

ukactive – National Fitness Day Polling

Methodology: ComRes interviewed 2,004 British adults aged 18+ online between 4th and 6th August 2017. Data were weighted to be demographically representative of all GB adults by age, gender, region and social grade. ComRes is a member of the British Polling Council and abides by its rules.

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To register for Pollwatch, featuring commentary and insight from the ComRes team, please email: pollwatch@comresglobal.com

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Physical Activity Survey

ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 1

Q.1 On average, roughly how much physical activity do you do per week? By physical activity we mean 'moderate' activity which raises your heart rate and makes you breathe faster, but where you can normally still talk while doing it (e.g. fast walking, riding a bike, playing tennis, or hiking).

Base: All respondents

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2004	929	1075	228	239	309	409	286	533	467	718	819	508	560	402	534	235	776
Weighted base	2004	978	1026	225	345	323	357	295	461	569	679	755	536	559	412	497	273	881
NET: 1 hour or more	1195 60%	604 62%b	590 58%	137 61%	211 61%	215 67%FGH	206 58%	162 55%	263 57%	349 61%	421 62%K	425 56%	345 64%O	356 64%O	241 58%O	252 51%	190 70%	562 64%
NET: Up to 1 hour	530 26%	243 25%	286 28%	70 31%eg	99 29%	76 23%	93 26%	68 23%	124 27%	169 30%j	169 25%	192 25%	142 27%	143 26%	110 27%	133 27%	62 23%	223 25%
NET: 30 minutes or less	525 26%	230 24%	295 29%A	50 22%	87 25%	62 19%	101 28%E	92 31%CE	133 29%CE	137 24%	163 24%	225 30%J	124 23%	123 22%	104 25%	174 35%LMN	44 16%	200 23%P
None	(0) 242 12%	110 11%	132 13%	14 6%	29 8%	24 7%	52 15%CDE	59 20%CE	64 14%CE	43 8%	76 11%i	123 16%J	46 9%	55 10%	48 12%	93 19%LMN	19 7%	79 9%
30 minutes or less	(0.5) 284 14%	120 12%	163 16%A	36 16%	58 17%	38 12%	49 14%	34 11%	69 15%	94 17%	87 13%	103 14%	78 14%	68 12%	57 14%	81 16%lm	25 9%	121 14%p
30 minutes to 1 hour	(0.75) 246 12%	123 13%	123 12%	34 15%	41 12%	37 12%	44 12%	34 12%	55 12%	75 13%	82 12%	89 12%	65 12%	75 13%	54 13%	52 11%	37 13%	102 12%
1 hour to 1.5 hours	(1.25) 213 11%	96 10%	117 11%	36 16%FGH	38 11%	42 13%gh	32 9%	24 8%	40 9%	75 13%K	74 11%	64 8%	57 11%	54 10%	46 11%	56 11%	35 13%	105 12%
1.5 hours to 2 hours	(1.75) 203 10%	111 11%	92 9%	19 8%	37 11%	43 13%cf	32 9%	28 9%	44 10%	55 10%	76 11%	72 10%	64 12%O	61 11%o	43 10%	36 7%	37 14%	91 10%
2 hours to 2.5 hours	(2.25) 236 12%	104 11%	132 13%	34 15%	43 12%	34 11%	38 11%	36 12%	51 11%	77 14%	72 11%	87 11%	69 13%o	75 13%O	48 12%	44 9%	44 16%	112 13%
More than 2.5 hours	(2.5) 543 27%	294 30%B	249 24%	48 21%	94 27%	96 30%C	103 29%c	74 25%	128 28%c	141 25%	199 29%	202 27%	156 29%o	166 30%O	104 25%	117 24%	73 27%	254 29%
Don't know	38 2%	20 2%	18 2%	3 1%	6 2%	8 3%	5 1%	6 2%	10 2%	8 1%	14 2%	16 2%	3 *	4 1%	13 3%LM	19 4%LM	2 1%	18 2%
Mean	1.44	1.50B	1.39	1.44	1.48	1.56FGH	1.42	1.34	1.41	1.46	1.49k	1.39	1.53O	1.53O	1.43O	1.26	1.59	1.52
Standard deviation	0.92	0.92	0.92	0.84	0.89	0.86	0.95	0.98	0.95	0.87	0.91	0.96	0.89	0.90	0.91	0.96	0.84	0.89
Standard error	0.02	0.03	0.03	0.06	0.06	0.05	0.05	0.06	0.04	0.04	0.03	0.03	0.04	0.04	0.05	0.04	0.05	0.03
Median	1.50	1.63	1.37	1.36	1.55	1.69	1.47	1.36	1.47	1.46	1.59	1.43	1.67	1.70	1.45	1.12	1.76	1.64

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

Prepared by ComRes



Physical Activity Survey

ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 2

Q.1 On average, roughly how much physical activity do you do per week? By physical activity we mean 'moderate' activity which raises your heart rate and makes you breathe faster, but where you can normally still talk while doing it (e.g. fast walking, riding a bike, playing tennis, or hiking).

Base: All respondents

	Total	Region											
		Scotland (a)	Wales (b)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2004	189	112	1703	87	243	200	154	157	213	197	284	168
Weighted base	2004	176	100*	1727	84*	230	168	180	150	192	267	279	176
NET: 1 hour or more	1195 60%	95 54%	58 57%	1042 60%	49 58%	137 59%	105 63%h	95 52%	85 57%	114 59%	174 65%AH	164 59%	119 67%AHII
NET: Up to 1 hour	530 26%	49 28%	29 29%	452 26%	27 32%k	60 26%	39 23%	60 33%gJKm	46 30%k	44 23%	58 22%	77 28%	40 23%
NET: 30 minutes or less	525 26%	56 32%kM	26 26%	443 26%	22 26%	64 28%	45 27%	53 29% <i>m</i>	36 24%	52 27%	61 23%	75 27%	36 20%
None	(0) 12%	29 16% <i>dkm</i>	13 13%	199 12%	8 10%	29 13%	21 12%	20 11%	17 11%	30 16% <i>km</i>	26 10%	33 12%	16 9%
30 minutes or less	(0.5) 14%	27 15%	13 13%	244 14%	14 17%	35 15%	24 14%	33 18% <i>j</i>	18 12%	22 11%	35 13%	42 15%	20 11%
30 minutes to 1 hour	(0.75) 12%	22 12%	16 16% <i>gk</i>	208 12%	13 16% <i>k</i>	26 11%	15 9%	27 15% <i>k</i>	27 18% <i>fGjK</i>	22 11%	22 8%	35 13%	20 11%
1 hour to 1.5 hours	(1.25) 11%	19 11%	9 9%	185 11%	10 12%	22 10%	19 11%	20 11%	13 9%	24 13%	21 8%	27 10%	28 16% <i>fIKI</i>
1.5 hours to 2 hours	(1.75) 10%	14 8%	12 12%	177 10%	9 11%	23 10%	18 11%	13 7%	19 13%	18 9%	21 8%	36 13% <i>h</i>	21 12%
2 hours to 2.5 hours	(2.25) 12%	24 14% <i>e</i>	8 8%	204 12%	5 6%	25 11%	18 11%	19 10%	16 10%	28 14% <i>e</i>	42 16% <i>bEm</i>	34 12%	17 9%
More than 2.5 hours	(2.5) 27%	38 22%	28 28%	476 28%	25 29%	67 29%	50 30%	43 24%	37 25%	44 23%	89 34% <i>AhJL</i>	67 24%	54 31% <i>a</i>
Don't know	38 2%	3 2%	1 1%	34 2%	-	4 2%	3 2%	6 3%	2 2%	5 2%	9 3%	4 2%	1 1%
Mean	1.44	1.31	1.41	1.46a	1.41	1.44	1.48	1.34	1.40	1.40	1.62AbfHIJL	1.42	1.53Ah
Standard deviation	0.92	0.94	0.93	0.92	0.90	0.94	0.93	0.91	0.90	0.93	0.92	0.91	0.88
Standard error	0.02	0.07	0.09	0.02	0.10	0.06	0.07	0.07	0.07	0.06	0.07	0.05	0.07
Median	1.50	1.22	1.45	1.53	1.33	1.53	1.60	1.18	1.42	1.42	2.03	1.50	1.59

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by ComRes



Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 3

Q.1 On average, roughly how much physical activity do you do per week? By physical activity we mean 'moderate' activity which raises your heart rate and makes you breathe faster, but where you can normally still talk while doing it (e.g. fast walking, riding a bike, playing tennis, or hiking).

Base: All respondents

	Total	Q.1 Physical Activity per week			
		None (a)	Up to 1 hour (b)	1-2 hours (c)	2+ hours (d)
Unweighted base	2004	271	547	409	739
Weighted base	2004	242	530	416	778
NET: 1 hour or more	1195 60%	-	-	416 100%AB	778 100%AB
NET: Up to 1 hour	530 26%	-	530 100%ACD	-	-
NET: 30 minutes or less	525 26%	242 100%BCD	284 54%CD	-	-
None	(0) 242 12%	242 100%BCD	-	-	-
30 minutes or less	(0.5) 284 14%	-	284 54%ACD	-	-
30 minutes to 1 hour	(0.75) 246 12%	-	246 46%ACD	-	-
1 hour to 1.5 hours	(1.25) 213 11%	-	-	213 51%ABD	-
1.5 hours to 2 hours	(1.75) 203 10%	-	-	203 49%ABD	-
2 hours to 2.5 hours	(2.25) 236 12%	-	-	-	236 30%ABC
More than 2.5 hours	(2.5) 543 27%	-	-	-	543 70%ABC
Don't know	38 2%	-	-	-	-
Mean	1.44	0.00	0.62A	1.49AB	2.42ABC
Standard deviation	0.92	0.00	0.12	0.25	0.11
Standard error	0.02	0.00	0.01	0.01	*
Median	1.50	0.00	0.47	1.49	2.64

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b/c/d

Prepared by ComRes

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 4

Q.2 In an average day, how much time do you spend doing each of the following?

Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

Summary**Base: All respondents**

	Activities					NET: Sitting - overall
	Sitting down at work	Sitting on the toilet	Sitting down relaxing (e.g. while going on social media, reading or watching TV)	Sitting during your commute	Sitting - other (e.g. sitting down for a meal, sitting in a cinema/theatre etc)	
Unweighted base	2004	2004	2004	2004	2004	2004
Weighted base	2004	2004	2004	2004	2004	2004
NET: 1 hour or more	910 45%	581 29%	1910 95%	584 29%	1514 76%	1933 96%
NET: 3 hours or more	662 33%	38 2%	1399 70%	52 3%	333 17%	1901 95%
NET: 6 hours or more	278 14%	9 *	221 11%	3 *	33 2%	1274 64%
None	170 8%	61 3%	3 *	200 10%	77 4%	71 4%
0 - 10 minutes	4 *	263 13%	1 *	35 2%	17 1%	- -
11 - 20 minutes	4 *	271 14%	- -	27 1%	14 1%	- -
20 - 30 minutes	26 1%	644 32%	10 *	198 10%	140 7%	- -
Up to 30 minutes	33 2%	1177 59%	11 1%	259 13%	171 9%	- -
31 minutes - 1 hour	143 7%	529 26%	128 6%	379 19%	721 36%	7 *
1 - 2 hours	107 5%	23 1%	378 19%	154 8%	465 23%	26 1%
2 - 3 hours	71 4%	11 1%	434 22%	26 1%	154 8%	64 3%
3 - 4 hours	87 4%	8 *	355 18%	19 1%	67 3%	140 7%
4 - 5 hours	89 4%	11 1%	259 13%	2 *	56 3%	207 10%

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 4

Q.2 In an average day, how much time do you spend doing each of the following?

Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

Summary

Base: All respondents

	Activities					NET: Sitting - overall
	Sitting down at work	Sitting on the toilet	Sitting down relaxing (e.g. while going on social media, reading or watching TV)	Sitting during your commute	Sitting - other (e.g. sitting down for a meal, sitting in a cinema/theatre etc)	
Weighted base	2004	2004	2004	2004	2004	2004
5 - 6 hours	137 7%	- -	136 7%	6 *	26 1%	215 11%
6 - 7 hours	117 6%	- -	49 2%	- -	6 *	171 9%
7+ hours	161 8%	9 *	172 9%	3 *	27 1%	1103 55%
Not applicable	889 44%	176 9%	79 4%	955 48%	233 12%	60 3%
Mean	3.91	0.67	4.02	0.97	1.78	8.51
Standard deviation	2.98	1.03	2.45	1.09	1.57	4.28
Standard error	0.09	0.02	0.06	0.04	0.04	0.10
Median	3.69	0.45	3.35	0.79	0.98	7.57

Physical Activity Survey

ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 5
Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5
NET: Sitting - overall
Base: All respondents

	Gender		Age									Social Grade				Employment Sector		
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	2004	929	1075	228	239	309	409	286	533	467	718	819	508	560	402	534	235	776
Weighted base	2004	978	1026	225	345	323	357	295	461	569	679	755	536	559	412	497	273	881
NET: 1 hour or more	1933 96%	927 95%	1006 98%A	217 97%	328 95%	301 93%	340 95%	292 99%cDEF	454 99%DEF	546 96%	641 94%	747 99%IJ	532 99%mnO	546 98%N	381 92%	476 96%N	260 95%	845 96%
NET: 3 hours or more	1901 95%	911 93%	989 96%A	215 96%	324 94%	297 92%	334 94%	285 97%Ef	445 97%EF	539 95%	631 93%	731 97%J	526 98%NO	542 97%NO	371 90%	461 93%	256 94%	834 95%
NET: 6 hours or more	1274 64%	615 63%	659 64%	163 73%FGH	240 70%H	228 71%fgh	228 64%H	184 62%H	232 50%	403 71%K	455 67%K	416 55%	372 69%NO	400 72%NO	224 54%	278 56%	210 77%q	623 71%
None	71 4%	51 5%B	20 2%	7 3%g	16 5%GH	22 7%GH	17 5%GH	2 1%	6 1%	24 4%K	38 6%K	9 1%	5 1%	13 2%l	32 8%LMO	21 4%L	13 5%	36 4%
0 - 10 minutes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11 - 20 minutes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
20 - 30 minutes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Up to 30 minutes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
31 minutes - 1 hour	7 *	4 *	2 *	2 1%h	1 *	2 1%	2 1%	-	-	3 *	4 1%K	-	-	1 *	3 1%l	2 *	1 *	2 *
1 - 2 hours	26 1%	12 1%	15 1%	1 *	4 1%	2 1%	4 1%	7 2%ce	9 2%ce	4 1%	6 1%	16 2%ij	6 1%	2 *	6 1%mn	12 2%M	3 1%	9 1%
2 - 3 hours	64 3%	32 3%	32 3%	4 2%	9 3%	9 3%	13 4%	13 4%	16 4%	13 2%	22 3%	29 4%	19 3%	15 3%	17 4%	14 3%	7 2%	23 3%
3 - 4 hours	140 7%	64 7%	76 7%	10 4%	17 5%	18 6%	25 7%	23 8%	47 10%CDE	27 5%	44 6%	70 9%lj	33 6%	27 5%	36 9%M	44 9%M	9 3%	49 6%

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 5

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

NET: Sitting - overall

Base: All respondents

	Gender		Age							Social Grade				Employment Sector				
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Weighted base	2004	978	1026	225	345	323	357	295	461	569	679	755	536	559	412	497	273	881
4 - 5 hours	207 10%	91 9%	116 11%	19 9%	35 10%e	18 6%	30 8%	32 11%E	72 16%CdEFg	55 10%	48 7%	104 14%IJ	47 9%	52 9%	42 10%	67 13%LM	12 4%	63 7%
5 - 6 hours	215 11%	109 11%	106 10%	19 8%	23 7%	24 7%	38 11%d	34 12%de	77 17%CDEFg	41 7%	62 9%	111 15%IJ	56 10%	49 9%	53 13%m	58 12%	18 7%	75 9%
6 - 7 hours	171 9%	82 8%	89 9%	17 8%	22 7%	22 7%	36 10%	23 8%	50 11%de	40 7%	58 9%	73 10%	42 8%	43 8%	35 8%	51 10%	17 6%	60 7%
7+ hours	1103 55%	534 55%	570 56%	146 65%FGH	217 63%FgH	206 64%FGH	191 54%H	161 55%H	182 40%	363 64%jk	397 58%K	343 45%	331 62%NO	357 64%NO	189 46%	227 46%	192 70%q	563 64%
Not applicable	60 3%	44 5%B	16 2%	7 3%gH	12 4%GH	19 6%GH	16 4%GH	2 1%	4 1%	19 3%K	35 5%K	6 1%	5 1%	12 2%	25 6%LM	19 4%L	9 3%	33 4%
Mean	8.51	8.56	8.46	9.46FGH	9.00fH	9.10FH	8.36H	8.50H	7.38	9.18K	8.71K	7.82	9.15NO	9.17NO	7.53	7.88	9.40	9.27
Standard deviation	4.28	4.60	3.96	4.39	4.37	4.79	4.31	4.00	3.68	4.38	4.55	3.84	4.10	4.05	4.38	4.41	4.28	4.49
Standard error	0.10	0.15	0.12	0.29	0.28	0.27	0.21	0.24	0.16	0.20	0.17	0.13	0.18	0.17	0.22	0.19	0.28	0.16
Median	7.57	7.58	7.57	8.85	8.60	8.78	7.45	7.59	6.04	8.71	8.07	6.53	8.30	8.67	6.51	6.58	8.96	8.77

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 6

Q.2 In an average day, how much time do you spend doing each of the following?

Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

NET: Sitting - overall

Base: All respondents

	Total	Region											
		Scotland (a)	Wales (b)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humber (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2004	189	112	1703	87	243	200	154	157	213	197	284	168
Weighted base	2004	176	100*	1727	84*	230	168	180	150	192	267	279	176
NET: 1 hour or more	1933 96%	166 94%	97 97%	1671 97%	82 97%	220 95%	159 95%	172 95%	146 97%	187 97%	258 97%	272 98%ag	174 99%AfGh
NET: 3 hours or more	1901 95%	165 94%	95 95%	1640 95%	79 94%	216 94%	157 93%	170 94%	144 96%	184 96%	254 95%	265 95%	171 97%
NET: 6 hours or more	1274 64%	113 64%	57 56%	1105 64%	49 58%	140 61%	107 63%	107 59%	102 68%b	122 63%	188 70%BefH	177 64%	113 64%
None	71 4%	10 6%IM	3 3%	57 3%	2 3%	10 5%lm	9 5%IM	9 5%lm	4 3%	6 3%	9 3%	6 2%	2 1%
0 - 10 minutes	-	-	-	-	-	-	-	-	-	-	-	-	-
11 - 20 minutes	-	-	-	-	-	-	-	-	-	-	-	-	-
20 - 30 minutes	-	-	-	-	-	-	-	-	-	-	-	-	-
Up to 30 minutes	-	-	-	-	-	-	-	-	-	-	-	-	-
31 minutes - 1 hour	7 *	-	-	7 *	-	1 *	2 1%	1 1%	1 1%	-	-	1 *	1 1%
1 - 2 hours	26 1%	1 1%	1 1%	24 1%	3 4%aGh	3 1%	1 *	1 *	1 1%	2 1%	4 1%	7 3%g	3 1%
2 - 3 hours	64 3%	5 3%	4 4%	55 3%	3 4%	9 4%	5 3%	5 3%	2 1%	5 3%	9 4%	9 3%	7 4%
3 - 4 hours	140 7%	14 8%	11 11%k	115 7%	4 5%	18 8%	13 8%	15 8%	10 6%	11 6%	13 5%	19 7%	12 7%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base; ** very small base (under 30) ineligible for sig testing**

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ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 6

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

NET: Sitting - overall

Base: All respondents

	Region												
	Total	Scotland (a)	Wales (b)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Weighted base	2004	176	100*	1727	84*	230	168	180	150	192	267	279	176
4 - 5 hours	207 10%	16 9%	14 14%IK	177 10%	8 10%	20 9%	19 11%	17 9%	10 7%	32 17%AFhIK	19 7%	32 11%	20 11%
5 - 6 hours	215 11%	16 9%	10 10%	189 11%	14 17%GJK	29 13%	13 8%	26 14%gj	21 14%gj	15 8%	25 9%	28 10%	18 10%
6 - 7 hours	171 9%	17 9%	9 9%	145 8%	8 9%	27 12%k	14 8%	15 8%	15 10%	13 7%	16 6%	21 7%	16 9%
7+ hours	1103 55%	97 55%	48 47%	959 56%	41 49%	114 49%	93 55%	92 51%	87 58%	109 56%	171 64%aBEFgHlm	156 56%	97 55%
Not applicable	60 3%	6 4%	3 3%	51 3%	2 3%	9 4%	8 5%im	9 5%im	2 1%	6 3%	9 3%	5 2%	2 1%
Mean	8.51	8.45	7.98	8.55	8.40	8.07	8.51	8.24	8.61	8.91f	9.06BFh	8.53	8.40
Standard deviation	4.28	4.39	4.27	4.27	4.57	4.19	4.41	4.29	4.31	4.55	4.15	4.15	4.11
Standard error	0.10	0.32	0.40	0.10	0.49	0.27	0.31	0.35	0.34	0.31	0.30	0.25	0.32
Median	7.57	7.78	6.71	7.61	6.89	6.95	7.71	7.12	7.45	7.72	8.66	7.73	7.44

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base; ** very small base (under 30) ineligible for sig testing

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 7

Q.2 In an average day, how much time do you spend doing each of the following?

Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

NET: Sitting - overall

Base: All respondents

	Total	Q.1 Physical Activity per week			
		None (a)	Up to 1 hour (b)	1-2 hours (c)	2+ hours (d)
Unweighted base	2004	271	547	409	739
Weighted base	2004	242	530	416	778
NET: 1 hour or more	1933 96%	232 96%	503 95%	397 95%	769 99%ABC
NET: 3 hours or more	1901 95%	230 95%	496 94%	391 94%	751 96%Bc
NET: 6 hours or more	1274 64%	160 66%d	349 66%D	282 68%D	461 59%
None	71 4%	9 4%D	27 5%D	20 5%D	9 1%
0 - 10 minutes	-	-	-	-	-
11 - 20 minutes	-	-	-	-	-
20 - 30 minutes	-	-	-	-	-
Up to 30 minutes	-	-	-	-	-
31 minutes - 1 hour	7 *	-	3 *	1 *	3 *
1 - 2 hours	26 1%	2 1%	4 1%	5 1%	16 2%b
2 - 3 hours	64 3%	9 4%	11 2%	9 2%	35 4%Bc
3 - 4 hours	140 7%	15 6%	36 7%	19 5%	66 8%C
4 - 5 hours	207 10%	23 10%	46 9%	34 8%	102 13%BC

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b/c/d

Prepared by ComRes

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 7

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

NET: Sitting - overall

Base: All respondents

	Total	Q.1 Physical Activity per week			
		None (a)	Up to 1 hour (b)	1-2 hours (c)	2+ hours (d)
Weighted base	2004	242	530	416	778
5 - 6 hours	215 11%	23 9%	54 10%	47 11%	87 11%
6 - 7 hours	171 9%	19 8%	44 8%	39 9%	64 8%
7+ hours	1103 55%	141 58% ^d	306 58% ^D	243 58% ^D	397 51%
Not applicable	60 3%	9 4% ^D	19 4% ^D	18 4% ^D	9 1%
Mean	8.51	8.84 ^d	8.61	8.73 ^d	8.24
Standard deviation	4.28	4.50	4.32	4.42	4.02
Standard error	0.10	0.27	0.18	0.22	0.15
Median	7.57	7.92	7.98	7.83	7.11

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b/c/d

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 8

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

Sitting down at work
Base: All respondents

	Gender		Age									Social Grade				Employment Sector		
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	2004	929	1075	228	239	309	409	286	533	467	718	819	508	560	402	534	235	776
Weighted base	2004	978	1026	225	345	323	357	295	461	569	679	755	536	559	412	497	273	881
NET: 1 hour or more	910 45%	452 46%	459 45%	120 53%GH	220 64%CFGH	210 65%CFGH	197 55%GH	120 41%H	43 9%	340 60%K	408 60%K	163 22%	273 51%O	328 59%LNO	188 46%O	121 24%	218 80%Q	641 73%
NET: 3 hours or more	662 33%	322 33%	341 33%	94 42%GH	143 42%GH	166 51%CDFGH	141 40%GH	84 29%H	34 7%	237 42%K	307 45%K	118 16%	217 40%NO	274 49%LNO	102 25%O	70 14%	163 60%q	467 53%
NET: 6 hours or more	278 14%	141 14%	138 13%	38 17%gH	74 21%fGH	68 21%fGH	54 15%H	32 11%H	12 3%	112 20%K	122 18%K	44 6%	93 17%NO	120 21%NO	48 12%O	18 4%	64 23%	206 23%
None	170 8%	71 7%	99 10%a	28 13%De	21 6%	25 8%	30 8%	24 8%	42 9%	49 9%	55 8%	66 9%	44 8%	44 8%	31 7%	52 10%	13 5%	75 8%
0 - 10 minutes	4 *	3 *	1 *	* *	1 *	1 *	- *	1 *	1 *	1 *	1 *	2 *	* *	- *	1 *	2 *	- *	4 *
11 - 20 minutes	4 *	3 *	1 *	- -	- -	- -	1 *	3 1%H	- -	- -	1 *	3 *	2 *	- -	- -	1 *	- -	4 *
20 - 30 minutes	26 1%	14 1%	12 1%	5 2%H	5 1%H	4 1%H	6 2%H	6 2%H	- -	9 2%	10 1%	6 1%	9 2%	4 1%	9 2% _m	5 1%	4 2%	20 2%
Up to 30 minutes	33 2%	19 2%	14 1%	5 2%H	6 2%H	4 1% _h	7 2%H	10 3%H	1 *	11 2%	11 2%	11 1%	11 2% _m	4 1%	10 2%M	8 2%	4 2%	27 3%
31 minutes - 1 hour	143 7%	84 9%B	59 6%	17 8%H	43 13% _{EgH}	22 7%H	35 10%H	22 7%H	5 1%	60 11%K	56 8%K	27 4%	27 5%	22 4%	57 14%LMO	37 7%M	25 9%	105 12%
1 - 2 hours	107 5%	48 5%	59 6%	11 5%H	34 10% _{cGH}	23 7%H	21 6%H	14 5%H	4 1%	45 8%K	44 6%K	18 2%	30 6% _o	31 6% _o	30 7%O	15 3%	29 11%	71 8%
2 - 3 hours	71 4%	41 4%	30 3%	11 5%H	11 3%H	21 7% _{dgH}	17 5%H	9 3%H	3 1%	21 4%K	38 6%K	12 2%	18 3%	30 5%O	15 4%	9 2%	24 9%Q	44 5%
3 - 4 hours	87 4%	29 3%	58 6%A	10 4% _h	15 4% _h	15 5%H	20 6%H	19 7%H	9 2%	25 4%	34 5%	28 4%	20 4%	37 7%LNO	12 3%	18 4%	19 7%	63 7%

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 8

Q.2 In an average day, how much time do you spend doing each of the following?

Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

Sitting down at work

Base: All respondents

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Weighted base	2004	978	1026	225	345	323	357	295	461	569	679	755	536	559	412	497	273	881
4 - 5 hours	89 4%	36 4%	53 5%	16 7%gH	13 4%H	28 9%DGH	23 7%gH	9 3%H	-	28 5%K	51 7%K	9 1%	43 8%MNO	25 5%O	13 3%o	7 1%	19 7%	63 7%
5 - 6 hours	137 7%	75 8%	62 6%	19 9%H	31 9%gH	35 11%GH	27 8%H	15 5%H	10 2%	51 9%K	62 9%K	24 3%	42 8%NO	61 11%NO	15 4%	19 4%	38 14%	92 10%
6 - 7 hours	117 6%	59 6%	59 6%	11 5%H	35 10%cFgH	36 11%CFGH	16 5%H	16 5%H	2 1%	47 8%K	52 8%K	18 2%	44 8%NO	51 9%NO	16 4%O	6 1%	36 13%	79 9%
7+ hours	161 8%	82 8%	79 8%	27 12%GH	39 11%GH	32 10%gH	38 11%GH	16 6%H	10 2%	65 11%K	69 10%K	26 3%	49 9%O	69 12%NO	31 8%O	12 2%	28 10%	126 14%
Not applicable	889 44%	434 44%	455 44%	69 31%	98 28%	83 26%	123 34%E	140 48%CDEF	376 82%CDEFG	168 29%	206 30%	516 68%IJ	208 39%lm	183 33%	182 44%M	315 63%LMN	38 14%	137 16%
Mean	3.91	3.99	3.84	3.91H	4.13gH	4.42GH	3.95H	3.49H	2.56	4.04K	4.19K	3.16	4.33NO	4.65NO	3.21O	2.55	4.42	4.18
Standard deviation	2.98	3.07	2.90	3.04	2.90	2.81	2.99	2.95	3.21	2.95	2.91	3.07	2.96	2.81	2.90	2.84	2.69	2.95
Standard error	0.09	0.14	0.12	0.25	0.23	0.19	0.19	0.25	0.34	0.17	0.13	0.20	0.18	0.15	0.20	0.22	0.19	0.12
Median	3.69	3.31	3.71	3.55	3.64	4.68	3.38	2.77	0.10	3.61	3.95	1.94	4.66	4.86	1.78	0.92	4.55	3.91

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 9

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

Sitting down at work
Base: All respondents

	Total	Region											
		Scotland (a)	Wales (b)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2004	189	112	1703	87	243	200	154	157	213	197	284	168
Weighted base	2004	176	100*	1727	84*	230	168	180	150	192	267	279	176
NET: 1 hour or more	910 45%	74 42%	40 40%	796 46%	36 43%	99 43%	81 48%h	69 38%	70 47%	92 48%	145 55%ABFHM	130 47%	73 41%
NET: 3 hours or more	662 33%	57 32%	25 25%	581 34%b	29 35%	61 27%	59 35%bf	52 29%	45 30%	73 38%BFm	119 45%ABFgHILM	92 33%	51 29%
NET: 6 hours or more	278 14%	21 12%	8 8%	249 14%	14 16%	23 10%	27 16%bf	27 15%	21 14%	31 16%bf	52 19%aBFIM	37 13%	19 11%
None	170 8%	18 10%k	11 11%k	141 8%	7 8%	27 12%GijK	9 6%	20 11%gK	9 6%	12 6%	13 5%	29 10%gK	14 8%
0 - 10 minutes	4 *	1 1%	-	3 *	-	* *	1 *	1 1%	-	-	-	1 *	-
11 - 20 minutes	4 *	2 1%DI	-	1 *	-	1 *	1 *	-	-	-	-	-	-
20 - 30 minutes	26 1%	3 2%	-	23 1%	-	1 *	2 1%	3 2%	3 2%	3 2%	4 2%	3 1%	4 2%
Up to 30 minutes	33 2%	6 3%bf	-	27 2%	-	2 1%	4 2%	4 2%	3 2%	3 2%	4 2%	4 1%	4 2%
31 minutes - 1 hour	143 7%	10 6%	8 8%	125 7%	4 5%	25 11%aKm	12 7%	11 6%	19 13%AeghJKIM	13 7%	10 4%	21 8%k	9 5%
1 - 2 hours	107 5%	8 4%	8 8%j	92 5%	3 4%	13 6%	10 6%	6 3%	7 5%	6 3%	17 6%	16 6%	13 8%j
2 - 3 hours	71 4%	9 5%i	5 5%i	57 3%	3 3%	7 3%	7 4%	6 3%	2 1%	4 2%	13 5%	9 3%	7 4%
3 - 4 hours	87 4%	14 8%DFgHI	4 4%	68 4%	2 2%	6 3%	6 4%	4 2%	10 6%h	11 6%	12 5%	10 4%	7 4%
4 - 5 hours	89 4%	4 2%	2 2%	83 5%	3 4%	12 5%	8 5%	6 4%	7 5%	8 4%	15 6%	15 5%	8 4%

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by ComRes

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 9

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

Sitting down at work
Base: All respondents

	Region												
	Total	Scotland (a)	Wales (b)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Weighted base	2004	176	100*	1727	84*	230	168	180	150	192	267	279	176
5 - 6 hours	137 7%	9 5%	5 5%	124 7%	8 9% ⁱ	13 6%	12 7%	10 5%	5 3%	19 10% ^l	27 10% ^l	21 8%	10 6%
6 - 7 hours	117 6%	10 6%	5 5%	102 6%	4 5%	9 4%	11 7%	13 7%	4 3%	12 6%	19 7% ⁱ	19 7%	10 6%
7+ hours	161 8%	10 6%	3 3%	147 9% ^b	9 11% ^{Bm}	13 6%	15 9% ^b	14 8%	17 11% ^{aBfm}	19 10% ^B	33 12% ^{aBFLM}	18 6%	9 5%
Not applicable	889 44%	78 44%	49 49%	762 44%	41 49%	103 45%	74 44%	86 48%	67 45%	85 44%	104 39%	116 42%	85 48% ^k
Mean	3.91	3.47	3.07	4.01 ^B	4.45 ^{BF}	3.25	4.15 ^{BF}	3.68	3.80	4.56 ^{ABFhm}	4.77 ^{ABFHILM}	3.73	3.69
Standard deviation	2.98	2.86	2.75	3.00	2.96	2.95	2.90	3.08	3.10	3.15	2.81	2.91	2.99
Standard error	0.09	0.29	0.38	0.10	0.47	0.27	0.29	0.36	0.35	0.31	0.26	0.24	0.34
Median	3.69	2.85	1.92	3.61	4.82	1.89	3.82	2.94	3.12	4.52	4.84	3.19	2.73

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base; ** very small base (under 30) ineligible for sig testing**

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 10

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

Sitting down at work
Base: All respondents

	Total	Q.1 Physical Activity per week			
		None (a)	Up to 1 hour (b)	1-2 hours (c)	2+ hours (d)
Unweighted base	2004	271	547	409	739
Weighted base	2004	242	530	416	778
NET: 1 hour or more	910 45%	64 26%	241 46%A	206 49%A	384 49%A
NET: 3 hours or more	662 33%	49 20%	179 34%A	153 37%A	274 35%A
NET: 6 hours or more	278 14%	26 11%	85 16%a	63 15%	103 13%
None	170 8%	26 11%c	38 7%	27 7%	77 10%c
0 - 10 minutes	4 *	-	1 *	2 *	1 *
11 - 20 minutes	4 *	-	1 *	-	3 *
20 - 30 minutes	26 1%	5 2%B	3 *	8 2%b	10 1%
Up to 30 minutes	33 2%	5 2%	4 1%	10 2%b	14 2%
31 minutes - 1 hour	143 7%	12 5%	35 7%	23 6%	71 9%AC
1 - 2 hours	107 5%	3 1%	27 5%A	30 7%A	41 5%A
2 - 3 hours	71 4%	3 1%	16 3%	14 3%	35 4%A
3 - 4 hours	87 4%	2 1%	19 4%A	25 6%Ab	38 5%A
4 - 5 hours	89 4%	7 3%	25 5%	20 5%	35 5%

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b/c/d

Prepared by ComRes

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 10

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

Sitting down at work
Base: All respondents

	Total	Q.1 Physical Activity per week			
		None (a)	Up to 1 hour (b)	1-2 hours (c)	2+ hours (d)
Weighted base	2004	242	530	416	778
5 - 6 hours	137 7%	11 4%	34 6%	30 7%	62 8%a
6 - 7 hours	117 6%	7 3%	27 5%	35 8%Ab	49 6%a
7+ hours	161 8%	19 8%	58 11%CD	28 7%	55 7%
Not applicable	889 44%	147 61%BCD	247 47%D	174 42%	301 39%
Mean	3.91	3.61	4.30aD	4.11	3.69
Standard deviation	2.98	3.32	3.08	2.87	2.91
Standard error	0.09	0.34	0.19	0.19	0.14
Median	3.69	2.49	4.53	3.67	3.01

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b/c/d

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 11

Q.2 In an average day, how much time do you spend doing each of the following?**Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5****Sitting on the toilet****Base: All respondents**

