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Q1. Which of the following are you looking forward to as part of your weekly routine post lockdown?

BASE: All respondents

	Gender		Age									
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	NET: 16-34	NET: 35-54	NET: 55+
Significance Level: 95%		a	b	a	b	c	d	e	f	g	h	i
Unweighted Total	2170	1027	1143	400	430	359	344	358	279	830	703	637
Total	2170	1059	1111	241	375	347	384	321	501	616	731	822
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Going to a café/restaurant	951 44%	386 36%	566 51% a	75 31%	96 26%	116 33% b	179 47% abcg	166 52% abcgh	318 63% abcdegh	172 28%	295 40% abcg	485 59% abcdegh
Going on walks or to parks further than your local area	898 41%	399 38%	500 45% a	66 28%	112 30%	128 37% abg	165 43% abg	153 48% abcgh	274 55% abcdgh	178 29%	293 40% abg	427 52% abcdgh
Going shopping	865 40%	340 32%	525 47% a	86 36%	123 33%	126 36%	167 43% abg	145 45% abcg	219 44% abg	209 34%	292 40% bg	364 44% abcg
Going to the pub	646 30%	357 34% b	289 26%	57 24%	99 26%	91 26%	121 31% ag	114 36% abcgh	163 33% ag	156 25%	212 29%	277 34% abcg
Going to the cinema	547 25%	268 25%	280 25%	68 28% bfi	82 22%	103 30% bfi	115 30% bfi	77 24%	101 20%	150 24%	218 30% befgi	179 22%
Going to the theatre	433 20%	187 18%	247 22% a	34 14%	48 13%	65 19% bg	64 17%	87 27% abcdgh	134 27% abcdgh	82 13%	129 18% bg	222 27% abcdgh
Going swimming	347 16%	151 14%	196 18% a	40 17% fi	61 16% i	77 22% befgi	70 18% fi	43 13%	56 11%	102 16% fi	146 20% efi	99 12%
Going to the gym	338 16%	174 16%	164 15%	66 27% cdefhi	82 22% defhi	65 19% efi	55 14% fi	36 11%	35 7%	147 24% cdefhi	120 16% efi	71 9%
Attending an exercise class	251 12%	104 10%	147 13% a	31 13% f	59 16% dfi	54 15% dfi	32 8%	36 11%	40 8%	90 15% dfi	86 12%	76 9%
Attending local sports clubs	216 10%	145 14% b	72 6%	30 13% df	37 10%	46 13% dfi	28 7%	37 12%	38 7%	68 11%	74 10%	75 9%
Doing the school run	178 8%	92 9%	87 8%	31 13% defi	49 13% defi	52 15% defhi	25 7% efi	10 3%	10 2%	81 13% defi	77 11% defi	20 2%
Don't know	103 5%	48 5%	54 5%	15 6% ei	22 6% ei	27 8% efi	17 4%	7 2%	15 3%	37 6% efi	44 6% efi	22 3%
None of these	135 6%	68 6%	66 6%	16 7%	25 7%	21 6%	18 5%	27 8%	27 5%	41 7%	39 5%	54 7%

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Q1. Which of the following are you looking forward to as part of your weekly routine post lockdown?

BASE: All respondents

	Regions													Social grade		
	Total	Northern Ireland	Scotland	North-West	North-East	Yorkshire and the Humber	Wales	West Midlands	East Midlands	South-West	South-East	Eastern	London	NET: England	ABC1	C2DE
Significance Level: 95%																
Unweighted Total	2170	a	b	c	d	e	f	g	h	i	j	k	l	m	a	b
Total	2170	60	161	225	110	174	116	221	154	189	278	126	356	1833	1228	942
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Going to a café/restaurant	951 44%	33 51% kl	86 47% kl	116 48% kl	33 37% l	70 40% l	42 40% bl	87 47% kl	87 57% defklm	87 46% kl	152 51% defklm	66 33% kl	92 32% bl	790 43% kl	501 42% a	451 47% a
Going on walks or to parks further than your local area	898 41%	28 43%	61 33%	103 42% l	40 45% l	66 37% bl	49 47% bl	85 45% bl	61 40% bel	89 48% bel	131 44% bl	95 47% bl	91 32% bl	760 42% bl	466 39% a	432 45% a
Going shopping	865 40%	32 49% bk	58 31%	102 42% b	35 40%	66 37% beklm	53 50%	76 40%	62 41%	80 43% b	137 46% bklm	65 32%	101 36%	723 40% b	447 37%	418 43% a
Going to the pub	646 30%	17 27%	45 24%	70 29%	26 30%	62 35% bkl	33 31%	59 32%	53 34%	63 34% l	101 34% l	48 24%	69 24%	551 30% l	332 28%	313 32% a
Going to the cinema	547 25%	25 38% bcdegikm	40 22%	56 23%	19 21%	42 24%	30 28% i	45 24%	43 28% i	33 18%	92 31% bcikm	38 19%	84 30% ik	453 25% i	312 26%	235 24%
Going to the theatre	433 20%	15 23%	34 18%	43 18%	23 26% gi	34 19%	23 22%	30 16%	26 17%	28 15% bcghim	79 27% bcghim	39 19%	59 21%	362 20%	228 19%	206 21%
Going swimming	347 16%	15 23% b	17 9%	39 16%	10 12%	30 17% b	21 20% b	36 19% b	26 17%	30 16%	46 15%	24 12%	52 18% b	294 16% b	214 18% b	133 14% b
Going to the gym	338 16%	13 20%	28 15%	42 17% k	12 14%	24 14%	12 11%	37 20% fjk	28 18% k	24 13%	35 12%	20 10%	63 22% efijkm	286 16% efijkm	208 17% b	131 13% b
Attending an exercise class	251 12%	7 11%	20 11%	29 12%	6 7%	18 10%	8 7%	24 13%	16 10%	25 13% k	42 14% dfk	13 6%	44 15% dfk	217 12% dfk	159 13% b	92 10% b
Attending local sports clubs	216 10%	10 15% i	17 9%	29 12% i	8 9%	14 8%	11 10%	25 13% i	17 11%	10 5%	26 9%	15 7%	34 12% i	179 10%	131 11%	85 9%
Doing the school run	178 8%	7 11%	11 6%	20 8%	4 4%	16 9%	7 7%	15 8%	15 10%	10 5%	21 7%	18 9%	35 12% bdijm	153 8% bdijm	116 10% b	62 6% b
Don't know	103 5%	1 1%	7 4%	13 5% f	6 6% f	5 3%	* *	16 9% aefjm	7 5% f	8 4% f	8 3% f	15 8% efj	16 6% f	94 5% f	59 5% f	43 4% f

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Q1. Which of the following are you looking forward to as part of your weekly routine post lockdown?

BASE: All respondents

Significance Level: 95%

	Regions													Social grade		
	Northern Ireland	Scotland	North-West	North-East	Yorkshire and the Humber	Wales	West Midlands	East Midlands	South-West	South-East	Eastern	London	NET: England	ABC1	C2DE	
Total	a	b	c	d	e	f	g	h	i	j	k	l	m	a	b	
Unweighted Total	2170	60	161	225	110	174	116	221	154	189	278	126	356	1833	1228	942
Total	2170	65	183	242	88	177	105	187	154	187	295	202	284	1817	1202	968
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
None of these	135	4	9	16	9	12	6	11	10	11	13	18	18	116	58	76
	6%	6%	5%	7%	10%	7%	6%	6%	6%	6%	4%	9%	6%	6%	5%	8%
					j											a

UK Active Polling February 2021

Q1. Which of the following are you looking forward to as part of your weekly routine post lockdown?

BASE: All respondents

	Parents of children under the age of 18						Disability & LTC						
	Total	No children aged 18 or under	Yes - children aged under 5 years old	Yes - children aged 5-10 years old	Yes - children aged 11-15 years old	Yes - children aged 16-18 years old	Net: Yes	Yes - mental condition	Yes - physical condition	Yes - disability	Yes - other	No	Net: Yes
	a	b	c	d	e	f	a	b	c	d	e	f	
Significance Level: 95%													
Unweighted Total	2170	1260	262	315	342	210	835	356	310	163	48	1329	720
Total	2170	1347	210	276	330	196	750	306	291	156	37	1412	656
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Going to a café/restaurant	951 44%	682 51%	79 38%	83 30%	115 35%	69 35%	252 34%	105 34%	131 45%	72 46%	14 40%	657 47%	264 40%
		bcdef							a	a		af	
Going on walks or to parks further than your local area	898 41%	624 46%	73 35%	79 29%	114 35%	83 42%	254 34%	101 33%	132 45%	70 45%	15 40%	608 43%	267 41%
		bcdf				cf			a	a		a	a
Going shopping	865 40%	563 42%	75 36%	105 38%	133 40%	85 44%	288 38%	121 39%	124 43%	65 42%	10 28%	575 41%	263 40%
Going to the pub	646 30%	425 32%	59 28%	77 28%	99 30%	61 31%	207 28%	88 29%	81 28%	45 29%	11 29%	436 31%	189 29%
Going to the cinema	547 25%	312 23%	53 25%	85 31%	107 33%	63 32%	225 30%	83 27%	64 22%	35 22%	6 17%	365 26%	164 25%
				a	ab	a	a						
Going to the theatre	433 20%	277 21%	30 14%	46 17%	60 18%	58 30%	148 20%	46 15%	56 19%	31 20%	6 16%	299 21%	118 18%
		b				abcdf						a	
Going swimming	347 16%	158 12%	47 22%	64 23%	80 24%	43 22%	175 23%	63 21%	44 15%	26 17%	6 16%	223 16%	114 17%
			a	a	a	a	a	e					
Going to the gym	338 16%	157 12%	42 20%	66 24%	78 24%	46 24%	162 22%	66 22%	33 11%	15 9%	4 10%	215 15%	106 16%
			a	a	a	a	a	bcef				c	bc
Attending an exercise class	251 12%	131 10%	33 16%	44 16%	59 18%	28 14%	115 15%	48 16%	30 10%	15 10%	4 12%	157 11%	85 13%
			a	a	a	a	a	be					
Attending local sports clubs	216 10%	106 8%	17 8%	36 13%	49 15%	37 19%	101 13%	37 12%	31 11%	18 11%	3 8%	135 10%	73 11%
				a	ab	ab	ab						
Doing the school run	178 8%	38 3%	43 21%	64 23%	62 19%	26 13%	135 18%	35 11%	20 7%	10 6%	7 18%	109 8%	63 10%
			ae	aef	a	a	a	be			bce		
Don't know	103 5%	58 4%	9 4%	8 3%	14 4%	7 4%	32 4%	14 5%	11 4%	14 9%	1 2%	66 5%	28 4%
										bef			

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Q1. Which of the following are you looking forward to as part of your weekly routine post lockdown?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

None of these

	Parents of children under the age of 18						Disability & LTC						
	No children aged 18 or under	Yes - children aged under 5 years old	Yes - children aged 5-10 years old	Yes - children aged 11-15 years old	Yes - children aged 16-18 years old	Net: Yes	Yes - mental condition	Yes - physical condition	Yes - disability	Yes - other	No	Net: Yes	
Total	a	b	c	d	e	f	a	b	c	d	e	f	
Unweighted Total	2170	1260	262	315	342	210	835	356	310	163	48	1329	720
Total	2170	1347	210	276	330	196	750	306	291	156	37	1412	656
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
None of these	135	96	11	15	11	11	31	10	18	5	1	94	27
	6%	7%	5%	6%	3%	6%	4%	3%	6%	3%	4%	7%	4%
		df										af	

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Q2. Summary: To what extent do you agree or disagree with each of the following statements?

BASE: All respondents

	Total	Scale								
		Strongly agree	Tend to agree	Neither agree nor disagree	Tend to disagree	Strongly disagree	Not applicable	Don't know	Net: Agree	Net: Disagree
		*a	*b	*c	*d	*e	*f	*g	*h	*i
Significance Level: 95%										
The Government should encourage people to attend gyms and leisure facilities post lockdown	2170 100%	330 15%	505 23%	563 26%	221 10%	214 10%	196 9%	143 7%	834 38%	435 20%
I am bored of my exercise options in lockdown	2170 100%	326 15%	444 20%	477 22%	247 11%	245 11%	316 15%	114 5%	770 36%	492 23%
Access to my local gym or leisure centre would improve my emotional and physical wellbeing	2170 100%	290 13%	436 20%	456 21%	215 10%	245 11%	409 19%	119 5%	726 33%	460 21%
Being able to exercise safely at an indoor gym or leisure centre facility would help me to focus more whilst working from home	2170 100%	271 12%	390 18%	408 19%	211 10%	260 12%	503 23%	126 6%	661 30%	471 22%
Attending an indoor gym or leisure facility is a priority for me post lockdown	2170 100%	264 12%	297 14%	418 19%	251 12%	440 20%	394 18%	106 5%	561 26%	691 32%
I am struggling to find ways for my kids to stay active	750 100%	149 20%	228 30%	141 19%	78 10%	75 10%	53 7%	26 3%	377 50%	153 20%
My children's emotional & physical wellbeing, and behaviour would improve if my household had access to our local gym or leisure facility	750 100%	135 18%	199 27%	188 25%	86 11%	60 8%	54 7%	29 4%	334 45%	146 19%

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Q2_1. Access to my local gym or leisure centre would improve my emotional and physical wellbeing: To what extent do you agree or disagree with each of the following statements?

