Survey of Exercise & Physical Activity in LGB&T Lives in England

A report for The National LGB&T Partnership

Based on research designed and data collected by David Viney, Siân Lambert, Sarah Humphreys and Penelope Barber

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About the National LGB&T Partnership

The National LGB&T Partnership is an England-wide group of LGB&T voluntary and community organisations (VCOs) which is committed to reducing the health inequalities of Lesbian, Gay, Bisexual and Trans* communities and to challenging homophobia, biphobia and transphobia within public services.

The Partnership aims:

- To ensure that tackling the health inequalities experienced by LGB&T people is kept high on the government’s agenda.
- That best use is made of the experience and expertise found within the LGB&T voluntary and community sector.
- To support the sustainability of the LGB&T sector so it can engage with government and statutory bodies, such as the Department of Health, at a strategic level to improve service delivery.

Survey of Exercise & Physical Activity in LGB&T Lives in England was commissioned by the National LGB&T Partnership as a community survey to discover the patterns of physical activity of LGB&T people in England, and the extent to which they are meeting official weekly recommendations. It was disseminated by a snowball methodology through LGB&T community networks and a total of 954 individuals participated. There was good representation from the breadth of the LGB&T* community and from across England. The survey used a series of validated questions to assess physical activity and benchmark results against the general population. This report should assist in addressing the inequalities recognised in Public Health England’s October 2014 report “Everybody Active, Every Day” and elsewhere.
Glossary and definitions of terms used in this report

**Bisexual**
a person emotionally, physically and/or sexually attracted to males/men and females/women. This attraction does not have to be equally divided between genders and there may be a preference for one gender over others.

**Cisgender**
someone who feels comfortable with the gender identity and gender expression expectations assigned to them based on their societally recognised sex.

**Gay**
men who are attracted to men in a romantic, erotic and/or emotional sense. NB men who have sex with men may not automatically identify as gay. The term is also sometimes used to refer to the LGB&T community as a whole and as an individual identity label for anyone who does not identify as heterosexual - these two usages are not employed within this report.

**Gender**
a person’s sense of being masculine, feminine or other gendered.

**Lesbian**
women who are attracted to women in a romantic, erotic and/or emotional sense.

**Sex**
a medical term designating a certain combination of gonads, chromosomes, external gender organs, secondary sex characteristics and hormonal balances. This is usually subdivided into “male” and “female” thus not recognising intersexed bodies.

**Trans***
an umbrella term that refers to all of the identities within the gender identity spectrum. The asterisk indicates the inclusion of all transgender, non-binary, and gender nonconforming identities, including (but not limited to) transgender, transsexual, transvestite, genderqueer, genderfluid, non-binary, genderfuck, genderless, agender, non-gendered, third gender, two-spirit, bigender, and trans man and trans woman.
1 Executive Summary

LGB&T individuals reported significantly lower levels of physical activity than the general population in this community survey of almost a thousand Lesbian, Gay, Bisexual and Trans* individuals from across England.

Physical inactivity is a significant cause of ill health and premature death in England. The risk of conditions like Type 2 diabetes, breast and bowel cancer and depression can be reduced through being more active every day, and many symptoms like fatigue and lower back pain can be improved through every day activity.

The Chief Medical Officer recommends that adults should be achieving 150 minutes of moderate intensity exercise, or 75 minutes of vigorous exercise, each week, as well as muscle strengthening exercise on at least two days each week, to have a positive impact on health.

Research has previously highlighted that LGB&T people may face a range of specific barriers to being able to participate in regular physical activity including:

- negative experiences at school exacerbated by homophobic, biphobic and transphobic bullying
- perceived tolerance of homophobic, biphobic and transphobic remarks in popular team sports
- perception of a need to avoid any discussion of home or social life in exercise and sports settings
- pressure of an expectation that being Gay, Lesbian, Bisexual or Trans* automatically provides an aptitude for particular sports

Detailed references for the above can be found on page 14 of the Brunel Centre for Sport, Health and Wellbeing’s Rapid Topic Overview: Physical activity among LGB&T communities in England (see references and further reading). Stonewall’s research School Report (pages 4 and 11), and Leagues Behind may also be of interest.

Key Findings from the Survey:

- LGB&T people are less likely to meet the guidelines for physical activity than the population as a whole. 42.4% of respondents meet the guidelines compared to 59% for the general population.

- LGB&T people are more likely than the general population to have some level of moderate and vigorous intensity physical activity, but for that to fall short of the guidelines. For moderate activity, LGB&T people are over a third more likely to do something, but only half as likely to do sufficient to meet the guidelines.

- The proportion of LGB&T people achieving a minimum of 150 minutes of moderate intensity physical activity was 17.1%, compared to 38% for the general population.

- The proportion of LGB&T people achieving a minimum of 75 minutes of vigorous intensity physical activity was 30.6%, compared to 44% for the general population.

- The proportion of LGB&T people undertaking no moderate activity each week was 20.7%, compared to 42% for the general population.

- The proportion of LGB&T people undertaking no vigorous activity each week was 42.2% compared to 49% for the general population.

- In addition to the day-to-day activities of cooking and cleaning, the most popular forms of physical activity were: walking for travel, walking for recreation, sex, running, swimming and gardening.

- Competitive and team sports were amongst the least popular activities. Badminton was the most popular of these with 4.3% of people mentioning it. 3% mentioned football. The popularity of badminton may have been due to the existence of LGB&T specific badminton clubs in several cities.
Dancing, cycling for recreation and cycling for travel fell just outside the top ten most frequently cited physical activities. Yoga followed in fourteenth place.

More than two in five (42.4%) people had used some form of home fitness equipment in the month preceding before their completion of the survey.

Almost two-thirds (65.3%) had used home equipment in the previous 12 months.

The three most popular forms of home equipment were: weights (42.1%), exercise DVD (27.4%) and games consoles (25.0%).

One in five people had used a personal trainer (20.7%). The LGB&T group most likely were Gay Men (26.7%) - more than one quarter. For Lesbian/Gay Women it was almost one in five (19.4%), Bisexual people, it was one in six (17.05), Queer and other, one in seven (14.0%), and Trans*, one in nine (11.2%).

Regionally, respondents in Greater London were the most likely to have used a personal trainer - almost one in three (29.0%). The region least likely was Yorkshire and the Humber - just one in twelve (8.0%).

53% of people were within five minutes’ walk of a green space with the most popular activity being walking, running, dog walking and cycling.

Cycling was most popular as a form of transport with Lesbian women, and they were least likely to “never cycle”. Over 55% of gay men, bisexuals and Trans* people never cycled as a form of transport.

Highlighting Key Activities for Change

Analysis of the various activities between the respondents below the weekly recommendations, compared with those meeting the recommendations, highlighted a number of key behaviours that are more prevalent in people meeting or exceeding the recommended activity levels: using home equipment, hiring a personal trainer, taking part in team sports, membership of gyms & leisure clubs, having access to a bicycle, active travel methods (walking, running, cycling), exercising in green spaces, and job type (sedentary versus active). Please refer to table 8.1 on page 31.

From the activity types, four main factors emerged:

1. convenience (home equipment, access to green spaces, access to a bicycle);
2. social factors (team sports, gyms and leisure clubs, personal trainer);
3. more active forms of travel (cycling, running and walking); and
4. compensating for sedentary-type work.
Suggestions for Future Research

- Further investigation of the findings illustrated in table 8.1, which sets out the features of people whose physical activity falls below the guidelines, compared with those whose is at or above, the recommended level. Topics could include exploration of the factors of setting and activity. This could be exploration of both the potential to increase existing activity in the current setting, and to venture into new settings. To give three examples suggested by the table - is there a way to motivate people to increase use of active transport (walking or cycling) for existing journeys and/or increase use of local green spaces and/or increase use of home exercise equipment? Could active support for membership of gyms and leisure clubs and teams be effective?

- Explore the finding that LGB&T community is more likely than the general population to have some level of moderate and vigorous physical activity, but for that to be more likely to fall short of the guidelines. This could be attributable to the survey capturing more forms of physical activity or to there being a variety of barriers to duration of physical activity for the LGB&T community or elements of both or some additional factors.

- Comparison between LGB&T community and the general population figures for gym and leisure club membership versus frequency of use and possibly type of use could be useful evidence to share with gyms and leisure clubs on their diversity and inclusivity.

- Research targeting the areas under-represented in the responses of North East England and East Midlands to check for any significant differences from the other seven regions.

- Research exploring the apparent North West anomaly, where the whole population displays lower rates of meeting the guidelines than other regions but the North West LGB&T respondents show higher rates than the LGB&T respondents in other regions. Please refer to sampling comment at 9.1.1

- More research is needed about people identifying as BAME and LGB&T, including how to engage them in the research.

- Research that moves beyond descriptive statistics to test the differences between groups and to highlight key predictive factors that influence the take-up and maintenance of physical activities, including physical traits, gender stereotypes, other barriers, motivating factors, and the impact of social factors on exercise.
A research overview for Public Health England (in 2014)’ acknowledged the gaps in both information and understanding of the perspectives of Lesbian, Gay, Bisexual and Trans* (LGB&T) people in relation to exercise and physical activity. The evidence is scant and what exists is based on smaller scale, localised studies. The present research was commissioned to assess the current patterns of physical activity for the LGB&T communities, and evaluate how, nationally, they meet the government’s current guidelines (see below). Additionally, the research explores elements of transport and travel insofar as they relate to physical activity.

