Sport England, Survey into adult physical activity attitudes and behaviour, 7th April 2020

Methodology: Savanta ComRes interviewed 2,035 English adults (16+) online from the 3rd April to 6th April 2020. Data were weighted to be demographically representative of English adults by gender, age, region, social grade, and the estimated households with children under 16. Savanta ComRes is a member of the British Polling Council and abides by its rules. Full tables at **www.comresglobal.com**

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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

		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%
Male	993	993	-	266	319	408	56	118	87	96	86	100	177	175	98
	49%	100%	-	43%	48%	54%	57%	45%	44%	44%	49%	44%	55%	53%	47%
		b				ab	bcdf						bcdf	bc	
Female	1033	-	1033	344	346	344	41	146	111	117	89	125	140	155	109
	51%	-	100%	56%	52%	46%	43%	55%	56%	55%	51%	55%	44%	47%	52%
			a	c	c			agh	agh	ag		ag			
Other	1	-	-	-	1	-	-	-	-	-	-	-	1	-	-
	*	-	-	-	*	-	-	-	-	-	-	-	*	-	-
Prefer not to say	7	-	-	4	2	1	-	-	-	2	1	1	1	1	1
	*	-	-	1%	*	*	-	-	-	1%	1%	*	*	*	*

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D1. 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
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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	993	79	236	232	125	90	231	547	446	857	16	62	29	13	4	124
	49%	52%	52%	47%	44%	42%	53%	50%	48%	49%	37%	49%	48%	69%	36%	48%
			de				de	e								
Female	1033	74	219	255	160	124	202	547	486	889	27	63	30	6	5	131
	51%	48%	48%	52%	56%	58%	47%	50%	52%	51%	63%	51%	49%	31%	54%	51%
					bf	bfg										
Other	1	-	1	-	-	-	-	1	-	1	-	-	-	-	-	-
	*	-	*	-	-	-	-	*	-	*	-	-	-	-	-	-
Prefer not to say	7	-	1	4	1	-	1	5	2	2	-	-	2	-	1	3
	*	-	*	1%	*	-	*	*	*	*	-	-	3%	-	10%	1%
													ac			a

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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

	Total	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	993	656	183	134	317	39	40	246	668	325	898	75	170	569	227	27	823	132	672
	49%	51%	46%	47%	47%	57%	52%	48%	49%	49%	49%	42%	55% cd	50% cd	44%	37%	48% d	45%	48%
Female	1033	633	212	146	358	30	35	265	703	330	914	102	138	565	287	44	896	159	720
	51%	49%	53%	52%	53%	43%	46%	52%	51%	50%	50%	57%	45%	50%	56% ab	60% a	52% a	55%	52%
Other	1	1	-	-	-	-	-	-	1	-	1	-	-	1	-	-	1	-	1
	*	*	-	-	-	-	-	-	*	-	*	-	-	*	-	-	*	-	*
Prefer not to say	7	1	3	2	5	-	2	2	3	4	5	2	2	1	2	2	5	-	3
	*	*	1% a	1%	1% a	-	3% cde	*	*	1%	*	1%	1%	*	*	3% bce	*	-	*

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D1. Are you...?
BASE: All respondents

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	993	81	158	32	724	255	13	802	190	216	135	134	121	73	95	50	168	328	314
	49%	42%	42%	52%	51%	44%	32%	49%	47%	49%	66%	54%	42%	42%	41%	61%	46%	46%	46%
				f	abef						acdefhij	defij				adefhij			
Female	1033	109	215	28	690	315	29	815	219	227	70	115	162	97	134	32	197	373	364
	51%	57%	57%	46%	49%	55%	68%	50%	53%	51%	34%	46%	57%	56%	59%	39%	54%	53%	54%
		d	d			d	cd			bg		b	bcg	bcg	bcg		bcg	bg	bcg
Other	1	-	-	-	1	-	-	1	-	1	-	-	-	-	-	-	-	-	-
	*	-	-	-	*	-	-	*	-	*	-	-	-	-	-	-	-	-	-
Prefer not to say	7	1	1	1	2	3	-	7	-	1	-	1	2	3	-	-	-	6	-
	*	1%	*	2%	*	1%	-	*	-	*	-	*	1%	2%	-	-	-	1%	-
				d									j	afhj				j	

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

D1. Are you...?
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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	993	285	277	422	774	79	760	84	639	138	705	129	536	244
	49%	46%	50%	50%	51%	37%	49%	38%	51%	39%	50%	48%	50%	45%
					b		b		b					
Female	1033	336	281	409	744	135	770	137	611	213	710	143	528	292
	51%	54%	50%	49%	49%	62%	50%	62%	49%	61%	50%	52%	49%	54%
						a		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%

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	56	30	25	56	-	-	2	6	3	13	2	2	19	7	2
	3%	3%	2%	9%	-	-	2%	2%	2%	6%	1%	1%	6%	2%	1%
				bc						bcefhi			bcefhi		
18-24	215	68	147	215	-	-	6	31	23	25	15	16	57	22	21
	11%	7%	14%	35%	-	-	6%	12%	11%	12%	8%	7%	18%	7%	10%
			a	bc				h		h			abcdefhi		
25-34	342	168	173	342	-	-	17	31	31	41	22	45	70	50	34
	17%	17%	17%	56%	-	-	18%	12%	16%	19%	13%	20%	22%	15%	17%
				bc						b		b	beh		
35-44	318	162	156	-	318	-	13	39	28	29	27	40	68	43	31
	16%	16%	15%	-	48%	-	13%	15%	14%	13%	16%	18%	21%	13%	15%
					ac								bcdh		
45-54	349	157	189	-	349	-	18	49	57	28	35	38	34	65	25
	17%	16%	18%	-	52%	-	19%	19%	29%	13%	20%	17%	11%	20%	12%
					ac		g	gi	abdfghi		dgi			dgi	
55-64	296	167	129	-	-	296	18	46	23	26	29	33	34	51	35
	15%	17%	12%	-	-	39%	18%	18%	11%	12%	17%	15%	11%	15%	17%
		b				ab	g	g				g			g
65+	457	241	215	-	-	457	24	62	34	52	45	52	37	93	59
	22%	24%	21%	-	-	61%	24%	23%	17%	24%	25%	23%	11%	28%	29%
						ab	g	g		g	cg	g		cg	cg
NET: 16-34	614	266	344	614	-	-	25	68	57	79	39	63	147	79	57
	30%	27%	33%	100%	-	-	26%	26%	29%	37%	22%	28%	46%	24%	28%
			a	bc						abehi			abcdefhi		
NET: 35-54	668	319	346	-	668	-	31	88	85	57	63	78	102	108	56
	33%	32%	33%	-	100%	-	32%	33%	43%	26%	36%	35%	32%	33%	27%
					ac				bdghi		d				
NET: 55+	753	408	344	-	-	753	41	108	57	79	74	85	70	144	95
	37%	41%	33%	-	-	100%	42%	41%	29%	37%	42%	38%	22%	44%	46%
		b				ab	cg	cg		g	cg	g		cg	cg
Base for stats	2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
Mean Score	46.76	48.44	45.22	25.15	44.43	66.45	48.76	48.33	45.36	45.32	49.91	48.21	39.11	49.77	49.39
		b			a	ab	g	g	g	g	cdg	g		cdg	cdg
Standard Deviation	17.965	17.682	18.082	5.442	5.611	6.812	17.465	17.858	16.346	19.393	17.445	17.333	17.008	17.356	18.445
Standard Error	.398	.563	.560	.211	.219	.255	1.636	1.097	1.131	1.310	1.256	1.388	.928	.951	1.276
Error variance	.16	.32	.31	.04	.05	.06	2.68	1.20	1.28	1.72	1.58	1.93	.86	.90	1.63

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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
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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	56	6	6	19	12	6	5	32	24	30	1	10	9	-	1	21
	3%	4%	1%	4%	4%	3%	1%	3%	3%	2%	3%	8%	14%	-	10%	8%
		bf		bf	bf							a	ab			a
18-24	215	42	52	63	18	31	9	157	58	150	13	26	16	1	4	59
	11%	27%	11%	13%	6%	15%	2%	14%	6%	9%	31%	21%	26%	6%	37%	23%
		bcdefgh	dfh	dfh	f	dfh		dfh	f		a	a	a			a
25-34	342	29	93	96	51	46	28	218	124	270	16	38	8	5	2	69
	17%	19%	20%	20%	18%	21%	6%	20%	13%	15%	36%	31%	14%	26%	20%	27%
		f	fh	fh	f	fh		fh	f		ad	ad				ad
35-44	318	34	84	85	66	27	22	203	115	260	9	28	9	4	1	50
	16%	22%	18%	17%	23%	13%	5%	18%	12%	15%	20%	22%	15%	20%	13%	19%
		efh	fh	fh	cefh	f		fh	f			a				a
45-54	349	20	83	108	62	47	28	212	138	310	2	17	12	7	1	38
	17%	13%	18%	22%	22%	22%	7%	19%	15%	18%	5%	13%	19%	36%	6%	15%
		f	f	afh	afh	afh		fh	f	b			b			
55-64	296	12	70	69	37	38	70	151	145	283	1	5	5	-	-	11
	15%	8%	15%	14%	13%	18%	16%	14%	16%	16%	1%	4%	9%	-	-	4%
			a	a		a	a	a	a	bcg						
65+	457	10	67	50	40	18	271	127	329	447	1	2	2	2	1	9
	22%	7%	15%	10%	14%	9%	62%	12%	35%	26%	2%	2%	4%	13%	14%	4%
			ace		a		abcdegh		abcdeg	bcdg						
NET: 16-34	614	77	152	179	81	83	42	407	207	450	31	74	33	6	7	149
	30%	50%	33%	36%	28%	39%	10%	37%	22%	26%	71%	59%	54%	31%	67%	58%
		bcdefgh	fh	dfh	fh	dfh		dfh	f		a	a	a			a
NET: 35-54	668	54	167	193	128	74	50	415	253	570	11	45	21	11	2	89
	33%	35%	37%	39%	45%	35%	12%	38%	27%	33%	25%	36%	34%	56%	19%	34%
		fh	fh	fh	abefgh	fh		fh	f							
NET: 55+	753	22	137	119	77	56	341	278	474	730	2	7	8	2	1	20
	37%	14%	30%	24%	27%	26%	79%	25%	51%	42%	4%	6%	13%	13%	14%	8%
			acg	a	a	a	abcdegh	a	abcdeg	bcdg						
Base for stats	2034	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
Mean Score	46.76	35.81	44.20	42.39	44.41	42.25	62.04	42.23	52.10	48.89	31.10	33.01	35.11	42.80	32.31	33.87
			ag	a	ag	a	abcdeg	a	abcdeg	bcdg						
Standard Deviation	17.965	15.643	16.859	15.963	15.458	16.005	15.514	16.507	18.151	17.583	13.304	12.894	16.028	14.833	19.376	14.334
Standard Error	.398	1.207	.753	.733	.879	1.143	.790	.488	.608	.425	1.863	1.106	1.781	3.830	5.003	.830
Error variance	.16	1.46	.57	.54	.77	1.31	.62	.24	.37	.18	3.47	1.22	3.17	14.67	25.03	.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

	Total	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	56	28	14	11	25	6	4	9	37	19	48	5	-	11	32	13	56	5	41
	3%	2%	3%	4%	4%	8%	5%	2%	3%	3%	3%	3%	-	1%	6%	17%	3%	2%	3%
						cde									abe	abce	ab		
18-24	215	138	51	20	71	8	23	44	141	74	193	19	10	87	103	16	206	40	162
	11%	11%	13%	7%	10%	12%	29%	9%	10%	11%	11%	10%	3%	8%	20%	22%	12%	14%	12%
			c	c			acde							a	abe	abe	ab		
25-34	342	183	83	65	148	21	25	55	242	100	319	23	36	192	102	14	307	75	226
	17%	14%	21%	23%	22%	30%	32%	11%	18%	15%	18%	13%	12%	17%	20%	19%	18%	26%	16%
			a	a	a	cde	cde		c	c					a		a	b	
35-44	318	102	87	113	200	12	9	42	255	63	287	26	40	143	121	14	278	46	227
	16%	8%	22%	40%	29%	17%	12%	8%	19%	10%	16%	14%	13%	13%	24%	20%	16%	16%	16%
			a	abd	ab	ce			ce						abe	b	b		
45-54	349	165	113	56	169	6	9	80	255	94	317	27	51	178	109	11	298	63	232
	17%	13%	28%	20%	25%	8%	11%	16%	19%	14%	17%	15%	17%	16%	21%	15%	17%	21%	17%
			ac	a	ac				ae						be			b	
55-64	296	234	40	16	55	9	5	57	225	71	259	32	66	188	38	4	230	23	203
	15%	18%	10%	6%	8%	14%	7%	11%	16%	11%	14%	18%	21%	17%	7%	5%	13%	8%	15%
		bcd	c						bce				cde	cde			cd		a
65+	457	440	9	4	13	7	4	226	220	237	396	49	107	338	11	1	350	40	306
	22%	34%	2%	1%	2%	10%	5%	44%	16%	36%	22%	28%	35%	30%	2%	1%	20%	14%	22%
		bcd						abde	b	abd			cde	cde			cd		a
NET: 16-34	614	349	148	95	244	35	51	108	421	193	560	46	45	289	237	43	569	120	429
	30%	27%	37%	34%	36%	50%	65%	21%	31%	29%	31%	25%	15%	25%	46%	58%	33%	41%	31%
			a	a	a	cde	acde		c	c				a	abe	abce	ab	b	
NET: 35-54	668	267	200	168	368	18	18	122	510	158	604	52	91	320	231	26	577	109	459
	33%	21%	50%	59%	54%	26%	23%	24%	37%	24%	33%	29%	29%	28%	45%	35%	33%	37%	33%
			a	abd	a				abce						abe		b		
NET: 55+	753	674	49	19	68	16	9	282	445	308	655	81	173	526	48	5	579	63	509
	37%	52%	12%	7%	10%	24%	12%	55%	32%	47%	36%	45%	56%	46%	9%	7%	34%	22%	36%
		bcd	c		c	b		abde	b	abd		a	bcde	cde			cd		a
Base for stats	2034	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396

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

D2. How old are you?
BASE: All respondents

	Total	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	46.76	51.22	39.50	38.04	38.89	38.99	33.81	54.34	45.06	50.32	46.46	49.30	54.84	50.34	36.17	31.68	45.31	41.65	46.34
		bcd	c			b		abde	ab	abd		a	bcde	cde	d		cd		a
Standard Deviation	17.965	19.071	13.128	10.933	12.277	16.815	15.287	18.819	16.787	19.745	17.853	18.438	15.851	17.796	13.652	13.966	17.941	16.205	18.110
Standard Error	.398	.710	.470	.485	.342	1.857	1.568	.833	.457	.753	.418	1.410	1.126	.549	.521	1.411	.419	.834	.480
Error variance	.16	.50	.22	.23	.12	3.45	2.46	.69	.21	.57	.17	1.99	1.27	.30	.27	1.99	.18	.69	.23

Savanta: ComRes

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

D2. How old are you?
BASE: All respondents

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	56	6	4	5	39	14	*	40	16	11	4	6	5	11	4	2	13	22	19
	3%	3%	1%	8%	3%	2%	1%	2%	4%	2%	2%	2%	2%	6%	2%	3%	3%	3%	3%
				bde										abcdfij					
18-24	215	31	16	13	153	54	4	179	37	17	23	31	50	18	32	8	37	98	77
	11%	16%	4%	21%	11%	9%	9%	11%	9%	4%	11%	12%	17%	10%	14%	10%	10%	14%	11%
		bde		bde	b	b					a	a	aehj	a	a	a	a	a	a
25-34	342	52	33	9	257	80	13	298	44	40	46	52	58	34	53	12	47	144	112
	17%	27%	9%	15%	18%	14%	31%	18%	11%	9%	23%	21%	20%	20%	23%	14%	13%	20%	17%
		bcde			be	b	bcde	b			ah	ah	ah	ah	ahj			ah	a
35-44	318	27	34	13	243	66	7	279	39	66	26	32	49	38	42	10	54	119	106
	16%	14%	9%	21%	17%	12%	16%	17%	9%	15%	13%	13%	17%	22%	18%	12%	15%	17%	16%
				be	be			b						abchj					
45-54	349	42	72	10	233	112	10	259	90	65	33	46	52	30	45	22	57	128	124
	17%	22%	19%	17%	16%	20%	24%	16%	22%	15%	16%	18%	18%	17%	20%	27%	16%	18%	18%
									a							abh			
55-64	296	24	75	1	195	96	4	238	58	95	31	42	21	21	24	10	52	84	86
	15%	13%	20%	2%	14%	17%	10%	15%	14%	21%	15%	17%	7%	12%	10%	12%	14%	12%	13%
		c	acd		c	c	c			defhij	d	dfi					d	d	d
65+	457	9	139	10	298	150	4	331	125	150	42	42	49	21	30	18	105	112	153
	22%	5%	37%	16%	21%	26%	8%	20%	31%	34%	20%	17%	17%	12%	13%	22%	29%	16%	23%
			acdef	a	af	acdf			a	bcdefgij	ef						e	bcdefij	cdefi
NET: 16-34	614	89	53	27	449	148	17	517	97	68	73	88	113	63	89	22	97	264	208
	30%	47%	14%	44%	32%	26%	41%	32%	24%	15%	36%	35%	40%	36%	39%	27%	27%	37%	31%
		bde		bde	be	b	be	b			ah	ah	aghj	ah	ahj	a	a	ahj	a
NET: 35-54	668	69	106	23	475	178	17	539	129	131	59	78	102	68	88	32	111	247	230
	33%	36%	28%	38%	34%	31%	40%	33%	32%	29%	29%	31%	36%	39%	38%	38%	30%	35%	34%
														abh	abh				
NET: 55+	753	33	214	11	493	246	8	569	183	245	73	84	70	42	54	28	157	196	239
	37%	17%	57%	18%	35%	43%	19%	35%	45%	55%	36%	34%	25%	24%	23%	34%	43%	28%	35%
			acdef		acf	acdf			a	bcdefghij	defi	def					cdefij		defi
Base for stats	2034	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677

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

D2. How old are you?
BASE: All respondents

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	46.76	38.79	55.31	38.96	45.91	49.22	41.51	45.88	50.27	53.79	45.91	44.99	42.15	41.67	42.00	47.09	48.81	43.04	46.29
			acdef		ac	acdf			a	bcdefghij	defi	e				defi	cdefij		defi
Standard Deviation	17.965	14.979	16.287	18.014	17.772	18.062	14.147	17.643	18.806	16.797	17.956	17.753	17.540	16.697	16.247	16.744	18.764	17.451	17.955
Standard Error	.398	1.039	.857	2.066	.477	.744	2.109	.437	.936	.861	1.303	1.084	.984	1.238	1.060	1.872	.963	.630	.681
Error variance	.16	1.08	.73	4.27	.23	.55	4.45	.19	.88	.74	1.70	1.18	.97	1.53	1.12	3.50	.93	.40	.46

D2. How old are you?
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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	56	25	4	26	52	2	48	4	43	6	44	7	31	14
	3%	4% b	1%	3% b	3%	1%	3%	2%	3%	2%	3%	3%	3%	3%
18-24	215	106	32	77	169	21	163	29	138	45	148	27	119	58
	11%	17% bc	6%	9% b	11%	10%	11%	13%	11%	13%	10%	10%	11%	11%
25-34	342	133	54	154	283	19	284	21	257	41	258	33	224	54
	17%	21% b	10%	18% b	19% b	9%	18% b	9%	20% b	12%	18% b	12%	21% b	10%
35-44	318	107	71	137	252	27	252	29	211	47	243	37	194	69
	16%	17% b	13%	16%	17%	12%	16%	13%	17%	13%	17%	14%	18% b	13%
45-54	349	86	99	162	264	41	260	42	201	61	249	38	171	87
	17%	14%	18%	19% a	17%	19%	17%	19%	16%	17%	18%	14%	16%	16%
55-64	296	69	99	128	197	35	213	35	168	62	194	52	134	102
	15%	11%	18% a	15%	13%	16%	14%	16%	13%	18% a	14%	19% a	13%	19% a
65+	457	99	200	154	307	71	317	62	238	89	284	76	195	155
	22%	16%	36% ac	18%	20%	33% a	21%	28% a	19%	25% a	20%	28% a	18%	29% a
NET: 16-34	614	264	90	256	504	42	494	54	438	92	450	68	374	127
	30%	42% bc	16%	31% b	33% b	19%	32% b	24%	35% b	26%	32% b	25%	35% b	23%
NET: 35-54	668	192	171	299	515	67	512	71	412	108	493	76	365	156
	33%	31%	31%	36% ab	34%	31%	33%	32%	33%	31%	35% b	28%	34% b	29%
NET: 55+	753	167	299	281	504	107	530	98	405	151	478	128	329	257
	37%	27%	53% ac	34% a	33%	49% a	35%	44% a	32%	43% a	34%	47% a	31%	48% a
Base for stats	2034	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
Mean Score	46.76	41.53 ac	54.05 a	45.74	45.30	51.87 a	45.83	49.39 a	44.71	48.62 a	45.64	49.40 a	44.43	50.27 a
Standard Deviation	17.965	17.848	16.897	17.090	17.776	17.855	17.743	18.629	17.701	18.362	17.639	18.146	17.533	18.096
Standard Error	.398	.680	.736	.605	.457	1.235	.455	1.256	.492	1.020	.467	1.123	.534	.803
Error variance	.16	.46	.54	.37	.21	1.53	.21	1.58	.24	1.04	.22	1.26	.28	.64

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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	56	41	25	31	41	97	-	-	-	-	-	-	-	-
	5%	6%	4%	4%	5%	5%	100% bcdefghi	-	-	-	-	-	-	-	-
North West	264	118	146	68	88	108	-	264	-	-	-	-	-	-	-
	13%	12%	14%	11%	13%	14%	-	100% acdefghi	-	-	-	-	-	-	-
Yorkshire and the Humber	199	87	111	57	85	57	-	-	199	-	-	-	-	-	-
	10%	9%	11%	9%	13% c	8%	-	-	100% abdefghi	-	-	-	-	-	-
West Midlands	215	96	117	79	57	79	-	-	-	215	-	-	-	-	-
	11%	10%	11%	13% b	9%	10%	-	-	-	100% abcefghi	-	-	-	-	-
East Midlands	175	86	89	39	63	74	-	-	-	-	175	-	-	-	-
	9%	9%	9%	6%	9% a	10% a	-	-	-	-	100% abcdfghi	-	-	-	-
East of England	226	100	125	63	78	85	-	-	-	-	-	226	-	-	-
	11%	10%	12%	10%	12%	11%	-	-	-	-	-	100% abcdeghi	-	-	-
London	319	177	140	147	102	70	-	-	-	-	-	-	319	-	-
	16%	18% b	14%	24% bc	15% c	9%	-	-	-	-	-	-	100% abcdefhi	-	-
South East	331	175	155	79	108	144	-	-	-	-	-	-	-	331	-
	16%	18%	15%	13%	16%	19% a	-	-	-	-	-	-	-	100% abcdefgi	-
South West	208	98	109	57	56	95	-	-	-	-	-	-	-	-	208
	10%	10%	11%	9%	8%	13% b	-	-	-	-	-	-	-	-	100% 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

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	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%
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

		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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	97	3	24	20	14	11	25	46	51	89	3	-	4	1	-	8
	5%	2%	5%	4%	5%	5%	6%	4%	5%	5%	7%	-	6%	3%	-	3%
							a		a	c	c		c			c
North West	264	13	55	57	47	41	52	125	140	239	4	10	3	1	4	22
	13%	8%	12%	12%	16%	19%	12%	11%	15%	14%	9%	8%	5%	3%	39%	8%
					ag	abcfg			ag	dg						
Yorkshire and the Humber	199	9	48	51	22	31	38	107	91	170	2	17	1	3	*	23
	10%	6%	10%	10%	8%	15%	9%	10%	10%	10%	4%	13%	2%	17%	4%	9%
						adfg				d		d				d
West Midlands	215	14	42	53	30	34	42	109	106	178	2	19	10	4	1	36
	11%	9%	9%	11%	10%	16%	10%	10%	11%	10%	4%	15%	16%	20%	10%	14%
						bfg						b	b			b
East Midlands	175	9	26	54	29	10	47	89	87	155	7	11	1	1	1	20
	9%	6%	6%	11%	10%	5%	11%	8%	9%	9%	15%	9%	2%	7%	6%	8%
				be	be		be		be	d	d	d				d
East of England	226	15	52	56	37	23	43	123	103	215	-	4	5	1	-	9
	11%	10%	11%	11%	13%	11%	10%	11%	11%	12%	-	3%	8%	5%	-	4%
										bcg			b			
London	319	41	85	92	36	18	48	218	101	205	20	47	33	5	3	109
	16%	27%	19%	19%	13%	8%	11%	20%	11%	12%	46%	38%	54%	28%	35%	42%
		bcdefgh	defh	defh				defh			a	a	ac			a
South East	331	30	80	67	46	28	80	177	154	295	6	16	3	3	*	28
	16%	20%	17%	14%	16%	13%	19%	16%	17%	17%	13%	13%	5%	18%	4%	11%
										dg						
South West	208	19	46	41	25	18	58	106	101	202	1	1	1	-	*	4
	10%	12%	10%	8%	9%	8%	13%	10%	11%	12%	2%	1%	2%	-	3%	1%
							cg			bcdg						
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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D3. Which of the following describes where you live?
BASE: All respondents

	Total	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	97	67	18	11	29	*	1	16	80	17	83	13	21	52	24	1	76	17	58
	5%	5%	5%	4%	4%	*	2%	3%	6% ace	3%	5%	7%	7% d	5%	5%	1%	4%	6%	4%
North West	264	162	57	36	93	5	6	60	194	71	237	24	26	165	63	10	239	38	193
	13%	13%	14%	13%	14%	7%	8%	12%	14% e	11%	13%	13%	8%	15% a	12%	14%	14% a	13%	14%
Yorkshire and the Humber	199	127	36	26	62	9	15	46	129	70	183	15	28	113	51	7	170	36	134
	10%	10%	9%	9%	9%	13%	19% cde	9%	9%	11%	10%	8%	9%	10%	10%	9%	10%	12%	10%
West Midlands	215	131	40	31	71	12	13	66	123	91	185	24	47	102	56	10	168	35	129
	11%	10%	10%	11%	10%	18% d	16% d	13% d	9%	14% d	10%	13%	15% be	9%	11%	13%	10%	12%	9%
East Midlands	175	122	30	20	50	5	3	56	111	64	153	19	28	111	27	8	147	16	131
	9%	9%	7%	7%	7%	8%	3%	11% bd	8%	10% b	8%	11%	9% c	10% c	5%	11% c	9% c	5%	9% a
East of England	226	131	55	38	93	10	4	60	152	74	213	13	15	134	71	5	211	39	168
	11%	10%	14% a	14%	14% a	14%	6%	12%	11%	11%	12%	7%	5%	12% a	14% a	8%	12% a	13%	12%
London	319	191	62	53	116	14	21	79	205	114	275	29	56	145	94	24	263	55	196
	16%	15%	16%	19%	17%	20%	27% cde	15%	15%	17%	15%	16%	18% b	13%	18% b	33% abce	15%	19% b	14%
South East	331	225	59	41	100	6	8	77	240	91	305	22	51	186	87	7	280	37	242
	16%	17%	15%	15%	15%	9%	11%	15%	17% ae	14%	17%	12%	17%	16%	17%	9%	16%	13%	17% a
South West	208	136	40	25	65	8	6	52	141	67	186	20	37	126	43	1	171	21	146
	10%	11%	10%	9%	10%	12%	8%	10%	10%	10%	10%	11%	12% d	11% d	8% d	2%	10% d	7%	10% a
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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D3. Which of the following describes where you live?
BASE: All respondents

	Total	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	97	9	16	3	67	27	1	66	32	26	6	10	9	9	11	8	18	28	37
	5%	5%	4%	6%	5%	5%	3%	4%	8% a	6%	3%	4%	3%	5%	5%	10% bcdi	5%	4%	5%
North West	264	30	57	6	173	88	5	225	39	67	23	26	34	17	26	15	58	77	98
	13%	16%	15%	10%	12%	15%	11%	14% b	10%	15% i	11%	11%	12%	10%	11%	18%	16% i	11%	14% i
Yorkshire and the Humber	199	18	32	6	139	53	2	150	49	41	19	21	21	17	27	9	42	59	79
	10%	9%	9%	9%	10%	9%	6%	9%	12%	9%	9%	9%	7%	10%	12%	12%	12%	8%	12% di
West Midlands	215	21	39	9	147	65	5	174	40	41	22	36	24	19	29	3	41	78	73
	11%	11%	11%	15%	10%	11%	12%	11%	10%	9%	11% g	14% adg	8%	11%	13% g	3%	11% g	11% g	11% g
East Midlands	175	17	44	3	112	59	5	130	45	46	22	24	21	13	8	8	32	58	49
	9%	9%	12% d	6%	8%	10%	11%	8%	11% a	10% f	11% f	10% f	8%	8%	4%	10% f	9% f	8% f	7%
East of England	226	13	47	4	163	54	7	161	65	48	21	25	31	21	24	8	48	77	80
	11%	7%	13% a	6%	12%	9%	16%	10%	16% a	11%	10%	10%	11%	12%	11%	10%	13%	11%	12%
London	319	37	35	18	232	79	8	310	9	69	38	38	60	31	44	7	31	129	83
	16%	19% b	9%	30% bde	16% b	14%	18%	19% b	2%	16% h	18% hj	15% h	21% ghj	18% hj	19% ghj	9%	9%	18%	12% ghj
South East	331	22	65	6	239	88	4	263	68	66	32	44	53	26	36	17	57	122	111
	16%	12%	17%	10%	17%	15%	9%	16%	17%	15%	15%	18%	18%	15%	16%	21%	16%	17%	16%
South West	208	23	38	5	144	59	6	147	61	40	23	25	31	21	23	6	38	77	67
	10%	12%	10%	8%	10%	10%	15%	9%	15% a	9%	11%	10%	11%	12%	10%	7%	10%	11%	10%
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

| | Total | Longstanding condition or illness | | | | | | Area | | Number of days active | | | | | | | | | |
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034 100%	191 100%	373 100%	61 100%	1417 100%	573 100%	42 100%	1625 100%	409 100%	445 100%	205 100%	249 100%	284 100%	173 100%	230 100%	82 100%	365 100%	707 100%	677 100%
Outside of the UK	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -

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D3. Which of the following describes where you live?
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 100%	623 100%	559 100%	836 100%	1523 100%	216 100%	1536 100%	222 100%	1255 100%	350 100%	1420 100%	272 100%	1068 100%	540 100%
North East	97 5%	27 4%	31 6%	36 4%	67 4%	14 7%	71 5%	13 6%	54 4%	25 7% a	60 4%	14 5%	46 4%	32 6%
North West	264 13%	79 13%	63 11%	117 14%	188 12%	39 18% a	203 13%	35 16%	159 13%	41 12%	184 13%	29 11%	135 13%	68 13%
Yorkshire and the Humber	199 10%	57 9%	70 13% c	70 8%	143 9%	17 8%	145 9%	20 9%	114 9%	35 10%	129 9%	32 12%	110 10%	48 9%
West Midlands	215 11%	71 11%	63 11%	79 9%	165 11%	19 9%	165 11%	20 9%	138 11%	33 9%	147 10%	36 13%	116 11%	61 11%
East Midlands	175 9%	46 7%	46 8%	82 10%	119 8%	23 11%	129 8%	21 9%	100 8%	31 9%	118 8%	20 7%	86 8%	45 8%
East of England	226 11%	66 11%	74 13%	84 10%	173 11%	20 9%	170 11%	20 9%	137 11%	47 13%	160 11%	33 12%	103 10%	70 13%
London	319 16%	115 18% b	51 9%	153 18% b	259 17%	29 13%	239 16%	29 13%	224 18% b	35 10%	238 17%	39 14%	176 16%	76 14%
South East	331 16%	106 17%	92 16%	132 16%	249 16%	36 17%	255 17%	43 19%	193 15%	66 19%	235 17%	43 16%	179 17%	85 16%
South West	208 10%	55 9%	69 12%	83 10%	160 10%	19 9%	159 10%	22 10%	135 11%	37 10%	150 11%	26 9%	117 11%	57 11%
Scotland	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
Wales	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
Northern Ireland	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
Outside of the UK	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -

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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

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	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	1291	656	633	349	267	674	67	162	127	131	122	131	191	225	136
	63%	66%	61%	57%	40%	90%	69%	61%	64%	61%	70%	58%	60%	68%	65%
		b		b		ab					fg			fg	
Yes - children aged 0 to 12 months	94	44	49	64	26	4	5	9	5	13	8	13	21	12	8
	5%	4%	5%	10%	4%	1%	5%	3%	3%	6%	5%	6%	6%	4%	4%
				bc	c								c		
Yes - children aged 13 months to 4 years old	150	61	90	79	64	7	5	25	11	14	12	14	31	21	16
	7%	6%	9%	13%	10%	1%	5%	9%	6%	6%	7%	6%	10%	6%	8%
			a	c	c										
Yes - children aged 5 to 10 years old	257	124	133	72	166	19	12	29	24	27	15	45	44	36	25
	13%	12%	13%	12%	25%	3%	12%	11%	12%	13%	8%	20%	14%	11%	12%
				c	ac							bcehi			
Yes - children aged 11 to 15 years old	342	159	179	82	216	45	15	52	36	36	23	41	54	56	31
	17%	16%	17%	13%	32%	6%	15%	20%	18%	17%	13%	18%	17%	17%	15%
				c	ac										
Prefer not to answer	63	20	42	21	32	10	1	9	9	13	3	2	13	6	7
	3%	2%	4%	3%	5%	1%	1%	4%	5%	6%	2%	1%	4%	2%	4%
			a	c	c					aefh		f			
NET: Yes	680	317	358	244	368	68	29	93	62	71	50	93	116	100	65
	33%	32%	35%	40%	55%	9%	30%	35%	31%	33%	29%	41%	36%	30%	31%
				c	ac							cehi			

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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

	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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1291	84	250	300	147	136	373	634	656	1160	22	59	25	8	4	118
	63%	55%	55%	61%	51%	64%	86%	58%	70%	66%	51%	47%	41%	43%	37%	46%
				bd		bd	abcdegh		d	abcdg	bcdg					
Yes - children aged 0 to 12 months	94	14	27	25	16	7	7	65	29	70	3	10	6	1	1	22
	5%	9%	6%	5%	5%	3%	2%	6%	3%	4%	8%	8%	10%	7%	10%	8%
		efh	fh	f	f			fh				a	a			a
Yes - children aged 13 months to 4 years old	150	15	44	37	28	15	11	96	54	118	8	13	6	2	2	31
	7%	10%	10%	8%	10%	7%	3%	9%	6%	7%	19%	11%	9%	11%	21%	12%
		fh	fh	f	fh	f		fh	f		a					a
Yes - children aged 5 to 10 years old	257	24	82	59	49	24	18	165	92	212	5	23	11	-	2	42
	13%	16%	18%	12%	17%	11%	4%	15%	10%	12%	12%	19%	18%	-	25%	16%
		fh	cefh	f	cfh	f		fh	f			a				
Yes - children aged 11 to 15 years old	342	33	94	85	68	36	25	212	130	284	6	26	18	1	4	55
	17%	22%	21%	17%	24%	17%	6%	19%	14%	16%	15%	21%	29%	6%	36%	21%
		fh	fh	f	cfh	f		fh	f				a			a
Prefer not to answer	63	3	11	20	10	10	9	34	29	35	2	11	3	6	-	23
	3%	2%	2%	4%	4%	5%	2%	3%	3%	2%	5%	9%	5%	34%	-	9%
												a	a			a
NET: Yes	680	66	195	171	129	68	52	431	249	555	19	55	32	4	6	117
	33%	43%	43%	35%	45%	32%	12%	39%	27%	32%	44%	44%	53%	23%	63%	45%
		cefh	cefh	fh	cefh	f		efh	f			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

	Total	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	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	1291	1291	-	-	-	31	35	370	854	436	1144	124	290	818	164	19	1000	110	874
	63%	100%	-	-	-	45%	45%	72%	62%	66%	63%	69%	94%	72%	32%	26%	58%	38%	63%
		bcd						abde	ab	ab			bcde	cde			cd		a
Yes - children aged 0 to 12 months	94	-	69	25	94	8	8	15	64	31	86	7	4	53	30	7	90	26	61
	5%	-	17%	9%	14%	11%	10%	3%	5%	5%	5%	4%	1%	5%	6%	9%	5%	9%	4%
			acd	a	ac	cde	cde							a	a	a	a	b	
Yes - children aged 13 months to 4 years old	150	-	60	90	150	10	11	27	102	48	137	12	1	55	80	14	149	41	105
	7%	-	15%	32%	22%	15%	15%	5%	7%	7%	8%	7%	*	5%	16%	20%	9%	14%	8%
			a	abd	ab	cde	cde							a	abe	abe	ab	b	
Yes - children aged 5 to 10 years old	257	-	83	173	257	12	10	47	188	69	238	17	2	71	158	26	254	65	185
	13%	-	21%	61%	38%	17%	13%	9%	14%	11%	13%	9%	1%	6%	31%	35%	15%	22%	13%
			a	abd	ab	c			ce					a	abe	abe	ab	b	
Yes - children aged 11 to 15 years old	342	-	185	157	342	16	15	63	249	94	313	23	7	128	177	30	335	74	254
	17%	-	47%	56%	50%	23%	20%	12%	18%	14%	17%	13%	2%	11%	34%	41%	19%	25%	18%
			a	abd	a	ce			ce					a	abe	abe	ab	b	
Prefer not to answer	63	-	-	-	-	3	2	17	40	23	54	6	5	23	24	11	58	15	37
	3%	-	-	-	-	5%	3%	3%	3%	3%	3%	3%	2%	2%	5%	15%	3%	5%	3%
															b	abce	b	b	
NET: Yes	680	-	398	283	680	34	41	125	481	200	621	49	14	294	329	44	666	167	486
	33%	-	100%	100%	100%	50%	52%	24%	35%	30%	34%	27%	4%	26%	64%	60%	39%	57%	35%
			a	a	a	cde	cde		ce	c				a	abe	abe	ab	b	

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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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	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	1291	97	266	28	903	365	20	1019	271	351	144	152	149	95	127	47	226	395	400
	63%	51%	71%	47%	64%	64%	49%	63%	66%	79%	70%	61%	52%	55%	55%	57%	62%	56%	59%
			acdef		acf	acf				bcdefghij	cdefgij	d					d		d
Yes - children aged 0 to 12 months	94	9	9	7	72	22	2	78	16	6	9	11	22	12	15	1	18	45	34
	5%	5%	2%	11%	5%	4%	4%	5%	4%	1%	4%	5%	8%	7%	6%	1%	5%	6%	5%
				abde	b						a	a	ag	ag	a		a	a	a
Yes - children aged 13 months to 4 years old	150	27	19	9	99	47	5	127	23	19	12	28	25	14	20	9	22	67	52
	7%	14%	5%	15%	7%	8%	13%	8%	6%	4%	6%	11%	9%	8%	9%	11%	6%	10%	8%
		bde		bd			b					ah	a		a	a		a	a
Yes - children aged 5 to 10 years old	257	26	34	8	187	62	6	217	40	29	22	39	51	27	37	8	43	117	89
	13%	14%	9%	13%	13%	11%	13%	13%	10%	7%	11%	16%	18%	16%	16%	10%	12%	17%	13%
					b						a	abhj	a	a		a	abh	a	
Yes - children aged 11 to 15 years old	342	41	55	10	234	96	9	276	67	47	28	43	63	32	43	12	73	139	129
	17%	22%	15%	16%	17%	17%	22%	17%	16%	11%	14%	17%	22%	18%	19%	15%	20%	20%	19%
		b									a	ab	a	a		a	a	a	
Prefer not to answer	63	13	12	3	39	25	3	46	17	7	3	2	11	6	9	10	14	20	33
	3%	7%	3%	5%	3%	4%	8%	3%	4%	2%	1%	1%	4%	4%	4%	12%	4%	3%	5%
		bd										c	c	c	abcdefhij	c		abci
NET: Yes	680	81	96	29	476	184	18	560	121	86	59	95	125	72	93	26	125	291	244
	33%	42%	26%	48%	34%	32%	44%	34%	29%	19%	29%	38%	44%	42%	41%	31%	34%	41%	36%
		bde		bde	b	b	b				a	ab	abghj	ab	ab	a	a	abhj	a

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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

	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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1291	334	399	550	953	153	975	146	746	251	877	194	650	378
	63%	54%	71%	66%	63%	71%	63%	66%	59%	72%	62%	71%	61%	70%
			ac	a		a				a		a		a
Yes - children aged 0 to 12 months	94	44	14	35	73	7	72	9	72	8	70	10	55	17
	5%	7%	3%	4%	5%	3%	5%	4%	6%	2%	5%	4%	5%	3%
		bc							b					
Yes - children aged 13 months to 4 years old	150	60	28	61	113	12	110	15	97	24	106	16	90	29
	7%	10%	5%	7%	7%	6%	7%	7%	8%	7%	7%	6%	8%	5%
		b											b	
Yes - children aged 5 to 10 years old	257	96	54	105	203	17	194	25	174	37	190	26	154	51
	13%	15%	10%	13%	13%	8%	13%	11%	14%	11%	13%	10%	14%	9%
		b			b								b	
Yes - children aged 11 to 15 years old	342	125	77	134	262	30	267	32	231	46	252	37	180	83
	17%	20%	14%	16%	17%	14%	17%	14%	18%	13%	18%	14%	17%	15%
		bc							b					
Prefer not to answer	63	25	17	21	49	3	47	10	47	6	48	3	32	16
	3%	4%	3%	3%	3%	1%	3%	4%	4%	2%	3%	1%	3%	3%
NET: Yes	680	265	143	265	521	60	514	66	463	93	496	75	387	146
	33%	42%	26%	32%	34%	28%	33%	30%	37%	27%	35%	28%	36%	27%
		bc		b					b		b		b	

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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	Gender Male	Gender Female	Age 16-34	Age 35-54	Age 55+	Region North East	Region North West	Region Yorkshire and the Humber	Region West Midlands	Region East Midlands	Region East of England	Region London	Region South East	Region 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 100%	993 100%	1033 100%	614 100%	668 100%	753 100%	97 100%	264 100%	199 100%	215 100%	175 100%	226 100%	319 100%	331 100%	208 100%
Social Grade A	153 8%	79 8%	74 7%	77 13% bc	54 8% c	22 3%	3 3%	13 5%	9 5%	14 7%	9 5%	15 7%	41 13% abcdef	30 9% abc	19 9% a
Social Grade B	456 22%	236 24%	219 21%	152 25% c	167 25% c	137 18%	24 24% e	55 21%	48 24% e	42 20%	26 15%	52 23% e	85 27% e	80 24% e	46 22% e
Social Grade C1	491 24%	232 23%	255 25%	179 29% c	193 29% c	119 16%	20 21%	57 22%	51 25%	53 25%	54 31% bhi	56 25%	92 29% bhi	67 20%	41 20%
Social Grade C2	287 14%	125 13%	160 16%	81 13%	128 19% ac	77 10%	14 14%	47 18% cg	22 11%	30 14%	29 17%	37 17%	36 11%	46 14%	25 12%
Social Grade D	214 11%	90 9%	124 12% a	83 14% c	74 11% c	56 7%	11 12% g	41 15% eghi	31 16% eghi	34 16% eghi	10 6%	23 10%	18 6%	28 8%	18 9%
Social Grade E	434 21%	231 23% b	202 20%	42 7%	50 8%	341 45% ab	25 26% g	52 20%	38 19%	42 19%	47 27% g	43 19%	48 15%	80 24% g	58 28% bcdg
NET: ABC1	1100 54%	547 55%	547 53%	407 66% c	415 62% c	278 37%	46 48%	125 47%	107 54%	109 51%	89 51%	123 54%	218 68% abcdefhi	177 53%	106 51%
NET: C2DE	934 46%	446 45%	486 47%	207 34%	253 38%	474 63% ab	51 52% g	140 53% g	91 46% g	106 49% g	87 49% g	103 46% g	101 32%	154 47% g	101 49% g

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

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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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	153	153	-	-	-	-	-	153	-	104	6	22	13	3	1	45
	8%	100%	-	-	-	-	-	14%	-	6%	13%	18%	21%	17%	13%	18%
		bcdefgh						bcdefh			a	a	a			a
Social Grade B	456	-	456	-	-	-	-	456	-	396	13	21	14	5	1	55
	22%	-	100%	-	-	-	-	41%	-	23%	31%	17%	23%	26%	11%	21%
			acdefgh					acdefh				c				
Social Grade C1	491	-	-	491	-	-	-	491	-	402	14	46	12	2	1	75
	24%	-	-	100%	-	-	-	45%	-	23%	33%	36%	20%	9%	13%	29%
				abdefgh				abdefh				ad				a
Social Grade C2	287	-	-	-	287	-	-	-	287	253	4	17	10	*	2	33
	14%	-	-	-	100%	-	-	-	31%	14%	9%	13%	16%	3%	20%	13%
					abcefgh				abcefg							
Social Grade D	214	-	-	-	-	214	-	-	214	187	2	11	7	3	3	26
	11%	-	-	-	-	100%	-	-	23%	11%	5%	9%	12%	18%	26%	10%
						abcdfgh			abcdfg							
Social Grade E	434	-	-	-	-	-	434	-	434	408	4	9	5	5	2	24
	21%	-	-	-	-	-	100%	-	46%	23%	8%	7%	8%	28%	17%	9%
							abcdegh		abcdeg	bcdg						
NET: ABC1	1100	153	456	491	-	-	-	1100	-	902	33	89	39	10	4	175
	54%	100%	100%	100%	-	-	-	100%	-	52%	77%	71%	64%	52%	37%	68%
		defh	defh	defh				defh			a	a	a			a
NET: C2DE	934	-	-	-	287	214	434	-	934	848	10	36	22	9	6	83
	46%	-	-	-	100%	100%	100%	-	100%	48%	23%	29%	36%	48%	63%	32%
					abcg	abcg	abcg		abcg	bcdg						

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BASE: All respondents

	Total	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	153	84	31	35	66	13	16	40	84	69	138	13	18	55	65	14	134	29	103
	8%	6%	8%	12%	10%	19%	20%	8%	6%	10%	8%	7%	6%	5%	13%	19%	8%	10%	7%
				ab	a	cde	cde			d					abe	abe	b		
Social Grade B	456	250	103	91	195	18	17	87	335	121	421	35	53	242	145	17	403	63	338
	22%	19%	26%	32%	29%	26%	22%	17%	24%	18%	23%	20%	17%	21%	28%	23%	23%	22%	24%
			a	ab	a				ce						abe		a		
Social Grade C1	491	300	110	60	171	10	19	98	364	127	450	31	81	261	129	20	410	64	330
	24%	23%	28%	21%	25%	14%	24%	19%	27%	19%	25%	17%	26%	23%	25%	27%	24%	22%	24%
			ac						ace		b								
Social Grade C2	287	147	75	54	129	14	7	56	209	78	261	18	18	161	101	8	269	44	221
	14%	11%	19%	19%	19%	21%	9%	11%	15%	12%	14%	10%	6%	14%	20%	10%	16%	15%	16%
			a	a	a	bce			ce					a	abde		a		
Social Grade D	214	136	48	20	68	6	10	48	150	64	192	14	28	132	45	8	186	32	149
	11%	11%	12%	7%	10%	8%	13%	9%	11%	10%	11%	8%	9%	12%	9%	11%	11%	11%	11%
			c	c															
Social Grade E	434	373	30	22	52	8	9	183	233	201	357	67	112	285	31	7	322	60	256
	21%	29%	8%	8%	8%	12%	11%	36%	17%	30%	20%	38%	36%	25%	6%	9%	19%	21%	18%
		bcd						abd		abd		a	bcde	cde			cd		
NET: ABC1	1100	634	245	187	431	40	52	225	783	317	1009	80	152	558	339	51	948	156	771
	54%	49%	61%	66%	63%	59%	67%	44%	57%	48%	55%	44%	49%	49%	66%	69%	55%	53%	55%
			a	a	a	c	ce		ce		b				abe	abe	b		
NET: C2DE	934	656	153	96	249	28	26	288	592	342	810	99	157	578	177	22	777	136	625
	46%	51%	39%	34%	37%	41%	33%	56%	43%	52%	45%	56%	51%	51%	34%	31%	45%	47%	45%
		bcd						abd		bd		a	cd	cde			cd		

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BASE: All respondents

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	153	16	14	12	110	40	-	118	35	22	13	15	21	21	26	7	28	56	61
	8%	8%	4%	21%	8%	7%	-	7%	9%	5%	6%	6%	7%	12%	11%	9%	8%	8%	9%
		bf		abdef	b	b								ac	ac			a	a
Social Grade B	456	34	63	11	347	102	5	364	93	70	41	62	83	32	63	19	87	177	168
	22%	18%	17%	18%	24%	18%	12%	22%	23%	16%	20%	25%	29%	18%	27%	23%	24%	25%	25%
					abef							a	abe		ae		a	a	a
Social Grade C1	491	49	80	11	351	126	11	414	77	106	67	65	61	39	50	11	91	166	152
	24%	25%	21%	18%	25%	22%	27%	25%	19%	24%	33%	26%	22%	23%	22%	13%	25%	23%	23%
								b		g	adefgij	g					g	g	g
Social Grade C2	287	27	48	6	208	73	7	224	63	52	30	33	41	28	34	18	51	103	103
	14%	14%	13%	9%	15%	13%	16%	14%	15%	12%	14%	13%	14%	16%	15%	22%	14%	15%	15%
																a			
Social Grade D	214	25	29	11	146	59	5	171	42	42	18	37	35	24	26	8	24	96	57
	11%	13%	8%	19%	10%	10%	13%	11%	10%	10%	9%	15%	12%	14%	11%	9%	6%	14%	8%
			b	bde								ahj	hj	hj	h			ahj	
Social Grade E	434	41	140	9	256	172	14	335	99	152	37	38	42	29	31	19	85	109	136
	21%	21%	37%	14%	18%	30%	33%	21%	24%	34%	18%	15%	15%	17%	13%	24%	23%	15%	20%
			acde			acd	cd			bcdefhij						f	cdfi		dfi
NET: ABC1	1100	98	156	35	807	268	16	895	205	198	121	141	166	92	139	37	206	399	382
	54%	51%	42%	57%	57%	47%	39%	55%	50%	45%	59%	57%	58%	53%	61%	45%	56%	56%	56%
		b		bf	bef					ag	a	ag			ag		a	a	a
NET: C2DE	934	93	217	26	610	305	26	730	204	247	84	108	119	81	90	45	160	308	295
	46%	49%	58%	43%	43%	53%	61%	45%	50%	55%	41%	43%	42%	47%	39%	55%	44%	44%	44%
			acd			d	cd			bcdfhij						bdf			

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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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	153	69	22	61	128	14	124	15	115	21	128	8	104	30
	8%	11%	4%	7%	8%	7%	8%	7%	9%	6%	9%	3%	10%	6%
		bc		b							b		b	
Social Grade B	456	146	106	201	356	36	354	49	287	75	331	59	273	94
	22%	23%	19%	24%	23%	17%	23%	22%	23%	21%	23%	22%	26%	17%
				b	b								b	
Social Grade C1	491	155	118	216	382	39	383	43	326	84	345	64	270	129
	24%	25%	21%	26%	25%	18%	25%	19%	26%	24%	24%	24%	25%	24%
				b	b									
Social Grade C2	287	100	67	119	214	25	217	30	175	41	203	35	147	79
	14%	16%	12%	14%	14%	12%	14%	14%	14%	12%	14%	13%	14%	15%
		b												
Social Grade D	214	61	67	84	161	20	166	21	129	30	146	25	106	44
	11%	10%	12%	10%	11%	9%	11%	10%	10%	9%	10%	9%	10%	8%
Social Grade E	434	93	180	155	281	82	291	64	224	99	266	81	168	165
	21%	15%	32%	19%	18%	38%	19%	29%	18%	28%	19%	30%	16%	31%
			ac			a		a		a		a		a
NET: ABC1	1100	370	246	478	866	89	861	107	727	180	804	131	648	253
	54%	59%	44%	57%	57%	41%	56%	48%	58%	51%	57%	48%	61%	47%
		b		b	b		b		b		b		b	
NET: C2DE	934	253	314	358	657	127	674	115	528	170	616	141	421	288
	46%	41%	56%	43%	43%	59%	44%	52%	42%	49%	43%	52%	39%	53%
			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

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	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%
0 days	445	216	227	68	131	245	26	67	41	41	46	48	69	66	40
	22%	22%	22%	11%	20% a	33% ab	27%	25%	21%	19%	26%	21%	22%	20%	19%
1 day	205	135	70	73	59	73	6	23	19	22	22	21	38	32	23
	10%	14% b	7%	12%	9%	10%	6%	9%	9%	10%	13%	9%	12%	10%	11%
2 days	249	134	115	88	78	84	10	26	21	36	24	25	38	44	25
	12%	13%	11%	14%	12%	11%	11%	10%	11%	17% b	14%	11%	12%	13%	12%
3 days	284	121	162	113	102	70	9	34	21	24	21	31	60	53	31
	14%	12%	16% a	18% c	15% c	9%	10%	13%	11%	11%	12%	14%	19% abcde	16%	15%
4 days	173	73	97	63	68	42	9	17	17	19	13	21	31	26	21
	8%	7%	9%	10% c	10% c	6%	9%	6%	9%	9%	7%	9%	10%	8%	10%
5 days	230	95	134	89	88	54	11	26	27	29	8	24	44	36	23
	11%	10%	13% a	14% c	13% c	7%	11% e	10%	14% e	14% e	5%	11% e	14% e	11% e	11% e
6 days	82	50	32	22	32	28	8	15	9	3	8	8	7	17	6
	4%	5% b	3%	4%	5%	4%	9% dgi	5% dg	5% d	1%	5% d	4%	2%	5% d	3%
7 days	365	168	197	97	111	157	18	58	42	41	32	48	31	57	38
	18%	17%	19%	16%	17%	21% ab	18% g	22% g	21% g	19% g	18% g	21% g	10%	17% g	18% g
NET: None (0 days)	445	216	227	68	131	245	26	67	41	41	46	48	69	66	40
	22%	22%	22%	11%	20% a	33% ab	27%	25%	21%	19%	26%	21%	22%	20%	19%
NET: Occasionally (1 day)	205	135	70	73	59	73	6	23	19	22	22	21	38	32	23
	10%	14% b	7%	12%	9%	10%	6%	9%	9%	10%	13%	9%	12%	10%	11%
NET: Some (2-4 days)	707	328	373	264	247	196	28	77	59	78	58	77	129	122	77
	35%	33%	36%	43% bc	37% c	26%	29%	29%	30%	36%	33%	34%	40% abc	37% b	37%
NET: Most 5+ days	677	314	364	208	230	239	37	98	79	73	49	80	83	111	67
	33%	32%	35%	34%	34%	32%	38% g	37% eg	40% eg	34% g	28%	35% g	26%	33% g	32%
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	2	3			

Prepared by Savanta: ComRes

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

| | Total | Gender | | Age | | | Region | | | | | | | | |
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	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	3.17	3.03	3.31	3.42	3.29	2.86	3.26	3.26	3.44	3.23	2.87	3.32	2.83	3.22	3.22
			a	c	c			g	eg			g		g	
Standard Deviation	2.499	2.503	2.493	2.236	2.424	2.728	2.641	2.669	2.584	2.469	2.580	2.557	2.228	2.458	2.450
Standard Error	.055	.080	.077	.087	.095	.102	.247	.164	.179	.167	.186	.205	.122	.135	.170
Error variance	*	.01	.01	.01	.01	.01	.06	.03	.03	.03	.03	.04	.01	.02	.03

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

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BASE: All respondents

	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 100%	153 100%	456 100%	491 100%	287 100%	214 100%	434 100%	1100 100%	934 100%	1750 100%	43 100%	125 100%	61 100%	19 100%	10 100%	258 100%
0 days	445 22%	22 14%	70 15%	106 22% ab	52 18%	42 20%	152 35% abcdegh	198 18%	247 26% abcdg	395 23% d	10 22% d	25 20% d	2 3%	10 51%	-	46 18% d
1 day	205 10%	13 9%	41 9%	67 14% bfh	30 10%	18 9%	37 8%	121 11%	84 9%	176 10%	4 10%	17 13%	7 12%	* 2%	-	28 11%
2 days	249 12%	15 10%	62 13% f	65 13% f	33 12%	37 17% afh	38 9%	141 13% f	108 12%	207 12% b	1 3%	19 15% b	11 17% b	1 7%	3 26%	35 13% b
3 days	284 14%	21 14%	83 18% cfh	61 12%	41 14%	35 17%	42 10% f	166 15% f	119 13%	232 13%	13 30% ac	19 15%	13 22% a	3 16%	2 24%	50 19% a
4 days	173 8%	21 14% bcfgh	32 7%	39 8%	28 10%	24 11%	29 7%	92 8%	81 9%	148 8%	5 12%	7 5%	10 17% ac	-	1 10%	23 9%
5 days	230 11%	26 17% cfh	63 14% fh	50 10%	34 12% f	26 12%	31 7%	139 13% fh	90 10%	193 11%	2 4%	18 15% b	10 16% b	3 18%	1 14%	35 13%
6 days	82 4%	7 5%	19 4%	11 2%	18 6% cg	8 4%	19 4%	37 3%	45 5% c	70 4%	3 8%	4 3%	3 6%	* 1%	* 3%	12 4%
7 days	365 18%	28 19% e	87 19% e	91 19% e	51 18% e	24 11%	85 20% e	206 19% e	160 17% e	327 19% dg	5 11%	17 13%	5 8%	1 4%	2 22%	29 11%
NET: None (0 days)	445 22%	22 14%	70 15%	106 22% ab	52 18%	42 20%	152 35% abcdegh	198 18%	247 26% abcdg	395 23% d	10 22% d	25 20% d	2 3%	10 51%	-	46 18% d
NET: Occasionally (1 day)	205 10%	13 9%	41 9%	67 14% bfh	30 10%	18 9%	37 8%	121 11%	84 9%	176 10%	4 10%	17 13%	7 12%	* 2%	-	28 11%
NET: Some (2-4 days)	707 35%	56 37% f	177 39% fh	166 34% f	103 36% f	96 45% cdfgh	109 25%	399 36% f	308 33% f	587 34%	20 45%	45 36%	34 56% acg	4 23%	6 60%	108 42% a
NET: Most 5+ days	677 33%	61 40% cefh	168 37% eh	152 31%	103 36% e	57 27%	136 31%	382 35% e	295 32%	591 34%	10 23%	39 31%	18 29%	4 23%	4 40%	76 29%
Base for stats	2034	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
Median	3	4	3	3	3	3	2	3	3	3	3	3	3	0		3

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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

	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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	3.17	3.66 cefh	3.45 cefh	3.04	3.37 fh	2.96	2.82	3.30 fh	3.02	3.18	3.01	2.97	3.46	1.93	4.12	3.06
Standard Deviation	2.499	2.349	2.392	2.507	2.450	2.238	2.733	2.448	2.550	2.531	2.310	2.367	1.814	2.332	1.983	2.246
Standard Error	.055	.181	.107	.115	.139	.160	.139	.072	.085	.061	.323	.203	.202	.602	.512	.130
Error variance	*	.03	.01	.01	.02	.03	.02	.01	.01	*	.10	.04	.04	.36	.26	.02

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

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BASE: All respondents

	Total	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	
		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 100%	1291 100%	398 100%	283 100%	680 100%	69 100%	78 100%	513 100%	1375 100%	659 100%	1819 100%	179 100%	309 100%	1136 100%	516 100%	73 100%	1725 100%	292 100%	1396 100%
0 days	445 22%	351 27% bcd	53 13%	33 12%	86 13%	13 19%	14 18%	167 33% abd	250 18%	194 30% bd	326 18%	102 57% a	98 32% bcde	267 23% ce	68 13%	13 17%	347 20% c	43 15%	301 22% a
1 day	205 10%	144 11% c	39 10%	20 7%	59 9%	12 18% d	7 9%	59 12%	127 9%	78 12%	180 10%	18 10%	32 10%	119 10%	50 10%	4 6%	174 10%	32 11%	132 9%
2 days	249 12%	152 12%	51 13%	44 16%	95 14%	7 10%	18 24% acde	49 10%	175 13%	74 11%	232 13%	16 9%	35 11%	137 12%	71 14%	7 9%	215 12%	32 11%	172 12%
3 days	284 14%	149 12%	69 17% a	56 20% a	125 18% a	13 19%	16 20% d	91 18% d	165 12%	119 18% d	267 15%	17 9%	37 12%	145 13%	91 18% be	12 17%	248 14%	64 22% b	183 13%
4 days	173 8%	95 7%	42 11% a	29 10%	72 11% a	5 7%	5 6%	32 6%	131 10% ce	41 6%	161 9% b	7 4%	20 6%	103 9%	42 8%	9 12%	153 9%	28 10%	122 9%
5 days	230 11%	127 10%	56 14% a	38 13%	93 14% a	13 18% ce	9 12%	40 8%	168 12% c	62 9%	216 12% b	8 5%	23 7%	125 11%	70 13% a	12 16% a	207 12%	46 16% b	158 11%
6 days	82 4%	47 4%	18 5%	8 3%	26 4%	1 1%	1 2%	15 3%	65 5% e	17 3%	80 4%	2 1%	9 3%	49 4%	18 4%	6 8% ac	73 4%	6 2%	65 5% a
7 days	365 18%	226 18%	70 18%	55 20%	125 18%	6 8%	7 9%	60 12%	293 21% abce	72 11%	357 20% b	8 5%	57 19%	191 17%	107 21% b	10 14%	308 18%	40 14%	264 19% a
NET: None (0 days)	445 22%	351 27% bcd	53 13%	33 12%	86 13%	13 19%	14 18%	167 33% abd	250 18%	194 30% bd	326 18%	102 57% a	98 32% bcde	267 23% ce	68 13%	13 17%	347 20% c	43 15%	301 22% a
NET: Occasionally (1 day)	205 10%	144 11% c	39 10%	20 7%	59 9%	12 18% d	7 9%	59 12%	127 9%	78 12%	180 10%	18 10%	32 10%	119 10%	50 10%	4 6%	174 10%	32 11%	132 9%

Savanta: ComRes

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

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BASE: All respondents

	Total	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Some (2-4 days)	707	395	162	129	291	25	39	172	472	235	660	40	91	385	203	28	616	124	476
	35%	31%	41%	46%	43%	36%	50%	33%	34%	36%	36%	22%	29%	34%	39%	38%	36%	43%	34%
			a	a	a		cde				b				ab			b	
NET: Most 5+ days	677	400	144	100	244	19	17	115	526	151	652	19	89	365	195	28	588	93	487
	33%	31%	36%	36%	36%	27%	22%	22%	38%	23%	36%	11%	29%	32%	38%	39%	34%	32%	35%
			a		a				abce		b				ab				
Base for stats	2034	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
Median	3	2	3	3	3	3	2	2	3	2	3	0	2	3	3	4	3	3	3
Mean Score	3.17	2.92	3.50	3.59	3.54	2.76	2.74	2.47	3.48	2.53	3.38	1.36	2.77	3.08	3.56	3.53	3.24	3.26	3.25
			a	a	a				abce		b				abe	a	a		
Standard Deviation	2.499	2.571	2.317	2.273	2.297	2.178	2.079	2.392	2.517	2.336	2.469	2.009	2.631	2.502	2.378	2.343	2.468	2.227	2.523
Standard Error	.055	.096	.083	.101	.064	.240	.213	.106	.069	.089	.058	.154	.187	.077	.091	.237	.058	.115	.067
Error variance	*	.01	.01	.01	*	.06	.05	.01	*	.01	*	.02	.03	.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

| | Total | Longstanding condition or illness | | | | | | Area | | Number of days active | | | | | | | | | |
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	445	47	135	9	268	168	20	365	80	445	-	-	-	-	-	-	-	-	-
	22%	25%	36%	15%	19%	29%	47%	22%	20%	100%	-	-	-	-	-	-	-	-	-
			acde			cd	acde			bcdefghij									
1 day	205	16	44	4	139	61	3	175	31	-	205	-	-	-	-	-	-	-	-
	10%	8%	12%	6%	10%	11%	6%	11%	8%	-	100%	-	-	-	-	-	-	-	-
											acdefghij								
2 days	249	25	36	3	184	61	3	208	41	-	-	249	-	-	-	-	-	249	-
	12%	13%	10%	5%	13%	11%	7%	13%	10%	-	-	100%	-	-	-	-	-	35%	-
		c			c							abdefghij						abdefghj	
3 days	284	21	59	17	186	92	6	221	64	-	-	-	284	-	-	-	-	284	-
	14%	11%	16%	28%	13%	16%	14%	14%	16%	-	-	-	100%	-	-	-	-	40%	-
				abde									abcefghij					abcefghj	
4 days	173	21	15	9	125	41	3	138	35	-	-	-	-	173	-	-	-	173	-
	8%	11%	4%	14%	9%	7%	8%	8%	8%	-	-	-	-	100%	-	-	-	24%	-
		b		be	b	b								abcdfghij				abcdfghj	
5 days	230	24	28	12	172	56	5	181	48	-	-	-	-	-	230	-	-	-	230
	11%	13%	8%	20%	12%	10%	11%	11%	12%	-	-	-	-	-	100%	-	-	-	34%
		b		bde	b										abcdeghij				abcdeghi
6 days	82	7	9	2	66	15	1	63	19	-	-	-	-	-	-	82	-	-	82
	4%	3%	2%	4%	5%	3%	2%	4%	5%	-	-	-	-	-	-	100%	-	-	12%
					be											abcdefhij			abcdefhi
7 days	365	30	47	5	277	79	2	275	91	-	-	-	-	-	-	-	365	-	365
	18%	16%	13%	9%	20%	14%	5%	17%	22%	-	-	-	-	-	-	-	100%	-	54%
					bcef				a								abcdefgij		abcdefgi
NET: None (0 days)	445	47	135	9	268	168	20	365	80	445	-	-	-	-	-	-	-	-	-
	22%	25%	36%	15%	19%	29%	47%	22%	20%	100%	-	-	-	-	-	-	-	-	-
			acde			cd	acde			bcdefghij									

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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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Occasionally (1 day)	205	16	44	4	139	61	3	175	31	-	205	-	-	-	-	-	-	-	-
	10%	8%	12%	6%	10%	11%	6%	11%	8%	-	100%	-	-	-	-	-	-	-	-
											acdefghij								
NET: Some (2-4 days)	707	68	110	29	495	194	12	567	140	-	-	249	284	173	-	-	-	707	-
	35%	36%	30%	47%	35%	34%	29%	35%	34%	-	-	100%	100%	100%	-	-	-	100%	-
				bdef								abfghj	abfghj	abfghj				abfghj	
NET: Most 5+ days	677	61	84	20	515	150	8	519	158	-	-	-	-	-	230	82	365	-	677
	33%	32%	22%	32%	36%	26%	18%	32%	39%	-	-	-	-	-	100%	100%	100%	-	100%
		b			bef				a						abcdei	abcdei	abcdei		abcdei
Base for stats	2034	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
Median	3	3	2	3	3	2	1	3	3	0	1	2	3	4	5	6	7	3	7
Mean Score	3.17	3.07	2.35	3.40	3.36	2.70	1.94	3.08	3.51	-	1.00	2.00	3.00	4.00	5.00	6.00	7.00	2.89	6.20
		bf		bef	bef	bf			a										i
Standard Deviation	2.499	2.479	2.446	2.050	2.494	2.448	2.245	2.481	2.540	-	-	-	-	-	-	-	-	.766	.917
Standard Error	.055	.172	.129	.235	.067	.101	.335	.061	.126	-	-	-	-	-	-	-	-	.028	.035
Error variance	*	.03	.02	.06	*	.01	.11	*	.02	-	-	-	-	-	-	-	-	*	*

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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

	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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	445	18	180	244	246	118	270	101	145	172	197	146	141	214
	22%	3%	32%	29%	16%	55%	18%	45%	12%	49%	14%	53%	13%	40%
			a	a		a		a		a		a		a
1 day	205	33	52	116	154	22	160	14	123	29	130	21	95	51
	10%	5%	9%	14%	10%	10%	10%	6%	10%	8%	9%	8%	9%	9%
			a	ab										
2 days	249	51	46	151	185	13	178	21	154	38	167	25	138	63
	12%	8%	8%	18%	12%	6%	12%	9%	12%	11%	12%	9%	13%	12%
				ab	b									
3 days	284	112	59	113	214	29	222	40	179	52	220	30	167	45
	14%	18%	10%	14%	14%	13%	14%	18%	14%	15%	15%	11%	16%	8%
		bc											b	
4 days	173	71	50	51	142	8	145	6	122	14	133	16	94	38
	8%	11%	9%	6%	9%	4%	9%	3%	10%	4%	9%	6%	9%	7%
		c	c		b		b		b					
5 days	230	130	45	52	197	9	189	19	177	19	190	13	154	38
	11%	21%	8%	6%	13%	4%	12%	9%	14%	6%	13%	5%	14%	7%
		bc			b		b		b		b		b	
6 days	82	37	21	23	72	4	70	1	63	5	73	5	56	12
	4%	6%	4%	3%	5%	2%	5%	*	5%	1%	5%	2%	5%	2%
		c					b		b		b		b	
7 days	365	172	107	86	312	13	302	21	293	21	311	17	224	79
	18%	28%	19%	10%	21%	6%	20%	9%	23%	6%	22%	6%	21%	15%
		bc	c		b		b		b		b		b	
NET: None (0 days)	445	18	180	244	246	118	270	101	145	172	197	146	141	214
	22%	3%	32%	29%	16%	55%	18%	45%	12%	49%	14%	53%	13%	40%
			a	a		a		a		a		a		a
NET: Occasionally (1 day)	205	33	52	116	154	22	160	14	123	29	130	21	95	51
	10%	5%	9%	14%	10%	10%	10%	6%	10%	8%	9%	8%	9%	9%
			a	ab										
NET: Some (2-4 days)	707	234	155	316	541	50	545	67	455	104	520	70	399	146
	35%	38%	28%	38%	36%	23%	35%	30%	36%	30%	37%	26%	37%	27%
		b		b	b				b		b		b	

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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

	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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	677	339	173	160	582	26	561	41	533	46	573	36	434	130
	33%	54%	31%	19%	38%	12%	37%	18%	42%	13%	40%	13%	41%	24%
		bc	c		b		b		b		b		b	
Base for stats	2034	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
Median	3	5	3	2	3	0	3	1	4	1	3	0	3	2
Mean Score	3.17	4.54	2.90	2.34	3.51	1.51	3.41	2.01	3.80	1.69	3.67	1.62	3.67	2.37
		bc	c		b		b		b		b		b	
Standard Deviation	2.499	2.020	2.675	2.266	2.459	2.121	2.468	2.318	2.400	2.122	2.424	2.180	2.390	2.564
Standard Error	.055	.077	.117	.080	.063	.147	.063	.156	.067	.118	.064	.135	.073	.114
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

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		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)	200	88	111	93	66	40	11	27	20	22	13	27	35	31	15
		10%	9%	11%	15% bc	10% c	5%	11%	10%	10%	10%	7%	12%	11%	9%	7%
A bit more	(4.0)	424	197	226	171	126	127	17	52	38	49	33	40	80	75	40
		21%	20%	22%	28% bc	19%	17%	17%	20%	19%	23%	19%	18%	25%	23%	19%
Neither more nor less	(3.0)	559	277	281	90	171	299	31	63	70	63	46	74	51	92	69
		28%	28%	27%	15%	26% a	40% ab	32% g	24% g	35% bg	29% g	26% g	33% bg	16%	28% g	33% bg
A bit less	(2.0)	339	168	168	108	115	116	12	40	29	36	37	42	58	44	41
		17%	17%	16%	18%	17%	15%	13%	15%	15%	17%	21% h	19%	18%	13%	20% h
A lot less	(1.0)	497	254	241	148	184	165	24	78	41	43	46	42	94	88	42
		24%	26%	23%	24%	28% c	22%	24%	29% cdfi	21%	20%	26%	18%	30% cdfi	27% f	20%
Don't know		15	8	7	4	5	5	3	5	1	1	1	2	1	1	1
		1%	1%	1%	1%	1%	1%	3% gh	2%	*	1%	*	1%	*	*	*
NET: More		623	285	336	264	192	167	27	79	57	71	46	66	115	106	55
		31%	29%	33%	43% bc	29% c	22%	28%	30%	29%	33%	26%	29%	36% ei	32%	27%
NET: Less		836	422	409	256	299	281	36	117	70	79	82	84	153	132	83
		41%	43%	40%	42%	45% c	37%	37%	44%	35%	37%	47% cd	37%	48% acdfh	40%	40%
Base for stats		2019	985	1026	610	662	747	95	260	198	213	174	224	318	330	207
Mean Score		2.75	2.69	2.80	2.92 bc	2.66	2.68	2.77	2.66	2.83	2.87 e	2.61	2.86	2.69	2.74	2.74
Standard Deviation		1.302	1.291	1.310	1.426	1.328	1.151	1.312	1.364	1.243	1.268	1.265	1.252	1.404	1.320	1.195
Standard Error		.029	.041	.041	.056	.052	.043	.123	.085	.086	.086	.091	.101	.077	.073	.083
Error variance		*	*	*	*	*	*	.02	.01	.01	.01	.01	.01	.01	.01	.01

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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

		Total	Social Grade						NET: ABC1	NET: C2DE	Ethnicity						NET: Non-white
			Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E			White	Mixed	Asian	Black	Chinese	Other ethnic group	
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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	200	21	55	43	37	21	23	119	81	153	6	23	12	*	1	43
		10%	14%	12%	9%	13%	10%	5%	11%	9%	9%	14%	18%	20%	2%	11%	17%
			fh	f	f	fh	f		f	f			a	a			a
A bit more	(4.0)	424	48	91	112	62	40	70	252	172	360	8	33	13	2	4	60
		21%	32%	20%	23%	22%	19%	16%	23%	18%	21%	18%	27%	22%	9%	44%	23%
			bcdefgh		f				fh								
Neither more nor less	(3.0)	559	22	106	118	67	67	180	246	314	509	14	15	9	6	1	45
		28%	14%	23%	24%	23%	32%	41%	22%	34%	29%	32%	12%	15%	34%	6%	17%
				a	a	a	abcdg	abcdegh	a	abcdg	cdg	cdg					
A bit less	(2.0)	339	24	91	85	49	28	63	200	140	311	3	7	7	4	1	22
		17%	16%	20%	17%	17%	13%	15%	18%	15%	18%	6%	6%	12%	22%	13%	9%
				efh							bcg						
A lot less	(1.0)	497	37	110	131	70	56	92	278	218	409	12	46	14	6	3	81
		24%	24%	24%	27%	24%	26%	21%	25%	23%	23%	29%	36%	23%	33%	26%	31%
													ad				a
Don't know		15	1	4	2	1	1	6	6	9	7	*	1	5	-	-	7
		1%	*	1%	*	*	1%	1%	1%	1%	*	1%	1%	8%	-	-	3%
														acg			a
NET: More		623	69	146	155	100	61	93	370	253	513	14	56	26	2	5	103
		31%	45%	32%	32%	35%	29%	21%	34%	27%	29%	32%	45%	42%	11%	55%	40%
			bcdefgh	f	f	fh			fh	f			a	a			a
NET: Less		836	61	201	216	119	84	155	478	358	720	15	53	21	10	4	104
		41%	40%	44%	44%	42%	39%	36%	43%	38%	41%	35%	42%	35%	55%	39%	40%
				fh	fh				fh								
Base for stats		2019	152	453	489	285	212	428	1094	925	1742	43	124	56	19	10	252
Mean Score		2.75	2.95	2.76	2.70	2.82	2.73	2.69	2.76	2.74	2.73	2.82	2.84	3.05	2.24	3.01	2.85
			cf											a			
Standard Deviation		1.302	1.420	1.342	1.319	1.367	1.308	1.137	1.344	1.251	1.267	1.409	1.591	1.516	1.099	1.503	1.511
Standard Error		.029	.110	.060	.061	.078	.094	.058	.040	.042	.031	.199	.137	.173	.284	.388	.089
Error variance		*	.01	*	*	.01	.01	*	*	*	*	.04	.02	.03	.08	.15	.01

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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

		Total	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	
			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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	200	100	52	36	88	9	5	36	149	51	195	4	17	95	77	10	182	46	135
		10%	8%	13%	13%	13%	14%	7%	7%	11%	8%	11%	2%	6%	8%	15%	14%	11%	16%	10%
				a	a	a	c			ce		b				abe	ab	a	b	
A bit more	(4.0)	424	234	101	75	177	11	25	101	286	137	405	13	61	212	136	15	363	69	289
		21%	18%	26%	27%	26%	17%	32%	20%	21%	21%	22%	7%	20%	19%	26%	20%	21%	24%	21%
				a	a	a		acde				b				be				
Neither more nor less	(3.0)	559	399	92	52	143	16	19	160	364	195	471	78	95	361	94	10	465	75	380
		28%	31%	23%	18%	21%	24%	24%	31%	26%	30%	26%	44%	31%	32%	18%	14%	27%	26%	27%
			bcd	c					d				a	cd	cde			cd		
A bit less	(2.0)	339	214	62	54	116	7	7	77	249	91	307	25	53	190	82	15	287	40	235
		17%	17%	16%	19%	17%	10%	9%	15%	18%	14%	17%	14%	17%	17%	16%	20%	17%	14%	17%
										be										
A lot less	(1.0)	497	336	88	61	149	24	20	133	319	178	433	53	80	270	125	22	417	58	350
		24%	26%	22%	21%	22%	35%	26%	26%	23%	27%	24%	29%	26%	24%	24%	31%	24%	20%	25%
			d				d													a
Don't know		15	8	3	4	7	1	2	5	8	7	8	6	4	8	2	1	11	4	7
		1%	1%	1%	1%	1%	1%	2%	1%	1%	1%	*	3%	1%	1%	*	1%	1%	1%	*
													a							
NET: More		623	334	153	112	265	21	30	137	435	188	600	17	78	307	213	25	545	115	424
		31%	26%	38%	40%	39%	30%	39%	27%	32%	29%	33%	9%	25%	27%	41%	34%	32%	39%	30%
				a	a	a		ce		c		b				abe		b	b	
NET: Less		836	550	150	115	265	31	27	210	568	268	740	78	132	460	207	37	704	98	586
		41%	43%	38%	41%	39%	45%	35%	41%	41%	41%	41%	44%	43%	40%	40%	50%	41%	34%	42%
																				a
Base for stats		2019	1283	395	278	673	68	76	508	1367	652	1811	173	305	1128	514	72	1714	288	1390
Mean Score		2.75	2.65	2.92	2.90	2.91	2.63	2.84	2.67	2.78	2.68	2.79	2.36	2.62	2.71	2.92	2.67	2.77	3.02	2.73
				a	a	a						b				abe			b	
Standard Deviation		1.302	1.260	1.351	1.363	1.355	1.462	1.327	1.256	1.309	1.286	1.318	1.065	1.225	1.252	1.412	1.465	1.314	1.351	1.304
Standard Error		.029	.047	.049	.061	.038	.162	.138	.056	.036	.049	.031	.083	.088	.039	.054	.149	.031	.070	.035
Error variance		*	*	*	*	*	.03	.02	*	*	*	*	.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

			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	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)		200	29	33	11	127	65	4	157	43	5	6	11	20	24	44	17	72	56	133
		10%	15%	9%	18%	9%	11%	10%	10%	10%	1%	3%	5%	7%	14%	19%	21%	20%	8%	20%
			bd		bd							a	ab	abcdi	abcdi	abcdi	abcdi	ab		abcdi
A bit more (4.0)		424	31	61	15	316	103	3	348	75	12	27	40	91	48	86	20	100	179	206
		21%	16%	16%	25%	22%	18%	7%	21%	18%	3%	13%	16%	32%	28%	37%	24%	27%	25%	30%
					f	abef	f					a	a	abci	abc	abceghij	ab	abc	abc	abci
Neither more nor less (3.0)		559	41	129	15	374	174	9	416	143	180	52	46	59	50	45	21	107	155	173
		28%	22%	35%	25%	26%	30%	21%	26%	35%	40%	25%	18%	21%	29%	20%	26%	29%	22%	26%
				ad			a			a	bcdefghij				cdfi			cdfi		c
A bit less (2.0)		339	37	52	11	238	90	11	288	52	45	38	60	55	32	44	14	51	146	109
		17%	19%	14%	19%	17%	16%	26%	18%	13%	10%	19%	24%	19%	18%	19%	18%	14%	21%	16%
								b	b			a	ahj	a	a	a			ahj	ahj
A lot less (1.0)		497	51	94	4	360	131	15	404	92	199	78	92	59	19	8	8	34	169	51
		24%	27%	25%	7%	25%	23%	36%	25%	23%	45%	38%	37%	21%	11%	3%	10%	9%	24%	8%
			c	c		c	c	ce			cdefghij	defghij	defghij	efghj	f		f	f	efghj	f
Don't know		15	2	5	4	2	11	*	11	4	3	5	1	1	*	3	1	1	2	5
		1%	1%	1%	6%	*	2%	1%	1%	1%	1%	2%	*	*	*	1%	1%	*	*	1%
			d	d	abde		d					dhi						i		
NET: More		623	59	94	26	443	168	7	505	118	18	33	51	112	71	130	37	172	234	339
		31%	31%	25%	43%	31%	29%	16%	31%	29%	4%	16%	20%	39%	41%	56%	45%	47%	33%	50%
			f		bdef	bf						a	a	abc	abci	abcdehi	abci	abcdi	abc	abcdei
NET: Less		836	88	145	15	598	220	26	692	144	244	116	151	113	51	52	23	86	316	160
		41%	46%	39%	26%	42%	38%	62%	43%	35%	55%	57%	61%	40%	29%	22%	28%	23%	45%	24%
			c	c		c	c	bcde	b		defghij	defghij	defghij	efghj					efghj	
Base for stats		2019	189	369	57	1415	562	42	1614	405	442	201	248	284	172	227	81	365	705	672
Mean Score		2.75	2.73	2.70	3.31	2.73	2.79	2.27	2.73	2.81	2.05	2.22	2.27	2.86	3.15	3.50	3.28	3.34	2.72	3.39
			f	f	abdef	f	f						a	abc	abcdi	abcdei	abcdi	abcdi	abc	abcdei
Standard Deviation		1.302	1.409	1.261	1.207	1.301	1.300	1.303	1.309	1.271	1.039	1.180	1.240	1.271	1.200	1.115	1.275	1.214	1.290	1.190
Standard Error		.029	.099	.067	.140	.035	.054	.196	.033	.063	.054	.087	.076	.071	.089	.073	.143	.062	.047	.045
Error variance		*	.01	*	.02	*	*	.04	*	*	*	.01	.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
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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	200	200	-	-	172	12	164	16	148	24	150	21	129	45
	10%	32%	-	-	11%	6%	11%	7%	12%	7%	11%	8%	12%	8%
		bc			b				b				b	
A bit more (4.0)	424	424	-	-	339	23	340	45	289	52	318	42	270	84
	21%	68%	-	-	22%	11%	22%	20%	23%	15%	22%	16%	25%	15%
		bc			b				b		b		b	
Neither more nor less (3.0)	559	-	559	-	355	97	361	75	290	131	331	115	214	211
	28%	-	100%	-	23%	45%	23%	34%	23%	37%	23%	42%	20%	39%
			ac			a		a		a		a		a
A bit less (2.0)	339	-	-	339	265	17	275	21	223	51	252	41	187	70
	17%	-	-	41%	17%	8%	18%	9%	18%	15%	18%	15%	17%	13%
				ab	b		b						b	
A lot less (1.0)	497	-	-	497	386	60	390	61	302	85	363	52	264	124
	24%	-	-	59%	25%	28%	25%	28%	24%	24%	26%	19%	25%	23%
				ab							b			
Don't know	15	-	-	-	6	7	6	4	4	7	5	1	5	7
	1%	-	-	-	*	3%	*	2%	*	2%	*	1%	1%	1%
						a		a		a				
NET: More	623	623	-	-	511	35	504	61	438	76	468	63	399	129
	31%	100%	-	-	34%	16%	33%	28%	35%	22%	33%	23%	37%	24%
		bc			b				b		b		b	
NET: Less	836	-	-	836	651	77	664	82	524	136	615	93	450	195
	41%	-	-	100%	43%	35%	43%	37%	42%	39%	43%	34%	42%	36%
				ab	b						b		b	
Base for stats	2019	623	559	836	1517	209	1529	219	1252	343	1415	271	1063	534
Mean Score	2.75	4.32	3.00	1.41	2.77	2.57	2.75	2.70	2.81	2.64	2.75	2.78	2.83	2.73
		c							b					
Standard Deviation	1.302	.467	-	.491	1.347	1.181	1.337	1.279	1.346	1.204	1.338	1.157	1.370	1.219
Standard Error	.029	.018	-	.017	.035	.083	.034	.087	.038	.068	.036	.072	.042	.054
Error variance	*	*	-	*	*	.01	*	.01	*	*	*	.01	*	*

Prepared by Savanta: ComRes

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

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	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)	1208	577	627	333	402	474	60	165	119	126	101	157	146	196	138
	59%	58%	61%	54%	60%	63%	62%	62%	60%	59%	58%	69%	46%	59%	66%
					a	a	g	g	g	g	g	degh		g	g
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	479	198	278	219	144	115	25	65	47	61	31	42	87	69	51
	24%	20%	27%	36%	22%	15%	26%	25%	24%	28%	18%	19%	27%	21%	24%
			a	bc	c					efh			ef		
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	461	161	298	210	164	88	34	70	32	44	23	50	96	72	41
	23%	16%	29%	34%	25%	12%	35%	27%	16%	21%	13%	22%	30%	22%	20%
			a	bc	c		cdefhi	ce		e		e	cdehi	e	
Running or jogging	358	193	164	203	125	31	23	44	38	34	25	39	74	49	33
	18%	19%	16%	33%	19%	4%	23%	16%	19%	16%	14%	17%	23%	15%	16%
		b		bc	c		eh						bdehi		
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	276	125	151	109	127	40	12	24	24	37	21	28	52	42	36
	14%	13%	15%	18%	19%	5%	12%	9%	12%	17%	12%	12%	16%	13%	17%
				c	c					b			b		b
Cycling (either for leisure or travel)	171	112	58	62	77	33	8	24	17	12	16	18	29	30	16
	8%	11%	6%	10%	11%	4%	8%	9%	9%	6%	9%	8%	9%	9%	8%
		b		c	c										
Other sport, exercise or physical activity	107	55	51	33	18	56	3	17	14	18	5	11	12	19	9
	5%	5%	5%	5%	3%	7%	3%	6%	7%	8%	3%	5%	4%	6%	4%
				b		b			e	aeg					
I have not done any physical activity in the past week	293	137	156	38	103	151	11	48	27	28	31	27	43	49	29
	14%	14%	15%	6%	15%	20%	11%	18%	13%	13%	18%	12%	14%	15%	14%
					a	ab									
NET: Home based activity	891	364	523	381	304	206	47	115	78	109	60	92	162	139	90
	44%	37%	51%	62%	46%	27%	48%	43%	39%	51%	34%	41%	51%	42%	43%
			a	bc	c		e			ceh			cefh		

Q3. Which, if any, of the following physical activities have you done in the past week?
BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2034	168	501	474	309	196	386	1143	891	1712	51	136	81	15	15	298
Total	2034	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1208	70	292	283	167	142	255	644	564	1093	15	55	22	2	6	101
	59%	46%	64%	58%	58%	67%	59%	59%	60%	62%	35%	44%	36%	13%	59%	39%
			acg	a	a	acg	a	a	a	bcdg						
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	479	56	135	100	70	42	77	290	188	381	11	47	24	4	2	88
	24%	37%	29%	20%	24%	20%	18%	26%	20%	22%	25%	38%	39%	19%	25%	34%
		cdefgh	cefh		f			cfh				a	a			a
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	461	45	138	102	78	53	44	285	176	364	16	37	26	3	3	85
	23%	29%	30%	21%	27%	25%	10%	26%	19%	21%	37%	29%	43%	18%	32%	33%
		cfh	cfh	f	cfh	f		cfh	f		a	a	ac			a
Running or jogging	358	53	111	89	42	41	22	253	105	279	17	36	17	1	2	72
	18%	35%	24%	18%	15%	19%	5%	23%	11%	16%	40%	28%	28%	5%	16%	28%
		bcdefgh	cdfh	fh	f	fh		cdfh	f		a	a	a			a
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	276	33	83	54	52	21	33	171	105	218	9	30	14	3	2	57
	14%	22%	18%	11%	18%	10%	8%	16%	11%	12%	20%	24%	22%	18%	19%	22%
		cefgh	cefh		cefh			cefh	f			a	a			a
Cycling (either for leisure or travel)	171	24	58	46	25	5	13	128	43	146	4	7	6	1	1	18
	8%	16%	13%	9%	9%	2%	3%	12%	5%	8%	9%	6%	9%	4%	12%	7%
		cdefh	efh	efh	efh			efh								
Other sport, exercise or physical activity	107	3	20	26	15	7	36	48	58	95	2	3	3	-	*	9
	5%	2%	4%	5%	5%	3%	8%	4%	6%	5%	4%	3%	6%	-	4%	3%
							abeg		a							
I have not done any physical activity in the past week	293	15	45	71	32	23	106	131	162	265	6	13	3	6	-	27
	14%	10%	10%	14%	11%	11%	25%	12%	17%	15%	13%	10%	4%	31%	-	11%
				b			abcdegh		abdeg	dg						
NET: Home based activity	891	89	245	205	142	90	121	539	353	711	26	78	44	10	5	163
	44%	58%	54%	42%	50%	42%	28%	49%	38%	41%	60%	62%	72%	54%	47%	63%
		cefgh	cefh	f	cfh	f		cfh	f		a	a	a			a

Q3. Which, if any, of the following physical activities have you done in the past week?
BASE: All respondents

	Total	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	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)	1208	778	242	158	399	30	31	225	922	286	1151	47	168	724	296	20	1040	152	876
	59%	60%	61%	56%	59%	44%	40%	44%	67%	43%	63%	26%	54%	64%	57%	28%	60%	52%	63%
									abce		b		d	acd	d		d		a
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	479	256	114	83	198	13	21	100	345	134	458	18	48	243	161	26	431	95	324
	24%	20%	29%	30%	29%	19%	26%	20%	25%	20%	25%	10%	16%	21%	31%	36%	25%	33%	23%
			a	a	a				ce		b				abe	abe	ab	b	
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	461	234	107	104	211	17	18	82	345	116	431	24	50	206	180	25	411	81	318
	23%	18%	27%	37%	31%	24%	23%	16%	25%	18%	24%	14%	16%	18%	35%	34%	24%	28%	23%
			a	abd	ab				ce		b				abe	abe	ab	b	
Running or jogging	358	169	86	89	175	22	26	47	263	95	336	18	44	142	157	16	315	63	242
	18%	13%	22%	32%	26%	32%	33%	9%	19%	14%	18%	10%	14%	13%	30%	21%	18%	22%	17%
			a	abd	ab	cde	cde		ce	c	b				abe	b	b		
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	276	81	88	93	181	12	18	63	183	94	255	14	11	136	114	16	266	74	186
	14%	6%	22%	33%	27%	18%	23%	12%	13%	14%	14%	8%	3%	12%	22%	22%	15%	26%	13%
			a	abd	ab		cde				b			a	abe	ab	ab	b	
Cycling (either for leisure or travel)	171	80	44	41	85	10	4	32	125	45	162	7	13	89	63	6	158	33	119
	8%	6%	11%	15%	12%	14%	5%	6%	9%	7%	9%	4%	4%	8%	12%	8%	9%	11%	9%
			a	a	a	bce			c		b				abe		a		
Other sport, exercise or physical activity	107	81	13	11	24	6	7	24	71	36	102	4	11	67	25	3	96	12	77
	5%	6%	3%	4%	3%	8%	8%	5%	5%	5%	6%	2%	4%	6%	5%	5%	6%	4%	6%
		bd																	

Savanta: ComRes

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

	Total	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	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	293	229	39	19	59	9	14	138	133	160	200	82	72	170	41	10	222	32	187
	14%	18%	10%	7%	9%	13%	18%	27%	10%	24%	11%	46%	23%	15%	8%	14%	13%	11%	13%
		bcd					d	ad		ad		a	bce	c			c		
NET: Home based activity	891	450	211	186	398	30	40	187	634	258	835	44	92	434	316	49	799	173	607
	44%	35%	53%	66%	58%	44%	52%	37%	46%	39%	46%	25%	30%	38%	61%	67%	46%	59%	43%
			a	abd	ab		ce		ce		b			a	abe	abe	ab	b	

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Q3. Which, if any, of the following physical activities have you done in the past week?
BASE: All respondents