BASE: All respondents

	Gender		Age									
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	NET: 16-34	NET: 35-54	NET: 55+
Significance Level: 95%												
		a	b	a	b	c	d	e	f	g	h	i
Unweighted Total	2170	1027	1143	400	430	359	344	358	279	830	703	637
Total	2170	1059	1111	241	375	347	384	321	501	616	731	822
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	290	152	138	49	73	66	46	29	27	122	112	56
	13%	14%	12%	20%	19%	19%	12%	9%	5%	20%	15%	7%
				defhi	defi	defi	fi			defhi	efi	
Tend to agree	436	226	210	61	93	84	81	54	64	154	165	117
	20%	21%	19%	25%	25%	24%	21%	17%	13%	25%	23%	14%
				efi	efi	efi	fi			efi	efi	
Neither agree nor disagree	456	214	242	45	90	97	80	57	85	136	177	143
	21%	20%	22%	19%	24%	28%	21%	18%	17%	22%	24%	17%
					efi	adefgi				i	aefi	
Tend to disagree	215	110	105	25	43	36	37	28	47	68	72	75
	10%	10%	9%	10%	11%	10%	10%	9%	9%	11%	10%	9%
Strongly disagree	245	104	141	17	31	27	59	51	60	48	86	111
	11%	10%	13%	7%	8%	8%	15%	16%	12%	8%	12%	14%
			a				abcg	abcg	ag		acg	abcg
Not applicable	409	200	209	18	16	18	64	84	208	34	82	293
	19%	19%	19%	8%	4%	5%	17%	26%	42%	6%	11%	36%
				b			abcgh	abcdgh	abcdegh		bcg	abcdegh
Don't know	119	53	66	26	29	20	18	17	10	54	38	27
	5%	5%	6%	11%	8%	6%	5%	5%	2%	9%	5%	3%
				cdefhi	fi	f		f		defhi	f	
Net: Agree	726	378	348	110	166	150	127	83	90	276	276	173
	33%	36%	31%	46%	44%	43%	33%	26%	18%	45%	38%	21%
		b		defhi	defhi	defi	efi	f		defhi	efi	
Net: Disagree	460	214	246	42	74	63	95	79	107	116	158	186
	21%	20%	22%	17%	20%	18%	25%	25%	21%	19%	22%	23%
							acg	acg				a

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Q2_1. Access to my local gym or leisure centre would improve my emotional and physical wellbeing: To what extent do you agree or disagree with each of the following statements?

BASE: All respondents

	Regions													Social grade		
	Total	Northern Ireland	Scotland	North-West	North-East	Yorkshire and the Humber	Wales	West Midlands	East Midlands	South-West	South-East	Eastern	London	NET: England	ABC1	C2DE
Significance Level: 95%																
Unweighted Total	2170	a	b	c	d	e	f	g	h	i	j	k	l	m	a	b
Total	2170	60	161	225	110	174	116	221	154	189	278	126	356	1833	1228	942
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	290 13%	12 18% f	18 10%	34 14%	11 12%	16 9%	8 8%	29 15%	25 16% f	25 14%	45 15%	18 9%	48 17% befk	251 14%	172 14%	118 12%
Tend to agree	436 20%	11 17%	38 21% k	55 23% k	13 15%	35 20%	24 23% k	37 20% k	27 17%	30 16%	70 24% ik	23 11%	74 26% dhikm	363 20% k	268 22% b	168 17%
Neither agree nor disagree	456 21%	15 23%	49 27% hj	55 23% h	16 19%	35 20%	18 18%	40 21% h	20 13%	47 25% hj	49 17%	49 24% h	61 22% h	374 21% h	254 21%	202 21%
Tend to disagree	215 10%	6 10%	19 10%	15 6%	8 10%	21 12% c	15 15% c	20 10%	13 9%	19 10%	25 9%	26 13% c	27 9%	174 10%	128 11%	87 9%
Strongly disagree	245 11%	9 14% b	8 4%	26 11% b	15 17% bgl	24 13% b	19 18% bgilm	16 8%	22 15% b	25 13% b	32 11% b	24 12% b	27 9% b	210 12% b	143 12%	102 11%
Not applicable	409 19%	5 8%	44 24% afl	40 16%	18 20% al	38 22% al	14 13%	34 18% l	32 21% al	32 17%	62 21% al	57 28% acfgilm	34 12%	346 19% al	175 15%	234 24% a
Don't know	119 5%	7 11% jk	7 4%	16 7%	7 8%	9 5%	6 6%	13 7%	15 9% bjkm	9 5%	11 4%	6 3%	14 5%	99 5%	61 5%	58 6%
Net: Agree	726 33%	23 35% k	56 31% k	90 37% k	24 27%	51 29%	33 31%	65 35% k	52 34% k	55 30%	115 39% deik	41 20%	121 43% bdefikm	614 34% k	441 37% b	285 29%
Net: Disagree	460 21%	15 23%	27 15%	41 17%	23 26% bc	44 25% bc	34 32% bcgilm	36 19%	36 23%	44 24% b	57 19%	50 25% b	53 19%	384 21%	271 23%	189 20%

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Q2_1. Access to my local gym or leisure centre would improve my emotional and physical wellbeing: To what extent do you agree or disagree with each of the following statements?

BASE: All respondents

	Parents of children under the age of 18						Disability & LTC						
	Total	No children aged 18 or under	Yes - children aged under 5 years old	Yes - children aged 5-10 years old	Yes - children aged 11-15 years old	Yes - children aged 16-18 years old	Net: Yes	Yes - mental condition	Yes - physical condition	Yes - disability	Yes - other	No	Net: Yes
	a	b	c	d	e	f	a	b	c	d	e	f	
Significance Level: 95%													
Unweighted Total	2170	1260	262	315	342	210	835	356	310	163	48	1329	720
Total	2170	1347	210	276	330	196	750	306	291	156	37	1412	656
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	290 13%	150 11%	31 15%	35 13%	64 19%	40 20%	127 17%	77 25%	39 14%	23 14%	3 7%	160 11%	116 18%
					ac	ac	a	bcdef					e
Tend to agree	436 20%	230 17%	69 33%	87 31%	87 26%	54 28%	203 27%	65 21%	43 15%	24 16%	6 17%	307 22%	120 18%
			a	a	a	a	a	b				b	
Neither agree nor disagree	456 21%	269 20%	49 23%	70 26%	78 24%	38 19%	174 23%	55 18%	55 19%	25 16%	6 17%	313 22%	116 18%
			a									f	
Tend to disagree	215 10%	113 8%	29 14%	35 13%	29 9%	19 10%	88 12%	36 12%	37 13%	11 7%	8 22%	121 9%	86 13%
			a	a			a		e		ce		ce
Strongly disagree	245 11%	178 13%	10 5%	24 9%	28 9%	19 10%	62 8%	25 8%	35 12%	25 16%	4 11%	163 12%	74 11%
		bcdf				b				a			
Not applicable	409 19%	338 25%	13 6%	12 4%	27 8%	15 8%	59 8%	29 10%	74 25%	44 28%	8 22%	276 20%	118 18%
		bcdef			c		c		aef	aef	a	a	a
Don't know	119 5%	68 5%	10 5%	11 4%	17 5%	10 5%	38 5%	18 6%	8 3%	5 3%	1 4%	71 5%	26 4%
								b					
Net: Agree	726 33%	380 28%	100 48%	122 44%	151 46%	94 48%	331 44%	143 47%	82 28%	47 30%	9 24%	468 33%	236 36%
			a	a	a	a	a	bcdef					b
Net: Disagree	460 21%	291 22%	39 18%	59 22%	57 17%	39 20%	150 20%	61 20%	73 25%	36 23%	12 33%	284 20%	160 24%
											ae		e

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Q2_2. My children's emotional & physical wellbeing, and behaviour would improve if my household had access to our local gym or leisure facility: To what extent do you agree or disagree with each of the following statements?

BASE: Parents of children under the age of 18

	Gender		Age									
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	NET: 16-34	NET: 35-54	NET: 55+
Significance Level: 95%												
Unweighted Total	835	410	425	136	220	251	147	62	19	356	398	81
Total	750	401	349	78	185	241	150	59	38	263	391	96
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	135 18%	69 17%	67 19%	15 20% e	28 15%	53 22% e	24 16%	5 8%	10 26%	43 16%	77 20% e	15 15%
Tend to agree	199 27%	112 28%	87 25%	19 24%	52 28%	61 26%	48 32% i	13 22%	6 16%	71 27%	109 28%	19 19%
Neither agree nor disagree	188 25%	95 24%	93 27%	16 20%	37 20%	79 33% abdg	34 23%	16 27%	6 16%	53 20%	113 29% bg	22 23%
Tend to disagree	86 11%	51 13%	34 10%	10 13%	32 18% cdh	19 8%	14 10%	7 11%	3 9%	43 16% ch	33 8%	10 10%
Strongly disagree	60 8%	36 9%	24 7%	8 10%	15 8%	18 8%	8 6%	5 8%	5 13%	24 9%	27 7%	10 10%
Not applicable	54 7%	24 6%	30 9%	4 6%	9 5%	5 2%	18 12% bcgh	11 18% abcgh	8 20%	13 5%	22 6% c	18 19% abcgh
Don't know	29 4%	15 4%	14 4%	5 7% ch	11 6% h	6 3%	4 2%	3 5%	- -	16 6% ch	10 2%	3 3%
Net: Agree	334 45%	181 45%	154 44%	34 44%	80 43%	115 48% ei	72 48% e	18 30%	16 42%	114 43% e	187 48% ei	33 35%
Net: Disagree	146 19%	87 22%	59 17%	19 24% ch	48 26% cdh	37 15%	23 15%	11 19%	8 22%	67 25% cdh	60 15%	19 20%

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Q2_2. My children's emotional & physical wellbeing, and behaviour would improve if my household had access to our local gym or leisure facility: To what extent do you agree or disagree with each of the following statements?

BASE: Parents of children under the age of 18

	Regions													Social grade		
	Total	Northern Ireland	Scotland	North-West	North-East	Yorkshire and the Humber	Wales	West Midlands	East Midlands	South-West	South-East	Eastern	London	NET: England	ABC1	C2DE
Significance Level: 95%																
Unweighted Total	835	25	66	92	42	73	43	92	51	63	99	40	149	701	541	294
Total	750	33	67	95	32	61	34	68	44	55	91	57	112	616	485	265
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	135 18%	6 19%	14 21%	18 19%	8 25% g	17 28% glm	5 14%	8 11%	7 15%	13 23%	17 19%	7 12%	16 14%	110 18%	92 19%	44 16%
Tend to agree	199 27%	9 27%	17 26%	30 32% k	7 23%	15 24%	9 28% k	19 28% k	15 34% k	13 24%	27 30% k	6 10%	31 28% k	164 27% k	136 28%	64 24%
Neither agree nor disagree	188 25%	10 31%	18 27%	23 24%	6 19%	13 21%	11 32%	19 28%	9 21%	13 24%	26 29% l	18 32%	20 18%	148 24%	119 25%	69 26%
Tend to disagree	86 11%	3 8%	10 15% cj	2 2%	4 13% c	4 7%	7 21% ceijm	11 16% cij	5 12% c	3 6%	5 6%	12 21% ceijm	19 17% ceijm	66 11% c	54 11%	32 12%
Strongly disagree	60 8%	3 10%	2 2%	5 5%	2 7%	6 9%	2 5%	4 6%	2 5%	7 12% b	9 10%	6 11%	13 11% b	53 9%	36 7%	24 9%
Not applicable	54 7%	1 3%	4 5%	10 10% f	3 9%	3 6%	- -	5 7%	5 11% f	4 6%	3 4%	7 13% fj	10 9% f	50 8%	35 7%	19 7%
Don't know	29 4%	1 2%	2 3%	7 7%	2 5%	3 6%	* 1%	3 4%	* 1%	3 5%	3 3%	1 1%	3 3%	25 4%	15 3%	14 5%
Net: Agree	334 45%	15 45%	31 47% k	48 51% k	15 48% k	32 52% k	14 42%	27 39%	22 50% k	26 47% k	44 49% k	13 22%	47 42% k	274 44% k	227 47%	107 40%
Net: Disagree	146 19%	6 19%	12 17%	7 8%	6 20% c	10 16%	9 26% c	15 22% c	7 17%	10 17%	14 15%	18 32% cjm	32 28% cjm	119 19% c	90 18%	56 21%

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Q2_2. My children's emotional & physical wellbeing, and behaviour would improve if my household had access to our local gym or leisure facility: To what extent do you agree or disagree with each of the following statements?

