



## UKACTIVE PUBLIC POLLING ON PHYSICAL ACTIVITY

Methodology: ComRes interviewed 2,076 UK adults aged 18+ online between 7<sup>th</sup> and 9<sup>th</sup> September. Data were weighted to be demographically representative of all UK adults aged 18+ by key demographics including age, gender, region and social grade. ComRes is a member of the British Polling Council and abides by its rules.

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**Physical Activity Survey**  
**ONLINE Fieldwork: 7th - 9th September 2018**

Absolutes/col percents

Table 1

**Q1. In an average day, how much time do you spend doing each of the following?**

**Summary****Base: All respondents**

	Activities						
	Watching TV on demand (e.g. Netflix, BBC iPlayer, Amazon Prime TV)	Watching live TV	Using social media (e.g. Twitter, Facebook, Instagram)	Working on your appearance (e.g. choosing your outfit, styling hair, grooming, applying make-up)	Looking at a smartphone/tablet	Preparing food	Waiting for, or delayed on transport (e.g. stuck in traffic, delays on public transport)
Unweighted base	2076	2076	2076	2076	2076	2076	2076
Weighted base	2076	2076	2076	2076	2076	2076	2076
None	192 9%	119 6%	139 7%	123 6%	52 2%	23 1%	305 15%
30 minutes or less	120 6%	83 4%	337 16%	848 41%	228 11%	401 19%	354 17%
30 minutes to 1 hour	354 17%	336 16%	423 20%	375 18%	378 18%	838 40%	194 9%
1 hour to 1.5 hours	23 1%	32 2%	26 1%	13 1%	51 2%	93 4%	6 *
1.5 hours to 2 hours	320 15%	309 15%	257 12%	37 2%	329 16%	254 12%	46 2%
2 hours to 2.5 hours	8 *	21 1%	5 *	1 *	15 1%	8 *	2 *
More than 2.5 hours	228 11%	683 33%	270 13%	20 1%	509 25%	75 4%	31 1%
Not applicable	546 26%	215 10%	386 19%	301 14%	215 10%	116 6%	783 38%
Don't know	285 14%	279 13%	233 11%	358 17%	299 14%	269 13%	356 17%
Mean	1.65	2.65	1.65	0.75	2.38	1.26	0.71
Standard deviation	1.52	2.19	1.86	1.27	2.28	1.50	1.36
Standard error	0.04	0.05	0.05	0.03	0.06	0.04	0.05

## Physical Activity Survey

### ONLINE Fieldwork: 7th - 9th September 2018

Absolutes/col percents

Table 2  
**Q1. In an average day, how much time do you spend doing each of the following?**  
**Watching TV on demand (e.g. Netflix, BBC iPlayer, Amazon Prime TV)**  
**Base: All respondents**

	Gender		Age									Do Following Exercise When Concerned Or Stressed				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)	Go for a walk (l)	Go running (m)	Go swimming (n)	Other exercise (o)	Public (p)	Private (q)
Unweighted base	2076	979	1097	196	302	332	394	332	520	498	726	852	820	130	91	257	305	786
Weighted base	2076	1013	1063	230	359	332	367	307	480	589	700	787	822	157	96*	293	351	847
None	192 9%	112 11%B	80 8%	7 3%	13 4%	17 5%	41 11%CDE	46 15%CDE	68 14%CDE	21 3%	58 8%I	114 14%J	78 10%	9 6%	9 9%	23 8%	27 8%	69 8%
30 minutes or less	120 6%	61 6%	58 5%	12 5%	17 5%	17 5%	21 6%	20 7%	33 7%	29 5%	38 5%	53 7%	58 7%	10 6%	2 3%	21 7%	17 5%	43 5%
30 minutes to 1 hour	354 17%	204 20%B	149 14%	45 20%	69 19%h	60 18%	69 19%h	44 14%	67 14%	114 19%K	130 19%K	110 14%	147 18%	36 23%	20 21%	77 26%L	53 15%	172 20%p
1 hour to 1.5 hours	23 1%	10 1%	13 1%	1 1%	6 2%	4 1%	2 1%	6 2%	4 1%	7 1%	6 1%	10 1%	12 1%	1 1%	-	6 2%	6 2%	8 1%
1.5 hours to 2 hours	320 15%	141 14%	180 17%a	61 26%efGH	72 20%GH	50 15%H	70 19%GH	34 11%H	32 7%	133 23%JK	121 17%K	67 8%	132 16%	43 27%LO	18 19%	51 17%	67 19%	150 18%
2 hours to 2.5 hours	8 *	4 *	4 *	2 1%	* *	4 1%H	2 *	1 *	- -	2 *	5 1%k	1 *	5 1%	2 1%	2 2%	2 1%	2 1%	5 1%
More than 2.5 hours	228 11%	92 9%	135 13%A	42 18%FGH	67 19%FGH	45 14%fGH	31 8%H	24 8%H	19 4%	109 18%JK	76 11%K	43 5%	93 11%O	16 10%	18 19%IO	18 6%	37 11%	94 11%
Not applicable	546 26%	253 25%	293 28%	14 6%	57 16%C	69 21%C	86 23%CD	99 32%CDEF	221 46%CDEFG	71 12%	155 22%I	320 41%IJ	222 27%MNO	14 9%	15 15%	45 15%	78 22%	183 22%
Don't know	285 14%	136 13%	149 14%	46 20%FGH	58 16%H	67 20%FGH	44 12%H	34 11%	37 8%	104 18%K	111 16%K	70 9%	74 9%	25 16%L	11 12%	50 17%L	63 18%	124 15%
Mean	1.65	1.46	1.83A	2.04FGH	2.20EFGH	1.81FGH	1.46H	1.33H	1.03	2.13JK	1.62K	1.16	1.61	1.74	1.89o	1.44	1.69	1.68
Standard deviation	1.52	1.37	1.64	1.42	1.92	1.42	1.24	1.44	1.18	1.73	1.34	1.31	1.51	1.52	1.51	1.36	1.34	1.52
Standard error	0.04	0.06	0.06	0.11	0.13	0.10	0.08	0.10	0.07	0.09	0.06	0.06	0.06	0.15	0.18	0.10	0.10	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

## Physical Activity Survey

### ONLINE Fieldwork: 7th - 9th September 2018

Absolutes/col percents

Table 3

**Q1. In an average day, how much time do you spend doing each of the following?**

**Watching TV on demand (e.g. Netflix, BBC iPlayer, Amazon Prime TV)**

**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	2076	171	111	61	1733	96	246	189	191	165	180	227	255	184
Weighted base	2076	175	101*	62*	1738	84*	232	169	179	147	193	272	282	179
None	192 9%	23 13%dfH	11 11%H	4 7%	154 9%	5 6%	16 7%	13 7%	7 4%	19 13%fH	20 11%H	26 9%h	25 9%h	23 13%fH
30 minutes or less	120 6%	5 3%	7 7%	3 5%	105 6%	9 10%AFGk	9 4%	5 3%	19 11%AFGiKlm	7 4%	19 10%AFGiK	12 4%	16 6%	10 5%
30 minutes to 1 hour	354 17%	35 20%B	9 9%	11 17%	300 17%B	12 14%	34 15%	31 18%b	26 15%	23 16%	33 17%b	54 20%B	55 19%B	32 18%b
1 hour to 1.5 hours	23 1%	8 4%DbFGjKLM	-	3 4%DbfGKIM	13 1%	1 1%	1 1%	-	3 2%	2 2%	2 1%	1 *	2 1%	1 *
1.5 hours to 2 hours	320 15%	25 14%	12 12%	17 28%DABEfGijlm	266 15%	7 8%	36 16%	23 13%	31 18%e	18 12%	30 16%	51 19%E	44 16%	27 15%
2 hours to 2.5 hours	8 *	-	*	-	8 *	-	1 *	-	1 1%	-	-	5 2%	2 1%	-
More than 2.5 hours	228 11%	15 8%	18 18%DAeFHJm	7 11%	188 11%	7 8%	21 9%	22 13%	16 9%	21 14%j	14 7%	30 11%	38 14%j	18 10%
Not applicable	546 26%	36 20%	24 24%	13 21%	473 27%a	30 36%AcKm	74 32%AK	55 33%AK	50 28%K	40 27%k	53 28%K	50 18%	74 26%k	45 25%
Don't know	285 14%	31 17%L	19 19%cjL	5 8%	230 13%	13 16%	39 17%L	21 13%	25 14%	18 12%	21 11%	43 16%l	27 9%	24 13%
Mean	1.65	1.56	2.22DaFJKM	1.68	1.62	1.51	1.59	1.81j	1.70	1.70	1.39	1.61	1.74j	1.47
Standard deviation	1.52	1.69	2.40	1.14	1.45	1.65	1.15	1.68	1.45	1.67	1.46	1.32	1.50	1.35
Standard error	0.04	0.17	0.29	0.17	0.04	0.24	0.10	0.16	0.14	0.17	0.14	0.11	0.12	0.13

**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**

## Physical Activity Survey

### ONLINE Fieldwork: 7th - 9th September 2018

Absolutes/col percents

Table 4

**Q1. In an average day, how much time do you spend doing each of the following?**

**Watching live TV**

**Base: All respondents**

	Gender		Age									Do Following Exercise When Concerned Or Stressed				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)	Go for a walk (l)	Go running (m)	Go swimming (n)	Other exercise (o)	Public (p)	Private (q)
Unweighted base	2076	979	1097	196	302	332	394	332	520	498	726	852	820	130	91	257	305	786
Weighted base	2076	1013	1063	230	359	332	367	307	480	589	700	787	822	157	96*	293	351	847
None	119 6%	53 5%	66 6%	34 15%DEFGH	28 8%GH	18 5%H	23 6%GH	8 3%	7 2%	62 11%JK	41 6%K	16 2%	47 6%	12 8%	5 5%	21 7%	16 5%	64 8%
30 minutes or less	83 4%	42 4%	42 4%	16 7%GH	13 4%	16 5%	15 4%	7 2%	15 3%	30 5%k	32 5%	22 3%	38 5%	9 6%	3 3%	18 6%	12 4%	44 5%
30 minutes to 1 hour	336 16%	170 17%	166 16%	51 22%GH	81 23%GH	61 18%GH	68 18%GH	32 10%	43 9%	132 22%K	129 18%K	75 10%	149 18%	40 25%l	15 16%	68 23%	68 19%	150 18%
1 hour to 1.5 hours	32 2%	14 1%	18 2%	1 *	6 2%	10 3%ch	5 1%	6 2%	5 1%	7 1%	14 2%	11 1%	16 2%	3 2%	1 1%	7 2%	11 3%	15 2%
1.5 hours to 2 hours	309 15%	165 16%	144 14%	25 11%	39 11%	49 15%	65 18%cD	55 18%cD	77 16%d	64 11%	114 16%l	131 17%l	134 16%	25 16%	18 18%	42 14%	56 16%	126 15%
2 hours to 2.5 hours	21 1%	13 1%	8 1%	* *	- -	3 1%	1 *	4 1%d	13 3%cDeF	* *	4 1%	17 2%jJ	13 2%	2 1%	3 3%	3 1%	3 1%	6 1%
More than 2.5 hours	683 33%	346 34%	336 32%	18 8%	79 22%C	68 20%C	119 32%CDE	134 44%CDEF	264 55%CDEFG	98 17%	187 27%l	398 51%jJ	250 30%mo	34 22%	26 28%	59 20%	79 22%	217 26%
Not applicable	215 10%	86 9%	129 12%A	44 19%eFGH	49 14%fH	40 12%H	31 8%H	32 10%H	20 4%	93 16%JK	70 10%K	51 7%	88 11%	11 7%	9 9%	27 9%	38 11%	108 13%
Don't know	279 13%	124 12%	155 15%	40 17%fGH	64 18%FGH	68 21%FGH	41 11%h	30 10%	36 8%	104 18%K	110 16%K	66 8%	87 11%	20 13%	16 17%	49 17%L	68 19%q	118 14%
Mean	2.65	2.72	2.57	1.19	2.09C	2.30C	2.48CD	3.29CDEF	3.40CDEF	1.75	2.40I	3.36IJ	2.49MO	1.89	2.32	2.00	2.27	2.26
Standard deviation	2.19	2.37	1.99	1.10	1.86	2.59	1.99	2.47	1.97	1.67	2.27	2.17	2.10	1.48	1.59	1.74	1.84	2.24
Standard error	0.05	0.08	0.07	0.10	0.13	0.17	0.11	0.15	0.09	0.09	0.10	0.08	0.08	0.15	0.19	0.13	0.12	0.09

