

Get Berkshire Active Survey

Physical Activity
in Berkshire during
the Covid-19 restrictions
Wave 2

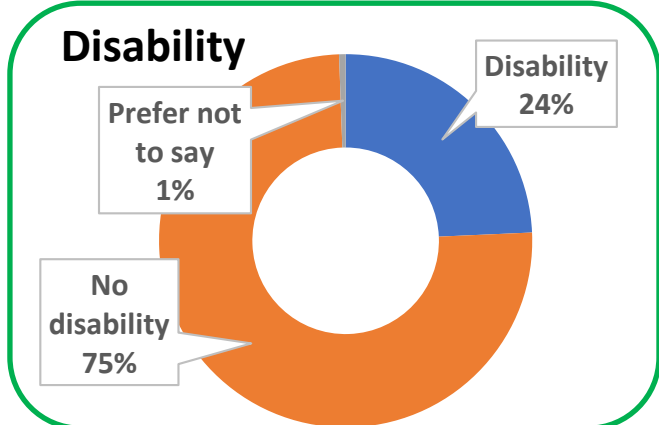
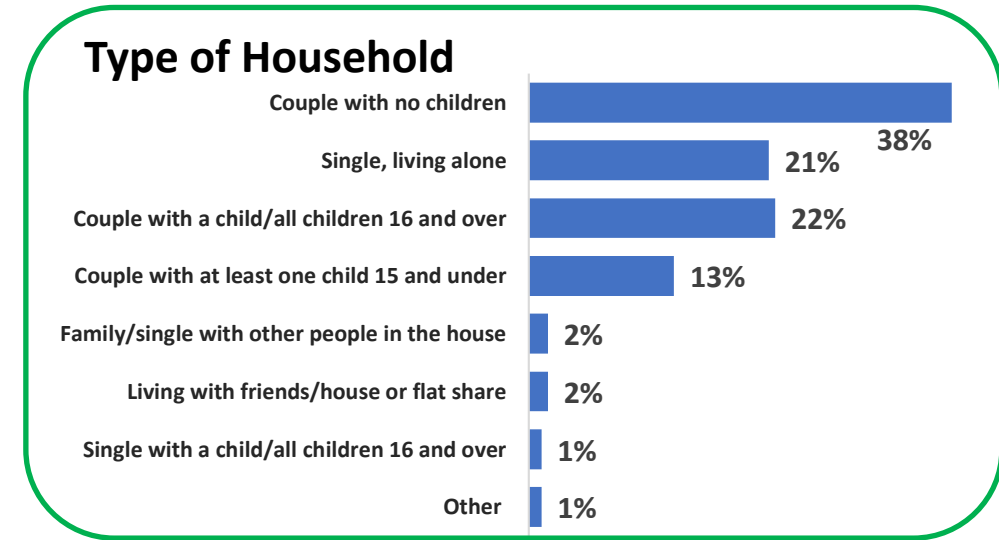
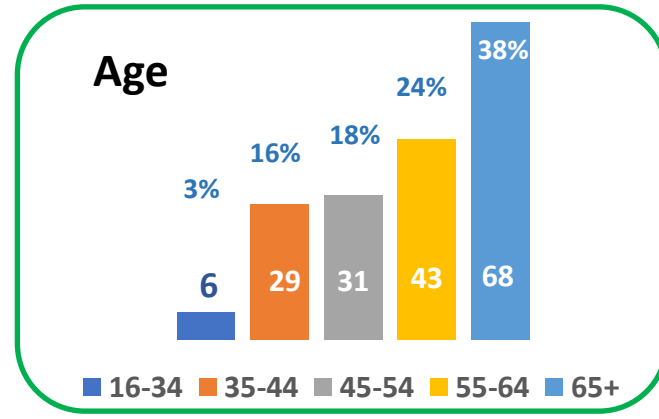
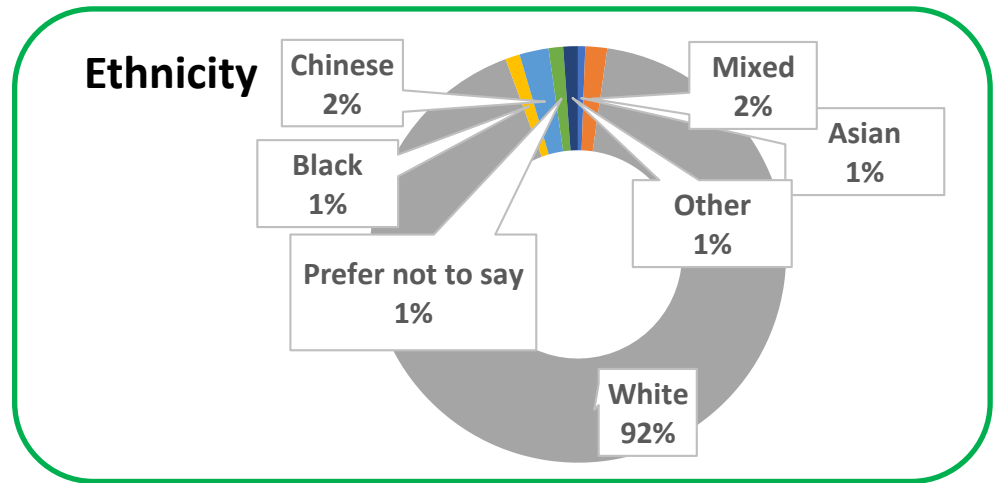
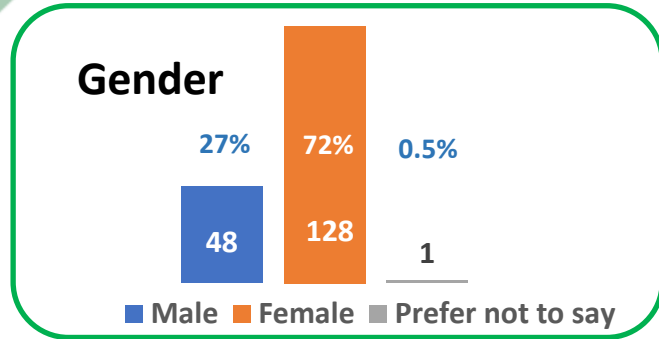
October 2020