BASE: Parents of children under the age of 18

	Parents of children under the age of 18						Disability & LTC						
	Total	No children aged 18 or under	Yes - children aged under 5 years old	Yes - children aged 5-10 years old	Yes - children aged 11-15 years old	Yes - children aged 16-18 years old	Net: Yes	Yes - mental condition	Yes - physical condition	Yes - disability	Yes - other	No	Net: Yes
		*a	b	c	d	e	f	a	b	c	*d	e	f
Significance Level: 95%													
Unweighted Total	835	-	262	315	342	210	835	176	127	57	22	473	326
Total	750	-	210	276	330	196	750	156	106	43	17	434	280
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	135	-	50	46	58	43	135	38	20	10	1	72	56
	18%	-	24%	17%	18%	22%	18%	24%	19%	22%	3%	17%	20%
			cf					e					
Tend to agree	199	-	49	87	99	44	199	40	24	10	3	128	68
	27%	-	23%	32%	30%	23%	27%	25%	23%	23%	17%	29%	24%
				be									
Neither agree nor disagree	188	-	48	68	74	52	188	37	23	9	4	115	62
	25%	-	23%	25%	22%	26%	25%	24%	22%	21%	23%	27%	22%
Tend to disagree	86	-	28	26	39	21	86	17	13	6	3	43	34
	11%	-	13%	9%	12%	11%	11%	11%	12%	13%	15%	10%	12%
Strongly disagree	60	-	11	27	27	13	60	13	14	5	1	29	31
	8%	-	5%	10%	8%	7%	8%	8%	13%	11%	7%	7%	11%
				b					e				e
Not applicable	54	-	12	13	22	18	54	7	7	4	5	31	20
	7%	-	6%	5%	7%	9%	7%	5%	6%	8%	31%	7%	7%
Don't know	29	-	12	9	11	5	29	4	5	*	1	17	9
	4%	-	6%	3%	3%	3%	4%	2%	5%	1%	5%	4%	3%
Net: Agree	334	-	99	133	157	87	334	77	44	20	3	199	124
	45%	-	47%	48%	48%	44%	45%	50%	42%	46%	20%	46%	44%
Net: Disagree	146	-	38	53	66	34	146	30	26	10	4	72	65
	19%	-	18%	19%	20%	18%	19%	19%	25%	24%	22%	17%	23%
									e				e

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Q2_3. Being able to exercise safely at an indoor gym or leisure centre facility would help me to focus more whilst working from home: To what extent do you agree or disagree with each of the following statements?

BASE: All respondents

	Gender		Age									
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	NET: 16-34	NET: 35-54	NET: 55+
Significance Level: 95%												
		a	b	a	b	c	d	e	f	g	h	i
Unweighted Total	2170	1027	1143	400	430	359	344	358	279	830	703	637
Total	2170	1059	1111	241	375	347	384	321	501	616	731	822
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	271 12%	135 13%	136 12%	48 20% defhi	69 18% defi	65 19% defi	41 11% fi	25 8%	22 4%	117 19% defhi	107 15% efi	47 6%
Tend to agree	390 18%	207 20%	184 17%	58 24% efi	101 27% cdefhi	70 20% efi	79 20% efi	46 14% fi	37 7%	159 26% cefhi	149 20% efi	83 10%
Neither agree nor disagree	408 19%	195 18%	213 19%	46 19%	71 19%	85 25% efgi	85 22% efi	52 16%	69 14%	117 19% fi	171 23% efgi	120 15%
Tend to disagree	211 10%	108 10%	103 9%	30 12% defi	46 12% defi	49 14% defi	29 8%	20 6%	36 7%	76 12% defi	79 11% ei	56 7%
Strongly disagree	260 12%	125 12%	135 12%	22 9%	29 8%	27 8%	60 16% abcg	53 17% abcgh	70 14% abcg	51 8%	87 12% bcg	123 15% abcg
Not applicable	503 23%	231 22%	272 24%	10 4%	29 8% a	28 8% a	75 20% abcgh	112 35% abcdgh	249 50% abcdegh	39 6%	103 14% abcg	362 44% abcdegh
Don't know	126 6%	58 5%	69 6%	26 11% cdefhi	32 8% defhi	22 6%	14 4%	13 4%	19 4%	58 9% defhi	37 5%	32 4%
Net: Agree	661 30%	342 32%	319 29%	106 44% defhi	170 45% defhi	135 39% defi	120 31% efi	71 22% fi	59 12%	276 45% defhi	255 35% efi	130 16%
Net: Disagree	471 22%	233 22%	238 21%	52 22%	75 20%	76 22%	89 23%	73 23%	106 21%	126 21%	166 23%	179 22%

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Q2_3. Being able to exercise safely at an indoor gym or leisure centre facility would help me to focus more whilst working from home: To what extent do you agree or disagree with each of the following statements?

BASE: All respondents

	Total	Regions												Social grade		
		Northern Ireland	Scotland	North-West	North-East	Yorkshire and the Humber	Wales	West Midlands	East Midlands	South-West	South-East	Eastern	London	NET: England	ABC1	C2DE
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	k	l	m	a	b
Unweighted Total	2170	60	161	225	110	174	116	221	154	189	278	126	356	1833	1228	942
Total	2170	65	183	242	88	177	105	187	154	187	295	202	284	1817	1202	968
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	271 12%	11 17%	22 12%	31 13%	15 17% k	19 11%	10 9%	26 14%	16 11%	20 11%	37 13%	16 8%	47 16% km	228 13%	172 14% b	99 10%
Tend to agree	390 18%	11 17%	38 21% k	38 16%	12 14%	33 19%	19 18%	32 17%	32 21% k	32 17%	45 15%	22 11%	75 26% cdgijkm	322 18%	256 21% b	134 14%
Neither agree nor disagree	408 19%	9 14%	35 19%	56 23% fhi	13 15%	35 20%	14 14%	43 23% fh	18 12%	29 15%	61 21% h	48 24% fh	47 17%	350 19% h	241 20%	167 17%
Tend to disagree	211 10%	8 13%	19 11%	22 9%	9 10%	14 8%	9 9%	14 7%	14 9%	12 6%	32 11%	23 11%	34 12% i	173 10%	114 10%	96 10%
Strongly disagree	260 12%	8 12%	17 9%	29 12%	10 12%	18 10%	23 22% bcdehjlm	26 14% j	19 13%	28 15% j	22 7% j	31 15% j	29 10% j	213 12% j	163 14% b	98 10%
Not applicable	503 23%	12 19%	40 22% l	51 21% l	23 26% l	46 26% l	22 21% l	36 19% l	44 29% gl	55 30% cgl	85 29% cgl	54 27% l	35 12% l	430 24% l	196 16% a	308 32%
Don't know	126 6%	5 7%	13 7%	16 7%	6 6%	12 7%	8 8%	11 6%	9 6%	11 6%	12 4%	7 4%	17 6%	100 6%	60 5%	66 7%
Net: Agree	661 30%	23 35% k	60 33% k	69 28%	27 31% k	53 30% k	29 27%	58 31% k	49 32% k	52 28%	82 28%	39 19% bcdefghijkm	122 43% k	550 30% k	428 36% b	233 24%
Net: Disagree	471 22%	16 25%	36 20%	51 21%	20 22%	32 18% bcejm	32 31%	40 21%	34 22%	40 21%	54 18%	54 27%	63 22%	386 21%	277 23%	194 20%

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Q2_3. Being able to exercise safely at an indoor gym or leisure centre facility would help me to focus more whilst working from home: To what extent do you agree or disagree with each of the following statements?

BASE: All respondents

	Total	Parents of children under the age of 18					Net: Yes	Disability & LTC					
		No children aged 18 or under	Yes - children aged under 5 years old	Yes - children aged 5-10 years old	Yes - children aged 11-15 years old	Yes - children aged 16-18 years old		Yes - mental condition	Yes - physical condition	Yes - disability	Yes - other	No	Net: Yes
		a	b	c	d	e	f	a	b	c	d	e	f
Significance Level: 95%													
Unweighted Total	2170	1260	262	315	342	210	835	356	310	163	48	1329	720
Total	2170	1347	210	276	330	196	750	306	291	156	37	1412	656
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	271 12%	130 10%	41 20% a	43 15% a	62 19% a	43 22% a	131 17% a	71 23% bcdef	30 10%	23 15%	3 9%	156 11%	102 16% be
Tend to agree	390 18%	192 14%	56 27% a	79 29% a	87 26% a	47 24% a	191 25% a	72 24% bcef	41 14%	15 10%	9 24% c	263 19% c	119 18% c
Neither agree nor disagree	408 19%	234 17%	39 18%	63 23% a	67 20%	44 23%	167 22% a	45 15%	44 15%	21 13%	6 17%	279 20% acf	103 16%
Tend to disagree	211 10%	109 8%	26 12% a	35 13% a	34 10%	25 13% a	85 11% a	42 14% e	33 11%	17 11%	7 20% e	114 8%	86 13% e
Strongly disagree	260 12%	180 13% bf	17 8%	28 10%	32 10%	17 9%	73 10%	26 9%	34 12%	27 17% af	4 12%	177 13% a	72 11%
Not applicable	503 23%	429 32% bcdef	13 6%	18 7%	31 9%	14 7%	64 9%	40 13%	94 32% adef	49 31% adf	6 16%	348 25% a	147 22% a
Don't know	126 6%	73 5%	17 8% ce	10 4%	16 5%	6 3%	39 5%	9 3%	16 6%	5 3%	1 3%	76 5%	26 4%
Net: Agree	661 30%	322 24%	98 47% a	122 44% a	149 45% a	90 46% a	322 43% a	143 47% bcef	71 24%	38 25%	12 33%	419 30%	221 34% bc
Net: Disagree	471 22%	289 21%	44 21%	63 23%	66 20%	42 21%	159 21%	68 22%	67 23%	44 28% e	11 31%	290 21%	159 24%

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Q2_4. Attending an indoor gym or leisure facility is a priority for me post lockdown: To what extent do you agree or disagree with each of the following statements?

BASE: All respondents

	Gender		Age									
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	NET: 16-34	NET: 35-54	NET: 55+
Significance Level: 95%												
		a	b	a	b	c	d	e	f	g	h	i
Unweighted Total	2170	1027	1143	400	430	359	344	358	279	830	703	637
Total	2170	1059	1111	241	375	347	384	321	501	616	731	822
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	264	138	126	44	67	59	35	27	33	111	94	60
	12%	13%	11%	18%	18%	17%	9%	8%	7%	18%	13%	7%
				defhi	defhi	defi				defhi	efi	
Tend to agree	297	145	152	54	71	59	52	23	38	125	111	61
	14%	14%	14%	22%	19%	17%	13%	7%	8%	20%	15%	7%
				defhi	defi	efi	efi			defhi	efi	
Neither agree nor disagree	418	222	196	50	87	107	84	49	41	137	190	90
	19%	21%	18%	21%	23%	31%	22%	15%	8%	22%	26%	11%
		b		fi	efi	abdefgi	efi	f		efi	aefi	
Tend to disagree	251	112	139	29	49	40	44	32	56	78	84	89
	12%	11%	12%	12%	13%	12%	11%	10%	11%	13%	11%	11%
Strongly disagree	440	215	225	24	51	46	90	99	130	74	136	230
	20%	20%	20%	10%	13%	13%	23%	31%	26%	12%	19%	28%
							abcg	abcdgh	abcgh		abcg	abcgh
Not applicable	394	177	217	16	24	17	63	82	193	40	80	274
	18%	17%	20%	7%	6%	5%	16%	25%	38%	7%	11%	33%
							abcgh	abcdgh	abcdegh		abcg	abcdegh
Don't know	106	49	57	24	26	19	17	8	10	50	37	19
	5%	5%	5%	10%	7%	6%	5%	3%	2%	8%	5%	2%
				cdefhi	efi	efi	i			defhi	fi	
Net: Agree	561	283	278	98	138	118	87	50	71	236	205	121
	26%	27%	25%	41%	37%	34%	23%	16%	14%	38%	28%	15%
				defhi	defhi	defhi	efi			defhi	efi	
Net: Disagree	691	327	363	53	100	87	133	132	187	152	220	318
	32%	31%	33%	22%	27%	25%	35%	41%	37%	25%	30%	39%
							abcg	abcdgh	abcgh		ag	abcgh

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Q2_4. Attending an indoor gym or leisure facility is a priority for me post lockdown: To what extent do you agree or disagree with each of the following statements?

