

YouGov Survey Results

Sample Size: 4209
Fieldwork: 5th - 1th August 2011

Total	Gender		Age					Social Grade		Region							
Base	Male	Female	18 to 24	25 to 34	35 to 44	45 to 54	55+	ABC1	C2DE	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland

Which, if any, of the following types of exercise do you do regularly (i.e. 30 minutes or more a week)? (By exercise we mean any activity requiring physical effort, carried out to sustain or improve your health or wellbeing. Please tick all that apply)

	4209	1915	2294	433	658	621	723	1774	2265	1944	1038	645	363	469	993	220	379	102
Unweighted Base	4209	1915	2294	433	658	621	723	1774	2265	1944	1038	645	363	469	993	220	379	102
All UK adults	4209	2025	2184	505	728	690	787	1498	2315	1894	1006	673	391	522	934	206	358	118
Outdoor jogging/ running	8%	10%	5%	18%	14%	10%	5%	2%	7%	8%	7%	7%	6%	9%	8%	7%	8%	9%
Outdoor walking	48%	46%	50%	45%	41%	49%	47%	53%	50%	46%	47%	48%	48%	44%	49%	45%	54%	57%
Cycling	10%	14%	7%	12%	11%	16%	10%	6%	10%	10%	10%	10%	11%	12%	10%	12%	9%	4%
Swimming	9%	7%	10%	13%	9%	8%	8%	7%	9%	8%	8%	8%	9%	9%	9%	10%	10%	6%
Go to the gym	12%	14%	11%	19%	19%	12%	11%	8%	14%	10%	13%	10%	10%	15%	13%	17%	15%	6%
Gardening	23%	22%	24%	6%	9%	19%	24%	37%	24%	22%	23%	25%	27%	17%	24%	22%	24%	29%
Meditation/ yoga	3%	2%	5%	4%	4%	3%	3%	3%	3%	4%	3%	3%	3%	6%	3%	2%	3%	4%
Dancing	5%	2%	8%	9%	8%	3%	5%	3%	5%	5%	4%	5%	6%	7%	5%	5%	6%	3%
Exercise at home using a games console (i.e. Wii Fit) or exercise video/ TV programme	9%	5%	13%	15%	14%	10%	8%	6%	8%	11%	10%	10%	9%	8%	8%	13%	10%	5%
Other	12%	14%	10%	15%	14%	10%	10%	11%	12%	11%	11%	10%	10%	14%	14%	9%	11%	10%
Not applicable, I don't do any regular exercise	24%	24%	24%	22%	23%	24%	26%	23%	22%	25%	26%	23%	23%	24%	23%	28%	21%	20%

And approximately how often do you do each of the following exercises per week? (Please tick one option on each row)

Outdoor jogging/ running

	4209	1915	2294	433	658	621	723	1774	2265	1944	1038	645	363	469	993	220	379	102
Unweighted Base	4209	1915	2294	433	658	621	723	1774	2265	1944	1038	645	363	469	993	220	379	102
All UK adults	4209	2025	2184	505	728	690	787	1498	2315	1894	1006	673	391	522	934	206	358	118
Once	2%	3%	2%	7%	4%	2%	1%	0%	2%	2%	2%	2%	1%	1%	3%	1%	3%	5%
Twice	2%	3%	1%	5%	5%	3%	2%	1%	2%	3%	2%	2%	2%	3%	2%	4%	4%	1%
Three times	2%	3%	1%	3%	4%	3%	1%	0%	2%	2%	3%	2%	1%	2%	2%	1%	1%	1%
Four times	1%	1%	1%	1%	1%	1%	0%	0%	1%	1%	1%	0%	1%	1%	1%	0%	0%	0%
Five times	0%	0%	0%	-	0%	0%	0%	0%	0%	-	0%	0%	-	0%	-	0%	0%	1%
More than five times	0%	0%	0%	1%	0%	0%	0%	-	0%	1%	0%	0%	1%	1%	0%	-	-	-
Not applicable - I don't do outdoor jogging/ running regularly	92%	90%	95%	82%	86%	90%	95%	98%	93%	92%	93%	93%	94%	91%	92%	93%	92%	91%