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	2004	929	1075	228	239	309	409	286	533	467	718	819	508	560	402	534	235	776
Weighted base	2004	978	1026	225	345	323	357	295	461	569	679	755	536	559	412	497	273	881
NET: 1 hour or more	581 29%	250 26%	331 32%A	65 29%	125 36%EFgH	86 27%	100 28%	84 28%	121 26%	190 33%JK	186 27%	205 27%	158 29%M	130 23%	113 27%	180 36%LMN	81 30%	240 27%
NET: 3 hours or more	38 2%	17 2%	21 2%	5 2%	5 1%	8 3%	4 1%	5 2%	11 2%	10 2%	12 2%	16 2%	7 1%	7 1%	8 2%	17 3%LM	4 1%	16 2%
None	61 3%	35 4%	25 2%	10 4%	7 2%	11 3%	14 4%	8 3%	10 2%	17 3%	25 4%	19 2%	20 4%	17 3%	12 3%	12 2%	15 6%q	27 3%
0 - 10 minutes	263 13%	153 16%B	109 11%	33 15%	34 10%	37 11%	55 15%d	40 14%	63 14%	67 12%	91 13%	104 14%	72 13%	85 15%o	49 12%	56 11%	38 14%	120 14%
11 - 20 minutes	271 14%	157 16%B	114 11%	29 13%D	24 7%	50 15%D	42 12%d	33 11%	94 20%CD	53 9%	92 14%l	126 17%l	83 16%	74 13%	52 13%	61 12%	21 8%	119 14%P
20 - 30 minutes	644 32%	280 29%	364 35%A	72 32%	114 33%	112 35%	106 30%	99 34%	141 31%	186 33%	217 32%	240 32%	171 32%	200 36%O	131 32%	142 29%	94 35%	278 32%
Up to 30 minutes	1177 59%	590 60%	587 57%	135 60%D	172 50%	198 61%D	202 57%	172 59%d	298 65%DF	307 54%	400 59%	470 62%l	326 61%O	359 64%NO	233 56%	259 52%	152 56%	518 59%
31 minutes - 1 hour	529 26%	227 23%	302 29%A	57 25%	122 35%CEFGH	72 22%	94 26%	78 26%	106 23%	179 31%JK	166 24%	183 24%	148 28%	128 23%	98 24%	155 31%MN	75 27%	224 25%
1 - 2 hours	23 1%	8 1%	15 1%	3 1%	3 1%	7 2%G	2 1%	1 *	6 1%	7 1%	9 1%	7 1%	4 1%	1 *	9 2%IM	10 2%M	2 1%	7 1%
2 - 3 hours	11 1%	3 *	8 1%	4 2%FgH	2 1%	2 1%	1 *	1 *	1 *	7 1%k	3 *	2 *	2 *	3 *	2 1%	4 1%	-	5 1%
3 - 4 hours	8 *	4 *	4 *	-	3 1%	1 *	-	1 *	3 1%	3 *	1 *	4 1%	1 *	-	2 *	5 1%M	-	4 *
4 - 5 hours	11 1%	6 1%	5 1%	1 *	-	2 1%	3 1%	2 1%	3 1%	1 *	5 1%	5 1%	3 1%	3 1%	2 *	3 1%	3 1%	5 1%
5 - 6 hours	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

Prepared by ComRes

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 11

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

Sitting on the toilet

Base: All respondents

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Weighted base	2004	978	1026	225	345	323	357	295	461	569	679	755	536	559	412	497	273	881
6 - 7 hours	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
7+ hours	9	5	4	-	-	3	1	1	4	-	4	5	1	1	2	5	1	3
	*	*	*	-	-	1%	*	*	1%	-	1%	1%	*	*	1%	1%	*	*
Not applicable	176	101	75	15	35	27	39	30	31	50	66	61	32	47	52	45	25	90
	9%	10%B	7%	7%	10%	8%	11%cH	10%	7%	9%	10%	8%	6%	8%	13%LMo	9%l	9%	10%
Mean	0.67	0.63	0.70	0.61	0.68	0.75	0.61	0.65	0.69	0.65	0.68	0.67	0.60	0.57	0.72m	0.82LM	0.70	0.63
Standard deviation	1.03	1.15	0.90	0.56	0.52	1.56	0.75	0.84	1.28	0.54	1.21	1.13	0.62	0.66	1.36	1.36	1.49	0.79
Standard error	0.02	0.04	0.03	0.04	0.04	0.09	0.04	0.05	0.06	0.03	0.05	0.04	0.03	0.03	0.07	0.06	0.10	0.03
Median	0.45	0.43	0.46	0.39	0.48	0.44	0.39	0.40	0.43	0.46	0.44	0.44	0.44	0.44	0.40	0.47	0.45	0.45
Mean (Excl 5 hours or more)	0.59	0.53	0.63A	0.60	0.68EFGH	0.58	0.55	0.57	0.55	0.65JK	0.56	0.56	0.56	0.52	0.60M	0.67LM	0.56	0.57
Standard deviation	0.47	0.45	0.48	0.51	0.52	0.48	0.38	0.43	0.48	0.52	0.43	0.46	0.41	0.37	0.50	0.58	0.36	0.47
Standard error	0.01	0.02	0.02	0.04	0.04	0.03	0.02	0.03	0.02	0.02	0.02	0.02	0.02	0.02	0.03	0.03	0.03	0.02

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 12

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

Sitting on the toilet

Base: All respondents

	Region												
	Total	Scotland (a)	Wales (b)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humburside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2004	189	112	1703	87	243	200	154	157	213	197	284	168
Weighted base	2004	176	100*	1727	84*	230	168	180	150	192	267	279	176
NET: 1 hour or more	581 29%	54 30%	25 25%	502 29%	28 33%	65 28%	49 29%	59 33%	42 28%	52 27%	75 28%	86 31%	46 26%
NET: 3 hours or more	38 2%	1 1%	1 1%	36 2%	2 2%	5 2%	3 1%	2 1%	2 1%	2 1%	9 3%	9 3%a	2 1%
None	61 3%	5 3%	3 3%	53 3%	5 6%M	9 4%	3 2%	7 4%	6 4%	5 2%	7 3%	9 3%	2 1%
0 - 10 minutes	263 13%	25 14%	14 14%	223 13%	15 18%k	34 15%	29 17%hkl	18 10%	21 14%	25 13%	27 10%	32 11%	22 12%
11 - 20 minutes	271 14%	21 12%	15 15%Eh	234 14%	5 6%	36 16%Eh	17 10%	15 8%	19 12%	28 14%e	36 14%e	44 16%EgH	35 20%aEGHi
20 - 30 minutes	644 32%	51 29%	31 31%	561 32%	19 23%	66 29%	56 33%	59 33%	51 34%e	68 35%e	98 37%E	85 31%	59 34%
Up to 30 minutes	1177 59%	97 55%	61 61%e	1019 59%	39 47%	136 59%e	102 60%e	93 51%	91 61%e	120 63%Eh	161 61%E	161 58%	116 66%aEH
31 minutes - 1 hour	529 26%	51 29%	23 23%	454 26%	28 33% <i>m</i>	57 25%	46 27%	57 32% <i>m</i>	40 26%	51 26%	63 24%	75 27%	39 22%
1 - 2 hours	23 1%	2 1%	1 1%	20 1%	1 1%	4 2%	1 1%	1 1%	-	1 *	3 1%	4 2%	5 3%ij
2 - 3 hours	11 1%	-	1 1%	10 1%	1 1%l	2 1%	1 *	-	-	-	6 2%ahjLm	-	-
3 - 4 hours	8 *	-	-	8 *	-	-	1 1%	-	-	1 *	3 1%	3 1%	-
4 - 5 hours	11 1%	-	-	11 1%	-	2 1%	-	2 1%	1 *	1 1%	-	5 2%k	1 *
5 - 6 hours	-	-	-	-	-	-	-	-	-	-	-	-	-

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by ComRes

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 12

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

Sitting on the toilet

Base: All respondents

	Region												
	Total	Scotland (a)	Wales (b)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Weighted base	2004	176	100*	1727	84*	230	168	180	150	192	267	279	176
6 - 7 hours	-	-	-	-	-	-	-	-	-	-	-	-	-
7+ hours	9 *	1 1%	1 1%	7 *	1 1%	1 *	1 *	-	2 1%	-	-	1 *	2 1%
Not applicable	176 9%	19 11%	11 11%	146 8%	9 11%	21 9%	14 8%	21 11%	11 7%	14 7%	24 9%	20 7%	12 7%
Mean	0.67	0.63	0.62	0.68	0.73	0.64	0.63	0.65	0.65	0.59	0.66	0.78	0.74
Standard deviation	1.03	0.86	0.94	1.05	1.22	0.81	0.77	0.56	1.08	0.55	0.63	1.56	1.60
Standard error	0.02	0.07	0.09	0.03	0.14	0.05	0.06	0.05	0.09	0.04	0.05	0.10	0.13
Median	0.45	0.45	0.44	0.45	0.43	0.44	0.40	0.43	0.44	0.45	0.45	0.45	0.44
Mean (Excl 5 hours or more)	0.59	0.57	0.54	0.59	0.60	0.57	0.59	0.60	0.53	0.56	0.66i	0.61	0.56
Standard deviation	0.47	0.38	0.40	0.48	0.49	0.47	0.49	0.35	0.34	0.42	0.63	0.54	0.40
Standard error	0.01	0.03	0.04	0.01	0.06	0.03	0.04	0.03	0.03	0.03	0.05	0.03	0.03

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base; ** very small base (under 30) ineligible for sig testing**

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 13

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

Sitting on the toilet

Base: All respondents

	Total	Q.1 Physical Activity per week			
		None (a)	Up to 1 hour (b)	1-2 hours (c)	2+ hours (d)
Unweighted base	2004	271	547	409	739
Weighted base	2004	242	530	416	778
NET: 1 hour or more	581 29%	78 32%	162 31%	119 29%	211 27%
NET: 3 hours or more	38 2%	8 3%B	5 1%	10 3%b	13 2%
None	61 3%	6 2%	12 2%	12 3%	29 4%
0 - 10 minutes	263 13%	25 10%	71 13%	50 12%	114 15%
11 - 20 minutes	271 14%	28 11%	70 13%	62 15%	106 14%
20 - 30 minutes	644 32%	80 33%	166 31%	136 33%	253 33%
Up to 30 minutes	1177 59%	133 55%	307 58%	247 59%	473 61%
31 minutes - 1 hour	529 26%	67 28%	153 29%	102 25%	197 25%
1 - 2 hours	23 1%	3 1%	5 1%	10 2%D	4 1%
2 - 3 hours	11 1%	1 1%	2 *	2 *	6 1%
3 - 4 hours	8 *	3 1%BD	-	3 1%bD	-
4 - 5 hours	11 1%	2 1%	2 *	3 1%	4 *
5 - 6 hours	-	-	-	-	-

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b/c/d

Prepared by ComRes

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 13

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

Sitting on the toilet

Base: All respondents

	Total	Q.1 Physical Activity per week			
		None (a)	Up to 1 hour (b)	1-2 hours (c)	2+ hours (d)
Weighted base	2004	242	530	416	778
6 - 7 hours	-	-	-	-	-
7+ hours	9 *	2 1%	2 *	2 *	3 *
Not applicable	176 9%	24 10%	47 9%	35 8%	61 8%
Mean	0.67	0.76b	0.63	0.73	0.63
Standard deviation	1.03	1.06	0.73	1.35	1.00
Standard error	0.02	0.07	0.03	0.07	0.04
Median	0.45	0.46	0.45	0.45	0.44
Mean (Excl 5 hours or more)	0.59	0.65bD	0.58	0.61d	0.55
Standard deviation	0.47	0.57	0.40	0.53	0.41
Standard error	0.01	0.04	0.02	0.03	0.02

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b/c/d

Physical Activity Survey

ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 14

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5
Sitting down relaxing (e.g. while going on social media, reading or watching TV)
Base: All respondents

	Gender		Age									Social Grade				Employment Sector		
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	2004	929	1075	228	239	309	409	286	533	467	718	819	508	560	402	534	235	776
Weighted base	2004	978	1026	225	345	323	357	295	461	569	679	755	536	559	412	497	273	881
NET: 1 hour or more	1910 95%	917 94%	993 97%A	217 97% <u>dE</u>	318 92%	295 91%	338 95% <u>e</u>	290 99% <u>DEF</u>	452 98% <u>DEF</u>	535 94%	633 93%	742 98% <u>IJ</u>	529 99% <u>MNO</u>	537 96% <u>N</u>	372 90%	472 95% <u>N</u>	257 94%	831 94%
NET: 3 hours or more	1399 70%	678 69%	721 70%	144 64%	199 58%	193 60%	245 69% <u>DE</u>	232 79% <u>CDEF</u>	385 84% <u>CDEF</u>	343 60%	438 64%	618 82% <u>IJ</u>	383 71% <u>N</u>	374 67%	265 64%	377 76% <u>MN</u>	164 60%	541 61%
NET: 6 hours or more	221 11%	106 11%	115 11%	29 13% <u>EF</u>	32 9%	24 7%	27 7%	42 14% <u>dEF</u>	67 14% <u>dEF</u>	62 11% <u>j</u>	50 7%	109 14% <u>iJ</u>	57 11% <u>m</u>	42 7%	38 9%	84 17% <u>LMN</u>	7 3%	42 5%
None	3 *	-	3 *	-	3 1%	-	-	-	-	3 * <u>k</u>	-	-	1 *	-	-	2 *	-	3 *
0 - 10 minutes	1 *	1 *	1 *	-	1 *	1 *	-	-	-	1 *	1 *	-	-	-	-	1 *	-	1 *
11 - 20 minutes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
20 - 30 minutes	10 *	2 *	8 1% <u>a</u>	-	6 2% <u>cfH</u>	1 *	1 *	2 1%	-	6 1%	2 *	2 *	-	2 *	8 2% <u>LMO</u>	-	1 *	7 1%
Up to 30 minutes	11 1%	2 *	9 1% <u>a</u>	-	7 2% <u>cfH</u>	2 *	1 *	2 1%	-	7 1% <u>k</u>	3 *	2 *	-	2 *	8 2% <u>LMO</u>	1 *	1 *	7 1%
31 minutes - 1 hour	128 6%	56 6%	72 7%	26 11% <u>FGH</u>	37 11% <u>FGH</u>	23 7% <u>H</u>	17 5% <u>H</u>	15 5% <u>H</u>	10 2%	63 11% <u>JK</u>	40 6% <u>K</u>	25 3%	33 6%	39 7%	31 7%	25 5%	29 11%	66 7%
1 - 2 hours	378 19%	180 18%	197 19%	47 21% <u>gH</u>	82 24% <u>GH</u>	79 25% <u>GH</u>	76 21% <u>GH</u>	42 14%	52 11%	129 23% <u>K</u>	155 23% <u>K</u>	94 12%	110 21% <u>O</u>	125 22% <u>O</u>	75 18% <u>o</u>	68 14%	64 23%	222 25%
2 - 3 hours	434 22%	221 23%	213 21%	40 18%	66 19%	86 27% <u>Cdh</u>	83 23%	64 22%	95 21%	106 19%	169 25% <u>lk</u>	159 21%	143 27% <u>NO</u>	126 23% <u>O</u>	81 20%	84 17%	78 29%	215 24%
3 - 4 hours	355 18%	157 16%	198 19% <u>a</u>	38 17%	41 12%	39 12%	78 22% <u>DE</u>	57 19% <u>DE</u>	103 22% <u>DE</u>	79 14%	117 17%	160 21% <u>lj</u>	81 15%	105 19%	87 21% <u>L</u>	83 17%	50 18%	143 16%

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 14

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5
Sitting down relaxing (e.g. while going on social media, reading or watching TV)
Base: All respondents

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Weighted base	2004	978	1026	225	345	323	357	295	461	569	679	755	536	559	412	497	273	881
4 - 5 hours	259 13%	129 13%	130 13%	22 10%	45 13%	30 9%	33 9%	47 16% ^c EF	82 18% ^c EF	67 12%	63 9%	129 17% ^j IJ	68 13%	73 13%	41 10%	77 15% ⁿ N	23 8%	93 11%
5 - 6 hours	136 7%	68 7%	68 7%	15 7%	15 4%	15 5%	25 7%	24 8% ^e	42 9% ^d DE	30 5%	40 6%	66 9% ^j IJ	37 7%	28 5%	20 5%	51 10% ⁱ LMN	7 2%	50 6% ^p p
6 - 7 hours	49 2%	21 2%	28 3%	5 2%	7 2%	4 1%	5 1%	11 4% ^f	17 4% ^e ef	13 2%	10 1%	27 4% ^j J	16 3% ^m m	6 1%	11 3%	16 3% ^m M	-	12 1% ^p p
7+ hours	172 9%	85 9%	87 8%	24 11% ^{ef}	25 7%	19 6%	22 6%	32 11% ^{EF}	50 11% ^{EF}	49 9%	41 6%	82 11% ^J J	41 8%	35 6%	27 7%	68 14% ^{LMN} LMN	7 3%	30 3%
Not applicable	79 4%	58 6% ^B	21 2%	8 3% ^G	17 5% ^{GH}	25 8% ^c GH	17 5% ^{GH}	2 1%	9 2%	25 4% ^K K	43 6% ^K K	11 2%	7 1%	18 3% ^L L	33 8% ^{LMO} LMO	21 4% ^L L	14 5%	40 5%
Mean	4.02	4.11	3.94	3.96 ^e	3.57	3.55	3.84	4.38 ^{DEF}	4.59 ^{CDEF}	3.73	3.70	4.51 ^{IJ}	3.89	3.74	3.78	4.68 ^{LMN}	3.16	3.40
Standard deviation	2.45	2.57	2.33	2.64	2.36	2.33	2.25	2.55	2.43	2.48	2.29	2.48	2.23	2.30	2.32	2.81	1.78	1.95
Standard error	0.06	0.09	0.07	0.18	0.16	0.14	0.11	0.15	0.11	0.12	0.09	0.09	0.10	0.10	0.12	0.12	0.12	0.07
Median	3.35	3.08	3.50	2.89	2.54	2.76	2.96	3.68	3.83	2.67	2.86	3.78	2.92	2.91	2.97	3.84	2.45	2.78

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 15

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5
Sitting down relaxing (e.g. while going on social media, reading or watching TV)
Base: All respondents

	Total	Region											
		Scotland (a)	Wales (b)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2004	189	112	1703	87	243	200	154	157	213	197	284	168
Weighted base	2004	176	100*	1727	84*	230	168	180	150	192	267	279	176
NET: 1 hour or more	1910 95%	165 94%	93 93%	1651 96%	82 97%	218 95%	157 93%	169 94%	145 97%	187 97%	254 95%	269 96%	170 97%
NET: 3 hours or more	1399 70%	123 70%	72 71%	1205 70%	56 66%	160 69%	126 75%k	121 67%	111 74%	137 71%	174 65%	187 67%	133 75%kl
NET: 6 hours or more	221 11%	24 14%g	16 16%deG	181 10%	6 8%	22 10%	12 7%	21 12%	19 13%	20 11%	27 10%	33 12%	19 11%
None	3 *	-	-	3 *	-	-	-	-	-	-	-	3 1%	-
0 - 10 minutes	1 *	-	-	1 *	-	-	1 1%	-	-	-	-	-	-
11 - 20 minutes	-	-	-	-	-	-	-	-	-	-	-	-	-
20 - 30 minutes	10 *	-	-	10 1%	-	-	1 *	3 2%fl	2 1%fl	-	2 1%	-	2 1%
Up to 30 minutes	11 1%	-	-	11 1%	-	-	2 1%l	3 2%fl	2 1%fl	-	2 1%	-	2 1%
31 minutes - 1 hour	128 6%	12 7%b	2 2%	115 7%b	9 11%B GJ	13 6%	7 4%	11 6%	14 10%B gJ	6 3%	15 6%	26 9%B GJ	11 6%b
1 - 2 hours	378 19%	31 18%	19 19%	328 19%	17 20%	44 19%	24 15%	35 19%	20 13%	44 23%glm	64 24%GIM	53 19%	26 15%
2 - 3 hours	434 22%	36 20%	24 24%	374 22%	18 21%	47 20%	32 19%	41 23%	29 19%	47 25%	63 23%	57 21%	42 24%
3 - 4 hours	355 18%	32 18%	14 14%	310 18%	12 15%	46 20%	42 25%BehKL	30 17%	29 19%	36 19%	40 15%	44 16%	31 18%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base; ** very small base (under 30) ineligible for sig testing

