

## Sport England, Survey into adult physical activity attitudes and behaviour, 7<sup>th</sup> April 2020

*Methodology: Savanta ComRes interviewed 2,034 English adults (16+) online from the 3<sup>rd</sup> April to 6<sup>th</sup> April 2020. Data were weighted to be demographically representative of English adults by gender, age, region and social grade. 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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## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
993	993	-	257	311	425	58	127	91	93	85	101	163	173	103
49%	100%	-	42%	47%	56%	60%	48%	46%	43%	48%	45%	51%	52%	50%
	b				ab	bcdef							d	
1033	-	1033	353	354	327	39	138	108	120	90	124	154	157	103
51%	-	100%	57%	53%	43%	40%	52%	54%	56%	51%	55%	48%	47%	50%
		a	c	c			a	a	ah	a				
1	-	-	-	1	-	-	-	-	-	-	-	1	-	-
*	-	-	-	*	-	-	-	-	-	-	-	*	-	-
7	-	-	4	2	1	-	-	-	2	1	1	1	1	1
*	-	-	1%	*	*	-	-	-	1%	1%	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th April 2020

### D1. Are you...?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Male

Female

Other

Prefer not to say

	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
2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
993	85	245	218	146	83	216	547	446	852	18	63	35	10	6	131
49%	54%	50%	48%	45%	41%	53%	50%	48%	49%	39%	50%	46%	65%	44%	48%
	e	e				e	e								
1033	72	239	235	175	118	193	547	486	882	28	62	39	5	7	141
51%	46%	49%	52%	54%	59%	47%	50%	52%	51%	61%	50%	51%	35%	49%	51%
					abfg										
1	-	1	-	-	-	-	1	-	1	-	-	-	-	-	-
*	-	*	-	-	-	-	*	-	*	-	-	-	-	-	-
7	-	1	4	1	-	1	5	2	2	-	-	2	-	1	3
*	-	*	1%	*	-	*	*	*	*	-	-	3%	-	7%	1%
												a			a

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
	a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421
2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
993	377	365	243	608	43	47	254	648	345	903	75	106	529	320	37	886	174	697
49%	51%	47%	48%	48%	54%	52%	49%	48%	50%	49%	44%	53% d	50%	48%	40%	48%	46%	49%
1033	357	402	258	661	37	42	262	693	341	918	92	94	535	350	54	939	201	721
51%	49%	52%	51%	52%	46%	46%	51%	52%	49%	50%	54%	46%	50%	52%	58%	51%	54%	51%
1	1	-	-	-	-	-	-	1	-	1	-	-	1	-	-	1	-	1
*	*	-	-	-	-	-	-	*	-	*	-	-	*	-	-	*	-	*
7	1	3	2	5	-	2	2	3	4	5	2	2	1	2	2	5	-	3
*	*	*	*	*	-	2% cd	*	*	1%	*	1%	1% b	*	*	2% bce	*	-	*



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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												
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
2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
2034 100%	203 100%	371 100%	72 100%	1394 100%	588 100%	47 100%	1623 100%	411 100%	389 100%	189 100%	266 100%	316 100%	177 100%	235 100%	81 100%	381 100%	759 100%	697 100%
993 49%	81 40%	164 44%	40 55% af	705 51% abef	267 45%	16 33%	792 49%	201 49%	181 47%	112 59% ade fghij	135 51%	148 47%	75 42%	104 44%	46 57% e	191 50%	357 47%	342 49%
1033 51%	121 60% cd	206 55% d	32 44%	686 49%	318 54% d	31 67% cd	823 51%	210 51%	206 53% b	77 41%	130 49%	166 53% b	99 56% b	131 56% b	35 43%	190 50% b	396 52% b	355 51% b
1 *	- -	- -	- -	1 *	- -	- -	1 *	- -	1 *	- -	- -	- -	- -	- -	- -	- -	- -	- -
7 *	1 *	1 *	1 1% d	2 *	3 1%	- -	7 *	- -	1 *	- -	1 *	2 1% j	3 2% fhj	- -	- -	- -	6 1% j	- -

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total	2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	993	323	276	385	756	89	734	97	639	140	706	120	538	243
	49%	48%	51%	48%	50%	42%	48%	44%	50%	43%	50%	46%	50%	47%
					b				b					
Female	1033	351	265	407	752	120	776	121	644	185	711	143	527	270
	51%	52%	49%	51%	50%	57%	51%	55%	50%	57%	50%	54%	49%	52%
					a				a					
Other	1	-	-	1	1	-	1	-	1	-	1	-	1	-
	*	-	-	*	*	-	*	-	*	-	*	-	*	-
Prefer not to say	7	2	1	4	4	2	5	2	5	-	5	-	3	4
	*	*	*	1%	*	1%	*	1%	*	-	*	-	*	1%

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total	2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	66 3%	28 3%	36 4%	66 11% bc	- - -	- - -	5 5%	8 3%	3 2%	13 6% ch	5 3%	5 2%	17 5% ch	6 2%	5 2%
18-24	206 10%	72 7%	133 13% a	206 34% bc	- - -	- - -	6 6%	30 11%	17 9%	27 13% h	16 9%	19 8%	49 15% acefhi	23 7%	18 9%
25-34	342 17%	157 16%	184 18%	342 56% bc	- - -	- - -	12 12%	37 14%	33 17%	34 16%	32 18%	41 18%	74 23% abdh	44 13%	36 17%
35-44	318 16%	148 15%	170 16%	- - -	318 48% ac	- - -	16 17%	38 15%	31 15%	29 14%	23 13%	42 19%	62 20%	47 14%	29 14%
45-54	349 17%	163 16%	184 18%	- - -	349 52% ac	- - -	17 17%	52 19%	47 24% egi	34 16%	27 15%	37 16%	43 14%	64 19% g	29 14%
55-64	296 15%	184 19% b	112 11%	- - -	- - -	296 39% ab	18 18% g	44 17% g	30 15%	28 13%	29 16%	31 14%	35 11%	48 14%	34 16%
65+	457 22%	241 24%	215 21%	- - -	- - -	457 61% ab	24 25% g	56 21% g	38 19% g	49 23% g	44 25% g	51 23% g	38 12%	100 30% bcg	57 27% g
NET: 16-34	614 30%	257 26%	353 34% a	614 100% bc	- - -	- - -	23 23%	75 28%	53 27%	74 35% ah	53 30% h	65 29%	140 44% abcdefhi	72 22%	59 28%
NET: 35-54	668 33%	311 31%	354 34%	- - -	668 100% ac	- - -	33 34%	90 34%	77 39% dei	63 30%	50 28%	79 35%	106 33%	112 34%	58 28%
NET: 55+	753 37%	425 43% b	327 32%	- - -	- - -	753 100% ab	42 43% g	100 38% g	68 34% g	77 36% g	73 42% g	82 36% g	73 23% g	147 44% cdg	91 44% cg
Base for stats	2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
Mean Score	46.62	48.70	44.69	25.29	44.19	66.17	48.65	47.05	46.91	45.25	47.99	47.30	39.98	50.20	48.84
		b			a	ab	g	g	g	g	g	g		bcdg	dg
Standard Deviation	17.855	17.509	17.953	5.674	5.505	7.039	17.576	17.563	16.319	19.080	18.645	17.600	16.761	17.180	18.281
Standard Error	.396	.558	.556	.220	.215	.263	1.646	1.079	1.129	1.289	1.342	1.409	.914	.941	1.265
Error variance	.16	.31	.31	.05	.05	.07	2.71	1.16	1.27	1.66	1.80	1.99	.84	.89	1.60

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th April 2020

## D2. How old are you?

BASE: All respondents

	Social Grade								Ethnicity						
Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
66	5	10	25	13	5	7	40	25	39	3	8	10	-	2	23
3%	3%	2%	5%	4%	2%	2%	4%	3%	2%	7%	6%	13%	-	17%	8%
			b f h							a	a	a			a
206	38	49	51	30	28	10	137	68	129	13	32	21	2	3	72
10%	24%	10%	11%	9%	14%	2%	12%	7%	7%	29%	26%	28%	16%	24%	26%
	b c d e f g h	f	f h	f	f h		f h	f		a	a	a			a
342	31	95	92	60	39	25	218	124	266	17	36	11	4	3	71
17%	20%	20%	20%	19%	19%	6%	20%	13%	15%	36%	29%	15%	30%	22%	26%
	f h	f h	f h	f h	f h		f h	f		a d	a d				a d
318	29	92	75	69	32	22	196	122	267	6	29	9	2	2	47
16%	19%	19%	16%	21%	16%	5%	18%	13%	15%	12%	23%	12%	12%	14%	17%
	f	f h	f	f h	f		f h	f			a				
349	30	99	98	64	36	23	226	123	310	4	14	16	3	1	38
17%	19%	20%	21%	20%	18%	6%	21%	13%	18%	9%	11%	21%	20%	8%	14%
	f	f h	f h	f h	f		f h	f	c			c			
296	14	77	64	44	43	54	155	141	281	2	5	6	-	-	14
15%	9%	16%	14%	14%	22%	13%	14%	15%	16%	5%	4%	8%	-	-	5%
		a			a c d f g h			a	b c g						
457	10	63	53	43	18	269	127	330	444	1	2	2	3	2	10
22%	7%	13%	12%	13%	9%	66%	12%	35%	26%	2%	2%	3%	21%	16%	4%
		a		a		a b c d e g h		a b c d e g	b c d g						
614	74	154	168	103	72	42	396	218	434	33	76	42	7	8	166
30%	47%	32%	37%	32%	36%	10%	36%	23%	25%	73%	61%	55%	46%	63%	60%
	b c d e f g h	f h	f h	f h	f h		f h	f		a d	a	a			a
668	59	191	173	133	68	45	422	245	577	10	42	25	5	3	84
33%	38%	39%	38%	41%	34%	11%	38%	26%	33%	21%	34%	33%	33%	21%	31%
	f h	f h	f h	f h	f h		f h	f							
753	24	141	117	87	61	323	282	471	726	3	7	9	3	2	24
37%	15%	29%	26%	27%	30%	79%	26%	50%	42%	7%	6%	11%	21%	16%	9%
		a	a	a	a	a b c d e g h	a	a b c d e g	b c d g						
2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
46.62	37.43	44.21	42.37	43.42	42.85	62.10	42.48	51.50	48.87	31.09	32.58	34.53	41.80	33.89	33.42
		a g	a	a	a	a b c d e g h	a	a b c d e g	b c d g						
17.855	15.438	16.156	16.272	15.930	15.895	15.836	16.244	18.435	17.371	13.919	12.655	15.412	17.884	19.001	14.380
.396	1.191	.722	.747	.906	1.135	.806	.480	.618	.420	1.949	1.085	1.712	4.618	4.906	.833
.16	1.42	.52	.56	.82	1.29	.65	.23	.38	.18	3.80	1.18	2.93	21.32	24.07	.69

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421
2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
66	10	30	24	54	5	4	15	42	24	58	4	-	14	40	11	66	12	46
3%	1%	4%	5%	4%	6%	4%	3%	3%	3%	3%	2%	-	1%	6%	12%	4%	3%	3%
		a	a	a										abe	abce	ab		
206	49	111	43	155	13	20	46	126	80	181	21	7	81	98	20	199	60	135
10%	7%	14%	9%	12%	16%	22%	9%	9%	12%	10%	12%	4%	8%	15%	21%	11%	16%	9%
		ac		ac	cd	cde							a	abe	abe	ab	b	
342	63	156	119	275	20	32	61	229	113	316	24	18	181	128	15	324	97	221
17%	9%	20%	24%	22%	25%	35%	12%	17%	16%	17%	14%	9%	17%	19%	17%	18%	26%	16%
		a	a	a	c	cde		c	c				a	a	a	a	b	
318	30	123	160	283	17	10	38	254	65	291	22	13	127	158	20	306	63	235
16%	4%	16%	32%	22%	22%	11%	7%	19%	9%	16%	13%	6%	12%	23%	22%	17%	17%	17%
		a	abd	ab	bce			bce					a	abe	ab	ab		
349	57	193	95	288	11	14	72	254	96	316	28	20	166	153	11	330	74	254
17%	8%	25%	19%	23%	13%	15%	14%	19%	14%	17%	17%	10%	16%	23%	12%	18%	20%	18%
		ac	a	a				ce					a	abde	a	a		
296	123	121	48	170	7	6	63	219	77	267	22	43	168	73	11	253	30	220
15%	17%	16%	10%	13%	9%	7%	12%	16%	11%	15%	13%	21%	16%	11%	12%	14%	8%	15%
		cd	c	c				bce				ce	c				a	
457	404	36	14	49	7	5	223	221	235	398	48	102	328	23	4	355	40	311
22%	55%	5%	3%	4%	9%	6%	43%	16%	34%	22%	28%	50%	31%	3%	5%	19%	11%	22%
	bcd						abde	b	abd			bcde	cde			cd	a	
614	122	297	187	484	38	56	122	397	216	556	49	25	277	266	46	588	169	401
30%	17%	39%	37%	38%	47%	62%	24%	30%	31%	30%	29%	13%	26%	40%	49%	32%	45%	28%
		a	a	a	cde	acde		c	c				a	abe	abe	ab	b	
668	87	316	255	571	28	23	109	507	160	607	51	32	293	311	31	635	136	489
33%	12%	41%	51%	45%	35%	26%	21%	38%	23%	33%	30%	16%	27%	46%	34%	35%	36%	34%
		a	abd	a	ce			bce					a	abde	a	ab		
753	527	157	62	219	15	11	286	440	312	665	70	145	497	96	15	608	70	531
37%	72%	20%	12%	17%	18%	13%	55%	33%	45%	36%	41%	71%	47%	14%	17%	33%	19%	37%
	bcd	c		c			abde	ab	abd			bcde	cde			cd	a	
2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421
2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
46.62	58.47	40.62	38.64	39.84	38.19	35.44	53.48	45.24	49.31	46.43	48.08	59.05	50.32	38.55	35.47	45.25	39.77	46.90
	bcd	c					abde	ab	abd			bcde	cde	d		cd		a
17.855	17.675	14.713	12.693	13.978	15.950	15.449	19.388	16.552	19.895	17.691	19.001	15.960	17.868	14.042	15.874	17.523	15.802	17.577
.396	.658	.527	.563	.389	1.761	1.585	.859	.451	.759	.414	1.453	1.134	.551	.536	1.604	.409	.813	.466
.16	.43	.28	.32	.15	3.10	2.51	.74	.20	.58	.17	2.11	1.29	.30	.29	2.57	.17	.66	.22

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th April 2020

## D2. How old are you?

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	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	66 3%	13 7% bd	4 1%	5 7% bd	38 3%	21 4% b	1 2%	48 3%	18 4%	12 3%	5 3%	8 3%	11 4%	10 5%	6 2%	1 1%	14 4%	29 4%	20 3%
18-24	206 10%	32 16% bde	19 5%	16 22% bde	135 10% b	62 10% b	4 8%	171 11%	35 9%	16 4%	23 12% a	37 14% aj	43 13% a	20 12% a	23 10% a	6 7%	39 10% a	100 13% aj	67 10% a
25-34	342 17%	52 26% bde	38 10%	13 17% b	245 18% b	91 15% b	10 22% b	296 18% b	46 11%	33 9%	37 20% ah	54 20% ah	66 21% ah	35 20% ah	54 23% ahj	13 16% a	49 13% a	155 20% ah	117 17% a
35-44	318 16%	28 14%	34 9%	12 16% be	244 18% be	65 11% b	6 14%	271 17% b	47 11%	50 13%	29 16%	34 13%	49 15%	38 21% ac	49 21% ac	10 12%	59 15%	121 16%	117 17%
45-54	349 17%	37 18%	70 19%	14 19%	238 17%	105 18%	12 27%	274 17%	75 18%	52 13%	27 14%	43 16%	66 21% a	34 19%	45 19%	16 20%	65 17%	143 19% a	127 18% a
55-64	296 15%	28 14%	69 19% cd	4 5%	199 14% c	92 16% c	8 18% c	234 14%	62 15%	79 20% defhij	29 15%	43 16% d	33 10%	20 11%	26 11%	14 17%	52 14%	96 13%	92 13%
65+	457 22%	13 7% acdef	137 37%	10 13%	295 21% a	152 26% acdf	5 10%	329 20%	128 31% a	146 37% bcdefhij	39 21% e	46 17%	48 15%	20 11%	33 14%	21 26% defi	103 27% cdefi	114 15%	158 23% defi
NET: 16-34	614 30%	97 48% bde	62 17%	33 46% bde	417 30% b	174 30% b	15 32% b	515 32% b	99 24%	61 16%	64 34% a	100 37% aghj	120 38% aghj	65 37% ah	82 35% ah	20 24%	102 27% a	284 37% aghj	204 29% a
NET: 35-54	668 33%	64 32%	104 28%	25 35%	482 35% be	170 29% be	19 41%	546 34%	122 30%	103 26%	57 30%	77 29%	115 36% a	72 41% abc	94 40% abc	26 32%	124 33%	264 35% a	244 35% a
NET: 55+	753 37%	41 20% acdef	206 55%	14 19%	495 35% ac	244 42% acd	13 27%	563 35%	190 46% a	225 58% bcdefghij	68 36% defi	89 33% def	81 26%	40 23%	59 25%	35 44% defi	155 41% defi	210 28%	250 36% defi
Base for stats	2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
46.62	38.60	54.30	38.96	46.29	47.97	43.79	45.73	50.12	54.35	45.81	44.41	42.52	41.34	43.08	49.47	48.10	42.90	46.57
		acdef		ac	ac	a		a	bcdefghij	dei					cdefi	cdefi		defi
17.855	15.858	16.826	17.426	17.427	18.518	14.609	17.496	18.827	17.178	18.201	17.837	17.009	16.283	15.921	16.467	18.417	17.159	17.548
.396	1.100	.886	1.999	.467	.762	2.178	.433	.937	.880	1.320	1.090	.954	1.207	1.039	1.841	.945	.619	.666
.16	1.21	.78	4.00	.22	.58	4.74	.19	.88	.77	1.74	1.19	.91	1.46	1.08	3.39	.89	.38	.44



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total	2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	66	28	9	25	57	6	53	3	47	8	50	7	34	12
	3%	4%	2%	3%	4%	3%	3%	2%	4%	2%	4%	3%	3%	2%
18-24	206	102	28	75	154	23	155	26	134	40	140	33	108	55
	10%	15%	5%	9%	10%	11%	10%	12%	10%	12%	10%	13%	10%	11%
		bc		b										
25-34	342	137	54	147	267	24	267	30	250	39	252	35	226	51
	17%	20%	10%	18%	18%	12%	18%	14%	19%	12%	18%	14%	21%	10%
		b		b	b				b				b	
35-44	318	121	73	120	252	24	249	31	219	46	236	36	189	68
	16%	18%	14%	15%	17%	12%	16%	14%	17%	14%	17%	14%	18%	13%
		b											b	
45-54	349	107	91	151	259	36	254	38	213	52	251	35	182	81
	17%	16%	17%	19%	17%	17%	17%	17%	17%	16%	18%	13%	17%	16%
55-64	296	80	88	126	217	27	219	33	182	51	207	40	135	95
	15%	12%	16%	16%	14%	13%	14%	15%	14%	16%	15%	15%	13%	18%
		a		a									a	
65+	457	101	199	153	308	71	319	59	244	90	288	76	196	155
	22%	15%	37%	19%	20%	34%	21%	27%	19%	28%	20%	29%	18%	30%
			ac	a		a				a		a		a
NET: 16-34	614	267	91	247	478	53	475	60	431	88	442	75	368	118
	30%	40%	17%	31%	32%	25%	31%	27%	33%	27%	31%	29%	34%	23%
		bc		b					b				b	
NET: 35-54	668	228	164	271	511	60	502	68	433	97	487	72	371	149
	33%	34%	30%	34%	34%	28%	33%	31%	34%	30%	34%	27%	35%	29%
											b		b	
NET: 55+	753	181	286	279	524	98	538	92	426	140	495	116	331	250
	37%	27%	53%	35%	35%	47%	35%	42%	33%	43%	35%	44%	31%	48%
			ac	a		a				a		a		a
Base for stats	2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
Mean Score	46.62	42.00	53.63	45.85	45.68	50.16	45.97	48.23	44.94	48.43	45.84	48.14	44.56	50.50
			ac	a		a				a				a
Standard Deviation	17.855	17.268	17.296	17.153	17.582	18.948	17.665	18.489	17.464	18.683	17.542	18.699	17.271	17.987
Standard Error	.396	.658	.753	.607	.452	1.311	.453	1.247	.485	1.038	.465	1.157	.526	.798
Error variance	.16	.43	.57	.37	.20	1.72	.21	1.55	.24	1.08	.22	1.34	.28	.64

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total	2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	97	58	39	23	33	42	97	-	-	-	-	-	-	-	-
	5%	6%	4%	4%	5%	6%	100%	-	-	-	-	-	-	-	-
		b					bcdefghi								
North West	264	127	138	75	90	100	-	264	-	-	-	-	-	-	-
	13%	13%	13%	12%	13%	13%	-	100%	-	-	-	-	-	-	-
								acdefghi							
Yorkshire and the Humber	199	91	108	53	77	68	-	-	199	-	-	-	-	-	-
	10%	9%	10%	9%	12%	9%	-	-	100%	-	-	-	-	-	-
									abdefghi						
West Midlands	215	93	120	74	63	77	-	-	-	215	-	-	-	-	-
	11%	9%	12%	12%	10%	10%	-	-	-	100%	-	-	-	-	-
										abcefghi					
East Midlands	175	85	90	53	50	73	-	-	-	-	175	-	-	-	-
	9%	9%	9%	9%	7%	10%	-	-	-	-	100%	-	-	-	-
											abcdfghi				
East of England	226	101	124	65	79	82	-	-	-	-	-	226	-	-	-
	11%	10%	12%	11%	12%	11%	-	-	-	-	-	100%	-	-	-
												abcdeghi			
London	319	163	154	140	106	73	-	-	-	-	-	-	319	-	-
	16%	16%	15%	23%	16%	10%	-	-	-	-	-	-	100%	-	-
				bc	c								abcdefhi		
South East	331	173	157	72	112	147	-	-	-	-	-	-	-	331	-
	16%	17%	15%	12%	17%	20%	-	-	-	-	-	-	-	100%	-
					a	a								abcdefgi	
South West	208	103	103	59	58	91	-	-	-	-	-	-	-	-	208
	10%	10%	10%	10%	9%	12%	-	-	-	-	-	-	-	-	100%
						b									abcdefgh
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
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: 3rd - 6th 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	2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total	2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	97	2	24	21	15	11	24	48	50	91	2	-	3	1	-	6
	5%	1%	5%	5%	5%	6%	6%	4%	5%	5%	4%	-	4%	6%	-	2%
		a	a	a	a	a	a	a	a	cg	c	-	c		-	
North West	264	19	56	60	51	34	45	135	130	231	7	13	7	1	3	31
	13%	12%	12%	13%	16%	17%	11%	12%	14%	13%	14%	11%	9%	7%	20%	11%
					f											
Yorkshire and the Humber	199	9	50	50	28	27	36	108	90	174	3	15	2	2	1	23
	10%	6%	10%	11%	9%	13%	9%	10%	10%	10%	7%	12%	2%	12%	7%	8%
				a		a				d		d				
West Midlands	215	16	52	49	28	29	41	117	98	176	3	19	9	2	2	36
	11%	10%	11%	11%	9%	14%	10%	11%	10%	10%	8%	15%	12%	13%	13%	13%
					d											
East Midlands	175	11	35	44	31	14	40	90	85	159	3	8	2	3	1	17
	9%	7%	7%	10%	10%	7%	10%	8%	9%	9%	6%	6%	3%	18%	7%	6%
East of England	226	13	51	54	43	19	47	117	108	212	-	6	4	1	-	11
	11%	8%	10%	12%	13%	9%	11%	11%	12%	12%	-	5%	5%	10%	-	4%
										bcdg						
London	319	43	92	83	40	20	40	219	100	195	20	48	41	3	5	117
	16%	28%	19%	18%	12%	10%	10%	20%	11%	11%	43%	38%	54%	21%	39%	43%
		bcddefgh	defh	defh				defh			a	a	ac			a
South East	331	26	80	62	51	32	81	168	164	298	6	14	6	2	1	29
	16%	17%	16%	13%	16%	16%	20%	15%	18%	17%	14%	11%	7%	13%	6%	10%
							cg			dg						
South West	208	19	45	35	36	16	57	99	109	201	2	2	1	-	1	6
	10%	12%	9%	8%	11%	8%	14%	9%	12%	12%	4%	2%	1%	-	8%	2%
							bceg		cg	cdg						
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421
2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
97	37	38	21	59	1	2	16	78	20	85	10	13	50	33	1	84	18	64
5%	5%	5%	4%	5%	1%	3%	3%	6% ce	3%	5%	6%	6%	5%	5%	1%	5%	5%	5%
264	92	107	63	169	6	9	59	190	74	236	22	18	155	78	14	247	55	187
13%	13%	14%	12%	13%	7%	10%	11%	14% e	11%	13%	13%	9%	15% a	12%	15%	13%	15%	13%
199	69	75	50	125	7	13	48	130	68	183	13	19	101	70	9	180	41	137
10%	9%	10%	10%	10%	8%	14%	9%	10%	10%	10%	8%	9%	9%	10%	10%	10%	11%	10%
215	76	77	56	133	12	12	62	128	86	184	26	32	97	74	13	183	41	138
11%	10%	10%	11%	10%	15%	13%	12%	10%	13% d	10%	15% a	16% be	9%	11%	14%	10%	11%	10%
175	72	63	40	102	7	4	49	114	61	155	18	17	106	45	8	158	23	135
9%	10%	8%	8%	8%	9%	5%	9%	9%	9%	8%	10%	8%	10% c	7%	8%	9%	6%	10% a
226	77	89	58	147	9	7	61	149	77	214	11	13	120	83	10	213	46	163
11%	11%	12%	11%	12%	11%	8%	12%	11%	11%	12%	7%	7%	11% a	12% a	10%	12% a	12%	11%
319	94	122	99	221	19	23	81	196	123	281	26	33	140	121	25	286	73	204
16%	13%	16%	20% a	17% a	23% d	25% cd	16%	15%	18%	15%	15%	16%	13%	18% b	27% abce	16%	20% b	14%
331	136	121	72	194	10	10	79	232	99	306	22	36	176	109	11	295	46	247
16%	18%	16%	14%	15%	12%	11%	15%	17%	14%	17%	13%	18%	16%	16%	11%	16%	12%	17% a
208	82	78	44	122	10	10	61	126	81	184	21	22	122	61	3	186	34	147
10%	11%	10%	9%	10%	13%	11%	12%	9%	12%	10%	12%	11% d	11% d	9% d	3%	10% d	9%	10%
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th April 2020

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

BASE: All respondents

Significance Level: 95%

	Children aged 15 or under in the household				Self-isolating status					Well enough to exercise today		Number of people in household including self					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
2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421
2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421
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: 3rd - 6th April 2020

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

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	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	97	11	17	3	67	27	3	69	28	21	6	10	14	10	11	6	20	34	37
	5%	5%	4%	4%	5%	5%	6%	4%	7% a	5%	3%	4%	4%	6%	5%	7%	5%	4%	5%
North West	264	31	51	11	170	90	3	221	44	56	23	27	42	21	28	11	56	90	96
	13%	15%	14%	15%	12%	15%	7%	14%	11%	14%	12%	10%	13%	12%	12%	14%	15%	12%	14%
Yorkshire and the Humber	199	18	38	9	133	62	4	151	48	40	19	23	20	17	27	10	43	60	79
	10%	9%	10%	13%	10%	11%	8%	9%	12%	10%	10%	9%	6%	9%	11% d	12%	11% d	8%	11% di
West Midlands	215	23	35	7	151	59	5	175	40	41	24	32	31	17	27	3	40	80	69
	11%	11%	10%	9%	11%	10%	11%	11%	10%	11%	13% g	12% g	10%	10%	11% g	4%	10%	11%	10%
East Midlands	175	18	40	6	112	60	4	132	44	39	16	26	23	16	15	7	34	65	56
	9%	9%	11%	9%	8%	10%	8%	8%	11%	10%	8%	10%	7%	9%	7%	9%	9%	9%	8%
East of England	226	17	45	4	163	55	7	162	64	43	17	29	36	17	28	9	48	82	84
	11%	9%	12%	6%	12%	9%	15%	10%	16% a	11%	9%	11%	11%	10%	12%	11%	13%	11%	12%
London	319	35	38	16	228	80	6	307	12	55	33	46	65	32	43	7	39	142	89
	16%	17% b	10%	22% b	16% b	14%	12%	19% b	3%	14%	18% h	17% h	20% aghj	18% h	18% hj	9%	10%	19% ghj	13%
South East	331	24	67	10	230	93	6	262	69	59	33	46	57	26	34	19	58	129	111
	16%	12%	18%	14%	16%	16%	13%	16%	17%	15%	17%	17%	18%	15%	14%	24%	15%	17%	16%
South West	208	25	40	7	141	61	9	145	63	37	18	28	28	21	23	8	45	77	76
	10%	12%	11%	10%	10%	10%	20% d	9%	15% a	9%	9%	11%	9%	12%	10%	10%	12%	10%	11%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th April 2020

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

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	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
2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
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: 3rd - 6th 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	2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total	2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	97	31	26	39	71	9	74	10	60	19	66	13	48	26
	5%	5%	5%	5%	5%	4%	5%	5%	5%	6%	5%	5%	5%	5%
North West	264	91	62	107	191	33	199	34	172	39	185	32	138	67
	13%	13%	11%	13%	13%	16%	13%	15%	13%	12%	13%	12%	13%	13%
Yorkshire and the Humber	199	63	56	78	140	19	144	21	118	38	125	30	106	47
	10%	9%	10%	10%	9%	9%	10%	10%	9%	12%	9%	11%	10%	9%
West Midlands	215	71	64	78	158	24	157	21	134	35	146	30	106	62
	11%	10%	12%	10%	10%	11%	10%	10%	10%	11%	10%	11%	10%	12%
East Midlands	175	46	53	75	120	23	130	19	104	30	114	24	84	43
	9%	7%	10%	9%	8%	11%	9%	9%	8%	9%	8%	9%	8%	8%
East of England	226	71	70	82	173	23	166	19	140	42	162	32	107	70
	11%	11%	13%	10%	11%	11%	11%	9%	11%	13%	11%	12%	10%	13% a
London	319	124	50	143	255	23	236	31	224	32	240	31	185	70
	16%	18% b	9%	18% b	17% b	11%	16%	14%	17% b	10%	17% b	12%	17%	14%
South East	331	107	93	129	247	33	255	41	206	56	240	42	179	83
	16%	16%	17%	16%	16%	16%	17%	19%	16%	17%	17%	16%	17%	16%
South West	208	73	67	66	159	23	155	24	132	34	145	29	117	50
	10%	11%	12% c	8%	10%	11%	10%	11%	10%	11%	10%	11%	11%	10%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total	2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	736	377	357	122	87	527	37	92	69	76	72	77	94	136	82
	36%	38%	35%	20%	13%	70%	38%	35%	35%	35%	41%	34%	29%	41%	40%
				b		ab					g			g	g
Yes - children aged 0 to 12 months	180	86	93	126	39	14	12	16	11	25	17	22	39	23	15
	9%	9%	9%	21%	6%	2%	12%	6%	6%	12%	10%	10%	12%	7%	7%
				bc	c		bc			bc			bch		
Yes - children aged 13 months to 4 years old	272	110	163	154	96	23	9	44	22	27	25	20	59	39	28
	13%	11%	16%	25%	14%	3%	10%	16%	11%	12%	14%	9%	18%	12%	14%
			a	bc	c			f					acfh		
Yes - children aged 5 to 10 years old	451	215	236	141	247	62	22	49	47	50	30	68	76	65	44
	22%	22%	23%	23%	37%	8%	23%	19%	24%	23%	17%	30%	24%	20%	21%
				c	ac							beh			
Yes - children aged 11 to 15 years old	650	316	330	166	343	142	31	95	74	68	46	65	104	109	59
	32%	32%	32%	27%	51%	19%	31%	36%	37%	32%	26%	29%	32%	33%	28%
				c	ac			e	e						
Prefer not to answer	25	8	16	8	10	7	1	3	4	5	1	1	4	2	3
	1%	1%	2%	1%	2%	1%	1%	1%	2%	3%	1%	1%	1%	1%	1%
NET: Yes	1274	608	661	484	571	219	59	169	125	133	102	147	221	194	122
	63%	61%	64%	79%	85%	29%	61%	64%	63%	62%	58%	65%	69%	58%	59%
				c	ac								ehi		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th April 2020

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

BASE: All respondents

	Social Grade									Ethnicity						
Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298	
2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
736	35	131	137	77	61	293	304	432	685	8	22	11	4	2	47	
36%	23%	27%	30%	24%	30%	72%	28%	46%	39%	17%	18%	15%	28%	14%	17%	
						abcdegh		abcdeg	bcdg							
180	25	49	46	29	15	15	120	60	133	7	18	12	3	2	42	
9%	16%	10%	10%	9%	8%	4%	11%	6%	8%	15%	14%	17%	19%	13%	15%	
	bcdefh	fh	fh	f	f		fh				a	a			a	
272	30	74	68	52	28	22	171	101	213	14	24	11	3	4	57	
13%	19%	15%	15%	16%	14%	5%	16%	11%	12%	31%	19%	15%	23%	27%	21%	
	fh	fh	fh	fh	f		fh	f		ad	a				a	
451	39	142	99	87	47	37	280	171	369	9	41	21	-	5	75	
22%	25%	29%	22%	27%	23%	9%	25%	18%	21%	20%	32%	28%	-	33%	27%	
	f	cfh	f	fh	f		fh	f			a				a	
650	59	177	158	127	73	57	394	256	542	13	47	33	2	7	103	
32%	37%	36%	35%	39%	36%	14%	36%	27%	31%	29%	37%	44%	16%	52%	37%	
	fh	fh	fh	fh	fh		fh	f			a	a			a	
25	1	4	8	3	4	5	13	12	14	1	4	2	2	-	8	
1%	1%	1%	2%	1%	2%	1%	1%	1%	1%	2%	3%	2%	14%	-	3%	
											a				a	
1274	121	351	312	242	136	112	783	490	1038	37	100	62	8	12	219	
63%	77%	72%	68%	75%	68%	27%	71%	52%	60%	81%	79%	83%	58%	86%	80%	
	cefh	fh	fh	cfh	fh		fh	f		a	a	a			a	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421
2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
736	736	-	-	-	16	15	260	444	291	646	75	171	495	64	6	565	62	495
36%	100%	-	-	-	21%	16%	50%	33%	42%	35%	44%	84%	46%	9%	7%	31%	17%	35%
	bcd						abde	ab	abd		a	bcde	cde			cd		a
180	-	135	45	180	15	16	31	118	62	162	14	9	105	55	10	170	50	116
9%	-	17%	9%	14%	19%	17%	6%	9%	9%	9%	8%	5%	10%	8%	11%	9%	13%	8%
		acd	a	ac	cde	cde		c					a		a	a	b	
272	-	115	158	272	19	23	53	178	95	246	23	2	103	142	26	271	79	186
13%	-	15%	31%	21%	23%	25%	10%	13%	14%	13%	14%	1%	10%	21%	28%	15%	21%	13%
		a	abd	ab	cde	cde							a	abe	abe	ab	b	
451	-	152	299	451	20	18	87	325	125	418	29	6	125	273	47	445	114	322
22%	-	20%	59%	35%	25%	20%	17%	24%	18%	23%	17%	3%	12%	41%	51%	24%	30%	23%
		a	abd	ab				ce					a	abe	abe	ab	b	
650	-	369	281	650	27	26	128	469	181	595	42	15	252	328	55	635	131	491
32%	-	48%	56%	51%	33%	29%	25%	35%	26%	33%	25%	8%	24%	49%	59%	35%	35%	35%
		a	ab	a				ce		b			a	abe	abe	ab		
25	-	-	-	-	1	1	8	15	10	21	3	2	11	8	4	23	6	14
1%	-	-	-	-	1%	1%	2%	1%	1%	1%	2%	1%	1%	1%	4%	1%	2%	1%
															bce			
1274	-	770	503	1274	63	76	249	886	388	1160	91	29	561	601	82	1244	307	913
63%	-	100%	100%	100%	78%	83%	48%	66%	56%	64%	54%	15%	53%	89%	89%	68%	82%	64%
		a	a	a	cde	cde		ce	c	b			a	abe	abe	ab	b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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

	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	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
	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	736	41	180	15	500	222	9	566	170	219	78	80	79	47	62	26	143	207	231
	36%	20%	49%	21%	36%	38%	20%	35%	41%	56%	41%	30%	25%	27%	26%	32%	38%	27%	33%
			acdef		acf	acf			a	bdefghij	cdefij						defi		di
Yes - children aged 0 to 12 months	180	20	18	13	134	44	5	147	33	13	16	22	43	22	28	3	33	86	64
	9%	10%	5%	19%	10%	8%	10%	9%	8%	3%	9%	8%	13%	12%	12%	3%	9%	11%	9%
		b		abde	b						a	a	acghj	ag	ag		a	ag	a
Yes - children aged 13 months to 4 years old	272	52	37	18	172	92	11	229	43	32	22	52	47	26	36	16	41	125	93
	13%	25%	10%	25%	12%	16%	24%	14%	11%	8%	12%	20%	15%	15%	15%	20%	11%	16%	13%
		bde		bde		bd	bd					abhj	a	a	a	ah		ah	a
Yes - children aged 5 to 10 years old	451	49	66	15	318	118	10	380	71	54	39	71	88	44	63	16	76	203	156
	22%	24%	18%	20%	23%	20%	22%	23%	17%	14%	20%	27%	28%	25%	27%	20%	20%	27%	22%
				b				b			a	ah	ah	a	ah		a	ah	a
Yes - children aged 11 to 15 years old	650	77	106	18	445	181	17	521	129	94	54	87	117	59	78	25	137	262	240
	32%	38%	28%	25%	32%	31%	37%	32%	31%	24%	29%	33%	37%	33%	33%	31%	36%	34%	34%
		bc										a	a	a	a		a	a	a
Prefer not to answer	25	4	4	2	16	9	1	19	6	4	1	1	4	3	3	4	5	8	12
	1%	2%	1%	2%	1%	2%	2%	1%	1%	1%	1%	*	1%	2%	1%	5%	1%	1%	2%
																abcdi			
NET: Yes	1274	158	187	56	878	357	36	1039	235	166	110	185	233	127	170	51	233	544	453
	63%	78%	50%	77%	63%	61%	77%	64%	57%	43%	58%	69%	74%	72%	72%	63%	61%	72%	65%
		bde		bde	b	b	bde	b			a	abh	abhj	abh	abhj	a	a	abhj	a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total	2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	736	176	263	291	521	98	536	91	407	146	480	117	347	232
	36%	26%	49%	36%	34%	46%	35%	42%	32%	45%	34%	45%	32%	45%
			ac	a		a				a		a		a
Yes - children aged 0 to 12 months	180	83	28	67	137	15	136	19	136	18	132	20	103	33
	9%	12%	5%	8%	9%	7%	9%	9%	11%	6%	9%	8%	10%	6%
		bc		b					b				b	
Yes - children aged 13 months to 4 years old	272	108	53	110	204	23	200	26	176	43	191	33	161	52
	13%	16%	10%	14%	13%	11%	13%	12%	14%	13%	13%	12%	15%	10%
		b		b									b	
Yes - children aged 5 to 10 years old	451	164	95	188	354	32	340	45	305	65	331	46	264	93
	22%	24%	18%	24%	23%	15%	22%	21%	24%	20%	23%	18%	25%	18%
		b		b	b						b		b	
Yes - children aged 11 to 15 years old	650	235	149	255	499	54	504	62	437	88	477	72	340	159
	32%	35%	28%	32%	33%	26%	33%	28%	34%	27%	34%	27%	32%	31%
		b			b				b		b			
Prefer not to answer	25	10	6	9	20	1	19	4	19	2	18	1	13	6
	1%	2%	1%	1%	1%	*	1%	2%	1%	1%	1%	*	1%	1%
NET: Yes	1274	490	272	498	973	112	961	125	863	177	925	144	710	279
	63%	72%	50%	62%	64%	53%	63%	57%	67%	54%	65%	55%	66%	54%
		bc		b	b				b		b		b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total	2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	157 8%	85 9%	72 7%	74 12% c	59 9% c	24 3%	2 2%	19 7%	9 5%	16 7%	11 6%	13 6%	43 14% abcdeh	26 8% a	19 9% a
Social Grade B	486 24%	245 25%	239 23%	154 25% c	191 29% c	141 19%	24 25%	56 21%	50 25%	52 24%	35 20%	51 22%	92 29% be	80 24%	45 22%
Social Grade C1	457 22%	218 22%	235 23%	168 27% c	173 26% c	117 15%	21 22%	60 23%	50 25% i	49 23%	44 25% i	54 24%	83 26% hi	62 19%	35 17%
Social Grade C2	323 16%	146 15%	175 17%	103 17% c	133 20% c	87 12%	15 15%	51 19% g	28 14%	28 13%	31 18%	43 19%	40 13%	51 15%	36 17%
Social Grade D	201 10%	83 8%	118 11% a	72 12% c	68 10%	61 8%	11 12%	34 13% g	27 14% gi	29 13% g	14 8%	19 8%	20 6%	32 10%	16 8%
Social Grade E	410 20%	216 22%	193 19%	42 7%	45 7%	323 43% ab	24 24% g	45 17%	36 18%	41 19% g	40 23% g	47 21% g	40 13%	81 24% bg	57 28% bcdg
NET: ABC1	1100 54%	547 55%	547 53%	396 65% c	422 63% c	282 37%	48 49%	135 51%	108 55%	117 54%	90 51%	117 52%	219 69% abcdeh	168 51%	99 48%
NET: C2DE	934 46%	446 45%	486 47%	218 35%	245 37%	471 63% ab	50 51% g	130 49% g	90 45% g	98 46% g	85 49% g	108 48% g	100 31%	164 49% g	109 52% g

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total	2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	157	157	-	-	-	-	-	157	-	111	11	18	12	1	2	44
	8%	100%	-	-	-	-	-	14%	-	6%	24%	14%	17%	6%	14%	16%
		bcdefgh						bcdefh			a	a	a			a
Social Grade B	486	-	486	-	-	-	-	486	-	410	13	30	22	4	3	71
	24%	-	100%	-	-	-	-	44%	-	24%	27%	24%	29%	29%	19%	26%
			acdefgh					acdefh								
Social Grade C1	457	-	-	457	-	-	-	457	-	368	13	45	17	3	3	80
	22%	-	-	100%	-	-	-	42%	-	21%	28%	36%	22%	24%	19%	29%
				abdefgh				abdefh				ad				a
Social Grade C2	323	-	-	-	323	-	-	-	323	284	3	15	14	1	3	36
	16%	-	-	-	100%	-	-	-	35%	16%	7%	12%	19%	7%	21%	13%
					abcefg				abcefg				b			
Social Grade D	201	-	-	-	-	201	-	-	201	177	5	11	5	1	1	22
	10%	-	-	-	-	100%	-	-	22%	10%	10%	8%	7%	8%	6%	8%
						abcdfgh			abcdfg							
Social Grade E	410	-	-	-	-	-	410	-	410	387	2	8	5	4	3	21
	20%	-	-	-	-	-	100%	-	44%	22%	4%	6%	6%	27%	21%	8%
							abcdegh		abcdeg	bcdg						
NET: ABC1	1100	157	486	457	-	-	-	1100	-	889	36	92	51	9	7	195
	54%	100%	100%	100%	-	-	-	100%	-	51%	79%	73%	68%	59%	52%	71%
		defh	defh	defh				defh			a	a	a			a
NET: C2DE	934	-	-	-	323	201	410	-	934	848	10	33	24	6	6	80
	46%	-	-	-	100%	100%	100%	-	100%	49%	21%	27%	32%	41%	48%	29%
					abcg	abcg	abcg		abcg	bcdg						



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421
2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
157	35	60	61	121	15	18	37	87	70	139	16	8	66	72	11	149	37	108
8%	5%	8%	12%	9%	19%	20%	7%	6%	10%	8%	9%	4%	6%	11%	12%	8%	10%	8%
		a	ab	a	cde	cde			d					abe	ab	a		
486	131	193	158	351	18	23	100	345	141	457	26	29	234	198	24	457	85	367
24%	18%	25%	31%	28%	22%	25%	19%	26%	20%	25%	16%	14%	22%	30%	26%	25%	23%	26%
		a	ab	a				ce		b			a	abe	a	a		
457	137	202	110	312	15	21	88	333	124	417	29	45	231	157	24	412	82	320
22%	19%	26%	22%	24%	18%	23%	17%	25%	18%	23%	17%	22%	22%	23%	26%	23%	22%	22%
		a		a				ce										
323	77	149	93	242	17	12	70	224	99	298	19	13	157	138	15	310	61	244
16%	11%	19%	19%	19%	21%	14%	13%	17%	14%	16%	11%	6%	15%	21%	16%	17%	16%	17%
		a	a	a									a	abe	a	a		
201	61	97	39	136	7	8	43	143	58	175	19	16	114	64	8	185	39	142
10%	8%	13%	8%	11%	8%	9%	8%	11%	8%	10%	11%	8%	11%	9%	8%	10%	10%	10%
		ac																
410	293	70	42	112	9	8	179	214	196	340	59	92	264	44	10	318	72	242
20%	40%	9%	8%	9%	11%	9%	35%	16%	29%	19%	35%	46%	25%	6%	11%	17%	19%	17%
	bcd						abde		abd		a	bcd	cde			c		
1100	304	454	330	783	48	62	225	765	335	1014	72	82	531	427	60	1018	203	794
54%	41%	59%	65%	62%	59%	68%	44%	57%	49%	55%	42%	40%	50%	63%	65%	56%	54%	56%
		a	ab	a	c	cde		ce		b			a	abe	ab	ab		
934	432	316	174	490	33	29	292	580	354	813	98	121	535	246	33	813	172	627
46%	59%	41%	35%	38%	41%	32%	56%	43%	51%	45%	58%	60%	50%	37%	35%	44%	46%	44%
	bcd	c					abd	b	bd		a	bcde	cde			c		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	157	16	19	12	106	47	-	122	36	15	15	18	24	20	20	6	39	62	65
	8%	8%	5%	17%	8%	8%	-	7%	9%	4%	8%	7%	8%	11%	8%	8%	10%	8%	9%
		f		abdef							a		a	a	a		a	a	a
Social Grade B	486	36	65	15	366	111	4	400	86	63	41	65	88	47	59	25	99	200	182
	24%	18%	18%	21%	26%	19%	9%	25%	21%	16%	22%	24%	28%	27%	25%	30%	26%	26%	26%
				abef								a	a	a	a	a	a	a	a
Social Grade C1	457	52	72	13	324	119	15	394	63	92	55	70	61	38	59	11	71	170	141
	22%	26%	20%	18%	23%	20%	32%	24%	15%	24%	29%	26%	19%	22%	25%	13%	19%	22%	20%
							b	b		g	dghj	dghj			g				
Social Grade C2	323	29	49	10	234	80	7	237	86	49	30	42	53	28	45	13	63	123	121
	16%	14%	13%	14%	17%	14%	15%	15%	21%	13%	16%	16%	17%	16%	19%	16%	17%	16%	17%
								a							a				a
Social Grade D	201	28	32	11	131	62	7	162	39	35	18	37	45	15	20	5	24	98	50
	10%	14%	9%	15%	9%	11%	15%	10%	10%	9%	9%	14%	14%	9%	9%	6%	6%	13%	7%
		bd										ahj	afhj					hj	
Social Grade E	410	41	134	11	233	170	13	308	102	135	30	34	44	28	32	21	85	106	138
	20%	20%	36%	15%	17%	29%	28%	19%	25%	35%	16%	13%	14%	16%	14%	26%	22%	14%	20%
			acde			acd	d		a	bcdefhij						bcdefi	cdfi		cdfi
NET: ABC1	1100	104	157	40	796	276	19	916	184	170	111	153	173	106	137	42	209	432	388
	54%	51%	42%	55%	57%	47%	42%	56%	45%	44%	59%	57%	55%	60%	58%	52%	55%	57%	56%
		b		b	bef			b			a	a	a	a	a		a	a	a
NET: C2DE	934	99	215	32	598	312	27	707	227	219	78	113	143	71	98	39	172	327	309
	46%	49%	58%	45%	43%	53%	58%	44%	55%	56%	41%	43%	45%	40%	42%	48%	45%	43%	44%
			acd			d	d		a	bcdefhij									

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total	2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	157	71	28	56	133	13	123	17	117	21	135	9	104	28
	8%	10%	5%	7%	9%	6%	8%	8%	9%	6%	10%	3%	10%	5%
		bc									b		b	
Social Grade B	486	172	105	207	384	31	385	46	325	61	358	53	298	96
	24%	25%	19%	26%	25%	15%	25%	21%	25%	19%	25%	20%	28%	19%
		b		b	b				b				b	
Social Grade C1	457	157	109	187	347	38	346	43	299	71	321	59	248	112
	22%	23%	20%	23%	23%	18%	23%	20%	23%	22%	23%	22%	23%	22%
Social Grade C2	323	114	80	127	241	32	242	31	207	49	227	45	169	87
	16%	17%	15%	16%	16%	15%	16%	14%	16%	15%	16%	17%	16%	17%
Social Grade D	201	64	55	80	139	21	140	25	120	33	124	31	86	51
	10%	9%	10%	10%	9%	10%	9%	11%	9%	10%	9%	12%	8%	10%
Social Grade E	410	99	164	140	270	77	279	58	221	90	258	66	165	144
	20%	15%	30%	18%	18%	36%	18%	26%	17%	28%	18%	25%	15%	28%
			ac			a		a		a		a		a
NET: ABC1	1100	399	243	450	863	81	854	106	741	153	814	121	650	235
	54%	59%	45%	56%	57%	39%	56%	48%	58%	47%	57%	46%	61%	45%
		b		b	b		b		b		b		b	
NET: C2DE	934	277	299	347	650	130	662	114	548	173	609	142	420	282
	46%	41%	55%	44%	43%	61%	44%	52%	42%	53%	43%	54%	39%	55%
			ac			a		a		a		a		a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209	
Total	2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	389 19%	181 18%	206 20%	61 10%	103 15% a	225 30% ab	21 21%	56 21%	40 20%	41 19%	39 22%	43 19%	55 17%	59 18%	37 18%	
1 day	189 9%	112 11% b	77 7%	64 10%	57 8%	68 9%	6 6%	23 9%	19 10%	24 11%	16 9%	17 8%	33 10%	33 10%	18 9%	
2 days	266 13%	135 14%	130 13%	100 16% bc	77 12%	89 12%	10 10%	27 10%	23 12%	32 15%	26 15%	29 13%	46 14%	46 14%	28 13%	
3 days	316 16%	148 15%	166 16%	120 20% c	115 17% c	81 11%	14 14%	42 16%	20 10%	31 15%	23 13%	36 16%	65 20% cei	57 17% c	28 13%	
4 days	177 9%	75 8%	99 10%	65 11% c	72 11% c	40 5%	10 10%	21 8%	17 8%	17 8%	16 9%	17 8%	32 10%	26 8%	21 10%	
5 days	235 12%	104 11%	131 13%	82 13% c	94 14% c	59 8%	11 11%	28 11%	27 13%	27 12%	15 9%	28 12%	43 13%	34 10%	23 11%	
6 days	81 4%	46 5%	35 3%	20 3%	26 4%	35 5%	6 6% dg	11 4%	10 5% d	3 1%	7 4%	9 4%	7 2%	19 6% dg	8 4%	
7 days	381 19%	191 19%	190 18%	102 17%	124 19%	155 21%	20 20% g	56 21% g	43 21% g	40 19% g	34 19% g	48 21% g	39 12%	58 17%	45 22% g	
NET: None (0 days)	389 19%	181 18%	206 20%	61 10%	103 15% a	225 30% ab	21 21%	56 21%	40 20%	41 19%	39 22%	43 19%	55 17%	59 18%	37 18%	
NET: Occasionally (1 day)	189 9%	112 11% b	77 7%	64 10%	57 8%	68 9%	6 6%	23 9%	19 10%	24 11%	16 9%	17 8%	33 10%	33 10%	18 9%	
NET: Some (2-4 days)	759 37%	357 36%	396 38%	284 46% bc	264 40% c	210 28%	34 35%	90 34%	60 30%	80 37%	65 37%	82 36%	142 45% bc	129 39% c	77 37%	
NET: Most 5+ days	697 34%	342 34%	355 34%	204 33%	244 37%	250 33%	37 38% g	96 36% g	79 40% g	69 32%	56 32%	84 37% g	89 28%	111 33%	76 37% g	
Base for stats	2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208	
Median	3	3	3	3	3	2	3	3	3	3	3	3	3	3	3	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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%

Significance Level: 95%	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorks & the Humber	West Midlands	East Midlands	England	London	South East	South West
		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total	2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	3.30	3.29	3.31	3.46	3.50	2.98	3.46	3.37	3.45	3.16	3.17	3.44	3.05	3.29	3.47
				c	c										g
Standard Deviation	2.458	2.481	2.442	2.204	2.364	2.696	2.544	2.556	2.578	2.446	2.525	2.501	2.215	2.420	2.501
Standard Error	.055	.079	.076	.086	.092	.101	.238	.157	.178	.165	.182	.200	.121	.133	.173
Error variance	*	.01	.01	.01	.01	.01	.06	.02	.03	.03	.03	.04	.01	.02	.03

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total	2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	389 19%	15 9%	63 13%	92 20% abg	49 15%	35 18% a	135 33% abcdegh	170 15% a	219 23% abdg	352 20% cdg	7 15% d	17 13%	4 5%	7 45%	- -	34 12%
1 day	189 9%	15 10%	41 8%	55 12% fh	30 9%	18 9%	30 7%	111 10%	78 8%	155 9%	4 9%	18 14% a	8 11%	1 5%	- -	31 11%
2 days	266 13%	18 11%	65 13% f	70 15% f	42 13%	37 19% fh	34 8%	153 14% f	113 12% f	213 12%	3 6%	27 21% ab	17 22% ab	3 17%	1 6%	50 18% ab
3 days	316 16%	24 15%	88 18% cf	61 13%	53 17% f	45 23% cfgh	44 11%	173 16% f	143 15% f	255 15%	12 27% a	21 17%	19 25% a	1 7%	5 33%	58 21% a
4 days	177 9%	20 13% fh	47 10%	38 8%	28 9%	15 8%	28 7%	106 10%	71 8%	146 8%	10 21% ac	10 8%	10 13%	- -	1 7%	30 11%
5 days	235 12%	20 13%	59 12% f	59 13% f	45 14% f	20 10%	32 8%	137 12% f	98 10%	201 12%	3 7%	13 10%	10 13%	1 8%	3 20%	30 11%
6 days	81 4%	6 4%	25 5% c	11 2%	13 4%	5 3%	21 5% c	42 4%	39 4%	70 4%	2 4%	3 3%	3 4%	1 7%	1 6%	10 4%
7 days	381 19%	39 25% ce	99 20% e	71 16%	63 19% e	24 12%	85 21% e	209 19% e	172 18% e	344 20% dg	4 10%	17 14%	5 7%	2 12%	4 27%	32 12%
NET: None (0 days)	389 19%	15 9%	63 13%	92 20% abg	49 15%	35 18% a	135 33% abcdegh	170 15% a	219 23% abdg	352 20% cdg	7 15% d	17 13%	4 5%	7 45%	- -	34 12%
NET: Occasionally (1 day)	189 9%	15 10%	41 8%	55 12% fh	30 9%	18 9%	30 7%	111 10%	78 8%	155 9%	4 9%	18 14% a	8 11%	1 5%	- -	31 11%
NET: Some (2-4 days)	759 37%	62 40% f	200 41% fh	170 37% f	123 38% f	98 49% cdfgh	106 26%	432 39% f	327 35% f	615 35%	25 54% a	57 46% a	46 61% ac	4 24%	6 47%	138 50% a
NET: Most 5+ days	697 34%	65 41% ceh	182 38% ce	141 31%	121 37% e	50 25%	138 34% e	388 35% e	309 33% e	615 35% bcdg	10 21%	34 27%	18 24%	4 26%	7 53%	72 26%
Base for stats	2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
Median	3	4	3	3	3	3	3	3	3	3	3	3	3	1	5	3

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total	2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	3.30	3.91	3.62	3.04	3.50	2.95	2.99	3.42	3.16	3.32	3.17	3.02	3.18	2.21	4.68	3.13
		ce fgh	ce fh		ce fh			ce fh								
Standard Deviation	2.458	2.350	2.359	2.399	2.399	2.187	2.742	2.396	2.524	2.507	2.075	2.224	1.778	2.657	1.795	2.117
Standard Error	.055	.181	.105	.110	.136	.156	.140	.071	.085	.061	.290	.191	.198	.686	.464	.123
Error variance	*	.03	.01	.01	.02	.02	.02	.01	.01	*	.08	.04	.04	.47	.21	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421
2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
389	219	106	60	166	12	12	143	222	167	290	81	61	224	90	14	328	44	280
19%	30%	14%	12%	13%	15%	13%	28%	17%	24%	16%	48%	30%	21%	13%	15%	18%	12%	20%
	bcd						abd		bd		a	bcd	ce		c		a	
189	78	73	36	110	12	13	58	106	83	160	22	20	99	61	8	168	33	128
9%	11%	10%	7%	9%	15%	14%	11%	8%	12%	9%	13%	10%	9%	9%	9%	9%	9%	9%
	c				d	d	d		d									
266	80	105	79	185	10	18	63	175	91	246	17	24	131	98	13	242	55	177
13%	11%	14%	16%	14%	12%	20%	12%	13%	13%	13%	10%	12%	12%	15%	14%	13%	15%	12%
			a	a		cd												
316	79	133	100	233	17	19	88	192	124	292	23	24	154	123	15	292	80	211
16%	11%	17%	20%	18%	21%	20%	17%	14%	18%	16%	13%	12%	14%	18%	16%	16%	21%	15%
		a	a	a					d					ab			b	
177	47	76	51	127	6	5	34	132	45	164	9	11	99	56	11	166	42	119
9%	6%	10%	10%	10%	8%	5%	7%	10%	7%	9%	5%	6%	9%	8%	12%	9%	11%	8%
		a	a	a				ce							a			
235	62	106	63	170	12	13	40	170	65	224	6	15	120	89	11	220	51	166
12%	8%	14%	13%	13%	14%	14%	8%	13%	9%	12%	3%	7%	11%	13%	12%	12%	14%	12%
		a	a	a		c		ce		b				a				
81	26	37	14	51	2	3	18	58	23	79	2	5	50	21	5	76	10	64
4%	4%	5%	3%	4%	3%	3%	4%	4%	3%	4%	1%	2%	5%	3%	5%	4%	3%	5%
										b								
381	143	133	99	233	10	9	73	290	91	371	10	42	189	134	16	339	60	276
19%	19%	17%	20%	18%	12%	9%	14%	22%	13%	20%	6%	21%	18%	20%	17%	18%	16%	19%
								abce		b								
389	219	106	60	166	12	12	143	222	167	290	81	61	224	90	14	328	44	280
19%	30%	14%	12%	13%	15%	13%	28%	17%	24%	16%	48%	30%	21%	13%	15%	18%	12%	20%
	bcd						abd		bd		a	bcd	ce		c		a	
189	78	73	36	110	12	13	58	106	83	160	22	20	99	61	8	168	33	128
9%	11%	10%	7%	9%	15%	14%	11%	8%	12%	9%	13%	10%	9%	9%	9%	9%	9%	9%
	c				d	d	d		d									



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421
2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
759	207	314	230	544	33	42	185	499	260	702	48	59	384	277	39	700	176	507
37%	28%	41%	46%	43%	42%	46%	36%	37%	38%	38%	29%	29%	36%	41%	43%	38%	47%	36%
		a	a	a					b					ab	a	a	b	
697	231	277	177	453	23	24	131	518	179	675	17	62	359	244	31	635	121	506
34%	31%	36%	35%	36%	29%	27%	25%	39%	26%	37%	10%	31%	34%	36%	34%	35%	32%	36%
								bce		b								
2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421
3	2	3	3	3	3	3	2	3	3	3	1	2	3	3	3	3	3	3
3.30	2.90	3.47	3.57	3.51	3.08	2.91	2.72	3.56	2.78	3.49	1.58	2.89	3.23	3.51	3.42	3.34	3.43	3.33
		a	a	a				bce		b				ab	a	a		
2.458	2.655	2.323	2.285	2.308	2.220	2.104	2.435	2.462	2.370	2.428	2.043	2.679	2.479	2.355	2.336	2.429	2.204	2.493
.055	.099	.083	.101	.064	.245	.216	.108	.067	.090	.057	.156	.190	.076	.090	.236	.057	.113	.066
*	.01	.01	.01	*	.06	.05	.01	*	.01	*	.02	.04	.01	.01	.06	*	.01	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
2034 100%	203 100%	371 100%	72 100%	1394 100%	588 100%	47 100%	1623 100%	411 100%	389 100%	189 100%	266 100%	316 100%	177 100%	235 100%	81 100%	381 100%	759 100%	697 100%
389 19%	42 21%	118 32%	7 9%	232 17%	147 25%	16 34%	318 20%	71 17%	389 100%	-	-	-	-	-	-	-	-	-
	c	acde			cd	cd			bcdefghij									
189 9%	21 10%	39 11%	5 6%	124 9%	60 10%	5 11%	153 9%	36 9%	-	189 100%	-	-	-	-	-	-	-	-
									-	acdefghij								
266 13%	28 14%	43 12%	5 8%	188 14%	71 12%	6 12%	222 14%	44 11%	-	-	266 100%	-	-	-	-	-	266 35%	-
									-		abdefghij						abdefghij	
316 16%	25 12%	59 16%	22 31%	209 15%	99 17%	7 15%	249 15%	67 16%	-	-	-	316 100%	-	-	-	-	316 42%	-
			abde						-		abcefg hij						abcefg hij	
177 9%	21 10%	18 5%	11 15%	127 9%	45 8%	3 6%	146 9%	31 8%	-	-	-	-	177 100%	-	-	-	177 23%	-
	b		be	b					-		-		abcd fghij				abcd fghij	
235 12%	22 11%	29 8%	10 14%	176 13%	56 9%	4 8%	184 11%	51 12%	-	-	-	-	-	235 100%	-	-	-	235 34%
				be					-					abcde ghij				abcde ghi
81 4%	8 4%	13 3%	4 5%	59 4%	20 3%	2 4%	62 4%	20 5%	-	-	-	-	-	-	81 100%	-	-	81 12%
									-						abcde fghij			abcde fhi
381 19%	36 18%	53 14%	9 12%	280 20%	90 15%	4 9%	289 18%	92 22%	-	-	-	-	-	-	-	381 100%	-	381 55%
				be			a		-							abcde fgij		abcde fgi
389 19%	42 21%	118 32%	7 9%	232 17%	147 25%	16 34%	318 20%	71 17%	389 100%	-	-	-	-	-	-	-	-	-
	c	acde			cd	cd			bcdefghij									

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
2034 100%	203 100%	371 100%	72 100%	1394 100%	588 100%	47 100%	1623 100%	411 100%	389 100%	189 100%	266 100%	316 100%	177 100%	235 100%	81 100%	381 100%	759 100%	697 100%
189 9%	21 10%	39 11%	5 6%	124 9%	60 10%	5 11%	153 9%	36 9%	- -	189 100%	- -	- -	- -	- -	- -	- -	- -	- -
									acdefghij									
759 37%	73 36%	120 32%	38 53% abdef	524 38%	215 37%	15 33%	617 38%	142 35%	- -	- -	266 100% abfghj	316 100% abfghj	177 100% abfghj	- -	- -	- -	759 100% abfghj	- -
697 34%	66 33%	94 25%	23 31%	515 37% bef	166 28%	10 21%	535 33%	162 39% a	- -	- -	- -	- -	- -	235 100% abcdei	81 100% abcdei	381 100% abcdei	- -	697 100% abcdei
2034 3	203 3	371 2	72 3	1394 3	588 3	47 2	1623 3	411 3	389 0	189 1	266 2	316 3	177 4	235 5	81 6	381 7	759 3	697 7
3.30	3.18 bf	2.59	3.59 bef	3.46 bef	2.91	2.35	3.23	3.56 a	-	1.00	2.00	3.00	4.00	5.00	6.00	7.00	2.88	6.21 i
2.458 .055	2.484 .172	2.485 .131	2.001 .230	2.442 .065	2.450 .101	2.366 .353	2.442 .060	2.506 .125	- -	- -	- -	- -	- -	- -	- -	- -	.755 .027	.917 .035
*	.03	.02	.05	*	.01	.12	*	.02	-	-	-	-	-	-	-	-	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
	a	b	c	a	b	a	b	a	b	a	b	a	b
2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
389	19	163	202	213	100	224	90	126	146	163	129	123	183
19%	3%	30% a	25% a	14%	47% a	15%	41% a	10%	45% a	11%	49% a	12%	35% a
189	39	48	97	137	18	144	14	106	31	119	21	88	51
9%	6%	9% a	12% a	9%	9%	10%	6%	8%	10%	8%	8%	8%	10%
266	65	56	143	184	22	185	26	158	41	172	28	137	67
13%	10%	10%	18% ab	12%	11%	12%	12%	12%	13%	12%	11%	13%	13%
316	121	71	123	245	28	250	37	212	42	243	30	186	48
16%	18% b	13%	15%	16%	13%	17%	17%	16%	13%	17% b	11%	17% b	9%
177	76	39	62	141	12	142	10	131	13	140	13	105	35
9%	11% bc	7%	8%	9%	5%	9% b	5%	10% b	4%	10% b	5%	10% b	7%
235	135	45	53	197	12	185	21	179	24	190	17	144	40
12%	20% bc	8%	7%	13% b	6%	12%	10%	14% b	7%	13% b	6%	13% b	8%
81	35	18	27	67	6	67	1	62	7	69	6	50	18
4%	5%	3%	3%	4%	3%	4% b	*	5% b	2%	5%	2%	5%	3%
381	187	102	90	329	12	318	22	314	21	328	18	236	76
19%	28% bc	19% c	11%	22% b	6%	21% b	10%	24% b	7%	23% b	7%	22% b	15%
389	19	163	202	213	100	224	90	126	146	163	129	123	183
19%	3%	30% a	25% a	14%	47% a	15%	41% a	10%	45% a	11%	49% a	12%	35% a
189	39	48	97	137	18	144	14	106	31	119	21	88	51
9%	6%	9% a	12% a	9%	9%	10%	6%	8%	10%	8%	8%	8%	10%
759	261	166	328	571	62	577	73	502	96	554	71	428	149
37%	39% b	31%	41% b	38% b	29%	38%	33%	39% b	29%	39% b	27%	40% b	29%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total	2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	697	357	165	170	593	31	570	44	555	52	587	41	430	134
	34%	53%	30%	21%	39%	15%	38%	20%	43%	16%	41%	16%	40%	26%
		bc	c		b		b		b		b		b	
Base for stats	2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
Median	3	5	3	2	3	1	3	2	4	1	4	1	4	2
Mean Score	3.30	4.48	2.91	2.58	3.63	1.79	3.55	2.18	3.92	1.85	3.80	1.78	3.75	2.53
		bc	c		b		b		b		b		b	
Standard Deviation	2.458	2.052	2.623	2.289	2.418	2.182	2.422	2.334	2.341	2.198	2.368	2.242	2.351	2.558
Standard Error	.055	.078	.114	.081	.062	.151	.062	.157	.065	.122	.063	.139	.072	.113
Error variance	*	.01	.01	.01	*	.02	*	.02	*	.01	*	.02	.01	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209	
Total		2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	210	90	119	90	79	41	9	32	21	20	16	27	41	28	16
			10%	9%	12%	15% c	12% c	5%	9%	12%	11%	9%	9%	12%	13%	9%	8%
A bit more		(4.0)	466	233	232	177	149	140	22	59	42	51	30	44	83	79	57
			23%	23%	22%	29% bc	22%	19%	23%	22%	21%	24%	17%	20%	26% e	24%	27% e
Neither more nor less		(3.0)	542	276	265	91	164	286	26	62	56	64	53	70	50	93	67
			27%	28%	26%	15%	25% a	38% ab	27% g	23% g	28% g	30% g	30% g	31% g	16%	28% g	32% bg
A bit less		(2.0)	343	168	172	110	110	123	17	41	34	29	33	38	62	55	33
			17%	17%	17%	18%	16%	16%	17%	16%	17%	14%	19%	17%	19%	17%	16%
A lot less		(1.0)	454	217	235	137	161	156	22	66	44	49	41	44	81	74	33
			22%	22%	23%	22%	24%	21%	23%	25% i	22%	23%	24%	19%	25% i	22%	16%
Don't know			19	9	10	8	5	6	1	5	1	2	2	3	2	2	2
			1%	1%	1%	1%	1%	1%	1%	2%	*	1%	1%	1%	1%	1%	1%
NET: More			676	323	351	267	228	181	31	91	63	71	46	71	124	107	73
			33%	33%	34%	44% bc	34% c	24%	32%	34%	32%	33%	26%	32%	39% e	32%	35%
NET: Less			797	385	407	247	271	279	39	107	78	78	75	82	143	129	66
			39%	39%	39%	40%	41%	37%	40%	40%	39%	36%	43% i	36%	45% i	39%	32%
Base for stats			2015	984	1023	606	663	746	96	259	198	213	174	223	317	329	206
Mean Score			2.82	2.81	2.83	2.96 c	2.81	2.72	2.78	2.81	2.81	2.83	2.69	2.88	2.81	2.80	2.95 e
Standard Deviation			1.299	1.273	1.324	1.406	1.344	1.153	1.294	1.365	1.293	1.286	1.263	1.276	1.405	1.267	1.179
Standard Error			.029	.041	.041	.055	.053	.043	.122	.085	.090	.087	.091	.103	.077	.070	.082
Error variance			*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total		2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	210	24	61	41	41	18	26	126	85	160	7	22	16	1	2	47
		10%	15% cfh	12% fh	9% f	13% f	9% f	6% f	11% f	9% f	9% f	14% f	18% a	21% a	5% f	18% f	17% a
A bit more	(4.0)	466	47	111	116	73	46	74	273	192	397	10	29	16	3	8	66
		23%	30% fh	23% fh	25% fh	23% fh	23% fh	18% fh	25% fh	21% fh	23% fh	22% fh	23% fh	21% fh	23% fh	56% fh	24% fh
Neither more nor less	(3.0)	542	28	105	109	80	55	164	243	299	488	11	20	12	3	1	48
		27%	18% a	22% a	24% a	25% a	27% a	40% a	22% a	32% a	28% cdg	24% cdg	16% cdg	16% cdg	19% cdg	8% cdg	17% cdg
A bit less	(2.0)	343	25	97	78	57	28	58	199	144	300	6	15	14	3	2	39
		17%	16% fh	20% fh	17% fh	18% fh	14% fh	14% fh	18% fh	15% fh	17% fh	12% fh	12% fh	18% fh	19% fh	13% fh	14% fh
A lot less	(1.0)	454	31	110	109	70	52	82	251	203	382	11	37	14	5	1	68
		22%	20% a	23% a	24% a	22% a	26% a	20% a	23% a	22% a	22% a	25% a	30% a	19% a	33% a	6% a	25% a
Don't know		19	2	2	4	2	2	7	8	11	10	1	2	4	-	-	7
		1%	1% a	* a	1% a	1% a	1% a	2% a	1% a	1% a	1% a	2% a	2% a	5% a	- a	- a	2% a
NET: More		676	71	172	157	114	64	99	399	277	557	17	51	31	4	10	113
		33%	45% bcdefgh	35% fh	34% f	35% f	32% f	24% f	36% fh	30% f	32% a	37% a	41% a	42% a	28% a	73% a	41% a
NET: Less		797	56	207	187	127	80	140	450	347	682	17	52	28	8	3	107
		39%	36% fh	43% fh	41% f	39% f	40% f	34% f	41% f	37% f	39% a	37% a	41% a	37% a	52% a	19% a	39% a
Base for stats		2015	155	483	453	321	199	403	1092	923	1727	45	123	71	15	14	268
		2.82	3.05 cefh	2.82 cefh	2.78 cefh	2.87 cefh	2.75 cefh	2.76 cefh	2.84 cefh	2.80 cefh	2.80 cefh	2.88 cefh	2.87 cefh	3.07 cefh	2.49 cefh	3.66 cefh	2.95 cefh
Standard Deviation		1.299	1.377	1.347	1.307	1.333	1.311	1.157	1.337	1.254	1.273	1.408	1.511	1.447	1.349	1.139	1.457
		.029	.107	.060	.060	.076	.094	.059	.040	.042	.031	.199	.131	.165	.348	.294	.085
Error variance		*	.01	*	*	.01	.01	*	*	*	*	.04	.02	.03	.12	.09	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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						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		2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421	
Total		2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	210	48	96	62	158	13	10	44	143	67	201	8	10	101	86	14	200	65	133
			10%	7%	13%	12%	12%	16%	11%	9%	11%	10%	11%	4%	5%	9%	13%	15%	11%	17%	9%
					a	a	a	c				b				a	ab	a	a	b	
A bit more		(4.0)	466	128	198	133	331	14	28	112	313	153	444	16	45	231	173	17	421	94	322
			23%	17%	26%	26%	26%	17%	31%	22%	23%	22%	24%	9%	22%	22%	26%	19%	23%	25%	23%
					a	a	a		a			b				b					
Neither more nor less		(3.0)	542	263	178	94	272	18	22	154	347	195	459	72	69	319	137	17	473	81	381
			27%	36%	23%	19%	21%	22%	25%	30%	26%	28%	25%	43%	34%	30%	20%	18%	26%	22%	27%
				bcd									a		cde	cde		c	a		
A bit less		(2.0)	343	116	125	98	223	13	11	78	241	102	311	23	29	175	120	19	314	55	249
			17%	16%	16%	19%	17%	16%	12%	15%	18%	15%	17%	13%	14%	16%	18%	20%	17%	15%	18%
A lot less		(1.0)	454	174	166	109	275	22	18	124	290	164	400	46	48	230	152	24	406	74	326
			22%	24%	22%	22%	22%	27%	20%	24%	22%	24%	22%	27%	24%	22%	23%	26%	22%	20%	23%
Don't know			19	5	7	8	14	1	2	6	11	9	12	5	2	10	5	2	17	5	10
			1%	1%	1%	1%	1%	1%	2%	1%	1%	1%	1%	3%	1%	1%	1%	2%	1%	1%	1%
													a								
NET: More			676	176	294	195	490	26	38	156	456	220	645	24	55	332	259	31	622	159	455
			33%	24%	38%	39%	38%	33%	42%	30%	34%	32%	35%	14%	27%	31%	38%	34%	34%	42%	32%
					a	a	a		c			b				abe		a	b		
NET: Less			797	291	291	206	498	35	29	202	531	266	711	69	77	405	272	43	720	129	576
			39%	40%	38%	41%	39%	44%	31%	39%	40%	39%	39%	41%	38%	38%	40%	46%	39%	34%	40%
																				a	
Base for stats			2015	731	764	496	1259	79	89	512	1334	681	1815	164	201	1056	668	90	1814	369	1411
Mean Score			2.82	2.67	2.91	2.88	2.90	2.77	3.03	2.75	2.83	2.79	2.85	2.49	2.70	2.81	2.88	2.76	2.83	3.06	2.78
					a	a	a					b							b		
Standard Deviation			1.299	1.203	1.339	1.354	1.344	1.431	1.309	1.276	1.299	1.300	1.312	1.135	1.199	1.266	1.361	1.425	1.310	1.383	1.288
Standard Error			.029	.045	.048	.060	.038	.159	.136	.057	.036	.050	.031	.088	.086	.039	.052	.145	.031	.072	.034
Error variance			*	*	*	*	*	.03	.02	*	*	*	*	.01	.01	*	*	.02	*	.01	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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											
		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		2034	208	361	76	1391	590	45		1630	404	381	190	268	318	182	235	80	380	768	695
Total		2034	203	371	72	1394	588	47		1623	411	389	189	266	316	177	235	81	381	759	697
		100%	100%	100%	100%	100%	100%	100%		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	210	33	32	16	129	75	3		171	39	5	9	15	22	27	40	16	77	64	133
		10%	16%	9%		22%	9%	13%	6%	11%	10%	1%	5%	6%	7%	15%	17%	19%	20%	8%	19%
			bd			bdef		d					a	a	a	abcdi	abcdi	abcdi	a	abcdi	
A bit more	(4.0)	466	38	68	17	345	115	6		377	89	15	29	50	99	49	95	19	110	198	224
		23%	19%	18%	23%	25%	20%	14%	23%	22%	4%	16%	19%	31%	28%	41%	23%	29%	26%	32%	
						be							a	a	abc	abc	abcdeghij	a	abc	abc	abci
Neither more nor less	(3.0)	542	40	126	15	359	168	9		401	141	163	48	56	71	39	45	18	102	166	165
		27%	20%	34%	20%	26%	29%	20%	25%	34%	42%	25%	21%	22%	22%	19%	22%	27%	22%	24%	
				acd			a			a	bcdefghij								f		
A bit less	(2.0)	343	31	49	17	245	87	10		289	53	36	34	58	64	38	43	19	50	160	112
		17%	15%	13%	24%	18%	15%	22%	18%	13%	9%	18%	22%	20%	22%	18%	24%	13%	21%	16%	
					be	b			b				a	ahj	ah	ah	a	ah		ahj	a
A lot less	(1.0)	454	55	90	6	312	132	17		369	85	166	62	85	59	23	10	8	40	168	58
		22%	27%	24%	9%	22%	22%	35%	23%	21%	43%	33%	32%	19%	13%	4%	10%	10%	22%	8%	
			c	c		c	c	cde			bcdefghij		defghij	defghij	fhj	fj		f		efghj	f
Don't know		19	4	6	2	5	12	1		16	3	5	5	2	1	1	2	1	2	4	5
		1%	2%	2%	3%	*	2%	2%	1%	1%	1%	3%	1%	*	1%	1%	2%	*	1%	1%	
			d	d	d		d	d					dhij								
NET: More		676	72	100	32	473	189	9		548	128	19	39	65	121	76	135	35	187	261	357
		33%	35%	27%	45%	34%	32%	20%	34%	31%	5%	21%	24%	38%	43%	57%	43%	49%	34%	51%	
			bf		bef	b							a	a	abc	abci	abcdeghi	abc	abcdi	abc	abcdei
NET: Less		797	87	139	23	557	219	27		658	138	202	97	143	123	62	53	27	90	328	170
		39%	43%	38%	32%	40%	37%	58%	41%	34%	52%	51%	54%	39%	35%	23%	33%	24%	43%	24%	
							bcde		b		defghij	defghij	defghij	fhj	fhj					efhj	
Base for stats		2015	198	365	70	1389	577	45		1607	408	384	184	264	315	176	233	80	379	755	692
Mean Score		2.82	2.81	2.73	3.26	2.81	2.85	2.32		2.81	2.86	2.10	2.40	2.43	2.88	3.10	3.48	3.19	3.36	2.77	3.38
			f	f	abdef	f	f						a	a	abc	abci	abcdei	abcdi	abcdei	abc	abcdei
Standard Deviation		1.299	1.455	1.262	1.299	1.288	1.328	1.286		1.312	1.247	1.052	1.247	1.270	1.241	1.277	1.103	1.283	1.240	1.285	1.202
Standard Error		.029	.102	.067	.151	.035	.055	.194		.033	.062	.054	.092	.078	.070	.095	.072	.144	.064	.046	.046
Error variance		*	.01	*	.02	*	*	.04		*	*	*	.01	.01	*	.01	.01	.02	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508	
Total		2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	210	210	-	-	177	12	165	22	161	22	161	24	133	51
			10%	31%	-	-	12%	6%	11%	10%	12%	7%	11%	9%	12%	10%
				bc			b				b					
A bit more		(4.0)	466	466	-	-	367	30	367	44	325	59	345	45	289	83
			23%	69%	-	-	24%	14%	24%	20%	25%	18%	24%	17%	27%	16%
				bc			b				b		b		b	
Neither more nor less		(3.0)	542	-	542	-	343	94	350	70	284	117	325	105	205	198
			27%	-	100%	-	23%	45%	23%	32%	22%	36%	23%	40%	19%	38%
					ac		a		a		a		a		a	
A bit less		(2.0)	343	-	-	343	270	16	278	19	237	46	257	33	184	72
			17%	-	-	43%	18%	8%	18%	8%	18%	14%	18%	13%	17%	14%
						ab	b		b		b		b			
A lot less		(1.0)	454	-	-	454	347	50	346	62	276	75	326	53	250	109
			22%	-	-	57%	23%	24%	23%	28%	21%	23%	23%	20%	23%	21%
						ab										
Don't know			19	-	-	-	9	8	10	3	7	6	9	2	8	5
			1%	-	-	-	1%	4%	1%	1%	1%	2%	1%	1%	1%	1%
							a				a					
NET: More			676	676	-	-	544	42	532	66	486	81	506	70	422	134
			33%	100%	-	-	36%	20%	35%	30%	38%	25%	36%	27%	39%	26%
				bc			b		b		b		b		b	
NET: Less			797	-	-	797	617	66	624	81	512	120	583	86	434	181
			39%	-	-	100%	41%	31%	41%	37%	40%	37%	41%	33%	41%	35%
						ab	b						b		b	
Base for stats		2015	676	542	797	1504	203	1506	217	1282	319	1414	260	1061	512	
Mean Score		2.82	4.31	3.00	1.43	2.84	2.69	2.82	2.74	2.89	2.71	2.83	2.83	2.88	2.80	
			c							b						
Standard Deviation		1.299	.463	-	.495	1.339	1.172	1.325	1.335	1.338	1.211	1.332	1.211	1.370	1.228	
Standard Error		.029	.018	-	.018	.034	.083	.034	.091	.037	.068	.035	.075	.042	.055	
Error variance		*	*	-	*	*	.01	*	.01	*	*	*	.01	*	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total	2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1203	574	626	312	413	478	58	158	120	123	99	158	151	202	134
	59%	58%	61%	51%	62%	63%	60%	60%	60%	57%	57%	70%	47%	61%	64%
					a	a	g	g	g	g	g	bdegh		g	g
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	506	225	277	216	166	124	24	72	45	56	38	43	95	72	61
	25%	23%	27%	35%	25%	16%	24%	27%	23%	26%	22%	19%	30%	22%	29%
			a	bc	c		f	f					efh		f
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	500	185	313	217	190	93	29	74	41	53	29	55	95	69	55
	25%	19%	30%	35%	28%	12%	30%	28%	20%	25%	16%	24%	30%	21%	26%
			a	bc	c		ceh	eh		e			ceh		e
Running or jogging	388	210	177	206	140	41	21	46	36	36	33	41	95	50	31
	19%	21%	17%	34%	21%	5%	21%	17%	18%	17%	19%	18%	30%	15%	15%
		b		bc	c								bcd efhi		
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	365	163	202	145	170	50	15	36	31	46	29	35	67	56	50
	18%	16%	20%	24%	26%	7%	16%	14%	16%	21%	16%	15%	21%	17%	24%
				c	c					b			b		bcfh
Cycling (either for leisure or travel)	191	120	71	75	80	36	8	27	17	14	20	23	36	27	19
	9%	12%	7%	12%	12%	5%	8%	10%	8%	6%	12%	10%	11%	8%	9%
		b		c	c										
Other sport, exercise or physical activity	100	57	42	24	21	55	4	14	11	11	7	12	10	20	11
	5%	6%	4%	4%	3%	7%	4%	5%	6%	5%	4%	5%	3%	6%	5%
						ab									
I have not done any physical activity in the past week	256	116	139	40	78	138	13	42	24	28	26	19	36	40	28
	13%	12%	13%	7%	12%	18%	13%	16%	12%	13%	15%	8%	11%	12%	13%
					a	ab		f							
NET: Home based activity	972	424	543	398	355	219	48	125	85	115	70	100	175	145	108
	48%	43%	53%	65%	53%	29%	50%	47%	43%	53%	40%	44%	55%	44%	52%
			a	bc	c					ceh			cefh		e

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th April 2020

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

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total	2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1203	80	310	271	177	125	240	661	542	1080	20	52	30	4	6	112
	59%	51%	64% adh	59% a	55%	62% a	59%	60% a	58%	62% bcdg	45%	41%	39%	28%	42%	41%
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	506	56	152	100	85	41	72	308	198	413	13	42	21	3	4	83
	25%	36% cdefgh	31% cefh	22%	26% f	20%	18%	28% cefh	21%	24%	29%	34% a	27%	19%	29%	30% a
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	500	53	150	113	85	51	48	316	183	394	12	40	34	2	6	94
	25%	34% cfh	31% cfh	25% fh	26% fh	25% f	12%	29% fh	20% f	23%	27%	32% a	45% abc	13%	45%	34% a
Running or jogging	388	61	124	87	62	35	19	272	116	297	16	41	24	2	3	84
	19%	38% bcddefgh	25% cdefh	19% fh	19% fh	17% f	5%	25% cdefh	12% f	17%	35% a	32% a	31% a	11%	20%	31% a
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	365	46	111	82	64	29	33	238	127	293	9	40	16	1	3	69
	18%	29% cdefgh	23% efh	18% fh	20% fh	15% f	8%	22% efh	14% f	17%	19%	32% a	21%	8%	26%	25% a
Cycling (either for leisure or travel)	191	31	61	45	29	9	16	137	54	156	8	13	7	2	2	31
	9%	20% bcddefgh	12% efh	10% efh	9% fh	5%	4%	12% efh	6% efh	9%	17%	10%	9%	12%	15%	11%
Other sport, exercise or physical activity	100	4	22	19	16	7	32	45	55	88	4	3	3	-	1	10
	5%	3%	4%	4%	5%	4%	8% abcg	4%	6%	5%	8%	2%	4%	-	6%	4%
I have not done any physical activity in the past week	256	9	41	54	34	20	97	104	152	233	3	9	4	4	-	21
	13%	6%	8%	12% a	11%	10%	24% abcdegh	9% abcdeg	16% abcdeg	13% cdg	7%	7%	5%	28%	-	8%
NET: Home based activity	972	99	279	217	167	93	116	596	376	785	24	81	51	6	9	170
	48%	63% cdefgh	57% cefh	48% fh	52% fh	46% f	28%	54% cefh	40% f	45%	52%	64% a	68% a	39%	65%	62% a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	
				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+			
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total	2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421
Total	2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421
	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)	1203 59%	446 61%	467 61%	277 55%	744 58%	32 40%	35 38%	240 46%	895 67%	307 45%	1145 63%	46 27%	108 53%	670 63%	386 57%	39 42%	1095 60%	189 50%	894 63%
			c						abce		b			acd	d	d		a	
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	506 25%	134 18%	215 28%	146 29%	362 28%	14 18%	23 26%	117 23%	351 26%	154 22%	483 26%	19 11%	36 18%	242 23%	199 30%	29 31%	470 26%	124 33%	337 24%
			a	a	a						b				ab	a	a	b	
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	500 25%	110 15%	206 27%	177 35%	383 30%	19 24%	26 29%	97 19%	357 27%	143 21%	467 26%	27 16%	31 15%	212 20%	231 34%	26 28%	468 26%	113 30%	343 24%
			a	abd	a		c		ce		b				abe	a	ab	b	
Running or jogging	388 19%	65 9%	163 21%	156 31%	318 25%	23 29%	28 31%	62 12%	275 20%	113 16%	366 20%	18 10%	22 11%	155 15%	188 28%	22 24%	365 20%	89 24%	266 19%
			a	abd	ab	ce	cde		ce	c	b				abe	ab	ab	b	
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	365 18%	41 6%	160 21%	159 32%	319 25%	16 20%	25 28%	81 16%	243 18%	122 18%	335 18%	21 12%	10 5%	160 15%	177 26%	18 19%	355 19%	102 27%	246 17%
			a	abd	ab		cde				b			a	abe	a	ab	b	
Cycling (either for leisure or travel)	191 9%	36 5%	83 11%	70 14%	153 12%	13 16%	7 8%	36 7%	135 10%	56 8%	179 10%	9 6%	9 4%	90 8%	83 12%	9 9%	182 10%	47 13%	130 9%
			a	a	a	ce			c					a	ab	a	a		
Other sport, exercise or physical activity	100 5%	50 7%	29 4%	20 4%	49 4%	5 6%	5 5%	27 5%	64 5%	36 5%	94 5%	5 3%	9 5%	56 5%	31 5%	3 4%	91 5%	15 4%	72 5%
		bcd																	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	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
	2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421
	2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421
	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	256 13%	142 19% bcd	76 10%	35 7%	111 9%	10 12%	14 15%	113 22% ad	120 9%	136 20% d	176 10%	68 40% a	44 22% bce	146 14% c	54 8%	12 13%	212 12% c	35 9%	172 12%
NET: Home based activity	972 48%	232 32%	400 52% a	323 64% abd	723 57% ab	39 48%	53 58% ce	211 41%	668 50% ce	303 44%	904 49% b	53 31%	63 31%	443 42% a	412 61% abe	52 57% ab	908 50% ab	230 61% b	658 46%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
	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)	1203	112	182	30	882	295	25	948	255	124	104	160	192	124	146	58	293	477	497
	59%	55%	49%	42%	63%	50%	54%	58%	62%	32%	55%	60%	61%	70%	62%	72%	77%	63%	71%
		c			abce						a	a	a	abcd	a	ab	abcdij	a	abcdfi
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	506	53	67	17	362	127	9	412	93	21	31	61	92	60	93	20	129	213	242
	25%	26%	18%	24%	26%	22%	19%	25%	23%	5%	16%	23%	29%	34%	40%	24%	34%	28%	35%
		b			be						a	a	ab	abc	abcdgi	a	abci	ab	abci
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	500	50	61	20	357	123	6	407	93	8	32	61	93	63	94	27	123	216	243
	25%	25%	16%	27%	26%	21%	12%	25%	23%	2%	17%	23%	29%	35%	40%	33%	32%	28%	35%
		b		bf	bef						a	a	ab	abc	abcdi	ab	abc	ab	abci
Running or jogging	388	43	35	17	287	88	6	319	68	7	18	42	83	50	63	24	101	174	189
	19%	21%	9%	23%	21%	15%	12%	20%	17%	2%	10%	16%	26%	28%	27%	30%	26%	23%	27%
		be		b	be	b					a	a	abc	abc	abc	abc	abc	abc	abc
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	365	50	59	19	244	109	14	300	65	18	30	58	59	49	62	14	75	167	150
	18%	25%	16%	26%	18%	19%	30%	18%	16%	5%	16%	22%	19%	28%	26%	17%	20%	22%	22%
		bd		b			bd				a	a	a	abdh	abd	a	a	a	a
Cycling (either for leisure or travel)	191	21	27	9	132	53	5	156	35	3	11	19	35	22	35	15	51	76	100
	9%	11%	7%	12%	9%	9%	11%	10%	9%	1%	6%	7%	11%	13%	15%	18%	14%	10%	14%
											a	a	a	abc	abci	abci	abc	a	abci
Other sport, exercise or physical activity	100	12	14	3	71	26	1	69	31	7	11	10	17	7	17	4	27	34	48
	5%	6%	4%	4%	5%	4%	2%	4%	8%	2%	6%	4%	5%	4%	7%	5%	7%	4%	7%
									a		a		a		a		a	a	ai
I have not done any physical activity in the past week	256	29	88	4	139	107	13	206	50	232	14	2	2	1	1	-	4	4	5
	13%	14%	24%	5%	10%	18%	28%	13%	12%	60%	8%	1%	1%	*	1%	-	1%	1%	1%
		cd	acde			cd	acd			bcdefghij	cdefghij								

