

Get Berkshire Active Survey

Physical Activity during the
Covid-19 restrictions:

Least active Berkshire residents

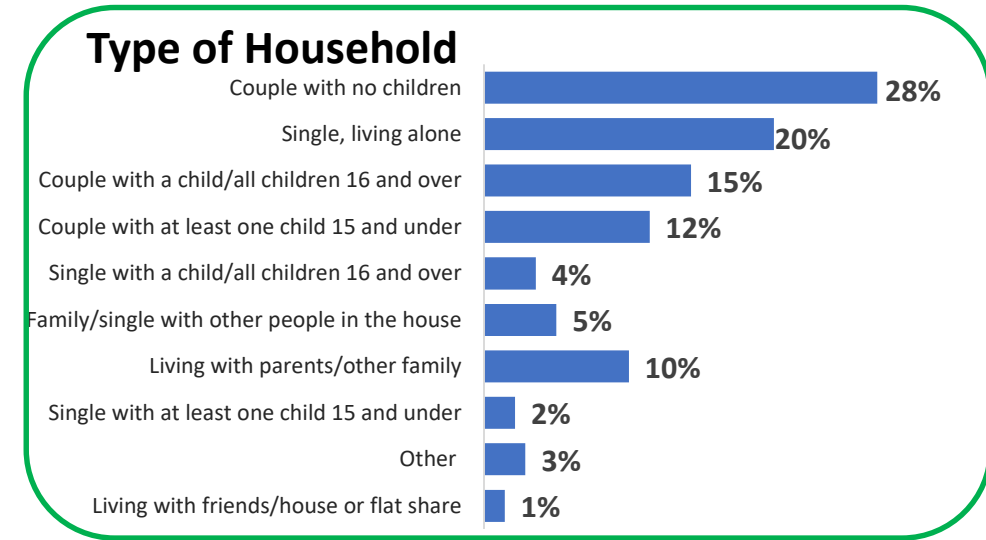
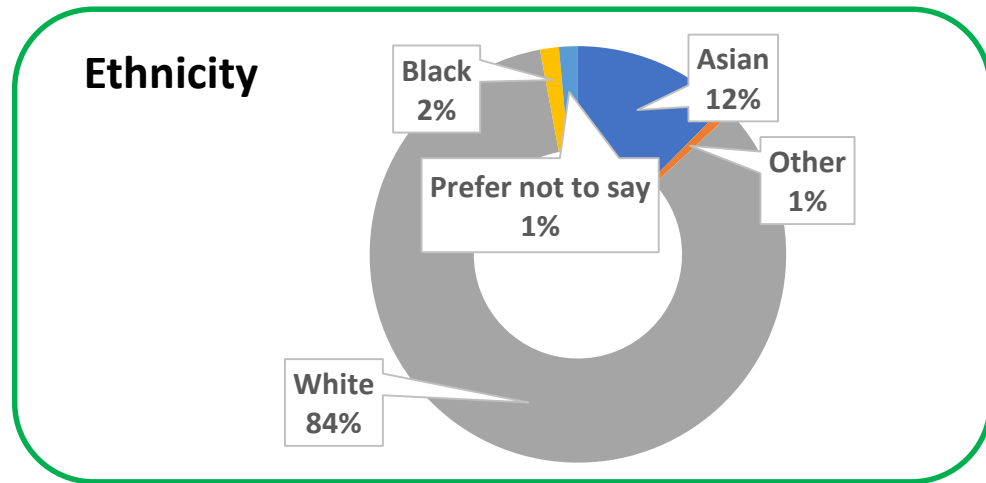
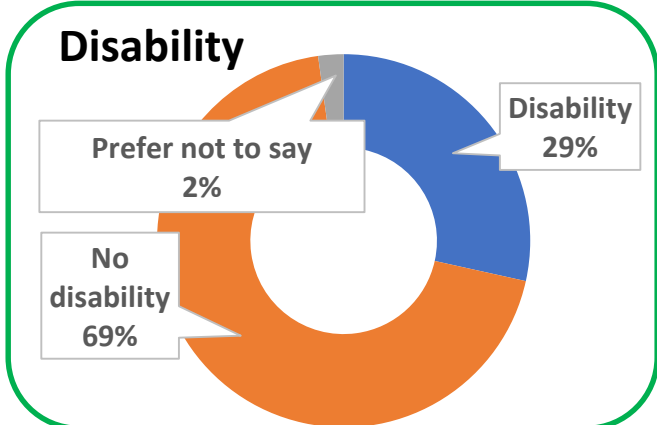
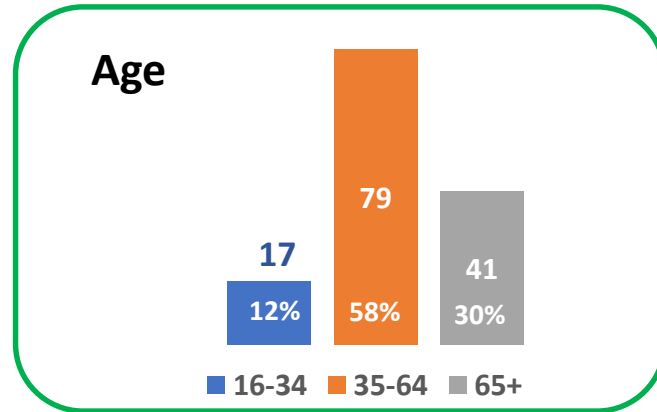
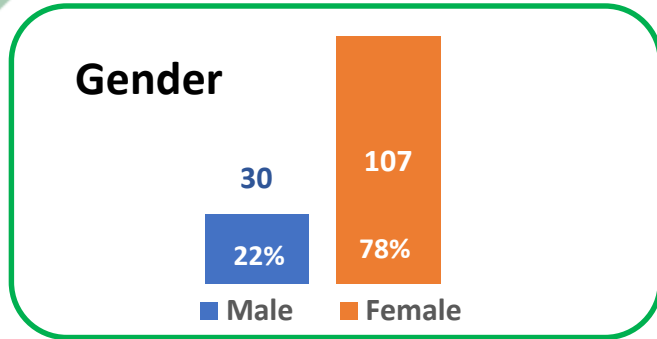
June 2020