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 15

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5
Sitting down relaxing (e.g. while going on social media, reading or watching TV)
Base: All respondents

	Region												
	Total	Scotland (a)	Wales (b)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Weighted base	2004	176	100*	1727	84*	230	168	180	150	192	267	279	176
4 - 5 hours	259 13%	25 14%	15 15%	219 13%	9 10%	28 12%	26 16% ^{ij}	22 12%	22 15%	19 10%	31 12%	36 13%	26 15%
5 - 6 hours	136 7%	6 3%	4 4%	126 7% ^a	10 12% ^{AbhK}	18 8% ^a	14 8% ^a	10 5%	12 8% ^a	15 8% ^a	13 5%	19 7%	15 9% ^A
6 - 7 hours	49 2%	7 4%	3 3%	39 2%	1 1%	5 2%	3 2%	7 4%	2 1%	3 3%	3 1%	9 3%	2 1%
7+ hours	172 9%	17 10%	13 13% ^G	142 8%	6 7%	17 7%	9 5%	14 8%	17 11% ^g	14 7%	24 9%	24 9%	16 9%
Not applicable	79 4%	11 6% ^{il}	7 7% ^{ilm}	61 4%	2 3%	11 5%	9 5%	9 5%	3 2%	6 3%	10 4%	7 3%	4 2%
Mean	4.02	4.11	4.49 ^{dekl}	3.99	3.73	4.00	4.02	3.91	4.25	4.06	3.81	3.93	4.20
Standard deviation	2.45	2.41	2.91	2.42	2.08	2.26	2.02	2.37	2.85	2.59	2.32	2.47	2.66
Standard error	0.06	0.18	0.29	0.06	0.23	0.15	0.15	0.19	0.23	0.18	0.17	0.15	0.21
Median	3.35	3.13	3.18	3.10	2.83	3.53	3.64	2.95	3.29	2.92	2.74	2.97	3.57

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base; ** very small base (under 30) ineligible for sig testing**

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 16

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5
Sitting down relaxing (e.g. while going on social media, reading or watching TV)
Base: All respondents

	Total	Q.1 Physical Activity per week			
		None (a)	Up to 1 hour (b)	1-2 hours (c)	2+ hours (d)
Unweighted base	2004	271	547	409	739
Weighted base	2004	242	530	416	778
NET: 1 hour or more	1910 95%	231 95%	497 94%	392 94%	758 97%BC
NET: 3 hours or more	1399 70%	194 80%BCD	368 70%	279 67%	533 68%
NET: 6 hours or more	221 11%	65 27%BCD	67 13%D	38 9%D	44 6%
None	3 *	-	-	1 *	2 *
0 - 10 minutes	1 *	-	1 *	1 *	-
11 - 20 minutes	-	-	-	-	-
20 - 30 minutes	10 *	1 *	3 1%	4 1%	2 *
Up to 30 minutes	11 1%	1 *	4 1%	4 1%	2 *
31 minutes - 1 hour	128 6%	7 3%	37 7%A	27 6%a	56 7%A
1 - 2 hours	378 19%	30 12%	92 17%a	87 21%A	164 21%A
2 - 3 hours	434 22%	32 13%	115 22%A	84 20%A	197 25%Ac
3 - 4 hours	355 18%	38 16%	93 18%	71 17%	148 19%
4 - 5 hours	259 13%	34 14%	62 12%	56 14%	101 13%

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b/c/d

Prepared by ComRes

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 16

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5
Sitting down relaxing (e.g. while going on social media, reading or watching TV)
Base: All respondents

	Total	Q.1 Physical Activity per week			
		None (a)	Up to 1 hour (b)	1-2 hours (c)	2+ hours (d)
Weighted base	2004	242	530	416	778
5 - 6 hours	136 7%	26 11%BD	31 6%	29 7%	48 6%
6 - 7 hours	49 2%	13 5%bD	14 3%	11 3%	10 1%
7+ hours	172 9%	52 22%BCD	53 10%cD	27 7%	34 4%
Not applicable	79 4%	10 4%d	29 6%D	18 4%D	16 2%
Mean	4.02	5.42BCD	4.06D	3.90d	3.61
Standard deviation	2.45	3.15	2.44	2.48	1.99
Standard error	0.06	0.19	0.11	0.12	0.07
Median	3.35	4.61	3.50	2.95	2.90

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b/c/d

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 17

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

Sitting during your commute

Base: All respondents

	Gender			Age							Social Grade				Employment Sector			
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	2004	929	1075	228	239	309	409	286	533	467	718	819	508	560	402	534	235	776
Weighted base	2004	978	1026	225	345	323	357	295	461	569	679	755	536	559	412	497	273	881
NET: 1 hour or more	584 29%	313 32%B	271 26%	88 39%FGH	136 39%FGH	130 40%FGH	112 31%H	82 28%H	36 8%	224 39%K	242 36%K	118 16%	178 33%O	194 35%O	123 30%O	90 18%	140 51%Q	380 43%
NET: 3 hours or more	52 3%	30 3%	22 2%	10 5%H	14 4%H	11 3%H	10 3%H	6 2%H	1 *	24 4%K	21 3%K	7 1%	16 3%	13 2%	14 3%	9 2%	8 3%	38 4%
NET: 6 hours or more	3 *	2 *	2 *	1 *	-	-	2 *	-	1 *	1 *	2 *	1 *	-	1 *	-	3 1%	-	2 *
None	200 10%	93 10%	107 10%	29 13%	33 10%	29 9%	33 9%	30 10%	45 10%	63 11%	62 9%	76 10%	59 11%	57 10%	33 8%	51 10%	21 8%	91 10%
0 - 10 minutes	35 2%	15 2%	20 2%	5 2%H	8 2%H	9 3%H	9 2%H	4 1%h	1 *	13 2%K	18 3%K	5 1%	7 1%	10 2%	10 3%	7 1%	6 2%	25 3%
11 - 20 minutes	27 1%	13 1%	14 1%	2 1%	3 1%	5 1%	9 2%H	8 3%H	2 *	4 1%	13 2%	9 1%	5 1%	9 2%	6 2%	6 1%	5 2%	20 2%
20 - 30 minutes	198 10%	93 10%	104 10%	30 14%GH	39 11%H	51 16%GH	43 12%gH	23 8%H	12 3%	70 12%K	94 14%K	34 5%	49 9%	66 12%	38 9%	45 9%	36 13%	141 16%
Up to 30 minutes	259 13%	121 12%	138 13%	37 16%H	50 14%H	65 20%GH	60 17%gH	34 11%H	14 3%	86 15%K	125 18%K	48 6%	62 12%	85 15%	55 13%	58 12%	46 17%	185 21%
31 minutes - 1 hour	379 19%	188 19%	191 19%	61 27%gH	82 24%H	80 25%H	76 21%H	57 19%H	24 5%	142 25%K	155 23%K	82 11%	97 18%o	131 23%LO	83 20%O	68 14%	98 36%Q	240 27%
1 - 2 hours	154 8%	95 10%B	59 6%	18 8%H	41 12%gH	39 12%fGH	27 8%H	19 7%H	10 2%	58 10%K	66 10%K	29 4%	67 13%MNO	47 8%O	26 6%O	13 3%	35 13%	103 12%
2 - 3 hours	26 1%	12 1%	14 1%	6 3%GH	4 1%H	10 3%GH	5 1%H	1 *	-	10 2%K	15 2%K	1 *	11 2%O	6 1%	8 2%O	1 *	7 3%	18 2%
3 - 4 hours	19 1%	14 1%B	5 *	3 1%H	5 1%H	2 1%h	3 1%H	5 2%H	-	8 1%	6 1%	5 1%	6 1%	5 1%	4 1%	4 1%	4 1%	14 2%
4 - 5 hours	2 *	1 *	1 *	1 1%	1 *	-	-	-	-	2 *	-	-	-	1 *	1 *	1 *	-	2 *

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

Prepared by ComRes

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 17

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

Sitting during your commute

Base: All respondents

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Weighted base	2004	978	1026	225	345	323	357	295	461	569	679	755	536	559	412	497	273	881
5 - 6 hours	6 *	4 *	2 *	1 *	4 1%fh	2 1%	-	-	-	4 1%K	2 *	-	-	4 1%l	2 *	1 *	-	4 1%
6 - 7 hours	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
7+ hours	3 *	2 *	2 *	1 *	-	-	2 *	-	1 *	1 *	2 *	1 *	-	1 *	-	3 1%	-	2 *
Not applicable	955 48%	448 46%	507 49%	69 31%	126 37%	96 30%	151 42%CE	148 50%CEf	366 79%CEFG	195 34%	247 36%	514 68%lJ	234 44%	223 40%	200 49%M	298 60%LMN	63 23%	223 25%
Mean	0.97	1.04b	0.89	0.99	1.10H	1.01H	0.95	0.89	0.69	1.05K	0.98k	0.81	1.02	0.96	0.99	0.88	1.03	1.02
Standard deviation	1.09	1.07	1.10	1.10	1.08	0.90	1.07	0.85	1.65	1.09	0.99	1.23	0.88	1.01	0.97	1.53	0.76	1.02
Standard error	0.04	0.05	0.05	0.09	0.09	0.06	0.07	0.07	0.16	0.06	0.05	0.08	0.05	0.06	0.07	0.11	0.06	0.04
Median	0.79	0.81	0.77	0.79	0.66	0.80	0.78	0.58	0.23	0.82	0.79	0.50	0.82	0.60	0.80	0.46	0.84	0.80

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

Physical Activity Survey

ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 18

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

Sitting during your commute

Base: All respondents

	Total	Region											
		Scotland (a)	Wales (b)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2004	189	112	1703	87	243	200	154	157	213	197	284	168
Weighted base	2004	176	100*	1727	84*	230	168	180	150	192	267	279	176
NET: 1 hour or more	584 29%	60 34%BEM	21 21%	503 29%b	15 18%	68 29%eM	58 35%BEM	65 36%BEM	42 28% <i>m</i>	53 27% <i>m</i>	91 34%BEM	78 28% <i>eM</i>	33 19%
NET: 3 hours or more	52 3%	9 5%DFgL	2 2%	40 2%	2 3%	2 1%	3 2%	7 4%f	4 3%	4 2%	10 4%f	4 1%	4 2%
NET: 6 hours or more	3 *	-	-	3 *	-	-	2 1%	1 1%	-	-	1 *	-	-
None	200 10%	11 6%	16 16% <i>dAgHKm</i>	173 10%	9 10%	24 10%	15 9%	13 7%	16 10%	22 11% <i>a</i>	21 8%	39 14% <i>Ahk</i>	15 8%
0 - 10 minutes	35 2%	5 3% <i>K</i>	1 1%	29 2%	3 4% <i>gKlm</i>	8 3% <i>Klm</i>	1 1%	4 2% <i>k</i>	4 3% <i>K</i>	5 3% <i>K</i>	1 *	2 1%	1 1%
11 - 20 minutes	27 1%	4 2% <i>jk</i>	1 1%	22 1%	1 1%	6 3% <i>JK</i>	3 2% <i>jk</i>	2 1%	2 1%	-	-	5 2% <i>jk</i>	5 3% <i>JK</i>
20 - 30 minutes	198 10%	20 11% <i>F</i>	6 6%	171 10%	10 12% <i>F</i>	10 5%	19 11% <i>F</i>	19 11% <i>F</i>	16 11% <i>F</i>	19 10% <i>F</i>	32 12% <i>F</i>	21 8%	25 14% <i>bFL</i>
Up to 30 minutes	259 13%	29 16% <i>bfl</i>	8 8%	223 13%	14 17% <i>b</i>	24 10%	23 13%	25 14%	22 15%	24 12%	32 12%	28 10%	31 18% <i>BFL</i>
31 minutes - 1 hour	379 19%	38 22% <i>Bem</i>	11 11%	330 19% <i>b</i>	10 11%	56 24% <i>BEijM</i>	46 27% <i>BEIJKLM</i>	40 22% <i>Bem</i>	23 15%	33 17%	47 18%	50 18%	24 14%
1 - 2 hours	154 8%	13 7% <i>M</i>	5 5%	135 8%	3 4%	11 5%	11 6% <i>m</i>	18 10% <i>fM</i>	15 10% <i>efM</i>	16 8% <i>dM</i>	34 13% <i>bEFgM</i>	24 9% <i>M</i>	3 2%
2 - 3 hours	26 1%	3 2%	2 2%	20 1%	2 3% <i>gj</i>	1 *	1 *	3 1%	2 1%	1 *	6 2%	2 1%	4 2%
3 - 4 hours	19 1%	4 2% <i>dfm</i>	-	14 1%	-	1 *	1 *	3 2%	1 1%	1 1%	5 2%	2 1%	-
4 - 5 hours	2 *	-	-	2 *	-	-	-	-	1 1%	-	-	-	1 1%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by ComRes

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 18

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

Sitting during your commute

Base: All respondents

	Region												
	Total	Scotland (a)	Wales (b)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Weighted base	2004	176	100*	1727	84*	230	168	180	150	192	267	279	176
5 - 6 hours	6 *	2 1%DI	2 2%DfKL	2 *	-	-	-	-	-	2 1%	-	-	1 *
6 - 7 hours	-	-	-	-	-	-	-	-	-	-	-	-	-
7+ hours	3 *	-	-	3 *	-	-	2 1%	1 1%	-	-	1 *	-	-
Not applicable	955 48%	76 43%	56 56%aGh	823 48%	46 55%agh	114 49%	71 42%	77 43%	70 46%	94 49%	121 45%	134 48%	98 55%AGHK
Mean	0.97	1.13eFLm	0.93	0.95	0.75	0.77	0.98	1.18FI	0.97	0.93	1.17EFLM	0.82	0.82
Standard deviation	1.09	1.16	1.28	1.07	0.81	0.64	1.24	1.66	0.98	1.02	1.08	0.78	0.94
Standard error	0.04	0.12	0.20	0.04	0.13	0.06	0.12	0.18	0.11	0.11	0.10	0.07	0.11
Median	0.79	0.78	0.43	0.79	0.46	0.79	0.80	0.67	0.77	0.55	0.76	0.56	0.45

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base; ** very small base (under 30) ineligible for sig testing**

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 19

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

Sitting during your commute

Base: All respondents

	Total	Q.1 Physical Activity per week			
		None (a)	Up to 1 hour (b)	1-2 hours (c)	2+ hours (d)
Unweighted base	2004	271	547	409	739
Weighted base	2004	242	530	416	778
NET: 1 hour or more	584 29%	43 18%	148 28%A	130 31%A	252 32%A
NET: 3 hours or more	52 3%	2 1%	13 2%	16 4%A	19 2%
NET: 6 hours or more	3 *	-	1 *	-	2 *
None	200 10%	23 10%	49 9%	40 10%	85 11%
0 - 10 minutes	35 2%	3 1%	11 2%	13 3%D	8 1%
11 - 20 minutes	27 1%	1 *	8 2%	3 1%	14 2%
20 - 30 minutes	198 10%	25 11%	50 9%	44 11%	75 10%
Up to 30 minutes	259 13%	30 12%	69 13%	61 15%	97 12%
31 minutes - 1 hour	379 19%	32 13%	106 20%A	81 19%a	153 20%A
1 - 2 hours	154 8%	9 4%	31 6%	36 9%A	77 10%AB
2 - 3 hours	26 1%	1 *	6 1%	5 1%	14 2%a
3 - 4 hours	19 1%	1 1%	3 1%	8 2%b	6 1%
4 - 5 hours	2 *	-	-	1 *	2 *

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b/c/d

Prepared by ComRes

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 19

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

Sitting during your commute

Base: All respondents

	Total	Q.1 Physical Activity per week			
		None (a)	Up to 1 hour (b)	1-2 hours (c)	2+ hours (d)
Weighted base	2004	242	530	416	778
5 - 6 hours	6 *	-	3 1%D	3 1%D	-
6 - 7 hours	-	-	-	-	-
7+ hours	3 *	-	1 *	-	2 *
Not applicable	955 48%	146 60%BCD	262 49%d	183 44%	344 44%
Mean	0.97	0.71	0.93a	1.01A	0.99A
Standard deviation	1.09	0.68	1.03	1.05	0.99
Standard error	0.04	0.07	0.07	0.07	0.05
Median	0.79	0.45	0.78	0.79	0.69

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b/c/d

Physical Activity Survey

ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 20

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5
Sitting - other (e.g. sitting down for a meal, sitting in a cinema/theatre etc)
Base: All respondents

	Gender		Age									Social Grade				Employment Sector		
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	2004	929	1075	228	239	309	409	286	533	467	718	819	508	560	402	534	235	776
Weighted base	2004	978	1026	225	345	323	357	295	461	569	679	755	536	559	412	497	273	881
NET: 1 hour or more	1514 76%	709 72%	805 78%A	173 77%e	264 77%e	224 70%	256 72%	209 71%	388 84% CDEFG	437 77%J	480 71%	597 79%J	445 83%MNO	423 76% n	288 70%	357 72%	193 71%	638 72%
NET: 3 hours or more	333 17%	164 17%	169 16%	57 25% DEFG	57 17% F	42 13%	34 9%	47 16% F	97 21% EFg	114 20% J	75 11%	144 19% J	95 18% N	98 18% N	49 12%	91 18% N	36 13%	116 13%
NET: 6 hours or more	33 2%	22 2% b	11 1%	6 2% f	3 1%	6 2%	2 1%	6 2%	11 2% F	8 1%	8 1%	17 2%	9 2%	7 1%	9 2%	9 2%	3 1%	8 1%
None	77 4%	40 4%	38 4%	17 8% FH	16 5% H	14 4% H	8 2%	15 5% fH	8 2%	33 6% jK	22 3%	22 3%	22 4%	24 4% o	20 5% o	11 2%	18 7%	43 5%
0 - 10 minutes	17 1%	11 1%	6 1%	1 1%	2 1%	1 *	4 1%	5 2% e	4 1%	3 1%	5 1%	9 1%	3 1%	5 1%	5 1%	4 1%	5 2%	9 1%
11 - 20 minutes	14 1%	7 1%	7 1%	2 1%	-	5 2% dH	3 1%	3 1%	1 *	2 *	8 1%	4 *	2 *	4 1%	3 1%	5 1%	1 *	5 1%
20 - 30 minutes	140 7%	75 8%	65 6%	11 5%	14 4%	38 12% CDH	37 10% CDH	23 8% dH	17 4%	25 4%	75 11% IK	40 5%	30 6%	44 8%	33 8%	33 7%	23 8%	83 9%
Up to 30 minutes	171 9%	93 9%	78 8%	15 7%	16 5%	44 13% CDH	44 12% CDH	31 10% DH	22 5%	31 5%	88 13% IK	52 7%	35 7%	53 10% l	41 10% l	42 8%	30 11%	97 11%
31 minutes - 1 hour	721 36%	337 34%	384 37%	62 27%	120 35%	113 35% c	167 47% CDEGH	104 35% c	156 34%	181 32%	279 41% IK	260 34%	191 36%	195 35%	165 40% o	169 34%	106 39%	334 38%
1 - 2 hours	465 23%	212 22%	253 25%	54 24% F	89 26% F	70 22% f	58 16%	58 20%	137 30% EFG	143 25% J	127 19%	196 26% J	159 30% MNO	133 24% n	75 18%	99 20%	52 19%	191 22%
2 - 3 hours	154 8%	69 7%	85 8%	26 11% EFG	28 8% F	19 6%	14 4%	18 6%	50 11% EFG	54 9% J	32 5%	68 9% J	39 7%	49 9%	24 6%	43 9%	18 7%	59 7%
3 - 4 hours	67 3%	31 3%	36 4%	10 4% f	13 4%	11 3%	7 2%	8 3%	19 4% f	23 4%	17 3%	26 4%	21 4%	20 4%	8 2%	18 4%	2 1%	23 3%