2.1 Physical Activity Guidelines

Physical activity guidelines for adults (19-64 years) from four Chief Medical Officers in the UK (in 2011):

1. Adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity in bouts of 10 minutes or more.

2. Alternatively, adults should aim for 75 minutes of vigorous activity spread across the week.

3. Adults should also undertake physical activity to improve muscle strength on at least two days a week.

4. All adults should minimize the amount of time spent being sedentary (sitting) for extended periods.

The research attempts to assess the degree to which these recommendations are met within this sample and to identify key behavioural differences between those who met the recommendations and those who did not.

2.2 Topics of Investigation

The topics of investigation were greater understanding of:

- Current levels of fitness and range of activities in LGB&T communities, including exercise as part of transport, holidays and other daily life.

- The take-up of fitness activity in LGB&T communities.

- Engagement with LGB&T sports clubs.

- Engagement by the LGB&T co-communities with mainstream sports clubs.
2.3 Method

Following discussions within the National LGB&T Partnership and with input from Public Health England, questions were selected and an online survey was developed. Data were collected over a nine week period. Following the data cleaning process, a total of 954 respondents had completed the filtering questions, of which 845 people fully completed the survey. The data were analysed and key findings are outlined in this report.

The survey circulation included LGB&T sports clubs. Our expectation was that because of the clubs’ cascading of the survey, there would be a bias in the results towards high levels of physical activity. It is possible that the gap in physical activity between the LGB&T community and the general population is larger and thus even more concerning than the 6.3% to 18.3% range observed.

2.4 Demographics of the Sample

- **Regional representation:** LGB&T people were represented in all nine regions of England.
- **Sexual Orientation:** 29.3% of the sample identified as Lesbian/Gay Women, 45.9% as Gay Men, 13.7% as Bisexual, 0.7% as Heterosexual (Trans* people), 6.2% as Queer, 1.5% as Pansexual, 0.7% as Asexual, 1.1% were undecided, and 1.0% preferred not to say.
- **Sex/Gender:** 51.2% of the sample indicated male, 45.5% female, 0.7% intersex, and 2.5% preferred not to say.
- **Age:** 36.1% of the sample were under 35, 27.7% were 35-44 years (median), and 36.2% were over 45. Ages ranged from under 16s to 75 and over.
- **Ethnicity:** 6.4% of the sample identified as BAME (Black, Asian, Minority Ethnicity) and 93.7% indicated ‘White’.
- **Disabilities:** 19.2% (160/834) indicated that they considered themselves to have some form of disability. These were not specified.

2.4.1 Sex/Gender Effects

For the analysis, discrete categories of LGBQ&T (Lesbian, Gay, Bisexual, Queer and Trans*) are identified better to control for the effects of sex/gender.
3 Research Process

3.1 Introduction
A self-completing, online survey was chosen as the method for collecting data about the LGB&T community nationally. The main reasons for this were to reach LGB&T people over a large area in a short period of time, to offer confidentiality to respondents wishing to remain anonymous and to enable systematic exploration of respondent attitudes and demographic variables.

The terms respondent and participant are used interchangeably throughout this report.

3.2 Survey Design
3.2.1 Sampling
The research used an opportune sample. As the survey was online, participants had to have access to, and be reasonably comfortable with, using computers. Participants were offered the chance of entering a prize draw for £40 Amazon vouchers if they wished.

3.2.2 Sampling Criteria
The first two questions in the survey that were used as selection criteria for inclusion in the sample were:

- Q1. Are you Lesbian, Gay, Bisexual or Trans*?
- Q2. Which region of England is your main residence?

To be included in the survey, respondents had to answer yes to Q1 and indicate a region in England. A supplementary question (Q3) asking for the first two to three letters of a respondent’s postcode was used to verify regions, or to replace missing data where they had not indicated a region. See Appendix 1 for questionnaire.

3.3 Question Selection
Topics of investigation were selected and questions compiled by the National LGB&T Partnership. Questions focussed on the levels and types of physical activity, including travel, with the aim of capturing the full range of activity and its frequency. The main sources of questions were:

- Department of Health Physical Activity guidelines for adults (19 to 64 years) - mainly relating to the types, duration and frequency of physical activity.
- Derbyshire Pride Travel Attitude Survey - relating to the idea of travel as exercise.
- The Equality Act 2010, whose diversity monitoring covered each of nine protected characteristics.
- Geographical region and first half of post code.

See Appendix 1 for the questionnaire.

3.4 Data collection
Data were collected through an online survey which went live on 7th January 2015 and was closed on 11th March 2015, giving nine weeks for data collection. The survey was promoted by the National LGB&T Partnership across England and included a variety of networks and social media.
3.5 Preparation for Data Analysis (Data Cleaning)

The data were filtered, using Survey Monkey, to select only LGB&T responses (Q1) and imported to SPSS (Statistical Package for the Social Sciences) for further testing.

A number of cases were removed for improper completion, including multiple entries with the same data, cases that had not progressed past the first two questions, postcodes that did not fall within regions in England, cases where participants had offered data that contradicted the sampling filters.

Additional filtering was also carried out in SPSS, to ensure that responses for linked, supplementary and expanded questions were consistent. Missing data were also replaced with information from ‘other’ boxes. The cleaning process also highlighted where respondents encountered problems with some of the question design or wording. These will be discussed throughout the report with caveats for interpretation.

3.5.1 Creating ‘Discrete’ Identity Categories (Absolutes)

In preparation for analysis, the various gender, sex and sexual orientation categories were examined to create discrete categories, to control for confounding variables such as an interaction between sexuality and gender which might distort the interpretation of the findings. With a view to minimizing this, a number of measures were taken using SPSS Transform/ recode options. The new categories became L, G, B, Q and T, where LGBQ are sexual orientation categories and T is primarily a gender category.

- **L:** Lesbian and Gay Women - includes only women who were assigned female at birth and also includes those who described themselves as ‘Gay’.
- **G:** Gay Men - includes only men who were assigned male at birth.
- **B:** Bisexual - includes cisgender individuals who identified as Bisexual.
- **Q:** Queer and other sexualities - includes a range of non-binary sexual orientations such as Queer, asexual and pansexual. The category of ‘pansexual’ was a category offered by respondents in the ‘other’ category. These identified as cisgender individuals (but not Trans*).
- **T:** Trans* and Genderqueer - includes all people who had stated that their gender was different to the sex assigned at birth, this included Trans*, intersex and Genderqueer, as well as ‘other’ descriptions provided by participants.

As Trans* includes a spectrum of genders, sexes and sexualities, additional analysis will be provided. The discreet categories are referred to as LGBQ&T ‘absolutes’ in the analysis.

The next section looks at the basic demographic composition of the sample, with a more detailed analysis given in Appendix 2.
4 Demographics of the Sample

4.1 Introduction

This section provides a breakdown of demographic characteristics for the whole sample. Of the 1323 questionnaires submitted, 1246 passed the LGB&T and regional filters. Following data cleaning, 954 remained for analysis. Of these, not all had fully completed the survey. The demographic data were missing for 109 of these participants, meaning that 845 (68%) fully completed the survey. However, as these 109 did satisfy the selection criteria, their data was included for the headline analyses, such as overall figures and regional breakdowns. For other analyses, SPSS routinely excludes missing cases. Total numbers (N) are given for each analysis.

Note on presentation of results: All percentages are given to one decimal place, means (averages) are given to one decimal place. Figures for missing responses in socio-economic data are included to provide a complete demographic picture. However, in subject questions, missing cases are excluded for all percentage calculations. Due to rounding, percentages in tables do not always add up to exactly 100%.

4.2 Regions Representation

Nine options for regions in England were offered. Table 4.1 shows the regional breakdowns.

Table 4.1 Regional Breakdown for National LGB&T Sample (England)

<table>
<thead>
<tr>
<th>Region</th>
<th>(n)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>East Midlands*</td>
<td>36</td>
<td>3.8</td>
</tr>
<tr>
<td>East of England</td>
<td>76</td>
<td>8.0</td>
</tr>
<tr>
<td>Greater London</td>
<td>154</td>
<td>16.1</td>
</tr>
<tr>
<td>North East England*</td>
<td>25</td>
<td>2.6</td>
</tr>
<tr>
<td>North West England</td>
<td>159</td>
<td>16.7</td>
</tr>
<tr>
<td>South East England</td>
<td>117</td>
<td>12.3</td>
</tr>
<tr>
<td>South West England</td>
<td>115</td>
<td>12.1</td>
</tr>
<tr>
<td>Yorkshire and the Humber</td>
<td>117</td>
<td>12.3</td>
</tr>
<tr>
<td>Total</td>
<td>954 (N)</td>
<td>100.0</td>
</tr>
</tbody>
</table>

* The sample sizes for East Midlands and for North East England are small in comparison with other regions and therefore need to be treated with caution throughout the report.

4.3 Sex and Gender Identity

Several demographic questions were asked about sex and gender identities.

4.3.1 Sex

In response to the question ‘What is your sex?’ of those who answered this question (841):

- 51.2% indicated ‘male’ (431/841)
- 45.5% indicated ‘female’ (383/841)
- 0.7% indicated ‘intersex’ (6/841)
- 2.5% preferred not to say (21/841).

There were 113 missing cases for this question.
4.3.2 Identifying the Trans* Population

In order to identify Trans* people in the sample, a follow-up question (Q35) asked “Is your gender the same as the gender you assigned at birth?” (the question should actually be ‘sex’ assigned at birth and appears to have been interpreted as such). Slightly fewer than one in eight people answered ‘no’ (12.0% : 101/842). The bulk of the respondents answered ‘yes’ (88.0% : 741/842).

4.3.2.1 Describing Trans* Identities

For all answered ‘no’ to Q35, five alternative gender identities were offered, with an option to add any other (See Appendix 2).