	Gender			Age					Social Grade		Region							
	Base	Male	Female	18 to 24	25 to 34	35 to 44	45 to 54	55+	ABC1	C2DE	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland
Outdoor walking																		
Unweighted Base	4209	1915	2294	433	658	621	723	1774	2265	1944	1038	645	363	469	993	220	379	102
All UK adults	4209	2025	2184	505	728	690	787	1498	2315	1894	1006	673	391	522	934	206	358	118
Once	4%	4%	5%	6%	4%	5%	4%	4%	4%	4%	6%	4%	2%	4%	4%	6%	4%	5%
Twice	8%	8%	8%	6%	9%	8%	7%	10%	9%	7%	8%	9%	8%	8%	9%	6%	10%	9%
Three times	10%	9%	11%	11%	8%	11%	9%	11%	10%	9%	12%	9%	10%	8%	9%	8%	10%	12%
Four times	6%	6%	6%	6%	5%	4%	6%	7%	6%	5%	5%	6%	6%	6%	4%	7%	7%	7%
Five times	6%	7%	6%	7%	6%	8%	7%	6%	7%	6%	6%	7%	6%	6%	7%	6%	7%	3%
More than five times	13%	13%	14%	10%	9%	14%	15%	15%	13%	14%	11%	13%	15%	11%	13%	16%	16%	21%
Not applicable - I don't do outdoor walking regularly	52%	54%	50%	55%	59%	51%	53%	47%	50%	54%	53%	52%	53%	56%	51%	55%	46%	43%
Cycling																		
Unweighted Base	4209	1915	2294	433	658	621	723	1774	2265	1944	1038	645	363	469	993	220	379	102
All UK adults	4209	2025	2184	505	728	690	787	1498	2315	1894	1006	673	391	522	934	206	358	118
Once	3%	4%	2%	4%	5%	4%	2%	2%	3%	3%	3%	2%	3%	3%	2%	6%	3%	1%
Twice	2%	3%	2%	3%	3%	3%	3%	1%	3%	2%	2%	3%	2%	2%	2%	4%	1%	3%
Three times	2%	3%	1%	2%	1%	4%	3%	1%	2%	2%	2%	2%	2%	2%	1%	2%	-	-
Four times	1%	1%	1%	1%	1%	2%	1%	0%	1%	1%	1%	0%	0%	1%	1%	1%	1%	-
Five times	1%	2%	0%	2%	1%	2%	1%	1%	1%	1%	1%	1%	1%	2%	1%	-	1%	-
More than five times	1%	2%	1%	1%	1%	2%	2%	0%	1%	1%	1%	1%	2%	1%	1%	1%	1%	-
Not applicable - I don't cycle regularly	90%	86%	93%	88%	89%	84%	90%	94%	90%	90%	90%	90%	89%	88%	90%	88%	91%	96%
Swimming																		
Unweighted Base	4209	1915	2294	433	658	621	723	1774	2265	1944	1038	645	363	469	993	220	379	102
All UK adults	4209	2025	2184	505	728	690	787	1498	2315	1894	1006	673	391	522	934	206	358	118
Once	4%	3%	6%	7%	5%	4%	3%	4%	5%	4%	4%	4%	4%	4%	5%	6%	6%	3%
Twice	2%	2%	2%	3%	2%	2%	2%	2%	2%	2%	2%	2%	3%	2%	2%	3%	1%	2%
Three times	1%	1%	1%	2%	1%	1%	2%	1%	2%	1%	2%	1%	1%	2%	1%	2%	1%	1%
Four times	0%	1%	0%	0%	1%	0%	1%	0%	1%	0%	0%	0%	1%	1%	0%	0%	0%	-
Five times	0%	0%	0%	0%	-	-	0%	0%	0%	0%	0%	1%	-	0%	-	-	-	-
More than five times	0%	0%	0%	0%	0%	-	0%	0%	0%	0%	0%	-	0%	0%	0%	-	-	-
Not applicable - I don't swim regularly	91%	93%	90%	87%	91%	92%	92%	93%	91%	92%	92%	92%	91%	91%	91%	90%	90%	94%
Go to the gym																		
Unweighted Base	4209	1915	2294	433	658	621	723	1774	2265	1944	1038	645	363	469	993	220	379	102
All UK adults	4209	2025	2184	505	728	690	787	1498	2315	1894	1006	673	391	522	934	206	358	118
Once	2%	2%	2%	4%	3%	2%	1%	1%	3%	1%	2%	2%	1%	3%	2%	0%	4%	-
Twice	4%	5%	4%	3%	6%	5%	4%	3%	4%	4%	4%	3%	3%	5%	4%	7%	6%	3%
Three times	4%	4%	3%	7%	6%	2%	3%	3%	5%	3%	4%	2%	2%	4%	4%	7%	4%	3%
Four times	1%	2%	1%	2%	2%	2%	1%	1%	2%	1%	2%	1%	2%	1%	1%	0%	1%	-
Five times	1%	1%	0%	1%	1%	1%	1%	0%	1%	1%	1%	1%	1%	1%	1%	0%	0%	-
More than five times	0%	0%	0%	1%	1%	0%	0%	0%	0%	1%	0%	-	1%	1%	0%	1%	-	-
Not applicable - I don't go to the gym regularly	88%	86%	89%	81%	81%	88%	89%	92%	86%	90%	87%	90%	90%	85%	87%	83%	85%	94%