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 20

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5
Sitting - other (e.g. sitting down for a meal, sitting in a cinema/theatre etc)
Base: All respondents

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Weighted base	2004	978	1026	225	345	323	357	295	461	569	679	755	536	559	412	497	273	881
4 - 5 hours	56 3%	30 3%	25 2%	13 6%EFH	10 3%	6 2%	4 1%	11 4%f	11 2%	23 4%J	11 2%	22 3%	22 4%mn	12 2%	8 2%	14 3%	8 3%	21 2%
5 - 6 hours	26 1%	12 1%	14 1%	4 2%	2 1%	1 *	7 2%e	5 2%	8 2%e	6 1%	8 1%	12 2%	7 1%	10 2%n	2 *	7 1%	4 1%	6 1%
6 - 7 hours	6 *	4 *	2 *	1 1%	-	3 1%f	-	-	1 *	1 *	3 *	1 *	1 *	-	4 1%M	1 *	1 *	2 *
7+ hours	27 1%	18 2%b	9 1%	4 2%	3 1%	3 1%	2 1%	6 2%	10 2%f	7 1%	5 1%	16 2%J	8 1%	7 1%	5 1%	8 2%	2 1%	6 1%
Not applicable	233 12%	133 14%B	100 10%	19 9%	48 14%H	40 12%h	47 13%H	40 14%H	39 9%	67 12%	87 13%	79 11%	32 6%	55 10%L	61 15%LM	84 17%LM	32 12%	101 11%
Mean	1.78	1.81	1.75	2.08dEFg	1.79F	1.58	1.43	1.75F	2.03dEFg	1.91J	1.50	1.93J	1.87N	1.76n	1.57	1.88N	1.55	1.56
Standard deviation	1.57	1.69	1.44	1.83	1.40	1.39	1.23	1.75	1.69	1.59	1.31	1.71	1.59	1.50	1.47	1.67	1.40	1.32
Standard error	0.04	0.06	0.05	0.13	0.10	0.08	0.07	0.11	0.08	0.08	0.05	0.06	0.07	0.07	0.08	0.08	0.10	0.05
Median	0.98	0.97	0.98	1.55	0.99	0.87	0.90	0.95	1.53	1.50	0.92	1.05	1.10	0.98	0.92	0.98	0.84	0.94

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

Physical Activity Survey

ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 21

Q.2 In an average day, how much time do you spend doing each of the following?

Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

Sitting - other (e.g. sitting down for a meal, sitting in a cinema/theatre etc)

Base: All respondents

	Total	Region											
		Scotland (a)	Wales (b)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2004	189	112	1703	87	243	200	154	157	213	197	284	168
Weighted base	2004	176	100*	1727	84*	230	168	180	150	192	267	279	176
NET: 1 hour or more	1514 76%	132 75%	75 75%	1307 76%	68 81%	182 79%	125 74%	135 75%	113 75%	150 78%	200 75%	204 73%	130 74%
NET: 3 hours or more	333 17%	33 19%	11 11%	289 17%	14 17%	43 19%	25 15%	29 16%	22 15%	32 16%	45 17%	47 17%	32 18%
NET: 6 hours or more	33 2%	5 3%k	3 3%k	25 1%	1 2%	3 1%	2 1%	1 1%	1 1%	5 3%k	1 *	6 2%	5 3%k
None	77 4%	1 1%	3 3%	74 4%A	4 5%Am	6 3%	7 4%A	3 2%	5 3%a	6 3%a	21 8%AFHJM	19 7%AFHM	2 1%
0 - 10 minutes	17 1%	4 2%	1 1%	13 1%	1 1%	1 *	1 1%	2 1%	2 1%	1 1%	2 1%	1 *	2 1%
11 - 20 minutes	14 1%	1 *	1 1%	13 1%	- -	- -	2 1%	1 *	2 1%	- -	- -	4 2%fjk	4 2%FJK
20 - 30 minutes	140 7%	18 10%GK	8 8%	114 7%	6 7%	16 7%	7 4%	12 7%	7 5%	18 9%gk	10 4%	20 7%	19 11%GIK
Up to 30 minutes	171 9%	22 12%dGK	9 9%	140 8%	6 7%	17 7%	10 6%	15 8%	11 7%	19 10%k	12 5%	25 9%k	25 14%FGIK
31 minutes - 1 hour	721 36%	55 31%	40 40%	626 36%	29 34%	85 37%	66 39%	58 32%	55 37%	81 42%Aj	96 36%	96 35%	60 34%
1 - 2 hours	465 23%	43 24%	24 24%	399 23%	25 30%j	55 24%	36 22%	49 27%	36 24%	38 20%	59 22%	63 23%	37 21%
2 - 3 hours	154 8%	20 11%Bl	3 3%	132 8%b	6 7%	20 9%B	10 6%	12 7%	6 4%	13 7%	27 10%Bi	20 7%	17 10%Bi
3 - 4 hours	67 3%	3 2%	3 3%	61 4%	2 3%	4 2%	5 3%	8 4%	12 8%AFgJKLm	5 3%	10 4%	8 3%	6 3%
4 - 5 hours	56 3%	4 2%	2 2%	50 3%	3 4%	9 4%	3 2%	6 3%	2 1%	5 3%	7 3%	10 4%	4 2%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base; ** very small base (under 30) ineligible for sig testing

Prepared by ComRes

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 21

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5
Sitting - other (e.g. sitting down for a meal, sitting in a cinema/theatre etc)
Base: All respondents

	Region												
	Total	Scotland (a)	Wales (b)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Weighted base	2004	176	100*	1727	84*	230	168	180	150	192	267	279	176
5 - 6 hours	26 1%	2 1%	1 1%	23 1%	2 2% ^m	7 3% ^{ikM}	4 2% ^m	2 1%	1 *	3 1%	2 1%	4 1%	- -
6 - 7 hours	6 *	1 *	-	5 *	1 2% ^{fk}	-	-	-	-	2 1%	-	2 1%	- -
7+ hours	27 1%	4 2%	3 3% ^{dk}	20 1%	-	3 1%	2 1%	1 1%	1 1%	4 2%	1 *	4 1%	5 3% ^k
Not applicable	233 12%	22 12%	13 13%	198 11%	5 6%	25 11%	24 14% ^{ej}	27 15% ^{ej}	22 14% ^{ej}	16 8%	33 12%	28 10%	19 11%
Mean	1.78	1.90	1.72	1.77	1.80	1.91	1.75	1.80	1.69	1.78	1.67	1.76	1.78
Standard deviation	1.57	1.70	1.68	1.54	1.44	1.75	1.62	1.32	1.27	1.78	1.34	1.62	1.55
Standard error	0.04	0.13	0.17	0.04	0.16	0.12	0.12	0.11	0.11	0.13	0.10	0.10	0.13
Median	0.98	1.00	0.90	0.98	1.04	0.98	0.96	1.31	0.94	0.94	0.97	0.97	0.92

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base; ** very small base (under 30) ineligible for sig testing

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 22

Q.2 In an average day, how much time do you spend doing each of the following?

Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5

Sitting - other (e.g. sitting down for a meal, sitting in a cinema/theatre etc)

Base: All respondents

	Total	Q.1 Physical Activity per week			
		None (a)	Up to 1 hour (b)	1-2 hours (c)	2+ hours (d)
Unweighted base	2004	271	547	409	739
Weighted base	2004	242	530	416	778
NET: 1 hour or more	1514 76%	163 68%	401 76%A	326 78%A	602 77%A
NET: 3 hours or more	333 17%	35 14%	91 17%	73 18%	127 16%
NET: 6 hours or more	33 2%	5 2%	12 2%	7 2%	9 1%
None	77 4%	7 3%	21 4%	17 4%	32 4%
0 - 10 minutes	17 1%	-	12 2%ACD	2 *	4 *
11 - 20 minutes	14 1%	1 1%	5 1%	2 *	6 1%
20 - 30 minutes	140 7%	22 9%b	30 6%	25 6%	59 8%
Up to 30 minutes	171 9%	24 10%	46 9%	28 7%	69 9%
31 minutes - 1 hour	721 36%	80 33%	194 37%	140 34%	299 38%
1 - 2 hours	465 23%	49 20%	118 22%	114 27%Ab	177 23%
2 - 3 hours	154 8%	11 5%	34 6%	39 9%A	65 8%a
3 - 4 hours	67 3%	8 3%	20 4%	15 4%	24 3%
4 - 5 hours	56 3%	6 3%	19 4%	9 2%	20 3%

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b/c/d

Prepared by ComRes

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 22

Q.2 In an average day, how much time do you spend doing each of the following?
Please give your answer in hours, for example, if you do something for half an hour per day, please write 0.5
Sitting - other (e.g. sitting down for a meal, sitting in a cinema/theatre etc)
Base: All respondents

	Total	Q.1 Physical Activity per week			
		None (a)	Up to 1 hour (b)	1-2 hours (c)	2+ hours (d)
Weighted base	2004	242	530	416	778
5 - 6 hours	26 1%	4 2%	7 1%	4 1%	12 1%
6 - 7 hours	6 *	-	-	4 1%b	2 *
7+ hours	27 1%	5 2%	12 2%d	4 1%	7 1%
Not applicable	233 12%	48 20%BCD	58 11%	44 11%	73 9%
Mean	1.78	1.83	1.86	1.80	1.71
Standard deviation	1.57	1.78	1.79	1.42	1.43
Standard error	0.04	0.12	0.08	0.07	0.06
Median	0.98	0.92	0.97	1.04	0.96

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b/c/d

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 23

Q.3 Which, if any, of the following are barriers to you spending more time being physically active?**Base: All respondents**

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	2004	929	1075	228	239	309	409	286	533	467	718	819	508	560	402	534	235	776
Weighted base	2004	978	1026	225	345	323	357	295	461	569	679	755	536	559	412	497	273	881
NET: Any barriers	1397 70%	635 65%	762 74%A	185 83% dEFGH	256 74% gH	227 70% H	264 74% gH	198 67% H	267 58%	442 78% jK	491 72% K	464 61%	372 69%	377 68%	287 70%	361 73% m	208 76%	624 71%
I am too busy with work	400 20%	192 20%	208 20%	79 35% dEFGH	94 27% GH	83 26% GH	89 25% GH	43 15% H	13 3%	173 30% jK	171 25% K	56 7%	111 21% O	132 24% O	94 23% O	63 13%	94 35%	274 31%
I don't enjoy it	377 19%	183 19%	195 19%	58 26% DEfH	58 17%	53 16%	70 20%	64 22% h	74 16%	116 20%	123 18%	138 18%	114 21% o	106 19%	76 18%	81 16%	40 15%	183 21% p
I'm in ill health	332 17%	149 15%	182 18%	16 7%	46 13% c	41 13% C	65 18% Ce	69 23% CDE	95 21% CDE	62 11%	107 16% l	163 22% lJ	65 12%	78 14%	63 15%	125 25% LMN	29 11%	89 10%
I am too busy with family commitments	295 15%	114 12%	180 18%A	13 6%	71 21% CGH	80 25% CGH	73 21% CGH	27 9%	30 6%	84 15% K	154 23% lK	57 8%	77 14%	86 15%	67 16%	65 13%	64 23% Q	135 15%
I don't think I'm fit enough to do exercise	243 12%	105 11%	138 13% a	25 11% E	40 12% E	17 5%	44 12% E	44 15% E	74 16% E	65 11%	60 9%	117 16% iJ	55 10%	83 15% LN	32 8%	72 15% lN	26 10%	89 10%
I don't have anyone to go with	233 12%	89 9%	144 14%A	46 20% EFGH	57 17% eFGH	36 11% h	38 11% h	25 8%	32 7%	103 18% JK	73 11% K	57 8%	58 11%	55 10%	45 11%	75 15% lMn	30 11%	110 12%
I get worried / embarrassed about what other people might think of me	225 11%	77 8%	148 14%A	45 20% EFGH	60 18% EFGH	33 10% H	38 11% H	24 8%	24 5%	105 19% JK	72 11% K	48 6%	51 10%	63 11%	46 11%	65 13%	31 11%	119 13%
Being active is too expensive	178 9%	72 7%	107 10%A	44 19% DEFGH	36 11% H	31 10% H	30 9% H	22 8% H	15 3%	80 14% JK	62 9% K	37 5%	45 8%	58 10%	36 9%	39 8%	37 13% q	77 9%
There is a lack of facilities/ opportunities to be active in my local area	132 7%	62 6%	70 7%	29 13% EFGH	28 8% F	22 7% F	11 3%	15 5%	27 6% f	56 10% JK	33 5% K	42 6%	39 7%	34 6%	21 5%	39 8%	18 7%	67 8%
I wouldn't know where to go / how to start being more physically active	93 5%	36 4%	57 6% a	23 10% EFGH	32 9% EFGH	11 3%	11 3%	8 3%	8 2%	55 10% JK	22 3% K	16 2%	25 5%	17 3%	22 5% m	29 6% M	14 5%	50 6%

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 23

Q.3 Which, if any, of the following are barriers to you spending more time being physically active?

Base: All respondents

	Gender		Age									Social Grade				Employment Sector		
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Weighted base	2004	978	1026	225	345	323	357	295	461	569	679	755	536	559	412	497	273	881
Other	94 5%	44 5%	50 5%	11 5%	15 4%	15 5%	12 3%	11 4%	32 7%Fg	26 4%	26 4%	42 6%	25 5%	22 4%	22 5%	25 5%	11 4%	34 4%
None - there are no barriers to me spending more time being physically active	607 30%	343 35%B	264 26%	39 17%	88 26%c	96 30%C	92 26%C	97 33%cdf	194 42%CDEFG	128 22%	188 28%i	291 39%lj	165 31%	181 32%o	125 30%	136 27%	66 24%	257 29%

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 24

Q.3 Which, if any, of the following are barriers to you spending more time being physically active?

Base: All respondents

	Total	Region											
		Scotland (a)	Wales (b)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2004	189	112	1703	87	243	200	154	157	213	197	284	168
Weighted base	2004	176	100*	1727	84*	230	168	180	150	192	267	279	176
NET: Any barriers	1397 70%	123 69%	79 79%DaGhJm	1195 69%	58 68%	162 70%	107 64%	123 68%	110 73%g	130 68%	189 71%	196 70%	120 68%
I am too busy with work	400 20%	25 14%	29 29%DAeGIIM	346 20%a	15 17%	52 22%Am	29 17%	38 21%	26 17%	40 21%	63 24%AM	58 21%a	26 15%
I don't enjoy it	377 19%	34 19%	22 22%	321 19%	13 16%	35 15%	33 20%	40 22%	27 18%	39 20%	58 22%l	42 15%	33 19%
I'm in ill health	332 17%	35 20%	19 19%	277 16%	15 18%	35 15%	26 16%	24 14%	34 23%fhjK	29 15%	36 13%	44 16%	32 18%
I am too busy with family commitments	295 15%	23 13%	16 16%	256 15%	17 20%k	40 17%k	28 17%	22 12%	23 15%	28 15%	29 11%	41 15%	29 16%
I don't think I'm fit enough to do exercise	243 12%	32 18%DeFHLM	11 11%	200 12%	7 9%	25 11%	20 12%	14 8%	24 16%H	30 15%H	36 13%	29 11%	16 9%
I don't have anyone to go with	233 12%	19 11%	14 14%	201 12%	8 10%	24 11%	18 11%	25 14%	33 22%AEFGHJKLM	17 9%	28 11%	29 10%	19 11%
I get worried / embarrassed about what other people might think of me	225 11%	28 16%dfJI	12 12%	185 11%	7 9%	22 10%	19 11%	18 10%	18 12%	16 8%	37 14%	26 9%	20 12%
Being active is too expensive	178 9%	14 8%	9 9%	156 9%	9 10%	19 8%	11 6%	20 11%j	17 11%J	10 5%	22 8%	33 12%gJ	14 8%
There is a lack of facilities/ opportunities to be active in my local area	132 7%	14 8%	5 5%	112 7%	5 6%	11 5%	7 4%	16 9%i	6 4%	17 9%i	20 7%	21 7%	11 6%
I wouldn't know where to go / how to start being more physically active	93 5%	7 4%	4 4%	82 5%	1 1%	11 5%L	14 8%EJL	9 5%L	15 10%abEfJkLm	6 3%	13 5%l	4 2%	8 5%l

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base; ** very small base (under 30) ineligible for sig testing

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 24

Q.3 Which, if any, of the following are barriers to you spending more time being physically active?

Base: All respondents

	Total	Region											
		Scotland (a)	Wales (b)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Weighted base	2004	176	100*	1727	84*	230	168	180	150	192	267	279	176
Other	94 5%	6 3%	5 5%	83 5%	6 8%	7 3%	7 4%	6 3%	4 3%	9 5%	22 8%aFhi	14 5%	7 4%
None - there are no barriers to me spending more time being physically active	607 30%	54 31%b	21 21%	533 31%B	27 32%	69 30%	61 36%Bi	58 32%b	40 27%	62 32%B	78 29%	82 30%	56 32%b

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base; ** very small base (under 30) ineligible for sig testing**

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 25

Q.3 Which, if any, of the following are barriers to you spending more time being physically active?

Base: All respondents

	Total	Q.1 Physical Activity per week			
		None (a)	Up to 1 hour (b)	1-2 hours (c)	2+ hours (d)
Unweighted base	2004	271	547	409	739
Weighted base	2004	242	530	416	778
NET: Any barriers	1397	210	459	298	415
	70%	87%CD	87%CD	72%D	53%
I am too busy with work	400	26	105	103	165
	20%	11%	20%A	25%A	21%A
I don't enjoy it	377	79	161	69	63
	19%	33%CD	30%CD	17%D	8%
I'm in ill health	332	93	107	42	86
	17%	38%BCD	20%CD	10%	11%
I am too busy with family commitments	295	20	89	80	105
	15%	8%	17%A	19%AD	13%A
I don't think I'm fit enough to do exercise	243	58	104	45	36
	12%	24%CD	20%CD	11%D	5%
I don't have anyone to go with	233	19	78	60	73
	12%	8%	15%AD	14%AD	9%
I get worried / embarrassed about what other people might think of me	225	24	83	45	69
	11%	10%	16%ACD	11%	9%
Being active is too expensive	178	15	65	41	54
	9%	6%	12%AD	10%	7%
There is a lack of facilities/ opportunities to be active in my local area	132	11	59	24	36
	7%	4%	11%ACD	6%	5%
I wouldn't know where to go / how to start being more physically active	93	13	35	22	22
	5%	5%d	7%D	5%D	3%

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b/c/d

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 25

Q.3 Which, if any, of the following are barriers to you spending more time being physically active?