- 30.6% (30/98) identified as ‘Trans Woman’.
- 27.6% identified as ‘Trans Man’.
- 24.5% identified as ‘Genderqueer’.
- The remaining 16.3% indicated ‘other’ and one respondent (1.1%) ‘preferred not to say’.
- There were three missing cases.

4.3.3 Sex/Gender Differences

In order to de-emphasize the primacy of binary categorisation, ‘sex’ differences will not be presented in the report as a primary demographic variable but only as a contextualizing variable for the analyses of LGBQ&T absolutes. People who identify as Trans* and Genderqueer do not identify with this birth category. For remainder of the sample for the purposes of this survey, sex and its social expression (gender) do match. This renders the categorization of sex inconsistent for comparison. Sex/ gender differences (based on Q34) are included in the LGBQ&T absolutes analyses.

4.4 Sexual Orientation

Respondents were asked to indicate their sexual orientation from one of eight options: Bisexual, Gay, Heterosexual (Straight), Lesbian, Queer, Undecided, Prefer Not to Say, and Other. Two further categories were created based on participants’ comments (Asexual, Pansexual). The results shown in Table 4.2 are from raw data categories (not absolutes).

Table 4.2 Frequency of Sexual Orientation Labels

<table>
<thead>
<tr>
<th>Sexual Orientation</th>
<th>(N)</th>
<th>% Total</th>
<th>% Valid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lesbian / Gay Woman</td>
<td>246</td>
<td>25.8</td>
<td>29.3</td>
</tr>
<tr>
<td>Gay</td>
<td>386</td>
<td>40.5</td>
<td>45.9</td>
</tr>
<tr>
<td>Bisexual</td>
<td>115</td>
<td>12.1</td>
<td>13.7</td>
</tr>
<tr>
<td>Heterosexual (Straight)</td>
<td>6</td>
<td>0.6</td>
<td>0.7</td>
</tr>
<tr>
<td>Queer</td>
<td>52</td>
<td>5.5</td>
<td>6.2</td>
</tr>
<tr>
<td>Pansexual</td>
<td>13</td>
<td>1.4</td>
<td>1.5</td>
</tr>
<tr>
<td>Asexual</td>
<td>6</td>
<td>0.6</td>
<td>0.7</td>
</tr>
<tr>
<td>Undecided</td>
<td>9</td>
<td>0.9</td>
<td>1.1</td>
</tr>
<tr>
<td>Prefer not to say</td>
<td>8</td>
<td>0.8</td>
<td>1.0</td>
</tr>
<tr>
<td>(Missing)</td>
<td>113</td>
<td>11.8</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>954</td>
<td></td>
<td>(N=841)</td>
</tr>
</tbody>
</table>

The main categories of Lesbian, Gay, Bisexual and Queer were represented across all regions. ‘Heterosexual’ related to Trans* people in the sample.
4.4.1 Trans* and Sexual Orientation

For the Trans* sample, 23.8% (24/101) identified as Bisexual, 18.8% identified as Queer 17.8% as Lesbian, 8.9% identified as pansexual and 7.9% identified as Gay. Of the remainder, 5.9% identified as heterosexual (straight), 5.9% as undecided, 5.9% preferred not to say and 5.0% indicated asexual.

4.5 LGBQ&T Absolutes

Table 4.3 shows the relative breakdown for the LGBQ&T absolutes (that is where categories are controlled for sex/gender).

Table 4.3 LGBQ&T Absolute Categories

<table>
<thead>
<tr>
<th>LGBQ&amp;T Absolutes</th>
<th>(N)</th>
<th>% Total</th>
<th>% Valid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lesbian / Gay Woman (F)</td>
<td>228</td>
<td>23.9</td>
<td>27.1</td>
</tr>
<tr>
<td>Gay Man (M)</td>
<td>378</td>
<td>39.6</td>
<td>44.9</td>
</tr>
<tr>
<td>Bisexual (M&amp;F)</td>
<td>91</td>
<td>9.5</td>
<td>10.8</td>
</tr>
<tr>
<td>Queer and Other (M&amp;F)</td>
<td>43</td>
<td>4.5</td>
<td>5.1</td>
</tr>
<tr>
<td>Trans* (All non-binary)</td>
<td>101</td>
<td>10.6</td>
<td>12.0</td>
</tr>
<tr>
<td>(Missing)</td>
<td>113</td>
<td>11.8</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>954</td>
<td>100.0</td>
<td>100.0</td>
</tr>
</tbody>
</table>

4.5.1 Sex and Sexual Orientation Categories

The two sexual orientation categories of Bisexual and Queer included both male and female participants. For the Bisexual group 78% were female (71/91), 20.9% male, with one person preferring not to say (1.1%). For the Queer group 74.4% were female (32/43) and 25.6% male.

The sex/gender (Q35) breakdown is a crucial factor when interpreting differences between the LGBTQ&T sub-samples.

4.6 Age Distribution

Table 4.4 shows the frequencies for each of the age bands. The median age for the sample was 35-44 years.

Table 4.4 Distribution of Age Groups

<table>
<thead>
<tr>
<th>Age Group (yrs)</th>
<th>(N)</th>
<th>% Total</th>
<th>% Valid (n=845)</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 or under</td>
<td>7</td>
<td>0.7</td>
<td>0.8</td>
</tr>
<tr>
<td>17-24</td>
<td>105</td>
<td>11.0</td>
<td>12.4</td>
</tr>
<tr>
<td>25-34</td>
<td>193</td>
<td>20.2</td>
<td>22.8</td>
</tr>
<tr>
<td>35-44 (Median)</td>
<td>234</td>
<td>24.5</td>
<td>27.7</td>
</tr>
<tr>
<td>45-54</td>
<td>175</td>
<td>18.3</td>
<td>20.7</td>
</tr>
<tr>
<td>55-64</td>
<td>93</td>
<td>9.7</td>
<td>11.0</td>
</tr>
<tr>
<td>65-74</td>
<td>33</td>
<td>3.5</td>
<td>3.9</td>
</tr>
<tr>
<td>75 and older</td>
<td>5</td>
<td>0.5</td>
<td>0.6</td>
</tr>
<tr>
<td>(Missing)</td>
<td>109</td>
<td>11.4</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>954</td>
<td>100.0</td>
<td>100.0</td>
</tr>
</tbody>
</table>

Overall 71.2% (602/845) of the sample were in the age range 25 to 54 years.

For the purposes of analysis, three broader age groupings were used:

Under 35s (36.1% : 305/845), 35-44 years (27.7% : 234/845) and over 45s (36.2% : 306/845).
4.7 Ethnicity

Initially, 17 options were offered to describe ethnic background. However, these were collapsed into five broader categories, as with previous research\(^3\), for the purposes of analysis. Table 4.5 shows frequencies of broader ethnicity groupings.

**Table 4.5 Ethnic Background of National LGB&T Sample**

<table>
<thead>
<tr>
<th>Group</th>
<th>Original Categories</th>
<th>(n)</th>
<th>% Total</th>
<th>% Valid (n=842)</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>White British, White Irish, White European, White Other</td>
<td>789</td>
<td>82.7</td>
<td>93.7</td>
</tr>
<tr>
<td>Black</td>
<td>Black Caribbean/Black Caribbean British, Black African/Black African British, Other Black/Black British</td>
<td>14</td>
<td>1.5</td>
<td>1.7</td>
</tr>
<tr>
<td>Asian</td>
<td>Indian/Indian British, Pakistani/Pakistani British, Bangladeshi/Bangladeshi British, Other Asian/Asian British</td>
<td>8</td>
<td>0.8</td>
<td>1.0</td>
</tr>
<tr>
<td>Mixed</td>
<td>White &amp; Black Caribbean, White Asian, Mixed Other</td>
<td>17</td>
<td>1.8</td>
<td>2.0</td>
</tr>
<tr>
<td>Other</td>
<td>Chinese/Chinese British, Any other ethnic background</td>
<td>14</td>
<td>1.5</td>
<td>1.7</td>
</tr>
<tr>
<td>(Missing) (No Response)</td>
<td></td>
<td>112</td>
<td>11.7</td>
<td>11.7</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>954</td>
<td>100</td>
<td>100</td>
</tr>
</tbody>
</table>

4.8 Disability

In response to the question ‘Do you consider yourself to have a disability?’, of those who responded 19.2% (160/834) answered ‘Yes’.

4.9 Faith

There were nine options for religion/faith with the option to add others. The majority of the sample - 57.7% (550/954), reported no belief system (atheist or agnostic). 31.9% reported that they were Atheist and 25.8% declared Agnostic. 16.7% responded ‘Christian’. Of the remainder, 3.7% answered ‘Pagan’, 0.6% answered ‘Muslim’, 0.5% answered ‘Jewish’ and 0.4% answered ‘Quaker’. One person each answered ‘Sikh’ (0.1%) and ‘Hindu’ (0.1%). The missing responses accounted for 14.8% and 3.4% preferred not to say.

The next section examines the participation in various types of physical exercise and how participants meet the recommendations.
5 Physical Activity: Duration and Frequency

5.1 Introduction

The survey began with four pairs of questions regarding duration and frequency of physical activity:

- The first question in the pair asked the total time spent on activity during the week.
- The second asked the number of occasions in which they engaged in activity.

The four types of activity were:

1. low intensity e.g. slow walking and gentle cycling.
2. moderate intensity e.g. brisk walking and cycling.
3. vigorous intensity e.g. running and sports such as swimming, dance, netball, gym class and football.
4. muscle strengthening using weights or resistance e.g. exercising with weights and carrying/moving heavy loads (including groceries).