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

**Physical Activity Survey**  
**ONLINE Fieldwork: 7th - 9th September 2018**

Absolutes/col percents

Table 5

**Q1. In an average day, how much time do you spend doing each of the following?****Watching live TV****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	2076	171	111	61	1733	96	246	189	191	165	180	227	255	184
Weighted base	2076	175	101*	62*	1738	84*	232	169	179	147	193	272	282	179
None	119 6%	12 7%b	2 2%	3 5%	101 6%	6 7%b	17 7%bl	14 8%Bl	8 4%	11 8%bl	9 5%	19 7%b	10 4%	8 5%
30 minutes or less	83 4%	6 3%	4 4%	8 12%DABEFJKL	66 4%	* *	3 1%	9 5%eF	10 5%eF	6 4%f	8 4%	13 5%f	8 3%	10 6%eF
30 minutes to 1 hour	336 16%	26 15%	15 14%	19 30%DABEFGHIJ	276 16%	8 9%	32 14%	19 11%	25 14%	20 13%	28 14%	55 20%EG	55 20%EG	34 19%eg
1 hour to 1.5 hours	32 2%	7 4%Dbfj	-	2 4%b	23 1%	1 2%	2 1%	2 1%	3 1%	2 1%	1 1%	5 2%	5 2%	2 1%
1.5 hours to 2 hours	309 15%	22 12%	16 16%	8 12%	263 15%	11 13%	32 14%	23 14%	32 18%	24 16%	32 17%	35 13%	39 14%	34 19%
2 hours to 2.5 hours	21 1%	-	3 3%dAfg	1 2%	17 1%	1 1%	1 *	1 *	3 2%	1 *	1 1%	2 1%	4 1%	4 2%af
More than 2.5 hours	683 33%	54 31%	30 30%	12 20%	586 34%C	35 42%ChKm	84 36%CK	61 36%CK	53 30%	55 37%CK	80 42%abCHKM	65 24%	101 36%CK	52 29%
Not applicable	215 10%	21 12%	13 13%	7 11%	174 10%	11 13%i	27 12%	17 10%	17 9%	9 6%	15 8%	32 12%	31 11%	15 8%
Don't know	279 13%	27 15%C	19 19%CJLm	3 4%	231 13%c	11 13%	34 15%c	25 15%c	29 16%Cjl	20 14%c	19 10%	47 17%CjLm	28 10%	19 11%
Mean	2.65	2.69c	2.74C	1.88	2.67C	3.21CHKM	2.78Cm	2.72C	2.56c	2.69C	2.97CKM	2.32	2.73Cm	2.36
Standard deviation	2.19	2.50	1.96	1.70	2.18	2.15	2.10	2.14	1.97	2.03	2.54	2.66	1.97	1.73
Standard error	0.05	0.22	0.21	0.25	0.06	0.25	0.16	0.17	0.16	0.18	0.21	0.21	0.14	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

**Physical Activity Survey**  
**ONLINE Fieldwork: 7th - 9th September 2018**

Absolutes/col percents

Table 6

**Q1. In an average day, how much time do you spend doing each of the following?**  
**Using social media (e.g. Twitter, Facebook, Instagram)**  
**Base: All respondents**

	Gender		Age									Do Following Exercise When Concerned Or Stressed				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)	Go for a walk (l)	Go running (m)	Go swimming (n)	Other exercise (o)	Public (p)	Private (q)
Unweighted base	2076	979	1097	196	302	332	394	332	520	498	726	852	820	130	91	257	305	786
Weighted base	2076	1013	1063	230	359	332	367	307	480	589	700	787	822	157	96*	293	351	847
None	139 7%	92 9%B	47 4%	1 1%	9 3%	11 3% <sup>c</sup>	29 8% <sup>CDE</sup>	40 13% <sup>CDEF</sup>	49 10% <sup>CDE</sup>	11 2%	40 6% <sup>I</sup>	88 11% <sup>J</sup>	62 8%	8 5%	5 5%	16 6%	14 4%	54 6%
30 minutes or less	337 16%	172 17%	165 15%	11 5%	40 11% <sup>C</sup>	58 17% <sup>Cd</sup>	72 20% <sup>CD</sup>	59 19% <sup>CD</sup>	97 20% <sup>CD</sup>	51 9%	130 19% <sup>I</sup>	156 20% <sup>I</sup>	143 17% <sup>mN</sup>	16 10%	8 8%	46 16% <sup>n</sup>	42 12%	137 16%
30 minutes to 1 hour	423 20%	201 20%	222 21%	61 26% <sup>GH</sup>	75 21% <sup>h</sup>	74 22% <sup>H</sup>	87 24% <sup>H</sup>	56 18%	72 15%	136 23% <sup>K</sup>	160 23% <sup>K</sup>	127 16%	175 21%	50 32% <sup>LO</sup>	23 24%	63 21%	82 23%	190 22%
1 hour to 1.5 hours	26 1%	10 1%	16 1%	3 1%	8 2%	3 1%	5 1%	3 1%	5 1%	11 2%	8 1%	8 1%	12 1%	2 1%	2 2%	1 *	6 2%	11 1%
1.5 hours to 2 hours	257 12%	110 11%	147 14% <sup>a</sup>	44 19% <sup>fGH</sup>	57 16% <sup>gH</sup>	56 17% <sup>GH</sup>	47 13% <sup>H</sup>	31 10% <sup>H</sup>	22 5%	101 17% <sup>K</sup>	103 15% <sup>K</sup>	54 7%	92 11%	28 18% <sup>l</sup>	14 15%	45 15%	56 16%	124 15%
2 hours to 2.5 hours	5 *	- -	5 * <sup>a</sup>	2 1%	- -	1 *	1 *	- -	1 *	2 *	2 *	1 *	1 *	- -	- -	1 *	1 *	1 *
More than 2.5 hours	270 13%	78 8%	193 18% <sup>A</sup>	69 30% <sup>EFGH</sup>	88 25% <sup>EFGH</sup>	35 11% <sup>H</sup>	27 7%	27 9% <sup>H</sup>	23 5%	158 27% <sup>JK</sup>	62 9%	51 6%	114 14%	16 10%	16 17%	40 14%	58 16%	103 12%
Not applicable	386 19%	226 22% <sup>B</sup>	160 15%	7 3%	33 9% <sup>C</sup>	47 14% <sup>Cd</sup>	56 15% <sup>CD</sup>	67 22% <sup>CDEF</sup>	177 37% <sup>CDEFG</sup>	40 7%	102 15% <sup>I</sup>	244 31% <sup>IJ</sup>	151 18% <sup>m</sup>	17 11%	13 14%	41 14%	42 12%	127 15%
Don't know	233 11%	124 12%	108 10%	33 14% <sup>GH</sup>	48 14% <sup>GH</sup>	49 15% <sup>GH</sup>	45 12% <sup>gH</sup>	24 8%	34 7%	81 14% <sup>K</sup>	93 13% <sup>K</sup>	58 7%	72 9%	20 13%	15 16% <sup>l</sup>	39 13% <sup>l</sup>	51 14%	101 12%
Mean	1.65	1.37	1.89 <sup>A</sup>	2.56 <sup>EFGH</sup>	2.34 <sup>EFGH</sup>	1.65 <sup>FGH</sup>	1.28 <sup>H</sup>	1.26 <sup>H</sup>	0.99	2.43 <sup>JK</sup>	1.45 <sup>K</sup>	1.11	1.60	1.62	1.90	1.58	1.91	1.68
Standard deviation	1.86	1.83	1.86	2.31	2.17	2.10	1.23	1.51	1.11	2.23	1.70	1.31	1.75	1.65	1.73	1.36	1.76	2.10
Standard error	0.05	0.07	0.07	0.18	0.14	0.13	0.07	0.10	0.06	0.11	0.07	0.06	0.07	0.17	0.21	0.10	0.12	0.09

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

## Physical Activity Survey

### ONLINE Fieldwork: 7th - 9th September 2018

Absolutes/col percents

Table 7

**Q1. In an average day, how much time do you spend doing each of the following?**

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

**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	2076	171	111	61	1733	96	246	189	191	165	180	227	255	184
Weighted base	2076	175	101*	62*	1738	84*	232	169	179	147	193	272	282	179
None	139 7%	12 7%	6 6%	3 5%	118 7%	8 10% <sup>f</sup>	9 4%	11 6%	14 8%	12 8%	14 7%	18 6%	21 8%	11 6%
30 minutes or less	337 16%	35 20% <sup>K</sup>	17 17%	15 24% <sup>eK</sup>	270 16%	10 12%	41 18% <sup>k</sup>	24 14%	25 14%	25 17%	30 15%	32 12%	49 17%	35 20% <sup>K</sup>
30 minutes to 1 hour	423 20%	36 21% <sup>c</sup>	21 21% <sup>c</sup>	5 8%	360 21% <sup>C</sup>	18 21% <sup>c</sup>	46 20% <sup>c</sup>	38 22% <sup>C</sup>	40 22% <sup>C</sup>	29 20% <sup>c</sup>	33 17%	59 22% <sup>C</sup>	58 20% <sup>c</sup>	41 23% <sup>C</sup>
1 hour to 1.5 hours	26 1%	5 3% <sup>dfH</sup>	* *	1 1%	20 1%	- -	1 *	1 1%	- -	5 3% <sup>FHK</sup>	4 2% <sup>h</sup>	2 1%	5 2%	3 2%
1.5 hours to 2 hours	257 12%	17 10%	18 18% <sup>aFM</sup>	15 24% <sup>DAeFGIjM</sup>	207 12%	10 12%	14 6%	18 11%	25 14% <sup>Fm</sup>	17 11%	24 12% <sup>f</sup>	41 15% <sup>FM</sup>	45 16% <sup>FM</sup>	14 8%
2 hours to 2.5 hours	5 *	- -	- -	- -	5 *	1 1%	- -	- -	- -	- -	1 1%	- -	1 *	2 1%
More than 2.5 hours	270 13%	20 11%	11 11%	10 15%	230 13%	11 13%	36 15%	23 13%	19 11%	19 13%	27 14%	33 12%	40 14%	23 13%
Not applicable	386 19%	28 16%	11 11%	9 14%	338 19% <sup>b</sup>	15 17%	49 21% <sup>b</sup>	39 23% <sup>Bk</sup>	36 20% <sup>b</sup>	25 17%	45 23% <sup>Bk</sup>	43 16%	47 17%	39 22% <sup>B</sup>
Don't know	233 11%	22 13% <sup>Lm</sup>	15 15% <sup>jLM</sup>	6 9%	190 11%	12 15% <sup>jLM</sup>	35 15% <sup>JLM</sup>	16 9%	20 11% <sup>l</sup>	16 11%	15 8%	46 17% <sup>gJLM</sup>	18 6%	12 7%
Mean	1.65	1.36	1.54	1.72	1.69	1.59	1.75 <sup>a</sup>	1.59	1.62	1.56	1.87 <sup>A</sup>	1.83 <sup>a</sup>	1.72	1.48
Standard deviation	1.86	1.28	1.41	1.53	1.95	1.66	1.88	1.60	1.97	1.60	2.18	2.48	1.96	1.48
Standard error	0.05	0.12	0.15	0.23	0.06	0.21	0.15	0.14	0.17	0.15	0.20	0.19	0.14	0.13

**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**



## Physical Activity Survey

### ONLINE Fieldwork: 7th - 9th September 2018

Absolutes/col percents

Table 8

**Q1. In an average day, how much time do you spend doing each of the following?**  
**Working on your appearance (e.g. choosing your outfit, styling hair, grooming, applying make-up)**  
**Base: All respondents**