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
972	102	138	40	688	255	18	793	179	44	74	139	176	116	168	41	213	432	422
48%	50%	37%	55%	49%	43%	39%	49%	44%	11%	39%	52%	56%	66%	72%	50%	56%	57%	61%
	b		be	be						a	ab	ab	abcdghi	abcdghij	a	ab	ab	abc



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total	2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1203	422	301	474	960	84	932	107	838	150	916	116	655	279
	59%	62%	56%	60%	63%	40%	62%	49%	65%	46%	64%	44%	61%	54%
		b			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)	506	238	105	161	420	22	414	42	386	41	401	33	339	86
	25%	35%	19%	20%	28%	11%	27%	19%	30%	12%	28%	13%	32%	17%
		bc			b		b		b		b		b	
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	500	274	79	143	403	31	394	47	370	57	398	41	327	80
	25%	41%	15%	18%	27%	15%	26%	21%	29%	18%	28%	15%	31%	16%
		bc			b				b		b		b	
Running or jogging	388	194	73	115	331	18	318	24	314	32	327	22	260	42
	19%	29%	14%	14%	22%	9%	21%	11%	24%	10%	23%	8%	24%	8%
		bc			b		b		b		b		b	
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	365	158	77	125	276	22	270	38	254	44	265	32	204	68
	18%	23%	14%	16%	18%	10%	18%	17%	20%	13%	19%	12%	19%	13%
		bc			b				b		b		b	
Cycling (either for leisure or travel)	191	94	46	49	162	12	152	15	148	17	153	12	124	36
	9%	14%	8%	6%	11%	6%	10%	7%	12%	5%	11%	4%	12%	7%
		bc			b				b		b		b	
Other sport, exercise or physical activity	100	39	26	34	81	7	80	10	61	18	71	15	51	30
	5%	6%	5%	4%	5%	3%	5%	5%	5%	5%	5%	6%	5%	6%
I have not done any physical activity in the past week	256	7	111	132	117	82	132	63	61	106	88	94	77	119
	13%	1%	21%	17%	8%	39%	9%	29%	5%	33%	6%	36%	7%	23%
			a	a		a		a		a		a		a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total	2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Home based activity	972	446	199	318	769	60	758	88	702	104	746	75	598	180
	48%	66%	37%	40%	51%	28%	50%	40%	54%	32%	52%	29%	56%	35%
		bc			b		b		b		b		b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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)	1203 100%	593 49%	472 39%	274 23%	610 51%
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	506 100%	333 66%	108 21%	102 20%	173 34%
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	500 100%	266 53%	144 29%	146 29%	234 47%
Running or jogging	388 100%	268 69%	78 20%	57 15%	120 31%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	365 100%	87 24%	120 33%	225 62%	278 76%
Cycling (either for leisure or travel)	191 100%	115 60%	54 28%	38 20%	75 40%
Other sport, exercise or physical activity	100 100%	68 68%	25 25%	13 13%	32 32%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	1187	563	621	333	403	451	68	158	127	124	109	109	156	202	134
Total	1203	574	626	312	413	478	58	158	120	123	99	158	151	202	134
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	593	305	286	142	169	282	33	76	55	57	48	80	83	94	67
	49%	53%	46%	46%	41%	59%	56%	48%	46%	46%	48%	50%	55%	46%	50%
		b				ab									
With another adult or adults	472	230	241	144	151	177	22	60	44	52	46	62	49	85	52
	39%	40%	38%	46%	37%	37%	38%	38%	36%	42%	47%	39%	33%	42%	39%
				bc							g				
With a child or children	274	97	176	74	167	33	14	40	32	27	19	38	32	39	33
	23%	17%	28%	24%	40%	7%	23%	25%	27%	22%	19%	24%	21%	19%	25%
			a	c	ac										
NET: With somebody else	610	269	339	170	244	196	25	82	65	66	52	78	67	108	66
	51%	47%	54%	54%	59%	41%	44%	52%	54%	54%	52%	50%	45%	54%	50%
		a		c	c										

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	1187	83	318	276	167	120	223	677	510	1057	22	56	31	4	6	119
Total	1203	80	310	271	177	125	240	661	542	1080	20	52	30	4	6	112
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	593	33	141	132	84	68	136	305	287	524	11	32	14	2	2	61
	49%	41%	45%	49%	47%	54%	56% abg	46% abg	53% abg	48%	55%	62%	48%	45%	32%	55%
With another adult or adults	472	38	125	112	67	39	91	275	197	433	7	15	11	1	3	37
	39%	48% eh	40%	41%	38%	31%	38%	42% e	36%	40%	35%	29%	36%	19%	50%	33%
With a child or children	274	21	99	66	44	24	20	186	88	246	6	9	9	1	2	27
	23%	27% fh	32% cefh	24% fh	25% fh	19% f	8%	28% efh	16% f	23%	28%	18%	29%	36%	32%	24%
NET: With somebody else	610	47	169	139	93	57	105	356	254	557	9	20	15	2	4	51
	51%	59% fh	55% fh	51%	53%	46%	44%	54% fh	47%	52%	45%	38%	52%	55%	68%	45%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
1187	432	464	279	743	32	35	229	891	296	1130	45	103	656	388	40	1084	186	886
1203	446	467	277	744	32	35	240	895	307	1145	46	108	670	386	39	1095	189	894
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
593	255	227	101	328	16	15	127	435	158	562	25	100	317	164	12	493	88	396
49%	57%	49%	36%	44%	50%	43%	53%	49%	51%	49%	53%	93%	47%	43%	30%	45%	47%	44%
	bcd	c		c								bcde	d					
472	188	176	105	281	12	14	88	358	114	452	17	8	287	158	20	464	64	398
39%	42%	38%	38%	38%	38%	41%	37%	40%	37%	39%	36%	7%	43%	41%	50%	42%	34%	45%
													a	a	a	a		a
274	7	136	131	267	5	9	41	220	54	265	7	-	121	137	15	274	65	208
23%	1%	29%	47%	36%	15%	26%	17%	25%	18%	23%	15%	-	18%	36%	40%	25%	34%	23%
		a	abd	ab				ce					a	abe	abe	ab	b	
610	191	240	176	416	16	20	113	461	149	583	21	8	353	222	27	602	101	498
51%	43%	51%	64%	56%	50%	57%	47%	51%	49%	51%	47%	7%	53%	57%	70%	55%	53%	56%
		a	abd	a									a	a	ab	a		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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									
	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
1187	114	174	30	870	291	24	939	248	119	102	157	191	126	143	57	292	474	492
1203	112	182	30	882	295	25	948	255	124	104	160	192	124	146	58	293	477	497
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
593	57	93	10	434	144	14	475	118	62	59	83	107	52	58	25	147	242	229
49%	50%	51%	34%	49%	49%	54%	50%	46%	50%	56% ef	52% f	56% efj	42%	40%	43%	50% f	51% f	46%
472	35	69	15	356	109	8	367	105	50	40	52	64	48	66	30	122	164	218
39%	31%	38%	50%	40%	37%	33%	39%	41%	40%	39%	33%	33%	39%	45% cdi	52% cdi	41%	34%	44% cdi
274	30	33	8	203	64	5	214	59	21	19	39	44	35	45	16	56	118	116
23%	26%	18%	26%	23%	22%	20%	23%	23%	17%	18%	24%	23%	28% ah	31% abh	27%	19%	25%	23%
610	56	89	20	448	151	11	473	137	62	45	77	86	72	88	33	147	235	268
51%	50%	49%	66%	51%	51%	46%	50%	54%	50%	44%	48%	44%	58% bd	60% bcdhi	57%	50%	49%	54% d

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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

		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	1187	422	289	471	950	81	925	105	831	149	904	114	652	272
Total	1203	422	301	474	960	84	932	107	838	150	916	116	655	279
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	593	186	170	234	473	38	451	47	409	72	445	59	322	148
	49%	44%	57%	49%	49%	45%	48%	44%	49%	48%	49%	51%	49%	53%
		a												
With another adult or adults	472	181	113	176	385	34	379	45	334	62	366	46	251	108
	39%	43%	37%	37%	40%	41%	41%	42%	40%	41%	40%	40%	38%	39%
With a child or children	274	116	45	112	218	19	213	31	193	35	212	23	156	49
	23%	27%	15%	24%	23%	23%	23%	29%	23%	23%	23%	20%	24%	18%
		b		b									b	
NET: With somebody else	610	236	131	240	487	46	481	60	429	79	471	57	334	131
	51%	56%	43%	51%	51%	55%	52%	56%	51%	52%	51%	49%	51%	47%
		b												



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	196	122	74	82	80	34	9	27	18	14	23	16	39	29	21
Total	191	120	71	75	80	36	8	27	17	14	20	23	36	27	19
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	115	74	42	43	46	27	5	16	12	10	15	16	17	13	11
	60%	61%	59%	57%	58%	74%	66%	59%	73%	73%	75%	69%	47%	47%	58%
With another adult or adults	54	32	22	24	23	7	3	11	4	2	3	3	11	10	8
	28%	27%	30%	32%	28%	20%	34%	41%	22%	13%	13%	13%	30%	38%	42%
With a child or children	38	23	15	11	23	3	3	3	2	2	3	4	13	7	2
	20%	19%	21%	15%	29% ac	8%	34%	11%	11%	14%	13%	19%	35%	25%	10%
NET: With somebody else	75	46	29	33	34	9	3	11	5	4	5	7	19	14	8
	40%	39%	41%	43%	42%	26%	34%	41%	27%	27%	25%	31%	53%	53%	42%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	196	34	62	48	28	9	15	144	52	157	9	14	8	2	2	35
Total	191	31	61	45	29	9	16	137	54	156	8	13	7	2	2	31
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	115	13	37	30	19	6	11	79	36	97	4	6	4	1	2	17
	60%	40%	61%	66%	66%	70%	70%	58%	68%	62%	48%	43%	64%	55%	100%	53%
		a		a					a							
With another adult or adults	54	15	17	11	6	2	3	43	10	42	3	4	2	1	-	9
	28%	49%	28%	24%	20%	18%	19%	31%	19%	27%	42%	29%	25%	45%	-	30%
		bch														
With a child or children	38	8	12	8	5	3	2	28	10	29	2	5	2	-	-	9
	20%	27%	20%	18%	17%	30%	12%	21%	18%	19%	31%	35%	25%	-	-	28%
NET: With somebody else	75	19	24	15	10	3	5	58	18	59	4	7	3	1	-	15
	40%	60%	39%	34%	34%	30%	30%	42%	32%	38%	52%	57%	36%	45%	-	47%
		ch														

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	
196	37	85	72	157	13	8	36	139	57	183	10	9	91	86	10	187	49	133	
191	36	83	70	153	13	7	36	135	56	179	9	9	90	83	9	182	47	130	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
115	26	54	36	90	5	4	19	87	28	109	4	6	62	42	5	109	22	84	
60%	72%	65%	51%	59%	40%	52%	54%	65%	51%	61%	45%	69%	69%	50%	61%	60%	47%	64%	
	c												c				a		
54	8	21	23	44	6	2	11	35	19	51	2	2	21	28	2	52	17	34	
28%	24%	26%	33%	29%	44%	27%	32%	26%	34%	29%	19%	22%	24%	34%	21%	28%	36%	26%	
38	2	14	20	34	3	2	8	25	12	34	3	1	12	23	2	37	11	26	
20%	4%	16%	29%	22%	23%	22%	22%	19%	22%	19%	35%	9%	13%	28%	18%	20%	24%	20%	
			a	a										b					
75	10	29	34	63	8	4	16	48	28	69	5	3	28	41	3	73	25	47	
40%	28%	35%	49%	41%	60%	48%	46%	35%	49%	39%	55%	31%	31%	50%	39%	40%	53%	36%	
			a											b			b		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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									
	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
196	23	27	10	135	55	5	158	38	3	12	19	36	25	34	15	52	80	101
191	21	27	9	132	53	5	156	35	3	11	19	35	22	35	15	51	76	100
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
115	12	13	5	84	28	2	97	18	2	6	14	21	13	19	5	36	47	60
60%	56%	49%	53%	63%	53%	38%	62%	52%	75%	52%	74%	60%	56%	54%	36%	70%	62%	60%
54	7	9	3	35	17	2	38	15	1	4	2	10	6	12	8	11	17	32
28%	31%	31%	39%	26%	32%	40%	25%	43% a	25%	33%	9%	29%	25%	36%	57%	21%	23%	31%
38	4	6	1	27	10	1	32	6	-	2	3	7	6	8	5	7	16	20
20%	18%	23%	9%	20%	19%	22%	21%	16%	-	15%	17%	21%	27%	23%	34%	13%	22%	19%
75	9	14	4	49	25	3	59	17	1	5	5	14	10	16	9	16	28	41
40%	44%	51%	47%	37%	47%	62%	38%	48%	25%	48%	26%	40%	44%	46%	64%	30%	38%	40%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	196	98	46	51	166	12	156	15	151	18	157	12	126	37
Total	191	94	46	49	162	12	152	15	148	17	153	12	124	36
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	115	54	34	27	95	7	90	9	86	9	90	8	74	23
	60%	57%	74%	55%	59%	61%	59%	62%	58%	56%	59%	70%	59%	65%
			c											
With another adult or adults	54	24	11	18	46	3	45	5	44	5	48	1	35	8
	28%	25%	24%	36%	29%	27%	29%	31%	29%	30%	32%	7%	28%	23%
With a child or children	38	25	7	6	35	1	33	1	33	3	28	3	26	6
	20%	26%	14%	13%	22%	12%	22%	7%	22%	19%	18%	23%	21%	18%
NET: With somebody else	75	40	12	22	67	5	62	6	62	7	63	3	51	13
	40%	43%	26%	45%	41%	39%	41%	38%	42%	44%	41%	30%	41%	35%
			b											

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th April 2020

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

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

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	c	d	e	*f	g	h	i
Unweighted Total	404	215	188	227	139	38	25	48	40	39	37	28	102	52	33
Total	388	210	177	206	140	41	21	46	36	36	33	41	95	50	31
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	268	158	109	141	91	36	14	35	25	23	26	30	63	33	20
	69%	75%	62%	68%	65%	87%	69%	75%	68%	63%	78%	75%	66%	66%	65%
		b				ab									
With another adult or adults	78	39	39	46	28	4	4	8	6	8	6	7	17	12	9
	20%	19%	22%	22%	20%	10%	19%	18%	17%	22%	19%	18%	18%	25%	29%
With a child or children	57	21	36	24	31	1	3	4	7	7	2	4	17	8	4
	15%	10%	20%	12%	22%	3%	16%	9%	20%	20%	5%	11%	18%	17%	12%
			a			ac									
NET: With somebody else	120	52	68	66	49	5	6	11	12	13	7	10	33	17	11
	31%	25%	38%	32%	35%	13%	31%	25%	32%	37%	22%	25%	34%	34%	35%
			a			c									

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	404	66	131	95	60	33	19	292	112	305	18	44	26	2	3	93
Total	388	61	124	87	62	35	19	272	116	297	16	41	24	2	3	84
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	268	36	86	68	39	28	11	190	78	210	13	24	12	2	3	53
	69%	60%	70%	77% a	63%	81% a	56%	70%	67%	71%	78%	60%	51%	100%	100%	63%
With another adult or adults	78	20	23	11	16	4	5	54	24	59	3	10	6	-	-	19
	20%	33% bceg	18%	13%	25%	10%	27%	20%	21%	20%	16%	25%	27%	-	-	22%
With a child or children	57	7	21	10	12	3	4	38	18	38	1	8	8	-	-	17
	15%	12%	17%	11%	19%	8%	21%	14%	16%	13%	6%	20%	34%	-	-	20%
NET: With somebody else	120	24	38	20	23	7	9	82	38	87	4	16	12	-	-	31
	31%	40% ce	30%	23%	37%	19%	44%	30%	33%	29%	22%	40%	49%	-	-	37%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
404	68	173	158	331	24	29	66	285	119	381	19	22	161	198	23	382	94	278
388	65	163	156	318	23	28	62	275	113	366	18	22	155	188	22	365	89	266
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
268	55	118	94	212	13	17	36	202	66	252	12	20	113	123	12	248	50	190
69%	85%	73%	60%	67%	58%	59%	58%	74%	58%	69%	70%	92%	73%	65%	54%	68%	56%	71%
	bcd	c						ce									a	
78	9	32	36	67	6	8	17	47	32	76	3	1	28	44	5	77	29	46
20%	14%	19%	23%	21%	27%	29%	28%	17%	28%	21%	15%	5%	18%	23%	24%	21%	33%	17%
						d	d		d								b	
57	1	15	38	53	6	3	13	35	21	54	3	1	15	34	7	56	13	43
15%	1%	9%	25%	17%	24%	12%	20%	13%	19%	15%	14%	4%	10%	18%	30%	15%	14%	16%
		a	abd	ab										b				
120	10	45	62	106	10	11	26	72	47	115	5	2	42	65	10	118	39	76
31%	15%	27%	40%	33%	42%	41%	42%	26%	42%	31%	30%	8%	27%	35%	46%	32%	44%	29%
		a	ab	a			d	d	d								b	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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												
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
404	47	37	19	295	96	6	334	70	7	20	46	87	51	67	24	102	184	193
388	43	35	17	287	88	6	319	68	7	18	42	83	50	63	24	101	174	189
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
268	32	22	11	200	61	4	223	45	6	13	26	53	41	38	16	75	121	128
69%	73%	63%	68%	70%	69%	66%	70%	65%	86%	70%	63%	65%	83% cdfj	60%	64%	74%	69%	68%
78	8	7	4	56	17	1	61	17	-	4	9	18	6	17	8	16	33	41
20%	18%	19%	22%	20%	20%	14%	19%	25%	-	21%	22%	22%	12%	26%	33%	16%	19%	22%
57	6	9	3	39	17	2	48	9	1	2	8	13	3	11	2	18	24	30
15%	15%	27% d	16%	14%	19%	34%	15%	13%	14%	9%	20% e	16%	5%	17%	8%	17% e	14%	16% e
120	12	13	5	87	28	2	96	24	1	5	16	29	9	25	9	26	53	60
31%	27%	37%	32%	30%	31%	34%	30%	35%	14%	30%	37% e	35% e	17% e	40% e	36%	26%	31%	32% e

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	404	203	76	120	343	20	329	27	323	36	338	24	268	47
Total	388	194	73	115	331	18	318	24	314	32	327	22	260	42
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	268	123	56	85	227	12	219	14	221	20	233	10	185	26
	69%	64%	76%	73%	69%	63%	69%	60%	70%	62%	71%	46%	71%	62%
With another adult or adults	78	43	13	22	66	4	64	6	62	7	66	6	56	8
	20%	22%	18%	19%	20%	24%	20%	25%	20%	22%	20%	25%	21%	19%
With a child or children	57	36	8	11	51	2	49	4	45	6	42	6	28	10
	15%	18%	11%	10%	15%	13%	15%	19%	14%	18%	13%	29%	11%	24%
		c											a	
NET: With somebody else	120	70	18	31	104	7	99	9	93	12	94	12	75	16
	31%	36%	24%	27%	31%	37%	31%	40%	30%	38%	29%	54%	29%	38%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	515	188	325	240	187	88	35	77	43	57	33	38	103	72	57
Total	500	185	313	217	190	93	29	74	41	53	29	55	95	69	55
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	266	93	173	129	72	65	19	46	18	32	14	25	45	39	30
	53%	50%	55%	59%	38%	70%	65%	62%	44%	60%	48%	45%	47%	56%	54%
				b		b		g							
With another adult or adults	144	72	72	59	64	20	7	21	15	15	9	16	30	18	12
	29%	39%	23%	27%	34%	21%	23%	28%	38%	29%	30%	29%	31%	27%	23%
		b			c										
With a child or children	146	52	93	46	88	12	5	16	14	9	11	23	32	19	17
	29%	28%	30%	21%	47%	13%	18%	22%	35%	17%	37%	42%	34%	27%	30%
					ac				d		d	abd	d		
NET: With somebody else	234	92	140	88	118	28	10	28	23	21	15	30	51	30	25
	47%	50%	45%	41%	62%	30%	35%	38%	56%	40%	52%	55%	53%	44%	46%
					ac								b		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	515	59	157	120	83	51	45	336	179	399	14	44	37	2	7	104
Total	500	53	150	113	85	51	48	316	183	394	12	40	34	2	6	94
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	266	24	73	65	47	26	32	161	105	214	6	20	14	1	4	46
	53%	45%	48%	57%	56%	50%	67% abg	51%	57%	54%	49%	50%	43%	50%	69%	48%
With another adult or adults	144	21	41	31	28	13	9	93	50	105	4	16	14	1	1	36
	29%	40% f	28%	27%	33%	26%	18%	29%	27%	27%	35%	41% a	41%	50%	16%	39% a
With a child or children	146	14	54	29	25	17	7	97	49	117	3	8	14	-	1	25
	29%	26% f	36% f	26%	30%	33% f	15%	31% f	27%	30%	24%	20%	40%	-	15%	27%
NET: With somebody else	234	29	78	48	38	26	16	155	79	180	6	20	20	1	2	49
	47%	55% f	52% f	43%	44%	50%	33%	49% f	43%	46%	51%	50%	57%	50%	31%	52%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
515	113	216	179	395	21	28	99	367	148	480	29	32	217	238	28	483	118	352
500	110	206	177	383	19	26	97	357	143	467	27	31	212	231	26	468	113	343
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
266	83	114	65	178	8	18	45	195	71	250	12	30	128	98	10	237	49	179
53%	76%	55%	36%	47%	40%	68%	47%	55%	50%	54%	45%	95%	61%	43%	38%	50%	43%	52%
	bcd	cd		c								bce	ce		c			
144	27	54	62	116	9	9	37	89	55	131	11	2	51	79	12	142	41	97
29%	24%	26%	35%	30%	49%	32%	38%	25%	38%	28%	41%	5%	24%	34%	46%	30%	36%	28%
					d		d		d				a	ab	a	a		
146	2	54	89	143	7	3	26	111	35	139	8	-	45	91	10	146	37	107
29%	1%	26%	50%	37%	35%	10%	27%	31%	25%	30%	28%	-	21%	39%	40%	31%	33%	31%
		a	abd	ab									a	abe		ab		
234	27	92	113	205	11	9	52	162	72	217	15	2	84	132	16	232	64	163
47%	24%	45%	64%	53%	60%	32%	53%	45%	50%	46%	55%	5%	39%	57%	62%	50%	57%	48%
		a	abd	ab									a	abe		ab		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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												
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
515	55	62	21	365	130	6	421	94	9	34	62	95	66	95	28	126	223	249
500	50	61	20	357	123	6	407	93	8	32	61	93	63	94	27	123	216	243
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
266	24	29	7	197	58	2	220	46	6	17	34	47	34	46	15	68	115	129
53%	47%	48%	38%	55%	47%	34%	54%	49%	68%	53%	56%	51%	54%	49%	55%	55%	53%	53%
144	19	21	9	92	46	2	117	26	3	12	15	29	18	23	9	34	62	67
29%	38%	34%	47%	26%	38%	32%	29%	28%	32%	38%	25%	31%	29%	24%	35%	28%	29%	27%
					d													
146	12	15	5	110	29	2	116	30	-	8	22	26	16	30	7	36	65	73
29%	23%	25%	24%	31%	23%	34%	29%	32%	-	26%	37%	28%	26%	32%	27%	29%	30%	30%
234	26	32	12	160	65	4	187	47	3	15	27	46	29	48	12	55	101	115
47%	53%	52%	62%	45%	53%	66%	46%	51%	32%	47%	44%	49%	46%	51%	45%	45%	47%	47%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	515	285	79	147	412	33	403	51	380	60	407	42	336	82
Total	500	274	79	143	403	31	394	47	370	57	398	41	327	80
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	266	145	46	75	211	19	209	30	209	27	217	24	175	44
	53%	53%	58%	53%	52%	60%	53%	64%	57%	47%	54%	60%	54%	55%
With another adult or adults	144	80	24	37	114	10	109	12	92	23	107	12	94	22
	29%	29%	30%	26%	28%	32%	28%	25%	25%	40% a	27%	29%	29%	28%
With a child or children	146	79	19	46	123	4	119	10	108	15	118	10	95	21
	29%	29%	24%	32%	30% b	14%	30%	21%	29%	26%	30%	24%	29%	27%
NET: With somebody else	234	129	33	67	192	12	185	17	161	30	181	16	152	36
	47%	47%	42%	47%	48%	40%	47%	36%	43%	53%	46%	40%	46%	45%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	519	230	286	235	165	119	28	74	49	59	43	30	101	73	62
Total	506	225	277	216	166	124	24	72	45	56	38	43	95	72	61
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	333	153	178	144	85	104	16	48	29	40	26	27	57	47	42
	66%	68%	64%	67% b	51%	84% ab	67%	66%	65%	72%	69%	63%	60%	66%	69%
With another adult or adults	108	59	49	50	41	17	3	20	11	9	7	13	26	12	7
	21%	26% b	18%	23% c	25% c	14%	15%	28% i	25%	16%	19%	30% i	27% i	16%	11%
With a child or children	102	34	66	29	65	8	6	12	10	9	8	7	20	16	15
	20%	15%	24% a	13% c	39% ac	6%	26%	16%	23%	16%	20%	17%	21%	22%	24%
NET: With somebody else	173	73	99	72	81	20	8	25	16	16	12	16	38	25	19
	34%	32%	36%	33% c	49% ac	16%	33%	34%	35%	28%	31%	37%	40%	34%	31%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	519	60	162	104	84	41	68	326	193	417	15	47	23	3	4	92
Total	506	56	152	100	85	41	72	308	198	413	13	42	21	3	4	83
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	333	33	90	67	57	32	54	190	143	279	5	24	13	2	2	46
	66%	59%	60%	67%	67%	78%	75%	62%	72%	67%	40%	56%	63%	72%	52%	56%
					abg		abg		abg	g						
With another adult or adults	108	18	36	19	22	4	9	73	35	81	7	13	3	1	2	26
	21%	32%	24%	19%	26%	10%	12%	24%	18%	20%	52%	31%	16%	28%	48%	31%
		efh	f		ef			f								a
With a child or children	102	11	38	22	14	5	12	70	31	82	1	11	6	-	1	19
	20%	20%	25%	22%	17%	12%	17%	23%	16%	20%	8%	26%	29%	-	24%	23%
			h													
NET: With somebody else	173	23	61	33	28	9	18	118	55	134	8	19	8	1	2	37
	34%	41%	40%	33%	33%	22%	25%	38%	28%	33%	60%	44%	37%	28%	48%	44%
		efh	efh					efh								a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
519	135	222	152	374	14	24	120	361	158	495	20	35	244	209	31	484	128	346
506	134	215	146	362	14	23	117	351	154	483	19	36	242	199	29	470	124	337
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
333	116	139	74	212	5	13	67	248	85	322	8	34	165	119	15	299	61	230
66%	86%	64%	50%	59%	37%	54%	58%	71%	55%	67%	41%	95%	68%	60%	53%	64%	49%	68%
	bcd	c						ce				bcde					a	
108	17	49	38	87	8	9	33	59	49	100	7	1	50	47	10	107	37	70
21%	13%	23%	26%	24%	56%	37%	28%	17%	32%	21%	35%	2%	21%	24%	35%	23%	30%	21%
		a	a	a			d	d					a	a	a	a	b	
102	3	44	54	98	2	2	29	68	33	96	5	1	39	55	6	101	35	65
20%	2%	20%	37%	27%	14%	8%	25%	19%	22%	20%	29%	2%	16%	28%	21%	21%	28%	19%
		a	abd	a									a	ab	a	a	b	
173	19	77	73	149	9	11	50	104	69	161	11	2	78	80	14	171	63	107
34%	14%	36%	50%	41%	63%	46%	42%	29%	45%	33%	59%	5%	32%	40%	47%	36%	51%	32%
		a	ab	a			d	d					a	a	a	a	b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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												
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
519	57	68	19	369	133	9	423	96	22	32	63	94	62	96	20	130	219	246
506	53	67	17	362	127	9	412	93	21	31	61	92	60	93	20	129	213	242
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
333	34	36	9	246	74	3	272	61	16	18	42	60	41	57	13	86	143	155
66%	63%	54%	51%	68% be	59%	30%	66%	65%	79%	60%	69%	65%	68%	61%	64%	67%	67%	64%
108	12	19	5	71	34	3	86	22	4	7	11	18	9	18	6	35	38	59
21%	23%	29%	31%	20%	27%	34%	21%	24%	21%	22%	18%	20%	15%	19%	31%	27% i	18%	24%
102	9	16	3	75	24	4	83	18	1	9	9	17	12	27	5	22	38	54
20%	17%	23%	18%	21%	19%	45%	20%	20%	5%	28%	15%	18%	20%	29% hi	27%	17%	18%	22%
173	20	30	9	116	53	6	140	33	4	12	19	32	19	36	7	43	70	86
34%	37%	46% d	49%	32%	41% d	70%	34%	35%	21%	40%	31%	35%	32%	39%	36%	33%	33%	36%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	519	245	104	168	430	24	424	45	395	44	410	36	348	89
Total	506	238	105	161	420	22	414	42	386	41	401	33	339	86
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	333	147	83	102	282	15	271	33	252	27	269	23	224	55
	66%	62%	79% ac	63%	67%	66%	65%	77%	65%	67%	67%	70%	66%	64%
With another adult or adults	108	59	17	31	83	7	91	5	80	11	84	7	79	18
	21%	25%	16%	19%	20%	30%	22%	11%	21%	26%	21%	20%	23%	21%
With a child or children	102	54	12	35	83	2	86	6	86	4	82	4	67	15
	20%	23% b	11%	22% b	20%	8%	21%	15%	22% b	9%	20%	13%	20%	17%
NET: With somebody else	173	91	22	59	138	8	143	10	134	13	133	10	115	31
	34%	38% b	21%	37% b	33%	34%	35%	23%	35%	33%	33%	30%	34%	36%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	374	166	208	157	168	49	18	37	34	48	32	24	72	58	51
Total	365	163	202	145	170	50	15	36	31	46	29	35	67	56	50
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	87	47	40	39	27	22	5	7	6	10	8	3	16	12	20
	24%	29%	20%	27%	16%	43%	32%	19%	20%	22%	27%	8%	24%	22%	40%
		b		b		ab									bh
With another adult or adults	120	62	58	50	53	17	6	13	12	19	12	13	20	15	11
	33%	38%	29%	35%	31%	35%	40%	35%	38%	40%	41%	37%	30%	27%	23%
With a child or children	225	85	140	77	127	20	9	23	19	27	16	26	42	36	25
	62%	52%	69%	53%	75%	40%	62%	65%	60%	59%	57%	75%	63%	64%	51%
			a		ac										
NET: With somebody else	278	116	162	106	143	29	10	30	25	36	21	32	51	44	30
	76%	71%	80%	73%	84%	57%	68%	81%	80%	78%	73%	92%	76%	78%	60%
			a	c	ac			i						i	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	374	50	114	85	63	30	32	249	125	296	10	42	18	1	4	75
Total	365	46	111	82	64	29	33	238	127	293	9	40	16	1	3	69
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	87	11	19	21	13	6	16	52	35	58	5	14	7	-	2	28
	24%	25%	17%	26%	21%	20%	49%	22%	28%	20%	58%	36%	43%	-	51%	41%
							abcdegh					a				a
With another adult or adults	120	20	40	21	22	12	6	80	40	99	1	12	5	1	1	20
	33%	43%	36%	25%	34%	41%	18%	34%	32%	34%	9%	31%	28%	100%	26%	28%
		cf														
With a child or children	225	27	75	52	39	17	15	154	71	195	3	18	7	-	1	29
	62%	58%	68%	64%	60%	59%	45%	64%	56%	66%	33%	46%	46%	-	22%	42%
		f						f		cg						
NET: With somebody else	278	34	91	61	51	24	17	186	92	235	4	25	9	1	2	41
	76%	75%	83%	74%	79%	80%	51%	78%	72%	80%	42%	64%	57%	100%	49%	59%
		f	f	f	f	f		f	f	cg						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
374	42	164	163	327	17	26	81	250	124	343	22	10	161	183	20	364	104	253
365	41	160	159	319	16	25	81	243	122	335	21	10	160	177	18	355	102	246
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
87	25	35	26	62	3	9	25	50	37	75	9	9	42	31	6	79	26	50
24%	59%	22%	17%	19%	19%	36%	31%	21%	31%	22%	44%	84%	26%	17%	34%	22%	25%	20%
	bcd								d				c					
120	14	50	54	104	3	8	32	77	43	113	4	2	50	63	5	119	32	85
33%	34%	31%	34%	33%	21%	30%	40%	32%	35%	34%	20%	16%	32%	36%	28%	33%	31%	35%
225	3	109	111	220	10	10	37	167	57	211	11	1	93	122	9	224	59	161
62%	7%	68%	70%	69%	65%	38%	46%	69%	47%	63%	50%	8%	58%	69%	50%	63%	57%	66%
		a	a	a				ce						b				
278	17	125	133	257	13	16	56	193	85	260	12	2	118	147	12	276	77	196
76%	41%	78%	83%	81%	81%	64%	69%	79%	69%	78%	56%	16%	74%	83%	66%	78%	75%	80%
		a	a	a				e						b				

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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												
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
374	52	59	20	250	113	14	309	65	19	31	59	62	51	60	13	79	172	152
365	50	59	19	244	109	14	300	65	18	30	58	59	49	62	14	75	167	150
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
87	10	16	5	56	29	2	71	16	3	9	18	17	10	8	3	20	45	31
24%	19%	27%	28%	23%	26%	15%	24%	25%	14%	29%	30% f	29% f	21%	13%	18%	27% f	27% f	20%
120	19	16	10	76	39	4	100	21	4	8	14	19	13	28	7	27	46	62
33%	38%	27%	53%	31%	36%	27%	33%	32%	25%	27%	23%	33%	27%	45% ci	49%	36%	28%	41% ci
225	27	34	5	162	53	11	185	39	13	16	33	36	34	43	10	40	103	93
62%	54%	58%	28%	66% e	48%	79%	62%	60%	70%	54%	57%	61%	68%	70% h	71%	53%	62%	62%
278	40	43	13	188	81	12	229	49	16	21	41	42	39	54	11	55	122	120
76%	81%	73%	72%	77%	74%	85%	76%	75%	86%	71%	70%	71%	79%	87% cdhi	82%	73%	73%	80%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	374	164	79	126	283	23	279	40	262	46	271	34	208	71
Total	365	158	77	125	276	22	270	38	254	44	265	32	204	68
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	87	39	22	25	58	6	59	10	59	10	65	7	44	22
	24%	25%	29%	20%	21%	28%	22%	26%	23%	23%	24%	22%	21%	32%
With another adult or adults	120	60	27	31	94	6	94	10	80	13	90	12	68	20
	33%	38%	35%	25%	34%	27%	35%	27%	32%	30%	34%	38%	34%	30%
		c												
With a child or children	225	89	43	91	179	12	171	22	156	27	164	18	131	33
	62%	56%	56%	73%	65%	54%	63%	58%	61%	62%	62%	55%	64%	49%
				ab									b	
NET: With somebody else	278	119	55	100	218	16	211	28	195	34	201	25	161	46
	76%	75%	71%	80%	79%	72%	78%	74%	77%	77%	76%	78%	79%	68%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	99	56	42	27	21	51	5	14	12	11	8	8	11	19	11
Total	100	57	42	24	21	55	4	14	11	11	7	12	10	20	11
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	68	40	27	12	11	44	3	9	9	6	4	7	7	14	8
	68%	71%	63%	49%	55%	81%	61%	65%	84%	57%	49%	62%	71%	73%	72%
With another adult or adults	25	14	11	9	6	10	1	4	2	5	3	3	2	4	2
	25%	25%	26%	38%	30%	18%	21%	30%	16%	43%	38%	25%	18%	22%	19%
With a child or children	13	5	8	4	6	3	1	1	-	-	3	1	1	4	2
	13%	9%	19%	17%	29%	5%	18%	5%	-	-	38%	12%	11%	21%	19%
NET: With somebody else	32	16	16	12	10	11	2	5	2	5	4	4	3	5	3
	32%	29%	37%	51%	45%	19%	39%	35%	16%	43%	51%	38%	29%	27%	28%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	99	5	22	21	15	7	29	48	51	85	4	3	3	-	1	11
Total	100	4	22	19	16	7	32	45	55	88	4	3	3	-	1	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Nobody, I did this on my own	68	3	13	14	10	4	24	29	39	61	2	1	1	-	1	4
	68%	58%	59%	72%	62%	60%	77%	64%	70%	70%	51%	31%	28%	-	100%	43%
With another adult or adults	25	2	4	5	6	3	5	11	14	21	2	2	1	-	-	5
	25%	42%	18%	28%	38%	40%	16%	25%	26%	24%	49%	69%	34%	-	-	46%
With a child or children	13	1	6	-	1	1	4	7	6	11	-	1	1	-	-	2
	13%	20%	27%	-	7%	15%	13%	15%	12%	13%	-	39%	38%	-	-	21%
NET: With somebody else	32	2	9	5	6	3	7	16	16	27	2	2	2	-	-	6
	32%	42%	41%	28%	38%	40%	23%	36%	30%	30%	49%	69%	72%	-	-	57%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	
			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
99	49	29	20	49	4	5	25	65	34	93	5	9	54	32	4	90	15	70
100	50	29	20	49	5	5	27	64	36	94	5	9	56	31	3	91	15	72
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
68	39	20	8	28	4	-	20	44	24	64	3	9	40	15	3	58	9	46
68%	77%	67%	42%	57%	76%	-	76%	69%	66%	68%	65%	100%	71%	48%	100%	64%	60%	64%
	d												c					
25	11	8	7	15	-	3	6	16	9	24	2	-	15	10	-	25	5	20
25%	21%	27%	35%	30%	-	54%	24%	25%	25%	25%	35%	-	28%	32%	-	28%	33%	28%
13	1	4	9	12	1	2	1	9	4	13	-	-	3	10	-	13	4	9
13%	2%	13%	44%	25%	24%	46%	4%	14%	12%	14%	-	-	5%	33%	-	15%	27%	13%
				a										be				
32	12	9	11	21	1	5	6	20	12	31	2	-	16	16	-	32	6	26
32%	23%	33%	58%	43%	24%	100%	24%	31%	34%	32%	35%	-	29%	52%	-	36%	40%	36%
				a										b				

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	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
99	13	14	2	68	27	1	69	30	7	12	9	17	7	16	4	27	33	47
100	12	14	3	71	26	1	69	31	7	11	10	17	7	17	4	27	34	48
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
68	9	8	-	48	16	1	52	16	5	9	7	12	5	9	2	19	24	30
68%	78%	57%	-	68%	62%	100%	75% b	50%	65%	76%	70%	72%	70%	56%	42%	72%	71%	64%
25	2	5	1	19	6	-	12	13	3	3	2	4	2	4	1	7	8	12
25%	16%	31%	58%	27%	24%	-	17%	43% a	35%	24%	19%	23%	30%	25%	33%	25%	23%	26%
13	1	3	1	9	5	-	7	6	-	-	2	1	-	6	1	3	3	10
13%	6%	19%	42%	12%	18%	-	10%	20%	-	-	22%	5%	-	37%	25%	11%	9%	21%
32	3	6	3	23	10	-	17	15	3	3	3	5	2	7	3	7	10	17
32%	22%	43%	100%	32%	38%	-	25%	50% a	35%	24%	30%	28%	30%	44%	58%	28%	29%	36%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	99	40	24	34	80	7	80	9	60	18	71	14	52	29
Total	100	39	26	34	81	7	80	10	61	18	71	15	51	30
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	68	24	21	22	56	2	55	8	45	9	49	7	39	17
	68%	62%	80%	64%	70%	30%	69%	78%	74%	49%	69%	50%	78%	56%
With another adult or adults	25	9	5	11	20	2	20	1	12	6	16	6	10	10
	25%	23%	20%	33%	25%	32%	25%	11%	19%	36%	23%	38%	19%	34%
With a child or children	13	8	1	4	10	3	10	2	7	5	10	3	7	3
	13%	21%	3%	12%	13%	38%	13%	22%	12%	27%	15%	19%	13%	10%
NET: With somebody else	32	15	5	12	24	5	25	2	16	9	22	7	11	13
	32%	38%	20%	36%	30%	70%	31%	22%	26%	51%	31%	50%	22%	44%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	1 day	2 days	3 days	4 days	5 days	6 days	7 days	NET: Occasionally (1 day)	NET: Some (2-4 days)	NET: Most 5+ days
Walking (either for leisure or travel)	1203 100%	125 10%	208 17%	222 18%	125 10%	129 11%	76 6%	318 26%	125 10%	555 46%	522 43%
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	506 100%	78 15%	92 18%	106 21%	70 14%	62 12%	19 4%	78 15%	78 15%	268 53%	160 32%
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	500 100%	81 16%	95 19%	110 22%	57 11%	69 14%	20 4%	68 14%	81 16%	262 52%	156 31%
Running or jogging	388 100%	79 20%	75 19%	99 25%	50 13%	32 8%	17 4%	36 9%	79 20%	223 58%	85 22%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	365 100%	54 15%	80 22%	86 23%	42 12%	37 10%	14 4%	51 14%	54 15%	208 57%	102 28%
Cycling (either for leisure or travel)	191 100%	46 24%	39 20%	30 16%	22 11%	29 15%	5 3%	20 10%	46 24%	91 48%	54 28%
Other sport, exercise or physical activity	100 100%	16 16%	12 12%	20 20%	9 9%	16 16%	6 6%	21 21%	16 16%	41 41%	43 43%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	1187	563	621	333	403	451	68	158	127	124	109	109	156	202	134
Total	1203	574	626	312	413	478	58	158	120	123	99	158	151	202	134
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	125 10%	57 10%	68 11%	39 13%	34 8%	52 11%	4 7%	14 9%	12 10%	13 11%	14 15% h	23 14% h	17 11%	15 7%	13 10%
2 days	208 17%	100 17%	107 17%	65 21%	64 16%	78 16%	7 12%	23 14%	19 16%	17 14%	19 19%	32 20%	30 20%	41 20%	20 15%
3 days	222 18%	91 16%	128 20% a	66 21% c	86 21% c	70 15%	9 15%	24 15%	22 19%	25 20%	17 17%	28 18%	34 22%	40 20%	23 17%
4 days	125 10%	68 12%	58 9%	39 12% c	50 12% c	36 8%	9 15% f	22 14% f	9 8%	12 10%	11 11%	9 6%	18 12%	22 11%	14 11%
5 days	129 11%	64 11%	65 10%	33 11%	54 13% c	41 9%	6 10%	18 11%	16 13%	16 13%	6 6%	13 8%	21 14% e	16 8%	18 14% e
6 days	76 6%	39 7%	37 6%	13 4%	24 6%	39 8% a	4 7%	8 5%	9 8%	10 8%	7 7%	10 6%	7 5%	15 7%	5 4%
7 days	318 26%	155 27%	163 26%	57 18%	100 24% a	161 34% ab	19 33% g	50 31% g	32 27% g	30 24%	26 26%	44 28% g	25 16%	52 26% g	40 30% g
NET: Occasionally (1 day)	125 10%	57 10%	68 11%	39 13%	34 8%	52 11%	4 7%	14 9%	12 10%	13 11%	14 15% h	23 14% h	17 11%	15 7%	13 10%
NET: Some (2-4 days)	555 46%	259 45%	293 47%	170 54% c	201 49% c	184 39%	24 41%	69 43%	51 42%	54 44%	47 47%	69 43%	81 54%	103 51%	57 43%
NET: Most 5+ days	522 43%	258 45%	265 42%	103 33%	178 43% a	241 50% ab	30 51% g	75 48% g	57 48% g	56 46%	38 38%	67 42%	53 35%	83 41%	63 47% g
Base for stats	1203	574	626	312	413	478	58	158	120	123	99	158	151	202	134
Median	4	4	4	3	4	5	5	4	4	4	3	3	3	4	4
Mean Score	4.18	4.25	4.13	3.73	4.21 a	4.46 a	4.64 g	4.45 g	4.28 g	4.24	3.98	4.03	3.77	4.18	4.34 g
Standard Deviation	2.126	2.124	2.131	2.006	2.020	2.243	2.090	2.120	2.131	2.080	2.224	2.268	1.947	2.091	2.138
Standard Error	.062	.090	.086	.110	.101	.106	.253	.169	.189	.187	.213	.217	.156	.147	.185
Error variance	*	.01	.01	.01	.01	.01	.06	.03	.04	.03	.05	.05	.02	.02	.03



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	1187	83	318	276	167	120	223	677	510	1057	22	56	31	4	6	119
Total	1203	80	310	271	177	125	240	661	542	1080	20	52	30	4	6	112
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	125 10%	5 7%	29 9%	42 16% abfh	17 10%	16 13%	16 7%	76 12% f	49 9%	115 11%	1 4%	4 8%	2 7%	- -	- -	7 7%
2 days	208 17%	12 15%	60 19% f	43 16% f	37 21% f	25 20%	31 13%	115 17%	93 17%	180 17%	2 9%	13 25%	8 28%	2 60%	2 28%	27 24% a
3 days	222 18%	17 21%	61 20%	38 14%	30 17%	29 23% c	47 19%	116 18%	106 20%	187 17%	9 42%	15 29% a	7 25%	- -	2 36%	33 30% a
4 days	125 10%	10 12%	31 10%	38 14% h	16 9%	9 7%	22 9%	79 12%	46 9%	108 10%	4 17%	5 9%	7 23% a	1 21%	1 19%	17 15%
5 days	129 11%	6 8%	29 9%	43 16% bfh	18 10%	13 10%	20 8%	78 12%	50 9%	118 11%	2 10%	5 9%	2 7%	- -	- -	9 8%
6 days	76 6%	5 6%	18 6%	9 3%	13 7%	9 7%	23 9% cg	32 5%	44 8% cg	72 7%	2 9%	2 4%	- -	- -	- -	4 3%
7 days	318 26%	24 31%	83 27%	57 21%	46 26%	25 20%	83 34% ceg	164 25%	153 28% c	300 28% cdg	2 8%	8 16% a	3 10% a	1 19%	1 17%	15 13%
NET: Occasionally (1 day)	125 10%	5 7%	29 9%	42 16% abfh	17 10%	16 13%	16 7%	76 12% f	49 9%	115 11%	1 4%	4 8%	2 7%	- -	- -	7 7%
NET: Some (2-4 days)	555 46%	39 49%	152 49%	119 44%	83 47%	63 50%	99 41%	310 47%	245 45%	475 44%	14 68%	33 63% a	22 76% a	3 81%	5 83%	77 69% a
NET: Most 5+ days	522 43%	35 44%	130 42%	110 40%	76 43%	46 37%	125 52% bceg	275 42%	247 46% cdg	490 45% cdg	6 28%	15 28%	5 17%	1 19%	1 17%	27 24%
Base for stats	1203	80	310	271	177	125	240	661	542	1080	20	52	30	4	6	112
Median	4	4	4	4	4	3	5	4	4	4	3	3	3	2	3	3
Mean Score	4.18	4.40	4.15	3.93	4.14	3.82	4.65 bcdegh	4.09	4.29 ce	4.25 cdg	3.81	3.59	3.37	3.39	3.61	3.56
Standard Deviation	2.126	2.097	2.126	2.092	2.149	2.083	2.110	2.111	2.141	2.148	1.574	1.892	1.629	2.238	1.872	1.754
Standard Error	.062	.230	.119	.126	.166	.190	.141	.081	.095	.066	.336	.253	.293	1.119	.764	.161
Error variance	*	.05	.01	.02	.03	.04	.02	.01	.01	*	.11	.06	.09	1.25	.58	.03

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	
	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	1187	432	464	279	743	32	35	229	891	296	1130	45	103	656	388	40	1084	186	886
Total	1203	446	467	277	744	32	35	240	895	307	1145	46	108	670	386	39	1095	189	894
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	125 10%	52 12%	49 10%	23 8%	72 10%	3 9%	4 12%	27 11%	91 10%	34 11%	114 10%	9 20% a	21 19% bce	57 8%	44 11%	4 10%	104 10%	17 9%	84 9%
2 days	208 17%	61 14%	82 17%	65 23% ab	147 20% a	10 32% cd	9 27%	40 17%	148 17%	60 19%	194 17%	12 26%	11 10%	107 16%	81 21% ab	9 24% a	197 18% a	31 16%	163 18%
3 days	222 18%	76 17%	82 17%	62 22%	144 19%	8 23%	6 18%	54 22%	155 17%	67 22%	208 18%	11 25%	13 12%	123 18%	79 20%	7 19%	209 19%	49 26% b	158 18%
4 days	125 10%	41 9%	54 12%	29 11%	84 11%	5 14%	6 18%	18 8%	96 11%	29 9%	119 10%	5 11%	8 7%	73 11%	37 9%	8 21% ace	117 11%	23 12%	94 11%
5 days	129 11%	40 9%	56 12%	31 11%	87 12%	3 10%	5 14%	23 10%	97 11%	31 10%	125 11%	2 4%	11 11%	72 11%	43 11%	2 6%	117 11%	22 12%	94 11%
6 days	76 6%	30 7% c	36 8% c	9 3%	45 6%	2 5%	1 3%	16 7%	57 6%	18 6%	74 6%	1 2%	7 7%	49 7%	18 5%	1 3%	68 6%	11 6%	58 6%
7 days	318 26%	147 33% bcd	108 23%	58 21%	166 22%	2 7%	3 9%	62 26% ab	251 28% abe	67 22%	311 27% b	5 12%	37 34% c	190 28% c	85 22%	7 18%	281 26%	36 19%	244 27% a
NET: Occasionally (1 day)	125 10%	52 12%	49 10%	23 8%	72 10%	3 9%	4 12%	27 11%	91 10%	34 11%	114 10%	9 20% a	21 19% bce	57 8%	44 11%	4 10%	104 10%	17 9%	84 9%
NET: Some (2-4 days)	555 46%	177 40%	218 47% a	157 56% ab	374 50% a	22 69% cd	22 62% d	112 47%	399 45%	156 51%	521 46%	28 61% a	32 30%	303 45% a	196 51% a	25 64% abe	523 48% a	102 54% b	415 46%
NET: Most 5+ days	522 43%	217 49% cd	200 43% c	97 35%	298 40%	7 22%	9 26%	101 42% a	405 45% abe	117 38%	510 45% b	8 19%	55 51% cd	310 46% cd	146 38%	10 27%	467 43% d	69 37%	396 44%
Base for stats	1203	446	467	277	744	32	35	240	895	307	1145	46	108	670	386	39	1095	189	894
Median	4	4	4	3	4	3	3	3	4	3	4	3	5	4	3	3	4	3	4

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	
	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	1187	432	464	279	743	32	35	229	891	296	1130	45	103	656	388	40	1084	186	886
Total	1203	446	467	277	744	32	35	240	895	307	1145	46	108	670	386	39	1095	189	894
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	4.18	4.42	4.13	3.86	4.03	3.29	3.39	4.10	4.27	3.94	4.23	3.08	4.36	4.35	3.90	3.70	4.17	3.96	4.23
		bcd						a	abe		b			c		c			
Standard Deviation	2.126	2.220	2.080	2.007	2.056	1.685	1.757	2.142	2.137	2.077	2.126	1.875	2.367	2.102	2.084	1.948	2.101	1.951	2.125
Standard Error	.062	.107	.097	.120	.075	.298	.297	.142	.072	.121	.063	.280	.233	.082	.106	.308	.064	.143	.071
Error variance	*	.01	.01	.01	.01	.09	.09	.02	.01	.01	*	.08	.05	.01	.01	.09	*	.02	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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									
	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	1187	114	174	30	870	291	24	939	248	119	102	157	191	126	143	57	292	474	492
Total	1203	112	182	30	882	295	25	948	255	124	104	160	192	124	146	58	293	477	497
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	125	17	18	-	92	30	5	104	22	18	57	17	14	6	4	1	8	37	13
	10%	16%	10%	-	10%	10%	21%	11%	8%	15%	55%	11%	8%	5%	3%	2%	3%	8%	3%
		c								defghij	acdefghij	fghj	hj					fhj	
2 days	208	18	29	-	156	45	3	167	40	30	13	86	35	18	15	4	6	139	26
	17%	16%	16%	-	18%	15%	10%	18%	16%	24%	12%	54%	18%	15%	10%	7%	2%	29%	5%
		c	c		c	c				bfgjh	hj	abdefghij	fghj	hj	hj			bdefghj	h
3 days	222	20	42	12	150	68	5	172	50	25	10	29	92	30	24	1	10	152	35
	18%	17%	23%	39%	17%	23%	18%	18%	20%	20%	10%	18%	48%	24%	17%	1%	4%	32%	7%
			d	ad		d				bghj	gh	ghj	abcefgghj	bghj	ghj			abcfghj	h
4 days	125	17	17	5	85	36	3	96	29	12	8	9	20	51	16	1	9	80	26
	10%	15%	9%	16%	10%	12%	13%	10%	11%	9%	7%	5%	10%	41%	11%	1%	3%	17%	5%
										gh			ghj	abcdefghj	ghj			abcdghj	
5 days	129	12	13	7	97	29	3	107	21	8	8	10	11	9	64	5	14	30	83
	11%	11%	7%	24%	11%	10%	11%	11%	8%	6%	8%	6%	6%	8%	44%	8%	5%	6%	17%
				bde											abcdeghij			abcdehi	
6 days	76	9	14	1	54	20	2	59	17	5	3	1	3	4	10	37	12	8	59
	6%	8%	7%	3%	6%	7%	8%	6%	7%	4%	3%	1%	2%	3%	7%	64%	4%	2%	12%
										c					cdi	abcdefhij	ci		abcdehi
7 days	318	19	49	5	247	67	5	243	75	26	6	8	16	5	13	10	233	30	256
	26%	17%	27%	18%	28%	23%	19%	26%	29%	21%	6%	5%	9%	4%	9%	17%	80%	6%	51%
			a	a						bcdefi						bcei	abcdefgij	abcdefgi	
NET: Occasionally (1 day)	125	17	18	-	92	30	5	104	22	18	57	17	14	6	4	1	8	37	13
	10%	16%	10%	-	10%	10%	21%	11%	8%	15%	55%	11%	8%	5%	3%	2%	3%	8%	3%
		c								defghij	acdefghij	fghj	hj					fhj	
NET: Some (2-4 days)	555	55	88	17	391	148	10	436	119	67	30	124	148	99	56	6	26	371	87
	46%	49%	49%	55%	44%	50%	41%	46%	47%	54%	29%	77%	77%	80%	38%	9%	9%	78%	18%
										bfgjh	ghj	abfghj	abfghj	abfghj	ghj			abfghj	h

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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									
	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	1187	114	174	30	870	291	24	939	248	119	102	157	191	126	143	57	292	474	492
Total	1203	112	182	30	882	295	25	948	255	124	104	160	192	124	146	58	293	477	497
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	522	40	75	14	398	117	10	409	114	39	17	20	30	19	86	52	259	69	397
	43%	35%	41%	45%	45%	40%	38%	43%	45%	32%	16%	12%	16%	15%	59%	89%	88%	14%	80%
										bcdei					abcdei	abcdefi	abcdefij		abcdefi
Base for stats	1203	112	182	30	882	295	25	948	255	124	104	160	192	124	146	58	293	477	497
Median	4	4	4	4	4	4	4	4	4	3	1	2	3	4	5	6	7	3	7
Mean Score	4.18	3.79	4.18	4.45	4.24	4.08	3.84	4.14	4.33	3.66	2.32	2.66	3.27	3.60	4.37	5.67	6.36	3.15	5.69
					a					bci			bc	bcdi	abcdei	abcdefi	abcdefgij	bc	abcdefi
Standard Deviation	2.126	2.036	2.132	1.501	2.156	2.044	2.180	2.126	2.123	2.131	1.846	1.434	1.504	1.300	1.481	1.354	1.482	1.475	1.708
Standard Error	.062	.191	.162	.274	.073	.120	.445	.069	.135	.195	.183	.114	.109	.116	.124	.179	.087	.068	.077
Error variance	*	.04	.03	.08	.01	.01	.20	*	.02	.04	.03	.01	.01	.01	.02	.03	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	1187	422	289	471	950	81	925	105	831	149	904	114	652	272
Total	1203	422	301	474	960	84	932	107	838	150	916	116	655	279
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	125	22	27	76	88	21	90	16	80	18	83	22	64	35
	10%	5%	9%	16% ab	9%	25% a	10%	15%	10%	12%	9%	19% a	10%	13%
2 days	208	42	54	110	157	14	155	21	133	36	145	15	102	51
	17%	10%	18% a	23% a	16%	17%	17%	20%	16%	24% a	16%	13%	16%	18%
3 days	222	75	55	92	177	16	167	25	147	29	169	26	124	46
	18%	18%	18%	19%	18%	19%	18%	24%	18%	19%	18%	23%	19%	17%
4 days	125	53	33	39	97	12	97	10	93	15	97	12	71	24
	10%	13% c	11%	8%	10%	14%	10%	10%	11%	10%	11%	11%	11%	9%
5 days	129	68	20	41	108	5	105	7	85	19	96	12	70	29
	11%	16% bc	7%	9%	11%	6%	11%	7%	10%	12%	11%	10%	11%	10%
6 days	76	32	21	23	60	5	61	7	55	11	58	9	47	20
	6%	8%	7%	5%	6%	6%	7%	7%	7%	7%	6%	8%	7%	7%
7 days	318	130	93	94	273	12	257	20	245	23	267	19	178	74
	26%	31% c	31% c	20%	28% b	14%	28%	19%	29% b	15%	29% b	17%	27%	27%
NET: Occasionally (1 day)	125	22	27	76	88	21	90	16	80	18	83	22	64	35
	10%	5%	9%	16% ab	9%	25% a	10%	15%	10%	12%	9%	19% a	10%	13%
NET: Some (2-4 days)	555	169	141	241	431	41	419	57	373	80	412	53	297	121
	46%	40%	47%	51% a	45%	49%	45%	53%	45%	53% a	45%	46%	45%	43%
NET: Most 5+ days	522	231	133	157	441	22	422	34	385	52	421	41	295	123
	43%	55% bc	44% c	33%	46% b	26%	45% b	32%	46% b	35%	46% b	35%	45%	44%
Base for stats	1203	422	301	474	960	84	932	107	838	150	916	116	655	279
Median	4	5	4	3	4	3	4	3	4	3	4	3	4	4
Mean Score	4.18	4.71	4.32	3.63	4.31	3.34	4.27	3.70	4.33	3.69	4.33	3.72	4.27	4.13
		bc	c		b		b		b		b			
Standard Deviation	2.126	1.950	2.171	2.121	2.121	2.062	2.123	2.078	2.135	1.985	2.124	2.081	2.112	2.191
Standard Error	.062	.095	.128	.098	.069	.229	.070	.203	.074	.163	.071	.195	.083	.133
Error variance	*	.01	.02	.01	*	.05	*	.04	.01	.03	*	.04	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	196	122	74	82	80	34	9	27	18	14	23	16	39	29	21
Total	191	120	71	75	80	36	8	27	17	14	20	23	36	27	19
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	46 24%	28 23%	18 26%	18 23%	21 27%	7 20%	4 54%	4 16%	5 28%	5 37%	2 9%	3 12%	8 23%	7 25%	9 44%
2 days	39 20%	22 19%	17 23%	14 18%	15 19%	10 27%	1 11%	4 14%	5 28%	1 6%	7 34%	3 13%	7 20%	8 31%	4 18%
3 days	30 16%	18 15%	13 18%	14 19%	13 16%	3 8%	1 11%	5 20%	1 5%	4 29%	5 27%	3 13%	4 11%	3 12%	4 18%
4 days	22 11%	15 13%	6 9%	9 12%	9 12%	3 8%	- -	3 12%	2 11%	1 6%	3 12%	3 13%	8 21%	1 3%	2 10%
5 days	29 15%	18 15%	11 16%	12 16%	11 14%	5 15%	2 23%	5 19%	1 6%	2 15%	2 9%	7 31%	5 14%	5 18%	- -
6 days	5 3%	5 4%	- -	2 2%	4 4%	- -	- -	1 4%	- -	- -	- -	1 6%	1 2%	2 7%	- -
7 days	20 10%	14 12%	6 8%	7 9%	6 7%	7 21% b	- -	4 15%	4 22%	1 7%	2 9%	3 13%	3 10%	1 4%	2 9%
NET: Occasionally (1 day)	46 24%	28 23%	18 26%	18 23%	21 27%	7 20%	4 54%	4 16%	5 28%	5 37%	2 9%	3 12%	8 23%	7 25%	9 44%
NET: Some (2-4 days)	91 48%	55 46%	36 50%	38 50%	38 47%	15 43%	2 23%	12 46%	7 45%	6 41%	15 73%	9 38%	19 52%	12 46%	9 46%
NET: Most 5+ days	54 28%	37 30%	17 24%	20 27%	21 26%	13 36%	2 23%	10 38%	5 27%	3 22%	4 18%	12 50%	9 25%	8 29%	2 9%
Base for stats	191	120	71	75	80	36	8	27	17	14	20	23	36	27	19
Median	3	3	3	3	3	3	1	3	2	3	3	4	3	2	2
Mean Score	3.22	3.36	2.99	3.20	3.09	3.56	2.26	3.77	3.27	2.84	3.15	4.07	3.28	2.94	2.41
Standard Deviation	1.939	1.994	1.834	1.860	1.884	2.225	1.751	1.992	2.342	1.896	1.653	1.888	1.902	1.856	1.841
Standard Error	.139	.181	.213	.205	.211	.382	.584	.383	.552	.507	.345	.472	.305	.345	.402
Error variance	.02	.03	.05	.04	.04	.15	.34	.15	.30	.26	.12	.22	.09	.12	.16

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	196	34	62	48	28	9	15	144	52	157	9	14	8	2	2	35
Total	191	31	61	45	29	9	16	137	54	156	8	13	7	2	2	31
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	46	5	18	11	5	3	4	34	12	40	2	2	2	-	-	5
	24%	17%	29%	25%	18%	30%	25%	25%	22%	26%	22%	14%	25%	-	-	17%
2 days	39	4	17	10	5	2	2	30	9	31	3	3	1	1	-	7
	20%	12%	28%	22%	17%	20%	11%	22%	16%	20%	34%	20%	11%	45%	-	22%
3 days	30	6	7	7	6	3	1	20	11	26	1	3	1	-	-	5
	16%	20%	12%	15%	21%	38%	7%	14%	20%	17%	10%	23%	13%	-	-	15%
4 days	22	5	7	4	4	-	2	15	6	15	-	3	4	-	-	6
	11%	15%	11%	9%	15%	-	13%	11%	12%	10%	-	21%	50%	-	-	20%
5 days	29	5	6	7	5	1	5	18	11	22	1	3	-	1	1	6
	15%	17%	9%	15%	18%	12%	29%	13%	21%	14%	13%	22%	-	55%	50%	18%
6 days	5	-	1	2	1	-	1	3	2	5	-	-	-	-	-	-
	3%	-	2%	4%	4%	-	5%	2%	3%	3%	-	-	-	-	-	-
7 days	20	6	5	5	2	-	1	16	3	16	2	-	-	-	1	3
	10%	21%	9%	10%	6%	-	9%	12%	6%	11%	21%	-	-	-	50%	8%
NET: Occasionally (1 day)	46	5	18	11	5	3	4	34	12	40	2	2	2	-	-	5
	24%	17%	29%	25%	18%	30%	25%	25%	22%	26%	22%	14%	25%	-	-	17%
NET: Some (2-4 days)	91	14	30	21	15	5	5	65	26	72	3	8	5	1	-	18
	48%	46%	50%	46%	53%	58%	31%	48%	47%	46%	44%	64%	75%	45%	-	56%
NET: Most 5+ days	54	12	12	13	8	1	7	37	16	43	3	3	-	1	2	8
	28%	37%	20%	30%	29%	12%	43%	27%	30%	28%	34%	22%	-	55%	100%	27%
Base for stats	191	31	61	45	29	9	16	137	54	156	8	13	7	2	2	31
Median	3	4	2	3	3	3	4	3	3	3	2	3	4	5	5	3
Mean Score	3.22	3.85	2.85	3.22	3.35	2.45	3.61	3.20	3.27	3.18	3.31	3.15	2.88	3.65	5.99	3.34
		b														
Standard Deviation	1.939	2.074	1.896	1.994	1.773	1.328	2.063	1.994	1.811	1.966	2.394	1.410	1.373	2.276	1.409	1.770
Standard Error	.139	.356	.241	.288	.335	.443	.533	.166	.251	.157	.798	.377	.486	1.610	.997	.299
Error variance	.02	.13	.06	.08	.11	.20	.28	.03	.06	.02	.64	.14	.24	2.59	.99	.09



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	
				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
Significance Level: 95%		a	b	c	d	*a	*b	c	d	e	a	*b	*a	b	c	*d	e	a	b
Unweighted Total	196	37	85	72	157	13	8	36	139	57	183	10	9	91	86	10	187	49	133
Total	191	36	83	70	153	13	7	36	135	56	179	9	9	90	83	9	182	47	130
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	46	10	23	13	36	3	-	4	39	7	41	5	2	26	17	2	44	8	34
	24%	28%	28%	19%	24%	23%	-	11%	29% ce	12%	23%	56%	22%	29%	20%	18%	24%	18%	26%
2 days	39	6	18	14	32	2	2	4	31	8	37	-	1	17	20	1	38	8	30
	20%	18%	22%	21%	21%	14%	26%	12%	23%	14%	21%	-	12%	19%	24%	9%	21%	16%	23%
3 days	30	4	14	12	26	3	2	6	19	11	30	-	1	14	15	1	30	10	18
	16%	10%	17%	17%	17%	23%	26%	17%	14%	20%	17%	-	9%	15%	18%	12%	16%	22%	14%
4 days	22	2	13	7	20	2	2	8	10	12	18	3	2	11	7	2	20	9	11
	11%	5%	15%	10%	13%	19%	24%	22% d	7%	21% d	10%	35%	22%	12%	9%	18%	11%	20% b	8%
5 days	29	6	6	16	22	2	1	7	18	10	28	-	1	10	16	2	28	7	20
	15%	17%	7%	22% b	14%	15%	13%	21%	14%	18%	15%	-	12%	11%	19%	22%	15%	14%	15%
6 days	5	1	2	2	4	-	1	2	2	3	4	1	-	2	2	1	5	-	5
	3%	3%	3%	3%	3%	-	11%	6%	2%	5%	2%	9%	-	3%	2%	9%	3%	-	4%
7 days	20	7	7	6	13	1	-	4	15	5	20	-	2	10	7	1	18	5	13
	10%	20% d	8%	8%	8%	6%	-	11%	11%	9%	11%	-	23%	11%	8%	11%	10%	10%	10%
NET: Occasionally (1 day)	46	10	23	13	36	3	-	4	39	7	41	5	2	26	17	2	44	8	34
	24%	28%	28%	19%	24%	23%	-	11%	29% ce	12%	23%	56%	22%	29%	20%	18%	24%	18%	26%
NET: Some (2-4 days)	91	12	45	33	78	7	6	18	60	31	86	3	4	42	42	3	87	27	58
	48%	33%	54% a	48%	51% a	56%	76%	51%	45%	55%	48%	35%	43%	47%	50%	39%	48%	57%	45%
NET: Most 5+ days	54	14	15	23	38	3	2	14	35	18	52	1	3	22	25	4	51	12	38
	28%	40% b	18%	33% b	25%	21%	24%	38%	26%	32%	29%	9%	35%	25%	29%	42%	28%	25%	29%
Base for stats	191	36	83	70	153	13	7	36	135	56	179	9	9	90	83	9	182	47	130
Median	3	3	3	3	3	3	3	4	2	4	3	1	4	3	3	4	3	3	3
Mean Score	3.22	3.54	2.93	3.38	3.14	3.15	3.58	3.91 d	3.03	3.69 d	3.26	2.48	3.83	3.10	3.22	3.88	3.19	3.37	3.15

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	
				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	196	37	85	72	157	13	8	36	139	57	183	10	9	91	86	10	187	49	133
Total	191	36	83	70	153	13	7	36	135	56	179	9	9	90	83	9	182	47	130
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Standard Deviation	1.939	2.306	1.830	1.859	1.851	1.741	1.393	1.794	1.991	1.736	1.947	1.863	2.305	1.993	1.840	2.044	1.923	1.790	1.980
Standard Error	.139	.379	.199	.219	.148	.483	.493	.299	.169	.230	.144	.589	.768	.209	.198	.646	.141	.256	.172
Error variance	.02	.14	.04	.05	.02	.23	.24	.09	.03	.05	.02	.35	.59	.04	.04	.42	.02	.07	.03

Significance Level: 95%

Unweighted Total

Total

Standard Deviation

Standard Error

Error variance

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
Significance Level: 95%		*a	*b	*c	d	e	*f	a	b	*a	*b	*c	d	*e	f	*g	h	i	j
Unweighted Total	196	23	27	10	135	55	5	158	38	3	12	19	36	25	34	15	52	80	101
Total	191	21	27	9	132	53	5	156	35	3	11	19	35	22	35	15	51	76	100
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	46	3	7	1	35	9	2	35	12	2	8	6	12	6	4	3	6	24	13
	24%	12%	25%	11%	27%	17%	35%	22%	33%	53%	69%	33%	33% fhj	26%	12%	24%	11%	31% fhj	13%
2 days	39	4	3	2	30	8	1	31	8	-	1	7	10	3	8	4	7	20	18
	20%	21%	10%	19%	23%	15%	21%	20%	22%	-	7%	38%	28%	16%	22%	26%	13%	27%	18%
3 days	30	5	5	3	19	12	1	26	4	1	1	2	6	8	6	-	7	15	12
	16%	22%	20%	31%	14%	22%	22%	17%	12%	47%	9%	10%	17%	35%	17%	-	13%	20%	12%
4 days	22	1	7	3	11	10	-	16	6	-	-	1	4	4	7	3	3	8	13
	11%	5%	24%	28%	9%	19% d	-	10%	16%	-	-	5%	10%	16%	21% h	21%	6%	11%	13%
5 days	29	4	4	1	19	8	1	24	5	-	-	3	4	1	10	1	11	7	21
	15%	19%	15%	11%	14%	15%	22%	15%	14%	-	-	13%	11%	4%	28% i	5%	21%	10%	21% i
6 days	5	1	-	-	4	1	-	5	-	-	-	-	-	1	-	4	1	1	4
	3%	5%	-	-	3%	2%	-	3%	-	-	-	-	-	4%	-	24%	2%	1%	4%
7 days	20	4	2	-	14	5	-	19	1	-	2	-	-	-	-	-	18	-	18
	10%	17%	7%	-	10%	10%	-	12%	3%	-	15%	-	-	-	-	-	35% dfij	-	18% dfi
NET: Occasionally (1 day)	46	3	7	1	35	9	2	35	12	2	8	6	12	6	4	3	6	24	13
	24%	12%	25%	11%	27%	17%	35%	22%	33%	53%	69%	33%	33% fhj	26%	12%	24%	11%	31% fhj	13%
NET: Some (2-4 days)	91	10	15	7	61	30	2	73	18	1	2	10	19	15	21	7	16	44	44
	48%	47%	54%	78%	46%	56%	43%	47%	51%	47%	16%	53%	55% h	66%	60% h	47%	32%	58% h	43%
NET: Most 5+ days	54	9	6	1	36	14	1	48	6	-	2	3	4	2	10	4	30	8	44
	28%	40%	21%	11%	28%	27%	22%	31%	17%	-	15%	13%	11%	8%	28% i	30%	57% dfi	11%	43% di
Base for stats	191	21	27	9	132	53	5	156	35	3	11	19	35	22	35	15	51	76	100
Median	3	3	3	3	3	3	2	3	2	1	1	2	2	3	3	4	5	2	4
Mean Score	3.22	3.79	3.20	3.09	3.11	3.48	2.53	3.34	2.68	1.95	2.17	2.27	2.39	2.67	3.32 di	3.32	4.59 dfi	2.44	3.97 di
Standard Deviation	1.939	2.051	1.745	1.235	1.974	1.801	1.682	1.986	1.639	1.214	2.235	1.370	1.360	1.351	1.412	1.993	2.191	1.351	2.013
Standard Error	.139	.428	.336	.391	.170	.243	.752	.158	.266	.701	.645	.314	.227	.270	.242	.515	.304	.151	.200
Error variance	.02	.18	.11	.15	.03	.06	.57	.02	.07	.49	.42	.10	.05	.07	.06	.26	.09	.02	.04

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	196	98	46	51	166	12	156	15	151	18	157	12	126	37
Total	191	94	46	49	162	12	152	15	148	17	153	12	124	36
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	46	18	10	17	40	2	34	6	33	3	36	4	28	8
	24%	19%	22%	35% a	25%	14%	23%	41%	22%	15%	24%	33%	23%	21%
2 days	39	21	9	8	34	1	33	3	31	4	30	1	25	8
	20%	23%	20%	17%	21%	6%	22%	22%	21%	21%	20%	9%	20%	21%
3 days	30	15	5	10	28	2	26	2	25	5	25	2	16	9
	16%	16%	11%	20%	17%	15%	17%	11%	17%	28%	17%	20%	13%	25%
4 days	22	12	7	3	17	2	14	3	15	3	15	3	15	5
	11%	12%	16%	5%	10%	14%	9%	20%	10%	15%	10%	30%	12%	14%
5 days	29	17	5	8	24	4	24	-	24	1	24	-	23	2
	15%	18%	10%	15%	15%	33%	16%	-	16%	9%	15%	-	19%	6%
6 days	5	-	2	3	3	-	3	1	4	-	4	-	2	1
	3%	-	4% a	6% a	2%	-	2%	5%	3%	-	3%	-	2%	3%
7 days	20	12	7	1	17	2	17	-	16	2	18	1	14	4
	10%	12%	16% c	2% c	11%	17%	11%	-	11%	11%	12%	9%	12%	10%
NET: Occasionally (1 day)	46	18	10	17	40	2	34	6	33	3	36	4	28	8
	24%	19%	22%	35% a	25%	14%	23%	41%	22%	15%	24%	33%	23%	21%
NET: Some (2-4 days)	91	48	22	21	78	4	73	8	71	11	71	7	56	21
	48%	51%	48%	42%	48%	36%	48%	54%	48%	65%	46%	58%	45%	60%
NET: Most 5+ days	54	28	14	11	44	6	44	1	44	3	46	1	40	7
	28%	30%	30%	23%	27%	49%	29%	5%	30%	20%	30%	9%	32%	19%
Base for stats	191	94	46	49	162	12	152	15	148	17	153	12	124	36
Median	3	3	3	2	3	4	3	2	3	3	3	3	3	3
Mean Score	3.22	3.36	3.48	2.76	3.18	4.11	3.25	2.32	3.29	3.25	3.30	2.89	3.36	3.10
Standard Deviation	1.939	1.919	2.109	1.755	1.934	1.959	1.952	1.497	1.946	1.800	1.984	1.835	1.977	1.846
Standard Error	.139	.194	.311	.246	.150	.566	.156	.387	.158	.424	.158	.530	.176	.303
Error variance	.02	.04	.10	.06	.02	.32	.02	.15	.03	.18	.03	.28	.03	.09

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	404	215	188	227	139	38	25	48	40	39	37	28	102	52	33
Total	388	210	177	206	140	41	21	46	36	36	33	41	95	50	31
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	79	35	44	46	26	8	6	8	10	13	4	9	11	10	8
	20%	17%	25%	22%	18%	18%	28%	18%	27%	37%	11%	22%	12%	20%	26%
			a						g	beg					g
2 days	75	37	37	47	24	4	3	9	5	5	9	3	21	16	4
	19%	18%	21%	23%	17%	10%	16%	18%	14%	14%	29%	7%	22%	32%	12%
														cdi	
3 days	99	59	40	47	40	12	3	17	7	8	10	4	27	16	8
	25%	28%	23%	23%	28%	29%	16%	36%	20%	21%	30%	10%	28%	31%	25%
4 days	50	35	15	25	17	8	5	5	2	6	2	9	15	2	4
	13%	17%	8%	12%	12%	19%	24%	11%	5%	18%	5%	22%	16%	4%	12%
		b								h			h		
5 days	32	16	17	17	13	2	2	2	3	-	3	3	13	3	4
	8%	8%	9%	8%	9%	5%	9%	5%	7%	-	11%	7%	13%	6%	13%
										d	d		d		d
6 days	17	14	2	6	7	4	-	1	3	1	-	4	5	2	1
	4%	7%	1%	3%	5%	9%	-	2%	8%	3%	-	11%	5%	4%	3%
		b													
7 days	36	14	22	18	14	4	2	5	6	3	5	9	3	1	3
	9%	7%	12%	9%	10%	11%	7%	10%	18%	8%	14%	21%	4%	2%	10%
									gh		gh				
NET: Occasionally (1 day)	79	35	44	46	26	8	6	8	10	13	4	9	11	10	8
	20%	17%	25%	22%	18%	18%	28%	18%	27%	37%	11%	22%	12%	20%	26%
			a						g	beg					g
NET: Some (2-4 days)	223	131	91	119	81	24	12	30	14	19	21	16	63	34	15
	58%	62%	52%	58%	57%	58%	56%	66%	40%	53%	64%	39%	66%	68%	48%
		b						c			c		c	c	
NET: Most 5+ days	85	44	41	41	34	10	3	8	12	4	8	16	21	6	8
	22%	21%	23%	20%	24%	24%	16%	17%	33%	11%	24%	39%	22%	12%	25%
									dh						
Base for stats	388	210	177	206	140	41	21	46	36	36	33	41	95	50	31
Median	3	3	3	3	3	3	3	3	3	2	3	4	3	2	3
Mean Score	3.20	3.28	3.10	3.06	3.31	3.50	2.99	3.12	3.45	2.70	3.31	4.03	3.26	2.63	3.21
									h				h		
Standard Deviation	1.823	1.713	1.948	1.802	1.833	1.874	1.785	1.739	2.250	1.817	1.859	2.211	1.546	1.412	1.927
Standard Error	.091	.117	.142	.120	.155	.304	.357	.251	.356	.291	.306	.418	.153	.196	.335
Error variance	.01	.01	.02	.01	.02	.09	.13	.06	.13	.08	.09	.17	.02	.04	.11

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	404	66	131	95	60	33	19	292	112	305	18	44	26	2	3	93
Total	388	61	124	87	62	35	19	272	116	297	16	41	24	2	3	84
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	79 20%	7 11%	28 23%	18 20%	12 19%	12 33% a	3 13%	53 19%	26 23%	63 21%	2 12%	10 23%	3 15%	1 48%	- -	16 19%
2 days	75 19%	12 20%	23 19%	18 21%	10 17%	8 23%	3 14%	54 20%	21 18%	54 18%	4 27%	11 27%	4 18%	1 52%	- -	20 24%
3 days	99 25%	16 27%	29 24%	23 26%	13 21%	10 30%	7 36%	68 25%	30 26%	78 26%	5 28%	8 21%	6 24%	- -	1 35%	20 23%
4 days	50 13%	7 11%	18 15%	13 14%	5 9%	4 11%	3 15%	38 14%	12 10%	37 12%	2 12%	4 11%	5 19%	- -	1 29%	12 14%
5 days	32 8%	4 6%	12 9%	9 10%	8 13% e	- -	1 4%	24 9%	9 8%	23 8%	2 10%	2 5%	4 15%	- -	- -	7 8%
6 days	17 4%	4 7%	6 5%	3 3%	4 6%	- -	- -	13 5%	4 3%	11 4%	1 5%	3 7%	2 8%	- -	- -	6 7%
7 days	36 9%	11 17% bceg	7 6%	5 5%	10 16% bc	1 3%	3 18%	22 8%	14 12%	31 10%	1 6%	3 6%	- -	- -	1 37%	5 5%
NET: Occasionally (1 day)	79 20%	7 11%	28 23%	18 20%	12 19%	12 33% a	3 13%	53 19%	26 23%	63 21%	2 12%	10 23%	3 15%	1 48%	- -	16 19%
NET: Some (2-4 days)	223 58%	35 58%	71 57%	54 62%	29 46%	22 64%	13 65%	160 59%	63 55%	169 57%	11 67%	24 59%	15 62%	1 52%	2 63%	52 61%
NET: Most 5+ days	85 22%	19 31% e	25 20% e	16 18% e	21 34% bceg	1 3%	4 22%	59 22% e	26 23% e	65 22%	3 21%	7 18%	5 23%	- -	1 37%	17 20%
Base for stats	388	61	124	87	62	35	19	272	116	297	16	41	24	2	3	84
Median	3	3	3	3	3	2	3	3	3	3	3	2	3	2	4	3
Mean Score	3.20	3.71 bceg	3.06 e	3.02 e	3.58 e	2.34	3.54	3.20 e	3.20 e	3.20	3.19	2.94	3.26	1.52	4.75	3.11
Standard Deviation	1.823	2.000	1.728	1.643	2.071	1.330	1.929	1.781	1.925	1.854	1.664	1.800	1.528	.805	2.199	1.712
Standard Error	.091	.246	.151	.169	.267	.231	.443	.104	.182	.106	.392	.271	.300	.569	1.270	.177
Error variance	.01	.06	.02	.03	.07	.05	.20	.01	.03	.01	.15	.07	.09	.32	1.61	.03

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	404	68	173	158	331	24	29	66	285	119	381	19	22	161	198	23	382	94	278	
Total	388	65	163	156	318	23	28	62	275	113	366	18	22	155	188	22	365	89	266	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
1 day	79	18	31	28	60	5	5	11	57	22	75	4	3	29	43	4	76	13	59	
	20%	28%	19%	18%	19%	22%	19%	18%	21%	19%	20%	21%	13%	19%	23%	20%	21%	15%	22%	
2 days	75	8	40	27	67	7	6	8	54	22	71	4	5	33	35	2	70	16	53	
	19%	12%	25%	17%	21%	32%	21%	14%	19%	19%	19%	25%	23%	21%	19%	7%	19%	18%	20%	
			a																	
3 days	99	16	40	42	82	5	8	16	70	28	93	4	4	42	43	9	95	21	74	
	25%	25%	25%	27%	26%	20%	28%	26%	26%	25%	25%	20%	18%	27%	23%	41%	26%	23%	28%	
4 days	50	9	15	24	39	4	3	8	34	15	48	2	7	15	25	3	43	16	24	
	13%	14%	9%	16%	12%	19%	11%	13%	12%	14%	13%	11%	30%	10%	13%	11%	12%	17%	9%	
																		b		
5 days	32	4	14	13	27	1	4	6	22	11	30	2	-	15	16	1	32	10	21	
	8%	7%	9%	9%	9%	3%	13%	10%	8%	9%	8%	9%	-	10%	9%	6%	9%	11%	8%	
6 days	17	3	7	7	14	-	1	4	11	5	16	1	-	6	10	1	17	7	9	
	4%	4%	4%	5%	4%	-	3%	7%	4%	5%	4%	6%	-	4%	5%	4%	5%	8%	4%	
7 days	36	6	15	14	29	1	1	7	26	10	35	1	4	14	16	2	33	6	25	
	9%	10%	9%	9%	9%	5%	5%	12%	10%	9%	9%	8%	16%	9%	9%	10%	9%	7%	9%	
NET: Occasionally (1 day)	79	18	31	28	60	5	5	11	57	22	75	4	3	29	43	4	76	13	59	
	20%	28%	19%	18%	19%	22%	19%	18%	21%	19%	20%	21%	13%	19%	23%	20%	21%	15%	22%	
NET: Some (2-4 days)	223	33	95	93	188	16	17	33	158	65	211	10	16	91	104	13	207	52	152	
	58%	51%	58%	60%	59%	70%	60%	53%	57%	58%	58%	56%	71%	58%	55%	59%	57%	58%	57%	
NET: Most 5+ days	85	13	36	34	70	2	6	18	60	26	80	4	4	35	42	5	82	24	56	
	22%	20%	22%	22%	22%	8%	22%	29%	22%	23%	22%	23%	16%	23%	22%	21%	22%	27%	21%	
Base for stats	388	65	163	156	318	23	28	62	275	113	366	18	22	155	188	22	365	89	266	
Median	3	3	3	3	3	2	3	3	3	3	3	3	3	3	3	3	3	3	3	
Mean Score	3.20	3.10	3.13	3.28	3.20	2.68	3.09	3.51	3.18	3.24	3.20	3.11	3.44	3.19	3.16	3.31	3.18	3.46	3.09	
Standard Deviation	1.823	1.906	1.826	1.780	1.803	1.501	1.677	1.932	1.832	1.807	1.826	1.888	1.885	1.806	1.841	1.825	1.821	1.765	1.826	
Standard Error	.091	.231	.139	.142	.099	.306	.311	.238	.109	.166	.094	.433	.402	.142	.131	.381	.093	.182	.110	
Error variance	.01	.05	.02	.02	.01	.09	.10	.06	.01	.03	.01	.19	.16	.02	.02	.14	.01	.03	.01	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	404	47	37	19	295	96	6	334	70	7	20	46	87	51	67	24	102	184	193
Total	388	43	35	17	287	88	6	319	68	7	18	42	83	50	63	24	101	174	189
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	79 20%	7 16%	3 10%	2 11%	65 23% e	11 13%	1 17%	68 21%	11 16%	2 27%	12 67%	16 39% dfhij	14 18%	12 23% j	9 14%	1 4%	13 13%	42 24% hj	23 12%
2 days	75 19%	7 16%	8 22%	2 9%	57 20%	16 18%	1 14%	67 21%	8 12%	1 16%	3 19%	16 39% dfhj	16 19%	12 24%	12 19%	- -	14 14%	44 25% hj	26 14%
3 days	99 25%	10 22%	11 33%	6 38%	71 25%	26 30%	1 16%	74 23%	24 35% a	3 43%	- -	4 9%	43 52% cefhij	10 20%	12 19%	6 26%	21 21%	56 32% cfhj	39 21%
4 days	50 13%	7 16%	5 15%	3 20%	34 12%	13 15%	2 38%	38 12%	11 17%	1 14%	1 4%	3 6%	3 4%	12 23% cdhi	15 24% cdhi	5 22%	9 9%	18 10%	30 16% d
5 days	32 8%	4 10%	2 5%	2 10%	24 8%	7 8%	- -	30 10%	2 3%	- -	2 10%	1 2%	5 6%	4 8%	10 16% cdi	4 15%	7 7%	10 6%	21 11%
6 days	17 4%	4 8%	1 3%	1 6%	10 4%	6 6%	- -	12 4%	4 6%	- -	- -	2 5%	1 1%	- -	3 4%	7 28%	4 4%	3 2%	14 7% dei
7 days	36 9%	5 12%	4 12%	1 5%	26 9%	9 10%	1 14%	29 9%	7 10%	- -	- -	- -	- -	1 2%	2 4% i	1 4%	32 32% cdefij	1 * cdefi	35 19%
NET: Occasionally (1 day)	79 20%	7 16%	3 10%	2 11%	65 23% e	11 13%	1 17%	68 21%	11 16%	2 27%	12 67%	16 39% dfhij	14 18%	12 23% j	9 14%	1 4%	13 13%	42 24% hj	23 12%
NET: Some (2-4 days)	223 58%	23 54%	25 71%	11 67%	162 56%	55 62%	4 68%	179 56%	44 64%	5 73%	4 24%	23 54% chj	62 75% hj	34 68% hj	39 62% h	12 49%	44 44%	118 68% hj	96 51%
NET: Most 5+ days	85 22%	13 30%	7 20%	4 22%	60 21%	22 25%	1 14%	72 23%	13 19%	- -	2 10%	3 7%	6 7%	5 9%	15 24% cdei	11 47%	43 43% cdefi	13 8%	70 37% cdei
Base for stats	388	43	35	17	287	88	6	319	68	7	18	42	83	50	63	24	101	174	189
Median	3	3	3	3	3	3	4	3	3	3	1	2	3	3	3	4	4	3	4
Mean Score	3.20	3.59	3.39	3.48	3.10	3.48	3.47	3.16	3.37	2.44	1.71	2.07	2.65 c	2.75 c	3.37 cdei	4.44	4.24 cdefi	2.54 c	3.97 cdefi



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
Unweighted Total	404	47	37	19	295	96	334	70	7	20	46	87	51	67	24	102	184	193
Total	388	43	35	17	287	88	319	68	7	18	42	83	50	63	24	101	174	189
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Standard Deviation	1.823	1.927	1.749	1.573	1.826	1.789	1.833	1.777	1.123	1.310	1.305	1.084	1.393	1.582	1.470	2.241	1.255	1.991
Standard Error	.091	.281	.288	.361	.106	.183	.100	.212	.424	.293	.192	.116	.195	.193	.300	.222	.093	.143
Error variance	.01	.08	.08	.13	.01	.03	.01	.05	.18	.09	.04	.01	.04	.04	.09	.05	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	404	203	76	120	343	20	329	27	323	36	338	24	268	47
Total	388	194	73	115	331	18	318	24	314	32	327	22	260	42
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	79	31	11	37	68	3	70	4	64	8	66	5	47	11
	20%	16%	15%	32% ab	21%	18%	22%	15%	20%	25%	20%	25%	18%	27%
2 days	75	35	18	22	60	2	55	4	58	7	60	5	51	8
	19%	18%	25%	19%	18%	12%	17%	18%	19%	21%	18%	21%	20%	18%
3 days	99	52	17	30	85	2	85	7	83	7	89	3	68	7
	25%	27%	24%	26%	26%	13%	27%	30%	26%	21%	27%	12%	26%	17%
4 days	50	27	9	11	43	3	40	4	40	5	41	4	38	5
	13%	14%	12%	9%	13%	17%	13%	15%	13%	16%	12%	17%	14%	11%
5 days	32	20	7	4	27	4	24	2	27	2	26	2	23	2
	8%	10% c	9%	3%	8%	19%	8%	10%	9%	5%	8%	10%	9%	4%
6 days	17	8	3	6	15	2	12	2	12	2	12	3	11	4
	4%	4%	4%	5%	4%	11%	4%	8%	4%	6%	4%	13%	4%	9%
7 days	36	21	9	6	33	2	31	1	30	2	33	1	23	6
	9%	11%	12%	5%	10%	10%	10%	3%	10%	7%	10%	3%	9%	13%
NET: Occasionally (1 day)	79	31	11	37	68	3	70	4	64	8	66	5	47	11
	20%	16%	15%	32% ab	21%	18%	22%	15%	20%	25%	20%	25%	18%	27%
NET: Some (2-4 days)	223	113	45	62	188	8	180	15	181	18	190	11	157	20
	58%	58%	61%	54%	57%	43%	57%	63%	58%	57%	58%	49%	60%	47%
NET: Most 5+ days	85	49	18	16	74	7	67	5	69	6	71	6	56	11
	22%	25% c	24%	14%	22%	40%	21%	22%	22%	18%	22%	26%	22%	26%
Base for stats	388	194	73	115	331	18	318	24	314	32	327	22	260	42
Median	3	3	3	2	3	4	3	3	3	3	3	3	3	3
Mean Score	3.20	3.41	3.33	2.70	3.23	3.78	3.16	3.24	3.21	2.99	3.21	3.20	3.24	3.28
		c	c											
Standard Deviation	1.823	1.836	1.862	1.719	1.844	1.969	1.838	1.622	1.822	1.808	1.829	1.900	1.769	2.129
Standard Error	.091	.129	.214	.157	.100	.440	.101	.312	.101	.301	.099	.388	.108	.311
Error variance	.01	.02	.05	.02	.01	.19	.01	.10	.01	.09	.01	.15	.01	.10

