

# Get Berkshire Active Survey

Physical Activity  
in Reading during  
the Covid-19 restrictions

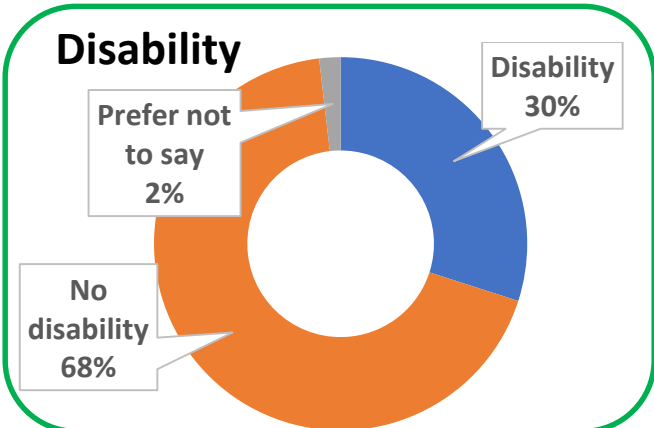
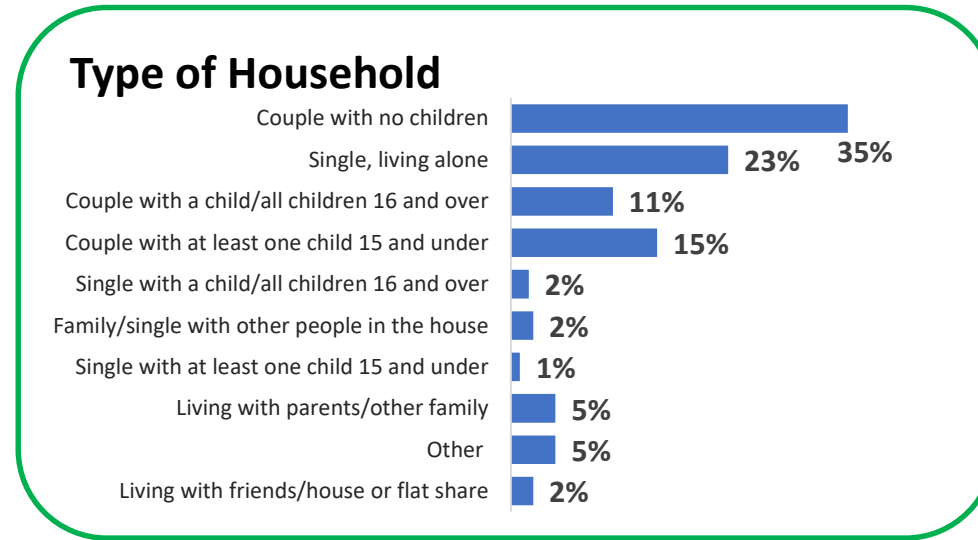
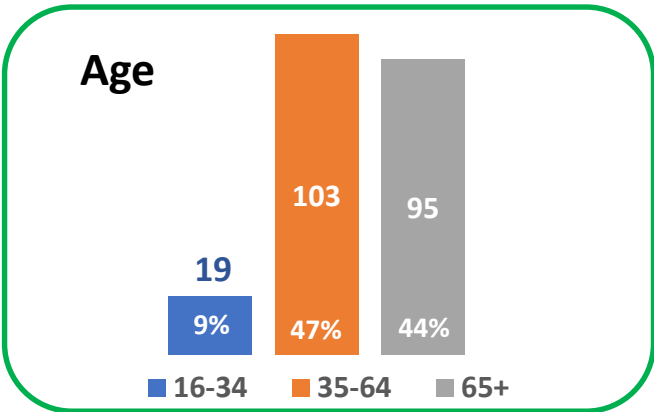
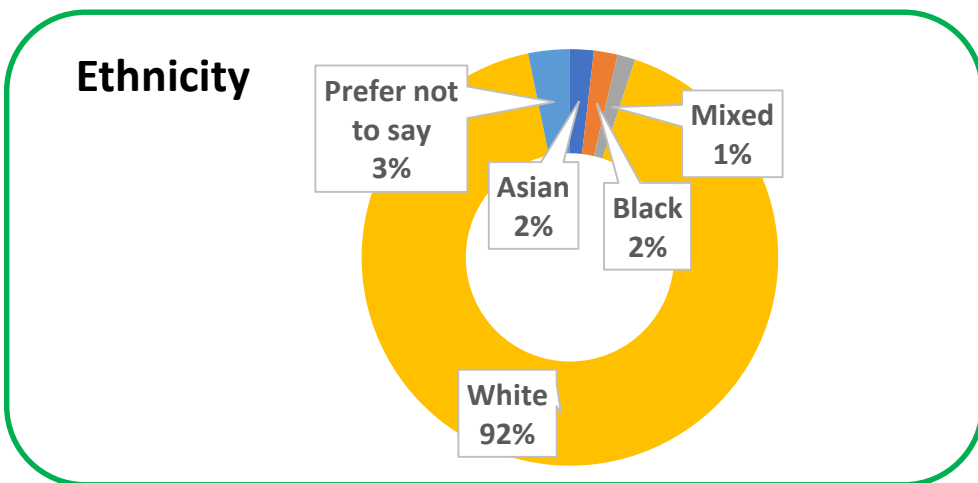
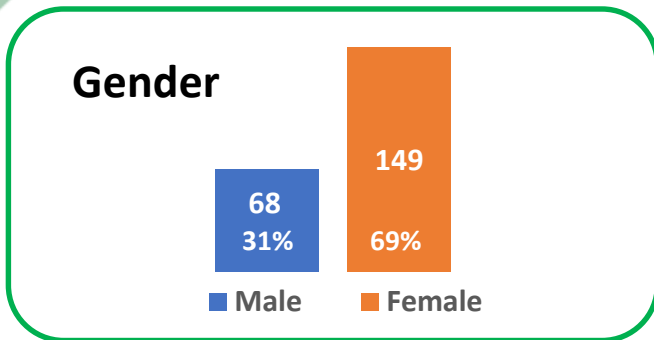
June 2020



