

## Sport England, Survey into adult physical activity attitudes and behaviour, 14<sup>th</sup> April 2020

*Methodology: Savanta ComRes interviewed 2,019 English adults (16+) online from 9<sup>th</sup> April to 14<sup>th</sup> April 2020. Data were weighted to be demographically representative of English adults by gender, age, region, social grade and the estimated households with children under 16. Savanta ComRes is a member of the British Polling Council and abides by its rules. Full tables at [www.comresglobal.com](http://www.comresglobal.com)*

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**Page: i**  
**Table of Contents**

D1. Are you...? ..... BASE: All respondents	1
D2. How old are you? ..... BASE: All respondents	6
D3. Which of the following describes where you live? ..... BASE: All respondents	13
D4. Do you have any children aged 15 or under currently living in your household? Please enter the number of children in each age group that live in your household. .... BASE: All respondents	21
D5. The Chief Income Earner is the person with the largest income, whether from employment, pensions, state benefits, investments or any other source. If two or more related people in the household have equal income, please think of this question with the oldest in mind. The Chief Income Earner can be of either sex, with no preference to either. Please indicate which one of the following best describes the profession of the chief income earner in your household? ..... BASE: All respondents	26
Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job. .... BASE: All respondents	31
Q2. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to a typical week before the COVID-19 restrictions were introduced? ..... BASE: All respondents	41
Q3. Which, if any, of the following physical activities have you done in the past week? ..... BASE: All respondents	46
Q4. SUMMARY: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants. .... BASE: All who have done some form of physical activity in the past week	54
Q4.1. Walking (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants. .... BASE: All who have done some form of physical activity in the past week	55
Q4.2. Cycling (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants. .... BASE: All who have done some form of physical activity in the past week	60
Q4.3. Running or jogging: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants. .... BASE: All who have done some form of physical activity in the past week	65
Q4.4. Home activity, fitness or exercise classes viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants. .... BASE: All who have done some form of physical activity in the past week	70
Q4.5. Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants. .... BASE: All who have done some form of physical activity in the past week	75
Q4.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants. .... BASE: All who have done some form of physical activity in the past week	80
Q4.7. Other sport, exercise or physical activity: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants. .... BASE: All who have done some form of physical activity in the past week	85
Q5. SUMMARY: In the past week, on how many days have you done each of these activities? ..... BASE: All who have done some form of physical activity in the past week	90
Q5.1. Walking (either for leisure or travel): In the past week, on how many days have you done this activity? ..... BASE: All who have done some form of physical activity in the past week	91
Q5.2. Cycling (either for leisure or travel): In the past week, on how many days have you done this activity? ..... BASE: All who have done some form of physical activity in the past week	98
Q5.3. Running or jogging: In the past week, on how many days have you done this activity? ..... BASE: All who have done some form of physical activity in the past week	105
Q5.4. Home activity, fitness or exercise classes viewed online or on TV, DVD or video: In the past week, on how many days have you done this activity? ..... BASE: All who have done some form of physical activity in the past week	111

**Page: ii**  
**Table of Contents**

Q5.5. Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines): In the past week, on how many days have you done this activity? .....	117
BASE: All who have done some form of physical activity in the past week	
Q5.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, on how many days have you done this activity? .....	123
BASE: All who have done some form of physical activity in the past week	
Q5.7. Other sport, exercise or physical activity: In the past week, on how many days have you done this activity? .....	129
BASE: All who have done some form of physical activity in the past week	
Q6. SUMMARY: Thinking about these activities, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week? .....	134
BASE: All who have done some form of physical activity in the past week	
Q6.1. Walking (either for leisure or travel): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week? .....	135
BASE: All who have done some form of physical activity in the past week	
Q6.2. Cycling (either for leisure or travel): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week? .....	140
BASE: All who have done some form of physical activity in the past week	
Q6.3. Running or jogging: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week? .....	145
BASE: All who have done some form of physical activity in the past week	
Q6.4. Home activity, fitness or exercise classes viewed online or on TV, DVD or video: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week? .....	150
BASE: All who have done some form of physical activity in the past week	
Q6.5. Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week? .....	155
BASE: All who have done some form of physical activity in the past week	
Q6.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week? .....	160
BASE: All who have done some form of physical activity in the past week	
Q6.7. Other sport, exercise or physical activity: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week? .....	165
BASE: All who have done some form of physical activity in the past week	
Q7. SUMMARY: How much did you agree or disagree with each one before the coronavirus outbreak? .....	170
BASE: All respondents	
Q7.1. I felt that I had the ability to be physically active: How much did you agree or disagree with each one before the coronavirus outbreak? .....	171
BASE: All respondents	
Q7.2. I felt that I had the opportunity to be physically active: How much did you agree or disagree with each one before the coronavirus outbreak? .....	176
BASE: All respondents	
Q7.3. I found exercise enjoyable and satisfying: How much did you agree or disagree with each one before the coronavirus outbreak? .....	181
BASE: All respondents	
Q7.4. It was important to me to exercise regularly: How much did you agree or disagree with each one before the coronavirus outbreak? .....	186
BASE: All respondents	
Q7.5. I felt guilty when I didn't exercise: How much did you agree or disagree with each one before the coronavirus outbreak? .....	191
BASE: All respondents	
Q8. SUMMARY: Now could you please tell us how much you agree or disagree with each of the statements today? .....	196
BASE: All respondents	
Q8.1. I feel that I have the ability to be physically active: Now could you please tell us how much you agree or disagree with each of the statements today? .....	197
BASE: All respondents	
Q8.2. I feel that I have the opportunity to be physically active: Now could you please tell us how much you agree or disagree with each of the statements today? .....	202
BASE: All respondents	
Q8.3. I find exercise enjoyable and satisfying: Now could you please tell us how much you agree or disagree with each of the statements today? .....	207
BASE: All respondents	

**Page: iii**  
**Table of Contents**

Q8.4. It is important to me to exercise regularly: Now could you please tell us how much you agree or disagree with each of the statements today? .....	212
BASE: All respondents	
Q8.5. I feel guilty when I don't exercise: Now could you please tell us how much you agree or disagree with each of the statements today? .....	217
BASE: All respondents	
Q9. SUMMARY: To what extent do you agree or disagree with each statement? .....	222
BASE: All respondents	
Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement? .....	223
BASE: All respondents	
Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement? .....	228
BASE: All respondents	
Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement? .....	233
BASE: All respondents	
Q9.4. I do not find exercising on my own enjoyable: To what extent do you agree or disagree with each statement? .....	238
BASE: All respondents	
Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement? .....	243
BASE: All respondents	
Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement? .....	248
BASE: All respondents	
Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement? .....	253
BASE: All respondents	
Q9.8. I feel guilty about not exercising more during the outbreak: To what extent do you agree or disagree with each statement? .....	258
BASE: All respondents	
Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement? .....	263
BASE: All respondents	
Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement? .....	268
BASE: All respondents	
Q9.11. The current situation has not impacted my current exercise regime: To what extent do you agree or disagree with each statement? .....	273
BASE: All respondents	
Q10a. On average, how much physical activity and exercise does each child in your household do on a typical day at the moment? If you have more than one child in your household, please select the average across the children. ....	278
BASE: All respondents who have children under 16	
Q10b. How does this compare to the amount of physical activity and exercise they would usually do on a weekend day before the coronavirus outbreak? If you have more than one child in your household, please select the average across the children. ....	283
BASE: All respondents who have children under 16	
Q11. To what extent do you think it is more or less important to be active during the coronavirus outbreak than compared to other times? .....	288
BASE: All respondents	
Q12. Has the coronavirus health emergency changed any other feelings you have about physical activity and exercise? .....	293
BASE: All respondents	
Q13. How has coronavirus changed how you feel about physical activity and exercise? .....	298
BASE: All who code a) Yes at Q12	
D6. Which one of the following best describes you today? .....	306
BASE: All respondents	
D7. Are you well enough to exercise today? .....	311
BASE: All respondents	
D8. Including yourself, how many people in total live in your household? .....	316
BASE: All respondents	

**Page: iv**  
**Table of Contents**

D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 16 or under in your household, please note this should exclude them. ....	321
BASE: All who live with at least one other person	
D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities? .....	326
BASE: All respondents	
D11. To which of the following ethnic groups do you consider you belong? .....	331
BASE: All respondents	
D12. Which of the following best describes where you live? .....	336
BASE: All respondents	

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

## D1. Are you...?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Male

Female

Other

Prefer not to say

	Gender		Age			Region								
Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	a	b	a	b	c	a	b	c	d	e	f	g	h	i
2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
980	980	-	260	296	423	53	133	94	93	92	104	156	153	103
49%	100%	-	43%	45%	56%	54%	50%	48%	44%	53%	47%	49%	47%	49%
	b				ab									
1019	-	1019	341	360	318	43	128	102	116	80	118	157	173	101
50%	-	100%	56%	55%	42%	45%	49%	52%	55%	46%	53%	49%	53%	49%
		a	c	c										
1	-	-	-	-	1	-	-	-	-	-	-	1	-	-
*	-	-	-	-	*	-	-	-	-	-	-	*	-	-
19	-	-	8	4	7	1	2	1	1	1	1	7	1	4
1%	-	-	1%	1%	1%	1%	1%	1%	*	1%	*	2% h	*	2%

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

### D1. Are you...?

BASE: All respondents

Significance Level: 95%

	Social Grade								Ethnicity						
Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
980	72	219	228	135	84	242	519	460	815	28	65	40	8	3	143
49%	52% e	53% ce	43%	51% ce	39%	53% ce	48% e	49% ce	48%	46%	59% a	53%	48%	28%	53%
1019	66	196	298	124	131	205	560	459	880	33	43	34	7	7	125
50%	48%	47%	56% bdfh	47%	61% abdfgh	45%	52% f	49%	52% c	54%	40%	45%	46%	63%	46%
1	-	-	-	-	-	1	-	1	-	-	-	-	-	-	-
*	-	-	-	-	-	*	-	*	-	-	-	-	-	-	-
19	1	2	4	4	-	8	7	12	8	-	1	1	1	1	4
1%	1%	*	1%	2%	-	2% eg	1%	1%	*	-	1%	1%	6%	9%	1% a

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

## D1. Are you...?

BASE: All respondents

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
				2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
	Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total	2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total	2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	980	630	162	130	292	46	49	240	644	335	849	98	161	525	239	55	819	142	656
	49%	51% cd	47%	40%	44%	58%	54%	48%	48%	50%	49%	47%	51%	48%	47%	56%	48%	48%	48%
Female	1019	605	181	193	374	30	41	256	693	327	879	105	151	563	265	40	868	153	695
	50%	49%	53%	60% a	56% a	38%	45%	51% a	51% a	49%	50%	51%	48%	51%	52%	42%	51%	51%	51%
Other	1	1	-	-	-	-	-	-	1	-	-	-	-	1	-	-	1	-	-
	*	*	-	-	-	-	-	-	*	-	-	-	-	*	-	-	*	-	-
Prefer not to say	19	4	-	-	-	3	1	7	8	11	14	4	1	8	8	2	18	3	8
	1%	*	-	-	-	4% d	1%	1%	1%	2% d	1%	2%	*	1%	2%	2%	1%	1%	1%



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

## D1. Are you...?

BASE: All respondents

Significance Level: 95%

	Longstanding condition or illness						Area		Number of days active									
	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness											NET 2-4 days	NET 5 + days
Total							Urban	Rural	0	1	2	3	4	5	6	7		
	a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
980	94	172	54	661	287	25	766	214	169	83	132	148	102	94	37	214	383	345
49%	40%	48%	59%	49%	48%	36%	49%	48%	42%	44%	49%	46%	54%	49%	51%	56%	49%	53%
	a	aef	af	a									a			abdi	a	abd
1019	142	186	35	673	310	46	795	225	222	103	137	175	87	96	35	165	399	296
50%	60%	52%	39%	50%	52%	64%	50%	51%	56%	55%	51%	54%	46%	50%	48%	43%	51%	46%
	cde	c		c	c	cde			ehj	hj	h	hj					hj	
1	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	1	-	1
*	-	-	-	-	-	-	*	-	-	-	-	-	-	-	-	*	-	*
19	2	1	2	5	5	-	15	4	8	2	-	1	1	2	1	4	2	7
1%	1%	*	2%	*	1%	-	1%	1%	2%	1%	-	*	1%	1%	1%	1%	*	1%
			bd						cdi									i

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

### D1. Are you...?

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	980	329	267	372	696	108	696	102	630	131	655	113	463	249
	49%	50%	51%	46%	49%	45%	49%	43%	51% b	41%	50%	44%	46%	51%
Female	1019	322	253	430	713	129	706	134	589	185	633	142	537	239
	50%	49%	48%	53%	50%	54%	50%	56%	48%	58% a	49%	55%	53%	49%
Other	1	-	-	-	1	-	1	-	1	-	1	-	1	-
	*	-	-	-	*	-	*	-	*	-	*	-	*	-
Prefer not to say	19	6	4	3	10	1	10	3	11	2	13	3	9	2
	1%	1%	1%	*	1%	*	1%	1%	1%	1%	1%	1%	1%	*

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

## D2. How old are you?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	68 3%	52 5% b	15 1%	68 11% bc	- - bc	- - c	3 3%	7 3%	4 2%	10 5% f	7 4% f	2 1%	15 5% f	15 5% f	6 3%
18-24	202 10%	96 10%	103 10%	202 33% bc	- - c	- - c	10 10%	25 10%	19 10%	26 12% fi	17 10%	13 6%	50 16% bceghi	29 9%	13 6%
25-34	340 17%	112 11%	224 22% a	340 56% bc	- - c	- - c	13 14%	39 15%	30 15%	36 17%	31 18%	29 13%	85 27% abcdeghi	46 14%	31 15%
35-44	314 16%	139 14%	174 17%	- - c	314 48% ac	- - c	16 17%	32 12%	33 17%	47 22% befi	20 12%	30 13%	52 16%	58 18%	26 12%
45-54	346 17%	156 16%	186 18%	- - c	346 52% ac	- - c	17 17%	54 20% d	36 18% d	23 11%	32 19% d	46 20% d	47 15%	58 18% d	33 16%
55-64	294 15%	164 17% b	128 13%	- - c	- - c	294 39% ab	11 12%	45 17% g	27 14%	28 13%	24 14%	48 22% acdegh	34 11%	39 12%	37 18% g
65+	456 23%	259 26% b	190 19%	- - c	- - c	456 61% ab	27 28% g	60 23% g	48 24% g	41 20% g	42 24% g	55 25% g	37 11%	82 25% g	63 30% dg
NET: 16-34	610 30%	260 27%	341 33% a	610 100% bc	- - c	- - c	25 26%	72 27%	53 27%	71 34% fi	54 31% f	44 20%	151 47% abcdeghi	90 28%	50 24%
NET: 35-54	660 33%	296 30%	360 35% a	- - c	660 100% ac	- - c	33 34%	85 32%	69 35%	70 33%	53 30%	76 34%	99 31%	116 35%	59 28%
NET: 55+	750 37%	423 43% b	318 31%	- - c	- - c	750 100% ab	38 40% g	106 40% g	75 38% g	69 33% g	66 38% g	104 46% dgh	71 22%	121 37% g	100 48% cdegh
Base for stats	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
Mean Score	47.02	48.85 b	45.15	25.01	44.30 a	67.32 ab	49.74 dg	48.42 dg	47.87 dg	43.74	47.08 g	50.91 deg	40.60	47.80 dg	50.98 deg
Standard Deviation	18.796	19.461	17.659	5.523	5.865	9.156	20.782	18.581	18.493	17.806	19.179	16.022	18.664	19.187	18.691
Standard Error	.418	.631	.545	.206	.226	.366	1.946	1.155	1.244	1.256	1.327	1.222	1.029	1.090	1.309
Error variance	.17	.40	.30	.04	.05	.13	3.79	1.33	1.55	1.58	1.76	1.49	1.06	1.19	1.71

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

### D2. How old are you?

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	68 3%	6 4% f	8 2%	35 7% bdefh	8 3% f	6 3%	5 1%	49 4% bfh	19 2%	45 3%	3 5%	7 6% a	7 9% a	- -	2 15%	18 7% a
18-24	202 10%	29 21% bdefgh	47 11% fh	74 14% defh	24 9% fh	15 7% f	13 3%	151 14% defh	52 6% f	126 7%	20 33% a	26 24% a	17 22% a	3 19%	2 18%	68 25% a
25-34	340 17%	29 21% fh	91 22% fh	97 18% fh	54 20% fh	52 24% fh	17 4%	217 20% fh	123 13% f	272 16%	14 22%	30 27% ad	11 14%	3 17%	1 10%	58 21% a
35-44	314 16%	27 19% f	77 18% fh	86 16% f	52 20% fh	45 21% fh	28 6%	190 17% fh	124 13% f	247 15%	12 19%	27 25% a	14 18%	4 23%	5 41%	61 22% a
45-54	346 17%	28 20% f	79 19% f	85 16% f	69 26% bcfgh	44 20% f	41 9%	193 18% f	153 16% f	313 18% cg	6 10%	11 10%	9 11%	2 13%	1 7%	29 10%
55-64	294 15%	11 8%	61 15% a	78 15% a	34 13%	39 18% a	71 16% a	150 14% a	144 15% a	269 16% bcg	3 5%	4 4%	8 10%	3 19%	1 9%	19 7%
65+	456 23%	9 7%	53 13% ae	76 14% ade	22 8%	14 7%	281 62% abcdegh	138 13% ade	318 34% abcdeg	430 25% bcdg	3 5%	4 4%	12 15% bcg	1 9%	- -	20 7%
NET: 16-34	610 30%	64 46% bdefh	147 35% fh	206 39% fh	86 33% fh	73 34% fh	35 8%	417 38% fh	193 21% f	444 26%	37 60% a	63 58% a	34 45% a	6 36%	5 43%	144 53% a
NET: 35-54	660 33%	55 40% fh	156 37% fh	171 32% f	120 46% bcfgh	88 41% cfh	69 15%	382 35% fh	278 30% f	560 33%	18 30%	38 35%	22 29%	6 36%	5 48%	89 33%
NET: 55+	750 37%	20 14%	114 27% a	154 29% ad	57 22%	53 25% a	352 77% abcdegh	288 26% a	462 50% abcdeg	699 41% bcdg	6 10%	8 8%	19 25% bcg	5 28%	1 9%	39 14%
Base for stats	2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
Mean Score	47.02	37.90	43.32	42.43	43.20	42.79	62.74	42.19	52.65	48.98	32.90	33.51	41.87	40.87	33.33	36.12
Standard Deviation	18.796	16.226	17.039	18.191	16.485	14.990	15.757	17.578	18.608	18.208	14.978	14.724	23.428	15.596	13.784	17.969
Standard Error	.418	1.366	.846	.786	.975	.974	.775	.534	.608	.444	1.858	1.361	2.636	3.783	3.823	1.053
Error variance	.17	1.87	.72	.62	.95	.95	.60	.29	.37	.20	3.45	1.85	6.95	14.31	14.62	1.11

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

## D2. How old are you?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
68	32	14	10	25	2	2	14	49	19	60	5	2	12	43	10	66	12	45
3%	3%	4%	3%	4%	3%	2%	3%	4%	3%	3%	2%	1%	1%	8%	11%	4%	4%	3%
													abe	abe	ab			
202	125	33	32	65	13	22	35	133	70	177	17	8	75	96	23	194	30	149
10%	10%	9%	10%	10%	17%	24%	7%	10%	10%	10%	8%	3%	7%	19%	24%	11%	10%	11%
					cd	cde		c					a	abe	abe	ab		
340	145	94	80	174	18	27	53	242	98	306	25	33	195	88	23	307	75	225
17%	12%	28%	25%	26%	23%	30%	11%	18%	15%	18%	12%	11%	18%	17%	24%	18%	25%	17%
		a	a	a	c	cde		c		b			a	a	a	a	b	
314	95	79	125	204	15	23	45	231	83	275	33	23	148	130	13	291	51	236
16%	8%	23%	39%	31%	19%	26%	9%	17%	12%	16%	16%	7%	13%	25%	14%	17%	17%	17%
		a	abd	ab	c	cde		ce					a	abde		ab		
346	189	84	57	141	17	7	65	257	89	296	40	57	172	102	15	289	50	233
17%	15%	24%	18%	21%	21%	8%	13%	19%	13%	17%	19%	18%	16%	20%	16%	17%	17%	17%
		ac		a	bce			bce						b				
294	247	25	10	36	9	4	74	208	86	245	34	65	184	38	7	229	32	192
15%	20%	7%	3%	5%	11%	4%	15%	15%	13%	14%	17%	21%	17%	7%	7%	13%	11%	14%
	bcd	c					b	b	b			cde	cde			c		
456	407	14	9	22	5	5	219	227	229	383	54	124	312	15	6	332	47	278
23%	33%	4%	3%	3%	6%	6%	43%	17%	34%	22%	26%	40%	28%	3%	6%	19%	16%	20%
	bcd						abde	ab	abd			bcde	cde			cd		
610	302	141	122	264	34	51	101	424	186	543	47	43	282	227	57	566	117	419
30%	24%	41%	38%	40%	43%	56%	20%	31%	28%	31%	23%	14%	26%	44%	58%	33%	39%	31%
		a	a	a	cde	cde		c	c	b			a	abe	abce	ab	b	
660	285	163	182	345	32	30	109	488	172	571	73	80	320	232	28	580	101	470
33%	23%	47%	56%	52%	40%	34%	22%	36%	26%	33%	35%	26%	29%	45%	29%	34%	34%	35%
		a	ab	a	ce	c		ce						abde		ab		
750	654	39	19	58	14	9	292	435	315	628	88	189	495	52	12	560	80	471
37%	53%	11%	6%	9%	17%	10%	58%	32%	47%	36%	42%	61%	45%	10%	13%	33%	27%	35%
	bcd	c					abde	ab	abd			bcde	cde			cd		a
2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360

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

### D2. How old are you?

BASE: All respondents

Significance Level: 95%

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
47.02	51.64	39.23	37.80	38.53	39.82	35.42	55.15	45.18	50.70	46.59	49.44	56.53	50.22	36.54	35.49	45.28	43.14	46.09
	bcd						abde	ab	abd		a	bcde	cde		cd		a	
18.796	19.079	14.223	13.260	13.773	15.809	16.349	19.945	17.577	20.549	18.720	18.211	16.508	18.395	15.205	17.742	18.672	18.437	18.419
.418	.524	.841	.792	.579	1.735	1.677	.925	.474	.810	.448	1.278	.926	.559	.669	1.774	.453	1.094	.500
.17	.27	.71	.63	.34	3.01	2.81	.86	.22	.66	.20	1.63	.86	.31	.45	3.15	.20	1.20	.25

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

## D2. How old are you?

BASE: All respondents

Significance Level: 95%	Longstanding condition or illness							Area		Number of days active									
						NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness												
	Total	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
	a	b	c	d	e	f		a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	68 3%	8 3% b	2 1%	4 4% b	44 3% b	12 2%	1 2%	47 3%	20 5%	9 2%	2 1%	8 3%	12 4%	8 4%	10 5% ab	4 6% b	14 4%	28 4%	28 4% b
18-24	202 10%	36 15% bdef	12 3%	13 14% bf	131 10% b	57 9% b	3 5%	160 10%	43 10%	27 7%	19 10%	31 11% a	46 14% ahj	20 11%	21 11%	6 8%	33 9%	97 12% a	60 9%
25-34	340 17%	49 21% bf	29 8%	22 24% bef	232 17% b	92 15% b	7 10%	280 18% b	59 13%	48 12%	26 14%	52 19% ah	71 22% abhj	39 21% ah	44 23% abhj	12 17%	47 12%	162 21% abhj	104 16%
35-44	314 16%	39 16%	39 11%	24 26% abde	216 16% b	89 15%	10 14%	265 17% b	49 11%	44 11%	39 21% ad	50 18% a	46 14%	32 17%	35 18% a	8 12%	60 16%	127 16% a	103 16% a
45-54	346 17%	52 22% c	73 20% c	9 10%	229 17%	106 18%	24 34% abcde	278 18%	68 15%	64 16%	40 21% h	48 18%	59 18%	33 17%	30 16%	17 23%	56 15%	140 18%	103 16%
55-64	294 15%	28 12%	76 21% acde	10 11%	191 14%	95 16%	15 21%	225 14%	69 16%	72 18% dei	23 12%	40 15%	41 13%	19 10%	23 12%	11 15%	65 17% e	100 13%	99 15%
65+	456 23%	27 11%	127 35% acdef	9 10%	297 22% ac	151 25% ac	11 15%	321 20%	135 30% a	135 34% bcdefgij	38 20%	42 15%	49 15%	39 21%	29 15%	14 19%	109 28% bcdefi	130 17%	152 23% cdfi
NET: 16-34	610 30%	93 39% bdef	44 12%	38 42% bdef	407 30% bf	161 27% b	12 16%	487 31%	123 28%	84 21%	47 25%	90 33% ah	129 40% abhj	68 36% abh	75 39% abhj	23 31%	94 25%	287 37% abhj	192 30% a
NET: 35-54	660 33%	91 38%	112 31%	33 36%	445 33%	195 32%	34 48% bde	543 34% b	116 26%	108 27%	79 42% adhij	98 36% a	105 32%	65 34%	65 34%	25 35%	116 30%	267 34% a	206 32%
NET: 55+	750 37%	55 23%	202 57% acdef	20 22%	488 36% ac	246 41% ac	26 36% ac	546 35%	204 46% a	207 52% bcdefgij	62 33%	82 30%	90 28%	58 30%	52 27%	25 34%	174 45% bcdefij	230 29%	251 39% cdefi
Base for stats	2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649

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

### D2. How old are you?

BASE: All respondents

Significance Level: 95%

	Longstanding condition or illness						Area		Number of days active									
	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness												
Total							Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
	a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
47.02	41.59	55.62	40.60	46.76	48.80	48.62	46.21	49.93	52.99	46.74	44.57	43.04	44.16	42.70	46.71	49.69	43.84	47.28
		acdef		ac	acd	ac		a	bcdefghij	dfi						cdefi		cdefi
18.796	16.510	16.412	18.207	18.607	18.679	13.728	18.464	19.679	19.052	17.322	17.999	18.366	18.056	18.109	19.371	18.875	18.155	18.937
.418	1.034	.898	1.868	.510	.764	1.618	.464	.942	.965	1.250	1.093	1.013	1.306	1.274	2.237	.983	.646	.745
.17	1.07	.81	3.49	.26	.58	2.62	.22	.89	.93	1.56	1.20	1.03	1.71	1.62	5.00	.97	.42	.56



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

### D2. How old are you?

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%														
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	68	28	7	28	52	4	54	5	48	6	52	5	42	13
	3%	4%	1%	3%	4%	2%	4%	2%	4%	2%	4%	2%	4%	3%
		b		b										
18-24	202	84	31	81	139	24	144	28	122	33	132	33	115	41
	10%	13%	6%	10%	10%	10%	10%	12%	10%	10%	10%	13%	11%	8%
		b		b										
25-34	340	161	54	120	255	27	238	44	218	53	220	52	195	72
	17%	25%	10%	15%	18%	11%	17%	18%	18%	17%	17%	20%	19%	15%
		bc		b	b								b	
35-44	314	114	68	131	234	32	228	27	213	34	220	31	182	66
	16%	17%	13%	16%	16%	14%	16%	11%	17%	11%	17%	12%	18%	13%
		b							b		b		b	
45-54	346	97	103	141	232	43	233	49	205	60	225	46	174	92
	17%	15%	20%	18%	16%	18%	16%	21%	17%	19%	17%	18%	17%	19%
			a											
55-64	294	72	102	118	207	32	203	34	167	48	173	35	118	84
	15%	11%	19%	15%	15%	14%	14%	14%	14%	15%	13%	14%	12%	17%
			ac	a										a
65+	456	100	161	186	301	74	313	51	258	85	281	56	185	123
	23%	15%	31%	23%	21%	31%	22%	21%	21%	27%	22%	22%	18%	25%
			ac	a		a				a				a
NET: 16-34	610	273	91	229	446	56	436	77	388	92	404	91	352	126
	30%	42%	17%	28%	31%	24%	31%	32%	31%	29%	31%	35%	35%	26%
		bc		b	b								b	
NET: 35-54	660	211	171	272	466	76	461	76	418	94	445	77	355	158
	33%	32%	33%	34%	33%	32%	33%	32%	34%	29%	34%	30%	35%	32%
NET: 55+	750	172	263	304	508	106	517	86	425	133	453	91	303	207
	37%	26%	50%	38%	36%	45%	37%	36%	35%	42%	35%	35%	30%	42%
			ac	a		a				a				a
Base for stats	2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
Mean Score	47.02	41.83	53.09	47.37	46.21	50.87	46.60	47.18	45.92	49.32	46.18	46.43	44.40	48.83
			ac	a		a				a				a
Standard Deviation	18.796	17.753	17.575	18.674	18.368	19.694	18.778	19.116	18.541	19.145	18.681	19.615	18.718	17.713
Standard Error	.418	.690	.775	.659	.487	1.296	.500	1.234	.528	1.084	.519	1.216	.585	.805
Error variance	.17	.48	.60	.43	.24	1.68	.25	1.52	.28	1.17	.27	1.48	.34	.65

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

### D3. Which of the following describes where you live?

BASE: All respondents

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	97	53	43	25	33	38	97	-	-	-	-	-	-	-	-
	5%	5%	4%	4%	5%	5%	100%	-	-	-	-	-	-	-	-
							bcdefghi								
North West	263	133	128	72	85	106	-	263	-	-	-	-	-	-	-
	13%	14%	13%	12%	13%	14%	-	100%	-	-	-	-	-	-	-
								acdefghi							
Yorkshire and the Humber	197	94	102	53	69	75	-	-	197	-	-	-	-	-	-
	10%	10%	10%	9%	10%	10%	-	-	100%	-	-	-	-	-	-
									abdefghi						
West Midlands	211	93	116	71	70	69	-	-	-	211	-	-	-	-	-
	10%	10%	11%	12%	11%	9%	-	-	-	100%	-	-	-	-	-
										abcefghi					
East Midlands	173	92	80	54	53	66	-	-	-	-	173	-	-	-	-
	9%	9%	8%	9%	8%	9%	-	-	-	-	100%	-	-	-	-
											abcdfghi				
East of England	223	104	118	44	76	104	-	-	-	-	-	223	-	-	-
	11%	11%	12%	7%	11%	14%	-	-	-	-	-	100%	-	-	-
					a	a						abcdeghi			
London	321	156	157	151	99	71	-	-	-	-	-	-	321	-	-
	16%	16%	15%	25%	15%	9%	-	-	-	-	-	-	100%	-	-
				bc	c								abcdefhi		
South East	327	153	173	90	116	121	-	-	-	-	-	-	-	327	-
	16%	16%	17%	15%	18%	16%	-	-	-	-	-	-	-	100%	-
														abcdefgi	
South West	208	103	101	50	59	100	-	-	-	-	-	-	-	-	208
	10%	10%	10%	8%	9%	13%	-	-	-	-	-	-	-	-	100%
						ab									abcdefgh
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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

### D3. Which of the following describes where you live?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Northern Ireland

Outside of the UK

	Gender		Age			Region								
Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	a	b	a	b	c	a	b	c	d	e	f	g	h	i
2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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

### D3. Which of the following describes where you live?

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	97	8	13	27	11	12	27	48	49	88	2	2	2	1	-	7
	5%	6%	3%	5%	4%	5%	6%	4%	5%	5%	4%	2%	3%	6%	-	3%
North West	263	19	44	73	40	23	65	135	128	233	3	12	8	1	1	25
	13%	14%	11%	14%	15%	11%	14%	12%	14%	14%	4%	11%	11%	4%	13%	9%
										bg						
Yorkshire and the Humber	197	13	36	53	20	29	44	103	94	173	3	11	7	1	1	24
	10%	9%	9%	10%	8%	14%	10%	9%	10%	10%	5%	11%	10%	4%	6%	9%
						d										
West Midlands	211	12	48	54	24	21	52	113	98	175	7	15	8	1	-	30
	10%	8%	11%	10%	9%	10%	12%	10%	10%	10%	12%	13%	11%	5%	-	11%
East Midlands	173	11	31	35	30	21	45	77	96	155	4	7	3	1	-	15
	9%	8%	8%	7%	11%	10%	10%	7%	10%	9%	6%	6%	4%	9%	-	5%
					cg				cg	g						
East of England	223	7	46	67	23	29	51	120	103	204	8	7	1	1	-	17
	11%	5%	11%	13%	9%	14%	11%	11%	11%	12%	13%	6%	1%	7%	-	6%
		a	a	a	a	a	a	a	a	dg	d					
London	321	40	95	89	39	16	41	224	97	191	22	42	38	7	7	115
	16%	29%	23%	17%	15%	8%	9%	21%	10%	11%	36%	38%	50%	45%	59%	42%
		cdefgh	cdefh	efh	efh			defh			a	a	a			a
South East	327	17	70	85	41	41	73	172	154	285	8	14	7	2	3	34
	16%	12%	17%	16%	16%	19%	16%	16%	17%	17%	13%	13%	9%	14%	23%	12%
South West	208	13	33	47	35	22	57	93	115	199	4	-	2	1	-	7
	10%	9%	8%	9%	13%	10%	12%	9%	12%	12%	7%	-	2%	5%	-	3%
					bcd		bg		bcd	cdg	c					
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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

## D3. Which of the following describes where you live?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
97	66	14	11	26	1	7	28	61	36	82	11	21	57	17	2	76	16	58
5%	5%	4%	3%	4%	1%	8% a	6%	5%	5%	5%	6%	7% c	5%	3%	2%	4%	5%	4%
263	166	44	38	82	14	10	63	176	87	227	25	53	138	60	12	210	39	165
13%	13%	13%	12%	12%	18%	11%	13%	13%	13%	13%	12%	17% bce	13%	12%	12%	12%	13%	12%
197	128	25	30	55	5	9	45	137	60	170	22	34	112	38	12	163	27	134
10%	10%	7%	9%	8%	7%	10%	9%	10%	9%	10%	11%	11%	10%	8%	13%	10%	9%	10%
211	126	41	37	77	8	11	55	138	73	179	25	41	100	63	6	170	30	134
10%	10%	12%	11%	12%	10%	12%	11%	10%	11%	10%	12%	13% b	9%	12% b	7%	10%	10%	10%
173	112	23	29	52	8	2	43	119	54	154	15	28	96	42	6	145	26	117
9%	9%	7%	9%	8%	11% b	3%	9% b	9% b	8%	9%	7%	9%	9%	8%	7%	9%	9%	9%
223	158	36	22	57	6	5	56	156	67	194	25	29	137	49	9	194	24	170
11%	13% cd	10%	7%	9%	7%	6%	11%	12%	10%	11%	12%	9%	12%	10%	9%	11%	8%	12% a
321	160	67	66	133	15	22	72	212	109	276	27	36	151	105	29	285	60	212
16%	13%	20% a	20% a	20% a	19%	25% cde	14%	16%	16%	16%	13%	12%	14%	20% ab	30% abce	17% ab	20%	16%
327	190	61	62	123	13	18	81	215	112	279	35	45	171	95	16	282	46	225
16%	15%	18%	19%	18%	17%	19%	16%	16%	17%	16%	17%	14%	16%	18%	16%	17%	15%	17%
208	134	31	29	61	9	7	59	133	75	181	22	27	135	42	4	181	32	145
10%	11%	9%	9%	9%	11%	7%	12%	10%	11%	10%	11%	9%	12% cd	8%	4%	11% d	11%	11%
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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

### D3. Which of the following describes where you live?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Northern Ireland

Outside of the UK

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating						NET: Lives with others			
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+			
	a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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

## D3. Which of the following describes where you live?

BASE: All respondents

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Significance Level: 95%																			
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	97	18	26	4	47	46	1	67	29	19	10	12	18	5	10	7	15	36	33
	5%	7%	7%	5%	4%	8%	2%	4%	7%	5%	5%	5%	6%	3%	5%	10%	4%	5%	5%
		d	d			d			a							eh			
North West	263	38	52	20	164	91	16	211	52	49	21	40	44	20	25	9	56	104	89
	13%	16%	14%	22%	12%	15%	22%	13%	12%	12%	11%	15%	14%	11%	13%	12%	15%	13%	14%
				d			d												
Yorkshire and the Humber	197	28	46	7	124	68	12	153	44	49	23	23	28	16	14	7	37	67	59
	10%	12%	13%	8%	9%	11%	17%	10%	10%	12%	12%	8%	9%	8%	7%	10%	10%	9%	9%
							d			i									
West Midlands	211	29	38	9	136	67	7	176	35	43	20	22	32	20	15	7	51	74	74
	10%	12%	11%	10%	10%	11%	10%	11%	8%	11%	11%	8%	10%	10%	8%	10%	13%	9%	11%
								b									ci		
East Midlands	173	22	33	5	114	52	6	128	44	30	15	23	34	16	20	8	26	74	55
	9%	9%	9%	5%	9%	9%	8%	8%	10%	8%	8%	9%	11%	9%	10%	11%	7%	9%	8%
East of England	223	26	34	2	167	52	9	156	67	50	20	27	33	20	23	8	41	80	73
	11%	11%	10%	2%	12%	9%	13%	10%	15%	13%	11%	10%	10%	11%	12%	11%	11%	10%	11%
		c	c		ce	c	c		a										
London	321	33	31	19	223	80	3	299	22	46	35	47	58	36	36	14	49	141	99
	16%	14%	9%	21%	17%	13%	4%	19%	5%	11%	19%	18%	18%	19%	19%	19%	13%	18%	15%
		bf		bef	bf	bf		b			a	a	a	a	ah			ah	
South East	327	24	60	13	224	82	11	248	79	69	28	41	44	38	33	8	66	123	107
	16%	10%	17%	14%	17%	14%	16%	16%	18%	17%	15%	15%	14%	20%	17%	12%	17%	16%	16%
			a		a														
South West	208	21	39	11	139	64	5	138	70	44	17	34	32	19	15	4	42	86	61
	10%	9%	11%	12%	10%	11%	8%	9%	16%	11%	9%	13%	10%	10%	8%	6%	11%	11%	9%
								a											
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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

### D3. Which of the following describes where you live?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Outside of the UK

	Longstanding condition or illness						Area		Number of days active									
Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
	a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



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

### D3. Which of the following describes where you live?

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%														
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	97	24	24	46	69	15	69	10	58	13	63	10	49	23
	5%	4%	5%	6%	5%	6%	5%	4%	5%	4%	5%	4%	5%	5%
North West	263	81	72	107	181	28	187	22	165	40	174	24	125	56
	13%	12%	14%	13%	13%	12%	13%	9%	13%	12%	13%	9%	12%	11%
Yorkshire and the Humber	197	65	60	69	132	31	138	29	112	39	121	29	99	50
	10%	10%	11%	9%	9%	13%	10%	12%	9%	12%	9%	11%	10%	10%
West Midlands	211	70	58	78	158	23	147	26	130	37	143	28	105	50
	10%	11%	11%	10%	11%	10%	10%	11%	11%	12%	11%	11%	10%	10%
East Midlands	173	50	44	78	124	19	124	21	103	24	111	21	80	42
	9%	8%	8%	10%	9%	8%	9%	9%	8%	7%	9%	8%	8%	9%
East of England	223	78	62	83	157	28	160	20	129	39	131	37	102	64
	11%	12%	12%	10%	11%	12%	11%	8%	10%	12%	10%	14% a	10%	13%
London	321	126	60	123	238	25	222	41	209	39	226	38	189	64
	16%	19% bc	11%	15% b	17% b	10%	16%	17%	17% b	12%	17%	15%	19% b	13%
South East	327	106	80	136	215	43	218	44	196	58	199	45	165	82
	16%	16%	15%	17%	15%	18%	15%	19%	16%	18%	15%	17%	16%	17%
South West	208	57	65	84	145	25	147	25	130	30	133	26	95	60
	10%	9%	12% a	10%	10%	11%	10%	10%	11%	10%	10%	10%	9%	12%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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

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

BASE: All respondents

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204	
Total	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1241	630	605	302	285	654	66	166	128	126	112	158	160	190	134	
	61%	64%	59%	50%	43%	87%	68%	63%	65%	60%	65%	71%	50%	58%	65%	
		b		b		ab	g	g	g	g	g	dgh		g	g	
Yes - children aged 0 to 12 months	89	32	58	66	22	2	2	12	8	8	8	1	28	13	10	
	4%	3%	6%	11%	3%	*	2%	4%	4%	4%	4%	1%	9%	4%	5%	
			a	bc	c			f	f	f	f		abcdfh	f	f	
Yes - children aged 13 months to 4 years old	175	71	105	94	75	6	12	16	12	18	19	11	36	32	17	
	9%	7%	10%	15%	11%	1%	13%	6%	6%	9%	11%	5%	11%	10%	8%	
			a	bc	c		bcf				f		bcf			
Yes - children aged 5 to 10 years old	300	114	186	102	180	18	12	39	30	36	23	23	57	56	23	
	15%	12%	18%	17%	27%	2%	12%	15%	15%	17%	13%	10%	18%	17%	11%	
			a	c	ac								fi	fi		
Yes - children aged 11 to 15 years old	307	154	153	78	189	40	9	42	23	30	19	31	55	63	35	
	15%	16%	15%	13%	29%	5%	10%	16%	12%	14%	11%	14%	17%	19%	17%	
				c	ac									ace		
Prefer not to answer	112	57	40	44	30	38	5	15	14	7	9	7	28	14	13	
	6%	6%	4%	7%	5%	5%	5%	6%	7%	3%	5%	3%	9%	4%	6%	
		b		b									dfh			
NET: Yes	666	292	374	264	345	58	26	82	55	77	52	57	133	123	61	
	33%	30%	37%	43%	52%	8%	26%	31%	28%	37%	30%	26%	42%	38%	29%	
			a	c	ac					f			abcefi	acfi		

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

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

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1241	56	240	317	128	115	385	612	628	1102	25	46	34	5	7	118
	61%	40%	57%	60%	49%	54%	84%	56%	67%	65%	42%	42%	45%	34%	60%	43%
			ad	ad		a	abcdegh	ad	abcdeg	bcdg						
Yes - children aged 0 to 12 months	89	12	25	20	12	12	7	58	31	61	5	12	5	1	2	26
	4%	9%	6%	4%	5%	6%	2%	5%	3%	4%	8%	11%	7%	8%	21%	10%
		cfh	fh	f	f	f		fh				a				a
Yes - children aged 13 months to 4 years old	175	19	50	47	30	19	10	116	59	136	12	13	11	2	-	38
	9%	13%	12%	9%	12%	9%	2%	11%	6%	8%	19%	12%	15%	13%	-	14%
		fh	fh	f	fh	f		fh	f		a		a			a
Yes - children aged 5 to 10 years old	300	40	72	82	46	46	13	195	105	230	18	25	20	3	1	67
	15%	29%	17%	15%	18%	21%	3%	18%	11%	14%	29%	23%	26%	19%	11%	25%
		bcd fgh	fh	fh	fh	cfh		fh	f		a	a	a			a
Yes - children aged 11 to 15 years old	307	32	71	83	59	41	22	185	122	253	12	20	17	1	-	51
	15%	23%	17%	16%	22%	19%	5%	17%	13%	15%	20%	19%	22%	8%	-	19%
		cfh	f	f	cfgh	fh		fh	f							
Prefer not to answer	112	9	12	32	18	12	29	53	59	72	4	7	8	5	1	25
	6%	6%	3%	6%	7%	6%	6%	5%	6%	4%	6%	7%	10%	31%	9%	9%
				b	b		b		b				a			a
NET: Yes	666	75	165	181	117	87	42	421	245	528	32	55	34	5	4	130
	33%	54%	40%	34%	44%	41%	9%	39%	26%	31%	53%	51%	45%	34%	32%	48%
		bce fgh	fh	fh	cfh	fh		fh	f		a	a	a			a

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

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

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1241	1241	-	-	-	39	34	357	810	430	1073	125	297	764	153	27	943	113	807
61%	100%	-	-	-	50%	37%	71%	60%	64%	62%	60%	95%	70%	30%	27%	55%	38%	59%
	bcd						abde	b	ab			bcde	cde		cd		a	
89	-	47	42	89	4	15	18	53	36	74	12	1	43	36	9	88	29	57
4%	-	14%	13%	13%	5%	16%	4%	4%	5%	4%	6%	*	4%	7%	9%	5%	10%	4%
		a	a	a		acde							a	ab	ab	a	b	
175	-	56	119	175	16	16	32	110	65	150	19	-	56	98	21	175	47	128
9%	-	16%	37%	26%	21%	18%	6%	8%	10%	9%	9%	-	5%	19%	22%	10%	16%	9%
		a	abd	ab	cde	cde							a	abe	abe	ab	b	
300	-	95	205	300	20	21	43	216	84	260	36	-	100	174	26	300	75	219
15%	-	28%	63%	45%	25%	23%	9%	16%	12%	15%	17%	-	9%	34%	26%	18%	25%	16%
		a	abd	ab	cde	ce		ce	c				a	abe	abe	ab	b	
307	-	145	162	307	13	21	49	224	84	272	28	-	94	173	40	307	69	238
15%	-	42%	50%	46%	17%	23%	10%	17%	12%	16%	14%	-	9%	34%	42%	18%	23%	17%
		a	a	a		ce		ce					a	abe	abe	ab	b	
112	-	-	-	-	6	7	30	69	43	82	21	14	57	31	10	98	19	61
6%	-	-	-	-	8%	8%	6%	5%	6%	5%	10%	5%	5%	6%	10%	6%	6%	4%
										a				ab				
666	-	343	323	666	33	50	116	467	200	588	62	1	277	328	61	665	166	491
33%	-	100%	100%	100%	42%	55%	23%	35%	30%	34%	30%	*	25%	64%	62%	39%	56%	36%
		a	a	a	ce	cde		ce	c				a	abe	abe	ab	b	

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

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

BASE: All respondents

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1241	130	249	38	842	365	43	952	288	290	112	145	173	118	114	45	245	435	404
	61%	55%	70%	42%	63%	61%	60%	60%	65%	73%	59%	54%	53%	62%	59%	61%	64%	56%	62%
		c	acde		ac	c	c			bdefghij							cdi		cdi
Yes - children aged 0 to 12 months	89	19	10	12	47	39	1	74	16	15	6	14	18	14	8	3	10	47	21
	4%	8%	3%	13%	3%	6%	2%	5%	4%	4%	3%	5%	6%	7%	4%	5%	3%	6%	3%
		bd		bdef		bd							h	hj				hj	
Yes - children aged 13 months to 4 years old	175	33	23	17	109	63	7	145	30	20	12	36	42	15	16	4	30	93	50
	9%	14%	6%	19%	8%	10%	10%	9%	7%	5%	7%	14%	13%	8%	8%	6%	8%	12%	8%
		bd		bde		b						abhj	abhj					abhj	
Yes - children aged 5 to 10 years old	300	42	46	19	200	91	15	253	47	35	28	44	56	32	40	6	60	132	106
	15%	18%	13%	21%	15%	15%	21%	16%	11%	9%	15%	16%	17%	17%	21%	8%	16%	17%	16%
				b				b			a	a	ag	a	ag		a	ag	a
Yes - children aged 11 to 15 years old	307	39	46	14	214	84	13	243	64	40	33	57	58	26	27	14	52	141	94
	15%	16%	13%	15%	16%	14%	18%	15%	14%	10%	17%	21%	18%	14%	14%	20%	13%	18%	14%
			a			aehj					a		a			a		a	a
Prefer not to answer	112	14	9	13	53	34	2	84	28	23	11	14	13	9	13	7	24	36	43
	6%	6%	2%	14%	4%	6%	3%	5%	6%	6%	6%	5%	4%	5%	7%	9%	6%	5%	7%
		b		abdef		b													
NET: Yes	666	94	100	39	444	203	27	540	126	86	65	111	138	64	66	22	115	313	202
	33%	39%	28%	43%	33%	34%	37%	34%	29%	22%	35%	41%	43%	33%	34%	30%	30%	40%	31%
		b		bd				b			a	ahj	aeghj	a	a		a	ahj	a

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

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

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1241	362	375	488	867	148	869	135	736	196	777	151	589	319
	61%	55%	72% ac	61% a	61%	62%	61%	57%	60%	62%	60%	59%	58%	65% a
Yes - children aged 0 to 12 months	89	43	17	29	65	6	60	10	58	14	61	9	48	22
	4%	7% bc	3%	4%	5%	2%	4%	4%	5%	4%	5%	4%	5%	4%
Yes - children aged 13 months to 4 years old	175	73	25	77	124	27	124	26	113	33	110	32	94	42
	9%	11% b	5%	10% b	9%	11%	9%	11%	9%	10%	8%	12% a	9%	9%
Yes - children aged 5 to 10 years old	300	117	48	134	210	38	203	41	189	50	203	39	178	72
	15%	18% b	9%	17% b	15%	16%	14%	17%	15%	16%	16%	15%	18%	15%
Yes - children aged 11 to 15 years old	307	109	61	138	224	42	219	42	199	48	217	46	172	64
	15%	17% b	12%	17% b	16%	18%	15%	18%	16%	15%	17%	18%	17%	13%
Prefer not to answer	112	32	27	37	74	10	74	13	69	18	71	14	51	22
	6%	5%	5%	5%	5%	4%	5%	5%	6%	6%	5%	6%	5%	4%
NET: Yes	666	263	122	279	479	80	470	90	426	105	455	92	370	149
	33%	40% bc	23%	35% b	34%	34%	33%	38%	35%	33%	35%	36%	37% b	30%

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

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

BASE: All respondents

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	139	72	66	64	55	20	8	19	13	12	11	7	40	17	13
	7%	7%	7%	11%	8%	3%	8%	7%	7%	5%	6%	3%	12%	5%	6%
				c	c		f						bcdefhi		
Social Grade B	417	219	196	147	156	114	13	44	36	48	31	46	95	70	33
	21%	22%	19%	24%	24%	15%	13%	17%	19%	23%	18%	21%	30%	21%	16%
				c	c				19%	a			abcefh		
Social Grade C1	530	228	298	206	171	154	27	73	53	54	35	67	89	85	47
	26%	23%	29%	34%	26%	20%	28%	28%	27%	26%	20%	30%	28%	26%	23%
			a	bc	c							e	e		
Social Grade C2	263	135	124	86	120	57	11	40	20	24	30	23	39	41	35
	13%	14%	12%	14%	18%	8%	11%	15%	10%	12%	17%	10%	12%	12%	17%
				c	ac						c				c
Social Grade D	214	84	131	73	88	53	12	23	29	21	21	29	16	41	22
	11%	9%	13%	12%	13%	7%	12%	9%	15%	10%	12%	13%	5%	13%	11%
			a	c	c		g		bg	g	g	g		g	g
Social Grade E	456	242	205	35	69	352	27	65	44	52	45	51	41	73	57
	23%	25%	20%	6%	10%	47%	27%	25%	23%	25%	26%	23%	13%	22%	27%
		b			a	ab	g	g	g	g	g	g		g	g
NET: ABC1	1086	519	560	417	382	288	48	135	103	113	77	120	224	172	93
	54%	53%	55%	68%	58%	38%	49%	51%	52%	54%	44%	54%	70%	53%	45%
				bc	c								abcdefhi		
NET: C2DE	933	460	459	193	278	462	49	128	94	98	96	103	97	154	115
	46%	47%	45%	32%	42%	62%	51%	49%	48%	46%	56%	46%	30%	47%	55%
					a	ab	g	g	g	g	g	g		g	g

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

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

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	139	139	-	-	-	-	-	139	-	90	8	20	10	-	3	40
	7%	100%	-	-	-	-	-	13%	-	5%	13%	19%	13%	-	23%	15%
		bcdefgh						bcdefh			a	a	a			a
Social Grade B	417	-	417	-	-	-	-	417	-	346	18	22	19	5	2	66
	21%	-	100%	-	-	-	-	38%	-	20%	30%	20%	25%	29%	19%	24%
			acdefgh					acdefh								
Social Grade C1	530	-	-	530	-	-	-	530	-	435	20	31	28	2	4	84
	26%	-	-	100%	-	-	-	49%	-	26%	32%	29%	37%	11%	32%	31%
				abdefgh				abdefh					a			
Social Grade C2	263	-	-	-	263	-	-	-	263	233	3	13	8	1	1	26
	13%	-	-	-	100%	-	-	-	28%	14%	5%	12%	11%	6%	9%	10%
					abcefg			abcefg		b						
Social Grade D	214	-	-	-	-	214	-	-	214	183	6	15	4	2	1	28
	11%	-	-	-	-	100%	-	-	23%	11%	10%	14%	5%	13%	7%	10%
					abcdfgh			abcdfg				d				
Social Grade E	456	-	-	-	-	-	456	-	456	415	6	7	8	7	1	29
	23%	-	-	-	-	-	100%	-	49%	24%	9%	7%	10%	42%	10%	10%
							abcdegh	abcdeg		bcdg						
NET: ABC1	1086	139	417	530	-	-	-	1086	-	871	46	73	56	6	8	190
	54%	100%	100%	100%	-	-	-	100%	-	51%	76%	67%	74%	39%	74%	70%
		defh	defh	defh				defh			a	a	a			a
NET: C2DE	933	-	-	-	263	214	456	-	933	831	15	36	20	10	3	83
	46%	-	-	-	100%	100%	100%	-	100%	49%	24%	33%	26%	61%	26%	30%
					abcg	abcg	abcg	abcg		bcdg						



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

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

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
139 7%	56 4%	31 9%	43 13%	75 11%	18 23%	12 13%	24 5%	85 6%	54 8%	117 7%	16 8%	8 3%	60 5%	56 11%	16 16%	131 8%	43 14%	85 6%
		a	a	a	cde	cd			c				a	abe	abe	ab	b	
417 21%	240 19%	78 23%	87 27%	165 25%	16 20%	23 26%	75 15%	303 22%	114 17%	377 22%	31 15%	44 14%	226 21%	133 26%	15 15%	374 22%	70 24%	297 22%
			a	a		ce		ce		b			a	abd		a		
530 26%	317 26%	104 30%	77 24%	181 27%	21 27%	29 32%	110 22%	371 28%	159 24%	473 27%	45 22%	83 26%	271 25%	152 30%	25 25%	447 26%	59 20%	372 27%
						c		c						b			a	
263 13%	128 10%	68 20%	49 15%	117 18%	8 10%	11 13%	45 9%	198 15%	65 10%	236 14%	23 11%	30 10%	136 12%	81 16%	16 16%	233 14%	37 13%	192 14%
		a	a	a				ce						a		a		
214 11%	115 9%	44 13%	43 13%	87 13%	6 8%	7 8%	41 8%	160 12%	54 8%	183 10%	23 11%	23 7%	118 11%	60 12%	14 14%	191 11%	29 10%	157 12%
			a	a				ce						a	a	a		
456 23%	385 31%	17 5%	24 8%	42 6%	9 11%	8 8%	209 41%	230 17%	225 33%	357 21%	69 33%	125 40%	288 26%	31 6%	12 13%	330 19%	59 20%	256 19%
	bcd						abde	b	abd		a	bcde	cde		c	c		
1086 54%	612 49%	214 62%	207 64%	421 63%	56 70%	64 71%	208 41%	758 56%	328 49%	967 55%	93 45%	135 43%	556 51%	340 66%	55 57%	952 56%	172 58%	754 55%
		a	a	a	cde	cde		ce	c	b			a	abe	a	ab		
933 46%	628 51%	129 38%	116 36%	245 37%	23 30%	26 29%	295 59%	588 44%	345 51%	775 45%	114 55%	178 57%	541 49%	171 34%	42 43%	755 44%	125 42%	606 45%
	bcd						abde	ab	abd		a	bcde	ce			c		

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

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

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active									
							NET: Longstanding physical and mental condition or illness												
	Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	139	16	22	11	87	44	3	113	27	12	12	25	24	15	19	7	25	64	51
	7%	7%	6%	12% d	6%	7%	4%	7%	6%	3%	6%	9% a	7% a	8% a	10% a	10% a	7% a	8% a	8% a
Social Grade B	417	44	56	14	306	100	10	323	95	64	33	55	75	47	44	16	83	177	144
	21%	18%	16%	15% be	23% be	17%	14%	20%	21%	16%	17%	20%	23% a	25% a	23% a	23% a	22% a	23% a	22% a
Social Grade C1	530	55	71	22	374	136	10	436	94	92	43	68	91	54	47	25	111	212	182
	26%	23%	20%	25% bef	28% bef	23%	15%	28% b	21%	23%	23%	25%	28%	28%	24%	34% a	29%	27%	28%
Social Grade C2	263	32	35	13	182	71	10	205	58	40	26	45	52	19	29	10	42	115	82
	13%	13%	10%	15%	14%	12%	13%	13%	13%	10%	14%	17% aeh	16% a	10%	15%	14%	11%	15% a	13%
Social Grade D	214	33	35	9	136	67	9	175	39	51	28	30	29	22	20	5	30	81	54
	11%	14%	10%	10%	10%	11%	12%	11%	9%	13% hj	15% dhj	11%	9%	12%	10%	7%	8%	10%	8%
Social Grade E	456	59	139	22	254	184	29	325	131	140	46	47	54	34	34	9	92	134	136
	23%	25% d	39% acde	24%	19%	31% d	41% acd	21%	30% a	35% bcdefghij	25% dgi	17%	17%	18%	18%	13%	24% cdgi	17%	21%
NET: ABC1	1086	114	149	47	767	281	24	871	215	169	88	148	190	116	109	48	219	453	377
	54%	48% f	42%	52% f	57% abef	47% f	33%	55% b	49%	42%	47%	55% a	59% ab	61% ab	57% a	66% ab	57% ab	58% ab	58% ab
NET: C2DE	933	124	209	44	572	321	48	705	227	230	100	122	134	75	83	25	164	331	272
	46%	52% d	58% d	48%	43%	53% d	67% acde	45%	51% a	58% cdefghij	53% deghij	45%	41%	39%	43%	34%	43%	42%	42%

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

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

BASE: All respondents

	Total	Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	139 7%	65 10% bc	27 5%	46 6%	108 8%	15 6%	111 8% b	7 3%	100 8%	16 5%	101 8%	17 7%	94 9% b	24 5%
Social Grade B	417 21%	149 23% b	85 16%	178 22% b	317 22% b	35 15%	303 21%	48 20%	273 22%	57 18%	291 22%	44 17%	241 24% b	92 19%
Social Grade C1	530 26%	209 32% bc	119 23%	195 24%	398 28% b	45 19%	399 28%	56 23%	338 27%	80 25%	367 28% b	50 19%	284 28%	120 24%
Social Grade C2	263 13%	80 12%	72 14%	108 13%	181 13%	28 12%	169 12%	37 16%	159 13%	40 12%	164 13%	40 15%	123 12%	69 14%
Social Grade D	214 11%	56 8%	61 12%	96 12% a	129 9%	33 14% a	136 10%	31 13%	121 10%	39 12%	119 9%	37 14% a	101 10%	53 11%
Social Grade E	456 23%	98 15%	160 31% ac	182 23% a	287 20%	81 34% a	294 21%	60 25%	240 19%	86 27% a	259 20%	70 27% a	167 17%	133 27% a
NET: ABC1	1086 54%	423 64% bc	232 44%	419 52% b	823 58% b	95 40%	814 58% b	111 46%	712 58% b	154 48%	759 58% b	111 43%	620 61% b	235 48%
NET: C2DE	933 46%	233 36%	293 56% ac	386 48% a	597 42%	143 60% a	599 42%	128 54% a	519 42%	165 52% a	543 42%	146 57% a	391 39%	255 52% a

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

**Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.**

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	399 20%	169 17%	222 22% a	84 14%	108 16%	207 28% ab	19 19%	49 19%	49 25% g	43 21%	30 17%	50 22% g	46 14%	69 21% g	44 21% g
1 day	188 9%	83 8%	103 10%	47 8%	79 12% ac	62 8%	10 10%	21 8%	23 11%	20 10%	15 8%	20 9%	35 11%	28 9%	17 8%
2 days	269 13%	132 14%	137 13%	90 15% c	98 15% c	82 11%	12 13%	40 15%	23 11%	22 11%	23 13%	27 12%	47 15%	41 12%	34 17%
3 days	324 16%	148 15%	175 17%	129 21% bc	105 16% c	90 12%	18 19%	44 17%	28 14%	32 15%	34 20%	33 15%	58 18%	44 14%	32 15%
4 days	191 9%	102 10%	87 9%	68 11% c	65 10%	58 8%	5 5%	20 8%	16 8%	20 9%	16 10%	20 9%	36 11%	38 12%	19 9%
5 days	192 10%	94 10%	96 9%	75 12% c	65 10%	52 7%	10 11%	25 9%	14 7%	15 7%	20 12%	23 10%	36 11%	33 10%	15 7%
6 days	73 4%	37 4%	35 3%	23 4%	25 4%	25 3%	7 7% hi	9 3%	7 4%	7 3%	8 5%	8 4%	14 4%	8 3%	4 2%
7 days	384 19%	214 22% b	165 16%	94 15%	116 18%	174 23% ab	15 16%	56 21%	37 19%	51 24% eg	26 15%	41 19%	49 15%	66 20%	42 20%
NET: None (0 days)	399 20%	169 17%	222 22% a	84 14%	108 16%	207 28% ab	19 19%	49 19%	49 25% g	43 21%	30 17%	50 22% g	46 14%	69 21% g	44 21% g
NET: Occasionally (1 day)	188 9%	83 8%	103 10%	47 8%	79 12% ac	62 8%	10 10%	21 8%	23 11%	20 10%	15 8%	20 9%	35 11%	28 9%	17 8%
NET: Some (2-4 days)	784 39%	383 39%	399 39%	287 47% bc	267 40% c	230 31%	36 37%	104 39%	67 34%	74 35%	74 43%	80 36%	141 44% cd	123 38%	86 41%
NET: Most 5+ days	649 32%	345 35% b	296 29%	192 31%	206 31%	251 33%	33 34%	89 34%	59 30%	74 35%	55 32%	73 33%	99 31%	107 33%	61 29%
Base for stats	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
Median	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3

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

**Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.**

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Mean Score

Standard Deviation

Standard Error

Error variance

	Gender		Age			Region								
Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	a	b	a	b	c	a	b	c	d	e	f	g	h	i
2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	3.24	3.46	3.37	3.24	3.14	3.21	3.34	3.01	3.40	3.26	3.18	3.28	3.27	3.14
	b													
Standard Deviation	2.464	2.477	2.230	2.387	2.698	2.440	2.489	2.561	2.603	2.332	2.511	2.278	2.508	2.487
Standard Error	.055	.080	.083	.092	.108	.228	.155	.172	.184	.161	.191	.126	.142	.174
Error variance	*	.01	.01	.01	.01	.05	.02	.03	.03	.03	.04	.02	.02	.03

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

**Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.**

BASE: All respondents

	Social Grade								Ethnicity						
Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
2019 100%	139 100%	417 100%	530 100%	263 100%	214 100%	456 100%	1086 100%	933 100%	1703 100%	61 100%	109 100%	76 100%	16 100%	11 100%	273 100%
399 20%	12 9%	64 15% a	92 17% a	40 15%	51 24% abcdg	140 31% abcdgh	169 16% a	230 25% abcdg	352 21% bg	6 10%	16 14%	10 13%	2 11%	2 17%	35 13%
188 9%	12 9%	33 8%	43 8%	26 10%	28 13% bcg	46 10%	88 8%	100 11% g	154 9%	13 21% acd	5 4%	6 9%	4 22%	1 7%	29 10%
269 13%	25 18% f	55 13%	68 13%	45 17% f	30 14%	47 10%	148 14%	122 13%	219 13%	9 15%	19 17%	13 17%	2 15%	3 22%	46 17%
324 16%	24 17%	75 18% f	91 17% f	52 20% fh	29 13%	54 12%	190 17% f	134 14%	269 16%	8 13%	25 23%	15 20%	4 24%	- -	51 19%
191 9%	15 11%	47 11%	54 10%	19 7%	22 10%	34 7%	116 11% h	75 8%	159 9%	6 10%	12 11%	8 11%	- -	2 17%	29 11%
192 10%	19 13% f	44 10%	47 9%	29 11%	20 9%	34 7%	109 10%	83 9%	150 9%	12 19% a	11 10%	12 16% a	2 13%	2 15%	38 14% a
73 4%	7 5%	16 4%	25 5% fh	10 4%	5 2%	9 2%	48 4% fh	25 3%	60 4%	4 6%	6 5%	1 1%	1 6%	1 7%	12 4%
384 19%	25 18%	83 20% e	111 21% e	42 16%	30 14%	92 20% e	219 20% e	164 18%	340 20% bg	4 6%	16 15%	11 14%	1 9%	2 16%	33 12%
399 20%	12 9%	64 15% a	92 17% a	40 15%	51 24% abcdg	140 31% abcdgh	169 16% a	230 25% abcdg	352 21% bg	6 10%	16 14%	10 13%	2 11%	2 17%	35 13%
188 9%	12 9%	33 8%	43 8%	26 10%	28 13% bcg	46 10%	88 8%	100 11% g	154 9%	13 21% acd	5 4%	6 9%	4 22%	1 7%	29 10%
784 39%	64 46% fh	177 42% fh	212 40% f	115 44% fh	81 38% f	134 29%	453 42% fh	331 35% f	647 38%	23 38%	56 51% a	36 48%	6 39%	4 39%	126 46% a
649 32%	51 37% e	144 34% e	182 34% eh	82 31%	54 25%	136 30%	377 35% eh	272 29%	550 32%	19 31%	33 30%	23 30%	5 28%	4 37%	83 31%
2019 3	139 3	417 3	530 3	263 3	214 2	456 2	1086 3	933 3	1703 3	61 3	109 3	76 3	16 3	11 4	273 3

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

**Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.**

BASE: All respondents

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	e	f	g
Unweighted Total	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	3.24	3.64	3.49	3.44	3.23	2.80	2.87	3.48	2.96	3.25	3.03	3.37	3.26	2.89	3.43	3.24
		efh	efh	efh	e			efh								
Standard Deviation	2.464	2.224	2.385	2.461	2.312	2.382	2.658	2.401	2.506	2.501	2.076	2.213	2.180	2.179	2.504	2.174
Standard Error	.055	.187	.118	.106	.137	.155	.131	.073	.082	.061	.258	.205	.245	.528	.694	.127
Error variance	*	.04	.01	.01	.02	.02	.02	.01	.01	*	.07	.04	.06	.28	.48	.02

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

**Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.**

BASE: All respondents

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total	2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total	2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	399	290	45	41	86	17	10	155	216	183	265	99	80	227	76	16	319	44	261
	20%	23%	13%	13%	13%	22%	12%	31%	16%	27%	15%	48%	26%	21%	15%	17%	19%	15%	19%
		bcd						bd		bd		a	ce	c			c		
1 day	188	112	37	28	65	6	6	57	119	69	160	24	31	104	47	5	157	21	129
	9%	9%	11%	9%	10%	7%	7%	11%	9%	10%	9%	12%	10%	10%	9%	5%	9%	7%	9%
2 days	269	145	61	50	111	13	20	61	175	95	233	27	37	145	72	15	232	44	183
	13%	12%	18%	16%	17%	16%	22%	12%	13%	14%	13%	13%	12%	13%	14%	15%	14%	15%	13%
			a		a		cde												
3 days	324	173	74	64	138	14	14	69	227	97	295	24	42	171	96	15	282	55	222
	16%	14%	22%	20%	21%	17%	16%	14%	17%	14%	17%	11%	13%	16%	19%	16%	17%	18%	16%
			a	a	a						b				a				
4 days	191	118	20	43	64	7	13	47	123	67	174	11	32	90	56	13	159	38	118
	9%	10%	6%	13%	10%	9%	15%	9%	9%	10%	10%	5%	10%	8%	11%	14%	9%	13%	9%
				b							b							b	
5 days	192	114	31	34	66	6	7	37	141	51	182	8	16	108	56	12	176	26	146
	10%	9%	9%	11%	10%	8%	8%	7%	10%	8%	10%	4%	5%	10%	11%	12%	10%	9%	11%
									ce		b			a	a	a	a		
6 days	73	45	12	10	22	1	4	6	61	12	70	1	10	39	24	-	63	12	49
	4%	4%	3%	3%	3%	1%	5%	1%	5%	2%	4%	*	3%	4%	5%	-	4%	4%	4%
							ce		ce		b				d				
7 days	384	245	63	52	115	15	14	71	284	100	363	13	65	213	85	21	319	57	251
	19%	20%	18%	16%	17%	19%	16%	14%	21%	15%	21%	6%	21%	19%	17%	21%	19%	19%	18%
									ce		b								
NET: None (0 days)	399	290	45	41	86	17	10	155	216	183	265	99	80	227	76	16	319	44	261
	20%	23%	13%	13%	13%	22%	12%	31%	16%	27%	15%	48%	26%	21%	15%	17%	19%	15%	19%
		bcd						bd		bd		a	ce	c			c		
NET: Occasionally (1 day)	188	112	37	28	65	6	6	57	119	69	160	24	31	104	47	5	157	21	129
	9%	9%	11%	9%	10%	7%	7%	11%	9%	10%	9%	12%	10%	10%	9%	5%	9%	7%	9%



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

**Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.**

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
784	435	155	158	313	34	48	177	525	259	702	62	111	406	224	44	673	136	523
39%	35%	45%	49%	47%	43%	53%	35%	39%	38%	40%	30%	35%	37%	44%	45%	39%	46%	38%
		a	a	a		cde				b			ab			b		
649	404	106	96	202	22	26	114	486	162	615	23	91	361	165	32	558	96	447
32%	33%	31%	30%	30%	28%	29%	23%	36%	24%	35%	11%	29%	33%	32%	33%	33%	32%	33%
								ce		b								
2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360
3	3	3	3	3	3	3	2	3	2	3	1	3	3	3	3	3	3	3
3.24	3.18	3.29	3.38	3.33	3.08	3.37	2.57	3.49	2.73	3.49	1.61	3.04	3.22	3.36	3.47	3.28	3.46	3.25
						ce		ce		b								
2.464	2.550	2.322	2.220	2.272	2.456	2.204	2.434	2.446	2.422	2.418	2.062	2.597	2.498	2.311	2.394	2.437	2.342	2.446
.055	.070	.137	.133	.095	.270	.226	.113	.066	.096	.058	.145	.146	.076	.102	.239	.059	.139	.066
*	*	.02	.02	.01	.07	.05	.01	*	.01	*	.02	.02	.01	.01	.06	*	.02	*

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

**Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.**

BASE: All respondents

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	399	46	118	14	234	148	25	309	90	399	-	-	-	-	-	-	-	-	-
	20%	19%	33%	15%	17%	25%	35%	20%	20%	100%	-	-	-	-	-	-	-	-	-
			acde			cd	acde			bcdefghij									
1 day	188	36	36	5	114	65	10	152	36	-	188	-	-	-	-	-	-	-	-
	9%	15%	10%	5%	9%	11%	14%	10%	8%	-	100%	-	-	-	-	-	-	-	-
		cd								acdefghij									
2 days	269	35	50	23	162	98	9	215	55	-	-	269	-	-	-	-	-	269	-
	13%	15%	14%	26%	12%	16%	12%	14%	12%	-	-	100%	-	-	-	-	-	34%	-
				abdef		d						abdefghij						abdefghj	
3 days	324	32	45	17	229	86	6	248	75	-	-	-	324	-	-	-	-	324	-
	16%	13%	13%	19%	17%	14%	9%	16%	17%	-	-	-	100%	-	-	-	-	41%	-
				b								abcefg hij						abcefg hij	
4 days	191	26	29	11	130	55	7	151	40	-	-	-	-	191	-	-	-	191	-
	9%	11%	8%	12%	10%	9%	10%	10%	9%	-	-	-	-	100%	-	-	-	24%	-
													abcd fghij					abcd fghj	
5 days	192	23	23	5	137	46	4	155	37	-	-	-	-	-	192	-	-	-	192
	10%	10%	6%	5%	10%	8%	5%	10%	8%	-	-	-	-	-	100%	-	-	-	30%
				b										abcde ghij				abcde ghi	
6 days	73	7	2	4	58	11	-	56	17	-	-	-	-	-	-	73	-	-	73
	4%	3%	1%	4%	4%	2%	-	4%	4%	-	-	-	-	-	-	100%	-	-	11%
		b		b	be											abcde fghij			abcde fhi
7 days	384	34	55	13	274	92	10	289	94	-	-	-	-	-	-	-	384	-	384
	19%	14%	15%	15%	20%	15%	14%	18%	21%	-	-	-	-	-	-	-	100%	-	59%
				abe													abcde fgi		abcde fgi
NET: None (0 days)	399	46	118	14	234	148	25	309	90	399	-	-	-	-	-	-	-	-	-
	20%	19%	33%	15%	17%	25%	35%	20%	20%	100%	-	-	-	-	-	-	-	-	-
			acde			cd	acde			bcdefghij									

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

**Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.**

BASE: All respondents

	Longstanding condition or illness						Area		Number of days active										
	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness													
Total							Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	
	a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j	
2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646	
2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
188	36	36	5	114	65	10	152	36	-	188	-	-	-	-	-	-	-	-	
9%	15%	10%	5%	9%	11%	14%	10%	8%	-	100%	-	-	-	-	-	-	-	-	
	cd								acdefghij										
784	93	124	51	522	239	22	614	169	-	-	269	324	191	-	-	-	784	-	
39%	39%	35%	56%	39%	40%	31%	39%	38%	-	-	100%	100%	100%	-	-	-	100%	-	
			abdef						abfghj			abfghj	abfghj			abfghj			
649	64	80	22	469	150	14	500	148	-	-	-	-	-	192	73	384	-	649	
32%	27%	22%	24%	35%	25%	19%	32%	33%	-	-	-	-	-	100%	100%	100%	-	100%	
			abcef						abcdei					abcdei	abcdei	abcdei		abcdei	
2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649	
3	3	2	3	3	2	2	3	3	0	1	2	3	4	5	6	7	3	7	
3.24	2.93	2.51	3.11	3.43	2.79	2.29	3.22	3.33	-	1.00	2.00	3.00	4.00	5.00	6.00	7.00	2.90	6.30	
	bf		bf	abef								i				dij		di	
2.464	2.351	2.475	2.208	2.454	2.406	2.456	2.448	2.520	-	-	-	*	-	-	-	*	.760	.895	
.055	.147	.135	.226	.067	.098	.289	.062	.121	-	-	-	*	-	-	-	*	.027	.035	
*	.02	.02	.05	*	.01	.08	*	.01	-	-	-	*	-	-	-	*	*	*	

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

**Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.**

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	399	27	144	210	182	122	195	101	129	134	134	127	119	158
	20%	4%	27%	26%	13%	51%	14%	42%	11%	42%	10%	49%	12%	32%
		a	a	a		a		a		a		a		a
1 day	188	32	42	109	128	22	125	26	93	32	107	25	97	38
	9%	5%	8%	14%	9%	9%	9%	11%	8%	10%	8%	10%	10%	8%
			a	ab										
2 days	269	84	56	129	180	28	199	27	161	44	175	31	126	76
	13%	13%	11%	16%	13%	12%	14%	11%	13%	14%	13%	12%	12%	15%
				b										
3 days	324	113	83	125	246	22	241	30	214	43	219	32	166	70
	16%	17%	16%	16%	17%	9%	17%	12%	17%	14%	17%	12%	16%	14%
					b									
4 days	191	89	32	69	157	6	146	14	137	15	148	11	103	37
	9%	14%	6%	9%	11%	3%	10%	6%	11%	5%	11%	4%	10%	7%
		bc			b		b		b		b			
5 days	192	93	42	56	151	13	143	15	136	21	145	15	115	41
	10%	14%	8%	7%	11%	5%	10%	6%	11%	7%	11%	6%	11%	8%
		bc			b				b		b			
6 days	73	40	15	17	63	5	60	2	60	4	58	3	51	8
	4%	6%	3%	2%	4%	2%	4%	1%	5%	1%	4%	1%	5%	2%
		bc					b		b		b		b	
7 days	384	178	111	90	314	20	304	24	301	25	316	15	232	63
	19%	27%	21%	11%	22%	8%	21%	10%	24%	8%	24%	6%	23%	13%
		bc	c		b		b		b		b		b	
NET: None (0 days)	399	27	144	210	182	122	195	101	129	134	134	127	119	158
	20%	4%	27%	26%	13%	51%	14%	42%	11%	42%	10%	49%	12%	32%
		a	a	a		a		a		a		a		a
NET: Occasionally (1 day)	188	32	42	109	128	22	125	26	93	32	107	25	97	38
	9%	5%	8%	14%	9%	9%	9%	11%	8%	10%	8%	10%	10%	8%
			a	ab										
NET: Some (2-4 days)	784	287	171	322	583	56	586	70	512	102	542	74	396	183
	39%	44%	33%	40%	41%	24%	41%	29%	42%	32%	42%	29%	39%	37%
		b		b	b		b		b		b			

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

**Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.**

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	649	311	168	163	528	38	506	42	497	51	519	32	398	111
	32%	47%	32%	20%	37%	16%	36%	17%	40%	16%	40%	13%	39%	23%
		bc	c		b		b		b		b		b	
Base for stats	2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
Median	3	4	3	2	3	0	3	1	4	1	4	1	3	2
Mean Score	3.24	4.34	3.06	2.52	3.65	1.69	3.56	2.02	3.86	1.93	3.83	1.63	3.73	2.52
		bc	c		b		b		b		b		b	
Standard Deviation	2.464	2.122	2.632	2.274	2.386	2.278	2.399	2.331	2.356	2.215	2.354	2.088	2.394	2.400
Standard Error	.055	.082	.116	.080	.063	.150	.064	.150	.067	.125	.065	.129	.075	.109
Error variance	*	.01	.01	.01	*	.02	*	.02	*	.02	*	.02	.01	.01

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

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

BASE: All respondents

			Gender		Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	178	83	94	95	56	28	5	19	20	24	15	17	41	26	12
		9%	8%	9%	16% bc	8% c	4%	5%	7%	10%	11%	9%	7%	13% abi	8%	6%
A bit more	(4.0)	478	246	228	179	156	144	20	62	45	46	35	61	85	80	44
		24%	25%	22%	29% bc	24%	19%	20%	24%	23%	22%	20%	27%	27%	24%	21%
Neither more nor less	(3.0)	524	267	253	91	171	263	24	72	60	58	44	62	60	80	65
		26%	27%	25%	15%	26% a	35% ab	25%	27% g	30% g	27% g	25%	28% g	19%	25%	31% g
A bit less	(2.0)	364	179	185	111	110	143	20	54	31	35	27	42	59	55	42
		18%	18%	18%	18%	17%	19%	21%	20%	16%	17%	15%	19%	18%	17%	20%
A lot less	(1.0)	441	192	245	118	162	161	26	53	38	44	51	42	64	81	42
		22%	20%	24% a	19%	25% a	21%	27%	20%	19%	21%	29% bcdfgi	19%	20%	25%	20%
Don't know		34	12	15	16	6	11	2	4	3	5	1	-	12	4	2
		2%	1%	1%	3% b	1%	1%	2% f	1%	1%	2% f	1%	-	4% efi	1%	1%
NET: More		657	329	322	273	211	172	24	81	65	70	50	78	126	106	57
		33%	34%	32%	45% bc	32% c	23%	25%	31%	33%	33%	29%	35%	39% abei	32%	27%
NET: Less		805	372	430	229	272	304	46	107	69	78	78	83	123	136	84
		40%	38%	42%	38%	41%	41%	48% c	41%	35%	37%	45% c	37%	38%	42%	40%
Base for stats		1985	968	1005	594	653	739	95	259	194	206	172	223	309	322	206
Mean Score		2.79	2.84	2.74	3.04 bc	2.74	2.64	2.55	2.76	2.89 ae	2.86 a	2.63	2.86 a	2.93 ae	2.74	2.72
Standard Deviation		1.276	1.246	1.302	1.386	1.294	1.133	1.235	1.227	1.262	1.300	1.330	1.222	1.350	1.299	1.188
Standard Error		.029	.041	.041	.053	.050	.046	.117	.077	.086	.093	.092	.093	.076	.074	.084
Error variance		*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	.01	.01	.01

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

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

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	178	25	32	62	24	17	18	119	59	135	8	12	10	3	1	35
		9%	18%	8%	12%	9%	8%	4%	11%	6%	8%	14%	11%	13%	18%	13%	13%
			bcdefgh	f	bfb	f	f		fh								a
A bit more	(4.0)	478	40	117	147	56	38	80	304	174	404	13	34	15	1	3	66
		24%	29%	28%	28%	21%	18%	18%	28%	19%	24%	21%	31%	20%	6%	25%	24%
			efh	defh	defh				defh								
Neither more nor less	(3.0)	524	27	85	119	72	61	160	232	293	460	13	20	17	3	4	56
		26%	20%	20%	22%	27%	29%	35%	21%	31%	27%	21%	18%	23%	16%	35%	20%
					bg	bg	abcdg		abcg		cg						
A bit less	(2.0)	364	25	88	94	41	37	79	207	157	311	12	17	16	4	-	49
		18%	18%	21%	18%	16%	17%	17%	19%	17%	18%	19%	16%	21%	27%	-	18%
A lot less	(1.0)	441	21	90	101	67	59	103	212	229	372	14	25	16	4	3	62
		22%	15%	22%	19%	25%	27%	23%	19%	25%	22%	23%	23%	21%	27%	28%	23%
					acg	acg			acg								
Don't know		34	1	5	7	4	1	16	13	21	20	1	1	2	1	-	5
		2%	*	1%	1%	1%	1%	3%	1%	2%	1%	2%	1%	2%	6%	-	2%
								bceg									
NET: More		657	65	149	209	80	56	98	423	233	539	22	47	25	4	4	101
		33%	47%	36%	39%	30%	26%	21%	39%	25%	32%	35%	43%	32%	24%	38%	37%
			bdefh	efh	defh	f			defh				a				
NET: Less		805	46	178	195	108	96	182	419	386	683	26	42	32	9	3	111
		40%	33%	43%	37%	41%	45%	40%	39%	41%	40%	42%	39%	43%	54%	28%	41%
				a			ac										
Base for stats		1985	139	413	523	259	213	440	1074	912	1683	60	108	74	15	11	268
Mean Score		2.79	3.17	2.79	2.95	2.73	2.62	2.61	2.92	2.65	2.77	2.84	2.93	2.81	2.58	2.95	2.86
			bdefgh	f	defh				defh								
Standard Deviation		1.276	1.334	1.280	1.307	1.308	1.282	1.147	1.305	1.226	1.257	1.385	1.366	1.340	1.500	1.427	1.365
Standard Error		.029	.113	.064	.057	.078	.084	.058	.040	.041	.031	.174	.127	.153	.375	.396	.081
Error variance		*	.01	*	*	.01	.01	*	*	*	*	.03	.02	.02	.14	.16	.01

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

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

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	178	91	33	49	82	15	6	34	123	56	170	6	18	75	68	18	161	38	119
		9%	7%	10%	15%	12%	19%	7%	7%	9%	8%	10%	3%	6%	7%	13%	19%	9%	13%	9%	
					ab	a	bcde					b				abe	abe	ab	b		
A bit more		(4.0)	478	270	99	82	181	16	34	98	330	148	430	36	57	258	141	22	421	104	310
		24%	22%	29%	25%	27%	21%	37%	19%	25%	22%	25%	17%	18%	23%	28%	23%	25%	35%	23%	
				a		a		acde		c		b			a	a		a	b		
Neither more nor less		(3.0)	524	375	68	55	122	14	19	145	346	178	438	66	114	298	97	15	410	50	354
		26%	30%	20%	17%	18%	18%	21%	29%	26%	26%	25%	32%	36%	27%	19%	15%	24%	17%	26%	
			bcd						a			a		bcde	cd		cd		a		
A bit less		(2.0)	364	222	71	55	127	12	14	79	259	105	325	28	51	205	91	17	313	44	261
		18%	18%	21%	17%	19%	15%	16%	16%	19%	16%	19%	13%	16%	19%	18%	18%	18%	15%	19%	
										e											
A lot less		(1.0)	441	266	71	81	153	20	15	136	270	171	358	67	68	244	107	22	373	57	307
		22%	21%	21%	25%	23%	25%	16%	27%	20%	25%	21%	32%	22%	22%	21%	22%	22%	19%	23%	
									bd		d		a								
Don't know		34	15	1	1	2	1	3	11	18	15	21	5	5	18	7	3	28	5	9	
		2%	1%	*	*	*	2%	3%	2%	1%	2%	1%	3%	2%	2%	1%	3%	2%	2%	1%	
NET: More		657	362	132	130	263	31	40	132	453	204	600	42	75	333	209	40	582	141	429	
		33%	29%	39%	40%	39%	40%	44%	26%	34%	30%	34%	20%	24%	30%	41%	42%	34%	48%	32%	
				a	a	a	c	cde		c		b			a	abe	ab	ab	b		
NET: Less		805	488	143	137	279	32	29	215	529	276	683	94	119	449	198	39	686	101	568	
		40%	39%	42%	42%	42%	40%	32%	43%	39%	41%	39%	45%	38%	41%	39%	40%	40%	34%	42%	
								b											a		
Base for stats		1985	1225	342	322	664	78	87	492	1328	657	1721	202	307	1080	504	94	1678	292	1351	
Mean Score		2.79	2.75	2.86	2.88	2.87	2.93	3.03	2.62	2.83	2.71	2.84	2.44	2.69	2.74	2.94	2.98	2.81	3.07	2.76	
								ce		c		b				abe			b		
Standard Deviation		1.276	1.229	1.305	1.427	1.364	1.479	1.231	1.268	1.264	1.298	1.281	1.201	1.172	1.241	1.360	1.460	1.294	1.341	1.276	
Standard Error		.029	.034	.077	.085	.057	.164	.128	.060	.034	.052	.031	.086	.066	.038	.060	.149	.032	.080	.035	
Error variance		*	*	.01	.01	*	.03	.02	*	*	*	*	.01	*	*	*	.02	*	.01	*	



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

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

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
							NET: Longstanding physical and mental condition or illness													
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	178	24	27	10	119	53	6	148	30	7	3	9	22	23	36	14	65	54	115
		9%	10%	8%	11%	9%	9%	8%	9%	7%	2%	2%	3%	7%	12%	19%	19%	17%	7%	18%
A bit more	(4.0)	478	54	65	28	327	132	15	370	108	20	29	75	92	66	57	26	113	233	196
		24%	23%	18%	31% b	24% b	22%	21%	23%	24%	5%	16% a	28% ab	28% ab	35% ab	30% ab	36% ab	29% ab	30% ab	30% ab
Neither more nor less	(3.0)	524	55	98	18	357	151	14	391	133	144	42	56	83	32	42	15	111	171	168
		26%	23%	27%	20%	27%	25%	19%	25%	30% a	36% bcdefghij	22%	21%	26% e	17%	22%	20%	29% cei	22%	26% e
A bit less	(2.0)	364	44	57	13	256	99	13	288	76	57	35	55	71	51	36	11	49	177	95
		18%	18%	16%	14%	19%	16%	18%	18%	17%	14%	19%	21% ahj	22% ahj	27% aghj	19%	15%	13%	23% ahj	15%
A lot less	(1.0)	441	56	106	20	269	157	22	356	84	153	74	73	54	17	21	6	41	145	68
		22%	24%	30% d	22%	20%	26% d	31% d	23%	19%	38% cdefghij	39% cdefghij	27% defghij	17% ehj	9%	11%	9%	11%	19% efghj	11%
Don't know		34	6	4	2	12	10	2	23	11	18	5	1	2	1	1	2	5	4	7
		2%	2% d	1%	2%	1%	2%	3%	1%	2%	5% cdefhij	2% ci	*	1%	*	*	2%	1%	1%	1%
NET: More		657	77	92	38	445	185	21	518	139	27	32	84	113	89	93	40	178	287	311
		33%	33%	26%	42% be	33% b	31%	29%	33%	31%	7%	17% a	31% ab	35% ab	47% abcdi	48% abcdi	55% abcdi	46% abcdi	37% ab	48% abcdi
NET: Less		805	100	164	33	525	256	35	644	161	210	109	129	125	69	56	17	90	322	163
		40%	42%	46% d	36%	39%	42%	49%	41%	36%	53% defghij	58% cdefghij	48% defghj	39% fghj	36% ghj	29%	23%	23%	41% fghj	25%
Base for stats		1985	232	354	89	1327	592	70	1553	432	381	183	269	321	190	191	71	379	780	642
Mean Score		2.79	2.76	2.58	2.94 b	2.83 b	2.71	2.57	2.79	2.82	2.13	2.19	2.59 ab	2.86 abc	3.14 abcdi	3.27 abcdi	3.42 abcdi	3.30 abcdi	2.84 abc	3.30 abcdi
Standard Deviation		1.276	1.324	1.296	1.354	1.256	1.314	1.365	1.295	1.209	1.067	1.176	1.246	1.198	1.210	1.266	1.215	1.210	1.234	1.226
Standard Error		.029	.084	.071	.141	.035	.054	.163	.033	.059	.056	.086	.076	.066	.088	.089	.142	.063	.044	.049
Error variance		*	.01	.01	.02	*	*	.03	*	*	*	.01	.01	*	.01	.01	.02	*	*	*

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

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

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	178	178	-	-	140	14	132	24	127	30	125	23	114	41
		9%	27%	-	-	10%	6%	9%	10%	10%	9%	10%	9%	11%	8%
			bc			b									
A bit more	(4.0)	478	478	-	-	368	36	366	36	311	67	338	49	271	96
		24%	73%	-	-	26%	15%	26%	15%	25%	21%	26%	19%	27%	20%
			bc			b		b				b		b	
Neither more nor less	(3.0)	524	-	524	-	315	82	312	77	270	99	287	81	199	148
		26%	-	100%	-	22%	34%	22%	32%	22%	31%	22%	31%	20%	30%
				ac		a		a		a		a		a	
A bit less	(2.0)	364	-	-	364	290	35	278	34	241	47	247	38	193	84
		18%	-	-	45%	20%	15%	20%	14%	20%	15%	19%	15%	19%	17%
					ab	b									
A lot less	(1.0)	441	-	-	441	297	68	313	63	271	72	293	62	219	118
		22%	-	-	55%	21%	29%	22%	26%	22%	23%	23%	24%	22%	24%
					ab	a									
Don't know		34	-	-	-	10	4	13	5	11	4	11	4	15	3
		2%	-	-	-	1%	2%	1%	2%	1%	1%	1%	2%	2%	1%
NET: More		657	657	-	-	508	50	497	60	439	97	463	72	385	137
		33%	100%	-	-	36%	21%	35%	25%	36%	30%	36%	28%	38%	28%
			bc			b		b				b		b	
NET: Less		805	-	-	805	587	103	591	97	512	119	541	101	411	202
		40%	-	-	100%	41%	43%	42%	41%	42%	37%	42%	39%	41%	41%
					ab										
Base for stats		1985	657	524	805	1410	234	1400	234	1221	314	1291	253	995	487
Mean Score		2.79	4.27	3.00	1.45	2.83	2.54	2.80	2.67	2.82	2.80	2.81	2.73	2.87	2.71
			c			b								b	
Standard Deviation		1.276	.445	-	.498	1.296	1.221	1.301	1.299	1.315	1.272	1.310	1.274	1.337	1.262
Standard Error		.029	.017	-	.018	.035	.081	.035	.085	.038	.073	.037	.080	.042	.058
Error variance		*	*	-	*	*	.01	*	.01	*	.01	*	.01	*	*

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

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

BASE: All respondents

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204	
Total	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Walking (either for leisure or travel)	1187	552	631	333	391	463	60	163	114	110	109	145	163	191	133	
	59%	56%	62%	55%	59%	62%	61%	62%	58%	52%	63%	65%	51%	59%	64%	
			a			a		dg			dg	dg			dg	
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	454	230	222	204	140	110	18	52	47	59	31	45	90	64	48	
	22%	23%	22%	33%	21%	15%	19%	20%	24%	28%	18%	20%	28%	20%	23%	
				bc	c					beh			beh			
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	419	162	255	198	153	68	19	51	29	44	31	37	101	66	41	
	21%	17%	25%	33%	23%	9%	19%	19%	15%	21%	18%	16%	32%	20%	20%	
			a	bc	c								abcdefhi			
Running or jogging	317	167	145	177	111	29	14	39	22	31	28	20	90	46	28	
	16%	17%	14%	29%	17%	4%	14%	15%	11%	14%	16%	9%	28%	14%	13%	
				bc	c						f		abcdefhi			
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	308	157	149	127	123	57	9	37	30	39	28	33	51	50	30	
	15%	16%	15%	21%	19%	8%	9%	14%	15%	19%	16%	15%	16%	15%	14%	
				c	c					a						
Cycling (either for leisure or travel)	201	126	72	84	69	49	11	22	20	15	24	20	40	31	17	
	10%	13%	7%	14%	10%	6%	12%	8%	10%	7%	14%	9%	13%	10%	8%	
		b		c	c						bdi		d			
Other sport, exercise or physical activity	115	68	46	27	34	53	8	10	13	9	9	12	11	16	26	
	6%	7%	5%	4%	5%	7%	9%	4%	7%	4%	5%	5%	4%	5%	12%	
		b			a		bg								bdefgh	
I have not done any physical activity in the past week	284	118	158	49	80	155	13	31	39	32	24	34	37	49	25	
	14%	12%	15%	8%	12%	21%	14%	12%	20%	15%	14%	15%	12%	15%	12%	
			a		a	ab			bgi							
NET: Home based activity	912	421	487	373	328	211	34	113	84	108	73	96	178	137	89	
	45%	43%	48%	61%	50%	28%	35%	43%	43%	51%	42%	43%	55%	42%	43%	
			a	bc	c					ah			abcefhi			