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	515	188	325	240	187	88	35	77	43	57	33	38	103	72	57
Total	500	185	313	217	190	93	29	74	41	53	29	55	95	69	55
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	81	35	46	42	24	14	9	9	4	11	2	10	9	16	10
	16%	19%	15%	20%	13%	15%	32%	13%	9%	21%	8%	18%	10%	23%	19%
							bceg			g				g	
2 days	95	38	57	47	36	12	5	15	6	9	5	13	22	12	8
	19%	21%	18%	22%	19%	12%	16%	20%	14%	18%	16%	24%	23%	18%	15%
3 days	110	40	71	44	45	22	7	13	8	16	8	10	20	14	14
	22%	21%	23%	20%	24%	23%	23%	17%	21%	29%	28%	19%	21%	20%	26%
4 days	57	16	41	23	24	10	3	10	6	4	6	1	15	9	3
	11%	9%	13%	11%	13%	10%	9%	13%	14%	8%	22%	3%	15%	14%	5%
											fi		f		
5 days	69	17	51	28	28	13	-	11	7	4	4	9	15	11	9
	14%	9%	16%	13%	15%	14%	-	15%	17%	7%	15%	16%	15%	16%	16%
			a					a	a		a	a	a	a	a
6 days	20	8	11	10	4	6	1	5	1	2	1	-	7	2	2
	4%	4%	3%	4%	2%	7%	3%	6%	3%	4%	3%	-	7%	3%	3%
7 days	68	31	37	23	28	17	5	12	9	7	2	12	8	5	9
	14%	17%	12%	11%	15%	18%	17%	16%	23%	13%	9%	21%	8%	7%	16%
									gh			gh			
NET: Occasionally (1 day)	81	35	46	42	24	14	9	9	4	11	2	10	9	16	10
	16%	19%	15%	20%	13%	15%	32%	13%	9%	21%	8%	18%	10%	23%	19%
							bceg			g				g	
NET: Some (2-4 days)	262	94	168	114	105	43	14	37	20	29	19	25	57	36	25
	52%	51%	54%	53%	55%	46%	48%	50%	49%	55%	65%	45%	60%	52%	46%
NET: Most 5+ days	156	56	99	60	60	36	6	27	17	13	8	20	29	18	19
	31%	30%	32%	28%	32%	39%	20%	37%	42%	24%	27%	37%	30%	26%	35%
									a						
Base for stats	500	185	313	217	190	93	29	74	41	53	29	55	95	69	55
Median	3	3	3	3	3	3	3	4	4	3	3	3	3	3	3
Mean Score	3.54	3.50	3.56	3.31	3.64	3.87	3.04	3.80	4.13	3.26	3.62	3.58	3.57	3.19	3.57
						a		h	adh						
Standard Deviation	1.938	2.067	1.856	1.905	1.901	2.043	2.159	1.994	1.990	1.942	1.629	2.180	1.736	1.801	2.040
Standard Error	.085	.151	.103	.123	.139	.218	.365	.227	.303	.257	.283	.354	.171	.212	.270
Error variance	.01	.02	.01	.02	.02	.05	.13	.05	.09	.07	.08	.13	.03	.05	.07

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	515	59	157	120	83	51	45	336	179	399	14	44	37	2	7	104
Total	500	53	150	113	85	51	48	316	183	394	12	40	34	2	6	94
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	81 16%	10 19% f	26 17% f	17 15% f	18 21% f	8 16% f	2 4% f	53 17% f	28 15% f	67 17%	2 15%	4 11%	7 20%	- -	- -	13 14%
2 days	95 19%	10 19% f	33 22% f	22 19% f	14 16% f	14 27% f	3 5% f	65 21% f	30 16% f	71 18%	2 13%	11 28%	8 25%	- -	- -	21 23%
3 days	110 22%	12 22%	24 16%	29 26% b	20 23%	10 20%	15 32% b	65 20% b	45 25% b	86 22%	5 42%	9 21%	5 16%	1 50%	2 26%	22 23%
4 days	57 11%	6 12%	12 8%	15 13%	10 11%	8 16%	6 13%	33 10%	24 13%	43 11%	3 24%	3 7%	7 21%	- -	1 13%	14 14%
5 days	69 14%	3 6%	23 16%	10 9%	12 14%	8 16%	11 24% acg	37 12%	31 17% a	57 14%	1 6%	4 9%	3 9%	- -	1 15%	9 9%
6 days	20 4%	3 5%	6 4%	7 6%	2 2%	- -	2 4%	16 5%	4 2%	14 4%	- -	2 5%	2 6%	1 50%	1 13%	6 6%
7 days	68 14%	8 16%	26 17% e	13 12%	10 12%	2 4%	8 18% e	47 15% e	21 11% e	56 14% d	- -	7 18% d	1 3%	- -	2 32%	10 11%
NET: Occasionally (1 day)	81 16%	10 19% f	26 17% f	17 15% f	18 21% f	8 16% f	2 4% f	53 17% f	28 15% f	67 17%	2 15%	4 11%	7 20%	- -	- -	13 14%
NET: Some (2-4 days)	262 52%	28 53%	69 46%	66 58% b	43 51%	33 64% b	24 50%	163 51%	99 54%	200 51%	10 79%	23 57%	21 62%	1 50%	2 39%	57 60%
NET: Most 5+ days	156 31%	15 28%	56 37% e	30 27%	24 28%	10 20%	22 46% ode	100 32%	56 31%	127 32%	1 6%	13 32%	6 18%	1 50%	4 61%	24 26%
Base for stats	500	53	150	113	85	51	48	316	183	394	12	40	34	2	6	94
Median	3	3	3	3	3	3	4	3	3	3	3	3	3	3	5	3
Mean Score	3.54	3.46	3.64	3.46	3.36	3.05	4.31 abcdegh	3.55	3.52	3.56	2.93	3.62	3.03	4.49	5.12	3.43
Standard Deviation	1.938	2.050	2.091	1.869	1.921	1.558	1.692	2.003	1.825	1.962	1.149	2.062	1.633	2.148	1.759	1.846
Standard Error	.085	.267	.167	.171	.211	.218	.252	.109	.136	.098	.307	.311	.268	1.519	.665	.181
Error variance	.01	.07	.03	.03	.04	.05	.06	.01	.02	.01	.09	.10	.07	2.31	.44	.03

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	515	113	216	179	395	21	28	99	367	148	480	29	32	217	238	28	483	118	352
Total	500	110	206	177	383	19	26	97	357	143	467	27	31	212	231	26	468	113	343
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	81 16%	15 14%	37 18%	29 16%	66 17%	3 13%	3 13%	11 11%	64 18%	17 12%	75 16%	5 17%	4 13%	34 16%	38 16%	6 22%	77 16%	12 11%	62 18%
2 days	95 19%	15 14%	40 19%	39 22%	79 20%	2 9%	9 34%	16 17%	68 19%	27 19%	88 19%	5 19%	2 6%	41 19%	48 21% a	4 14%	93 20%	22 20%	68 20%
3 days	110 22%	32 30% bd	41 20%	35 20%	76 20%	6 30%	4 15%	22 23%	79 22%	32 22%	102 22%	7 26%	9 30%	47 22%	49 21%	4 17%	101 22%	34 30% b	65 19%
4 days	57 11%	15 13%	20 10%	23 13%	42 11%	5 27%	3 10%	8 9%	41 11%	16 11%	53 11%	4 14%	4 13%	19 9%	31 13%	3 10%	53 11%	18 16%	35 10%
5 days	69 14%	13 12%	34 17%	21 12%	55 14%	1 6%	4 14%	13 14%	51 14%	18 13%	66 14%	2 7%	3 10%	33 16%	28 12%	5 18%	66 14%	12 11%	50 15%
6 days	20 4%	3 3%	7 4%	6 4%	14 4%	1 6%	- -	9 9% d	10 3%	10 7% d	19 4%	1 4%	1 3%	10 5%	8 4%	- -	19 4%	4 3%	14 4%
7 days	68 14%	16 14%	27 13%	25 14%	51 13%	2 10%	4 15%	18 18%	45 12%	24 16%	64 14%	4 13%	8 25%	27 13%	29 12%	5 18%	60 13%	11 9%	49 14%
NET: Occasionally (1 day)	81 16%	15 14%	37 18%	29 16%	66 17%	3 13%	3 13%	11 11%	64 18%	17 12%	75 16%	5 17%	4 13%	34 16%	38 16%	6 22%	77 16%	12 11%	62 18%
NET: Some (2-4 days)	262 52%	62 57%	101 49%	96 54%	197 51%	13 66%	15 58%	47 48%	187 52%	75 52%	243 52%	16 59%	15 49%	108 51%	128 56%	11 41%	247 53%	74 66% b	168 49%
NET: Most 5+ days	156 31%	32 29%	68 33%	52 29%	120 31%	4 21%	8 29%	40 41% d	105 29%	51 36%	149 32%	7 24%	12 38%	70 33%	65 28%	9 36%	145 31%	27 23%	113 33%
Base for stats	500	110	206	177	383	19	26	97	357	143	467	27	31	212	231	26	468	113	343
Median	3	3	3	3	3	3	3	3	3	3	3	3	4	3	3	3	3	3	3
Mean Score	3.54	3.62	3.50	3.49	3.49	3.58	3.37	3.97 d	3.43	3.80 d	3.56	3.40	4.09	3.55	3.44	3.60	3.50	3.44	3.52
Standard Deviation	1.938	1.874	1.956	1.955	1.953	1.722	1.982	2.018	1.915	1.977	1.941	1.930	2.074	1.936	1.899	2.134	1.925	1.690	1.997
Standard Error	.085	.176	.133	.146	.098	.376	.375	.203	.100	.162	.089	.358	.367	.131	.123	.403	.088	.156	.106

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		
			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			
Significance Level: 95%	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	
Unweighted Total	515	113	216	179	395	21	28	99	367	148	480	29	32	217	238	28	483	118	352
Total	500	110	206	177	383	19	26	97	357	143	467	27	31	212	231	26	468	113	343
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Error variance	.01	.03	.02	.02	.01	.14	.14	.04	.01	.03	.01	.13	.13	.02	.02	.16	.01	.02	.01

Significance Level: 95%

Unweighted Total

Total

Error variance

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
Significance Level: 95%		a	b	*c	d	e	*f	a	b	*a	b	c	d	e	f	*g	h	i	j
Unweighted Total	515	55	62	21	365	130	6	421	94	9	34	62	95	66	95	28	126	223	249
Total	500	50	61	20	357	123	6	407	93	8	32	61	93	63	94	27	123	216	243
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	81 16%	9 18%	10 17%	1 5%	59 16%	19 16%	1 14%	63 15%	19 20%	4 43%	19 59%	15 24%	11 12%	14 22%	7 8%	4 14%	8 7%	40 18%	19 8%
2 days	95 19%	12 24%	10 16%	3 18%	66 18%	25 20%	1 15%	76 19%	19 20%	2 19%	2 6%	32 53%	20 22%	15 24%	7 8%	3 12%	14 11%	67 31%	24 10%
3 days	110 22%	5 9%	17 28%	9 44%	78 22%	29 23%	1 20%	93 23%	17 18%	- -	4 11%	11 19%	45 48%	13 21%	18 20%	5 18%	14 12%	69 32%	37 15%
4 days	57 11%	9 18%	6 10%	2 9%	39 11%	16 13%	- -	48 12%	9 10%	1 14%	3 8%	2 3%	8 8%	17 26%	13 14%	5 20%	9 8%	26 12%	28 11%
5 days	69 14%	5 9%	7 12%	1 5%	52 15%	13 11%	- -	53 13%	16 17%	1 13%	1 3%	- -	5 5%	1 1%	41 44%	2 7%	18 14%	6 3%	61 25%
6 days	20 4%	4 8%	6 9%	1 5%	12 3%	8 6%	3 51%	18 4%	2 2%	- -	1 3%	- -	3 3%	3 4%	1 1%	6 24%	6 4%	6 3%	13 5%
7 days	68 14%	7 14%	5 8%	3 14%	52 15%	13 11%	- -	56 14%	12 13%	1 11%	3 10%	1 2%	1 1%	1 2%	6 6%	1 5%	54 44%	3 1%	61 25%
NET: Occasionally (1 day)	81 16%	9 18%	10 17%	1 5%	59 16%	19 16%	1 14%	63 15%	19 20%	4 43%	19 59%	15 24%	11 12%	14 22%	7 8%	4 14%	8 7%	40 18%	19 8%
NET: Some (2-4 days)	262 52%	26 51%	33 54%	14 71%	182 51%	70 57%	2 34%	217 53%	45 49%	3 33%	8 25%	45 74%	72 78%	45 71%	38 41%	13 50%	38 31%	162 75%	89 37%
NET: Most 5+ days	156 31%	16 31%	18 29%	5 24%	116 33%	34 28%	3 51%	127 31%	29 31%	2 24%	5 16%	1 2%	9 10%	5 7%	48 51%	10 37%	77 63%	15 7%	135 55%
Base for stats	500	50	61	20	357	123	6	407	93	8	32	61	93	63	94	27	123	216	243
Median	3	3	3	3	3	3	6	3	3	2	1	2	3	3	5	4	5	3	5
Mean Score	3.54	3.55	3.42	3.63	3.57	3.45	4.12	3.57	3.40	2.77	2.39	2.09	2.87	2.81	4.07	3.89	4.99	2.63	4.52

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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			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
	a	b	*c	d	e	*f	a	b	*a	b	c	d	e	f	*g	h	i	j
515	55	62	21	365	130	6	421	94	9	34	62	95	66	95	28	126	223	249
500	50	61	20	357	123	6	407	93	8	32	61	93	63	94	27	123	216	243
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1.938	2.046	1.833	1.776	1.964	1.872	2.236	1.933	1.963	2.196	2.054	.997	1.213	1.434	1.500	1.872	2.118	1.269	1.930
.085	.276	.233	.388	.103	.164	.913	.094	.203	.732	.352	.127	.124	.177	.154	.354	.189	.085	.122
.01	.08	.05	.15	.01	.03	.83	.01	.04	.54	.12	.02	.02	.03	.02	.13	.04	.01	.01



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
		a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%														
Unweighted Total	515	285	79	147	412	33	403	51	380	60	407	42	336	82
Total	500	274	79	143	403	31	394	47	370	57	398	41	327	80
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	81	35	10	35	65	5	66	9	53	10	66	9	53	12
	16%	13%	13%	24% ab	16%	16%	17%	19%	14%	18%	16%	22%	16%	15%
2 days	95	46	21	29	71	4	73	3	59	16	71	5	53	18
	19%	17%	26%	20%	18%	14%	18% b	7%	16%	28% a	18%	13%	16%	23%
3 days	110	62	16	32	88	13	83	15	84	12	83	11	70	19
	22%	23%	21%	22%	22%	40% a	21%	31%	23%	21%	21%	26%	21%	23%
4 days	57	33	8	15	44	3	44	4	43	5	48	4	39	9
	11%	12%	10%	11%	11%	9%	11%	8%	12%	8%	12%	9%	12%	11%
5 days	69	38	14	15	59	2	56	6	60	4	59	3	50	11
	14%	14%	18%	11%	15%	6%	14%	13%	16% b	6%	15%	8%	15%	13%
6 days	20	14	1	5	16	1	17	3	15	3	15	3	13	5
	4%	5%	1%	4%	4%	3%	4%	6%	4%	5%	4%	7%	4%	6%
7 days	68	46	8	12	59	3	55	7	55	8	56	6	50	7
	14%	17% c	10%	8%	15%	11%	14%	16%	15%	13%	14%	14%	15%	8%
NET: Occasionally (1 day)	81	35	10	35	65	5	66	9	53	10	66	9	53	12
	16%	13%	13%	24% ab	16%	16%	17%	19%	14%	18%	16%	22%	16%	15%
NET: Some (2-4 days)	262	141	45	76	203	20	200	22	187	33	202	20	162	46
	52%	51%	58%	53%	51%	63%	51%	46%	50%	58%	51%	49%	49%	57%
NET: Most 5+ days	156	98	23	32	134	6	129	16	130	14	130	12	112	22
	31%	36% c	29%	23%	33%	21%	33%	35%	35%	25%	33%	29%	34%	28%
Base for stats	500	274	79	143	403	31	394	47	370	57	398	41	327	80
Median	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Mean Score	3.54	3.80	3.38	3.08	3.61	3.29	3.57	3.69	3.71	3.26	3.59	3.46	3.66	3.37
		c												
Standard Deviation	1.938	1.970	1.796	1.843	1.965	1.786	1.963	2.018	1.937	1.976	1.954	2.042	1.974	1.807
Standard Error	.085	.117	.202	.152	.097	.311	.098	.283	.099	.255	.097	.315	.108	.200
Error variance	.01	.01	.04	.02	.01	.10	.01	.08	.01	.07	.01	.10	.01	.04

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	519	230	286	235	165	119	28	74	49	59	43	30	101	73	62
Total	506	225	277	216	166	124	24	72	45	56	38	43	95	72	61
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	78 15%	33 15%	44 16%	39 18%	24 14%	15 13%	5 21%	6 8%	2 4%	11 20% bc	6 16%	7 17%	14 15%	18 25% bc	8 14%
2 days	92 18%	29 13%	63 23% a	47 22% b	23 14%	22 18%	3 14%	18 25%	5 11%	8 14%	4 11%	9 20%	17 18%	15 21%	13 21%
3 days	106 21%	46 20%	60 22%	44 20%	38 23%	24 19%	3 11%	14 20%	5 11%	10 17%	12 30% c	7 17%	23 24%	18 24%	15 24%
4 days	70 14%	37 16%	31 11%	28 13%	27 16%	15 12%	2 7%	8 11%	12 26% bh	12 21% h	5 14%	4 9%	14 15%	4 6%	10 16%
5 days	62 12%	26 12%	36 13%	26 12%	23 14%	14 11%	5 22%	10 14%	6 13%	7 13%	2 6%	6 13%	14 15%	8 11%	4 6%
6 days	19 4%	10 4%	9 3%	9 4%	4 2%	7 5%	3 15%	2 3%	2 4%	1 2%	4 10%	- -	3 3%	3 4%	2 3%
7 days	78 15%	44 19% b	35 13%	24 11%	28 17%	26 21% a	2 10%	15 20% h	14 30% deg	7 13%	5 12%	10 23% h	10 10%	6 8%	10 17%
NET: Occasionally (1 day)	78 15%	33 15%	44 16%	39 18%	24 14%	15 13%	5 21%	6 8%	2 4%	11 20% bc	6 16%	7 17%	14 15%	18 25% bc	8 14%
NET: Some (2-4 days)	268 53%	112 50%	154 55%	119 55%	87 53%	61 50%	7 32%	40 55%	22 48%	29 52%	21 56%	20 46%	54 57%	37 51%	37 61%
NET: Most 5+ days	160 32%	80 35%	80 29%	58 27%	55 33%	47 38% a	11 47%	27 37%	21 47% dghi	15 28%	11 28%	16 37%	27 28%	17 23%	15 25%
Base for stats	506	225	277	216	166	124	24	72	45	56	38	43	95	72	61
Median	3	4	3	3	3	4	4	3	4	3	3	3	3	3	3
Mean Score	3.63	3.88	3.43	3.35	3.75	3.93	3.81	3.87	4.66	3.50	3.60	3.74	3.45	3.02	3.55
		b			a	a		h	bdeg						
Standard Deviation	1.966	2.023	1.902	1.886	1.947	2.078	2.115	2.003	1.903	1.928	1.921	2.186	1.797	1.862	1.955
Standard Error	.086	.133	.112	.123	.152	.191	.400	.233	.272	.251	.293	.399	.179	.218	.248
Error variance	.01	.02	.01	.02	.02	.04	.16	.05	.07	.06	.09	.16	.03	.05	.06

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	519	60	162	104	84	41	68	326	193	417	15	47	23	3	4	92
Total	506	56	152	100	85	41	72	308	198	413	13	42	21	3	4	83
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	78	5	19	16	15	13	10	40	38	65	2	4	5	1	-	11
	15%	8%	12%	17%	18%	32%	14%	13%	19%	16%	13%	10%	22%	38%	-	14%
						abcfg			ag							
2 days	92	9	29	19	13	11	12	57	36	72	2	11	3	2	-	18
	18%	15%	19%	19%	15%	26%	17%	18%	18%	17%	15%	26%	16%	62%	-	22%
3 days	106	13	32	30	11	9	10	75	31	91	2	9	3	-	-	14
	21%	23%	21%	30%	14%	23%	14%	24%	16%	22%	18%	22%	12%	-	-	17%
				dfh				dh								
4 days	70	9	15	14	14	4	14	38	32	56	-	7	3	-	1	11
	14%	16%	10%	14%	17%	10%	19%	12%	16%	13%	-	17%	16%	-	24%	14%
5 days	62	6	24	10	14	2	6	40	22	53	4	1	2	-	1	8
	12%	10%	16%	10%	17%	4%	9%	13%	11%	13%	33%	2%	10%	-	26%	10%
										c						
6 days	19	3	8	2	2	1	4	13	6	16	1	-	2	-	-	3
	4%	5%	5%	2%	2%	2%	5%	4%	3%	4%	6%	-	12%	-	-	4%
7 days	78	13	24	9	16	1	16	46	32	61	2	10	2	-	2	16
	15%	23%	16%	9%	18%	3%	22%	15%	16%	15%	15%	23%	11%	-	50%	19%
		ce	e		e		ce	e	e							
NET: Occasionally (1 day)	78	5	19	16	15	13	10	40	38	65	2	4	5	1	-	11
	15%	8%	12%	17%	18%	32%	14%	13%	19%	16%	13%	10%	22%	38%	-	14%
						abcfg			ag							
NET: Some (2-4 days)	268	30	77	62	39	24	36	169	99	219	4	28	9	2	1	44
	53%	54%	51%	63%	45%	58%	50%	55%	50%	53%	33%	65%	45%	62%	24%	53%
				dh												
NET: Most 5+ days	160	21	57	21	31	4	26	98	61	129	7	11	7	-	3	27
	32%	38%	37%	21%	37%	10%	36%	32%	31%	31%	54%	25%	33%	-	76%	33%
		ce	ce		ce		ce	ce	e							
Base for stats	506	56	152	100	85	41	72	308	198	413	13	42	21	3	4	83
Median	3	4	3	3	4	2	4	3	3	3	5	3	3	2	7	3
Mean Score	3.63	4.09	3.79	3.23	3.79	2.47	3.94	3.66	3.57	3.60	4.01	3.66	3.56	1.62	5.77	3.72
		ce	ce	e	ce		ce	ce	e							
Standard Deviation	1.966	1.995	1.971	1.716	2.055	1.497	2.101	1.918	2.042	1.945	2.052	2.048	2.089	.610	1.494	2.061
Standard Error	.086	.258	.155	.168	.224	.234	.255	.106	.147	.095	.530	.299	.435	.352	.747	.215
Error variance	.01	.07	.02	.03	.05	.05	.06	.01	.02	.01	.28	.09	.19	.12	.56	.05

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
Significance Level: 95%		a	b	c	d	*a	*b	c	d	e	a	*b	a	b	c	d	e	a	b
Unweighted Total	519	135	222	152	374	14	24	120	361	158	495	20	35	244	209	31	484	128	346
Total	506	134	215	146	362	14	23	117	351	154	483	19	36	242	199	29	470	124	337
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	78	17	33	28	61	2	-	14	62	16	72	4	7	32	36	3	72	17	52
	15%	13%	15%	19%	17%	15%	-	12%	18% e	10%	15%	21%	18%	13%	18%	12%	15%	14%	15%
2 days	92	31	40	20	60	3	4	24	61	31	89	3	6	49	36	1	87	27	58
	18%	23% c	19%	13%	16%	21%	18%	20%	17%	20%	19%	15%	16%	20% d	18% d	3%	18% d	21%	17%
3 days	106	27	50	28	77	1	8	21	75	31	104	1	6	56	37	7	100	21	78
	21%	20%	23%	19%	21%	7%	36%	18%	21%	20%	21%	4%	16%	23%	18%	24%	21%	17%	23%
4 days	70	15	34	18	51	3	5	16	46	24	64	6	5	35	25	6	65	28	34
	14%	11%	16%	12%	14%	21%	21%	13%	13%	15%	13%	31%	14%	14%	12%	19%	14%	22% b	10%
5 days	62	17	20	25	46	3	2	17	40	22	60	1	5	23	28	6	57	11	45
	12%	12%	9%	17% b	13%	19%	8%	15%	11%	14%	13%	4%	14%	10%	14%	21%	12%	9%	13%
6 days	19	8	9	2	11	-	1	4	14	5	17	2	4	11	4	-	15	2	13
	4%	6% c	4%	1%	3%	-	4%	3%	4%	3%	4%	9%	10% ce	5%	2%	-	3%	2%	4%
7 days	78	19	30	26	56	2	3	21	52	26	75	3	4	36	32	6	74	18	56
	15%	14%	14%	18%	16%	17%	12%	18%	15%	17%	16%	16%	12%	15%	16%	20%	16%	15%	17%
NET: Occasionally (1 day)	78	17	33	28	61	2	-	14	62	16	72	4	7	32	36	3	72	17	52
	15%	13%	15%	19%	17%	15%	-	12%	18% e	10%	15%	21%	18%	13%	18%	12%	15%	14%	15%
NET: Some (2-4 days)	268	73	123	65	188	7	18	61	183	85	258	9	17	140	98	14	251	75	170
	53%	54%	57% c	45%	52%	49%	75%	52%	52%	55%	53%	50%	46%	58%	49%	47%	53%	61%	51%
NET: Most 5+ days	160	44	59	54	112	5	6	42	106	53	153	5	13	70	65	12	147	32	114
	32%	33%	27%	37%	31%	36%	25%	36%	30%	34%	32%	29%	35%	29%	33%	41%	31%	26%	34%
Base for stats	506	134	215	146	362	14	23	117	351	154	483	19	36	242	199	29	470	124	337
Median	3	3	3	3	3	4	3	3	3	3	3	4	3	3	3	4	3	3	3
Mean Score	3.63	3.63	3.52	3.71	3.60	3.75	3.81	3.81	3.55	3.80	3.63	3.71	3.66	3.60	3.58	4.14	3.62	3.56	3.67
Standard Deviation	1.966	1.958	1.912	2.053	1.970	2.056	1.581	1.995	1.978	1.932	1.961	2.127	2.001	1.925	2.022	1.895	1.965	1.893	2.002

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
519	135	222	152	374	14	24	120	361	158	495	20	35	244	209	31	484	128	346
506	134	215	146	362	14	23	117	351	154	483	19	36	242	199	29	470	124	337
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
.086	.168	.128	.167	.102	.549	.323	.182	.104	.154	.088	.476	.338	.123	.140	.340	.089	.167	.108
.01	.03	.02	.03	.01	.30	.10	.03	.01	.02	.01	.23	.11	.02	.02	.12	.01	.03	.01

Significance Level: 95%

Unweighted Total

Total

Standard Error

Error variance

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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									
	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
519	57	68	19	369	133	9	423	96	22	32	63	94	62	96	20	130	219	246
506	53	67	17	362	127	9	412	93	21	31	61	92	60	93	20	129	213	242
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
78	10	11	-	55	17	4	66	13	8	19	20	12	6	7	1	5	38	13
15%	18%	17%	-	15%	13%	48%	16%	13%	40%	61%	34%	13%	10%	7%	4%	4%	18%	5%
										cdefhij	defhij	hj					fhj	
92	12	12	5	64	28	1	75	17	2	2	26	26	17	8	1	11	68	20
18%	23%	18%	28%	18%	22%	11%	18%	18%	9%	6%	43%	28%	28%	9%	5%	8%	32%	8%
											bfbj	bfbj	bfbj			bfbj		
106	8	14	7	76	28	1	89	17	6	3	8	40	12	16	5	16	60	37
21%	15%	20%	43%	21%	22%	9%	22%	18%	29%	9%	13%	43%	20%	17%	27%	13%	28%	15%
											bcefhij					bcefhj		
70	10	13	2	43	22	2	58	12	4	1	4	8	21	20	1	12	33	33
14%	19%	19%	14%	12%	18%	22%	14%	13%	18%	3%	6%	9%	35%	21%	4%	10%	15%	14%
													bcdhij	bcdh				
62	3	6	1	51	8	-	52	10	-	1	1	5	2	34	5	14	8	53
12%	5%	8%	6%	14%	6%	-	13%	11%	-	3%	2%	5%	4%	37%	23%	11%	4%	22%
				e										bcdhij		ci	bcdghi	
19	3	3	1	12	7	-	12	7	1	3	1	2	1	4	3	6	3	12
4%	6%	4%	5%	3%	5%	-	3%	8%	4%	8%	2%	2%	1%	4%	15%	4%	2%	5%
							a			i							i	
78	7	9	1	62	16	1	60	18	-	3	1	-	1	5	4	64	2	73
15%	13%	14%	5%	17%	13%	10%	15%	19%	-	9%	1%	-	2%	5%	22%	50%	1%	30%
										di				di		bcdhij	bcdghi	
78	10	11	-	55	17	4	66	13	8	19	20	12	6	7	1	5	38	13
15%	18%	17%	-	15%	13%	48%	16%	13%	40%	61%	34%	13%	10%	7%	4%	4%	18%	5%
										cdefhij	defhij	hj					fhj	
268	30	38	15	183	79	4	223	45	11	6	38	74	50	44	7	39	161	90
53%	57%	57%	84%	50%	62%	42%	54%	49%	55%	18%	62%	80%	83%	47%	36%	31%	76%	37%
				d							bhj	bcefhj	bcefhj	bh		bcefhj	b	
160	13	17	3	125	31	1	124	35	1	6	3	6	4	43	12	84	13	139
32%	25%	26%	16%	34%	25%	10%	30%	38%	4%	21%	5%	7%	7%	46%	60%	65%	6%	57%
				e						cdi				bcdhi		bcdhij	bcdhi	
506	53	67	17	362	127	9	412	93	21	31	61	92	60	93	20	129	213	242
3	3	3	3	3	3	2	3	4	3	1	2	3	3	4	5	6	2	5
3.63	3.42	3.52	3.31	3.70	3.50	2.55	3.56	3.90	2.41	2.43	2.10	2.70	3.06	4.04	4.70	5.28	2.63	4.75
												c	ci	bcdhi		bcdhij	c	bcdhi

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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

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
519	57	68	19	369	133	9	423	96	22	32	63	94	62	96	20	130	219	246
506	53	67	17	362	127	9	412	93	21	31	61	92	60	93	20	129	213	242
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1.966	1.989	1.933	1.355	2.003	1.872	2.042	1.939	2.070	1.416	2.173	1.228	1.083	1.267	1.478	1.825	2.000	1.230	1.887
.086	.264	.234	.311	.104	.162	.681	.094	.211	.302	.384	.155	.112	.161	.151	.408	.175	.083	.120
.01	.07	.05	.10	.01	.03	.46	.01	.04	.09	.15	.02	.01	.03	.02	.17	.03	.01	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	519	245	104	168	430	24	424	45	395	44	410	36	348	89
Total	506	238	105	161	420	22	414	42	386	41	401	33	339	86
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	78	24	17	37	62	3	58	9	53	2	56	5	43	18
	15%	10%	16%	23%	15%	14%	14%	21%	14%	6%	14%	16%	13%	21%
		a		a										a
2 days	92	46	13	33	79	4	76	8	68	9	71	10	62	10
	18%	19%	12%	21%	19%	16%	18%	19%	18%	23%	18%	29%	18%	12%
3 days	106	48	21	36	88	6	90	6	84	7	82	6	74	17
	21%	20%	20%	23%	21%	29%	22%	15%	22%	17%	20%	18%	22%	19%
4 days	70	35	18	17	56	5	58	7	56	6	60	3	45	14
	14%	15%	17%	11%	13%	22%	14%	17%	14%	16%	15%	10%	13%	16%
5 days	62	32	16	15	53	1	51	4	43	9	53	3	43	11
	12%	14%	15%	9%	13%	4%	12%	10%	11%	21%	13%	8%	13%	12%
6 days	19	9	6	3	15	1	15	2	12	3	12	1	14	5
	4%	4%	5%	2%	3%	4%	4%	5%	3%	8%	3%	2%	4%	6%
7 days	78	44	15	19	67	3	65	6	71	4	68	5	58	11
	15%	18%	15%	12%	16%	12%	16%	13%	18%	9%	17%	16%	17%	13%
NET: Occasionally (1 day)	78	24	17	37	62	3	58	9	53	2	56	5	43	18
	15%	10%	16%	23%	15%	14%	14%	21%	14%	6%	14%	16%	13%	21%
				a										a
NET: Some (2-4 days)	268	129	52	87	223	15	225	22	208	23	212	19	181	40
	53%	55%	49%	54%	53%	67%	54%	52%	54%	56%	53%	58%	53%	47%
NET: Most 5+ days	160	85	37	37	135	4	131	12	126	16	133	9	115	27
	32%	36%	35%	23%	32%	19%	32%	28%	33%	38%	33%	26%	34%	32%
		c	c											
Base for stats	506	238	105	161	420	22	414	42	386	41	401	33	339	86
Median	3	4	4	3	3	3	3	3	3	4	3	3	3	3
Mean Score	3.63	3.87	3.78	3.16	3.64	3.44	3.66	3.44	3.75	3.83	3.73	3.35	3.76	3.58
		c	c											
Standard Deviation	1.966	1.950	1.946	1.924	1.967	1.806	1.947	2.011	1.995	1.739	1.969	2.027	1.968	1.996
Standard Error	.086	.125	.191	.148	.095	.369	.095	.300	.100	.262	.097	.338	.106	.212
Error variance	.01	.02	.04	.02	.01	.14	.01	.09	.01	.07	.01	.11	.01	.04



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	374	166	208	157	168	49	18	37	34	48	32	24	72	58	51
Total	365	163	202	145	170	50	15	36	31	46	29	35	67	56	50
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	54 15%	22 13%	33 16%	20 14%	26 15%	8 17%	1 5%	5 13%	2 6%	9 19%	5 16%	4 12%	13 20%	9 16%	8 15%
2 days	80 22%	31 19%	49 24%	36 25%	28 16%	17 33% b	3 22%	6 17%	9 29%	16 35% hi	5 16%	10 29%	15 23%	9 17%	7 13%
3 days	86 23%	41 25%	44 22%	35 24%	44 26%	7 14%	2 11%	7 20%	11 36% d	4 8%	11 37% d	9 25%	16 24% d	12 21%	15 30% d
4 days	42 12%	20 12%	23 11%	15 10%	21 12%	6 12%	3 17%	2 6%	2 5%	8 16%	2 6%	1 4%	6 9%	15 26% bcegi	5 10%
5 days	37 10%	18 11%	19 9%	19 13%	14 8%	5 10%	3 23%	3 10%	1 3%	6 13%	3 9%	4 13%	8 12%	5 9%	3 6%
6 days	14 4%	5 3%	9 4%	4 3%	10 6%	- -	- -	5 14% ehi	2 6%	2 4%	- -	1 4%	3 4%	- -	1 2%
7 days	51 14%	26 16%	26 13%	17 12%	27 16%	7 14%	3 22%	8 22% dg	4 14%	3 6%	4 15%	4 13%	5 8%	7 12%	12 24% dg
NET: Occasionally (1 day)	54 15%	22 13%	33 16%	20 14%	26 15%	8 17%	1 5%	5 13%	2 6%	9 19%	5 16%	4 12%	13 20%	9 16%	8 15%
NET: Some (2-4 days)	208 57%	93 57%	116 57%	85 59%	93 55%	30 59%	8 50%	15 42%	22 71% b	27 59%	17 59%	20 58%	37 56%	36 63% b	26 53%
NET: Most 5+ days	102 28%	49 30%	53 26%	40 27%	51 30%	12 24%	7 45%	17 45% dgh	7 23%	10 23%	7 25%	10 29%	16 25%	12 21%	16 32%
Base for stats	365	163	202	145	170	50	15	36	31	46	29	35	67	56	50
Median	3	3	3	3	3	2	4	4	3	2	3	3	3	3	3
Mean Score	3.48	3.61	3.37	3.39	3.63	3.22	4.18	4.12 dg	3.45	3.06	3.39	3.38	3.16	3.43	3.80
Standard Deviation	1.926	1.932	1.919	1.848	1.982	1.953	1.968	2.178	1.850	1.769	1.920	1.919	1.814	1.781	2.134
Standard Error	.100	.150	.133	.147	.153	.279	.464	.358	.317	.255	.339	.392	.214	.234	.299
Error variance	.01	.02	.02	.02	.02	.08	.22	.13	.10	.07	.12	.15	.05	.05	.09

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	374	50	114	85	63	30	32	249	125	296	10	42	18	1	4	75
Total	365	46	111	82	64	29	33	238	127	293	9	40	16	1	3	69
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	54 15%	9 19%	15 14%	6 8%	9 15%	10 36%	4 11%	31 13%	24 19%	43 15%	1 11%	6 15%	4 26%	- -	- -	11 16%
					bcd	fgh			c							
2 days	80 22%	6 14%	24 22%	23 27%	15 24%	5 17%	8 23%	53 22%	28 22%	67 23%	1 9%	6 16%	6 36%	- -	1 23%	14 20%
3 days	86 23%	10 21%	26 24%	18 22%	15 24%	7 23%	10 29%	54 23%	32 25%	64 22%	3 39%	12 31%	3 16%	- -	1 26%	19 28%
4 days	42 12%	8 18%	12 11%	7 9%	7 11%	2 7%	5 16%	28 12%	15 12%	35 12%	2 18%	5 11%	1 6%	- -	- -	7 10%
5 days	37 10%	4 10%	10 9%	10 13%	7 10%	2 7%	3 10%	25 11%	12 10%	30 10%	1 11%	2 6%	2 10%	1 100%	- -	6 9%
6 days	14 4%	3 6%	2 2%	5 6%	3 5%	1 4%	- -	10 4%	4 3%	10 3%	- -	3 9%	1 6%	- -	- -	4 6%
7 days	51 14%	6 12%	20 18%	13 16%	7 11%	2 6%	4 12%	38 16%	13 10%	44 15%	1 11%	4 11%	- -	- -	2 51%	7 10%
NET: Occasionally (1 day)	54 15%	9 19%	15 14%	6 8%	9 15%	10 36%	4 11%	31 13%	24 19%	43 15%	1 11%	6 15%	4 26%	- -	- -	11 16%
					bcd	fgh			c							
NET: Some (2-4 days)	208 57%	24 53%	63 57%	48 58%	38 59%	14 47%	22 67%	134 56%	74 58%	166 57%	6 67%	23 59%	9 58%	- -	2 49%	40 58%
NET: Most 5+ days	102 28%	13 28%	32 29%	28 34%	17 26%	5 18%	7 21%	73 31%	29 23%	84 29%	2 22%	10 26%	3 16%	1 100%	2 51%	18 26%
Base for stats	365	46	111	82	64	29	33	238	127	293	9	40	16	1	3	69
Median	3	3	3	3	3	2	3	3	3	3	3	3	2	5	7	3
Mean Score	3.48	3.53	3.58	3.71	3.38	2.71	3.36	3.62	3.22	3.50	3.51	3.48	2.56	5.00	4.81	3.36
			e	e				e								
Standard Deviation	1.926	1.946	2.008	1.935	1.860	1.830	1.748	1.964	1.832	1.950	1.718	1.891	1.543	-	2.673	1.862
Standard Error	.100	.275	.188	.210	.234	.334	.309	.124	.164	.113	.543	.292	.364	-	1.336	.215
Error variance	.01	.08	.04	.04	.05	.11	.10	.02	.03	.01	.30	.09	.13	-	1.79	.05

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	
			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
374	42	164	163	327	17	26	81	250	124	343	22	10	161	183	20	364	104	253
365	41	160	159	319	16	25	81	243	122	335	21	10	160	177	18	355	102	246
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
54	9	25	18	43	2	4	11	37	17	47	4	3	24	25	2	51	14	37
15%	22%	16%	11%	14%	13%	17%	13%	15%	14%	14%	19%	29%	15%	14%	11%	14%	13%	15%
80	16	29	35	64	3	5	19	54	26	70	7	4	30	41	6	77	21	53
22%	38%	18%	22%	20%	17%	19%	23%	22%	21%	21%	33%	35%	19%	23%	32%	22%	20%	22%
bcd																		
86	5	44	37	81	5	7	14	60	26	81	4	2	42	36	5	84	26	56
23%	11%	28%	23%	25%	31%	27%	17%	25%	21%	24%	17%	18%	26%	20%	28%	24%	25%	23%
a				a														
42	4	17	21	38	4	2	12	24	18	40	3	-	18	23	1	42	12	30
12%	10%	11%	13%	12%	28%	8%	15%	10%	15%	12%	13%	-	12%	13%	5%	12%	12%	12%
37	3	15	17	32	1	4	8	25	13	35	-	1	14	20	2	36	15	22
10%	7%	9%	11%	10%	7%	15%	10%	10%	10%	11%	-	8%	9%	11%	11%	10%	14%	9%
14	-	6	8	14	1	-	3	10	4	13	1	-	7	7	-	14	5	8
4%	-	4%	5%	4%	5%	-	4%	4%	3%	4%	4%	-	5%	4%	-	4%	5%	3%
51	5	24	23	46	-	3	15	33	19	48	3	1	23	25	2	50	11	40
14%	12%	15%	14%	15%	-	14%	19%	13%	15%	14%	15%	10%	14%	14%	14%	14%	10%	16%
54	9	25	18	43	2	4	11	37	17	47	4	3	24	25	2	51	14	37
15%	22%	16%	11%	14%	13%	17%	13%	15%	14%	14%	19%	29%	15%	14%	11%	14%	13%	15%
208	24	90	93	183	12	14	44	138	70	191	13	5	91	100	12	203	58	140
57%	59%	56%	59%	57%	76%	54%	55%	57%	57%	57%	63%	53%	57%	57%	65%	57%	57%	57%
102	8	45	48	92	2	7	26	68	35	97	4	2	45	52	4	101	30	69
28%	19%	28%	30%	29%	12%	29%	32%	28%	28%	29%	19%	18%	28%	29%	24%	28%	30%	28%
365	41	160	159	319	16	25	81	243	122	335	21	10	160	177	18	355	102	246
3	2	3	3	3	3	3	3	3	3	3	2	2	3	3	3	3	3	3
3.48	2.89	3.50	3.62	3.56	3.13	3.40	3.69	3.44	3.56	3.53	3.13	2.64	3.51	3.52	3.27	3.50	3.50	3.52
			a	a														
1.926	1.900	1.943	1.900	1.919	1.324	1.940	2.043	1.922	1.939	1.923	2.021	1.905	1.933	1.930	1.879	1.924	1.817	1.977
.100	.293	.152	.149	.106	.321	.380	.227	.122	.174	.104	.431	.602	.152	.143	.420	.101	.178	.124
.01	.09	.02	.02	.01	.10	.14	.05	.01	.03	.01	.19	.36	.02	.02	.18	.01	.03	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
	a	b	*c	d	e	*f		a	b	*a	b	c	d	e	f	*g	h	i	j
Significance Level: 95%																			
Unweighted Total	374	52	59	20	250	113	14	309	65	19	31	59	62	51	60	13	79	172	152
Total	365	50	59	19	244	109	14	300	65	18	30	58	59	49	62	14	75	167	150
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	54 15%	7 13%	8 14%	2 13%	39 16%	15 14%	1 8%	47 16%	7 11%	6 31%	11 37% dfhij	11 19% fhj	10 17% fhj	9 18% fhj	2 3%	3 24%	3 3%	30 18% fhj	8 5%
2 days	80 22%	5 10%	16 27% a	4 23%	54 22%	24 22%	2 11%	69 23%	11 17%	4 23%	7 23% h	23 40% ehj	19 32% ehj	7 15%	15 24% h	1 7%	4 6%	50 30% ehj	20 13%
3 days	86 23%	13 26%	10 17%	7 36%	57 23%	26 24%	4 29%	65 22%	20 31%	4 25%	4 13%	11 18%	21 35% bchj	12 24%	17 28%	3 24%	13 17%	44 26%	33 22%
4 days	42 12%	7 14%	5 8%	1 4%	32 13%	11 10%	2 15%	37 12%	5 8%	1 5%	3 8%	5 8%	7 12%	12 23% cfj	5 8%	2 15%	8 11%	24 14%	15 10%
5 days	37 10%	10 20% d	7 11%	2 13%	21 8%	16 14%	2 15%	30 10%	8 12%	1 5%	3 9%	5 9%	2 3%	3 7%	13 21% dei	2 17%	7 10%	11 6%	23 15% di
6 days	14 4%	2 5%	3 4%	- -	10 4%	3 3%	1 10%	11 4%	3 5%	- -	2 6%	2 4%	- -	1 2%	2 3%	1 7%	6 8% di	3 2%	9 6% d
7 days	51 14%	6 11%	10 18%	2 10%	33 13%	15 14%	2 13%	41 14%	11 16%	2 11%	1 3%	1 2%	- -	5 10% d	8 13% cdi	1 6%	33 45% bcdefij	6 4%	42 28% bcdefi
NET: Occasionally (1 day)	54 15%	7 13%	8 14%	2 13%	39 16%	15 14%	1 8%	47 16%	7 11%	6 31%	11 37% dfhij	11 19% fhj	10 17% fhj	9 18% fhj	2 3%	3 24%	3 3%	30 18% fhj	8 5%
NET: Some (2-4 days)	208 57%	25 51%	31 52%	12 64%	143 58%	61 55%	8 54%	172 57%	37 57%	10 53%	13 44%	39 66% bhj	47 80% befhj	31 63% hj	37 59% h	6 46%	26 34%	117 70% bhj	69 46%
NET: Most 5+ days	102 28%	18 36%	20 33%	4 23%	63 26%	34 31%	5 38%	81 27%	21 33%	3 16%	6 19% d	9 15% d	2 3%	9 19% d	23 37% cdei	4 30%	47 62% bcdefi	20 12%	74 49% bcdei
Base for stats	365	50	59	19	244	109	14	300	65	18	30	58	59	49	62	14	75	167	150
Median	3	4	3	3	3	3	4	3	3	2	2	2	3	3	3	3	6	3	4
Mean Score	3.48	3.76	3.59	3.21	3.42	3.53	3.99	3.43	3.72	2.73	2.61	2.67	2.53	3.33 cdi	3.82 bcdi	3.41	5.20 bcdefij	2.82	4.47 bcdefi

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	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
374	52	59	20	250	113	14	309	65	19	31	59	62	51	60	13	79	172	152
365	50	59	19	244	109	14	300	65	18	30	58	59	49	62	14	75	167	150
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1.926	1.806	2.079	1.747	1.916	1.913	1.840	1.925	1.928	1.894	1.781	1.465	1.023	1.784	1.738	1.889	1.935	1.467	1.983
.100	.250	.271	.391	.121	.180	.492	.110	.239	.435	.320	.191	.130	.250	.224	.524	.218	.112	.161
.01	.06	.07	.15	.01	.03	.24	.01	.06	.19	.10	.04	.02	.06	.05	.27	.05	.01	.03

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	374	164	79	126	283	23	279	40	262	46	271	34	208	71
Total	365	158	77	125	276	22	270	38	254	44	265	32	204	68
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	54	19	7	26	39	5	38	8	32	12	33	7	23	15
	15%	12%	9%	21% ab	14%	23%	14%	21%	12%	26% a	12%	23%	11%	22% a
2 days	80	31	19	31	55	4	61	8	48	9	59	6	39	17
	22%	20%	24%	25%	20%	19%	23%	20%	19%	22%	22%	20%	19%	25%
3 days	86	41	19	24	71	3	63	6	66	9	68	4	57	10
	23%	26%	25%	19%	26%	15%	23%	16%	26%	22%	25%	12%	28% b	15%
4 days	42	22	9	10	30	3	34	4	32	4	29	7	27	8
	12%	14%	12%	8%	11%	13%	13%	10%	13%	8%	11%	22%	13%	12%
5 days	37	16	8	13	26	4	23	6	23	6	26	4	18	6
	10%	10%	10%	11%	10%	17%	9%	16%	9%	15%	10%	12%	9%	9%
6 days	14	9	2	3	10	-	11	1	11	1	10	-	10	3
	4%	6%	2%	3%	3%	-	4%	2%	5%	3%	4%	-	5%	5%
7 days	51	19	14	17	44	3	41	6	41	2	41	4	31	8
	14%	12%	18%	14%	16%	12%	15%	15%	16% b	4%	15%	11%	15%	11%
NET: Occasionally (1 day)	54	19	7	26	39	5	38	8	32	12	33	7	23	15
	15%	12%	9%	21% ab	14%	23%	14%	21%	12%	26% a	12%	23%	11%	22% a
NET: Some (2-4 days)	208	95	47	65	157	11	158	18	146	23	155	17	123	36
	57%	60%	60%	52%	57%	48%	58%	46%	58%	52%	59%	54%	60%	53%
NET: Most 5+ days	102	44	24	34	80	6	75	13	76	9	77	8	58	17
	28%	28%	31%	27%	29%	29%	28%	33%	30%	22%	29%	24%	29%	25%
Base for stats	365	158	77	125	276	22	270	38	254	44	265	32	204	68
Median	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Mean Score	3.48	3.56	3.69	3.27	3.56	3.31	3.51	3.46	3.66 b	2.88	3.57	3.26	3.63	3.20
Standard Deviation	1.926	1.834	1.955	2.009	1.957	1.989	1.941	2.054	1.943	1.700	1.933	1.910	1.894	1.967
Standard Error	.100	.143	.220	.179	.116	.415	.116	.325	.120	.251	.117	.327	.131	.233
Error variance	.01	.02	.05	.03	.01	.17	.01	.11	.01	.06	.01	.11	.02	.05

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	99	56	42	27	21	51	5	14	12	11	8	8	11	19	11
Total	100	57	42	24	21	55	4	14	11	11	7	12	10	20	11
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	16	10	6	5	3	8	1	1	2	1	2	-	2	5	2
	16%	18%	13%	21%	14%	14%	21%	7%	18%	7%	24%	-	24%	26%	18%
2 days	12	8	4	3	2	8	1	2	1	1	3	3	-	2	-
	12%	15%	10%	11%	9%	14%	18%	12%	9%	10%	38%	25%	-	11%	-
3 days	20	12	9	6	3	11	1	4	3	2	-	4	3	3	-
	20%	20%	20%	25%	13%	21%	21%	31%	24%	19%	-	38%	26%	16%	-
4 days	9	3	6	3	1	5	2	2	1	2	1	-	-	-	1
	9%	5%	14%	12%	4%	9%	41%	14%	10%	18%	14%	-	-	-	9%
5 days	16	7	9	3	5	9	-	2	-	2	1	3	1	4	3
	16%	12%	21%	10%	22%	16%	-	13%	-	19%	10%	25%	11%	20%	28%
6 days	6	4	1	1	3	2	-	1	1	2	1	-	1	-	-
	6%	7%	2%	3%	14%	4%	-	7%	8%	18%	14%	-	10%	-	-
7 days	21	13	8	4	5	12	-	2	4	1	-	1	3	5	5
	21%	23%	19%	17%	24%	22%	-	15%	31%	9%	-	12%	29%	27%	45%
NET: Occasionally (1 day)	16	10	6	5	3	8	1	1	2	1	2	-	2	5	2
	16%	18%	13%	21%	14%	14%	21%	7%	18%	7%	24%	-	24%	26%	18%
NET: Some (2-4 days)	41	23	19	11	6	24	3	8	5	5	4	7	3	5	1
	41%	40%	44%	48%	27%	44%	79%	57%	42%	47%	51%	62%	26%	27%	9%
NET: Most 5+ days	43	24	18	7	13	23	-	5	4	5	2	4	5	9	8
	43%	42%	43%	31%	60%	42%	-	35%	39%	46%	24%	38%	50%	47%	74%
Base for stats	100	57	42	24	21	55	4	14	11	11	7	12	10	20	11
Median	4	3	4	3	5	4	3	3	3	4	2	3	3	3	5
Mean Score	3.98	3.91	4.03	3.58	4.48	3.97	2.82	3.95	4.14	4.21	2.89	3.76	4.19	3.85	5.12
Standard Deviation	2.115	2.232	1.974	2.099	2.162	2.103	1.347	1.870	2.422	1.802	1.903	1.711	2.482	2.403	2.274
Standard Error	.213	.298	.305	.404	.472	.295	.602	.500	.699	.543	.673	.605	.748	.551	.686
Error variance	.05	.09	.09	.16	.22	.09	.36	.25	.49	.30	.45	.37	.56	.30	.47

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	99	5	22	21	15	7	29	48	51	85	4	3	3	-	1	11
Total	100	4	22	19	16	7	32	45	55	88	4	3	3	-	1	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
1 day	16	3	1	6	2	-	4	10	6	14	1	1	1	-	-	2
	16%	60%	4%	33%	13%	-	13%	22%	11%	15%	21%	31%	28%	-	-	24%
2 days	12	-	5	2	1	2	3	7	6	12	-	-	-	-	-	-
	12%	-	23%	10%	6%	29%	8%	15%	10%	13%	-	-	-	-	-	-
3 days	20	-	4	3	5	2	6	7	13	17	1	-	1	-	1	3
	20%	-	20%	14%	32%	30%	18%	16%	24%	20%	30%	-	34%	-	100%	29%
4 days	9	1	1	2	-	1	4	4	5	7	1	1	-	-	-	2
	9%	22%	4%	9%	-	15%	13%	8%	9%	8%	27%	31%	-	-	-	18%
5 days	16	-	6	1	5	-	3	7	8	15	-	1	-	-	-	1
	16%	-	30%	5%	32%	-	10%	17%	15%	17%	-	39%	-	-	-	10%
6 days	6	-	1	2	1	-	2	3	3	6	-	-	-	-	-	-
	6%	-	5%	10%	5%	-	7%	7%	5%	7%	-	-	-	-	-	-
7 days	21	1	3	3	2	2	10	7	14	18	1	-	1	-	-	2
	21%	18%	13%	19%	13%	26%	32%	16%	25%	20%	22%	-	38%	-	-	19%
NET: Occasionally (1 day)	16	3	1	6	2	-	4	10	6	14	1	1	1	-	-	2
	16%	60%	4%	33%	13%	-	13%	22%	11%	15%	21%	31%	28%	-	-	24%
NET: Some (2-4 days)	41	1	10	6	6	5	12	17	24	36	2	1	1	-	1	5
	41%	22%	47%	33%	38%	74%	39%	39%	43%	41%	57%	31%	34%	-	100%	47%
NET: Most 5+ days	43	1	10	6	8	2	15	18	25	38	1	1	1	-	-	3
	43%	18%	48%	34%	50%	26%	48%	39%	46%	44%	22%	39%	38%	-	-	29%
Base for stats	100	4	22	19	16	7	32	45	55	88	4	3	3	-	1	10
Median	4	1	4	3	3	3	4	3	4	4	3	4	3	-	3	3
Mean Score	3.98	2.74	3.99	3.48	4.01	3.89	4.46	3.65	4.25	3.98	3.72	3.46	3.95	-	3.00	3.66
Standard Deviation	2.115	2.641	1.841	2.386	1.898	2.093	2.188	2.145	2.071	2.100	2.380	2.165	3.098	-	-	2.150
Standard Error	.213	1.181	.392	.521	.490	.791	.406	.310	.290	.228	1.190	1.250	1.789	-	-	.648
Error variance	.05	1.40	.15	.27	.24	.63	.17	.10	.08	.05	1.42	1.56	3.20	-	-	.42



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	
			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
99	49	29	20	49	4	5	25	65	34	93	5	9	54	32	4	90	15	70
100	50	29	20	49	5	5	27	64	36	94	5	9	56	31	3	91	15	72
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16	8	5	4	8	2	1	2	11	5	15	1	2	9	3	2	14	1	11
16%	15%	16%	19%	17%	44%	17%	8%	17%	13%	16%	20%	21%	17%	9%	46%	15%	6%	16%
12	5	6	2	7	-	1	3	9	3	11	1	-	9	4	-	12	2	10
12%	10%	19%	10%	15%	-	16%	9%	14%	9%	11%	22%	-	15%	12%	-	14%	14%	13%
20	11	6	3	10	1	1	5	12	8	20	-	-	14	6	1	20	3	17
20%	21%	22%	17%	20%	32%	31%	19%	19%	22%	21%	-	-	25%	18%	23%	22%	20%	24%
9	5	1	2	3	-	2	3	4	5	8	1	1	5	3	-	8	1	7
9%	9%	4%	9%	6%	-	37%	11%	6%	13%	8%	18%	12%	9%	8%	-	8%	7%	9%
16	7	6	3	9	-	-	8	7	8	16	-	2	7	5	1	14	3	11
16%	14%	20%	16%	18%	-	-	31%	12%	23%	17%	-	23%	13%	16%	30%	15%	21%	15%
6	3	2	1	3	-	-	1	5	1	6	-	-	4	2	-	6	1	5
6%	6%	7%	5%	6%	-	-	4%	7%	3%	6%	-	-	7%	6%	-	6%	7%	7%
21	13	4	5	9	1	-	5	15	6	19	2	4	8	9	-	17	4	11
21%	25%	13%	25%	18%	24%	-	18%	24%	16%	20%	39%	44%	14%	30%	-	19%	25%	16%
16	8	5	4	8	2	1	2	11	5	15	1	2	9	3	2	14	1	11
16%	15%	16%	19%	17%	44%	17%	8%	17%	13%	16%	20%	21%	17%	9%	46%	15%	6%	16%
41	20	13	7	20	1	4	11	25	16	39	2	1	27	12	1	40	6	33
41%	40%	44%	36%	41%	32%	83%	40%	40%	44%	41%	41%	12%	49%	39%	23%	44%	41%	47%
43	22	12	9	21	1	-	14	28	15	41	2	6	19	16	1	37	8	27
43%	44%	40%	46%	42%	24%	-	53%	43%	42%	43%	39%	67%	34%	52%	30%	40%	53%	37%
100	50	29	20	49	5	5	27	64	36	94	5	9	56	31	3	91	15	72
4	4	3	4	3	3	3	5	3	4	4	4	5	3	5	3	3	5	3
3.98	4.13	3.66	4.08	3.83	3.06	2.89	4.31	3.99	3.96	3.99	4.13	4.94	3.63	4.47	2.68	3.88	4.44	3.77
2.115	2.162	2.014	2.256	2.102	2.658	1.221	1.824	2.232	1.920	2.094	2.803	2.408	1.992	2.129	2.043	2.072	2.026	2.019
.213	.309	.374	.504	.300	1.329	.546	.365	.277	.329	.217	1.254	.803	.271	.376	1.021	.218	.523	.241
.05	.10	.14	.25	.09	1.77	.30	.13	.08	.11	.05	1.57	.64	.07	.14	1.04	.05	.27	.06

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	99	13	14	2	68	27	1	69	30	7	12	9	17	7	16	4	27	33	47
Total	100	12	14	3	71	26	1	69	31	7	11	10	17	7	17	4	27	34	48
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	16	4	2	-	9	6	-	12	4	-	7	2	4	1	2	1	-	7	3
	16%	31%	14%	-	13%	22%	-	18%	12%	-	58%	19%	21%	15%	11%	18%	-	19%	6%
2 days	12	3	1	-	8	4	-	11	2	2	2	5	1	1	-	-	2	6	2
	12%	23%	6%	-	12%	14%	-	15%	6%	24%	18%	48%	5%	14%	-	-	8%	19%	5%
																		j	
3 days	20	2	1	-	17	3	-	13	8	1	2	1	11	-	4	-	2	12	5
	20%	14%	7%	-	25%	10%	-	18%	25%	15%	17%	11%	61%	-	22%	-	7%	35%	12%
																		j	
4 days	9	1	2	-	6	3	-	9	-	-	1	-	-	4	2	-	2	4	4
	9%	9%	13%	-	8%	12%	-	13%	-	-	8%	-	-	60%	12%	-	7%	12%	8%
								b											
5 days	16	1	5	1	10	6	-	9	7	1	-	-	2	1	8	1	2	3	12
	16%	7%	37%	58%	14%	23%	-	13%	22%	20%	-	-	12%	11%	48%	33%	8%	8%	24%
6 days	6	-	-	-	6	-	-	3	3	1	-	-	-	-	-	-	5	-	5
	6%	-	-	-	8%	-	-	4%	9%	13%	-	-	-	-	-	-	18%	-	10%
7 days	21	2	3	1	14	5	1	13	8	2	-	2	-	-	1	2	14	2	17
	21%	16%	22%	42%	21%	19%	100%	19%	27%	28%	-	22%	-	-	6%	48%	52%	6%	36%
																		i	
NET: Occasionally (1 day)	16	4	2	-	9	6	-	12	4	-	7	2	4	1	2	1	-	7	3
	16%	31%	14%	-	13%	22%	-	18%	12%	-	58%	19%	21%	15%	11%	18%	-	19%	6%
NET: Some (2-4 days)	41	5	4	-	31	9	-	32	9	3	5	6	11	5	6	-	6	22	12
	41%	46%	27%	-	44%	36%	-	46%	30%	39%	42%	59%	67%	73%	34%	-	22%	66%	24%
																		j	
NET: Most 5+ days	43	3	9	3	30	11	1	25	18	5	-	2	2	1	9	4	21	5	33
	43%	23%	59%	100%	42%	43%	100%	36%	58%	61%	-	22%	12%	11%	54%	82%	78%	15%	70%
								a										i	
Base for stats	100	12	14	3	71	26	1	69	31	7	11	10	17	7	17	4	27	34	48
Median	4	2	5	5	4	4	7	3	5	5	1	2	3	4	5	5	7	3	5
Mean Score	3.98	3.03	4.41	5.85	4.04	3.79	7.00	3.75	4.50	4.68	1.74	3.04	2.75	3.38	4.10	5.24	5.77	2.96	5.14
																		i	
Standard Deviation	2.115	2.194	2.010	1.264	2.066	2.167	-	2.092	2.106	2.122	1.038	2.314	1.183	1.392	1.551	2.487	1.695	1.587	1.859
Standard Error	.213	.608	.537	.893	.251	.417	-	.252	.384	.802	.300	.771	.287	.526	.388	1.243	.326	.276	.271
Error variance	.05	.37	.29	.80	.06	.17	-	.06	.15	.64	.09	.60	.08	.28	.15	1.55	.11	.08	.07

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
		a	*b	c	a	*b	a	*b	a	*b	a	*b	a	*b
Significance Level: 95%														
Unweighted Total	99	40	24	34	80	7	80	9	60	18	71	14	52	29
Total	100	39	26	34	81	7	80	10	61	18	71	15	51	30
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	16	4	3	9	15	1	14	1	8	7	11	2	8	7
	16%	9%	11%	28% a	18%	15%	18%	11%	13%	38%	16%	14%	16%	22%
2 days	12	3	3	6	7	2	9	1	4	4	6	5	8	2
	12%	7%	11%	18%	9%	23%	11%	11%	7%	21%	9%	35%	15%	8%
3 days	20	8	7	5	18	-	17	1	14	1	16	2	7	7
	20%	20%	27%	16%	22%	-	21%	15%	24%	5%	22%	14%	13%	22%
4 days	9	7	1	1	7	1	8	-	7	1	8	-	6	2
	9%	18%	3%	2%	8%	12%	10%	-	11%	5%	11%	-	12%	6%
		c												
5 days	16	9	3	4	12	1	12	1	8	3	10	4	6	5
	16%	22%	10%	13%	15%	20%	15%	11%	13%	15%	14%	24%	12%	18%
6 days	6	1	3	2	6	-	4	2	6	-	5	-	5	1
	6%	2%	12%	6%	7%	-	5%	21%	10%	-	7%	-	9%	4%
7 days	21	9	7	6	15	2	16	3	15	3	16	2	11	6
	21%	22%	26%	18%	19%	30%	20%	32%	24%	17%	22%	13%	22%	20%
NET: Occasionally (1 day)	16	4	3	9	15	1	14	1	8	7	11	2	8	7
	16%	9%	11%	28% a	18%	15%	18%	11%	13%	38%	16%	14%	16%	22%
NET: Some (2-4 days)	41	18	11	12	32	3	34	3	25	5	30	7	20	11
	41%	44%	42%	36%	40%	35%	42%	26%	41%	31%	42%	49%	40%	36%
NET: Most 5+ days	43	18	12	12	34	4	32	6	28	6	30	5	22	12
	43%	46%	47%	37%	42%	50%	40%	64%	46%	32%	42%	37%	43%	41%
Base for stats	100	39	26	34	81	7	80	10	61	18	71	15	51	30
Median	4	4	4	3	4	5	4	6	4	2	4	3	4	3
Mean Score	3.98	4.30	4.26	3.44	3.92	4.21	3.89	4.80	4.28	3.06	4.06	3.37	4.04	3.80
Standard Deviation	2.115	1.891	2.170	2.267	2.113	2.430	2.114	2.288	2.069	2.314	2.103	2.014	2.190	2.195
Standard Error	.213	.299	.443	.389	.236	.919	.236	.763	.267	.545	.250	.538	.304	.408
Error variance	.05	.09	.20	.15	.06	.84	.06	.58	.07	.30	.06	.29	.09	.17

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	500 100%	155 31%	194 39%	86 17%	36 7%	28 6%	3 1%	349 70%	63 13%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	365 100%	68 19%	158 43%	71 19%	38 11%	28 8%	2 *	226 62%	66 18%
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	506 100%	94 18%	195 39%	135 27%	44 9%	35 7%	3 1%	289 57%	78 15%
Running or jogging	388 100%	71 18%	128 33%	94 24%	59 15%	33 9%	2 1%	199 51%	92 24%
Other sport, exercise or physical activity	100 100%	24 24%	27 27%	31 31%	5 5%	13 13%	- -	51 51%	18 18%
Cycling (either for leisure or travel)	191 100%	34 18%	54 28%	59 31%	31 16%	13 7%	- -	88 46%	43 23%
Walking (either for leisure or travel)	1203 100%	165 14%	278 23%	310 26%	204 17%	240 20%	5 *	443 37%	445 37%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		1187	563	621	333	403	451	68	158	127	124	109	109	156	202	134	
Total		1203	574	626	312	413	478	58	158	120	123	99	158	151	202	134	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	165	78	86	54	72	39	8	28	15	15	9	20	24	24	21	
		14%	14%	14%	17% c	17% c	8%	14%	18% e	13%	12%	9%	13%	16%	12%	16%	
A bit more		(4.0)	278	131	146	75	100	103	15	37	25	27	25	41	39	38	32
			23%	23%	23%	24%	24%	22%	25%	23%	21%	22%	25%	26%	26%	19%	24%
Neither more nor less		(3.0)	310	156	154	69	84	157	15	35	35	32	36	44	22	56	35
			26%	27%	25%	22%	20%	33% ab	26% g	22%	29% g	26% g	36% bg	28% g	15%	28% g	26% g
A bit less		(2.0)	204	98	105	54	73	77	11	24	23	25	10	21	33	36	21
			17%	17%	17%	17%	18%	16%	19%	15%	19%	20% e	10%	13%	22% e	18%	16%
A lot less		(1.0)	240	107	132	55	84	101	9	34	22	24	17	32	30	48	24
			20%	19%	21%	18%	20%	21%	15%	22%	18%	19%	17%	20%	20%	24%	18%
Don't know			5	3	2	5	-	-	-	-	-	-	2	1	1	1	-
			*	1%	*	2% bc	-	-	-	-	-	-	2%	1%	1%	*	-
NET: More			443	209	232	128	172	142	23	65	40	42	34	61	64	61	53
			37%	36%	37%	41% c	42% c	30%	39%	41% h	33%	34%	34%	38%	42% h	30%	39%
NET: Less			445	205	237	109	157	179	20	58	45	48	28	52	64	84	46
			37%	36%	38%	35%	38%	37%	34%	37%	38%	39%	28%	33%	42% e	41% e	34%
Base for stats		1198	571	624	307	413	478	58	158	120	123	98	157	150	201	134	
Mean Score		2.93	2.96	2.92	3.06 c	3.01 c	2.79	3.04	3.00	2.90	2.88	2.98	2.98	2.96	2.77	3.03	
Standard Deviation		1.324	1.305	1.341	1.357	1.391	1.229	1.278	1.409	1.280	1.301	1.206	1.315	1.397	1.319	1.329	
Standard Error		.039	.055	.054	.075	.069	.058	.155	.112	.114	.117	.117	.127	.112	.093	.115	
Error variance		*	*	*	.01	*	*	.02	.01	.01	.01	.01	.02	.01	.01	.01	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		1187	83	318	276	167	120	223	677	510	1057	22	56	31	4	6	119	
Total		1203	80	310	271	177	125	240	661	542	1080	20	52	30	4	6	112	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	165	11	50	32	33	18	20	93	72	144	3	10	5	1	-	19	
		14%	14%	16%	12%	19%	15%	8%	14%	13%	13%	14%	19%	17%	24%	-	17%	
				f		cf			f									
A bit more	(4.0)	278	25	68	67	42	27	49	160	118	249	3	14	7	-	4	28	
		23%	32%	22%	25%	24%	22%	20%	24%	22%	23%	14%	27%	25%	-	68%	25%	
				fh														
Neither more nor less	(3.0)	310	19	77	70	36	39	69	166	144	285	5	11	5	3	-	24	
		26%	24%	25%	26%	21%	31%	29%	25%	27%	26%	22%	21%	17%	76%	-	21%	
						d												
A bit less	(2.0)	204	11	52	43	32	17	48	106	98	179	7	7	9	-	2	25	
		17%	14%	17%	16%	18%	14%	20%	16%	18%	17%	35%	13%	29%	-	32%	22%	
A lot less	(1.0)	240	13	63	57	32	22	53	133	107	219	3	10	4	-	-	17	
		20%	16%	20%	21%	18%	17%	22%	20%	20%	20%	15%	20%	12%	-	-	15%	
Don't know		5	-	-	2	-	1	1	2	2	4	-	-	-	-	-	-	
		*	-	-	1%	-	1%	*	*	*	*	-	-	-	-	-	-	
NET: More		443	37	118	98	76	45	69	253	190	393	6	24	12	1	4	47	
		37%	46%	38%	36%	43%	36%	29%	38%	35%	36%	27%	46%	42%	24%	68%	42%	
			f	f		f			f									
NET: Less		445	24	116	100	65	39	101	240	205	398	10	17	12	-	2	41	
		37%	30%	37%	37%	31%	42%	36%	38%	37%	50%	33%	41%	-	32%	37%		
Base for stats		1198	80	310	269	177	123	240	658	539	1076	20	52	30	4	6	112	
Mean Score		2.93	3.14	2.96	2.90	3.07	3.02	2.73	2.96	2.91	2.93	2.76	3.13	3.06	3.48	3.35	3.07	
			f	f		f			f									
Standard Deviation		1.324	1.290	1.360	1.314	1.385	1.295	1.251	1.333	1.313	1.321	1.290	1.411	1.326	.982	1.030	1.328	
Standard Error		.039	.142	.076	.080	.107	.119	.084	.051	.058	.041	.275	.189	.238	.491	.420	.122	
Error variance		*	.02	.01	.01	.01	.01	.01	*	*	*	.08	.04	.06	.24	.18	.01	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		
								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		1187	432	464	279	743	32	35	229	891	296	1130	45	103	656	388	40	1084	186	886	
Total		1203	446	467	277	744	32	35	240	895	307	1145	46	108	670	386	39	1095	189	894	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	165	44	78	43	120	5	3	28	128	36	157	3	14	91	53	7	151	31	120
			14%	10%	17%	15%	16%	15%	9%	12%	14%	12%	14%	7%	13%	14%	14%	18%	14%	16%	13%
					a	a	a														
A bit more		(4.0)	278	92	112	72	183	8	12	54	205	73	266	10	19	153	97	9	259	48	209
			23%	21%	24%	26%	25%	25%	34%	22%	23%	24%	23%	22%	18%	23%	25%	23%	24%	25%	23%
Neither more nor less		(3.0)	310	140	112	53	165	7	8	57	239	72	301	8	28	191	85	6	282	45	235
			26%	31%	24%	19%	22%	21%	23%	24%	27%	23%	26%	16%	26%	28%	22%	15%	26%	24%	26%
					bcd											c					
A bit less		(2.0)	204	73	80	50	131	6	6	40	153	52	192	10	16	111	72	6	188	35	150
			17%	16%	17%	18%	18%	18%	18%	17%	17%	17%	17%	22%	15%	17%	19%	15%	17%	18%	17%
A lot less		(1.0)	240	95	83	59	142	7	6	60	168	72	223	15	30	122	77	11	210	31	177
			20%	21%	18%	21%	19%	21%	16%	25%	19%	24%	20%	32%	28%	18%	20%	29%	19%	16%	20%
										d				a		be					
Don't know			5	1	2	1	3	-	-	2	3	2	5	-	-	2	2	-	5	-	3
			*	*	1%	*	*	-	-	1%	*	1%	*	-	-	*	1%	-	*	-	*
NET: More			443	136	189	114	304	13	15	82	333	110	423	13	33	244	150	16	409	78	329
			37%	30%	41%	41%	41%	40%	43%	34%	37%	36%	37%	29%	31%	36%	39%	41%	37%	42%	37%
					a	a	a														
NET: Less			445	168	163	109	273	13	12	100	321	124	416	25	47	232	149	17	398	66	327
			37%	38%	35%	39%	37%	39%	34%	42%	36%	40%	36%	54%	43%	35%	39%	44%	36%	35%	37%
													a								
Base for stats			1198	444	465	276	741	32	35	238	892	306	1140	46	108	667	384	39	1090	189	891
Mean Score			2.93	2.81	3.04	2.96	3.01	2.95	3.02	2.79	2.97	2.84	2.95	2.50	2.73	2.97	2.94	2.87	2.96	3.07	2.94
					a		a						b								
Standard Deviation			1.324	1.261	1.341	1.385	1.357	1.388	1.253	1.355	1.315	1.346	1.318	1.346	1.385	1.293	1.338	1.512	1.317	1.325	1.317
Standard Error			.039	.061	.062	.083	.050	.245	.212	.090	.044	.078	.039	.201	.136	.051	.068	.239	.040	.097	.044
Error variance			*	*	*	.01	*	.06	.04	.01	*	.01	*	.04	.02	*	*	.06	*	.01	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		1187	114	174	30	870	291	24	939	248	119	102	157	191	126	143	57	292	474	492	
Total		1203	112	182	30	882	295	25	948	255	124	104	160	192	124	146	58	293	477	497	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	165 14%	20 18%	27 15%	6 20%	118 13%	44 15%	7 28%	128 14%	37 14%	12 10%	10 9%	19 12%	21 11%	15 12%	23 16%	12 20%	53 18% abdi	55 12%	88 18% abdi
A bit more		(4.0)	278 23%	20 18%	34 19%	6 18%	212 24%	60 20%	- -	217 23%	61 24%	16 13%	15 14%	25 15%	47 24% abc	28 23% a	44 30% abci	12 20%	92 31% abci	100 21% a	148 30% abci
Neither more nor less		(3.0)	310 26%	28 25%	53 29%	12 38%	222 25%	83 28%	8 33%	232 24%	78 31% a	41 33% bcdi	17 16%	30 19%	43 22%	37 30%	38 26%	23 39%	82 28% bcdi	110 23% bc	142 29% bci
A bit less		(2.0)	204 17%	18 16%	28 16%	5 17%	149 17%	51 17%	1 3%	167 18%	37 15%	17 14%	22 21% ghj	34 21% ghj	41 21% ghj	28 22% ghj	29 20% hj	5 8%	28 10%	103 22% ghj	62 12%
A lot less		(1.0)	240 20%	26 23% c	39 21%	2 7%	175 20%	58 19%	9 35%	200 21%	40 16%	38 31% defghj	41 39% defghij	50 31% defghij	39 20% fhj	16 13%	12 8%	8 13%	36 12%	106 22% efhj	55 11%
Don't know			5 *	- -	- -	- -	5 1%	- -	- -	4 *	1 *	- -	- -	2 1%	1 *	- -	1 1%	- -	1 *	3 1%	2 *
NET: More			443 37%	41 36%	61 34%	12 38%	330 37%	104 35%	7 28%	345 36%	98 38%	28 22%	25 24%	43 27%	69 36% ab	43 34% a	67 46% abci	23 40% ab	145 50% abcdei	155 32% a	236 47% abcdei
NET: Less			445 37%	44 39%	67 37%	7 23%	324 37%	108 37%	10 38%	367 39% b	78 30%	56 45% fghj	63 60% adeefghij	84 53% defghj	80 42% fghj	44 36% hj	40 28%	12 21%	65 22%	209 44% fghj	117 24%
Base for stats			1198	112	182	30	877	295	25	944	254	124	104	158	192	124	145	58	292	474	496
Mean Score			2.93	2.92	2.90	3.28	2.94	2.94	2.83	2.90	3.07	2.56	2.34	2.54	2.85	2.98	3.26	3.25	3.33	2.78	3.30
															bc	abc	abcdei	abcdei	abcdei	b	abcdei
Standard Deviation			1.324	1.413	1.337	1.176	1.323	1.323	1.627	1.338	1.265	1.307	1.367	1.387	1.307	1.212	1.184	1.249	1.237	1.319	1.221
Standard Error			.039	.132	.101	.215	.045	.078	.332	.044	.080	.120	.135	.111	.095	.108	.099	.165	.072	.061	.055
Error variance			*	.02	.01	.05	*	.01	.11	*	.01	.01	.02	.01	.01	.01	.01	.03	.01	*	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		1187	422	289	471	950	81	925	105	831	149	904	114	652	272
Total		1203	422	301	474	960	84	932	107	838	150	916	116	655	279
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	165 14%	129 30% bc	13 4%	23 5%	131 14%	14 17%	126 14%	21 19%	115 14%	25 17%	118 13%	23 20%	96 15%	42 15%
A bit more	(4.0)	278 23%	179 42% bc	42 14%	55 12%	227 24%	20 23%	223 24%	22 20%	202 24%	27 18%	218 24%	27 24%	167 26% b	53 19%
Neither more nor less	(3.0)	310 26%	60 14%	196 65% ac	53 11%	248 26% b	13 15%	239 26% b	16 15%	216 26%	38 25%	233 25%	29 25%	155 24%	79 28%
A bit less	(2.0)	204 17%	39 9%	36 12%	130 27% ab	161 17%	10 12%	167 18%	14 13%	150 18%	25 17%	168 18%	13 11%	104 16%	46 16%
A lot less	(1.0)	240 20%	15 4%	14 5%	211 44% ab	189 20%	27 33% a	174 19%	34 32% a	155 18%	32 22%	177 19%	23 20%	131 20%	59 21%
Don't know		5 *	1 *	1 *	2 *	3 *	- -	2 *	- -	1 *	2 2% a	2 *	1 1%	2 *	1 *
NET: More		443 37%	308 73% bc	54 18%	78 17%	359 37%	34 41%	349 37%	43 40%	318 38%	53 35%	336 37%	50 43%	263 40%	94 34%
NET: Less		445 37%	54 13%	50 17%	341 72% ab	350 36%	37 44%	341 37%	48 45%	304 36%	58 38%	344 38%	36 31%	236 36%	105 38%
Base for stats		1198	421	300	472	956	84	930	107	837	148	914	115	654	278
Mean Score		2.93	3.87 bc	3.01 c	2.05	2.95	2.81	2.96	2.82	2.97	2.92	2.93	3.12	2.99	2.90
Standard Deviation		1.324	1.062	.786	1.213	1.321	1.528	1.308	1.543	1.308	1.386	1.307	1.390	1.345	1.341
Standard Error		.039	.052	.046	.056	.043	.170	.043	.151	.045	.114	.044	.131	.053	.081
Error variance		*	*	*	*	*	.03	*	.02	*	.01	*	.02	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		196	122	74	82	80	34	9	27	18	14	23	16	39	29	21	
Total		191	120	71	75	80	36	8	27	17	14	20	23	36	27	19	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	34	21	13	17	10	7	-	5	3	2	5	3	8	7	2	
		18%	18%	18%	22%	13%	21%	-	18%	17%	14%	22%	13%	21%	27%	12%	
A bit more	(4.0)	54	33	21	22	24	7	3	9	5	1	6	10	9	6	4	
		28%	28%	29%	30%	30%	20%	46%	35%	32%	6%	30%	44%	25%	22%	19%	
Neither more nor less		(3.0)	59	40	19	19	26	15	1	9	5	7	6	4	8	9	10
			31%	34%	26%	25%	32%	41%	11%	35%	29%	52%	31%	18%	21%	34%	49%
A bit less	(2.0)	31	15	15	13	12	6	2	2	3	3	1	6	9	4	2	
		16%	13%	21%	17%	14%	18%	21%	8%	17%	21%	4%	25%	25%	13%	10%	
A lot less	(1.0)	13	9	3	4	8	-	2	1	1	1	3	-	3	1	2	
		7%	8%	5%	6%	10%	-	22%	4%	5%	7%	13%	-	7%	4%	10%	
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
NET: More		88	55	34	39	34	15	3	14	8	3	11	13	17	13	6	
		46%	46%	47%	52%	43%	41%	46%	53%	49%	19%	52%	56%	47%	49%	32%	
NET: Less		43	25	19	17	20	6	3	3	4	4	3	6	12	4	4	
		23%	21%	26%	23%	25%	18%	43%	12%	22%	29%	17%	25%	32%	17%	19%	
Base for stats		191	120	71	75	80	36	8	27	17	14	20	23	36	27	19	
Mean Score		3.35	3.35	3.34	3.46	3.21	3.44	2.81	3.56	3.37	2.97	3.45	3.44	3.28	3.56	3.14	
Standard Deviation		1.148	1.148	1.155	1.189	1.158	1.024	1.317	1.019	1.145	1.091	1.270	1.026	1.270	1.150	1.103	
Standard Error		.082	.104	.134	.131	.129	.176	.439	.196	.270	.291	.265	.257	.203	.214	.241	
Error variance		.01	.01	.02	.02	.02	.03	.19	.04	.07	.08	.07	.07	.04	.05	.06	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		196	34	62	48	28	9	15	144	52	157	9	14	8	2	2	35
Total		191	31	61	45	29	9	16	137	54	156	8	13	7	2	2	31
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	34	4	10	7	9	1	4	20	14	25	1	6	1	1	-	8
		18%	11%	16%	16%	32%	12%	26%	15%	27%	16%	10%	44%	14%	55%	-	27%
A bit more	(4.0)	54	12	20	9	8	2	2	42	12	48	2	2	1	1	1	6
		28%	40%	34%	21%	27%	21%	14%	31%	22%	31%	21%	12%	14%	45%	50%	19%
Neither more nor less	(3.0)	59	10	17	18	8	3	4	45	14	49	2	4	1	-	1	7
		31%	32%	28%	40%	26%	34%	23%	33%	27%	31%	23%	30%	11%	-	50%	24%
A bit less	(2.0)	31	3	10	4	4	3	6	17	13	25	2	1	3	-	-	6
		16%	8%	17%	10%	15%	34%	37%	13%	25%	16%	33%	8%	36%	-	-	19%
A lot less	(1.0)	13	3	4	6	-	-	-	13	-	9	1	1	2	-	-	4
		7%	9%	6%	14%	-	-	-	9%	-	6%	13%	6%	25%	-	-	11%
Don't know			h		h				h								
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		88	16	30	16	17	3	6	62	26	73	2	7	2	2	1	14
		46%	51%	49%	36%	58%	33%	40%	45%	49%	47%	31%	56%	28%	100%	50%	46%
NET: Less		43	5	14	11	4	3	6	30	13	34	3	2	4	-	-	10
		23%	17%	23%	24%	15%	34%	37%	22%	25%	22%	46%	14%	61%	-	-	30%
Base for stats		191	31	61	45	29	9	16	137	54	156	8	13	7	2	2	31
Mean Score		3.35	3.37	3.36	3.14	3.75	3.11	3.29	3.29	3.51	3.35	2.83	3.81	2.57	4.55	3.50	3.32
Standard Deviation		1.148	1.086	1.127	1.228	1.080	1.068	1.249	1.148	1.141	1.109	1.286	1.297	1.476	.759	.705	1.368
Standard Error		.082	.186	.143	.177	.204	.356	.323	.096	.158	.089	.429	.347	.522	.537	.498	.231
Error variance		.01	.03	.02	.03	.04	.13	.10	.01	.03	.01	.18	.12	.27	.29	.25	.05

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		
		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		196	37	85	72	157	13	8	36	139	57	183	10	9	91	86	10	187	49	133
Total		191	36	83	70	153	13	7	36	135	56	179	9	9	90	83	9	182	47	130
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	34	6	14	13	27	3	-	5	27	8	33	2	-	12	20	2	34	8	26
		18%	18%	17%	18%	18%	23%	-	14%	20%	14%	18%	20%	-	14%	24%	23%	19%	17%	20%
A bit more	(4.0)	54	5	22	26	48	7	3	11	33	21	52	-	2	25	25	2	52	16	36
		28%	15%	27%	36%	31%	54%	39%	31%	24%	37%	29%	-	21%	27%	30%	27%	29%	33%	27%
					a															
Neither more nor less	(3.0)	59	12	28	19	48	2	4	6	47	12	57	2	3	29	26	1	56	12	41
		31%	32%	34%	28%	31%	15%	50%	18%	35%	22%	32%	18%	36%	32%	31%	11%	31%	25%	31%
A bit less	(2.0)	31	9	17	5	22	-	1	10	20	10	25	4	3	19	7	2	28	7	20
		16%	25%	20%	7%	14%	-	11%	27%	15%	19%	14%	43%	33%	21%	9%	19%	15%	15%	15%
			c	c											c					
A lot less	(1.0)	13	4	2	7	9	1	-	4	8	5	11	2	1	6	4	2	12	4	7
		7%	10%	2%	10%	6%	8%	-	10%	6%	8%	6%	19%	10%	6%	5%	20%	7%	9%	6%
					b															
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		88	12	36	38	74	10	3	16	60	29	85	2	2	37	45	4	87	24	62
		46%	33%	44%	55%	49%	77%	39%	45%	44%	52%	48%	20%	21%	41%	54%	50%	48%	51%	48%
					a															
NET: Less		43	12	19	12	31	1	1	13	28	15	36	6	4	24	12	3	40	11	27
		23%	35%	22%	18%	20%	8%	11%	37%	21%	27%	20%	62%	43%	27%	14%	39%	22%	24%	21%
			c					d							c					
Base for stats		191	36	83	70	153	13	7	36	135	56	179	9	9	90	83	9	182	47	130
Mean Score		3.35	3.06	3.36	3.45	3.40	3.84	3.28	3.12	3.37	3.31	3.39	2.59	2.68	3.21	3.59	3.14	3.38	3.34	3.41
																b				
Standard Deviation		1.148	1.248	1.061	1.180	1.115	1.065	.698	1.249	1.140	1.174	1.123	1.429	.966	1.116	1.114	1.566	1.148	1.212	1.142
Standard Error		.082	.205	.115	.139	.089	.295	.247	.208	.097	.156	.083	.452	.322	.117	.120	.495	.084	.173	.099
Error variance		.01	.04	.01	.02	.01	.09	.06	.04	.01	.02	.01	.20	.10	.01	.01	.25	.01	.03	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		196	23	27	10	135	55	5	158	38	3	12	19	36	25	34	15	52	80	101
Total		191	21	27	9	132	53	5	156	35	3	11	19	35	22	35	15	51	76	100
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	34	4	8	-	23	10	2	28	6	-	3	3	3	4	7	1	14	9	22
		18%	21%	28%	-	17%	19%	38%	18%	18%	-	26%	15%	7%	18%	19%	7%	28% di	12%	22%
A bit more	(4.0)	54	6	8	4	37	17	1	42	12	-	2	3	10	8	9	6	17	20	32
		28%	30%	30%	39%	28%	32%	19%	27%	34%	-	14%	18%	28%	34%	26%	41%	33%	27%	32%
Neither more nor less	(3.0)	59	6	5	4	43	14	1	50	9	1	2	6	12	4	17	6	12	22	35
		31%	28%	19%	43%	33%	26%	21%	32%	26%	25%	18%	31%	34%	17%	48% hi	41%	23%	29%	34%
A bit less	(2.0)	31	3	4	-	22	6	1	25	6	1	3	4	10	5	2	1	4	19	7
		16%	13%	16%	-	17%	11%	22%	16%	17%	47%	26%	22%	28% fhj	23%	6%	6%	8%	25% fhj	7%
A lot less	(1.0)	13	2	2	2	7	5	-	11	2	1	2	3	1	2	-	1	4	5	5
		7%	8%	7%	18%	6%	10%	-	7%	5%	27%	17%	14%	3%	8%	-	6%	7%	7%	5%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		88	11	16	4	60	27	3	70	18	-	5	6	12	12	16	7	31	30	54
		46%	51%	58%	39%	45%	52%	57%	45%	52%	-	40%	33%	35%	52%	45%	48%	61% di	39%	54%
NET: Less		43	5	6	2	30	11	1	36	8	2	5	7	11	7	2	2	8	24	12
		23%	21%	23%	18%	22%	22%	22%	23%	22%	75%	43%	36%	30% fj	31%	6%	11%	16%	32% fhj	12%
Base for stats		191	21	27	9	132	53	5	156	35	3	11	19	35	22	35	15	51	76	100
Mean Score		3.35	3.42	3.55	3.02	3.34	3.39	3.74	3.33	3.42	1.98	3.06	2.97	3.10	3.31	3.59 di	3.38	3.66 di	3.13	3.59 di
Standard Deviation		1.148	1.223	1.273	1.123	1.117	1.225	1.324	1.153	1.137	.881	1.516	1.282	.990	1.261	.884 di	.946	1.192 di	1.140	1.056 di
Standard Error		.082	.255	.245	.355	.096	.165	.592	.092	.185	.509	.438	.294	.165	.252	.152	.244	.165	.127	.105
Error variance		.01	.07	.06	.13	.01	.03	.35	.01	.03	.26	.19	.09	.03	.06	.02	.06	.03	.02	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		196	98	46	51	166	12	156	15	151	18	157	12	126	37
Total		191	94	46	49	162	12	152	15	148	17	153	12	124	36
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	34 18%	26 27% b	1 2% b	7 14% b	33 20%	1 8%	29 19%	2 17%	30 20%	2 10%	28 18%	2 15%	23 19%	8 22%
A bit more	(4.0)	54 28%	37 39% c	10 22%	7 14%	44 27%	5 45%	42 27%	4 25%	42 28%	7 45%	45 29%	1 8%	41 33%	6 17%
Neither more nor less	(3.0)	59 31%	19 20%	27 60% ac	12 25%	48 30%	3 25%	46 30%	3 21%	45 30%	3 16%	47 31%	4 32%	36 29%	9 25%
A bit less	(2.0)	31 16%	10 11%	6 12%	15 30% ab	26 16%	1 9%	25 17%	3 18%	23 15%	3 20%	24 15%	2 21%	17 14%	8 24%
A lot less	(1.0)	13 7%	3 3%	2 4%	8 17% ab	11 7%	2 13%	10 7%	3 19%	9 6%	2 10%	10 7%	3 23%	7 6%	4 12%
Don't know		- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
NET: More		88 46%	62 66% bc	11 24%	14 28%	76 47%	6 53%	71 47%	6 42%	72 48%	9 55%	73 47%	3 24%	64 51%	14 39%
NET: Less		43 23%	13 14%	7 16%	23 47% ab	37 23%	3 22%	35 23%	5 37%	32 21%	5 30%	34 22%	5 44%	25 20%	13 36% a
Base for stats		191	94	46	49	162	12	152	15	148	17	153	12	124	36
Mean Score		3.35	3.77 bc	3.07	2.78	3.38	3.26	3.36	3.03	3.41	3.25	3.37	2.72	3.44	3.13
Standard Deviation		1.148	1.056	.767	1.289	1.175	1.199	1.164	1.413	1.155	1.202	1.143	1.382	1.122	1.345
Standard Error		.082	.107	.113	.180	.091	.346	.093	.365	.094	.283	.091	.399	.100	.221
Error variance		.01	.01	.01	.03	.01	.12	.01	.13	.01	.08	.01	.16	.01	.05