Base: All respondents

	Total	Q.1 Physical Activity per week			
		None (a)	Up to 1 hour (b)	1-2 hours (c)	2+ hours (d)
Weighted base	2004	242	530	416	778
Other	94 5%	15 6%C	31 6%C	11 3%	36 5%
None - there are no barriers to me spending more time being physically active	607 30%	31 13%	70 13%	118 28%AB	364 47%ABC

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b/c/d

Physical Activity Survey

ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 26

Q.4 What do you think is the minimum amount of time that the NHS recommends that 19-64s should spend being physically active each week? Again, by being physically active, we mean 'moderate' activity which raises your heart rate and makes you breathe faster, but where you can normally still talk while doing it (e.g. fast walking, riding a bike, playing tennis, or hiking).

Base: All respondents

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2004	929	1075	228	239	309	409	286	533	467	718	819	508	560	402	534	235	776
Weighted base	2004	978	1026	225	345	323	357	295	461	569	679	755	536	559	412	497	273	881
Half an hour (30 minutes)	107 5%	59 6%	48 5%	8 4%	25 7%	18 6%	21 6%	14 5%	21 5%	34 6%	39 6%	34 5%	26 5%	27 5%	21 5%	34 7%	17 6%	52 6%
1 hour (60 minutes)	183 9%	101 10%b	82 8%	19 8%	26 8%	27 8%	39 11%	31 10%	41 9%	45 8%	66 10%	71 9%	49 9%	53 10%	41 10%	39 8%	26 10%	80 9%
1.5 hours (90 minutes)	138 7%	59 6%	79 8%	20 9%eH	43 12%EFfGH	14 4%	27 8%eH	15 5%	20 4%	62 11%JK	41 6%	34 5%	41 8%	44 8%	27 7%	27 5%	27 10%	63 7%
2 hours (120 minutes)	296 15%	168 17%B	127 12%	44 20%H	52 15%h	49 15%H	54 15%H	50 17%h	46 10%	96 17%k	104 15%	96 13%	81 15%	77 14%	66 16%	71 14%	45 16%	143 16%
2.5 hours (150 minutes)	235 12%	104 11%	131 13%	33 15%H	54 16%fH	47 15%fH	36 10%	31 11%	34 7%	87 15%K	83 12%K	65 9%	72 13%N	74 13%N	33 8%	56 11%	41 15%	114 13%
3 hours (180 minutes)	752 38%	330 34%	422 41%A	85 38%	112 33%	110 34%	139 39%	108 37%	197 43%DE	198 35%	250 37%	305 40%i	201 38%	208 37%	155 38%	187 38%	95 35%	317 36%
NET: Incorrect	1475 74%	717 73%	758 74%	176 78%EH	259 75%e	220 68%	280 79%EH	216 73%	325 70%	435 76%k	500 74%	541 72%	398 74%	409 73%	310 75%	359 72%	209 77%	655 74%
Don't know	293 15%	157 16%	136 13%	15 7%	32 9%	56 17%CDF	41 11%c	47 16%CD	102 22%CDFg	47 8%	97 14%l	149 20%J	66 12%	75 13%	70 17%l	82 16%l	23 8%	112 13%p
Mean	136.06	131.88	139.92A	137.55	130.24	136.20	134.09	135.66	142.18DF	133.17	135.06	139.52i	136.52	136.23	135.04	136.19	132.05	134.42
Standard deviation	49.12	50.12	47.89	45.11	49.36	48.69	50.44	48.87	50.07	47.80	49.62	49.65	48.04	48.51	49.91	50.54	48.95	49.04
Standard error	1.19	1.80	1.57	3.11	3.36	3.04	2.65	3.16	2.45	2.32	2.00	1.94	2.30	2.21	2.74	2.40	3.35	1.89

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 27

Q.4 What do you think is the minimum amount of time that the NHS recommends that 19-64s should spend being physically active each week? Again, by being physically active, we mean 'moderate' activity which raises your heart rate and makes you breathe faster, but where you can normally still talk while doing it (e.g. fast walking, riding a bike, playing tennis, or hiking).

Base: All respondents

	Total	Region											
		Scotland (a)	Wales (b)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2004	189	112	1703	87	243	200	154	157	213	197	284	168
Weighted base	2004	176	100*	1727	84*	230	168	180	150	192	267	279	176
Half an hour (30 minutes)	107 5%	6 3%	11 11%DAEGHJLM	90 5%	2 2%	17 7%eM	6 4%	6 3%	15 10%AEGHJIM	8 4%	18 7% _m	14 5%	4 2%
1 hour (60 minutes)	183 9%	18 10% _j	14 14% _d J _m	151 9%	11 13% _J	19 8%	21 12% _J	15 8%	15 10% _j	9 5%	22 8%	27 10% _j	12 7%
1.5 hours (90 minutes)	138 7%	13 7%	5 5%	121 7%	8 9%	19 8%	11 7%	10 5%	10 6%	12 6%	23 8%	17 6%	12 7%
2 hours (120 minutes)	296 15%	27 15% _k	10 10%	259 15%	11 13%	26 11%	31 18% _b FK	30 17% _k	31 21% _B FK	38 20% _B FK	23 9%	43 16% _K	25 14%
2.5 hours (150 minutes)	235 12%	18 10%	12 12%	205 12%	11 13%	25 11%	17 10%	15 8%	16 11%	22 12%	37 14%	33 12%	29 16% _H
3 hours (180 minutes)	752 38%	71 40% _i	36 36%	645 37%	33 39%	87 38%	59 35%	72 40% _i	44 30%	69 36%	114 43% _l	104 37%	64 36%
NET: Incorrect	1475 74%	135 76% _M	76 76%	1265 73%	64 76%	167 72%	128 76% _m	134 74%	115 76% _m	136 71%	199 75% _m	205 74%	116 66%
Don't know	293 15%	24 14%	12 12%	257 15%	9 11%	39 17%	23 14%	32 17%	19 13%	34 18%	31 11%	40 14%	31 18%
Mean	136.06	138.59 _{bl}	126.33	136.38 _b	136.86	134.35	133.16	140.38 _{bl}	124.75	139.79 _{Bl}	138.30 _{bl}	135.86 _i	142.46 _{Bl}
Standard deviation	49.12	47.60	56.77	48.75	47.06	52.03	48.42	47.02	52.29	44.85	50.87	49.03	42.86
Standard error	1.19	3.74	5.76	1.28	5.36	3.68	3.70	4.16	4.47	3.41	3.88	3.14	3.65

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base; ** very small base (under 30) ineligible for sig testing**

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 28

Q.4 What do you think is the minimum amount of time that the NHS recommends that 19-64s should spend being physically active each week? Again, by being physically active, we mean 'moderate' activity which raises your heart rate and makes you breathe faster, but where you can normally still talk while doing it (e.g. fast walking, riding a bike, playing tennis, or hiking).

Base: All respondents

	Total	Q.1 Physical Activity per week			
		None (a)	Up to 1 hour (b)	1-2 hours (c)	2+ hours (d)
Unweighted base	2004	271	547	409	739
Weighted base	2004	242	530	416	778
Half an hour (30 minutes)	107 5%	24 10%CD	36 7%cD	17 4%	29 4%
1 hour (60 minutes)	183 9%	34 14%CD	89 17%CD	22 5%	31 4%
1.5 hours (90 minutes)	138 7%	18 7%	37 7%	43 10%bD	39 5%
2 hours (120 minutes)	296 15%	25 10%	81 15%a	79 19%Ad	110 14%
2.5 hours (150 minutes)	235 12%	18 7%	37 7%	47 11%B	133 17%ABC
3 hours (180 minutes)	752 38%	66 27%	184 35%A	144 35%a	345 44%ABC
NET: Incorrect	1475 74%	167 69%	428 81%ACD	305 73%	555 71%
Don't know	293 15%	57 23%BCD	65 12%	64 15%d	90 12%
Mean	136.06	118.68	125.37	136.85AB	147.69ABC
Standard deviation	49.12	56.39	53.54	45.11	42.14
Standard error	1.19	3.93	2.44	2.43	1.66

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b/c/d

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 29

Q.5 What impact, if any, does seeing friends or celebrities post pictures and videos of themselves doing exercise or being physically active on the following social media platforms have on your motivation to be physically active?

Summary**Base: All respondents**

	Social Media				
	Facebook	Instagram	Twitter	YouTube	Snapchat
Unweighted base	2004	2004	2004	2004	2004
Weighted base	2004	2004	2004	2004	2004
NET: Positive	424 21%	254 13%	200 10%	377 19%	173 9%
Very positive impact (2)	170 8%	101 5%	83 4%	158 8%	68 3%
Fairly positive impact (1)	254 13%	152 8%	118 6%	219 11%	105 5%
No impact (0)	807 40%	552 28%	643 32%	696 35%	539 27%
Fairly negative impact (-1)	70 3%	58 3%	73 4%	53 3%	59 3%
Very negative impact (-2)	44 2%	37 2%	31 2%	36 2%	40 2%
NET: Negative	113 6%	95 5%	104 5%	88 4%	98 5%
Not applicable - I do not use this social media platform	301 15%	756 38%	689 34%	436 22%	829 41%
Not applicable - I do not see pictures or videos relating to being physically active on this platform	358 18%	348 17%	367 18%	407 20%	365 18%
Mean	0.32	0.25	0.16	0.35	0.13
Standard deviation	0.88	0.89	0.81	0.88	0.85
Standard error	0.02	0.03	0.03	0.03	0.03

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 30

Q.5 What impact, if any, does seeing friends or celebrities post pictures and videos of themselves doing exercise or being physically active on the following social media platforms have on your motivation to be physically active?

Facebook

Base: All respondents

	Total	Gender		Age									Social Grade				Employment Sector	
		Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	2004	929	1075	228	239	309	409	286	533	467	718	819	508	560	402	534	235	776
Weighted base	2004	978	1026	225	345	323	357	295	461	569	679	755	536	559	412	497	273	881
NET: Positive	424 21%	177 18%	247 24%A	85 38% ^d EF	99 29% ^{GH}	75 23% ^{GH}	81 23% ^{GH}	36 12%	48 10%	184 32% ^{JK}	157 23% ^K	84 11%	127 24% ^O	118 21% ^O	103 25% ^O	76 15%	69 25%	221 25%
Very positive impact	(2) 170 8%	81 8%	89 9%	30 13% ^e GH	40 12% ^{gH}	27 8% ^h	33 9% ^H	18 6%	23 5%	69 12% ^{jk}	60 9% ^K	41 5%	41 8%	51 9%	42 10%	35 7%	29 11%	90 10%
Fairly positive impact	(1) 254 13%	97 10%	158 15%A	56 25% ^d EF	59 17% ^{GH}	48 15% ^{GH}	49 14% ^{GH}	18 6%	25 5%	115 20% ^{JK}	97 14% ^K	43 6%	86 16% ^m O	67 12% ^o	61 15% ^O	40 8%	40 14%	131 15%
No impact	(0) 807 40%	398 41%	409 40%	89 40%	144 42%	141 44% ^H	149 42% ^h	122 41%	163 35%	232 41%	290 43% ^k	285 38%	216 40%	228 41%	166 40%	198 40%	99 36%	376 43%
Fairly negative impact	(-1) 70 3%	35 4%	34 3%	14 6% ^F GH	19 5% ^{Fh}	11 3%	6 2%	8 3%	12 3%	33 6% ^{JK}	17 2%	20 3%	20 4%	22 4%	12 3%	15 3%	19 7% ^Q	30 3%
Very negative impact	(-2) 44 2%	26 3%	18 2%	8 4% ^h	7 2%	7 2%	9 3%	5 2%	7 1%	15 3%	17 2%	12 2%	13 3%	12 2%	8 2%	10 2%	5 2%	22 3%
NET: Negative	113 6%	61 6%	52 5%	22 10% ^e FGH	26 8% ^h	18 6%	15 4%	13 4%	19 4%	48 8% ^{JK}	34 5%	32 4%	33 6%	35 6%	20 5%	26 5%	25 9%	52 6%
Not applicable - I do not use this social media platform	301 15%	167 17%B	134 13%	14 6%	25 7%	38 12% ^C	58 16% ^{CD}	56 19% ^{CDE}	110 24% ^{CDEF}	39 7%	96 14% ^l	166 22% ^{lJ}	79 15%	85 15%	51 12%	86 17% ⁿ	37 14%	99 11%
Not applicable - I do not see pictures or videos relating to being physically active on this platform	358 18%	174 18%	184 18%	15 7%	51 15% ^C	50 16% ^C	53 15% ^C	68 23% ^{CDEF}	121 26% ^{CDEF}	65 12%	103 15%	190 25% ^{lJ}	81 15%	94 17%	72 18%	111 22% ^{LM}	44 16%	134 15%
Mean	0.32	0.27	0.38A	0.43GH	0.39GH	0.33	0.36H	0.21	0.20	0.41K	0.35K	0.20	0.32	0.32	0.41O	0.25	0.35	0.37
Standard deviation	0.88	0.90	0.86	0.97	0.92	0.86	0.88	0.81	0.80	0.94	0.87	0.80	0.87	0.90	0.88	0.86	0.95	0.90
Standard error	0.02	0.04	0.03	0.07	0.07	0.06	0.05	0.06	0.05	0.05	0.04	0.04	0.05	0.05	0.05	0.05	0.07	0.04

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 31

Q.5 What impact, if any, does seeing friends or celebrities post pictures and videos of themselves doing exercise or being physically active on the following social media platforms have on your motivation to be physically active?

Facebook

Base: All respondents

	Total	Region											
		Scotland (a)	Wales (b)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2004	189	112	1703	87	243	200	154	157	213	197	284	168
Weighted base	2004	176	100*	1727	84*	230	168	180	150	192	267	279	176
NET: Positive	424 21%	38 21%	25 25%jM	361 21%	18 21%	50 22%	35 21%	51 28%JM	34 23%am	32 17%	54 20%	61 22%am	26 15%
Very positive impact	(2) 170 8%	17 10%J	12 12%J	140 8%	8 10%	17 7%	16 9%j	18 10%J	14 9%j	8 4%	26 10%j	21 7%	13 8%
Fairly positive impact	(1) 254 13%	20 12%	13 13%	221 13%	10 12%	33 14%M	19 11%	33 18%gkM	20 14%am	24 12%	29 11%	41 15%M	13 7%
No impact	(0) 807 40%	81 46%fHl	41 41%	685 40%	46 54%bFgHIKL	82 35%	71 42%	62 34%	57 38%	85 44%fhl	104 39%	100 36%	79 45%fhl
Fairly negative impact	(-1) 70 3%	8 5%fJ	7 7%DeFJ	54 3%	1 1%	4 2%	8 5%fJ	5 3%	8 5%fJ	2 1%	9 3%	12 4%j	7 4%
Very negative impact	(-2) 44 2%	1 1%	2 2%	41 2%	1 1%	8 3%a	2 1%	3 2%	5 3%	9 4%AgLM	9 3%	4 1%	1 1%
NET: Negative	113 6%	10 5%	9 9%e	95 6%	2 2%	12 5%	10 6%	8 4%	13 8%e	11 6%	18 7%	15 5%	8 5%
Not applicable - I do not use this social media platform	301 15%	20 11%	10 10%	271 16%	5 6%	37 16%E	26 15%E	25 14%e	20 13%	31 16%E	52 20%ABE	51 18%abE	23 13%
Not applicable - I do not see pictures or videos relating to being physically active on this platform	358 18%	29 16%	16 16%	314 18%	13 16%	50 22%k	27 16%	35 19%	27 18%	33 17%	38 14%	51 18%	39 22%k
Mean	0.32	0.35	0.36	0.32	0.35	0.33	0.34	0.49Jm	0.29	0.16	0.31	0.36j	0.26
Standard deviation	0.88	0.84	0.95	0.88	0.77	0.92	0.86	0.88	0.96	0.84	0.95	0.85	0.79
Standard error	0.02	0.07	0.11	0.03	0.09	0.08	0.08	0.09	0.09	0.07	0.08	0.06	0.08

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base; ** very small base (under 30) ineligible for sig testing

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 32

Q.5 What impact, if any, does seeing friends or celebrities post pictures and videos of themselves doing exercise or being physically active on the following social media platforms have on your motivation to be physically active?

Facebook

Base: All respondents

	Total	Q.1 Physical Activity per week			
		None (a)	Up to 1 hour (b)	1-2 hours (c)	2+ hours (d)
Unweighted base	2004	271	547	409	739
Weighted base	2004	242	530	416	778
NET: Positive	424 21%	18 8%	125 24%A	104 25%A	172 22%A
Very positive impact	(2) 170 8%	10 4%	49 9%A	44 11%A	63 8%a
Fairly positive impact	(1) 254 13%	8 3%	76 14%A	60 14%A	108 14%A
No impact	(0) 807 40%	104 43%	215 41%	164 39%	314 40%
Fairly negative impact	(-1) 70 3%	-	21 4%A	16 4%A	31 4%A
Very negative impact	(-2) 44 2%	3 1%	14 3%	10 3%	17 2%
NET: Negative	113 6%	3 1%	34 6%A	27 6%A	48 6%A
Not applicable - I do not use this social media platform	301 15%	50 21%BC	62 12%	58 14%	126 16%B
Not applicable - I do not see pictures or videos relating to being physically active on this platform	358 18%	67 28%BCD	93 18%	64 15%	119 15%
Mean	0.32	0.19	0.34	0.37A	0.32
Standard deviation	0.88	0.68	0.90	0.93	0.87
Standard error	0.02	0.06	0.05	0.06	0.04

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b/c/d

Physical Activity Survey

ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 33

Q.5 What impact, if any, does seeing friends or celebrities post pictures and videos of themselves doing exercise or being physically active on the following social media platforms have on your motivation to be physically active?