BASE: All respondents

	Regions													Social grade		
	Total	Northern Ireland	Scotland	North-West	North-East	Yorkshire and the Humber	Wales	West Midlands	East Midlands	South-West	South-East	Eastern	London	NET: England	ABC1	C2DE
Significance Level: 95%																
Unweighted Total	2170	60	161	225	110	174	116	221	154	189	278	126	356	1833	1228	942
Total	2170	65	183	242	88	177	105	187	154	187	295	202	284	1817	1202	968
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	264 12%	3 4%	20 11%	28 11%	10 11%	18 10%	8 7%	24 13%	24 16% afk	22 12%	47 16% afk	16 8%	45 16% afk	233 13%	164 14% b	100 10%
Tend to agree	297 14%	8 13%	21 12%	36 15%	10 12%	30 17% h	15 15%	23 12%	13 8%	20 11%	43 15%	21 11%	56 20% bghikm	252 14%	189 16% b	108 11%
Neither agree nor disagree	418 19%	13 20%	47 26% hijm	46 19%	16 18%	32 18%	19 18%	38 20%	21 14%	31 17%	47 16%	41 20%	67 23% hjm	339 19%	240 20%	178 18%
Tend to disagree	251 12%	9 14%	21 11%	22 9%	13 14% h	21 12%	13 12%	29 15% ch	10 7%	24 13%	34 12%	24 12%	32 11%	208 11%	155 13% b	96 10%
Strongly disagree	440 20%	15 23%	28 15%	49 20%	16 18%	36 20%	28 26% bl	37 20%	39 25% bl	47 25% bl	60 20% l	45 22% l	40 14%	370 20% l	233 19%	207 21%
Not applicable	394 18%	10 16%	39 21% l	46 19% l	19 21% l	30 17% l	17 16%	27 15%	33 21% l	37 20% l	56 19% l	50 25% gl	30 11%	328 18% l	166 14%	228 24% a
Don't know	106 5%	7 10% ijk	7 4%	15 6% j	5 5%	10 6%	6 6%	10 5%	13 9% ijkm	7 3%	7 3%	6 3%	13 5%	86 5%	55 5%	51 5%
Net: Agree	561 26%	11 17%	41 23%	64 26%	20 23%	48 27%	23 22%	47 25%	37 24%	41 22%	90 31% aik	37 18% abcdefghikm	102 36% k	485 27%	353 29% b	208 22%
Net: Disagree	691 32%	25 38% l	48 26%	71 29%	29 33%	57 32%	40 38% bl	65 35% l	49 32%	71 38% bl	95 32%	68 34%	72 25%	577 32% l	388 32%	303 31%

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Q2_4. Attending an indoor gym or leisure facility is a priority for me post lockdown: To what extent do you agree or disagree with each of the following statements?

BASE: All respondents

	Parents of children under the age of 18						Disability & LTC						
	Total	No children aged 18 or under	Yes - children aged under 5 years old	Yes - children aged 5-10 years old	Yes - children aged 11-15 years old	Yes - children aged 16-18 years old	Net: Yes	Yes - mental condition	Yes - physical condition	Yes - disability	Yes - other	No	Net: Yes
	a	b	c	d	e	f	a	b	c	d	e	f	
Significance Level: 95%													
Unweighted Total	2170	1260	262	315	342	210	835	356	310	163	48	1329	720
Total	2170	1347	210	276	330	196	750	306	291	156	37	1412	656
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	264 12%	128 10%	33 16% a	42 15% a	61 19% a	32 16% a	123 16% a	63 20% bcdef	27 9%	18 11%	2 7%	165 12%	89 14%
Tend to agree	297 14%	144 11%	49 23% a	58 21% a	66 20% a	34 17% a	151 20% a	48 16% c	36 12%	12 8%	3 8%	206 15% c	81 12%
Neither agree nor disagree	418 19%	209 16%	51 24% a	85 31% a	86 26% a	56 29% a	198 26% a	82 27% bce	52 18%	22 14%	6 16%	253 18%	143 22% ce
Tend to disagree	251 12%	156 12%	26 12%	30 11%	31 9%	20 10%	83 11%	29 9%	37 13%	19 12%	9 25% abcef	158 11%	83 13%
Strongly disagree	440 20%	325 24% bcdef	27 13%	28 10%	46 14%	24 12%	97 13%	42 14%	64 22% a	39 25% a	7 20%	302 21% a	125 19% a
Not applicable	394 18%	321 24% bcdef	13 6%	20 7%	29 9%	24 12% b	69 9%	30 10%	61 21% a	42 27% aef	7 18%	273 19% a	107 16% a
Don't know	106 5%	63 5%	10 5%	12 5%	12 4%	5 3%	30 4%	12 4%	15 5%	4 2%	2 6%	55 4%	29 4%
Net: Agree	561 26%	272 20%	83 39% a	100 36% a	127 39% a	66 34% a	274 37% a	111 36% bcdef	63 22%	30 19%	5 14%	371 26% c	170 26%
Net: Disagree	691 32%	481 36% bcdef	53 25%	58 21%	77 23%	44 23%	180 24%	71 23%	100 34% a	58 37% a	17 45% af	460 33% a	208 32% a

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Q2_5. The Government should encourage people to attend gyms and leisure facilities post lockdown: To what extent do you agree or disagree with each of the following statements?

BASE: All respondents

	Gender		Age									
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	NET: 16-34	NET: 35-54	NET: 55+
Significance Level: 95%												
		a	b	a	b	c	d	e	f	g	h	i
Unweighted Total	2170	1027	1143	400	430	359	344	358	279	830	703	637
Total	2170	1059	1111	241	375	347	384	321	501	616	731	822
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	330 15%	166 16%	164 15%	54 23% defhi	67 18% efi	68 20% efi	56 15% i	36 11%	48 10%	121 20% defi	124 17% efi	84 10%
Tend to agree	505 23%	243 23%	262 24%	56 23%	103 27% cefi	72 21%	104 27% i	67 21%	102 20%	158 26% i	177 24%	170 21%
Neither agree nor disagree	563 26%	279 26%	284 26%	47 19%	84 22%	89 26% a	95 25%	92 29% abg	157 31% abg	130 21%	184 25% a	248 30% abgh
Tend to disagree	221 10%	104 10%	117 11%	26 11% ei	53 14% efi	46 13% efi	40 10% e	17 5%	40 8%	78 13% efi	85 12% ei	57 7%
Strongly disagree	214 10%	106 10%	108 10%	18 7%	24 6%	41 12% abg	41 11% bg	47 15% abfg	43 9%	42 7%	82 11% abg	90 11% bg
Not applicable	196 9%	94 9%	101 9%	15 6% c	20 5%	10 3%	31 8% c	36 11% abcgh	83 17% abcdgh	35 6% c	42 6% c	119 15% abcdgh
Don't know	143 7%	67 6%	76 7%	26 11% bcdghi	26 7%	21 6%	16 4%	26 8% dh	28 6%	51 8% dh	37 5%	54 7%
Net: Agree	834 38%	409 39%	425 38%	110 46% efi	170 45% efi	141 41% efi	160 42% efi	103 32%	151 30%	280 45% efi	301 41% efi	254 31%
Net: Disagree	435 20%	210 20%	225 20%	43 18%	77 20%	87 25% afgi	81 21%	64 20%	83 17%	120 19%	168 23%	147 18% afi

UK Active Polling February 2021

Q2_5. The Government should encourage people to attend gyms and leisure facilities post lockdown: To what extent do you agree or disagree with each of the following statements?

BASE: All respondents

	Regions													Social grade		
	Total	Northern Ireland	Scotland	North-West	North-East	Yorkshire and the Humber	Wales	West Midlands	East Midlands	South-West	South-East	Eastern	London	NET: England	ABC1	C2DE
Significance Level: 95%																
Unweighted Total	2170	a	b	c	d	e	f	g	h	i	j	k	l	m	a	b
Total	2170	60	161	225	110	174	116	221	154	189	278	126	356	1833	1228	942
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	330 15%	13 20%	22 12%	38 16%	13 15%	27 15%	12 11%	38 20%	30 19%	26 14%	50 17%	21 11%	39 14%	283 16%	187 16%	142 15%
								b fkl	k							
Tend to agree	505 23%	15 23%	32 17%	57 23%	16 19%	38 22%	33 31%	49 26%	31 20%	40 21%	78 26%	44 22%	72 25%	425 23%	309 26%	196 20%
							bdh	b			b		b		b	
Neither agree nor disagree	563 26%	10 15%	52 29%	56 23%	26 30%	50 28%	28 27%	53 28%	25 16%	57 30%	67 23%	58 29%	79 28%	472 26%	294 24%	269 28%
			ah	ah	ah	ah	h	ah	ah	ah	ah	ah	ah	h		
Tend to disagree	221 10%	11 17%	16 9%	22 9%	8 9%	27 15%	6 6%	17 9%	17 11%	18 10%	24 8%	21 11%	32 11%	187 10%	134 11%	87 9%
			fj	fj	fj											
Strongly disagree	214 10%	7 10%	25 14%	25 10%	11 13%	10 6%	10 10%	10 5%	18 11%	21 11%	26 9%	26 13%	24 9%	172 9%	129 11%	85 9%
			eg	g	eg				g	g	eg	g	g	g		
Not applicable	196 9%	4 7%	24 13%	19 8%	8 9%	14 8%	8 7%	7 4%	26 17%	14 8%	34 12%	18 9%	20 7%	160 9%	82 7%	114 12%
			gl					cefgiklm			g	g	g	g	a	a
Don't know	143 7%	5 7%	11 6%	25 10%	5 6%	11 6%	8 8%	14 8%	8 5%	10 6%	15 5%	14 7%	17 6%	118 7%	67 6%	76 8%
			jm												a	a
Net: Agree	834 38%	28 43%	54 30%	95 39%	29 33%	65 37%	44 42%	87 46%	60 39%	66 35%	128 43%	66 33%	112 39%	708 39%	497 41%	338 35%
						b	bdikm			bk		b	b	b	b	
Net: Disagree	435 20%	18 28%	41 23%	47 20%	20 22%	37 21%	17 16%	27 14%	34 22%	39 21%	50 17%	47 23%	57 20%	359 20%	263 22%	172 18%
		g	g						g		g		g	g	b	

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Q2_5. The Government should encourage people to attend gyms and leisure facilities post lockdown: To what extent do you agree or disagree with each of the following statements?

BASE: All respondents

	Parents of children under the age of 18						Disability & LTC						
	Total	No children aged 18 or under	Yes - children aged under 5 years old	Yes - children aged 5-10 years old	Yes - children aged 11-15 years old	Yes - children aged 16-18 years old	Net: Yes	Yes - mental condition	Yes - physical condition	Yes - disability	Yes - other	No	Net: Yes
	a	b	c	d	e	f	a	b	c	d	e	f	
Significance Level: 95%													
Unweighted Total	2170	1260	262	315	342	210	835	356	310	163	48	1329	720
Total	2170	1347	210	276	330	196	750	306	291	156	37	1412	656
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	330 15%	168 12%	53 25% ac	46 17%	70 21% a	42 21% a	150 20% a	82 27% bcef	42 14%	20 13%	5 14%	201 14%	116 18% e
Tend to agree	505 23%	307 23%	54 26%	76 27%	86 26%	52 27%	193 26%	76 25%	65 22%	29 19%	6 16%	345 24%	149 23%
Neither agree nor disagree	563 26%	376 28% bcf	38 18%	62 22%	75 23%	43 22%	169 23%	50 16%	60 20%	40 26% a	5 14%	406 29% abdf	132 20%
Tend to disagree	221 10%	111 8%	30 14% a	50 18% ad	35 11%	25 13% a	102 14% a	35 12% c	42 15% ce	9 6%	8 22% ace	122 9%	87 13% ce
Strongly disagree	214 10%	134 10% b	13 6%	24 9%	28 9%	20 10%	68 9%	27 9%	33 11%	22 14% e	6 15%	128 9%	71 11%
Not applicable	196 9%	154 11% bcdef	9 4%	10 4%	18 5%	6 3%	35 5%	21 7%	32 11%	27 17% aef	6 16% a	121 9%	69 11%
Don't know	143 7%	96 7% cf	13 6%	9 3%	18 5%	7 4%	34 5%	15 5%	19 6%	8 5%	1 3%	89 6%	32 5%
Net: Agree	834 38%	475 35%	107 51% a	121 44% a	156 47% a	94 48% a	342 46% a	157 51% bcdef	106 36%	50 32%	11 30%	546 39%	265 40% c
Net: Disagree	435 20%	245 18%	43 20%	74 27% ad	64 19%	45 23%	170 23% a	63 20%	75 26% e	31 20%	14 37% acef	249 18%	158 24% e

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Q2_6. I am bored of my exercise options in lockdown: To what extent do you agree or disagree with each of the following statements?

BASE: All respondents

	Gender		Age									
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	NET: 16-34	NET: 35-54	NET: 55+
Significance Level: 95%												
		a	b	a	b	c	d	e	f	g	h	i
Unweighted Total	2170	1027	1143	400	430	359	344	358	279	830	703	637
Total	2170	1059	1111	241	375	347	384	321	501	616	731	822
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	326 15%	152 14%	175 16%	52 22% defhi	93 25% cdefhi	60 17% efi	50 13% fi	37 11% f	33 7%	146 24% cdefhi	110 15% fi	70 9%
Tend to agree	444 20%	214 20%	230 21%	58 24% fi	82 22%	85 24% fi	71 18%	62 19%	86 17%	140 23% fi	156 21%	148 18%
Neither agree nor disagree	477 22%	232 22%	245 22%	47 19%	75 20%	96 28% abegi	88 23%	64 20%	107 21%	122 20%	184 25% ag	171 21%
Tend to disagree	247 11%	138 13% b	109 10%	23 10%	42 11%	39 11%	65 17% abcefgi	34 11%	44 9%	65 11%	103 14% afgi	78 9%
Strongly disagree	245 11%	126 12%	120 11%	23 10%	38 10%	39 11%	40 10%	47 15% abg	59 12%	60 10%	79 11%	106 13%
Not applicable	316 15%	148 14%	168 15%	14 6%	16 4%	15 4%	52 14% abcgh	67 21% abcdgh	152 30% abcdegh	30 5%	67 9% abcg	220 27% abcdegh
Don't know	114 5%	50 5%	64 6%	24 10% cdefhi	28 8% cehi	15 4%	18 5%	9 3%	20 4%	52 8% cdefhi	33 4%	29 4%
Net: Agree	770 36%	365 35%	405 36%	111 46% defhi	176 47% defhi	145 42% defi	121 32% f	99 31% f	119 24%	286 46% defhi	266 36% fi	218 27%
Net: Disagree	492 23%	263 25% b	229 21%	46 19%	80 21%	77 22%	105 27% afg	82 26% a	102 20%	126 20%	182 25%	184 22% ag

UK Active Polling February 2021

Q2_6. I am bored of my exercise options in lockdown: To what extent do you agree or disagree with each of the following statements?