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		404	215	188	227	139	38	25	48	40	39	37	28	102	52	33
Total		388	210	177	206	140	41	21	46	36	36	33	41	95	50	31
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	71	35	36	44	22	5	3	10	9	3	5	7	18	7	9
		18%	16%	21%	21%	16%	12%	15%	21%	25%	10%	16%	17%	18%	14%	28% d
A bit more	(4.0)	128	75	52	63	57	7	8	12	11	13	11	12	34	19	8
		33%	36%	29%	31%	41% ac	18%	37%	25%	30%	35%	35%	29%	36%	39%	28%
Neither more nor less	(3.0)	94	54	41	42	37	15	6	16	6	8	8	15	17	12	6
		24%	26%	23%	21%	26%	36% a	29%	35% g	17%	21%	24%	36%	18%	25%	20%
A bit less	(2.0)	59	32	27	36	14	9	2	4	8	7	3	3	16	8	7
		15%	15%	15%	17%	10%	21%	12%	9%	22%	21%	10%	7%	17%	15%	22%
A lot less	(1.0)	33	14	19	19	9	5	-	5	2	5	5	4	9	3	1
		9%	7%	11%	9%	7%	12%	-	10%	5%	13%	14%	11%	10%	6%	3%
Don't know		2	-	2	2	-	-	1	-	-	-	-	-	1	-	-
		1%	-	1%	1%	-	-	7%	-	-	-	-	-	1%	-	-
NET: More		199	110	88	107	80	12	11	21	20	16	17	19	52	26	17
		51%	52%	50%	52% c	57% c	30%	52%	47%	55%	45%	51%	46%	54%	53%	56%
NET: Less		92	46	46	55	23	14	2	9	10	12	8	7	25	11	7
		24%	22%	26%	27% b	17% b	34% b	12%	19%	28%	34%	24%	18%	27%	22%	24%
Base for stats		385	210	174	204	140	41	19	46	36	36	33	41	94	50	31
Mean Score		3.37	3.40	3.34	3.38	3.49	2.97	3.59	3.39	3.47	3.07	3.29	3.35	3.37	3.40	3.57
						c										
Standard Deviation		1.195	1.135	1.268	1.255	1.083	1.188	.934	1.216	1.242	1.229	1.280	1.177	1.244	1.106	1.199
Standard Error		.060	.077	.093	.084	.092	.193	.195	.175	.196	.197	.210	.222	.124	.153	.209
Error variance		*	.01	.01	.01	.01	.04	.04	.03	.04	.04	.04	.05	.02	.02	.04

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		404	66	131	95	60	33	19	292	112	305	18	44	26	2	3	93	
Total		388	61	124	87	62	35	19	272	116	297	16	41	24	2	3	84	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	71	9	25	18	10	6	3	52	19	58	5	2	3	1	-	11
			18%	16%	20%	21%	15%	18%	15%	19%	16%	19%	34%	4%	12%	48%	-	13%
												c						
A bit more		(4.0)	128	18	49	27	22	10	3	93	35	97	3	15	9	1	1	29
			33%	30%	39%	30%	36%	28%	15%	34%	30%	33%	22%	37%	36%	52%	37%	34%
Neither more nor less		(3.0)	94	19	24	20	13	9	9	63	31	71	4	10	6	-	1	22
			24%	32%	20%	23%	21%	26%	45%	23%	27%	24%	27%	25%	28%	-	35%	26%
A bit less		(2.0)	59	11	14	14	13	6	2	39	20	45	2	7	3	-	1	13
			15%	18%	11%	16%	20%	17%	10%	14%	18%	15%	11%	18%	14%	-	29%	16%
A lot less		(1.0)	33	3	11	9	4	4	2	23	11	25	1	6	1	-	-	8
			9%	4%	9%	10%	7%	11%	11%	8%	9%	8%	6%	16%	3%	-	-	10%
Don't know			2	-	1	-	-	-	1	1	1	1	-	-	2	-	-	2
			1%	-	1%	-	-	-	4%	1%	1%	*	-	-	7%	-	-	2%
NET: More			199	28	73	45	31	16	6	146	53	155	9	17	11	2	1	40
			51%	46%	59%	51%	51%	45%	30%	54%	46%	52%	56%	41%	48%	100%	37%	47%
					h													
NET: Less			92	14	25	23	17	10	4	61	31	70	3	14	4	-	1	21
			24%	22%	20%	26%	28%	28%	21%	23%	27%	24%	17%	34%	18%	-	29%	25%
Base for stats			385	61	122	87	62	35	19	270	115	296	16	41	22	2	3	83
Mean Score			3.37	3.35	3.51	3.35	3.32	3.23	3.14	3.42	3.26	3.40	3.67	2.96	3.42	4.48	3.08	3.25
												c						
Standard Deviation			1.195	1.089	1.193	1.264	1.179	1.265	1.192	1.193	1.198	1.202	1.258	1.180	1.036	.805	1.011	1.174
Standard Error			.060	.134	.105	.130	.152	.220	.281	.070	.114	.069	.297	.178	.211	.569	.583	.123
Error variance			*	.02	.01	.02	.02	.05	.08	*	.01	*	.09	.03	.04	.32	.34	.02



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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			
							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		404	68	173	158	331	24	29	66	285	119	381	19	22	161	198	23	382	94	278	
Total		388	65	163	156	318	23	28	62	275	113	366	18	22	155	188	22	365	89	266	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	71	13	28	29	57	3	2	13	53	18	70	1	5	27	35	4	66	18	47
			18%	20%	17%	19%	18%	15%	7%	21%	19%	16%	19%	6%	22%	17%	18%	18%	18%	21%	17%
A bit more		(4.0)	128	22	49	56	105	8	11	23	85	42	125	3	10	44	68	6	118	33	83
			33%	33%	30%	36%	33%	34%	41%	38%	31%	38%	34%	15%	44%	29%	36%	28%	32%	37%	31%
Neither more nor less		(3.0)	94	16	46	32	77	6	6	16	67	28	87	6	4	44	44	3	90	14	73
			24%	25%	28%	20%	24%	25%	22%	26%	24%	25%	24%	34%	20%	28%	23%	12%	25%	15%	27% a
A bit less		(2.0)	59	11	26	20	46	2	4	7	45	14	53	5	1	25	27	7	58	13	44
			15%	16%	16%	13%	15%	9%	16%	12%	16%	12%	15%	26%	4%	16%	14%	31%	16%	14%	17%
A lot less		(1.0)	33	4	12	17	30	4	2	3	25	9	30	3	2	14	15	2	31	10	19
			9%	6%	7%	11%	9%	18%	7%	4%	9%	8%	8%	15%	10%	9%	8%	10%	8%	11%	7%
Don't know			2	-	2	1	2	-	2	-	-	2	1	1	-	2	1	-	2	1	1
			1%	-	1%	*	1%	-	8%	-	-	2% d	*	5%	-	1%	*	-	1%	1%	*
NET: More			199	35	77	85	163	11	13	36	138	61	194	4	15	72	102	10	184	52	129
			51%	53%	47%	55%	51%	48%	47%	59%	50%	54%	53%	20%	66%	46%	54%	47%	50%	58%	49%
NET: Less			92	14	38	38	76	6	6	10	70	22	83	7	3	38	42	9	89	23	63
			24%	22%	23%	24%	24%	27%	22%	16%	25%	20%	23%	41%	14%	25%	22%	41%	24%	26%	24%
Base for stats			385	65	161	155	316	23	26	62	275	111	365	17	22	153	188	22	363	89	266
Mean Score			3.37	3.46	3.34	3.38	3.36	3.18	3.27	3.60	3.35	3.44	3.42	2.68	3.64	3.30	3.43	3.14	3.36	3.41	3.35
Standard Deviation			1.195	1.153	1.164	1.249	1.205	1.335	1.079	1.076	1.218	1.139	1.187	1.125	1.185	1.196	1.179	1.335	1.195	1.288	1.160
Standard Error			.060	.140	.089	.100	.067	.273	.212	.132	.072	.106	.061	.265	.253	.095	.084	.278	.061	.134	.070
Error variance			*	.02	.01	.01	*	.07	.04	.02	.01	.01	*	.07	.06	.01	.01	.08	*	.02	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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									
							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	404	47	37	19	295	96	6	334	70	7	20	46	87	51	67	24	102	184	193
Total	388	43	35	17	287	88	6	319	68	7	18	42	83	50	63	24	101	174	189
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	71	13	7	2	49	21	59	11	2	1	5	16	12	14	4	17	33	35
	18%	30% d	21%	11%	17%	23%	31%	19%	17%	30%	4%	11%	19%	25%	23%	16%	17%	19%	19%
A bit more	(4.0)	128	9	11	5	100	24	104	24	1	6	13	31	13	23	8	33	57	64
	33%	21%	30%	28%	35%	27%	-	33%	35%	17%	34%	31%	38%	27%	36%	33%	33%	33%	34%
Neither more nor less	(3.0)	94	8	7	4	72	19	76	18	2	4	9	15	11	14	8	31	36	53
	24%	19%	21%	25%	25%	21%	18%	24%	26%	27%	20%	23%	18%	22%	22%	33%	31% di	20%	28%
A bit less	(2.0)	59	7	6	3	42	14	48	11	2	3	6	15	7	11	3	12	28	26
	15%	15%	16%	20%	15%	16%	34%	15%	16%	26%	15%	15%	18%	14%	18%	14%	11%	16%	14%
A lot less	(1.0)	33	5	4	3	23	10	29	4	-	5	7	6	7	1	1	7	19	9
	9%	12%	11%	16%	8%	11%	17%	9%	6%	-	26%	17% fj	7%	13% fj	2%	4%	7%	11% fj	5%
Don't know	2	2	-	-	1	2	-	2	-	-	-	2	-	-	-	-	1	2	1
	1%	4% d	-	-	*	2%	-	1%	-	-	-	4% j	-	-	-	-	1%	1%	*
NET: More	199	22	18	7	149	45	2	163	36	3	7	18	47	26	37	12	50	90	99
	51%	51%	52%	39%	52%	50%	31%	51%	52%	46%	38%	42%	57%	51%	58%	48%	50%	52%	52%
NET: Less	92	12	9	6	65	23	3	77	15	2	7	13	21	14	12	5	19	47	36
	24%	27%	27%	36%	23%	27%	51%	24%	22%	26%	41%	31%	25%	27%	20%	19%	19%	27%	19%
Base for stats	385	42	35	17	286	87	6	317	68	7	18	40	83	50	63	24	100	173	188
Mean Score	3.37	3.43	3.35	2.98	3.38	3.37	2.93	3.37	3.41	3.50	2.75	3.06	3.44	3.36	3.60 c	3.41	3.41	3.33	3.47 c
Standard Deviation	1.195	1.399	1.296	1.285	1.168	1.308	1.652	1.210	1.129	1.270	1.326	1.293	1.190	1.352	1.083	1.069	1.121	1.264	1.099
Standard Error	.060	.209	.213	.295	.068	.135	.675	.067	.135	.480	.296	.195	.128	.189	.132	.218	.112	.094	.079
Error variance	*	.04	.05	.09	*	.02	.45	*	.02	.23	.09	.04	.02	.04	.02	.05	.01	.01	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
			a	b	c	a	*b	a	*b	a	b	a	*b	a	b
Significance Level: 95%															
Unweighted Total		404	203	76	120	343	20	329	27	323	36	338	24	268	47
Total		388	194	73	115	331	18	318	24	314	32	327	22	260	42
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	71	60	2	7	63	4	58	7	54	10	53	9	49	7
		18%	31%	2%	7%	19%	20%	18%	30%	17%	32% a	16%	42%	19%	16%
A bit more	(4.0)	128	89	15	23	111	5	107	5	106	7	117	3	99	8
		33%	46%	20%	20%	34%	26%	34%	23%	34%	21%	36%	12%	38% b	19%
Neither more nor less	(3.0)	94	25	44	23	79	5	78	4	77	6	79	4	55	12
		24%	13%	60% ac	20%	24%	28%	25%	19%	24%	19%	24%	17%	21%	29%
A bit less	(2.0)	59	13	8	38	52	3	48	3	50	2	51	2	37	7
		15%	7%	11%	33% ab	16%	14%	15%	12%	16%	7%	16%	8%	14%	15%
A lot less	(1.0)	33	5	4	24	26	1	25	4	27	6	26	4	19	8
		9%	3%	6%	21% ab	8%	4%	8%	17%	9%	18%	8%	18%	7%	19% a
Don't know		2	1	-	1	-	2	2	-	1	1	1	1	2	1
		1%	*	-	1%	-	8%	*	-	*	2%	*	3%	1%	2%
NET: More		199	150	16	30	174	8	165	13	160	17	170	12	148	15
		51%	77% bc	22%	26%	53%	46%	52%	53%	51%	53%	52%	54%	57% b	36%
NET: Less		92	18	13	62	77	3	73	7	77	8	77	6	56	14
		24%	9%	17%	54% ab	23%	18%	23%	29%	24%	26%	24%	26%	22%	34%
Base for stats		385	193	73	114	331	17	316	24	314	31	326	21	259	41
Mean Score		3.37	3.97 bc	3.02 c	2.58	3.40	3.47	3.39	3.37	3.35	3.41	3.36	3.54	3.47 b	2.99
Standard Deviation		1.195	.971	.810	1.209	1.185	1.159	1.177	1.474	1.190	1.499	1.165	1.577	1.167	1.347
Standard Error		.060	.068	.093	.111	.064	.273	.065	.284	.066	.253	.063	.329	.072	.199
Error variance		*	*	.01	.01	*	.07	*	.08	*	.06	*	.11	.01	.04

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		515	188	325	240	187	88	35	77	43	57	33	38	103	72	57	
Total		500	185	313	217	190	93	29	74	41	53	29	55	95	69	55	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	155	52	103	65	62	28	10	24	16	13	11	20	25	21	15
			31%	28%	33%	30%	33%	30%	34%	32%	39%	24%	40%	37%	26%	31%	28%
A bit more		(4.0)	194	71	121	85	71	37	12	24	16	21	11	19	38	30	23
			39%	39%	39%	39%	38%	40%	40%	33%	39%	40%	37%	34%	40%	44%	41%
Neither more nor less		(3.0)	86	34	50	42	27	16	6	14	4	11	6	8	14	12	10
			17%	19%	16%	19%	14%	17%	20%	19%	10%	21%	21%	15%	15%	17%	19%
A bit less		(2.0)	36	16	19	15	15	5	1	1	2	7	1	3	14	2	6
			7%	9%	6%	7%	8%	6%	3%	1%	5%	12% bh	3%	5%	15% bh	3%	10% b
A lot less		(1.0)	28	10	18	7	13	7	-	11	2	2	-	4	5	3	1
			6%	5%	6%	3%	7%	8%	-	15% adeghi	4%	3%	-	8%	5%	4%	2%
Don't know		3	1	2	3	-	-	-	1	-	1	-	-	-	-	1	-
		1%	*	1%	1%	-	-	-	3%	-	3%	-	-	-	-	1%	-
NET: More		349	124	224	150	134	65	22	48	32	34	22	39	63	52	38	38
		70%	67%	72%	69%	70%	70%	74%	65%	79%	64%	76%	71%	66%	75%	69%	69%
NET: Less		63	26	37	22	29	12	1	12	4	8	1	7	19	5	7	7
		13%	14%	12%	10%	15%	13%	3%	16% ae	9%	16%	3%	13%	19% aeh	7%	12%	12%
Base for stats		497	184	311	214	190	93	29	74	40	53	29	55	95	68	55	55
Mean Score		3.83	3.76	3.88	3.87	3.81	3.79	4.08	3.66	4.07	3.69	4.13	3.87	3.67	3.95	3.83	3.83
Standard Deviation		1.115	1.123	1.112	1.034	1.182	1.160	.833	1.341	1.058	1.082	.849	1.213	1.156	1.005	1.014	1.014
Standard Error		.049	.082	.062	.067	.086	.124	.143	.153	.163	.143	.148	.197	.114	.119	.134	.134
Error variance		*	.01	*	*	.01	.02	.02	.02	.03	.02	.02	.04	.01	.01	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		515	59	157	120	83	51	45	336	179	399	14	44	37	2	7	104
Total		500	53	150	113	85	51	48	316	183	394	12	40	34	2	6	94
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	155	15	49	39	24	14	14	103	52	128	4	11	8	-	3	25
		31%	28%	33%	35%	29%	27%	29%	33%	28%	33%	31%	27%	23%	-	42%	26%
A bit more	(4.0)	194	19	53	45	36	23	18	117	77	155	3	16	13	1	3	35
		39%	36%	35%	40%	42%	46%	37%	37%	42%	39%	22%	40%	38%	50%	45%	37%
Neither more nor less	(3.0)	86	12	23	18	16	5	11	53	32	62	4	6	8	1	1	20
		17%	23%	16%	16%	19%	11%	23%	17%	18%	16%	32%	15%	24%	50%	13%	21%
A bit less	(2.0)	36	5	10	5	6	5	4	21	15	23	1	6	3	-	-	11
		7%	10%	7%	5%	7%	10%	8%	7%	8%	6%	8%	16%	10%	-	-	11%
A lot less	(1.0)	28	2	14	5	2	3	1	21	7	23	1	1	2	-	-	4
		6%	4%	9% dh	4%	2%	6%	3%	7%	4%	6%	8%	2%	5%	-	-	4%
Don't know		3	-	1	1	1	-	-	2	1	2	-	-	-	-	-	-
		1%	-	*	1%	1%	-	-	*	1%	*	-	-	-	-	-	-
NET: More		349	34	102	84	60	37	31	220	129	283	7	27	21	1	5	60
		70%	64%	68%	75%	71%	73%	65%	70%	70%	72%	53%	67%	60%	50%	87%	63%
NET: Less		63	7	25	10	8	8	5	42	22	46	2	7	5	-	-	14
		13%	13%	16%	9%	9%	16%	11%	13%	12%	12%	15%	18%	15%	-	-	15%
Base for stats		497	53	150	112	84	51	48	315	182	392	12	40	34	2	6	94
Mean Score		3.83	3.75	3.75	3.97	3.89	3.78	3.80	3.83	3.83	3.87	3.61	3.73	3.63	3.50	4.29	3.71
Standard Deviation		1.115	1.083	1.250	1.038	.992	1.153	1.051	1.152	1.050	1.113	1.262	1.104	1.113	.716	.747	1.097
Standard Error		.049	.141	.100	.095	.110	.161	.157	.063	.079	.056	.337	.166	.183	.506	.282	.108
Error variance		*	.02	.01	.01	.01	.03	.02	*	.01	*	.11	.03	.03	.26	.08	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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			
		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		515	113	216	179	395	21	28	99	367	148	480	29	32	217	238	28	483	118	352	
Total		500	110	206	177	383	19	26	97	357	143	467	27	31	212	231	26	468	113	343	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	155	36	74	43	117	2	8	25	120	35	151	4	8	76	63	8	147	28	116
			31%	33%	36%	24%	30%	11%	29%	26%	34%	24%	32%	13%	25%	36%	28%	30%	31%	25%	34%
					c						e										
A bit more		(4.0)	194	44	72	75	147	8	8	42	136	58	182	9	14	81	91	8	180	42	135
			39%	40%	35%	42%	38%	43%	30%	43%	38%	41%	39%	32%	44%	38%	40%	29%	38%	37%	39%
Neither more nor less		(3.0)	86	15	40	27	67	7	4	19	55	31	77	8	7	37	39	3	79	23	54
			17%	14%	20%	15%	18%	37%	17%	20%	15%	22%	16%	29%	21%	17%	17%	13%	17%	21%	16%
A bit less		(2.0)	36	6	11	19	29	2	6	6	23	13	28	6	2	9	22	3	34	13	19
			7%	6%	5%	11%	8%	9%	21%	6%	6%	9%	6%	23%	6%	4%	9%	11%	7%	11%	6%
						b											b		b		
A lot less		(1.0)	28	7	8	12	20	-	-	5	22	5	27	1	1	7	15	4	26	7	18
			6%	6%	4%	7%	5%	-	-	5%	6%	4%	6%	3%	3%	4%	6%	17%	6%	6%	5%
Don't know			3	-	1	2	3	-	1	1	1	2	3	-	-	2	1	-	3	-	1
			1%	-	*	1%	1%	-	3%	1%	*	1%	1%	-	-	1%	*	-	1%	-	*
NET: More			349	81	146	118	264	10	16	66	256	92	333	12	22	157	155	15	327	71	251
			70%	74%	71%	67%	69%	54%	59%	68%	72%	65%	71%	45%	70%	74%	67%	59%	70%	62%	73%
																				a	
NET: Less			63	14	19	31	50	2	6	11	45	18	55	7	3	17	36	7	60	19	37
			13%	12%	9%	17%	13%	9%	21%	11%	13%	13%	12%	26%	9%	8%	16%	28%	13%	17%	11%
						b											b				
Base for stats		497	110	205	176	381	19	26	96	356	141	465	27	31	211	230	26	466	113	342	
Mean Score		3.83	3.88	3.94	3.67	3.82	3.56	3.68	3.78	3.87	3.74	3.86	3.29	3.82	3.99	3.73	3.43	3.83	3.64	3.91	
				c											c				a		
Standard Deviation		1.115	1.136	1.061	1.160	1.114	.827	1.137	1.063	1.141	1.044	1.112	1.074	1.002	1.019	1.151	1.474	1.123	1.153	1.091	
Standard Error		.049	.107	.072	.087	.056	.180	.219	.107	.060	.086	.051	.199	.177	.070	.075	.278	.051	.106	.058	
Error variance		*	.01	.01	.01	*	.03	.05	.01	*	.01	*	.04	.03	*	.01	.08	*	.01	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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										
		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		515	55	62	21	365	130	6	421	94	9	34	62	95	66	95	28	126	223	249
Total		500	50	61	20	357	123	6	407	93	8	32	61	93	63	94	27	123	216	243
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	155	20	17	5	111	39	2	128	27	4	7	9	20	17	40	7	50	46	97
		31%	41%	28%	24%	31%	31%	32%	31%	29%	54%	21%	15%	22%	27%	43%	27%	41%	21%	40%
															bcd	dei		bcd	i	bcd
A bit more	(4.0)	194	16	25	6	142	45	3	163	30	2	10	31	41	26	34	12	37	98	83
		39%	33%	42%	32%	40%	37%	54%	40%	32%	24%	32%	51%	44%	42%	36%	46%	30%	45%	34%
													h	h					h	
Neither more nor less	(3.0)	86	7	11	7	59	24	1	62	24	1	7	10	18	11	14	4	20	39	39
		17%	14%	18%	35%	17%	19%	15%	15%	26%	10%	23%	16%	19%	18%	15%	15%	17%	18%	16%
									a											
A bit less	(2.0)	36	5	4	1	22	9	-	27	9	1	4	6	7	5	3	3	6	18	13
		7%	9%	6%	4%	6%	8%	-	7%	10%	12%	12%	10%	8%	7%	3%	12%	5%	8%	5%
A lot less	(1.0)	28	1	4	1	22	6	-	25	3	-	4	3	6	4	1	-	8	14	10
		6%	2%	6%	5%	6%	5%	-	6%	3%	-	13%	6%	7%	6%	2%	-	7%	6%	4%
												f	j							
Don't know		3	1	-	-	1	1	-	3	-	-	-	1	-	-	1	-	1	1	2
		1%	1%	-	-	*	1%	-	1%	-	-	-	2%	-	-	1%	-	1%	*	1%
NET: More		349	37	43	11	253	84	5	291	57	6	17	40	61	43	74	20	87	144	181
		70%	73%	70%	56%	71%	68%	85%	72%	62%	78%	53%	66%	66%	69%	79%	73%	71%	67%	74%
															b	b		b		b
NET: Less		63	6	7	2	44	15	-	51	12	1	8	10	14	8	4	3	15	32	22
		13%	11%	12%	9%	12%	12%	-	13%	13%	12%	24%	16%	15%	13%	5%	12%	12%	15%	9%
												f	f	f	f				f	
Base for stats		497	49	61	20	356	123	6	404	93	8	32	60	93	63	93	27	122	215	242
Mean Score		3.83	4.02	3.80	3.65	3.84	3.83	4.17	3.85	3.75	4.20	3.37	3.61	3.65	3.77	4.17	3.87	3.93	3.68	4.02
																bcd		bi		bcd
Standard Deviation		1.115	1.068	1.105	1.069	1.120	1.098	.727	1.124	1.076	1.114	1.303	1.059	1.118	1.121	.911	.964	1.186	1.099	1.067
Standard Error		.049	.145	.140	.233	.059	.097	.297	.055	.111	.371	.223	.136	.115	.138	.094	.182	.106	.074	.068
Error variance		*	.02	.02	.05	*	.01	.09	*	.01	.14	.05	.02	.01	.02	.01	.03	.01	.01	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	
Significance Level: 95%			a	b	c	a	b	a	b	a	b	a	b	a	b	
Unweighted Total		515	285	79	147	412	33	403	51	380	60	407	42	336	82	
Total		500	274	79	143	403	31	394	47	370	57	398	41	327	80	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	155	111	11	31	124	9	121	19	114	20	121	17	104	28
			31%	40%	14%	22%	31%	29%	31%	41%	31%	35%	30%	42%	32%	35%
				bc												
A bit more		(4.0)	194	112	21	59	159	13	159	16	146	13	159	14	127	25
			39%	41%	27%	41%	39%	41%	40%	34%	39%	23%	40%	34%	39%	32%
				b		b					b					
Neither more nor less		(3.0)	86	32	37	16	67	5	65	6	64	13	63	6	51	19
			17%	12%	48%	11%	17%	17%	16%	13%	17%	22%	16%	16%	16%	23%
					ac											
A bit less		(2.0)	36	13	4	19	32	1	27	3	25	7	32	2	25	5
			7%	5%	5%	13%	8%	3%	7%	5%	7%	12%	8%	4%	8%	6%
						a										
A lot less		(1.0)	28	6	3	19	22	3	22	3	21	4	22	1	18	3
			6%	2%	4%	13%	5%	9%	6%	7%	6%	7%	6%	2%	6%	4%
						ab										
Don't know			3	1	2	-	-	1	-	-	-	1	-	1	1	-
			1%	*	2%	-	-	2%	-	-	-	1%	-	2%	*	-
								a				a		a		
NET: More			349	222	32	90	282	22	280	35	260	33	280	31	231	54
			70%	81%	41%	63%	70%	69%	71%	75%	70%	58%	71%	76%	71%	67%
				bc		b										
NET: Less			63	19	7	37	54	4	49	6	46	11	54	3	44	8
			13%	7%	9%	26%	13%	12%	12%	12%	12%	19%	14%	6%	13%	10%
						ab										
Base for stats			497	274	77	143	403	31	394	47	370	57	398	40	326	80
Mean Score			3.83	4.13	3.44	3.45	3.82	3.79	3.84	3.97	3.83	3.68	3.82	4.11	3.84	3.88
				bc												
Standard Deviation			1.115	.943	.941	1.322	1.117	1.190	1.106	1.173	1.109	1.271	1.119	.975	1.127	1.086
Standard Error			.049	.056	.107	.109	.055	.210	.055	.164	.057	.165	.055	.152	.062	.120
Error variance			*	*	.01	.01	*	.04	*	.03	*	.03	*	.02	*	.01



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		519	230	286	235	165	119	28	74	49	59	43	30	101	73	62	
Total		506	225	277	216	166	124	24	72	45	56	38	43	95	72	61	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	94	43	49	44	34	15	5	15	10	12	5	12	14	12	9
			18%	19%	18%	20%	21%	12%	21%	20%	21%	21%	14%	29%	15%	16%	15%
A bit more		(4.0)	195	81	112	93	64	39	10	30	18	21	7	13	43	28	25
			39%	36%	41%	43%	38%	31%	44%	42%	39%	38%	18%	30%	45%	38%	42%
					c					e	e	e		e	e	e	
Neither more nor less		(3.0)	135	65	70	37	48	50	5	16	11	13	17	10	19	22	21
			27%	29%	25%	17%	29%	41%	22%	22%	26%	24%	45%	24%	19%	30%	35%
						a	ab					bdg				g	
A bit less		(2.0)	44	19	24	26	10	7	1	4	5	5	3	13	5	4	
			9%	9%	9%	12%	6%	6%	3%	5%	11%	8%	13%	7%	14%	7%	7%
					b												
A lot less		(1.0)	35	16	19	14	10	10	2	7	1	4	3	4	7	6	1
			7%	7%	7%	7%	6%	8%	7%	10%	2%	7%	7%	10%	8%	8%	2%
										i							
Don't know			3	1	3	2	-	2	1	1	-	1	1	-	-	-	-
			1%	*	1%	1%	-	2%	3%	1%	-	2%	2%	-	-	-	-
NET: More			289	124	162	137	98	53	15	45	27	33	12	25	57	39	34
			57%	55%	58%	63%	59%	43%	64%	62%	61%	59%	33%	59%	60%	55%	57%
						c	c			e	e	e		e	e	e	e
NET: Less			78	35	43	41	20	18	3	10	6	8	8	7	20	11	5
			15%	16%	15%	19%	12%	14%	11%	14%	14%	15%	20%	17%	21%	15%	8%
														i			
Base for stats			502	225	275	215	166	122	23	72	45	55	37	43	95	72	61
Mean Score			3.54	3.52	3.54	3.59	3.62	3.33	3.69	3.59	3.66	3.60	3.20	3.62	3.46	3.48	3.61
						c	c				e						e
Standard Deviation			1.100	1.113	1.093	1.141	1.065	1.055	1.102	1.162	1.020	1.135	1.087	1.261	1.129	1.108	.874
Standard Error			.048	.074	.065	.075	.083	.098	.212	.136	.146	.149	.168	.230	.112	.130	.111
Error variance			*	.01	*	.01	.01	.01	.05	.02	.02	.02	.03	.05	.01	.02	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		519	60	162	104	84	41	68	326	193	417	15	47	23	3	4	92	
Total		506	56	152	100	85	41	72	308	198	413	13	42	21	3	4	83	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	94	10	34	16	14	6	12	61	32	77	-	10	5	1	-	16	
		18%	19%	23%	16%	17%	15%	17%	20%	16%	19%	-	23%	23%	34%	-	19%	
A bit more	(4.0)	195	21	54	52	25	18	25	127	68	162	7	16	4	1	2	30	
		39%	37%	36%	52% bdfh	30%	45%	34%	41%	34%	39%	50%	38%	20%	28%	50%	36%	
Neither more nor less	(3.0)	135	15	35	17	28	13	27	68	68	117	1	7	5	1	1	15	
		27%	28%	23%	17%	33% cg	32% c	37% bcg	22%	34% bcg	28% g	6%	17%	24%	38%	24%	18%	
A bit less	(2.0)	44	8	15	8	7	-	5	31	13	26	5	8	4	-	-	17	
		9%	14% e	10% e	8%	8%	-	8%	10% e	6%	6%	36%	18% a	20%	-	-	20% a	
A lot less	(1.0)	35	2	11	6	10	4	2	19	16	28	1	2	2	-	1	6	
		7%	3%	7%	6%	12%	9%	3%	6%	8%	7%	7%	4%	12%	-	26%	8%	
Don't know		3	-	2	1	-	-	1	2	1	3	-	-	-	-	-	-	
		1%	-	1%	1%	-	-	1%	1%	1%	1%	-	-	-	-	-	-	
NET: More		289	31	89	68	40	25	37	188	101	239	7	26	9	2	2	45	
		57%	56%	58%	68% dfh	47%	60%	51%	61% dh	51%	58%	50%	61%	44%	62%	50%	55%	
NET: Less		78	9	26	14	17	4	8	50	29	54	6	9	7	-	1	23	
		15%	17%	17%	14%	20%	9%	11%	16%	14%	13%	44%	22%	32%	-	26%	27% a	
Base for stats		502	56	150	99	85	41	71	305	197	411	13	42	21	3	4	83	
Mean Score		3.54	3.54	3.57	3.66 d	3.32	3.58	3.54	3.59 d	3.45	3.57	2.99	3.58	3.23	3.96	2.98	3.38	
Standard Deviation		1.100	1.053	1.164	1.039	1.200	1.042	.981	1.102	1.094	1.079	1.122	1.158	1.364	1.063	1.443	1.216	
Standard Error		.048	.136	.092	.102	.131	.163	.120	.061	.079	.053	.290	.169	.284	.614	.722	.127	
Error variance		*	.02	.01	.01	.02	.03	.01	*	.01	*	.08	.03	.08	.38	.52	.02	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		519	135	222	152	374	14	24	120	361	158	495	20	35	244	209	31	484	128	346	
Total		506	134	215	146	362	14	23	117	351	154	483	19	36	242	199	29	470	124	337	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	94	17	37	38	75	3	4	18	69	25	92	-	1	39	47	7	93	20	72
			18%	12%	17%	26%	21%	24%	16%	15%	20%	16%	19%	-	3%	16%	24%	24%	20%	16%	21%
					ab	a									a	ab	a	a			
A bit more		(4.0)	195	55	89	48	137	3	14	43	135	60	185	9	13	98	77	7	182	50	130
			39%	41%	41%	33%	38%	21%	58%	37%	39%	39%	38%	49%	36%	40%	39%	25%	39%	40%	39%
Neither more nor less		(3.0)	135	44	54	35	89	5	3	33	94	41	130	5	16	67	45	6	119	29	88
			27%	33%	25%	24%	25%	34%	13%	28%	27%	27%	27%	26%	46%	28%	23%	22%	25%	23%	26%
															bcde						
A bit less		(2.0)	44	8	23	10	33	1	2	10	30	13	40	3	2	22	15	4	41	14	24
			9%	6%	11%	7%	9%	7%	10%	9%	9%	9%	8%	15%	7%	9%	8%	15%	9%	12%	7%
A lot less		(1.0)	35	8	12	15	26	2	-	11	22	13	33	2	3	14	13	4	31	10	21
			7%	6%	5%	10%	7%	15%	-	9%	6%	8%	7%	10%	9%	6%	7%	15%	7%	8%	6%
Don't know			3	2	1	1	2	-	1	2	1	3	3	-	-	3	1	-	3	1	2
			1%	1%	*	1%	*	-	3%	2%	*	2%	1%	-	-	1%	*	-	1%	1%	*
NET: More			289	72	126	86	212	6	17	61	204	85	277	9	14	137	124	14	275	70	202
			57%	54%	58%	59%	59%	44%	74%	52%	58%	55%	57%	49%	38%	56%	62%	49%	59%	56%	60%
																a	a		a		
NET: Less			78	16	35	24	59	3	2	21	52	26	73	5	6	36	28	9	72	24	45
			15%	12%	16%	16%	16%	22%	10%	18%	15%	17%	15%	25%	16%	15%	14%	30%	15%	20%	13%
																		bce			
Base for stats		502	132	215	146	360	14	23	115	350	152	480	19	36	240	198	29	467	123	335	
Mean Score		3.54	3.48	3.54	3.59	3.56	3.31	3.82	3.42	3.57	3.47	3.55	3.14	3.15	3.53	3.66	3.28	3.57	3.45	3.62	
															a	a		a			
Standard Deviation		1.100	1.003	1.068	1.226	1.133	1.353	.840	1.138	1.090	1.124	1.099	1.043	.952	1.052	1.120	1.387	1.106	1.143	1.091	
Standard Error		.048	.087	.072	.100	.059	.362	.175	.105	.057	.090	.050	.233	.161	.068	.078	.249	.050	.101	.059	
Error variance		*	.01	.01	.01	*	.13	.03	.01	*	.01	*	.05	.03	*	.01	.06	*	.01	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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										
		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		519	57	68	19	369	133	9	423	96	22	32	63	94	62	96	20	130	219	246
Total		506	53	67	17	362	127	9	412	93	21	31	61	92	60	93	20	129	213	242
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	94 18%	13 25%	12 18%	1 5%	70 19%	23 19%	3 31%	79 19%	15 16%	2 8%	1 3%	7 11%	14 15%	11 19% b	18 19% b	5 28%	36 28% bcdi	32 15%	59 24% bci
A bit more	(4.0)	195 39%	21 39%	20 30%	7 42%	146 40%	45 36%	3 35%	160 39%	35 38%	5 26%	9 28%	25 41%	41 45% h	25 41%	47 50% bhj	7 35%	37 28%	91 43% h	90 37%
Neither more nor less	(3.0)	135 27%	7 13%	21 31% a	6 35%	94 26% a	31 24%	2 23%	105 25%	30 33%	5 24%	10 32%	16 25%	27 29%	15 26%	19 20%	5 24%	39 30%	58 27%	63 26%
A bit less	(2.0)	44 9%	6 12%	7 10%	2 14%	28 8%	15 12%	- -	36 9%	7 8%	2 8%	7 22% dfhj	10 16% fhj	7 8%	8 14% fhj	3 3%	3 13%	5 4%	25 12% fhj	11 4%
A lot less	(1.0)	35 7%	5 10%	6 9%	1 5%	22 6%	11 9%	1 12%	29 7%	5 6%	5 26%	4 13% dei	4 7% e	2 3%	- -	7 8% e	- -	11 9% ei	7 3%	19 8% ei
Don't know		3 1%	1 1%	1 1%	- -	1 *	2 1%	- -	3 1%	1 1%	2 9%	1 3% i	- -	- -	- -	- -	- -	1 1%	- -	1 *
NET: More		289 57%	34 64%	32 48%	8 47%	216 60%	69 54%	6 65%	239 58%	50 53%	7 33%	9 31%	32 52%	55 60% b	36 60% b	64 69% bc	12 63%	73 56% b	123 58% b	149 62% b
NET: Less		78 15%	12 22%	13 19%	3 19%	51 14%	26 20%	1 12%	66 16%	12 13%	7 33%	11 35% defhij	14 23% dfj	9 10%	8 14%	10 11%	3 13%	17 13%	31 15%	29 12%
Base for stats		502	52	66	17	361	125	9	410	92	19	30	61	92	60	93	20	128	213	241
Mean Score		3.54	3.57	3.39	3.29	3.59	3.44	3.71	3.54	3.50	2.80	2.85	3.33 b	3.63 b	3.66 b	3.69 bc	3.78	3.63 b	3.55 b	3.66 bc
Standard Deviation		1.100	1.280	1.174	.964	1.078	1.184	1.328	1.115	1.035	1.378	1.090	1.092	.927	.945	1.059	1.016	1.192	.987	1.125
Standard Error		.048	.171	.143	.221	.056	.103	.443	.054	.106	.308	.196	.138	.096	.120	.108	.227	.105	.067	.072
Error variance		*	.03	.02	.05	*	.01	.20	*	.01	.09	.04	.02	.01	.01	.01	.05	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		519	245	104	168	430	24	424	45	395	44	410	36	348	89
Total		506	238	105	161	420	22	414	42	386	41	401	33	339	86
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	94	71	2	20	79	2	78	8	74	12	76	6	62	21
		18%	30% bc	2% b	13% b	19%	11%	19%	18%	19%	31%	19%	18%	18%	24%
A bit more	(4.0)	195	119	24	52	163	10	161	15	159	10	150	17	145	24
		39%	50% bc	23%	32%	39%	44%	39%	36%	41% b	25%	37%	53%	43% b	28%
Neither more nor less	(3.0)	135	30	72	32	110	5	109	11	98	8	109	3	79	23
		27%	13%	69% ac	20% a	26%	22%	26%	25%	25%	20%	27% b	9%	23%	27%
A bit less	(2.0)	44	10	4	29	37	2	36	4	33	4	38	3	31	9
		9%	4%	4%	18% ab	9%	8%	9%	10%	9%	10%	9%	8%	9%	10%
A lot less	(1.0)	35	6	2	26	29	3	29	5	21	5	27	3	20	10
		7%	2%	2%	16% ab	7%	12%	7%	11%	5%	12%	7%	10%	6%	11%
Don't know		3	1	1	1	2	1	2	-	1	1	2	1	2	-
		1%	*	1%	1%	*	3%	*	-	*	2%	*	2%	1%	-
NET: More		289	191	26	72	242	12	238	23	233	23	226	24	207	45
		57%	80% bc	24%	45% b	58%	55%	58%	55%	60%	56%	56%	71%	61%	52%
NET: Less		78	16	6	55	66	4	65	9	54	9	65	6	51	18
		15%	7%	6%	34% ab	16%	20%	16%	20%	14%	22%	16%	18%	15%	21%
Base for stats		502	237	104	160	418	21	413	42	385	40	400	33	337	86
Mean Score		3.54	4.02 bc	3.18	3.07	3.54	3.35	3.54	3.42	3.60	3.54	3.53	3.62	3.59	3.44
Standard Deviation		1.100	.906	.622	1.292	1.107	1.189	1.107	1.215	1.062	1.362	1.110	1.199	1.076	1.275
Standard Error		.048	.058	.061	.100	.054	.248	.054	.181	.053	.208	.055	.203	.058	.135
Error variance		*	*	*	.01	*	.06	*	.03	*	.04	*	.04	*	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		374	166	208	157	168	49	18	37	34	48	32	24	72	58	51	
Total		365	163	202	145	170	50	15	36	31	46	29	35	67	56	50	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	68	24	44	28	35	5	4	7	6	12	3	6	9	9	13	
		19%	15%	22%	19%	21%	10%	26%	19%	20%	26%	10%	17%	14%	15%	25%	
A bit more	(4.0)	158	74	84	63	72	23	6	11	13	12	11	25	29	31	20	
		43%	46%	42%	43%	42%	46%	40%	31%	41%	27%	37%	71%	44%	55% bd	41%	
Neither more nor less	(3.0)	71	35	36	24	30	16	2	9	4	7	12	1	11	13	12	
		19%	22%	18%	17%	18%	32% ab	12%	26%	12%	15%	41% cdg	4%	16%	23%	25%	
A bit less	(2.0)	38	17	22	17	19	3	2	4	4	7	3	1	11	3	3	
		11%	10%	11%	12%	11%	6%	11%	10%	14%	15%	10%	4%	17% h	6%	6%	
A lot less	(1.0)	28	13	15	11	13	3	1	5	3	8	1	1	6	1	2	
		8%	8%	7%	8%	8%	6%	6%	14% h	10%	17% hi	3%	4%	9%	2%	4%	
Don't know	*	2	-	2	2	-	-	1	-	1	-	-	-	-	-	-	
		*	-	1%	1%	-	-	5%	-	3%	-	-	-	-	-	-	
NET: More		226	99	128	91	108	28	10	18	19	24	13	30	39	39	33	
		62%	60%	63%	63%	63%	55%	66%	50%	61%	53%	46%	88%	58%	70% e	66%	
NET: Less		66	30	37	28	32	6	3	9	7	15	4	3	18	4	5	
		18%	18%	18%	19%	19%	12%	17%	24% h	24% h	32% hi	13%	8%	26% hi	7%	10%	
Base for stats		363	163	200	143	170	50	14	36	30	46	29	35	67	56	50	
Mean Score		3.55	3.49	3.60	3.55	3.57	3.47	3.73	3.32	3.49	3.31	3.40	3.92	3.36	3.76 bdg	3.78 g	
Standard Deviation		1.138	1.109	1.162	1.163	1.167	.973	1.209	1.295	1.263	1.440	.920	.865	1.192	.841	1.020	
Standard Error		.059	.086	.081	.093	.090	.139	.293	.213	.220	.208	.163	.176	.141	.110	.143	
Error variance		*	.01	.01	.01	.01	.02	.09	.05	.05	.04	.03	.03	.02	.01	.02	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		374	50	114	85	63	30	32	249	125	296	10	42	18	1	4	75	
Total		365	46	111	82	64	29	33	238	127	293	9	40	16	1	3	69	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	68	6	20	25	9	6	2	51	17	57	-	7	4	-	-	11	
		19%	14%	18%	30% adfh	14%	20%	6%	21% f	13%	20%	-	17%	23%	-	-	15%	
A bit more	(4.0)	158	21	52	30	29	13	14	103	55	131	4	16	6	-	2	28	
		43%	47%	47%	36%	45%	43%	42%	43%	44%	45%	42%	42%	36%	-	51%	40%	
Neither more nor less	(3.0)	71	9	16	15	12	6	13	40	31	59	2	3	3	1	1	9	
		19%	20%	14%	18%	19%	21%	39% bcdg	17%	25%	20%	20%	7%	17%	100%	26%	14%	
A bit less	(2.0)	38	5	14	5	8	4	2	24	14	24	3	10	2	-	-	14	
		11%	10%	13%	7%	13%	14%	6%	10%	11%	8%	30%	25% a	12%	-	-	21% a	
A lot less	(1.0)	28	5	8	7	5	1	2	20	8	21	1	4	1	-	1	6	
		8%	10%	7%	9%	8%	3%	6%	8%	6%	7%	9%	9%	7%	-	23%	9%	
Don't know		2	-	1	-	1	-	-	1	1	1	-	-	1	-	-	1	
		*	-	1%	-	2%	-	-	*	1%	*	-	-	5%	-	-	1%	
NET: More		226	28	72	54	38	18	16	154	72	188	4	23	10	-	2	38	
		62%	60%	65%	66%	59%	63%	48%	65%	57%	64%	42%	59%	59%	-	51%	55%	
NET: Less		66	9	22	13	13	5	4	44	22	46	3	13	3	-	1	21	
		18%	20%	20%	16%	21%	16%	12%	18%	18%	16%	39%	34% a	19%	-	23%	30% a	
Base for stats		363	46	110	82	63	29	33	238	126	292	9	40	15	1	3	68	
Mean Score		3.55	3.44	3.57	3.71	3.45	3.63	3.36	3.59	3.47	3.61	2.94	3.33	3.59	3.00	3.06	3.32	
Standard Deviation		1.138	1.160	1.140	1.227	1.146	1.050	.933	1.173	1.068	g 1.114	1.104	1.288	1.222	-	1.407	1.235	
Standard Error		.059	.164	.107	.133	.146	.192	.165	.075	.096	.065	.349	.199	.296	-	.704	.144	
Error variance		*	.03	.01	.02	.02	.04	.03	.01	.01	*	.12	.04	.09	-	.50	.02	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		
		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		374	42	164	163	327	17	26	81	250	124	343	22	10	161	183	20	364	104	253
Total		365	41	160	159	319	16	25	81	243	122	335	21	10	160	177	18	355	102	246
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	68	5	34	29	62	3	1	13	51	17	65	3	-	29	36	3	68	20	48
		19%	11%	21%	18%	20%	19%	3%	16%	21%	14%	19%	14%	-	18%	20%	14%	19%	20%	19%
A bit more	(4.0)	158	17	75	66	140	7	14	34	103	55	147	7	4	80	70	4	154	48	104
		43%	42%	47%	41%	44%	45%	56%	42%	42%	45%	44%	33%	40%	50% c	39%	24%	43%	47%	42%
Neither more nor less	(3.0)	71	12	30	29	58	2	5	14	49	21	63	5	5	29	32	5	66	13	51
		19%	29%	18%	18%	18%	13%	19%	18%	20%	18%	19%	23%	49%	18%	18%	26%	19%	13%	21%
A bit less	(2.0)	38	4	12	22	34	-	2	12	25	14	33	5	-	14	21	4	38	10	28
		11%	9%	7%	14%	11%	-	7%	15%	10%	11%	10%	22%	-	8%	12%	22%	11%	10%	11%
A lot less	(1.0)	28	4	11	12	23	4	3	8	13	15	25	2	1	8	16	3	27	11	15
		8%	10%	7%	8%	7%	23%	12%	10%	5%	12% d	7%	9%	10%	5%	9%	14%	8%	10%	6%
Don't know		2	-	-	2	2	-	1	-	1	1	2	-	-	-	2	-	2	-	-
		*	-	-	1%	1%	-	3%	-	*	1%	1%	-	-	-	1%	-	*	-	-
NET: More		226	22	109	94	203	10	15	46	155	72	213	10	4	109	106	7	222	68	152
		62%	53%	68%	59%	63%	63%	59%	57%	64%	59%	63%	46%	40%	68%	60%	39%	63%	67%	62%
NET: Less		66	8	22	35	57	4	5	20	38	28	58	6	1	21	37	6	65	21	43
		18%	19%	14%	22%	18%	23%	18%	25%	16%	23%	17%	31%	10%	13%	21%	36%	18%	21%	18%
Base for stats		363	41	160	157	317	16	24	81	242	121	334	21	10	160	176	18	353	102	246
Mean Score		3.55	3.35	3.68	3.48	3.58	3.35	3.33	3.39	3.64 e	3.37	3.58	3.20	3.20	3.68	3.51	3.03	3.56	3.56	3.58
Standard Deviation		1.138	1.115	1.089	1.172	1.133	1.461	1.094	1.205	1.092	1.210	1.134	1.214	.929	1.027	1.211	1.303	1.143	1.216	1.112
Standard Error		.059	.172	.085	.092	.063	.354	.219	.134	.069	.109	.061	.259	.294	.081	.090	.291	.060	.119	.070
Error variance		*	.03	.01	.01	*	.13	.05	.02	*	.01	*	.07	.09	.01	.01	.08	*	.01	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		374	52	59	20	250	113	14	309	65	19	31	59	62	51	60	13	79	172	152	
Total		365	50	59	19	244	109	14	300	65	18	30	58	59	49	62	14	75	167	150	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	68	11	17	4	44	23	7	51	17	6	5	7	5	7	17	2	19	19	39
			19%	22%	28%	23%	18%	21%	47%	17%	26%	34%	16%	12%	9%	13%	28% cdi	18%	25% cdi	11%	26% cdi
A bit more		(4.0)	158	22	18	11	110	43	6	136	22	4	8	21	30	26	32	7	32	77	70
			43%	44%	31%	58%	45% b	39%	45%	45%	34%	20%	26%	35%	50% b	53% b	51% b	51%	42%	46% b	47% b
Neither more nor less		(3.0)	71	6	11	2	48	20	-	55	16	6	7	11	12	8	10	2	16	31	28
			19%	13%	19%	10%	20%	18%	-	18%	24%	31%	23%	19%	21%	15%	16%	15%	21%	18%	18%
A bit less		(2.0)	38	6	5	-	28	10	1	34	4	-	5	9	8	6	3	2	5	23	10
			11%	12%	8%	-	11%	9%	8%	11%	7%	-	17%	15%	14%	13%	5%	17%	7%	14% j	7%
A lot less		(1.0)	28	5	8	2	14	14	-	22	6	3	6	9	4	3	-	-	3	16	3
			8%	9%	13% d	9%	6%	13% d	-	7%	9%	16%	19% fhj	16% fhj	6%	6%	-	-	4%	9% fj	2%
Don't know		2	-	-	-	1	-	-	-	2	-	-	-	2	-	-	-	-	-	2	-
		*	-	-	-	*	-	-	-	1%	-	-	-	3% j	-	-	-	-	-	1%	-
NET: More		226	33	35	15	154	66	13	187	39	10	12	27	35	33	49	9	51	95	109	
		62%	66%	59%	81%	63%	60%	92%	62%	60%	53%	41%	47%	59%	66% bc	80% bcdi	68%	67% bc	57%	73% bci	
NET: Less		66	11	13	2	41	24	1	56	10	3	11	18	12	9	3	2	8	39	13	
		18%	21%	22%	9%	17%	22%	8%	19%	16%	16%	36% fhj	31% fhj	20% fj	18% f	5%	17%	11%	23% fhj	9%	
Base for stats		363	50	59	19	244	109	14	298	65	18	30	57	59	49	62	14	75	165	150	
Mean Score		3.55	3.58	3.52	3.88	3.59	3.47	4.32	3.54	3.61	3.55	3.01	3.12	3.42	3.56 b	4.03 bcdei	3.70	3.77 bcdi	3.36	3.87 bcdei	
Standard Deviation		1.138	1.229	1.345	1.072	1.084	1.278	.862	1.124	1.208	1.410	1.369	1.296	1.044	1.062	.795	.987	1.046	1.149	.949	
Standard Error		.059	.170	.175	.240	.069	.120	.230	.064	.150	.323	.246	.172	.133	.149	.103	.274	.118	.088	.077	
Error variance		*	.03	.03	.06	*	.01	.05	*	.02	.10	.06	.03	.02	.02	.01	.07	.01	.01	.01	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		374	164	79	126	283	23	279	40	262	46	271	34	208	71
Total		365	158	77	125	276	22	270	38	254	44	265	32	204	68
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	68	43	7	18	59	6	58	5	56	8	52	4	40	9
		19%	27% bc	9%	14%	21%	27%	21%	13%	22%	17%	20%	13%	20%	14%
A bit more	(4.0)	158	78	30	49	125	8	119	14	110	16	118	16	100	25
		43%	50%	39%	39%	45%	35%	44%	38%	43%	38%	44%	50%	49%	36%
Neither more nor less	(3.0)	71	23	31	14	45	5	46	9	41	9	44	7	26	16
		19%	14%	40% ac	11%	16%	21%	17%	22%	16%	20%	16%	20%	13%	23% a
A bit less	(2.0)	38	6	7	24	27	1	28	4	28	6	30	1	22	10
		11%	4%	9%	19% ab	10%	7%	10%	9%	11%	14%	11%	3%	11%	15%
A lot less	(1.0)	28	7	2	19	20	2	19	7	18	5	21	4	16	7
		8%	4%	2%	15% ab	7%	11%	7%	17% a	7%	11%	8%	13%	8%	11%
Don't know		2	-	1	1	-	-	1	-	1	-	1	-	-	1
		*	-	1%	1%	-	-	*	-	*	-	*	-	-	1%
NET: More		226	122	37	67	184	14	177	20	165	24	170	20	141	34
		62%	77% bc	47%	54%	67%	62%	65%	51%	65%	55%	64%	63%	69% b	50%
NET: Less		66	13	8	43	46	4	47	10	46	11	51	5	37	18
		18%	8%	11%	35% ab	17%	17%	17%	27%	18%	25%	19%	16%	18%	26%
Base for stats		363	158	76	124	276	22	269	38	253	44	264	32	204	68
Mean Score		3.55	3.92 bc	3.44	3.18	3.64	3.60	3.62 b	3.21	3.62	3.37	3.57	3.47	3.63 b	3.27
Standard Deviation		1.138	.990	.859	1.327	1.133	1.275	1.143	1.303	1.156	1.239	1.159	1.192	1.143	1.204
Standard Error		.059	.077	.097	.119	.067	.266	.069	.206	.072	.183	.071	.204	.079	.144
Error variance		*	.01	.01	.01	*	.07	*	.04	.01	.03	*	.04	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		99	56	42	27	21	51	5	14	12	11	8	8	11	19	11
Total		100	57	42	24	21	55	4	14	11	11	7	12	10	20	11
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	24	8	16	8	5	12	-	4	3	3	3	4	4	2	2
		24%	14%	38%	32%	22%	22%	-	28%	23%	27%	37%	38%	39%	10%	17%
				a												
A bit more	(4.0)	27	19	7	4	5	18	-	5	4	2	1	3	3	5	3
		27%	34%	17%	18%	23%	32%	-	36%	35%	19%	13%	25%	34%	27%	28%
Neither more nor less	(3.0)	31	16	14	8	9	14	2	3	3	5	2	4	2	6	4
		31%	28%	33%	32%	43%	26%	39%	21%	26%	44%	25%	37%	18%	33%	38%
A bit less	(2.0)	5	4	1	1	-	4	-	-	-	1	-	-	1	2	1
		5%	7%	2%	3%	-	7%	-	-	-	10%	-	-	8%	10%	9%
A lot less	(1.0)	13	9	4	4	3	7	3	2	2	-	2	-	-	4	1
		13%	16%	9%	15%	13%	12%	61%	14%	16%	-	26%	-	-	20%	9%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		51	27	24	12	9	30	-	9	6	5	4	7	7	7	5
		51%	48%	56%	50%	44%	54%	-	64%	58%	46%	49%	63%	73%	37%	45%
NET: Less		18	13	5	4	3	11	3	2	2	1	2	-	1	6	2
		18%	23%	11%	19%	13%	20%	61%	14%	16%	10%	26%	-	8%	30%	18%
Base for stats		100	57	42	24	21	55	4	14	11	11	7	12	10	20	11
Mean Score		3.44	3.23	3.74	3.47	3.40	3.44	1.77	3.64	3.49	3.63	3.34	4.01	4.05	2.97	3.35
Standard Deviation		1.280	1.270	1.264	1.393	1.232	1.271	1.117	1.333	1.353	1.037	1.708	.905	1.004	1.287	1.183
Standard Error		.129	.170	.195	.268	.269	.178	.499	.356	.391	.313	.604	.320	.303	.295	.357
Error variance		.02	.03	.04	.07	.07	.03	.25	.13	.15	.10	.36	.10	.09	.09	.13

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		99	5	22	21	15	7	29	48	51	85	4	3	3	-	1	11
Total		100	4	22	19	16	7	32	45	55	88	4	3	3	-	1	10
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
A lot more	(5.0)	24	2	5	2	8	-	8	9	16	21	1	-	2	-	-	3
		24%	36%	25%	9%	48%	-	25%	20%	28%	24%	21%	-	72%	-	-	29%
A bit more	(4.0)	27	-	4	5	5	3	10	9	18	22	1	-	1	-	1	3
		27%	-	17%	29%	28%	45%	31%	20%	32%	25%	30%	-	28%	-	100%	27%
Neither more nor less	(3.0)	31	1	8	6	3	2	11	15	16	29	-	2	-	-	-	2
		31%	20%	35%	34%	19%	29%	34%	33%	29%	33%	-	61%	-	-	-	16%
A bit less	(2.0)	5	-	-	2	-	2	1	2	3	4	1	-	-	-	-	1
		5%	-	-	10%	-	26%	3%	4%	5%	5%	22%	-	-	-	-	8%
A lot less	(1.0)	13	2	5	3	1	-	2	10	3	11	1	1	-	-	-	2
		13%	44%	22%	18%	6%	-	7%	23%	6%	13%	27%	39%	-	-	-	20%
									h								
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		51	2	9	7	12	3	18	18	33	43	2	-	3	-	1	6
		51%	36%	43%	38%	75%	45%	56%	40%	60%	49%	51%	-	100%	-	100%	56%
									g								
NET: Less		18	2	5	5	1	2	3	12	6	15	2	1	-	-	-	3
		18%	44%	22%	28%	6%	26%	10%	27%	11%	17%	49%	39%	-	-	-	28%
									h								
Base for stats		100	4	22	19	16	7	32	45	55	88	4	3	3	-	1	10
Mean Score		3.44	2.83	3.24	3.00	4.10	3.19	3.64	3.10	3.72	3.43	2.97	2.23	4.72	-	4.00	3.37
										g							
Standard Deviation		1.280	2.026	1.450	1.251	1.136	.880	1.109	1.402	1.111	1.264	1.832	1.245	.556	-	-	1.552
Standard Error		.129	.906	.309	.273	.293	.333	.206	.202	.156	.137	.916	.719	.321	-	-	.468
Error variance		.02	.82	.10	.07	.09	.11	.04	.04	.02	.02	.84	.52	.10	-	-	.22

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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			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		99	49	29	20	49	4	5	25	65	34	93	5	9	54	32	4	90	15	70	
Total		100	50	29	20	49	5	5	27	64	36	94	5	9	56	31	3	91	15	72	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	24	11	9	4	13	3	-	7	15	10	24	-	1	11	11	1	23	6	18
		24%	22%	32%	21%	28%	56%	-	27%	23%	27%	26%	-	11%	20%	36%	30%	26%	39%	25%	
A bit more		(4.0)	27	12	7	6	13	-	-	6	20	6	26	-	2	17	6	2	24	3	19
		27%	25%	23%	33%	27%	-	-	23%	32%	17%	27%	-	24%	30%	20%	47%	27%	21%	26%	
Neither more nor less		(3.0)	31	19	7	5	12	-	4	10	17	14	29	2	5	18	7	1	26	3	21
		31%	37%	23%	27%	25%	-	79%	38%	27%	38%	31%	41%	56%	31%	24%	23%	28%	20%	29%	
A bit less		(2.0)	5	3	2	-	2	-	-	3	2	3	3	2	-	4	1	-	5	2	3
		5%	6%	6%	-	4%	-	-	12%	3%	9%	3%	39%	-	7%	3%	-	5%	13%	4%	
A lot less		(1.0)	13	5	5	4	8	2	1	-	10	3	12	1	1	7	5	-	12	1	11
		13%	10%	16%	18%	17%	44%	21%	-	16%	8%	13%	20%	9%	12%	18%	-	14%	7%	16%	
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
NET: More		51	24	16	11	26	3	-	14	35	16	50	-	3	28	18	3	48	9	36	
		51%	47%	55%	54%	54%	56%	-	51%	55%	45%	53%	-	35%	49%	56%	77%	53%	61%	51%	
NET: Less		18	8	6	4	10	2	1	3	12	6	15	3	1	11	6	-	17	3	14	
		18%	16%	22%	18%	21%	44%	21%	12%	19%	17%	16%	59%	9%	19%	20%	-	19%	20%	20%	
Base for stats		100	50	29	20	49	5	5	27	64	36	94	5	9	56	31	3	91	15	72	
Mean Score		3.44	3.43	3.48	3.39	3.44	3.23	2.59	3.66	3.43	3.46	3.50	2.21	3.28	3.37	3.55	4.07	3.46	3.73	3.39	
Standard Deviation		1.280	1.193	1.427	1.366	1.389	2.244	.912	1.020	1.317	1.230	1.274	.845	1.052	1.237	1.465	.861	1.305	1.325	1.337	
Standard Error		.129	.170	.265	.305	.198	1.122	.408	.204	.163	.211	.132	.378	.351	.168	.259	.431	.138	.342	.160	
Error variance		.02	.03	.07	.09	.04	1.26	.17	.04	.03	.04	.02	.14	.12	.03	.07	.19	.02	.12	.03	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	99	13	14	2	68	27	1	69	30	7	12	9	17	7	16	4	27	33	47	
Total	100	12	14	3	71	26	1	69	31	7	11	10	17	7	17	4	27	34	48	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	24	4	3	3	15	9	-	15	10	-	1	1	6	1	5	3	8	8	16
		24%	36%	22%	100%	21%	33%	-	21%	31%	-	7%	11%	34%	11%	30%	58%	32%	23%	34%
A bit more	(4.0)	27	1	4	-	20	5	-	18	8	4	2	1	4	3	6	2	4	8	12
		27%	8%	28%	-	28%	19%	-	26%	27%	59%	17%	11%	22%	46%	38%	42%	16%	24%	26%
Neither more nor less	(3.0)	31	6	6	-	20	11	1	22	9	3	5	6	3	1	3	-	9	10	13
		31%	48%	43%	-	29%	41%	100%	32%	29%	41%	43%	67%	16%	15%	21%	-	35%	31%	26%
A bit less	(2.0)	5	-	-	-	4	-	-	4	1	-	-	1	3	-	-	-	1	4	1
		5%	-	-	-	6%	-	-	6%	3%	-	-	11%	17%	-	-	-	3%	12%	2%
A lot less	(1.0)	13	1	1	-	11	2	-	10	3	-	4	-	2	2	2	-	4	4	6
		13%	7%	7%	-	16%	7%	-	15%	10%	-	33%	-	11%	27%	12%	-	14%	11%	12%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		51	5	7	3	35	14	-	33	18	4	3	2	10	4	11	4	13	16	28
		51%	45%	50%	100%	50%	52%	-	48%	58%	59%	23%	22%	56%	58%	67%	100%	48%	46%	60%
NET: Less		18	1	1	-	15	2	-	14	4	-	4	1	5	2	2	-	5	8	7
		18%	7%	7%	-	22%	7%	-	20%	13%	-	33%	11%	28%	27%	12%	-	17%	23%	14%
Base for stats	100	12	14	3	71	26	1	69	31	7	11	10	17	7	17	4	27	34	48	
Mean Score	3.44	3.66	3.59	5.00	3.33	3.71	3.00	3.34	3.67	3.59	2.64	3.21	3.51	3.15	3.73	4.58	3.49	3.35	3.68	
Standard Deviation	1.280	1.235	1.079	-	1.325	1.153	-	1.295	1.236	.529	1.340	.823	1.425	1.526	1.272	.561	1.363	1.276	1.296	
Standard Error	.129	.343	.288	-	.161	.222	-	.156	.226	.200	.387	.274	.346	.577	.318	.280	.262	.222	.189	
Error variance	.02	.12	.08	-	.03	.05	-	.02	.05	.04	.15	.08	.12	.33	.10	.08	.07	.05	.04	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	
		a	*b	c	a	*b	a	*b	a	*b	a	*b	a	*b	
Significance Level: 95%															
Unweighted Total	99	40	24	34	80	7	80	9	60	18	71	14	52	29	
Total	100	39	26	34	81	7	80	10	61	18	71	15	51	30	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	24	17	2	6	20	3	19	3	18	5	19	2	8	7
	24%	42%	7%	18%	25%	48%	23%	26%	29%	29%	27%	12%	16%	24%	
		c													
A bit more	(4.0)	27	14	7	5	24	-	25	1	19	1	21	4	16	7
	27%	35%	27%	15%	29%	-	31%	10%	32%	6%	30%	24%	31%	22%	
		c													
Neither more nor less	(3.0)	31	6	15	10	21	4	19	6	13	8	17	8	14	12
	31%	16%	58%	28%	26%	52%	24%	64%	21%	44%	24%	57%	28%	39%	
A bit less	(2.0)	5	1	1	3	4	-	5	-	2	1	4	1	3	2
	5%	2%	4%	9%	5%	-	6%	-	3%	6%	5%	7%	6%	6%	
A lot less	(1.0)	13	2	1	10	12	-	12	-	10	3	10	-	10	3
	13%	5%	4%	30%	15%	-	15%	-	16%	16%	15%	-	20%	9%	
				a											
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More	51	30	9	11	44	3	43	4	37	6	40	5	23	14	
	51%	77%	34%	32%	54%	48%	54%	36%	60%	34%	57%	36%	46%	46%	
		c													
NET: Less	18	3	2	13	16	-	17	-	11	4	14	1	13	5	
	18%	7%	8%	39%	20%	-	21%	-	19%	22%	20%	7%	26%	16%	
				a											
Base for stats	100	39	26	34	81	7	80	10	61	18	71	15	51	30	
Mean Score	3.44	4.08	3.29	2.80	3.44	3.96	3.41	3.62	3.55	3.26	3.49	3.40	3.15	3.44	
		c													
Standard Deviation	1.280	1.063	.828	1.477	1.334	1.076	1.332	.913	1.359	1.392	1.338	.815	1.348	1.207	
Standard Error	.129	.168	.169	.253	.149	.407	.149	.304	.175	.328	.159	.218	.187	.224	
Error variance	.02	.03	.03	.06	.02	.17	.02	.09	.03	.11	.03	.05	.03	.05	