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

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

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1187	70	264	325	156	121	252	659	528	1045	35	48	34	6	7	129
	59%	50%	63% afh	61% a	59%	57%	55%	61% a	57%	61% cdg	57%	44%	44%	35%	65%	47%
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	454	55	104	133	56	45	61	293	161	358	26	32	24	3	3	87
	22%	40% bcdefgh	25% fh	25% fh	21% f	21% f	13% dfh	27% dfh	17% a	21% a	42% a	29% a	32% a	19% a	22% a	32% a
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	419	54	109	131	55	31	40	294	125	323	25	31	23	6	1	87
	21%	39% bcdefgh	26% efh	25% efh	21% fh	15% f	9% defh	27% f	13% a	19% a	41% a	29% a	30% a	37% a	11% a	32% a
Running or jogging	317	48	95	83	46	24	20	226	91	218	29	31	23	3	2	87
	16%	34% bcdefgh	23% cefh	16% fh	18% efh	11% f	4% cefh	21% cefh	10% f	13% acd	47% g	28% a	30% a	16% a	19% a	32% a
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	308	30	69	88	49	37	35	187	121	249	11	22	19	1	2	56
	15%	21% fh	17% f	17% f	19% fh	17% f	8% fh	17% fh	13% f	15% a	19% a	21% a	25% a	4% a	16% a	20% a
Cycling (either for leisure or travel)	201	35	44	52	33	20	18	131	71	162	13	13	7	2	-	34
	10%	25% bcdefgh	11% f	10% f	13% fh	9% f	4% fh	12% fh	8% f	9% a	21% a	12% a	9% a	11% a	-	12% a
Other sport, exercise or physical activity	115	7	27	20	13	11	37	54	61	104	2	3	3	1	-	8
	6%	5% cg	6% c	4% c	5% c	5% c	8% cg	5% c	7% c	6% g	3% g	2% g	4% g	6% g	-	3% g
I have not done any physical activity in the past week	284	8	34	51	26	41	124	93	190	247	3	13	6	4	1	26
	14%	6% abcdg	8% abcdegh	10% abcdegh	10% abcdegh	19% abcdegh	27% abcdegh	9% abcdegh	20% abcdegh	15% bg	4% bg	12% bg	8% bg	23% bg	7% bg	9% bg
NET: Home based activity	912	96	218	270	122	87	120	584	329	735	44	62	47	8	4	163
	45%	69% bcdefgh	52% efh	51% efh	46% fh	41% f	26% defh	54% defh	35% f	43% a	71% a	57% a	61% a	47% a	33% a	60% a

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

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

BASE: All respondents

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total	2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total	2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1187 59%	753 61%	208 61%	177 55%	385 58%	26 32%	32 35%	216 43%	913 68% abce	274 41%	1109 64% b	53 25%	185 59% d	680 62% cd	286 56% d	36 37%	1002 59% d	146 49%	840 62% a
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	454 22%	260 21%	76 22%	98 30% ab	174 26% a	26 33% cd	33 37% cde	96 19%	300 22%	155 23%	421 24% b	25 12%	67 21%	215 20%	145 28% abe	27 28%	387 23%	86 29% b	292 22%
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	419 21%	198 16%	94 27% a	104 32% a	198 30% a	24 30% ce	26 28% c	85 17%	284 21% c	134 20%	382 22% b	26 12%	42 13%	195 18%	159 31% abe	23 24% a	377 22% ab	78 26%	289 21%
Running or jogging	317 16%	149 12%	64 19% a	85 26% ab	149 22% a	14 18% c	24 27% cde	44 9%	235 17% ce	82 12%	292 17% b	16 8%	27 9%	131 12%	138 27% abe	20 21% ab	290 17% ab	65 22% b	213 16%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	308 15%	119 10%	80 23% a	89 28% a	169 25% a	15 19%	18 20%	65 13%	210 16%	98 15%	278 16%	23 11%	20 6%	143 13% a	122 24% abe	23 24% ab	288 17% ab	61 21%	222 16%
Cycling (either for leisure or travel)	201 10%	93 7%	43 13% a	53 16% a	96 14% a	10 12% c	15 16% ce	31 6%	147 11% c	55 8%	183 11% b	11 5%	21 7%	100 9%	66 13% ab	15 16% ab	181 11% a	42 14% b	133 10%
Other sport, exercise or physical activity	115 6%	74 6%	18 5%	19 6%	37 6%	4 5%	5 5%	40 8% d	66 5%	48 7% d	100 6%	9 5%	12 4%	66 6%	32 6%	4 4%	103 6%	22 7%	78 6%

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

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

BASE: All respondents

Significance Level: 95%		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self						Care responsibilities in household not including children	
				2 or more children		Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others			
	Total	None	1 child		NET: Yes						Yes	No	Lives alone	2-3	4-5	6+		Yes	No	
		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total	2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total	2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
I have not done any physical activity in the past week	284	206	25	30	55	16	8	122	138	146	171	89	60	165	47	12	224	26	184	
	14%	17%	7%	9%	8%	20%	9%	24%	10%	22%	10%	43%	19%	15%	9%	12%	13%	9%	14%	
		bcd				bd		bd		bd		a	ce	c		c			a	
NET: Home based activity	912	472	191	204	395	46	56	196	614	298	833	61	108	443	303	59	805	167	620	
	45%	38%	56%	63%	59%	58%	62%	39%	46%	44%	48%	29%	34%	40%	59%	61%	47%	56%	46%	
			a	a	a	cde	cde		c		b				abe	abe	ab	b		

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

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

BASE: All respondents

	Longstanding condition or illness							Area		Number of days active									
	Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1187	135	172	37	847	305	34	923	264	110	121	170	205	118	129	53	281	493	463
	59%	57%	48%	40%	63%	51%	47%	59%	60%	28%	64%	63%	63%	62%	67%	72%	73%	63%	71%
		bc			abcef						a	a	a	a	a	a	abcdei	a	acdei
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	454	55	66	23	308	128	15	378	76	17	27	63	91	62	61	26	106	216	194
	22%	23%	19%	26%	23%	21%	21%	24%	17%	4%	14%	23%	28%	33%	32%	36%	28%	28%	30%
								b			a	ab	ab	abc	abc	abc	ab	ab	abc
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	419	46	44	25	298	106	6	348	71	12	29	54	81	57	59	28	98	192	186
	21%	19%	12%	28%	22%	18%	9%	22%	16%	3%	15%	20%	25%	30%	31%	38%	26%	25%	29%
		bf		bef	bef	b		b			a	a	ab	abc	abc	abcdhi	ab	ab	abc
Running or jogging	317	35	21	14	234	66	4	255	62	5	23	36	65	40	55	15	78	141	148
	16%	15%	6%	15%	17%	11%	6%	16%	14%	1%	12%	13%	20%	21%	29%	21%	20%	18%	23%
		bf		b	bef	b					a	a	abc	abc	abcdhi	a	abc	a	abci
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	308	48	45	25	191	106	11	230	78	24	16	56	61	36	34	16	64	153	114
	15%	20%	13%	27%	14%	18%	16%	15%	18%	6%	9%	21%	19%	19%	18%	22%	17%	20%	18%
		bd		bde		b						ab	ab	ab	ab	ab	ab	ab	ab
Cycling (either for leisure or travel)	201	29	23	7	139	53	6	151	50	6	8	20	38	37	33	19	41	95	92
	10%	12%	6%	8%	10%	9%	8%	10%	11%	1%	4%	8%	12%	19%	17%	26%	11%	12%	14%
		b			b						a	a	ab	abcdhi	abch	abcdhij	ab	abc	abc
Other sport, exercise or physical activity	115	14	31	5	69	42	8	76	39	12	6	17	21	8	13	2	36	45	51
	6%	6%	9%	5%	5%	7%	11%	5%	9%	3%	3%	6%	6%	4%	7%	3%	9%	6%	8%
			d			d			a			a	a		a		abei	a	ab
I have not done any physical activity in the past week	284	33	94	11	155	112	21	217	66	239	14	8	5	5	3	-	11	17	14
	14%	14%	26%	12%	12%	19%	29%	14%	15%	60%	8%	3%	2%	2%	1%	-	3%	2%	2%
			acde			d	acde			bcdefghij	cdefghij								

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

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

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

NET: Home based activity

	Longstanding condition or illness						Area		Number of days active									
Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
	a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
912	117	126	54	616	266	27	728	184	49	63	137	176	122	113	52	200	435	365
45%	49%	35%	60%	46%	44%	38%	46%	42%	12%	33%	51%	54%	64%	59%	71%	52%	56%	56%
	b		bdef	b	b					a	ab	ab	abcdhi	ab	abcdhij	ab	ab	ab



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

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

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1187	386	300	498	921	98	895	103	785	151	843	109	637	265
	59%	59%	57%	62%	65%	41%	63%	43%	64%	47%	65%	42%	63%	54%
					b		b		b		b		b	
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	454	214	80	156	361	41	369	37	331	49	366	29	287	75
	22%	33%	15%	19%	25%	17%	26%	16%	27%	15%	28%	11%	28%	15%
		bc			b		b		b		b		b	
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	419	213	64	137	332	25	320	40	310	47	315	37	266	74
	21%	32%	12%	17%	23%	10%	23%	17%	25%	15%	24%	14%	26%	15%
		bc		b	b		b		b		b		b	
Running or jogging	317	159	61	94	266	17	254	23	240	25	263	15	215	43
	16%	24%	12%	12%	19%	7%	18%	10%	20%	8%	20%	6%	21%	9%
		bc			b		b		b		b		b	
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	308	130	55	120	225	33	229	32	202	51	195	50	166	83
	15%	20%	11%	15%	16%	14%	16%	13%	16%	16%	15%	19%	16%	17%
		bc		b										
Cycling (either for leisure or travel)	201	100	47	54	157	12	161	12	156	18	160	16	130	31
	10%	15%	9%	7%	11%	5%	11%	5%	13%	6%	12%	6%	13%	6%
		bc			b		b		b		b		b	
Other sport, exercise or physical activity	115	45	31	38	86	9	86	16	75	10	80	14	54	25
	6%	7%	6%	5%	6%	4%	6%	7%	6%	3%	6%	6%	5%	5%
									b					
I have not done any physical activity in the past week	284	20	108	134	115	86	124	75	84	98	86	89	73	117
	14%	3%	21%	17%	8%	36%	9%	31%	7%	31%	7%	34%	7%	24%
			a	a		a		a		a		a		a

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

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

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

NET: Home based activity

	Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
	a	b	c	a	b	a	b	a	b	a	b	a	b
2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
912	407	168	328	694	79	707	86	640	118	671	88	545	184
45%	62%	32%	41%	49%	33%	50%	36%	52%	37%	52%	34%	54%	38%
	bc		b	b		b		b		b		b	

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

**Q4. SUMMARY: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

		Nobody, I did this on my own	With another adult or adults	With a child or children	NET: With somebody else
	Total				
Walking (either for leisure or travel)	1187 100%	606 51%	476 40%	200 17%	581 49%
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	454 100%	350 77%	69 15%	47 10%	105 23%
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	419 100%	252 60%	111 26%	78 19%	167 40%
Running or jogging	317 100%	233 73%	60 19%	30 10%	84 27%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	308 100%	84 27%	115 37%	137 44%	224 73%
Cycling (either for leisure or travel)	201 100%	133 66%	48 24%	34 17%	68 34%
Other sport, exercise or physical activity	115 100%	79 69%	27 23%	14 12%	36 31%

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

**Q4.1. Walking (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	1177	522	651	392	397	388	71	158	124	103	132	110	167	181	131
Total	1187	552	631	333	391	463	60	163	114	110	109	145	163	191	133
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	606	305	299	151	179	276	32	84	63	64	49	73	89	86	65
	51%	55%	47%	45%	46%	60%	54%	52%	56%	58%	45%	50%	55%	45%	49%
		b				ab				h					
With another adult or adults	476	226	248	150	151	175	23	63	39	38	47	64	59	81	62
	40%	41%	39%	45%	39%	38%	38%	39%	34%	34%	44%	44%	36%	42%	46%
				c											
With a child or children	200	64	136	65	116	18	9	25	22	17	21	22	24	42	19
	17%	12%	22%	20%	30%	4%	15%	16%	19%	16%	19%	15%	14%	22%	14%
			a	c	ac										
NET: With somebody else	581	247	332	183	212	187	27	78	51	46	60	72	74	105	68
	49%	45%	53%	55%	54%	40%	46%	48%	44%	42%	55%	50%	45%	55%	51%
		a		c	c									d	

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

**Q4.1. Walking (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	1177	72	254	325	169	134	223	651	526	1025	39	50	34	6	8	137
Total	1187	70	264	325	156	121	252	659	528	1045	35	48	34	6	7	129
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	606	35	122	174	67	66	141	331	274	530	18	24	19	2	5	68
	51%	50%	46%	53% d	43%	55% d	56% bd	50%	52% d	51%	50%	51%	56%	35%	66%	52%
With another adult or adults	476	32	123	125	64	37	94	281	195	422	16	22	8	3	2	50
	40%	46% e	47% cefh	38%	41%	31%	37%	43% e	37%	40% d	46% d	46% d	23%	49%	24%	39%
With a child or children	200	14	52	50	41	26	17	115	85	179	3	7	7	1	1	19
	17%	19% f	20% f	15% f	26% cfgh	22% f	7%	18% f	16% f	17%	10%	14%	21%	16%	10%	14%
NET: With somebody else	581	35	141	152	88	55	110	328	254	515	17	23	15	4	3	62
	49%	50% f	54% f	47% f	57% cefh	45%	44%	50%	48%	49%	50%	49%	44%	65%	34%	48%

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

**Q4.1. Walking (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	*a	b	c	d	e	a	b	a	b	c	d	e	a	b
1177	790	174	157	331	27	35	195	920	257	1100	51	184	664	290	39	993	143	831
1187	753	208	177	385	26	32	216	913	274	1109	53	185	680	286	36	1002	146	840
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
606	439	74	64	138	15	16	118	457	149	558	32	171	301	123	11	434	70	355
51%	58%	36%	36%	36%	57%	50%	55%	50%	54%	50%	60%	92%	44%	43%	29%	43%	48%	42%
	bcd											bcd						
476	304	90	67	157	11	13	81	370	106	451	16	12	327	117	19	464	58	401
40%	40%	43%	38%	41%	43%	42%	38%	41%	39%	41%	31%	7%	48%	41%	54%	46%	39%	48%
													ac	a	a	a		
200	15	92	85	177	2	2	23	173	27	193	6	2	94	94	10	198	29	169
17%	2%	44%	48%	46%	8%	8%	11%	19%	10%	17%	11%	1%	14%	33%	29%	20%	20%	20%
		a	a	a				ce					a	abe	ab	ab		
581	315	134	113	246	11	16	98	456	125	551	21	14	379	163	25	567	76	485
49%	42%	64%	64%	64%	43%	50%	45%	50%	46%	50%	40%	8%	56%	57%	71%	57%	52%	58%
		a	a	a									a	a	a	a		

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

**Q4.1. Walking (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

		Longstanding condition or illness						Area		Number of days active									
	Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	1177	146	158	39	834	304	34	920	257	107	123	168	207	116	135	54	267	491	456
Total	1187	135	172	37	847	305	34	923	264	110	121	170	205	118	129	53	281	493	463
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	606	70	104	17	417	171	19	474	131	68	68	81	105	60	50	27	147	246	224
	51%	52%	61%	46%	49%	56%	55%	51%	50%	62%	56%	48%	51%	51%	39%	52%	52%	50%	48%
			d			d				cfij	f		f				f	f	
With another adult or adults	476	52	52	16	354	106	13	366	110	35	39	64	79	53	68	22	116	196	206
	40%	39%	30%	45%	42%	35%	37%	40%	42%	32%	32%	38%	38%	45%	52%	42%	41%	40%	44%
					be										abcdhi				ab
With a child or children	200	22	20	7	153	43	5	156	44	13	21	40	42	14	20	8	42	97	70
	17%	17%	12%	18%	18%	14%	14%	17%	16%	12%	17%	24%	21%	12%	16%	15%	15%	20%	15%
					b							aehj							
NET: With somebody else	581	65	67	20	430	134	15	448	133	42	53	89	100	58	79	26	135	247	239
	49%	48%	39%	54%	51%	44%	45%	49%	50%	38%	44%	52%	49%	49%	61%	48%	48%	50%	52%
					be							a			abdhi			a	

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

**Q4.1. Walking (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

	Total	Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	1177	389	288	496	915	96	882	108	776	146	829	112	636	260
Total	1187	386	300	498	921	98	895	103	785	151	843	109	637	265
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	606	168	179	256	464	52	442	57	385	75	415	52	323	124
	51%	44%	60%	51%	50%	52%	49%	55%	49%	50%	49%	47%	51%	47%
			ac	a										
With another adult or adults	476	178	104	195	382	36	375	34	329	64	354	47	250	117
	40%	46%	35%	39%	42%	36%	42%	33%	42%	42%	42%	43%	39%	44%
			bc											
With a child or children	200	84	35	80	153	16	152	19	136	21	146	23	112	47
	17%	22%	12%	16%	17%	16%	17%	18%	17%	14%	17%	21%	18%	18%
			bc											
NET: With somebody else	581	218	121	242	457	47	453	46	400	76	428	58	314	141
	49%	56%	40%	49%	50%	48%	51%	45%	51%	50%	51%	53%	49%	53%
			bc	b										



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

**Q4.2. Cycling (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	*b	*c	*d	e	*f	g	*h	*i
Unweighted Total	206	127	76	98	67	41	12	22	23	15	30	17	41	29	17
Total	201	126	72	84	69	49	11	22	20	15	24	20	40	31	17
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	133	87	43	48	51	34	7	13	14	8	15	16	29	23	8
	66%	69%	60%	57%	75%	69%	61%	61%	71%	54%	62%	79%	71%	73%	47%
					a										
With another adult or adults	48	29	19	31	9	8	4	6	5	5	5	2	11	5	4
	24%	23%	26%	37%	13%	17%	39%	26%	25%	36%	22%	11%	27%	16%	25%
				bc											
With a child or children	34	18	16	14	12	8	1	6	3	3	5	2	2	5	6
	17%	15%	21%	16%	18%	17%	9%	27%	12%	22%	22%	10%	6%	18%	36%
											g				
NET: With somebody else	68	39	29	36	17	15	4	8	6	7	9	4	12	8	9
	34%	31%	40%	43%	25%	31%	39%	39%	29%	46%	38%	21%	29%	27%	53%
				b											

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

**Q4.2. Cycling (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	206	33	44	53	37	21	18	130	76	164	14	12	7	2	-	35
Total	201	35	44	52	33	20	18	131	71	162	13	13	7	2	-	34
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	133	19	34	28	19	16	17	81	52	107	8	8	4	2	-	22
	66%	56%	77%	53%	59%	80%	95%	62%	74%	66%	64%	64%	62%	100%	-	66%
			c						c							
With another adult or adults	48	12	8	16	8	4	-	36	12	38	5	4	-	-	-	9
	24%	34%	17%	31%	25%	20%	-	27%	17%	23%	36%	36%	-	-	-	26%
With a child or children	34	6	3	14	9	1	1	23	11	30	1	-	3	-	-	4
	17%	17%	7%	26%	28%	5%	5%	17%	16%	19%	10%	-	38%	-	-	12%
				b	b											
NET: With somebody else	68	15	10	24	14	4	1	50	18	55	5	4	3	-	-	12
	34%	44%	23%	47%	41%	20%	5%	38%	26%	34%	36%	36%	38%	-	-	34%
				bh												

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

**Q4.2. Cycling (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	*a	*b	*c	d	e	a	*b	*a	b	c	*d	e	a	b
206	109	37	44	81	10	15	29	152	54	187	12	22	101	67	16	184	38	139
201	93	43	53	96	10	15	31	147	55	183	11	21	100	66	15	181	42	133
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
133	71	27	25	52	6	6	22	99	34	120	8	20	72	36	5	114	22	88
66%	77%	63%	47%	54%	60%	42%	72%	68%	62%	66%	67%	95%	72%	55%	35%	63%	52%	66%
		cd											c					
48	21	8	16	24	3	6	6	34	14	44	3	1	22	16	9	47	18	27
24%	22%	19%	31%	25%	30%	38%	18%	23%	26%	24%	25%	5%	22%	25%	60%	26%	43%	20%
																	b	
34	3	12	19	30	1	4	3	26	8	33	1	-	12	18	4	34	8	25
17%	3%	27%	35%	32%	9%	28%	10%	18%	15%	18%	8%	-	12%	28%	24%	19%	19%	19%
		a	a	a										b				
68	22	16	28	44	4	8	9	47	21	63	4	1	28	29	10	67	20	45
34%	23%	37%	53%	46%	40%	58%	28%	32%	38%	34%	33%	5%	28%	45%	65%	37%	48%	34%
			a	a										b				

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

**Q4.2. Cycling (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

		Longstanding condition or illness						Area		Number of days active									
	Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	*b	*c	d	e	*f	a	b	*a	*b	*c	d	e	f	*g	h	i	j
Unweighted Total	206	31	23	8	141	55	6	153	53	6	9	21	40	36	34	19	41	97	94
Total	201	29	23	7	139	53	6	151	50	6	8	20	38	37	33	19	41	95	92
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	133	15	14	2	97	28	3	106	28	6	8	10	25	23	22	13	28	58	62
	66%	52%	61%	25%	70% ae	53%	50%	70% b	55%	100%	90%	48%	65%	63%	67%	66%	69%	61%	68%
With another adult or adults	48	10	7	4	28	18	2	33	15	-	1	7	12	9	6	4	9	28	19
	24%	33%	30%	58%	20%	35% d	28%	22%	30%	-	10%	34%	30%	25%	19%	22%	23%	29%	21%
With a child or children	34	4	4	3	23	11	1	24	10	-	-	6	8	4	5	5	6	19	15
	17%	15%	19%	41%	17%	20%	22%	16%	21%	-	-	32%	21%	12%	14%	24%	15%	20%	16%
NET: With somebody else	68	14	9	5	42	25	3	45	23	-	1	11	13	14	11	7	12	38	30
	34%	48% d	39%	75%	30%	47% d	50%	30%	45% a	-	10%	52%	35%	37%	33%	34%	31%	39%	32%

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

**Q4.2. Cycling (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	*b	a	*b	a	*b	a	*b	a	b
Unweighted Total	206	101	45	59	161	12	166	12	159	17	166	15	135	31
Total	201	100	47	54	157	12	161	12	156	18	160	16	130	31
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	133	62	34	36	110	6	108	7	108	8	111	8	91	17
	66%	62%	73%	67%	70%	47%	67%	59%	69%	47%	69%	52%	70%	56%
With another adult or adults	48	31	5	12	34	5	38	4	34	6	36	5	26	9
	24%	31%	11%	22%	21%	46%	24%	34%	22%	34%	22%	32%	20%	29%
		b												
With a child or children	34	17	8	8	22	4	24	3	23	5	23	4	17	6
	17%	17%	18%	15%	14%	30%	15%	24%	15%	27%	14%	24%	13%	20%
NET: With somebody else	68	37	13	18	47	6	53	5	48	9	49	8	39	14
	34%	38%	27%	33%	30%	53%	33%	41%	31%	53%	31%	48%	30%	44%

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

**Q4.3. Running or jogging: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

	Gender		Age			Region									
	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%	a	b	a	b	c	a	b	c	d	e	f	g	h	i	
Unweighted Total	346	181	161	212	108	26	17	43	27	34	35	17	93	49	31
Total	317	167	145	177	111	29	14	39	22	31	28	20	90	46	28
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	233	126	104	123	86	23	11	28	16	23	22	12	66	37	18
	73%	75%	71%	70%	78%	80%	83%	70%	73%	77%	77%	61%	73%	80%	65%
With another adult or adults	60	33	28	38	18	4	1	9	5	5	6	3	17	7	7
	19%	20%	19%	21%	16%	15%	7%	23%	22%	17%	20%	16%	19%	15%	26%
With a child or children	30	13	17	20	8	2	1	3	1	3	1	4	11	2	3
	10%	8%	12%	11%	7%	8%	10%	9%	5%	9%	3%	23%	12%	4%	12%
NET: With somebody else	84	41	42	54	25	6	2	12	6	7	7	8	25	9	10
	27%	25%	29%	30%	22%	20%	17%	30%	27%	23%	23%	39%	27%	20%	35%

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

**Q4.3. Running or jogging: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	*e	*f	g	h	a	b	c	*d	*e	*f	g
Unweighted Total	346	51	98	93	55	27	22	242	104	238	30	34	25	3	3	95
Total	317	48	95	83	46	24	20	226	91	218	29	31	23	3	2	87
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	233	29	76	58	34	20	15	163	69	167	22	20	11	3	2	57
	73%	61%	80%	70%	73%	84%	72%	72%	76%	76%	77%	64%	48%	100%	69%	65%
		a								g						
With another adult or adults	60	13	15	17	10	1	3	46	15	39	3	10	8	-	-	20
	19%	28%	16%	21%	22%	6%	14%	20%	16%	18%	9%	33%	33%	-	-	23%
												ab				
With a child or children	30	7	6	9	2	3	3	22	8	16	4	3	4	-	1	12
	10%	16%	7%	10%	4%	14%	14%	10%	9%	7%	13%	11%	19%	-	31%	14%
NET: With somebody else	84	19	19	25	12	4	6	62	22	51	7	11	12	-	1	30
	27%	39%	20%	30%	27%	16%	28%	28%	24%	24%	23%	36%	52%	-	31%	35%
		b														a

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

**Q4.3. Running or jogging: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	*a	*b	c	d	e	a	*b	a	b	c	*d	e	a	b
346	191	57	75	132	15	25	48	258	88	317	18	31	147	145	23	315	64	237
317	149	64	85	149	14	24	44	235	82	292	16	27	131	138	20	290	65	213
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
233	117	48	56	103	10	15	27	180	52	220	8	27	88	102	16	206	37	161
73%	79%	75%	65%	69%	73%	63%	60%	77%	63%	75%	51%	100%	67%	74%	78%	71%	57%	75%
	c						ce					bce					a	
60	30	11	14	25	2	5	13	40	20	51	6	-	35	21	4	60	17	40
19%	20%	17%	17%	17%	13%	22%	29%	17%	24%	18%	35%	-	27%	16%	17%	21%	25%	19%
													ac	a		a		
30	3	5	20	25	2	4	6	19	11	26	2	-	11	19	1	30	14	15
10%	2%	8%	23%	17%	14%	15%	13%	8%	14%	9%	14%	-	8%	14%	4%	10%	21%	7%
		a	ab	a										a			b	
84	32	16	30	46	4	9	17	54	30	72	8	-	44	36	4	84	28	52
27%	21%	25%	35%	31%	27%	37%	40%	23%	37%	25%	49%	-	33%	26%	22%	29%	43%	25%
			a				d		d				a	a		a	b	



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

**Q4.3. Running or jogging: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

	Longstanding condition or illness						Area		Number of days active									
	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Total	a	*b	*c	d	e	*f	a	b	*a	*b	c	d	e	f	*g	h	i	j
346	38	22	14	256	70	4	276	70	7	25	39	73	42	63	15	82	154	160
317	35	21	14	234	66	4	255	62	5	23	36	65	40	55	15	78	141	148
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
233	23	14	4	182	39	2	191	42	3	20	25	46	25	42	12	60	96	114
73%	64%	67%	32%	78% e	59%	51%	75%	67%	55%	86%	69%	71%	63%	76%	79%	77%	68%	77%
60	5	4	8	41	17	1	44	16	1	2	10	15	9	10	2	11	34	24
19%	15%	20%	61%	18%	26%	14%	17%	26%	14%	10%	27%	24%	22%	18%	15%	15%	24%	16%
30	8	3	2	17	11	1	25	5	2	1	2	6	8	3	1	7	16	12
10%	22% d	13%	14%	7%	17% d	35%	10%	8%	31%	4%	7%	9%	20% fj	6%	6%	9%	12%	8%
84	13	7	9	52	27	2	64	21	2	3	11	19	15	13	3	18	44	34
27%	36%	33%	68%	22%	41% d	49%	25%	33%	45%	14%	31%	29%	37%	24%	21%	23%	32%	23%

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

### Q4.3. Running or jogging: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	*b	a	*b	a	*b	a	*b	a	b
Unweighted Total	346	173	65	104	285	21	276	26	262	28	284	17	237	45
Total	317	159	61	94	266	17	254	23	240	25	263	15	215	43
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	233	108	48	74	197	11	189	16	183	19	194	8	158	29
	73%	68%	79%	78%	74%	67%	75%	72%	76%	74%	74%	56%	73%	68%
With another adult or adults	60	31	12	18	49	3	45	5	40	7	49	5	43	11
	19%	19%	20%	19%	19%	15%	18%	23%	16%	26%	19%	31%	20%	25%
With a child or children	30	24	2	4	26	3	24	2	22	-	27	2	17	4
	10%	15% bc	3%	4%	10%	18%	9%	9%	9%	-	10%	13%	8%	9%
NET: With somebody else	84	51	13	20	69	5	65	6	57	7	69	7	58	14
	27%	32%	21%	22%	26%	33%	25%	28%	24%	26%	26%	44%	27%	32%

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

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

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

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	c	d	e	*f	g	h	i
Unweighted Total	427	163	262	224	149	54	23	53	34	43	38	29	105	62	40
Total	419	162	255	198	153	68	19	51	29	44	31	37	101	66	41
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	252	96	155	116	86	50	12	33	17	28	18	20	53	42	28
	60%	59%	61%	58%	56%	74% ab	64%	65%	60%	64%	59%	54%	53%	64%	69%
With another adult or adults	111	53	57	61	37	13	2	11	8	10	10	13	36	15	6
	26%	33% b	22%	31%	24%	19%	13%	21%	27%	22%	34% i	35%	35% i	23%	14%
With a child or children	78	21	57	31	40	8	4	9	5	10	3	6	19	13	9
	19%	13%	22% a	16%	26% ac	11%	23%	17%	17%	22%	11%	16%	19%	20%	21%
NET: With somebody else	167	66	100	83	67	17	7	18	12	16	13	17	48	24	13
	40%	41%	39%	42% c	44% c	26%	36%	35%	40%	36%	41%	46%	47%	36%	31%

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

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

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

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total	427	57	108	132	59	34	37	297	130	327	26	31	26	6	1	90
Total	419	54	109	131	55	31	40	294	125	323	25	31	23	6	1	87
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	252	30	60	78	37	20	27	168	84	207	14	11	12	3	1	41
	60%	55%	56%	59%	68%	64%	69%	57%	67%	64% cg	53%	36%	51%	48%	100%	47%
With another adult or adults	111	22	33	32	9	4	11	87	24	74	9	14	6	2	-	32
	26%	40%	31%	25%	16%	13%	27%	30%	19%	23%	36%	46%	26%	35%	-	37%
		cdeh	deh					deh				a				a
With a child or children	78	9	19	29	9	9	4	56	22	58	3	10	6	1	-	20
	19%	16%	17%	22%	16%	29% f	10%	19%	17%	18%	10%	32%	27%	17%	-	23%
NET: With somebody else	167	24	48	53	17	11	12	126	41	116	12	20	11	3	-	46
	40%	45%	44%	41%	32%	36%	31%	43%	33%	36%	47%	64% a	49%	52%	-	53% a

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

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

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

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	*a	*b	c	d	e	a	*b	a	b	c	*d	e	a	b
427	232	79	91	170	23	25	81	298	129	389	26	46	199	157	25	381	73	296
419	198	94	104	198	24	26	85	284	134	382	26	42	195	159	23	377	78	289
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
252	148	42	48	89	14	9	52	176	76	234	13	39	119	86	8	213	43	167
60%	75%	44%	46%	45%	61%	36%	61%	62%	56%	61%	51%	93%	61%	54%	35%	57%	55%	58%
	bcd											bce						
111	45	36	26	62	5	12	24	69	41	98	7	3	56	40	12	108	23	79
26%	23%	38%	25%	31%	20%	48%	28%	24%	31%	26%	29%	7%	29%	25%	53%	29%	29%	27%
		a											a	a		a		
78	7	25	42	67	6	5	17	51	27	70	5	-	29	45	5	78	15	62
19%	4%	27%	40%	34%	24%	19%	19%	18%	20%	18%	20%	-	15%	28%	20%	21%	19%	21%
		a	a	a									a	ab		a		
167	50	52	57	109	9	16	33	108	58	148	12	3	76	72	15	164	35	122
40%	25%	56%	54%	55%	39%	64%	39%	38%	44%	39%	49%	7%	39%	46%	65%	43%	45%	42%
		a	a	a									a	a		a		

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

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

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

	Longstanding condition or illness						Area		Number of days active									
	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Total	a	b	*c	d	e	*f	a	b	*a	*b	c	d	e	f	*g	h	i	j
427	50	42	25	304	108	7	354	73	12	29	55	86	58	63	28	96	199	187
419	46	44	25	298	106	6	348	71	12	29	54	81	57	59	28	98	192	186
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
252	26	22	12	189	54	5	215	38	6	20	25	54	36	31	19	60	115	110
60%	57%	51%	49%	63% e	51%	73%	62%	53%	51%	70%	46%	66% c	64%	53%	68%	61%	60%	59%
111	13	15	10	68	38	1	91	20	4	9	16	17	16	18	6	25	50	49
26%	28%	34%	42%	23%	35% d	11%	26%	27%	31%	30%	31%	21%	28%	30%	21%	25%	26%	26%
78	9	9	3	56	21	1	58	21	4	2	15	14	7	12	5	20	36	37
19%	20%	21%	14%	19%	20%	15%	17%	29% a	30%	6%	28% e	17%	12%	21%	18%	20%	19%	20%
167	20	21	13	109	52	2	133	34	6	9	29	27	20	28	9	39	77	75
40%	43%	49%	51%	37%	49% d	27%	38%	47%	49%	30%	54% d	34%	36%	47%	32%	39%	40%	41%

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

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

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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	*b	a	b	a	b	a	b	a	b
Unweighted Total	427	215	69	137	336	26	326	41	316	48	322	37	273	75
Total	419	213	64	137	332	25	320	40	310	47	315	37	266	74
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	252	119	48	83	194	19	191	25	195	26	190	19	161	44
	60%	56%	74% a	61%	58%	75%	60%	63%	63%	56%	60%	52%	60%	59%
With another adult or adults	111	66	13	29	91	2	90	5	74	13	85	11	75	19
	26%	31% c	21%	22%	27%	7%	28% b	11%	24%	28%	27%	31%	28%	25%
With a child or children	78	38	7	32	64	4	52	13	58	9	55	8	44	17
	19%	18%	11%	24% b	19%	18%	16%	33% a	19%	19%	17%	21%	16%	23%
NET: With somebody else	167	94	17	53	138	6	129	15	115	20	124	18	106	30
	40%	44% b	26%	39%	42%	25%	40%	37%	37%	44%	40%	48%	40%	41%

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

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

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

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	c	d	e	f	g	h	i
Unweighted Total	471	236	233	238	140	93	23	54	53	59	39	38	94	65	46
Total	454	230	222	204	140	110	18	52	47	59	31	45	90	64	48
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	350	185	163	154	101	94	16	39	37	36	28	40	64	46	44
	77%	80%	73%	76%	72%	86%	84%	74%	80%	61%	91%	88%	72%	72%	92%
						ab			d		bdgh	d			bdgh
With another adult or adults	69	30	40	37	20	11	2	9	6	17	1	4	12	15	4
	15%	13%	18%	18%	14%	10%	12%	17%	13%	28%	2%	9%	13%	23%	8%
								e		efgi				ei	
With a child or children	47	21	27	16	27	4	1	4	5	11	2	2	15	7	-
	10%	9%	12%	8%	19%	4%	7%	9%	11%	18%	7%	4%	17%	11%	-
					ac			i	i	fi			fi	i	
NET: With somebody else	105	45	59	50	39	16	3	13	9	23	3	6	26	18	4
	23%	20%	27%	24%	28%	14%	16%	26%	20%	39%	9%	12%	28%	28%	8%
				c	c			ei		cefi			ei	ei	



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

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

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

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total	471	56	107	141	62	49	56	304	167	370	27	33	26	3	3	92
Total	454	55	104	133	56	45	61	293	161	358	26	32	24	3	3	87
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	350	35	80	108	39	35	53	222	127	283	21	18	16	3	3	61
	77%	63%	77%	81%	69%	78%	87%	76%	79%	79%	83%	57%	66%	100%	100%	70%
				a			ad	a	a	c						
With another adult or adults	69	13	17	17	11	6	5	47	22	57	2	7	1	-	-	10
	15%	24%	16%	12%	20%	12%	9%	16%	14%	16%	8%	21%	4%	-	-	11%
		cf														
With a child or children	47	11	11	12	7	5	2	33	14	29	2	9	7	-	-	18
	10%	19%	11%	9%	13%	11%	4%	11%	9%	8%	8%	27%	31%	-	-	21%
		cfh										a				a
NET: With somebody else	105	20	24	26	17	10	8	70	34	75	4	14	8	-	-	26
	23%	37%	23%	19%	31%	22%	13%	24%	21%	21%	17%	43%	34%	-	-	30%
		cfgh			f							a				

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

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

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

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	*a	b	c	d	e	a	*b	a	b	c	*d	e	a	b
471	297	65	86	151	26	36	91	318	153	437	26	71	222	152	26	400	80	309
454	260	76	98	174	26	33	96	300	155	421	25	67	215	145	27	387	86	292
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
350	221	59	56	115	16	19	71	243	107	329	18	66	171	97	16	284	49	231
77%	85%	78%	57%	66%	63%	57%	75%	81%	69%	78%	72%	98%	80%	66%	60%	73%	58%	79%
	cd	c						be				bce	c				a	
69	34	11	21	32	5	12	16	36	33	59	7	1	34	29	5	68	23	40
15%	13%	14%	22%	18%	19%	37%	17%	12%	22%	14%	28%	2%	16%	20%	20%	18%	27%	14%
			a			cd			d				a	a		a	b	
47	7	9	28	37	4	5	11	27	20	43	3	-	11	27	9	47	17	30
10%	3%	12%	29%	21%	17%	15%	11%	9%	13%	10%	10%	-	5%	19%	34%	12%	19%	10%
		a	ab	a									a	ab		ab	b	
105	39	17	42	58	9	14	24	57	48	93	7	1	44	49	11	103	36	62
23%	15%	22%	43%	34%	37%	43%	25%	19%	31%	22%	28%	2%	20%	34%	40%	27%	42%	21%
			ab	a		d			d				a	ab		a	b	

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

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

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

	Longstanding condition or illness						Area		Number of days active									
	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Total	a	b	*c	d	e	*f	a	b	*a	b	c	d	e	f	g	h	i	j
471	57	60	24	325	126	13	393	78	18	30	63	97	63	65	30	105	223	200
454	55	66	23	308	128	15	378	76	17	27	63	91	62	61	26	106	216	194
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
350	40	45	16	247	89	10	288	61	17	21	51	69	44	46	23	79	164	148
77%	74%	68%	67%	80% be	70%	67%	76%	80%	96%	77%	81%	76%	71%	74%	86%	75%	76%	76%
69	9	16	5	39	27	3	58	11	1	3	6	12	16	9	4	18	34	31
15%	17%	24% d	21%	13%	21% d	23%	15%	14%	4%	12%	9%	14%	26% c	15%	14%	17%	16%	16%
47	8	9	3	28	17	3	41	7	-	4	6	13	3	8	1	12	22	21
10%	15%	13%	12%	9%	14%	19%	11%	9%	-	15%	10%	14%	5%	13%	3%	11%	10%	11%
105	14	21	8	61	39	5	90	15	1	6	12	22	18	16	4	27	52	46
23%	26%	32% d	33%	20%	30% d	33%	24%	20%	4%	23%	19%	24%	29%	26%	14%	25%	24%	24%

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

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

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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	471	220	81	164	370	42	383	39	344	51	377	32	299	77
Total	454	214	80	156	361	41	369	37	331	49	366	29	287	75
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	350	159	64	123	276	31	289	27	253	40	285	21	215	63
	77%	74%	81%	79%	77%	76%	78%	74%	76%	80%	78%	73%	75%	84%
With another adult or adults	69	35	12	22	55	7	52	6	50	6	53	5	46	8
	15%	16%	15%	14%	15%	16%	14%	17%	15%	13%	14%	18%	16%	11%
With a child or children	47	26	5	16	38	5	37	3	38	3	39	3	32	7
	10%	12%	7%	11%	11%	11%	10%	9%	11%	7%	11%	9%	11%	10%
NET: With somebody else	105	55	15	33	84	10	80	10	79	10	82	8	72	12
	23%	26%	19%	21%	23%	24%	22%	26%	24%	20%	22%	27%	25%	16%

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

**Q4.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	c	d	e	*f	g	h	i
Unweighted Total	304	155	147	140	116	48	10	35	35	36	34	26	50	48	30
Total	308	157	149	127	123	57	9	37	30	39	28	33	51	50	30
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	84	47	37	27	28	29	5	11	8	8	9	4	23	10	6
	27%	30%	25%	21%	23%	52% ab	60%	29%	25%	21%	32%	12%	45% dhi	20%	20%
With another adult or adults	115	66	47	59	37	19	1	13	16	16	10	13	17	17	13
	37%	42% b	31%	47% b	30%	32%	9%	34%	54%	40%	35%	39%	33%	34%	44%
With a child or children	137	56	81	55	71	10	3	18	11	20	11	20	16	25	13
	44%	35%	55% a	43% c	58% ac	18%	31%	48%	37%	51%	39%	60%	31%	51%	43%
NET: With somebody else	224	110	111	101	95	28	4	26	23	31	19	29	28	40	24
	73%	70%	75%	79% c	77% c	48%	40%	71%	75%	79% g	68%	88%	55%	80% g	80% g

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

**Q4.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	304	31	68	85	50	37	33	184	120	244	13	21	19	1	2	56
Total	308	30	69	88	49	37	35	187	121	249	11	22	19	1	2	56
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	84	9	19	26	8	6	17	54	31	67	2	5	9	1	1	18
	27%	30%	27%	29%	17%	16%	47%	29%	25%	27%	19%	21%	47%	100%	65%	32%
							deg									
With another adult or adults	115	17	20	34	17	13	13	72	43	95	4	9	4	-	1	18
	37%	58%	29%	39%	35%	36%	38%	38%	36%	38%	35%	42%	20%	-	35%	32%
		bdgh														
With a child or children	137	11	34	32	29	22	8	77	60	111	7	11	6	-	-	24
	44%	38%	49%	37%	59%	61%	22%	41%	49%	45%	57%	48%	33%	-	-	42%
			f		cfg	cfg		f	f							
NET: With somebody else	224	21	50	62	41	31	19	133	90	182	9	18	10	-	1	38
	73%	70%	73%	71%	83%	84%	53%	71%	75%	73%	81%	79%	53%	-	35%	68%
					f	f		f	f							

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

**Q4.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	*a	*b	c	d	e	a	*b	*a	b	c	*d	e	a	b
304	136	67	79	146	17	17	63	207	97	274	24	21	140	119	24	283	60	217
308	119	80	89	169	15	18	65	210	98	278	23	20	143	122	23	288	61	222
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
84	54	11	14	25	2	10	29	43	41	76	8	17	48	12	8	67	25	43
27%	45%	13%	16%	15%	16%	54%	44%	21%	42%	27%	34%	85%	33%	10%	32%	23%	40%	19%
	bcd					d	d		d				ce		c	b		
115	55	32	21	53	8	6	23	78	37	102	8	1	65	44	6	114	20	91
37%	46%	40%	24%	31%	56%	31%	35%	37%	37%	37%	35%	4%	45%	36%	24%	40%	33%	41%
	cd	c																
137	14	50	66	116	6	4	17	110	27	127	8	2	41	82	12	135	19	115
44%	12%	63%	74%	69%	37%	22%	26%	52%	27%	46%	36%	10%	29%	67%	51%	47%	31%	52%
		a	a	a				ce						be	b	a		
224	66	69	75	144	13	8	36	166	57	203	15	3	95	110	16	221	37	180
73%	55%	87%	84%	85%	84%	46%	56%	79%	58%	73%	66%	15%	67%	90%	68%	77%	60%	81%
		a	a	a				ce						be	b	a		a

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

**Q4.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

	Longstanding condition or illness						Area		Number of days active									
	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness											NET 2-4 days	NET 5 + days
Total							Urban	Rural	0	1	2	3	4	5	6	7		
	a	b	*c	d	e	*f	a	b	*a	*b	c	d	e	f	*g	h	i	j
304	51	44	25	185	107	12	229	75	21	17	59	59	36	35	16	61	154	112
308	48	45	25	191	106	11	230	78	24	16	56	61	36	34	16	64	153	114
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
84	11	12	11	50	32	1	70	15	7	4	25	11	12	5	4	17	48	26
27%	23%	27%	42%	26%	30%	6%	30%	19%	29%	23%	44% dfj	19%	33%	15%	22%	27%	31%	23%
115	21	21	11	61	49	4	79	36	8	4	12	24	15	18	7	25	52	51
37%	43%	48%	46%	32%	46% d	38%	35%	45%	33%	24%	22%	40% c	42% c	54% ci	44%	40% c	34%	45% c
137	20	17	3	99	34	6	99	37	12	9	22	35	12	14	7	27	68	48
44%	42%	37%	12%	52% e	32%	56%	43%	48%	49%	53%	39%	57% e	33%	42%	43%	42%	45%	42%
224	37	33	14	141	74	11	160	64	17	12	32	50	24	29	13	47	105	88
73%	77%	73%	58%	74%	70%	94%	70%	81%	71%	77%	56%	81% c	67%	85% c	78%	73%	69%	77% c



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

**Q4.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	304	124	58	119	223	32	226	30	197	50	195	48	163	80
Total	308	130	55	120	225	33	229	32	202	51	195	50	166	83
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	84	26	25	33	57	6	63	6	61	8	53	8	41	25
	27%	20%	46% ac	27%	26%	19%	28%	20%	30%	16%	27%	17%	25%	31%
With another adult or adults	115	55	15	43	89	12	83	13	75	22	74	21	67	25
	37%	43% b	27%	36%	40%	35%	36%	40%	37%	42%	38%	42%	40%	30%
With a child or children	137	62	19	56	97	18	103	18	86	26	85	26	72	40
	44%	47%	34%	46%	43%	54%	45%	56%	42%	51%	44%	52%	44%	49%
NET: With somebody else	224	104	30	87	167	27	166	26	141	43	142	41	125	58
	73%	80% b	54%	73% b	74%	81%	72%	80%	70%	84%	73%	83%	75%	69%

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

**Q4.7. Other sport, exercise or physical activity: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	111	63	48	35	32	44	10	10	15	9	10	8	12	15	22
Total	115	68	46	27	34	53	8	10	13	9	9	12	11	16	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	79	49	30	17	20	43	7	6	11	6	6	4	7	12	20
	69%	71%	66%	62%	58%	80%	83%	57%	83%	66%	62%	38%	60%	75%	79%
					b										
With another adult or adults	27	16	11	8	8	11	1	4	2	2	3	4	2	4	3
	23%	23%	24%	28%	24%	20%	8%	43%	17%	24%	38%	37%	22%	25%	12%
With a child or children	14	7	7	5	7	1	1	1	2	1	-	3	2	1	3
	12%	10%	14%	19%	21%	3%	9%	14%	12%	9%	-	25%	18%	6%	13%
				c	c										
NET: With somebody else	36	20	16	10	14	11	1	4	2	3	3	7	5	4	6
	31%	29%	34%	38%	42%	20%	17%	43%	17%	34%	38%	62%	40%	25%	21%
					c										

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

**Q4.7. Other sport, exercise or physical activity: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		*a	*b	*c	*d	*e	f	g	h	a	*b	*c	*d	*e	*f	*g
Unweighted Total	111	7	27	22	14	11	30	56	55	99	2	3	3	1	-	9
Total	115	7	27	20	13	11	37	54	61	104	2	3	3	1	-	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	79	5	21	11	7	6	29	37	42	74	-	1	1	1	-	3
	69%	62%	78%	57%	56%	52%	79%	68%	69%	72%	-	38%	26%	100%	-	33%
With another adult or adults	27	1	5	4	4	4	8	11	16	23	1	2	1	-	-	4
	23%	19%	19%	22%	33%	38%	21%	20%	26%	22%	33%	62%	49%	-	-	44%
With a child or children	14	1	1	6	1	2	1	9	5	9	1	1	2	-	-	4
	12%	19%	6%	30%	11%	19%	4%	17%	8%	9%	67%	25%	74%	-	-	48%
NET: With somebody else	36	3	6	9	6	5	8	17	19	29	2	2	2	-	-	6
	31%	38%	22%	43%	44%	48%	21%	32%	31%	28%	100%	62%	74%	-	-	67%

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

**Q4.7. Other sport, exercise or physical activity: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self						Care responsibilities in household not including children	
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%		a	*b	*c	d	*a	*b	c	d	e	a	*b	*a	b	c	*d	e	*a	b	
Unweighted Total	111	74	15	18	33	4	5	34	68	43	98	8	12	62	33	4	99	21	75	
Total	115	74	18	19	37	4	5	40	66	48	100	9	12	66	32	4	103	22	78	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Nobody, I did this on my own	79	57	9	12	21	4	2	30	44	35	71	6	12	49	17	1	67	10	55	
	69%	77%	51%	61%	56%	100%	40%	74%	66%	73%	71%	69%	100%	74%	53%	24%	65%	47%	70%	
		d											c							
With another adult or adults	27	15	4	5	9	-	2	8	17	10	22	1	-	14	10	3	27	7	18	
	23%	21%	21%	27%	24%	-	34%	21%	26%	20%	22%	16%	-	21%	31%	76%	26%	34%	23%	
With a child or children	14	2	6	4	10	-	1	5	8	6	11	1	-	5	6	3	14	7	7	
	12%	3%	33%	22%	27%	-	26%	11%	12%	12%	11%	16%	-	7%	19%	76%	14%	29%	9%	
				a																
NET: With somebody else	36	17	9	7	16	-	3	10	22	13	29	3	-	18	15	3	36	12	23	
	31%	23%	49%	39%	44%	-	60%	26%	34%	27%	29%	31%	-	26%	47%	76%	35%	53%	30%	
				a										b						

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

**Q4.7. Other sport, exercise or physical activity: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

		Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness			NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness												
	Total			Other	No			Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		*a	*b	*c	d	e	*f	a	b	*a	*b	*c	*d	*e	*f	*g	h	i	j
Unweighted Total	111	16	28	5	66	40	8	75	36	11	6	15	20	8	14	3	34	43	51
Total	115	14	31	5	69	42	8	76	39	12	6	17	21	8	13	2	36	45	51
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	79	9	21	4	47	29	5	48	31	11	2	12	15	5	7	1	26	32	34
	69%	64%	67%	81%	68%	68%	60%	64%	79%	88%	34%	72%	71%	65%	52%	65%	73%	70%	67%
With another adult or adults	27	4	8	1	15	11	2	20	7	1	3	4	4	3	4	1	8	10	12
	23%	26%	24%	19%	22%	25%	21%	27%	17%	12%	43%	22%	19%	35%	31%	35%	21%	23%	24%
With a child or children	14	2	4	1	9	5	2	12	1	1	2	1	2	2	2	-	3	5	5
	12%	16%	12%	19%	14%	11%	31%	16%	4%	12%	37%	7%	10%	19%	17%	-	9%	10%	11%
NET: With somebody else	36	5	10	1	22	13	3	28	8	1	4	5	6	3	6	1	10	13	17
	31%	36%	33%	19%	32%	32%	40%	36%	21%	12%	66%	28%	29%	35%	48%	35%	27%	30%	33%

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

**Q4.7. Other sport, exercise or physical activity: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.**

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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	*b	c	a	*b	a	*b	a	*b	a	*b	a	*b
Unweighted Total	111	45	27	39	85	7	84	15	71	9	78	13	57	22
Total	115	45	31	38	86	9	86	16	75	10	80	14	54	25
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	79	31	27	21	60	6	60	11	56	5	56	7	36	18
	69%	68%	87%	55%	70%	66%	70%	74%	74%	46%	70%	48%	67%	72%
With another adult or adults	27	10	3	14	19	2	19	3	12	5	16	6	14	6
	23%	21%	10%	37%	22%	17%	22%	17%	15%	54%	20%	42%	26%	24%
With a child or children	14	6	2	6	11	1	12	1	11	-	12	1	6	1
	12%	13%	6%	16%	13%	16%	14%	9%	14%	-	15%	10%	12%	4%
NET: With somebody else	36	15	4	17	26	3	26	4	19	5	24	8	18	7
	31%	32%	13%	45%	30%	34%	30%	26%	26%	54%	30%	52%	33%	28%

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

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

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

	Total	NET: Occasional (1 day) to NET: Most 5+ days									
		1 day	2 days	3 days	4 days	5 days	6 days	7 days	NET: Occasional (1 day)	NET: Some (2-4 days)	NET: Most 5+ days
Walking (either for leisure or travel)	1187 100%	164 14%	179 15%	218 18%	131 11%	134 11%	52 4%	309 26%	164 14%	528 44%	495 42%
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	454 100%	65 14%	89 20%	95 21%	68 15%	53 12%	18 4%	66 14%	65 14%	253 56%	137 30%
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	419 100%	55 13%	94 22%	88 21%	59 14%	64 15%	17 4%	42 10%	55 13%	240 57%	123 29%
Running or jogging	317 100%	60 19%	84 26%	82 26%	38 12%	22 7%	8 3%	23 7%	60 19%	204 64%	54 17%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	308 100%	56 18%	61 20%	62 20%	48 16%	38 12%	11 3%	32 10%	56 18%	171 56%	81 26%
Cycling (either for leisure or travel)	201 100%	42 21%	47 23%	35 18%	29 15%	20 10%	12 6%	16 8%	42 21%	111 55%	49 24%
Other sport, exercise or physical activity	115 100%	9 8%	20 17%	26 23%	12 10%	20 17%	3 3%	25 22%	9 8%	58 50%	48 42%

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

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

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

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	1177	522	651	392	397	388	71	158	124	103	132	110	167	181	131
Total	1187	552	631	333	391	463	60	163	114	110	109	145	163	191	133
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	164 14%	71 13%	92 15%	61 18% c	57 14%	47 10%	9 15%	22 14%	16 14%	14 12%	18 16%	15 10%	32 20% fi	26 14%	13 9%
2 days	179 15%	81 15%	98 16%	55 16%	60 15%	64 14%	10 17%	20 12%	22 19%	14 13%	18 17%	15 10%	23 14%	36 19% f	21 16%
3 days	218 18%	96 17%	120 19%	66 20%	73 19%	78 17%	11 18%	31 19%	20 18%	25 23%	19 18%	23 16%	29 18%	33 17%	27 20%
4 days	131 11%	62 11%	69 11%	47 14%	39 10%	45 10%	7 11%	12 7%	12 11%	12 11%	8 7%	20 14%	22 13%	26 14%	13 10%
5 days	134 11%	62 11%	71 11%	29 9%	55 14% a	49 11%	4 7%	21 13%	8 7%	9 8%	14 12%	16 11%	22 14%	22 11%	18 13%
6 days	52 4%	24 4%	27 4%	22 7% b	11 3%	18 4%	1 1%	6 4%	7 6%	4 4%	3 3%	9 6%	9 5%	7 4%	7 5%
7 days	309 26%	156 28%	153 24%	53 16%	95 24% a	161 35% ab	18 30% g	50 31% g	29 26%	32 29% g	29 27% g	48 33% gh	27 16%	42 22%	34 26% g
NET: Occasionally (1 day)	164 14%	71 13%	92 15%	61 18% c	57 14%	47 10%	9 15%	22 14%	16 14%	14 12%	18 16%	15 10%	32 20% fi	26 14%	13 9%
NET: Some (2-4 days)	528 44%	239 43%	287 45%	168 51% c	172 44%	187 40%	27 46%	63 39%	54 47%	51 46%	45 42%	57 40%	73 45%	95 50% b	61 46%
NET: Most 5+ days	495 42%	242 44%	252 40%	104 31%	162 41% a	229 49% ab	23 39%	77 47% gh	44 38%	46 41%	46 42%	73 50% gh	58 35%	70 37%	59 44%
Base for stats	1187	552	631	333	391	463	60	163	114	110	109	145	163	191	133
Median	4	4	4	3	4	4	3	4	3	4	3	5	3	4	4
Mean Score	4.08	4.19	3.99	3.62	4.00	4.48	4.02	4.27	3.97	4.20	3.98	4.56	3.69	3.88	4.20
				a	ab	ab	g	g	g	g	g	cegh			g
Standard Deviation	2.159	2.172	2.147	2.037	2.138	2.193	2.273	2.217	2.206	2.176	2.239	2.126	2.063	2.093	2.087
Standard Error	.063	.095	.084	.103	.107	.111	.270	.176	.198	.214	.195	.203	.160	.156	.182
Error variance	*	.01	.01	.01	.01	.01	.07	.03	.04	.05	.04	.04	.03	.02	.03



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

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

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

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	1177	72	254	325	169	134	223	651	526	1025	39	50	34	6	8	137
Total	1187	70	264	325	156	121	252	659	528	1045	35	48	34	6	7	129
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	164 14%	12 17%	31 12%	47 15%	19 12%	20 17%	35 14%	90 14%	74 14%	132 13%	7 20%	3 7%	10 29% ac	2 40%	4 56%	27 21% ac
2 days	179 15%	12 18%	36 14%	48 15%	27 18%	20 16%	35 14%	97 15%	82 16%	151 14%	7 19%	10 21%	7 21%	1 16%	- -	24 19%
3 days	218 18%	9 13%	57 21%	53 16%	29 19%	20 16%	50 20%	119 18%	99 19%	192 18%	6 18%	10 21%	7 20%	1 21%	1 9%	25 19%
4 days	131 11%	13 19% bcfgh	26 10%	33 10%	16 10%	21 17% bcfgh	22 9%	73 11%	58 11%	111 11%	5 13%	11 23% a	2 7%	- -	1 11%	19 15%
5 days	134 11%	6 8%	41 15% eh	34 11%	20 13%	8 7%	24 10%	81 12%	53 10%	119 11%	3 8%	6 12%	6 18%	- -	- -	15 11%
6 days	52 4%	2 3%	19 7% dh	14 4%	2 1%	4 4%	11 4%	35 5% d	17 3%	45 4%	3 7%	2 5%	- -	1 23%	1 10%	7 5%
7 days	309 26%	15 22%	54 20%	95 29% b	42 27%	28 23%	75 30% b	164 25%	145 27% b	295 28% cdg	5 15%	5 11%	2 4%	- -	1 14%	13 10%
NET: Occasionally (1 day)	164 14%	12 17%	31 12%	47 15%	19 12%	20 17%	35 14%	90 14%	74 14%	132 13%	7 20%	3 7%	10 29% ac	2 40%	4 56%	27 21% ac
NET: Some (2-4 days)	528 44%	35 49%	119 45%	134 41%	72 46%	60 50%	107 42%	289 44%	239 45%	454 43%	18 50%	31 65% a	16 48%	2 37%	1 20%	68 53% a
NET: Most 5+ days	495 42%	23 33%	113 43%	143 44% e	64 41%	40 33%	110 44% e	280 43% e	215 41%	459 44% cdg	11 30%	13 28%	8 22%	1 23%	2 24%	34 27%
Base for stats	1187	70	264	325	156	121	252	659	528	1045	35	48	34	6	7	129
Median	4	4	4	4	4	4	4	4	4	4	3	4	2	2	1	3
Mean Score	4.08	3.81	4.07	4.17	4.05	3.83	4.19	4.09	4.07	4.20 dg	3.51	3.70 d	2.81	2.73	2.83	3.33
Standard Deviation	2.159	2.146	2.028	2.226	2.155	2.145	2.222	2.140	2.185	2.165	2.075	1.718	1.715	2.139	2.508	1.898
Standard Error	.063	.253	.127	.123	.166	.185	.149	.084	.095	.068	.332	.243	.294	.873	.887	.162
Error variance	*	.06	.02	.02	.03	.03	.02	.01	.01	*	.11	.06	.09	.76	.79	.03

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

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

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

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	*a	b	c	d	e	a	b	a	b	c	d	e	a	b
1177	790	174	157	331	27	35	195	920	257	1100	51	184	664	290	39	993	143	831
1187	753	208	177	385	26	32	216	913	274	1109	53	185	680	286	36	1002	146	840
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
164	99	22	34	56	4	6	39	115	49	141	19	32	77	48	7	133	17	108
14%	13%	11%	19%	15%	16%	19%	18%	13%	18%	13%	36%	17%	11%	17%	20%	13%	12%	13%
			b				d		d		a	b		b				
179	107	40	25	64	5	4	37	133	46	160	12	26	107	39	7	153	24	124
15%	14%	19%	14%	17%	21%	13%	17%	15%	17%	14%	23%	14%	16%	14%	20%	15%	17%	15%
218	135	47	27	75	6	6	44	162	56	204	12	35	130	50	3	183	35	148
18%	18%	23%	15%	19%	24%	20%	20%	18%	21%	18%	23%	19%	19%	18%	7%	18%	24%	18%
131	78	21	28	50	7	8	29	87	44	125	3	21	62	42	6	110	21	88
11%	10%	10%	16%	13%	27%	24%	13%	10%	16%	11%	6%	11%	9%	15%	17%	11%	15%	10%
			a			d			d					b				
134	77	21	27	48	-	2	22	110	24	126	4	10	78	41	5	123	13	110
11%	10%	10%	15%	13%	-	5%	10%	12%	9%	11%	8%	6%	11%	14%	13%	12%	9%	13%
													a	a		a		
52	35	11	3	14	1	1	4	46	6	52	-	7	35	10	1	45	4	39
4%	5%	5%	2%	4%	3%	3%	2%	5%	2%	5%	-	4%	5%	3%	2%	4%	3%	5%
								e										
309	221	45	32	77	2	5	41	261	48	301	3	54	191	57	7	255	32	222
26%	29%	22%	18%	20%	9%	16%	19%	29%	18%	27%	5%	29%	28%	20%	21%	25%	22%	26%
	bcd							ce		b		c	c			c		
164	99	22	34	56	4	6	39	115	49	141	19	32	77	48	7	133	17	108
14%	13%	11%	19%	15%	16%	19%	18%	13%	18%	13%	36%	17%	11%	17%	20%	13%	12%	13%
			b				d		d		a	b		b				
528	321	108	80	189	18	18	110	381	146	489	27	82	299	131	16	446	80	361
44%	43%	52%	45%	49%	72%	57%	51%	42%	53%	44%	52%	44%	44%	46%	44%	45%	55%	43%
		a		a			d		d								b	
495	333	77	63	140	3	8	67	417	78	479	7	72	303	107	13	423	49	371
42%	44%	37%	36%	36%	12%	24%	31%	46%	28%	43%	13%	39%	45%	37%	36%	42%	33%	44%
	cd							bce		b			c				a	
1187	753	208	177	385	26	32	216	913	274	1109	53	185	680	286	36	1002	146	840
4	4	3	4	3	3	3	3	4	3	4	2	4	4	4	4	4	3	4

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

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

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

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self						Care responsibilities in household not including children	
				2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others			
	Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No	
Significance Level: 95%		a	b	c	d	*a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total	1177	790	174	157	331	27	35	195	920	257	1100	51	184	664	290	39	993	143	831	
Total	1187	753	208	177	385	26	32	216	913	274	1109	53	185	680	286	36	1002	146	840	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Mean Score	4.08	4.22	3.93	3.73	3.84	3.18	3.56	3.62	4.23	3.57	4.17	2.48	4.03	4.21	3.85	3.71	4.09	3.88	4.16	
		cd							ce		b			c						
Standard Deviation	2.159	2.196	2.062	2.061	2.061	1.702	1.992	2.065	2.176	2.023	2.151	1.615	2.270	2.157	2.072	2.187	2.139	2.028	2.146	
Standard Error	.063	.078	.156	.164	.113	.328	.337	.148	.072	.126	.065	.226	.167	.084	.122	.350	.068	.170	.074	
Error variance	*	.01	.02	.03	.01	.11	.11	.02	.01	.02	*	.05	.03	.01	.01	.12	*	.03	.01	

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

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

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

	Longstanding condition or illness							Area		Number of days active									
							NET: Longstanding physical and mental condition or illness												
	Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	1177	146	158	39	834	304	34	920	257	107	123	168	207	116	135	54	267	491	456
Total	1187	135	172	37	847	305	34	923	264	110	121	170	205	118	129	53	281	493	463
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	164	24	32	9	104	55	10	135	30	17	78	25	19	8	6	5	7	52	17
	14%	18%	19%	24%	12%	18%	29%	15%	11%	16%	65%	15%	9%	7%	4%	9%	2%	11%	4%
			d	d		d	d			efhj	acdefghij	efhj	hj	h		h		fhj	
2 days	179	24	32	2	120	52	5	143	36	17	14	96	26	9	9	2	6	131	17
	15%	18%	19%	6%	14%	17%	16%	15%	14%	15%	12%	56%	13%	8%	7%	4%	2%	26%	4%
										fghj	hj	abdefghij	hj	h	h			abdefghj	
3 days	218	26	30	7	155	59	5	168	50	22	10	26	108	19	17	5	12	152	33
	18%	20%	18%	18%	18%	19%	14%	18%	19%	20%	8%	15%	53%	16%	13%	9%	4%	31%	7%
										bhj		hj	abcefg hij	hj	hj			abcefg hij	
4 days	131	17	17	8	89	37	3	110	21	8	5	6	25	50	13	9	14	81	36
	11%	13%	10%	23%	11%	12%	8%	12%	8%	8%	4%	4%	12%	42%	10%	17%	5%	16%	8%
				bd									bch	abcd fghij	c	bchj		abchj	
5 days	134	13	17	3	102	28	4	101	32	9	6	9	14	15	56	5	19	38	80
	11%	9%	10%	8%	12%	9%	13%	11%	12%	9%	5%	5%	7%	12%	43%	10%	7%	8%	17%
														bc	abcdeghij				abcdhi
6 days	52	7	1	1	41	9	-	45	7	6	1	1	1	1	13	20	9	3	43
	4%	5%	1%	2%	5%	3%	-	5%	3%	5%	1%	1%	*	1%	10%	38%	3%	1%	9%
		b			b					bcdei					bcdehi	abcdefhij	di		bcdehi
7 days	309	24	42	7	235	65	7	221	89	30	6	6	13	17	16	7	214	36	237
	26%	18%	24%	19%	28%	21%	21%	24%	34%	27%	5%	4%	6%	14%	13%	13%	76%	7%	51%
				ae					a	bcdefgi				bcdi	bcdi	c	abcdefgij		abcdefgi
NET: Occasionally (1 day)	164	24	32	9	104	55	10	135	30	17	78	25	19	8	6	5	7	52	17
	14%	18%	19%	24%	12%	18%	29%	15%	11%	16%	65%	15%	9%	7%	4%	9%	2%	11%	4%
			d	d		d	d			efhj	acdefghij	efhj	hj	h		h		fhj	
NET: Some (2-4 days)	528	68	79	17	364	148	13	421	107	48	30	128	159	77	38	16	32	364	86
	44%	50%	46%	48%	43%	48%	38%	46%	40%	43%	25%	75%	77%	66%	29%	30%	11%	74%	19%
										bthj	h	abfghj	abefghj	abfghj	hj	hj		abfghj	h

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

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

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

		Longstanding condition or illness						Area		Number of days active									
						NET: Longstanding physical and mental condition or illness													
	Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	1177	146	158	39	834	304	34	920	257	107	123	168	207	116	135	54	267	491	456
Total	1187	135	172	37	847	305	34	923	264	110	121	170	205	118	129	53	281	493	463
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	495	43	60	11	379	102	11	367	128	45	13	17	28	32	85	32	243	77	360
	42%	32%	35%	29%	45%	34%	33%	40%	48%	41%	11%	10%	14%	27%	66%	61%	86%	16%	78%
					abe			a		bcd ei				bcd i	abcde i	abcde i	abcde f g i j		abcde f g i
Base for stats	1187	135	172	37	847	305	34	923	264	110	121	170	205	118	129	53	281	493	463
Median	4	3	3	4	4	3	3	4	4	3	1	2	3	4	5	6	7	3	7
Mean Score	4.08	3.65	3.74	3.66	4.22	3.72	3.42	4.00	4.38	4.02	1.96	2.46	3.21	4.04	4.62	4.83	6.26	3.15	5.64
					abef			a		bcd i		b	bc	bcd i	abcde i	abcde i	abcde f g i j	bc	abcde f g i
Standard Deviation	2.159	2.070	2.214	2.103	2.151	2.136	2.283	2.139	2.206	2.238	1.663	1.341	1.370	1.592	1.550	1.792	1.509	1.535	1.734
Standard Error	.063	.171	.176	.337	.074	.123	.392	.071	.138	.216	.150	.103	.095	.148	.133	.244	.092	.069	.081
Error variance	*	.03	.03	.11	.01	.02	.15	*	.02	.05	.02	.01	.01	.02	.02	.06	.01	*	.01

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

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

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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%														
Unweighted Total	1177	389	288	496	915	96	882	108	776	146	829	112	636	260
Total	1187	386	300	498	921	98	895	103	785	151	843	109	637	265
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	164 14%	29 8%	32 11%	102 20% ab	121 13%	17 17%	122 14%	18 17%	99 13%	23 15%	108 13%	19 17%	91 14%	31 12%
2 days	179 15%	53 14%	34 11%	91 18% b	127 14%	22 22% a	127 14%	22 21%	100 13%	36 24% a	107 13%	29 27% a	91 14%	52 20%
3 days	218 18%	59 15%	54 18%	105 21% a	168 18%	22 22%	167 19%	19 18%	146 19%	27 18%	144 17%	23 21%	106 17%	53 20%
4 days	131 11%	59 15% bc	25 8%	46 9%	101 11%	12 12%	95 11%	11 11%	86 11%	15 10%	93 11%	7 7%	76 12%	21 8%
5 days	134 11%	48 13%	37 12%	49 10%	105 11%	9 9%	98 11%	12 12%	90 12%	20 13%	103 12%	12 11%	72 11%	34 13%
6 days	52 4%	25 6% c	14 5%	14 3%	47 5%	1 1%	39 4%	3 3%	38 5%	3 2%	41 5% b	1 1%	31 5%	11 4%
7 days	309 26%	112 29% c	105 35% c	91 18%	252 27% b	16 16%	246 27% b	18 17%	225 29% b	27 18%	246 29% b	18 17%	169 26%	64 24%
NET: Occasionally (1 day)	164 14%	29 8%	32 11%	102 20% ab	121 13%	17 17%	122 14%	18 17%	99 13%	23 15%	108 13%	19 17%	91 14%	31 12%
NET: Some (2-4 days)	528 44%	172 44%	113 38%	242 49% b	396 43%	56 56% a	390 44%	52 51%	332 42%	78 52% a	344 41%	59 54% a	273 43%	126 47%
NET: Most 5+ days	495 42%	185 48% c	155 52% c	154 31%	404 44% b	26 27%	383 43% b	33 32%	354 45% b	50 33%	390 46% b	31 29%	272 43%	109 41%
Base for stats	1187	386	300	498	921	98	895	103	785	151	843	109	637	265
Median	4	4	5	3	4	3	4	3	4	3	4	3	4	3
Mean Score	4.08	4.47	4.54	3.51	4.19	3.43	4.14	3.56	4.25	3.58	4.29	3.37	4.12	3.99
		c	c		b		b		b		b			
Standard Deviation	2.159	2.042	2.183	2.101	2.160	1.981	2.173	2.055	2.161	2.045	2.169	2.027	2.172	2.122
Standard Error	.063	.104	.129	.094	.071	.202	.073	.198	.078	.169	.075	.192	.086	.132
Error variance	*	.01	.02	.01	.01	.04	.01	.04	.01	.03	.01	.04	.01	.02

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

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

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

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	*b	*c	*d	e	*f	g	*h	*i
Unweighted Total	206	127	76	98	67	41	12	22	23	15	30	17	41	29	17
Total	201	126	72	84	69	49	11	22	20	15	24	20	40	31	17
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	42 21%	23 19%	18 25%	22 26% c	14 21%	5 11%	- -	2 10%	2 10%	3 23%	9 38%	4 22%	9 21%	7 24%	4 25%
2 days	47 23%	35 28% b	11 16%	18 22%	13 19%	16 32%	2 15%	6 27%	7 33%	2 12%	6 23%	5 23%	8 20%	8 25%	4 26%
3 days	35 18%	18 14%	16 22%	8 9%	13 18%	15 31% a	6 50%	2 10%	1 7%	2 15%	3 13%	5 26%	7 16%	5 17%	3 21%
4 days	29 15%	20 16%	8 11%	17 21%	7 11%	5 9%	3 23%	2 10%	1 7%	3 21%	3 12%	2 12%	7 18%	4 13%	3 18%
5 days	20 10%	13 11%	7 9%	9 10%	7 10%	5 10%	- -	4 20%	4 20%	1 5%	2 10%	1 5%	4 9%	4 13%	- -
6 days	12 6%	8 7%	3 4%	6 7%	3 5%	2 5%	1 6%	1 3%	2 11%	1 5%	1 3%	3 12%	2 5%	1 4%	1 6%
7 days	16 8%	7 6%	9 12%	4 5%	11 16% ac	1 2%	1 6%	4 19%	2 12%	3 19%	- -	- -	4 10%	1 4%	1 4%
NET: Occasionally (1 day)	42 21%	23 19%	18 25%	22 26% c	14 21%	5 11%	- -	2 10%	2 10%	3 23%	9 38%	4 22%	9 21%	7 24%	4 25%
NET: Some (2-4 days)	111 55%	74 58%	36 49%	43 51%	33 48%	35 72% ab	10 88%	10 48%	10 48%	7 48%	12 48%	12 61%	22 54%	17 55%	11 65%
NET: Most 5+ days	49 24%	29 23%	18 25%	19 22%	21 31%	8 17%	1 12%	9 43%	9 42%	4 29%	3 13%	4 17%	10 25%	7 21%	2 10%
Base for stats	201	126	72	84	69	49	11	22	20	15	24	20	40	31	17
Median	3	3	3	3	3	3	3	4	3	3	2	3	3	3	2
Mean Score	3.20	3.15	3.25	3.08	3.51	2.98	3.50	3.92	3.72	3.63	2.43	2.92	3.31 e	2.94	2.78
Standard Deviation	1.846	1.772	1.986	1.832	2.095	1.427	1.329	2.078	2.036	2.195	1.537	1.634	1.922	1.725	1.669
Standard Error	.129	.157	.228	.185	.256	.223	.384	.443	.424	.567	.281	.396	.300	.320	.405
Error variance	.02	.02	.05	.03	.07	.05	.15	.20	.18	.32	.08	.16	.09	.10	.16

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

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

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

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	206	33	44	53	37	21	18	130	76	164	14	12	7	2	-	35
Total	201	35	44	52	33	20	18	131	71	162	13	13	7	2	-	34
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
1 day	42	7	10	14	7	2	2	30	11	36	4	2	1	-	-	6
	21%	19%	23%	26%	22%	8%	13%	23%	16%	22%	29%	14%	9%	-	-	18%
2 days	47	10	13	7	6	6	5	30	17	38	2	4	-	1	-	8
	23%	28%	30%	14%	18%	30%	27%	23%	23%	24%	20%	33%	-	64%	-	23%
3 days	35	4	7	10	6	5	5	20	15	32	1	-	2	1	-	4
	18%	10%	15%	19%	17%	23%	29%	15%	22%	20%	10%	-	25%	36%	-	11%
4 days	29	4	7	6	7	4	1	18	11	21	1	3	1	-	-	6
	15%	12%	17%	12%	20%	19%	4%	14%	16%	13%	10%	27%	14%	-	-	16%
5 days	20	6	2	4	4	2	2	13	8	16	3	-	1	-	-	4
	10%	19%	5%	8%	11%	11%	11%	10%	11%	10%	25%	-	13%	-	-	12%
6 days	12	1	3	5	1	1	2	9	3	9	1	1	1	-	-	3
	6%	4%	6%	10%	2%	4%	10%	7%	5%	5%	6%	10%	11%	-	-	8%
7 days	16	3	2	6	3	1	1	11	5	11	-	2	2	-	-	4
	8%	8%	5%	12%	10%	5%	5%	8%	7%	7%	-	16%	29%	-	-	12%
NET: Occasionally (1 day)	42	7	10	14	7	2	2	30	11	36	4	2	1	-	-	6
	21%	19%	23%	26%	22%	8%	13%	23%	16%	22%	29%	14%	9%	-	-	18%
NET: Some (2-4 days)	111	17	27	23	18	14	11	68	43	90	5	7	3	2	-	17
	55%	51%	62%	45%	55%	72%	60%	52%	61%	56%	39%	59%	39%	100%	-	50%
NET: Most 5+ days	49	10	7	15	7	4	5	32	16	36	4	3	4	-	-	11
	24%	30%	15%	29%	23%	20%	26%	25%	23%	22%	31%	26%	53%	-	-	32%
Base for stats	201	35	44	52	33	20	18	131	71	162	13	13	7	2	-	34
Median	3	3	2	3	3	3	3	3	3	3	3	4	5	2	-	3
Mean Score	3.20	3.24	2.87	3.39	3.24	3.28	3.24	3.18	3.25	3.08	2.99	3.60	4.70	2.36	-	3.54
Standard Deviation	1.846	1.876	1.702	2.083	1.867	1.581	1.769	1.906	1.742	1.791	1.811	2.158	2.087	.727	-	2.020
Standard Error	.129	.327	.257	.286	.307	.345	.417	.167	.200	.140	.484	.623	.789	.514	-	.341
Error variance	.02	.11	.07	.08	.09	.12	.17	.03	.04	.02	.23	.39	.62	.26	-	.12



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

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

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

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%		a	b	c	d	*a	*b	*c	d	e	a	*b	*a	b	c	*d	e	a	b
Unweighted Total	206	109	37	44	81	10	15	29	152	54	187	12	22	101	67	16	184	38	139
Total	201	93	43	53	96	10	15	31	147	55	183	11	21	100	66	15	181	42	133
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	42	22	12	8	19	2	1	5	34	8	38	2	3	21	15	3	39	2	36
	21%	23%	27%	14%	20%	24%	6%	16%	23%	15%	21%	16%	15%	21%	22%	20%	21%	5%	27% a
2 days	47	19	8	17	26	1	5	3	38	9	44	1	2	18	23	4	44	10	33
	23%	21%	19%	33%	27%	8%	36%	9%	26%	16%	24%	7%	11%	18%	35% b	24%	25%	24%	25%
3 days	35	19	5	9	15	2	2	6	25	10	33	2	2	26	5	2	33	9	24
	18%	20%	13%	18%	15%	19%	14%	21%	17%	19%	18%	16%	11%	26% c	7%	14%	18% c	20%	18%
4 days	29	12	6	8	14	4	4	8	14	16	22	6	3	14	7	5	26	10	16
	15%	13%	14%	15%	14%	39%	25%	27%	9%	29% d	12%	53%	17%	14%	11%	31%	14%	25% b	12%
5 days	20	11	6	3	9	1	2	4	14	7	17	1	5	10	5	-	15	5	9
	10%	12%	13%	6%	9%	9%	14%	12%	9%	12%	9%	8%	25%	10%	8%	-	8%	11%	7%
6 days	12	5	2	1	4	-	1	4	8	5	12	-	3	4	5	-	9	1	5
	6%	6%	5%	2%	4%	-	6%	12%	5%	8%	7%	-	15%	4%	8%	-	5%	3%	4%
7 days	16	5	4	6	10	-	-	1	16	1	16	-	1	7	6	2	15	5	9
	8%	5%	9%	12%	11%	-	-	2%	11% e	1%	9%	-	7%	7%	9%	12%	8%	11%	7%
NET: Occasionally (1 day)	42	22	12	8	19	2	1	5	34	8	38	2	3	21	15	3	39	2	36
	21%	23%	27%	14%	20%	24%	6%	16%	23%	15%	21%	16%	15%	21%	22%	20%	21%	5%	27% a
NET: Some (2-4 days)	111	50	19	35	54	6	11	18	76	35	99	9	8	58	35	10	103	29	73
	55%	54%	45%	65%	56%	66%	75%	58%	52%	64%	54%	76%	38%	58%	53%	68%	57%	70%	54%
NET: Most 5+ days	49	21	12	11	23	1	3	8	37	12	45	1	10	21	16	2	39	11	24
	24%	23%	28%	20%	24%	9%	19%	26%	25%	21%	25%	8%	47%	21%	25%	12%	22%	25%	18%
Base for stats	201	93	43	53	96	10	15	31	147	55	183	11	21	100	66	15	181	42	133
Median	3	3	3	3	3	3	3	4	3	4	3	4	4	3	2	3	3	4	2
Mean Score	3.20	3.07	3.19	3.21	3.20	3.01	3.22	3.54	3.14	3.36	3.20	3.31	3.97	3.14	3.07	3.15	3.11	3.67 b	2.87
Standard Deviation	1.846	1.759	1.979	1.857	1.902	1.427	1.402	1.649	1.950	1.537	1.886	1.269	1.876	1.751	1.957	1.856	1.827	1.676	1.798

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

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

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

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self						Care responsibilities in household not including children	
						Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
				2 or more children	NET: Yes															
	Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%		a	b	c	d	*a	*b	*c	d	e	a	*b	*a	b	c	*d	e	a	b	
Unweighted Total	206	109	37	44	81	10	15	29	152	54	187	12	22	101	67	16	184	38	139	
Total	201	93	43	53	96	10	15	31	147	55	183	11	21	100	66	15	181	42	133	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Standard Error	.129	.168	.325	.280	.211	.451	.362	.306	.158	.209	.138	.366	.400	.174	.239	.464	.135	.272	.153	
Error variance	.02	.03	.11	.08	.04	.20	.13	.09	.03	.04	.02	.13	.16	.03	.06	.22	.02	.07	.02	

Significance Level: 95%

Unweighted Total

Total

Standard Error

Error variance

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

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

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

	Longstanding condition or illness							Area		Number of days active									
	Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
	a	*b	*c	d	e	*f		a	b	*a	*b	*c	d	e	f	*g	h	i	j
Significance Level: 95%																			
Unweighted Total	206	31	23	8	141	55	6	153	53	6	9	21	40	36	34	19	41	97	94
Total	201	29	23	7	139	53	6	151	50	6	8	20	38	37	33	19	41	95	92
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	42	4	4	-	34	6	2	26	15	2	6	8	9	5	6	4	3	22	12
	21%	14%	16%	-	25%	10%	41%	17%	30%	29%	72%	41%	22%	13%	17%	21%	7%	23%	13%
				e					a				h					h	
2 days	47	6	4	4	32	13	1	34	13	-	2	7	8	14	9	3	4	29	16
	23%	20%	19%	58%	23%	24%	24%	22%	26%	-	21%	35%	20%	38%	28%	15%	10%	30%	17%
														hj	h			hj	
3 days	35	4	8	-	26	9	2	26	9	1	-	3	13	7	4	2	6	23	11
	18%	12%	33%	-	19%	17%	35%	17%	19%	18%	-	15%	34%	19%	11%	10%	15%	24%	12%
													fj					j	
4 days	29	9	2	2	14	13	-	20	9	-	1	2	6	10	3	4	4	18	11
	15%	30%	10%	32%	10%	24%	-	14%	18%	-	8%	10%	17%	26%	9%	20%	10%	19%	12%
		d			d									j					
5 days	20	3	2	-	15	4	-	19	2	2	-	-	2	1	8	1	6	3	15
	10%	10%	7%	-	11%	8%	-	12%	3%	39%	-	-	5%	3%	26%	4%	14%	3%	16%
															dei		i		ei
6 days	12	2	1	-	7	4	-	11	1	1	-	-	1	-	1	5	4	1	11
	6%	7%	6%	-	5%	7%	-	8%	1%	13%	-	-	2%	-	5%	24%	11%	1%	11%
																	ei		ei
7 days	16	2	2	1	10	5	-	15	1	-	-	-	-	-	1	1	13	-	16
	8%	7%	8%	10%	7%	9%	-	10%	3%	-	-	-	-	-	4%	7%	33%	-	18%
															i		defij		dei
NET: Occasionally (1 day)	42	4	4	-	34	6	2	26	15	2	6	8	9	5	6	4	3	22	12
	21%	14%	16%	-	25%	10%	41%	17%	30%	29%	72%	41%	22%	13%	17%	21%	7%	23%	13%
				e					a				h					h	
NET: Some (2-4 days)	111	18	14	6	72	35	3	80	31	1	2	12	27	31	16	9	14	70	38
	55%	62%	62%	90%	52%	66%	59%	53%	62%	18%	28%	59%	70%	84%	48%	45%	34%	73%	41%
													hj	fhj				fhj	
NET: Most 5+ days	49	7	5	1	32	13	-	45	4	3	-	-	3	1	11	7	24	4	42
	24%	24%	21%	10%	23%	24%	-	30%	7%	53%	-	-	7%	3%	35%	35%	59%	4%	45%
								b							dei		defi		dei
Base for stats	201	29	23	7	139	53	6	151	50	6	8	20	38	37	33	19	41	95	92
Median	3	4	3	2	3	3	2	3	2	5	1	2	3	2	3	4	5	2	4
Mean Score	3.20	3.50	3.25	3.15	3.04	3.51	1.94	3.43	2.53	3.60	1.44	1.94	2.68	2.69	3.29	3.70	4.81	2.52	4.04
								b							i		defij		dei

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

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

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

Significance Level: 95%

	Longstanding condition or illness						Area		Number of days active									
	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Total	a	*b	*c	d	e	*f	a	b	*a	*b	*c	d	e	f	*g	h	i	j
Unweighted Total	206	31	23	8	141	55	6	53	6	9	21	40	36	34	19	41	97	94
Total	201	29	23	7	139	53	6	50	6	8	20	38	37	33	19	41	95	92
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Standard Deviation	1.846	1.733	1.787	1.710	1.845	1.738	.952	1.908	2.092	.893	.995	1.264	1.111	1.790	2.077	2.048	1.182	2.066
Standard Error	.129	.311	.373	.605	.155	.234	.389	.154	.854	.298	.217	.200	.185	.307	.477	.320	.120	.213
Error variance	.02	.10	.14	.37	.02	.05	.15	.02	.73	.09	.05	.04	.03	.09	.23	.10	.01	.05

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

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

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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	*b	a	*b	a	*b	a	*b	a	b
Unweighted Total	206	101	45	59	161	12	166	12	159	17	166	15	135	31
Total	201	100	47	54	157	12	161	12	156	18	160	16	130	31
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	42	19	8	14	37	2	37	2	33	2	32	4	24	9
	21%	19%	17%	26%	23%	16%	23%	21%	21%	13%	20%	25%	18%	30%
2 days	47	26	9	12	31	-	34	3	33	8	33	7	30	7
	23%	26%	19%	22%	20%	-	21%	29%	21%	46%	21%	43%	23%	22%
3 days	35	12	13	10	32	1	32	2	32	1	30	3	21	4
	18%	12%	28%	18%	21%	10%	20%	17%	20%	5%	19%	22%	16%	12%
4 days	29	16	6	8	21	4	19	3	21	5	23	2	21	4
	15%	16%	13%	14%	13%	30%	12%	26%	13%	26%	14%	10%	16%	13%
5 days	20	8	6	5	14	3	16	-	14	1	17	-	16	1
	10%	8%	14%	10%	9%	26%	10%	-	9%	5%	11%	-	13%	4%
6 days	12	7	1	3	9	2	9	-	8	1	11	-	9	2
	6%	8%	3%	6%	5%	18%	5%	-	5%	5%	7%	-	7%	7%
7 days	16	11	3	2	13	-	15	1	14	-	14	-	10	4
	8%	11%	7%	4%	8%	-	9%	7%	9%	-	9%	-	7%	14%
NET: Occasionally (1 day)	42	19	8	14	37	2	37	2	33	2	32	4	24	9
	21%	19%	17%	26%	23%	16%	23%	21%	21%	13%	20%	25%	18%	30%
NET: Some (2-4 days)	111	54	28	30	85	5	85	9	86	14	86	12	71	14
	55%	54%	59%	54%	54%	40%	53%	72%	55%	77%	53%	75%	55%	46%
NET: Most 5+ days	49	27	11	11	36	5	39	1	37	2	43	-	35	7
	24%	27%	24%	20%	23%	44%	25%	7%	23%	10%	27%	-	27%	24%
Base for stats	201	100	47	54	157	12	161	12	156	18	160	16	130	31
Median	3	3	3	3	3	4	3	3	3	2	3	2	3	2
Mean Score	3.20	3.36	3.23	2.93	3.14	4.03	3.17	2.85	3.20	2.78	3.32	2.17	3.33	3.14
Standard Deviation	1.846	1.963	1.704	1.732	1.859	1.667	1.889	1.658	1.862	1.391	1.887	.950	1.834	2.144
Standard Error	.129	.195	.254	.226	.146	.481	.147	.479	.148	.337	.146	.245	.158	.385
Error variance	.02	.04	.06	.05	.02	.23	.02	.23	.02	.11	.02	.06	.02	.15

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

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

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

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	*c	*a	b	*c	d	e	*f	g	h	i
Unweighted Total	346	181	161	212	108	26	17	43	27	34	35	17	93	49	31
Total	317	167	145	177	111	29	14	39	22	31	28	20	90	46	28
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	60 19%	30 18%	30 21%	31 17%	23 21%	6 20%	4 25%	5 14%	6 25%	6 21%	5 18%	5 26%	15 16%	9 20%	5 19%
2 days	84 26%	42 25%	40 28%	53 30%	27 24%	4 15%	5 38%	9 22%	4 18%	8 26%	8 29%	2 9%	30 33%	11 24%	7 24%
3 days	82 26%	46 27%	35 24%	43 24%	33 30%	7 23%	3 23%	14 37%	7 30%	6 21%	2 8%	8 39%	20 22%	16 34%	7 24%
4 days	38 12%	19 11%	19 13%	24 14%	10 9%	4 15%	- -	2 5%	1 7%	4 13%	6 20%	1 6%	13 15%	4 9%	6 22%
5 days	22 7%	14 8%	8 6%	13 7%	7 6%	3 9%	1 4%	2 5%	1 3%	1 4%	5 18%	3 13%	6 7%	1 3%	2 8%
6 days	8 3%	5 3%	3 2%	5 3%	3 3%	- -	- -	3 8%	2 9%	- -	- -	- -	2 2%	1 3%	- -
7 days	23 7%	13 7%	10 7%	9 5%	8 8%	5 18%	1 9%	4 9%	2 7%	5 15%	2 7%	1 7%	5 5%	3 8%	1 3%
NET: Occasionally (1 day)	60 19%	30 18%	30 21%	31 17%	23 21%	6 20%	4 25%	5 14%	6 25%	6 21%	5 18%	5 26%	15 16%	9 20%	5 19%
NET: Some (2-4 days)	204 64%	106 63%	95 65%	119 67%	69 62%	15 53%	8 61%	25 64%	12 55%	18 60%	16 57%	11 54%	63 70%	31 67%	19 71%
NET: Most 5+ days	54 17%	32 19%	21 14%	27 15%	19 17%	8 27%	2 14%	9 22%	4 19%	6 19%	7 25%	4 20%	13 14%	6 13%	3 11%
Base for stats	317	167	145	177	111	29	14	39	22	31	28	20	90	46	28
Median	3	3	3	3	3	3	2	3	3	3	3	3	3	3	3
Mean Score	2.99	3.07	2.88	2.93	2.95	3.51	2.57	3.26	3.00	3.16	3.19	2.97	2.89	2.91	2.87
Standard Deviation	1.681	1.703	1.642	1.585	1.712	2.070	1.762	1.785	1.876	1.977	1.763	1.712	1.564	1.657	1.419
Standard Error	.090	.127	.129	.109	.165	.406	.427	.272	.361	.339	.298	.415	.162	.237	.255
Error variance	.01	.02	.02	.01	.03	.16	.18	.07	.13	.11	.09	.17	.03	.06	.06

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

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

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

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	*e	*f	g	h	a	b	c	*d	*e	*f	g
Unweighted Total	346	51	98	93	55	27	22	242	104	238	30	34	25	3	3	95
Total	317	48	95	83	46	24	20	226	91	218	29	31	23	3	2	87
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	60 19%	11 22%	15 16%	16 19%	8 18%	7 30%	3 13%	41 18%	18 20%	42 19%	7 25%	3 10%	3 14%	1 45%	- -	15 17%
2 days	84 26%	13 28%	22 23%	23 27%	15 33%	8 31%	3 17%	57 25%	26 29%	61 28%	5 16%	9 30%	4 19%	1 55%	- -	20 22%
3 days	82 26%	8 17%	27 29%	26 31%	11 23%	3 13%	7 32%	62 27%	20 22%	55 25%	8 26%	10 34%	7 30%	- -	- -	25 29%
4 days	38 12%	7 14%	15 15%	8 9%	5 10%	2 9%	2 10%	29 13%	9 10%	25 11%	4 13%	4 13%	4 15%	- -	1 31%	12 14%
5 days	22 7%	4 8%	6 7%	4 5%	3 7%	1 6%	3 15%	15 6%	8 9%	18 8%	1 4%	1 3%	1 6%	- -	1 33%	4 5%
6 days	8 3%	2 4%	2 2%	3 4%	- -	- -	1 4%	7 3%	1 1%	3 1%	1 3%	3 11% a	1 3%	- -	- -	5 5% a
7 days	23 7%	3 5%	8 9%	4 4%	4 9%	3 10%	2 9%	14 6%	9 10%	15 7%	4 12% c	- -	3 13%	- -	1 36%	7 8%
NET: Occasionally (1 day)	60 19%	11 22%	15 16%	16 19%	8 18%	7 30%	3 13%	41 18%	18 20%	42 19%	7 25%	3 10%	3 14%	1 45%	- -	15 17%
NET: Some (2-4 days)	204 64%	28 60%	64 67%	56 68%	30 65%	13 54%	12 59%	148 66%	55 61%	141 64%	16 55%	23 77%	15 64%	1 55%	1 31%	56 65%
NET: Most 5+ days	54 17%	9 18%	16 17%	11 13%	8 17%	4 16%	6 28%	36 16%	17 19%	35 16%	6 19%	4 13%	5 22%	- -	2 69%	16 19%
Base for stats	317	48	95	83	46	24	20	226	91	218	29	31	23	3	2	87
Median	3	2	3	3	2	2	3	3	3	3	3	3	3	2	5	3
Mean Score	2.99	2.93	3.15	2.84	2.93	2.71	3.46	2.99	2.99	2.92	3.12	3.00	3.42	1.55	5.41	3.17
Standard Deviation	1.681	1.718	1.688	1.541	1.735	1.890	1.778	1.641	1.788	1.641	1.947	1.402	1.862	.641	1.712	1.750
Standard Error	.090	.241	.171	.160	.234	.364	.379	.105	.175	.106	.355	.240	.372	.370	.989	.180
Error variance	.01	.06	.03	.03	.05	.13	.14	.01	.03	.01	.13	.06	.14	.14	.98	.03