Executive Summary

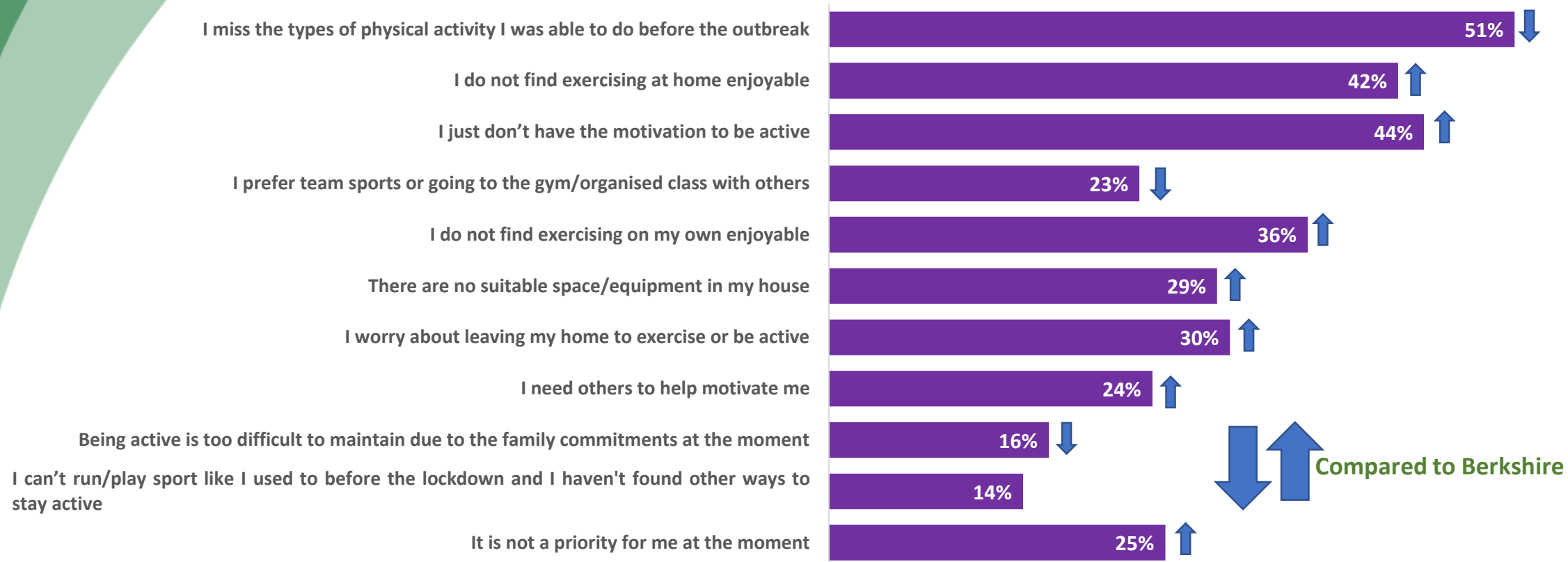
- Respondents were defined as 'least active' if they had done 0-1 days of at least 30 minutes of physical activity in the previous 7 days. 137/16% of people that completed the survey in Berkshire were in this category
- The main reasons inactive respondents gave for being less active during the restrictions were the same top three for all respondents:
 - they miss the types of activity they did before
 - they do not have the motivation to be active
 - they do not find exercising at home enjoyable
- Least active respondents were less likely to be happy and more likely to be anxious than the most active respondents
- Walking and gardening were the most common activities done during the restrictions for inactive residents and for Berkshire overall