# Executive Summary

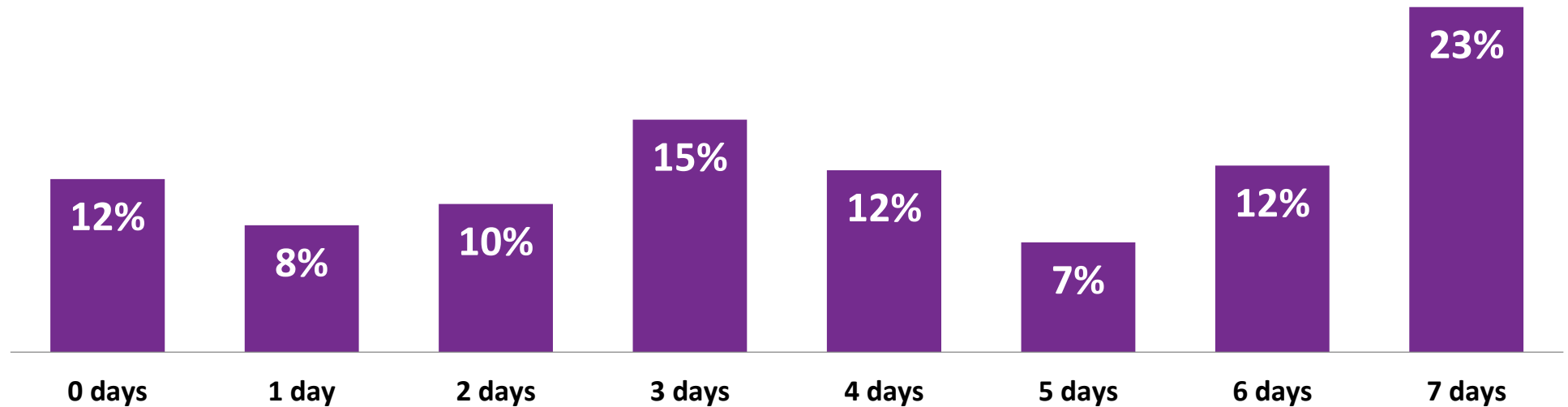
- 42% of people were active at least 5 days of the week during the restrictions compared to 52% in Berkshire (enough to meet the CMO recommended 150 minutes per week of physical activity)
- 12% people had not done any physical activity in the previous week, for Berkshire it was 10%
- The number of people doing 5+ days of physical activity per week was higher than before the restrictions
- 43% of females felt they had done more physical activity than before the restrictions compared to 24% of males
- The top reasons respondents gave for being more active during the restrictions were to help manage physical health and because they had more time to do so
- Walking and gardening were the most common activities done during the restrictions in Reading and England

# Demographics of Reading respondents



The survey was carried out online by a total of 217 Reading residents aged 16 and over between 27th April and 18th May 2020

# Physical activity during the Covid-19 restrictions: Reading

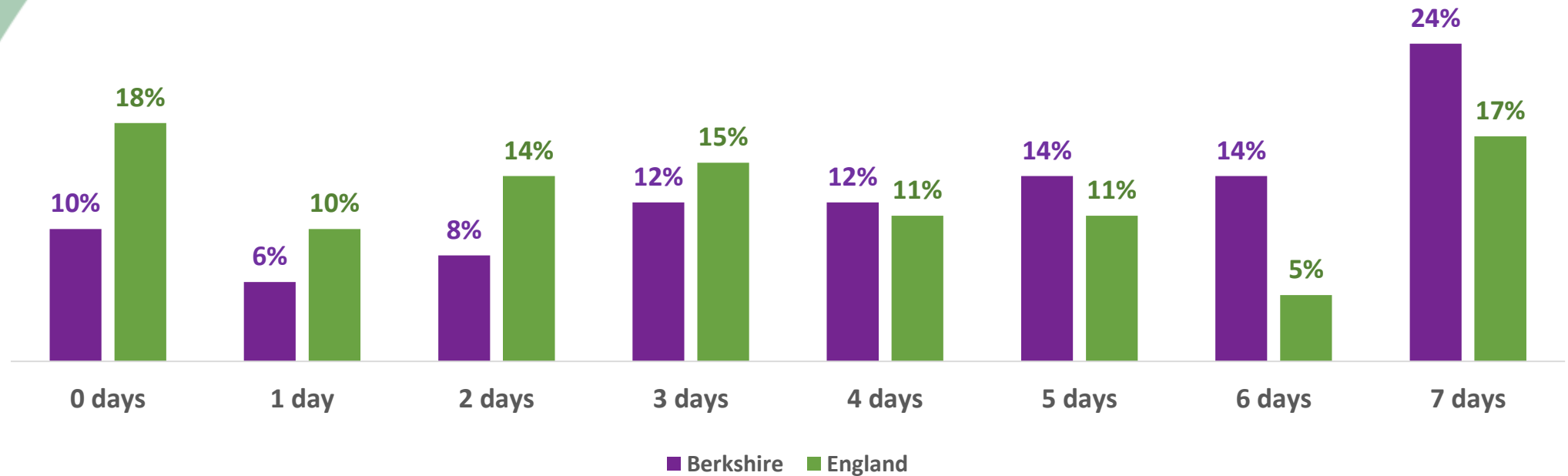


n=217

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 during the Covid-19 restrictions compared to Berkshire and Sport England results