	Gender		Age									Do Following Exercise When Concerned Or Stressed				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)	Go for a walk (l)	Go running (m)	Go swimming (n)	Other exercise (o)	Public (p)	Private (q)
Unweighted base	2076	979	1097	196	302	332	394	332	520	498	726	852	820	130	91	257	305	786
Weighted base	2076	1013	1063	230	359	332	367	307	480	589	700	787	822	157	96*	293	351	847
None	123 6%	95 9%B	28 3%	9 4%	8 2%	18 5% <sup>d</sup>	20 5% <sup>d</sup>	42 14% <sup>CDEFH</sup>	27 6% <sup>D</sup>	17 3%	37 5% <sup>i</sup>	69 9% <sup>J</sup>	49 6%	11 7%	6 6%	21 7%	12 3%	55 6% <sup>p</sup>
30 minutes or less	848 41%	372 37%	476 45% <sup>A</sup>	100 43%	143 40%	124 37%	160 43%	120 39%	203 42%	242 41%	283 40%	322 41%	360 44%	64 41%	34 36%	120 41%	142 40%	335 39%
30 minutes to 1 hour	375 18%	124 12%	251 24% <sup>A</sup>	46 20% <sup>H</sup>	83 23% <sup>fGH</sup>	76 23% <sup>fGH</sup>	63 17%	44 14%	63 13%	129 22% <sup>K</sup>	140 20% <sup>K</sup>	107 14%	156 19%	34 22%	25 26%	60 20%	68 19%	166 20%
1 hour to 1.5 hours	13 1%	1 *	13 1% <sup>A</sup>	6 3% <sup>EFGH</sup>	2 1%	1 *	2 *	- -	2 *	9 1% <sup>jK</sup>	3 *	2 *	2 *	- -	- -	2 1%	8 2% <sup>Q</sup>	2 *
1.5 hours to 2 hours	37 2%	6 1%	31 3% <sup>A</sup>	18 8% <sup>DEFGH</sup>	9 2% <sup>fH</sup>	3 1%	2 1%	4 1% <sup>H</sup>	1 *	27 5% <sup>JK</sup>	5 1%	5 1%	27 3%	10 6%	4 4%	10 3%	10 3%	16 2%
2 hours to 2.5 hours	1 *	- -	1 *	1 *	1 *	- -	- -	- -	- -	1 *	- -	- -	- -	- -	- -	1 *	1 *	- -
More than 2.5 hours	20 1%	7 1%	13 1%	2 1%	8 2% <sup>H</sup>	2 1%	5 1%	2 1%	2 *	10 2% <sup>k</sup>	7 1%	4 *	11 1%	1 1%	- -	5 2%	7 2%	7 1%
Not applicable	301 14%	216 21% <sup>B</sup>	84 8%	11 5%	42 12% <sup>C</sup>	38 12% <sup>C</sup>	53 14% <sup>C</sup>	57 18% <sup>CDE</sup>	100 21% <sup>CDEF</sup>	53 9%	91 13% <sup>i</sup>	156 20% <sup>J</sup>	112 14% <sup>o</sup>	12 8%	12 13%	26 9%	34 10%	117 14%
Don't know	358 17%	193 19% <sup>b</sup>	165 15%	38 16%	64 18%	71 21% <sup>G</sup>	64 17%	39 13%	82 17%	102 17%	135 19% <sup>k</sup>	121 15%	105 13%	24 15%	15 15%	50 17%	71 20%	149 18%
Mean	0.75	0.59	0.87 <sup>A</sup>	0.82 <sup>G</sup>	0.86 <sup>G</sup>	0.74	0.83	0.59	0.67	0.84 <sup>K</sup>	0.79	0.64	0.80	0.77	0.73	0.87	0.93 <sup>Q</sup>	0.69
Standard deviation	1.27	0.67	1.56	0.56	1.03	1.21	1.94	0.71	1.38	0.86	1.64	1.15	1.38	0.72	0.44	1.56	1.70	0.58
Standard error	0.03	0.03	0.05	0.05	0.07	0.08	0.12	0.05	0.08	0.05	0.07	0.05	0.06	0.07	0.05	0.11	0.11	0.03

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

**Physical Activity Survey**  
**ONLINE Fieldwork: 7th - 9th September 2018**

Absolutes/col percents

Table 9

**Q1. In an average day, how much time do you spend doing each of the following?**  
**Working on your appearance (e.g. choosing your outfit, styling hair, grooming, applying make-up)**  
**Base: All respondents**

	Region													
	Total	Scotland (a)	Wales (b)	North- ern Ire- land (c)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humbeside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2076	171	111	61	1733	96	246	189	191	165	180	227	255	184
Weighted base	2076	175	101*	62*	1738	84*	232	169	179	147	193	272	282	179
None	123 6%	16 9%dbefgm	3 3%	6 10%fg	98 6%	3 3%	9 4%	6 4%	12 6%	15 10%BeFGjKM	9 5%	13 5%	24 9%fg	8 4%
30 minutes or less	848 41%	70 40%	35 35%	23 37%	719 41%	37 44%	85 37%	78 46%f	70 39%	60 41%	88 45%	111 41%	110 39%	80 44%
30 minutes to 1 hour	375 18%	22 13%	23 23%am	17 28%dAGKM	313 18%	16 18%	49 21%Am	25 15%	36 20%a	33 22%AM	35 18%	45 17%	52 18%	24 13%
1 hour to 1.5 hours	13 1%	- -	2 2%hkm	- -	12 1%	- -	1 *	- -	- -	- -	2 1%	- -	9 3%AFGHlKM	- -
1.5 hours to 2 hours	37 2%	7 4%DbFL	- -	- -	29 2%	2 3%F	* *	5 3%FI	4 2%f	3 2%f	4 2%f	5 2%	2 1%	4 2%f
2 hours to 2.5 hours	1 *	- -	- -	- -	1 *	- -	- -	1 *	- -	- -	- -	- -	- -	1 *
More than 2.5 hours	20 1%	- -	1 1%	- -	19 1%	- -	3 1%	1 1%	1 *	4 2%a	2 1%	5 2%	2 1%	1 1%
Not applicable	301 14%	31 17%g	13 13%	7 11%	250 14%	14 17%	36 15%	18 11%	30 17%	16 11%	23 12%	32 12%	46 16%	35 20%GllJK
Don't know	358 17%	29 16%	23 23%IL	9 14%	297 17%	13 15%	49 21%IL	35 21%ll	28 16%	16 11%	30 16%	61 22%lLm	38 13%	27 15%
Mean	0.75	0.62	0.72	0.62	0.77	0.68	0.79	0.71	0.67	1.09a	0.86	0.71	0.75	0.66
Standard deviation	1.27	0.46	0.43	0.34	1.37	0.38	1.16	0.63	0.50	2.82	1.93	0.60	1.47	0.46
Standard error	0.03	0.04	0.05	0.05	0.04	0.05	0.09	0.05	0.04	0.25	0.17	0.05	0.11	0.04

**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**

## Physical Activity Survey

### ONLINE Fieldwork: 7th - 9th September 2018

Absolutes/col percents

Table 10  
**Q1. In an average day, how much time do you spend doing each of the following?**  
**Looking at a smartphone / tablet**  
**Base: All respondents**

	Gender		Age									Do Following Exercise When Concerned Or Stressed				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)	Go for a walk (l)	Go running (m)	Go swimming (n)	Other exercise (o)	Public (p)	Private (q)
Unweighted base	2076	979	1097	196	302	332	394	332	520	498	726	852	820	130	91	257	305	786
Weighted base	2076	1013	1063	230	359	332	367	307	480	589	700	787	822	157	96*	293	351	847
None	52 2%	30 3%	22 2%	-	1 *	1 *	7 2% <i>cde</i>	11 3% <i>CDE</i>	32 7% <i>CDEFg</i>	1 *	8 1% <i>i</i>	43 5% <i>J</i>	26 3% <i>mo</i>	*	2 2%	2 1%	2 *	15 2%
30 minutes or less	228 11%	135 13% <i>B</i>	93 9%	2 1%	14 4% <i>c</i>	21 6% <i>C</i>	43 12% <i>CDE</i>	69 22% <i>CDEFh</i>	79 16% <i>CDEf</i>	16 3%	64 9% <i>l</i>	148 19% <i>J</i>	113 14% <i>Mn</i>	10 7%	6 7%	32 11%	20 6%	92 11% <i>P</i>
30 minutes to 1 hour	378 18%	208 21% <i>B</i>	170 16%	21 9%	53 15% <i>c</i>	60 18% <i>C</i>	95 26% <i>CDEH</i>	70 23% <i>CDH</i>	79 16% <i>C</i>	74 13%	155 22% <i>l</i>	149 19% <i>l</i>	162 20%	32 21%	22 24%	52 18%	72 21%	160 19%
1 hour to 1.5 hours	51 2%	21 2%	30 3%	6 3%	8 2%	6 2%	12 3% <i>g</i>	3 1%	15 3% <i>g</i>	14 2%	18 3%	18 2%	24 3%	8 5%	1 1%	16 5%	3 1%	29 3% <i>P</i>
1.5 hours to 2 hours	329 16%	156 15%	173 16%	45 19% <i>H</i>	60 17%	64 19% <i>H</i>	59 16%	44 14%	58 12%	104 18% <i>K</i>	123 18% <i>K</i>	103 13%	138 17%	32 20%	15 16%	51 17%	56 16%	160 19%
2 hours to 2.5 hours	15 1%	6 1%	9 1%	-	6 2%	1 *	2 *	2 1%	4 1%	6 1%	3 *	6 1%	7 1%	2 1%	-	-	4 1%	4 1%
More than 2.5 hours	509 25%	204 20%	305 29% <i>A</i>	111 48% <i>EFGH</i>	147 41% <i>EFGH</i>	89 27% <i>FGH</i>	70 19% <i>GH</i>	36 12%	56 12%	257 44% <i>JK</i>	159 23% <i>K</i>	92 12%	183 22%	41 26%	25 26%	73 25%	115 33% <i>Q</i>	197 23%
Not applicable	215 10%	104 10%	111 10%	9 4%	16 5%	25 7%	24 7%	43 14% <i>CDEF</i>	99 21% <i>CDEFG</i>	25 4%	49 7% <i>i</i>	141 18% <i>J</i>	80 10% <i>MO</i>	4 3%	7 8%	14 5%	23 6%	57 7%
Don't know	299 14%	149 15%	151 14%	38 16% <i>G</i>	55 15% <i>g</i>	65 20% <i>GH</i>	55 15% <i>g</i>	29 10%	57 12%	93 16% <i>K</i>	120 17% <i>K</i>	86 11%	90 11%	28 18% <i>l</i>	17 18% <i>l</i>	54 18% <i>L</i>	58 16%	133 16%
Mean	2.38	2.05	2.69 <i>A</i>	3.80 <i>EFGH</i>	3.35 <i>EFGH</i>	2.44 <i>FGH</i>	1.99 <i>GH</i>	1.63	1.57	3.53 <i>JK</i>	2.19 <i>K</i>	1.59	2.21	2.38	2.50	2.30	2.74 <i>q</i>	2.37
Standard deviation	2.28	2.00	2.48	2.70	2.54	2.10	2.01	1.85	1.65	2.61	2.06	1.74	2.25	2.12	2.08	2.01	2.27	2.31
Standard error	0.06	0.07	0.09	0.21	0.16	0.13	0.11	0.12	0.09	0.13	0.09	0.07	0.09	0.21	0.25	0.14	0.15	0.09

