Executive Summary

• 59% of people were active at least 5 days of the week during the restrictions compared to 52% in Berkshire (enough to meet the CMO recommended 150 minutes per week of physical activity)

• Only 6% people had not done any physical activity in the previous week, for Berkshire it was 10%

• The number of people doing 5+ days of physical activity per week was higher than before the restrictions

• 44% of females felt they had done more physical activity than before the restrictions compared to 56% of males

• The top reasons respondents gave for being more active during the restrictions were because they think it is important to keep active and to help manage their physical health

• Walking and gardening were the most common activities done during the restrictions in Bracknell Forest and England
Demographics of Bracknell Forest respondents

Gender
- Male: 34 (26%)
- Female: 97 (73%)
- Prefer not to say: 2 (1%)

Age
- 16-34: 6 (5%)
- 35-64: 72 (54%)
- 65+: 55 (41%)

Ethnicity
- White: 95%
- Black: 1%
- Asian: 1%
- Mixed: 1%
- Other: 2%

Disability
- No disability: 86%
- Disability: 13%
- Prefer not to say: 1%

Type of Household
- Couple with no children: 45%
- Single, living alone: 16%
- Couple with a child/all children 16 and over: 15%
- Couple with at least one child 15 and under: 11%
- Single with at least one child 15 and under: 3%
- Single with a child/all children 16 and over: 3%
- Family/single with other people in the house: 2%
- Single with at least one child 15 and under: 2%
- Living with parents/other family: 2%
- Other: 1%

The survey was carried out online by a total of 133 Bracknell Forest residents aged 16 and over between 27th April and 18th May 2020.
Physical activity during the Covid-19 restrictions: Bracknell Forest

Q: Thinking back over the past 7 days, how many days of the week have you done a total of 30 mins of more of physical activity which was enough to raise your breathing rate?

(This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.)

n=133
Physical activity during the Covid-19 restrictions compared to Berkshire and Sport England results

Q: Thinking back over the past 7 days, how many days of the week have you done a total of 30 mins of more of physical activity which was enough to raise your breathing rate?

(This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.)

GBA asked this question to respondents who completed the survey between 27th April and 18th May 2020, Sport England (via Savanta ComRes) asked respondents 1st-4th May 2020.
Q: Thinking back over the past 7 days, how many days of the week have you done a total of 30 mins or more of physical activity which was enough to raise your breathing rate?

(This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.)
Q: Pre Covid-19 restrictions and thinking back over the past 7 days, how many days of the week have you done a total of 30 mins of more of physical activity which was enough to raise your breathing rate?

(This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.)
Physical activity pre and during Covid-19 restrictions: Berkshire

### Pre Covid-19

- **0-1 days a week of 30 min exercise**: 12%
- **2-4 days a week of 30 min exercise**: 47%
- **5+ days a week of 30 min exercise**: 41%

### During Covid-19

- **0-1 days a week of 30 min exercise**: 16%
- **2-4 days a week of 30 min exercise**: 32%
- **5+ days a week of 30 min exercise**: 52%

**Q:** Pre Covid-19 restrictions and thinking back over the past 7 days, how many days of the week have you done a total of 30 mins of more of physical activity which was enough to raise your breathing rate?

(This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.)
Physical activity perception pre and during Covid-19 restrictions by gender: Bracknell Forest

Q: Do you feel like you are currently doing more, less or the same amount of physical activity than before the Covid-19 restrictions were put into place?

Male, n=34
- More: 56%
- Same: 18%
- Less: 26%

Female, n=97
- More: 44%
- Same: 20%
- Less: 35%

1% I don’t know
Physical activity perception pre and during Covid-19 restrictions by gender: Berkshire

Q: Do you feel like you are currently doing more, less or the same amount of physical activity than before the Covid-19 restrictions were put into place?

Male, n=202

- More: 35%
- Same: 29%
- Less: 36%

Female, n=581

- More: 45%
- Same: 20%
- Less: 35%
Reasons for doing more physical activity during the Covid-19 restrictions: Bracknell Forest

Q: If you said you are doing more physical activity now, please could you say why you think you are more active during the Covid-19 restrictions. Please tick all that apply.