These are questions four to ten in the questionnaire. In Q4, Q6, Q8 and Q10 asked for the total number of minutes of physical activity in the week, but only offered fixed options of 0, 10, 20, 60, 90, 120 or 150 minutes. There was also an option to offer ‘other’. These were manually added by the researcher. As 150 is the maximum offered it is possible that it may have artificially depressed the range of scores offered had participants been given free choice. Also, people generally find it difficult to predict activity for the whole week and most likely underestimate. A number of participants questioned whether the question should have referred to days rather than weeks.

In Q5, Q7, Q9, and Q11 respondents were asked to say how many times a week they did the particular type of physical activity. They were offered a range of 1 to 7 with an option of adding an ‘other’. No zero was offered and this was the most frequently used value offered in the ‘other’ box. Also, only giving a maximum of seven times led some respondents to question whether ‘times’ actually meant days. Again, all options in the ‘other’ box were manually entered by the researcher.

In order to address some of these issues a composite analysis was conceived to correct for any possible under-reporting of activity.

5.2 Low Intensity Activity

The number of minutes overall for low intensity activity such as slow walking and gentle cycling ranged from zero to 2400 minutes. After visual inspection of the frequency distributions, and given the possibility that responses may be skewed downwards by question design, it was decided that a median (average) would be used instead of a mean.

The median number of minutes was 90.0. The results showed:

- 7.1% (67/938) of people reported doing no low intensity active (zero minutes).
- Similarly, 7% of people report spending 150 minutes or more in low intensity physical activity.
- When asked how many times a week, the median (average) was 5.0 (range 0 to 7).

From the comments offered, some of the respondents have interpreted this questions as ‘how many days?’.

Additional demographic breakdowns will be shown for the forms of activity mentioned in the recommended guidelines.
5.3 Moderate Intensity Activity

The number of minutes per week spent on moderate intensity activity, such as brisk walking and cycling, ranged from zero to 540 minutes. The median number of minutes spent in moderate intensity activity was 60.

- 20.7% of people reported zero minutes (193/932). The figure for the general population is 42%.
- Only 17.1% of people reported doing the recommended 150 minutes (or above) per week. The figure for the general population is 38%.

When asked how many times a week they exercised, the median was 3.0 (range 0 to 20).

Just under two thirds of people did fewer than the recommended five periods of exercise a week or more (65.4% : 534/821).

5.3.1 Age Comparison for Moderate Intensity Activity

There was very little difference between the younger age groups (under 35s) and the median age group (35-44 years) for number of minutes spent in moderate physical activity - one in five of both age groups did the recommended weekly amount or above.

- Under 35s: 19.3% (58/301).
- Median age group 20.8% (48/231).
- For the older cohorts (45+) 12.0% (36/299).

5.3.2 Regional Comparisons for Moderate Intensity Activity

As the cell sizes are smaller, regional differences need to be interpreted with caution. The general pattern showed that compared with the 17.1% of the sample as a whole, for the larger regional samples, West Midlands fell slightly below the average at 16.6% (25/126), as did East of England (14.9% : 11/74) and North West England (14.6% : 22/129).

- Regions most likely to meet the recommended target were: South East England (23.1% : 27/117), Greater London (21.1% : 32/152) and Yorkshire and the Humber (18.4% : 21/114).
- Region least likely was: South West England (11.5% : 13/113).

For the two smallest samples, the figures were: 8.6% (3/32) for East Midlands and 20.0% (5/20) for North East England.

These results did not suggest any clear North/South divide. This is explored more fully later.

5.3.3 Comparisons for LGBQ&T Absolutes

5.3.3.1 Meeting recommended targets

For the LGBQ&T absolute categories, meeting the recommended weekly requirements (150 minutes or more) for moderate intensity activity were:

- Gay men group: 18.2% (68/373).
- Bisexual group: 16.7% (15/90).
- Lesbian/Gay Women group: 16.2% (36/222).
- Trans* 16.2% (16/99).
- Queer and other group: 14.0% (6/43).

The latter group size is the smallest here and so needs to be interpreted with caution.
5.3.3.2 Sex/Gender Differences

The differences in the LGBQ&T scores showed a strong sex/gender component, with females being slightly less likely to meet the weekly requirements than their male counterparts. 17.8% (76/426) of males reported 150 minutes or more compared with 16.3% (61/375) of females. The figures for ‘Intersex’ and ‘Prefer not to say’ are added for completeness, but both are small numbers. There were no ‘Intersex’ people who reported 150 minutes or more. For the ‘Prefer not to say’ group, of the 21 people in this category, six reported meeting the weekly recommended level (23.8% : 6/21).

5.4 Vigorous Intensity Activity

The number of minutes per week spent on vigorous intensity activity, such as swimming, dance, netball, gym classes, football and so on, ranged from zero to 1620 minutes. However, only ten people (about 1%) reported in excess of 405 minutes. The median (average) number time reported doing this type of activity was 20 minutes.

- 42.4% (396/935) of people reported doing no vigorous intensity activity at all. The figure for the general population is 49%.
- 30.6% (286/935) reported doing the recommended 75 minutes (or above). The figure for the general population is 44%.

When asked how many times a week they exercised, the median figure was 2.0 (range zero to eight). 83.6% (591/707) of people reported exercising fewer than the recommended five times a week. Only 16.4% (116/707) are meeting the recommendations.

64.2% (454/707) reported exercising two or more times per week. The conclusion is that the majority of people are doing the required number times per week, albeit for less than the required number of minutes.

5.4.1 Age Comparison for Vigorous Intensity Activity

The group most likely to spend the recommended number of minutes in vigorous intensity activity was the median age group (35-44s) with 37.5% (87/232) doing 75 minutes or more. For the other groups:

- Younger age groups (under 35s), it was 33.3% (101/303).
- Older groups (45+), it was 25.6% (77/301).

5.4.2 Regional Comparisons for Vigorous Intensity Activity

Most regions cluster around the three in ten people figure (as for the sample as a whole) for those meeting the recommended weekly amount of vigorous intensity activity:

- For South West England it was 32.1% (36/112); for South East England 31.9% (37/116); West Midlands it was 32.2% (49/157).
- For two regions, the figure was more than one in three: Greater London (34.2% : 52/152) and North West England (35.3% : 54/153). Of the larger groups, the lowest figures were East of England at 25.7% (19/74), based on a smaller sample than other regions and down to 21.6% (25/116) in Yorkshire and the Humber.
- For the two smallest regional samples, the figures were 25.7% (9/35) for East Midlands and 20.0% (5/25) for North East England. These figures need to be interpreted with caution. Again there was no clear North/South difference.
5.4.3 LGBQ&T Comparisons for Vigorous Intensity Activity

Comparing the proportion of the LGBQ&T sub-samples meeting the recommended amounts, the figures were:

- Gay Men: 34.7% (130/375).
- Lesbian/Gay Women: 28.1% (63/224).
- Bisexual: 31.9% (29/91).
- Queer and other: 31.0% (13/42).
- Trans*: 29.7% (30/101).

Sex/Gender differences: For males, the figure was 33.9% (145/428) and for females it was 29.4% (111/377), indicating again that the differences in LGBQ&T are largely attributable to sex/gender not sexual orientation.

5.5 Muscle Strengthening Activity

Respondents were asked about how much weights or resistance activity they did to strengthen muscle. Examples given were exercising with weights or carrying and moving heavy loads (including grocery shopping). Currently there are no recommended optimal amounts for this type of activity, although twice a week of some form of activity is recommended. The number of minutes reported ranged from 0 to 1620. The median (average) number was just 10 minutes. 39.9% (372/933) of people reported doing none of this type of activity in a week.

The median number of times week for this type of activity was 2.00. 62.05% (435/701) people did some form of muscle strengthening activity at least twice per week.

5.6 Combined Activity Types

The guidelines specify a combination of various intensities of activity. This includes 150 minutes of moderate activity or 75 minutes of vigorous activity. In order to create a composite figure, the vigorous intensity activity was given a weighting of 2, and both types summed: Recommended Composite = Moderate + 2 (Vigorous).

This was then combined with the recommended number of muscle strengthening exercise sessions per week and the figures cross-tabulated:

- 38.5% (270/701) of people met the weekly exercise recommendations.
- 22.1% (155/701) fell below the recommendations in both moderate/ vigorous activity and the number of muscle strengthening sessions.

These two groups will be used to highlight key differences in physical activities in the final section.

The next section looks at various types of exercise, sporting and physical activity in which participants engaged, including membership of athletic or sports clubs or teams.
6 Examples of Physical Activity

6.1 Introduction

Respondents were asked about the types of exercise they had done in the preceding four weeks to completing the survey (Q12). They were offered 38 activities in a large checklist that allowed for multiple responses, which covered a range of activities and sports and included everyday things such as cleaning, DIY and carrying heavy shopping (see questionnaire, Appendix 1). The top ten types of physical activity are shown in Table 6.1.

The percentages are based on a full sample of 954.

Table 6.1 The Top Ten Physical Activities Given by the National LGB&T Sample

<table>
<thead>
<tr>
<th>Rank</th>
<th>Activity</th>
<th>(n)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Cleaning</td>
<td>707</td>
<td>74.1</td>
</tr>
<tr>
<td>2</td>
<td>Cooking</td>
<td>695</td>
<td>72.7</td>
</tr>
<tr>
<td>3</td>
<td>Walking for travel</td>
<td>655</td>
<td>68.7</td>
</tr>
<tr>
<td>4</td>
<td>Walking for recreation</td>
<td>626</td>
<td>65.6</td>
</tr>
<tr>
<td>5</td>
<td>Carrying heavy shopping</td>
<td>540</td>
<td>56.6</td>
</tr>
<tr>
<td>6</td>
<td>Sex</td>
<td>515</td>
<td>54.0</td>
</tr>
<tr>
<td>7</td>
<td>Other housework</td>
<td>478</td>
<td>50.1</td>
</tr>
<tr>
<td>8</td>
<td>Running</td>
<td>239</td>
<td>25.1</td>
</tr>
<tr>
<td>9</td>
<td>Swimming</td>
<td>170</td>
<td>17.8</td>
</tr>
<tr>
<td>10</td>
<td>Gardening</td>
<td>169</td>
<td>17.7</td>
</tr>
</tbody>
</table>

Four activities fell just outside the top ten. These were dancing (16.9% : 161/954), cycling for recreation (15.3% : 146/954), cycling for travel (12.9% : 123/954) and yoga (9.0% : 86/954).

