INTRODUCTION

In 2016, we published ‘Towards an Active Nation’, our new strategy which sets out our ambition to help everyone, regardless of age, background or ability, to feel able to engage in sport and physical activity. Our new approach directly aligns with the Government’s ‘Sporting Future’ strategy.

An important part of our new approach is to build all of our work around the customer, by which we mean the person who does or might play sport or get active. And that means understanding them much better than we do now, and putting as much information about what people do and enjoy out there so that everyone can use it.

That’s why we have designed Active Lives, a new survey which gives us and anyone working in this field detailed and reliable insight into the physical activity habits of the nation. Active Lives is much broader than our previous Active People survey, for example it includes walking, cycling for travel and dance in addition to the sporting and fitness activities we’ve previously reported on, and looks at patterns of behaviour over a twelve month period rather than just four weeks.

The headline findings from the first year of data summarised in this report reflect the new measures set out in ‘Towards an Active Nation’ and ‘Sporting Future’ are defined at the beginning of both sections. When reading the report, please take some time to familiarise yourself with these.

Lisa O’Keefe
Director of Insight
LEVELS OF ACTIVITY

This chapter presents information on three levels of activity:

• **INACTIVE** less than 30 minutes a week

• **FAIRLY ACTIVE** 30-149 minutes a week

• **ACTIVE** at least 150 minutes a week

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**THE CHIEF MEDICAL OFFICER (CMO)**

**RECOMMENDS THAT ADULTS SHOULD BE PHYSICALLY ACTIVE**

**ACTIVITY**

- Spread over several days
- At least moderate intensity *
- Bouts of 10 mins or more

*VIGOROUS INTENSITY COUNTS AS DOUBLE

Note: As part of this release physical activity data including the additional activity of gardening has also been published in the tables. As it is not part of Sport England’s remit the physical activity data presented in this report excludes gardening unless stated otherwise.
Levels of activity

Inactive

Less than 30 minutes a week

25.6%

25.6% of people (11.3m) do fewer than 30 minutes a week.

Fairly active

30-149 minutes a week

13.7%

13.7% (6.1m) are fairly active but don’t reach 150 minutes a week.

Active

150+ minutes a week

60.7%

60.7% (27.0m) do 150 minutes or more a week.

Note: Guidance on how to interpret the estimates presented in this report is provided on page 18.
Creating a lifelong sporting habit

There are differences in inactivity levels between socioeconomic groups. People who are long term unemployed or have never worked (NS SEC 8) are the most likely to be inactive (37%) while those in managerial, administrative and professional occupations (NS SEC 1-2) are the least likely to be inactive (17%).

**Socioeconomic groups**

There are differences in inactivity levels between socioeconomic groups. People who are long term unemployed or have never worked (NS SEC 8) are the most likely to be inactive (37%) while those in managerial, administrative and professional occupations (NS SEC 1-2) are the least likely to be inactive (17%).

<table>
<thead>
<tr>
<th>Socioeconomic Group</th>
<th>Inactivity Level</th>
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</thead>
<tbody>
<tr>
<td>NS SEC 1-2</td>
<td>17%</td>
</tr>
<tr>
<td>NS SEC 3</td>
<td>23%</td>
</tr>
<tr>
<td>NS SEC 4</td>
<td>24%</td>
</tr>
<tr>
<td>NS SEC 5</td>
<td>27%</td>
</tr>
<tr>
<td>NS SEC 6-7</td>
<td>32%</td>
</tr>
<tr>
<td>NS SEC 8</td>
<td>37%</td>
</tr>
</tbody>
</table>

**Managerial, Administrative and Professional Occupations** (e.g. Chief Executive, Doctor, Actor, Journalist) (NS SEC 1-2)

**Intermediate Occupations** (e.g. Auxiliary Nurse, Secretary) (NS SEC 3)

**Self Employed and Small Employers** (NS SEC 4)

**Lower Supervisory and Technical Occupations** (e.g. Plumber, Gardener, Train Driver) (NS SEC 5)

**Semi-routine and Routine Occupations** (e.g. Postman, Shop Assistant, Bus Driver, Waitress) (NS SEC 6-7)

**Long Term Unemployed or Never Worked** (NS SEC 8)
Gender

There is a difference in inactivity levels between men and women, with females (27% or 6.1M) more likely to be inactive than males (24% or 5.3M).
Inactivity levels increase with age. Those aged 16-24 are least likely to be inactive (15% or 0.9m) whilst those aged 75+ are most likely to be inactive (54% or 2.4m).
Disability

In terms of inactivity, there are differences between those with or without a disability; 51% of those with three or more impairments are inactive compared with 21% of those without a disability.

- 21% No limiting impairments
- 34% 1 impairment
- 41% 2 impairments
- 51% 3 or more impairments

Link to data tables
Socioeconomic groups
There are differences in activity levels between socioeconomic groups. People who are in managerial, administrative and professional occupations (NS SEC 1-2) are most likely to be active (70%) whilst those who are long term unemployed or have never worked (NS SEC 8) are the least likely to be active (49%).