Demographics of least active Berkshire respondents



The survey was carried out online by a total of 137 least active Berkshire residents aged 16 and over between 27th April and 18th May 2020

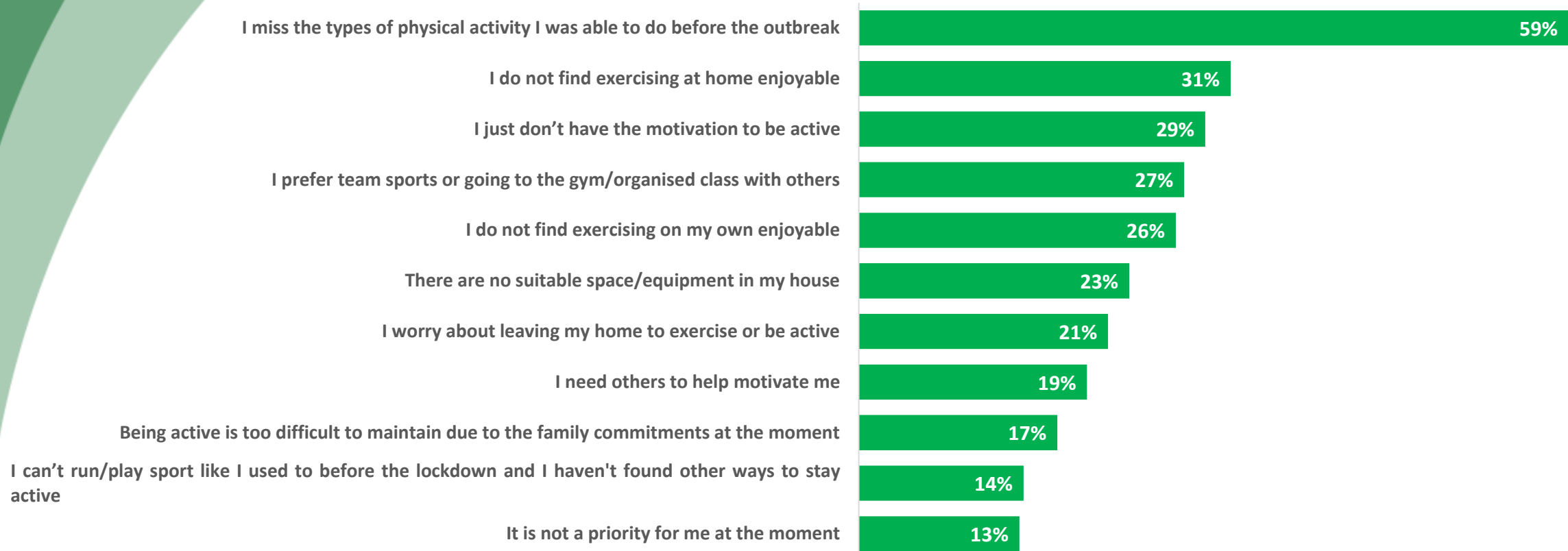
Reasons for doing less physical activity during the Covid-19 restrictions: least active Berkshire respondents



n=104

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.