There were comparatively few mentions for competitive and team sports. Of these, badminton was the most frequently mentioned (4.3% : 41/954). Football was the next highest score with 30 mentions (3.0%), table tennis with 23 mentions (2.4%) and rugby with 17 mentions (1.8%).

Respondents were also asked which other activities they had engaged in, in the previous 12 months (Q13). The top ten responses are shown in Table 6.2.

Table 6.2 Top Ten Activities for LGB&T National Sample

<table>
<thead>
<tr>
<th>Rank</th>
<th>Activity</th>
<th>(n)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Swimming</td>
<td>267</td>
<td>28.0</td>
</tr>
<tr>
<td>2</td>
<td>Cycling for recreation</td>
<td>195</td>
<td>20.4</td>
</tr>
<tr>
<td>3</td>
<td>Sex</td>
<td>171</td>
<td>17.9</td>
</tr>
<tr>
<td>5</td>
<td>Running</td>
<td>168</td>
<td>17.6</td>
</tr>
<tr>
<td>6</td>
<td>Walking for recreation</td>
<td>157</td>
<td>16.5</td>
</tr>
<tr>
<td>7</td>
<td>Dancing</td>
<td>150</td>
<td>15.7</td>
</tr>
<tr>
<td>8</td>
<td>Carrying heavy shopping</td>
<td>143</td>
<td>15</td>
</tr>
<tr>
<td>9</td>
<td>Other housework</td>
<td>131</td>
<td>13.7</td>
</tr>
<tr>
<td>10</td>
<td>Cleaning</td>
<td>128</td>
<td>13.4</td>
</tr>
</tbody>
</table>

Five activities fell just outside the 12 month top ten. These were yoga (9.6% : 92/954) and manual/skilled labour (8.2% : 78/954), badminton (6.9 : 66/954), climbing (6.8% : 65/954), and football (6.3% : 59/954).
6.2 Fitness Equipment in the Home

Respondents were asked whether they had any gym or fitness equipment at home and if they had used it within the four weeks preceding the survey, and in the previous 12 months (Q14-16).

Of those that responded to the questions:

- 42.4% (222/524) who answered the question had used their home fitness equipment in the preceding month.
- 65.3% (250/383) had used their home equipment in the previous 12 months.

The most popular types of home fitness equipment are shown in Table 6.3. Note that the total N is a combination of those not answering ‘no equipment’ and missing cases. The addition of missing cases have the effect of slightly deflating the percentages.

Table 6.3 Top Five Home Based Exercise Activities

<table>
<thead>
<tr>
<th>Rank</th>
<th>Activity</th>
<th>(N = 599)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Weights</td>
<td>252</td>
<td>42.1</td>
</tr>
<tr>
<td>2</td>
<td>Exercise DVD</td>
<td>164</td>
<td>27.4</td>
</tr>
<tr>
<td>3</td>
<td>Games Console</td>
<td>150</td>
<td>25.0</td>
</tr>
<tr>
<td>4</td>
<td>Smart Phone App</td>
<td>122</td>
<td>20.4</td>
</tr>
<tr>
<td>5</td>
<td>Exercise bicycle</td>
<td>80</td>
<td>13.4</td>
</tr>
</tbody>
</table>

The other most popular forms of equipment were skipping rope (12.4% : 74/599) and Swiss Ball (10.7% : 64/599).

6.3 Gym and Leisure Club Membership and Use

Participants were asked about gym and leisure club membership, frequency or use and activities (Q17). As the survey did not ask an outright ‘yes/no’ question, the overall N is was achieved by filtering with SPSS. As this may include missing cases, the percentages may be slightly deflated.

6.4 Membership

Of the people who answered the question and who had ever been members of a gym or leisure club, 23.9% (179/750) were members of a Local Authority leisure centre or gym. 30.7% (230/750) were members of a private gym. 2.3% (17/750) were members of both types of gym. 4.7% (35/750) were members of other types of leisure club. The example given in the survey was a golf club.

6.4.1 Activities at Gyms and Leisure Clubs

Participants were asked to indicate the types of activities they did in gyms and leisure clubs. These included a wide range of gym equipment, exercise classes of differing intensity of activity and use of other facilities such as a swimming pool or golf course. The results are shown on Table 6.4.
### Table 6.4 Top Ten Physical Activities at Gyms and Leisure Clubs

<table>
<thead>
<tr>
<th>Rank</th>
<th>Activity</th>
<th>(n)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Fixed weight machines</td>
<td>219</td>
<td>23.0</td>
</tr>
<tr>
<td>2</td>
<td>Swimming/Aqua aerobics</td>
<td>197</td>
<td>20.6</td>
</tr>
<tr>
<td>3</td>
<td>Treadmill</td>
<td>178</td>
<td>18.7</td>
</tr>
<tr>
<td>5</td>
<td>Cross trainer</td>
<td>178</td>
<td>18.7</td>
</tr>
<tr>
<td>6</td>
<td>Stretching</td>
<td>161</td>
<td>16.9</td>
</tr>
<tr>
<td>7</td>
<td>‘Loose’ (Free) Weights</td>
<td>158</td>
<td>16.6</td>
</tr>
<tr>
<td>8</td>
<td>Rowing Machine</td>
<td>126</td>
<td>13.2</td>
</tr>
<tr>
<td>9</td>
<td>High intensity Classes</td>
<td>83</td>
<td>8.7</td>
</tr>
<tr>
<td>10</td>
<td>Stretching/relaxation classes</td>
<td>81</td>
<td>8.5</td>
</tr>
</tbody>
</table>

Notes: High intensity classes included: fitness and conditioning classes, circuits, body-attack, body combat, aerobics, GRIT etc.
Stretching classes included: yoga, Pilates, Tai Chi, body balance, abs etc.

Other examples of leisure club/gym based activities included:
golf, cycling, running, roller derby, Taekwondo, canoeing, kayaking, exercise bicycle, climbing, hammer throwing, Nordic walking poles, roller skating, ice skating, trapeze lessons, water polo, soft ball game, rugby, table tennis, pole fit, volleyball and ballet.

### 6.5 Personal Trainers

When asked if they had ever used a personal trainer, 20.7% (179/863) answered ‘yes’.

#### 6.5.1 Regional Comparisons

Looking at the nine regions, of the larger samples, the one most likely to have hired a personal trainer was Greater London, with 29.0% (42/145) answering ‘yes’. For South East England, 25.5% (27/106) answered ‘yes’. For North West England, the figure was 22.7% (24/105). For South West England - 20.2% (21/104) and for the West Midlands 19.7% (27/138). It was 18.6% (13/70) for East of England. Of the larger groups, the region less likely to hire a personal trainer was Yorkshire and the Humber, 8.0% (8/100) answering ‘yes’.

For the regions with the smallest samples, no one from the North East England sample answered that they had hired a personal trainer (0/22). For the East Midlands it was 24.1% (7/29). The figures for both of these regions need to be interpreted with caution because of the low volume of responses.

#### 6.5.2 Hiring a Personal Trainer: LGBQ&T Comparisons

Gay men are slightly more likely to hire a personal trainer than are Lesbian/Gay Women:

- Gay men: 26.7% (98/367).
- Lesbian/Gay Women: 19.4% (43/222).
- Bisexual people: 17.0% (15/73).
- Queer and other: 14.0% (6/43).

Sex/Gender Comparisons: Considering sex/ gender only, irrespective of sexual orientation, 26.0% of males said they hired a personal trainer (109/419) compared with 16.4% (61/373) of females. This indicates that for the LGBQ&T analyses that at least part of the difference in figures are attributable to sex/gender.
6.6 Activity in Green Spaces

Respondents were asked about nearest green spaces such as parks, countryside and canal or riverside. 53% (465/878) of respondents answered that they were five minutes’ walk or less from a green space. 26.8% were between six and ten minutes away. 16.1% were 11 to 30 minutes away from a green space. The remaining 4.2% were more than 30 minutes away.

6.6.1 Regional Differences & Activity in Green Spaces

For the larger sample regions, the regions most likely to be within five minutes of a green space were: South West England (65.7% : 69/105), South East England (65.5% : 72/110) and East of England (62.9% : 44/70).

The regions least likely to be within five minutes of a green space were: West Midlands (45.1% : 65/144), North West England (45.9% : 68/148), Yorkshire and the Humber (46.5% : 46/99) and Greater London (50.3% : 74/147).

For the two smallest samples, the figures were 40.6% (13/32) for East Midlands and 60.9% (14/23) for North East England.

6.6.2 Activities in Green Spaces

The most popular activities for regular exercise in green spaces were (with the number of mentions in brackets):

1. Walking (527).
2. Running (166).
3. Dog walking (138).

6.7 Competitive Sports

15.7% (138/880) answered that they participated in competitive sports. Examples included football, running, badminton, squash, rugby, tennis, and roller derby. One person answered ‘chess!’.

A similar number and proportion (16.2% : 142/877) were members of an athletic or sports club or team. Of those (135) who trained with a club or team, almost three-quarters trained once a week or more (73.3% : 99/135). 14.8% trained between once and four times a month. The remaining 11.9% trained less than once a month. When asked if the club or team was LGB&T specific, 44.7% (63/141) answered ‘yes’.

