Sport England Active Lives Report
October 2019

Analysis

Published 17th 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 2nd biggest activity after running