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	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)	1208	108	175	25	904	284	20	958	250	139	126	157	172	121	144	59	290	450	493
	59%	56%	47%	40%	64%	50%	46%	59%	61%	31%	61%	63%	60%	70%	63%	72%	79%	64%	73%
		bc			abcef						a	a	a	ad	a	a	abcdefij	a	abcdfi
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	479	46	64	18	346	118	9	389	90	18	25	66	89	53	95	21	113	207	228
	24%	24%	17%	30%	24%	21%	22%	24%	22%	4%	12%	26%	31%	31%	41%	25%	31%	29%	34%
			b		b						a	ab	ab	ab	abcdeghij	ab	ab	ab	abc
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	461	49	59	20	324	120	7	379	82	9	26	45	91	65	88	29	109	201	226
	23%	26%	16%	33%	23%	21%	16%	23%	20%	2%	12%	18%	32%	38%	38%	35%	30%	28%	33%
		b		bdef	b	b					a	a	abc	abci	abchi	abc	abc	abc	abci
Running or jogging	358	35	28	15	271	73	5	297	61	8	22	31	70	45	64	26	93	146	183
	18%	18%	8%	24%	19%	13%	12%	18%	15%	2%	11%	13%	24%	26%	28%	32%	25%	21%	27%
		be		be	be	b					a	a	abc	abc	abci	abci	abc	abc	abci
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	276	39	47	15	185	85	12	224	52	12	22	42	53	37	50	10	49	133	109
	14%	20%	12%	24%	13%	15%	28%	14%	13%	3%	11%	17%	19%	22%	22%	13%	13%	19%	16%
		bd		bde			bde				a	a	ab	abh	abhj	a	a	abh	a
Cycling (either for leisure or travel)	171	22	18	7	123	42	5	134	37	4	18	18	21	16	31	15	48	55	94
	8%	11%	5%	12%	9%	7%	13%	8%	9%	1%	9%	7%	7%	9%	14%	18%	13%	8%	14%
		b		b	b		b				a	a	a	a	acdi	abcdei	acdi	a	acdi
Other sport, exercise or physical activity	107	10	15	2	78	25	1	72	35	6	10	9	18	8	16	4	35	35	55
	5%	5%	4%	3%	6%	4%	1%	4%	8%	1%	5%	4%	6%	5%	7%	5%	10%	5%	8%
									a		a		a	a	a	a	aci	a	aci

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	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	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	293	33	103	3	163	121	16	236	57	275	10	1	3	*	1	-	2	4	3
	14%	17%	28%	5%	12%	21%	39%	15%	14%	62%	5%	*	1%	*	1%	-	1%	1%	*
		cd	acde			cd	acde			bcdefghij	cdefghij								
NET: Home based activity	891	90	128	37	635	234	16	727	164	37	61	124	167	111	165	40	188	402	392
	44%	47%	34%	61%	45%	41%	38%	45%	40%	8%	29%	50%	59%	64%	72%	48%	51%	57%	58%
		b		abdef	b	b					a	ab	abc	abcgh	abcdghij	ab	ab	abc	abch

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

	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 100%	623 100%	559 100%	836 100%	1523 100%	216 100%	1536 100%	222 100%	1255 100%	350 100%	1420 100%	272 100%	1068 100%	540 100%
Walking (either for leisure or travel)	1208 59%	382 61%	328 59%	496 59%	974 64% b	76 35%	950 62% b	104 47%	813 65% b	162 46%	915 64% b	112 41%	662 62% b	288 53%
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	479 24%	224 36% bc	106 19%	145 17%	402 26% b	20 9%	396 26% b	42 19%	365 29% b	35 10%	381 27% b	29 11%	334 31% b	80 15%
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	461 23%	252 40% bc	78 14%	127 15%	366 24% b	34 16%	360 23%	49 22%	332 26% b	60 17%	362 25% b	38 14%	298 28% b	84 16%
Running or jogging	358 18%	184 30% bc	67 12%	102 12%	309 20% b	16 7%	299 19% b	20 9%	294 23% b	30 8%	296 21% b	22 8%	249 23% b	39 7%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	276 14%	124 20% bc	59 11%	91 11%	205 13%	19 9%	205 13%	31 14%	183 15%	40 11%	198 14%	29 11%	157 15% b	57 11%
Cycling (either for leisure or travel)	171 8%	81 13% bc	37 7%	52 6%	146 10%	14 6%	140 9%	14 6%	134 11% b	17 5%	136 10% b	12 5%	116 11% b	31 6%
Other sport, exercise or physical activity	107 5%	48 8% bc	26 5%	33 4%	84 5% b	5 2%	85 6%	8 4%	68 5%	14 4%	77 5%	11 4%	51 5%	31 6%
I have not done any physical activity in the past week	293 14%	7 1%	120 21% a	161 19% a	140 9%	99 46% a	165 11%	71 32% a	70 6%	131 37% a	107 8%	111 41% a	84 8%	145 27% a

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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

	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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Home based activity	891	405	194	285	712	53	699	85	640	95	690	66	566	165
	44%	65%	35%	34%	47%	24%	46%	38%	51%	27%	49%	24%	53%	31%
		bc			b		b		b		b		b	

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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

	Total	Nobody, I did this on my own	With another adult or adults	With a child or children	NET: With somebody else
Walking (either for leisure or travel)	1208	622	501	170	586
	100%	52%	41%	14%	48%
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	479	337	97	68	141
	100%	71%	20%	14%	29%
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	461	277	128	93	184
	100%	60%	28%	20%	40%
Running or jogging	358	261	67	41	97
	100%	73%	19%	12%	27%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	276	80	94	140	197
	100%	29%	34%	51%	71%
Cycling (either for leisure or travel)	171	103	48	31	67
	100%	60%	28%	18%	40%
Other sport, exercise or physical activity	107	71	30	9	36
	100%	67%	28%	8%	33%

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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	1208	577	627	333	402	474	60	165	119	126	101	157	146	196	138
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	622	320	302	157	185	280	35	81	59	59	50	77	85	93	83
	52%	55%	48%	47%	46%	59%	58%	49%	50%	47%	50%	49%	58%	48%	60%
		b				ab									dh
With another adult or adults	501	235	265	162	154	186	23	68	49	58	47	68	52	90	47
	41%	41%	42%	49%	38%	39%	39%	41%	41%	46%	46%	43%	35%	46%	34%
				bc										i	
With a child or children	170	57	113	42	115	14	8	26	19	16	13	28	17	23	20
	14%	10%	18%	13%	29%	3%	13%	16%	16%	13%	12%	18%	12%	12%	14%
			a	c	ac										
NET: With somebody else	586	258	326	175	217	193	25	84	60	67	51	80	62	102	55
	48%	45%	52%	53%	54%	41%	42%	51%	50%	53%	50%	51%	42%	52%	40%
			a	c	c									i	

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

	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	1187	83	318	276	167	120	223	677	510	1057	22	56	31	4	6	119
Total	1208	70	292	283	167	142	255	644	564	1093	15	55	22	2	6	101
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	622	24	147	146	77	79	150	317	306	556	9	34	11	1	3	57
	52%	34%	50%	52%	46%	56%	59%	49%	54%	51%	56%	61%	49%	43%	53%	57%
			a	a		a	adg	a	a							
With another adult or adults	501	41	117	120	74	50	99	278	223	461	6	19	8	*	2	36
	41%	59%	40%	42%	45%	35%	39%	43%	40%	42%	39%	34%	39%	15%	42%	36%
		bcdefgh														
With a child or children	170	13	62	40	29	15	10	116	54	155	3	5	5	1	1	14
	14%	19%	21%	14%	18%	11%	4%	18%	10%	14%	18%	8%	22%	42%	11%	14%
		fh	cefh	f	fh	f		fh	f							
NET: With somebody else	586	46	145	137	90	63	105	328	258	538	7	21	11	1	3	43
	48%	66%	50%	48%	54%	44%	41%	51%	46%	49%	44%	39%	51%	57%	47%	43%
		bcefgh			f			f								

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

	Total	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	
		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	1208	778	242	158	399	30	31	225	922	286	1151	47	168	724	296	20	1040	152	876
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	622	430	114	55	168	12	15	124	471	151	591	26	156	340	120	6	466	79	378
	52%	55%	47%	35%	42%	41%	49%	55%	51%	53%	51%	56%	93%	47%	40%	31%	45%	52%	43%
		bcd	c		c								bcde	cd				b	
With another adult or adults	501	342	92	60	152	16	13	87	385	116	479	18	12	341	137	10	489	53	434
	41%	44%	38%	38%	38%	53%	42%	39%	42%	40%	42%	38%	7%	47%	46%	51%	47%	35%	50%
														a	a	a	a		a
With a child or children	170	15	76	79	155	2	5	23	141	30	166	4	-	74	88	9	170	37	133
	14%	2%	32%	50%	39%	7%	15%	10%	15%	10%	14%	8%	-	10%	30%	42%	16%	24%	15%
			a	abd	ab				e					a	abe	abe	ab	b	
NET: With somebody else	586	348	128	103	231	18	16	101	450	135	559	21	12	384	176	14	574	73	498
	48%	45%	53%	65%	58%	59%	51%	45%	49%	47%	49%	44%	7%	53%	60%	69%	55%	48%	57%
			a	abd	a									a	ab	ab	a		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

	Total	Longstanding condition or illness						Area		Number of days active								NET 2-4 days	NET 5 + days
		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		
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	1208	108	175	25	904	284	20	958	250	139	126	157	172	121	144	59	290	450	493
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	622	55	97	8	462	147	10	501	121	74	76	79	104	53	61	24	151	237	235
	52%	51%	55%	31%	51%	52%	51%	52%	48%	54%	61%	51%	61%	44%	42%	40%	52%	53%	48%
			c		c	c					efgj		efgj						f
With another adult or adults	501	42	67	14	383	114	8	393	108	57	47	62	55	51	70	34	125	168	229
	41%	39%	38%	58%	42%	40%	42%	41%	43%	41%	37%	40%	32%	42%	49%	58%	43%	37%	47%
				b											di	abcdehi	d		di
With a child or children	170	16	18	5	132	35	2	133	38	14	10	22	25	28	27	8	36	75	71
	14%	14%	10%	20%	15%	12%	12%	14%	15%	10%	8%	14%	14%	23%	19%	14%	12%	17%	14%
														abhj	ab			b	
NET: With somebody else	586	53	78	17	442	137	10	457	129	65	49	77	68	68	83	35	140	213	258
	48%	49%	45%	69%	49%	48%	49%	48%	52%	46%	39%	49%	39%	56%	58%	60%	48%	47%	52%
				bde									bd	bdi	bd				bd

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

	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	1187	422	289	471	950	81	925	105	831	149	904	114	652	272
Total	1208	382	328	496	974	76	950	104	813	162	915	112	662	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	622	163	187	272	495	37	476	53	410	83	465	61	346	151
	52%	43%	57%	55%	51%	49%	50%	51%	50%	51%	51%	54%	52%	53%
			a	a										
With another adult or adults	501	187	128	185	415	32	411	43	345	67	388	44	265	123
	41%	49%	39%	37%	43%	42%	43%	41%	42%	41%	42%	40%	40%	43%
		bc												
With a child or children	170	71	31	68	137	11	133	18	117	23	128	16	95	32
	14%	19%	10%	14%	14%	14%	14%	17%	14%	14%	14%	14%	14%	11%
		bc												
NET: With somebody else	586	219	141	224	478	39	474	51	404	79	450	51	315	137
	48%	57%	43%	45%	49%	51%	50%	49%	50%	49%	49%	46%	48%	47%
		bc												

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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

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	*b	*c	*d	*e	*f	g	*h	*i
Unweighted Total	196	122	74	82	80	34	9	27	18	14	23	16	39	29	21
Total	171	112	58	62	77	33	8	24	17	12	16	18	29	30	16
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	103	75	29	32	46	25	7	13	15	7	13	13	14	11	11
	60%	66%	49%	53%	60%	76%	80%	53%	86%	61%	82%	69%	48%	38%	68%
		b				a									
With another adult or adults	48	25	23	18	22	7	2	11	2	1	2	2	8	15	5
	28%	23%	39%	30%	29%	22%	20%	47%	11%	9%	11%	12%	29%	49%	32%
			a												
With a child or children	31	18	13	12	18	1	2	2	1	4	1	4	9	8	1
	18%	16%	23%	20%	24%	3%	20%	7%	6%	30%	8%	19%	32%	27%	8%
				c	c										
NET: With somebody else	67	38	30	29	30	8	2	11	2	5	3	6	15	19	5
	40%	34%	51%	47%	40%	24%	20%	47%	14%	39%	18%	31%	52%	62%	32%
			a	c											

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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

	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	196	34	62	48	28	9	15	144	52	157	9	14	8	2	2	35
Total	171	24	58	46	25	5	13	128	43	146	4	7	6	1	1	18
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	103	9	33	35	13	3	10	77	26	89	2	3	4	*	1	11
	60%	38%	56%	77%	51%	71%	80%	60%	62%	61%	53%	46%	78%	58%	100%	61%
				abg				a	a							
With another adult or adults	48	11	22	8	5	1	2	41	8	40	1	2	1	*	-	5
	28%	46%	38%	17%	20%	18%	12%	32%	18%	27%	38%	26%	16%	42%	-	24%
		ch	ch					c								
With a child or children	31	7	7	7	8	1	1	21	10	27	1	3	1	-	-	5
	18%	28%	12%	16%	31%	29%	8%	16%	24%	18%	28%	38%	16%	-	-	25%
		b														
NET: With somebody else	67	15	26	11	12	1	3	51	16	57	2	4	1	*	-	7
	40%	62%	44%	23%	49%	29%	20%	40%	38%	39%	47%	54%	22%	42%	-	39%
		cgh	c					c								

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

	Total	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	
		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	171	80	44	41	85	10	4	32	125	45	162	7	13	89	63	6	158	33	119
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	103	54	27	21	49	3	2	18	81	23	99	3	9	62	27	5	94	14	75
	60%	68%	63%	52%	57%	29%	55%	56%	64%	50%	61%	39%	75%	69% c	43%	78%	59% c	42%	63% a
With another adult or adults	48	20	12	13	25	3	1	9	35	13	47	1	1	24	22	1	47	12	35
	28%	26%	28%	31%	29%	30%	28%	29%	28%	29%	29%	14%	8%	27%	35%	11%	30%	35%	29%
With a child or children	31	5	7	13	20	5	1	6	20	12	28	3	2	6	22	1	29	10	20
	18%	6%	17%	32% ab	24% a	47%	18%	20%	16%	26%	17%	47%	17%	7%	36% be	12%	18% b	29%	16%
NET: With somebody else	67	25	16	20	36	7	2	14	45	23	63	4	3	27	36	1	64	19	44
	40%	32%	37%	48%	43%	71%	45%	44%	36%	50%	39%	61%	25%	31%	57% be	22%	41%	58% b	37%

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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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		*a	*b	*c	d	e	*f	a	b	*a	*b	*c	d	*e	f	*g	h	i	j
Unweighted Total	196	23	27	10	135	55	5	158	38	3	12	19	36	25	34	15	52	80	101
Total	171	22	18	7	123	42	5	134	37	4	18	18	21	16	31	15	48	55	94
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	103	12	8	3	78	21	1	81	22	4	11	13	11	7	17	9	32	30	58
	60%	56%	44%	36%	63%	51%	26%	61%	59%	92%	60%	70%	51%	43%	55%	63%	67%	55%	62%
With another adult or adults	48	5	4	4	33	13	1	34	14	*	6	4	8	3	9	5	12	15	27
	28%	25%	24%	60%	27%	32%	14%	25%	39%	8%	34%	20%	39%	20%	29%	35%	26%	28%	28%
With a child or children	31	7	7	*	20	11	3	28	3	-	1	2	4	7	8	2	7	13	17
	18%	33%	36%	5%	16%	26%	59%	21%	8%	-	6%	10%	20%	45%	26%	16%	14%	24%	18%
NET: With somebody else	67	10	10	5	45	21	4	52	15	*	7	5	10	9	14	5	16	25	35
	40%	44%	56%	64%	37%	49%	74%	39%	41%	8%	40%	30%	49%	57%	45%	37%	33%	45%	38%

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

	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	196	98	46	51	166	12	156	15	151	18	157	12	126	37
Total	171	81	37	52	146	14	140	14	134	17	136	12	116	31
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	103	42	30	31	85	9	83	9	80	10	82	9	69	20
	60%	52%	81%	60%	58%	65%	59%	64%	60%	56%	60%	70%	59%	64%
			ac											
With another adult or adults	48	22	6	19	42	4	41	4	38	4	43	*	33	7
	28%	27%	17%	37%	29%	26%	29%	32%	29%	26%	32%	3%	29%	22%
				b										
With a child or children	31	24	4	3	30	1	28	1	27	4	21	3	23	5
	18%	30%	11%	6%	20%	9%	20%	4%	20%	21%	16%	27%	19%	17%
		bc												
NET: With somebody else	67	39	7	21	61	5	57	5	54	8	54	4	47	11
	40%	48%	19%	40%	42%	35%	41%	36%	40%	44%	40%	30%	41%	36%
		b		b										

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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

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	c	d	e	*f	g	h	i
Unweighted Total	404	215	188	227	139	38	25	48	40	39	37	28	102	52	33
Total	358	193	164	203	125	31	23	44	38	34	25	39	74	49	33
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	261	151	109	143	90	28	18	33	28	24	20	32	54	32	20
	73%	78%	66%	70%	72%	92%	79%	76%	75%	71%	78%	82%	73%	65%	61%
		b				ab									
With another adult or adults	67	30	37	44	21	2	4	9	5	4	3	6	11	14	11
	19%	16%	23%	22%	17%	7%	16%	20%	12%	13%	12%	14%	16%	29%	35%
				c										g	cdeg
With a child or children	41	17	24	18	23	*	2	2	6	7	3	3	9	8	2
	12%	9%	15%	9%	18%	1%	8%	5%	15%	19%	12%	7%	12%	16%	7%
					ac					b					
NET: With somebody else	97	42	55	60	35	2	5	11	9	10	6	7	20	17	13
	27%	22%	34%	30%	28%	8%	21%	24%	25%	29%	22%	18%	27%	35%	39%
			a	c	c										

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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

	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	404	66	131	95	60	33	19	292	112	305	18	44	26	2	3	93
Total	358	53	111	89	42	41	22	253	105	279	17	36	17	1	2	72
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	261	31	81	73	26	35	15	185	76	200	16	25	11	1	2	54
	73%	58%	73%	82%	61%	85%	69%	73%	72%	72%	90%	71%	64%	100%	100%	75%
			a	ad		ad		a								
With another adult or adults	67	16	21	11	9	5	5	48	19	58	1	5	4	-	-	10
	19%	30%	19%	12%	22%	11%	23%	19%	18%	21%	7%	14%	21%	-	-	13%
		ceg														
With a child or children	41	8	12	8	10	1	2	28	13	30	1	6	4	-	-	11
	12%	15%	11%	9%	23%	3%	9%	11%	13%	11%	3%	18%	25%	-	-	15%
					bceg											
NET: With somebody else	97	22	30	16	16	6	7	68	29	79	2	10	6	-	-	18
	27%	42%	27%	18%	39%	15%	31%	27%	28%	28%	10%	29%	36%	-	-	25%
		bceg			ce											

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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

	Total	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	
		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	358	169	86	89	175	22	26	47	263	95	336	18	44	142	157	16	315	63	242
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	261	143	62	54	115	12	20	30	199	62	242	15	40	106	106	8	221	39	174
	73%	84%	72%	60%	66%	54%	76%	64%	76%	65%	72%	85%	93%	74%	68%	54%	70%	62%	72%
		bcd	c						e										
With another adult or adults	67	24	17	21	38	4	5	10	49	18	66	1	3	29	33	3	64	15	47
	19%	14%	20%	23%	21%	17%	18%	21%	19%	19%	20%	8%	7%	20%	21%	18%	20%	25%	20%
With a child or children	41	2	8	23	30	8	1	9	23	18	40	1	*	8	28	5	41	10	31
	12%	1%	9%	25%	17%	35%	6%	19%	9%	19%	12%	7%	1%	6%	18%	34%	13%	16%	13%
			a	abd	ab			d		d					b		b		
NET: With somebody else	97	26	24	36	60	10	6	17	64	33	95	3	3	36	50	7	94	24	69
	27%	16%	28%	40%	34%	46%	24%	36%	24%	35%	28%	15%	7%	26%	32%	46%	30%	38%	28%
			a	ab	a					d									

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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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	*c	d	e	*f	a	b	*a	*b	c	d	e	f	*g	h	i	j
Unweighted Total	404	47	37	19	295	96	6	334	70	7	20	46	87	51	67	24	102	184	193
Total	358	35	28	15	271	73	5	297	61	8	22	31	70	45	64	26	93	146	183
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	261	20	18	12	201	49	2	220	41	7	17	19	50	40	40	17	71	109	128
	73%	58%	64%	81%	74%	67%	31%	74%	67%	91%	77%	60%	72%	89%	63%	63%	77%	75%	70%
					a									cdfij			c	c		
With another adult or adults	67	10	4	2	49	16	*	52	15	-	4	9	13	3	14	7	16	26	37
	19%	29%	14%	13%	18%	21%	7%	18%	24%	-	20%	29%	19%	8%	22%	27%	17%	18%	20%
												e			e					e
With a child or children	41	8	8	1	26	14	4	35	7	1	1	5	8	1	11	3	13	14	26
	12%	24%	29%	10%	10%	20%	69%	12%	11%	9%	3%	14%	11%	3%	17%	12%	14%	9%	14%
		d	d			d						e			e		e			e
NET: With somebody else	97	15	10	3	70	24	4	77	20	1	5	13	20	5	23	10	21	37	54
	27%	42%	36%	19%	26%	33%	69%	26%	33%	9%	23%	40%	28%	11%	37%	37%	23%	25%	30%
		d										ehi	e		e					e

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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

	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	404	203	76	120	343	20	329	27	323	36	338	24	268	47
Total	358	184	67	102	309	16	299	20	294	30	296	22	249	39
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	261	124	57	76	222	11	221	12	216	19	221	11	186	22
	73%	67%	85%	75%	72%	66%	74%	58%	74%	65%	75%	50%	75%	56%
			a										b	
With another adult or adults	67	39	7	22	59	4	53	5	53	7	55	7	47	10
	19%	21%	10%	21%	19%	26%	18%	23%	18%	25%	18%	33%	19%	26%
		b												
With a child or children	41	29	5	6	39	1	35	4	35	3	31	4	23	8
	12%	16%	7%	6%	13%	8%	12%	21%	12%	11%	10%	17%	9%	20%
		c												a
NET: With somebody else	97	61	10	26	87	5	78	9	77	10	75	11	62	17
	27%	33%	15%	25%	28%	34%	26%	42%	26%	35%	25%	50%	25%	44%
		b												a

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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	461	161	298	210	164	88	34	70	32	44	23	50	96	72	41
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	277	87	189	133	74	70	23	50	18	27	13	29	52	39	25
	60%	54%	63%	64%	45%	80%	67%	72%	58%	61%	57%	59%	55%	55%	62%
			a	b		ab		gh							
With another adult or adults	128	59	69	59	55	15	9	16	9	11	6	10	32	25	8
	28%	37%	23%	28%	33%	17%	28%	23%	29%	25%	29%	21%	33%	35%	20%
		b		c	c										
With a child or children	93	34	57	30	59	4	3	11	8	8	5	17	18	13	10
	20%	21%	19%	14%	36%	4%	8%	16%	25%	18%	24%	34%	19%	19%	23%
				c	ac							abg			
NET: With somebody else	184	74	109	76	90	17	11	20	13	17	10	21	44	33	16
	40%	46%	37%	36%	55%	20%	33%	28%	42%	39%	43%	41%	45%	45%	38%
		b		c	ac								b	b	

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

	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	515	59	157	120	83	51	45	336	179	399	14	44	37	2	7	104
Total	461	45	138	102	78	53	44	285	176	364	16	37	26	3	3	85
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	277	21	72	70	45	35	34	163	114	226	10	21	12	*	2	45
	60%	47%	52%	69%	58%	66%	76%	57%	65%	62%	63%	57%	45%	8%	63%	53%
				abg		a	abdg		ab	d						
With another adult or adults	128	19	44	22	25	11	7	85	43	93	5	13	11	3	1	33
	28%	43%	32%	22%	32%	22%	15%	30%	25%	25%	30%	36%	44%	92%	23%	39%
		cefgh	f		f			f					a			a
With a child or children	93	8	36	17	19	9	4	61	32	76	2	5	7	-	*	14
	20%	17%	26%	17%	25%	17%	8%	21%	18%	21%	12%	13%	28%	-	14%	17%
			f		f			f								
NET: With somebody else	184	24	66	32	33	18	10	122	62	138	6	16	15	3	1	41
	40%	53%	48%	31%	42%	34%	24%	43%	35%	38%	37%	43%	55%	92%	37%	47%
		cefh	cfh		f			cf					a			

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

	Total	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	
		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	461	234	107	104	211	17	18	82	345	116	431	24	50	206	180	25	411	81	318
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	277	174	57	36	94	6	13	46	213	65	263	11	47	135	85	11	231	35	186
	60%	74%	53%	35%	44%	34%	75%	56%	62%	56%	61%	47%	94%	65%	47%	43%	56%	43%	58%
		bcd	cd		c								bce	ce			c		a
With another adult or adults	128	60	29	36	65	7	4	28	89	40	115	11	3	53	60	12	125	30	93
	28%	26%	28%	34%	31%	43%	25%	34%	26%	34%	27%	46%	6%	26%	33%	48%	30%	37%	29%
														a	a		a		
With a child or children	93	5	30	55	85	7	1	15	70	23	89	4	-	25	62	6	93	24	68
	20%	2%	28%	53%	40%	40%	8%	18%	20%	19%	21%	16%	-	12%	34%	24%	23%	29%	21%
			a	abd	ab									a	abe		ab		
NET: With somebody else	184	60	50	68	117	11	4	36	132	52	168	13	3	71	95	14	181	46	132
	40%	26%	47%	65%	56%	66%	25%	44%	38%	44%	39%	53%	6%	35%	53%	57%	44%	57%	42%
			a	abd	ab									a	abe		ab	b	

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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

	Total	Longstanding 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	Area — Urban	Rural	Number of days active — 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	461	49	59	20	324	120	7	379	82	9	26	45	91	65	88	29	109	201	226
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	277	28	33	7	201	65	2	228	50	5	17	30	51	43	44	14	72	124	131
	60%	57%	56%	33%	62%	54%	36%	60%	61%	63%	67%	67%	56%	66%	50%	50%	66%	62%	58%
												f		f			f	f	
With another adult or adults	128	15	17	12	83	43	1	108	20	3	7	8	30	15	27	13	25	53	65
	28%	30%	30%	59%	25%	36%	12%	28%	25%	37%	27%	18%	33%	24%	30%	45%	23%	27%	29%
					d								c						
With a child or children	93	8	12	3	68	19	4	76	17	-	5	13	15	12	22	4	22	40	48
	20%	17%	21%	15%	21%	16%	51%	20%	21%	-	18%	28%	17%	18%	25%	15%	20%	20%	21%
NET: With somebody else	184	21	26	14	123	55	4	152	32	3	8	15	40	22	44	14	37	77	95
	40%	43%	44%	67%	38%	46%	64%	40%	39%	37%	33%	33%	44%	34%	50%	50%	34%	38%	42%
															cehi				

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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

	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	515	285	79	147	412	33	403	51	380	60	407	42	336	82
Total	461	252	78	127	366	34	360	49	332	60	362	38	298	84
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	277	150	49	78	219	21	216	33	213	30	225	26	181	50
	60%	60%	63%	61%	60%	63%	60%	67%	64% b	51%	62%	68%	61%	60%
With another adult or adults	128	71	23	31	99	11	97	13	76	25	92	10	80	25
	28%	28%	29%	25%	27%	31%	27%	25%	23%	42% a	25%	26%	27%	29%
With a child or children	93	51	13	28	79	3	76	6	69	11	72	8	59	16
	20%	20%	16%	22%	21%	8%	21%	13%	21%	18%	20%	20%	20%	19%
NET: With somebody else	184	101	29	49	147	12	144	16	119	29	136	12	117	34
	40%	40%	37%	39%	40%	37%	40%	33%	36%	49% a	38%	32%	39%	40%

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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

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	c	d	e	f	g	h	i
Unweighted Total	519	230	286	235	165	119	28	74	49	59	43	30	101	73	62
Total	479	198	278	219	144	115	25	65	47	61	31	42	87	69	51
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	337	134	201	151	84	102	17	43	35	47	23	31	56	48	39
	71%	68%	72%	69%	59%	88%	66%	66%	74%	77%	73%	72%	65%	69%	78%
				b		ab									
With another adult or adults	97	53	44	52	32	13	4	19	10	8	4	10	24	14	5
	20%	27%	16%	24%	22%	11%	17%	30%	21%	13%	12%	22%	27%	20%	9%
		b		c	c			dei					dei		
With a child or children	68	25	43	22	44	3	5	7	5	8	6	6	11	12	9
	14%	12%	15%	10%	31%	2%	22%	10%	11%	13%	19%	14%	13%	18%	17%
				c	ac										
NET: With somebody else	141	63	77	68	60	14	9	22	12	14	8	12	31	22	11
	29%	32%	28%	31%	41%	12%	34%	34%	26%	23%	27%	28%	35%	31%	22%
				c	ac										

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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

	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	479	56	135	100	70	42	77	290	188	381	11	47	24	4	2	88
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	337	32	86	75	49	34	62	193	145	282	3	26	16	3	1	49
	71%	58%	64%	75%	70%	81%	81%	66%	77%	74%	26%	54%	67%	91%	48%	56%
				a		ab	abg		abg	cg						
With another adult or adults	97	16	31	16	17	6	10	64	32	68	7	14	3	*	1	27
	20%	29%	23%	17%	25%	13%	12%	22%	17%	18%	70%	30%	14%	9%	52%	30%
		f										a				a
With a child or children	68	11	25	15	8	2	7	51	18	48	1	13	5	-	1	20
	14%	20%	18%	15%	12%	6%	9%	18%	9%	13%	5%	27%	22%	-	29%	22%
		eh	h					h				a				a
NET: With somebody else	141	24	49	25	21	8	15	97	44	99	8	22	8	*	1	39
	29%	42%	36%	25%	30%	19%	19%	34%	23%	26%	74%	46%	33%	9%	52%	44%
		cefh	efh					fh				a				a

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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

	Total	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	
		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	519	135	222	152	374	14	24	120	361	158	495	20	35	244	209	31	484	128	346
Total	479	256	114	83	198	13	21	100	345	134	458	18	48	243	161	26	431	95	324
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	337	213	73	40	113	3	13	60	262	75	328	8	45	174	108	11	293	46	236
	71%	83%	64%	48%	57%	22%	61%	60%	76%	56%	71%	45%	93%	72%	67%	41%	68%	48%	73%
		bcd	c						ce				bcde	d	d		d		a
With another adult or adults	97	37	26	22	48	7	7	29	54	42	91	5	*	51	34	11	96	32	64
	20%	15%	23%	27%	25%	55%	33%	28%	16%	32%	20%	30%	1%	21%	21%	43%	22%	33%	20%
				a	a			d		d				a	a	abce	a	b	
With a child or children	68	9	24	33	57	4	1	19	44	24	63	5	3	24	35	6	66	22	43
	14%	3%	21%	39%	29%	29%	6%	19%	13%	18%	14%	28%	6%	10%	22%	23%	15%	23%	13%
			a	abd	ab										abe	ab		b	
NET: With somebody else	141	43	42	43	85	10	8	40	83	58	131	10	3	69	54	16	138	49	88
	29%	17%	36%	52%	43%	78%	39%	40%	24%	44%	29%	55%	7%	28%	33%	59%	32%	52%	27%
			a	ab	a			d		d				a	a	abce	a	b	

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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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	*c	d	e	*f	a	b	*a	b	c	d	e	f	*g	h	i	j
Unweighted Total	519	57	68	19	369	133	9	423	96	22	32	63	94	62	96	20	130	219	246
Total	479	46	64	18	346	118	9	389	90	18	25	66	89	53	95	21	113	207	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	337	34	39	7	251	75	3	274	63	13	18	48	62	42	62	10	82	152	154
	71%	73%	61%	40%	73%	64%	38%	70%	71%	72%	73%	73%	69%	80%	66%	50%	72%	73%	68%
			b																
With another adult or adults	97	9	19	7	63	31	4	78	19	5	3	13	19	5	17	8	26	37	51
	20%	19%	29%	40%	18%	26%	45%	20%	21%	28%	14%	20%	21%	9%	18%	37%	23%	18%	22%
			d										e				e		e
With a child or children	68	4	9	4	51	15	2	57	12	1	5	5	10	7	22	5	12	22	40
	14%	9%	14%	21%	15%	13%	21%	15%	13%	4%	20%	8%	11%	13%	24%	26%	11%	11%	18%
															cdhi				i
NET: With somebody else	141	13	25	11	95	43	6	115	26	5	7	18	27	11	32	10	31	56	74
	29%	27%	39%	60%	27%	36%	62%	30%	29%	28%	27%	27%	31%	20%	34%	50%	28%	27%	32%
			d																

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

	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	519	245	104	168	430	24	424	45	395	44	410	36	348	89
Total	479	224	106	145	402	20	396	42	365	35	381	29	334	80
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	337	147	89	101	291	14	280	32	257	25	273	24	237	54
	71%	66%	84%	70%	72%	70%	71%	76%	71%	72%	72%	83%	71%	67%
			ac											
With another adult or adults	97	54	14	28	75	3	81	4	72	6	75	3	74	15
	20%	24%	14%	20%	19%	17%	20%	10%	20%	18%	20%	12%	22%	19%
		b												
With a child or children	68	39	7	20	56	3	57	6	56	4	55	2	45	12
	14%	17%	6%	14%	14%	15%	14%	15%	15%	12%	15%	7%	13%	15%
		b												
NET: With somebody else	141	77	17	44	111	6	116	10	108	10	108	5	98	26
	29%	34%	16%	30%	28%	30%	29%	24%	29%	28%	28%	17%	29%	33%
		b		b										

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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

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	c	d	e	*f	g	h	i
Unweighted Total	374	166	208	157	168	49	18	37	34	48	32	24	72	58	51
Total	276	125	151	109	127	40	12	24	24	37	21	28	52	42	36
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	80	40	40	31	25	23	7	4	5	10	8	3	13	11	18
	29%	32%	27%	29%	20%	57% ab	55%	17%	21%	26%	40% b	10%	26%	27%	51% bcdgh
With another adult or adults	94	48	46	40	40	14	3	9	12	15	8	12	17	10	7
	34%	38%	30%	37%	31%	34%	28%	40% i	51% hi	40% i	39% i	41%	33%	24%	19%
With a child or children	140	54	86	48	86	6	5	14	10	18	8	19	27	25	14
	51%	43%	57% a	44% c	68% ac	16%	41%	60%	41%	48%	38%	69%	52%	58%	40%
NET: With somebody else	197	86	111	78	102	17	5	20	19	28	13	25	39	31	18
	71%	68%	73%	71% c	80% c	43%	45%	83% ei	79% i	74% i	60%	90%	74%	73% i	49% i

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

	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	374	50	114	85	63	30	32	249	125	296	10	42	18	1	4	75
Total	276	33	83	54	52	21	33	171	105	218	9	30	14	3	2	57
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	80	10	19	14	10	3	24	43	37	55	7	10	7	-	1	24
	29%	29%	23%	27%	20%	14%	71%	25%	35%	25%	80%	33%	50%	-	50%	43%
							abcdegh		bdeg							a
With another adult or adults	94	16	31	14	20	10	4	60	33	75	*	11	2	3	1	18
	34%	46%	37%	26%	39%	47%	11%	35%	32%	35%	4%	37%	18%	100%	31%	31%
		cf	f		f	cf		f	f							
With a child or children	140	15	48	33	27	11	8	95	45	121	1	12	6	-	*	19
	51%	44%	57%	60%	52%	52%	24%	56%	43%	55%	17%	39%	43%	-	19%	34%
			fh	fh	f	f		fh		g						
NET: With somebody else	197	24	64	40	41	18	9	128	68	163	2	20	7	3	1	33
	71%	71%	77%	73%	80%	86%	29%	75%	65%	75%	20%	67%	50%	100%	50%	57%
		f	fh	f	fh	fh		fh	f	g						

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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

	Total	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	
		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	276 100%	81 100%	88 100%	93 100%	181 100%	12 100%	18 100%	63 100%	183 100%	94 100%	255 100%	14 100%	11 100%	136 100%	114 100%	16 100%	266 100%	74 100%	186 100%
Nobody, I did this on my own	80 29%	42 53% bcd	19 22%	15 16%	34 19%	2 15%	9 52%	19 30%	49 27%	30 32%	71 28%	7 49%	10 93%	44 32% c	21 18%	5 33%	70 26% c	22 29%	45 24%
With another adult or adults	94 34%	30 37%	27 31%	31 34%	58 32%	2 16%	4 22%	31 49% d	57 31%	37 40%	86 34%	3 21%	1 7%	49 36%	37 33%	7 46%	93 35%	25 34%	67 36%
With a child or children	140 51%	9 11%	60 69% a	66 71% a	126 70% a	9 72%	5 29%	21 33%	105 58% ce	35 38%	133 52%	6 42%	* 4%	58 43%	78 68% be	4 28%	140 53% b	36 48%	102 55%
NET: With somebody else	197 71%	38 47%	68 78% a	79 84% a	147 81% a	10 85%	9 48%	44 70%	133 73%	63 68%	184 72%	7 51%	1 7%	92 68%	93 82% be	11 67%	196 74%	53 71%	141 76%

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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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	*c	d	e	*f	a	b	*a	b	c	d	e	f	*g	h	i	j
Unweighted Total	374	52	59	20	250	113	14	309	65	19	31	59	62	51	60	13	79	172	152
Total	276	39	47	15	185	85	12	224	52	12	22	42	53	37	50	10	49	133	109
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	80	8	15	3	55	23	3	61	18	2	6	19	18	7	7	3	17	44	28
	29%	21%	32%	18%	30%	27%	23%	27%	35%	18%	27%	44%	34%	19%	14%	30%	35%	33%	25%
												efj	f				f		f
With another adult or adults	94	17	14	10	55	36	2	76	17	4	8	8	18	13	23	4	16	39	43
	34%	43%	30%	66%	30%	42%	15%	34%	34%	30%	38%	19%	34%	36%	45%	41%	32%	30%	39%
						d									ci				c
With a child or children	140	17	21	4	103	32	9	119	22	7	9	18	25	22	30	6	23	65	59
	51%	44%	46%	24%	56%	37%	74%	53%	42%	59%	42%	44%	47%	59%	59%	60%	46%	49%	54%
					e														
NET: With somebody else	197	31	32	12	130	62	9	163	34	10	16	23	35	30	43	7	32	89	82
	71%	79%	68%	82%	70%	73%	77%	73%	65%	82%	73%	56%	66%	81%	86%	70%	65%	67%	75%
												c			cdhi				c

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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

	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	374	164	79	126	283	23	279	40	262	46	271	34	208	71
Total	276	124	59	91	205	19	205	31	183	40	198	29	157	57
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	80	32	23	25	52	7	53	11	48	14	60	7	40	22
	29%	26%	39%	27%	25%	36%	26%	35%	26%	34%	30%	24%	25%	39%
			a											a
With another adult or adults	94	48	21	23	72	4	75	7	61	10	69	11	53	18
	34%	39%	36%	26%	35%	23%	37%	23%	33%	25%	35%	36%	34%	31%
		c												
With a child or children	140	60	23	56	114	8	107	15	96	20	99	14	86	21
	51%	49%	40%	61%	55%	45%	52%	50%	53%	49%	50%	49%	55%	37%
				ab									b	
NET: With somebody else	197	92	36	66	154	12	151	20	134	26	138	22	117	35
	71%	74%	61%	73%	75%	64%	74%	65%	74%	66%	70%	76%	75%	61%
		b											b	

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

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	*a	*b	c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	99	56	42	27	21	51	5	14	12	11	8	8	11	19	11
Total	107	55	51	33	18	56	3	17	14	18	5	11	12	19	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	71	38	32	16	10	46	1	9	11	9	3	8	8	15	7
	67%	71%	62%	48%	54%	82%	51%	50%	78%	50%	65%	76%	65%	81%	77%
With another adult or adults	30	15	15	13	7	10	1	6	3	9	1	2	4	3	1
	28%	27%	29%	40%	36%	18%	37%	36%	22%	50%	28%	15%	30%	15%	16%
With a child or children	9	3	6	4	4	1	*	2	-	-	1	1	1	2	1
	8%	5%	12%	13%	20%	2%	12%	14%	-	-	25%	9%	5%	13%	11%
NET: With somebody else	36	16	20	17	8	10	1	9	3	9	2	3	4	4	2
	33%	29%	38%	52%	46%	18%	49%	50%	22%	50%	35%	24%	35%	19%	23%

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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

	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	99	5	22	21	15	7	29	48	51	85	4	3	3	-	1	11
Total	107	3	20	26	15	7	36	48	58	95	2	3	3	-	*	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Nobody, I did this on my own	71	2	12	14	8	4	30	28	43	64	1	*	2	-	*	4
	67%	62%	62%	55%	55%	68%	82%	58%	74%	68%	50%	11%	68%	-	100%	44%
With another adult or adults	30	1	3	12	7	2	5	16	14	25	1	3	1	-	-	4
	28%	38%	14%	45%	45%	32%	14%	32%	24%	27%	50%	89%	16%	-	-	49%
With a child or children	9	1	5	-	*	1	2	6	3	8	-	1	1	-	-	1
	8%	19%	26%	-	2%	8%	6%	12%	5%	8%	-	18%	17%	-	-	13%
NET: With somebody else	36	1	7	12	7	2	6	20	15	31	1	3	1	-	-	5
	33%	38%	38%	45%	45%	32%	18%	42%	26%	32%	50%	89%	32%	-	-	56%

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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

	Total	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	
		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	99	49	29	20	49	4	5	25	65	34	93	5	9	54	32	4	90	15	70
Total	107	81	13	11	24	6	7	24	71	36	102	4	11	67	25	3	96	12	77
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	71	56	9	4	13	5	-	19	48	24	68	3	11	44	13	3	60	8	48
	67%	69%	67%	38%	54%	90%	-	78%	67%	66%	66%	68%	100%	65%	51%	100%	63%	70%	62%
With another adult or adults	30	22	4	4	7	-	5	5	19	10	28	1	-	23	7	-	30	3	24
	28%	28%	28%	35%	31%	-	80%	22%	27%	29%	28%	32%	-	34%	27%	-	31%	25%	32%
With a child or children	9	2	1	5	6	1	1	*	7	2	9	-	-	1	8	-	9	2	7
	8%	3%	10%	48%	27% a	10%	20%	1%	9%	6%	9%	-	-	2%	30% be	-	9%	17%	9%
NET: With somebody else	36	25	4	7	11	1	7	5	23	12	34	1	-	23	12	-	36	4	30
	33%	31%	33%	62%	46%	10%	100%	22%	33%	34%	34%	32%	-	35%	49%	-	37%	30%	38%

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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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		*a	*b	*c	d	*e	*f	a	b	*a	*b	*c	*d	*e	*f	*g	*h	i	j
Unweighted Total	99	13	14	2	68	27	1	69	30	7	12	9	17	7	16	4	27	33	47
Total	107	10	15	2	78	25	1	72	35	6	10	9	18	8	16	4	35	35	55
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	71	5	9	-	55	13	1	52	19	4	8	5	12	5	8	3	26	22	36
	67%	46%	57%	-	70%	50%	100%	72%	55%	70%	80%	59%	66%	61%	49%	61%	74%	63%	66%
With another adult or adults	30	5	4	1	21	9	-	16	14	2	2	3	6	3	4	1	9	12	14
	28%	51%	25%	65%	27%	35%	-	22%	41% a	30%	20%	33%	32%	39%	25%	25%	25%	34%	25%
With a child or children	9	*	3	1	5	4	-	6	3	-	-	1	*	-	6	1	1	2	7
	8%	3%	22%	35%	6%	17%	-	8%	9%	-	-	14%	2%	-	37%	14%	3%	4%	13%
NET: With somebody else	36	5	6	2	23	12	-	20	15	2	2	4	6	3	8	2	9	13	19
	33%	54%	43%	100%	30%	50%	-	28%	45%	30%	20%	41%	34%	39%	51%	39%	26%	37%	34%

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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

	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	99	40	24	34	80	7	80	9	60	18	71	14	52	29
Total	107	48	26	33	84	5	85	8	68	14	77	11	51	31
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	71	31	22	18	53	2	54	7	47	6	49	6	40	17
	67%	64%	85%	56%	64%	35%	64%	86%	69%	46%	63%	57%	78%	55%
With another adult or adults	30	12	4	14	26	2	25	1	17	6	23	4	10	12
	28%	25%	15%	43%	31%	41%	30%	7%	25%	46%	30%	38%	20%	40%
With a child or children	9	6	1	2	8	1	7	1	6	2	8	1	3	2
	8%	13%	2%	6%	9%	24%	9%	14%	9%	17%	10%	11%	6%	5%
NET: With somebody else	36	17	4	15	30	3	30	1	21	8	28	5	11	14
	33%	36%	15%	44%	36%	65%	36%	14%	31%	54%	37%	43%	22%	45%

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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)	1208	140	183	226	126	130	74	330	140	534	533
	100%	12%	15%	19%	10%	11%	6%	27%	12%	44%	44%
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	479	70	99	100	65	58	21	65	70	264	144
	100%	15%	21%	21%	14%	12%	4%	14%	15%	55%	30%
Home activity, fitness or exercise classes viewed online or on TV, DVD or video	461	69	86	118	52	57	17	61	69	256	136
	100%	15%	19%	26%	11%	12%	4%	13%	15%	56%	29%
Running or jogging	358	87	57	89	49	30	12	34	87	195	77
	100%	24%	16%	25%	14%	8%	3%	10%	24%	54%	21%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	276	52	67	55	29	31	9	34	52	151	74
	100%	19%	24%	20%	11%	11%	3%	12%	19%	55%	27%
Cycling (either for leisure or travel)	171	44	33	27	15	28	6	19	44	75	53
	100%	26%	19%	16%	9%	16%	3%	11%	26%	44%	31%
Other sport, exercise or physical activity	107	17	10	23	12	15	6	24	17	45	45
	100%	16%	9%	21%	11%	15%	6%	22%	16%	42%	43%

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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

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	1187	563	621	333	403	451	68	158	127	124	109	109	156	202	134
Total	1208	577	627	333	402	474	60	165	119	126	101	157	146	196	138
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	140	71	69	41	43	56	4	19	7	12	20	21	24	12	21
	12%	12%	11%	12%	11%	12%	7%	12%	6%	9%	20%	14%	16%	6%	15%
											acdh	ch	ch		ch
2 days	183	95	88	59	52	71	10	21	19	20	14	27	24	28	19
	15%	16%	14%	18%	13%	15%	16%	12%	16%	16%	14%	17%	17%	14%	14%
3 days	226	93	130	73	87	67	11	27	25	23	15	32	30	38	26
	19%	16%	21%	22%	22%	14%	18%	16%	21%	18%	15%	21%	21%	19%	19%
			a	c	c										
4 days	126	71	55	47	45	34	8	20	8	13	8	10	16	28	15
	10%	12%	9%	14%	11%	7%	13%	12%	6%	11%	8%	6%	11%	14%	11%
		b		c	c									cf	
5 days	130	65	66	36	53	41	6	20	14	19	6	14	21	14	16
	11%	11%	10%	11%	13%	9%	10%	12%	12%	15%	6%	9%	14%	7%	12%
					c					eh			eh		
6 days	74	40	34	14	25	35	5	5	12	10	7	8	6	17	4
	6%	7%	5%	4%	6%	7%	8%	3%	10%	8%	7%	5%	4%	8%	3%
									bi					bi	
7 days	330	143	187	64	97	169	16	54	35	29	30	44	25	59	37
	27%	25%	30%	19%	24%	36%	27%	32%	29%	23%	30%	28%	17%	30%	27%
			a			ab		g	g		g	g		g	g
NET: Occasionally (1 day)	140	71	69	41	43	56	4	19	7	12	20	21	24	12	21
	12%	12%	11%	12%	11%	12%	7%	12%	6%	9%	20%	14%	16%	6%	15%
											acdh	ch	ch		ch
NET: Some (2-4 days)	534	259	272	179	184	171	28	67	51	56	37	69	71	94	60
	44%	45%	43%	54%	46%	36%	46%	41%	43%	45%	37%	44%	48%	48%	44%
				bc	c										
NET: Most 5+ days	533	247	286	113	175	246	28	78	61	58	44	66	52	89	57
	44%	43%	46%	34%	43%	52%	46%	48%	51%	46%	43%	42%	35%	46%	41%
					a	ab		g	g					g	
Base for stats	1208	577	627	333	402	474	60	165	119	126	101	157	146	196	138
Median	4	4	4	3	4	5	4	4	5	4	4	3	3	4	4
Mean Score	4.21	4.13	4.29	3.82	4.18	4.51	4.37	4.40	4.49	4.22	4.09	4.07	3.70	4.48	4.07
					a	ab	g	g	g	g				g	
Standard Deviation	2.145	2.129	2.163	2.003	2.054	2.273	2.079	2.175	2.083	2.046	2.362	2.227	2.031	2.064	2.184
Standard Error	.062	.090	.087	.110	.102	.107	.252	.173	.185	.184	.226	.213	.163	.145	.189
Error variance	*	.01	.01	.01	.01	.01	.06	.03	.03	.03	.05	.05	.03	.02	.04

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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

	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	1187	83	318	276	167	120	223	677	510	1057	22	56	31	4	6	119
Total	1208	70	292	283	167	142	255	644	564	1093	15	55	22	2	6	101
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	140	5	29	52	18	16	20	86	54	128	1	5	4	-	-	9
	12%	7%	10%	18%	11%	11%	8%	13%	10%	12%	4%	9%	18%	-	-	9%
				abdfh				fh								
2 days	183	9	50	37	28	21	36	97	86	161	1	12	4	1	3	21
	15%	12%	17%	13%	17%	15%	14%	15%	15%	15%	4%	21%	20%	62%	50%	21%
3 days	226	12	64	36	35	37	43	112	114	198	4	16	6	-	1	27
	19%	17%	22%	13%	21%	26%	17%	17%	20%	18%	29%	28%	27%	-	22%	27%
			c		c	cg			c							a
4 days	126	15	25	37	13	12	23	77	49	111	2	7	4	1	1	14
	10%	21%	8%	13%	8%	9%	9%	12%	9%	10%	12%	13%	17%	23%	19%	14%
		bdefgh		h												
5 days	130	4	30	45	19	11	22	78	52	119	1	7	3	-	-	10
	11%	5%	10%	16%	11%	8%	9%	12%	9%	11%	5%	13%	12%	-	-	10%
				abefh												
6 days	74	3	18	7	13	10	22	28	45	69	3	1	-	-	-	5
	6%	4%	6%	3%	8%	7%	9%	4%	8%	6%	22%	2%	-	-	-	5%
			c		c	c	cg		cg							
7 days	330	22	76	68	40	35	89	166	163	308	3	8	1	*	1	14
	27%	32%	26%	24%	24%	24%	35%	26%	29%	28%	23%	14%	6%	15%	10%	14%
							bcdeg			cdg						
NET: Occasionally (1 day)	140	5	29	52	18	16	20	86	54	128	1	5	4	-	-	9
	12%	7%	10%	18%	11%	11%	8%	13%	10%	12%	4%	9%	18%	-	-	9%
				abdfh				fh								
NET: Some (2-4 days)	534	36	139	111	77	70	102	285	249	470	7	35	14	2	5	63
	44%	51%	48%	39%	46%	49%	40%	44%	44%	43%	46%	63%	63%	85%	90%	62%
			c									a	a			a
NET: Most 5+ days	533	29	124	120	72	56	133	273	260	496	8	16	4	*	1	29
	44%	42%	42%	43%	43%	39%	52%	42%	46%	45%	50%	29%	19%	15%	10%	28%
							bceg			cdg						
Base for stats	1208	70	292	283	167	142	255	644	564	1093	15	55	22	2	6	101
Median	4	4	4	4	4	3	5	4	4	4	5	3	3	2	3	3
Mean Score	4.21	4.45	4.14	3.99	4.11	4.05	4.62	4.11	4.33	4.25	4.68	3.63	3.12	3.22	3.08	3.64
							bcdeg		c	cdg						
Standard Deviation	2.145	2.076	2.121	2.179	2.116	2.113	2.152	2.143	2.144	2.158	1.892	1.818	1.644	2.364	1.642	1.826
Standard Error	.062	.228	.119	.131	.164	.193	.144	.082	.095	.066	.403	.243	.295	1.182	.670	.167
Error variance	*	.05	.01	.02	.03	.04	.02	.01	.01	*	.16	.06	.09	1.40	.45	.03

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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

	Total	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	
		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	1208	778	242	158	399	30	31	225	922	286	1151	47	168	724	296	20	1040	152	876
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	140	100	25	13	38	2	2	28	108	32	130	8	38	69	32	2	103	13	85
	12%	13% c	10%	8%	9%	8%	7%	12%	12%	11%	11%	17%	22% bce	10%	11%	10%	10%	8%	10%
2 days	183	106	40	37	77	9	11	35	128	55	169	12	17	102	59	4	166	18	141
	15%	14%	16%	24% ab	19% a	30% cd	35% cde	15%	14%	19% d	15%	27% a	10%	14%	20% ab	22%	16%	12%	16%
3 days	226	139	44	35	79	7	5	56	159	67	210	13	19	141	62	5	207	41	166
	19%	18%	18%	22%	20%	23%	16%	25% d	17%	24% d	18%	27%	11%	19% a	21% a	22%	20% a	27% b	19%
4 days	126	77	29	16	46	6	3	14	103	23	121	3	14	77	31	4	112	19	92
	10%	10%	12%	10%	11%	20% ce	10%	6%	11% c	8%	11%	7%	8%	11%	11%	18%	11%	13%	11%
5 days	130	77	29	19	48	4	3	21	102	28	127	2	20	78	30	2	110	17	93
	11%	10%	12%	12%	12%	13%	11%	9%	11%	10%	11%	3%	12%	11%	10%	9%	11%	11%	11%
6 days	74	50	19	4	23	1	3	14	56	18	71	2	10	49	15	*	64	10	53
	6%	6% c	8% c	3%	6%	2%	10%	6%	6%	6%	6%	4%	6%	7%	5%	2%	6%	7%	6%
7 days	330	229	56	33	89	1	3	58	267	63	322	7	50	208	68	4	280	34	245
	27%	29% bcd	23%	21%	22%	4%	11%	26% a	29% abe	22% a	28%	16%	30%	29% c	23%	17%	27%	23%	28%
NET: Occasionally (1 day)	140	100	25	13	38	2	2	28	108	32	130	8	38	69	32	2	103	13	85
	12%	13% c	10%	8%	9%	8%	7%	12%	12%	11%	11%	17%	22% bce	10%	11%	10%	10%	8%	10%
NET: Some (2-4 days)	534	321	113	89	202	22	19	104	389	145	500	28	50	320	152	13	484	78	399
	44%	41%	47%	56% ab	51% a	72% cde	62% d	46%	42%	51% d	43%	60% a	30%	44% a	51% ab	62% abe	47% a	51%	46%
NET: Most 5+ days	533	356	104	56	160	6	10	93	425	109	520	11	80	335	113	6	453	61	391
	44%	46% c	43%	36%	40%	20%	31%	41% a	46% ae	38% a	45% b	23%	48% d	46% cd	38%	28%	44% d	40%	45%
Base for stats	1208	778	242	158	399	30	31	225	922	286	1151	47	168	724	296	20	1040	152	876
Median	4	4	4	3	4	3	3	3	4	3	4	3	4	4	3	3	4	4	4

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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

	Total	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	
		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	1208	778	242	158	399	30	31	225	922	286	1151	47	168	724	296	20	1040	152	876
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	4.21	4.27 c	4.15	3.87	4.04	3.26	3.56	4.07 a	4.30 abe	3.93	4.26 b	3.29	4.15	4.34 c	3.96	3.69	4.22 c	4.17	4.26
Standard Deviation	2.145	2.195	2.073	2.000	2.047	1.497	1.896	2.161	2.157	2.086	2.145	2.011	2.365	2.115	2.082	1.942	2.109	1.974	2.125
Standard Error	.062	.106	.096	.120	.075	.265	.320	.143	.072	.121	.064	.300	.233	.083	.106	.307	.064	.145	.071
Error variance	*	.01	.01	.01	.01	.07	.10	.02	.01	.01	*	.09	.05	.01	.01	.09	*	.02	.01

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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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	*f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	1187	114	174	30	870	291	24	939	248	119	102	157	191	126	143	57	292	474	492
Total	1208	108	175	25	904	284	20	958	250	139	126	157	172	121	144	59	290	450	493
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	140	20	16	-	108	30	7	121	19	20	72	16	15	3	6	1	6	35	13
	12%	18%	9%	-	12%	11%	33%	13%	8%	15%	57%	10%	9%	3%	4%	2%	2%	8%	3%
		bce			c			b		efghij	acdefghij	efghj	ehj						ehj
2 days	183	17	22	-	141	38	2	145	38	27	11	83	26	15	14	2	5	123	21
	15%	16%	13%	-	16%	13%	8%	15%	15%	20%	9%	53%	15%	12%	10%	4%	2%	27%	4%
		c	c		c	c				bfghj	h	abdefghij	ghj	hj	hj			bdefghj	h
3 days	226	13	48	11	155	68	2	165	61	31	14	28	84	31	27	2	9	143	38
	19%	12%	28%	46%	17%	24%	12%	17%	24%	22%	11%	18%	49%	25%	19%	4%	3%	32%	8%
			ad	abde		ad			a	bghj	h	ghj	abcefghij	bghj	ghj			abcfghj	h
4 days	126	15	13	5	91	31	1	102	24	15	8	7	20	54	11	2	8	81	21
	10%	14%	7%	19%	10%	11%	7%	11%	9%	11%	6%	4%	12%	45%	8%	4%	3%	18%	4%
		b		b						chj			chj	abcdfghij	h			bcdfghj	
5 days	130	19	16	4	94	35	4	112	19	10	7	15	7	11	62	5	13	33	81
	11%	18%	9%	15%	10%	12%	21%	12%	7%	7%	6%	9%	4%	9%	43%	9%	5%	7%	16%
		bd													abcdeghij				abcdehi
6 days	74	4	12	1	58	15	1	59	15	5	4	*	6	5	9	34	12	11	55
	6%	4%	7%	3%	6%	5%	5%	6%	6%	3%	3%	*	3%	4%	6%	57%	4%	2%	11%
										c			c	c	ci	abcdefhij	c		abcdehi
7 days	330	19	47	4	257	67	3	254	75	31	11	7	14	3	15	12	237	25	264
	27%	18%	27%	18%	28%	24%	14%	27%	30%	22%	8%	5%	8%	3%	10%	20%	82%	6%	53%
					a					bcdefi					ei	bcdei	abcdefgij		abcdefgi
NET: Occasionally (1 day)	140	20	16	-	108	30	7	121	19	20	72	16	15	3	6	1	6	35	13
	12%	18%	9%	-	12%	11%	33%	13%	8%	15%	57%	10%	9%	3%	4%	2%	2%	8%	3%
		bce			c			b		efghij	acdefghij	efghj	ehj						ehj
NET: Some (2-4 days)	534	45	83	16	386	137	5	412	122	74	33	118	130	99	52	7	21	347	81
	44%	42%	48%	64%	43%	48%	27%	43%	49%	53%	26%	75%	76%	82%	36%	12%	7%	77%	16%
			ad							bfghj	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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	*f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	1187	114	174	30	870	291	24	939	248	119	102	157	191	126	143	57	292	474	492
Total	1208	108	175	25	904	284	20	958	250	139	126	157	172	121	144	59	290	450	493
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	533	43	75	9	410	117	8	425	109	45	21	22	27	19	86	51	262	68	399
	44%	40%	43%	36%	45%	41%	40%	44%	43%	32%	17%	14%	15%	16%	60%	86%	90%	15%	81%
										bcdei					abcdei	abcdefi	abcdefij		abcdefi
Base for stats	1208	108	175	25	904	284	20	958	250	139	126	157	172	121	144	59	290	450	493
Median	4	4	4	4	4	4	3	4	4	3	1	2	3	4	5	6	7	3	7
Mean Score	4.21	3.80	4.23	4.28	4.24	4.12	3.44	4.18	4.32	3.74	2.38	2.69	3.29	3.68	4.35	5.66	6.45	3.19	5.74
					a					bcdi			bc	bcdi	abcdei	abcdefi	abcdefgij	bc	abcdefi
Standard Deviation	2.145	2.084	2.101	1.531	2.177	2.045	2.248	2.153	2.117	2.119	1.976	1.435	1.519	1.170	1.565	1.345	1.364	1.455	1.696
Standard Error	.062	.195	.159	.280	.074	.120	.459	.070	.134	.194	.196	.114	.110	.104	.131	.178	.080	.067	.076
Error variance	*	.04	.03	.08	.01	.01	.21	*	.02	.04	.04	.01	.01	.01	.02	.03	.01	*	.01

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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

	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	1187	422	289	471	950	81	925	105	831	149	904	114	652	272
Total	1208	382	328	496	974	76	950	104	813	162	915	112	662	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	140	19	30	92	102	24	101	20	86	23	96	23	73	40
	12%	5%	9%	19%	11%	31%	11%	19%	11%	14%	10%	20%	11%	14%
			a	ab		a		a				a		
2 days	183	28	52	102	141	10	140	15	115	33	127	11	90	47
	15%	7%	16%	21%	14%	13%	15%	15%	14%	20%	14%	10%	14%	16%
			a	a										
3 days	226	66	58	102	177	18	172	29	148	32	169	27	126	50
	19%	17%	18%	21%	18%	23%	18%	28%	18%	20%	18%	24%	19%	17%
								a						
4 days	126	49	38	39	105	7	104	7	93	18	98	10	72	27
	10%	13%	11%	8%	11%	9%	11%	6%	11%	11%	11%	9%	11%	9%
		c												
5 days	130	67	20	43	110	4	106	7	78	20	92	15	73	32
	11%	18%	6%	9%	11%	5%	11%	7%	10%	12%	10%	13%	11%	11%
		bc												
6 days	74	30	24	20	61	4	61	7	50	13	54	11	47	18
	6%	8%	7%	4%	6%	5%	6%	6%	6%	8%	6%	9%	7%	6%
		c	c											
7 days	330	124	107	98	278	10	266	20	245	24	278	16	181	75
	27%	32%	33%	20%	29%	13%	28%	19%	30%	15%	30%	14%	27%	26%
		c	c		b		b		b		b			
NET: Occasionally (1 day)	140	19	30	92	102	24	101	20	86	23	96	23	73	40
	12%	5%	9%	19%	11%	31%	11%	19%	11%	14%	10%	20%	11%	14%
			a	ab		a		a				a		
NET: Some (2-4 days)	534	142	147	243	423	35	416	51	355	83	395	48	288	123
	44%	37%	45%	49%	43%	46%	44%	49%	44%	51%	43%	43%	44%	43%
			a	a										
NET: Most 5+ days	533	221	151	161	448	18	433	33	373	56	424	41	300	125
	44%	58%	46%	32%	46%	23%	46%	32%	46%	35%	46%	37%	45%	43%
		bc	c		b		b		b		b			
Base for stats	1208	382	328	496	974	76	950	104	813	162	915	112	662	288
Median	4	5	4	3	4	3	4	3	4	3	4	3	4	4
Mean Score	4.21	4.84	4.42	3.59	4.31	3.12	4.29	3.61	4.34	3.69	4.35	3.70	4.28	4.11
		bc	c		b		b		b		b			
Standard Deviation	2.145	1.901	2.179	2.135	2.132	2.062	2.130	2.122	2.152	1.994	2.155	2.052	2.125	2.189
Standard Error	.062	.093	.128	.098	.069	.229	.070	.207	.075	.163	.072	.192	.083	.133

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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

	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	1187	422	289	471	950	81	925	105	831	149	904	114	652	272
Total	1208	382	328	496	974	76	950	104	813	162	915	112	662	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Error variance	*	.01	.02	.01	*	.05	*	.04	.01	.03	.01	.04	.01	.02

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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	171	112	58	62	77	33	8	24	17	12	16	18	29	30	16
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	44	32	12	13	21	9	5	5	5	5	1	2	6	7	8
	26%	28%	20%	21%	28%	28%	60%	23%	28%	39%	5%	9%	22%	22%	51%
2 days	33	20	13	8	20	4	1	4	5	*	6	2	6	7	2
	19%	18%	22%	14%	26%	13%	7%	17%	29%	3%	37%	9%	22%	23%	11%
3 days	27	16	12	14	11	3	1	3	1	5	5	2	3	6	2
	16%	14%	20%	23%	14%	8%	7%	13%	4%	40%	32%	12%	11%	19%	13%
4 days	15	10	4	7	6	2	-	2	1	*	1	2	6	*	2
	9%	9%	7%	11%	8%	5%	-	7%	7%	3%	6%	12%	22%	1%	10%
5 days	28	16	12	13	10	5	2	3	*	1	1	7	4	9	-
	16%	14%	21%	22%	13%	14%	27%	13%	3%	10%	6%	37%	14%	31%	-
6 days	6	6	-	1	5	-	-	3	-	-	-	1	*	1	-
	3%	5%	-	1%	7%	-	-	14%	-	-	-	6%	1%	3%	-
		b													
7 days	19	13	5	5	4	10	-	3	5	1	2	3	2	1	2
	11%	12%	9%	8%	5%	31%	-	14%	29%	5%	14%	15%	7%	2%	15%
						ab									
NET: Occasionally (1 day)	44	32	12	13	21	9	5	5	5	5	1	2	6	7	8
	26%	28%	20%	21%	28%	28%	60%	23%	28%	39%	5%	9%	22%	22%	51%
NET: Some (2-4 days)	75	46	29	29	37	9	1	9	7	5	12	6	16	13	5
	44%	41%	49%	47%	48%	27%	14%	36%	40%	46%	75%	33%	55%	42%	34%
				c	c										
NET: Most 5+ days	53	35	18	19	19	15	2	10	5	2	3	11	7	11	2
	31%	31%	30%	31%	24%	45%	27%	41%	31%	15%	19%	58%	23%	36%	15%
						b									
Base for stats	171	112	58	62	77	33	8	24	17	12	16	18	29	30	16
Median	3	3	3	3	2	4	1	3	2	3	3	5	3	3	1
Mean Score	3.25	3.26	3.23	3.36	2.90	3.88	2.28	3.66	3.41	2.62	3.24	4.36	3.16	3.14	2.58
						b									
Standard Deviation	1.996	2.074	1.854	1.827	1.829	2.506	1.849	2.221	2.528	1.718	1.787	1.817	1.800	1.740	2.193
Standard Error	.143	.188	.216	.202	.204	.430	.616	.427	.596	.459	.373	.454	.288	.323	.479
Error variance	.02	.04	.05	.04	.04	.18	.38	.18	.36	.21	.14	.21	.08	.10	.23

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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

	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	196	34	62	48	28	9	15	144	52	157	9	14	8	2	2	35
Total	171	24	58	46	25	5	13	128	43	146	4	7	6	1	1	18
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	44	3	18	9	7	1	5	31	13	38	1	1	3	-	-	5
	26%	12%	32%	20%	28%	29%	36%	24%	31%	26%	25%	19%	50%	-	-	28%
			a													
2 days	33	5	17	7	2	1	1	29	4	26	1	2	*	*	-	3
	19%	20%	29%	16%	9%	14%	11%	22%	10%	18%	32%	21%	7%	42%	-	19%
			h													
3 days	27	3	6	7	8	2	1	16	11	25	*	1	1	-	-	2
	16%	14%	10%	15%	34%	44%	4%	13%	26%	17%	10%	17%	11%	-	-	12%
									bg							
4 days	15	4	4	3	3	-	1	11	4	11	-	1	2	-	-	3
	9%	17%	7%	6%	11%	-	7%	9%	8%	8%	-	20%	32%	-	-	17%
5 days	28	4	7	10	3	1	3	21	7	24	1	2	-	*	1	3
	16%	16%	12%	22%	13%	13%	25%	16%	16%	17%	15%	23%	-	58%	52%	18%
6 days	6	-	1	4	1	-	*	5	1	6	-	-	-	-	-	-
	3%	-	2%	8%	3%	-	3%	4%	2%	4%	-	-	-	-	-	-
7 days	19	5	5	7	1	-	2	16	3	16	1	-	-	-	1	1
	11%	22%	8%	14%	4%	-	13%	13%	6%	11%	18%	-	-	-	48%	7%
		h														
NET: Occasionally (1 day)	44	3	18	9	7	1	5	31	13	38	1	1	3	-	-	5
	26%	12%	32%	20%	28%	29%	36%	24%	31%	26%	25%	19%	50%	-	-	28%
			a													
NET: Some (2-4 days)	75	12	27	17	13	3	3	56	19	62	2	4	3	*	-	9
	44%	51%	46%	36%	53%	58%	22%	43%	44%	43%	42%	58%	50%	42%	-	48%
NET: Most 5+ days	53	9	13	20	5	1	5	42	11	46	1	2	-	*	1	5
	31%	37%	22%	44%	19%	13%	41%	33%	25%	31%	33%	23%	-	58%	100%	24%
				b												
Base for stats	171	24	58	46	25	5	13	128	43	146	4	7	6	1	1	18
Median	3	4	2	3	3	3	3	3	3	3	2	3	1	5	5	3
Mean Score	3.25	3.91	2.77	3.73	2.95	2.54	3.36	3.33	3.03	3.25	3.22	3.06	2.25	3.74	5.97	3.06
		bh		b												
Standard Deviation	1.996	2.074	1.886	2.097	1.669	1.413	2.312	2.049	1.833	1.997	2.558	1.553	1.494	-	2.559	1.857
Standard Error	.143	.356	.239	.303	.315	.471	.597	.171	.254	.159	.853	.415	.528	-	1.810	.314
Error variance	.02	.13	.06	.09	.10	.22	.36	.03	.06	.03	.73	.17	.28	-	3.28	.10

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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

	Total	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	
		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	171	80	44	41	85	10	4	32	125	45	162	7	13	89	63	6	158	33	119
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	44	23	13	8	21	1	-	3	39	4	40	4	5	26	10	3	39	5	31
	26%	29%	29%	19%	24%	15%	-	9%	31% ce	10%	25%	49%	39%	29%	16% c	43%	24%	14%	26%
2 days	33	16	8	8	16	1	1	7	24	9	32	-	1	19	13	*	32	6	25
	19%	21%	18%	20%	19%	10%	28%	22%	19%	20%	20%	-	8%	21%	20%	5%	20%	19%	21%
3 days	27	10	8	7	15	4	1	5	17	10	27	-	*	11	15	*	27	8	17
	16%	12%	18%	16%	17%	43%	27%	15%	14%	22%	17%	-	3%	13%	24%	5%	17%	25%	14%
4 days	15	3	7	4	11	2	1	6	6	8	11	3	3	7	4	1	12	5	6
	9%	4%	16%	10%	13%	16%	22%	19% d	5%	18% d	7%	46%	22%	7%	7%	11%	7%	16% b	5%
5 days	28	12	3	10	13	1	1	5	21	7	27	-	1	11	14	1	27	4	22
	16%	15%	7%	24% b	15%	13%	14%	16%	17%	15%	17%	-	8%	13%	23%	21%	17%	12%	19%
6 days	6	3	2	1	3	-	*	2	4	2	5	*	-	4	1	*	6	-	6
	3%	4%	4%	3%	3%	-	9%	5%	3%	4%	3%	5%	-	5%	2%	6%	4%	-	5%
7 days	19	12	4	3	7	*	-	5	14	5	19	-	2	11	5	1	16	4	12
	11%	15%	8%	8%	8%	4%	-	14%	11%	11%	12%	-	19%	12%	8%	8%	10%	13%	10%
NET: Occasionally (1 day)	44	23	13	8	21	1	-	3	39	4	40	4	5	26	10	3	39	5	31
	26%	29%	29%	19%	24%	15%	-	9%	31% ce	10%	25%	49%	39%	29%	16% c	43%	24%	14%	26%
NET: Some (2-4 days)	75	29	23	19	42	7	3	18	47	27	70	3	4	37	32	1	70	20	48
	44%	37%	53%	46%	50%	68%	77%	56%	38%	60% d	44%	46%	33%	41%	51%	22%	44%	60% b	40%
NET: Most 5+ days	53	27	8	14	22	2	1	11	39	14	51	*	3	26	21	2	49	8	40
	31%	34%	18%	35% b	26%	17%	23%	35%	31%	30%	32%	5%	27%	30%	33%	35%	31%	25%	34%
Base for stats	171	80	44	41	85	10	4	32	125	45	162	7	13	89	63	6	158	33	119
Median	3	3	3	3	3	3	3	4	2	3	3	4	3	2	3	3	3	3	3
Mean Score	3.25	3.28	2.96	3.40	3.18	3.18	3.48	3.81	3.11	3.65	3.28	2.64	3.27	3.16	3.39	3.13	3.25	3.45	3.25
Standard Deviation	1.996	2.180	1.857	1.875	1.868	1.482	1.475	1.894	2.060	1.769	2.010	1.777	2.363	2.083	1.794	2.339	1.972	1.856	2.020
Standard Error	.143	.358	.201	.221	.149	.411	.521	.316	.175	.234	.149	.562	.788	.218	.193	.740	.144	.265	.175

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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

	Total	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	
		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	171	80	44	41	85	10	4	32	125	45	162	7	13	89	63	6	158	33	119
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Error variance	.02	.13	.04	.05	.02	.17	.27	.10	.03	.05	.02	.32	.62	.05	.04	.55	.02	.07	.03

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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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		*a	*b	*c	d	e	*f	a	b	*a	*b	*c	d	*e	f	*g	h	i	j
Unweighted Total	196	23	27	10	135	55	5	158	38	3	12	19	36	25	34	15	52	80	101
Total	171	22	18	7	123	42	5	134	37	4	18	18	21	16	31	15	48	55	94
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	44	1	4	1	37	5	1	33	11	3	14	4	6	3	4	4	5	13	13
	26%	7%	19%	8%	30% e	11%	15%	25%	29%	74%	81%	21%	30% hj	20%	12%	26%	11%	24%	13%
2 days	33	2	1	3	26	6	*	22	11	-	*	9	7	2	6	2	6	19	14
	19%	8%	6%	47%	21%	14%	6%	16%	29%	-	2%	52%	34% hj	12%	19%	13%	13%	34% hj	15%
3 days	27	5	6	2	18	9	3	21	7	1	2	3	3	6	6	-	6	13	11
	16%	22%	31%	21%	15%	21%	59%	16%	17%	26%	11%	19%	16%	38%	18%	-	12%	23% j	12%
4 days	15	1	4	1	9	6	-	11	4	-	-	1	2	4	5	2	2	6	8
	9%	3%	21%	17%	7%	14%	-	8%	10%	-	-	3%	9%	24%	16%	11%	4%	11%	9%
5 days	28	5	2	1	19	7	1	24	4	-	-	1	2	*	11	2	11	4	24
	16%	25%	13%	8%	16%	17%	20%	18%	10%	-	-	6%	11%	3%	36% di	16%	22% i	7%	26% i
6 days	6	3	-	-	3	3	-	6	-	-	-	-	-	*	-	5	*	*	5
	3%	15%	-	-	2%	8%	-	4%	-	-	-	-	-	2%	-	34%	1%	1%	6%
7 days	19	5	2	-	11	6	-	17	2	-	1	-	-	-	-	-	18	-	18
	11%	21%	9%	-	9%	15%	-	13%	6%	-	6%	-	-	-	-	-	37% dfij	-	19% dfi
NET: Occasionally (1 day)	44	1	4	1	37	5	1	33	11	3	14	4	6	3	4	4	5	13	13
	26%	7%	19%	8%	30% e	11%	15%	25%	29%	74%	81%	21%	30% hj	20%	12%	26%	11%	24%	13%
NET: Some (2-4 days)	75	7	11	6	54	20	4	54	21	1	2	13	13	12	16	3	14	37	34
	44%	33%	59%	84%	44%	49%	66%	40%	56%	26%	13%	74% hj	59% hj	74% h	52%	24%	29%	68% hj	36%
NET: Most 5+ days	53	13	4	1	33	17	1	47	6	-	1	1	2	1	11	7	29	4	47
	31%	60%	22%	8%	26%	40%	20%	35% b	15%	-	6%	6%	11%	5%	36% di	50%	60% dfi	8%	51% di
Base for stats	171	22	18	7	123	42	5	134	37	4	18	18	21	16	31	15	48	55	94
Median	3	5	3	2	2	4	3	3	2	1	1	2	2	3	4	5	5	2	5
Mean Score	3.25	4.60	3.38	2.71	2.98 d	3.93	3.05	3.42 b	2.65	1.53	1.58	2.21	2.36	2.83	3.46 di	3.81	4.66 dfi	2.45	4.13 di
Standard Deviation	1.996	1.918	1.734	1.175	1.927	1.921	1.328	2.054	1.661	1.001	1.518	1.021	1.320	1.255	1.450	2.162	2.212	1.215	2.039
Standard Error	.143	.400	.334	.371	.166	.259	.594	.163	.269	.578	.438	.234	.220	.251	.249	.558	.307	.136	.203

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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		*a	*b	*c	d	e	*f	a	b	*a	*b	*c	d	*e	f	*g	h	i	j
Unweighted Total	196	23	27	10	135	55	5	158	38	3	12	19	36	25	34	15	52	80	101
Total	171	22	18	7	123	42	5	134	37	4	18	18	21	16	31	15	48	55	94
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Error variance	.02	.16	.11	.14	.03	.07	.35	.03	.07	.33	.19	.05	.05	.06	.06	.31	.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

	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	196	98	46	51	166	12	156	15	151	18	157	12	126	37
Total	171	81	37	52	146	14	140	14	134	17	136	12	116	31
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	44	15	7	21	37	3	34	7	32	4	34	5	23	10
	26%	19%	18%	40% ab	25%	25%	24%	52%	23%	22%	25%	37%	19%	32%
2 days	33	15	8	10	28	2	28	4	26	4	26	1	23	6
	19%	19%	21%	19%	19%	18%	20%	27%	20%	26%	19%	8%	20%	19%
3 days	27	13	5	10	26	1	25	1	22	5	19	4	17	7
	16%	16%	13%	19%	18%	7%	18%	7%	16%	28%	14%	30%	15%	23%
4 days	15	8	4	2	12	1	11	2	11	1	11	2	10	4
	9%	10%	11%	4%	8%	6%	8%	11%	8%	7%	8%	15%	9%	11%
5 days	28	19	2	7	25	3	25	-	25	*	25	-	25	2
	16%	23% b	5%	14%	17%	20%	18%	-	19%	2%	18%	-	22% b	6%
6 days	6	-	4	2	5	-	5	*	5	-	5	-	4	1
	3%	-	10% a	4%	3%	-	3%	3%	4%	-	4%	-	4%	2%
7 days	19	10	8	1	14	3	14	-	13	2	16	1	13	3
	11%	13% c	22% c	1%	9%	24%	10%	-	10%	14%	11%	10%	11%	8%
NET: Occasionally (1 day)	44	15	7	21	37	3	34	7	32	4	34	5	23	10
	26%	19%	18%	40% ab	25%	25%	24%	52%	23%	22%	25%	37%	19%	32%
NET: Some (2-4 days)	75	37	17	21	65	4	63	6	59	10	57	7	51	17
	44%	45%	45%	41%	45%	31%	45%	45%	44%	61%	41%	53%	44%	53%
NET: Most 5+ days	53	29	14	10	43	6	44	*	44	3	46	1	42	5
	31%	36% c	37% c	19%	30%	44%	31%	3%	32%	16%	34%	10%	37% b	16%
Base for stats	171	81	37	52	146	14	140	14	134	17	136	12	116	31
Median	3	3	3	2	3	4	3	1	3	3	3	3	3	2
Mean Score	3.25	3.50 c	3.83 c	2.48	3.19	3.75	3.26	1.88	3.30	2.97	3.33	2.72	3.49	2.79
Standard Deviation	1.996	1.946	2.256	1.645	1.934	2.404	1.958	1.255	1.954	1.953	2.026	1.875	1.966	1.824
Standard Error	.143	.197	.333	.230	.150	.694	.157	.324	.159	.460	.162	.541	.175	.300
Error variance	.02	.04	.11	.05	.02	.48	.02	.10	.03	.21	.03	.29	.03	.09

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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

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	c	d	e	*f	g	h	i
Unweighted Total	404	215	188	227	139	38	25	48	40	39	37	28	102	52	33
Total	358	193	164	203	125	31	23	44	38	34	25	39	74	49	33
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	87	42	44	57	23	6	3	8	13	16	2	14	10	8	13
	24%	22%	27%	28%	18%	21%	13%	19%	35%	46%	7%	36%	14%	16%	39%
				b					egh	begh					egh
2 days	57	27	29	34	20	3	2	9	8	3	4	2	13	14	2
	16%	14%	18%	17%	16%	10%	7%	20%	22%	8%	18%	6%	18%	29%	6%
														di	
3 days	89	53	35	52	29	8	6	14	6	5	7	3	20	20	9
	25%	28%	21%	26%	23%	26%	24%	33%	16%	13%	28%	7%	27%	40%	27%
								d						cd	
4 days	49	39	11	21	23	5	7	5	1	6	1	8	16	1	4
	14%	20%	7%	10%	18%	18%	31%	12%	3%	17%	4%	20%	21%	2%	14%
		b			a			h		ch		ceh			h
5 days	30	13	17	19	11	1	3	4	3	-	2	2	10	4	2
	8%	7%	10%	9%	9%	2%	14%	8%	8%	-	7%	4%	14%	8%	7%
													d		
6 days	12	11	1	3	5	4	-	1	1	1	-	5	3	2	*
	3%	6%	1%	2%	4%	13%	-	2%	3%	2%	-	12%	4%	3%	1%
		b				ab									
7 days	34	8	26	17	14	3	2	3	5	5	9	5	2	1	2
	10%	4%	16%	8%	11%	10%	10%	6%	14%	14%	37%	14%	3%	1%	7%
			a						gh	gh	bcdghi				
NET: Occasionally (1 day)	87	42	44	57	23	6	3	8	13	16	2	14	10	8	13
	24%	22%	27%	28%	18%	21%	13%	19%	35%	46%	7%	36%	14%	16%	39%
				b					egh	begh					egh
NET: Some (2-4 days)	195	119	75	106	72	17	14	29	15	13	12	13	48	35	15
	54%	62%	46%	52%	58%	54%	63%	65%	40%	38%	49%	33%	66%	71%	47%
		b						cd					cd	cdei	
NET: Most 5+ days	77	32	45	39	30	8	5	7	9	5	11	12	15	6	5
	21%	17%	27%	19%	24%	25%	24%	16%	25%	16%	44%	31%	21%	13%	15%
			a								bdghi				
Base for stats	358	193	164	203	125	31	23	44	38	34	25	39	74	49	33
Median	3	3	3	3	3	3	4	3	2	2	3	4	3	3	3
Mean Score	3.15	3.09	3.22	2.94	3.40	3.49	3.66	2.99	2.90	2.77	4.35	3.44	3.27	2.74	2.75
					a						bcdghi		h		
Standard Deviation	1.850	1.632	2.085	1.810	1.861	1.952	1.660	1.595	2.126	2.135	2.242	2.269	1.491	1.331	1.811
Standard Error	.092	.111	.152	.120	.158	.317	.332	.230	.336	.342	.369	.429	.148	.185	.315
Error variance	.01	.01	.02	.01	.02	.10	.11	.05	.11	.12	.14	.18	.02	.03	.10

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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

	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	358	53	111	89	42	41	22	253	105	279	17	36	17	1	2	72
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	87	6	34	21	7	13	6	60	26	73	1	11	2	*	-	14
	24%	11%	31%	23%	16%	33%	27%	24%	25%	26%	7%	30%	10%	40%	-	19%
			ad	a		a			a	a						
2 days	57	8	21	14	6	6	4	42	15	42	2	10	2	1	-	14
	16%	15%	18%	15%	13%	14%	17%	17%	14%	15%	12%	27%	11%	60%	-	19%
												a				
3 days	89	17	25	24	7	9	7	66	23	72	4	6	3	-	1	14
	25%	32%	23%	27%	16%	23%	30%	26%	22%	26%	25%	18%	17%	-	44%	20%
		d														
4 days	49	6	15	10	8	9	1	31	19	37	1	3	7	-	*	12
	14%	11%	14%	11%	19%	23%	6%	12%	18%	13%	8%	8%	43%	-	21%	16%
5 days	30	2	8	13	7	-	*	23	7	21	5	1	2	-	-	8
	8%	3%	7%	15%	15%	-	2%	9%	7%	8%	28%	2%	11%	-	-	10%
				ae	ae											
6 days	12	5	4	2	3	-	-	10	3	9	*	2	1	-	-	3
	3%	9%	3%	2%	6%	-	-	4%	2%	3%	2%	5%	7%	-	-	4%
		c														
7 days	34	10	5	6	6	3	4	21	13	25	3	4	-	-	1	7
	10%	19%	4%	7%	13%	8%	18%	8%	12%	9%	18%	10%	-	-	35%	10%
		bcg			b				b							
NET: Occasionally (1 day)	87	6	34	21	7	13	6	60	26	73	1	11	2	*	-	14
	24%	11%	31%	23%	16%	33%	27%	24%	25%	26%	7%	30%	10%	40%	-	19%
			ad	a		a			a	a						
NET: Some (2-4 days)	195	31	61	47	21	24	12	138	57	151	8	19	12	1	1	40
	54%	58%	55%	53%	49%	60%	53%	55%	54%	54%	45%	53%	71%	60%	65%	56%
NET: Most 5+ days	77	17	16	21	15	3	4	54	22	55	8	6	3	-	1	18
	21%	32%	15%	24%	35%	8%	20%	21%	21%	20%	48%	17%	19%	-	35%	25%
		be		e	beg											
Base for stats	358	53	111	89	42	41	22	253	105	279	17	36	17	1	2	72
Median	3	3	3	3	4	3	3	3	3	3	4	2	4	2	4	3
Mean Score	3.15	3.84	2.75	3.13	3.77	2.74	3.12	3.11	3.23	3.07	4.18	2.79	3.58	1.60	4.60	3.33
		bcegh			bceg				b							
Standard Deviation	1.850	2.021	1.656	1.771	1.946	1.704	2.120	1.818	1.932	1.832	1.867	1.940	1.354	-	2.862	1.876
Standard Error	.092	.249	.145	.182	.251	.297	.486	.106	.183	.105	.440	.292	.265	-	1.652	.194
Error variance	.01	.06	.02	.03	.06	.09	.24	.01	.03	.01	.19	.09	.07	-	2.73	.04

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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

	Total	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	
		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	358	169	86	89	175	22	26	47	263	95	336	18	44	142	157	16	315	63	242
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	87	51	17	16	32	7	7	6	67	20	80	4	5	37	42	2	81	7	68
	24%	30% cd	19%	18%	19%	30%	27%	13%	25% c	21%	24%	25%	12%	26%	27%	15%	26%	11%	28% a
2 days	57	21	21	16	36	4	5	7	42	15	55	2	9	24	24	1	48	9	39
	16%	12%	24% a	18%	21%	17%	19%	14%	16%	16%	16%	13%	21%	17%	15%	4%	15%	14%	16%
3 days	89	41	21	24	45	4	6	13	65	23	84	4	9	35	37	7	79	16	63
	25%	24%	25%	27%	26%	17%	24%	28%	25%	24%	25%	21%	21%	25%	24%	46%	25%	26%	26%
4 days	49	25	8	14	21	5	4	4	36	14	46	3	19	13	17	1	31	11	18
	14%	15%	9%	15%	12%	23%	17%	9%	14%	14%	14%	19%	43%	9%	11%	8%	10%	18% b	7%
5 days	30	12	7	8	15	2	2	5	21	9	27	3	-	12	18	1	30	9	20
	8%	7%	8%	9%	8%	10%	7%	10%	8%	10%	8%	14%	-	8%	11%	4%	10%	14%	8%
6 days	12	4	4	5	9	-	*	3	9	3	12	1	-	4	8	*	12	5	8
	3%	2%	5%	5%	5%	-	2%	6%	3%	4%	4%	3%	-	3%	5%	2%	4%	7%	3%
7 days	34	15	8	8	16	1	1	9	23	11	33	1	1	18	11	3	33	6	26
	10%	9%	10%	9%	9%	3%	4%	19% d	9%	11%	10%	6%	3%	13%	7%	21%	10%	10%	11%
NET: Occasionally (1 day)	87	51	17	16	32	7	7	6	67	20	80	4	5	37	42	2	81	7	68
	24%	30% cd	19%	18%	19%	30%	27%	13%	25% c	21%	24%	25%	12%	26%	27%	15%	26%	11%	28% a
NET: Some (2-4 days)	195	87	49	53	103	12	15	24	143	52	185	9	37	72	77	9	158	36	120
	54%	51%	58%	60%	59%	57%	60%	51%	54%	55%	55%	53%	85%	50%	49%	58%	50%	57%	50%
NET: Most 5+ days	77	31	20	20	40	3	3	17	53	23	72	4	1	34	37	4	75	20	54
	21%	18%	23%	23%	23%	13%	13%	36% d	20%	25%	21%	23%	3%	24%	24%	27%	24%	32%	22%
Base for stats	358	169	86	89	175	22	26	47	263	95	336	18	44	142	157	16	315	63	242
Median	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Mean Score	3.15	2.99	3.16	3.30	3.23	2.78	2.81	3.86 d	3.08	3.33	3.16	3.16	3.11	3.16	3.10	3.70	3.15	3.74 b	3.04
Standard Deviation	1.850	1.853	1.853	1.792	1.819	1.605	1.612	2.037	1.834	1.893	1.857	1.789	1.290	1.973	1.856	2.045	1.917	1.764	1.926

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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

	Total	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	
		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	358	169	86	89	175	22	26	47	263	95	336	18	44	142	157	16	315	63	242
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Standard Error	.092	.225	.141	.143	.100	.328	.299	.251	.109	.174	.095	.411	.275	.155	.132	.426	.098	.182	.115
Error variance	.01	.05	.02	.02	.01	.11	.09	.06	.01	.03	.01	.17	.08	.02	.02	.18	.01	.03	.01

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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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	*c	d	e	*f	a	b	*a	*b	c	d	e	f	*g	h	i	j
Unweighted Total	404	47	37	19	295	96	6	334	70	7	20	46	87	51	67	24	102	184	193
Total	358	35	28	15	271	73	5	297	61	8	22	31	70	45	64	26	93	146	183
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	87	3	6	1	70	9	*	76	11	1	17	16	15	11	10	*	17	42	27
	24%	9%	20%	6%	26%	13%	9%	25%	18%	17%	77%	49%	22%	24%	15%	1%	18%	28%	15%
					ae							defhij							fj
2 days	57	4	4	1	47	8	*	51	7	*	2	11	10	8	13	-	14	28	27
	16%	11%	15%	5%	17%	11%	7%	17%	11%	4%	8%	34%	14%	17%	20%	-	15%	19%	15%
												dhij							
3 days	89	10	7	7	64	24	*	70	19	5	-	2	38	8	13	7	16	48	36
	25%	27%	26%	50%	24%	33%	9%	24%	30%	66%	-	7%	54%	17%	20%	28%	17%	33%	20%
													cefhij					cehj	c
4 days	49	6	5	4	36	12	4	39	11	1	*	2	2	17	18	5	5	20	28
	14%	17%	19%	27%	13%	16%	68%	13%	18%	13%	2%	5%	2%	37%	28%	20%	6%	13%	16%
														cdhij	cdhij			dh	dh
5 days	30	6	3	1	20	9	-	29	1	-	3	*	4	2	7	4	9	7	20
	8%	18%	9%	6%	7%	13%	-	10%	1%	-	13%	1%	6%	5%	11%	16%	10%	5%	11%
		d						b							c				ci
6 days	12	2	1	1	9	3	-	8	5	-	-	1	1	-	1	6	3	2	11
	3%	6%	2%	4%	3%	4%	-	3%	8%	-	-	3%	1%	-	2%	25%	3%	1%	6%
									a										i
7 days	34	4	3	*	25	7	*	25	9	-	-	-	-	*	2	3	29	*	34
	10%	13%	9%	2%	9%	9%	7%	9%	14%	-	-	-	-	1%	3%	10%	32%	*	18%
																	cdefij		cdefi
NET: Occasionally (1 day)	87	3	6	1	70	9	*	76	11	1	17	16	15	11	10	*	17	42	27
	24%	9%	20%	6%	26%	13%	9%	25%	18%	17%	77%	49%	22%	24%	15%	1%	18%	28%	15%
					ae							defhij							fj
NET: Some (2-4 days)	195	19	17	12	147	44	4	159	36	6	2	14	49	32	44	12	35	96	91
	54%	54%	60%	82%	54%	60%	83%	54%	59%	83%	10%	46%	71%	71%	69%	48%	37%	65%	50%
													chj	chj	chj			chj	h
NET: Most 5+ days	77	13	6	2	53	20	*	62	14	-	3	1	5	3	10	13	41	9	65
	21%	36%	20%	12%	20%	27%	7%	21%	23%	-	13%	5%	7%	6%	16%	51%	44%	6%	35%
			d													i	cdefi		cdefi
Base for stats	358	35	28	15	271	73	5	297	61	8	22	31	70	45	64	26	93	146	183
Median	3	4	3	3	3	3	4	3	3	3	1	2	3	3	3	5	3	3	4
Mean Score	3.15	3.92	3.25	3.41	3.05	3.57	3.73	3.07	3.54	2.76	1.65	1.85	2.59	2.85	3.17	4.64	4.09	2.51	3.85
		d				d							c	c	cdi		cdefi	c	cdefi