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

## Physical Activity Survey

### ONLINE Fieldwork: 7th - 9th September 2018

Absolutes/col percents

Table 11

**Q1. In an average day, how much time do you spend doing each of the following?**

**Looking at a smartphone / 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 & Humbreside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2076	171	111	61	1733	96	246	189	191	165	180	227	255	184
Weighted base	2076	175	101*	62*	1738	84*	232	169	179	147	193	272	282	179
None	52 2%	5 3%	2 2%	1 2%	43 2%	2 2%	2 1%	5 3%	1 1%	3 2%	10 5% FHK	4 1%	10 4% fh	6 3%
30 minutes or less	228 11%	22 13% h	8 8%	10 16% Hk	188 11%	10 12%	26 11% h	15 9%	11 6%	13 9%	24 12% h	21 8%	29 10%	39 22% ABeFGHIJKL
30 minutes to 1 hour	378 18%	29 16%	21 20%	13 21%	315 18%	16 19%	44 19%	28 17%	22 12%	37 25% agHKM	37 19%	44 16%	58 21% H	28 16%
1 hour to 1.5 hours	51 2%	5 3% L	3 3% l	3 5% L	40 2%	3 3% L	8 3% L	4 2% l	3 2%	2 2%	2 1%	8 3% l	1 *	10 6% hiJL
1.5 hours to 2 hours	329 16%	28 16%	18 18%	5 8%	278 16%	9 11%	40 17%	32 19% c	32 18%	22 15%	24 12%	41 15%	45 16%	32 18% c
2 hours to 2.5 hours	15 1%	4 2% DKL	1 1%	- -	10 1%	- -	1 *	1 1%	3 2% kl	2 1% kl	1 *	- -	- -	3 2% kl
More than 2.5 hours	509 25%	40 23%	24 24%	20 33% Fm	425 24%	20 24%	43 19%	42 25%	53 30% FM	34 23%	43 22%	78 29% Fm	77 27% Fm	35 20%
Not applicable	215 10%	22 12% B	4 3%	5 7%	185 11% B	9 11% b	26 11% B	16 9%	24 14% B	14 9%	24 12% B	24 9%	34 12% B	14 8%
Don't know	299 14%	21 12%	20 20% cLM	5 8%	253 15%	15 18% iM	42 18% cLM	26 16% M	29 16% iM	20 13% m	29 15% M	53 19% acLM	27 10%	12 7%
Mean	2.38	2.30	2.31	2.57m	2.39	2.17	2.20	2.44M	2.78eFIM	2.14	2.36	2.55M	2.66M	1.90
Standard deviation	2.28	2.08	1.92	2.64	2.31	1.84	2.05	2.20	2.24	1.75	2.55	2.39	2.90	1.81
Standard error	0.06	0.18	0.20	0.37	0.06	0.22	0.15	0.18	0.19	0.16	0.22	0.18	0.21	0.15

**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**

**Physical Activity Survey**  
**ONLINE Fieldwork: 7th - 9th September 2018**

Absolutes/col percents

Table 12

**Q1. In an average day, how much time do you spend doing each of the following?****Preparing food****Base: All respondents**

	Gender		Age									Do Following Exercise When Concerned Or Stressed				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)	Go for a walk (l)	Go running (m)	Go swimming (n)	Other exercise (o)	Public (p)	Private (q)
Unweighted base	2076	979	1097	196	302	332	394	332	520	498	726	852	820	130	91	257	305	786
Weighted base	2076	1013	1063	230	359	332	367	307	480	589	700	787	822	157	96*	293	351	847
None	23 1%	18 2%B	5 *	2 1%	7 2%	2 1%	3 1%	4 1%	5 1%	9 1%	5 1%	9 1%	9 1%	- -	2 2%	2 1%	4 1%	10 1%
30 minutes or less	401 19%	224 22%B	177 17%	53 23%D	45 13%	58 18%	94 26%DEH	67 22%D	83 17%	99 17%	152 22%i	150 19%	159 19%n	27 17%	11 11%	63 21%n	63 18%	198 23%p
30 minutes to 1 hour	838 40%	391 39%	447 42%	81 35%	142 40%	149 45%c	142 39%	131 43%	193 40%	223 38%	291 42%	324 41%	340 41%	78 50%	42 44%	119 41%	149 42%	329 39%
1 hour to 1.5 hours	93 4%	40 4%	53 5%	9 4%	8 2%	7 2%	13 4%	18 6%DE	37 8%DEF	17 3%	21 3%	55 7%IJ	48 6%	5 3%	6 6%	14 5%	9 3%	32 4%
1.5 hours to 2 hours	254 12%	85 8%	169 16%A	31 13%	52 15%	33 10%	36 10%	34 11%	68 14%f	83 14%j	69 10%	101 13%j	114 14%	17 11%	13 14%	32 11%	30 9%	91 11%
2 hours to 2.5 hours	8 *	4 *	4 *	- -	- -	2 1%	- -	2 1%	4 1%f	- -	2 *	6 1%i	4 *	2 1%	2 2%l	2 1%	4 1%q	1 *
More than 2.5 hours	75 4%	26 3%	49 5%A	5 2%	19 5%g	9 3%	19 5%g	6 2%	17 3%	24 4%	28 4%	23 3%	35 4%	4 3%	2 2%	12 4%	15 4%	25 3%
Not applicable	116 6%	84 8%B	32 3%	13 6%	26 7%f	16 5%	13 4%	15 5%	32 7%f	39 7%j	29 4%	47 6%	32 4%	4 3%	6 7%	11 4%	18 5%	48 6%
Don't know	269 13%	141 14%	128 12%	36 16%gH	60 17%GH	56 17%GH	46 13%h	30 10%	42 9%	96 16%K	102 15%K	72 9%	81 10%	20 12%	13 13%	39 13%	60 17%	115 14%
Mean	1.26	1.17	1.34A	1.12	1.31cg	1.28	1.37	1.13	1.26	1.24	1.33	1.21	1.30	1.29	1.23	1.33	1.31	1.17
Standard deviation	1.50	1.48	1.51	0.68	1.10	1.82	2.32	0.86	1.27	0.96	2.10	1.13	1.43	1.81	0.68	1.93	1.80	1.33
Standard error	0.04	0.05	0.05	0.05	0.07	0.11	0.13	0.05	0.06	0.05	0.09	0.04	0.05	0.17	0.08	0.13	0.11	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

\* small base

## Physical Activity Survey

### ONLINE Fieldwork: 7th - 9th September 2018

Absolutes/col percents

Table 13

**Q1. In an average day, how much time do you spend doing each of the following?****Preparing food****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	2076	171	111	61	1733	96	246	189	191	165	180	227	255	184
Weighted base	2076	175	101*	62*	1738	84*	232	169	179	147	193	272	282	179
None	23 1%	2 1%	3 3%FH	- -	18 1%	1 1%f	- -	2 1%	- -	1 *	2 1%	4 1%	7 3%Fh	* *
30 minutes or less	401 19%	46 26%DBFhiJkm	11 11%	13 21%	329 19%b	19 23%b	37 16%	36 21%b	32 18%	26 18%	31 16%	50 18%	66 23%Bf	33 18%
30 minutes to 1 hour	838 40%	69 39%	44 44%e	24 38%	701 40%	26 31%	106 46%Ehkl	68 40%	63 35%	72 49%aEHjKL	75 39%	99 37%	103 36%	88 49%aEHjKL
1 hour to 1.5 hours	93 4%	6 3%	4 4%	8 13%DAbeFGHIKL	75 4%	3 3%	6 2%	6 4%	7 4%	6 4%	13 7%f	10 4%	12 4%	13 7%F
1.5 hours to 2 hours	254 12%	12 7%	10 10%	6 10%	226 13%A	10 12%	29 13%a	21 12%	29 16%A	17 11%	25 13%a	35 13%a	41 14%A	19 11%
2 hours to 2.5 hours	8 *	2 1%d	- -	- -	6 *	1 1%	1 1%	- -	- -	- -	1 1%	2 1%	1 *	- -
More than 2.5 hours	75 4%	7 4%	4 4%	6 10%DfGHKI	57 3%	4 5%	8 4%	3 2%	4 2%	6 4%	10 5%k	5 2%	9 3%	7 4%
Not applicable	116 6%	7 4%	5 5%	2 4%	102 6%	6 8%	16 7%	12 7%	17 9%akM	7 5%	9 5%	12 4%	17 6%	6 3%
Don't know	269 13%	24 14%cm	19 19%CILM	2 4%	224 13%c	13 16%cm	29 12%c	20 12%	28 16%CiIM	13 9%	26 14%c	54 20%CfgILM	27 9%	14 8%
Mean	1.26	1.13	1.21	1.33gl	1.27	1.23	1.36l	1.09	1.19	1.51gl	1.54GL	1.21	1.12	1.24
Standard deviation	1.50	1.39	1.03	0.90	1.55	1.00	1.73	0.63	0.66	2.68	2.33	1.30	0.68	1.59
Standard error	0.04	0.12	0.11	0.12	0.04	0.12	0.12	0.05	0.05	0.22	0.19	0.10	0.05	0.13

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

## Physical Activity Survey

### ONLINE Fieldwork: 7th - 9th September 2018

Absolutes/col percents

Table 14

**Q1. In an average day, how much time do you spend doing each of the following?  
Waiting for, or delayed on transport (e.g. stuck in traffic, delays on public transport)**  
Base: All respondents

	Gender		Age										Do Following Exercise When Concerned Or Stressed				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)	Go for a walk (l)	Go running (m)	Go swimming (n)	Other exercise (o)	Public (p)	Private (q)
Unweighted base	2076	979	1097	196	302	332	394	332	520	498	726	852	820	130	91	257	305	786
Weighted base	2076	1013	1063	230	359	332	367	307	480	589	700	787	822	157	96*	293	351	847
None	305 15%	168 17%B	137 13%	35 15%	44 12%	32 10%	46 13%	56 18%def	90 19%DEF	80 14%	79 11%	147 19%J	117 14%	19 12%	12 12%	32 11%	46 13%	108 13%
30 minutes or less	354 17%	185 18%	169 16%	61 26%deGH	67 19%gH	57 17%H	77 21%GH	40 13%	52 11%	127 22%K	135 19%K	92 12%	187 23%	41 26%	24 25%	72 25%	65 19%	187 22%
30 minutes to 1 hour	194 9%	105 10%	89 8%	39 17%dfGH	36 10%H	45 14%GH	36 10%H	22 7%H	15 3%	75 13%K	82 12%K	37 5%	79 10%	25 16%l	10 11%	39 13%	60 17%Q	90 11%
1 hour to 1.5 hours	6 *	2 *	4 *	2 1%	* *	- -	2 1%	- -	1 *	3 *	2 *	1 *	5 1%	- -	3 3%LmO	- -	4 1%Q	* *
1.5 hours to 2 hours	46 2%	29 3%b	16 2%	6 3%gH	14 4%GH	12 4%GH	11 3%GH	1 *	2 *	19 3%K	23 3%K	3 *	20 2%	9 6%lo	4 5%	6 2%	8 2%	30 4%
2 hours to 2.5 hours	2 *	- -	2 *	* *	1 *	- -	- -	- -	- -	2 *	- -	- -	2 *	* *	- -	* *	* *	- -
More than 2.5 hours	31 1%	14 1%	17 2%	7 3%gH	7 2%H	8 2%gH	6 2%H	2 1%	1 *	14 2%K	15 2%K	3 *	11 1%	5 3%	2 2%	3 1%	5 1%	18 2%
Not applicable	783 38%	327 32%	455 43%A	38 16%	123 34%C	99 30%C	128 35%C	140 45%CDEF	255 53%CDEF	161 27%	227 32%i	395 50%J	284 35%MO	27 17%	26 28%m	77 26%m	88 25%	254 30%
Don't know	356 17%	183 18%	173 16%	42 18%	67 19%h	77 23%FGH	61 17%	46 15%	63 13%	109 19%K	138 20%K	109 14%	117 14%	32 20%	14 14%	62 21%L	73 21%	160 19%
Mean	0.71	0.66	0.76	0.82H	0.77H	0.91GH	0.82H	0.52	0.38	0.79K	0.86K	0.44	0.71	0.96	0.81	0.73	0.78	0.80
Standard deviation	1.36	1.06	1.64	1.24	1.07	1.27	1.65	1.37	1.40	1.15	1.48	1.38	1.20	1.47	0.88	1.08	1.19	1.25
Standard error	0.05	0.05	0.08	0.11	0.09	0.10	0.12	0.12	0.11	0.07	0.08	0.08	0.06	0.16	0.12	0.09	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