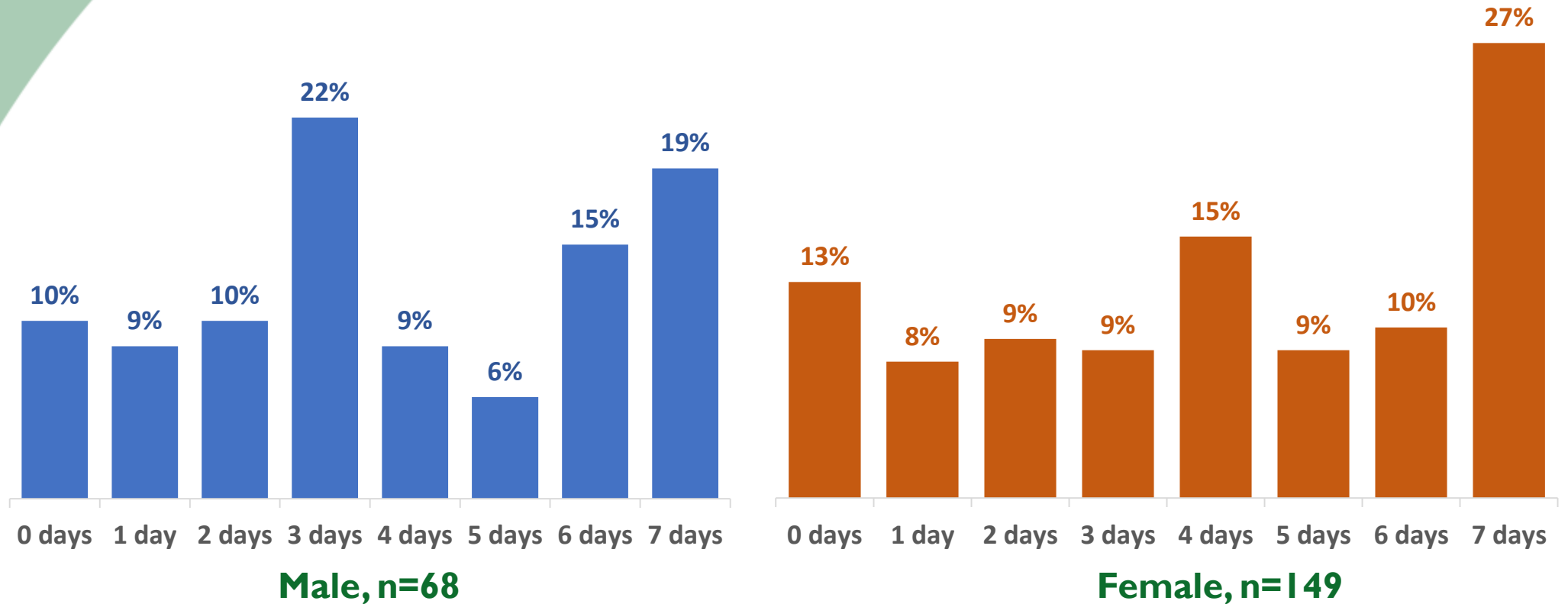


Q: Thinking back over the past 7 days, how many days of the week have you done a total of 30 mins of more of physical activity which was enough to raise your breathing rate?

(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 27<sup>th</sup> April and 18<sup>th</sup> May 2020, Sport England (via Savanta ComRes) asked respondents 1<sup>st</sup>-4<sup>th</sup> May 2020.

# Physical activity during the Covid-19 restrictions by gender: Reading

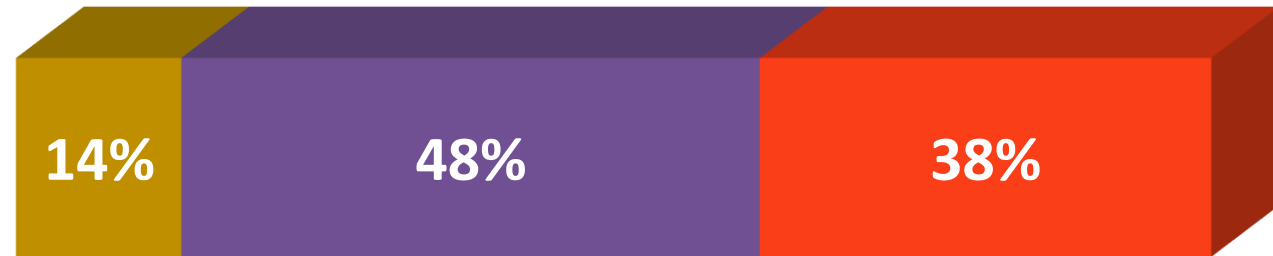


Q: Thinking back over the past 7 days, how many days of the week have you done a total of 30 mins of more of physical activity which was enough to raise your breathing rate?

(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 pre and during Covid-19 restrictions: Reading

**Pre Covid-19**

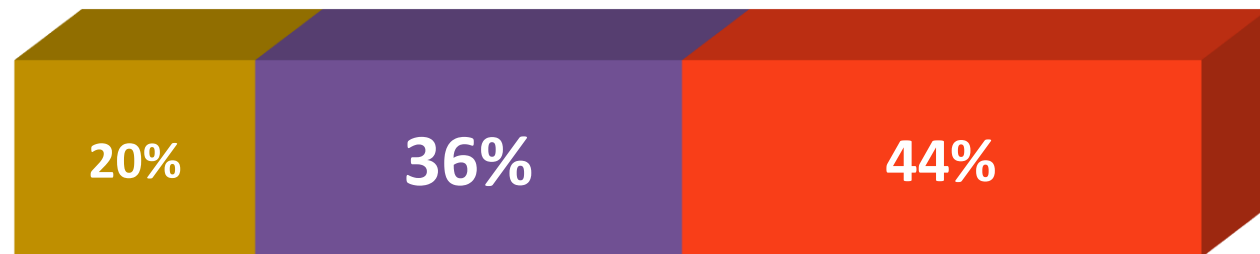


0-1 days a week of 30 min exercise

2-4 days a week of 30 min exercise

5+ days a week of 30 min exercise

**During Covid-19**



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    ■ 2-4 days a week of 30 min exercise    ■ 5+ days a week of 30 min exercise

