

YouGov / The Children's Society

Exercise

GB Sample: 2,043 Adults

Fieldwork Time: 2nd - 3rd June 2015

Total	Gender		Age					Social Grade	
Base	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE

For the following questions, by "exercise", we mean any type of exercise you do in order to stay healthy. This includes both moderate intensity activity (e.g. walking fast, water aerobics, skateboarding, etc.), vigorous intensity exercise (e.g. jogging/ running, swimming fast, football, etc.) and muscle-strengthening activities (e.g. lifting weights, push-ups/ sit-ups, yoga, etc.).

On average, how many minutes of exercise, if any, do you currently fit into your average day?

Unweighted base	2043	985	1058	238	244	368	488	705	1167	876
Base: All GB Adults	2043	981	1062	245	320	387	376	715	1124	919
0 - none	24%	23%	25%	13%	20%	22%	24%	31%	20%	29%
1 to 15 minutes	25%	25%	25%	27%	25%	26%	26%	23%	28%	21%
16 to 30 minutes	23%	25%	21%	24%	23%	28%	22%	21%	26%	19%
31 minutes to 1 hour	15%	14%	16%	18%	15%	14%	17%	14%	16%	14%
More than 1 hour	8%	8%	9%	9%	10%	6%	10%	8%	7%	10%
Don't know	5%	5%	4%	9%	7%	5%	2%	3%	2%	8%
Mean	21.19	21.08	21.29	24.28	22.67	19.90	22.46	19.57	21.27	21.09
StdDev	21.97	21.70	22.21	21.81	22.45	19.95	22.91	22.19	20.81	23.39

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Region								Government Region											
North	Midlands	East	London	South	England	Wales	Scotland	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	England	Wales	Scotland

For the following questions, by "exercise", we mean any type of exercise you do in order to stay healthy. This includes both moderate intensity activity (e.g. walking fast, water aerobics, skateboarding, etc.), vigorous intensity exercise (e.g. jogging/ running, swimming fast, football, etc.) and muscle-strengthening activities (e.g. lifting weights, push-ups/ sit-ups, yoga, etc.).

On average, how many minutes of exercise, if any, do you currently fit into your average day?

Unweighted base	536	276	210	257	432	1711	109	223	89	255	192	124	152	210	257	252	180	1711	109	223
Base: All GB Adults	503	335	196	262	468	1763	102	178	89	237	177	146	189	196	262	269	199	1763	102	178
0 - none	23%	24%	23%	22%	26%	24%	27%	22%	20%	25%	22%	27%	22%	23%	22%	28%	24%	24%	27%	22%
1 to 15 minutes	23%	31%	22%	23%	26%	25%	21%	25%	19%	23%	26%	23%	37%	22%	23%	25%	26%	25%	21%	25%
16 to 30 minutes	22%	19%	25%	24%	26%	23%	25%	21%	26%	23%	20%	22%	16%	25%	24%	28%	22%	23%	25%	21%
31 minutes to 1 hour	16%	16%	17%	17%	12%	15%	13%	16%	20%	15%	15%	15%	17%	17%	17%	11%	13%	15%	13%	16%
More than 1 hour	10%	5%	8%	9%	8%	8%	11%	10%	12%	9%	11%	7%	4%	8%	9%	6%	10%	8%	11%	10%
Don't know	5%	5%	4%	6%	3%	5%	4%	6%	3%	5%	6%	6%	4%	4%	6%	1%	4%	5%	4%	6%
Mean	22.65	18.68	22.19	22.55	19.53	20.99	22.16	22.68	25.84	21.35	22.78	19.75	17.87	22.19	22.55	18.36	21.17	20.99	22.16	22.68
StdDev	23.01	20.12	21.97	22.09	21.15	21.77	23.47	23.05	23.40	22.42	23.56	21.30	19.20	21.97	22.09	19.90	22.74	21.77	23.47	23.05

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Working status							Marital Status					Children in Household						Social Media (monthly or more)			
Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused	Facebook	LinkedIn	Google+	Twitter

For the following questions, by "exercise", we mean any type of exercise you do in order to stay healthy. This includes both moderate intensity activity (e.g. walking fast, water aerobics, skateboarding, etc.), vigorous intensity exercise (e.g. jogging/ running, swimming fast, football, etc.) and muscle-strengthening activities (e.g. lifting weights, push-ups/ sit-ups, yoga, etc.).

On average, how many minutes of exercise, if any, do you currently fit into your average day?