Executive Summary

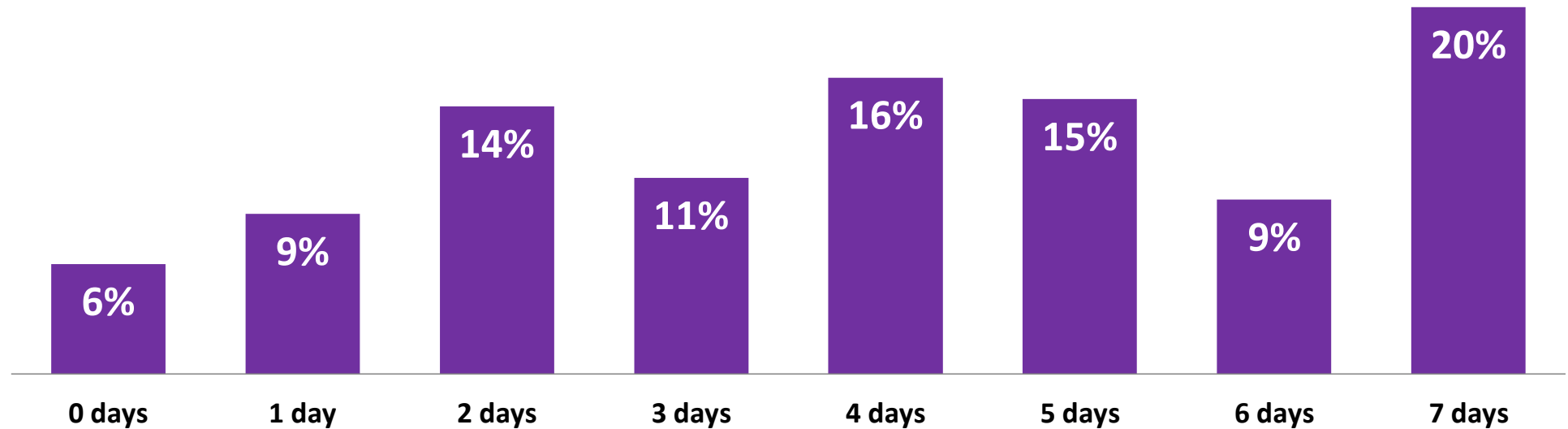
- Wave 2 of our survey was undertaken 14th-26th October 2020 before the 2nd England lockdown came into effect
- 44% of people were active at least 5 days of the week in Berkshire compared to 52% during Wave 1 of the survey during the Spring lockdown (active enough to meet the CMO recommended 150 minutes per week of physical activity)
- Only 6% people had not done any physical activity in the previous week
- Females were more slightly active than men (46% compared to 42%)
- Managing physical health was the main thing that encouraged respondents (both male and female) to be active
- The weather getting worse and missing the types of activity respondents used to do were the two most common barriers to physical activity
- As with Wave 1, walking and gardening were the most common physical activities done in Wave 2
- 25% said free physical activity sessions would encourage respondents to be more active and 37% said they would definitely like to be more active

Demographics of Berkshire respondents



The survey was carried out online by a total of 177 Berkshire residents aged 16 and over between 14th and 26th October 2020

Physical activity: Berkshire



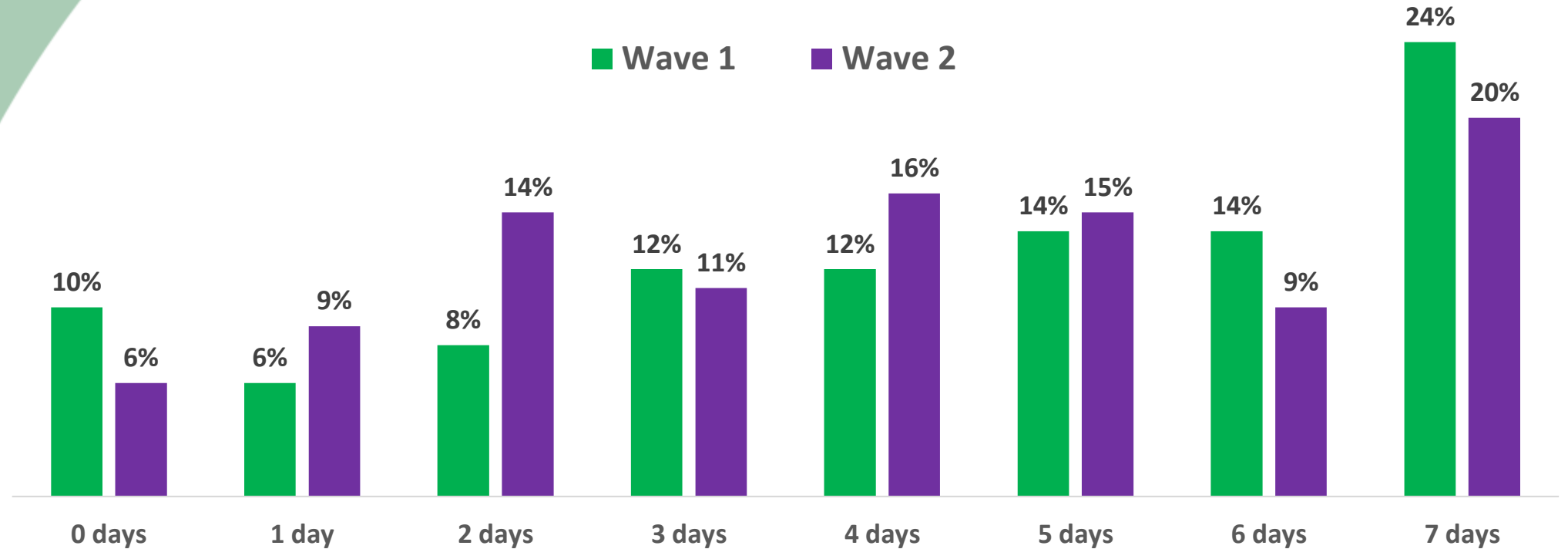
n=177

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.)

Weighting has been applied to balance male and female responses to more accurately reflect the gender split in the county population.

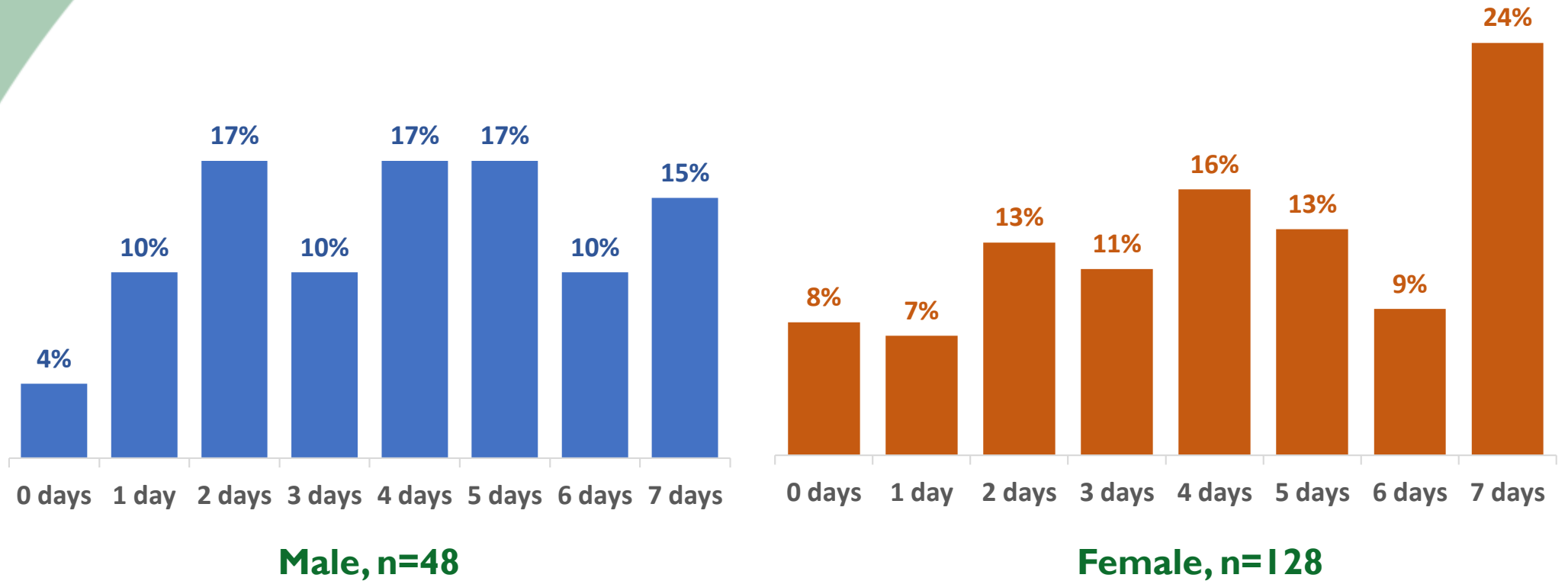
Physical activity in Wave 1 & Wave 2: Berkshire



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.)

