

Sport England Active Lives Report October 2017



ANALYSIS

Data sample

- Based on adults aged 16+
- 214,284 sample
- Collected between 16th May 2016 - 15th May 2017

Population estimates are estimates of the number of people in a particular group (for example, the number of people in the inactive group or the number of males who have volunteered in the last year)

Types of activity highlights the number of people who have taken part in that activity **at least twice** in the **last 28 days**:

- Fitness activities – 29.5% based on a population estimate of 13,200,300
- Fitness activities (males) – 27.4% based on a population estimate of 5,981,700
- Fitness activities (females) – 31.6% based on a population estimate of 7,218,600

Fitness activity types

Holistic: Pilates, yoga

Boxing class: Boxercise®, BODYCOMBAT™

Cardio class: aerobics, step aerobics, BODYATTACK™

Core strength: legs bums and tums, BODYBALANCE™

Cycle class: indoor group cycling, RPM™

Dance fitness class: Zumba®, FitSteps®, Ravercise, BODYJAM™

Water-based class: aqua aerobics, aqua fit

Weights-based class: BODYPUMP™, kettlebell

Other fitness or exercise class

= 14.1% based on a population estimate of 6,308,100

Interval sessions: circuit training, cross training

Bootcamp: military fitness, CrossFit®

High intensity: HIIT, INSANITY

= 5.2% based on a population estimate of 2,317,600

Rowing (includes indoor rowing)

= 1.7% based on a population estimate of 770,900

Boxing (includes boxing fitness classes)

= 1.5% based on a population estimate of 688,600

Spotlight on gender:

- 27% of women are inactive compared to 24% of men.
- 4% more women do fitness activities compared to men.
- Women more likely to choose a group exercise class, swimming or walking for leisure.
- Women tend to choose activities that last for shorter periods of time.
- Pregnant women are 20% less likely to do physical activity than women of the same age who aren't expecting due to the following reasons (research by Sport England in Feb 2017):
 - Too tired to take part – 55%.
 - Feeling generally uncomfortable – 51%.
 - Being unsure of what they're allowed to do and what intensity – 29%.
 - Being unclear if it's safe to do activity during pregnancy – 25%.
- 3% gap in activity levels with parents who have one child (64% of males are active compared to 61% of females).
- 51% of retired men are active compared to 43% of retired women.