BASE: All respondents

	Total	Regions												Social grade		
		Northern Ireland	Scotland	North-West	North-East	Yorkshire and the Humber	Wales	West Midlands	East Midlands	South-West	South-East	Eastern	London	NET: England	ABC1	C2DE
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	k	l	m	a	b
Unweighted Total	2170	60	161	225	110	174	116	221	154	189	278	126	356	1833	1228	942
Total	2170	65	183	242	88	177	105	187	154	187	295	202	284	1817	1202	968
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	326 15%	17 25%	30 16%	30 12%	11 13%	22 13%	12 12%	23 12%	25 16%	28 15%	61 21%	18 9%	48 17%	267 15%	191 16%	135 14%
		cdefgkm									cefgkm		k			
Tend to agree	444 20%	8 12%	27 15%	60 25% abd	13 15%	34 19%	21 20%	47 25% abd	31 20%	38 20%	57 19%	39 19%	68 24% abd	388 21%	261 22%	183 19%
Neither agree nor disagree	477 22%	12 19%	56 30% dhijlm	55 23%	17 19%	39 22%	25 23%	41 22%	27 18%	36 19%	54 18%	55 27% j	62 22%	385 21%	273 23%	204 21%
Tend to disagree	247 11%	7 11%	11 6%	27 11%	15 16% b	33 19% bcghjklm	13 13%	21 11%	14 9%	21 11%	32 11%	20 10%	32 11%	215 12% b	137 11%	110 11%
Strongly disagree	245 11%	9 14%	10 6%	21 9%	13 15% b	19 11%	15 14% b	20 11%	19 12% b	30 16% bc	33 11%	22 11%	34 12% b	212 12% b	146 12%	100 10%
Not applicable	316 15%	6 9%	41 22% aefgjlm	37 15% l	14 16% l	20 11%	14 13%	26 14% l	26 17% l	29 15% l	38 13% ejlm	42 21% ejlm	24 8%	255 14% l	131 11%	186 19% a
Don't know	114 5%	6 9% i	8 4%	13 5%	5 6%	9 5%	6 5%	9 5%	12 8% i	5 3%	20 7%	6 3%	15 5%	94 5%	63 5%	51 5%
Net: Agree	770 36%	24 38%	57 31%	90 37%	25 28%	57 32%	34 32%	70 38%	56 36%	66 35%	118 40% dk	57 28%	117 41% bdek	655 36%	453 38% b	318 33%
Net: Disagree	492 23%	16 25% b	21 12%	48 20% b	28 31% bc	52 30% bc	28 27% b	41 22% b	33 21% b	51 27% b	65 22% b	42 21% b	66 23% b	427 23% b	283 24%	210 22%

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Q2_6. I am bored of my exercise options in lockdown: To what extent do you agree or disagree with each of the following statements?

BASE: All respondents

	Total	Parents of children under the age of 18					Net: Yes	Disability & LTC					
		No children aged 18 or under	Yes - children aged under 5 years old	Yes - children aged 5-10 years old	Yes - children aged 11-15 years old	Yes - children aged 16-18 years old		Yes - mental condition	Yes - physical condition	Yes - disability	Yes - other	No	Net: Yes
		a	b	c	d	e	f	a	b	c	d	e	f
Significance Level: 95%													
Unweighted Total	2170	1260	262	315	342	210	835	356	310	163	48	1329	720
Total	2170	1347	210	276	330	196	750	306	291	156	37	1412	656
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	326 15%	165 12%	50 24% a	58 21% a	65 20% a	41 21% a	149 20% a	91 30% bcdef	37 13%	25 16% d	1 4%	190 13%	127 19% bde
Tend to agree	444 20%	239 18%	53 25% a	73 27% a	84 26% a	38 19%	191 25% a	56 18%	49 17%	26 17%	6 17%	316 22% bf	120 18%
Neither agree nor disagree	477 22%	297 22%	42 20%	65 24%	74 23%	44 23%	173 23%	51 17%	63 22%	22 14%	8 21%	318 23% ac	126 19%
Tend to disagree	247 11%	146 11%	26 12%	32 11%	37 11%	34 17% adf	91 12%	35 11%	43 15% e	21 13%	7 19%	146 10%	92 14% e
Strongly disagree	245 11%	167 12% c	18 9%	23 8%	37 11%	24 12%	73 10%	31 10%	25 8%	19 12%	3 9%	171 12%	66 10%
Not applicable	316 15%	259 19% bcdef	12 6%	12 4%	26 8%	9 5%	49 6%	31 10%	56 19% ae	37 23% aef	9 26% aef	205 15% a	98 15% a
Don't know	114 5%	74 5% df	10 5%	12 5%	7 2%	5 3%	25 3%	11 4%	18 6%	6 4%	2 5%	66 5%	28 4%
Net: Agree	770 36%	404 30%	103 49% a	132 48% a	149 45% a	79 40% a	340 45% a	147 48% bcdef	86 30%	51 33%	8 21%	506 36% bd	247 38% bd
Net: Disagree	492 23%	313 23%	44 21%	54 20%	73 22%	58 29% bcf	164 22%	66 21%	68 23%	40 26%	10 27%	317 22%	158 24%

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Q2_7. I am struggling to find ways for my kids to stay active: To what extent do you agree or disagree with each of the following statements?

BASE: Parents of children under the age of 18

	Gender		Age									
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	NET: 16-34	NET: 35-54	NET: 55+
Significance Level: 95%				a	b	c	d	e	f	g	h	i
Unweighted Total	835	410	425	136	220	251	147	62	19	356	398	81
Total	750	401	349	78	185	241	150	59	38	263	391	96
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	149	71	78	16	44	55	28	1	5	60	82	6
	20%	18%	22%	21%	24%	23%	18%	2%	14%	23%	21%	6%
				ei	ei	ei	ei			ei	ei	
Tend to agree	228	125	104	20	53	81	49	18	8	73	129	26
	30%	31%	30%	25%	29%	33%	33%	31%	22%	28%	33%	28%
Neither agree nor disagree	141	81	60	11	31	51	36	11	2	42	86	13
	19%	20%	17%	14%	17%	21%	24%	19%	5%	16%	22%	14%
							ag				ag	
Tend to disagree	78	43	36	12	26	24	8	7	1	38	32	8
	10%	11%	10%	15%	14%	10%	5%	13%	3%	14%	8%	9%
				dh	dh					dh		
Strongly disagree	75	46	28	7	14	18	9	13	13	21	27	26
	10%	12%	8%	9%	8%	8%	6%	23%	34%	8%	7%	27%
								abcdgh				abcdgh
Not applicable	53	23	30	7	7	5	18	8	8	14	23	16
	7%	6%	9%	9%	4%	2%	12%	13%	22%	5%	6%	16%
				bc			bcgh	bcgh		c	c	bcgh
Don't know	26	13	13	6	10	7	3	-	-	16	10	-
	3%	3%	4%	7%	5%	3%	2%	-	-	6%	3%	-
				dehi	i					dhi		
Net: Agree	377	195	182	36	97	135	77	19	14	133	212	33
	50%	49%	52%	46%	52%	56%	51%	32%	36%	50%	54%	34%
					ei	ei	ei			ei	ei	
Net: Disagree	153	89	64	19	41	42	17	21	14	59	59	34
	20%	22%	18%	24%	22%	18%	11%	35%	37%	22%	15%	36%
				dh	dh			bcdgh		dh		bcdgh

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Q2_7. I am struggling to find ways for my kids to stay active: To what extent do you agree or disagree with each of the following statements?

BASE: Parents of children under the age of 18

	Regions													Social grade		
	Total	Northern Ireland	Scotland	North-West	North-East	Yorkshire and the Humber	Wales	West Midlands	East Midlands	South-West	South-East	Eastern	London	NET: England	ABC1	C2DE
Significance Level: 95%																
Unweighted Total	835	25	66	92	42	73	43	92	51	63	99	40	149	701	541	294
Total	750	33	67	95	32	61	34	68	44	55	91	57	112	616	485	265
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	149 20%	6 19%	13 19%	25 26% i	6 20%	14 23%	5 14%	11 16%	5 12%	19 35% bghijlm	16 17%	13 23%	16 14%	125 20%	98 20%	51 19%
Tend to agree	228 30%	7 23%	19 29%	25 26% i	5 16%	19 31%	14 41% dk	17 25%	16 35% d	15 27%	38 42% cdgkm	11 19%	43 38% dgk	188 30%	152 31%	76 29%
Neither agree nor disagree	141 19%	3 11%	11 17%	14 15%	7 20%	13 21%	9 27%	22 32% bchijlm	6 13%	7 13%	17 19%	14 24%	19 17%	117 19%	83 17%	59 22%
Tend to disagree	78 10%	4 13%	5 7%	10 11%	8 25% bcefijlm	3 5%	2 7%	9 13%	9 22% befijlm	3 5%	6 7%	6 10%	12 11%	67 11%	47 10%	32 12%
Strongly disagree	75 10%	6 18%	10 15% g	8 8%	3 9%	5 8%	2 7%	4 5%	3 6%	6 12%	8 8%	9 16%	12 10%	56 9%	52 11%	23 9%
Not applicable	53 7%	4 13%	4 6%	8 9%	2 7%	5 7%	1 3%	4 6%	4 8%	3 5%	5 6%	4 8%	8 7%	44 7%	38 8%	15 6%
Don't know	26 3%	1 2%	5 7% j	6 6% j	1 2%	3 6% j	1 2%	2 3%	2 4%	2 4%	* 1%	- -	3 3%	20 3%	16 3%	9 3%
Net: Agree	377 50%	14 42%	32 48%	49 52%	12 36%	33 53%	19 55%	27 40%	21 47%	34 62% dg	54 59% dg	24 43%	58 52%	312 51%	250 52%	127 48%
Net: Disagree	153 20%	10 32%	15 22%	18 19%	11 35% efgijm	8 12%	5 14%	12 18%	12 28% e	9 16%	14 15%	15 26%	24 21%	123 20%	98 20%	55 21%

UK Active Polling February 2021

Q2_7. I am struggling to find ways for my kids to stay active: To what extent do you agree or disagree with each of the following statements?

BASE: Parents of children under the age of 18

	Parents of children under the age of 18						Disability & LTC						
	Total	No children aged 18 or under	Yes - children aged under 5 years old	Yes - children aged 5-10 years old	Yes - children aged 11-15 years old	Yes - children aged 16-18 years old	Net: Yes	Yes - mental condition	Yes - physical condition	Yes - disability	Yes - other	No	Net: Yes
		*a	b	c	d	e	f	a	b	c	*d	e	f
Significance Level: 95%													
Unweighted Total	835	-	262	315	342	210	835	176	127	57	22	473	326
Total	750	-	210	276	330	196	750	156	106	43	17	434	280
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	149	-	44	53	73	42	149	45	17	6	1	80	61
	20%	-	21%	19%	22%	21%	20%	29%	16%	13%	7%	18%	22%
								bce					
Tend to agree	228	-	68	96	112	53	228	42	31	14	5	144	77
	30%	-	32%	35%	34%	27%	30%	27%	29%	33%	30%	33%	28%
Neither agree nor disagree	141	-	38	53	51	38	141	32	19	10	3	82	51
	19%	-	18%	19%	16%	19%	19%	20%	17%	22%	19%	19%	18%
Tend to disagree	78	-	20	19	31	24	78	11	15	5	1	46	30
	10%	-	9%	7%	9%	12%	10%	7%	14%	12%	8%	11%	11%
						c			a				
Strongly disagree	75	-	16	34	30	19	75	11	14	5	1	41	29
	10%	-	8%	12%	9%	10%	10%	7%	13%	11%	6%	10%	11%
Not applicable	53	-	13	13	19	15	53	11	5	3	4	30	22
	7%	-	6%	5%	6%	8%	7%	7%	5%	7%	25%	7%	8%
Don't know	26	-	11	8	12	4	26	4	5	1	1	11	10
	3%	-	5%	3%	4%	2%	3%	3%	5%	2%	5%	3%	3%
Net: Agree	377	-	112	149	186	95	377	87	49	20	6	224	138
	50%	-	53%	54%	56%	49%	50%	56%	46%	46%	38%	52%	49%
Net: Disagree	153	-	36	53	61	43	153	22	29	10	2	87	60
	20%	-	17%	19%	19%	22%	20%	14%	27%	23%	14%	20%	21%
									a				a

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Q3. Please see the statements about physical activity and exercise below. Which apply to you?