- I think it is important to keep physically active: 82%
- It helps manage my physical health during the outbreak: 87%
- It helps manage my mental health during the outbreak: 60%
- I have more time now to be more physically active: 68%
- It’s less hassle now to plan and arrange time for physical activity: 41%
- I have found new ways to be active: 29%
- Physical activities are more easily available online now: 26%
- I enjoy exercising on my own: 10%
- I enjoy exercising in the comfort of my home: 19%
- My family/friends are more active than me so I have joined in with them: 8%
- I am encouraged to exercise by the Government’s guidance: 13%
- I feel guilty if I don’t exercise: 10%
Q: If you said you are doing more physical activity now, please could you say why you think you are more active during the Covid-19 restrictions. Please tick all that apply.

- I think it is important to keep physically active: 62%
- It helps manage my physical health during the outbreak: 61%
- It helps manage my mental health during the outbreak: 54%
- I have more time now to be more physically active: 41%
- It’s less hassle now to plan and arrange time for physical activity: 35%
- I have found new ways to be active: 27%
- Physical activities are more easily available online now: 18%
- I enjoy exercising on my own: 15%
- I enjoy exercising in the comfort of my home: 15%
- My family/friends are more active than me so I have joined in with them: 10%
- I am encouraged to exercise by the Government’s guidance: 9%
- I feel guilty if I don’t exercise: 10%

n=336
Reasons for doing less physical activity during the Covid-19 restrictions: Bracknell Forest

Q: If you said you are doing less physical activity now, please could you say why you think you are less active during the Covid-19 restrictions. Please tick all that apply.

- I miss the types of physical activity I was able to do before the outbreak: 59%
- I do not find exercising at home enjoyable: 25%
- I just don’t have the motivation to be active: 26%
- I prefer team sports or going to the gym/organised class with others: 30%
- I do not find exercising on my own enjoyable: 40%
- There are no suitable space/equipment in my house: 12%
- I worry about leaving my home to exercise or be active: 16%
- I need others to help motivate me: 30%
- Being active is too difficult to maintain due to the family commitments at the moment: 0%
- I can’t run/play sport like I used to before the lockdown and I haven’t found other ways to stay active: 12%
- It is not a priority for me at the moment: 9%

n=43
Reasons for doing less physical activity during the Covid-19 restrictions: Berkshire

I miss the types of physical activity I was able to do before the outbreak - 59%
I do not find exercising at home enjoyable - 31%
I just don’t have the motivation to be active - 29%
I prefer team sports or going to the gym/organised class with others - 27%
I do not find exercising on my own enjoyable - 26%
There are no suitable space/equipment in my house - 23%
I worry about leaving my home to exercise or be active - 21%
I need others to help motivate me - 19%
Being active is too difficult to maintain due to the family commitments at the moment - 17%
I can’t run/play sport like I used to before the lockdown and I haven’t found other ways to stay active - 14%
It is not a priority for me at the moment - 13%

n=284

Q: If you said you are doing less physical activity now, please could you say why you think you are less active during the Covid-19 restrictions. Please tick all that apply.
Most common physical activities during the Covid-19 restrictions: Bracknell Forest

Q: What types of physical activity have you done during the Covid-19 restrictions?
Most common physical activities during the Covid-19 restrictions: Berkshire

Q: What types of physical activity have you done during the Covid-19 restrictions?
Sources of information about physical activities during the Covid-19 restrictions: Bracknell Forest

Q: Which, if any, of the following sources of information about staying active during the restrictions have you used?

- TV programmes/news: 26%
- Friends/relatives advice: 9%
- Facebook: 18%
- The club/sessions I attended before the restrictions: 24%
- Online news websites: 26%
- NHS: 17%
- Local Authority: 19%
- Government websites: 17%
- The gym I am a member of: 20%
- Email: 11%
- Local printed media: 1%
- My GP: 1%
- Instagram: 3%
- Twitter: 1%

n=101
Sources of information about physical activities during the Covid-19 restrictions: Berkshire

Q: Which, if any, of the following sources of information about staying active during the restrictions have you used?

- TV programmes/news: 26%
- Friends/relatives advice: 25%
- Facebook: 24%
- The club/sessions I attended before the restrictions: 24%
- Online news websites: 19%
- NHS: 17%
- Local Authority: 15%
- Government websites: 15%
- The gym I am a member of: 15%
- Email: 9%
- Local printed media: 4%
- My GP: 3%
- Instagram: 2%
- Twitter: 2%

n=617