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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	*c	d	e	*f	a	b	*a	*b	c	d	e	f	*g	h	i	j
Unweighted Total	404	47	37	19	295	96	6	334	70	7	20	46	87	51	67	24	102	184	193
Total	358	35	28	15	271	73	5	297	61	8	22	31	70	45	64	26	93	146	183
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Standard Deviation	1.850	1.775	1.778	1.190	1.849	1.716	1.484	1.823	1.949	.951	1.406	1.202	1.110	1.351	1.469	1.460	2.352	1.254	2.029
Standard Error	.092	.259	.292	.273	.108	.175	.606	.100	.233	.359	.314	.177	.119	.189	.179	.298	.233	.092	.146
Error variance	.01	.07	.09	.07	.01	.03	.37	.01	.05	.13	.10	.03	.01	.04	.03	.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

	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	404	203	76	120	343	20	329	27	323	36	338	24	268	47
Total	358	184	67	102	309	16	299	20	294	30	296	22	249	39
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	87	38	10	39	78	2	80	2	72	6	74	5	57	8
	24%	20%	15%	38% ab	25%	10%	27%	9%	25%	19%	25%	22%	23%	20%
2 days	57	23	16	18	47	2	42	3	47	3	47	5	43	6
	16%	12%	24% a	18%	15%	10%	14%	13%	16%	11%	16%	22%	17%	16%
3 days	89	52	14	22	77	1	77	6	75	9	78	3	68	5
	25%	28%	21%	22%	25%	7%	26%	30%	25%	32%	26%	13%	27%	12% b
4 days	49	30	10	6	44	4	42	4	40	4	34	4	34	5
	14%	16% c	14% c	6%	14%	26%	14%	19%	14%	15%	12%	20%	14%	12%
5 days	30	18	8	4	26	3	23	3	26	3	27	1	21	4
	8%	10% c	12% c	4%	8%	21%	8%	15%	9%	9%	9%	4%	9%	11%
6 days	12	6	2	5	11	2	9	1	9	2	9	2	9	3
	3%	3%	2%	5%	3%	11%	3%	6%	3%	6%	3%	10%	4%	7%
7 days	34	19	8	7	26	3	25	2	25	3	27	2	17	9
	10%	10%	12%	7%	9%	16%	8%	9%	9%	9%	9%	9%	7%	23% a
NET: Occasionally (1 day)	87	38	10	39	78	2	80	2	72	6	74	5	57	8
	24%	20%	15%	38% ab	25%	10%	27%	9%	25%	19%	25%	22%	23%	20%
NET: Some (2-4 days)	195	104	40	47	168	7	161	13	162	17	159	12	145	15
	54%	57%	60%	46%	54%	42%	54%	62%	55%	57%	54%	55%	58% b	39%
NET: Most 5+ days	77	42	17	16	63	8	58	6	60	7	63	5	47	16
	21%	23%	26%	16%	20%	48%	19%	30%	20%	23%	21%	23%	19%	40% a
Base for stats	358	184	67	102	309	16	299	20	294	30	296	22	249	39
Median	3	3	3	2	3	4	3	3	3	3	3	3	3	4
Mean Score	3.15	3.33 c	3.38 c	2.61	3.09	4.35	3.05	3.74	3.10	3.36	3.10	3.28	3.06	3.87 a
Standard Deviation	1.850	1.826	1.853	1.836	1.823	1.880	1.818	1.695	1.811	1.810	1.834	1.981	1.727	2.262
Standard Error	.092	.128	.213	.168	.098	.420	.100	.326	.101	.302	.100	.404	.105	.330
Error variance	.01	.02	.05	.03	.01	.18	.01	.11	.01	.09	.01	.16	.01	.11

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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

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	515	188	325	240	187	88	35	77	43	57	33	38	103	72	57
Total	461	161	298	210	164	88	34	70	32	44	23	50	96	72	41
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	69	31	37	40	16	13	10	9	3	7	3	9	8	13	6
	15%	19%	13%	19%	10%	15%	28%	13%	11%	16%	13%	19%	9%	19%	16%
		b		b			g							g	
2 days	86	37	49	45	35	7	6	16	3	6	2	12	25	10	6
	19%	23%	17%	21%	21%	8%	18%	23%	9%	14%	9%	24%	26%	14%	16%
				c	c								ce		
3 days	118	36	82	45	51	22	9	12	6	15	9	11	24	20	12
	26%	22%	28%	22%	31%	26%	28%	17%	19%	35%	40%	21%	25%	28%	30%
					a					b	bc				
4 days	52	14	38	23	16	13	3	9	6	4	4	2	14	8	2
	11%	8%	13%	11%	9%	15%	8%	13%	19%	10%	19%	3%	14%	11%	4%
									fi		fi		i		
5 days	57	10	47	25	21	12	-	6	4	2	3	7	13	14	9
	12%	6%	16%	12%	13%	13%	-	9%	11%	4%	12%	15%	14%	19%	22%
			a						a		a	a	a	ad	abd
6 days	17	8	9	10	2	5	*	5	1	4	*	-	5	1	1
	4%	5%	3%	5%	1%	6%	1%	7%	3%	10%	2%	-	5%	1%	2%
						b				h					
7 days	61	26	35	23	24	15	6	13	9	6	1	9	7	6	5
	13%	16%	12%	11%	14%	17%	17%	18%	28%	13%	5%	18%	8%	9%	12%
									g	eghi					
NET: Occasionally (1 day)	69	31	37	40	16	13	10	9	3	7	3	9	8	13	6
	15%	19%	13%	19%	10%	15%	28%	13%	11%	16%	13%	19%	9%	19%	16%
		b		b			g							g	
NET: Some (2-4 days)	256	86	170	113	101	43	18	37	15	26	15	24	63	38	20
	56%	54%	57%	54%	62%	48%	54%	53%	47%	58%	68%	49%	65%	53%	50%
					c								c		
NET: Most 5+ days	136	44	91	57	47	32	6	24	13	12	4	16	25	21	14
	29%	27%	30%	27%	28%	37%	18%	34%	42%	26%	19%	33%	26%	29%	35%
									ae						
Base for stats	461	161	298	210	164	88	34	70	32	44	23	50	96	72	41
Median	3	3	3	3	3	4	3	3	4	3	3	3	3	3	3
Mean Score	3.52	3.39	3.58	3.32	3.55	3.92	3.06	3.76	4.32	3.53	3.34	3.43	3.43	3.36	3.52
						a			aeghi						
Standard Deviation	1.898	2.059	1.801	1.900	1.832	1.971	2.080	2.073	2.071	1.935	1.501	2.089	1.669	1.775	1.874
Standard Error	.084	.150	.100	.123	.134	.210	.352	.236	.316	.256	.261	.339	.164	.209	.248
Error variance	.01	.02	.01	.02	.02	.04	.12	.06	.10	.07	.07	.11	.03	.04	.06

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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

	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	515	59	157	120	83	51	45	336	179	399	14	44	37	2	7	104
Total	461	45	138	102	78	53	44	285	176	364	16	37	26	3	3	85
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	69	12	24	10	18	4	3	45	24	56	3	4	5	-	-	12
	15%	26%	17%	9%	23%	7%	6%	16%	14%	15%	21%	10%	21%	-	-	15%
		cefgh			cef											
2 days	86	6	33	22	9	17	1	60	26	67	3	10	4	-	-	17
	19%	12%	24%	21%	11%	32%	1%	21%	15%	18%	16%	27%	16%	-	-	19%
		f	dfh	f		adfh		df	f							
3 days	118	14	28	27	19	11	18	70	48	91	8	8	5	3	1	24
	26%	32%	20%	27%	24%	21%	41%	24%	28%	25%	49%	20%	17%	92%	22%	28%
							beg									
4 days	52	4	7	15	13	9	5	26	26	40	2	4	6	-	*	12
	11%	8%	5%	15%	16%	16%	10%	9%	15%	11%	12%	10%	22%	-	12%	14%
				b	b	b			b				a			
5 days	57	4	19	10	8	8	8	32	25	49	*	4	2	-	*	7
	12%	9%	14%	10%	10%	16%	19%	11%	14%	13%	2%	11%	8%	-	14%	8%
6 days	17	1	3	7	4	-	2	11	6	14	-	1	2	*	*	3
	4%	2%	2%	7%	5%	-	5%	4%	3%	4%	-	2%	6%	8%	11%	3%
7 days	61	5	25	12	8	4	8	41	20	47	-	7	3	-	1	11
	13%	11%	18%	11%	11%	7%	18%	14%	12%	13%	-	20%	10%	-	41%	13%
NET: Occasionally (1 day)	69	12	24	10	18	4	3	45	24	56	3	4	5	-	-	12
	15%	26%	17%	9%	23%	7%	6%	16%	14%	15%	21%	10%	21%	-	-	15%
		cefgh			cef											
NET: Some (2-4 days)	256	23	68	64	40	37	23	156	100	198	12	21	14	3	1	52
	56%	52%	49%	63%	51%	70%	52%	55%	57%	54%	77%	57%	55%	92%	34%	61%
				b		bdg										
NET: Most 5+ days	136	10	47	29	20	12	19	85	51	110	*	12	6	*	2	21
	29%	22%	34%	28%	25%	23%	42%	30%	29%	30%	2%	33%	24%	8%	66%	25%
							a									
Base for stats	461	45	138	102	78	53	44	285	176	364	16	37	26	3	3	85
Median	3	3	3	3	3	3	4	3	3	3	3	3	3	3	6	3
Mean Score	3.52	3.10	3.53	3.61	3.35	3.32	4.22	3.49	3.56	3.52	2.58	3.71	3.40	3.24	5.37	3.45
							abdegh									
Standard Deviation	1.898	1.896	2.080	1.798	1.911	1.589	1.733	1.956	1.806	1.900	1.050	2.048	1.924	.969	1.957	1.875
Standard Error	.084	.247	.166	.164	.210	.223	.258	.107	.135	.095	.281	.309	.316	.685	.740	.184
Error variance	.01	.06	.03	.03	.04	.05	.07	.01	.02	.01	.08	.10	.10	.47	.55	.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

	Total	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	
		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	461	234	107	104	211	17	18	82	345	116	431	24	50	206	180	25	411	81	318
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	69	33	19	17	36	3	2	10	55	14	65	3	4	29	31	5	66	6	56
	15%	14%	17%	17%	17%	18%	10%	12%	16%	12%	15%	11%	7%	14%	17%	20%	16%	8%	18% a
2 days	86	42	20	22	42	1	7	13	66	20	80	4	2	42	40	2	84	13	69
	19%	18%	19%	21%	20%	6%	36%	15%	19%	17%	18%	16%	5%	20% a	22% a	8%	20% a	17%	22%
3 days	118	72	22	20	42	3	2	25	88	30	109	8	22	51	40	6	97	28	66
	26%	31% bcd	20%	19%	20%	17%	12%	31%	26%	26%	25%	34%	43% bce	25%	22%	24%	24%	35% b	21%
4 days	52	27	11	14	24	5	3	6	37	15	49	3	6	19	24	3	46	13	32
	11%	12%	10%	13%	12%	30%	18%	8%	11%	12%	11%	11%	12%	9%	13%	13%	11%	17%	10%
5 days	57	27	18	12	31	1	2	9	46	11	55	1	5	30	16	6	52	7	43
	12%	11%	17%	12%	15%	4%	11%	11%	13%	10%	13%	6%	10%	15%	9%	24%	13%	8%	13%
6 days	17	4	3	3	6	3	-	6	8	9	16	1	2	8	7	-	15	5	10
	4%	2%	3%	3%	3%	19%	-	7% d	2%	8% d	4%	4%	4%	4%	4%	-	4%	6%	3%
7 days	61	29	14	15	30	1	2	14	44	17	57	4	9	27	23	3	52	8	43
	13%	12%	13%	15%	14%	6%	12%	17%	13%	15%	13%	18%	19%	13%	13%	10%	13%	10%	13%
NET: Occasionally (1 day)	69	33	19	17	36	3	2	10	55	14	65	3	4	29	31	5	66	6	56
	15%	14%	17%	17%	17%	18%	10%	12%	16%	12%	15%	11%	7%	14%	17%	20%	16%	8%	18% a
NET: Some (2-4 days)	256	141	53	56	108	9	12	44	191	65	238	15	30	111	104	11	226	55	167
	56%	60%	49%	54%	51%	53%	66%	54%	56%	56%	55%	62%	60%	54%	58%	45%	55%	68% b	52%
NET: Most 5+ days	136	59	36	31	67	5	4	28	98	37	129	7	16	66	45	9	119	20	95
	29%	25%	34%	30%	32%	30%	24%	34%	29%	32%	30%	28%	33%	32%	25%	34%	29%	24%	30%
Base for stats	461	234	107	104	211	17	18	82	345	116	431	24	50	206	180	25	411	81	318
Median	3	3	3	3	3	4	3	3	3	3	3	3	3	3	3	3	3	3	3
Mean Score	3.52	3.42	3.53	3.50	3.52	3.80	3.35	3.78	3.45	3.72	3.53	3.69	3.98	3.54	3.35	3.54	3.46	3.59	3.43
Standard Deviation	1.898	1.809	1.960	1.971	1.961	1.884	1.859	1.974	1.884	1.934	1.898	1.952	1.818	1.906	1.908	1.867	1.902	1.679	1.954
Standard Error	.084	.170	.133	.147	.099	.411	.351	.198	.098	.159	.087	.362	.321	.129	.124	.353	.087	.155	.104

Prepared by Savanta: ComRes

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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

	Total	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	
		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	461	234	107	104	211	17	18	82	345	116	431	24	50	206	180	25	411	81	318
	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	.17	.12	.04	.01	.03	.01	.13	.10	.02	.02	.12	.01	.02	.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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	*c	d	e	*f	a	b	*a	b	c	d	e	f	*g	h	i	j
Unweighted Total	515	55	62	21	365	130	6	421	94	9	34	62	95	66	95	28	126	223	249
Total	461	49	59	20	324	120	7	379	82	9	26	45	91	65	88	29	109	201	226
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	69	5	11	*	51	16	*	50	20	2	16	9	8	17	6	6	5	35	17
	15%	9%	19%	2%	16%	13%	5%	13%	24% a	21%	62% cdefhij	21% dfhj	9%	26% dfhj	6%	20%	5%	17%	8% fhj
2 days	86	12	9	3	57	23	*	72	14	3	1	23	21	15	7	4	12	59	24
	19%	24%	15%	17%	17%	20%	6%	19%	17%	30%	2%	50% bdefhij	23% bfhj	24% bfhj	8%	16%	11%	29% bfhj	11%
3 days	118	8	17	10	83	32	2	102	16	-	3	9	48	12	18	8	20	70	46
	26%	16%	30%	48%	26%	27%	31%	27%	19%	-	10%	20%	53% bcefhij	19%	21%	26%	19%	35% bcefhij	20%
4 days	52	10	5	1	34	16	-	42	9	2	4	1	8	17	9	4	8	26	20
	11%	20% d	8%	5%	11%	13%	-	11%	11%	25%	14% c	2%	9%	26% cdfhij	10% c	13%	7%	13% c	9% c
5 days	57	5	7	1	43	13	-	48	9	1	1	-	2	1	37	1	14	3	52
	12%	10%	12%	3%	13%	10%	-	13%	11%	12%	3%	-	3%	2%	42% bcdehij	4%	13% cdei	2%	23% bcdehi
6 days	17	4	6	1	10	7	4	16	1	-	*	-	2	2	3	5	5	4	13
	4%	9% d	10% d	5%	3%	6%	58%	4%	1%	-	2%	-	2%	3%	4%	17%	4%	2%	6% i
7 days	61	6	3	4	46	13	-	48	13	1	2	3	1	1	8	1	45	4	54
	13%	12%	6%	20%	14%	11%	-	13%	16%	11%	7% d	7% d	1%	1%	9% dei	4%	41% bcdefij	2%	24% bcdefi
NET: Occasionally (1 day)	69	5	11	*	51	16	*	50	20	2	16	9	8	17	6	6	5	35	17
	15%	9%	19%	2%	16%	13%	5%	13%	24% a	21%	62% cdefhij	21% dfhj	9%	26% dfhj	6%	20%	5%	17%	8% fhj
NET: Some (2-4 days)	256	29	31	14	174	71	2	217	39	5	7	33	77	45	35	16	40	154	90
	56%	60%	52%	70%	54%	60%	36%	57%	48%	55%	26%	72% bfhj	85% bcefhj	69% bfhj	39%	55%	37%	77% bfhj	40%
NET: Most 5+ days	136	15	17	6	98	32	4	113	23	2	3	3	5	3	48	7	64	12	119
	29%	31%	28%	27%	30%	27%	58%	30%	28%	23%	12%	7%	6%	5%	54% bcdei	25%	58% bcdei	6%	53% bcdei
Base for stats	461	49	59	20	324	120	7	379	82	9	26	45	91	65	88	29	109	201	226
Median	3	4	3	3	3	3	6	3	3	2	1	2	3	3	5	3	5	3	5
Mean Score	3.52	3.72	3.33	3.83	3.53	3.48	4.59	3.55	3.37	3.22	2.26	2.39	2.82 bc	2.66	4.19 bcdei	3.32	4.90 bcdefij	2.67	4.42 bcdei

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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	*c	d	e	*f	a	b	*a	b	c	d	e	f	*g	h	i	j
Unweighted Total	515	55	62	21	365	130	6	421	94	9	34	62	95	66	95	28	126	223	249
Total	461	49	59	20	324	120	7	379	82	9	26	45	91	65	88	29	109	201	226
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Standard Deviation	1.898	1.860	1.817	1.880	1.924	1.819	1.872	1.860	2.074	2.022	1.905	1.472	1.042	1.385	1.578	1.861	2.082	1.268	1.939
Standard Error	.084	.251	.231	.410	.101	.160	.764	.091	.214	.674	.327	.187	.107	.170	.162	.352	.185	.085	.123
Error variance	.01	.06	.05	.17	.01	.03	.58	.01	.05	.45	.11	.03	.01	.03	.03	.12	.03	.01	.02

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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

	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	515	285	79	147	412	33	403	51	380	60	407	42	336	82
Total	461	252	78	127	366	34	360	49	332	60	362	38	298	84
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	69	32	11	26	54	5	55	9	43	10	55	8	46	9
	15%	13%	14%	20% a	15%	14%	15%	19%	13%	16%	15%	22%	15%	11%
2 days	86	40	22	24	70	2	66	2	54	11	65	6	42	16
	19%	16%	29% a	19%	19% b	5%	18% b	3%	16%	19%	18%	15%	14%	19%
3 days	118	68	18	33	92	18	90	20	87	19	92	13	76	24
	26%	27%	22%	26%	25%	52% a	25%	41% a	26%	31%	25%	33%	25%	29%
4 days	52	29	7	16	40	2	43	2	37	7	44	4	34	11
	11%	12%	9%	12%	11%	5%	12%	5%	11%	11%	12%	11%	11%	13%
5 days	57	30	12	14	51	2	46	4	52	3	48	2	46	7
	12%	12%	16%	11%	14%	5%	13%	9%	16% b	4%	13%	4%	16%	8%
6 days	17	12	*	5	16	*	15	2	14	2	12	1	12	4
	4%	5%	*	4%	4%	1%	4%	4%	4%	3%	3%	3%	4%	5%
7 days	61	41	8	10	44	6	45	10	44	8	46	4	41	12
	13%	16% c	10%	8%	12%	18%	12%	20%	13%	14%	13%	11%	14%	14%
NET: Occasionally (1 day)	69	32	11	26	54	5	55	9	43	10	55	8	46	9
	15%	13%	14%	20% a	15%	14%	15%	19%	13%	16%	15%	22%	15%	11%
NET: Some (2-4 days)	256	137	47	72	202	21	199	24	178	37	201	23	152	52
	56%	54%	60%	57%	55%	62%	55%	49%	54%	62%	56%	59%	51%	62%
NET: Most 5+ days	136	83	20	29	110	8	106	16	111	13	105	7	100	23
	29%	33% c	26%	23%	30%	24%	29%	33%	33%	22%	29%	19%	34%	27%
Base for stats	461	252	78	127	366	34	360	49	332	60	362	38	298	84
Median	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Mean Score	3.52	3.73 bc	3.24	3.17	3.51	3.56	3.51	3.72	3.66	3.34	3.50	3.16	3.66	3.58
Standard Deviation	1.898	1.938	1.783	1.774	1.868	1.898	1.881	2.067	1.875	1.902	1.875	1.865	1.913	1.863
Standard Error	.084	.115	.201	.146	.092	.330	.094	.289	.096	.245	.093	.288	.104	.206
Error variance	.01	.01	.04	.02	.01	.11	.01	.08	.01	.06	.01	.08	.01	.04

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	479	198	278	219	144	115	25	65	47	61	31	42	87	69	51
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	70	29	40	36	22	13	3	5	3	19	4	9	11	12	4
	15%	15%	14%	16%	15%	11%	10%	8%	7%	31% bcegi	13%	20%	13%	17%	9%
2 days	99	33	66	55	17	26	5	17	6	9	3	9	20	16	13
	21%	16%	24% a	25% b	12%	23% b	22%	26% e	13%	16%	8%	20%	24% e	23% e	26% e
3 days	100	39	61	51	30	19	5	15	6	8	10	8	19	15	15
	21%	20%	22%	23%	21%	17%	19%	23%	13%	13%	31% cd	19%	22%	21%	30% cd
4 days	65	32	31	24	26	15	1	6	10	13	4	3	12	8	10
	14%	16%	11%	11%	18%	13%	3%	9%	21%	21%	12%	7%	14%	11%	20%
5 days	58	26	32	21	24	13	5	8	8	4	3	4	14	9	2
	12%	13%	11%	10%	17% a	11%	22%	13%	16% i	7%	9%	11%	16% i	12%	4%
6 days	21	8	13	11	5	6	5	4	3	1	3	-	3	2	1
	4%	4%	5%	5%	3%	5%	20%	6%	6%	2%	9%	-	4%	2%	1%
7 days	65	30	35	21	21	23	1	10	11	6	6	10	6	9	5
	14%	15%	13%	9%	14%	20% a	5%	16%	23% g	11%	18% g	24% g	7%	13%	10%
NET: Occasionally (1 day)	70	29	40	36	22	13	3	5	3	19	4	9	11	12	4
	15%	15%	14%	16%	15%	11%	10%	8%	7%	31% bcegi	13%	20%	13%	17%	9%
NET: Some (2-4 days)	264	104	159	131	73	61	11	38	22	30	16	19	52	38	38
	55%	52%	57%	60%	51%	53%	43%	58%	47%	50%	51%	46%	59%	55%	75% bcdefgh
NET: Most 5+ days	144	64	80	53	49	42	12	22	22	12	11	15	24	19	8
	30%	33%	29%	24%	34% a	36% a	46%	34% i	46% dghi	19%	36%	34% i	28%	27%	16%
Base for stats	479	198	278	219	144	115	25	65	47	61	31	42	87	69	51
Median	3	3	3	3	4	3	3	3	4	3	3	3	3	3	3
Mean Score	3.55	3.70	3.46	3.26	3.76 a	3.86 a	3.82	3.71	4.39 dghi	3.06	3.96 d	3.62	3.37	3.35	3.32
Standard Deviation	1.919	1.948	1.900	1.822	1.895	2.059	1.879	1.932	1.929	1.945	2.001	2.242	1.721	1.921	1.653
Standard Error	.084	.128	.112	.119	.148	.189	.355	.225	.276	.253	.305	.409	.171	.225	.210
Error variance	.01	.02	.01	.01	.02	.04	.13	.05	.08	.06	.09	.17	.03	.05	.04

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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

	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
											Ethnicity					
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	479	56	135	100	70	42	77	290	188	381	11	47	24	4	2	88
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	70	4	13	12	13	15	13	29	41	56	1	2	7	3	-	12
	15%	8%	10%	12%	18%	36%	17%	10%	22%	15%	9%	4%	27%	77%	-	14%
						g	abcdfgh			abcg						
2 days	99	11	29	21	15	8	15	61	38	76	1	15	2	1	-	18
	21%	20%	22%	21%	22%	20%	19%	21%	20%	20%	9%	32%	7%	23%	-	21%
3 days	100	14	30	30	7	10	8	74	26	84	3	10	3	-	-	16
	21%	26%	22%	30%	10%	24%	11%	26%	14%	22%	27%	21%	13%	-	-	18%
		dfh	dfh	dfh		d		dfh								
4 days	65	8	13	14	11	4	15	35	30	51	-	8	4	-	1	12
	14%	15%	10%	14%	16%	9%	19%	12%	16%	13%	-	17%	16%	-	23%	14%
							b									
5 days	58	5	24	11	12	1	6	39	19	50	4	1	2	-	1	7
	12%	9%	17%	11%	17%	3%	8%	13%	10%	13%	42%	1%	7%	-	25%	8%
			eh		e				e	c						
6 days	21	1	9	3	1	3	4	14	8	18	*	-	3	-	-	4
	4%	2%	7%	3%	1%	6%	5%	5%	4%	5%	3%	-	14%	-	-	4%
7 days	65	12	17	9	11	1	16	38	27	46	1	12	4	-	1	18
	14%	21%	13%	9%	16%	1%	21%	13%	14%	12%	10%	25%	15%	-	52%	20%
		ce	e		e		ce	e	e			a				a
NET: Occasionally (1 day)	70	4	13	12	13	15	13	29	41	56	1	2	7	3	-	12
	15%	8%	10%	12%	18%	36%	17%	10%	22%	15%	9%	4%	27%	77%	-	14%
						g	abcdfgh			abcg						
NET: Some (2-4 days)	264	34	72	64	33	23	38	170	94	211	4	33	9	1	1	47
	55%	60%	54%	65%	48%	54%	49%	59%	50%	55%	36%	70%	36%	23%	23%	53%
				dfh												
NET: Most 5+ days	144	18	49	23	23	4	26	90	54	114	6	12	9	-	2	29
	30%	32%	37%	23%	34%	10%	34%	31%	28%	30%	55%	26%	37%	-	77%	33%
		e	ce		e		e	e	e							
Base for stats	479	56	135	100	70	42	77	290	188	381	11	47	24	4	2	88
Median	3	3	3	3	3	2	4	3	3	3	5	3	4	1	7	3
Mean Score	3.55	3.87	3.74	3.37	3.57	2.47	3.82	3.64	3.42	3.52	4.08	3.76	3.73	1.23	5.81	3.75
		e	e	e	e		e	e	e							
Standard Deviation	1.919	1.965	1.866	1.704	2.029	1.550	2.135	1.837	2.037	1.883	1.783	2.036	2.235	.496	1.669	2.080
Standard Error	.084	.254	.147	.167	.221	.242	.259	.102	.147	.092	.460	.297	.466	.287	.834	.217
Error variance	.01	.06	.02	.03	.05	.06	.07	.01	.02	.01	.21	.09	.22	.08	.70	.05

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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

	Total	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	
		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	519	135	222	152	374	14	24	120	361	158	495	20	35	244	209	31	484	128	346
Total	479	256	114	83	198	13	21	100	345	134	458	18	48	243	161	26	431	95	324
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	70	37	17	15	33	1	-	12	57	13	64	5	8	32	26	4	62	13	46
	15%	15%	15%	18%	17%	9%	-	12%	17% e	10%	14%	27%	18%	13%	16%	14%	14%	13%	14%
2 days	99	62	21	11	32	4	2	24	68	31	97	2	8	54	37	1	91	21	65
	21%	24% cd	18%	13%	16%	32%	11%	24%	20%	23%	21%	12%	17%	22% d	23% d	2%	21% d	23%	20%
3 days	100	55	27	15	43	1	10	17	73	27	97	2	7	56	30	8	93	16	76
	21%	21%	24%	19%	22%	5%	47%	17%	21%	20%	21%	12%	14%	23%	18%	29%	22%	17%	24%
4 days	65	25	19	10	29	4	3	12	45	20	61	4	7	35	18	6	58	21	34
	14%	10%	17%	12%	15%	34%	16%	12%	13%	15%	13%	21%	15%	14%	11%	22%	14%	22% b	11%
5 days	58	33	10	15	25	1	1	13	42	16	57	*	8	24	22	3	49	8	41
	12%	13%	9%	18% b	13%	11%	5%	13%	12%	12%	12%	2%	18%	10%	14%	12%	11%	8%	13%
6 days	21	16	4	1	5	-	3	3	15	6	18	3	5	12	5	-	16	2	15
	4%	6% cd	4%	1%	3%	-	13%	3%	4%	5%	4%	17%	11% c	5%	3%	-	4%	2%	5%
7 days	65	28	15	15	31	1	2	18	44	21	63	2	4	31	25	6	61	13	47
	14%	11%	13%	18%	15%	10%	8%	18%	13%	16%	14%	9%	8%	13%	15%	22%	14%	14%	15%
NET: Occasionally (1 day)	70	37	17	15	33	1	-	12	57	13	64	5	8	32	26	4	62	13	46
	15%	15%	15%	18%	17%	9%	-	12%	17% e	10%	14%	27%	18%	13%	16%	14%	14%	13%	14%
NET: Some (2-4 days)	264	142	67	37	104	9	15	54	186	78	256	8	22	144	84	14	242	59	175
	55%	55%	59% c	44%	53%	71%	74%	54%	54%	58%	56%	45%	46%	59%	52%	53%	56%	62%	54%
NET: Most 5+ days	144	77	29	31	61	3	5	35	101	43	139	5	18	66	51	9	126	23	103
	30%	30%	26%	38% b	31%	21%	26%	35%	29%	32%	30%	28%	37%	27%	32%	34%	29%	24%	32%
Base for stats	479	256	114	83	198	13	21	100	345	134	458	18	48	243	161	26	431	95	324
Median	3	3	3	3	3	4	3	3	3	3	3	3	4	3	3	4	3	3	3

Savanta: ComRes

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

| | Total | 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 | |
		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	519	135	222	152	374	14	24	120	361	158	495	20	35	244	209	31	484	128	346
Total	479	256	114	83	198	13	21	100	345	134	458	18	48	243	161	26	431	95	324
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	3.55	3.44	3.50	3.75	3.60	3.46	3.87	3.73	3.49	3.73	3.56	3.47	3.63	3.50	3.53	4.03	3.54	3.51	3.60
Standard Deviation	1.919	1.887	1.890	2.055	1.960	1.752	1.513	2.010	1.922	1.909	1.913	2.122	1.922	1.870	1.991	1.951	1.921	1.871	1.945
Standard Error	.084	.162	.127	.167	.101	.468	.309	.184	.101	.152	.086	.474	.325	.120	.138	.350	.087	.165	.105
Error variance	.01	.03	.02	.03	.01	.22	.10	.03	.01	.02	.01	.23	.11	.01	.02	.12	.01	.03	.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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	*c	d	e	*f	a	b	*a	b	c	d	e	f	*g	h	i	j
Unweighted Total	519	57	68	19	369	133	9	423	96	22	32	63	94	62	96	20	130	219	246
Total	479	46	64	18	346	118	9	389	90	18	25	66	89	53	95	21	113	207	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	70	5	10	-	49	13	2	59	12	8	14	21	7	7	6	2	5	35	13
	15%	10%	16%	-	14%	11%	24%	15%	13%	44%	57%	32%	8%	13%	6%	11%	4%	17%	6%
											cdefhij	defhij		hj					dfhj
2 days	99	12	13	4	72	27	3	77	22	1	3	28	34	12	10	1	11	73	21
	21%	26%	21%	24%	21%	23%	30%	20%	25%	4%	14%	43%	38%	22%	10%	3%	10%	35%	9%
												befhj	befhj	fhj				bfhj	
3 days	100	8	10	8	74	26	*	83	17	5	2	11	36	10	16	3	18	56	37
	21%	18%	15%	46%	21%	22%	4%	21%	19%	30%	8%	16%	40%	18%	17%	14%	16%	27%	16%
													bcefhij					bhj	
4 days	65	11	13	1	40	21	4	55	10	3	1	2	8	20	22	*	9	31	31
	14%	24%	21%	7%	12%	18%	39%	14%	11%	17%	3%	4%	10%	38%	23%	2%	8%	15%	13%
		d	d											bcdfhij	bcdhj			ch	c
5 days	58	1	6	1	49	7	-	50	7	-	1	1	3	3	30	7	14	6	51
	12%	3%	9%	6%	14%	6%	-	13%	8%	-	3%	1%	3%	6%	31%	34%	12%	3%	22%
					ae										bcdehi		cdi		bcdehi
6 days	21	4	2	3	13	9	-	14	7	1	2	3	1	*	6	2	6	4	14
	4%	8%	3%	15%	4%	7%	-	4%	8%	5%	9%	4%	1%	1%	7%	10%	5%	2%	6%
											dei				di				di
7 days	65	5	9	*	50	14	*	50	15	-	2	1	-	1	6	5	51	1	62
	14%	11%	15%	2%	15%	12%	3%	13%	16%	-	7%	1%	-	1%	6%	26%	45%	1%	27%
											di				di		bcdefij		bcdefi
NET: Occasionally (1 day)	70	5	10	-	49	13	2	59	12	8	14	21	7	7	6	2	5	35	13
	15%	10%	16%	-	14%	11%	24%	15%	13%	44%	57%	32%	8%	13%	6%	11%	4%	17%	6%
											cdefhij	defhij		hj					dfhj
NET: Some (2-4 days)	264	31	36	14	185	75	7	215	49	9	6	41	78	42	47	4	38	160	89
	55%	68%	57%	77%	53%	63%	73%	55%	55%	50%	25%	62%	88%	79%	50%	18%	33%	77%	39%
		d										bhj	bcfhij	bcfhj	bh			bcfhj	
NET: Most 5+ days	144	10	17	4	112	30	*	115	29	1	5	4	4	4	42	14	71	12	127
	30%	22%	27%	23%	32%	26%	3%	30%	32%	5%	18%	6%	4%	8%	44%	71%	63%	6%	56%
											di				bcdei		bcdefi		bcdei
Base for stats	479	46	64	18	346	118	9	389	90	18	25	66	89	53	95	21	113	207	228
Median	3	3	3	3	3	3	2	3	3	3	1	2	3	3	4	5	6	2	5
Mean Score	3.55	3.51	3.55	3.47	3.60	3.57	2.74	3.53	3.66	2.40	2.35	2.16	2.64	3.08	4.07	4.80	5.10	2.60	4.65
												c	bcdi	bcdei			bcdefij	c	bcdefi

Savanta: ComRes

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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	*c	d	e	*f	a	b	*a	b	c	d	e	f	*g	h	i	j
Unweighted Total	519	57	68	19	369	133	9	423	96	22	32	63	94	62	96	20	130	219	246
Total	479	46	64	18	346	118	9	389	90	18	25	66	89	53	95	21	113	207	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Standard Deviation	1.919	1.822	1.962	1.454	1.939	1.853	1.540	1.895	2.029	1.486	2.050	1.265	.940	1.290	1.504	1.987	2.032	1.190	1.884
Standard Error	.084	.241	.238	.334	.101	.161	.513	.092	.207	.317	.362	.159	.097	.164	.154	.444	.178	.080	.120
Error variance	.01	.06	.06	.11	.01	.03	.26	.01	.04	.10	.13	.03	.01	.03	.02	.20	.03	.01	.01

Savanta:
ComRes

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

	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	519	245	104	168	430	24	424	45	395	44	410	36	348	89
Total	479	224	106	145	402	20	396	42	365	35	381	29	334	80
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	70	24	17	29	56	2	51	9	50	2	52	5	42	18
	15%	11%	16%	20% a	14%	9%	13%	21%	14%	5%	14%	19%	12%	22% a
2 days	99	50	14	34	85	5	81	10	73	8	76	10	68	11
	21%	22% b	13%	24% b	21%	23%	21%	24%	20%	22%	20%	33%	20%	14%
3 days	100	45	18	37	83	6	87	8	77	11	80	6	76	12
	21%	20%	17%	25%	21%	27%	22%	18%	21%	31%	21%	19%	23%	15%
4 days	65	31	19	15	54	4	57	5	50	4	56	2	44	14
	14%	14%	18%	10%	13%	18%	14%	11%	14%	10%	15%	8%	13%	18%
5 days	58	26	21	10	53	*	52	2	43	4	52	1	43	7
	12%	12%	20% c	7%	13%	2%	13%	5%	12%	12%	14%	4%	13%	9%
6 days	21	9	5	4	17	3	14	4	15	4	10	*	15	6
	4%	4%	5%	3%	4%	13%	4%	9%	4%	12% a	3%	1%	4%	8%
7 days	65	38	12	15	55	1	54	4	58	3	55	4	46	12
	14%	17%	11%	10%	14%	7%	14%	11%	16%	8%	15%	15%	14%	15%
NET: Occasionally (1 day)	70	24	17	29	56	2	51	9	50	2	52	5	42	18
	15%	11%	16%	20% a	14%	9%	13%	21%	14%	5%	14%	19%	12%	22% a
NET: Some (2-4 days)	264	127	51	86	221	14	226	23	199	22	212	18	189	37
	55%	57%	48%	60%	55%	68%	57%	54%	55%	64%	56%	60%	56%	46%
NET: Most 5+ days	144	74	38	30	125	5	120	11	115	11	117	6	104	25
	30%	33% c	36% c	20%	31%	22%	30%	25%	32%	31%	31%	21%	31%	32%
Base for stats	479	224	106	145	402	20	396	42	365	35	381	29	334	80
Median	3	3	4	3	3	3	3	3	3	3	3	2	3	3
Mean Score	3.55	3.74 c	3.70 c	3.11	3.58	3.48	3.59	3.24	3.65	3.69	3.60	3.12	3.62	3.61
Standard Deviation	1.919	1.953	1.871	1.829	1.914	1.758	1.880	1.993	1.960	1.707	1.908	2.008	1.893	2.090
Standard Error	.084	.125	.183	.141	.092	.359	.091	.297	.099	.257	.094	.335	.101	.222
Error variance	.01	.02	.03	.02	.01	.13	.01	.09	.01	.07	.01	.11	.01	.05

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

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	c	d	e	*f	g	h	i
Unweighted Total	374	166	208	157	168	49	18	37	34	48	32	24	72	58	51
Total	276 100%	125 100%	151 100%	109 100%	127 100%	40 100%	12 100%	24 100%	24 100%	37 100%	21 100%	28 100%	52 100%	42 100%	36 100%
1 day	52 19%	18 15%	33 22%	19 18%	25 19%	7 18%	2 16%	2 10%	1 5%	4 11%	4 17%	3 10%	19 36% bcd	10 23% c	7 20%
2 days	67 24%	27 22%	40 26%	30 27% b	21 17%	16 40% b	4 36%	6 25%	10 43% ghi	15 41% ghi	4 20%	8 29%	8 16%	5 12%	5 13%
3 days	55 20%	29 23%	26 17%	23 21%	28 22% c	3 9%	1 7%	4 17%	8 31% d	2 6%	6 28% d	9 31%	11 20% d	7 17%	8 22% d
4 days	29 11%	14 11%	15 10%	10 9%	14 11%	5 13%	1 11%	1 4%	1 3%	4 12%	1 5%	1 2%	4 7%	12 28% bcdeg	5 13%
5 days	31 11%	17 13%	14 9%	16 15%	12 9%	2 6%	2 14%	2 9%	* 2%	9 23% cei	1 5%	3 12%	6 12%	5 12%	2 6%
6 days	9 3%	4 3%	5 3%	2 2%	7 5%	- -	- -	3 13% eghi	1 5%	1 3%	- -	1 4%	2 3%	- -	1 2%
7 days	34 12%	16 13%	19 12%	9 8%	20 16% a	6 14%	2 17%	5 20% dg	3 11%	2 4%	5 24% dgh	3 12%	3 6%	3 8%	9 24% dgh
NET: Occasionally (1 day)	52 19%	18 15%	33 22%	19 18%	25 19%	7 18%	2 16%	2 10%	1 5%	4 11%	4 17%	3 10%	19 36% bcd	10 23% c	7 20%
NET: Some (2-4 days)	151 55%	70 56%	80 53%	62 57%	64 50%	25 62%	6 53%	11 47%	19 77% begi	22 58%	11 53%	17 62%	23 43%	24 57%	17 48%
NET: Most 5+ days	74 27%	36 29%	38 25%	27 25%	39 31%	8 20%	4 30%	10 43% cgh	4 17%	11 30%	6 30%	8 28%	11 21%	8 20%	11 31%
Base for stats	276	125	151	109	127	40	12	24	37	21	28	52	42	36	
Median	3	3	3	3	3	2	2	3	3	2	3	3	2	3	3
Mean Score	3.31	3.46	3.18	3.14	3.54	3.03	3.37	3.98 g	3.11	3.20	3.59 g	3.37	2.76	3.25	3.72 g
Standard Deviation	1.933	1.888	1.967	1.774	2.045	1.948	2.136	2.178	1.730	1.704	2.215	1.853	1.839	1.741	2.220
Standard Error	.100	.147	.136	.142	.158	.278	.504	.358	.297	.246	.392	.378	.217	.229	.311
Error variance	.01	.02	.02	.02	.02	.08	.25	.13	.09	.06	.15	.14	.05	.05	.10

Savanta: ComRes

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

	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	374	50	114	85	63	30	32	249	125	296	10	42	18	1	4	75
Total	276	33	83	54	52	21	33	171	105	218	9	30	14	3	2	57
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	52	10	17	3	9	7	5	31	21	41	1	4	6	-	-	11
	19%	31%	21%	6%	17%	36%	14%	18%	20%	19%	7%	15%	44%	-	-	19%
		cg	c		c	cdg		c	c							
2 days	67	3	17	17	15	3	11	38	29	54	*	7	5	-	*	13
	24%	10%	21%	31%	30%	15%	33%	22%	28%	25%	4%	25%	33%	-	19%	22%
				a	a		a		a							
3 days	55	5	21	10	8	4	6	37	18	42	3	7	1	-	1	12
	20%	15%	26%	19%	16%	18%	17%	22%	17%	19%	39%	23%	9%	-	31%	21%
4 days	29	5	8	6	5	1	4	19	10	22	1	5	1	-	-	7
	11%	14%	10%	12%	9%	6%	12%	11%	9%	10%	8%	19%	4%	-	-	12%
5 days	31	4	6	6	8	4	2	16	15	24	1	1	1	3	-	6
	11%	13%	7%	11%	16%	19%	7%	9%	14%	11%	6%	5%	5%	100%	-	10%
					b	b										
6 days	9	2	1	3	2	1	-	6	2	6	-	2	1	-	-	3
	3%	6%	1%	6%	4%	3%	-	4%	2%	3%	-	7%	4%	-	-	4%
7 days	34	3	12	8	4	1	5	24	11	28	3	2	-	-	1	6
	12%	10%	15%	15%	8%	4%	17%	14%	10%	13%	36%	8%	-	-	50%	11%
NET: Occasionally (1 day)	52	10	17	3	9	7	5	31	21	41	1	4	6	-	-	11
	19%	31%	21%	6%	17%	36%	14%	18%	20%	19%	7%	15%	44%	-	-	19%
		cg	c		c	cdg		c	c							
NET: Some (2-4 days)	151	13	47	34	28	8	20	94	57	119	4	20	6	-	1	31
	55%	40%	56%	62%	55%	39%	62%	55%	54%	54%	51%	66%	46%	-	50%	55%
				ae												
NET: Most 5+ days	74	10	19	17	14	5	8	46	28	58	4	6	1	3	1	15
	27%	29%	23%	32%	28%	26%	24%	27%	26%	27%	42%	19%	10%	100%	50%	26%
Base for stats	276	33	83	54	52	21	33	171	105	218	9	30	14	3	2	57
Median	3	3	3	3	3	2	3	3	3	3	4	3	2	5	3	3
Mean Score	3.31	3.27	3.24	3.69	3.21	2.83	3.33	3.39	3.17	3.30	4.47	3.25	2.06	5.00	4.81	3.31
				e												
Standard Deviation	1.933	2.053	1.976	1.899	1.833	1.861	1.993	1.966	1.880	1.946	2.181	1.760	1.416	*	3.265	1.918
Standard Error	.100	.290	.185	.206	.231	.340	.352	.125	.168	.113	.690	.272	.334	*	1.633	.221
Error variance	.01	.08	.03	.04	.05	.12	.12	.02	.03	.01	.48	.07	.11	*	2.67	.05

Savanta:
ComRes

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

	Total	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	
		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	276	81	88	93	181	12	18	63	183	94	255	14	11	136	114	16	266	74	186
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	52	22	14	10	24	1	2	8	40	12	48	2	4	29	16	3	47	10	35
	19%	27% cd	16%	11%	13%	10%	12%	13%	22% e	13%	19%	13%	38%	21%	14%	18%	18%	13%	19%
2 days	67	28	15	21	36	1	5	19	42	25	61	4	5	31	25	5	62	16	45
	24%	35% bd	17%	22%	20%	12%	29%	29%	23%	27%	24%	31%	46%	23%	22%	33%	23%	21%	24%
3 days	55	9	24	21	45	3	5	8	38	17	50	4	1	29	23	3	54	17	36
	20%	12%	28% a	23%	25%	25%	30%	13%	21%	18%	20%	31%	7%	21%	20%	16%	20%	23%	20%
4 days	29	7	9	13	22	3	1	9	16	13	28	1	-	13	16	*	29	7	22
	11%	9%	11%	14%	12%	24%	7%	14%	9%	14%	11%	9%	-	9%	14%	2%	11%	10%	12%
5 days	31	6	8	10	18	3	2	8	18	12	27	-	*	12	15	4	30	15	15
	11%	8%	9%	10%	10%	26%	9%	12%	10%	13%	11%	-	4%	9%	13%	23%	11%	20% b	8%
6 days	9	-	4	5	9	*	-	2	6	2	8	*	-	5	4	-	9	3	5
	3%	-	4%	5%	5%	3%	-	3%	3%	2%	3%	3%	-	3%	3%	-	3%	4%	3%
7 days	34	8	13	14	27	-	2	9	23	11	33	2	1	18	15	1	34	7	27
	12%	9%	15%	15%	15%	-	12%	15%	13%	12%	13%	14%	5%	13%	13%	8%	13%	9%	15%
NET: Occasionally (1 day)	52	22	14	10	24	1	2	8	40	12	48	2	4	29	16	3	47	10	35
	19%	27% cd	16%	11%	13%	10%	12%	13%	22% e	13%	19%	13%	38%	21%	14%	18%	18%	13%	19%
NET: Some (2-4 days)	151	45	49	55	103	8	12	36	95	55	139	10	6	73	64	8	145	40	103
	55%	56%	56%	59%	57%	61%	66%	57%	52%	59%	55%	71%	52%	54%	57%	51%	55%	54%	55%
NET: Most 5+ days	74	14	25	28	53	4	4	19	48	26	68	2	1	35	33	5	73	25	47
	27%	17%	29%	30%	29%	29%	22%	30%	26%	28%	27%	16%	9%	25%	29%	31%	27%	33%	26%
Base for stats	276	81	88	93	181	12	18	63	183	94	255	14	11	136	114	16	266	74	186
Median	3	2	3	3	3	4	3	3	3	3	3	3	2	3	3	2	3	3	3
Mean Score	3.31	2.74	3.54 a	3.64 a	3.59 a	3.52	3.21	3.50	3.24	3.45	3.31	3.16	2.08	3.25	3.52	3.11	3.36	3.51	3.33
Standard Deviation	1.933	1.823	1.961	1.911	1.931	1.392	1.832	1.971	1.969	1.865	1.943	1.891	1.543	1.979	1.893	1.853	1.933	1.800	1.985
Standard Error	.100	.281	.153	.150	.107	.338	.359	.219	.125	.167	.105	.403	.488	.156	.140	.414	.101	.177	.125

Savanta:
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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

	Total	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	
		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	276	81	88	93	181	12	18	63	183	94	255	14	11	136	114	16	266	74	186
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Error variance	.01	.08	.02	.02	.01	.11	.13	.05	.02	.03	.01	.16	.24	.02	.02	.17	.01	.03	.02

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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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	*c	d	e	*f	a	b	*a	b	c	d	e	f	*g	h	i	j
Unweighted Total	374	52	59	20	250	113	14	309	65	19	31	59	62	51	60	13	79	172	152
Total	276	39	47	15	185	85	12	224	52	12	22	42	53	37	50	10	49	133	109
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	52	5	6	4	37	13	*	41	10	3	9	7	17	7	1	4	3	32	8
	19%	12%	13%	28%	20%	16%	3%	18%	20%	27%	40%	17%	32%	19%	3%	38%	5%	24%	7%
											cefhj	fhj	fhj	fhj					fhj
2 days	67	5	15	2	44	22	1	56	10	4	7	20	14	10	9	1	3	44	12
	24%	12%	33%	17%	24%	26%	6%	25%	20%	31%	31%	48%	27%	26%	18%	5%	6%	33%	11%
			a			a					hj	defhij	hj	hj	h			fhj	
3 days	55	8	6	4	38	15	2	43	12	3	2	6	16	7	12	2	7	29	20
	20%	19%	14%	25%	20%	18%	20%	19%	23%	22%	11%	15%	30%	19%	24%	19%	14%	22%	19%
													bch						
4 days	29	6	4	*	22	8	3	26	3	1	1	4	4	8	5	1	6	15	12
	11%	14%	9%	2%	12%	9%	22%	12%	6%	6%	5%	9%	7%	22%	10%	10%	12%	12%	11%
														d					
5 days	31	12	7	3	15	16	4	23	7	1	1	3	2	2	17	2	4	6	22
	11%	32%	14%	20%	8%	19%	31%	10%	14%	5%	5%	7%	3%	4%	33%	18%	8%	5%	21%
		bd				d									bcdehi				bcdehi
6 days	9	1	2	-	6	2	1	7	2	-	1	1	-	1	1	1	4	2	6
	3%	4%	4%	-	3%	2%	9%	3%	4%	-	5%	3%	-	1%	3%	5%	8%	1%	5%
																	di		
7 days	34	3	6	1	23	9	1	28	7	1	1	1	-	3	5	1	23	4	29
	12%	8%	13%	8%	13%	11%	8%	12%	13%	9%	2%	1%	-	9%	10%	5%	48%	3%	26%
														d	cdi		bcdefij		bcdefi
NET: Occasionally (1 day)	52	5	6	4	37	13	*	41	10	3	9	7	17	7	1	4	3	32	8
	19%	12%	13%	28%	20%	16%	3%	18%	20%	27%	40%	17%	32%	19%	3%	38%	5%	24%	7%
											cefhj	fhj	fhj	fhj					fhj
NET: Some (2-4 days)	151	18	26	7	103	45	6	125	25	7	10	30	34	25	26	4	15	89	45
	55%	46%	56%	44%	56%	53%	49%	56%	49%	59%	47%	71%	64%	66%	52%	34%	31%	67%	41%
												bfhj	hj	hj	h			bfhj	
NET: Most 5+ days	74	17	15	4	44	27	6	58	16	2	3	5	2	6	23	3	31	12	57
	27%	43%	31%	28%	24%	31%	48%	26%	31%	14%	13%	12%	3%	15%	45%	28%	64%	9%	52%
		d												d	bcdei		bcdefi		bcdei
Base for stats	276	39	47	15	185	85	12	224	52	12	22	42	53	37	50	10	49	133	109
Median	3	4	3	3	3	3	4	3	3	2	2	2	2	3	4	3	6	2	5
Mean Score	3.31	3.84	3.43	3.01	3.24	3.38	4.31	3.29	3.38	2.67	2.30	2.56	2.22	3.06	4.00	3.01	5.27	2.57	4.48
		d													di	bcdei		bcdefij		bcdei

Savanta: ComRes

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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	*c	d	e	*f	a	b	*a	b	c	d	e	f	*g	h	i	j
Unweighted Total	374	52	59	20	250	113	14	309	65	19	31	59	62	51	60	13	79	172	152
Total	276	39	47	15	185	85	12	224	52	12	22	42	53	37	50	10	49	133	109
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Standard Deviation	1.933	1.709	1.965	1.911	1.941	1.876	1.483	1.922	2.000	1.800	1.626	1.378	1.094	1.742	1.601	2.022	2.001	1.423	1.970
Standard Error	.100	.237	.256	.427	.123	.176	.396	.109	.248	.413	.292	.179	.139	.244	.207	.561	.225	.109	.160
Error variance	.01	.06	.07	.18	.02	.03	.16	.01	.06	.17	.09	.03	.02	.06	.04	.31	.05	.01	.03

Savanta:
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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

	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	374	164	79	126	283	23	279	40	262	46	271	34	208	71
Total	276	124	59	91	205	19	205	31	183	40	198	29	157	57
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	52	25	4	21	34	8	36	11	26	17	29	12	27	16
	19%	20%	8%	23%	17%	41%	17%	37%	14%	43%	15%	40%	17%	28%
		b		b				a		a		a		
2 days	67	25	17	25	48	3	53	6	40	7	53	4	32	20
	24%	20%	29%	27%	23%	16%	26%	20%	22%	18%	27%	12%	20%	35%
														a
3 days	55	28	13	13	46	2	39	4	39	9	44	2	37	5
	20%	22%	22%	15%	22%	11%	19%	13%	22%	22%	22%	7%	24%	9%
											b		b	
4 days	29	16	5	7	22	3	25	2	22	2	20	5	18	6
	11%	13%	9%	8%	11%	16%	12%	7%	12%	6%	10%	18%	12%	11%
5 days	31	13	7	11	22	1	21	3	23	3	19	5	17	3
	11%	11%	12%	12%	11%	8%	10%	11%	13%	7%	10%	17%	11%	6%
6 days	9	5	1	2	6	-	7	*	7	1	6	-	6	2
	3%	4%	2%	2%	3%	-	3%	1%	4%	3%	3%	-	4%	4%
7 days	34	12	11	11	28	1	25	3	26	1	26	2	19	5
	12%	9%	19%	13%	14%	8%	12%	10%	14%	2%	13%	6%	12%	9%
			a						b					
NET: Occasionally (1 day)	52	25	4	21	34	8	36	11	26	17	29	12	27	16
	19%	20%	8%	23%	17%	41%	17%	37%	14%	43%	15%	40%	17%	28%
		b		b				a		a		a		
NET: Some (2-4 days)	151	69	35	45	115	8	117	12	101	18	117	11	88	31
	55%	56%	59%	50%	56%	44%	57%	40%	55%	46%	59%	37%	56%	54%
							b				b			
NET: Most 5+ days	74	30	20	24	56	3	52	7	56	5	52	7	42	10
	27%	24%	33%	27%	27%	16%	25%	22%	31%	11%	26%	23%	27%	18%
									b					
Base for stats	276	124	59	91	205	19	205	31	183	40	198	29	157	57
Median	3	3	3	2	3	2	3	2	3	2	3	2	3	2
Mean Score	3.31	3.25	3.72	3.14	3.39	2.65	3.30	2.78	3.55	2.32	3.37	2.84	3.39	2.77
			c						b				b	
Standard Deviation	1.933	1.843	1.994	1.998	1.934	1.894	1.912	2.009	1.932	1.532	1.909	1.911	1.893	1.874
Standard Error	.100	.144	.224	.178	.115	.395	.114	.318	.119	.226	.116	.328	.131	.222
Error variance	.01	.02	.05	.03	.01	.16	.01	.10	.01	.05	.01	.11	.02	.05

Savanta: ComRes

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

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	*a	*b	c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	99	56	42	27	21	51	5	14	12	11	8	8	11	19	11
Total	107	55	51	33	18	56	3	17	14	18	5	11	12	19	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	17	10	7	9	2	7	*	1	3	2	1	-	3	4	2
	16%	18%	14%	26%	10%	12%	12%	7%	21%	13%	22%	-	26%	20%	25%
2 days	10	7	3	1	1	8	*	1	*	1	1	3	-	3	-
	9%	13%	6%	4%	7%	14%	12%	6%	2%	7%	26%	31%	-	14%	-
3 days	23	14	9	5	4	13	*	6	2	1	-	4	6	3	-
	21%	25%	18%	15%	23%	24%	18%	36%	16%	6%	-	39%	49%	14%	-
4 days	12	3	9	3	1	8	2	1	2	4	2	-	-	-	1
	11%	6%	17%	11%	3%	14%	58%	7%	13%	25%	39%	-	-	-	12%
5 days	15	3	12	6	3	7	-	4	-	2	*	2	*	5	3
	15%	6%	24% a	17%	16%	12%	-	21%	-	10%	7%	15%	3%	28%	29%
6 days	6	5	*	3	2	1	-	1	1	4	*	-	1	-	-
	6%	9%	1%	8%	12%	3%	-	4%	4%	21%	7%	-	9%	-	-
7 days	24	13	11	6	5	12	-	3	6	3	-	2	2	5	3
	22%	23%	21%	19%	29%	22%	-	20%	43%	17%	-	16%	14%	25%	34%
NET: Occasionally (1 day)	17	10	7	9	2	7	*	1	3	2	1	-	3	4	2
	16%	18%	14%	26%	10%	12%	12%	7%	21%	13%	22%	-	26%	20%	25%
NET: Some (2-4 days)	45	24	21	10	6	29	2	8	4	7	3	8	6	5	1
	42%	44%	40%	30%	33%	51%	88%	48%	31%	38%	65%	70%	49%	28%	12%
NET: Most 5+ days	45	21	24	14	10	21	-	8	7	9	1	3	3	10	6
	43%	38%	46%	44%	57%	37%	-	45%	48%	48%	14%	30%	25%	53%	63%
Base for stats	107	55	51	33	18	56	3	17	14	18	5	11	12	19	9
Median	4	3	4	4	5	4	4	4	4	4	4	3	3	5	5
Mean Score	4.05	3.89	4.19	3.87	4.60	3.98	3.23	4.19	4.55	4.43	3.04	3.61	3.34	4.01	4.56
Standard Deviation	2.101	2.227	1.972	2.229	2.124	2.026	1.344	1.884	2.518	2.006	1.744	1.825	2.091	2.301	2.437
Standard Error	.211	.298	.304	.429	.463	.284	.601	.503	.727	.605	.617	.645	.631	.528	.735
Error variance	.04	.09	.09	.18	.21	.08	.36	.25	.53	.37	.38	.42	.40	.28	.54

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

	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	99	5	22	21	15	7	29	48	51	85	4	3	3	-	1	11
Total	107	3	20	26	15	7	36	48	58	95	2	3	3	-	*	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
1 day	17	2	1	5	3	-	5	9	8	14	*	*	2	-	-	3
	16%	68%	6%	21%	19%	-	15%	18%	14%	15%	19%	11%	68%	-	-	34%
2 days	10	-	3	1	1	2	4	4	6	10	-	-	-	-	-	-
	9%	-	15%	4%	4%	26%	10%	8%	10%	10%	-	-	-	-	-	-
3 days	23	-	3	6	4	2	7	9	14	21	1	-	1	-	*	1
	21%	-	16%	23%	29%	27%	20%	18%	23%	22%	31%	-	16%	-	100%	17%
4 days	12	1	1	3	-	2	5	5	7	9	1	2	-	-	-	3
	11%	19%	3%	13%	-	32%	14%	9%	13%	10%	30%	72%	-	-	-	33%
5 days	15	-	9	1	3	-	3	9	6	15	-	1	-	-	-	1
	15%	-	44%	3%	21%	-	8%	19%	10%	16%	-	18%	-	-	-	7%
6 days	6	-	1	1	3	-	1	2	4	6	-	-	-	-	-	-
	6%	-	5%	5%	17%	-	4%	5%	7%	7%	-	-	-	-	-	-
7 days	24	*	2	8	2	1	10	11	13	20	*	-	1	-	-	1
	22%	13%	12%	31%	10%	15%	28%	22%	22%	21%	20%	-	17%	-	-	11%
NET: Occasionally (1 day)	17	2	1	5	3	-	5	9	8	14	*	*	2	-	-	3
	16%	68%	6%	21%	19%	-	15%	18%	14%	15%	19%	11%	68%	-	-	34%
NET: Some (2-4 days)	45	1	7	10	5	6	16	17	27	40	1	2	1	-	*	4
	42%	19%	33%	40%	33%	85%	45%	36%	47%	42%	61%	72%	16%	-	100%	49%
NET: Most 5+ days	45	*	12	10	7	1	15	22	23	41	*	1	1	-	-	2
	43%	13%	61%	39%	48%	15%	40%	46%	39%	43%	20%	18%	17%	-	-	17%
Base for stats	107	3	20	26	15	7	36	48	58	95	2	3	3	-	*	9
Median	4	1	5	4	3	3	4	4	4	4	3	4	1	-	3	3
Mean Score	4.05	2.33	4.27	4.13	3.90	3.64	4.15	4.08	4.03	4.06	3.72	3.86	2.32	-	3.00	3.20
Standard Deviation	2.101	2.613	1.747	2.350	2.061	1.716	2.196	2.139	2.088	2.075	2.835	1.264	2.631	-	-	2.008
Standard Error	.211	1.168	.373	.513	.532	.649	.408	.309	.292	.225	1.418	.730	1.519	-	-	.605
Error variance	.04	1.37	.14	.26	.28	.42	.17	.10	.09	.05	2.01	.53	2.31	-	-	.37

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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

	Total	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	
		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	99	49	29	20	49	4	5	25	65	34	93	5	9	54	32	4	90	15	70
Total	107	81	13	11	24	6	7	24	71	36	102	4	11	67	25	3	96	12	77
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	17	13	2	2	4	2	2	2	10	7	16	1	1	11	1	3	15	1	10
	16%	16%	12%	20%	16%	41%	36%	9%	14%	19%	15%	26%	13%	17%	6%	80%	16%	5%	13%
2 days	10	7	2	1	3	-	*	3	7	3	8	1	-	7	3	-	10	1	8
	9%	8%	19%	9%	14%	-	5%	12%	10%	9%	8%	28%	-	10%	14%	-	11%	13%	11%
3 days	23	18	3	2	5	3	1	3	15	7	23	-	-	19	3	*	23	2	21
	21%	22%	22%	18%	20%	48%	15%	15%	22%	20%	22%	-	-	29%	12%	11%	24%	17%	26%
4 days	12	8	1	1	2	-	3	3	6	6	11	1	2	6	3	-	10	1	9
	11%	10%	4%	10%	7%	-	44%	14%	8%	18%	11%	23%	19%	10%	14%	-	10%	5%	12%
5 days	15	11	3	1	5	-	-	7	9	7	15	-	2	9	4	*	14	3	11
	15%	14%	23%	14%	19%	-	-	29%	12%	19%	15%	-	13%	14%	18%	10%	15%	24%	14%
6 days	6	5	1	1	2	-	-	1	5	1	6	-	-	3	3	-	6	*	6
	6%	6%	7%	6%	7%	-	-	5%	7%	3%	6%	-	-	5%	13%	-	7%	3%	8%
7 days	24	19	2	2	4	1	-	4	19	4	23	1	6	11	6	-	17	4	12
	22%	24%	13%	23%	17%	10%	-	16%	27%	12%	22%	23%	55%	17%	25%	-	18%	34%	16%
NET: Occasionally (1 day)	17	13	2	2	4	2	2	2	10	7	16	1	1	11	1	3	15	1	10
	16%	16%	12%	20%	16%	41%	36%	9%	14%	19%	15%	26%	13%	17%	6%	80%	16%	5%	13%
NET: Some (2-4 days)	45	33	6	4	10	3	4	10	28	17	42	2	2	32	10	*	42	4	38
	42%	40%	45%	37%	41%	48%	64%	41%	39%	46%	41%	51%	19%	48%	39%	11%	44%	35%	49%
NET: Most 5+ days	45	35	6	5	10	1	-	12	33	12	44	1	8	24	14	*	38	7	29
	43%	43%	43%	43%	43%	10%	-	49%	47%	34%	43%	23%	68%	35%	55%	10%	39%	60%	38%
Base for stats	107	81	13	11	24	6	7	24	71	36	102	4	11	67	25	3	96	12	77
Median	4	4	3	4	4	3	3	4	4	4	4	2	7	3	5	1	3	5	3
Mean Score	4.05	4.10	3.80	3.99	3.88	2.58	2.68	4.18	4.25	3.66	4.09	3.35	5.40	3.74	4.60	1.60	3.89	4.73	3.90
Standard Deviation	2.101	2.141	2.002	2.301	2.094	1.946	1.465	1.865	2.177	1.913	2.090	2.586	2.161	2.005	1.970	1.513	2.047	2.078	1.943
Standard Error	.211	.306	.372	.514	.299	.973	.655	.373	.270	.328	.217	1.156	.720	.273	.348	.756	.216	.536	.232
Error variance	.04	.09	.14	.26	.09	.95	.43	.14	.07	.11	.05	1.34	.52	.07	.12	.57	.05	.29	.05

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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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		*a	*b	*c	d	*e	*f	a	b	*a	*b	*c	*d	*e	*f	*g	*h	i	j
Unweighted Total	99	13	14	2	68	27	1	69	30	7	12	9	17	7	16	4	27	33	47
Total	107	10	15	2	78	25	1	72	35	6	10	9	18	8	16	4	35	35	55
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	17	6	2	-	8	8	-	12	5	-	5	3	3	3	1	2	-	9	3
	16%	61%	15%	-	11%	33%	-	16%	15%	-	50%	35%	16%	32%	5%	55%	-	24%	6% j
2 days	10	1	*	-	8	2	-	9	1	1	3	4	*	*	-	-	2	4	2
	9%	12%	2%	-	10%	6%	-	13%	2%	17%	26%	43%	2%	4%	-	-	6%	12%	4%
3 days	23	1	1	-	21	2	-	14	9	1	2	*	13	-	5	-	1	13	7
	21%	8%	7%	-	26%	8%	-	19%	26%	21%	15%	3%	70%	-	34%	-	4%	37% j	12%
4 days	12	1	3	-	9	3	-	12	-	-	1	-	-	5	2	-	4	5	6
	11%	6%	19%	-	11%	14%	-	17% b	-	-	9%	-	-	60%	11%	-	12%	14%	11%
5 days	15	*	6	1	9	6	-	11	5	1	-	-	2	*	7	1	4	3	12
	15%	3%	39%	65%	12%	25%	-	15%	14%	10%	-	-	12%	4%	46%	25%	12%	7%	22%
6 days	6	-	-	-	6	-	-	2	4	1	-	-	-	-	-	-	5	-	5
	6%	-	-	-	8%	-	-	3%	12%	17%	-	-	-	-	-	-	15%	-	10%
7 days	24	1	3	1	17	4	1	12	11	2	-	2	-	-	1	1	18	2	20
	22%	10%	18%	35%	22%	15%	100%	17%	32%	36%	-	20%	-	-	4%	20%	52%	5%	36% i
NET: Occasionally (1 day)	17	6	2	-	8	8	-	12	5	-	5	3	3	3	1	2	-	9	3
	16%	61%	15%	-	11%	33%	-	16%	15%	-	50%	35%	16%	32%	5%	55%	-	24%	6% j
NET: Some (2-4 days)	45	3	4	-	37	7	-	35	10	2	5	4	13	5	7	-	8	23	15
	42%	26%	28%	-	48%	28%	-	49%	28%	37%	50%	46%	72%	64%	45%	-	21%	64% j	26%
NET: Most 5+ days	45	1	9	2	33	10	1	25	20	4	-	2	2	*	8	2	28	4	37
	43%	13%	57%	100%	42%	40%	100%	35%	58% a	63%	-	20%	12%	4%	50%	45%	79%	12%	68% i
Base for stats	107	10	15	2	78	25	1	72	35	6	10	9	18	8	16	4	35	35	55
Median	4	1	5	5	4	4	7	4	5	6	2	2	3	4	4	1	7	3	5
Mean Score	4.05	2.18	4.38	5.70	4.15	3.51	7.00	3.79	4.60	4.98	1.84	2.66	2.92	3.00	4.08	3.21	5.82	2.87	5.12 i
Standard Deviation	2.101	2.011	1.893	1.528	2.021	2.192	-	2.003	2.224	2.179	1.050	2.333	1.091	1.535	1.314	2.885	1.552	1.532	1.847
Standard Error	.211	.558	.506	1.081	.245	.422	-	.241	.406	.824	.303	.778	.265	.580	.329	1.442	.299	.267	.269
Error variance	.04	.31	.26	1.17	.06	.18	-	.06	.16	.68	.09	.60	.07	.34	.11	2.08	.09	.07	.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

	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	99	40	24	34	80	7	80	9	60	18	71	14	52	29
Total	107	48	26	33	84	5	85	8	68	14	77	11	51	31
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1 day	17	6	2	9	16	1	15	1	7	7	13	2	10	7
	16%	13%	8%	27%	19%	23%	18%	13%	11%	49%	17%	16%	19%	23%
2 days	10	3	3	4	5	1	6	2	3	2	4	4	6	2
	9%	6%	13%	11%	6%	13%	7%	25%	4%	17%	5%	38%	11%	7%
3 days	23	7	7	8	21	-	20	1	18	*	19	2	9	6
	21%	16%	26%	25%	25%	-	24%	7%	26%	3%	25%	17%	18%	18%
4 days	12	10	1	1	9	1	11	-	9	1	11	-	8	3
	11%	22% c	4%	2%	11%	20%	13%	-	13%	7%	14%	-	16%	9%
5 days	15	10	2	4	10	1	11	1	7	2	9	2	5	5
	15%	21%	7%	12%	12%	21%	13%	7%	10%	12%	12%	21%	10%	17%
6 days	6	3	2	1	6	-	5	2	6	-	5	-	5	1
	6%	5%	9%	4%	8%	-	5%	22%	9%	-	7%	-	10%	4%
7 days	24	9	8	6	16	1	17	2	18	2	16	1	9	7
	22%	18%	33%	20%	19%	24%	20%	26%	26%	11%	20%	9%	17%	22%
NET: Occasionally (1 day)	17	6	2	9	16	1	15	1	7	7	13	2	10	7
	16%	13%	8%	27%	19%	23%	18%	13%	11%	49%	17%	16%	19%	23%
NET: Some (2-4 days)	45	21	11	12	35	2	37	3	30	4	34	6	23	10
	42%	43%	43%	38%	42%	32%	44%	32%	44%	28%	44%	55%	44%	34%
NET: Most 5+ days	45	21	13	12	33	2	32	5	31	3	30	3	19	13
	43%	44%	49%	35%	39%	45%	38%	55%	46%	23%	39%	30%	37%	43%
Base for stats	107	48	26	33	84	5	85	8	68	14	77	11	51	31
Median	4	4	4	3	4	4	4	5	4	2	4	2	4	4
Mean Score	4.05	4.21	4.49	3.50	3.92	3.99	3.90	4.31	4.40	2.59	4.00	3.08	3.85	3.91
Standard Deviation	2.101	1.900	2.200	2.248	2.099	2.476	2.075	2.491	2.022	2.153	2.063	1.895	2.099	2.229
Standard Error	.211	.300	.449	.385	.235	.936	.232	.830	.261	.508	.245	.506	.291	.414
Error variance	.04	.09	.20	.15	.06	.88	.05	.69	.07	.26	.06	.26	.08	.17

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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	461	156	178	69	30	27	1	334	57
	100%	34%	39%	15%	7%	6%	*	72%	12%
Home activity, fitness or exercise not viewed online or on TV, DVD or video. (e.g. yoga, weights, exercise machines)	479	86	199	124	40	28	3	285	67
	100%	18%	42%	26%	8%	6%	1%	59%	14%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	276	49	114	55	30	27	1	164	57
	100%	18%	41%	20%	11%	10%	*	59%	21%
Running or jogging	358	67	124	84	57	24	1	192	81
	100%	19%	35%	24%	16%	7%	*	54%	23%
Other sport, exercise or physical activity	107	28	27	36	4	11	-	55	15
	100%	26%	26%	34%	4%	11%	-	52%	14%
Cycling (either for leisure or travel)	171	31	42	51	29	17	-	73	46
	100%	18%	25%	30%	17%	10%	-	43%	27%
Walking (either for leisure or travel)	1208	153	263	332	200	255	5	416	455
	100%	13%	22%	28%	17%	21%	*	34%	38%

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

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		1187	563	621	333	403	451	68	158	127	124	109	109	156	202	134
Total		1208	577	627	333	402	474	60	165	119	126	101	157	146	196	138
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	153	78	75	57	55	41	11	26	13	16	5	20	26	21	16
		13%	14%	12%	17%	14%	9%	18%	16%	11%	12%	5%	12%	18%	10%	12%
					c	c		e	e		e		e	eh		e
A bit more	(4.0)	263	112	150	79	89	95	14	36	25	28	29	40	30	39	22
		22%	19%	24%	24%	22%	20%	23%	22%	21%	22%	29%	26%	20%	20%	16%
												i				
Neither more nor less	(3.0)	332	161	172	71	101	160	16	36	41	34	31	49	24	56	45
		28%	28%	27%	21%	25%	34%	27%	22%	35%	27%	31%	31%	16%	29%	32%
							ab			bg	g	g	g		g	bg
A bit less	(2.0)	200	101	97	56	67	77	8	21	25	28	15	19	34	28	23
		17%	18%	16%	17%	17%	16%	13%	13%	21%	22%	14%	12%	23%	14%	16%
											bf			bfh		
A lot less	(1.0)	255	121	133	64	90	101	11	47	14	20	21	25	33	52	32
		21%	21%	21%	19%	22%	21%	19%	28%	12%	16%	20%	16%	22%	27%	23%
									cdf					c	cdf	c
Don't know		5	5	1	5	-	-	-	-	-	-	1	4	*	*	-
		*	1%	*	2%	-	-	-	-	-	-	1%	3%	*	*	-
					bc								bh			
NET: More		416	190	224	136	144	136	25	62	39	44	34	60	56	59	39
		34%	33%	36%	41%	36%	29%	41%	37%	32%	35%	33%	38%	38%	30%	28%
					c	c										
NET: Less		455	222	231	120	157	178	19	67	39	48	35	44	67	80	55
		38%	38%	37%	36%	39%	38%	32%	41%	33%	38%	35%	28%	46%	41%	40%
									f					cf	f	
Base for stats		1203	573	627	327	402	474	60	165	119	126	100	153	146	195	138
Mean Score		2.88	2.87	2.90	3.03	2.88	2.78	3.09	2.84	2.99	2.93	2.83	3.07	2.88	2.73	2.77
					c								h			
Standard Deviation		1.315	1.322	1.309	1.377	1.349	1.232	1.362	1.445	1.165	1.258	1.195	1.245	1.432	1.330	1.300
Standard Error		.038	.056	.053	.076	.067	.058	.165	.115	.103	.113	.116	.120	.115	.094	.112
Error variance		*	*	*	.01	*	*	.03	.01	.01	.01	.01	.01	.01	.01	.01

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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

		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		1208	70	292	283	167	142	255	644	564	1093	15	55	22	2	6	101
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	153	10	48	29	29	18	19	86	66	131	2	13	4	*	-	19
		13%	14%	16%	10%	18%	12%	8%	13%	12%	12%	10%	24%	19%	20%	-	19%
				cf		cf			f				a				a
A bit more	(4.0)	263	18	60	74	35	32	45	151	112	233	4	17	4	-	4	30
		22%	25%	20%	26%	21%	23%	18%	23%	20%	21%	25%	31%	19%	-	75%	30%
					fh												a
Neither more nor less	(3.0)	332	21	66	82	34	47	82	169	163	309	5	8	5	2	-	20
		28%	31%	23%	29%	21%	33%	32%	26%	29%	28%	32%	15%	22%	80%	-	20%
					d		bd	bd		bd	cg						
A bit less	(2.0)	200	7	50	37	40	15	50	94	106	182	4	5	5	-	1	15
		17%	9%	17%	13%	24%	11%	20%	15%	19%	17%	24%	10%	22%	-	25%	15%
						aceg		ae		ace							
A lot less	(1.0)	255	15	69	60	28	26	58	143	112	233	1	11	4	-	-	17
		21%	21%	24%	21%	17%	18%	23%	22%	20%	21%	9%	20%	18%	-	-	16%
Don't know		5	-	-	1	-	4	*	1	4	5	-	-	-	-	-	-
		*	-	-	*	-	3%	*	*	1%	*	-	-	-	-	-	-
							bcdfg										
NET: More		416	28	107	102	64	50	64	237	178	364	5	30	8	*	4	49
		34%	39%	37%	36%	39%	35%	25%	37%	32%	33%	36%	55%	38%	20%	75%	49%
			f	f	f	f			f				a				a
NET: Less		455	21	118	97	68	41	109	237	218	415	5	17	9	-	1	32
		38%	30%	41%	34%	41%	29%	43%	37%	39%	38%	32%	30%	40%	-	25%	32%
				e		e		ae									
Base for stats		1203	70	292	282	167	138	255	643	559	1088	15	55	22	2	6	101
Mean Score		2.88	3.02	2.89	2.91	2.99	3.00	2.67	2.91	2.85	2.86	3.05	3.28	3.00	3.40	3.51	3.20
			f		f	f	f		f				a				a
Standard Deviation		1.315	1.326	1.403	1.283	1.355	1.270	1.223	1.342	1.283	1.304	1.156	1.463	1.409	1.052	.947	1.361
Standard Error		.038	.146	.079	.078	.105	.116	.082	.052	.057	.040	.246	.195	.253	.526	.387	.125
Error variance		*	.02	.01	.01	.01	.01	.01	*	*	*	.06	.04	.06	.28	.15	.02

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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

		Total	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	
			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		1208	778	242	158	399	30	31	225	922	286	1151	47	168	724	296	20	1040	152	876
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	153	81	42	26	69	8	1	22	121	31	140	7	22	82	44	4	131	20	111
		13%	10%	18%	17%	17%	27%	5%	10%	13%	11%	12%	14%	13%	11%	15%	21%	13%	13%	13%
				a	a	a	bcde													
A bit more	(4.0)	263	162	56	41	97	5	11	54	193	70	256	6	30	147	81	5	233	38	192
		22%	21%	23%	26%	24%	15%	36%	24%	21%	25%	22%	12%	18%	20%	27%	24%	22%	25%	22%
								d								b				
Neither more nor less	(3.0)	332	235	55	28	83	9	5	57	261	71	321	11	45	222	63	2	287	43	242
		28%	30%	23%	18%	21%	28%	16%	25%	28%	25%	28%	23%	27%	31%	21%	11%	28%	28%	28%
			bcd												cd			cd		
A bit less	(2.0)	200	127	43	27	70	3	8	34	155	45	191	8	25	127	45	3	175	27	145
		17%	16%	18%	17%	18%	9%	26%	15%	17%	16%	17%	17%	15%	18%	15%	15%	17%	17%	17%
A lot less	(1.0)	255	168	44	34	78	6	5	57	187	68	237	16	46	145	58	6	209	24	181
		21%	22%	18%	22%	20%	20%	17%	25%	20%	24%	21%	34%	28%	20%	20%	28%	20%	16%	21%
													a							
Don't know		5	4	1	*	1	-	-	1	5	1	5	-	-	1	4	-	5	-	5
		*	1%	*	*	*	-	-	*	1%	*	*	-	-	*	1%	-	1%	-	1%
																b				
NET: More		416	243	99	67	166	13	13	76	314	102	397	12	52	230	125	9	364	58	303
		34%	31%	41%	43%	42%	42%	41%	34%	34%	35%	34%	26%	31%	32%	42%	45%	35%	38%	35%
				a	a	a										abe				
NET: Less		455	295	87	62	149	9	13	91	342	113	428	24	71	271	103	9	384	51	326
		38%	38%	36%	39%	37%	29%	43%	40%	37%	39%	37%	51%	42%	37%	35%	43%	37%	33%	37%
Base for stats		1203	774	240	157	398	30	31	224	917	286	1145	47	168	723	291	20	1035	152	871
Mean Score		2.88	2.82	3.04	2.99	3.02	3.19	2.85	2.78	2.90	2.83	2.89	2.56	2.74	2.86	3.03	2.95	2.91	3.02	2.89
				a		a										b				
Standard Deviation		1.315	1.278	1.363	1.410	1.380	1.466	1.238	1.325	1.309	1.333	1.303	1.432	1.376	1.272	1.357	1.580	1.304	1.265	1.311
Standard Error		.038	.062	.063	.085	.051	.259	.209	.088	.044	.078	.039	.213	.136	.050	.069	.250	.040	.093	.044
Error variance		*	*	*	.01	*	.07	.04	.01	*	.01	*	.05	.02	*	*	.06	*	.01	*

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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

		Total	Longstanding condition or illness						Area		Number of days active										
			Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	*f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		1187	114	174	30	870	291	24	939	248	119	102	157	191	126	143	57	292	474	492
Total		1208	108	175	25	904	284	20	958	250	139	126	157	172	121	144	59	290	450	493
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	153	12	20	4	118	31	3	124	29	19	9	18	19	11	23	13	41	48	76
		13%	11%	11%	16%	13%	11%	18%	13%	12%	13%	7%	11%	11%	9%	16%	21%	14%	11%	15%
																b	bdei			bi
A bit more	(4.0)	263	18	34	5	202	57	-	202	61	13	15	19	42	22	42	10	100	83	153
		22%	17%	19%	21%	22%	20%	-	21%	24%	9%	12%	12%	25%	18%	29%	18%	35%	18%	31%
														abc	a	abcei		abcdegi	a	abcegi
Neither more nor less	(3.0)	332	31	57	12	238	89	9	242	90	47	19	29	37	47	42	24	86	113	153
		28%	29%	33%	48%	26%	31%	48%	25%	36%	34%	15%	19%	22%	39%	29%	41%	30%	25%	31%
					ad					a	bcd				bcdi	bc	bcdi	bcd	b	bcdi
A bit less	(2.0)	200	18	26	3	150	47	*	170	29	21	23	34	33	29	23	3	32	97	59
		17%	17%	15%	12%	17%	17%	2%	18%	12%	15%	18%	22%	19%	24%	16%	5%	11%	22%	12%
									b			g	ghj	ghj	ghj	g			ghj	
A lot less	(1.0)	255	29	37	1	190	60	6	214	41	40	59	52	40	13	13	8	30	105	51
		21%	26%	21%	3%	21%	21%	32%	22%	16%	29%	47%	33%	23%	10%	9%	14%	10%	23%	10%
			c	c		c	c		b		efghj	acdefghij	defghij	efhj					efhj	
Don't know		5	-	-	-	5	-	-	5	*	-	-	4	*	-	*	-	*	5	1
		*	-	-	-	1%	-	-	1%	*	-	-	3%	*	-	*	-	*	1%	*
													dhj							
NET: More		416	30	54	9	320	88	3	326	90	31	24	37	61	33	65	23	141	131	230
		34%	28%	31%	37%	35%	31%	18%	34%	36%	22%	19%	23%	36%	27%	45%	39%	49%	29%	47%
														abc		abcei	abc	abcdei	b	abcdei
NET: Less		455	47	63	4	340	107	7	384	70	61	82	87	73	42	36	11	63	202	110
		38%	43%	36%	15%	38%	38%	34%	40%	28%	44%	65%	55%	43%	34%	25%	19%	22%	45%	22%
			c	c		c	c		b		fghj	adefghij	defghij	fghj	ghj				efghj	
Base for stats		1203	108	175	25	899	284	20	953	250	139	126	152	172	121	144	59	290	445	492
Mean Score		2.88	2.69	2.85	3.34	2.90	2.83	2.68	2.84	3.03	2.64	2.14	2.44	2.81	2.92	3.27	3.27	3.31	2.71	3.29
					abe					a	b		bc	bc	abcdei	abcdi	abcdei	bc	abcdei
Standard Deviation		1.315	1.326	1.282	1.006	1.325	1.274	1.424	1.337	1.219	1.343	1.324	1.378	1.339	1.095	1.179	1.265	1.161	1.303	1.177
Standard Error		.038	.124	.097	.184	.045	.075	.291	.044	.078	.123	.131	.111	.097	.098	.099	.168	.068	.060	.053
Error variance		*	.02	.01	.03	*	.01	.08	*	.01	.02	.02	.01	.01	.01	.01	.03	*	*	*

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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
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	1208	382	328	496	974	76	950	104	813	162	915	112	662	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	153	112	13	27	123	13	119	19	108	21	112	17	92	33
	13%	29% bc	4%	5%	13%	18%	13%	19%	13%	13%	12%	16%	14%	12%
A bit more (4.0)	263	167	42	53	223	16	212	25	185	31	205	27	159	53
	22%	44% bc	13%	11%	23%	21%	22%	24%	23%	19%	22%	24%	24%	18%
Neither more nor less (3.0)	332	51	224	56	258	9	259	13	227	40	251	27	168	88
	28%	13%	68% ac	11%	27%	12% b	27%	13% b	28%	25%	27%	24%	25%	31%
A bit less (2.0)	200	36	33	131	164	7	173	10	130	31	160	18	105	50
	17%	9%	10%	26% ab	17%	9%	18% b	10%	16%	19%	17%	16%	16%	17%
A lot less (1.0)	255	16	15	224	200	31	182	36	163	35	183	23	138	64
	21%	4%	5%	45% ab	21%	41% a	19%	34% a	20%	22%	20%	20%	21%	22%
Don't know	5	*	*	4	5	-	4	-	*	4	4	*	1	*
	*	*	*	1%	*	-	*	-	*	3% a	*	*	*	*
NET: More	416	279	55	81	346	29	332	45	294	52	317	44	251	86
	34%	73% bc	17%	16%	36%	38%	35%	43%	36%	32%	35%	40%	38%	30% b
NET: Less	455	52	48	355	365	38	355	46	292	66	343	41	242	114
	38%	14%	15%	72% ab	37%	50% a	37%	44%	36%	41%	37%	36%	37%	39%
Base for stats	1203	382	328	491	969	76	945	104	813	158	910	111	661	288
Mean Score	2.88	3.85 bc	3.01 c	2.04	2.90	2.66	2.91	2.83	2.93	2.82	2.89	2.99	2.94	2.80
Standard Deviation	1.315	1.076	.759	1.226	1.313	1.595	1.295	1.568	1.311	1.337	1.299	1.363	1.337	1.293
Standard Error	.038	.052	.045	.057	.043	.177	.043	.153	.046	.110	.043	.128	.052	.079
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		171	112	58	62	77	33	8	24	17	12	16	18	29	30	16
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	31	18	13	17	9	6	-	4	5	4	3	2	5	8	1
		18%	16%	22%	27% b	11%	17%	-	15%	32%	30%	20%	9%	17%	25%	7%
A bit more	(4.0)	42	24	19	14	24	5	3	10	3	*	3	7	8	6	3
		25%	21%	32%	22%	31%	16%	40%	42%	16%	3%	20%	36%	27%	19%	17%
Neither more nor less	(3.0)	51	38	13	16	21	13	1	5	6	6	3	6	5	12	7
		30%	33%	23%	26%	28%	41%	7%	22%	35%	48%	20%	33%	19%	39%	42%
A bit less	(2.0)	29	18	11	10	10	9	1	4	2	2	3	4	9	2	2
		17%	16%	20%	17%	13%	26%	11%	18%	13%	14%	17%	23%	32%	8%	9%
A lot less	(1.0)	17	15	2	5	13	-	3	1	1	1	4	-	2	3	4
		10%	14% b	3%	8%	17% c	-	42%	2%	4%	5%	23%	-	5%	10%	25%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		73	42	32	30	32	11	3	14	8	4	7	8	13	13	4
		43%	37%	54% a	49%	42%	33%	40%	57%	48%	33%	40%	44%	44%	44%	24%
NET: Less		46	33	13	15	23	9	4	5	3	2	7	4	11	5	6
		27%	29%	23%	25%	30%	26%	53%	20%	17%	19%	40%	23%	37%	17%	34%
Base for stats		171	112	58	62	77	33	8	24	17	12	16	18	29	30	16
Mean Score		3.24	3.10	3.50 a	3.44	3.07	3.24	2.45	3.50	3.59	3.39	2.98	3.30	3.18	3.42	2.72
Standard Deviation		1.227	1.250	1.147	1.271	1.255	1.040	1.469	1.050	1.201	1.242	1.487	.946	1.221	1.237	1.245
Standard Error		.088	.113	.133	.140	.140	.178	.490	.202	.283	.332	.310	.237	.195	.230	.272
Error variance		.01	.01	.02	.02	.02	.03	.24	.04	.08	.11	.10	.06	.04	.05	.07

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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

		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
			Social Grade								Ethnicity						
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		171	24	58	46	25	5	13	128	43	146	4	7	6	1	1	18
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	31	2	7	7	12	1	3	16	15	24	*	3	1	*	-	5
		18%	9%	13%	14%	46%	13%	20%	13%	35% abcg	17%	9%	47%	10%	58%	-	25%
A bit more	(4.0)	42	10	15	11	5	1	1	36	7	40	1	1	1	*	1	3
		25%	41% h	25%	25%	20%	18%	6%	28%	16%	27%	19%	10%	10%	42%	48%	16%
Neither more nor less	(3.0)	51	7	21	15	4	2	3	42	9	43	1	2	*	-	1	4
		30%	29%	36%	32%	16%	35%	23%	33%	20%	29%	22%	31%	6%	-	52%	22%
A bit less	(2.0)	29	3	8	5	4	2	7	16	13	24	1	1	3	-	-	5
		17%	14%	15%	10%	18%	35%	52%	13%	30% cg	16%	35%	7%	59%	-	-	28%
A lot less	(1.0)	17	2	7	9	-	-	-	17	-	16	1	*	1	-	-	2
		10%	7%	12% h	19% h	-	-	-	14% h	-	11%	15%	5%	15%	-	-	9%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		73	12	22	18	17	2	3	52	21	64	1	4	1	1	1	8
		43%	50%	38%	39%	67%	31%	26%	41%	50%	44%	29%	57%	20%	100%	48%	41%
NET: Less		46	5	15	13	4	2	7	34	13	40	2	1	4	-	-	7
		27%	20%	27%	29%	18%	35%	52%	26%	30%	27%	49%	12%	74%	-	-	37%
Base for stats		171	24	58	46	25	5	13	128	43	146	4	7	6	1	1	18
Mean Score		3.24	3.32	3.12	3.05	3.95	3.09	2.94	3.13	3.55 g	3.22	2.74	3.87	2.41	4.58	3.48	3.20
Standard Deviation		1.227	1.061	1.182	1.312	1.174	1.136	1.219	1.205	1.253	1.220	1.397	1.316	1.276	-	1.280	1.375
Standard Error		.088	.182	.150	.189	.222	.379	.315	.100	.174	.097	.466	.352	.451	-	.905	.232
Error variance		.01	.03	.02	.04	.05	.14	.10	.01	.03	.01	.22	.12	.20	-	.82	.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	171	80	44	41	85	10	4	32	125	45	162	7	13	89	63	6	158	33	119
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	31	14	7	7	14	4	-	4	24	7	30	1	-	11	19	1	31	8	22
	18%	17%	15%	18%	16%	41%	-	11%	19%	16%	18%	16%	-	12%	30% b	17%	20%	25%	19%
A bit more (4.0)	42	12	12	15	27	4	2	9	28	15	42	-	1	21	20	1	42	12	30
	25%	16%	27%	37% a	32%	43%	44%	28%	22%	33%	26%	-	7%	24%	31%	17%	26%	35%	25%
Neither more nor less (3.0)	51	25	14	11	26	1	2	9	39	12	50	1	5	29	17	1	46	7	36
	30%	32%	33%	27%	30%	10%	47%	29%	31%	27%	31%	13%	36%	33%	27%	8%	29%	21%	30%
A bit less (2.0)	29	16	10	3	13	-	*	8	20	9	24	4	4	17	5	3	25	4	19
	17%	20%	22% c	8%	15%	-	9%	26%	16%	19%	15%	59%	34%	19%	8% c	43%	16%	12%	16%
A lot less (1.0)	17	12	1	4	5	1	-	2	15	2	17	1	3	11	3	1	15	2	12
	10%	15% b	3%	10% b	6%	6%	-	6%	12%	5%	10%	13%	23%	12%	4%	14%	9%	7%	10%
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More	73	26	19	22	41	8	2	12	51	22	72	1	1	32	39	2	72	20	52
	43%	33%	42%	55% a	48%	84%	44%	39%	41%	49%	44%	16%	7%	36%	61% be	34%	46%	60%	44%
NET: Less	46	28	11	8	18	1	*	10	35	11	40	5	7	28	8	4	39	6	31
	27%	35%	25%	19%	22%	6%	9%	32%	28%	24%	25%	72%	57%	31% c	12%	58%	25% c	19%	26%
Base for stats	171	80	44	41	85	10	4	32	125	45	162	7	13	89	63	6	158	33	119
Mean Score	3.24	3.00	3.30	3.43	3.37	4.13	3.35	3.12	3.19	3.35	3.28	2.47	2.27	3.04	3.75 be	2.78	3.31	3.59	3.27
Standard Deviation	1.227	1.296	1.068	1.189	1.123	1.066	.737	1.116	1.260	1.135	1.218	1.299	.938	1.192	1.110	1.467	1.217	1.209	1.228
Standard Error	.088	.213	.116	.140	.090	.296	.261	.186	.107	.150	.090	.411	.313	.125	.120	.464	.089	.173	.107
Error variance	.01	.05	.01	.02	.01	.09	.07	.03	.01	.02	.01	.17	.10	.02	.01	.22	.01	.03	.01