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

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

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

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%		a	b	c	d	*a	*b	c	d	e	a	*b	a	b	c	*d	e	a	b
Unweighted Total	346	191	57	75	132	15	25	48	258	88	317	18	31	147	145	23	315	64	237
Total	317	149	64	85	149	14	24	44	235	82	292	16	27	131	138	20	290	65	213
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	60 19%	28 19%	10 16%	18 21%	28 19%	- -	2 8%	8 19%	50 21%	10 12%	54 19%	3 22%	4 16%	22 17%	27 20%	6 31%	55 19%	5 8%	45 21% a
2 days	84 26%	40 27%	21 32%	21 25%	41 28%	7 52%	4 15%	9 20%	64 27%	19 24%	81 28%	1 6%	7 26%	34 26%	38 27%	5 25%	77 26%	16 25%	58 27%
3 days	82 26%	38 25%	16 26%	25 29%	41 28%	2 15%	7 27%	11 24%	63 27%	19 23%	77 26%	6 35%	6 23%	35 27%	38 27%	3 13%	76 26%	21 32%	53 25%
4 days	38 12%	20 13%	7 11%	7 8%	15 10%	2 13%	6 24%	9 21% d	21 9%	17 21% d	33 11%	2 10%	3 11%	21 16%	14 10%	- -	35 12%	8 12%	26 12%
5 days	22 7%	11 7%	2 3%	8 9%	10 7%	2 14%	4 15%	2 5%	15 6%	8 9%	19 7%	2 10%	1 6%	8 6%	9 7%	4 21%	21 7%	4 7%	15 7%
6 days	8 3%	3 2%	3 4%	1 1%	4 2%	1 6%	- -	2 6%	5 2%	3 4%	7 2%	1 10%	1 6%	2 2%	2 2%	2 10%	7 2%	4 7% b	2 1%
7 days	23 7%	10 7%	4 7%	6 7%	10 7%	- -	3 11%	3 6%	18 8%	5 6%	21 7%	1 7%	3 13%	10 8%	10 7%	- -	20 7%	6 9%	14 6%
NET: Occasionally (1 day)	60 19%	28 19%	10 16%	18 21%	28 19%	- -	2 8%	8 19%	50 21%	10 12%	54 19%	3 22%	4 16%	22 17%	27 20%	6 31%	55 19%	5 8%	45 21% a
NET: Some (2-4 days)	204 64%	97 65%	44 70%	53 62%	97 65%	11 80%	16 66%	29 65%	148 63%	56 68%	191 65%	8 51%	16 59%	90 68%	90 65%	8 38%	188 65%	45 69%	137 64%
NET: Most 5+ days	54 17%	24 16%	9 14%	15 17%	24 16%	3 20%	6 26%	7 16%	37 16%	16 20%	47 16%	4 27%	6 24%	20 15%	21 15%	6 31%	47 16%	15 23%	31 14%
Base for stats	317	149	64	85	149	14	24	44	235	82	292	16	27	131	138	20	290	65	213
Median	3	3	3	3	3	2	4	3	3	3	3	3	3	3	3	2	3	3	3
Mean Score	2.99	2.96	2.93	2.93	2.93	3.08	3.67	3.14	2.89	3.29	2.95	3.38	3.32	3.04	2.90	2.83	2.96	3.42 b	2.85
Standard Deviation	1.681	1.644	1.649	1.665	1.652	1.371	1.637	1.683	1.692	1.622	1.667	1.879	1.967	1.646	1.643	1.827	1.653	1.708	1.622
Standard Error	.090	.119	.218	.192	.144	.354	.327	.243	.105	.173	.094	.443	.353	.136	.136	.381	.093	.214	.105
Error variance	.01	.01	.05	.04	.02	.13	.11	.06	.01	.03	.01	.20	.12	.02	.02	.15	.01	.05	.01



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

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

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

	Longstanding condition or illness							Area		Number of days active									
	Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
Significance Level: 95%		a	*b	*c	d	e	*f	a	b	*a	*b	c	d	e	f	*g	h	i	j
Unweighted Total	346	38	22	14	256	70	4	276	70	7	25	39	73	42	63	15	82	154	160
Total	317	35	21	14	234	66	4	255	62	5	23	36	65	40	55	15	78	141	148
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	60	7	4	1	43	12	1	47	13	2	14	11	14	5	7	-	7	30	13
	19%	19%	20%	8%	18%	17%	17%	18%	20%	47%	61%	30%	22%	12%	12%	-	9%	21%	9%
												fhj	hj					hj	
2 days	84	10	4	1	64	14	-	70	13	1	3	13	20	10	15	3	16	44	35
	26%	27%	17%	5%	28%	21%	-	28%	21%	27%	14%	36%	32%	26%	27%	22%	21%	31%	24%
3 days	82	9	8	5	60	20	1	62	20	-	4	8	23	12	13	2	20	43	35
	26%	25%	37%	38%	26%	31%	35%	24%	32%	-	18%	23%	36%	30%	24%	11%	26%	31%	23%
													j						
4 days	38	6	1	2	28	9	-	29	9	1	1	3	5	11	7	5	6	19	18
	12%	17%	4%	15%	12%	13%	-	11%	14%	14%	3%	9%	8%	27%	12%	31%	8%	13%	12%
														cdhij					
5 days	22	-	1	1	19	2	-	16	7	1	1	-	1	2	12	3	3	3	18
	7%	-	4%	10%	8%	3%	-	6%	11%	12%	3%	-	2%	5%	22%	18%	4%	2%	12%
															cdehi				cdhi
6 days	8	-	-	3	5	3	-	8	-	-	-	1	1	-	-	3	4	1	7
	3%	-	-	24%	2%	5%	-	3%	-	-	-	2%	1%	-	-	19%	5%	1%	4%
7 days	23	4	4	-	14	6	2	22	1	-	-	-	-	-	2	-	22	-	23
	7%	13%	18%	-	6%	9%	48%	9%	2%	-	-	-	-	-	3%	-	28%	-	16%
															i		cdefij		cdefi
NET: Occasionally (1 day)	60	7	4	1	43	12	1	47	13	2	14	11	14	5	7	-	7	30	13
	19%	19%	20%	8%	18%	17%	17%	18%	20%	47%	61%	30%	22%	12%	12%	-	9%	21%	9%
												fhj	hj					hj	
NET: Some (2-4 days)	204	24	12	8	152	43	1	162	42	2	8	25	49	33	35	10	42	106	87
	64%	68%	58%	58%	65%	65%	35%	64%	67%	41%	36%	68%	75%	83%	63%	63%	55%	76%	59%
													hj	fhj				hj	
NET: Most 5+ days	54	4	5	5	39	12	2	45	8	1	1	1	2	2	13	6	29	5	48
	17%	13%	22%	34%	16%	18%	48%	18%	13%	12%	3%	2%	3%	5%	24%	37%	37%	3%	32%
															cdei		cdei		cdei
Base for stats	317	35	21	14	234	66	4	255	62	5	23	36	65	40	55	15	78	141	148
Median	3	3	3	3	3	3	3	3	3	2	1	2	2	3	3	4	3	2	3
Mean Score	2.99	3.02	3.26	3.86	2.95	3.17	4.61	3.03	2.82	2.16	1.73	2.19	2.39	2.87	3.15	4.02	4.03	2.47	3.70
														cdi	cdi		cdefi		cdefi
Standard Deviation	1.681	1.818	2.046	1.599	1.624	1.774	2.770	1.746	1.388	1.605	1.084	1.091	1.046	1.112	1.485	1.438	2.164	1.101	1.906
Standard Error	.090	.295	.436	.427	.102	.212	1.385	.105	.166	.607	.217	.175	.122	.172	.187	.371	.239	.089	.151

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

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

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

Significance Level: 95%

	Longstanding condition or illness						Area		Number of days active									
	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Total	a	*b	*c	d	e	*f	a	b	*a	*b	c	d	e	f	*g	h	i	j
346	38	22	14	256	70	4	276	70	7	25	39	73	42	63	15	82	154	160
317	35	21	14	234	66	4	255	62	5	23	36	65	40	55	15	78	141	148
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
.01	.09	.19	.18	.01	.04	1.92	.01	.03	.37	.05	.03	.01	.03	.04	.14	.06	.01	.02

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

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

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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	*b	a	*b	a	*b	a	*b	a	b
Unweighted Total	346	173	65	104	285	21	276	26	262	28	284	17	237	45
Total	317	159	61	94	266	17	254	23	240	25	263	15	215	43
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	60	22	12	24	51	3	49	4	47	4	50	3	41	9
	19%	14%	20%	25% a	19%	18%	19%	16%	20%	16%	19%	22%	19%	21%
2 days	84	38	19	25	72	3	70	3	65	6	73	2	57	8
	26%	24%	31%	27%	27%	19%	28%	15%	27%	24%	28%	14%	27%	18%
3 days	82	47	12	23	72	4	65	9	62	11	67	5	55	12
	26%	30%	19%	25%	27%	24%	26%	42%	26%	42%	25%	36%	26%	27%
4 days	38	22	8	8	28	3	28	1	27	3	31	3	24	5
	12%	14%	13%	9%	11%	21%	11%	6%	11%	13%	12%	18%	11%	11%
5 days	22	11	4	6	17	1	16	2	16	-	18	1	15	3
	7%	7%	7%	7%	6%	8%	6%	7%	7%	-	7%	4%	7%	6%
6 days	8	7	-	1	6	2	7	-	5	1	7	1	6	2
	3%	5%	-	1%	2%	11%	3%	-	2%	6%	2%	5%	3%	4%
7 days	23	11	6	6	21	-	18	3	17	-	18	-	16	6
	7%	7%	10%	7%	8%	-	7%	13%	7%	-	7%	-	7%	13%
NET: Occasionally (1 day)	60	22	12	24	51	3	49	4	47	4	50	3	41	9
	19%	14%	20%	25% a	19%	18%	19%	16%	20%	16%	19%	22%	19%	21%
NET: Some (2-4 days)	204	107	38	57	172	10	163	14	155	20	171	10	137	24
	64%	68%	63%	60%	65%	63%	64%	63%	65%	78%	65%	68%	64%	56%
NET: Most 5+ days	54	29	10	13	43	3	41	5	38	1	43	1	37	10
	17%	18%	17%	14%	16%	19%	16%	21%	16%	6%	16%	9%	17%	24%
Base for stats	317	159	61	94	266	17	254	23	240	25	263	15	215	43
Median	3	3	2	2	3	3	3	3	3	3	3	3	3	3
Mean Score	2.99	3.17	2.97	2.73	2.96	3.14	2.94	3.26	2.94	2.75	2.96	2.83	2.98	3.28
		c												
Standard Deviation	1.681	1.650	1.776	1.652	1.687	1.594	1.683	1.835	1.670	1.234	1.665	1.402	1.695	1.956
Standard Error	.090	.125	.220	.162	.100	.348	.101	.360	.103	.233	.099	.340	.110	.292
Error variance	.01	.02	.05	.03	.01	.12	.01	.13	.01	.05	.01	.12	.01	.09

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

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

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

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	c	d	e	*f	g	h	i
Unweighted Total	427	163	262	224	149	54	23	53	34	43	38	29	105	62	40
Total	419	162	255	198	153	68	19	51	29	44	31	37	101	66	41
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	55 13%	21 13%	34 13%	32 16%	16 10%	7 11%	2 11%	7 14%	5 17%	6 14%	9 29% gh	2 6%	10 10%	8 12%	6 14%
2 days	94 22%	35 22%	57 23%	46 23%	32 21%	15 22%	6 31%	13 26%	4 14%	8 18%	6 18%	14 37%	22 21%	14 21%	8 19%
3 days	88 21%	34 21%	54 21%	38 19%	30 20%	19 28%	3 14%	12 23%	5 19%	9 21%	5 16%	10 26%	19 19%	13 20%	12 29%
4 days	59 14%	24 15%	35 14%	29 15%	25 17%	5 7%	2 13%	4 8%	3 9%	8 17%	1 4%	2 6%	19 19% e	11 17%	8 20% e
5 days	64 15%	23 14%	41 16%	27 14%	28 18%	9 14%	4 21%	7 14%	5 19%	6 14%	7 23% i	3 9%	19 19% i	10 15%	2 5%
6 days	17 4%	5 3%	12 5%	9 5%	5 4%	2 3%	1 4%	3 7%	2 8%	1 2%	- -	5 13%	3 3%	1 1%	1 3%
7 days	42 10%	21 13%	20 8%	16 8%	16 11%	10 15%	1 6%	4 7%	4 15%	6 13%	3 10%	1 4%	9 9%	10 15%	3 8%
NET: Occasionally (1 day)	55 13%	21 13%	34 13%	32 16%	16 10%	7 11%	2 11%	7 14%	5 17%	6 14%	9 29% gh	2 6%	10 10%	8 12%	6 14%
NET: Some (2-4 days)	240 57%	93 57%	147 58%	114 57%	88 57%	39 58%	11 57%	29 58%	12 42%	25 56%	12 39%	25 69%	60 59% e	38 57%	28 69% ce
NET: Most 5+ days	123 29%	49 30%	74 29%	52 26%	50 33%	21 32%	6 31%	14 28%	12 41% i	13 30%	10 32%	9 25%	31 31%	21 31%	7 17%
Base for stats	419	162	255	198	153	68	19	51	29	44	31	37	101	66	41
Median	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Mean Score	3.48	3.56	3.43	3.32	3.65	3.58	3.39	3.31	3.79	3.60	3.12	3.27	3.60	3.67	3.26
Standard Deviation	1.803	1.869	1.752	1.788	1.770	1.905	1.766	1.788	2.048	1.879	1.991	1.659	1.710	1.898	1.676
Standard Error	.087	.146	.108	.119	.145	.259	.368	.246	.351	.287	.323	.308	.167	.241	.265
Error variance	.01	.02	.01	.01	.02	.07	.14	.06	.12	.08	.10	.09	.03	.06	.07

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

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

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

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total	427	57	108	132	59	34	37	297	130	327	26	31	26	6	1	90
Total	419	54	109	131	55	31	40	294	125	323	25	31	23	6	1	87
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	55 13%	4 8%	17 16%	16 13%	8 14%	5 16%	5 12%	38 13%	17 14%	46 14%	3 13%	3 9%	1 5%	1 13%	- -	8 10%
2 days	94 22%	12 23%	27 25%	31 24%	9 17%	4 14%	10 26%	70 24%	24 19%	77 24%	5 18%	3 9%	7 29%	1 12%	- -	15 17%
3 days	88 21%	11 21%	16 14%	26 20%	19 34%	8 26%	8 19%	54 18%	34 27%	70 22%	4 17%	9 30%	4 16%	- -	- -	17 20%
4 days	59 14%	10 19%	22 20%	13 10%	6 10%	4 14%	4 9%	45 15%	14 11%	39 12%	8 30%	7 21%	3 13%	- -	1 100%	19 21%
5 days	64 15%	6 12%	15 14%	25 19%	5 10%	6 20%	7 17%	46 16%	18 15%	48 15%	2 9%	6 19%	4 19%	3 57%	- -	16 19%
6 days	17 4%	3 5%	3 3%	8 6%	2 4%	1 2%	- -	14 5%	3 2%	12 4%	2 6%	1 5%	1 4%	- -	- -	4 4%
7 days	42 10%	7 13%	9 8%	11 8%	6 11%	3 9%	7 17%	27 9%	15 12%	31 9%	2 6%	2 7%	3 13%	1 17%	- -	8 9%
NET: Occasionally (1 day)	55 13%	4 8%	17 16%	16 13%	8 14%	5 16%	5 12%	38 13%	17 14%	46 14%	3 13%	3 9%	1 5%	1 13%	- -	8 10%
NET: Some (2-4 days)	240 57%	34 63%	64 59%	71 54%	33 61%	17 54%	22 54%	169 58%	72 57%	186 57%	17 65%	19 60%	13 58%	1 12%	1 100%	51 58%
NET: Most 5+ days	123 29%	16 30%	27 25%	44 33%	13 25%	10 30%	13 34%	87 30%	36 29%	91 28%	5 21%	9 30%	8 37%	4 74%	- -	28 32%
Base for stats	419	54	109	131	55	31	40	294	125	323	25	31	23	6	1	87
Median	3	3	3	3	3	3	3	3	3	3	4	4	3	5	4	4
Mean Score	3.48	3.70	3.34	3.51	3.40	3.49	3.61	3.48	3.49	3.39	3.47	3.72	3.77	4.44	4.00	3.72
Standard Deviation	1.803	1.796	1.778	1.802	1.798	1.768	1.981	1.791	1.838	1.802	1.684	1.579	1.862	2.082	-	1.697
Standard Error	.087	.238	.171	.157	.234	.303	.326	.104	.161	.100	.330	.284	.365	.850	-	.179
Error variance	.01	.06	.03	.02	.05	.09	.11	.01	.03	.01	.11	.08	.13	.72	-	.03

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

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

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

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%		a	b	c	d	*a	*b	c	d	e	a	*b	a	b	c	*d	e	a	b
Unweighted Total	427	232	79	91	170	23	25	81	298	129	389	26	46	199	157	25	381	73	296
Total	419	198	94	104	198	24	26	85	284	134	382	26	42	195	159	23	377	78	289
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	55	32	13	10	23	-	-	13	42	13	51	2	7	27	18	3	48	6	39
	13%	16%	14%	9%	11%	-	-	15%	15%	9%	13%	8%	16%	14%	12%	12%	13%	8%	14%
2 days	94	47	26	16	41	7	3	16	67	27	84	9	10	46	33	5	84	19	62
	22%	24%	27%	15%	21%	31%	13%	19%	23%	20%	22%	34%	24%	24%	21%	21%	22%	25%	21%
3 days	88	33	21	27	49	5	5	19	59	29	82	5	5	47	33	2	83	11	72
	21%	17%	23%	26%	24%	19%	21%	23%	21%	22%	21%	18%	12%	24%	21%	9%	22%	14%	25% a
4 days	59	22	11	24	36	4	5	9	40	19	55	2	5	19	29	6	54	15	39
	14%	11%	12%	23% a	18% a	18%	21%	10%	14%	14%	15%	10%	11%	10%	19% b	24%	14%	19%	14%
5 days	64	29	12	20	32	2	9	17	37	27	56	6	4	31	25	5	60	12	47
	15%	14%	13%	19%	16%	8%	34%	19%	13%	20%	15%	24%	10%	16%	16%	20%	16%	15%	16%
6 days	17	11	3	1	5	2	1	2	11	6	16	1	2	9	5	1	15	2	12
	4%	5%	4%	1%	2%	9%	6%	2%	4%	4%	4%	3%	4%	5%	3%	3%	4%	3%	4%
7 days	42	25	8	6	14	3	1	10	28	14	37	1	10	15	15	2	32	12	16
	10%	13%	8%	6%	7%	15%	5%	11%	10%	11%	10%	3%	24% bce	8%	9%	10%	9%	16% b	6%
NET: Occasionally (1 day)	55	32	13	10	23	-	-	13	42	13	51	2	7	27	18	3	48	6	39
	13%	16%	14%	9%	11%	-	-	15%	15%	9%	13%	8%	16%	14%	12%	12%	13%	8%	14%
NET: Some (2-4 days)	240	101	58	67	126	16	14	44	166	75	221	16	20	112	96	13	221	45	174
	57%	51%	62%	64% a	63% a	69%	55%	52%	58%	56%	58%	62%	47%	58%	60%	55%	59%	58%	60%
NET: Most 5+ days	123	64	23	27	50	7	12	28	76	47	109	8	16	55	45	8	108	27	75
	29%	33%	24%	26%	25%	31%	45%	33%	27%	35%	28%	31%	37%	28%	28%	33%	29%	34%	26%
Base for stats	419	198	94	104	198	24	26	85	284	134	382	26	42	195	159	23	377	78	289
Median	3	3	3	3	3	3	4	3	3	3	3	3	3	3	3	4	3	4	3
Mean Score	3.48	3.51	3.25	3.55	3.41	3.88	4.15	3.52	3.38	3.70	3.46	3.31	3.80	3.35	3.53	3.68	3.45	3.81 b	3.33
Standard Deviation	1.803	1.962	1.737	1.514	1.626	1.817	1.343	1.855	1.813	1.769	1.793	1.588	2.233	1.760	1.728	1.817	1.748	1.893	1.653
Standard Error	.087	.129	.195	.159	.125	.379	.269	.206	.105	.156	.091	.311	.329	.125	.138	.363	.090	.222	.096
Error variance	.01	.02	.04	.03	.02	.14	.07	.04	.01	.02	.01	.10	.11	.02	.02	.13	.01	.05	.01

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

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

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

	Longstanding condition or illness							Area		Number of days active									
	Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
	a	b	*c	d	e	*f		a	b	*a	*b	c	d	e	f	*g	h	i	j
Significance Level: 95%																			
Unweighted Total	427	50	42	25	304	108	7	354	73	12	29	55	86	58	63	28	96	199	187
Total	419	46	44	25	298	106	6	348	71	12	29	54	81	57	59	28	98	192	186
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	55	8	8	1	38	14	2	48	8	4	15	12	10	2	2	4	5	25	11
	13%	17%	17%	6%	13%	14%	36%	14%	11%	34%	53%	23%	13%	4%	4%	13%	5%	13%	6%
												efhj	j					fhj	
2 days	94	9	13	4	67	26	1	76	17	5	4	32	21	10	10	3	8	63	22
	22%	20%	30%	17%	23%	24%	11%	22%	24%	41%	13%	58%	26%	18%	17%	12%	8%	33%	12%
												defhij	hj					efhj	
3 days	88	11	3	6	67	19	2	66	22	1	5	1	38	13	7	1	22	52	29
	21%	25%	7%	26%	23%	18%	27%	19%	31%	11%	18%	2%	46%	23%	11%	3%	22%	27%	16%
		b		b	b				a				cefhij	c			c	cfj	c
4 days	59	7	8	5	39	17	2	54	5	1	1	7	9	23	8	3	8	39	19
	14%	14%	19%	20%	13%	16%	26%	16%	7%	6%	2%	14%	10%	40%	14%	9%	8%	20%	10%
								b						cdfhij				djh	
5 days	64	4	6	7	47	16	-	54	10	-	2	1	3	6	29	6	18	9	52
	15%	9%	14%	28%	16%	15%	-	16%	14%	-	8%	2%	4%	10%	49%	20%	18%	5%	28%
															cdehij		cdi		cdei
6 days	17	1	1	1	13	2	-	15	2	-	-	-	1	2	1	10	3	2	15
	4%	2%	2%	3%	4%	2%	-	4%	2%	-	-	-	1%	3%	2%	35%	3%	1%	8%
																		cdi	
7 days	42	7	5	-	27	12	-	34	8	1	2	1	-	1	1	2	34	1	38
	10%	14%	11%	-	9%	11%	-	10%	11%	8%	6%	1%	-	1%	2%	8%	35%	1%	20%
																	cdefij		cdefi
NET: Occasionally (1 day)	55	8	8	1	38	14	2	48	8	4	15	12	10	2	2	4	5	25	11
	13%	17%	17%	6%	13%	14%	36%	14%	11%	34%	53%	23%	13%	4%	4%	13%	5%	13%	6%
												efhj	j					fhj	
NET: Some (2-4 days)	240	27	24	16	173	62	4	196	44	7	10	40	67	46	25	7	38	154	70
	57%	58%	56%	63%	58%	58%	64%	56%	62%	58%	33%	74%	83%	81%	42%	25%	39%	80%	38%
												fhj	fhj	fhj				fhj	
NET: Most 5+ days	123	11	12	8	87	30	-	104	20	1	4	1	4	8	32	18	56	13	105
	29%	25%	27%	31%	29%	28%	-	30%	28%	8%	14%	3%	4%	14%	54%	63%	56%	7%	57%
														cd	cdei		cdei		cdei
Base for stats	419	46	44	25	298	106	6	348	71	12	29	54	81	57	59	28	98	192	186
Median	3	3	3	4	3	3	3	3	3	2	1	2	3	4	5	5	5	3	5
Mean Score	3.48	3.41	3.33	3.56	3.45	3.45	2.42	3.50	3.41	2.28	2.23	2.17	2.68	3.48	4.04	4.49	4.76	2.77	4.49
													c	cdi	cdei		cdefi	c	cdei

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

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

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

Significance Level: 95%

	Longstanding condition or illness						Area		Number of days active									
	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Total	a	b	*c	d	e	*f	a	b	*a	*b	c	d	e	f	*g	h	i	j
427	50	42	25	304	108	7	354	73	12	29	55	86	58	63	28	96	199	187
419	46	44	25	298	106	6	348	71	12	29	54	81	57	59	28	98	192	186
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1.803	1.929	1.914	1.327	1.769	1.821	1.326	1.808	1.787	1.685	1.739	1.102	.999	1.198	1.412	1.969	1.976	1.196	1.833
.087	.273	.295	.265	.101	.175	.501	.096	.209	.486	.323	.149	.108	.157	.178	.372	.202	.085	.134
.01	.07	.09	.07	.01	.03	.25	.01	.04	.24	.10	.02	.01	.02	.03	.14	.04	.01	.02



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

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

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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	*b	a	b	a	b	a	b	a	b
Unweighted Total	427	215	69	137	336	26	326	41	316	48	322	37	273	75
Total	419	213	64	137	332	25	320	40	310	47	315	37	266	74
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	55	24	6	24	38	5	41	6	33	11	34	9	38	10
	13%	11%	10%	18%	11%	22%	13%	14%	11%	24% a	11%	25% a	14%	13%
2 days	94	46	11	35	75	2	75	5	77	8	72	4	48	17
	22%	22%	18%	26%	23%	7%	23%	13%	25%	17%	23%	10%	18%	23%
3 days	88	43	13	32	72	5	68	9	62	11	66	10	60	17
	21%	20%	20%	24%	22%	18%	21%	22%	20%	24%	21%	27%	23%	22%
4 days	59	28	12	19	50	4	46	7	44	7	42	6	42	8
	14%	13%	18%	14%	15%	16%	14%	18%	14%	16%	13%	17%	16%	11%
5 days	64	40	11	13	51	4	45	7	47	6	51	7	37	12
	15%	19%	17%	9%	15%	17%	14%	18%	15%	13%	16%	18%	14%	17%
		c												
6 days	17	7	4	6	15	-	16	-	15	1	15	1	14	1
	4%	3%	7%	4%	5%	-	5%	-	5%	2%	5%	2%	5%	2%
7 days	42	24	7	9	29	5	29	6	32	2	33	1	27	9
	10%	11%	11%	6%	9%	21%	9%	15%	10%	5%	11%	2%	10%	12%
NET: Occasionally (1 day)	55	24	6	24	38	5	41	6	33	11	34	9	38	10
	13%	11%	10%	18%	11%	22%	13%	14%	11%	24% a	11%	25% a	14%	13%
NET: Some (2-4 days)	240	118	36	86	198	10	189	22	183	27	181	20	150	42
	57%	55%	56%	63%	60%	41%	59%	54%	59%	57%	57%	54%	56%	56%
NET: Most 5+ days	123	71	22	27	96	9	90	13	93	9	100	8	78	23
	29%	33%	34%	20%	29%	37%	28%	32%	30%	19%	32%	21%	29%	31%
		c	c											
Base for stats	419	213	64	137	332	25	320	40	310	47	315	37	266	74
Median	3	3	4	3	3	4	3	4	3	3	3	3	3	3
Mean Score	3.48	3.61	3.76	3.10	3.49	3.81	3.45	3.71	3.53	3.00	3.59	3.07	3.53	3.49
		c	c											
Standard Deviation	1.803	1.810	1.784	1.696	1.745	2.145	1.780	1.871	1.793	1.665	1.804	1.582	1.815	1.854
Standard Error	.087	.123	.215	.145	.095	.421	.099	.292	.101	.240	.101	.260	.110	.214
Error variance	.01	.02	.05	.02	.01	.18	.01	.09	.01	.06	.01	.07	.01	.05

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

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

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

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	471	236	233	238	140	93	23	54	53	59	39	38	94	65	46
Total	454	230	222	204	140	110	18	52	47	59	31	45	90	64	48
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	65 14%	26 11%	37 17%	31 15%	22 16%	11 10%	4 20%	6 11%	5 10%	8 13%	6 19%	8 19%	11 12%	5 8%	12 25% h
2 days	89 20%	39 17%	51 23%	42 21%	23 17%	24 22%	2 8%	15 29%	8 17%	10 17%	6 20%	6 13%	20 23%	14 21%	9 19%
3 days	95 21%	50 22%	43 20%	44 22%	33 24%	17 16%	2 9%	9 17%	13 29% ei	15 25%	3 9%	16 34% ehi	21 24%	11 17%	6 12%
4 days	68 15%	38 16%	30 14%	29 14%	26 19%	13 12%	5 26%	7 14%	7 14%	6 10%	6 18%	7 16%	15 17%	11 17%	5 10%
5 days	53 12%	29 13%	24 11%	23 11%	13 9%	17 15%	3 19%	5 10%	5 10%	6 10%	4 14%	7 15%	7 7%	10 15%	6 12%
6 days	18 4%	8 4%	10 4%	10 5%	6 4%	2 2%	1 8%	2 4%	4 8%	3 5%	1 2%	- -	5 6%	2 3%	- -
7 days	66 14%	39 17%	27 12%	25 12%	16 11%	25 23% ab	2 10%	7 14%	5 12%	12 20% f	5 17%	2 3%	10 11%	12 19% f	11 23% f
NET: Occasionally (1 day)	65 14%	26 11%	37 17%	31 15%	22 16%	11 10%	4 20%	6 11%	5 10%	8 13%	6 19%	8 19%	11 12%	5 8%	12 25% h
NET: Some (2-4 days)	253 56%	127 55%	125 56%	115 57%	83 59%	54 49%	8 44%	31 60%	28 60%	31 52%	15 47%	28 63% i	57 64% i	35 55%	19 41%
NET: Most 5+ days	137 30%	77 33%	60 27%	58 28%	35 25%	44 40% ab	7 36%	15 29%	14 30%	21 35%	10 33%	8 19%	21 24%	24 37%	17 35%
Base for stats	454	230	222	204	140	110	18	52	47	59	31	45	90	64	48
Median	3	3	3	3	3	4	4	3	3	3	4	3	3	4	3
Mean Score	3.60	3.81	3.40	3.49	3.48	3.97	3.78	3.53	3.68	3.82	3.62	3.10	3.46	3.92	3.57
		b				a								f	
Standard Deviation	1.925	1.926	1.906	1.885	1.835	2.076	1.944	1.940	1.821	2.063	2.093	1.493	1.807	1.936	2.272
Standard Error	.089	.125	.125	.122	.155	.215	.405	.264	.250	.269	.335	.242	.186	.240	.335
Error variance	.01	.02	.02	.01	.02	.05	.16	.07	.06	.07	.11	.06	.03	.06	.11

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

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

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

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total	471	56	107	141	62	49	56	304	167	370	27	33	26	3	3	92
Total	454	55	104	133	56	45	61	293	161	358	26	32	24	3	3	87
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	65 14%	6 11%	12 12%	21 15%	12 21%	5 12%	8 13%	39 13%	25 16%	55 15%	3 11%	1 5%	2 9%	1 32%	- -	7 8%
2 days	89 20%	14 26%	14 14%	27 20%	14 25%	8 17%	13 21%	55 19%	34 21%	70 20%	6 22%	9 28%	4 17%	- -	1 26%	19 22%
3 days	95 21%	13 23%	31 29% fh	26 19%	10 18%	8 18%	8 13%	69 24%	26 16%	74 21%	1 3%	11 34%	6 26%	1 25%	1 26%	19 22%
4 days	68 15%	9 17%	14 13%	23 17%	6 11%	8 18%	8 14%	46 16%	23 14%	55 15%	7 28%	3 9%	2 10%	- -	1 48%	14 16%
5 days	53 12%	5 8%	12 11%	11 9%	8 15%	11 25% abcfg	6 10%	28 9%	25 16% g	43 12%	3 13%	5 15%	1 4%	- -	- -	9 11%
6 days	18 4%	- -	8 8% ah	7 5%	1 1%	1 2%	2 3%	15 5%	3 2%	13 4%	2 6%	1 3%	1 6%	1 43%	- -	5 6%
7 days	66 14%	8 15%	13 12%	20 15%	5 9%	4 8%	17 27% bcdeg	41 14%	25 16%	50 14%	4 16%	2 7%	7 27%	- -	- -	13 15%
NET: Occasionally (1 day)	65 14%	6 11%	12 12%	21 15%	12 21%	5 12%	8 13%	39 13%	25 16%	55 15%	3 11%	1 5%	2 9%	1 32%	- -	7 8%
NET: Some (2-4 days)	253 56%	36 66%	59 56%	75 57%	30 54%	24 53%	29 47%	170 58%	83 51%	199 55%	14 54%	23 71%	13 53%	1 25%	3 100%	53 60%
NET: Most 5+ days	137 30%	13 23%	33 32%	37 28%	14 25%	16 35%	24 40%	83 28%	54 33%	105 29%	9 36%	8 24%	9 38%	1 43%	- -	27 31%
Base for stats	454	55	104	133	56	45	61	293	161	358	26	32	24	3	3	87
Median	3	3	3	3	3	4	4	3	3	3	4	3	3	3	3	3
Mean Score	3.60	3.45	3.72 d	3.56	3.13	3.66	4.02 d	3.60	3.61	3.55	3.94	3.37	4.11	3.67	3.22	3.75
Standard Deviation	1.925	1.857	1.851	1.955	1.837	1.707	2.213	1.897	1.981	1.918	1.969	1.553	2.167	2.668	1.071	1.876
Standard Error	.089	.248	.179	.165	.233	.244	.296	.109	.153	.100	.379	.270	.425	1.540	.618	.196
Error variance	.01	.06	.03	.03	.05	.06	.09	.01	.02	.01	.14	.07	.18	2.37	.38	.04

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

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

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

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	*a	b	c	d	e	a	*b	a	b	c	*d	e	a	b
471	297	65	86	151	26	36	91	318	153	437	26	71	222	152	26	400	80	309
454	260	76	98	174	26	33	96	300	155	421	25	67	215	145	27	387	86	292
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
65	36	11	13	24	3	2	11	49	15	59	5	12	30	21	2	53	5	45
14%	14%	15%	13%	14%	10%	6%	11%	17%	10%	14%	20%	18%	14%	14%	9%	14%	6%	15% a
89	53	15	19	34	2	6	19	62	27	86	2	9	45	30	5	81	15	65
20%	20%	20%	19%	20%	7%	18%	20%	21%	17%	20%	8%	13%	21%	21%	19%	21%	17%	22%
95	51	23	18	41	5	7	18	65	30	88	5	11	48	30	7	84	18	66
21%	20%	30%	18%	23%	20%	21%	19%	22%	20%	21%	21%	16%	22%	20%	24%	22%	21%	22%
68	40	7	18	26	6	10	17	35	34	60	7	12	29	22	4	56	17	37
15%	15%	10%	19%	15%	23%	31% d	18%	12%	22% d	14%	29%	19%	14%	15%	17%	14%	19%	13%
53	30	9	10	19	5	1	11	36	17	47	6	6	29	16	2	47	11	36
12%	12%	12%	10%	11%	21%	4%	11%	12%	11%	11%	22%	9%	14%	11%	9%	12%	13%	12%
18	10	2	5	7	1	3	2	11	7	18	-	6	6	6	-	12	4	8
4%	4%	3%	5%	4%	3%	10%	3%	4%	4%	4%	-	9% be	3%	4%	-	3%	5%	3%
66	40	8	15	23	4	3	18	41	25	64	-	12	27	21	6	54	15	36
14%	15%	10%	16%	13%	16%	9%	18%	14%	16%	15%	-	18%	13%	14%	22%	14%	18%	12%
65	36	11	13	24	3	2	11	49	15	59	5	12	30	21	2	53	5	45
14%	14%	15%	13%	14%	10%	6%	11%	17%	10%	14%	20%	18%	14%	14%	9%	14%	6%	15% a
253	144	46	55	101	13	23	54	162	91	233	15	32	123	82	16	221	50	168
56%	55%	60%	56%	58%	50%	71%	57%	54%	59%	55%	58%	47%	57%	57%	61%	57%	58%	57%
137	80	19	30	49	10	8	31	88	49	129	6	24	62	43	8	113	31	80
30%	31%	25%	31%	28%	40%	24%	32%	29%	32%	31%	22%	35%	29%	29%	31%	29%	36%	27%
454	260	76	98	174	26	33	96	300	155	421	25	67	215	145	27	387	86	292
3	3	3	3	3	4	4	4	3	4	3	4	4	3	3	3	3	4	3
3.60	3.63	3.34	3.72	3.55	4.12	3.76	3.80	3.48	3.84	3.62	3.25	3.85	3.51	3.58	3.86	3.56	4.03 b	3.41
1.925	1.945	1.797	1.951	1.889	1.802	1.664	1.963	1.944	1.869	1.947	1.436	2.078	1.864	1.933	2.001	1.897	1.857	1.871
.089	.113	.223	.210	.154	.353	.277	.206	.109	.151	.093	.282	.247	.125	.157	.392	.095	.208	.106
.01	.01	.05	.04	.02	.12	.08	.04	.01	.02	.01	.08	.06	.02	.02	.15	.01	.04	.01

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

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

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

	Longstanding condition or illness							Area		Number of days active									
	Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
		a	b	*c	d	e	*f	a	b	*a	b	c	d	e	f	g	h	i	j
Significance Level: 95%																			
Unweighted Total	471	57	60	24	325	126	13	393	78	18	30	63	97	63	65	30	105	223	200
Total	454	55	66	23	308	128	15	378	76	17	27	63	91	62	61	26	106	216	194
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	65 14%	11 19%	10 14%	2 8%	44 14%	18 14%	4 29%	52 14%	13 17%	3 18%	13 49%	17 27%	20 22%	5 8%	1 2%	3 12%	1 1%	43 20%	6 3%
											cdefghij	efhj	efhj	h		fhj		efhj	
2 days	89 20%	6 11%	13 19%	2 9%	69 22%	19 15%	2 15%	78 21%	11 14%	4 22%	5 20%	28 45%	19 21%	8 12%	11 17%	5 19%	10 9%	55 25%	25 13%
												bdefghij	h					ehj	
3 days	95 21%	9 16%	10 15%	8 35%	67 22%	25 19%	2 15%	80 21%	15 19%	5 26%	4 14%	12 19%	37 40%	12 19%	9 14%	5 20%	12 11%	60 28%	26 13%
													bcefg hij					f hj	
4 days	68 15%	10 19%	18 26% d	5 20%	38 12%	28 22% d	2 17%	55 15%	13 17%	2 12%	2 7%	2 3%	8 8%	33 54%	7 11%	2 6%	13 12%	43 20%	21 11%
														bcd fghij				cdj	
5 days	53 12%	6 11%	7 11%	1 6%	37 12%	14 11%	1 5%	46 12%	7 9%	- -	1 2%	- -	4 4%	3 4%	29 48%	3 12%	13 12%	7 3%	46 24%
															bcd eghij	ci	cdi		bcdehi
6 days	18 4%	2 4%	2 2%	3 12%	12 4%	6 5%	- -	16 4%	2 2%	- -	1 3%	- -	1 1%	- -	3 4%	8 30%	6 6%	1 *	16 8%
															i	bcd ef hij	i		cdei
7 days	66 14%	11 20%	8 11%	3 11%	42 14%	19 15%	3 18%	50 13%	16 21%	4 22%	1 5%	4 6%	3 3%	1 2%	2 3%	- -	51 48%	8 4%	53 27%
																	bcd efgij		bcd efgi
NET: Occasionally (1 day)	65 14%	11 19%	10 14%	2 8%	44 14%	18 14%	4 29%	52 14%	13 17%	3 18%	13 49%	17 27%	20 22%	5 8%	1 2%	3 12%	1 1%	43 20%	6 3%
											cdefghij	efhj	efhj	h		f hj		efhj	
NET: Some (2-4 days)	253 56%	25 46%	40 61%	15 64%	173 56%	71 56%	7 47%	214 57%	39 51%	11 61%	11 42%	42 67%	63 70%	53 85%	26 42%	12 46%	34 32%	158 73%	72 37%
												b f hj	b f ghj	bcd f ghj				b f ghj	

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

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

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

		Longstanding condition or illness						Area		Number of days active									
						NET: Longstanding physical and mental condition or illness													
	Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	*c	d	e	*f	a	b	*a	b	c	d	e	f	g	h	i	j
Unweighted Total	471	57	60	24	325	126	13	393	78	18	30	63	97	63	65	30	105	223	200
Total	454	55	66	23	308	128	15	378	76	17	27	63	91	62	61	26	106	216	194
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	137	19	16	7	91	39	3	112	25	4	3	4	7	4	34	11	70	15	115
	30%	35%	25%	29%	30%	30%	23%	30%	33%	22%	10%	6%	8%	6%	55%	42%	66%	7%	60%
															bcdei	bcdei	bcdegi		bcdei
Base for stats	454	55	66	23	308	128	15	378	76	17	27	63	91	62	61	26	106	216	194
Median	3	4	4	3	3	4	3	3	3	3	2	2	3	4	5	3	6	3	5
Mean Score	3.60	3.83	3.53	3.87	3.52	3.74	3.25	3.56	3.79	3.41	2.21	2.28	2.66	3.42	4.12	3.78	5.35	2.77	4.75
														bcdi	bcdei	bcdi	bcdefgij	bc	bcdefgi
Standard Deviation	1.925	2.120	1.812	1.743	1.916	1.901	2.202	1.890	2.091	2.141	1.670	1.427	1.340	1.175	1.410	1.856	1.867	1.389	1.852
Standard Error	.089	.281	.234	.356	.106	.169	.611	.095	.237	.505	.305	.180	.136	.148	.175	.339	.182	.093	.131
Error variance	.01	.08	.05	.13	.01	.03	.37	.01	.06	.25	.09	.03	.02	.02	.03	.11	.03	.01	.02

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

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

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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	471	220	81	164	370	42	383	39	344	51	377	32	299	77
Total	454	214	80	156	361	41	369	37	331	49	366	29	287	75
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	65 14%	23 11%	8 10%	31 20% ab	49 14%	7 17%	53 14%	7 18%	47 14%	6 13%	48 13%	5 17%	45 16%	10 13%
2 days	89 20%	39 18%	15 19%	36 23%	65 18%	12 29%	71 19%	10 27%	63 19%	12 23%	66 18%	8 26%	51 18%	9 11%
3 days	95 21%	45 21%	18 22%	31 20%	79 22%	4 10%	74 20%	8 22%	66 20%	10 21%	82 22%	4 15%	61 21%	20 27%
4 days	68 15%	36 17%	11 14%	19 12%	53 15%	7 17%	56 15%	4 10%	46 14%	9 19%	52 14%	5 18%	36 13%	17 22% a
5 days	53 12%	28 13%	9 11%	16 10%	40 11%	6 16%	43 12%	4 10%	41 12%	5 9%	44 12%	2 8%	30 10%	8 10%
6 days	18 4%	12 6% c	3 4%	2 2%	16 4%	1 4%	16 4%	- -	14 4%	1 3%	17 5%	1 2%	16 6%	2 3%
7 days	66 14%	30 14%	16 20%	20 13%	58 16%	3 8%	57 15%	5 14%	54 16%	6 11%	57 16%	4 14%	48 17%	10 13%
NET: Occasionally (1 day)	65 14%	23 11%	8 10%	31 20% ab	49 14%	7 17%	53 14%	7 18%	47 14%	6 13%	48 13%	5 17%	45 16%	10 13%
NET: Some (2-4 days)	253 56%	120 56%	44 55%	86 55%	197 55%	23 56%	201 54%	22 59%	175 53%	31 63%	200 55%	17 59%	148 52%	46 61%
NET: Most 5+ days	137 30%	71 33%	28 35%	39 25%	114 32%	11 27%	116 31%	9 23%	109 33%	12 24%	118 32%	7 24%	94 33%	20 26%
Base for stats	454	214	80	156	361	41	369	37	331	49	366	29	287	75
Median	3	4	3	3	3	3	3	3	3	3	3	3	3	3
Mean Score	3.60	3.77 c	3.89 c	3.27	3.69	3.26	3.65	3.21	3.69	3.43	3.70	3.36	3.69	3.64
Standard Deviation	1.925	1.867	1.987	1.934	1.954	1.821	1.952	1.926	1.980	1.815	1.938	1.955	2.022	1.791
Standard Error	.089	.126	.221	.151	.102	.281	.100	.308	.107	.254	.100	.346	.117	.204
Error variance	.01	.02	.05	.02	.01	.08	.01	.10	.01	.06	.01	.12	.01	.04

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

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

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

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	c	d	e	*f	g	h	i
Unweighted Total	304	155	147	140	116	48	10	35	35	36	34	26	50	48	30
Total	308	157	149	127	123	57	9	37	30	39	28	33	51	50	30
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	56 18%	24 15%	33 22%	25 20%	17 13%	15 25%	1 11%	4 11%	8 25%	6 15%	8 27%	9 28%	11 21%	6 12%	4 14%
2 days	61 20%	33 21%	27 18%	22 17%	26 21%	13 24%	4 41%	7 18%	5 17%	9 22%	4 13%	6 19%	6 11%	11 22%	10 33% g
3 days	62 20%	36 23%	25 17%	23 18%	32 26% c	7 12%	2 18%	8 20%	5 18%	9 23%	4 12%	6 17%	14 26%	11 22%	5 17%
4 days	48 16%	29 19%	18 12%	21 16%	19 16%	8 14%	- -	9 24%	5 17%	8 19%	5 16%	1 4%	8 15%	8 16%	5 16%
5 days	38 12%	14 9%	24 16% a	19 15%	16 13%	3 5%	1 16%	5 14%	1 4%	5 13%	4 15%	3 9%	6 12%	7 14%	5 16%
6 days	11 3%	7 4%	4 2%	7 5%	2 2%	1 2%	- -	1 2%	1 3%	- -	- -	4 12%	2 4%	1 3%	1 5%
7 days	32 10%	14 9%	18 12%	11 9%	11 9%	10 17%	1 14%	4 11%	5 15% i	3 8%	4 16% i	4 11%	5 10%	6 11%	- -
NET: Occasionally (1 day)	56 18%	24 15%	33 22%	25 20%	17 13%	15 25%	1 11%	4 11%	8 25%	6 15%	8 27%	9 28%	11 21%	6 12%	4 14%
NET: Some (2-4 days)	171 56%	98 63% b	71 48%	65 51%	78 63%	28 50%	5 59%	23 62%	16 52%	25 64%	12 42%	13 40%	27 53%	30 60%	19 66%
NET: Most 5+ days	81 26%	35 22%	45 31%	37 29%	29 24%	14 25%	3 30%	10 27%	7 22%	8 21%	9 31%	11 32%	14 27%	14 28%	6 20%
Base for stats	308	157	149	127	123	57	9	37	30	39	28	33	51	50	30
Median	3	3	3	3	3	3	2	4	3	3	3	3	3	3	3
Mean Score	3.36	3.35	3.37	3.41	3.35	3.26	3.26	3.61	3.26	3.24	3.43	3.29	3.41	3.51	3.01
Standard Deviation	1.853	1.767	1.956	1.858	1.713	2.141	2.027	1.747	2.066	1.674	2.115	2.160	1.874	1.806	1.471
Standard Error	.106	.142	.161	.157	.159	.309	.641	.295	.349	.279	.363	.424	.265	.261	.269
Error variance	.01	.02	.03	.02	.03	.10	.41	.09	.12	.08	.13	.18	.07	.07	.07



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

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

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

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	304	31	68	85	50	37	33	184	120	244	13	21	19	1	2	56
Total	308	30	69	88	49	37	35	187	121	249	11	22	19	1	2	56
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	56 18%	5 16%	10 14%	20 23%	9 17%	6 17%	6 18%	35 19%	21 18%	41 17%	3 30%	5 24%	5 28%	- -	1 35%	15 27%
2 days	61 20%	6 22%	13 18%	16 19%	8 17%	9 25%	8 22%	36 19%	25 21%	53 22%	3 27%	3 15%	- -	- -	- -	6 12%
3 days	62 20%	6 20%	14 20%	20 22%	11 22%	5 14%	7 19%	40 21%	22 19%	46 19%	1 5%	9 42%	5 25%	- -	1 65%	16 28%
4 days	48 16%	7 23%	13 19%	9 11%	9 19%	5 13%	5 14%	29 16%	19 16%	40 16%	- -	4 19%	3 17%	- -	- -	8 14%
5 days	38 12%	3 11%	13 18%	10 12%	4 9%	6 18%	1 2%	26 14%	12 10%	31 13%	2 18%	- -	4 20%	1 100%	- -	7 12%
6 days	11 3%	- -	4 5%	4 4%	2 4%	- -	1 4%	7 4%	4 3%	9 4%	1 11%	- -	- -	- -	- -	1 2%
7 days	32 10%	3 9%	3 4%	8 9%	6 12%	5 13%	8 21%	14 7%	18 15%	27 11%	1 8%	- -	2 11%	- -	- -	3 5%
NET: Occasionally (1 day)	56 18%	5 16%	10 14%	20 23%	9 17%	6 17%	6 18%	35 19%	21 18%	41 17%	3 30%	5 24%	5 28%	- -	1 35%	15 27%
NET: Some (2-4 days)	171 56%	19 64%	40 58%	45 51%	28 57%	19 52%	19 55%	105 56%	67 55%	139 56%	4 32%	17 76%	8 41%	- -	1 65%	30 54%
NET: Most 5+ days	81 26%	6 20%	19 28%	22 25%	13 25%	11 31%	10 27%	47 25%	33 27%	68 27%	4 37%	- -	6 31%	1 100%	- -	11 19%
Base for stats	308	30	69	88	49	37	35	187	121	249	11	22	19	1	2	56
Median	3	3	3	3	3	3	3	3	3	3	2	3	3	5	3	3
Mean Score	3.36	3.26	3.41	3.19	3.46	3.40	3.57	3.29	3.47	3.41	3.14	2.57	3.43	5.00	2.29	3.00
Standard Deviation	1.853	1.711	1.649	1.890	1.889	1.942	2.179	1.769	1.977	1.861	2.208	1.079	1.966	-	1.412	1.709
Standard Error	.106	.307	.200	.205	.267	.319	.379	.130	.180	.119	.612	.235	.451	-	.998	.228
Error variance	.01	.09	.04	.04	.07	.10	.14	.02	.03	.01	.38	.06	.20	-	1.00	.05

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

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

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

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%		a	b	c	d	*a	*b	c	d	e	a	*b	*a	b	c	*d	e	a	b
Unweighted Total	304	136	67	79	146	17	17	63	207	97	274	24	21	140	119	24	283	60	217
Total	308	119	80	89	169	15	18	65	210	98	278	23	20	143	122	23	288	61	222
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	56 18%	24 20%	16 20%	14 16%	30 18%	2 11%	5 26%	11 16%	39 19%	17 17%	53 19%	4 15%	3 16%	23 16%	22 18%	8 34%	53 18%	6 10%	46 21%
2 days	61 20%	30 25%	16 20%	13 15%	29 17%	3 17%	3 17%	14 21%	42 20%	19 20%	53 19%	5 20%	5 27%	30 21%	22 18%	4 17%	56 19%	8 13%	47 21%
3 days	62 20%	23 19%	19 23%	19 21%	37 22%	3 21%	5 29%	9 14%	45 21%	17 18%	52 19%	7 32%	3 15%	31 22%	23 19%	4 18%	59 20%	16 27%	42 19%
4 days	48 16%	16 13%	12 16%	16 18%	28 17%	3 21%	1 5%	19 28% d	26 12%	23 23% d	44 16%	2 9%	1 4%	27 19%	17 14%	3 14%	48 17%	17 27% b	30 13%
5 days	38 12%	12 10%	8 10%	15 17%	23 14%	4 26%	2 11%	4 6%	28 13%	10 10%	34 12%	3 15%	3 15%	15 10%	19 16%	1 4%	35 12%	2 4%	32 14% a
6 days	11 3%	4 3%	- -	5 6%	5 3%	1 6%	1 5%	- -	9 4%	2 2%	11 4%	- -	- -	3 2%	7 5%	1 4%	11 4%	5 9% b	5 2%
7 days	32 10%	10 9%	9 11%	8 9%	16 10%	- -	1 7%	9 14%	22 10%	10 10%	30 11%	2 8%	5 23%	13 9%	12 10%	2 8%	27 10%	7 11%	20 9%
NET: Occasionally (1 day)	56 18%	24 20%	16 20%	14 16%	30 18%	2 11%	5 26%	11 16%	39 19%	17 17%	53 19%	4 15%	3 16%	23 16%	22 18%	8 34%	53 18%	6 10%	46 21%
NET: Some (2-4 days)	171 56%	69 58%	47 59%	47 53%	94 56%	9 58%	9 51%	41 63%	112 53%	59 60%	150 54%	14 61%	9 46%	88 62%	62 51%	11 49%	162 56%	41 67%	120 54%
NET: Most 5+ days	81 26%	26 22%	17 21%	28 31%	44 26%	5 31%	4 24%	13 20%	58 28%	22 23%	75 27%	5 23%	8 38%	31 22%	38 31%	4 17%	73 25%	14 23%	57 26%
Base for stats	308	119	80	89	169	15	18	65	210	98	278	23	20	143	122	23	288	61	222
Median	3	3	3	3	3	4	3	3	3	3	3	3	3	3	3	2	3	4	3
Mean Score	3.36	3.12	3.19	3.57	3.39	3.51	3.04	3.43	3.35	3.37	3.38	3.21	3.67	3.30	3.48	2.82	3.34	3.72	3.23
Standard Deviation	1.853	1.814	1.815	1.800	1.812	1.491	1.874	1.866	1.879	1.805	1.883	1.706	2.240	1.755	1.884	1.913	1.826	1.740	1.831
Standard Error	.106	.156	.222	.203	.150	.362	.455	.235	.131	.183	.114	.348	.489	.148	.173	.391	.109	.225	.124
Error variance	.01	.02	.05	.04	.02	.13	.21	.06	.02	.03	.01	.12	.24	.02	.03	.15	.01	.05	.02

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

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

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

	Longstanding condition or illness							Area		Number of days active									
	Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
Significance Level: 95%		a	b	*c	d	e	*f	a	b	*a	*b	c	d	e	f	*g	h	i	j
Unweighted Total	304	51	44	25	185	107	12	229	75	21	17	59	59	36	35	16	61	154	112
Total	308	48	45	25	191	106	11	230	78	24	16	56	61	36	34	16	64	153	114
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	56 18%	6 13%	9 20%	5 21%	37 19%	18 17%	2 21%	45 20%	11 14%	9 38%	9 53%	16 28% dfhj	7 11%	8 23% fhj	1 4%	1 4%	5 8%	31 20% fhj	7 6%
2 days	61 20%	13 26%	10 23%	- -	37 20%	21 19%	3 23%	45 19%	16 21%	6 26%	4 27%	18 33% ehj	10 17%	5 14%	6 18%	2 14%	8 12%	34 22%	16 14%
3 days	62 20%	9 19%	8 18%	4 17%	39 20%	19 18%	2 20%	48 21%	14 18%	2 9%	- -	14 24% h	19 31% h	7 18%	12 36% hj	3 17%	6 9%	39 25% h	21 18%
4 days	48 16%	8 17%	6 14%	8 33%	27 14%	22 20%	- -	31 13%	18 22%	4 15%	1 5%	2 4%	16 25% c	10 28% ch	4 13%	4 26%	8 12%	28 18% c	16 14% c
5 days	38 12%	6 12%	5 11%	4 14%	25 13%	12 11%	2 18%	30 13%	8 10%	1 6%	1 9%	4 8%	7 12%	4 11%	7 21%	1 8%	11 17%	16 10%	19 17%
6 days	11 3%	- -	- -	2 6%	9 5%	2 2%	- -	9 4%	2 3%	- -	- -	- -	- -	2 6%	1 4%	5 30%	2 4%	2 1%	9 8% cdi
7 days	32 10%	6 13%	6 14%	2 9%	17 9%	13 12%	2 18%	23 10%	9 12%	1 5%	1 7%	2 3%	2 3%	- -	2 5%	- -	24 38% cdefij	4 3%	26 23% cdefi
NET: Occasionally (1 day)	56 18%	6 13%	9 20%	5 21%	37 19%	18 17%	2 21%	45 20%	11 14%	9 38%	9 53%	16 28% dfhj	7 11%	8 23% fhj	1 4%	1 4%	5 8%	31 20% fhj	7 6%
NET: Some (2-4 days)	171 56%	30 62%	25 55%	12 49%	103 54%	61 58%	5 43%	123 54%	48 61%	12 51%	5 32%	34 61% h	45 73% hj	21 60% h	23 66% hj	9 57%	22 34%	100 66% hj	53 47%
NET: Most 5+ days	81 26%	12 24%	11 25%	7 30%	51 27%	26 25%	4 36%	61 27%	19 24%	3 11%	3 16%	6 11%	9 15%	6 17%	10 30% ci	6 38%	37 58% cdefi	22 14%	54 47% cdei
Base for stats	308	48	45	25	191	106	11	230	78	24	16	56	61	36	34	16	64	153	114
Median	3	3	3	4	3	3	3	3	3	2	1	2	3	3	3	4	5	3	4
Mean Score	3.36	3.38	3.30	3.75	3.32	3.42	3.43	3.32	3.47	2.43	2.16	2.43	3.23	3.08	3.60	4.11	4.79	2.90	4.34
												c	c	c	ci		cdefi	c	cdefi
Standard Deviation	1.853	1.839	1.968	1.827	1.838	1.857	2.228	1.865	1.825	1.661	1.828	1.424	1.373	1.536	1.463	1.601	2.123	1.468	1.938

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

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

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

Significance Level: 95%

	Longstanding condition or illness						Area		Number of days active									
	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness												
Total							Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
	a	b	*c	d	e	*f	a	b	*a	*b	c	d	e	f	*g	h	i	j
304	51	44	25	185	107	12	229	75	21	17	59	59	36	35	16	61	154	112
308	48	45	25	191	106	11	230	78	24	16	56	61	36	34	16	64	153	114
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
.106	.258	.297	.365	.135	.180	.643	.123	.211	.362	.443	.185	.179	.256	.247	.400	.272	.118	.183
.01	.07	.09	.13	.02	.03	.41	.02	.04	.13	.20	.03	.03	.07	.06	.16	.07	.01	.03

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

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

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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	304	124	58	119	223	32	226	30	197	50	195	48	163	80
Total	308	130	55	120	225	33	229	32	202	51	195	50	166	83
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	56	19	9	28	36	13	39	12	32	16	33	13	30	16
	18%	15%	17%	23%	16%	39% a	17%	39% a	16%	30% a	17%	25%	18%	20%
2 days	61	20	13	27	41	7	47	2	38	10	32	12	36	14
	20%	15%	23%	22%	18%	20%	21%	7%	19%	20%	16%	24%	22%	17%
3 days	62	32	11	19	46	4	49	3	41	8	43	8	29	19
	20%	25%	19%	16%	21%	12%	21%	9%	20%	16%	22%	16%	18%	23%
4 days	48	20	5	22	37	3	32	3	36	4	34	7	27	11
	16%	16%	9%	18%	16%	8%	14%	10%	18%	8%	17%	14%	16%	13%
5 days	38	17	7	14	31	4	28	5	24	7	25	5	18	11
	12%	13%	13%	12%	14%	11%	12%	17%	12%	14%	13%	9%	11%	13%
6 days	11	7	1	3	9	1	9	1	9	1	6	2	6	4
	3%	5%	2%	2%	4%	4%	4%	4%	4%	3%	3%	4%	4%	5%
7 days	32	15	10	8	24	2	25	4	24	5	22	3	19	7
	10%	11%	17% c	6%	11%	6%	11%	14%	12%	9%	12%	7%	12%	8%
NET: Occasionally (1 day)	56	19	9	28	36	13	39	12	32	16	33	13	30	16
	18%	15%	17%	23%	16%	39% a	17%	39% a	16%	30% a	17%	25%	18%	20%
NET: Some (2-4 days)	171	72	28	68	124	13	128	8	114	22	109	27	92	44
	56%	56%	51%	56%	55%	40%	56% b	25%	57%	43%	56%	54%	55%	53%
NET: Most 5+ days	81	38	18	25	64	7	62	11	56	13	53	10	44	22
	26%	29%	32%	21%	29%	21%	27%	35%	28%	26%	27%	20%	26%	27%
Base for stats	308	130	55	120	225	33	229	32	202	51	195	50	166	83
Median	3	3	3	3	3	2	3	3	3	2	3	3	3	3
Mean Score	3.36	3.58	3.52	3.06	3.49	2.67	3.40	3.27	3.52	3.01	3.48	2.97	3.37	3.31
		c			b									
Standard Deviation	1.853	1.840	2.060	1.751	1.849	1.892	1.863	2.269	1.867	1.970	1.855	1.812	1.902	1.830
Standard Error	.106	.165	.270	.160	.124	.334	.124	.414	.133	.279	.133	.262	.149	.205
Error variance	.01	.03	.07	.03	.02	.11	.02	.17	.02	.08	.02	.07	.02	.04

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

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

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

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	111	63	48	35	32	44	10	10	15	9	10	8	12	15	22
Total	115	68	46	27	34	53	8	10	13	9	9	12	11	16	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	9	3	6	3	4	2	3	-	1	1	-	-	1	2	1
	8%	4%	13%	9%	12%	4%	32%	-	5%	10%	-	-	7%	15%	5%
2 days	20	9	11	5	11	4	2	1	1	4	1	3	1	2	3
	17%	13%	24%	19%	31% c	8%	22%	15%	7%	46%	15%	26%	13%	14%	13%
3 days	26	16	10	5	8	13	-	3	4	2	1	4	4	3	5
	23%	24%	21%	18%	23%	25%	-	34%	27%	19%	13%	37%	36%	18%	19%
4 days	12	9	3	5	1	6	1	1	1	-	2	1	1	1	4
	10%	13%	6%	20% b	2%	11%	15%	7%	5%	-	25%	11%	9%	6%	14%
5 days	20	12	7	5	4	10	1	2	4	1	2	-	1	-	9
	17%	18%	16%	19%	12%	19%	17%	16%	31%	9%	23%	-	8%	-	33%
6 days	3	3	1	1	1	1	-	-	-	1	1	-	-	1	-
	3%	4%	1%	5%	2%	3%	-	-	-	16%	15%	-	-	4%	-
7 days	25	17	9	3	6	16	1	3	3	-	1	3	3	7	4
	22%	24%	19%	11%	17%	31% a	15%	29%	25%	-	8%	26%	27%	43%	16%
NET: Occasionally (1 day)	9	3	6	3	4	2	3	-	1	1	-	-	1	2	1
	8%	4%	13%	9%	12%	4%	32%	-	5%	10%	-	-	7%	15%	5%
NET: Some (2-4 days)	58	34	24	15	19	23	3	5	5	6	5	9	7	6	12
	50%	49%	52%	56%	56%	43%	36%	56%	38%	64%	54%	74%	58%	39%	46%
NET: Most 5+ days	48	32	17	9	11	28	3	4	8	2	4	3	4	8	13
	42%	47%	36%	35%	32%	53%	32%	44%	56%	26%	46%	26%	35%	47%	49%
Base for stats	115	68	46	27	34	53	8	10	13	9	9	12	11	16	26
Median	4	4	3	4	3	5	2	4	5	2	4	3	3	4	4
Mean Score	4.09	4.38	3.66	3.78	3.47	4.64 ab	3.22	4.39	4.50	3.02	4.34	3.90	4.07	4.45	4.21
Standard Deviation	1.977	1.892	2.044	1.787	2.043	1.909	2.286	1.986	1.899	1.743	1.576	2.026	2.104	2.501	1.730
Standard Error	.188	.238	.295	.302	.361	.288	.723	.628	.490	.581	.498	.716	.607	.646	.369
Error variance	.04	.06	.09	.09	.13	.08	.52	.39	.24	.34	.25	.51	.37	.42	.14

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

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

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

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		*a	*b	*c	*d	*e	f	g	h	a	*b	*c	*d	*e	*f	*g
Unweighted Total	111	7	27	22	14	11	30	56	55	99	2	3	3	1	-	9
Total	115	7	27	20	13	11	37	54	61	104	2	3	3	1	-	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
1 day	9	1	1	3	1	-	2	5	3	7	-	-	-	1	-	1
	8%	18%	3%	17%	8%	-	6%	10%	5%	6%	-	-	-	100%	-	11%
2 days	20	1	5	2	5	4	3	8	12	20	-	-	-	-	-	-
	17%	10%	20%	10%	35%	39%	8%	15%	20%	19%	-	-	-	-	-	-
3 days	26	1	7	7	1	4	6	16	10	25	-	1	-	-	-	1
	23%	19%	28%	34%	6%	34%	16%	29%	17%	24%	-	37%	-	-	-	12%
4 days	12	-	4	2	1	1	4	6	6	11	-	1	-	-	-	1
	10%	-	15%	9%	10%	5%	11%	11%	10%	11%	-	25%	-	-	-	8%
5 days	20	3	6	3	1	1	7	11	9	16	1	-	1	-	-	2
	17%	35%	21%	13%	6%	13%	18%	20%	15%	16%	67%	-	26%	-	-	24%
6 days	3	-	1	-	1	-	1	1	3	3	1	-	-	-	-	1
	3%	-	2%	-	10%	-	4%	1%	5%	3%	33%	-	-	-	-	7%
7 days	25	1	3	3	3	1	14	8	18	22	-	1	2	-	-	3
	22%	19%	11%	16%	24%	9%	37%	14%	29%	21%	-	38%	74%	-	-	38%
							g									
NET: Occasionally (1 day)	9	1	1	3	1	-	2	5	3	7	-	-	-	1	-	1
	8%	18%	3%	17%	8%	-	6%	10%	5%	6%	-	-	-	100%	-	11%
NET: Some (2-4 days)	58	2	17	11	7	8	13	29	28	56	-	2	-	-	-	2
	50%	28%	63%	53%	51%	78%	35%	55%	46%	54%	-	62%	-	-	-	20%
NET: Most 5+ days	48	4	9	6	5	2	22	19	29	41	2	1	3	-	-	6
	42%	54%	35%	29%	40%	22%	59%	35%	48%	40%	100%	38%	100%	-	-	69%
							g									
Base for stats	115	7	27	20	13	11	37	54	61	104	2	3	3	1	-	8
Median	4	5	3	3	4	3	5	3	4	4	5	4	7	1	-	5
Mean Score	4.09	4.00	3.84	3.55	3.97	3.27	4.87	3.75	4.39	4.04	5.33	4.78	6.48	1.00	-	5.06
							g									
Standard Deviation	1.977	2.211	1.646	1.962	2.292	1.597	2.014	1.817	2.078	1.950	.689	2.272	1.089	-	-	2.112
Standard Error	.188	.836	.317	.418	.613	.482	.368	.243	.280	.196	.487	1.312	.629	-	-	.704
Error variance	.04	.70	.10	.18	.38	.23	.14	.06	.08	.04	.24	1.72	.40	-	-	.50

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

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

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

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
	a	*b	*c	d	*a	*b	c	d	e	a	*b	*a	b	c	*d	e	*a	b	
111	74	15	18	33	4	5	34	68	43	98	8	12	62	33	4	99	21	75	
115	74	18	19	37	4	5	40	66	48	100	9	12	66	32	4	103	22	78	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
9	4	2	3	5	-	-	2	7	2	9	-	-	5	3	-	9	3	6	
8%	5%	10%	18%	14%	-	-	5%	10%	5%	9%	-	-	8%	10%	-	9%	14%	7%	
20	10	5	5	10	-	2	7	11	9	15	3	2	9	9	-	18	2	16	
17%	13%	29%	25%	27%	-	42%	18%	16%	19%	15%	29%	15%	14%	27%	-	18%	10%	20%	
26	19	3	3	6	1	1	7	17	9	22	4	5	14	7	-	21	4	16	
23%	26%	15%	17%	16%	33%	19%	18%	25%	19%	22%	47%	43%	21%	21%	-	20%	18%	20%	
12	7	2	3	5	-	1	2	9	3	12	-	-	7	2	3	12	2	10	
10%	9%	9%	15%	12%	-	12%	5%	14%	5%	12%	-	-	11%	6%	65%	11%	7%	13%	
20	15	1	4	5	1	1	9	9	11	18	-	1	13	5	-	19	5	13	
17%	20%	5%	21%	13%	24%	26%	21%	13%	22%	18%	-	7%	20%	17%	-	18%	25%	16%	
3	3	-	-	-	-	-	1	2	1	2	1	1	2	1	-	3	-	3	
3%	5%	-	-	-	-	-	4%	3%	3%	2%	16%	6%	3%	2%	-	3%	-	4%	
25	16	6	1	7	2	-	11	12	13	23	1	4	15	6	1	22	6	15	
22%	22%	32%	5%	18%	43%	-	29%	18%	27%	23%	9%	30%	22%	17%	35%	21%	26%	19%	
9	4	2	3	5	-	-	2	7	2	9	-	-	5	3	-	9	3	6	
8%	5%	10%	18%	14%	-	-	5%	10%	5%	9%	-	-	8%	10%	-	9%	14%	7%	
58	35	10	11	21	1	4	16	37	21	48	7	7	31	17	3	51	8	42	
50%	48%	53%	57%	55%	33%	74%	41%	55%	43%	48%	75%	58%	46%	53%	65%	49%	35%	54%	
48	35	7	5	12	3	1	22	23	25	43	2	5	30	12	1	43	11	31	
42%	47%	37%	25%	31%	67%	26%	54%	35%	52%	43%	25%	42%	45%	36%	35%	42%	51%	39%	
115	74	18	19	37	4	5	40	66	48	100	9	12	66	32	4	103	22	78	
4	4	3	3	3	5	3	5	3	5	4	3	3	4	3	4	4	5	4	
4.09	4.29	3.99	3.15	3.57	5.21	3.22	4.45	3.87	4.39	4.13	3.55	4.35	4.19	3.67	5.05	4.06	4.25	3.99	
1.977	1.898	2.315	1.681	2.035	2.026	1.398	2.053	1.938	2.011	1.986	1.789	2.056	1.966	2.008	1.651	1.976	2.139	1.943	
.188	.221	.598	.396	.354	1.013	.625	.352	.235	.307	.201	.632	.594	.250	.350	.825	.199	.467	.224	
.04	.05	.36	.16	.13	1.03	.39	.12	.06	.09	.04	.40	.35	.06	.12	.68	.04	.22	.05	



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

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

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

	Longstanding condition or illness							Area		Number of days active									
	Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
Significance Level: 95%		*a	*b	*c	d	e	*f	a	b	*a	*b	*c	*d	*e	*f	*g	h	i	j
Unweighted Total	111	16	28	5	66	40	8	75	36	11	6	15	20	8	14	3	34	43	51
Total	115	14	31	5	69	42	8	76	39	12	6	17	21	8	13	2	36	45	51
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	9	1	-	-	7	1	-	6	3	-	3	3	1	-	1	-	1	4	2
	8%	5%	-	-	10%	2%	-	7%	8%	-	43%	19%	4%	-	6%	-	4%	9%	4%
2 days	20	4	7	2	11	8	3	16	4	1	4	10	2	2	1	1	1	13	2
	17%	26%	21%	38%	16%	20%	39%	21%	10%	6%	57%	58%	10%	20%	5%	32%	2%	30% hj	4%
3 days	26	2	5	1	19	7	1	16	10	2	-	2	14	-	3	-	5	16	8
	23%	11%	16%	27%	28%	17%	11%	21%	26%	17%	-	14%	66%	-	23%	-	14%	35% hj	16%
4 days	12	1	-	1	10	2	-	7	4	2	-	-	1	5	-	1	3	6	4
	10%	5%	-	19%	15%	4%	-	10%	11%	16%	-	-	3%	63%	-	35%	9%	13%	8%
5 days	20	4	10	-	7	12	3	10	9	3	-	-	1	1	7	-	7	3	14
	17%	29%	33%	-	10%	28% d	33%	14%	24%	25%	-	-	6%	17%	56%	-	19%	6%	27% i
6 days	3	-	2	-	1	2	-	3	1	-	-	-	1	-	1	1	1	1	2
	3%	-	7%	-	1%	5%	-	4%	2%	-	-	-	7%	-	5%	34%	2%	3%	4%
7 days	25	3	7	1	14	10	1	18	8	4	-	1	1	-	1	-	18	2	19
	22%	24%	24%	16%	21%	24%	18%	23%	20%	35%	-	8%	4%	-	6%	-	51% i	5%	37% i
NET: Occasionally (1 day)	9	1	-	-	7	1	-	6	3	-	3	3	1	-	1	-	1	4	2
	8%	5%	-	-	10%	2%	-	7%	8%	-	43%	19%	4%	-	6%	-	4%	9%	4%
NET: Some (2-4 days)	58	6	11	4	40	17	4	40	18	5	4	12	16	7	4	1	9	35	14
	50%	42%	37%	84%	58%	40%	50%	52%	47%	39%	57%	73%	79%	83%	28%	66%	25%	77% hj	28%
NET: Most 5+ days	48	8	20	1	22	24	4	31	18	7	-	1	3	1	9	1	25	6	35
	42%	53%	63%	16%	32%	58% d	50%	41%	45%	61%	-	8%	17%	17%	67%	34%	71% i	14%	69% i
Base for stats	115	14	31	5	69	42	8	76	39	12	6	17	21	8	13	2	36	45	51
Median	4	5	5	3	3	5	5	4	4	5	2	2	3	4	5	4	7	3	5
Mean Score	4.09	4.20	4.60	3.46	3.87	4.49	3.97	4.05	4.17	5.02	1.57	2.36	3.34	3.77	4.34	4.03	5.46 i	3.06	5.11 i
Standard Deviation	1.977	2.076	1.868	1.939	1.961	1.913	2.032	2.038	1.876	1.743	.539	1.551	1.314	1.026	1.514	2.320	1.826	1.446	1.810
Standard Error	.188	.519	.353	.867	.241	.302	.718	.235	.313	.526	.220	.401	.294	.363	.405	1.339	.313	.221	.253
Error variance	.04	.27	.12	.75	.06	.09	.52	.06	.10	.28	.05	.16	.09	.13	.16	1.79	.10	.05	.06

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

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

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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	*b	c	a	*b	a	*b	a	*b	a	*b	a	*b
Unweighted Total	111	45	27	39	85	7	84	15	71	9	78	13	57	22
Total	115	45	31	38	86	9	86	16	75	10	80	14	54	25
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	9	3	-	6	8	-	7	1	7	1	7	1	8	1
	8%	7%	-	15%	9%	-	8%	5%	9%	8%	9%	6%	15%	3%
2 days	20	8	4	8	13	3	15	5	12	3	14	4	11	5
	17%	17%	14%	20%	15%	34%	18%	30%	16%	29%	18%	30%	20%	18%
3 days	26	5	12	9	17	4	19	4	16	2	14	4	10	8
	23%	10%	38%	25%	20%	50%	22%	23%	22%	23%	17%	29%	18%	30%
4 days	12	7	2	3	10	-	9	2	9	1	10	1	6	1
	10%	14%	7%	8%	11%	-	11%	13%	11%	7%	13%	5%	11%	5%
5 days	20	11	1	7	17	1	16	1	11	1	11	2	8	6
	17%	24%	5%	20%	20%	17%	19%	10%	15%	9%	14%	11%	14%	23%
6 days	3	2	1	1	3	-	1	-	1	1	1	1	1	-
	3%	5%	2%	2%	3%	-	1%	-	1%	15%	2%	10%	2%	-
7 days	25	10	11	4	18	-	19	3	19	1	22	1	11	5
	22%	23%	34%	11%	21%	-	22%	20%	25%	10%	27%	10%	20%	21%
NET: Occasionally (1 day)	9	3	-	6	8	-	7	1	7	1	7	1	8	1
	8%	7%	-	15%	9%	-	8%	5%	9%	8%	9%	6%	15%	3%
NET: Some (2-4 days)	58	19	19	20	40	7	43	10	37	6	39	9	27	13
	50%	42%	59%	53%	46%	83%	50%	65%	49%	59%	48%	63%	49%	53%
NET: Most 5+ days	48	23	13	12	38	1	36	5	31	3	34	4	19	11
	42%	52%	41%	32%	45%	17%	42%	30%	41%	33%	43%	31%	36%	44%
Base for stats	115	45	31	38	86	9	86	16	75	10	80	14	54	25
Median	4	5	3	3	4	3	4	3	4	3	4	3	3	3
Mean Score	4.09	4.38	4.45	3.45	4.13	3.00	4.05	3.73	4.10	3.63	4.18	3.56	3.75	4.10
		c												
Standard Deviation	1.977	1.958	2.012	1.859	1.976	1.065	1.973	1.994	2.053	1.978	2.086	1.857	2.079	1.877
Standard Error	.188	.292	.387	.298	.214	.403	.215	.515	.244	.659	.236	.515	.275	.400
Error variance	.04	.09	.15	.09	.05	.16	.05	.27	.06	.43	.06	.27	.08	.16

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

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

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

	Total	A lot more	A bit more	Neither more nor less	A bit less	A lot less	Don't know	NET: More	NET: Less
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	419 100%	116 28%	165 39%	68 16%	38 9%	28 7%	5 1%	281 67%	66 16%
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	454 100%	90 20%	170 37%	101 22%	42 9%	46 10%	6 1%	260 57%	88 19%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	308 100%	53 17%	119 39%	75 24%	37 12%	19 6%	6 2%	172 56%	55 18%
Other sport, exercise or physical activity	115 100%	33 28%	31 27%	36 32%	4 3%	9 8%	2 1%	64 55%	13 12%
Running or jogging	317 100%	60 19%	110 35%	78 25%	41 13%	23 7%	5 2%	170 54%	64 20%
Cycling (either for leisure or travel)	201 100%	47 24%	56 28%	50 25%	26 13%	22 11%	1 1%	103 51%	47 24%
Walking (either for leisure or travel)	1187 100%	143 12%	257 22%	333 28%	201 17%	248 21%	5 *	400 34%	449 38%

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

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

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

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		1177	522	651	392	397	388	71	158	124	103	132	110	167	181	131
Total		1187	552	631	333	391	463	60	163	114	110	109	145	163	191	133
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	143 12%	58 11%	84 13%	60 18% bc	49 12% c	34 7%	4 7%	23 14%	11 9%	13 12%	13 12%	26 18% ah	19 12%	18 9%	15 11%
A bit more	(4.0)	257 22%	128 23%	127 20%	88 26% bc	74 19%	94 20%	14 24%	33 20%	34 30% hi	27 25%	23 21%	28 19%	34 21%	38 20%	25 19%
Neither more nor less	(3.0)	333 28%	158 29%	175 28%	60 18%	107 27% a	166 36% ab	17 28%	47 29%	29 26%	31 28%	35 32%	48 33%	37 23%	51 26%	38 29%
A bit less	(2.0)	201 17%	90 16%	111 18%	48 14%	73 19%	80 17%	12 21%	25 15%	15 13%	15 14%	13 12%	23 16%	29 18%	39 20%	30 22% e
A lot less	(1.0)	248 21%	115 21%	132 21%	73 22%	86 22%	88 19%	10 17%	34 21%	25 22%	23 21%	24 22%	20 14%	44 27% f	45 23% f	24 18%
Don't know		5 *	2 *	3 *	3 1%	2 *	- -	1 2%	1 *	- -	1 1%	- -	- -	- -	1 *	1 1%
NET: More		400 34%	187 34%	210 33%	148 44% bc	123 32%	129 28%	19 32%	56 35%	45 39%	41 37%	36 33%	54 37%	53 33%	56 29%	40 30%
NET: Less		449 38%	205 37%	243 38%	122 36%	159 41%	168 36%	23 38%	59 36%	40 35%	38 34%	37 34%	43 29%	73 45% f	84 44% f	54 40%
Base for stats		1182	550	628	330	389	463	58	162	114	110	109	145	163	190	132
Mean Score		2.87	2.86	2.87	3.04 bc	2.81	2.80	2.84	2.92	2.92	2.94	2.89	3.12 gh	2.73	2.72	2.83
Standard Deviation		1.302	1.281	1.318	1.426	1.318	1.182	1.207	1.334	1.302	1.306	1.304	1.273	1.365	1.285	1.257
Standard Error		.038	.056	.052	.072	.066	.060	.145	.106	.117	.129	.113	.121	.106	.096	.110
Error variance		*	*	*	.01	*	*	.02	.01	.01	.02	.01	.01	.01	.01	.01

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

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

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

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		1177	72	254	325	169	134	223	651	526	1025	39	50	34	6	8	137
Total		1187	70	264	325	156	121	252	659	528	1045	35	48	34	6	7	129
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	143	13	26	49	20	17	18	88	55	120	6	10	1	1	2	19
		12%	19% bfh	10%	15% fh	13%	14% f	7%	13% f	10%	12%	16%	21% ad	3%	14%	23%	15%
A bit more	(4.0)	257	14	74	78	25	23	44	165	91	223	6	8	12	1	2	29
		22%	20%	28% dfh	24% dh	16%	19%	17%	25% dfh	17%	21%	17%	16%	37% ac	23%	24%	22%
Neither more nor less	(3.0)	333	17	52	96	45	31	93	164	169	303	7	12	6	2	2	29
		28%	24%	20%	29% b	29% b	26%	37% abeg	25%	32% bg	29%	20%	24%	19%	33%	27%	22%
A bit less	(2.0)	201	9	56	44	26	24	41	110	91	182	8	5	6	-	-	19
		17%	13%	21% c	14%	17%	20%	16%	17%	17%	17%	22%	11%	17%	-	-	15%
A lot less	(1.0)	248	15	55	57	39	26	55	128	120	211	9	13	8	2	2	33
		21%	22%	21%	18%	25% c	21%	22%	19%	23%	20%	25%	27%	24%	30%	27%	26%
Don't know		5	1	1	1	1	-	1	3	2	4	-	-	-	-	-	-
		*	2%	*	*	1%	-	*	1%	*	*	-	-	-	-	-	-
NET: More		400	28	100	126	44	40	62	254	146	344	12	18	13	2	3	48
		34%	39% fh	38% dfh	39% dfh	28%	33%	25%	39% dfh	28%	33%	33%	37%	39%	37%	46%	37%
NET: Less		449	25	111	102	65	50	96	237	211	394	16	18	14	2	2	52
		38%	35%	42% c	31%	42% c	41% c	38%	36% c	40% c	38%	47%	38%	41%	30%	27%	40%
Base for stats		1182	69	263	324	155	121	251	656	527	1040	35	48	34	6	7	129
Mean Score		2.87	3.02	2.85	3.05 dfh	2.74	2.84	2.72	2.97 dfh	2.75	2.86	2.77	2.94	2.77	2.91	3.15	2.86
Standard Deviation		1.302	1.427	1.310	1.299	1.340	1.339	1.195	1.319	1.271	1.284	1.433	1.496	1.264	1.560	1.595	1.411
Standard Error		.038	.169	.082	.072	.103	.116	.080	.052	.056	.040	.229	.212	.217	.637	.564	.121
Error variance		*	.03	.01	.01	.01	.01	.01	*	*	*	.05	.04	.05	.41	.32	.01

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

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

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

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	*a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		1177	790	174	157	331	27	35	195	920	257	1100	51	184	664	290	39	993	143	831	
Total		1187	753	208	177	385	26	32	216	913	274	1109	53	185	680	286	36	1002	146	840	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	143	80	27	29	56	2	4	29	108	35	136	6	16	76	46	5	127	22	103
			12%	11%	13%	16%	15%	6%	14%	13%	12%	13%	12%	12%	8%	11%	16%	14%	13%	15%	12%
						a										ab					
A bit more		(4.0)	257	165	39	43	82	7	7	37	206	51	246	6	42	140	64	11	215	39	172
			22%	22%	19%	24%	21%	27%	22%	17%	23%	19%	22%	11%	23%	21%	22%	31%	21%	26%	21%
												b									
Neither more nor less		(3.0)	333	240	49	29	79	5	9	55	263	70	312	15	70	191	67	6	264	29	231
			28%	32%	24%	16%	20%	21%	29%	26%	29%	26%	28%	28%	38%	28%	23%	15%	26%	20%	27%
				bcd										bcd							
A bit less		(2.0)	201	120	41	34	75	3	6	37	155	46	189	7	24	124	47	7	177	22	155
			17%	16%	20%	19%	20%	10%	19%	17%	17%	17%	17%	13%	13%	18%	16%	18%	18%	15%	18%
A lot less		(1.0)	248	145	51	40	91	9	5	56	178	70	222	19	33	145	62	8	215	32	178
			21%	19%	24%	23%	24%	35%	16%	26%	19%	26%	20%	37%	18%	21%	22%	21%	21%	22%	21%
									d			d		a							
Don't know			5	3	-	1	1	-	-	1	4	1	4	-	1	3	1	-	3	1	1
			*	*	-	1%	*	-	-	1%	*	*	*	-	1%	*	*	-	*	1%	*
NET: More			400	245	66	72	138	9	11	66	314	86	382	12	57	216	110	16	343	61	276
			34%	32%	32%	41%	36%	33%	36%	30%	34%	31%	34%	22%	31%	32%	38%	45%	34%	42%	33%
																b			b		
NET: Less			449	266	92	75	167	12	11	94	332	116	411	26	57	270	108	14	392	54	333
			38%	35%	44%	42%	43%	45%	35%	43%	36%	43%	37%	50%	31%	40%	38%	39%	39%	37%	40%
					a		a									a			a		
Base for stats		1182	750	208	175	383	26	32	215	910	272	1105	53	184	677	285	36	998	145	839	
Mean Score		2.87	2.88	2.76	2.92	2.83	2.59	2.99	2.74	2.90	2.76	2.89	2.47	2.91	2.82	2.95	2.99	2.86	2.98	2.84	
												b									
Standard Deviation		1.302	1.252	1.358	1.422	1.388	1.393	1.286	1.369	1.283	1.360	1.296	1.390	1.189	1.293	1.380	1.396	1.322	1.394	1.307	
Standard Error		.038	.045	.103	.114	.076	.268	.217	.099	.042	.085	.039	.195	.088	.050	.081	.224	.042	.117	.045	
Error variance		*	*	.01	.01	.01	.07	.05	.01	*	.01	*	.04	.01	*	.01	.05	*	.01	*	

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

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

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

		Longstanding condition or illness						Area		Number of days active										
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		1177	146	158	39	834	304	34	920	257	107	123	168	207	116	135	54	267	491	456
Total		1187	135	172	37	847	305	34	923	264	110	121	170	205	118	129	53	281	493	463
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	143	17	16	5	103	35	3	105	39	5	8	17	15	19	31	12	36	51	79
		12%	13%	9%	14%	12%	12%	8%	11%	15%	5%	7%	10%	7%	17%	24%	23%	13%	10%	17%
														abd	abcdhi	abcdi	ad			abcdi
A bit more	(4.0)	257	32	22	11	191	59	5	197	60	14	13	36	43	27	26	18	78	107	123
		22%	24%	13%	29%	23%	19%	13%	21%	23%	13%	11%	21%	21%	23%	20%	35%	28%	22%	27%
			b		b	b							b	b	ab	b	abcdfi	ab	ab	ab
Neither more nor less	(3.0)	333	33	51	7	242	84	8	247	86	40	27	39	59	26	36	11	95	123	143
		28%	25%	30%	19%	29%	27%	24%	27%	33%	36%	23%	23%	28%	22%	28%	21%	34%	25%	31%
											bcei							bcei		i
A bit less	(2.0)	201	23	33	5	140	54	8	157	44	10	17	35	51	26	16	8	37	112	61
		17%	17%	19%	15%	17%	18%	25%	17%	17%	9%	14%	21%	25%	22%	13%	14%	13%	23%	13%
													ahj	abfhj	ahj			abfhj		
A lot less	(1.0)	248	27	50	7	169	70	10	212	36	41	53	42	37	19	18	4	34	98	55
		21%	20%	29%	19%	20%	23%	29%	23%	14%	37%	44%	25%	18%	16%	14%	7%	12%	20%	12%
				d					b		cdefghij	cdefghij	fghj	gj				ghj		
Don't know	*	5	2	-	1	1	3	-	5	-	-	2	-	1	-	1	-	1	1	2
		*	2%	-	3%	*	1%	-	1%	-	-	2%	-	1%	-	1%	-	*	*	*
			d		bd		d													
NET: More		400	49	37	16	294	94	7	301	99	19	21	53	58	47	57	30	114	158	202
		34%	37%	22%	43%	35%	31%	22%	33%	37%	17%	18%	31%	28%	40%	44%	58%	41%	32%	44%
			b		b	b	b						ab	ab	abd	abcdi	abcdehij	abdi	ab	abcdi
NET: Less		449	50	83	13	309	124	18	369	80	51	70	77	88	45	34	11	71	211	117
		38%	37%	48%	34%	37%	41%	54%	40%	30%	46%	58%	46%	43%	38%	27%	21%	25%	43%	25%
				ad			d		b		fghj	cdefghij	fghj	fghj	ghj				fghj	
Base for stats		1182	133	172	35	846	301	34	918	264	110	119	170	204	118	128	53	281	492	461
Mean Score		2.87	2.93	2.54	3.03	2.90	2.79	2.47	2.81	3.08	2.39	2.21	2.71	2.74	3.01	3.28	3.53	3.16	2.80	3.23
			b		b	b				a			ab	ab	ab	abcdi	abcdehi	abcdi	ab	abcdi
Standard Deviation		1.302	1.322	1.280	1.372	1.292	1.315	1.285	1.316	1.231	1.233	1.310	1.318	1.189	1.336	1.342	1.196	1.176	1.274	1.229
Standard Error		.038	.111	.102	.223	.045	.076	.220	.044	.077	.119	.120	.102	.083	.124	.116	.163	.072	.058	.058
Error variance		*	.01	.01	.05	*	.01	.05	*	.01	.01	.01	.01	.01	.02	.01	.03	.01	*	*

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

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

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

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		1177	389	288	496	915	96	882	108	776	146	829	112	636	260
Total		1187	386	300	498	921	98	895	103	785	151	843	109	637	265
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	143	90	13	40	118	9	117	13	100	19	105	13	86	28
		12%	23% bc	4%	8% b	13%	9%	13%	13%	13%	13%	12%	12%	14%	10%
A bit more	(4.0)	257	175	38	44	203	20	189	25	172	36	191	26	154	55
		22%	45% bc	13%	9%	22%	20%	21%	25%	22%	24%	23%	23%	24%	21%
Neither more nor less	(3.0)	333	59	211	63	243	35	239	24	211	38	228	24	149	77
		28%	15%	70% ac	13%	26%	35%	27%	23%	27%	25%	27%	22%	23%	29%
A bit less	(2.0)	201	38	21	142	156	14	156	17	138	25	146	22	111	46
		17%	10%	7%	28% ab	17%	14%	17%	16%	18%	16%	17%	20%	17%	17%
A lot less	(1.0)	248	23	16	208	200	19	194	21	162	32	172	23	136	57
		21%	6%	5%	42% ab	22%	19%	22%	21%	21%	21%	20%	21%	21%	22%
Don't know		5	1	1	2	1	2	1	2	2	1	1	1	-	2
		*	*	*	*	*	2% a	*	2% a	*	1%	*	1% a	-	1% a
NET: More		400	266	51	83	321	29	306	39	272	55	296	39	240	83
		34%	69% bc	17%	17%	35%	29%	34%	38%	35%	36%	35%	36%	38%	31%
NET: Less		449	61	37	350	356	33	350	38	300	57	318	45	247	103
		38%	16%	12%	70% ab	39%	33%	39%	37%	38%	38%	38%	41%	39%	39%
Base for stats		1182	385	299	496	920	96	895	101	783	150	842	108	637	263
Mean Score		2.87	3.71 bc	3.04 c	2.12	2.87	2.87	2.86	2.92	2.88	2.90	2.89	2.85	2.91	2.81
Standard Deviation		1.302	1.111	.763	1.269	1.326	1.225	1.326	1.344	1.313	1.331	1.306	1.335	1.345	1.284
Standard Error		.038	.056	.045	.057	.044	.126	.045	.131	.047	.111	.045	.127	.053	.080
Error variance		*	*	*	*	*	.02	*	.02	*	.01	*	.02	*	.01



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

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

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

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	*a	*b	*c	*d	e	*f	g	*h	*i
Unweighted Total		206	127	76	98	67	41	12	22	23	15	30	17	41	29	17
Total		201	126	72	84	69	49	11	22	20	15	24	20	40	31	17
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	47	30	17	23	17	8	1	6	5	7	2	5	12	4	4
		24%	24%	24%	27%	24%	17%	8%	27%	26%	46%	10%	25%	31% e	13%	26%
A bit more	(4.0)	56	33	21	28	21	7	2	7	4	1	9	5	13	9	5
		28%	26%	29%	33% c	31%	14%	21%	32%	19%	6%	37%	26%	33%	30%	28%
Neither more nor less	(3.0)	50	33	16	17	17	15	3	6	7	4	9	9	4	4	3
		25%	26%	22%	21%	24%	32%	29%	29%	35%	25%	36% g	44%	9%	14%	20%
A bit less	(2.0)	26	17	9	9	7	10	4	1	2	2	3	-	5	4	4
		13%	14%	12%	10%	10%	22%	35%	4%	10%	10%	14%	-	14%	14%	26%
A lot less	(1.0)	22	12	10	8	7	6	1	2	2	2	1	1	6	8	-
		11%	9%	13%	9%	11%	13%	7%	8%	10%	13%	3%	5%	14%	25%	-
Don't know		1	1	-	-	-	1	-	-	-	-	-	-	-	1	-
		1%	1%	-	-	-	3%	-	-	-	-	-	-	-	5%	-
NET: More		103	63	38	50	38	15	3	13	9	8	12	10	26	13	9
		51%	50%	52%	60% c	55% c	31%	30%	59%	45%	52%	48%	51%	64%	42%	54%
NET: Less		47	29	18	16	14	17	5	3	4	3	4	1	11	12	4
		24%	23%	25%	19%	21%	35%	42%	12%	20%	23%	16%	5%	27%	39%	26%
Base for stats		200	125	72	84	69	47	11	22	20	15	24	20	40	30	17
Mean Score		3.41	3.42	3.37	3.58 c	3.48	2.99	2.89	3.65	3.42	3.61	3.39	3.66	3.54	2.91	3.54
Standard Deviation		1.276	1.259	1.335	1.247	1.267	1.276	1.126	1.183	1.285	1.515	.954	1.039	1.417	1.454	1.170
Standard Error		.089	.112	.153	.126	.155	.202	.325	.252	.268	.391	.174	.252	.221	.275	.284
Error variance		.01	.01	.02	.02	.02	.04	.11	.06	.07	.15	.03	.06	.05	.08	.08