BASE: All respondents

	Gender		Age									
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	NET: 16-34	NET: 35-54	NET: 55+
Significance Level: 95%				a	b	c	d	e	f	g	h	i
Unweighted Total	2170	1027	1143	400	430	359	344	358	279	830	703	637
Total	2170	1059	1111	241	375	347	384	321	501	616	731	822
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - I have exercised less during lockdown</i>	2170	1059	1111	241	375	347	384	321	501	616	731	822
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I have exercised less during lockdown	601	266	335	63	83	95	110	101	148	147	205	249
	28%	25%	30%	26%	22%	27%	29%	31%	30%	24%	28%	30%
			a				b	bg	b		b	bg
<i>Base for % - I don't like exercising outside in the winter</i>	2170	1059	1111	241	375	347	384	321	501	616	731	822
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I don't like exercising outside in the winter	577	240	337	71	104	88	105	93	117	174	193	210
	27%	23%	30%	29%	28%	25%	27%	29%	23%	28%	26%	26%
			a									
<i>Base for % - Doing exercise at home is not really for me</i>	2170	1059	1111	241	375	347	384	321	501	616	731	822
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Doing exercise at home is not really for me	496	239	257	59	84	67	82	94	111	143	149	204
	23%	23%	23%	25%	22%	19%	21%	29%	22%	23%	20%	25%
								bcd fgh				c
<i>Base for % - I feel unsafe exercising outside</i>	2170	1059	1111	241	375	347	384	321	501	616	731	822
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I feel unsafe exercising outside	263	125	138	44	63	59	35	35	27	107	94	62
	12%	12%	12%	18%	17%	17%	9%	11%	5%	17%	13%	8%
				defhi	defi	defi		f		defhi	fi	
<i>Base for % - My child/ren have been less physically active because of lockdown</i>	750	401	349	78	185	241	150	59	38	263	391	96
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
My child/ren have been less physically active because of lockdown	241	133	108	16	57	88	55	9	15	73	143	25
	32%	33%	31%	21%	31%	37%	37%	16%	41%	28%	37%	26%
					ae	aeg	aeg				aeg	
<i>Base for % - Don't know</i>	2170	1059	1111	241	375	347	384	321	501	616	731	822
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

UK Active Polling February 2021

Q3. Please see the statements about physical activity and exercise below. Which apply to you?

BASE: All respondents

	Gender		Age									
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	NET: 16-34	NET: 35-54	NET: 55+
		a	b	a	b	c	d	e	f	g	h	i
Significance Level: 95%												
Unweighted Total	2170	1027	1143	400	430	359	344	358	279	830	703	637
Total	2170	1059	1111	241	375	347	384	321	501	616	731	822
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Don't know	129	58	71	21	39	26	23	9	12	60	48	21
	6%	5%	6%	9%	10%	7%	6%	3%	2%	10%	7%	3%
				efi	defhi	efi	fi			defhi	efi	
Base for % - None of these	2170	1059	1111	241	375	347	384	321	501	616	731	822
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
None of these	518	279	239	37	57	50	95	86	192	94	146	278
	24%	26%	21%	15%	15%	15%	25%	27%	38%	15%	20%	34%
		b					abcg	abcgh	abcdegh		bcg	abcdegh

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Q3. Please see the statements about physical activity and exercise below. Which apply to you?

BASE: All respondents

	Total	Regions												Social grade		
		Northern Ireland	Scotland	North-West	North-East	Yorkshire and the Humber	Wales	West Midlands	East Midlands	South-West	South-East	Eastern	London	NET: England	ABC1	C2DE
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	k	l	m	a	b
Unweighted Total	2170	60	161	225	110	174	116	221	154	189	278	126	356	1833	1228	942
Total	2170	65	183	242	88	177	105	187	154	187	295	202	284	1817	1202	968
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - I have exercised less during lockdown</i>	2170	65	183	242	88	177	105	187	154	187	295	202	284	1817	1202	968
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I have exercised less during lockdown	601	15	46	85	31	39	26	52	40	51	88	51	75	513	345	255
	28%	24%	25%	35%	35%	22%	24%	28%	26%	27%	30%	25%	26%	28%	29%	26%
				befim	e											
<i>Base for % - I don't like exercising outside in the winter</i>	2170	65	183	242	88	177	105	187	154	187	295	202	284	1817	1202	968
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I don't like exercising outside in the winter	577	21	26	71	21	47	22	52	44	52	90	50	81	507	319	259
	27%	33%	14%	29%	24%	27%	21%	28%	29%	28%	31%	25%	28%	28%	27%	27%
		b		b		b		b	b	b	b	b	b	b	b	
<i>Base for % - Doing exercise at home is not really for me</i>	2170	65	183	242	88	177	105	187	154	187	295	202	284	1817	1202	968
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Doing exercise at home is not really for me	496	12	38	55	19	37	27	47	39	49	72	33	69	419	259	237
	23%	18%	21%	23%	22%	21%	26%	25%	25%	26%	24%	16%	24%	23%	22%	24%
								k		k						
<i>Base for % - I feel unsafe exercising outside</i>	2170	65	183	242	88	177	105	187	154	187	295	202	284	1817	1202	968
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I feel unsafe exercising outside	263	5	25	31	9	25	10	15	19	16	36	21	51	223	159	104
	12%	8%	14%	13%	11%	14%	9%	8%	12%	8%	12%	11%	18%	12%	13%	11%
						g						fgijm	g			
<i>Base for % - My child/ren have been less physically active because of lockdown</i>	750	33	67	95	32	61	34	68	44	55	91	57	112	616	485	265
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
My child/ren have been less physically active because of lockdown	241	14	18	34	8	14	14	23	15	25	33	13	29	195	171	69
	32%	42%	27%	36%	24%	22%	39%	33%	35%	46%	37%	23%	26%	32%	35%	26%
								bdekim		e					b	
<i>Base for % - Don't know</i>	2170	65	183	242	88	177	105	187	154	187	295	202	284	1817	1202	968
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

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Q3. Please see the statements about physical activity and exercise below. Which apply to you?

BASE: All respondents

	Total	Regions												Social grade		
		Northern Ireland	Scotland	North-West	North-East	Yorkshire and the Humber	Wales	West Midlands	East Midlands	South-West	South-East	Eastern	London	NET: England	ABC1	C2DE
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	k	l	m	a	b
Unweighted Total	2170	60	161	225	110	174	116	221	154	189	278	126	356	1833	1228	942
Total	2170	65	183	242	88	177	105	187	154	187	295	202	284	1817	1202	968
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Don't know	129	5	12	12	9	5	5	20	12	9	13	6	20	107	74	55
	6%	8%	6%	5%	10%	3%	5%	11%	8%	5%	5%	3%	7%	6%	6%	6%
				ek				ceijkm	e							
Base for % - None of these	2170	65	183	242	88	177	105	187	154	187	295	202	284	1817	1202	968
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
None of these	518	14	50	47	17	52	23	35	40	57	76	62	45	431	238	280
	24%	22%	27%	20%	19%	29%	22%	19%	26%	30%	26%	30%	16%	24%	20%	29%
			l			cgl			l	cdglm	l	cdgl		l		a

UK Active Polling February 2021

Q3. Please see the statements about physical activity and exercise below. Which apply to you?

BASE: All respondents

	Parents of children under the age of 18						Disability & LTC						
	Total	No children aged 18 or under	Yes - children aged under 5 years old	Yes - children aged 5-10 years old	Yes - children aged 11-15 years old	Yes - children aged 16-18 years old	Net: Yes	Yes - mental condition	Yes - physical condition	Yes - disability	Yes - other	No	Net: Yes
	a	b	c	d	e	f	a	b	c	d	e	f	
Significance Level: 95%													
Unweighted Total	2170	1260	262	315	342	210	835	356	310	163	48	1329	720
Total	2170	1347	210	276	330	196	750	306	291	156	37	1412	656
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - I have exercised less during lockdown</i>	2170	1347	210	276	330	196	750	306	291	156	37	1412	656
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I have exercised less during lockdown	601	383	54	70	107	50	210	79	97	42	14	391	186
	28%	28%	26%	25%	32%	26%	28%	26%	33%	27%	38%	28%	28%
				c					ae				
<i>Base for % - I don't like exercising outside in the winter</i>	2170	1347	210	276	330	196	750	306	291	156	37	1412	656
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I don't like exercising outside in the winter	577	378	54	72	79	51	187	94	80	41	9	373	188
	27%	28%	26%	26%	24%	26%	25%	31%	27%	26%	24%	26%	29%
<i>Base for % - Doing exercise at home is not really for me</i>	2170	1347	210	276	330	196	750	306	291	156	37	1412	656
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Doing exercise at home is not really for me	496	313	53	65	73	45	168	81	64	37	10	319	161
	23%	23%	25%	24%	22%	23%	22%	26%	22%	24%	27%	23%	25%
<i>Base for % - I feel unsafe exercising outside</i>	2170	1347	210	276	330	196	750	306	291	156	37	1412	656
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I feel unsafe exercising outside	263	123	37	43	65	28	131	68	39	33	5	131	124
	12%	9%	18%	16%	20%	14%	17%	22%	13%	21%	15%	9%	19%
			a	a	a	a	a	be	e	be			be
<i>Base for % - My child/ren have been less physically active because of lockdown</i>	750	-	210	276	330	196	750	156	106	43	17	434	280
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
My child/ren have been less physically active because of lockdown	241	-	55	97	115	57	241	52	40	21	6	129	98
	32%	-	26%	35%	35%	29%	32%	34%	37%	49%	34%	30%	35%
			b	b					aef				

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Q3. Please see the statements about physical activity and exercise below. Which apply to you?

BASE: All respondents

	Parents of children under the age of 18						Disability & LTC						
	Total	No children aged 18 or under	Yes - children aged under 5 years old	Yes - children aged 5-10 years old	Yes - children aged 11-15 years old	Yes - children aged 16-18 years old	Net: Yes	Yes - mental condition	Yes - physical condition	Yes - disability	Yes - other	No	Net: Yes
	a	b	c	d	e	f	a	b	c	d	e	f	
Significance Level: 95%													
Unweighted Total	2170	1260	262	315	342	210	835	356	310	163	48	1329	720
Total	2170	1347	210	276	330	196	750	306	291	156	37	1412	656
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - Don't know</i>	2170	1347	210	276	330	196	750	306	291	156	37	1412	656
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Don't know	129	62	18	11	20	17	45	15	12	11	3	70	37
	6%	5%	8%	4%	6%	9%	6%	5%	4%	7%	8%	5%	6%
			ac			ac							
<i>Base for % - None of these</i>	2170	1347	210	276	330	196	750	306	291	156	37	1412	656
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
None of these	518	411	29	31	36	23	91	46	61	33	5	386	111
	24%	30%	14%	11%	11%	12%	12%	15%	21%	21%	14%	27%	17%
		bcdef										abdf	

UK Active Polling February 2021

Q4. Which of the following, if any, are ways in which you cope with the mental stresses of the pandemic?

BASE: All respondents

	Gender		Age									
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	NET: 16-34	NET: 35-54	NET: 55+
Significance Level: 95%		a	b	a	b	c	d	e	f	g	h	i
Unweighted Total	2170	1027	1143	400	430	359	344	358	279	830	703	637
Total	2170	1059	1111	241	375	347	384	321	501	616	731	822
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Watching movies or TV	1194 55%	533 50%	660 59%	96 40%	146 39%	181 52%	247 64%	229 71%	295 59%	242 39%	428 59%	524 64%
			a			abg	abcg	abcdfghi	abg		abcg	abcg
Talking to friends and family	890 41%	331 31%	559 50%	89 37%	127 34%	109 31%	171 45%	145 45%	249 50%	216 35%	280 38%	394 48%
			a				abcg	abcdgh	abcdgh		c	abcdgh
Reading a book	850 39%	347 33%	502 45%	57 23%	108 29%	109 31%	149 39%	161 50%	266 53%	165 27%	258 35%	427 52%
			a			a	abcg	abcdgh	abcdgh		abg	abcdgh
Exercise and physical activity	586 27%	280 26%	306 28%	60 25%	90 24%	95 27%	122 32%	80 25%	138 28%	150 24%	218 30%	218 27%
							abeg				bg	
Treating myself e.g. food, clothes	498 23%	185 17%	313 28%	77 32%	92 24%	97 28%	101 26%	74 23%	57 11%	168 27%	198 27%	132 16%
			a	befi	fi	fi	fi	fi		fi	fi	fi
Unwinding with an alcoholic drink	428 20%	218 21%	211 19%	37 15%	72 19%	74 21%	84 22%	79 25%	82 16%	109 18%	158 22%	161 20%
					a	a	a	afg			a	
Arts and crafts	397 18%	143 13%	254 23%	44 18%	79 21%	68 19%	77 20%	58 18%	72 14%	123 20%	144 20%	130 16%
			a		fi					fi	f	
Meditation or prayer	297 14%	137 13%	160 14%	40 17%	70 19%	56 16%	48 13%	41 13%	43 9%	110 18%	104 14%	83 10%
			fi	defi	fi					defi	fi	
Other	90 4%	50 5%	40 4%	4 2%	5 1%	5 2%	14 4%	20 6%	41 8%	9 1%	19 3%	62 7%
							bg	abcdgh	abcdgh			abcdgh
Don't know	83 4%	45 4%	38 3%	20 8%	18 5%	14 4%	15 4%	7 2%	9 2%	38 6%	29 4%	16 2%
				bcd efhi	efi	i				efi	i	
None of these	142 7%	88 8%	54 5%	16 7%	26 7%	26 7%	17 4%	16 5%	42 8%	41 7%	43 6%	58 7%
		b							d			

UK Active Polling February 2021

Q4. Which of the following, if any, are ways in which you cope with the mental stresses of the pandemic?