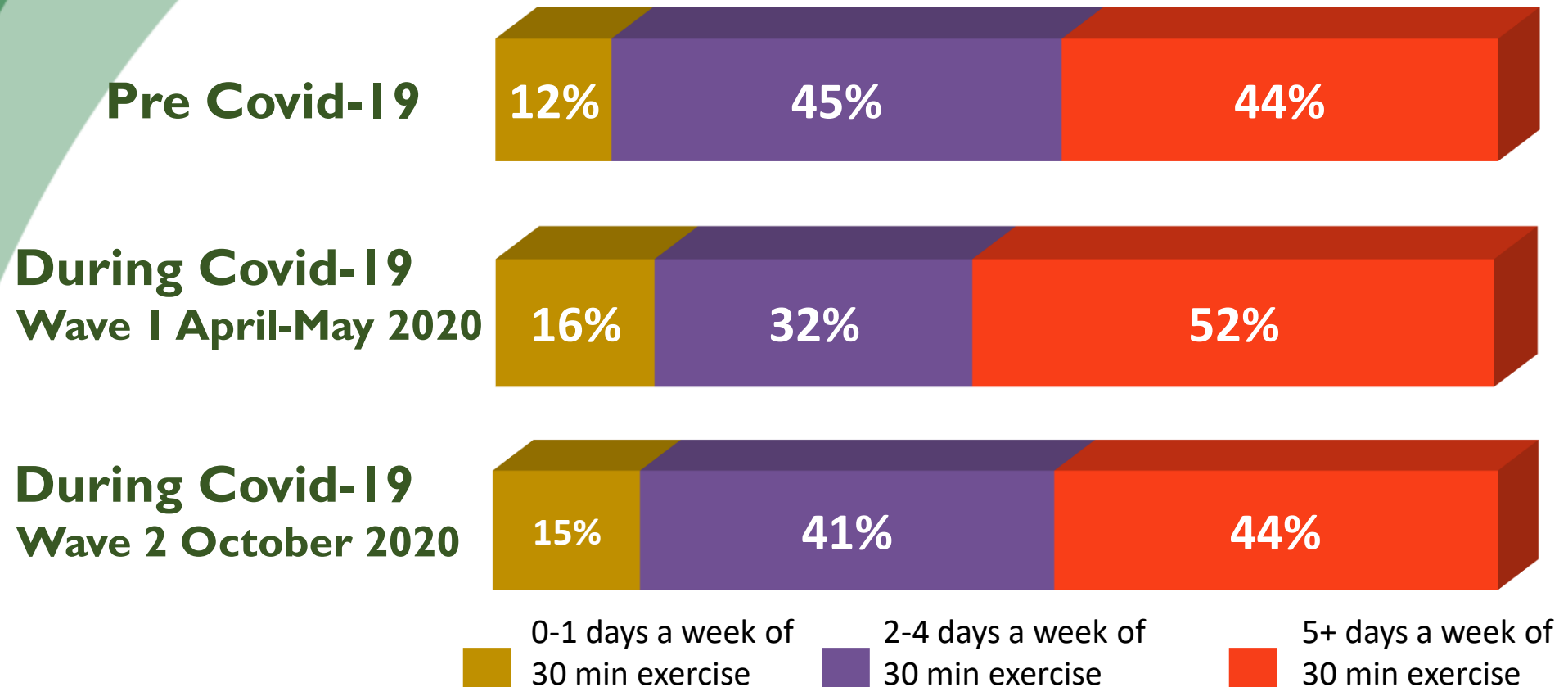
Physical activity by gender: Berkshire



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.)

Physical activity before and during Covid-19 restrictions Wave 1&2: Berkshire

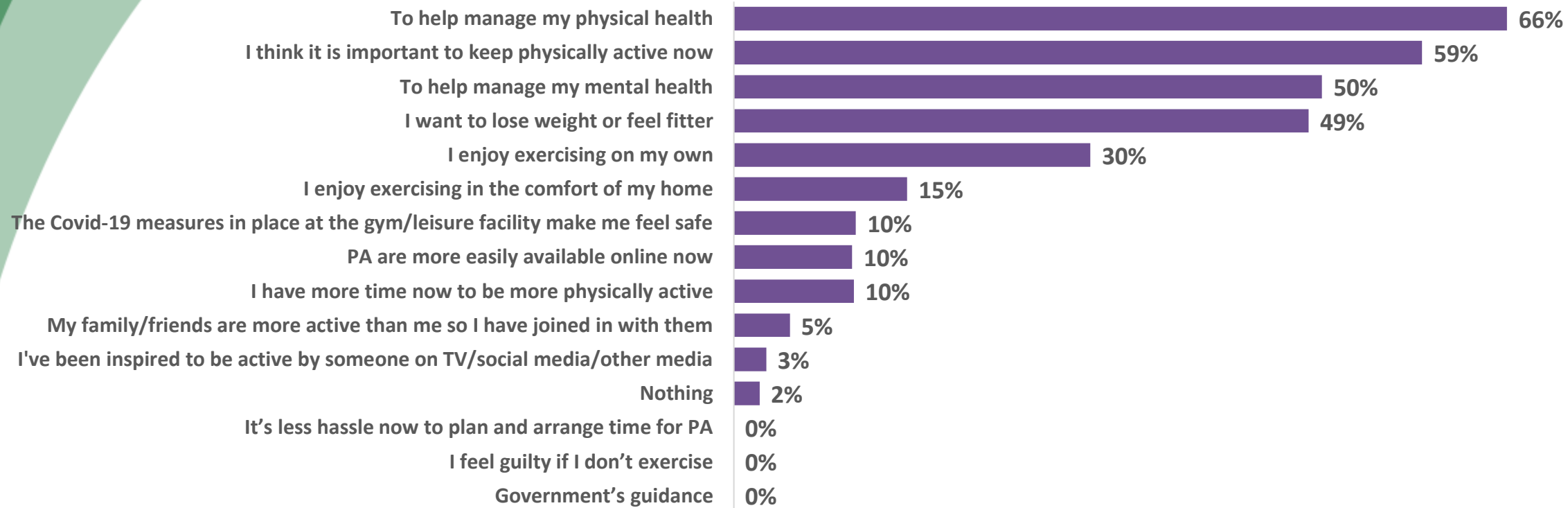


Q: Pre Covid-19 restrictions and thinking back over the past 7 days, how many days of the week have you done a total of 30 mins of more of physical activity which was enough to raise your breathing rate?

(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.)

Weighting has been applied to balance male and female responses to more accurately reflect the gender split in the county population.

What encourages respondents to be physically active: Berkshire



n=177

Q: What reasons encourage you to be physically active at the present time? Please tick all that apply.

Weighting has been applied to balance male and female responses to more accurately reflect the gender split in the county population.