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

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

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

			Social Grade								Ethnicity						
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total		206	33	44	53	37	21	18	130	76	164	14	12	7	2	-	35
Total		201	35	44	52	33	20	18	131	71	162	13	13	7	2	-	34
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
A lot more	(5.0)	47	10	10	14	8	2	3	34	14	35	5	3	1	-	-	9
		24%	29%	23%	26%	25%	12%	17%	26%	19%	22%	39%	26%	19%	-	-	28%
A bit more	(4.0)	56	8	17	11	7	7	5	37	19	48	4	3	1	-	-	7
		28%	24%	38%	22%	21%	34%	30%	28%	27%	30%	33%	21%	9%	-	-	22%
Neither more nor less	(3.0)	50	7	14	10	8	9	2	31	19	41	2	2	3	1	-	7
		25%	21%	31%	19%	25%	47%	9%	23%	27%	26%	18%	15%	36%	36%	-	22%
A bit less	(2.0)	26	6	4	7	3	1	5	17	9	22	1	2	-	-	-	3
		13%	18%	8%	14%	8%	7%	26%	13%	12%	14%	10%	14%	-	-	-	9%
A lot less	(1.0)	22	3	-	10	6	-	3	13	9	13	-	3	3	1	-	7
		11%	9%	-	19%	17%	-	18%	10%	12%	8%	-	25%	36%	64%	-	20%
			b		b	b			b	b							a
Don't know		1	-	-	-	1	-	-	-	1	1	-	-	-	-	-	-
		1%	-	-	-	4%	-	-	-	2%	1%	-	-	-	-	-	-
						g											
NET: More		103	18	27	25	15	9	8	70	33	83	9	6	2	-	-	17
		51%	53%	61%	48%	46%	46%	47%	54%	46%	52%	73%	47%	28%	-	-	50%
NET: Less		47	9	4	17	8	1	8	30	18	36	1	5	3	1	-	10
		24%	27%	8%	33%	25%	7%	44%	23%	25%	22%	10%	38%	36%	64%	-	29%
			b		b	b			b	b							
Base for stats		200	35	44	52	32	20	18	131	69	160	13	13	7	2	-	34
Mean Score		3.41	3.46	3.76	3.23	3.30	3.52	3.01	3.47	3.29	3.43	4.02	3.10	2.76	1.72	-	3.29
				ch													
Standard Deviation		1.276	1.325	.908	1.467	1.422	.816	1.441	1.275	1.278	1.214	1.016	1.599	1.605	1.453	-	1.482
Standard Error		.089	.231	.137	.201	.237	.178	.340	.112	.148	.095	.272	.461	.607	1.028	-	.250
Error variance		.01	.05	.02	.04	.06	.03	.12	.01	.02	.01	.07	.21	.37	1.06	-	.06

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

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

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

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk												
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms			Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	*a	*b	*c	d	e	a	*b	*a	b	c	*d	e	a	b	
Unweighted Total		206	109	37	44	81	10	15	29	152	54	187	12	22	101	67	16	184	38	139	
Total		201	93	43	53	96	10	15	31	147	55	183	11	21	100	66	15	181	42	133	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	47	17	10	18	28	2	5	3	37	11	45	1	2	20	22	4	46	16	27
			24%	18%	23%	34%	29%	22%	35%	10%	25%	19%	25%	6%	9%	20%	33%	26%	25%	39%	20%
					a														b		
A bit more		(4.0)	56	28	12	11	23	2	2	7	45	11	52	2	5	27	22	2	51	9	41
			28%	30%	28%	21%	24%	19%	15%	23%	30%	20%	28%	16%	24%	27%	34%	10%	28%	22%	30%
Neither more nor less		(3.0)	50	25	10	11	21	3	3	8	36	14	41	7	8	27	10	4	41	7	33
			25%	27%	24%	20%	22%	34%	21%	25%	24%	26%	23%	66%	39%	28%	15%	29%	23%	17%	25%
A bit less		(2.0)	26	11	6	8	14	1	1	6	18	8	25	1	2	12	9	2	23	8	15
			13%	12%	13%	15%	14%	8%	6%	21%	12%	15%	14%	7%	11%	12%	14%	14%	13%	19%	12%
A lot less		(1.0)	22	10	6	5	10	2	3	5	12	10	20	1	2	13	3	3	20	1	17
			11%	11%	13%	9%	11%	17%	23%	16%	8%	18%	11%	6%	10%	13%	5%	22%	11%	3%	12%
										d											
Don't know		1	1	-	-	-	-	-	1	-	1	-	-	1	-	-	-	-	-	-	-
		1%	2%	-	-	-	-	-	5%	-	3%	-	-	7%	-	-	-	-	-	-	-
											d										
NET: More		103	45	22	29	51	4	7	10	82	21	97	2	7	47	44	5	96	25	68	
		51%	48%	50%	55%	53%	41%	50%	33%	56%	39%	53%	22%	33%	47%	67%	36%	53%	60%	51%	
										e						b					
NET: Less		47	22	11	13	24	2	4	11	29	18	45	1	4	25	12	5	43	9	32	
		24%	23%	26%	24%	25%	25%	29%	37%	20%	33%	24%	12%	21%	25%	19%	36%	24%	22%	24%	
Base for stats		200	92	43	53	96	10	15	29	147	53	183	11	19	100	66	15	181	42	133	
Mean Score		3.41	3.32	3.34	3.55	3.46	3.22	3.33	2.89	3.53	3.07	3.42	3.10	3.11	3.29	3.76	3.04	3.44	3.74	3.35	
										e						b					
Standard Deviation		1.276	1.238	1.324	1.347	1.334	1.411	1.619	1.271	1.217	1.385	1.291	.864	1.108	1.284	1.198	1.512	1.292	1.255	1.274	
Standard Error		.089	.119	.218	.203	.148	.446	.418	.240	.099	.190	.094	.249	.242	.128	.146	.378	.095	.204	.108	
Error variance		.01	.01	.05	.04	.02	.20	.17	.06	.01	.04	.01	.06	.06	.02	.02	.14	.01	.04	.01	

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

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

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

		Longstanding condition or illness						Area		Number of days active										
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	*b	*c	d	e	*f	a	b	*a	*b	*c	d	e	f	*g	h	i	j	
Unweighted Total	206	31	23	8	141	55	6	153	53	6	9	21	40	36	34	19	41	97	94	
Total	201	29	23	7	139	53	6	151	50	6	8	20	38	37	33	19	41	95	92	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	47	7	6	3	30	14	37	10	2	1	6	6	11	7	6	8	23	22	
		24%	24%	24%	37%	21%	26%	25%	20%	29%	11%	28%	16%	31%	23%	30%	20%	24%	23%	
A bit more	(4.0)	56	8	6	1	41	11	39	16	1	3	4	12	12	8	9	7	28	23	
		28%	26%	25%	14%	30%	20%	26%	33%	18%	39%	20%	31%	34%	24%	45%	16%	30%	25%	
Neither more nor less	(3.0)	50	10	5	1	33	15	37	12	1	3	6	10	4	10	5	12	20	26	
		25%	34%	23%	19%	24%	28%	25%	24%	14%	30%	31%	25%	12%	30%	24%	29%	21%	28% e	
A bit less	(2.0)	26	3	6	1	16	10	18	8	-	-	3	6	7	3	-	6	16	10	
		13%	10%	25%	14%	12%	18%	12%	16%	-	-	17%	15%	19%	10%	-	16%	17%	11%	
A lot less	(1.0)	22	2	1	1	17	4	18	4	1	2	1	5	1	4	-	8	7	12	
		11%	6%	3%	16%	12%	7%	12%	7%	13%	20%	4%	13%	4%	13%	-	19%	8%	13%	
Don't know		1	-	-	-	1	-	1	-	1	-	-	-	-	-	-	-	-	-	
		1%	-	-	-	1%	-	1%	-	26%	-	-	-	-	-	-	-	-	-	
NET: More		103	15	11	4	71	25	77	26	3	4	10	18	24	15	14	15	52	44	
		51%	49%	49%	51%	51%	47%	51%	52%	47%	50%	48%	47%	65% h	46%	76%	37%	54%	48%	
NET: Less		47	5	7	2	33	13	36	12	1	2	4	11	8	8	-	14	23	21	
		24%	16%	28%	29%	24%	25%	24%	23%	13%	20%	21%	28%	23%	23%	-	34%	25%	23%	
Base for stats	200	29	23	7	137	53	6	149	50	4	8	20	38	37	33	19	41	95	92	
Mean Score	3.41	3.51	3.41	3.43	3.37	3.40	3.81	3.40	3.42	3.67	3.21	3.51	3.23	3.69 h	3.33	4.06	3.04	3.46	3.35	
Standard Deviation	1.276	1.159	1.218	1.606	1.290	1.255	.695	1.306	1.195	1.663	1.347	1.219	1.270	1.227	1.308	.758	1.390	1.247	1.301	
Standard Error	.089	.208	.254	.568	.109	.169	.284	.106	.164	.744	.449	.266	.201	.204	.224	.174	.217	.127	.134	
Error variance	.01	.04	.06	.32	.01	.03	.08	.01	.03	.55	.20	.07	.04	.04	.05	.03	.05	.02	.02	

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

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

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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
Total		NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	a	*b	a	*b	a	*b	a	*b	a	b
Significance Level: 95%														
Unweighted Total		206	101	45	59	161	12	12	159	17	166	15	135	31
Total		201	100	47	54	157	12	12	156	18	160	16	130	31
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	47	37	4	6	36	4	4	36	5	36	5	33	5
		24%	37%	8%	11%	23%	34%	26%	23%	26%	23%	33%	25%	16%
			bc											
A bit more	(4.0)	56	34	6	15	44	1	2	45	2	45	4	32	8
		28%	35%	13%	28%	28%	11%	28%	29%	9%	28%	26%	25%	25%
			b											
Neither more nor less	(3.0)	50	14	27	9	37	4	3	35	8	36	2	36	8
		25%	14%	57%	16%	23%	29%	23%	22%	44%	23%	14%	28%	26%
				ac										
A bit less	(2.0)	26	8	6	12	22	2	1	21	2	25	1	16	4
		13%	8%	12%	22%	14%	16%	13%	14%	14%	15%	6%	12%	14%
				a										
A lot less	(1.0)	22	5	4	12	18	1	3	18	1	18	3	13	6
		11%	5%	10%	23%	12%	10%	29%	11%	8%	11%	20%	10%	20%
				a										
Don't know		1	1	-	-	-	-	-	1	-	-	-	-	-
		1%	1%	-	-	-	-	-	1%	-	-	-	-	-
NET: More		103	71	10	21	81	5	4	81	6	81	9	65	13
		51%	72%	21%	39%	51%	45%	32%	52%	35%	50%	59%	50%	41%
			bc											
NET: Less		47	13	10	24	40	3	5	39	4	43	4	29	10
		24%	13%	22%	45%	25%	26%	41%	25%	21%	27%	26%	22%	33%
				ab										
Base for stats		200	98	47	54	157	12	12	155	18	160	16	130	31
Mean Score		3.41	3.92	2.98	2.83	3.37	3.43	3.46	3.39	3.32	3.35	3.46	3.42	3.04
			bc											
Standard Deviation		1.276	1.139	.984	1.366	1.294	1.414	1.288	1.292	1.245	1.298	1.544	1.271	1.369
Standard Error		.089	.114	.147	.178	.102	.408	.100	.103	.302	.101	.399	.109	.246
Error variance		.01	.01	.02	.03	.01	.17	.01	.01	.09	.01	.16	.01	.06

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

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

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

		Gender		Age			Region										
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%			a	b	a	b	*c	*a	b	*c	d	e	*f	g	h	i	
Unweighted Total		346	181	161	212	108	26	17	43	27	34	35	17	93	49	31	
Total		317	167	145	177	111	29	14	39	22	31	28	20	90	46	28	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	60	33	26	41	19	1	4	8	7	4	4	3	19	9	3
			19%	20%	18%	23%	17%	3%	27%	22%	31%	13%	13%	13%	21%	20%	12%
A bit more		(4.0)	110	57	50	65	34	10	5	12	8	10	11	7	34	13	9
			35%	34%	34%	37%	31%	36%	37%	30%	37%	34%	37%	38%	38%	28%	34%
Neither more nor less		(3.0)	78	45	33	37	31	10	2	15	3	9	8	2	20	9	10
			25%	27%	22%	21%	28%	35%	11%	39% h	15%	29%	28%	12%	23%	20%	34%
A bit less		(2.0)	41	20	21	19	17	5	1	4	2	4	2	4	9	11	5
			13%	12%	14%	11%	15%	18%	4%	10%	10%	12%	6%	22%	10%	24% eg	16%
A lot less		(1.0)	23	10	13	12	8	2	3	-	1	4	4	3	5	3	1
			7%	6%	9%	7%	7%	8%	20%	-	4%	12% b	13% b	15%	6%	6%	2%
Don't know			5	1	3	3	2	-	-	-	1	-	1	-	3	1	-
			2%	1%	2%	2%	2%	-	-	-	3%	-	3%	-	3%	2%	-
NET: More			170	90	76	106	53	11	9	20	15	14	14	10	53	22	13
			54%	54%	53%	60% b	48%	39%	65%	51%	68%	47%	50%	51%	58%	48%	47%
NET: Less			64	30	34	31	25	8	3	4	3	7	6	7	14	14	5
			20%	18%	23%	18%	23%	26%	24%	10%	14%	24%	19%	37%	16%	30% bg	19%
Base for stats			312	166	143	174	109	29	14	39	21	31	28	20	87	45	28
Mean Score			3.46	3.50	3.40	3.59	3.36	3.08	3.49	3.63	3.83	3.25	3.30	3.12	3.60	3.33	3.37
Standard Deviation			1.157	1.120	1.203	1.167	1.155	1.008	1.492	.940	1.145	1.209	1.209	1.342	1.117	1.232	.996
Standard Error			.063	.084	.096	.081	.112	.198	.362	.143	.224	.207	.207	.326	.118	.178	.179
Error variance			*	.01	.01	.01	.01	.04	.13	.02	.05	.04	.04	.11	.01	.03	.03

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

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

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

			Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
Significance Level: 95%			a	b	c	d	*e	*f	g	h	a	b	c	*d	*e	*f	g	
Unweighted Total		346	51	98	93	55	27	22	242	104	238	30	34	25	3	3	95	
Total		317	48	95	83	46	24	20	226	91	218	29	31	23	3	2	87	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	60	12	15	18	10	3	3	45	16	43	6	6	2	1	-	15	
		19%	26%	15%	22%	22%	11%	13%	20%	17%	20%	19%	21%	8%	30%	-	17%	
A bit more	(4.0)	110	17	35	29	13	9	6	81	28	72	10	13	11	-	1	35	
		35%	35%	37%	35%	28%	39%	30%	36%	31%	33%	36%	42%	48%	-	31%	40%	
Neither more nor less	(3.0)	78	12	22	22	8	8	6	56	22	62	7	1	4	1	1	14	
		25%	26%	23%	26%	17%	32%	31%	25%	24%	28%	25%	4%	18%	25%	36%	16%	
A bit less	(2.0)	41	5	15	9	5	4	4	28	13	26	5	5	3	-	1	14	
		13%	10%	16%	10%	10%	16%	20%	13%	14%	12%	17%	16%	14%	-	33%	16%	
A lot less	(1.0)	23	1	8	5	7	1	1	14	9	14	1	5	1	1	-	7	
		7%	2%	8%	5%	16%	3%	6%	6%	10%	6%	3%	15%	4%	45%	-	8%	
Don't know		5	1	-	1	4	-	-	2	4	2	-	1	2	-	-	3	
		2%	1%	-	1%	8%	-	-	1%	4%	1%	-	2%	9%	-	-	3%	
NET: More		170	29	49	47	23	12	9	126	44	115	16	19	13	1	1	49	
		54%	61%	52%	57%	50%	50%	43%	56%	48%	53%	55%	63%	55%	30%	31%	57%	
NET: Less		64	5	23	13	12	4	5	42	22	40	6	9	4	1	1	21	
		20%	12%	25%	16%	26%	18%	26%	19%	24%	18%	20%	30%	18%	45%	33%	24%	
Base for stats		312	47	95	82	43	24	20	224	88	217	29	30	21	3	2	85	
Mean Score		3.46	3.74	3.35	3.58	3.33	3.40	3.25	3.51	3.33	3.48	3.52	3.40	3.45	2.69	2.98	3.42	
			bh															
Standard Deviation		1.157	1.025	1.175	1.112	1.408	.983	1.121	1.128	1.226	1.130	1.085	1.402	1.016	2.188	1.086	1.204	
Standard Error		.063	.145	.119	.116	.197	.189	.239	.073	.123	.074	.198	.244	.212	1.263	.627	.126	
Error variance		*	.02	.01	.01	.04	.04	.06	.01	.02	.01	.04	.06	.04	1.60	.39	.02	

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

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

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

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children			
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%		a	b	c	d	*a	*b	c	d	e	a	*b	a	b	c	*d	e	a	b		
Unweighted Total		346	191	57	75	132	15	25	48	258	88	317	18	31	147	145	23	315	64	237	
Total		317	149	64	85	149	14	24	44	235	82	292	16	27	131	138	20	290	65	213	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	60	29	11	19	30	4	4	9	44	17	58	3	2	22	30	7	59	16	40
			19%	19%	17%	22%	20%	31%	15%	19%	19%	20%	20%	16%	6%	17%	22% a	33%	20%	25%	19%
A bit more		(4.0)	110	54	24	26	50	6	10	17	76	33	104	5	12	45	46	6	97	23	69
			35%	36%	38%	30%	33%	41%	41%	40%	33%	40%	35%	32%	45%	35%	33%	28%	34%	35%	33%
Neither more nor less		(3.0)	78	39	13	23	37	1	4	7	66	12	71	4	11	29	34	5	67	10	55
			25%	26%	21%	27%	25%	10%	18%	15%	28% e	15%	24%	23%	40% be	22%	24%	23%	23%	16%	26%
A bit less		(2.0)	41	18	8	10	18	1	5	7	29	12	35	4	2	24	14	1	39	12	27
			13%	12%	12%	12%	12%	4%	21%	15%	12%	15%	12%	24%	8%	18% c	10%	3%	13%	18%	13%
A lot less		(1.0)	23	9	7	5	12	2	1	4	16	7	19	1	-	9	11	3	23	3	19
			7%	6%	11%	6%	8%	13%	5%	9%	7%	8%	7%	5%	-	7%	8%	12%	8%	5%	9%
Don't know			5	-	1	2	3	-	-	1	4	1	5	-	-	1	4	-	5	1	3
			2%	-	1%	2% a	2%	-	-	2%	2%	1%	2%	-	-	1%	3%	-	2%	2%	2%
NET: More			170	82	35	45	79	10	14	26	120	50	162	8	14	68	76	13	156	39	110
			54%	55%	55%	52%	53%	73%	56%	59%	51%	60%	55%	49%	51%	51%	55%	61%	54%	59%	51%
NET: Less			64	27	15	16	30	2	6	10	45	19	55	5	2	33	25	3	61	15	46
			20%	18%	23%	18%	20%	17%	26%	24%	19%	23%	19%	29%	8%	25% a	18%	16%	21%	23%	21%
Base for stats			312	149	63	84	146	14	24	43	231	81	287	16	27	130	135	20	285	64	210
Mean Score			3.46	3.50	3.38	3.51	3.45	3.74	3.41	3.47	3.45	3.50	3.51	3.31	3.48	3.36	3.53	3.67	3.46	3.57	3.41
Standard Deviation			1.157	1.123	1.235	1.161	1.191	1.346	1.140	1.238	1.137	1.218	1.143	1.185	.746	1.176	1.180	1.334	1.189	1.203	1.192
Standard Error			.063	.081	.165	.136	.105	.348	.228	.181	.072	.131	.065	.279	.134	.098	.099	.278	.068	.152	.078
Error variance			*	.01	.03	.02	.01	.12	.05	.03	.01	.02	*	.08	.02	.01	.01	.08	*	.02	.01



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

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

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

		Longstanding condition or illness						Area		Number of days active											
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	
Significance Level: 95%			a	*b	*c	d	e	*f	a	b	*a	*b	c	d	e	f	*g	h	i	j	
Unweighted Total		346	38	22	14	256	70	4	276	70	7	25	39	73	42	63	15	82	154	160	
Total		317	35	21	14	234	66	4	255	62	5	23	36	65	40	55	15	78	141	148	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	60	8	5	3	44	12	4	48	12	3	2	5	6	7	13	5	19	19	37	
		19%	21%	24%	20%	19%	18%	83%	19%	20%	55%	10%	14%	10%	19%	24% d	31%	24% di	13%	25% di	
A bit more	(4.0)	110	11	7	6	80	24	1	91	19	1	10	14	21	11	16	7	29	46	53	
		35%	32%	32%	44%	34%	36%	17%	36%	30%	19%	43%	38%	32%	29%	30%	46%	37%	33%	36%	
Neither more nor less	(3.0)	78	9	4	2	60	15	-	61	17	-	2	9	20	11	14	3	19	40	35	
		25%	25%	20%	13%	26%	23%	-	24%	28%	-	10%	26%	30%	28%	26%	18%	24%	29%	24%	
A bit less	(2.0)	41	4	3	2	31	9	-	30	11	1	3	7	11	7	5	1	7	24	13	
		13%	12%	12%	15%	13%	13%	-	12%	17%	12%	14%	18%	17%	17%	9%	5%	9%	17% j	9%	
A lot less	(1.0)	23	3	2	1	15	7	-	20	2	1	5	2	6	3	4	-	2	10	6	
		7%	9%	12%	8%	6%	10%	-	8%	3%	14%	24%	4%	9%	7%	7%	-	3%	7%	4%	
Don't know		5	-	-	-	4	-	-	4	1	-	-	-	1	-	3	-	2	1	4	
		2%	-	-	-	2%	-	-	1%	2%	-	-	-	1%	-	5% i	-	2%	1%	3%	
NET: More		170	19	12	9	124	35	4	139	31	4	12	19	27	19	30	12	48	64	89	
		54%	54%	56%	64%	53%	54%	100%	55%	49%	74%	53%	52%	42%	47%	54%	77%	62% di	46%	60% di	
NET: Less		64	7	5	3	46	16	-	51	13	1	9	8	17	10	9	1	9	35	19	
		20%	21%	24%	23%	20%	24%	-	20%	20%	26%	38%	22%	27% hj	24%	16%	5%	12%	25% hj	13%	
Base for stats		312	35	21	14	230	66	4	251	61	5	23	36	64	40	52	15	76	140	144	
Mean Score		3.46	3.46	3.45	3.52	3.47	3.38	4.83	3.46	3.46	3.90	3.01	3.39	3.16	3.35	3.58 d	4.04	3.73 di	3.27	3.71 di	
Standard Deviation		1.157	1.220	1.324	1.250	1.138	1.224	.428	1.171	1.109	1.676	1.408	1.076	1.121	1.190	1.176 d	.851	1.040 di	1.127	1.075 di	
Standard Error		.063	.198	.282	.334	.072	.146	.214	.071	.134	.634	.282	.172	.132	.184	.152	.220	.116	.091	.086	
Error variance		*	.04	.08	.11	.01	.02	.05	.01	.02	.40	.08	.03	.02	.03	.02	.05	.01	.01	.01	

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

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

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

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)		
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Significance Level: 95%			a	b	c	a	*b	a	*b	a	*b	a	*b	a	b	
Unweighted Total		346	173	65	104	285	21	276	26	262	28	284	17	237	45	
Total		317	159	61	94	266	17	254	23	240	25	263	15	215	43	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	60	47	2	9	45	7	45	8	46	6	50	3	49	7
		19%	29% bc	4%	10%	17%	41%	18%	34%	19%	23%	19%	23%	23%	17%	
A bit more		(4.0)	110	64	14	31	96	3	95	5	87	7	94	3	71	15
		35%	40% b	23%	33%	36%	20%	37%	21%	36%	26%	36%	21%	33%	36%	
Neither more nor less		(3.0)	78	29	37	12	67	2	64	2	62	4	65	1	56	8
		25%	18%	61% ac	13%	25%	13%	25%	11%	26%	15%	25%	9%	26%	19%	
A bit less		(2.0)	41	11	6	23	36	2	29	6	25	5	32	4	22	7
		13%	7%	10%	24% ab	13%	13%	12%	25%	11%	18%	12%	28%	10%	18%	
A lot less		(1.0)	23	5	1	17	18	2	16	2	16	4	17	3	15	4
		7%	3%	2%	18% ab	7%	13%	6%	9%	7%	17%	6%	19%	7%	10%	
Don't know		5	3	-	2	4	-	5	-	4	-	4	-	3	-	
		2%	2%	-	2%	2%	-	2%	-	2%	-	2%	-	2%	-	
NET: More		170	111	17	41	141	10	139	13	133	12	145	7	119	23	
		54%	70% bc	28%	43% b	53%	61%	55%	55%	55%	49%	55%	44%	55%	53%	
NET: Less		64	16	7	39	54	4	45	8	42	9	49	7	37	12	
		20%	10%	11%	42% ab	20%	26%	18%	34%	17%	36%	19%	47%	17%	28%	
Base for stats		312	156	61	92	261	17	248	23	236	25	259	15	212	43	
Mean Score		3.46	3.88 bc	3.19	2.94	3.43	3.62	3.49	3.46	3.51	3.19	3.50	3.02	3.55	3.32	
Standard Deviation		1.157	1.025	.730	1.318	1.133	1.493	1.110	1.440	1.127	1.452	1.132	1.523	1.156	1.253	
Standard Error		.063	.079	.091	.131	.068	.326	.068	.282	.070	.274	.068	.369	.076	.187	
Error variance		*	.01	.01	.02	*	.11	*	.08	*	.08	*	.14	.01	.03	

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

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

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

		Gender		Age			Region										
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%			a	b	a	b	c	*a	b	c	d	e	*f	g	h	i	
Unweighted Total		427	163	262	224	149	54	23	53	34	43	38	29	105	62	40	
Total		419	162	255	198	153	68	19	51	29	44	31	37	101	66	41	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	116	42	74	59	38	19	7	14	6	9	10	14	26	19	10	
		28%	26%	29%	30%	25%	28%	39%	28%	22%	20%	34%	38%	26%	29%	24%	
A bit more	(4.0)	165	69	96	79	56	30	8	20	13	12	14	14	39	27	18	
		39%	42%	38%	40%	37%	44%	42%	40%	44%	27%	45%	38%	39%	41%	43%	
Neither more nor less	(3.0)	68	22	46	29	32	6	2	6	4	12	4	5	17	12	6	
		16%	14%	18%	15%	21%	9%	12%	12%	14%	26%	12%	13%	17%	18%	15%	
A bit less	(2.0)	38	20	16	18	13	6	1	5	3	6	3	2	10	2	6	
		9%	12%	6%	9%	9%	9%	3%	10%	11%	14%	9%	5%	10%	3%	14%	
A lot less	(1.0)	28	6	21	11	12	5	1	4	3	3	-	2	9	5	2	
		7%	4%	8%	6%	8%	8%	3%	9%	10%	6%	-	7%	9%	8%	4%	
Don't know		5	3	2	3	1	1	-	1	-	3	-	-	1	1	-	
		1%	2%	1%	1%	1%	2%	-	1%	-	6%	-	-	1%	1%	-	
NET: More		281	111	170	137	94	49	15	34	19	21	24	28	65	46	28	
		67%	68%	67%	69%	62%	72%	81%	68%	66%	47%	78%	76%	64%	70%	67%	
NET: Less		66	26	38	29	25	11	1	10	6	9	3	4	19	7	7	
		16%	16%	15%	15%	17%	17%	7%	19%	20%	20%	9%	11%	18%	11%	18%	
Base for stats		414	159	253	195	152	66	19	50	29	41	31	37	101	65	41	
Mean Score		3.73	3.76	3.73	3.80	3.63	3.77	4.10	3.69	3.57	3.44	4.02	3.97	3.64	3.81	3.69	
Standard Deviation		1.162	1.097	1.190	1.136	1.183	1.190	.992	1.244	1.237	1.186	.928	1.144	1.215	1.134	1.107	
Standard Error		.057	.087	.074	.077	.097	.164	.207	.172	.212	.188	.151	.212	.119	.145	.175	
Error variance		*	.01	.01	.01	.01	.03	.04	.03	.05	.04	.02	.05	.01	.02	.03	

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

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

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

			Social Grade								Ethnicity						
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total		427	57	108	132	59	34	37	297	130	327	26	31	26	6	1	90
Total		419	54	109	131	55	31	40	294	125	323	25	31	23	6	1	87
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	116	17	27	41	16	5	10	85	31	89	9	8	4	1	-	23
		28%	31%	25%	31%	29%	17%	25%	29%	25%	28%	35%	27%	19%	14%	-	26%
A bit more	(4.0)	165	22	47	52	19	14	10	121	44	128	9	14	9	3	-	35
		39%	41%	43%	40%	35%	45%	26%	41%	35%	40%	34%	45%	39%	47%	-	40%
Neither more nor less	(3.0)	68	6	18	17	10	7	9	41	26	53	3	5	3	1	1	14
		16%	12%	17%	13%	19%	22%	22%	14%	21%	17%	13%	17%	12%	22%	100%	16%
A bit less	(2.0)	38	6	11	8	4	3	6	24	13	27	1	2	6	-	-	9
		9%	11%	10%	6%	8%	10%	14%	8%	10%	8%	3%	7%	27%	-	-	10%
A lot less	(1.0)	28	3	5	11	4	2	3	19	9	23	2	1	-	1	-	5
		7%	6%	4%	8%	8%	5%	9%	6%	7%	7%	9%	4%	-	17%	-	5%
Don't know		5	-	1	1	1	-	1	3	2	3	1	-	1	-	-	2
		1%	-	1%	1%	2%	-	4%	1%	2%	1%	6%	-	3%	-	-	2%
NET: More		281	39	74	93	35	19	20	206	75	217	18	23	13	4	-	57
		67%	72% f	68%	71% fh	64%	62%	51%	70% fh	60%	67%	70%	73%	58%	61%	-	66%
NET: Less		66	9	15	19	8	5	9	43	22	50	3	3	6	1	-	14
		16%	17%	14%	14%	15%	16%	23%	15%	18%	15%	12%	11%	27%	17%	-	16%
Base for stats		414	54	107	129	54	31	38	291	123	320	24	31	22	6	1	85
Mean Score		3.73	3.80	3.75	3.81	3.71	3.58	3.45	3.79	3.60	3.73	3.89	3.84	3.51	3.41	3.00	3.73
Standard Deviation		1.162	1.170	1.079	1.197	1.205	1.073	1.282	1.146	1.194	1.162	1.252	1.049	1.129	1.362	*	1.141
Standard Error		.057	.155	.105	.105	.158	.184	.214	.067	.106	.065	.250	.188	.226	.556	*	.122
Error variance		*	.02	.01	.01	.03	.03	.05	*	.01	*	.06	.04	.05	.31	*	.01

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

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

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

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk		Not self-isolating	NET: Self-isolating						NET: Lives with others			
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms						Yes	No	Lives alone	2-3	4-5	6+		Yes	No
Significance Level: 95%			a	b	c	d	*a	*b	c	d	e	a	*b	a	b	c	*d	e	a	b	
Unweighted Total		427	232	79	91	170	23	25	81	298	129	389	26	46	199	157	25	381	73	296	
Total		419	198	94	104	198	24	26	85	284	134	382	26	42	195	159	23	377	78	289	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	116	59	21	30	51	7	6	14	89	27	111	2	13	51	48	4	103	18	81
			28%	30%	23%	29%	26%	31%	24%	16%	31%	20%	29%	8%	31%	26%	30%	16%	27%	23%	28%
											ce										
A bit more		(4.0)	165	74	42	40	82	12	10	30	113	52	155	10	13	80	62	10	151	36	115
			39%	37%	45%	38%	41%	49%	38%	35%	40%	38%	41%	38%	32%	41%	39%	42%	40%	47%	40%
Neither more nor less		(3.0)	68	32	16	14	30	1	7	17	42	25	56	7	10	29	24	5	58	9	46
			16%	16%	17%	14%	15%	4%	27%	20%	15%	19%	15%	29%	23%	15%	15%	21%	15%	11%	16%
A bit less		(2.0)	38	16	8	13	20	2	3	12	21	17	29	6	3	19	12	3	35	7	27
			9%	8%	8%	12%	10%	10%	11%	14%	7%	12%	8%	22%	7%	10%	8%	14%	9%	9%	9%
A lot less		(1.0)	28	11	7	7	15	1	-	9	18	10	26	1	1	16	11	1	28	7	19
			7%	6%	8%	7%	8%	6%	-	10%	6%	8%	7%	3%	2%	8%	7%	3%	7%	9%	6%
Don't know			5	5	-	-	-	-	-	4	2	4	4	-	2	1	1	1	3	1	1
			1%	3%	-	-	-	-	-	4%	1%	3%	1%	-	5%	*	1%	3%	1%	1%	1%
				d						d					be						
NET: More			281	133	63	70	133	19	16	44	202	79	266	12	26	130	110	13	254	54	196
			67%	67%	67%	67%	67%	80%	63%	51%	71%	59%	70%	46%	63%	67%	69%	59%	67%	70%	68%
											ce										
NET: Less			66	27	15	20	35	4	3	21	39	27	55	6	4	35	23	4	62	14	46
			16%	14%	16%	19%	18%	16%	11%	24%	14%	20%	15%	25%	8%	18%	15%	17%	17%	18%	16%
										d											
Base for stats			414	193	94	104	198	24	26	82	283	131	377	26	40	194	157	22	374	77	287
Mean Score			3.73	3.80	3.66	3.70	3.68	3.89	3.76	3.34	3.83	3.52	3.78	3.26	3.89	3.67	3.79	3.56	3.71	3.67	3.74
											ce										
Standard Deviation			1.162	1.138	1.153	1.213	1.182	1.154	.960	1.233	1.140	1.186	1.156	1.003	1.016	1.200	1.166	1.048	1.177	1.194	1.155
Standard Error			.057	.076	.130	.127	.091	.241	.192	.141	.066	.106	.059	.197	.153	.085	.094	.214	.061	.141	.067
Error variance			*	.01	.02	.02	.01	.06	.04	.02	*	.01	*	.04	.02	.01	.01	.05	*	.02	*

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

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

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

		Longstanding condition or illness						Area		Number of days active									
							NET:												
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days
Significance Level: 95%		a	b	*c	d	e	*f	a	b	*a	*b	c	d	e	f	*g	h	i	j
Unweighted Total	427	50	42	25	304	108	7	354	73	12	29	55	86	58	63	28	96	199	187
Total	419	46	44	25	298	106	6	348	71	12	29	54	81	57	59	28	98	192	186
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	116	6	14	2	91	19	95	21	1	1	8	14	13	22	14	41	36	78
		28%	12%	31%	7%	31%	18%	27%	27%	10%	5%	16%	18%	22%	38%	51%	42%	19%	42%
			a		ae										cdi		cdei		cdei
A bit more	(4.0)	165	19	18	12	113	47	141	24	4	13	24	38	23	22	11	31	84	64
		39%	42%	41%	46%	38%	44%	40%	34%	30%	47%	44%	46%	40%	38%	38%	31%	44%	34%
													h					h	
Neither more nor less	(3.0)	68	9	3	6	46	17	55	13	1	7	8	15	11	9	2	14	34	25
		16%	21%	8%	24%	16%	16%	16%	18%	12%	23%	15%	19%	19%	15%	8%	14%	18%	14%
A bit less	(2.0)	38	6	2	4	25	11	31	7	1	3	9	10	6	2	-	6	25	8
		9%	12%	4%	17%	8%	-	9%	9%	8%	11%	17%	12%	10%	4%	-	6%	13%	4%
							-					fhj	j			-		fj	
A lot less	(1.0)	28	5	6	1	19	9	22	7	4	2	4	4	5	3	1	4	13	8
		7%	10%	14%	6%	6%	9%	6%	9%	35%	8%	8%	5%	8%	6%	4%	4%	7%	5%
Don't know		5	1	1	-	3	2	5	-	1	2	-	-	-	-	-	2	-	2
		1%	3%	2%	-	1%	-	1%	-	6%	7%	-	-	-	-	-	2%	-	1%
																	i		
NET: More		281	25	31	13	205	66	235	45	5	15	32	52	35	45	25	72	119	142
		67%	54%	72%	53%	69%	62%	68%	63%	40%	51%	59%	64%	62%	75%	89%	73%	62%	76%
						a													cdei
NET: Less		66	10	8	6	44	21	52	13	5	5	14	14	10	6	1	10	38	17
		16%	22%	19%	23%	15%	19%	15%	19%	43%	18%	26%	17%	18%	10%	4%	10%	20%	9%
												fhj	j					hj	
Base for stats	414	45	43	25	295	104	6	342	71	12	27	54	81	57	59	28	96	192	183
Mean Score	3.73	3.35	3.71	3.32	3.79	3.54	3.36	3.75	3.65	2.70	3.32	3.41	3.59	3.58	3.98	4.32	4.03	3.54	4.06
					a										cdi		cdei		cdei
Standard Deviation	1.162	1.179	1.353	1.049	1.159	1.180	1.550	1.141	1.265	1.546	1.046	1.191	1.083	1.185	1.102	.913	1.104	1.141	1.077
Standard Error	.057	.170	.211	.210	.067	.115	.586	.061	.148	.466	.201	.161	.117	.156	.139	.173	.114	.081	.079
Error variance	*	.03	.04	.04	*	.01	.34	*	.02	.22	.04	.03	.01	.02	.02	.03	.01	.01	.01

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

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

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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
Total		NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	a	*b	a	b	a	b	a	b	a	b
Significance Level: 95%														
Unweighted Total		427	215	69	137	336	26	41	316	48	322	37	273	75
Total		419	213	64	137	332	25	40	310	47	315	37	266	74
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	116	77	6	32	97	8	9	87	17	89	12	74	28
		28%	36%	10%	24%	29%	32%	24%	28%	36%	28%	31%	28%	38%
			bc		b									
A bit more	(4.0)	165	99	18	47	135	4	7	126	14	125	18	105	29
		39%	46%	28%	34%	41%	18%	18%	41%	31%	40%	47%	39%	39%
			bc					b						
Neither more nor less	(3.0)	68	18	32	18	53	2	7	45	6	49	2	45	8
		16%	9%	49%	13%	16%	8%	17%	15%	14%	16%	6%	17%	11%
				ac										
A bit less	(2.0)	38	10	4	21	26	6	5	26	5	27	3	24	5
		9%	5%	7%	16%	8%	23%	13%	8%	10%	9%	9%	9%	6%
					a									
A lot less	(1.0)	28	6	2	18	20	3	9	23	4	20	3	17	4
		7%	3%	3%	13%	6%	14%	23%	7%	8%	7%	7%	6%	5%
					ab			a						
Don't know		5	3	1	-	2	1	2	3	1	4	-	1	1
		1%	1%	2%	-	1%	6%	5%	1%	2%	1%	-	1%	1%
								a						
NET: More		281	176	25	79	232	12	17	213	31	214	29	178	57
		67%	83%	38%	58%	70%	50%	42%	69%	67%	68%	79%	67%	77%
			bc		b			b						
NET: Less		66	16	7	40	45	9	14	49	8	48	6	41	9
		16%	7%	10%	29%	14%	37%	36%	16%	18%	15%	16%	16%	12%
					ab			a						
Base for stats		414	210	63	137	330	23	38	307	46	311	37	265	74
Mean Score		3.73	4.10	3.35	3.39	3.80	3.33	3.07	3.74	3.79	3.75	3.87	3.73	3.98
			bc					b						
Standard Deviation		1.162	.938	.891	1.359	1.123	1.540	1.061	1.173	1.268	1.153	1.167	1.152	1.120
Standard Error		.057	.064	.109	.116	.061	.314	.059	.066	.185	.065	.192	.070	.130
Error variance		*	*	.01	.01	*	.10	*	*	.03	*	.04	*	.02

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

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

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

		Gender		Age			Region										
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%			a	b	a	b	c	*a	b	c	d	e	f	g	h	i	
Unweighted Total		471	236	233	238	140	93	23	54	53	59	39	38	94	65	46	
Total		454	230	222	204	140	110	18	52	47	59	31	45	90	64	48	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	90	44	45	52	27	11	2	10	10	14	5	9	17	15	9	
		20%	19%	20%	25% c	19%	10%	11%	19%	22%	23%	15%	19%	19%	24%	18%	
A bit more	(4.0)	170	81	89	80	52	37	9	19	16	21	10	17	38	17	22	
		37%	35%	40%	39%	37%	34%	48%	37%	34%	36%	32%	37%	43% h	27%	46% h	
Neither more nor less	(3.0)	101	56	44	41	33	27	5	14	16	12	8	11	16	13	7	
		22%	24%	20%	20%	24%	24%	25%	27%	35% gi	20%	24%	24%	18%	20%	14%	
A bit less	(2.0)	42	23	19	9	17	16	2	6	1	2	3	6	6	10	4	
		9%	10%	8%	5%	12% a	14% a	12%	12%	3%	4%	10%	14% c	7%	15% cd	9%	
A lot less	(1.0)	46	25	21	18	8	19	1	2	3	9	6	3	8	9	5	
		10%	11%	9%	9%	6%	17% ab	3%	4%	7%	16% b	19% b	6%	9%	13%	11%	
Don't know		6	1	5	3	2	-	-	-	-	1	-	-	4	1	1	
		1%	*	2%	2%	2%	-	-	-	-	1%	-	-	4%	1%	1%	
NET: More		260	125	134	132	80	48	11	29	26	35	15	25	55	33	31	
		57%	54%	60%	65% c	57%	44%	60%	56%	55%	59%	46%	56%	62%	51%	65%	
NET: Less		88	48	39	28	25	35	3	8	4	12	9	9	15	18	10	
		19%	21%	18%	14%	18%	32% ab	15%	16%	10%	20%	29% c	20%	16%	28% c	20%	
Base for stats		449	229	217	201	138	110	18	52	47	59	31	45	86	64	47	
Mean Score		3.48	3.41	3.55	3.69 c	3.53 c	3.05	3.52	3.55	3.61	3.48	3.12	3.50	3.57	3.34	3.53	
Standard Deviation		1.207	1.222	1.190	1.175	1.123	1.265	.984	1.067	1.085	1.330	1.347	1.130	1.175	1.360	1.231	
Standard Error		.056	.080	.079	.077	.096	.131	.205	.145	.149	.175	.216	.183	.123	.170	.184	
Error variance		*	.01	.01	.01	.01	.02	.04	.02	.02	.03	.05	.03	.02	.03	.03	



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

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

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

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total		471	56	107	141	62	49	56	304	167	370	27	33	26	3	3	92
Total		454	55	104	133	56	45	61	293	161	358	26	32	24	3	3	87
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	90	15	23	22	13	10	7	60	30	72	4	8	2	-	1	14
		20%	28% f	22%	16%	23%	22%	12%	20%	19%	20%	15%	24%	10%	-	26%	17%
A bit more	(4.0)	170	21	43	55	16	18	18	118	51	135	10	12	9	2	-	34
		37%	38%	41%	41%	28%	40%	29%	40%	32%	38%	41%	39%	36%	68%	-	39%
Neither more nor less	(3.0)	101	9	27	29	13	9	15	65	36	82	2	5	6	1	2	16
		22%	16%	26%	22%	23%	20%	24%	22%	23%	23%	8%	15%	24%	32%	74%	18%
A bit less	(2.0)	42	4	5	10	6	5	11	19	23	30	5	3	3	-	-	11
		9%	7%	5%	7%	11%	11%	19% bcg	6%	14% bg	8%	18%	10%	12%	-	-	12%
A lot less	(1.0)	46	5	6	16	7	3	9	27	19	34	4	4	3	-	-	12
		10%	9%	5%	12%	12%	7%	15% b	9%	12%	10%	18%	13%	14%	-	-	14%
Don't know		6	1	1	2	1	-	1	4	2	4	-	-	1	-	-	1
		1%	2%	1%	1%	2%	-	1%	1%	1%	1%	-	-	4%	-	-	1%
NET: More		260	36	66	76	29	28	25	178	82	208	14	20	11	2	1	48
		57%	66% f	63% fh	57% f	51% f	62% f	41% f	61% fh	51%	58%	56%	62%	46%	68%	26%	55%
NET: Less		88	9	11	26	13	8	20	46	42	65	9	7	6	-	-	23
		19%	17%	10%	20% b	24% b	18%	33% abcg	16%	26% bg	18%	36%	23%	25%	-	-	26%
Base for stats		449	54	103	132	55	45	60	289	160	355	26	32	23	3	3	86
Mean Score		3.48	3.69 f	3.70 fh	3.42	3.39	3.59 f	3.06	3.57 fh	3.32	3.51	3.18	3.50	3.18	3.68	3.53	3.33
Standard Deviation		1.207	1.238	1.041	1.216	1.317	1.167	1.261	1.165	1.267	1.188	1.391	1.321	1.234	.571	1.131	1.284
Standard Error		.056	.167	.101	.103	.169	.167	.170	.067	.099	.062	.268	.230	.247	.330	.653	.135
Error variance		*	.03	.01	.01	.03	.03	.03	*	.01	*	.07	.05	.06	.11	.43	.02

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

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

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

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating						NET: Lives with others			
		Total	None	1 child	2 or more children	NET: Yes							Yes	No	Lives alone	2-3	4-5	6+		Yes	No
Significance Level: 95%			a	b	c	d	*a	b	c	d	e	a	*b	a	b	c	*d	e	a	b	
Unweighted Total		471	297	65	86	151	26	36	91	318	153	437	26	71	222	152	26	400	80	309	
Total		454	260	76	98	174	26	33	96	300	155	421	25	67	215	145	27	387	86	292	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	90	47	15	25	40	5	9	12	65	25	87	1	8	37	40	5	83	14	66
			20%	18%	20%	25%	23%	17%	26%	12%	22%	16%	21%	3%	11%	17%	28%	20%	21%	17%	23%
											c					ab					
A bit more		(4.0)	170	90	32	40	72	10	14	34	112	58	158	10	21	81	59	10	149	46	101
			37%	35%	42%	41%	41%	37%	42%	36%	37%	37%	38%	40%	31%	38%	40%	36%	39%	54%	34%
																			b		
Neither more nor less		(3.0)	101	71	11	15	26	5	4	19	73	28	95	4	26	46	26	3	75	11	61
			22%	27%	14%	15%	15%	19%	12%	20%	24%	18%	22%	15%	39%	21%	18%	12%	19%	13%	21%
															bce						
A bit less		(2.0)	42	24	9	8	17	5	2	11	24	18	35	7	6	23	9	4	36	6	30
			9%	9%	12%	8%	10%	18%	6%	12%	8%	12%	8%	27%	8%	11%	6%	15%	9%	7%	10%
A lot less		(1.0)	46	27	8	8	17	1	5	17	24	22	42	3	7	25	9	4	39	7	32
			10%	10%	11%	9%	10%	4%	14%	17%	8%	14%	10%	12%	11%	12%	6%	17%	10%	8%	11%
										d		d									
Don't know		6	1	1	2	4	1	-	3	2	4	5	1	-	3	2	-	6	2	2	
		1%	1%	2%	2%	2%	5%	-	3%	1%	2%	1%	3%	-	2%	2%	-	1%	2%	1%	
NET: More		260	137	47	64	111	14	23	46	177	82	245	11	28	117	99	15	232	61	167	
		57%	53%	62%	66%	64%	55%	68%	48%	59%	53%	58%	44%	42%	55%	68%	56%	60%	71%	57%	
					a	a		c								ab		a	b		
NET: Less		88	51	17	16	33	6	7	28	48	40	77	10	13	49	18	9	75	13	62	
		19%	20%	22%	17%	19%	22%	20%	29%	16%	26%	18%	39%	19%	23%	12%	32%	19%	15%	21%	
									d		d				c		c				
Base for stats		449	259	75	95	170	25	33	93	298	151	416	25	67	212	143	27	382	84	290	
Mean Score		3.48	3.41	3.50	3.67	3.59	3.49	3.59	3.14	3.58	3.30	3.51	2.97	3.24	3.38	3.79	3.28	3.53	3.66	3.48	
										ce						abe					
Standard Deviation		1.207	1.191	1.250	1.204	1.224	1.130	1.332	1.306	1.152	1.292	1.201	1.165	1.113	1.236	1.114	1.407	1.219	1.101	1.257	
Standard Error		.056	.069	.156	.131	.101	.226	.222	.139	.065	.106	.058	.233	.132	.084	.091	.276	.061	.125	.072	
Error variance		*	*	.02	.02	.01	.05	.05	.02	*	.01	*	.05	.02	.01	.01	.08	*	.02	.01	

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

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

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

		Longstanding condition or illness						Area		Number of days active									
							NET: Longstanding physical and mental condition or illness												
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days
Significance Level: 95%		a	b	*c	d	e	*f	a	b	*a	b	c	d	e	f	g	h	i	j
Unweighted Total	471	57	60	24	325	126	13	393	78	18	30	63	97	63	65	30	105	223	200
Total	454	55	66	23	308	128	15	378	76	17	27	63	91	62	61	26	106	216	194
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	90	11	8	4	67	20	75	15	2	1	6	16	7	15	8	35	29	58
	20%	21%	12%	16%	22%	16%	18%	20%	20%	13%	3%	9%	18% b	11%	25% bcei	31% bcei	33% bcdei	13% bcdei	30% bcdei
A bit more	(4.0)	170	18	31	10	113	51	145	25	2	12	19	42	23	21	10	40	84	71
	37%	33%	46%	43%	37%	40%	40%	38%	33%	13%	46%	31%	46%	37%	34%	37%	38%	39%	37%
Neither more nor less	(3.0)	101	13	13	4	68	27	81	20	6	4	15	18	22	13	5	19	54	37
	22%	24%	19%	17%	22%	21%	18%	21%	26%	34%	15%	23%	19%	35% bdhj	21%	19%	18%	25%	19%
A bit less	(2.0)	42	2	7	2	29	11	33	9	1	3	13	11	3	5	3	3	27	11
	9%	4%	10%	9%	9%	9%	- -	9%	12%	4%	12%	20% ehj	12% h	5%	9%	10%	3%	12% hj	6%
A lot less	(1.0)	46	10	7	2	29	17	39	7	6	6	10	2	7	6	1	9	19	15
	10%	18%	11%	10%	9%	13%	19%	10%	9%	32%	21% dghij	16% d	2%	12% d	10% d	3%	8%	9% d	8%
Don't know		6	1	1	1	2	2	5	1	1	1	1	2	-	1	-	-	3	1
	1%	1%	1%	5%	1%	1%	4%	1%	1%	4%	3%	1%	3%	-	2%	-	-	1%	1%
NET: More		260	29	39	14	180	71	220	40	5	13	25	58	30	37	18	75	113	129
	57%	53%	58%	59%	58%	56%	59%	58%	53%	26%	49%	40%	64% c	48%	59% c	68% c	71% bcei	52%	67% cei
NET: Less		88	12	14	4	58	28	72	15	6	9	23	13	10	11	3	12	46	27
	19%	22%	22%	18%	19%	22%	19%	19%	20%	37%	33% dhj	36% defghij	14%	16%	18%	13%	11%	21% hj	14%
Base for stats	449	54	66	22	306	126	14	373	76	17	26	62	89	62	60	26	106	213	192
Mean Score	3.48	3.35	3.38	3.50	3.52	3.37	3.41	3.49	3.44	2.69	2.98	2.97	3.67 cei	3.31	3.58 c	3.84 cei	3.84 cei	3.36 c	3.75 cei
Standard Deviation	1.207	1.357	1.178	1.211	1.205	1.243	1.393	1.211	1.193	1.443	1.288	1.239	.993	1.122	1.238	1.091	1.168	1.139	1.181
Standard Error	.056	.181	.153	.252	.067	.112	.402	.061	.136	.350	.239	.157	.102	.141	.155	.199	.114	.077	.084
Error variance	*	.03	.02	.06	*	.01	.16	*	.02	.12	.06	.02	.01	.02	.02	.04	.01	.01	.01

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

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

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

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		471	220	81	164	370	42	383	39	344	51	377	32	299	77
Total		454	214	80	156	361	41	369	37	331	49	366	29	287	75
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	90	64	5	20	80	8	75	12	69	12	74	7	61	22
		20%	30% bc	7%	13%	22%	21%	20%	33%	21%	24%	20%	24%	21%	29%
A bit more	(4.0)	170	110	18	42	138	9	141	7	124	17	136	13	107	33
		37%	51% bc	22%	27%	38%	23%	38% b	20%	37%	34%	37%	43%	37%	44%
Neither more nor less	(3.0)	101	24	48	27	74	10	80	5	74	6	86	1	64	10
		22%	11%	60% ac	17%	21%	24%	22%	14%	22%	13%	23% b	5%	22%	13%
A bit less	(2.0)	42	4	7	30	32	5	36	2	27	6	31	4	20	5
		9%	2%	9% a	19% ab	9%	12%	10%	6%	8%	12%	8%	13%	7%	7%
A lot less	(1.0)	46	9	1	36	34	7	34	10	33	8	36	3	30	5
		10%	4%	2%	23% ab	9%	18%	9%	27% a	10%	16%	10%	11%	11%	7%
Don't know		6	4	-	1	2	1	4	-	4	-	3	1	5	-
		1%	2%	-	*	1%	2%	1%	-	1%	-	1%	4%	2%	-
NET: More		260	173	23	63	218	18	216	20	193	29	211	20	167	55
		57%	81% bc	29%	40%	60% b	44%	58%	53%	58%	59%	57%	68%	58%	73% a
NET: Less		88	13	8	65	66	12	70	12	60	14	67	7	50	11
		19%	6%	11%	42% ab	18%	30%	19%	33% a	18%	28%	18%	24%	17%	14%
Base for stats		449	210	80	155	358	40	365	37	327	49	363	28	282	75
Mean Score		3.48	4.02 bc	3.24 c	2.89	3.55	3.17	3.51	3.26	3.52	3.39	3.50	3.60	3.52	3.81
Standard Deviation		1.207	.941	.777	1.380	1.201	1.392	1.190	1.625	1.205	1.408	1.196	1.320	1.212	1.151
Standard Error		.056	.064	.086	.108	.063	.217	.061	.260	.065	.197	.062	.237	.071	.131
Error variance		*	*	.01	.01	*	.05	*	.07	*	.04	*	.06	*	.02

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

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

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

		Gender		Age			Region										
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%			a	b	a	b	c	*a	b	c	d	e	*f	g	h	i	
Unweighted Total		304	155	147	140	116	48	10	35	35	36	34	26	50	48	30	
Total		308	157	149	127	123	57	9	37	30	39	28	33	51	50	30	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	53	30	23	25	23	6	2	5	5	10	4	4	9	8	6
			17%	19%	16%	19%	18%	10%	22%	14%	16%	25%	15%	11%	18%	16%	20%
A bit more		(4.0)	119	56	63	48	52	20	2	9	11	14	14	19	19	27	6
			39%	35%	43%	37%	42%	34%	27%	23%	36%	35%	48% bi	57%	37%	53% bi	20%
Neither more nor less		(3.0)	75	44	30	26	31	18	-	16	10	6	7	4	16	7	9
			24%	28%	20%	20%	25%	32%	-	42% dh	34% h	15%	25%	11%	32% h	14%	31%
A bit less		(2.0)	37	21	15	17	12	8	1	7	4	6	1	1	4	6	7
			12%	14%	10%	13%	9%	15%	11%	19% e	13%	16%	2%	4%	7%	12%	23% eg
A lot less		(1.0)	19	5	13	9	6	4	2	1	-	2	3	6	3	2	1
			6%	3%	8%	7%	5%	7%	17%	2%	-	5%	10%	17%	6%	3%	4%
Don't know			6	2	4	4	1	1	2	-	-	2	-	-	-	1	1
			2%	1%	3%	3%	1%	2%	24%	-	-	5%	-	-	-	2%	2%
NET: More			172	86	87	72	75	25	4	14	16	23	18	22	28	34	12
			56%	54%	58%	57%	60%	44%	49%	37%	53%	60%	63% b	68%	55%	69% bi	40%
NET: Less			55	26	28	26	17	12	3	8	4	8	4	7	7	7	8
			18%	17%	19%	20%	14%	22%	28%	21%	13%	21%	13%	21%	13%	15%	27%
Base for stats			302	155	145	124	123	56	7	37	30	37	28	33	51	49	29
Mean Score			3.50	3.54	3.48	3.50	3.61	3.26	3.33	3.27	3.56	3.62	3.54	3.41	3.54	3.68	3.29
Standard Deviation			1.105	1.055	1.146	1.171	1.040	1.071	1.685	1.013	.932	1.207	1.122	1.271	1.069	1.002	1.160
Standard Error			.064	.085	.096	.100	.097	.156	.596	.171	.157	.207	.192	.249	.151	.146	.215
Error variance			*	.01	.01	.01	.01	.02	.35	.03	.02	.04	.04	.06	.02	.02	.05

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

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

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

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total		304	31	68	85	50	37	33	184	120	244	13	21	19	1	2	56
Total		308	30	69	88	49	37	35	187	121	249	11	22	19	1	2	56
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	53	4	11	18	11	6	3	33	20	41	1	6	2	-	1	10
		17%	13%	16%	20%	22%	16%	9%	18%	16%	17%	12%	25%	8%	-	65%	17%
A bit more	(4.0)	119	10	31	37	14	17	10	79	41	97	6	7	8	-	1	22
		39%	34%	45%	42%	28%	46%	29%	42%	33%	39%	55%	32%	43%	-	35%	40%
Neither more nor less	(3.0)	75	9	17	16	10	7	15	42	32	61	3	4	6	-	-	13
		24%	30%	25%	19%	21%	19%	44%	23%	27%	25%	26%	18%	31%	-	-	23%
								cdeg									
A bit less	(2.0)	37	5	6	11	7	4	3	22	15	29	1	4	2	1	-	8
		12%	15%	9%	13%	15%	11%	10%	12%	12%	12%	7%	16%	13%	100%	-	14%
A lot less	(1.0)	19	1	2	6	5	2	3	8	10	16	-	2	1	-	-	3
		6%	3%	3%	6%	11%	6%	9%	4%	9%	6%	-	10%	5%	-	-	5%
Don't know		6	1	2	-	2	1	-	3	3	5	-	-	-	-	-	-
		2%	4%	2%	-	4%	2%	-	2%	2%	2%	-	-	-	-	-	-
NET: More		172	14	43	55	24	23	13	112	60	138	8	13	10	-	2	32
		56%	47%	62%	62%	49%	62%	38%	60%	50%	55%	67%	57%	52%	-	100%	58%
				f	f		f		f								
NET: Less		55	6	8	17	13	6	6	30	25	45	1	6	3	1	-	11
		18%	18%	11%	19%	26%	17%	18%	16%	21%	18%	7%	26%	18%	100%	-	19%
					b												
Base for stats		302	29	68	88	47	36	35	184	118	244	11	22	19	1	2	56
Mean Score		3.50	3.41	3.65	3.57	3.36	3.58	3.20	3.58	3.38	3.49	3.73	3.46	3.37	2.00	4.65	3.51
				f													
Standard Deviation		1.105	1.033	.959	1.139	1.310	1.090	1.041	1.057	1.169	1.104	.796	1.311	.996	-	.706	1.106
Standard Error		.064	.189	.118	.124	.189	.182	.181	.079	.108	.071	.221	.286	.229	-	.499	.148
Error variance		*	.04	.01	.02	.04	.03	.03	.01	.01	.01	.05	.08	.05	-	.25	.02

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

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

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

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating									
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%			a	b	c	d	*a	*b	c	d	e	a	*b	*a	b	c	*d	e	a	b
Unweighted Total		304	136	67	79	146	17	17	63	207	97	274	24	21	140	119	24	283	60	217
Total		308	119	80	89	169	15	18	65	210	98	278	23	20	143	122	23	288	61	222
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	53	13	16	21	37	-	8	10	35	18	51	2	1	22	26	5	52	10	41
		17%	11%	20%	24% a	22% a	-	44%	16%	17%	18%	18%	11%	4%	15%	21%	21%	18%	17%	19%
A bit more	(4.0)	119	46	29	37	67	6	2	17	95	24	111	6	5	45	57	12	114	20	94
		39%	38%	37%	42%	39%	37%	8%	26%	45% ce	24%	40%	24%	23%	31%	47% b	51%	40%	33%	42%
Neither more nor less	(3.0)	75	31	19	19	37	3	3	18	50	24	66	5	7	43	24	1	68	21	45
		24%	26%	23%	21%	22%	21%	16%	28%	24%	25%	24%	23%	36%	30%	20%	3%	23%	35% b	20%
A bit less	(2.0)	37	19	12	4	17	4	1	12	20	17	32	4	2	23	8	2	34	7	27
		12%	16% c	15% c	5%	10%	24%	4%	19% d	9%	17%	11%	17%	12%	16% c	7%	10%	12%	11%	12%
A lot less	(1.0)	19	9	3	6	9	3	4	6	7	12	14	4	2	9	6	2	17	3	13
		6%	8%	4%	7%	6%	18%	20%	9%	3%	12% d	5%	19%	10%	6%	5%	10%	6%	5%	6%
Don't know		6	1	1	1	2	-	1	2	3	3	4	2	3	2	-	1	3	-	2
		2%	1%	1%	1%	1%	-	7%	2%	1%	3%	2%	7%	15%	1%	-	5%	1%	-	1%
NET: More		172	59	45	59	104	6	9	27	130	42	162	8	5	67	83	17	167	30	135
		56%	49%	56%	66% a	61% a	37%	52%	41%	62% ce	43%	58%	34%	27%	47%	68% b	72%	58% b	49%	61%
NET: Less		55	29	15	11	26	6	4	18	26	29	46	8	4	32	14	5	51	10	40
		18%	24% c	19%	12%	15%	42%	25%	28% d	13%	30% d	17%	36%	22%	22% c	12%	20%	18%	16%	18%
Base for stats		302	119	79	88	167	15	17	64	207	95	274	22	17	141	122	22	285	61	220
Mean Score		3.50	3.28	3.54	3.71 a	3.63 a	2.76	3.54	3.21	3.64 ce	3.20	3.55	2.89	2.98	3.34	3.73 b	3.66	3.53	3.45	3.56
Standard Deviation		1.105	1.109	1.097	1.111	1.104	1.175	1.661	1.201	.978	1.295	1.081	1.334	1.057	1.113	1.026	1.257	1.102	1.057	1.108
Standard Error		.064	.095	.135	.126	.092	.285	.415	.154	.068	.134	.066	.284	.249	.095	.094	.262	.066	.137	.076
Error variance		*	.01	.02	.02	.01	.08	.17	.02	*	.02	*	.08	.06	.01	.01	.07	*	.02	.01

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

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

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

		Longstanding condition or illness						Area		Number of days active											
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	
Significance Level: 95%			a	b	*c	d	e	*f	a	b	*a	*b	c	d	e	f	*g	h	i	j	
Unweighted Total		304	51	44	25	185	107	12	229	75	21	17	59	59	36	35	16	61	154	112	
Total		308	48	45	25	191	106	11	230	78	24	16	56	61	36	34	16	64	153	114	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	53 17%	6 12%	8 19%	6 22%	32 17%	18 17%	1 12%	40 18%	13 16%	2 8%	3 17%	4 7%	9 14%	5 15%	13 37% cdei	4 22%	14 22% c	18 12%	30 26% ci
A bit more		(4.0)	119 39%	18 38%	12 27%	6 23%	83 43% e	31 29%	4 37%	95 41%	24 31%	9 36%	7 42%	22 40%	22 36%	10 27%	15 43%	8 46%	27 42%	54 35%	49 43%
Neither more nor less		(3.0)	75 24%	16 32%	14 32%	8 31%	42 22%	32 31%	5 46%	54 23%	21 27%	8 33%	3 16%	15 26%	18 30% j	12 34% j	5 15%	1 9%	12 19%	45 29% j	19 17%
A bit less		(2.0)	37 12%	3 5%	5 11%	4 14%	25 13%	11 10%	- -	26 11%	11 14%	3 12%	1 5%	9 16% f	9 15%	4 12%	1 2%	4 23%	6 9%	22 15% f	10 9%
A lot less		(1.0)	19 6%	5 10%	4 9%	1 4%	9 5%	10 9%	- -	14 6%	5 6%	1 3%	3 20%	5 9%	3 5%	3 9%	- -	- -	3 5%	12 8%	3 3%
Don't know			6 2%	2 3%	2 3%	1 5%	- -	4 3%	1 6%	1 *	5 6% a	2 8%	- -	1 2%	- -	1 3%	1 3%	- -	1 2%	2 1%	2 2%
NET: More			172 56%	24 49%	21 46%	11 45%	115 60% e	49 47%	5 48%	135 59%	37 47%	11 44%	10 59%	26 47%	31 50%	15 42%	27 80% cdei	11 69%	41 64% ei	72 47%	80 70% cdei
NET: Less			55 18%	7 15%	9 19%	5 18%	34 18%	21 19%	- -	40 17%	15 20%	4 16%	4 25%	14 25% fj	12 20% f	7 21% f	1 2%	4 23%	9 14%	34 22% fj	14 12%
Base for stats		302	47	43	24	191	102	11	229	74	23	16	55	61	35	33	16	63	151	112	
Mean Score		3.50	3.37	3.38	3.48	3.54	3.37	3.63	3.53	3.40	3.35	3.32	3.20	3.39	3.28	4.17 cdehi	3.68	3.68 ci	3.30	3.83 cdei	
Standard Deviation		1.105	1.111	1.185	1.151	1.068	1.176	.727	1.098	1.126	.962	1.407	1.107	1.068	1.162	.789	1.088	1.085	1.100	1.023	
Standard Error		.064	.159	.183	.235	.079	.116	.219	.073	.135	.221	.341	.145	.139	.196	.135	.272	.140	.089	.098	
Error variance		*	.03	.03	.06	.01	.01	.05	.01	.02	.05	.12	.02	.02	.04	.02	.07	.02	.01	.01	



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

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

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

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)		
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
			a	b	c	a	b	a	b	a	b	a	b	a	b	
Significance Level: 95%																
Unweighted Total		304	124	58	119	223	32	226	30	197	50	195	48	163	80	
Total		308	130	55	120	225	33	229	32	202	51	195	50	166	83	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	53	35	4	15	41	5	40	5	32	11	39	12	26	18
			17%	27%	6%	12%	18%	16%	17%	15%	16%	21%	20%	23%	16%	22%
				bc												
A bit more		(4.0)	119	57	17	44	97	10	94	10	81	22	75	18	77	27
			39%	44%	31%	37%	43%	29%	41%	31%	40%	43%	38%	37%	46%	33%
														b		
Neither more nor less		(3.0)	75	25	23	25	48	9	50	11	49	9	48	10	31	19
			24%	20%	42%	21%	21%	26%	22%	34%	24%	17%	25%	20%	18%	23%
					ac											
A bit less		(2.0)	37	10	7	19	27	2	30	3	27	4	23	5	20	12
			12%	8%	13%	16%	12%	6%	13%	9%	13%	9%	12%	9%	12%	14%
					a											
A lot less		(1.0)	19	3	1	15	10	6	13	2	11	4	10	4	9	5
			6%	2%	2%	13%	5%	17%	6%	7%	5%	7%	5%	9%	6%	7%
					ab			a								
Don't know			6	-	3	1	2	2	2	1	2	1	1	1	3	1
			2%	-	6%	1%	1%	6%	1%	4%	1%	2%	*	2%	2%	2%
					ac			a								
NET: More		172	92	21	59	137	15	134	15	113	33	114	30	102	45	
		56%	71%	37%	49%	61%	45%	58%	46%	56%	65%	58%	60%	62%	54%	
				bc												
NET: Less		55	12	8	35	38	8	43	5	37	8	33	9	30	17	
		18%	10%	15%	29%	17%	24%	19%	16%	19%	16%	17%	18%	18%	21%	
					ab											
Base for stats		302	130	52	119	223	31	227	31	200	50	194	49	163	82	
Mean Score		3.50	3.86	3.29	3.20	3.58	3.20	3.52	3.40	3.49	3.64	3.57	3.58	3.55	3.49	
				bc												
Standard Deviation		1.105	.967	.860	1.232	1.065	1.340	1.105	1.102	1.079	1.152	1.095	1.210	1.082	1.182	
Standard Error		.064	.087	.116	.113	.072	.245	.074	.205	.077	.165	.079	.177	.086	.133	
Error variance		*	.01	.01	.01	.01	.06	.01	.04	.01	.03	.01	.03	.01	.02	

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

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

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

		Gender		Age			Region										
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%			a	b	a	b	c	*a	*b	*c	*d	*e	*f	*g	*h	*i	
Unweighted Total		111	63	48	35	32	44	10	10	15	9	10	8	12	15	22	
Total		115	68	46	27	34	53	8	10	13	9	9	12	11	16	26	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	33	20	12	5	14	13	-	5	4	4	2	3	4	3	7	
		28%	30%	26%	20%	41%	24%	-	46%	33%	41%	22%	26%	39%	20%	28%	
A bit more	(4.0)	31	21	10	7	4	19	1	2	3	1	4	3	4	7	6	
		27%	30%	22%	27%	13%	36% b	8%	18%	25%	15%	41%	24%	34%	45%	24%	
Neither more nor less		(3.0)	36	22	14	8	12	17	7	1	4	3	1	6	1	3	9
		32%	32%	30%	28%	35%	31%	84%	14%	31%	32%	8%	51%	13%	21%	35%	
A bit less	(2.0)	4	2	2	3	1	-	-	-	-	-	1	-	2	1	-	
		3%	2%	5%	12% c	2%	-	-	-	-	-	15%	-	14%	6%	-	
A lot less	(1.0)	9	3	7	2	3	5	1	2	1	1	1	-	-	1	3	
		8%	4%	15% a	7%	9%	8%	8%	21%	6%	11%	15%	-	-	7%	10%	
Don't know		2	1	1	2	-	-	-	-	1	-	-	-	-	-	1	
		1%	1%	2%	6%	-	-	-	-	5%	-	-	-	-	-	3%	
NET: More		64	41	22	13	18	32	1	6	8	5	6	6	8	11	14	
		55%	60%	48%	47%	54%	61%	8%	64%	58%	57%	62%	49%	73%	66%	52%	
NET: Less		13	4	9	5	4	5	1	2	1	1	3	-	2	2	3	
		12%	6%	20% a	19%	11%	8%	8%	21%	6%	11%	30%	-	14%	13%	10%	
Base for stats		113	68	45	26	34	53	8	10	13	9	9	12	11	16	25	
Mean Score		3.65	3.81	3.41	3.43	3.76	3.68	2.93	3.68	3.84	3.75	3.38	3.75	3.98	3.67	3.62	
Standard Deviation		1.178	1.028	1.350	1.204	1.273	1.111	.659	1.642	1.135	1.377	1.456	.876	1.090	1.111	1.213	
Standard Error		.113	.131	.197	.210	.225	.167	.208	.519	.303	.459	.460	.310	.315	.287	.265	
Error variance		.01	.02	.04	.04	.05	.03	.04	.27	.09	.21	.21	.10	.10	.08	.07	

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

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

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

			Social Grade								Ethnicity						
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			*a	*b	*c	*d	*e	f	g	h	a	*b	*c	*d	*e	*f	*g
Unweighted Total		111	7	27	22	14	11	30	56	55	99	2	3	3	1	-	9
Total		115	7	27	20	13	11	37	54	61	104	2	3	3	1	-	8
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
A lot more	(5.0)	33	5	6	4	5	4	9	14	19	26	1	1	2	-	-	4
		28%	65%	21%	18%	40%	40%	24%	26%	31%	25%	67%	38%	74%	-	-	53%
A bit more	(4.0)	31	-	10	5	1	3	13	15	16	30	-	1	-	-	-	1
		27%	-	39%	24%	5%	24%	35%	28%	26%	29%	-	37%	-	-	-	12%
Neither more nor less	(3.0)	36	2	6	7	5	3	13	14	22	35	-	1	-	1	-	2
		32%	23%	21%	35%	42%	29%	36%	27%	36%	33%	-	25%	-	100%	-	19%
A bit less	(2.0)	4	-	1	3	-	-	1	3	1	3	1	-	-	-	-	1
		3%	-	2%	13%	-	-	2%	6%	1%	3%	33%	-	-	-	-	7%
A lot less	(1.0)	9	-	4	1	2	1	1	6	4	8	-	-	1	-	-	1
		8%	-	16%	7%	13%	7%	4%	11%	6%	8%	-	-	26%	-	-	9%
Don't know		2	1	-	1	-	-	-	2	-	2	-	-	-	-	-	-
		1%	12%	-	3%	-	-	-	3%	-	1%	-	-	-	-	-	-
NET: More		64	5	16	8	6	7	22	29	35	56	1	2	2	-	-	5
		55%	65%	60%	42%	44%	65%	59%	54%	57%	54%	67%	75%	74%	-	-	64%
NET: Less		13	-	5	4	2	1	2	9	4	11	1	-	1	-	-	1
		12%	-	19%	20%	13%	7%	5%	17%	7%	11%	33%	-	26%	-	-	16%
Base for stats		113	6	27	19	13	11	37	52	61	102	2	3	3	1	-	8
Mean Score		3.65	4.48	3.46	3.34	3.58	3.92	3.74	3.54	3.74	3.61	4.02	4.14	3.95	3.00	-	3.92
Standard Deviation		1.178	.952	1.329	1.172	1.409	1.187	.976	1.264	1.102	1.140	2.068	.993	2.179	-	-	1.439
Standard Error		.113	.389	.256	.256	.377	.358	.178	.172	.149	.116	1.462	.573	1.258	-	-	.480
Error variance		.01	.15	.07	.07	.14	.13	.03	.03	.02	.01	2.14	.33	1.58	-	-	.23

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

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

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

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk												
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	*b	*c	d	*a	*b	c	d	e	a	*b	*a	b	c	*d	e	*a	b	
Unweighted Total		111	74	15	18	33	4	5	34	68	43	98	8	12	62	33	4	99	21	75	
Total		115	74	18	19	37	4	5	40	66	48	100	9	12	66	32	4	103	22	78	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	33	17	9	5	14	-	1	12	19	13	27	3	2	17	12	1	30	6	24
			28%	24%	49%	24%	37%	-	26%	30%	29%	27%	27%	31%	18%	25%	38%	35%	30%	28%	31%
A bit more		(4.0)	31	22	4	4	8	1	1	13	16	15	26	5	5	18	8	1	26	8	18
			27%	30%	21%	22%	22%	26%	15%	34%	24%	31%	26%	56%	40%	26%	24%	24%	26%	35%	24%
Neither more nor less		(3.0)	36	24	5	6	11	-	3	11	22	14	36	-	4	23	9	1	32	5	26
			32%	32%	29%	32%	30%	-	59%	28%	34%	29%	36%	-	34%	34%	27%	16%	31%	22%	34%
A bit less		(2.0)	4	3	-	1	1	-	-	-	4	-	3	-	-	3	-	1	4	1	3
			3%	4%	-	5%	3%	-	-	-	6%	-	3%	-	-	4%	-	25%	4%	3%	4%
A lot less		(1.0)	9	7	-	2	2	1	-	3	5	5	7	1	1	6	2	-	8	2	6
			8%	10%	-	12%	6%	33%	-	9%	7%	10%	7%	13%	8%	9%	7%	-	8%	9%	8%
Don't know			2	-	-	1	1	2	-	-	-	2	2	-	-	-	2	-	2	1	-
			1%	-	-	5%	2%	41%	-	-	-	3%	2%	-	-	-	5%	-	2%	4%	-
NET: More			64	40	13	9	22	1	2	25	35	28	53	8	7	34	20	2	57	14	43
			55%	54%	71%	46%	58%	26%	41%	64%	53%	59%	52%	87%	58%	52%	61%	59%	55%	63%	55%
NET: Less			13	10	-	3	3	1	-	3	9	5	10	1	1	9	2	1	12	3	9
			12%	14%	-	18%	9%	33%	-	9%	13%	10%	10%	13%	8%	14%	7%	25%	12%	12%	12%
Base for stats			113	74	18	18	36	2	5	40	66	47	99	9	12	66	31	4	101	21	78
Mean Score			3.65	3.54	4.20	3.42	3.82	2.32	3.67	3.77	3.62	3.69	3.63	3.92	3.59	3.54	3.89	3.70	3.65	3.73	3.66
Standard Deviation			1.178	1.184	.887	1.315	1.172	2.016	.971	1.152	1.181	1.185	1.129	1.290	1.096	1.193	1.178	1.366	1.193	1.200	1.183
Standard Error			.113	.138	.229	.319	.207	1.426	.434	.198	.143	.185	.115	.456	.316	.151	.212	.683	.121	.268	.137
Error variance			.01	.02	.05	.10	.04	2.03	.19	.04	.02	.03	.01	.21	.10	.02	.04	.47	.01	.07	.02

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

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

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

		Longstanding condition or illness						Area		Number of days active											
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	
Significance Level: 95%			*a	*b	*c	d	e	*f	a	b	*a	*b	*c	*d	*e	*f	*g	h	i	j	
Unweighted Total		111	16	28	5	66	40	8	75	36	11	6	15	20	8	14	3	34	43	51	
Total		115	14	31	5	69	42	8	76	39	12	6	17	21	8	13	2	36	45	51	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	33	5	14	1	15	16	4	24	9	4	1	4	8	1	4	1	9	12	14
			28%	37%	44%	16%	22%	38%	50%	31%	23%	36%	23%	24%	37%	10%	34%	68%	24%	27%	28%
A bit more		(4.0)	31	3	12	-	17	14	2	20	11	5	-	3	5	5	4	-	9	13	14
			27%	22%	40%	-	25%	33%	21%	26%	29%	40%	-	17%	23%	61%	32%	-	26%	28%	27%
Neither more nor less		(3.0)	36	3	2	2	30	6	1	20	16	1	2	8	6	2	3	-	13	17	16
			32%	20%	6%	43%	43% e	14%	12%	27%	41%	12%	28%	46%	31%	29%	23%	-	37%	36%	32%
A bit less		(2.0)	4	1	1	-	2	2	1	3	1	1	1	-	-	-	1	-	1	-	2
			3%	10%	4%	-	3%	5%	9%	4%	2%	7%	12%	-	-	-	10%	-	3%	-	5%
A lot less		(1.0)	9	1	2	2	5	3	1	8	2	1	2	2	2	-	-	1	2	4	2
			8%	5%	6%	41%	7%	8%	8%	10%	5%	6%	37%	13%	8%	-	-	32%	5%	9%	5%
Don't know			2	1	-	-	-	1	-	2	-	-	-	-	-	-	-	2	-	2	
			1%	6%	-	-	-	2%	-	2%	-	-	-	-	-	-	-	4%	-	3%	
NET: More			64	8	26	1	33	30	5	43	20	9	1	7	12	6	9	1	18	25	28
			55%	59%	83%	16%	47%	71% d	71%	57%	52%	76%	23%	41%	60%	71%	67%	68%	50%	55%	55%
NET: Less			13	2	3	2	7	5	1	11	3	2	3	2	2	-	1	1	3	4	5
			12%	15%	10%	41%	10%	13%	17%	14%	7%	13%	49%	13%	8%	-	10%	32%	8%	9%	9%
Base for stats			113	14	31	5	69	41	8	74	39	12	6	17	21	8	13	2	34	45	49
Mean Score			3.65	3.81	4.10	2.51	3.53	3.91	3.94	3.66	3.63	3.92	2.59	3.39	3.80	3.82	3.91	3.73	3.64	3.66	3.71
Standard Deviation			1.178	1.250	1.123	1.610	1.095	1.210	1.409	1.257	1.025	1.190	1.665	1.257	1.214	.639	1.024	2.673	1.072	1.147	1.099
Standard Error			.113	.323	.212	.720	.135	.194	.498	.147	.171	.359	.680	.325	.271	.226	.274	1.543	.190	.175	.157
Error variance			.01	.10	.05	.52	.02	.04	.25	.02	.03	.13	.46	.11	.07	.05	.07	2.38	.04	.03	.02

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

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

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

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)		
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Significance Level: 95%			a	*b	c	a	*b	a	*b	a	*b	a	*b	a	*b	
Unweighted Total		111	45	27	39	85	7	84	15	71	9	78	13	57	22	
Total		115	45	31	38	86	9	86	16	75	10	80	14	54	25	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	33	19	5	8	23	4	24	6	23	5	20	5	15	8
		28%	43%	15%	22%	27%	50%	28%	38%	30%	47%	25%	36%	28%	30%	
A bit more		(4.0)	31	16	9	6	23	3	22	4	20	-	23	2	9	8
		27%	36%	28%	16%	26%	34%	25%	27%	26%	-	28%	16%	17%	33%	
Neither more nor less		(3.0)	36	6	17	13	26	1	28	3	24	4	25	4	21	7
		32%	13%	54%	34%	30%	15%	33%	19%	33%	36%	32%	27%	39%	28%	
A bit less		(2.0)	4	-	1	3	3	-	2	2	-	1	2	2	2	1
		3%	-	3%	8%	4%	-	3%	10%	-	8%	2%	16%	3%	6%	
A lot less		(1.0)	9	2	-	8	9	-	8	1	8	-	9	-	6	1
		8%	4%	-	20%	11%	-	9%	5%	10%	-	12%	-	11%	4%	
Don't know		2	2	-	-	2	-	2	-	1	1	1	1	1	-	-
		1%	3%	-	-	2%	-	2%	-	1%	9%	1%	6%	2%	-	-
NET: More		64	36	14	14	46	8	46	10	42	5	43	7	24	16	
		55%	79%	43%	38%	53%	85%	54%	66%	57%	47%	54%	51%	45%	62%	
NET: Less		13	2	1	11	13	-	10	2	8	1	11	2	7	3	
		12%	4%	3%	28%	15%	-	12%	15%	10%	8%	14%	16%	14%	10%	
Base for stats		113	44	31	38	85	9	84	16	74	9	79	14	53	25	
Mean Score		3.65	4.17	3.56	3.12	3.55	4.35	3.63	3.85	3.67	3.94	3.54	3.76	3.49	3.78	
			c													
Standard Deviation		1.178	.989	.784	1.397	1.248	.778	1.197	1.214	1.206	1.190	1.241	1.177	1.253	1.081	
Standard Error		.113	.151	.151	.224	.137	.294	.132	.313	.144	.421	.141	.340	.167	.230	
Error variance		.01	.02	.02	.05	.02	.09	.02	.10	.02	.18	.02	.12	.03	.05	

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

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

BASE: All respondents

	Total	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Don't know	NET: Agree
I felt that I had the ability to be physically active	2019	461	959	342	160	78	19	1420
	100%	23%	48%	17%	8%	4%	1%	70%
I felt that I had the opportunity to be physically active	2019	489	924	348	169	70	19	1413
	100%	24%	46%	17%	8%	3%	1%	70%
It was important to me to exercise regularly	2019	479	823	444	182	76	16	1302
	100%	24%	41%	22%	9%	4%	1%	64%
I found exercise enjoyable and satisfying	2019	403	828	446	210	108	23	1231
	100%	20%	41%	22%	10%	5%	1%	61%
I felt guilty when I didn't exercise	2019	293	717	497	357	133	21	1010
	100%	15%	36%	25%	18%	7%	1%	50%

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

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

BASE: All respondents

			Gender		Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	461	235	218	163	155	143	23	48	54	51	45	57	86	63	33
		23%	24%	21%	27%	23%	19%	24%	18%	27%	24%	26%	25%	27%	19%	16%
					c					bhi	i	bi	i	bhi		
Agree	(4.0)	959	461	495	283	311	365	46	133	78	106	79	100	152	152	113
		48%	47%	49%	46%	47%	49%	48%	51%	39%	50%	46%	45%	47%	47%	54%
								c		c						c
Neither agree nor disagree	(3.0)	342	168	168	102	115	125	11	52	34	27	28	37	53	64	35
		17%	17%	17%	17%	17%	17%	12%	20%	17%	13%	16%	17%	16%	20%	17%
									ad					d		
Disagree	(2.0)	160	71	88	40	50	70	7	23	20	18	12	21	14	27	17
		8%	7%	9%	7%	8%	9%	8%	9%	10%	9%	7%	9%	4%	8%	8%
									g	g	g		g		g	
Strongly disagree	(1.0)	78	36	41	16	26	36	7	6	11	5	7	7	11	16	8
		4%	4%	4%	3%	4%	5%	8%	2%	6%	2%	4%	3%	3%	5%	4%
						a	bd		b							
Don't know		19	7	10	6	3	10	1	1	-	3	1	1	6	4	2
		1%	1%	1%	1%	*	1%	1%	*	-	1%	1%	*	2%	1%	1%
						b							c			
NET: Agree		1420	696	713	446	466	508	69	181	132	158	124	157	238	215	145
		70%	71%	70%	73%	71%	68%	72%	69%	67%	75%	72%	70%	74%	66%	70%
					c						h			h		
NET: Disagree		238	108	129	56	76	106	15	28	31	23	19	28	25	43	25
		12%	11%	13%	9%	11%	14%	15%	11%	16%	11%	11%	12%	8%	13%	12%
							a	g		g				g		
Base for stats		2000	972	1010	604	657	739	96	262	197	208	172	222	315	323	206
		3.78	3.81	3.75	3.89	3.79	3.69	3.74	3.75	3.73	3.87	3.84	3.81	3.91	3.68	3.71
					c						h			bchi		
Standard Deviation		1.013	1.005	1.017	.965	1.014	1.042	1.145	.929	1.138	.965	1.028	1.024	.960	1.039	.967
		.023	.033	.032	.036	.039	.042	.108	.058	.077	.069	.071	.078	.053	.059	.068
Error variance		*	*	*	*	*	*	.01	*	.01	*	.01	.01	*	*	*



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

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

BASE: All respondents

		Social Grade								Ethnicity								
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Unweighted Total		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291	
Total		2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	461	42	99	134	60	36	89	276	185	370	17	31	19	4	5	77	
		23%	30% efh	24% e	25% efh	23%	17%	19%	25% efh	20%	22%	27%	29%	26%	27%	48%	28% a	
Agree	(4.0)	959	66	218	263	121	92	199	547	412	823	26	52	36	7	3	124	
		48%	47% efh	52% efh	50% h	46%	43%	44%	50% efh	44%	48%	42%	48%	48%	46%	23%	46%	
Neither agree nor disagree	(3.0)	342	15	65	83	51	50	78	162	180	289	11	18	11	1	2	43	
		17%	11%	16%	16%	20% a	24% abcfg	17%	15%	19% ag	17%	18%	16%	15%	4%	17%	16%	
Disagree	(2.0)	160	10	26	31	20	25	47	67	93	140	5	4	5	2	1	17	
		8%	7%	6%	6%	8%	12% bcg	10% bcg	6%	10% bcg	8%	9%	3%	6%	13%	12%	6%	
Strongly disagree	(1.0)	78	5	10	13	8	8	34	28	50	71	2	4	1	1	-	7	
		4%	4%	2%	2%	3%	4%	7% bcdg	3%	5% bcdg	4%	3%	3%	2%	4%	-	3%	
Don't know		19	2	-	5	2	1	9	7	12	10	-	1	3	1	-	4	
		1%	1% b	-	1% b	1%	1%	2% bg	1%	1% b	1%	-	1%	3% a	6%	-	2%	
NET: Agree		1420	108	317	398	181	129	287	823	597	1193	43	83	56	12	8	201	
		70%	78% efh	76% defh	75% efh	69% e	60%	63%	76% defh	64%	70%	70%	76%	74%	73%	71%	74%	
NET: Disagree		238	15	35	45	28	33	81	95	143	211	7	7	6	3	1	25	
		12%	11%	8%	8%	11%	16% bcg	18% abcdg	9%	15% bcg	12%	12%	7%	8%	17%	12%	9%	
Base for stats		2000	138	417	525	261	213	446	1080	920	1693	61	108	73	15	11	269	
Mean Score		3.78	3.95 efh	3.89 efh	3.90 efh	3.78 efh	3.58	3.59	3.90 efh	3.64	3.76	3.82	3.96 a	3.92	3.83	4.08	3.91 a	
Standard Deviation		1.013	1.019	.916	.934	.989	1.029	1.142	.938	1.077	1.018	1.039	.941	.926	1.153	1.105	.974	
Standard Error		.023	.086	.045	.041	.059	.067	.057	.029	.035	.025	.129	.087	.106	.288	.307	.058	
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.08	.09	*	

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

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

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	461	279	82	72	154	23	22	70	346	115	425	25	65	243	130	23	396	71	314
			23%	23%	24%	22%	23%	29%	25%	14%	26%	17%	24%	12%	21%	22%	25%	23%	23%	24%	23%
							ce	c			ce		b								
Agree		(4.0)	959	587	158	167	325	29	35	218	678	281	893	51	141	531	245	42	818	148	654
			48%	47%	46%	52%	49%	37%	38%	43%	50%	42%	51%	25%	45%	48%	48%	43%	48%	50%	48%
										abce		b									
Neither agree nor disagree		(3.0)	342	216	67	37	104	12	24	106	200	143	285	39	51	198	78	14	291	48	228
			17%	17%	20%	11%	16%	16%	27%	21%	15%	21%	16%	19%	16%	18%	15%	14%	17%	16%	17%
				c	c				d	d	d										
Disagree		(2.0)	160	101	21	33	53	14	5	61	80	80	90	54	37	70	41	11	122	18	102
			8%	8%	6%	10%	8%	18%	6%	12%	6%	12%	5%	26%	12%	6%	8%	11%	7%	6%	7%
							bd			d		d		a		be					
Strongly disagree		(1.0)	78	47	12	15	27	1	4	39	34	44	39	34	16	44	15	3	62	9	54
			4%	4%	4%	5%	4%	1%	5%	8%	3%	6%	2%	16%	5%	4%	3%	3%	4%	3%	4%
									ad		ad		a								
Don't know			19	10	3	-	3	-	-	10	9	10	10	5	2	11	1	4	17	3	9
			1%	1%	1%	-	*	-	-	2%	1%	1%	1%	2%	1%	1%	*	4%	1%	1%	1%
									d				a					abce			
NET: Agree			1420	867	240	239	479	52	57	288	1023	397	1318	77	206	774	375	65	1214	219	968
			70%	70%	70%	74%	72%	66%	63%	57%	76%	59%	76%	37%	66%	71%	73%	67%	71%	74%	71%
										abce		b					a				
NET: Disagree			238	148	33	47	80	15	9	100	114	124	129	88	53	113	57	14	184	27	155
			12%	12%	10%	15%	12%	19%	10%	20%	8%	18%	7%	42%	17%	10%	11%	15%	11%	9%	11%
								d		bd		d		a		bce					
Base for stats		2000	1231	341	323	664	79	90	493	1337	663	1732	203	310	1086	510	93	1689	294	1351	
Mean Score		3.78	3.77	3.81	3.77	3.79	3.75	3.73	3.44	3.91	3.52	3.91	2.90	3.65	3.79	3.85	3.75	3.81	3.86	3.79	
							c	c		ce		b			a	a		a			
Standard Deviation		1.013	1.011	.989	1.049	1.018	1.092	1.050	1.118	.933	1.111	.901	1.298	1.094	.991	.992	1.064	.995	.952	1.009	
Standard Error		.023	.028	.059	.063	.043	.120	.108	.052	.025	.044	.022	.092	.062	.030	.044	.109	.024	.057	.027	
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*	

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

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

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active											
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j		
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646	
Total		2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	461	43	41	26	337	98	9	362	99	49	30	44	71	52	50	30	134	167	214	
		23%	18% b	11%	28% abef	25% abef	16%	13%	23%	22%	12%	16%	16%	22% a	27% abc	26% abc	41% abcdefi	35% abcdfi	21% a	33% abcdi	
Agree	(4.0)	959	97	137	29	702	241	19	752	207	133	98	136	175	105	100	33	180	416	313	
		48%	41% f	38% f	32% abcef	52% f	40%	26%	48%	47%	33%	52% a	50% a	54% a	55% a	52% a	45% a	47% a	53% a	48% a	
Neither agree nor disagree	(3.0)	342	46	78	20	191	125	17	267	76	85	38	59	54	28	28	5	46	140	80	
		17%	20% d	22% d	22% d	14% d	21% d	24% d	17%	17%	21% ghj	20% ghj	22% eghj	17% g	14% g	15% g	7% g	12% g	18% ghj	12% ghj	
Disagree	(2.0)	160	33	63	10	70	86	17	124	36	75	16	24	15	4	10	3	12	44	25	
		8%	14% d	17% d	11% d	5% d	14% d	24% acde	8%	8%	19% bcdefghij		9% ehj	9% dehij	5% g	2% g	5% g	4% g	3% g	6% e	4% e
Strongly disagree	(1.0)	78	17	36	5	30	46	8	58	20	47	5	4	6	2	2	3	8	13	13	
		4%	7% d	10% d	5% d	2% d	8% d	11% d	4%	5%	12% bcdefghij		3% bcdefghij	1% bcdefghij	2% bcdefghij	1% bcdefghij	4% bcdefghij	2% bcdefghij	2% bcdefghij	2% bcdefghij	
Don't know		19	3	3	1	9	5	2	14	5	10	-	3	2	-	1	-	3	5	4	
		1%	1%	1%	2%	1%	1%	3%	1%	1%	3% bdeij		-	1%	1%	-	*	-	1%	1%	1%
NET: Agree		1420	139	178	55	1039	339	28	1114	306	182	128	180	246	157	151	63	314	583	528	
		70%	59% bf	50%	60% f	78% abcef	56% f	39%	71%	69%	46%	68% a	67% a	76% ac	82% abci	78% abc	86% abci	82% abci	74% ac	81% abcdi	
NET: Disagree		238	50	98	14	100	133	25	181	56	122	22	28	22	6	13	5	20	56	38	
		12%	21% d	27% cd	16% d	7% d	22% d	35% acde	12%	13%	31% bcdefghij		12% ehij	11% ehj	7% g	3% g	7% g	7% g	5% g	7% e	6% e
Base for stats		2000	235	355	89	1330	597	70	1562	438	388	188	267	321	191	191	73	381	779	645	
Mean Score		3.78	3.49 bf	3.24	3.69 bef	3.94 abcef	3.43 bf	3.05	3.79	3.75	3.16	3.70 a	3.72 a	3.90 abc	4.05 abcdi	3.97 abc	4.16 abcdi	4.10 abcdi	3.87 abc	4.07 abcdi	
Standard Deviation		1.013	1.152	1.173	1.153	.899	1.154	1.232	1.005	1.041	1.225	.940	.899	.868	.777	.857	.969	.884	.866	.887	
Standard Error		.023	.073	.064	.120	.025	.047	.147	.025	.050	.063	.068	.055	.048	.056	.060	.112	.046	.031	.035	
Error variance		*	.01	*	.01	*	*	.02	*	*	*	*	*	*	*	*	.01	*	*	*	