## **Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th April 2020**

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

BASE: All respondents

		Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Don't know	NET: Agree	NET: Disagree
I felt that I had the opportunity to be physically active	2034 100%	551 27%	964 47%	288 14%	145 7%	74 4%	11 1%	1515 75%	220 11%
I felt that I had the ability to be physically active	2034 100%	560 28%	953 47%	302 15%	132 6%	79 4%	8 *	1513 74%	211 10%
It was important to me to exercise regularly	2034 100%	553 27%	871 43%	339 17%	184 9%	79 4%	9 *	1423 70%	263 13%
I found exercise enjoyable and satisfying	2034 100%	464 23%	825 41%	408 20%	217 11%	108 5%	11 1%	1289 63%	325 16%
I felt guilty when I didn't exercise	2034 100%	360 18%	709 35%	437 21%	365 18%	152 7%	10 1%	1069 53%	517 25%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total		2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	560	279	280	180	211	169	29	84	47	55	31	56	96	102	58
		28%	28%	27%	29%	32%	23%	30%	32%	24%	26%	18%	25%	30%	31%	28%
					c	c		e	e					e	e	e
Agree	(4.0)	953	477	472	298	300	355	42	107	92	102	89	117	159	145	100
		47%	48%	46%	49%	45%	47%	43%	40%	47%	48%	51%	52%	50%	44%	48%
												b	b	b		
Neither agree nor disagree	(3.0)	302	143	158	81	94	127	16	40	39	32	32	29	40	50	24
		15%	14%	15%	13%	14%	17%	17%	15%	20%	15%	18%	13%	13%	15%	12%
										gi						
Disagree	(2.0)	132	57	74	35	39	58	6	24	12	14	14	13	15	19	15
		6%	6%	7%	6%	6%	8%	6%	9%	6%	7%	8%	6%	5%	6%	7%
									g							
Strongly disagree	(1.0)	79	32	47	18	21	40	3	9	7	10	10	10	9	14	8
		4%	3%	5%	3%	3%	5%	3%	3%	3%	5%	5%	4%	3%	4%	4%
							ab									
Don't know		8	5	3	2	3	3	1	1	1	1	-	-	1	1	2
		*	*	*	*	*	*	1%	*	*	1%	-	-	*	*	1%
NET: Agree		1513	756	752	478	511	524	71	191	140	158	120	173	255	247	159
		74%	76%	73%	78%	77%	70%	73%	72%	70%	73%	69%	77%	80%	75%	76%
					c	c								bce		
NET: Disagree		211	89	120	53	60	98	9	33	19	24	23	23	23	33	23
		10%	9%	12%	9%	9%	13%	10%	12%	10%	11%	13%	10%	7%	10%	11%
				a			ab		g			g				
Base for stats		2026	988	1030	612	665	750	96	263	198	214	175	226	318	330	206
Mean Score		3.88	3.93	3.84	3.96	3.97	3.74	3.91	3.89	3.82	3.84	3.68	3.87	4.00	3.91	3.91
					c	c			e					ce	e	e
Standard Deviation		1.012	.970	1.046	.959	.988	1.059	1.016	1.065	.981	1.034	1.032	1.003	.926	1.037	1.011
Standard Error		.022	.031	.032	.037	.039	.040	.096	.066	.068	.070	.074	.080	.051	.057	.070
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total		2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	560	51	162	131	90	38	89	344	217	469	15	41	24	3	2	85
		28%	32% efh	33% efh	29% efh	28% e	19%	22%	31% efh	23%	27%	33%	33%	32%	19%	12%	31%
Agree	(4.0)	953	81	222	216	151	101	181	520	433	810	20	59	36	8	10	133
		47%	52%	46%	47%	47%	50%	44%	47%	46%	47%	43%	47%	48%	53%	76%	48%
Neither agree nor disagree	(3.0)	302	12	70	70	49	40	61	152	150	265	6	19	6	1	1	33
		15%	8%	14%	15%	15%	20%	15%	14%	16%	15%	13%	15%	8%	7%	6%	12%
Disagree	(2.0)	132	9	19	23	17	13	51	52	80	118	3	3	4	2	1	13
		6%	6%	4%	5%	5%	6%	12% abcdegh	5%	9% bcg	7%	6%	3%	6%	13%	6%	5%
Strongly disagree	(1.0)	79	3	12	15	15	9	26	30	49	71	2	3	3	-	-	8
		4%	2%	2%	3%	5%	4%	6% abcg	3%	5% bg	4%	5%	2%	4%	-	-	3%
Don't know		8	-	1	3	1	1	2	4	4	5	-	-	1	1	-	2
		*	-	*	1%	*	1%	1%	*	*	*	-	-	1%	8%	-	1%
NET: Agree		1513	133	384	347	241	139	270	863	650	1279	34	100	61	11	12	218
		74%	84% cdefh	79% efh	76% fh	75% f	69%	66%	78% efh	70%	74%	75%	80%	81%	73%	88%	79% a
NET: Disagree		211	13	31	38	32	21	77	81	130	189	5	6	7	2	1	22
		10%	8%	6%	8%	10%	10%	19% abcdegh	7%	14% abcg	11% c	12%	5%	10%	13%	6%	8%
Base for stats		2026	157	485	454	322	200	408	1096	930	1732	46	126	74	14	14	273
Mean Score		3.88	4.07 efh	4.04 defh	3.94 efh	3.88 fh	3.74	3.63	4.00 efh	3.74	3.86	3.91	4.05 a	4.01	3.86	3.94	4.00 a
Standard Deviation		1.012	.913	.926	.965	1.023	.978	1.142	.941	1.073	1.022	1.093	.900	1.005	.944	.665	.952
Standard Error		.022	.070	.041	.044	.058	.070	.058	.028	.036	.025	.153	.077	.112	.252	.172	.055
Error variance		*	*	*	*	*	*	*	*	*	*	.02	.01	.01	.06	.03	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421	
Total		2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	560	183	209	161	369	22	23	92	423	137	538	19	50	277	205	28	510	105	398	
		28%	25%	27%	32%	29%	28%	25%	18%	31%	20%	29%	11%	25%	26%	30%	30%	28%	28%	28%	
					a		c		ce		b				b						
Agree	(4.0)	953	337	366	237	603	32	46	219	656	297	896	47	83	505	321	45	870	168	686	
		47%	46%	48%	47%	47%	40%	50%	42%	49%	43%	49%	28%	41%	47%	48%	48%	48%	45%	48%	
									ce		b										
Neither agree nor disagree	(3.0)	302	115	115	69	184	15	8	107	173	129	252	38	35	168	88	11	267	64	195	
		15%	16%	15%	14%	14%	18%	8%	21%	13%	19%	14%	23%	17%	16%	13%	12%	15%	17%	14%	
							b		bd		bd		a								
Disagree	(2.0)	132	57	54	20	74	3	11	60	58	73	96	29	18	70	39	5	113	22	91	
		6%	8%	7%	4%	6%	4%	12%	12%	4%	11%	5%	17%	9%	7%	6%	5%	6%	6%	6%	
			c	c			ad	ad		ad		a									
Strongly disagree	(1.0)	79	41	25	13	38	8	4	37	30	49	42	35	16	41	19	3	63	15	46	
		4%	6%	3%	3%	3%	10%	5%	7%	2%	7%	2%	21%	8%	4%	3%	3%	3%	4%	3%	
			bcd				d		d		d		a	bce							
Don't know		8	2	2	3	5	1	-	3	4	4	4	1	-	6	1	1	8	1	6	
		*	*	*	1%	*	1%	-	1%	*	1%	*	1%	-	1%	*	1%	*	*	*	
NET: Agree		1513	521	575	398	973	54	69	311	1079	434	1434	66	133	782	526	73	1380	273	1084	
		74%	71%	75%	79%	76%	67%	75%	60%	80%	63%	78%	39%	66%	73%	78%	79%	75%	73%	76%	
					a	a		ce		ace		b			a	ab	a	a			
NET: Disagree		211	98	79	33	112	11	15	97	89	122	137	64	34	111	58	8	177	37	137	
		10%	13%	10%	7%	9%	13%	16%	19%	7%	18%	8%	38%	17%	10%	9%	8%	10%	10%	10%	
			cd	c			d	d	d		d		a	bcd	e						
Base for stats		2026	734	768	501	1269	79	91	515	1341	685	1823	168	202	1061	672	91	1824	374	1415	
Mean Score		3.88	3.77	3.88	4.03	3.94	3.73	3.79	3.52	4.03	3.58	3.98	2.92	3.66	3.86	3.97	3.98	3.91	3.87	3.92	
				a	ab	a		c		abce		b			a	ab	a	a			
Standard Deviation		1.012	1.082	.991	.924	.967	1.196	1.096	1.128	.906	1.135	.921	1.322	1.177	1.005	.962	.970	.989	1.015	.981	
Standard Error		.022	.040	.036	.041	.027	.133	.112	.050	.025	.043	.022	.101	.084	.031	.037	.099	.023	.052	.026	
Error variance		*	*	*	*	*	.02	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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									
							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	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	560	50	48	13	452	101	437	123	63	47	51	83	53	80	29	154	187	263
	28%	25%	13%	18%	32%	17%	21%	27%	30%	16%	25%	19%	26%	30%	34%	36%	40%	25%	38%
		be			abce						a		ac	ac	abcdi	aci	abcdei	a	abcdei
Agree	(4.0)	953	88	156	37	670	260	771	182	150	90	133	162	89	117	37	175	384	329
	47%	43%	42%	51%	48%	44%	34%	48%	44%	39%	48%	50%	51%	50%	50%	46%	46%	51%	47%
					b						a	a	a	a	a		a	a	a
Neither agree nor disagree	(3.0)	302	29	72	11	187	103	244	58	74	32	58	42	24	24	8	39	124	72
	15%	14%	19%	16%	13%	17%	14%	15%	14%	19%	17%	22%	13%	14%	10%	10%	10%	16%	10%
				d		d				dfhj	hj	defghij						fhj	
Disagree	(2.0)	132	20	52	5	57	70	102	29	50	14	15	23	8	10	2	9	46	22
	6%	10%	14%	8%	4%	12%	17%	6%	7%	13%	7%	6%	7%	4%	4%	2%	2%	6%	3%
		d	d			d	d			cdefghij	hj	h	hj					hj	
Strongly disagree	(1.0)	79	13	42	5	24	52	62	18	50	4	7	5	4	2	4	3	16	9
	4%	6%	11%	7%	2%	9%	14%	4%	4%	13%	2%	3%	2%	2%	1%	5%	1%	2%	1%
		d	d	d		d	d			bcddefghij						fhj			
Don't know		8	2	1	-	4	3	7	1	2	2	1	1	-	2	-	-	2	2
	*	1%	*	-	*	1%	-	*	*	*	1%	*	*	-	1%	-	-	*	*
											h								
NET: Agree		1513	138	204	50	1122	360	1209	305	213	137	184	245	141	197	67	329	571	593
	74%	68%	55%	70%	80%	61%	55%	74%	74%	55%	73%	69%	78%	80%	84%	82%	86%	75%	85%
		b		b	abcef						a	a	ac	ac	abci	ac	abcdei	a	abcdi
NET: Disagree		211	33	94	10	81	122	164	47	100	18	22	28	12	12	6	12	62	31
	10%	16%	25%	14%	6%	21%	31%	10%	11%	26%	10%	8%	9%	7%	5%	7%	3%	8%	4%
		d	acd	d		d	acd			bcddefghij	hj	hj	hj					hj	
Base for stats	2026	200	370	72	1390	585	47	1616	410	387	187	265	315	177	233	81	381	757	695
Mean Score	3.88	3.71	3.32	3.67	4.06	3.49	3.30	3.88	3.89	3.33	3.86	3.78	3.94	4.01	4.13	4.06	4.23	3.90	4.17
		bef		b	abcef	b					a	a	ac	ac	abcdi	ac	abcdei	a	abcdei
Standard Deviation	1.012	1.144	1.201	1.081	.882	1.170	1.354	1.001	1.053	1.257	.954	.918	.914	.898	.825	1.010	.792	.915	.832
Standard Error	.022	.080	.063	.124	.024	.048	.202	.025	.052	.065	.070	.056	.051	.067	.054	.113	.041	.033	.032
Error variance	*	.01	*	.02	*	*	.04	*	*	*	*	*	*	*	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total		2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	560	199	108	252	560	-	525	12	486	28	508	23	395	78
		28%	29%	20%	32%	37%	-	35%	5%	38%	9%	36%	9%	37%	15%
			b		b	b		b		b		b		b	
Agree	(4.0)	953	345	235	365	953	-	821	50	649	115	714	91	506	232
		47%	51%	43%	46%	63%	-	54%	23%	50%	35%	50%	35%	47%	45%
			bc			b		b		b		b			
Neither agree nor disagree	(3.0)	302	88	103	110	-	-	120	44	117	53	138	47	108	93
		15%	13%	19%	14%	-	-	8%	20%	9%	16%	10%	18%	10%	18%
				ac					a		a		a		a
Disagree	(2.0)	132	33	54	41	-	132	36	58	22	73	44	52	41	60
		6%	5%	10%	5%	-	62%	2%	27%	2%	23%	3%	20%	4%	12%
				ac			a		a		a		a		a
Strongly disagree	(1.0)	79	9	40	25	-	79	10	55	13	56	18	48	18	52
		4%	1%	7%	3%	-	38%	1%	25%	1%	17%	1%	18%	2%	10%
				ac	a		a		a		a		a		a
Don't know		8	2	2	3	-	-	4	1	2	-	2	1	2	2
		*	*	*	*	-	-	*	*	*	-	*	*	*	*
NET: Agree		1513	544	343	617	1513	-	1345	62	1136	143	1222	115	901	310
		74%	80%	63%	77%	100%	-	89%	28%	88%	44%	86%	44%	84%	60%
			b		b	b		b		b		b		b	
NET: Disagree		211	42	94	66	-	211	46	113	35	129	62	99	58	112
		10%	6%	17%	8%	-	100%	3%	52%	3%	40%	4%	38%	5%	22%
				ac			a		a		a		a		a
Base for stats		2026	674	540	794	1513	211	1512	219	1287	325	1422	261	1068	515
Mean Score		3.88	4.03	3.59	3.98	4.37	1.62	4.20	2.57	4.22	2.96	4.16	2.97	4.14	3.44
			b		b	b		b		b		b		b	
Standard Deviation		1.012	.864	1.136	.973	.483	.485	.736	1.241	.759	1.270	.817	1.281	.867	1.179
Standard Error		.022	.033	.050	.034	.012	.034	.019	.084	.021	.071	.022	.079	.026	.052
Error variance		*	*	*	*	*	*	*	.01	*	*	*	.01	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total		2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	551	270	279	180	208	163	34	87	43	58	31	45	100	98	55
		27%	27%	27%	29%	31%	22%	35%	33%	21%	27%	18%	20%	31%	29%	27%
					c	c		cef	cef		e			cef	cef	e
Agree	(4.0)	964	464	497	295	294	375	40	112	102	99	99	121	136	157	100
		47%	47%	48%	48%	44%	50%	41%	42%	51%	46%	56%	54%	43%	47%	48%
							b			g		abdgh	abg			
Neither agree nor disagree	(3.0)	288	157	131	75	94	119	13	32	32	36	26	38	50	35	26
		14%	16%	13%	12%	14%	16%	13%	12%	16%	17%	15%	17%	16%	11%	12%
			b								h					
Disagree	(2.0)	145	68	76	42	48	55	8	21	16	14	11	15	22	21	17
		7%	7%	7%	7%	7%	7%	9%	8%	8%	6%	7%	6%	7%	6%	8%
Strongly disagree	(1.0)	74	28	45	18	21	36	2	13	5	8	8	4	9	19	7
		4%	3%	4%	3%	3%	5%	2%	5%	3%	4%	4%	2%	3%	6%	3%
Don't know		11	6	6	4	3	4	-	-	1	1	-	3	2	1	3
		1%	1%	1%	1%	*	1%	-	-	1%	1%	-	1%	1%	*	2%
																b
NET: Agree		1515	734	776	475	502	538	74	199	144	157	130	166	236	255	155
		75%	74%	75%	77%	75%	71%	76%	75%	73%	73%	74%	74%	74%	77%	75%
					c											
NET: Disagree		220	97	121	60	68	92	10	34	21	21	19	19	31	41	24
		11%	10%	12%	10%	10%	12%	11%	13%	11%	10%	11%	8%	10%	12%	11%
Base for stats		2023	987	1028	610	665	748	97	264	198	214	175	223	317	330	204
Mean Score		3.88	3.89	3.86	3.95	3.93	3.77	3.99	3.90	3.82	3.87	3.77	3.84	3.94	3.88	3.88
					c	c										
Standard Deviation		1.009	.978	1.035	.976	1.010	1.027	1.002	1.096	.949	1.004	.964	.886	1.003	1.085	1.007
Standard Error		.022	.031	.032	.038	.039	.039	.094	.067	.066	.068	.069	.071	.055	.060	.070
Error variance		*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298	
Total		2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	551	54	146	118	95	39	99	318	233	459	15	45	19	4	4	87	
		27%	35% cefh	30% eh	26% e	29% e	19% e	24% e	29% eh	25% e	26% e	33% e	36% a	25% e	26% e	27% e	32% e	
Agree	(4.0)	964	68	239	228	147	101	180	535	429	823	18	56	43	7	8	132	
		47%	43% b	49% b	50% b	46% b	50% b	44% b	49% b	46% b	47% b	38% b	45% b	57% b	47% b	62% b	48% b	
Neither agree nor disagree	(3.0)	288	17	54	66	45	36	70	137	151	248	8	16	7	3	1	35	
		14%	11% g	11% g	14% g	14% g	18% bg	17% bg	12% bg	16% bg	14% g	17% g	13% g	9% g	20% g	6% g	13% g	
Disagree	(2.0)	145	16	33	31	17	15	34	80	66	127	4	6	5	1	-	16	
		7%	10% g	7% g	7% g	5% g	7% g	8% g	7% g	7% g	7% g	9% g	5% g	6% g	7% g	- g	6% g	
Strongly disagree	(1.0)	74	2	12	12	14	11	24	26	48	71	1	-	2	-	1	4	
		4%	1% g	3% g	3% g	4% g	5% ag	6% abcg	2% abcg	5% abcg	4% cg	2% g	- g	3% g	- g	6% g	1% g	
Don't know		11	-	1	2	5	-	3	3	8	9	-	1	-	-	-	1	
		1%	- g	* g	* g	1% g	- g	1% g	* g	1% g	1% g	- g	1% g	- g	- g	- g	1% g	
NET: Agree		1515	123	385	346	242	140	279	854	662	1282	33	101	61	11	12	218	
		75%	78% f	79% efh	76% f	75% f	70% f	68% f	78% efh	71% a	74% a	72% a	81% a	82% a	73% a	88% a	79% a	
NET: Disagree		220	17	46	43	31	25	58	106	114	198	5	6	7	1	1	20	
		11%	11% g	9% g	9% g	10% g	13% g	14% bcg	10% g	12% g	11% cg	11% g	5% g	9% g	7% g	6% g	7% g	
Base for stats		2023	157	484	455	318	201	407	1097	926	1728	46	124	75	15	14	273	
Mean Score		3.88	4.01 efh	3.98 efh	3.90 ef	3.92 ef	3.71 ef	3.73 efh	3.95 efh	3.79 a	3.85 a	3.93 a	4.13 a	3.95 a	3.92 a	4.03 a	4.03 a	
Standard Deviation		1.009	.979	.958	.954	1.020	1.028	1.097	.959	1.059	1.025	1.023	.831	.918	.880	.964	.897	
Standard Error		.022	.076	.043	.044	.058	.073	.056	.028	.036	.025	.143	.072	.102	.227	.249	.052	
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.01	.05	.06	*	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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											
		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		2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421
Total		2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	551 27%	183 25%	198 26%	163 32% ab	362 28%	19 24%	20 22%	95 18%	416 31% ce	135 20%	525 29% b	23 14%	53 26%	259 24%	208 31% b	32 34% b	498 27%	102 27%	388 27%
Agree	(4.0)	964 47%	353 48%	380 49% c	219 44%	599 47%	36 45%	41 45%	240 46%	648 48%	317 46%	886 48% b	59 35%	88 43%	524 49%	305 45%	47 50%	876 48%	168 45%	694 49%
Neither agree nor disagree	(3.0)	288 14%	106 14%	112 15%	67 13%	179 14%	8 10%	16 17%	98 19% ad	166 12%	122 18% d	240 13%	38 22% a	32 16%	159 15%	89 13%	7 8%	255 14%	54 15%	195 14%
Disagree	(2.0)	145 7%	57 8%	52 7%	34 7%	86 7%	10 13% d	10 11% d	50 10% d	76 6%	70 10% d	117 6%	25 14% a	16 8%	79 7%	47 7%	3 3%	129 7%	37 10% b	92 6%
Strongly disagree	(1.0)	74 4%	34 5%	23 3%	15 3%	38 3%	7 9% d	3 4%	30 6% d	34 3%	40 6% d	50 3%	23 14% a	13 7% bce	36 3%	22 3%	4 4%	61 3%	13 3%	46 3%
Don't know		11 1%	2 *	5 1%	4 1%	9 1%	- -	1 1%	5 1%	5 *	6 1%	9 *	1 1%	- -	9 1%	2 *	- -	11 1%	1 *	7 *
NET: Agree		1515 75%	536 73%	578 75%	383 76%	961 75%	55 69%	61 67%	335 65%	1064 79% abce	452 66%	1411 77% b	83 49%	141 70%	783 73%	513 76%	78 84% abe	1375 75%	269 72%	1081 76%
NET: Disagree		220 11%	91 12%	75 10%	50 10%	125 10%	17 21% d	13 14% d	80 15% d	110 8%	110 16% d	167 9%	48 28% a	29 15%	115 11%	69 10%	7 7%	190 10%	50 13%	139 10%
Base for stats		2023	734	765	499	1265	80	90	513	1340	683	1818	168	202	1057	671	92	1820	373	1415
Mean Score		3.88	3.81	3.89	3.96 a	3.92 a	3.63	3.72	3.63	4.00 abce	3.64	3.95 b	3.20	3.75	3.84	3.94 ab	4.07 ab	3.89	3.83	3.91
Standard Deviation		1.009	1.045	.968	1.007	.984	1.225	1.052	1.074	.944	1.089	.960	1.254	1.127	.987	1.005	.973	.994	1.045	.980
Standard Error		.022	.039	.035	.045	.027	.135	.109	.048	.026	.042	.023	.096	.080	.031	.038	.098	.023	.054	.026
Error variance		*	*	*	*	*	.02	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	208	361	76	1391	590	45		1630	404	381	190	268	318	182	235	80	380	768	695
Total		2034	203	371	72	1394	588	47		1623	411	389	189	266	316	177	235	81	381	759	697
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	551	54	54	12	433	109	8		437	114	65	40	54	83	55	70	29	155	192	254
		27%	27% be	15%	17%	31% bce	18%	18%		27%	28%	17%	21%	20%	26% a	31% abc	30% ac	36% abci	41% abcdefi	25% a	36% abcdi
Agree	(4.0)	964	81	182	36	670	275	20		770	194	159	104	131	167	88	115	38	163	385	316
		47%	40%	49% a	50%	48% a	47%	43%		47%	47%	41%	55% ahj	49% a	53% ahj	49%	49%	47%	43%	51% ahj	45%
Neither agree nor disagree	(3.0)	288	33	62	13	175	99	8		227	60	73	30	53	28	25	28	9	42	106	79
		14%	16%	17% d	19%	13%	17% d	18%		14%	15%	19% dfhij	16% d	20% dfhij	9%	14%	12%	11%	11%	14% d	11%
Disagree	(2.0)	145	18	42	5	80	60	5		117	28	52	10	18	29	6	16	-	15	52	31
		7%	9%	11% d	7%	6%	10% d	10%		7%	7%	13% bcefg hij	6% g	7% g	9% eghj	3%	7% g	-	4%	7% ghj	4%
Strongly disagree	(1.0)	74	15	30	4	31	43	5		65	10	38	3	8	8	4	5	1	7	20	13
		4%	7% d	8% d	5%	2%	7% d	12% d		4%	2%	10% bcdefghij	2%	3%	3%	2%	2%	1%	2%	3%	2%
Don't know		11	1	1	1	5	3	-		6	5	2	1	2	1	-	1	4	-	3	5
		1%	1%	*	2% d	*	1% -	-		*	1% a	1%	1%	1%	*	-	*	5% abcdefhij	-	*	1%
NET: Agree		1515	135	236	48	1103	384	28		1208	308	224	144	185	250	142	185	67	318	577	570
		75%	67%	64%	67%	79% abcef	65%	60%		74%	75%	58%	77% a	70% a	79% ac	80% ac	79% ac	83% ac	83% aci	76% ac	82% aci
NET: Disagree		220	33	72	9	111	102	10		182	38	90	14	26	37	10	21	1	22	73	44
		11%	16% d	19% d	12%	8%	17% d	21% d		11%	9%	23% bcdefghij	7%	10% g	12% eghj	6% g	9% g	1% g	6% ghj	10% ghj	6%
Base for stats		2023	201	370	71	1389	585	47		1617	406	387	188	264	315	177	234	77	381	756	692
Mean Score		3.88	3.70	3.51	3.68	4.00	3.59	3.45		3.87	3.92	3.42	3.90	3.78	3.91	4.03	3.97	4.23	4.17	3.90	4.11
						abcef							a	a	a	ac	ac	abcdfi	abcdfi	a	abcdi
Standard Deviation		1.009	1.177	1.122	1.030	.932	1.120	1.240		1.022	.958	1.199	.859	.948	.975	.890	.947	.758	.898	.950	.905
Standard Error		.022	.082	.059	.119	.025	.046	.185		.025	.048	.062	.062	.058	.055	.066	.062	.086	.046	.034	.034
Error variance		*	.01	*	.01	*	*	.03		*	*	*	*	*	*	*	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total		2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	551	197	101	253	532	7	551	-	478	26	495	28	390	80
		27%	29%	19%	32%	35%	3%	36%	-	37%	8%	35%	11%	36%	16%
			b	b	b	b	b	b	b	b	b	b	b	b	b
Agree	(4.0)	964	336	248	370	814	40	964	-	638	126	722	94	506	233
		47%	50%	46%	46%	54%	19%	64%	-	49%	39%	51%	36%	47%	45%
			b	b	b	b	b	b	b	b	b	b	b	b	b
Neither agree nor disagree	(3.0)	288	77	117	89	103	46	-	-	110	62	125	48	91	98
		14%	11%	22%	11%	7%	22%	-	-	9%	19%	9%	18%	9%	19%
			a	ac	a	a	a	a	a	a	a	a	a	a	a
Disagree	(2.0)	145	52	44	48	44	62	-	145	44	59	56	50	60	59
		7%	8%	8%	6%	3%	30%	-	66%	3%	18%	4%	19%	6%	11%
			a	a	a	a	a	a	a	a	a	a	a	a	a
Strongly disagree	(1.0)	74	14	26	33	18	51	-	74	16	49	21	41	18	46
		4%	2%	5%	4%	1%	24%	-	34%	1%	15%	2%	16%	2%	9%
			a	a	a	a	a	a	a	a	a	a	a	a	a
Don't know		11	1	5	4	3	5	-	-	4	2	4	2	5	1
		1%	*	1%	*	*	2%	-	-	*	1%	*	1%	*	*
			a	a	a	a	a	a	a	a	a	a	a	a	a
NET: Agree		1515	532	350	624	1345	46	1515	-	1116	152	1217	121	895	313
		75%	79%	65%	78%	89%	22%	100%	-	87%	47%	85%	46%	84%	61%
			b	b	b	b	b	b	b	b	b	b	b	b	b
NET: Disagree		220	66	70	81	62	113	-	220	60	109	78	91	78	105
		11%	10%	13%	10%	4%	54%	-	100%	5%	33%	5%	35%	7%	20%
			a	a	a	a	a	a	a	a	a	a	a	a	a
Base for stats		2023	675	537	793	1510	206	1515	220	1286	323	1420	261	1065	516
Mean Score		3.88	3.96	3.66	3.96	4.19	2.46	4.36	1.66	4.18	3.06	4.14	3.06	4.12	3.47
			b	b	b	b	b	b	b	b	b	b	b	b	b
Standard Deviation		1.009	.948	1.031	1.023	.778	1.151	.481	.474	.821	1.230	.844	1.269	.903	1.152
Standard Error		.022	.036	.045	.036	.020	.080	.012	.032	.023	.069	.022	.079	.028	.051
Error variance		*	*	*	*	*	.01	*	*	*	*	*	.01	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total		2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	464	232	231	168	168	128	24	78	40	49	29	49	70	70	54
		23%	23%	22%	27%	25%	17%	25%	29%	20%	23%	16%	22%	22%	21%	26%
					c	c		cegh								e
Agree	(4.0)	825	406	413	263	265	298	36	94	78	85	76	91	154	135	78
		41%	41%	40%	43%	40%	40%	37%	35%	39%	39%	43%	40%	48%	41%	37%
													abcdi			
Neither agree nor disagree	(3.0)	408	207	199	94	134	181	18	54	41	46	40	42	59	68	40
		20%	21%	19%	15%	20%	24%	19%	20%	20%	21%	23%	19%	19%	21%	19%
						a	a									
Disagree	(2.0)	217	100	117	62	67	88	11	26	25	25	19	29	21	36	25
		11%	10%	11%	10%	10%	12%	11%	10%	13%	12%	11%	13%	7%	11%	12%
									g	g		g				g
Strongly disagree	(1.0)	108	41	68	25	30	53	8	13	13	10	11	13	11	20	9
		5%	4%	7%	4%	5%	7%	8%	5%	7%	5%	6%	6%	3%	6%	4%
				a			ab	g								
Don't know		11	6	5	2	4	6	1	-	1	-	1	1	4	1	2
		1%	1%	*	*	1%	1%	1%	-	1%	-	1%	1%	1%	*	1%
NET: Agree		1289	639	644	431	433	426	60	172	118	134	104	140	224	206	132
		63%	64%	62%	70%	65%	57%	62%	65%	60%	62%	59%	62%	70%	62%	63%
					bc	c								ceh		
NET: Disagree		325	140	185	88	97	140	19	39	38	35	30	42	32	56	34
		16%	14%	18%	14%	15%	19%	19%	15%	19%	16%	17%	19%	10%	17%	17%
				a			ab	g		g	g	g	g		g	g
Base for stats		2023	986	1028	612	664	747	96	264	197	215	174	224	315	330	206
Mean Score		3.65	3.70	3.61	3.79	3.71	3.48	3.60	3.75	3.54	3.64	3.53	3.60	3.80	3.61	3.69
					c	c			e					cefh		
Standard Deviation		1.106	1.064	1.146	1.081	1.090	1.119	1.208	1.129	1.151	1.098	1.090	1.137	.974	1.118	1.121
Standard Error		.025	.034	.036	.042	.043	.042	.114	.069	.080	.074	.079	.091	.053	.061	.078
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total		2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	464	46	129	98	85	35	71	273	191	383	11	39	16	5	2	73
		23%	29% cefh	27% efh	21% fh	26% efh	17%	17%	25% efh	20%	22%	24%	31% a	21%	32%	13%	27%
Agree	(4.0)	825	71	196	201	122	85	150	468	357	698	21	52	32	5	7	118
		41%	45%	40%	44% fh	38%	42%	37%	43% fh	38%	40%	45%	42%	43%	37%	54%	43%
Neither agree nor disagree	(3.0)	408	20	98	86	63	47	95	203	205	359	7	22	13	2	3	47
		20%	12%	20% a	19%	19%	23% a	23% ag	18%	22% a	21%	15%	17%	18%	14%	21%	17%
Disagree	(2.0)	217	15	46	43	34	21	57	104	112	188	5	9	8	2	2	27
		11%	10%	10%	9%	10%	11%	14% bcg	9%	12%	11%	12%	7%	11%	17%	12%	10%
Strongly disagree	(1.0)	108	5	15	28	16	12	32	48	60	101	2	3	3	-	-	8
		5%	3%	3%	6% b	5%	6%	8% abg	4%	6% bg	6% g	3%	2%	5%	-	-	3%
Don't know		11	-	1	2	4	1	4	2	9	9	-	-	2	-	-	2
		1%	-	*	*	1% g	1%	1% g	*	1% g	*	-	-	2% a	-	-	1%
NET: Agree		1289	117	325	299	207	120	221	741	548	1081	32	92	48	10	9	191
		63%	75% cdefh	67% fh	65% fh	64% f	60%	54%	67% efh	59%	62%	70%	73% a	64%	69%	67%	70% a
NET: Disagree		325	21	61	71	49	33	90	153	173	289	7	12	12	2	2	35
		16%	13%	13%	15%	15%	17%	22% abcdg	14%	18% bg	17% c	15%	10%	16%	17%	12%	13%
Base for stats		2023	157	485	455	319	200	406	1098	925	1728	46	126	73	15	14	273
Mean Score		3.65	3.87 cefh	3.78 efh	3.65 f	3.71 fh	3.54	3.42	3.74 efh	3.55	3.62	3.76	3.92 a	3.67	3.85	3.68	3.81 a
Standard Deviation		1.106	1.043	1.041	1.104	1.118	1.085	1.164	1.070	1.138	1.116	1.066	.995	1.087	1.090	.876	1.031
Standard Error		.025	.080	.047	.051	.064	.078	.060	.032	.038	.027	.149	.085	.122	.282	.226	.060
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.01	.08	.05	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421	
Total		2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	464	129	196	131	326	22	21	78	343	121	441	18	39	230	175	21	425	94	325	
		23%	17%	25%	26%	26%	27%	23%	15%	26%	18%	24%	11%	19%	22%	26%	22%	23%	25%	23%	
			a	a	a	a	ce	c		ce		b				ab					
Agree	(4.0)	825	279	326	211	537	33	28	190	575	251	773	41	74	428	280	43	751	154	582	
		41%	38%	42%	42%	42%	41%	31%	37%	43%	36%	42%	24%	37%	40%	42%	47%	41%	41%	41%	
										bce		b									
Neither agree nor disagree	(3.0)	408	178	136	90	226	12	20	138	238	170	357	40	44	228	120	16	364	76	279	
		20%	24%	18%	18%	18%	15%	22%	27%	18%	25%	20%	24%	22%	21%	18%	18%	20%	20%	20%	
			bcd						ad		d										
Disagree	(2.0)	217	90	74	50	124	8	16	67	126	91	176	34	27	113	68	9	190	28	161	
		11%	12%	10%	10%	10%	10%	17%	13%	9%	13%	10%	20%	13%	11%	10%	10%	10%	7%	11%	
							d	d	d		d	a							a		
Strongly disagree	(1.0)	108	56	34	18	53	5	6	40	58	50	74	33	18	60	27	3	91	21	69	
		5%	8%	4%	4%	4%	6%	6%	8%	4%	7%	4%	19%	9%	6%	4%	4%	5%	5%	5%	
			bcd						d		d		a	ce							
Don't know		11	4	4	3	7	1	1	5	4	7	6	3	1	8	3	-	10	3	5	
		1%	1%	*	1%	1%	1%	1%	1%	*	1%	*	2%	1%	1%	*	-	1%	1%	*	
											d	a									
NET: Agree		1289	407	522	341	863	54	49	267	918	371	1214	60	113	658	455	64	1177	248	907	
		63%	55%	68%	68%	68%	68%	54%	52%	68%	54%	66%	35%	56%	62%	68%	69%	64%	66%	64%	
				a	a	a	ce			bce		b				ab	a	a			
NET: Disagree		325	146	108	69	177	13	21	107	184	141	250	67	45	173	95	12	281	48	230	
		16%	20%	14%	14%	14%	16%	23%	21%	14%	20%	14%	39%	22%	16%	14%	13%	15%	13%	16%	
			bcd					d	d		d		a	bce							
Base for stats		2023	732	766	500	1266	79	90	513	1341	682	1821	167	201	1059	670	92	1821	372	1416	
Mean Score		3.65	3.46	3.75	3.77	3.76	3.74	3.49	3.39	3.76	3.44	3.73	2.87	3.44	3.62	3.76	3.75	3.68	3.74	3.66	
				a	a	a	a	ce			bce		b			a	ab	a	a		
Standard Deviation		1.106	1.143	1.077	1.060	1.070	1.147	1.205	1.128	1.070	1.144	1.057	1.293	1.199	1.106	1.075	1.029	1.092	1.087	1.098	
Standard Error		.025	.043	.039	.047	.030	.127	.124	.050	.029	.044	.025	.100	.085	.034	.041	.104	.026	.056	.029	
Error variance		*	*	*	*	*	.02	.02	*	*	*	*	.01	.01	*	*	.01	*	*	*	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j	
Unweighted Total		2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total		2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	464	44	51	13	358	97	8	361	103	26	31	46	74	45	70	29	143	165	242
		23%	22% b	14%	18%	26% be	16%	17%	22%	25%	7%	17% a	17% a	24% a	25% abc	30% abci	36% abcdi	37% abcdei	22% a	35% abcdei
Agree	(4.0)	825	68	125	28	604	205	14	668	157	100	75	112	138	87	109	33	171	337	313
		41%	34%	34%	39%	43% abe	35%	31%	41%	38%	26%	40% a	42% a	44% a	49% a	46% a	41% a	45% a	44% a	45% a
Neither agree nor disagree	(3.0)	408	40	96	18	248	144	7	331	78	113	49	63	61	33	31	12	45	157	89
		20%	20%	26% d	26%	18%	24% d	14%	20%	19%	29% defghij	26% fghj	24% fhj	19% hj	18% hj	13%	15%	12%	21% fhj	13%
Disagree	(2.0)	217	31	54	8	124	87	7	169	48	85	23	33	27	10	16	5	18	70	39
		11%	16% d	15% d	11%	9%	15% d	15%	10%	12%	22% bcdefghij	12% ehj	12% efhj	9% h	5%	7%	6%	5%	9% hj	6%
Strongly disagree	(1.0)	108	18	43	5	55	53	11	86	23	61	9	8	14	3	7	2	4	26	13
		5%	9% d	12% d	7%	4%	9% d	23% abcde	5%	6%	16% bcdefghij	5% hj	3% h	5% hj	2%	3%	3%	1%	3% h	2%
Don't know		11	1	2	-	6	3	-	8	3	4	2	4	1	-	1	-	-	4	1
		1%	1%	1%	-	*	1%	-	*	1%	1% hj	1% hj	1% hj	*	-	*	-	-	1% 1%	*
NET: Agree		1289	113	176	41	962	301	22	1030	260	126	106	158	212	131	179	62	314	502	555
		63%	56%	47%	56%	69% abcef	51%	48%	63%	63%	32%	56% a	59% a	67% ab	74% abci	76% abcdi	76% abc	82% abcdei	66% ab	80% abcdi
NET: Disagree		325	49	97	13	179	140	18	255	70	146	31	41	42	13	24	7	21	96	52
		16%	24% d	26% d	18%	13%	24% d	38% cde	16%	17%	37% bcdefghij	17% efhj	15% ehj	13% ehj	7%	10% h	9%	6%	13% ehj	8%
Base for stats		2023	202	369	72	1388	585	47	1615	408	385	187	262	315	177	234	81	381	755	696
Mean Score		3.65	3.45 bf	3.23	3.49	3.78 abcef	3.35	3.02	3.65	3.66	2.86	3.52 a	3.59 a	3.73 ab	3.90 abci	3.93 abcdi	4.00 abcdi	4.13 abcdefi	3.72 ab	4.05 abcdi
Standard Deviation		1.106	1.241	1.205	1.124	1.050	1.183	1.449	1.097	1.140	1.167	1.058	1.019	1.057	.906	.994	1.011	.866	1.015	.931
Standard Error		.025	.086	.064	.129	.028	.049	.216	.027	.057	.060	.077	.063	.059	.067	.065	.113	.044	.037	.035
Error variance		*	.01	*	.02	*	*	.05	*	*	*	.01	*	*	*	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total		2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	464	197	86	179	440	9	425	19	464	-	447	7	360	39
		23%	29%	16%	22%	29%	4%	28%	9%	36%	-	31%	3%	34%	7%
			bc		b	b		b		b		b		b	
Agree	(4.0)	825	290	197	333	696	26	690	41	825	-	698	31	472	160
		41%	43%	36%	42%	46%	12%	46%	19%	64%	-	49%	12%	44%	31%
			b		b	b		b		b		b		b	
Neither agree nor disagree	(3.0)	408	106	136	161	232	45	240	51	-	-	192	66	134	135
		20%	16%	25%	20%	15%	21%	16%	23%	-	-	13%	25%	13%	26%
				ac	a		a		a				a		a
Disagree	(2.0)	217	61	66	86	109	64	118	50	-	217	62	85	74	113
		11%	9%	12%	11%	7%	30%	8%	23%	-	67%	4%	32%	7%	22%
							a		a		a		a		a
Strongly disagree	(1.0)	108	20	51	35	34	65	34	59	-	108	22	68	25	68
		5%	3%	9%	4%	2%	31%	2%	27%	-	33%	2%	26%	2%	13%
				ac			a		a		a		a		a
Don't know		11	2	5	3	2	2	7	-	-	-	3	5	4	3
		1%	*	1%	*	*	1%	*	-	-	-	*	2%	*	1%
							a						a		
NET: Agree		1289	486	284	512	1136	35	1116	60	1289	-	1145	39	832	198
		63%	72%	52%	64%	75%	16%	74%	27%	100%	-	80%	15%	78%	38%
			bc		b	b		b		b		b		b	
NET: Disagree		325	81	117	120	143	129	152	109	-	325	84	153	99	181
		16%	12%	22%	15%	9%	61%	10%	49%	-	100%	6%	58%	9%	35%
				ac			a		a		a		a		a
Base for stats		2023	674	537	794	1511	209	1508	220	1289	325	1421	258	1065	514
Mean Score		3.65	3.86	3.38	3.68	3.93	2.28	3.90	2.60	4.36	1.67	4.05	2.32	4.00	2.98
			bc		b	b		b		b		b		b	
Standard Deviation		1.106	1.032	1.172	1.072	.965	1.153	.974	1.297	.480	.472	.873	1.081	.976	1.166
Standard Error		.025	.039	.051	.038	.025	.080	.025	.087	.013	.026	.023	.067	.030	.052
Error variance		*	*	*	*	*	.01	*	.01	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total		2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	553	300	252	171	199	183	28	89	48	58	36	48	95	94	58
		27%	30%	24%	28%	30%	24%	28%	34%	24%	27%	20%	21%	30%	28%	28%
			b			c			cef					e	e	
Agree	(4.0)	871	407	459	271	288	312	38	96	77	88	78	114	145	147	87
		43%	41%	44%	44%	43%	41%	39%	36%	39%	41%	45%	51%	45%	44%	42%
												bc	b			
Neither agree nor disagree	(3.0)	339	164	174	93	107	139	18	47	42	38	37	32	47	47	31
		17%	17%	17%	15%	16%	18%	19%	18%	21%	17%	21%	14%	15%	14%	15%
										h		h				
Disagree	(2.0)	184	87	97	62	46	76	8	21	18	16	14	26	27	33	21
		9%	9%	9%	10%	7%	10%	9%	8%	9%	7%	8%	12%	8%	10%	10%
					b		b									
Strongly disagree	(1.0)	79	33	45	14	25	39	4	11	12	14	10	6	4	9	8
		4%	3%	4%	2%	4%	5%	4%	4%	6%	7%	6%	3%	1%	3%	4%
							a	g	g	gh	gh	g				
Don't know		9	2	5	4	2	3	1	1	1	1	-	-	1	2	2
		*	*	1%	1%	*	*	1%	*	1%	*	-	-	*	1%	1%
NET: Agree		1423	706	711	442	487	495	66	185	125	146	114	162	240	240	145
		70%	71%	69%	72%	73%	66%	68%	70%	63%	68%	65%	72%	75%	73%	70%
					c	c								ce	c	
NET: Disagree		263	120	143	75	72	116	13	32	30	30	24	32	31	42	29
		13%	12%	14%	12%	11%	15%	13%	12%	15%	14%	14%	14%	10%	13%	14%
							b									
Base for stats		2025	990	1028	610	666	749	96	263	198	214	175	226	318	329	206
Mean Score		3.81	3.86	3.75	3.86	3.88	3.70	3.80	3.88	3.66	3.75	3.65	3.76	3.94	3.86	3.81
			b		c	c			ce					cde	ce	
Standard Deviation		1.057	1.050	1.063	1.011	1.034	1.104	1.088	1.089	1.129	1.133	1.074	.996	.950	1.027	1.078
Standard Error		.023	.033	.033	.039	.040	.041	.102	.067	.078	.077	.077	.080	.052	.056	.075
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th April 2020

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

BASE: All respondents

		Total	Social Grade								Ethnicity						
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total		2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	553	58	150	123	93	38	89	332	221	460	11	43	22	5	3	84
		27%	37% cefh	31% efh	27% e	29% ef	19%	22%	30% efh	24%	26%	25%	35% a	30%	31%	19%	31%
Agree	(4.0)	871	77	208	198	134	86	169	483	388	734	24	56	35	5	8	128
		43%	49%	43%	43%	41%	43%	41%	44%	42%	42%	52%	45%	47%	32%	61%	47%
Neither agree nor disagree	(3.0)	339	13	74	75	50	46	81	162	178	298	7	18	9	3	2	38
		17%	8% a	15% a	16% a	15% a	23% abcdg	20% ag	15% a	19% ag	17%	15%	14%	12%	22%	13%	14%
Disagree	(2.0)	184	8	38	38	30	23	46	84	100	166	2	8	7	-	1	17
		9%	5% a	8% a	8% a	9% a	11% a	11% ag	8% ag	11% ag	10%	4%	6%	9%	-	6%	6%
Strongly disagree	(1.0)	79	1	14	21	14	8	20	37	42	75	2	-	-	2	-	4
		4%	1% a	3% a	5% a	4% a	4% a	5% a	3% a	4% a	4% cg	4% c	-	-	15%	-	1%
Don't know		9	-	1	3	1	-	4	3	5	5	-	1	2	-	-	3
		*	-	*	1% a	* a	-	1% a	* a	1% a	* cg	-	1% a	2% a	-	-	1%
NET: Agree		1423	135	358	321	227	124	258	814	609	1194	35	100	57	9	11	212
		70%	86% bcdefgh	74% efh	70% ef	70% ef	62%	63%	74% efh	65%	69%	77%	79% a	77%	64%	81%	77% a
NET: Disagree		263	9	53	59	45	31	66	121	142	240	4	8	7	2	1	21
		13%	6% a	11% a	13% a	14% a	15% a	16% abg	11% a	15% abg	14% cg	8% a	6% a	9% a	15% a	6% a	8% a
Base for stats		2025	157	485	455	322	201	406	1097	929	1732	46	125	73	15	14	272
Mean Score		3.81	4.17 bcdefgh	3.91 efh	3.80 ef	3.81 ef	3.61	3.65	3.90 efh	3.70	3.77	3.90	4.08 a	3.99	3.66	3.94	4.00 a
Standard Deviation		1.057	.831	1.020	1.072	1.094	1.041	1.092	1.024	1.084	1.076	.964	.855	.905	1.360	.776	.916
Standard Error		.023	.064	.046	.049	.062	.074	.056	.030	.036	.026	.135	.074	.102	.351	.200	.053
Error variance		*	*	*	*	*	.01	*	*	*	*	.02	.01	.01	.12	.04	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		
								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		2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421	
Total		2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	553	174	218	155	372	22	19	108	404	149	529	20	53	276	194	29	499	100	391
			27%	24%	28%	31%	29%	28%	20%	21%	30%	22%	29%	12%	26%	26%	29%	31%	27%	27%	27%
					a	a	a				bce		b								
Agree		(4.0)	871	306	324	229	552	35	43	213	580	291	798	61	76	443	310	41	795	177	606
			43%	42%	42%	45%	43%	44%	47%	41%	43%	42%	44%	36%	37%	42%	46%	45%	43%	47%	43%
													b				a				
Neither agree nor disagree		(3.0)	339	134	130	71	201	13	16	105	205	134	285	40	33	199	96	11	306	60	238
			17%	18%	17%	14%	16%	16%	17%	20%	15%	19%	16%	23%	16%	19%	14%	11%	17%	16%	17%
										d		d		a		c					
Disagree		(2.0)	184	76	76	32	108	6	11	59	108	76	158	22	25	102	51	5	159	29	129
			9%	10%	10%	6%	8%	7%	12%	11%	8%	11%	9%	13%	12%	10%	8%	6%	9%	8%	9%
				c	c					d		d		a		c					
Strongly disagree		(1.0)	79	41	23	13	36	4	2	29	44	35	53	22	14	40	19	5	64	9	54
			4%	6%	3%	3%	3%	5%	2%	6%	3%	5%	3%	13%	7%	4%	3%	6%	4%	2%	4%
				bcd						d				a		bce					
Don't know			9	4	1	3	4	-	1	4	4	5	3	5	1	6	1	1	8	-	4
			*	1%	*	1%	*	-	1%	1%	*	1%	*	3%	*	1%	*	1%	*	-	*
													a								
NET: Agree			1423	480	541	383	925	58	62	321	984	440	1328	80	129	719	505	70	1294	276	997
			70%	65%	70%	76%	73%	72%	67%	62%	73%	64%	73%	47%	64%	67%	75%	76%	71%	74%	70%
					a	ab	a				ce		b				abe	a	a		
NET: Disagree			263	117	98	46	144	9	13	88	152	110	212	44	39	142	71	11	224	39	183
			13%	16%	13%	9%	11%	12%	14%	17%	11%	16%	12%	26%	19%	13%	11%	12%	12%	10%	13%
				cd	c					d		d		a		bce					
Base for stats			2025	732	769	501	1270	80	90	514	1341	684	1824	164	202	1060	672	92	1824	375	1418
Mean Score			3.81	3.68	3.83	3.96	3.88	3.83	3.72	3.61	3.89	3.65	3.87	3.21	3.64	3.77	3.91	3.91	3.83	3.88	3.81
					a	ab	a				ce		b				ab		a		
Standard Deviation			1.057	1.114	1.041	.976	1.017	1.061	1.002	1.108	1.030	1.090	1.021	1.220	1.197	1.057	.996	1.097	1.039	.972	1.057
Standard Error			.023	.042	.037	.043	.028	.117	.103	.049	.028	.042	.024	.095	.085	.033	.038	.111	.024	.050	.028
Error variance			*	*	*	*	*	.01	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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											
		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		2034	208	361	76	1391	590	45		1630	404	381	190	268	318	182	235	80	380	768	695
Total		2034	203	371	72	1394	588	47		1623	411	389	189	266	316	177	235	81	381	759	697
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	553	49	61	13	429	114	7		448	104	40	38	51	84	61	79	31	169	196	279
		27%	24% b	16%	17%	31% bcef	19%	14%	28%	25%	10%	20% a	19% a	27% ac	34% abci	34% abci	38% abcdi	44% abcdefi	26% ac	40% abcdi	
Agree	(4.0)	871	80	160	33	597	252	17		687	184	124	81	121	159	79	110	38	160	359	308
		43%	39%	43%	46%	43%	43%	36%	42%	45%	32%	43% a	45% a	50% ah	44% a	47% a	47% a	42% a	47% a	44% a	
Neither agree nor disagree	(3.0)	339	39	73	13	219	108	14		274	65	95	47	64	43	23	27	6	34	129	68
		17%	19%	20%	18%	16%	18%	29% d	17%	16%	24% defghij	25% defghij	24% defghij	13%	13%	12%	8%	9%	17% fghj	10%	
Disagree	(2.0)	184	23	40	9	110	69	2		142	42	77	15	23	20	11	14	5	18	54	37
		9%	11%	11%	13%	8%	12% d	4%	9%	10%	20% bcdefghij	8% h	9% hj	6% h	6% h	6% h	6% h	5% h	7% h	5%	
Strongly disagree	(1.0)	79	12	35	2	37	41	7		65	14	52	5	5	10	2	3	1	-	17	4
		4%	6% d	9% cd	2% d	3% d	7% d	16% acde	4%	3%	13% bcdefghij	3% hj	2% h	3% hj	1% h	1% h	1% h	- h	- h	2% hj	1%
Don't know		9	-	2	2	4	-	-		6	3	1	2	2	1	1	2	-	-	4	2
		*	-	1%	3% ad	* d	1% d	-	*	1%	*	1% h	1%	1%	*	1%	1%	-	-	1% 1%	*
NET: Agree		1423	129	221	46	1026	366	23		1135	288	163	119	172	243	140	190	69	328	554	587
		70%	63%	60%	64%	74% abef	62%	50%		70%	70%	42%	63% a	65% a	77% abc	79% abc	81% abci	85% abci	86% abcdei	73% abc	84% abcdi
NET: Disagree		263	35	75	11	147	111	9		207	55	129	21	28	30	13	17	6	18	71	41
		13%	17% d	20% d	16%	11%	19% d	20% d		13%	13%	33% bcdefghij	11% hj	11% hj	9% hj	7% h	7% h	7% h	5% h	9% h	6% h
Base for stats		2025	203	369	70	1392	584	47		1617	408	388	187	264	315	176	233	81	381	755	696
Mean Score		3.81	3.64	3.46	3.65	3.91	3.56	3.28		3.81	3.79	3.05	3.70	3.72	3.91	4.05	4.07	4.14	4.26	3.88	4.18
						abcef							a	a	abc	abci	abcdi	abci	abcdefi	abc	abcdi
Standard Deviation		1.057	1.143	1.170	1.009	1.008	1.141	1.247		1.061	1.040	1.210	.982	.940	.967	.915	.894	.900	.814	.953	.855
Standard Error		.023	.079	.062	.117	.027	.047	.186		.026	.052	.062	.072	.058	.054	.068	.059	.101	.042	.034	.032
Error variance		*	.01	*	.01	*	*	.03		*	*	*	.01	*	*	*	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
Significance Level: 95%			a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total		2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total		2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	553	211	102	237	517	12	498	23	507	16	553	-	428	54
		27%	31%	19%	30%	34%	5%	33%	10%	39%	5%	39%	-	40%	10%
			b	b	b	b		b		b		b		b	
Agree	(4.0)	871	294	223	346	705	51	719	55	638	68	871	-	499	156
		43%	44%	41%	43%	47%	24%	47%	25%	49%	21%	61%	-	47%	30%
						b		b		b		b		b	
Neither agree nor disagree	(3.0)	339	100	108	126	175	46	176	48	105	86	-	-	95	124
		17%	15%	20%	16%	12%	22%	12%	22%	8%	26%	-	-	9%	24%
				a		a		a		a				a	
Disagree	(2.0)	184	59	60	64	96	52	99	48	32	96	-	184	41	117
		9%	9%	11%	8%	6%	24%	7%	22%	2%	30%	-	70%	4%	23%
							a		a		a		a		a
Strongly disagree	(1.0)	79	11	45	22	19	48	23	43	7	57	-	79	5	64
		4%	2%	8%	3%	1%	23%	1%	20%	1%	18%	-	30%	*	12%
				ac		a		a		a		a		a	
Don't know		9	1	4	2	2	4	1	3	1	2	-	-	1	3
		*	*	1%	*	*	2%	*	1%	*	1%	-	-	*	1%
							a		a						
NET: Agree		1423	506	325	583	1222	62	1217	78	1145	84	1423	-	927	210
		70%	75%	60%	73%	81%	29%	80%	35%	89%	26%	100%	-	87%	41%
			b		b	b		b		b		b		b	
NET: Disagree		263	70	105	86	115	99	121	91	39	153	-	263	46	181
		13%	10%	19%	11%	8%	47%	8%	41%	3%	47%	-	100%	4%	35%
				ac			a		a		a		a		a
Base for stats		2025	675	538	795	1512	207	1515	217	1288	323	1423	263	1068	514
Mean Score		3.81	3.94	3.52	3.90	4.06	2.65	4.04	2.84	4.25	2.66	4.39	1.70	4.22	3.04
			b		b	b		b		b		b		b	
Standard Deviation		1.057	.976	1.163	1.009	.906	1.233	.916	1.292	.749	1.143	.488	.459	.798	1.202
Standard Error		.023	.037	.051	.036	.023	.086	.024	.088	.021	.064	.013	.028	.024	.053
Error variance		*	*	*	*	*	.01	*	.01	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209	
Total		2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	360	187	174	132	142	87	14	51	30	32	24	45	62	58	45	
		18%	19%	17%	22% c	21% c	12%	14%	19%	15%	15%	14%	20%	19%	18%	22% e	
Agree	(4.0)	709	351	354	236	229	244	35	86	77	74	60	62	123	120	72	
		35%	35%	34%	38% c	34%	32%	36%	33%	39% f	35%	35%	27%	38% f	36%	35%	
Neither agree nor disagree	(3.0)	437	209	228	123	144	171	23	59	45	45	48	47	64	68	38	
		21%	21%	22%	20%	22%	23%	23%	22%	23%	21%	27% i	21%	20%	21%	18%	
Disagree	(2.0)	365	171	191	81	110	175	21	49	29	43	29	57	44	55	39	
		18%	17%	18%	13%	16%	23% ab	21%	19%	15%	20%	17%	25% cgh	14%	17%	19%	
Strongly disagree	(1.0)	152	71	80	37	39	75	5	17	18	19	14	13	26	28	11	
		7%	7%	8%	6%	6%	10% ab	5%	7%	9%	9%	8%	6%	8%	8%	5%	
Don't know		10	3	7	5	4	1	1	1	-	2	-	3	-	2	2	
		1%	*	1%	1%	1%	*	1%	*	-	1%	-	1% g	-	1%	1%	
NET: Agree		1069	538	527	368	371	331	48	138	106	106	84	107	185	179	117	
		53%	54%	51%	60% c	56% c	44%	50%	52%	54%	49%	48%	47%	58% def	54%	56%	
NET: Disagree		517	243	270	118	149	250	26	67	47	62	43	70	70	83	50	
		25%	24%	26%	19%	22%	33% ab	26%	25%	24%	29%	25%	31% g	22%	25%	24%	
Base for stats		2024	990	1026	609	663	752	96	264	199	213	175	223	319	329	206	
Mean Score		3.38	3.42	3.34	3.56 c	3.49 c	3.12	3.32	3.40	3.36	3.27	3.29	3.31	3.47	3.38	3.49	
Standard Deviation		1.184	1.183	1.184	1.147	1.169	1.186	1.121	1.185	1.171	1.197	1.140	1.216	1.188	1.199	1.185	
Standard Error		.026	.038	.037	.045	.046	.044	.105	.073	.081	.081	.082	.098	.065	.066	.082	
Error variance		*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total		2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	360	45	112	73	62	29	39	230	130	293	8	36	14	3	2	63
		18%	29%	23%	16%	19%	15%	10%	21%	14%	17%	18%	29%	18%	22%	13%	23%
			cdefgh	cefh	f	fh			cefh	f			a				a
Agree	(4.0)	709	59	186	174	107	56	126	419	290	593	20	52	24	4	9	108
		35%	37%	38%	38%	33%	28%	31%	38%	31%	34%	43%	42%	32%	26%	66%	39%
				efh	efh				efh								
Neither agree nor disagree	(3.0)	437	26	90	94	67	64	98	209	228	388	7	20	16	3	1	46
		21%	16%	19%	20%	21%	32%	24%	19%	24%	22%	15%	16%	21%	19%	6%	17%
							abcdfgh	g		abg	g						
Disagree	(2.0)	365	24	74	73	60	36	98	171	194	332	6	9	14	2	-	32
		18%	15%	15%	16%	19%	18%	24%	16%	21%	19%	14%	7%	19%	12%	-	12%
								abcg		bcg	cg			c			
Strongly disagree	(1.0)	152	3	22	39	27	15	46	64	88	125	4	8	7	2	2	23
		7%	2%	5%	8%	8%	7%	11%	6%	9%	7%	9%	7%	9%	14%	15%	8%
					abg	ab	a	abg	a	abg							
Don't know		10	-	2	4	-	1	3	6	4	6	-	-	1	1	-	2
		1%	-	*	1%	-	1%	1%	1%	*	*	-	-	1%	8%	-	1%
NET: Agree		1069	104	298	248	169	86	165	650	420	886	28	88	37	7	11	172
		53%	66%	61%	54%	52%	43%	40%	59%	45%	51%	61%	70%	50%	48%	79%	63%
			cdefh	cdefh	efh	efh			defh				ad				ad
NET: Disagree		517	28	96	112	87	51	144	235	282	457	11	17	21	4	2	55
		25%	18%	20%	24%	27%	25%	35%	21%	30%	26%	23%	14%	28%	26%	15%	20%
						abg		abcdeg		abcg	cg			c			
Base for stats		2024	157	484	453	323	200	407	1094	930	1731	46	126	74	14	14	273
Mean Score		3.38	3.75	3.60	3.38	3.36	3.25	3.04	3.53	3.19	3.34	3.47	3.79	3.31	3.33	3.62	3.57
			cdefgh	cdefh	fh	fh	f		cdefh	f			ad				a
Standard Deviation		1.184	1.097	1.132	1.182	1.223	1.136	1.178	1.156	1.193	1.175	1.213	1.137	1.240	1.412	1.240	1.207
Standard Error		.026	.085	.051	.055	.070	.081	.060	.034	.040	.028	.170	.098	.139	.377	.320	.070
Error variance		*	.01	*	*	*	.01	*	*	*	*	.03	.01	.02	.14	.10	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421	
Total		2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	360	104	151	102	253	19	17	68	256	104	338	17	32	182	127	19	328	76	245	
		18%	14%	20%	20%	20%	24%	18%	13%	19%	15%	19%	10%	16%	17%	19%	21%	18%	20%	17%	
				a	a	a	ce			ce		b									
Agree	(4.0)	709	242	266	190	457	28	36	165	480	229	649	51	64	372	244	30	645	156	478	
		35%	33%	35%	38%	36%	35%	39%	32%	36%	33%	36%	30%	31%	35%	36%	32%	35%	42%	34%	
																		b			
Neither agree nor disagree	(3.0)	437	156	173	103	276	18	19	120	281	157	391	35	36	228	154	19	401	78	316	
		21%	21%	22%	20%	22%	22%	20%	23%	21%	23%	21%	21%	18%	21%	23%	21%	22%	21%	22%	
Disagree	(2.0)	365	158	133	71	203	10	13	117	226	139	325	33	45	206	99	16	321	39	278	
		18%	21%	17%	14%	16%	12%	14%	23%	17%	20%	18%	20%	22%	19%	15%	17%	18%	10%	20%	
			bcd					ad						c	c				a		
Strongly disagree	(1.0)	152	74	44	32	76	5	6	45	96	55	118	29	26	74	46	6	126	25	98	
		7%	10%	6%	6%	6%	6%	7%	9%	7%	8%	6%	17%	13%	7%	7%	6%	7%	7%	7%	
			bcd										a	bce							
Don't know		10	1	3	5	8	1	1	3	5	5	5	3	-	4	4	2	10	2	7	
		1%	*	*	1%	1%	1%	1%	1%	*	1%	*	2%	-	*	1%	3%	1%	1%	*	
					a							a				abce					
NET: Agree		1069	347	417	293	710	47	53	233	736	333	987	68	96	554	371	49	974	232	723	
		53%	47%	54%	58%	56%	59%	58%	45%	55%	48%	54%	40%	47%	52%	55%	53%	53%	62%	51%	
				a	a	a	c	c		ce		b							b		
NET: Disagree		517	232	176	103	279	15	19	161	323	195	443	63	71	280	144	22	446	63	376	
		25%	32%	23%	20%	22%	18%	21%	31%	24%	28%	24%	37%	35%	26%	21%	24%	24%	17%	26%	
			bcd						abd		d		a	bode	c				a		
Base for stats		2024	735	767	499	1265	79	90	515	1340	684	1822	166	202	1062	669	90	1821	373	1415	
Mean Score		3.38	3.20	3.45	3.52	3.48	3.60	3.49	3.19	3.43	3.27	3.42	2.96	3.15	3.36	3.46	3.45	3.40	3.59	3.35	
				a	a	a	ce	c		ce		b			a	a		a	b		
Standard Deviation		1.184	1.217	1.153	1.154	1.154	1.162	1.155	1.178	1.182	1.182	1.167	1.282	1.291	1.176	1.155	1.196	1.170	1.121	1.176	
Standard Error		.026	.045	.041	.051	.032	.129	.119	.052	.032	.045	.027	.099	.092	.036	.044	.122	.027	.058	.031	
Error variance		*	*	*	*	*	.02	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total		2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	360	43	43	14	258	95	4	284	77	28	28	45	52	40	43	17	107	137	167
		18%	21% b	12%	19%	18% b	16%	9%	17%	19%	7%	15% a	17% a	17% a	22% a	18% a	21% a	28% abcdfi	18% a	24% abcdi
Agree	(4.0)	709	63	113	18	515	180	13	577	132	96	60	92	134	65	101	34	129	290	263
		35%	31%	31%	25%	37% bce	31%	28%	36%	32%	25%	32%	35% a	42% abh	37% a	43% abh	41% a	34% a	38% a	38% a
Neither agree nor disagree	(3.0)	437	35	86	19	296	124	10	350	87	82	49	59	80	38	48	13	69	177	130
		21%	17%	23%	26%	21%	21%	22%	22%	21%	21%	26% hj	22% hj	25% hj	21%	20%	16%	18%	23% hj	19%
Disagree	(2.0)	365	38	78	12	235	120	8	287	78	113	36	47	38	26	29	14	64	111	106
		18%	19%	21%	16%	17%	20%	17%	18%	19%	29% bcdefghij	19% d	18%	12%	15%	12%	17%	17%	15%	15%
Strongly disagree	(1.0)	152	20	48	9	86	66	10	119	33	70	15	20	10	9	11	4	13	38	28
		7%	10% d	13% d	13% d	6%	11% d	21% d	7%	8%	18% bcdefghij	8% dhj	7% dhj	3%	5%	5%	5%	3%	5%	4%
Don't know		10	3	2	-	4	4	1	7	3	1	1	3	3	-	3	-	-	5	3
		1%	2% d	1%	-	*	1%	3% d	*	1%	*	1%	1%	1%	-	1% h	-	-	1% h	*
NET: Agree		1069	106	157	32	773	275	17	860	209	123	88	137	186	105	144	50	236	428	430
		53%	52% b	42%	44%	55% bef	47%	37%	53%	51%	32%	46% a	52% a	59% ab	59% ab	61% abc	62% ab	62% abc	56% ab	62% abci
NET: Disagree		517	59	126	21	321	185	18	406	112	183	51	67	48	35	40	18	76	149	134
		25%	29%	34% d	29%	23%	31% d	38% d	25%	27%	47% bcdefghij	27% dfij	25% dfj	15%	20%	17%	22%	20%	20%	19%
Base for stats		2024	199	369	72	1390	584	45	1616	408	388	188	263	313	177	232	81	381	754	694
Mean Score		3.38	3.35 bf	3.07	3.21	3.45 bef	3.20	2.87	3.38	3.35	2.74	3.26 a	3.37 a	3.58 abc	3.57 ab	3.59 abc	3.55 a	3.67 abci	3.50 ab	3.63 abci
Standard Deviation		1.184	1.291	1.228	1.297	1.153	1.255	1.306	1.177	1.216	1.218	1.169	1.177	1.007	1.136	1.075	1.151	1.150	1.102	1.125
Standard Error		.026	.090	.065	.149	.031	.052	.197	.029	.061	.062	.085	.072	.057	.084	.071	.129	.059	.040	.043
Error variance		*	.01	*	.02	*	*	.04	*	*	*	.01	.01	*	.01	*	.02	*	*	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total		2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	360	151	59	147	325	16	317	21	310	20	339	14	360	-
		18%	22% b	11% b	18% b	21% b	8% b	21% b	9% b	24% b	6% b	24% b	5% b	34% b	-
Agree	(4.0)	709	271	146	287	576	42	579	58	522	78	588	32	709	-
		35%	40% b	27% b	36% b	38% b	20% b	38% b	26% b	40% b	24% b	41% b	12% b	66% b	-
Neither agree nor disagree	(3.0)	437	117	137	178	299	38	304	33	255	42	282	32	-	-
		21%	17% a	25% a	22% a	20% a	18% a	20% a	15% a	20% b	13% a	20% b	12% a	-	-
Disagree	(2.0)	365	103	128	132	234	56	244	54	161	101	169	98	-	365
		18%	15% ac	24% ac	17% ac	15% a	27% a	16% a	25% a	12% a	31% a	12% a	37% a	-	71% a
Strongly disagree	(1.0)	152	31	70	48	76	56	69	51	37	80	41	83	-	152
		7%	5% ac	13% ac	6% ac	5% a	26% a	5% a	23% a	3% a	25% a	3% a	32% a	-	29% a
Don't know		10	3	2	4	3	3	3	3	4	3	4	4	-	-
		1%	* a	* a	1% a	* a	2% a	* a	2% a	* a	1% a	* a	1% a	-	-
NET: Agree		1069	422	205	434	901	58	895	78	832	99	927	46	1069	-
		53%	62% bc	38% b	54% b	60% b	28% b	59% b	36% b	65% b	30% b	65% b	18% b	100% b	-
NET: Disagree		517	134	198	181	310	112	313	105	198	181	210	181	-	517
		25%	20% ac	37% ac	23% ac	20% a	53% a	21% a	48% a	15% a	56% a	15% a	69% a	-	100% a
Base for stats		2024	673	540	793	1510	208	1513	216	1285	322	1420	259	1069	517
Mean Score		3.38	3.61 bc	2.99 b	3.44 b	3.56 b	2.55 b	3.55 b	2.74 b	3.71 b	2.56 b	3.72 b	2.21 b	4.34 b	1.71 b
Standard Deviation		1.184	1.128	1.210	1.149	1.136	1.290	1.124	1.333	1.056	1.271	1.046	1.178	.473	.456
Standard Error		.026	.043	.053	.041	.029	.090	.029	.091	.029	.071	.028	.073	.014	.020
Error variance		*	*	*	*	*	.01	*	.01	*	.01	*	.01	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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