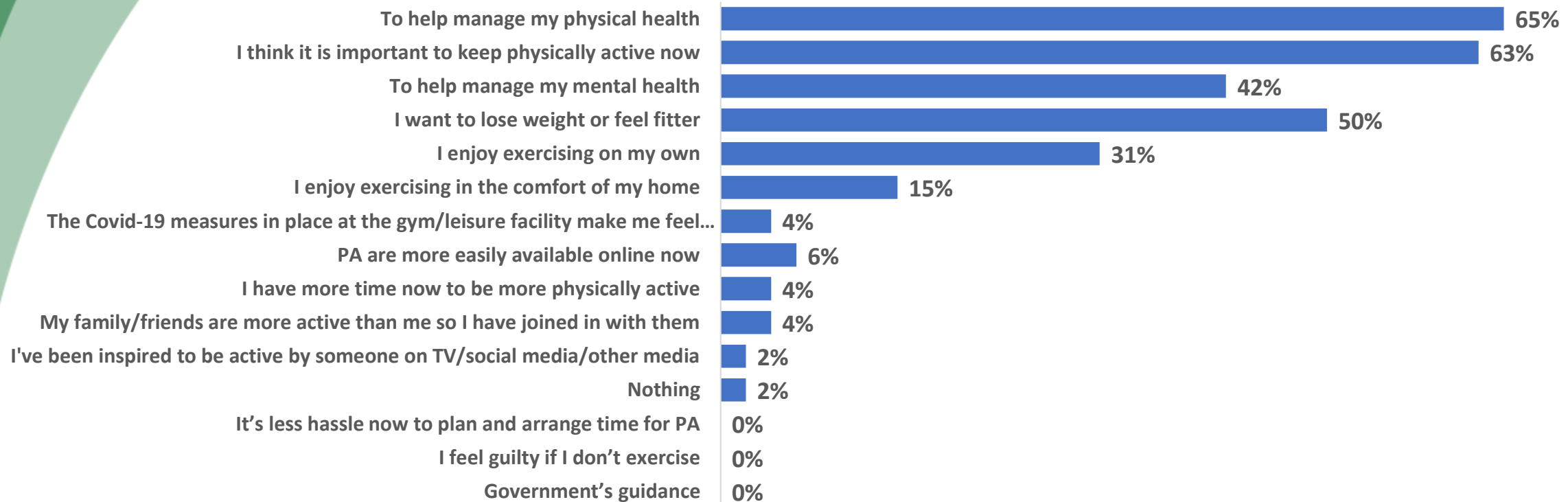
What encourages respondents to be physically active: Berkshire females



n=128

Q: What reasons encourage you to be physically active at the present time? Please tick all that apply.

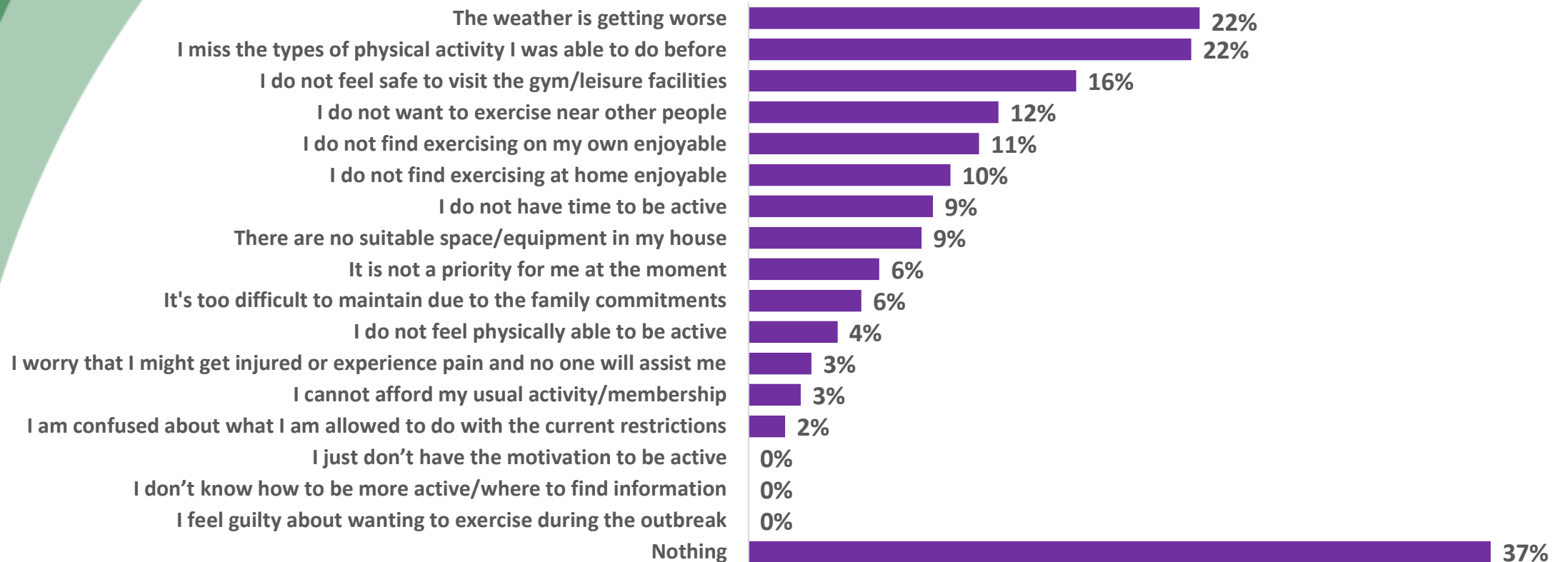
What encourages respondents to be physically active: Berkshire males



n=48

Q: What reasons encourage you to be physically active at the present time? Please tick all that apply.

Barriers to Physical Activity - what stops respondents being active: Berkshire

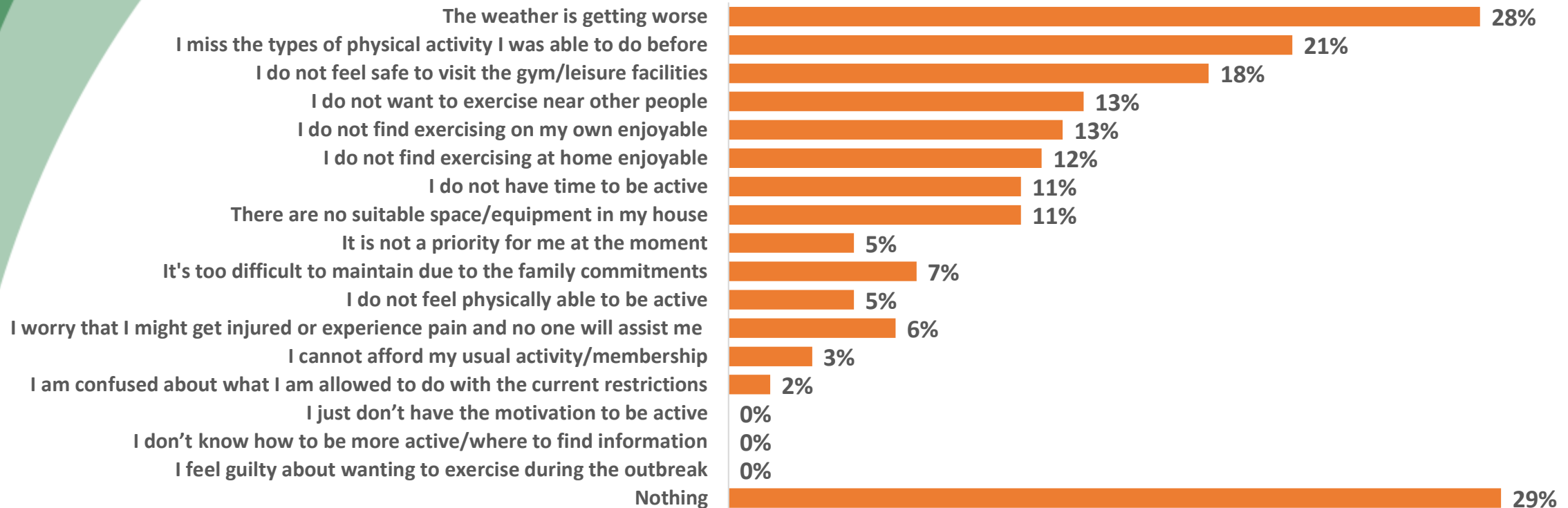


n=177

Q: What stops you being more active at the present time? Please tick all that apply.

Weighting has been applied to balance male and female responses to more accurately reflect the gender split in the county population.