Unweighted base	949	302	1251	155	405	68	164	1022	246	168	56	550	1422	310	204	73	587	34	1419	379	188	590
Base: All GB Adults	932	294	1225	152	415	79	172	985	267	155	58	578	1414	301	203	87	591	39	1427	352	190	558
0 - none	21%	24%	22%	14%	30%	18%	38%	25%	23%	26%	25%	23%	26%	23%	14%	28%	20%	8%	23%	17%	14%	21%
1 to 15 minutes	26%	25%	26%	24%	25%	17%	25%	26%	19%	19%	23%	27%	25%	25%	27%	19%	25%	35%	26%	24%	25%	27%
16 to 30 minutes	25%	25%	25%	27%	20%	13%	13%	23%	27%	24%	26%	20%	22%	25%	29%	26%	26%	22%	23%	29%	24%	24%
31 minutes to 1 hour	15%	16%	15%	16%	13%	21%	15%	15%	18%	17%	21%	13%	15%	17%	20%	12%	17%	1%	16%	19%	17%	16%
More than 1 hour	9%	7%	9%	11%	8%	8%	6%	7%	12%	13%	5%	9%	9%	8%	6%	10%	8%	10%	8%	10%	18%	10%
Don't know	4%	2%	3%	9%	4%	23%	4%	4%	1%	2%	-	9%	4%	3%	5%	5%	4%	24%	3%	2%	2%	3%
Mean	22.19	20.80	21.85	25.35	19.13	25.76	16.29	20.03	24.92	24.17	20.72	20.63	20.76	21.69	23.48	21.44	22.27	20.21	21.68	24.47	28.44	22.56
StdDev	22.01	21.13	21.80	22.64	21.83	23.87	21.07	20.99	23.54	24.12	20.11	22.23	22.24	21.62	20.14	22.97	21.31	21.90	21.84	21.80	25.04	22.42

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Total	Gender		Age					Social Grade	
Base	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE

And in total, how many minutes of exercise, if any, would you ideally like to fit into your average day?

Unweighted base	2043	985	1058	238	244	368	488	705	1167	876
Base: All GB Adults	2043	981	1062	245	320	387	376	715	1124	919
0 - none	8%	9%	7%	2%	3%	7%	7%	13%	6%	11%
1 to 15 minutes	8%	8%	9%	7%	4%	8%	10%	10%	8%	8%
16 to 30 minutes	25%	23%	27%	20%	25%	29%	27%	23%	28%	21%
31 minutes to 1 hour	33%	32%	33%	39%	38%	37%	30%	28%	35%	30%
More than 1 hour	19%	20%	18%	20%	23%	13%	20%	18%	18%	19%
Don't know	7%	7%	7%	13%	6%	5%	6%	8%	4%	11%
Mean	37.48	37.64	37.33	42.86	42.81	35.79	37.14	34.44	37.92	36.89
StdDev	22.75	23.39	22.14	20.50	20.92	20.77	23.10	24.37	21.77	23.97

Which, if any, of the following would you say you ever do to fit exercise into your daily routine? (Please select all that apply. If any of your answers don't show in the list below, please type them in the 'Other' box)

Unweighted base	2043	985	1058	238	244	368	488	705	1167	876
Base: All GB Adults	2043	981	1062	245	320	387	376	715	1124	919
Taking the stairs (e.g. instead of taking the lift)	52%	49%	55%	47%	53%	53%	53%	52%	58%	44%
Cleaning	42%	26%	57%	24%	37%	44%	41%	50%	45%	38%
Gardening	37%	32%	41%	8%	18%	32%	36%	58%	41%	31%
Walking, jogging or cycling to work	29%	33%	26%	21%	38%	42%	37%	17%	35%	22%
Going to the gym	16%	16%	16%	25%	21%	17%	15%	9%	19%	12%
Exercising whilst watching the TV	15%	12%	18%	23%	17%	17%	16%	11%	17%	13%
Running after my children (e.g. during playtime)	10%	8%	11%	7%	16%	24%	5%	3%	11%	8%
Playing sports with friends/ a team (e.g. squash, tennis, football, rugby, etc.)	10%	15%	5%	22%	14%	8%	10%	4%	11%	9%
Running around the supermarket	9%	5%	12%	5%	10%	11%	7%	10%	9%	9%
Exercising at my desk at work	3%	3%	4%	4%	3%	5%	5%	1%	4%	2%
Other <i>[Please see PCE_q3a]</i>	13%	12%	15%	13%	6%	7%	15%	19%	14%	13%
Don't know	6%	8%	3%	12%	6%	7%	3%	4%	3%	9%
Not applicable - I never fit any exercise into my daily routine	8%	9%	8%	5%	7%	6%	7%	11%	6%	10%

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And in total, how many minutes of exercise, if any, would you ideally like to fit into your average day?