## Physical Activity Survey

### ONLINE Fieldwork: 7th - 9th September 2018

Absolutes/col percents

Table 15

**Q1. In an average day, how much time do you spend doing each of the following?  
Waiting for, or delayed on transport (e.g. stuck in traffic, delays on public transport)**  
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	2076	171	111	61	1733	96	246	189	191	165	180	227	255	184
Weighted base	2076	175	101*	62*	1738	84*	232	169	179	147	193	272	282	179
None	305 15%	35 20%dGKI	13 13%	12 19%Gk	245 14%	12 14%	33 14%	14 8%	28 16%Gk	24 17%Gk	40 21%GKL	27 10%	36 13%	30 17%Gk
30 minutes or less	354 17%	21 12%	12 12%	10 17%	311 18%a	10 12%	24 10%	33 19%aFm	27 15%	35 24%ABEFhM	31 16%	71 26%ABEFHJM	60 21%AbeFM	21 11%
30 minutes to 1 hour	194 9%	12 7%	6 6%	10 15%abiJ	166 10%	8 10%	23 10%	19 11%	16 9%	10 7%	11 6%	39 14%AbiJl	25 9%	15 9%
1 hour to 1.5 hours	6 *	- -	- -	- -	6 *	- -	- -	- -	- -	* *	- -	1 *	2 1%	2 1%
1.5 hours to 2 hours	46 2%	3 1%	2 2%	- -	41 2%	1 1%	3 1%	4 3%l	8 4%fJL	2 1%	1 1%	16 6%aceFIJL	1 *	6 3%L
2 hours to 2.5 hours	2 *	- -	- -	- -	2 *	- -	1 1%	- -	- -	- -	- -	* *	- -	- -
More than 2.5 hours	31 1%	2 1%	3 3%m	- -	26 2%	- -	3 1%	2 1%	1 1%	3 2%	6 3%m	7 3%	4 1%	1 *
Not applicable	783 38%	72 41%K	48 48%DK	23 37%K	639 37%	41 48%K	93 40%K	69 41%K	68 38%K	55 37%K	82 42%K	38 14%	110 39%K	83 47%K
Don't know	356 17%	31 18%	16 16%	7 11%	303 17%	13 15%	52 22%cJJIM	29 17%	31 17%	18 12%	22 11%	72 27%abCEGHJLMl6%	44 6%	21 12%
Mean	0.71	0.45	0.87a	0.46	0.74	0.49	0.72	0.73A	0.69	0.92	0.63	0.93AL	0.57	0.73
Standard deviation	1.36	0.62	1.50	0.42	1.42	0.48	1.49	0.84	1.16	2.56	1.27	1.28	0.65	2.01
Standard error	0.05	0.08	0.23	0.08	0.05	0.08	0.15	0.09	0.13	0.29	0.14	0.11	0.06	0.24

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



## Physical Activity Survey

### ONLINE Fieldwork: 7th - 9th September 2018

Absolutes/col percents

Table 16  
**Q2. Which, if any, of the following do you do when you are feeling stressed or concerned?**  
**Base: All respondents**

	Gender			Age									Do Following Exercise When Concerned Or Stressed				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)	Go for a walk (l)	Go running (m)	Go swimming (n)	Other exercise (o)	Public (p)	Private (q)
Unweighted base	2076	979	1097	196	302	332	394	332	520	498	726	852	820	130	91	257	305	786
Weighted base	2076	1013	1063	230	359	332	367	307	480	589	700	787	822	157	96*	293	351	847
NET: Any	1943 94%	927 91%	1016 96%A	221 96%H	338 94%	311 94%	351 95%H	287 94%	435 91%	558 95%k	662 95%K	722 92%	822 100%	157 100%	96 100%	293 100%	331 94%	795 94%
NET: Exercise	1022 49%	560 55%B	462 43%	128 55%g	173 48%	160 48%	181 49%	141 46%	239 50%	301 51%	341 49%	380 48%	822 100%	157 100%	96 100%	293 100%	180 51%	442 52%
Go for a walk	822 40%	436 43%B	386 36%	85 37%	132 37%	115 35%	145 39%	129 42%e	216 45%cDE	217 37%	260 37%	344 44%IJ	822 100%MNO	96 61%	59 62%	157 54%	141 40%	344 41%
Other exercise (e.g. sports, yoga, gym)	293 14%	182 18%B	111 10%	55 24%FGH	61 17%GH	61 18%GH	59 16%GH	23 8%	34 7%	116 20%K	119 17%K	58 7%	157 19%	73 47%LN	30 31%L	293 100%LMN	67 19%	135 16%
Go running	157 8%	106 10%B	51 5%	32 14%fGH	44 12%GH	39 12%GH	31 9%GH	5 2%	6 1%	76 13%K	70 10%K	10 1%	96 12%	157 100%LNO	21 22%L	73 25%L	30 9%	94 11%
Go swimming	96 5%	53 5%	42 4%	19 8%eGH	24 7%GH	13 4%	20 5%H	9 3%	11 2%	43 7%jK	33 5%K	20 3%	59 7%	21 13%L	96 100%LMO	30 10%	20 6%	44 5%
Eat or snack	886 43%	352 35%	534 50%A	133 58%EFGH	183 51%fGH	154 46%H	157 43%H	123 40%H	136 28%	316 54%JK	311 44%K	259 33%	366 44%	71 45%	47 49%	139 48%	169 48%	395 47%
Watch TV or go on my phone, computer or tablet	856 41%	373 37%	483 45%A	122 53%FGH	159 44%H	154 47%FGH	140 38%	117 38%	164 34%	281 48%jK	294 42%K	281 36%	358 44%	67 43%	42 44%	139 48%	169 48%Q	340 40%
Spend time with friends or family	577 28%	238 23%	339 32%A	95 41%EFGH	118 33%FGH	98 30%Gh	88 24%	66 22%	111 23%	213 36%JK	186 27%k	177 23%	286 35%	64 41%	38 40%	120 41%	118 34%Q	208 25%
Have an alcoholic drink	574 28%	303 30%B	271 26%	73 32%gH	118 33%GH	87 26%	119 32%GH	70 23%	107 22%	191 32%K	206 29%K	177 23%	246 30%	41 26%	34 35%	80 27%	122 35%	260 31%
Have a cigarette	322 16%	135 13%	187 18%A	41 18%H	74 21%H	67 20%H	63 17%H	50 16%H	27 6%	115 19%K	130 19%K	77 10%	95 12%	15 10%	13 14%	34 12%	49 14%	150 18%

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

**Physical Activity Survey**  
**ONLINE Fieldwork: 7th - 9th September 2018**

Absolutes/col percents

Table 16

**Q2. Which, if any, of the following do you do when you are feeling stressed or concerned?**

**Base: All respondents**

	Gender		Age										Do Following Exercise When Concerned Or Stressed				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)	Go for a walk (l)	Go running (m)	Go swimming (n)	Other exercise (o)	Public (p)	Private (q)
Weighted base	2076	1013	1063	230	359	332	367	307	480	589	700	787	822	157	96*	293	351	847
Creative arts (e.g. painting, playing music)	242 12%	80 8%	162 15%A	40 17%DEF	37 10%	34 10%	34 9%	37 12%	59 12%	78 13%	68 10%	96 12%	122 15%	18 11%	13 13%	39 13%	42 12%	74 9%
Other	185 9%	95 9%	90 8%	13 6%	22 6%	27 8%	32 9%	29 9%	62 13%CD	36 6%	59 8%	91 12%j	54 7%	7 5%	7 7%	14 5%	20 6%	61 7%
Don't know	133 6%	86 9%B	47 4%	10 4%	22 6%	21 6%	17 5%	20 6%	45 9%CF	31 5%	37 5%	65 8%iJ	-	-	-	-	20 6%	52 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**

**\* small base**

## Physical Activity Survey

### ONLINE Fieldwork: 7th - 9th September 2018

Absolutes/col percents

Table 17

**Q2. Which, if any, of the following do you do when you are feeling stressed or concerned?**

**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	2076	171	111	61	1733	96	246	189	191	165	180	227	255	184
Weighted base	2076	175	101*	62*	1738	84*	232	169	179	147	193	272	282	179
NET: Any	1943 94%	168 96%bH	91 90%	60 96%	1624 93%	79 93%	215 93%	155 92%	159 89%	134 91%	189 98%BeFGHII	257 95%H	263 93%	172 96%bH
NET: Exercise	1022 49%	84 48%	44 44%	41 67%DABeFGHijL	852 49%	43 51%	103 45%	77 46%	78 44%	61 41%	100 52%i	158 58%aBFGHIL	132 47%	99 56%bFgHI
Go for a walk	822 40%	68 39%	30 30%	34 54%DaBFgHijL	690 40%b	37 44%b	85 37%	66 39%	62 35%	51 35%	76 39%	120 44%Bhi	107 38%	86 48%BFHII
Other exercise (e.g. sports, yoga, gym)	293 14%	15 9%	11 11%	14 23%dAbhiJl	252 15%a	12 14%	33 14%	24 14%	21 12%	19 13%	22 11%	60 22%ABfgHIJLm	35 13%	26 15%
Go running	157 8%	12 7%	2 2%	4 7%	139 8%B	4 5%	18 8%b	7 4%	8 5%	13 9%B	17 9%B	41 15%ABEFGHijLM	19 7%	11 6%
Go swimming	96 5%	7 4%h	8 8%H	4 6%H	76 4%	2 3%	10 4%h	9 5%H	2 1%	5 4%	8 4%	15 5%H	13 5%h	12 7%h
Eat or snack	886 43%	80 46%	40 39%	33 52%efg	733 42%	30 35%	86 37%	63 37%	82 46%	60 41%	83 43%	117 43%	125 44%	87 49%eFG
Watch TV or go on my phone, computer or tablet	856 41%	75 43%	39 39%	20 32%	722 42%	36 43%	94 41%	67 40%	74 41%	64 44%	85 44%	117 43%	112 40%	72 40%
Spend time with friends or family	577 28%	46 26%	24 23%	21 34%	486 28%	28 33%	61 26%	46 27%	49 27%	36 24%	49 25%	78 29%	84 30%	56 31%
Have an alcoholic drink	574 28%	36 20%	22 22%	9 14%	508 29%AC	26 30%aC	61 26%c	56 33%AbCHJ	37 21%	44 30%aCh	42 22%	83 30%ACHj	99 35%ABCfHJ	60 34%AbCHJ
Have a cigarette	322 16%	38 22%DBCEFIJM	10 10%	5 8%	269 15%	9 10%	31 13%	30 18%ci	28 16%	15 10%	24 13%	61 23%BCEFIJM	49 18%ci	21 12%
Creative arts (e.g. painting, playing music)	242 12%	30 17%DGHK	11 11%	11 18%GH	190 11%	9 10%	31 13%gh	11 7%	14 8%	16 11%	24 13%	28 10%	31 11%	26 14%Gh

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



**Physical Activity Survey**  
**ONLINE Fieldwork: 7th - 9th September 2018**

Absolutes/col percents

Table 17

**Q2. Which, if any, of the following do you do when you are feeling stressed or concerned?**

**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	2076	175	101*	62*	1738	84*	232	169	179	147	193	272	282	179
Other	185 9%	16 9%	6 6%	7 10%	157 9%	12 14%bGk	22 9%	9 5%	16 9%	15 10%	23 12%g	20 7%	27 9%	14 8%
Don't know	133 6%	7 4%	10 10%aJm	2 4%	114 7%	6 7%j	16 7%J	14 8%J	20 11%AJKM	13 9%J	4 2%	15 5%	19 7%j	7 4%

**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**

## Physical Activity Survey

### ONLINE Fieldwork: 7th - 9th September 2018

Absolutes/col percents

Table 18

**Q3. You said that you do some form of exercise when you are feeling stressed or concerned. What would you say is the main reason for doing this?**

**Base: All respondents who exercise when they are feeling stressed or concerned**

	Gender			Age									Do Following Exercise When Concerned Or Stressed				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)	Go for a walk (l)	Go running (m)	Go swimming (n)	Other exercise (o)	Public (p)	Private (q)
Unweighted base	993	524	469	111	132	155	186	149	260	243	341	409	820	130	91	257	155	394
Weighted base	1022	560	462	128*	173*	160	181	141	239	301	341	380	822	157	96*	293	180	442
It clears my head	722 71%	394 70%	328 71%	98 77%H	126 73%	114 71%	126 70%	106 75%H	152 64%	224 74%	240 70%	258 68%	588 72%n	112 71%	58 61%	220 75%N	139 77%	317 72%
I find it relaxing	560 55%	312 56%	248 54%	70 55%	79 46%	80 50%	106 58%d	71 50%	155 65%DEG	149 50%	185 54%	226 59%l	471 57%	94 60%	47 49%	159 54%	84 47%	227 51%
I enjoy being outdoors	509 50%	281 50%	228 49%	47 37%	78 45%	66 41%	93 51%Ce	71 50%c	155 65%CDEFG	124 41%	159 47%	225 59%lJ	473 58%MNO	71 45%	36 38%	108 37%	85 47%	197 45%
It is a distraction from my worries or concerns	461 45%	238 43%	223 48%	55 43%	80 46%	74 46%	89 49%	60 43%	103 43%	135 45%	163 48%	164 43%	378 46%	73 47%	37 39%	152 52%n	89 49%q	176 40%
It makes me feel healthier	450 44%	261 47%	189 41%	63 49%	73 42%	74 46%	81 45%	55 39%	105 44%	135 45%	155 45%	161 42%	354 43%	98 62%Ln	47 50%	174 59%L	77 43%	206 47%
It is a chance to socialise	74 7%	41 7%	32 7%	11 8%	15 9%	9 6%	13 7%	9 7%	16 7%	26 9%	23 7%	25 7%	52 6%	13 8%	9 9%	34 12%L	28 15%Q	20 5%
Other	11 1%	6 1%	5 1%	1 1%	3 1%	3 2%	3 2%	1 1%	1 *	3 1%	6 2%	2 1%	10 1%	3 2%	3 4%	6 2%	5 3%q	3 1%
Don't know	4 *	3 *	1 *	* *	2 1%	- -	- -	1 1%	- -	3 1%	- -	1 *	4 *	3 2%	- -	3 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