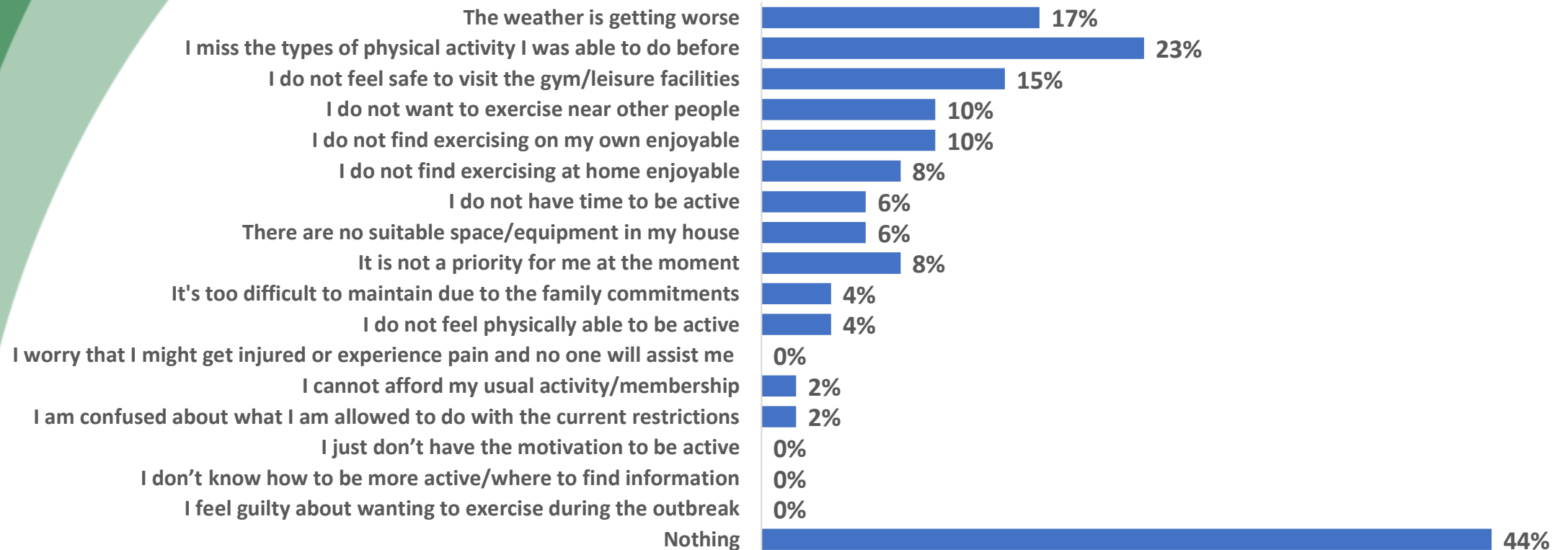
Barriers to Physical Activity - what stops respondents being active: Berkshire females



n=128

Q: What stops you being more active at the present time? Please tick all that apply.

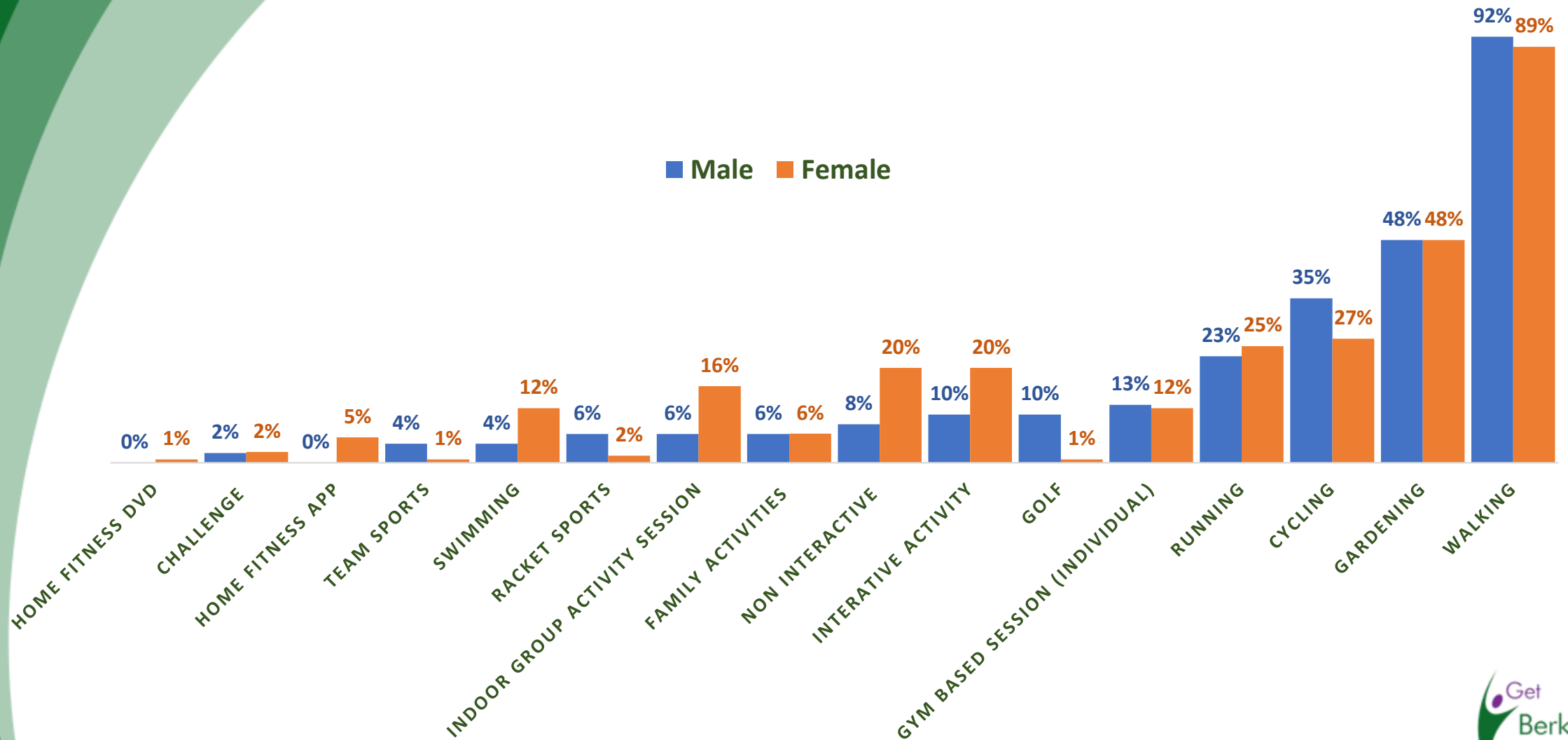
Barriers to Physical Activity - what stops respondents being active: Berkshire males



