
	16%	18%B	12%	5%	10%	13%C	22%CDE	26%CDE	17%C	8%	18%l	24%lj	13%	14%	19%	19%	-	22%P
None of the above/ I work in the Private sector	602	325	277	84	160	133	121	81	23	244	254	104	148	183	145	126	-	602
	50%	53%	47%	61%eFGH	56%Fg	49%	44%	45%	42%	58%JK	47%	45%	42%	47%	55%L	64%LM	-	72%P

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

* small base

National Fitness Day Survey

ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 131
Do you work in any of the following occupations?
Base: All respondents who work

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	1093	71	56	35	931	43	134	72	93	69	103	169	145	103
Weighted base	1200	101*	55*	42**	1003	55*	137	84*	103*	76*	106*	175	162	105*
NET: Public Sector	359 30%	31 31%	18 33%	9 21%	301 30%	25 45% <small>Fil</small>	35 26%	26 31%	30 29%	19 25%	33 31%	55 32%	46 28%	33 31%
A nationalised industry/state corporation	34 3%	2 2%	3 6%	- -	30 3%	- -	5 3%	7 8% <small>eHkm</small>	1 1%	2 3%	3 2%	4 2%	6 4%	2 2%
Central government or civil service (including Courts service and Bank of England)	39 3%	6 6% <small>gl</small>	4 7% <small>GL</small>	1 2%	29 3%	5 9% <small>GikL</small>	4 3%	- -	7 7% <small>GkL</small>	1 1%	3 3%	4 2%	1 1%	4 4%
Local government or council (including fire services, police and local authority controlled schools/colleges)	113 9%	7 7%	4 8%	3 6%	99 10%	10 19% <small>aF</small>	8 6%	7 8%	9 9%	7 9%	11 10%	21 12%	15 9%	11 11%
A university, or other grant funded establishment (include opted-out schools)	33 3%	3 3%	- -	1 2%	29 3%	1 2%	4 3%	3 3%	3 3%	3 3%	3 3%	3 2%	6 3%	4 3%
A health authority or NHS Trust	90 8%	11 11%	3 5%	2 4%	75 7%	9 16% <small>fGj</small>	8 6%	3 4%	7 7%	5 7%	5 5%	18 10%	13 8%	6 6%
The armed forces	3 *	- -	1 2%	- -	3 *	- -	- -	- -	- -	* *	2 2% <small>k</small>	- -	- -	- -
Other public sector occupation (Please specify as much detail as possible)	47 4%	3 3%	3 6%	3 7%	38 4%	- -	7 5%	6 8%	2 2%	1 1%	6 5%	6 3%	5 3%	5 5%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base; ** very small base (under 30) ineligible for sig testing

National Fitness Day Survey
ONLINE Fieldwork: 6th to 8th September 2019

Absolutes/col percents

Table 131
Do you work in any of the following occupations?
Base: All respondents who work

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Weighted base	1200	101*	55*	42**	1003	55*	137	84*	103*	76*	106*	175	162	105*
NET: Private Sector	841 70%	70 69%	37 67%	33 79%	702 70%	30 55%	102 74%E	58 69%	73 71%	57 75%e	73 69%	120 68%	116 72%e	72 69%
A charity, voluntary organisation or trust	53 4%	11 11%DbFHL	1 2%	2 4%	40 4%	1 2%	2 1%	3 3%	1 1%	2 3%	9 9%FHL	10 6%f	3 2%	10 10%FHL
Self-employed (Private sector)	186 16%	13 13%	8 14%	5 12%	160 16%	10 19%g	21 15%g	4 5%	11 11%	15 20%G	16 15%g	30 17%G	37 23%GH	16 15%g
None of the above/ I work in the Private sector	602 50%	45 45%	28 51%	27 63%	502 50%	19 34%	80 58%Ejkm	51 61%Ejklm	61 59%Ekm	40 52%	48 46%	80 46%	76 47%	46 44%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m
* small base; ** very small base (under 30) ineligible for sig testing