Instagram

Base: All respondents

	Total	Gender		Age									Social Grade				Employment Sector	
		Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	2004	929	1075	228	239	309	409	286	533	467	718	819	508	560	402	534	235	776
Weighted base	2004	978	1026	225	345	323	357	295	461	569	679	755	536	559	412	497	273	881
NET: Positive	254 13%	97 10%	156 15%A	91 41%DEFGH	71 21%EFGH	42 13%GH	32 9%GH	11 4%h	7 1%	162 29%JK	74 11%K	17 2%	92 17%NO	76 14%O	47 11%o	39 8%	45 17%	139 16%
Very positive impact (2)	101 5%	42 4%	60 6%	45 20%DEFGH	22 6%GH	12 4%H	12 3%H	7 2%H	3 1%	68 12%JK	24 4%K	10 1%	34 6%	26 5%	21 5%	19 4%	18 7%	49 6%
Fairly positive impact (1)	152 8%	56 6%	97 9%A	46 20%DEFGH	49 14%FGH	30 9%fGH	20 6%GH	4 1%	4 1%	95 17%JK	50 7%K	8 1%	58 11%NO	50 9%O	26 6%	19 4%	27 10%	90 10%
No impact (0)	552 28%	285 29%	266 26%	59 26%h	121 35%cGH	105 33%gH	101 28%H	74 25%	92 20%	180 32%K	207 30%K	165 22%	151 28%	152 27%	120 29%	129 26%	78 29%	283 32%
Fairly negative impact (-1)	58 3%	29 3%	29 3%	20 9%DEFGH	11 3%fh	11 4%FH	3 1%	9 3%Fh	5 1%	30 5%JK	14 2%	13 2%	20 4%o	19 3%	10 2%	9 2%	14 5%	29 3%
Very negative impact (-2)	37 2%	22 2%	16 2%	9 4%EGH	10 3%eh	2 1%	9 3%Eh	3 1%	4 1%	19 3%jK	11 2%	7 1%	13 2%	11 2%	6 1%	7 1%	5 2%	19 2%
NET: Negative	95 5%	51 5%	44 4%	29 13%DEFGH	21 6%H	13 4%h	12 3%	11 4%	9 2%	50 9%JK	25 4%	20 3%	32 6%O	30 5%o	16 4%	16 3%	19 7%	48 5%
Not applicable - I do not use this social media platform	756 38%	370 38%	385 38%	33 15%	99 29%C	114 35%C	149 42%CD	129 44%CDE	231 50%CDEF	132 23%	263 39%I	361 48%IJ	187 35%	200 36%	149 36%	219 44%LMN	98 36%	280 32%
Not applicable - I do not see pictures or videos relating to being physically active on this platform	348 17%	175 18%	173 17%	12 5%	33 10%	49 15%Cd	62 17%CD	69 24%CDEF	122 27%CDEF	46 8%	111 16%I	192 25%IJ	74 14%	100 18%I	80 19%L	94 19%L	33 12%	132 15%
Mean	0.25	0.15	0.33A	0.55DEFGH	0.29GH	0.24gH	0.16H	0.04	-0.04	0.41JK	0.20K	*	0.29	0.24	0.25	0.19	0.28	0.26
Standard deviation	0.89	0.87	0.90	1.13	0.90	0.74	0.85	0.74	0.58	1.02	0.79	0.66	0.94	0.89	0.86	0.83	0.93	0.88
Standard error	0.03	0.04	0.04	0.09	0.07	0.06	0.07	0.08	0.05	0.06	0.04	0.04	0.06	0.06	0.07	0.06	0.08	0.04

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 34

Q.5 What impact, if any, does seeing friends or celebrities post pictures and videos of themselves doing exercise or being physically active on the following social media platforms have on your motivation to be physically active?

Instagram

Base: All respondents

	Total	Region											
		Scotland (a)	Wales (b)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2004	189	112	1703	87	243	200	154	157	213	197	284	168
Weighted base	2004	176	100*	1727	84*	230	168	180	150	192	267	279	176
NET: Positive	254 13%	18 10%	10 10%	226 13%	8 10%	41 18%AbgJM	19 11%	23 13%j	27 18%abJM	12 6%	43 16%JM	38 14%J	15 8%
Very positive impact	(2) 101 5%	9 5%j	3 3%	89 5%	6 7%J	12 5%J	9 5%j	7 4%	11 7%J	3 1%	18 7%J	12 4%j	11 6%J
Fairly positive impact	(1) 152 8%	9 5%	6 6% <i>m</i>	137 8%	2 3%	29 13%AEGJM	10 6% <i>m</i>	17 9% <i>eM</i>	16 10% <i>aejM</i>	9 5%	25 9% <i>eM</i>	25 9% <i>eM</i>	4 2%
No impact	(0) 552 28%	60 34% <i>dFhK</i>	27 27%	465 27%	37 44% <i>BFgHijKLM</i>	46 20%	53 31% <i>FK</i>	45 25%	40 26%	62 32% <i>FK</i>	58 22%	79 28% <i>F</i>	45 26%
Fairly negative impact	(-1) 58 3%	5 3%	6 6% <i>dhJm</i>	47 3%	1 1%	5 2%	9 5% <i>hjm</i>	3 2%	5 3%	3 1%	8 3%	11 4%	3 2%
Very negative impact	(-2) 37 2%	3 2%	1 1%	33 2%	1 1%	5 2%	1 *	2 1%	7 4% <i>GhJ</i>	1 1%	6 2%	5 2%	6 3% <i>g</i>
NET: Negative	95 5%	8 5%	7 7% <i>j</i>	80 5%	2 2%	10 4%	9 5%	5 3%	11 8% <i>hJ</i>	4 2%	14 5%	16 6% <i>j</i>	9 5%
Not applicable - I do not use this social media platform	756 38%	62 35%	40 40% <i>e</i>	654 38%	23 27%	96 42% <i>Eil</i>	62 37%	71 39% <i>e</i>	47 31%	83 43% <i>EIL</i>	108 41% <i>Ei</i>	94 34%	71 40% <i>e</i>
Not applicable - I do not see pictures or videos relating to being physically active on this platform	348 17%	28 16%	17 17%	302 17%	15 17%	38 16%	26 15%	36 20%	26 17%	31 16%	43 16%	52 19%	37 21%
Mean	0.25	0.17	0.13	0.26	0.25	0.39 <i>J</i>	0.22	0.32	0.25	0.12	0.36	0.22	0.18
Standard deviation	0.89	0.83	0.82	0.90	0.78	0.95	0.81	0.80	1.06	0.60	1.00	0.88	1.04
Standard error	0.03	0.09	0.12	0.03	0.12	0.09	0.09	0.11	0.12	0.07	0.11	0.08	0.13

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base; ** very small base (under 30) ineligible for sig testing

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 35

Q.5 What impact, if any, does seeing friends or celebrities post pictures and videos of themselves doing exercise or being physically active on the following social media platforms have on your motivation to be physically active?

Instagram

Base: All respondents

	Total	Q.1 Physical Activity per week			
		None (a)	Up to 1 hour (b)	1-2 hours (c)	2+ hours (d)
Unweighted base	2004	271	547	409	739
Weighted base	2004	242	530	416	778
NET: Positive	254 13%	13 5%	76 14%A	63 15%A	101 13%A
Very positive impact	(2) 101 5%	2 1%	31 6%A	29 7%A	40 5%A
Fairly positive impact	(1) 152 8%	11 5%	45 8%a	35 8%a	61 8%
No impact	(0) 552 28%	61 25%	153 29%	111 27%	218 28%
Fairly negative impact	(-1) 58 3%	-	20 4%A	10 2%A	28 4%A
Very negative impact	(-2) 37 2%	1 1%	10 2%	9 2%	15 2%
NET: Negative	95 5%	1 1%	30 6%A	19 5%A	43 5%A
Not applicable - I do not use this social media platform	756 38%	113 47%BD	175 33%	166 40%B	287 37%
Not applicable - I do not see pictures or videos relating to being physically active on this platform	348 17%	54 22%Cd	97 18%c	56 13%	130 17%
Mean	0.25	0.17	0.26	0.33	0.23
Standard deviation	0.89	0.55	0.90	0.96	0.89
Standard error	0.03	0.06	0.06	0.07	0.05

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b/c/d

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 36

Q.5 What impact, if any, does seeing friends or celebrities post pictures and videos of themselves doing exercise or being physically active on the following social media platforms have on your motivation to be physically active?

Twitter**Base: All respondents**

	Total	Gender		Age									Social Grade				Employment Sector	
		Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	2004	929	1075	228	239	309	409	286	533	467	718	819	508	560	402	534	235	776
Weighted base	2004	978	1026	225	345	323	357	295	461	569	679	755	536	559	412	497	273	881
NET: Positive	200 10%	95 10%	105 10%	54 24% DEFGH	50 14% GH	43 13% GH	35 10% GH	12 4% H	7 1%	104 18% JK	78 12% K	19 2%	61 11% O	65 12% O	44 11% O	31 6%	28 10%	114 13%
Very positive impact	(2) 83 4%	43 4%	39 4%	28 12% DEFGH	17 5% H	13 4% H	15 4% H	6 2%	4 1%	45 8% JK	28 4% K	10 1%	23 4%	23 4%	20 5%	17 3%	12 4%	45 5%
Fairly positive impact	(1) 118 6%	52 5%	66 6%	26 12% FGH	33 10% GH	30 9% fGH	20 6% GH	5 2%	3 1%	59 10% K	51 7% K	8 1%	38 7% O	42 8% O	23 6% o	14 3%	16 6%	70 8%
No impact	(0) 643 32%	338 35% B	306 30%	83 37% H	140 41% fGH	116 36% H	119 33% H	89 30% H	97 21%	222 39% K	235 35% K	186 25%	182 34%	164 29%	143 35%	155 31%	79 29%	337 38% P
Fairly negative impact	(-1) 73 4%	45 5% B	28 3%	16 7% eFgH	17 5% H	12 4%	8 2%	10 3%	9 2%	34 6% JK	20 3%	19 2%	17 3%	27 5%	14 3%	15 3%	27 10% Q	31 4%
Very negative impact	(-2) 31 2%	22 2% B	9 1%	5 2%	5 1%	2 1%	10 3% Eg	3 1%	8 2%	9 2%	12 2%	10 1%	11 2%	8 2%	8 2%	4 1%	4 1%	14 2%
NET: Negative	104 5%	67 7% B	37 4%	21 9% EFGH	22 6%	14 4%	18 5%	13 4%	16 4%	43 8% jK	32 5%	29 4%	28 5%	35 6% o	22 5%	19 4%	30 11% Q	45 5%
Not applicable - I do not use this social media platform	689 34%	299 31%	390 38% A	44 20%	90 26%	93 29% C	126 35% CDe	114 39% CDE	221 48% CDEFG	135 24%	219 32% l	335 44% lJ	177 33%	191 34%	131 32%	191 38% ln	93 34%	248 28%
Not applicable - I do not see pictures or videos relating to being physically active on this platform	367 18%	179 18%	188 18%	22 10%	44 13%	56 17% C	59 16% C	68 23% CDF	119 26% CDEF	66 12%	115 17% l	187 25% lJ	89 17%	103 19%	74 18%	101 20%	44 16%	137 16%
Mean	0.16	0.10	0.22A	0.35FGH	0.19H	0.24GH	0.12H	0.03	-0.11	0.26K	0.18K	-0.05	0.17	0.16	0.17	0.12	0.04	0.20p
Standard deviation	0.81	0.84	0.77	0.99	0.78	0.73	0.85	0.68	0.69	0.88	0.79	0.69	0.82	0.84	0.84	0.74	0.88	0.80
Standard error	0.03	0.04	0.04	0.08	0.06	0.06	0.06	0.06	0.07	0.05	0.04	0.04	0.05	0.05	0.06	0.05	0.08	0.04

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 37

Q.5 What impact, if any, does seeing friends or celebrities post pictures and videos of themselves doing exercise or being physically active on the following social media platforms have on your motivation to be physically active?

Twitter**Base: All respondents**

	Total	Region											
		Scotland (a)	Wales (b)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2004	189	112	1703	87	243	200	154	157	213	197	284	168
Weighted base	2004	176	100*	1727	84*	230	168	180	150	192	267	279	176
NET: Positive	200 10%	16 9%	11 10%	174 10%	7 9%	31 14%JK	15 9%	20 11%j	14 9%	11 6%	21 8%	39 14%JK	16 9%
Very positive impact	(2) 83 4%	6 3%	4 4%	73 4%	3 4%j	13 5%J	7 4%J	9 5%J	5 3%	2 1%	12 4%j	13 5%J	10 6%J
Fairly positive impact	(1) 118 6%	10 6%	7 7%	101 6%	4 5%	19 8%Km	7 4%	12 6%	9 6%	9 5%	9 3%	27 10%gjkM	6 3%
No impact	(0) 643 32%	71 41%DBFHKL	24 24%	548 32%	36 42%BFHKL	61 27%	58 35%bf	51 28%	55 36%bf	71 37%BFI	77 29%	80 29%	58 33%
Fairly negative impact	(-1) 73 4%	10 6%hj	7 7%dHj	56 3%	3 4%	6 3%	7 4%	3 2%	8 5%h	4 2%	12 4%	8 3%	6 3%
Very negative impact	(-2) 31 2%	1 *	1 1%	29 2%	1 1%	4 2%	2 1%	1 1%	4 2%	3 1%	9 3%a	6 2%	1 1%
NET: Negative	104 5%	11 6%h	8 8%H	86 5%	4 4%	10 4%	9 5%	4 2%	12 8%Hj	6 3%	20 8%Hj	14 5%	7 4%
Not applicable - I do not use this social media platform	689 34%	52 30%	35 35%e	601 35%	19 23%	79 34%e	57 34%e	69 38%E	44 29%	72 38%E	107 40%aEi	94 34%e	59 34%
Not applicable - I do not see pictures or videos relating to being physically active on this platform	367 18%	26 15%	22 22%	319 18%	18 21%	49 21%	29 17%	36 20%	26 17%	31 16%	42 16%	51 18%	36 21%
Mean	0.16	0.10	0.13	0.16	0.14	0.29iJK	0.14	0.32aiJK	0.04	0.04	0.03	0.25j	0.21
Standard deviation	0.81	0.68	0.88	0.82	0.70	0.90	0.78	0.78	0.80	0.59	0.93	0.87	0.82
Standard error	0.03	0.07	0.13	0.03	0.10	0.09	0.08	0.10	0.09	0.06	0.10	0.08	0.09

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base; ** very small base (under 30) ineligible for sig testing

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 38

Q.5 What impact, if any, does seeing friends or celebrities post pictures and videos of themselves doing exercise or being physically active on the following social media platforms have on your motivation to be physically active?

Twitter**Base: All respondents**

	Total	Q.1 Physical Activity per week			
		None (a)	Up to 1 hour (b)	1-2 hours (c)	2+ hours (d)
Unweighted base	2004	271	547	409	739
Weighted base	2004	242	530	416	778
NET: Positive	200 10%	5 2%	54 10%A	65 16%ABD	73 9%A
Very positive impact	(2) 83 4%	2 1%	21 4%A	22 5%A	35 4%A
Fairly positive impact	(1) 118 6%	3 1%	33 6%A	44 10%ABD	38 5%A
No impact	(0) 643 32%	68 28%	168 32%	134 32%	264 34%
Fairly negative impact	(-1) 73 4%	3 1%	31 6%ACd	11 3%	28 4%a
Very negative impact	(-2) 31 2%	1 *	11 2%a	5 1%	14 2%
NET: Negative	104 5%	3 1%	42 8%ACd	16 4%a	42 5%A
Not applicable - I do not use this social media platform	689 34%	109 45%BCD	164 31%	137 33%	266 34%
Not applicable - I do not see pictures or videos relating to being physically active on this platform	367 18%	56 23%CD	101 19%	64 15%	133 17%
Mean	0.16	0.03	0.08	0.31ABD	0.14
Standard deviation	0.81	0.47	0.85	0.81	0.82
Standard error	0.03	0.05	0.05	0.06	0.04

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b/c/d

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 39

Q.5 What impact, if any, does seeing friends or celebrities post pictures and videos of themselves doing exercise or being physically active on the following social media platforms have on your motivation to be physically active?

YouTube

Base: All respondents

	Total	Gender		Age									Social Grade				Employment Sector	
		Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	2004	929	1075	228	239	309	409	286	533	467	718	819	508	560	402	534	235	776
Weighted base	2004	978	1026	225	345	323	357	295	461	569	679	755	536	559	412	497	273	881
NET: Positive	377 19%	179 18%	198 19%	104 46% <small>DEFGH</small>	97 28% <small>EFGH</small>	65 20% <small>GH</small>	62 17% <small>GH</small>	24 8%	25 5%	201 35% <small>JK</small>	127 19% <small>K</small>	49 7%	120 22% <small>O</small>	113 20% <small>O</small>	79 19% <small>O</small>	65 13%	64 23%	207 24%
Very positive impact (2)	158 8%	81 8%	77 7%	50 22% <small>DEFGH</small>	38 11% <small>fGH</small>	28 9% <small>GH</small>	22 6% <small>H</small>	10 3%	11 2%	87 15% <small>JK</small>	50 7% <small>K</small>	21 3%	55 10% <small>O</small>	41 7%	35 8%	27 5%	27 10%	83 9%
Fairly positive impact (1)	219 11%	97 10%	121 12%	54 24% <small>dEFGH</small>	60 17% <small>eFGH</small>	37 12% <small>GH</small>	39 11% <small>GH</small>	15 5%	14 3%	114 20% <small>JK</small>	77 11% <small>K</small>	29 4%	65 12% <small>O</small>	72 13% <small>O</small>	44 11%	38 8%	37 14%	124 14%
No impact (0)	696 35%	371 38% <small>B</small>	325 32%	71 32% <small>h</small>	148 43% <small>CGH</small>	135 42% <small>CgH</small>	131 37% <small>H</small>	99 33% <small>H</small>	112 24%	219 39% <small>K</small>	266 39% <small>K</small>	211 28%	188 35%	180 32%	154 37%	174 35%	91 33%	348 40%
Fairly negative impact (-1)	53 3%	24 2%	28 3%	12 5% <small>dFH</small>	7 2%	11 3%	7 2%	9 3%	7 2%	19 3%	17 3%	16 2%	11 2%	20 4%	12 3%	10 2%	9 3%	27 3%
Very negative impact (-2)	36 2%	17 2%	19 2%	4 2%	11 3% <small>Gh</small>	5 1%	10 3% <small>Gh</small>	1 *	5 1%	15 3% <small>K</small>	14 2% <small>k</small>	6 1%	10 2%	10 2%	7 2%	9 2%	7 2%	20 2%
NET: Negative	88 4%	41 4%	47 5%	17 7% <small>gH</small>	18 5%	16 5%	16 5%	10 3%	12 3%	34 6% <small>K</small>	32 5% <small>k</small>	22 3%	21 4%	30 5%	19 5%	18 4%	16 6%	46 5%
Not applicable - I do not use this social media platform	436 22%	192 20%	244 24% <small>A</small>	9 4%	29 9% <small>c</small>	44 14% <small>Cd</small>	82 23% <small>CDE</small>	86 29% <small>CDEF</small>	185 40% <small>CDEFG</small>	39 7%	126 19% <small>l</small>	271 36% <small>lJ</small>	112 21%	116 21%	81 20%	126 25% <small>n</small>	67 25% <small>Q</small>	121 14%
Not applicable - I do not see pictures or videos relating to being physically active on this platform	407 20%	195 20%	212 21%	24 11%	52 15%	63 20% <small>C</small>	65 18% <small>C</small>	76 26% <small>CDF</small>	126 27% <small>CDEF</small>	76 13%	129 19% <small>l</small>	202 27% <small>lJ</small>	96 18%	119 21%	80 19%	112 23% <small>l</small>	36 13%	158 18%
Mean	0.35	0.34	0.37	0.69 <small>DEFGH</small>	0.40 <small>GH</small>	0.34 <small>gH</small>	0.28 <small>h</small>	0.17	0.12	0.53 <small>JK</small>	0.31 <small>K</small>	0.15	0.44 <small>O</small>	0.35	0.35	0.25	0.40	0.37
Standard deviation	0.88	0.87	0.89	1.00	0.91	0.85	0.87	0.69	0.75	0.96	0.86	0.72	0.91	0.89	0.88	0.82	0.95	0.89
Standard error	0.03	0.04	0.04	0.07	0.07	0.06	0.06	0.06	0.06	0.05	0.04	0.04	0.05	0.05	0.06	0.05	0.08	0.04

Proportions/Means: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 40

Q.5 What impact, if any, does seeing friends or celebrities post pictures and videos of themselves doing exercise or being physically active on the following social media platforms have on your motivation to be physically active?