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

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

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	461	167	94	195	461	-	428	11	404	17	409	19	313	74
		23%	25%	18%	24%	32%	-	30%	5%	33%	5%	31%	7%	31%	15%
			b	b	b	b		b		b		b		b	
Agree	(4.0)	959	342	221	392	959	-	794	56	646	101	682	83	496	229
		48%	52%	42%	49%	68%	-	56%	23%	52%	32%	52%	32%	49%	47%
			b	b	b	b		b		b		b		b	
Neither agree nor disagree	(3.0)	342	96	125	111	-	-	132	40	124	73	140	49	109	86
		17%	15%	24%	14%	-	-	9%	17%	10%	23%	11%	19%	11%	18%
				ac					a		a		a		a
Disagree	(2.0)	160	38	55	65	-	160	44	75	41	80	45	67	67	53
		8%	6%	11%	8%	-	67%	3%	31%	3%	25%	3%	26%	7%	11%
				a			a		a		a		a		a
Strongly disagree	(1.0)	78	12	27	38	-	78	11	54	13	46	21	36	20	44
		4%	2%	5%	5%	-	33%	1%	23%	1%	15%	2%	14%	2%	9%
				a	a		a		a		a		a		a
Don't know		19	3	3	4	-	-	4	2	4	1	5	4	5	5
		1%	*	1%	1%	-	-	*	1%	*	*	*	2%	1%	1%
													a		
NET: Agree		1420	508	315	587	1420	-	1222	67	1049	118	1091	102	809	303
		70%	77%	60%	73%	100%	-	86%	28%	85%	37%	84%	40%	80%	62%
			b	b	b	b		b		b		b		b	
NET: Disagree		238	50	82	103	-	238	55	129	54	126	66	102	87	97
		12%	8%	16%	13%	-	100%	4%	54%	4%	40%	5%	40%	9%	20%
				a	a		a		a		a		a		a
Base for stats		2000	654	522	800	1420	238	1409	236	1227	317	1298	254	1005	486
Mean Score		3.78	3.94	3.58	3.80	4.32	1.67	4.12	2.55	4.13	2.88	4.09	2.93	4.01	3.49
			bc	b	b	b		b		b		b		b	
Standard Deviation		1.013	.890	1.062	1.045	.468	.471	.760	1.214	.802	1.166	.838	1.204	.929	1.147
Standard Error		.023	.035	.047	.037	.012	.031	.020	.079	.023	.066	.023	.075	.029	.052
Error variance		*	*	*	*	*	*	*	.01	*	*	*	.01	*	*

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

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

BASE: All respondents

			Gender		Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	489	243	239	171	158	160	22	57	50	58	52	50	91	63	47
		24%	25%	23%	28% c	24%	21%	23%	22%	26%	28% h	30% bh	22%	28% h	19%	22%
Agree	(4.0)	924	453	467	265	303	356	47	130	88	89	73	110	131	156	100
		46%	46%	46%	43%	46%	48%	49%	50% g	45%	42%	42%	50%	41%	48%	48%
Neither agree nor disagree	(3.0)	348	171	172	91	119	138	18	52	28	36	25	42	52	61	35
		17%	17%	17%	15%	18%	18%	18%	20%	14%	17%	15%	19%	16%	19%	17%
Disagree	(2.0)	169	74	95	61	54	54	7	13	22	21	14	12	30	27	22
		8%	8%	9%	10%	8%	7%	7%	5%	11% bf	10% b	8%	5%	9% b	8%	11% b
Strongly disagree	(1.0)	70	28	39	16	22	31	2	9	6	5	8	8	11	18	3
		3%	3%	4%	3%	3%	4%	3%	4%	3%	2%	4%	4%	3%	5% i	1%
Don't know		19	11	8	6	4	9	-	1	3	2	2	-	6	3	1
		1%	1%	1%	1%	1%	1%	-	1%	1%	1%	1%	-	2%	1%	*
NET: Agree		1413	696	706	436	461	517	69	187	138	147	124	160	222	218	147
		70%	71%	69%	71%	70%	69%	72%	71%	70%	70%	72%	72%	69%	67%	71%
NET: Disagree		239	102	134	77	76	86	10	22	29	26	21	20	41	44	25
		12%	10%	13%	13%	12%	11%	10%	9%	15% b	12%	12%	9%	13%	14%	12%
Base for stats		2000	969	1012	603	656	740	97	261	194	209	171	223	315	323	207
Mean Score		3.80	3.83	3.76	3.85	3.79	3.76	3.82	3.81	3.79	3.84	3.86	3.82	3.83	3.68	3.80
Standard Deviation		1.015	.983	1.035	1.028	1.007	1.010	.957	.951	1.058	1.018	1.080	.966	1.057	1.050	.951
Standard Error		.023	.032	.032	.039	.039	.041	.090	.059	.072	.072	.075	.074	.059	.060	.067
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	*

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

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

BASE: All respondents

		Social Grade								Ethnicity								
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Unweighted Total		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291	
Total		2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	489	43	103	141	58	38	104	288	201	404	16	33	16	3	4	72	
		24%	31% deh	25% e	27% eh	22%	18%	23%	27% eh	22%	24%	26%	30%	21%	20%	38%	26%	
Agree	(4.0)	924	68	200	258	111	98	190	526	398	785	32	46	39	7	5	128	
		46%	49%	48%	49% fh	42%	46%	42%	48% fh	43%	46%	53%	42%	51%	45%	40%	47%	
Neither agree nor disagree	(3.0)	348	20	64	70	55	43	96	154	194	290	10	20	13	2	1	45	
		17%	14%	15%	13%	21% cg	20% cg	21% bcg	14% bcg	21% bcg	17%	16%	18%	17%	10%	10%	16%	
Disagree	(2.0)	169	4	38	41	29	25	31	83	85	152	3	7	6	-	1	16	
		8%	3% a	9% a	8% a	11% af	12% afg	7%	8% a	9% a	9%	4%	6%	8%	-	7%	6%	
Strongly disagree	(1.0)	70	3	10	15	8	6	29	27	42	61	1	2	1	3	1	7	
		3%	2%	2%	3%	3%	3%	6% abcdeg	3%	5% g	4%	1%	2%	1%	20%	6%	3%	
Don't know		19	2	2	4	2	4	6	7	12	10	-	2	2	1	-	5	
		1%	1%	*	1%	1%	2%	1%	1%	1%	1%	-	2% a	2%	6%	-	2% a	
NET: Agree		1413	111	303	399	169	136	294	814	599	1190	48	78	55	10	9	200	
		70%	80% deh	73% deh	75% deh	64%	63%	65%	75% deh	64%	70%	78%	72%	72%	65%	77%	73%	
NET: Disagree		239	7	48	56	37	31	60	111	128	213	4	8	7	3	1	23	
		12%	5% a	12% a	11% a	14% a	15% ag	13% a	10% a	14% ag	13%	6%	8%	9%	20%	12%	8%	
Base for stats		2000	138	416	526	261	210	450	1079	921	1693	61	106	74	15	11	268	
Mean Score		3.80	4.06 bdeh	3.84 efh	3.89 deh	3.70	3.65	3.69	3.89 deh	3.68	3.78	3.97	3.95	3.85	3.48	3.97	3.90	
Standard Deviation		1.015	.866	.981	.979	1.031	1.002	1.096	.968	1.056	1.023	.857	.945	.884	1.436	1.175	.952	
Standard Error		.023	.073	.049	.042	.061	.066	.054	.030	.035	.025	.106	.088	.101	.359	.326	.056	
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.13	.11	*	

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

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

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	489	300	87	76	163	20	24	94	351	138	452	24	67	271	123	27	422	74	334
			24%	24%	25%	23%	24%	26%	26%	19%	26%	20%	26% b	12%	22%	25%	24%	28%	25%	25%	25%
Agree		(4.0)	924	569	158	150	308	35	35	214	639	285	843	68	136	503	250	35	788	145	626
			46%	46%	46%	46%	46%	44%	39%	43%	47%	42%	48% b	33%	43%	46%	49% d	36%	46% d	49%	46%
Neither agree nor disagree		(3.0)	348	227	52	50	102	19	14	101	214	134	270	51	61	199	68	20	287	43	231
			17%	18%	15%	15%	15%	24%	16%	20% d	16%	20% d	16%	24% a	20% c	18% c	13%	21%	17%	14%	17%
Disagree		(2.0)	169	97	30	36	66	4	14	50	102	67	129	32	28	84	48	9	141	25	115
			8%	8%	9%	11%	10%	5%	15% ad	10%	8%	10%	7%	16% a	9%	8%	9%	9%	8%	8%	8%
Strongly disagree		(1.0)	70	38	13	11	24	1	3	34	32	38	40	26	14	36	19	1	56	11	43
			3%	3%	4%	4%	4%	1%	3%	7% ad	2%	6% d	2%	13% a	5%	3%	4%	1%	3%	4%	3%
Don't know			19	10	4	-	4	-	1	10	8	12	7	6	6	5	3	5	13	-	11
			1%	1%	1%	-	1%	-	1%	2% d	1%	2% d	*	3% a	2% b	*	1% bce	5% bce	1%	-	1%
NET: Agree			1413	869	245	226	470	56	59	308	991	423	1295	92	203	774	373	62	1210	219	960
			70%	70%	71%	70%	71%	70%	65%	61%	74% ce	63%	74% b	44%	65%	71%	73% a	64%	71% a	74%	71%
NET: Disagree			239	135	43	48	90	4	16	84	134	105	169	59	42	119	67	10	197	36	158
			12%	11%	12%	15%	14%	6%	18% ad	17% ad	10%	16% ad	10% a	13%	11%	13%	10%	12%	12%	12%	12%
Base for stats		2000	1231	340	323	663	79	89	493	1339	661	1735	202	307	1092	508	92	1693	297	1349	
Mean Score		3.80	3.81	3.81	3.75	3.78	3.90 ce	3.71	3.58	3.88 ce	3.63	3.89 b	3.15	3.70	3.82	3.81	3.84	3.81	3.83	3.81	
Standard Deviation		1.015	.993	1.032	1.047	1.039	.877	1.108	1.116	.964	1.093	.954	1.217	1.055	.998	1.026	1.005	1.006	1.015	1.005	
Standard Error		.023	.027	.061	.063	.044	.096	.114	.052	.026	.044	.023	.087	.060	.030	.045	.104	.025	.060	.027	
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*	*

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

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

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j	
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646	
Total	2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	489	54	57	24	345	121	14	396	93	66	31	62	73	53	47	31	125	189	203
	24%	23%	16%	27%	26%	20%	19%	25%	21%	16%	16%	23%	23%	28%	25%	42%	33%	24%	31%	
		b		b	be							a	a	ab	ab	abcdefi	abcdfi	ab	abcdi	
Agree	(4.0)	924	97	153	35	643	255	25	711	213	130	95	137	167	93	96	29	178	397	303
	46%	41%	43%	38%	48%	42%	35%	45%	48%	32%	50%	51%	52%	49%	50%	39%	46%	51%	47%	
					aef						a	a	a	a	a	a	a	a	a	
Neither agree nor disagree	(3.0)	348	47	74	15	208	123	11	276	72	95	33	44	52	29	32	11	51	126	94
	17%	20%	21%	17%	16%	20%	16%	18%	16%	24%	18%	16%	16%	15%	17%	15%	13%	16%	15%	
			d			d				cdefhij										
Disagree	(2.0)	169	28	42	9	105	62	15	131	38	58	20	20	26	11	13	1	20	57	34
	8%	12%	12%	10%	8%	10%	20%	8%	9%	15%	11%	7%	8%	6%	7%	1%	5%	7%	5%	
		d	d			bde				cdefghij	ghj	g	g				g			
Strongly disagree	(1.0)	70	10	29	6	29	36	6	45	24	42	6	7	4	3	2	1	5	14	8
	3%	4%	8%	7%	2%	6%	9%	3%	5%	11%	3%	3%	1%	1%	1%	1%	1%	2%	1%	
		d	d	d	d	d	d	a		bcddefghij										
Don't know		19	2	3	1	9	5	1	17	3	8	3	-	1	1	1	1	5	2	6
	1%	1%	1%	1%	1%	1%	1%	1%	1%	2%	2%	-	*	*	1%	1%	1%	*	1%	
										cdi	ci						i		i	
NET: Agree		1413	151	211	59	988	376	39	1107	306	195	125	199	241	146	143	60	304	586	506
	70%	64%	59%	65%	74%	62%	54%	70%	69%	49%	67%	74%	74%	77%	75%	82%	79%	75%	78%	
					abef						a	a	a	ab	a	ab	ab	ab	ab	
NET: Disagree		239	38	71	16	134	98	21	176	62	101	26	27	30	14	15	2	24	70	42
	12%	16%	20%	17%	10%	16%	29%	11%	14%	25%	14%	10%	9%	7%	8%	2%	6%	9%	6%	
		d	d	d		d	ade			bcddefghij	eghij		g							
Base for stats	2000	236	355	90	1330	597	71	1560	440	391	185	269	323	190	191	72	379	782	642	
Mean Score	3.80	3.67	3.47	3.68	3.88	3.61	3.36	3.82	3.71	3.30	3.67	3.85	3.87	3.96	3.90	4.21	4.05	3.88	4.03	
		bf			abef			b			a	a	ab	ab	ab	abcdefi	abcdi	ab	abcdi	
Standard Deviation	1.015	1.085	1.142	1.182	.957	1.103	1.257	.999	1.065	1.224	.983	.947	.897	.898	.890	.845	.886	.915	.886	
Standard Error	.023	.068	.063	.122	.026	.045	.149	.025	.051	.063	.072	.058	.050	.065	.063	.098	.046	.033	.035	
Error variance	*	*	*	.01	*	*	.02	*	*	*	.01	*	*	*	*	.01	*	*	*	



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

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

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	489	173	95	214	449	13	489	-	404	34	427	27	318	87
		24%	26%	18%	27%	32%	5%	35%	-	33%	11%	33%	10%	31%	18%
			b		b	b		b		b		b		b	
Agree	(4.0)	924	325	217	377	773	42	924	-	624	92	659	90	494	217
		46%	49%	41%	47%	54%	18%	65%	-	51%	29%	51%	35%	49%	44%
			b			b		b		b		b			
Neither agree nor disagree	(3.0)	348	95	131	113	131	48	-	-	127	75	139	48	103	93
		17%	14%	25%	14%	9%	20%	-	-	10%	24%	11%	19%	10%	19%
				ac		a				a		a		a	
Disagree	(2.0)	169	47	58	63	57	76	-	169	62	70	56	54	71	53
		8%	7%	11%	8%	4%	32%	-	71%	5%	22%	4%	21%	7%	11%
				ac		a			a		a		a		a
Strongly disagree	(1.0)	70	13	19	35	10	53	-	70	13	42	17	33	20	36
		3%	2%	4%	4%	1%	22%	-	29%	1%	13%	1%	13%	2%	7%
					a	a		a		a		a		a	
Don't know		19	5	5	3	1	6	-	-	1	5	4	6	4	5
		1%	1%	1%	*	*	3%	-	-	*	2%	*	2%	*	1%
							a			a		a			
NET: Agree		1413	497	312	591	1222	55	1413	-	1028	126	1086	116	812	304
		70%	76%	59%	73%	86%	23%	100%	-	83%	39%	83%	45%	80%	62%
			b		b	b		b		b		b		b	
NET: Disagree		239	60	77	97	67	129	-	239	75	112	73	87	91	89
		12%	9%	15%	12%	5%	54%	-	100%	6%	35%	6%	34%	9%	18%
				a		a		a		a		a		a	
Base for stats		2000	652	519	801	1419	232	1413	239	1230	314	1298	252	1007	485
Mean Score		3.80	3.92	3.60	3.84	4.12	2.51	4.35	1.71	4.09	3.02	4.10	3.09	4.01	3.55
			b		b	b		b		b		b		b	
Standard Deviation		1.015	.933	1.022	1.042	.786	1.188	.476	.456	.851	1.221	.846	1.234	.940	1.127
Standard Error		.023	.036	.045	.037	.021	.079	.013	.029	.024	.070	.024	.077	.029	.051
Error variance		*	*	*	*	*	.01	*	*	*	*	*	.01	*	*

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

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

BASE: All respondents

			Gender		Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	403	205	192	146	132	125	22	49	37	46	34	39	77	60	38
		20%	21%	19%	24% c	20%	17%	23%	19%	19%	22%	20%	17%	24%	18%	18%
Agree	(4.0)	828	426	397	242	286	301	36	116	75	83	69	90	132	136	92
		41%	43% b	39%	40%	43%	40%	37%	44%	38%	40%	40%	40%	41%	42%	44%
Neither agree nor disagree	(3.0)	446	207	235	123	146	177	24	59	46	42	43	55	63	70	45
		22%	21%	23%	20%	22%	24%	25%	22%	23%	20%	25%	25%	20%	21%	22%
Disagree	(2.0)	210	90	120	60	61	89	11	25	23	22	18	21	30	36	24
		10%	9%	12%	10%	9%	12%	11%	9%	12%	10%	10%	10%	9%	11%	12%
Strongly disagree	(1.0)	108	42	66	32	32	44	3	15	15	15	5	18	10	21	6
		5%	4% a	6%	5%	5%	6%	3%	6%	8% egi	7% gi	3%	8% egi	3%	7% g	3%
Don't know		23	11	11	7	2	14	1	-	-	2	3	-	9	4	3
		1%	1%	1%	1% b	* b	2% b	1%	-	-	1%	2% bc	-	3% bcf	1%	2% b
NET: Agree		1231	630	589	388	418	425	58	165	112	130	103	129	209	196	130
		61%	64% b	58%	64% c	63% c	57%	60%	63%	57%	62%	59%	58%	65% c	60%	62%
NET: Disagree		318	131	185	92	94	133	13	40	39	37	24	39	39	58	30
		16%	13% a	18% a	15%	14%	18%	14%	15%	20% g	18%	14%	17%	12%	18%	15%
Base for stats		1996	969	1009	602	658	735	96	263	197	209	170	223	311	323	205
Mean Score		3.61	3.68 b	3.53	3.68 c	3.65 c	3.51	3.68	3.61	3.48	3.59	3.64	3.50	3.76 cfh	3.55	3.64
Standard Deviation		1.086	1.041	1.122	1.104	1.056	1.092	1.041	1.067	1.158	1.157	1.024	1.129	1.028	1.116	1.009
Standard Error		.024	.034	.035	.041	.041	.044	.098	.066	.078	.082	.072	.086	.057	.064	.071
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

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

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

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	e	f	g
Unweighted Total		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	403	45	97	101	50	32	77	243	160	328	14	29	15	4	4	66
		20%	32% bcdefgh	23% efh	19%	19%	15%	17%	22% efh	17%	19%	23%	26%	20%	23%	37%	24%
Agree	(4.0)	828	55	176	237	109	88	162	469	360	699	21	54	31	5	4	116
		41%	40%	42%	45% fh	41%	41%	36%	43% fh	39%	41%	35%	50% b	40%	34%	36%	42%
Neither agree nor disagree	(3.0)	446	20	86	107	63	54	116	213	233	376	18	18	15	5	3	59
		22%	15%	20%	20%	24% a	25% a	26% ag	20%	25% acg	22%	29% c	16%	20%	31%	27%	22%
Disagree	(2.0)	210	7	39	53	34	26	51	99	111	184	8	6	9	-	-	24
		10%	5%	9%	10%	13% a	12% a	11% a	9%	12% ag	11%	14%	6%	12%	-	-	9%
Strongly disagree	(1.0)	108	9	18	27	6	13	35	55	54	102	-	2	4	-	-	6
		5%	7% d	4%	5%	2%	6% d	8% bd	5% d	6% d	6% bg	-	2%	5%	-	-	2%
Don't know		23	3	1	4	1	1	14	8	15	14	-	-	1	2	-	3
		1%	2% b	*	1%	*	*	3% bcdeg	1%	2% b	1%	-	-	2%	12%	-	1%
NET: Agree		1231	100	273	338	159	121	240	712	519	1026	35	83	46	9	8	181
		61%	72% defh	66% efh	64% fh	60% f	56%	53%	66% efh	56%	60%	57%	76% abdg	60%	57%	73%	66% a
NET: Disagree		318	16	57	80	40	39	86	154	165	286	8	8	13	-	-	29
		16%	12%	14%	15%	15%	18%	19% abg	14%	18% g	17% cg	14%	7%	17% c	-	-	11%
Base for stats		1996	137	416	526	262	213	442	1079	917	1688	61	109	74	14	11	270
Mean Score		3.61	3.88 cdefh	3.71 efh	3.63 fh	3.62 f	3.48	3.44	3.69 efh	3.50	3.57	3.66	3.94 ad	3.59	3.91	4.10	3.79 a
Standard Deviation		1.086	1.130	1.061	1.064	1.008	1.079	1.142	1.074	1.092	1.101	.981	.900	1.108	.809	.829	.981
Standard Error		.024	.096	.053	.046	.060	.070	.057	.033	.036	.027	.122	.083	.126	.209	.230	.058
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.02	.04	.05	*

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

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

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total		2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	403	236	79	65	143	14	23	81	285	118	379	15	59	213	110	21	344	68	266
		20%	19%	23%	20%	21%	18%	25%	16%	21%	18%	22%	7%	19%	19%	22%	22%	20%	23%	20%
								c		c										
Agree	(4.0)	828	500	139	144	283	43	31	163	592	236	751	66	110	454	229	35	719	119	584
		41%	40%	41%	44%	42%	54%	34%	32%	44%	35%	43%	32%	35%	41%	45%	36%	42%	40%	43%
							bce			ce		b		a	a		a			
Neither agree nor disagree	(3.0)	446	295	69	62	132	9	20	146	272	174	370	56	75	250	100	21	371	71	285
		22%	24%	20%	19%	20%	11%	22%	29%	20%	26%	21%	27%	24%	23%	20%	21%	22%	24%	21%
							a	ad	a	ad										
Disagree	(2.0)	210	125	39	36	75	6	10	71	123	87	158	35	42	108	49	12	168	27	140
		10%	10%	11%	11%	11%	8%	11%	14%	9%	13%	9%	17%	13%	10%	10%	13%	10%	9%	10%
								d		d		a								
Strongly disagree	(1.0)	108	70	16	14	30	6	6	33	63	45	76	27	21	65	19	3	87	10	77
		5%	6%	5%	4%	4%	8%	7%	7%	5%	7%	4%	13%	7%	6%	4%	3%	5%	3%	6%
												a		c						
Don't know		23	13	2	2	4	1	1	10	11	12	7	8	6	8	4	4	17	2	8
		1%	1%	*	1%	1%	1%	1%	2%	1%	2%	*	4%	2%	1%	1%	4%	1%	1%	1%
								d				a		b		bce				
NET: Agree		1231	736	218	208	426	57	54	244	877	354	1131	81	168	667	339	57	1063	187	850
		61%	59%	64%	64%	64%	72%	59%	48%	65%	53%	65%	39%	54%	61%	66%	58%	62%	63%	63%
							ce			ce		b			a	ab		a		
NET: Disagree		318	196	54	50	105	13	16	104	186	132	235	62	63	172	68	16	255	37	217
		16%	16%	16%	16%	16%	16%	18%	21%	14%	20%	13%	30%	20%	16%	13%	16%	15%	12%	16%
									d		d		a	ce						
Base for stats		1996	1227	342	321	663	78	90	493	1335	661	1735	199	306	1089	507	93	1690	296	1352
Mean Score		3.61	3.58	3.66	3.65	3.66	3.66	3.61	3.38	3.68	3.45	3.69	3.04	3.47	3.59	3.71	3.64	3.63	3.71	3.61
							c			ce		b				ab		a		
Standard Deviation		1.086	1.086	1.090	1.061	1.075	1.117	1.178	1.121	1.054	1.132	1.047	1.166	1.151	1.090	1.029	1.086	1.072	1.028	1.087
Standard Error		.024	.030	.065	.064	.045	.123	.121	.053	.029	.045	.025	.083	.065	.033	.045	.111	.026	.061	.030
Error variance		*	*	*	*	*	.02	.01	*	*	*	*	.01	*	*	*	.01	*	*	*

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

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

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%																				
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	403	42	50	18	283	102	8	318	85	36	26	45	61	44	41	27	124	151	191
		20%	18%	14%	20%	21% bef	17%	11%	20%	19%	9%	14%	17% a	19% a	23% ab	21% a	36% abcdefi	32% abcdefi	19% a	29% abcdfi
Agree	(4.0)	828	81	120	35	596	209	21	643	185	94	68	116	153	92	95	33	177	361	306
		41%	34%	33%	38%	44% abef	35%	29%	41%	42%	24%	36% a	43% a	47% ab	49% ab	50% ab	45% a	46% ab	46% ab	47% ab
Neither agree nor disagree	(3.0)	446	56	99	22	268	155	20	347	99	122	59	65	64	39	35	8	55	168	97
		22%	23%	28% d	24%	20% d	26% d	28%	22%	22%	31% defghij	32% defghij	24% ghj	20% d	21% d	18% d	11% d	14% d	21% ghj	15% ghj
Disagree	(2.0)	210	41	57	11	115	90	15	168	42	75	25	31	31	12	16	3	17	74	36
		10%	17% d	16% d	12%	9% d	15% d	21% d	11%	10%	19% cdefghij	13% eghj	12% ehj	10% hj	6% d	8% d	5% d	4% d	9% hj	6% d
Strongly disagree	(1.0)	108	17	27	5	67	40	8	82	26	59	7	13	12	3	5	1	8	28	15
		5%	7% d	8% d	6% d	5% d	7% d	11% d	5% d	6% d	15% bdefghij	4% d	5% j	4% d	2% d	3% d	1% d	2% d	4% d	2% d
Don't know		23	2	5	-	10	7	1	17	6	13	4	-	2	-	-	1	3	2	4
		1%	1% d	1% d	- d	1% d	1% d	1% d	1% d	1% d	3% cdefhij	2% cfi	- d	1% d	- d	- d	1% d	1% d	* d	1% d
NET: Agree		1231	123	170	53	879	311	28	962	270	129	93	161	214	137	136	60	301	512	497
		61%	52% f	47% f	59% f	66% abef	52% f	40% f	61% f	61% f	32% f	50% a	60% ab	66% ab	72% abc	71% abc	82% abcdi	78% abcdfi	65% ab	77% abcdi
NET: Disagree		318	57	84	16	182	129	23	250	68	134	32	44	43	15	21	4	25	102	51
		16%	24% d	24% d	17% d	14% d	21% d	32% cde	16% d	15% d	34% bdefghij	17% eghj	16% eghj	13% ehj	8% d	11% d	6% d	7% d	13% ehj	8% d
Base for stats		1996	236	353	91	1329	595	71	1559	437	386	184	269	321	191	192	72	381	781	645
Mean Score		3.61	3.38	3.31	3.56	3.69	3.41	3.08	3.61	3.59	2.93	3.44	3.55	3.69	3.86	3.78	4.12	4.03	3.68	3.97
					f	abef	f					a	a	ab	abci	abc	abcdefi	abcdefifi	ab	abcdfi
Standard Deviation		1.086	1.168	1.135	1.112	1.057	1.134	1.186	1.086	1.087	1.192	1.008	1.048	1.010	.899	.965	.888	.917	1.003	.936
Standard Error		.024	.074	.063	.114	.029	.047	.141	.027	.052	.061	.074	.064	.056	.065	.068	.103	.048	.036	.037
Error variance		*	.01	*	.01	*	*	.02	*	*	*	.01	*	*	*	*	.01	*	*	*

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

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

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	403	142	72	182	372	8	372	13	403	-	387	4	289	48
		20%	22%	14%	23%	26%	3%	26%	6%	33%	-	30%	1%	29%	10%
			b		b	b		b		b		b		b	
Agree	(4.0)	828	296	197	330	677	46	655	62	828	-	654	37	460	159
		41%	45%	38%	41%	48%	19%	46%	26%	67%	-	50%	15%	46%	32%
			b			b		b		b		b		b	
Neither agree nor disagree	(3.0)	446	116	149	170	250	52	254	46	-	-	181	55	153	123
		22%	18%	28%	21%	18%	22%	18%	19%	-	-	14%	21%	15%	25%
				ac								a		a	
Disagree	(2.0)	210	68	65	75	85	72	88	65	-	210	55	88	69	90
		10%	10%	12%	9%	6%	30%	6%	27%	-	66%	4%	34%	7%	18%
						a		a		a		a		a	
Strongly disagree	(1.0)	108	29	33	44	33	55	38	47	-	108	20	70	33	64
		5%	4%	6%	5%	2%	23%	3%	20%	-	34%	2%	27%	3%	13%
						a		a		a		a		a	
Don't know		23	5	7	3	3	5	5	4	-	-	5	3	6	6
		1%	1%	1%	*	*	2%	*	2%	-	-	*	1%	1%	1%
						a		a							
NET: Agree		1231	439	270	512	1049	54	1028	75	1231	-	1041	41	749	207
		61%	67%	51%	64%	74%	23%	73%	32%	100%	-	80%	16%	74%	42%
			b		b	b		b		b		b		b	
NET: Disagree		318	97	99	119	118	126	126	112	-	318	74	159	102	154
		16%	15%	19%	15%	8%	53%	9%	47%	-	100%	6%	62%	10%	31%
						a		a		a		a		a	
Base for stats		1996	652	518	801	1417	233	1408	234	1231	318	1297	255	1004	484
Mean Score		3.61	3.70	3.41	3.66	3.90	2.49	3.88	2.70	4.33	1.66	4.03	2.28	3.90	3.08
			b		b	b		b		b		b		b	
Standard Deviation		1.086	1.060	1.077	1.095	.936	1.151	.960	1.222	.469	.474	.862	1.066	1.001	1.199
Standard Error		.024	.041	.048	.039	.025	.077	.026	.080	.013	.027	.024	.067	.031	.055
Error variance		*	*	*	*	*	.01	*	.01	*	*	*	*	*	*

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

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

BASE: All respondents

		Gender		Age			Region										
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i	
Unweighted Total		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204	
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	479	245	228	161	157	161	20	52	43	55	44	52	101	69	42	
		24%	25%	22%	26% c	24%	22%	21%	20%	22%	26%	26%	23%	31% abchi	21%	20%	
Agree	(4.0)	823	409	405	243	288	292	43	121	78	87	67	79	125	130	91	
		41%	42%	40%	40%	44%	39%	45%	46% f	40%	41%	39%	36%	39%	40%	44%	
Neither agree nor disagree	(3.0)	444	206	235	110	137	197	23	65	46	37	40	53	51	81	48	
		22%	21%	23%	18%	21%	26% ab	24%	25% g	23% g	17%	23% g	24% g	16%	25% dg	23% g	
Disagree	(2.0)	182	83	98	58	59	64	9	17	18	21	13	25	29	31	20	
		9%	8%	10%	10%	9%	9%	9%	6%	9%	10%	7%	11%	9%	10%	10%	
Strongly disagree	(1.0)	76	30	45	32	17	26	2	7	11	7	8	12	9	14	6	
		4%	3%	4%	5% b	3%	3%	2%	3%	6%	3%	5%	5%	3%	4%	3%	
Don't know		16	6	9	6	1	8	-	1	1	4	1	1	5	2	1	
		1%	1%	1%	1%	*	1% b	-	*	*	2%	*	1%	2%	1%	*	
NET: Agree		1302	655	633	404	445	453	63	174	121	143	111	131	226	199	133	
		64%	67% b	62%	66% c	67% c	60%	65%	66%	62%	68%	64%	59%	70% cfh	61%	64%	
NET: Disagree		258	113	142	91	77	91	10	24	29	28	21	37	38	45	26	
		13%	11%	14%	15%	12%	12%	11%	9%	15% b	13%	12%	16% b	12%	14%	13%	
Base for stats		2003	973	1011	604	658	741	97	262	196	207	172	222	316	325	207	
Mean Score		3.72	3.78 b	3.67	3.73	3.77	3.67	3.74	3.75	3.63	3.79	3.73	3.61	3.88 cfhi	3.64	3.69	
Standard Deviation		1.043	1.016	1.064	1.115	.996	1.021	.948	.934	1.096	1.056	1.075	1.121	1.048	1.050	.998	
Standard Error		.023	.033	.033	.042	.038	.041	.089	.058	.074	.075	.075	.086	.058	.060	.070	
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	*	

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

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

BASE: All respondents

		Social Grade								Ethnicity								
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Unweighted Total		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291	
Total		2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	479	46	106	129	63	35	101	280	199	376	20	43	18	4	5	90	
		24%	33% cdefh	25% e	24% e	24% e	16%	22%	26% eh	21%	22%	32%	39% ad	24%	24%	48%	33% a	
Agree	(4.0)	823	55	186	238	101	84	158	479	344	701	27	39	36	4	3	109	
		41%	40%	44% fh	45% fh	39%	39%	35%	44% fh	37%	41%	45%	36%	47%	25%	29%	40%	
Neither agree nor disagree	(3.0)	444	19	81	111	59	56	118	211	232	399	6	16	11	2	1	36	
		22%	14%	19%	21%	22% a	26% abg	26% abg	19%	25% abg	23% bcg	10%	14%	15%	12%	10%	13%	
Disagree	(2.0)	182	13	34	32	34	23	47	78	104	156	7	7	5	4	-	24	
		9%	9%	8%	6%	13% bcg	11% c	10% c	7%	11% cg	9%	12%	7%	7%	25%	-	9%	
Strongly disagree	(1.0)	76	4	10	18	6	14	23	33	43	63	1	3	4	1	1	10	
		4%	3%	2%	3%	2%	6% bdg	5% b	3%	5%	4%	1%	3%	5%	4%	13%	4%	
Don't know		16	2	1	2	-	2	9	5	11	8	-	1	1	2	-	3	
		1%	1%	*	*	-	1%	2% bcdg	*	1%	*	-	1%	1%	10%	-	1%	
NET: Agree		1302	101	291	367	164	119	259	759	543	1077	47	82	54	8	9	199	
		64%	73% defh	70% defh	69% efh	63%	56%	57%	70% defh	58%	63%	77% a	75% a	71%	49%	77%	73% a	
NET: Disagree		258	17	44	50	40	37	70	111	146	219	8	10	10	5	1	34	
		13%	12%	11%	9%	15% cg	17% bcg	15% bcg	10%	16% bcg	13%	14%	10%	13%	30%	13%	13%	
Base for stats		2003	138	416	528	263	212	447	1082	922	1695	61	108	75	14	11	270	
Mean Score		3.72	3.91 defh	3.82 efh	3.81 efh	3.69 e	3.49	3.60	3.83 defh	3.60	3.69	3.94	4.03 a	3.78	3.43	4.00	3.91 a	
Standard Deviation		1.043	1.063	.982	.986	1.044	1.090	1.103	.994	1.085	1.032	1.026	1.040	1.069	1.325	1.369	1.078	
Standard Error		.023	.090	.049	.043	.062	.071	.055	.030	.036	.025	.127	.097	.121	.342	.380	.064	
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.01	.12	.14	*	



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

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

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	479	293	83	81	164	17	24	95	343	136	448	21	67	259	129	24	412	75	329
			24%	24%	24%	25%	25%	22%	27%	19%	25% ce	20%	26% b	10%	21%	24%	25%	25%	24%	25%	24%
Agree		(4.0)	823	484	147	144	291	34	33	188	568	255	749	63	113	446	223	40	710	129	562
			41%	39%	43%	45%	44%	44%	36%	37%	42%	38%	43% b	30%	36%	41%	44% a	41%	42%	43%	41%
Neither agree nor disagree		(3.0)	444	306	64	52	117	14	20	131	279	165	359	57	88	249	89	17	356	54	289
			22%	25% bcd	19%	16%	17%	18%	22%	26% d	21%	24%	21%	28% a	28% cde	23% c	17%	18%	21%	18%	21%
Disagree		(2.0)	182	107	35	31	66	8	8	56	110	72	131	41	32	93	47	10	150	27	121
			9%	9%	10%	10%	10%	10%	9%	11%	8%	11%	7% a	20%	10%	8%	9%	11%	9%	9%	9%
Strongly disagree		(1.0)	76	44	12	15	26	4	6	26	40	36	49	22	11	42	20	3	65	10	53
			4%	4%	3%	5%	4%	5%	6%	5% d	3%	5% d	3% a	10%	3%	4%	4%	3%	4%	3%	4%
Don't know			16	7	3	-	3	1	-	7	7	9	6	4	2	8	3	3	13	3	6
			1%	1%	1%	-	*	2%	-	1% d	1%	1%	*	2% a	1%	1%	1%	3% b	1%	1%	*
NET: Agree			1302	777	230	225	455	51	57	283	911	391	1197	84	180	705	352	65	1122	204	891
			64%	63%	67%	70% a	68% a	65%	63%	56%	68% ce	58%	69% b	40%	58%	64% a	69% a	66% a	66% a	68%	65%
NET: Disagree			258	151	46	46	92	12	14	82	149	108	180	62	43	135	67	13	215	37	175
			13%	12%	14%	14%	14%	15%	16%	16% d	11%	16% d	10% a	30%	14%	12%	13%	13%	13%	12%	13%
Base for stats		2003	1234	340	323	663	78	90	496	1339	664	1736	204	310	1090	508	95	1693	295	1354	
Mean Score		3.72	3.71	3.75	3.76	3.75	3.68	3.67	3.54	3.80 ce	3.58	3.82 b	3.10	3.62	3.72	3.77 a	3.77	3.74	3.79	3.73	
Standard Deviation		1.043	1.035	1.045	1.072	1.058	1.091	1.159	1.084	1.008	1.095	.994	1.161	1.040	1.039	1.051	1.041	1.042	1.034	1.048	
Standard Error		.023	.029	.062	.064	.045	.120	.119	.051	.027	.043	.024	.082	.058	.032	.046	.106	.025	.062	.028	
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*	

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

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

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
							NET: Longstanding physical and mental condition or illness													
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	479	42	65	22	343	120	8	383	96	34	31	43	77	55	54	33	151	176	238
		24%	18%	18%	24%	26%	20%	11%	24%	22%	9%	17%	16%	24%	29%	28%	45%	39%	22%	37%
					f	abef						a	a	ac	abc	abc	abcdefi	abcdefi	ac	abcdefi
Agree	(4.0)	823	89	129	34	567	223	24	651	173	100	75	131	142	93	91	25	165	366	281
		41%	37%	36%	38%	42%	37%	34%	41%	39%	25%	40%	49%	44%	49%	47%	35%	43%	47%	43%
					be							a	ag	a	ag	a		a	ag	a
Neither agree nor disagree	(3.0)	444	54	99	17	277	148	18	335	108	132	56	63	69	32	32	11	49	164	92
		22%	23%	28%	19%	21%	25%	26%	21%	24%	33%	30%	24%	21%	17%	17%	15%	13%	21%	14%
					d						cdefghij	defghij	hj	hj					hj	
Disagree	(2.0)	182	36	45	15	99	79	13	138	44	74	23	30	22	7	13	1	11	59	26
		9%	15%	13%	16%	7%	13%	18%	9%	10%	19%	12%	11%	7%	4%	7%	2%	3%	8%	4%
			d	d	d		d	d			bcdefghij	deghij	eghj	hj		h			hj	
Strongly disagree	(1.0)	76	15	19	3	45	29	8	59	16	52	2	1	10	4	2	2	3	14	7
		4%	6%	5%	3%	3%	5%	11%	4%	4%	13%	1%	*	3%	2%	1%	2%	1%	2%	1%
			d				cde				bcdefghij			chj						
Don't know		16	2	2	1	8	4	1	9	6	6	1	1	3	-	-	1	4	4	5
		1%	1%	1%	1%	1%	1%	1%	1%	1%	2%	*	*	1%	-	-	1%	1%	1%	1%
NET: Agree		1302	131	193	56	910	342	32	1034	268	134	107	175	219	148	145	58	316	542	519
		64%	55%	54%	62%	68%	57%	45%	66%	61%	34%	57%	65%	68%	78%	76%	79%	82%	69%	80%
					f	abef						a	a	ab	abcdi	abcd	abcd	abcdi	ab	abcdi
NET: Disagree		258	51	63	17	144	108	20	198	60	127	25	31	32	11	15	3	15	74	32
		13%	22%	18%	19%	11%	18%	28%	13%	14%	32%	13%	11%	10%	6%	8%	4%	4%	9%	5%
			d	d	d		d	bde			bcdefghij	eghj	ehj	hj		h			hj	
Base for stats		2003	236	356	90	1331	598	71	1567	437	393	187	269	320	191	192	72	380	779	644
Mean Score		3.72	3.45	3.49	3.64	3.80	3.55	3.17	3.74	3.66	2.97	3.60	3.69	3.79	3.99	3.95	4.19	4.18	3.81	4.11
				f	f	abef	f					a	a	ab	abcdi	abci	abcdi	abcdefi	ab	abcdi
Standard Deviation		1.043	1.140	1.087	1.105	1.014	1.096	1.178	1.042	1.043	1.152	.940	.882	.987	.887	.900	.931	.831	.933	.869
Standard Error		.023	.072	.060	.114	.028	.045	.140	.026	.050	.059	.068	.054	.055	.064	.063	.108	.044	.033	.034
Error variance		*	.01	*	.01	*	*	.02	*	*	*	*	*	*	*	*	.01	*	*	*

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

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

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	479	182	84	205	435	10	445	16	436	13	479	-	363	53
		24%	28% b	16%	25% b	31% b	4%	31% b	7%	35% b	4%	37% b	-	36% b	11%
Agree	(4.0)	823	281	203	336	657	56	642	57	605	61	823	-	441	164
		41%	43%	39%	42%	46% b	24%	45% b	24%	49% b	19%	63% b	-	44% b	33%
Neither agree nor disagree	(3.0)	444	118	155	161	225	66	209	77	147	84	-	-	134	121
		22%	18%	30% ac	20%	16%	28% a	15%	32% a	12%	26% a	-	-	13%	25% a
Disagree	(2.0)	182	55	53	73	87	61	95	52	30	107	-	182	58	95
		9%	8%	10%	9%	6%	26% a	7%	22% a	2%	34% a	-	71% a	6%	19% a
Strongly disagree	(1.0)	76	17	28	28	15	41	21	35	11	52	-	76	11	57
		4%	3%	5% a	3%	1%	17% a	1%	15% a	1%	16% a	-	29% a	1%	12% a
Don't know		16	3	1	2	2	3	2	2	2	1	-	-	4	-
		1%	*	*	*	*	1% a	*	1%	*	*	-	-	*	-
NET: Agree		1302	463	287	541	1091	66	1086	73	1041	74	1302	-	803	217
		64%	71% b	55%	67% b	77% b	28%	77% b	31%	85% b	23%	100% b	-	80% b	44%
NET: Disagree		258	72	81	101	102	102	116	87	41	159	-	258	70	152
		13%	11%	15% a	12%	7%	43% a	8%	37% a	3%	50% a	-	100% a	7%	31% a
Base for stats		2003	653	523	803	1418	235	1411	237	1229	317	1302	258	1007	490
Mean Score		3.72	3.85 b	3.50	3.77 b	3.99 b	2.72	3.99 b	2.86	4.16 b	2.61	4.37 b	1.71	4.08 b	3.13
Standard Deviation		1.043	1.006	1.048	1.039	.899	1.139	.931	1.145	.791	1.099	.482	.456	.906	1.188
Standard Error		.023	.039	.046	.037	.024	.075	.025	.074	.023	.062	.013	.028	.028	.054
Error variance		*	*	*	*	*	.01	*	.01	*	*	*	*	*	*

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

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

BASE: All respondents

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	293	139	148	115	111	67	15	35	29	29	21	28	66	45	25
		15%	14%	15%	19%	17%	9%	16%	13%	15%	14%	12%	13%	20%	14%	12%
					c	c								bdefhi		
Agree	(4.0)	717	324	389	237	244	236	34	90	71	77	59	74	123	120	70
		36%	33%	38%	39%	37%	32%	35%	34%	36%	36%	34%	33%	38%	37%	34%
				a	c	c										
Neither agree nor disagree	(3.0)	497	260	232	124	143	230	23	78	47	51	49	56	64	78	51
		25%	27%	23%	20%	22%	31%	24%	30%	24%	24%	28%	25%	20%	24%	25%
							ab		g			g				
Disagree	(2.0)	357	182	175	93	124	141	18	44	28	35	30	46	49	60	46
		18%	19%	17%	15%	19%	19%	19%	17%	14%	17%	18%	21%	15%	18%	22%
															c	
Strongly disagree	(1.0)	133	67	65	33	34	66	5	12	22	14	12	18	14	22	14
		7%	7%	6%	5%	5%	9%	5%	4%	11%	7%	7%	8%	4%	7%	7%
							ab			bg						
Don't know		21	7	11	8	4	9	2	4	1	4	2	-	4	2	2
		1%	1%	1%	1%	1%	1%	2%	2%	*	2%	1%	-	1%	1%	1%
NET: Agree		1010	463	537	352	355	303	49	125	99	105	80	102	189	165	95
		50%	47%	53%	58%	54%	40%	51%	48%	50%	50%	46%	46%	59%	50%	46%
				a	c	c								bdefhi		
NET: Disagree		490	249	239	126	158	207	23	56	50	50	42	64	64	82	60
		24%	25%	23%	21%	24%	28%	24%	21%	25%	24%	24%	29%	20%	25%	29%
							a						g			g
Base for stats		1998	972	1009	602	656	740	95	259	196	207	171	223	317	325	205
		3.34	3.29	3.38	3.51	3.42	3.13	3.39	3.36	3.29	3.34	3.28	3.22	3.56	3.33	3.22
					c	c								bcddefhi		
Standard Deviation		1.130	1.133	1.123	1.129	1.128	1.100	1.124	1.057	1.204	1.128	1.109	1.156	1.117	1.130	1.128
		.025	.037	.035	.042	.044	.044	.106	.066	.081	.081	.077	.088	.062	.064	.080
		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

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

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

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	293	38	69	90	39	24	35	196	97	219	14	26	18	3	3	63
		15%	27% bcdefgh	17% fh	17% efh	15% fh	11% fh	8% efh	18% efh	10% efh	13%	22% a	24% a	24% a	18% a	22% a	23% a
Agree	(4.0)	717	56	172	195	84	77	133	423	294	612	21	39	23	6	4	94
		36%	40% fh	41% dfh	37% fh	32% fh	36% fh	29% dfh	39% dfh	31% dfh	36%	35% fh	36% dfh	31% dfh	37% dfh	39% dfh	34% dfh
Neither agree nor disagree	(3.0)	497	20	84	118	70	59	146	223	275	429	16	23	14	2	3	58
		25%	14% a	20% a	22% a	26% ag	27% abg	32% abcg	20% abcg	29% abcg	25%	26% a	21% a	18% a	11% a	27% a	21% a
Disagree	(2.0)	357	17	71	93	54	38	85	181	176	312	8	16	12	2	1	39
		18%	12% a	17% a	18% a	20% a	18% a	19% a	17% a	19% a	18%	13% a	15% a	16% a	11% a	13% a	14% a
Strongly disagree	(1.0)	133	7	20	26	16	15	49	54	79	117	2	4	7	3	-	16
		7%	5% abcdg	5% bcdg	5% bcdg	6% bcdg	7% bcdg	11% bcdg	5% bcdg	9% bcdg	7% bcdg	4% bcdg	3% bcdg	9% bcdg	18% bcdg	- bcdg	6% bcdg
Don't know		21	2	-	8	1	2	9	9	12	14	-	1	1	1	-	3
		1%	1% b	- b	1% b	* b	1% b	2% b	1% b	1% b	1% b	- b	1% b	2% b	5% b	- b	1% b
NET: Agree		1010	94	241	284	123	101	167	620	391	832	35	65	41	9	7	157
		50%	67% bcdefgh	58% defh	54% fh	47% f	47% f	37% defh	57% defh	42% defh	49% a	57% a	60% a	55% a	55% a	61% a	58% a
NET: Disagree		490	24	92	120	69	53	133	235	255	428	10	20	19	5	1	56
		24%	17% a	22% a	23% a	26% a	25% a	29% abcg	22% abcg	27% abcg	25% a	17% a	19% a	25% a	29% a	13% a	20% a
Base for stats		1998	138	417	522	262	212	447	1077	921	1689	61	108	74	15	11	270
		Mean Score	3.73 bcdefgh	3.48 defh	3.44 efh	3.29 f	3.27 f	3.04 defh	3.49 defh	3.17 defh	3.30 a	3.59 a	3.62 a	3.45 a	3.28 a	3.70 a	3.55 a
Standard Deviation		1.130	1.141	1.103	1.119	1.130	1.098	1.110	1.119	1.118	1.120	1.097	1.111	1.285	1.442	.994	1.170
Standard Error		.025	.096	.055	.049	.067	.072	.055	.034	.037	.027	.136	.103	.146	.361	.276	.069
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.02	.13	.08	*

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

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

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	293	165	56	56	111	18	22	45	208	86	267	19	32	159	85	17	262	58	194
		15%	13%	16%	17%	17%	23%	25%	9%	15%	13%	15%	9%	10%	15%	17%	18%	15%	19%	14%	
							ce	cde		c	c	b			a	a	a	a	b		
Agree		(4.0)	717	424	117	141	259	26	26	160	505	212	635	62	107	367	208	34	610	107	491
		36%	34%	34%	44%	39%	33%	29%	32%	37%	32%	36%	30%	34%	33%	41%	35%	36%	36%	36%	
					ab					ce						be					
Neither agree nor disagree		(3.0)	497	321	86	57	143	20	24	150	304	193	415	60	79	285	112	21	418	81	321
		25%	26%	25%	18%	21%	25%	26%	30%	23%	29%	24%	29%	25%	26%	22%	22%	24%	27%	24%	
			cd	c					d		d										
Disagree		(2.0)	357	231	65	48	113	12	13	87	246	112	311	37	54	214	72	17	304	37	261
		18%	19%	19%	15%	17%	16%	14%	17%	18%	17%	18%	18%	17%	20%	14%	17%	18%	13%	19%	
															c				a		
Strongly disagree		(1.0)	133	88	17	20	37	3	5	51	75	58	103	27	35	65	29	4	98	14	83
		7%	7%	5%	6%	5%	3%	6%	10%	6%	9%	6%	13%	11%	6%	6%	4%	6%	5%	6%	
									ad		d		a	bcd							
Don't know			21	11	3	1	4	-	-	11	10	11	13	2	6	7	5	3	15	1	10
		1%	1%	1%	*	1%	-	-	2%	1%	2%	1%	1%	2%	1%	1%	1%	3%	1%	*	1%
									d		d						be				
NET: Agree			1010	589	173	197	370	44	49	205	713	298	901	81	139	526	294	51	872	164	684
		50%	48%	50%	61%	56%	56%	54%	41%	53%	44%	52%	39%	44%	48%	57%	53%	51%	55%	50%	
					ab	a	ce	c		ce		b				abe	a	a			
NET: Disagree			490	319	82	68	149	15	18	137	320	170	413	64	89	279	101	21	402	51	344
		24%	26%	24%	21%	22%	19%	20%	27%	24%	25%	24%	31%	28%	25%	20%	22%	24%	17%	25%	
												a		c	c				a		
Base for stats			1998	1230	340	322	662	79	90	492	1337	661	1729	205	307	1090	507	94	1691	297	1349
Mean Score			3.34	3.28	3.38	3.51	3.45	3.57	3.53	3.13	3.39	3.23	3.38	3.05	3.15	3.31	3.49	3.46	3.37	3.53	3.33
						a	a	ce	ce		ce		b			a	abe	a	a	b	
Standard Deviation			1.130	1.131	1.114	1.127	1.121	1.109	1.179	1.124	1.119	1.144	1.122	1.174	1.172	1.122	1.102	1.122	1.119	1.083	1.125
Standard Error			.025	.031	.066	.067	.047	.122	.121	.053	.030	.046	.027	.083	.066	.034	.049	.114	.027	.064	.031
Error variance			*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*

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

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

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	293	34	38	20	193	85	4	235	58	31	20	32	40	23	37	25	84	96	146
		15%	14%	11%	22%	14%	14%	5%	15%	13%	8%	11%	12%	12%	12%	19%	34%	22%	12%	22%
			f		bdef	f	f							a		abcdi	abcdefhij	abcdei	a	abcdei
Agree	(4.0)	717	93	101	26	503	194	23	561	156	88	77	94	126	80	78	26	148	300	253
		36%	39%	28%	28%	38%	32%	32%	36%	35%	22%	41%	35%	39%	42%	41%	36%	39%	38%	39%
			b			be						a	a	a	a	a	a	a	a	a
Neither agree nor disagree	(3.0)	497	59	112	23	302	169	22	377	120	113	51	66	86	49	36	14	82	201	133
		25%	25%	31%	26%	23%	28%	30%	24%	27%	28%	27%	24%	27%	26%	19%	20%	21%	26%	20%
				d			d				fhj			fj					fj	
Disagree	(2.0)	357	33	71	14	244	104	11	283	74	89	29	61	58	29	33	4	55	149	92
		18%	14%	20%	15%	18%	17%	15%	18%	17%	22%	15%	23%	18%	15%	17%	6%	14%	19%	14%
				a							bghj	g	ghj	g	g	g			gi	g
Strongly disagree	(1.0)	133	18	33	7	85	47	11	101	32	70	9	15	12	7	8	3	8	34	20
		7%	7%	9%	8%	6%	8%	15%	6%	7%	18%	5%	6%	4%	4%	4%	5%	2%	4%	3%
							de				bcdefghij									
Don't know		21	2	2	1	13	4	1	18	3	8	2	2	1	2	-	-	6	4	6
		1%	1%	1%	1%	1%	1%	2%	1%	1%	2%	1%	1%	*	1%	-	-	2%	1%	1%
											dfi									
NET: Agree		1010	127	140	46	696	278	27	797	214	119	97	126	166	103	115	51	232	396	398
		50%	53%	39%	50%	52%	46%	37%	51%	48%	30%	52%	47%	51%	54%	60%	70%	61%	51%	61%
			bf			bef	b					a	a	a	a	aci	abcdei	abcdi	a	abcdei
NET: Disagree		490	50	105	21	328	151	22	384	106	158	38	76	70	37	41	8	63	183	111
		24%	21%	29%	23%	25%	25%	30%	24%	24%	40%	20%	28%	22%	19%	21%	11%	16%	23%	17%
				a							bcdefghij		beghj		g	g			ghj	
Base for stats		1998	236	356	90	1326	598	70	1558	440	391	186	268	323	189	192	73	377	779	642
Mean Score		3.34	3.39	3.11	3.42	3.36	3.28	2.97	3.35	3.30	2.80	3.38	3.25	3.38	3.44	3.54	3.88	3.65	3.35	3.64
			bf		bf	bf	bf					a	a	a	a	aci	abcdefi	abcdei	a	abcdei
Standard Deviation		1.130	1.119	1.132	1.221	1.128	1.141	1.147	1.132	1.120	1.204	1.032	1.108	1.036	1.020	1.109	1.088	1.048	1.059	1.074
Standard Error		.025	.070	.062	.126	.031	.047	.137	.029	.054	.062	.075	.068	.057	.074	.078	.126	.055	.038	.042
Error variance		*	*	*	.02	*	*	.02	*	*	*	.01	*	*	.01	.01	.02	*	*	*

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

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

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%			a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	293	115	55	116	256	10	249	18	252	18	268	9	293	-
		15%	17% b	10% b	14% b	18% b	4% b	18% b	8% b	20% b	6% b	21% b	4% b	29% b	-
Agree	(4.0)	717	270	144	295	553	76	563	73	497	84	535	60	717	-
		36%	41% b	27% b	37% b	39% b	32% b	40% b	31% b	40% b	27% b	41% b	23% b	71% b	-
Neither agree nor disagree	(3.0)	497	125	175	188	300	52	289	56	267	61	271	36	-	-
		25%	19% b	33% ac	23% a	21% b	22% b	20% b	23% b	22% b	19% b	21% b	14% b	-	-
Disagree	(2.0)	357	104	99	153	246	45	244	50	179	80	181	75	-	357
		18%	16% a	19% a	19% a	17% a	19% a	17% a	21% a	15% a	25% a	14% a	29% a	-	73% a
Strongly disagree	(1.0)	133	33	49	50	56	51	60	38	28	73	37	77	-	133
		7%	5% ac	9% ac	6% a	4% a	22% a	4% a	16% a	2% a	23% a	3% a	30% a	-	27% a
Don't know		21	10	2	3	8	2	8	3	8	1	10	-	-	-
		1%	1% c	* *	* *	1% b	1% b	1% b	1% b	1% b	* b	1% b	- b	- b	- b
NET: Agree		1010	385	199	411	809	87	812	91	749	102	803	70	1010	-
		50%	59% bc	38% b	51% b	57% b	36% b	57% b	38% b	61% b	32% b	62% b	27% b	100% b	-
NET: Disagree		490	137	148	202	303	97	304	89	207	154	217	152	-	490
		24%	21% a	28% a	25% a	21% a	41% a	22% a	37% a	17% a	48% a	17% a	59% a	-	100% a
Base for stats		1998	647	522	802	1411	236	1405	236	1223	317	1292	258	1010	490
Mean Score		3.34	3.51 bc	3.11 b	3.34 b	3.50 b	2.78 b	3.50 b	2.92 b	3.63 b	2.66 b	3.63 b	2.42 b	4.29 b	1.73 b
Standard Deviation		1.130	1.111	1.119	1.127	1.096	1.233	1.100	1.217	1.038	1.250	1.048	1.237	.454	.445
Standard Error		.025	.044	.049	.040	.029	.082	.029	.079	.030	.071	.029	.077	.014	.020
Error variance		*	*	*	*	*	.01	*	.01	*	.01	*	.01	*	*



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

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

BASE: All respondents

	Total	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Don't know	NET: Agree	NET: Disagree
It is important to me to exercise regularly	2019 100%	513 25%	872 43%	410 20%	142 7%	64 3%	18 1%	1385 69%	206 10%
I feel that I have the ability to be physically active	2019 100%	399 20%	933 46%	340 17%	233 12%	98 5%	16 1%	1332 66%	331 16%
I feel that I have the opportunity to be physically active	2019 100%	400 20%	908 45%	342 17%	227 11%	124 6%	17 1%	1308 65%	352 17%
I find exercise enjoyable and satisfying	2019 100%	400 20%	828 41%	426 21%	222 11%	123 6%	20 1%	1228 61%	345 17%
I feel guilty when I don't exercise	2019 100%	343 17%	687 34%	466 23%	364 18%	138 7%	22 1%	1030 51%	502 25%

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

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

BASE: All respondents

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	399	214	184	152	123	124	14	48	44	58	36	35	72	53	39
		20%	22%	18%	25%	19%	17%	14%	18%	23%	27%	21%	16%	23%	16%	19%
			b		bc						abfhi			h		
Agree	(4.0)	933	451	473	268	313	352	51	121	79	85	71	106	153	162	105
		46%	46%	46%	44%	47%	47%	52%	46%	40%	40%	41%	47%	48%	49%	51%
								cd							cd	cd
Neither agree nor disagree	(3.0)	340	171	163	96	117	127	14	49	37	29	31	43	46	59	32
		17%	17%	16%	16%	18%	17%	14%	19%	19%	14%	18%	19%	14%	18%	16%
Disagree	(2.0)	233	96	135	65	72	96	12	29	23	27	20	29	37	34	22
		12%	10%	13%	11%	11%	13%	13%	11%	11%	13%	12%	13%	11%	10%	10%
				a												
Strongly disagree	(1.0)	98	40	57	24	33	42	6	14	13	11	12	11	7	17	8
		5%	4%	6%	4%	5%	6%	6%	5%	7%	5%	7%	5%	2%	5%	4%
								g	g	g		g			g	
Don't know		16	6	7	5	3	8	-	2	1	2	3	-	6	2	1
		1%	1%	1%	1%	*	1%	-	1%	*	1%	1%	-	2%	1%	*
NET: Agree		1332	666	657	420	436	476	64	169	123	142	107	141	226	214	144
		66%	68%	64%	69%	66%	64%	66%	64%	63%	67%	62%	63%	70%	66%	69%
					c									e		
NET: Disagree		331	136	193	89	104	138	19	44	35	38	32	39	43	51	30
		16%	14%	19%	15%	16%	18%	19%	17%	18%	18%	18%	18%	13%	16%	14%
				a												
Base for stats		2003	973	1013	605	657	742	97	261	196	209	170	223	315	325	207
Mean Score		3.65	3.72	3.58	3.76	3.64	3.57	3.55	3.61	3.61	3.73	3.59	3.56	3.79	3.61	3.70
			b		bc									abefh		
Standard Deviation		1.074	1.043	1.102	1.068	1.060	1.086	1.085	1.076	1.149	1.150	1.151	1.054	.994	1.046	1.024
Standard Error		.024	.034	.034	.040	.041	.044	.102	.067	.077	.082	.080	.080	.055	.060	.072
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

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

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

BASE: All respondents

		Social Grade									Ethnicity						
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	399	39	93	120	44	30	73	252	148	325	13	29	15	3	3	63
		20%	28%	22%	23%	17%	14%	16%	23%	16%	19%	22%	27%	20%	19%	26%	23%
			defh	efh	efh				defh								
Agree	(4.0)	933	62	200	249	128	106	187	511	421	791	33	56	33	7	5	134
		46%	45%	48%	47%	49%	49%	41%	47%	45%	46%	54%	51%	44%	46%	42%	49%
					f	f	f	f	f								
Neither agree nor disagree	(3.0)	340	17	59	68	55	40	101	143	197	289	6	10	17	2	2	38
		17%	12%	14%	13%	21%	19%	22%	13%	21%	17%	10%	9%	23%	15%	19%	14%
					abcg	cg	abcg	abcg	abcg		c			bc			
Disagree	(2.0)	233	15	51	65	26	23	54	130	103	199	7	12	7	3	1	30
		12%	10%	12%	12%	10%	11%	12%	12%	11%	12%	12%	11%	9%	20%	13%	11%
Strongly disagree	(1.0)	98	5	15	24	9	14	31	45	54	91	1	2	3	-	-	6
		5%	4%	4%	5%	4%	6%	7%	4%	6%	5%	2%	1%	4%	-	-	2%
							bg			g							
Don't know		16	2	-	4	-	2	9	6	10	7	-	1	1	-	-	1
		1%	1%	-	1%	-	1%	2%	1%	1%	*	-	1%	1%	-	-	*
			b					bdg		b							
NET: Agree		1332	101	293	369	172	136	261	763	569	1116	46	85	48	10	8	197
		66%	72%	70%	70%	66%	63%	57%	70%	61%	66%	76%	78%	63%	65%	68%	72%
			fh	fh	fh	f			efh				ad				a
NET: Disagree		331	20	65	89	35	36	85	175	157	290	9	13	10	3	1	36
		16%	14%	16%	17%	13%	17%	19%	16%	17%	17%	14%	12%	13%	20%	13%	13%
Base for stats		2003	138	417	526	263	212	447	1081	922	1695	61	108	75	16	11	272
Mean Score		3.65	3.83	3.73	3.71	3.66	3.54	3.49	3.74	3.55	3.63	3.81	3.91	3.66	3.63	3.82	3.80
			efh	efh	efh	f			efh				a				a
Standard Deviation		1.074	1.076	1.050	1.088	.987	1.068	1.112	1.072	1.069	1.084	.993	.961	1.041	1.039	1.006	.996
Standard Error		.024	.091	.052	.047	.058	.070	.055	.033	.035	.027	.123	.089	.118	.252	.279	.059
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.06	.08	*

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

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

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	399	244	70	66	136	20	18	61	301	99	378	14	46	225	105	23	353	72	269
		20%	20%	20%	21%	20%	25%	20%	12%	22%	22%	15%	22%	7%	15%	21%	21%	23%	21%	24%	20%
							ce				ce		b		a	a	a	a			
Agree		(4.0)	933	562	166	157	323	26	36	207	663	269	878	41	140	498	259	35	793	134	641
		46%	45%	48%	49%	49%	33%	40%	41%	49%	40%	50%	20%	45%	45%	51%	36%	46%	45%	47%	
										ace		b				bd		d			
Neither agree nor disagree		(3.0)	340	217	53	43	96	14	22	106	199	141	272	47	66	181	75	18	275	46	217
		17%	17%	16%	13%	14%	18%	24%	21%	15%	21%	16%	23%	21%	16%	15%	19%	16%	15%	16%	
								d	d		d	a		ce							
Disagree		(2.0)	233	145	41	38	80	11	10	83	129	104	153	62	35	130	53	15	198	32	162
		12%	12%	12%	12%	12%	13%	11%	17%	10%	15%	9%	30%	11%	12%	10%	15%	12%	11%	12%	
									d		d	a									
Strongly disagree		(1.0)	98	64	11	19	30	8	5	39	47	52	55	40	22	57	17	3	77	12	65
		5%	5%	3%	6%	4%	10%	5%	8%	3%	8%	3%	19%	7%	5%	3%	3%	5%	4%	5%	
							d		d		d	a		c							
Don't know			16	9	2	-	2	1	-	7	8	8	6	3	4	6	2	3	12	1	6
		1%	1%	*	-	*	1%	-	1%	1%	1%	*	1%	1%	1%	1%	*	3%	1%	*	*
												a					bce				
NET: Agree			1332	806	236	223	459	46	54	268	964	368	1256	55	186	723	364	58	1145	207	910
		66%	65%	69%	69%	69%	58%	59%	53%	72%	55%	72%	27%	60%	66%	71%	60%	67%	69%	67%	
										abce		b			a	abd		a			
NET: Disagree			331	209	52	57	109	19	15	122	175	156	208	102	56	187	70	18	275	44	227
		16%	17%	15%	18%	16%	23%	17%	24%	13%	23%	12%	49%	18%	17%	14%	18%	16%	15%	17%	
							d		d		d	a									
Base for stats		2003	1232	342	323	665	78	90	496	1338	665	1736	205	308	1091	509	94	1695	296	1354	
Mean Score		3.65	3.63	3.71	3.66	3.69	3.50	3.57	3.34	3.78	3.39	3.79	2.64	3.50	3.64	3.75	3.64	3.68	3.76	3.65	
										ace		b			a	a		a			
Standard Deviation		1.074	1.084	1.026	1.106	1.065	1.284	1.095	1.131	1.012	1.147	.983	1.201	1.095	1.093	1.004	1.109	1.069	1.064	1.074	
Standard Error		.024	.030	.061	.066	.045	.142	.112	.053	.027	.046	.024	.085	.062	.033	.044	.113	.026	.063	.029	
Error variance		*	*	*	*	*	.02	.01	*	*	*	*	.01	*	*	*	.01	*	*	*	*

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

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

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	399	38	42	20	294	91	6	308	91	23	20	47	55	43	50	29	132	145	211
		20%	16%	12%	21% bf	22% abef	15%	8%	20%	20%	6%	11% a	18% ab	17% a	23% ab	26% abcdi	40% abcdef	34% abcdefi	19% ab	32% abcdei
Agree	(4.0)	933	90	129	34	670	230	20	726	206	108	89	130	171	105	102	39	189	406	330
		46%	38%	36%	38%	50% abcef	38%	28%	46%	47%	27%	47% a	48% a	53% a	55% a	53% a	53% a	49% a	52% a	51% a
Neither agree nor disagree	(3.0)	340	33	70	22	205	114	10	264	76	100	40	46	52	28	27	3	45	126	75
		17%	14%	20%	24% ad	15%	19% d	14%	17%	17%	25% cdefghij	21% ghj	17% gj	16% g	15% g	14% g	4% g	12% g	16% gj	12% gj
Disagree	(2.0)	233	54	71	11	125	106	25	185	48	98	27	37	38	9	11	1	11	85	23
		12%	23% cd	20% d	12%	9%	18% d	35% abcde	12%	11%	25% bcddefghij	14% efghj	14% efghj	12% efghj	5% h	6% h	1% h	3% h	11% efghj	4% efghj
Strongly disagree	(1.0)	98	23	42	3	41	56	10	81	18	61	12	9	8	5	2	1	1	22	4
		5%	9% d	12% cd	4%	3%	9% d	15% cd	5%	4%	15% bcddefghij	7% dfhij	3% hj	2% hj	3% hj	1% hj	1% h	* h	3% hj	1% h
Don't know		16	1	5	1	4	5	1	12	4	9	-	1	-	-	-	1	6	1	6
		1%	*	1% d	1%	*	1%	1%	1%	1%	2% bcdefi	- h	*	-	-	-	1% h	2% di	* h	1% i
NET: Agree		1332	128	170	54	964	321	26	1035	297	131	109	177	225	148	152	67	320	551	540
		66%	54% f	48% f	59% bf	72% abcef	53% f	36% f	66% f	67% f	33% f	58% a	66% a	70% ab	78% abcdi	79% abcdi	92% abcdefhij	84% abcdi	70% ab	83% abcdi
NET: Disagree		331	76	113	14	166	162	35	266	65	159	39	46	46	14	13	2	12	106	27
		16%	32% cd	32% cd	16%	12%	27% cd	49% abcde	17% h	15% h	40% bcddefghij	21% efghij	17% efghj	14% efghj	7% h	7% h	2% h	3% h	14% efghj	4% efghj
Base for stats		2003	237	353	90	1335	597	71	1564	439	390	188	269	324	191	192	72	378	783	642
Mean Score		3.65	3.28 f	3.16 f	3.62 abef	3.79 abef	3.33 bf	2.80	3.64	3.69	2.83	3.41 a	3.63 ab	3.70 ab	3.91 abcdi	3.98 abcdi	4.30 abcdef	4.16 abcdef	3.73 ab	4.12 abcdef
Standard Deviation		1.074	1.246	1.219	1.069	.990	1.201	1.235	1.082	1.044	1.169	1.069	1.030	.969	.890	.850	.706	.765	.977	.791
Standard Error		.024	.078	.067	.110	.027	.049	.147	.027	.050	.060	.077	.063	.053	.064	.060	.082	.040	.035	.031
Error variance		*	.01	*	.01	*	*	.02	*	*	*	.01	*	*	*	*	.01	*	*	*

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

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

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	399	187	75	131	358	20	342	25	332	29	350	19	282	55
		20%	29%	14%	16%	25%	8%	24%	10%	27%	9%	27%	7%	28%	11%
			bc			b		b		b		b		b	
Agree	(4.0)	933	345	240	341	762	48	762	67	642	105	651	95	482	225
		46%	53%	46%	42%	54%	20%	54%	28%	52%	33%	50%	37%	48%	46%
			bc			b		b		b		b			
Neither agree nor disagree	(3.0)	340	84	123	125	141	36	139	35	125	54	147	51	103	90
		17%	13%	23%	16%	10%	15%	10%	15%	10%	17%	11%	20%	10%	18%
				ac		a		a		a		a		a	
Disagree	(2.0)	233	30	52	149	118	84	128	65	98	85	108	64	99	76
		12%	5%	10%	19%	8%	35%	9%	27%	8%	27%	8%	25%	10%	15%
				a	ab		a		a		a		a		a
Strongly disagree	(1.0)	98	7	32	57	38	46	40	44	31	44	43	27	40	42
		5%	1%	6%	7%	3%	19%	3%	19%	3%	14%	3%	11%	4%	9%
			a		a		a		a		a		a		a
Don't know		16	3	1	2	2	3	2	2	3	3	4	2	4	3
		1%	*	*	*	*	1%	*	1%	*	1%	*	1%	*	1%
						a		a							
NET: Agree		1332	532	316	472	1121	68	1104	92	975	133	1001	114	765	280
		66%	81%	60%	59%	79%	29%	78%	38%	79%	42%	77%	44%	76%	57%
			bc			b		b		b		b		b	
NET: Disagree		331	37	84	206	156	130	168	109	129	128	151	91	139	118
		16%	6%	16%	26%	11%	55%	12%	46%	11%	40%	12%	35%	14%	24%
				a	ab		a		a		a		a		a
Base for stats		2003	653	523	803	1418	235	1411	236	1229	315	1299	256	1007	488
Mean Score		3.65	4.03	3.52	3.42	3.91	2.63	3.88	2.84	3.93	2.97	3.89	3.06	3.86	3.36
			bc			b		b		b		b		b	
Standard Deviation		1.074	.833	1.053	1.170	.958	1.248	.971	1.307	.958	1.233	1.000	1.161	1.057	1.135
Standard Error		.024	.032	.047	.041	.025	.083	.026	.085	.027	.070	.028	.072	.033	.052
Error variance		*	*	*	*	*	.01	*	.01	*	*	*	.01	*	*

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

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

BASE: All respondents

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	400	215	184	168	120	112	14	47	45	49	35	48	79	51	32
		20%	22%	18%	28%	18%	15%	15%	18%	23%	23%	20%	21%	25%	16%	15%
			b		bc					h	hi			ahi		
Agree	(4.0)	908	451	452	249	297	363	44	116	81	89	69	93	143	164	108
		45%	46%	44%	41%	45%	48%	46%	44%	41%	42%	40%	42%	45%	50%	52%
							a								ce	cdef
Neither agree nor disagree	(3.0)	342	150	186	93	120	129	20	52	33	38	29	39	44	58	29
		17%	15%	18%	15%	18%	17%	21%	20%	17%	18%	17%	18%	14%	18%	14%
									g							
Disagree	(2.0)	227	100	125	64	78	86	11	29	25	22	21	29	37	26	26
		11%	10%	12%	10%	12%	11%	12%	11%	13%	11%	12%	13%	12%	8%	13%
Strongly disagree	(1.0)	124	57	65	30	42	52	6	19	13	11	17	12	13	25	10
		6%	6%	6%	5%	6%	7%	7%	7%	6%	5%	10%	5%	4%	8%	5%
												gi			g	
Don't know		17	6	8	6	3	8	1	-	-	1	2	1	6	3	2
		1%	1%	1%	1%	*	1%	1%	-	-	1%	1%	*	2%	1%	1%
														bc		
NET: Agree		1308	666	635	417	416	475	58	163	126	138	105	141	222	215	140
		65%	68%	62%	68%	63%	63%	60%	62%	64%	66%	61%	63%	69%	66%	67%
			b		bc									e		
NET: Disagree		352	157	190	94	120	137	18	48	38	33	37	42	50	51	36
		17%	16%	19%	15%	18%	18%	18%	18%	19%	16%	22%	19%	15%	16%	17%
Base for stats		2002	974	1011	604	657	742	96	263	197	209	171	222	315	324	206
		3.62	3.68	3.56	3.76	3.57	3.54	3.50	3.55	3.61	3.68	3.50	3.61	3.76	3.59	3.61
			b		bc									abe		
Standard Deviation		1.112	1.103	1.116	1.119	1.112	1.096	1.094	1.122	1.156	1.104	1.226	1.126	1.078	1.086	1.043
		.025	.036	.035	.042	.043	.044	.103	.070	.078	.078	.085	.086	.060	.062	.073
		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

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

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

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	400	38	101	124	43	28	66	263	137	333	7	30	13	4	4	59
		20%	27%	24%	23%	16%	13%	14%	24%	15%	20%	12%	28%	18%	25%	33%	21%
			defh	defh	defh				defh			ab					
Agree	(4.0)	908	70	176	252	122	100	189	497	411	766	34	50	36	7	5	132
		45%	50%	42%	47%	46%	47%	42%	46%	44%	45%	56%	46%	47%	41%	46%	48%
Neither agree nor disagree	(3.0)	342	15	60	73	53	46	96	148	195	285	11	18	12	2	-	43
		17%	11%	14%	14%	20%	21%	21%	14%	21%	17%	18%	17%	15%	14%	-	16%
					abcg	abcg	abcg		abcg								
Disagree	(2.0)	227	9	60	49	32	24	53	118	109	201	6	8	7	2	2	26
		11%	7%	14%	9%	12%	11%	12%	11%	12%	12%	11%	7%	10%	13%	21%	9%
				ac													
Strongly disagree	(1.0)	124	5	21	29	12	15	42	55	70	110	2	2	6	1	-	11
		6%	3%	5%	6%	5%	7%	9%	5%	7%	6%	3%	2%	8%	7%	-	4%
							abcdg			g	c			c			
Don't know		17	3	-	3	1	1	9	6	11	9	-	1	2	-	-	3
		1%	2%	-	1%	*	*	2%	1%	1%	1%	-	1%	2%	-	-	1%
			b					bg		b			a				
NET: Agree		1308	108	277	376	165	128	255	760	548	1098	42	80	49	11	9	190
		65%	77%	66%	71%	63%	60%	56%	70%	59%	65%	68%	74%	65%	66%	79%	70%
			bdefh	fh	defh				defh			a					
NET: Disagree		352	14	81	78	44	40	96	173	179	310	8	9	13	3	2	37
		17%	10%	19%	15%	17%	19%	21%	16%	19%	18%	14%	9%	17%	20%	21%	13%
				a			a	acg		ac	cg						
Base for stats		2002	137	417	527	262	213	447	1081	922	1694	61	108	74	16	11	270
Mean Score		3.62	3.93	3.66	3.75	3.58	3.47	3.41	3.74	3.47	3.60	3.63	3.92	3.59	3.64	3.90	3.74
			bdefgh	efh	defh				defh				abd				a
Standard Deviation		1.112	.987	1.138	1.088	1.044	1.086	1.160	1.098	1.112	1.122	.946	.944	1.139	1.228	1.132	1.030
Standard Error		.025	.084	.056	.047	.062	.071	.058	.033	.037	.027	.117	.088	.130	.298	.314	.061
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.02	.09	.10	*



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

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

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	400	246	70	70	140	21	21	60	299	101	383	13	46	220	104	31	354	76	269
		20%	20%	20%	22%	21%	26%	23%	12%	22%	15%	22%	6%	15%	20%	20%	32%	21%	26%	20%	
							ce	c		ce		b			a	a	abce	a	b		
Agree		(4.0)	908	541	160	156	315	32	37	205	634	274	839	57	127	483	261	37	781	130	632
		45%	44%	47%	48%	47%	41%	41%	41%	47%	41%	48%	27%	41%	44%	51%	38%	46%	44%	46%	
										ce		b				abde					
Neither agree nor disagree		(3.0)	342	222	53	45	98	10	13	116	205	138	268	46	76	183	70	14	267	40	213
		17%	18%	15%	14%	15%	12%	14%	23%	15%	20%	15%	22%	24%	17%	14%	14%	16%	13%	16%	
									ad		d	a		bcd							
Disagree		(2.0)	227	147	36	34	70	8	12	69	138	89	170	47	34	132	53	9	193	34	158
		11%	12%	10%	11%	10%	10%	10%	14%	10%	13%	10%	23%	11%	11%	10%	9%	11%	11%	12%	
									d			a									
Strongly disagree		(1.0)	124	77	24	16	39	7	7	47	63	61	76	42	25	73	22	4	99	15	82
		6%	6%	7%	5%	6%	9%	8%	9%	5%	9%	4%	20%	8%	7%	4%	4%	6%	5%	6%	
									d		d	a		c							
Don't know			17	8	2	2	4	1	2	6	8	9	6	4	4	8	2	3	12	3	5
		1%	1%	*	1%	1%	1%	1%	2%	1%	1%	*	2%	1%	1%	*	3%	1%	1%	*	
												a					bce				
NET: Agree			1308	787	230	225	455	53	57	265	933	376	1221	69	173	702	365	68	1135	206	901
		65%	63%	67%	70%	68%	67%	63%	53%	69%	56%	70%	33%	55%	64%	71%	70%	67%	69%	66%	
					a	a	ce			ce		b			a	abe	a	a			
NET: Disagree			352	224	59	50	109	15	19	117	201	150	246	89	60	205	74	13	292	48	240
		17%	18%	17%	16%	16%	19%	21%	23%	15%	22%	14%	43%	19%	19%	15%	13%	17%	16%	18%	
									d		d	a		c							
Base for stats		2002	1232	342	321	663	78	89	497	1338	664	1736	204	308	1090	509	95	1694	294	1355	
Mean Score		3.62	3.59	3.63	3.71	3.67	3.66	3.59	3.32	3.72	3.40	3.74	2.76	3.43	3.59	3.73	3.87	3.65	3.75	3.63	
							c	c		ce		b		a	a	ab	ab	a			
Standard Deviation		1.112	1.120	1.126	1.073	1.101	1.245	1.205	1.145	1.066	1.171	1.046	1.236	1.122	1.137	1.033	1.106	1.107	1.115	1.109	
Standard Error		.025	.031	.067	.064	.046	.137	.125	.053	.029	.046	.025	.087	.063	.035	.046	.112	.027	.066	.030	
Error variance		*	*	*	*	*	.02	.02	*	*	*	*	.01	*	*	*	.01	*	*	*	*

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

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

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j	
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646	
Total	2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	400	42	39	19	295	93	7	310	90	16	22	48	57	46	53	23	136	150	212
	20%	18%	11%	21%	22%	15%	10%	20%	20%	4%	11%	18%	17%	24%	27%	32%	35%	19%	33%	
		b		b	bef					a	a	a	a	ab	abcdi	abcdi	abcdefi	ab	abcdei	
Agree	(4.0)	908	84	131	29	661	219	20	719	189	119	84	124	158	101	102	41	179	383	321
	45%	35%	37%	31%	49%	36%	28%	46%	43%	30%	45%	46%	49%	53%	53%	56%	47%	49%	50%	
					abcef						a	a	a	a	a	a	a	a	a	
Neither agree nor disagree	(3.0)	342	50	82	23	185	137	14	260	83	102	33	52	57	22	25	6	44	131	76
	17%	21%	23%	25%	14%	23%	20%	16%	19%	26%	17%	19%	18%	11%	13%	8%	12%	17%	12%	
		d	d	d		d				bdefghij	j	eghj	ghj					hj		
Disagree	(2.0)	227	34	57	13	134	86	15	175	52	74	34	35	42	18	7	2	15	96	24
	11%	14%	16%	15%	10%	14%	20%	11%	12%	18%	18%	13%	13%	10%	4%	2%	4%	12%	4%	
		d	d			d	d			defghij	efghij	fghj	fghj	fghj				fghj		
Strongly disagree	(1.0)	124	25	47	6	58	62	14	98	26	80	14	10	8	3	5	1	4	21	9
	6%	11%	13%	7%	4%	10%	20%	6%	6%	20%	7%	4%	2%	2%	3%	1%	1%	3%	1%	
		d	d			d	acde			bdefghij	defghij	hj								
Don't know		17	3	2	1	6	5	1	14	3	7	2	1	1	-	-	-	6	2	6
	1%	1%	*	1%	*	1%	1%	1%	1%	1%	2%	1%	*	*	-	-	-	1%	*	1%
											i						i			
NET: Agree		1308	126	170	47	956	312	28	1029	279	135	106	171	215	147	154	64	315	533	534
	65%	53%	47%	52%	71%	52%	39%	65%	63%	34%	56%	64%	66%	77%	80%	88%	82%	68%	82%	
		f			abcef	f					a	a	a	ab	abcdi	abcdi	abcdei	abcdi	ab	abcdei
NET: Disagree		352	59	104	19	192	148	29	274	78	154	48	45	50	22	12	2	19	117	33
	17%	25%	29%	21%	14%	25%	40%	17%	18%	39%	25%	17%	15%	11%	6%	3%	5%	15%	5%	
		d	d			d	acde			bdefghij	cdefghij	fghj	fghj	ghj				fghj		
Base for stats	2002	235	356	90	1333	597	71	1563	440	391	186	269	322	191	192	73	378	782	643	
Mean Score	3.62	3.36	3.16	3.45	3.75	3.32	2.88	3.62	3.60	2.79	3.35	3.61	3.66	3.88	3.99	4.16	4.13	3.70	4.09	
		f		bf	abcef	bf					a	ab	ab	abcdi	abcdi	abcdei	abcdei	ab	abcdei	
Standard Deviation	1.112	1.237	1.212	1.173	1.045	1.203	1.311	1.111	1.116	1.198	1.133	1.037	.993	.943	.888	.753	.842	1.001	.848	
Standard Error	.025	.078	.067	.121	.029	.049	.156	.028	.054	.061	.082	.063	.055	.068	.062	.087	.044	.036	.034	
Error variance	*	.01	*	.01	*	*	.02	*	*	*	.01	*	*	*	*	.01	*	*	*	

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

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

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	400	207	79	110	352	16	347	22	329	31	338	29	280	65
		20%	32% bc	15%	14%	25% b	7%	25% b	9%	27% b	10%	26% b	11%	28% b	13%
Agree	(4.0)	908	341	238	320	725	71	731	69	608	114	629	93	465	212
		45%	52% bc	45% c	40%	51% b	30%	52% b	29%	49% b	36%	48% b	36%	46% b	43%
Neither agree nor disagree	(3.0)	342	72	126	135	148	41	137	32	121	58	157	47	114	81
		17%	11%	24% ac	17% a	10%	17% a	10%	13%	10%	18% a	12% a	18% a	11% a	16% a
Disagree	(2.0)	227	25	50	152	137	54	139	62	118	64	113	50	100	76
		11%	4%	10% a	19% ab	10%	23% a	10%	26% a	10%	20% a	9% a	19% a	10% a	15% a
Strongly disagree	(1.0)	124	10	29	83	55	53	54	51	53	48	60	36	47	54
		6%	1%	6% a	10% ab	4%	22% a	4%	22% a	4%	15% a	5% a	14% a	5% a	11% a
Don't know		17	2	3	5	4	3	5	3	4	3	5	3	5	3
		1%	*	1%	1%	*	1% a	*	1% a	*	1%	*	1%	*	1%
NET: Agree		1308	548	317	430	1076	87	1078	91	937	145	967	122	745	277
		65%	83% bc	60% c	53%	76% b	37%	76% b	38%	76% b	46%	74% b	47%	74% b	56%
NET: Disagree		352	35	79	234	192	107	193	113	170	112	173	86	147	130
		17%	5%	15% a	29% ab	14%	45% a	14%	47% a	14%	35% a	13% a	33% a	15% a	27% a
Base for stats		2002	655	522	800	1416	234	1408	235	1228	315	1297	255	1006	488
Mean Score		3.62	4.08 bc	3.55 c	3.28	3.83 b	2.76	3.84 b	2.78	3.85 b	3.05	3.83 b	3.11	3.83 b	3.32
Standard Deviation		1.112	.842	1.038	1.216	1.031	1.285	1.028	1.327	1.055	1.253	1.056	1.257	1.087	1.211
Standard Error		.025	.033	.046	.043	.027	.085	.027	.086	.030	.071	.029	.078	.034	.055
Error variance		*	*	*	*	*	.01	*	.01	*	.01	*	.01	*	*

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

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

BASE: All respondents

			Gender		Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	400	210	188	154	134	111	21	50	40	46	32	39	78	56	38
		20%	21%	18%	25% bc	20% c	15%	21%	19%	20%	22%	19%	17%	24% h	17%	18%
Agree	(4.0)	828	423	396	234	279	315	39	112	76	81	69	94	133	131	92
		41%	43% b	39%	38%	42%	42%	41%	43%	39%	39%	40%	42%	42%	40%	44%
Neither agree nor disagree	(3.0)	426	208	214	128	128	169	20	59	38	40	42	51	66	69	42
		21%	21%	21%	21%	19%	23%	20%	22%	19%	19%	24%	23%	21%	21%	20%
Disagree	(2.0)	222	78	143	56	77	89	13	24	26	27	16	24	23	42	26
		11%	8% a	14%	9%	12%	12%	13% g	9%	13% g	13% g	9%	11%	7%	13% g	13% g
Strongly disagree	(1.0)	123	50	72	31	37	55	3	18	16	15	10	16	16	22	7
		6%	5% b	7%	5%	6%	7%	3%	7%	8%	7%	6%	7%	5%	7%	4%
Don't know		20	10	6	6	4	10	1	-	1	1	3	-	5	6	3
		1%	1%	1%	1%	1%	1%	1%	-	1%	1%	2% b	-	2% b	2% b	2% b
NET: Agree		1228	633	584	388	413	427	60	162	116	127	101	133	211	187	130
		61%	65% b	57%	64% c	63% c	57%	62%	62%	59%	60%	59%	60%	66% h	57%	62%
NET: Disagree		345	128	215	86	115	144	16	41	42	42	27	40	39	64	34
		17%	13% a	21%	14% a	17%	19% a	17%	16%	21% g	20% g	15%	18%	12% g	20% g	16%
Base for stats		1999	969	1014	603	656	740	96	263	196	209	170	223	316	321	205
Mean Score		3.58	3.69 b	3.48	3.71 c	3.60 c	3.46	3.64	3.58	3.50	3.55	3.57	3.52	3.74 cfh	3.49	3.62
Standard Deviation		1.112	1.058	1.153	1.101	1.109	1.112	1.065	1.102	1.191	1.177	1.091	1.115	1.063	1.133	1.041
Standard Error		.025	.035	.036	.041	.043	.045	.100	.068	.080	.083	.076	.085	.059	.065	.073
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

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

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

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	400	42	98	127	41	33	59	267	133	320	13	34	17	3	4	72
		20%	30%	24%	24%	16%	16%	13%	25%	14%	19%	21%	32%	23%	21%	38%	26%
			defh	defh	defh				defh				a				a
Agree	(4.0)	828	63	168	216	108	88	185	447	381	705	24	49	24	5	5	108
		41%	45%	40%	41%	41%	41%	41%	41%	41%	41%	39%	45%	32%	32%	46%	40%
Neither agree nor disagree	(3.0)	426	19	86	100	64	55	103	205	221	358	16	16	21	2	1	55
		21%	13%	21%	19%	24%	26%	23%	19%	24%	21%	26%	15%	27%	11%	9%	20%
					ag	acg		a		acg				c			
Disagree	(2.0)	222	9	42	54	35	24	58	105	117	201	7	5	4	1	1	18
		11%	7%	10%	10%	13%	11%	13%	10%	13%	12%	11%	5%	6%	7%	7%	7%
					a			a		ag	cg						
Strongly disagree	(1.0)	123	4	21	30	14	13	41	54	68	108	1	3	7	3	-	15
		6%	3%	5%	6%	5%	6%	9%	5%	7%	6%	2%	3%	10%	17%	-	5%
								abcg		ag							
Don't know		20	3	2	3	1	1	10	8	13	10	-	1	2	2	-	5
		1%	2%	*	1%	*	1%	2%	1%	1%	1%	-	1%	2%	13%	-	2%
								bcdg									
NET: Agree		1228	105	267	343	149	121	244	714	514	1025	37	83	42	8	10	180
		61%	75%	64%	65%	57%	57%	53%	66%	55%	60%	60%	77%	55%	53%	84%	66%
			bcddefgh	fh	defh				defh				abdg				
NET: Disagree		345	13	63	84	49	37	99	160	185	309	8	9	12	4	1	33
		17%	9%	15%	16%	19%	17%	22%	15%	20%	18%	14%	8%	15%	24%	7%	12%
					a	a	a	abcg		abg	cg						
Base for stats		1999	137	415	527	262	213	446	1079	920	1692	61	108	74	14	11	268
Mean Score		3.58	3.96	3.68	3.67	3.49	3.49	3.36	3.71	3.43	3.55	3.65	3.98	3.54	3.38	4.16	3.76
			bcddefgh	defh	defh				defh				abd				a
Standard Deviation		1.112	.984	1.095	1.117	1.078	1.076	1.146	1.096	1.112	1.117	1.016	.979	1.203	1.472	.887	1.093
Standard Error		.025	.083	.054	.048	.064	.070	.057	.033	.037	.027	.126	.091	.137	.380	.246	.065
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.14	.06	*

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

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

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	400	236	74	74	148	15	17	66	303	98	382	14	49	213	109	28	351	71	272
		20%	19%	22%	23%	22%	19%	18%	13%	22%	15%	22%	7%	16%	19%	21%	29%	21%	24%	20%	
										ce		b				a	abe				
Agree		(4.0)	828	501	151	129	280	36	38	177	576	251	751	62	112	464	217	35	716	121	578
		41%	40%	44%	40%	42%	46%	42%	35%	43%	37%	43%	30%	36%	42%	42%	36%	42%	41%	42%	
										ce		b			a		a				
Neither agree nor disagree		(3.0)	426	262	64	74	138	16	20	130	259	167	352	52	71	217	123	14	354	57	282
		21%	21%	19%	23%	21%	21%	22%	26%	19%	25%	20%	25%	23%	20%	24%	14%	21%	19%	21%	
									d		d					bd					
Disagree		(2.0)	222	143	40	30	70	4	13	72	133	89	176	32	46	122	42	12	176	32	141
		11%	12%	12%	9%	10%	5%	14%	14%	10%	13%	10%	15%	15%	11%	8%	13%	10%	11%	10%	
								a	ad		ad	a		ce							
Strongly disagree		(1.0)	123	89	13	13	27	6	1	51	64	59	74	43	31	71	17	4	92	12	80
		6%	7%	4%	4%	4%	8%	2%	10%	5%	9%	4%	21%	10%	6%	3%	4%	5%	4%	6%	
			bd				b		bd		bd	a		bce	c						
Don't know			20	9	2	2	4	1	2	7	11	10	7	5	3	10	3	4	17	4	7
		1%	1%	*	1%	1%	1%	2%	1%	1%	1%	*	2%	1%	1%	1%	4%	1%	1%	*	
												a					bce				
NET: Agree			1228	737	225	203	428	52	54	243	879	349	1133	76	161	678	326	63	1067	192	850
		61%	59%	66%	63%	64%	65%	60%	48%	65%	52%	65%	37%	51%	62%	64%	65%	63%	65%	63%	
						a	ce	c		ce		b			a	a	a	a			
NET: Disagree			345	232	53	43	96	10	14	123	198	147	250	75	77	193	59	16	268	44	221
		17%	19%	15%	13%	14%	13%	16%	24%	15%	22%	14%	36%	25%	18%	12%	17%	16%	15%	16%	
				cd					ad		d	a		bce	c			c			
Base for stats		1999	1232	342	321	663	78	89	496	1336	663	1735	203	309	1088	508	94	1689	293	1353	
Mean Score		3.58	3.53	3.68	3.69	3.68	3.64	3.63	3.27	3.69	3.36	3.69	2.86	3.33	3.58	3.71	3.77	3.63	3.71	3.61	
			a	a	a	a	ce	ce		ce		b		a	a	ab	a	a			
Standard Deviation		1.112	1.140	1.058	1.057	1.057	1.109	1.004	1.171	1.076	1.152	1.055	1.257	1.203	1.120	1.002	1.141	1.088	1.078	1.097	
Standard Error		.025	.031	.063	.063	.045	.122	.104	.055	.029	.046	.025	.089	.068	.034	.044	.116	.027	.064	.030	
Error variance		*	*	*	*	*	.02	.01	*	*	*	*	.01	*	*	*	.01	*	*	*	