\* small base

**Physical Activity Survey**  
**ONLINE Fieldwork: 7th - 9th September 2018**

Absolutes/col percents

Table 19

**Q3. You said that you do some form of exercise when you are feeling stressed or concerned. What would you say is the main reason for doing this?**

**Base: All respondents who exercise when they are feeling stressed or concerned**

	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	993	81	45	38	829	46	111	84	78	70	91	127	123	99
Weighted base	1022	84*	44*	41**	852	43*	103*	77*	78*	61*	100*	158*	132*	99*
It clears my head	722 71%	56 67%	27 61%	35 84%	605 71%	24 55%	74 71%e	49 63%	59 76%E	42 69%	77 77%bEg	114 72%e	93 70%e	74 74%E
I find it relaxing	560 55%	40 48%	25 57%	18 44%	477 56%	29 68%af	53 51%	44 57%	44 57%	34 56%	57 57%	83 52%	75 56%	57 58%
I enjoy being outdoors	509 50%	44 53%	20 45%	17 41%	428 50%	20 47%	59 57%	35 46%	43 55%	31 51%	56 56%	72 46%	65 49%	46 46%
It is a distraction from my worries or concerns	461 45%	33 39%	25 56%F	22 52%	382 45%	16 36%	33 32%	32 41%	34 43%	28 46%f	43 43%	70 44%f	61 46%f	65 65%AEFGHIJKL
It makes me feel healthier	450 44%	35 42%	19 43%	19 45%	377 44%	13 30%	52 50%EHj	43 56%EHJI	25 32%	30 49%eh	35 35%	75 47%eh	56 42%	48 48%eh
It is a chance to socialise	74 7%	8 10%F	4 8%F	2 4%	60 7%	1 3%	1 1%	6 8%F	4 5%	6 10%F	9 9%F	17 10%F	7 6%f	8 8%F
Other	11 1%	1 1%	-	-	11 1%	-	3 3%l	-	1 1%	2 3%l	1 1%	3 2%	-	1 1%
Don't know	4 *	* *	-	-	4 *	-	-	-	-	2 4%fjKL	-	-	-	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; \*\* very small base (under 30) ineligible for sig testing

## Physical Activity Survey

### ONLINE Fieldwork: 7th - 9th September 2018

Absolutes/col percents

Table 20

**Q4. 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, playing tennis, or hiking).**

**Base: All respondents**

	Gender			Age									Do Following Exercise When Concerned Or Stressed				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)	Go for a walk (l)	Go running (m)	Go swimming (n)	Other exercise (o)	Public (p)	Private (q)
Unweighted base	2076	979	1097	196	302	332	394	332	520	498	726	852	820	130	91	257	305	786
Weighted base	2076	1013	1063	230	359	332	367	307	480	589	700	787	822	157	96*	293	351	847
None	(0) 292 14%	114 11%	177 17%A	32 14%	31 9%	37 11%	54 15%D	72 24% CDEFH	66 14%D	63 11%	91 13%	138 18% J	16 2%	1 1%	3 3%	4 1%	44 13%	95 11%
NET: Any	1728 83%	875 86%B	854 80%	188 82%	316 88% cG	279 84% G	307 84% G	233 76%	405 84% G	504 86% k	586 84%	638 81%	792 96%	155 99%	93 97%	288 98%	295 84%	726 86%
30 minutes or less	(0.25) 268 13%	95 9%	173 16%A	24 10%	63 18% cGH	43 13%	48 13%	33 11%	57 12%	87 15%	91 13%	90 11%	46 6% O	4 2%	6 7% O	3 1%	48 14%	106 13%
30 minutes to 1 hour	(0.75) 244 12%	112 11%	132 12%	36 16% fg	50 14%	38 12%	37 10%	29 9%	53 11%	87 15% jK	75 11%	82 10%	94 11% O	15 9%	12 13% o	19 6%	46 13%	96 11%
1 hour to 1.5 hours	(1.25) 222 11%	109 11%	113 11%	31 14% h	55 15% FGH	35 11%	34 9%	27 9%	40 8%	86 15% JK	69 10%	67 9%	86 11% n	23 14% N	4 4%	40 14% N	45 13%	92 11%
1.5 hours to 2 hours	(1.75) 211 10%	94 9%	117 11%	19 8%	42 12%	33 10%	32 9%	35 11%	50 10%	61 10%	65 9%	85 11%	113 14%	16 10%	10 11%	30 10%	44 13%	83 10%
2 hours to 2.5 hours	(2.25) 227 11%	122 12%	104 10%	26 11%	36 10%	32 9%	44 12%	31 10%	58 12%	62 10%	75 11%	90 11%	126 15%	30 19%	24 25% LO	39 13%	26 8%	105 12% P
More than 2.5 hours	(2.75) 558 27%	343 34% B	215 20%	51 22%	71 20%	99 30% D	112 31% cD	77 25%	147 31% cD	122 21%	211 30% l	224 29% l	327 40%	68 43%	35 37%	158 54% LmN	86 24%	244 29%
NET: 30 minutes or less/ None	559 27%	209 21%	350 33% A	56 24%	94 26%	79 24%	102 28%	106 34% CDEFH	122 26%	150 25%	182 26%	228 29%	62 7% mO	5 3%	9 10% mO	7 2%	92 26%	202 24%
Don't know	56 3%	24 2%	32 3%	11 5% fGh	12 3% G	16 5% FGH	7 2%	2 1%	9 2%	22 4% K	23 3% K	11 1%	15 2%	1 1%	-	1 *	11 3%	26 3%
Mean	1.46	1.64B	1.27	1.39	1.35	1.53dG	1.51dg	1.34	1.54DG	1.37	1.52l	1.46	1.94	2.07	1.94	2.19LN	1.40	1.54p
Standard deviation	1.05	1.04	1.03	1.01	0.97	1.05	1.08	1.10	1.07	0.99	1.07	1.08	0.86	0.77	0.89	0.74	1.02	1.04
Standard error	0.02	0.03	0.03	0.07	0.06	0.06	0.06	0.06	0.05	0.05	0.04	0.04	0.03	0.07	0.09	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

\* small base

## Physical Activity Survey

### ONLINE Fieldwork: 7th - 9th September 2018

Absolutes/col percents

Table 21

**Q4. 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, playing tennis, 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	2076	171	111	61	1733	96	246	189	191	165	180	227	255	184
Weighted base	2076	175	101*	62*	1738	84*	232	169	179	147	193	272	282	179
None	(0) 292 14%	28 16%	21 21%dcjK	6 9%	236 14%	11 13%	33 14%	29 17%k	24 13%	25 17%k	22 11%	28 10%	37 13%	28 16%
NET: Any	1728 83%	146 83%b	74 73%	55 88%b	1454 84%B	71 84%	196 85%B	135 80%	145 81%	122 83%	164 85%B	233 86%B	240 85%B	150 84%b
30 minutes or less	(0.25) 268 13%	13 7%	11 11%	8 12%	236 14%A	11 14%	30 13%a	17 10%	26 15%A	23 16%A	30 15%A	34 12%	45 16%A	20 11%
30 minutes to 1 hour	(0.75) 244 12%	21 12%	10 10%	5 9%	207 12%	12 15%	22 10%	15 9%	31 18%FGKL	23 16%fg	21 11%	27 10%	28 10%	28 16%fgl
1 hour to 1.5 hours	(1.25) 222 11%	23 13%m	8 7%	4 7%	188 11%	11 12%	24 10%	15 9%	18 10%	12 8%	21 11%	49 18%BcFGHjLM	26 9%	12 7%
1.5 hours to 2 hours	(1.75) 211 10%	22 12%g	11 10%	7 11%	172 10%	8 9%	25 11%	11 6%	19 11%	15 10%	20 10%	29 11%	31 11%	14 8%
2 hours to 2.5 hours	(2.25) 227 11%	22 12%H	12 11%	10 16%HK	183 11%	6 7%	20 9%	21 12%h	10 6%	13 9%	25 13%H	20 7%	45 16%eFHik	22 12%H
More than 2.5 hours	(2.75) 558 27%	46 26%	23 23%	21 33%	468 27%	22 26%	74 32%HI	56 33%bHIL	39 22%	36 24%	48 25%	74 27%	66 23%	53 30%
NET: 30 minutes or less/ None	559 27%	41 23%	32 32%	13 21%	472 27%	23 27%	63 27%	46 27%	50 28%	47 32%k	52 27%	62 23%	82 29%	47 26%
Don't know	56 3%	1 1%	6 6%AFIIM	2 3%	47 3%	3 3%	3 1%	6 3%ai	11 6%AFILM	1 *	7 4%ai	11 4%aim	5 2%	2 1%
Mean	1.46	1.50h	1.34	1.70bHI	1.45	1.39	1.52Hi	1.56Hi	1.29	1.31	1.46	1.49h	1.45	1.48
Standard deviation	1.05	1.03	1.09	1.04	1.05	1.04	1.08	1.11	1.02	1.06	1.04	1.01	1.04	1.08
Standard error	0.02	0.08	0.11	0.14	0.03	0.11	0.07	0.08	0.08	0.08	0.08	0.07	0.07	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



**Physical Activity Survey**  
**ONLINE Fieldwork: 7th - 9th September 2018**

Absolutes/col percents

Table 22  
**Gender**  
**Base: All respondents**

	Gender		Age										Do Following Exercise When Concerned Or Stressed				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)	Go for a walk (l)	Go running (m)	Go swimming (n)	Other exercise (o)	Public (p)	Private (q)
Unweighted base	2076	979	1097	196	302	332	394	332	520	498	726	852	820	130	91	257	305	786
Weighted base	2076	1013	1063	230	359	332	367	307	480	589	700	787	822	157	96*	293	351	847
Male	1013 49%	1013 100%B	-	82 36%	164 46%c	167 50%C	191 52%C	151 49%C	258 54%CD	246 42%	357 51%l	409 52%l	436 53%	106 67%L	53 56%	182 62%L	156 44%	493 58%P
Female	1063 51%	-	1063 100%A	148 64% <sup>d</sup> EFGH	195 54%H	165 50%	177 48%	156 51%	222 46%	343 58%JK	342 49%	378 48%	386 47%MO	51 33%	42 44%	111 38%	195 56%Q	354 42%

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

**Physical Activity Survey**  
**ONLINE Fieldwork: 7th - 9th September 2018**

Absolutes/col percents

Table 23  
**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	2076	171	111	61	1733	96	246	189	191	165	180	227	255	184
Weighted base	2076	175	101*	62*	1738	84*	232	169	179	147	193	272	282	179
Male	1013 49%	92 53%GIM	48 47%	32 51%	841 48%	39 46%	104 45%	66 39%	86 48%	61 42%	87 45%	193 71%ABCEFGHJLM	135 18%gm	70 39%
Female	1063 51%	83 47%K	53 53%K	30 49%K	897 52%	46 54%K	127 55%K	104 61%AKI	93 52%K	86 58%aK	106 55%K	79 29%	146 52%K	109 61%AKI