		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	2034 100%	600 30%	845 42%	354 17%	157 8%	70 3%	8 *	1445 71%	227 11%
I feel that I have the ability to be physically active	2034 100%	474 23%	933 46%	267 13%	230 11%	120 6%	10 *	1407 69%	350 17%
I feel that I have the opportunity to be physically active	2034 100%	436 21%	904 44%	303 15%	251 12%	129 6%	11 1%	1339 66%	381 19%
I find exercise enjoyable and satisfying	2034 100%	452 22%	833 41%	397 19%	238 12%	109 5%	6 *	1285 63%	347 17%
I feel guilty when I don't exercise	2034 100%	405 20%	748 37%	384 19%	346 17%	143 7%	8 *	1153 57%	489 24%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total		2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	474	233	239	164	173	137	23	74	45	47	34	48	80	65	57
		23%	23%	23%	27%	26%	18%	24%	28%	23%	22%	19%	21%	25%	20%	27%
					c	c			eh							h
Agree	(4.0)	933	468	462	263	303	367	42	107	91	87	83	115	146	163	99
		46%	47%	45%	43%	45%	49%	44%	40%	46%	41%	47%	51%	46%	49%	48%
							a					bd		bd		
Neither agree nor disagree	(3.0)	267	138	127	75	82	109	16	30	26	35	28	25	40	41	26
		13%	14%	12%	12%	12%	14%	17%	11%	13%	16%	16%	11%	13%	12%	13%
Disagree	(2.0)	230	94	136	76	69	85	8	36	26	27	21	26	31	38	17
		11%	9%	13%	12%	10%	11%	8%	14%	13%	13%	12%	12%	10%	11%	8%
				a												
Strongly disagree	(1.0)	120	58	62	32	37	52	7	18	10	18	8	10	20	24	6
		6%	6%	6%	5%	6%	7%	7%	7%	5%	8%	5%	4%	6%	7%	3%
											i			i		
Don't know		10	3	7	4	3	2	1	-	1	1	1	1	2	1	2
		*	*	1%	1%	1%	*	1%	-	1%	*	1%	1%	1%	*	1%
NET: Agree		1407	701	701	427	476	505	66	181	136	135	117	163	226	228	156
		69%	71%	68%	70%	71%	67%	67%	68%	68%	63%	67%	72%	71%	69%	75%
													d	d		d
NET: Disagree		350	151	198	107	106	137	15	54	36	45	29	36	51	61	23
		17%	15%	19%	17%	16%	18%	15%	20%	18%	21%	17%	16%	16%	19%	11%
				a					i		i				i	
Base for stats		2024	990	1026	609	664	751	96	264	198	214	174	224	317	330	206
Mean Score		3.70	3.73	3.66	3.74	3.76	3.60	3.70	3.69	3.68	3.56	3.65	3.73	3.74	3.63	3.89
					c	c										cdeh
Standard Deviation		1.124	1.099	1.148	1.136	1.117	1.117	1.136	1.205	1.114	1.202	1.071	1.064	1.130	1.137	1.000
Standard Error		.025	.035	.036	.044	.044	.042	.107	.074	.077	.081	.077	.085	.062	.062	.069
Error variance		*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total		2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	474	51	127	96	91	36	74	273	200	389	10	41	22	2	5	80
		23%	32% ce fgh	26% efh	21% ce f	28% ce f	18% ce f	18% ce f	25% ef	21% ef	22%	22%	32% a	29%	15%	34%	29% a
Agree	(4.0)	933	74	206	221	153	99	181	502	432	801	22	54	33	7	7	124
		46%	47%	42%	48%	47%	49%	44%	46%	46%	46%	49%	43%	44%	50%	49%	45%
Neither agree nor disagree	(3.0)	267	14	66	59	35	28	64	139	127	230	6	15	9	2	-	32
		13%	9%	14%	13%	11%	14%	16% a	13%	14%	13%	14%	12%	12%	13%	-	12%
Disagree	(2.0)	230	11	57	52	26	26	57	121	109	203	5	10	6	1	2	25
		11%	7%	12%	11%	8%	13%	14% ad	11%	12%	12%	11%	8%	8%	10%	18%	9%
Strongly disagree	(1.0)	120	6	28	26	15	12	33	60	60	108	1	5	4	2	-	11
		6%	4%	6%	6%	5%	6%	8%	5%	6%	6%	2%	4%	5%	12%	-	4%
Don't know		10	1	1	3	3	-	2	5	5	6	1	1	1	-	-	3
		*	1%	*	1%	1%	-	1%	*	1%	*	2%	1%	1%	-	-	1%
NET: Agree		1407	125	333	316	244	135	254	775	632	1190	33	95	55	9	11	204
		69%	80% bce fgh	69% f	69% f	75% be f h	67%	62%	70% f	68% f	69%	71%	76%	73%	65%	82%	74%
NET: Disagree		350	17	85	78	42	38	89	181	169	311	6	15	10	3	2	36
		17%	11% a	18% a	17% a	13% a	19% a	22% adg	16% ad	18% ad	18% g	13% g	12% g	13% g	22% g	18% g	13% g
Base for stats		2024	156	485	454	320	201	408	1095	929	1731	45	125	74	15	14	272
Mean Score		3.70	3.98 bce fgh	3.72 f	3.68 f	3.87 ce f h	3.60 ce f h	3.50 f	3.74 f	3.65 f	3.67	3.80	3.94 a	3.86 a	3.45	3.98	3.87 a
Standard Deviation		1.124	1.026	1.146	1.103	1.068	1.108	1.172	1.115	1.134	1.131	.988	1.052	1.097	1.257	1.063	1.064
Standard Error		.025	.079	.051	.051	.061	.079	.060	.033	.038	.027	.140	.091	.123	.325	.275	.062
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.02	.11	.08	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421
Total		2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	474	144	186	137	323	17	17	85	356	118	455	15	42	225	177	29	432	99	325
		23%	20%	24%	27%	25%	21%	18%	16%	26%	17%	25%	9%	21%	21%	26%	32%	24%	26%	23%
				a	a	a				ce		b				b	ab			
Agree	(4.0)	933	340	365	214	580	35	35	218	646	288	880	42	91	504	301	37	842	169	660
		46%	46%	47%	43%	46%	44%	38%	42%	48%	42%	48%	25%	45%	47%	45%	40%	46%	45%	46%
										ce		b								
Neither agree nor disagree	(3.0)	267	102	101	61	162	12	19	85	150	117	231	30	28	149	76	13	238	52	181
		13%	14%	13%	12%	13%	15%	21%	16%	11%	17%	13%	18%	14%	14%	11%	14%	13%	14%	13%
								d	d		d									
Disagree	(2.0)	230	80	87	61	149	10	16	77	127	103	181	38	19	124	76	10	211	30	180
		11%	11%	11%	12%	12%	13%	18%	15%	9%	15%	10%	22%	10%	12%	11%	11%	12%	8%	13%
								d	d		d	a							a	
Strongly disagree	(1.0)	120	66	28	24	52	5	4	49	63	58	74	42	22	58	38	3	99	22	72
		6%	9%	4%	5%	4%	6%	4%	10%	5%	8%	4%	25%	11%	5%	6%	3%	5%	6%	5%
			bcd						d		d	a		bcd						
Don't know		10	2	2	6	8	1	1	4	4	6	6	2	-	6	4	-	10	3	5
		*	*	*	1%	1%	1%	1%	1%	*	1%	*	1%	-	1%	1%	-	1%	1%	*
NET: Agree		1407	485	551	351	902	52	52	302	1001	406	1335	58	133	729	478	67	1274	267	984
		69%	66%	72%	70%	71%	65%	57%	58%	74%	59%	73%	34%	66%	68%	71%	72%	70%	71%	69%
				a		a				bce		b								
NET: Disagree		350	146	115	86	201	15	20	126	190	161	255	80	41	182	114	13	309	52	251
		17%	20%	15%	17%	16%	19%	22%	24%	14%	23%	14%	47%	20%	17%	17%	14%	17%	14%	18%
			bd					d	d		d	a								
Base for stats		2024	734	768	498	1266	79	90	514	1341	683	1821	168	202	1060	669	92	1822	372	1416
		3.70	3.57	3.77	3.76	3.77	3.62	3.50	3.41	3.82	3.45	3.80	2.71	3.55	3.67	3.75	3.86	3.71	3.78	3.70
				a	a	a				bce		b				a	a			
Standard Deviation		1.124	1.183	1.053	1.129	1.083	1.138	1.111	1.204	1.071	1.185	1.050	1.331	1.225	1.099	1.133	1.088	1.112	1.106	1.109
Standard Error		.025	.044	.038	.050	.030	.126	.115	.054	.029	.045	.025	.102	.087	.034	.043	.110	.026	.057	.029
Error variance		*	*	*	*	*	.02	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total		2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	474	43	48	13	369	97	6	375	98	30	25	49	64	51	74	27	154	164	255
		23%	21%	13%	18%	26%	16%	12%	23%	24%	8%	13%	18%	20%	29%	32%	33%	40%	22%	37%
			b			bef						a	a	ab	abcdi	abcdi	abcdi	abcdefi	ab	abcdi
Agree	(4.0)	933	79	148	34	669	243	14	744	190	136	82	118	167	86	123	40	181	371	344
		46%	39%	40%	47%	48%	41%	29%	46%	46%	35%	43%	45%	53%	48%	52%	49%	48%	49%	49%
					abef								a	abc	a	a	a	a	a	a
Neither agree nor disagree	(3.0)	267	27	62	11	163	90	8	214	52	62	37	52	33	22	22	7	31	107	61
		13%	13%	17%	15%	12%	15%	17%	13%	13%	16%	20%	20%	10%	13%	9%	9%	8%	14%	9%
				d		d					dfhj	dfghj	dfghij						hj	
Disagree	(2.0)	230	33	67	11	125	99	11	183	47	91	27	31	41	12	12	7	10	83	29
		11%	16%	18%	15%	9%	17%	24%	11%	12%	23%	15%	11%	13%	7%	5%	9%	3%	11%	4%
			d	d		d	d	d			bcdefghij	efhj	fhj	efhj	h		h		fhj	
Strongly disagree	(1.0)	120	18	45	4	64	56	8	98	22	69	17	13	10	5	2	-	4	28	6
		6%	9%	12%	5%	5%	10%	17%	6%	5%	18%	9%	5%	3%	3%	1%	-	1%	4%	1%
			d	d		d	d	cd			bcdefghij	defghij	fghj	j	j		-	1%	fhj	
Don't know		10	3	1	-	4	4	-	9	1	1	1	3	1	1	2	-	1	5	3
		*	1%	*	-	*	1%	-	1%	*	*	1%	1%	*	*	1%	-	*	1%	*
			d																	
NET: Agree		1407	122	196	48	1038	339	19	1119	288	166	107	167	231	137	197	67	335	535	599
		69%	60%	53%	66%	74%	58%	41%	69%	70%	43%	57%	63%	73%	77%	84%	82%	88%	71%	86%
			f		bf	abef	f					a	a	abc	abc	abcdi	abci	abcdei	abc	abcdei
NET: Disagree		350	51	112	14	189	155	19	281	70	160	44	44	51	17	14	7	14	112	35
		17%	25%	30%	20%	14%	26%	41%	17%	17%	41%	23%	16%	16%	10%	6%	9%	4%	15%	5%
			d	d		d	d	acde			bcdefghij	defghij	efhj	fhj	hj				fhj	
Base for stats		2024	200	370	72	1390	585	47	1614	410	388	188	263	315	176	233	81	380	754	695
Mean Score		3.70	3.48	3.24	3.60	3.83	3.38	2.95	3.69	3.72	2.91	3.38	3.61	3.75	3.94	4.10	4.07	4.24	3.74	4.17
			bf		bf	abef	f					a	ab	ab	abcdi	abcdi	abcdi	abcdefi	ab	abcdei
Standard Deviation		1.124	1.246	1.238	1.102	1.063	1.219	1.318	1.127	1.115	1.267	1.153	1.070	1.024	.979	.827	.877	.798	1.036	.819
Standard Error		.025	.087	.065	.126	.029	.050	.197	.028	.056	.065	.084	.066	.058	.073	.054	.098	.041	.038	.031
Error variance		*	.01	*	.02	*	*	.04	*	*	*	.01	*	*	.01	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total		2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	474	237	97	137	432	17	407	30	405	33	416	28	334	68
		23%	35%	18%	17%	29%	8%	27%	14%	31%	10%	29%	11%	31%	13%
			bc			b		b		b		b		b	
Agree	(4.0)	933	341	246	343	775	49	760	72	630	116	689	100	503	225
		46%	50%	45%	43%	51%	23%	50%	33%	49%	36%	48%	38%	47%	43%
			c			b		b		b		b			
Neither agree nor disagree	(3.0)	267	58	102	102	109	28	133	26	109	53	133	38	89	79
		13%	9%	19%	13%	7%	13%	9%	12%	8%	16%	9%	15%	8%	15%
				ac	a		a				a		a		a
Disagree	(2.0)	230	31	54	141	134	68	147	46	99	66	125	50	100	87
		11%	5%	10%	18%	9%	32%	10%	21%	8%	20%	9%	19%	9%	17%
				a	ab		a		a		a		a		a
Strongly disagree	(1.0)	120	6	41	71	61	48	63	44	46	55	60	43	43	54
		6%	1%	7%	9%	4%	23%	4%	20%	4%	17%	4%	16%	4%	10%
				a	a		a		a		a		a		a
Don't know		10	3	3	3	2	1	6	1	1	3	1	2	-	5
		*	1%	1%	*	*	1%	*	1%	*	1%	*	1%	-	1%
											a		a		a
NET: Agree		1407	578	342	479	1207	66	1167	102	1035	148	1105	128	837	293
		69%	85%	63%	60%	80%	31%	77%	47%	80%	46%	78%	49%	78%	57%
			bc			b		b		b		b		b	
NET: Disagree		350	36	95	212	195	116	211	90	145	121	185	94	143	140
		17%	5%	17%	27%	13%	55%	14%	41%	11%	37%	13%	36%	13%	27%
				a	ab		a		a		a		a		a
Base for stats		2024	673	539	794	1511	209	1510	218	1288	322	1423	260	1069	512
Mean Score		3.70	4.15	3.56	3.42	3.91	2.61	3.86	2.99	3.97	3.02	3.90	3.07	3.92	3.32
			bc	c		b		b		b		b		b	
Standard Deviation		1.124	.821	1.123	1.218	1.035	1.290	1.052	1.383	1.013	1.288	1.051	1.292	1.061	1.206
Standard Error		.025	.031	.049	.043	.027	.089	.027	.093	.028	.072	.028	.080	.032	.054
Error variance		*	*	*	*	*	.01	*	.01	*	.01	*	.01	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209	
Total		2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	436	216	219	152	165	119	25	68	41	42	32	42	70	69	47	
		21%	22%	21%	25% c	25% c	16%	25%	26%	21%	19%	18%	18%	22%	21%	23%	
Agree	(4.0)	904	440	459	259	279	365	39	103	93	98	78	109	130	152	101	
		44%	44%	44%	42%	42%	49% ab	40%	39%	47%	45%	45%	48%	41%	46%	49% b	
Neither agree nor disagree	(3.0)	303	158	143	80	94	128	15	33	34	28	31	35	56	46	25	
		15%	16%	14%	13%	14%	17% a	16%	12%	17%	13%	18%	16%	17%	14%	12%	
Disagree	(2.0)	251	105	145	79	86	87	11	37	19	30	25	30	35	40	24	
		12%	11%	14% a	13%	13%	12%	11%	14%	10%	14%	14%	13%	11%	12%	12%	
Strongly disagree	(1.0)	129	67	62	36	41	51	6	23	11	14	9	10	24	23	10	
		6%	7%	6%	6%	6%	7%	6%	9%	5%	6%	5%	4%	7%	7%	5%	
Don't know		11	7	5	7	2	2	1	1	1	4	-	-	4	1	-	
		1%	1%	*	1% c	*	*	1%	*	1%	2% hi	-	-	1%	*	-	
NET: Agree		1339	656	678	411	444	484	64	171	134	139	110	150	201	221	148	
		66%	66%	66%	67%	67%	64%	66%	65%	67%	65%	63%	67%	63%	67%	71% g	
NET: Disagree		381	172	207	115	127	138	17	59	30	43	34	40	59	63	34	
		19%	17%	20%	19%	19%	18%	18%	23% c	15%	20%	19%	18%	18%	19%	17%	
Base for stats		2023	986	1029	607	666	750	96	263	198	211	175	226	315	330	208	
Mean Score		3.63	3.64	3.61	3.68 c	3.66	3.55	3.68	3.60	3.68	3.59	3.57	3.63	3.60	3.62	3.73	
Standard Deviation		1.139	1.135	1.144	1.158	1.163	1.099	1.161	1.251	1.075	1.145	1.101	1.070	1.169	1.150	1.088	
Standard Error		.025	.036	.036	.045	.045	.041	.109	.077	.075	.078	.079	.086	.064	.063	.075	
Error variance		*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298	
Total		2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	436	51	121	91	75	31	66	263	173	363	11	33	16	2	3	66	
		21%	cdefgh	25%efh	20%	23%ef	16%	16%	24%efh	19%	21%	24%	26%	22%	13%	25%	24%	
Agree	(4.0)	904	63	198	213	146	104	179	474	430	772	18	61	34	4	8	124	
		44%	40%	41%	47%	45%	52%abg	44%	43%	46%	44%	39%	49%	45%	30%	58%	45%	
Neither agree nor disagree	(3.0)	303	24	65	65	46	26	76	154	148	263	8	13	11	4	-	36	
		15%	15%	13%	14%	14%	13%	19%bg	14%	16%	15%	17%	10%	15%	27%	-	13%	
Disagree	(2.0)	251	14	69	54	34	27	54	137	115	217	6	11	9	4	2	31	
		12%	9%	14%	12%	10%	13%	13%	12%	12%	13%	14%	9%	12%	24%	12%	11%	
Strongly disagree	(1.0)	129	5	29	33	19	12	31	67	62	114	3	6	3	1	1	14	
		6%	3%	6%	7%	6%	6%	8%	6%	7%	7%	6%	5%	5%	6%	6%	5%	
Don't know		11	-	3	2	3	-	3	5	6	8	-	1	2	-	-	3	
		1%	-	1%	1%	1%	-	1%	*	1%	*	-	1%	3%a	-	-	1%	
NET: Agree		1339	114	319	303	222	136	245	737	603	1135	29	94	50	6	11	190	
		66%	72%fh	66%	66%f	69%f	68%	60%	67%f	65%	65%	63%	75%a	66%	43%	82%	69%	
NET: Disagree		381	19	98	86	52	39	85	204	177	331	9	18	12	4	2	46	
		19%	12%a	20%a	19%	16%	19%	21%a	19%	19%a	19%	19%	14%	16%	31%	18%	17%	
Base for stats		2023	157	483	455	320	201	407	1095	928	1729	46	125	73	15	14	272	
Mean Score		3.63	3.89bcefg	3.65f	3.60	3.71f	3.58	3.48	3.67f	3.58	3.61	3.62	3.83a	3.69	3.18	3.83	3.72	
Standard Deviation		1.139	1.067	1.174	1.144	1.116	1.092	1.142	1.150	1.126	1.143	1.172	1.084	1.097	1.165	1.152	1.113	
Standard Error		.025	.082	.053	.053	.064	.078	.058	.034	.038	.028	.164	.093	.123	.301	.297	.065	
Error variance		*	.01	*	*	*	.01	*	*	*	*	.03	.01	.02	.09	.09	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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						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		2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421	
Total		2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	436	128	177	126	303	16	14	75	331	105	420	12	39	204	165	28	396	78	310	
		21%	17%	23%	25%	24%	20%	15%	14%	25%	15%	23%	7%	19%	19%	24%	30%	22%	21%	22%	
			a	a	a	a			bce		b				b	ab					
Agree	(4.0)	904	340	336	215	551	27	36	222	619	285	848	46	84	491	294	35	820	179	628	
		44%	46%	44%	43%	43%	33%	40%	43%	46%	41%	46%	27%	41%	46%	44%	38%	45%	48%	44%	
									ae		b										
Neither agree nor disagree	(3.0)	303	116	120	63	184	23	18	94	167	136	252	40	29	171	94	8	273	56	212	
		15%	16%	16%	13%	14%	29%	20%	18%	12%	20%	14%	24%	15%	16%	14%	9%	15%	15%	15%	
						cde	d	d		d		a									
Disagree	(2.0)	251	91	93	64	156	5	16	69	161	90	207	36	25	135	78	13	226	36	189	
		12%	12%	12%	13%	12%	6%	17%	13%	12%	13%	11%	21%	12%	13%	12%	14%	12%	10%	13%	
						a					a							a			
Strongly disagree	(1.0)	129	59	41	29	70	8	7	51	63	66	91	34	25	58	39	8	104	23	77	
		6%	8%	5%	6%	5%	10%	7%	10%	5%	10%	5%	20%	12%	5%	6%	8%	6%	6%	5%	
			bd			d		d		d		a	bce								
Don't know		11	2	3	7	10	1	1	6	4	7	8	2	-	7	3	1	11	3	6	
		1%	*	*	1%	1%	1%	1%	1%	*	1%	*	1%	-	1%	*	1%	1%	1%	*	
					a				d		d										
NET: Agree		1339	468	514	340	854	43	50	297	949	390	1268	58	123	695	458	63	1216	257	938	
		66%	64%	67%	68%	67%	53%	55%	57%	71%	57%	69%	34%	61%	65%	68%	68%	66%	69%	66%	
										abce		b									
NET: Disagree		381	150	133	93	226	13	22	121	225	156	298	69	50	193	117	20	331	59	266	
		19%	20%	17%	18%	18%	16%	25%	23%	17%	23%	16%	41%	25%	18%	17%	22%	18%	16%	19%	
								d	d		d		a	bce							
Base for stats		2023	734	767	497	1264	79	90	512	1341	682	1819	167	202	1059	670	91	1820	372	1416	
Mean Score		3.63	3.53	3.67	3.69	3.68	3.48	3.38	3.39	3.74	3.40	3.71	2.80	3.43	3.61	3.70	3.68	3.65	3.68	3.64	
				a	a	a				abce		b			a	a		a			
Standard Deviation		1.139	1.152	1.115	1.153	1.130	1.189	1.159	1.185	1.100	1.181	1.093	1.243	1.277	1.098	1.135	1.273	1.121	1.099	1.124	
Standard Error		.025	.043	.040	.051	.032	.132	.120	.053	.030	.045	.026	.096	.091	.034	.043	.129	.026	.057	.030	
Error variance		*	*	*	*	*	.02	.01	*	*	*	*	.01	.01	*	*	.02	*	*	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total		2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	436	39	47	16	332	94	6	355	80	30	26	38	63	42	70	28	140	142	238
		21%	19% b	13%	22% b	24% be	16%	12%	22%	20%	8%	14% a	14% a	20% a	23% abc	30% abcdi	35% abcdi	37% abcdei	19% a	34% abcdei
Agree	(4.0)	904	75	149	33	650	237	16	712	191	131	67	113	152	95	126	33	187	360	346
		44%	37%	40%	45%	47% abe	40%	34%	44%	47%	34%	35%	42% a	48% ab	54% abc	54% abcg	40% ab	49% ab	47% ab	50% abc
Neither agree nor disagree	(3.0)	303	28	80	11	182	107	10	240	63	67	53	54	43	22	20	8	35	120	63
		15%	14%	22% ad	15%	13%	18% d	21%	15%	15%	17% fhj	28% defghij	20% defghj	14% fj	12% fj	8% fj	10% fj	9% fj	16% fhj	9% fhj
Disagree	(2.0)	251	32	51	7	159	83	5	205	46	94	27	46	40	16	11	10	8	102	29
		12%	16%	14%	9%	11%	14%	12%	13%	11%	24% bcdefghij	14% fhj	17% efhj	13% fhj	9% hj	5% hj	12% fhj	2% fhj	13% fhj	4% fhj
Strongly disagree	(1.0)	129	24	44	6	66	63	10	100	29	66	14	12	15	3	8	2	9	30	19
		6%	12% d	12% d	8%	5%	11% d	21% cde	6%	7%	17% bcdefghij	7% ehj	4%	5%	2%	3%	2% 2%	2% 2%	4% 4%	3% 3%
Don't know		11	5	1	-	5	6	-	10	1	1	2	4	2	-	1	-	2	5	3
		1%	2% bd	*	-	*	1%	-	1%	*	*	1%	1%	1%	-	*	-	1% 1%	1% 1%	*
NET: Agree		1339	114	195	49	982	330	21	1067	272	161	93	150	215	136	196	61	327	502	584
		66%	56%	53%	67% bf	70% abef	56%	46%	66%	66%	41%	49%	57% a	68% abc	77% abcdi	83% abcdi	75% abc	86% abcdegi	66% abc	84% abcdei
NET: Disagree		381	56	94	13	224	146	15	305	75	160	41	58	55	19	19	12	17	132	48
		19%	28% d	25% d	17%	16%	25% d	33% cd	19%	18%	41% bcdefghij	22% efhj	22% efhj	18% efhj	11% h	8% h	15% hj	4% hj	17% efhj	7% efhj
Base for stats		2023	198	370	72	1389	583	47	1613	410	388	187	262	314	177	234	81	379	754	694
Mean Score		3.63	3.37	3.28	3.64 bf	3.74 abef	3.37	3.04	3.63	3.60	2.91	3.34 a	3.45 a	3.66 abc	3.88 abcdi	4.02 abcdi	3.93 abcdi	4.16 abcdegi	3.64 abc	4.09 abcdei
Standard Deviation		1.139	1.299	1.201	1.169	1.089	1.220	1.354	1.141	1.135	1.251	1.116	1.074	1.086	.931	.935	1.075	.860	1.058	.916
Standard Error		.025	.091	.063	.134	.029	.050	.202	.028	.057	.064	.081	.066	.061	.069	.061	.120	.044	.038	.035
Error variance		*	.01	*	.02	*	*	.04	*	*	*	.01	*	*	*	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
Significance Level: 95%			a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total		2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total		2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	436	224	96	115	388	20	375	31	367	39	374	28	307	67
		21%	33% bc	18%	14%	26% b	10%	25% b	14%	28% b	12%	26% b	11%	29% b	13%
Agree	(4.0)	904	358	230	308	743	57	746	58	611	112	671	104	493	225
		44%	53% bc	43%	39%	49% b	27%	49% b	26%	47% b	35%	47% b	40%	46% b	44%
Neither agree nor disagree	(3.0)	303	54	118	126	144	37	152	35	133	53	160	33	102	78
		15%	8% ac	22% a	16% a	10% a	18% a	10% a	16% a	10% a	16% a	11% a	12% a	10% a	15% a
Disagree	(2.0)	251	23	64	161	159	55	162	50	121	66	148	52	109	90
		12%	3% a	12% a	20% ab	11% a	26% a	11% a	23% a	9% a	20% a	10% a	20% a	10% a	17% a
Strongly disagree	(1.0)	129	15	29	82	75	42	75	44	54	53	64	43	55	54
		6%	2% a	5% ab	10% ab	5% a	20% a	5% a	20% a	4% a	16% a	5% a	16% a	5% a	10% a
Don't know		11	2	4	5	5	1	6	2	3	3	6	2	3	4
		1%	* 1%	1%	1%	* 1%	* 1%	* 1%	1%	* 1%	1%	* 1%	1%	* 1%	1%
NET: Agree		1339	582	326	424	1131	77	1120	89	978	151	1046	132	800	292
		66%	86% bc	60% c	53%	75% b	36%	74% b	40%	76% b	46%	73% b	50%	75% b	56%
NET: Disagree		381	38	93	242	234	96	238	94	175	119	212	96	165	144
		19%	6% a	17% a	30% ab	15% a	46% a	16% a	43% a	14% a	37% a	15% a	36% a	15% a	28% a
Base for stats		2023	674	538	792	1509	210	1510	218	1286	323	1418	261	1067	513
Mean Score		3.63	4.12 bc	3.56 c	3.27	3.80 b	2.81	3.78 b	2.92	3.87 b	3.05	3.81 b	3.08	3.83 b	3.31
Standard Deviation		1.139	.861	1.081	1.231	1.087	1.295	1.087	1.370	1.060	1.302	1.079	1.302	1.111	1.207
Standard Error		.025	.033	.047	.044	.028	.090	.028	.093	.029	.073	.029	.081	.034	.054
Error variance		*	*	*	*	*	.01	*	.01	*	.01	*	.01	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total		2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	452	234	217	161	165	126	27	76	37	42	31	45	78	67	48
		22%	24%	21%	26% c	25% c	17%	28% e	29% cdefh	19%	20%	18%	20%	24%	20%	23%
Agree	(4.0)	833	404	424	259	282	291	37	94	83	89	75	92	139	141	82
		41%	41%	41%	42%	42%	39%	38%	36%	42%	42%	43%	41%	43%	42%	39%
Neither agree nor disagree	(3.0)	397	199	197	110	116	171	18	55	40	34	36	45	58	67	44
		19%	20%	19%	18%	17%	23% ab	19%	21%	20%	16%	21%	20%	18%	20%	21%
Disagree	(2.0)	238	107	129	64	71	104	6	29	22	30	22	35	30	38	26
		12%	11%	13%	10%	11%	14% a	6%	11%	11%	14% a	12%	15% a	9%	12%	13%
Strongly disagree	(1.0)	109	45	63	18	32	59	8	10	16	18	11	9	14	17	7
		5%	5%	6%	3%	5%	8% ab	8%	4%	8% i	8% bgi	6%	4%	4%	5%	3%
Don't know		6	3	3	3	2	1	1	-	1	1	-	-	1	1	1
		*	*	*	*	*	*	1%	-	1%	1%	-	-	*	*	*
NET: Agree		1285	639	641	420	447	418	64	171	120	132	107	137	216	208	130
		63%	64%	62%	68% c	67% c	56%	66%	64%	60%	61%	61%	61%	68%	63%	62%
NET: Disagree		347	152	192	82	102	163	14	39	38	48	32	43	44	56	33
		17%	15%	19% a	13%	15%	22% ab	14%	15%	19%	22% bg	18%	19%	14%	17%	16%
Base for stats		2028	990	1030	611	665	752	96	264	198	214	175	226	318	330	207
Mean Score		3.63	3.68 b	3.58	3.79 c	3.72 c	3.43	3.73	3.75 cd	3.52	3.51	3.54	3.57 cde	3.74	3.61	3.66
Standard Deviation		1.112	1.086	1.132	1.040	1.094	1.155	1.177	1.106	1.155	1.201	1.104	1.088	1.063	1.094	1.070
Standard Error		.025	.035	.035	.040	.043	.043	.111	.068	.080	.081	.079	.087	.058	.060	.074
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298	
Total		2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	452	53	130	97	77	31	65	280	172	380	15	33	14	-	4	65	
		22%	34% cdefgh	27% cefh	21% f	24% efh	15%	16%	25% efh	18%	22%	32%	26%	19%	-	27%	24%	
Agree	(4.0)	833	64	201	194	130	86	158	458	374	699	16	61	36	5	6	125	
		41%	41%	41%	42%	40%	43%	38%	42%	40%	40%	35%	49% a	48%	36%	47%	45%	
Neither agree nor disagree	(3.0)	397	19	86	91	61	46	94	196	201	347	6	17	14	5	3	45	
		19%	12%	18%	20% a	19%	23% a	23% abg	18%	21% ag	20%	14%	14%	18%	33%	20%	16%	
Disagree	(2.0)	238	18	53	46	36	26	60	116	122	209	8	11	7	2	1	29	
		12%	11%	11%	10%	11%	13%	15% cg	11%	13%	12%	17%	9%	9%	17%	6%	11%	
Strongly disagree	(1.0)	109	3	16	29	17	11	32	48	61	99	1	2	5	1	-	8	
		5%	2%	3%	6% ab	5%	6%	8% abg	4%	6% abg	6% c	2%	2%	6%	7%	-	3%	
Don't know		6	-	1	1	1	1	2	2	4	3	-	1	-	1	-	2	
		*	-	*	*	*	1%	*	*	*	*	-	1%	-	8%	-	1%	
NET: Agree		1285	117	330	291	208	116	223	738	546	1079	31	94	50	5	10	190	
		63%	74% cdefh	68% efh	64% f	64% f	58%	54%	67% efh	59%	62%	67%	75% a	67%	36%	74%	69% a	
NET: Disagree		347	21	69	75	53	38	92	165	183	309	9	13	11	3	1	38	
		17%	13%	14%	16%	16%	19%	22% abcg	15%	20% bg	18% c	19%	11%	15%	24%	6%	14%	
Base for stats		2028	157	485	456	322	200	408	1098	930	1734	46	125	75	14	14	273	
Mean Score		3.63	3.93 cdefgh	3.77 cefh	3.62 f	3.67 fh	3.49	3.40	3.73 efh	3.51	3.61	3.79	3.89 a	3.64	3.06	3.95	3.77 a	
Standard Deviation		1.112	1.048	1.063	1.114	1.118	1.082	1.150	1.087	1.130	1.124	1.138	.952	1.079	.962	.872	1.029	
Standard Error		.025	.081	.048	.051	.064	.077	.059	.032	.038	.027	.159	.082	.120	.257	.225	.060	
Error variance		*	.01	*	*	*	.01	*	*	*	*	.03	.01	.01	.07	.05	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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						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		2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421	
Total		2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	452	121	190	136	325	24	14	70	343	109	431	16	35	224	172	21	417	99	313
			22%	16%	25%	27%	26%	30%	15%	14%	26%	16%	24%	10%	17%	21%	26%	23%	23%	26%	22%
				a	a	a	a	bce			bce		b			ab					
Agree		(4.0)	833	284	320	217	536	27	40	192	573	260	779	42	72	430	288	42	761	154	592
			41%	39%	41%	43%	42%	34%	44%	37%	43%	38%	43%	25%	35%	40%	43%	46%	42%	41%	42%
											ce		b								
Neither agree nor disagree		(3.0)	397	169	146	78	225	18	18	132	229	168	349	36	47	220	117	13	349	68	274
			19%	23%	19%	16%	18%	23%	20%	25%	17%	24%	19%	21%	23%	21%	17%	14%	19%	18%	19%
				cd				d		d		d		d							
Disagree		(2.0)	238	95	89	53	142	8	13	77	141	97	190	42	22	135	71	11	216	38	176
			12%	13%	12%	10%	11%	9%	14%	15%	10%	14%	10%	25%	11%	13%	11%	11%	12%	10%	12%
										d		d	a								
Strongly disagree		(1.0)	109	66	24	18	42	3	5	45	56	53	73	32	26	55	24	4	83	17	64
			5%	9%	3%	4%	3%	4%	6%	9%	4%	8%	4%	19%	13%	5%	4%	4%	5%	4%	4%
				bcd						d		d	a		bcd						
Don't know			6	1	1	3	4	-	1	2	3	3	3	1	-	3	1	2	6	-	3
			*	*	*	1%	*	-	1%	*	*	*	*	1%	-	*	*	2%	*	-	*
																		abce			
NET: Agree			1285	405	509	352	862	52	54	263	916	369	1210	59	107	654	460	63	1178	252	905
			63%	55%	66%	70%	68%	64%	59%	51%	68%	53%	66%	35%	53%	61%	68%	69%	64%	67%	64%
					a	a	a	c			ce		b			a	ab	a	a		
NET: Disagree			347	161	113	70	184	10	18	121	197	150	264	73	48	190	95	15	299	55	240
			17%	22%	15%	14%	14%	13%	20%	23%	15%	22%	14%	43%	24%	18%	14%	16%	16%	15%	17%
				bcd						ad		d	a		bce	c					
Base for stats			2028	735	769	501	1270	80	90	516	1342	686	1824	168	202	1064	672	91	1826	375	1419
Mean Score			3.63	3.41	3.73	3.80	3.76	3.78	3.50	3.32	3.75	3.40	3.72	2.82	3.33	3.60	3.76	3.72	3.66	3.74	3.64
				a	a	a	a	ce			bce		b			a	abe	a	a		
Standard Deviation			1.112	1.171	1.054	1.061	1.057	1.093	1.096	1.145	1.078	1.141	1.062	1.273	1.254	1.107	1.057	1.089	1.090	1.092	1.091
Standard Error			.025	.044	.038	.047	.029	.121	.113	.051	.029	.044	.025	.098	.089	.034	.040	.111	.025	.056	.029
Error variance			*	*	*	*	*	.01	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total		2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	452	46	50	17	336	103	7	368	84	25	20	42	68	53	65	23	156	163	244
		22%	23%	13%	23%	24%	18%	14%	23%	20%	6%	11%	16%	22%	30%	28%	28%	41%	22%	35%
			b		b	be							a	ab	abcdi	abci	abc	abcdefgi	abc	abcdfi
Agree	(4.0)	833	77	127	32	599	219	12	646	187	85	82	107	151	78	124	44	161	336	329
		41%	38%	34%	45%	43%	37%	26%	40%	45%	22%	43%	40%	48%	44%	53%	54%	42%	44%	47%
			f		f	bef				a		a	a	a	a	abchi	ac	a	a	a
Neither agree nor disagree	(3.0)	397	36	97	16	249	135	12	324	73	104	48	71	57	34	27	13	43	162	82
		19%	18%	26%	22%	18%	23%	25%	20%	18%	27%	26%	27%	18%	19%	11%	16%	11%	21%	12%
			ad			d					dfghij	dfhj	dfghj	fhj	fhj				fhj	
Disagree	(2.0)	238	30	56	6	149	83	9	196	42	106	25	34	28	8	16	2	18	71	36
		12%	15%	15%	9%	11%	14%	18%	12%	10%	27%	13%	13%	9%	5%	7%	3%	5%	9%	5%
			d			d					bcdefghij	efghj	efghj	hj					efghj	
Strongly disagree	(1.0)	109	12	42	1	60	47	7	86	23	67	13	10	11	4	1	-	3	25	4
		5%	6%	11%	1%	4%	8%	16%	5%	6%	17%	7%	4%	3%	2%	*	-	1%	3%	1%
			acd			cd	acd				bcdefghij	efghij	fhj	fhj	j				fhj	
Don't know		6	1	-	-	2	1	-	3	2	1	1	1	1	-	2	-	-	2	2
		*	1%	-	-	*	*	-	*	1%	*	1%	*	*	-	1%	-	-	*	*
NET: Agree		1285	122	177	49	934	322	19	1014	271	110	102	150	219	131	190	66	317	500	573
		63%	60%	48%	68%	67%	55%	41%	62%	66%	28%	54%	56%	69%	74%	81%	82%	83%	66%	82%
			bf		bef	bef	b					a	a	abc	abci	abcdi	abcdi	abcdei	abc	abcdei
NET: Disagree		347	43	97	7	208	130	16	282	66	174	38	45	39	12	17	2	21	96	40
		17%	21%	26%	10%	15%	22%	34%	17%	16%	45%	20%	17%	12%	7%	7%	3%	6%	13%	6%
			cd	cd		cd	cd				bcdefghij	defghij	efghj	eghj					efghj	
Base for stats		2028	202	371	72	1392	587	47	1619	409	388	188	265	315	177	233	81	381	757	695
Mean Score		3.63	3.56	3.24	3.80	3.72	3.42	3.05	3.63	3.65	2.73	3.38	3.52	3.75	3.95	4.02	4.07	4.18	3.72	4.11
			bf		bef	bef	bf					a	a	abc	abcdi	abcdi	abcdi	abcdefi	abc	abcdei
Standard Deviation		1.112	1.172	1.193	.940	1.075	1.168	1.300	1.117	1.091	1.172	1.064	1.034	1.002	.933	.841	.736	.868	1.010	.847
Standard Error		.025	.081	.063	.108	.029	.048	.194	.028	.054	.060	.077	.063	.056	.069	.055	.082	.045	.036	.032
Error variance		*	.01	*	.01	*	*	.04	*	*	*	.01	*	*	*	*	.01	*	*	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total		2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	452	211	93	144	413	19	387	32	418	18	412	21	351	50
		22%	31%	17%	18%	27%	9%	26%	14%	32%	5%	29%	8%	33%	10%
			bc			b		b		b		b		b	
Agree	(4.0)	833	318	205	306	688	36	674	53	674	55	678	49	469	162
		41%	47%	38%	38%	45%	17%	45%	24%	52%	17%	48%	19%	44%	31%
			bc			b		b		b		b		b	
Neither agree nor disagree	(3.0)	397	93	113	183	234	52	255	48	122	43	207	50	141	113
		19%	14%	21%	23%	15%	25%	17%	22%	9%	13%	15%	19%	13%	22%
			a		a		a								a
Disagree	(2.0)	238	42	71	122	135	50	149	42	57	128	98	77	81	116
		12%	6%	13%	15%	9%	24%	10%	19%	4%	39%	7%	29%	8%	23%
			a		a		a		a		a		a		a
Strongly disagree	(1.0)	109	10	56	40	42	54	50	44	17	80	29	66	27	76
		5%	2%	10%	5%	3%	26%	3%	20%	1%	25%	2%	25%	3%	15%
			ac		a		a		a		a		a		a
Don't know		6	1	4	1	1	1	1	1	2	1	-	1	1	1
		*	*	1%	*	*	*	*	*	*	*	-	*	*	*
													a		
NET: Agree		1285	529	297	450	1101	54	1061	84	1092	73	1090	69	819	212
		63%	78%	55%	56%	73%	26%	70%	38%	85%	23%	77%	26%	77%	41%
			bc			b		b		b		b		b	
NET: Disagree		347	53	127	162	177	104	199	87	74	208	127	142	108	192
		17%	8%	23%	20%	12%	49%	13%	39%	6%	64%	9%	54%	10%	37%
			a		a		a		a		a		a		a
Base for stats		2028	675	538	796	1512	210	1515	219	1287	324	1423	261	1069	516
Mean Score		3.63	4.00	3.38	3.49	3.86	2.60	3.79	2.93	4.10	2.39	3.94	2.55	3.97	2.99
			bc			b		b		b		b		b	
Standard Deviation		1.112	.917	1.214	1.107	1.007	1.279	1.035	1.352	.841	1.187	.944	1.265	.996	1.230
Standard Error		.025	.035	.053	.039	.026	.089	.027	.091	.023	.066	.025	.078	.030	.055
Error variance		*	*	*	*	*	.01	*	.01	*	*	*	.01	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total		2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	600	307	291	188	219	193	36	88	50	61	40	58	107	96	64
		30%	31%	28%	31%	33%	26%	37%	33%	25%	28%	23%	26%	34%	29%	31%
					c	c		cef	e					ce		
Agree	(4.0)	845	412	429	257	281	306	36	102	85	83	79	98	126	152	83
		42%	42%	42%	42%	42%	41%	37%	39%	43%	39%	45%	43%	40%	46%	40%
Neither agree nor disagree	(3.0)	354	168	185	102	105	147	14	47	36	43	35	36	53	52	38
		17%	17%	18%	17%	16%	19%	14%	18%	18%	20%	20%	16%	17%	16%	18%
Disagree	(2.0)	157	69	87	52	39	66	8	19	17	16	13	31	21	18	15
		8%	7%	8%	8%	6%	9%	8%	7%	8%	8%	7%	14%	7%	5%	7%
							b						bghi			
Strongly disagree	(1.0)	70	33	37	12	21	37	3	6	11	12	8	3	11	11	6
		3%	3%	4%	2%	3%	5%	4%	2%	5%	5%	4%	1%	3%	3%	3%
							a			f	f					
Don't know		8	3	5	3	2	3	-	1	1	-	1	-	1	2	2
		*	*	1%	*	*	*	-	*	1%	-	*	-	*	1%	1%
NET: Agree		1445	720	720	446	500	500	72	191	134	144	119	156	234	248	147
		71%	72%	70%	73%	75%	66%	74%	72%	68%	67%	68%	69%	73%	75%	71%
					c	c								d		
NET: Disagree		227	102	124	64	60	103	11	25	27	28	20	34	32	29	20
		11%	10%	12%	10%	9%	14%	11%	10%	14%	13%	12%	15%	10%	9%	10%
							b						h			
Base for stats		2026	990	1028	611	665	749	97	263	198	215	174	226	318	329	206
Mean Score		3.86	3.90	3.83	3.91	3.96	3.74	3.97	3.94	3.74	3.77	3.75	3.78	3.94	3.92	3.90
					c	c			c					ce	c	
Standard Deviation		1.036	1.025	1.046	.991	1.003	1.088	1.076	1.010	1.093	1.107	1.026	1.019	1.034	.985	1.013
Standard Error		.023	.033	.033	.039	.039	.041	.101	.062	.076	.075	.074	.082	.056	.054	.070
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total		2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	600	65	179	125	91	47	94	369	231	500	15	43	24	4	4	90
		30%	41%	37%	27%	28%	23%	23%	34%	25%	29%	33%	34%	32%	27%	32%	33%
			cdefgh	cdefh					cefh								
Agree	(4.0)	845	60	192	204	147	86	156	456	389	722	17	57	28	6	7	115
		42%	38%	40%	45%	45%	43%	38%	41%	42%	42%	37%	45%	38%	42%	49%	42%
Neither agree nor disagree	(3.0)	354	23	69	80	47	43	92	172	182	308	12	16	10	2	2	42
		17%	15%	14%	17%	14%	21%	23%	16%	20%	18%	25%	13%	14%	14%	13%	15%
						bdg	abdg		bdg			c					
Disagree	(2.0)	157	7	30	33	25	21	42	70	87	139	2	7	6	2	1	18
		8%	5%	6%	7%	8%	10%	10%	6%	9%	8%	3%	5%	9%	17%	6%	7%
						a	abg		abg								
Strongly disagree	(1.0)	70	2	15	15	11	5	22	32	38	63	1	3	4	-	-	7
		3%	1%	3%	3%	4%	2%	5%	3%	4%	4%	2%	2%	5%	-	-	3%
								ag									
Don't know		8	-	-	1	3	-	4	1	7	5	-	-	2	-	-	2
		*	-	-	*	1%	-	1%	*	1%	*	-	-	2%	-	-	1%
					bg			bg	g				a				
NET: Agree		1445	125	371	328	237	133	250	825	620	1222	32	100	53	10	11	205
		71%	80%	76%	72%	74%	66%	61%	75%	66%	70%	70%	79%	70%	69%	81%	75%
			cefh	efh	fh	fh			efh				a				
NET: Disagree		227	9	46	48	36	25	63	102	124	202	2	10	10	2	1	25
		11%	6%	9%	11%	11%	12%	15%	9%	13%	12%	5%	8%	13%	17%	6%	9%
					a	a	abcg		abg								
Base for stats		2026	157	486	456	320	201	406	1099	927	1732	46	126	73	15	14	273
Mean Score		3.86	4.15	4.01	3.85	3.88	3.74	3.64	3.96	3.74	3.84	3.96	4.03	3.87	3.79	4.07	3.96
			cdefgh	cefh	f	f			cefh				a				
Standard Deviation		1.036	.904	1.023	1.009	1.023	1.000	1.106	1.005	1.059	1.044	.943	.947	1.124	1.058	.856	.995
Standard Error		.023	.070	.046	.046	.058	.071	.057	.030	.036	.025	.132	.081	.126	.273	.221	.058
Error variance		*	*	*	*	*	.01	*	*	*	*	.02	.01	.02	.07	.05	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	
				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	2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421
Total	2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	600	196	230	165	395	23	19	108	450	573	20	54	312	206	28	546	104	431
		30%	27%	30%	33%	31%	29%	21%	21%	33%	31%	12%	27%	29%	31%	31%	30%	28%	30%
				a	a				bce		b								
Agree	(4.0)	845	289	344	203	546	31	39	213	561	792	44	71	443	290	40	774	168	594
		42%	39%	45%	40%	43%	39%	43%	41%	42%	43%	26%	35%	42%	43%	44%	42%	45%	42%
				a							b				a				
Neither agree nor disagree	(3.0)	354	140	125	85	210	15	18	119	202	296	46	42	190	111	11	312	65	239
		17%	19%	16%	17%	17%	18%	20%	23%	15%	16%	27%	21%	18%	16%	12%	17%	17%	17%
								d		d	a								
Disagree	(2.0)	157	63	57	34	92	5	9	46	96	120	32	16	85	46	10	141	23	116
		8%	9%	7%	7%	7%	7%	10%	9%	7%	7%	19%	8%	8%	7%	11%	8%	6%	8%
											a								
Strongly disagree	(1.0)	70	44	12	13	26	5	4	28	34	42	24	17	31	19	2	53	13	39
		3%	6%	2%	3%	2%	6%	4%	5%	3%	2%	14%	9%	3%	3%	2%	3%	3%	3%
			bcd					d		d	a		bcd						
Don't know		8	3	2	3	5	1	2	3	2	3	3	1	6	1	-	7	2	2
		*	*	*	1%	*	1%	2%	1%	*	*	2%	1%	1%	*	-	*	*	*
							d	d		d	a								
NET: Agree		1445	485	574	367	941	54	58	321	1011	1365	64	126	754	496	69	1319	272	1026
		71%	66%	75%	73%	74%	68%	64%	62%	75%	75%	38%	62%	71%	74%	74%	72%	73%	72%
				a	a	a			bce		b			a	a	a	a		
NET: Disagree		227	108	70	48	118	10	13	74	130	163	56	34	116	65	12	193	36	154
		11%	15%	9%	10%	9%	13%	14%	14%	10%	9%	33%	17%	11%	10%	13%	11%	10%	11%
			bcd					d		d	a		bce						
Base for stats	2026	732	768	501	1269	79	89	515	1343	683	1824	166	201	1061	672	92	1825	373	1419
Mean Score	3.86	3.72	3.94	3.94	3.94	3.79	3.68	3.64	3.97	3.66	3.95	3.02	3.64	3.87	3.92	3.89	3.89	3.88	3.89
			a	a	a				bce		b			a	a		a		
Standard Deviation	1.036	1.128	.950	1.008	.973	1.126	1.053	1.076	.998	1.078	.974	1.239	1.206	1.021	.997	1.041	1.013	1.000	1.016
Standard Error	.023	.042	.034	.045	.027	.125	.109	.048	.027	.041	.023	.096	.086	.032	.038	.105	.024	.052	.027
Error variance	*	*	*	*	*	.02	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j		
Unweighted Total		2034	208	361	76	1391	590	45		1630	404	381	190	268	318	182	235	80	380	768	695
Total		2034	203	371	72	1394	588	47		1623	411	389	189	266	316	177	235	81	381	759	697
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	600	62	68	13	456	129	11		488	112	37	31	43	88	66	101	41	193	197	335
		30%	31%	18%	19%	33%	22%	23%	30%	27%	10%	16%	16%	28%	37%	43%	50%	51%	26%	48%	
			bce			bce						a	a	abc	abcdi	abcdi	abcdi	abcdei	abc	abcdei	
Agree	(4.0)	845	69	157	31	591	235	18		673	172	102	91	120	157	79	107	33	157	357	296
		42%	34%	42%	43%	42%	40%	38%	41%	42%	26%	48%	45%	50%	45%	46%	40%	41%	47%	42%	
					a							a	a	ahj	a	a	a	a	a	a	
Neither agree nor disagree	(3.0)	354	40	79	16	218	123	8		271	83	107	49	72	47	24	20	7	28	144	55
		17%	20%	21%	23%	16%	21%	18%	17%	20%	28%	26%	27%	15%	14%	8%	9%	7%	19%	8%	
				d		d						defghij	defghij	defghij	fhj	hj			fghj		
Disagree	(2.0)	157	17	36	8	97	58	3		131	26	88	11	23	20	6	5	1	2	49	8
		8%	8%	10%	11%	7%	10%	7%	8%	6%	23%	6%	8%	6%	4%	2%	1%	1%	7%	1%	
						d					bcddefghij	fhj	efghj	fhj	hj				fghj		
Strongly disagree	(1.0)	70	12	30	3	31	39	7		56	14	53	6	5	3	1	2	-	1	9	3
		3%	6%	8%	3%	2%	7%	14%	3%	3%	14%	3%	2%	1%	1%	1%	1%	-	*	1%	*
			d	d		d		cd				bcddefghij	hj	hj							
Don't know		8	2	1	1	4	-	-		5	3	2	2	2	1	-	1	-	-	3	1
		*	1%	*	1%	*	1%	-	*	1%	1%	1%	1%	*	-	*	-	-	*	*	
			d		d	d							hj								
NET: Agree		1445	131	225	44	1047	365	29		1161	285	139	121	164	245	145	208	73	350	554	631
		71%	65%	60%	61%	75%	62%	61%	72%	69%	36%	64%	62%	78%	82%	89%	90%	92%	73%	90%	
					abcef							a	a	abc	abci	abcdi	abcdi	abcdei	abc	abcdei	
NET: Disagree		227	29	67	11	128	97	10		186	40	141	17	28	23	7	7	1	3	59	11
		11%	14%	18%	15%	9%	16%	21%	11%	10%	36%	9%	10%	7%	4%	3%	1%	1%	8%	2%	
			d	d		d		d				bcddefghij	fghj	efghj	fghj	hj			fghj		
Base for stats		2026	200	370	71	1393	584	47		1618	408	387	187	264	315	177	234	81	381	756	696
Mean Score		3.86	3.76	3.53	3.62	3.96	3.61	3.49		3.87	3.84	2.96	3.70	3.66	3.97	4.14	4.28	4.39	4.41	3.90	4.37
			b		abcef								a	a	abc	abcdi	abcdi	abcdi	abcde	abc	abcdei
Standard Deviation		1.036	1.163	1.142	1.034	.982	1.130	1.318		1.042	1.011	1.193	.918	.921	.878	.830	.764	.694	.678	.902	.712
Standard Error		.023	.081	.060	.119	.026	.047	.196		.026	.050	.061	.067	.056	.049	.062	.050	.078	.035	.033	.027
Error variance		*	.01	*	.01	*	*	.04		*	*	*	*	*	*	*	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total		2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	600	263	113	220	539	25	514	43	520	37	557	20	447	69
		30%	39%	21%	28%	36%	12%	34%	20%	40%	11%	39%	8%	42%	13%
			bc		b	b		b		b		b		b	
Agree	(4.0)	845	316	202	323	683	45	690	47	592	81	692	47	479	173
		42%	47%	37%	40%	45%	22%	46%	21%	46%	25%	49%	18%	45%	33%
			bc			b		b		b		b		b	
Neither agree nor disagree	(3.0)	354	69	117	162	198	45	215	44	134	76	138	47	107	111
		17%	10%	22%	20%	13%	22%	14%	20%	10%	23%	10%	18%	10%	21%
			a	a	a	a		a		a		a		a	
Disagree	(2.0)	157	21	69	65	76	48	75	45	34	77	28	93	26	103
		8%	3%	13%	8%	5%	23%	5%	21%	3%	24%	2%	36%	2%	20%
				ac	a		a		a		a		a		a
Strongly disagree	(1.0)	70	6	37	26	15	44	19	40	9	51	9	55	9	59
		3%	1%	7%	3%	1%	21%	1%	18%	1%	16%	1%	21%	1%	12%
				ac	a		a		a		a		a		a
Don't know		8	2	4	1	2	2	3	1	-	3	-	1	1	2
		*	*	1%	*	*	1%	*	*	-	1%	-	*	*	*
						a				a		a			
NET: Agree		1445	579	315	542	1222	70	1204	90	1112	118	1249	67	926	242
		71%	86%	58%	68%	81%	33%	79%	41%	86%	36%	88%	25%	87%	47%
			bc	b	b	b		b		b		b		b	
NET: Disagree		227	27	106	91	91	93	94	85	43	128	37	148	35	162
		11%	4%	20%	11%	6%	44%	6%	39%	3%	39%	3%	56%	3%	31%
				ac	a		a		a		a		a		a
Base for stats		2026	674	538	796	1511	209	1513	219	1289	322	1423	262	1069	515
Mean Score		3.86	4.20	3.53	3.81	4.09	2.80	4.06	3.04	4.23	2.93	4.24	2.56	4.25	3.17
			bc	b	b	b		b		b		b		b	
Standard Deviation		1.036	.808	1.158	1.034	.878	1.322	.890	1.392	.791	1.258	.755	1.219	.793	1.228
Standard Error		.023	.031	.051	.037	.023	.092	.023	.094	.022	.070	.020	.076	.024	.055
Error variance		*	*	*	*	*	.01	*	.01	*	*	*	.01	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total		2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	405	203	203	141	156	108	16	66	39	36	27	38	77	56	50
		20%	20%	20%	23% c	23% c	14%	17%	25% defh	20%	17%	15%	17%	24% deh	17%	24% eh
Agree	(4.0)	748	370	373	254	241	253	36	88	72	76	57	80	118	139	81
		37%	37%	36%	41% c	36%	34%	37%	33%	36%	36%	33%	36%	37%	42% be	39%
Neither agree nor disagree	(3.0)	384	192	191	97	123	164	20	51	40	40	41	47	54	61	31
		19%	19%	18%	16%	18%	22% a	21%	19%	20%	18%	23% i	21%	17%	18%	15%
Disagree	(2.0)	346	166	180	84	102	161	17	42	27	43	39	49	45	51	35
		17%	17%	17%	14%	15%	21% ab	18%	16%	13%	20%	22% cg	22% cg	14%	15%	17%
Strongly disagree	(1.0)	143	59	81	34	44	65	7	17	19	18	11	10	26	23	11
		7%	6%	8%	6%	7%	9% a	7%	6%	10%	8%	6%	5%	8%	7%	5%
Don't know		8	3	5	4	2	2	1	2	1	2	-	1	-	1	-
		*	*	*	1%	*	*	1%	1%	1%	1%	-	1%	-	*	-
NET: Agree		1153	572	576	395	398	361	52	153	111	112	84	118	195	195	131
		57%	58%	56%	64% c	60% c	48%	54%	58% e	56%	52%	48%	52%	61% de	59% e	63% def
NET: Disagree		489	225	262	118	145	226	24	58	46	61	50	60	70	74	45
		24%	23%	25%	19%	22%	30% ab	25%	22%	23%	28%	29%	26%	22%	22%	22%
Base for stats		2026	990	1028	610	666	751	96	263	198	213	175	224	319	330	208
		3.46	3.50	3.42	3.63 c	3.55 c	3.24	3.39	3.55 de	3.43	3.33	3.29	3.38	3.55 de	3.46	3.61 de
Standard Deviation		1.189	1.165	1.210	1.145	1.191	1.190	1.174	1.206	1.228	1.216	1.163	1.137	1.225	1.151	1.172
Standard Error		.026	.037	.038	.045	.047	.045	.110	.074	.085	.083	.084	.091	.067	.063	.081
Error variance		*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total		2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	405	50	125	79	70	35	46	255	150	334	11	30	20	3	4	67
		20%	32%	26%	17%	22%	17%	11%	23%	16%	19%	24%	24%	27%	17%	27%	24%
			cdefgh	cefh	f	fh	f		cfh	f							a
Agree	(4.0)	748	56	194	178	118	66	136	428	320	630	15	59	23	5	7	109
		37%	36%	40%	39%	36%	33%	33%	39%	34%	36%	32%	47%	30%	32%	54%	40%
				fh					fh				ad				
Neither agree nor disagree	(3.0)	384	25	75	88	50	54	92	188	196	329	9	19	16	4	2	50
		19%	16%	16%	19%	16%	27%	22%	17%	21%	19%	20%	15%	21%	30%	12%	18%
							abcdg	bdg		bdg							
Disagree	(2.0)	346	18	65	83	57	31	93	165	181	318	5	10	11	1	-	27
		17%	11%	13%	18%	18%	16%	23%	15%	19%	18%	11%	8%	15%	7%	-	10%
					ab			abeg		abg	cg						
Strongly disagree	(1.0)	143	9	24	27	25	15	43	60	83	121	6	6	5	2	1	20
		7%	6%	5%	6%	8%	7%	10%	5%	9%	7%	13%	5%	6%	14%	7%	7%
							bcg		bg								
Don't know		8	-	2	2	2	1	1	4	4	5	-	1	1	-	-	2
		*	-	*	*	1%	*	*	*	*	*	-	1%	1%	-	-	1%
NET: Agree		1153	106	319	258	188	100	182	683	470	964	25	89	43	7	11	176
		57%	67%	66%	56%	58%	50%	44%	62%	50%	55%	56%	71%	57%	49%	81%	64%
			cefh	cdefh	fh	fh			cefh	f			abd				a
NET: Disagree		489	27	89	110	82	46	136	225	264	439	11	16	16	3	1	47
		24%	17%	18%	24%	25%	23%	33%	20%	28%	25%	25%	13%	21%	20%	7%	17%
					b	ab		abcdeg		abg	cg	c					
Base for stats		2026	157	483	455	321	200	409	1096	930	1732	46	124	74	15	14	272
Mean Score		3.46	3.77	3.69	3.44	3.47	3.37	3.12	3.60	3.29	3.43	3.41	3.78	3.57	3.33	3.93	3.64
			cdefh	cdefh	fh	fh	f		cefh	f			a				a
Standard Deviation		1.189	1.179	1.142	1.147	1.233	1.156	1.190	1.156	1.207	1.190	1.336	1.059	1.216	1.279	1.063	1.168
Standard Error		.026	.091	.051	.053	.070	.083	.061	.034	.041	.029	.187	.091	.136	.330	.274	.068
Error variance		*	.01	*	*	*	.01	*	*	*	*	.03	.01	.02	.11	.08	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		
		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		2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421	
Total		2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	405	113	164	125	288	22	16	75	292	113	382	20	38	199	147	21	368	98	264	
		20%	15%	21%	25%	23%	28%	18%	14%	22%	16%	21%	12%	19%	19%	22%	23%	20%	26%	19%	
			a	a	a	a	ce		ce		b							b			
Agree	(4.0)	748	256	301	180	480	33	41	169	505	242	693	40	66	397	250	34	681	144	527	
		37%	35%	39%	36%	38%	41%	45%	33%	38%	35%	38%	24%	33%	37%	37%	37%	37%	39%	37%	
							c		c		b										
Neither agree nor disagree	(3.0)	384	141	149	91	240	12	12	117	244	140	340	35	36	207	127	14	348	64	272	
		19%	19%	19%	18%	19%	15%	13%	23%	18%	20%	19%	21%	18%	19%	19%	15%	19%	17%	19%	
								bd													
Disagree	(2.0)	346	154	116	72	188	10	15	104	217	129	300	41	38	189	102	18	309	40	267	
		17%	21%	15%	14%	15%	13%	16%	20%	16%	19%	16%	24%	19%	18%	15%	20%	17%	11%	19%	
			bcd				d				a							a			
Strongly disagree	(1.0)	143	69	39	32	71	3	7	49	83	60	105	32	24	68	45	5	118	24	90	
		7%	9%	5%	6%	6%	4%	8%	9%	6%	9%	6%	19%	12%	6%	7%	5%	6%	6%	6%	
			bd				d		d		a		bce								
Don't know		8	2	2	4	6	-	-	4	4	4	7	1	1	5	2	-	7	4	1	
		*	*	*	1%	*	-	-	1%	*	1%	*	1%	*	*	*	-	*	1%	*	
																	b				
NET: Agree		1153	370	464	304	768	55	57	243	797	356	1075	60	104	597	397	56	1049	242	791	
		57%	50%	60%	60%	60%	68%	63%	47%	59%	52%	59%	36%	51%	56%	59%	60%	57%	65%	56%	
				a	a	a	ce	ce		ce		b						b			
NET: Disagree		489	223	155	104	259	13	22	153	300	189	404	73	62	257	147	23	427	64	357	
		24%	30%	20%	21%	20%	17%	24%	30%	22%	27%	22%	43%	31%	24%	22%	25%	23%	17%	25%	
			bcd					ad		ad		a		ce				a			
Base for stats		2026	734	768	499	1268	80	91	513	1341	685	1820	168	202	1061	671	92	1824	371	1420	
Mean Score		3.46	3.26	3.56	3.59	3.57	3.76	3.48	3.23	3.53	3.32	3.52	2.85	3.27	3.44	3.52	3.54	3.48	3.68	3.43	
			a	a	a	a	ce			ce		b			a	a		a	b		
Standard Deviation		1.189	1.219	1.132	1.191	1.155	1.111	1.200	1.204	1.175	1.205	1.160	1.309	1.297	1.169	1.182	1.191	1.175	1.165	1.172	
Standard Error		.026	.045	.041	.053	.032	.123	.123	.054	.032	.046	.027	.100	.092	.036	.045	.120	.027	.060	.031	
Error variance		*	*	*	*	*	.02	.02	*	*	*	*	.01	.01	*	*	.01	*	*	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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											
		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		2034	208	361	76	1391	590	45		1630	404	381	190	268	318	182	235	80	380	768	695
Total		2034	203	371	72	1394	588	47		1623	411	389	189	266	316	177	235	81	381	759	697
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	405	52	65	12	280	116	10		335	70	31	27	46	61	46	50	24	120	153	193
		20%	26% b	17%	16%	20%	20%	22%	21%	17%	8%	14% a	17% a	19% a	26% abc	21% a	29% abc	32% abcdfi	20% a	28% abcdfi	
Agree	(4.0)	748	63	113	29	541	188	12		600	148	94	74	94	133	63	108	34	147	290	290
		37%	31%	30%	41%	39% abe	32%	26%	37%	36%	24%	39% a	35% a	42% a	36% a	46% acei	42% a	39% a	38% a	42% a	
Neither agree nor disagree	(3.0)	384	34	74	18	258	113	11		296	88	68	42	55	68	41	37	12	62	163	111
		19%	17%	20%	25%	18%	19%	24%	18%	21%	18%	22% j	21% j	21% j	23% j	16% j	14%	16%	22% hj	16% hj	
Disagree	(2.0)	346	31	72	7	233	104	4		271	75	123	31	53	39	18	32	10	41	110	82
		17%	15%	19% c	9%	17%	18%	10%	17%	18%	32% bcdefghij	16% dehij	20% dehij	12% dehij	10% dehij	14% dehij	12% dehij	11% dehij	14% dehij	12% dehij	
Strongly disagree	(1.0)	143	20	46	7	79	63	9		115	28	70	14	16	15	9	6	-	12	40	18
		7%	10% d	12% d	9%	6%	11% d	19% d	7%	7%	18% bcdefghij	8% fghj	6% gj	5% g	5% g	3% g	-	3% g	5% gi	3% gi	
Don't know		8	2	1	-	4	3	-		7	1	2	1	2	-	-	2	1	-	2	3
		*	1% d	*	-	*	1%	-	*	*	1% d	1% d	1% d	-	-	-	1% dhi	2% dhi	-	*	*
NET: Agree		1153	115	178	41	821	304	22		935	218	125	101	140	195	109	158	58	267	444	483
		57%	57% b	48%	57%	59% be	52%	48%		58%	53%	32%	53% a	53% a	62% ac	62% a	67% abci	72% abci	70% abcdei	58% a	69% abcdi
NET: Disagree		489	51	119	13	311	167	13		386	103	193	45	69	54	27	38	10	52	150	100
		24%	25%	32% cd	18%	22%	28% d	28%		24%	25%	50% bcdefghij	24% efghj	26% defghij	17%	15%	16%	12%	14%	20% hj	14% hj
Base for stats		2026	200	370	72	1391	585	47		1616	410	387	188	264	316	177	233	80	381	757	694
Mean Score		3.46	3.48 b	3.21	3.45	3.51 be	3.33	3.23		3.48	3.38	2.72	3.36 a	3.38 a	3.59 abc	3.67 abc	3.70 abc	3.91 abcdi	3.85 abcdi	3.54 a	3.80 abcdi
Standard Deviation		1.189	1.295	1.290	1.149	1.152	1.274	1.404		1.194	1.168	1.240	1.147	1.165	1.081	1.122	1.036	.970	1.077	1.125	1.053
Standard Error		.026	.090	.068	.132	.031	.053	.209		.030	.058	.064	.083	.071	.061	.083	.068	.109	.055	.041	.040
Error variance		*	.01	*	.02	*	*	.04		*	*	*	.01	.01	*	.01	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
Significance Level: 95%			a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total		2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total		2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	405	176	69	161	366	17	358	27	351	29	367	21	359	23
		20%	26%	13%	20%	24%	8%	24%	12%	27%	9%	26%	8%	34%	4%
			bc		b	b		b		b		b		b	
Agree	(4.0)	748	299	155	288	594	54	595	68	527	88	597	46	560	80
		37%	44%	29%	36%	39%	26%	39%	31%	41%	27%	42%	18%	52%	15%
			bc		b	b		b		b		b		b	
Neither agree nor disagree	(3.0)	384	107	114	158	260	21	264	26	215	37	245	32	81	62
		19%	16%	21%	20%	17%	10%	17%	12%	17%	11%	17%	12%	8%	12%
			a		a	b		b		b		b		a	
Disagree	(2.0)	346	67	137	138	228	52	231	41	158	94	173	93	46	239
		17%	10%	25%	17%	15%	25%	15%	19%	12%	29%	12%	35%	4%	46%
			ac		a		a			a		a		a	
Strongly disagree	(1.0)	143	26	66	48	62	63	64	58	34	77	38	71	19	113
		7%	4%	12%	6%	4%	30%	4%	26%	3%	24%	3%	27%	2%	22%
			ac		a		a		a		a		a		a
Don't know		8	1	2	3	4	3	4	-	4	1	4	-	4	1
		*	*	*	*	*	1%	*	-	*	*	*	-	*	*
							a								
NET: Agree		1153	475	224	449	960	72	953	95	878	117	964	67	919	103
		57%	70%	41%	56%	63%	34%	63%	43%	68%	36%	68%	26%	86%	20%
			bc		b	b		b		b		b		b	
NET: Disagree		489	93	203	187	290	116	294	99	193	170	211	164	65	351
		24%	14%	37%	23%	19%	55%	19%	45%	15%	52%	15%	62%	6%	68%
			ac		a		a		a		a		a		a
Base for stats		2026	675	540	794	1510	208	1512	220	1285	324	1419	263	1065	516
Mean Score		3.46	3.79	3.05	3.47	3.64	2.57	3.63	2.84	3.78	2.69	3.76	2.44	4.12	2.34
			bc		b	b		b		b		b		b	
Standard Deviation		1.189	1.057	1.239	1.170	1.124	1.371	1.125	1.422	1.061	1.331	1.050	1.274	.856	1.114
Standard Error		.026	.040	.054	.041	.029	.095	.029	.096	.030	.074	.028	.079	.026	.049
Error variance		*	*	*	*	*	.01	*	.01	*	.01	*	.01	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034 100%	494 24%	950 47%	378 19%	154 8%	59 3%	1444 71%	531 26%
I exercise to help manage my mental health during the outbreak	2034 100%	479 24%	874 43%	407 20%	198 10%	77 4%	1353 67%	604 30%
I have more time now to be physically active	2034 100%	495 24%	851 42%	440 22%	189 9%	60 3%	1345 66%	628 31%
I miss the types of physical activity I was able to do before the outbreak	2034 100%	580 29%	697 34%	463 23%	224 11%	70 3%	1277 63%	687 34%
I worry about leaving my home to exercise or be active	2034 100%	487 24%	722 35%	464 23%	310 15%	51 3%	1208 59%	775 38%
I have been encouraged to exercise by the Government's guidance	2034 100%	287 14%	822 40%	548 27%	276 14%	100 5%	1110 55%	824 41%
Since the outbreak I have found new ways to be active	2034 100%	300 15%	756 37%	650 32%	278 14%	50 2%	1056 52%	928 46%
I feel guilty about not exercising more during the outbreak	2034 100%	333 16%	699 34%	639 31%	296 15%	67 3%	1032 51%	935 46%
I do not find exercising on my own enjoyable	2034 100%	279 14%	581 29%	636 31%	453 22%	84 4%	860 42%	1090 54%
The current situation has not impacted my current exercise regime	2034 100%	260 13%	586 29%	621 31%	498 24%	68 3%	847 42%	1119 55%
I feel guilty about wanting to exercise during the outbreak	2034 100%	195 10%	418 21%	745 37%	614 30%	62 3%	613 30%	1359 67%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total		2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	300	139	159	136	108	56	18	48	25	37	18	24	64	42	23
		15%	14%	15%	22% bc	16% c	7%	19% e	18% efi	13%	17% e	10%	11%	20% cefhi	13%	11%
Tend to agree	(3.0)	756	363	392	263	275	217	30	99	72	65	65	94	135	120	75
		37%	37%	38%	43% c	41% c	29%	31%	37%	36%	30%	37%	42% d	42% ad	36%	36%
Tend to disagree	(2.0)	650	324	322	123	193	334	29	80	66	78	61	72	68	118	78
		32%	33%	31%	20%	29% a	44% ab	30%	30% g	33% g	36% g	35% g	32% g	21%	36% g	37% g
Strongly disagree	(1.0)	278	145	133	75	82	121	17	32	29	29	24	32	42	46	27
		14%	15%	13%	12%	12%	16% ab	17%	12%	15%	13%	14%	14%	13%	14%	13%
Don't know		50	22	27	16	10	25	3	6	6	6	7	3	10	5	6
		2%	2%	3%	3%	1%	3% b	3%	2%	3%	3%	4%	1%	3%	1%	3%
NET: Agree		1056	501	551	400	383	273	48	147	97	102	83	118	199	162	98
		52%	51%	53%	65% bc	57% c	36%	50%	56%	49%	48%	47%	52%	62% acdefhi	49%	47%
NET: Disagree		928	469	455	198	275	455	46	111	96	106	85	105	110	164	104
		46%	47%	44%	32%	41% a	60% ab	48% g	42% ehi	48% g	50% g	49% g	46% g	35%	50% g	50% g
Base for stats		1984	970	1006	598	658	728	95	258	193	209	168	223	309	326	202
Mean Score		2.54	2.51	2.57	2.77 bc	2.62 c	2.29	2.52	2.63 ehi	2.48	2.53	2.46	2.49	2.72 cdefhi	2.48	2.47
Standard Deviation		.912	.914	.908	.941	.901	.832	.999	.924	.905	.941	.865	.870	.945	.892	.863
Standard Error		.020	.029	.029	.037	.035	.032	.095	.057	.064	.064	.064	.070	.052	.049	.061
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total		2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	300	49	84	61	54	26	26	195	105	239	10	29	13	1	5	57
		15%	31% bcdefgh	17% fh	13% f	17% fh	13% f	6% f	18% cfh	11% f	14%	21%	23% a	17%	7%	40%	21% a
Tend to agree	(3.0)	756	57	189	194	131	72	113	440	316	631	19	55	34	4	3	115
		37%	36% f	39% f	42% fh	41% fh	36% f	27% f	40% fh	34% f	36%	41%	44%	45%	30%	24%	42%
Tend to disagree	(2.0)	650	32	136	124	87	71	200	292	358	582	11	31	15	3	4	63
		32%	20%	28%	27%	27%	35% acd	49% abcdegh	27%	38% abcdg	34% cdg	24%	25%	19%	19%	28%	23%
Strongly disagree	(1.0)	278	14	67	64	42	30	61	144	134	247	4	11	9	7	-	30
		14%	9%	14%	14%	13%	15%	15% a	13%	14% a	14%	9%	8%	11%	45%	-	11%
Don't know		50	6	9	14	9	2	11	29	21	37	3	1	5	-	1	10
		2%	4%	2%	3%	3%	1%	3%	3%	2%	2%	6% c	1%	7% ac	-	8%	4%
NET: Agree		1056	106	274	256	185	98	138	635	421	870	28	83	47	5	9	172
		52%	67% bcdefgh	56% fh	56% fh	57% fh	49% f	34% f	58% efh	45% f	50%	62%	66% a	62% a	36%	64%	63% a
NET: Disagree		928	45	203	188	130	101	261	436	492	830	15	41	23	9	4	93
		46%	29% a	42% a	41% a	40% a	50% abcdg	64% abcdegh	40% a	53% abcdg	48% bcdg	33%	33%	31%	64%	28%	34%
Base for stats		1984	151	476	444	314	199	399	1071	913	1700	43	125	70	15	12	265
Mean Score		2.54	2.93 bcdefgh	2.61 fh	2.57 fh	2.62 fh	2.47 f	2.26 f	2.64 efh	2.43 f	2.51	2.78 a	2.81 a	2.73 a	1.98	3.13	2.75 a
Standard Deviation		.912	.945	.935	.901	.922	.905	.792	.930	.877	.907	.907	.887	.907	1.040	.884	.920
Standard Error		.020	.074	.042	.042	.053	.065	.041	.028	.030	.022	.131	.076	.105	.268	.236	.054
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.07	.06	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	
		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		2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421
Total		2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	300	67	125	103	228	15	17	65	204	96	286	11	21	137	122	20	279	79	195
		15%	9%	16%	20%	18%	18%	18%	13%	15%	14%	16%	6%	10%	13%	18%	22%	15%	21%	14%
				a	a	a						b				ab	ab		b	
Tend to agree	(3.0)	756	219	319	207	526	39	34	176	507	249	701	45	44	389	287	35	712	162	536
		37%	30%	41%	41%	41%	49%	37%	34%	38%	36%	38%	26%	22%	36%	43%	38%	39%	43%	38%
				a	a	a	cde					b			a	ab	a	a		
Tend to disagree	(2.0)	650	311	217	116	333	12	28	171	439	211	576	60	88	377	167	17	562	77	478
		32%	42%	28%	23%	26%	15%	30%	33%	33%	31%	32%	35%	44%	35%	25%	18%	31%	21%	34%
			bcd	c				a	a	a	a			bcd	cde		cd		a	
Strongly disagree	(1.0)	278	119	95	62	157	12	11	88	168	111	226	44	41	136	85	16	237	47	185
		14%	16%	12%	12%	12%	15%	12%	17%	12%	16%	12%	26%	20%	13%	13%	18%	13%	13%	13%
			bd						d		d		a	bce						
Don't know		50	20	14	16	29	2	3	18	27	23	39	10	8	27	11	4	42	9	28
		2%	3%	2%	3%	2%	2%	3%	4%	2%	3%	2%	6%	4%	3%	2%	4%	2%	2%	2%
												a		c						
NET: Agree		1056	286	444	310	754	54	50	241	711	345	987	56	65	526	409	55	991	241	731
		52%	39%	58%	62%	59%	67%	55%	46%	53%	50%	54%	33%	32%	49%	61%	60%	54%	64%	51%
			a	a	a	a	cde				c		b		a	abe	a	ab	b	
NET: Disagree		928	430	313	178	491	24	38	259	607	322	802	104	129	513	253	33	799	125	662
		46%	58%	41%	35%	39%	31%	42%	50%	45%	47%	44%	61%	64%	48%	38%	36%	44%	33%	47%
			bcd					a	a	a	a	a		bcd	cde		c		a	
Base for stats		1984	716	757	488	1244	78	89	499	1318	666	1788	160	194	1039	662	89	1790	366	1393
		2.54	2.33	2.63	2.72	2.66	2.72	2.63	2.44	2.57	2.50	2.59	2.14	2.23	2.51	2.67	2.67	2.58	2.75	2.53
				a	a	a	ce			c		b		a	abe	a	ab	b		
Standard Deviation		.912	.861	.904	.938	.918	.947	.929	.927	.900	.934	.903	.902	.903	.881	.920	1.026	.906	.940	.891
		.020	.033	.033	.042	.026	.106	.097	.042	.025	.036	.021	.071	.066	.028	.035	.106	.021	.049	.024
		*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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											
							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	1	2	3	4	5	6	7	i	j		
Significance Level: 95%																					
Unweighted Total		2034	208	361	76	1391	590	45		1630	404	381	190	268	318	182	235	80	380	768	695
Total		2034	203	371	72	1394	588	47		1623	411	389	189	266	316	177	235	81	381	759	697
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	300	30	38	14	215	76	5		242	58	21	14	29	48	33	48	14	93	111	154
		15%	15%	10%	19%	15%	13%	10%	15%	14%	5%	7%	11%	15%	19%	20%	17%	24%	15%	22%	
					b	b							a	ab	abc	abci	ab	abcdi	ab	abcdi	
Tend to agree	(3.0)	756	70	126	35	532	210	17		610	146	68	68	99	142	80	116	39	144	321	299
		37%	35%	34%	48%	38%	36%	37%	38%	35%	17%	36%	37%	45%	45%	49%	49%	38%	42%	43%	
					abe								a	a	ab	a	abch	a	a	a	
Tend to disagree	(2.0)	650	55	120	15	451	178	11		504	146	178	65	79	102	46	51	21	108	227	180
		32%	27%	32%	21%	32%	30%	23%	31%	35%	46%	34%	30%	32%	26%	22%	26%	28%	30%	26%	
					c							bdefghij	fj	f	fj				f		
Strongly disagree	(1.0)	278	39	75	5	169	106	11		225	54	114	35	53	18	11	14	6	29	81	48
		14%	19%	20%	7%	12%	18%	25%	14%	13%	29%	19%	20%	6%	6%	6%	7%	8%	11%	7%	
			cd	cd		cd	cd	cd				bdefghij	defghij	defghij					dfj		
Don't know		50	7	11	3	27	19	2		43	8	8	7	6	6	7	7	1	8	20	16
		2%	4%	3%	5%	2%	3%	4%	3%	2%	2%	4%	2%	2%	4%	3%	1%	2%	3%	2%	
NET: Agree		1056	101	164	49	747	285	22		852	204	89	82	128	190	113	164	54	236	431	454
		52%	50%	44%	67%	54%	48%	48%	52%	50%	23%	43%	48%	60%	64%	70%	66%	62%	57%	65%	
					abdef	be						a	a	abc	abc	abci	abc	abc	abc	abci	
NET: Disagree		928	95	196	20	619	284	22		729	200	292	100	132	120	56	65	27	137	308	228
		46%	47%	53%	28%	44%	48%	48%	45%	49%	75%	53%	50%	38%	32%	27%	33%	36%	41%	33%	
			c	cd		c	c	c				bdefghij	defghij	defghij	f			f	efj		
Base for stats		1984	195	360	69	1367	569	45		1580	403	381	182	260	310	170	229	80	373	739	682
Mean Score		2.54	2.47	2.35	2.83	2.58	2.45	2.35	2.55	2.52	1.99	2.33	2.40	2.71	2.80	2.87	2.77	2.80	2.62	2.82	
					abdef	be						a	a	abc	abci	abdi	abc	abci	abc	abci	
Standard Deviation		.912	.983	.929	.837	.897	.942	.991	.915	.898	.835	.876	.935	.796	.825	.810	.822	.900	.868	.861	
Standard Error		.020	.070	.050	.099	.024	.039	.151	.023	.045	.043	.065	.058	.045	.063	.054	.092	.047	.032	.033	
Error variance		*	*	*	.01	*	*	.02	*	*	*	*	*	*	*	*	.01	*	*	*	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508	
Total		2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	300	196	41	63	257	17	250	26	240	32	243	23	221	44
		15%	29%	8%	8%	17%	8%	17%	12%	19%	10%	17%	9%	21%	8%	
			bc			b		b		b		b		b		
Tend to agree		(3.0)	756	314	159	276	581	53	594	59	544	79	572	61	431	152
		37%	46%	29%	35%	38%	25%	39%	27%	42%	24%	40%	23%	40%	29%	
			bc		b	b		b		b		b		b		
Tend to disagree		(2.0)	650	124	239	282	465	73	464	69	355	124	429	106	272	208
		32%	18%	44%	35%	31%	35%	31%	32%	28%	38%	30%	40%	25%	40%	
				ac	a					a		a		a		
Strongly disagree		(1.0)	278	33	84	158	180	58	176	59	124	78	154	66	126	99
		14%	5%	16%	20%	12%	28%	12%	27%	10%	24%	11%	25%	12%	19%	
				a	ab		a		a		a		a		a	
Don't know		50	9	18	17	30	9	30	6	26	12	27	7	19	15	
		2%	1%	3%	2%	2%	5%	2%	3%	2%	4%	2%	3%	2%	3%	
				a			a									
NET: Agree		1056	510	200	339	838	70	844	85	784	111	814	83	652	195	
		52%	75%	37%	43%	55%	33%	56%	39%	61%	34%	57%	32%	61%	38%	
			bc		b	b		b		b		b		b		
NET: Disagree		928	157	324	440	645	132	641	128	479	203	583	172	399	307	
		46%	23%	60%	55%	43%	62%	42%	58%	37%	62%	41%	65%	37%	59%	
				a	a		a		a		a		a		a	
Base for stats		1984	667	523	779	1483	201	1485	214	1263	313	1397	255	1050	502	
Mean Score		2.54	3.01	2.30	2.31	2.62	2.14	2.62	2.25	2.71	2.21	2.65	2.16	2.71	2.28	
			bc			b		b		b		b		b		
Standard Deviation		.912	.823	.830	.885	.909	.931	.900	.992	.884	.933	.893	.911	.932	.878	
Standard Error		.020	.032	.037	.032	.024	.066	.023	.068	.025	.053	.024	.057	.029	.040	
Error variance		*	*	*	*	*	*	*	*	*	*	*	*	*	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total		2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	495	242	251	193	182	120	21	72	35	57	32	52	85	87	53
		24%	24%	24%	31%	27%	16%	22%	27%	18%	26%	18%	23%	27%	26%	26%
					c	c			ce		c		ce	ce	c	
Tend to agree	(3.0)	851	413	435	234	292	325	37	102	86	83	77	103	136	138	88
		42%	42%	42%	38%	44%	43%	38%	39%	43%	39%	44%	46%	43%	42%	43%
						a										
Tend to disagree	(2.0)	440	212	226	105	130	204	22	56	48	47	47	52	58	65	44
		22%	21%	22%	17%	20%	27%	23%	21%	24%	22%	27%	23%	18%	20%	21%
							ab					g				
Strongly disagree	(1.0)	189	99	89	61	49	79	13	25	25	25	12	16	26	31	16
		9%	10%	9%	10%	7%	10%	13%	10%	13%	11%	7%	7%	8%	9%	8%
						b			e							
Don't know		60	28	32	21	14	25	4	9	5	3	7	3	14	10	5
		3%	3%	3%	3%	2%	3%	4%	3%	2%	1%	4%	1%	4%	3%	3%
NET: Agree		1345	655	686	427	473	445	58	174	121	140	109	155	222	225	142
		66%	66%	66%	70%	71%	59%	59%	66%	61%	65%	62%	69%	69%	68%	68%
					c	c								ac		
NET: Disagree		628	310	315	166	180	283	35	81	73	72	59	68	84	96	61
		31%	31%	30%	27%	27%	38%	36%	31%	37%	33%	33%	30%	26%	29%	29%
							ab	g		g						
Base for stats		1974	965	1001	593	653	728	93	255	194	212	168	223	305	321	202
		2.84	2.83	2.85	2.94	2.93	2.67	2.71	2.87	2.68	2.81	2.77	2.86	2.92	2.87	2.88
					c	c			c					ac	c	c
Standard Deviation		.911	.922	.899	.954	.881	.877	.973	.941	.917	.962	.837	.858	.895	.921	.893
		.021	.030	.028	.038	.035	.033	.093	.059	.064	.065	.062	.069	.050	.051	.062
		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total		2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	495	58	129	102	109	40	55	290	204	403	14	40	25	3	4	86
		24%	37%	27%	22%	34%	20%	13%	26%	22%	23%	30%	32%	33%	17%	31%	31%
			bcefg	fh	f	bcefg	f		fh	f			a	a			a
Tend to agree	(3.0)	851	56	202	200	131	85	176	459	392	746	15	45	26	4	6	97
		42%	36%	42%	44%	41%	42%	43%	42%	42%	43%	34%	36%	35%	31%	44%	35%
											g						
Tend to disagree	(2.0)	440	24	98	104	52	47	115	226	214	379	11	26	14	6	3	59
		22%	15%	20%	23%	16%	23%	28%	21%	23%	22%	23%	21%	19%	39%	20%	21%
					ad		d	abdg		ad							
Strongly disagree	(1.0)	189	13	43	41	23	25	44	97	92	165	5	11	3	2	-	21
		9%	8%	9%	9%	7%	12%	11%	9%	10%	9%	11%	9%	5%	13%	-	8%
						d											
Don't know		60	5	13	9	8	4	20	28	32	45	1	4	6	-	1	12
		3%	3%	3%	2%	2%	2%	5%	3%	3%	3%	2%	3%	8%	-	6%	4%
								cg					a				
NET: Agree		1345	115	332	303	240	125	231	749	596	1149	29	85	51	7	10	183
		66%	73%	68%	66%	74%	62%	56%	68%	64%	66%	63%	68%	68%	48%	74%	67%
			efh	f	f	cefg			fh	f							
NET: Disagree		628	37	141	145	75	72	159	323	306	543	16	36	17	8	3	80
		31%	23%	29%	32%	23%	36%	39%	29%	33%	31%	34%	29%	23%	52%	20%	29%
					ad		ad	abcdgh	d	ad							
Base for stats		1974	152	472	448	315	197	390	1072	902	1692	45	122	69	15	13	263
Mean Score		2.84	3.06	2.89	2.81	3.04	2.71	2.62	2.88	2.79	2.82	2.84	2.94	3.06	2.52	3.11	2.94
			bcefg	ef	f	bcefg			efh	f			a	a			a
Standard Deviation		.911	.939	.912	.892	.897	.932	.865	.910	.909	.905	.994	.947	.881	.959	.755	.933
Standard Error		.021	.074	.041	.041	.052	.067	.045	.027	.031	.022	.141	.082	.102	.248	.202	.055
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.06	.04	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421	
Total		2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	495	132	211	147	358	22	22	99	351	144	471	18	43	216	210	26	452	96	349
			24%	18%	27%	29%	28%	27%	25%	19%	26%	21%	26%	10%	21%	20%	31%	28%	25%	26%	25%
				a	a	a					ce		b			abe	b				
Tend to agree		(3.0)	851	310	336	192	528	39	36	231	545	306	777	60	77	475	265	33	773	168	591
			42%	42%	44%	38%	41%	49%	39%	45%	41%	44%	43%	36%	38%	45%	39%	36%	42%	45%	42%
																c					
Tend to disagree		(2.0)	440	189	148	97	245	10	17	114	298	142	381	48	43	248	129	20	397	72	322
			22%	26%	19%	19%	19%	13%	19%	22%	22%	21%	21%	28%	21%	23%	19%	22%	22%	19%	23%
				bcd							a		a			c					
Strongly disagree		(1.0)	189	78	61	49	110	6	11	54	118	71	156	30	32	94	55	8	157	28	127
			9%	11%	8%	10%	9%	7%	13%	10%	9%	10%	9%	18%	16%	9%	8%	9%	9%	7%	9%
													a		bce						
Don't know			60	27	15	18	33	4	5	19	32	28	42	14	8	32	15	5	52	12	33
			3%	4%	2%	4%	3%	4%	5%	4%	2%	4%	2%	8%	4%	3%	2%	6%	3%	3%	2%
				b								d	a				c				
NET: Agree			1345	442	547	339	886	61	58	330	896	449	1248	78	120	692	474	59	1225	264	939
			66%	60%	71%	67%	70%	76%	64%	64%	67%	65%	68%	46%	59%	65%	71%	64%	67%	70%	66%
				a	a	a		c					b				ab	a			
NET: Disagree			628	266	209	147	355	16	28	168	416	212	537	78	74	343	183	28	554	99	449
			31%	36%	27%	29%	28%	20%	31%	32%	31%	31%	29%	46%	37%	32%	27%	30%	30%	26%	32%
				bcd						a	a	a	a		c	c					
Base for stats		1974	708	755	486	1241	77	87	498	1312	662	1785	156	195	1034	658	87	1779	363	1388	
Mean Score		2.84	2.70	2.92	2.90	2.91	3.00	2.80	2.75	2.86	2.79	2.88	2.42	2.67	2.79	2.96	2.88	2.85	2.91	2.84	
				a	a	a	ce			c		b				abe		a			
Standard Deviation		.911	.896	.891	.949	.914	.845	.977	.895	.914	.903	.901	.930	.995	.877	.920	.945	.900	.872	.908	
Standard Error		.021	.034	.032	.043	.026	.096	.103	.040	.025	.035	.021	.074	.072	.027	.036	.098	.021	.046	.024	
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	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		2034	208	361	76	1391	590	45		1630	404	381	190	268	318	182	235	80	380	768	695
Total		2034	203	371	72	1394	588	47		1623	411	389	189	266	316	177	235	81	381	759	697
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	495	48	60	17	369	114	7		398	97	39	31	61	72	50	82	28	132	183	242
		24%	24%	16%	24%	27%	19%	14%	25%	23%	10%	16%	23%	23%	28%	35%	35%	35%	24%	35%	
			b		be							a	a	a	ab	abcdi	abcdi	abcdi	ab	abcdi	
Tend to agree	(3.0)	851	77	164	35	580	255	18		679	172	141	98	107	149	79	104	26	146	336	277
		42%	38%	44%	48%	42%	43%	39%	42%	42%	36%	52%	40%	47%	45%	44%	33%	38%	44%	40%	
												acghj			aghj	a	a			ag	
Tend to disagree	(2.0)	440	46	90	14	290	139	8		348	92	117	36	66	68	32	31	19	70	167	120
		22%	23%	24%	20%	21%	24%	18%	21%	22%	30%	19%	25%	22%	18%	13%	24%	18%	22%	17%	
												bdefhij			fhj	f	f			fj	
Strongly disagree	(1.0)	189	26	48	4	118	65	13		149	40	76	15	22	22	12	12	6	24	56	42
		9%	13%	13%	5%	8%	11%	27%	9%	10%	19%	8%	8%	7%	7%	5%	7%	6%	7%	6%	
			d	d			abcde					bdefghij									
Don't know		60	6	9	2	37	16	1		49	11	17	9	10	5	4	5	1	9	18	15
		3%	3%	2%	2%	3%	3%	2%	3%	3%	4%	5%	4%	1%	2%	2%	1%	2%	2%	2%	
												dj	dj								
NET: Agree		1345	126	224	52	950	369	25		1077	268	180	128	168	221	129	186	55	278	519	519
		66%	62%	60%	73%	68%	63%	53%	66%	65%	46%	68%	63%	70%	73%	79%	68%	73%	68%	74%	
					bf	bef						a	a	a	a	abcdgi	a	ac	a	aci	
NET: Disagree		628	71	138	18	407	204	21		497	131	193	51	88	90	44	43	25	94	222	163
		31%	35%	37%	25%	29%	35%	45%	31%	32%	49%	27%	33%	29%	25%	18%	31%	25%	29%	23%	
				cd		d	cd					bdefghij	f	fhj	f		f			fj	
Base for stats		1974	197	362	71	1357	573	46		1574	400	372	179	256	311	173	230	80	372	741	682
Mean Score		2.84	2.75	2.65	2.94	2.89	2.73	2.42	2.84	2.81	2.38	2.80	2.81	2.87	2.97	3.12	2.97	3.04	2.87	3.05	
			f		bf	bef	f					a	a	a	a	abcdi	a	abcdi	a	abcdi	
Standard Deviation		.911	.970	.910	.820	.905	.907	1.054	.910	.914	.924	.820	.896	.847	.868	.834	.947	.897	.870	.882	
Standard Error		.021	.068	.048	.095	.025	.038	.159	.023	.046	.048	.061	.056	.048	.065	.055	.107	.047	.032	.034	
Error variance		*	*	*	.01	*	*	.03	*	*	*	*	*	*	*	*	.01	*	*	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
Significance Level: 95%			a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total		2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total		2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	495	284	77	132	425	29	406	43	377	54	392	51	339	87
		24%	42% bc	14%	17%	28% b	14%	27% b	20%	29% b	17%	28% b	19%	32% b	17%
Tend to agree	(3.0)	851	289	240	315	644	73	647	73	537	125	603	95	439	199
		42%	43%	44%	40%	43% b	35%	43% b	33%	42%	39%	42%	36%	41%	39%
Tend to disagree	(2.0)	440	70	152	214	303	53	307	51	253	82	281	69	186	149
		22%	10%	28% a	27% a	20%	25%	20%	23%	20%	25% a	20%	26% a	17%	29% a
Strongly disagree	(1.0)	189	21	51	113	117	44	125	42	98	52	119	39	87	64
		9%	3%	9% a	14% ab	8%	21% a	8%	19% a	8%	16% a	8%	15% a	8%	12% a
Don't know		60	12	22	22	24	12	30	11	24	12	29	9	19	17
		3%	2%	4% a	3%	2%	6% a	2%	5% a	2%	4%	2%	3%	2%	3%
NET: Agree		1345	573	317	447	1069	102	1053	116	914	180	995	146	777	286
		66%	85% bc	59%	56%	71% b	48%	69% b	53%	71% b	55%	70% b	56%	73% b	55%
NET: Disagree		628	90	203	328	420	97	432	93	351	134	400	108	273	214
		31%	13%	37% a	41% a	28%	46% a	29%	42% a	27% a	41% a	28% a	41% a	26% a	41% a
Base for stats		1974	664	520	775	1490	199	1486	209	1265	314	1395	253	1051	500
Mean Score		2.84	3.26 bc	2.66	2.60	2.92 b	2.44	2.90 b	2.56	2.94 b	2.58	2.91 b	2.62	2.98 b	2.62
Standard Deviation		.911	.769	.848	.935	.893	.992	.899	1.031	.897	.961	.904	.971	.912	.919
Standard Error		.021	.030	.038	.034	.023	.071	.023	.071	.025	.054	.024	.061	.028	.041
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total		2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	287	139	148	120	101	67	14	39	29	32	20	26	57	46	25
		14%	14%	14%	20% bc	15% c	9%	14%	15%	14%	15%	11%	12%	18% e	14%	12%
Tend to agree	(3.0)	822	398	422	231	279	313	31	96	73	85	68	100	133	149	88
		40%	40%	41%	38%	42%	42%	32%	36%	37%	39%	39%	44% a	42%	45% ab	42%
Tend to disagree	(2.0)	548	264	281	144	169	236	29	77	56	57	53	59	75	83	60
		27%	27%	27%	23%	25%	31% ab	30%	29%	28%	26%	30%	26%	23%	25%	29%
Strongly disagree	(1.0)	276	145	129	75	90	110	20	39	27	31	25	30	40	39	26
		14%	15%	12%	12%	14%	15%	20% gh	15%	14%	14%	14%	13%	12%	12%	12%
Don't know		100	47	54	44	29	28	3	14	14	11	10	10	14	15	9
		5%	5%	5%	7% bc	4%	4%	3%	5%	7%	5%	6%	4%	5%	4%	4%
NET: Agree		1110	537	570	350	380	379	45	135	102	116	88	127	190	195	113
		55%	54%	55%	57% c	57% c	50%	46%	51%	51%	54%	50%	56%	60% abe	59% ae	54%
NET: Disagree		824	409	410	220	259	345	49	116	83	87	78	89	115	121	86
		41%	41%	40%	36%	39%	46% ab	51% gh	44% g	42%	41%	44%	40%	36%	37%	41%
Base for stats		1934	946	980	570	639	725	94	251	185	203	165	216	305	317	199
Mean Score		2.58	2.56	2.60	2.69 c	2.61 c	2.46	2.41	2.54	2.56	2.58	2.50	2.57	2.68 ae	2.64 a	2.57
Standard Deviation		.909	.921	.898	.948	.915	.858	.987	.935	.924	.928	.890	.879	.925	.878	.870
Standard Error		.021	.030	.029	.038	.037	.033	.094	.059	.066	.064	.066	.072	.052	.049	.062
Error variance		*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total		2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	287	32	79	60	54	25	37	171	116	220	12	32	17	-	2	62
		14%	20% cefh	16% fh	13% f	17% f	12% f	9% fh	16% fh	12% a	13% a	26% a	25% a	22% a	-	12% a	23% a
Tend to agree	(3.0)	822	71	201	172	142	79	157	445	378	723	17	49	23	2	5	96
		40%	45% g	41% g	38% g	44% g	39% g	38% g	40% g	40% g	42% g	37% g	39% g	31% g	13% g	37% g	35% g
Tend to disagree	(2.0)	548	35	116	132	74	55	137	283	265	485	8	28	14	6	3	58
		27%	22% g	24% g	29% g	23% g	27% g	33% abdg	26% g	28% g	28% g	17% g	22% g	18% g	41% g	20% g	21% g
Strongly disagree	(1.0)	276	13	72	66	44	27	54	151	125	233	6	11	13	6	2	38
		14%	9% a	15% a	14% a	13% a	13% a	13% a	14% a	13% a	13% a	14% a	9% a	17% a	41% a	13% a	14% a
Don't know		100	5	18	27	10	16	24	50	50	75	2	6	9	1	2	20
		5%	3% bd	4% bd	6% bd	3% bd	8% bd	6% bd	5% bd	5% bd	4% a	5% a	5% a	12% a	5% a	18% a	7% a
NET: Agree		1110	103	280	232	196	104	195	615	494	943	29	80	40	2	7	158
		55%	66% cefhg	58% cf	51% cefh	61% cefh	52% cefh	48% f	56% f	53% f	54% a	64% a	64% a	53% a	13% a	49% a	58% a
NET: Disagree		824	49	188	198	117	82	191	434	390	719	14	39	26	12	4	96
		41%	31% a	39% a	43% a	36% a	41% a	47% abdg	39% a	42% a	41% cg	31% cg	31% cg	35% cg	82% cg	33% cg	35% cg
Base for stats		1934	152	468	430	313	185	386	1050	884	1662	43	120	66	14	11	254
Mean Score		2.58	2.80 bcefhg	2.61 f	2.53 f	2.66 f	2.55 f	2.46 f	2.61 f	2.55 f	2.56 f	2.80 f	2.84 a	2.67 a	1.71 f	2.59 f	2.72 a
Standard Deviation		.909	.873	.939	.915	.922	.903	.851	.924	.891	.890	1.020	.928	1.058	.723	.958	.997
Standard Error		.021	.069	.043	.043	.053	.067	.045	.028	.031	.022	.147	.082	.126	.193	.277	.060
Error variance		*	*	*	*	*	*	*	*	*	*	.02	.01	.02	.04	.08	*