**During Covid-19**



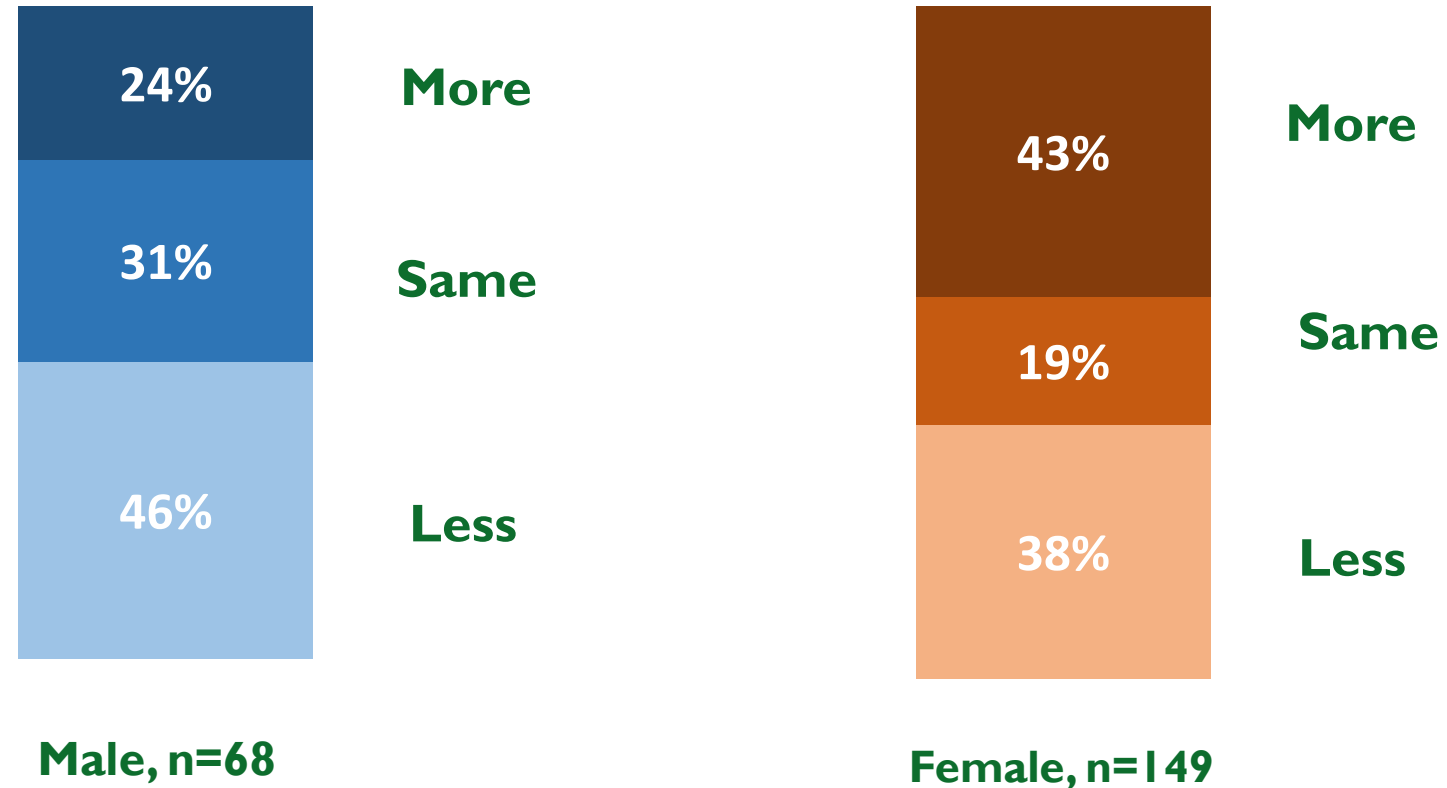
Q: Pre Covid-19 restrictions and thinking back over the past 7 days, how many days of the week have you done a total of 30 mins of more of physical activity which was enough to raise your breathing rate?

(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.)