Unweighted base	536	276	210	257	432	1711	109	223	89	255	192	124	152	210	257	252	180	1711	109	223
Base: All GB Adults	503	335	196	262	468	1763	102	178	89	237	177	146	189	196	262	269	199	1763	102	178
0 - none	6%	8%	10%	8%	8%	8%	11%	10%	9%	6%	4%	5%	10%	10%	8%	7%	9%	8%	11%	10%
1 to 15 minutes	6%	7%	12%	7%	11%	8%	11%	8%	7%	5%	7%	7%	6%	12%	7%	11%	12%	8%	11%	8%
16 to 30 minutes	25%	27%	21%	24%	28%	26%	24%	21%	19%	28%	24%	30%	24%	21%	24%	28%	28%	26%	24%	21%
31 minutes to 1 hour	36%	35%	28%	30%	31%	33%	34%	35%	37%	38%	33%	35%	35%	28%	30%	34%	26%	33%	34%	35%
More than 1 hour	19%	14%	23%	23%	18%	19%	15%	20%	23%	16%	21%	12%	16%	23%	23%	15%	21%	19%	15%	20%
Don't know	9%	10%	6%	8%	5%	7%	5%	7%	6%	8%	12%	11%	9%	6%	8%	5%	4%	7%	5%	7%
Mean	39.63	36.31	37.07	39.47	35.47	37.56	34.73	38.25	40.38	38.46	40.85	36.30	36.32	37.07	39.47	35.28	35.74	37.56	34.73	38.25
StdDev	21.59	21.51	24.96	23.57	22.81	22.65	22.97	23.53	23.26	20.69	21.94	20.11	22.56	24.96	23.57	21.88	24.07	22.65	22.97	23.53

Which, if any, of the following would you say you ever do to fit exercise into your daily routine? (Please select all that apply. If any of your answers don't show in the list below, please type them in the 'Other' box)

Unweighted base	536	276	210	257	432	1711	109	223	89	255	192	124	152	210	257	252	180	1711	109	223
Base: All GB Adults	503	335	196	262	468	1763	102	178	89	237	177	146	189	196	262	269	199	1763	102	178
Taking the stairs (e.g. instead of taking the lift)	49%	57%	55%	48%	56%	53%	48%	45%	46%	47%	54%	60%	54%	55%	48%	56%	54%	53%	48%	45%
Cleaning	41%	50%	41%	37%	39%	42%	55%	39%	38%	39%	46%	49%	50%	41%	37%	38%	41%	42%	55%	39%
Gardening	33%	41%	39%	28%	40%	36%	45%	38%	30%	31%	37%	41%	40%	39%	28%	38%	41%	36%	45%	38%
Walking, jogging or cycling to work	27%	29%	27%	36%	28%	29%	29%	31%	28%	30%	22%	28%	30%	27%	36%	31%	25%	29%	29%	31%
Going to the gym	19%	13%	12%	18%	15%	16%	15%	15%	14%	18%	22%	17%	10%	12%	18%	16%	13%	16%	15%	15%
Exercising whilst watching the TV	11%	19%	15%	15%	16%	15%	26%	13%	8%	11%	12%	14%	22%	15%	15%	13%	19%	15%	26%	13%
Running after my children (e.g. during playtime)	11%	9%	16%	10%	7%	10%	11%	9%	24%	8%	8%	10%	7%	16%	10%	8%	5%	10%	11%	9%
Playing sports with friends/ a team (e.g. squash, tennis, football, rugby, etc.)	9%	10%	8%	9%	8%	9%	12%	17%	13%	9%	6%	14%	6%	8%	9%	9%	8%	9%	12%	17%
Running around the supermarket	11%	8%	12%	7%	7%	9%	9%	7%	5%	12%	14%	10%	7%	12%	7%	9%	6%	9%	9%	7%
Exercising at my desk at work	3%	2%	2%	2%	5%	3%	5%	6%	-	4%	2%	-	3%	2%	2%	6%	4%	3%	5%	6%
Other <i>[Please see PCE_q3a]</i>	11%	15%	17%	10%	17%	14%	9%	12%	16%	7%	15%	16%	14%	17%	10%	12%	23%	14%	9%	12%
Don't know	8%	4%	3%	6%	5%	6%	1%	8%	2%	9%	9%	5%	3%	3%	6%	5%	4%	6%	1%	8%
Not applicable - I never fit any exercise into my daily routine	9%	6%	8%	8%	9%	8%	9%	11%	5%	10%	8%	7%	5%	8%	8%	9%	9%	8%	9%	11%

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And in total, how many minutes of exercise, if any, would you ideally like to fit into your average day?