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421	
Total		2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	287	72	118	94	212	17	18	67	185	102	266	19	18	125	129	15	269	84	177	
		14%	10%	15%	19%	17%	21%	20%	13%	14%	15%	15%	11%	9%	12%	19%	16%	15%	22%	12%	
			a	a	a	a	c								abe		ab	b			
Tend to agree	(3.0)	822	299	318	192	509	36	32	218	537	285	764	47	70	458	259	35	752	143	599	
		40%	41%	41%	38%	40%	44%	35%	42%	40%	41%	42%	28%	35%	43%	39%	38%	41%	38%	42%	
											b			a							
Tend to disagree	(2.0)	548	218	212	114	326	18	24	137	370	178	486	47	63	305	159	21	486	86	391	
		27%	30%	28%	23%	26%	22%	26%	26%	28%	26%	27%	28%	31%	29%	24%	23%	27%	23%	28%	
			c	c									c	c							
Strongly disagree	(1.0)	276	113	90	71	161	6	14	70	185	90	232	40	46	125	93	12	230	45	183	
		14%	15%	12%	14%	13%	8%	16%	14%	14%	13%	13%	23%	22%	12%	14%	13%	13%	12%	13%	
			b									a		bcd							
Don't know		100	34	33	33	66	4	4	26	67	33	79	17	6	53	31	10	94	18	71	
		5%	5%	4%	7%	5%	4%	4%	5%	5%	5%	4%	10%	3%	5%	5%	11%	5%	5%	5%	
											a					abce					
NET: Agree		1110	371	436	286	721	53	50	285	722	387	1030	66	88	584	389	50	1022	227	776	
		55%	50%	57%	57%	57%	66%	54%	55%	54%	56%	56%	39%	43%	55%	58%	54%	56%	60%	55%	
			a	a	a	a	d					b		a	a	a	a	b			
NET: Disagree		824	331	302	185	487	24	38	206	555	268	718	87	108	430	253	33	716	130	574	
		41%	45%	39%	37%	38%	30%	42%	40%	41%	39%	39%	51%	53%	40%	38%	36%	39%	35%	40%	
			bcd						a			a		bcd				a			
Base for stats		1934	702	738	470	1208	77	88	492	1278	656	1748	153	196	1013	641	83	1737	357	1351	
Mean Score		2.58	2.47	2.63	2.66	2.64	2.83	2.60	2.57	2.57	2.61	2.61	2.29	2.31	2.58	2.66	2.64	2.61	2.74	2.57	
				a	a	a	cde					b			a	a	a	a	b		
Standard Deviation		.909	.883	.893	.964	.921	.871	.992	.896	.909	.909	.899	.989	.928	.860	.959	.939	.902	.955	.882	
Standard Error		.021	.034	.033	.044	.026	.099	.104	.041	.025	.036	.022	.079	.067	.027	.038	.100	.022	.050	.024	
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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										
		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		2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total		2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	287	33	40	17	195	82	7	238	49	19	24	22	46	35	42	12	88	103	142
		14%	16%	11%	24%	14%	14%	16%	15%	12%	5%	13%	8%	15%	19%	18%	15%	23%	14%	20%
					bde							a	ac	aci	ac	a	abcdi	ac	abcdi	
Tend to agree	(3.0)	822	64	151	32	578	228	14	652	171	109	78	111	155	81	98	38	153	347	288
		40%	32%	41%	44%	41%	39%	30%	40%	42%	28%	41%	42%	49%	46%	41%	47%	40%	46%	41%
				a		a						a	a	ahj	a	a	a	a	a	a
Tend to disagree	(2.0)	548	65	96	13	371	161	12	442	106	150	49	76	68	40	54	19	91	185	165
		27%	32%	26%	19%	27%	27%	26%	27%	26%	39%	26%	29%	22%	23%	23%	24%	24%	24%	24%
			c								bdefghij		d							
Strongly disagree	(1.0)	276	25	56	7	191	79	7	217	59	95	20	43	30	14	27	8	38	87	73
		14%	12%	15%	10%	14%	13%	15%	13%	14%	24%	11%	16%	10%	8%	11%	10%	10%	11%	10%
											bdefghij		dehj							
Don't know		100	15	28	2	59	39	6	74	26	17	17	14	16	7	14	4	12	37	30
		5%	7%	8%	3%	4%	7%	13%	5%	6%	4%	9%	5%	5%	4%	6%	5%	3%	5%	4%
				d		d	cd				aehij									
NET: Agree		1110	98	192	49	773	309	21	890	220	127	102	133	201	116	139	50	241	450	430
		55%	48%	52%	68%	55%	53%	46%	55%	53%	33%	54%	50%	64%	65%	59%	61%	63%	59%	62%
					abdef							a	a	abc	abc	ac	a	abc	ac	ac
NET: Disagree		824	90	151	21	562	240	19	659	165	245	69	119	98	55	81	28	129	272	238
		41%	45%	41%	29%	40%	41%	42%	41%	40%	63%	37%	45%	31%	31%	35%	34%	34%	36%	34%
			c			c	c				bdefghij		defhij							
Base for stats		1934	188	343	70	1335	549	41	1549	385	372	172	252	300	170	221	77	369	722	667
Mean Score		2.58	2.57	2.51	2.84	2.58	2.57	2.52	2.59	2.54	2.14	2.62	2.45	2.72	2.80	2.70	2.69	2.79	2.65	2.75
					abde							a	a	ac	aci	ac	ac	abci	ac	aci
Standard Deviation		.909	.933	.900	.919	.906	.912	.993	.911	.900	.855	.869	.876	.843	.859	.915	.863	.922	.870	.913
Standard Error		.021	.067	.049	.108	.025	.039	.159	.023	.046	.045	.066	.055	.049	.065	.062	.099	.048	.032	.035
Error variance		*	*	*	.01	*	*	.03	*	*	*	*	*	*	*	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total		2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	287 14%	143 21% bc	57 10%	85 11%	249 16% b	17 8%	243 16%	27 12%	230 18% b	30 9%	241 17% b	24 9%	210 20% b	35 7%
Tend to agree	(3.0)	822 40%	342 51% bc	186 34%	289 36%	632 42% b	67 32%	637 42% b	64 29%	546 42% b	102 31%	624 44% b	71 27%	468 44% b	160 31%
Tend to disagree	(2.0)	548 27%	115 17%	182 34% a	248 31% a	384 25%	59 28%	385 25%	67 31%	326 25%	92 28%	339 24%	96 37% a	238 22%	181 35% a
Strongly disagree	(1.0)	276 14%	50 7%	85 16% a	137 17% a	191 13%	46 22% a	186 12% a	46 21% a	138 11% a	74 23% a	167 12% a	56 21% a	116 11% a	110 21% a
Don't know		100 5%	26 4%	32 6%	39 5%	59 4%	21 10% a	64 4%	16 7% a	50 4%	27 8% a	52 4%	16 6%	37 3%	30 6% a
NET: Agree		1110 55%	485 72% bc	243 45%	373 47%	880 58% b	85 40%	880 58% b	91 41%	776 60% b	133 41%	865 61% b	95 36%	678 63% b	196 38%
NET: Disagree		824 41%	165 24%	267 49% a	385 48% a	574 38%	105 50% a	572 38%	113 51% a	463 36%	166 51% a	507 36%	152 58% a	354 33%	291 56% a
Base for stats		1934	650	510	758	1455	190	1451	204	1239	298	1371	247	1032	487
Mean Score		2.58	2.89 bc	2.42	2.42	2.65 b	2.29	2.65 b	2.36	2.70 b	2.30	2.68 b	2.26	2.75 b	2.25
Standard Deviation		.909	.833	.896	.911	.913	.940	.906	.974	.896	.955	.901	.917	.906	.887
Standard Error		.021	.032	.040	.033	.024	.068	.024	.068	.025	.055	.024	.058	.028	.041
Error variance		*	*	*	*	*	*	*	*	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209	
Total		2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	279	133	145	93	97	88	10	38	31	32	19	28	59	37	26
			14%	13%	14%	15%	15%	12%	10%	14%	15%	15%	11%	12%	18% aeh	11%	13%
Tend to agree		(3.0)	581	275	304	169	185	228	24	74	59	66	46	58	86	105	64
			29%	28%	29%	28%	28%	30%	25%	28%	29%	31%	26%	26%	27%	32%	31%
Tend to disagree		(2.0)	636	320	314	173	223	241	28	82	56	61	65	79	95	109	61
			31%	32%	30%	28%	33% a	32%	29%	31%	28%	28%	37%	35%	30%	33%	29%
Strongly disagree		(1.0)	453	220	230	151	144	159	33	57	43	48	35	54	63	70	50
			22%	22%	22%	25%	22%	21%	34% bcdegh	22%	22%	22%	20%	24%	20%	21%	24%
Don't know			84	44	40	28	19	37	2	13	10	9	10	7	17	10	7
			4%	4%	4%	5%	3%	5%	2%	5%	5%	4%	6%	3%	5%	3%	3%
NET: Agree			860	408	450	262	282	316	34	112	89	98	65	86	144	142	90
			42%	41%	44%	43%	42%	42%	35%	42%	45%	46%	37%	38%	45%	43%	43%
NET: Disagree			1090	540	544	323	367	400	62	139	100	108	100	133	158	180	111
			54%	54%	53%	53%	55%	53%	63% cdg	53%	50%	50%	57%	59%	49%	54%	53%
Base for stats			1950	949	993	585	649	716	96	252	189	206	165	219	302	322	201
Mean Score			2.35	2.34	2.37	2.35	2.36	2.34	2.11	2.37	2.40	2.40	2.30	2.27	2.47	2.34	2.33
										a	a	a			a	a	
Standard Deviation			.990	.985	.994	1.030	.988	.958	1.000	.996	1.015	1.010	.932	.974	1.027	.945	.994
Standard Error			.022	.032	.031	.041	.039	.037	.095	.063	.072	.070	.069	.079	.058	.053	.070
Error variance			*	*	*	*	*	*	.01	*	.01	*	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298	
Total		2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	279	22	55	70	59	26	47	147	132	226	10	26	12	1	1	49	
		14%	14%	11%	15%	18% bfg	13%	11%	13%	14%	13%	21%	20% a	16%	7%	6%	18% a	
Tend to agree	(3.0)	581	52	135	120	87	59	128	307	274	496	13	37	21	2	6	80	
		29%	33%	28%	26%	27%	29%	31%	28%	29%	29%	29%	30%	28%	16%	47%	29%	
Tend to disagree	(2.0)	636	44	161	148	97	67	120	353	284	561	10	29	21	8	5	72	
		31%	28%	33%	32%	30%	33%	29%	32%	30%	32% cg	22%	23%	28%	56%	34%	26%	
Strongly disagree	(1.0)	453	32	117	99	75	37	92	248	205	388	11	27	16	3	2	59	
		22%	20%	24%	22%	23%	19%	23%	23%	22%	22%	24%	22%	22%	21%	13%	22%	
Don't know		84	7	17	21	4	12	23	45	39	65	2	7	5	-	-	14	
		4%	5% d	4%	5% d	1%	6% d	6% d	4% d	4% d	4% d	4%	4%	6%	7%	-	-	5%
NET: Agree		860	74	190	190	146	84	175	454	406	723	23	63	33	3	7	130	
		42%	47%	39%	41%	45%	42%	43%	41%	43%	42%	50%	50%	44%	24%	53%	47%	
NET: Disagree		1090	76	278	247	172	105	212	601	489	949	21	56	37	11	6	131	
		54%	48%	57% a	54%	53%	52%	52%	55%	52%	55% cg	46%	44%	49%	76%	47%	48%	
Base for stats		1950	150	469	436	319	189	387	1055	895	1672	44	119	70	15	14	261	
Mean Score		2.35	2.43	2.27	2.37	2.41	2.38	2.34	2.33	2.37	2.34	2.48	2.52 a	2.42	2.10	2.46	2.46	
Standard Deviation		.990	.986	.968	1.004	1.044	.954	.971	.986	.994	.979	1.104	1.072 a	1.036	.836	.818	1.042	
Standard Error		.022	.078	.044	.047	.060	.070	.051	.030	.034	.024	.158	.095	.120	.216	.211	.062	
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.05	.04	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		
		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		2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421	
Total		2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	279	86	110	78	188	16	22	75	165	114	246	27	22	139	103	14	256	76	175
		14%	12%	14%	15%	15%	20% d	24% cd	15%	12%	17% d	13%	16%	11%	13%	15%	15%	14%	20% b	12%	
Tend to agree		(3.0)	581	213	218	144	362	29	30	184	338	243	507	61	55	318	178	31	526	128	393
		29%	29%	28%	29%	28%	36% d	33%	36% d	25%	35% d	28%	36% a	27%	30%	26%	33%	29%	34% b	28%	
Tend to disagree		(2.0)	636	235	245	149	394	22	13	148	453	183	589	38	61	345	209	22	576	91	475
		31%	32%	32%	30%	31%	27% b	14%	29% b	34% bce	27% b	32% b	23%	30%	32%	31%	24%	31%	24% a	33%	
Strongly disagree		(1.0)	453	168	168	111	279	9	18	84	342	112	418	28	59	224	150	22	395	61	326
		22%	23%	22%	22%	22%	12%	20%	16%	25% ace	16%	23%	17%	29% bce	21%	22%	23%	22%	16% a	23% a	
Don't know			84	33	29	22	51	4	7	26	47	37	68	15	6	41	34	4	78	19	53
		4%	5%	4%	4%	4%	4%	8% d	5%	3%	5% d	4%	9% a	3%	4%	5%	4%	4%	5% a	4%	
NET: Agree			860	300	328	222	550	45	53	259	503	357	753	88	77	457	280	45	783	204	567
		42%	41%	43%	44%	43%	56% d	58% d	50% d	37%	52% d	41%	52% a	38%	43%	42%	49%	43%	54% b	40%	
NET: Disagree			1090	403	413	260	673	31	31	232	795	295	1007	67	119	568	358	44	971	152	801
		54%	55%	54%	52%	53%	39%	34%	45%	59% abce	43%	55% b	39%	59%	53%	53%	47%	53%	40% a	56% a	
Base for stats		1950	702	741	482	1223	77	84	492	1298	652	1760	155	197	1026	639	89	1753	356	1368	
Mean Score		2.35	2.31	2.36	2.39	2.38	2.68 d	2.68 d	2.51 d	2.25	2.55 d	2.33	2.56 a	2.21	2.36 a	2.37	2.42	2.37 a	2.62 b	2.30	
Standard Deviation		.990	.969	.992	1.011	.999	.951	1.094	.949	.985	.970	.988	.985	.998	.969	1.012	1.028	.988	1.005	.971	
Standard Error		.022	.037	.036	.046	.028	.108	.117	.043	.027	.038	.024	.079	.072	.030	.040	.106	.024	.053	.026	
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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										
							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		2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total		2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
		100%	100%	100%	100%	100%	100%		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	279	43	63	15	164	105	12	228	51	72	32	46	49	20	24	5	31	115	60
		14%	21%	17%	21%	12%	18%	26%	14%	12%	19%	17%	17%	16%	11%	10%	6%	8%	15%	9%
			d	d	d		d	d			efghj	fghj	fghj	ghj					fghj	
Tend to agree	(3.0)	581	49	132	28	377	196	11	474	107	144	46	86	90	52	68	20	76	228	163
		29%	24%	35%	39%	27%	33%	24%	29%	26%	37%	25%	33%	28%	29%	29%	24%	20%	30%	23%
			ad	ad	ad	ad	ad	ad			bdfghij		hj	h	h	h			hj	
Tend to disagree	(2.0)	636	55	103	18	458	161	9	495	141	96	69	76	106	64	77	27	121	247	224
		31%	27%	28%	24%	33%	27%	20%	31%	34%	25%	37%	29%	34%	36%	33%	33%	32%	32%	32%
					e								a		a	a		a	a	a
Strongly disagree	(1.0)	453	50	59	6	343	102	13	360	94	53	31	45	61	39	59	25	139	146	223
		22%	25%	16%	8%	25%	17%	27%	22%	23%	14%	16%	17%	19%	22%	25%	31%	37%	19%	32%
			bce			bce	c	c							a	a	abc	abcdi	abcdefi	a
Don't know		84	5	14	6	52	24	1	66	18	23	11	12	9	2	8	4	14	23	27
		4%	2%	4%	9%	4%	4%	2%	4%	4%	6%	6%	5%	3%	1%	3%	6%	4%	3%	4%
					ad						ei	e	e				e			
NET: Agree		860	92	195	43	542	301	23	702	158	216	78	132	139	72	91	25	107	343	223
		42%	46%	52%	59%	39%	51%	50%	43%	38%	56%	41%	50%	44%	41%	39%	30%	28%	45%	32%
			d	d	ad		d				bdefghij	hj	fghj	ghj	hj	h			ghj	
NET: Disagree		1090	105	163	23	800	263	22	855	235	150	100	122	167	103	135	52	260	392	447
		54%	52%	44%	32%	57%	45%	48%	53%	57%	39%	53%	46%	53%	58%	58%	64%	68%	52%	64%
			c			bce	c						a		a	ac	ac	aci	abcdefi	a
Base for stats		1950	198	357	66	1342	564	45	1557	393	366	178	254	307	175	227	77	367	736	670
Mean Score		2.35	2.43	2.56	2.80	2.27	2.54	2.50	2.37	2.29	2.64	2.44	2.52	2.42	2.30	2.25	2.06	2.00	2.42	2.09
			d	d	ade		d				bdefghij	fghj	efghj	fghj	hj	hj			fghj	
Standard Deviation		.990	1.095	.966	.894	.977	.993	1.170	.994	.973	.959	.977	.985	.983	.946	.958	.929	.962	.977	.963
Standard Error		.022	.077	.052	.108	.027	.042	.176	.025	.050	.051	.073	.062	.056	.070	.064	.107	.050	.036	.037
Error variance		*	.01	*	.01	*	.03		*	*	*	.01	*	*	*	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508	
Total		2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	279	93	63	117	200	42	204	44	154	82	182	56	167	78
		14%	14%	12%	15%	13%	20% a	13%	20% a	12%	25% a	13%	21% a	16%	15%	
Tend to agree		(3.0)	581	173	156	244	402	77	426	63	301	115	377	73	291	152
		29%	26%	29%	31% a	27%	37% a	28%	29%	23%	35% a	27%	28%	27%	29%	
Tend to disagree		(2.0)	636	209	182	243	499	39	481	48	440	62	466	60	314	154
		31%	31%	34%	31%	33% b	18%	32% b	22%	34% b	19%	33% b	23%	29%	30%	
Strongly disagree		(1.0)	453	175	109	168	367	40	360	50	362	49	361	50	279	106
		22%	26% bc	20%	21%	24%	19%	24%	23%	28% b	15%	25% b	19%	26% b	21%	
Don't know		84	27	30	24	45	13	44	15	32	17	37	23	19	27	
		4%	4%	6% c	3%	3%	6% a	3%	7% a	3%	5% a	3%	9% a	2%	5% a	
NET: Agree		860	265	220	361	601	119	630	107	455	197	560	129	458	230	
		42%	39%	41%	45% a	40%	56% a	42%	49% a	35%	60% a	39%	49% a	43%	44%	
NET: Disagree		1090	384	292	412	867	79	842	97	802	112	827	110	593	261	
		54%	57% c	54%	52%	57% b	37%	56% b	44%	62% b	34%	58% b	42%	55%	50%	
Base for stats		1950	649	511	773	1468	198	1472	204	1257	308	1387	239	1050	490	
Mean Score		2.35	2.28	2.34	2.40 a	2.30	2.61 a	2.32	2.50 a	2.20	2.74 a	2.27	2.57 a	2.33	2.41	
Standard Deviation		.990	1.015	.949	.990 a	.991	1.036 a	.993	1.084 a	.990	1.023 a	.992	1.066 a	1.034	.998	
Standard Error		.022	.039	.043	.036 *	.026	.074 *	.026	.076 *	.028	.058 *	.027	.069 *	.032	.045	
Error variance		*	*	*	*	*	.01	*	.01	*	*	*	*	*	*	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total		2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	580	294	284	222	200	158	30	86	61	54	42	51	106	92	58
		29%	30%	27%	36% bc	30% c	21%	31%	32% f	31%	25%	24%	23%	33% def	28%	28%
Tend to agree	(3.0)	697	344	348	212	251	234	24	91	62	69	60	74	126	116	74
		34%	35%	34%	35%	38% c	31%	24%	34%	31%	32%	34%	33%	40% a	35% a	36% a
Tend to disagree	(2.0)	463	224	238	99	133	231	27	49	47	52	42	72	47	75	53
		23%	23%	23%	16%	20%	31% ab	28% bg	18%	24% g	24% g	24% g	32% bgh	15%	23% g	25% g
Strongly disagree	(1.0)	224	103	120	55	66	103	15	31	19	32	25	16	33	35	17
		11%	10%	12%	9%	10%	14% ab	15% f	12%	10%	15% fi	14% f	7%	10%	11%	8%
Don't know		70	27	43	26	17	27	2	8	10	7	6	13	6	13	5
		3%	3%	4%	4%	3%	4%	2%	3%	5%	3%	4%	6% g	2%	4%	2%
NET: Agree		1277	638	632	435	451	391	54	177	123	123	102	126	233	208	133
		63%	64%	61%	71% c	68% c	52%	55%	67% adf	62%	57%	58%	56%	73% acdefhi	63%	64%
NET: Disagree		687	327	359	154	199	335	42	79	66	85	67	87	80	111	70
		34%	33%	35%	25%	30%	44% ab	43% bg	30%	33% g	39% bg	38% g	39% g	25%	33% g	34% g
Base for stats		1964	965	991	588	650	726	96	256	189	208	169	213	313	319	203
Mean Score		2.83	2.86	2.80	3.02 bc	2.90 c	2.61	2.72	2.90 de	2.87	2.70	2.71	2.76	2.98 adef	2.83	2.86
Standard Deviation		.979	.973	.988	.958	.954	.978	1.071	1.000	.983	1.023	1.004	.905	.959	.971	.934
Standard Error		.022	.031	.031	.038	.038	.037	.101	.062	.070	.070	.074	.075	.053	.054	.065
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298	
Total		2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	580	51	169	145	88	45	82	365	215	468	17	51	27	7	3	105	
		29%	32% efh	35% defh	32% efh	27% f	22% f	20% f	33% defh	23% a	27% a	37% a	41% a	35% a	47% a	21% a	38% a	
Tend to agree		697	58	174	156	106	77	126	388	309	597	15	47	23	5	6	96	
		34%	37%	36%	34%	33%	38%	31%	35%	33%	34%	32%	38%	31%	34%	47%	35%	
Tend to disagree		463	26	88	92	78	48	131	207	257	419	5	15	18	1	3	41	
		23%	17%	18%	20%	24% bg	24% bg	32% abcdeg	19% abcg	27% abcg	24% bcg	10% bcg	12% bcg	24% bcg	5% bcg	19% bcg	15% bcg	
Strongly disagree		224	18	45	45	38	22	56	108	116	196	6	10	6	2	1	25	
		11%	11%	9%	10%	12%	11%	14% bg	10% bg	12% bg	11% bg	13% bg	8% bg	8% bg	14% bg	6% bg	9% bg	
Don't know		70	4	9	19	13	10	15	33	37	57	3	2	1	-	1	7	
		3%	3%	2%	4% b	4% b	5% b	4% b	3% b	4% b	3% b	8% c	2% c	1% c	- c	7% c	3% c	
NET: Agree		1277	109	343	301	194	122	208	753	524	1065	32	98	50	12	9	201	
		63%	69% dfh	71% defh	66% fh	60% f	61% f	51% f	68% defh	56% a	61% a	69% a	78% a	66% a	81% a	68% a	73% a	
NET: Disagree		687	44	133	137	116	69	187	315	372	614	11	25	24	3	3	66	
		34%	28% bg	27% bg	30% bg	36% bg	34% bg	46% abcdeg	29% abcg	40% abcg	35% cg	23% cg	20% cg	33% c	19% c	25% c	24% c	
Base for stats		1964	153	476	438	310	192	395	1067	897	1680	42	124	74	15	13	268	
Mean Score		2.83	2.93 fh	2.98 defh	2.91 fh	2.79 f	2.76 f	2.59 f	2.95 defh	2.70 a	2.80 a	3.01 a	3.13 a	2.94 a	3.13 a	2.89 a	3.05 a	
Standard Deviation		.979	.985	.961	.972	.992	.939	.972	.969	.975	.976	1.054	.924	.974	1.064	.858	.961	
Standard Error		.022	.077	.043	.046	.058	.069	.050	.029	.033	.024	.154	.080	.109	.275	.229	.056	
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.08	.05	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421	
Total		2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	580	166	243	162	405	32	30	116	402	178	543	29	39	276	230	35	541	126	406
			29%	23%	32%	32%	32%	40%	33%	22%	30%	26%	30%	17%	19%	26%	34%	38%	30%	34%	29%
				a	a	a	cde	c		c		b				abe	ab	ab			
Tend to agree		(3.0)	697	245	257	190	447	22	34	195	445	251	638	48	77	362	225	32	620	126	484
			34%	33%	33%	38%	35%	27%	37%	38%	33%	36%	35%	29%	38%	34%	33%	34%	34%	34%	34%
Tend to disagree		(2.0)	463	200	165	89	254	19	15	134	295	169	400	51	44	277	128	14	419	75	334
			23%	27%	21%	18%	20%	24%	17%	26%	22%	24%	22%	30%	22%	26%	19%	15%	23%	20%	23%
				bcd								a		a		cd		c			
Strongly disagree		(1.0)	224	103	76	43	119	4	10	56	155	69	185	34	36	115	64	9	188	35	152
			11%	14%	10%	8%	9%	4%	11%	11%	11%	10%	10%	20%	18%	11%	10%	10%	10%	9%	11%
				bcd				a			a		a		bce						
Don't know			70	21	29	20	49	3	2	17	48	22	62	6	6	36	26	2	64	12	46
			3%	3%	4%	4%	4%	4%	2%	3%	4%	3%	3%	4%	3%	3%	4%	2%	4%	3%	3%
NET: Agree			1277	411	500	352	852	54	64	311	847	430	1181	77	117	638	455	67	1160	252	890
			63%	56%	65%	70%	67%	68%	70%	60%	63%	62%	65%	46%	58%	60%	68%	73%	63%	67%	63%
				a	a	a							b			abe	ab				
NET: Disagree			687	304	241	132	373	23	26	190	449	238	584	85	80	392	192	24	607	111	486
			34%	41%	31%	26%	29%	28%	28%	37%	33%	35%	32%	50%	40%	37%	28%	26%	33%	30%	34%
				bcd								a		cd	cd		c				
Base for stats		1964	715	741	484	1225	77	89	501	1297	668	1765	163	197	1030	647	91	1767	363	1375	
Mean Score		2.83	2.66	2.90	2.97	2.93	3.08	2.93	2.74	2.84	2.81	2.87	2.44	2.61	2.78	2.96	3.02	2.86	2.94	2.83	
				a	a	a	cde			c		b			a	abe	ab	ab			
Standard Deviation		.979	.990	.975	.935	.960	.927	.983	.937	.995	.948	.968	1.016	1.004	.966	.974	.984	.974	.972	.975	
Standard Error		.022	.037	.036	.042	.027	.104	.102	.042	.028	.037	.023	.079	.072	.030	.038	.100	.023	.051	.026	
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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									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		2034	208	361	76	1391	590	45		1630	404	381	190	268	318	182	235	80	380	768	695
Total		2034	203	371	72	1394	588	47		1623	411	389	189	266	316	177	235	81	381	759	697
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	580	63	85	16	420	148	16		493	88	85	57	73	104	49	74	19	119	226	212
		29%	31% b	23%	22%	30% be	25%	34%	30% b	21%	22%	30% a	27%	33% a	28%	32% a	24%	31% a	30% a	30% a	
Tend to agree	(3.0)	697	62	122	32	474	203	7		561	136	106	71	106	118	69	90	27	110	292	227
		34%	31% f	33% f	45% af	34% f	35% f	15%	35% f	33%	27%	38% ah	40% ahj	37% ah	39% ah	38% ah	34% ah	29% ah	39% ahj	33% ahj	
Tend to disagree	(2.0)	463	46	96	16	309	145	11		355	108	115	38	56	64	39	44	20	87	160	150
		23%	23%	26%	23%	22%	25%	24%	22% bcdfhij	26%	30%	20%	21%	20%	22%	19%	25%	23%	21%	22%	
Strongly disagree	(1.0)	224	22	54	5	146	73	7		160	64	68	17	24	21	14	21	12	46	59	79
		11%	11% d	14%	7%	10%	12%	16%	10% a	15% a	18% bcdefhij	9%	9%	7%	8%	9%	15% di	12% di	8%	11% di	
Don't know		70	10	14	3	45	19	6		54	16	14	6	7	9	6	6	2	19	22	28
		3%	5%	4%	4%	3%	3%	12% bde	3%	4%	4%	3%	3%	3%	3%	3%	3%	3%	5%	3%	4%
NET: Agree		1277	125	207	48	894	352	23		1054	223	191	128	179	221	118	164	47	229	518	439
		63%	62%	56%	67% f	64% bf	60%	49%	65% b	54%	49%	68% a	67% a	70% aghj	67% a	70% agh	57% a	60% a	68% aghj	63% a	
NET: Disagree		687	68	150	21	455	218	18		515	172	183	55	80	86	53	65	32	133	219	230
		34%	34%	40% d	30%	33%	37%	39%	32% a	42% a	47% bcdefhij	29%	30%	27%	30%	28%	40% dfi	35% di	29%	33%	
Base for stats		1964	193	357	70	1349	570	41		1569	395	375	183	259	307	171	229	79	362	737	669
Mean Score		2.83	2.86 b	2.67	2.85	2.87 be	2.75	2.76	2.88 b	2.63	2.56	2.92 a	2.88 a	2.99 aghj	2.90 a	2.95 ag	2.68 a	2.83 ag	2.93 ag	2.86 a	
Standard Deviation		.979	1.003	1.000	.859	.978	.984	1.158	.967	1.001	1.035	.941	.925	.909	.915	.940	1.013	1.027	.916	.999	
Standard Error		.022	.071	.054	.100	.027	.041	.183	.024	.051	.054	.069	.057	.052	.069	.062	.115	.054	.034	.039	
Error variance		*	.01	*	.01	*	*	.03	*	*	*	*	*	*	*	*	.01	*	*	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total		2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	580	184	67	328	514	25	501	44	462	50	503	22	406	83
		29%	27%	12%	41%	34%	12%	33%	20%	36%	15%	35%	8%	38%	16%
			b		ab	b		b		b		b		b	
Tend to agree	(3.0)	697	219	167	304	534	52	539	59	473	77	520	50	397	134
		34%	32%	31%	38%	35%	24%	36%	27%	37%	24%	36%	19%	37%	26%
					ab	b		b		b		b		b	
Tend to disagree	(2.0)	463	165	183	108	298	67	298	57	220	107	254	105	167	183
		23%	24%	34%	14%	20%	32%	20%	26%	17%	33%	18%	40%	16%	35%
			c	ac		a		a		a		a		a	
Strongly disagree	(1.0)	224	79	106	36	131	61	134	51	101	79	105	73	80	102
		11%	12%	20%	5%	9%	29%	9%	23%	8%	24%	7%	28%	8%	20%
			c	ac		a		a		a		a		a	
Don't know		70	29	19	21	36	7	43	9	33	13	43	13	19	16
		3%	4%	4%	3%	2%	3%	3%	4%	3%	4%	3%	5%	2%	3%
NET: Agree		1277	403	233	632	1048	76	1040	104	935	127	1022	73	803	217
		63%	60%	43%	79%	69%	36%	69%	47%	73%	39%	72%	28%	75%	42%
			b		ab	b		b		b		b		b	
NET: Disagree		687	244	289	144	429	128	432	108	321	186	359	178	247	285
		34%	36%	53%	18%	28%	61%	29%	49%	25%	57%	25%	68%	23%	55%
			c	ac		a		a		a		a		a	
Base for stats		1964	647	522	776	1477	204	1472	211	1256	312	1381	250	1051	501
Mean Score		2.83	2.78	2.37	3.19	2.97	2.20	2.96	2.46	3.03	2.31	3.03	2.09	3.07	2.39
			b		ab	b		b		b		b		b	
Standard Deviation		.979	.991	.947	.844	.951	1.002	.952	1.075	.930	1.021	.922	.917	.920	.989
Standard Error		.022	.039	.042	.030	.025	.070	.025	.074	.026	.058	.025	.058	.028	.045
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total		2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	487	216	269	170	166	151	26	57	43	44	38	40	102	84	51
		24%	22%	26%	28%	25%	20%	26%	22%	22%	21%	22%	18%	32%	25%	25%
				a	c	c								bdef		
Tend to agree	(3.0)	722	323	396	219	247	256	27	93	72	91	56	91	122	103	65
		35%	33%	38%	36%	37%	34%	27%	35%	36%	42%	32%	40%	38%	31%	31%
				a							aehi		ah	a		
Tend to disagree	(2.0)	464	255	206	121	157	187	23	62	48	52	45	44	53	85	53
		23%	26%	20%	20%	24%	25%	23%	23%	24%	24%	26%	19%	17%	26%	26%
			b				a		g	g	g	g		g	g	g
Strongly disagree	(1.0)	310	177	133	81	85	143	21	48	28	22	31	48	33	50	30
		15%	18%	13%	13%	13%	19%	21%	18%	14%	10%	18%	21%	10%	15%	14%
			b				ab	dg	dg			dg	dg			
Don't know		51	22	29	23	12	15	2	4	7	6	5	3	8	8	9
		3%	2%	3%	4%	2%	2%	2%	1%	3%	3%	3%	1%	2%	3%	4%
					b											
NET: Agree		1208	539	665	389	413	407	52	151	116	136	94	132	225	188	116
		59%	54%	64%	63%	62%	54%	54%	57%	58%	63%	54%	58%	70%	57%	56%
				a	c	c								abcefhi		
NET: Disagree		775	432	339	202	243	330	43	110	76	73	76	91	87	135	83
		38%	44%	33%	33%	36%	44%	45%	42%	38%	34%	43%	40%	27%	41%	40%
			b				ab	g	g	g		g	g		g	g
Base for stats		1983	971	1004	591	655	737	96	260	192	209	170	223	311	323	199
Mean Score		2.70	2.60	2.80	2.81	2.75	2.56	2.60	2.62	2.68	2.76	2.59	2.56	2.94	2.69	2.69
				a	c	c					f			abcdefhi		
Standard Deviation		1.007	1.026	.982	1.004	.977	1.023	1.105	1.025	.984	.905	1.027	1.021	.963	1.025	1.015
Standard Error		.023	.033	.031	.040	.039	.039	.104	.063	.069	.062	.075	.082	.053	.057	.072
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298	
Total		2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	487	40	114	98	100	55	80	251	236	409	9	36	20	3	6	73
			24%	25%	23%	21%	31%	27%	20%	23%	25%	24%	20%	28%	27%	19%	44%	27%
						bcdgh	f			f								
Tend to agree		(3.0)	722	56	170	174	110	72	140	400	321	608	16	54	25	6	5	105
			35%	36%	35%	38%	34%	36%	34%	36%	34%	35%	34%	43%	34%	38%	35%	38%
Tend to disagree		(2.0)	464	32	113	103	65	44	108	248	217	408	9	23	18	1	2	52
			23%	20%	23%	23%	20%	22%	26%	23%	23%	23%	19%	18%	24%	10%	13%	19%
Strongly disagree		(1.0)	310	24	79	70	41	26	70	173	137	275	10	10	8	4	1	34
			15%	15%	16%	15%	13%	13%	17%	16%	15%	16%	22%	8%	11%	27%	8%	12%
											c	c						
Don't know			51	5	11	12	7	4	12	28	24	37	2	3	4	1	-	10
			3%	3%	2%	3%	2%	2%	3%	3%	3%	2%	5%	3%	5%	5%	-	4%
NET: Agree			1208	96	283	272	210	127	220	651	557	1018	25	89	45	8	11	179
			59%	61%	58%	59%	65%	63%	54%	59%	60%	59%	54%	71%	60%	58%	79%	65%
						f	f			f				ab			a	
NET: Disagree			775	56	192	173	106	70	178	421	353	683	19	33	26	5	3	86
			38%	36%	39%	38%	33%	35%	43%	38%	38%	39%	41%	26%	35%	37%	21%	31%
								de				cg	c					
Base for stats		1983	152	475	445	316	197	398	1073	910	1700	43	122	72	14	14	265	
Mean Score		2.70	2.73	2.67	2.67	2.85	2.79	2.58	2.68	2.72	2.68	2.54	2.94	2.80	2.53	3.15	2.82	
						bcdg	f			f			ab				a	
Standard Deviation		1.007	1.020	1.017	.988	1.012	.996	1.001	1.005	1.010	1.012	1.077	.901	.986	1.152	.968	.979	
Standard Error		.023	.080	.046	.046	.058	.072	.052	.030	.034	.025	.155	.078	.112	.308	.250	.058	
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.01	.09	.06	*	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421	
Total		2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	487	155	187	138	326	22	29	164	272	215	437	40	43	234	184	27	444	111	326
			24%	21%	24%	27%	26%	27%	32%	32%	20%	31%	24%	24%	21%	22%	27%	29%	24%	29%	23%
					a	a		d	d	d		d				b			b		
Tend to agree		(3.0)	722	265	271	177	448	29	31	194	468	254	653	52	65	403	220	34	657	132	510
			35%	36%	35%	35%	35%	36%	34%	37%	35%	37%	36%	31%	32%	38%	33%	37%	36%	35%	36%
																c					
Tend to disagree		(2.0)	464	165	186	109	295	18	20	94	333	131	413	45	42	244	154	24	422	80	337
			23%	22%	24%	22%	23%	22%	22%	18%	25%	19%	23%	27%	21%	23%	23%	26%	23%	21%	24%
										ce											
Strongly disagree		(1.0)	310	135	105	68	173	8	9	57	236	74	279	27	46	161	96	7	264	43	218
			15%	18%	14%	13%	14%	10%	10%	11%	18%	11%	15%	16%	23%	15%	14%	7%	14%	11%	15%
				bcd						ce					bcd	d					
Don't know			51	17	20	11	32	4	2	9	36	15	44	5	7	25	18	1	44	9	30
			3%	2%	3%	2%	2%	5%	2%	2%	3%	2%	2%	3%	3%	2%	3%	1%	2%	2%	2%
							c														
NET: Agree			1208	419	458	315	773	50	61	358	740	468	1090	92	107	637	404	60	1101	243	836
			59%	57%	59%	63%	61%	62%	66%	69%	55%	68%	60%	54%	53%	60%	60%	65%	60%	65%	59%
						a		d	d	d		d						a		b	
NET: Disagree			775	299	292	177	468	26	29	151	569	206	693	72	88	405	250	31	687	123	555
			38%	41%	38%	35%	37%	32%	32%	29%	42%	30%	38%	43%	44%	38%	37%	34%	37%	33%	39%
				c						bce										a	
Base for stats		1983	719	750	492	1242	76	89	509	1309	674	1783	164	195	1042	654	92	1788	366	1391	
Mean Score		2.70	2.61	2.72	2.78	2.75	2.83	2.91	2.91	2.59	2.90	2.70	2.64	2.53	2.68	2.75	2.87	2.72	2.85	2.68	
				a	a	a	d	d	d		d					a	a	a	b		
Standard Deviation		1.007	1.022	.992	1.004	.997	.968	.976	.974	1.009	.973	1.007	1.027	1.078	.988	1.022	.921	.998	.985	1.001	
Standard Error		.023	.039	.036	.045	.028	.110	.101	.044	.028	.038	.024	.080	.078	.031	.040	.094	.024	.051	.027	
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		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		2034	208	361	76	1391	590	45		1630	404	381	190	268	318	182	235	80	380	768	695
Total		2034	203	371	72	1394	588	47		1623	411	389	189	266	316	177	235	81	381	759	697
		100%	100%	100%	100%	100%	100%	100%		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	487	70	109	17	300	171	20		408	79	106	53	64	73	40	57	18	74	178	149
		24%	35%	29%	24%	22%	29%	43%		25%	19%	27%	28%	24%	23%	23%	24%	22%	19%	23%	21%
			d	d			d	cd		b		hj	hj								
Tend to agree	(3.0)	722	62	132	28	501	207	14		595	127	136	67	99	130	62	78	26	124	290	228
		35%	31%	36%	38%	36%	35%	30%		37%	31%	35%	35%	37%	41%	35%	33%	33%	33%	38%	33%
									b						hj				j		
Tend to disagree	(2.0)	464	43	68	21	329	125	5		348	116	76	45	59	71	48	54	19	92	178	166
		23%	21%	18%	29%	24%	21%	11%		21%	28%	20%	24%	22%	23%	27%	23%	24%	24%	23%	24%
					bf	b				a					a						
Strongly disagree	(1.0)	310	24	54	4	233	73	7		231	79	61	17	34	38	23	36	14	87	95	137
		15%	12%	15%	6%	17%	12%	16%		14%	19%	16%	9%	13%	12%	13%	15%	18%	23%	13%	20%
			c	c		ce		a		b		b					b	abcdefi	bcdei		
Don't know		51	3	7	2	31	12	-		41	10	10	7	10	4	4	10	3	4	18	17
		3%	2%	2%	3%	2%	2%	-		3%	2%	2%	4%	4%	1%	2%	4%	4%	1%	2%	2%
													h	dh		dh	h				
NET: Agree		1208	132	242	45	801	378	34		1003	206	242	120	162	203	103	135	45	198	468	378
		59%	65%	65%	62%	57%	64%	73%		62%	50%	62%	64%	61%	64%	58%	58%	55%	52%	62%	54%
			d	d			d	d		b		hj	hj	h	hj					hj	
NET: Disagree		775	67	123	25	561	198	13		579	196	137	62	93	109	71	90	34	180	273	303
		38%	33%	33%	34%	40%	34%	27%		36%	48%	35%	33%	35%	35%	40%	38%	41%	47%	36%	43%
					abe					a								abcdfi		abcdi	
Base for stats		1983	199	365	70	1363	576	47		1582	401	379	182	256	312	173	225	78	377	741	681
		2.70	2.90	2.81	2.83	2.64	2.83	3.00		2.75	2.51	2.76	2.86	2.75	2.76	2.70	2.70	2.62	2.49	2.74	2.57
			d	d			d	d		b		hj	hj	hj	hj	h	h			hj	
Standard Deviation		1.007	1.023	1.026	.871	1.007	.996	1.098		.999	1.020	1.033	.949	.980	.947	.973	1.021	1.039	1.052	.963	1.043
Standard Error		.023	.072	.055	.102	.027	.042	.164		.025	.051	.054	.070	.061	.053	.073	.068	.118	.054	.035	.040
Error variance		*	.01	*	.01	*	*	.03		*	*	*	*	*	*	.01	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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)	
		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		2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total		2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	487 24%	170 25% b	63 12% ab	251 32% ab	390 26%	44 21%	396 26%	46 21%	327 25% b	63 19%	378 27% b	45 17%	315 29% b	88 17%
Tend to agree	(3.0)	722 35%	227 34%	189 35%	298 37%	547 36% b	56 27%	541 36%	68 31%	472 37%	105 32%	514 36% b	78 30%	383 36% b	151 29%
Tend to disagree	(2.0)	464 23%	156 23% c	171 31% ac	135 17%	333 22%	50 24%	329 22%	53 24%	279 22%	72 22%	303 21%	63 24%	217 20%	145 28% a
Strongly disagree	(1.0)	310 15%	107 16%	101 19% c	99 12%	216 14%	50 24% a	217 14%	45 20% a	189 15%	74 23% a	199 14%	67 26% a	139 13%	117 23% a
Don't know		51 3%	16 2%	18 3%	14 2%	28 2%	11 5% a	32 2%	8 4%	23 2%	11 3%	28 2%	9 4%	14 1%	16 3% a
NET: Agree		1208 59%	398 59% b	252 47%	549 69% ab	937 62% b	100 47%	937 62% b	113 52%	799 62% b	168 52%	892 63% b	123 47%	698 65% b	239 46%
NET: Disagree		775 38%	263 39% c	272 50% ac	234 29%	548 36%	100 48% a	547 36%	98 45% a	468 36% a	146 45% a	503 35% a	130 50% a	357 33%	262 51% a
Base for stats		1983	660	524	783	1485	200	1483	211	1267	314	1395	253	1055	501
Mean Score		2.70	2.70 b	2.41	2.90 ab	2.75 b	2.47	2.75 b	2.54	2.74 b	2.50	2.77 b	2.39	2.83 b	2.42
Standard Deviation		1.007	1.026	.933	.994	1.002	1.092	1.007	1.052	1.004	1.063	1.004	1.061	1.002	1.032
Standard Error		.023	.040	.041	.036	.026	.078	.026	.072	.028	.060	.027	.067	.031	.047
Error variance		*	*	*	*	*	.01	*	.01	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total		2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	195	104	92	108	63	24	7	30	14	21	11	11	47	34	20
		10%	10%	9%	18% bc	9% c	3%	7%	12% f	7%	10%	6%	5%	15% acef	10%	9%
Tend to agree	(3.0)	418	215	199	159	149	109	19	50	43	43	29	54	76	60	43
		21%	22%	19%	26% c	22% c	14%	20%	19%	22%	20%	17%	24%	24%	18%	21%
Tend to disagree	(2.0)	745	340	400	174	241	329	34	87	74	78	69	87	105	124	87
		37%	34%	39% a	28%	36% a	44% ab	35%	33%	37%	36%	39%	38%	33%	37%	42% g
Strongly disagree	(1.0)	614	305	308	144	193	278	34	89	59	69	57	66	80	108	53
		30%	31%	30%	23%	29% a	37% ab	35% g	34% g	30%	32%	32%	29%	25%	33% g	26%
Don't know		62	28	34	28	21	12	3	8	8	4	9	7	11	7	5
		3%	3%	3%	5% c	3%	2%	3%	3%	4%	2%	5%	3%	3%	2%	2%
NET: Agree		613	319	291	267	213	133	26	80	57	64	41	65	123	93	63
		30%	32%	28%	44% bc	32% c	18%	27%	30%	29%	30%	23%	29%	39% abcdefh	28%	30%
NET: Disagree		1359	646	708	318	434	607	69	176	133	147	126	153	185	231	139
		67%	65%	69%	52%	65% a	81% ab	71% g	67% g	67% g	68% g	72% g	68% g	58%	70% g	67% g
Base for stats		1972	965	999	585	647	740	95	256	190	211	166	219	308	325	203
Mean Score		2.10	2.12	2.07	2.40 bc	2.13 c	1.84	1.98	2.08	2.07	2.08	1.97	2.05	2.29 abcdefh	2.06	2.15
Standard Deviation		.954	.978	.933	1.050	.951	.791	.928	1.007	.915	.962	.891	.872	1.015	.965	.920
Standard Error		.021	.032	.029	.042	.038	.030	.088	.063	.065	.066	.066	.071	.056	.053	.064
Error variance		*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total		2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	195	24	64	45	33	13	16	133	62	146	12	23	8	1	1	46
		10%	15% efh	13% efh	10% fh	10% fh	7% 	4% 	12% efh	7% 	8% 	27% ad	19% a	11% 	5% 	7% 	17% a
Tend to agree	(3.0)	418	42	95	105	66	42	69	242	176	348	12	31	21	-	2	66
		21%	26% fh	20% 	23% f	20% 	21% 	17% 	22% f	19% 	20% 	26% 	25% 	28% 	- 	14% 	24% 
Tend to disagree	(2.0)	745	45	157	166	119	79	179	368	377	660	8	39	21	9	3	79
		37%	29% 	32% 	36% 	37% 	39% a	44% abcg	33% 	40% abg	38% bg	18% 	31% 	27% 	60% 	19% 	29% 
Strongly disagree	(1.0)	614	42	158	129	96	57	132	329	285	535	11	31	21	4	8	75
		30%	27% 	33% 	28% 	30% 	28% 	32% 	30% 	31% 	31% 	25% 	24% 	28% 	27% 	59% 	27% 
Don't know		62	4	12	12	9	10	14	29	33	49	2	2	4	1	-	9
		3%	3% 	3% 	3% 	3% 	5% 	3% 	3% 	4% 	3% 	4% 	2% 	5% 	8% 	- 	3% 
NET: Agree		613	66	159	150	99	55	85	375	239	494	24	55	29	1	3	112
		30%	42% bcdefh	33% fh	33% fh	31% f	27% 	21% 	34% fh	26% 	28% 	53% a	43% a	39% a	5% 	22% 	41% a
NET: Disagree		1359	87	314	295	215	136	312	697	662	1194	20	69	42	13	11	154
		67%	55% a	65% a	65% a	66% a	68% a	76% abcdeg	63% abcg	71% 	69% bcdg	43% 	55% 	56% 	87% 	78% 	56% 
Base for stats		1972	153	474	445	314	191	396	1071	901	1688	44	124	71	14	14	266
Mean Score		2.10	2.31 defh	2.14 fh	2.15 fh	2.12 f	2.06 	1.92 	2.17 fh	2.02 	2.06 	2.57 a	2.38 a	2.23 	1.83 	1.70 	2.31 a
Standard Deviation		.954	1.043	1.029	.954	.964	.891	.815	1.001	.889	.930	1.166	1.057	1.013	.728	1.008	1.062
Standard Error		.021	.082	.047	.044	.056	.065	.042	.030	.030	.023	.167	.091	.116	.194	.260	.063
Error variance		*	.01	*	*	*	*	*	*	*	*	.03	.01	.01	.04	.07	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		
		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	2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421	
Total	2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	195	31	93	68	17	17	46	115	80	176	15	9	85	87	13	186	68	112	
		10%	4%	12%	14%	22%	19%	9%	9%	12%	10%	9%	5%	8%	13%	15%	10%	18%	8%	
			a	a	a	cde	cd			d					abe	ab	a	b		
Tend to agree	(3.0)	418	103	176	131	26	30	109	253	164	379	33	26	225	145	22	392	99	285	
		21%	14%	23%	26%	32%	33%	21%	19%	24%	21%	19%	13%	21%	21%	24%	21%	26%	20%	
			a	a	a	cd	cd			d				a	a	a	a	b		
Tend to disagree	(2.0)	745	318	261	155	20	25	204	495	250	666	66	78	406	234	26	667	116	542	
		37%	43%	34%	31%	25%	28%	39%	37%	36%	36%	39%	39%	38%	35%	28%	36%	31%	38%	
			bcd					ab	a									a		
Strongly disagree	(1.0)	614	266	214	132	16	15	147	436	178	554	49	84	317	187	26	530	75	448	
		30%	36%	28%	26%	20%	16%	28%	32%	26%	30%	29%	41%	30%	28%	28%	29%	20%	31%	
			bcd					b	abe	b			bcd					a		
Don't know		62	17	27	18	1	4	11	46	16	52	7	5	32	19	5	56	18	35	
		3%	2%	3%	3%	1%	4%	2%	3%	2%	3%	4%	3%	3%	3%	5%	3%	5%	2%	
																		b		
NET: Agree		613	135	269	199	43	47	155	368	245	555	47	35	311	232	35	578	166	397	
		30%	18%	35%	40%	54%	52%	30%	27%	36%	30%	28%	17%	29%	34%	38%	32%	44%	28%	
			a	a	a	cde	cde			cd				a	ab	a	a	b		
NET: Disagree		1359	584	475	287	36	40	352	931	428	1219	115	162	723	422	52	1197	190	990	
		67%	79%	62%	57%	45%	44%	68%	69%	62%	67%	68%	80%	68%	63%	56%	65%	51%	70%	
			bcd					abe	abe	ab			bcd	cd				a		
Base for stats	1972	719	744	486	1229	79	88	506	1299	673	1775	162	197	1034	654	87	1775	357	1387	
Mean Score	2.10	1.86	2.20	2.28	2.23	2.56	2.56	2.11	2.04	2.22	2.10	2.08	1.80	2.08	2.20	2.26	2.13	2.45	2.04	
			a	a	a	cde	cde			cd				a	ab	a	a	b		
Standard Deviation	.954	.819	.993	1.014	1.002	1.049	.995	.927	.940	.970	.956	.930	.842	.922	1.002	1.051	.960	1.025	.922	
Standard Error	.021	.031	.036	.046	.028	.117	.104	.042	.026	.037	.023	.073	.061	.029	.039	.109	.023	.054	.025	
Error variance	*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695	
Total	2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	195	32	28	11	121	66	4	172	24	21	21	23	33	24	31	7	36	80	74
	10%	16%	8%	15%	9%	11%	8%	11%	6%	5%	11%	9%	11%	13%	13%	8%	9%	11%	11%	
		bd		b				b			a		a	a	a		a	a	a	
Tend to agree	(3.0)	418	48	77	21	273	138	7	335	82	56	44	56	82	38	42	23	75	177	141
	21%	24%	21%	29%	20%	23%	15%	21%	20%	15%	23%	21%	26%	22%	18%	29%	20%	23%	20%	
				d							a	a	afhj	a		af		a	a	
Tend to disagree	(2.0)	745	60	133	22	533	196	16	575	170	164	72	101	106	72	73	26	132	279	230
	37%	30%	36%	30%	38%	33%	34%	35%	41%	42%	38%	38%	33%	41%	31%	32%	35%	37%	33%	
				ae				a		dfhj				fj						
Strongly disagree	(1.0)	614	52	122	16	429	170	17	493	122	137	45	75	83	40	77	24	132	199	234
	30%	26%	33%	22%	31%	29%	36%	30%	30%	35%	24%	28%	26%	23%	33%	30%	35%	26%	33%	
										bdei					bei		bdei		bdei	
Don't know		62	10	10	2	38	19	3	48	14	10	7	11	12	3	12	1	6	25	19
	3%	5%	3%	3%	3%	3%	6%	3%	3%	3%	4%	4%	4%	2%	5%	1%	2%	3%	3%	
															h					
NET: Agree		613	80	106	32	394	204	11	507	106	78	65	79	116	62	73	30	111	257	214
	30%	40%	28%	44%	28%	35%	23%	31%	26%	20%	34%	30%	37%	35%	31%	37%	29%	34%	31%	
			bdf		bdf	bd		b			a	a	a	ah	a	a	a	a	a	
NET: Disagree		1359	112	256	38	963	365	33	1068	291	301	117	176	189	113	150	50	264	477	464
	67%	55%	69%	52%	69%	62%	70%	66%	71%	77%	62%	66%	60%	64%	64%	62%	69%	63%	67%	
			ace		ace					bcd	efghij						di		d	
Base for stats	1972	193	361	70	1356	569	44	1575	397	379	182	255	305	174	223	80	375	734	678	
Mean Score	2.10	2.32	2.03	2.39	2.06	2.18	1.95	2.12	2.02	1.90	2.22	2.11	2.22	2.26	2.12	2.15	2.04	2.19	2.08	
			bdf		bdf	bd					ah	a	ahj	ahj	a	a	a	ahj	a	
Standard Deviation	.954	1.048	.931	1.007	.933	.988	.951	.974	.868	.853	.948	.932	.969	.964	1.037	.959	.969	.956	.990	
Standard Error	.021	.074	.050	.118	.025	.041	.147	.024	.044	.044	.070	.058	.055	.072	.069	.108	.050	.035	.038	
Error variance	*	.01	*	.01	*	*	.02	*	*	*	*	*	*	*	*	.01	*	*	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total		2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	195	87	38	69	170	12	157	20	148	19	159	12	160	15
		10%	13%	7%	9%	11%	6%	10%	9%	11%	6%	11%	5%	15%	3%
			bc			b				b		b		b	
Tend to agree	(3.0)	418	149	84	179	333	29	338	29	316	42	339	21	270	60
		21%	22%	16%	22%	22%	14%	22%	13%	25%	13%	24%	8%	25%	12%
			b		b	b		b		b		b		b	
Tend to disagree	(2.0)	745	219	227	292	524	77	538	75	428	124	475	106	325	219
		37%	32%	42%	37%	35%	36%	35%	34%	33%	38%	33%	40%	30%	42%
				a								a		a	
Strongly disagree	(1.0)	614	200	180	231	454	86	445	91	371	129	418	114	298	209
		30%	30%	33%	29%	30%	41%	29%	41%	29%	40%	29%	43%	28%	40%
						a		a		a		a		a	
Don't know		62	20	13	26	31	7	37	5	26	12	32	9	17	14
		3%	3%	2%	3%	2%	3%	2%	2%	2%	4%	2%	3%	2%	3%
NET: Agree		613	236	122	247	504	41	495	49	464	60	498	34	430	75
		30%	35%	22%	31%	33%	20%	33%	22%	36%	19%	35%	13%	40%	15%
			b		b	b		b		b		b		b	
NET: Disagree		1359	419	407	523	978	163	983	166	799	253	893	220	622	428
		67%	62%	75%	66%	65%	77%	65%	75%	62%	78%	63%	84%	58%	83%
				ac		a		a		a		a		a	
Base for stats		1972	656	528	771	1482	204	1478	214	1263	313	1391	253	1053	504
Mean Score		2.10	2.19	1.96	2.11	2.15	1.84	2.14	1.90	2.19	1.84	2.17	1.74	2.28	1.76
			b		b	b		b		b		b		b	
Standard Deviation		.954	1.015	.886	.937	.985	.885	.968	.964	.988	.873	.986	.814	1.035	.776
Standard Error		.021	.039	.039	.034	.026	.062	.025	.066	.028	.049	.026	.051	.032	.035
Error variance		*	*	*	*	*	*	*	*	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total		2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	333 16%	160 16%	171 17%	160 26% bc	115 17% c	57 8%	10 10%	44 17%	27 14%	38 18%	20 11%	36 16%	70 22% aceh	52 16%	36 17%
Tend to agree	(3.0)	699 34%	330 33%	366 35%	218 36%	247 37% c	234 31%	26 27%	95 36%	70 35%	81 38%	55 31%	71 31%	110 35%	118 36%	74 36%
Tend to disagree	(2.0)	639 31%	321 32%	315 31%	139 23%	197 30% a	302 40% ab	29 30%	71 27%	63 32%	64 30%	67 38% bg	81 36% g	84 26%	113 34% g	67 32%
Strongly disagree	(1.0)	296 15%	151 15%	144 14%	78 13%	84 13%	134 18% ab	28 29% bcdefghi	43 16%	31 16%	26 12%	28 16%	29 13%	42 13%	43 13%	26 13%
Don't know		67 3%	30 3%	37 4%	18 3%	24 4%	24 3%	3 3%	11 4%	8 4%	7 3%	6 4%	9 4%	12 4%	6 2%	5 2%
NET: Agree		1032 51%	491 49%	537 52%	378 62% bc	362 54% c	291 39%	37 38%	139 53% ae	97 49%	119 55% ae	74 42%	107 47%	180 56% ae	170 51% a	110 53% ae
NET: Disagree		935 46%	473 48%	460 44%	217 35%	281 42% a	437 58% ab	57 59% bcdghi	115 43%	94 47%	89 42%	95 54% bdg	110 49%	126 40%	155 47%	93 45%
Base for stats		1967	963	996	595	644	728	94	254	191	208	169	217	307	325	202
Mean Score		2.54	2.52	2.57	2.77 bc	2.61 c	2.29	2.20	2.55 a	2.49 a	2.63 ae	2.39	2.52 a	2.68 ace	2.55 a	2.59 ae
Standard Deviation		.942	.947	.937	.988	.926	.858	.993	.971	.932	.921	.895	.923	.976	.911	.927
Standard Error		.021	.031	.030	.039	.037	.033	.095	.061	.066	.063	.066	.075	.054	.050	.065
Error variance		*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total		2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
100%		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	333	37	94	80	59	29	34	210	123	260	16	32	15	3	3	70
		16%	24% efh	19% fh	17% fh	18% fh	15% f	8% fh	19% fh	13% f	15% a	35% a	26% a	21% a	21% a	19% a	25% a
Tend to agree	(3.0)	699	62	169	172	102	71	124	403	297	590	12	54	27	5	5	102
		34%	40% fh	35% fh	38% fh	32% fh	35% fh	30% fh	37% fh	32% fh	34% fh	26% fh	43% ab	36% ab	32% ab	35% ab	37% ab
Tend to disagree	(2.0)	639	38	144	120	100	68	169	302	337	572	8	28	20	4	3	62
		31%	24% a	30% a	26% a	31% a	34% a	41% abcdg	27% a	36% abcg	33% bcg	18% bcg	22% bcg	26% bcg	26% bcg	20% bcg	23% bcg
Strongly disagree	(1.0)	296	15	64	73	50	25	70	152	144	263	7	9	9	2	4	31
		15%	9% a	13% a	16% a	15% a	12% a	17% a	14% a	15% a	15% c	15% c	8% c	12% c	14% c	27% c	11% c
Don't know		67	5	14	13	11	8	14	33	34	52	3	2	4	1	-	10
		3%	3% a	3% a	3% a	4% a	4% a	3% a	3% a	4% a	3% a	6% a	1% a	6% a	8% a	- a	4% a
NET: Agree		1032	100	262	251	162	100	158	613	419	850	28	86	42	8	7	171
		51%	63% bdefh	54% fh	55% fh	50% f	50% f	38% f	56% fh	45% f	49% a	62% a	69% a	56% a	53% a	53% a	62% a
NET: Disagree		935	52	209	193	150	93	238	454	481	835	15	38	29	6	6	93
		46%	33% a	43% a	42% a	46% a	46% a	58% abcdegh	41% a	51% abcg	48% bcg	33% bcg	30% bcg	38% bcg	40% bcg	47% bcg	34% bcg
Base for stats		1967	152	471	444	311	193	396	1067	900	1685	43	124	71	14	14	265
Mean Score		2.54	2.80 bcdefgh	2.62 fh	2.58 fh	2.55 f	2.54 f	2.31 fh	2.63 fh	2.44 f	2.50 a	2.87 a	2.88 a	2.69 a	2.64 a	2.46 a	2.79 a
Standard Deviation		.942	.920	.953	.966	.975	.904	.858	.956	.916	.933	1.098	.888	.958	1.021	1.117	.962
Standard Error		.021	.072	.043	.045	.056	.066	.044	.029	.031	.023	.158	.077	.110	.273	.289	.057
Error variance		*	.01	*	*	*	*	*	*	*	*	.03	.01	.01	.07	.08	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	
		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		2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421
Total		2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	333	81	150	99	249	18	20	75	219	113	307	20	29	156	129	20	304	86	210
		16%	11%	19%	20%	20%	23%	22%	15%	16%	16%	17%	12%	14%	15%	19%	21%	17%	23%	15%
				a	a	a									b			b		
Tend to agree	(3.0)	699	226	285	175	461	27	36	192	445	254	639	50	53	379	230	37	646	143	491
		34%	31%	37%	35%	36%	33%	39%	37%	33%	37%	35%	29%	26%	36%	34%	40%	35%	38%	35%
				a	a	a									a	a	a	a		
Tend to disagree	(2.0)	639	276	217	144	360	24	16	161	438	201	576	54	71	350	195	23	568	94	468
		31%	37%	28%	29%	28%	30%	18%	31%	33%	29%	32%	32%	35%	33%	29%	24%	31%	25%	33%
			bcd					b	b	b									a	
Strongly disagree	(1.0)	296	130	96	66	162	6	16	72	202	94	251	37	43	146	100	7	253	39	209
		15%	18%	12%	13%	13%	8%	17%	14%	15%	14%	14%	22%	21%	14%	15%	8%	14%	10%	15%
			bcd									a		bcd					a	
Don't know		67	24	22	19	42	5	4	18	40	26	54	8	6	36	18	6	60	13	43
		3%	3%	3%	4%	3%	6%	4%	3%	3%	4%	3%	5%	3%	3%	3%	7%	3%	4%	3%
																	c			
NET: Agree		1032	307	435	275	710	45	56	267	665	368	946	70	82	535	359	57	951	229	701
		51%	42%	56%	55%	56%	56%	61%	52%	49%	53%	52%	41%	40%	50%	53%	61%	52%	61%	49%
			a	a	a	a		d				b			a	a	ab	a	b	
NET: Disagree		935	405	313	209	522	30	32	233	640	295	827	91	115	496	295	30	820	132	677
		46%	55%	41%	42%	41%	38%	35%	45%	48%	43%	45%	54%	57%	46%	44%	32%	45%	35%	48%
			bcd							be		a		bcd	d	d	d	d	a	
Base for stats		1967	712	748	484	1232	76	88	500	1304	663	1773	161	196	1031	654	86	1771	362	1378
Mean Score		2.54	2.36	2.65	2.64	2.65	2.75	2.68	2.54	2.52	2.58	2.57	2.33	2.34	2.53	2.59	2.80	2.57	2.77	2.51
			a	a	a	a	d					b			a	a	abce	a	b	
Standard Deviation		.942	.907	.940	.957	.946	.922	1.019	.916	.947	.933	.936	.971	.982	.914	.970	.888	.936	.935	.926
Standard Error		.021	.034	.034	.043	.027	.105	.107	.041	.026	.036	.022	.076	.071	.029	.038	.093	.022	.049	.025
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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										
							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		2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total		2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	333	52	45	15	218	103	7	282	51	46	34	48	56	32	39	14	65	136	117
		16%	26%	12%	21%	16%	17%	16%	17%	12%	12%	18%	18%	18%	18%	17%	17%	17%	18%	17%
			bde		b		b		b			a	a	a			a	a	a	a
Tend to agree	(3.0)	699	49	127	29	493	189	14	566	134	119	80	97	140	58	74	31	102	295	207
		34%	24%	34%	40%	35%	32%	31%	35%	33%	30%	42%	36%	44%	33%	31%	39%	27%	39%	30%
				a	a	a	a					afhj	hj	aefhj		h		afhj		
Tend to disagree	(2.0)	639	63	119	14	440	188	6	495	144	136	42	90	88	62	72	20	130	240	221
		31%	31%	32%	20%	32%	32%	12%	30%	35%	35%	22%	34%	28%	35%	30%	25%	34%	32%	32%
			f	cf		cf	cf				b		b		b		b	b	b	b
Strongly disagree	(1.0)	296	29	68	13	205	88	16	230	67	80	23	24	24	19	39	14	73	67	126
		15%	14%	18%	18%	15%	15%	35%	14%	16%	21%	12%	9%	8%	11%	16%	17%	19%	9%	18%
							abcde				bcdei					cdi	cdi	bcdei		cdei
Don't know		67	10	13	1	39	20	3	51	16	9	10	7	8	6	13	2	12	21	26
		3%	5%	3%	1%	3%	3%	6%	3%	4%	2%	5%	3%	2%	4%	5%	2%	3%	3%	4%
															a					
NET: Agree		1032	101	171	44	711	292	22	848	185	164	114	145	196	90	112	45	166	430	324
		51%	50%	46%	61%	51%	50%	47%	52%	45%	42%	60%	54%	62%	51%	48%	56%	44%	57%	46%
					b				b			afhj	ahj	aefhj		ah			afhj	
NET: Disagree		935	92	187	27	644	276	22	725	211	216	65	114	112	81	110	34	203	308	347
		46%	45%	50%	38%	46%	47%	47%	45%	51%	55%	35%	43%	36%	46%	47%	42%	53%	41%	50%
				c					a		bcdefgi				bd	bd		bcdi		bdi
Base for stats		1967	193	358	71	1355	568	44	1572	395	380	179	259	308	171	222	79	369	738	671
Mean Score		2.54	2.64	2.41	2.65	2.53	2.54	2.29	2.57	2.43	2.34	2.69	2.65	2.74	2.60	2.51	2.57	2.43	2.68	2.47
			b			b			b			ahj	ahj	afhj	a	a			afhj	a
Standard Deviation		.942	1.037	.933	1.018	.934	.961	1.152	.947	.917	.943	.926	.890	.845	.916	.975	.981	.997	.878	.988
Standard Error		.021	.074	.050	.118	.025	.040	.178	.024	.046	.049	.069	.055	.048	.069	.065	.111	.052	.032	.038
Error variance		*	.01	*	.01	*	*	.03	*	*	*	*	*	*	*	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
Significance Level: 95%			a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total		2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total		2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	333 16%	133 20% b	47 9%	152 19% b	285 19% b	24 11%	271 18%	32 14%	266 21% b	34 10%	275 19% b	28 11%	279 26% b	28 5%
Tend to agree	(3.0)	699 34%	233 34% b	149 28%	312 39% b	540 36% b	55 26%	547 36% b	63 29%	454 35%	101 31%	532 37% b	53 20%	431 40% b	113 22%
Tend to disagree	(2.0)	639 31%	199 29%	216 40% ac	219 27%	458 30%	64 30%	460 30%	64 29%	375 29%	103 32%	415 29%	94 36% a	233 22%	222 43% a
Strongly disagree	(1.0)	296 15%	87 13%	114 21% ac	91 11%	193 13%	64 31% a	198 13%	53 24% a	160 12%	83 26% a	168 12%	76 29% a	107 10%	140 27% a
Don't know		67 3%	24 4%	16 3%	23 3%	37 2%	4 2%	39 3%	8 4%	34 3%	5 2%	33 2%	11 4%	19 2%	13 3%
NET: Agree		1032 51%	366 54% b	196 36%	464 58% b	825 55% b	78 37%	818 54% b	95 43%	720 56% b	135 41%	808 57% b	81 31%	711 66% b	142 27%
NET: Disagree		935 46%	287 42%	330 61% ac	310 39%	652 43%	129 61% a	659 43%	117 53% a	535 41%	186 57% a	583 41%	170 65% a	340 32%	362 70% a
Base for stats		1967	652	526	774	1477	207	1476	212	1255	320	1391	251	1050	504
Mean Score		2.54	2.63 b	2.24	2.68 b	2.62 b	2.18	2.60 b	2.35	2.66 b	2.27	2.66 b	2.13	2.84 b	2.06
Standard Deviation		.942	.953	.894	.921	.940	1.003	.936	1.016	.951	.965	.929	.972	.933	.852
Standard Error		.021	.037	.040	.033	.024	.070	.024	.070	.027	.054	.025	.061	.029	.038
Error variance		*	*	*	*	*	*	*	*	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total		2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	494	248	245	158	174	162	26	64	50	60	40	36	85	81	52
		24%	25%	24%	26%	26%	22%	27%	24%	25%	28%	23%	16%	27%	24%	25%
						c		f		f	f		f	f	f	f
Tend to agree	(3.0)	950	452	494	280	319	351	42	121	94	84	80	118	144	172	95
		47%	46%	48%	46%	48%	47%	43%	46%	47%	39%	46%	52%	45%	52%	46%
												d	d		d	
Tend to disagree	(2.0)	378	193	182	113	116	148	18	48	38	46	38	54	57	39	40
		19%	19%	18%	18%	17%	20%	18%	18%	19%	22%	22%	24%	18%	12%	19%
									h	h	h	h	h	h		h
Strongly disagree	(1.0)	154	73	80	37	41	75	10	25	12	20	11	10	21	31	14
		8%	7%	8%	6%	6%	10%	11%	9%	6%	9%	6%	5%	6%	9%	7%
							ab									
Don't know		59	26	33	25	16	17	1	7	5	4	6	7	13	8	6
		3%	3%	3%	4%	2%	2%	1%	3%	3%	2%	4%	3%	4%	3%	3%
NET: Agree		1444	701	738	438	493	513	68	185	143	144	120	155	228	253	147
		71%	71%	71%	71%	74%	68%	70%	70%	72%	67%	69%	69%	72%	76%	71%
						c									d	
NET: Disagree		531	266	262	151	158	222	28	73	50	66	49	64	78	70	54
		26%	27%	25%	25%	24%	30%	29%	27%	25%	31%	28%	28%	24%	21%	26%
							ab				h					
Base for stats		1975	966	1001	589	651	735	96	258	193	210	169	219	306	323	201
Mean Score		2.90	2.91	2.90	2.95	2.96	2.82	2.87	2.87	2.94	2.87	2.88	2.83	2.96	2.94	2.92
					c	c										
Standard Deviation		.862	.867	.859	.844	.837	.891	.938	.898	.833	.934	.843	.757	.856	.867	.858
Standard Error		.019	.028	.027	.033	.033	.034	.088	.056	.058	.064	.062	.062	.048	.048	.060
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298	
Total		2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	494	48	153	101	83	35	73	302	191	413	15	37	19	2	4	77	
		24%	30% cefh	32% cefh	22% ef	26% ef	18% ef	18% cefh	27% cefh	20% cefh	24%	33%	29%	25%	12%	32%	28%	
Tend to agree		950	72	219	220	149	101	189	511	439	821	19	59	28	4	9	119	
		47%	46%	45%	48%	46%	50%	46%	46%	47%	47%	41%	47%	37%	29%	68%	44%	
Tend to disagree		378	27	74	89	59	40	87	191	187	321	8	19	21	5	-	53	
		19%	17%	15%	20%	18%	20%	21% b	17% b	20% b	18%	18%	15%	28% ac	32%	-	19%	
Strongly disagree		154	6	29	36	25	17	40	72	82	135	3	6	3	4	-	17	
		8%	4%	6%	8%	8%	8%	10% abg	7% a	9% a	8%	8%	5%	4%	27%	-	6%	
Don't know		59	4	10	10	8	8	20	24	35	46	-	3	4	-	-	8	
		3%	2%	2%	2%	2%	4%	5% bcg	2% g	4% g	3%	-	3%	6%	-	-	3%	
NET: Agree		1444	120	373	321	232	136	262	814	630	1234	34	96	47	6	14	197	
		71%	76% fh	77% cefh	70% f	72% f	68% f	64% fh	74% fh	67% fh	71%	74%	77% d	62%	41%	100%	72%	
NET: Disagree		531	34	103	126	84	57	128	263	269	456	12	26	24	9	-	70	
		26%	22% b	21% b	27% b	26% b	28% b	31% abg	24% bg	29% bg	26%	26%	20%	32%	59%	-	26%	
Base for stats		1975	154	476	447	315	193	390	1076	899	1691	46	122	71	15	14	267	
Mean Score		2.90	3.05 cefh	3.05 cdefh	2.86 f	2.92 f	2.80 f	2.76 cefh	2.97 cefh	2.82 cefh	2.89	3.00	3.04	2.88	2.26	3.32	2.96	
Standard Deviation		.862	.812	.849	.857	.870	.838	.877	.851	.869	.862	.915	.821	.858	1.026	.485	.863	
Standard Error		.019	.063	.038	.040	.050	.061	.046	.025	.030	.021	.128	.071	.098	.265	.125	.051	
Error variance		*	*	*	*	*	*	*	*	*	*	.02	.01	.01	.07	.02	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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						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	2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421	
Total	2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	494	154	204	129	333	23	21	92	359	135	479	11	44	258	173	18	450	98	347
		24%	21%	26%	26%	26%	28%	23%	18%	27%	20%	26%	6%	22%	24%	26%	19%	25%	26%	24%
				a		a	c			ce		b								
Tend to agree	(3.0)	950	333	366	240	606	35	34	236	645	305	892	48	80	512	319	40	870	170	681
		47%	45%	47%	48%	48%	44%	37%	46%	48%	44%	49%	28%	39%	48%	47%	43%	48%	45%	48%
									b			b			a	a	a			
Tend to disagree	(2.0)	378	145	135	94	230	16	27	117	218	160	306	59	38	196	120	24	340	71	265
		19%	20%	18%	19%	18%	20%	29%	23%	16%	23%	17%	35%	19%	18%	18%	26%	19%	19%	19%
								d	d		d		a				c			
Strongly disagree	(1.0)	154	83	42	24	67	3	7	56	88	65	108	37	35	70	42	6	118	21	94
		8%	11%	6%	5%	5%	3%	7%	11%	7%	9%	6%	22%	17%	7%	6%	7%	6%	5%	7%
			bcd						ad		d		a	bcd						
Don't know		59	21	23	15	38	4	4	17	34	25	42	14	6	31	18	4	53	16	34
		3%	3%	3%	3%	3%	5%	4%	3%	3%	4%	2%	8%	3%	3%	3%	5%	3%	4%	2%
												a								
NET: Agree		1444	487	569	370	939	58	54	328	1004	440	1371	59	124	770	492	58	1320	268	1028
		71%	66%	74%	73%	74%	72%	60%	63%	75%	64%	75%	35%	61%	72%	73%	62%	72%	71%	72%
				a	a	a				bce		b			ad	ad		ad		
NET: Disagree		531	228	178	119	297	19	33	173	306	225	414	97	73	266	162	31	458	91	359
		26%	31%	23%	24%	23%	23%	36%	33%	23%	33%	23%	57%	36%	25%	24%	33%	25%	24%	25%
			bcd					d	d		d		a	bce						
Base for stats	1975	715	747	489	1236	76	88	501	1310	665	1785	155	197	1036	655	88	1778	359	1387	
Mean Score	2.90	2.78	2.98	2.97	2.98	3.02	2.78	2.73	2.97	2.77	2.98	2.21	2.68	2.93	2.95	2.79	2.93	2.96	2.92	
			a	a	a	ce			bce		b			a	a		a			
Standard Deviation	.862	.915	.826	.811	.820	.810	.895	.889	.842	.885	.826	.890	1.015	.839	.840	.849	.840	.837	.841	
Standard Error	.019	.035	.030	.037	.023	.092	.094	.040	.023	.034	.020	.071	.073	.026	.033	.088	.020	.044	.023	
Error variance	*	*	*	*	*	.01	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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													
		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		2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total		2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
		100%	100%	100%	100%	100%	100%		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	494	51	66	16	369	119	12	407	86	18	24	39	65	56	89	31	172	159	292
		24%	25% b	18%	22%	26% be	20%	25%	25%	21%	5%	13% a	15% a	21% ab	31% abcdi	38% abcdi	38% abcdi	45% abcdei	21% abc	42% abcdei
Tend to agree	(3.0)	950	86	168	28	664	262	14	753	197	95	99	144	185	99	118	45	166	428	329
		47%	42%	45%	39%	48% f	45%	30%	46%	48%	24%	52% a	54% ah	58% ahj	56% ahj	50% a	55% a	44% a	56% ahj	47% a
Tend to disagree	(2.0)	378	38	77	19	237	127	7	297	81	160	39	62	54	16	16	3	28	132	46
		19%	19%	21%	26% d	17% d	22% d	15%	18%	20%	41% bcdefghij	21% efghj	24% defghij	17% efghj	9% g	7% h	3% i	7% j	17% efghj	7% k
Strongly disagree	(1.0)	154	21	47	3	89	60	10	120	34	100	15	11	10	3	4	-	11	24	15
		8%	10% d	13% cd	4%	6% d	10% d	20% cde	7%	8%	26% bcdefghij	8% defghij	4%	3% g	2% h	2% i	- j	3% k	3% l	2% m
Don't know		59	8	13	7	35	21	4	46	13	16	12	9	3	4	8	2	4	16	15
		3%	4%	4%	10% abde	3% d	4% d	9% d	3%	3%	4% dh	6% dehij	4% dh	1% g	2% h	4% dh	3% i	1% j	2% k	2% l
NET: Agree		1444	136	234	43	1033	381	26	1161	283	113	123	183	249	155	207	76	338	587	621
		71%	67%	63%	60%	74% abcef	65%	56%	72%	69%	29%	65% a	69% a	79% abc	87% abcdi	88% abcdi	94% abcdi	89% abcdei	77% abc	89% abcdi
NET: Disagree		531	59	124	22	326	187	17	417	115	260	54	73	63	19	20	3	39	156	61
		26%	29%	33% d	30% g	23% d	32% d	36%	26%	28%	67% bcdefghij	29% defghij	28% defghij	20% efghj	11% g	8% h	3% i	10% j	21% g	9% efghj
Base for stats		1975	195	358	65	1359	568	43	1577	398	373	177	256	313	174	227	79	377	743	682
Mean Score		2.90	2.85	2.71	2.87	2.97	2.78	2.66	2.92	2.84	2.09	2.75	2.82	2.97	3.19	3.29	3.36	3.32	2.97	3.32
						bef						a	a	abc	abcdi	abcdi	abcdei	abcdei	abc	abcdei
Standard Deviation		.862	.932	.917	.828	.841	.898	1.122	.862	.859	.844	.795	.733	.710	.673	.669	.547	.739	.722	.696
Standard Error		.019	.066	.049	.100	.023	.038	.175	.022	.043	.044	.060	.046	.040	.050	.045	.062	.038	.026	.027
Error variance		*	*	*	.01	*	*	.03	*	*	*	*	*	*	*	*	*	*	*	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
Significance Level: 95%			a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total		2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total		2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	494 24%	258 38% bc	97 18%	137 17%	453 30% b	13 6%	430 28% b	36 16%	418 32% b	35 11%	446 31% b	20 8%	353 33% b	69 13%
Tend to agree	(3.0)	950 47%	328 48%	241 44%	378 47%	728 48% b	64 31%	732 48% b	77 35%	639 50% b	101 31%	711 50% b	70 27%	526 49% b	199 38%
Tend to disagree	(2.0)	378 19%	70 10%	122 23% a	179 22% a	228 15%	68 32% a	239 16%	55 25% a	166 13%	99 31% a	189 13%	94 36% a	137 13%	147 28% a
Strongly disagree	(1.0)	154 8%	8 1%	70 13% ac	74 9% a	75 5%	55 26% a	85 6%	43 20% a	49 4%	73 23% a	57 4%	66 25% a	40 4%	88 17% a
Don't know		59 3%	12 2%	11 2%	30 4% a	29 2%	11 5% a	30 2%	8 4%	18 1%	17 5% a	20 1%	12 5% a	14 1%	14 3% a
NET: Agree		1444 71%	586 87% bc	338 62%	515 65%	1181 78% b	77 37%	1161 77% b	113 51%	1057 82% b	136 42%	1158 81% b	90 34%	879 82% b	268 52%
NET: Disagree		531 26%	78 12%	192 36% a	252 32% a	303 20%	123 58% a	324 21%	99 45% a	215 17%	173 53% a	246 17%	160 61% a	177 17%	235 45% a
Base for stats		1975	664	531	767	1484	200	1485	212	1272	308	1403	250	1056	503
Mean Score		2.90	3.26 bc	2.69	2.75	3.05 b	2.17	3.01 b	2.50	3.12 b	2.31	3.10 b	2.17	3.13 b	2.49
Standard Deviation		.862	.689	.920	.857	.812	.908	.825	1.003	.774	.958	.778	.913	.774	.936
Standard Error		.019	.027	.040	.031	.021	.064	.021	.069	.022	.055	.021	.058	.024	.042
Error variance		*	*	*	*	*	*	*	*	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total		2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	479	224	253	180	185	114	19	61	50	49	30	48	85	76	61
		24%	23%	24%	29%	28%	15%	20%	23%	25%	23%	17%	21%	27%	23%	29%
					c	c				e				e		e
Tend to agree	(3.0)	874	430	440	275	287	313	44	113	77	91	75	107	131	152	85
		43%	43%	43%	45%	43%	42%	45%	43%	39%	42%	43%	47%	41%	46%	41%
Tend to disagree	(2.0)	407	192	215	84	123	200	21	48	43	43	44	50	59	60	39
		20%	19%	21%	14%	18%	27%	21%	18%	22%	20%	25%	22%	19%	18%	19%
						a	ab									
Strongly disagree	(1.0)	198	110	87	50	56	92	12	32	19	27	15	15	31	33	14
		10%	11%	8%	8%	8%	12%	12%	12%	9%	13%	8%	7%	10%	10%	7%
			b				ab		i		i					
Don't know		77	37	39	25	17	34	2	10	10	5	12	6	13	11	9
		4%	4%	4%	4%	3%	5%	2%	4%	5%	2%	7%	2%	4%	3%	5%
						b						d				
NET: Agree		1353	653	693	454	472	426	63	174	127	140	105	155	216	228	146
		67%	66%	67%	74%	71%	57%	65%	66%	64%	65%	60%	69%	68%	69%	70%
					c	c									e	e
NET: Disagree		604	302	301	134	179	292	33	81	62	70	58	65	90	93	53
		30%	30%	29%	22%	27%	39%	34%	31%	31%	33%	33%	29%	28%	28%	25%
						a	ab									
Base for stats		1957	955	994	588	651	718	96	254	189	210	164	220	306	321	198
Mean Score		2.83	2.80	2.86	2.99	2.92	2.62	2.73	2.79	2.84	2.77	2.74	2.85	2.88	2.84	2.97
					c	c										abde
Standard Deviation		.911	.927	.895	.888	.901	.900	.928	.949	.932	.953	.861	.834	.928	.903	.888
Standard Error		.021	.030	.028	.035	.036	.034	.088	.059	.066	.065	.064	.068	.052	.050	.063
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298	
Total		2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	479	46	137	111	82	45	58	294	185	402	13	37	12	3	5	70	
		24%	29% fh	28% fh	24% f	25% fh	22% f	14% fh	27% fh	20% f	23% fh	28% fh	29% d	16% fh	19% fh	38% fh	25% fh	
Tend to agree		874	69	219	213	129	85	159	501	374	738	21	65	33	4	6	129	
		43%	44% fh	45% fh	47% fh	40% fh	42% fh	39% fh	46% fh	40% fh	42% fh	45% fh	52% a	44% fh	28% fh	42% fh	47% fh	
Tend to disagree		407	23	75	82	64	47	116	180	227	359	9	17	16	3	2	46	
		20%	15% abg	15% abg	18% abg	20% abg	23% abg	28% abg	16% abg	24% abg	21% abg	19% abg	14% abg	21% abg	20% abg	13% abg	17% abg	
Strongly disagree		198	13	40	38	36	18	52	92	106	171	3	6	10	4	1	24	
		10%	8% bcg	8% bcg	8% bcg	11% bcg	9% bcg	13% bcg	8% bcg	11% g	10% c	7% c	5% c	13% c	27% c	7% c	9% c	
Don't know		77	6	15	14	11	6	25	34	42	68	-	1	4	1	-	5	
		4%	4% bcg	3% bcg	3% bcg	4% bcg	3% bcg	6% bcg	3% bcg	5% g	4% c	- c	1% c	5% c	5% c	- c	2% c	
NET: Agree		1353	115	356	324	211	130	217	794	559	1140	34	102	46	7	11	199	
		67%	73% fh	73% defh	71% fh	65% f	65% f	53% defh	72% defh	60% f	66% fh	74% defh	81% ad	61% ad	48% ad	80% ad	72% ad	
NET: Disagree		604	37	115	120	100	65	168	271	333	529	12	23	26	7	3	71	
		30%	23% bg	24% bg	26% bg	31% bg	32% bg	41% abcdeg	25% abcdeg	36% abcg	30% c	26% c	19% c	34% c	47% c	20% c	26% c	
Base for stats		1957	152	471	443	311	195	385	1066	892	1669	46	125	71	14	14	269	
Mean Score		2.83	2.97 fh	2.96 defh	2.89 fh	2.83 f	2.81 f	2.58 fh	2.93 fh	2.72 f	2.82 fh	2.95 defh	3.06 ad	2.67 ad	2.42 ad	3.12 ad	2.91 d	
Standard Deviation		.911	.902	.890	.876	.952	.895	.904	.886	.926	.913	.880	.790	.929	1.153	.916	.887	
Standard Error		.021	.071	.040	.041	.055	.065	.047	.027	.032	.023	.123	.068	.106	.308	.236	.052	
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	*	.01	.09	.06	*	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		
		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		2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421	
Total		2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	479	103	222	147	369	23	18	95	342	137	459	11	31	242	182	23	447	108	334
			24%	14%	29%	29%	29%	29%	20%	18%	25%	20%	25%	6%	15%	23%	27%	25%	24%	29%	23%
				a	a	a	c				ce		b		a	ab	a	a	b		
Tend to agree		(3.0)	874	315	333	212	546	30	37	203	604	270	815	51	80	466	286	43	794	165	613
			43%	43%	43%	42%	43%	37%	41%	39%	45%	39%	45%	30%	40%	44%	42%	46%	43%	44%	43%
											ce		b								
Tend to disagree		(2.0)	407	187	134	82	217	18	20	133	236	171	335	60	49	218	125	15	358	59	295
			20%	25%	17%	16%	17%	22%	22%	26%	18%	25%	18%	36%	24%	20%	19%	16%	20%	16%	21%
				bcd						d		d		a						a	
Strongly disagree		(1.0)	198	98	58	40	98	1	12	62	122	76	159	34	29	103	55	10	168	29	135
			10%	13%	8%	8%	8%	1%	14%	12%	9%	11%	9%	20%	15%	10%	8%	11%	9%	8%	9%
				bcd					a	a	a	a		a	bce						
Don't know			77	33	22	22	44	8	3	24	41	36	60	14	13	37	24	2	63	14	45
			4%	4%	3%	4%	3%	11%	3%	5%	3%	5%	3%	8%	7%	3%	4%	2%	3%	4%	3%
								cde				d		a	be						
NET: Agree			1353	418	556	360	915	53	56	298	946	407	1273	61	111	708	468	66	1242	272	947
			67%	57%	72%	71%	72%	66%	61%	57%	70%	59%	70%	36%	55%	66%	70%	71%	68%	73%	67%
				a	a	a	a				ce		b			a	a	a	a	b	
NET: Disagree			604	285	192	122	315	18	32	196	358	247	494	94	78	321	181	25	526	88	430
			30%	39%	25%	24%	25%	23%	36%	38%	27%	36%	27%	56%	39%	30%	27%	27%	29%	23%	30%
				bcd						ad		ad		a	bode					a	
Base for stats		1957	703	748	482	1230	72	88	493	1304	654	1767	156	189	1029	648	90	1768	360	1376	
Mean Score		2.83	2.60	2.96	2.97	2.96	3.06	2.70	2.67	2.89	2.72	2.89	2.24	2.60	2.82	2.92	2.87	2.86	2.97	2.83	
				a	a	a	bce			bce		b			a	ab	a	a	b		
Standard Deviation		.911	.901	.887	.898	.891	.791	.959	.928	.898	.925	.893	.875	.942	.904	.899	.926	.904	.886	.906	
Standard Error		.021	.034	.032	.041	.025	.093	.100	.042	.025	.036	.021	.070	.069	.028	.035	.095	.021	.046	.024	
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	*	*	*	*	*	*	*	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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													
		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	
Significance Level: 95%		Total	a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total		2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	479	68	70	15	326	134	14	397	82	20	25	43	66	61	87	29	146	170	263
		24%	34%	19%	21%	23%	23%	30%	24%	20%	5%	13%	16%	21%	34%	37%	36%	38%	22%	38%
			bcde									a	a	ab	abcdi	abcdi	abcdi	abcdi	abc	abcdi
Tend to agree	(3.0)	874	73	139	37	626	233	14	695	179	94	83	129	175	84	108	37	165	388	309
		43%	36%	38%	51%	45%	40%	29%	43%	44%	24%	44%	49%	55%	47%	46%	45%	43%	51%	44%
					abf	abef						a	a	abfhj	a	a	a	a	ahj	a
Tend to disagree	(2.0)	407	35	100	13	262	136	11	312	95	158	42	57	58	20	25	7	39	136	71
		20%	17%	27%	18%	19%	23%	23%	19%	23%	41%	22%	22%	18%	11%	11%	9%	10%	18%	10%
				ad		d					bcdefghij	efghj	efghj	efghj					efghj	
Strongly disagree	(1.0)	198	19	48	3	131	64	7	157	41	101	20	27	12	8	6	7	18	47	30
		10%	10%	13%	5%	9%	11%	14%	10%	10%	26%	10%	10%	4%	5%	3%	8%	5%	6%	4%
				cd							bcdefghij	defhij	defhij				f		f	
Don't know		77	8	14	4	48	22	2	63	14	16	19	9	6	4	9	1	13	19	23
		4%	4%	4%	6%	3%	4%	5%	4%	3%	4%	10%	3%	2%	2%	4%	1%	3%	2%	3%
												acdefghij								
NET: Agree		1353	141	209	52	952	367	27	1092	261	115	108	173	240	145	195	66	311	558	572
		67%	70%	56%	72%	68%	62%	59%	67%	64%	29%	57%	65%	76%	82%	83%	82%	82%	74%	82%
			b		b	be						a	a	abc	abci	abci	abc	abci	abc	abcdi
NET: Disagree		604	54	148	16	394	199	17	468	136	259	62	84	70	29	31	14	57	183	101
		30%	27%	40%	23%	28%	34%	37%	29%	33%	66%	33%	32%	22%	16%	13%	17%	15%	24%	15%
				acd		cd					bcdefghij	defghij	defghij	fhj					efhj	
Base for stats		1957	195	358	68	1346	567	44	1560	397	373	170	257	310	173	226	80	368	741	674
Mean Score		2.83	2.98	2.65	2.93	2.85	2.77	2.78	2.85	2.76	2.09	2.67	2.74	2.95	3.14	3.22	3.11	3.19	2.92	3.19
			be		b	b	b					a	a	abc	abcdi	abcdi	abci	abcdi	abc	abcdi
Standard Deviation		.911	.964	.945	.781	.898	.935	1.055	.914	.896	.857	.867	.861	.743	.804	.744	.885	.814	.813	.800
Standard Error		.021	.068	.051	.092	.025	.039	.161	.023	.045	.045	.066	.053	.042	.060	.050	.100	.042	.030	.031
Error variance		*	*	*	.01	*	*	.03	*	*	*	*	*	*	*	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total		2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	479 24%	247 37% bc	82 15%	146 18%	423 28% b	24 12%	407 27% b	36 17%	404 31% b	35 11%	427 30% b	28 11%	343 32% b	66 13%
Tend to agree	(3.0)	874 43%	309 46% b	209 39%	355 45% b	687 45% b	47 22%	684 45% b	63 29%	611 47% b	88 27%	680 48% b	58 22%	500 47% b	174 34%
Tend to disagree	(2.0)	407 20%	79 12%	148 27% ac	172 22% a	259 17%	70 33% a	263 17%	66 30% a	175 14%	111 34% a	208 15%	90 34% a	139 13%	153 30% a
Strongly disagree	(1.0)	198 10%	25 4%	83 15% ac	87 11% a	108 7%	56 26% a	120 8%	40 18% a	69 5%	75 23% a	76 5%	73 28% a	55 5%	109 21% a
Don't know		77 4%	16 2%	19 4%	37 5% a	36 2%	14 7% a	41 3%	14 6% a	31 2%	17 5% a	33 2%	13 5% a	31 3%	15 3%
NET: Agree		1353 67%	556 82% bc	291 54%	501 63% b	1111 73% b	71 34%	1091 72% b	99 45%	1015 79% b	123 38%	1107 78% b	87 33%	844 79% b	240 46%
NET: Disagree		604 30%	104 15%	232 43% ac	259 33% a	367 24%	126 60% a	383 25%	106 48% a	243 19%	186 57% a	284 20%	163 62% a	194 18%	262 51% a
Base for stats		1957	660	523	760	1478	197	1474	206	1258	309	1391	250	1038	502
Mean Score		2.83	3.18 bc	2.55	2.74 b	2.97 b	2.20	2.93 b	2.47	3.07 b	2.27	3.05 b	2.17	3.09 b	2.39
Standard Deviation		.911	.783	.939	.899	.868	.990	.881	.998	.820	.956	.821	.977	.818	.969
Standard Error		.021	.030	.042	.033	.023	.071	.023	.070	.023	.055	.022	.062	.025	.044
Error variance		*	*	*	*	*	.01	*	*	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total		2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	260	142	118	100	68	93	14	30	21	34	22	30	51	35	24
		13%	14%	11%	16% bc	10%	12%	14%	11%	11%	16%	12%	13%	16% h	11%	11%
Tend to agree	(3.0)	586	319	266	161	192	234	19	80	63	64	55	68	87	88	64
		29%	32% b	26%	26%	29%	31% a	19%	30% a	32% a	30% a	31% a	30% a	27%	27%	31% a
Tend to disagree	(2.0)	621	290	326	174	213	235	38	72	55	65	52	72	88	112	67
		31%	29%	32%	28%	32%	31%	39% bcg	27%	28%	30%	29%	32%	28%	34%	32%
Strongly disagree	(1.0)	498	215	281	146	181	171	20	73	55	45	42	49	83	85	46
		24%	22%	27% a	24%	27%	23%	20%	27%	28%	21%	24%	22%	26%	26%	22%
Don't know		68	26	42	33	14	21	7	10	5	8	5	6	10	11	7
		3%	3%	4%	5% bc	2%	3%	8% cegh	4%	2%	4%	3%	3%	3%	3%	4%
NET: Agree		847	461	384	261	260	326	32	110	84	97	77	98	138	123	87
		42%	46% b	37%	42%	39%	43%	33%	42%	42%	45% a	44%	44%	43%	37%	42%
NET: Disagree		1119	505	607	320	394	405	57	145	110	110	94	122	171	197	113
		55%	51%	59% a	52%	59% a	54%	59%	55%	55%	51%	54%	54%	54%	60% d	54%
Base for stats		1966	966	991	580	654	731	90	255	194	207	171	220	309	321	200
Mean Score		2.31	2.40 b	2.22	2.37 b	2.22	2.34 b	2.29	2.26	2.26	2.41 h	2.33	2.36	2.34	2.23	2.32
Standard Deviation		.993	.990	.990	1.040	.968	.972	.981	1.002	.992	1.004	.988	.979	1.046	.963	.960
Standard Error		.022	.032	.031	.042	.038	.037	.096	.063	.069	.069	.072	.079	.058	.054	.068
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total		2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	260	38	60	56	40	19	48	153	107	211	10	19	17	-	1	46
		13%	24% bcdefgh	12%	12%	12%	10%	12%	14%	11%	12%	21%	15%	22% a	-	6%	17% a
Tend to agree	(3.0)	586	51	121	131	93	60	130	303	283	494	16	39	26	3	3	87
		29%	33% b	25%	29%	29%	30%	32% b	28%	30% b	28%	36%	31%	34%	20%	21%	32%
Tend to disagree	(2.0)	621	34	144	133	111	66	134	311	310	551	8	30	14	8	7	65
		31%	22% a	30% a	29%	34% ag	33% a	33% a	28%	33% ag	32% bcdg	17%	24%	18%	52%	49%	24%
Strongly disagree	(1.0)	498	30	151	117	76	47	78	297	201	432	8	34	14	3	2	61
		24%	19% adefh	31% f	25% f	24%	23%	19%	27% afh	22%	25%	18%	27%	19%	20%	12%	22%
Don't know		68	4	11	20	4	9	20	36	32	48	3	4	5	1	2	16
		3%	3% d	2% d	4% d	1% d	5% bd	5% bd	3% d	3% d	3% a	7% a	3% a	7% a	8% a	13% a	6% a
NET: Agree		847	89	180	187	133	79	178	456	390	706	26	58	42	3	4	133
		42%	57% bcdefgh	37%	41%	41%	40%	43%	41%	42%	41%	57% a	46%	56% a	20%	27%	48% a
NET: Disagree		1119	64	294	250	187	113	212	608	511	983	16	63	28	11	8	126
		55%	41% afgh	61% a	55% a	58% a	56% a	52% a	55% a	55% a	57% bdg	35%	50%	37%	72%	61%	46%
Base for stats		1966	153	474	437	319	192	390	1064	902	1689	42	121	70	14	12	259
Mean Score		2.31	2.64 bcdefgh	2.19	2.29	2.30	2.27	2.38 b	2.29	2.33 b	2.29	2.65 a	2.36	2.64 a	2.00	2.24	2.46 a
Standard Deviation		.993	1.060	1.020	.998	.970	.943	.941	1.027	.952	.984	1.051	1.050	1.062	.689	.799	1.037
Standard Error		.022	.083	.046	.047	.056	.069	.049	.031	.032	.024	.153	.091	.123	.184	.222	.062
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.03	.05	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421	
Total		2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	260	96	94	67	161	13	19	63	165	95	228	27	36	129	81	14	224	73	143
			13%	13%	12%	13%	13%	17%	21%	12%	12%	14%	12%	16%	18%	12%	12%	15%	12%	20%	10%
									cd					bce					b		
Tend to agree		(3.0)	586	224	215	137	351	25	26	168	367	219	524	52	57	327	173	29	530	125	393
			29%	30%	28%	27%	28%	31%	28%	33%	27%	32%	29%	31%	28%	31%	26%	31%	29%	33%	28%
									d		d				c				b		
Tend to disagree		(2.0)	621	209	249	157	406	22	25	156	418	204	572	40	59	319	222	21	563	95	463
			31%	28%	32%	31%	32%	28%	28%	30%	31%	30%	31%	24%	29%	30%	33%	23%	31%	25%	33%
													b						a		
Strongly disagree		(1.0)	498	183	189	125	313	14	18	107	358	140	448	39	44	253	177	24	454	64	384
			24%	25%	24%	25%	25%	18%	20%	21%	27%	20%	25%	23%	22%	24%	26%	26%	25%	17%	27%
									ce										a		
Don't know			68	24	24	18	42	6	3	24	37	32	55	11	7	39	19	4	61	17	38
			3%	3%	3%	4%	3%	7%	3%	5%	3%	5%	3%	6%	3%	4%	3%	4%	3%	5%	3%
								d		d		d		a							
NET: Agree			847	320	309	203	512	38	45	231	533	314	751	79	93	456	254	43	754	199	537
			42%	43%	40%	40%	40%	47%	49%	45%	40%	46%	41%	47%	46%	43%	38%	47%	41%	53%	38%
											d			c	c				b		
NET: Disagree			1119	392	437	282	719	37	44	263	775	344	1020	79	102	572	400	46	1017	159	847
			55%	53%	57%	56%	56%	46%	48%	51%	58%	50%	56%	47%	51%	54%	59%	49%	56%	42%	60%
									ace				b			ab			a		
Base for stats		1966	712	746	485	1231	75	89	494	1308	657	1772	158	195	1028	654	89	1770	358	1383	
Mean Score		2.31	2.33	2.29	2.30	2.29	2.50	2.51	2.38	2.26	2.41	2.30	2.42	2.44	2.32	2.24	2.38	2.30	2.58	2.21	
							d	d	d		d			c					b		
Standard Deviation		.993	1.002	.982	1.000	.989	1.000	1.051	.962	.997	.979	.987	1.039	1.035	.981	.987	1.053	.987	1.008	.965	
Standard Error		.022	.038	.036	.045	.028	.115	.110	.044	.028	.038	.023	.082	.075	.031	.038	.109	.023	.053	.026	
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days		
Significance Level: 95%		Total	a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j	
Unweighted Total		2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695	
Total		2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	260	38	54	17	160	96	8	204	56	60	19	26	33	27	28	8	60	86	95
		13%	19%	14%	24%	11%	16%	18%	13%	14%	15%	10%	10%	11%	15%	12%	10%	16%	11%	14%	
				d		bd		d			c							ci			
Tend to agree		(3.0)	586	45	123	30	391	182	14	473	113	110	50	68	90	53	69	27	120	211	215
		29%	22%	33%	42%	28%	31%	29%	29%	28%	28%	27%	26%	29%	30%	29%	33%	31%	28%	31%	
				a	ad		a											a	a		
Tend to disagree		(2.0)	621	58	104	13	443	163	12	493	128	84	67	95	110	53	75	25	113	257	213
		31%	29%	28%	18%	32%	28%	27%	30%	31%	22%	35%	36%	35%	30%	32%	31%	30%	34%	31%	
					c							a	a	a	a	a		a	a	a	
Strongly disagree		(1.0)	498	52	80	10	357	126	10	404	94	117	45	67	75	41	54	18	80	184	152
		24%	26%	21%	13%	26%	21%	22%	25%	23%	30%	24%	25%	24%	23%	23%	22%	21%	24%	22%	
			c			ce					hij										
Don't know			68	9	11	2	42	21	2	48	20	17	8	10	7	4	9	3	9	21	22
		3%	5%	3%	3%	3%	4%	4%	3%	5%	4%	4%	4%	2%	2%	4%	4%	2%	3%	3%	
NET: Agree			847	83	177	47	552	279	22	677	169	170	69	94	124	79	97	34	179	297	310
		42%	41%	48%	65%	40%	47%	47%	42%	41%	44%	37%	35%	39%	45%	41%	42%	47%	39%	44%	
				d	abdef		d				c				c			bcdi		ci	
NET: Disagree			1119	111	183	23	800	289	23	897	222	201	111	162	185	94	129	43	193	441	365
		55%	55%	49%	31%	57%	49%	49%	55%	54%	52%	59%	61%	59%	53%	55%	53%	51%	58%	52%	
			c	c		bce	c							ahj	h				ahj		
Base for stats		1966	193	360	70	1352	568	45	1575	391	372	181	255	309	173	226	78	372	738	675	
Mean Score		2.31	2.35	2.42	2.78	2.26	2.44	2.44	2.30	2.34	2.30	2.24	2.21	2.26	2.37	2.31	2.31	2.43	2.27	2.37	
				d	abde		d											bcdi		ci	
Standard Deviation		.993	1.081	.994	.973	.980	1.016	1.052	.992	.996	1.080	.947	.946	.949	1.014	.972	.942	.999	.964	.984	
Standard Error		.022	.077	.053	.114	.027	.043	.160	.025	.051	.057	.070	.059	.054	.076	.065	.107	.052	.035	.038	
Error variance		*	.01	*	.01	*	*	.03	*	*	*	*	*	*	.01	*	.01	*	*	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total		2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	260 13%	96 14% c	113 21% ac	49 6%	201 13%	34 16%	194 13%	26 12%	176 14%	54 17%	182 13%	46 17% a	148 14%	81 16%
Tend to agree	(3.0)	586 29%	213 32% c	237 44% ac	131 16%	416 27%	72 34% a	432 29%	66 30%	357 28%	98 30%	397 28%	93 35% a	301 28%	164 32%
Tend to disagree	(2.0)	621 31%	230 34% b	121 22%	266 33% b	470 31% b	46 22%	471 31% b	53 24%	386 30%	89 27%	433 30%	66 25%	294 28%	154 30%
Strongly disagree	(1.0)	498 24%	120 18% b	50 9%	325 41% ab	398 26%	45 21%	384 25%	61 28%	341 26% b	66 20%	384 27% b	42 16%	301 28% b	101 20%
Don't know		68 3%	17 3%	21 4%	26 3%	29 2%	13 6% a	34 2%	14 6% a	30 2%	17 5% a	28 2%	16 6% a	24 2%	17 3%
NET: Agree		847 42%	309 46% c	350 65% ac	180 23%	616 41%	106 50% a	626 41%	92 42%	533 41%	153 47%	578 41%	139 53% a	450 42%	245 47% a
NET: Disagree		1119 55%	350 52% b	171 32%	591 74% ab	869 57% b	92 43%	855 56%	114 52%	727 56% b	155 48%	817 57% b	108 41%	596 56% b	255 49%
Base for stats		1966	659	521	771	1485	198	1481	206	1260	308	1395	247	1045	500
Mean Score		2.31	2.43 c	2.79 ac	1.87	2.28	2.48 a	2.29	2.27	2.29	2.46 a	2.27	2.58 a	2.28	2.45 a
Standard Deviation		.993	.950	.891	.911	1.005	1.028	.994	1.026	1.015	1.016	1.004	.980	1.032	.989
Standard Error		.022	.037	.040	.033	.026	.073	.026	.072	.029	.058	.027	.063	.032	.045
Error variance		*	*	*	*	*	.01	*	.01	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	1288	610	673	522	560	206	70	173	133	139	114	102	234	198	125
Total	1274	608	661	484	571	219	59	169	125	133	102	147	221	194	122
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	166	94	70	76	57	33	7	20	13	17	15	17	37	23	16
	13%	16%	11%	16%	10%	15%	11%	12%	11%	13%	15%	12%	17%	12%	13%
		b		b											
Some, but less than half an hour	467	239	225	183	197	87	23	61	52	51	33	49	81	75	42
	37%	39%	34%	38%	34%	40%	38%	36%	42%	38%	33%	33%	37%	39%	34%
Between half an hour and an hour	468	199	267	170	224	75	21	61	41	45	37	61	81	73	47
	37%	33%	40%	35%	39%	34%	36%	36%	33%	34%	37%	41%	37%	38%	39%
			a												
More than an hour	173	75	98	55	93	25	9	27	19	20	16	20	22	22	18
	14%	12%	15%	11%	16%	11%	14%	16%	15%	15%	16%	14%	10%	12%	14%
					a										
NET: Some	1108	514	590	408	513	186	53	149	112	116	87	130	184	171	107
	87%	84%	89%	84%	90%	85%	89%	88%	89%	87%	85%	88%	83%	88%	87%
			a		a										

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	1288	129	364	323	233	134	105	816	472	1032	41	108	68	9	13	239
Total	1274	121	351	312	242	136	112	783	490	1038	37	100	62	8	12	219
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	166 13%	10 8%	31 9%	53 17% abg	33 14%	20 15% b	18 16% b	94 12%	72 15% b	127 12%	5 15%	18 19%	9 14%	2 23%	2 14%	36 17%
Some, but less than half an hour	467 37%	40 33%	120 34%	123 39%	92 38%	54 40%	38 34%	283 36%	184 38%	369 36%	17 45%	41 42%	26 42%	5 57%	6 48%	95 43% a
Between half an hour and an hour	468 37%	56 46% cdeh	152 43% cdeh	94 30%	78 32%	44 33%	45 40%	301 38% c	167 34%	388 37%	15 40%	31 31%	22 36%	2 20%	3 24%	73 33%
More than an hour	173 14%	15 12%	48 14%	42 14%	39 16%	17 13%	11 10%	105 13%	68 14%	155 15% bg	- -	9 9%	5 7%	- -	2 15%	15 7%
NET: Some	1108 87%	111 92% c	320 91% cefh	259 83%	209 86%	115 85%	94 84%	689 88% c	418 85%	911 88%	32 85%	81 81%	53 86%	7 77%	10 86%	183 83%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
1288	-	779	509	1288	65	78	250	895	393	1171	94	28	564	610	86	1260	312	922
1274	-	770	503	1274	63	76	249	886	388	1160	91	29	561	601	82	1244	307	913
100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
166	-	117	48	166	9	12	25	119	47	138	22	14	73	66	13	152	42	105
13%	-	15%	10%	13%	15%	16%	10%	13%	12%	12%	24% a	48%	13%	11%	16%	12%	14%	12%
		c		c							a							
467	-	297	170	467	28	35	102	302	164	413	44	7	210	224	26	459	118	329
37%	-	39%	34%	37%	44%	46% d	41% d	34%	42% d	36%	48% a	25%	37%	37%	32%	37%	38%	36%
						d	d		d		a							
468	-	249	219	468	17	22	88	342	127	446	21	7	199	234	29	462	112	346
37%	-	32%	44%	37%	27%	29%	35%	39%	33%	38%	22% b	23%	36%	39%	35%	37%	37%	38%
			bd	b				e		b								
173	-	106	66	173	9	7	34	123	50	163	5	1	79	78	14	172	35	133
14%	-	14%	13%	14%	14%	9%	13%	14%	13%	14%	5%	4%	14%	13%	17%	14%	11%	15%
										b								
1108	-	653	455	1108	53	63	224	767	341	1022	69	15	488	536	69	1093	264	808
87%	-	85%	90%	87%	85%	84%	90%	87%	88%	88%	76%	52%	87%	89%	84%	88%	86%	88%
			bd							b								

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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												
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
1288	162	184	59	884	364	35	1056	232	166	112	188	235	132	170	50	235	555	455
1274	158	187	56	878	357	36	1039	235	166	110	185	233	127	170	51	233	544	453
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
166	21	22	2	118	40	5	145	20	54	22	24	22	12	9	5	17	59	31
13%	13%	12%	4%	13% c	11%	14%	14% b	9%	33% bcdefghij	20% defhij	13% fj	10%	10%	5%	9%	7%	11% fj	7%
467	67	72	32	301	153	14	378	89	62	46	72	114	39	59	15	59	225	134
37%	43% d	39%	58% abde	34%	43% d	38%	36%	38%	38% h	42% hj	39% hj	49% acefghj	31%	35% h	30%	26%	41% ehj	29%
468	51	63	16	341	117	10	382	87	32	32	71	78	61	76	17	101	210	195
37%	32%	34%	29%	39% e	33%	29%	37%	37%	19%	29%	39% a	33% a	48% abdi	45% abd	34% a	44% abd	39% a	43% abd
173	18	30	5	118	46	7	134	39	18	10	17	19	14	26	14	54	50	94
14%	11%	16%	9%	13%	13%	19%	13%	16%	11%	9%	9%	8%	11%	16% di	27% abcdei	23% abcdei	9% abcdei	21% abcdei
1108	136	165	53	760	317	31	893	214	112	87	161	211	114	161	46	215	486	423
87%	87%	88%	96% d	87%	89%	86%	86%	91% a	67%	80% a	87% a	90% ab	90% ab	95% abci	91% a	93% ab	89% ab	93% abci

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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

	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	1288	502	269	503	984	112	976	127	875	179	936	147	722	276
Total	1274	490	272	498	973	112	961	125	863	177	925	144	710	279
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	166	50	44	70	115	21	122	19	100	26	104	29	86	46
	13%	10%	16%	14%	12%	18%	13%	15%	12%	14%	11%	20%	12%	16%
		a	a			a				a		a		
Some, but less than half an hour	467	172	100	186	346	52	345	50	303	82	329	57	263	110
	37%	35%	37%	37%	36%	47%	36%	40%	35%	46%	36%	40%	37%	39%
						a				a				
Between half an hour and an hour	468	195	92	179	377	23	366	38	340	46	366	39	268	91
	37%	40%	34%	36%	39%	21%	38%	30%	39%	26%	40%	27%	38%	33%
					b				b		b			
More than an hour	173	73	37	62	134	16	128	18	121	23	126	19	93	32
	14%	15%	13%	13%	14%	14%	13%	14%	14%	13%	14%	13%	13%	11%
NET: Some	1108	440	229	428	857	91	839	106	763	151	821	115	625	233
	87%	90%	84%	86%	88%	82%	87%	85%	88%	86%	89%	80%	88%	84%
		b			b					b	b			