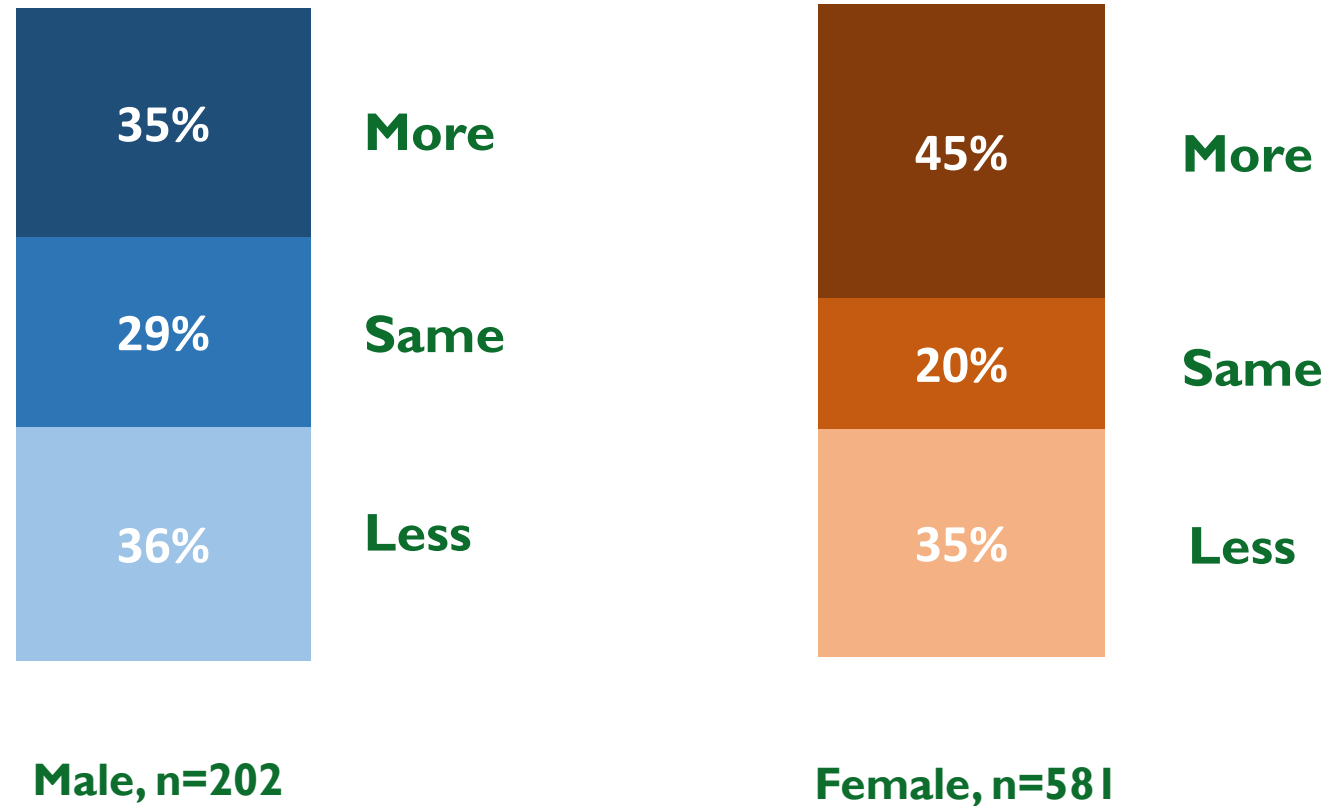


# Physical activity perception pre and during Covid-19 restrictions by gender: Reading



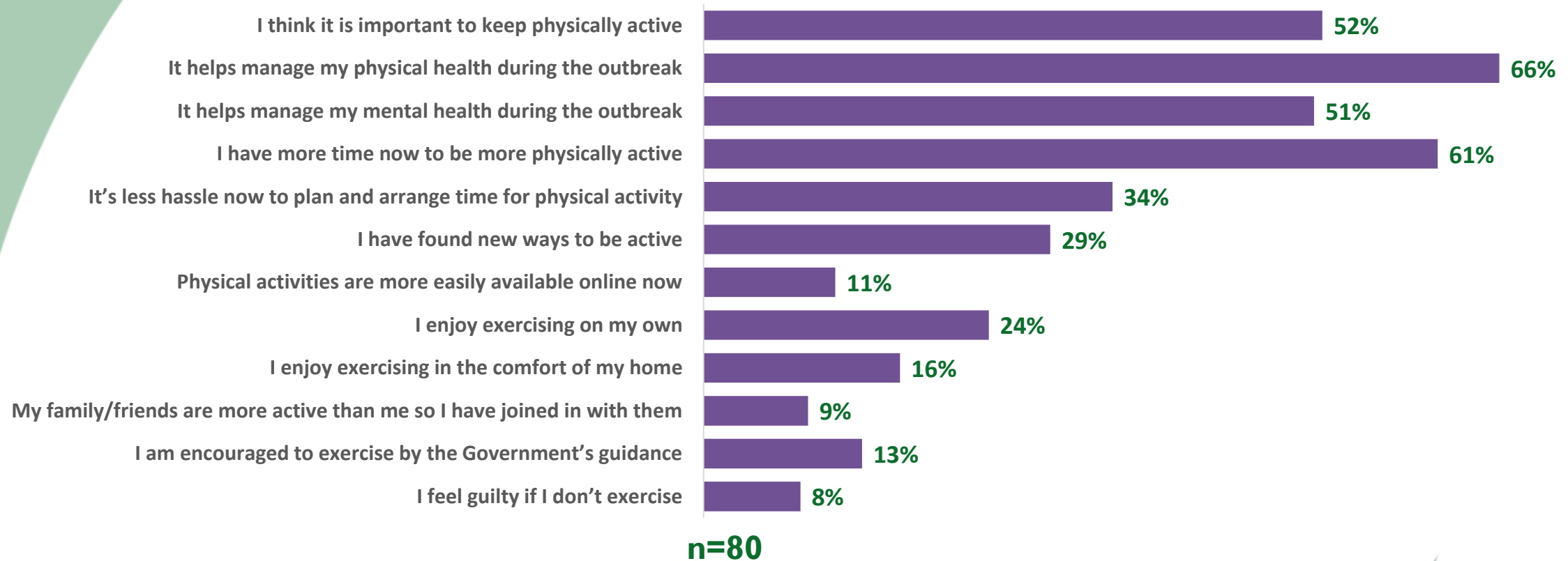
Q: Do you feel like you are currently doing more, less or the same amount of physical activity than before the Covid-19 restrictions were put into place?

# Physical activity perception pre and during Covid-19 restrictions by gender: Berkshire



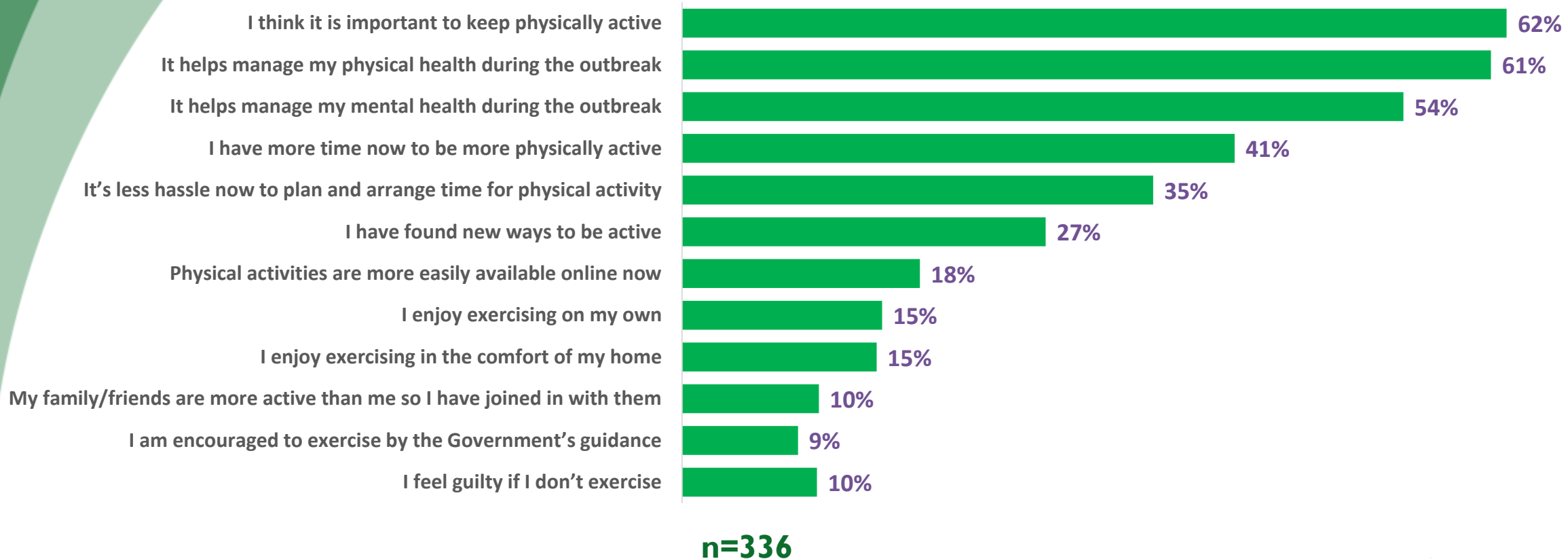
Q: Do you feel like you are currently doing more, less or the same amount of physical activity than before the Covid-19 restrictions were put into place?