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

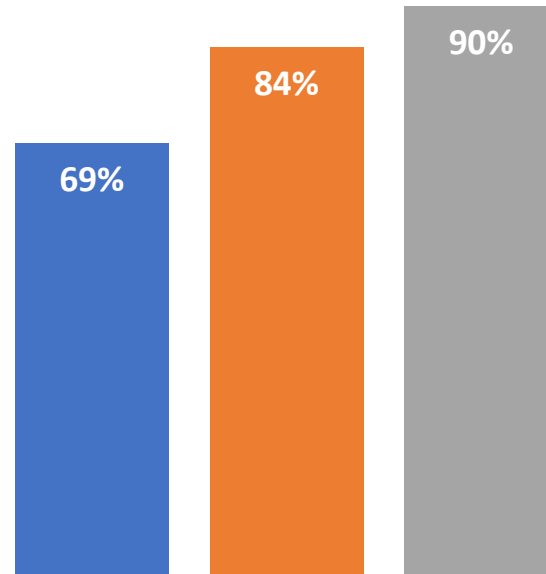


n=284

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.

Physical activity during the Covid-19 restrictions and mental health

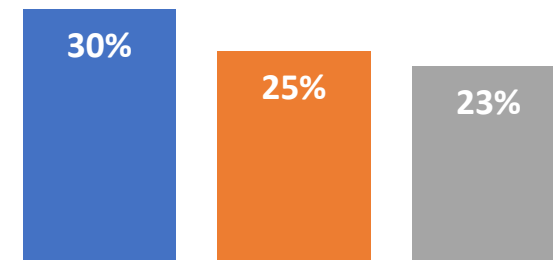
% of respondents who said they were happy (5 and higher out of 10; 10 being completely happy)



- Least active respondents (less than 2 days/w of PA, n=137)
- All respondents (n=807)
- Active respondents (5+ days/weekly of PA), n=418

Q: On a scale of 0-10, where 0 is completely unhappy and 10 is completely happy, overall, how happy did you feel yesterday?