6.7.1 Regional Differences - Competitive Sports

From the larger samples, the region most likely to play competitive sports was North West England at 21.5% (32/149). Figures for other regions are South East England (16.5% : 18/109), Yorkshire and the Humber (16.2% : 16/99), West Midlands (15.3% : 22/144) and East of England (14.1% : 10/71). The regions least likely to play were South West England (12.1% : 13/107) and Greater London (12.3% : 18/146) - about one in eight.

For the smallest two samples, the figures were: 15.6% (5/32) for East Midlands and 17.4% (4/23) for North East England.

6.7.2 Age differences - Competitive Sports

The youngest age (under 35s) groups were most likely to say they play competitive sports with almost one in five saying ‘yes’ (19.8% : 60/303). The figure was a slightly smaller proportion for the median (35-44) age group at 17.5% (41/234). It was lowest for the older age groups (45+) at 10.2% (31/305).
6.7.3 LGBQ&T Absolutes - Competitive Sports

The Lesbian/Gay Women (18.9% : 43/228) and the Queer and other (18.6% : 8/35) groups were the most likely to say they participated in competitive sports. For Gay Men it was 15.6% (59/378) and for the Bisexual group it was (12.2% : 11/79). For the Trans* group it was 11.1% (11/99). However, some of these numbers are quite small for three of these groups and should be interpreted with caution.

Sex /Gender differences: Comparing sex/ gender differences 17.0% (65/382) of females responded that they participated in competitive sports, compared with 14.9% (64/430) of males.

6.8 Job-Related Physical Activity

Respondents in employment were asked about the level of physical activity related to their job, in particular the amount of sitting, standing, driving and walking associated with their work. For each type of activity, they were asked to indicate ‘mostly’, ‘about half of the time’, ‘some of the time’ or ‘little’. The results are shown in Table 6.5.

<table>
<thead>
<tr>
<th>Activity:</th>
<th>Mostly</th>
<th>Half the time</th>
<th>Some of the time</th>
<th>A little</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sitting (n=684)</td>
<td>433</td>
<td>63.3</td>
<td>117</td>
<td>17.1</td>
</tr>
<tr>
<td>Standing (n=578)</td>
<td>85</td>
<td>14.7</td>
<td>69</td>
<td>11.9</td>
</tr>
<tr>
<td>Driving (n=355)</td>
<td>11</td>
<td>3.1</td>
<td>21</td>
<td>5.9</td>
</tr>
<tr>
<td>Walking (n=592)</td>
<td>59</td>
<td>10.0</td>
<td>60</td>
<td>10.1</td>
</tr>
</tbody>
</table>

Almost two-thirds (63.3% : 433/684) of respondents (who answered the question) have jobs that involve mostly sitting.

6.8.1 Regional Differences in Work Related Activity

The number of cases reduced the numbers in the cells for the various regions meaning that regional comparisons were unlikely to be meaningful. The regions were grouped into two categories to identify any North/South divide.

- **The North** comprised North East England, North West England, Yorkshire and the Humber, East Midlands and West Midlands,

A second variable was created in SPSS using the ratings for sitting, standing and walking at work. The ‘sitting’ score was reversed and added to the scores for standing and walking. These summed scores were then split into three roughly equal groups using SPSS. Frequencies function to create three job-type categories of **sedentary, moderate** and **active**. The results are shown in Table 6.6

<table>
<thead>
<tr>
<th>Type of job:</th>
<th>Sedentary</th>
<th>Moderate</th>
<th>Active</th>
</tr>
</thead>
<tbody>
<tr>
<td>(N=510)</td>
<td>% (n)</td>
<td>% (n)</td>
<td>% (n)</td>
</tr>
<tr>
<td>The North (n=258)</td>
<td>39.5 102</td>
<td>30.2 78</td>
<td>30 2 78</td>
</tr>
<tr>
<td>The South (n=252)</td>
<td>41.3 104</td>
<td>31.3 79</td>
<td>27.4 69</td>
</tr>
<tr>
<td>Total</td>
<td>100.0 206</td>
<td>100.0 157</td>
<td>100.0 147</td>
</tr>
</tbody>
</table>

Analysis shows only very small differences between the North and South regions. The largest difference was in active-type jobs, with the North slightly more likely to be have active-type jobs. However, a difference this small may be an artefact of the analysis process. It is safer to assume that there is no significant North/South difference for this survey sample.
6.8.2 LGBQ&T Comparisons

Looking at the figures for the two largest groups, Lesbian/Gay Women were more likely to have active-type jobs than were Gay Men (L: 38.3% : 49/128 versus G: 22.6% : 55/243).

For moderately active jobs the patterns were reversed: 35.0% of Gay Men (85/243) and 23.4% of Lesbian/Gay Women (30/128). The differences were less marked for sedentary jobs (L: 38.3% : 49/128 versus G: 42.4% : 103/243).

**Sex/ Gender differences:** Considering sex/ gender, females are more likely to have active jobs than are males, that is more than one third of females (35.0% : 77/220), compared with less than one quarter of the males (23.4% : 65/278). For moderately active jobs the trend is reversed, with more one third of males (35.3% : 98/278) compared with one quarter of females (25.5% : 56/220). There was very little difference between the two groups for sedentary jobs (F: 39.5% : 87/220 versus M: 41.4% : 115/278).

For the two other sexual orientation groups, the patterns are less predictive (possibly due to small sample sizes). For the Bisexual group, the figures were 21.4% (12/56) for activetype jobs, 32.1% (18/56) for moderately active-type jobs and 46.4% (26/56) for sedentary jobs. For the Queer and other group the figures were 44.8% (13/29) in active jobs, 20.7% (6/29) for moderately active jobs and 34.5% (10/29) for sedentary jobs.

For the Trans* group there is a roughly equal split across the three job-types: 32.7% (17/52) for active jobs, 32.7% (17/52) for moderately active jobs and 34.6% (18/52) in active-type jobs.

The next section examines travel method as a form of exercise.
As well as exercise and physical activity, respondents were asked several questions relating to travel and modes of Transport, in particular car and bicycle access and ownership.

7.1 Car and Bicycle Ownership

For the purpose of analysis, new variables were created in SPSS in order to compare three levels of car and bicycle access: sole, shared or none. See Table 7.1

Table 7.1 Levels of Access to Transport: Cars versus Bicycles

<table>
<thead>
<tr>
<th>Level of Access</th>
<th>Sole</th>
<th>Shared</th>
<th>None</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>% (n)</td>
<td>% (n)</td>
<td>% (n)</td>
</tr>
<tr>
<td>Car</td>
<td>834</td>
<td>48.2</td>
<td>402</td>
</tr>
<tr>
<td>Bicycle</td>
<td>816</td>
<td>48.9</td>
<td>399</td>
</tr>
</tbody>
</table>

Access to a bicycle is almost an all-or-nothing split. Only one in fifty people, who answered the question, shared a bicycle (2.0% : 16/816). Almost one quarter had some form of shared access to a car (22.7% : 189/834). Almost three in ten people had no access to a car (29.1% : 243/834). The figures were virtually the same for sole car access and sole bicycle access (Car: 48.2% : 402/834; bicycle: 48.9% : 399/816). Table 7.2 shows a comparison of people with access to both cars and bicycles.

Table 7.2 Cross Tabulation of Access to Cars and Bicycles

<table>
<thead>
<tr>
<th>Bike Access</th>
<th>Sole</th>
<th>Shared</th>
<th>None</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% (%n)</td>
<td>% (%n)</td>
<td>% (%n)</td>
</tr>
<tr>
<td>Car Access</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sole</td>
<td>27.1</td>
<td>218</td>
<td>11.6</td>
</tr>
<tr>
<td>Shared</td>
<td>0.7</td>
<td>6</td>
<td>0.9</td>
</tr>
<tr>
<td>None</td>
<td>19.9</td>
<td>160</td>
<td>9.9</td>
</tr>
</tbody>
</table>

19.5% (157/805) of people surveyed did not have access to a car nor to a bicycle. A similar number (19.9%) who had sole access to a car had no access to a bicycle.

Car access - Comparison with general population (National Travel Survey: England 2014)

Directly comparable data isn't available for the question of car access; the National Travel Survey (NTS) does have a similar question that might provide some context for the report.

This indicates that the levels of access to a car or van for the LGB&T community are similar to the general population. The NTS classified respondents as either in a household without a car/ van or as a main driver, other driver or non-driver. To allow comparison with the LGB&T report, we have created two groups, so respondents either have ‘Access to car/van’ or ‘Non driver and/or no car/van’. In the NTS, those that were classed as ‘Main driver’ or ‘Other driver’ were grouped as ‘Access to car/van’, with everyone else grouped as ‘Non driver and/or no car/van’. Respondents from the LGB&T report that had ‘Sole’ or ‘Shared’ access to a car were grouped as ‘Access to car/van’, with ‘None’ grouped as ‘Non driver and/or no car/van’ in the table below.

<table>
<thead>
<tr>
<th>Access to car/van</th>
<th>NTS</th>
<th>LGB&amp;T</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>68%</td>
<td>71%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Non driver and/or no car/van</th>
<th>NTS</th>
<th>LGB&amp;T</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>32%</td>
<td>29%</td>
</tr>
</tbody>
</table>
7.1.1 Car and bicycle Access: Regional Comparisons

7.1.1.1 Car Access

Almost one half of respondents in Greater London (49.3% : 69/140) did not have access to a car, that is, answered ‘none’, the highest percentage for all of the regions. This compared to just over one in three for the Midlands (34.6% : 47/136). Three regions have a similar proportion: North West England (26.0% : 34/131), South East England (26.9% : 29/109), and Yorkshire and the Humber (26.6% : 25/94). For East of England, the figure was 18.2% (12/66). The lowest figure was for South West England at 15.4% (16/104).