Unweighted base	949	302	1251	155	405	68	164	1022	246	168	56	550	1422	310	204	73	587	34	1419	379	188	590
Base: All GB Adults	932	294	1225	152	415	79	172	985	267	155	58	578	1414	301	203	87	591	39	1427	352	190	558
0 - none	6%	8%	7%	2%	13%	5%	11%	8%	5%	17%	7%	7%	10%	5%	1%	4%	3%	4%	7%	5%	5%	6%
1 to 15 minutes	8%	6%	7%	3%	11%	7%	14%	8%	8%	11%	21%	7%	8%	10%	6%	6%	8%	12%	8%	5%	5%	6%
16 to 30 minutes	27%	28%	28%	20%	22%	10%	25%	28%	29%	17%	19%	21%	25%	24%	31%	25%	27%	16%	26%	26%	22%	28%
31 minutes to 1 hour	34%	32%	34%	41%	28%	42%	27%	32%	35%	26%	32%	35%	31%	36%	38%	40%	37%	29%	35%	40%	31%	35%
More than 1 hour	20%	19%	20%	22%	18%	16%	10%	17%	21%	27%	14%	18%	18%	21%	20%	19%	20%	16%	19%	21%	30%	21%
Don't know	5%	7%	5%	12%	8%	20%	12%	7%	3%	2%	7%	11%	8%	5%	5%	7%	5%	22%	5%	3%	7%	5%
Mean	38.55	37.89	38.39	44.77	34.31	41.79	30.22	36.52	39.04	37.10	32.85	39.00	36.33	39.44	41.00	40.60	40.15	37.93	38.08	41.21	44.26	39.58
StdDev	22.23	22.49	22.28	19.64	24.46	21.31	22.11	22.40	21.92	26.90	23.15	22.32	23.25	22.33	19.96	20.68	21.28	23.52	22.38	21.00	23.13	21.85

Which, if any, of the following would you say you ever do to fit exercise into your daily routine? (Please select all that apply. If any of your answers don't show in the list below, please type them in the 'Other' box)

Unweighted base	949	302	1251	155	405	68	164	1022	246	168	56	550	1422	310	204	73	587	34	1419	379	188	590
Base: All GB Adults	932	294	1225	152	415	79	172	985	267	155	58	578	1414	301	203	87	591	39	1427	352	190	558
Taking the stairs (e.g. instead of taking the lift)	52%	56%	53%	53%	52%	35%	48%	53%	51%	53%	57%	49%	51%	60%	45%	54%	54%	62%	53%	63%	56%	57%
Cleaning	33%	60%	40%	29%	57%	32%	42%	45%	45%	52%	62%	32%	42%	49%	42%	35%	45%	27%	43%	36%	48%	39%
Gardening	30%	47%	34%	5%	61%	24%	31%	47%	36%	43%	66%	14%	38%	36%	32%	31%	34%	20%	34%	33%	38%	26%
Walking, jogging or cycling to work	48%	49%	49%	-	-	-	-	29%	32%	27%	12%	30%	28%	34%	34%	27%	33%	17%	30%	43%	42%	36%
Going to the gym	18%	15%	17%	27%	11%	8%	10%	14%	22%	11%	7%	18%	15%	17%	14%	19%	16%	17%	17%	22%	14%	20%
Exercising whilst watching the TV	15%	21%	16%	22%	10%	16%	15%	12%	16%	19%	7%	19%	14%	16%	20%	18%	17%	15%	17%	14%	15%	19%
Running after my children (e.g. during playtime)	12%	13%	12%	4%	3%	16%	10%	12%	15%	11%	8%	4%	3%	24%	31%	35%	28%	2%	10%	16%	7%	11%
Playing sports with friends/ a team (e.g. squash, tennis, football, rugby, etc.)	13%	4%	11%	24%	5%	8%	2%	8%	11%	5%	-	14%	9%	13%	7%	11%	11%	14%	11%	17%	13%	12%
Running around the supermarket	7%	10%	8%	5%	12%	15%	9%	9%	9%	9%	16%	8%	8%	14%	9%	12%	12%	10%	10%	9%	10%	7%
Exercising at my desk at work	6%	4%	5%	-	-	-	-	4%	3%	4%	-	3%	2%	8%	4%	2%	6%	1%	3%	4%	5%	4%
Other <i>[Please see PCE_q3a]</i>	8%	7%	8%	20%	25%	15%	18%	16%	7%	14%	24%	12%	15%	10%	9%	7%	9%	24%	13%	12%	19%	10%
Don't know	5%	3%	4%	13%	4%	20%	4%	5%	2%	2%	1%	10%	5%	5%	8%	4%	6%	14%	5%	3%	7%	5%
Not applicable - I never fit any exercise into my daily routine	6%	6%	6%	6%	10%	8%	19%	8%	6%	11%	9%	9%	9%	6%	4%	10%	6%	4%	7%	4%	4%	6%