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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

		Total	Longstanding condition or illness						Area		Number of days active									
			Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			*a	*b	*c	d	e	*f	a	b	*a	*b	*c	d	*e	f	*g	h	i	j
Unweighted Total		196	23	27	10	135	55	5	158	38	3	12	19	36	25	34	15	52	80	101
Total		171	22	18	7	123	42	5	134	37	4	18	18	21	16	31	15	48	55	94
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	31	5	7	-	21	8	4	26	5	-	4	2	1	4	6	*	14	7	20
		18%	21%	38%	-	17%	19%	66%	19%	14%	-	24%	9%	6%	26%	18%	2%	29% di	12%	21% d
A bit more	(4.0)	42	8	4	4	26	17	*	32	11	-	1	1	8	4	6	7	16	13	29
		25%	38%	24%	60%	21%	40% d	8%	24%	28%	-	4%	7%	36%	26%	20%	45%	33%	24%	31%
Neither more nor less	(3.0)	51	6	3	2	39	10	*	43	8	*	3	6	7	2	16	5	12	15	33
		30%	27%	15%	28%	32%	24%	6%	32%	22%	8%	15%	34%	31%	12%	51% hi	34%	26%	27%	35%
A bit less	(2.0)	29	2	3	-	23	4	1	19	10	1	4	5	5	5	3	2	3	15	9
		17%	10%	17%	-	19%	10%	20%	14%	27%	26%	21%	29% hj	25%	30%	10%	16%	7%	28% fhj	9%
A lot less	(1.0)	17	1	1	1	14	3	-	14	3	3	6	4	1	1	-	1	2	5	3
		10%	4%	7%	12%	12%	7%	-	11%	9%	65%	36%	21%	2%	6%	-	4%	5%	9%	3%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		73	13	11	4	46	25	4	58	16	-	5	3	9	8	12	7	30	20	49
		43%	59%	62%	60%	38%	59% d	74%	43%	42%	-	28%	16%	41%	52%	38%	47%	63% fi	36%	52% i
NET: Less		46	3	4	1	38	7	1	33	13	4	10	9	6	6	3	3	6	20	12
		27%	14%	23%	12%	30%	17%	20%	25%	36%	92%	57%	50%	28% j	36%	10%	20%	12%	37% fhj	13%
Base for stats		171	22	18	7	123	42	5	134	37	4	18	18	21	16	31	15	48	55	94
Mean Score		3.24	3.62	3.70	3.35	3.12	3.54 d	4.20	3.27	3.10	1.43	2.58	2.54	3.17	3.36	3.46	3.26	3.75 di	3.02	3.58 di
Standard Deviation		1.227	1.072	1.339	1.059	1.237	1.132	1.346	1.230	1.222	.722	1.616	1.184	.972	1.348	.919	.912	1.114	1.187	1.030
Standard Error		.088	.223	.258	.335	.106	.153	.602	.098	.198	.417	.467	.272	.162	.270	.158	.235	.154	.133	.102
Error variance		.01	.05	.07	.11	.01	.02	.36	.01	.04	.17	.22	.07	.03	.07	.02	.06	.02	.02	.01

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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
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	171	81	37	52	146	14	140	14	134	17	136	12	116	31
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	31	22	1	8	28	1	27	1	24	3	21	4	19	6
	18%	27%	2%	15%	19%	9%	19%	8%	18%	17%	15%	30%	16%	20%
		b		b										
A bit more (4.0)	42	29	8	5	35	5	34	4	35	6	36	1	33	6
	25%	36%	23%	9%	24%	36%	24%	30%	26%	33%	26%	4%	29%	19%
		c												
Neither more nor less (3.0)	51	17	22	12	43	3	41	3	41	3	42	2	37	5
	30%	21%	60%	23%	30%	23%	29%	22%	31%	16%	31%	17%	32%	15%
			ac											b
A bit less (2.0)	29	11	5	13	26	1	26	1	24	3	24	2	19	7
	17%	14%	12%	25%	18%	8%	18%	10%	17%	15%	18%	18%	17%	21%
A lot less (1.0)	17	1	1	15	14	3	13	4	11	3	14	4	7	8
	10%	2%	3%	28%	10%	24%	9%	30%	8%	19%	10%	31%	6%	25%
				ab										a
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More	73	51	9	12	62	6	61	5	59	8	56	4	52	12
	43%	64%	25%	24%	43%	45%	43%	38%	44%	49%	41%	34%	45%	39%
		bc												
NET: Less	46	13	6	28	40	4	39	6	34	6	38	6	26	14
	27%	16%	15%	54%	27%	32%	28%	41%	25%	34%	28%	49%	23%	46%
				ab										a
Base for stats	171	81	37	52	146	14	140	14	134	17	136	12	116	31
Mean Score	3.24	3.73	3.08	2.57	3.25	2.97	3.25	2.74	3.29	3.12	3.19	2.83	3.33	2.89
		bc	c											
Standard Deviation	1.227	1.070	.748	1.382	1.230	1.380	1.233	1.419	1.184	1.419	1.190	1.697	1.115	1.503
Standard Error	.088	.108	.110	.194	.095	.398	.099	.366	.096	.334	.095	.490	.099	.247
Error variance	.01	.01	.01	.04	.01	.16	.01	.13	.01	.11	.01	.24	.01	.06

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

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	*a	b	c	d	e	*f	g	h	i
Unweighted Total		404	215	188	227	139	38	25	48	40	39	37	28	102	52	33
Total		358	193	164	203	125	31	23	44	38	34	25	39	74	49	33
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	67	35	33	45	20	3	5	8	10	4	5	5	16	6	10
		19%	18%	20%	22%	16%	10%	21%	18%	26%	12%	19%	12%	22%	13%	29%
A bit more	(4.0)	124	73	50	66	52	7	6	15	13	11	8	9	25	29	8
		35%	38%	31%	32%	42%	22%	28%	35%	34%	33%	30%	22%	34%	59%	26%
						c									bcdegi	
Neither more nor less	(3.0)	84	40	44	34	37	13	10	15	5	4	9	19	11	7	4
		24%	21%	27%	17%	30%	41%	43%	35%	14%	12%	36%	50%	14%	14%	12%
						a	a		cdghi			cdghi				
A bit less	(2.0)	57	35	22	42	10	6	1	3	7	12	2	4	12	5	11
		16%	18%	14%	21%	8%	19%	5%	7%	20%	34%	6%	10%	16%	11%	32%
					b		b				begh					beh
A lot less	(1.0)	24	10	14	15	6	2	-	2	2	3	2	3	9	2	*
		7%	5%	8%	8%	5%	8%	-	5%	6%	10%	9%	7%	12%	3%	1%
Don't know		1	-	1	1	-	-	1	-	-	-	-	-	*	-	-
		*	-	1%	*	-	-	3%	-	-	-	-	-	*	-	-
NET: More		192	108	83	110	72	10	11	23	22	15	12	13	41	35	18
		54%	56%	51%	54%	58%	32%	49%	52%	59%	45%	48%	34%	56%	72%	55%
					c	c									de	
NET: Less		81	45	36	57	16	8	1	5	10	15	4	7	21	7	11
		23%	23%	22%	28%	12%	27%	5%	13%	26%	44%	15%	17%	29%	14%	33%
					b		b				beh			bh		bh
Base for stats		357	193	163	202	125	31	22	44	38	34	25	39	73	49	33
Mean Score		3.43	3.45	3.41	3.41	3.56	3.07	3.67	3.52	3.53	3.02	3.42	3.22	3.37	3.67	3.50
						c			d						d	
Standard Deviation		1.161	1.138	1.193	1.250	1.007	1.081	.884	1.041	1.258	1.254	1.159	1.017	1.331	.954	1.263
Standard Error		.058	.078	.088	.084	.085	.175	.184	.150	.199	.201	.191	.192	.132	.132	.220
Error variance		*	.01	.01	.01	.01	.03	.03	.02	.04	.04	.04	.04	.02	.02	.05

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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

		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		358	53	111	89	42	41	22	253	105	279	17	36	17	1	2	72
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	67	12	19	20	6	8	2	51	16	56	3	1	4	*	-	9
		19%	23%	17%	22%	15%	20%	8%	20%	15%	20%	18%	2%	25%	40%	-	12%
											c						
A bit more	(4.0)	124	13	50	31	15	11	5	94	30	98	4	15	5	1	1	24
		35%	24%	45%	35%	35%	27%	21%	37%	29%	35%	21%	42%	29%	60%	35%	34%
				ah					a								
Neither more nor less	(3.0)	84	13	25	15	10	13	9	53	31	62	9	7	5	-	1	22
		24%	24%	23%	17%	23%	32%	39%	21%	30%	22%	51%	21%	30%	-	44%	31%
										c							
A bit less	(2.0)	57	13	9	16	9	5	4	39	18	46	1	6	2	-	*	9
		16%	25%	8%	18%	22%	12%	16%	15%	17%	17%	6%	16%	10%	-	21%	12%
			b		b	b				b							
A lot less	(1.0)	24	2	7	6	2	4	3	15	9	16	1	7	*	-	-	8
		7%	3%	6%	7%	5%	9%	15%	6%	9%	6%	4%	19%	2%	-	-	11%
													a				
Don't know		1	-	1	-	-	-	*	1	*	*	-	-	1	-	-	1
		*	-	1%	-	-	-	2%	*	*	*	-	-	4%	-	-	1%
NET: More		192	25	69	51	21	19	6	145	46	155	7	16	9	1	1	33
		54%	48%	62%	58%	50%	47%	28%	57%	44%	55%	39%	44%	54%	100%	35%	46%
				h					h								
NET: Less		81	15	16	23	11	9	7	54	27	62	2	12	2	-	*	16
		23%	28%	15%	26%	27%	22%	31%	21%	26%	22%	10%	35%	12%	-	21%	23%
			b		b	b				b							
Base for stats		357	53	111	89	42	41	21	252	105	278	17	36	16	1	2	72
Mean Score		3.43	3.40	3.59	3.47	3.32	3.36	2.90	3.51	3.25	3.47	3.43	2.92	3.68	4.40	3.14	3.24
				h					h		c						
Standard Deviation		1.161	1.189	1.065	1.232	1.137	1.209	1.158	1.150	1.172	1.157	1.001	1.211	1.070	-	1.176	1.154
Standard Error		.058	.146	.094	.126	.147	.210	.273	.068	.111	.066	.236	.183	.218	-	.679	.121
Error variance		*	.02	.01	.02	.02	.04	.07	*	.01	*	.06	.03	.05	-	.46	.01

Table spanning header: **Social Grade** (columns a-h) | **Ethnicity** (columns a-g)

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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

	Total	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	
		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	358	169	86	89	175	22	26	47	263	95	336	18	44	142	157	16	315	63	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)	67	34	14	17	31	5	4	10	49	19	67	1	13	19	33	2	54	14	40
	19%	20%	17%	19%	18%	24%	15%	20%	19%	20%	20%	3%	30%	13%	21%	13%	17%	23%	16%
A bit more (4.0)	124	60	27	34	61	4	8	18	94	30	121	3	21	41	59	3	103	23	79
	35%	36%	32%	38%	35%	18%	33%	38%	36%	32%	36%	18%	48%	29%	38%	19%	33%	37%	33%
Neither more nor less (3.0)	84	40	25	17	42	5	3	15	61	23	76	8	6	45	31	4	79	9	68
	24%	23%	29% c	19%	24%	24%	13%	31%	23%	25%	23%	42%	13%	31%	20% c	23%	25%	14%	28% a
A bit less (2.0)	57	27	12	12	24	4	8	3	41	16	52	5	*	25	25	6	57	10	44
	16%	16%	14%	13%	14%	17%	33%	7%	16%	16%	15%	27%	1%	18%	16%	39%	18%	16%	18%
A lot less (1.0)	24	8	7	9	16	4	1	1	18	6	20	2	4	11	8	1	20	6	12
	7%	5%	8%	10%	9%	18%	3%	3%	7%	6%	6%	8%	8%	8%	5%	6%	6%	9%	5%
Don't know	1	-	1	*	1	-	1	-	-	1	1	*	-	1	*	-	1	*	*
	*	-	1%	*	1%	-	4%	-	-	1%	*	2%	-	*	*	-	*	1%	*
NET: More	192	94	42	51	92	9	12	28	143	49	188	4	34	60	92	5	158	37	118
	54%	56%	49%	57%	53%	42%	47%	59%	54%	52%	56%	21%	78%	43%	59% be	32%	50%	59%	49%
NET: Less	81	36	18	21	39	8	9	5	59	21	72	6	4	36	33	7	77	16	55
	23%	21%	22%	23%	22%	35%	35%	10%	23% c	23% c	21%	35%	9%	26%	21%	45%	24%	25%	23%
Base for stats	357	169	85	89	174	22	25	47	263	94	336	18	44	142	156	16	314	62	242
Mean Score	3.43	3.49	3.37	3.43	3.40	3.13	3.25	3.66	3.43	3.43	3.48	2.79	3.90	3.22	3.54 b	2.94	3.37	3.47	3.38
Standard Deviation	1.161	1.128	1.153	1.233	1.191	1.441	1.183	.988	1.160	1.170	1.148	.962	1.101	1.137	1.147	1.196	1.155	1.274	1.103
Standard Error	.058	.137	.088	.098	.066	.294	.232	.122	.069	.109	.059	.227	.235	.090	.082	.249	.059	.132	.066
Error variance	*	.02	.01	.01	*	.09	.05	.01	*	.01	*	.05	.06	.01	.01	.06	*	.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									
		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		358	35	28	15	271	73	5	297	61	8	22	31	70	45	64	26	93	146	183
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	67	13	4	1	48	17	1	53	14	1	*	4	20	12	13	5	13	36	30
		19%	36%	14%	5%	18%	23%	15%	18%	23%	18%	2%	14%	28%	26%	20%	18%	14%	24%	16%
			bd											hj						h
A bit more	(4.0)	124	7	8	5	102	20	-	108	16	2	8	7	30	8	19	9	41	46	69
		35%	20%	29%	32%	38%	27%	-	36%	26%	29%	35%	23%	43%	19%	30%	34%	44%	31%	38%
						a								ce				cei		e
Neither more nor less	(3.0)	84	4	8	4	64	15	*	63	21	1	4	5	10	16	14	9	26	31	49
		24%	10%	27%	29%	24%	21%	6%	21%	35%	17%	17%	17%	14%	35%	22%	33%	28%	21%	27%
				a		a				a					cdi			d		d
A bit less	(2.0)	57	9	6	3	38	15	4	50	7	3	6	8	7	4	17	3	9	19	30
		16%	25%	23%	23%	14%	21%	69%	17%	11%	37%	27%	25%	10%	8%	27%	13%	10%	13%	16%
			d										dehi			dehi				
A lot less	(1.0)	24	3	2	1	19	5	*	21	3	-	4	6	3	6	1	*	4	15	5
		7%	7%	7%	10%	7%	7%	9%	7%	4%	-	19%	19%	4%	12%	1%	1%	5%	10%	3%
													dfhj		fj					fj
Don't know		1	1	-	-	*	1	-	1	-	-	-	1	-	-	-	-	*	1	*
		*	2%	-	-	*	1%	-	*	-	-	-	2%	-	-	-	-	*	*	*
NET: More		192	20	12	6	150	36	1	162	30	4	8	12	49	20	32	14	53	81	99
		54%	56%	43%	37%	55%	50%	15%	54%	49%	46%	37%	38%	71%	45%	50%	52%	57%	56%	54%
														cefij				c	c	c
NET: Less		81	11	8	5	57	20	4	71	10	3	10	14	10	9	18	4	13	33	35
		23%	32%	30%	33%	21%	28%	79%	24%	16%	37%	46%	44%	15%	20%	28%	15%	14%	23%	19%
													dehij			dh				
Base for stats		357	35	28	15	271	72	5	296	61	8	22	31	70	45	64	26	93	145	182
Mean Score		3.43	3.53	3.20	3.00	3.45	3.38	2.42	3.41	3.51	3.27	2.73	2.89	3.80	3.38	3.41	3.54	3.52	3.48	3.49
														cefij		c		c	c	c
Standard Deviation		1.161	1.412	1.167	1.112	1.143	1.252	1.286	1.173	1.105	1.219	1.208	1.377	1.095	1.303	1.122	.992	1.001	1.268	1.039
Standard Error		.058	.211	.192	.255	.067	.129	.525	.064	.132	.461	.270	.208	.117	.182	.137	.203	.100	.094	.075
Error variance		*	.04	.04	.07	*	.02	.28	*	.02	.21	.07	.04	.01	.03	.02	.04	.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
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	358	184	67	102	309	16	299	20	294	30	296	22	249	39
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	67	57	3	6	57	4	55	7	45	14	48	11	48	6
	19%	31% bc	4%	6%	18%	26%	18%	34%	15%	48% a	16%	51%	19%	15%
A bit more (4.0)	124	83	15	25	113	3	108	3	105	6	115	3	101	9
	35%	45% bc	23%	25%	37%	16%	36%	16%	36% b	19%	39%	15%	40% b	22%
Neither more nor less (3.0)	84	24	41	16	69	7	69	7	70	6	69	2	46	12
	24%	13%	61% ac	16%	22%	44%	23%	32%	24%	19%	23%	9%	18%	32% a
A bit less (2.0)	57	17	4	36	49	1	50	1	51	1	46	1	38	6
	16%	9%	6%	35% ab	16%	7%	17%	7%	17% b	4%	16%	4%	15%	16%
A lot less (1.0)	24	3	4	18	20	*	17	2	21	3	18	4	15	6
	7%	1%	6% a	17% ab	7%	2%	6%	10%	7%	9%	6%	20%	6%	15% a
Don't know	1	*	-	*	-	1	1	-	*	*	*	*	1	*
	*	*	-	*	-	4%	*	-	*	1%	*	1%	*	1%
NET: More	192	140	18	32	170	7	163	10	151	20	163	14	148	14
	54%	76% bc	27%	31%	55%	42%	54%	50%	51%	67%	55%	66%	60% b	37%
NET: Less	81	20	8	53	70	2	67	3	72	4	64	5	54	12
	23%	11%	12%	52% ab	23%	10%	22%	17%	25%	12%	22%	23%	22%	31%
Base for stats	357	184	67	102	309	15	299	20	293	29	295	21	248	39
Mean Score	3.43	3.95 bc	3.14 c	2.68	3.44	3.59	3.45	3.58	3.35	3.95 a	3.43	3.76	3.51	3.05 b
Standard Deviation	1.161	.970	.828	1.207	1.154	1.079	1.141	1.321	1.151	1.300	1.120	1.617	1.149	1.271
Standard Error	.058	.068	.095	.111	.062	.254	.063	.254	.064	.220	.061	.337	.070	.187
Error variance	*	*	.01	.01	*	.06	*	.06	*	.05	*	.11	*	.04

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

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		515	188	325	240	187	88	35	77	43	57	33	38	103	72	57
Total		461	161	298	210	164	88	34	70	32	44	23	50	96	72	41
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	156	49	107	74	54	27	13	25	12	9	7	23	30	22	14
		34%	30%	36%	35%	33%	31%	38%	35%	39%	22%	33%	45%	31%	31%	35%
													d			
A bit more	(4.0)	178	63	114	78	64	36	12	23	13	22	11	17	34	29	17
		39%	39%	38%	37%	39%	41%	35%	32%	41%	50%	48%	33%	35%	41%	42%
											b					
Neither more nor less	(3.0)	69	29	40	31	26	12	8	10	4	6	4	5	13	14	6
		15%	18%	13%	15%	16%	14%	24%	14%	11%	14%	17%	10%	13%	20%	15%
A bit less	(2.0)	30	12	18	16	10	5	1	1	2	5	*	2	15	1	3
		7%	8%	6%	7%	6%	5%	2%	1%	5%	11%	1%	4%	16%	2%	8%
											bh			abeh		b
A lot less	(1.0)	27	9	18	10	9	8	-	12	1	1	-	3	4	4	1
		6%	5%	6%	5%	5%	9%	-	17%	3%	2%	-	7%	5%	6%	1%
									acdeghi							
Don't know		1	*	1	1	-	-	*	-	*	-	-	-	-	*	-
		*	*	*	1%	-	-	1%	-	1%	-	-	-	-	1%	-
NET: More		334	111	221	152	119	63	25	48	25	32	18	39	64	52	31
		72%	69%	74%	73%	72%	72%	74%	68%	80%	72%	81%	79%	66%	72%	76%
NET: Less		57	21	36	26	19	13	1	13	2	6	*	6	20	5	4
		12%	13%	12%	12%	11%	14%	2%	18%	8%	14%	1%	11%	21%	7%	9%
									aeh					aeh		
Base for stats		460	161	297	208	164	88	34	70	31	44	23	50	96	71	41
Mean Score		3.88	3.81	3.93	3.92	3.89	3.80	4.12	3.67	4.09	3.78	4.13	4.06	3.72	3.91	4.00
Standard Deviation		1.124	1.117	1.131	1.110	1.103	1.204	.835	1.423	.994	.995	.753	1.170	1.199	1.053	.980
Standard Error		.050	.082	.063	.072	.081	.128	.143	.162	.153	.132	.131	.190	.118	.125	.130
Error variance		*	.01	*	.01	.01	.02	.02	.03	.02	.02	.02	.04	.01	.02	.02

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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

		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
																Ethnicity	
							Social Grade										
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		461	45	138	102	78	53	44	285	176	364	16	37	26	3	3	85
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	156	13	45	37	23	23	14	96	60	128	7	11	6	-	1	25
		34%	29%	33%	37%	29%	44%	32%	34%	34%	35%	43%	29%	23%	-	46%	29%
A bit more	(4.0)	178	21	49	34	39	21	14	104	74	145	4	15	9	*	1	30
		39%	47%	35%	33%	50%	39%	32%	36%	42%	40%	27%	40%	35%	8%	43%	35%
						bcg											
Neither more nor less	(3.0)	69	7	20	18	12	5	9	44	26	51	4	3	5	3	*	15
		15%	15%	14%	17%	15%	9%	20%	15%	15%	14%	23%	9%	17%	92%	11%	17%
A bit less	(2.0)	30	3	10	7	3	3	5	19	11	18	1	7	4	-	-	12
		7%	6%	7%	7%	4%	5%	11%	7%	6%	5%	4%	20%	14%	-	-	14%
													a	a			a
A lot less	(1.0)	27	1	14	6	1	2	2	22	5	20	1	1	3	-	-	4
		6%	3%	10%	6%	2%	3%	4%	8%	3%	6%	3%	2%	10%	-	-	5%
				dh						h							
Don't know		1	-	*	*	*	-	-	1	*	1	-	-	-	-	-	-
		*	-	*	*	1%	-	-	*	*	*	-	-	-	-	-	-
NET: More		334	34	94	71	61	44	29	199	134	274	11	26	15	*	3	55
		72%	76%	68%	70%	78%	84%	64%	70%	76%	75%	70%	69%	58%	8%	89%	64%
						bfg					dg						
NET: Less		57	4	24	13	5	4	7	41	15	38	1	8	6	-	-	16
		12%	9%	18%	13%	6%	8%	15%	15%	9%	11%	7%	22%	25%	-	-	18%
				dh					d				a	a			a
Base for stats		460	45	138	102	78	53	44	285	175	363	16	37	26	3	3	85
Mean Score		3.88	3.93	3.73	3.88	4.00	4.17	3.78	3.81	4.00	3.95	4.03	3.75	3.46	3.08	4.35	3.71
							bg			b	d						
Standard Deviation		1.124	.986	1.278	1.165	.882	.989	1.143	1.196	.991	1.094	1.078	1.148	1.296	.323	.812	1.165
Standard Error		.050	.128	.102	.107	.097	.138	.170	.065	.074	.055	.288	.173	.213	.228	.307	.114
Error variance		*	.02	.01	.01	.01	.02	.03	*	.01	*	.08	.03	.05	.05	.09	.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	461	234	107	104	211	17	18	82	345	116	431	24	50	206	180	25	411	81	318
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	156	85	39	26	66	1	4	27	124	33	153	2	15	82	51	8	141	20	119
	34%	36% c	37% c	25%	31%	6%	25%	33%	36%	28%	36%	10%	30%	40% c	28%	31%	34%	25%	37% a
A bit more (4.0)	178	91	38	43	81	9	5	34	130	47	167	7	22	76	74	6	156	30	124
	39%	39%	36%	42%	39%	55%	25%	41%	38%	41%	39%	29%	44%	37%	41%	23%	38%	37%	39%
Neither more nor less (3.0)	69	30	19	15	34	5	4	13	47	22	60	9	9	31	27	2	60	19	40
	15%	13%	18%	15%	16%	33%	23%	15%	14%	19%	14%	36%	19%	15%	15%	7%	15%	23% b	13%
A bit less (2.0)	30	14	5	11	17	1	4	4	21	10	26	4	1	7	19	4	29	8	19
	7%	6%	5%	11% b	8%	6%	25%	5%	6%	8%	6%	14%	3%	3%	10% b	14%	7%	9%	6%
A lot less (1.0)	27	15	5	7	12	-	-	4	22	4	24	2	2	10	9	6	25	5	17
	6%	6%	4%	7%	6%	-	-	5%	7%	4%	6%	10%	4%	5%	5%	25%	6%	6%	5%
Don't know	1	-	*	1	1	-	*	*	*	1	1	-	-	1	*	-	1	-	*
	*	-	*	1%	1%	-	2%	*	*	1%	*	-	-	*	*	-	*	-	*
NET: More	334	176	77	69	147	10	9	61	254	80	320	10	37	157	126	14	297	51	243
	72%	75%	72%	67%	70%	61%	50%	74%	74%	68%	74%	39%	74%	76%	70%	54%	72%	62%	76% a
NET: Less	57	28	10	18	29	1	4	8	43	14	50	6	4	17	27	10	53	12	35
	12%	12%	9%	18% b	14%	6%	25%	10%	12%	12%	12%	25%	7%	8%	15% b	39%	13%	15%	11%
Base for stats	460	234	107	103	210	17	18	82	344	116	430	24	50	205	180	25	410	81	318
Mean Score	3.88	3.93	3.96 c	3.68	3.82	3.61	3.51	3.92	3.91	3.81	3.93	3.15	3.93	4.04 c	3.79	3.22	3.88	3.66	3.97 a
Standard Deviation	1.124	1.134	1.078	1.174	1.132	.715	1.156	1.082	1.147	1.055	1.115	1.130	.998	1.058	1.111	1.637	1.140	1.122	1.102
Standard Error	.050	.107	.073	.088	.057	.156	.223	.109	.060	.087	.051	.210	.176	.072	.072	.309	.052	.103	.059
Error variance	*	.01	.01	.01	*	.02	.05	.01	*	.01	*	.04	.03	.01	.01	.10	*	.01	*

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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

		Total	Longstanding condition or illness						Area		Number of days active									
			Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	*c	d	e	*f	a	b	*a	b	c	d	e	f	*g	h	i	j
Unweighted Total		515	55	62	21	365	130	6	421	94	9	34	62	95	66	95	28	126	223	249
Total		461	49	59	20	324	120	7	379	82	9	26	45	91	65	88	29	109	201	226
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	156	19	16	3	112	35	1	130	26	4	7	7	31	19	36	8	45	57	89
		34%	38%	27%	13%	35%	30%	12%	34%	32%	44%	26%	16%	34%	29%	41%	28%	41%	28%	39%
													c			ci		ci	c	ci
A bit more	(4.0)	178	20	25	11	125	49	6	149	29	2	8	23	35	32	36	13	29	89	78
		39%	40%	42%	53%	38%	41%	82%	39%	35%	23%	33%	50%	38%	49%	41%	44%	27%	44%	35%
													hj		hj	h			hj	
Neither more nor less	(3.0)	69	5	11	6	46	22	*	50	19	2	5	7	15	8	11	5	17	30	32
		15%	11%	19%	30%	14%	19%	6%	13%	23%	26%	20%	15%	17%	12%	12%	16%	15%	15%	14%
										a										
A bit less	(2.0)	30	5	3	*	19	8	-	24	6	1	2	6	6	2	4	3	7	14	14
		7%	10%	5%	2%	6%	7%	-	6%	8%	7%	6%	13%	6%	4%	4%	12%	6%	7%	6%
													f							
A lot less	(1.0)	27	1	3	1	22	4	-	25	2	-	4	2	4	4	2	-	11	10	12
		6%	1%	6%	3%	7%	4%	-	7%	2%	-	15%	5%	5%	6%	2%	-	10%	5%	5%
												dfij						f		
Don't know		1	*	-	-	*	*	-	1	-	-	-	*	-	-	*	-	*	*	1
		*	1%	-	-	*	*	-	*	-	-	-	1%	-	-	*	-	*	*	*
NET: More		334	38	41	13	237	85	6	279	54	6	15	30	65	51	72	21	74	146	167
		72%	78%	70%	66%	73%	71%	94%	74%	67%	67%	59%	66%	72%	78%	82%	72%	68%	73%	74%
															b	bch				
NET: Less		57	5	6	1	41	12	-	49	8	1	5	8	10	6	5	3	17	25	26
		12%	11%	11%	5%	13%	10%	-	13%	10%	7%	21%	18%	11%	10%	6%	12%	16%	12%	12%
												f	f					f		
Base for stats		460	49	59	20	324	120	7	378	82	9	26	45	91	65	88	29	109	200	225
Mean Score		3.88	4.05	3.81	3.71	3.88	3.86	4.06	3.89	3.86	4.04	3.49	3.58	3.90	3.92	4.15	3.87	3.84	3.83	3.96
																bci				bc
Standard Deviation		1.124	1.000	1.078	.838	1.153	1.037	.447	1.146	1.026	1.049	1.368	1.081	1.088	1.058	.923	.968	1.301	1.080	1.132
Standard Error		.050	.136	.137	.183	.060	.091	.183	.056	.106	.350	.235	.138	.112	.130	.095	.183	.116	.072	.072
Error variance		*	.02	.02	.03	*	.01	.03	*	.01	.12	.06	.02	.01	.02	.01	.03	.01	.01	.01

Savanta: ComRes

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	461	252	78	127	366	34	360	49	332	60	362	38	298	84
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	156	108	15	33	122	13	124	23	112	22	117	18	97	36
	34%	43% bc	19%	26%	33%	38%	34%	46%	34%	37%	32%	48% a	32%	43%
A bit more (4.0)	178	104	21	50	142	14	145	17	126	17	143	15	119	23
	39%	41% b	26%	39%	39%	41%	40%	34%	38%	29%	39%	39%	40% b	28%
Neither more nor less (3.0)	69	21	36	13	55	5	49	7	49	13	52	4	43	16
	15%	8%	45% ac	10%	15%	14%	14%	13%	15%	22%	14%	9%	14%	19%
A bit less (2.0)	30	14	2	14	28	*	23	1	24	4	29	1	23	2
	7%	5%	3%	11% ab	8%	1%	6%	3%	7%	6%	8%	2%	8%	3%
A lot less (1.0)	27	6	4	17	20	2	20	2	20	2	21	*	16	6
	6%	2%	5%	13% a	6%	5%	6%	4%	6%	4%	6%	1%	5%	7%
Don't know	1	*	1	-	-	*	-	-	-	*	-	*	*	-
	*	*	1%	-	-	1% a	-	-	-	1%	-	1%	*	-
NET: More	334	211	36	83	263	26	268	39	238	40	260	33	216	59
	72%	84% bc	46%	65% b	72%	79%	75%	80%	72%	67%	72%	87% a	73%	71%
NET: Less	57	19	6	31	48	2	43	3	44	6	50	1	39	8
	12%	8%	8%	25% ab	13%	6%	12%	7%	13%	11%	14% b	3%	13%	10%
Base for stats	460	251	78	127	366	33	360	49	332	59	362	38	297	84
Mean Score	3.88	4.17 bc	3.52	3.53	3.86	4.06	3.91	4.15	3.86	3.89	3.85	4.33 a	3.87	3.96
Standard Deviation	1.124	.950	1.009	1.346	1.127	1.026	1.110	1.027	1.144	1.118	1.137	.804	1.115	1.188
Standard Error	.050	.056	.115	.111	.056	.181	.055	.144	.059	.145	.056	.126	.061	.131
Error variance	*	*	.01	.01	*	.03	*	.02	*	.02	*	.02	*	.02

Savanta: ComRes

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

		Total	Gender Male	Gender Female	Age 16-34	Age 35-54	Age 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		479 100%	198 100%	278 100%	219 100%	144 100%	115 100%	25 100%	65 100%	47 100%	61 100%	31 100%	42 100%	87 100%	69 100%	51 100%
A lot more	(5.0)	86 18%	39 20%	46 17%	51 23% c	25 17% c	10 9%	6 24%	10 16%	13 27% hi	13 21%	4 13%	12 28% hi	16 18%	7 10%	5 10%
A bit more	(4.0)	199 42%	77 39%	120 43%	107 49% bc	51 36%	41 36%	12 47%	33 50% ce	14 30%	21 35%	6 19%	13 30%	41 47% ce	34 50% ce	24 48% e
Neither more nor less	(3.0)	124 26%	56 28%	68 24%	28 13%	51 35% a	45 39% a	4 14%	14 21%	15 32%	14 24%	15 48% bdgh	12 29%	15 18%	18 27%	16 33% g
A bit less	(2.0)	40 8%	15 8%	25 9%	23 11%	9 6%	8 7%	* 1%	2 3%	5 10%	8 14% b	4 14% b	2 5%	11 13% b	3 5%	4 8%
A lot less	(1.0)	28 6%	11 5%	17 6%	10 4%	8 6%	9 8%	3 13%	6 9%	1 2%	3 4%	1 3%	3 8%	4 4%	6 9%	1 1%
Don't know		3 1%	* *	2 1%	1 *	- -	2 2%	* 1%	* 1%	- -	1 2%	1 3%	- -	- -	- -	- -
NET: More		285 59%	115 58%	166 60%	158 72% bc	76 53%	51 44%	18 71%	43 66% e	27 57% e	34 57% e	10 32%	25 58% e	57 66% e	41 60% e	30 59% e
NET: Less		67 14%	26 13%	41 15%	33 15%	17 12%	17 15%	4 14%	8 12%	6 12%	11 18%	5 17%	6 13%	15 17%	9 13%	4 9%
Base for stats		476	197	276	218	144	113	25	65	47	60	30	42	87	69	51
Mean Score		3.58	3.59	3.56	3.76 bc	3.52	3.30	3.69	3.62	3.69 e	3.57	3.25	3.65	3.62	3.48	3.58
Standard Deviation		1.059	1.060	1.061	1.063	1.037	1.016	1.245	1.086	1.043	1.117	.985	1.180	1.059	1.045	.830
Standard Error		.047	.070	.063	.070	.081	.094	.240	.127	.149	.147	.152	.215	.105	.122	.105
Error variance		*	*	*	*	.01	.01	.06	.02	.02	.02	.02	.05	.01	.01	.01

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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

		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		519	60	162	104	84	41	68	326	193	417	15	47	23	3	4	92
Total		479	56	135	100	70	42	77	290	188	381	11	47	24	4	2	88
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	86	15	31	12	12	4	12	58	28	66	-	12	7	1	-	19
		18%	28%	23%	12%	18%	9%	16%	20%	15%	17%	-	25%	28%	14%	-	22%
			ceh	ce													
A bit more	(4.0)	199	21	50	54	27	24	23	125	74	161	7	20	4	*	1	33
		42%	37%	37%	54%	39%	57%	30%	43%	39%	42%	68%	43%	18%	9%	52%	38%
					abdfgh		abfh		f								
Neither more nor less	(3.0)	124	15	28	18	19	13	31	60	63	105	*	8	6	3	1	17
		26%	26%	21%	18%	28%	30%	41%	21%	34%	27%	3%	17%	23%	77%	23%	20%
								bcg		bcg							
A bit less	(2.0)	40	4	11	13	6	-	6	28	12	25	3	6	4	-	-	12
		8%	7%	8%	13%	8%	-	8%	9%	6%	7%	24%	13%	16%	-	-	14%
					e				e								a
A lot less	(1.0)	28	1	14	2	5	2	3	18	9	22	1	1	3	-	1	6
		6%	2%	11%	2%	7%	4%	4%	6%	5%	6%	5%	2%	14%	-	25%	6%
				ach													
Don't know		3	-	1	*	-	-	1	2	1	2	-	-	-	-	-	-
		1%	-	1%	*	-	-	2%	1%	1%	1%	-	-	-	-	-	-
NET: More		285	36	81	66	39	28	35	182	102	227	7	32	11	1	1	53
		59%	64%	60%	66%	57%	66%	46%	63%	54%	59%	68%	68%	46%	23%	52%	60%
			f	f	f		f		f								
NET: Less		67	5	25	16	11	2	9	46	22	47	3	7	7	-	1	18
		14%	9%	18%	16%	15%	4%	12%	16%	11%	12%	29%	15%	30%	-	25%	21%
				e													a
Base for stats		476	56	133	99	70	42	75	289	187	379	11	47	24	4	2	88
Mean Score		3.58	3.80	3.54	3.60	3.52	3.66	3.46	3.61	3.53	3.59	3.34	3.76	3.30	3.37	3.03	3.55
Standard Deviation		1.059	1.003	1.233	.951	1.098	.823	.982	1.100	.992	1.035	1.056	1.045	1.431	.841	1.586	1.169
Standard Error		.047	.129	.097	.094	.120	.129	.120	.061	.072	.051	.273	.152	.298	.486	.793	.122
Error variance		*	.02	.01	.01	.01	.02	.01	*	.01	*	.07	.02	.09	.24	.63	.01

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	
	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	519	135	222	152	374	14	24	120	361	158	495	20	35	244	209	31	484	128	346
Total	479 100%	256 100%	114 100%	83 100%	198 100%	13 100%	21 100%	100 100%	345 100%	134 100%	458 100%	18 100%	48 100%	243 100%	161 100%	26 100%	431 100%	95 100%	324 100%
A lot more (5.0)	86 18%	38 15%	20 17%	22 26% ab	42 21%	4 34%	4 19%	14 14%	63 18%	23 17%	85 19%	- -	2 4%	38 16%	40 25% ab	7 25% a	84 20% a	16 17%	67 21%
A bit more (4.0)	199 42%	115 45%	50 44%	28 34%	78 39%	4 32%	14 68%	37 37%	144 42%	55 41%	190 41%	8 45%	17 35%	104 43% d	72 45% d	6 23%	182 42% d	38 40%	143 44%
Neither more nor less (3.0)	124 26%	71 28%	27 24%	20 24%	47 24%	3 21%	1 7%	28 27%	92 27%	32 24%	121 26%	2 13%	18 38% c	68 28% c	32 20%	6 22%	105 24%	23 24%	81 25%
A bit less (2.0)	40 8%	16 6%	11 10%	5 6%	17 8%	1 4%	1 5%	12 12%	26 8%	13 10%	35 8%	4 24%	5 10%	18 8%	10 6%	6 24% bce	35 8%	10 11% b	17 5%
A lot less (1.0)	28 6%	14 5%	6 5%	8 9%	14 7%	1 9%	- -	7 7%	19 6%	8 6%	24 5%	3 18%	6 12%	13 5%	7 4%	2 8%	22 5%	7 7%	15 5%
Don't know	3 1%	2 1%	* *	* *	1 *	- -	* 2%	2 2% d	* *	2 2% d	2 1%	- -	- -	2 1%	* *	- -	3 1%	1 1%	1 *
NET: More	285 59%	154 60%	69 61%	50 60%	120 61%	8 66%	18 86%	52 52%	207 60%	78 58%	276 60%	8 45%	19 39%	141 58% a	112 69% abd	12 47%	266 62% a	54 56%	210 65%
NET: Less	67 14%	30 12%	17 15%	13 16%	30 15%	2 13%	1 5%	19 19%	46 13%	22 16%	59 13%	8 42%	11 23% c	31 13%	17 11%	8 31% bce	56 13%	17 18% b	32 10%
Base for stats	476	254	114	83	197	13	20	98	345	131	456	18	48	240	161	26	428	94	323
Mean Score	3.58	3.58	3.58	3.62	3.60	3.79	4.02	3.41	3.60	3.54	3.61	2.85	3.08	3.56 a	3.80 abd	3.32	3.64 a	3.48	3.71 a
Standard Deviation	1.059	.999	1.057	1.208	1.121	1.264	.704	1.105	1.048	1.088	1.042	1.212	1.052	1.018	1.022	1.311	1.046	1.122	1.003
Standard Error	.047	.087	.071	.098	.058	.338	.147	.102	.055	.087	.047	.271	.178	.066	.071	.235	.048	.100	.054
Error variance	*	.01	.01	.01	*	.11	.02	.01	*	.01	*	.07	.03	*	.01	.06	*	.01	*

Savanta: ComRes

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

		Total	Longstanding 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	Area — Urban	Rural	Number of days active — 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		479	46	64	18	346	118	9	389	90	18	25	66	89	53	95	21	113	207	228
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	86	11	14	*	65	21	4	69	17	1	1	6	17	9	22	3	28	32	53
		18%	24%	21%	2%	19%	18%	43%	18%	19%	4%	2%	9%	19%	17%	23%	15%	25%	15%	23%
														b	b	bc		bci	b	bci
A bit more	(4.0)	199	23	20	8	149	47	4	165	34	6	7	33	43	18	42	9	41	94	92
		42%	49%	31%	45%	43%	40%	42%	42%	38%	31%	27%	50%	49%	34%	44%	45%	36%	45%	40%
			b										b	b						
Neither more nor less	(3.0)	124	7	14	6	88	25	1	99	24	6	9	12	19	22	21	5	30	52	56
		26%	15%	23%	33%	26%	21%	9%	26%	27%	35%	35%	18%	21%	42%	23%	24%	26%	25%	25%
															cdfhij					
A bit less	(2.0)	40	3	10	1	26	13	-	31	8	1	6	12	9	4	1	3	3	25	8
		8%	6%	16%	6%	8%	11%	-	8%	9%	4%	25%	18%	10%	8%	1%	16%	3%	12%	3%
				d								defhij	fhj	fhj	f				fhj	
A lot less	(1.0)	28	3	5	3	17	10	1	23	5	3	2	3	1	-	8	-	10	4	18
		6%	6%	8%	15%	5%	8%	6%	6%	5%	17%	7%	5%	1%	-	8%	-	9%	2%	8%
													e			dei		dei		dei
Don't know		3	*	1	-	1	1	-	2	*	2	1	-	-	-	-	-	*	-	*
		1%	1%	1%	-	*	1%	-	1%	*	8%	4%	-	-	-	-	-	*	-	*
												ij								
NET: More		285	34	33	9	214	68	8	233	52	6	7	39	60	27	64	12	69	126	145
		59%	73%	53%	46%	62%	58%	85%	60%	58%	35%	30%	60%	68%	50%	68%	60%	61%	61%	64%
			b										b	be		be		b	b	b
NET: Less		67	6	15	4	43	23	1	54	13	4	8	15	10	4	9	3	14	29	26
		14%	12%	23%	21%	12%	20%	6%	14%	15%	21%	32%	23%	11%	8%	10%	16%	12%	14%	12%
				d			d					defhij	efj							
Base for stats		476	46	63	18	345	117	9	386	89	17	24	66	89	53	95	21	113	207	228
Mean Score		3.58	3.79	3.43	3.13	3.63	3.48	4.15	3.58	3.57	3.01	2.92	3.42	3.74	3.59	3.73	3.58	3.65	3.60	3.67
													b	bc	b	b		b	b	b
Standard Deviation		1.059	1.073	1.223	1.103	1.027	1.167	1.091	1.056	1.076	1.181	.982	1.045	.923	.865	1.096	.955	1.163	.955	1.115
Standard Error		.047	.143	.149	.253	.054	.102	.364	.052	.110	.264	.176	.132	.095	.110	.112	.214	.102	.065	.071
Error variance		*	.02	.02	.06	*	.01	.13	*	.01	.07	.03	.02	.01	.01	.01	.05	.01	*	.01

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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
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	479	224	106	145	402	20	396	42	365	35	381	29	334	80
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	86	63	3	19	70	5	70	10	65	11	65	7	58	21
	18%	28%	3%	13%	18%	24%	18%	23%	18%	31%	17%	23%	17%	27%
		bc		b						a				a
A bit more (4.0)	199	121	26	53	171	7	166	18	163	11	158	15	152	21
	42%	54%	24%	36%	43%	36%	42%	43%	45%	32%	42%	51%	46%	26%
		bc		b									b	
Neither more nor less (3.0)	124	26	70	28	108	3	104	7	91	6	104	4	78	23
	26%	11%	66%	19%	27%	15%	26%	17%	25%	16%	27%	13%	23%	29%
			ac	a										
A bit less (2.0)	40	9	4	27	32	1	35	2	32	2	34	1	31	5
	8%	4%	3%	19%	8%	3%	9%	5%	9%	5%	9%	4%	9%	6%
				ab										
A lot less (1.0)	28	5	3	17	19	4	19	5	14	5	18	2	14	10
	6%	2%	3%	12%	5%	21%	5%	12%	4%	14%	5%	8%	4%	12%
				ab				a		a				a
Don't know	3	*	1	1	1	*	1	-	*	*	1	*	2	-
	1%	*	1%	1%	*	2%	*	-	*	1%	*	1%	*	-
NET: More	285	184	29	72	242	12	236	28	228	22	224	22	210	42
	59%	82%	27%	50%	60%	60%	60%	66%	62%	63%	59%	74%	63%	53%
		bc		b										
NET: Less	67	14	6	44	51	5	54	7	45	7	52	3	45	15
	14%	6%	6%	30%	13%	24%	14%	17%	12%	20%	14%	12%	13%	19%
				ab										
Base for stats	476	224	106	144	401	20	395	42	365	35	380	29	333	80
Mean Score	3.58	4.01	3.22	3.22	3.60	3.40	3.59	3.60	3.64	3.61	3.58	3.78	3.63	3.48
		bc												
Standard Deviation	1.059	.882	.678	1.236	1.018	1.467	1.035	1.258	.993	1.380	1.026	1.111	1.014	1.296
Standard Error	.047	.056	.067	.096	.049	.306	.050	.188	.050	.210	.051	.188	.055	.137
Error variance	*	*	*	.01	*	.09	*	.04	*	.04	*	.04	*	.02

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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		276	125	151	109	127	40	12	24	24	37	21	28	52	42	36
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	49	20	29	22	24	3	3	5	5	10	1	4	5	7	8
		18%	16%	19%	21%	19%	8%	29%	20%	22%	26%	5%	16%	10%	18%	22%
					c					e	eg					e
A bit more	(4.0)	114	56	58	44	51	19	3	9	7	7	6	21	25	21	16
		41%	45%	39%	40%	40%	48%	27%	36%	28%	19%	28%	75%	49%	49%	44%
														cd	cd	d
Neither more nor less	(3.0)	55	25	30	15	27	14	1	5	2	6	12	1	9	12	7
		20%	20%	20%	14%	21%	34%	9%	22%	8%	17%	58%	4%	18%	27%	18%
							a					bcdghi			c	
A bit less	(2.0)	30	14	16	17	12	2	1	2	6	6	2	1	9	2	2
		11%	11%	11%	15%	9%	4%	9%	9%	25%	16%	7%	4%	17%	4%	5%
					c					hi				hi		
A lot less	(1.0)	27	10	17	10	14	3	3	3	4	9	*	1	3	1	4
		10%	8%	11%	9%	11%	7%	23%	12%	15%	23%	1%	2%	6%	2%	11%
									h	eh	egh					h
Don't know		1	-	1	1	-	-	*	-	*	-	-	-	-	-	-
		*	-	1%	1%	-	-	3%	-	2%	-	-	-	-	-	-
NET: More		164	76	87	66	75	22	7	13	12	17	7	25	31	28	24
		59%	61%	58%	61%	59%	56%	56%	56%	50%	45%	33%	91%	59%	67%	66%
													e	e	de	de
NET: Less		57	24	33	27	25	4	4	5	10	14	2	2	12	2	6
		21%	19%	22%	25%	20%	11%	33%	21%	40%	39%	9%	6%	23%	6%	16%
					c					h	ehi				h	
										ehi	ehi					
Base for stats		275	125	150	108	127	40	12	24	24	37	21	28	52	42	36
Mean Score		3.47	3.50	3.44	3.48	3.47	3.46	3.29	3.43	3.17	3.09	3.28	3.98	3.40	3.77	3.61
															cdeg	
Standard Deviation		1.188	1.134	1.235	1.247	1.212	.955	1.633	1.277	1.457	1.535	.751	.747	1.087	.851	1.216
Standard Error		.062	.088	.086	.100	.094	.136	.396	.210	.254	.222	.133	.152	.128	.112	.170
Error variance		*	.01	.01	.01	.01	.02	.16	.04	.06	.05	.02	.02	.02	.01	.03

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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

		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		276	33	83	54	52	21	33	171	105	218	9	30	14	3	2	57
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	49	5	14	17	8	4	1	36	13	41	-	6	2	-	-	8
		18%	15%	17%	31% abdfh	15%	18%	4%	21% fh	12%	19%	-	20%	14%	-	-	13%
A bit more	(4.0)	114	17	37	18	22	9	12	72	43	96	2	9	7	-	1	19
		41%	50%	44%	33%	43%	41%	37%	42%	40%	44%	20%	31%	49%	-	50%	33%
Neither more nor less	(3.0)	55	6	12	9	9	6	13	27	28	41	3	3	2	3	1	12
		20%	17%	14%	17%	18%	30% bg	38% abcdg	16%	27% bg	19%	40%	12%	11%	100%	31%	22%
A bit less	(2.0)	30	3	12	5	7	2	1	20	10	16	3	9	1	-	-	14
		11%	8%	15%	9%	14%	9%	3%	12%	10%	8%	36%	31% a	9%	-	-	24% a
A lot less	(1.0)	27	3	7	5	5	*	6	16	11	22	*	2	2	-	*	5
		10%	9%	9%	9%	9%	2%	18% e	9%	11%	10%	4%	6%	15%	-	19%	8%
Don't know		1	-	*	-	*	-	-	*	*	*	-	-	*	-	-	*
		*	-	*	-	1%	-	-	*	*	*	-	-	2%	-	-	1%
NET: More		164	22	51	35	30	12	13	108	55	137	2	15	9	-	1	26
		59%	66% f	62% f	65% f	57%	59%	41%	63% fh	52%	63% g	20%	51%	63%	-	50%	46%
NET: Less		57	6	20	10	12	2	7	36	21	39	4	11	3	-	*	18
		21%	17%	24%	18%	23%	10%	21%	21%	20%	18%	40%	37% a	24%	-	19%	32% a
Base for stats		275	33	83	54	51	21	33	171	105	217	9	30	13	3	2	57
Mean Score		3.47	3.54	3.46	3.68 fh	3.40	3.65 f	3.06	3.55 f	3.34	3.54 g	2.76	3.27	3.39	3.00	3.12	3.20
Standard Deviation		1.188	1.144	1.205	1.272	1.187	.950	1.150	1.212	1.143	1.184	.868	1.280	1.327	-	1.640	1.190
Standard Error		.062	.162	.113	.138	.151	.174	.203	.077	.103	.069	.275	.197	.322	-	.820	.138
Error variance		*	.03	.01	.02	.02	.03	.04	.01	.01	*	.08	.04	.10	-	.67	.02

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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	276	81	88	93	181	12	18	63	183	94	255	14	11	136	114	16	266	74	186
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	49	9	19	17	37	5	*	8	36	13	47	2	-	21	27	1	49	14	35
	18%	12%	22%	19%	20%	37%	2%	13%	20%	14%	18%	15%	-	16%	23%	8%	18%	19%	19%
A bit more (4.0)	114	32	42	38	80	4	8	26	76	38	109	4	3	64	44	4	111	33	76
	41%	39%	48%	41%	45%	36%	45%	41%	42%	41%	43%	30%	29%	47%	38%	25%	42%	45%	41%
Neither more nor less (3.0)	55	20	15	16	31	1	2	14	37	18	47	3	5	27	17	5	50	10	39
	20%	25%	17%	17%	17%	10%	13%	23%	20%	19%	19%	21%	51%	20%	15%	33%	19%	13%	21%
A bit less (2.0)	30	8	6	13	19	-	3	11	16	14	25	4	-	12	14	4	30	10	20
	11%	10%	7%	14%	10%	-	16%	18%	9%	15%	10%	28%	-	9%	12%	26%	11%	13%	11%
				b				d											
A lot less (1.0)	27	11	5	8	13	2	4	4	17	10	25	1	2	12	12	1	25	8	16
	10%	13%	6%	8%	7%	17%	23%	6%	9%	11%	10%	7%	19%	9%	10%	9%	9%	11%	9%
Don't know	1	-	-	1	1	-	*	-	*	*	1	-	-	-	1	-	1	-	-
	*	-	-	1%	*	-	2%	-	*	*	*	-	-	-	1%	-	*	-	-
NET: More	164	41	61	56	117	9	8	34	113	51	156	6	3	85	70	5	161	47	111
	59%	51%	70%	60%	65%	72%	47%	53%	62%	54%	61%	45%	29%	63%	62%	32%	60%	63%	60%
			a																
NET: Less	57	19	11	20	32	2	7	15	33	24	51	5	2	24	25	6	55	18	36
	21%	24%	13%	22%	18%	17%	38%	24%	18%	26%	20%	35%	19%	17%	22%	35%	21%	24%	19%
				b															
Base for stats	275	81	88	92	180	12	18	63	182	93	254	14	11	136	113	16	265	74	186
Mean Score	3.47	3.25	3.73	3.49	3.61	3.74	2.87	3.35	3.55	3.31	3.50	3.18	2.90	3.52	3.53	2.96	3.49	3.47	3.50
			a																
Standard Deviation	1.188	1.203	1.069	1.187	1.134	1.461	1.303	1.110	1.173	1.210	1.195	1.234	1.081	1.125	1.263	1.116	1.189	1.243	1.172
Standard Error	.062	.186	.084	.094	.063	.354	.261	.123	.074	.109	.065	.263	.342	.089	.094	.250	.062	.122	.074
Error variance	*	.03	.01	.01	*	.13	.07	.02	.01	.01	*	.07	.12	.01	.01	.06	*	.01	.01

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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

		Total	Longstanding 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	Area — Urban	Rural	Number of days active — 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		276	39	47	15	185	85	12	224	52	12	22	42	53	37	50	10	49	133	109
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	49	10	12	3	31	17	6	37	12	4	2	4	4	4	16	2	13	12	31
		18%	25%	27%	20%	17%	21%	52%	17%	23%	31%	11%	10%	8%	10%	33%	16%	26%	9%	28%
																bcdei		cdei		bcdei
A bit more	(4.0)	114	16	15	10	78	33	5	99	15	2	6	13	24	21	22	6	20	57	48
		41%	40%	33%	69%	42%	39%	45%	44%	29%	20%	29%	30%	46%	55%	44%	60%	41%	43%	44%
									b						bc					
Neither more nor less	(3.0)	55	6	9	1	37	16	-	41	14	5	4	8	11	4	10	1	11	23	23
		20%	16%	18%	7%	20%	19%	-	18%	27%	40%	19%	19%	21%	11%	20%	9%	23%	18%	21%
A bit less	(2.0)	30	3	5	-	22	7	*	25	5	-	6	5	8	5	2	2	3	18	6
		11%	7%	10%	-	12%	8%	3%	11%	9%	-	26%	11%	16%	14%	3%	15%	6%	14%	6%
												fhj		fj					fj	
A lot less	(1.0)	27	5	6	1	16	11	-	21	6	1	3	12	5	4	-	-	2	20	2
		10%	12%	12%	5%	9%	13%	-	9%	12%	10%	15%	28%	9%	10%	-	-	4%	15%	2%
												fhj	defhij	fj	fj				fhj	
Don't know		1	-	-	-	*	-	-	1	-	-	-	1	-	-	-	-	-	1	-
		*	-	-	-	*	-	-	*	-	-	-	2%	-	-	-	-	-	1%	-
NET: More		164	25	28	13	109	51	11	136	27	6	9	17	29	24	38	8	33	70	79
		59%	65%	60%	89%	59%	60%	97%	61%	53%	50%	39%	40%	54%	65%	76%	76%	67%	53%	72%
														bc	bcdi		bci			bcdi
NET: Less		57	7	10	1	38	18	*	46	11	1	9	16	13	9	2	2	5	39	8
		21%	19%	22%	5%	21%	21%	3%	21%	21%	10%	41%	39%	25%	24%	3%	15%	10%	29%	7%
												fhj	fhj	fhj	fhj				fhj	
Base for stats		275	39	47	15	184	85	12	224	52	12	22	41	53	37	50	10	49	132	109
Mean Score		3.47	3.59	3.52	3.99	3.47	3.46	4.46	3.48	3.43	3.61	2.93	2.84	3.28	3.41	4.05	3.77	3.79	3.18	3.91
															c	bcdei		bcdi		bcdei
Standard Deviation		1.188	1.282	1.323	.860	1.161	1.277	.684	1.171	1.274	1.258	1.289	1.411	1.124	1.162	.822	.934	1.025	1.244	.930
Standard Error		.062	.178	.172	.192	.074	.120	.183	.067	.158	.289	.231	.187	.143	.163	.106	.259	.115	.095	.075
Error variance		*	.03	.03	.04	.01	.01	.03	*	.02	.08	.05	.03	.02	.03	.01	.07	.01	.01	.01

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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
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	276	124	59	91	205	19	205	31	183	40	198	29	157	57
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	49	33	4	12	42	5	41	5	39	8	36	4	30	7
	18%	27% bc	7%	13%	21%	24%	20%	16%	21%	19%	18%	13%	19%	13%
A bit more (4.0)	114	61	19	34	91	6	89	8	74	13	83	14	71	24
	41%	49% bc	33%	37%	44%	29%	44% b	27%	41%	32%	42%	47%	45%	41%
Neither more nor less (3.0)	55	15	24	14	30	7	31	9	32	7	31	9	24	9
	20%	12%	41% ac	16%	15%	35%	15%	31% a	17%	19%	16%	30% a	15%	16%
A bit less (2.0)	30	6	9	14	21	1	23	2	21	5	25	1	19	6
	11%	5%	16% a	15% a	10%	5%	11%	6%	11%	12%	13%	2%	12%	10%
A lot less (1.0)	27	9	1	17	20	1	20	6	17	7	23	2	14	11
	10%	7%	2%	19% ab	10%	6%	10%	20%	9%	18%	12%	8%	9%	19% a
Don't know	1	-	*	*	-	-	*	-	*	-	*	-	-	*
	*	-	1%	*	-	-	*	-	*	-	*	-	-	1%
NET: More	164	94	24	45	133	10	130	13	113	20	118	18	101	31
	59%	76% bc	40%	50%	65%	54%	64% b	43%	62%	51%	60%	60%	64%	54%
NET: Less	57	15	10	31	42	2	43	8	38	12	49	3	32	16
	21%	12%	18%	34% ab	20%	11%	21%	26%	21%	30%	25%	10%	21%	29%
Base for stats	275	124	58	90	205	19	204	31	182	40	198	29	157	57
Mean Score	3.47	3.84 bc	3.29	3.10	3.55	3.62	3.53	3.14	3.53	3.21	3.41	3.56	3.54 b	3.19
Standard Deviation	1.188	1.099	.895	1.338	1.211	1.115	1.209	1.345	1.210	1.392	1.254	1.026	1.183	1.338
Standard Error	.062	.086	.101	.120	.072	.232	.072	.213	.075	.205	.076	.176	.082	.160
Error variance	*	.01	.01	.01	.01	.05	.01	.05	.01	.04	.01	.03	.01	.03

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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

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	*a	*b	c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total		99	56	42	27	21	51	5	14	12	11	8	8	11	19	11
Total		107	55	51	33	18	56	3	17	14	18	5	11	12	19	9
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	28	10	18	10	5	13	-	6	3	4	2	4	4	2	1
		26%	19%	34%	29%	30%	23%	-	37%	24%	24%	53%	39%	38%	9%	8%
A bit more	(4.0)	27	18	9	6	3	18	-	7	4	3	*	2	6	3	2
		26%	34%	17%	18%	17%	33%	-	38%	31%	16%	7%	21%	48%	18%	23%
Neither more nor less	(3.0)	36	16	20	13	8	16	1	2	6	9	1	4	1	7	4
		34%	29%	38%	39%	44%	28%	49%	14%	41%	53%	25%	40%	12%	35%	44%
A bit less	(2.0)	4	4	*	*	-	4	-	-	-	1	-	-	*	1	1
		4%	7%	*	1%	-	7%	-	-	-	7%	-	-	3%	7%	12%
A lot less	(1.0)	11	6	5	4	2	5	1	2	1	-	1	-	-	6	1
		11%	12%	9%	13%	9%	10%	51%	10%	4%	-	16%	-	-	30%	12%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		55	29	27	15	9	31	-	13	8	7	3	7	10	5	3
		52%	52%	52%	47%	47%	55%	-	75%	55%	40%	59%	60%	85%	27%	31%
NET: Less		15	10	5	5	2	9	1	2	1	1	1	-	*	7	2
		14%	19%	10%	14%	9%	16%	51%	10%	4%	7%	16%	-	3%	38%	25%
Base for stats		107	55	51	33	18	56	3	17	14	18	5	11	12	19	9
Mean Score		3.53	3.40	3.67	3.49	3.60	3.52	1.99	3.92	3.70	3.57	3.79	3.99	4.20	2.69	3.02
Standard Deviation		1.220	1.217	1.230	1.301	1.203	1.198	1.274	1.239	1.002	.954	1.669	.934	.795	1.353	1.150
Standard Error		.123	.163	.190	.250	.263	.168	.570	.331	.289	.288	.590	.330	.240	.310	.347
Error variance		.02	.03	.04	.06	.07	.03	.32	.11	.08	.08	.35	.11	.06	.10	.12

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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

		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		99	5	22	21	15	7	29	48	51	85	4	3	3	-	1	11
Total		107	3	20	26	15	7	36	48	58	95	2	3	3	-	*	9
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
A lot more	(5.0)	28	1	5	5	7	-	10	11	17	24	*	-	1	-	-	1
		26%	25%	25%	20%	46%	-	27%	22%	29%	25%	19%	-	32%	-	-	16%
A bit more	(4.0)	27	-	2	6	3	4	12	8	19	23	1	-	2	-	*	3
		26%	-	13%	22%	23%	59%	33%	17%	33%	24%	31%	-	68%	-	100%	36%
Neither more nor less	(3.0)	36	1	6	12	5	1	12	19	18	34	-	3	-	-	-	3
		34%	19%	31%	47%	29%	17%	33%	39%	31%	36%	-	82%	-	-	-	30%
A bit less	(2.0)	4	-	-	1	-	2	1	1	3	4	*	-	-	-	-	*
		4%	-	-	5%	-	23%	3%	3%	5%	4%	20%	-	-	-	-	4%
A lot less	(1.0)	11	2	6	2	*	-	2	9	2	10	1	1	-	-	-	1
		11%	56%	32%	6%	2%	-	4%	19% h	3%	11%	30%	18%	-	-	-	13%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		55	1	7	11	11	4	22	19	36	47	1	-	3	-	*	5
		52%	25%	38%	42%	69%	59%	59%	39%	62% g	50%	50%	-	100%	-	100%	53%
NET: Less		15	2	6	3	*	2	3	11	4	14	1	1	-	-	-	2
		14%	56%	32%	11%	2%	23%	7%	22% h	8%	15%	50%	18%	-	-	-	17%
Base for stats		107	3	20	26	15	7	36	48	58	95	2	3	3	-	*	9
Mean Score		3.53	2.37	3.00	3.44	4.12	3.36	3.74	3.20	3.80 g	3.50	2.89	2.64	4.32	-	4.00	3.39
Standard Deviation		1.220	2.069	1.589	1.079	.977	.907	1.034	1.368	1.015	1.221	2.310	.917	.556	-	-	1.263
Standard Error		.123	.925	.339	.235	.252	.343	.192	.197	.142	.132	1.155	.529	.321	-	-	.381
Error variance		.02	.86	.11	.06	.06	.12	.04	.04	.02	.02	1.33	.28	.10	-	-	.15

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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

		Total	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	
			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		99	49	29	20	49	4	5	25	65	34	93	5	9	54	32	4	90	15	70
Total		107	81	13	11	24	6	7	24	71	36	102	4	11	67	25	3	96	12	77
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	28	21	4	2	6	3	-	5	20	8	28	-	1	15	11	*	27	6	21
		26%	26%	32%	20%	27%	59%	-	20%	28%	23%	27%	-	10%	23%	44% b	10%	28%	49%	27%
A bit more	(4.0)	27	19	3	3	6	-	-	5	22	5	27	-	2	19	3	3	25	3	19
		26%	23%	21%	33%	26%	-	-	23%	31%	15%	26%	-	22%	28%	12%	80%	26%	23%	24%
Neither more nor less	(3.0)	36	30	4	3	7	-	6	10	20	16	35	2	7	21	8	*	29	1	25
		34%	37%	28%	29%	28%	-	91%	43%	29%	45%	34%	37%	65%	31%	31%	10%	31%	12%	32%
A bit less	(2.0)	4	3	1	-	1	-	-	3	1	3	3	2	-	4	*	-	4	2	3
		4%	4%	5%	-	3%	-	-	14%	1%	10% d	2%	37%	-	5%	1%	-	4%	13%	3%
A lot less	(1.0)	11	7	2	2	4	2	1	-	8	3	10	1	*	8	3	-	11	*	11
		11%	9%	14%	19%	16%	41%	9%	-	12%	8%	10%	26%	3%	12%	11%	-	11%	3%	14%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		55	40	7	6	13	3	-	10	42	14	55	-	4	34	14	3	51	9	40
		52%	50%	54%	52%	53%	59%	-	43%	59% e	38%	53%	-	32%	51%	56%	90%	54%	72%	51%
NET: Less		15	11	2	2	4	2	1	3	9	6	13	3	*	12	3	-	15	2	13
		14%	13%	18%	19%	19%	41%	9%	14%	13%	18%	12%	63%	3%	18%	12%	-	16%	16%	17%
Base for stats		107	81	13	11	24	6	7	24	71	36	102	4	11	67	25	3	96	12	77
Mean Score		3.53	3.54	3.54	3.34	3.45	3.35	2.83	3.49	3.62	3.35	3.58	2.11	3.37	3.44	3.77	3.99	3.54	4.02	3.47
Standard Deviation		1.220	1.195	1.400	1.395	1.370	2.173	.606	.994	1.239	1.178	1.201	.901	.811	1.249	1.348	.534	1.261	1.226	1.302
Standard Error		.123	.171	.260	.312	.196	1.086	.271	.199	.154	.202	.125	.403	.270	.170	.238	.267	.133	.316	.156
Error variance		.02	.03	.07	.10	.04	1.18	.07	.04	.02	.04	.02	.16	.07	.03	.06	.07	.02	.10	.02

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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

		Total	Longstanding condition or illness						Area		Number of days active									
			Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			*a	*b	*c	d	*e	*f	a	b	*a	*b	*c	*d	*e	*f	*g	*h	i	j
Unweighted Total		99	13	14	2	68	27	1	69	30	7	12	9	17	7	16	4	27	33	47
Total		107	10	15	2	78	25	1	72	35	6	10	9	18	8	16	4	35	35	55
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	28	2	4	2	19	6	-	17	11	-	*	1	7	*	6	2	12	8	19
		26%	20%	25%	100%	25%	25%	-	23%	32%	-	3%	8%	40%	4%	36%	39%	34%	23%	35%
A bit more	(4.0)	27	1	5	-	21	5	-	19	9	3	1	*	4	4	7	3	4	9	14
		26%	6%	31%	-	27%	21%	-	26%	25%	54%	14%	3%	23%	51%	45%	61%	12%	25%	25%
Neither more nor less	(3.0)	36	7	6	-	25	12	1	25	12	3	5	7	3	3	2	-	14	12	16
		34%	70%	37%	-	31%	47%	100%	34%	34%	46%	52%	76%	14%	32%	14%	-	41%	34%	30%
A bit less	(2.0)	4	-	-	-	4	-	-	3	1	-	-	1	3	-	-	-	*	4	*
		4%	-	-	-	5%	-	-	4%	3%	-	-	14%	14%	-	-	-	1%	10%	1%
																		j		
A lot less	(1.0)	11	*	1	-	10	2	-	9	2	-	3	-	2	1	1	-	5	3	5
		11%	5%	7%	-	12%	6%	-	13%	6%	-	30%	-	9%	13%	5%	-	13%	8%	10%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		55	3	9	2	40	12	-	35	20	3	2	1	12	5	13	4	16	17	33
		52%	26%	56%	100%	51%	46%	-	49%	57%	54%	18%	11%	63%	55%	81%	100%	45%	48%	60%
NET: Less		15	*	1	-	13	2	-	12	3	-	3	1	4	1	1	-	5	6	6
		14%	5%	7%	-	17%	6%	-	17%	9%	-	30%	14%	22%	13%	5%	-	14%	18%	11%
Base for stats		107	10	15	2	78	25	1	72	35	6	10	9	18	8	16	4	35	35	55
Mean Score		3.53	3.36	3.67	5.00	3.47	3.59	3.00	3.42	3.75	3.54	2.62	3.05	3.72	3.33	4.06	4.39	3.52	3.46	3.74
Standard Deviation		1.220	1.007	1.110	-	1.264	1.080	-	1.255	1.130	.547	1.211	.728	1.379	1.106	1.019	.557	1.335	1.192	1.233
Standard Error		.123	.279	.297	-	.153	.208	-	.151	.206	.207	.350	.243	.335	.418	.255	.279	.257	.207	.180
Error variance		.02	.08	.09	-	.02	.04	-	.02	.04	.04	.12	.06	.11	.17	.06	.08	.07	.04	.03

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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

		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		99	40	24	34	80	7	80	9	60	18	71	14	52	29
Total		107	48	26	33	84	5	85	8	68	14	77	11	51	31
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	28	18	1	9	24	2	23	1	22	3	23	1	7	5
		26%	37%	5%	26%	28%	39%	27%	14%	32%	19%	30%	6%	14%	15%
A bit more	(4.0)	27	17	7	3	23	-	25	1	21	1	23	2	18	5
		26%	36% c	26%	10%	28%	-	30%	12%	31%	4%	30%	22%	36%	16%
Neither more nor less	(3.0)	36	9	16	11	25	3	24	6	17	7	21	7	16	15
		34%	19%	64%	34%	29%	61%	28%	74%	26%	54%	28%	61%	31%	50%
A bit less	(2.0)	4	*	1	3	4	-	4	-	1	1	3	1	3	1
		4%	1%	4%	8%	4%	-	5%	-	2%	8%	4%	11%	5%	5%
A lot less	(1.0)	11	3	*	8	8	-	8	-	6	2	7	-	7	4
		11%	7%	1%	23%	10%	-	10%	-	9%	14%	9%	-	13%	15%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		55	35	8	12	47	2	48	2	43	3	46	3	26	9
		52%	73% c	31%	36%	56%	39%	57%	26%	63%	23%	60%	28%	50%	31%
NET: Less		15	4	1	10	12	-	12	-	8	3	10	1	9	6
		14%	8%	5%	31% a	14%	-	15%	-	11%	23%	12%	11%	18%	19%
Base for stats		107	48	26	33	84	5	85	8	68	14	77	11	51	31
Mean Score		3.53	3.95 c	3.30	3.08	3.60	3.78	3.60	3.40	3.75	3.05	3.69	3.23	3.33	3.12
Standard Deviation		1.220	1.125	.692	1.480	1.228	1.093	1.220	.763	1.206	1.258	1.198	.758	1.199	1.194
Standard Error		.123	.178	.141	.254	.137	.413	.136	.254	.156	.296	.142	.203	.166	.222
Error variance		.02	.03	.02	.06	.02	.17	.02	.06	.02	.09	.02	.04	.03	.05

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

	Total	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Don't know	NET: Agree	NET: Disagree
I felt that I had the opportunity to be physically active	2034	573	963	269	149	73	7	1536	222
	100%	28%	47%	13%	7%	4%	*	75%	11%
I felt that I had the ability to be physically active	2034	572	951	287	134	82	8	1523	216
	100%	28%	47%	14%	7%	4%	*	75%	11%
It was important to me to exercise regularly	2034	537	883	333	180	92	9	1420	272
	100%	26%	43%	16%	9%	5%	*	70%	13%
I found exercise enjoyable and satisfying	2034	450	805	419	228	122	9	1255	350
	100%	22%	40%	21%	11%	6%	*	62%	17%
I felt guilty when I didn't exercise	2034	359	710	416	378	163	9	1068	540
	100%	18%	35%	20%	19%	8%	*	53%	27%

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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

		Total	Gender Male	Gender Female	Age 16-34	Age 35-54	Age 55+	Region North East	Region North West	Region Yorkshire and the Humber	Region West Midlands	Region East Midlands	Region East of England	Region London	Region South East	Region 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 100%	993 100%	1033 100%	614 100%	668 100%	753 100%	97 100%	264 100%	199 100%	215 100%	175 100%	226 100%	319 100%	331 100%	208 100%
Strongly agree	(5.0)	572 28%	299 30%	272 26%	185 30% c	220 33% c	167 22%	30 30% e	79 30% e	55 28% e	59 27% e	30 17%	58 26% e	95 30% e	110 33% e	58 28% e
Agree	(4.0)	951 47%	475 48%	471 46%	319 52% bc	295 44%	336 45%	38 39%	110 41%	88 44%	107 50% ab	89 51%	114 51%	164 51% abh	139 42%	102 49%
Neither agree nor disagree	(3.0)	287 14%	134 13%	153 15%	67 11%	80 12%	140 19% ab	16 16%	37 14%	39 20% dg	27 12%	34 19% g	33 15%	31 10%	46 14%	26 13%
Disagree	(2.0)	134 7%	50 5%	84 8% a	29 5%	47 7%	59 8% a	8 9%	25 10% d	10 5%	10 5%	13 7%	13 6%	21 7%	19 6%	15 7%
Strongly disagree	(1.0)	82 4%	29 3%	51 5% a	13 2%	21 3%	48 6% ab	6 6%	14 5%	6 3%	9 4%	11 6% g	7 3%	7 2%	17 5%	5 2%
Don't know		8 *	6 1%	2 *	1 *	4 1%	3 *	* *	1 *	* *	3 2% h	- -	- -	1 *	* *	2 1%
NET: Agree		1523 75%	774 78% b	744 72%	504 82% bc	515 77% c	504 67%	67 69%	188 71%	143 72%	165 77% e	119 68%	173 76%	259 81% abce	249 75%	160 77% e
NET: Disagree		216 11%	79 8%	135 13% a	42 7%	67 10% a	107 14% ab	14 14%	39 15% cg	17 8%	19 9%	23 13%	20 9%	29 9%	36 11%	19 9%
Base for stats		2026	987	1031	613	663	750	97	264	198	211	175	226	318	331	205
Mean Score		3.89	3.98 b	3.80	4.03 c	3.98 c	3.69	3.80	3.81	3.88 e	3.92 e	3.65	3.90 e	4.00 be	3.93 e	3.94 e
Standard Deviation		1.020	.953	1.071	.890	1.009	1.095	1.145	1.121	.978	.995	1.037	.953	.936	1.075	.952
Standard Error		.023	.030	.033	.035	.039	.041	.108	.069	.068	.067	.075	.076	.051	.059	.066
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

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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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	572	53	144	149	84	50	92	346	226	480	12	45	21	2	1	81
		28%	35%	32%	30%	29%	23%	21%	31%	24%	27%	29%	36%	35%	11%	7%	32%
			efh	efh	fh	f			efh				a				
Agree	(4.0)	951	75	211	234	130	112	189	520	431	816	21	60	29	7	9	126
		47%	49%	46%	48%	45%	52%	44%	47%	46%	47%	48%	48%	48%	38%	86%	49%
Neither agree nor disagree	(3.0)	287	10	64	69	47	29	68	143	144	255	6	17	3	*	*	27
		14%	7%	14%	14%	16%	14%	16%	13%	15%	15%	13%	14%	5%	1%	3%	10%
				a	a	a	a	a	a	a	d			d			
Disagree	(2.0)	134	10	21	26	13	14	51	57	78	118	3	1	5	6	*	16
		7%	6%	5%	5%	4%	7%	12%	5%	8%	7%	8%	1%	8%	33%	3%	6%
								bcdg		bcdg	c	c		c			c
Strongly disagree	(1.0)	82	5	15	13	12	5	32	32	49	77	1	2	1	-	-	4
		4%	3%	3%	3%	4%	2%	7%	3%	5%	4%	3%	1%	2%	-	-	2%
								bceg		cg	g						
Don't know		8	-	*	1	1	3	2	2	6	4	-	-	1	3	-	4
		*	-	*	*	*	2%	1%	*	1%	*	-	-	1%	18%	-	2%
							bg										a
NET: Agree		1523	128	356	382	214	161	281	866	657	1296	33	105	51	9	9	207
		75%	84%	78%	78%	75%	76%	65%	79%	70%	74%	77%	84%	83%	48%	93%	80%
			dfh	fh	fh	f	f		fh				a				a
NET: Disagree		216	14	36	39	25	20	82	89	127	195	4	3	7	6	*	21
		11%	9%	8%	8%	9%	9%	19%	8%	14%	11%	10%	3%	11%	33%	3%	8%
								abcdegh		bcdg	c	c		c			c
Base for stats		2026	153	456	490	286	210	431	1098	928	1746	43	125	60	15	10	254
Mean Score		3.89	4.06	3.99	3.98	3.91	3.89	3.60	3.99	3.76	3.86	3.93	4.16	4.06	3.32	3.97	4.04
			fh	fh	fh	fh	f		fh	f			a				a
Standard Deviation		1.020	.975	.969	.945	1.010	.930	1.159	.959	1.075	1.035	.983	.805	.985	1.166	.524	.914
Standard Error		.023	.075	.043	.044	.058	.067	.059	.028	.036	.025	.138	.069	.110	.312	.135	.053
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	*	.01	.10	.02	*

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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	572	349	112	91	203	22	19	94	437	135	550	18	84	304	164	21	488	84	398
		28%	27%	28%	32%	30%	32% ce	24%	18%	32% ce	20%	30% b	10%	27%	27%	32% b	28%	28%	29%	29%
Agree	(4.0)	951	604	185	132	317	28	42	203	678	273	895	49	128	542	244	37	823	135	667
		47%	47%	47%	47%	47%	41%	54% ce	40%	49% ce	41%	49% b	27%	41%	48%	47%	51%	48%	46%	48%
Neither agree nor disagree	(3.0)	287	182	58	39	98	9	7	104	168	119	243	34	44	173	62	8	243	46	190
		14%	14%	15%	14%	14%	13%	9%	20% bd	12%	18% bd	13%	19% a	14%	15%	12%	11%	14%	16%	14%
Disagree	(2.0)	134	93	27	11	38	2	7	66	59	75	91	36	31	72	30	2	104	17	87
		7%	7% c	7% c	4%	6%	3%	10% d	13% ad	4%	11% ad	5%	20% a	10% cde	6%	6%	3%	6%	6%	6%
Strongly disagree	(1.0)	82	60	14	8	22	7	3	41	30	51	38	42	23	41	17	1	59	10	48
		4%	5%	4%	3%	3%	10% d	4%	8% d	2%	8% d	2%	23% a	7% bcde	4%	3%	2%	3%	3%	3%
Don't know		8	2	1	1	2	1	-	5	2	5	2	1	-	4	*	3	8	1	7
		*	*	*	*	*	1%	-	1% d	*	1% d	*	1%	-	*	*	5% abce	*	*	*
NET: Agree		1523	953	298	223	521	50	60	297	1115	407	1445	67	212	845	408	58	1311	218	1065
		75%	74%	75%	79% a	77%	73% c	78% ce	58%	81% ce	62%	79% b	37%	68%	74%	79% ab	80% a	76% a	75%	76%
NET: Disagree		216	153	41	19	60	9	10	107	89	127	129	77	53	113	46	3	163	27	135
		11%	12% cd	10% c	7%	9%	14% d	13% d	21% d	6%	19% d	7%	43% a	17% bcde	10%	9%	5%	9%	9%	10%
Base for stats		2026	1288	397	281	678	68	78	508	1373	653	1817	178	309	1131	516	70	1717	291	1389
Mean Score		3.89	3.85	3.90	4.02 ab	3.95 a	3.81 c	3.85 ce	3.48	4.04 abce	3.56	4.01 b	2.80	3.71	3.88 a	3.99 ab	4.06 a	3.92 a	3.91	3.92
Standard Deviation		1.020	1.048	1.004	.933	.977	1.231	1.013	1.171	.900	1.168	.908	1.337	1.179	.994	.981	.842	.985	.990	.988
Standard Error		.023	.039	.036	.041	.027	.137	.104	.052	.025	.045	.021	.103	.084	.031	.037	.085	.023	.051	.026
Error variance		*	*	*	*	*	.02	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*

Prepared by Savanta: ComRes

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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

		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	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	572	49	43	11	477	90	10	446	126	79	42	51	69	53	89	38	151	174	277
		28%	26%	11%	18%	34%	16%	23%	27%	31%	18%	21%	20%	24%	31%	39%	46%	41%	25%	41%
			be			abce		b						a	abc	abcdi	abcdei	abcdei	a	abcdei
Agree	(4.0)	951	84	151	34	681	252	13	780	171	168	112	135	144	89	108	35	161	367	304
		47%	44%	40%	56%	48%	44%	31%	48%	42%	38%	54%	54%	51%	51%	47%	42%	44%	52%	45%
					bf	bf			b			ahj	ahj	a	a	a			ahj	a
Neither agree nor disagree	(3.0)	287	21	74	8	175	97	3	230	58	79	28	50	41	23	20	6	41	113	66
		14%	11%	20%	13%	12%	17%	8%	14%	14%	18%	14%	20%	15%	13%	9%	7%	11%	16%	10%
				ad			ad				fghj		fghj	fj					fghj	
Disagree	(2.0)	134	18	58	5	58	73	9	103	32	60	18	8	26	6	8	2	7	40	17
		7%	9%	16%	9%	4%	13%	21%	6%	8%	13%	9%	3%	9%	4%	3%	2%	2%	6%	2%
			d	ad	d		d	ad			cefghij	cefghj		cefghij						hj
Strongly disagree	(1.0)	82	14	46	3	24	55	7	62	19	58	4	5	3	2	1	3	6	10	9
		4%	7%	12%	4%	2%	10%	17%	4%	5%	13%	2%	2%	1%	1%	*	3%	2%	1%	1%
			d	cd			d	cd			bcdefghij						f			
Don't know		8	4	1	-	2	5	-	5	3	2	1	1	1	-	4	-	-	2	4
		*	2%	*	-	*	1%	-	*	1%	*	*	*	*	-	2%	-	-	*	1%
			bd				d									hi				
NET: Agree		1523	134	194	45	1158	343	23	1226	297	246	154	185	214	142	197	72	312	541	582
		75%	70%	52%	73%	82%	60%	54%	75%	73%	55%	75%	74%	75%	82%	86%	88%	85%	77%	86%
			bef		bef	abef	b					a	a	a	ac	abcdi	abcdi	abcdi	a	abcdi
NET: Disagree		216	32	105	8	83	128	16	165	51	118	22	13	29	8	9	4	13	50	26
		11%	17%	28%	13%	6%	22%	38%	10%	13%	27%	11%	5%	10%	5%	4%	5%	3%	7%	4%
			d	acde	d		d	acde			bcdefghij	cefhj		cefhj						hj
Base for stats		2026	187	372	61	1416	568	42	1620	406	443	204	248	284	173	226	82	365	705	674
Mean Score		3.89	3.73	3.23	3.73	4.08	3.44	3.23	3.89	3.87	3.34	3.83	3.88	3.89	4.07	4.22	4.25	4.22	3.93	4.22
			bef		bef	abcef	b					a	a	a	abcdi	abcdei	abcdi	abcdi	a	abcdei
Standard Deviation		1.020	1.174	1.213	1.007	.880	1.186	1.452	1.003	1.086	1.280	.928	.839	.916	.830	.784	.918	.832	.871	.826
Standard Error		.023	.082	.064	.116	.024	.049	.217	.025	.054	.066	.068	.051	.051	.062	.051	.103	.043	.031	.031
Error variance		*	.01	*	.01	*	*	.05	*	*	*	*	*	*	*	*	.01	*	*	*

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

	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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	572	189	113	270	572	-	540	11	489	35	521	21	402	82
	28%	30%	20%	32%	38%	-	35%	5%	39%	10%	37%	8%	38%	15%
		b		b	b		b		b		b		b	
Agree (4.0)	951	321	243	381	951	-	831	42	635	121	702	98	503	240
	47%	52%	43%	46%	62%	-	54%	19%	51%	35%	49%	36%	47%	44%
		bc			b		b		b		b			
Neither agree nor disagree (3.0)	287	76	105	105	-	-	118	40	100	52	133	45	100	95
	14%	12%	19%	13%	-	-	8%	18%	8%	15%	9%	17%	9%	18%
			ac					a		a		a		a
Disagree (2.0)	134	25	54	51	-	134	33	68	19	79	48	51	49	62
	7%	4%	10%	6%	-	62%	2%	30%	2%	22%	3%	19%	5%	11%
			ac			a		a		a		a		a
Strongly disagree (1.0)	82	10	43	25	-	82	10	61	9	63	14	54	14	60
	4%	2%	8%	3%	-	38%	1%	27%	1%	18%	1%	20%	1%	11%
			ac			a		a		a		a		a
Don't know	8	2	2	4	-	-	3	*	4	-	1	3	1	1
	*	*	*	*	-	-	*	*	*	-	*	1%	*	*
												a		
NET: Agree	1523	511	355	651	1523	-	1372	53	1123	156	1223	119	905	322
	75%	82%	64%	78%	100%	-	89%	24%	89%	45%	86%	44%	85%	60%
		b		b	b		b		b		b		b	
NET: Disagree	216	35	97	77	-	216	43	129	28	142	63	105	63	122
	11%	6%	17%	9%	-	100%	3%	58%	2%	40%	4%	38%	6%	23%
			ac	a		a		a		a		a		a
Base for stats	2026	622	558	832	1523	216	1533	222	1251	350	1419	269	1067	539
Mean Score	3.89	4.05	3.59	3.98	4.38	1.62	4.21	2.43	4.26	2.96	4.17	2.93	4.15	3.41
		b		b	b		b		b		b		b	
Standard Deviation	1.020	.857	1.143	.984	.484	.486	.727	1.212	.728	1.302	.811	1.291	.864	1.201
Standard Error	.023	.033	.050	.035	.012	.034	.019	.082	.020	.072	.022	.080	.026	.053
Error variance	*	*	*	*	*	*	*	.01	*	.01	*	.01	*	*

Savanta: ComRes

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

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		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)	573	295	276	198	219	157	35	85	49	61	29	48	107	105	54
		28%	30%	27%	32%	33%	21%	36%	32%	25%	28%	16%	21%	33%	32%	26%
					c	c		cef	ef	e	e			cef	ef	e
Agree	(4.0)	963	464	494	297	293	373	36	118	95	105	100	122	132	149	105
		47%	47%	48%	48%	44%	50%	37%	45%	48%	49%	57%	54%	41%	45%	51%
							b				a	abgh	ag			ag
Neither agree nor disagree	(3.0)	269	146	123	64	83	122	13	26	34	29	26	34	50	34	24
		13%	15%	12%	10%	12%	16%	13%	10%	17%	14%	15%	15%	16%	10%	12%
							ab			bh				bh		
Disagree	(2.0)	149	58	90	41	51	58	11	19	16	13	13	18	19	23	17
		7%	6%	9%	7%	8%	8%	12%	7%	8%	6%	7%	8%	6%	7%	8%
				a				g								
Strongly disagree	(1.0)	73	25	47	13	20	40	2	16	4	7	8	2	10	19	5
		4%	3%	5%	2%	3%	5%	2%	6%	2%	3%	5%	1%	3%	6%	2%
				a			ab		cfi				f		cfi	
Don't know		7	3	4	2	2	3	-	-	*	*	-	2	1	*	3
		*	*	*	*	*	*	-	-	*	*	-	1%	*	*	1%
NET: Agree		1536	760	770	494	512	530	71	203	145	165	129	170	239	255	159
		75%	77%	75%	80%	77%	70%	73%	77%	73%	77%	73%	75%	75%	77%	76%
					c	c										
NET: Disagree		222	84	137	54	71	98	13	35	20	20	21	20	29	43	22
		11%	8%	13%	9%	11%	13%	13%	13%	10%	9%	12%	9%	9%	13%	10%
				a			a									
Base for stats		2027	990	1029	611	666	750	97	264	198	214	175	224	318	331	205
Mean Score		3.89	3.96	3.84	4.02	3.96	3.73	3.95	3.90	3.85	3.93	3.73	3.87	3.96	3.90	3.91
			b		c	c					e			e		
Standard Deviation		1.012	.954	1.059	.942	1.016	1.043	1.056	1.117	.958	.975	.977	.873	1.010	1.105	.954
Standard Error		.022	.030	.033	.037	.040	.039	.099	.069	.066	.066	.070	.070	.055	.061	.066
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

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

		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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	573	58	135	142	86	52	101	335	238	472	15	52	16	5	2	91
		28%	38%	30%	29%	30%	24%	23%	30%	26%	27%	35%	42%	26%	27%	23%	35%
			bcefgh	f		f			fh				ad				a
Agree	(4.0)	963	66	220	241	131	114	190	526	436	836	14	58	34	4	7	117
		47%	43%	48%	49%	46%	54%	44%	48%	47%	48%	32%	46%	56%	21%	70%	45%
							af				b			b			
Neither agree nor disagree	(3.0)	269	14	52	64	37	26	76	130	139	234	8	11	5	7	*	31
		13%	9%	11%	13%	13%	12%	18%	12%	15%	13%	19%	9%	8%	35%	3%	12%
								abg		g							
Disagree	(2.0)	149	14	37	28	18	16	36	79	70	133	4	3	5	3	-	15
		7%	9%	8%	6%	6%	7%	8%	7%	7%	8%	9%	3%	8%	16%	-	6%
											c						
Strongly disagree	(1.0)	73	1	12	15	12	5	28	28	45	69	2	-	2	-	*	4
		4%	1%	3%	3%	4%	2%	6%	3%	5%	4%	5%	-	3%	-	4%	2%
						a		abceg		abg	cg	c					
Don't know		7	-	1	1	2	-	3	2	5	6	-	1	-	-	-	1
		*	-	*	*	1%	-	1%	*	1%	*	-	1%	-	-	-	*
NET: Agree		1536	124	354	383	217	166	291	861	674	1308	29	110	50	9	9	207
		75%	81%	78%	78%	76%	78%	67%	78%	72%	75%	67%	88%	82%	49%	93%	80%
			fh	fh	fh	f	f		fh				ab				ab
NET: Disagree		222	15	49	43	30	21	64	107	115	202	6	3	6	3	*	19
		11%	10%	11%	9%	11%	10%	15%	10%	12%	12%	14%	3%	10%	16%	4%	7%
								cg		c	cg	c		c			c
Base for stats		2027	153	455	490	284	214	431	1098	929	1744	43	124	61	19	10	257
Mean Score		3.89	4.09	3.94	3.95	3.91	3.90	3.70	3.97	3.81	3.87	3.83	4.28	3.94	3.60	4.08	4.07
			fh	fh	fh	f	f		fh				abdg				a
Standard Deviation		1.012	.944	.985	.961	1.035	.939	1.110	.969	1.054	1.024	1.164	.732	.948	1.083	.818	.921
Standard Error		.022	.073	.044	.044	.059	.067	.057	.029	.035	.025	.163	.063	.105	.280	.211	.053
Error variance		*	.01	*	*	*	*	*	*	*	*	.03	*	.01	.08	.04	*