# Reasons for doing more physical activity during the Covid-19 restrictions: Reading



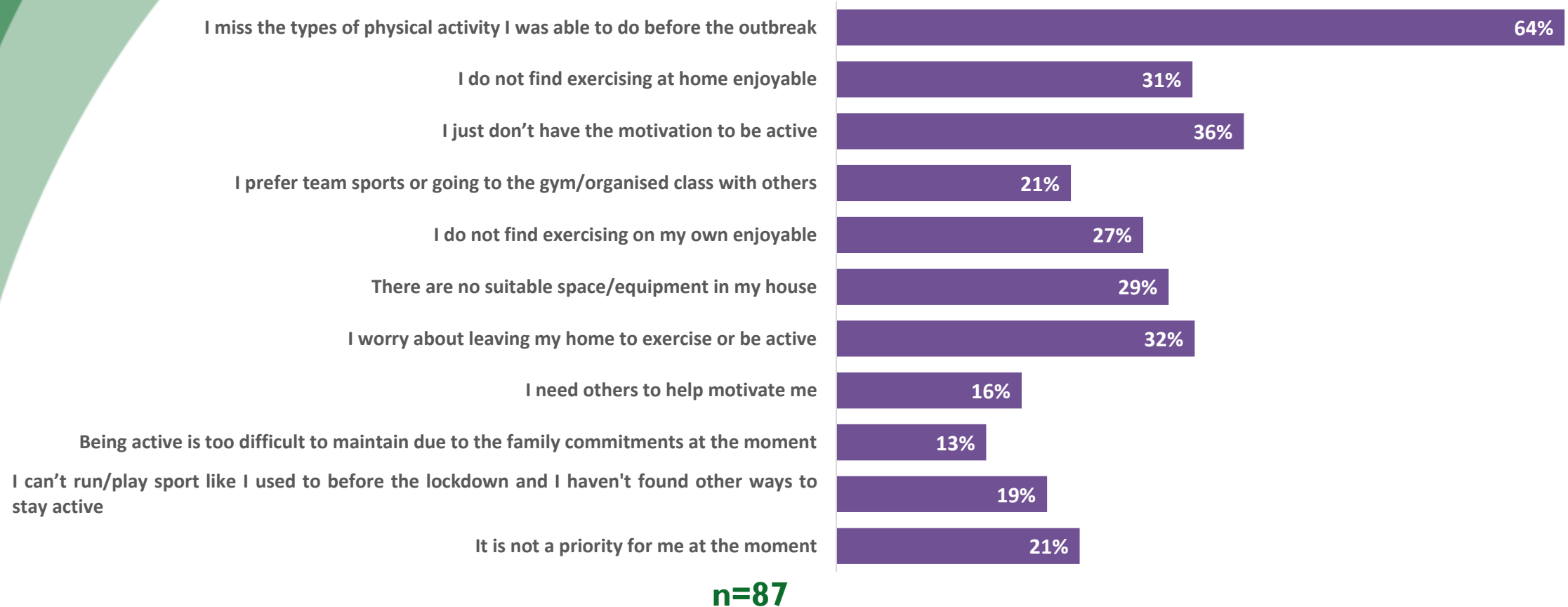
Q: If you said you are doing more physical activity now, please could you say why you think you are more active during the Covid-19 restrictions. Please tick all that apply.

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



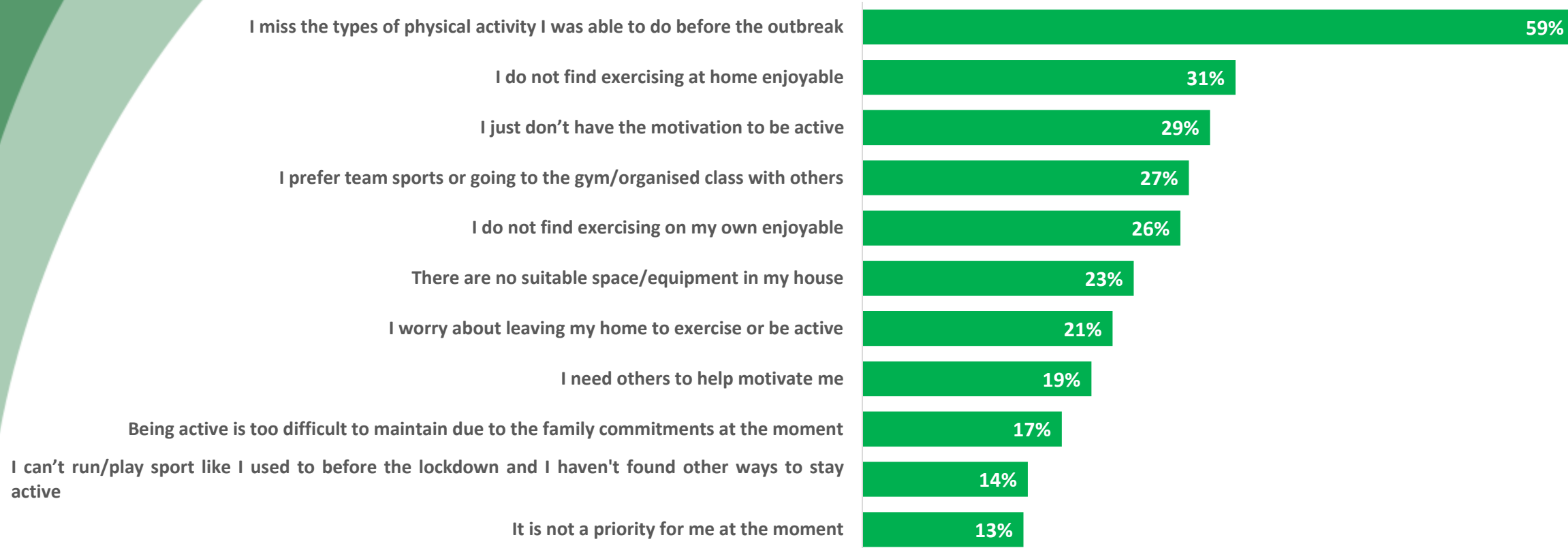
Q: If you said you are doing more physical activity now, please could you say why you think you are more active during the Covid-19 restrictions. Please tick all that apply.

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



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.