BASE: All respondents

	Regions													Social grade		
	Total	Northern Ireland	Scotland	North-West	North-East	Yorkshire and the Humber	Wales	West Midlands	East Midlands	South-West	South-East	Eastern	London	NET: England	ABC1	C2DE
Significance Level: 95%																
Unweighted Total	2170	60	161	225	110	174	116	221	154	189	278	126	356	1833	1228	942
Total	2170	65	183	242	88	177	105	187	154	187	295	202	284	1817	1202	968
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Watching movies or TV	1194	30	100	133	52	95	63	111	83	103	183	112	128	1000	635	558
	55%	46%	55%	55%	59%	54%	60%	60%	54%	55%	62%	55%	45%	55%	53%	58%
										alm					a	
Talking to friends and family	890	26	66	98	36	84	37	76	65	89	131	78	104	761	483	407
	41%	40%	36%	41%	41%	47%	35%	41%	42%	47%	44%	39%	37%	42%	40%	42%
						bfl				bfl						
Reading a book	850	28	64	98	38	62	49	69	55	77	143	84	82	709	462	388
	39%	43%	35%	41%	43%	35%	46%	37%	36%	41%	48%	42%	29%	39%	38%	40%
											beghlm					
Exercise and physical activity	586	28	49	65	17	52	32	45	43	65	77	56	58	477	341	245
	27%	43%	27%	27%	19%	30%	30%	24%	28%	35%	26%	28%	20%	26%	28%	25%
		bcdghjklm								dglm						
Treating myself e.g. food, clothes	498	21	28	56	24	43	25	47	41	33	67	38	74	423	300	198
	23%	33%	15%	23%	28%	24%	24%	25%	27%	17%	23%	19%	26%	23%	25%	20%
		bik			bi	b		b	bi				bi	b	b	
Unwinding with an alcoholic drink	428	15	47	42	22	34	25	37	27	35	59	35	50	341	245	184
	20%	23%	26%	17%	25%	19%	24%	20%	18%	19%	20%	17%	18%	19%	20%	19%
			clm													
Arts and crafts	397	16	34	40	15	20	17	45	22	41	56	29	61	330	236	160
	18%	24%	19%	16%	17%	12%	16%	24%	14%	22%	19%	15%	22%	18%	20%	17%
		e						cehkm		e	e		e	e		
Meditation or prayer	297	21	22	21	13	22	9	27	18	22	48	16	59	246	197	100
	14%	32%	12%	9%	15%	12%	8%	15%	12%	12%	16%	8%	21%	14%	16%	10%
		bcddefghijklm								clk		bcefhikm	c	b		
Other	90	3	5	10	2	9	2	7	2	11	14	14	10	79	45	45
	4%	4%	3%	4%	3%	5%	2%	3%	2%	6%	5%	7%	4%	4%	4%	5%
										h		h				
Don't know	83	2	9	9	3	5	1	6	11	10	5	5	17	71	44	39
	4%	3%	5%	4%	3%	3%	1%	3%	7%	5%	2%	2%	6%	4%	4%	4%
			fj						fjm	fj		fj	j			
None of these	142	4	5	12	5	17	7	11	9	7	19	24	21	127	67	75
	7%	6%	2%	5%	6%	10%	7%	6%	6%	4%	7%	12%	7%	7%	6%	8%
					bi						bcim	b	b		a	

UK Active Polling February 2021

Q4. Which of the following, if any, are ways in which you cope with the mental stresses of the pandemic?

BASE: All respondents

	Parents of children under the age of 18						Disability & LTC						
	Total	No children aged 18 or under	Yes - children aged under 5 years old	Yes - children aged 5-10 years old	Yes - children aged 11-15 years old	Yes - children aged 16-18 years old	Net: Yes	Yes - mental condition	Yes - physical condition	Yes - disability	Yes - other	No	Net: Yes
		a	b	c	d	e	f	a	b	c	d	e	f
Significance Level: 95%													
Unweighted Total	2170	1260	262	315	342	210	835	356	310	163	48	1329	720
Total	2170	1347	210	276	330	196	750	306	291	156	37	1412	656
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Watching movies or TV	1194	806	89	134	169	100	368	146	166	93	16	820	338
	55%	60%	42%	49%	51%	51%	49%	48%	57%	60%	44%	58%	52%
		bcdef			b				a	a		af	
Talking to friends and family	890	604	69	98	118	78	270	123	113	73	12	602	261
	41%	45%	33%	35%	36%	40%	36%	40%	39%	46%	34%	43%	40%
		bcdf											
Reading a book	850	586	67	81	113	65	249	104	137	69	17	558	265
	39%	44%	32%	29%	34%	33%	33%	34%	47%	44%	47%	40%	40%
		bcdef							aef	a			a
Exercise and physical activity	586	365	50	76	99	53	204	83	70	25	9	402	164
	27%	27%	24%	28%	30%	27%	27%	27%	24%	16%	25%	28%	25%
								c	c			c	c
Treating myself e.g. food, clothes	498	275	63	85	101	49	213	99	58	40	8	317	163
	23%	20%	30%	31%	31%	25%	28%	32%	20%	26%	22%	22%	25%
			a	a	a		a	bef					
Unwinding with an alcoholic drink	428	259	42	54	76	46	157	75	46	30	7	275	134
	20%	19%	20%	20%	23%	24%	21%	25%	16%	19%	20%	19%	20%
								be					
Arts and crafts	397	227	42	57	57	32	150	79	51	31	7	234	146
	18%	17%	20%	21%	17%	17%	20%	26%	18%	20%	20%	17%	22%
								be					e
Meditation or prayer	297	142	37	46	62	40	141	50	46	24	9	170	112
	14%	11%	18%	17%	19%	20%	19%	16%	16%	15%	25%	12%	17%
			a	a	a	a	a	e			e		e
Other	90	80	3	2	5	4	9	8	15	9	2	61	26
	4%	6%	2%	1%	1%	2%	1%	2%	5%	6%	6%	4%	4%
		bcdef								a			
Don't know	83	47	9	11	12	7	28	8	4	4	1	54	15
	4%	4%	4%	4%	4%	4%	4%	3%	2%	2%	3%	4%	2%
												b	
None of these	142	96	15	17	17	13	40	6	16	8	-	102	24
	7%	7%	7%	6%	5%	7%	5%	2%	6%	5%	-	7%	4%
									a			af	

UK Active Polling February 2021

Q5. How much longer do you think you have spent sitting down per day during lockdown? Please select your best estimate.

BASE: All respondents

	Gender		Age									
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	NET: 16-34	NET: 35-54	NET: 55+
Significance Level: 95%		a	b	a	b	c	d	e	f	g	h	i
Unweighted Total	2170	1027	1143	400	430	359	344	358	279	830	703	637
Total	2170	1059	1111	241	375	347	384	321	501	616	731	822
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No extra time	252	147	105	11	27	40	47	51	76	39	87	127
	12%	14%	9%	5%	7%	11%	12%	16%	15%	6%	12%	15%
		b				abg	abg	abg	abg		abg	abg
Up to an extra 15 minutes	85	44	41	18	21	23	8	9	6	39	31	15
	4%	4%	4%	8%	6%	7%	2%	3%	1%	6%	4%	2%
				defhi	dfi	defi				defi	fi	
More than 15 minutes, up to half an hour	137	73	64	14	44	32	22	11	13	59	54	24
	6%	7%	6%	6%	12%	9%	6%	3%	3%	10%	7%	3%
				fi	adefhi	efi	fi			adefi	efi	
More than half an hour, up to an hour	207	117	91	27	52	35	44	19	30	79	80	49
	10%	11%	8%	11%	14%	10%	12%	6%	6%	13%	11%	6%
		b		efi	efi	ei	efi			efi	efi	
More than an hour, up to two hours	341	169	173	26	48	58	55	45	109	74	113	154
	16%	16%	16%	11%	13%	17%	14%	14%	22%	12%	15%	19%
						ag			abdegh		a	abg
More than two hours, up to three hours	322	152	170	28	51	43	59	68	73	79	102	141
	15%	14%	15%	12%	14%	12%	15%	21%	15%	13%	14%	17%
								abcdfgh				acg
More than three hours, up to four hours	271	132	139	30	40	42	44	38	77	70	86	115
	12%	12%	12%	12%	11%	12%	12%	12%	15%	11%	12%	14%
More than four hours	336	130	207	56	58	39	63	48	72	114	102	120
	15%	12%	19%	23%	15%	11%	16%	15%	14%	19%	14%	15%
			a	bdefhi			c			chi		
Don't know	218	96	121	30	34	36	41	33	45	64	76	77
	10%	9%	11%	12%	9%	10%	11%	10%	9%	10%	10%	9%
Net: More than 1 hour	1271	583	688	140	197	182	221	199	332	337	403	531
	59%	55%	62%	58%	52%	52%	58%	62%	66%	55%	55%	65%
			a					bcdgh	abcdgh			abcdgh
Net: More than 2 hours	929	414	515	114	149	123	167	154	223	263	290	377
	43%	39%	46%	47%	40%	35%	43%	48%	44%	43%	40%	46%
			a	bch			c	bch	c	c		bch
Net: More than 3 hours	593	284	309	58	90	85	103	106	150	148	188	257
	27%	27%	28%	24%	24%	24%	27%	33%	30%	24%	26%	31%
								abcdgh	g			abcdgh

UK Active Polling February 2021

Q5. How much longer do you think you have spent sitting down per day during lockdown? Please select your best estimate.

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Net: More than 4 hours

	Gender		Age									
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	NET: 16-34	NET: 35-54	NET: 55+
	a	b	a	b	c	d	e	f	g	h	i	
Unweighted Total	2170	1027	1143	400	430	359	344	358	279	830	703	637
Total	2170	1059	1111	241	375	347	384	321	501	616	731	822
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Net: More than 4 hours	336	130	207	56	58	39	63	48	72	114	102	120
	15%	12%	19%	23%	15%	11%	16%	15%	14%	19%	14%	15%
			a	bcdefhi		c				chi		

UK Active Polling February 2021

Q5. How much longer do you think you have spent sitting down per day during lockdown? Please select your best estimate.

BASE: All respondents

	Regions													Social grade		
	Total	Northern Ireland	Scotland	North-West	North-East	Yorkshire and the Humber	Wales	West Midlands	East Midlands	South-West	South-East	Eastern	London	NET: England	ABC1	C2DE
Significance Level: 95%																
Unweighted Total	2170	60	161	225	110	174	116	221	154	189	278	126	356	1833	1228	942
Total	2170	65	183	242	88	177	105	187	154	187	295	202	284	1817	1202	968
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No extra time	252 12%	7 11%	22 12%	28 12%	7 8%	23 13%	17 16%	14 8%	25 16%	20 10%	33 11%	36 18%	21 7%	207 11%	136 11%	116 12%
						l gl			gl			dglm		l		
Up to an extra 15 minutes	85 4%	4 6%	9 5%	7 3%	1 1%	7 4%	3 3%	4 2%	8 5%	14 7%	9 3%	7 4%	13 4%	69 4%	57 5%	29 3%
		d	d						d	dglm					b	
More than 15 minutes, up to half an hour	137 6%	3 5%	11 6%	19 8%	9 10%	15 9%	6 5%	15 8%	10 7%	6 3%	14 5%	6 3%	23 8%	117 6%	100 8%	37 4%
				ijk	ik			i				i			b	
More than half an hour, up to an hour	207 10%	8 12%	18 10%	22 9%	7 8%	11 6%	11 11%	27 14%	6 4%	16 9%	25 9%	12 6%	43 15%	170 9%	124 10%	83 9%
		h	h				h	ehjkm					cehijkm	h		
More than an hour, up to two hours	341 16%	10 16%	24 13%	34 14%	11 12%	40 22%	19 18%	30 16%	18 11%	33 18%	49 17%	32 16%	41 15%	288 16%	178 15%	163 17%
						bcdhlm										
More than two hours, up to three hours	322 15%	9 14%	23 13%	36 15%	19 21%	14 8%	11 11%	30 16%	19 12%	29 16%	55 19%	33 16%	44 16%	279 15%	178 15%	144 15%
				e	efh			e		e	ef	e	e	e		
More than three hours, up to four hours	271 12%	4 7%	33 18%	26 11%	13 15%	24 14%	9 8%	20 11%	16 10%	23 12%	40 14%	25 12%	37 13%	225 12%	153 13%	118 12%
			afgm													
More than four hours	336 15%	8 13%	25 14%	36 15%	11 13%	25 14%	22 21%	28 15%	37 24%	26 14%	50 17%	23 11%	46 16%	281 15%	162 13%	174 18%
									bcdegiklm						a	
Don't know	218 10%	11 17%	18 10%	34 14%	10 11%	17 10%	8 8%	20 10%	15 10%	20 11%	19 7%	28 14%	16 6%	180 10%	114 10%	104 11%
		jl		jlm	l			l		l		jl		l		
Net: More than 1 hour	1271 59%	32 49%	105 57%	132 54%	54 61%	104 59%	60 57%	108 57%	89 58%	111 59%	194 66%	113 56%	168 59%	1073 59%	671 56%	600 62%
											acm				a	
Net: More than 2 hours	929 43%	22 34%	81 44%	98 41%	43 49%	64 36%	41 39%	77 41%	72 47%	78 42%	146 49%	80 40%	127 45%	785 43%	493 41%	437 45%
					e						ace					

UK Active Polling February 2021

Q5. How much longer do you think you have spent sitting down per day during lockdown? Please select your best estimate.