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

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

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j	
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	400	43	38	17	300	89	6	326	75	22	24	39	61	41	46	25	142	142	213
		20%	18% b	11%	18%	22% bef	15%	9%	21%	17%	5%	13% a	14% a	19% a	22% abc	24% abc	34% abcdei	37% abcdefi	18% a	33% abcdefi
Agree	(4.0)	828	82	129	35	579	221	20	637	191	86	70	128	152	99	85	37	171	378	293
		41%	35%	36%	39%	43% abef	37%	28%	40%	43%	21%	37% a	47% ab	47% ab	52% ab	44% a	50% a	45% a	48% ab	45% a
Neither agree nor disagree	(3.0)	426	53	91	18	256	144	19	331	95	116	53	60	63	39	38	8	47	163	94
		21%	22%	26% d	20%	19%	24% d	26%	21%	21%	cdefghij	dghij	ghj	20% hj	21% hj	20% h	11%	12%	21% ghj	14%
Disagree	(2.0)	222	42	57	10	131	86	19	176	46	88	32	30	35	9	14	1	14	74	29
		11%	18% d	16% d	11%	10%	14% d	26% bcde	11%	10%	22% cdefghij	17% efghij	11% eghj	11% eghj	5% eghj	7% eghj	2% eghj	4% eghj	9% eghj	4% eghj
Strongly disagree	(1.0)	123	14	39	9	67	53	7	92	31	77	9	12	10	2	8	-	4	25	12
		6%	6% ad	11% ad	10% d	5%	9% d	10%	6%	7%	19% bcdefghij	5% ehj	4% hj	3% hj	1% 3%	1% 4% h	-	1% 1%	3% h	2% 2%
Don't know		20	3	3	2	7	8	1	14	6	10	1	1	1	-	1	2	5	2	8
		1%	1%	1%	2% d	1%	1%	1%	1%	1%	2% cdei	*	*	*	-	*	3% cdei	1% i	*	1% i
NET: Agree		1228	125	167	52	878	311	26	963	266	108	94	167	214	140	132	61	314	520	507
		61%	52% f	47%	57% f	66% abef	52% f	37%	61%	60%	27%	50% a	62% ab	66% ab	73% abc	69% ab	84% abcdfi	82% abcdefi	66% ab	78% abcdfi
NET: Disagree		345	57	97	19	198	140	26	268	77	165	40	42	45	11	21	1	18	99	41
		17%	24% d	27% d	21%	15%	23% d	36% acde	17%	17%	41% bcdefghij	21% defghij	16% eghj	14% eghj	6% ghj	11% ghj	2% ghj	5% ghj	13% eghj	6% eghj
Base for stats		1999	235	355	89	1332	594	71	1562	437	389	187	269	322	191	191	71	379	782	641
Mean Score		3.58	3.41 bf	3.20	3.45 f	3.69 abcef	3.35 f	3.00	3.59	3.53	2.71	3.36 a	3.56 ab	3.68 ab	3.88 abcdi	3.78 abc	4.19 abcdefi	4.15 abcdefi	3.69 ab	4.04 abcdefi
Standard Deviation		1.112	1.157	1.168	1.223	1.078	1.166	1.150	1.113	1.108	1.177	1.052	1.016	1.006	.843	1.021	.715	.854	.978	.908
Standard Error		.025	.073	.064	.127	.030	.048	.137	.028	.054	.060	.076	.062	.056	.061	.072	.084	.045	.035	.036
Error variance		*	.01	*	.02	*	*	.02	*	*	*	.01	*	*	*	.01	.01	*	*	*

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

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

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	400	181	75	142	351	21	340	26	363	15	362	13	289	51
		20%	28%	14%	18%	25%	9%	24%	11%	30%	5%	28%	5%	29%	10%
			bc			b		b		b		b		b	
Agree	(4.0)	828	301	205	317	675	56	652	66	690	43	637	48	457	158
		41%	46%	39%	39%	48%	24%	46%	28%	56%	14%	49%	19%	45%	32%
			bc			b		b		b		b		b	
Neither agree nor disagree	(3.0)	426	108	143	165	232	46	239	50	106	49	180	54	147	118
		21%	16%	27%	21%	16%	19%	17%	21%	9%	15%	14%	21%	15%	24%
				ac	a						a		a		a
Disagree	(2.0)	222	50	54	113	117	57	125	51	52	124	81	73	81	88
		11%	8%	10%	14%	8%	24%	9%	21%	4%	39%	6%	28%	8%	18%
					a		a		a		a		a		a
Strongly disagree	(1.0)	123	14	44	62	38	53	53	41	16	83	36	65	32	73
		6%	2%	8%	8%	3%	22%	4%	17%	1%	26%	3%	25%	3%	15%
				a	a		a		a		a		a		a
Don't know		20	2	3	5	7	3	4	5	4	4	5	5	4	4
		1%	*	1%	1%	1%	1%	*	2%	*	1%	*	2%	*	1%
									a		a		a		
NET: Agree		1228	482	279	458	1026	77	992	92	1053	58	999	61	746	208
		61%	73%	53%	57%	72%	33%	70%	38%	86%	18%	77%	24%	74%	42%
			bc			b		b		b		b		b	
NET: Disagree		345	64	99	175	155	111	178	92	69	207	117	138	113	160
		17%	10%	19%	22%	11%	47%	13%	39%	6%	65%	9%	54%	11%	33%
				a	a		a		a		a		a		a
Base for stats		1999	654	521	799	1413	234	1409	234	1228	314	1297	253	1006	487
Mean Score		3.58	3.89	3.40	3.45	3.84	2.72	3.78	2.93	4.08	2.31	3.93	2.49	3.89	3.05
			bc			b		b		b		b		b	
Standard Deviation		1.112	.964	1.118	1.164	.980	1.298	1.027	1.283	.817	1.143	.957	1.210	1.014	1.232
Standard Error		.025	.038	.049	.041	.026	.086	.027	.084	.023	.065	.027	.076	.032	.056
Error variance		*	*	*	*	*	.01	*	.01	*	*	*	.01	*	*



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

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

BASE: All respondents

		Gender			Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	513	261	246	180	173	160	24	59	45	56	41	64	106	68	48
		25%	27%	24%	30% c	26% c	21%	25%	23%	23%	27%	24%	29%	33% bcehi	21%	23%
Agree	(4.0)	872	424	443	258	290	324	42	116	93	94	72	79	135	146	95
		43%	43%	43%	42%	44%	43%	43%	44%	47% f	45%	41%	35%	42%	45% f	46% f
Neither agree nor disagree	(3.0)	410	190	216	104	134	171	21	63	33	31	41	54	50	76	39
		20%	19%	21%	17%	20%	23% a	22%	24% dg	17%	15%	24% dg	24% dg	16%	23% dg	19%
Disagree	(2.0)	142	61	80	43	38	61	7	19	15	17	10	14	21	23	17
		7%	6%	8%	7%	6%	8%	7%	7%	7%	8%	6%	6%	7%	7%	8%
Strongly disagree	(1.0)	64	35	28	18	20	26	1	3	10	11	7	10	5	11	6
		3%	4%	3%	3%	3%	4%	1%	1%	5% bg	5% bg	4% bg	4% bg	1%	3%	3%
Don't know		18	9	8	7	5	7	2	3	1	1	2	3	4	2	2
		1%	1%	1%	1%	1%	1%	2%	1%	*	1%	1%	1%	1%	1%	1%
NET: Agree		1385	685	689	438	462	484	67	175	139	150	113	142	241	214	143
		69%	70%	68%	72% c	70% c	65%	69%	67%	70%	71%	65%	64%	75% befh	66%	69%
NET: Disagree		206	96	107	61	58	87	8	22	24	28	17	24	26	34	24
		10%	10%	11%	10%	9%	12%	8%	8%	12%	13%	10%	11%	8%	10%	11%
Base for stats		2001	971	1012	603	655	743	95	260	196	209	171	220	317	325	206
Mean Score		3.81	3.84	3.79	3.89 c	3.85 c	3.71	3.86	3.81	3.76	3.80	3.76	3.78	4.00 bcdefhi	3.73	3.78
Standard Deviation		1.000	1.007	.987	1.007	.977	1.006	.922	.912	1.048	1.083	1.021	1.073	.943	.984	.998
Standard Error		.022	.033	.031	.038	.038	.040	.087	.057	.071	.077	.071	.082	.052	.056	.070
Error variance		*	*	*	*	*	*	.01	*	*	.01	.01	.01	*	*	*

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

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

BASE: All respondents

		Social Grade								Ethnicity								
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Unweighted Total		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291	
Total		2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	513	52	122	147	60	42	90	321	192	416	23	31	23	6	4	87	
		25%	37% cdefh	29% efh	28% efh	23%	20%	20%	30% defh	21%	24%	38% a	29%	30%	39%	31%	32% a	
Agree	(4.0)	872	57	182	240	109	100	184	479	392	744	22	50	30	4	6	112	
		43%	41%	44%	45%	41%	47%	40%	44%	42%	44%	35%	46%	39%	25%	56%	41%	
Neither agree nor disagree	(3.0)	410	17	73	87	66	51	116	177	233	357	10	17	12	3	2	43	
		20%	12%	17%	16%	25% abcg	24% acg	25% abcg	16% abcg	25% abcg	21% g	16%	15%	15%	16%	13%	16%	
Disagree	(2.0)	142	8	32	39	18	12	34	79	63	120	6	7	6	1	-	20	
		7%	6%	8%	7%	7%	5%	7%	7%	7%	7%	9%	7%	8%	6%	-	7%	
Strongly disagree	(1.0)	64	4	9	11	6	9	25	24	40	54	1	3	3	1	-	8	
		3%	3%	2%	2%	2%	4%	6% bcdg	2% bcg	4% bcg	3%	1%	3%	4%	8%	-	3%	
Don't know		18	2	-	5	5	-	6	7	11	11	-	-	3	1	-	3	
		1%	1% b	-	1% b	2% beg	-	1% b	1% b	1% b	1%	-	-	3% ac	6%	-	1%	
NET: Agree		1385	109	304	387	168	142	274	800	585	1160	45	82	52	10	10	199	
		69%	78% defh	73% dfh	73% dfh	64%	66%	60%	74% defh	63%	68%	73%	75%	69%	64%	87%	73%	
NET: Disagree		206	12	40	50	23	21	59	102	103	174	6	11	9	2	-	28	
		10%	9%	10%	9%	9%	10%	13% g	9%	11%	10%	10%	10%	12%	14%	-	10%	
Base for stats		2001	138	417	524	258	214	450	1080	921	1692	61	109	73	15	11	270	
Mean Score		3.81	4.05 defh	3.90 efh	3.90 efh	3.77	3.72	3.62	3.92 defh	3.69	3.80	3.99	3.91	3.85	3.86	4.18	3.92 a	
Standard Deviation		1.000	.998	.976	.963	.956	.986	1.062	.973	1.017	.995	1.013	.987	1.089	1.310	.672	1.026	
Standard Error		.022	.084	.048	.042	.057	.064	.053	.030	.033	.024	.126	.091	.125	.328	.186	.061	
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.11	.03	*	

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

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

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	513	305	87	96	183	22	25	94	372	141	480	27	63	272	141	37	450	80	356
		25%	25%	25%	30%	27%	28% c	27%	19%	28% ce	21%	28% b	13%	20%	25%	28% a	38% abce	26% a	27%	26%	
Agree		(4.0)	872	526	158	141	299	30	30	210	601	270	796	54	130	479	232	30	741	138	589
		43%	42%	46%	44%	45%	39%	33%	42%	45% b	40%	46% b	26%	42%	44% d	45% d	31% d	43% d	46%	43%	
Neither agree nor disagree		(3.0)	410	272	65	53	117	14	20	121	254	156	326	66	77	231	87	15	333	50	270
		20%	22% cd	19%	16%	18%	18%	23%	24% d	19%	23% d	19%	32% a	25% ce	21%	17%	16%	20%	17%	20%	
Disagree		(2.0)	142	88	24	22	46	7	11	46	77	65	95	34	27	68	38	8	115	20	93
		7%	7%	7%	7%	7%	8%	13% d	9% d	6%	10% d	5%	16% a	9%	6%	7%	9%	7%	7%	7%	
Strongly disagree		(1.0)	64	42	8	8	16	4	3	27	30	34	37	24	13	42	7	3	52	9	42
		3%	3%	2%	2%	2%	6%	3%	5% d	2%	5% d	2%	11% a	4% c	4% c	1%	3% be	3% c	3%	3%	
Don't know			18	8	2	3	5	1	1	5	11	7	9	3	3	6	6	3	16	1	11
		1%	1%	*	1%	1%	1%	1%	1%	1%	1%	1%	*	2%	1%	1%	1%	4% be	1%	*	1%
NET: Agree			1385	831	245	237	482	53	55	304	973	411	1276	81	193	751	373	67	1191	218	945
		69%	67%	71%	73% a	72% a	67%	61%	60%	72% bce	61%	73% b	39%	62%	68% a	73% a	69% a	70% a	73%	69%	
NET: Disagree			206	129	32	30	62	11	14	73	107	99	132	58	40	110	45	11	166	29	135
		10%	10%	9%	9%	9%	14% d	16% d	15% d	8%	15% d	8%	28% a	13%	10%	9%	11%	10%	10%	10%	
Base for stats		2001	1232	342	320	661	78	89	498	1335	666	1733	204	310	1092	505	94	1691	296	1349	
Mean Score		3.81	3.78	3.85	3.93	3.89	3.76	3.70	3.60	3.90	3.63	3.92	3.13	3.66	3.80	3.91	3.96	3.84	3.88	3.83	
					a	a				bce		b			a	ab	a	a			
Standard Deviation		1.000	1.005	.960	.978	.969	1.134	1.101	1.064	.946	1.077	.932	1.186	1.028	1.007	.936	1.089	.992	.979	.996	
Standard Error		.022	.028	.057	.059	.041	.125	.114	.050	.026	.043	.022	.084	.058	.031	.041	.111	.024	.058	.027	
Error variance		*	*	*	*	*	.02	.01	*	*	*	*	.01	*	*	*	.01	*	*	*	

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

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

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%																				
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	513	48	63	18	377	119	8	409	104	34	26	47	75	59	73	36	164	180	273
		25%	20%	18%	20%	28% abef	20%	11%	26%	23%	9%	14% a	17% a	23% ab	31% abci	38% abcdi	49% abcdi	43% abcdei	23% ab	42% abcdei
Agree	(4.0)	872	96	158	37	590	254	31	679	193	100	90	142	165	102	83	28	162	409	273
		43%	40%	44%	40%	44%	42%	44%	43%	44%	25%	48% a	53% afghj	51% aghj	53% afghj	43% a	38% a	42% a	52% afghj	42% a
Neither agree nor disagree	(3.0)	410	49	83	25	249	137	15	310	100	141	47	58	63	24	27	5	45	145	77
		20%	20%	23%	28% d	19%	23% d	22%	20%	23%	35% bcdefghij	25% efghij	22% efghj	20% eghj	12%	14%	7%	12%	19% eghj	12%
Disagree	(2.0)	142	34	37	6	76	62	12	109	33	74	20	15	14	6	7	2	4	35	13
		7%	14% d	10% d	7%	6%	10% d	17% cd	7%	7%	19% bcdefghij	10% defghij	6% hj	4% hj	3%	4% h	3%	1%	4% hj	2%
Strongly disagree	(1.0)	64	7	16	5	38	25	3	53	11	44	3	6	5	1	2	2	2	12	5
		3%	3%	4%	5%	3%	4%	5%	3%	2%	11% bcdefghij	1% 1%	2% h	2%	*	1%	2%	*	2%	1%
Don't know		18	4	2	-	9	5	1	16	2	5	3	1	1	-	1	-	7	2	8
		1%	2%	*	-	1%	1%	1%	1%	1%	1% i	1% i	*	*	-	1%	-	2% i	*	1% i
NET: Agree		1385	144	221	55	967	373	40	1088	297	134	116	189	240	160	155	64	326	589	546
		69%	60%	62%	60%	72% abcef	62%	55%	69%	67%	34% abcdi	62% a	70% a	74% ab	84% abcdi	81% abc	88% abcdi	85% abcdi	75% ab	84% abcdi
NET: Disagree		206	41	52	11	113	86	16	162	44	118	22	21	19	6	9	4	6	47	18
		10%	17% d	15% d	12%	8%	14% d	22% d	10%	10%	30% bcdefghij	12% defhij	8% ehj	6% hj	3%	5% h	5%	2%	6% hj	3%
Base for stats		2001	234	356	91	1330	597	71	1560	440	393	185	268	323	191	191	73	377	782	641
Mean Score		3.81	3.61	3.60	3.64	3.90 abcef	3.64	3.40	3.82	3.78	3.02	3.63 a	3.77 a	3.90 ab	4.11 abcdi	4.14 abcdi	4.30 abcdi	4.28 abcdefi	3.91 abc	4.24 abcdei
Standard Deviation		1.000	1.065	1.034	1.042	.971	1.041	1.061	1.008	.970	1.114	.904	.885	.860	.759	.856	.894	.751	.854	.802
Standard Error		.022	.067	.057	.107	.027	.043	.126	.025	.047	.057	.066	.054	.048	.055	.060	.103	.039	.030	.032
Error variance		*	*	*	.01	*	*	.02	*	*	*	*	*	*	*	*	.01	*	*	*

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

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

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	513	212	102	190	454	26	445	22	440	29	468	14	390	54
		25%	32% bc	19%	24%	32% b	11%	31% b	9%	36% b	9%	36% b	5%	39% b	11%
Agree	(4.0)	872	314	192	360	672	70	670	89	613	87	680	49	453	188
		43%	48% b	37%	45% b	47% b	29%	47% b	37%	50% b	27%	52% b	19%	45% b	38%
Neither agree nor disagree	(3.0)	410	93	155	156	208	66	207	58	137	82	120	57	121	118
		20%	14%	30% ac	19% a	15%	28% a	15%	24% a	11%	26% a	9%	22% a	12%	24% a
Disagree	(2.0)	142	28	44	67	62	43	68	42	28	73	22	83	32	78
		7%	4%	8% a	8% a	4%	18% a	5%	18% a	2%	23% a	2%	32% a	3%	16% a
Strongly disagree	(1.0)	64	6	28	28	21	28	20	25	10	45	8	52	8	50
		3%	1%	5% a	3% a	1%	12% a	1%	10% a	1%	14% a	1%	20% a	1%	10% a
Don't know		18	4	4	4	3	5	4	3	4	3	4	3	6	1
		1%	1%	1%	*	*	2% a	*	1% a	*	1%	*	1% a	1%	*
NET: Agree		1385	526	294	550	1126	96	1115	111	1053	116	1149	63	844	242
		69%	80% bc	56%	68% b	79% b	40%	79% b	46%	86% b	36%	88% b	24%	84% b	49%
NET: Disagree		206	34	72	95	83	71	88	67	37	117	29	135	40	129
		10%	5%	14% a	12% a	6%	30% a	6%	28% a	3%	37% a	2%	52% a	4%	26% a
Base for stats		2001	653	521	801	1417	233	1409	236	1227	316	1298	254	1004	489
Mean Score		3.81	4.07 bc	3.57	3.77 b	4.04 b	3.10	4.03 b	3.17	4.18 b	2.95	4.22 b	2.57	4.18 b	3.24
Standard Deviation		1.000	.849	1.061	1.013	.880	1.187	.884	1.151	.775	1.200	.726	1.171	.824	1.160
Standard Error		.022	.033	.047	.036	.023	.079	.024	.075	.022	.068	.020	.073	.026	.053
Error variance		*	*	*	*	*	.01	*	.01	*	*	*	.01	*	*

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

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

BASE: All respondents

		Gender		Age			Region										
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i	
Unweighted Total		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204	
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	343	160	179	148	115	80	18	40	31	39	26	32	80	48	28	
		17%	16%	18%	24% bc	17% c	11%	19%	15%	16%	19%	15%	14%	25% bcefh	15%	14%	
Agree	(4.0)	687	304	378	207	232	248	31	86	76	69	57	62	113	126	66	
		34%	31%	37% a	34%	35%	33%	32%	33%	39% f	33%	33%	28%	35%	39% f	32%	
Neither agree nor disagree	(3.0)	466	247	213	123	144	198	23	83	36	44	43	59	61	65	50	
		23%	25% b	21%	20%	22%	26% a	24%	32% cdgh	19%	21%	25%	27% g	19%	20%	24%	
Disagree	(2.0)	364	191	172	92	126	146	19	33	37	39	32	49	47	60	48	
		18%	20%	17%	15%	19%	19% a	20%	12%	19%	19%	18%	22% bg	15%	18% b	23% bg	
Strongly disagree	(1.0)	138	69	67	31	36	71	4	18	16	16	14	20	15	24	11	
		7%	7%	7%	5%	6%	9% ab	4%	7%	8%	8%	8%	9%	5%	7%	6%	
Don't know		22	8	11	8	6	7	1	3	1	3	2	-	4	3	4	
		1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	-	1%	1%	2%	
NET: Agree		1030	465	557	355	347	328	50	126	107	108	82	94	194	174	95	
		51%	47%	55% a	58% bc	53% c	44%	51%	48%	54% f	51%	48%	42%	60% bdefi	53% f	46%	
NET: Disagree		502	260	239	124	162	216	23	50	52	55	46	69	62	84	59	
		25%	27%	23%	20%	25%	29% a	24%	19%	27% g	26%	26%	31% bg	19%	26% g	29% bg	
Base for stats		1997	972	1008	601	653	743	96	260	196	208	171	223	317	323	204	
Mean Score		3.37	3.30	3.43 a	3.58 bc	3.40 c	3.16	3.44	3.38	3.35	3.37	3.29	3.17	3.62 bcdefhi	3.35	3.25	
Standard Deviation		1.164	1.168	1.157	1.165	1.146	1.148	1.128	1.102	1.185	1.208	1.172	1.189	1.155	1.161	1.131	
Standard Error		.026	.038	.036	.044	.044	.046	.107	.069	.080	.086	.082	.091	.064	.066	.080	
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01	

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

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

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	343	41	86	111	37	27	40	238	105	266	18	28	16	4	4	70
		17%	30% bcdefgh	21% defh	21% defh	14% f	13% abcg	9% abcg	22% defh	11% abcg	16% c	29% a	26% a	22% c	25% e	35% f	26% a
Agree	(4.0)	687	48	153	192	88	68	138	393	294	593	17	34	23	5	4	82
		34%	35% defh	37% defh	36% defh	33% f	32% abcg	30% abcg	36% fh	31% abcg	35% c	27% a	31% a	30% c	31% e	34% f	30% g
Neither agree nor disagree	(3.0)	466	23	86	107	60	60	130	215	250	395	12	24	16	4	1	57
		23%	16% defh	21% defh	20% defh	23% f	28% abcg	28% abcg	20% fh	27% abcg	23% c	20% a	22% a	22% c	26% e	6% f	21% g
Disagree	(2.0)	364	20	73	88	57	42	83	181	182	311	12	20	11	-	3	47
		18%	14% defh	18% defh	17% defh	22% g	20% abcg	18% abcg	17% fh	20% abcg	18% c	20% a	19% a	15% c	- e	26% f	17% g
Strongly disagree	(1.0)	138	6	18	27	19	16	52	51	87	124	2	3	7	2	-	14
		7%	4% defh	4% defh	5% defh	7% f	7% abcg	11% abcg	5% abcg	9% abcg	7% c	4% a	2% a	9% c	10% e	- f	5% g
Don't know		22	2	1	4	1	1	12	8	14	14	-	-	2	1	-	3
		1%	1% defh	* defh	1% defh	* f	* abcg	3% bcdeg	1% b	2% b	1% c	- a	- a	2% c	8% e	- f	1% g
NET: Agree		1030	90	239	303	125	95	178	631	398	858	35	62	39	9	8	152
		51%	64% defh	57% defh	57% defh	47% f	45% abcg	39% abcg	58% defh	43% abcg	50% c	57% a	57% a	52% c	56% e	69% f	56% g
NET: Disagree		502	25	92	115	77	58	135	232	270	435	15	23	18	2	3	60
		25%	18% defh	22% defh	22% defh	29% f	27% abcg	30% abcg	21% defh	29% abcg	26% c	24% a	21% a	24% c	10% e	26% f	22% g
Base for stats		1997	137	416	525	262	213	443	1079	918	1688	61	109	74	15	11	270
Mean Score		3.37	3.73 defh	3.52 defh	3.52 defh	3.25 f	3.23 abcg	3.07 abcg	3.54 defh	3.16 abcg	3.33 c	3.58 a	3.59 a	3.41 c	3.67 e	3.78 f	3.55 a
Standard Deviation		1.164	1.156	1.132	1.149	1.164	1.134	1.154	1.144	1.154	1.161	1.212	1.138	1.258	1.235	1.231	1.193
Standard Error		.026	.098	.056	.050	.069	.074	.058	.035	.038	.028	.150	.105	.143	.309	.341	.070
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.02	.10	.12	*

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

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

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating									
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total		2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	343	193	67	68	135	15	21	65	243	100	313	25	37	189	92	25	306	61	233
		17%	16%	19%	21%	20%	18%	23%	13%	18%	15%	18%	12%	12%	17%	18%	26%	18%	21%	17%
					a	a		ce		c		b			a	a	abe	a		
Agree	(4.0)	687	413	126	119	246	28	24	145	490	197	619	48	109	363	188	26	577	105	462
		34%	33%	37%	37%	37%	35%	26%	29%	36%	29%	36%	23%	35%	33%	37%	27%	34%	35%	34%
										ce		b								
Neither agree nor disagree	(3.0)	466	298	75	56	131	15	26	136	289	177	390	55	82	251	111	21	383	68	301
		23%	24%	22%	17%	20%	19%	29%	27%	21%	26%	22%	27%	26%	23%	22%	22%	22%	23%	22%
			cd						d		d									
Disagree	(2.0)	364	235	54	56	111	12	16	92	244	119	306	46	52	212	87	13	311	47	259
		18%	19%	16%	17%	17%	15%	17%	18%	18%	18%	18%	22%	17%	19%	17%	13%	18%	16%	19%
Strongly disagree	(1.0)	138	90	20	20	40	8	4	54	72	66	103	30	28	75	26	9	110	13	95
		7%	7%	6%	6%	6%	10%	4%	11%	5%	10%	6%	14%	9%	7%	5%	10%	6%	4%	7%
									d		d		a	c						
Don't know		22	11	1	4	5	2	-	11	8	13	11	4	3	8	8	3	18	4	10
		1%	1%	*	1%	1%	3%	-	2%	1%	2%	1%	2%	1%	1%	2%	3%	1%	1%	1%
							d		d		d									
NET: Agree		1030	607	193	187	380	42	45	210	733	297	932	73	147	552	280	51	883	166	695
		51%	49%	56%	58%	57%	54%	50%	42%	54%	44%	53%	35%	47%	50%	55%	53%	52%	56%	51%
				a	a	a	c			ce		b				a				
NET: Disagree		502	325	75	76	151	20	20	146	317	185	410	76	80	287	113	22	422	60	354
		25%	26%	22%	24%	23%	25%	22%	29%	24%	28%	24%	36%	26%	26%	22%	23%	25%	20%	26%
									d			a							a	
Base for stats		1997	1230	342	319	662	77	90	492	1338	659	1731	204	309	1090	504	95	1688	294	1350
Mean Score		3.37	3.31	3.48	3.50	3.49	3.39	3.47	3.15	3.44	3.22	3.42	2.97	3.25	3.35	3.46	3.47	3.39	3.53	3.35
				a	a	a		c		ce		b				a		a	b	
Standard Deviation		1.164	1.163	1.149	1.186	1.166	1.243	1.155	1.196	1.140	1.200	1.148	1.241	1.145	1.173	1.127	1.290	1.167	1.117	1.176
Standard Error		.026	.032	.068	.071	.049	.138	.118	.056	.031	.048	.028	.088	.065	.036	.050	.131	.028	.067	.032
Error variance		*	*	*	.01	*	.02	.01	*	*	*	*	.01	*	*	*	.02	*	*	*



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

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

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active									
							NET: Longstanding physical and mental condition or illness												
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	343	40	39	16	243	86	277	66	26	26	44	54	27	46	23	98	125	167
		17%	17%	11%	17%	18%	14%	18%	15%	6%	14%	16%	17%	14%	24%	31%	26%	16%	26%
			b			be					a	a	a	a	abcdei	abcdei	abcdei	a	abcdei
Agree	(4.0)	687	80	111	31	479	193	535	151	89	60	100	115	79	78	30	138	294	245
		34%	33%	31%	34%	36%	32%	34%	34%	22%	32%	37%	35%	41%	40%	41%	36%	37%	38%
											a	a	a	ab	a	a	a	a	a
Neither agree nor disagree	(3.0)	466	61	94	23	281	157	356	110	92	57	57	89	45	38	10	77	191	125
		23%	26%	26%	25%	21%	26%	23%	25%	23%	30%	21%	27%	24%	20%	14%	20%	24%	19%
				d			d				cfghj		fghj					gj	
Disagree	(2.0)	364	38	71	13	243	107	287	77	98	36	57	49	32	28	8	56	137	92
		18%	16%	20%	14%	18%	19%	18%	17%	25%	19%	21%	15%	17%	15%	11%	14%	18%	14%
								defghij				ghj							
Strongly disagree	(1.0)	138	18	41	5	84	51	106	32	85	6	11	14	8	2	1	10	33	13
		7%	7%	11%	5%	6%	9%	7%	7%	21%	3%	4%	4%	4%	1%	2%	3%	4%	2%
				d			d			bcddefghij		f	fj	f				fj	
Don't know		22	2	2	4	8	8	15	7	9	3	1	3	-	-	1	5	3	6
		1%	1%	1%	4%	1%	1%	1%	2%	2%	2%	*	1%	-	-	2%	1%	*	1%
					abde					cefi									
NET: Agree		1030	119	149	46	722	279	812	217	114	85	144	169	106	124	52	236	418	412
		51%	50%	42%	51%	54%	46%	52%	49%	29%	45%	53%	52%	56%	65%	72%	61%	53%	64%
			b			be					a	a	a	ab	abcdi	abcdei	abcdi	ab	abcdi
NET: Disagree		502	56	112	18	328	159	393	109	184	43	68	63	40	30	9	66	171	105
		25%	23%	31%	19%	24%	26%	25%	25%	46%	23%	25%	20%	21%	16%	13%	17%	22%	16%
				acd						bcddefghij	j	fghj					j		
Base for stats		1997	236	356	87	1331	594	1561	436	390	185	269	321	191	192	72	379	780	642
Mean Score		3.37	3.36	3.10	3.46	3.42	3.26	3.38	3.33	2.67	3.34	3.41	3.45	3.45	3.72	3.89	3.68	3.43	3.72
			b		bf	bef	b				a	a	a	a	abcdei	abcdei	abcdei	a	abcdei
Standard Deviation		1.164	1.159	1.183	1.113	1.164	1.168	1.169	1.149	1.230	1.051	1.111	1.078	1.059	1.021	1.037	1.092	1.084	1.065
Standard Error		.026	.073	.065	.117	.032	.048	.030	.055	.063	.076	.068	.060	.077	.072	.121	.057	.039	.042
Error variance		*	.01	*	.01	*	*	*	*	*	.01	*	*	.01	.01	.01	*	*	*

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

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

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
Total		NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%														
Unweighted Total		2019	662	514	803		1420	231		1410	240		1232	312
Total		2019	657	524	805		1420	238		1413	239		1231	318
		100%	100%	100%	100%		100%	100%		100%	100%		100%	100%
Strongly agree	(5.0)	343	143	56	139	283	28	279	32	285	31	296	18	306
		17%	22%	11%	17%	20%	12%	20%	13%	23%	10%	23%	7%	30%
			bc		b			b		b		b		b
Agree	(4.0)	687	245	155	282	545	57	536	70	475	85	508	61	533
		34%	37%	30%	35%	38%	24%	38%	29%	39%	27%	39%	24%	53%
			b		b	b		b		b		b		b
Neither agree nor disagree	(3.0)	466	121	156	181	281	40	276	40	237	47	248	33	96
		23%	18%	30%	22%	20%	17%	20%	17%	19%	15%	19%	13%	9%
				ac								b		a
Disagree	(2.0)	364	111	105	141	243	60	246	58	189	82	196	74	60
		18%	17%	20%	18%	17%	25%	17%	24%	15%	26%	15%	29%	6%
						a		a		a		a		a
Strongly disagree	(1.0)	138	30	50	56	60	48	67	36	39	69	47	68	12
		7%	5%	10%	7%	4%	20%	5%	15%	3%	22%	4%	27%	1%
				a		a		a		a		a		a
Don't know		22	7	2	5	8	4	8	4	7	4	8	3	3
		1%	1%	*	1%	1%	2%	1%	2%	1%	1%	1%	1%	*
NET: Agree		1030	388	211	422	828	85	815	102	759	116	804	79	839
		51%	59%	40%	52%	58%	36%	58%	43%	62%	36%	62%	31%	83%
			bc		b	b		b		b		b		b
NET: Disagree		502	141	155	197	303	108	314	93	228	152	242	142	72
		25%	22%	29%	25%	21%	46%	22%	39%	19%	48%	19%	55%	7%
				ac		a		a		a		a		a
Base for stats		1997	650	522	799	1412	234	1405	235	1225	314	1294	254	1007
Mean Score		3.37	3.55	3.12	3.39	3.53	2.81	3.51	3.02	3.63	2.77	3.63	2.55	4.05
			bc		b	b		b		b		b		b
Standard Deviation		1.164	1.145	1.139	1.166	1.119	1.334	1.134	1.306	1.095	1.326	1.100	1.304	.863
Standard Error		.026	.045	.050	.041	.030	.089	.030	.085	.031	.076	.031	.081	.027
Error variance		*	*	*	*	*	.01	*	.01	*	.01	*	.01	*

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

### Q9. SUMMARY: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Total	Strongly agree	Tend to agree	Tend to disagree	Strongly disagree	Don't know	NET: Agree	NET: Disagree
I exercise to help manage my physical health during the outbreak	2019	471	933	341	161	113	1404	502	
	100%	23%	46%	17%	8%	6%	70%	25%	
I have more time now to be physically active	2019	501	799	433	194	92	1300	627	
	100%	25%	40%	21%	10%	5%	64%	31%	
I exercise to help manage my mental health during the outbreak	2019	425	871	418	197	108	1296	615	
	100%	21%	43%	21%	10%	5%	64%	30%	
I miss the types of physical activity I was able to do before the outbreak	2019	567	682	439	223	108	1249	662	
	100%	28%	34%	22%	11%	5%	62%	33%	
I worry about leaving my home to exercise or be active	2019	467	750	451	277	74	1217	728	
	100%	23%	37%	22%	14%	4%	60%	36%	
Since the outbreak I have found new ways to be active	2019	316	718	615	266	104	1034	881	
	100%	16%	36%	30%	13%	5%	51%	44%	
I have been encouraged to exercise by the Government's guidance	2019	268	707	607	286	151	975	893	
	100%	13%	35%	30%	14%	7%	48%	44%	
I feel guilty about not exercising more during the outbreak	2019	322	651	639	300	107	973	939	
	100%	16%	32%	32%	15%	5%	48%	46%	
I do not find exercising on my own enjoyable	2019	286	591	601	439	103	877	1040	
	100%	14%	29%	30%	22%	5%	43%	51%	
The current situation has not impacted my current exercise regime	2019	264	596	618	444	96	861	1063	
	100%	13%	30%	31%	22%	5%	43%	53%	
I feel guilty about wanting to exercise during the outbreak	2019	173	460	685	586	115	633	1271	
	100%	9%	23%	34%	29%	6%	31%	63%	

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

### Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Gender		Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	316	146	164	152	115	50	14	33	27	42	25	28	79	45	23
		16%	15%	16%	25% bc	17% c	7%	14%	12%	14%	20% bi	14%	13%	25% abcefhi	14%	11%
Tend to agree	(3.0)	718	351	365	239	230	250	32	100	57	79	58	66	125	118	84
		36%	36%	36%	39% c	35%	33%	33%	38% c	29%	38%	33%	30%	39% cf	36%	40% cf
Tend to disagree	(2.0)	615	319	291	128	185	302	33	81	64	56	63	91	74	90	63
		30%	33%	29%	21% a	28% a	40% ab	34% g	31% g	32% g	27%	36% dgh	41% bdghi	23%	27%	31%
Strongly disagree	(1.0)	266	121	143	53	98	115	14	33	39	28	21	29	27	52	24
		13%	12%	14%	9% a	15% a	15% a	14%	12%	20% begi	13%	12%	13%	8% g	16% g	12%
Don't know		104	43	57	38	33	32	4	18	10	5	7	9	15	21	14
		5%	4%	6%	6% a	5% a	4%	4%	7% d	5%	3%	4%	4%	5% d	7% d	7%
NET: Agree		1034	497	529	390	344	300	46	132	84	121	82	94	204	163	107
		51%	51%	52%	64% bc	52% c	40%	48%	50%	43%	58% cef	48%	42%	64% abcefhi	50%	51%
NET: Disagree		881	439	434	181	282	418	47	113	103	84	83	120	101	142	88
		44%	45%	43%	30% a	43% a	56% ab	48% g	43% g	52% bdghi	40%	48% g	54% bdghi	32% g	44% g	42% g
Base for stats		1915	937	963	572	626	717	93	245	187	205	166	214	305	305	194
Mean Score		2.57	2.56	2.57	2.85 bc	2.58 c	2.33	2.50	2.54	2.39	2.66 cf	2.52	2.44	2.84 abcdefhi	2.51	2.54
Standard Deviation		.924	.904	.939	.918	.961	.825	.925	.884	.977	.953	.895	.885	.914	.944	.857
Standard Error		.021	.030	.030	.035	.038	.034	.089	.057	.068	.068	.063	.069	.052	.056	.062
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

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

### Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	e	f	g
Unweighted Total		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	316	44	73	95	44	29	31	212	104	235	20	25	23	1	4	73
		16%	31% bcdefgh	18% fh	18% fh	17% fh	13% f	7% efh	20% efh	11% f	14% a	33% a	23% a	31% a	9% a	31% a	27% a
Tend to agree	(3.0)	718	53	165	193	107	68	134	410	308	599	21	48	28	8	4	110
		36%	38% fh	39% fh	36% f	41% efh	32% efh	29% fh	38% fh	33% fh	35% a	35% a	44% a	37% a	53% a	35% a	40% a
Tend to disagree	(2.0)	615	25	117	153	75	71	174	295	320	553	11	20	13	2	3	49
		30%	18% a	28% a	29% a	29% a	33% a	38% abcdg	27% a	34% abcdg	32% bcdg	18% bcdg	18% bcdg	18% bcdg	13% bcdg	23% bcdg	18% bcdg
Strongly disagree	(1.0)	266	12	48	64	26	31	85	124	143	237	5	8	8	1	1	23
		13%	9% abcdg	11% abcdg	12% abcdg	10% abcdg	15% abcdg	19% abcdg	11% adg	15% adg	14% cg	8% cg	7% cg	11% cg	8% cg	11% cg	9% cg
Don't know		104	6	15	26	11	15	32	46	58	79	4	9	2	3	-	18
		5%	4% b	4% b	5% b	4% b	7% bg	7% bg	4% bg	6% bg	5% bg	7% bg	8% bg	3% bg	17% bg	- bg	6% bg
NET: Agree		1034	96	238	288	150	97	165	622	412	834	41	73	51	10	8	183
		51%	69% bcdefgh	57% efh	54% efh	57% efh	45% f	36% efh	57% efh	44% f	49% a	68% a	67% a	68% a	61% a	66% a	67% a
NET: Disagree		881	37	164	217	102	102	259	418	463	789	16	28	22	3	4	72
		44%	27% a	39% a	41% a	39% a	48% abdg	57% abcdegh	39% a	50% abcdg	46% bcdg	26% bcdg	25% bcdg	29% bcdg	21% bcdg	34% bcdg	27% bcdg
Base for stats		1915	134	402	504	252	199	424	1040	875	1623	57	100	73	13	11	255
Mean Score		2.57	2.95 bcdefgh	2.66 efh	2.63 efh	2.67 efh	2.48 f	2.26 efh	2.68 efh	2.43 f	2.51 a	2.99 a	2.89 a	2.90 a	2.75 a	2.87 a	2.91 a
Standard Deviation		.924	.944	.911	.929	.884	.924	.864	.929	.900	.912	.952	.862	.981	.801	1.022	.916
Standard Error		.021	.081	.046	.041	.053	.062	.044	.029	.030	.023	.122	.083	.113	.214	.283	.056
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.05	.08	*

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

## Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk											
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms			Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total		2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	316	154	68	77	145	20	23	64	210	106	291	23	24	161	105	25	292	72	210
		16%	12%	20%	24%	22%	25%	25%	13%	16%	16%	17%	11%	8%	15%	21%	26%	17%	24%	15%
			a	a	a	a	cde	cde				b			a	ab	abe	a	b	
Tend to agree	(3.0)	718	424	125	129	254	22	38	175	483	235	649	52	89	374	220	35	629	105	505
		36%	34%	36%	40%	38%	28%	42%	35%	36%	35%	37%	25%	29%	34%	43%	36%	37%	35%	37%
								a				b				abe	a			
Tend to disagree	(2.0)	615	417	98	69	168	17	15	153	429	186	536	59	118	362	119	16	497	83	410
		30%	34%	29%	21%	25%	22%	17%	30%	32%	28%	31%	28%	38%	33%	23%	17%	29%	28%	30%
			cd	c					b	b	b			cde	cde		cd			
Strongly disagree	(1.0)	266	179	34	41	75	11	11	84	160	106	191	61	61	144	47	14	206	25	175
		13%	14%	10%	13%	11%	14%	12%	17%	12%	16%	11%	29%	19%	13%	9%	15%	12%	8%	13%
			b						d		d		a	bce	c				a	
Don't know		104	67	17	7	24	9	3	27	65	39	75	13	21	56	20	7	83	13	60
		5%	5%	5%	2%	4%	12%	3%	5%	5%	6%	4%	6%	7%	5%	4%	7%	5%	4%	4%
			c				bcde													
NET: Agree		1034	578	193	206	399	41	61	239	693	341	940	75	113	535	326	60	921	177	715
		51%	47%	56%	64%	60%	52%	67%	48%	51%	51%	54%	36%	36%	49%	64%	62%	54%	59%	53%
			a	a	a	a		acde				b			a	abe	ab	ab	b	
NET: Disagree		881	596	133	110	243	28	27	237	589	292	727	120	178	506	166	30	703	107	585
		44%	48%	39%	34%	36%	36%	29%	47%	44%	43%	42%	58%	57%	46%	32%	31%	41%	36%	43%
			bcd						b	b	b	a		bcde	cde		cd		a	
Base for stats		1915	1174	326	316	642	70	87	477	1282	633	1667	195	292	1042	492	90	1623	284	1300
Mean Score		2.57	2.47	2.70	2.77	2.73	2.72	2.83	2.46	2.58	2.54	2.62	2.19	2.26	2.53	2.78	2.78	2.62	2.79	2.58
			a	a	a	a	c	cde		c		b			a	abe	ab	ab	b	
Standard Deviation		.924	.904	.918	.963	.940	1.044	.966	.933	.907	.959	.902	1.013	.883	.915	.891	1.026	.921	.923	.915
Standard Error		.021	.026	.056	.058	.040	.121	.101	.045	.025	.039	.022	.073	.051	.029	.040	.107	.023	.056	.025
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*

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

### Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j	
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646	
Total	2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	316	41	44	19	209	93	7	259	57	15	18	36	50	35	50	24	88	121	162
		16%	17%	12%	21%	16%	15%	10%	16%	13%	4%	10%	13%	15%	19%	26%	33%	23%	15%	25%
				b							a	a	a	ab	abcdi	abcdei	abcdi	ab	abcdi	
Tend to agree	(3.0)	718	73	95	34	513	179	17	557	162	66	58	111	147	88	76	26	146	346	248
		36%	31%	27%	37%	38%	30%	24%	35%	37%	16%	31%	41%	45%	46%	40%	35%	38%	44%	38%
					abef						a	ab	abj	abj	a	a	a	abj	a	
Tend to disagree	(2.0)	615	72	130	20	400	194	24	475	140	151	78	91	85	44	49	16	101	220	166
		30%	30%	36%	22%	30%	32%	34%	30%	32%	38%	41%	34%	26%	23%	25%	22%	26%	28%	26%
				cd		c					defghij	defghij	defhj							
Strongly disagree	(1.0)	266	41	76	10	155	107	18	205	61	130	26	25	24	16	11	4	31	66	45
		13%	17%	21%	11%	12%	18%	25%	13%	14%	33%	14%	9%	8%	9%	5%	5%	8%	8%	7%
			d	cd		d	cd				bcdefghij	dghij								
Don't know		104	12	13	8	62	28	4	80	23	38	8	6	18	7	7	3	18	30	27
		5%	5%	4%	9%	5%	5%	6%	5%	5%	9%	4%	2%	5%	4%	4%	4%	5%	4%	4%
				b							bcdefghij			c						
NET: Agree		1034	114	139	53	722	272	25	816	218	80	77	147	197	124	126	50	234	467	410
		51%	48%	39%	58%	54%	45%	35%	52%	49%	20%	41%	55%	61%	65%	66%	69%	61%	60%	63%
			bf		bef	bef						a	ab	ab	abc	abc	abc	ab	ab	abc
NET: Disagree		881	113	206	30	555	301	42	680	201	281	103	117	109	60	59	20	132	286	211
		44%	47%	58%	33%	41%	50%	59%	43%	45%	70%	55%	43%	34%	31%	31%	27%	34%	36%	33%
			c	acde		cd	cd				bcdefghij	cdefghij	defghij							
Base for stats		1915	226	345	83	1277	574	67	1496	419	361	180	264	306	184	185	70	366	753	621
Mean Score		2.57	2.50	2.31	2.74	2.61	2.45	2.21	2.58	2.51	1.90	2.39	2.60	2.72	2.78	2.89	3.01	2.80	2.69	2.85
			bf		bef	bef	b					a	ab	ab	abc	abcdi	abcdi	abc	ab	abcdi
Standard Deviation		.924	.988	.955	.954	.900	.973	.969	.930	.902	.835	.855	.843	.828	.859	.866	.897	.901	.843	.892
Standard Error		.021	.064	.053	.102	.025	.041	.118	.024	.045	.045	.063	.052	.047	.063	.062	.106	.048	.031	.036
Error variance		*	*	*	.01	*	*	.01	*	*	*	*	*	*	*	*	.01	*	*	*

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

### Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%			a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	316 16%	176 27% bc	42 8%	91 11% b	257 18% b	23 10%	260 18% b	26 11%	250 20% b	31 10%	257 20% b	23 9%	225 22% b	47 10%
Tend to agree	(3.0)	718 36%	307 47% bc	150 29%	257 32%	557 39% b	50 21%	537 38% b	67 28%	487 40% b	79 25%	506 39% b	61 24%	375 37% b	154 31%
Tend to disagree	(2.0)	615 30%	116 18%	208 40% a	286 36% a	410 29%	90 38% a	408 29%	80 34%	341 28%	110 35% a	364 28%	93 36% a	272 27%	166 34% a
Strongly disagree	(1.0)	266 13%	35 5%	83 16% a	143 18% a	152 11%	62 26% a	162 11%	56 24% a	119 10%	85 27% a	138 11%	69 27% a	108 11%	101 21% a
Don't know		104 5%	23 3%	41 8% ac	27 3%	43 3%	13 6% a	46 3%	9 4%	34 3%	13 4%	37 3%	11 4%	30 3%	23 5%
NET: Agree		1034 51%	483 74% bc	192 37%	348 43% b	814 57% b	73 31%	797 56% b	93 39%	737 60% b	111 35%	763 59% b	84 33%	600 59% b	201 41%
NET: Disagree		881 44%	151 23%	291 56% a	429 53% a	563 40%	151 64% a	570 40%	136 57% a	460 37%	195 61% a	501 39%	162 63% a	380 38%	266 54% a
Base for stats		1915	634	483	778	1377	224	1367	230	1197	306	1265	246	981	467
Mean Score		2.57	2.98 bc	2.31	2.38	2.67 b	2.15	2.65 b	2.27	2.72 b	2.18	2.70 b	2.16	2.73 b	2.31
Standard Deviation		.924	.827	.857	.916	.904	.941	.919	.959	.904	.956	.914	.941	.936	.921
Standard Error		.021	.033	.039	.033	.024	.064	.025	.063	.026	.055	.026	.060	.030	.043
Error variance		*	*	*	*	*	*	*	*	*	*	*	*	*	*



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

### Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	501	229	266	209	165	126	17	58	48	54	41	56	105	72	51
		25%	23%	26%	34% bc	25% c	17%	17%	22%	24%	25%	24%	25%	33% abcehi	22%	25%
Tend to agree	(3.0)	799	404	389	226	250	324	40	113	82	90	63	77	114	135	85
		40%	41%	38%	37%	38%	43% a	41%	43%	42%	43%	36%	35%	36%	41%	41%
Tend to disagree	(2.0)	433	210	222	103	145	185	29	55	33	48	39	51	61	67	48
		21%	21%	22%	17%	22% a	25% a	30% bcgh	21%	17%	23%	23%	23%	19%	21%	23%
Strongly disagree	(1.0)	194	101	89	42	70	82	9	25	26	8	20	33	26	32	15
		10%	10%	9%	7%	11% a	11% a	10% d	9% d	13% di	4%	11% d	15% dgi	8% d	10% d	7%
Don't know		92	36	54	30	29	33	1	12	8	11	10	6	14	21	8
		5%	4%	5%	5%	4%	4%	1%	5%	4%	5%	6%	3%	4%	6% a	4%
NET: Agree		1300	633	655	435	415	450	57	171	130	144	104	133	219	207	136
		64%	65%	64%	71% bc	63%	60%	59%	65%	66%	68%	60%	60%	68%	63%	65%
NET: Disagree		627	311	311	145	215	267	39	80	59	56	59	84	87	99	64
		31%	32%	30%	24%	33% a	36% a	40% dg	30%	30%	27%	34%	38% dg	27%	30%	31%
Base for stats		1927	944	966	580	630	717	96	250	189	199	163	217	307	306	200
Mean Score		2.83	2.81	2.86	3.04 bc	2.81 c	2.69	2.67	2.81	2.80	2.95 aef	2.77	2.72	2.97 abcefh	2.80	2.86
Standard Deviation		.927	.926	.925	.909	.950	.892	.877	.901	.974	.815	.966	1.010	.942	.915	.889
Standard Error		.021	.031	.029	.035	.038	.036	.083	.058	.067	.059	.069	.078	.053	.054	.064
Error variance		*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

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

### Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Social Grade								Ethnicity						
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
			a	b	c	d	e	f	g	h	a	b	c	d	e	f	g
Significance Level: 95%																	
Unweighted Total		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	501	45	117	152	75	50	63	313	187	401	20	39	26	4	3	92
		25%	32% fh	28% fh	29% fh	28% fh	23% f	14%	29% fh	20% f	24%	32%	36% a	34% a	24%	28%	34% a
Tend to agree	(3.0)	799	62	163	227	101	79	166	453	346	685	20	44	30	5	3	103
		40%	45%	39%	43% fh	38%	37%	36%	42% h	37%	40%	32%	41%	40%	34%	30%	38%
Tend to disagree	(2.0)	433	17	88	95	59	47	127	200	233	378	13	14	12	4	5	48
		21%	12%	21% a	18%	23% a	22% a	28% abcg	18%	25% acg	22% c	21%	13%	16%	28%	42%	17%
Strongly disagree	(1.0)	194	10	32	42	18	27	66	84	110	169	5	8	4	1	-	17
		10%	7%	8%	8%	7%	13% bcdg	14% abcdg	8%	12% bcdg	10%	9%	7%	5%	4%	-	6%
Don't know		92	6	17	14	10	11	34	36	56	70	4	4	4	2	-	13
		5%	4%	4%	3%	4%	5%	8% bcg	3%	6% cg	4%	7%	3%	5%	10%	-	5%
NET: Agree		1300	107	280	379	175	129	229	767	533	1086	39	84	56	9	7	195
		64%	77% bdefh	67% fh	72% efh	67% fh	60% f	50%	71% efh	57% f	64%	64%	77% a	74%	58%	58%	71% a
NET: Disagree		627	26	120	137	77	74	193	284	343	547	18	21	16	5	5	65
		31%	19% a	29% a	26% a	29% a	34% acg	42% abcdeg	26% abcdg	37% abcdg	32% cdg	29%	20%	21%	32%	42%	24%
Base for stats		1927	134	401	516	252	203	421	1050	876	1633	57	105	72	14	11	260
Mean Score		2.83	3.06 efh	2.91 efh	2.95 efh	2.92 efh	2.75 f	2.54	2.95 efh	2.70 f	2.81	2.94	3.10 a	3.09 a	2.86	2.86	3.04 a
Standard Deviation		.927	.867	.908	.896	.899	.973	.927	.898	.944	.924	.973	.890	.858	.893	.867	.897
Standard Error		.021	.075	.046	.039	.054	.065	.048	.028	.032	.023	.125	.084	.099	.231	.240	.054
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.05	.06	*

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

### Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	501	291	89	99	188	28	24	101	347	153	466	29	52	264	146	38	448	87	350
		25%	23%	26%	31%	28%	36%	26%	20%	26%	23%	27%	14%	17%	24%	29%	39%	26%	29%	26%	
					a	a	cde			c		b			a	a	abce	a			
Tend to agree		(3.0)	799	492	144	122	266	26	41	202	530	269	713	64	120	444	205	31	680	117	544
		40%	40%	42%	38%	40%	33%	46%	40%	39%	40%	41%	31%	38%	40%	40%	31%	40%	39%	40%	
												b									
Tend to disagree		(2.0)	433	272	73	62	135	12	17	112	292	141	354	60	71	242	102	18	362	67	287
		21%	22%	21%	19%	20%	15%	19%	22%	22%	21%	20%	29%	23%	22%	20%	19%	21%	23%	21%	
												a									
Strongly disagree		(1.0)	194	128	24	30	54	8	6	65	116	78	150	36	43	108	39	4	151	20	128
		10%	10%	7%	9%	8%	10%	7%	13%	9%	12%	9%	17%	14%	10%	8%	4%	9%	7%	9%	
									d		d		a	bcd							
Don't know			92	58	12	11	23	6	2	24	60	32	58	19	26	40	20	6	66	6	52
		5%	5%	4%	3%	3%	7%	2%	5%	4%	5%	3%	9%	8%	4%	4%	7%	4%	2%	4%	
												a	bce								
NET: Agree		1300	783	234	220	454	54	65	303	878	422	1180	93	172	708	351	68	1128	203	894	
		64%	63%	68%	68%	68%	69%	72%	60%	65%	63%	68%	45%	55%	64%	69%	71%	66%	68%	66%	
					a	a	c			c		b		a	a	a	a				
NET: Disagree		627	400	97	92	189	19	23	176	408	219	504	96	115	350	141	22	512	88	415	
		31%	32%	28%	28%	28%	24%	26%	35%	30%	33%	29%	46%	37%	32%	27%	23%	30%	29%	31%	
												a	cde								
Base for stats		1927	1183	331	312	643	73	88	479	1286	641	1684	189	287	1058	492	91	1640	291	1308	
Mean Score		2.83	2.80	2.90	2.93	2.92	3.02	2.94	2.71	2.86	2.78	2.89	2.46	2.63	2.82	2.93	3.13	2.87	2.93	2.85	
					a	a	ce	c		c		b		a	a	ab	abe	a			
Standard Deviation		.927	.933	.879	.946	.912	.986	.861	.948	.916	.947	.912	.968	.951	.924	.903	.887	.919	.898	.926	
Standard Error		.021	.026	.053	.058	.039	.113	.089	.045	.025	.038	.022	.071	.056	.029	.041	.092	.023	.054	.026	
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*	

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

### Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
							NET: Longstanding physical and mental condition or illness													
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural									NET 2-4 days	NET 5 + days	
Total		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j	
Significance Level: 95%																				
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	501	71	67	23	345	142	15	380	120	55	40	56	82	67	61	29	111	205	201
		25%	30% b	19%	25%	26% b	24%	21%	24%	27%	14%	21% a	21% a	25% a	35% abcdi	32% abc	39% abcdi	29% abc	26% a	31% abci
Tend to agree	(3.0)	799	75	124	33	562	208	20	640	160	124	73	124	155	78	74	29	143	357	246
		40%	32%	35%	37%	42% abef	35%	29%	41%	36%	31%	39%	46% ahj	48% abfhj	41% a	38%	40%	37%	46% ahj	38% a
Tend to disagree	(2.0)	433	62	91	18	271	147	22	339	94	102	48	65	61	33	34	9	80	160	123
		21%	26% d	26% d	20%	20% d	24% d	31% d	22%	21%	26% defgij	26% egj	24% g	19%	17%	18%	12%	21%	20%	19%
Strongly disagree	(1.0)	194	15	52	12	114	71	5	146	48	76	19	17	20	7	18	3	35	43	55
		10%	6% ad	14% ad	13% a	8% ad	12% ad	7%	9% bcdefghij	11% ei	19% bcdefghij	10% ei	6% ei	6% ei	4% e	9% e	4% e	9% ei	5% ei	8% ei
Don't know		92	15	24	5	47	34	9	71	21	42	7	8	6	6	6	3	15	19	24
		5%	6% d	7% d	5%	4% d	6% d	13% de	5%	5%	10% bcdefhij	4% bcdefhij	3% de	3% de	2% de	3% de	3% de	5% de	4% de	2% de
NET: Agree		1300	146	191	56	908	350	35	1020	280	179	113	180	237	144	134	58	255	562	447
		64%	61% b	53%	62%	68% abef	58%	49%	65%	63%	45%	60% a	67% a	73% abh	76% abch	70% ab	79% abch	66% a	72% ab	69% ab
NET: Disagree		627	77	143	30	385	218	27	485	142	178	68	82	81	40	52	12	115	203	178
		31%	32%	40% d	33%	29% d	36% d	38%	31%	32%	45% bcdefghij	36% degij	30% eg	25%	21%	27%	16%	30% eg	26% eg	27% g
Base for stats		1927	223	334	86	1292	568	62	1505	422	357	181	262	318	184	186	70	369	764	625
Mean Score		2.83	2.90 be	2.62	2.78	2.88 be	2.74	2.72	2.83	2.83	2.44	2.74 a	2.84 a	2.94 ab	3.11 abcdhij	2.95 ab	3.20 abcdfhij	2.90 a	2.95 ab	2.95 ab
Standard Deviation		.927	.928	.973	.992	.903	.971	.921	.916	.969	.993	.924	.832	.835	.825	.944	.820	.941	.837	.933
Standard Error		.021	.060	.055	.105	.025	.041	.116	.024	.048	.053	.068	.051	.047	.061	.068	.097	.050	.030	.037
Error variance		*	*	*	.01	*	*	.01	*	*	*	*	*	*	*	*	.01	*	*	*

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

### Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	501 25%	267 41% bc	83 16%	144 18%	405 29% b	40 17%	413 29% b	39 16%	369 30% b	69 22%	377 29% b	53 21%	339 34% b	84 17%
Tend to agree	(3.0)	799 40%	276 42%	191 36%	323 40%	600 42% b	54 23%	600 42% b	76 32%	503 41% b	108 34%	521 40% b	85 33%	391 39%	194 40%
Tend to disagree	(2.0)	433 21%	82 12%	144 27% a	204 25% a	268 19%	77 33% a	267 19%	59 25% a	229 19%	76 24% a	270 21%	55 21%	180 18%	118 24% a
Strongly disagree	(1.0)	194 10%	19 3%	71 13% a	100 12% a	111 8%	50 21% a	102 7%	52 22% a	106 9%	47 15% a	106 8%	48 19% a	77 8%	68 14% a
Don't know		92 5%	13 2%	36 7% ac	34 4% a	36 3%	16 7% a	31 2%	13 5% a	25 2%	19 6% a	28 2%	16 6% a	23 2%	27 5% a
NET: Agree		1300 64%	543 83% bc	275 52%	466 58% b	1005 71% b	94 40%	1013 72% b	114 48%	871 71% b	177 56%	898 69% b	138 53%	730 72% b	278 57%
NET: Disagree		627 31%	100 15%	214 41% a	304 38% a	378 27%	128 54% a	369 26%	111 47% a	335 27%	122 38% a	377 29%	104 40% a	257 25%	186 38% a
Base for stats		1927	644	489	771	1384	222	1382	225	1206	299	1274	241	987	464
Mean Score		2.83	3.23 bc	2.59	2.66	2.94 b	2.38	2.96 b	2.45	2.94 b	2.67	2.92 b	2.59	3.01 b	2.63
Standard Deviation		.927	.778	.935	.926	.896	1.028	.887	1.027	.919	.998	.914	1.043	.916	.943
Standard Error		.021	.031	.043	.033	.024	.070	.024	.068	.026	.058	.026	.067	.029	.044
Error variance		*	*	*	*	*	*	*	*	*	*	*	*	*	*

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

### Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Gender			Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	268	136	126	111	82	76	12	28	25	28	19	26	56	47	27
		13%	14%	12%	18% bc	12%	10%	13%	11%	13%	13%	11%	12%	17% be	14%	13%
Tend to agree	(3.0)	707	339	366	208	242	257	36	96	57	82	61	80	114	104	77
		35%	35%	36%	34%	37%	34%	38%	36%	29%	39% c	35%	36%	35%	32%	37%
Tend to disagree	(2.0)	607	303	303	149	197	262	29	81	69	55	43	71	81	111	67
		30%	31%	30%	24%	30% a	35% ab	30%	31%	35% eg	26%	25%	32%	25%	34% eg	32%
Strongly disagree	(1.0)	286	139	143	86	88	112	14	35	37	29	33	33	48	40	18
		14%	14%	14%	14%	13%	15%	14%	13%	19% hi	14%	19% hi	15%	15% i	12%	9%
Don't know		151	62	82	57	51	43	5	23	9	18	18	13	21	25	18
		7%	6%	8%	9% c	8%	6%	5%	9%	5%	8%	10% c	6%	7%	8%	9%
NET: Agree		975	475	492	319	324	333	49	123	82	109	80	106	170	151	105
		48%	49%	48%	52% c	49%	44%	50%	47%	42%	52% c	46%	48%	53% c	46%	50%
NET: Disagree		893	442	445	234	284	374	43	116	105	84	75	104	130	151	85
		44%	45%	44%	38%	43%	50% ab	44%	44%	53% bdegi	40%	44%	46%	40%	46%	41%
Base for stats		1868	917	938	553	608	707	92	240	187	193	155	210	299	302	190
Mean Score		2.51	2.51	2.51	2.62 c	2.52 c	2.42	2.51	2.48	2.38	2.56	2.43	2.47	2.59 c	2.52	2.60 c
Standard Deviation		.919	.923	.908	.973	.899	.882	.913	.881	.948	.915	.958	.903	.970	.909	.848
Standard Error		.021	.031	.029	.038	.036	.036	.088	.058	.065	.068	.070	.071	.056	.054	.063
Error variance		*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

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

### Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Social Grade								Ethnicity								
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Unweighted Total		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291	
Total		2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	268	30	65	71	32	26	45	166	103	201	14	20	17	2	5	58	
		13%	22% cdefh	15% fh	13%	12%	12%	10%	15% fh	11%	12%	22% a	18% a	23% a	12%	48%	21% a	
Tend to agree	(3.0)	707	57	156	186	89	76	143	399	308	600	19	37	29	9	3	96	
		35%	41% f	37%	35%	34%	35%	31%	37% f	33%	35%	31%	34%	38%	53%	25%	35%	
Tend to disagree	(2.0)	607	30	116	158	92	64	146	304	302	542	16	29	14	1	1	61	
		30%	21%	28%	30% a	35% abg	30%	32% a	28% ag	32%	32% dg	26%	26%	19%	6%	11%	22%	
Strongly disagree	(1.0)	286	12	60	73	32	26	82	145	141	239	9	16	10	4	1	40	
		14%	9%	14%	14%	12%	12%	18% adeg	13%	15% a	14%	15%	15%	13%	22%	6%	15%	
Don't know		151	10	20	42	17	22	40	72	79	121	4	7	5	1	1	18	
		7%	7%	5%	8%	6%	10% bg	9% b	7%	8% b	7%	6%	7%	7%	6%	10%	7%	
NET: Agree		975	87	221	257	121	102	187	565	411	800	32	57	46	10	8	154	
		48%	63% bcdefgh	53% fh	49% f	46%	48%	41%	52% fh	44%	47%	53%	52%	61% a	65%	73%	56% a	
NET: Disagree		893	42	177	231	124	90	229	450	443	781	25	45	24	5	2	101	
		44%	30%	42% a	44% a	47% a	42% a	50% abceg	41% a	48% ag	46% dg	41%	41%	32%	28%	17%	37%	
Base for stats		1868	129	397	488	246	192	416	1014	854	1582	58	102	71	15	10	255	
Mean Score		2.51	2.82 bcdefgh	2.57 fh	2.52 f	2.49	2.53 f	2.36	2.58 fh	2.44	2.48	2.63	2.60	2.76 a	2.59	3.27	2.68 a	
Standard Deviation		.919	.899	.936	.917	.882	.892	.918	.926	.904	.898	1.023	.981	.986	1.023	.975	.996	
Standard Error		.021	.079	.048	.041	.054	.061	.048	.029	.031	.023	.130	.094	.116	.256	.281	.061	
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.07	.08	*	

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

### Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	268	150	50	51	101	24	20	66	158	110	241	24	36	136	79	18	233	80	143
			13%	12%	15%	16%	15%	30%	22%	13%	12%	16%	14%	12%	11%	12%	15%	18%	14%	27%	11%
							cde		cd		d								b		
Tend to agree		(3.0)	707	419	125	120	245	25	30	159	493	214	632	61	100	383	189	36	607	101	491
			35%	34%	36%	37%	37%	32%	33%	32%	37%	32%	36%	29%	32%	35%	37%	37%	36%	34%	36%
											ce										
Tend to disagree		(2.0)	607	392	102	93	196	17	28	158	403	204	512	66	94	342	149	22	513	76	432
			30%	32%	30%	29%	29%	22%	31%	31%	30%	30%	29%	32%	30%	31%	29%	22%	30%	26%	32%
																			a		
Strongly disagree		(1.0)	286	185	43	41	85	7	10	76	193	93	235	42	58	155	58	15	228	29	191
			14%	15%	13%	13%	13%	9%	11%	15%	14%	14%	13%	20%	18%	14%	11%	15%	13%	10%	14%
													a	ce					a		
Don't know			151	95	23	18	40	6	3	44	98	53	123	14	25	82	37	7	126	11	102
			7%	8%	7%	5%	6%	7%	3%	9%	7%	8%	7%	7%	8%	7%	7%	7%	7%	4%	7%
																			a		
NET: Agree			975	569	175	171	345	49	49	225	652	324	872	85	135	519	267	54	840	181	634
			48%	46%	51%	53%	52%	62%	55%	45%	48%	48%	50%	41%	43%	47%	52%	55%	49%	61%	47%
						a	a	cde					b				a	a		b	
NET: Disagree			893	577	146	135	280	24	38	234	596	296	747	108	152	497	207	37	741	105	624
			44%	47%	42%	42%	42%	31%	42%	46%	44%	44%	43%	52%	49%	45%	41%	38%	43%	35%	46%
										a	a	a		a	c					a	
Base for stats		1868	1146	320	306	626	73	87	459	1248	620	1619	193	287	1016	475	90	1581	286	1258	
Mean Score		2.51	2.47	2.57	2.59	2.58	2.90	2.68	2.47	2.49	2.55	2.54	2.35	2.40	2.49	2.61	2.63	2.53	2.81	2.47	
					a	a	cde					b				ab	a	a	b		
Standard Deviation		.919	.913	.911	.921	.915	.980	.952	.932	.902	.950	.914	.959	.944	.908	.905	.984	.913	.957	.884	
Standard Error		.021	.026	.056	.057	.040	.112	.099	.045	.025	.039	.023	.070	.055	.029	.042	.103	.023	.058	.025	
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	*	*	*	*	.01	*	*	*	



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

### Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
							NET: Longstanding physical and mental condition or illness													
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	268	36	40	20	169	85	8	217	52	24	13	34	42	39	31	15	70	115	116
		13%	15%	11%	22%	13%	14%	11%	14%	12%	6%	7%	12%	13%	21%	16%	20%	18%	15%	18%
					bde								a	ab	abcdi	ab	ab	abc	ab	abcd
Tend to agree	(3.0)	707	79	108	34	486	199	19	549	158	86	68	114	126	64	78	34	137	304	249
		35%	33%	30%	38%	36%	33%	26%	35%	36%	22%	36%	42%	39%	34%	40%	47%	36%	39%	38%
					b							a	a	a	a	a	a	a	a	a
Tend to disagree	(2.0)	607	64	118	24	404	185	19	471	136	148	59	86	87	56	52	12	106	229	170
		30%	27%	33%	26%	30%	31%	26%	30%	31%	37%	32%	32%	27%	29%	27%	17%	28%	29%	26%
											dfghij	g	g		g			g		
Strongly disagree	(1.0)	286	39	64	7	187	93	15	219	66	98	25	24	44	23	23	6	43	91	72
		14%	16%	18%	8%	14%	15%	21%	14%	15%	24%	14%	9%	13%	12%	12%	8%	11%	12%	11%
				c				c			bcdefghij									
Don't know		151	19	28	6	94	41	11	120	31	43	22	12	25	8	8	6	27	45	41
		7%	8%	8%	6%	7%	7%	16%	8%	7%	11%	12%	4%	8%	4%	4%	9%	7%	6%	6%
							bcde				cefij	cefij								
NET: Agree		975	115	148	54	655	284	27	765	210	110	81	147	168	104	109	49	208	419	365
		48%	48%	41%	60%	49%	47%	37%	49%	47%	28%	43%	55%	52%	55%	57%	67%	54%	53%	56%
					bdef	b						a	ab	a	ab	ab	abdhi	ab	ab	ab
NET: Disagree		893	103	182	31	591	277	33	691	202	246	85	110	131	79	76	18	149	320	242
		44%	43%	51%	34%	44%	46%	47%	44%	46%	62%	45%	41%	41%	41%	39%	25%	39%	41%	37%
				cd		c					bcdefghij	g	g	g	g	g		g	g	g
Base for stats		1868	219	330	85	1245	561	60	1456	412	356	166	258	299	182	184	67	357	739	607
		2.51	2.52	2.37	2.78	2.51	2.49	2.33	2.52	2.47	2.10	2.42	2.61	2.56	2.66	2.63	2.86	2.66	2.60	2.67
					abdef	b						a	ab	a	ab	ab	abcdi	ab	ab	ab
Standard Deviation		.919	.971	.930	.906	.906	.941	.997	.921	.909	.882	.845	.830	.907	.955	.911	.859	.929	.893	.917
Standard Error		.021	.063	.053	.096	.026	.040	.128	.024	.045	.048	.065	.052	.052	.071	.066	.105	.050	.033	.037
Error variance		*	*	*	.01	*	*	.02	*	*	*	*	*	*	.01	*	.01	*	*	*

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

### Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	268 13%	128 19% bc	49 9%	83 10%	217 15% b	19 8%	222 16% b	24 10%	209 17% b	26 8%	215 16% b	21 8%	187 19% b	34 7%
Tend to agree	(3.0)	707 35%	270 41% bc	159 30%	274 34%	537 38% b	65 27%	537 38% b	59 25%	481 39% b	65 20%	512 39% b	59 23%	396 39% b	142 29%
Tend to disagree	(2.0)	607 30%	153 23%	193 37% a	259 32% a	399 28%	89 37% a	399 28%	89 37% a	324 26%	126 40% a	352 27%	88 34% a	265 26%	166 34% a
Strongly disagree	(1.0)	286 14%	62 9%	85 16% a	131 16% a	183 13%	48 20% a	181 13%	54 23% a	155 13%	72 22% a	158 12%	73 28% a	112 11%	120 25% a
Don't know		151 7%	43 7%	38 7%	58 7%	83 6%	16 7%	74 5%	14 6%	62 5%	29 9% a	66 5%	17 7%	50 5%	28 6%
NET: Agree		975 48%	398 61% bc	208 40%	357 44%	754 53% b	84 36%	758 54% b	82 35%	690 56% b	91 29%	726 56% b	80 31%	583 58% b	176 36%
NET: Disagree		893 44%	216 33%	278 53% a	390 48% a	583 41%	137 58% a	580 41%	143 60% a	479 39%	198 62% a	510 39%	161 62% a	377 37%	287 58% a
Base for stats		1868	613	486	747	1337	221	1339	225	1169	289	1236	241	960	462
Mean Score		2.51	2.75 bc	2.35	2.41	2.59 b	2.25	2.60 b	2.23	2.64 b	2.16	2.63 b	2.12	2.69 b	2.19
Standard Deviation		.919	.898	.884	.903	.917	.895	.918	.934	.925	.900	.914	.940	.915	.907
Standard Error		.021	.036	.041	.033	.025	.061	.025	.062	.027	.054	.026	.061	.029	.043
Error variance		*	*	*	*	*	*	*	*	*	*	*	*	*	*

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

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

BASE: All respondents

		Gender		Age			Region										
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i	
Unweighted Total		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204	
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	286	127	154	110	88	88	13	39	20	42	26	19	56	44	27
			14%	13%	15%	18% bc	13%	12%	13%	15%	10%	20% cf	15%	9%	17% cf	13%	13%
Tend to agree		(3.0)	591	269	319	175	191	224	25	78	64	65	38	59	90	101	70
			29%	27%	31%	29%	29%	30%	26%	30%	32% e	31%	22%	26%	28%	31% e	34% e
Tend to disagree		(2.0)	601	314	284	160	208	234	36	71	58	52	59	69	87	103	66
			30%	32% b	28%	26%	31% a	31% a	37% bdg	27%	30%	25%	34% d	31%	27%	31%	32%
Strongly disagree		(1.0)	439	226	207	136	140	163	19	62	39	43	41	64	70	64	37
			22%	23%	20%	22%	21%	22%	19%	24%	20%	20%	24%	29% chi	22%	19%	18%
Don't know			103	43	56	29	33	40	4	12	16	10	8	12	17	16	7
			5%	4%	5%	5%	5%	5%	5%	5%	8% i	5%	5%	5%	5%	5%	3%
NET: Agree			877	396	472	285	279	313	38	117	84	106	64	78	146	145	98
			43%	40%	46% a	47%	42%	42%	39%	45% f	43%	50% aef	37%	35%	46% f	44%	47% ef
NET: Disagree			1040	540	492	295	348	397	55	133	97	95	100	132	157	166	104
			51%	55% b	48%	48%	53%	53%	57% d	51%	49%	45%	58% dg	59% cdg	49%	51%	50%
Base for stats			1916	936	964	580	626	710	92	251	181	201	165	211	304	311	201
Mean Score			2.38	2.32	2.43 a	2.45	2.36	2.34	2.34	2.38 f	2.36 f	2.52 ef	2.30	2.16	2.43 f	2.40 f	2.44 f
Standard Deviation			.996	.986	.998	1.047	.980	.966	.956	1.023	.942	1.048	1.014	.964	1.039	.966	.946
Standard Error			.023	.033	.032	.040	.039	.040	.091	.065	.066	.076	.072	.076	.059	.056	.067
Error variance			*	*	*	*	*	*	.01	*	*	.01	.01	.01	*	*	*

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

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

BASE: All respondents

			Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	e	f	g	
Unweighted Total		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291	
Total		2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	286	26	52	81	26	33	68	159	127	225	12	23	15	-	3	52	
		14%	19% d	12%	15% d	10%	15%	15% d	15% d	14%	13%	19%	21% a	20%	-	22%	19% a	
Tend to agree	(3.0)	591	34	125	155	88	61	128	314	277	500	24	25	21	6	3	79	
		29%	24%	30%	29%	34% a	28%	28%	29%	30%	29%	39% c	23%	28%	37%	29%	29%	
Tend to disagree	(2.0)	601	43	119	141	90	71	139	302	299	530	11	29	19	4	2	64	
		30%	31%	28%	27%	34% cg	33%	30%	28%	32% cg	31% bg	18%	27%	25%	27%	15%	24%	
Strongly disagree	(1.0)	439	30	103	131	46	39	89	264	175	367	14	26	16	5	4	65	
		22%	22%	25% dh	25% dh	18%	18%	20%	24% deh	19%	22%	22%	24%	22%	30%	33%	24%	
Don't know		103	6	19	22	13	11	32	47	55	81	1	6	5	1	-	13	
		5%	5%	5%	4%	5%	5%	7% g	4%	6%	5%	2%	6%	6%	6%	-	5%	
NET: Agree		877	60	177	237	114	93	196	473	403	725	36	48	36	6	6	131	
		43%	43%	42%	45%	43%	43%	43%	44%	43%	43%	58% a	44%	47%	37%	52%	48%	
NET: Disagree		1040	73	221	272	136	110	228	566	474	896	24	55	35	9	5	129	
		51%	52%	53%	51%	52%	51%	50%	52%	51%	53% b	40%	50%	47%	57%	48%	47%	
Base for stats		1916	133	398	508	250	203	424	1039	877	1622	60	103	71	15	11	260	
Mean Score		2.38	2.42	2.32	2.37	2.37	2.42	2.41	2.35	2.41	2.36	2.56	2.44	2.48	2.07	2.41	2.46	
Standard Deviation		.996	1.051	.997	1.034	.902	.977	.994	1.022	.964	.980	1.051	1.103	1.069	.872	1.216	1.072	
Standard Error		.023	.091	.051	.046	.055	.065	.051	.032	.033	.025	.132	.105	.125	.218	.337	.065	
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.05	.11	*	

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

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

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	286	162	58	45	103	16	23	78	169	117	235	44	41	154	74	18	245	67	165
			14%	13%	17%	14%	16%	21%	25%	15%	13%	17%	14%	21%	13%	14%	14%	19%	14%	23%	12%
							d		cd			d	a						b		
Tend to agree		(3.0)	591	363	90	99	190	20	32	159	378	212	494	69	86	330	149	26	505	90	396
			29%	29%	26%	31%	28%	26%	36%	32%	28%	32%	28%	33%	27%	30%	29%	27%	30%	30%	29%
Tend to disagree		(2.0)	601	381	100	96	196	20	20	156	405	197	538	50	95	336	142	28	506	80	420
			30%	31%	29%	30%	29%	25%	23%	31%	30%	29%	31%	24%	30%	31%	28%	28%	30%	27%	31%
Strongly disagree		(1.0)	439	273	80	70	150	14	15	80	330	108	404	26	68	225	125	21	370	53	314
			22%	22%	23%	22%	23%	17%	16%	16%	25%	16%	23%	12%	22%	20%	24%	22%	22%	18%	23%
									ce		b		b						a		
Don't know			103	62	14	13	27	9	-	30	64	39	71	19	23	54	22	4	80	7	65
			5%	5%	4%	4%	4%	11%	-	6%	5%	6%	4%	9%	7%	5%	4%	4%	5%	3%	5%
							bd		b	b	b	b	a								
NET: Agree			877	525	148	145	293	37	55	237	548	329	729	114	126	483	223	44	750	157	561
			43%	42%	43%	45%	44%	47%	61%	47%	41%	49%	42%	55%	40%	44%	44%	45%	44%	53%	41%
									cde	d		d	a						b		
NET: Disagree			1040	654	181	166	346	33	35	236	735	305	942	75	164	561	267	49	876	133	734
			51%	53%	53%	51%	52%	42%	39%	47%	55%	45%	54%	36%	52%	51%	52%	50%	51%	45%	54%
										abce		b							a		
Base for stats		1916	1179	329	310	639	70	90	473	1282	634	1671	189	290	1044	490	93	1626	290	1295	
Mean Score		2.38	2.35	2.38	2.39	2.38	2.56	2.70	2.50	2.30	2.53	2.34	2.70	2.34	2.39	2.35	2.44	2.38	2.59	2.32	
							d	d	d		d	a							b		
Standard Deviation		.996	.983	1.039	.992	1.016	1.056	1.026	.958	.995	.980	.994	.976	.989	.982	1.019	1.053	.997	1.035	.979	
Standard Error		.023	.028	.063	.061	.044	.123	.105	.046	.028	.040	.024	.072	.058	.031	.046	.108	.025	.062	.027	
Error variance		*	*	*	*	*	.02	.01	*	*	*	*	.01	*	*	*	.01	*	*	*	*

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

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

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	286	45	66	27	152	118	14	218	68	76	29	42	40	26	25	3	45	108	72
		14%	19%	19%	30%	11%	20%	20%	14%	15%	19%	16%	16%	12%	14%	13%	4%	12%	14%	11%
			d	d	abde		d	d			dghij	g	g	g	g	g		g	g	
Tend to agree	(3.0)	591	74	106	33	384	186	23	468	123	137	67	87	89	53	52	26	79	229	157
		29%	31%	30%	36%	29%	31%	33%	30%	28%	34%	36%	32%	28%	28%	27%	36%	21%	29%	24%
											dhj	dhj	hj	h			hj		hj	
Tend to disagree	(2.0)	601	72	106	17	409	173	20	466	135	90	55	90	100	63	62	14	127	252	204
		30%	30%	29%	18%	31%	29%	27%	30%	31%	22%	29%	33%	31%	33%	32%	20%	33%	32%	31%
			c	c		c	c						ag	a	ag	ag		ag	ag	ag
Strongly disagree	(1.0)	439	35	58	11	334	96	7	340	98	53	23	44	83	41	48	26	119	168	194
		22%	15%	16%	12%	25%	16%	10%	22%	22%	13%	12%	16%	26%	22%	25%	36%	31%	21%	30%
					abcef								abc	ab	abc	abcei	abcei	ab	abcei	
Don't know		103	12	21	3	60	29	7	84	19	43	13	7	12	7	5	3	13	26	21
		5%	5%	6%	4%	4%	5%	10%	5%	4%	11%	7%	2%	4%	4%	3%	5%	3%	3%	3%
								de			cdefhij	cij								
NET: Agree		877	118	173	60	537	303	37	686	190	213	97	129	129	79	76	29	124	337	230
		43%	50%	48%	66%	40%	50%	52%	44%	43%	54%	51%	48%	40%	42%	40%	40%	32%	43%	35%
			d	d	abde		d	d			defghij	dfhij	dhj	h	h				hj	
NET: Disagree		1040	107	164	27	742	269	27	806	233	143	79	134	183	104	110	40	247	421	398
		51%	45%	46%	30%	55%	45%	37%	51%	53%	36%	42%	50%	57%	54%	58%	55%	64%	54%	61%
			c	c		abcef	c						a	ab	ab	ab	ab	abcdei	ab	abci
Base for stats		1916	226	337	87	1279	572	64	1493	424	356	175	263	312	183	187	70	371	758	627
Mean Score		2.38	2.57	2.54	2.88	2.28	2.57	2.69	2.38	2.38	2.66	2.59	2.48	2.27	2.35	2.28	2.08	2.13	2.36	2.17
			d	d	abde		d	d			cdefghij	defghij	dghj		ghj				ghj	
Standard Deviation		.996	.980	.996	.993	.980	.996	.943	.992	1.010	.977	.922	.952	.995	.984	.993	.963	1.002	.981	.996
Standard Error		.023	.063	.056	.104	.027	.042	.117	.026	.049	.053	.069	.059	.056	.073	.071	.113	.053	.035	.040
Error variance		*	*	*	.01	*	*	.01	*	*	*	*	*	*	.01	.01	.01	*	*	*

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

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

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	286 14%	100 15%	65 12%	113 14%	188 13%	41 17%	205 14%	45 19%	154 12%	88 28% a	175 13%	64 25% a	149 15%	83 17%
Tend to agree	(3.0)	591 29%	171 26%	146 28%	266 33% a	400 28%	88 37% a	399 28%	81 34%	301 24%	122 38% a	350 27%	88 34% a	302 30%	141 29%
Tend to disagree	(2.0)	601 30%	199 30%	157 30%	244 30%	439 31% b	52 22%	426 30% b	52 22%	397 32% b	53 17%	396 30% b	55 21%	269 27%	141 29%
Strongly disagree	(1.0)	439 22%	167 25% c	117 22%	151 19%	346 24% b	40 17%	341 24%	48 20%	347 28% b	38 12% a	344 26% b	38 15%	261 26% b	101 21%
Don't know		103 5%	20 3%	39 7% ac	31 4%	46 3%	17 7% a	42 3%	13 5% a	33 3%	18 6% a	38 3%	12 5%	30 3%	25 5% a
NET: Agree		877 43%	271 41%	211 40%	379 47% ab	588 41%	129 54% a	604 43%	126 53% a	455 37%	210 66% a	525 40%	152 59% a	450 45%	223 46%
NET: Disagree		1040 51%	366 56% c	274 52%	395 49%	786 55% b	92 39%	767 54% b	100 42%	744 60% b	91 28%	740 57% b	94 36%	530 52%	242 49%
Base for stats		1916	637	485	774	1374	220	1371	226	1199	301	1265	245	980	465
Mean Score		2.38	2.32	2.33	2.44 ab	2.31	2.59 a	2.34	2.54 a	2.22	2.87 a	2.28	2.72 a	2.35	2.44
Standard Deviation		.996	1.028	.985	.965	.997	.991	1.011	1.037	1.004	.977	1.012	1.020	1.031	1.019
Standard Error		.023	.041	.045	.035	.027	.068	.027	.069	.029	.057	.028	.065	.033	.048
Error variance		*	*	*	*	*	*	*	*	*	*	*	*	*	*

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

### Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	567	275	287	208	189	169	26	75	49	56	53	55	107	93	54
		28%	28%	28%	34% bc	29% c	23%	27%	28%	25%	26%	31%	25%	33% cf	29%	26%
Tend to agree	(3.0)	682	351	329	217	241	224	30	96	63	76	62	71	119	95	71
		34%	36%	32%	36% c	37% c	30%	31%	37%	32%	36%	36%	32%	37% h	29%	34%
Tend to disagree	(2.0)	439	210	225	101	130	208	26	50	48	42	29	63	58	74	48
		22%	21%	22%	17%	20%	28% ab	27% eg	19%	25% e	20%	17%	28% beg	18%	23%	23%
Strongly disagree	(1.0)	223	107	111	47	65	111	11	26	30	28	21	25	18	43	22
		11%	11%	11%	8%	10%	15% ab	11%	10%	15% g	13% g	12% g	11% g	6%	13% g	10% g
Don't know		108	37	68	37	34	37	4	16	7	9	9	9	19	22	13
		5%	4%	7% a	6%	5%	5%	4%	6%	3%	4%	5%	4%	6%	7%	6%
NET: Agree		1249	626	616	425	431	393	56	171	112	131	115	125	226	188	125
		62%	64%	60%	70% c	65% c	52%	58%	65%	57%	62%	66% cfh	56%	70% acfh	58%	60%
NET: Disagree		662	317	336	147	195	319	37	76	78	70	50	88	76	117	70
		33%	32%	33%	24%	30% a	43% ab	38% g	29%	40% beg	33% g	29%	40% beg	24%	36% g	34% g
Base for stats		1911	943	952	573	626	712	93	247	190	201	164	214	301	305	194
Mean Score		2.83	2.84	2.83	3.02 bc	2.89 c	2.63	2.77	2.89 c	2.69	2.79	2.90 c	2.72	3.04 abcdfhi	2.78	2.81
Standard Deviation		.983	.972	.989	.931	.956	1.010	.990	.958	1.025	1.000	.997	.976	.886	1.032	.966
Standard Error		.023	.032	.032	.036	.038	.041	.095	.061	.070	.072	.071	.076	.051	.061	.070
Error variance		*	*	*	*	*	*	.01	*	*	.01	.01	.01	*	*	*



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

### Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	567	53	120	159	64	55	116	332	235	459	20	44	24	3	4	96
		28%	38% bdefh	29%	30% h	25%	26%	25%	31% dh	25%	27%	32%	40% a	32%	20%	37%	35% a
Tend to agree	(3.0)	682	46	159	180	88	76	133	385	297	559	24	46	30	9	3	112
		34%	33% fh	38%	34%	33%	35%	29%	35% f	32%	33%	39%	42% a	40%	59%	24%	41% a
Tend to disagree	(2.0)	439	23	83	112	74	41	106	218	221	401	10	6	14	1	3	34
		22%	17% abceg	20%	21%	28%	19%	23%	20%	24%	24% cg	16% c	6%	19% c	6%	22%	12%
Strongly disagree	(1.0)	223	11	38	46	28	25	75	95	128	204	1	4	6	2	1	13
		11%	8% abcdg	9%	9%	11%	11%	16% bcg	9%	14% bcg	12% bcg	2%	3%	8%	10%	7%	5%
Don't know		108	7	17	32	9	18	25	56	52	80	6	9	1	1	1	18
		5%	5% bd	4%	6%	3%	8%	6%	5%	6%	5% ad	11% d	8% d	1%	6%	11%	7% d
NET: Agree		1249	98	279	340	152	131	249	717	532	1018	44	90	55	13	7	207
		62%	71% dfh	67% dfh	64% fh	58%	61%	55%	66% dfh	57%	60%	72%	83% a	72% a	78%	60%	76% a
NET: Disagree		662	34	121	158	102	66	181	313	349	605	11	10	20	2	3	47
		33%	24% abcg	29%	30% abceg	39% abceg	31%	40% abcg	29%	37% abcg	36% bcg	18%	9% c	27% c	15%	29%	17% c
Base for stats		1911	132	400	498	254	196	430	1030	881	1623	55	100	75	15	10	255
Mean Score		2.83	3.06 defh	2.90 dfh	2.91 dfh	2.74	2.82	2.67	2.93 dfh	2.73	2.78	3.14 a	3.30 ad	2.97	2.95	3.01	3.14 a
Standard Deviation		.983	.952	.938	.953	.962	.980	1.053	.947	1.012	.993	.792	.755	.924	.855	1.029	.839
Standard Error		.023	.082	.048	.043	.058	.067	.054	.030	.034	.025	.103	.073	.105	.214	.297	.051
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.05	.09	*

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

### Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	567	336	100	99	199	28	25	135	379	188	511	40	70	299	164	34	497	99	384
			28%	27%	29%	31%	30%	35%	28%	27%	28%	28%	29% b	19%	23%	27%	32% ab	35% a	29% a	33%	28%
Tend to agree		(3.0)	682	394	124	134	257	25	36	165	456	226	600	64	96	356	201	28	586	114	455
			34%	32%	36%	41% a	39% a	32%	40%	33%	34%	34%	34%	31%	31%	32%	39% abe	29%	34%	38%	33%
Tend to disagree		(2.0)	439	294	73	46	119	12	18	116	293	146	371	50	79	259	86	15	360	51	303
			22%	24% cd	21% c	14%	18%	15%	20%	23%	22%	22%	21%	24%	25% cd	24% c	17%	15%	21% c	17%	22%
Strongly disagree		(1.0)	223	153	30	28	59	5	8	60	149	74	175	41	45	130	33	15	178	24	150
			11%	12% d	9%	9%	9%	6%	9%	12%	11%	11%	10%	20% a	14% ce	12% c	7%	15% c	10% c	8%	11%
Don't know			108	63	16	16	32	10	2	27	69	39	85	12	23	54	27	5	85	9	68
			5%	5%	5%	5%	5%	12% bcde	3%	5%	5%	6%	5%	6%	7%	5%	5%	5%	5%	3%	5%
NET: Agree		1249	731	224	232	456	53	61	300	835	414	1111	105	166	655	365	62	1082	214	839	
		62%	59%	65% a	72% a	68% a	67%	68%	60%	62%	62%	64% b	50%	53%	60% a	71% abe	64%	63% ab	72% b	62%	
NET: Disagree		662	447	103	75	178	17	27	176	442	219	546	91	123	389	120	30	538	75	453	
		33%	36% cd	30%	23%	27%	21%	30%	35% a	33% a	33% a	31%	44% a	39% ce	35% ce	23%	31%	32% c	25%	33% a	
Base for stats		1911	1178	327	307	634	70	88	476	1277	633	1657	196	290	1044	485	92	1621	289	1292	
Mean Score		2.83	2.78	2.90	2.99	2.94	3.09	2.89	2.79	2.83	2.83	2.87	2.53	2.66	2.79	3.02	2.88	2.86	3.00	2.83	
					a	a	cde					b				abe		a	b		
Standard Deviation		.983	1.003	.944	.918	.932	.927	.938	.994	.983	.983	.969	1.042	1.010	.994	.890	1.085	.975	.925	.984	
Standard Error		.023	.028	.057	.056	.040	.109	.098	.048	.027	.040	.024	.075	.059	.031	.040	.112	.024	.056	.027	
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*	

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

### Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active									
							NET: Longstanding physical and mental condition or illness												
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Total		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Significance Level: 95%																			
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	567	71	90	21	380	162	459	107	96	57	77	84	55	55	29	113	217	197
		28%	30%	25%	23%	28%	27%	29%	24%	24%	30%	29%	26%	29%	29%	39% adi	29%	28%	30% a
Tend to agree	(3.0)	682	67	108	40	474	189	548	134	103	72	113	135	55	71	22	112	303	204
		34%	28%	30%	45% abef	35% a	31%	35%	30%	26%	39% aeh	42% aehj	42% aehj	29%	37% a	30%	29%	39% aehj	31%
Tend to disagree	(2.0)	439	52	85	17	284	138	328	111	88	39	54	68	50	46	14	81	172	140
		22%	22%	24%	18%	21%	23%	21%	25%	22%	21%	20%	21%	26%	24%	19%	21%	22%	22%
Strongly disagree	(1.0)	223	31	53	10	142	76	158	65	75	11	19	19	22	12	7	59	60	77
		11%	13%	15% d	11%	11%	13%	10%	15% a	19% bcdefij	6%	7%	6%	12% bdf	6%	10%	15% bcdfi	8%	12% bcdfi
Don't know		108	17	23	4	59	36	83	25	37	9	6	17	8	9	2	20	32	30
		5%	7%	6%	4%	4%	6%	5%	6%	9% bcdefghij	5%	2%	5%	4%	4%	2%	5%	4%	5%
NET: Agree	1249	138	198	61	853	352	38	1007	242	199	129	190	220	110	126	50	225	519	401
	62%	58%	55%	67% b	64% be	58%	53%	64% b	55%	50%	69% aeh	71% aehj	68% aeh	58%	66% a	69% a	59% a	66% aeh	62% a
NET: Disagree	662	83	138	26	427	214	26	486	176	162	50	73	87	72	58	21	139	232	218
	33%	35%	38% d	29%	32%	36%	37%	31%	40% a	41% bcdfgij	26%	27%	27%	38% bcdi	30%	29%	36% bcdi	30%	34% d
Base for stats	1911	221	335	87	1280	566	64	1493	418	361	179	263	306	182	183	71	364	752	619
Mean Score	2.83	2.80	2.70	2.83	2.85	2.77	2.66	2.88	2.68	2.61	2.98	2.94	2.93	2.79	2.92	3.01	2.77	2.90	2.84
					b			b			ah	ah	ah		a	a		ah	a
Standard Deviation	.983	1.039	1.033	.920	.971	1.010	1.098	.968	1.021	1.089	.886	.887	.859	1.013	.895	1.005	1.061	.909	1.011
Standard Error	.023	.068	.058	.096	.027	.043	.136	.025	.050	.058	.066	.054	.049	.075	.064	.118	.057	.033	.041
Error variance	*	*	*	.01	*	*	.02	*	*	*	*	*	*	.01	*	.01	*	*	*