n=48

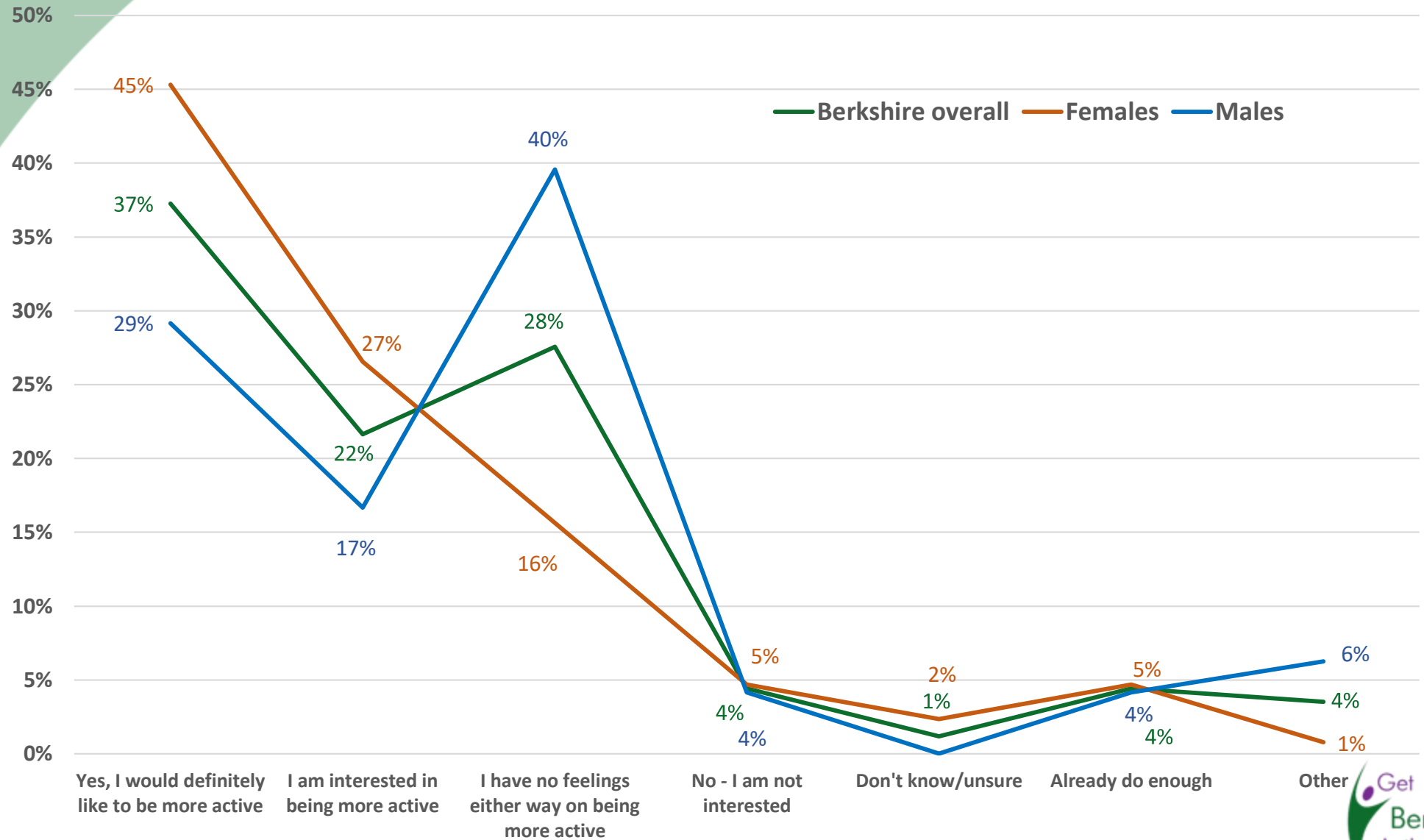
Q: What stops you being more active at the present time? Please tick all that apply

Most common physical activities in the previous month: Berkshire



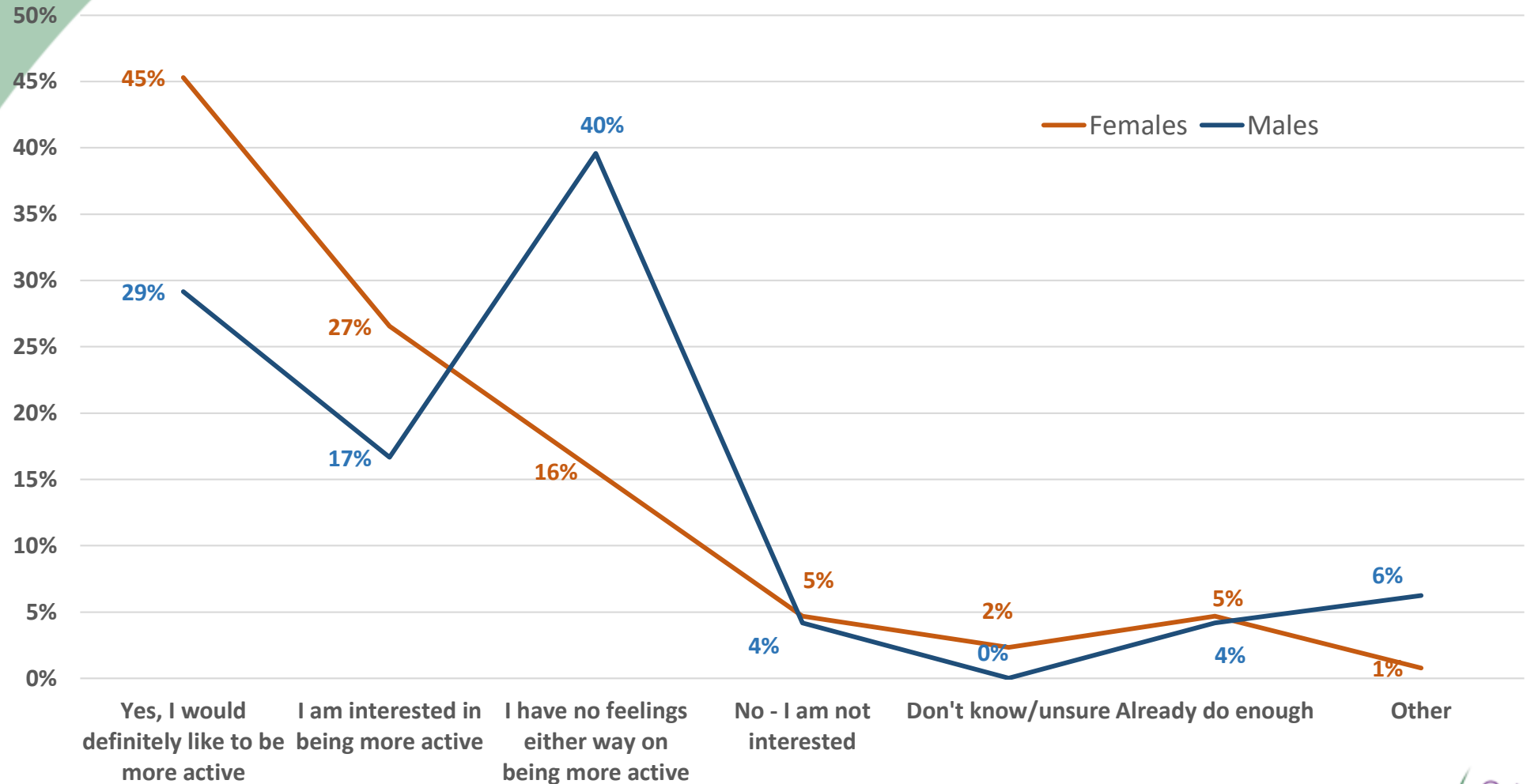
Q: What types of physical activity have you done over the past month? Please tick all you have done.