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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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	573	356	108	92	200	16	18	100	439	134	544	24	81	300	167	25	492	81	399
		28%	28%	27%	33%	29%	23%	23%	20%	32%	20%	30%	14%	26%	26%	32%	34%	29%	28%	29%
					b					ce		b				b				
Agree	(4.0)	963	619	192	122	314	34	34	237	658	304	890	58	138	565	223	36	824	130	677
		47%	48%	48%	43%	46%	49%	43%	46%	48%	46%	49%	32%	45%	50%	43%	50%	48%	45%	48%
												b			c			c		
Neither agree nor disagree	(3.0)	269	167	57	38	95	5	15	88	161	108	217	39	44	154	65	7	225	43	177
		13%	13%	14%	14%	14%	7%	20%	17%	12%	16%	12%	22%	14%	14%	13%	9%	13%	15%	13%
								ad	ad		ad		a							
Disagree	(2.0)	149	97	27	19	46	7	6	53	83	66	120	26	27	78	43	2	122	26	96
		7%	7%	7%	7%	7%	11%	8%	10%	6%	10%	7%	15%	9%	7%	8%	2%	7%	9%	7%
									d		d		a	d		d				
Strongly disagree	(1.0)	73	50	12	8	20	7	4	32	31	42	41	31	19	33	17	3	54	10	43
		4%	4%	3%	3%	3%	10%	5%	6%	2%	6%	2%	17%	6%	3%	3%	5%	3%	3%	3%
							d		d		d		a	be						
Don't know		7	2	2	2	5	-	1	4	3	4	5	1	-	6	1	-	7	1	5
		*	*	1%	1%	1%	-	1%	1%	*	1%	*	*	-	1%	*	-	*	*	*
NET: Agree		1536	975	299	214	514	50	51	337	1098	438	1435	82	219	865	390	61	1316	211	1076
		75%	76%	75%	76%	76%	72%	66%	66%	80%	66%	79%	46%	71%	76%	76%	84%	76%	72%	77%
										bce		b					a			
NET: Disagree		222	146	39	28	66	14	10	84	114	109	161	57	46	111	60	5	176	36	138
		11%	11%	10%	10%	10%	21%	13%	16%	8%	16%	9%	32%	15%	10%	12%	7%	10%	12%	10%
							d		d		d		a	bde						
Base for stats		2027	1288	395	280	675	69	77	509	1372	655	1813	178	309	1130	515	73	1718	291	1392
Mean Score		3.89	3.88	3.90	3.96	3.93	3.65	3.71	3.63	4.01	3.64	3.98	3.10	3.76	3.90	3.93	4.07	3.92	3.85	3.93
										abce		b				a	a	a		
Standard Deviation		1.012	1.020	.975	1.007	.988	1.229	1.068	1.100	.939	1.109	.943	1.307	1.122	.966	1.040	.971	.989	1.035	.980
Standard Error		.022	.038	.035	.045	.028	.136	.110	.049	.026	.042	.022	.100	.080	.030	.040	.098	.023	.053	.026
Error variance		*	*	*	*	*	.02	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*

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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

		Total	Mental condition or illness (a)	Physical condition or illness (b)	Other (c)	No (d)	NET: Yes longstanding condition or illness (e)	NET: Longstanding physical and mental condition or illness (f)	Urban (a)	Rural (b)	0 (a)	1 (b)	2 (c)	3 (d)	4 (e)	5 (f)	6 (g)	7 (h)	NET 2-4 days (i)	NET 5+ days (j)
				Longstanding condition or illness					Area		Number of days active									
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	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	573	53	48	12	465	103	7	453	120	87	41	56	75	55	74	37	148	186	259
		28%	28%	13%	19%	33%	18%	16%	28%	29%	20%	20%	23%	26%	32%	32%	45%	41%	26%	38%
			be			bcef	b						a	abc	abc	abcdefi	abcdfi	a	abcdi
Agree	(4.0)	963	76	189	31	673	272	19	786	177	183	120	121	147	90	114	33	154	358	301
		47%	40%	51%	51%	48%	48%	45%	48%	43%	41%	58%	49%	52%	52%	50%	41%	42%	51%	45%
				a		a	a					acghj		ahj	ah	a			ahj	
Neither agree nor disagree	(3.0)	269	33	61	8	163	94	7	213	56	72	31	49	22	22	21	9	43	93	73
		13%	17%	16%	13%	11%	16%	18%	13%	14%	16%	15%	20%	8%	13%	9%	11%	12%	13%	11%
			d	d			d				dfj	d	defhij						d	
Disagree	(2.0)	149	14	42	5	85	58	2	107	42	55	11	16	32	3	16	-	16	51	32
		7%	7%	11%	8%	6%	10%	6%	7%	10%	12%	5%	6%	11%	2%	7%	-	4%	7%	5%
				d			d			a	bcefghij	g	eg	bceghij		eg			egj	g
Strongly disagree	(1.0)	73	15	32	4	29	44	7	63	10	46	3	5	7	3	3	1	5	15	9
		4%	8%	9%	7%	2%	8%	16%	4%	3%	10%	1%	2%	3%	2%	1%	1%	1%	2%	1%
			d	d	d		d	d			bcdefghij									
Don't know		7	1	1	1	3	2	-	3	4	2	1	2	*	-	*	2	-	2	3
		*	1%	*	2%	*	*	-	*	1%	*	*	1%	*	-	*	3%	-	*	*
					d					a							adefhij			
NET: Agree		1536	129	238	42	1138	375	26	1239	297	270	160	178	222	145	189	70	302	545	561
		75%	67%	64%	70%	80%	65%	61%	76%	73%	61%	78%	71%	78%	84%	82%	86%	83%	77%	83%
						abcef						a	a	a	aci	ac	ac	aci	a	aci
NET: Disagree		222	28	74	9	114	101	9	170	52	101	14	21	40	6	19	1	21	67	41
		11%	15%	20%	15%	8%	18%	21%	10%	13%	23%	7%	8%	14%	3%	8%	1%	6%	9%	6%
			d	d	d		d	d			bcdefghij	g	eg	bcefghij		eg			eghj	g
Base for stats		2027	190	372	60	1415	571	42	1622	405	443	205	248	284	173	229	80	365	705	674
Mean Score		3.89	3.73	3.49	3.68	4.03	3.58	3.40	3.90	3.88	3.47	3.90	3.84	3.88	4.11	4.05	4.33	4.16	3.92	4.14
			b			abcef						a	a		abcdi	acd	abcdefi	abcdi	a	abcdi
Standard Deviation		1.012	1.170	1.119	1.112	.931	1.125	1.283	1.007	1.031	1.231	.822	.922	1.011	.806	.908	.733	.895	.938	.885
Standard Error		.022	.081	.059	.128	.025	.046	.191	.025	.052	.063	.060	.057	.057	.060	.059	.084	.046	.034	.034
Error variance		*	.01	*	.02	*	*	.04	*	*	*	*	*	*	*	*	.01	*	*	*

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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
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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	573	186	107	280	556	8	573	-	492	30	521	17	404	86
	28%	30%	19%	33%	37%	4%	37%	-	39%	8%	37%	6%	38%	16%
		b		b	b		b		b		b		b	
Agree (4.0)	963	318	254	385	815	35	963	-	609	137	715	103	502	243
	47%	51%	45%	46%	54%	16%	63%	-	48%	39%	50%	38%	47%	45%
					b		b		b		b			
Neither agree nor disagree (3.0)	269	57	120	88	96	41	-	-	104	56	114	55	83	95
	13%	9%	22%	11%	6%	19%	-	-	8%	16%	8%	20%	8%	18%
			ac			a				a		a		a
Disagree (2.0)	149	50	43	54	37	75	-	149	34	76	50	52	59	68
	7%	8%	8%	6%	2%	35%	-	67%	3%	22%	4%	19%	6%	13%
						a		a		a		a		a
Strongly disagree (1.0)	73	11	33	28	16	54	-	73	15	50	19	43	18	48
	4%	2%	6%	3%	1%	25%	-	33%	1%	14%	1%	16%	2%	9%
			ac			a		a		a		a		a
Don't know	7	1	3	2	2	3	-	-	2	2	2	2	3	*
	*	*	1%	*	*	1%	-	-	*	*	*	1%	*	*
						a								
NET: Agree	1536	504	361	664	1372	43	1536	-	1101	166	1236	120	906	329
	75%	81%	65%	79%	90%	20%	100%	-	88%	48%	87%	44%	85%	61%
		b		b	b		b		b		b		b	
NET: Disagree	222	61	75	82	53	129	-	222	49	126	69	95	77	116
	11%	10%	13%	10%	3%	60%	-	100%	4%	36%	5%	35%	7%	22%
			c			a		a		a		a		a
Base for stats	2027	622	556	834	1521	213	1536	222	1254	349	1419	270	1066	540
Mean Score	3.89	3.99	3.65	4.00	4.22	2.38	4.37	1.67	4.22	3.06	4.18	3.00	4.14	3.46
		b		b	b		b		b		b		b	
Standard Deviation	1.012	.937	1.058	1.003	.755	1.141	.484	.471	.803	1.235	.824	1.213	.899	1.165
Standard Error	.022	.036	.046	.036	.019	.080	.012	.032	.022	.069	.022	.075	.027	.052
Error variance	*	*	*	*	*	.01	*	*	*	*	*	.01	*	*

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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)	450	246	205	168	157	125	19	71	41	49	24	48	72	74	51
		22%	25%	20%	27%	24%	17%	20%	27%	21%	23%	14%	21%	23%	22%	25%
			b		c	c			e		e			e	e	e
Agree	(4.0)	805	393	406	270	255	280	35	88	73	89	75	89	152	119	84
		40%	40%	39%	44%	38%	37%	36%	33%	37%	41%	43%	39%	48%	36%	41%
					bc							b		abch		
Neither agree nor disagree	(3.0)	419	210	207	83	143	192	18	64	46	43	44	41	57	72	34
		21%	21%	20%	14%	21%	26%	18%	24%	23%	20%	25%	18%	18%	22%	16%
						a	a		i			i				
Disagree	(2.0)	228	96	133	73	64	91	12	28	21	20	16	35	23	43	30
		11%	10%	13%	12%	10%	12%	13%	10%	10%	9%	9%	15%	7%	13%	14%
				a									g		g	g
Strongly disagree	(1.0)	122	42	80	19	43	60	13	14	14	13	14	12	12	23	7
		6%	4%	8%	3%	7%	8%	14%	5%	7%	6%	8%	5%	4%	7%	3%
				a		a	a	bdfghi				gi				
Don't know		9	6	3	1	5	4	*	-	3	-	1	*	2	*	2
		*	1%	*	*	1%	1%	*	-	1%	-	1%	*	1%	*	1%
										b						
NET: Agree		1255	639	611	438	412	405	54	159	114	138	100	137	224	193	135
		62%	64%	59%	71%	62%	54%	55%	60%	58%	64%	57%	61%	70%	58%	65%
			b		bc	c								abcefh		
NET: Disagree		350	138	213	92	108	151	25	41	35	33	31	47	35	66	37
		17%	14%	21%	15%	16%	20%	26%	16%	18%	15%	17%	21%	11%	20%	18%
				a			a	bdg		g			g	g		g	g
Base for stats		2025	987	1030	613	663	749	97	264	196	215	174	226	317	331	206
Mean Score		3.61	3.71	3.51	3.81	3.63	3.43	3.35	3.66	3.54	3.66	3.46	3.56	3.79	3.54	3.69
			b		bc	c			a		a			acefh		ae
Standard Deviation		1.127	1.074	1.171	1.062	1.138	1.141	1.309	1.133	1.151	1.117	1.100	1.144	.996	1.174	1.098
Standard Error		.025	.034	.036	.041	.045	.043	.123	.070	.080	.076	.079	.092	.055	.064	.076
Error variance		*	*	*	*	*	*	.02	*	.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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	450	48	112	113	74	37	68	272	178	367	8	44	14	6	1	72
		22%	31%	24%	23%	26%	17%	16%	25%	19%	21%	18%	35%	23%	30%	10%	28%
			cefh	efh	f	efh			efh				ab				a
Agree	(4.0)	805	67	175	213	101	92	156	455	350	679	22	57	26	5	5	116
		40%	44%	38%	43%	35%	43%	36%	41%	37%	39%	52%	45%	43%	28%	49%	45%
					dfh												
Neither agree nor disagree	(3.0)	419	17	94	81	70	51	106	192	227	376	6	18	11	4	1	40
		21%	11%	21%	16%	24%	24%	25%	17%	24%	21%	14%	14%	18%	21%	13%	15%
				a		acg	acg	acg	a	acg	cg						
Disagree	(2.0)	228	17	54	48	29	22	58	119	109	204	6	5	5	4	3	24
		11%	11%	12%	10%	10%	10%	13%	11%	12%	12%	14%	4%	8%	21%	29%	9%
											c	c					
Strongly disagree	(1.0)	122	4	21	36	11	9	42	61	61	116	1	1	4	-	-	6
		6%	3%	4%	7%	4%	4%	10%	6%	7%	7%	2%	1%	6%	-	-	2%
					ad			abdeg			cg			c			
Don't know		9	-	*	1	1	3	4	1	8	8	-	-	1	-	-	1
		*	-	*	*	*	1%	1%	*	1%	*	-	-	2%	-	-	*
							bg	g		g							
NET: Agree		1255	115	287	326	175	129	224	727	528	1046	30	101	40	11	6	188
		62%	75%	63%	66%	61%	60%	52%	66%	57%	60%	70%	80%	66%	58%	58%	73%
			bcdefgh	fh	fh	f	f		fh				ad				a
NET: Disagree		350	21	75	84	41	30	99	180	170	320	7	7	9	4	3	30
		17%	14%	16%	17%	14%	14%	23%	16%	18%	18%	16%	5%	15%	21%	29%	11%
								abcdeg			cg	c		c			c
Base for stats		2025	153	456	490	285	211	430	1099	926	1742	43	125	60	19	10	257
Mean Score		3.61	3.90	3.67	3.65	3.69	3.60	3.35	3.69	3.51	3.56	3.71	4.09	3.69	3.67	3.39	3.87
			bcdefgh	fh	fh	fh	f		fh	f			abdg				a
Standard Deviation		1.127	1.058	1.106	1.151	1.084	1.024	1.182	1.122	1.127	1.141	.991	.873	1.122	1.150	1.061	1.000
Standard Error		.025	.082	.049	.053	.062	.073	.060	.033	.038	.028	.139	.075	.126	.297	.274	.058
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.02	.09	.07	*

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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

		Total	Children aged 15 or under in the household: None	1 child	2 or more children	NET: Yes	Self-isolating status: 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	Well enough to exercise today: Yes	No	Number of people in household including self: Lives alone	2-3	4-5	6+	NET: Lives with others	Care responsibilities in household not including children: 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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	450	249	104	76	180	22	19	78	331	119	421	22	58	232	139	22	393	75	313
		22%	19%	26%	27%	26%	32%	25%	15%	24%	18%	23%	12%	19%	20%	27%	30%	23%	26%	22%
				a	a	a	ce	c		ce		b				abe	ab			
Agree	(4.0)	805	497	168	115	283	27	22	170	586	219	757	40	115	454	201	35	690	118	554
		40%	39%	42%	41%	42%	39%	29%	33%	43%	33%	42%	23%	37%	40%	39%	48%	40%	40%	40%
										bce		b								
Neither agree nor disagree	(3.0)	419	288	70	51	121	8	20	143	249	171	374	34	62	260	86	11	357	54	292
		21%	22%	18%	18%	18%	11%	26%	28%	18%	26%	21%	19%	20%	23%	17%	15%	21%	19%	21%
			bd						ad		ad				c					c
Disagree	(2.0)	228	156	36	30	66	7	12	73	137	92	183	39	41	113	71	4	188	26	162
		11%	12%	9%	10%	10%	11%	15%	14%	10%	14%	10%	22%	13%	10%	14%	6%	11%	9%	12%
									d		d		a			bd				
Strongly disagree	(1.0)	122	95	17	10	27	4	4	46	68	54	78	42	33	69	18	1	89	15	73
		6%	7%	4%	4%	4%	6%	5%	9%	5%	8%	4%	24%	11%	6%	4%	2%	5%	5%	5%
			bcd						d		d		a	bcde	c					
Don't know		9	6	2	1	3	1	1	3	5	5	6	2	1	8	1	-	8	4	3
		*	*	*	*	*	1%	1%	1%	*	1%	*	1%	*	1%	*	-	*	1%	*
																			b	
NET: Agree		1255	746	272	191	463	49	41	248	917	338	1178	62	172	686	340	57	1083	193	866
		62%	58%	68%	68%	68%	71%	53%	48%	67%	51%	65%	35%	56%	60%	66%	78%	63%	66%	62%
				a	a	a	bce			bce		b				ab	abce			
NET: Disagree		350	251	53	40	93	12	16	119	204	146	262	82	74	182	89	6	277	41	235
		17%	19%	13%	14%	14%	17%	20%	23%	15%	22%	14%	46%	24%	16%	17%	8%	16%	14%	17%
			bcd						d		d		a	bcde	d	d		d		
Base for stats		2025	1284	396	281	677	68	77	509	1370	654	1813	177	308	1128	515	73	1717	288	1393
Mean Score		3.61	3.50	3.77	3.77	3.77	3.80	3.54	3.31	3.71	3.39	3.69	2.77	3.40	3.59	3.72	3.98	3.65	3.73	3.63
							ce			ce		b			a	ab	abce			
Standard Deviation		1.127	1.151	1.071	1.069	1.069	1.192	1.173	1.163	1.088	1.176	1.067	1.361	1.236	1.106	1.110	.917	1.103	1.103	1.109
Standard Error		.025	.043	.038	.048	.030	.132	.121	.052	.030	.045	.025	.105	.088	.034	.042	.093	.026	.057	.029
Error variance		*	*	*	*	*	.02	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*

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	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	450	46	45	12	355	90	9	349	101	36	28	46	63	38	77	34	130	146	240
	22%	24%	12%	20%	25%	16%	20%	21%	25%	8%	14%	18%	22%	22%	33%	41%	36%	21%	35%
		be			be						a	a	ab	ab	abcdei	abcdei	abcdei	ab	abcdei
Agree (4.0)	805	51	121	25	602	186	10	652	153	109	94	109	116	84	100	30	162	309	293
	40%	27%	32%	41%	42%	32%	23%	40%	37%	24%	46%	44%	41%	49%	44%	36%	44%	44%	43%
				af	abef						a	a	a	a	a	a	a	a	a
Neither agree nor disagree (3.0)	419	44	104	14	253	153	6	342	77	124	52	54	54	37	33	13	52	145	98
	21%	23%	28%	23%	18%	27%	13%	21%	19%	28%	25%	22%	19%	22%	14%	16%	14%	21%	14%
			df			d				dfghij	fhj	fhj		hj					fhj
Disagree (2.0)	228	31	57	5	136	87	6	174	54	95	22	30	38	11	12	4	16	79	32
	11%	16%	15%	9%	10%	15%	15%	11%	13%	21%	11%	12%	13%	7%	5%	4%	5%	11%	5%
		d	d			d				bcdefghij	fhj	fhj	efghj						fhj
Strongly disagree (1.0)	122	19	46	5	65	56	12	99	23	77	7	9	13	2	7	2	5	24	13
	6%	10%	12%	8%	5%	10%	28%	6%	6%	17%	4%	4%	5%	1%	3%	2%	1%	3%	2%
		d	d			d	abcde			bcdefghij			ehj						h
Don't know	9	1	1	-	6	1	-	8	1	5	1	3	*	-	*	-	-	3	*
	*	*	*	-	*	*	-	*	*	1%	1%	1%	*	-	*	-	-	*	*
										hj		hj							
NET: Agree	1255	97	166	37	957	276	18	1001	254	145	123	154	179	122	177	63	293	455	533
	62%	51%	45%	60%	68%	48%	43%	62%	62%	32%	60%	62%	63%	71%	77%	77%	80%	64%	79%
			be		abef						a	a	a	ab	abcdi	abcdi	abcdei	a	abcdei
NET: Disagree	350	50	102	10	201	143	18	274	77	172	29	38	52	14	19	5	21	104	46
	17%	26%	27%	17%	14%	25%	43%	17%	19%	39%	14%	15%	18%	8%	8%	6%	6%	15%	7%
		d	d			d	abcde			bcdefghij	ehj	efghj	efghj					efghj	
Base for stats	2025	191	373	61	1411	572	42	1617	408	440	204	247	284	173	229	82	365	704	677
Mean Score	3.61	3.39	3.17	3.55	3.74	3.29	2.92	3.60	3.63	2.84	3.56	3.62	3.62	3.83	3.99	4.10	4.09	3.67	4.06
		bf		bf	abef	f					a	a	a	abcd	abcdi	abcdei	abcdei	a	abcdei
Standard Deviation	1.127	1.281	1.195	1.155	1.080	1.189	1.543	1.121	1.155	1.211	.980	1.032	1.110	.886	.988	.957	.887	1.034	.931
Standard Error	.025	.089	.063	.132	.029	.049	.230	.028	.058	.062	.071	.063	.062	.066	.065	.107	.045	.037	.035
Error variance	*	.01	*	.02	*	*	.05	*	*	*	.01	*	*	*	*	.01	*	*	*

Prepared by Savanta: ComRes

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
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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	450	178	87	184	432	6	415	17	450	-	434	6	355	34
	22%	29%	16%	22%	28%	3%	27%	8%	36%	-	31%	2%	33%	6%
		bc		b	b		b		b		b		b	
Agree (4.0)	805	260	203	340	691	22	686	32	805	-	681	26	474	150
	40%	42%	36%	41%	45%	10%	45%	14%	64%	-	48%	10%	44%	28%
					b		b		b		b		b	
Neither agree nor disagree (3.0)	419	108	134	174	240	45	262	47	-	-	210	66	135	150
	21%	17%	24%	21%	16%	21%	17%	21%	-	-	15%	24%	13%	28%
			a									a		a
Disagree (2.0)	228	58	67	100	122	62	127	60	-	228	66	92	75	124
	11%	9%	12%	12%	8%	29%	8%	27%	-	65%	5%	34%	7%	23%
						a		a		a		a		a
Strongly disagree (1.0)	122	18	64	37	35	79	40	66	-	122	24	79	25	80
	6%	3%	11%	4%	2%	37%	3%	30%	-	35%	2%	29%	2%	15%
			ac			a		a		a		a		a
Don't know	9	2	5	1	3	2	6	-	-	-	4	3	4	2
	*	*	1%	*	*	1%	*	-	-	-	*	1%	*	*
			c											
NET: Agree	1255	438	290	524	1123	28	1101	49	1255	-	1116	32	829	184
	62%	70%	52%	63%	74%	13%	72%	22%	100%	-	79%	12%	78%	34%
		bc		b	b		b		b		b		b	
NET: Disagree	350	76	131	136	156	142	166	126	-	350	91	171	101	204
	17%	12%	23%	16%	10%	66%	11%	57%	-	100%	6%	63%	9%	38%
			ac	a		a		a		a		a		a
Base for stats	2025	621	554	835	1520	214	1529	222	1255	350	1417	269	1064	538
Mean Score	3.61	3.84	3.33	3.64	3.90	2.13	3.86	2.43	4.36	1.65	4.01	2.22	3.99	2.88
		bc		b	b		b		b		b		b	
Standard Deviation	1.127	1.033	1.212	1.084	.979	1.110	.994	1.266	.480	.477	.893	1.048	.979	1.157
Standard Error	.025	.039	.053	.038	.025	.077	.026	.085	.013	.027	.024	.065	.030	.051
Error variance	*	*	*	*	*	.01	*	.01	*	*	*	*	*	*

Savanta: ComRes

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)	537	291	246	172	194	171	26	84	59	58	28	49	86	99	49
		26%	29%	24%	28%	29%	23%	27%	32%	30%	27%	16%	22%	27%	30%	23%
			b		c	c		e	efi	e	e			e	e	
Agree	(4.0)	883	414	464	278	299	306	34	100	71	89	90	111	152	136	101
		43%	42%	45%	45%	45%	41%	35%	38%	36%	41%	51%	49%	48%	41%	49%
												abcdh	abc	abc		abc
Neither agree nor disagree	(3.0)	333	155	176	93	96	143	20	50	36	31	37	33	42	52	31
		16%	16%	17%	15%	14%	19%	21%	19%	18%	15%	21%	15%	13%	16%	15%
							b	g	g			g				
Disagree	(2.0)	180	88	92	57	40	83	8	16	16	16	9	30	35	31	18
		9%	9%	9%	9%	6%	11%	8%	6%	8%	8%	5%	13%	11%	10%	9%
					b		b						be	be		
Strongly disagree	(1.0)	92	41	50	11	36	45	6	12	16	19	11	3	4	11	7
		5%	4%	5%	2%	5%	6%	7%	5%	8%	9%	6%	1%	1%	3%	4%
						a	a	fg	g	fghi	fghi	fg				
Don't know		9	3	5	2	3	3	3	1	*	1	-	-	*	1	2
		*	*	*	*	1%	*	3%	*	*	*	-	-	*	*	1%
								cefgh								
NET: Agree		1420	705	710	450	493	478	60	184	129	147	118	160	238	235	150
		70%	71%	69%	73%	74%	63%	62%	70%	65%	68%	67%	71%	75%	71%	72%
					c	c								ac		
NET: Disagree		272	129	143	68	76	128	14	29	32	36	20	33	39	43	26
		13%	13%	14%	11%	11%	17%	15%	11%	16%	17%	11%	15%	12%	13%	12%
							ab									
Base for stats		2025	989	1029	612	664	749	95	263	198	214	175	226	319	330	206
Mean Score		3.79	3.83	3.74	3.89	3.87	3.64	3.69	3.86	3.71	3.70	3.66	3.76	3.88	3.85	3.80
					c	c			e					e	e	
Standard Deviation		1.072	1.075	1.069	.980	1.069	1.128	1.168	1.083	1.209	1.205	1.014	.985	.976	1.061	1.015
Standard Error		.024	.034	.033	.038	.042	.042	.110	.067	.084	.082	.073	.079	.053	.058	.071
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

		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
						Social Grade								Ethnicity			
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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	537	62	131	131	80	46	87	324	213	444	11	44	18	6	1	79
		26%	40%	29%	27%	28%	22%	20%	29%	23%	25%	24%	35%	30%	29%	13%	31%
			bcdefgh	fh	f	f			efh				a				
Agree	(4.0)	883	67	199	214	124	100	179	480	402	755	25	60	27	3	5	120
		43%	44%	44%	44%	43%	47%	41%	44%	43%	43%	58%	48%	45%	15%	47%	46%
												a					
Neither agree nor disagree	(3.0)	333	16	64	80	48	42	83	160	173	296	6	14	6	4	4	33
		16%	10%	14%	16%	17%	20%	19%	15%	18%	17%	14%	11%	9%	23%	36%	13%
							a	abg		abg							
Disagree	(2.0)	180	8	39	41	24	17	52	87	93	166	1	7	6	-	*	15
		9%	5%	8%	8%	8%	8%	12%	8%	10%	9%	2%	6%	10%	-	3%	6%
								ag		g							
Strongly disagree	(1.0)	92	1	20	23	11	8	29	44	48	85	1	-	-	6	-	7
		5%	*	4%	5%	4%	4%	7%	4%	5%	5%	2%	-	-	32%	-	3%
				a	a	a	a	ag	a	a	cd						
Don't know		9	-	3	2	*	-	4	4	5	5	-	*	4	-	-	4
		*	-	1%	*	*	-	1%	*	*	*	-	*	6%	-	-	2%
														acg			a
NET: Agree		1420	128	331	345	203	146	266	804	616	1199	35	104	45	8	6	199
		70%	84%	72%	70%	71%	68%	61%	73%	66%	69%	82%	83%	75%	45%	61%	77%
			bcdefgh	fh	f	f			fh			a	a				a
NET: Disagree		272	8	59	64	35	25	81	131	141	250	2	7	6	6	*	22
		13%	6%	13%	13%	12%	12%	19%	12%	15%	14%	4%	6%	10%	32%	3%	8%
				a	a	a	a	abcdeg	a	ag	bcg						
Base for stats		2025	153	454	489	286	214	430	1096	929	1745	43	125	57	19	10	254
Mean Score		3.79	4.19	3.85	3.80	3.83	3.75	3.57	3.87	3.69	3.75	4.00	4.13	4.00	3.09	3.71	3.98
			bcdefgh	fh	f	fh			fh				a	a			a
Standard Deviation		1.072	.847	1.070	1.074	1.050	1.006	1.140	1.051	1.088	1.085	.821	.826	.924	1.660	.777	.961
Standard Error		.024	.065	.048	.049	.060	.072	.058	.031	.037	.026	.115	.071	.104	.429	.201	.056
Error variance		*	*	*	*	*	.01	*	*	*	*	.01	.01	.01	.18	.04	*

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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	
	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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	537	321	116	87	203	20	20	112	386	152	516	19	83	289	144	22	455	77	370
	26%	25%	29%	31%	30%	29%	26%	22%	28%	23%	28%	11%	27%	25%	28%	31%	26%	27%	26%
				a	a				ce		b								
Agree (4.0)	883	555	165	128	293	27	33	210	613	270	802	68	124	489	236	35	759	140	604
	43%	43%	41%	45%	43%	40%	43%	41%	45%	41%	44%	38%	40%	43%	46%	47%	44%	48%	43%
Neither agree nor disagree (3.0)	333	214	66	41	108	13	11	97	212	121	286	35	40	203	81	8	292	50	232
	16%	17%	17%	15%	16%	19%	14%	19%	15%	18%	16%	19%	13%	18%	16%	11%	17%	17%	17%
Disagree (2.0)	180	125	39	17	56	5	10	56	109	71	155	23	36	102	40	2	145	17	127
	9%	10%	10%	6%	8%	8%	13%	11%	8%	11%	9%	13%	12%	9%	8%	3%	8%	6%	9%
		c	c							d			d	d					a
Strongly disagree (1.0)	92	69	11	8	19	3	2	36	50	41	58	28	24	47	15	5	67	8	59
	5%	5%	3%	3%	3%	5%	3%	7%	4%	6%	3%	16%	8%	4%	3%	7%	4%	3%	4%
		bcd						d		d		a	bce			c			
Don't know	9	6	1	1	2	-	1	4	5	4	1	7	3	5	*	*	6	-	4
	*	*	*	*	*	-	1%	1%	*	1%	*	4%	1%	*	*	*	*	-	*
												a							
NET: Agree	1420	877	281	215	496	47	53	321	999	422	1318	87	206	777	380	57	1214	217	974
	70%	68%	71%	76%	73%	68%	69%	63%	73%	64%	72%	49%	67%	68%	74%	78%	70%	74%	70%
				ab	a				ce		b				b	a			
NET: Disagree	272	194	50	25	75	9	12	91	160	112	213	51	60	149	55	8	212	25	186
	13%	15%	13%	9%	11%	12%	16%	18%	12%	17%	12%	28%	19%	13%	11%	11%	12%	9%	13%
		cd	c					d		d		a	bce						a
Base for stats	2025	1284	397	281	678	69	77	509	1370	655	1817	172	307	1130	516	73	1718	292	1393
Mean Score	3.79	3.73	3.85	3.96	3.89	3.80	3.76	3.60	3.86	3.64	3.86	3.16	3.67	3.77	3.88	3.91	3.81	3.90	3.79
			a	a	a				ce		b				ab				
Standard Deviation	1.072	1.103	1.040	.978	1.016	1.091	1.083	1.148	1.033	1.136	1.026	1.267	1.214	1.058	.997	1.107	1.043	.949	1.066
Standard Error	.024	.041	.037	.043	.028	.120	.112	.051	.028	.043	.024	.098	.086	.033	.038	.112	.024	.049	.028
Error variance	*	*	*	*	*	.01	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*

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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	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
						Longstanding condition or illness		**Area**		**Number of days active**									
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	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	537	44	59	13	425	108	5	439	98	51	34	51	80	53	81	34	153	184	269
	26%	23%	16%	21%	30%	19%	13%	27%	24%	11%	16%	21%	28%	30%	35%	42%	42%	26%	40%
		b			abef							a	abc	abc	abci	abcdi	abcdei	ab	abcdei
Agree (4.0)	883	75	160	30	617	245	16	697	186	147	96	116	140	80	109	39	157	336	305
	43%	39%	43%	49%	44%	43%	38%	43%	45%	33%	47%	46%	49%	46%	47%	47%	43%	48%	45%
											a	a	a	a	a	a	a	a	a
Neither agree nor disagree (3.0)	333	36	71	8	217	103	10	264	69	101	53	56	35	23	24	4	37	114	65
	16%	19%	19%	13%	15%	18%	24%	16%	17%	23%	26%	23%	12%	13%	10%	5%	10%	16%	10%
										defghij	defghij	defghij		g				fghj	
Disagree (2.0)	180	22	43	5	112	66	3	145	35	80	16	20	20	15	9	3	17	55	29
	9%	12%	11%	9%	8%	12%	7%	9%	9%	18%	8%	8%	7%	8%	4%	4%	5%	8%	4%
			d			d				bcdefghij		j		j				fhj	
Strongly disagree (1.0)	92	14	38	1	46	45	8	75	16	65	5	4	9	1	4	2	-	15	6
	5%	8%	10%	1%	3%	8%	18%	5%	4%	15%	3%	2%	3%	1%	2%	3%	-	2%	1%
		d	cd			cd	acde			bcdefghij	h	h	hj		h	h		h	
Don't know	9	-	2	4	1	6	-	5	5	1	2	2	*	1	3	-	-	3	3
	*	-	1%	6%	*	1%	-	*	1%	*	1%	1%	*	1%	1%	-	-	*	*
			d	abde		d			a						h				
NET: Agree	1420	119	219	43	1042	353	21	1136	284	197	130	167	220	133	190	73	311	520	573
	70%	62%	59%	70%	73%	62%	51%	70%	69%	44%	63%	67%	77%	77%	83%	89%	85%	74%	85%
				f	abef						a	a	abc	abc	abci	abcdei	abcdei	abc	abcdei
NET: Disagree	272	36	81	6	158	112	11	221	51	146	21	25	30	16	13	5	17	70	36
	13%	19%	22%	10%	11%	19%	25%	14%	13%	33%	10%	10%	10%	9%	6%	6%	5%	10%	5%
		d	cd			d	cd			bcdefghij	hj	hj	hj	h				hj	
Base for stats	2025	191	371	57	1417	567	42	1620	405	444	203	248	284	172	227	82	365	704	674
Mean Score	3.79	3.59	3.43	3.85	3.89	3.53	3.20	3.79	3.78	3.08	3.68	3.76	3.92	3.98	4.12	4.22	4.22	3.88	4.19
				bef	abef						a	a	ab	abc	abcdi	abcdei	abcdei	ab	abcdei
Standard Deviation	1.072	1.179	1.188	.935	1.025	1.160	1.301	1.080	1.039	1.247	.929	.930	.990	.918	.885	.898	.814	.955	.849
Standard Error	.024	.082	.063	.109	.028	.048	.194	.027	.052	.064	.068	.057	.056	.068	.058	.100	.042	.035	.032
Error variance	*	.01	*	.01	*	*	.04	*	*	*	*	*	*	*	*	.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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	537	197	105	235	505	11	493	16	488	18	537	-	424	50
	26%	32%	19%	28%	33%	5%	32%	7%	39%	5%	38%	-	40%	9%
		b		b	b		b		b		b		b	
Agree (4.0)	883	272	226	381	718	51	742	53	627	73	883	-	505	160
	43%	44%	40%	46%	47%	24%	48%	24%	50%	21%	62%	-	47%	30%
					b		b		b		b		b	
Neither agree nor disagree (3.0)	333	90	111	127	179	43	179	53	106	85	-	-	97	129
	16%	15%	20%	15%	12%	20%	12%	24%	8%	24%	-	-	9%	24%
			ac			a		a		a				a
Disagree (2.0)	180	54	62	64	96	49	94	48	26	101	-	180	36	121
	9%	9%	11%	8%	6%	23%	6%	22%	2%	29%	-	66%	3%	22%
			c			a		a		a		a		a
Strongly disagree (1.0)	92	10	52	29	23	56	26	47	6	70	-	92	5	76
	5%	2%	9%	3%	2%	26%	2%	21%	1%	20%	-	34%	1%	14%
			ac	a		a		a		a		a		a
Don't know	9	1	3	1	1	6	*	5	1	4	-	-	1	5
	*	*	*	*	*	3%	*	2%	*	1%	-	-	*	1%
						a		a		a				a
NET: Agree	1420	468	331	615	1223	63	1236	69	1116	91	1420	-	929	210
	70%	75%	59%	74%	80%	29%	80%	31%	89%	26%	100%	-	87%	39%
		b		b	b		b		b		b		b	
NET: Disagree	272	63	115	93	119	105	120	95	32	171	-	272	42	197
	13%	10%	20%	11%	8%	48%	8%	43%	3%	49%	-	100%	4%	36%
			ac			a		a		a		a		a
Base for stats	2025	622	557	835	1521	210	1535	217	1254	346	1420	272	1067	536
Mean Score	3.79	3.95	3.48	3.87	4.04	2.59	4.03	2.74	4.25	2.62	4.38	1.66	4.22	2.98
		b		b	b		b		b		b		b	
Standard Deviation	1.072	.973	1.190	1.018	.915	1.260	.914	1.251	.736	1.172	.485	.473	.787	1.210
Standard Error	.024	.037	.052	.036	.024	.088	.023	.085	.020	.065	.013	.029	.024	.054
Error variance	*	*	*	*	*	.01	*	.01	*	*	*	*	*	*

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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

		Total	Gender Male	Gender Female	Age 16-34	Age 35-54	Age 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)	359	186	173	139	129	90	11	46	31	40	23	44	58	60	46
		18%	19%	17%	23% c	19% c	12%	11%	17%	16%	19%	13%	19%	18%	18%	22% ae
Agree	(4.0)	710	351	355	235	236	239	35	89	79	76	63	60	118	119	71
		35%	35%	34%	38% c	35%	32%	36%	34%	40% f	35%	36%	26%	37% f	36% f	34%
Neither agree nor disagree	(3.0)	416	208	208	111	141	165	19	61	41	34	45	52	67	66	32
		20%	21%	20%	18%	21%	22%	20%	23% di	21%	16%	26% di	23%	21%	20%	15%
Disagree	(2.0)	378	170	204	92	109	177	24	52	25	41	31	61	45	54	44
		19%	17%	20%	15%	16%	23% ab	25% cgh	20% c	13%	19%	18%	27% cegh	14%	16%	21% cg
Strongly disagree	(1.0)	163	74	88	35	47	81	7	16	23	19	13	9	31	31	13
		8%	7%	9%	6%	7%	11% ab	8%	6%	12% bfi	9%	8%	4%	10% f	9% f	6%
Don't know		9	4	4	2	5	1	*	*	-	4	-	1	-	1	2
		*	*	*	*	1%	*	*	*	-	2% bcg	-	1%	-	*	1%
NET: Agree		1068	536	528	374	365	329	46	135	110	116	86	103	176	179	117
		53%	54%	51%	61% bc	55% c	44%	47%	51%	55%	54%	49%	46%	55%	54%	56% f
NET: Disagree		540	244	292	127	156	257	32	68	48	61	45	70	76	85	57
		27%	25%	28%	21%	23%	34% ab	33%	26%	24%	28%	25%	31%	24%	26%	28%
Base for stats		2025	988	1029	612	662	752	97	264	199	211	175	225	319	330	206
Mean Score		3.36	3.41	3.31	3.58 bc	3.44 c	3.11	3.19	3.37	3.35	3.37	3.29	3.31	3.40	3.37	3.45
Standard Deviation		1.200	1.188	1.209	1.159	1.181	1.205	1.162	1.159	1.225	1.251	1.132	1.177	1.214	1.221	1.225
Standard Error		.027	.038	.038	.045	.046	.045	.109	.071	.085	.085	.081	.095	.066	.067	.085
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

		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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	359	50	93	89	51	36	41	231	128	284	7	43	13	2	1	66
		18%	32%	20%	18%	18%	17%	9%	21%	14%	16%	17%	34%	21%	10%	9%	26%
			bcdefgh	fh	fh	f	f		fh	f			abd				a
Agree	(4.0)	710	54	181	181	96	70	127	416	293	600	19	54	17	5	7	101
		35%	36%	40%	37%	34%	33%	29%	38%	31%	34%	44%	43%	27%	27%	66%	39%
				fh	fh				fh				ad				d
Neither agree nor disagree	(3.0)	416	19	88	90	61	60	98	197	220	378	8	13	12	2	*	35
		20%	12%	19%	18%	21%	28%	23%	18%	24%	22%	18%	10%	20%	11%	4%	14%
				a		a	abcg	ag		acg	cg			c			
Disagree	(2.0)	378	26	67	84	58	34	108	178	200	352	3	8	13	1	-	25
		19%	17%	15%	17%	20%	16%	25%	16%	21%	20%	7%	7%	21%	3%	-	10%
						b		bceg		bg	bcg			bcg			
Strongly disagree	(1.0)	163	3	27	44	21	9	58	75	88	131	6	8	6	6	2	27
		8%	2%	6%	9%	7%	4%	13%	7%	9%	7%	13%	6%	10%	31%	21%	11%
					ae	a		abcdegh	a	abeg							
Don't know		9	-	1	2	-	3	2	3	6	4	-	-	*	3	-	4
		*	-	*	*	-	2%	1%	*	1%	*	-	-	1%	18%	-	1%
							bdg										a
NET: Agree		1068	104	273	270	147	106	168	648	421	884	27	97	29	7	8	167
		53%	68%	60%	55%	51%	50%	39%	59%	45%	51%	61%	77%	48%	37%	76%	65%
			cdefgh	defh	fh	f	f		defh	f			abdg				ad
NET: Disagree		540	30	94	129	79	44	165	253	288	484	9	16	19	6	2	52
		27%	20%	21%	26%	27%	21%	38%	23%	31%	28%	20%	13%	31%	34%	21%	20%
					b	b		abcdegh		abeg	cg			cg			
Base for stats		2025	153	455	489	287	210	431	1097	928	1745	43	125	60	15	10	255
Mean Score		3.36	3.79	3.54	3.38	3.34	3.42	2.97	3.50	3.19	3.32	3.45	3.92	3.29	2.79	3.43	3.60
			bcdefgh	cdfh	fh	fh	fh		dfh	f			abdg				ad
Standard Deviation		1.200	1.144	1.143	1.221	1.193	1.092	1.208	1.185	1.195	1.182	1.248	1.125	1.296	1.572	1.370	1.266
Standard Error		.027	.088	.051	.056	.068	.078	.062	.035	.040	.029	.175	.096	.145	.420	.354	.074
Error variance		*	.01	*	*	*	.01	*	*	*	*	.03	.01	.02	.18	.13	.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

	Total	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	359	209	83	59	142	17	14	69	259	100	340	16	49	188	107	14	310	55	246
	18%	16%	21%	21%	21%	25%	19%	13%	19%	15%	19%	9%	16%	17%	21%	20%	18%	19%	18%
			a	a	a	ce			ce		b				b				
Agree (4.0)	710	441	138	107	245	23	26	162	498	212	648	53	108	396	180	25	602	123	466
	35%	34%	35%	38%	36%	34%	34%	32%	36%	32%	36%	29%	35%	35%	35%	35%	35%	42%	33%
																		b	
Neither agree nor disagree (3.0)	416	262	86	57	143	16	17	109	275	142	373	34	49	246	109	12	367	62	298
	20%	20%	22%	20%	21%	23%	22%	21%	20%	22%	20%	19%	16%	22%	21%	16%	21%	21%	21%
Disagree (2.0)	378	261	66	40	106	8	13	117	240	138	341	30	63	226	76	12	315	30	280
	19%	20%	17%	14%	16%	12%	17%	23%	17%	21%	19%	17%	20%	20%	15%	17%	18%	10%	20%
		cd						ad		a				c			c		a
Strongly disagree (1.0)	163	117	22	18	40	4	6	52	101	62	114	45	40	76	41	5	122	21	99
	8%	9%	6%	6%	6%	5%	8%	10%	7%	9%	6%	25%	13%	7%	8%	7%	7%	7%	7%
		bd										a	bce						
Don't know	9	1	2	2	4	1	1	4	3	6	2	2	-	3	2	4	9	1	7
	*	*	*	1%	1%	1%	1%	1%	*	1%	*	1%	-	*	*	5%	1%	*	*
				a						d		a				abce			
NET: Agree	1068	650	221	166	387	40	41	231	757	312	988	68	157	584	287	40	911	178	712
	53%	50%	56%	59%	57%	59%	52%	45%	55%	47%	54%	38%	51%	51%	56%	54%	53%	61%	51%
			a	a	a	c			ce		b							b	
NET: Disagree	540	378	88	58	146	12	19	169	341	200	455	75	103	303	117	18	438	51	380
	27%	29%	22%	20%	21%	17%	25%	33%	25%	30%	25%	42%	33%	27%	23%	24%	25%	17%	27%
		bcd						ad		ad		a	ce						a
Base for stats	2025	1289	396	280	676	68	77	508	1372	653	1816	177	309	1133	514	69	1716	291	1390
Mean Score	3.36	3.28	3.49	3.53	3.51	3.62	3.38	3.16	3.42	3.23	3.42	2.80	3.21	3.35	3.46	3.45	3.39	3.55	3.34
			a	a	a	ce			ce		b				a		a	b	
Standard Deviation	1.200	1.215	1.160	1.157	1.158	1.144	1.213	1.215	1.188	1.215	1.171	1.344	1.292	1.168	1.202	1.221	1.181	1.124	1.189
Standard Error	.027	.045	.042	.052	.032	.127	.125	.054	.032	.047	.027	.104	.092	.036	.046	.125	.028	.058	.032
Error variance	*	*	*	*	*	.02	.02	*	*	*	*	.01	.01	*	*	.02	*	*	*

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	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	359	40	37	13	265	86	2	285	74	29	27	49	43	39	49	21	102	131	172
	18%	21%	10%	21%	19%	15%	4%	18%	18%	7%	13%	20%	15%	23%	21%	25%	28%	19%	25%
		bf		bf	bef	b					a	a	a	abd	ab	abd	abcdi	a	abdi
Agree (4.0)	710	54	115	20	526	173	15	579	131	112	68	89	124	55	105	35	121	268	262
	35%	28%	31%	33%	37%	30%	35%	36%	32%	25%	33%	36%	44%	32%	46%	43%	33%	38%	39%
					abe						a	a	abceh		abcehi	a	a	a	a
Neither agree nor disagree (3.0)	416	26	81	12	296	107	8	338	78	89	59	47	72	41	33	13	63	159	110
	20%	13%	22%	21%	21%	19%	18%	21%	19%	20%	29%	19%	25%	23%	15%	16%	17%	22%	16%
			a		a						acfghj		fhj	fj				fhj	
Disagree (2.0)	378	48	86	7	233	134	8	292	85	126	38	45	34	31	27	8	68	110	103
	19%	25%	23%	12%	16%	23%	18%	18%	21%	28%	19%	18%	12%	18%	12%	10%	19%	16%	15%
		cd	cd			cd				bcdefghij	d	d					df		
Strongly disagree (1.0)	163	19	53	8	94	68	10	126	37	87	13	19	10	7	11	4	11	36	26
	8%	10%	14%	13%	7%	12%	23%	8%	9%	20%	6%	8%	4%	4%	5%	5%	3%	5%	4%
			d	d		d	ade			bcdefghij		dhj							
Don't know	9	4	1	-	2	5	1	4	5	1	1	2	1	-	4	-	-	3	4
	*	2%	*	-	*	1%	1%	*	1%	*	*	1%	*	-	2%	-	-	*	1%
		bd				d			a						ahi				
NET: Agree	1068	94	152	33	791	259	17	864	204	141	95	138	167	94	154	56	224	399	434
	53%	49%	41%	55%	56%	45%	39%	53%	50%	32%	46%	55%	59%	55%	67%	68%	61%	56%	64%
				b	bef						a	a	ab	a	abcdei	abcei	ab	ab	abcei
NET: Disagree	540	68	139	15	328	202	17	418	122	214	51	63	45	38	38	12	79	146	130
	27%	35%	37%	25%	23%	35%	41%	26%	30%	48%	25%	25%	16%	22%	17%	15%	22%	21%	19%
		d	cd			d	d			bcdefghij	df	dfj					d		
Base for stats	2025	187	372	61	1415	568	42	1621	404	444	205	247	283	173	226	82	365	704	673
Mean Score	3.36	3.25	2.99	3.39	3.45	3.13	2.79	3.37	3.30	2.70	3.28	3.42	3.55	3.51	3.69	3.73	3.64	3.49	3.67
		bf		bf	abef						a	a	ab	ab	abci	abc	abci	ab	abci
Standard Deviation	1.200	1.324	1.230	1.304	1.163	1.269	1.287	1.189	1.242	1.225	1.104	1.209	1.008	1.146	1.088	1.105	1.162	1.116	1.129
Standard Error	.027	.092	.065	.150	.031	.052	.194	.030	.062	.063	.080	.074	.057	.085	.071	.124	.060	.040	.043
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

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

		Amount of activity since the COVID-19 restrictions were introduced			Felt they had the ability to be physically active (pre COVID-19)		Felt they had the opportunity to be physically active (pre COVID-19)		Found exercise enjoyable and satisfying (pre COVID-19)		It was important to them to exercise regularly (pre COVID-19)		Felt guilty when they didn't exercise (pre COVID-19)	
	Total	NET: More	Neither more nor less	NET: Less	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree	NET: Agree	NET: Disagree
Significance Level: 95%		a	b	c	a	b	a	b	a	b	a	b	a	b
Unweighted Total	2034	689	527	799	1516	209	1521	220	1295	324	1425	261	1079	508
Total	2034	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	359	143	66	148	329	12	325	15	313	17	343	9	359	-
	18%	23%	12%	18%	22%	6%	21%	7%	25%	5%	24%	3%	34%	-
		bc		b	b		b		b		b		b	
Agree (4.0)	710	256	148	302	575	50	581	62	516	83	586	32	710	-
	35%	41%	26%	36%	38%	23%	38%	28%	41%	24%	41%	12%	66%	-
		b		b	b		b		b		b		b	
Neither agree nor disagree (3.0)	416	94	134	186	295	30	299	27	237	44	279	29	-	-
	20%	15%	24%	22%	19%	14%	19%	12%	19%	13%	20%	11%	-	-
			a	a			b		b		b			
Disagree (2.0)	378	104	125	146	245	57	263	57	151	109	172	102	-	378
	19%	17%	22%	17%	16%	26%	17%	25%	12%	31%	12%	37%	-	70%
			ac			a		a		a		a		a
Strongly disagree (1.0)	163	25	85	49	77	64	66	60	33	95	38	95	-	163
	8%	4%	15%	6%	5%	30%	4%	27%	3%	27%	3%	35%	-	30%
			ac			a		a		a		a		a
Don't know	9	2	1	5	2	2	1	2	5	2	2	4	-	-
	*	*	*	1%	*	1%	*	1%	*	*	*	2%	-	-
						a		a				a		
NET: Agree	1068	399	214	450	905	63	906	77	829	101	929	42	1068	-
	53%	64%	38%	54%	59%	29%	59%	35%	66%	29%	65%	15%	100%	-
		bc		b	b		b		b		b		b	
NET: Disagree	540	129	211	195	322	122	329	116	184	204	210	197	-	540
	27%	21%	38%	23%	21%	56%	21%	52%	15%	58%	15%	72%	-	100%
			ac			a		a		a		a		a
Base for stats	2025	621	558	831	1521	214	1534	220	1250	349	1418	268	1068	540
Mean Score	3.36	3.63	2.97	3.43	3.55	2.48	3.54	2.62	3.74	2.48	3.72	2.10	4.34	1.70
		bc		b	b		b		b		b		b	
Standard Deviation	1.200	1.127	1.255	1.143	1.143	1.293	1.129	1.322	1.046	1.254	1.043	1.120	.472	.459
Standard Error	.027	.043	.055	.041	.029	.090	.029	.090	.029	.070	.028	.070	.014	.020
Error variance	*	*	*	*	*	.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

	Total	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Don't know	NET: Agree	NET: Disagree
It is important to me to exercise regularly	2034	610	819	350	161	87	7	1429	248
	100%	30%	40%	17%	8%	4%	*	70%	12%
I feel that I have the ability to be physically active	2034	466	922	260	222	158	7	1388	380
	100%	23%	45%	13%	11%	8%	*	68%	19%
I feel that I have the opportunity to be physically active	2034	430	896	286	260	153	8	1327	413
	100%	21%	44%	14%	13%	8%	*	65%	20%
I find exercise enjoyable and satisfying	2034	418	825	406	239	139	7	1243	378
	100%	21%	41%	20%	12%	7%	*	61%	19%
I feel guilty when I don't exercise	2034	392	756	356	368	157	6	1148	524
	100%	19%	37%	17%	18%	8%	*	56%	26%

Savanta:
ComRes

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

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		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)	466	231	234	164	166	136	23	66	50	50	32	45	79	72	50
		23%	23%	23%	27%	25%	18%	23%	25%	25%	23%	18%	20%	25%	22%	24%
					c	c										
Agree	(4.0)	922	457	461	267	299	356	41	108	85	94	82	116	141	151	103
		45%	46%	45%	44%	45%	47%	42%	41%	43%	44%	47%	51%	44%	46%	50%
													b			
Neither agree nor disagree	(3.0)	260	130	128	75	70	115	14	28	28	28	27	29	39	37	28
		13%	13%	12%	12%	10%	15%	15%	11%	14%	13%	15%	13%	12%	11%	14%
							b									
Disagree	(2.0)	222	92	130	69	71	81	7	40	22	22	21	25	30	37	17
		11%	9%	13%	11%	11%	11%	8%	15%	11%	10%	12%	11%	10%	11%	8%
				a					gi							
Strongly disagree	(1.0)	158	81	75	36	59	63	11	23	13	20	13	10	28	33	7
		8%	8%	7%	6%	9%	8%	12%	9%	6%	9%	7%	4%	9%	10%	3%
						a		fi	i		i			i	fi	
Don't know		7	2	5	2	2	2	*	-	*	*	1	1	1	*	2
		*	*	*	*	*	*	*	-	*	*	*	*	*	*	1%
NET: Agree		1388	688	696	431	465	492	64	173	135	144	114	161	220	224	153
		68%	69%	67%	70%	70%	65%	65%	66%	68%	67%	65%	71%	69%	68%	74%
					c											
NET: Disagree		380	174	205	105	130	144	19	63	35	42	34	35	58	70	24
		19%	17%	20%	17%	19%	19%	19%	24%	17%	20%	20%	15%	18%	21%	11%
									fi		i	i		i	i	
Base for stats		2027	991	1028	612	665	750	97	264	198	214	175	225	318	331	205
Mean Score		3.65	3.67	3.63	3.74	3.67	3.56	3.58	3.58	3.70	3.62	3.56	3.72	3.67	3.58	3.84
					c											abdeh
Standard Deviation		1.172	1.169	1.175	1.144	1.212	1.153	1.262	1.255	1.152	1.210	1.143	1.041	1.201	1.229	.997
Standard Error		.026	.037	.037	.045	.047	.043	.119	.077	.080	.082	.083	.084	.066	.067	.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

		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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	466	60	115	107	78	32	73	282	184	372	13	47	20	4	3	87
		23%	40%	25%	22%	27%	15%	17%	26%	20%	21%	29%	38%	33%	23%	30%	34%
			bcdefgh	efh	e	efh			efh				a	a			a
Agree	(4.0)	922	62	191	229	135	115	189	482	440	812	17	45	26	9	4	101
		45%	41%	42%	47%	47%	54%	44%	44%	47%	46%	40%	36%	43%	49%	37%	39%
							abfg				cg						
Neither agree nor disagree	(3.0)	260	11	62	64	30	21	72	137	123	222	10	14	4	3	-	32
		13%	7%	14%	13%	10%	10%	17%	12%	13%	13%	23%	11%	7%	18%	-	12%
				a	a			adeg	a	a		acdg					
Disagree	(2.0)	222	12	51	53	17	31	57	117	106	202	3	9	3	1	3	19
		11%	8%	11%	11%	6%	15%	13%	11%	11%	12%	6%	7%	5%	5%	33%	7%
				d	d		d	d	d	d	g						
Strongly disagree	(1.0)	158	7	36	36	24	14	40	79	78	137	*	10	6	1	-	17
		8%	5%	8%	7%	9%	7%	9%	7%	8%	8%	1%	8%	10%	5%	-	7%
														b			
Don't know		7	*	*	2	2	-	2	3	4	5	*	*	1	-	-	2
		*	*	*	*	1%	-	1%	*	*	*	1%	*	1%	-	-	1%
NET: Agree		1388	122	306	336	214	147	263	765	623	1184	30	92	47	14	7	189
		68%	80%	67%	68%	75%	69%	61%	70%	67%	68%	69%	73%	77%	72%	67%	73%
			bcefgh	f	f	bfh	f		f	f							
NET: Disagree		380	19	87	89	41	45	97	196	184	339	3	19	9	2	3	36
		19%	13%	19%	18%	14%	21%	22%	18%	20%	19%	7%	15%	15%	10%	33%	14%
							ad	adg		ad	bg						
Base for stats		2027	152	456	489	285	214	431	1097	930	1745	43	125	60	19	10	257
Mean Score		3.65	4.03	3.65	3.65	3.79	3.56	3.46	3.70	3.59	3.62	3.92	3.89	3.85	3.80	3.64	3.87
			bcdefgh	f	f	efh			fh				a				a
Standard Deviation		1.172	1.101	1.197	1.153	1.162	1.115	1.187	1.171	1.171	1.168	.926	1.214	1.238	1.043	1.286	1.160
Standard Error		.026	.085	.054	.053	.066	.080	.061	.035	.039	.028	.131	.104	.138	.269	.332	.068
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.02	.07	.11	*

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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

	Total	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	466	270	99	80	179	16	9	89	352	114	445	15	65	233	144	25	402	74	320
	23%	21%	25%	28%	26%	23%	12%	17%	26%	17%	24%	8%	21%	21%	28%	34%	23%	25%	23%
				a	a				bce		b				abe	abe			
Agree (4.0)	922	582	188	119	307	24	31	203	664	258	876	38	134	536	224	28	788	135	634
	45%	45%	47%	42%	45%	34%	40%	40%	48%	39%	48%	21%	43%	47%	43%	38%	46%	46%	45%
									ace		b								
Neither agree nor disagree (3.0)	260	169	51	34	85	11	18	80	151	109	229	28	37	157	56	9	223	37	181
	13%	13%	13%	12%	12%	16%	23%	16%	11%	16%	13%	16%	12%	14%	11%	13%	13%	13%	13%
							d	d		d									
Disagree (2.0)	222	142	43	34	77	11	13	80	117	105	170	40	32	127	55	8	190	28	162
	11%	11%	11%	12%	11%	17%	17%	16%	9%	16%	9%	23%	10%	11%	11%	11%	11%	10%	12%
						d	d	d		d		a							
Strongly disagree (1.0)	158	126	15	13	28	7	5	58	87	70	96	56	42	78	35	3	116	16	94
	8%	10%	4%	5%	4%	10%	7%	11%	6%	11%	5%	31%	14%	7%	7%	5%	7%	6%	7%
		bcd						d		d		a	bcde						
Don't know	7	2	1	3	4	1	*	3	3	4	3	2	-	5	2	-	7	2	4
	*	*	*	1%	1%	1%	1%	1%	*	1%	*	1%	-	*	*	-	*	1%	*
				a															
NET: Agree	1388	852	287	198	486	39	41	292	1017	371	1321	53	198	769	368	53	1190	209	955
	68%	66%	72%	70%	71%	57%	52%	57%	74%	56%	73%	30%	64%	68%	71%	72%	69%	72%	68%
			a		a				abce		b								
NET: Disagree	380	267	58	47	105	18	19	138	205	175	266	96	74	205	90	11	306	44	256
	19%	21%	15%	17%	16%	26%	24%	27%	15%	27%	15%	54%	24%	18%	17%	15%	18%	15%	18%
		bd				d	d	d		d		a	ce						
Base for stats	2027	1288	396	280	676	68	77	510	1372	655	1815	177	309	1131	514	73	1718	290	1392
Mean Score	3.65	3.57	3.79	3.78	3.78	3.44	3.33	3.36	3.78	3.37	3.77	2.53	3.48	3.64	3.75	3.86	3.68	3.76	3.66
			a	a	a				abce		b				ab	a		a	
Standard Deviation	1.172	1.213	1.056	1.130	1.086	1.280	1.118	1.258	1.112	1.243	1.081	1.352	1.301	1.132	1.169	1.140	1.145	1.104	1.150
Standard Error	.026	.045	.038	.050	.030	.142	.115	.056	.030	.048	.025	.104	.092	.035	.045	.115	.027	.057	.031
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

		Total	Longstanding condition or illness						Area		Number of days active									
			Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total		2034	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	466	45	43	11	369	93	3	365	101	32	27	43	63	43	83	33	142	149	258
		23%	23%	12%	19%	26%	16%	8%	22%	25%	7%	13%	17%	22%	25%	36%	40%	39%	21%	38%
			bef			bef	b					a	a	ab	abc	abcdei	abcdei	abcdei	ab	abcdei
Agree	(4.0)	922	67	145	28	679	224	12	734	188	148	91	111	146	94	115	34	184	351	332
		45%	35%	39%	46%	48%	39%	28%	45%	46%	33%	44%	45%	51%	54%	50%	41%	50%	50%	49%
						abef						a	a	a	acg	a		a	a	a
Neither agree nor disagree	(3.0)	260	27	64	8	156	91	7	215	44	66	44	47	31	19	17	6	29	97	52
		13%	14%	17%	13%	11%	16%	18%	13%	11%	15%	21%	19%	11%	11%	8%	7%	8%	14%	8%
				d			d				fhj	defghij	defghij						fhj	
Disagree	(2.0)	222	30	70	9	120	96	12	177	45	99	26	27	34	9	11	9	5	71	26
		11%	16%	19%	14%	8%	17%	29%	11%	11%	22%	13%	11%	12%	5%	5%	11%	1%	10%	4%
			d	d			d	ade			bcdefghij	efhj	efhj	efhj	h	h	fhj		fhj	h
Strongly disagree	(1.0)	158	21	49	5	91	66	8	128	29	98	16	19	10	6	3	-	5	36	8
		8%	11%	13%	8%	6%	12%	18%	8%	7%	22%	8%	8%	4%	4%	1%	-	1%	5%	1%
			d	d			d	d			bcdefghij	dfghj	dfghj	hj	j				fghj	
Don't know		7	2	1	-	2	3	-	6	*	1	1	2	1	*	1	-	*	3	1
		*	1%	*	-	*	*	-	*	*	*	*	1%	*	*	*	-	*	*	*
NET: Agree		1388	112	188	39	1048	317	15	1098	290	180	118	154	208	137	197	67	326	499	590
		68%	59%	50%	64%	74%	55%	36%	68%	71%	41%	58%	62%	73%	80%	86%	82%	89%	71%	87%
			f		bf	abef	f					a	a	abc	abci	abcdi	abci	abcdei	abc	abcdei
NET: Disagree		380	50	120	14	212	162	20	305	75	197	43	46	44	16	14	9	10	107	34
		19%	26%	32%	23%	15%	28%	47%	19%	18%	44%	21%	19%	16%	9%	6%	11%	3%	15%	5%
			d	d			d	acde			bcdefghij	efhj	efhj	efhj	hj	h	hj		efhj	
Base for stats		2027	190	372	61	1415	570	42	1619	409	444	205	247	283	172	229	82	365	703	676
Mean Score		3.65	3.45	3.17	3.52	3.79	3.32	2.79	3.64	3.70	2.82	3.42	3.53	3.76	3.92	4.15	4.10	4.24	3.72	4.19
			bf		bf	abcef	f					a	a	abc	abci	abcdei	abcdi	abcdei	abc	abcdei
Standard Deviation		1.172	1.302	1.245	1.194	1.117	1.257	1.264	1.173	1.167	1.303	1.118	1.133	1.043	.952	.860	.967	.767	1.064	.826
Standard Error		.026	.091	.066	.137	.030	.052	.188	.029	.058	.067	.081	.070	.059	.071	.056	.108	.039	.039	.031
Error variance		*	.01	*	.02	*	*	.04	*	*	*	.01	*	*	.01	*	.01	*	*	*

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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
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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	466	228	100	137	429	14	409	27	400	37	406	27	327	78
	23%	37%	18%	16%	28%	6%	27%	12%	32%	11%	29%	10%	31%	14%
		bc			b		b		b		b		b	
Agree (4.0)	922	319	255	345	766	52	754	74	599	121	672	111	501	224
	45%	51%	46%	41%	50%	24%	49%	33%	48%	35%	47%	41%	47%	41%
		c			b		b		b				b	
Neither agree nor disagree (3.0)	260	45	102	110	104	26	133	27	104	52	132	34	88	81
	13%	7%	18%	13%	7%	12%	9%	12%	8%	15%	9%	12%	8%	15%
			ac	a		a				a				a
Disagree (2.0)	222	23	50	146	135	65	146	40	91	74	124	47	98	86
	11%	4%	9%	17%	9%	30%	10%	18%	7%	21%	9%	17%	9%	16%
			a	ab		a		a		a		a		a
Strongly disagree (1.0)	158	6	51	97	87	58	90	54	61	64	87	52	54	68
	8%	1%	9%	12%	6%	27%	6%	24%	5%	18%	6%	19%	5%	13%
			a	a		a		a		a		a		a
Don't know	7	3	2	1	1	1	4	1	1	2	*	2	-	4
	*	*	*	*	*	*	*	*	*	1%	*	1%	-	1%
										a		a		a
NET: Agree	1388	547	355	482	1195	65	1163	101	999	159	1077	139	828	301
	68%	88%	63%	58%	78%	30%	76%	45%	80%	45%	76%	51%	77%	56%
		bc	c		b		b		b		b		b	
NET: Disagree	380	29	101	243	222	123	236	94	152	138	211	98	152	154
	19%	5%	18%	29%	15%	57%	15%	42%	12%	39%	15%	36%	14%	29%
			a	ab		a		a		a		a		a
Base for stats	2027	621	557	835	1522	215	1532	221	1255	348	1420	270	1068	537
Mean Score	3.65	4.19	3.54	3.33	3.86	2.52	3.81	2.91	3.94	2.98	3.83	3.06	3.89	3.29
		bc	c		b		b		b		b		b	
Standard Deviation	1.172	.798	1.154	1.264	1.097	1.288	1.108	1.407	1.063	1.314	1.120	1.324	1.097	1.257
Standard Error	.026	.030	.050	.045	.028	.089	.028	.095	.030	.073	.030	.082	.033	.056
Error variance	*	*	*	*	*	.01	*	.01	*	.01	*	.01	*	*

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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

		Total	Gender Male	Gender Female	Age 16-34	Age 35-54	Age 55+	Region North East	Region North West	Region Yorkshire and the Humber	Region West Midlands	Region East Midlands	Region East of England	Region London	Region South East	Region 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)	430	211	219	148	165	117	30	61	45	35	30	44	64	79	43
		21%	21%	21%	24%	25%	16%	31%	23%	22%	16%	17%	19%	20%	24%	21%
					c	c		defgi							d	
Agree	(4.0)	896	430	462	282	255	360	30	108	93	104	78	108	130	138	107
		44%	43%	45%	46%	38%	48%	31%	41%	47%	48%	45%	48%	41%	42%	51%
					b		b			a	a	a	a		a	abgh
Neither agree nor disagree	(3.0)	286	148	137	71	85	130	14	33	31	29	31	38	52	36	22
		14%	15%	13%	12%	13%	17%	15%	12%	16%	14%	18%	17%	16%	11%	11%
							ab					hi		h		
Disagree	(2.0)	260	113	145	69	102	90	14	37	17	28	23	27	40	46	29
		13%	11%	14%	11%	15%	12%	14%	14%	8%	13%	13%	12%	13%	14%	14%
						a										
Strongly disagree	(1.0)	153	86	67	39	59	55	9	25	12	15	12	8	32	33	7
		8%	9%	6%	6%	9%	7%	9%	9%	6%	7%	7%	4%	10%	10%	3%
								i	fi					fi	fi	
Don't know		8	4	4	6	1	1	*	1	*	4	-	-	2	*	-
		*	*	*	1%	*	*	*	*	*	2%	-	-	1%	*	-
											h					
NET: Agree		1327	641	680	430	420	477	60	169	138	139	109	152	194	216	150
		65%	65%	66%	70%	63%	63%	62%	64%	69%	65%	62%	67%	61%	65%	72%
					bc					g						eg
NET: Disagree		413	199	212	107	161	145	22	62	29	43	35	36	72	79	36
		20%	20%	21%	17%	24%	19%	23%	23%	15%	20%	20%	16%	22%	24%	17%
						ac			c					c	cf	
Base for stats		2026	989	1029	608	666	751	97	263	198	211	175	226	317	331	208
Mean Score		3.59	3.57	3.60	3.71	3.55	3.53	3.61	3.55	3.71	3.55	3.52	3.67	3.49	3.55	3.72
					bc					g						g
Standard Deviation		1.174	1.193	1.156	1.142	1.258	1.114	1.303	1.248	1.094	1.130	1.134	1.038	1.229	1.265	1.048
Standard Error		.026	.038	.036	.045	.049	.042	.123	.077	.076	.077	.082	.083	.067	.069	.073
Error variance		*	*	*	*	*	*	.02	.01	.01	.01	.01	.01	*	*	.01

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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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	430	59	103	103	66	32	67	265	165	351	13	36	17	1	2	69
		21%	39%	23%	21%	23%	15%	15%	24%	18%	20%	30%	28%	28%	8%	18%	27%
			bcdefgh	efh	f	efh			efh				a				a
Agree	(4.0)	896	54	189	226	122	122	183	469	427	787	13	59	23	2	5	102
		44%	35%	41%	46%	43%	57%	42%	43%	46%	45%	30%	47%	37%	10%	49%	39%
					a		abcdfgh			a	b		b				
Neither agree nor disagree	(3.0)	286	18	58	61	47	17	84	138	148	250	9	10	10	5	-	33
		14%	12%	13%	12%	17%	8%	19%	13%	16%	14%	20%	8%	16%	26%	-	13%
						e		abceg		eg	c	c					
Disagree	(2.0)	260	14	66	59	28	33	60	140	121	226	7	10	5	7	3	32
		13%	9%	14%	12%	10%	15%	14%	13%	13%	13%	17%	8%	8%	39%	29%	12%
Strongly disagree	(1.0)	153	8	38	38	21	10	38	84	69	128	1	11	5	3	*	21
		8%	5%	8%	8%	7%	5%	9%	8%	7%	7%	3%	8%	9%	17%	4%	8%
Don't know		8	-	2	3	2	-	2	5	4	6	-	1	1	-	-	2
		*	-	*	1%	1%	-	*	*	*	*	-	*	2%	-	-	1%
														a			
NET: Agree		1327	112	292	330	189	154	250	734	593	1138	26	95	40	3	7	171
		65%	74%	64%	67%	66%	72%	58%	67%	63%	65%	60%	76%	65%	18%	67%	66%
			bfh		f	f	bfh		f	f			abg				
NET: Disagree		413	22	104	97	49	43	98	224	189	355	9	20	10	10	3	53
		20%	14%	23%	20%	17%	20%	23%	20%	20%	20%	20%	16%	17%	56%	33%	21%
				ad				a									
Base for stats		2026	153	455	488	285	214	432	1095	930	1743	43	125	59	19	10	256
Mean Score		3.59	3.93	3.56	3.61	3.65	3.62	3.42	3.63	3.54	3.58	3.68	3.79	3.68	2.53	3.48	3.64
			bcdefgh		f	f	f		f				a				
Standard Deviation		1.174	1.158	1.224	1.172	1.153	1.061	1.168	1.197	1.144	1.162	1.171	1.188	1.234	1.147	1.255	1.229
Standard Error		.026	.089	.055	.054	.066	.076	.060	.036	.038	.028	.164	.102	.139	.296	.324	.072
Error variance		*	.01	*	*	*	.01	*	*	*	*	.03	.01	.02	.09	.10	.01

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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

		Total	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	
			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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	430	252	95	72	167	15	10	74	332	99	419	10	70	206	134	21	361	59	291
		21%	20%	24%	25%	25%	22%	12%	14%	24%	15%	23%	6%	22%	18%	26%	29%	21%	20%	21%
				a	a	a				bce		b				be	be			
Agree	(4.0)	896	573	172	120	292	17	33	220	626	270	839	47	116	541	210	30	780	132	634
		44%	44%	43%	42%	43%	24%	43%	43%	46%	41%	46%	26%	37%	48%	41%	41%	45%	45%	45%
								a	a	ae	a	b			ac			ac		
Neither agree nor disagree	(3.0)	286	179	61	36	97	21	14	84	167	119	242	36	38	172	72	5	249	43	202
		14%	14%	15%	13%	14%	31%	18%	16%	12%	18%	13%	20%	12%	15%	14%	7%	14%	15%	14%
							bcde		d		d		a		d			d		
Disagree	(2.0)	260	168	47	37	84	6	13	72	170	91	213	37	40	147	63	11	220	36	183
		13%	13%	12%	13%	12%	8%	17%	14%	12%	14%	12%	21%	13%	13%	12%	15%	13%	12%	13%
													a							
Strongly disagree	(1.0)	153	114	21	15	36	10	5	59	78	74	99	48	46	64	36	5	106	20	84
		8%	9%	5%	5%	5%	14%	7%	12%	6%	11%	5%	27%	15%	6%	7%	7%	6%	7%	6%
			bcd				d		d		d		a	bce						
Don't know		8	4	1	3	5	1	2	3	2	6	7	1	-	7	1	1	8	2	3
		*	*	*	1%	1%	1%	3%	1%	*	1%	*	*	-	1%	*	1%	*	1%	*
								cd			d									
NET: Agree		1327	826	267	192	458	31	43	294	958	368	1257	57	185	746	344	51	1141	191	925
		65%	64%	67%	68%	67%	46%	55%	57%	70%	56%	69%	32%	60%	66%	67%	70%	66%	65%	66%
										abce		b								
NET: Disagree		413	282	68	52	120	15	19	131	248	165	313	85	86	211	99	16	327	56	267
		20%	22%	17%	18%	18%	22%	24%	26%	18%	25%	17%	48%	28%	19%	19%	22%	19%	19%	19%
			bd						d		d		a	bce				a		
Base for stats		2026	1287	396	279	675	68	75	509	1373	653	1812	178	309	1129	515	73	1716	290	1393
Mean Score		3.59	3.53	3.69	3.70	3.69	3.31	3.38	3.35	3.70	3.35	3.70	2.63	3.39	3.60	3.67	3.70	3.62	3.60	3.62
										abce		b			a	a		a		
Standard Deviation		1.174	1.198	1.121	1.148	1.131	1.305	1.133	1.225	1.133	1.221	1.113	1.284	1.362	1.099	1.189	1.252	1.133	1.151	1.130
Standard Error		.026	.045	.040	.051	.032	.145	.117	.055	.031	.047	.026	.099	.097	.034	.045	.127	.027	.059	.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

		Total	Longstanding condition or illness						Area		Number of days active									
			Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total		2034	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	430	39	42	12	335	87	3	347	83	36	27	37	62	37	75	31	127	135	233
		21%	21%	11%	20%	24%	15%	7%	21%	20%	8%	13%	15%	22%	21%	32%	38%	35%	19%	34%
			bf		b	bef							a	abc	ab	abcdei	abcdei	abcdei	ab	abcdei
Agree	(4.0)	896	60	154	31	656	228	15	702	194	144	83	106	132	100	118	32	181	338	331
		44%	31%	41%	51%	46%	40%	35%	43%	47%	32%	40%	42%	46%	58%	52%	39%	49%	48%	49%
				a	a	ae	a					a	a	abcdgij	abc			ab	a	ab
Neither agree nor disagree	(3.0)	286	25	74	7	177	95	8	233	53	65	53	45	36	21	17	8	41	102	67
		14%	13%	20%	12%	12%	17%	20%	14%	13%	15%	26%	18%	13%	12%	8%	10%	11%	14%	10%
				ad			d				fj	acdefghij	fhj						fj	
Disagree	(2.0)	260	35	55	4	164	89	5	215	45	102	29	45	41	13	13	9	6	100	29
		13%	18%	15%	7%	12%	15%	12%	13%	11%	23%	14%	18%	15%	8%	6%	11%	2%	14%	4%
			cd				d				bdefghij	efhj	efhj	efhj	h	h	hj		efhj	h
Strongly disagree	(1.0)	153	27	48	6	82	69	11	120	33	96	13	13	12	2	6	2	8	27	16
		8%	14%	13%	9%	6%	12%	26%	7%	8%	22%	6%	5%	4%	1%	3%	2%	2%	4%	2%
			d	d			d	bcde			bcdefghij	ehj	ehj						efhj	h
Don't know		8	4	1	-	3	5	-	8	1	1	1	4	1	-	*	-	1	5	2
		*	2%	*	-	*	1%	-	*	*	*	1%	2%	*	-	*	-	*	1%	*
			bd				d						aj							
NET: Agree		1327	100	196	43	991	316	18	1049	277	180	109	143	194	137	193	63	308	473	564
		65%	52%	53%	72%	70%	55%	42%	65%	68%	41%	53%	57%	68%	79%	84%	77%	84%	67%	83%
					abef	abef						a	a	abc	abcdi	abcdi	abc	abcdi	abc	abcdi
NET: Disagree		413	63	103	10	246	158	16	335	78	199	42	58	54	15	19	11	15	127	45
		20%	33%	27%	17%	17%	27%	38%	21%	19%	45%	21%	23%	19%	9%	8%	13%	4%	18%	7%
			cd	cd			cd	cd			bcdefghij	efhj	efhj	efhj	h	h	hj		efhj	
Base for stats		2026	187	373	61	1414	568	42	1617	409	444	204	246	283	173	229	82	364	702	675
Mean Score		3.59	3.26	3.24	3.66	3.71	3.31	2.85	3.58	3.61	2.82	3.40	3.44	3.67	3.90	4.06	3.99	4.13	3.65	4.09
				f	abef	abef		f				a	a	abc	abcdi	abcdi	abcdi	abcdei	abc	abcdei
Standard Deviation		1.174	1.371	1.213	1.163	1.123	1.250	1.349	1.176	1.163	1.311	1.083	1.113	1.102	.860	.932	1.062	.849	1.065	.906
Standard Error		.026	.096	.064	.133	.030	.052	.201	.029	.058	.067	.079	.069	.062	.064	.061	.119	.044	.039	.034
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

	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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	430	213	95	123	388	21	382	25	351	47	369	32	307	76
	21%	34%	17%	15%	25%	10%	25%	11%	28%	13%	26%	12%	29%	14%
		bc			b		b		b		b		b	
Agree (4.0)	896	331	248	313	737	56	747	62	593	119	665	100	503	220
	44%	53%	44%	37%	48%	26%	49%	28%	47%	34%	47%	37%	47%	41%
		bc	c		b		b		b		b		b	
Neither agree nor disagree (3.0)	286	52	119	112	134	34	140	35	121	50	143	42	85	87
	14%	8%	21%	13%	9%	16%	9%	16%	10%	14%	10%	15%	8%	16%
			ac	a		a		a		a		a		a
Disagree (2.0)	260	15	58	184	170	54	171	48	122	73	156	49	109	88
	13%	2%	10%	22%	11%	25%	11%	22%	10%	21%	11%	18%	10%	16%
			a	ab		a		a		a		a		a
Strongly disagree (1.0)	153	12	37	101	90	50	90	52	66	61	82	48	62	66
	8%	2%	7%	12%	6%	23%	6%	23%	5%	17%	6%	18%	6%	12%
			a	ab		a		a		a		a		a
Don't know	8	1	2	4	4	1	6	1	2	1	5	1	3	3
	*	*	*	1%	*	*	*	1%	*	*	*	*	*	*
NET: Agree	1327	543	343	436	1125	77	1129	87	944	166	1033	132	809	297
	65%	87%	61%	52%	74%	36%	74%	39%	75%	47%	73%	49%	76%	55%
		bc	c		b		b		b		b		b	
NET: Disagree	413	27	95	284	260	104	261	100	188	133	239	97	171	154
	20%	4%	17%	34%	17%	48%	17%	45%	15%	38%	17%	36%	16%	29%
			a	ab		a		a		a		a		a
Base for stats	2026	622	557	832	1518	215	1530	221	1253	349	1415	271	1065	538
Mean Score	3.59	4.15	3.55	3.21	3.77	2.75	3.76	2.82	3.83	3.05	3.76	3.07	3.83	3.28
		bc	c		b		b		b		b		b	
Standard Deviation	1.174	.818	1.093	1.276	1.128	1.331	1.122	1.364	1.101	1.336	1.128	1.318	1.127	1.247
Standard Error	.026	.031	.048	.045	.029	.092	.029	.092	.031	.075	.030	.082	.034	.056
Error variance	*	*	*	*	*	.01	*	.01	*	.01	*	.01	*	*

Savanta: ComRes

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

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		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)	418	219	197	156	144	118	29	64	35	39	26	49	69	63	44
		21%	22%	19%	25%	22%	16%	30%	24%	18%	18%	15%	22%	22%	19%	21%
					c	c		cdeh	e							
Agree	(4.0)	825	384	437	272	267	287	30	97	84	86	77	88	143	132	87
		41%	39%	42%	44%	40%	38%	31%	37%	42%	40%	44%	39%	45%	40%	42%
					c					a		a		a		
Neither agree nor disagree	(3.0)	406	218	189	107	131	168	20	61	41	38	36	43	58	66	42
		20%	22%	18%	17%	20%	22%	21%	23%	21%	18%	21%	19%	18%	20%	20%
			b				a									
Disagree	(2.0)	239	109	127	62	68	109	3	28	18	26	21	39	28	48	28
		12%	11%	12%	10%	10%	14%	3%	11%	9%	12%	12%	17%	9%	14%	14%
							ab		a		a	a	abcg		ag	a
Strongly disagree	(1.0)	139	58	80	15	54	69	13	14	20	22	15	6	21	22	6
		7%	6%	8%	2%	8%	9%	13%	5%	10%	10%	8%	3%	7%	7%	3%
						a	a	bfghi		bfi	bfi	fi				
Don't know		7	4	3	1	4	2	2	-	*	3	-	-	*	*	1
		*	*	*	*	1%	*	2%	-	*	2%	-	-	*	*	*
								bgh			bgh					
NET: Agree		1243	603	634	428	410	404	59	161	119	126	103	137	212	195	130
		61%	61%	61%	70%	61%	54%	61%	61%	60%	59%	59%	61%	66%	59%	63%
					bc	c								h		
NET: Disagree		378	168	207	78	122	178	16	42	38	48	35	46	49	70	34
		19%	17%	20%	13%	18%	24%	17%	16%	19%	22%	20%	20%	15%	21%	17%
						a	ab				g					
Base for stats		2027	989	1030	613	664	751	95	264	198	211	175	226	319	331	207
Mean Score		3.56	3.60	3.53	3.80	3.57	3.37	3.62	3.64	3.49	3.45	3.45	3.59	3.66	3.50	3.65
					bc	c								de		
Standard Deviation		1.143	1.122	1.160	1.012	1.173	1.180	1.319	1.114	1.180	1.224	1.135	1.090	1.113	1.153	1.051
Standard Error		.025	.036	.036	.039	.046	.044	.124	.068	.082	.083	.082	.087	.061	.063	.073
Error variance		*	*	*	*	*	*	.02	*	.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

		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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	418	57	103	102	66	27	62	262	155	342	12	37	15	-	3	67
		21%	38%	23%	21%	23%	13%	14%	24%	17%	20%	28%	30%	25%	-	27%	26%
			bcdefgh	efh	ef	efh			efh				a				a
Agree	(4.0)	825	63	199	204	106	91	162	466	359	708	13	60	24	2	4	104
		41%	42%	44%	41%	37%	43%	37%	42%	38%	40%	30%	48%	40%	13%	38%	40%
													b				
Neither agree nor disagree	(3.0)	406	15	79	86	69	58	100	180	227	363	10	9	11	6	3	40
		20%	10%	17%	18%	24%	27%	23%	16%	24%	21%	23%	7%	18%	33%	32%	15%
				a	a	abcg	abcg	abcg	a	abcg	cg	c		c			c
Disagree	(2.0)	239	15	51	56	28	27	62	122	117	210	6	15	4	4	*	29
		12%	10%	11%	11%	10%	12%	14%	11%	12%	12%	13%	12%	6%	20%	4%	11%
Strongly disagree	(1.0)	139	2	24	44	18	7	45	70	70	123	2	4	7	3	-	16
		7%	1%	5%	9%	6%	3%	10%	6%	7%	7%	5%	3%	11%	16%	-	6%
				a	abe	a		abdeg	a	ae				c			
Don't know		7	-	*	*	*	3	2	1	6	3	-	*	-	3	-	4
		*	-	*	*	*	2%	1%	*	1%	*	-	*	-	18%	-	1%
							bcg			g							a
NET: Agree		1243	121	302	305	172	119	224	728	515	1050	25	98	39	2	6	171
		61%	79%	66%	62%	60%	56%	52%	66%	55%	60%	59%	78%	64%	13%	65%	66%
			bcdefgh	efh	fh	f			defh				abdg				a
NET: Disagree		378	17	75	99	46	34	107	192	186	334	8	18	11	7	*	44
		19%	11%	16%	20%	16%	16%	25%	17%	20%	19%	18%	15%	17%	36%	4%	17%
					a			abdeg	a	a							
Base for stats		2027	153	456	491	286	210	431	1099	928	1747	43	125	61	15	10	255
Mean Score		3.56	4.04	3.67	3.54	3.61	3.50	3.31	3.66	3.45	3.54	3.64	3.90	3.61	2.53	3.87	3.70
			bcdefgh	fh	f	fh			cfh				a				a
Standard Deviation		1.143	.992	1.102	1.195	1.127	.984	1.191	1.142	1.134	1.143	1.183	1.052	1.241	1.014	.890	1.154
Standard Error		.025	.077	.049	.055	.064	.070	.061	.034	.038	.028	.166	.091	.138	.271	.230	.067
Error variance		*	.01	*	*	*	*	*	*	*	*	.03	.01	.02	.07	.05	*

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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	
	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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	418	224	101	78	178	21	7	68	322	95	402	14	52	219	131	16	365	72	289
	21%	17%	25%	28%	26%	30%	9%	13%	23%	14%	22%	8%	17%	19%	25%	21%	21%	25%	21%
			a	a	a	bce			bce		b				abe				
Agree (4.0)	825	507	165	122	287	24	34	178	589	236	775	41	108	464	214	38	717	120	580
	41%	39%	42%	43%	42%	35%	44%	35%	43%	36%	43%	23%	35%	41%	42%	53%	42%	41%	42%
									ce		b					abce			
Neither agree nor disagree (3.0)	406	282	74	42	116	16	18	128	244	163	363	32	65	247	89	6	342	51	281
	20%	22%	19%	15%	17%	23%	24%	25%	18%	25%	20%	18%	21%	22%	17%	8%	20%	17%	20%
		cd						d		d			d	cd	d		d		
Disagree (2.0)	239	161	44	30	74	5	13	80	141	98	192	42	38	140	54	8	201	32	168
	12%	13%	11%	11%	11%	7%	16%	16%	10%	15%	11%	23%	12%	12%	10%	11%	12%	11%	12%
								ad		d		a							
Strongly disagree (1.0)	139	114	13	9	22	3	4	55	77	63	84	50	47	63	28	2	92	18	73
	7%	9%	3%	3%	3%	5%	5%	11%	6%	9%	5%	28%	15%	6%	5%	2%	5%	6%	5%
		bcd						d		d		a	bcde						
Don't know	7	2	1	1	2	-	1	4	3	4	3	1	-	3	*	4	7	-	5
	*	*	*	*	*	-	1%	1%	*	1%	*	*	-	*	*	5%	*	-	*
																abce			
NET: Agree	1243	731	266	200	466	45	42	245	911	332	1177	55	160	683	345	54	1083	191	869
	61%	57%	67%	71%	68%	65%	54%	48%	66%	50%	65%	31%	52%	60%	67%	74%	63%	66%	62%
			a	a	a	ce			bce		b			a	ab	abe	a		
NET: Disagree	378	275	57	39	96	8	17	135	218	160	276	91	85	203	81	9	293	50	241
	19%	21%	14%	14%	14%	12%	21%	26%	16%	24%	15%	51%	27%	18%	16%	13%	17%	17%	17%
		bcd						ad		ad		a	bcde						
Base for stats	2027	1289	397	281	678	69	77	509	1372	655	1816	178	309	1133	516	69	1718	292	1391
Mean Score	3.56	3.44	3.75	3.82	3.78	3.78	3.37	3.24	3.68	3.31	3.67	2.59	3.26	3.56	3.71	3.85	3.62	3.67	3.61
			a	a	a	bce			bce		b			a	ab	abe	a		
Standard Deviation	1.143	1.173	1.057	1.055	1.056	1.109	1.039	1.190	1.108	1.175	1.074	1.313	1.301	1.102	1.116	.974	1.104	1.139	1.101
Standard Error	.025	.044	.038	.047	.029	.122	.107	.053	.030	.045	.025	.101	.092	.034	.043	.099	.026	.059	.029
Error variance	*	*	*	*	*	.01	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*

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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

		Total	Longstanding condition or illness						Area		Number of days active									
			Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%			a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total		2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total		2034	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	418	46	39	13	318	90	6	342	75	28	19	34	58	47	63	28	140	139	232
		21%	24%	11%	21%	22%	16%	14%	21%	18%	6%	9%	14%	20%	27%	28%	35%	38%	20%	34%
			be		b	be	b						a	abc	abci	abcdi	abcdi	abcdefi	abc	abcdi
Agree	(4.0)	825	64	126	31	608	207	10	640	185	92	92	107	137	79	124	38	155	323	318
		41%	33%	34%	51%	43%	36%	24%	39%	45%	21%	45%	43%	48%	46%	54%	47%	43%	46%	47%
					abef	abef				a		a	a	a	a	achi	a	a	a	a
Neither agree nor disagree	(3.0)	406	35	96	10	263	129	8	338	68	116	56	65	44	38	24	14	48	147	87
		20%	18%	26%	17%	19%	23%	20%	21%	17%	26%	27%	26%	15%	22%	11%	17%	13%	21%	13%
				ad			d				dfhij	dfhij	dfhj		fhj				dfhj	
Disagree	(2.0)	239	28	59	4	149	83	7	189	50	117	25	30	31	6	11	1	17	68	30
		12%	15%	16%	7%	11%	15%	17%	12%	12%	26%	12%	12%	11%	4%	5%	1%	5%	10%	4%
				cd			d				bcdefghij	efghj	efghj	efghj					efghj	
Strongly disagree	(1.0)	139	15	53	3	77	60	11	112	27	90	12	12	14	2	3	-	5	29	8
		7%	8%	14%	4%	5%	11%	26%	7%	7%	20%	6%	5%	5%	1%	1%	-	1%	4%	1%
				acd			d	abcde			bcdefghij	efghj	efghj	efghj					fhj	
Don't know		7	3	-	-	2	3	-	3	4	2	1	*	*	-	4	-	-	1	4
		*	2%	-	-	*	1%	-	*	1%	*	*	*	*	-	2%	-	-	*	1%
			bd							a						dhi				
NET: Agree		1243	110	166	44	926	297	16	982	260	120	111	141	195	126	188	67	295	462	550
		61%	58%	44%	72%	65%	52%	38%	60%	64%	27%	54%	57%	69%	73%	82%	82%	81%	65%	81%
			bf		abef	abef	b					a	a	abc	abc	abcdei	abcdi	abcdei	abc	abcdei
NET: Disagree		378	43	112	7	226	144	18	301	77	207	37	43	45	9	14	1	22	97	37
		19%	23%	30%	11%	16%	25%	43%	19%	19%	46%	18%	17%	16%	5%	6%	1%	6%	14%	5%
			cd	cd			cd	acde			bcdefghij	efghj	efghj	efghj					efghj	
Base for stats		2027	188	373	61	1415	570	42	1622	405	443	205	249	284	173	226	82	365	706	674
Mean Score		3.56	3.52	3.11	3.78	3.66	3.32	2.83	3.56	3.57	2.66	3.40	3.48	3.68	3.94	4.04	4.15	4.12	3.67	4.09
			bef		bef	bef	bf					a	a	abc	abcdi	abcdi	abcdei	abcdei	abc	abcdei
Standard Deviation		1.143	1.238	1.216	1.009	1.099	1.210	1.413	1.148	1.125	1.193	1.019	1.034	1.073	.876	.837	.741	.900	1.028	.861
Standard Error		.025	.086	.064	.116	.030	.050	.211	.028	.056	.061	.074	.063	.060	.065	.055	.083	.046	.037	.033
Error variance		*	.01	*	.01	*	*	.04	*	*	*	.01	*	*	*	*	.01	*	*	*