YouTube

Base: All respondents

	Total	Region											
		Scotland (a)	Wales (b)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2004	189	112	1703	87	243	200	154	157	213	197	284	168
Weighted base	2004	176	100*	1727	84*	230	168	180	150	192	267	279	176
NET: Positive	377 19%	26 15%	15 15%	335 19%	14 17%	58 25%AbgJM	30 18%	40 22%am	31 21%	28 15%	53 20%	57 20%	25 14%
Very positive impact	(2) 158 8%	5 3%	7 7%	146 8%A	6 8%	23 10%AJ	15 9%A	17 10%Aj	16 11%AJ	8 4%	27 10%Aj	22 8%A	12 7%
Fairly positive impact	(1) 219 11%	21 12%	8 8%	189 11%	8 9%	35 15%gM	15 9%	22 12%	15 10%	20 10%	27 10%	34 12%	13 8%
No impact	(0) 696 35%	72 41%FI	31 31%	593 34%	39 46%BFhKL	64 28%	63 37%f	60 33%	48 32%	72 37%F	94 35%	88 31%	67 38%F
Fairly negative impact	(-1) 53 3%	7 4%f	9 9%DEFGhijklm	37 2%	1 1%	3 1%	5 3%	6 3%	5 3%	3 2%	7 3%	5 2%	3 2%
Very negative impact	(-2) 36 2%	1 1%	-	34 2%	2 2%	4 2%	4 3%	1 1%	5 3%bhm	4 2%	7 3%	5 2%	1 1%
NET: Negative	88 4%	8 5%	9 9%DFhijm	71 4%	3 3%	7 3%	9 5%	7 4%	10 7%im	7 4%	14 5%	10 4%	4 2%
Not applicable - I do not use this social media platform	436 22%	40 23%	24 24%	371 22%	13 15%	56 24%e	35 21%	33 18%	28 19%	47 25%e	49 18%	64 23%	45 26%e
Not applicable - I do not see pictures or videos relating to being physically active on this platform	407 20%	29 17%	21 21%	357 21%	16 19%	46 20%	32 19%	41 23%	33 22%	38 20%	56 21%	60 21%	35 20%
Mean	0.35	0.21	0.23	0.38a	0.28	0.54ABgJm	0.31	0.46Aj	0.37	0.23	0.36	0.41a	0.33
Standard deviation	0.88	0.69	0.87	0.90	0.83	0.92	0.92	0.86	1.03	0.80	0.96	0.90	0.77
Standard error	0.03	0.07	0.11	0.03	0.11	0.08	0.09	0.09	0.11	0.08	0.09	0.07	0.08

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base; ** very small base (under 30) ineligible for sig testing

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 41

Q.5 What impact, if any, does seeing friends or celebrities post pictures and videos of themselves doing exercise or being physically active on the following social media platforms have on your motivation to be physically active?

YouTube

Base: All respondents

	Total	Q.1 Physical Activity per week			
		None (a)	Up to 1 hour (b)	1-2 hours (c)	2+ hours (d)
Unweighted base	2004	271	547	409	739
Weighted base	2004	242	530	416	778
NET: Positive	377 19%	15 6%	104 20%A	95 23%A	157 20%A
Very positive impact	(2) 158 8%	5 2%	40 8%A	41 10%A	68 9%A
Fairly positive impact	(1) 219 11%	10 4%	64 12%A	54 13%A	89 11%A
No impact	(0) 696 35%	76 31%	191 36%	144 35%	276 36%
Fairly negative impact	(-1) 53 3%	-	18 3%A	13 3%A	22 3%A
Very negative impact	(-2) 36 2%	3 1%	9 2%	7 2%	16 2%
NET: Negative	88 4%	3 1%	27 5%A	20 5%A	38 5%A
Not applicable - I do not use this social media platform	436 22%	80 33%BCD	99 19%	83 20%	164 21%
Not applicable - I do not see pictures or videos relating to being physically active on this platform	407 20%	68 28%BCD	108 20%	74 18%	142 18%
Mean	0.35	0.16	0.33a	0.42A	0.36A
Standard deviation	0.88	0.64	0.87	0.91	0.91
Standard error	0.03	0.06	0.05	0.06	0.04

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b/c/d

Physical Activity Survey

ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 42

Q.5 What impact, if any, does seeing friends or celebrities post pictures and videos of themselves doing exercise or being physically active on the following social media platforms have on your motivation to be physically active?

Snapchat

Base: All respondents

	Gender			Age									Social Grade				Employment Sector	
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Private (q)
Unweighted base	2004	929	1075	228	239	309	409	286	533	467	718	819	508	560	402	534	235	776
Weighted base	2004	978	1026	225	345	323	357	295	461	569	679	755	536	559	412	497	273	881
NET: Positive	173 9%	80 8%	93 9%	64 28% ^{DEFGH}	46 13% ^{FGH}	29 9% ^{GH}	24 7% ^{GH}	5 2%	5 1%	110 19% ^{JK}	54 8% ^K	10 1%	57 11% ^O	48 9%	39 9% ^o	29 6%	26 9%	97 11%
Very positive impact	(2) 68 3%	34 3%	34 3%	28 13% ^{DEFGH}	13 4% ^{GH}	13 4% ^{GH}	10 3% ^{GH}	1 *	1 *	42 7% ^{JK}	23 3% ^K	3 *	23 4%	18 3%	14 3%	12 2%	14 5%	32 4%
Fairly positive impact	(1) 105 5%	46 5%	59 6%	36 16% ^{DEFGH}	32 9% ^{eFGH}	17 5% ^{GH}	14 4% ^{GH}	3 1%	4 1%	68 12% ^{JK}	30 4% ^K	7 1%	35 6% ^O	29 5%	25 6% ^o	17 3%	12 4%	65 7%
No impact	(0) 539 27%	279 29%	259 25%	77 34% ^{FGH}	120 35% ^{FGH}	101 31% ^{fgH}	90 25% ^H	69 24% ^h	82 18%	197 35% ^{JK}	191 28% ^K	151 20%	157 29% ^O	156 28% ^o	113 27%	112 23%	78 28%	280 32%
Fairly negative impact	(-1) 59 3%	33 3%	26 3%	20 9% ^{DEFGH}	9 3%	9 3%	7 2%	5 2%	7 2%	30 5% ^{JK}	16 2%	13 2%	17 3%	19 3%	12 3%	11 2%	11 4%	29 3%
Very negative impact	(-2) 40 2%	22 2%	17 2%	6 3% ^E	11 3% ^E	1 *	9 3% ^E	6 2% ^E	6 1%	17 3%	10 1%	12 2%	9 2%	10 2%	12 3%	9 2%	10 4%	16 2%
NET: Negative	98 5%	55 6%	44 4%	27 12% ^{DEFGH}	20 6% ^h	10 3%	16 5%	12 4%	13 3%	47 8% ^{JK}	26 4%	25 3%	26 5%	28 5%	24 6%	21 4%	21 8%	45 5%
Not applicable - I do not use this social media platform	829 41%	380 39%	448 44% ^A	33 15%	120 35% ^C	129 40% ^C	164 46% ^{CD}	141 48% ^{CDe}	241 52% ^{CDEf}	154 27%	292 43% ^l	383 51% ^{lJ}	207 39%	214 38%	168 41%	239 48% ^{LMN}	105 39%	316 36%
Not applicable - I do not see pictures or videos relating to being physically active on this platform	365 18%	183 19%	182 18%	24 11%	38 11%	53 17% ^{cd}	63 18% ^{CD}	67 23% ^{CDe}	119 26% ^{CDEF}	62 11%	116 17% ^l	187 25% ^{lJ}	89 17%	112 20%	68 17%	96 19%	44 16%	144 16%
Mean	0.13	0.09	0.17	0.36 ^{dFGH}	0.15 ^{GH}	0.22 ^{GH}	0.07 ^{gh}	-0.14	-0.13	0.25 ^K	0.15 ^K	-0.14	0.19	0.12	0.10	0.07	0.07	0.16
Standard deviation	0.85	0.85	0.84	1.02	0.86	0.73	0.87	0.67	0.63	0.94	0.80	0.64	0.85	0.82	0.89	0.84	0.97	0.81
Standard error	0.03	0.04	0.04	0.08	0.08	0.06	0.07	0.07	0.06	0.06	0.05	0.05	0.06	0.05	0.07	0.07	0.10	0.04

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 43

Q.5 What impact, if any, does seeing friends or celebrities post pictures and videos of themselves doing exercise or being physically active on the following social media platforms have on your motivation to be physically active?

Snapchat

Base: All respondents

	Total	Region											
		Scotland (a)	Wales (b)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2004	189	112	1703	87	243	200	154	157	213	197	284	168
Weighted base	2004	176	100*	1727	84*	230	168	180	150	192	267	279	176
NET: Positive	173 9%	11 6%	7 7%	155 9%	6 7%	30 13%AU	14 8%J	20 11%J	9 6%	6 3%	26 10%J	28 10%J	15 9%J
Very positive impact	(2) 68 3%	4 2%	5 5%	59 3%	2 3%	10 4%	8 5%	6 3%	4 3%	3 2%	9 4%	11 4%	7 4%
Fairly positive impact	(1) 105 5%	7 4%	3 3%	96 6%	3 4%	20 9%aBgJ	6 4%	15 8%biJ	4 3%	3 2%	17 6%J	18 6%J	8 5%
No impact	(0) 539 27%	59 33%dfHkm	27 27%	453 26%	31 36%FHkm	46 20%	49 29%f	38 21%	50 34%FHkm	57 30%Fh	63 24%	76 27%f	43 25%
Fairly negative impact	(-1) 59 3%	9 5%dfhk	8 8%DFHIJKM	42 2%	2 3%	4 2%	7 4%	2 1%	2 2%	4 2%	4 2%	13 5%fk	3 2%
Very negative impact	(-2) 40 2%	3 2%	1 1%	35 2%	2 2%	4 2%	2 1%	6 3%	4 3%	5 2%	4 2%	5 2%	3 2%
NET: Negative	98 5%	12 7%	9 9%DFKM	77 4%	4 5%	8 4%	9 5%	8 5%	7 5%	9 4%	8 3%	18 6%	6 3%
Not applicable - I do not use this social media platform	829 41%	67 38%	36 35%	727 42%	28 34%	103 45%	69 41%	80 45%	60 40%	87 45%e	118 44%	105 38%	77 44%
Not applicable - I do not see pictures or videos relating to being physically active on this platform	365 18%	28 16%	21 21%	315 18%	15 18%	44 19%	28 17%	33 18%	25 17%	33 17%	51 19%	51 18%	35 20%
Mean	0.13	-0.02	0.04	0.15	0.06	0.32AiJ	0.15	0.18	0.02	-0.06	0.24aJ	0.13	0.20
Standard deviation	0.85	0.74	0.90	0.86	0.76	0.92	0.84	0.97	0.79	0.72	0.84	0.87	0.88
Standard error	0.03	0.08	0.14	0.03	0.12	0.10	0.10	0.13	0.10	0.09	0.10	0.08	0.11

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

* small base; ** very small base (under 30) ineligible for sig testing

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 44

Q.5 What impact, if any, does seeing friends or celebrities post pictures and videos of themselves doing exercise or being physically active on the following social media platforms have on your motivation to be physically active?

Snapchat

Base: All respondents

	Total	Q.1 Physical Activity per week			
		None (a)	Up to 1 hour (b)	1-2 hours (c)	2+ hours (d)
Unweighted base	2004	271	547	409	739
Weighted base	2004	242	530	416	778
NET: Positive	173 9%	8 3%	54 10%A	51 12%AD	59 8%A
Very positive impact	(2) 68 3%	- -	19 4%A	21 5%A	28 4%A
Fairly positive impact	(1) 105 5%	8 3%	36 7%ad	29 7%aD	32 4%
No impact	(0) 539 27%	54 22%	140 26%	111 27%	220 28%a
Fairly negative impact	(-1) 59 3%	3 1%	18 3%	11 3%	27 3%
Very negative impact	(-2) 40 2%	1 *	15 3%A	7 2%	16 2%a
NET: Negative	98 5%	4 2%	33 6%A	19 4%a	43 6%A
Not applicable - I do not use this social media platform	829 41%	124 52%BCD	200 38%	179 43%	311 40%
Not applicable - I do not see pictures or videos relating to being physically active on this platform	365 18%	51 21%C	102 19%C	57 14%	145 19%c
Mean	0.13	0.05	0.11	0.25ad	0.08
Standard deviation	0.85	0.47	0.91	0.89	0.85
Standard error	0.03	0.05	0.06	0.07	0.05

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b/c/d

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 45

Q.6 Before today, had you heard of National Fitness Day?**Base: All respondents**

	Gender		Age									Social Grade				Employment Sector		
	Total	Male (a)	Female (b)	18-24 (c)	25-34 (d)	35-44 (e)	45-54 (f)	55-64 (g)	65+ (h)	18-34 (i)	35-54 (j)	55+ (k)	AB (l)	C1 (m)	C2 (n)	DE (o)	Public (p)	Pri- vate (q)
Unweighted base	2004	929	1075	228	239	309	409	286	533	467	718	819	508	560	402	534	235	776
Weighted base	2004	978	1026	225	345	323	357	295	461	569	679	755	536	559	412	497	273	881
NET: Yes	352 18%	190 19%B	162 16%	55 25%eFGH	85 25%EFGH	56 17%F	41 12%	36 12%	79 17%Fg	140 25%JK	97 14%	115 15%	94 18%	115 21%O	74 18%	69 14%	43 16%	179 20%
Yes - and I know a lot about it	31 2%	15 2%	16 2%	9 4%FGH	12 4%FGH	9 3%FGH	1 *	- -	- -	21 4%JK	10 1%K	- -	14 3%O	6 1%	7 2%	4 1%	10 4%q	14 2%
Yes - and I know a little about it	126 6%	63 6%	63 6%	27 12%EFGH	42 12%EFGH	19 6%G	15 4%	6 2%	18 4%	69 12%JK	34 5%k	24 3%	33 6%	36 6%	33 8%o	24 5%	19 7%	75 9%
Yes - but I don't know anything about it	195 10%	113 12%B	82 8%	20 9%	31 9%	27 8%	26 7%	30 10%	61 13%EF	51 9%	53 8%	91 12%J	47 9%	73 13%LNO	34 8%	41 8%	14 5%	90 10%P
No - I had never heard of it before today	1652 82%	788 81%	864 84%A	169 75%	259 75%	267 83%cD	315 88%CDEH	258 88%CDh	382 83%CD	429 75%	583 86%l	641 85%l	442 82%	444 79%	339 82%	427 86%M	230 84%	702 80%

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b - c/d/e/f/g/h - i/j/k - l/m/n/o - p/q

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 46

Q.6 Before today, had you heard of National Fitness Day?**Base: All respondents**

	Total	Region											
		Scotland (a)	Wales (b)	NET: England (d)	North East (e)	North West (f)	Yorkshire & Humberside (g)	West Midlands (h)	East Midlands (i)	Eastern (j)	London (k)	South East (l)	South West (m)
Unweighted base	2004	189	112	1703	87	243	200	154	157	213	197	284	168
Weighted base	2004	176	100*	1727	84*	230	168	180	150	192	267	279	176
NET: Yes	352 18%	31 18% ^e	19 19% ^e	302 17%	7 9%	34 15%	32 19% ^E	27 15%	30 20% ^E	28 14%	60 22% ^{Efjm}	59 21% ^{Efjm}	25 14%
Yes - and I know a lot about it	31 2%	2 1%	1 1%	28 2%	2 3%	4 2%	3 2%	2 1%	1 *	1 1%	9 3% ^{ij}	4 1%	1 1%
Yes - and I know a little about it	126 6%	14 8% ^e	7 7%	104 6%	2 2%	12 5%	11 7%	10 5%	11 7%	10 5%	21 8%	20 7%	7 4%
Yes - but I don't know anything about it	195 10%	15 8%	11 11% ^e	170 10%	3 4%	19 8%	18 10% ^e	15 9%	18 12% ^E	17 9%	30 11% ^e	35 12% ^E	16 9%
No - I had never heard of it before today	1652 82%	145 82%	81 81%	1425 83%	77 91% ^{abGIKL}	196 85% ^{kl}	136 81%	153 85%	121 80%	165 86% ^{kl}	207 78%	220 79%	152 86% ^{kl}

Proportions/Means: Columns Tested (5%, 10% risk level) - a/d - b/d - c/d - a/b/c/e/f/g/h/i/j/k/l/m

*** small base; ** very small base (under 30) ineligible for sig testing**

Physical Activity Survey
ONLINE Fieldwork: 4th-6th August 2017

Absolutes/col percents

Table 47

Q.6 Before today, had you heard of National Fitness Day?**Base: All respondents**

	Total	Q.1 Physical Activity per week			
		None (a)	Up to 1 hour (b)	1-2 hours (c)	2+ hours (d)
Unweighted base	2004	271	547	409	739
Weighted base	2004	242	530	416	778
NET: Yes	352 18%	22 9%	94 18%A	87 21%A	145 19%A
Yes - and I know a lot about it	31 2%	-	2 *	12 3%AB	18 2%AB
Yes - and I know a little about it	126 6%	4 2%	35 7%A	38 9%Ad	48 6%A
Yes - but I don't know anything about it	195 10%	18 8%	57 11%	38 9%	80 10%
No - I had never heard of it before today	1652 82%	220 91%BCD	436 82%	329 79%	633 81%

Proportions/Mean: Columns Tested (5%, 10% risk level) - a/b/c/d