**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**

## Physical Activity Survey

### ONLINE Fieldwork: 7th - 9th September 2018

Absolutes/col percents

Table 24  
**Age**  
**Base: All respondents**

	Gender			Age								Do Following Exercise When Concerned Or Stressed				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)	Go for a walk (l)	Go running (m)	Go swimming (n)	Other exercise (o)	Public (p)	Private (q)
Unweighted base	2076	979	1097	196	302	332	394	332	520	498	726	852	820	130	91	257	305	786
Weighted base	2076	1013	1063	230	359	332	367	307	480	589	700	787	822	157	96*	293	351	847
18-24	230 11%	82 8%	148 14%A	230 100%DEFGH	-	-	-	-	-	230 39%JK	-	-	85 10%	32 20%L	19 19%L	55 19%L	49 14%	100 12%
25-34	359 17%	164 16%	195 18%	-	359 100%CEFGH	-	-	-	-	359 61%JK	-	-	132 16%	44 28%L	24 25%l	61 21%	100 28%Q	178 21%
35-44	332 16%	167 16%	165 16%	-	-	332 100%CDFGH	-	-	-	-	-	332 47%IK	115 14%	39 25%Ln	13 13%	61 21%L	77 22%	191 23%
45-54	367 18%	191 19%	177 17%	-	-	-	367 100%CDEGH	-	-	-	-	367 53%IK	145 18%	31 20%	20 21%	59 20%	75 21%	205 24%
55-64	307 15%	151 15%	156 15%	-	-	-	-	307 100%CDEFH	-	-	-	307 39%IJ	129 16%MO	5 3%	9 9% <i>m</i>	23 8% <i>m</i>	48 14%	127 15%
65+	480 23%	258 25%B	222 21%	-	-	-	-	-	480 100%CDEFG	-	-	480 61%IJ	216 26%MNO	6 4%	11 12%M	34 12%M	1 *	45 5%P
NET: 18-34	589 28%	246 24%	343 32%A	230 100%EFGH	359 100%EFGH	-	-	-	-	589 100%JK	-	-	217 26%	76 49%L	43 45%L	116 40%L	149 42%Q	279 33%
NET: 35-54	700 34%	357 35%	342 32%	-	-	332 100%CDGH	367 100%CDGH	-	-	-	-	700 100%IK	260 32%	70 45%L	33 34%	119 41%L	152 43%	397 47%
NET: 55+	787 38%	409 40%B	378 36%	-	-	-	-	307 100%CDEF	480 100%CDEF	-	-	787 100%IJ	344 42%MNO	10 7%	20 21%M	58 20%M	49 14%	172 20%P
Average age	47.94	49.53B	46.44	21.75	29.74C	39.53CD	49.56CDE	59.18CDEF	71.53CDEFG	26.62	44.80I	66.71IJ	49.25MNO	36.78	41.00 <i>m</i>	41.18M	39.26	42.25P

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

**Physical Activity Survey**  
**ONLINE Fieldwork: 7th - 9th September 2018**

Absolutes/col percents

Table 25  
**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 & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2076	171	111	61	1733	96	246	189	191	165	180	227	255	184
Weighted base	2076	175	101*	62*	1738	84*	232	169	179	147	193	272	282	179
18-24	230 11%	21 12%C	9 9%c	1 1%	200 11%C	8 9%c	27 12%C	19 11%C	19 11%C	14 10%c	16 8%c	38 14%Cj	39 14%C	19 11%C
25-34	359 17%	24 13%	19 19%	14 23%F	302 17%	10 12%	27 12%	29 17%	38 21%aeFm	24 17%	35 18%f	64 24%AEFM	50 18%f	24 13%
35-44	332 16%	37 21%dfJM	20 20%jM	9 15%	265 15%	14 17%M	33 14% <i>m</i>	25 15% <i>m</i>	30 17%M	17 12%	21 11%	68 25%FGHJLM	43 15%M	14 8%
45-54	367 18%	17 10%	16 16%	18 30%DAbFHLm	316 18%A	17 20%A	39 17% <i>a</i>	33 19%A	25 14%	33 22%Ahl	37 19%A	62 23%AHL	40 14%	32 18% <i>a</i>
55-64	307 15%	41 23% <i>DGHKIM</i>	15 14% <i>k</i>	8 13%	243 14%	14 16% <i>K</i>	47 20% <i>HKM</i>	23 14% <i>k</i>	17 9%	23 15% <i>K</i>	35 18% <i>HKm</i>	21 8%	44 16% <i>hK</i>	20 11%
65+	480 23%	35 20% <i>K</i>	22 22% <i>K</i>	11 18% <i>K</i>	411 24%	22 26% <i>K</i>	59 25% <i>K</i>	40 24% <i>K</i>	50 28% <i>K</i>	36 24% <i>K</i>	50 26% <i>K</i>	18 7%	65 23% <i>K</i>	70 39% <i>ABCEFGHIJK</i> L
NET: 18-34	589 28%	45 25%	28 28%	15 24%	502 29%	18 21%	54 23%	48 28%	57 32% <i>ef</i>	39 26%	51 26%	103 38% <i>AcEFgIJM</i>	89 32% <i>ef</i>	43 24%
NET: 35-54	700 34%	55 31%	36 36%	28 45% <i>afhjLM</i>	581 33%	31 37% <i>m</i>	71 31%	58 34%	55 30%	50 34%	58 30%	130 48% <i>AbFGHIJLM</i>	83 30%	46 26%
NET: 55+	787 38%	76 43% <i>K</i>	37 37% <i>K</i>	19 31% <i>K</i>	654 38%	35 42% <i>K</i>	106 46% <i>cK</i>	64 38% <i>K</i>	67 38% <i>K</i>	58 40% <i>K</i>	84 44% <i>K</i>	39 15%	109 39% <i>K</i>	90 50% <i>BCGHikL</i>
Average age	47.94	48.36K	47.67K	48.85K	47.89	50.10K	50.23KI	48.31K	47.69K	49.42K	50.24KI	40.42	46.95K	52.63ABGHKL

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

## Physical Activity Survey ONLINE Fieldwork: 7th - 9th September 2018

Absolutes/col percents

Table 26  
**Social Grade**  
**Base: All respondents**

	Gender			Age									Do Following Exercise When Concerned Or Stressed				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)	Go for a walk (l)	Go running (m)	Go swimming (n)	Other exercise (o)	Public (p)	Private (q)
Unweighted base	2076	979	1097	196	302	332	394	332	520	498	726	852	820	130	91	257	305	786
Weighted base	2076	1013	1063	230	359	332	367	307	480	589	700	787	822	157	96*	293	351	847
A	131 6%	92 9%B	39 4%	19 8%	17 5%	24 7%	23 6%	14 4%	34 7%	36 6%	48 7%	48 6%	58 7%	18 11%	9 9%	19 7%	21 6%	59 7%
B	436 21%	267 26%B	169 16%	50 22%	74 21%	57 17%	61 17%	65 21%	128 27%DEF	124 21%	118 17%	194 25%J	188 23%	36 23%	18 19%	69 24%	81 23%	179 21%
C1	583 28%	260 26%	323 30%A	71 31%	107 30%	103 31%h	103 28%	78 25%	121 25%	178 30%k	206 29%k	199 25%	237 29%	50 32%	36 38%	88 30%	146 42%Q	249 29%
C2	421 20%	211 21%	211 20%	47 20%h	96 27%EgH	63 19%h	89 24%H	61 20%H	65 14%	143 24%K	152 22%K	127 16%	167 20%	38 24%	15 16%	83 28%LN	62 18%	231 27%P
D	262 13%	97 10%	165 16%A	29 13%	38 11%	50 15%H	51 14%H	51 17%dH	42 9%	67 11%	101 14%	93 12%	98 12%mo	10 6%	11 11%	21 7%	37 11%	127 15%
E	243 12%	87 9%	156 15%A	14 6%	27 8%	35 11%	40 11%c	38 12%Cd	88 18%CDEFG	42 7%	75 11%i	126 16%IJ	74 9%MO	5 3%	6 7%	13 4%	4 1%	3 *
NET: AB	567 27%	359 35%B	208 20%	69 30%	91 25%	81 24%	84 23%	79 26%	163 34%DEFG	160 27%	165 24%	242 31%J	247 30%	54 35%	27 28%	88 30%	101 29%	238 28%
NET: ABC1	1150 55%	619 61%B	531 50%	140 61%Fg	197 55%	184 55%	187 51%	157 51%	284 59%FG	338 57%	371 53%	441 56%	484 59%	105 67%	63 66%	176 60%	248 71%Q	486 57%
NET: C2DE	926 45%	394 39%	532 50%A	90 39%	162 45%	148 45%	180 49%CH	150 49%cH	196 41%	252 43%	328 47%	346 44%	338 41%	52 33%	32 34%	117 40%	103 29%	361 43%P
NET: DE	504 24%	183 18%	321 30%A	43 19%	66 18%	85 26%d	91 25%d	89 29%CD	130 27%CD	109 18%	176 25%l	219 28%l	171 21%MO	15 9%	17 18%m	34 12%	41 12%	130 15%

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

**Physical Activity Survey**  
**ONLINE Fieldwork: 7th - 9th September 2018**

Absolutes/col percents

Table 27  
**Social Grade**  
**Base: All respondents**

	Total	Region												
		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	2076	171	111	61	1733	96	246	189	191	165	180	227	255	184
Weighted base	2076	175	101*	62*	1738	84*	232	169	179	147	193	272	282	179
A	131 6%	9 5%	3 3%	7 10%bF	112 6%	4 5%	8 3%	10 6%	16 9%bF	9 6%	9 5%	27 10%bFj	19 7%	10 5%
B	436 21%	39 22%B	9 9%	15 24%B	372 21%B	19 22%B	42 18%b	30 18%b	35 20%B	28 19%b	39 20%B	90 33%ABeFGHIJLM	57 20%B	33 18%b
C1	583 28%	64 36%DEfgHKIM	37 37%dEfgHKM	15 25%	467 27%	19 22%	61 27%	44 26%	46 26%	42 28%	63 33%e	72 27%	76 27%	44 24%
C2	421 20%	20 12%	18 18%	15 25%A	368 21%A	14 17%	57 24%A	37 22%A	46 26%Aj	39 27%Aejkm	33 17%	50 18%	60 21%A	32 18%
D	262 13%	22 13%K	18 18%HIK	5 8%	216 12%	14 17%hK	35 15%hK	36 21%aCHIJKL	15 9%	14 10%	25 13%K	16 6%	34 12%K	28 15%hK
E	243 12%	20 11%k	15 15%gK	5 8%	202 12%	15 17%GK	29 13%K	12 7%	21 12%k	15 10%	25 13%K	17 6%	37 13%gK	32 18%GiK
NET: AB	567 27%	49 28%B	12 12%	21 34%Bf	484 28%B	23 27%B	49 21%b	40 24%B	51 29%B	37 25%B	48 25%B	118 43%ABEFGHIJLM	76 7%B	43 24%B
NET: ABC1	1150 55%	112 64%DBEFGHiM	49 49%	37 59%	951 55%	42 49%	111 48%	84 50%	97 54%	78 53%	111 57%f	190 70%BEFGHIJLM	152 54%	87 48%
NET: C2DE	926 45%	63 36%	51 51%AK	26 41%	786 45%A	43 51%AK	121 52%AjK	85 50%AK	82 46%aK	69 47%aK	82 43%K	82 30%	130 46%aK	93 52%AK
NET: DE	504 24%	42 24%K	33 33%dCHIK	10 16%	419 24%	29 34%CHIK	64 28%K	48 28%K	36 20%K	29 20%K	49 25%K	32 12%	70 25%K	60 34%aCHIKI

