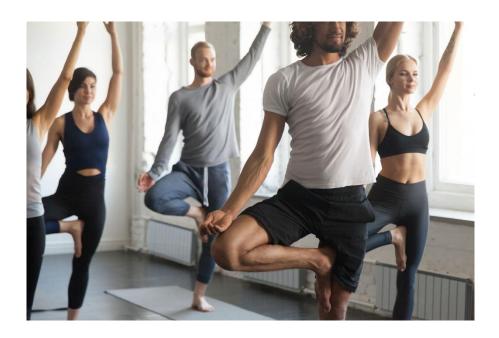# Sport England Active Lives Report
# March 2018



# ANALYSIS

**Data sample**

- Based on adults aged 16+
- 200,000 sample
- Collected between mid Nov-16 - mid Nov-17.

**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** of at **least moderate intensity**:

Fitness activities – 13.2mil which includes a make-up of the below;

Fitness class – 6.3mil (Nov 15/16) increased to 6.5mil (Nov 16/17).

Interval sessions (Circuits, HIIT etc) – 1.9mil (Nov 15/16) increased by 518,000 to 2.4mil (Nov 16/17).

## Broad

Fitness activities – 29.5% based on a population estimate of 13,198,400

Fitness activities (males) – 27.3% based on a population estimate of 5,962,100

Fitness activities (females) – 31.6% based on a population estimate of 7,236,300

## Detailed

Fitness class (for example, Pilates, Yoga, Boxing class-e.g. Boxercise, body combat, Cardio class-e.g. aerobics, step aerobics, body attack, Core strength class-e.g. legs bums and tums, body balance, Cycle class-e.g. spinning, RPM, Dance-based class-e.g. Zumba, fitsteps, ravercise, body jam, Water-based class-e.g. aquaerobics, aquafit, Weights-based class-e.g. body pump, kettlebell, other fitness or exercise class;
14.3% based on a population estimate of 6,336,100 (Nov 15-16) and
14.6% based on population estimate of 6,510,100 (Nov-16-17).

Interval sessions (for example, Circuit Training, Cross training, Bootcamp-e.g. drill sergeant, military fitness, Cross fit, High intensity-e.g. HIT, insanity etc;

4.3% based on a population estimate of 1,907,400 (Nov 15-16) and
5.4% based on a population estimate of 2,425,400
Significant increase of 1.1% in the estimate 12 months.

Rowing (includes indoor rowing) – 1.6% based on a population estimate of 695,900.

Boxing (includes boxing fitness classes);
1.5% based on a population estimate of 672,100 (Nov 15-16) and
1.7% based on a population estimate l of 740,500 (Nov 16-17)
Significant increase of 0.1% in the last 12 months.

Nov 15/16 stats (based on whole population participation in the last year) via Active Lives online tool:

| Fitness activities | 45.1% |
|---|---|
| Fitness class | 25.2% |
| All dance | 20.7% |
| Other types of dancing | 13.9% |
| Exercise bike | 13.2% |
| Cardio class | 8.5% |
| Interval sessions | 8.2% |
| Dance-based class | 7.6% |
| Yoga | 7.3% |
| Pilates | 5.8% |
| Circuit training | 5.7% |
| Cycle class | 4.0% |

| Boxing (includes boxing fitness classes) | 3.5% |
|---|---|
| Cross training | 2.3% |
| Other fitness or exercise class | 2.1% |
| Bootcamp (e.g. drill sergeant, military fitness) | 1.7% |
| Cross fit | 1.1% |
| Hula hooping | 0.1% |