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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
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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	418	197	88	131	387	14	369	26	388	18	381	21	335	45
	21%	32%	16%	16%	25%	7%	24%	12%	31%	5%	27%	8%	31%	8%
		bc			b		b		b		b		b	
Agree (4.0)	825	294	219	309	685	32	673	53	663	48	668	40	481	158
	41%	47%	39%	37%	45%	15%	44%	24%	53%	14%	47%	15%	45%	29%
		bc			b		b		b		b		b	
Neither agree nor disagree (3.0)	406	85	109	208	256	47	281	40	124	45	233	48	137	123
	20%	14%	20%	25%	17%	22%	18%	18%	10%	13%	16%	18%	13%	23%
			a	ab										a
Disagree (2.0)	239	35	72	129	141	48	150	46	55	131	99	81	80	119
	12%	6%	13%	15%	9%	22%	10%	20%	4%	38%	7%	30%	7%	22%
			a	a		a		a		a		a		a
Strongly disagree (1.0)	139	12	68	55	52	74	62	57	21	106	39	80	36	93
	7%	2%	12%	7%	3%	34%	4%	26%	2%	30%	3%	29%	3%	17%
			ac	a		a		a		a		a		a
Don't know	7	*	3	3	2	1	2	*	4	2	-	3	*	2
	*	*	1%	*	*	*	*	*	*	1%	-	1%	*	*
												a		
NET: Agree	1243	491	307	441	1072	47	1042	79	1051	65	1050	60	815	204
	61%	79%	55%	53%	70%	22%	68%	36%	84%	19%	74%	22%	76%	38%
		bc			b		b		b		b		b	
NET: Disagree	378	47	140	184	192	122	212	103	76	238	138	161	116	212
	19%	8%	25%	22%	13%	56%	14%	46%	6%	68%	10%	59%	11%	39%
			a	a		a		a		a		a		a
Base for stats	2027	623	556	833	1521	215	1534	222	1252	349	1420	269	1068	539
Mean Score	3.56	4.01	3.34	3.40	3.80	2.37	3.74	2.75	4.07	2.25	3.88	2.40	3.93	2.90
		bc			b		b		b		b		b	
Standard Deviation	1.143	.926	1.239	1.124	1.029	1.275	1.054	1.374	.856	1.176	.972	1.264	1.020	1.238
Standard Error	.025	.035	.054	.040	.026	.088	.027	.093	.024	.065	.026	.078	.031	.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)	610	300	307	209	211	190	37	81	59	73	37	61	104	103	54
		30%	30%	30%	34%	32%	25%	38%	31%	30%	34%	21%	27%	32%	31%	26%
					c	c		ei	e		e			e	e	
Agree	(4.0)	819	411	405	246	273	300	33	109	73	76	81	87	122	142	97
		40%	41%	39%	40%	41%	40%	34%	41%	37%	35%	46%	39%	38%	43%	47%
												ad				acdg
Neither agree nor disagree	(3.0)	350	159	190	94	112	143	17	45	38	35	39	39	46	53	38
		17%	16%	18%	15%	17%	19%	17%	17%	19%	16%	22%	17%	14%	16%	18%
												g				
Disagree	(2.0)	161	76	83	54	36	70	4	17	15	19	10	37	30	18	11
		8%	8%	8%	9%	5%	9%	4%	6%	8%	9%	6%	16%	10%	5%	5%
					b		b						abcdeghi	h		
Strongly disagree	(1.0)	87	43	45	9	33	45	6	10	13	12	8	2	17	14	6
		4%	4%	4%	2%	5%	6%	6%	4%	7%	6%	5%	1%	5%	4%	3%
						a	a	f		f	f	f		f	f	
Don't know		7	3	4	1	1	4	-	2	*	-	*	-	1	1	2
		*	*	*	*	*	1%	-	1%	*	-	*	-	*	*	1%
NET: Agree		1429	711	712	455	485	490	70	190	132	149	118	148	225	245	151
		70%	72%	69%	74%	73%	65%	72%	72%	66%	69%	67%	66%	71%	74%	73%
					c	c										
NET: Disagree		248	119	128	64	69	115	10	27	29	31	18	39	47	31	16
		12%	12%	12%	10%	10%	15%	10%	10%	14%	14%	10%	17%	15%	9%	8%
							ab			i	i		bhi	hi		
Base for stats		2027	990	1029	613	666	748	97	262	198	215	175	226	318	330	206
Mean Score		3.84	3.86	3.82	3.96	3.89	3.69	3.94	3.89	3.75	3.83	3.74	3.75	3.83	3.92	3.89
					c	c									e	
Standard Deviation		1.074	1.070	1.080	.993	1.068	1.127	1.129	1.041	1.162	1.155	1.009	1.051	1.139	1.029	.950
Standard Error		.024	.034	.034	.039	.042	.042	.106	.064	.081	.078	.073	.084	.062	.057	.066
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

		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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	610	71	163	138	88	55	94	372	238	506	17	43	23	5	2	91
		30%	46%	36%	28%	31%	26%	22%	34%	25%	29%	40%	34%	37%	28%	24%	35%
			bcdefgh	cefh	f	f			cefh								a
Agree	(4.0)	819	54	181	207	121	96	161	441	378	707	11	63	20	6	4	103
		40%	35%	40%	42%	42%	45%	37%	40%	40%	40%	25%	50%	33%	30%	37%	40%
											b		abdg				b
Neither agree nor disagree	(3.0)	350	19	65	85	46	40	95	169	181	312	12	8	6	4	4	35
		17%	13%	14%	17%	16%	19%	22%	15%	19%	18%	28%	7%	10%	22%	36%	13%
								abg		abg	c	cdg					c
Disagree	(2.0)	161	6	28	42	17	20	48	76	85	144	1	5	6	4	*	16
		8%	4%	6%	9%	6%	9%	11%	7%	9%	8%	2%	4%	10%	20%	3%	6%
					a		a	abdg		a							
Strongly disagree	(1.0)	87	3	20	19	13	3	30	41	46	75	2	6	4	-	-	12
		4%	2%	4%	4%	4%	2%	7%	4%	5%	4%	5%	5%	7%	-	-	5%
								aceg		e							
Don't know		7	-	-	*	1	-	5	*	7	6	-	-	1	-	-	1
		*	-	-	*	1%	-	1%	*	1%	*	-	-	2%	-	-	*
						g		bcg		g							
NET: Agree		1429	125	344	345	209	151	256	814	615	1212	28	106	43	11	6	194
		70%	82%	75%	70%	73%	71%	59%	74%	66%	69%	65%	84%	71%	58%	61%	75%
			cdefgh	fh	f	fh	f		fh	f			abdg				a
NET: Disagree		248	9	48	61	30	23	78	117	131	219	3	11	10	4	*	29
		12%	6%	10%	12%	11%	11%	18%	11%	14%	13%	7%	9%	17%	20%	3%	11%
					a			abcdeg	a	ag							
Base for stats		2027	153	456	491	285	214	429	1100	927	1744	43	125	60	19	10	257
Mean Score		3.84	4.21	3.96	3.82	3.89	3.84	3.56	3.93	3.73	3.82	3.93	4.05	3.85	3.67	3.81	3.95
			bcdefgh	cfh	f	fh	f		fh	f			a				
Standard Deviation		1.074	.928	1.065	1.056	1.054	.963	1.155	1.050	1.092	1.074	1.109	1.005	1.242	1.121	.881	1.084
Standard Error		.024	.072	.048	.049	.060	.069	.059	.031	.037	.026	.155	.086	.140	.289	.227	.063
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.08	.05	*

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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

	Total	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	610	370	122	95	217	24	17	115	454	156	581	21	83	336	166	25	527	84	434
	30%	29%	31%	34%	32%	35%	22%	22%	33%	24%	32%	12%	27%	30%	32%	34%	31%	29%	31%
						ce			bce		b								
Agree (4.0)	819	505	176	112	288	26	29	198	566	253	770	42	111	462	212	35	708	132	562
	40%	39%	44%	40%	42%	37%	38%	39%	41%	38%	42%	23%	36%	41%	41%	47%	41%	45%	40%
			a								b								
Neither agree nor disagree (3.0)	350	229	64	46	110	11	15	107	217	133	297	42	56	203	85	6	294	46	238
	17%	18%	16%	16%	16%	15%	20%	21%	16%	20%	16%	24%	18%	18%	16%	8%	17%	16%	17%
								d		d		a	d	d	d		d		
Disagree (2.0)	161	109	28	20	48	4	10	53	95	66	121	35	28	95	33	5	133	18	114
	8%	8%	7%	7%	7%	5%	13%	10%	7%	10%	7%	19%	9%	8%	6%	7%	8%	6%	8%
							d	d		d		a							
Strongly disagree (1.0)	87	73	6	8	14	4	5	36	42	45	46	37	30	34	21	3	58	11	47
	4%	6%	2%	3%	2%	6%	6%	7%	3%	7%	3%	21%	10%	3%	4%	4%	3%	4%	3%
		bcd						d		d		a	bce						
Don't know	7	4	1	1	3	1	1	4	2	5	3	2	2	4	*	-	5	1	2
	*	*	*	1%	*	1%	1%	1%	*	1%	*	1%	1%	*	*	-	*	*	*
								d	d	d		a							
NET: Agree	1429	875	298	207	505	50	46	314	1019	410	1352	63	194	799	377	59	1235	216	996
	70%	68%	75%	73%	74%	72%	60%	61%	74%	62%	74%	35%	63%	70%	73%	81%	72%	74%	71%
			a	a	a				bce		b			a	a	abe	a		
NET: Disagree	248	182	35	28	63	8	15	89	137	111	167	72	57	129	53	8	191	28	160
	12%	14%	9%	10%	9%	12%	19%	17%	10%	17%	9%	40%	19%	11%	10%	11%	11%	10%	11%
		bcd						d	d	d		a	bce						
Base for stats	2027	1286	397	281	678	68	76	509	1373	654	1816	177	307	1131	516	73	1720	291	1394
Mean Score	3.84	3.77	3.96	3.94	3.95	3.90	3.57	3.60	3.94	3.63	3.95	2.86	3.62	3.86	3.91	4.00	3.88	3.90	3.88
			a	a	a				bce		b			a	a	a	a		
Standard Deviation	1.074	1.124	.947	1.022	.978	1.144	1.161	1.152	1.018	1.155	.987	1.316	1.241	1.033	1.047	1.028	1.037	1.007	1.046
Standard Error	.024	.042	.034	.045	.027	.127	.120	.051	.028	.044	.023	.102	.088	.032	.040	.104	.024	.052	.028
Error variance	*	*	*	*	*	.02	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*

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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	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	610	59	66	11	475	123	9	483	127	48	31	41	85	60	114	44	185	187	344
	30%	31%	18%	19%	33%	21%	22%	30%	31%	11%	15%	17%	30%	35%	50%	54%	51%	26%	51%
		bce			bce							a	abc	abci	abcdei	abcdei	abcdei	abc	abcdei
Agree (4.0)	819	57	154	30	579	227	12	661	158	112	103	113	136	77	95	31	151	327	277
	40%	30%	41%	49%	41%	40%	28%	41%	39%	25%	50%	45%	48%	45%	41%	38%	41%	46%	41%
			a	af	a	a					ahj	a	aj	a	a	a	a	aj	a
Neither agree nor disagree (3.0)	350	43	75	10	219	116	8	273	77	121	49	67	42	25	14	6	26	134	46
	17%	23%	20%	17%	15%	20%	20%	17%	19%	27%	24%	27%	15%	15%	6%	7%	7%	19%	7%
		d	d			d				defghij	defghj	defghij	fhj	fhj				fghj	
Disagree (2.0)	161	16	41	5	101	57	5	131	30	89	15	22	19	9	4	*	3	50	7
	8%	8%	11%	8%	7%	10%	12%	8%	7%	20%	7%	9%	7%	5%	2%	*	1%	7%	1%
			d			d				bcdefghij	fghj	fghj	fghj	fhj				fghj	
Strongly disagree (1.0)	87	13	36	4	42	45	8	73	15	72	5	5	2	1	3	-	*	7	4
	4%	7%	10%	6%	3%	8%	18%	4%	4%	16%	3%	2%	1%	*	1%	-	*	1%	1%
		d	d			d	acde			bcdefghij	hj	hj							
Don't know	7	3	1	*	*	4	-	5	2	3	1	2	*	-	*	-	-	2	*
	*	1%	*	1%	*	1%	-	*	1%	1%	1%	1%	*	-	*	-	-	*	*
		d		d		d				j									
NET: Agree	1429	116	219	41	1054	349	21	1144	285	160	135	154	222	138	209	76	336	513	621
	70%	61%	59%	68%	74%	61%	50%	70%	70%	36%	66%	62%	78%	80%	91%	93%	92%	73%	92%
					abef						a	a	abc	abc	abcdei	abcdei	abcdei	ac	abcdei
NET: Disagree	248	29	78	9	143	103	13	204	45	161	20	27	21	10	7	*	3	57	10
	12%	15%	21%	14%	10%	18%	30%	13%	11%	36%	10%	11%	7%	6%	3%	*	1%	8%	2%
		d	d			d	acde			bcdefghij	fghj	fghj	fghj	ghj				fghj	
Base for stats	2027	188	372	60	1417	569	42	1620	407	441	204	248	284	173	229	82	365	705	677
Mean Score	3.84	3.71	3.46	3.67	3.95	3.57	3.24	3.83	3.87	2.94	3.69	3.66	4.00	4.09	4.37	4.46	4.42	3.90	4.40
		bf			abcef						a	a	abc	abci	abcdei	abcdei	abcdei	abc	abcdei
Standard Deviation	1.074	1.194	1.189	1.071	1.020	1.167	1.413	1.080	1.052	1.240	.906	.922	.879	.856	.781	.648	.671	.906	.707
Standard Error	.024	.083	.063	.124	.027	.048	.211	.027	.053	.064	.066	.057	.049	.063	.051	.072	.034	.033	.027
Error variance	*	.01	*	.02	*	*	.04	*	*	*	*	*	*	*	*	.01	*	*	*

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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
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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	610	265	119	222	545	28	529	42	524	40	560	27	452	82
	30%	43%	21%	27%	36%	13%	34%	19%	42%	11%	39%	10%	42%	15%
		bc		b	b		b		b		b		b	
Agree (4.0)	819	282	210	324	662	45	672	50	560	75	679	38	482	161
	40%	45%	38%	39%	43%	21%	44%	23%	45%	22%	48%	14%	45%	30%
		bc			b		b		b		b		b	
Neither agree nor disagree (3.0)	350	51	111	184	210	41	230	37	130	82	142	33	99	111
	17%	8%	20%	22%	14%	19%	15%	17%	10%	23%	10%	12%	9%	21%
			a	a		a				a				a
Disagree (2.0)	161	20	69	71	82	46	76	42	29	86	28	107	26	106
	8%	3%	12%	8%	5%	21%	5%	19%	2%	24%	2%	39%	2%	20%
			ac	a		a		a		a		a		a
Strongly disagree (1.0)	87	4	49	32	21	55	25	49	12	64	12	67	8	78
	4%	1%	9%	4%	1%	26%	2%	22%	1%	18%	1%	25%	1%	14%
			ac	a		a		a		a		a		a
Don't know	7	1	3	2	3	2	3	1	-	4	-	*	*	3
	*	*	*	*	*	1%	*	*	-	1%	-	*	*	1%
										a				a
NET: Agree	1429	548	329	546	1207	72	1201	92	1084	115	1239	65	934	243
	70%	88%	59%	65%	79%	34%	78%	42%	86%	33%	87%	24%	87%	45%
		bc		b	b		b		b		b		b	
NET: Disagree	248	23	118	103	103	101	102	92	41	149	40	174	35	183
	12%	4%	21%	12%	7%	47%	7%	41%	3%	43%	3%	64%	3%	34%
			ac	a		a		a		a		a		a
Base for stats	2027	622	557	834	1520	214	1532	221	1255	347	1420	272	1068	537
Mean Score	3.84	4.26	3.50	3.76	4.07	2.74	4.05	2.97	4.24	2.83	4.23	2.45	4.26	3.12
		bc		b	b		b		b		b		b	
Standard Deviation	1.074	.786	1.205	1.058	.913	1.382	.917	1.443	.802	1.280	.772	1.275	.787	1.293
Standard Error	.024	.030	.053	.037	.023	.096	.024	.098	.022	.071	.020	.079	.024	.057
Error variance	*	*	*	*	*	.01	*	.01	*	.01	*	.01	*	*

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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

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		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)	392	199	192	145	142	105	22	56	37	40	27	37	71	53	49
		19%	20%	19%	24%	21%	14%	22%	21%	19%	19%	16%	16%	22%	16%	24%
					c	c								h		eh
Agree	(4.0)	756	378	374	266	243	247	27	90	74	73	59	81	124	149	80
		37%	38%	36%	43%	36%	33%	28%	34%	37%	34%	34%	36%	39%	45%	39%
					bc									a	abde	a
Neither agree nor disagree	(3.0)	356	183	172	82	121	153	22	50	39	32	38	49	44	52	30
		17%	18%	17%	13%	18%	20%	22%	19%	19%	15%	22%	21%	14%	16%	14%
						a	a	g				g	g			
Disagree	(2.0)	368	161	206	90	106	172	18	46	22	50	41	51	53	46	41
		18%	16%	20%	15%	16%	23%	18%	17%	11%	23%	23%	22%	17%	14%	20%
				a			ab				ch	ch	ch			c
Strongly disagree	(1.0)	157	69	86	29	55	73	9	21	27	18	10	8	27	30	8
		8%	7%	8%	5%	8%	10%	9%	8%	13%	8%	6%	4%	8%	9%	4%
						a	a	i		befi	i			i	fi	
Don't know		6	2	4	2	1	2	1	2	*	2	-	1	-	*	-
		*	*	*	*	*	*	1%	1%	*	1%	-	*	-	*	-
NET: Agree		1148	577	566	411	385	353	48	146	111	113	86	117	195	203	129
		56%	58%	55%	67%	58%	47%	50%	55%	56%	53%	49%	52%	61%	61%	62%
					bc	c								ade	ade	ade
NET: Disagree		524	230	292	119	161	244	27	67	49	68	51	59	80	76	49
		26%	23%	28%	19%	24%	32%	27%	25%	24%	32%	29%	26%	25%	23%	24%
				a		a	ab				h					
Base for stats		2028	991	1029	612	666	750	97	263	198	213	175	225	319	331	208
Mean Score		3.42	3.48	3.37	3.67	3.47	3.19	3.35	3.44	3.37	3.32	3.30	3.39	3.50	3.45	3.58
			b		bc	c										de
Standard Deviation		1.207	1.182	1.228	1.130	1.219	1.215	1.273	1.225	1.281	1.252	1.156	1.114	1.238	1.184	1.156
Standard Error		.027	.038	.038	.044	.048	.046	.120	.076	.089	.085	.083	.089	.068	.065	.080
Error variance		*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01

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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

		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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	392	56	100	87	63	38	47	244	148	320	11	30	20	1	3	64
		19%	37%	22%	18%	22%	18%	11%	22%	16%	18%	25%	24%	33%	7%	25%	25%
			bcdefgh	fh	f	fh	f		fh	f				a			a
Agree	(4.0)	756	59	205	179	97	81	135	444	313	645	13	61	15	6	6	101
		37%	39%	45%	37%	34%	38%	31%	40%	33%	37%	31%	49%	25%	29%	58%	39%
				cdfh					dfh		d		abd				d
Neither agree nor disagree	(3.0)	356	13	64	87	44	52	96	164	192	316	8	13	8	6	1	36
		17%	8%	14%	18%	16%	24%	22%	15%	21%	18%	17%	11%	13%	32%	7%	14%
					a	a	abdg	abdg	a	abg	c						
Disagree	(2.0)	368	19	58	102	56	32	100	180	188	333	8	15	12	*	-	35
		18%	13%	13%	21%	20%	15%	23%	16%	20%	19%	19%	12%	19%	1%	-	14%
					abg	b		abeg		abg	cg						
Strongly disagree	(1.0)	157	5	27	33	25	10	55	66	90	132	3	6	5	6	1	21
		8%	3%	6%	7%	9%	5%	13%	6%	10%	8%	7%	5%	9%	31%	10%	8%
						a		abceg		abeg							
Don't know		6	-	1	1	1	1	1	3	3	4	-	1	*	-	-	1
		*	-	*	*	*	*	*	*	*	*	-	1%	1%	-	-	1%
NET: Agree		1148	115	305	267	160	119	182	687	461	965	24	90	35	7	8	165
		56%	76%	67%	54%	56%	56%	42%	62%	49%	55%	56%	72%	58%	36%	83%	64%
			bcdefgh	cdefh	f	fh	f		cdfh	f			abd				a
NET: Disagree		524	25	86	135	81	43	155	246	279	464	11	21	17	6	1	56
		26%	16%	19%	28%	28%	20%	36%	22%	30%	27%	26%	17%	28%	32%	10%	22%
					abeg	abeg		abcdegh		abeg	c			c			
Base for stats		2028	153	455	490	286	213	432	1097	931	1746	43	124	60	19	10	257
Mean Score		3.42	3.93	3.64	3.38	3.41	3.49	3.04	3.56	3.26	3.39	3.48	3.75	3.55	2.80	3.88	3.59
			bcdefgh	cdfh	f	f	fh		cfh	f			a				a
Standard Deviation		1.207	1.128	1.136	1.192	1.266	1.100	1.220	1.175	1.224	1.200	1.264	1.096	1.360	1.368	1.159	1.231
Standard Error		.027	.087	.051	.055	.072	.079	.062	.035	.041	.029	.177	.094	.152	.353	.299	.072
Error variance		*	.01	*	*	.01	.01	*	*	*	*	.03	.01	.02	.12	.09	.01

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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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	392	225	89	69	158	20	15	67	290	102	369	21	67	201	107	17	325	68	250
	19%	17%	22% a	24% a	23% a	29% ce	19%	13%	21% ce	15%	20% b	12%	22%	18%	21%	23%	19%	23% b	18%
Agree (4.0)	756	472	155	103	257	25	34	169	529	227	704	40	101	427	201	28	656	113	532
	37%	37%	39%	36%	38%	36%	44% c	33%	38% c	34%	39% b	23%	33%	38%	39%	38%	38%	39%	38%
Neither agree nor disagree (3.0)	356	225	73	50	124	9	8	100	238	117	321	28	40	215	90	10	316	50	253
	17%	17%	18%	18%	18%	13%	10%	20% b	17%	18%	18%	15%	13%	19% a	18%	14%	18%	17%	18%
Disagree (2.0)	368	257	59	39	98	12	15	119	222	146	315	45	63	211	79	16	305	39	263
	18%	20% bcd	15%	14%	14%	17%	20%	23% d	16%	22% d	17%	25% a	20%	19%	15%	22%	18%	13%	19% a
Strongly disagree (1.0)	157	111	20	19	39	4	5	54	94	63	106	44	38	77	38	3	118	19	96
	8%	9% bd	5%	7%	6%	5%	7%	11% d	7%	10% d	6%	25% a	12% bcde	7%	7%	4%	7%	6%	7%
Don't know	6	2	1	2	3	-	-	4	2	4	5	1	1	4	1	-	5	3	1
	*	*	*	1%	*	-	-	1% d	*	1%	*	1%	*	*	*	-	*	1% b	*
NET: Agree	1148	696	244	172	416	44	49	235	820	329	1073	61	168	629	308	44	981	181	782
	56%	54%	61% a	61% a	61% a	65% ce	63% ce	46%	60% ce	50%	59% b	34%	54%	55%	60%	61%	57%	62% b	56%
NET: Disagree	524	367	79	58	137	15	21	173	315	209	421	89	101	288	117	19	424	58	360
	26%	28% bcd	20%	21%	20%	22%	27%	34% ad	23%	32% d	23%	50% a	33% bce	25%	23%	25%	25%	20%	26% a
Base for stats	2028	1288	397	280	677	69	78	509	1373	655	1814	178	308	1132	515	73	1720	289	1395
Mean Score	3.42	3.34	3.59 a	3.58 a	3.59 a	3.66 ce	3.49 c	3.15	3.51 ce	3.24	3.50 b	2.71	3.31	3.41	3.50	3.54	3.44	3.60 b	3.41
Standard Deviation	1.207	1.220	1.139	1.194	1.161	1.211	1.213	1.224	1.186	1.232	1.164	1.364	1.342	1.175	1.192	1.177	1.181	1.175	1.181
Standard Error	.027	.046	.041	.053	.032	.134	.124	.054	.032	.047	.027	.105	.096	.036	.046	.119	.028	.061	.031
Error variance	*	*	*	*	*	.02	.02	*	*	*	*	.01	.01	*	*	.01	*	*	*

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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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	392	48	52	8	285	98	7	328	64	35	30	44	52	39	54	30	108	135	191
	19%	25% bce	14%	13%	20% b	17%	18%	20% b	16%	8%	15% a	17% a	18% a	23% ab	23% ab	37% abcdefi	29% abcdi	19% a	28% abcdi
Agree (4.0)	756	60	111	31	558	184	13	606	150	103	85	94	126	63	111	32	142	284	285
	37%	31%	30%	51% abdef	39% abe	32%	32%	37%	37%	23%	42% a	38% a	44% a	36% a	48% acehi	39% a	39% a	40% a	42% a
Neither agree nor disagree (3.0)	356	25	69	11	247	98	6	274	82	69	44	48	56	38	31	9	59	142	100
	17%	13%	18%	18%	17%	17%	13%	17%	20%	16%	22% fgj	19% j	20% fgj	22%	14%	11%	16%	20%	15% fj
Disagree (2.0)	368	38	88	4	236	122	7	287	81	145	34	50	35	23	26	10	45	108	80
	18%	20% c	24% cd	7%	17% c	21% cd	16%	18%	20%	33% bcdefghij	17%	20% dfhj	12%	13%	11%	12%	12%	15%	12%
Strongly disagree (1.0)	157	18	52	7	89	67	9	126	31	90	10	12	15	10	7	-	12	37	19
	8%	9%	14% d	11%	6%	12% d	22% ad	8%	8%	20% bcdefghij	5% g	5% g	5% g	6% gj	3%	-	3%	5%	3% gj
Don't know	6	2	1	-	2	3	-	5	1	2	1	1	-	-	1	1	-	1	2
	*	1% d	*	-	*	1%	-	*	*	*	1%	*	-	-	*	1% dhi	-	*	*
NET: Agree	1148	108	163	39	844	282	21	934	215	138	115	138	179	102	164	62	250	419	476
	56%	57% b	44%	64% be	60% be	49%	49%	57%	52%	31%	56% a	55% a	63% a	59% a	72% abcdei	76% abcdei	68% abcei	59% a	70% abcdei
NET: Disagree	524	55	140	11	325	190	16	413	112	236	44	62	50	33	33	10	57	145	100
	26%	29%	38% acd	18%	23%	33% cd	37% cd	25%	27%	53% bcdefghij	22% j	25% dfghj	17%	19%	14%	12%	16%	20%	15% fhj
Base for stats	2028	189	372	61	1415	570	42	1620	408	443	204	249	284	173	229	81	365	706	675
Mean Score	3.42	3.44 be	3.06	3.47 b	3.51 bef	3.22	3.08	3.45	3.33	2.65	3.44 a	3.43 a	3.59 a	3.57 a	3.78 abcdi	4.02 abcdei	3.79 abcdei	3.53 a	3.81 abcdei
Standard Deviation	1.207	1.315	1.288	1.152	1.168	1.286	1.445	1.213	1.180	1.255	1.088	1.138	1.081	1.153	1.029	.983	1.096	1.120	1.062
Standard Error	.027	.092	.068	.132	.031	.053	.215	.030	.059	.064	.079	.070	.061	.085	.067	.111	.056	.040	.040
Error variance	*	.01	*	.02	*	*	.05	*	*	*	.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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	392	164	71	158	358	14	352	23	344	21	356	20	351	21
	19%	26%	13%	19%	23%	6%	23%	10%	27%	6%	25%	7%	33%	4%
		bc		b	b		b		b		b		b	
Agree (4.0)	756	286	166	301	602	59	611	68	527	94	608	41	575	79
	37%	46%	30%	36%	40%	27%	40%	30%	42%	27%	43%	15%	54%	15%
		bc		b	b		b		b		b		b	
Neither agree nor disagree (3.0)	356	89	103	161	245	18	251	24	191	38	227	32	71	55
	17%	14%	18%	19%	16%	8%	16%	11%	15%	11%	16%	12%	7%	10%
				a	b		b		b					a
Disagree (2.0)	368	65	138	161	246	50	255	41	158	105	190	93	52	254
	18%	11%	25%	19%	16%	23%	17%	18%	13%	30%	13%	34%	5%	47%
			ac	a		a				a		a		a
Strongly disagree (1.0)	157	19	81	53	69	73	63	67	32	92	36	86	15	131
	8%	3%	14%	6%	5%	34%	4%	30%	3%	26%	3%	32%	1%	24%
			ac	a		a		a		a		a		a
Don't know	6	*	1	2	3	2	3	-	3	1	3	-	4	1
	*	*	*	*	*	1%	*	-	*	*	*	-	*	*
						a								
NET: Agree	1148	450	237	459	960	73	964	90	871	115	964	61	926	100
	56%	72%	42%	55%	63%	34%	63%	41%	69%	33%	68%	22%	87%	18%
		bc		b	b		b		b		b		b	
NET: Disagree	524	84	219	214	315	122	318	108	190	197	226	179	68	385
	26%	14%	39%	26%	21%	57%	21%	49%	15%	56%	16%	66%	6%	71%
			ac	a		a		a		a		a		a
Base for stats	2028	623	559	834	1520	214	1533	222	1252	350	1417	272	1065	540
Mean Score	3.42	3.82	3.01	3.42	3.61	2.49	3.61	2.72	3.79	2.56	3.75	2.32	4.12	2.27
		bc		b	b		b		b		b		b	
Standard Deviation	1.207	1.032	1.278	1.179	1.142	1.371	1.131	1.428	1.059	1.293	1.055	1.264	.841	1.098
Standard Error	.027	.039	.056	.042	.029	.095	.029	.096	.029	.072	.028	.078	.026	.049
Error variance	*	*	*	*	*	.01	*	.01	*	.01	*	.01	*	*

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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%	477 23%	930 46%	380 19%	192 9%	56 3%	1407 69%	571 28%
I have more time now to be physically active	2034 100%	489 24%	837 41%	453 22%	194 10%	61 3%	1326 65%	647 32%
I exercise to help manage my mental health during the outbreak	2034 100%	423 21%	898 44%	420 21%	224 11%	69 3%	1321 65%	643 32%
I miss the types of physical activity I was able to do before the outbreak	2034 100%	575 28%	700 34%	465 23%	239 12%	56 3%	1274 63%	703 35%
I worry about leaving my home to exercise or be active	2034 100%	482 24%	745 37%	432 21%	323 16%	53 3%	1227 60%	755 37%
I have been encouraged to exercise by the Government's guidance	2034 100%	261 13%	811 40%	557 27%	304 15%	101 5%	1072 53%	861 42%
I feel guilty about not exercising more during the outbreak	2034 100%	330 16%	687 34%	641 32%	313 15%	63 3%	1017 50%	954 47%
Since the outbreak I have found new ways to be active	2034 100%	283 14%	721 35%	691 34%	298 15%	42 2%	1003 49%	989 49%
The current situation has not impacted my current exercise regime	2034 100%	263 13%	584 29%	589 29%	526 26%	72 4%	847 42%	1115 55%
I do not find exercising on my own enjoyable	2034 100%	271 13%	550 27%	664 33%	474 23%	76 4%	820 40%	1137 56%
I feel guilty about wanting to exercise during the outbreak	2034 100%	169 8%	389 19%	784 39%	635 31%	57 3%	558 27%	1419 70%

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

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		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)	283	140	141	137	99	47	26	39	27	31	14	25	62	42	16
		14%	14%	14%	22%	15%	6%	26%	15%	14%	15%	8%	11%	19%	13%	8%
					bc	c		bcdefhi	ei	i	ei			efhi		
Tend to agree	(3.0)	721	330	390	269	239	213	23	100	66	61	67	92	129	113	71
		35%	33%	38%	44%	36%	28%	23%	38%	33%	29%	38%	41%	40%	34%	34%
				a	bc	c			ad			ad	ad	ad	a	a
Tend to disagree	(2.0)	691	348	340	123	221	347	28	87	70	84	64	79	73	125	82
		34%	35%	33%	20%	33%	46%	29%	33%	35%	39%	37%	35%	23%	38%	40%
						a	ab		g	g	g	g	g		g	g
Strongly disagree	(1.0)	298	155	142	75	98	125	18	33	32	33	26	28	47	49	32
		15%	16%	14%	12%	15%	17%	18%	13%	16%	15%	15%	12%	15%	15%	16%
							a									
Don't know		42	19	21	10	10	21	3	5	3	6	4	2	8	3	6
		2%	2%	2%	2%	2%	3%	3%	2%	2%	3%	2%	1%	3%	1%	3%
NET: Agree		1003	470	530	405	338	260	48	139	93	93	81	117	191	155	87
		49%	47%	51%	66%	51%	35%	50%	53%	47%	43%	46%	52%	60%	47%	42%
					bc	c			di					cdehi		
NET: Disagree		989	503	482	198	319	472	46	120	103	116	90	107	120	173	115
		49%	51%	47%	32%	48%	63%	47%	46%	52%	54%	51%	47%	38%	52%	55%
						a	ab		g	g	g	g	g		g	bg
Base for stats		1992	973	1012	603	657	732	94	259	195	209	171	224	311	328	202
Mean Score		2.50	2.47	2.52	2.77	2.51	2.25	2.60	2.56	2.45	2.44	2.41	2.51	2.66	2.45	2.35
					bc	c		i	i					cdehi		
Standard Deviation		.913	.925	.899	.937	.922	.811	1.085	.901	.928	.929	.845	.852	.965	.896	.842
Standard Error		.021	.030	.028	.037	.036	.031	.103	.056	.065	.064	.062	.069	.053	.049	.059
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

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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

		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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	283	45	75	62	42	33	25	183	100	219	16	24	14	*	3	57
		14%	29%	17%	13%	15%	15%	6%	17%	11%	13%	37%	19%	23%	3%	30%	22%
			bcdefgh	fh	f	f	f		cfh	f		acg	a	a			a
Tend to agree	(3.0)	721	50	170	199	118	73	111	420	301	614	13	54	20	5	4	95
		35%	33%	37%	41%	41%	34%	26%	38%	32%	35%	29%	43%	33%	24%	37%	37%
				f	fh	fh	f		fh	f							
Tend to disagree	(2.0)	691	34	139	139	85	74	220	312	379	630	7	28	14	2	2	54
		34%	22%	31%	28%	30%	35%	51%	28%	41%	36%	16%	22%	24%	10%	22%	21%
				a			a	abcdegh		abcdg	bcdg						
Strongly disagree	(1.0)	298	21	65	81	35	32	64	167	130	254	6	19	6	12	-	44
		15%	13%	14%	17%	12%	15%	15%	15%	14%	14%	15%	15%	10%	63%	-	17%
Don't know		42	3	6	9	7	2	14	18	23	32	1	*	6	-	1	8
		2%	2%	1%	2%	3%	1%	3%	2%	2%	2%	2%	*	10%	-	11%	3%
														acg			
NET: Agree		1003	95	245	262	160	106	135	602	401	834	29	78	34	5	7	153
		49%	62%	54%	53%	56%	50%	31%	55%	43%	48%	66%	62%	56%	27%	67%	59%
			cefh	fh	fh	fh	f		fh	f		a	a				a
NET: Disagree		989	54	205	221	119	106	284	479	509	884	13	47	21	14	2	97
		49%	36%	45%	45%	42%	50%	66%	44%	55%	51%	31%	37%	34%	73%	22%	38%
				a	a		a	abcdegh		abcdg	bcdg						
Base for stats		1992	149	450	482	279	212	420	1082	911	1717	42	125	55	19	9	250
Mean Score		2.50	2.80	2.57	2.50	2.60	2.51	2.23	2.57	2.41	2.47	2.91	2.66	2.76	1.66	3.09	2.66
			bcdefgh	fh	f	fh	f		fh	f		a	a	a			a
Standard Deviation		.913	1.022	.934	.921	.891	.930	.775	.945	.865	.895	1.083	.957	.968	.951	.805	1.017
Standard Error		.021	.081	.042	.043	.051	.067	.040	.028	.029	.022	.156	.082	.112	.246	.215	.060
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.06	.05	*

Savanta: ComRes

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

	Total	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	283	143	66	60	126	15	16	55	196	86	269	12	38	133	93	19	245	63	176
	14%	11%	17% a	21% ab	18% a	21% ce	21% ce	11%	14% c	13%	15% b	7%	12%	12%	18% be	26% abe	14%	22% b	13%
Tend to agree (3.0)	721	404	170	119	290	30	30	177	484	237	666	45	63	404	226	29	658	130	512
	35%	31%	43% a	42% a	43% a	43%	39%	35%	35%	36%	37% b	25%	20%	36% a	44% abe	39% a	38% a	44% b	37%
Tend to disagree (2.0)	691	506	106	63	169	14	18	173	485	206	620	60	129	431	122	9	562	57	497
	34%	39% bcd	27%	22%	25%	21%	24%	34% a	35% ab	31% a	34%	33%	42% cde	38% cde	24% d	12%	33% cd	20%	36% a
Strongly disagree (1.0)	298	210	49	33	82	9	12	90	186	111	233	54	66	147	70	15	232	36	191
	15%	16% bcd	12%	12%	12%	14%	15%	18% d	14%	17% d	13%	30% a	21% bce	13%	14%	21% be	13%	12%	14%
Don't know	42	27	6	8	13	1	1	16	23	18	31	9	14	21	5	2	28	5	20
	2%	2%	1%	3%	2%	1%	1%	3% d	2%	3%	2%	5% a	4% bce	2%	1%	2%	2%	2%	1%
NET: Agree	1003	547	236	179	415	45	46	233	680	323	935	57	101	536	319	48	903	193	688
	49%	42%	59% a	63% a	61% a	65% cde	59% c	45%	49%	49%	51% b	32%	33%	47% a	62% abe	65% abe	52% ab	66% b	49%
NET: Disagree	989	716	156	96	252	23	30	263	672	317	853	113	195	578	192	24	794	93	689
	49%	55% bcd	39%	34%	37%	34%	39%	51% ab	49% a	48% a	47%	63% a	63% bcde	51% cde	37%	33%	46% cd	32%	49% a
Base for stats	1992	1263	392	275	667	68	76	496	1352	641	1788	170	296	1115	511	71	1697	286	1376
Mean Score	2.50	2.38	2.65 a	2.75 a	2.69 a	2.74 cde	2.66 c	2.40	2.51 c	2.47	2.54 b	2.09	2.25	2.47 a	2.67 abe	2.72 ab	2.54 ab	2.77 b	2.49
Standard Deviation	.913	.892	.905	.931	.916	.957	.988	.910	.904	.931	.900	.927	.944	.867	.929	1.080	.901	.936	.886
Standard Error	.021	.034	.033	.042	.026	.107	.103	.041	.025	.036	.021	.073	.068	.027	.036	.111	.021	.049	.024
Error variance	*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*

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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									
	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	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	283	28	32	13	209	65	5	222	61	26	10	26	50	38	40	16	76	114	132
	14%	15%	9%	22%	15%	11%	12%	14%	15%	6%	5%	10%	17%	22%	17%	20%	21%	16%	19%
		b		be	be							ab	abc	abc	abc	abc	abc	abc	abc
Tend to agree (3.0)	721	61	124	28	515	194	15	586	135	69	77	86	136	73	113	38	129	295	280
	35%	32%	33%	45%	36%	34%	36%	36%	33%	15%	37%	35%	48%	42%	49%	46%	35%	42%	41%
				ab							a	a	abch	a	abchij	a	a	ach	a
Tend to disagree (2.0)	691	57	132	12	479	192	8	541	150	206	75	84	83	49	49	24	121	216	195
	34%	30%	35%	20%	34%	34%	18%	33%	37%	46%	36%	34%	29%	28%	22%	29%	33%	31%	29%
			cf		cf	cf				bcdefghij	fj	f	f					f	f	f
Strongly disagree (1.0)	298	41	74	3	191	104	13	241	57	135	37	49	12	6	21	4	35	67	59
	15%	21%	20%	6%	14%	18%	30%	15%	14%	30%	18%	20%	4%	4%	9%	4%	10%	10%	9%
		cd	cd		c	cd	cde			bcdefghij	defghij	defghij			de		de	de	de
Don't know	42	4	10	4	22	17	1	35	7	9	7	4	4	6	7	*	5	14	12
	2%	2%	3%	7%	2%	3%	3%	2%	2%	2%	4%	2%	1%	3%	3%	*	1%	2%	2%
				bd		d													
NET: Agree	1003	89	156	41	725	260	20	808	196	95	87	112	186	112	153	54	205	409	412
	49%	46%	42%	67%	51%	45%	48%	50%	48%	21%	42%	45%	65%	65%	67%	66%	56%	58%	61%
				abdef	be						a	a	abchi	abc	abchi	abc	abc	abc	abc
NET: Disagree	989	98	207	16	671	296	20	782	207	341	111	133	95	55	70	27	156	283	254
	49%	51%	55%	26%	47%	52%	49%	48%	50%	77%	54%	53%	33%	32%	31%	33%	43%	40%	37%
		c	cd		c	c	c			bcdefghij	defghij	defghij					def	def	
Base for stats	1992	187	363	56	1396	556	41	1590	402	436	198	245	281	167	223	82	361	693	666
Mean Score	2.50	2.41	2.31	2.90	2.53	2.40	2.31	2.50	2.50	1.97	2.31	2.36	2.79	2.86	2.77	2.82	2.68	2.66	2.73
				abdef	be						a	a	abci	abchi	abc	abc	abc	abc	abc
Standard Deviation	.913	.993	.897	.832	.908	.922	1.059	.913	.914	.843	.829	.921	.778	.813	.850	.800	.912	.866	.879
Standard Error	.021	.070	.048	.098	.025	.039	.161	.023	.046	.044	.061	.057	.044	.062	.056	.090	.047	.032	.034
Error variance	*	*	*	.01	*	*	.03	*	*	*	*	*	*	*	*	.01	*	*	*

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

Q9.1. 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

	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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	283	180	44	58	239	21	232	29	221	38	223	25	214	45
	14%	29%	8%	7%	16%	10%	15%	13%	18%	11%	16%	9%	20%	8%
		bc			b		b		b		b		b	
Tend to agree (3.0)	721	284	158	274	555	51	574	58	501	79	540	59	398	152
	35%	46%	28%	33%	36%	23%	37%	26%	40%	23%	38%	22%	37%	28%
		bc			b		b		b		b		b	
Tend to disagree (2.0)	691	120	247	321	508	72	513	69	386	133	470	108	303	218
	34%	19%	44%	38%	33%	33%	33%	31%	31%	38%	33%	40%	28%	40%
			ac	a						a		a		a
Strongly disagree (1.0)	298	33	95	168	200	58	196	55	131	85	169	73	136	110
	15%	5%	17%	20%	13%	27%	13%	25%	10%	24%	12%	27%	13%	20%
			a	a		a		a		a		a		a
Don't know	42	7	15	14	22	15	20	11	17	15	18	7	17	15
	2%	1%	3%	2%	1%	7%	1%	5%	1%	4%	1%	2%	2%	3%
			a			a		a		a				
NET: Agree	1003	464	202	332	793	72	806	88	722	117	764	84	612	197
	49%	74%	36%	40%	52%	33%	52%	39%	57%	34%	54%	31%	57%	36%
		bc			b		b		b		b		b	
NET: Disagree	989	153	342	490	707	130	709	123	516	218	639	181	439	329
	49%	24%	61%	59%	46%	60%	46%	55%	41%	62%	45%	66%	41%	61%
			a	a		a		a		a		a		a
Base for stats	1992	617	544	822	1501	202	1515	211	1238	335	1402	265	1052	526
Mean Score	2.50	2.99	2.28	2.27	2.55	2.17	2.56	2.30	2.66	2.21	2.58	2.14	2.66	2.25
		bc			b		b		b		b		b	
Standard Deviation	.913	.836	.844	.866	.912	.967	.901	1.005	.891	.950	.896	.928	.945	.883
Standard Error	.021	.032	.037	.031	.024	.069	.023	.069	.025	.054	.024	.058	.029	.040
Error variance	*	*	*	*	*	*	*	*	*	*	*	*	*	*

Savanta: ComRes

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

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		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)	489	243	243	213	171	105	26	67	38	61	32	44	85	93	42
		24%	25%	24%	35%	26%	14%	26%	25%	19%	29%	18%	20%	27%	28%	20%
					bc	c					cei			e	cefi	
Tend to agree	(3.0)	837	391	443	230	280	327	36	99	72	80	71	111	143	133	92
		41%	39%	43%	37%	42%	43%	37%	37%	36%	37%	41%	49%	45%	40%	44%
							a						abcd	c		
Tend to disagree	(2.0)	453	211	240	101	141	211	20	60	55	46	52	53	50	63	55
		22%	21%	23%	16%	21%	28%	21%	23%	28%	21%	29%	23%	16%	19%	26%
						a	ab		g	gh		gh	g			gh
Strongly disagree	(1.0)	194	114	79	52	59	83	11	27	28	23	13	15	29	33	15
		10%	11%	8%	9%	9%	11%	11%	10%	14%	10%	7%	7%	9%	10%	7%
			b							efi						
Don't know		61	34	27	18	16	27	5	11	5	5	8	3	13	9	4
		3%	3%	3%	3%	2%	4%	5%	4%	2%	2%	4%	1%	4%	3%	2%
NET: Agree		1326	634	686	443	451	432	61	166	110	141	103	155	228	226	134
		65%	64%	66%	72%	68%	57%	63%	63%	56%	66%	59%	69%	71%	68%	65%
					c	c					c		c	bce	ce	
NET: Disagree		647	324	320	153	200	294	31	87	84	69	64	68	79	96	70
		32%	33%	31%	25%	30%	39%	32%	33%	42%	32%	37%	30%	25%	29%	34%
						a	ab		g	bdfgh		g				g
Base for stats		1973	959	1006	596	651	726	92	253	194	210	168	223	306	322	204
Mean Score		2.82	2.80	2.85	3.01	2.87	2.63	2.82	2.82	2.62	2.86	2.73	2.83	2.92	2.89	2.79
					bc	c			c		c		c	ce	c	
Standard Deviation		.916	.953	.879	.937	.908	.867	.978	.947	.963	.961	.856	.825	.902	.942	.853
Standard Error		.021	.031	.028	.037	.036	.033	.094	.059	.067	.065	.063	.066	.050	.052	.060
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Savanta: ComRes

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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	489	60	117	116	105	40	52	292	196	401	14	39	24	1	2	80
		24%	39%	26%	24%	37%	19%	12%	27%	21%	23%	31%	31%	40%	6%	22%	31%
			bcefgh	efh	f	bcefgh	f		efh	f			a	a			a
Tend to agree	(3.0)	837	53	192	206	117	92	177	451	386	743	14	47	17	5	6	89
		41%	35%	42%	42%	41%	43%	41%	41%	41%	42%	33%	38%	28%	25%	56%	34%
											dg						
Tend to disagree	(2.0)	453	18	84	121	45	54	132	223	230	398	10	24	7	9	2	52
		22%	12%	18%	25%	16%	25%	30%	20%	25%	23%	24%	19%	11%	49%	19%	20%
				a	abd		ad	abdgh	a	abdg	d						
Strongly disagree	(1.0)	194	17	52	39	14	24	49	108	86	166	5	13	2	4	-	24
		10%	11%	11%	8%	5%	11%	11%	10%	9%	9%	11%	11%	3%	20%	-	9%
			d	d			d	d	d	d	d	d	d				
Don't know		61	5	11	9	6	5	25	26	36	43	*	2	11	-	*	14
		3%	4%	3%	2%	2%	2%	6%	2%	4%	2%	1%	2%	18%	-	4%	5%
								bcdg		c				abcg			a
NET: Agree		1326	113	309	322	222	131	229	744	582	1144	28	86	41	6	8	169
		65%	74%	68%	66%	77%	62%	53%	68%	62%	65%	64%	69%	68%	31%	77%	65%
			efh	fh	f	bcefgh	f		fh	f							
NET: Disagree		647	35	136	160	59	77	180	331	316	563	15	37	9	13	2	76
		32%	23%	30%	33%	20%	36%	42%	30%	34%	32%	35%	29%	14%	69%	19%	29%
				d	ad		ad	abcdgh	ad	ad	d	d	d				d
Base for stats		1973	147	445	482	280	209	409	1074	898	1707	43	123	50	19	10	245
Mean Score		2.82	3.05	2.84	2.83	3.12	2.71	2.57	2.86	2.77	2.81	2.84	2.91	3.28	2.18	3.02	2.92
			bcefgh	f	f	bcefgh			efh	f				abcg			
Standard Deviation		.916	.995	.946	.887	.847	.906	.859	.929	.898	.906	1.008	.969	.827	.837	.687	.961
Standard Error		.021	.078	.043	.041	.049	.065	.045	.028	.031	.022	.143	.084	.096	.216	.183	.057
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.05	.03	*

Savanta:
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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

	Total	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	489	282	112	83	196	17	20	93	359	130	469	14	77	225	163	24	412	73	331
	24%	22%	28%	30%	29%	25%	26%	18%	26%	20%	26%	8%	25%	20%	32%	33%	24%	25%	24%
			a	a	a				ce		b				be	be	b		
Tend to agree (3.0)	837	522	175	107	282	32	27	233	544	293	763	63	110	491	211	25	727	131	579
	41%	40%	44%	38%	41%	47%	35%	46%	40%	44%	42%	35%	35%	43%	41%	34%	42%	45%	41%
			c					d		d				a					
Tend to disagree (2.0)	453	308	74	55	129	10	17	111	315	138	392	50	60	292	88	13	393	53	337
	22%	24%	19%	19%	19%	14%	22%	22%	23%	21%	22%	28%	20%	26%	17%	18%	23%	18%	24%
		bd										a		c			c		a
Strongly disagree (1.0)	194	135	29	27	57	7	8	55	124	70	153	36	47	102	39	6	147	22	122
	10%	10%	7%	10%	8%	11%	11%	11%	9%	11%	8%	20%	15%	9%	8%	8%	9%	7%	9%
		b										a	bce						
Don't know	61	44	7	10	17	2	5	21	34	28	42	15	15	26	14	5	46	13	27
	3%	3%	2%	4%	3%	3%	6%	4%	2%	4%	2%	9%	5%	2%	3%	7%	3%	4%	2%
		b		b			d			d		a	b			bce		b	
NET: Agree	1326	803	287	190	478	50	47	326	903	423	1231	77	186	716	375	49	1139	204	910
	65%	62%	72%	67%	70%	72%	61%	64%	66%	64%	68%	43%	60%	63%	73%	67%	66%	70%	65%
			a		a						b				abe				
NET: Disagree	647	443	104	82	186	17	25	166	439	208	545	87	107	393	127	19	540	75	459
	32%	34%	26%	29%	27%	25%	32%	32%	32%	32%	30%	48%	35%	35%	25%	26%	31%	26%	33%
		bd										a	c	c			c		a
Base for stats	1973	1246	391	273	663	67	73	492	1341	631	1777	164	294	1109	502	68	1679	279	1369
Mean Score	2.82	2.76	2.95	2.90	2.93	2.89	2.82	2.74	2.85	2.76	2.87	2.33	2.74	2.76	2.99	2.98	2.84	2.92	2.82
			a	a	a				c		b				abe	b	b		
Standard Deviation	.916	.922	.882	.950	.910	.918	.975	.891	.921	.904	.902	.921	1.020	.880	.903	.953	.896	.873	.901
Standard Error	.021	.035	.032	.043	.026	.104	.103	.040	.025	.035	.021	.073	.074	.028	.035	.099	.021	.046	.024
Error variance	*	*	*	*	*	.01	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*

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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									
		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	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	489	39	58	18	379	103	6	393	96	53	29	56	72	44	85	31	119	172	235
		24%	20%	16%	29%	27%	18%	14%	24%	23%	12%	14%	22%	25%	26%	37%	38%	33%	24%	35%
					be	abe							ab	ab	ab	abcdei	abcdei	abcdi	ab	abcdei
Tend to agree	(3.0)	837	74	168	29	572	252	16	677	160	158	102	109	141	72	94	25	137	321	256
		41%	39%	45%	48%	40%	44%	39%	42%	39%	35%	50%	44%	50%	41%	41%	31%	37%	45%	38%
												aghj	ag	afghj					aghj	
Tend to disagree	(2.0)	453	53	88	8	302	140	7	348	105	126	45	60	53	41	33	20	75	154	128
		22%	28%	24%	14%	21%	24%	17%	21%	26%	28%	22%	24%	19%	24%	14%	24%	20%	22%	19%
			cd				c				dfhij	f	f		f		f		f	
Strongly disagree	(1.0)	194	21	48	2	129	59	12	157	37	88	20	17	15	10	12	6	27	42	45
		10%	11%	13%	4%	9%	10%	29%	10%	9%	20%	10%	7%	5%	6%	5%	7%	7%	6%	7%
				cd				abcde			bcdefghij									
Don't know		61	5	11	3	36	18	*	50	11	20	9	7	4	7	5	*	9	18	15
		3%	2%	3%	5%	3%	3%	1%	3%	3%	4%	4%	3%	1%	4%	2%	*	2%	3%	2%
											dj	d								
NET: Agree		1326	113	226	47	950	355	22	1069	256	210	132	165	213	116	179	56	255	493	490
		65%	59%	61%	77%	67%	62%	53%	66%	63%	47%	64%	66%	75%	67%	78%	68%	70%	70%	72%
					abef	abe						a	a	abc	a	abcehi	a	a	a	ab
NET: Disagree		647	74	136	11	431	199	19	505	142	214	65	78	68	50	45	26	101	195	172
		32%	39%	36%	17%	30%	35%	46%	31%	35%	48%	32%	31%	24%	29%	20%	31%	28%	28%	25%
			cd	cd		c	c	cd			bcdefghij	f	df		f			f	f	f
Base for stats		1973	187	362	58	1381	555	42	1575	398	425	196	243	280	166	224	82	357	689	663
Mean Score		2.82	2.70	2.65	3.08	2.87	2.72	2.38	2.83	2.79	2.41	2.72	2.84	2.96	2.91	3.12	2.99	2.98	2.91	3.03
			f		abef	abef	f					a	a	ab	ab	abcdei	ab	ab	ab	abci
Standard Deviation		.916	.927	.902	.785	.922	.887	1.069	.917	.913	.952	.839	.862	.810	.858	.856	.956	.918	.841	.903
Standard Error		.021	.065	.048	.091	.025	.037	.161	.023	.046	.050	.063	.054	.046	.064	.057	.108	.048	.031	.035
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

	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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	489	267	78	142	428	29	409	42	356	59	389	52	336	96
	24%	43%	14%	17%	28%	13%	27%	19%	28%	17%	27%	19%	31%	18%
		bc			b		b		b		b		b	
Tend to agree (3.0)	837	264	234	335	633	76	644	77	510	143	590	97	436	199
	41%	42%	42%	40%	42%	35%	42%	35%	41%	41%	42%	36%	41%	37%
							b							
Tend to disagree (2.0)	453	64	168	218	315	55	320	51	266	83	288	73	184	159
	22%	10%	30%	26%	21%	25%	21%	23%	21%	24%	20%	27%	17%	29%
			a	a								a		a
Strongly disagree (1.0)	194	15	57	121	123	41	134	39	102	50	126	38	94	66
	10%	2%	10%	14%	8%	19%	9%	17%	8%	14%	9%	14%	9%	12%
			a	ab		a		a		a		a		a
Don't know	61	13	21	21	25	15	29	13	22	15	27	12	19	20
	3%	2%	4%	2%	2%	7%	2%	6%	2%	4%	2%	4%	2%	4%
						a		a		a		a		a
NET: Agree	1326	531	313	477	1061	105	1053	119	866	202	979	149	771	295
	65%	85%	56%	57%	70%	49%	69%	54%	69%	58%	69%	55%	72%	55%
		bc			b		b		b		b		b	
NET: Disagree	647	79	225	338	437	96	453	90	368	133	414	111	278	225
	32%	13%	40%	40%	29%	44%	30%	40%	29%	38%	29%	41%	26%	42%
			a	a		a		a		a		a		a
Base for stats	1973	610	538	816	1498	201	1507	209	1234	335	1394	260	1049	521
Mean Score	2.82	3.28	2.62	2.61	2.91	2.46	2.88	2.58	2.91	2.63	2.89	2.62	2.97	2.62
		bc			b		b		b		b		b	
Standard Deviation	.916	.749	.860	.939	.903	.974	.908	1.009	.909	.944	.915	.965	.923	.927
Standard Error	.021	.029	.038	.034	.023	.069	.024	.070	.026	.053	.024	.061	.028	.042
Error variance	*	*	*	*	*	*	*	*	*	*	*	*	*	*

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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)	261	130	131	108	91	62	14	29	28	28	17	25	56	40	24
		13%	13%	13%	18%	14%	8%	15%	11%	14%	13%	10%	11%	18%	12%	11%
					bc	c								beh		
Tend to agree	(3.0)	811	402	406	240	257	314	27	99	76	80	72	102	119	155	80
		40%	40%	39%	39%	38%	42%	28%	38%	38%	37%	41%	45%	37%	47%	38%
												a	a		abdg	
Tend to disagree	(2.0)	557	261	293	139	176	243	26	78	50	66	50	57	81	78	72
		27%	26%	28%	23%	26%	32%	27%	29%	25%	31%	29%	25%	25%	23%	35%
							ab									cfgh
Strongly disagree	(1.0)	304	158	144	82	114	109	23	44	35	28	24	30	50	46	24
		15%	16%	14%	13%	17%	14%	24%	17%	18%	13%	13%	13%	16%	14%	11%
								defghi								
Don't know		101	41	60	46	30	25	6	15	9	13	12	12	13	12	8
		5%	4%	6%	7%	5%	3%	6%	6%	5%	6%	7%	5%	4%	4%	4%
					bc											
NET: Agree		1072	532	537	348	348	376	42	128	104	108	90	127	175	195	103
		53%	54%	52%	57%	52%	50%	43%	49%	53%	50%	51%	56%	55%	59%	50%
					c								a	a	abdi	
NET: Disagree		861	420	437	220	290	351	49	121	85	94	74	87	131	124	96
		42%	42%	42%	36%	43%	47%	51%	46%	43%	44%	42%	38%	41%	37%	46%
						a	a	fh	h							h
Base for stats		1933	952	973	568	637	727	91	250	189	202	163	214	306	319	199
Mean Score		2.53	2.53	2.54	2.66	2.51	2.45	2.36	2.45	2.51	2.54	2.51	2.57	2.59	2.59	2.52
					bc									a	a	
Standard Deviation		.913	.925	.902	.945	.945	.848	1.036	.912	.962	.898	.870	.872	.969	.886	.853
Standard Error		.021	.030	.029	.038	.038	.032	.099	.058	.069	.062	.064	.071	.054	.050	.060
Error variance		*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

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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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	261	32	71	60	40	26	33	163	98	202	12	29	12	-	1	54
		13%	21%	16%	12%	14%	12%	8%	15%	11%	12%	29%	23%	20%	-	7%	21%
			cdefgh	fh	f	f			fh			a	a	a			a
Tend to agree	(3.0)	811	66	192	179	141	82	152	436	374	729	11	43	14	4	3	76
		40%	43%	42%	36%	49%	38%	35%	40%	40%	42%	26%	34%	24%	21%	34%	30%
				f		cefgh					bdg						
Tend to disagree	(2.0)	557	34	106	149	62	55	151	289	268	492	11	33	8	4	2	58
		27%	22%	23%	30%	22%	26%	35%	26%	29%	28%	25%	26%	14%	19%	17%	22%
					abd			abdegh		bd	dg			d			
Strongly disagree	(1.0)	304	18	75	83	36	26	65	176	128	249	7	15	15	11	1	49
		15%	12%	16%	17%	13%	12%	15%	16%	14%	14%	17%	12%	24%	59%	9%	19%
														ac			a
Don't know		101	2	13	20	8	25	33	36	66	76	1	5	11	*	3	21
		5%	2%	3%	4%	3%	12%	8%	3%	7%	4%	2%	4%	19%	2%	33%	8%
							abcdgh	abcdg		abcdg				abcg			a
NET: Agree		1072	98	263	238	180	107	185	599	472	931	24	72	26	4	4	130
		53%	64%	58%	48%	63%	50%	43%	54%	51%	53%	55%	58%	43%	21%	41%	50%
			cefgh	cfh		cefgh			cf	f			d				
NET: Disagree		861	52	180	233	99	81	216	465	396	742	18	48	23	15	3	107
		42%	34%	39%	47%	34%	38%	50%	42%	42%	42%	42%	39%	38%	78%	26%	41%
					abde			abdegh	ad	d							
Base for stats		1933	150	444	471	279	189	401	1064	868	1673	42	120	49	18	7	237
Mean Score		2.53	2.74	2.59	2.46	2.66	2.57	2.38	2.55	2.51	2.53	2.68	2.71	2.48	1.61	2.58	2.57
			cfgh	cf		cfh		f		f			a				
Standard Deviation		.913	.930	.950	.926	.879	.894	.853	.941	.878	.888	1.088	.975	1.162	.832	.930	1.059
Standard Error		.021	.073	.043	.044	.051	.067	.045	.029	.030	.022	.157	.086	.138	.222	.269	.064
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.05	.07	*

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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	
	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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	261	141	63	52	114	10	16	68	168	94	241	19	36	122	93	10	225	59	161
	13%	11%	16%	18%	17%	14%	21%	13%	12%	14%	13%	11%	12%	11%	18%	13%	13%	20%	11%
			a	a	a		d								abe			b	
Tend to agree (3.0)	811	497	165	111	277	35	23	216	536	274	754	41	98	483	197	32	712	114	586
	40%	39%	42%	39%	41%	51%	30%	42%	39%	42%	41%	23%	32%	43%	38%	44%	41%	39%	42%
						bd		b		b	b			a			a		
Tend to disagree (2.0)	557	374	109	62	171	13	24	130	391	167	500	46	94	327	125	11	463	65	386
	27%	29%	27%	22%	25%	19%	31%	25%	28%	25%	27%	26%	30%	29%	24%	15%	27%	22%	28%
		c	c										d	cd	d		d		a
Strongly disagree (1.0)	304	214	44	41	85	7	13	76	208	96	248	53	69	147	73	14	235	37	197
	15%	17%	11%	15%	13%	11%	16%	15%	15%	15%	14%	30%	22%	13%	14%	20%	14%	13%	14%
		bd										a	bce						
Don't know	101	64	17	16	33	4	2	22	73	28	77	19	11	56	27	7	90	17	67
	5%	5%	4%	6%	5%	6%	2%	4%	5%	4%	4%	11%	4%	5%	5%	9%	5%	6%	5%
												a							
NET: Agree	1072	638	228	163	391	45	39	284	704	368	994	60	135	605	291	41	937	173	747
	53%	49%	57%	58%	57%	65%	51%	55%	51%	56%	55%	34%	44%	53%	56%	57%	54%	59%	53%
			a	a	a	d				d	b			a	a	a	a	b	
NET: Disagree	861	588	153	103	256	20	37	206	598	263	747	100	163	474	198	25	698	101	583
	42%	46%	38%	37%	38%	29%	47%	40%	44%	40%	41%	56%	53%	42%	38%	34%	40%	35%	42%
		bcd					a		a			a	bcde						a
Base for stats	1933	1226	381	266	647	65	76	490	1302	631	1742	160	298	1079	489	67	1635	275	1330
Mean Score	2.53	2.46	2.65	2.65	2.65	2.73	2.56	2.56	2.51	2.58	2.57	2.16	2.34	2.54	2.63	2.55	2.57	2.71	2.53
			a	a	a	d					b			a	ab		a	b	
Standard Deviation	.913	.909	.889	.963	.920	.857	1.010	.914	.909	.920	.898	1.024	.968	.865	.957	.992	.899	.952	.887
Standard Error	.021	.035	.033	.044	.026	.097	.106	.042	.025	.036	.022	.082	.070	.027	.037	.106	.022	.050	.024
Error variance	*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*

Savanta: ComRes

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	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	261	25	35	15	186	69	4	217	44	22	20	21	41	33	44	8	73	95	125
	13%	13%	9%	25%	13%	12%	9%	13%	11%	5%	10%	8%	14%	19%	19%	10%	20%	13%	18%
				abdef							a		ac	abci	abci		abcgi	ac	abci
Tend to agree (3.0)	811	60	147	25	578	216	10	638	173	115	91	93	138	77	101	43	154	308	297
	40%	31%	39%	42%	41%	38%	25%	39%	42%	26%	44%	37%	48%	44%	44%	52%	42%	44%	44%
					af						a	a	ac	a	a	ac	a	a	a
Tend to disagree (2.0)	557	70	101	12	369	173	10	460	97	155	60	79	63	38	52	19	92	181	162
	27%	37%	27%	20%	26%	30%	24%	28%	24%	35%	29%	32%	22%	22%	22%	23%	25%	26%	24%
		bcd								defghij		defj							
Strongly disagree (1.0)	304	21	63	4	224	77	10	236	68	131	15	48	32	13	20	9	35	93	65
	15%	11%	17%	7%	16%	13%	23%	15%	17%	30%	7%	19%	11%	8%	9%	11%	10%	13%	10%
			c		c		ac			bcdefghij		bdefhij						bej	
Don't know	101	15	28	3	60	38	8	74	27	22	20	9	10	11	14	4	11	30	29
	5%	8%	7%	6%	4%	7%	18%	5%	7%	5%	10%	4%	4%	7%	6%	4%	3%	4%	4%
		d	d			d	abcde				acdhij								
NET: Agree	1072	85	182	41	764	285	14	855	217	137	111	114	179	110	144	51	227	403	421
	53%	45%	49%	67%	54%	50%	34%	53%	53%	31%	54%	46%	63%	64%	63%	62%	62%	57%	62%
				abdef	af	f					a	a	abc	ac	ac	ac	ac	ac	abci
NET: Disagree	861	91	164	17	593	250	20	696	165	286	74	127	96	51	72	28	128	274	227
	42%	48%	44%	28%	42%	44%	48%	43%	40%	64%	36%	51%	34%	30%	31%	34%	35%	39%	34%
		c	c		c	c	c			bcdefghij		bdefghij							efj
Base for stats	1933	177	346	57	1357	535	34	1551	382	423	185	240	274	161	216	78	354	676	649
Mean Score	2.53	2.51	2.45	2.90	2.54	2.52	2.24	2.54	2.51	2.06	2.63	2.36	2.68	2.81	2.78	2.63	2.75	2.60	2.74
				abdef							ac		ac	abci	aci	ac	aci	ac	aci
Standard Deviation	.913	.882	.902	.889	.924	.892	1.005	.913	.917	.886	.783	.897	.868	.858	.876	.823	.897	.894	.881
Standard Error	.021	.063	.049	.104	.025	.038	.161	.023	.047	.046	.060	.056	.050	.065	.059	.094	.047	.033	.034
Error variance	*	*	*	.01	*	*	.03	*	*	*	*	*	*	*	*	.01	*	*	*

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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

	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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	261	130	55	75	228	18	223	24	205	32	212	30	193	35
	13%	21%	10%	9%	15%	8%	15%	11%	16%	9%	15%	11%	18%	6%
		bc			b		b		b		b		b	
Tend to agree (3.0)	811	319	184	304	626	58	644	66	527	99	627	61	455	156
	40%	51%	33%	36%	41%	27%	42%	30%	42%	28%	44%	22%	43%	29%
		bc			b		b		b		b		b	
Tend to disagree (2.0)	557	106	180	268	397	63	397	65	335	94	351	95	257	189
	27%	17%	32%	32%	26%	29%	26%	29%	27%	27%	25%	35%	24%	35%
			a	a								a		a
Strongly disagree (1.0)	304	43	105	154	211	51	206	49	143	91	178	72	122	128
	15%	7%	19%	18%	14%	24%	13%	22%	11%	26%	13%	26%	11%	24%
			a	a		a		a		a		a		a
Don't know	101	25	36	35	60	27	66	19	45	34	52	15	41	33
	5%	4%	6%	4%	4%	12%	4%	8%	4%	10%	4%	5%	4%	6%
						a		a		a				a
NET: Agree	1072	449	238	379	854	76	867	90	732	131	839	91	649	191
	53%	72%	43%	45%	56%	35%	56%	40%	58%	37%	59%	33%	61%	35%
		bc			b		b		b		b		b	
NET: Disagree	861	150	285	422	608	114	603	114	479	185	529	166	379	317
	42%	24%	51%	50%	40%	53%	39%	51%	38%	53%	37%	61%	35%	59%
			a	a		a		a		a		a		a
Base for stats	1933	598	524	801	1462	189	1470	204	1210	316	1368	257	1027	507
Mean Score	2.53	2.89	2.36	2.37	2.60	2.23	2.60	2.32	2.66	2.23	2.64	2.19	2.70	2.19
		bc			b		b		b		b		b	
Standard Deviation	.913	.821	.917	.898	.918	.952	.908	.965	.896	.979	.895	.974	.908	.893
Standard Error	.021	.032	.041	.033	.024	.069	.024	.067	.025	.057	.024	.062	.028	.041
Error variance	*	*	*	*	*	*	*	*	*	*	*	*	*	*

Savanta: ComRes

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

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		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)	271	135	136	89	98	84	15	30	23	41	21	20	55	37	29
		13%	14%	13%	14%	15%	11%	15%	11%	11%	19%	12%	9%	17%	11%	14%
											bcefh			bfh		
Tend to agree	(3.0)	550	251	296	153	173	224	21	80	51	56	43	62	77	105	55
		27%	25%	29%	25%	26%	30%	22%	30%	26%	26%	25%	27%	24%	32%	27%
							a								ag	
Tend to disagree	(2.0)	664	342	320	193	232	239	24	92	61	60	67	82	107	108	63
		33%	34%	31%	31%	35%	32%	25%	35%	31%	28%	38%	36%	34%	33%	30%
												ad				
Strongly disagree	(1.0)	474	222	248	156	149	168	33	50	53	48	38	53	69	74	55
		23%	22%	24%	25%	22%	22%	34%	19%	26%	22%	21%	24%	22%	22%	27%
								bdegh								b
Don't know		76	43	34	23	16	37	4	12	12	11	7	9	11	6	5
		4%	4%	3%	4%	2%	5%	4%	4%	6%	5%	4%	4%	3%	2%	2%
							b			h	h					
NET: Agree		820	387	432	241	270	309	36	110	74	97	64	82	132	142	84
		40%	39%	42%	39%	41%	41%	37%	42%	37%	45%	36%	36%	41%	43%	40%
NET: Disagree		1137	564	568	349	381	407	58	142	113	108	104	135	176	183	119
		56%	57%	55%	57%	57%	54%	59%	54%	57%	50%	60%	60%	55%	55%	57%
Base for stats		1958	950	1000	591	651	716	94	253	187	204	168	217	308	325	203
Mean Score		2.32	2.32	2.32	2.29	2.34	2.31	2.19	2.36	2.23	2.44	2.28	2.22	2.38	2.32	2.28
											acf					
Standard Deviation		.988	.984	.993	1.019	.991	.961	1.094	.932	.995	1.058	.947	.926	1.024	.953	1.019
Standard Error		.022	.032	.031	.041	.039	.037	.103	.059	.071	.073	.070	.075	.057	.053	.072
Error variance		*	*	*	*	*	*	.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

		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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	271	23	45	77	51	26	50	144	126	220	9	26	11	1	*	47
		13%	15%	10%	16%	18%	12%	12%	13%	14%	13%	20%	21%	18%	6%	3%	18%
					b	bfg				b			a				a
Tend to agree	(3.0)	550	59	127	115	71	55	123	302	248	478	9	32	14	4	6	64
		27%	39%	28%	23%	25%	26%	28%	27%	27%	27%	21%	26%	22%	22%	56%	25%
			bcdefgh														
Tend to disagree	(2.0)	664	35	160	159	97	76	135	355	309	595	5	33	15	9	3	67
		33%	23%	35%	32%	34%	36%	31%	32%	33%	34%	13%	27%	25%	49%	31%	26%
				a	a	a	a		a	a	bg		b				b
Strongly disagree	(1.0)	474	30	111	121	65	45	101	262	212	397	19	28	16	4	1	69
		23%	20%	24%	25%	23%	21%	23%	24%	23%	23%	45%	22%	26%	23%	9%	27%
												acdg					
Don't know		76	5	13	19	3	11	24	37	39	59	1	5	5	-	-	11
		4%	3%	3%	4%	1%	5%	6%	3%	4%	3%	2%	4%	8%	-	-	4%
					d		d	bdg	d	d				a			
NET: Agree		820	82	172	192	121	81	173	446	374	698	17	59	25	5	6	112
		40%	54%	38%	39%	42%	38%	40%	41%	40%	40%	40%	47%	40%	28%	59%	43%
			bcdefgh														
NET: Disagree		1137	65	271	281	162	122	236	617	521	992	25	61	31	14	4	135
		56%	43%	59%	57%	57%	57%	55%	56%	56%	57%	57%	49%	52%	72%	41%	52%
				a	a	a	a	a	a	a							
Base for stats		1958	148	443	472	283	202	409	1063	895	1691	42	120	56	19	10	247
Mean Score		2.32	2.51	2.24	2.31	2.38	2.30	2.30	2.31	2.32	2.31	2.16	2.47	2.35	2.10	2.54	2.37
			bcefgh														
Standard Deviation		.988	.986	.941	1.028	1.028	.958	.974	.989	.987	.972	1.219	1.080	1.103	.840	.747	1.084
Standard Error		.022	.078	.043	.048	.059	.070	.051	.030	.034	.024	.174	.095	.127	.217	.193	.065
Error variance		*	.01	*	*	*	*	*	*	*	*	.03	.01	.02	.05	.04	*

Savanta: ComRes

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

	Total	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	271	155	58	43	101	15	19	78	159	112	235	28	42	143	77	9	229	62	165
	13%	12%	14%	15%	15%	22%	24%	15%	12%	17%	13%	15%	13%	13%	15%	12%	13%	21%	12%
						d	cd	d		d								b	
Tend to agree (3.0)	550	341	111	82	193	22	23	181	324	226	483	59	75	320	132	24	475	94	376
	27%	26%	28%	29%	28%	32%	30%	35%	24%	34%	27%	33%	24%	28%	26%	32%	28%	32%	27%
								d		d								b	
Tend to disagree (2.0)	664	435	126	84	210	21	10	142	490	174	614	39	99	383	162	20	565	77	472
	33%	34%	32%	30%	31%	31%	13%	28%	36%	26%	34%	22%	32%	34%	31%	27%	33%	27%	34%
						b			bce	b	b								a
Strongly disagree (1.0)	474	308	89	62	151	7	19	92	357	117	429	37	87	248	123	16	387	41	338
	23%	24%	22%	22%	22%	10%	24%	18%	26%	18%	24%	21%	28%	22%	24%	22%	22%	14%	24%
							a		ace										a
Don't know	76	51	14	12	25	4	7	20	45	31	58	16	7	42	23	4	69	17	46
	4%	4%	3%	4%	4%	5%	9%	4%	3%	5%	3%	9%	2%	4%	4%	6%	4%	6%	3%
							cd					a						b	
NET: Agree	820	496	169	125	294	37	42	259	483	338	718	87	116	463	209	33	704	156	541
	40%	38%	43%	44%	43%	54%	54%	50%	35%	51%	39%	48%	38%	41%	40%	45%	41%	53%	39%
				a	a	d	d	d		d		a						b	
NET: Disagree	1137	743	215	146	361	28	29	234	847	291	1043	76	185	631	284	36	952	119	810
	56%	58%	54%	52%	53%	41%	37%	46%	62%	44%	57%	42%	60%	56%	55%	50%	55%	41%	58%
		cd							abce		b								a
Base for stats	1958	1240	384	271	655	65	71	492	1330	628	1761	163	302	1094	493	69	1656	275	1351
Mean Score	2.32	2.28	2.36	2.39	2.37	2.69	2.59	2.50	2.21	2.53	2.30	2.48	2.24	2.33	2.33	2.37	2.33	2.64	2.27
					a	d	d	d		d		a						b	
Standard Deviation	.988	.974	.998	1.010	1.002	.952	1.144	.970	.972	.990	.982	1.024	1.017	.967	1.016	.993	.983	.991	.971
Standard Error	.022	.037	.036	.046	.029	.108	.123	.044	.027	.039	.023	.082	.073	.030	.040	.102	.023	.052	.026
Error variance	*	*	*	*	*	.01	.02	*	*	*	*	.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									
	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	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	271	32	54	18	175	89	9	224	47	78	32	41	43	18	28	6	25	102	59
	13%	16%	15%	29%	12%	16%	22%	14%	11%	18%	16%	16%	15%	10%	12%	7%	7%	14%	9%
				abde			d			eghj	hj	ghj	hj		h			hj	
Tend to agree (3.0)	550	41	130	21	366	177	14	452	98	147	50	77	71	45	61	25	74	193	159
	27%	21%	35%	34%	26%	31%	33%	28%	24%	33%	24%	31%	25%	26%	26%	30%	20%	27%	24%
			ad	a		ad				bdhij		hj				h	h		
Tend to disagree (2.0)	664	62	112	10	479	170	10	506	157	119	83	79	103	60	70	27	123	242	220
	33%	33%	30%	17%	34%	30%	23%	31%	38%	27%	40%	31%	36%	35%	30%	33%	34%	34%	33%
		c	c		c	c			a		acfj		a	a			a	a	a
Strongly disagree (1.0)	474	52	67	6	350	116	9	385	89	75	33	46	62	48	62	20	128	156	210
	23%	27%	18%	9%	25%	20%	21%	24%	22%	17%	16%	18%	22%	28%	27%	25%	35%	22%	31%
		bce			bce	c							abc	abc		abcdfi	a	abcdi
Don't know	76	4	11	7	48	21	*	58	18	25	7	8	5	1	9	4	16	14	29
	4%	2%	3%	11%	3%	4%	1%	4%	4%	6%	4%	3%	2%	1%	4%	4%	4%	2%	4%
				abdef						dei					e	e	ei		ei
NET: Agree	820	73	184	38	541	266	23	676	144	226	82	117	114	63	89	31	98	295	218
	40%	38%	49%	63%	38%	46%	55%	42%	35%	51%	40%	47%	40%	37%	39%	38%	27%	42%	32%
			ad	abde		ad	ad	b		bdefghij	hj	ehj	hj	h	h			hj	
NET: Disagree	1137	115	178	16	828	286	19	891	247	194	116	124	165	109	132	48	251	397	430
	56%	60%	48%	26%	58%	50%	44%	55%	60%	44%	57%	50%	58%	63%	57%	58%	69%	56%	64%
		bce	c		bce	c	c		a		a		a	ac	a	a	abcdfi	a	aci
Base for stats	1958	187	363	54	1369	552	42	1567	391	420	198	242	279	172	220	78	349	692	648
Mean Score	2.32	2.28	2.47	2.94	2.27	2.43	2.57	2.33	2.26	2.54	2.41	2.47	2.34	2.19	2.25	2.21	1.99	2.35	2.10
			ad	abde		d	d			defghij	ehj	efghj	hj	h	h			hj	
Standard Deviation	.988	1.050	.958	.970	.981	.995	1.071	.999	.943	.991	.951	.984	.990	.964	1.004	.921	.928	.986	.960
Standard Error	.022	.074	.051	.117	.027	.042	.161	.025	.048	.052	.071	.061	.056	.072	.067	.106	.049	.036	.037
Error variance	*	.01	*	.01	*	*	.03	*	*	*	.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

		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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	271	86	68	112	197	40	197	45	145	91	179	53	167	71
	13%	14%	12%	13%	13%	18%	13%	20%	12%	26%	13%	19%	16%	13%
						a		a		a		a		
Tend to agree (3.0)	550	154	143	247	390	72	420	61	287	119	354	74	273	150
	27%	25%	26%	30%	26%	33%	27%	28%	23%	34%	25%	27%	26%	28%
				a		a				a				
Tend to disagree (2.0)	664	199	187	276	524	40	522	43	449	59	499	55	327	164
	33%	32%	33%	33%	34%	19%	34%	19%	36%	17%	35%	20%	31%	30%
					b		b		b		b			
Strongly disagree (1.0)	474	163	129	182	371	51	359	58	348	62	358	65	282	127
	23%	26%	23%	22%	24%	24%	23%	26%	28%	18%	25%	24%	26%	23%
									b					
Don't know	76	22	32	19	40	13	36	15	26	20	31	25	20	29
	4%	3%	6%	2%	3%	6%	2%	7%	2%	6%	2%	9%	2%	5%
			c			a		a		a		a		a
NET: Agree	820	240	212	359	587	112	617	106	432	210	533	127	440	221
	40%	38%	38%	43%	39%	52%	40%	48%	34%	60%	38%	47%	41%	41%
						a		a		a		a		
NET: Disagree	1137	362	316	458	895	91	882	101	797	121	856	120	609	291
	56%	58%	56%	55%	59%	42%	57%	45%	63%	34%	60%	44%	57%	54%
					b		b		b		b			
Base for stats	1958	602	527	817	1482	203	1499	207	1229	330	1389	247	1049	512
Mean Score	2.32	2.27	2.29	2.35	2.28	2.49	2.30	2.45	2.19	2.72	2.25	2.47	2.31	2.32
						a				a		a		
Standard Deviation	.988	1.012	.976	.975	.984	1.072	.977	1.117	.977	1.063	.981	1.099	1.035	.996
Standard Error	.022	.039	.044	.035	.026	.077	.025	.078	.028	.061	.026	.071	.032	.045
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

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		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)	575	317	256	226	201	147	29	78	50	50	38	51	118	99	62
		28%	32%	25%	37%	30%	20%	29%	29%	25%	23%	22%	23%	37%	30%	30%
			b		bc	c								cdef	e	
Tend to agree	(3.0)	700	342	352	208	254	238	17	96	70	73	67	74	115	113	75
		34%	34%	34%	34%	38%	32%	18%	36%	35%	34%	38%	33%	36%	34%	36%
						c			a	a	a	a	a	a	a	a
Tend to disagree	(2.0)	465	207	256	105	125	235	26	57	44	51	44	78	48	67	51
		23%	21%	25%	17%	19%	31%	27%	21%	22%	24%	25%	34%	15%	20%	24%
				a			ab	g	g	g	g	g	bcdghi			g
Strongly disagree	(1.0)	239	106	132	54	76	109	23	26	26	33	23	11	35	44	18
		12%	11%	13%	9%	11%	14%	24%	10%	13%	16%	13%	5%	11%	13%	9%
							a	bcefghi		f	fi	f		f	f	
Don't know		56	20	36	21	11	24	2	8	8	7	3	13	3	9	3
		3%	2%	3%	3%	2%	3%	2%	3%	4%	3%	2%	6%	1%	3%	2%
					b					g			gi			
NET: Agree		1274	659	609	434	455	385	46	174	120	123	106	125	233	212	136
		63%	66%	59%	71%	68%	51%	47%	66%	61%	57%	60%	55%	73%	64%	66%
			b		c	c			af	a			a	acdefh	a	af
NET: Disagree		703	314	389	159	201	343	49	82	70	85	66	88	83	110	68
		35%	32%	38%	26%	30%	46%	51%	31%	35%	39%	38%	39%	26%	33%	33%
				a			ab	bceghi		g	g	g	g		g	
Base for stats		1978	972	998	593	656	728	95	257	190	208	172	213	316	322	204
Mean Score		2.81	2.89	2.73	3.02	2.88	2.58	2.54	2.88	2.76	2.67	2.70	2.78	3.00	2.83	2.88
			b		bc	c			ad					acdefh	a	ad
Standard Deviation		.987	.983	.988	.961	.974	.974	1.164	.957	.995	1.013	.961	.870	.989	1.016	.940
Standard Error		.022	.032	.031	.038	.039	.037	.110	.060	.071	.070	.070	.072	.054	.057	.066
Error variance		*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

Savanta: ComRes

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

		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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	575	62	152	156	72	48	85	370	205	450	16	62	23	10	2	113
		28%	41%	33%	32%	25%	23%	20%	34%	22%	26%	37%	49%	38%	53%	22%	44%
			cdefh	defh	defh				defh				a	a			a
Tend to agree	(3.0)	700	48	169	167	99	90	127	384	316	617	12	45	12	5	6	81
		34%	31%	37%	34%	34%	42%	29%	35%	34%	35%	28%	36%	21%	27%	59%	31%
				f			acfh		f		d		d				
Tend to disagree	(2.0)	465	26	85	86	73	52	142	197	267	429	4	10	17	*	1	32
		23%	17%	19%	18%	26%	24%	33%	18%	29%	25%	9%	8%	28%	2%	10%	12%
						abcg	cg	abcdeg		abcg	bcg			bcg			
Strongly disagree	(1.0)	239	13	42	67	34	16	67	122	117	207	10	7	8	3	*	28
		12%	9%	9%	14%	12%	8%	15%	11%	12%	12%	22%	5%	13%	18%	4%	11%
					be			abeg			c	acg					
Don't know		56	2	8	16	10	7	13	27	30	46	2	2	*	-	1	4
		3%	2%	2%	3%	3%	3%	3%	2%	3%	3%	4%	1%	1%	-	6%	2%
NET: Agree		1274	110	321	322	170	138	212	754	520	1067	28	107	36	15	8	194
		63%	72%	70%	66%	59%	65%	49%	69%	56%	61%	65%	85%	59%	80%	81%	75%
			dfh	dfh	fh	f	fh		dfh	f			abdg				ad
NET: Disagree		703	40	127	153	107	68	209	319	384	636	14	17	25	4	1	60
		35%	26%	28%	31%	37%	32%	48%	29%	41%	36%	31%	13%	40%	20%	13%	23%
						abg		abcdegh		abceg	cg	c		cg			c
Base for stats		1978	150	448	475	277	206	421	1073	904	1704	42	124	60	19	9	254
Mean Score		2.81	3.06	2.96	2.87	2.75	2.82	2.55	2.93	2.67	2.77	2.82	3.31	2.85	3.16	3.05	3.10
			cdefh	dfh	fh	f	fh		dfh	f			abdg				a
Standard Deviation		.987	.975	.951	1.027	.974	.878	.986	.990	.965	.975	1.186	.841	1.085	1.141	.738	1.002
Standard Error		.022	.076	.043	.048	.057	.064	.051	.030	.033	.024	.173	.073	.121	.295	.197	.059
Error variance		*	.01	*	*	*	*	*	*	*	*	.03	.01	.01	.09	.04	*

Savanta: ComRes

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	
	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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	575	330	126	91	217	27	26	118	403	172	525	38	71	295	180	29	504	96	397
	28%	26%	32%	32%	32%	39%	34%	23%	29%	26%	29%	21%	23%	26%	35%	40%	29%	33%	28%
			a	a	a	ce	c		c		b				abe	abe			
Tend to agree (3.0)	700	440	138	108	245	17	29	192	462	238	647	42	114	391	168	26	585	92	485
	34%	34%	35%	38%	36%	25%	37%	37%	34%	36%	36%	23%	37%	34%	33%	35%	34%	31%	35%
								a		a	b								
Tend to disagree (2.0)	465	316	82	49	131	19	15	133	298	167	404	51	62	294	100	8	403	67	326
	23%	25%	21%	17%	19%	27%	19%	26%	22%	25%	22%	28%	20%	26%	19%	12%	23%	23%	23%
		cd						d						cd			cd		
Strongly disagree (1.0)	239	173	38	24	62	4	7	57	170	68	193	42	56	126	50	7	183	30	153
	12%	13%	10%	8%	9%	6%	9%	11%	12%	10%	11%	23%	18%	11%	10%	9%	11%	10%	11%
		bcd										a	bcde						
Don't know	56	31	14	11	25	1	1	12	42	14	49	6	6	29	18	3	50	7	37
	3%	2%	3%	4%	4%	2%	1%	2%	3%	2%	3%	3%	2%	3%	3%	4%	3%	3%	3%
NET: Agree	1274	770	264	199	463	44	55	310	865	410	1172	80	185	686	349	55	1089	188	882
	63%	60%	66%	70%	68%	65%	71%	61%	63%	62%	64%	45%	60%	60%	68%	75%	63%	64%	63%
			a	a	a		c				b				abe	abe			
NET: Disagree	703	489	120	73	193	23	21	191	468	235	598	93	118	421	150	15	586	96	478
	35%	38%	30%	26%	28%	34%	28%	37%	34%	36%	33%	52%	38%	37%	29%	21%	34%	33%	34%
		bcd										a	cd	cd			cd		
Base for stats	1978	1259	384	272	656	67	77	501	1333	645	1769	173	303	1106	498	70	1675	284	1360
Mean Score	2.81	2.74	2.92	2.98	2.94	3.00	2.98	2.74	2.82	2.80	2.85	2.44	2.66	2.77	2.96	3.11	2.84	2.89	2.83
			a	a	a	c	c				b				abe	abe	a		
Standard Deviation	.987	.996	.968	.932	.953	.975	.950	.946	1.003	.953	.969	1.085	1.031	.969	.981	.958	.977	.991	.975
Standard Error	.022	.038	.035	.042	.027	.110	.099	.043	.028	.037	.023	.084	.074	.030	.038	.098	.023	.052	.026
Error variance	*	*	*	*	*	.01	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*

Savanta: ComRes

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									
	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	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	575	62	81	15	428	139	18	490	85	102	62	74	92	42	75	23	104	208	202
	28%	32%	22%	25%	30%	24%	44%	30%	21%	23%	30%	30%	32%	24%	33%	28%	29%	29%	30%
		be			be		bce	b					a		a			a	a
Tend to agree (3.0)	700	54	126	26	484	198	4	557	142	124	84	104	107	64	87	28	102	275	217
	34%	28%	34%	44%	34%	35%	8%	34%	35%	28%	41%	42%	38%	37%	38%	34%	28%	39%	32%
			f	af	f	f					ahj	ahj	ah	ah	ah			ahj	
Tend to disagree (2.0)	465	53	104	12	302	153	10	355	110	120	44	47	57	47	40	20	91	151	150
	23%	28%	28%	19%	21%	27%	25%	22%	27%	27%	21%	19%	20%	27%	17%	24%	25%	21%	22%
		d	d			d			a	cdfi				cf			f		
Strongly disagree (1.0)	239	18	53	5	167	68	7	177	62	83	13	21	20	17	26	10	49	58	85
	12%	9%	14%	8%	12%	12%	17%	11%	15%	19%	6%	8%	7%	10%	11%	13%	13%	8%	13%
									a	bcdefij							bdi		bdi
Don't know	56	5	10	3	37	14	3	46	10	15	3	4	8	4	3	1	19	15	23
	3%	2%	3%	5%	3%	2%	6%	3%	3%	3%	1%	1%	3%	2%	1%	2%	5%	2%	3%
																	bcfi		
NET: Agree	1274	116	206	41	911	338	22	1047	227	226	146	178	200	106	162	51	207	483	419
	63%	61%	55%	68%	64%	59%	52%	64%	56%	51%	71%	71%	70%	61%	70%	62%	57%	68%	62%
				b	be			b			aehj	aehj	aehj	a	ahj			ahj	a
NET: Disagree	703	71	157	16	469	222	18	532	172	203	57	68	77	63	65	30	140	209	235
	35%	37%	42%	27%	33%	39%	42%	33%	42%	46%	28%	27%	27%	37%	28%	37%	38%	30%	35%
			cd			cd			a	bcdefhij				cd			bcdfi		cdi
Base for stats	1978	187	363	58	1380	559	40	1579	399	429	203	246	277	169	227	81	346	692	654
Mean Score	2.81	2.86	2.65	2.89	2.85	2.73	2.83	2.86	2.63	2.57	2.97	2.94	2.98	2.78	2.93	2.78	2.76	2.92	2.82
		b		b	be			b			ah	ah	aehj	a	ah			ah	a
Standard Deviation	.987	.993	.984	.891	.995	.970	1.215	.982	.987	1.054	.882	.914	.913	.935	.979	1.000	1.036	.921	1.014
Standard Error	.022	.070	.053	.104	.027	.041	.192	.025	.050	.055	.065	.057	.052	.070	.065	.113	.055	.034	.039
Error variance	*	*	*	.01	*	*	.04	*	*	*	*	*	*	*	*	.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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	575	167	65	342	513	21	501	38	458	47	501	15	401	82
	28%	27%	12%	41%	34%	10%	33%	17%	37%	13%	35%	6%	38%	15%
			b	ab	b		b		b		b		b	
Tend to agree (3.0)	700	202	166	328	546	57	558	54	466	82	526	48	407	135
	34%	32%	30%	39%	36%	26%	36%	24%	37%	23%	37%	18%	38%	25%
				ab	b		b		b		b		b	
Tend to disagree (2.0)	465	156	184	119	300	68	304	63	209	112	256	111	162	191
	23%	25%	33%	14%	20%	31%	20%	28%	17%	32%	18%	41%	15%	35%
		c	ac			a		a		a		a		a
Strongly disagree (1.0)	239	75	128	32	136	64	138	58	96	97	105	84	82	121
	12%	12%	23%	4%	9%	29%	9%	26%	8%	28%	7%	31%	8%	22%
		c	ac			a		a		a		a		a
Don't know	56	23	17	15	28	6	34	9	26	12	32	13	15	11
	3%	4%	3%	2%	2%	3%	2%	4%	2%	3%	2%	5%	1%	2%
		c										a		
NET: Agree	1274	369	231	669	1058	78	1059	92	924	129	1027	64	808	217
	63%	59%	41%	80%	69%	36%	69%	41%	74%	37%	72%	23%	76%	40%
		b		ab	b		b		b		b		b	
NET: Disagree	703	231	311	152	436	132	442	121	306	210	361	195	245	313
	35%	37%	56%	18%	29%	61%	29%	54%	24%	60%	25%	72%	23%	58%
		c	ac			a		a		a		a		a
Base for stats	1978	600	542	821	1494	210	1502	213	1230	339	1388	259	1053	530
Mean Score	2.81	2.77	2.31	3.19	2.96	2.17	2.95	2.34	3.05	2.23	3.03	1.98	3.07	2.34
		b		ab	b		b		b		b		b	
Standard Deviation	.987	.993	.962	.826	.952	.978	.950	1.061	.924	1.017	.920	.868	.919	.997
Standard Error	.022	.039	.043	.030	.025	.069	.025	.073	.026	.058	.025	.055	.028	.045
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*