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Net: More than 3 hours

Net: More than 4 hours

	Regions													Social grade		
	Northern Ireland	Scotland	North-West	North-East	Yorkshire and the Humber	Wales	West Midlands	East Midlands	South-West	South-East	Eastern	London	NET: England	ABC1	C2DE	
Total	a	b	c	d	e	f	g	h	i	j	k	l	m	a	b	
Unweighted Total	2170	60	161	225	110	174	116	221	154	189	278	126	356	1833	1228	942
Total	2170	65	183	242	88	177	105	187	154	187	295	202	284	1817	1202	968
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Net: More than 3 hours	593	14	56	62	32	39	20	49	34	53	96	57	81	504	331	262
	27%	21%	31%	26%	36%	22%	19%	26%	22%	28%	32%	28%	29%	28%	28%	27%
			f		acefh					efh			f	f		
Net: More than 4 hours	336	8	25	36	11	25	22	28	37	26	50	23	46	281	162	174
	15%	13%	14%	15%	13%	14%	21%	15%	24%	14%	17%	11%	16%	15%	13%	18%
								bcdegiklm								a

UK Active Polling February 2021

Q5. How much longer do you think you have spent sitting down per day during lockdown? Please select your best estimate.

BASE: All respondents

	Parents of children under the age of 18						Disability & LTC						
	Total	No children aged 18 or under	Yes - children aged under 5 years old	Yes - children aged 5-10 years old	Yes - children aged 11-15 years old	Yes - children aged 16-18 years old	Net: Yes	Yes - mental condition	Yes - physical condition	Yes - disability	Yes - other	No	Net: Yes
	a	b	c	d	e	f	a	b	c	d	e	f	
Significance Level: 95%													
Unweighted Total	2170	1260	262	315	342	210	835	356	310	163	48	1329	720
Total	2170	1347	210	276	330	196	750	306	291	156	37	1412	656
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No extra time	252	190	17	19	26	17	59	26	26	13	1	193	55
	12%	14%	8%	7%	8%	9%	8%	9%	9%	8%	4%	14%	8%
		bcdef										abcf	
Up to an extra 15 minutes	85	38	15	19	21	8	46	24	17	3	2	46	38
	4%	3%	7%	7%	6%	4%	6%	8%	6%	2%	6%	3%	6%
		a	a	a	a	a	a	ce	ce				ce
More than 15 minutes, up to half an hour	137	53	24	22	39	15	78	25	17	14	7	79	55
	6%	4%	11%	8%	12%	8%	10%	8%	6%	9%	18%	6%	8%
		a	a	a	a	a	a				abef		e
More than half an hour, up to an hour	207	91	30	50	50	20	110	37	32	20	4	121	79
	10%	7%	14%	18%	15%	10%	15%	12%	11%	13%	12%	9%	12%
		a	a	ae	a	a	a	e					e
More than an hour, up to two hours	341	211	29	46	53	34	119	38	53	24	2	235	102
	16%	16%	14%	17%	16%	17%	16%	13%	18%	16%	6%	17%	15%
									ad			d	
More than two hours, up to three hours	322	203	24	44	49	28	113	40	39	23	6	207	97
	15%	15%	12%	16%	15%	14%	15%	13%	14%	15%	17%	15%	15%
More than three hours, up to four hours	271	186	28	23	29	27	79	37	30	13	7	186	69
	12%	14%	13%	8%	9%	14%	10%	12%	10%	8%	20%	13%	11%
		cdf	c			c					c		
More than four hours	336	236	21	26	42	29	84	62	57	34	3	206	118
	15%	18%	10%	9%	13%	15%	11%	20%	19%	22%	8%	15%	18%
		bcdf						de	e	de			e
Don't know	218	140	22	26	22	18	62	16	20	13	4	139	44
	10%	10%	10%	9%	7%	9%	8%	5%	7%	8%	10%	10%	7%
		d										af	
Net: More than 1 hour	1271	835	102	139	172	118	394	178	179	94	18	834	386
	59%	62%	49%	50%	52%	60%	53%	58%	61%	60%	50%	59%	59%
		bcdf				bc							
Net: More than 2 hours	929	624	74	93	119	84	276	140	126	70	16	599	284
	43%	46%	35%	34%	36%	43%	37%	46%	43%	45%	44%	42%	43%
		bcdf				c							

UK Active Polling February 2021

Q5. How much longer do you think you have spent sitting down per day during lockdown? Please select your best estimate.

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Net: More than 3 hours

Net: More than 4 hours

	Parents of children under the age of 18						Disability & LTC						
	No children aged 18 or under	Yes - children aged under 5 years old	Yes - children aged 5-10 years old	Yes - children aged 11-15 years old	Yes - children aged 16-18 years old	Net: Yes	Yes - mental condition	Yes - physical condition	Yes - disability	Yes - other	No	Net: Yes	
Total	a	b	c	d	e	f	a	b	c	d	e	f	
Unweighted Total	2170	1260	262	315	342	210	835	356	310	163	48	1329	720
Total	2170	1347	210	276	330	196	750	306	291	156	37	1412	656
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Net: More than 3 hours	593	388	52	67	78	55	192	77	69	36	13	393	166
	27%	29%	25%	24%	24%	28%	26%	25%	24%	23%	36%	28%	25%
Net: More than 4 hours	336	236	21	26	42	29	84	62	57	34	3	206	118
	15%	18%	10%	9%	13%	15%	11%	20%	19%	22%	8%	15%	18%
		bcd						de	e	de			e

UK Active Polling February 2021

Q6. What, if anything, has prevented you from working out at home during lockdown?

BASE: All respondents

	Gender		Age									
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	NET: 16-34	NET: 35-54	NET: 55+
Significance Level: 95%		a	b	a	b	c	d	e	f	g	h	i
Unweighted Total	2170	1027	1143	400	430	359	344	358	279	830	703	637
Total	2170	1059	1111	241	375	347	384	321	501	616	731	822
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lack of motivation	883	363	520	101	147	134	165	137	198	248	299	336
	41%	34%	47%	42%	39%	39%	43%	43%	40%	40%	41%	41%
			a									
Lack of space at home	405	193	212	54	83	87	73	54	53	138	160	107
	19%	18%	19%	23%	22%	25%	19%	17%	11%	22%	22%	13%
				efi	fi	efi	fi	f		efi	efi	
Lack of home fitness equipment	396	205	191	65	87	75	69	40	61	152	144	100
	18%	19%	17%	27%	23%	21%	18%	12%	12%	25%	20%	12%
				defhi	efi	efi	efi			defhi	efi	
Lack of support or confidence to exercise safely at home	251	125	125	50	68	53	29	24	27	118	82	51
	12%	12%	11%	21%	18%	15%	8%	8%	5%	19%	11%	6%
				defhi	defhi	defi				defhi	fi	
Lack of access to online fitness resources	176	99	77	37	53	41	22	15	8	90	63	22
	8%	9%	7%	15%	14%	12%	6%	5%	2%	15%	9%	3%
		b		defhi	defhi	defi	fi	f		defhi	efi	
Other	121	57	64	3	7	13	14	28	56	10	27	83
	6%	5%	6%	1%	2%	4%	4%	9%	11%	2%	4%	10%
						ag	ag	abcdgh	abcdgh		ag	abcdgh
Don't know	150	76	74	23	34	27	24	17	25	57	51	42
	7%	7%	7%	9%	9%	8%	6%	5%	5%	9%	7%	5%
				efi	efi					efi		
None of these	480	249	231	27	45	55	93	93	167	72	148	260
	22%	24%	21%	11%	12%	16%	24%	29%	33%	12%	20%	32%
							abcg	abcgh	abcdgh		abg	abcdgh

UK Active Polling February 2021

Q6. What, if anything, has prevented you from working out at home during lockdown?

BASE: All respondents

	Total	Regions												Social grade		
		Northern Ireland	Scotland	North-West	North-East	Yorkshire and the Humber	Wales	West Midlands	East Midlands	South-West	South-East	Eastern	London	NET: England	ABC1	C2DE
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	k	l	m	a	b
Unweighted Total	2170	60	161	225	110	174	116	221	154	189	278	126	356	1833	1228	942
Total	2170	65	183	242	88	177	105	187	154	187	295	202	284	1817	1202	968
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lack of motivation	883 41%	27 41%	82 45%	100 41%	34 39%	65 37%	38 36%	74 40%	59 39%	88 47%	135 46%	77 38%	105 37%	737 41%	502 42%	382 39%
Lack of space at home	405 19%	16 24%	34 19%	53 22%	14 16%	33 18%	16 15%	46 24%	30 19%	32 17%	49 17%	19 10%	65 23%	339 19%	223 19%	181 19%
Lack of home fitness equipment	396 18%	10 15%	35 19%	46 19%	19 21%	30 17%	18 17%	52 28%	28 18%	34 18%	50 17%	21 10%	53 19%	333 18%	236 20%	160 17%
Lack of support or confidence to exercise safely at home	251 12%	7 11%	12 7%	35 14%	11 13%	26 15%	11 10%	20 11%	23 15%	18 9%	29 10%	14 7%	45 16%	221 12%	162 13%	89 9%
Lack of access to online fitness resources	176 8%	5 8%	17 9%	16 7%	5 5%	19 11%	10 10%	20 11%	11 7%	12 6%	19 6%	2 1%	40 14%	143 8%	113 9%	63 6%
Other	121 6%	4 7%	7 4%	8 3%	5 5%	12 7%	13 12%	13 7%	16 11%	6 3%	19 6%	9 4%	9 3%	97 5%	58 5%	62 6%
Don't know	150 7%	5 7%	15 8%	13 5%	8 9%	11 6%	4 4%	16 9%	13 9%	6 3%	12 4%	23 11%	23 8%	126 7%	89 7%	61 6%
None of these	480 22%	11 17%	33 18%	59 25%	20 23%	31 17%	27 25%	31 17%	37 24%	56 30%	66 22%	63 31%	46 16%	409 22%	230 19%	250 26%

UK Active Polling February 2021

Q6. What, if anything, has prevented you from working out at home during lockdown?

BASE: All respondents

	Total	Parents of children under the age of 18					Net: Yes	Disability & LTC					
		No children aged 18 or under	Yes - children aged under 5 years old	Yes - children aged 5-10 years old	Yes - children aged 11-15 years old	Yes - children aged 16-18 years old		Yes - mental condition	Yes - physical condition	Yes - disability	Yes - other	No	Net: Yes
		a	b	c	d	e	f	a	b	c	d	e	f
Significance Level: 95%													
Unweighted Total	2170	1260	262	315	342	210	835	356	310	163	48	1329	720
Total	2170	1347	210	276	330	196	750	306	291	156	37	1412	656
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lack of motivation	883 41%	569 42%	83 40%	117 42%	147 44%	86 44%	296 39%	137 45% bd	108 37%	56 36%	11 30%	593 42%	267 41%
Lack of space at home	405 19%	234 17%	46 22%	74 27% ae	71 22%	33 17%	162 22% a	82 27% de	61 21%	40 25% de	4 10%	251 18%	144 22% de
Lack of home fitness equipment	396 18%	229 17%	58 28% af	62 22% a	74 22% a	39 20%	160 21% a	70 23% e	57 20%	34 22%	7 18%	245 17%	139 21% e
Lack of support or confidence to exercise safely at home	251 12%	107 8%	30 14% a	55 20% a	56 17% a	30 15% a	135 18% a	65 21% be	42 14% e	30 19% e	14 39% abcef	124 9%	118 18% e
Lack of access to online fitness resources	176 8%	76 6%	30 14% ae	35 13% ae	48 15% ae	10 5%	91 12% ae	55 18% bcef	25 9%	13 8%	4 12%	85 6%	86 13% be
Other	121 6%	101 8% bcdef	8 4% e	9 3%	6 2%	2 1%	19 3%	15 5%	42 14% adef	24 15% adef	* 1%	62 4%	57 9% ae
Don't know	150 7%	75 6%	12 6%	16 6%	19 6%	11 5%	50 7%	15 5%	17 6%	7 5%	4 10%	80 6%	41 6%
None of these	480 22%	357 27% bcdf	25 12%	25 9%	50 15% c	43 22% bcdf	112 15% c	33 11%	50 17% a	19 12%	3 8%	370 26% abcdf	83 13%