Interest in increasing activity: Berkshire



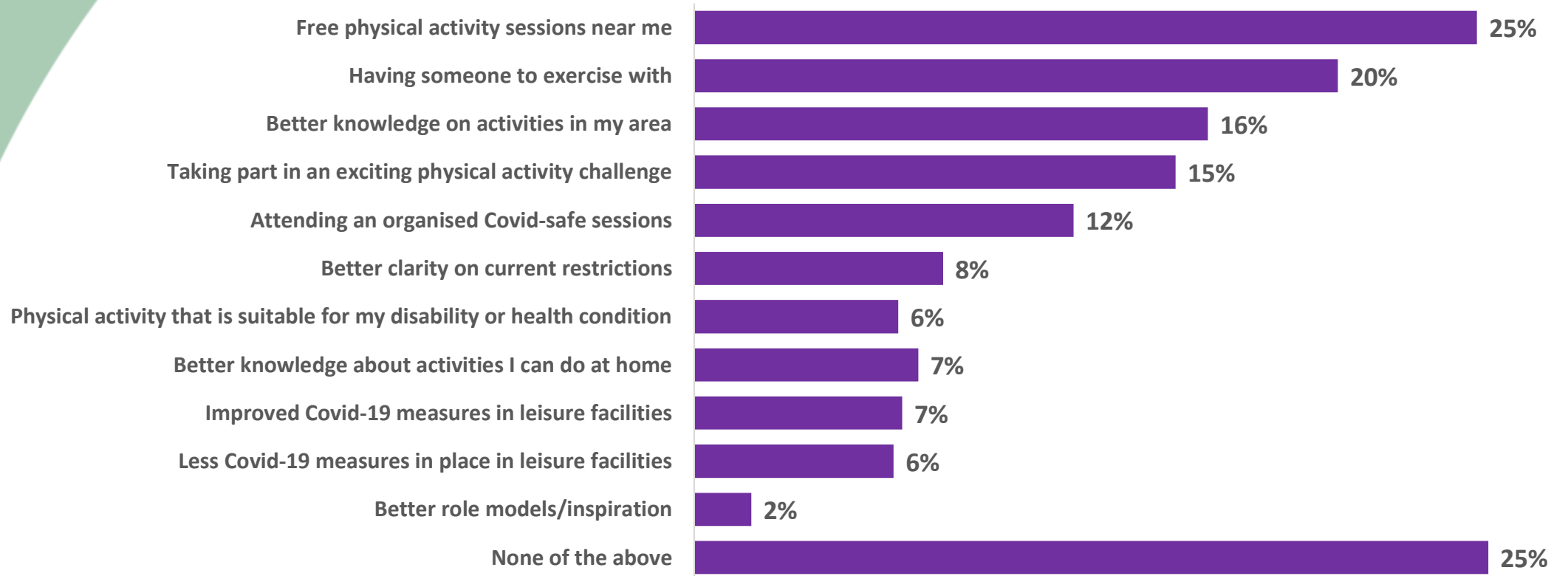
Q: Would you like to be more physically active in the near future? Please tick which best describes how you feel.

Interest in increasing activity by gender: Berkshire



Q: Would you like to be more physically active in the near future? Please tick which best describes how you feel.

What would encourage respondents to be more active: Berkshire

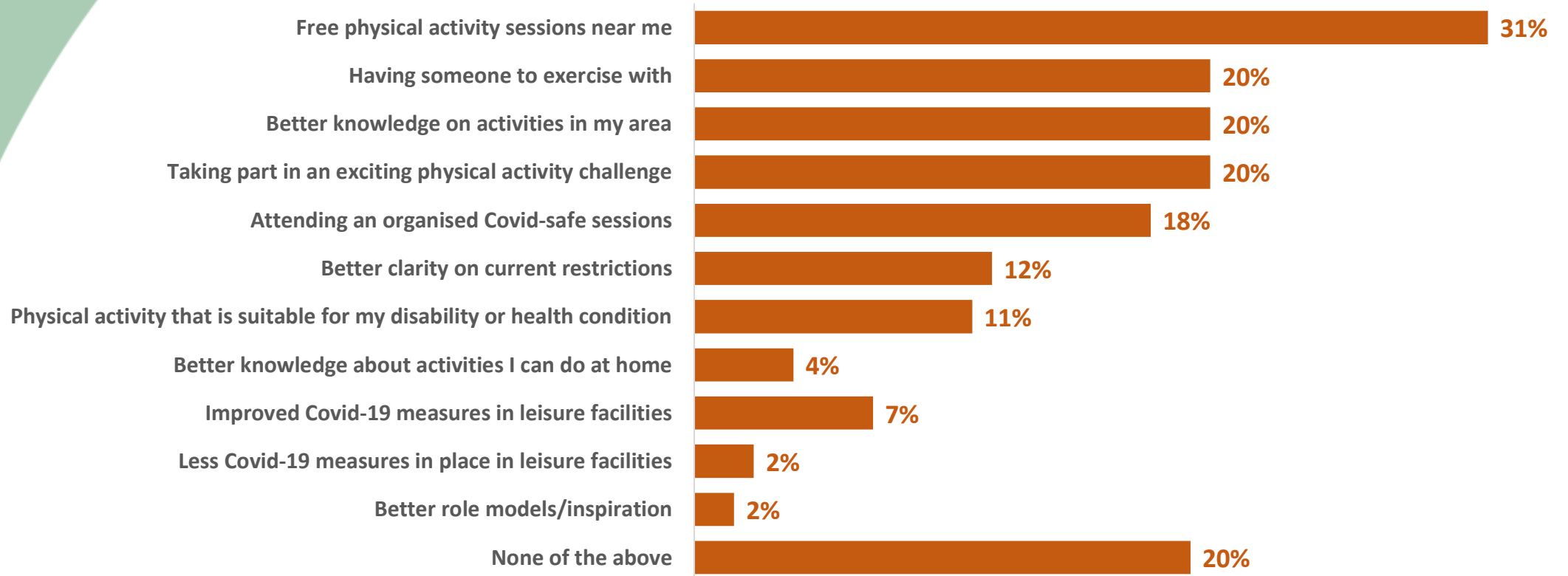


n=177

Q: What would encourage you to be more active? Please tick all that apply.

Weighting has been applied to balance male and female responses to more accurately reflect the gender split in the county population.

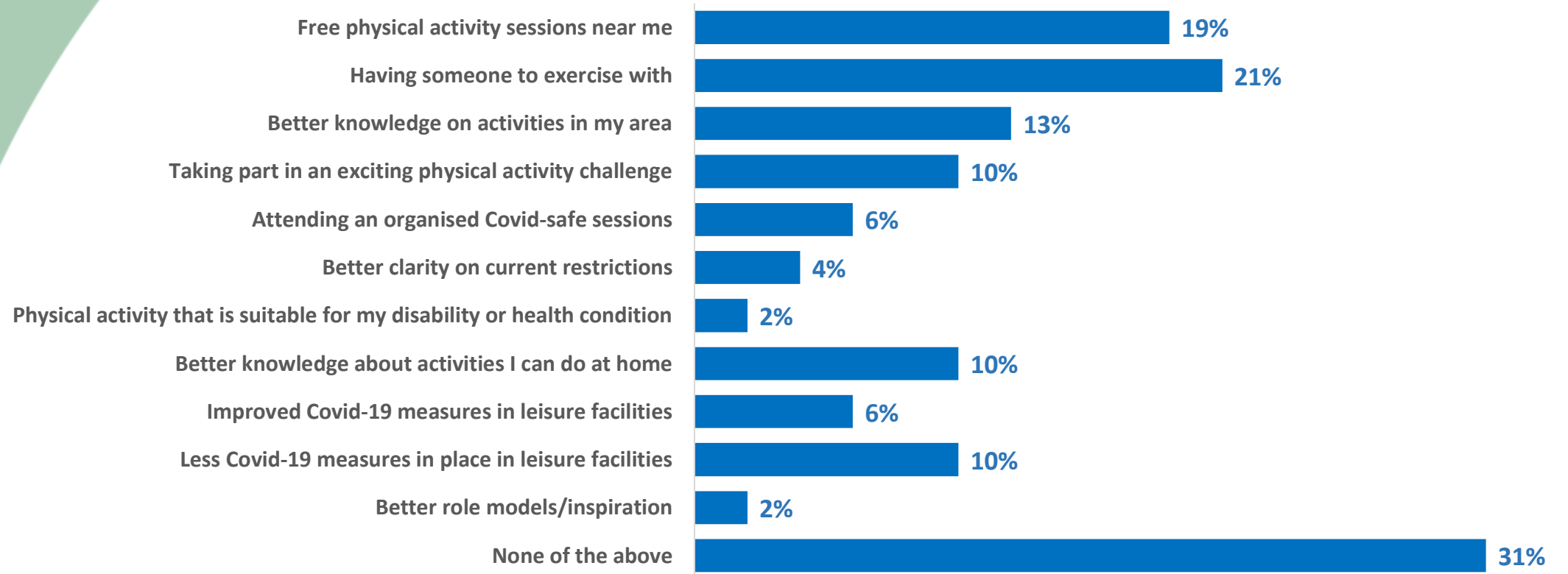
What would encourage respondents to be more active: Berkshire females