Savanta: ComRes

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

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		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)	482	229	252	152	187	142	25	57	41	44	40	36	103	80	55
		24%	23%	24%	25%	28%	19%	25%	22%	21%	21%	23%	16%	32%	24%	27%
					c	c								bcdefh	f	f
Tend to agree	(3.0)	745	334	408	245	235	264	22	101	69	88	58	100	129	109	67
		37%	34%	39%	40%	35%	35%	23%	38%	35%	41%	33%	44%	40%	33%	32%
				a					a	a	a	a	aehi	ah	a	
Tend to disagree	(2.0)	432	224	204	119	139	174	18	60	45	45	40	47	51	77	48
		21%	23%	20%	19%	21%	23%	19%	23%	23%	21%	23%	21%	16%	23%	23%
									g	g					g	g
Strongly disagree	(1.0)	323	179	143	75	91	157	29	40	38	29	34	38	28	59	28
		16%	18%	14%	12%	14%	21%	30%	15%	19%	14%	19%	17%	9%	18%	13%
			b				ab	bcdefghi	g	g		g	g		g	
Don't know		53	26	27	22	15	15	3	6	5	8	4	5	8	5	9
		3%	3%	3%	4%	2%	2%	3%	2%	3%	4%	2%	2%	3%	2%	4%
NET: Agree		1227	563	659	397	423	407	47	158	110	133	98	136	232	190	123
		60%	57%	64%	65%	63%	54%	48%	60%	56%	62%	56%	60%	73%	57%	59%
				a	c	c			a		a			abcdefhi		
NET: Disagree		755	404	347	194	230	331	47	101	83	74	74	85	79	136	76
		37%	41%	34%	32%	34%	44%	49%	38%	42%	35%	42%	38%	25%	41%	37%
			b				ab	dgi	g	g	g	g	g		g	g
Base for stats		1981	967	1006	591	653	738	94	259	193	207	172	221	311	326	199
Mean Score		2.70	2.63	2.76	2.80	2.79	2.53	2.45	2.68	2.59	2.71	2.60	2.60	2.99	2.65	2.76
				a	c	c					a			abcdefhi		a
Standard Deviation		1.011	1.038	.983	.963	1.009	1.030	1.185	.988	1.032	.959	1.050	.953	.925	1.043	1.012
Standard Error		.023	.033	.031	.038	.040	.039	.112	.061	.073	.066	.077	.077	.051	.058	.072
Error variance		*	*	*	*	*	*	.01	*	.01	*	.01	.01	*	*	.01

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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

		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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	482	49	90	113	87	55	87	253	229	398	9	38	20	5	5	77
		24%	32%	20%	23%	30%	26%	20%	23%	25%	23%	21%	30%	34%	25%	51%	30%
			bcfgh			bcfgh				b				a			a
Tend to agree	(3.0)	745	60	175	182	100	84	144	417	328	637	15	62	14	6	3	99
		37%	39%	38%	37%	35%	39%	33%	38%	35%	36%	34%	49%	23%	31%	28%	38%
											d		adg				d
Tend to disagree	(2.0)	432	25	107	98	58	43	102	229	203	394	6	16	12	1	1	36
		21%	16%	23%	20%	20%	20%	23%	21%	22%	23%	14%	13%	21%	5%	10%	14%
											cg						
Strongly disagree	(1.0)	323	16	74	88	35	26	84	178	145	283	12	7	9	7	1	36
		16%	11%	16%	18%	12%	12%	19%	16%	16%	16%	28%	5%	15%	36%	11%	14%
					ad			ade			c	acg		c			c
Don't know		53	2	10	11	6	6	18	23	29	38	1	4	5	*	-	10
		3%	1%	2%	2%	2%	3%	4%	2%	3%	2%	2%	3%	7%	2%	-	4%
								g						a			
NET: Agree		1227	109	265	295	188	139	231	670	557	1035	24	99	35	11	8	176
		60%	72%	58%	60%	65%	65%	53%	61%	60%	59%	55%	79%	57%	56%	79%	68%
			bcfgh		f	bf	f		f	f			abdg				a
NET: Disagree		755	41	181	185	93	69	186	407	348	677	18	23	22	8	2	73
		37%	27%	40%	38%	32%	32%	43%	37%	37%	39%	43%	18%	36%	42%	21%	28%
				ad	a			adeg	a	a	cg	cg		c			c
Base for stats		1981	150	446	481	280	208	416	1077	905	1712	42	122	56	18	10	249
Mean Score		2.70	2.95	2.63	2.67	2.86	2.81	2.56	2.69	2.71	2.67	2.49	3.07	2.81	2.46	3.20	2.87
			bcfgh			bcfgh	bf		f	f			ab				ab
Standard Deviation		1.011	.962	.986	1.029	.998	.972	1.034	1.007	1.017	1.008	1.135	.816	1.110	1.262	1.059	1.014
Standard Error		.023	.076	.045	.048	.057	.070	.053	.030	.035	.025	.164	.071	.127	.337	.273	.060
Error variance		*	.01	*	*	*	*	*	*	*	*	.03	.01	.02	.11	.07	*

Savanta: ComRes

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	
	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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	482	291	96	77	173	18	23	155	286	196	427	44	69	251	139	23	413	86	321
	24%	23%	24%	27%	25%	26%	30%	30%	21%	30%	23%	25%	22%	22%	27%	32%	24%	30%	23%
							d	d		d					b	b		b	
Tend to agree (3.0)	745	478	142	102	244	26	33	206	480	265	679	50	110	434	167	33	634	106	509
	37%	37%	36%	36%	36%	38%	42%	40%	35%	40%	37%	28%	36%	38%	32%	46%	37%	36%	36%
								d		d	b			c		c	c		
Tend to disagree (2.0)	432	266	96	60	156	17	12	80	323	109	387	38	48	255	117	13	385	55	324
	21%	21%	24%	21%	23%	24%	15%	16%	24%	17%	21%	21%	15%	22%	23%	17%	22%	19%	23%
									ce					a	a		a		
Strongly disagree (1.0)	323	223	54	38	91	6	9	62	246	77	279	40	67	178	74	3	255	38	216
	16%	17%	13%	13%	13%	8%	11%	12%	18%	12%	15%	23%	22%	16%	14%	5%	15%	13%	15%
		bd							ace			a	bcde	d	d		d		
Don't know	53	32	9	6	16	2	1	9	41	12	46	6	15	18	18	*	37	7	27
	3%	2%	2%	2%	2%	4%	1%	2%	3%	2%	3%	3%	5%	2%	4%	*	2%	2%	2%
													bde		be				
NET: Agree	1227	770	239	178	417	44	56	361	765	461	1106	94	179	684	307	56	1048	192	830
	60%	60%	60%	63%	61%	64%	73%	70%	56%	70%	61%	53%	58%	60%	59%	77%	61%	66%	59%
							d	d		d	b					abce		b	
NET: Disagree	755	489	150	98	248	22	20	143	569	186	667	79	115	433	191	16	640	93	540
	37%	38%	38%	35%	36%	33%	26%	28%	41%	28%	37%	44%	37%	38%	37%	22%	37%	32%	39%
									bce				d	d	d		d		a
Base for stats	1981	1259	388	276	665	66	77	504	1335	647	1773	173	294	1117	498	73	1688	285	1370
Mean Score	2.70	2.67	2.72	2.79	2.75	2.84	2.92	2.90	2.60	2.90	2.71	2.57	2.61	2.68	2.75	3.05	2.71	2.85	2.68
				a		d	d	d		d						abce		b	
Standard Deviation	1.011	1.020	.987	1.000	.992	.922	.956	.977	1.018	.968	1.002	1.108	1.080	.993	1.024	.832	.999	1.002	1.000
Standard Error	.023	.038	.036	.045	.028	.105	.099	.044	.028	.037	.024	.086	.078	.031	.040	.085	.024	.052	.027
Error variance	*	*	*	*	*	.01	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*

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									
		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	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	482	60	109	16	307	163	17	404	78	123	53	64	64	44	56	19	57	173	133
		24%	32%	29%	27%	22%	29%	40%	25%	19%	28%	26%	26%	22%	26%	24%	24%	16%	24%	20%
			d	d			d	d	b		hj	h	hj	h	h	h			hj	
Tend to agree	(3.0)	745	73	138	28	514	221	15	617	128	158	80	92	128	60	74	32	122	279	227
		37%	38%	37%	45%	36%	39%	37%	38%	31%	36%	39%	37%	45%	34%	32%	39%	33%	39%	34%
									b					acefhj					fhj	
Tend to disagree	(2.0)	432	34	58	11	320	100	3	326	106	77	46	46	50	48	52	16	98	144	165
		21%	18%	16%	18%	23%	17%	6%	20%	26%	17%	22%	19%	18%	28%	22%	20%	27%	20%	24%
				f		bef	f			a					acdi			acdi		ad
Strongly disagree	(1.0)	323	19	63	2	241	76	7	233	90	78	19	35	38	16	40	11	86	89	137
		16%	10%	17%	4%	17%	13%	18%	14%	22%	17%	9%	14%	13%	9%	18%	14%	23%	13%	20%
				ac		ace	c	c		a	bei					be		abcdei		bcdei
Don't know		53	4	5	3	35	12	-	45	7	9	7	12	5	5	8	4	3	21	15
		3%	2%	1%	6%	2%	2%	-	3%	2%	2%	4%	5%	2%	3%	3%	4%	1%	3%	2%
					b							h	dhj				h	h		h
NET: Agree		1227	133	248	44	822	385	32	1021	205	281	134	156	192	104	130	51	179	452	360
		60%	70%	66%	72%	58%	67%	76%	63%	50%	63%	65%	63%	67%	60%	57%	62%	49%	64%	53%
			d	d	d		d	d	b		hj	hj	hj	fhj	h			h	fhj	
NET: Disagree		755	54	121	13	561	176	10	558	197	154	65	81	88	64	92	27	183	233	303
		37%	28%	32%	22%	40%	31%	24%	34%	48%	35%	31%	33%	31%	37%	40%	33%	50%	33%	45%
						abcef				a						di		abcdefgi		abcdi
Base for stats		1981	187	369	57	1382	561	42	1580	402	436	198	237	280	168	222	78	362	685	663
Mean Score		2.70	2.93	2.80	3.01	2.64	2.84	2.98	2.76	2.48	2.75	2.85	2.78	2.78	2.79	2.66	2.76	2.42	2.78	2.54
			d	d	d		d	d	b		hj	fhj	hj	hj	hj	h	h		hj	
Standard Deviation		1.011	.961	1.048	.808	1.012	.994	1.092	.996	1.042	1.054	.926	1.006	.952	.947	1.048	.989	1.018	.968	1.032
Standard Error		.023	.067	.056	.095	.027	.041	.163	.025	.053	.055	.068	.063	.054	.071	.070	.113	.052	.035	.040
Error variance		*	*	*	.01	*	*	.03	*	*	*	*	*	*	.01	*	.01	*	*	*

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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
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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	482	153	58	269	388	48	395	44	313	70	380	46	309	91
	24%	25%	10%	32%	25%	22%	26%	20%	25%	20%	27%	17%	29%	17%
		b		ab							b		b	
Tend to agree (3.0)	745	212	199	329	566	61	563	73	484	110	530	85	401	158
	37%	34%	36%	39%	37%	28%	37%	33%	39%	31%	37%	31%	38%	29%
				a	b				b				b	
Tend to disagree (2.0)	432	139	168	123	323	37	323	43	256	68	280	54	207	133
	21%	22%	30%	15%	21%	17%	21%	19%	20%	19%	20%	20%	19%	25%
		c	ac											a
Strongly disagree (1.0)	323	103	117	101	219	54	224	47	187	85	202	76	137	138
	16%	17%	21%	12%	14%	25%	15%	21%	15%	24%	14%	28%	13%	26%
		c	c			a		a		a		a		a
Don't know	53	16	17	14	27	16	31	15	17	18	28	10	14	21
	3%	3%	3%	2%	2%	7%	2%	7%	1%	5%	2%	4%	1%	4%
						a		a		a				a
NET: Agree	1227	365	257	598	954	110	958	117	796	180	910	131	710	249
	60%	59%	46%	72%	63%	51%	62%	53%	63%	51%	64%	48%	66%	46%
		b		ab	b		b		b		b		b	
NET: Disagree	755	242	285	224	542	90	547	90	442	153	482	131	344	271
	37%	39%	51%	27%	36%	42%	36%	41%	35%	44%	34%	48%	32%	50%
		c	ac							a		a		a
Base for stats	1981	607	542	822	1495	200	1505	207	1239	333	1392	262	1054	520
Mean Score	2.70	2.68	2.37	2.93	2.75	2.52	2.75	2.55	2.74	2.50	2.78	2.38	2.84	2.39
		b		ab	b		b		b		b		b	
Standard Deviation	1.011	1.031	.937	.982	.999	1.130	1.005	1.066	.998	1.090	1.004	1.086	.992	1.058
Standard Error	.023	.040	.042	.035	.026	.080	.026	.073	.028	.062	.027	.069	.030	.048
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)	169	94	75	97	51	21	9	23	15	16	6	7	38	38	17
	8%	10%	7%	16%	8%	3%	9%	9%	8%	8%	3%	3%	12%	11%	8%
				bc	c		ef	ef					ef	ef	ef
Tend to agree (3.0)	389	212	174	154	136	99	14	50	37	40	27	51	70	53	47
	19%	21%	17%	25%	20%	13%	14%	19%	18%	19%	16%	23%	22%	16%	22%
		b		bc	c								h		
Tend to disagree (2.0)	784	344	436	199	258	328	30	99	74	86	70	94	123	118	91
	39%	35%	42%	32%	39%	44%	31%	37%	37%	40%	40%	42%	39%	36%	44%
			a		a	a									a
Strongly disagree (1.0)	635	317	317	143	201	291	41	86	66	68	62	63	82	119	47
	31%	32%	31%	23%	30%	39%	42%	33%	33%	32%	35%	28%	26%	36%	23%
					a	ab	fgi	i	i	i	gi			gi	
Don't know	57	25	32	21	23	13	4	6	6	5	10	10	6	4	6
	3%	3%	3%	3%	3%	2%	4%	2%	3%	2%	6%	5%	2%	1%	3%
				c							gh	h			
NET: Agree	558	306	248	251	186	120	23	73	52	57	34	58	108	90	64
	27%	31%	24%	41%	28%	16%	23%	28%	26%	26%	19%	26%	34%	27%	31%
		b		bc	c			e					ae	e	e
NET: Disagree	1419	661	753	342	458	619	71	185	140	153	132	157	205	238	138
	70%	67%	73%	56%	69%	82%	73%	70%	71%	71%	75%	70%	64%	72%	67%
			a		a	ab							g	g	
Base for stats	1977	967	1002	593	645	739	94	258	192	210	165	216	313	328	202
Mean Score	2.05	2.09	2.01	2.35	2.06	1.80	1.90	2.04	2.00	2.03	1.87	2.01	2.20	2.03	2.16
				bc	c			e					abcdefh		ae
Standard Deviation	.926	.965	.888	1.018	.913	.777	.976	.941	.928	.911	.820	.816	.966	.993	.881
Standard Error	.021	.031	.028	.040	.036	.029	.093	.059	.066	.062	.061	.066	.054	.055	.062
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

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

		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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	169	22	51	44	27	10	15	118	51	128	11	21	4	*	1	37
		8%	15%	11%	9%	9%	4%	3%	11%	5%	7%	24%	17%	7%	2%	6%	14%
			cefh	efh	efh	efh			efh			ad	ad				a
Tend to agree	(3.0)	389	36	82	111	57	42	61	229	159	331	12	25	14	-	1	52
		19%	24%	18%	23%	20%	20%	14%	21%	17%	19%	28%	20%	22%	-	11%	20%
			fh		fh	f			fh								
Tend to disagree	(2.0)	784	52	154	176	112	93	197	382	402	693	8	48	15	11	4	86
		39%	34%	34%	36%	39%	43%	46%	35%	43%	40%	20%	38%	24%	58%	39%	33%
							bg	abcg		abcg	bdg		bd				
Strongly disagree	(1.0)	635	39	159	152	82	58	144	350	284	554	11	30	24	4	4	74
		31%	26%	35%	31%	29%	27%	33%	32%	30%	32%	26%	24%	39%	23%	45%	29%
				a										c			
Don't know		57	2	10	8	9	11	16	21	36	44	1	1	4	3	-	10
		3%	2%	2%	2%	3%	5%	4%	2%	4%	3%	2%	1%	7%	18%	-	4%
							bcg	cg		cg				ac			
NET: Agree		558	59	133	155	84	51	76	347	211	459	23	46	18	*	2	89
		27%	38%	29%	32%	29%	24%	17%	32%	23%	26%	53%	37%	30%	2%	16%	34%
			bdefh	fh	efh	fh			efh	f		adg	a				a
NET: Disagree		1419	91	313	328	194	151	341	732	687	1247	20	78	39	15	8	160
		70%	60%	69%	67%	68%	71%	79%	67%	74%	71%	45%	62%	64%	80%	84%	62%
				a			a	abcdegh		abcg	bcg		b	b			b
Base for stats		1977	150	446	483	278	202	417	1079	897	1705	42	124	57	15	10	249
Mean Score		2.05	2.28	2.06	2.10	2.10	2.01	1.87	2.11	1.97	2.02	2.53	2.30	1.97	1.77	1.77	2.21
			bcefgh	f	fh	fh	f		fh	f		ad	ad				a
Standard Deviation		.926	1.012	.999	.950	.938	.829	.786	.981	.850	.905	1.142	1.021	.996	.584	.900	1.031
Standard Error		.021	.079	.045	.044	.054	.061	.041	.029	.029	.022	.163	.088	.114	.156	.232	.061
Error variance		*	.01	*	*	*	*	*	*	*	*	.03	.01	.01	.02	.05	*

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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

		Total	Children aged 15 or under in the household — None	1 child	2 or more children	NET: Yes	Self-isolating status — 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	Well enough to exercise today — Yes	No	Number of people in household including self — Lives alone	2-3	4-5	6+	NET: Lives with others	Care responsibilities in household not including children — 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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	169	74	50	37	88	16	14	40	100	69	152	14	19	73	69	9	150	52	94
		8%	6%	13%	13%	13%	23%	18%	8%	7%	11%	8%	8%	6%	6%	13%	12%	9%	18%	7%
				a	a	a	cde	cde			d					abe	b	b	b	
Tend to agree	(3.0)	389	199	92	76	168	19	25	92	253	135	356	28	39	225	105	19	349	74	259
		19%	15%	23%	27%	25%	28%	32%	18%	18%	21%	20%	16%	13%	20%	20%	27%	20%	25%	19%
				a	a	a	cd	cde							a	a	a	a	b	
Tend to disagree	(2.0)	784	541	133	87	220	18	25	221	521	263	702	69	118	460	187	19	666	95	562
		39%	42%	33%	31%	32%	26%	32%	43%	38%	40%	39%	38%	38%	41%	36%	26%	39%	33%	40%
			bcd						abd	a	a			d	d	d		d		a
Strongly disagree	(1.0)	635	447	109	73	182	16	13	150	456	179	565	59	124	351	139	20	511	58	446
		31%	35%	27%	26%	27%	23%	16%	29%	33%	27%	31%	33%	40%	31%	27%	28%	30%	20%	32%
			bcd						b	be	b			bcde						a
Don't know		57	31	13	10	23	*	2	10	45	12	43	9	9	27	15	6	48	12	34
		3%	2%	3%	4%	3%	1%	2%	2%	3%	2%	2%	5%	3%	2%	3%	8%	3%	4%	2%
													a				bce			
NET: Agree		558	273	142	113	256	35	39	131	353	205	509	42	58	297	174	28	500	127	354
		27%	21%	36%	40%	38%	50%	50%	26%	26%	31%	28%	24%	19%	26%	34%	39%	29%	43%	25%
				a	a	a	cde	cde			cd				a	abe	abe	a	b	
NET: Disagree		1419	987	242	159	401	34	37	371	977	442	1267	127	242	811	327	39	1177	153	1008
		70%	76%	61%	56%	59%	49%	48%	72%	71%	67%	70%	71%	78%	71%	63%	54%	68%	52%	72%
			bcd						ab	ab	ab			bcde	cd			cd		a
Base for stats		1977	1260	385	272	657	68	76	502	1330	647	1775	170	300	1109	501	67	1677	280	1362
Mean Score		2.05	1.92	2.22	2.29	2.25	2.50	2.52	2.04	2.00	2.15	2.05	1.98	1.84	2.02	2.21	2.25	2.08	2.43	2.00
				a	a	a	cde	cde			d				a	abe	ab	a	b	
Standard Deviation		.926	.861	1.001	1.008	1.004	1.095	.982	.893	.913	.946	.927	.923	.879	.885	.998	1.033	.930	1.019	.892
Standard Error		.021	.032	.037	.045	.028	.122	.103	.040	.025	.037	.022	.072	.063	.028	.039	.107	.022	.054	.024
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*

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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									
	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	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	169	27	18	10	113	51	2	148	21	24	16	20	24	20	30	9	26	63	66
	8%	14%	5%	16%	8%	9%	4%	9%	5%	5%	8%	8%	8%	11%	13%	11%	7%	9%	10%
		bde		bdf	b	b		b						a	ah			a	a
Tend to agree (3.0)	389	41	64	17	267	115	6	317	71	59	56	42	69	36	34	30	63	147	127
	19%	22%	17%	28%	19%	20%	15%	20%	17%	13%	27%	17%	24%	21%	15%	36%	17%	21%	19%
				bd							acfhj		acfhj	a		acdefhij		af	a
Tend to disagree (2.0)	784	70	148	22	554	218	17	610	174	182	83	103	99	76	74	21	145	279	240
	39%	36%	40%	36%	39%	38%	41%	38%	43%	41%	40%	41%	35%	44%	32%	25%	40%	39%	36%
										fg	g	fg		dfgj			g	g	g
Strongly disagree (1.0)	635	41	134	9	450	170	13	505	130	168	44	73	85	40	78	22	125	198	225
	31%	22%	36%	15%	32%	30%	31%	31%	32%	38%	21%	29%	30%	23%	34%	26%	34%	28%	33%
			ace		ac	ac	c			bcdei			b		be		bei		bei
Don't know	57	11	9	3	33	20	4	44	13	11	6	12	7	1	13	*	7	20	20
	3%	6%	2%	6%	2%	3%	10%	3%	3%	2%	3%	5%	2%	1%	5%	*	2%	3%	3%
		bd					bde					eh			egh				
NET: Agree	558	69	83	27	380	165	8	465	92	83	72	61	93	55	64	39	89	210	193
	27%	36%	22%	44%	27%	29%	19%	29%	23%	19%	35%	25%	33%	32%	28%	48%	24%	30%	28%
		bdf		bdef		b		b			ach		ach	a	a	acdefhij		a	a
NET: Disagree	1419	111	282	31	1004	388	30	1115	304	351	127	176	185	116	153	43	270	477	465
	70%	58%	76%	50%	71%	68%	71%	69%	74%	79%	62%	71%	65%	67%	67%	52%	74%	67%	69%
			ace		ac	ac	c		a	bcdefgij		bg	g	g	g		bdgi	g	g
Base for stats	1977	180	365	57	1384	553	38	1581	396	434	199	238	278	171	217	82	359	687	658
Mean Score	2.05	2.30	1.91	2.47	2.03	2.08	1.91	2.07	1.96	1.86	2.22	2.04	2.12	2.20	2.07	2.33	1.97	2.11	2.05
		bdef		bdef	b	b		b			achj	a	ah	ah	a	achij		ah	a
Standard Deviation	.926	.991	.859	.953	.919	.935	.828	.944	.848	.853	.884	.903	.944	.930	1.035	.995	.904	.927	.966
Standard Error	.021	.070	.046	.112	.025	.039	.128	.024	.043	.044	.065	.056	.054	.069	.069	.112	.047	.034	.037
Error variance	*	*	*	.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
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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	169	73	37	58	152	7	139	18	130	15	141	9	146	10
	8%	12%	7%	7%	10%	3%	9%	8%	10%	4%	10%	3%	14%	2%
		bc			b				b		b		b	
Tend to agree (3.0)	389	123	79	184	317	27	319	27	291	44	309	22	249	62
	19%	20%	14%	22%	21%	12%	21%	12%	23%	13%	22%	8%	23%	11%
		b		b	b		b		b		b		b	
Tend to disagree (2.0)	784	219	239	322	564	84	584	78	450	129	515	97	353	218
	39%	35%	43%	38%	37%	39%	38%	35%	36%	37%	36%	36%	33%	40%
			a											a
Strongly disagree (1.0)	635	193	198	242	465	87	466	88	364	145	423	136	300	239
	31%	31%	35%	29%	31%	40%	30%	40%	29%	41%	30%	50%	28%	44%
			c			a		a		a		a		a
Don't know	57	16	7	31	25	12	28	11	20	17	32	7	20	11
	3%	3%	1%	4%	2%	5%	2%	5%	2%	5%	2%	3%	2%	2%
				b		a		a		a				
NET: Agree	558	196	116	242	469	34	458	45	421	59	450	31	396	72
	27%	31%	21%	29%	31%	16%	30%	20%	34%	17%	32%	11%	37%	13%
		b		b	b		b		b		b		b	
NET: Disagree	1419	411	437	564	1029	170	1050	167	814	274	939	234	653	458
	70%	66%	78%	67%	68%	79%	68%	75%	65%	78%	66%	86%	61%	85%
			ac			a		a		a		a		a
Base for stats	1977	607	553	806	1497	205	1508	211	1235	333	1389	265	1048	529
Mean Score	2.05	2.12	1.92	2.07	2.10	1.78	2.09	1.88	2.15	1.79	2.12	1.63	2.23	1.70
		b		b	b		b		b		b		b	
Standard Deviation	.926	.993	.874	.902	.958	.808	.940	.931	.964	.840	.959	.773	1.014	.746
Standard Error	.021	.038	.039	.032	.025	.057	.024	.064	.027	.048	.026	.049	.031	.034
Error variance	*	*	*	*	*	*	*	*	*	*	*	*	*	*

Prepared by Savanta: ComRes

Savanta: ComRes

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

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		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)	330	170	159	173	104	54	14	39	25	49	17	28	73	52	32
		16%	17%	15%	28%	16%	7%	14%	15%	13%	23%	10%	13%	23%	16%	16%
					bc	c					bcefh			abcefhi		
Tend to agree	(3.0)	687	325	359	215	239	233	24	95	68	72	61	82	97	112	75
		34%	33%	35%	35%	36%	31%	24%	36%	34%	33%	35%	36%	31%	34%	36%
									a				a			a
Tend to disagree	(2.0)	641	304	335	140	194	307	24	87	60	60	60	81	85	112	71
		32%	31%	32%	23%	29%	41%	25%	33%	30%	28%	34%	36%	27%	34%	34%
						a	ab						g		g	
Strongly disagree	(1.0)	313	161	151	74	104	135	32	34	36	25	29	28	56	51	23
		15%	16%	15%	12%	16%	18%	33%	13%	18%	12%	17%	12%	17%	15%	11%
							a	bcdefghi		i			i			
Don't know		63	34	29	12	27	24	4	10	9	8	7	7	8	4	7
		3%	3%	3%	2%	4%	3%	4%	4%	5%	4%	4%	3%	3%	1%	3%
						a		h	h	h	h	h				
NET: Agree		1017	495	517	387	343	287	37	134	93	121	79	110	171	165	108
		50%	50%	50%	63%	51%	38%	38%	51%	47%	56%	45%	49%	53%	50%	52%
					bc	c			a		ae			a	a	a
NET: Disagree		954	464	487	214	298	442	56	121	96	86	90	109	140	163	93
		47%	47%	47%	35%	45%	59%	58%	46%	48%	40%	51%	48%	44%	49%	45%
						a	ab	bdgi				d			d	
Base for stats		1971	959	1004	601	640	729	93	255	189	206	168	219	311	328	201
Mean Score		2.52	2.53	2.52	2.81	2.54	2.28	2.20	2.54	2.44	2.70	2.40	2.51	2.61	2.51	2.58
					bc	c			a	a	aceh		a	ae	a	ae
Standard Deviation		.950	.969	.932	.988	.947	.850	1.072	.904	.948	.966	.894	.875	1.035	.940	.893
Standard Error		.021	.031	.029	.039	.038	.032	.102	.057	.067	.066	.066	.071	.058	.052	.062
Error variance		*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	330	42	84	93	52	35	26	218	112	252	18	37	15	2	1	74
		16%	27%	18%	19%	18%	16%	6%	20%	12%	14%	42%	29%	25%	9%	14%	29%
			bcdefgh	fh	fh	fh	f		fh	f		adg	a	a			a
Tend to agree	(3.0)	687	57	159	180	83	83	125	396	290	587	9	53	17	6	4	89
		34%	37%	35%	37%	29%	39%	29%	36%	31%	34%	20%	42%	28%	33%	44%	34%
			f		dfh		dfh		dfh		b		abd				b
Tend to disagree	(2.0)	641	37	135	119	94	66	190	291	350	591	6	21	14	4	2	47
		32%	24%	30%	24%	33%	31%	44%	26%	38%	34%	13%	17%	23%	21%	19%	18%
					cg			abcdegh		abcg	bcdg						
Strongly disagree	(1.0)	313	12	64	88	48	21	79	164	148	272	10	12	10	4	2	37
		15%	8%	14%	18%	17%	10%	18%	15%	16%	16%	22%	10%	16%	19%	22%	14%
				a	ae	ae		ae	a	ae			c				
Don't know		63	5	15	11	10	8	15	31	32	48	1	3	5	3	-	12
		3%	3%	3%	2%	3%	4%	3%	3%	3%	3%	2%	2%	8%	18%	-	5%
														a			
NET: Agree		1017	98	243	273	135	118	150	614	403	839	27	89	32	8	6	162
		50%	65%	53%	56%	47%	55%	35%	56%	43%	48%	62%	71%	53%	42%	58%	63%
			bcdfgh	fh	dfh	f	fh		dfh	f		a	ad				a
NET: Disagree		954	49	199	207	142	88	269	455	499	863	15	33	24	8	4	84
		47%	32%	44%	42%	50%	41%	62%	41%	53%	49%	35%	27%	39%	40%	42%	33%
				a	a	acg		abcdegh	a	abceg	cg						
Base for stats		1971	148	442	480	277	205	419	1069	902	1702	42	123	56	15	10	247
Mean Score		2.52	2.86	2.60	2.58	2.50	2.64	2.23	2.62	2.41	2.48	2.84	2.93	2.68	2.39	2.50	2.81
			bcdefgh	fh	fh	f	fh		fh	f		a	a				a
Standard Deviation		.950	.924	.955	.999	.988	.883	.824	.975	.906	.931	1.222	.930	1.068	.992	1.048	1.030
Standard Error		.021	.073	.043	.047	.057	.064	.043	.029	.031	.023	.176	.080	.123	.265	.271	.061
Error variance		*	.01	*	*	*	*	*	*	*	*	.03	.01	.02	.07	.07	*

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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

	Total	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	330	185	80	57	137	19	18	70	225	106	303	20	55	154	103	18	276	63	201
	16%	14%	20%	20%	20%	27%	23%	14%	16%	16%	17%	11%	18%	14%	20%	25%	16%	22%	14%
			a	a	a	cde	c								be	be		b	
Tend to agree (3.0)	687	407	151	99	251	20	25	185	457	230	636	42	89	396	174	27	597	105	482
	34%	32%	38%	35%	37%	29%	32%	36%	33%	35%	35%	24%	29%	35%	34%	38%	35%	36%	35%
			a		a						b								
Tend to disagree (2.0)	641	445	108	78	186	21	16	164	440	201	580	54	94	392	141	15	547	77	464
	32%	34%	27%	28%	27%	31%	21%	32%	32%	31%	32%	30%	31%	34%	27%	20%	32%	26%	33%
		bcd						b	b					cd					a
Strongly disagree (1.0)	313	215	47	37	84	6	15	80	212	101	251	52	63	159	86	6	250	38	206
	15%	17%	12%	13%	12%	9%	19%	16%	15%	15%	14%	29%	20%	14%	17%	8%	14%	13%	15%
		bd					a					a	bde		d				
Don't know	63	38	12	10	22	3	4	15	42	21	48	10	8	35	12	7	55	9	43
	3%	3%	3%	4%	3%	5%	5%	3%	3%	3%	3%	5%	3%	3%	2%	10%	3%	3%	3%
												a				abce			
NET: Agree	1017	592	231	157	388	39	43	254	681	335	940	63	144	550	278	46	873	168	683
	50%	46%	58%	56%	57%	56%	55%	50%	50%	51%	52%	35%	46%	48%	54%	62%	51%	57%	49%
			a	a	a						b				b	abe		b	
NET: Disagree	954	660	155	116	271	27	31	244	652	302	831	107	157	550	226	20	797	115	670
	47%	51%	39%	41%	40%	39%	40%	48%	47%	46%	46%	60%	51%	48%	44%	27%	46%	39%	48%
		bcd										a	d	d	d		d		a
Base for stats	1971	1252	386	273	659	66	74	498	1333	637	1771	169	301	1100	504	66	1670	283	1353
Mean Score	2.52	2.45	2.68	2.65	2.67	2.78	2.61	2.49	2.52	2.53	2.56	2.18	2.45	2.50	2.59	2.89	2.54	2.68	2.50
			a	a	a	cde					b					abce		b	
Standard Deviation	.950	.942	.936	.963	.947	.966	1.065	.923	.951	.948	.934	1.008	1.015	.905	.998	.913	.937	.967	.923
Standard Error	.021	.036	.034	.044	.027	.110	.112	.042	.026	.037	.022	.079	.073	.028	.039	.095	.022	.051	.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									
		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	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	330	51	41	14	227	96	8	281	49	43	38	49	52	24	47	22	57	124	125
		16%	27%	11%	23%	16%	17%	19%	17%	12%	10%	18%	20%	18%	14%	20%	27%	16%	18%	19%
			bde		b	b	b		b			a	a	a		a	aehi	a	a	a
Tend to agree	(3.0)	687	45	114	24	495	173	9	553	134	130	87	93	125	59	66	36	91	277	193
		34%	23%	31%	39%	35%	30%	22%	34%	33%	29%	42%	37%	44%	34%	29%	44%	25%	39%	28%
					a	ae						afhj	afhj	aefhj	h		afhj		afhj	
Tend to disagree	(2.0)	641	58	131	11	439	194	3	500	141	152	46	76	83	60	76	12	136	220	224
		32%	30%	35%	18%	31%	34%	7%	31%	35%	34%	22%	31%	29%	35%	33%	15%	37%	31%	33%
			cf	cf		cf	cf				bg		g	g	bg	bg		bdgi	bg	bg
Strongly disagree	(1.0)	313	27	75	9	220	90	18	243	70	110	23	25	20	25	28	10	72	70	110
		15%	14%	20%	15%	16%	16%	42%	15%	17%	25%	11%	10%	7%	15%	12%	12%	20%	10%	16%
				d				abcde			bcdefgij				d	d		bcdfi		cdi
Don't know		63	11	11	3	36	20	4	48	15	10	12	6	5	5	13	2	9	16	25
		3%	6%	3%	4%	3%	4%	10%	3%	4%	2%	6%	2%	2%	3%	6%	3%	3%	2%	4%
			d					bde				adi				adhi				
NET: Agree		1017	96	156	38	722	269	17	834	183	173	125	142	177	82	113	58	147	401	318
		50%	50%	42%	62%	51%	47%	41%	51%	45%	39%	61%	57%	62%	48%	49%	71%	40%	57%	47%
					bef	b			b			aefhj	ahj	aefhj	a	ah	acefhij		aefhj	ah
NET: Disagree		954	85	207	20	659	284	21	743	211	262	69	101	103	85	104	22	209	290	334
		47%	44%	55%	33%	47%	50%	49%	46%	52%	59%	33%	41%	36%	49%	45%	26%	57%	41%	49%
				acd	c		c	c		a	bcdefgij		g		bdgi	bdg		bcdfgij	g	bcdgi
Base for stats		1971	180	362	58	1381	553	38	1577	394	434	194	243	280	168	216	80	356	691	652
Mean Score		2.52	2.67	2.34	2.74	2.53	2.50	2.20	2.55	2.41	2.24	2.72	2.68	2.74	2.48	2.61	2.88	2.37	2.66	2.51
			bef		bef	bf	b		b			aehj	aehj	aehj	a	ah	aefhij		aehj	ah
Standard Deviation		.950	1.044	.932	1.008	.947	.961	1.251	.955	.921	.942	.912	.910	.839	.916	.967	.950	.980	.888	.987
Standard Error		.021	.074	.050	.116	.026	.040	.193	.024	.047	.049	.068	.056	.048	.069	.065	.108	.051	.032	.038
Error variance		*	.01	*	.01	*	*	.04	*	*	*	*	*	*	*	*	.01	*	*	*

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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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	330	126	55	148	292	17	281	23	273	27	288	20	283	24
	16%	20%	10%	18%	19%	8%	18%	11%	22%	8%	20%	7%	26%	5%
		b		b	b		b		b		b		b	
Tend to agree (3.0)	687	206	140	338	533	56	545	64	447	106	529	52	444	97
	34%	33%	25%	40%	35%	26%	36%	29%	36%	30%	37%	19%	42%	18%
		b		ab	b						b		b	
Tend to disagree (2.0)	641	196	224	218	473	64	475	66	361	108	418	97	225	240
	32%	31%	40%	26%	31%	30%	31%	30%	29%	31%	29%	36%	21%	44%
		c	ac									a		a
Strongly disagree (1.0)	313	76	130	105	192	71	200	61	142	101	153	94	100	164
	15%	12%	23%	13%	13%	33%	13%	27%	11%	29%	11%	35%	9%	30%
			ac			a		a		a		a		a
Don't know	63	20	10	28	34	8	35	8	33	7	33	10	17	16
	3%	3%	2%	3%	2%	4%	2%	3%	3%	2%	2%	4%	2%	3%
NET: Agree	1017	332	195	486	825	73	826	88	719	133	817	71	727	121
	50%	53%	35%	58%	54%	34%	54%	39%	57%	38%	57%	26%	68%	22%
		b		b	b		b		b		b		b	
NET: Disagree	954	272	354	323	664	135	674	127	503	210	571	191	325	404
	47%	44%	63%	39%	44%	63%	44%	57%	40%	60%	40%	70%	30%	75%
		c	ac			a		a		a		a		a
Base for stats	1971	604	549	808	1489	208	1501	215	1222	343	1388	262	1052	525
Mean Score	2.52	2.63	2.22	2.65	2.62	2.09	2.60	2.23	2.70	2.17	2.69	1.99	2.86	1.97
		b		b	b		b		b		b		b	
Standard Deviation	.950	.950	.921	.923	.941	.969	.938	.984	.944	.945	.922	.926	.919	.826
Standard Error	.021	.037	.041	.033	.024	.068	.024	.068	.027	.053	.025	.059	.028	.037
Error variance	*	*	*	*	*	*	*	*	*	*	*	*	*	*

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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

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		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)	477	235	241	165	160	152	32	54	53	61	37	37	76	83	44
		23%	24%	23%	27%	24%	20%	33%	20%	27%	28%	21%	17%	24%	25%	21%
					c			befi		f	bf				f	
Tend to agree	(3.0)	930	438	487	284	298	348	34	134	82	83	82	107	143	167	98
		46%	44%	47%	46%	45%	46%	35%	51%	41%	39%	47%	48%	45%	50%	47%
									acd			a	a		acd	a
Tend to disagree	(2.0)	380	197	180	99	129	152	17	50	41	45	37	61	56	33	39
		19%	20%	17%	16%	19%	20%	18%	19%	20%	21%	21%	27%	18%	10%	19%
								h	h	h	h	h	gh	h		h
Strongly disagree	(1.0)	192	96	96	42	67	83	12	21	15	23	14	11	34	42	19
		9%	10%	9%	7%	10%	11%	12%	8%	8%	11%	8%	5%	11%	13%	9%
						a	a	f			f			f	f	
Don't know		56	27	28	24	15	18	3	5	7	3	5	9	9	6	8
		3%	3%	3%	4%	2%	2%	3%	2%	4%	1%	3%	4%	3%	2%	4%
NET: Agree		1407	673	728	449	458	500	65	188	135	143	119	145	219	250	141
		69%	68%	70%	73%	69%	66%	67%	71%	68%	67%	68%	64%	69%	76%	68%
					c										dfg	
NET: Disagree		571	292	276	141	195	235	29	72	56	68	51	72	90	74	58
		28%	29%	27%	23%	29%	31%	30%	27%	28%	32%	29%	32%	28%	22%	28%
						a	a				h		h			
Base for stats		1978	965	1005	590	653	735	95	259	191	212	170	217	310	325	200
Mean Score		2.86	2.84	2.87	2.97	2.84	2.77	2.90	2.85	2.90	2.85	2.84	2.79	2.84	2.90	2.83
					bc											
Standard Deviation		.894	.905	.886	.856	.909	.903	1.014	.842	.900	.960	.856	.784	.920	.930	.880
Standard Error		.020	.029	.028	.034	.036	.034	.095	.052	.063	.065	.063	.064	.051	.052	.062
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

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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

		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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	477	41	140	113	68	39	76	294	183	393	18	40	17	1	2	77
		23%	27%	31%	23%	24%	18%	18%	27%	20%	22%	41%	32%	27%	5%	24%	30%
			efh	cdefh					efh			a	a				a
Tend to agree	(3.0)	930	68	204	223	140	101	194	496	434	828	12	51	17	2	8	89
		46%	44%	45%	45%	49%	47%	45%	45%	46%	47%	27%	41%	28%	10%	76%	35%
											bdg						
Tend to disagree	(2.0)	380	25	67	100	50	47	91	191	188	322	8	18	20	8	-	54
		19%	16%	15%	20%	17%	22%	21%	17%	20%	18%	20%	14%	32%	43%	-	21%
					b		b	b		b				acg			
Strongly disagree	(1.0)	192	15	36	49	23	17	51	100	92	160	5	15	3	8	-	31
		9%	10%	8%	10%	8%	8%	12%	9%	10%	9%	12%	12%	6%	42%	-	12%
								b									
Don't know		56	3	9	7	6	10	21	19	37	46	-	2	4	-	-	6
		3%	2%	2%	1%	2%	5%	5%	2%	4%	3%	-	2%	7%	-	-	2%
							cg	bcg		bcg				acg			
NET: Agree		1407	109	345	336	207	139	270	790	617	1221	29	91	33	3	10	167
		69%	71%	76%	68%	72%	65%	62%	72%	66%	70%	68%	73%	55%	15%	100%	65%
			f	cefh		fh			fh		d		d				
NET: Disagree		571	40	103	148	73	64	143	291	280	482	14	32	23	16	-	85
		28%	26%	22%	30%	25%	30%	33%	26%	30%	28%	32%	26%	38%	85%	-	33%
					b		b	bdg		b				a			
Base for stats		1978	149	447	485	280	204	413	1081	897	1704	43	123	56	19	10	252
Mean Score		2.86	2.90	3.00	2.83	2.90	2.79	2.72	2.91	2.79	2.85	2.97	2.94	2.82	1.79	3.24	2.85
			f	cefh		f			fh								
Standard Deviation		.894	.922	.886	.901	.862	.848	.907	.901	.883	.880	1.058	.971	.931	.851	.448	.998
Standard Error		.020	.072	.040	.042	.050	.062	.047	.027	.030	.022	.148	.085	.107	.220	.116	.059
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.05	.01	*

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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

	Total	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	477	282	105	73	179	19	17	84	357	121	467	8	66	259	134	18	411	77	329
	23%	22%	26%	26%	26%	28%	22%	16%	26%	18%	26%	5%	21%	23%	26%	25%	24%	26%	24%
			a		a	ce			ce		b								
Tend to agree (3.0)	930	574	190	136	326	31	28	227	644	286	876	44	119	539	241	30	810	124	660
	46%	45%	48%	48%	48%	45%	36%	44%	47%	43%	48%	25%	39%	48%	47%	41%	47%	43%	47%
									b		b			a	a		a		
Tend to disagree (2.0)	380	252	70	51	121	14	24	116	226	154	312	56	53	230	81	17	327	54	271
	19%	20%	18%	18%	18%	21%	31%	23%	16%	23%	17%	31%	17%	20%	16%	24%	19%	18%	19%
							d	d		d		a			c				
Strongly disagree (1.0)	192	146	21	14	35	1	7	72	111	80	126	55	61	81	45	5	131	22	107
	9%	11%	5%	5%	5%	2%	9%	14%	8%	12%	7%	31%	20%	7%	9%	7%	8%	7%	8%
		bcd					a	ad	a	ad		a	bcde						
Don't know	56	36	11	8	20	3	2	14	37	19	37	16	10	27	16	2	46	15	29
	3%	3%	3%	3%	3%	4%	3%	3%	3%	3%	2%	9%	3%	2%	3%	3%	3%	5%	2%
												a						b	
NET: Agree	1407	856	295	209	504	50	45	311	1001	406	1343	52	186	798	374	49	1221	201	989
	69%	66%	74%	74%	74%	73%	57%	61%	73%	62%	74%	29%	60%	70%	73%	66%	71%	69%	71%
			a	a	a	bce			bce		b			a	a		a		
NET: Disagree	571	398	91	65	156	16	31	188	337	234	438	111	113	310	126	22	458	76	378
	28%	31%	23%	23%	23%	23%	39%	37%	25%	36%	24%	62%	37%	27%	24%	30%	27%	26%	27%
		bcd					ad	ad		ad		a	bce						
Base for stats	1978	1254	386	274	661	66	75	499	1338	640	1781	163	299	1108	500	71	1679	277	1367
Mean Score	2.86	2.79	2.98	2.98	2.98	3.03	2.72	2.65	2.93	2.70	2.95	2.03	2.64	2.88	2.93	2.88	2.89	2.93	2.89
			a	a	a	bce			bce		b			a	a		a		
Standard Deviation	.894	.921	.820	.811	.816	.775	.917	.925	.874	.916	.847	.905	1.041	.848	.885	.886	.860	.885	.859
Standard Error	.020	.035	.030	.037	.023	.088	.096	.042	.024	.036	.020	.072	.075	.027	.034	.091	.020	.046	.023
Error variance	*	*	*	*	*	.01	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*

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									
		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	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	477	44	66	13	361	109	10	395	82	30	24	31	64	51	91	29	156	146	277
		23%	23%	18%	21%	25%	19%	24%	24%	20%	7%	12%	12%	23%	30%	40%	36%	43%	21%	41%
						be						a	a	abc	abci	abcdei	abcdi	abcdei	abc	abcdei
Tend to agree	(3.0)	930	84	159	27	655	255	12	734	196	95	104	144	159	101	111	50	166	404	327
		46%	44%	43%	45%	46%	44%	27%	45%	48%	21%	51%	58%	56%	58%	48%	61%	45%	57%	48%
			f			f	f					a	afhj	ahj	afhj	a	afhj	a	afhj	a
Tend to disagree	(2.0)	380	31	81	12	250	120	4	304	76	172	50	58	45	12	15	1	28	114	44
		19%	16%	22%	20%	18%	21%	9%	19%	19%	39%	24%	23%	16%	7%	7%	2%	8%	16%	7%
				f							bcdefghij	defghij	defghij	efghij				g	efghj	
Strongly disagree	(1.0)	192	28	58	2	116	73	14	147	45	132	16	8	15	4	4	-	12	27	16
		9%	15%	15%	3%	8%	13%	34%	9%	11%	30%	8%	3%	5%	2%	2%	-	3%	4%	2%
			cd	cd			cd	abcde			bcdefghij	cefghij		fgj						
Don't know		56	5	10	7	35	17	3	45	11	16	11	8	1	6	8	1	4	16	13
		3%	2%	3%	12%	3%	3%	6%	3%	3%	4%	5%	3%	1%	3%	4%	2%	1%	2%	2%
					abde						dh	dhij	dh		dh	dh				d
NET: Agree		1407	127	225	40	1016	364	22	1130	277	125	129	175	223	152	202	79	322	550	603
		69%	67%	60%	66%	72%	64%	51%	70%	68%	28%	63%	70%	79%	88%	88%	97%	88%	78%	89%
						bef						a	a	abc	abcdi	abcdi	abcdefhij	abcdi	abc	abcdi
NET: Disagree		571	59	138	14	366	192	18	450	121	304	66	66	60	15	20	1	40	141	61
		28%	31%	37%	23%	26%	34%	43%	28%	30%	68%	32%	26%	21%	9%	9%	2%	11%	20%	9%
				cd			d	cd			bcdefghij	defghij	efghij	efghj	g	g		g	efghj	g
Base for stats		1978	187	363	54	1382	556	40	1580	398	429	194	241	283	167	221	81	362	691	664
Mean Score		2.86	2.76	2.64	2.95	2.91	2.72	2.43	2.87	2.79	2.05	2.70	2.82	2.96	3.19	3.30	3.35	3.29	2.97	3.30
					bf	abef						a	a	abc	abcdi	abcdi	abcdi	abcdi	abc	abcdi
Standard Deviation		.894	.979	.955	.776	.878	.926	1.230	.893	.896	.898	.792	.689	.771	.654	.684	.512	.748	.729	.702
Standard Error		.020	.069	.051	.093	.024	.039	.192	.022	.045	.047	.059	.043	.043	.049	.045	.058	.039	.027	.027
Error variance		*	*	*	.01	*	*	.04	*	*	*	*	*	*	*	*	*	*	*	*

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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	477	246	99	131	444	11	423	32	392	36	426	23	352	68
	23%	39%	18%	16%	29%	5%	28%	14%	31%	10%	30%	8%	33%	13%
		bc			b		b		b		b		b	
Tend to agree (3.0)	930	298	241	390	723	57	739	68	626	92	711	59	519	198
	46%	48%	43%	47%	48%	27%	48%	31%	50%	26%	50%	22%	49%	37%
					b		b		b		b		b	
Tend to disagree (2.0)	380	57	125	194	236	68	238	57	163	103	180	100	129	151
	19%	9%	22%	23%	15%	32%	16%	26%	13%	29%	13%	37%	12%	28%
			a	a		a		a		a		a		a
Strongly disagree (1.0)	192	10	85	95	92	66	107	54	61	97	83	79	53	109
	9%	2%	15%	11%	6%	31%	7%	24%	5%	28%	6%	29%	5%	20%
			ac	a		a		a		a		a		a
Don't know	56	13	10	27	28	13	28	11	13	23	21	11	15	15
	3%	2%	2%	3%	2%	6%	2%	5%	1%	7%	1%	4%	1%	3%
						a		a		a		a		
NET: Agree	1407	544	340	521	1167	68	1162	100	1018	127	1137	82	871	265
	69%	87%	61%	62%	77%	32%	76%	45%	81%	36%	80%	30%	82%	49%
		bc			b		b		b		b		b	
NET: Disagree	571	67	210	289	328	134	345	111	224	200	262	179	182	261
	28%	11%	38%	35%	22%	62%	22%	50%	18%	57%	18%	66%	17%	48%
			a	a		a		a		a		a		a
Base for stats	1978	611	549	810	1495	203	1507	211	1242	328	1399	261	1053	526
Mean Score	2.86	3.28	2.64	2.69	3.02	2.07	2.98	2.37	3.09	2.20	3.06	2.10	3.11	2.42
		bc			b		b		b		b		b	
Standard Deviation	.894	.696	.949	.880	.837	.909	.850	1.024	.797	.987	.816	.935	.804	.959
Standard Error	.020	.027	.042	.032	.022	.064	.022	.070	.022	.056	.022	.059	.025	.043
Error variance	*	*	*	*	*	*	*	*	*	*	*	*	*	*

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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

		Total	Gender Male	Gender Female	Age 16-34	Age 35-54	Age 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 100%	993 100%	1033 100%	614 100%	668 100%	753 100%	97 100%	264 100%	199 100%	215 100%	175 100%	226 100%	319 100%	331 100%	208 100%
Strongly agree	(4.0)	423 21%	202 20%	219 21%	163 27% c	164 25% c	96 13%	18 18%	45 17%	50 25% be	42 19%	25 14%	44 20%	67 21%	76 23% e	56 27% be
Tend to agree	(3.0)	898 44%	426 43%	467 45%	306 50% bc	277 41%	315 42%	39 40%	125 47%	77 39%	93 43%	79 45%	109 48%	142 44%	147 44%	87 42%
Tend to disagree	(2.0)	420 21%	197 20%	223 22%	80 13%	135 20% a	205 27% ab	23 24%	56 21%	41 20%	46 22%	49 28% ghi	51 23%	61 19%	57 17%	36 17%
Strongly disagree	(1.0)	224 11%	133 13% b	90 9%	45 7%	75 11% a	104 14% a	14 14%	31 12%	21 10%	30 14% ef	14 8%	17 7%	37 12%	42 13%	19 9%
Don't know		69 3%	35 3%	35 3%	20 3%	17 3%	32 4%	4 4%	8 3%	10 5%	4 2%	8 5%	5 2%	12 4%	10 3%	10 5%
NET: Agree		1321 65%	628 63%	686 66%	469 76% bc	441 66% c	411 55%	56 58%	170 64%	127 64%	134 63%	105 60%	154 68%	209 66%	223 67%	143 69%
NET: Disagree		643 32%	330 33%	313 30%	124 20%	209 31% a	310 41% ab	37 38% i	87 33%	61 31%	76 35% i	63 36% i	68 30%	98 31%	98 30%	55 26%
Base for stats		1965	958	998	593	650	721	94	257	189	210	167	221	307	321	198
Mean Score		2.77	2.73	2.82 a	2.99 bc	2.82 c	2.56	2.64	2.71	2.83	2.69	2.70	2.82	2.78	2.80	2.91 abde
Standard Deviation		.913	.948	.877	.844	.941	.896	.956	.895	.947	.946	.825	.837	.925	.947	.917
Standard Error		.021	.031	.028	.033	.037	.034	.090	.056	.067	.065	.061	.068	.051	.053	.065
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

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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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	423	41	123	103	62	44	52	266	157	350	13	34	10	4	3	65
		21%	27%	27%	21%	22%	20%	12%	24%	17%	20%	31%	27%	17%	22%	30%	25%
			fh	cfh	f	f	f		fh	f			a				a
Tend to agree	(3.0)	898	70	204	233	126	96	170	507	391	779	15	62	19	5	5	107
		44%	46%	45%	48%	44%	45%	39%	46%	42%	45%	36%	49%	32%	26%	54%	41%
					fh				f		d		d				
Tend to disagree	(2.0)	420	22	74	88	57	53	126	184	236	370	11	21	15	2	1	49
		21%	14%	16%	18%	20%	25%	29%	17%	25%	21%	25%	17%	24%	10%	9%	19%
							abcg	abcdg		abcg							
Strongly disagree	(1.0)	224	17	43	55	33	16	59	116	108	190	4	8	12	8	1	32
		11%	11%	9%	11%	12%	8%	14%	11%	12%	11%	9%	7%	19%	40%	7%	12%
								e						ac			
Don't know		69	3	13	12	9	6	28	28	42	61	-	*	5	*	-	6
		3%	2%	3%	2%	3%	3%	6%	3%	4%	3%	-	*	8%	2%	-	2%
								abcdg		g	c			abcg			
NET: Agree		1321	110	327	336	188	139	222	773	548	1129	29	96	29	9	8	171
		65%	72%	72%	68%	65%	65%	51%	70%	59%	65%	67%	76%	48%	48%	83%	66%
			fh	fh	fh	fh	f		fh	f	d	d	adg				d
NET: Disagree		643	39	117	143	90	69	185	300	344	560	14	29	27	9	2	81
		32%	26%	26%	29%	31%	32%	43%	27%	37%	32%	33%	23%	44%	50%	17%	32%
								abcdeg		abcg	c			acg			
Base for stats		1965	150	444	479	278	208	406	1073	892	1689	43	125	56	18	10	253
Mean Score		2.77	2.89	2.92	2.80	2.78	2.80	2.53	2.86	2.67	2.76	2.89	2.97	2.50	2.30	3.06	2.81
			fh	dfh	fh	f	f		fh	f	d	d	ad				d
Standard Deviation		.913	.936	.909	.905	.927	.859	.891	.912	.904	.906	.959	.841	1.027	1.249	.868	.962
Standard Error		.021	.074	.041	.042	.054	.062	.047	.027	.031	.022	.134	.072	.117	.334	.224	.056
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.11	.05	*

Savanta: ComRes

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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	423	204	117	84	201	20	13	89	301	122	404	13	45	229	126	23	378	78	295
	21%	16%	29%	30%	29%	29%	17%	17%	22%	18%	22%	7%	14%	20%	24%	31%	22%	27%	21%
			a	a	a	ce			c		b				ab	abe	a	b	
Tend to agree (3.0)	898	570	173	121	294	26	32	202	638	260	843	46	125	506	236	32	773	128	622
	44%	44%	44%	43%	43%	37%	41%	39%	46%	39%	46%	26%	40%	45%	46%	43%	45%	44%	45%
									ce		b								
Tend to disagree (2.0)	420	301	68	45	113	15	19	140	245	175	337	70	69	248	93	9	350	51	296
	21%	23%	17%	16%	17%	22%	25%	27%	18%	27%	19%	39%	22%	22%	18%	12%	20%	17%	21%
		bcd						d		d		a	d	d					
Strongly disagree (1.0)	224	167	29	22	52	*	12	60	151	72	182	37	52	120	42	9	171	20	148
	11%	13%	7%	8%	8%	1%	15%	12%	11%	11%	10%	20%	17%	11%	8%	12%	10%	7%	11%
		bcd					a	a	a	a		a	bce						a
Don't know	69	48	10	11	22	8	1	21	39	30	53	13	18	32	19	1	51	15	35
	3%	4%	3%	4%	3%	11%	2%	4%	3%	5%	3%	7%	6%	3%	4%	1%	3%	5%	2%
						bcde				d		a	be					b	
NET: Agree	1321	774	290	205	495	45	45	291	940	382	1246	59	170	735	362	55	1152	206	917
	65%	60%	73%	72%	73%	66%	58%	57%	68%	58%	69%	33%	55%	65%	70%	75%	67%	71%	66%
			a	a	a				bce		b			a	ab	ab	a		
NET: Disagree	643	468	97	67	164	16	31	201	396	247	519	107	122	368	135	18	521	71	444
	32%	36%	24%	24%	24%	23%	40%	39%	29%	38%	29%	60%	39%	32%	26%	24%	30%	24%	32%
		bcd					ad	ad		ad		a	cde	c			c		a
Base for stats	1965	1243	387	271	659	61	76	492	1336	629	1765	166	291	1104	497	72	1673	277	1361
Mean Score	2.77	2.65	2.97	2.98	2.98	3.06	2.62	2.65	2.82	2.69	2.83	2.21	2.56	2.77	2.90	2.95	2.81	2.95	2.78
			a	a	a	bcde			bce		b			a	abe	a	a	b	
Standard Deviation	.913	.909	.884	.896	.888	.781	.949	.914	.910	.913	.897	.875	.957	.902	.879	.967	.900	.872	.907
Standard Error	.021	.035	.032	.041	.025	.091	.099	.041	.025	.036	.021	.070	.070	.028	.034	.099	.021	.046	.024
Error variance	*	*	*	*	*	.01	.01	*	*	*	*	*	*	*	*	.01	*	*	*

Savanta: ComRes

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									
	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	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	423	62	67	12	287	123	13	351	72	27	19	34	62	54	78	26	123	149	228
	21%	32%	18%	20%	20%	21%	32%	22%	18%	6%	9%	13%	22%	31%	34%	32%	34%	21%	34%
		bcde					b					a	abc	abcdi	abcdi	abci	abcdi	abc	abcdi
Tend to agree (3.0)	898	72	140	33	651	235	8	713	185	96	106	129	155	83	115	44	171	366	330
	44%	38%	37%	54%	46%	41%	20%	44%	45%	21%	51%	52%	54%	48%	50%	54%	47%	52%	49%
		f	f	abef	abef	f					a	a	a	a	a	a	a	a	a
Tend to disagree (2.0)	420	33	106	8	277	134	11	320	99	180	46	53	50	20	24	4	44	123	71
	21%	17%	28%	13%	20%	23%	26%	20%	24%	41%	22%	21%	17%	12%	10%	5%	12%	17%	10%
			acd			c			a	bcdefghij	efghj	efghj	fghj					fghj	
Strongly disagree (1.0)	224	18	50	2	161	61	8	182	41	124	20	27	13	10	5	8	18	50	30
	11%	10%	13%	3%	11%	11%	18%	11%	10%	28%	10%	11%	5%	6%	2%	9%	5%	7%	4%
			c		c	c	c			bcdefghij	dfhj	dfhj		f		f		fj	
Don't know	69	6	11	6	42	20	2	58	11	18	15	7	6	5	8	*	9	18	18
	3%	3%	3%	10%	3%	3%	4%	4%	3%	4%	7%	3%	2%	3%	4%	*	3%	3%	3%
				abde							cdghij								
NET: Agree	1321	134	207	45	937	357	22	1064	257	122	125	162	216	137	193	70	295	516	558
	65%	70%	55%	74%	66%	62%	52%	65%	63%	28%	61%	65%	76%	80%	84%	86%	81%	73%	82%
		bef		bef	bf	b					a	a	abc	abc	abcdi	abci	abci	abc	abcdi
NET: Disagree	643	51	155	10	438	196	19	502	141	304	66	80	63	30	28	11	61	173	101
	32%	27%	42%	16%	31%	34%	44%	31%	34%	68%	32%	32%	22%	18%	12%	14%	17%	24%	15%
			acde		c	c	ac			bcdefghij	defghij	defghij	fj					fghj	
Base for stats	1965	185	362	55	1375	553	41	1566	398	426	190	242	279	168	221	82	356	688	659
Mean Score	2.77	2.96	2.62	3.01	2.77	2.76	2.68	2.79	2.72	2.06	2.65	2.70	2.95	3.08	3.20	3.09	3.12	2.89	3.15
		bde		bde	b	b					a	a	abc	abci	abcdi	abci	abcdi	abc	abcdi
Standard Deviation	.913	.955	.940	.720	.909	.923	1.134	.921	.879	.874	.800	.844	.765	.830	.711	.862	.809	.822	.784
Standard Error	.021	.068	.050	.085	.025	.039	.173	.023	.044	.046	.061	.052	.043	.062	.047	.097	.042	.030	.030
Error variance	*	*	*	.01	*	*	.03	*	*	*	*	*	*	*	*	.01	*	*	*

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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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	423	210	80	131	384	15	367	28	351	30	382	21	307	53
	21%	34%	14%	16%	25%	7%	24%	12%	28%	9%	27%	8%	29%	10%
		bc			b		b		b		b		b	
Tend to agree (3.0)	898	301	212	384	710	54	713	70	633	85	696	61	525	193
	44%	48%	38%	46%	47%	25%	46%	32%	50%	24%	49%	22%	49%	36%
		b		b	b		b		b		b		b	
Tend to disagree (2.0)	420	71	153	192	269	72	278	64	178	126	226	88	145	152
	21%	11%	27%	23%	18%	34%	18%	29%	14%	36%	16%	32%	14%	28%
			a	a		a		a		a		a		a
Strongly disagree (1.0)	224	28	95	99	127	57	141	43	74	84	88	88	60	126
	11%	4%	17%	12%	8%	26%	9%	19%	6%	24%	6%	32%	6%	23%
			ac	a		a		a		a		a		a
Don't know	69	13	20	31	32	19	36	17	20	25	29	14	30	17
	3%	2%	3%	4%	2%	9%	2%	8%	2%	7%	2%	5%	3%	3%
						a		a		a		a		
NET: Agree	1321	512	292	515	1094	69	1080	98	984	115	1078	82	833	245
	65%	82%	52%	62%	72%	32%	70%	44%	78%	33%	76%	30%	78%	45%
		bc		b	b		b		b		b		b	
NET: Disagree	643	99	248	291	397	129	420	107	251	210	313	176	206	278
	32%	16%	44%	35%	26%	60%	27%	48%	20%	60%	22%	65%	19%	51%
			ac	a		a		a		a		a		a
Base for stats	1965	611	540	806	1491	198	1500	205	1235	326	1391	258	1038	524
Mean Score	2.77	3.14	2.51	2.68	2.91	2.14	2.87	2.40	3.02	2.19	2.99	2.05	3.04	2.33
		bc		b	b		b		b		b		b	
Standard Deviation	.913	.791	.949	.888	.878	.919	.890	.967	.816	.926	.830	.951	.817	.952
Standard Error	.021	.031	.042	.032	.023	.066	.023	.067	.023	.053	.022	.060	.025	.043
Error variance	*	*	*	*	*	*	*	*	*	*	*	*	*	*

Savanta: ComRes

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

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		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)	263	149	114	92	74	97	16	26	25	36	22	29	42	40	26
		13%	15%	11%	15%	11%	13%	16%	10%	13%	17%	13%	13%	13%	12%	12%
			b		b						b					
Tend to agree	(3.0)	584	308	275	145	194	245	20	80	67	61	57	65	87	85	61
		29%	31%	27%	24%	29%	33%	20%	30%	34%	28%	32%	29%	27%	26%	30%
			b			a	a		a	ah		a				
Tend to disagree	(2.0)	589	277	307	185	186	218	30	68	51	60	49	82	86	103	60
		29%	28%	30%	30%	28%	29%	31%	26%	25%	28%	28%	37%	27%	31%	29%
													bcg			
Strongly disagree	(1.0)	526	236	288	158	198	171	23	78	49	49	44	42	96	93	51
		26%	24%	28%	26%	30%	23%	24%	30%	25%	23%	25%	19%	30%	28%	25%
				a		c			f					f	f	
Don't know		72	24	48	35	16	22	8	11	6	9	3	7	7	10	10
		4%	2%	5%	6%	2%	3%	8%	4%	3%	4%	2%	3%	2%	3%	5%
				a	bc			cegh								
NET: Agree		847	457	389	237	268	342	35	107	92	97	79	94	130	125	87
		42%	46%	38%	39%	40%	45%	36%	40%	47%	45%	45%	42%	41%	38%	42%
			b				ab			h						
NET: Disagree		1115	512	596	343	384	389	54	146	100	109	93	124	182	196	111
		55%	52%	58%	56%	57%	52%	55%	55%	50%	51%	53%	55%	57%	59%	53%
				a		c									c	
Base for stats		1962	969	985	579	652	731	89	253	192	206	172	219	312	321	198
Mean Score		2.30	2.38	2.22	2.29	2.22	2.37	2.31	2.22	2.36	2.41	2.33	2.37	2.24	2.22	2.31
			b				b				bh					
Standard Deviation		1.007	1.015	.995	1.035	1.005	.983	1.054	1.000	1.004	1.037	1.000	.941	1.036	1.003	.999
Standard Error		.023	.033	.031	.041	.040	.037	.103	.063	.070	.071	.073	.076	.057	.056	.070
Error variance		*	*	*	*	*	*	.01	*	*	.01	.01	.01	*	*	*

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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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	263	35	52	70	27	23	56	157	106	219	9	15	14	-	*	38
		13%	23%	11%	14%	10%	11%	13%	14%	11%	13%	21%	12%	23%	-	3%	15%
			bcdefgh						d					ac			
Tend to agree	(3.0)	584	38	122	127	78	68	150	287	297	493	22	37	20	6	2	86
		29%	25%	27%	26%	27%	32%	35%	26%	32%	28%	50%	29%	33%	33%	15%	33%
								abcdg		bcg		acdg					
Tend to disagree	(2.0)	589	37	122	139	103	61	126	298	291	535	6	25	8	4	7	50
		29%	24%	27%	28%	36%	29%	29%	27%	31%	31%	15%	20%	13%	24%	66%	20%
						abcg				g	bcdg						
Strongly disagree	(1.0)	526	39	153	131	76	48	80	322	204	451	4	43	17	5	1	70
		26%	25%	34%	27%	27%	23%	18%	29%	22%	26%	10%	35%	27%	25%	7%	27%
				acdefh	fh	f			fh		b		ab	b			b
Don't know		72	4	8	24	2	13	21	36	36	52	1	5	3	3	1	13
		4%	3%	2%	5%	1%	6%	5%	3%	4%	3%	3%	4%	4%	18%	8%	5%
					bd		bd	bd	d	bd							
NET: Agree		847	73	174	197	105	91	207	444	403	712	31	52	34	6	2	125
		42%	48%	38%	40%	37%	43%	48%	40%	43%	41%	72%	41%	56%	33%	19%	48%
			bd					bcdg		d		acg		ac			a
NET: Disagree		1115	75	275	270	179	110	206	620	495	986	11	69	24	9	7	120
		55%	49%	60%	55%	63%	51%	47%	56%	53%	56%	25%	55%	40%	49%	73%	47%
				aefh	f	acefgh			f		bdg		bd				b
Base for stats		1962	149	448	467	285	201	412	1064	898	1698	42	121	58	15	9	245
Mean Score		2.30	2.47	2.16	2.29	2.20	2.33	2.44	2.26	2.34	2.28	2.85	2.20	2.53	2.10	2.16	2.38
			bdg					bcdg		bd		acg		ac			
Standard Deviation		1.007	1.116	1.026	1.033	.943	.966	.953	1.046	.958	.996	.892	1.067	1.147	.868	.644	1.060
Standard Error		.023	.087	.046	.049	.054	.071	.050	.031	.033	.024	.130	.093	.132	.232	.179	.063
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.05	.03	*

Savanta:
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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	
	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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	263	166	48	38	86	12	13	67	170	93	228	31	58	135	60	11	205	56	144
	13%	13%	12%	13%	13%	18%	17%	13%	12%	14%	13%	18%	19% bce	12%	12%	15%	12%	19% b	10%
Tend to agree (3.0)	584	367	112	74	187	18	27	155	384	200	520	54	82	357	125	20	502	105	387
	29%	28%	28%	26%	27%	26%	35%	30%	28%	30%	29%	30%	26%	31% c	24%	27%	29% c	36% b	28%
Tend to disagree (2.0)	589	360	128	89	217	20	21	148	400	189	547	37	83	320	173	14	506	67	433
	29%	28%	32%	32%	32%	29%	27%	29%	29%	29%	30% b	21%	27%	28% d	33% bde	19%	29% d	23%	31% a
Strongly disagree (1.0)	526	352	98	71	169	15	15	116	380	146	465	48	75	285	144	22	451	50	394
	26%	27%	25%	25%	25%	21%	20%	23%	28% ce	22%	26%	27%	24%	25%	28%	30%	26%	17%	28% a
Don't know	72	45	12	10	21	3	1	27	41	31	59	9	12	39	15	7	60	14	39
	4%	4%	3%	3%	3%	5%	1%	5% d	3%	5% d	3%	5%	4%	3%	3%	9% bce	4%	5%	3%
NET: Agree	847	534	161	112	273	30	40	222	554	293	748	85	140	492	185	31	707	160	531
	42%	41%	40%	40%	40%	44%	52% d	43%	40%	44%	41%	47%	45% c	43% c	36%	42%	41% c	55% b	38%
NET: Disagree	1115	712	225	160	386	35	36	264	780	335	1012	85	158	604	317	36	957	118	827
	55%	55%	57%	57%	57%	51%	46%	52%	57% ce	51%	56% b	47%	51%	53%	61% abde	49%	55%	40%	59% a
Base for stats	1962	1245	386	273	659	65	76	486	1334	628	1760	170	298	1096	502	66	1664	278	1357
Mean Score	2.30	2.28	2.29	2.29	2.29	2.43	2.51 d	2.36	2.26	2.38 d	2.29	2.40	2.41 c	2.31 c	2.20	2.30	2.28	2.60 b	2.21
Standard Deviation	1.007	1.017	.981	1.005	.991	1.044	1.007	.992	1.009	.999	.997	1.087	1.068	.990	.987	1.102	.995	1.004	.978
Standard Error	.023	.039	.036	.045	.028	.120	.105	.045	.028	.039	.024	.086	.077	.031	.038	.114	.024	.053	.026
Error variance	*	*	*	*	*	.01	.01	*	*	*	*	.01	.01	*	*	.01	*	*	*

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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									
	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	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	263	38	56	17	166	95	10	210	54	76	16	28	26	24	26	9	58	77	93
	13%	20%	15%	28%	12%	17%	24%	13%	13%	17%	8%	11%	9%	14%	11%	11%	16%	11%	14%
		d		bde		d	d			bcdi							bdi		bd
Tend to agree (3.0)	584	42	126	25	393	180	12	476	108	121	52	59	70	55	74	34	118	184	227
	29%	22%	34%	41%	28%	31%	29%	29%	26%	27%	25%	24%	25%	32%	32%	42%	32%	26%	34%
			ad	ad		a									cd	abcdi	cdi		abcdi
Tend to disagree (2.0)	589	51	97	9	431	147	10	463	126	83	80	82	103	47	65	21	108	232	194
	29%	27%	26%	15%	30%	26%	24%	28%	31%	19%	39%	33%	36%	27%	28%	25%	29%	33%	29%
			c	c	ce	c					aefghj	a	aej	a	a		a	a	a
Strongly disagree (1.0)	526	53	86	8	378	135	9	426	100	143	49	74	74	45	53	16	73	193	141
	26%	28%	23%	14%	27%	23%	20%	26%	25%	32%	24%	30%	26%	26%	23%	19%	20%	27%	21%
			c		c					bfghj		hj	h					hj	
Don't know	72	8	9	1	49	16	1	51	21	22	8	7	11	3	11	2	9	20	22
	4%	4%	2%	2%	3%	3%	2%	3%	5%	5%	4%	3%	4%	1%	5%	2%	3%	3%	3%
									a	e									
NET: Agree	847	80	182	42	559	275	22	685	162	197	68	87	96	79	101	44	176	261	321
	42%	42%	49%	69%	39%	48%	53%	42%	40%	44%	33%	35%	34%	46%	44%	53%	48%	37%	47%
			d	abde		d				bcdi				bcdi	bcd	bcdi	bcdi		bcdi
NET: Disagree	1115	103	183	18	809	281	19	889	226	226	129	156	178	92	118	36	180	425	335
	55%	54%	49%	29%	57%	49%	45%	55%	55%	51%	63%	63%	63%	53%	51%	44%	49%	60%	49%
			c	c	bce	c					afghj	aefghj	aefghj					afghj	
Base for stats	1962	184	365	60	1368	557	41	1574	388	423	197	243	274	170	219	80	356	686	655
Mean Score	2.30	2.36	2.42	2.85	2.25	2.42	2.58	2.30	2.30	2.31	2.18	2.17	2.17	2.34	2.34	2.47	2.45	2.21	2.42
			d	abde		d	d								d	bcdi	bcdi		bcdi
Standard Deviation	1.007	1.105	1.010	1.002	.993	1.035	1.090	1.009	1.002	1.119	.900	.993	.936	1.018	.974	.940	.991	.978	.979
Standard Error	.023	.078	.054	.117	.027	.043	.166	.025	.051	.059	.067	.062	.053	.076	.065	.107	.052	.036	.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
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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	263	90	127	45	195	35	191	29	173	63	177	51	139	91
	13%	14%	23%	5%	13%	16%	12%	13%	14%	18%	12%	19%	13%	17%
		c	ac									a		a
Tend to agree (3.0)	584	207	249	125	417	71	433	65	344	96	391	92	296	174
	29%	33%	45%	15%	27%	33%	28%	29%	27%	27%	28%	34%	28%	32%
		c	ac									a		
Tend to disagree (2.0)	589	203	104	278	459	42	454	51	359	95	416	64	285	145
	29%	33%	19%	33%	30%	19%	30%	23%	29%	27%	29%	24%	27%	27%
		b		b	b		b							
Strongly disagree (1.0)	526	108	54	360	425	47	423	58	353	72	410	44	318	115
	26%	17%	10%	43%	28%	22%	28%	26%	28%	20%	29%	16%	30%	21%
		b		ab					b		b		b	
Don't know	72	16	25	28	26	21	35	19	27	25	26	21	31	15
	4%	3%	4%	3%	2%	10%	2%	9%	2%	7%	2%	8%	3%	3%
						a		a		a		a		
NET: Agree	847	296	376	170	612	106	624	94	517	159	568	143	435	266
	42%	48%	67%	20%	40%	49%	41%	42%	41%	45%	40%	53%	41%	49%
		c	ac			a						a		a
NET: Disagree	1115	311	159	638	884	88	877	109	711	167	826	108	603	260
	55%	50%	28%	76%	58%	41%	57%	49%	57%	48%	58%	40%	56%	48%
		b		ab	b		b		b		b		b	
Base for stats	1962	608	535	808	1497	195	1501	203	1228	326	1394	251	1038	525
Mean Score	2.30	2.46	2.84	1.82	2.26	2.49	2.26	2.32	2.27	2.46	2.24	2.60	2.25	2.46
		c	ac			a				a		a		a
Standard Deviation	1.007	.949	.902	.891	1.010	1.049	1.006	1.040	1.028	1.038	1.012	1.000	1.033	1.018
Standard Error	.023	.037	.040	.032	.026	.075	.026	.072	.029	.059	.027	.064	.032	.046
Error variance	*	*	*	*	*	.01	*	.01	*	*	*	*	*	*

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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	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	1288	610	673	522	560	206	70	173	133	139	114	102	234	198	125
Total	680	317	358	244	368	68	29	93	62	71	50	93	116	100	65
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	84	46	37	38	36	10	3	11	6	10	8	10	17	12	8
	12%	14%	10%	16%	10%	15%	11%	11%	10%	14%	15%	10%	15%	12%	12%
		b		b		b									
Some, but less than half an hour	245	121	122	92	126	27	11	34	26	27	17	30	41	39	22
	36%	38%	34%	38%	34%	39%	36%	36%	41%	37%	33%	32%	35%	39%	34%
Between half an hour and an hour	255	107	146	86	145	23	11	35	20	23	18	40	45	38	25
	38%	34%	41%	35%	39%	34%	38%	37%	32%	32%	36%	43%	39%	38%	38%
			a												
More than an hour	96	43	53	28	61	8	4	14	10	12	8	14	13	12	10
	14%	14%	15%	11%	16%	11%	15%	15%	16%	16%	15%	15%	11%	12%	15%
					a										
NET: Some	596	271	321	206	332	58	26	83	55	61	43	84	99	88	57
	88%	86%	90%	84%	90%	85%	89%	89%	90%	86%	85%	90%	85%	88%	88%
			a		ac										

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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	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	1288	129	364	323	233	134	105	816	472	1032	41	108	68	9	13	239
Total	680	66	195	171	129	68	52	431	249	555	19	55	32	4	6	117
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	84	5	17	27	17	10	9	49	36	65	2	10	4	1	1	18
	12%	8%	9%	16%	13%	14%	17%	11%	14%	12%	12%	18%	13%	19%	11%	15%
				abg			ab		ab							
Some, but less than half an hour	245	22	66	67	49	27	15	155	90	192	9	22	14	3	3	51
	36%	33%	34%	39%	38%	40%	28%	36%	36%	35%	46%	41%	44%	61%	46%	44%
				f												a
Between half an hour and an hour	255	31	84	52	42	23	23	167	88	211	8	18	12	1	2	40
	38%	47%	43%	31%	33%	34%	45%	39%	35%	38%	42%	32%	35%	20%	30%	34%
		cdeh	cdh				cd	c								
More than an hour	96	8	29	25	21	8	5	61	35	87	-	5	2	-	1	8
	14%	12%	15%	14%	16%	12%	10%	14%	14%	16%	-	9%	7%	-	13%	7%
										bg		b				
NET: Some	596	61	178	144	112	58	43	383	213	490	17	45	28	4	6	99
	88%	92%	91%	84%	87%	86%	83%	89%	86%	88%	88%	82%	87%	81%	89%	85%
		cfh	cfh					c								

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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	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	
		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	1288	-	779	509	1288	65	78	250	895	393	1171	94	28	564	610	86	1260	312	922
Total	680	-	398	283	680	34	41	125	481	200	621	49	14	294	329	44	666	167	486
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	84	-	58	26	84	5	7	12	61	23	70	11	7	36	34	7	77	23	53
	12%	-	15% c	9%	12%	13%	17%	9%	13%	12%	11%	23% a	50%	12%	10%	17%	12%	13%	11%
Some, but less than half an hour	245	-	153	92	245	15	19	50	161	84	217	23	3	108	119	14	242	64	170
	36%	-	38% c	32%	36%	45%	46% d	40%	33%	42% d	35%	47% a	23%	37%	36%	32%	36%	38%	35%
Between half an hour and an hour	255	-	129	126	255	9	11	46	189	66	243	11	3	106	131	15	252	63	187
	38%	-	33%	44% bd	38% b	27%	28%	37%	39% be	33%	39% b	23%	23%	36%	40%	35%	38%	38%	39%
More than an hour	96	-	57	39	96	5	4	17	70	26	91	3	1	43	45	7	96	18	76
	14%	-	14%	14%	14%	15%	10%	14%	15%	13%	15% b	7%	4%	15%	14%	17%	14%	11%	16% a
NET: Some	596	-	339	256	596	30	34	113	419	177	550	38	7	258	295	36	589	145	433
	88%	-	85%	91% b	88%	87%	83%	91%	87%	88%	89% b	77%	50%	88%	90%	83%	88%	87%	89%

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	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	1288	162	184	59	884	364	35	1056	232	166	112	188	235	132	170	50	235	555	455
Total	680	81	96	29	476	184	18	560	121	86	59	95	125	72	93	26	125	291	244
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	84	11	12	1	59	21	3	74	11	28	12	12	11	6	5	2	9	29	15
	12%	13%	12%	4%	12%	12%	14%	13%	9%	32%	20%	12%	9%	9%	5%	9%	7%	10%	6%
		c			c					bcdefghij	defhij	fhj							fj
Some, but less than half an hour	245	34	37	18	160	79	7	200	45	31	24	36	59	23	32	8	31	118	71
	36%	42%	38%	60%	34%	43%	36%	36%	37%	37%	41%	38%	47%	32%	34%	31%	25%	41%	29%
		d		abdef		d				h	hj	hj	acefghj		h				hj
Between half an hour and an hour	255	27	32	8	189	60	5	210	46	18	17	38	44	34	42	8	55	116	105
	38%	34%	33%	28%	40%	33%	29%	37%	38%	21%	29%	40%	35%	47%	45%	32%	44%	40%	43%
				e								ab	a	abd	ab		ab	ab	abd
More than an hour	96	9	16	2	68	23	4	76	20	9	6	9	11	9	15	7	30	28	53
	14%	11%	16%	9%	14%	13%	20%	14%	16%	10%	11%	10%	8%	12%	16%	29%	24%	10%	22%
															di	abcdefi	abcdefi		abcdei
NET: Some	596	70	84	28	417	162	16	486	110	58	47	83	114	65	89	23	117	262	229
	88%	87%	88%	96%	88%	88%	86%	87%	91%	68%	80%	88%	91%	91%	95%	91%	93%	90%	94%
				ad							a	a	ab	ab	abci	a	abc	ab	abci

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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	680	265	143	265	521	60	514	66	463	93	496	75	387	146
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	84	24	22	37	58	11	62	9	50	13	53	15	45	24
	12%	9%	15%	14%	11%	18%	12%	14%	11%	14%	11%	20%	12%	16%
			a	a		a						a		a
Some, but less than half an hour	245	93	52	95	182	28	182	27	160	43	174	30	141	56
	36%	35%	36%	36%	35%	48%	35%	40%	34%	47%	35%	40%	36%	38%
						a				a				
Between half an hour and an hour	255	107	49	98	205	13	197	21	185	25	197	21	148	49
	38%	40%	34%	37%	39%	22%	38%	32%	40%	27%	40%	28%	38%	33%
					b				b		b			
More than an hour	96	41	20	35	76	8	72	9	68	11	71	9	53	17
	14%	15%	14%	13%	15%	13%	14%	14%	15%	12%	14%	12%	14%	12%
NET: Some	596	240	121	228	462	49	451	57	413	80	443	60	342	122
	88%	91%	85%	86%	89%	82%	88%	86%	89%	86%	89%	80%	88%	84%
		bc			b						b		b	

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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

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		1288	610	673	522	560	206	70	173	133	139	114	102	234	198	125
Total		680	317	358	244	368	68	29	93	62	71	50	93	116	100	65
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	46	18	27	24	20	2	*	7	4	4	5	7	9	6	3
		7%	6%	8%	10% bc	5%	3%	1%	8% a	7%	6%	10% a	8% a	8% a	6%	4%
A bit more	(4.0)	156	81	72	70	76	10	8	21	15	14	9	17	35	23	14
		23%	26% b	20%	29% bc	21%	15%	26%	22%	24%	20%	18%	18%	31% def	23%	22%
Neither more nor less	(3.0)	208	111	97	76	105	27	10	29	17	22	21	29	31	26	22
		31%	35% b	27%	31%	29%	39% ab	34%	31%	28%	31%	41% cgh	31%	27%	26%	34%
A bit less	(2.0)	136	55	80	40	82	13	5	17	13	16	8	24	20	21	11
		20%	17%	22% a	17%	22% a	20%	17%	18%	21%	23%	17%	25%	17%	21%	17%
A lot less	(1.0)	122	46	76	26	81	15	6	17	11	13	6	16	17	22	14
		18%	15%	21% a	11%	22% a	22% a	22%	18%	17%	19%	12%	17%	15%	21% e	22%
Don't know		12	6	7	8	4	1	-	2	2	1	1	1	3	2	*
		2%	2%	2%	3% b	1%	1%	-	2%	4%	1%	2%	1%	3%	2%	1%
NET: More		202	99	99	94	96	13	8	28	19	18	14	24	45	29	17
		30%	31%	28%	38% bc	26% c	18%	27%	30%	31%	26%	27%	26%	39% defhi	29%	26%
NET: Less		258	101	155	66	163	28	11	34	23	30	15	39	37	43	25
		38%	32%	43% a	27%	44% a	41% a	38%	36%	38%	42% e	29%	42% e	32%	43% eg	39%
Base for stats		668	311	352	236	364	67	29	91	60	70	49	93	113	98	64
Mean Score		2.80	2.90 b	2.70	3.11 bc	2.65	2.58	2.68	2.84	2.81	2.71	2.96	2.75	2.99 dhi	2.70	2.69
Standard Deviation		1.186	1.120	1.233	1.142	1.195	1.093	1.131	1.210	1.199	1.164	1.129	1.176	1.203	1.227	1.170
Standard Error		.033	.046	.048	.051	.051	.077	.135	.093	.106	.099	.107	.117	.080	.088	.105
Error variance		*	*	*	*	*	.01	.02	.01	.01	.01	.01	.01	.01	.01	.01

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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

		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		680	66	195	171	129	68	52	431	249	555	19	55	32	4	6	117
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	46	4	13	13	10	3	4	29	17	35	2	4	3	*	1	10
		7%	6%	6%	7%	8%	4%	7%	7%	7%	6%	8%	8%	8%	8%	12%	8%
A bit more	(4.0)	156	22	49	35	28	14	7	106	50	115	5	19	13	*	3	40
		23%	34%	25%	20%	22%	20%	14%	25%	20%	21%	24%	34%	40%	8%	43%	34%
			cdefgh	f						f			a	a			a
Neither more nor less	(3.0)	208	14	51	60	44	19	18	126	82	175	8	12	7	3	2	31
		31%	22%	26%	35%	34%	29%	35%	29%	33%	31%	40%	22%	21%	63%	25%	27%
					abg	ab		a		ab		cd					
A bit less	(2.0)	136	14	39	31	24	18	10	84	52	116	3	9	6	-	1	18
		20%	21%	20%	18%	18%	26%	20%	19%	21%	21%	14%	16%	19%	-	10%	15%
							c				g						
A lot less	(1.0)	122	11	40	28	20	12	11	79	43	107	2	9	3	*	1	15
		18%	16%	21%	16%	16%	18%	21%	18%	17%	19%	12%	16%	9%	8%	10%	13%
											dg						
Don't know		12	1	2	5	2	2	1	7	5	7	*	2	1	1	-	4
		2%	1%	1%	3%	2%	2%	2%	2%	2%	1%	2%	3%	3%	13%	-	3%
																	a
NET: More		202	26	62	47	39	17	11	136	67	150	6	23	16	1	3	49
		30%	40%	32%	28%	30%	25%	22%	31%	27%	27%	32%	43%	48%	15%	55%	42%
			cefh	f					f				a	a			a
NET: Less		258	25	79	58	44	30	21	163	95	223	5	17	9	*	1	33
		38%	37%	41%	34%	34%	44%	41%	38%	38%	40%	25%	32%	27%	8%	20%	28%
							cd				dg						
Base for stats		668	66	193	166	127	66	51	424	244	547	18	53	31	4	6	113
Mean Score		2.80	2.92	2.77	2.84	2.88	2.66	2.66	2.82	2.77	2.74	3.03	3.03	3.21	3.08	3.37	3.10
												a	a				a
Standard Deviation		1.186	1.217	1.228	1.161	1.168	1.136	1.197	1.199	1.165	1.179	1.126	1.245	1.139	1.051	1.217	1.174
Standard Error		.033	.108	.065	.066	.077	.099	.118	.042	.054	.037	.178	.123	.140	.372	.337	.077
Error variance		*	.01	*	*	.01	.01	.01	*	*	*	.03	.02	.02	.14	.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

	Total	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	
		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	1288	-	779	509	1288	65	78	250	895	393	1171	94	28	564	610	86	1260	312	922
Total	680	-	398	283	680	34	41	125	481	200	621	49	14	294	329	44	666	167	486
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	46	-	28	18	46	2	5	7	32	14	43	3	1	19	21	5	45	16	28
	7%	-	7%	6%	7%	5%	13% cd	6%	7%	7%	7%	7%	7%	7%	6%	11%	7%	9% b	6%
A bit more (4.0)	156	-	86	70	156	11	14	31	100	56	145	9	3	70	74	9	153	55	96
	23%	-	22%	25%	23%	32% d	36% d	25%	21%	28% d	23%	18%	22%	24%	22%	22%	23%	33% b	20%
Neither more nor less (3.0)	208	-	138	70	208	10	10	38	149	59	189	17	8	101	90	10	200	43	152
	31%	-	35% c	25%	31% c	30%	25%	31%	31%	29%	30%	34%	56% cd	34%	27%	22%	30%	26%	31%
A bit less (2.0)	136	-	69	67	136	7	7	24	98	37	124	10	1	44	80	10	135	30	103
	20%	-	17%	24% b	20%	19%	17%	19%	20%	19%	20%	19%	7%	15%	24% be	22%	20% b	18%	21%
A lot less (1.0)	122	-	71	52	122	4	3	23	91	31	110	10	1	54	58	10	121	20	99
	18%	-	18%	18%	18%	13%	8%	19% b	19% b	16%	18%	20%	4%	18%	18%	22%	18%	12%	20% a
Don't know	12	-	7	5	12	1	1	1	10	3	10	1	*	6	6	1	12	3	8
	2%	-	2%	2%	2%	2%	2%	1%	2%	1%	2%	1%	3%	2%	2%	1%	2%	2%	2%
NET: More	202	-	113	89	202	13	20	38	132	70	187	12	4	89	95	14	198	70	124
	30%	-	29%	31%	30%	36%	48% cde	30%	27%	35% d	30%	25%	30%	30%	29%	33%	30%	42% b	26%
NET: Less	258	-	139	118	258	11	10	47	189	68	235	20	2	98	138	19	256	51	202
	38%	-	35%	42% b	38%	32%	25%	38% b	39% b	34%	38%	40%	12%	33%	42% b	44%	38% b	30%	42% a
Base for stats	668	-	391	277	668	34	40	124	471	197	611	48	13	288	323	43	654	164	478
Mean Score	2.80	-	2.82	2.77	2.80	2.97	3.29 cde	2.79	2.75	2.92 d	2.81	2.71	3.22	2.85	2.75	2.77	2.79	3.09 b	2.69
Standard Deviation	1.186	-	1.172	1.207	1.186	1.130	1.153	1.185	1.187	1.180	1.187	1.200	.893	1.180	1.183	1.330	1.191	1.179	1.177
Standard Error	.033	-	.042	.054	.033	.141	.132	.076	.040	.060	.035	.125	.172	.050	.048	.144	.034	.068	.039
Error variance	*	-	*	*	*	.02	.02	.01	*	*	*	.02	.03	*	*	.02	*	*	*