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

### Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%			a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	567	163	73	322	471	44	471	43	451	49	471	29	372	87
		28%	25% b	14%	40% ab	33% b	18%	33% b	18%	37% b	15%	36% b	11%	37% b	18%
Tend to agree	(3.0)	682	229	145	303	524	52	502	62	444	74	459	63	363	155
		34%	35% b	28%	38% b	37% b	22%	36% b	26%	36% b	23%	35% b	24%	36% b	32%
Tend to disagree	(2.0)	439	160	161	114	260	76	267	64	208	86	223	76	162	129
		22%	24% c	31% ac	14%	18% a	32%	19% a	27%	17% a	27%	17% a	30% a	16% a	26% a
Strongly disagree	(1.0)	223	76	98	44	124	52	124	58	90	88	109	70	80	97
		11%	12% c	19% ac	5%	9% a	22% a	9% a	24% a	7% a	28% a	8% a	27% a	8% a	20% a
Don't know		108	29	47	22	42	14	50	11	38	22	39	19	34	23
		5%	4% ac	9% ac	3%	3% a	6% a	4% a	5% a	3% a	7% a	3% a	7% a	3% a	5% a
NET: Agree		1249	392	218	625	995	96	973	105	895	123	931	92	736	242
		62%	60% b	42% ab	78% ab	70% b	40% ab	69% b	44% ab	73% b	38% ab	71% b	36% ab	73% b	49% ab
NET: Disagree		662	235	259	158	384	128	391	122	298	174	333	147	241	226
		33%	36% c	49% ac	20% ac	27% a	54% a	28% a	51% a	24% a	55% a	26% a	57% a	24% a	46% a
Base for stats		1911	628	477	783	1378	224	1364	227	1193	297	1263	238	977	468
Mean Score		2.83	2.76 b	2.41	3.15 ab	2.97 b	2.39	2.97 b	2.39	3.05 b	2.28	3.02 b	2.21	3.05 b	2.50
Standard Deviation		.983	.971	.980	.871	.943	1.050	.950	1.066	.924	1.063	.946	1.003	.933	1.020
Standard Error		.023	.039	.045	.031	.025	.071	.026	.071	.027	.062	.027	.065	.030	.047
Error variance		*	*	*	*	*	.01	*	*	*	*	*	*	*	*

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

### Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Gender		Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	467	186	278	152	183	132	18	64	53	49	41	55	87	63	38
		23%	19%	27%	25%	28%	18%	18%	24%	27%	23%	23%	25%	27%	19%	18%
				a	c	c				hi				hi		
Tend to agree	(3.0)	750	337	410	221	234	295	39	105	67	76	55	74	130	116	90
		37%	34%	40%	36%	35%	39%	40%	40%	34%	36%	32%	33%	40%	35%	43%
				a										e		cef
Tend to disagree	(2.0)	451	258	190	127	141	183	24	56	43	49	44	45	55	84	51
		22%	26%	19%	21%	21%	24%	25%	21%	22%	23%	25%	20%	17%	26%	24%
			b								g			g		g
Strongly disagree	(1.0)	277	167	107	70	85	122	14	30	27	30	24	44	35	50	23
		14%	17%	10%	12%	13%	16%	15%	11%	14%	14%	14%	20%	11%	15%	11%
			b				a						bgi			
Don't know		74	32	35	40	17	17	2	9	7	7	10	5	13	14	7
		4%	3%	3%	7%	3%	2%	2%	3%	4%	3%	6%	2%	4%	4%	3%
					bc											
NET: Agree		1217	522	688	373	417	427	56	168	120	125	95	129	217	178	128
		60%	53%	67%	61%	63%	57%	58%	64%	61%	59%	55%	58%	68%	55%	61%
				a		c				h					defh	
NET: Disagree		728	426	297	197	226	306	38	86	70	79	67	89	91	134	73
		36%	43%	29%	32%	34%	41%	40%	33%	35%	38%	39%	40%	28%	41%	35%
			b				ab	g			g	g	g		bg	
Base for stats		1945	948	985	570	643	733	95	254	190	204	163	218	308	313	201
Mean Score		2.72	2.57	2.87	2.80	2.80	2.60	2.63	2.80	2.77	2.71	2.69	2.64	2.87	2.61	2.71
				a	c	c			h					ae fh		
Standard Deviation		.983	.996	.945	.971	.997	.967	.954	.948	1.016	.991	1.006	1.071	.955	.981	.902
Standard Error		.022	.033	.030	.038	.039	.039	.091	.060	.070	.071	.072	.083	.054	.057	.064
Error variance		*	*	*	*	*	*	.01	*	*	.01	.01	.01	*	*	*

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

### Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	467	34	96	121	60	61	96	251	217	383	15	32	18	4	6	75
		23%	24%	23%	23%	23%	28% f	21%	23%	23%	22%	25%	29%	24%	26%	52%	27%
Tend to agree	(3.0)	750	56	150	210	89	85	159	416	334	639	23	37	29	6	2	97
		37%	40%	36%	40%	34%	40%	35%	38%	36%	38%	37%	34%	38%	39%	17%	36%
Tend to disagree	(2.0)	451	25	105	115	68	30	107	245	206	396	8	21	14	2	2	47
		22%	18%	25% e	22% e	26% e	14%	24% e	23% e	22% e	23% bg	13%	20%	19%	11%	15%	17%
Strongly disagree	(1.0)	277	17	54	67	40	27	72	138	139	237	10	13	8	3	2	36
		14%	12%	13%	13%	15%	13%	16%	13%	15%	14%	17%	12%	11%	18%	17%	13%
Don't know		74	7	12	17	6	11	21	36	38	47	5	5	6	1	-	17
		4%	5%	3%	3%	2%	5%	5%	3%	4%	3%	9% a	4%	8% a	6%	-	6% a
NET: Agree		1217	90	246	331	149	146	255	667	550	1022	38	69	47	10	8	172
		60%	64%	59%	63% f	57%	68% bdfgh	56%	61%	59%	60%	62%	64%	62%	64%	68%	63%
NET: Disagree		728	43	160	181	108	57	179	384	345	633	18	34	23	5	4	83
		36%	31%	38% e	34% e	41% ace	27%	39% e	35% e	37% e	37% g	30%	32%	30%	29%	32%	31%
Base for stats		1945	132	406	513	257	203	434	1051	895	1656	56	104	70	15	11	256
Mean Score		2.72	2.80	2.71	2.75	2.66	2.88 bdfgh	2.64	2.74	2.70	2.71	2.76	2.85	2.82	2.77	3.03	2.82
Standard Deviation		.983	.968	.974	.960	1.003	.986	1.002	.966	1.002	.978	1.054	1.003	.956	1.093	1.214	1.010
Standard Error		.022	.084	.049	.042	.060	.066	.051	.030	.034	.024	.137	.095	.113	.273	.337	.061
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.07	.11	*

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

## Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating									
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total		2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	467	263	87	89	177	23	25	147	273	195	392	61	60	252	127	28	407	99	296
		23%	21%	25%	28%	27% a	29%	28%	29% d	20%	29% d	23%	29% a	19%	23%	25%	28% a	24%	33% b	22%
Tend to agree	(3.0)	750	452	137	122	259	32	39	205	473	276	646	75	106	420	192	31	643	113	513
		37%	36%	40%	38%	39%	41%	43%	41% d	35%	41% d	37%	36%	34%	38%	38%	32%	38%	38%	38%
Tend to disagree	(2.0)	451	303	59	68	127	9	14	83	345	106	410	32	85	241	103	22	366	47	312
		22%	24% bd	17%	21%	19%	12%	16%	16%	26% abce	16%	24% b	15%	27% bce	22%	20%	22%	21%	16%	23% a
Strongly disagree	(1.0)	277	183	51	33	84	8	8	51	210	67	244	27	52	150	65	11	226	30	192
		14%	15% c	15%	10%	13%	10%	9%	10%	16% ce	10%	14%	13%	16%	14%	13%	11%	13%	10%	14%
Don't know		74	39	8	11	19	7	4	18	45	29	51	13	10	33	24	7	64	8	47
		4%	3%	2%	3%	3%	9% cd	4%	4%	3%	4%	3%	6% a	3%	3%	5%	7% b	4%	3%	3%
NET: Agree		1217	716	225	212	436	55	64	351	746	471	1038	136	166	673	320	58	1051	212	809
		60%	58%	65% a	65% a	65% a	70% d	71% d	70% d	55%	70% d	60%	66%	53%	61% a	63% a	60%	62% a	71% b	60%
NET: Disagree		728	486	110	101	211	17	22	134	555	173	653	59	137	391	168	32	592	77	504
		36%	39% bcd	32%	31%	32%	21%	25%	27%	41% abce	26%	38% b	28%	44% bce	36%	33%	33%	35%	26%	37% a
Base for stats		1945	1202	335	312	647	72	87	485	1302	644	1691	195	303	1064	488	91	1643	289	1313
Mean Score		2.72	2.66	2.78	2.86	2.82	2.98	2.94	2.92	2.62	2.93	2.70	2.88	2.58	2.73	2.78	2.83	2.75	2.97	2.70
					a	a	d	d	d		d		a		a	a	a	a	b	
Standard Deviation		.983	.984	1.001	.954	.978	.938	.915	.943	.989	.937	.981	1.008	.992	.978	.980	.996	.979	.961	.978
Standard Error		.022	.028	.060	.058	.042	.108	.096	.045	.027	.038	.024	.074	.057	.030	.044	.104	.024	.058	.027
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*

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

### Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
							NET: Longstanding physical and mental condition or illness													
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural									NET 2-4 days	NET 5 + days	
Total		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j	
Significance Level: 95%																				
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	467	71	115	30	267	183	25	386	81	123	66	65	76	31	31	13	64	171	107
		23%	30%	32%	32%	20%	30%	35%	25%	18%	31%	35%	24%	23%	16%	16%	18%	17%	22%	17%
			d	d	d		d	d	b		defghij	cdefghij	efhj	fhj					hj	
Tend to agree	(3.0)	750	91	128	42	491	227	28	595	155	131	64	115	138	77	79	32	114	330	225
		37%	38%	36%	46%	37%	38%	39%	38%	35%	33%	34%	43%	43%	40%	41%	44%	30%	42%	35%
													ahj	abhj	h	h	h		abhj	
Tend to disagree	(2.0)	451	48	67	9	328	112	11	340	111	55	33	54	73	63	49	14	109	191	172
		22%	20%	19%	9%	24%	19%	15%	22%	25%	14%	17%	20%	23%	33%	25%	19%	28%	24%	27%
			c	c		bce	c							a	a	abcdgi	a		abc	ab
Strongly disagree	(1.0)	277	20	40	6	211	60	5	198	80	64	18	30	27	17	27	12	82	74	121
		14%	8%	11%	7%	16%	10%	6%	13%	18%	16%	10%	11%	8%	9%	14%	16%	21%	9%	19%
						abcef				a	bdei					di	d	bcdefi		bcdei
Don't know		74	9	9	5	42	19	3	57	16	26	7	6	9	3	6	2	14	18	23
		4%	4%	3%	5%	3%	3%	4%	4%	4%	6%	4%	2%	3%	2%	3%	2%	4%	2%	3%
												cdeij								
NET: Agree		1217	161	242	71	758	411	53	981	236	254	129	180	214	107	109	45	178	501	333
		60%	68%	68%	79%	57%	68%	74%	62%	53%	64%	69%	67%	66%	56%	57%	62%	46%	64%	51%
			d	d	abde		d	d	b		hj	efhj	efhj	efhj	h	h	h		hj	
NET: Disagree		728	68	107	15	539	172	15	538	191	119	51	84	101	80	76	26	191	265	293
		36%	29%	30%	16%	40%	29%	21%	34%	43%	30%	27%	31%	31%	42%	40%	35%	50%	34%	45%
			c	c		abcef	c			a					abcdi	abd		abcdfgi		abcdi
Base for stats		1945	229	349	86	1297	583	69	1519	426	373	180	264	315	187	186	71	369	766	626
Mean Score		2.72	2.92	2.91	3.10	2.63	2.92	3.08	2.77	2.56	2.84	2.98	2.81	2.83	2.65	2.61	2.65	2.43	2.78	2.51
			d	d	d		d	d	b		efhj	efghij	fhj	efhj	h	h			fhj	
Standard Deviation		.983	.929	.986	.854	.986	.957	.893	.973	1.001	1.067	.978	.933	.893	.859	.932	.967	1.019	.901	.991
Standard Error		.022	.059	.055	.091	.027	.040	.108	.025	.049	.056	.072	.057	.050	.063	.067	.113	.054	.032	.040
Error variance		*	*	*	.01	*	*	.01	*	*	*	.01	*	*	*	*	.01	*	*	*



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

### Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%														
Unweighted Total		2019	662	514	803		1420	231		1410	240		1232	312
Total		2019	657	524	805		1420	238		1413	239		1231	318
		100%	100%	100%	100%		100%	100%		100%	100%		100%	100%
Strongly agree	(4.0)	467	130	78	252		330	66		334	68		309	72
		23%	20%	15%	31%		23%	28%		24%	29%		25%	23%
			b		ab									
Tend to agree	(3.0)	750	226	183	332		550	84		542	79		452	116
		37%	34%	35%	41%		39%	35%		38%	33%		37%	36%
					ab									
Tend to disagree	(2.0)	451	177	143	129		312	47		309	47		287	56
		22%	27%	27%	16%		22%	20%		22%	20%		23%	17%
			c	c						b			b	
Strongly disagree	(1.0)	277	102	100	71		192	36		192	39		162	61
		14%	16%	19%	9%		14%	15%		14%	16%		13%	19%
			c	c						a			a	
Don't know		74	22	20	21		36	5		36	5		21	14
		4%	3%	4%	3%		3%	2%		3%	2%		2%	4%
										a				
NET: Agree		1217	356	261	584		880	150		875	147		761	188
		60%	54%	50%	73%		62%	63%		62%	62%		62%	59%
					ab									
NET: Disagree		728	279	243	200		504	83		501	86		449	117
		36%	42%	46%	25%		36%	35%		35%	36%		36%	37%
			c	c										
Base for stats		1945	635	504	784		1384	233		1377	233		1210	305
Mean Score		2.72	2.60	2.47	2.98		2.74	2.77		2.74	2.76		2.75	2.65
			b		ab									
Standard Deviation		.983	.986	.977	.921		.974	1.028		.979	1.054		.983	1.051
Standard Error		.022	.039	.044	.033		.026	.068		.026	.069		.028	.061
Error variance		*	*	*	*		*	*		*	*		*	*

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

### Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	173	75	94	89	63	20	9	15	17	21	19	17	37	27	11
		9%	8%	9%	15% bc	10% c	3%	9%	6%	9%	10%	11% bi	8%	12% bi	8%	5%
Tend to agree	(3.0)	460	215	240	177	178	106	15	74	33	61	38	36	102	60	43
		23%	22%	24%	29% c	27% c	14%	16%	28% acfh	17%	29% acfh	22%	16%	32% acefhi	18%	20%
Tend to disagree	(2.0)	685	347	337	155	196	334	39	97	73	66	56	75	74	114	92
		34%	35%	33%	25%	30%	45% ab	41% g	37% g	37% g	31% g	32% g	33% g	23%	35% g	44% defgh
Strongly disagree	(1.0)	586	294	288	146	189	251	27	63	64	55	52	84	87	104	50
		29%	30%	28%	24%	29% a	33% a	28%	24%	32% b	26%	30%	38% bdgi	27%	32% b	24%
Don't know		115	48	60	43	34	38	7	13	10	8	8	12	21	22	13
		6%	5%	6%	7%	5%	5%	7%	5%	5%	4%	5%	5%	7%	7%	6%
NET: Agree		633	290	335	266	241	126	24	89	50	82	57	52	139	87	53
		31%	30%	33%	44% bc	37% c	17%	25%	34% cf	25%	39% acfhi	33% f	24%	43% abcefhi	26%	26%
NET: Disagree		1271	641	625	301	385	585	66	160	137	121	108	159	161	218	142
		63%	65%	61%	49%	58% a	78% ab	68% dg	61% g	69% dg	57%	62% g	71% bdg	50%	67% dg	68% dg
Base for stats		1904	931	959	567	626	711	90	250	187	202	165	211	300	304	195
Mean Score		2.12	2.08	2.15	2.37 bc	2.18 c	1.85	2.06	2.17 f	2.02	2.23 cfh	2.15 f	1.93	2.30 acfhi	2.03	2.07
Standard Deviation		.948	.930	.961	1.031	.980	.771	.927	.879	.943	.968	1.000	.940	1.020	.944	.830
Standard Error		.022	.031	.031	.040	.039	.032	.090	.056	.065	.070	.071	.074	.058	.056	.060
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

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

### Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Social Grade								Ethnicity							
Total		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Unweighted Total		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
100%		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	173	23	44	57	16	16	16	124	48	122	11	18	11	2	1	44
		9%	17%	11%	11%	6%	8%	3%	11%	5%	7%	18%	17%	14%	15%	13%	16%
		defh	dfh	dfh	dfh	f	f	dfh	dfh	a	a	a	a	a	a	a	a
Tend to agree	(3.0)	460	43	113	112	73	50	70	268	193	366	20	32	25	5	4	86
		23%	31%	27%	21%	28%	23%	15%	25%	21%	21%	33%	29%	33%	33%	34%	31%
		cfh	cfh	f	cfh	f	f	fh	f	a	a	a	a	a	a	a	a
Tend to disagree	(2.0)	685	32	112	181	93	76	191	326	359	609	15	28	16	4	4	68
		34%	23%	27%	34%	35%	35%	42%	30%	39%	36%	24%	26%	21%	27%	37%	25%
					ab	ab	ab	abcg	abg	cdg							
Strongly disagree	(1.0)	586	34	125	156	68	56	148	315	272	518	9	26	21	2	1	58
		29%	24%	30%	29%	26%	26%	32%	29%	29%	30%	15%	24%	27%	13%	7%	21%
											bg						
Don't know		115	7	23	24	13	16	32	54	61	88	6	5	3	2	1	17
		6%	5%	5%	5%	5%	7%	7%	5%	7%	5%	10%	4%	4%	12%	9%	6%
NET: Agree		633	66	157	169	89	66	85	392	241	488	31	50	36	8	5	130
		31%	48%	38%	32%	34%	31%	19%	36%	26%	29%	51%	46%	47%	48%	47%	47%
		bcddefgh	fh	fh	fh	f	f	fh	f	a	a	a	a	a	a	a	a
NET: Disagree		1271	66	237	337	160	132	339	640	631	1127	24	54	37	6	5	126
		63%	47%	57%	64%	61%	62%	74%	59%	68%	66%	39%	50%	49%	41%	44%	46%
			a	ab	a	a	a	abcdegh	a	abdg	bcdg						
Base for stats		1904	132	394	506	250	198	424	1032	872	1614	55	104	72	14	10	256
Mean Score		2.12	2.42	2.19	2.14	2.15	2.13	1.89	2.20	2.02	2.06	2.59	2.41	2.36	2.56	2.59	2.45
			bcddefgh	fh	fh	fh	f		fh	f		a	a	a			a
Standard Deviation		.948	1.055	1.009	.980	.897	.924	.806	1.004	.869	.920	.996	1.048	1.054	.978	.861	1.025
Standard Error		.022	.091	.051	.043	.054	.063	.041	.031	.029	.023	.130	.100	.122	.253	.248	.062
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.06	.06	*

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

### Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating									
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total		2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	173	76	34	47	80	16	20	37	99	73	150	16	16	75	69	13	157	48	98
		9%	6%	10%	14%	12%	21%	22%	7%	7%	11%	9%	8%	5%	7%	13%	13%	9%	16%	7%
				a	a	a	cde	cde			cd					abe	ab	ab	b	
Tend to agree	(3.0)	460	232	100	103	203	21	33	116	289	171	393	54	48	247	138	27	413	100	301
		23%	19%	29%	32%	30%	27%	37%	23%	21%	25%	23%	26%	15%	23%	27%	28%	24%	34%	22%
				a	a	a		cde							a	a	a	a	b	
Tend to disagree	(2.0)	685	477	97	79	176	21	20	185	460	225	590	72	135	395	137	18	550	84	458
		34%	38%	28%	24%	26%	27%	22%	37%	34%	34%	34%	35%	43%	36%	27%	18%	32%	28%	34%
			bcd					b	b	b			bcd	cde		cd				
Strongly disagree	(1.0)	586	395	93	77	169	15	14	140	416	170	522	48	96	327	134	29	490	54	431
		29%	32%	27%	24%	25%	19%	16%	28%	31%	25%	30%	23%	31%	30%	26%	30%	29%	18%	32%
			cd					b	abe	b	b	b							a	
Don't know		115	61	20	18	37	5	3	25	82	33	86	18	18	52	34	10	97	11	72
		6%	5%	6%	5%	6%	6%	3%	5%	6%	5%	5%	9%	a	6%	5%	7%	10%	6%	4%
																b				
NET: Agree		633	308	133	150	283	38	53	153	389	244	544	70	63	323	207	40	570	148	399
		31%	25%	39%	46%	43%	48%	59%	30%	29%	36%	31%	34%	20%	29%	40%	41%	33%	50%	29%
				a	a	a	cde	cde			cd				a	abe	ab	ab	b	
NET: Disagree		1271	872	190	156	346	37	34	325	876	396	1112	120	231	723	270	47	1040	139	890
		63%	70%	55%	48%	52%	46%	38%	65%	65%	59%	64%	58%	74%	66%	53%	49%	61%	47%	65%
			bcd					ab	abe	ab			bcd	cde		cd		a		
Base for stats		1904	1180	324	305	629	74	87	478	1264	640	1656	190	294	1045	477	87	1610	287	1288
Mean Score		2.12	1.99	2.23	2.39	2.31	2.52	2.67	2.10	2.06	2.23	2.10	2.20	1.94	2.07	2.30	2.27	2.15	2.49	2.05
				a	a	a	cde	cde			cd				a	abe	ab	ab	b	
Standard Deviation		.948	.888	.980	1.025	1.005	1.056	1.011	.915	.933	.970	.952	.916	.837	.913	1.030	1.084	.964	.983	.933
Standard Error		.022	.025	.060	.063	.044	.120	.106	.044	.026	.039	.023	.067	.048	.028	.047	.114	.024	.060	.026
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	*	*	*	*	.01	*	*	*

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

### Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
							NET: Longstanding physical and mental condition or illness													
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j	
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646	
Total	2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	173 9%	25 11%	33 9%	11 13%	98 7%	62 10% d	6 8%	140 9%	32 7%	20 5%	16 9%	23 8%	29 9% a	19 10% a	13 7%	10 13% a	43 11% a	71 9% a	65 10% a
Tend to agree	(3.0)	460 23%	67 28% bd	61 17%	39 43% abdef	294 22% b	147 24% b	17 24%	373 24%	88 20%	63 16%	47 25% aghj	71 26% aghj	103 32% aghj	60 32% aghj	48 25% ahj	10 14%	58 15%	235 30% aghj	115 18%
Tend to disagree	(2.0)	685 34%	69 29%	140 39% ac	21 23%	460 34% c	205 34% c	24 34%	525 33%	160 36%	140 35% e	65 34%	94 35% e	109 34%	50 26% e	74 38% e	28 38% e	127 33%	252 32%	228 35% e
Strongly disagree	(1.0)	586 29%	66 28% c	105 29% c	13 14%	414 31% ce	158 26% c	21 29% c	438 28%	149 34% a	137 34% bcdi	47 25%	69 26%	72 22%	54 28%	52 27%	22 30%	134 35% bcdi	195 25%	208 32% di
Don't know		115 6%	11 5%	18 5%	6 6%	73 5%	30 5%	4 6%	100 6% b	14 3%	40 10% cdefhij	13 7%	12 4%	11 3%	8 4%	6 3%	3 5%	23 6%	30 4%	32 5%
NET: Agree		633 31%	92 39% bd	94 26%	51 56% abdef	391 29%	209 35% bd	23 31%	513 33% b	120 27%	83 21%	64 34% a	94 35% ahj	132 41% afghj	80 42% afghj	60 31% a	20 27%	100 26%	306 39% afghj	181 28% a
NET: Disagree		1271 63%	135 57% c	246 69% ace	34 37% ace	874 65% ace	363 60% c	45 63% c	963 61% a	309 70%	276 69% bcdei	112 59%	164 61%	180 56%	103 54%	126 65% dei	50 68% de	260 68% bdei	447 57%	436 67% bdei
Base for stats		1904	227	340	85	1266	572	67	1476	428	359	175	258	313	183	186	70	361	753	616
Mean Score		2.12	2.23 bd	2.06 abdef	2.59 abdef	2.06 bd	2.20 bd	2.11	2.15 b	2.01	1.90	2.19 a	2.18 ah	2.29 afhj	2.25 ahj	2.12 a	2.11	2.03	2.24 ahj	2.06 a
Standard Deviation		.948	.992	.938	.908	.930	.965	.943	.953	.924	.877	.938	.932	.923	.996	.895	1.010	1.004	.944	.972
Standard Error		.022	.064	.053	.097	.026	.040	.115	.025	.045	.047	.070	.058	.052	.074	.064	.119	.054	.034	.039
Error variance		*	*	*	.01	*	*	.01	*	*	*	*	*	*	.01	*	.01	*	*	*

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

### Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	173 9%	75 11% bc	26 5%	65 8% b	136 10%	14 6%	135 10%	15 6%	135 11% b	9 3%	145 11% b	7 3%	129 13% b	18 4%
Tend to agree	(3.0)	460 23%	158 24%	102 20%	195 24% b	345 24% b	37 16%	317 22%	53 22%	299 24% b	61 19%	327 25% b	49 19%	283 28% b	78 16%
Tend to disagree	(2.0)	685 34%	197 30%	204 39% a	278 35%	470 33%	95 40% a	477 34%	76 32%	391 32%	102 32%	395 30%	81 32%	266 26%	177 36% a
Strongly disagree	(1.0)	586 29%	206 31%	156 30%	219 27%	416 29%	78 33%	427 30%	86 36%	362 29%	127 40% a	381 29%	103 40% a	291 29%	191 39% a
Don't know		115 6%	20 3%	36 7% a	46 6% a	53 4%	13 5%	56 4%	8 3%	44 4%	19 6% a	54 4%	17 7%	41 4%	26 5%
NET: Agree		633 31%	233 36% b	128 24%	260 32% b	481 34% b	51 22%	452 32%	68 29%	434 35% b	70 22%	472 36% b	56 22%	413 41% b	96 20%
NET: Disagree		1271 63%	403 61%	361 69% ac	498 62%	886 62%	173 73% a	904 64%	162 68%	753 61%	229 72% a	776 60%	185 72% a	557 55%	368 75% a
Base for stats		1904	637	489	758	1367	225	1357	231	1187	299	1248	241	970	464
Mean Score		2.12	2.16 b	1.99	2.14 b	2.15 b	1.94	2.12	1.99	2.17 b	1.84	2.19 b	1.83	2.26 b	1.83
Standard Deviation		.948	1.009	.860	.934	.966	.875	.967	.935	.991	.853	.999	.853	1.029	.841
Standard Error		.022	.040	.039	.034	.026	.059	.026	.061	.029	.050	.028	.055	.033	.039
Error variance		*	*	*	*	*	*	*	*	*	*	*	*	*	*

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

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

BASE: All respondents

		Gender			Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	322	134	183	145	114	63	21	29	35	32	31	29	73	50	22
		16%	14%	18%	24%	17%	8%	22%	11%	18%	15%	18%	13%	23%	15%	11%
				a	bc	c		bi		bi		bi		bdfhi		
Tend to agree	(3.0)	651	311	335	212	208	231	24	77	66	72	50	65	110	113	73
		32%	32%	33%	35%	32%	31%	25%	29%	34%	34%	29%	29%	34%	35%	35%
Tend to disagree	(2.0)	639	340	297	147	198	294	40	96	59	59	49	83	80	96	77
		32%	35%	29%	24%	30%	39%	41%	37%	30%	28%	29%	37%	25%	29%	37%
			b			a	ab	cdegh	g			g				g
Strongly disagree	(1.0)	300	147	149	70	99	132	7	40	29	38	27	40	40	51	28
		15%	15%	15%	11%	15%	18%	8%	15%	15%	18%	16%	18%	12%	16%	13%
						a	a		a		a	a		a		
Don't know		107	47	55	37	40	30	4	20	8	9	15	7	18	17	8
		5%	5%	5%	6%	6%	4%	4%	8%	4%	4%	9%	3%	6%	5%	4%
									f			cfi				
NET: Agree		973	446	519	357	322	294	45	106	101	104	81	94	183	163	95
		48%	46%	51%	59%	49%	39%	47%	40%	51%	49%	47%	42%	57%	50%	46%
				a	bc	c				b				befi	b	
NET: Disagree		939	487	446	216	297	426	47	137	88	97	76	123	119	147	104
		46%	50%	44%	35%	45%	57%	49%	52%	45%	46%	44%	55%	37%	45%	50%
			b			a	ab	g	g		g		cegh		g	g
Base for stats		1912	933	964	573	619	720	93	243	189	201	157	216	302	310	199
Mean Score		2.52	2.46	2.57	2.75	2.55	2.31	2.64	2.39	2.57	2.49	2.54	2.38	2.72	2.52	2.45
				a	bc	c		bf		b				bdfhi		
Standard Deviation		.949	.924	.967	.967	.969	.870	.923	.902	.961	.976	.995	.937	.975	.952	.867
Standard Error		.022	.031	.031	.037	.039	.036	.088	.059	.066	.071	.072	.073	.056	.055	.062
Error variance		*	*	*	*	*	*	.01	*	*	.01	.01	.01	*	*	*

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

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

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	e	f	g
Unweighted Total		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	322 16%	38 27% bcdefgh	77 18% fh	89 17% fh	42 16% f	33 15% f	43 10% fh	203 19% fh	118 13%	241 14%	15 25% a	27 25% a	25 33% a	1 9%	4 32%	72 26% a
Tend to agree	(3.0)	651 32%	40 29%	140 33%	176 33%	92 35%	72 34%	131 29%	356 33%	295 32%	550 32%	23 37% d	39 36% d	17 22%	8 53%	4 32%	90 33%
Tend to disagree	(2.0)	639 32%	38 27%	129 31%	162 31%	86 33%	59 28%	165 36% eg	329 30%	310 33%	565 33% cg	13 22%	26 24%	20 26%	3 18%	2 19%	64 24%
Strongly disagree	(1.0)	300 15%	19 14%	59 14%	73 14%	27 10%	34 16%	88 19% cdg	151 14%	149 16% d	270 16% g	6 11%	11 10%	6 8%	1 4%	2 17%	26 10%
Don't know		107 5%	5 3%	13 3%	30 6%	15 6%	16 7%	29 6% bg	47 4%	60 6% bg	77 4%	4 6%	6 6%	7 10% a	3 16%	- -	20 7% a
NET: Agree		973 48%	78 56% fh	217 52% fh	265 50% fh	134 51% fh	105 49% f	175 38% fh	560 52% fh	414 44% f	791 46%	38 62% a	66 61% a	42 55%	10 62%	7 64%	163 60% a
NET: Disagree		939 46%	57 41%	188 45%	235 44%	114 43%	93 43%	252 55% abcdegh	480 44%	459 49% g	835 49% bcdg	20 32%	37 34%	26 35%	4 22%	4 36%	90 33%
Base for stats		1912	135	405	500	248	198	427	1039	873	1626	57	102	68	13	11	253
Mean Score		2.52	2.72 fh	2.58 fh	2.56 fh	2.60 fh	2.52 f	2.30	2.59 fh	2.44 f	2.47	2.81 a	2.80 a	2.89 a	2.78	2.79	2.83 a
Standard Deviation		.949	1.026	.959	.946	.898	.962	.910	.962	.928	.937	.960	.948	1.019	.721	1.126	.962
Standard Error		.022	.088	.048	.042	.055	.065	.047	.030	.032	.023	.122	.091	.122	.193	.312	.059
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.04	.10	*



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

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

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	322	167	64	70	134	18	30	71	202	120	282	33	33	165	95	28	289	77	199
			16%	13%	19%	22%	20%	23%	34%	14%	15%	18%	16%	16%	10%	15%	19%	29%	17%	26%	15%
				a	a	a		cd	cde							a	a	abce	a	b	
Tend to agree		(3.0)	651	385	120	118	237	24	26	149	452	200	578	55	89	348	192	23	562	101	450
			32%	31%	35%	36%	36%	30%	29%	30%	34%	30%	33%	26%	29%	32%	37%	23%	33%	34%	33%
													b			abd		d			
Tend to disagree		(2.0)	639	421	96	88	185	16	23	171	428	211	556	68	116	362	136	25	523	82	433
			32%	34%	28%	27%	28%	21%	26%	34%	32%	31%	32%	33%	37%	33%	27%	26%	31%	28%	32%
				cd						a	a	a			cde	c					
Strongly disagree		(1.0)	300	203	45	40	85	13	6	85	197	103	244	41	56	165	64	15	244	30	207
			15%	16%	13%	12%	13%	16%	7%	17%	15%	15%	14%	20%	18%	15%	12%	16%	14%	10%	15%
				d						b	b	b		a	c					a	
Don't know			107	64	18	7	26	8	4	27	68	39	82	11	18	58	25	6	88	7	70
			5%	5%	5%	2%	4%	10%	5%	5%	5%	6%	5%	5%	6%	5%	5%	6%	5%	2%	5%
				c																a	
NET: Agree			973	552	184	188	371	42	57	220	654	320	860	87	122	513	287	51	851	178	649
			48%	45%	53%	58%	56%	53%	63%	44%	49%	48%	49%	42%	39%	47%	56%	53%	50%	60%	48%
					a	a	a		cde							a	abe	a	a	b	
NET: Disagree			939	624	141	128	269	29	29	256	624	314	800	110	172	527	200	40	767	112	640
			46%	50%	41%	40%	40%	37%	32%	51%	46%	47%	46%	53%	55%	48%	39%	41%	45%	38%	47%
				bcd						ab	b	b			bcd	c		c		a	
Base for stats		1912	1177	325	316	641	71	86	477	1278	634	1660	197	294	1039	487	91	1618	290	1290	
Mean Score		2.52	2.44	2.62	2.69	2.66	2.67	2.94	2.43	2.52	2.53	2.54	2.40	2.34	2.49	2.65	2.70	2.55	2.77	2.50	
				a	a	a	c	cde							a	abe	ab	a	b		
Standard Deviation		.949	.936	.953	.956	.954	1.048	.956	.950	.935	.977	.940	.999	.911	.941	.939	1.086	.952	.957	.938	
Standard Error		.022	.026	.058	.058	.041	.122	.101	.045	.026	.040	.023	.072	.053	.029	.042	.113	.024	.058	.026	
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*	*

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

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

BASE: All respondents

			Longstanding condition or illness						Area		Number of days active									
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree		(4.0)	322	46	54	22	199	110	258	64	47	33	47	49	34	31	13	68	130	112
		16%	20%	15%	24% bd	15%	18%	14%	16%	14%	12%	18%	18% a	15%	18%	16%	18%	18% a	17% a	17% a
Tend to agree		(3.0)	651	76	92	27	455	173	508	143	98	61	96	141	59	65	25	105	297	196
		32%	32%	26%	30% be	34% be	29%	27%	32%	32%	25%	32% a	36% ah	44% abefhj	31%	34% a	34%	27%	38% ahj	30%
Tend to disagree		(2.0)	639	73	128	23	417	202	498	140	126	66	79	91	64	63	20	129	233	213
		32%	31%	36% c	25%	31%	34%	26%	32%	32%	32%	35%	29%	28%	33%	33%	28%	34%	30%	33%
Strongly disagree		(1.0)	300	29	64	11	206	83	228	72	103	15	31	30	24	25	12	60	86	97
		15%	12%	18%	12%	15%	14%	23% ae	14%	16%	26% bcdefhij	8%	12%	9%	13%	13%	16% b	16% bdi	11%	15% bdi
Don't know		107	13	19	8	62	33	7	84	23	24	13	16	12	10	7	3	22	38	31
		5%	5%	5%	9%	5%	5%	9%	5%	5%	6%	7%	6%	4%	5%	4%	3%	6%	5%	5%
NET: Agree		973	122	146	49	654	283	29	766	208	145	94	144	190	93	97	38	173	426	308
		48%	51% b	41%	54% b	49% b	47%	41%	49%	47%	36%	50% a	53% ah	59% aehj	49% a	50% a	52% a	45% a	54% ahj	47% a
NET: Disagree		939	103	192	34	623	286	36	726	212	230	81	110	121	88	88	32	189	319	309
		46%	43%	54% acd	37%	47%	47%	50%	46%	48%	58% bcdefghij	43%	41%	37%	46%	46%	44%	49% cdi	41%	48% di
Base for stats		1912	225	339	83	1277	569	65	1492	420	374	175	254	311	181	185	70	362	746	617
Mean Score		2.52	2.62	2.40	2.72	2.51	2.54	2.35	2.53	2.48	2.24	2.64	2.63	2.67	2.56	2.56	2.56	2.50	2.63	2.52
			bf		bdf		b					a	a	ahj	a	a	a	a	ahj	a
Standard Deviation		.949	.956	.970	1.006	.940	.964	1.031	.949	.948	.992	.882	.925	.855	.944	.927	.983	.979	.901	.963
Standard Error		.022	.062	.055	.109	.026	.041	.128	.025	.047	.052	.066	.058	.048	.070	.067	.116	.053	.033	.039
Error variance		*	*	*	.01	*	*	.02	*	*	*	*	*	*	*	*	.01	*	*	*

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

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

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
Total		NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%														
Unweighted Total		2019	662	514	803		1420	231		1410	240		1232	312
Total		2019	657	524	805		1420	238		1413	239		1231	318
		100%	100%	100%	100%		100%	100%		100%	100%		100%	100%
Strongly agree	(4.0)	322	128	39	148		249	28		264	25		244	39
		16%	19%	7%	18%		18%	12%		19%	11%		20%	12%
			b		b		b			b			b	
Tend to agree	(3.0)	651	218	135	291		499	66		487	69		432	89
		32%	33%	26%	36%		35%	28%		34%	29%		35%	28%
			b		b		b			b			b	
Tend to disagree	(2.0)	639	198	200	235		441	75		432	75		366	95
		32%	30%	38%	29%		31%	31%		31%	32%		30%	30%
				ac										
Strongly disagree	(1.0)	300	87	112	96		176	59		177	64		149	88
		15%	13%	21%	12%		12%	25%		12%	27%		12%	28%
				ac				a			a			a
Don't know		107	26	38	35		55	10		55	6		40	9
		5%	4%	7%	4%		4%	4%		4%	2%		3%	3%
				ac										
NET: Agree		973	346	174	438		748	94		750	94		676	127
		48%	53%	33%	54%		53%	40%		53%	39%		55%	40%
			b		b		b			b			b	
NET: Disagree		939	285	312	332		617	134		608	139		516	183
		46%	43%	60%	41%		43%	56%		43%	58%		42%	57%
				ac				a			a			a
Base for stats		1912	631	486	770		1365	228		1359	233		1192	310
Mean Score		2.52	2.61	2.21	2.64		2.60	2.27		2.62	2.24		2.65	2.25
			b		b		b			b			b	
Standard Deviation		.949	.959	.887	.931		.928	.983		.941	.974		.943	1.004
Standard Error		.022	.038	.041	.034		.025	.066		.026	.064		.027	.058
Error variance		*	*	*	*		*	*		*	*		*	*

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

### Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	471 23%	234 24%	232 23%	183 30% bc	155 24% c	132 18%	20 20%	60 23%	49 25%	54 26% h	45 26% h	44 20%	100 31% abfhi	60 18%	38 18%
Tend to agree	(3.0)	933 46%	462 47%	467 46%	261 43%	313 47%	359 48%	48 50%	121 46%	89 45%	89 42%	76 44%	100 45%	144 45%	152 47%	115 55% bcdefg
Tend to disagree	(2.0)	341 17%	168 17%	171 17%	83 14%	101 15%	158 21% ab	18 19%	40 15%	34 17%	40 19% g	29 17%	49 22% gi	38 12%	64 20% g	29 14%
Strongly disagree	(1.0)	161 8%	73 7%	84 8%	40 7%	53 8%	68 9%	5 5%	25 9%	19 10%	16 8%	12 7%	19 8%	20 6%	31 9%	14 7%
Don't know		113 6%	42 4%	66 6% a	43 7% c	37 6%	32 4%	6 6%	17 7%	6 3%	11 5%	10 6%	11 5%	18 6%	20 6%	12 6%
NET: Agree		1404 70%	696 71%	699 69%	444 73% c	468 71% c	492 66%	68 70%	181 69%	137 70%	143 68%	121 70%	144 65%	245 76% bdfh	212 65%	153 74% h
NET: Disagree		502 25%	241 25%	254 25%	122 20%	154 23%	226 30% ab	23 24%	65 25%	53 27% g	57 27% g	41 24%	68 30% gi	58 18%	95 29% gi	43 20%
Base for stats		1906	937	953	567	623	717	91	246	190	200	163	212	303	307	196
Mean Score		2.90	2.91	2.89	3.04 bc	2.92 c	2.77	2.90	2.88	2.87	2.91	2.95 h	2.80 bcdghi	3.07	2.79	2.91
Standard Deviation		.868	.857	.873	.866	.865	.856	.800	.895	.911	.893	.872	.871	.847	.872	.785
Standard Error		.020	.028	.028	.034	.034	.035	.078	.058	.062	.065	.062	.068	.048	.051	.057
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

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

### Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	471	49	101	153	57	42	68	304	167	375	21	34	27	2	5	89
		23%	35%	24%	29%	22%	20%	15%	28%	18%	22%	34%	32%	35%	14%	48%	33%
			bdefh	fh	defh	f			defh			a	a	a			a
Tend to agree	(3.0)	933	54	217	241	124	88	210	512	421	805	22	51	31	9	3	115
		46%	39%	52%	46%	47%	41%	46%	47%	45%	47%	36%	47%	41%	54%	22%	42%
				aceh													
Tend to disagree	(2.0)	341	18	61	70	63	43	86	149	192	300	9	15	9	1	1	35
		17%	13%	15%	13%	24%	20%	19%	14%	21%	18%	14%	14%	12%	9%	6%	13%
						abcg	cg	cg		abcg	g						
Strongly disagree	(1.0)	161	9	23	37	11	20	61	69	92	142	5	3	5	1	2	16
		8%	7%	6%	7%	4%	9%	13%	6%	10%	8%	9%	3%	7%	4%	13%	6%
						d		abcdg		bdg	c						
Don't know		113	9	14	28	9	21	31	52	61	81	4	6	4	3	1	18
		6%	7%	3%	5%	3%	10%	7%	5%	7%	5%	7%	5%	5%	18%	11%	7%
						bcdg		b		bd							
NET: Agree		1404	103	319	395	181	130	277	816	588	1180	43	85	57	11	8	204
		70%	74%	76%	74%	69%	61%	61%	75%	63%	69%	70%	78%	76%	68%	70%	75%
			efh	defh	efh	f			defh				a				
NET: Disagree		502	27	85	107	73	63	148	218	284	442	14	18	14	2	2	51
		25%	19%	20%	20%	28%	30%	32%	20%	30%	26%	23%	17%	19%	13%	20%	19%
						bcg	abcg	abcg		abcg	cg						
Base for stats		1906	130	403	501	254	193	425	1035	872	1621	57	103	72	13	10	255
Mean Score		2.90	3.10	2.98	3.02	2.90	2.79	2.67	3.02	2.76	2.87	3.02	3.12	3.10	2.96	3.16	3.09
			defh	efh	defh	fh			defh				a	a			a
Standard Deviation		.868	.891	.798	.859	.793	.903	.911	.840	.881	.866	.951	.773	.887	.735	1.141	.856
Standard Error		.020	.078	.040	.038	.048	.062	.047	.026	.030	.022	.122	.073	.103	.196	.329	.052
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.04	.11	*

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

### Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	471	264	88	91	179	25	24	95	327	144	445	20	57	243	134	36	414	89	313
		23%	21%	26%	28%	27%	31%	26%	19%	24%	21%	26%	9%	18%	22%	26%	37%	24%	30%	23%	
					a	a	ce			c		b				a	abce	a	b		
Tend to agree		(3.0)	933	584	151	156	307	30	39	215	650	283	842	68	141	502	250	40	793	124	652
		46%	47%	44%	48%	46%	37%	43%	43%	48%	42%	48%	33%	45%	46%	49%	41%	46%	42%	48%	
										ce		b							a		
Tend to disagree		(2.0)	341	218	60	42	102	5	20	99	218	124	275	46	61	196	72	13	280	52	223
		17%	18%	18%	13%	15%	6%	22%	20%	16%	18%	16%	22%	19%	18%	14%	13%	16%	17%	16%	
							a	a	a	a	a	a	a	c							
Strongly disagree		(1.0)	161	107	22	21	43	11	6	62	83	78	103	51	37	93	27	3	124	20	101
		8%	9%	7%	6%	6%	14%	7%	12%	6%	12%	6%	25%	12%	12%	9%	5%	3%	7%	7%	7%
							d		d		d		a	cde	c						
NET: Agree		1404	848	239	247	486	54	62	310	977	427	1287	88	198	745	385	76	1206	213	966	
		70%	68%	70%	76%	73%	68%	69%	62%	73%	63%	74%	42%	63%	68%	75%	78%	71%	71%	71%	
					a	a				ce		b				abe	ab	a			
NET: Disagree		502	325	83	62	145	15	26	161	300	202	378	98	98	289	99	16	404	72	324	
		25%	26%	24%	19%	22%	19%	29%	32%	22%	30%	22%	47%	31%	26%	19%	17%	24%	24%	24%	
			cd						ad		ad	a		cde	cd		c				
Base for stats		1906	1173	322	309	631	69	88	471	1278	629	1665	186	296	1034	484	92	1611	284	1289	
Mean Score		2.90	2.86	2.95	3.02	2.99	2.98	2.90	2.73	2.96	2.78	2.98	2.30	2.74	2.87	3.02	3.18	2.93	2.99	2.91	
					a	a	c			ce		b			a	abe	abe	a			
Standard Deviation		.868	.870	.860	.836	.849	1.026	.876	.930	.827	.937	.825	.990	.913	.876	.808	.803	.857	.880	.850	
Standard Error		.020	.025	.053	.051	.037	.121	.091	.045	.023	.038	.020	.073	.053	.027	.037	.083	.021	.053	.024	
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*	

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

### Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
							NET: Longstanding physical and mental condition or illness													
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	471	48	61	27	333	123	9	372	98	22	21	55	73	59	59	30	151	187	241
		23%	20%	17%	29%	25%	20%	13%	24%	22%	6%	11%	20%	23%	31%	31%	41%	39%	24%	37%
					bef	bef						a	ab	ab	abcdi	abcdi	abcdi	abcdefi	ab	abcdi
Tend to agree	(3.0)	933	101	156	35	640	262	26	718	215	99	85	156	186	95	99	34	180	436	314
		46%	42%	43%	38%	48%	44%	37%	46%	49%	25%	45%	58%	57%	50%	52%	46%	47%	56%	48%
												a	abhj	abhj	a	a	a	a	abhj	a
Tend to disagree	(2.0)	341	48	60	14	224	102	17	265	76	127	48	38	45	25	24	7	27	108	58
		17%	20%	17%	15%	17%	17%	23%	17%	17%	32%	26%	14%	14%	13%	12%	9%	7%	14%	9%
											cdefghij	cdefghij	hj	hj	h	h		hj		
Strongly disagree	(1.0)	161	26	58	7	80	75	12	128	33	102	16	11	14	5	3	2	7	30	12
		8%	11%	16%	8%	6%	12%	17%	8%	8%	26%	9%	4%	4%	3%	2%	3%	2%	4%	2%
			d	cd			d	d			bcdefghij	cdefhij	j	j	3%	2%	3%	2%	j	
Don't know		113	15	24	8	61	40	7	93	20	49	17	10	6	6	6	-	18	22	24
		6%	6%	7%	9%	5%	7%	10%	6%	4%	12%	9%	4%	2%	3%	3%	-	5%	3%	4%
					d		d	d			cdefghij	cdefghij					d			
NET: Agree		1404	149	216	61	973	385	36	1091	314	121	106	211	259	154	159	64	331	623	554
		70%	62%	60%	68%	73%	64%	50%	69%	71%	30%	56%	78%	80%	81%	83%	88%	86%	80%	85%
					f	abef	f					a	ab	ab	ab	ab	abcdi	ab	abcdi	
NET: Disagree		502	74	118	21	305	176	29	393	109	229	65	49	59	31	27	9	34	139	70
		25%	31%	33%	23%	23%	29%	40%	25%	25%	57%	34%	18%	18%	16%	14%	12%	9%	18%	11%
			d	d			d	cd			bcdefghij	cdefghij	hj	hj	h	h		hj		
Base for stats		1906	223	334	83	1278	562	64	1483	423	350	170	260	318	184	186	73	365	762	624
Mean Score		2.90	2.76	2.66	2.98	2.96	2.77	2.51	2.90	2.90	2.12	2.65	2.98	3.00	3.12	3.15	3.26	3.30	3.02	3.25
			f		bf	abef	f					a	ab	ab	abc	abcdi	abcdi	abcdefi	ab	abcdei
Standard Deviation		.868	.922	.967	.923	.829	.939	.960	.874	.847	.904	.820	.729	.740	.748	.705	.757	.687	.739	.703
Standard Error		.020	.060	.055	.100	.023	.040	.119	.023	.042	.049	.062	.045	.041	.055	.050	.087	.037	.027	.028
Error variance		*	*	*	.01	*	*	.01	*	*	*	*	*	*	*	*	.01	*	*	*

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

### Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	471 23%	219 33% bc	81 15% b	162 20% b	398 28% b	23 10% b	406 29% b	27 11% b	390 32% b	39 12% b	407 31% b	19 7% b	325 32% b	70 14% b
Tend to agree	(3.0)	933 46%	326 50% c	247 47% c	356 44% c	711 50% b	75 31% b	684 48% b	91 38% b	624 51% b	99 31% b	667 51% b	72 28% b	480 47% b	196 40% b
Tend to disagree	(2.0)	341 17%	75 11%	104 20% a	159 20% a	196 14%	66 28% a	206 15%	53 22% a	133 11%	89 28% a	143 11%	77 30% a	121 12% a	117 24% a
Strongly disagree	(1.0)	161 8%	18 3%	54 10% a	85 11% a	70 5%	56 24% a	66 5%	53 22% a	47 4%	76 24% a	44 3%	77 30% a	49 5% a	80 16% a
Don't know		113 6%	19 3%	39 7% a	42 5% a	46 3%	18 8% a	51 4%	14 6% a	37 3%	16 5% a	41 3%	13 5% a	36 4% a	28 6% a
NET: Agree		1404 70%	545 83% bc	327 62%	518 64%	1108 78% b	98 41%	1090 77% b	118 50%	1014 82% b	138 43%	1074 82% b	91 35%	805 80% b	266 54%
NET: Disagree		502 25%	93 14%	158 30% a	244 30% a	266 19%	122 51% a	273 19%	107 45% a	180 15%	165 52% a	188 14%	154 60% a	170 17% a	196 40% a
Base for stats		1906	637	485	762	1374	220	1362	225	1194	303	1261	244	975	462
Mean Score		2.90	3.17 bc	2.73	2.78	3.04 b	2.29	3.05 b	2.41	3.14 b	2.33	3.14 b	2.13	3.11 b	2.56
Standard Deviation		.868	.738	.867	.906	.797	.964	.801	.981	.760	.992	.747	.951	.805	.947
Standard Error		.020	.029	.040	.033	.022	.066	.022	.065	.022	.058	.021	.061	.026	.044
Error variance		*	*	*	*	*	*	*	*	*	*	*	*	*	*



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

### Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	425	194	225	164	154	107	19	47	43	42	34	40	89	70	41
		21%	20%	22%	27% c	23% c	14%	20%	18%	22%	20%	19%	18%	28% bdefi	22%	20%
Tend to agree	(3.0)	871	423	445	248	297	326	42	127	75	100	69	98	135	129	96
		43%	43%	44%	41%	45%	43%	43%	48% ch	38%	47%	40%	44%	42%	40%	46%
Tend to disagree	(2.0)	418	215	201	115	124	179	21	58	49	38	43	48	53	64	45
		21%	22%	20%	19%	19%	24% ab	22%	22%	25% g	18%	25% g	21%	16%	20%	22%
Strongly disagree	(1.0)	197	103	90	44	55	98	7	23	22	20	18	27	23	36	19
		10%	11%	9%	7%	8%	13% ab	7%	9%	11%	10%	11%	12%	7%	11%	9%
Don't know		108	44	59	38	30	40	7	8	8	11	9	10	21	27	7
		5%	5%	6%	6%	4%	5%	8% b	3%	4%	5%	5%	5%	7%	8% bci	3%
NET: Agree		1296	617	670	412	451	433	61	174	118	142	103	138	224	200	136
		64%	63%	66%	68% c	68% c	58%	63%	66%	60%	67%	59%	62%	70% ceh	61%	66%
NET: Disagree		615	318	291	160	179	276	28	81	71	58	61	75	76	100	64
		30%	32%	29%	26%	27%	37% ab	29%	31% g	36% g	27%	36% g	34% g	24%	31% g	31%
Base for stats		1911	935	961	571	630	710	90	255	189	200	164	213	300	300	201
Mean Score		2.80	2.76	2.84	2.93	2.87	2.62	2.82	2.77	2.74	2.82	2.72	2.71	2.97	2.78	2.79
				a	c	c								bcefhi		
Standard Deviation		.902	.905	.890	.892	.880	.902	.866	.853	.942	.881	.917	.916	.884	.942	.877
Standard Error		.021	.030	.028	.034	.035	.037	.084	.054	.065	.064	.065	.072	.051	.056	.063
Error variance		*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

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

### Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Social Grade								Ethnicity								
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	e	f	g	
Unweighted Total		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291	
Total		2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	425	50	109	129	45	37	56	288	137	338	16	30	25	3	4	77	
		21%	36% bcdefgh	26% defh	24% defh	17%	17%	12%	26% defh	15%	20%	26%	27%	33% a	16%	34%	28% a	
Tend to agree	(3.0)	871	54	197	230	127	90	174	481	390	749	26	50	29	8	-	114	
		43%	39% f	47% f	43% f	48% f	42%	38%	44% f	42%	44%	43%	46%	38%	51%	-	42%	
Tend to disagree	(2.0)	418	20	77	94	61	49	117	191	227	372	7	17	9	3	3	39	
		21%	14%	19%	18%	23% ag	23% ag	26% abcg	18%	24% abcg	22% bdg	11%	16%	12%	18%	29%	14%	
Strongly disagree	(1.0)	197	7	26	50	21	20	74	83	114	163	9	8	8	1	1	27	
		10%	5%	6%	9%	8%	9%	16% abcdeg	8%	12% abdg	10%	14%	7%	11%	8%	7%	10%	
Don't know		108	8	8	28	10	18	36	44	64	80	4	4	4	1	3	17	
		5%	6% b	2%	5% b	4%	9% bdg	8% bdg	4% b	7% bdg	5%	6%	4%	6%	6%	30%	6%	
NET: Agree		1296	104	306	359	172	127	229	769	527	1088	42	80	54	11	4	191	
		64%	74% efh	73% defh	68% efh	65% fh	59% f	50%	71% efh	57% f	64%	69%	73% a	72%	68%	34%	70% a	
NET: Disagree		615	27	103	143	82	69	190	274	341	535	16	24	17	4	4	66	
		30%	20%	25%	27%	31% ag	32% abg	42% abcdeg	25%	37% abcg	31% cg	25%	22%	23%	26%	36%	24%	
Base for stats		1911	131	409	502	253	196	420	1043	868	1623	57	104	72	15	8	256	
Mean Score		2.80	3.11 cdefgh	2.95 defh	2.87 fh	2.77 fh	2.73 f	2.50	2.93 defh	2.63 f	2.78	2.85	2.98 a	2.99 a	2.81	2.88	2.94 a	
Standard Deviation		.902	.868	.840	.907	.836	.881	.932	.879	.901	.889	.999	.860	.976	.849	1.203	.931	
Standard Error		.021	.075	.042	.040	.050	.060	.048	.027	.031	.022	.128	.081	.113	.212	.381	.056	
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.05	.14	*	

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

## Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children		
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating										
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total		2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	425	244	75	84	159	22	17	73	312	113	402	17	43	230	125	27	382	86	287	
		21%	20%	22%	26%	24%	28%	19%	15%	23%	17%	23%	8%	14%	21%	25%	28%	22%	29%	21%	
					a	a	ce			ce		b		a	a	a	a	b			
Tend to agree	(3.0)	871	519	154	152	306	27	35	205	604	267	787	68	127	470	232	42	744	120	606	
		43%	42%	45%	47%	46%	34%	39%	41%	45%	40%	45%	33%	41%	43%	45%	43%	44%	40%	45%	
									e		b										
Tend to disagree	(2.0)	418	275	71	55	126	16	28	125	249	169	335	60	79	223	98	18	339	57	276	
		21%	22%	21%	17%	19%	20%	30%	25%	18%	25%	19%	29%	25%	20%	19%	18%	20%	19%	20%	
							d	d		d		a	ce								
Strongly disagree	(1.0)	197	135	28	20	48	6	8	69	114	83	144	44	43	116	31	7	154	24	125	
		10%	11%	8%	6%	7%	8%	9%	14%	8%	12%	8%	21%	14%	11%	6%	7%	9%	8%	9%	
			cd					d		d		a	ce	c			c				
Don't know		108	68	16	11	27	7	2	31	67	41	74	19	21	59	25	4	87	11	66	
		5%	5%	5%	4%	4%	9%	3%	6%	5%	6%	4%	9%	7%	5%	5%	4%	5%	4%	5%	
											a										
NET: Agree		1296	763	229	236	465	49	52	278	917	380	1189	85	170	700	358	69	1127	206	893	
		64%	62%	67%	73%	70%	62%	58%	55%	68%	56%	68%	41%	54%	64%	70%	71%	66%	69%	66%	
					a	a				bce		b			a	ab	a	a			
NET: Disagree		615	409	99	76	174	22	36	194	363	252	479	104	122	339	129	24	492	81	401	
		30%	33%	29%	23%	26%	28%	40%	39%	27%	38%	28%	50%	39%	31%	25%	25%	29%	27%	29%	
			cd					d	d		d		a	bcde	c						
Base for stats		1911	1173	328	312	639	72	88	472	1279	632	1668	189	292	1039	487	93	1619	287	1294	
Mean Score		2.80	2.74	2.84	2.96	2.90	2.92	2.69	2.60	2.87	2.65	2.87	2.31	2.58	2.78	2.93	2.96	2.84	2.93	2.81	
					a	a	ce			ce		b			a	abe	a	a			
Standard Deviation		.902	.915	.874	.842	.859	.941	.897	.918	.882	.922	.878	.927	.914	.914	.845	.874	.894	.914	.888	
Standard Error		.021	.026	.053	.051	.037	.109	.093	.044	.024	.038	.022	.068	.053	.029	.038	.089	.022	.055	.025	
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	*	*	*	*	.01	*	*	*	

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

### Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active											
							NET: Longstanding physical and mental condition or illness														
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j		
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646	
Total		2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	425	56	59	21	278	124	9	341	84	15	18	41	74	49	57	31	140	165	227	
		21%	23% bf	16%	23%	21%	21%	13%	22%	19%	4%	9% a	15% a	23% abc	26% abc	30% abci	42% abcdefi	36% abcdei	21% abc	35% abcdei	
Tend to agree	(3.0)	871	88	138	31	619	228	26	657	214	98	86	144	169	94	91	29	160	407	280	
		43%	37%	39%	34% abce	46% abce	38%	37%	42% a	48% a	25% a	46% a	53% aghj	52% ahj	50% a	47% a	40% a	42% a	52% ahj	43% a	
Tend to disagree	(2.0)	418	64	93	27	254	155	23	334	84	131	47	57	53	30	39	11	51	140	100	
		21%	27% d	26% d	30% d	19% d	26% d	33% d	21%	19%	33% cdefghij	25% dehij	21% hj	16% h	16% h	20% h	15% h	13% h	18% h	15% h	
Strongly disagree	(1.0)	197	18	48	6	126	63	6	152	45	106	23	20	17	8	4	2	19	44	25	
		10%	8% ad	14% ad	7%	9%	11%	8%	10%	10%	27% bcdefghij	12% defghij	7% fj	5%	4%	2%	2%	5% f	6% f	4% f	
Don't know		108	12	20	5	62	31	7	91	17	49	14	8	11	9	2	1	14	28	17	
		5%	5%	6%	6%	5%	5%	10% d	6%	4%	12% cdefghij	7% cdfgij	3%	3%	5% f	1%	1%	4%	4%	3%	
NET: Agree		1296	144	197	52	897	352	35	999	297	113	104	185	243	144	147	60	300	572	507	
		64%	61%	55%	58% abef	67% abef	59%	49%	63%	67%	28% a	55% a	69% ab	75% ab	75% ab	77% ab	82% abc	78% abc	73% ab	78% abci	
NET: Disagree		615	81	141	33	380	219	29	486	128	236	70	76	70	38	42	12	70	184	125	
		30%	34%	39% d	37%	28% d	36% d	41% d	31%	29%	59% bcdefghij	37% cdefghij	28% eghj	22%	20%	22%	17%	18%	23% hj	19% hj	
Base for stats		1911	226	338	86	1277	571	65	1485	426	350	174	262	313	181	190	72	369	756	632	
Mean Score		2.80	2.81 b	2.61	2.79	2.82 bef	2.72	2.60	2.80	2.79	2.06	2.57 a	2.79 ab	2.96 abc	3.02 abc	3.06 abci	3.23 abcdei	3.14 abcdi	2.92 abc	3.12 abcdi	
Standard Deviation		.902	.902	.935	.907	.883	.927	.844	.909	.878	.869	.844	.797	.789	.779	.764	.783	.841	.794	.813	
Standard Error		.021	.058	.053	.096	.025	.039	.105	.024	.043	.047	.064	.049	.044	.058	.054	.091	.045	.029	.032	
Error variance		*	*	*	.01	*	*	.01	*	*	*	*	*	*	*	*	.01	*	*	*	

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

### Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%			a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total		2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	425	201	64	155	359	26	357	23	358	30	360	27	298	64
		21%	31%	12%	19%	25%	11%	25%	10%	29%	10%	28%	11%	29%	13%
			bc		b	b		b		b		b		b	
Tend to agree	(3.0)	871	295	225	343	668	67	657	76	589	87	636	59	464	182
		43%	45%	43%	43%	47%	28%	46%	32%	48%	27%	49%	23%	46%	37%
						b		b		b		b		b	
Tend to disagree	(2.0)	418	114	129	173	247	80	248	73	177	112	203	83	162	123
		21%	17%	25%	21%	17%	34%	18%	31%	14%	35%	16%	32%	16%	25%
				a		a		a		a		a		a	
Strongly disagree	(1.0)	197	30	76	87	98	48	104	56	78	72	75	73	60	90
		10%	5%	14%	11%	7%	20%	7%	23%	6%	23%	6%	28%	6%	18%
				ac	a		a		a		a		a		a
Don't know		108	16	31	47	48	15	47	11	29	16	29	16	27	31
		5%	2%	6%	6%	3%	7%	3%	4%	2%	5%	2%	6%	3%	6%
				a	a		a			a		a		a	
NET: Agree		1296	496	289	498	1027	94	1014	99	947	118	996	86	762	246
		64%	76%	55%	62%	72%	39%	72%	42%	77%	37%	76%	33%	75%	50%
			bc		b	b		b		b		b		b	
NET: Disagree		615	144	204	260	345	128	352	129	255	184	278	155	222	213
		30%	22%	39%	32%	24%	54%	25%	54%	21%	58%	21%	60%	22%	44%
				ac	a		a		a		a		a		a
Base for stats		1911	640	493	758	1372	222	1366	228	1202	302	1274	241	983	460
Mean Score		2.80	3.04	2.56	2.75	2.94	2.32	2.93	2.29	3.02	2.25	3.01	2.17	3.02	2.48
			bc		b	b		b		b		b		b	
Standard Deviation		.902	.824	.902	.910	.851	.947	.862	.951	.839	.934	.823	.986	.843	.961
Standard Error		.021	.032	.041	.033	.023	.064	.023	.063	.024	.054	.023	.063	.027	.045
Error variance		*	*	*	*	*	*	*	*	*	*	*	*	*	*

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

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

BASE: All respondents

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	264	152	109	89	85	91	13	29	32	27	21	30	58	31	23
		13%	16%	11%	15%	13%	12%	13%	11%	16%	13%	12%	14%	18%	10%	11%
			b							h				bhi		
Tend to agree	(3.0)	596	298	294	163	196	237	32	74	63	68	51	57	81	99	71
		30%	30%	29%	27%	30%	32%	33%	28%	32%	32%	29%	26%	25%	30%	34%
															g	
Tend to disagree	(2.0)	618	302	313	170	195	254	31	88	54	63	51	70	86	112	64
		31%	31%	31%	28%	30%	34%	31%	33%	27%	30%	30%	31%	27%	34%	31%
							a							g		
Strongly disagree	(1.0)	444	188	249	153	152	140	19	61	38	45	41	50	78	67	46
		22%	19%	24%	25%	23%	19%	19%	23%	20%	21%	23%	22%	24%	21%	22%
				a	c											
Don't know		96	38	54	35	33	28	3	12	10	7	9	16	17	18	4
		5%	4%	5%	6%	5%	4%	3%	5%	5%	3%	5%	7%	5%	5%	2%
											i	i	i	i		
NET: Agree		861	451	403	252	281	328	45	103	95	96	72	87	139	130	94
		43%	46%	40%	41%	43%	44%	47%	39%	48%	45%	41%	39%	43%	40%	45%
			b						b							
NET: Disagree		1063	491	562	323	346	394	49	148	93	108	92	119	164	179	110
		53%	50%	55%	53%	53%	52%	51%	56%	47%	51%	53%	53%	51%	55%	53%
				a					c							
Base for stats		1923	941	965	575	627	722	94	251	187	204	163	206	304	309	204
		2.35	2.44	2.27	2.33	2.34	2.39	2.42	2.28	2.47	2.38	2.32	2.33	2.39	2.30	2.35
			b						b							
Standard Deviation		.983	.986	.970	1.031	.991	.936	.962	.959	1.003	.974	.989	1.000	1.067	.922	.951
		.022	.033	.031	.040	.039	.038	.091	.061	.069	.070	.070	.080	.061	.054	.067
Error variance		*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

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

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

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	e	f	g
Unweighted Total		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	264 13%	31 22% bcefg	47 11%	67 13%	38 14%	22 11%	59 13%	145 13%	119 13%	206 12%	10 17%	18 17%	16 21% a	5 33%	3 22%	52 19% a
Tend to agree	(3.0)	596 30%	32 23%	109 26%	164 31%	79 30%	71 33% a	141 31%	305 28%	292 31% a	510 30%	15 24%	32 30%	23 31%	7 43%	1 12%	79 29%
Tend to disagree	(2.0)	618 31%	40 29%	142 34%	153 29%	79 30%	58 27%	147 32%	335 31%	283 30%	549 32% g	15 24%	26 24%	17 22%	2 10%	1 10%	60 22%
Strongly disagree	(1.0)	444 22%	31 22%	105 25% fh	123 23% f	56 21%	48 23%	81 18%	259 24% fh	186 20%	369 22%	18 29%	27 25%	16 21%	1 7%	4 39%	67 24%
Don't know		96 5%	6 4%	14 3%	23 4%	11 4%	14 7% b	28 6%	43 4%	53 6%	69 4%	4 6%	5 5%	4 5%	1 6%	2 17%	16 6%
NET: Agree		861 43%	62 45%	157 38%	231 44%	117 45%	94 44%	200 44%	450 41%	411 44% b	715 42%	25 41%	50 46%	39 52%	12 76%	4 34%	130 48%
NET: Disagree		1063 53%	71 51%	247 59% cdefh	276 52%	135 51%	106 49%	228 50%	594 55% h	469 50%	918 54% g	32 53%	54 49%	32 43%	3 17%	6 49%	127 46%
Base for stats		1923	133	404	507	252	200	428	1044	880	1633	57	104	72	15	9	257
Mean Score		2.35	2.46 b	2.25	2.35	2.39	2.34	2.41 b	2.32	2.39 b	2.34	2.30	2.39	2.55	3.09	2.21	2.45
Standard Deviation		.983	1.089	.969	.989	.995	.968	.948	.996	.966	.963	1.099	1.061	1.072	.903	1.351	1.083
Standard Error		.022	.094	.049	.044	.060	.065	.048	.031	.033	.024	.141	.101	.125	.226	.407	.066
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.05	.17	*

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

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

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating									
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total		2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	264	152	40	58	98	16	20	72	156	108	221	39	42	124	78	20	222	65	149
		13%	12%	12%	18% ab	15%	20% d	23% cd	14%	12%	16% d	13% 19% a	19%	13%	11%	15% b	21% be	13%	22% b	11%
Tend to agree	(3.0)	596	373	94	89	183	20	30	143	403	194	522	56	92	331	150	23	504	94	394
		30%	30%	27%	28%	27%	26%	33%	28%	30%	29%	30% 27%	27%	29%	30%	29%	24%	30%	32% 29%	29%
Tend to disagree	(2.0)	618	386	128	81	209	22	25	142	429	190	545	55	106	345	145	23	513	75	432
		31%	31%	37% ac	25%	31%	28%	28%	28%	32%	28%	31% 26%	26%	34%	31%	28%	24%	30%	25% 32% a	32%
Strongly disagree	(1.0)	444	271	69	84	153	17	12	117	298	146	386	42	60	240	118	26	384	52	324
		22%	22%	20%	26%	23%	21% 21%	13% 13%	23% b	22% b	22%	22% 20%	20%	19% 19%	22% 22%	23%	27%	23%	18% 18% a	24% a
Don't know		96	59	13	10	23	4	3	29	60	35	68	17	13	58	21	4	83	11	60
		5%	5%	4%	3%	3%	5% 5%	3% 3%	6% 6%	4% 4%	5% 5%	4% 8% a	8% a	4% 4%	5% 5%	4% 4%	4% 4%	5% 5%	4% 4%	4% 4%
NET: Agree		861	525	134	148	281	36	51	215	559	302	743	95	134	455	228	44	727	159	543
		43%	42%	39%	46%	42%	46% 46%	56% cde	43%	42%	45%	43% 43%	46% 46%	43% 43%	41% 41%	45% 45%	45% 45%	43% 43%	53% 53% b	40% 40%
NET: Disagree		1063	657	197	165	362	39	37	259	727	335	931	97	166	584	263	49	897	127	757
		53%	53%	57%	51%	54%	49% 49%	41% 41%	52% 52%	54% b	50% 50%	53% 53%	46% 46%	53% 53%	53% 53%	51% 51%	51% 51%	53% 53%	43% 43% a	56% a
Base for stats		1923	1182	330	313	643	75	88	475	1286	637	1674	191	300	1039	491	93	1624	286	1300
Mean Score		2.35	2.34	2.32	2.39	2.35	2.47	2.67 cde	2.36	2.32	2.41	2.35	2.48	2.39	2.33	2.38	2.41	2.35	2.60 b	2.28
Standard Deviation		.983	.970	.938	1.072	1.005	1.064	.986	1.015	.962	1.021	.975	1.048	.960	.959	1.020	1.116	.987	1.031	.966
Standard Error		.022	.027	.057	.065	.043	.120	.103	.048	.027	.041	.024	.077	.055	.030	.046	.114	.025	.062	.027
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*



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

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

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
							NET: Longstanding physical and mental condition or illness													
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural									NET 2-4 days	NET 5 + days	
Total		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j	
Significance Level: 95%																				
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	264	30	58	19	162	91	11	209	55	65	15	18	40	20	28	11	68	78	107
		13%	13%	16%	20% d	12%	15%	16%	13%	12%	16% bci	8%	7%	12% c	10%	15%	16% bc	18% c	10% bcdei	17% bcei
Tend to agree	(3.0)	596	73	112	33	384	195	19	456	140	105	57	87	107	69	48	16	108	263	172
		30%	31%	31%	37%	29%	32%	27%	29%	32%	26%	30%	32%	33% afj	36% afgj	25%	22%	28%	34% afgj	26%
Tend to disagree	(2.0)	618	65	99	17	438	160	20	473	146	92	51	91	97	61	66	35	125	250	226
		31%	27%	28%	18%	33% ce	27%	27%	30%	33%	23%	27%	34%	30%	32%	34%	48% a	33% a	32% a	35% ab
Strongly disagree	(1.0)	444	54	69	16	304	124	14	359	86	103	53	60	65	36	47	11	69	161	127
		22%	23%	19%	18%	23%	21%	20%	23%	19%	26% ghij	28% deg hij	22%	20%	19%	24%	15%	18%	21%	20%
Don't know		96	16	20	6	51	33	7	79	17	34	12	13	15	4	4	-	13	33	17
		5%	7% d	6%	7%	4%	6%	10% d	5%	4%	9% defghij	7% efgj	5% g	5%	2%	2%	-	3%	4%	3%
NET: Agree		861	103	170	52	547	285	30	666	195	169	72	105	147	88	76	27	177	340	279
		43%	43%	47% d	57% ad	41%	47% d	43%	42%	44%	42%	38%	39%	45%	46%	39%	37%	46%	43%	43%
NET: Disagree		1063	119	168	33	742	283	34	831	231	195	104	151	162	98	113	46	194	411	353
		53%	50% c	47%	36% bce	55% c	47% c	47%	53%	52%	49%	55%	56%	50%	51%	59% a	63% ad	51%	52%	54%
Base for stats		1923	222	338	85	1288	569	64	1497	426	365	176	256	309	186	188	73	371	751	632
Mean Score		2.35	2.36	2.47	2.64	2.31	2.44	2.43	2.34	2.39	2.36	2.19	2.24	2.40	2.39	2.30	2.38	2.47	2.34	2.41
				d	ad		d						b	b			bci		bc	
Standard Deviation		.983	.995	1.001	1.029	.970	1.001	1.024	.993	.948	1.074	.966	.892	.959	.918	1.004	.925	.996	.928	.992
Standard Error		.022	.065	.056	.109	.027	.042	.128	.026	.046	.057	.072	.056	.054	.067	.072	.107	.053	.034	.040
Error variance		*	*	*	.01	*	*	.02	*	*	*	.01	*	*	*	.01	.01	*	*	*

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

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

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
Total		NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
		a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%														
Unweighted Total		2019	662	514	803		1420	231		1410	240		1232	312
Total		2019	657	524	805		1420	238		1413	239		1231	318
		100%	100%	100%	100%		100%	100%		100%	100%		100%	100%
Strongly agree	(4.0)	264	96	105	58		186	41		180	46		176	51
		13%	15%	20%	7%		13%	17%		13%	19%		14%	16%
			c	ac				a			a			a
Tend to agree	(3.0)	596	208	212	170		419	66		417	59		358	87
		30%	32%	40%	21%		30%	28%		29%	25%		29%	27%
			c	ac										
Tend to disagree	(2.0)	618	217	129	269		448	60		437	65		377	94
		31%	33%	25%	33%		32%	25%		31%	27%		31%	29%
			b		b									
Strongly disagree	(1.0)	444	117	48	273		332	54		335	61		298	73
		22%	18%	9%	34%		23%	23%		24%	26%		24%	23%
			b		ab									
Don't know		96	19	30	35		36	17		45	8		23	13
		5%	3%	6%	4%		3%	7%		3%	3%		2%	4%
			a					a			a			a
NET: Agree		861	304	317	228		605	107		596	105		534	138
		43%	46%	60%	28%		43%	45%		42%	44%		43%	43%
			c	ac										
NET: Disagree		1063	334	177	542		779	114		772	126		675	167
		53%	51%	34%	67%		55%	48%		55%	53%		55%	52%
			b		ab		b						b	
Base for stats		1923	638	494	770		1384	221		1368	230		1209	305
Mean Score		2.35	2.44	2.76	2.02		2.33	2.43		2.32	2.39		2.34	2.38
			c	ac										a
Standard Deviation		.983	.957	.897	.937		.985	1.053		.986	1.081		1.005	1.027
Standard Error		.022	.038	.041	.034		.026	.072		.027	.071		.029	.059
Error variance		*	*	*	*		*	.01		*	.01		*	*

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

**Q10a. On average, how much physical activity and exercise does each child in your household do on a typical day at the moment? If you have more than one child in your household, please select the average across the children.**

BASE: All respondents who have children under 16

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	c	d	e	f	g	h	i
Unweighted Total	566	239	327	243	285	38	27	66	52	64	57	39	111	99	51
Total	666	292	374	264	345	58	26	82	55	77	52	57	133	123	61
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	54	22	31	26	23	5	7	6	4	5	2	1	12	9	7
	8%	8%	8%	10%	7%	8%	28%	7%	8%	6%	3%	2%	9%	8%	12%
Some, but less than half an hour	234	111	123	93	118	22	5	28	16	32	17	22	50	41	23
	35%	38%	33%	35%	34%	38%	21%	34%	28%	41%	32%	38%	38%	34%	38%
Between half an hour and an hour	256	109	147	99	132	24	8	31	24	26	26	21	51	50	19
	38%	37%	39%	38%	38%	41%	33%	37%	43%	33%	49%	37%	38%	41%	32%
More than an hour	123	50	73	45	70	7	5	18	12	15	8	13	20	22	11
	18%	17%	19%	17%	20%	13%	18%	21%	21%	20%	16%	23%	15%	18%	18%
NET: Some	613	270	343	238	321	53	18	76	51	73	50	56	121	113	53
	92%	92%	92%	90%	93%	92%	72%	93%	92%	94%	97%	98%	91%	92%	88%

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

**Q10a. On average, how much physical activity and exercise does each child in your household do on a typical day at the moment? If you have more than one child in your household, please select the average across the children.**

BASE: All respondents who have children under 16

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	*b	c	d	*e	*f	g
Unweighted Total	566	62	135	150	104	79	36	347	219	445	28	49	30	5	3	115
Total	666	75	165	181	117	87	42	421	245	528	32	55	34	5	4	130
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	54 8%	10 13%	9 6%	13 7%	7 6%	8 10%	6 15%	33 8%	21 9%	41 8%	3 10%	3 6%	2 7%	- -	1 33%	10 8%
Some, but less than half an hour	234 35%	24 33%	57 34%	70 39%	35 30%	31 35%	17 40%	151 36%	82 34%	172 33%	17 52%	26 47% a	16 48%	1 17%	1 33%	61 47% a
Between half an hour and an hour	256 38%	20 27%	69 42% a	74 41%	46 40%	34 40%	12 28%	163 39%	92 38%	213 40%	9 29%	16 29%	12 35%	3 62%	1 34%	42 32%
More than an hour	123 18%	20 27% c	30 18%	24 13%	29 24% c	14 16%	7 17%	74 17%	49 20%	102 19%	3 10%	10 18%	4 11%	1 21%	- -	18 14%
NET: Some	613 92%	65 87%	156 94%	168 93%	110 94%	79 90%	35 85%	388 92%	224 91%	487 92%	29 90%	52 94%	32 93%	5 100%	2 67%	120 92%

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

**Q10a. On average, how much physical activity and exercise does each child in your household do on a typical day at the moment? If you have more than one child in your household, please select the average across the children.**

BASE: All respondents who have children under 16

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	*a	b	c	d	*a	b	c	d	e	a	b	*a	b	c	d	e	a	b
566	-	286	280	566	29	44	98	395	171	502	51	1	230	281	54	565	142	416
666	-	343	323	666	33	50	116	467	200	588	62	1	277	328	61	665	166	491
100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
54	-	31	23	54	6	4	10	34	20	46	6	-	28	24	2	54	18	34
8%	-	9%	7%	8%	18%	8%	8%	7%	10%	8%	10%	-	10%	7%	3%	8%	11%	7%
234	-	131	103	234	12	28	47	147	87	196	34	1	96	111	26	233	69	159
35%	-	38%	32%	35%	36%	55% d	41%	31%	44% d	33%	55% a	100%	35%	34%	43%	35%	41%	32%
256	-	135	121	256	10	15	44	187	69	232	16	-	119	117	20	256	52	204
38%	-	39%	37%	38%	30%	29%	38%	40%	35%	40%	26%	-	43%	36%	33%	38%	31%	41% a
123	-	46	77	123	5	3	15	99	24	114	5	-	33	77	13	123	27	94
18%	-	13%	24% b	18%	15%	7%	13%	21% be	12%	19%	9%	-	12%	23% b	21%	18% b	17%	19%
613	-	312	300	613	27	46	107	433	180	542	56	1	249	304	58	611	148	457
92%	-	91%	93%	92%	82%	92%	92%	93%	90%	92%	90%	100%	90%	93%	97%	92%	89%	93%

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

**Q10a. On average, how much physical activity and exercise does each child in your household do on a typical day at the moment? If you have more than one child in your household, please select the average across the children.**

BASE: All respondents who have children under 16

	Longstanding condition or illness						Area		Number of days active									
	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Total	a	b	c	d	e	*f	a	b	a	b	c	d	e	f	*g	h	i	j
566	84	82	34	373	175	22	460	106	70	55	97	119	54	57	19	95	270	171
666	94	100	39	444	203	27	540	126	86	65	111	138	64	66	22	115	313	202
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
54	9	7	2	36	15	4	42	12	18	7	8	8	4	1	-	7	20	8
8%	9%	7%	6%	8%	7%	14%	8%	9%	21%	11%	7%	6%	6%	2%	-	6%	6%	4%
									cdefhij									
234	30	45	19	143	83	9	192	42	32	33	43	53	25	14	2	32	121	48
35%	32%	45% d	47%	32%	41% d	35%	36%	33%	37%	51% fhj	39% fj	38% fj	40% fj	21%	7%	28%	39% fj	24%
256	41	34	14	169	81	7	211	45	26	23	50	51	22	31	12	41	123	84
38%	44%	35%	36%	38%	40%	26%	39%	35%	30%	35%	45% a	37%	34%	47%	57%	36%	39%	42%
123	13	13	4	97	24	7	95	28	10	2	10	27	13	20	8	35	49	62
18%	14%	13%	11%	22% e	12%	26%	18%	22%	12%	3%	9%	19% bc	20% b	30% abci	36%	30% abci	16% b	31% abcdi
613	85	93	37	409	188	23	498	115	68	58	103	130	60	64	22	108	293	194
92%	91%	93%	94%	92%	93%	86%	92%	91%	79%	89%	93% a	94% a	94% a	98% a	100%	94% a	94% a	96% a

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

**Q10a. On average, how much physical activity and exercise does each child in your household do on a typical day at the moment? If you have more than one child in your household, please select the average across the children.**

BASE: All respondents who have children under 16

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	566	222	101	241	408	67	403	74	363	88	387	77	316	126
Total	666	263	122	279	479	80	470	90	426	105	455	92	370	149
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	54 8%	18 7%	6 5%	29 10%	38 8%	5 6%	38 8%	8 9%	31 7%	12 12%	34 7%	9 10%	28 8%	12 8%
Some, but less than half an hour	234 35%	82 31%	50 41%	101 36%	161 34%	36 45%	156 33%	41 45% a	143 33%	39 38%	159 35%	42 45%	137 37%	50 33%
Between half an hour and an hour	256 38%	105 40%	43 36%	108 38%	191 40%	26 33%	182 39%	29 32%	171 40%	32 30%	179 39% b	25 27%	137 37%	56 38%
More than an hour	123 18%	58 22%	23 19%	42 15%	90 19%	13 16%	95 20%	13 14%	81 19%	21 20%	82 18%	17 18%	68 18%	31 21%
NET: Some	613 92%	244 93%	116 95%	251 90%	441 92%	76 94%	432 92%	82 91%	395 93%	92 88%	421 93%	83 90%	342 92%	137 92%

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

**Q10b. How does this compare to the amount of physical activity and exercise they would usually do on a weekend day before the coronavirus outbreak? If you have more than one child in your household, please select the average across the children.**

BASE: All respondents who have children under 16

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		566	239	327	243	285	38	27	66	52	64	57	39	111	99	51
Total		666	292	374	264	345	58	26	82	55	77	52	57	133	123	61
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	50	26	24	29	20	2	-	6	3	5	2	2	18	10	5
		8%	9%	6%	11% b	6%	3%	-	8%	6%	7%	3%	3%	13% e	8%	8%
A bit more	(4.0)	180	77	103	82	92	6	6	22	13	16	17	14	46	26	19
		27%	26%	28%	31% c	27% c	10%	25%	27%	23%	21%	32%	25%	35% h	21%	31%
Neither more nor less	(3.0)	194	95	100	68	103	23	13	30	15	26	14	12	31	37	17
		29%	32%	27%	26%	30%	40%	49%	36%	28%	33%	27%	21%	23%	30%	28%
A bit less	(2.0)	113	41	73	53	48	12	3	7	12	12	7	18	21	26	8
		17%	14%	19%	20%	14%	21%	10%	9%	21%	16%	13%	31% begi	16%	21% b	13%
A lot less	(1.0)	120	52	68	28	77	15	4	16	11	17	12	12	17	20	11
		18%	18%	18%	10%	22% a	26% a	15%	20%	20%	22%	23%	20%	13%	17%	18%
Don't know		8	2	6	3	4	-	-	-	1	1	1	-	-	4	1
		1%	1%	2%	1%	1%	-	-	-	2%	1%	2%	-	-	3%	2%
NET: More		230	103	128	111	112	7	6	28	16	21	18	16	64	36	24
		35%	35%	34%	42% bc	33% c	12%	25%	35%	29%	28%	35%	28%	48% cdfh	29%	40%
NET: Less		233	92	141	81	125	28	7	24	23	29	19	30	38	46	18
		35%	32%	38%	31%	36%	48% a	26%	29%	42%	38%	36%	52% bgi	29%	37%	30%
Base for stats		658	290	369	260	340	58	26	82	54	76	51	57	133	119	59
Mean Score		2.89	2.95	2.84	3.12 bc	2.80	2.41	2.84	2.93	2.73	2.75	2.79	2.58	3.20 cdefh	2.83	3.00
Standard Deviation		1.212	1.217	1.209	1.174	1.231	1.068	.992	1.217	1.217	1.216	1.232	1.156	1.230	1.196	1.234
Standard Error		.051	.079	.067	.076	.073	.173	.191	.150	.170	.153	.165	.185	.117	.122	.174
Error variance		*	.01	*	.01	.01	.03	.04	.02	.03	.02	.03	.03	.01	.01	.03



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

**Q10b. How does this compare to the amount of physical activity and exercise they would usually do on a weekend day before the coronavirus outbreak? If you have more than one child in your household, please select the average across the children.**

BASE: All respondents who have children under 16

		Social Grade								Ethnicity								
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
Significance Level: 95%			a	b	c	d	e	f	g	h	a	*b	c	d	*e	*f	g	
Unweighted Total		566	62	135	150	104	79	36	347	219	445	28	49	30	5	3	115	
Total		666	75	165	181	117	87	42	421	245	528	32	55	34	5	4	130	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	50	13	12	7	9	6	2	33	17	36	3	3	4	-	1	11	
		8%	18%	7%	4%	8%	7%	6%	8%	7%	7%	11%	5%	12%	-	34%	9%	
			bcdegh															
A bit more	(4.0)	180	24	57	46	29	18	5	127	53	128	17	21	11	2	1	52	
		27%	32%	35%	25%	25%	21%	13%	30%	22%	24%	52%	38%	33%	41%	33%	40%	
			f	efh					fh				a				a	
Neither more nor less		(3.0)	194	18	43	54	38	26	16	115	80	160	4	18	8	1	1	33
		29%	24%	26%	30%	32%	30%	38%	27%	33%	30%	13%	33%	24%	21%	33%	25%	
A bit less		(2.0)	113	11	18	42	21	13	8	71	42	96	3	8	4	1	-	16
		17%	15%	11%	23%	18%	16%	20%	17%	17%	18%	9%	14%	13%	15%	-	12%	
					b													
A lot less		(1.0)	120	6	34	30	20	22	7	71	49	106	4	5	5	-	-	14
		18%	8%	21%	17%	17%	25%	17%	17%	20%	20%	11%	9%	15%	-	-	11%	
				a			a			a	g							
Don't know		8	2	-	2	-	1	2	4	4	1	1	1	1	1	-	4	
		1%	3%	-	1%	-	1%	6%	1%	1%	*	4%	2%	3%	23%	-	3%	
			b					bdg						a			a	
NET: More		230	37	70	53	38	24	8	160	70	165	20	23	15	2	2	63	
		35%	50%	42%	29%	33%	28%	19%	38%	29%	31%	62%	42%	45%	41%	67%	49%	
			cdefh	cefh					fh								a	
NET: Less		233	17	53	72	41	35	15	142	91	202	7	13	10	1	-	30	
		35%	23%	32%	40%	35%	40%	37%	34%	37%	38%	21%	23%	28%	15%	-	23%	
					a		a			a	cg							
Base for stats		658	72	165	179	117	86	39	417	242	527	31	54	33	4	4	126	
Mean Score		2.89	3.38	2.97	2.77	2.88	2.69	2.68	2.95	2.78	2.80	3.43	3.15	3.14	3.33	4.01	3.25	
			bcdefgh															
Standard Deviation		1.212	1.205	1.261	1.132	1.194	1.258	1.120	1.214	1.205	1.211	1.184	1.038	1.283	.903	.962	1.135	
Standard Error		.051	.156	.109	.093	.117	.142	.192	.066	.082	.057	.228	.150	.238	.452	.555	.108	
Error variance		*	.02	.01	.01	.01	.02	.04	*	.01	*	.05	.02	.06	.20	.31	.01	

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

**Q10b. How does this compare to the amount of physical activity and exercise they would usually do on a weekend day before the coronavirus outbreak? If you have more than one child in your household, please select the average across the children.**

BASE: All respondents who have children under 16

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
								Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating						NET: Lives with others			
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms					Yes	No	Lives alone	2-3	4-5	6+		Yes	No
Significance Level: 95%			*a	b	c	d	*a	b	c	d	e	a	b	*a	b	c	d	e	a	b
Unweighted Total		566	-	286	280	566	29	44	98	395	171	502	51	1	230	281	54	565	142	416
Total		666	-	343	323	666	33	50	116	467	200	588	62	1	277	328	61	665	166	491
		100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	50	-	18	32	50	5	1	10	34	16	44	6	-	17	26	7	50	16	35
		8%	-	5%	10%	8%	16%	2%	8%	7%	8%	7%	10%	-	6%	8%	12%	8%	9%	7%
					b															
A bit more	(4.0)	180	-	83	97	180	12	26	26	116	65	162	14	1	70	96	13	179	69	106
		27%	-	24%	30%	27%	35%	53%	23%	25%	32%	28%	22%	100%	25%	29%	22%	27%	42%	22%
								cde											b	
Neither more nor less	(3.0)	194	-	110	85	194	9	16	36	133	61	168	21	-	85	96	14	194	38	154
		29%	-	32%	26%	29%	28%	33%	31%	29%	31%	29%	34%	-	31%	29%	24%	29%	23%	31%
A bit less	(2.0)	113	-	57	57	113	4	1	24	85	29	99	12	-	50	49	14	113	20	93
		17%	-	17%	18%	17%	12%	2%	20%	18%	14%	17%	20%	-	18%	15%	24%	17%	12%	19%
								b	b	b										
A lot less	(1.0)	120	-	71	49	120	3	3	18	97	23	110	7	-	53	55	12	120	20	99
		18%	-	21%	15%	18%	9%	6%	15%	21%	12%	19%	11%	-	19%	17%	19%	18%	12%	20%
										be									a	
Don't know		8	-	4	4	8	-	2	3	2	6	4	2	-	2	6	-	8	2	4
		1%	-	1%	1%	1%	-	5%	3%	*	3%	1%	4%	-	1%	2%	-	1%	1%	1%
								d	d		d		a							
NET: More		230	-	101	130	230	17	27	36	150	80	206	20	1	87	122	20	229	85	141
		35%	-	29%	40%	35%	51%	55%	31%	32%	40%	35%	32%	100%	32%	37%	33%	34%	51%	29%
					b			cd											b	
NET: Less		233	-	128	105	233	7	4	41	181	52	209	19	-	103	104	26	233	40	192
		35%	-	37%	33%	35%	21%	8%	36%	39%	26%	36%	31%	-	37%	32%	43%	35%	24%	39%
								b	b	b									a	
Base for stats		658	-	339	319	658	33	47	113	464	194	583	60	1	275	322	61	657	163	487
Mean Score		2.89	-	2.76	3.02	2.89	3.37	3.45	2.88	2.80	3.11	2.88	3.00	4.00	2.81	2.96	2.82	2.89	3.25	2.76
					b			cd			d								b	
Standard Deviation		1.212	-	1.189	1.224	1.212	1.160	.843	1.185	1.234	1.133	1.222	1.152	-	1.194	1.211	1.298	1.213	1.169	1.205
Standard Error		.051	-	.071	.074	.051	.215	.130	.122	.062	.088	.055	.165	-	.079	.073	.177	.051	.099	.059
Error variance		*	-	.01	.01	*	.05	.02	.01	*	.01	*	.03	-	.01	.01	.03	*	.01	*

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

**Q10b. How does this compare to the amount of physical activity and exercise they would usually do on a weekend day before the coronavirus outbreak? If you have more than one child in your household, please select the average across the children.**