n=128

Q: Would anything encourage you to be more active? Please tick all that apply

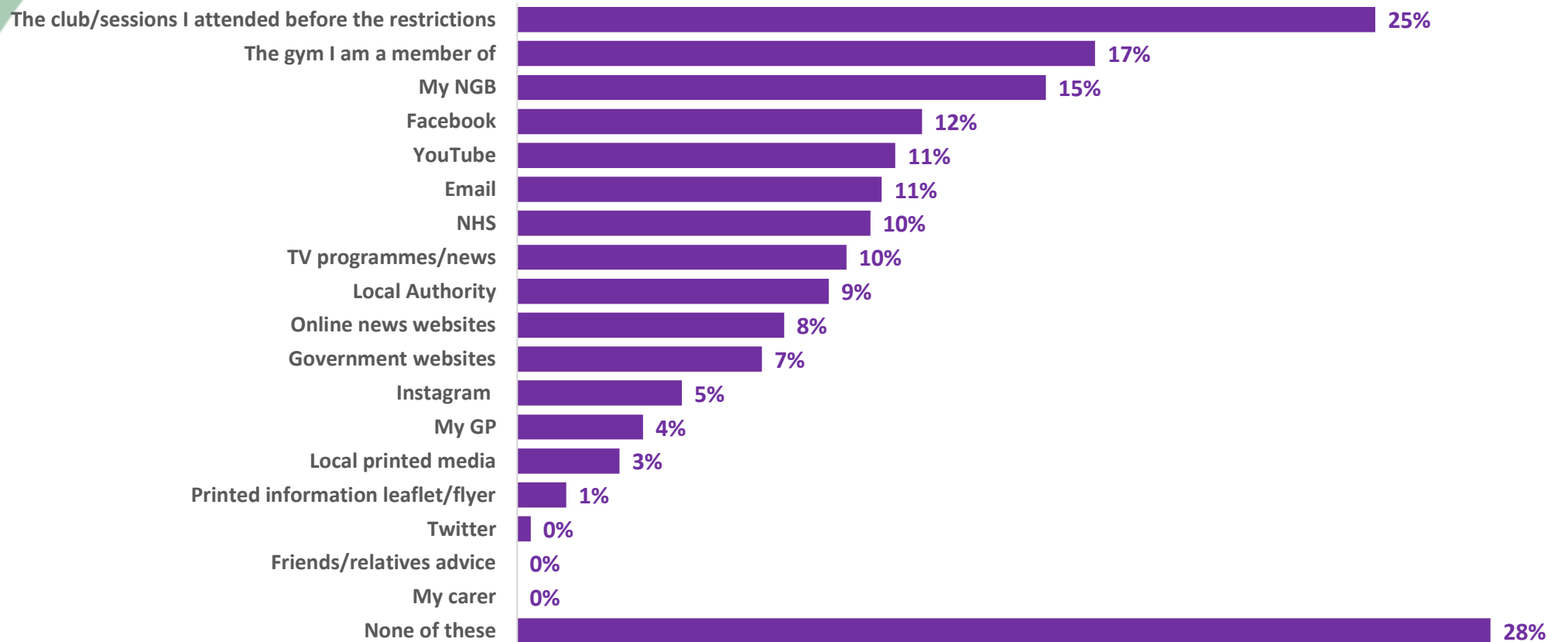
What would encourage respondents to be more active: Berkshire males



n=48

Q: Would anything encourage you to be more active? Please tick all that apply.

Sources of information about physical activities: Berkshire

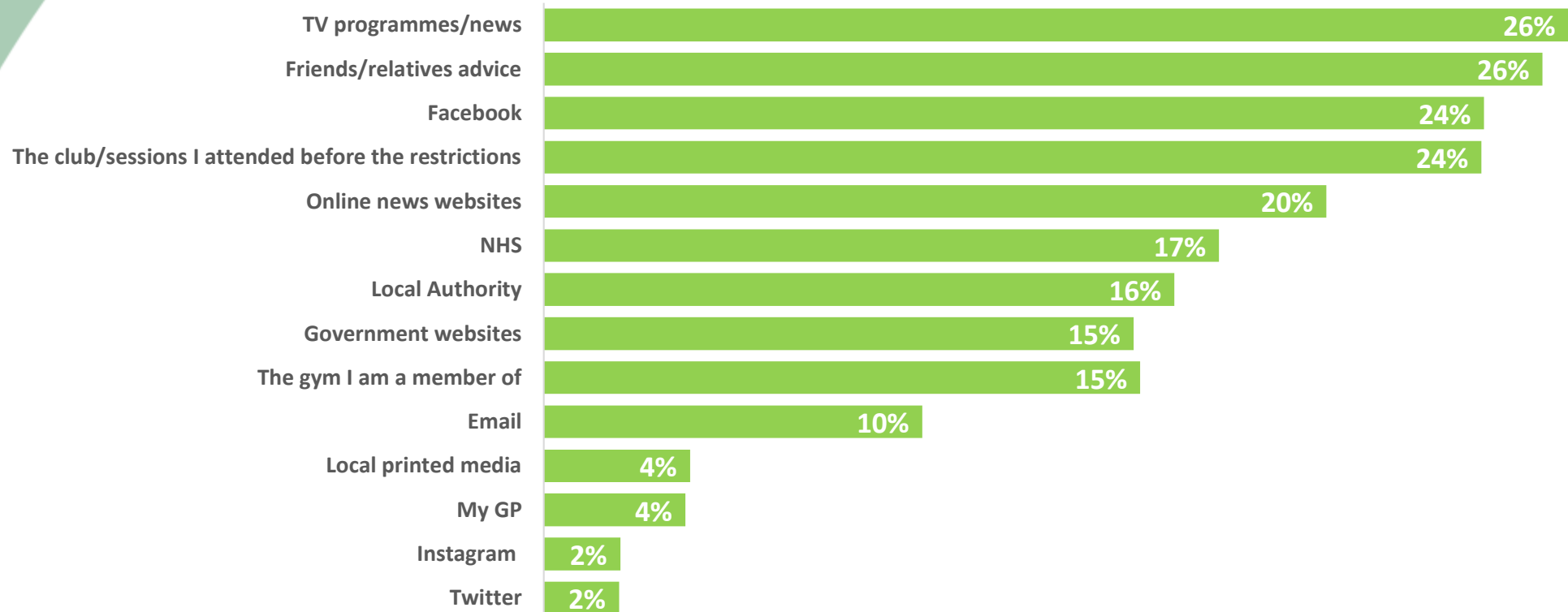


n=177

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

Weighting has been applied to balance male and female responses to more accurately reflect the gender split in the county population.

Sources of information about physical activities during the Covid-19 restrictions Wave I: Berkshire



n=617

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

Weighting has been applied to balance male and female responses to more accurately reflect the gender split in the county population.