Regarding the two smallest samples: East Midlands, 19.6% (6/31) answered ‘none’. For North East England the figure was 21.7% (5/23).

In response to being asked about having sole access to a car, the highest-scoring region was East of England, with two thirds of respondents in this region (66.7% : 44/66) followed closely by South West England at 62.5% (65/104). The region least likely to have sole access was Yorkshire and the Humber - 34.0% (25/94). However this region was also the most likely to have shared access - 39.4% (37/94).

7.1.1.2 Bicycle Access

For the larger samples, the region most likely to have sole access to a bicycle was the same as sole access to a car, namely East of England at 60.3% (38/63). Three regions had similar proportions - South West England (53.5% : 54/101), North West England (51.1%) and South East England (50.5% : 53/105). The West Midlands follows at 45.2% (73/135), then Yorkshire and the Humber (43.3% : 39/90 and Greater London (42.3% : 58/137). For the two smallest samples, the figures were 66/7% (10/30) in East Midlands and 36.4% (8/22) in North East England.

The regions most likely to answer ‘no access’ to a bicycle were: Yorkshire and the Humber (56.7% : 51/90), Greater London (54.7% : 75/137) and West Midlands (54.1% : 73/135).

About one half of respondents in South East England reported no access (49.5% : 52/105) and slightly fewer for North West England (47.4% : 63/133). In South West England, 41.6% (42/101) reported ‘no access’. People in the East of England were least likely to have no access to a bicycle (33.3% : 21/63). For the smallest samples, the East Midlands figure was 33.3% (10/30) and for North East England it was 63.6% (14/22). Both of these figures need to be interpreted with caution.
7.1.2 Car and Bicycle Access: LGBQ&T Absolutes Comparisons

7.1.2.1 Car Access

For sex/gender there was very little difference between males and females for sole access to a car (M: 48.5% : 207/407 versus F: 49.3% : 184/373). However three in ten males had no access to car (31.4% : 134/427). Females were slightly more likely to car-share (25.5% : 95/373) than were males (20.1% : 86/427).

For the LGBQ&T absolutes, Lesbian/Gay Women are the most likely to have sole access to a car at 58.9% : (132/224) compared with a little fewer than one half of Gay Men (48.7% : 182/374). The other sub-samples are smaller and so should be interpreted with caution. 35.2% (31/88) of the Bisexual group and 26.8% (11/41) of the Queer and other groups had sole access to a car. For the Trans* group it was 43.6% (44/101). Gay males were most likely to car-share, 40.9% (76/184) indicated this. 18.2% (41/224) of Lesbian/Gay Women had no access to a car. For the Gay Men, it was 31.0% (41/132), for the Bisexual group 35.2% (31/88) and for Trans* people 32.7% (33/101). For the Queer and other group the figure was the highest at 51.2% (21/41).

7.1.2.2 Bicycle Access

More than three in five (61.1% : 132/2160 Lesbians/Gay Women and the Queer and other group (60.0% : 24/40) had sole access to a bicycle compared with 40.7% (150/369) of Gay Men and just under half the Bisexual group (47.1% : 41/87). Half of the Trans* group had sole access (50.5% : 49/97).

The figures for shared access to a bicycle clustered around the 2.0% mark for all groups, with no notable differences.

7.1.3 Age Comparisons for Car and Bicycle Access

7.1.3.1 Car Access

Sole access to a car increased with age. Three in five people (61.7% : 185/300) in the older age groups (45+) report sole access compared with one half (49.1% : 113/230) in the median age group (35-44 years). About one third (of the younger age groups (under 35s) have sole access to a car (33.9% : 102/301).

7.1.3.2 Bicycle Access

For bicycle access there is little difference between the median age group (35-44 years) and the older groups (45+) with a little over one half in each case having sole access to a bicycle (35-44 yrs: 52.2% : 119/228 ; 45 yrs+: 53.0% : 150/283). For the younger groups the figure is 42.7% (129/302).

The next section examines various aspects of physical activity and exercise and the degree to which recommendations are met by the sample.

7.2 Travelling as Exercise

Several questions (particularly Q30 and 32) were asked about different types of Transport and the frequency of use. Three types were selected for analysis which related to popular forms of exercise: walking, running and cycling (which included tandems and tricycles). The results are shown in Table 7.3.

Table 7.3 Types of Exercise as a Form of Transport

<table>
<thead>
<tr>
<th>Type Transport:</th>
<th>Often</th>
<th>Sometimes</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking</td>
<td>804</td>
<td>68.9</td>
<td>28.1</td>
</tr>
<tr>
<td>Running</td>
<td>738</td>
<td>10.8</td>
<td>26.7</td>
</tr>
<tr>
<td>Bicycle</td>
<td>750</td>
<td>15.9</td>
<td>28.9</td>
</tr>
</tbody>
</table>

As walking for travel is something the majority of people report doing often, additional analysis focused on running and cycling, where clearer differences might emerge.
7.2.1 Regional Comparisons

7.2.1.1 Running & Regions

The figures for those who never travel by running were broadly similar across all regions.

Of the larger samples, the highest figures were for East of England (65.0% : 39/60), Greater London (64.8% : 79/122) and West Midlands (63.6% : 77/121). The lowest figure was in South East England (59.1% : 55/93). For North West England it was 61.5% (75/122), Yorkshire and the Humber 61.4% (51/83) and South West England 60.4% (55/91). For the smaller samples, the figures were 61.1% (11/18) for North East England and 67.9% (19/28) for East Midlands.

7.2.1.2 Cycling and Regions

The region with the highest percentage of people who never travel by cycling was Yorkshire and the Humber with 68.2% (58/85) answering ‘never’. For Midlands, the figure was 58.7% (71/121), followed by South East England at 56.3% (54/96) then North West England 54.8% (68/124) and Greater London (54.5% : 67/123). The regions least likely to answer ‘never’ were East of England (45.0% : 27/60) and South West England (45.2% : 42/93). For the smaller regional samples, the figures were 50.0% (15/30) for East Midlands and 66.7% (12/18) for North East England.

7.2.2 LGBQ&T Absolutes Comparisons

7.2.2.1 Running

The group least likely to say that they never ran as a means of travel were Gay Men, with 59.0% (197/334) saying never compared with 63.3% (124/196) for the Lesbian/Gay Women group. For the other groups, the figures need to be interpreted with caution due to small sample sizes: 71.4% (25/35) of the Queer and other group answered ‘never’; 67.5% (54/80) answered ‘never’ and 64.7% (55/85) of the Trans* group answered ‘never’.

Sex/Gender differences: Comparing figures for sex/gender, females (64.1% : 214/334) are slightly more likely to answer ‘never’ than are males (61.5% : 230/374).

7.2.2.2 Cycling

Cycling as a means of Transport was more popular with Lesbian/Gay Women than it is with Gay Men. One in five (20.9% : 43/206) Lesbians/Gay woman answered that they cycled often (as a means of travel) compared with one in six Gay Men (15.8% : 53/336).

Lesbian/Gay Women were also least likely to say ‘never’ (47.6% : 98/206) than all of the other groups. 58.9% (198/336) of Gay Men, 57.7% (45/78) of Bisexuals and 56.3% (49/87) of Trans* people answered ‘never’. Just over one half of the Queer and other group (51.4% : 18/35) indicated ‘never’.

Sex/Gender differences: Overall where just over half of the females answered ‘never’ (50.4% : 173/343) compared with almost two in three males (59.8% : 225/376).

The final section identifies some key behaviours drawn from all previous analysis that may help people to meet the recommendations for physical activity and exercise.
8 Highlighting Key Activities for Change

This section offers a descriptive analysis is offered purely for illustrative and discussion purposes and with a view to stimulating further research hypotheses and provide guidelines on behaviour change.

For the purpose of the analysis two groups from the sample were analysed, these were:

1. The participants whose physical activity fell below recommendation - that is fewer than 150 minutes of moderately intense activity OR fewer than 75 hours vigorous activity AND fewer than two sessions of muscle strengthening.

2. Those who met or exceeded the recommendations or above.

The aim is to emphasis the differences between extremes, so for the purpose of these comparisons, participants in the middle of the distribution are excluded, hence the reduced sample for this analysis. The results are shown in Table 8.1.

