

## YouGov Survey Results

Sample Size: 4209

Fieldwork: 5th - 1th August 2011

Total	Ger	nder			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)

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%

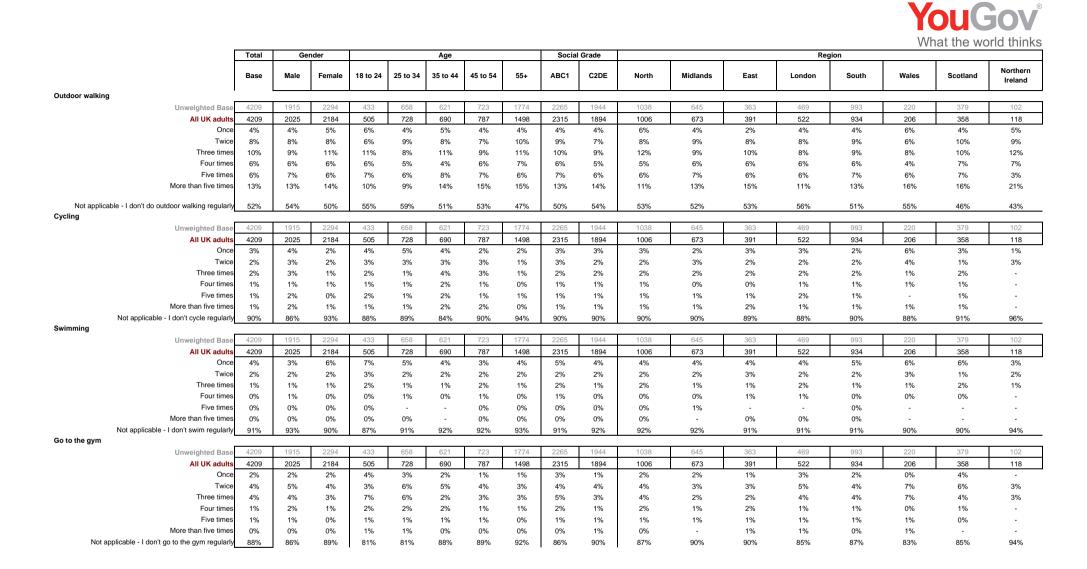
## And approximately how often do you do each of the

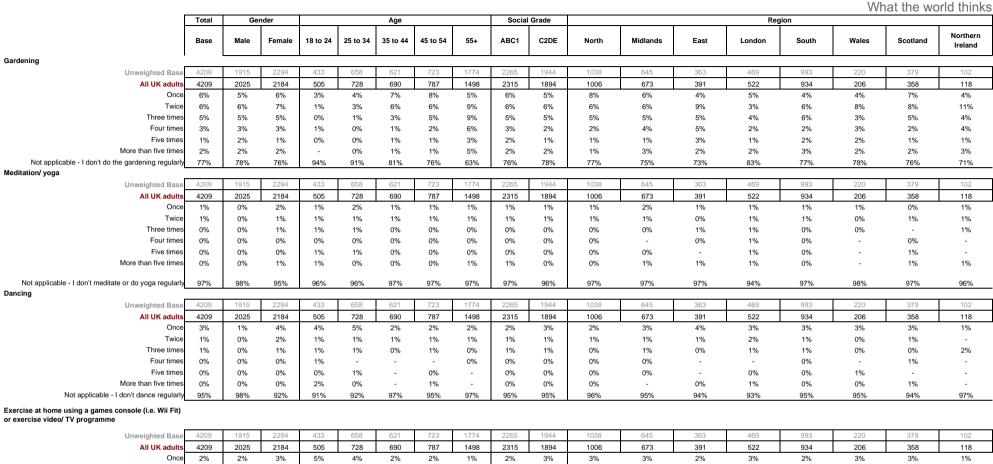
following exercises per week? (Please tick one option

on each row)

Outdoor	jogging/	/ running	
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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		90%	95%	82%	86%	90%	95%	98%	93%	92%	93%	93%	94%	91%	92%	93%	92%	91%





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Twice	2%	1%	4%	5%	3%	3%	1%	1%	2%	3%	3%	3%	3%	1%	2%	3%	1%	-
Three times	2%	1%	3%	2%	3%	2%	2%	1%	2%	2%	2%	2%	3%	2%	1%	3%	3%	3%
Four times	1%	0%	1%	1%	1%	1%	1%	1%	1%	1%	0%	1%	2%	1%	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		95%	87%	86%	86%	90%	92%	94%	92%	89%	90%	90%	91%	92%	92%	87%	90%	95%

