

Sport England Active Lives Report

October 2018



ANALYSIS

Data sample

- Based on adults aged 16+
- 185,845 sample
- Collected between May 17 – May 18

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 – 13.4mil which includes a make-up of the below;

Fitness class – 6.3mil (May 16/17) **increased** to 6.5mil (May 17/18).

Interval sessions (Circuits, HIIT etc) – 2,317,600, base-214,284 (May 16/17) decreased by 13,200 to 2,304,400 (May 17/18) however, base-185,732 therefore resulting in a 0.8% **increase**.

Broad

Fitness activities – 29.7% based on a population estimate of 13,368,300

Fitness activities (males) – 27.7% based on a population estimate of 6,086,900

Fitness activities (females) – 31.7% based on a population estimate of 7,281,400

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, raverise, body jam, Water-based class-e.g. aquaerobics, aquafit, Weights-based class-e.g. body pump, kettlebell, other fitness or exercise class);

14.1% based on a population estimate of 6,308,100 (May 16-17) and

14.5% based on population estimate of 6,505,100 (May 17-18).

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

5.2% based on a population estimate of 2,317,600 (May 16-17) and

5.1% based on a population estimate of 2,304,400 (May 17-18).

Significant increase of 0.8%.

Rowing (includes indoor rowing) – 1.4% based on a population estimate of 639,600.

Boxing (includes boxing fitness classes);

1.5% based on a population estimate of 688,600 (May 16-17) and

1.7% based on a population estimate of 771,600 (May 17-18).

Significant increase of 0.2% in the last 12 months.

Active Lives online tool (based on whole population participation in the last year):

Group exercise	Nov 15/16	May 17/18	% increase/decrease
Fitness activities	45.1%	45.6%	0.1% ↑
Fitness class	25.2%	26.7%	1.5% ↑
All dance	20.7%	21.5%	0.8% ↑
Other types of dancing	13.9%	14.6%	0.7% ↑
Exercise bike	13.2%	14.6%	1.4% ↑
Cardio class	8.5%	6.5%	2% ↓
Interval sessions	8.2%	10.5%	2.3% ↑
Dance-based class	7.6%	7.4%	0.2% ↓
Yoga	7.3%	8.4%	1.1% ↑
Pilates	5.8%	6.2%	0.4% ↑
Circuit training	5.7%	7.2%	1.5% ↑
Cycle class	4.0%	4.6%	0.6% ↑
Boxing (includes boxing fitness classes)	3.5%	4.1%	0.6% ↑
Cross training	2.3%	4.2%	1.9% ↑
Other fitness or exercise class	2.1%	4.3%	2.2% ↑

Bootcamp (e.g. drill sergeant, military fitness)	1.7%	1.8%	0.1% ↑
Cross fit	1.1%	1.6%	0.5% ↑
Hula hooping	0.1%	0.1%	No change