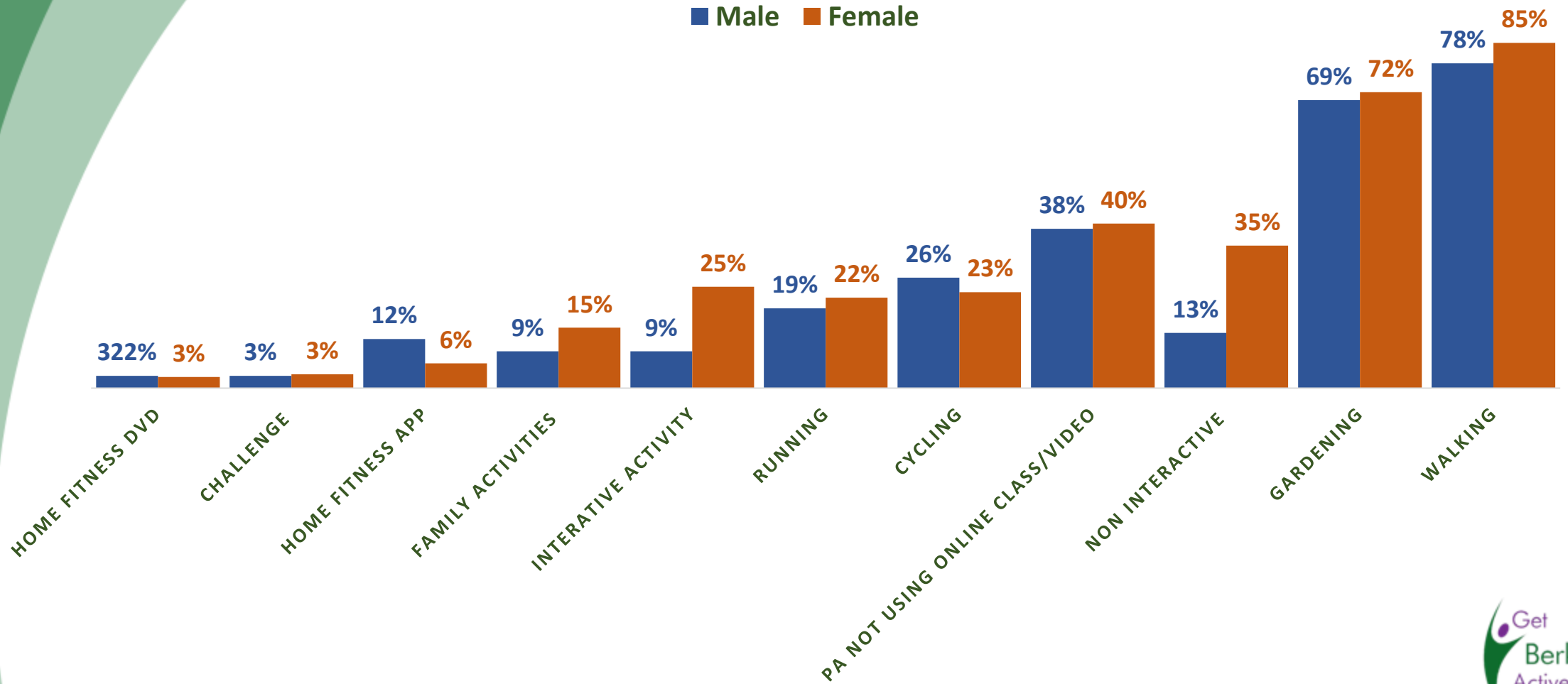
# Reasons for doing less physical activity during the Covid-19 restrictions: Berkshire



**n=284**

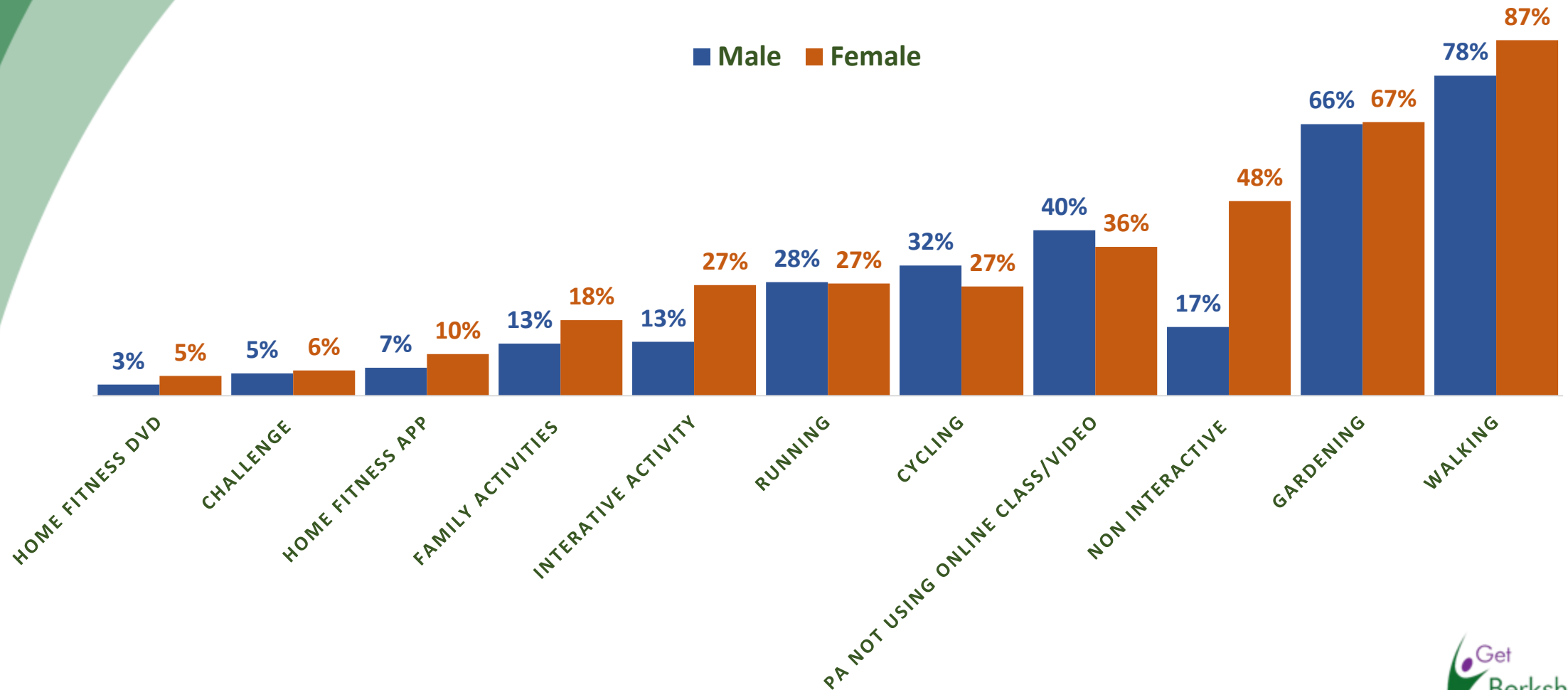
Q: If you said you are doing less physical activity now, please could you say why you think you are less active during the Covid-19 restrictions. Please tick all that apply.