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		1288	610	673	522	560	206	70	173	133	139	114	102	234	198	125
Total		1274	608	661	484	571	219	59	169	125	133	102	147	221	194	122
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	84 7%	32 5%	50 8%	47 10% bc	30 5%	7 3%	1 1%	13 8%	8 6%	8 6%	10 9% a	11 8%	18 8% a	11 6%	5 4%
A bit more	(4.0)	286 22%	148 24%	135 20%	139 29% bc	115 20%	33 15%	15 25%	37 22%	30 24%	27 20%	18 18%	24 16%	64 29% ef	44 23%	26 22%
Neither more nor less	(3.0)	402 32%	218 36% b	184 28%	150 31%	166 29%	86 39% ab	22 38%	56 33%	35 28%	42 32%	40 39% gh	48 33%	61 28%	54 28%	44 36%
A bit less	(2.0)	249 20%	104 17%	144 22% a	80 16%	127 22% a	43 19%	9 16%	30 18%	25 20%	31 23%	18 17%	38 26%	37 17%	40 20%	22 18%
A lot less	(1.0)	228 18%	94 15%	134 20% a	52 11%	128 22% a	48 22% a	12 20%	30 18%	22 17%	24 18%	15 14%	25 17%	35 16%	41 21%	25 20%
Don't know		25 2%	12 2%	13 2%	16 3% b	6 1%	3 1%	- -	4 2%	6 4%	2 1%	2 2%	1 1%	6 3%	4 2%	1 1%
NET: More		370 29%	180 30%	185 28%	186 38% bc	144 25% c	40 18%	16 26%	49 29%	38 30%	35 26%	28 27%	36 24%	82 37% dfi	55 28%	31 25%
NET: Less		477 37%	198 33%	278 42% a	132 27%	254 45% a	90 41% a	21 36%	60 35%	46 37%	55 41%	32 31%	62 42%	72 33%	81 42%	47 38%
Base for stats		1248	596	647	468	565	216	59	165	120	132	100	146	215	190	122
Mean Score		2.80	2.87 b	2.73	3.10 bc	2.63	2.58	2.72	2.83	2.81	2.73	2.91	2.73	2.97 hi	2.70	2.71
Standard Deviation		1.178	1.120	1.224	1.144	1.188	1.088	1.096	1.192	1.193	1.159	1.154	1.161	1.205	1.208	1.138
Standard Error		.033	.046	.048	.051	.050	.076	.131	.092	.106	.099	.110	.116	.080	.087	.102
Error variance		*	*	*	*	*	.01	.02	.01	.01	.01	.01	.01	.01	.01	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		1288	129	364	323	233	134	105	816	472	1032	41	108	68	9	13	239	
Total		1274	121	351	312	242	136	112	783	490	1038	37	100	62	8	12	219	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	84 7%	8 7%	23 7%	21 7%	18 7%	6 4%	7 7%	52 7%	31 6%	62 6%	3 7%	8 8%	5 9%	1 9%	2 14%	18 8%
A bit more		(4.0)	286 22%	40 33% cdefgh	86 25% f	63 20%	53 22%	29 21%	15 13%	190 24% f	96 20%	213 20%	9 23%	34 34% a	24 39% a	1 9%	4 33% a	72 33% a
Neither more nor less		(3.0)	402 32%	29 24%	97 28%	111 36% ab	86 35% a	40 29%	39 35%	237 30% a	165 34% a	339 33% cd	15 41% cd	23 23%	13 21%	5 61%	3 28%	59 27%
A bit less		(2.0)	249 20%	25 20%	70 20%	55 18%	43 18%	34 25%	23 21%	149 19%	100 20%	211 20%	6 15%	15 15%	12 19%	- -	2 16%	35 16%
A lot less		(1.0)	228 18%	19 15%	70 20%	52 17%	38 16%	24 18%	24 22%	141 18%	87 18%	199 19% dg	4 12%	15 16%	6 9%	1 9%	1 9%	27 12%
Don't know		25 2%	1 1%	5 1%	9 3%	4 2%	3 2%	3 3%	15 2%	10 2%	15 1% a	1 2%	4 4% a	2 3%	1 12%	- -	8 4% a	
NET: More		370 29%	48 40% cdefgh	109 31% f	84 27%	71 29%	34 25%	22 20%	242 31% f	128 26%	275 26%	11 31%	42 42% a	30 48% a	2 18%	5 47%	90 41% a	
NET: Less		477 37%	43 36%	140 40%	107 34%	81 34%	58 43%	47 42%	290 37%	187 38%	410 39% g	10 27%	31 31%	18 28%	1 9%	3 25%	62 28%	
Base for stats		1248	120	346	302	238	133	109	769	480	1023	36	95	61	7	12	211	
Mean Score		2.80	2.95 f	2.78	2.82	2.87	2.68	2.62	2.82	2.76	2.74	3.00	3.04 a	3.19 a	3.10	3.27	3.09 a	
Standard Deviation		1.178	1.200	1.217	1.154	1.159	1.135	1.172	1.190	1.158	1.168	1.097	1.231	1.146	1.035	1.199	1.169	
Standard Error		.033	.106	.064	.065	.077	.099	.116	.042	.054	.037	.173	.121	.141	.366	.333	.077	
Error variance		*	.01	*	*	.01	.01	.01	*	*	*	.03	.01	.02	.13	.11	.01	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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										
		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		1288	-	779	509	1288	65	78	250	895	393	1171	94	28	564	610	86	1260	312	922	
Total		1274	-	770	503	1274	63	76	249	886	388	1160	91	29	561	601	82	1244	307	913	
		100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	84	-	51	32	84	4	9	14	57	27	77	7	1	37	37	8	83	27	52
			7%	-	7%	6%	7%	6%	12%	6%	6%	7%	7%	8%	3%	7%	6%	10%	7%	9%	6%
A bit more		(4.0)	286	-	161	125	286	20	26	59	182	105	265	16	7	130	134	16	280	101	176
			22%	-	21%	25%	22%	31% d	34% d	24%	21%	27% d	23%	17%	22%	23%	22%	19%	22%	33% b	19%
Neither more nor less		(3.0)	402	-	276	126	402	20	20	82	281	121	364	32	18	196	168	19	383	80	294
			32%	-	36% cd	25% c	32% c	31%	26%	33%	32%	31%	31%	35%	63%	35% cd	28%	23%	31%	26% a	32%
A bit less		(2.0)	249	-	133	116	249	11	13	43	181	67	229	17	1	84	144	19	247	54	191
			20%	-	17%	23% b	20%	18%	17%	17%	20%	17%	20%	19%	5%	15%	24% be	24% b	20% b	18% b	21%
A lot less		(1.0)	228	-	134	93	228	8	6	47	166	61	205	18	1	101	107	18	227	37	185
			18%	-	17%	19%	18%	12%	9%	19% b	19% b	16%	18%	20%	4%	18%	18%	22%	18%	12% a	20%
Don't know			25	-	15	11	25	1	2	4	19	6	20	2	1	12	11	1	25	7	15
			2%	-	2%	2%	2%	2%	2%	1%	2%	2%	2%	2%	3%	2%	2%	2%	2%	2% a	2%
NET: More			370	-	212	157	370	23	35	73	239	131	342	23	8	167	171	24	362	128	228
			29%	-	28%	31%	29%	37%	46% cde	29%	27%	34% d	29%	25%	26%	30%	29%	29%	29%	42% b	25%
NET: Less			477	-	267	209	477	19	19	91	348	129	434	36	3	186	250	38	474	91	376
			37%	-	35%	42% b	37%	30%	25%	36%	39% be	33%	37%	39%	9%	33%	42% b	46% b	38% b	30% a	41%
Base for stats		1248	-	756	493	1248	62	74	246	867	381	1140	90	29	549	590	81	1220	300	898	
Mean Score		2.80	-	2.82	2.77	2.80	3.01	3.24 cde	2.79	2.75	2.91 d	2.81	2.73	3.17	2.85	2.75	2.69	2.79	3.09 b	2.69	
Standard Deviation		1.178	-	1.158	1.208	1.178	1.118	1.147	1.174	1.178	1.171	1.177	1.198	.751	1.175	1.178	1.291	1.185	1.171	1.170	
Standard Error		.033	-	.042	.054	.033	.140	.132	.075	.040	.060	.035	.125	.145	.050	.048	.140	.034	.067	.039	
Error variance		*	-	*	*	*	.02	.02	.01	*	*	*	.02	.02	*	*	.02	*	*	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		1288	162	184	59	884	364	35	1056	232	166	112	188	235	132	170	50	235	555	455
Total		1274	158	187	56	878	357	36	1039	235	166	110	185	233	127	170	51	233	544	453
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	84	15	14	5	49	29	5	76	8	10	10	10	6	5	15	1	26	21	42
		7%	9%	8%	8%	6%	8%	13%	7%	3%	6%	9%	6%	2%	4%	9%	2%	11%	4%	9%
									b			di					cdegi		di	
A bit more	(4.0)	286	42	42	17	186	96	3	233	53	12	14	42	54	36	48	18	61	133	128
		22%	26%	22%	31%	21%	27%	9%	22%	23%	7%	13%	23%	23%	28%	29%	35%	26%	24%	28%
			f		f		df						ab	ab	ab	ab	ab	ab	ab	ab
Neither more nor less	(3.0)	402	41	52	18	297	95	13	325	77	58	37	52	78	36	50	15	75	166	141
		32%	26%	28%	33%	34%	27%	36%	31%	33%	35%	33%	28%	34%	28%	30%	30%	32%	31%	31%
						e														
A bit less	(2.0)	249	28	31	11	177	64	7	196	53	27	24	41	55	27	35	9	32	122	76
		20%	18%	17%	20%	20%	18%	18%	19%	22%	16%	22%	22%	23%	21%	21%	17%	14%	22%	17%
													h	hj					hj	
A lot less	(1.0)	228	26	44	4	156	64	8	187	41	52	22	36	37	21	18	8	34	94	59
		18%	16%	24%	6%	18%	18%	21%	18%	17%	32%	20%	20%	16%	16%	11%	16%	14%	17%	13%
				c		c	c	c			bcddefghij	f	fj						f	
Don't know		25	5	4	1	13	9	1	22	3	7	3	3	3	2	3	-	5	8	8
		2%	3%	2%	1%	1%	3%	3%	2%	1%	4%	3%	1%	1%	1%	2%	-	2%	1%	2%
											i									
NET: More		370	57	56	22	236	125	8	308	61	22	24	53	60	41	64	19	88	154	170
		29%	36%	30%	40%	27%	35%	22%	30%	26%	13%	22%	29%	26%	33%	37%	37%	38%	28%	37%
			d		d		d						a	a	a	abdi	ab	abcdi	a	abcdi
NET: Less		477	54	75	15	333	128	14	383	94	79	46	77	91	48	53	17	65	216	135
		37%	34%	40%	26%	38%	36%	40%	37%	40%	48%	42%	42%	39%	38%	31%	33%	28%	40%	30%
											fhj	hj	fhj	hj					fhj	
Base for stats		1248	152	183	55	866	348	35	1017	232	159	107	182	230	125	167	51	228	537	446
Mean Score		2.80	2.95	2.73	3.15	2.76	2.89	2.73	2.82	2.72	2.38	2.68	2.72	2.73	2.82	3.05	2.90	3.07	2.75	3.04
					bd							a	a	a	a	abcdi	a	abcdi	a	abcdi
Standard Deviation		1.178	1.240	1.269	1.055	1.146	1.235	1.287	1.193	1.108	1.199	1.210	1.191	1.069	1.146	1.138	1.113	1.208	1.128	1.170
Standard Error		.033	.099	.095	.139	.039	.066	.221	.037	.073	.095	.116	.088	.070	.100	.088	.157	.080	.048	.055
Error variance		*	.01	.01	.02	*	*	.05	*	.01	.01	.01	.01	*	.01	.01	.02	.01	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		1288	502	269	503	984	112	976	127	875	179	936	147	722	276
Total		1274	490	272	498	973	112	961	125	863	177	925	144	710	279
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	84 7%	50 10% bc	8 3%	26 5%	71 7%	5 4%	69 7%	6 5%	67 8%	9 5%	67 7%	8 5%	58 8%	14 5%
A bit more	(4.0)	286 22%	178 36% bc	42 15%	64 13%	231 24%	18 16%	223 23% b	19 15%	220 26% b	29 16%	229 25% b	19 13%	185 26% b	42 15%
Neither more nor less	(3.0)	402 32%	138 28% c	153 56% ac	109 22%	276 28%	46 41% a	279 29%	43 35%	237 27%	60 34%	260 28%	58 40% a	199 28%	104 37% a
A bit less	(2.0)	249 20%	75 15%	34 12%	139 28% ab	199 20%	20 18%	195 20%	24 19%	165 19%	42 24%	185 20%	28 20%	133 19%	59 21%
A lot less	(1.0)	228 18%	40 8%	33 12%	153 31% ab	179 18%	20 18%	173 18%	33 26% a	158 18%	34 19%	169 18%	28 19%	124 17%	56 20%
Don't know		25 2%	9 2%	3 1%	6 1%	17 2%	4 3%	21 2%	1 1%	16 2%	3 2%	15 2%	4 2%	12 2%	4 1%
NET: More		370 29%	228 47% bc	50 18%	90 18%	302 31% b	23 21%	292 30% b	25 20%	288 33% b	38 21%	295 32% b	27 19%	243 34% b	56 20%
NET: Less		477 37%	115 23%	67 25%	292 59% ab	378 39%	39 35%	368 38%	56 45%	323 37%	77 43%	355 38%	56 39%	257 36%	115 41%
Base for stats		1248	481	270	491	956	108	940	124	847	174	910	141	698	275
Mean Score		2.80	3.26 bc	2.84 c	2.33	2.81	2.71	2.81 b	2.53	2.85 b	2.63	2.82	2.65	2.88 b	2.63
Standard Deviation		1.178	1.100	.933	1.193	1.209	1.088	1.200	1.169	1.224	1.125	1.209	1.114	1.218	1.119
Standard Error		.033	.050	.057	.054	.039	.105	.039	.104	.042	.085	.040	.093	.046	.068
Error variance		*	*	*	*	*	.01	*	.01	*	.01	*	.01	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total		2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important	(5.0)	470	217	252	156	170	144	25	59	40	56	26	48	93	80	43
		23%	22%	24%	25%	25%	19%	25%	22%	20%	26%	15%	21%	29%	24%	21%
					c	c		e	e		e			cei	e	
Somewhat more important	(4.0)	804	369	431	229	289	286	34	97	81	79	72	98	120	133	90
		40%	37%	42%	37%	43%	38%	35%	37%	41%	37%	41%	44%	38%	40%	43%
				a		ac										
No more or less important	(3.0)	594	314	277	136	168	290	26	86	67	65	67	65	68	89	62
		29%	32%	27%	22%	25%	39%	27%	32%	34%	30%	38%	29%	21%	27%	30%
			b				ab		g	g	g	agh				
Somewhat less important	(2.0)	77	42	35	46	20	10	8	10	4	7	7	6	19	9	8
		4%	4%	3%	8%	3%	1%	8%	4%	2%	3%	4%	2%	6%	3%	4%
					bc	c		cfh						c		
Much less important	(1.0)	35	19	15	17	10	7	1	5	2	5	3	3	7	9	2
		2%	2%	1%	3%	2%	1%	1%	2%	1%	2%	1%	1%	2%	3%	1%
					c											
Don't know		55	32	23	29	10	15	4	8	5	3	2	6	12	11	4
		3%	3%	2%	5%	2%	2%	4%	3%	2%	1%	1%	3%	4%	3%	2%
					bc											
NET: More important		1274	586	683	385	459	430	59	155	121	136	98	147	213	213	132
		63%	59%	66%	63%	69%	57%	60%	59%	61%	63%	56%	65%	67%	64%	64%
				a	c	ac								be	e	
NET: Less important		112	61	51	64	30	18	8	15	6	12	9	8	26	18	10
		5%	6%	5%	10%	5%	2%	9%	6%	3%	5%	5%	4%	8%	5%	5%
					bc	c		c						c		
Base for stats		1979	961	1010	585	657	737	93	256	194	212	173	220	307	320	204
Mean Score		3.81	3.75	3.86	3.79	3.90	3.74	3.79	3.76	3.79	3.83	3.65	3.84	3.89	3.83	3.80
				a		ac					e		e	e	e	
Standard Deviation		.902	.920	.884	1.019	.875	.818	.960	.912	.821	.941	.835	.840	.979	.929	.844
Standard Error		.020	.030	.028	.041	.034	.031	.092	.057	.057	.064	.060	.068	.055	.052	.059
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total		2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important	(5.0)	470	43	128	92	86	51	70	263	207	370	13	44	29	4	6	97
		23%	27%	26%	20%	27%	26%	17%	24%	22%	21%	29%	35%	39%	25%	47%	35%
			f	cf		cf	f		f	f			a	a			a
Somewhat more important	(4.0)	804	65	197	207	114	68	152	469	335	720	12	37	20	4	5	78
		40%	41%	41%	45%	35%	34%	37%	43%	36%	41%	27%	29%	26%	29%	34%	28%
					defh				deh		bcdg						
No more or less important	(3.0)	594	33	119	120	99	64	159	272	322	532	9	31	14	3	1	57
		29%	21%	24%	26%	31%	32%	39%	25%	34%	31%	19%	25%	18%	19%	6%	21%
					abg	abg	abcdg		abcg		dg						
Somewhat less important	(2.0)	77	4	24	19	11	8	11	47	30	59	7	6	3	2	1	18
		4%	3%	5%	4%	3%	4%	3%	4%	3%	3%	14%	5%	3%	12%	7%	7%
												acd					a
Much less important	(1.0)	35	7	10	5	5	2	6	22	13	23	2	2	5	1	-	10
		2%	4%	2%	1%	1%	1%	2%	2%	1%	1%	3%	2%	7%	8%	-	4%
			cdefh											ac			a
Don't know		55	5	9	15	8	7	11	28	26	33	3	5	4	1	1	14
		3%	3%	2%	3%	2%	4%	3%	3%	3%	2%	7%	4%	6%	7%	6%	5%
												a		a			a
NET: More important		1274	108	325	299	200	120	222	732	542	1090	26	81	49	8	11	175
		63%	69%	67%	65%	62%	60%	54%	67%	58%	63%	56%	64%	65%	55%	81%	64%
			fh	fh	fh	f			fh								
NET: Less important		112	11	33	24	15	10	18	68	43	81	8	8	8	3	1	29
		5%	7%	7%	5%	5%	5%	4%	6%	5%	5%	18%	7%	11%	20%	7%	10%
												ac		a			a
Base for stats		1979	153	477	442	315	194	399	1072	908	1704	43	121	71	14	13	261
Mean Score		3.81	3.87	3.86	3.82	3.84	3.82	3.67	3.84	3.76	3.80	3.69	3.95	3.92	3.56	4.30	3.89
			f	f	f	f			fh								
Standard Deviation		.902	1.004	.936	.849	.914	.913	.851	.911	.889	.864	1.184	.999	1.211	1.288	.913	1.105
Standard Error		.020	.079	.042	.040	.053	.066	.044	.027	.030	.021	.173	.087	.139	.344	.244	.066
Error variance		*	.01	*	*	*	*	*	*	*	*	.03	.01	.02	.12	.06	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421	
Total		2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Much more important		(5.0)	470	147	194	124	318	19	13	104	334	136	448	17	49	228	164	29	421	89	324
		23%	20%	25%	25%	25%	24%	14%	20%	25%	20%	25%	10%	24%	21%	24%	32%	23%	24%	23%	
				a		a				bce		b					b				
Somewhat more important		(4.0)	804	285	311	201	512	28	35	204	537	268	750	46	62	436	276	30	743	140	592
		40%	39%	40%	40%	40%	35%	39%	39%	40%	39%	41%	27%	31%	41%	41%	33%	41%	37%	42%	
												b			a	a		a			
No more or less important		(3.0)	594	260	201	125	326	23	27	161	383	211	507	76	80	315	176	22	513	101	406
		29%	35%	26%	25%	26%	28%	30%	31%	28%	31%	28%	45%	40%	30%	26%	24%	28%	27%	29%	
			bcd									a		bcd							
Somewhat less important		(2.0)	77	15	37	24	61	7	10	19	41	36	60	13	3	45	26	4	74	24	48
		4%	2%	5%	5%	5%	9%	11%	4%	3%	5%	3%	8%	1%	4%	4%	4%	4%	6%	3%	
				a	a	a	cd	cde			d		a						b		
Much less important		(1.0)	35	6	10	18	27	1	4	13	16	18	25	9	2	13	15	5	32	12	19
		2%	1%	1%	3%	2%	1%	5%	2%	1%	3%	1%	5%	1%	1%	2%	5%	2%	3%	1%	
					ab	a		d			d		a				abe		b		
Don't know			55	23	18	12	29	2	2	17	34	21	38	9	7	30	16	2	48	9	33
		3%	3%	2%	2%	2%	2%	2%	3%	3%	3%	2%	5%	3%	3%	3%	2%	3%	2%	2%	
												a									
NET: More important			1274	431	505	325	830	47	48	308	871	404	1198	63	111	664	440	60	1164	229	916
		63%	59%	66%	65%	65%	59%	53%	60%	65%	59%	66%	37%	55%	62%	65%	64%	64%	61%	64%	
				a	a	a				bce		b			a	a		a			
NET: Less important			112	22	46	42	88	8	14	32	57	54	85	22	5	57	41	8	106	36	67
		5%	3%	6%	8%	7%	10%	15%	6%	4%	8%	5%	13%	3%	5%	6%	9%	6%	10%	5%	
				a	a	a	d	cde			d		a			a	a		b		
Base for stats			1979	713	752	492	1244	78	90	501	1311	669	1789	160	196	1036	657	90	1784	366	1389
Mean Score			3.81	3.77	3.85	3.79	3.83	3.72	3.48	3.73	3.86	3.70	3.86	3.31	3.78	3.79	3.83	3.85	3.81	3.74	3.83
										b	bce	b	b								
Standard Deviation			.902	.828	.903	.991	.939	.981	1.033	.917	.875	.943	.879	.959	.879	.875	.924	1.084	.905	1.008	.871
Standard Error			.020	.031	.033	.044	.026	.110	.107	.041	.024	.037	.021	.076	.064	.027	.036	.111	.021	.052	.023
Error variance			*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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		2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total		2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important	(5.0)	470 23%	46 23%	64 17%	17 24%	349 25% be	110 19%	12 25%	387 24%	83 20%	41 11%	36 19% a	53 20% a	59 19% a	47 26% ad	71 30% abcdi	23 28% a	140 37% abcdei	159 21% a	234 34% abcdi
Somewhat more important	(4.0)	804 40%	78 39%	144 39%	25 35%	562 40%	227 39%	18 38%	636 39%	169 41%	120 31%	85 45% a	105 39% a	137 43% a	72 41% a	107 46% ah	37 46% a	140 37% a	315 41% a	285 41% a
No more or less important	(3.0)	594 29%	52 25%	136 37% acd	16 23%	388 28%	190 32% d	12 25%	473 29%	120 29%	182 47% bcdefghij	50 26%	85 32% fghj	86 27% fj	44 25%	45 19%	16 20%	86 23%	216 28% fhj	146 21%
Somewhat less important	(2.0)	77 4%	12 6%	11 3%	6 9% bd	48 3%	27 5%	2 4%	58 4%	19 5%	12 3%	11 6% ghj	12 5% hj	21 7% afghj	8 4% hj	6 3%	- -	6 2%	42 5% ghj	12 2%
Much less important	(1.0)	35 2%	10 5% d	10 3% d	4 6% d	12 1%	21 4% d	3 6% d	26 2%	9 2%	12 3% chj	2 1%	1 * c	6 2%	4 2% c	3 1% c	3 4% c	4 1% c	11 2% c	9 1% c
Don't know		55 3%	5 3%	5 1%	3 4%	35 2%	13 2%	1 2%	44 3%	10 3%	21 6% defhij	6 3%	9 4%	6 2%	2 1%	3 1%	2 3%	5 1%	17 2%	11 2%
NET: More important		1274 63%	124 61%	208 56%	42 59%	911 65% be	337 57%	29 63%	1022 63%	252 61%	161 41%	121 64% a	158 59% a	197 62% a	119 67% a	178 76% abcdi	60 74% aci	280 74% abcdei	474 62% a	518 74% abcdi
NET: Less important		112 5%	21 11% bd	22 6%	10 14% bd	60 4%	48 8% d	5 10%	83 5%	28 7%	24 6% hj	12 7% hj	13 5%	28 9% fhj	12 7% hj	9 4%	3 4%	10 3%	53 7% hj	22 3%
Base for stats		1979	197	366	69	1359	576	46	1579	401	367	183	256	310	176	232	79	376	742	686
Mean Score		3.81	3.70	3.66	3.65	3.87 abce	3.66	3.74	3.82	3.74	3.45	3.78 a	3.77 a	3.71 a	3.85 a	4.02 abcdi	3.97 ad	4.08 abcdei	3.77 a	4.05 abcdei
Standard Deviation		.902	1.045	.898	1.129	.864	.960	1.088	.898	.916	.860	.860	.843	.921	.948	.845	.916	.866	.902	.865
Standard Error		.020	.073	.048	.133	.023	.040	.164	.023	.046	.045	.063	.052	.052	.071	.056	.104	.045	.033	.033
Error variance		*	.01	*	.02	*	*	.03	*	*	*	*	*	*	*	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
			a	b	c	a	b	a	b	a	b	a	b	a	b
Significance Level: 95%															
Unweighted Total		2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total		2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important	(5.0)	470	237	66	164	406	24	393	29	355	54	385	39	318	80
		23%	35%	12%	21%	27%	12%	26%	13%	28%	17%	27%	15%	30%	15%
			bc		b	b		b		b		b		b	
Somewhat more important	(4.0)	804	300	190	314	621	64	625	76	541	104	605	75	447	175
		40%	44%	35%	39%	41%	30%	41%	35%	42%	32%	42%	28%	42%	34%
			b			b		b		b		b		b	
No more or less important	(3.0)	594	103	250	233	383	91	391	87	311	124	342	118	230	220
		29%	15%	46%	29%	25%	43%	26%	39%	24%	38%	24%	45%	22%	42%
				ac	a		a		a		a		a		a
Somewhat less important	(2.0)	77	20	16	39	54	15	50	14	43	21	45	15	41	21
		4%	3%	3%	5%	4%	7%	3%	7%	3%	6%	3%	6%	4%	4%
							a		a		a		a		
Much less important	(1.0)	35	6	4	23	24	7	23	4	15	12	21	9	16	8
		2%	1%	1%	3%	2%	3%	2%	2%	1%	4%	1%	4%	2%	2%
					ab						a		a		
Don't know		55	10	16	23	27	10	33	9	25	11	26	7	17	14
		3%	1%	3%	3%	2%	5%	2%	4%	2%	3%	2%	3%	2%	3%
							a								
NET: More important		1274	537	256	478	1026	89	1018	105	896	158	989	114	765	255
		63%	79%	47%	60%	68%	42%	67%	48%	69%	48%	70%	43%	72%	49%
			bc		b	b		b		b		b		b	
NET: Less important		112	26	20	63	77	22	74	19	58	33	66	24	57	29
		5%	4%	4%	8%	5%	10%	5%	9%	4%	10%	5%	9%	5%	6%
					ab		a		a		a		a		
Base for stats		1979	666	526	773	1487	201	1483	211	1265	315	1397	255	1053	503
Mean Score		3.81	4.11	3.57	3.72	3.90	3.42	3.89	3.53	3.93	3.53	3.92	3.47	3.96	3.59
			bc		b	b		b		b		b		b	
Standard Deviation		.902	.840	.777	.953	.898	.924	.891	.886	.875	.979	.883	.944	.903	.863
Standard Error		.020	.032	.034	.034	.023	.065	.023	.061	.025	.055	.024	.059	.028	.039
Error variance		*	*	*	*	*	*	*	*	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
632	302	327	256	243	133	35	85	59	70	45	52	119	106	60
31%	30%	32%	42%	36%	18%	36%	32%	30%	33%	26%	23%	37%	32%	29%
			c	c		f	f		f			efi	f	
1239	636	599	293	382	564	59	158	122	128	116	148	172	206	130
61%	64%	58%	48%	57%	75%	61%	60%	61%	60%	66%	66%	54%	62%	63%
	b			a	ab					g	g		g	g
163	55	107	65	42	56	3	22	18	16	14	26	29	19	18
8%	6%	10%	11%	6%	7%	3%	8%	9%	8%	8%	11%	9%	6%	9%
	a		bc				a	a		a	ah	a		a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total	2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	632	57	168	140	124	70	73	365	267	522	21	56	21	5	3	106
	31%	36%	35%	31%	38%	35%	18%	33%	29%	30%	46%	44%	28%	33%	25%	38%
		fh	fh	f	cfh	f		fh	f		ad	ad				a
No	1239	86	285	271	179	114	303	642	597	1095	20	57	44	6	6	133
	61%	55%	59%	59%	55%	57%	74%	58%	64%	63%	44%	45%	59%	41%	43%	48%
							abcdegh		adg	bcdg						
Don't know	163	14	33	46	20	17	34	93	71	120	4	13	10	4	4	36
	8%	9%	7%	10%	6%	8%	8%	8%	8%	7%	10%	10%	14%	26%	32%	13%
													a			a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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%		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
Unweighted Total	2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421
Total	2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	632	148	285	191	477	38	38	143	413	219	589	36	40	307	254	32	592	170	413
	31%	20%	37%	38%	37%	47%	42%	28%	31%	32%	32%	21%	20%	29%	38%	34%	32%	45%	29%
			a	a	a	cde	cd				b			a	abe	a	ab	b	
No	1239	542	423	259	682	35	42	325	837	402	1108	113	150	679	362	46	1088	176	899
	61%	74%	55%	51%	54%	43%	46%	63%	62%	58%	61%	67%	74%	64%	54%	50%	59%	47%	63%
		bcd						ab	ab	ab			bcde	cde		c		a	
Don't know	163	45	62	53	115	8	11	49	95	68	130	20	12	80	57	14	151	29	110
	8%	6%	8%	11%	9%	9%	13%	10%	7%	10%	7%	12%	6%	8%	8%	15%	8%	8%	8%
				a	a				d		a				abce				

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th April 2020

### Q12. Has the coronavirus health emergency changed any other feelings you have about physical activity and exercise?

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
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	632	77	107	31	421	196	15	529	103	68	60	88	97	58	95	26	140	244	260
	31%	38%	29%	44%	30%	33%	32%	33%	25%	18%	32%	33%	31%	33%	40%	31%	37%	32%	37%
		bd		bd				b			a	a	a	a	adi	a	a	a	adi
No	1239	102	240	32	880	344	24	962	276	275	106	152	199	106	133	46	221	457	400
	61%	50%	65%	44%	63%	59%	52%	59%	67%	71%	56%	57%	63%	60%	57%	57%	58%	60%	57%
			ac		ac	ac			a	bcdefghij									
Don't know	163	24	24	9	93	48	7	131	32	45	23	26	19	13	7	9	20	58	37
	8%	12%	7%	12%	7%	8%	16%	8%	8%	12%	12%	10%	6%	8%	3%	12%	5%	8%	5%
		bd					bd			dthij	dthj	fhj		f		fhj		f	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th April 2020

### Q12. Has the coronavirus health emergency changed any other feelings you have about physical activity and exercise?

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	2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total	2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	632	316	76	235	505	49	490	62	457	79	484	56	411	107
	31%	47%	14%	30%	33%	23%	32%	28%	35%	24%	34%	21%	38%	21%
		bc		b	b				b		b		b	
No	1239	310	425	495	907	142	913	142	750	216	838	190	581	378
	61%	46%	78%	62%	60%	67%	60%	65%	58%	66%	59%	72%	54%	73%
			ac	a		a			a		a		a	
Don't know	163	50	40	67	102	20	112	16	83	30	102	17	77	32
	8%	7%	7%	8%	7%	10%	7%	7%	6%	9%	7%	6%	7%	6%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	650	306	341	281	241	128	42	87	63	75	50	36	127	108	62
Total	632	302	327	256	243	133	35	85	59	70	45	52	119	106	60
	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	310 49%	145 48%	166 51%	143 56% b	106 44%	62 47%	14 40%	35 42%	30 50%	38 54%	22 49%	24 47%	50 43%	64 60% abg	32 52%
Scared or worried to go out	104 16%	49 16%	53 16%	28 11%	53 22% a	23 17%	5 14%	14 16%	5 8%	11 15%	10 22% c	13 25% c	22 19%	14 14%	10 17%
Important for improving mental health	67 11%	28 9%	39 12%	27 10%	28 12%	12 9%	7 19%	11 13%	7 12%	6 8%	3 6%	3 6%	15 13%	10 9%	6 10%
Can't go out / stuck at home	38 6%	18 6%	19 6%	10 4%	14 6%	13 10% a	3 10%	5 6%	4 7%	6 8%	3 6%	4 9%	8 7%	3 3%	1 2%
Less motivation to do exercise or exercising less	30 5%	15 5%	16 5%	15 6%	9 4%	6 5%	3 7%	5 6%	2 3%	3 4%	3 6%	3 6%	5 4%	4 4%	4 6%
Can't / want to go to the gym	18 3%	8 3%	10 3%	10 4% b	3 1%	4 3%	1 2%	3 3%	3 5%	2 3%	- -	1 3%	6 5%	1 1%	1 2%
Have more time to exercise	16 3%	8 3%	9 3%	7 3%	8 3%	1 1%	- -	4 4%	1 2%	4 5%	- -	1 3%	5 4%	2 2%	- -
Adapted to exercise at home	14 2%	6 2%	8 2%	3 1%	4 2%	7 5% a	1 2%	1 1%	2 3%	2 3%	1 2%	1 3%	4 3%	1 1%	1 1%
Doing the same / no change	9 1%	6 2%	3 1%	2 1%	4 2%	3 2%	- -	1 1%	2 3%	1 1%	1 2%	- -	1 1%	2 2%	1 2%
Enjoying exercising more than before	8 1%	4 1%	4 1%	3 1%	4 2%	1 1%	- -	2 2%	1 2%	1 1%	- -	1 3%	- -	2 2%	1 2%
Other	61 10%	32 11%	28 9%	23 9%	22 9%	16 12%	3 7%	8 9%	10 18% df	3 4%	5 12%	1 3%	13 11%	10 9%	7 12%
Don't know	1 *	- -	1 *	- -	1 *	- -	- -	- -	- -	- -	- -	- -	- -	- -	1 2%
Nothing	1 *	- -	1 *	1 *	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	1 1%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	650	62	179	150	119	70	70	391	259	528	23	61	24	5	4	117
Total	632	57	168	140	124	70	73	365	267	522	21	56	21	5	3	106
	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	310 49%	30 52%	82 49%	71 51%	60 48%	38 54%	30 41%	183 50%	127 48%	256 49%	10 49%	28 50%	8 40%	5 100%	3 76%	54 51%
Scared or worried to go out	104 16%	10 17%	18 11%	24 17%	26 21% b	11 16%	15 20% b	52 14%	52 19% b	88 17%	1 5%	10 19%	3 14%	1 20%	- -	15 14%
Important for improving mental health	67 11%	4 6%	27 16% ah	13 10%	11 9%	6 9%	6 8%	45 12%	23 9%	60 12%	2 9%	3 5%	2 11%	- -	- -	7 7%
Can't go out / stuck at home	38 6%	2 4%	10 6%	8 6%	4 4%	3 4%	10 13% dg	20 6%	17 6%	31 6%	1 5%	5 8%	1 5%	- -	- -	6 6%
Less motivation to do exercise or exercising less	30 5%	2 3%	10 6% e	11 8% eh	4 3%	- -	4 6% e	22 6% e	8 3%	20 4%	4 21%	4 6%	3 13%	- -	- -	11 10% a
Can't / want to go to the gym	18 3%	1 2%	8 5%	3 2%	5 4%	- -	1 2%	11 3%	6 2%	13 2%	- -	2 4%	2 9%	- -	- -	4 4%
Have more time to exercise	16 3%	2 3%	6 4%	4 3%	2 2%	1 1%	1 1%	12 3%	4 2%	16 3%	- -	- -	- -	- -	- -	- -
Adapted to exercise at home	14 2%	1 1%	5 3%	3 2%	- -	1 1%	5 6% d	8 2%	5 2%	11 2%	- -	2 4%	1 4%	- -	- -	3 3%
Doing the same / no change	9 1%	- -	1 1%	3 2%	3 2%	- -	2 3%	4 1%	5 2%	9 2%	- -	- -	- -	- -	- -	- -
Enjoying exercising more than before	8 1%	1 2%	3 2%	1 1%	3 3%	- -	- -	5 1%	3 1%	7 1%	- -	- -	- -	- -	- -	- -
Other	61 10%	7 13%	15 9%	7 5%	12 10%	12 17% cg	7 10%	30 8%	32 12% c	51 10%	3 12%	4 8%	2 8%	- -	1 24%	9 9%
Don't know	1 *	- -	- -	- -	- -	- -	1 1% g	- -	1 *	1 *	- -	- -	- -	- -	- -	- -
Nothing	1 *	- -	- -	- -	1 1%	- -	- -	- -	1 *	1 *	- -	- -	- -	- -	- -	- -

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	650	151	295	196	491	38	41	147	424	226	606	37	41	309	266	34	609	174	425
Total	632	148	285	191	477	38	38	143	413	219	589	36	40	307	254	32	592	170	413
	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	310 49%	79 54%	127 44%	101 53%	228 48%	12 32%	21 55% a	64 45%	213 52% a	97 44%	299 51% b	11 29%	19 47%	147 48%	130 51%	15 48%	292 49%	75 44%	212 51%
Scared or worried to go out	104 16%	24 16%	54 19%	26 14%	80 17%	6 15%	5 14%	23 16%	69 17%	34 16%	96 16%	8 22%	5 12%	59 19%	36 14%	3 11%	99 17%	25 15%	74 18%
Important for improving mental health	67 11%	14 9%	37 13%	16 9%	53 11%	4 11%	2 4%	8 6%	53 13% ce	14 6%	65 11%	2 5%	2 5%	37 12%	27 11%	1 3%	66 11%	12 7%	52 13% a
Can't go out / stuck at home	38 6%	11 7%	14 5%	10 5%	24 5%	2 5%	3 7%	23 16% d	10 2%	28 13% d	32 5%	3 9%	4 10%	18 6%	14 6%	2 5%	34 6%	9 5%	24 6%
Less motivation to do exercise or exercising less	30 5%	6 4%	16 6%	8 4%	24 5%	3 9%	4 10% d	9 6%	14 3%	16 7% d	27 5%	3 7%	3 7%	15 5%	7 3%	6 18% bce	28 5%	12 7% b	15 4%
Can't / want to go to the gym	18 3%	6 4%	6 2%	6 3%	11 2%	1 3%	- -	3 2%	14 3%	4 2%	16 3%	2 6%	1 2%	9 3%	7 3%	1 3%	17 3%	5 3%	10 2%
Have more time to exercise	16 3%	3 2%	7 2%	7 3%	14 3%	2 5%	- -	4 3%	10 2%	6 3%	15 3%	1 3%	- -	5 2%	10 4%	1 3%	16 3%	4 3%	11 3%
Adapted to exercise at home	14 2%	3 2%	6 2%	4 2%	9 2%	- -	- -	2 1%	12 3%	2 1%	14 2%	- -	- -	3 1%	7 3%	3 9% be	14 2%	6 4%	7 2%
Doing the same / no change	9 1%	2 1%	4 1%	3 2%	7 1%	- -	1 3%	2 1%	6 1%	3 1%	8 1%	1 3%	2 5% be	2 1%	5 2%	- -	7 1%	4 2%	3 1%
Enjoying exercising more than before	8 1%	2 2%	2 1%	4 2%	6 1%	- -	- -	2 1%	6 1%	2 1%	8 1%	- -	- -	4 1%	3 1%	1 3%	8 1%	2 1%	6 1%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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%		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
Unweighted Total	650	151	295	196	491	38	41	147	424	226	606	37	41	309	266	34	609	174	425
Total	632	148	285	191	477	38	38	143	413	219	589	36	40	307	254	32	592	170	413
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other	61 10%	12 8%	33 12%	16 8%	49 10%	7 18%	3 8%	13 9%	38 9%	23 10%	52 9%	7 18%	6 15%	32 11%	20 8%	3 8%	55 9%	19 11%	35 9%
Don't know	1 *	- -	- -	1 1%	1 *	1 3% cd	- -	- -	- -	1 *	- -	1 3% a	- -	1 *	- -	- -	1 *	- -	1 *
Nothing	1 *	- -	- -	1 *	1 *	1 2% d	- -	- -	- -	1 *	1 *	- -	- -	- -	1 *	- -	1 *	1 *	- -

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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: 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	650	82	108	33	432	203	15	544	106	69	62	92	102	61	96	26	142	255	264
Total	632	77	107	31	421	196	15	529	103	68	60	88	97	58	95	26	140	244	260
	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	310 49%	36 47%	46 43%	11 37%	221 53% e	82 42%	9 58%	257 49%	53 52%	21 31%	29 48% a	47 53% a	41 42%	28 48%	54 58% ad	17 66%	74 53% a	115 47% a	145 56% ad
Scared or worried to go out	104 16%	11 14%	15 14%	9 29%	70 17%	33 17%	1 9%	90 17%	13 13%	25 37% bcdefhij	9 15%	14 15%	18 18%	8 14%	12 13%	4 16%	14 10%	39 16%	30 12%
Important for improving mental health	67 11%	11 14%	10 10%	3 9%	46 11%	20 10%	3 17%	52 10%	15 15%	5 7%	5 8%	8 9%	5 5%	8 13%	10 10%	4 14%	24 17% adi	21 9%	37 14% d
Can't go out / stuck at home	38 6%	5 7%	13 12% d	2 7%	16 4%	20 10% d	1 7%	29 6%	8 8%	7 10% ci	8 13% cij	2 2%	6 6%	2 3%	4 4%	1 4%	8 6%	10 4%	13 5%
Less motivation to do exercise or exercising less	30 5%	3 4%	6 6%	2 8%	16 4%	12 6%	- -	27 5%	4 4%	4 6%	2 3%	9 11% fj	4 4%	4 7% f	1 1%	- -	6 4%	17 7% fj	7 3%
Can't / want to go to the gym	18 3%	1 1%	2 2%	- -	14 3%	3 1%	- -	17 3%	1 1%	2 3% h	2 3% h	- -	5 5% ch	3 5% ch	6 7% ch	- -	- -	8 3% h	6 2%
Have more time to exercise	16 3%	1 2%	2 2%	- -	13 3%	3 2%	- -	14 3%	3 3%	- -	1 2%	2 2%	3 3%	- -	5 5%	- -	5 4%	5 2%	11 4%
Adapted to exercise at home	14 2%	1 1%	1 1%	1 3%	10 2%	3 2%	- -	13 2%	1 1%	- -	2 3%	1 1%	4 4%	2 3%	5 5% h	- -	1 1%	6 3%	6 2%
Doing the same / no change	9 1%	1 1%	3 3%	- -	6 1%	3 1%	1 7%	7 1%	2 2%	2 3%	- -	2 2%	2 2%	- -	1 1%	- -	2 1%	4 2%	3 1%
Enjoying exercising more than before	8 1%	- -	3 2%	1 3%	4 1%	4 2%	- -	6 1%	2 2%	- -	- -	- -	1 1%	2 3%	2 2%	- -	3 2%	3 1%	5 2%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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												
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
650	82	108	33	432	203	15	544	106	69	62	92	102	61	96	26	142	255	264
632	77	107	31	421	196	15	529	103	68	60	88	97	58	95	26	140	244	260
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
61	10	15	2	35	24	3	50	11	7	10	12	12	4	2	1	14	28	17
10%	14%	14%	6%	8%	12%	21%	10%	10%	10%	16%	13%	13%	6%	2%	4%	10%	11%	7%
									f	fj	fj	f				f	f	
1	-	-	-	1	-	-	1	-	1	-	-	-	-	-	-	-	-	-
*	-	-	-	*	-	-	*	-	2%	-	-	-	-	-	-	-	-	-
									ij									
1	-	1	-	-	1	-	1	-	-	-	-	-	-	-	-	1	-	1
*	-	1%	-	-	*	-	*	-	-	-	-	-	-	-	-	1%	-	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	650	329	76	241	518	51	506	65	469	83	497	59	420	111
Total	632	316	76	235	505	49	490	62	457	79	484	56	411	107
	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	310 49%	197 62% bc	32 42%	80 34%	250 49%	26 54%	250 51%	26 41%	222 49%	47 60%	231 48%	32 58%	200 49%	52 49%
Scared or worried to go out	104 16%	30 10%	13 17%	61 26% a	81 16%	12 25%	77 16%	11 17%	68 15%	14 18%	77 16%	10 17%	62 15%	21 19%
Important for improving mental health	67 11%	37 12%	8 11%	22 9%	59 12% b	- -	51 10%	6 9%	47 10%	9 12%	49 10%	10 18%	37 9%	13 13%
Can't go out / stuck at home	38 6%	8 3%	6 8% a	22 9% a	31 6%	1 3%	26 5%	5 8%	29 6%	2 3%	32 7% b	- -	29 7%	3 3%
Less motivation to do exercise or exercising less	30 5%	8 2%	4 5%	17 7% a	22 4%	2 4%	24 5%	4 6%	23 5%	5 6%	26 5%	3 5%	25 6%	2 2%
Can't / want to go to the gym	18 3%	3 1%	3 4% a	11 5% a	15 3%	- -	15 3%	1 1%	15 3%	2 2%	16 3%	- -	15 4% b	- -
Have more time to exercise	16 3%	13 4% c	- -	3 1%	13 3%	2 4%	12 2%	3 4%	13 3%	2 2%	13 3%	3 5%	9 2%	5 5%
Adapted to exercise at home	14 2%	6 2%	1 1%	7 3%	13 3%	- -	11 2%	1 1%	10 2%	2 2%	11 2%	2 3%	10 3%	2 1%
Doing the same / no change	9 1%	3 1%	2 2%	4 2%	6 1%	1 2%	6 1%	2 3%	7 2%	2 2%	6 1%	1 2%	6 1%	2 2%
Enjoying exercising more than before	8 1%	7 2% c	1 1%	- -	6 1%	1 2%	6 1%	1 1%	6 1%	- -	6 1%	1 2%	4 1%	4 3% a
Other	61 10%	23 7%	8 10%	31 13% a	44 9%	7 13%	46 9%	7 11%	45 10%	5 7%	48 10%	4 6%	39 10%	11 10%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	650	329	76	241	518	51	506	65	469	83	497	59	420	111
Total	632	316	76	235	505	49	490	62	457	79	484	56	411	107
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Don't know	1	-	1	-	-	-	-	-	-	-	-	-	1	-
	*	-	1% a	-	-	-	-	-	-	-	-	-	*	-
Nothing	1	1	-	-	1	-	1	-	1	-	1	-	1	-
	*	*	-	-	*	-	*	-	*	-	*	-	*	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total	2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	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	80	43	37	38	28	15	1	6	7	12	7	9	19	10	10
	4%	4%	4%	6%	4%	2%	1%	2%	3%	6%	4%	4%	6%	3%	5%
				c	c					a			ab		
I am self-isolating because someone in my household has virus symptoms	91	47	42	56	23	11	2	9	13	12	4	7	23	10	10
	4%	5%	4%	9%	3%	2%	2%	3%	7%	6%	2%	3%	7%	3%	5%
				bc	c				e				beh		
I am self-isolating because I am at increased risk due to my age or health condition	518	254	262	122	109	286	16	59	48	62	49	61	81	79	61
	25%	26%	25%	20%	16%	38%	17%	22%	24%	29%	28%	27%	25%	24%	29%
						ab				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	1345	648	693	397	507	440	78	190	130	128	114	149	196	232	126
	66%	65%	67%	65%	76%	59%	80%	72%	66%	60%	65%	66%	62%	70%	61%
				c	ac		cdefghi	dgi						dgi	
NET: Self-isolating	689	345	341	216	160	312	20	74	68	86	61	77	123	99	81
	34%	35%	33%	35%	24%	41%	20%	28%	34%	40%	35%	34%	38%	30%	39%
				b		ab			a	abh	a	a	abh	a	abh



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total	2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
	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	80 4%	15 10% bce fgh	18 4%	15 3%	17 5% f	7 3%	9 2%	48 4%	33 3%	64 4%	3 6%	7 6%	6 8%	- -	1 6%	16 6%
I am self-isolating because someone in my household has virus symptoms	91 4%	18 12% bcdefgh	23 5% f	21 5% f	12 4%	8 4%	8 2%	62 6% fh	29 3%	63 4%	5 10% a	14 11% a	8 10% a	- -	- -	26 9% a
I am self-isolating because I am at increased risk due to my age or health condition	518 25%	37 24%	100 21%	88 19%	70 22%	43 21%	179 44% abcdegh	225 20% abcdegh	292 31%	448 26%	9 20%	30 24%	14 19%	6 40%	7 52%	67 24%
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1345 66%	87 55% afh	345 71% afh	333 73% afh	224 69% afh	143 71% afh	214 52%	765 70% afh	580 62% f	1162 67% g	29 64%	74 59%	47 63%	9 60%	6 42%	166 60%
NET: Self-isolating	689 34%	70 45% bcdegh	141 29%	124 27%	99 31%	58 29%	196 48% bcdegh	335 30% bcdegh	354 38%	575 33%	16 36%	51 41%	28 37%	6 40%	8 58%	109 40% a

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	
				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
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total	2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421
Total	2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421
	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	80 4%	16 2%	33 4%	30 6%	63 5%	80 100%	- -	- -	- -	80 12%	57 3%	20 12%	2 1%	38 4%	36 5%	4 4%	78 4%	35 9%	41 3%
			a	a	a	bcde				bcd		a		a	a	a	a	b	
I am self-isolating because someone in my household has virus symptoms	91 4%	15 2%	48 6%	28 6%	76 6%	- -	91 100%	- -	- -	91 13%	64 3%	25 15%	5 2%	45 4%	36 5%	6 6%	87 5%	37 10%	45 3%
			a	a	a		acde			acd		a						b	
I am self-isolating because I am at increased risk due to my age or health condition	518 25%	260 35%	158 21%	91 18%	249 20%	- -	- -	518 100%	- -	518 75%	419 23%	78 46%	82 41%	298 28%	122 18%	16 18%	436 24%	99 26%	329 23%
			bcd					abde		abd		a	bcde	cde		c			
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1345 66%	444 60%	532 69%	354 70%	886 70%	- -	- -	- -	1345 100%	- -	1287 70%	46 27%	114 56%	685 64%	479 71%	67 72%	1231 67%	203 54%	1008 71%
			a	a	a				abce		b			a	ab	a	a	a	
NET: Self-isolating	689 34%	291 40%	238 31%	149 30%	388 30%	80 100%	91 100%	518 100%	- -	689 100%	540 30%	124 73%	88 44%	381 36%	194 29%	26 28%	601 33%	172 46%	414 29%
			bcd			d	d	d		d		a	bcde	c				b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th April 2020

### D6. Which one of the following best describes you 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	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
	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	80 4%	16 8% d	16 4%	7 10% bd	43 3%	37 6% d	3 6%	64 4%	16 4%	12 3%	12 6% h	10 4%	17 5%	6 4%	12 5%	2 3%	10 3%	33 4%	23 3%
I am self-isolating because someone in my household has virus symptoms	91 4%	18 9% bdf	15 4%	10 14% bdef	44 3%	43 7% bd	- -	78 5%	13 3%	12 3%	13 7% aehj	18 7% aehj	19 6% h	5 3%	13 5% h	3 3%	9 2%	42 5% h	24 3%
I am self-isolating because I am at increased risk due to my age or health condition	518 25%	61 30% d	215 58% ade	35 48% ad	227 16%	276 47% ad	26 56% ad	387 24%	131 32% a	143 37% cdefghij	58 31% efhj	63 24%	88 28% efhj	34 19%	40 17%	18 23%	73 19%	185 24% fhj	131 19%
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1345 66%	107 53% bce	125 34%	20 28% abcef	1081 78% abcef	232 39% c	17 38%	1094 67% b	251 61%	222 57%	106 56%	175 66% ab	192 61% abdi	132 74% abdi	170 72% abd	58 71% ab	290 76% abcdi	499 66% ab	518 74% abcdi
NET: Self-isolating	689 34%	96 47% d	246 66% ad	52 72% ade	313 22%	356 61% ad	29 62% d	529 33%	160 39% a	167 43% cefg hij	83 44% cefg hij	91 34% hj	124 39% efhj	45 26%	65 28%	23 29%	91 24%	260 34% ehj	179 26%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total	2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am self-isolating because I have had virus symptoms	80 4%	26 4%	18 3%	35 4%	54 4%	11 5%	55 4%	17 8% a	54 4%	13 4%	58 4%	9 4%	47 4%	15 3%
I am self-isolating because someone in my household has virus symptoms	91 4%	38 6%	22 4%	29 4%	69 5%	15 7%	61 4%	13 6%	49 4%	21 7% a	62 4%	13 5%	53 5%	19 4%
I am self-isolating because I am at increased risk due to my age or health condition	518 25%	156 23%	154 28% a	202 25%	311 21%	97 46% a	335 22%	80 36% a	267 21%	107 33% a	321 23%	88 33% a	233 22%	161 31% a
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1345 66%	456 67%	347 64%	531 67%	1079 71% b	89 42%	1064 70% b	110 50%	918 71% b	184 57%	984 69% b	152 58%	736 69% b	323 62%
NET: Self-isolating	689 34%	220 33%	195 36%	266 33%	434 29%	122 58% a	452 30%	110 50% a	371 29%	141 43% a	440 31%	110 42% a	333 31%	195 38% a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1827	903	918	556	607	665	85	236	183	184	155	214	281	306	184
90%	91%	89%	91%	91%	88%	88%	89%	92% d	85%	88%	95% abdegi	88%	92% d	89%
169	75	92	49	51	70	10	22	13	26	18	11	26	22	21
8%	8%	9%	8%	8%	9%	11%	9%	7%	12% cfh	10%	5%	8%	7%	10%
38	15	23	9	10	18	2	6	3	5	3	-	12	4	3
2%	1%	2%	2%	1%	2%	2%	2%	1%	2%	2%	- fh	4%	1%	1%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total	2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1827	139	457	417	298	175	340	1014	813	1577	36	108	62	12	14	231
	90%	89%	94%	91%	92%	87%	83%	92%	87%	91%	78%	86%	82%	80%	100%	84%
			aefh	fh	fh			efh		bdg						
No	169	16	26	29	19	19	59	72	98	133	8	13	12	1	-	34
	8%	10%	5%	6%	6%	10%	15%	7%	10%	8%	18%	11%	15%	7%	-	12%
		b				b	bcdgh		bcdg		a		a			a
Don't know	38	2	2	11	6	7	10	15	23	27	2	4	2	2	-	10
	2%	1%	*	2%	2%	3%	3%	1%	2%	2%	4%	4%	2%	13%	-	4%
				b		bg	b		b							a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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						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
Unweighted Total	2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421
Total	2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1827	646	694	466	1160	57	64	419	1287	540	1827	-	182	948	618	80	1645	329	1291
	90%	88%	90%	93%	91%	71%	70%	81%	96%	78%	100%	-	90%	89%	92%	86%	90%	88%	91%
				a	a			ab	abce		b				b				
No	169	75	59	32	91	20	25	78	46	124	-	169	16	96	47	10	153	41	105
	8%	10%	8%	6%	7%	26%	27%	15%	3%	18%	-	100%	8%	9%	7%	11%	8%	11%	7%
		cd				cd	cde	d		d		a						b	
Don't know	38	15	17	5	22	3	3	20	12	25	-	-	4	23	8	3	34	5	25
	2%	2%	2%	1%	2%	3%	3%	4%	1%	4%	-	-	2%	2%	1%	3%	2%	1%	2%
						d		d		d									

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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												
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
2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1827	165	274	59	1323	462	29	1467	360	290	160	246	292	164	224	79	371	702	675
90%	82%	74%	82%	95%	78%	62%	90%	88%	75%	85%	93%	93%	93%	95%	98%	97%	93%	97%
	bf		f	abcef	f					a	ab	ab	ab	ab	ab	abcdei	ab	abcdei
169	28	80	10	61	103	14	129	40	81	22	17	23	9	6	2	10	48	17
8%	14%	22%	14%	4%	17%	30%	8%	10%	21%	12%	6%	7%	5%	2%	2%	3%	6%	2%
	d	ad	d		d	acde			bdefghij	cefg hij	fhj	fhj					fhj	
38	9	17	3	10	24	4	27	10	17	7	3	1	4	5	-	-	8	5
2%	4%	4%	5%	1%	4%	9%	2%	3%	4%	4%	1%	*	2%	2%	-	-	1%	1%
	d	d	d		d	d			cdhij	dhij	h		dhj	dh			h	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th April 2020

### D7. Are you well enough to exercise 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	2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total	2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1827	645	459	711	1434	137	1411	167	1214	250	1328	212	987	443
	90%	95%	85%	89%	95%	65%	93%	76%	94%	77%	93%	81%	92%	86%
		bc	b	b	b		b		b		b		b	
No	169	24	72	69	66	64	83	48	60	67	80	44	68	63
	8%	3%	13%	9%	4%	30%	5%	22%	5%	20%	6%	17%	6%	12%
			ac	a		a		a		a		a		a
Don't know	38	7	11	17	13	10	22	5	16	9	16	6	14	11
	2%	1%	2%	2%	1%	5%	1%	2%	1%	3%	1%	2%	1%	2%
						a				a				

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total	2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	202	106	94	25	32	145	13	18	19	32	17	13	33	36	22
	10%	11%	9%	4%	5%	19%	13%	7%	10%	15%	10%	6%	10%	11%	10%
						ab	bf			bf					
2-3	1066	529	535	277	293	497	50	155	101	97	106	120	140	176	122
	52%	53%	52%	45%	44%	66%	52%	59%	51%	45%	60%	53%	44%	53%	59%
						ab		dg			dg			g	dg
4-5	673	320	350	266	311	96	33	78	70	74	45	83	121	109	61
	33%	32%	34%	43%	47%	13%	34%	29%	35%	34%	26%	37%	38%	33%	29%
				c	c				e			e	bei		
6+	92	37	54	46	31	15	1	14	9	13	8	10	25	11	3
	5%	4%	5%	7%	5%	2%	1%	5%	5%	6%	4%	4%	8%	3%	1%
				bc	c			ai		ai			ahi		
NET: Lives with others	1832	886	939	588	635	608	84	247	180	183	158	213	286	295	186
	90%	89%	91%	96%	95%	81%	87%	93%	90%	85%	90%	94%	90%	89%	90%
				c	c			ad				ad			
Base for stats	2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
Mean Score	3.15	3.12	3.18	3.57	3.58	2.43	2.89	3.29	3.38	3.13	2.92	3.21	3.40	2.99	2.90
				c	c							aei	adehi		
Standard Deviation	1.984	2.474	1.354	1.312	2.110	2.114	1.189	3.251	3.479	1.536	1.252	1.207	1.464	1.276	1.185
Standard Error	.044	.079	.042	.051	.082	.079	.111	.200	.241	.104	.090	.097	.080	.070	.082
Error variance	*	.01	*	*	.01	.01	.01	.04	.06	.01	.01	.01	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th April 2020

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

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total	2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	202	8	29	45	13	16	92	82	121	187	4	3	7	1	1	15
	10%	5%	6%	10%	4%	8%	22%	7%	13%	11%	8%	2%	9%	6%	7%	5%
				bd			abcdegh	d	abdeg	cg			c			
2-3	1066	66	234	231	157	114	264	531	535	963	19	43	17	9	5	93
	52%	42%	48%	51%	49%	57%	64%	48%	57%	55%	42%	34%	22%	62%	36%	34%
						abg	abcdgh		abcdg	cdg	d					
4-5	673	72	198	157	138	64	44	427	246	538	19	62	36	4	6	127
	33%	46%	41%	34%	43%	32%	11%	39%	26%	31%	42%	49%	48%	24%	44%	46%
		cefh	cefh	fh	cefh	f		fh	f			a	a			a
6+	92	11	24	24	15	8	10	60	33	49	4	19	15	1	2	40
	5%	7%	5%	5%	5%	4%	2%	5%	3%	3%	8%	15%	20%	8%	13%	15%
		fh		f				fh			a	a	a			a
NET: Lives with others	1832	149	457	412	310	185	318	1018	813	1550	42	123	68	14	13	260
	90%	95%	94%	90%	96%	92%	78%	93%	87%	89%	92%	98%	91%	94%	93%	95%
		fh	cfh	f	cfgh	fh		fh	f			ad				a
Base for stats	2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
Mean Score	3.15	3.62	3.33	3.38	3.39	3.14	2.31	3.39	2.86	2.99	3.47	4.12	4.66	3.13	3.68	4.09
		befh	fh	fh	efh	fh		fh	f		a	ab	a			a
Standard Deviation	1.984	1.312	1.262	3.385	1.239	1.249	1.153	2.390	1.301	1.653	1.316	1.571	5.698	1.300	1.469	3.255
Standard Error	.044	.101	.056	.155	.070	.089	.059	.071	.044	.040	.184	.135	.633	.336	.379	.189
Error variance	*	.01	*	.02	*	.01	*	*	*	*	.03	.02	.40	.11	.14	.04

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	
				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	2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421
Total	2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	202	171	26	4	29	2	5	82	114	88	182	16	202	-	-	-	-	-	-
	10%	23%	3%	1%	2%	2%	5%	16%	8%	13%	10%	10%	100%	-	-	-	-	-	-
		bcd	c		c			abd	a	abd			bcd						
2-3	1066	495	501	60	561	38	45	298	685	381	948	96	-	1066	-	-	1066	196	850
	52%	67%	65%	12%	44%	48%	49%	58%	51%	55%	52%	57%	-	100%	-	-	58%	52%	60%
		cd	cd		c			d						acde			acd		a
4-5	673	64	227	374	601	36	36	122	479	194	618	47	-	-	673	-	673	156	509
	33%	9%	30%	74%	47%	45%	40%	23%	36%	28%	34%	28%	-	-	100%	-	37%	41%	36%
			a	abd	ab	ce	ce		ce						abde		abd	b	
6+	92	6	16	66	82	4	6	16	67	26	80	10	-	-	-	92	92	24	63
	5%	1%	2%	13%	6%	5%	6%	3%	5%	4%	4%	6%	-	-	-	100%	5%	6%	4%
			a	abd	ab											abce	abc		
NET: Lives with others	1832	565	744	500	1244	78	87	436	1231	601	1645	153	-	1066	673	92	1832	375	1421
	90%	77%	97%	99%	98%	98%	95%	84%	92%	87%	90%	90%	-	100%	100%	100%	100%	100%	100%
			a	abd	a	cde	ce		ce					a	a	a	a		
Base for stats	2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421
Mean Score	3.15	2.14	3.28	4.42	3.73	3.52	3.95	2.75	3.23	3.00	3.13	3.36	1.00	2.51	4.24	7.38	3.39	3.65	3.31
			a	abd	ab	ce	cde		ce	c					be	bce	b	b	
Standard Deviation	1.984	.994	1.923	2.361	2.178	1.276	5.179	1.312	1.809	2.280	1.692	3.987	-	.500	.426	6.430	1.950	2.728	1.676
Standard Error	.044	.037	.069	.105	.061	.141	.531	.058	.049	.087	.040	.305	-	.015	.016	.649	.046	.140	.044
Error variance	*	*	*	.01	*	.02	.28	*	*	.01	*	.09	-	*	*	.42	*	.02	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th April 2020

### D8. Including yourself, how many people in total live 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	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034 100%	203 100%	371 100%	72 100%	1394 100%	588 100%	47 100%	1623 100%	411 100%	389 100%	189 100%	266 100%	316 100%	177 100%	235 100%	81 100%	381 100%	759 100%	697 100%
Lives alone	202 10%	18 9%	43 12%	5 7%	133 10%	62 11%	3 7%	170 10%	33 8%	61 16%	20 11%	24 9%	24 7%	11 6%	15 6%	5 6%	42 11%	59 8%	62 9%
2-3	1066 52%	101 50%	226 61% ad	39 54%	716 51%	330 56%	28 60%	841 52%	226 55%	224 58% cdhi	99 53%	131 49%	154 49%	99 56%	120 51%	50 62% cdh	189 50%	384 51%	359 52%
4-5	673 33%	78 39% be	85 23%	23 32%	482 35% be	169 29%	15 33%	537 33%	136 33%	90 23%	61 32% a	98 37% a	123 39% ag	56 31% a	89 38% a	21 26%	134 35% a	277 37% a	244 35% a
6+	92 5%	6 3%	17 5%	5 7%	63 5%	28 5%	- -	76 5%	17 4%	14 4%	8 4%	13 5%	15 5%	11 6%	11 5%	5 6%	16 4%	39 5%	31 4%
NET: Lives with others	1832 90%	185 91%	328 88%	67 93%	1261 90%	526 89%	43 93%	1453 90%	378 92%	328 84%	168 89%	242 91% a	292 93% a	166 94% a	220 94% a	76 94% a	339 89%	700 92% a	635 91% a
Base for stats	2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
Mean Score	3.15	3.18 b	2.85	3.92 bde	3.18 b	3.08	3.04	3.14	3.20	2.73	3.05 a	3.22 a	3.45 a	3.23 a	3.27 a	3.14 a	3.22 a	3.32 a	3.23 a
Standard Deviation	1.984	1.237	1.309	5.837	1.802	2.396	1.090	1.750	2.717	1.306	1.362	1.364	2.998	1.319	1.237	1.296	2.695	2.191	2.162
Standard Error	.044	.086	.069	.669	.048	.099	.162	.043	.135	.067	.099	.083	.168	.098	.081	.145	.138	.079	.082
Error variance	*	.01	*	.45	*	.01	.03	*	.02	*	.01	.01	.03	.01	.01	.02	.02	.01	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total	2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	202	55	69	77	133	34	141	29	113	45	129	39	96	71
	10%	8%	13%	10%	9%	16%	9%	13%	9%	14%	9%	15%	9%	14%
		a	a			a				a		a		a
2-3	1066	332	319	405	782	111	783	115	658	173	719	142	554	280
	52%	49%	59%	51%	52%	53%	52%	52%	51%	53%	51%	54%	52%	54%
			ac											
4-5	673	259	137	272	526	58	513	69	455	95	505	71	371	144
	33%	38%	25%	34%	35%	28%	34%	31%	35%	29%	35%	27%	35%	28%
		b		b	b				b		b		b	
6+	92	31	17	43	73	8	78	7	64	12	70	11	49	22
	5%	5%	3%	5%	5%	4%	5%	3%	5%	4%	5%	4%	5%	4%
				b										
NET: Lives with others	1832	622	473	720	1380	177	1375	190	1177	281	1294	224	974	446
	90%	92%	87%	90%	91%	84%	91%	87%	91%	86%	91%	85%	91%	86%
		b			b				b		b		b	
Base for stats	2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
Mean Score	3.15	3.26	2.87	3.24	3.23	2.82	3.22	2.91	3.23	2.91	3.21	3.05	3.18	2.99
		b		b	b		b		b				b	
Standard Deviation	1.984	1.273	2.348	2.193	2.161	1.354	2.172	1.315	1.836	1.306	1.807	3.285	1.316	2.410
Standard Error	.044	.048	.102	.078	.055	.094	.056	.089	.051	.073	.048	.203	.040	.107
Error variance	*	*	.01	.01	*	.01	*	.01	*	.01	*	.04	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
1836	881	949	637	624	575	99	248	190	188	175	147	303	298	188
1832	886	939	588	635	608	84	247	180	183	158	213	286	295	186
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
375	174	201	169	136	70	18	55	41	41	23	46	73	46	34
20%	20%	21%	29% bc	21% c	11%	21%	22% eh	23% eh	22%	14%	22%	26% eh	15%	18%
1421	697	721	401	489	531	64	187	137	138	135	163	204	247	147
78%	79%	77%	68%	77% a	87% ab	76%	76%	76%	75%	85% bcdfg	76%	71%	84% bcdg	79%
35	16	17	18	10	7	3	6	2	4	1	4	9	3	5
2%	2%	2%	3% c	2%	1%	3%	2%	1%	2%	* 	2%	3%	1%	3%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	1836	159	472	428	297	181	299	1059	777	1530	47	133	74	14	14	282
Total	1832	149	457	412	310	185	318	1018	813	1550	42	123	68	14	13	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	375	37	85	82	61	39	72	203	172	280	15	47	27	1	2	92
	20%	25%	19%	20%	20%	21%	23%	20%	21%	18%	36% a	39% a	39% a	7%	13%	35% a
No	1421	108	367	320	244	142	242	794	627	1250	27	73	37	13	11	161
	78%	72%	80% a	77%	79%	76%	76%	78%	77%	81% bcdg	64%	59%	54%	93%	87%	62%
Prefer not to say	35	5	5	11	6	4	4	21	14	20	-	2	5	-	-	7
	2%	3%	1%	3%	2%	2%	1%	2%	2%	1%	-	2%	7% a	-	-	3%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
1836	553	755	505	1260	80	90	429	1237	599	1647	154	-	1052	686	98	1836	378	1421
1832	565	744	500	1244	78	87	436	1231	601	1645	153	-	1066	673	92	1832	375	1421
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%
375	62	172	135	307	35	37	99	203	172	329	41	-	196	156	24	375	375	-
20%	11%	23%	27%	25%	45%	43%	23%	17%	29%	20%	27%	-	18%	23%	26%	20%	100%	-
		a	a	a	cde	cde	d		cd				b	b			b	
1421	495	559	354	913	41	45	329	1008	414	1291	105	-	850	509	63	1421	-	1421
78%	88%	75%	71%	73%	52%	52%	75%	82%	69%	78%	69%	-	80%	76%	68%	78%	-	100%
	bcd					abe	abce	ab		b			cd		d		a	
35	8	14	11	25	3	5	8	20	16	25	7	-	21	8	6	35	-	-
2%	1%	2%	2%	2%	3%	5%	2%	2%	3%	2%	4%	-	2%	1%	6%	2%	-	-
						d				a				bce				

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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									
						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	1836	190	319	70	1262	528	42	1464	372	320	170	245	295	171	220	75	340	711	635
Total	1832	185	328	67	1261	526	43	1453	378	328	168	242	292	166	220	76	339	700	635
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	375	73	87	35	194	175	17	304	71	44	33	55	80	42	51	10	60	176	121
	20%	40%	27%	52%	15%	33%	40%	21%	19%	14%	20%	23%	27%	25%	23%	13%	18%	25%	19%
		bd	d	bde		bd	d					a	aghj	agh	a		aghj	a	
No	1421	108	238	30	1049	344	25	1122	299	280	128	177	211	119	166	64	276	507	506
	78%	59%	73%	44%	83%	65%	57%	77%	79%	86%	76%	73%	72%	72%	75%	85%	81%	72%	80%
		c	acef		abcef	c				bcdefij						cdei	cdei		cdei
Prefer not to say	35	3	3	3	18	8	1	27	8	3	7	10	2	5	3	2	3	17	8
	2%	2%	1%	4%	1%	1%	3%	2%	2%	1%	4%	4%	1%	3%	2%	2%	1%	2%	1%
											adhj	adhj							

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	1836	635	460	724	1386	175	1383	191	1185	280	1299	223	985	439
Total	1832	622	473	720	1380	177	1375	190	1177	281	1294	224	974	446
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	375 20%	159 26% bc	81 17%	129 18%	273 20%	37 21%	269 20%	50 26% a	248 21%	48 17%	276 21%	39 17%	232 24% b	63 14%
No	1421 78%	455 73%	381 81% a	576 80% a	1084 79%	137 77%	1081 79%	139 73%	907 77%	230 82%	997 77%	183 82%	723 74%	376 84% a
Prefer not to say	35 2%	7 1%	11 2%	15 2%	24 2%	3 2%	24 2%	2 1%	21 2%	2 1%	21 2%	2 1%	19 2%	7 2%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total	2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	203 10%	81 8%	121 12% a	97 16% bc	64 10% c	41 5%	11 11%	31 12%	18 9%	23 10%	18 10%	17 8%	35 11%	24 7%	25 12%
Yes - physical condition or illness	371 18%	164 17%	206 20%	62 10%	104 16% a	206 27% ab	17 17%	51 19% g	38 19% g	35 16%	40 23% g	45 20% g	38 12%	67 20% g	40 19% g
Yes - other	72 4%	40 4%	32 3%	33 5% c	25 4% c	14 2%	3 3%	11 4%	9 5%	7 3%	6 4%	4 2%	16 5%	10 3%	7 3%
No	1394 69%	705 71% b	686 66%	417 68%	482 72% c	495 66%	67 69%	170 64%	133 67%	151 70%	112 64%	163 72%	228 71%	230 69%	141 68%
Prefer not to say	52 3%	20 2%	29 3%	23 4% c	15 2%	14 2%	3 3%	5 2%	4 2%	5 2%	3 2%	7 3%	11 4%	8 2%	6 3%
NET: Longstanding condition or illness	588 29%	267 27%	318 31%	174 28%	170 26%	244 32% b	27 28%	90 34% fg	62 31%	59 28%	60 34% g	55 25%	80 25%	93 28%	61 30%
NET: Longstanding physical and mental condition or illness	47 2%	16 2%	31 3% a	15 2%	19 3%	13 2%	3 3%	3 1%	4 2%	5 2%	4 2%	7 3%	6 2%	6 2%	9 4% b

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total	2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	203	16	36	52	29	28	41	104	99	178	9	8	4	1	2	24
	10%	10%	7%	11%	9%	14%	10%	9%	11%	10%	19%	6%	6%	8%	13%	9%
				b		b			b		acd					
Yes - physical condition or illness	371	19	65	72	49	32	134	157	215	341	5	12	9	4	1	30
	18%	12%	13%	16%	15%	16%	33%	14%	23%	20%	10%	10%	12%	27%	8%	11%
							abcdegh		abcde	cg						
Yes - other	72	12	15	13	10	11	11	40	32	46	5	7	12	-	1	25
	4%	8%	3%	3%	3%	6%	3%	4%	3%	3%	11%	6%	16%	-	6%	9%
		bcd	fgh								a	a	ac			a
No	1394	106	366	324	234	131	233	796	598	1191	26	96	48	10	9	189
	69%	67%	75%	71%	73%	65%	57%	72%	64%	69%	57%	76%	64%	66%	67%	69%
		f	aefh	fh	fh			efh	f			b				
Prefer not to say	52	5	9	14	9	8	7	28	24	37	2	3	2	-	1	8
	3%	3%	2%	3%	3%	4%	2%	3%	3%	2%	5%	2%	3%	-	6%	3%
NET: Longstanding condition or illness	588	47	111	119	80	62	170	276	312	509	17	27	25	5	4	78
	29%	30%	23%	26%	25%	31%	42%	25%	33%	29%	38%	22%	33%	34%	27%	28%
						b	abcdegh		bcdg		c					
NET: Longstanding physical and mental condition or illness	47	-	4	15	7	7	13	19	27	47	-	-	-	-	-	-
	2%	-	1%	3%	2%	3%	3%	2%	3%	3%	-	-	-	-	-	-
				ab		ab	ab		ab	g						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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
2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421
2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
203	41	90	68	158	16	18	61	107	96	165	28	18	101	78	6	185	73	108
10%	6%	12%	13%	12%	20%	20%	12%	8%	14%	9%	17%	9%	9%	12%	6%	10%	20%	8%
		a	a	a	cd	cd	d		d		a						b	
371	180	121	65	187	16	15	215	125	246	274	80	43	226	85	17	328	87	238
18%	25%	16%	13%	15%	20%	16%	42%	9%	36%	15%	47%	21%	21%	13%	18%	18%	23%	17%
	bcd				d	d	abde		abd		a	c	ce		c		b	
72	15	32	23	56	7	10	35	20	52	59	10	5	39	23	5	67	35	30
4%	2%	4%	5%	4%	9%	11%	7%	1%	8%	3%	6%	3%	4%	3%	6%	4%	9%	2%
		a	a	a	d	d	d		d								b	
1394	500	536	343	878	43	44	227	1081	313	1323	61	133	716	482	63	1261	194	1049
69%	68%	70%	68%	69%	54%	48%	44%	80%	45%	72%	36%	66%	67%	72%	68%	69%	52%	74%
								abce		b				b			a	
52	13	21	17	38	-	5	15	32	20	42	6	7	21	22	2	45	6	29
3%	2%	3%	3%	3%	-	5%	3%	2%	3%	2%	3%	3%	2%	3%	2%	2%	2%	2%
						a												
588	222	213	144	357	37	43	276	232	356	462	103	62	330	169	28	526	175	344
29%	30%	28%	29%	28%	46%	47%	53%	17%	52%	25%	61%	31%	31%	25%	30%	29%	47%	24%
					d	d	d		d		a		c				b	
47	9	25	11	36	3	-	26	17	29	29	14	3	28	15	-	43	17	25
2%	1%	3%	2%	3%	4%	-	5%	1%	4%	2%	8%	2%	3%	2%	-	2%	5%	2%
		a		a			bd		bd		a						b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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

	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	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	203	203	47	5	-	203	47	164	39	42	21	28	25	21	22	8	36	73	66
	10%	100%	13%	7%	-	34%	100%	10%	9%	11%	11%	10%	8%	12%	9%	10%	9%	10%	9%
		bcd	d	d		bcd	bcd												
Yes - physical condition or illness	371	47	371	7	-	371	47	276	95	118	39	43	59	18	29	13	53	120	94
	18%	23%	100%	10%	-	63%	100%	17%	23%	30%	21%	16%	19%	10%	12%	16%	14%	16%	14%
		cd	acde	d		acd	acde		a	bcd	efghij		efhj		efj			e	
Yes - other	72	5	7	72	-	72	1	58	14	7	5	5	22	11	10	4	9	38	23
	4%	2%	2%	100%	-	12%	2%	4%	4%	2%	2%	2%	7%	6%	4%	4%	2%	5%	3%
		d	d	abdef		abdf	d						abchj	ach				ach	
No	1394	-	-	-	1394	-	-	1131	263	232	124	188	209	127	176	59	280	524	515
	69%	-	-	-	100%	-	-	70%	64%	60%	66%	71%	66%	71%	75%	73%	73%	69%	74%
					abcef			b				a		a	abd	a	ad	a	abdi
Prefer not to say	52	-	-	-	-	-	-	40	12	10	5	7	8	5	4	2	11	20	16
	3%	-	-	-	-	-	-	2%	3%	3%	3%	3%	3%	3%	2%	2%	3%	3%	2%
NET: Longstanding condition or illness	588	203	371	72	-	588	47	452	136	147	60	71	99	45	56	20	90	215	166
	29%	100%	100%	100%	-	100%	100%	28%	33%	38%	32%	27%	31%	26%	24%	25%	24%	28%	24%
		d	d	d		d	d		a	cefg hij	hj		fhj						
NET: Longstanding physical and mental condition or illness	47	47	47	1	-	47	47	38	9	16	5	6	7	3	4	2	4	15	10
	2%	23%	13%	1%	-	8%	100%	2%	2%	4%	3%	2%	2%	2%	2%	2%	1%	2%	1%
		bcd	cde	d		cd	abcde			hij									

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	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	2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total	2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	203	72	40	87	138	33	135	33	113	49	129	35	106	59
	10%	11%	7%	11%	9%	16%	9%	15%	9%	15%	9%	13%	10%	11%
				b		a		a		a		a		
Yes - physical condition or illness	371	100	126	139	204	94	236	72	176	97	221	75	157	126
	18%	15%	23%	17%	13%	45%	16%	33%	14%	30%	16%	29%	15%	24%
			ac			a		a		a		a		a
Yes - other	72	32	15	23	50	10	48	9	41	13	46	11	32	21
	4%	5%	3%	3%	3%	5%	3%	4%	3%	4%	3%	4%	3%	4%
No	1394	473	359	557	1122	81	1103	111	962	179	1026	147	773	321
	69%	70%	66%	70%	74%	39%	73%	50%	75%	55%	72%	56%	72%	62%
					b		b		b		b		b	
Prefer not to say	52	13	15	21	31	8	29	7	26	7	32	4	21	11
	3%	2%	3%	3%	2%	4%	2%	3%	2%	2%	2%	2%	2%	2%
NET: Longstanding condition or illness	588	189	168	219	360	122	384	102	301	140	366	111	275	185
	29%	28%	31%	27%	24%	58%	25%	47%	23%	43%	26%	42%	26%	36%
						a		a		a		a		a
NET: Longstanding physical and mental condition or illness	47	9	9	27	25	14	28	10	22	18	23	9	17	18
	2%	1%	2%	3%	2%	7%	2%	5%	2%	5%	2%	4%	2%	3%
				a		a		a		a		a		a



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total	2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1737	852	882	434	577	726	91	231	174	176	159	212	195	298	201
	85%	86%	85%	71%	86%	96%	93%	87%	88%	82%	90%	94%	61%	90%	97%
					a	ab	dg	g	g	g	dg	bcdg		dg	bcdegh
Mixed	46	18	28	33	10	3	2	7	3	3	3	-	20	6	2
	2%	2%	3%	5%	1%	*	2%	2%	2%	2%	2%	-	6%	2%	1%
				bc	c			f					bcdefhi		
Asian	126	63	62	76	42	7	-	13	15	19	8	6	48	14	2
	6%	6%	6%	12%	6%	1%	-	5%	7%	9%	5%	3%	15%	4%	1%
				bc	c			ai	afi	afhi	ai		abcdefhi	ai	
Black	75	35	39	42	25	9	3	7	2	9	2	4	41	6	1
	4%	3%	4%	7%	4%	1%	3%	3%	1%	4%	1%	2%	13%	2%	*
				bc	c		i			ci			abcdefhi		
Chinese	15	10	5	7	5	3	1	1	2	2	3	1	3	2	-
	1%	1%	*	1%	1%	*	1%	*	1%	1%	2%	1%	1%	1%	-
Other ethnic group	14	6	7	8	3	2	-	3	1	2	1	-	5	1	1
	1%	1%	1%	1%	*	*	-	1%	*	1%	1%	-	2%	*	1%
				c											
Prefer not to answer	22	9	11	13	6	3	1	3	2	3	-	2	7	4	1
	1%	1%	1%	2%	1%	*	1%	1%	1%	1%	-	1%	2%	1%	*
				c									e		
NET: Non-white	275	131	141	166	84	24	6	31	23	36	17	11	117	29	6
	14%	13%	14%	27%	13%	3%	6%	12%	11%	17%	10%	5%	37%	9%	3%
				bc	c			fi	fi	aefhi	i		abcdefhi	i	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total	2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1737	111	410	368	284	177	387	889	848	1737	-	-	-	-	-	-
	85%	70%	84%	80%	88%	88%	94%	81%	91%	100%	-	-	-	-	-	-
		a	a	a	acg	acg	abcdegh	a	abcg	bcdg						
Mixed	46	11	13	13	3	5	2	36	10	-	46	-	-	-	-	46
	2%	7%	3%	3%	1%	2%	*	3%	1%	-	100%	-	-	-	-	17%
		bcddefgh	fh	fh				dfh			acd					acd
Asian	126	18	30	45	15	11	8	92	33	-	-	126	-	-	-	126
	6%	11%	6%	10%	5%	5%	2%	8%	4%	-	-	100%	-	-	-	46%
		bdefh	fh	bdfh	f	f		dfh				abdg				abd
Black	75	12	22	17	14	5	5	51	24	-	-	-	75	-	-	75
	4%	8%	4%	4%	4%	3%	1%	5%	3%	-	-	-	100%	-	-	27%
		cefh	f	f	f			fh				abcg				abc
Chinese	15	1	4	3	1	1	4	9	6	-	-	-	-	15	-	15
	1%	1%	1%	1%	*	1%	1%	1%	1%	-	-	-	-	100%	-	5%
																acd
Other ethnic group	14	2	3	3	3	1	3	7	6	-	-	-	-	-	14	14
	1%	1%	1%	1%	1%	*	1%	1%	1%	-	-	-	-	-	100%	5%
																acd
Prefer not to answer	22	3	5	9	2	2	2	16	6	-	-	-	-	-	-	-
	1%	2%	1%	2%	1%	1%	*	1%	1%	-	-	-	-	-	-	-
				fh												
NET: Non-white	275	44	71	80	36	22	21	195	80	-	46	126	75	15	14	275
	14%	28%	15%	18%	11%	11%	5%	18%	9%	-	100%	100%	100%	100%	100%	100%
		bcddefgh	fh	defh	f	f		defh	f		a	a	a			a

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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+			
Significance Level: 95%		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Unweighted Total	2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421
Total	2034 100%	736 100%	770 100%	503 100%	1274 100%	80 100%	91 100%	518 100%	1345 100%	689 100%	1827 100%	169 100%	202 100%	1066 100%	673 100%	92 100%	1832 100%	375 100%	1421 100%
White	1737 85%	685 93% bcd	648 84% c	390 77%	1038 82%	64 80%	63 69%	448 87% b	1162 86% b	575 83% b	1577 86% b	133 78%	187 93% cde	963 90% cde	538 80% d	49 53%	1550 85% cd	280 75%	1250 88% a
Mixed	46 2%	8 1%	22 3% a	15 3% a	37 3% a	3 4%	5 5%	9 2%	29 2%	16 2%	36 2%	8 5% a	4 2%	19 2%	19 3%	4 4%	42 2%	15 4% b	27 2%
Asian	126 6%	22 3%	53 7% a	47 9% a	100 8% a	7 9%	14 15% cde	30 6%	74 6%	51 7%	108 6% 8%	13	3 1%	43 4%	62 9% abe	19 20% abce	123 7% ab	47 13% b	73 5%
Black	75 4%	11 1%	28 4% a	35 7% ab	62 5% a	6 7% c	8 8% cd	14 3%	47 4%	28 4%	62 3% 7% a	12	7 3%	17 2%	36 5% b	15 17% abce	68 4% b	27 7% b	37 3%
Chinese	15 1%	4 1%	7 1%	1 *	8 1%	- -	- -	6 1%	9 1%	6 1%	12 1% 1%	1	1 *	9 1%	4 1%	1 1%	14 1%	1 *	13 1%
Other ethnic group	14 1%	2 *	5 1%	7 1% a	12 1%	1 1%	- -	7 1% d	6 *	8 1%	14 1% -	-	1 *	5 *	6 1%	2 2%	13 1%	2 *	11 1%
Prefer not to answer	22 1%	4 1%	8 1%	9 2% a	16 1%	- -	2 2%	3 *	18 1%	5 1%	19 1% 2%	3	- -	11 1%	8 1%	3 3% ab	22 1%	3 1%	11 1%
NET: Non-white	275 14%	47 6%	115 15% a	105 21% ab	219 17% a	16 20% d	26 28% cde	67 13%	166 12%	109 16% d	231 13% 20% a	34	15 7%	93 9%	127 19% abe	40 44% abce	260 14% ab	92 25% b	161 11%

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1737	178	341	46	1191	509	47	1365	372	352	155	213	255	146	201	70	344	615	615
	85%	88%	92%	64%	85%	86%	100%	84%	90%	90%	82%	80%	81%	82%	86%	87%	90%	81%	88%
		c	cde		c	c	abcde		a	bcdei						bcdei		bcdei	
Mixed	46	9	5	5	26	17	-	41	4	7	4	3	12	10	3	2	4	25	10
	2%	4%	1%	7%	2%	3%	-	3%	1%	2%	2%	1%	4%	5%	1%	2%	1%	3%	1%
		bd		bd									chj	acfhj				hj	
Asian	126	8	12	7	96	27	-	111	14	17	18	27	21	10	13	3	17	57	34
	6%	4%	3%	10%	7%	5%	-	7%	3%	4%	10%	10%	7%	5%	6%	4%	5%	8%	5%
				abef	b			b			ahj	ahj						aj	
Black	75	4	9	12	48	25	-	65	10	4	8	17	19	10	10	3	5	46	18
	4%	2%	2%	17%	3%	4%	-	4%	3%	1%	4%	6%	6%	6%	4%	4%	1%	6%	3%
				abdef							ah	ahj	ahj	ahj	ah			ahj	
Chinese	15	1	4	-	10	5	-	11	4	7	1	3	1	-	1	1	2	4	4
	1%	1%	1%	-	1%	1%	-	1%	1%	2%	*	1%	*	-	*	1%	*	*	1%
										i									
Other ethnic group	14	2	1	1	9	4	-	11	3	-	-	1	5	1	3	1	4	6	7
	1%	1%	*	1%	1%	1%	-	1%	1%	-	-	*	1%	1%	1%	1%	1%	1%	1%
													a		a			a	
Prefer not to answer	22	1	-	1	14	2	-	19	4	3	2	3	3	1	4	1	5	7	10
	1%	1%	-	1%	1%	*	-	1%	1%	1%	1%	1%	1%	1%	2%	1%	1%	1%	1%
				b															
NET: Non-white	275	24	30	25	189	78	-	239	36	34	31	50	58	30	30	10	32	138	72
	14%	12%	8%	35%	14%	13%	-	15%	9%	9%	17%	19%	18%	17%	13%	12%	8%	18%	10%
		f	f	abdef	bf	bf		b			ahj	ahj	ahj	ahj				ahj	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total	2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1737	557	488	682	1279	189	1282	198	1081	289	1194	240	886	457
	85%	82%	90% ac	86%	85%	89%	85%	90% a	84%	89% a	84%	92% a	83%	88% a
Mixed	46	17	11	17	34	5	33	5	32	7	35	4	28	11
	2%	2%	2%	2%	2%	3%	2%	2%	2%	2%	2%	1%	3%	2%
Asian	126	51	20	52	100	6	101	6	92	12	100	8	88	17
	6%	8% b	4%	6% b	7% b	3%	7% b	3%	7% b	4%	7% b	3%	8% b	3%
Black	75	31	12	28	61	7	61	7	48	12	57	7	37	21
	4%	5% b	2%	3%	4%	3%	4%	3%	4%	4%	4%	3%	4%	4%
Chinese	15	4	3	8	11	2	11	1	10	2	9	2	7	4
	1%	1%	1%	1%	1%	1%	1%	*	1%	1%	1%	1%	1%	1%
Other ethnic group	14	10	1	3	12	1	12	1	9	2	11	1	11	2
	1%	1% bc	*	*	1%	*	1%	*	1%	*	1%	*	1%	*
Prefer not to answer	22	6	6	8	17	1	15	2	17	2	17	1	12	6
	1%	1%	1%	1%	1%	*	1%	1%	1%	1%	1%	*	1%	1%
NET: Non-white	275	113	48	107	218	22	218	20	191	35	212	21	172	55
	14%	17% b	9%	13% b	14%	10%	14% b	9%	15%	11%	15% b	8%	16% b	11%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	985	1041	664	656	714	114	265	209	219	193	156	336	333	209
Total	2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	790	429	357	279	277	233	27	101	66	96	47	52	238	97	65
	39%	43%	35%	46%	42%	31%	28%	38%	33%	45%	27%	23%	75%	29%	32%
		b		c	c			efh	f	acefhi			abcdefhi		
Urban - Town and Fringe	833	363	466	235	268	330	42	120	85	78	85	110	69	165	79
	41%	37%	45%	38%	40%	44%	43%	45%	43%	36%	48%	49%	22%	50%	38%
		a				a	g	dg	g	g	dgi	dgi		dgi	g
Rural - Village	366	170	197	89	110	168	26	37	42	36	40	59	8	64	54
	18%	17%	19%	14%	17%	22%	27%	14%	21%	17%	23%	26%	3%	19%	26%
						ab	bdg	g	bg	g	bg	bdg		g	bdg
Rural - Hamlet and Isolated Dwelling	45	31	14	11	12	22	2	7	6	4	4	4	4	5	9
	2%	3%	1%	2%	2%	3%	2%	3%	3%	2%	2%	2%	1%	1%	4%
		b													gh
NET: Urban	1623	792	823	515	546	563	69	221	151	175	132	162	307	262	145
	80%	80%	80%	84%	82%	75%	71%	83%	76%	81%	75%	72%	96%	79%	70%
				c	c			acefi		afi			abcdefhi	i	
NET: Rural	411	201	210	99	122	190	28	44	48	40	44	64	12	69	63
	20%	20%	20%	16%	18%	25%	29%	17%	24%	19%	25%	28%	4%	21%	30%
						ab	bdg	g	bg	g	bg	bdg		g	bdgh

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total	2034	157	486	457	323	201	410	1100	934	1737	46	126	75	15	14	275
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	790	77	210	201	104	69	129	488	302	621	24	82	43	7	5	161
	39%	49%	43%	44%	32%	34%	31%	44%	32%	36%	52%	66%	57%	45%	39%	59%
		defh	defh	defh				defh			a	a	a			a
Urban - Town and Fringe	833	44	190	194	133	93	179	428	405	745	18	29	22	4	5	78
	41%	28%	39%	42%	41%	46%	44%	39%	43%	43%	38%	23%	29%	29%	40%	28%
			a	a	a	a	a	a	ag	cdg	c					
Rural - Village	366	28	81	55	77	37	88	164	203	339	4	11	8	2	2	27
	18%	18%	17%	12%	24%	19%	21%	15%	22%	19%	8%	9%	10%	14%	14%	10%
			c		bcg	c	cg		bcg	bcdg						
Rural - Hamlet and Isolated Dwelling	45	7	5	8	9	2	14	21	24	33	1	3	3	2	1	9
	2%	5%	1%	2%	3%	1%	3%	2%	3%	2%	2%	2%	4%	12%	8%	3%
		bceg					b									
NET: Urban	1623	122	400	394	237	162	308	916	707	1365	41	111	65	11	11	239
	80%	77%	82%	86%	73%	80%	75%	83%	76%	79%	90%	89%	86%	74%	78%	87%
			dfh	adfh				dfh			a	a				a
NET: Rural	411	36	86	63	86	39	102	184	227	372	4	14	10	4	3	36
	20%	23%	18%	14%	27%	20%	25%	17%	24%	21%	10%	11%	14%	26%	22%	13%
		c			bcg		bcg		bcg	bcg						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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+			
		a	b	c	d	a	b	c	d	e	a	b	a	b	c	d	e	a	b
Significance Level: 95%																			
Unweighted Total	2034	721	779	509	1288	82	95	510	1347	687	1824	171	198	1052	686	98	1836	378	1421
Total	2034	736	770	503	1274	80	91	518	1345	689	1827	169	202	1066	673	92	1832	375	1421
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	790	264	308	209	517	41	38	191	519	270	704	69	94	379	272	45	696	162	518
	39%	36%	40%	41%	41%	52%	42%	37%	39%	39%	39%	41%	46%	36%	40%	49%	38%	43%	36%
				a	a	cde							be		b	be		b	
Urban - Town and Fringe	833	302	315	207	522	22	40	196	574	259	762	60	76	462	265	31	757	141	604
	41%	41%	41%	41%	41%	28%	44%	38%	43%	38%	42%	36%	37%	43%	39%	33%	41%	38%	43%
							a		ae										
Rural - Village	366	152	130	79	209	15	12	115	224	143	321	37	29	202	120	16	337	63	268
	18%	21%	17%	16%	16%	19%	13%	22%	17%	21%	18%	22%	14%	19%	18%	17%	18%	17%	19%
		cd						bd	d										
Rural - Hamlet and Isolated Dwelling	45	18	17	9	26	1	1	15	27	17	39	3	4	24	16	1	41	8	31
	2%	2%	2%	2%	2%	1%	1%	3%	2%	3%	2%	2%	2%	2%	2%	1%	2%	2%	2%
NET: Urban	1623	566	623	416	1039	64	78	387	1094	529	1467	129	170	841	537	76	1453	304	1122
	80%	77%	81%	83%	82%	80%	86%	75%	81%	77%	80%	76%	84%	79%	80%	82%	79%	81%	79%
				a	a		ce		ce										
NET: Rural	411	170	147	88	235	16	13	131	251	160	360	40	33	226	136	17	378	71	299
	20%	23%	19%	17%	18%	20%	14%	25%	19%	23%	20%	24%	16%	21%	20%	18%	21%	19%	21%
		cd						bd	bd										



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th April 2020

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

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	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	203	371	72	1394	588	47	1623	411	389	189	266	316	177	235	81	381	759	697
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	790	84	127	30	549	220	15	790	-	159	86	108	115	66	88	26	141	289	255
	39%	42%	34%	41%	39%	37%	32%	49%	-	41%	46%	41%	37%	37%	38%	33%	37%	38%	37%
								b			dghj								
Urban - Town and Fringe	833	80	150	28	582	232	23	833	-	160	67	114	133	81	96	35	148	328	279
	41%	39%	40%	39%	42%	39%	49%	51%	-	41%	35%	43%	42%	45%	41%	43%	39%	43%	40%
								b						b			b		
Rural - Village	366	37	84	8	238	119	9	-	366	64	33	40	59	31	45	13	83	129	141
	18%	18%	23%	12%	17%	20%	19%	-	89%	16%	17%	15%	19%	17%	19%	16%	22%	17%	20%
									a								c		
Rural - Hamlet and Isolated Dwelling	45	2	11	6	25	17	-	-	45	7	3	4	9	-	6	7	9	13	22
	2%	1%	3%	8%	2%	3%	-	-	11%	2%	2%	2%	3%	-	2%	8%	2%	2%	3%
				abde				a					e		e	abcdefhij	e	e	
NET: Urban	1623	164	276	58	1131	452	38	1623	-	318	153	222	249	146	184	62	289	617	535
	80%	81%	74%	80%	81%	77%	81%	100%	-	82%	81%	83%	79%	83%	78%	76%	76%	81%	77%
					be			b		h		hj					hj		
NET: Rural	411	39	95	14	263	136	9	-	411	71	36	44	67	31	51	20	92	142	162
	20%	19%	26%	20%	19%	23%	19%	-	100%	18%	19%	17%	21%	17%	22%	24%	24%	19%	23%
			d			d		a									aci		ci

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 3rd - 6th 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	2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total	2034	676	542	797	1513	211	1515	220	1289	325	1423	263	1069	517
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	790	276	180	328	597	77	597	86	512	118	568	95	423	205
	39%	41%	33%	41%	39%	37%	39%	39%	40%	36%	40%	36%	40%	40%
		b		b										
Urban - Town and Fringe	833	272	220	331	612	87	611	96	517	137	568	112	438	201
	41%	40%	41%	41%	40%	41%	40%	44%	40%	42%	40%	43%	41%	39%
Rural - Village	366	116	126	123	269	42	275	34	230	62	256	49	186	100
	18%	17%	23%	15%	18%	20%	18%	15%	18%	19%	18%	19%	17%	19%
			ac											
Rural - Hamlet and Isolated Dwelling	45	12	16	15	36	5	33	4	30	9	32	6	23	12
	2%	2%	3%	2%	2%	2%	2%	2%	2%	3%	2%	2%	2%	2%
NET: Urban	1623	548	401	658	1209	164	1208	182	1030	255	1135	207	860	406
	80%	81%	74%	83%	80%	78%	80%	83%	80%	78%	80%	79%	80%	78%
		b		b										
NET: Rural	411	128	141	138	305	47	308	38	260	70	288	55	209	112
	20%	19%	26%	17%	20%	22%	20%	17%	20%	22%	20%	21%	20%	22%
			ac											