Managerial, administrative and professional occupations (e.g. chief executive, doctor, actor, journalist) (NS SEC 1-2)
Intermediate occupations (e.g. auxiliary nurse, secretary) (NS SEC 3)
Self employed and small employers (NS SEC 4)
Lower supervisory and technical occupations (e.g. plumber, gardener, train driver) (NS SEC 5)
Semi-routine and routine occupations (e.g. postman, shop assistant, bus driver, waitress) (NS SEC 6-7)
Long term unemployed or never worked (NS SEC 8)
Gender

Men (63% or 13.7 M) are more likely to be active than women (59% or 13.3M).
There is a clear pattern in activity levels by age. Those aged 16-24 are most likely to be active (75% or 4.7m) and those aged 75+ are least likely to be active (32% or 1.4m).
**Disability**

In terms of activity, there are differences between those with or without a disability; only 36% of those with three or more impairments are active compared with 65% of those without a disability.

<table>
<thead>
<tr>
<th>No Limiting Impairments</th>
<th>1 Impairment</th>
<th>2 Impairments</th>
<th>3 or More Impairments</th>
</tr>
</thead>
<tbody>
<tr>
<td>65%</td>
<td>51%</td>
<td>45%</td>
<td>36%</td>
</tr>
</tbody>
</table>
This chapter presents information on the types of sport and physical activity people have taken part in at least twice in the last 28 days.

We measure sport & physical activity if it’s done...

As with previous strategies, Sport England continues working to increase the number of people taking part in:

- Sporting activities
- Cycling for sport and leisure
- Fitness activities

Towards an Active Nation extended Sport England’s remit to cover the following additional activities:

- Walking for leisure
- Walking for travel
- Cycling for travel
- Dance
People take part in sport and physical activity in different ways, with many doing a range of activities*. The results below show the proportion of adults taking part at least twice (at moderate intensity for the equivalent of 30 minutes) in the last 28 days in the broad groupings of activity that make up sport and physical activity.

* Where an individual has taken part at least twice in the last 28 days in more than one of the activities above, they will be included in the results for each. They will not be double counted on the overall results.

**Types of activity**

- **Sporting activities**: 35%
- **Fitness activities**: 31%
- **Cycling for leisure/sport**: 15%
- **Cycling for travel**: 7%
- **Walking for leisure**: 41%
- **Walking for travel**: 32%
- **Dance**: 2%

**Continued focus**

**Extended remit**

**Link to data tables**
Creating a lifelong sporting habit

26% of people (11.3m) do not take part in at least 30 minutes of physical activity a week.

61% (27m) do achieve 150 minutes or more of sport and physical activity a week.

Types of activity

Based on those activities that are the continued focus of Sport England's work (sport, fitness and cycling for leisure), men (57% or 12.4m) are more likely to be active than women (49% or 11.1m).

The difference between the number of men and women taking part is greatest for sporting activities and cycling for leisure. Several of the new activities that form Sport England's extended remit are more popular with women than with men.

Continued focus

Extended remit

Gender

Sporting activities

Fitness activities

Cycling for leisure and sport

Cycling for travel

Walking for leisure

Walking for travel

Dance

MALE

FEMALE

41%

30%

33%

19%

11%

38%

44%

30%

34%

1%

3%
Active Lives collects data about a wide range of sporting and physical activities. The results above show the proportion of adults taking part in some of the most popular activities. A full set of activity-specific results are included in the tables published as part of this release of data.

**Types of Activity**

- **Walking for leisure**: 41%
- **Walking for travel**: 32%
- **Running**: 15%
- **Cycling for leisure and sport**: 15%
- **Fitness class**: 14%
- **Gym session**: 12%
- **Swimming**: 11%
- **Exercise machines**: 9%
- **Cycling for travel**: 7%

**Note:** Fitness class, gym session and exercise machines are more specific groups of activity forming part of the broader fitness activities grouping presented on pages 14 and 15.
Local Level Data

Data for local areas, including; 9 regions, 44 County Sports Partnerships, and 353 local authorities are available for the following measures:

- Physical Activity (including gardening)
  [Link to data table]
- Taking part at least twice in the last 28 days
  [Link to data table]

Note: The above map includes gardening activity within the definition of physical activity. All other figures in this report exclude gardening activity which is not part of Sport England’s remit.
**Moderate activity**
This is defined as activity where you raise your heart rate and feel a little out of breath.

**Vigorous activity**
This is where you’re breathing hard and fast and your heart rate has increased significantly (you won’t be able to say more than a few words without pausing for breath).

**Sample and weighting**
The achieved sample was 198,911 (16+).

The Active Lives Survey is a ‘push-to-web’ survey carried out by Ipsos MORI. It involves postal mailouts inviting participants to complete the survey online. The survey is ‘device-agnostic’ and can be completed on mobile or desktop devices. A paper questionnaire is also sent out to maximise response rates. More information on the survey can be found here.

Data have been weighted to ONS population measures for geography and key demographics.

**Confidence intervals** can be found in the linked tables. These indicate that if repeated samples were taken and confidence intervals computed for each sample, 95% of the intervals would contain the true value. Only differences which are statistically significant are reported on as differences in the commentary. Where results are reported as being the same for two groups, this means there is no statistically significant difference.

**Population totals** are estimated values and have been calculated using ONS mid-2015 estimates. Confidence intervals also apply to these. More detail can be found here.

**Sport Spectating**
Whilst not covered in this report, data tables showing the number of people attending live sports events form part of this release.