# Most common physical activities during the Covid-19 restrictions: Reading



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

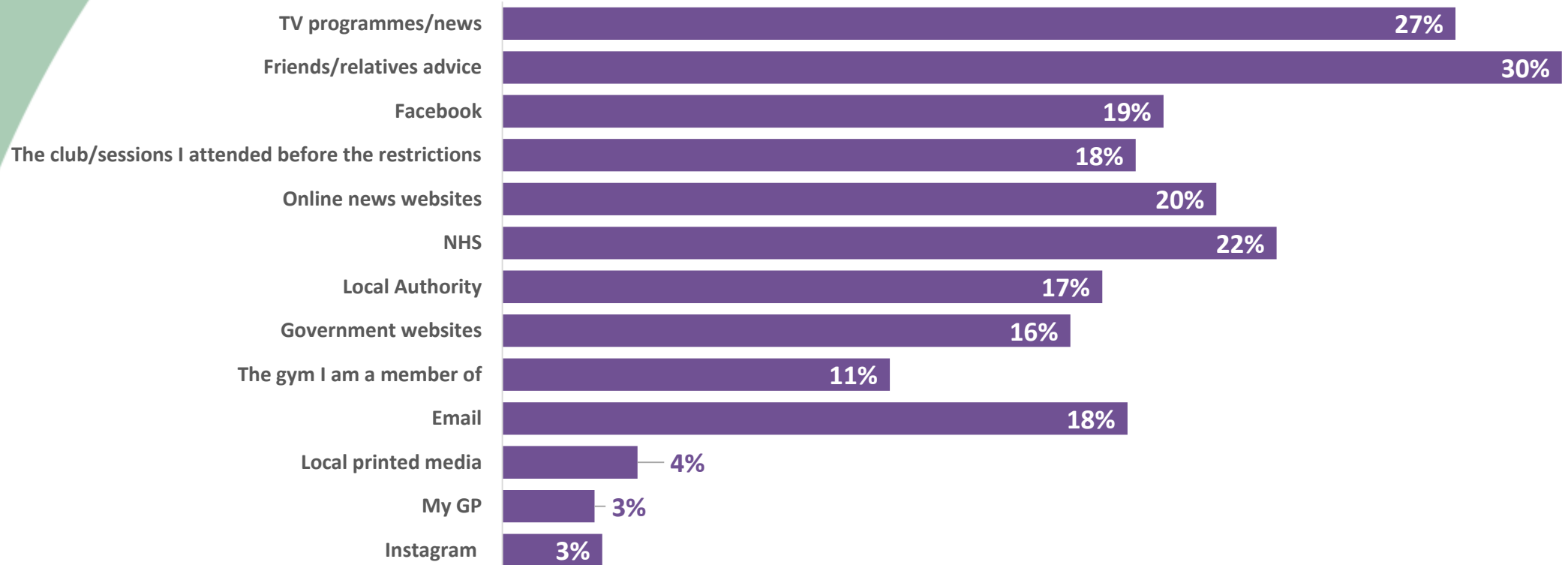
# Most common physical activities during the Covid-19 restrictions: Berkshire



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



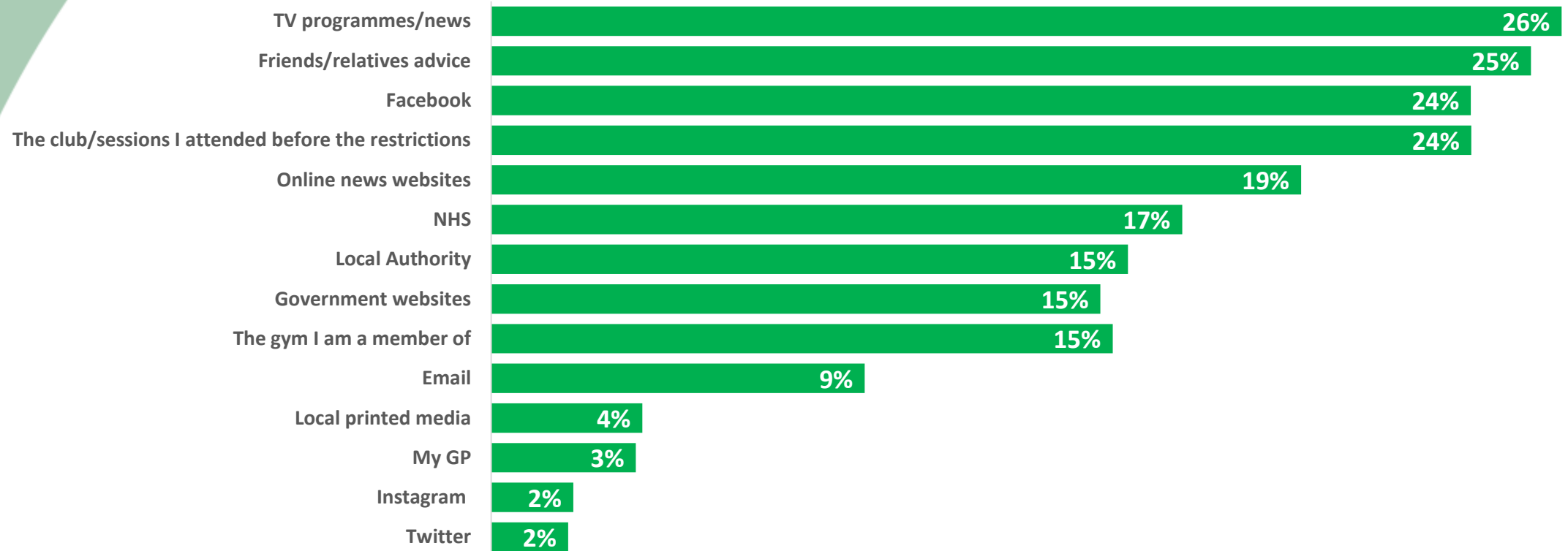
# Sources of information about physical activities during the Covid-19 restrictions: Reading



n=179

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?