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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	680	81	96	29	476	184	18	560	121	86	59	95	125	72	93	26	125	291	244
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	46	8	7	2	28	15	2	42	4	5	5	6	3	3	9	1	15	11	24
	7%	10%	7%	8%	6%	8%	13%	7%	3%	6%	9%	6%	2%	4%	9%	2%	12%	4%	10%
								b		d	di	d			di		acdegi		dei
A bit more (4.0)	156	21	23	10	103	51	2	129	27	6	8	22	30	21	26	10	33	73	70
	23%	26%	24%	33%	22%	28%	11%	23%	22%	7%	13%	23%	24%	30%	28%	39%	27%	25%	29%
				df		df						ab	ab	ab	ab	abcdi	ab	ab	ab
Neither more nor less (3.0)	208	21	26	9	155	48	6	170	38	29	19	26	43	19	26	7	40	87	73
	31%	26%	27%	32%	33%	26%	34%	30%	32%	34%	32%	27%	34%	27%	28%	27%	32%	30%	30%
					e														
A bit less (2.0)	136	16	17	5	97	34	4	107	28	15	13	22	29	16	20	4	17	67	41
	20%	19%	18%	18%	20%	19%	21%	19%	23%	17%	21%	23%	23%	22%	22%	15%	14%	23%	17%
												h	hj		h			hj	
A lot less (1.0)	122	13	21	2	87	31	4	100	22	27	13	19	19	12	10	4	18	50	32
	18%	16%	21%	8%	18%	17%	20%	18%	18%	32%	22%	20%	15%	16%	11%	16%	14%	17%	13%
			c		c					cdefghij	fj	fj						f	
Don't know	12	3	2	*	6	5	*	11	1	4	1	1	2	1	1	-	2	4	4
	2%	3%	2%	1%	1%	2%	2%	2%	1%	4%	2%	1%	1%	1%	2%	-	2%	1%	2%
										cij									
NET: More	202	29	31	12	131	66	4	171	31	11	13	27	32	24	35	11	48	84	94
	30%	36%	32%	41%	27%	36%	24%	31%	26%	13%	22%	29%	26%	34%	38%	42%	39%	29%	39%
		d		d		d					a	a	a	abdi	abd	abcdi	a	a	abcdi
NET: Less	258	29	38	8	184	65	8	208	50	42	26	41	48	27	30	8	35	117	73
	38%	35%	39%	26%	39%	36%	41%	37%	41%	49%	44%	43%	39%	38%	32%	31%	28%	40%	30%
				c						dfghij	hj	fhj	hj	h					hj
Base for stats	668	79	94	29	470	179	18	549	119	82	57	94	123	71	92	26	123	288	240
Mean Score	2.80	2.94	2.78	3.15	2.76	2.92	2.74	2.83	2.69	2.35	2.65	2.71	2.74	2.82	3.04	2.97	3.09	2.75	3.06
				bd		d					a	a	a	abcd	a	abcdei	a	abcdei
Standard Deviation	1.186	1.242	1.257	1.083	1.162	1.227	1.298	1.201	1.117	1.198	1.241	1.206	1.059	1.156	1.159	1.145	1.215	1.130	1.182
Standard Error	.033	.099	.094	.142	.039	.065	.223	.037	.074	.095	.119	.089	.070	.101	.090	.162	.080	.048	.056
Error variance	*	.01	.01	.02	*	*	.05	*	.01	.01	.01	.01	*	.01	.01	.03	.01	*	*

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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	680	265	143	265	521	60	514	66	463	93	496	75	387	146
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	46	29	3	13	39	3	39	3	38	5	37	4	32	7
	7%	11% bc	2%	5%	8%	5%	8%	5%	8%	5%	7%	6%	8%	5%
A bit more (4.0)	156	96	24	34	125	10	121	10	121	15	124	10	103	23
	23%	36% bc	17%	13%	24%	17%	24% b	16%	26% b	16%	25% b	13%	27% b	16%
Neither more nor less (3.0)	208	72	77	58	143	24	144	23	122	31	135	29	105	52
	31%	27% c	54% ac	22%	27%	40% a	28%	35%	26%	33%	27%	38% a	27%	36% a
A bit less (2.0)	136	40	18	77	109	10	106	13	89	23	102	15	74	33
	20%	15%	12%	29% ab	21%	17%	21%	20%	19%	25%	21%	20%	19%	22%
A lot less (1.0)	122	22	19	80	97	11	93	16	85	18	91	15	67	28
	18%	8%	14% a	30% ab	19%	18%	18%	25%	18%	20%	18%	20%	17%	20%
Don't know	12	4	1	3	8	2	10	*	8	1	7	2	6	2
	2%	2%	1%	1%	2%	3%	2%	*	2%	1%	1%	3%	1%	1%
NET: More	202	126	28	48	164	14	160	13	159	20	161	14	135	31
	30%	48% bc	19%	18%	31%	23%	31% b	20%	34% b	21%	32% b	19%	35% b	21%
NET: Less	258	63	37	157	206	21	199	30	174	42	193	30	141	61
	38%	24%	26%	59% ab	40%	34%	39%	45%	38%	45%	39%	40%	37%	42%
Base for stats	668	261	142	262	512	58	504	66	455	92	489	73	381	144
Mean Score	2.80	3.27 bc	2.82 c	2.33	2.81	2.75	2.81 b	2.56	2.86 b	2.61	2.82	2.64	2.89 b	2.64
Standard Deviation	1.186	1.119	.955	1.184	1.218	1.123	1.213	1.168	1.236	1.131	1.218	1.129	1.224	1.125
Standard Error	.033	.050	.059	.053	.039	.108	.039	.104	.042	.085	.040	.094	.046	.068
Error variance	*	*	*	*	*	.01	*	.01	*	.01	*	.01	*	*

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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)	447	214	232	156	144	147	23	50	37	51	26	46	93	82	39
		22%	22%	22%	25%	22%	19%	23%	19%	19%	24%	15%	20%	29%	25%	19%
					c						e			bcefi	e	
Somewhat more important	(4.0)	823	375	444	250	300	273	31	101	79	84	79	98	131	123	98
		40%	38%	43%	41%	45%	36%	32%	38%	40%	39%	45%	43%	41%	37%	47%
				a		c						a				abh
No more or less important	(3.0)	598	307	288	119	177	302	30	94	72	67	62	59	62	91	60
		29%	31%	28%	19%	26%	40%	30%	36%	36%	31%	35%	26%	19%	28%	29%
						a	ab	g	fgh	fgh	g	g			g	g
Somewhat less important	(2.0)	71	39	32	41	20	9	5	6	6	4	6	6	20	13	5
		3%	4%	3%	7%	3%	1%	5%	2%	3%	2%	4%	3%	6%	4%	2%
					bc	c								bdi		
Much less important	(1.0)	30	18	12	16	9	6	1	4	1	7	1	4	4	8	1
		1%	2%	1%	3%	1%	1%	1%	2%	*	3%	1%	2%	1%	2%	*
					c						ci					
Don't know		66	40	26	32	17	16	9	9	4	2	1	13	10	14	4
		3%	4%	2%	5%	3%	2%	9%	3%	2%	1%	1%	6%	3%	4%	2%
			b		bc			bcdeghi	e				de		de	
NET: More important		1270	589	676	405	445	420	54	151	116	134	105	144	223	206	137
		62%	59%	65%	66%	67%	56%	55%	57%	58%	63%	60%	64%	70%	62%	66%
				a	c	c								abceh		b
NET: Less important		101	57	44	57	29	15	5	10	6	11	7	10	24	20	6
		5%	6%	4%	9%	4%	2%	5%	4%	3%	5%	4%	5%	8%	6%	3%
					bc	c								ci		
Base for stats		1968	953	1008	582	650	736	88	255	194	213	174	213	310	317	203
Mean Score		3.81	3.76	3.84	3.84	3.85	3.74	3.80	3.73	3.75	3.78	3.71	3.83	3.93	3.82	3.83
				a		c								bce		
Standard Deviation		.881	.909	.853	.988	.848	.813	.910	.859	.806	.941	.787	.871	.936	.946	.777
Standard Error		.020	.029	.027	.039	.033	.031	.087	.054	.056	.064	.057	.071	.052	.053	.054
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

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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

		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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important	(5.0)	447	42	122	94	69	51	68	258	189	340	15	56	25	3	4	103
		22%	27%	27%	19%	24%	24%	16%	23%	20%	19%	35%	44%	42%	15%	42%	40%
			cfh	cfh		f	f		f			a	a	a			a
Somewhat more important	(4.0)	823	65	185	221	117	79	156	471	352	749	6	39	13	5	4	68
		40%	43%	40%	45%	41%	37%	36%	43%	38%	43%	14%	31%	22%	26%	45%	26%
					efh				fh		bcdg		b				
No more or less important	(3.0)	598	34	104	130	85	66	180	267	330	544	9	22	14	4	*	49
		29%	22%	23%	26%	29%	31%	41%	24%	35%	31%	22%	17%	23%	19%	3%	19%
					b		bg	abcdegh		abcg	cg						
Somewhat less important	(2.0)	71	5	26	18	5	6	9	49	21	51	9	6	1	4	1	20
		3%	3%	6%	4%	2%	3%	2%	4%	2%	3%	20%	5%	2%	19%	6%	8%
				dfh					dfh			acdg					a
Much less important	(1.0)	30	5	8	5	3	4	5	18	12	22	1	1	3	3	-	7
		1%	4%	2%	1%	1%	2%	1%	2%	1%	1%	2%	1%	4%	18%	-	3%
			cdh											a			a
Don't know		66	2	12	23	8	7	14	36	29	43	3	2	5	1	*	11
		3%	1%	3%	5%	3%	3%	3%	3%	3%	2%	8%	2%	7%	3%	3%	4%
												a		ac			
NET: More important		1270	107	307	315	186	130	225	729	541	1089	21	95	39	8	9	171
		62%	70%	67%	64%	65%	61%	52%	66%	58%	62%	49%	76%	64%	41%	87%	66%
			fh	fh	fh	fh	f		fh	f			ab				b
NET: Less important		101	10	34	23	8	11	15	67	34	73	9	7	4	7	1	27
		5%	7%	7%	5%	3%	5%	3%	6%	4%	4%	22%	5%	6%	37%	6%	11%
			d	dfh					dfh			acdg					a
Base for stats		1968	151	445	469	279	207	419	1064	905	1706	40	123	56	18	10	247
Mean Score		3.81	3.88	3.87	3.81	3.88	3.80	3.65	3.85	3.76	3.78	3.66	4.16	4.03	3.02	4.28	3.97
			f	fh	f	fh	f		fh	f			ab	a			a
Standard Deviation		.881	.968	.942	.834	.836	.922	.823	.900	.856	.840	1.253	.926	1.097	1.386	.842	1.100
Standard Error		.020	.076	.042	.039	.048	.067	.042	.027	.029	.021	.183	.081	.126	.371	.225	.065
Error variance		*	.01	*	*	*	*	*	*	*	*	.03	.01	.02	.14	.05	*

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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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important (5.0)	447	258	105	70	175	18	10	101	318	129	420	18	77	223	121	26	369	65	296
	22%	20%	26%	25%	26%	26%	13%	20%	23%	20%	23%	10%	25%	20%	23%	35%	21%	22%	21%
			a	a	a	b			b		b					bce			
Somewhat more important (4.0)	823	528	160	115	275	26	32	202	564	259	769	46	102	479	220	22	721	111	598
	40%	41%	40%	41%	40%	38%	41%	39%	41%	39%	42%	26%	33%	42%	43%	30%	42%	38%	43%
											b			ad	ad		ad		
No more or less important (3.0)	598	411	101	69	170	15	22	170	390	208	512	76	113	350	121	13	484	78	400
	29%	32%	25%	24%	25%	22%	29%	33%	28%	32%	28%	42%	37%	31%	23%	18%	28%	27%	29%
		bcd						d				a	cde	cd			cd		
Somewhat less important (2.0)	71	36	19	13	32	8	9	14	40	31	49	19	5	37	27	2	66	20	44
	3%	3%	5%	5%	5%	11%	11%	3%	3%	5%	3%	11%	2%	3%	5%	3%	4%	7%	3%
					a	cde	cde			d		a			ab			b	
Much less important (1.0)	30	13	5	9	14	1	2	12	16	15	20	7	3	13	10	5	28	9	18
	1%	1%	1%	3%	2%	1%	3%	2%	1%	2%	1%	4%	1%	1%	2%	7%	2%	3%	1%
				ab								a				abce		b	
Don't know	66	45	8	6	15	1	2	14	48	18	48	13	9	34	17	5	56	9	40
	3%	3%	2%	2%	2%	1%	3%	3%	3%	3%	3%	7%	3%	3%	3%	7%	3%	3%	3%
												a				b			
NET: More important	1270	786	265	186	450	44	41	303	882	388	1189	64	179	702	341	48	1091	176	894
	62%	61%	67%	66%	66%	64%	53%	59%	64%	59%	65%	36%	58%	62%	66%	66%	63%	60%	64%
			a		a				bce		b				a				
NET: Less important	101	49	23	22	45	8	11	26	56	45	70	26	7	50	37	7	93	29	62
	5%	4%	6%	8%	7%	12%	14%	5%	4%	7%	4%	15%	2%	4%	7%	9%	5%	10%	4%
				a	a	cd	cde			d		a			ab	ab		b	
Base for stats	1968	1246	389	276	665	68	75	498	1327	641	1771	166	300	1101	499	68	1668	283	1356
Mean Score	3.81	3.79	3.88	3.82	3.85	3.78	3.50	3.73	3.85	3.71	3.86	3.29	3.82	3.78	3.83	3.92	3.80	3.72	3.82
			a					b	bce	b	b								
Standard Deviation	.881	.839	.905	.974	.934	.997	.972	.894	.859	.917	.849	.954	.867	.844	.925	1.152	.883	.995	.856
Standard Error	.020	.032	.033	.044	.026	.111	.101	.040	.024	.036	.020	.075	.063	.026	.036	.118	.021	.052	.023
Error variance	*	*	*	*	*	.01	.01	*	*	*	*	.01	*	*	*	.01	*	*	*

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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	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important (5.0)	447	37	60	12	341	96	9	364	83	48	31	46	60	45	68	27	123	151	217
	22%	19%	16%	20%	24%	17%	20%	22%	20%	11%	15%	18%	21%	26%	29%	32%	34%	21%	32%
					be						a	a	ab	abcdi	abcdi	abcdi	a		abcdi
Somewhat more important (4.0)	823	77	144	23	586	226	15	656	167	135	103	106	127	71	108	39	134	305	281
	40%	40%	39%	38%	41%	39%	35%	40%	41%	30%	50%	43%	45%	41%	47%	47%	37%	43%	41%
											ahj	a	ah	a	ah	a		ah	a
No more or less important (3.0)	598	52	141	15	386	196	10	477	120	200	55	73	73	47	41	14	95	194	149
	29%	27%	38%	25%	27%	34%	25%	29%	29%	45%	27%	29%	26%	27%	18%	17%	26%	27%	22%
			acd			d				bcdefghij	f	fgj	f	f			f		fgj
Somewhat less important (2.0)	71	12	13	3	45	24	4	51	19	15	10	10	18	7	6	-	5	35	11
	3%	6%	4%	5%	3%	4%	9%	3%	5%	3%	5%	4%	6%	4%	3%	-	1%	5%	2%
		d					d			j	hj	hj	fghj	hj				ghj	
Much less important (1.0)	30	11	9	2	12	18	4	20	11	16	1	1	3	2	4	2	2	5	8
	1%	6%	3%	3%	1%	3%	10%	1%	3%	4%	1%	*	1%	1%	2%	2%	1%	1%	1%
		d	d			d	bde		a	bcdhij									
Don't know	66	3	5	6	48	13	1	57	9	31	6	13	3	1	4	1	7	17	12
	3%	2%	1%	9%	3%	2%	1%	3%	2%	7%	3%	5%	1%	*	2%	2%	2%	2%	2%
				abde	b					bdefhij		defhij							
NET: More important	1270	114	204	35	927	322	23	1020	250	182	134	152	187	116	175	65	257	455	498
	62%	59%	55%	58%	65%	56%	55%	63%	61%	41%	65%	61%	66%	67%	76%	80%	70%	64%	74%
					be						a	a	a	a	abcdei	abcdei	aci	a	abcdi
NET: Less important	101	23	23	5	57	42	8	71	30	31	11	11	21	9	10	2	7	41	18
	5%	12%	6%	8%	4%	7%	19%	4%	7%	7%	5%	4%	7%	5%	4%	2%	2%	6%	3%
		bde				d	bde		a	hj	h		hj	h				hj	
Base for stats	1968	188	368	55	1369	560	42	1568	400	413	200	236	281	172	226	81	359	690	666
Mean Score	3.81	3.62	3.63	3.74	3.88	3.64	3.48	3.82	3.73	3.44	3.77	3.79	3.79	3.87	4.01	4.10	4.03	3.81	4.04
					abef						a	a	a	a	abcdi	abcdei	abcdei	a	abcdei
Standard Deviation	.881	1.049	.888	.981	.851	.922	1.219	.866	.932	.888	.788	.812	.883	.885	.865	.818	.846	.859	.848
Standard Error	.020	.074	.047	.116	.023	.038	.184	.022	.047	.047	.058	.050	.050	.066	.057	.093	.044	.031	.032
Error variance	*	.01	*	.01	*	*	.03	*	*	*	*	*	*	*	*	.01	*	*	*

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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
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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important (5.0)	447	222	63	158	385	24	380	25	341	48	372	31	317	67
	22%	36%	11%	19%	25%	11%	25%	11%	27%	14%	26%	11%	30%	12%
		bc		b	b		b		b		b		b	
Somewhat more important (4.0)	823	278	196	349	647	73	645	84	537	116	610	88	465	182
	40%	45%	35%	42%	42%	34%	42%	38%	43%	33%	43%	32%	43%	34%
		b		b	b		b		b		b		b	
No more or less important (3.0)	598	98	262	232	383	87	400	84	301	129	342	125	215	245
	29%	16%	47%	28%	25%	40%	26%	38%	24%	37%	24%	46%	20%	45%
			ac	a		a		a		a		a		a
Somewhat less important (2.0)	71	13	19	38	51	15	47	12	38	24	47	11	38	23
	3%	2%	3%	5%	3%	7%	3%	6%	3%	7%	3%	4%	4%	4%
				a		a				a				
Much less important (1.0)	30	4	2	24	22	4	21	2	13	14	17	10	14	6
	1%	1%	*	3%	1%	2%	1%	1%	1%	4%	1%	4%	1%	1%
				ab						a		a		
Don't know	66	8	18	34	36	13	42	14	26	20	33	8	20	17
	3%	1%	3%	4%	2%	6%	3%	6%	2%	6%	2%	3%	2%	3%
			a	a		a		a		a				
NET: More important	1270	500	259	508	1031	97	1026	110	878	164	982	118	781	249
	62%	80%	46%	61%	68%	45%	67%	49%	70%	47%	69%	43%	73%	46%
		bc		b	b		b		b		b		b	
NET: Less important	101	17	21	62	73	19	68	15	51	37	64	21	52	29
	5%	3%	4%	7%	5%	9%	4%	7%	4%	11%	4%	8%	5%	5%
				ab		a				a		a		
Base for stats	1968	615	542	802	1487	203	1494	208	1229	331	1387	264	1048	523
Mean Score	3.81	4.14	3.55	3.72	3.89	3.49	3.88	3.57	3.94	3.49	3.92	3.45	3.98	3.54
		bc		b	b		b		b		b		b	
Standard Deviation	.881	.800	.757	.933	.881	.867	.873	.821	.859	.964	.867	.886	.880	.817
Standard Error	.020	.031	.033	.034	.023	.061	.023	.057	.024	.054	.023	.056	.027	.037
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

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	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	596	298	295	245	235	116	33	74	57	66	43	50	109	107	58
	29%	30%	29%	40%	35%	15%	34%	28%	29%	31%	24%	22%	34%	32%	28%
				c	c		f						ef	f	
No	1297	646	648	309	398	590	62	170	125	138	123	155	183	212	128
	64%	65%	63%	50%	60%	78%	64%	64%	63%	64%	70%	69%	57%	64%	62%
					a	ab					g	g			
Don't know	141	48	90	60	35	47	2	21	16	11	9	21	27	12	21
	7%	5%	9%	10%	5%	6%	2%	8%	8%	5%	5%	9%	9%	4%	10%
			a	bc				ah	ah			ah	ah		adh

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

	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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	596	62	158	135	108	66	67	356	240	487	20	63	13	5	2	104
	29%	41%	35%	28%	38%	31%	15%	32%	26%	28%	47%	50%	22%	29%	15%	40%
		cefgh	cfh	f	cfh	f		fh	f		ad	adg				ad
No	1297	79	275	312	166	131	333	667	630	1158	19	51	42	11	4	127
	64%	52%	60%	64%	58%	61%	77%	61%	67%	66%	44%	40%	70%	59%	37%	49%
				a			abcdegh	a	abdg	bcg			bcg			
Don't know	141	11	23	44	13	16	34	77	63	104	4	12	5	2	5	28
	7%	7%	5%	9%	5%	8%	8%	7%	7%	6%	9%	9%	8%	12%	48%	11%
				bd												a

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Q12. Has the coronavirus health emergency changed any other feelings you have about physical activity and exercise?
BASE: All respondents

	Total	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	596	316	151	108	258	32	28	130	407	189	552	39	77	302	190	27	519	121	389
	29%	24%	38%	38%	38%	46%	36%	25%	30%	29%	30%	22%	25%	27%	37%	36%	30%	41%	28%
			a	a	a	cde	c				b				abe	ab	b	b	
No	1297	900	216	147	362	29	42	340	886	411	1155	120	217	755	290	35	1080	147	920
	64%	70%	54%	52%	53%	43%	54%	66%	64%	62%	64%	67%	70%	67%	56%	48%	63%	50%	66%
		bcd						ab	ab	a			cde	cde			cd		a
Don't know	141	75	32	28	60	8	8	43	83	58	111	21	15	79	36	11	126	24	88
	7%	6%	8%	10%	9%	11%	10%	8%	6%	9%	6%	11%	5%	7%	7%	15%	7%	8%	6%
				a	a					d		a				abce			

Prepared by Savanta: ComRes

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

| | Total | Longstanding condition or illness | | | | | | Area | | Number of days active | | | | | | | | | |
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	596	59	95	25	420	164	11	491	105	86	54	82	91	57	88	26	112	230	227
	29%	31%	25%	41%	30%	29%	25%	30%	26%	19%	26%	33%	32%	33%	38%	32%	31%	33%	33%
				bde								a	a	a	abh	a	a	a	a
No	1297	117	260	27	912	373	26	1017	280	308	129	149	178	108	138	49	236	436	424
	64%	61%	70%	44%	64%	65%	63%	63%	68%	69%	63%	60%	63%	63%	60%	60%	65%	62%	63%
		c	ac		c	c			a	cfij									
Don't know	141	15	19	9	85	36	5	117	24	51	23	18	15	7	3	6	17	41	27
	7%	8%	5%	14%	6%	6%	12%	7%	6%	11%	11%	7%	5%	4%	1%	8%	5%	6%	4%
				bde						defhij	defhij	fj	f				f	f	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

	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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	596	281	78	234	483	44	484	56	419	78	463	49	397	98
	29%	45%	14%	28%	32%	20%	32%	25%	33%	22%	33%	18%	37%	18%
		bc		b	b				b		b		b	
No	1297	306	444	539	959	148	958	144	765	242	872	207	602	414
	64%	49%	79%	64%	63%	69%	62%	65%	61%	69%	61%	76%	56%	77%
			ac	a						a		a		a
Don't know	141	37	38	63	80	24	94	22	71	30	85	17	69	28
	7%	6%	7%	8%	5%	11%	6%	10%	6%	9%	6%	6%	6%	5%
						a		a		a				

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

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	650	306	341	281	241	128	42	87	63	75	50	36	127	108	62
Total	596 100%	298 100%	295 100%	245 100%	235 100%	116 100%	33 100%	74 100%	57 100%	66 100%	43 100%	50 100%	109 100%	107 100%	58 100%
Increased awareness of need to exercise or desire to do more	308 52%	152 51%	155 53%	150 61% bc	104 44%	54 47%	14 42%	34 46%	28 49%	37 57%	23 54%	25 50%	54 50%	65 61% ab	27 48%
Scared or worried to go out	97 16%	54 18%	42 14%	21 8%	61 26% ac	16 14%	4 11%	11 14%	3 5%	12 18% c	10 24% c	12 23% c	19 17% c	15 14%	14 24% c
Important for mental health	60 10%	27 9%	33 11%	29 12%	21 9%	11 9%	6 19%	10 13%	8 14%	5 8%	3 8%	2 4%	10 10%	9 8%	6 10%
Can't go out / stuck at home	41 7%	17 6%	24 8%	12 5%	19 8%	10 9%	3 10% h	4 5%	6 11% h	7 10% h	2 6%	3 6%	11 10% h	1 1%	3 6%
Less motivation to do exercise or exercising less	27 5%	16 5%	12 4%	13 5%	9 4%	5 4%	1 3%	4 6%	3 5%	2 3%	2 4%	2 4%	6 5%	5 4%	2 4%
Can't / want to go to the gym	18 3%	10 3%	8 3%	10 4%	4 2%	4 4%	3 8% eh	2 3%	2 3%	1 1%	- -	2 3%	6 5% h	1 1%	3 5% h
Have more time to exercise	16 3%	5 2%	11 4%	7 3%	8 3% c	* *	- -	4 6%	* *	4 6%	- -	1 2%	5 5%	1 1%	- -
Adapted to exercise at home	12 2%	4 1%	7 2%	2 1%	5 2%	5 5% a	* 1%	1 1%	4 7% bh	1 1%	2 4%	2 3%	2 2%	* *	* 1%
Enjoying exercising more than before	9 1%	2 1%	6 2%	3 1%	3 1%	3 2%	- -	1 2%	1 1%	* 1%	- -	3 5% g	- -	3 3%	1 1%
Doing the same / no change	6 1%	4 1%	2 1%	1 *	2 1%	2 2%	- -	* *	2 3%	1 1%	* 1%	- -	1 *	1 1%	1 2%
Other	47 8%	27 9%	19 7%	17 7%	14 6%	17 14% ab	2 7%	5 7%	10 17% bdfg	1 2%	3 6%	1 2%	8 7%	10 10% d	6 11% d
Don't know	1 *	- -	1 *	- -	1 *	- -	- -	- -	- -	- -	- -	- -	- -	- -	1 1%
Nothing	* *	- -	* *	* *	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	* 1%

Q13. How has coronavirus changed how you feel about physical activity and exercise?
BASE: All who code a) Yes at Q12

	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	650	62	179	150	119	70	70	391	259	528	23	61	24	5	4	117
Total	596	62	158	135	108	66	67	356	240	487	20	63	13	5	2	104
	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	308	34	80	76	53	38	25	191	117	254	10	29	6	5	1	52
	52%	55%	51%	56%	50%	58%	38%	54%	49%	52%	51%	45%	45%	100%	77%	50%
				f		f		f								
Scared or worried to go out	97	14	15	22	24	12	10	51	46	80	1	11	2	3	-	17
	16%	22%	10%	17%	22%	18%	15%	14%	19%	16%	3%	18%	14%	58%	-	16%
		b			bg				b							
Important for mental health	60	2	26	9	9	3	10	37	23	56	1	2	1	-	-	4
	10%	3%	17%	7%	9%	5%	15%	10%	10%	12%	6%	2%	8%	-	-	4%
			acegh				ace			cg						
Can't go out / stuck at home	41	2	15	10	4	2	8	26	15	31	3	7	1	-	-	11
	7%	3%	9%	7%	4%	3%	13%	7%	6%	6%	14%	12%	4%	-	-	10%
							ade									
Less motivation to do exercise or exercising less	27	3	12	8	2	-	3	22	5	15	4	6	2	-	-	12
	5%	4%	7%	6%	2%	-	5%	6%	2%	3%	20%	9%	14%	-	-	11%
			deh	e				eh				a				a
Can't / want to go to the gym	18	*	8	3	5	-	2	11	7	13	-	4	1	-	-	5
	3%	1%	5%	3%	5%	-	3%	3%	3%	3%	-	6%	7%	-	-	5%
Have more time to exercise	16	3	8	2	2	*	1	13	3	16	-	-	-	-	-	-
	3%	5%	5%	1%	2%	1%	1%	4%	1%	3%	-	-	-	-	-	-
			h							g						
Adapted to exercise at home	12	*	3	2	-	*	7	5	7	8	-	4	1	-	-	4
	2%	1%	2%	1%	-	1%	10%	1%	3%	2%	-	6%	5%	-	-	4%
							abcdegh					a				
Enjoying exercising more than before	9	1	2	1	6	-	-	3	6	8	-	-	-	-	-	-
	1%	1%	1%	*	5%	-	-	1%	2%	2%	-	-	-	-	-	-
					bcefg											
Doing the same / no change	6	-	1	1	2	-	2	2	4	6	-	-	-	-	-	-
	1%	-	*	1%	2%	-	3%	1%	2%	1%	-	-	-	-	-	-
Other	47	8	12	5	6	11	6	25	22	39	1	5	1	-	*	7
	8%	13%	7%	4%	6%	16%	9%	7%	9%	8%	6%	7%	6%	-	23%	7%
		c				bcdg			c							
Don't know	1	-	-	-	-	-	1	-	1	1	-	-	-	-	-	-
	*	-	-	-	-	-	1%	-	*	*	-	-	-	-	-	-
							g									
Nothing	*	-	-	-	*	-	-	-	*	*	-	-	-	-	-	-
	*	-	-	-	*	-	-	-	*	*	-	-	-	-	-	-

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

	Total	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	
		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	650	151	295	196	491	38	41	147	424	226	606	37	41	309	266	34	609	174	425
Total	596	316	151	108	258	32	28	130	407	189	552	39	77	302	190	27	519	121	389
	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	308	179	65	56	121	13	14	62	219	89	297	10	45	147	105	11	262	54	202
	52%	57% bd	43%	52% b	47%	41%	50%	48%	54%	47%	54% b	27%	58%	49%	55%	41%	51%	44%	52%
Scared or worried to go out	97	54	30	14	44	6	3	19	70	28	90	7	12	60	22	4	86	20	66
	16%	17%	20% c	13%	17%	18%	12%	14%	17%	15%	16%	18%	15%	20% c	12%	15%	17%	17%	17%
Important for mental health	60	28	20	10	29	2	1	5	52	8	56	4	2	41	17	*	58	8	50
	10%	9%	13%	9%	11%	7%	2%	4%	13% ce	4%	10%	10%	3%	14% ad	9%	1%	11%	6%	13% a
Can't go out / stuck at home	41	19	7	5	13	1	2	25	13	28	32	6	6	24	8	3	35	8	27
	7%	6%	5%	5%	5%	3%	8%	19% ad	3%	15% ad	6%	16% a	8%	8%	4%	11%	7%	6%	7%
Less motivation to do exercise or exercising less	27	12	8	5	13	2	6	8	12	15	23	3	2	12	6	7	25	11	14
	5%	4%	5%	4%	5%	6%	20% cde	6%	3%	8% d	4%	8%	3%	4%	3%	27% abce	5%	9% b	4%
Can't / want to go to the gym	18	13	3	3	6	1	-	2	16	2	12	6	3	9	6	*	16	3	11
	3%	4%	2%	3%	2%	2%	-	1%	4%	1%	2%	16% a	3%	3%	3%	1%	3%	3%	3%
Have more time to exercise	16	8	4	4	8	1	-	3	12	4	15	1	-	7	8	1	16	3	12
	3%	2%	3%	3%	3%	4%	-	2%	3%	2%	3%	2%	-	2%	4%	2%	3%	2%	3%
Adapted to exercise at home	12	4	2	2	4	-	-	4	8	4	12	-	-	4	6	2	12	8	4
	2%	1%	2%	2%	2%	-	-	3%	2%	2%	2%	-	-	1%	3%	6%	2%	6% b	1%
Enjoying exercising more than before	9	5	1	2	4	-	-	1	8	1	9	-	-	5	3	1	9	1	7
	1%	2%	1%	2%	1%	-	-	1%	2%	1%	2%	-	-	2%	2%	3%	2%	1%	2%
Doing the same / no change	6	2	2	2	4	-	1	2	4	2	5	1	1	1	3	-	4	2	2
	1%	1%	1%	2%	1%	-	2%	1%	1%	1%	1%	2%	2%	*	2%	-	1%	2%	1%

Q13. How has coronavirus changed how you feel about physical activity and exercise?
BASE: All who code a) Yes at Q12

	Total	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	
		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	650	151	295	196	491	38	41	147	424	226	606	37	41	309	266	34	609	174	425
Total	596	316	151	108	258	32	28	130	407	189	552	39	77	302	190	27	519	121	389
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other	47	21	17	9	26	6	2	9	31	16	39	6	9	23	14	1	38	10	27
	8%	7%	11%	9%	10%	18% cd	5%	7%	8%	8%	7%	16%	12%	7%	7%	5%	7%	8%	7%
Don't know	1	-	-	1	1	1	-	-	-	1	-	1	-	1	-	-	1	-	1
	*	-	-	1%	*	2% d	-	-	-	*	-	2% a	-	*	-	-	*	-	*
Nothing	*	-	-	*	*	*	-	-	-	*	*	-	-	-	*	-	*	*	-
	*	-	-	*	*	1% d	-	-	-	*	*	-	-	-	*	-	*	*	-

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Savanta:
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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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	*f	a	b	a	b	c	d	e	f	*g	h	i	j
Unweighted Total	650	82	108	33	432	203	15	544	106	69	62	92	102	61	96	26	142	255	264
Total	596	59	95	25	420	164	11	491	105	86	54	82	91	57	88	26	112	230	227
	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	308 52%	34 57%	43 45%	11 42%	224 53%	77 47%	7 69%	261 53%	47 45%	29 34%	28 51% a	46 57% a	47 52%	28 49%	52 59% a	17 65%	59 53% a	122 53% a	129 57% a
Scared or worried to go out	97 16%	6 10%	11 12%	8 30% abe	73 17%	24 14%	1 5%	82 17%	16 15%	35 41% bcdefhij	5 9%	13 16%	11 13%	8 14%	11 12%	5 20%	9 8%	33 14%	25 11%
Important for mental health	60 10%	7 13%	6 7%	2 6%	46 11%	14 8%	1 12%	43 9%	17 17% a	4 4%	4 8%	10 12%	7 8%	7 12%	8 9%	4 16%	17 15% a	24 10%	29 13% a
Can't go out / stuck at home	41 7%	5 8%	14 14% d	2 7%	21 5%	20 12% d	* 3%	29 6%	12 11%	8 9%	5 9%	4 5%	9 10%	3 5%	4 5%	1 2%	8 7%	16 7%	13 6%
Less motivation to do exercise or exercising less	27 5%	2 3%	6 6%	1 5%	17 4%	9 5%	- -	22 4%	6 5%	4 5%	2 3%	9 10% fhj	6 6% fj	2 4%	* *	- -	4 4%	17 7% fj	5 2%
Can't / want to go to the gym	18 3%	* 1%	1 1%	- -	17 4% e	1 1%	- -	18 4%	* *	6 7% chi	1 3%	- -	3 4% h	1 2%	7 7% chi	- -	- -	4 2%	7 3% h
Have more time to exercise	16 3%	1 2%	1 1%	- -	14 3%	2 1%	- -	11 2%	5 5%	- -	1 1%	1 1%	4 5%	- -	5 6% a	- -	5 4%	5 2%	10 4%
Adapted to exercise at home	12 2%	1 1%	3 3%	1 3%	7 2%	4 2%	- -	9 2%	3 3%	- -	3 5% h	1 1%	2 2%	1 1%	5 6% achi	- -	1 1%	3 1%	6 3%
Enjoying exercising more than before	9 1%	- -	3 4%	1 2%	5 1%	4 2%	- -	6 1%	3 3%	- -	- -	- -	1 1%	3 5% c	1 1%	- -	4 3%	4 2%	5 2%
Doing the same / no change	6 1%	1 2%	2 2%	- -	4 1%	2 1%	1 9%	5 1%	1 1%	1 1%	- -	1 1%	1 1%	- -	* 1%	- -	2 2%	2 1%	2 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

	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
				Longstanding condition or illness				**Area**						**Number of days active**					
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	596	59	95	25	420	164	11	491	105	86	54	82	91	57	88	26	112	230	227
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other	47	5	11	1	30	16	2	39	8	4	11	9	7	5	1	*	11	21	12
	8%	9%	12%	4%	7%	10%	16%	8%	7%	4%	20%	11%	8%	8%	1%	1%	10%	9%	5%
											adfhij	f	f	f			f	f	
Don't know	1	-	-	-	1	-	-	1	-	1	-	-	-	-	-	-	-	-	-
	*	-	-	-	*	-	-	*	-	1%	-	-	-	-	-	-	-	-	-
Nothing	*	-	*	-	-	*	-	*	-	-	-	-	-	-	-	-	*	-	*
	*	-	*	-	-	*	-	*	-	-	-	-	-	-	-	-	*	-	*

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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

	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	650	329	76	241	518	51	506	65	469	83	497	59	420	111
Total	596	281	78	234	483	44	484	56	419	78	463	49	397	98
	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	308	185	34	88	254	26	260	25	215	46	231	31	209	48
	52%	66% bc	44%	37%	52%	60%	54%	45%	51%	59%	50%	64% a	53%	50%
Scared or worried to go out	97	21	14	62	78	10	81	6	65	9	76	7	52	20
	16%	7%	18% a	27% a	16%	22%	17%	11%	15%	12%	16%	14%	13%	20%
Important for mental health	60	28	10	22	56	-	49	5	44	8	47	9	36	9
	10%	10%	13%	10%	12% b	-	10%	8%	11%	10%	10%	18%	9%	10%
Can't go out / stuck at home	41	11	7	22	30	1	30	5	29	5	36	-	34	2
	7%	4%	8%	9% a	6%	2%	6%	10%	7%	6%	8% b	-	9% b	2%
Less motivation to do exercise or exercising less	27	6	4	15	20	1	22	2	19	5	25	1	21	3
	5%	2%	6%	7% a	4%	2%	4%	4%	5%	6%	5%	3%	5%	3%
Can't / want to go to the gym	18	1	2	14	16	-	16	1	15	3	15	-	17	-
	3%	*	3% a	6% a	3%	-	3%	2%	3%	4%	3%	-	4% b	-
Have more time to exercise	16	14	-	2	8	6	7	8	10	6	9	4	8	7
	3%	5% bc	-	1%	2%	13% a	1%	14% a	2%	7% a	2%	8% a	2%	7% a
Adapted to exercise at home	12	5	1	6	11	-	9	1	8	3	9	2	8	1
	2%	2%	1%	3%	2%	-	2%	2%	2%	4%	2%	5%	2%	1%
Enjoying exercising more than before	9	8	1	-	8	*	8	*	6	-	8	1	4	4
	1%	3% c	1%	-	2%	1%	2%	1%	1%	-	2%	1%	1%	4% a
Doing the same / no change	6	1	1	3	4	1	4	2	4	2	4	1	4	2
	1%	1%	2%	1%	1%	2%	1%	3%	1%	2%	1%	2%	1%	2%
Other	47	15	7	25	33	6	37	6	35	4	39	2	35	6
	8%	5%	9%	11% a	7%	14%	8%	10%	8%	5%	8%	4%	9%	6%

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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

	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	650	329	76	241	518	51	506	65	469	83	497	59	420	111
Total	596	281	78	234	483	44	484	56	419	78	463	49	397	98
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Don't know	1	-	1	-	-	-	-	-	-	-	-	-	1	-
	*	-	1%	-	-	-	-	-	-	-	-	-	*	-
Nothing	*	*	-	-	*	-	*	-	*	-	*	-	*	-
	*	*	-	-	*	-	*	-	*	-	*	-	*	-

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D6. Which one of the following best describes you today?
BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	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	69	39	30	35	18	16	*	5	9	12	5	10	14	6	8
	3%	4%	3%	6%	3%	2%	*	2%	4%	6%	3%	4%	4%	2%	4%
				bc					a	abh			a		a
I am self-isolating because someone in my household has virus symptoms	78	40	35	51	18	9	1	6	15	13	3	4	21	8	6
	4%	4%	3%	8%	3%	1%	1%	2%	8%	6%	1%	2%	7%	3%	3%
				bc	c				abefhi	abeh			abefh		
I am self-isolating because I am at increased risk due to my age or health condition	513	246	265	108	122	282	16	60	46	66	56	60	79	77	52
	25%	25%	26%	18%	18%	38%	16%	23%	23%	31%	32%	26%	25%	23%	25%
						ab				abh	abch	a			
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1375	668	703	421	510	445	80	194	129	123	111	152	205	240	141
	68%	67%	68%	69%	76%	59%	82%	73%	65%	57%	63%	67%	64%	72%	68%
				c	ac		cdefghi	deg						deg	d
NET: Self-isolating	659	325	330	193	158	308	17	71	70	91	64	74	114	91	67
	32%	33%	32%	31%	24%	41%	18%	27%	35%	43%	37%	33%	36%	28%	32%
				b		ab			a	abhi	abh	a	abh	a	a

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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
	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	69	13	18	10	14	6	8	40	28	56	2	8	3	-	*	13
	3%	9%	4%	2%	5%	3%	2%	4%	3%	3%	4%	6%	5%	-	4%	5%
		bcefgh			cf											
I am self-isolating because someone in my household has virus symptoms	78	16	17	19	7	10	9	52	26	54	6	10	7	-	-	23
	4%	10%	4%	4%	2%	5%	2%	5%	3%	3%	14%	8%	11%	-	-	9%
		bcdefgh						fh			a	a	a			a
I am self-isolating because I am at increased risk due to my age or health condition	513	40	87	98	56	48	183	225	288	447	11	30	9	7	6	62
	25%	26%	19%	20%	20%	22%	42%	20%	31%	26%	24%	24%	15%	35%	59%	24%
		b					abcdegh		bcdeg	d						
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1375	84	335	364	209	150	233	783	592	1192	25	77	42	12	4	160
	68%	55%	73%	74%	73%	70%	54%	71%	63%	68%	58%	61%	69%	65%	37%	62%
			afh	afh	afh	af		afh	af	g						
NET: Self-isolating	659	69	121	127	78	64	201	317	342	557	18	48	19	7	6	98
	32%	45%	27%	26%	27%	30%	46%	29%	37%	32%	42%	39%	31%	35%	63%	38%
		bcdegh					bcdegh		bcdg							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

	Total	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	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	69	31	17	17	34	69	-	-	-	69	49	17	2	38	27	2	67	26	37
	3%	2%	4%	6%	5%	100%	-	-	-	10%	3%	9%	1%	3%	5%	2%	4%	9%	3%
			a	a	a	bcde				bcd		a		a	a		a	b	
I am self-isolating because someone in my household has virus symptoms	78	35	26	15	41	-	78	-	-	78	58	19	7	39	25	6	70	28	38
	4%	3%	6%	5%	6%	-	100%	-	-	12%	3%	10%	2%	3%	5%	9%	4%	9%	3%
			a	a	a		acde			acd		a				abe		b	
I am self-isolating because I am at increased risk due to my age or health condition	513	370	77	47	125	-	-	513	-	513	406	86	107	302	87	17	406	81	318
	25%	29%	19%	17%	18%	-	-	100%	-	78%	22%	48%	35%	27%	17%	24%	24%	28%	23%
		bcd						abde		abd		a	bce	c			c	b	
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1375	854	278	203	481	-	-	-	1375	-	1306	58	193	757	377	48	1182	156	1003
	68%	66%	70%	72%	71%	-	-	-	100%	-	72%	33%	62%	67%	73%	65%	69%	54%	72%
				a	a				abce		b				abe				a
NET: Self-isolating	659	436	120	80	200	69	78	513	-	659	512	121	116	379	139	25	543	135	393
	32%	34%	30%	28%	29%	100%	100%	100%	-	100%	28%	67%	38%	33%	27%	35%	31%	46%	28%
		cd				d	d	d		d		a	c	c			c	b	

D6. Which one of the following best describes you today?
BASE: All respondents

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	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	69	14	15	4	41	28	4	52	16	13	12	7	13	5	13	1	6	25	19
	3%	7%	4%	7%	3%	5%	10%	3%	4%	3%	6%	3%	5%	3%	5%	1%	2%	3%	3%
		d				d	d				hj		h		h				
I am self-isolating because someone in my household has virus symptoms	78	15	10	7	43	32	-	69	8	14	7	18	16	5	9	1	7	39	17
	4%	8%	3%	12%	3%	6%	-	4%	2%	3%	3%	7%	5%	3%	4%	1%	2%	6%	3%
		bd		bdef		bd		b				aehj	hj					hj	
I am self-isolating because I am at increased risk due to my age or health condition	513	55	222	32	219	282	20	381	132	167	59	49	91	32	40	15	60	172	115
	25%	29%	60%	53%	15%	49%	48%	23%	32%	38%	29%	20%	32%	18%	17%	18%	16%	24%	17%
		d	ade	ad		ad	ad		a	bcefghij	cefhj		cefghij					fhj	
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1375	108	127	17	1115	231	17	1123	252	250	127	175	165	131	168	65	293	472	526
	68%	57%	34%	28%	79%	40%	41%	69%	62%	56%	62%	70%	58%	76%	73%	79%	80%	67%	78%
		bce			abcef	bc		b				ad		abdi	abd	abdi	abcdfi	ad	abcdi
NET: Self-isolating	659	83	247	43	302	342	25	502	157	194	78	74	119	41	62	17	72	235	151
	32%	43%	66%	72%	21%	60%	59%	31%	38%	44%	38%	30%	42%	24%	27%	21%	20%	33%	22%
		d	ade	ade		ad	d		a	cefghij	efghj	hj	cefghij		h			eghj	

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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

	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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am self-isolating because I have had virus symptoms	69	21	16	31	50	9	50	14	49	12	47	9	40	12
	3%	3%	3%	4%	3%	4%	3%	6%	4%	3%	3%	3%	4%	2%
								a						
I am self-isolating because someone in my household has virus symptoms	78	30	19	27	60	10	51	10	41	16	53	12	41	19
	4%	5%	3%	3%	4%	5%	3%	5%	3%	4%	4%	5%	4%	4%
I am self-isolating because I am at increased risk due to my age or health condition	513	137	160	210	297	107	337	84	248	119	321	91	231	169
	25%	22%	29%	25%	20%	50%	22%	38%	20%	34%	23%	33%	22%	31%
			a			a		a		a		a		a
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1375	435	364	568	1115	89	1098	114	917	204	999	160	757	341
	68%	70%	65%	68%	73%	41%	71%	51%	73%	58%	70%	59%	71%	63%
					b		b		b		b		b	
NET: Self-isolating	659	188	195	268	407	127	438	109	338	146	422	112	312	200
	32%	30%	35%	32%	27%	59%	29%	49%	27%	42%	30%	41%	29%	37%
						a		a		a		a		a

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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

		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	1819	898	914	560	604	655	83	237	183	185	153	213	275	305	186
	89%	90%	89%	91%	90%	87%	85%	89%	92%	86%	87%	94%	86%	92%	89%
				c	c				g			adeg		adg	
No	179	75	102	46	52	81	13	24	15	24	19	13	29	22	20
	9%	8%	10%	7%	8%	11%	14%	9%	7%	11%	11%	6%	9%	7%	10%
						a	fh								
Don't know	36	19	17	8	11	17	1	4	1	6	3	-	15	4	2
	2%	2%	2%	1%	2%	2%	1%	1%	1%	3%	2%	-	5%	1%	1%
										f			bcfhi		

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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

	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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1819	138	421	450	261	192	357	1009	810	1583	31	108	51	12	10	213
	89%	91%	92%	92%	91%	90%	82%	92%	87%	90%	72%	86%	84%	64%	100%	82%
		f	fh	fh	fh	f		fh	f	bg		b				
No	179	13	35	31	18	14	67	80	99	143	11	10	9	3	-	33
	9%	9%	8%	6%	6%	7%	16%	7%	11%	8%	26%	8%	14%	16%	-	13%
							abcdegh		cdg		acg					a
Don't know	36	1	1	10	8	8	9	12	25	23	1	7	1	4	-	13
	2%	1%	*	2%	3%	4%	2%	1%	3%	1%	2%	5%	2%	19%	-	5%
				b	bg	abg	b		bg			a				a

D7. Are you well enough to exercise today?
BASE: All respondents

	Total	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1819	1144	358	263	621	49	58	406	1306	512	1819	-	276	1017	465	60	1542	252	1264
	89%	89%	90%	93%	91%	71%	74%	79%	95%	78%	100%	-	89%	90%	90%	82%	89%	86%	91%
				a					abce		b			d	d		d		a
No	179	124	32	17	49	17	19	86	58	121	-	179	29	97	44	9	150	38	106
	9%	10%	8%	6%	7%	24%	24%	17%	4%	18%	-	100%	9%	9%	9%	12%	9%	13%	8%
		c				d	d	d		d		a						b	
Don't know	36	23	8	3	10	3	1	21	11	26	-	-	4	22	7	4	33	3	26
	2%	2%	2%	1%	2%	5%	2%	4%	1%	4%	-	-	1%	2%	1%	6%	2%	1%	2%
						d		d		d							abce		

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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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1819	157	267	49	1340	441	24	1465	353	326	180	232	267	161	216	80	357	660	652
	89%	82%	71%	80%	95%	77%	56%	90%	86%	73%	88%	93%	94%	93%	94%	97%	98%	93%	96%
		bf	f	f	abcef	f		b			a	a	ab	a	ab	ab	abcdefi	ab	abci
No	179	25	94	10	65	111	16	133	46	102	18	16	17	7	8	2	8	40	19
	9%	13%	25%	17%	5%	19%	38%	8%	11%	23%	9%	6%	6%	4%	4%	3%	2%	6%	3%
		d	ade	d		ad	acde			bcdefghij	fhj	hj	hj						hj
Don't know	36	10	13	2	13	21	2	26	10	17	7	2	*	4	6	-	-	6	6
	2%	5%	3%	3%	1%	4%	6%	2%	2%	4%	4%	1%	*	2%	3%	-	-	1%	1%
		d	d			d	d			cdhij	cdhij			dh	dhj				

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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

	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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1819	600	471	740	1445	129	1435	161	1178	262	1318	213	988	455
	89%	96%	84%	88%	95%	60%	93%	73%	94%	75%	93%	78%	92%	84%
		bc		b	b		b		b		b		b	
No	179	17	78	78	67	77	82	57	62	82	87	51	68	75
	9%	3%	14%	9%	4%	36%	5%	26%	5%	23%	6%	19%	6%	14%
			ac	a		a		a		a		a		a
Don't know	36	7	10	18	11	10	18	4	16	7	15	8	12	10
	2%	1%	2%	2%	1%	5%	1%	2%	1%	2%	1%	3%	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

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	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	309	170	138	45	91	173	21	26	28	47	28	15	56	51	37
	15%	17%	13%	7%	14%	23%	22%	10%	14%	22%	16%	7%	18%	15%	18%
		b			a	ab	bf		f	bcf	bf		bf	bf	bf
2-3	1136	569	565	289	320	526	52	165	113	102	111	134	145	186	126
	56%	57%	55%	47%	48%	70%	53%	63%	57%	48%	64%	60%	45%	56%	61%
						ab		dg	g		dg	dg		dg	dg
4-5	516	227	287	237	231	48	24	63	51	56	27	71	94	87	43
	25%	23%	28%	39%	35%	6%	25%	24%	26%	26%	15%	31%	29%	26%	21%
			a	c	c			e	e	e		ei	ei	e	
6+	73	27	44	43	26	5	1	10	7	10	8	5	24	7	1
	4%	3%	4%	7%	4%	1%	1%	4%	3%	5%	5%	2%	8%	2%	1%
				bc	c			i	i	i	ai		acfhi		
NET: Lives with others	1725	823	896	569	577	579	76	239	170	168	147	211	263	280	171
	85%	83%	87%	93%	86%	77%	78%	90%	86%	78%	84%	93%	82%	85%	82%
			a	bc	c			adeghi	d			acdeghi			
Base for stats	2034	993	1033	614	668	753	97	264	199	215	175	226	319	331	208
Mean Score	2.81	2.70	2.91	3.36	3.12	2.10	2.52	2.91	2.91	2.75	2.62	2.99	3.08	2.69	2.54
			a	bc	c				i			aehi	adehi		
Standard Deviation	1.651	1.906	1.349	1.387	1.875	1.361	1.178	2.176	2.746	1.475	1.295	1.163	1.556	1.220	1.161
Standard Error	.037	.061	.042	.054	.073	.051	.110	.134	.190	.100	.093	.093	.085	.067	.080
Error variance	*	*	*	*	.01	*	.01	.02	.04	.01	.01	.01	.01	*	.01

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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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	309	18	53	81	18	28	112	152	157	283	7	3	13	3	1	26
	15%	12%	12%	17%	6%	13%	26%	14%	17%	16%	17%	2%	21%	17%	6%	10%
		d	d	bd		d	abcdegh	d	bd	cg	c		cg			c
2-3	1136	55	242	261	161	132	285	558	578	1040	17	43	12	8	3	83
	56%	36%	53%	53%	56%	62%	66%	51%	62%	59%	39%	35%	19%	43%	29%	32%
			a	a	a	abcg	abcdg	a	abcg	bcdg	d	d				d
4-5	516	65	145	129	101	45	31	339	177	400	15	59	23	4	5	107
	25%	43%	32%	26%	35%	21%	7%	31%	19%	23%	35%	47%	39%	23%	51%	41%
		bcefgh	efh	fh	cefh	f		efh	f		a	a	a			a
6+	73	14	17	20	8	8	7	51	22	27	4	20	13	3	1	42
	4%	9%	4%	4%	3%	4%	2%	5%	2%	2%	8%	16%	22%	18%	14%	16%
		bcdefgh		f				fh			a	a	ab			a
NET: Lives with others	1725	134	403	410	269	186	322	948	777	1467	36	123	48	16	9	232
	85%	88%	88%	83%	94%	87%	74%	86%	83%	84%	83%	98%	79%	83%	94%	90%
		f	cfh	f	abcefgh	f		f	f			abdg				ad
Base for stats	2034	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
Mean Score	2.81	3.52	2.95	2.92	3.07	2.82	2.13	3.01	2.58	2.65	3.18	4.04	4.00	3.31	3.75	3.82
		bcdefgh	fh	fh	efh	fh		fh	f		a	ab	a			a
Standard Deviation	1.651	1.508	1.304	2.440	1.226	1.234	1.011	1.927	1.209	1.442	1.525	1.517	4.004	1.647	1.425	2.367
Standard Error	.037	.116	.058	.112	.070	.088	.051	.057	.041	.035	.214	.130	.445	.425	.368	.137
Error variance	*	.01	*	.01	*	.01	*	*	*	*	.05	.02	.20	.18	.14	.02

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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	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	309	290	12	2	14	2	7	107	193	116	276	29	309	-	-	-	-	-	-
	15%	22%	3%	1%	2%	3%	9%	21%	14%	18%	15%	16%	100%	-	-	-	-	-	-
		bcd	c		c			abd	a	abd			bcde						
2-3	1136	818	263	32	294	38	39	302	757	379	1017	97	-	1136	-	-	1136	162	951
	56%	63%	66%	11%	43%	55%	50%	59%	55%	57%	56%	54%	-	100%	-	-	66%	55%	68%
		cd	cd		c									acde			acd		a
4-5	516	164	115	213	329	27	25	87	377	139	465	44	-	-	516	-	516	111	398
	25%	13%	29%	76%	48%	39%	33%	17%	27%	21%	26%	25%	-	-	100%	-	30%	38%	29%
			a	abd	ab	cde	ce		ce						abde		abd	b	
6+	73	19	8	36	44	2	6	17	48	25	60	9	-	-	-	73	73	19	47
	4%	1%	2%	13%	6%	3%	8%	3%	3%	4%	3%	5%	-	-	-	100%	4%	6%	3%
				abd	ab		cd									abce	abc	b	
NET: Lives with others	1725	1000	386	281	666	67	70	406	1182	543	1542	150	-	1136	516	73	1725	292	1396
	85%	78%	97%	99%	98%	97%	91%	79%	86%	82%	85%	84%	-	100%	100%	100%	100%	100%	100%
			a	abd	a	cde	ce		ce					a	a	a	a		
Base for stats	2034	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
Mean Score	2.81	2.29	3.28	4.38	3.73	3.26	3.47	2.49	2.87	2.69	2.79	2.96	1.00	2.40	4.22	6.97	3.14	3.49	3.05
			a	abd	ab	cde	cde		ce	c					be	bce	b	b	
Standard Deviation	1.651	1.133	1.966	1.916	2.019	1.165	3.423	1.280	1.621	1.706	1.531	2.577	-	.490	.416	4.829	1.587	1.979	1.457
Standard Error	.037	.042	.070	.085	.056	.129	.351	.057	.044	.065	.036	.197	-	.015	.016	.488	.037	.102	.039
Error variance	*	*	*	.01	*	.02	.12	*	*	*	*	.04	-	*	*	.24	*	.01	*

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D8. Including yourself, how many people in total live in your household?
BASE: All respondents

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	309	35	64	6	207	96	7	267	42	98	32	35	37	20	23	9	57	91	89
	15%	18%	17%	10%	15%	17%	17%	16%	10%	22%	15%	14%	13%	11%	10%	11%	16%	13%	13%
									b	cdefghij								f	
2-3	1136	95	230	34	787	328	25	893	243	267	119	137	145	103	125	49	191	385	365
	56%	49%	62%	57%	56%	57%	58%	55%	59%	60%	58%	55%	51%	60%	55%	59%	52%	54%	54%
			ad							dh									
4-5	516	56	67	16	374	125	10	409	107	68	50	71	91	42	70	18	107	203	195
	25%	29%	18%	27%	26%	22%	25%	25%	26%	15%	24%	28%	32%	24%	30%	23%	29%	29%	29%
		be			be						a	a	a	a	a		a	a	a
6+	73	6	13	4	50	23	-	56	17	13	4	7	12	9	12	6	10	28	28
	4%	3%	3%	7%	3%	4%	-	3%	4%	3%	2%	3%	4%	5%	5%	7%	3%	4%	4%
																b			
NET: Lives with others	1725	157	309	55	1211	477	35	1358	367	347	174	215	248	153	207	73	308	616	588
	85%	82%	83%	90%	85%	83%	83%	84%	90%	78%	85%	86%	87%	89%	90%	89%	84%	87%	87%
									a			a	a	a	ah	a	a	a	a
Base for stats	2034	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
Mean Score	2.81	2.80	2.55	3.34	2.85	2.71	2.65	2.79	2.89	2.45	2.67	2.82	3.06	2.93	3.04	2.94	2.91	2.95	2.96
		b		bde	b						a	a	ab	a	ab	a	a	ab	ab
Standard Deviation	1.651	1.316	1.255	3.808	1.617	1.749	1.144	1.582	1.901	1.259	1.266	1.281	2.142	1.334	1.283	1.396	2.261	1.692	1.884
Standard Error	.037	.091	.066	.437	.043	.072	.171	.039	.095	.065	.092	.078	.120	.099	.084	.156	.116	.061	.071
Error variance	*	.01	*	.19	*	.01	.03	*	.01	*	.01	.01	.01	.01	.01	.02	.01	*	.01

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D8. Including yourself, how many people in total live 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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	309	78	95	132	212	53	219	46	172	74	206	60	157	103
	15%	13%	17%	16%	14%	25%	14%	21%	14%	21%	15%	22%	15%	19%
			a			a		a		a		a		a
2-3	1136	307	361	460	845	113	865	111	686	182	777	149	584	303
	56%	49%	64%	55%	56%	52%	56%	50%	55%	52%	55%	55%	55%	56%
			ac	a										
4-5	516	213	94	207	408	46	390	60	340	89	380	55	287	117
	25%	34%	17%	25%	27%	21%	25%	27%	27%	25%	27%	20%	27%	22%
		bc		b								b		b
6+	73	25	10	37	58	3	61	5	57	6	57	8	40	18
	4%	4%	2%	4%	4%	2%	4%	2%	5%	2%	4%	3%	4%	3%
		b		b					b					
NET: Lives with others	1725	545	465	704	1311	163	1316	176	1083	277	1214	212	911	438
	85%	87%	83%	84%	86%	75%	86%	79%	86%	79%	85%	78%	85%	81%
		b			b		b		b		b		b	
Base for stats	2034	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
Mean Score	2.81	3.05	2.52	2.83	2.88	2.45	2.86	2.62	2.92	2.59	2.87	2.58	2.85	2.68
		bc			b		b		b		b		b	
Standard Deviation	1.651	1.323	1.857	1.700	1.757	1.235	1.758	1.282	1.684	1.245	1.640	2.126	1.357	1.956
Standard Error	.037	.050	.081	.060	.045	.085	.045	.086	.047	.069	.043	.132	.041	.087
Error variance	*	*	.01	*	*	.01	*	.01	*	*	*	.02	*	.01

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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

		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	1836	881	949	637	624	575	99	248	190	188	175	147	303	298	188
Total	1725	823	896	569	577	579	76	239	170	168	147	211	263	280	171
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	292	132	159	120	109	63	17	38	36	35	16	39	55	37	21
	17%	16%	18%	21%	19%	11%	22%	16%	21%	21%	11%	18%	21%	13%	12%
				c	c		ehi		ehi	ehi		e	ehi		
No	1396	672	720	429	459	509	58	193	134	129	131	168	196	242	146
	81%	82%	80%	75%	80%	88%	76%	81%	78%	77%	89%	80%	75%	86%	85%
						ab					abcdfg			acdg	adg
Prefer not to say	37	18	16	20	9	8	2	8	1	4	*	4	12	1	4
	2%	2%	2%	4%	2%	1%	2%	3%	*	3%	*	2%	5%	*	3%
				bc				ceh		h			ceh		h

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

	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	1836	159	472	428	297	181	299	1059	777	1530	47	133	74	14	14	282
Total	1725	134	403	410	269	186	322	948	777	1467	36	123	48	16	9	232
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	292	29	63	64	44	32	60	156	136	218	13	38	16	3	1	71
	17%	21%	16%	16%	16%	17%	19%	16%	18%	15%	37%	31%	33%	19%	8%	31%
											a	a	a			a
No	1396	103	338	330	221	149	256	771	625	1229	23	82	27	13	9	153
	81%	77%	84%	80%	82%	80%	79%	81%	80%	84%	63%	67%	56%	81%	92%	66%
										bcdg						
Prefer not to say	37	2	3	16	4	5	7	21	16	20	-	3	5	-	-	8
	2%	2%	1%	4%	1%	3%	2%	2%	2%	1%	-	2%	11%	-	-	4%
				bh		b		b					abcg			a

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

	Total	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	
		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	1836	553	755	505	1260	80	90	429	1237	599	1647	154	-	1052	686	98	1836	378	1421
Total	1725	1000	386	281	666	67	70	406	1182	543	1542	150	-	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%
Yes	292	110	93	75	167	26	28	81	156	135	252	38	-	162	111	19	292	292	-
	17%	11%	24%	27%	25%	40%	39%	20%	13%	25%	16%	25%	-	14%	22%	25%	17%	100%	-
			a	a	a	cde	cde	d		d		a			be	be		b	
No	1396	874	285	201	486	37	38	318	1003	393	1264	106	-	951	398	47	1396	-	1396
	81%	87%	74%	71%	73%	55%	55%	78%	85%	72%	82%	71%	-	84%	77%	64%	81%	-	100%
		bcd						abe	abce	ab	b			cd	d		cd		a
Prefer not to say	37	17	8	5	13	3	4	7	22	14	26	6	-	23	7	7	37	-	-
	2%	2%	2%	2%	2%	5%	6%	2%	2%	3%	2%	4%	-	2%	1%	10%	2%	-	-
							cd					a				bce			

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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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	1836	190	319	70	1262	528	42	1464	372	320	170	245	295	171	220	75	340	711	635
Total	1725	157	309	55	1211	477	35	1358	367	347	174	215	248	153	207	73	308	616	588
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	292	50	73	28	154	131	15	232	60	43	32	32	64	28	46	6	40	124	93
	17%	32%	24%	50%	13%	28%	44%	17%	16%	12%	18%	15%	26%	18%	22%	8%	13%	20%	16%
		bd	d	abde		d	bde				g		acghj	g	acghj			aghj	
No	1396	101	235	25	1035	337	19	1096	300	301	132	172	183	122	158	65	264	476	487
	81%	64%	76%	46%	85%	71%	54%	81%	82%	87%	76%	80%	74%	79%	77%	88%	86%	77%	83%
		c	acf		abcef	cf				bcdefi						bdfi	bdfi		bdfi
Prefer not to say	37	6	1	2	22	9	1	30	7	3	10	11	1	3	2	3	4	16	8
	2%	4%	*	3%	2%	2%	2%	2%	2%	1%	6%	5%	*	2%	1%	4%	1%	3%	1%
		bd		b							adfhij	adfhij				d		d	

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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

	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	1836	635	460	724	1386	175	1383	191	1185	280	1299	223	985	439
Total	1725	545	465	704	1311	163	1316	176	1083	277	1214	212	911	438
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	292	115	75	98	218	27	211	36	193	41	217	25	178	51
	17%	21%	16%	14%	17%	16%	16%	20%	18%	15%	18%	12%	20%	12%
		bc									b		b	
No	1396	424	380	586	1065	135	1076	138	866	235	974	186	712	380
	81%	78%	82%	83%	81%	83%	82%	79%	80%	85%	80%	88%	78%	87%
				a								a		a
Prefer not to say	37	6	9	20	28	2	29	2	24	1	23	1	21	7
	2%	1%	2%	3%	2%	1%	2%	1%	2%	*	2%	*	2%	2%
				a					b					

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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	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	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	191	81	109	89	69	33	9	30	18	21	17	13	37	22	23
	9%	8%	11%	15%	10%	4%	9%	11%	9%	10%	10%	6%	12%	7%	11%
				bc	c			h					fh		
Yes - physical condition or illness	373	158	215	53	106	214	16	57	32	39	44	47	35	65	38
	18%	16%	21%	9%	16%	28%	17%	21%	16%	18%	25%	21%	11%	20%	18%
			a		a	ab		g		g	cg	g		g	g
Yes - other	61	32	28	27	23	11	3	6	6	9	3	4	18	6	5
	3%	3%	3%	4%	3%	1%	3%	2%	3%	4%	2%	2%	6%	2%	2%
				c	c								befh		
No	1417	724	690	449	475	493	67	173	139	147	112	163	232	239	144
	70%	73%	67%	73%	71%	66%	69%	65%	70%	69%	64%	72%	73%	72%	69%
		b		c	c								e	e	
Prefer not to say	44	14	28	17	14	13	2	3	6	3	4	9	8	4	4
	2%	1%	3%	3%	2%	2%	3%	1%	3%	1%	2%	4%	2%	1%	2%
			a												
NET: Longstanding condition or illness	573	255	315	148	178	246	27	88	53	65	59	54	79	88	59
	28%	26%	31%	24%	27%	33%	28%	33%	27%	30%	34%	24%	25%	26%	29%
			a			ab		fg			fg				
NET: Longstanding physical and mental condition or illness	42	13	29	17	17	8	1	5	2	5	5	7	8	4	6
	2%	1%	3%	3%	3%	1%	1%	2%	1%	2%	3%	3%	2%	1%	3%
			a	c	c										

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 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
						Social Grade								**Ethnicity**		
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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	191	16	34	49	27	25	41	98	93	173	7	4	2	3	1	18
	9%	10%	7%	10%	10%	12%	9%	9%	10%	10%	16%	3%	4%	18%	14%	7%
										c	cdg					
Yes - physical condition or illness	373	14	63	80	48	29	140	156	217	338	7	15	6	6	1	35
	18%	9%	14%	16%	17%	14%	32%	14%	23%	19%	16%	12%	10%	29%	11%	14%
				a	a		abcdegh		abcdeg	cdg						
Yes - other	61	12	11	11	6	11	9	35	26	39	5	6	9	-	*	20
	3%	8%	2%	2%	2%	5%	2%	3%	3%	2%	11%	5%	14%	-	3%	8%
		bcdfgh				cdf					a	a	ac			a
No	1417	110	347	351	208	146	256	807	610	1217	24	99	42	10	7	182
	70%	72%	76%	71%	73%	68%	59%	73%	65%	70%	56%	79%	69%	53%	68%	71%
		f	efh	fh	fh	f		fh	f	b		ab				b
Prefer not to say	44	2	7	15	5	8	6	24	19	34	1	1	2	-	*	5
	2%	2%	2%	3%	2%	4%	1%	2%	2%	2%	3%	1%	3%	-	4%	2%
						f										
NET: Longstanding condition or illness	573	40	102	126	73	59	172	268	305	499	18	25	17	9	3	71
	28%	26%	22%	26%	26%	28%	40%	24%	33%	29%	41%	20%	28%	47%	28%	28%
							abcdegh		bcdg	c	c					
NET: Longstanding physical and mental condition or illness	42	-	5	11	7	5	14	16	26	42	-	-	-	-	-	-
	2%	-	1%	2%	2%	2%	3%	1%	3%	2%	-	-	-	-	-	-
				a	a	a	abg		abg	g						

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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	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	191	97	45	37	81	14	15	55	108	83	157	25	35	95	56	6	157	50	101
	9%	8%	11%	13%	12%	20%	19%	11%	8%	13%	9%	14%	11%	8%	11%	8%	9%	17%	7%
			a	a	a	cd	cd			d		a						b	
Yes - physical condition or illness	373	266	62	34	96	15	10	222	127	247	267	94	64	230	67	13	309	73	235
	18%	21%	16%	12%	14%	21%	13%	43%	9%	37%	15%	52%	21%	20%	13%	17%	18%	25%	17%
		bcd				d		abde		abd		a	c	c			c	b	
Yes - other	61	28	17	12	29	4	7	32	17	43	49	10	6	34	16	4	55	28	25
	3%	2%	4%	4%	4%	6%	9%	6%	1%	7%	3%	6%	2%	3%	3%	6%	3%	9%	2%
			a	a	a	d	d	d		d		a						b	
No	1417	903	279	197	476	41	43	219	1115	302	1340	65	207	787	374	50	1211	154	1035
	70%	70%	70%	70%	70%	59%	55%	43%	81%	46%	74%	36%	67%	69%	73%	68%	70%	53%	74%
						ce	c		abce		b								a
Prefer not to say	44	23	11	10	21	-	3	12	28	15	38	3	6	20	16	1	38	6	25
	2%	2%	3%	3%	3%	-	4%	2%	2%	2%	2%	2%	2%	2%	3%	1%	2%	2%	2%
NET: Longstanding condition or illness	573	365	108	76	184	28	32	282	231	342	441	111	96	328	125	23	477	131	337
	28%	28%	27%	27%	27%	41%	41%	55%	17%	52%	24%	62%	31%	29%	24%	31%	28%	45%	24%
						d	d	abd		d		a			c			b	
NET: Longstanding physical and mental condition or illness	42	20	13	6	18	4	-	20	17	25	24	16	7	25	10	-	35	15	19
	2%	2%	3%	2%	3%	6%	-	4%	1%	4%	1%	9%	2%	2%	2%	-	2%	5%	1%
			a			bd		bd		d		a						b	

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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	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	191	191	42	5	-	191	42	153	38	47	16	25	21	21	24	7	30	68	61
	9%	100%	11%	8%	-	33%	100%	9%	9%	11%	8%	10%	8%	12%	10%	8%	8%	10%	9%
		bcde	d	d		bcd	bcde												
Yes - physical condition or illness	373	42	373	6	-	373	42	274	99	135	44	36	59	15	28	9	47	110	84
	18%	22%	100%	10%	-	65%	100%	17%	24%	30%	22%	15%	21%	8%	12%	11%	13%	16%	12%
		cd	acde	d		acd	acde		a	bcdefghij	efghj		cefghij						e
Yes - other	61	5	6	61	-	61	1	50	11	9	4	3	17	9	12	2	5	29	20
	3%	3%	2%	100%	-	11%	1%	3%	3%	2%	2%	1%	6%	5%	5%	3%	1%	4%	3%
		d	d	abdef		abdf	d						abchj	ach	ach				ch
No	1417	-	-	-	1417	-	-	1154	263	268	139	184	186	125	172	66	277	495	515
	70%	-	-	-	100%	-	-	71%	64%	60%	68%	74%	65%	72%	75%	81%	76%	70%	76%
					abcef			b				ad		a	ad	abdi	abdi	a	abdi
Prefer not to say	44	-	-	-	-	-	-	36	8	10	5	4	6	6	2	1	9	17	12
	2%	-	-	-	-	-	-	2%	2%	2%	3%	2%	2%	4%	1%	1%	3%	2%	2%
														f					
NET: Longstanding condition or illness	573	191	373	61	-	573	42	434	139	168	61	61	92	41	56	15	79	194	150
	28%	100%	100%	100%	-	100%	100%	27%	34%	38%	30%	25%	32%	24%	24%	18%	22%	27%	22%
		d	d	d		d	d		a	cefghij	hj		cefghj						hj
NET: Longstanding physical and mental condition or illness	42	42	42	1	-	42	42	35	7	20	3	3	6	3	5	1	2	12	8
	2%	22%	11%	1%	-	7%	100%	2%	2%	4%	1%	1%	2%	2%	2%	1%	1%	2%	1%
		bcde	cde	d		cd	abcde			bchij									

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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	191	59	41	88	134	32	129	28	97	50	119	36	94	68
	9%	10%	7%	11%	9%	15%	8%	13%	8%	14%	8%	13%	9%	13%
						a		a		a		a		a
Yes - physical condition or illness	373	94	129	145	194	105	238	74	166	102	219	81	152	139
	18%	15%	23%	17%	13%	48%	15%	33%	13%	29%	15%	30%	14%	26%
			ac			a		a		a		a		a
Yes - other	61	26	15	15	45	8	42	9	37	10	43	6	33	15
	3%	4%	3%	2%	3%	4%	3%	4%	3%	3%	3%	2%	3%	3%
		c												
No	1417	443	374	598	1158	83	1138	114	957	201	1042	158	791	328
	70%	71%	67%	72%	76%	38%	74%	51%	76%	57%	73%	58%	74%	61%
					b		b		b		b		b	
Prefer not to say	44	13	12	18	22	6	23	7	22	7	26	3	18	11
	2%	2%	2%	2%	1%	3%	1%	3%	2%	2%	2%	1%	2%	2%
NET: Longstanding condition or illness	573	168	174	220	343	128	375	101	276	143	353	112	259	202
	28%	27%	31%	26%	23%	59%	24%	46%	22%	41%	25%	41%	24%	37%
						a		a		a		a		a
NET: Longstanding physical and mental condition or illness	42	7	9	26	23	16	26	9	18	18	21	11	17	17
	2%	1%	2%	3%	2%	7%	2%	4%	1%	5%	2%	4%	2%	3%
				a		a		a		a		a		a

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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

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	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	1750	857	889	450	570	730	89	239	170	178	155	215	205	295	202
	86%	86%	86%	73%	85%	97%	92%	91%	86%	83%	88%	95%	64%	89%	97%
					a	ab	dg	dg	g	g	g	cdegh		dg	abcdegh
Mixed	43	16	27	31	11	2	3	4	2	2	7	-	20	6	1
	2%	2%	3%	5%	2%	*	3%	1%	1%	1%	4%	-	6%	2%	*
				bc	c		fi				dfi		bcdfhi		
Asian	125	62	63	74	45	7	-	10	17	19	11	4	47	16	1
	6%	6%	6%	12%	7%	1%	-	4%	9%	9%	6%	2%	15%	5%	1%
				bc	c			ai	abfi	abfi	afi		abcdefi	ai	
Black	61	29	30	33	21	8	4	3	1	10	1	5	33	3	1
	3%	3%	3%	5%	3%	1%	4%	1%	*	5%	1%	2%	10%	1%	*
				bc	c		cehi			bcehi			abcdefi		
Chinese	19	13	6	6	11	2	1	1	3	4	1	1	5	3	-
	1%	1%	1%	1%	2%	*	1%	*	2%	2%	1%	*	2%	1%	-
					c										
Other ethnic group	10	4	5	7	2	1	-	4	*	1	1	-	3	*	*
	*	*	1%	1%	*	*	-	1%	*	*	*	-	1%	*	*
				c											
Prefer not to answer	26	11	13	14	9	3	*	3	5	1	-	2	5	7	2
	1%	1%	1%	2%	1%	*	*	1%	3%	*	-	1%	2%	2%	1%
				c	c				e					e	
NET: Non-white	258	124	131	149	89	20	8	22	23	36	20	9	109	28	4
	13%	12%	13%	24%	13%	3%	8%	8%	12%	17%	12%	4%	34%	9%	2%
				bc	c		i	i	fi	abfhi	fi		abcdefhi	i	

D11. To which of the following ethnic groups do you consider you belong?
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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1750	104	396	402	253	187	408	902	848	1750	-	-	-	-	-	-
	86%	68%	87%	82%	88%	87%	94%	82%	91%	100%	-	-	-	-	-	-
			acg	a	acg	a	abcdegh	a	abcg	bcdg						
Mixed	43	6	13	14	4	2	4	33	10	-	43	-	-	-	-	43
	2%	4%	3%	3%	1%	1%	1%	3%	1%	-	100%	-	-	-	-	17%
		fh	fh	fh				fh			acdg					acd
Asian	125	22	21	46	17	11	9	89	36	-	-	125	-	-	-	125
	6%	15%	5%	9%	6%	5%	2%	8%	4%	-	-	100%	-	-	-	49%
		bdefgh	f	bfh	f	f		bfh				abdg				abd
Black	61	13	14	12	10	7	5	39	22	-	-	-	61	-	-	61
	3%	8%	3%	2%	3%	3%	1%	4%	2%	-	-	-	100%	-	-	24%
		bcdefgh	f		f			f					abcg			abc
Chinese	19	3	5	2	*	3	5	10	9	-	-	-	-	19	-	19
	1%	2%	1%	*	*	2%	1%	1%	1%	-	-	-	-	100%	-	7%
		cd														abcd
Other ethnic group	10	1	1	1	2	3	2	4	6	-	-	-	-	-	10	10
	*	1%	*	*	1%	1%	*	*	1%	-	-	-	-	-	100%	4%
																ac
Prefer not to answer	26	3	6	15	1	1	1	23	3	-	-	-	-	-	-	-
	1%	2%	1%	3%	*	*	*	2%	*	-	-	-	-	-	-	-
		fh	h	defh				dfh								
NET: Non-white	258	45	55	75	33	26	24	175	83	-	43	125	61	19	10	258
	13%	30%	12%	15%	11%	12%	6%	16%	9%	-	100%	100%	100%	100%	100%	100%
		bcdefgh	f	fh	f	f		bfh	f		a	a	a			a

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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

	Total	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1750	1160	333	222	555	56	54	447	1192	557	1583	143	283	1040	400	27	1467	218	1229
	86%	90%	84%	78%	82%	81%	70%	87%	87%	85%	87%	80%	91%	92%	78%	37%	85%	75%	88%
		bcd	c					b	b	b	b		cde	cde	d		cd		a
Mixed	43	22	11	8	19	2	6	11	25	18	31	11	7	17	15	4	36	13	23
	2%	2%	3%	3%	3%	3%	8%	2%	2%	3%	2%	6%	2%	1%	3%	5%	2%	5%	2%
							cde					a			b	b		b	
Asian	125	59	29	26	55	8	10	30	77	48	108	10	3	43	59	20	123	38	82
	6%	5%	7%	9%	8%	11%	13%	6%	6%	7%	6%	6%	1%	4%	11%	28%	7%	13%	6%
			a	a	a	d	cde							a	abe	abce	ab	b	
Black	61	25	15	17	32	3	7	9	42	19	51	9	13	12	23	13	48	16	27
	3%	2%	4%	6%	5%	4%	8%	2%	3%	3%	3%	5%	4%	1%	5%	18%	3%	6%	2%
			a	ab	a		cde						b		be	abce	b	b	
Chinese	19	8	4	1	4	-	-	7	12	7	12	3	3	8	4	3	16	3	13
	1%	1%	1%	*	1%	-	-	1%	1%	1%	1%	2%	1%	1%	1%	5%	1%	1%	1%
																bce			
Other ethnic group	10	4	2	4	6	*	-	6	4	6	10	-	1	3	5	1	9	1	9
	*	*	1%	1%	1%	1%	-	1%	*	1%	1%	-	*	*	1%	2%	1%	*	1%
				a				d		d					b	b			
Prefer not to answer	26	12	4	5	9	-	1	3	23	4	23	3	-	13	9	4	26	3	15
	1%	1%	1%	2%	1%	-	1%	1%	2%	1%	1%	2%	-	1%	2%	6%	2%	1%	1%
									e							abce			
NET: Non-white	258	118	60	56	117	13	23	62	160	98	213	33	26	83	107	42	232	71	153
	13%	9%	15%	20%	17%	19%	30%	12%	12%	15%	12%	18%	9%	7%	21%	58%	13%	24%	11%
			a	ab	a		cde			d		a			abe	abce	b	b	

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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

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
Significance Level: 95%		a	b	c	d	e	f	a	b	a	b	c	d	e	f	g	h	i	j
Unweighted Total	2034	208	361	76	1391	590	45	1630	404	381	190	268	318	182	235	80	380	768	695
Total	2034	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1750	173	338	39	1217	499	42	1378	371	395	176	207	232	148	193	70	327	587	591
	86%	91%	91%	64%	86%	87%	100%	85%	91%	89%	86%	83%	82%	86%	84%	86%	89%	83%	87%
		c	cd		c	c	abcde		a	cdi							cdi		di
Mixed	43	7	7	5	24	18	-	39	4	10	4	1	13	5	2	3	5	20	10
	2%	4%	2%	8%	2%	3%	-	2%	1%	2%	2%	*	5%	3%	1%	4%	1%	3%	1%
				bde									cfhj	c		cf			c
Asian	125	4	15	6	99	25	-	111	15	25	17	19	19	7	18	4	17	45	39
	6%	2%	4%	10%	7%	4%	-	7%	4%	6%	8%	8%	7%	4%	8%	5%	5%	6%	6%
				abef	abe			b											
Black	61	2	6	9	42	17	-	52	9	2	7	11	13	10	10	3	5	34	18
	3%	1%	2%	14%	3%	3%	-	3%	2%	*	4%	4%	5%	6%	4%	4%	1%	5%	3%
				abdef							a	ah	ah	ahj	ah	a		ahj	a
Chinese	19	3	6	-	10	9	-	12	7	10	*	1	3	-	3	*	1	4	4
	1%	2%	1%	-	1%	2%	-	1%	2%	2%	*	1%	1%	-	1%	*	*	1%	1%
										ehij									
Other ethnic group	10	1	1	*	7	3	-	9	1	-	-	3	2	1	1	*	2	6	4
	*	1%	*	1%	*	*	-	1%	*	-	-	1%	1%	1%	1%	*	1%	1%	1%
												a							
Prefer not to answer	26	*	-	2	18	2	-	25	1	4	1	8	2	1	2	*	9	11	11
	1%	*	-	4%	1%	*	-	2%	*	1%	*	3%	1%	1%	1%	*	2%	2%	2%
				abe	b							abd							
NET: Non-white	258	18	35	20	182	71	-	222	36	46	28	35	50	23	35	12	29	108	76
	13%	9%	9%	33%	13%	12%	-	14%	9%	10%	14%	14%	18%	14%	15%	14%	8%	15%	11%
		f	f	abdef	f	f		b			h	h	ahj	h	h			ahj	

D11. To which of the following ethnic groups do you consider you belong?
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 100%	623 100%	559 100%	836 100%	1523 100%	216 100%	1536 100%	222 100%	1255 100%	350 100%	1420 100%	272 100%	1068 100%	540 100%
White	1750 86%	513 82%	509 91% ac	720 86% a	1296 85%	195 90% a	1308 85%	202 91% a	1046 83%	320 91% a	1199 84%	250 92% a	884 83%	484 89% a
Mixed	43 2%	14 2%	14 3%	15 2%	33 2%	4 2%	29 2%	6 3%	30 2%	7 2%	35 2%	2 1%	27 2%	9 2%
Asian	125 6%	56 9% b	15 3%	53 6% b	105 7% b	3 1%	110 7% b	3 1%	101 8% b	7 2%	104 7% b	7 3%	97 9% b	16 3%
Black	61 3%	26 4% b	9 2%	21 3%	51 3%	7 3%	50 3%	6 3%	40 3%	9 3%	45 3%	6 2%	29 3%	19 3%
Chinese	19 1%	2 *	6 1%	10 1%	9 1%	6 3% a	9 1%	3 1%	11 1%	4 1%	8 1%	6 2% a	7 1%	6 1%
Other ethnic group	10 *	5 1%	1 *	4 *	9 1%	* *	9 1%	* *	6 *	3 1%	6 *	* *	8 1%	2 *
Prefer not to answer	26 1%	7 1%	5 1%	13 2%	20 1%	* *	21 1%	1 1%	22 2% b	1 *	22 2%	* *	18 2%	5 1%
NET: Non-white	258 13%	103 17% bc	45 8%	104 12% b	207 14%	21 10%	207 13% b	19 9%	188 15% b	30 8%	199 14% b	22 8%	167 16% b	52 10%

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D12. Which of the following best describes where you live?
BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	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	818	465	350	303	282	233	30	100	66	92	37	58	255	112	69
	40%	47%	34%	49%	42%	31%	31%	38%	33%	43%	21%	26%	80%	34%	33%
		b		bc	c			ef	e	acefhi			abcdefhi	e	e
Urban - Town and Fringe	806	337	465	214	257	336	36	125	84	82	93	103	55	152	78
	40%	34%	45%	35%	38%	45%	37%	47%	42%	38%	53%	45%	17%	46%	37%
			a			ab	g	dgi	g	g	acdgi	g		g	g
Rural - Village	366	160	205	87	114	164	29	33	44	37	44	60	6	64	50
	18%	16%	20%	14%	17%	22%	30%	12%	22%	17%	25%	26%	2%	19%	24%
			a			ab	bdgh	g	bg	g	bg	bdg		bg	bg
Rural - Hamlet and Isolated Dwelling	44	30	14	9	15	19	3	7	5	3	2	5	3	4	11
	2%	3%	1%	2%	2%	3%	3%	2%	3%	2%	1%	2%	1%	1%	5%
		b													degh
NET: Urban	1625	802	815	517	539	569	66	225	150	174	130	161	310	263	147
	80%	81%	79%	84%	81%	76%	67%	85%	75%	81%	74%	71%	97%	80%	71%
				c	c			acefi		afi			abcdefhi	afi	
NET: Rural	409	190	219	97	129	183	32	39	49	40	45	65	9	68	61
	20%	19%	21%	16%	19%	24%	33%	15%	25%	19%	26%	29%	3%	20%	29%
						ab	bdgh	g	bg	g	bg	bdgh		g	bdgh

D12. Which of the following best describes where you live?
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	153	456	491	287	214	434	1100	934	1750	43	125	61	19	10	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	818	77	200	221	94	78	148	498	320	651	24	82	38	9	3	154
	40%	50%	44%	45%	33%	36%	34%	45%	34%	37%	55%	65%	62%	45%	26%	60%
		defh	dfh	defh				defh			a	a	a			a
Urban - Town and Fringe	806	41	164	192	129	94	187	397	410	727	15	29	14	3	6	68
	40%	27%	36%	39%	45%	44%	43%	36%	44%	42%	36%	23%	23%	17%	59%	26%
			a	a	abg	ag	abg	a	abg	cdg						
Rural - Village	366	31	84	68	57	41	84	183	182	339	2	11	5	6	1	26
	18%	21%	18%	14%	20%	19%	19%	17%	20%	19%	4%	9%	9%	34%	12%	10%
		c			c		c		c	bcdg						
Rural - Hamlet and Isolated Dwelling	44	3	9	10	6	1	15	22	22	32	2	4	4	1	*	10
	2%	2%	2%	2%	2%	*	3%	2%	2%	2%	5%	3%	6%	4%	3%	4%
							e						a			a
NET: Urban	1625	118	364	414	224	171	335	895	730	1378	39	111	52	12	9	222
	80%	77%	80%	84%	78%	80%	77%	81%	78%	79%	91%	88%	85%	62%	86%	86%
				adfh							a	a				a
NET: Rural	409	35	93	77	63	42	99	205	204	371	4	15	9	7	1	36
	20%	23%	20%	16%	22%	20%	23%	19%	22%	21%	9%	12%	15%	38%	14%	14%
		c			c		c		c	bcg						

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

BASE: All respondents

	Total	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	
		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	1291	398	283	680	69	78	513	1375	659	1819	179	309	1136	516	73	1725	292	1396
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	818	514	165	115	280	35	34	190	559	259	733	67	159	408	221	32	660	127	516
	40%	40%	41%	41%	41%	52% ce	44%	37%	41%	39%	40%	37%	51% bce	36%	43% be	43%	38%	43% b	37%
Urban - Town and Fringe	806	506	161	120	280	17	35	191	563	243	733	66	108	485	189	24	698	105	581
	40%	39%	40%	42%	41%	25%	46% a	37% a	41% a	37% a	40%	37%	35%	43% ac	37%	33%	40%	36%	42%
Rural - Village	366	242	64	44	109	16	8	117	225	141	319	37	38	216	95	16	328	49	272
	18%	19%	16%	16%	16%	23% b	10%	23% bd	16%	21% bd	18%	21%	12%	19% a	18% a	23% a	19% a	17%	20%
Rural - Hamlet and Isolated Dwelling	44	29	8	4	12	1	*	15	28	16	34	8	5	27	11	1	39	11	28
	2%	2%	2%	1%	2%	1%	*	3%	2%	2%	2%	5% a	1%	2%	2%	1%	2%	4%	2%
NET: Urban	1625	1019	326	234	560	52	69	381	1123	502	1465	133	267	893	409	56	1358	232	1096
	80%	79%	82%	83%	82%	76%	90% acde	74%	82% ce	76%	81%	74%	86% bcde	79%	79%	77%	79%	80%	79%
NET: Rural	409	271	72	48	121	16	8	132	252	157	353	46	42	243	107	17	367	60	300
	20%	21%	18%	17%	18%	24% b	10%	26% bd	18%	24% bd	19%	26%	14%	21% a	21% a	23% a	21% a	20%	21%

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D12. Which of the following best describes where you live?
BASE: All respondents

	Total	Longstanding condition or illness						Area		Number of days active									
		Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days
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	191	373	61	1417	573	42	1625	409	445	205	249	284	173	230	82	365	707	677
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	818	87	121	26	584	215	13	818	-	203	105	103	99	62	83	27	136	264	247
	40%	45%	32%	43%	41%	38%	31%	50%	-	46%	51%	41%	35%	36%	36%	33%	37%	37%	36%
		be			b			b		defghij	cdefghij								
Urban - Town and Fringe	806	66	153	24	570	219	22	806	-	161	70	105	122	76	98	36	138	303	272
	40%	35%	41%	40%	40%	38%	52%	50%	-	36%	34%	42%	43%	44%	43%	44%	38%	43%	40%
							a	b					b	b				ab	
Rural - Village	366	37	87	5	239	120	7	-	366	75	26	36	58	35	39	15	82	129	136
	18%	19%	23%	8%	17%	21%	17%	-	89%	17%	13%	14%	20%	20%	17%	18%	22%	18%	20%
		c	cd		c	cd			a				b				bc		bc
Rural - Hamlet and Isolated Dwelling	44	1	13	6	24	18	-	-	44	5	5	5	6	-	9	4	9	11	22
	2%	*	3%	9%	2%	3%	-	-	11%	1%	2%	2%	2%	-	4%	5%	3%	2%	3%
			ad	abdef		ad			a		e	e		aei	aei	e			aei
NET: Urban	1625	153	274	50	1154	434	35	1625	-	365	175	208	221	138	181	63	275	567	519
	80%	80%	73%	82%	81%	76%	83%	100%	-	82%	85%	83%	78%	80%	79%	77%	75%	80%	77%
					be			b		hj	dhj	hj							h
NET: Rural	409	38	99	11	263	139	7	-	409	80	31	41	64	35	48	19	91	140	158
	20%	20%	27%	18%	19%	24%	17%	-	100%	18%	15%	17%	22%	20%	21%	23%	25%	20%	23%
			d			d			a				b				abci		abc

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D12. Which of the following best describes where you live?
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	623	559	836	1523	216	1536	222	1255	350	1420	272	1068	540
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	818	251	194	370	632	84	632	78	520	127	583	108	431	219
	40%	40%	35%	44%	41%	39%	41%	35%	41%	36%	41%	40%	40%	41%
				b										
Urban - Town and Fringe	806	255	223	322	594	81	607	92	481	147	553	113	433	199
	40%	41%	40%	38%	39%	38%	40%	41%	38%	42%	39%	41%	40%	37%
Rural - Village	366	107	127	131	261	45	268	47	224	67	254	48	183	111
	18%	17%	23%	16%	17%	21%	17%	21%	18%	19%	18%	18%	17%	21%
			ac											
Rural - Hamlet and Isolated Dwelling	44	11	16	13	36	6	29	6	30	9	30	3	22	11
	2%	2%	3%	2%	2%	3%	2%	3%	2%	3%	2%	1%	2%	2%
NET: Urban	1625	505	416	692	1226	165	1239	170	1001	274	1136	221	864	418
	80%	81%	74%	83%	81%	76%	81%	77%	80%	78%	80%	81%	81%	77%
		b		b										
NET: Rural	409	118	143	144	297	51	297	52	254	77	284	51	204	122
	20%	19%	26%	17%	19%	24%	19%	23%	20%	22%	20%	19%	19%	23%
			ac											

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