	Total			Gender		Age					Social Grade		Region						
	Base	Male	Female	18 to 24	25 to 34	35 to 44	45 to 54	55+	ABC1	C2DE	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland	
Gardening																			
Unweighted Base	4209	1915	2294	433	658	621	723	1774	2265	1944	1038	645	363	469	993	220	379	102	
All UK adults	4209	2025	2184	505	728	690	787	1498	2315	1894	1006	673	391	522	934	206	358	118	
Once	6%	5%	6%	3%	4%	7%	8%	5%	6%	5%	8%	6%	4%	5%	4%	4%	7%	4%	
Twice	6%	6%	7%	1%	3%	6%	6%	9%	6%	6%	6%	6%	9%	3%	6%	8%	8%	11%	
Three times	5%	5%	5%	0%	1%	3%	5%	9%	5%	5%	5%	5%	4%	6%	3%	5%	4%		
Four times	3%	3%	3%	1%	0%	1%	2%	6%	3%	2%	2%	4%	5%	2%	3%	2%	4%		
Five times	1%	2%	1%	0%	0%	1%	1%	3%	2%	1%	1%	1%	3%	1%	2%	1%	1%		
More than five times	2%	2%	2%	-	0%	1%	1%	5%	2%	2%	1%	3%	2%	3%	2%	2%	3%		
Not applicable - I don't do the gardening regularly	77%	78%	76%	94%	91%	81%	76%	63%	76%	78%	77%	75%	73%	83%	77%	78%	76%		
Meditation/ yoga																			
Unweighted Base	4209	1915	2294	433	658	621	723	1774	2265	1944	1038	645	363	469	993	220	379	102	
All UK adults	4209	2025	2184	505	728	690	787	1498	2315	1894	1006	673	391	522	934	206	358	118	
Once	1%	0%	2%	1%	2%	1%	1%	1%	1%	1%	1%	2%	1%	1%	1%	1%	0%	1%	
Twice	1%	0%	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	0%	1%	1%	0%	1%		
Three times	0%	0%	1%	1%	1%	0%	0%	0%	0%	0%	0%	0%	1%	0%	0%	-	1%		
Four times	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	-	0%	0%	-	0%	-		
Five times	0%	0%	0%	1%	1%	0%	0%	0%	0%	0%	0%	0%	1%	0%	-	1%	-		
More than five times	0%	0%	1%	1%	0%	0%	1%	1%	1%	0%	0%	1%	1%	0%	-	1%	1%		
Not applicable - I don't meditate or do yoga regularly	97%	98%	95%	96%	96%	97%	97%	97%	97%	96%	97%	97%	97%	94%	97%	98%	97%		
Dancing																			
Unweighted Base	4209	1915	2294	433	658	621	723	1774	2265	1944	1038	645	363	469	993	220	379	102	
All UK adults	4209	2025	2184	505	728	690	787	1498	2315	1894	1006	673	391	522	934	206	358	118	
Once	3%	1%	4%	4%	5%	2%	2%	2%	2%	3%	2%	3%	4%	3%	3%	3%	3%	1%	
Twice	1%	0%	2%	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	2%	1%	0%	1%		
Three times	1%	0%	1%	1%	1%	0%	1%	0%	1%	1%	0%	1%	0%	1%	0%	0%	0%		
Four times	0%	0%	0%	1%	-	-	-	0%	0%	0%	0%	0%	-	-	0%	-	1%		
Five times	0%	0%	0%	0%	1%	-	0%	-	0%	0%	0%	0%	-	0%	0%	1%	-		
More than five times	0%	0%	0%	2%	0%	-	1%	-	0%	0%	0%	-	0%	1%	0%	0%	1%		
Not applicable - I don't dance regularly	95%	98%	92%	91%	92%	97%	95%	97%	95%	95%	96%	95%	94%	93%	95%	95%	94%		
Exercise at home using a games console (i.e. Wii Fit) or exercise video/ TV programme																			
Unweighted Base	4209	1915	2294	433	658	621	723	1774	2265	1944	1038	645	363	469	993	220	379	102	
All UK adults	4209	2025	2184	505	728	690	787	1498	2315	1894	1006	673	391	522	934	206	358	118	
Once	2%	2%	3%	5%	4%	2%	2%	1%	2%	3%	3%	3%	2%	3%	2%	3%	3%	1%	
Twice	2%	1%	4%	5%	3%	3%	1%	1%	2%	3%	3%	3%	1%	2%	3%	1%	-		
Three times	2%	1%	3%	2%	3%	2%	2%	1%	2%	2%	2%	2%	3%	2%	3%	3%	3%		
Four times	1%	0%	1%	1%	1%	1%	1%	1%	1%	1%	0%	1%	2%	1%	1%	1%	-		
Five times	1%	0%	1%	0%	1%	1%	1%	1%	1%	1%	1%	1%	-	1%	1%	2%	1%		
More than five times	1%	0%	1%	1%	1%	1%	1%	0%	1%	1%	0%	1%	1%	0%	1%	2%	1%		
Not applicable I don't exercise at home regularly with a games console	91%	95%	87%	86%	86%	90%	92%	94%	92%	89%	90%	90%	91%	92%	92%	87%	90%		