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

**Physical Activity Survey**  
**ONLINE Fieldwork: 7th - 9th September 2018**

Absolutes/col percents

Table 28  
**GO Region**  
**Base: All respondents**

	Gender			Age									Do Following Exercise When Concerned Or Stressed				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)	Go for a walk (l)	Go running (m)	Go swimming (n)	Other exercise (o)	Public (p)	Private (q)
Unweighted base	2076	979	1097	196	302	332	394	332	520	498	726	852	820	130	91	257	305	786
Weighted base	2076	1013	1063	230	359	332	367	307	480	589	700	787	822	157	96*	293	351	847
Scotland	175 8%	92 9%	83 8%	21 9%f	24 7%	37 11%dFh	17 5%	41 13%DFH	35 7%	45 8%	55 8%	76 10%	68 8%	12 7%	7 8%	15 5%	32 9%	62 7%
North East	84 4%	39 4%	46 4%	8 3%	10 3%	14 4%	17 5%	14 4%	22 5%	18 3%	31 4%	35 5%	37 5%	4 3%	2 2%	12 4%	13 4%	23 3%
North West	232 11%	104 10%	127 12%	27 12%	27 8%	33 10%	39 10%	47 15%Def	59 12%d	54 9%	71 10%	106 14%lj	85 10%	18 12%	10 11%	33 11%	36 10%	85 10%
Yorkshire & Humberside	169 8%	66 6%	104 10%A	19 8%	29 8%	25 7%	33 9%	23 8%	40 8%	48 8%	58 8%	64 8%	66 8%	7 4%	9 9%	24 8%	24 7%	82 10%
West Midlands	179 9%	86 8%	93 9%	19 8%	38 11%G	30 9%	25 7%	17 6%	50 10%fG	57 10%	55 8%	67 9%	62 8%n	8 5%	2 2%	21 7%	24 7%	75 9%
East Midlands	147 7%	61 6%	86 8%	14 6%	24 7%	17 5%	33 9%e	23 7%	36 7%	39 7%	50 7%	58 7%	51 6%	13 8%	5 6%	19 6%	20 6%	58 7%
Wales	101 5%	48 5%	53 5%	9 4%	19 5%	20 6%	16 4%	15 5%	22 5%	28 5%	36 5%	37 5%	30 4%	2 1%	8 8%lM	11 4%	20 6%	43 5%
Eastern	193 9%	87 9%	106 10%	16 7%	35 10%	21 6%	37 10%	35 11%E	50 10%e	51 9%	58 8%	84 11%	76 9%	17 11%	8 8%	22 7%	31 9%	77 9%
London	272 13%	193 19%B	79 7%	38 17%GH	64 18%GH	68 21%GH	62 17%GH	21 7%h	18 4%	103 17%K	130 19%K	39 5%	120 15%	41 26%Ln	15 15%	60 20%l	62 18%	155 18%
South East	282 14%	135 13%	146 14%	39 17%f	50 14%	43 13%	40 11%	44 14%	65 14%	89 15%	83 12%	109 14%	107 13%	19 12%	13 14%	35 12%	56 16%	108 13%
South West	179 9%	70 7%	109 10%A	19 8%	24 7%	14 4%	32 9%E	20 6%	70 15%CDEFG	43 7%	46 7%	90 11%J	86 10%	11 7%	12 13%	26 9%	24 7%	48 6%
Northern Ireland	62 3%	32 3%	30 3%	1 *	14 4%C	9 3%c	18 5%CH	8 3%c	11 2%	15 3%	28 4%	19 2%	34 4%	4 3%	4 4%	14 5%	10 3%	30 3%

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

Prepared by ComRes



**Physical Activity Survey**  
**ONLINE Fieldwork: 7th - 9th September 2018**

Absolutes/col percents

Table 29  
**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	2076	171	111	61	1733	96	246	189	191	165	180	227	255	184
Weighted base	2076	175	101*	62*	1738	84*	232	169	179	147	193	272	282	179
Scotland	175 8%	175 100%DBCEFGHIJKL M	-	-	-	-	-	-	-	-	-	-	-	-
North East	84 4%	-	-	-	84 5%AB	84 100%ABCFGHIJKLM	-	-	-	-	-	-	-	-
North West	232 11%	-	-	-	232 13%ABC	-	232 100%ABCEGHIJKLM	-	-	-	-	-	-	-
Yorkshire & Humberside	169 8%	-	-	-	169 10%ABC	-	-	169 100%ABCEFHIJKLM	-	-	-	-	-	-
West Midlands	179 9%	-	-	-	179 10%ABC	-	-	-	179 100%ABCEFGIJKLM	-	-	-	-	-
East Midlands	147 7%	-	-	-	147 8%ABC	-	-	-	-	147 100%ABCEFGHJKLM	-	-	-	-
Wales	101 5%	-	101 100%DACEFGHIJKL M	-	-	-	-	-	-	-	-	-	-	-
Eastern	193 9%	-	-	-	193 11%ABC	-	-	-	-	-	193 100%ABCEFGHIKLM	-	-	-
London	272 13%	-	-	-	272 16%ABC	-	-	-	-	-	-	272 100%ABCEFGHIJLM	-	-
South East	282 14%	-	-	-	282 16%ABC	-	-	-	-	-	-	-	282 100%ABCEFGHIJKM	-
South West	179 9%	-	-	-	179 10%ABC	-	-	-	-	-	-	-	-	179 100%ABCEFGHIJK L

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



**Physical Activity Survey**  
**ONLINE Fieldwork: 7th - 9th September 2018**

Absolutes/col percents

Table 29  
**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	2076	175	101*	62*	1738	84*	232	169	179	147	193	272	282	179
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**

## Physical Activity Survey

### ONLINE Fieldwork: 7th - 9th September 2018

Absolutes/col percents

Table 50

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

	Gender			Age									Do Following Exercise When Concerned Or Stressed				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)	Go for a walk (l)	Go running (m)	Go swimming (n)	Other exercise (o)	Public (p)	Private (q)
Unweighted base	1091	549	542	110	218	251	290	176	46	328	541	222	440	96	59	162	305	786
Weighted base	1198	649	549	150*	278	268	281	175	46*	428	549	221	485	124*	64*	203	351	847
NET: Public Sector	351 29%	156 24%	195 35%A	49 33%H	100 36%FH	77 29%H	75 27%H	48 28%H	1 3%	149 35%JK	152 28%	49 22%	141 29%	30 24%	20 31%	67 33%	351 100%Q	-
A nationalised industry/state corporation	24 2%	15 2%	9 2%	8 5%D	2 1%	5 2%	5 2%	4 2%	-	10 2%	10 2%	4 2%	8 2%	4 3%	5 7%L	8 4%	24 7%Q	-
Central government or civil service (including Courts service and Bank of England)	45 4%	26 4%	19 4%	8 5%	7 2%	12 5%	10 3%	8 5%	-	15 3%	22 4%	8 4%	19 4%	1 1%	2 3%	6 3%	45 13%Q	-
Local government or council (including fire services, police and local authority controlled schools/colleges)	116 10%	52 8%	64 12%a	9 6%	31 11%h	23 9%	31 11%h	21 12%h	1 1%	40 9%	54 10%	21 10%	45 9%	12 10%	6 9%	21 10%	116 33%Q	-
A university, or other grant funded establishment (include opted-out schools)	33 3%	18 3%	15 3%	7 4%	10 4%	8 3%	7 2%	2 1%	-	17 4%k	14 3%	2 1%	6 1%	2 1%	5 7%Lm	10 5%L	33 9%Q	-
A health authority or NHS Trust	75 6%	17 3%	58 11%A	8 5%	21 8%g	19 7%	21 7%g	5 3%	1 2%	29 7%k	39 7%K	6 3%	28 6%	6 4%	3 5%	13 7%	75 21%Q	-
The armed forces	2 *	2 *	-	-	-	2 1%	-	-	-	-	2 *	-	-	-	-	-	2 1%q	-
Other public sector occupation (Please specify as much detail as possible)	56 5%	27 4%	30 5%	9 6%F	29 10%EFgh	9 3%F	1 1%	8 5%F	-	38 9%JK	10 2%	8 4%	34 7%n	5 4%	-	9 4%	56 16%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

Prepared by ComRes

**Physical Activity Survey**  
**ONLINE Fieldwork: 7th - 9th September 2018**

Absolutes/col percents

Table 50

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

	Gender			Age									Do Following Exercise When Concerned Or Stressed				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)	Go for a walk (l)	Go running (m)	Go swimming (n)	Other exercise (o)	Public (p)	Private (q)
Weighted base	1198	649	549	150*	278	268	281	175	46*	428	549	221	485	124*	64*	203	351	847
NET: Private Sector	847	493	354	100	178	191	205	127	45	279	397	172	344	94	44	135	-	847
	71%	76%B	65%	67%	64%	71%	73% <sup>d</sup>	72%	97% <sup>CDEFG</sup>	65%	72% <sup>i</sup>	78% <sup>l</sup>	71%	76%	69%	67%	-	100% <sup>P</sup>
A charity, voluntary organisation or trust	35	12	23	2	2	12	15	3	*	5	27	3	13	4	*	10	-	35
	3%	2%	4% <sup>A</sup>	1%	1%	5% <sup>D</sup>	5% <sup>Dg</sup>	2%	1%	1%	5% <sup>lk</sup>	2%	3%	3%	1%	5%	-	4% <sup>P</sup>
Self-employed (Private sector)	148	88	61	9	22	25	38	34	21	30	63	55	80	14	5	29	-	148
	12%	14%	11%	6%	8%	9%	14% <sup>cd</sup>	19% <sup>CDE</sup>	46% <sup>CDEFG</sup>	7%	11% <sup>i</sup>	25% <sup>lJ</sup>	17%	11%	8%	15%	-	18% <sup>P</sup>
None of the above/ I work in the Private sector	664	394	271	90	154	154	153	90	24	244	307	114	251	76	38	96	-	664
	55%	61% <sup>B</sup>	49%	60%	55%	57%	54%	51%	51%	57%	56%	51%	52%	61% <sup>o</sup>	60%	47%	-	78% <sup>P</sup>

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

**Physical Activity Survey**  
**ONLINE Fieldwork: 7th - 9th September 2018**

Absolutes/col percents

Table 51  
**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 & Humburside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	1091	81	61	33	916	39	114	106	95	83	97	176	136	70
Weighted base	1198	94*	63*	40**	1001	37*	121*	106*	99*	78*	108*	216	164	72*
NET: Public Sector	351 29%	32 34%	20 31%	10 25%	289 29%	13 36%	36 30%	24 23%	24 24%	20 25%	31 29%	62 29%	56 34%	24 33%
A nationalised industry/state corporation	24 2%	6 7%DbgiLm	-	-	18 2%	1 4%	2 2%	1 1%	2 2%	1 1%	2 2%	7 3%	2 1%	-
Central government or civil service (including Courts service and Bank of England)	45 4%	4 4%g	3 5%G	1 2%	38 4%	1 3%	7 6%G	-	5 5%G	3 3%g	2 2%	13 6%G	5 3%	1 1%
Local government or council (including fire services, police and local authority controlled schools/colleges)	116 10%	12 12%f	8 12%	2 4%	95 10%	2 6%	6 5%	13 12%f	10 10%	6 7%	17 15%F	19 9%	16 10%	8 10%
A university, or other grant funded establishment (include opted-out schools)	33 3%	1 1%	4 6%F	1 2%	27 3%	1 2%	-	3 2%	2 2%	3 4%F	3 3%	6 3%	8 5%F	2 2%
A health authority or NHS Trust	75 6%	3 3%	5 8%	3 8%	64 6%	4 12%ahK	15 12%AHjkl	7 6%	3 3%	4 5%	4 4%	6 3%	7 4%	14 19%AGHIJKL
The armed forces	2 *	-	-	-	2 *	-	-	-	-	-	-	-	2 1%	-
Other public sector occupation (Please specify as much detail as possible)	56 5%	7 7%bgHM	-	4 10%	45 5%	4 11%BGHM	7 6%hm	1 1%	1 1%	3 4%	4 3%	11 5%m	15 9%BGHM	-

**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**

**Physical Activity Survey**  
**ONLINE Fieldwork: 7th - 9th September 2018**

Absolutes/col percents

Table 51

**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 & Humburside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Weighted base	1198	94*	63*	40**	1001	37*	121*	106*	99*	78*	108*	216	164	72*
NET: Private Sector	847 71%	62 66%	43 69%	30 75%	712 71%	23 64%	85 70%	82 77%	75 76%	58 75%	77 71%	155 71%	108 66%	48 67%
A charity, voluntary organisation or trust	35 3%	3 3%	5 8%DhiJl	2 5%	25 2%	1 2%	4 4%	2 2%	2 2%	1 1%	- -	9 4%j	4 2%	2 2%
Self-employed (Private sector)	148 12%	11 11%	10 16%h	9 23%	118 12%	4 12%	13 11%	12 11%	6 6%	8 10%	20 18%HI	29 13%	14 9%	12 17%H
None of the above/ I work in the Private sector	664 55%	48 51%	28 44%	18 47%	570 57%b	18 50%	67 56%	68 64%Bm	67 68%ABejKIM	50 64%Bm	58 53%	117 54%	90 55%	34 47%

**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**