

# Sport England Active Lives Report

## October 2019



## Analysis

Published 17<sup>th</sup> Oct 19

May 18/19 report

May 2018-May 2019

### Methodology:

- Adults – aged 16+
- England
- Sample – 177,876

### Key stats:

- 13.8m participating in fitness activities (increase of 398,000) highlighting a significant **increase of 0.7%** since last year. (Taken part at least twice in the last 28 days)
- Significant **increase of 1.2%** in fitness activities by female population
- Significant **increase of 0.7%** in interval sessions
- Fitness classes **2<sup>nd</sup> biggest** activity after running