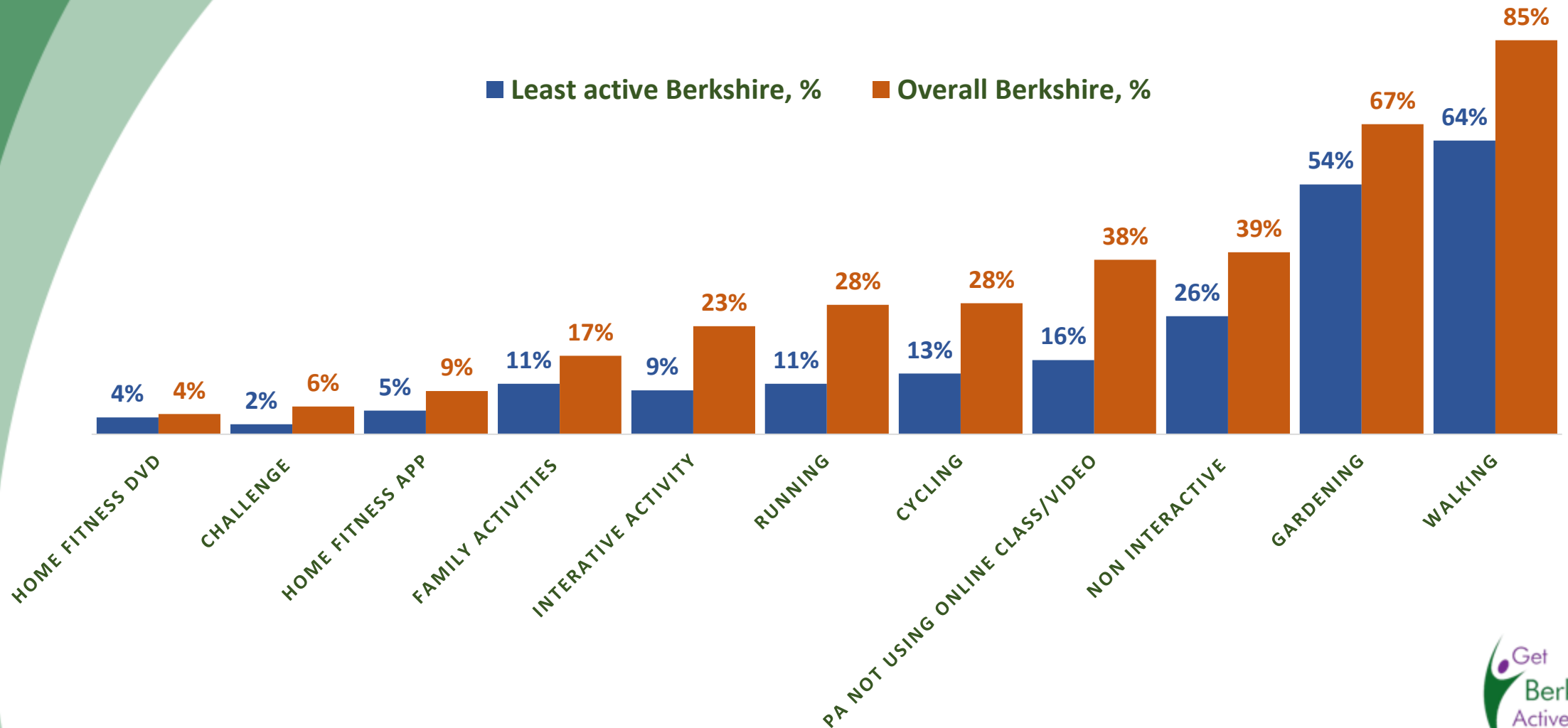
% of respondents who said they felt anxious (6 and higher out of 10; 10 being completely anxious)



- Least active respondents (less than 2 days/w of PA, n=137)
- All respondents (n=807)
- Active respondents (5+ days/weekly of PA), n=418

Q: On a scale of 0-10, where 0 is not at all anxious and 10 is completely anxious, overall, how anxious did you feel yesterday?

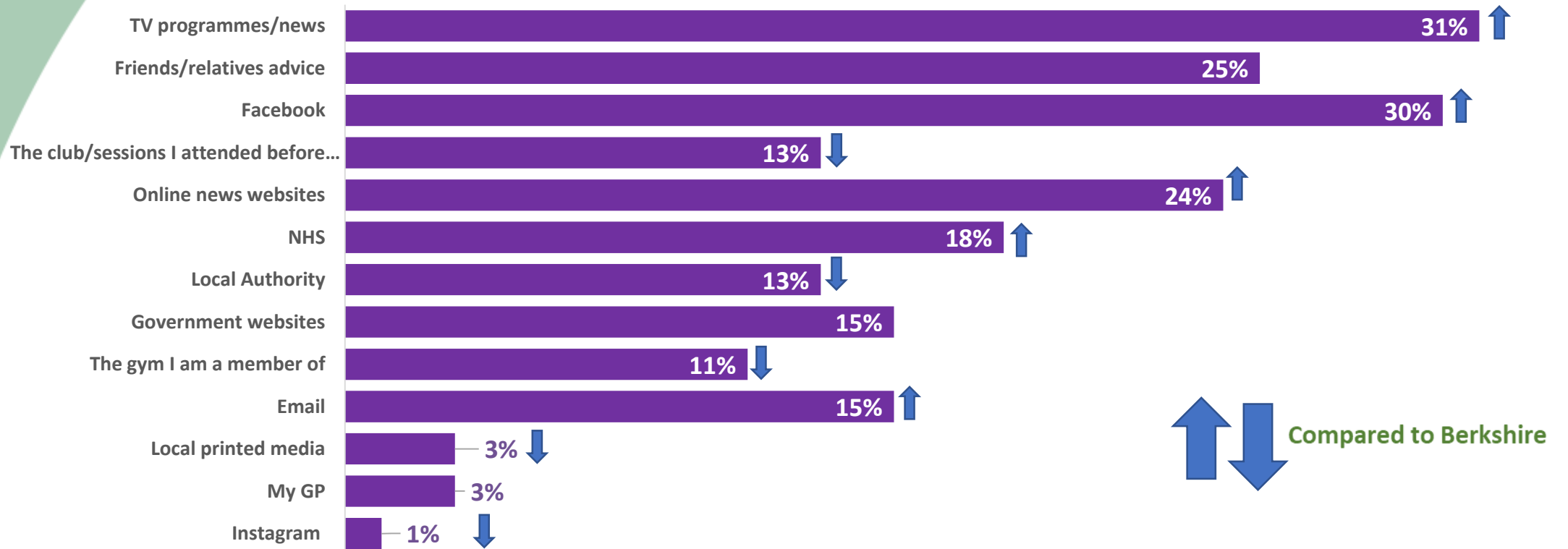
Most common physical activities during the Covid-19 restrictions: least active Berkshire residents