BASE: All respondents who have children under 16

		Longstanding condition or illness						Area		Number of days active										
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		566	84	82	34	373	175	22	460	106	70	55	97	119	54	57	19	95	270	171
Total		666	94	100	39	444	203	27	540	126	86	65	111	138	64	66	22	115	313	202
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	50	9	11	-	32	17	4	41	9	1	4	6	9	7	9	1	13	21	24
		8%	10%	11%	-	7%	9%	13%	8%	7%	1%	6%	5%	6%	11% a	13% a	6%	12% a	7%	12% a
A bit more	(4.0)	180	24	22	19	117	58	5	149	31	9	9	28	46	32	19	16	23	105	57
		27%	25%	22%	49% abde	26%	29%	18%	28%	24%	10%	13%	25% a	33% abh	50% abcdhij	29% a	72%	20%	34% abh	28% ab
Neither more nor less	(3.0)	194	27	20	14	135	55	5	155	39	30	19	32	43	10	18	3	40	84	62
		29%	29%	20%	36%	30%	27%	20%	29%	31%	35% e	29%	29%	31% e	15%	28%	14%	35% e	27%	30% e
A bit less	(2.0)	113	19	22	3	73	37	6	92	22	16	13	19	20	8	13	2	23	47	38
		17%	20%	22% c	7%	16%	18%	23%	17%	17%	18%	20%	17%	14%	13%	20%	8%	20%	15%	19%
A lot less	(1.0)	120	13	23	1	85	31	6	97	23	30	16	26	22	7	7	-	13	54	20
		18%	14%	23% c	3%	19% c	15% c	22%	18%	18%	35% defhij	25% fhj	23% fhj	16%	11%	10%	-	11%	17% j	10%
Don't know		8	1	1	2	2	3	1	6	2	-	5	1	-	-	-	-	2	1	2
		1%	1%	1%	6% d	1%	2%	4%	1%	2%	-	7% acdfij	1%	-	-	-	-	2%	*	1%
NET: More		230	33	34	19	148	76	8	191	40	10	13	33	54	39	28	17	36	127	81
		35%	35%	34%	49%	33%	37%	31%	35%	31%	12%	20%	30% a	39% ab	61% abcdhij	42% ab	78%	32% a	40% ab	40% ab
NET: Less		233	32	45	4	158	69	12	188	45	46	29	45	41	15	20	2	36	101	57
		35%	34% c	45% c	9%	36% c	34% c	45%	35%	36%	53% defhij	44% ej	40% ej	30%	24%	30%	8%	31%	32%	28%
Base for stats		658	93	99	37	442	199	25	534	124	86	60	110	138	64	66	22	113	312	200
		2.89	2.97	2.77	3.39 bd	2.86	2.96	2.77	2.90	2.84	2.25	2.54	2.71 a	3.00 ab	3.38 abci	3.15 abc	3.76	3.01 ab	2.97 ab	3.14 abc
Standard Deviation		1.212	1.208	1.341	.750	1.213	1.209	1.383	1.215	1.205	1.089	1.225	1.226	1.163	1.180	1.196	.693	1.163	1.210	1.152
		.051	.133	.149	.133	.063	.092	.302	.057	.118	.130	.172	.125	.107	.161	.158	.159	.121	.074	.089
Error variance		*	.02	.02	.02	*	.01	.09	*	.01	.02	.03	.02	.01	.03	.03	.03	.01	.01	.01

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

**Q10b. How does this compare to the amount of physical activity and exercise they would usually do on a weekend day before the coronavirus outbreak? If you have more than one child in your household, please select the average across the children.**

BASE: All respondents who have children under 16

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)		
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Significance Level: 95%			a	b	c	a	b	a	b	a	b	a	b	a	b	
Unweighted Total		566	222	101	241	408	67	403	74	363	88	387	77	316	126	
Total		666	263	122	279	479	80	470	90	426	105	455	92	370	149	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	50	35	4	11	40	4	37	9	43	3	38	5	32	11
		8%	13%	3%	4%	8%	5%	8%	10%	10%	3%	8%	5%	9%	7%	
			bc							b						
A bit more		(4.0)	180	114	24	41	141	17	127	24	117	30	131	24	119	30
		27%	43%	20%	15%	29%	21%	27%	27%	27%	29%	29%	26%	32%	20%	
			bc											b		
Neither more nor less		(3.0)	194	56	63	75	125	25	124	23	113	36	122	34	87	49
		29%	21%	52%	27%	26%	32%	26%	26%	26%	34%	27%	36%	23%	33%	
				ac										a		
A bit less		(2.0)	113	37	17	60	79	19	87	14	80	15	78	15	65	28
		17%	14%	14%	21%	16%	23%	19%	15%	19%	14%	17%	16%	17%	19%	
					a											
A lot less		(1.0)	120	17	12	91	89	14	90	19	68	19	79	14	63	30
		18%	6%	10%	33%	19%	18%	19%	21%	16%	18%	17%	15%	17%	20%	
					ab											
Don't know		8	4	2	2	5	1	6	1	5	1	7	1	5	2	
		1%	1%	2%	1%	1%	2%	1%	1%	1%	1%	1%	1%	1%	2%	
NET: More		230	149	28	52	181	21	164	33	160	34	170	28	151	40	
		35%	57%	23%	19%	38%	26%	35%	37%	38%	32%	37%	31%	41%	27%	
			bc											b		
NET: Less		233	54	29	150	168	33	177	33	149	34	157	29	128	58	
		35%	21%	23%	54%	35%	41%	38%	36%	35%	32%	34%	31%	35%	39%	
					ab											
Base for stats		658	259	120	277	475	79	465	89	422	104	448	91	365	147	
Mean Score		2.89	3.44	2.93	2.36	2.92	2.71	2.86	2.89	2.97	2.84	2.94	2.89	2.98	2.75	
			bc	c												
Standard Deviation		1.212	1.097	.936	1.194	1.245	1.138	1.240	1.291	1.236	1.138	1.231	1.118	1.245	1.205	
Standard Error		.051	.074	.094	.077	.062	.140	.062	.151	.065	.122	.063	.128	.070	.108	
Error variance		*	.01	.01	.01	*	.02	*	.02	*	.01	*	.02	*	.01	

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

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

BASE: All respondents

		Gender			Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i	
Unweighted Total		2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204	
Total		2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Much more important		(5.0)	433	200	228	139	134	160	23	47	39	47	36	51	88	54	47
			21%	20%	22%	23%	20%	21%	24%	18%	20%	22%	21%	23%	27% bch	17%	23%
Somewhat more important		(4.0)	754	349	402	250	257	246	35	107	73	78	57	75	126	121	82
			37%	36%	39%	41% c	39% c	33%	36%	41%	37%	37%	33%	33%	39%	37%	39%
No more or less important		(3.0)	649	342	303	141	211	298	27	85	62	64	63	84	75	121	68
			32%	35% b	30%	23%	32% a	40% ab	28%	32% g	32% g	30%	36% g	38% g	23% g	37% g	33% g
Somewhat less important		(2.0)	64	34	29	31	20	12	4	10	9	6	5	4	11	10	6
			3%	3%	3%	5% c	3%	2%	4%	4%	4%	3%	3%	2%	3%	3%	3%
Much less important		(1.0)	39	23	15	18	9	12	4	4	5	6	2	4	10	4	1
			2%	2%	1%	3%	1%	2%	4% ei	1%	3%	3%	1%	2%	3% i	1%	*
Don't know			80	31	43	31	28	22	4	10	9	10	10	6	12	16	4
			4%	3%	4%	5%	4%	3%	4%	4%	4%	5%	6% i	2%	4%	5%	2%
NET: More important			1187	550	630	389	391	406	58	154	112	125	93	126	213	176	129
			59%	56%	62% a	64% c	59%	54%	60%	59%	57%	59%	54%	56%	66% cefh	54%	62%
NET: Less important			103	57	44	49	30	24	8	14	14	12	6	7	20	14	7
			5%	6%	4%	8% bc	5%	3%	8% i	5%	7%	6%	4%	3%	6%	4%	3%
Base for stats			1939	949	977	579	632	728	93	253	188	201	163	217	308	311	204
Mean Score			3.76	3.71	3.82 a	3.80	3.77	3.73	3.74	3.73	3.70	3.77	3.75	3.76	3.88 ch	3.68	3.83
Standard Deviation			.903	.921	.877	.969	.870	.877	1.029	.861	.945	.940	.870	.890	.968	.847	.831
Standard Error			.021	.030	.028	.037	.034	.036	.099	.055	.065	.068	.062	.069	.055	.049	.059
Error variance			*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

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

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

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total		2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important	(5.0)	433	46	87	122	49	43	86	254	179	353	9	25	26	3	4	67
		21%	33% bcdefgh	21%	23%	19%	20%	19%	23% h	19%	21%	15%	23%	34% ab	18%	32%	24%
Somewhat more important	(4.0)	754	57	173	214	121	78	111	444	310	638	25	50	25	5	3	108
		37%	41% f	42% fh	40% fh	46% efh	37% f	24% fh	41% fh	33% f	37%	41%	46%	33%	32%	27%	40%
No more or less important	(3.0)	649	20	122	152	68	69	218	294	355	581	22	20	13	3	4	61
		32%	14% a	29% a	29% a	26% a	32% a	48% abcdegh	27% a	38% abcdg	34% cdg	35% cdg	19%	17%	16%	35%	22%
Somewhat less important	(2.0)	64	6	17	14	9	8	10	36	28	48	3	5	6	1	-	15
		3%	4% a	4% a	3% a	4% a	4% a	2% a	3% a	3% a	3% a	5% a	5% a	9% a	4% a	- a	6% a
Much less important	(1.0)	39	5	7	11	5	5	6	23	16	25	2	3	4	5	-	13
		2%	4% a	2% a	2% a	2% a	2% a	1% a	2% a	2% a	1% a	3% a	3% a	5% a	30% a	- a	5% a
Don't know		80	6	11	18	10	11	25	35	46	57	1	5	2	-	1	9
		4%	4% bg	3% bg	3% bg	4% bg	5% bg	6% bg	3% bg	5% bg	3% bg	1% bg	5% bg	3% bg	- bg	7% bg	3% bg
NET: More important		1187	103	260	335	170	122	197	698	489	991	34	76	51	8	7	175
		59%	74% bcefg	62% fh	63% fh	65% fh	57% f	43% efh	64% efh	52% f	58% a	56% a	69% a	67% a	49% a	59% a	64% a
NET: Less important		103	11	24	25	15	13	16	60	44	74	5	8	10	5	-	28
		5%	8% f	6% f	5% f	6% f	6% f	3% f	5% f	5% f	4% f	8% f	7% f	13% a	34% a	- a	10% a
Base for stats		1939	133	406	512	253	203	431	1052	887	1646	61	104	73	16	11	264
Mean Score		3.76	3.99 bdefgh	3.78 f	3.82 fh	3.79 f	3.72	3.61	3.83 fh	3.69	3.76	3.61	3.87	3.86	3.02	3.97	3.76
Standard Deviation		.903	1.012	.889	.896	.873	.922	.877	.911	.889	.875	.911	.932	1.151	1.558	.886	1.051
Standard Error		.021	.087	.045	.040	.053	.062	.045	.028	.030	.022	.114	.089	.132	.378	.256	.063
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.02	.14	.07	*

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

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

BASE: All respondents

			Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
		Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%			a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total		2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total		2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important	(5.0)	433	275	58	67	126	17	10	108	298	135	396	29	58	229	121	25	375	67	301
		21%	22%	17%	21%	19%	22%	11%	21%	22%	20%	23%	14%	19%	21%	24%	25%	22%	23%	22%
Somewhat more important	(4.0)	754	443	151	134	284	30	35	147	542	212	691	51	106	396	218	33	648	107	526
		37%	36%	44%	41%	43%	38%	39%	29%	40%	32%	40%	25%	34%	36%	43%	34%	38%	36%	39%
No more or less important	(3.0)	649	438	96	91	187	22	26	184	417	231	537	90	122	376	127	24	527	89	430
		32%	35%	28%	28%	28%	28%	29%	37%	31%	34%	31%	44%	39%	34%	25%	24%	31%	30%	32%
Somewhat less important	(2.0)	64	25	14	18	32	5	11	22	27	37	46	11	7	33	20	4	57	20	36
		3%	2%	4%	6%	5%	6%	12%	4%	2%	5%	3%	5%	2%	3%	4%	4%	3%	7%	3%
Much less important	(1.0)	39	14	13	6	19	-	5	15	19	20	21	11	5	20	7	7	34	9	23
		2%	1%	4%	2%	3%	-	6%	3%	1%	3%	1%	5%	2%	2%	1%	8%	2%	3%	2%
Don't know		80	45	10	7	17	5	3	28	44	37	51	15	14	44	18	4	66	7	43
		4%	4%	3%	2%	3%	6%	4%	6%	3%	5%	3%	7%	5%	4%	4%	4%	4%	2%	3%
NET: More important		1187	719	209	201	410	48	45	254	839	347	1086	80	164	625	339	58	1023	174	827
		59%	58%	61%	62%	62%	60%	50%	51%	62%	52%	62%	38%	52%	57%	66%	60%	60%	58%	61%
NET: Less important		103	39	27	24	51	5	16	37	46	57	67	22	12	52	27	12	91	28	59
		5%	3%	8%	8%	8%	6%	17%	7%	3%	9%	4%	11%	4%	5%	5%	12%	5%	9%	4%
Base for stats		1939	1195	333	316	649	74	87	475	1303	636	1691	192	298	1054	493	93	1640	291	1316
Mean Score		3.76	3.79	3.68	3.75	3.72	3.81	3.40	3.65	3.82	3.64	3.82	3.39	3.69	3.74	3.86	3.68	3.78	3.70	3.79
Standard Deviation		.903	.860	.946	.919	.933	.871	1.042	.983	.855	.983	.862	1.002	.870	.895	.882	1.152	.909	.992	.884
Standard Error		.021	.024	.057	.056	.040	.099	.109	.047	.023	.040	.021	.073	.050	.028	.040	.118	.023	.060	.024
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*

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

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

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active										
		Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total		2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important	(5.0)	433	48	61	19	305	115	12	339	95	51	36	42	66	38	47	24	130	146	201
		21%	20%	17%	21%	23% b	19%	16%	21%	21%	13%	19% a	16%	20% a	20% a	25% ac	32% abcdei	34% abcdefi	19% a	31% abcdei
Somewhat more important	(4.0)	754	93	133	30	504	223	30	587	166	102	56	115	136	86	83	32	143	336	259
		37%	39%	37%	33%	38%	37%	43%	37%	38%	26%	30%	43% ab	42% ab	45% ab	43% ab	44% ab	37% a	43% ab	40% ab
No more or less important	(3.0)	649	66	135	25	439	194	24	513	136	189	74	85	95	55	49	12	90	234	151
		32%	28%	38% a	28%	33%	32%	34%	33%	31%	47% cdefghij	40% defghij	32% ghj	29% gj	29% g	25% g	16% g	23% ghj	30% ghj	23% ghj
Somewhat less important	(2.0)	64	13	8	10	34	29	-	49	15	10	9	7	12	7	7	3	10	25	19
		3%	6% bdf	2% bdf	11% bdef	3% bdef	5% bd	- bd	3% bd	3% bd	3% bd	3% bd	5% bd	3% bd	4% bd	4% bd	3% bd	3% bd	3% bd	3% bd
Much less important	(1.0)	39	4	8	5	21	16	1	24	15	13	4	6	10	2	3	1	1	18	4
		2%	2% d	2% d	5% d	2% d	3% d	1% d	2% d	3% a	3% a	3% hj	2% h	2% h	3% hj	1% hj	1% hj	1% hj	* hj	2% hj
Don't know		80	14	14	2	35	25	4	64	16	33	8	15	5	4	3	1	10	24	15
		4%	6% d	4% d	3% d	3% d	4% d	6% d	4% d	4% d	8% defhij	4% d	6% dfj	2% d	2% d	2% d	2% d	2% d	3% d	3% d
NET: More important		1187	141	194	49	810	337	42	926	261	153	92	157	202	123	131	56	273	482	460
		59%	59%	54%	54%	60% b	56%	59%	59%	59%	38%	49% a	58% ab	62% ab	65% ab	68% abc	77% abcdi	71% abcdi	62% ab	71% abcdi
NET: Less important		103	17	16	14	55	45	1	73	30	24	13	12	22	8	9	4	10	43	23
		5%	7% df	4% df	16% abdef	4% df	8% df	1% df	5% df	7% df	6% h	7% hj	5% hj	7% hj	4% hj	5% hj	5% hj	3% hj	5% h	4% h
Base for stats		1939	224	344	89	1304	577	67	1512	427	366	180	255	319	186	189	72	373	759	634
Mean Score		3.76	3.75	3.67	3.55	3.80	3.68	3.78	3.77	3.73	3.46	3.62	3.71	3.74	3.81	3.88	4.05	4.05	3.75	4.00
Standard Deviation		.903	.920	.875	1.106	.882	.941	.769	.886	.963	.895	.940	.851	.937	.828	.875	.881	.842	.883	.858
Standard Error		.021	.059	.049	.115	.025	.039	.093	.023	.047	.048	.069	.053	.052	.061	.062	.103	.045	.032	.034
Error variance		*	*	*	.01	*	*	.01	*	*	*	*	*	*	*	*	.01	*	*	*



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

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

BASE: All respondents

			Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)		
		Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	
Significance Level: 95%			a	b	c	a	b	a	b	a	b	a	b	a	b	
Unweighted Total		2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484	
Total		2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Much more important		(5.0)	433	205	71	151	361	34	364	31	331	47	348	34	278	82
			21%	31%	14%	19%	25%	14%	26%	13%	27%	15%	27%	13%	28%	17%
				bc		b			b		b		b		b	
Somewhat more important		(4.0)	754	279	154	317	557	76	560	82	493	91	523	75	418	161
			37%	42%	29%	39%	39%	32%	40%	34%	40%	29%	40%	29%	41%	33%
				b		b	b		b		b		b		b	
No more or less important		(3.0)	649	133	253	258	416	92	407	86	333	129	349	108	240	202
			32%	20%	48%	32%	29%	39%	29%	36%	27%	40%	27%	42%	24%	41%
					ac	a		a		a		a		a		a
Somewhat less important		(2.0)	64	19	12	31	37	15	31	16	28	22	33	13	35	13
			3%	3%	2%	4%	3%	6%	2%	7%	2%	7%	3%	5%	3%	3%
								a		a		a		a		
Much less important		(1.0)	39	5	10	23	18	8	17	9	15	13	14	14	13	13
			2%	1%	2%	3%	1%	3%	1%	4%	1%	4%	1%	5%	1%	3%
						a		a		a		a		a		
Don't know			80	15	24	26	32	14	33	14	31	16	35	14	26	20
			4%	2%	5%	3%	2%	6%	2%	6%	2%	5%	3%	5%	3%	4%
					a			a		a		a		a		
NET: More important			1187	484	225	467	918	109	924	113	824	138	872	109	696	242
			59%	74%	43%	58%	65%	46%	65%	48%	67%	43%	67%	42%	69%	49%
				bc		b	b		b		b		b		b	
NET: Less important			103	24	22	54	55	22	48	25	44	35	46	27	48	26
			5%	4%	4%	7%	4%	9%	3%	10%	4%	11%	4%	11%	5%	5%
						a		a		a		a		a		
Base for stats			1939	641	500	779	1388	223	1380	224	1201	302	1267	244	984	471
Mean Score			3.76	4.03	3.53	3.70	3.87	3.51	3.89	3.49	3.91	3.45	3.92	3.42	3.93	3.60
				bc		b	b		b		b		b		b	
Standard Deviation			.903	.846	.838	.925	.874	.945	.865	.956	.869	.986	.862	.991	.886	.901
Standard Error			.021	.033	.038	.033	.023	.064	.023	.064	.025	.057	.024	.063	.028	.042
Error variance			*	*	*	*	*	*	*	*	*	*	*	*	*	*

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

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

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Yes

No

Don't know

	Gender		Age			Region								
Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	a	b	a	b	c	a	b	c	d	e	f	g	h	i
2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
585	267	317	217	213	156	29	74	54	59	45	56	121	93	54
29%	27%	31%	36%	32%	21%	30%	28%	28%	28%	26%	25%	38%	28%	26%
			c	c								bcd efhi		
1234	639	587	317	373	545	59	159	121	130	109	151	168	197	141
61%	65%	58%	52%	57%	73%	61%	60%	61%	62%	63%	68%	52%	60%	68%
	b				ab		g	g	g	g	g		g	g
199	74	116	77	73	50	8	30	22	21	18	16	33	37	13
10%	8%	11%	13%	11%	7%	8%	11%	11%	10%	11%	7%	10%	11%	6%
		a	c	c										

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

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

BASE: All respondents

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	585	62	135	159	75	68	87	356	229	478	24	37	26	5	5	98
	29%	45%	32%	30%	28%	32%	19%	33%	25%	28%	39%	34%	35%	32%	46%	36%
		bcdefgh	fh	fh	f	fh		fh	f							a
No	1234	68	246	322	162	112	323	636	598	1070	30	57	45	8	5	146
	61%	49%	59%	61%	62%	53%	71%	59%	64%	63%	50%	53%	60%	49%	48%	54%
		a	ae	ae			abcdegh	a	aeg	bcg						
Don't know	199	9	36	49	26	34	46	94	105	154	7	14	4	3	1	29
	10%	6%	9%	9%	10%	16%	10%	9%	11%	9%	12%	13%	6%	18%	6%	11%
					abcdfg											

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

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

BASE: All respondents

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self						Care responsibilities in household not including children	
				2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others			
	Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No	
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total	2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total	2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Yes	585	318	120	110	230	35	34	137	380	205	534	38	62	319	170	33	523	130	380	
	29%	26%	35%	34%	35%	44%	37%	27%	28%	31%	31%	18%	20%	29%	33%	34%	31%	44%	28%	
			a	a	a	cde	c				b			a	a	a	a	b		
No	1234	809	192	185	376	37	45	315	837	397	1056	150	219	680	285	51	1015	151	857	
	61%	65%	56%	57%	56%	47%	49%	63%	62%	59%	61%	72%	70%	62%	56%	52%	60%	51%	63%	
		bcd						ab	ab	a	a		bcde	c				a		
Don't know	199	114	31	29	60	8	12	51	129	71	151	20	31	99	56	13	168	17	123	
	10%	9%	9%	9%	9%	10%	13%	10%	10%	10%	9%	10%	10%	9%	11%	14%	10%	6%	9%	

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

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

BASE: All respondents

Significance Level: 95%

	Longstanding condition or illness						Area		Number of days active									
	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness											NET 2-4 days	NET 5 + days
Total							Urban	Rural	0	1	2	3	4	5	6	7		
	a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
585	91	106	30	370	200	20	468	118	72	71	86	95	64	69	24	103	246	197
29%	38%	29%	33%	28%	33%	28%	30%	27%	18%	38%	32%	29%	34%	36%	34%	27%	31%	30%
	bd				d					ah	a	a	a	ah	a	a	a	a
1234	119	226	47	855	344	43	960	275	276	101	152	191	107	111	42	255	450	408
61%	50%	63%	52%	64%	57%	60%	61%	62%	69%	53%	56%	59%	56%	58%	58%	66%	57%	63%
		ac		ace					bcdefgij						bcdefi		bi	
199	28	27	14	114	58	9	149	51	51	17	31	38	19	11	6	26	88	44
10%	12%	7%	15%	8%	10%	12%	9%	11%	13%	9%	12%	12%	10%	6%	9%	7%	11%	7%
			bd						fhj		fhj	fhj					fhj	

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

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

BASE: All respondents

	Total	Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	585	257	84	242	441	52	452	64	395	76	418	56	369	97
	29%	39%	16%	30%	31%	22%	32%	27%	32%	24%	32%	22%	37%	20%
		bc		b	b				b		b		b	
No	1234	351	389	483	866	158	855	148	733	216	780	170	553	356
	61%	53%	74%	60%	61%	67%	60%	62%	60%	68%	60%	66%	55%	73%
			ac	a						a			a	
Don't know	199	49	51	80	113	27	106	27	102	26	104	31	89	37
	10%	7%	10%	10%	8%	11%	7%	11%	8%	8%	8%	12%	9%	8%
								a				a		

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

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

BASE: All who code a) Yes at Q12

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	600	264	334	249	220	131	36	76	64	58	56	44	120	95	51
Total	585	267	317	217	213	156	29	74	54	59	45	56	121	93	54
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased awareness of need to exercise or desire to do more	326 56%	142 53%	183 58%	119 55%	119 56%	87 56%	14 48%	43 58%	29 54%	34 58%	24 53%	32 57%	68 57%	47 50%	35 65%
Scared or worried to go out	84 14%	36 13%	49 15%	29 13%	31 14%	25 16%	6 19%	10 14%	6 11%	9 15%	13 29%	10 18%	12 10%	12 13%	5 10%
											bcgghi				
Important for mental health	52 9%	18 7%	34 11%	17 8%	23 11%	12 8%	5 17%	6 8%	5 9%	5 9%	3 6%	7 12%	5 4%	10 11%	7 12%
							g								
Less motivation to do exercise or exercising less	43 7%	17 6%	27 8%	17 8%	18 9%	8 5%	1 5%	4 5%	6 12%	5 9%	4 9%	3 6%	8 6%	9 10%	2 4%
Can't go out / stuck at home	35 6%	21 8%	13 4%	12 6%	15 7%	8 5%	1 3%	2 3%	3 6%	1 2%	2 4%	3 5%	11 9%	9 9%	3 5%
Can't / want to go to the gym	15 3%	9 3%	5 2%	6 3%	6 3%	3 2%	1 3%	1 1%	2 4%	1 1%	1 1%	- -	5 4%	3 3%	1 2%
Have more time to exercise	13 2%	6 2%	7 2%	3 1%	4 2%	6 4%	1 2%	5 6%	1 2%	2 3%	1 2%	- -	2 1%	1 1%	2 4%
								h							
Adapted to exercise at home	11 2%	4 2%	6 2%	6 3%	1 *	4 2%	- -	3 4%	2 3%	2 4%	- -	1 1%	1 1%	1 1%	1 3%
				b											
Doing the same / no change	5 1%	5 2%	- -	4 2%	- -	1 1%	- -	1 2%	1 1%	1 1%	- -	- -	2 1%	1 1%	- -
			b	b											
Enjoying exercising more than before	4 1%	- -	4 1%	3 2%	1 *	- -	- -	- -	- -	2 3%	- -	- -	- -	2 2%	- -
										g					
Other	35 6%	21 8%	14 5%	11 5%	13 6%	11 7%	2 7%	4 6%	2 4%	4 6%	1 3%	5 9%	9 8%	5 6%	2 4%
Don't know	7 1%	4 1%	4 1%	3 1%	2 1%	3 2%	- -	1 1%	- -	- -	- -	- -	5 4%	1 1%	1 3%
Nothing	4 1%	1 1%	2 1%	1 1%	2 1%	- -	- -	- -	2 4%	- -	- -	- -	- -	1 1%	- -
									g						

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

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

BASE: All who code a) Yes at Q12

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total	600	62	136	164	83	74	81	362	238	485	25	40	27	6	6	104
Total	585	62	135	159	75	68	87	356	229	478	24	37	26	5	5	98
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased awareness of need to exercise or desire to do more	326	30	78	93	37	40	48	201	125	277	11	18	11	3	2	44
	56%	49%	58%	58%	49%	59%	56%	56%	54%	58% g	47%	47%	44%	50%	29%	45%
Scared or worried to go out	84	6	21	19	12	10	16	46	38	73	2	5	3	1	-	10
	14%	9%	16%	12%	16%	14%	19%	13%	17%	15%	9%	12%	10%	14%	-	10%
Important for mental health	52	3	7	14	12	5	11	25	28	45	-	1	3	-	2	6
	9%	5%	6%	9%	16% abg	7%	12%	7%	12% bg	9%	-	3%	12%	-	29%	6%
Less motivation to do exercise or exercising less	43	2	9	17	5	4	6	28	15	29	2	6	3	1	2	14
	7%	3%	7%	11%	7%	6%	7%	8%	7%	6%	9%	17% a	11%	23%	38%	15% a
Can't go out / stuck at home	35	4	5	8	8	3	7	16	18	26	1	3	2	-	1	7
	6%	6%	4%	5%	11% bg	5%	8%	5%	8%	5%	5%	9%	6%	-	19%	7%
Can't / want to go to the gym	15	3	4	4	1	2	1	11	4	10	-	1	3	-	1	4
	3%	4%	3%	2%	2%	2%	1%	3%	2%	2%	-	2%	10%	-	14%	4%
Have more time to exercise	13	3	4	2	1	-	2	9	4	11	-	1	1	-	-	2
	2%	5%	3%	2%	2%	-	3%	3%	2%	2%	-	3%	5%	-	-	2%
Adapted to exercise at home	11	-	3	5	-	2	1	8	3	4	3	1	1	1	1	6
	2%	-	2%	3%	-	2%	2%	2%	1%	1%	12%	3%	3%	14%	14%	7% a
Doing the same / no change	5	-	3	1	-	-	1	4	1	4	-	1	-	1	-	1
	1%	-	2%	1%	-	-	2%	1%	1%	1%	-	2%	-	13%	-	1%
Enjoying exercising more than before	4	1	2	1	-	-	-	4	-	4	-	-	-	-	-	-
	1%	2%	1%	1%	-	-	-	1%	-	1%	-	-	-	-	-	-
Other	35	9	6	7	6	4	2	22	13	27	3	2	2	-	-	7
	6%	15% bcfgh	4%	5%	9%	6%	3%	6%	6%	6%	13%	5%	8%	-	-	7%
Don't know	7	2	1	1	2	-	1	4	3	6	1	-	-	-	-	1
	1%	3%	1%	*	3%	-	2%	1%	1%	1%	5%	-	-	-	-	1%
Nothing	4	-	1	1	-	2	-	2	2	3	-	-	1	-	-	1
	1%	-	1%	*	-	3%	-	*	1%	1%	-	-	3%	-	-	1%



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

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

BASE: All who code a) Yes at Q12

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total	600	358	102	98	200	36	36	132	396	204	548	39	63	328	173	36	537	125	398
Total	585	318	120	110	230	35	34	137	380	205	534	38	62	319	170	33	523	130	380
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased awareness of need to exercise or desire to do more	326 56%	185 58%	69 57%	55 50%	124 54%	13 39%	9 28%	66 48% b	237 62% abce	89 43%	314 59% b	9 23%	32 50%	189 59%	90 53%	16 47%	294 56%	62 47%	228 60% a
Scared or worried to go out	84 14%	50 16%	20 17%	11 10%	31 13%	7 20%	2 7%	21 15%	54 14%	30 15%	76 14%	5 14%	14 22% cd	49 15%	19 11%	2 7%	70 13%	15 11%	55 15%
Important for mental health	52 9%	25 8%	11 9%	14 13%	25 11%	- -	3 10%	13 9%	36 10%	16 8%	49 9%	3 8%	6 10%	25 8%	17 10%	4 11%	46 9%	12 9%	34 9%
Less motivation to do exercise or exercising less	43 7%	25 8%	6 5%	7 7%	14 6%	2 5%	3 10%	11 8%	28 7%	16 8%	37 7%	7 18% a	6 9%	21 7%	16 9%	1 4%	38 7%	7 6%	28 7%
Can't go out / stuck at home	35 6%	14 4%	9 7%	8 8%	17 7%	3 10%	2 6%	10 7%	19 5%	16 8%	25 5%	7 18% a	3 6%	18 6%	10 6%	3 10%	31 6%	8 6%	22 6%
Can't / want to go to the gym	15 3%	7 2%	3 3%	3 3%	7 3%	- -	2 7%	5 4%	7 2%	7 4%	15 3%	- -	- -	8 3%	6 3%	1 2%	15 3%	6 4%	9 2%
Have more time to exercise	13 2%	6 2%	2 2%	2 2%	5 2%	1 3%	2 6% d	5 4%	5 1%	8 4% d	11 2%	1 3%	1 2%	6 2%	5 3%	1 4%	12 2%	5 4%	6 2%
Adapted to exercise at home	11 2%	7 2%	3 2%	1 1%	4 2%	- -	1 2%	6 4% d	4 1%	6 3%	10 2%	1 2%	2 3%	4 1%	4 2%	1 2%	9 2%	- -	9 2%
Doing the same / no change	5 1%	5 1%	- -	- -	- -	2 6% cd	2 5% cd	- -	1 *	4 2%	3 1%	1 2%	- -	4 1%	1 *	1 3%	5 1%	2 1%	4 1%
Enjoying exercising more than before	4 1%	1 *	1 1%	2 2%	3 1%	- -	- -	- -	4 1%	- -	4 1%	- -	- -	- -	4 2% b	- -	4 1%	- -	4 1%

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

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

BASE: All who code a) Yes at Q12

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
				2 or more children		Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
	Total	None	1 child		NET: Yes						Yes	No	Lives alone	2-3	4-5	6+		Yes	No
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total	600	358	102	98	200	36	36	132	396	204	548	39	63	328	173	36	537	125	398
Total	585	318	120	110	230	35	34	137	380	205	534	38	62	319	170	33	523	130	380
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other	35	17	4	9	13	6	3	13	13	22	28	5	5	18	6	5	30	14	14
	6%	5%	3%	8%	6%	18% d	9%	9% d	3%	11% d	5%	14% a	8%	6%	4%	17% bce	6%	11% b	4%
Don't know	7	4	3	1	4	-	3	3	1	6	7	-	-	4	3	-	7	6	1
	1%	1%	2%	1%	2%	-	10% cde	2%	*	3% d	1%	-	-	1%	2%	-	1%	5% b	*
Nothing	4	1	-	2	2	-	2	-	1	2	4	-	-	1	2	1	4	4	-
	1%	*	-	2% a	1%	-	7% cde	-	*	1%	1%	-	-	*	1%	3% b	1%	3% b	-

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

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

BASE: All who code a) Yes at Q12

	Longstanding condition or illness							Area		Number of days active									
						NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness												
	Total	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	*f	a	b	a	b	c	d	e	f	*g	h	i	j
Unweighted Total	600	100	100	30	381	203	20	481	119	72	74	88	100	67	73	25	101	255	199
Total	585	91	106	30	370	200	20	468	118	72	71	86	95	64	69	24	103	246	197
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased awareness of need to exercise or desire to do more	326 56%	55 60% c	50 48%	9 31% bce	225 61%	101 50%	13 67%	261 56%	65 55%	30 42%	30 43%	48 55%	51 54%	38 59% a	42 60% ab	20 80%	68 65% ab	137 56% a	129 65% abi
Scared or worried to go out	84 14%	14 16%	19 18%	5 18%	47 13%	35 18%	1 4%	67 14%	17 15%	19 26% cefhij	16 23% cfhij	9 10%	16 17%	7 11%	7 10%	1 6%	10 10%	31 13%	18 9%
Important for mental health	52 9%	10 11%	15 14%	1 3%	29 8%	23 12%	2 12%	38 8%	15 12%	4 5%	4 6%	6 7%	11 11%	10 16% a	5 7%	3 12%	10 10%	27 11%	17 9%
Less motivation to do exercise or exercising less	43 7%	5 5%	6 6%	2 6%	29 8%	12 6%	1 5%	35 7%	8 7%	8 12% ehj	11 16% efhij	8 10% ehj	8 9% ej	1 1%	4 5%	- -	3 3%	17 7%	6 3%
Can't go out / stuck at home	35 6%	3 3%	5 4%	1 5%	23 6%	9 4%	- -	25 5%	10 8%	7 10% d	4 6%	8 9% d	2 2%	5 7%	4 5%	2 8%	3 3%	14 6%	9 5%
Can't / want to go to the gym	15 3%	- -	2 2%	2 5% a	9 2%	4 2%	- -	12 2%	3 3%	1 1%	2 3%	2 2%	5 5%	1 2%	2 3%	- -	2 2%	7 3%	5 2%
Have more time to exercise	13 2%	2 3%	2 2%	1 4%	8 2%	4 2%	2 8%	9 2%	4 3%	1 2%	3 5%	2 3%	1 1%	2 4%	1 2%	- -	1 1%	6 2%	2 1%
Adapted to exercise at home	11 2%	1 1%	2 2%	- -	8 2%	3 2%	- -	9 2%	2 2%	- -	3 4% i	1 1%	1 1%	- -	2 3%	1 3%	3 3%	1 1%	6 3% i
Doing the same / no change	5 1%	- -	- -	1 5% ab	4 1%	1 1%	- -	3 1%	2 2%	1 2%	- -	1 1%	- -	2 4% j	- -	- -	1 1%	3 1%	1 *
Enjoying exercising more than before	4 1%	- -	- -	1 3%	3 1%	1 *	- -	3 1%	1 1%	- -	- -	1 1%	1 1%	- -	1 2%	- -	1 1%	2 1%	2 1%
Other	35 6%	8 9% d	14 13% d	5 16% d	10 3%	21 10% d	3 16%	29 6%	6 5%	6 9%	2 3%	7 9%	5 5%	4 6%	2 2%	- -	8 8%	16 7%	10 5%

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

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

BASE: All who code a) Yes at Q12

Significance Level: 95%

	Longstanding condition or illness						Area		Number of days active									
	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness											NET 2-4 days	NET 5 + days
Total							Urban	Rural	0	1	2	3	4	5	6	7		
	a	b	c	d	e	*f	a	b	a	b	c	d	e	f	*g	h	i	j
600	100	100	30	381	203	20	481	119	72	74	88	100	67	73	25	101	255	199
585	91	106	30	370	200	20	468	118	72	71	86	95	64	69	24	103	246	197
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
7	-	1	2	4	3	-	7	1	-	-	2	-	-	4	1	-	2	5
1%	-	1%	7%	1%	2%	-	1%	1%	-	-	2%	-	-	6%	6%	-	1%	3%
			ad											abdehi				
4	1	-	1	3	1	-	4	-	-	-	-	-	2	1	-	1	2	2
1%	1%	-	2%	1%	*	-	1%	-	-	-	-	-	3%	1%	-	1%	1%	1%

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

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

BASE: All who code a) Yes at Q12

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	600	260	86	251	451	54	465	63	406	78	429	59	377	98
Total	585	257	84	242	441	52	452	64	395	76	418	56	369	97
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased awareness of need to exercise or desire to do more	326	170	42	112	250	30	254	36	217	48	233	36	201	60
	56%	66% bc	50%	46%	57%	58%	56%	57%	55%	63%	56%	64%	55%	61%
Scared or worried to go out	84	19	7	59	60	9	63	11	58	11	57	10	49	15
	14%	7%	8%	24% ab	14%	17%	14%	18%	15%	14%	14%	17%	13%	15%
Important for mental health	52	28	9	15	37	7	32	10	33	7	35	8	29	9
	9%	11%	11%	6%	8%	13%	7%	16% a	8%	10%	8%	14%	8%	9%
Less motivation to do exercise or exercising less	43	7	8	28	31	4	37	2	29	3	35	1	29	8
	7%	3%	9% a	12% a	7%	7%	8%	3%	7%	4%	8%	3%	8%	8%
Can't go out / stuck at home	35	8	7	19	26	2	28	5	27	4	27	2	27	4
	6%	3%	9% a	8% a	6%	5%	6%	7%	7%	6%	6%	4%	7%	4%
Can't / want to go to the gym	15	8	-	7	12	1	11	3	10	1	14	-	12	-
	3%	3%	-	3%	3%	2%	2%	5%	3%	2%	3%	-	3%	-
Have more time to exercise	13	5	3	5	7	2	11	1	9	1	9	-	9	1
	2%	2%	4%	2%	2%	3%	2%	1%	2%	2%	2%	-	3%	1%
Adapted to exercise at home	11	6	-	5	11	-	7	1	9	-	8	-	8	1
	2%	2%	-	2%	2%	-	2%	1%	2%	-	2%	-	2%	1%
Doing the same / no change	5	3	-	2	4	1	3	1	3	1	3	-	2	1
	1%	1%	-	1%	1%	1%	1%	1%	1%	2%	1%	-	1%	1%
Enjoying exercising more than before	4	3	-	1	2	1	2	2	1	2	1	1	2	1
	1%	1%	-	*	*	2%	*	4% a	*	3% a	*	2% a	1%	1%
Other	35	17	6	12	25	-	26	1	25	1	22	4	23	4
	6%	6%	7%	5%	6%	-	6%	2%	6%	1%	5%	7%	6%	4%
Don't know	7	6	1	1	5	1	6	-	5	-	6	-	5	-
	1%	2% c	1%	*	1%	2%	1%	-	1%	-	1%	-	1%	-

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

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

BASE: All who code a) Yes at Q12

Significance Level: 95%

Unweighted Total

Total

Nothing

	Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
	a	b	c	a	b	a	b	a	b	a	b	a	b
600	260	86	251	451	54	465	63	406	78	429	59	377	98
585	257	84	242	441	52	452	64	395	76	418	56	369	97
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
4	2	2	-	4	-	4	-	4	-	4	-	3	1
1%	1%	2% c	-	1%	-	1%	-	1%	-	1%	-	1%	1%

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

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

BASE: All respondents

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am self-isolating because I have had virus symptoms	79	46	30	34	32	14	1	14	5	8	8	6	15	13	9
	4%	5%	3%	6%	5%	2%	1%	5%	3%	4%	5%	3%	5%	4%	4%
		b		c	c			a		a		a			
I am self-isolating because someone in my household has virus symptoms	90	49	41	51	30	9	7	10	9	11	2	5	22	18	7
	4%	5%	4%	8%	5%	1%	8%	4%	4%	5%	1%	2%	7%	5%	3%
				bc	c		ef		e			ef	e		
I am self-isolating because I am at increased risk due to my age or health condition	503	240	256	101	109	292	28	63	45	55	43	56	72	81	59
	25%	25%	25%	17%	17%	39%	29%	24%	23%	26%	25%	25%	22%	25%	29%
						ab									
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1346	644	693	424	488	435	61	176	137	138	119	156	212	215	133
	67%	66%	68%	70%	74%	58%	63%	67%	70%	65%	69%	70%	66%	66%	64%
				c	c										
NET: Self-isolating	673	335	327	186	172	315	36	87	60	73	54	67	109	112	75
	33%	34%	32%	30%	26%	42%	37%	33%	30%	35%	31%	30%	34%	34%	36%
						ab									

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

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

BASE: All respondents

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	e	f	g
Unweighted Total	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am self-isolating because I have had virus symptoms	79	18	16	21	8	6	9	56	23	60	4	5	5	1	-	15
	4%	13% bcdefgh	4%	4%	3%	3%	2%	5% fh	3%	4%	6%	5%	7%	4%	-	6%
I am self-isolating because someone in my household has virus symptoms	90	12	23	29	11	7	8	64	26	61	10	7	6	1	3	27
	4%	9% efh	6% fh	5% fh	4% f	3%	2%	6% fh	3%	4%	16% ac	7%	7%	7%	23%	10% a
I am self-isolating because I am at increased risk due to my age or health condition	503	24	75	110	45	41	209	208	295	425	10	32	21	5	1	70
	25%	17%	18%	21%	17%	19%	46% abcdegh	19%	32% abcdeg	25%	16%	29%	28%	32%	13%	25%
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1346	85	303	371	198	160	230	758	588	1157	37	64	43	9	7	161
	67%	61% f	73% afh	70% afh	75% afh	75% afh	51%	70% afh	63% f	68% cdg	61%	59%	57%	56%	65%	59%
NET: Self-isolating	673	54	114	159	65	54	225	328	345	545	24	45	32	7	4	112
	33%	39% bcdeg	27%	30%	25%	25%	49% abcdegh	30%	37% bcdeg	32%	39%	41% a	43% a	44%	35%	41% a



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

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

BASE: All respondents

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total	2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total	2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am self-isolating because I have had virus symptoms	79 4%	39 3%	12 3%	22 7%	33 5%	79 100%	- -	- -	- -	79 12%	41 2%	35 17%	7 2%	39 4%	27 5%	6 7%	72 4%	27 9%	43 3%
				a		bcde				bcd		a			a		a	b	
I am self-isolating because someone in my household has virus symptoms	90 4%	34 3%	22 6%	28 9%	50 7%	- -	90 100%	- -	- -	90 13%	69 4%	16 8%	6 2%	40 4%	34 7%	11 11%	84 5%	37 12%	42 3%
			a	a	a		acde			acd		a			ab	abe	a	b	
I am self-isolating because I am at increased risk due to my age or health condition	503 25%	357 29%	62 18%	54 17%	116 17%	- -	- -	503 100%	- -	503 75%	373 21%	102 49%	110 35%	289 26%	80 16%	24 25%	393 23%	80 27%	295 22%
		bcd						abde		abd		a	bce	ce		c	c		
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1346 67%	810 65%	248 72%	219 68%	467 70%	- -	- -	- -	1346 100%	- -	1259 72%	55 26%	189 61%	730 67%	372 73%	55 57%	1157 68%	154 52%	980 72%
			a		a				abce		b			a	abde		ad	a	
NET: Self-isolating	673 33%	430 35%	95 28%	104 32%	200 30%	79 100%	90 100%	503 100%	- -	673 100%	483 28%	153 74%	123 39%	368 33%	140 27%	42 43%	549 32%	144 48%	380 28%
		bd				d	d	d		d	a		bce	c		ce	c	b	

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

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

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active									
							NET: Longstanding physical and mental condition or illness												
	Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am self-isolating because I have had virus symptoms	79	13	17	12	40	36	4	63	16	17	6	13	14	7	6	1	15	34	22
	4%	6%	5%	13%	3%	6%	5%	4%	4%	4%	3%	5%	4%	4%	3%	1%	4%	4%	3%
		d		abde		d													
I am self-isolating because someone in my household has virus symptoms	90	20	11	21	34	50	1	72	18	10	6	20	14	13	7	4	14	48	26
	4%	8%	3%	23%	3%	8%	2%	5%	4%	3%	3%	8%	4%	7%	4%	6%	4%	6%	4%
		bd		abdef		bd						ahj		a				a	
I am self-isolating because I am at increased risk due to my age or health condition	503	78	192	33	223	259	37	357	146	155	57	61	69	47	37	6	71	177	114
	25%	33%	54%	37%	17%	43%	51%	23%	33%	39%	30%	23%	21%	24%	19%	9%	18%	23%	18%
		d	acde	d		ad	ad		a	bcdefghij	dfghij	g	g	gj	g		g	gj	
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1346	127	139	25	1042	257	30	1084	262	216	119	175	227	123	141	61	284	525	486
	67%	53%	39%	27%	78%	43%	42%	69%	59%	54%	63%	65%	70%	65%	74%	84%	74%	67%	75%
		bce	c		abcef	c		b			a	a	a	a	abc	abcdei	abcei	a	abcei
NET: Self-isolating	673	111	219	66	297	345	42	492	181	183	69	95	97	67	51	12	100	259	162
	33%	47%	61%	73%	22%	57%	58%	31%	41%	46%	37%	35%	30%	35%	26%	16%	26%	33%	25%
		d	ad	abde		ad	d		a	bcdefghij	fghj	fghj	g	ghj				ghj	

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

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

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am self-isolating because I have had virus symptoms	79	31	14	32	52	15	56	4	57	13	51	12	44	15
	4%	5%	3%	4%	4%	6%	4%	2%	5%	4%	4%	5%	4%	3%
I am self-isolating because someone in my household has virus symptoms	90	40	19	29	57	9	59	16	54	16	57	14	49	18
	4%	6%	4%	4%	4%	4%	4%	7%	4%	5%	4%	6%	5%	4%
I am self-isolating because I am at increased risk due to my age or health condition	503	132	145	215	288	100	308	84	244	104	283	82	205	137
	25%	20%	28%	27%	20%	42%	22%	35%	20%	33%	22%	32%	20%	28%
			a	a		a		a		a		a		a
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1346	453	346	529	1023	114	991	134	877	186	911	149	713	320
	67%	69%	66%	66%	72%	48%	70%	56%	71%	58%	70%	58%	71%	65%
					b		b		b		b		b	
NET: Self-isolating	673	204	178	276	397	124	423	105	354	132	391	108	298	170
	33%	31%	34%	34%	28%	52%	30%	44%	29%	42%	30%	42%	29%	35%
						a		a		a		a		a

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

### D7. Are you well enough to exercise today?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Yes

No

Don't know

	Gender		Age			Region								
Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	a	b	a	b	c	a	b	c	d	e	f	g	h	i
2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1742	849	879	543	571	628	82	227	170	179	154	194	276	279	181
86%	87%	86%	89%	87%	84%	84%	86%	86%	85%	89%	87%	86%	85%	87%
			c											
208	98	105	47	73	88	11	25	22	25	15	25	27	35	22
10%	10%	10%	8%	11%	12%	12%	10%	11%	12%	8%	11%	8%	11%	11%
			a	a	a									
69	32	35	20	16	33	4	10	5	6	4	5	18	13	5
3%	3%	3%	3%	2%	4%	4%	4%	2%	3%	2%	2%	5%	4%	2%
				b	b									

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

### D7. Are you well enough to exercise today?

BASE: All respondents

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1742	117	377	473	236	183	357	967	775	1483	55	97	61	7	11	232
	86%	84%	90%	89%	90%	85%	78%	89%	83%	87%	90%	89%	81%	46%	93%	85%
			afh	fh	fh	f		fh	f							
No	208	16	31	45	23	23	69	93	114	168	5	10	10	6	1	31
	10%	12%	8%	9%	9%	11%	15%	9%	12%	10%	9%	9%	13%	36%	7%	11%
							bcdg		bcg							
Don't know	69	6	9	12	4	9	30	26	43	52	1	2	4	3	-	10
	3%	4%	2%	2%	2%	4%	7%	2%	5%	3%	1%	2%	6%	17%	-	4%
							bcdg		bcdg							

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

## D7. Are you well enough to exercise today?

BASE: All respondents

Significance Level: 95%		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
				2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating									
	Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No
		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total	2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
Total	2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1742	1073	310	277	588	41	69	373	1259	483	1742	-	254	954	456	78	1488	259	1198
	86%	86%	90%	86%	88%	51%	77% a	74% a	94% abce	72% a	100% b	-	81%	87% a	89% ad	81%	87% a	87%	88%
No	208	125	23	39	62	35	16	102	55	153	-	208	44	107	43	14	164	32	127
	10%	10%	7%	12% b	9%	44% bcde	18% d	20% d	4%	23% d	-	100% a	14% bce	10%	8%	14%	10%	11%	9%
Don't know	69	43	9	7	17	4	5	29	32	37	-	-	15	36	13	5	54	7	35
	3%	3%	3%	2%	2%	5%	5%	6% d	2%	6% d	-	-	5%	3%	2%	5%	3%	2%	3%

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

### D7. Are you well enough to exercise today?

BASE: All respondents

Significance Level: 95%

	Longstanding condition or illness						Area		Number of days active									
	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness											NET 2-4 days	NET 5 + days
Total							Urban	Rural	0	1	2	3	4	5	6	7		
	a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1742	172	248	60	1250	435	38	1372	370	265	160	233	295	174	182	70	363	702	615
86%	72%	69%	66%	93%	72%	53%	87%	84%	66%	85%	87%	91%	91%	95%	96%	95%	90%	95%
	f	f		abcef	f					a	a	ab	a	abci	abc	abci	a	abcdi
208	51	94	26	62	138	27	155	53	99	24	27	24	11	8	1	13	62	23
10%	21%	26%	28%	5%	23%	38%	10%	12%	25%	13%	10%	7%	6%	4%	1%	4%	8%	3%
	d	d	d		d	abde			bcdefghij	defghij	fghj	ghj					ghj	
69	15	16	6	27	29	6	49	20	35	3	9	5	5	2	2	7	20	11
3%	6%	5%	6%	2%	5%	8%	3%	4%	9%	2%	3%	2%	3%	1%	3%	2%	3%	2%
	d	d	d		d	d			bcdefhij									

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

### D7. Are you well enough to exercise today?

BASE: All respondents

	Total	Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
		NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1742	600	438	683	1318	129	1295	169	1131	235	1197	180	901	413
	86%	91%	84%	85%	93%	54%	92%	71%	92%	74%	92%	70%	89%	84%
		bc			b		b		b		b		b	
No	208	42	66	94	77	88	92	59	81	62	84	62	81	64
	10%	6%	13%	12%	5%	37%	7%	25%	7%	19%	6%	24%	8%	13%
			a	a		a		a		a		a		a
Don't know	69	15	20	27	25	21	26	10	19	22	21	15	28	14
	3%	2%	4%	3%	2%	9%	2%	4%	2%	7%	2%	6%	3%	3%
						a		a		a		a		



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

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

BASE: All respondents

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204	
Total	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Lives alone	313	161	151	43	80	189	21	53	34	41	28	29	36	45	27	
	15%	16%	15%	7%	12%	25%	22%	20%	17%	19%	16%	13%	11%	14%	13%	
					a	ab	fgi	fghi	g	g						
2-3	1098	525	563	282	320	495	57	138	112	100	96	137	151	171	135	
	54%	54%	55%	46%	48%	66%	59%	52%	57%	48%	56%	61%	47%	52%	65%	
						ab	g		g		g	dg			bdgh	
4-5	512	239	265	227	232	52	17	60	38	63	42	49	105	95	42	
	25%	24%	26%	37%	35%	7%	17%	23%	20%	30%	25%	22%	33%	29%	20%	
				c	c					aci			abcefi	aci		
6+	97	55	40	57	28	12	2	12	12	6	6	9	29	16	4	
	5%	6%	4%	9%	4%	2%	2%	5%	6%	3%	4%	4%	9%	5%	2%	
				bc	c				i				abdefhi			
NET: Lives with others	1706	819	868	566	580	560	76	210	163	170	145	194	285	282	181	
	85%	84%	85%	93%	88%	75%	78%	80%	83%	81%	84%	87%	89%	86%	87%	
				bc	c							ab	abcd	b	ab	
Base for stats	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208	
Mean Score	3.01	3.03	2.89	3.65	3.11	2.40	2.44	2.78	3.22	2.87	3.00	2.75	3.53	3.11	2.85	
				bc	c			a				a	abdfi	a		
Standard Deviation	3.032	3.228	1.956	2.673	1.439	4.054	1.224	1.559	4.736	2.280	3.151	1.305	3.753	3.038	3.492	
Standard Error	.067	.105	.060	.100	.055	.162	.115	.097	.319	.161	.218	.100	.207	.173	.244	
Error variance	*	.01	*	.01	*	.03	.01	.01	.10	.03	.05	.01	.04	.03	.06	

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

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

BASE: All respondents

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	e	f	g
Unweighted Total	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	313	8	44	83	30	23	125	135	178	280	7	6	11	1	-	25
	15%	6%	10%	16% ab	11%	11%	28% abcdegh	12% a	19% abdeg	16% cg	11%	6%	14% c	4%	-	9%
2-3	1098	60	226	271	136	118	288	556	541	988	21	32	26	7	6	92
	54%	43%	54% a	51%	52%	55% a	63% abcdeg	51%	58% acg	58% bcdg	34%	29%	35%	42%	57%	34%
4-5	512	56	133	152	81	60	31	340	171	376	33	54	24	5	4	121
	25%	40% cefgh	32% fh	29% fh	31% fh	28% fh	7% fh	31% fh	18% f	22% ad	53% ad	50% ad	31%	34%	37%	44% ad
6+	97	16	15	25	16	14	12	55	42	59	1	17	15	3	1	36
	5%	11% bcfgh	4%	5%	6% f	6% f	3%	5% f	5% f	3% f	1% ab	15% ab	20% ab	19%	6%	13% ab
NET: Lives with others	1706	131	374	447	233	191	330	952	755	1423	54	103	65	15	11	248
	85%	94% cfgh	90% cfh	84% f	89% fh	89% fh	72% fh	88% fh	81% f	84% ad	89%	94% ad	86%	96%	100%	91% a
Base for stats	2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
Mean Score	3.01	4.19	2.98	3.05	3.29	3.15	2.40	3.17	2.82	2.79	3.30	4.08	4.23	9.04	3.31	4.21
		bcddefgh	f	f	fh	f		fh	f			ab	a			a
Standard Deviation	3.032	5.367	1.325	2.509	3.150	1.497	3.935	2.750	3.322	2.397	1.301	1.597	4.544	15.563	1.306	4.694
Standard Error	.067	.452	.066	.108	.186	.097	.194	.084	.109	.058	.161	.148	.511	3.775	.362	.275
Error variance	*	.20	*	.01	.03	.01	.04	.01	.01	*	.03	.02	.26	14.25	.13	.08

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

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

BASE: All respondents

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self						Care responsibilities in household not including children	
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total	2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total	2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Lives alone	313	297	1	-	1	7	6	110	189	123	254	44	313	-	-	-	-	-	-	
	15%	24%	*	-	*	9%	7%	22%	14%	18%	15%	21%	100%	-	-	-	-	-	-	
		bcd						abd	b	abd		a	bcde							
2-3	1098	764	238	39	277	39	40	289	730	368	954	107	-	1098	-	-	1098	168	903	
	54%	62%	69%	12%	42%	49%	44%	57%	54%	55%	55%	52%	-	100%	-	-	64%	56%	66%	
		cd	acd		c			b						acde			acd		a	
4-5	512	153	86	242	328	27	34	80	372	140	456	43	-	-	512	-	512	104	389	
	25%	12%	25%	75%	49%	34%	37%	16%	28%	21%	26%	21%	-	-	100%	-	30%	35%	29%	
			a	abd	ab	ce	cde		ce	c					abde		abd	b		
6+	97	27	18	42	61	6	11	24	55	42	78	14	-	-	-	97	97	26	68	
	5%	2%	5%	13%	9%	8%	12%	5%	4%	6%	4%	7%	-	-	-	100%	6%	9%	5%	
			a	ab	a		cde			d						abce	abc	b		
NET: Lives with others	1706	943	342	323	665	72	84	393	1157	549	1488	164	-	1098	512	97	1706	297	1360	
	85%	76%	100%	100%	100%	91%	93%	78%	86%	82%	85%	79%	-	100%	100%	100%	100%	100%	100%	
			a	a	a	ce	cde		ce		b			a	a	a	a			
Base for stats	2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360	
Mean Score	3.01	2.30	3.35	4.65	3.98	3.30	3.72	2.79	3.03	2.97	2.96	3.16	1.00	2.38	4.30	9.79	3.38	3.84	3.21	
			a	abd	ab		cde								be	bce	b	b		
Standard Deviation	3.032	1.432	1.266	3.501	2.679	1.573	2.058	3.703	2.861	3.349	2.334	4.841	-	.486	.459	10.778	3.163	4.326	2.269	
Standard Error	.067	.039	.075	.209	.113	.173	.211	.172	.077	.132	.056	.340	-	.015	.020	1.078	.077	.257	.062	
Error variance	*	*	.01	.04	.01	.03	.04	.03	.01	.02	*	.12	-	*	*	1.16	.01	.07	*	

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

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

BASE: All respondents

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	313	39	92	10	181	120	18	248	65	80	31	37	42	32	16	10	65	111	91
	15%	16%	26%	11%	13%	20%	26%	16%	15%	20%	17%	14%	13%	17%	9%	13%	17%	14%	14%
		acde				cd	cd			cdfij	f			f			f	f	f
2-3	1098	124	197	47	737	329	30	847	250	227	104	145	171	90	108	39	213	406	361
	54%	52%	55%	52%	55%	55%	42%	54%	57%	57%	56%	54%	53%	47%	56%	54%	56%	52%	56%
					f					e									e
4-5	512	61	58	25	362	120	20	399	112	76	47	72	96	56	56	24	85	224	165
	25%	26%	16%	28%	27%	20%	28%	25%	25%	19%	25%	27%	30%	29%	29%	33%	22%	29%	25%
		b		b	be		b					a	ah	a	a	ah		ah	a
6+	97	15	11	9	59	32	3	82	15	16	5	15	15	13	12	-	21	44	32
	5%	6%	3%	10%	4%	5%	4%	5%	3%	4%	3%	6%	5%	7%	6%	-	5%	6%	5%
				bd								g		g	g		g	g	g
NET: Lives with others	1706	199	266	81	1158	481	53	1329	378	319	157	232	282	159	176	63	319	673	558
	85%	84%	74%	89%	87%	80%	74%	84%	85%	80%	83%	86%	87%	83%	91%	87%	83%	86%	86%
		b		bef	bef	b						a	a		abehij			a	a
Base for stats	2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
Mean Score	3.01	3.21	2.47	3.95	2.97	2.91	3.06	3.00	3.05	2.81	2.77	3.24	3.27	3.06	3.22	2.79	2.87	3.21	2.97
		b		bde	b	b									b				
Standard Deviation	3.032	3.302	1.930	5.326	2.507	3.098	3.510	2.756	3.860	3.654	1.379	4.042	3.557	1.621	2.388	1.168	2.631	3.386	2.440
Standard Error	.067	.207	.106	.546	.069	.127	.414	.069	.185	.185	.100	.246	.196	.117	.168	.135	.137	.120	.096
Error variance	*	.04	.01	.30	*	.02	.17	*	.03	.03	.01	.06	.04	.01	.03	.02	.02	.01	.01

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

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

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	313	75	114	119	206	53	203	42	168	63	180	43	139	89
	15%	11%	22% ac	15%	14%	22% a	14%	18%	14%	20% a	14%	17%	14%	18% a
2-3	1098	333	298	449	774	113	774	119	667	172	705	135	526	279
	54%	51%	57% a	56%	55%	48%	55%	50%	54%	54%	54%	52%	52%	57%
4-5	512	209	97	198	375	57	373	67	339	68	352	67	294	101
	25%	32% bc	19%	25% b	26%	24%	26%	28%	28% b	21%	27%	26%	29% b	21%
6+	97	40	15	39	65	14	62	10	57	16	65	13	51	21
	5%	6% b	3%	5%	5%	6%	4%	4%	5%	5%	5%	5%	5%	4%
NET: Lives with others	1706	582	410	686	1214	184	1210	197	1063	255	1122	215	872	402
	85%	89% b	78%	85% b	86% b	78%	86% b	82%	86% b	80%	86% b	83%	86% b	82%
Base for stats	2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
Mean Score	3.01	3.24 b	2.57	3.00 b	2.96	2.77	2.93	2.93	2.93	2.89	2.95	3.20	3.04 b	2.76
Standard Deviation	3.032	2.857	1.764	2.988	2.286	1.531	1.890	1.624	1.412	2.944	1.655	4.273	2.067	1.881
Standard Error	.067	.111	.078	.105	.061	.101	.050	.105	.040	.167	.046	.265	.065	.086
Error variance	*	.01	.01	.01	*	.01	*	.01	*	.03	*	.07	*	.01

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

**D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 16 or under in your household, please note this should exclude them.**

BASE: All who live with at least one other person

Significance Level: 95%

Unweighted Total

Total

Yes

No

Prefer not to say

	Gender		Age			Region								
Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	a	b	a	b	c	a	b	c	d	e	f	g	h	i
1701	790	892	662	573	466	89	206	184	161	176	151	291	267	176
1706	819	868	566	580	560	76	210	163	170	145	194	285	282	181
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
297	142	153	117	101	80	16	39	27	30	26	24	60	46	32
17%	17%	18%	21% c	17%	14%	21%	18%	16%	17%	18%	12%	21% f	16%	17%
1360	656	695	419	470	471	58	165	134	134	117	170	212	225	145
80%	80%	80%	74% a	81% a	84% a	76%	79%	82% g	79%	81%	87% abdg	74%	80%	80%
49	21	20	30	9	10	2	6	3	7	2	1	13	10	4
3%	3%	2%	5% bc	2%	2%	3%	3%	2%	4% f	1%	1%	5% f	4%	2%

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

**D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 16 or under in your household, please note this should exclude them.**

BASE: All who live with at least one other person

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	e	f	g
Unweighted Total	1701	132	361	449	251	210	298	942	759	1397	57	110	68	16	13	264
Total	1706	131	374	447	233	191	330	952	755	1423	54	103	65	15	11	248
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	297	43	70	59	37	29	59	172	125	229	17	25	17	3	2	64
	17%	33%	19%	13%	16%	15%	18%	18%	17%	16%	31%	25%	26%	21%	16%	26%
		bcdefgh	c					c			a	a	a			a
No	1360	85	297	372	192	157	256	754	606	1172	35	74	47	10	9	174
	80%	65%	80%	83%	83%	82%	77%	79%	80%	82%	65%	72%	72%	66%	78%	70%
			a	a	a	a	a	a	a	bcdg						
Prefer not to say	49	3	6	16	3	4	16	25	24	22	2	4	1	2	1	10
	3%	2%	2%	4%	1%	2%	5%	3%	3%	2%	4%	4%	2%	13%	6%	4%
							bd									a

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

**D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 16 or under in your household, please note this should exclude them.**

BASE: All who live with at least one other person

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	a	b	c	d	e	a	b	*a	b	c	d	e	a	b
1701	1023	285	280	565	74	89	364	1174	527	1487	158	-	1084	517	100	1701	284	1358
1706	943	342	323	665	72	84	393	1157	549	1488	164	-	1098	512	97	1706	297	1360
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%
297	113	76	89	166	27	37	80	154	144	259	32	-	168	104	26	297	297	-
17%	12%	22%	28%	25%	37%	44%	20%	13%	26%	17%	19%	-	15%	20%	27%	17%	100%	-
	a	a	a	a	cde	cde	d		cd				b	b	be		b	
1360	807	260	231	491	43	42	295	980	380	1198	127	-	903	389	68	1360	-	1360
80%	86%	76%	72%	74%	61%	49%	75%	85%	69%	80%	77%	-	82%	76%	70%	80%	-	100%
	bcd						ab	abce	b				cd		d			a
49	23	6	2	8	1	6	18	24	25	32	6	-	27	19	3	49	-	-
3%	2%	2%	1%	1%	2%	7%	5%	2%	5%	2%	4%	-	2%	4%	4%	3%	-	-
						d	d		d									



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

**D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 16 or under in your household, please note this should exclude them.**

BASE: All who live with at least one other person

		Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness												
	Total							Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	1701	210	247	84	1146	478	51	1326	375	311	159	233	285	160	184	64	305	678	553
Total	1706	199	266	81	1158	481	53	1329	378	319	157	232	282	159	176	63	319	673	558
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	297	63	78	31	138	149	20	241	56	44	21	44	55	38	26	12	57	136	96
	17%	32%	29%	38%	12%	31%	37%	18%	15%	14%	14%	19%	19%	24%	15%	19%	18%	20%	17%
		d	d	d		d	d							abf				a	
No	1360	129	181	48	1004	320	30	1054	306	261	129	183	222	118	146	49	251	523	447
	80%	65%	68%	59%	87%	66%	57%	79%	81%	82%	82%	79%	79%	74%	83%	78%	79%	78%	80%
					abcef									e					
Prefer not to say	49	7	7	2	16	13	3	34	15	14	6	5	5	3	3	2	11	14	15
	3%	3%	3%	3%	1%	3%	6%	3%	4%	4%	4%	2%	2%	2%	2%	3%	3%	2%	3%
		d				d	d			i									

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

**D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 16 or under in your household, please note this should exclude them.**

BASE: All who live with at least one other person

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	1701	584	398	685	1210	179	1204	195	1062	250	1118	216	881	395
Total	1706	582	410	686	1214	184	1210	197	1063	255	1122	215	872	402
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	297	141	50	101	219	27	219	36	187	37	204	37	164	51
	17%	24%	12%	15%	18%	15%	18%	18%	18%	14%	18%	17%	19%	13%
		bc											b	
No	1360	429	354	568	968	155	960	158	850	217	891	175	684	344
	80%	74%	86%	83%	80%	84%	79%	80%	80%	85%	79%	81%	79%	86%
		a	a	a									a	a
Prefer not to say	49	12	6	16	27	2	31	3	26	2	28	3	23	7
	3%	2%	2%	2%	2%	1%	3%	1%	2%	1%	2%	2%	3%	2%

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

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

BASE: All respondents

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	238	94	142	93	91	55	18	38	28	29	22	26	33	24	21
	12%	10%	14%	15%	14%	7%	18%	15%	14%	14%	13%	12%	10%	7%	10%
			a	c	c		ghi	h	h	h	h				
Yes - physical condition or illness	358	172	186	44	112	202	26	52	46	38	33	34	31	60	39
	18%	18%	18%	7%	17%	27%	27%	20%	23%	18%	19%	15%	10%	18%	19%
					a	ab	fg	g	fg	g	g			g	g
Yes - other	91	54	35	38	33	20	4	20	7	9	5	2	19	13	11
	5%	5%	3%	6%	5%	3%	4%	8%	4%	4%	3%	1%	6%	4%	5%
		b		c	c			ef		f		f			f
No	1339	661	673	407	445	488	47	164	124	136	114	167	223	224	139
	66%	68%	66%	67%	67%	65%	49%	62%	63%	64%	66%	75%	70%	69%	67%
						a	a	a	a	a	abcd	a	a	a	a
Prefer not to say	78	32	37	42	20	16	4	8	5	8	7	4	18	20	5
	4%	3%	4%	7%	3%	2%	4%	3%	2%	4%	4%	2%	6%	6%	2%
				bc								f		cfi	
NET: Longstanding condition or illness	602	287	310	161	195	246	46	91	68	67	52	52	80	82	64
	30%	29%	30%	26%	30%	33%	47%	35%	35%	32%	30%	23%	25%	25%	31%
						a	bcdefghi	fgh	fgh						
NET: Longstanding physical and mental condition or illness	72	25	46	12	34	26	1	16	12	7	6	9	3	11	5
	4%	3%	5%	2%	5%	3%	2%	6%	6%	3%	3%	4%	1%	3%	3%
			a		a			g	ag	g	g	g		g	

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

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

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	238	16	44	55	32	33	59	114	124	202	14	5	9	2	1	32
	12%	11%	10%	10%	12%	16%	13%	11%	13%	12%	22%	5%	12%	12%	13%	12%
					cg					c	acg					c
Yes - physical condition or illness	358	22	56	71	35	35	139	149	209	327	11	12	5	1	-	28
	18%	15%	13%	13%	13%	16%	30%	14%	22%	19%	18%	11%	6%	4%	-	10%
							abcdegh		bcdeg	cdg	d					
Yes - other	91	11	14	22	13	9	22	47	44	66	3	8	7	5	1	24
	5%	8%	3%	4%	5%	4%	5%	4%	5%	4%	5%	7%	10%	31%	10%	9%
		b								a			a			a
No	1339	87	306	374	182	136	254	767	572	1145	34	76	55	8	7	180
	66%	62%	73%	71%	69%	63%	56%	71%	61%	67%	55%	70%	72%	53%	62%	66%
			aefh	fh	fh			aefh		b		b	b			
Prefer not to say	78	8	11	20	10	11	18	39	39	43	3	7	1	1	2	13
	4%	6%	3%	4%	4%	5%	4%	4%	4%	3%	5%	6%	1%	4%	15%	5%
										a		a				a
NET: Longstanding condition or illness	602	44	100	136	71	67	184	281	321	515	25	25	20	7	3	80
	30%	32%	24%	26%	27%	31%	40%	26%	34%	30%	40%	23%	27%	43%	23%	29%
						b	bcdegh		bcdg		c					
NET: Longstanding physical and mental condition or illness	72	3	10	10	10	9	29	24	48	67	1	-	1	1	-	3
	4%	2%	2%	2%	4%	4%	6%	2%	5%	4%	2%	-	2%	4%	-	1%
							bcg		bcg	cg						

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

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

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
238	130	50	44	94	13	20	78	127	111	172	51	39	124	61	15	199	63	129
12%	10%	14%	14%	14% a	17% d	22% d	16% d	9%	17% d	10%	24% a	12%	11%	12%	15%	12%	21% b	10%
358	249	53	47	100	17	11	192	139	219	248	94	92	197	58	11	266	78	181
18%	20% cd	15%	15%	15%	21% d	12%	38% abd	10%	33% abd	14%	45% a	29% bcde	18% c	11%	12%	16% c	26% b	13%
91	38	13	26	39	12	21	33	25	66	60	26	10	47	25	9	81	31	48
5%	3%	4%	8% ab	6% a	15% cd	23% cde	7% d	2%	10% d	3%	12% a	3%	4%	5%	9% abe	5%	10% b	4%
1339	842	228	216	444	40	34	223	1042	297	1250	62	181	737	362	59	1158	138	1004
66%	68%	66%	67%	67%	50%	38%	44%	77% abce	44%	72% b	30%	58%	67% a	71% a	61%	68% a	47%	74% a
78	34	12	7	19	4	7	21	47	31	57	8	12	32	29	5	66	11	35
4%	3%	3%	2%	3%	4%	7% d	4%	3%	5%	3%	4%	4%	3%	6% b	5%	4%	4%	3%
602	365	104	99	203	36	50	259	257	345	435	138	120	329	120	32	481	149	320
30%	29%	30%	31%	30%	45% d	55% d	51% d	19%	51% d	25%	66% a	39% bce	30% c	24%	33% c	28% c	50% b	24%
72	43	12	15	27	4	1	37	30	42	38	27	18	30	20	3	53	20	30
4%	3%	3%	5%	4%	5%	1%	7% bd	2%	6% d	2%	13% a	6% be	3%	4%	3%	3%	7% b	2%

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

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

BASE: All respondents

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	238	238	72	6	-	238	72	186	52	46	36	35	32	26	23	7	34	93	64
	12%	100%	20%	6%	-	40%	100%	12%	12%	11%	19%	13%	10%	14%	12%	9%	9%	12%	10%
		bcde	cd	d		bcd	bcde				adghij								
Yes - physical condition or illness	358	72	358	10	-	358	72	276	83	118	36	50	45	29	23	2	55	124	80
	18%	30%	100%	11%	-	59%	100%	17%	19%	30%	19%	18%	14%	15%	12%	3%	14%	16%	12%
		cd	acde	d		acd	acde			bcdefghij	gj	gj	g	g	g		g	g	g
Yes - other	91	6	10	91	-	91	2	67	24	14	5	23	17	11	5	4	13	51	22
	5%	2%	3%	100%	-	15%	3%	4%	5%	3%	3%	9%	5%	6%	3%	5%	3%	6%	3%
		d	d	abdef		abdf	d					abfhj					abfhj		
No	1339	-	-	-	1339	-	-	1055	284	234	114	162	229	130	137	58	274	522	469
	66%	-	-	-	100%	-	-	67%	64%	59%	61%	60%	71%	68%	71%	79%	71%	67%	72%
					abcef							abc	abc	a	abc	abci	abc	a	abci
Prefer not to say	78	-	-	-	-	-	-	62	16	17	8	9	8	6	8	4	18	23	30
	4%	-	-	-	-	-	-	4%	4%	4%	4%	3%	3%	3%	4%	5%	5%	3%	5%
NET: Longstanding condition or illness	602	238	358	91	-	602	72	459	143	148	65	98	86	55	46	11	92	239	150
	30%	100%	100%	100%	-	100%	100%	29%	32%	37%	35%	36%	27%	29%	24%	16%	24%	30%	23%
		d	d	d		d	d			defghij	fghj	d fghj	g	g				ghj	
NET: Longstanding physical and mental condition or illness	72	72	72	2	-	72	72	59	13	25	10	9	6	7	4	-	10	22	14
	4%	30%	20%	2%	-	12%	100%	4%	3%	6%	5%	3%	2%	4%	2%	-	3%	3%	2%
		bcde	cde	d		cd	abcde			d fghij	d g j								

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

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

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	238	77	55	100	139	50	151	38	123	57	131	51	127	50
	12%	12%	10%	12%	10%	21% a	11%	16% a	10%	18% a	10%	20% a	13%	10%
Yes - physical condition or illness	358	92	98	164	178	98	211	71	170	84	193	63	140	105
	18%	14%	19% a	20% a	13%	41% a	15%	30% a	14%	26% a	15%	25% a	14%	21% a
Yes - other	91	38	18	33	55	14	59	16	53	16	56	17	46	21
	5%	6%	3%	4%	4%	6%	4%	7%	4%	5%	4%	7%	5%	4%
No	1339	445	357	525	1039	100	988	134	879	182	910	144	696	328
	66%	68%	68%	65%	73% b	42%	70% b	56%	71% b	57%	70% b	56%	69%	67%
Prefer not to say	78	26	16	25	42	5	49	7	41	7	49	6	36	11
	4%	4%	3%	3%	3%	2%	3%	3%	3%	2%	4%	2%	4%	2%
NET: Longstanding condition or illness	602	185	151	256	339	133	376	98	311	129	342	108	278	151
	30%	28%	29%	32%	24%	56% a	27%	41% a	25%	41% a	26%	42% a	28%	31%
NET: Longstanding physical and mental condition or illness	72	21	14	35	28	25	39	21	28	23	32	20	27	22
	4%	3%	3%	4%	2%	11% a	3%	9% a	2%	7% a	2%	8% a	3%	4%

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

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

BASE: All respondents

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204	
Total	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
White	1703	815	880	444	560	699	88	233	173	175	155	204	191	285	199	
	84%	83%	86%	73%	85%	93%	91%	89%	88%	83%	90%	92%	60%	87%	96%	
					a	ab	g	g	g	g	dg	dg		g	bcdegh	
Mixed	61	28	33	37	18	6	2	3	3	7	4	8	22	8	4	
	3%	3%	3%	6%	3%	1%	2%	1%	2%	3%	2%	3%	7%	2%	2%	
				bc	c								bcehi			
Asian	109	65	43	63	38	8	2	12	11	15	7	7	42	14	-	
	5%	7%	4%	10%	6%	1%	2%	4%	6%	7%	4%	3%	13%	4%	-	
		b		bc	c		i	i	i	i	i	i	abcdefhi	i		
Black	76	40	34	34	22	19	2	8	7	8	3	1	38	7	2	
	4%	4%	3%	6%	3%	3%	2%	3%	4%	4%	2%	*	12%	2%	1%	
				bc				f	f	f			abcdefhi			
Chinese	16	8	7	6	6	5	1	1	1	1	1	1	7	2	1	
	1%	1%	1%	1%	1%	1%	1%	*	*	*	1%	1%	2%	1%	*	
													b			
Other ethnic group	11	3	7	5	5	1	-	1	1	-	-	-	7	3	-	
	1%	*	1%	1%	1%	*	-	1%	*	-	-	-	2%	1%	-	
													dei			
Prefer not to answer	44	21	14	22	11	11	2	5	1	6	3	2	14	8	2	
	2%	2%	1%	4%	2%	2%	2%	2%	*	3%	2%	1%	5%	3%	1%	
				bc						c			cfi	c		
NET: Non-white	273	143	125	144	89	39	7	25	24	30	15	17	115	34	7	
	14%	15%	12%	24%	14%	5%	7%	9%	12%	14%	9%	7%	36%	10%	3%	
				bc	c			i	i	fi	i		abcdefhi	i		



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

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

BASE: All respondents

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1703	90	346	435	233	183	415	871	831	1703	-	-	-	-	-	-
	84%	65%	83%	82%	89%	85%	91%	80%	89%	100%	-	-	-	-	-	-
		a	a	a	abcg	a	abceg	a	abcg	bcdg						
Mixed	61	8	18	20	3	6	6	46	15	-	61	-	-	-	-	61
	3%	6%	4%	4%	1%	3%	1%	4%	2%	-	100%	-	-	-	-	22%
		dfh	dfh	dfh				dfh			acd					acd
Asian	109	20	22	31	13	15	7	73	36	-	-	109	-	-	-	109
	5%	14%	5%	6%	5%	7%	2%	7%	4%	-	-	100%	-	-	-	40%
		bcddefgh	f	f	f	fh		fh	f			abdg				abd
Black	76	10	19	28	8	4	8	56	20	-	-	-	76	-	-	76
	4%	7%	4%	5%	3%	2%	2%	5%	2%	-	-	-	100%	-	-	28%
		efh	fh	efh				efh					abcg			abc
Chinese	16	-	5	2	1	2	7	6	10	-	-	-	-	16	-	16
	1%	-	1%	*	*	1%	1%	1%	1%	-	-	-	-	100%	-	6%
																abcd
Other ethnic group	11	3	2	4	1	1	1	8	3	-	-	-	-	-	11	11
	1%	2%	1%	1%	*	*	*	1%	*	-	-	-	-	-	100%	4%
		fh														ac
Prefer not to answer	44	9	6	11	3	3	12	25	18	-	-	-	-	-	-	-
	2%	6%	1%	2%	1%	1%	3%	2%	2%	-	-	-	-	-	-	-
		bcddefgh														
NET: Non-white	273	40	66	84	26	28	29	190	83	-	61	109	76	16	11	273
	14%	29%	16%	16%	10%	13%	6%	17%	9%	-	100%	100%	100%	100%	100%	100%
		bcddefgh	dfh	dfh		f		dfh			a	a	a			a

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

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

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					Care responsibilities in household not including children	
			2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others		
Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No
	a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358
2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1703	1102	288	240	528	60	61	425	1157	545	1483	168	280	988	376	59	1423	229	1172
84%	89%	84%	74%	79%	76%	67%	84%	86%	81%	85%	81%	89%	90%	74%	60%	83%	77%	86%
	bcd	c					b	abe	b			cde	cde	d		cd		a
61	25	12	20	32	4	10	10	37	24	55	5	7	21	33	1	54	17	35
3%	2%	3%	6%	5%	5%	11%	2%	3%	4%	3%	3%	2%	2%	6%	1%	3%	6%	3%
			a	a		cde								abde		b	b	
109	46	25	30	55	5	7	32	64	45	97	10	6	32	54	17	103	25	74
5%	4%	7%	9%	8%	7%	8%	6%	5%	7%	6%	5%	2%	3%	11%	17%	6%	9%	5%
		a	a	a										abe	abe	ab	b	
76	34	10	24	34	5	6	21	43	32	61	10	11	26	24	15	65	17	47
4%	3%	3%	7%	5%	7%	6%	4%	3%	5%	4%	5%	3%	2%	5%	15%	4%	6%	3%
			ab	a										b	abce	b		
16	5	2	3	5	1	1	5	9	7	7	6	1	7	5	3	15	3	10
1%	*	1%	1%	1%	1%	1%	1%	1%	1%	*	3%	*	1%	1%	3%	1%	1%	1%
											a				abe			
11	7	2	1	4	-	3	1	7	4	11	1	-	6	4	1	11	2	9
1%	1%	1%	*	1%	-	3%	*	1%	1%	1%	*	-	1%	1%	1%	1%	1%	1%
						cde												
44	21	4	4	8	4	3	9	28	16	28	9	8	18	15	2	35	5	13
2%	2%	1%	1%	1%	5%	3%	2%	2%	2%	2%	4%	3%	2%	3%	2%	2%	2%	1%
										a								
273	118	52	79	130	15	27	70	161	112	232	31	25	92	121	36	248	64	174
14%	9%	15%	24%	20%	19%	30%	14%	12%	17%	13%	15%	8%	8%	24%	37%	15%	22%	13%
		a	ab	a		cde			d					abe	abce	ab	b	

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

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

BASE: All respondents

	Longstanding condition or illness							Area		Number of days active									
						NET: Longstanding physical and mental condition or illness													
	Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1703	202	327	66	1145	515	67	1298	404	352	154	219	269	159	150	60	340	647	550
	84%	85%	91%	72%	86%	86%	93%	82%	91%	88%	82%	81%	83%	83%	78%	82%	89%	83%	85%
		c	acde		c	c	c		a	bcdi		h		h	adhi		bcdfi		f
Mixed	61	14	11	3	34	25	1	56	5	6	13	9	8	6	12	4	4	23	19
	3%	6%	3%	3%	3%	4%	2%	4%	1%	2%	7%	3%	2%	3%	6%	5%	1%	3%	3%
		d						b			adhi	h		h	adhi	h		h	h
Asian	109	5	12	8	76	25	-	99	10	16	5	19	25	12	11	6	16	56	33
	5%	2%	3%	9%	6%	4%	-	6%	2%	4%	3%	7%	8%	6%	6%	8%	4%	7%	5%
				abf	af			b				b	ab					ab	
Black	76	9	5	7	55	20	1	65	10	10	6	13	15	8	12	1	11	36	23
	4%	4%	1%	8%	4%	3%	2%	4%	2%	3%	3%	5%	5%	4%	6%	1%	3%	5%	4%
				be	b										ah				
Chinese	16	2	1	5	8	7	1	10	6	2	4	2	4	-	2	1	1	6	5
	1%	1%	*	5%	1%	1%	1%	1%	1%	*	2%	1%	1%	-	1%	1%	*	1%	1%
				abde															
Other ethnic group	11	1	-	1	7	3	-	11	-	2	1	3	-	2	2	1	2	4	4
	1%	1%	-	1%	1%	*	-	1%	-	*	*	1%	-	1%	1%	1%	*	1%	1%
				b															
Prefer not to answer	44	5	3	1	14	7	1	36	8	12	6	5	3	3	4	2	10	11	15
	2%	2%	1%	1%	1%	1%	2%	2%	2%	3%	3%	2%	1%	2%	2%	2%	3%	1%	2%
NET: Non-white	273	32	28	24	180	80	3	242	31	35	29	46	51	29	38	12	33	126	83
	14%	13%	8%	27%	13%	13%	5%	15%	7%	9%	15%	17%	16%	15%	20%	16%	9%	16%	13%
		bf		abdef	bf	bf		b			ah	ah	ah	ah	ahj			ah	h

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

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

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1703	539	460	683	1193	211	1190	213	1026	286	1077	219	832	428
	84%	82%	88% a	85%	84%	89%	84%	89% a	83%	90% a	83%	85%	82%	87% a
Mixed	61	22	13	26	43	7	48	4	35	8	47	8	35	10
	3%	3%	2%	3%	3%	3%	3%	2%	3%	3%	4%	3%	3%	2%
Asian	109	47	20	42	83	7	78	8	83	8	82	10	65	20
	5%	7% b	4%	5%	6%	3%	6%	4%	7% b	3%	6%	4%	6%	4%
Black	76	25	17	32	56	6	55	7	46	13	54	10	41	19
	4%	4%	3%	4%	4%	3%	4%	3%	4%	4%	4%	4%	4%	4%
Chinese	16	4	3	9	12	3	10	3	9	-	8	5	9	5
	1%	1%	*	1%	1%	1%	1%	1%	1%	-	1%	2% a	1%	1%
Other ethnic group	11	4	4	3	8	1	9	1	8	-	9	1	7	1
	1%	1%	1%	*	1%	1%	1%	1%	1%	-	1%	1%	1%	*
Prefer not to answer	44	16	8	10	26	2	24	3	24	3	26	4	22	7
	2%	2%	2%	1%	2%	1%	2%	1%	2%	1%	2%	2%	2%	1%
NET: Non-white	273	101	56	111	201	25	200	23	181	29	199	34	157	56
	14%	15% b	11%	14%	14%	10%	14%	10%	15% b	9%	15%	13%	16% b	11%

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

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

BASE: All respondents

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2019	950	1049	718	674	627	114	259	221	201	209	172	329	310	204
Total	2019	980	1019	610	660	750	97	263	197	211	173	223	321	327	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	736	388	335	247	246	243	19	101	67	75	50	50	223	89	63
	36%	40%	33%	41%	37%	32%	20%	38%	34%	36%	29%	22%	69%	27%	30%
		b		c				ae fh	af	af h			abc def hi		a
Urban - Town and Fringe	840	377	460	240	297	302	49	111	86	101	78	106	76	159	74
	42%	39%	45%	39%	45%	40%	50%	42%	44%	48%	45%	48%	24%	49%	36%
		a			a		gi	g	g	gi	g	gi		gi	g
Rural - Village	392	185	205	109	102	181	26	47	39	24	40	63	18	73	62
	19%	19%	20%	18%	15%	24%	27%	18%	20%	11%	23%	28%	6%	22%	30%
						ab	bdg	g	dg	g	dg	bcdg		dg	bcdg
Rural - Hamlet and Isolated Dwelling	50	29	19	14	14	23	3	5	5	10	4	4	4	7	8
	3%	3%	2%	2%	2%	3%	3%	2%	3%	5%	2%	2%	1%	2%	4%
										g					g
NET: Urban	1576	766	795	487	543	546	67	211	153	176	128	156	299	248	138
	78%	78%	78%	80%	82%	73%	70%	80%	78%	84%	74%	70%	93%	76%	66%
				c	c			af i	i	ae fh i			abc def hi	i	
NET: Rural	443	214	225	123	116	204	29	52	44	35	44	67	22	79	70
	22%	22%	22%	20%	18%	27%	30%	20%	22%	16%	26%	30%	7%	24%	34%
						ab	bdg	g	g	g	dg	bdg		dg	bcdgh

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

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

BASE: All respondents

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2019	141	406	536	286	237	413	1083	936	1679	65	117	79	17	13	291
Total	2019	139	417	530	263	214	456	1086	933	1703	61	109	76	16	11	273
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	736	65	161	215	95	63	137	442	295	564	36	60	41	4	11	151
	36%	47%	39%	41%	36%	29%	30%	41%	32%	33%	59%	55%	54%	25%	93%	55%
		defh	efh	efh				efh			a	a	a			a
Urban - Town and Fringe	840	48	161	221	110	113	188	429	410	734	20	40	24	6	1	91
	42%	34%	39%	42%	42%	53%	41%	40%	44%	43%	33%	36%	32%	39%	7%	33%
						abcdfgh			ag	dg						
Rural - Village	392	20	83	83	51	36	118	186	206	360	5	10	9	3	-	26
	19%	14%	20%	16%	20%	17%	26%	17%	22%	21%	8%	9%	12%	17%	-	10%
							abcdeg		acg	bcdg						
Rural - Hamlet and Isolated Dwelling	50	6	12	11	6	2	13	29	21	44	-	-	2	3	-	5
	3%	5%	3%	2%	2%	1%	3%	3%	2%	3%	-	-	2%	18%	-	2%
		e														
NET: Urban	1576	113	323	436	205	175	325	871	705	1298	56	99	65	10	11	242
	78%	81%	77%	82%	78%	82%	71%	80%	76%	76%	92%	91%	86%	65%	100%	89%
		f	f	fh	f	fh		fh			a	a	a			a
NET: Rural	443	27	95	94	58	39	131	215	227	404	5	10	10	6	-	31
	22%	19%	23%	18%	22%	18%	29%	20%	24%	24%	8%	9%	14%	35%	-	11%
							abcdeg		ceg	bcdg						

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

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

BASE: All respondents

		Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self						Care responsibilities in household not including children	
				2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	NET: Self-isolating							NET: Lives with others			
	Total	None	1 child								Yes	No	Lives alone	2-3	4-5	6+		Yes	No	
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b	
Unweighted Total	2019	1324	286	280	566	83	95	465	1376	643	1744	203	318	1084	517	100	1701	284	1358	
Total	2019	1241	343	323	666	79	90	503	1346	673	1742	208	313	1098	512	97	1706	297	1360	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Urban - Population over 10,000	736	428	134	132	266	36	37	170	494	243	640	74	126	360	201	50	611	122	471	
	36%	35%	39%	41%	40%	45%	41%	34%	37%	36%	37%	36%	40%	33%	39%	52%	36%	41%	35%	
				a	a	c							b		b	abce		b		
Urban - Town and Fringe	840	524	142	132	274	27	36	186	591	249	732	81	122	488	199	32	718	120	582	
	42%	42%	41%	41%	41%	34%	39%	37%	44%	37%	42%	39%	39%	44%	39%	33%	42%	40%	43%	
									ce					cd						
Rural - Village	392	261	60	50	110	14	15	129	235	158	330	46	61	224	97	11	332	50	270	
	19%	21%	18%	16%	17%	18%	16%	26%	17%	23%	19%	22%	19%	20%	19%	11%	19%	17%	20%	
		cd						bd	d					d		d				
Rural - Hamlet and Isolated Dwelling	50	27	7	9	16	2	4	18	27	23	40	7	4	27	15	4	46	6	37	
	3%	2%	2%	3%	2%	2%	4%	4%	2%	3%	2%	3%	1%	2%	3%	4%	3%	2%	3%	
									d											
NET: Urban	1576	952	276	264	540	63	72	357	1084	492	1372	155	248	847	399	82	1329	241	1054	
	78%	77%	80%	82%	81%	79%	80%	71%	81%	73%	79%	74%	79%	77%	78%	84%	78%	81%	77%	
				a					ce											
NET: Rural	443	288	67	59	126	16	18	146	262	181	370	53	65	250	112	15	378	56	306	
	22%	23%	20%	18%	19%	21%	20%	29%	19%	27%	21%	26%	21%	23%	22%	16%	22%	19%	23%	
		d						d	d	d										

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

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

BASE: All respondents

		Longstanding condition or illness						Area		Number of days active									
							NET: Longstanding physical and mental condition or illness												
	Total	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2019	255	334	95	1331	598	72	1583	436	390	192	271	329	191	202	75	369	791	646
Total	2019	238	358	91	1339	602	72	1576	443	399	188	269	324	191	192	73	384	784	649
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	736	86	128	37	488	215	33	736	-	147	77	109	109	67	75	26	127	285	227
	36%	36%	36%	41%	36%	36%	45%	47% b	-	37%	41%	41%	34%	35%	39%	35%	33%	36%	35%
Urban - Town and Fringe	840	100	148	30	567	244	26	840	-	162	75	106	140	84	81	30	162	329	273
	42%	42%	41%	33%	42%	41%	37%	53% b	-	41%	40%	39%	43%	44%	42%	42%	42%	42%	42%
Rural - Village	392	45	74	22	251	128	11	-	392	83	31	53	67	32	35	12	80	151	127
	19%	19%	21%	24%	19%	21%	15%	-	89% a	21%	16%	20%	21%	17%	18%	17%	21%	19%	20%
Rural - Hamlet and Isolated Dwelling	50	7	8	2	33	15	2	-	50	7	5	2	8	8	2	4	14	18	21
	3%	3%	2%	2%	2%	3%	2%	-	11% a	2%	2%	1%	3%	4% c	1%	6% acfi	4% c	2%	3% c
NET: Urban	1576	186	276	67	1055	459	59	1576	-	309	152	215	248	151	155	56	289	614	500
	78%	78%	77%	74%	79%	76%	82%	100% b	-	77%	81%	80%	77%	79%	81%	77%	75%	78%	77%
NET: Rural	443	52	83	24	284	143	13	-	443	90	36	55	75	40	37	17	94	169	148
	22%	22%	23%	26%	21%	24%	18%	-	100% a	23%	19%	20%	23%	21%	19%	23%	25%	22%	23%



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

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

BASE: All respondents

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2019	662	514	803	1420	231	1410	240	1232	312	1298	260	1025	484
Total	2019	657	524	805	1420	238	1413	239	1231	318	1302	258	1010	490
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	736	244	154	324	517	90	521	91	449	114	495	88	379	172
	36%	37%	29%	40%	36%	38%	37%	38%	36%	36%	38%	34%	37%	35%
Urban - Town and Fringe	840	274	238	319	597	91	586	85	512	136	539	110	418	212
	42%	42%	45%	40%	42%	38%	41%	36%	42%	43%	41%	43%	41%	43%
Rural - Village	392	122	115	147	270	51	271	54	236	64	237	52	181	98
	19%	19%	22%	18%	19%	22%	19%	23%	19%	20%	18%	20%	18%	20%
Rural - Hamlet and Isolated Dwelling	50	16	18	14	36	5	34	8	33	4	31	8	32	8
	3%	2%	3%	2%	3%	2%	2%	3%	3%	1%	2%	3%	3%	2%
NET: Urban	1576	518	391	644	1114	181	1107	176	962	250	1034	198	797	384
	78%	79%	75%	80%	78%	76%	78%	74%	78%	79%	79%	77%	79%	78%
NET: Rural	443	139	133	161	306	56	306	62	270	68	268	60	214	106
	22%	21%	25%	20%	22%	24%	22%	26%	22%	21%	21%	23%	21%	22%