	Total	Gender		Age					Social Grade		Region							
	Base	Male	Female	18 to 24	25 to 34	35 to 44	45 to 54	55+	ABC1	C2DE	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland
Other																		
Unweighted Base	4209	1915	2294	433	658	621	723	1774	2265	1944	1038	645	363	469	993	220	379	102
All UK adults	4209	2025	2184	505	728	690	787	1498	2315	1894	1006	673	391	522	934	206	358	118
Once	3%	4%	3%	4%	5%	2%	3%	3%	4%	3%	4%	3%	3%	4%	4%	2%	4%	5%
Twice	3%	4%	2%	4%	4%	3%	1%	2%	3%	2%	2%	2%	3%	2%	4%	2%	3%	1%
Three times	2%	3%	2%	2%	3%	2%	2%	3%	2%	2%	3%	2%	2%	3%	3%	1%	2%	2%
Four times	1%	1%	1%	2%	0%	1%	1%	1%	1%	1%	1%	2%	0%	1%	1%	-	0%	-
Five times	1%	1%	1%	1%	1%	1%	2%	1%	1%	1%	1%	1%	2%	1%	1%	2%	1%	1%
More than five times	1%	1%	1%	2%	1%	1%	1%	2%	1%	2%	1%	1%	1%	2%	1%	1%	1%	1%
Not applicable - I don't do any other forms of exercise regularly	88%	86%	90%	85%	86%	90%	90%	89%	88%	89%	89%	90%	90%	86%	86%	91%	89%	90%
Which ONE of the following is the MAIN reason why you exercise?																		
Unweighted Base	4209	1915	2294	433	658	621	723	1774	2265	1944	1038	645	363	469	993	220	379	102
All UK adults	4209	2025	2184	505	728	690	787	1498	2315	1894	1006	673	391	522	934	206	358	118
To make new friends	0%	0%	0%	0%	1%	0%	-	0%	0%	0%	0%	0%	0%	1%	0%	-	0%	-
To de-stress	9%	8%	10%	6%	7%	11%	11%	8%	9%	8%	9%	7%	10%	10%	8%	7%	7%	17%
To meet a partner	0%	0%	0%	1%	1%	-	0%	-	0%	0%	0%	0%	-	0%	0%	-	-	-
To look good	4%	4%	3%	10%	5%	3%	3%	2%	3%	4%	4%	2%	4%	3%	4%	3%	5%	1%
To have fun	8%	9%	7%	10%	6%	7%	6%	9%	8%	8%	7%	8%	9%	8%	9%	5%	7%	6%
To compete	1%	2%	0%	2%	2%	0%	1%	1%	2%	1%	1%	3%	1%	2%	1%	0%	1%	-
To follow medical advice	4%	4%	3%	1%	1%	2%	3%	7%	4%	4%	4%	4%	3%	4%	4%	4%	5%	2%
To believe boredom	2%	2%	2%	3%	2%	1%	1%	2%	1%	3%	3%	2%	1%	2%	1%	2%	3%	1%
To lose weight/ maintain healthy weight	37%	35%	40%	34%	45%	40%	36%	34%	40%	33%	37%	37%	35%	37%	36%	38%	40%	42%
Other	12%	12%	11%	10%	8%	11%	12%	13%	11%	13%	10%	13%	13%	10%	13%	12%	12%	11%
Not applicable, I don't do any regular exercise	24%	24%	24%	22%	23%	24%	26%	23%	22%	25%	26%	23%	23%	24%	23%	28%	21%	20%