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



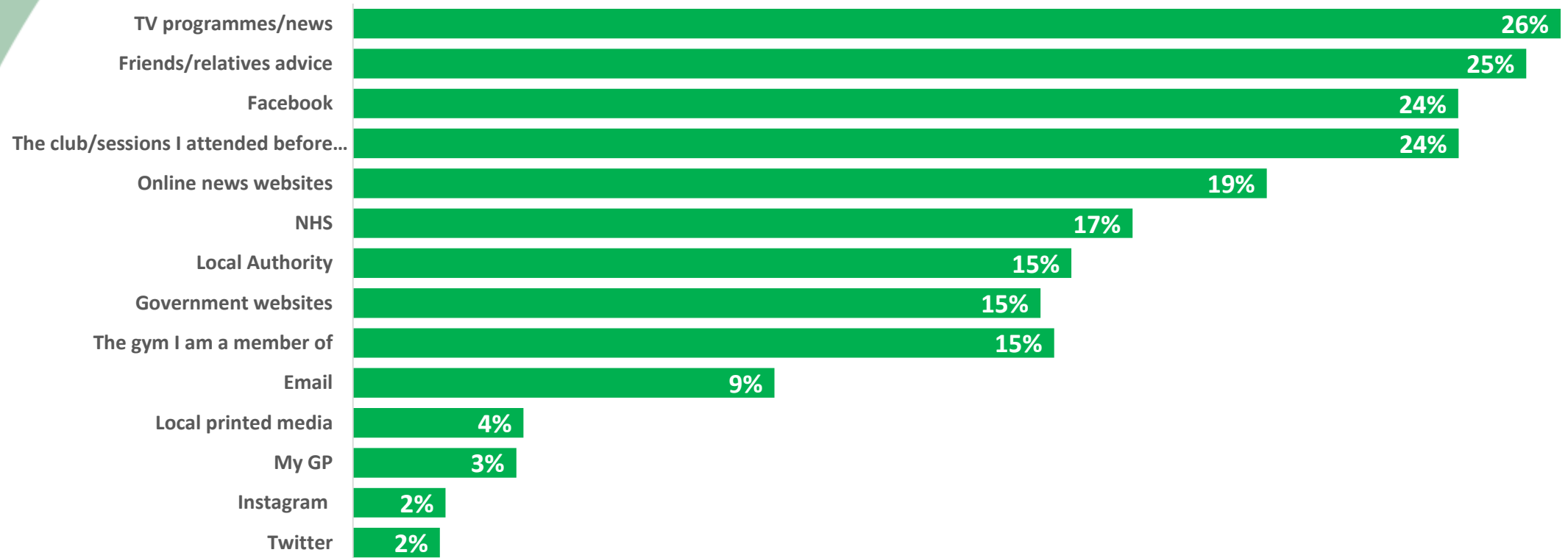
Sources of information about physical activities during the Covid-19 restrictions: least active Berkshire respondents



n=99

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

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



n=617

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