Table 8.1 Comparing Activities for People below Recommendations & Meeting Recommendations

<table>
<thead>
<tr>
<th>Factor:</th>
<th>1. Below Recommendations</th>
<th>2. Recommended or Above</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home equipment (N=358)</td>
<td>Some: 20.0% (26/130)</td>
<td>Some: 45.6% (104/228)</td>
</tr>
<tr>
<td>Personal Trainer (N=386)</td>
<td>Have used: 12.0% (17/142)</td>
<td>Have used: 32.1% (79/246)</td>
</tr>
<tr>
<td>Athletic/Sports Club/Team (N=393)</td>
<td>Participate: 5.6% (8/135)</td>
<td>Participate: 28.0% (70/250)</td>
</tr>
<tr>
<td>Leisure Club/Gym (N=392)</td>
<td>Member: 3.5% (5/143)</td>
<td>Member: 27.3% (68/249)</td>
</tr>
<tr>
<td>Bicycle Access (N=372)</td>
<td>Sole access: 39.6% (53/134)</td>
<td>Sole access: 58.4% (139/238)</td>
</tr>
<tr>
<td>Exercise in Green Spaces (N=425)</td>
<td>Yes: 65.2% (101/155)</td>
<td>Yes: 72.2% (195/270)</td>
</tr>
<tr>
<td>Walking as Transport (N=365)</td>
<td>Often: 65.6% (86/131)</td>
<td>Often: 71.8% (168/234)</td>
</tr>
<tr>
<td>Running as Transport (N=338)</td>
<td>Often: 1.7% (2/121)</td>
<td>Often: 17.5% (38/217)</td>
</tr>
<tr>
<td></td>
<td>Sometimes: 23.1% (28/121)</td>
<td>Sometimes: 38.7% (84/217)</td>
</tr>
<tr>
<td>Cycling as Transport (N=342)</td>
<td>Often: 3.3% (4/121)</td>
<td>Often: 24.9% (55/221)</td>
</tr>
<tr>
<td></td>
<td>Sometimes: 27.3% (33/121)</td>
<td>Sometimes: 31.7% (70/221)</td>
</tr>
<tr>
<td>Job Type (N=242)</td>
<td>Sedentary: 49.4% (38/77)</td>
<td>Sedentary: 36.4% (60/165)</td>
</tr>
<tr>
<td></td>
<td>Moderate: 23.4% (18/77)</td>
<td>Moderate: 27.3% (45/165)</td>
</tr>
<tr>
<td></td>
<td>Active: 27.3% (21/77)</td>
<td>Active: 36.4% (60/165)</td>
</tr>
</tbody>
</table>

Analysis of the various activities indicates that the greatest differences related to:

- convenience (home equipment, access to green spaces, access to a bicycle).
- social factors (athletic/sports club/team, gyms and leisure clubs, personal trainer).
- more active forms of travel (cycling, running and walking).
- compensating for sedentary-type work.
9 Conclusions and Recommendations

9.1 Overview
The present research has examined a range of factors regarding physical activity. The decision to use the discrete category variables of LGBQ&T and to de-emphasize the importance of sex/ gender differences has actually placed a spotlight on gender. It is the key factor that distinguishes between the sub-samples. This is perhaps not surprising since the world of sport and exercise is fiercely gendered.

From an analysis of groups meeting the recommendations, and those not, several behaviours emerged that distinguish these two groups in the analysis: these were convenience, social factors, more active forms of travel and compensating for sedentarytype work. None of these would be different than for the “average” population, with the exception of social factors. Being in an environment that does not force gender stereotypes nor “punish” those who challenge them may have motivating effect on the take-up of exercise.

Another factor that emerged was access to a bicycle. It is notable that whereas the concept of car sharing is popular, bicycle ownership is very much all-or-nothing. One area of exploration is schemes that make bicycles more readily available, such as bicycle hire schemes. Again this is just as relevant to the average population as it is to the LGBQ&T co-communities.

9.1.1 Issues with the community survey
A number of issues emerged with this survey that may offer useful guidance on the conduct of future research.

Sampling: Opportunity sampling, as used in this community survey, is convenient, however it has a number of problems. Firstly, the sample is unlikely to be representative of the population as a whole. It is therefore difficult to make robust assertions about regional differences where the sampling was not stratified. In the present study, the samples for two regions were small. Secondly, the low representation of BAME people needs to be addressed. It is possible that an online, self-completing survey is not reaching these communities. Again, a stratified sample would offer an opportunity to explore differences in ethnicity.

Easing the cognitive load for participants to mitigate drop-out rates: This is a key issue in research design. The drop out date is 32% for this survey. Key factors to bear in mind for future surveys, to mitigate against this, include:

- Having research questions that are narrow, which would help to focus question selection would help to reduce the number of responses required.
- Honing question wording to reduce the cognitive load, for instance, avoiding questions that require mental arithmetic (Q4, Q6, Q8, Q10), when the questions might be reworded to allow the survey collection software do to this.
- Considering avoiding using long lists which may add to cognitive fatigue.
- Providing additional encouragement throughout the survey - congratulate on progress and indicate how many minutes respondents are from completion.
- Providing a reward at the end, such as a personalised report setting out the results, comparing them with the guidelines and offering suggestions on how the guidelines could be met. For example: “You are 80% towards achieving the recommended activity! If you walked for another half an hour a week, you would meet the guidelines.” There could also have been an offer to take up a consultation about physical activity.
- Having a shorter survey for a large population and qualitative information focus groups and individual interviews.
Reliance on descriptive statistics: There is limited possibility to infer meaningful differences when descriptive statistics are used. Yes/no questions and checklists produce relatively low level data. Higher level data, such as 7-point rating scales, allow for more sophisticated statistics.

Offer feedback: Participants could be offered a copy of the report. It is worth exploring software that provides immediate feedback, as in some of the online quizzes, only at a more sophisticated level. There is also a scope to ask respondents to judge whether or not they are meeting recommendations and brief pointers could be offered at the end.

Units used in recommendations: The physical activity guidelines are expressed as weekly durations of 150 minutes for moderate intensity activity and 75 minutes for vigorous activity. These do not appear to resonate well with how people remember or recall activity. An option of providing a duration-per-occasion measurement and the arithmetic being carried out by the survey software could facilitate responses, as may additional measures, for example: as distances for activities such as swimming, cycling and running.

Vagueness of recommendations: At present, the physical activity guidelines for muscle strengthening activity are vaguely stated with no recommendations of duration of activity.

This meant that this research could only take into account the number of times respondents did this type of activity.

9.1.2 Recommendations for Future Research

- Further investigation of the findings illustrated in table 8.1, which sets out the features of people whose physical activity falls below the guidelines compared with those whose is at or above the recommended level. Topics could include exploration of the factors of setting and activity: this could be exploration of both the potential to increase existing activity in the current setting, and to venture into new settings. To give three examples suggested by the table - is there a way to motivate people to increase use of active transport (walking or cycling) for existing journeys and/or increase use of local green spaces and/or increase use of home exercise equipment? Could active support for membership of gyms and leisure clubs and teams be effective?

- Explore the finding that LGB&T community is more likely than the general population to have some level of moderate and vigorous physical activity, but for that to be more likely to fall short of the guidelines. This could be attributable to the survey capturing more forms of physical activity or to there being a variety of barriers to duration of physical activity for the LGB&T community or elements of both or some additional factors.

- Comparison between LGBQ&T community and the general population figures for gym and leisure club membership versus frequency of use and possibly type of use could be useful evidence to share with gyms and leisure clubs on their diversity and inclusivity.

- Research targeting the areas under-represented in the responses of North East England and East Midlands to check for any significant differences from the other seven regions.

- Research exploring the apparent North West anomaly where the whole population displays lower rates of meeting the guidelines than other regions but the North West LGB&T respondents show higher rates than the LGB&T respondents in other regions. Please refer to sampling comment at 9.1.1

- More research is needed about people identifying as BAME and LGBQ&T, including how to engage them in the research.

- Research that moves beyond descriptive statistics to test the differences between groups and to highlight key predictive factors that influence the take-up and maintenance of physical activities, including physical traits, gender stereotypes, other barriers, motivating factors, and the impact of social factors on exercise.
References and further reading


Appendices

Appendix 1 Further Demographics
Appendix 2 Further Break Down of Findings
Appendix 3 Questionnaire
Appendix 4 Physical Activity Guidelines for Adults

Appendix 1: Further Demographics

This section includes a more detailed analysis of the demographic composition of the sample.

LGBQ&T Absolutes

Regional Representation for LGBQ&T absolutes
All LGBQ&T categories were represented in all regions.

Trans*

Regional Representation of Trans* Identity
Trans* people were represented in all seven regions with no remarkable differences.

Other labels use by Trans* People to Describe Identity
People who had listed other in Q36 were asked to specify. A number of people also used this option to clarify their choice that was on the list. The identities listed under ‘other’ included: gender neutral (2 responses); gender fluid (2 responses); non-binary, Transvestite; man of Transsexual history; Queer - not Genderqueer tyvm; woman with Trans history; woman who happens to be Trans; I dream of being female; male; woman; male - assigned female at birth; Transgender; Transsexual; woman-Transitioningif pushed; neutrois; female to male Transgender.

Age

Age and Regions
All age groups were represented across the regions for the age ranges from 16-24 to 65-74.

The numbers for the youngest and oldest age groups were small and some regions were not represented in these extremes. There were no under 16s represented in Greater London, South West England or East Midlands. The only region regions in which the older age group (75+) was represented were: East of England, Greater London, South West England and West Midlands.

Age and LGBQ&T absolutes
There was representation for LGBQ&T absolutes between age bands 16-24 to 55-64 years.
There were no Bisexual people or ‘Queer and other’ represented in the under 16 category.
There were no ‘Queer and other’ represented in the older age brackets of 65-74 and 75 and older. The median age group for the LGB&T sub-samples was 35-44 years. The exception was the ‘Queer and other’ sample for which the median age group was 25-34 years.
Ethnicity

Ethnicity and Regions
It was only in West Midlands and Greater London where all ethnic categories were represented.

Ethnicity and LGB Absolutes
Despite low numbers for Black, Asian and Minority Ethnic (BAME) people, Lesbian, Gay and Bisexual people were represented across all ethnic categories.

Ethnicity and Age
Not surprisingly with the small numbers from BAME people, a number of ethnicities were not represented in all age groups. However there was full representation across all ethnic categories for the age groups from 16-24 through to 35-44. For the age group 45-54, only the Asian group was not represented.

Due to small cell numbers for BAME categories, any further breakdown analysis of the results by ethnicity would not be considered reliable.

Disability

Disability and Regions
People who have answered ‘yes’ to the disability question were represented across all regions.

Disability and LGBQ&T Absolutes
The category most likely to say ‘yes’ to the disability question were Queer and other (sexuality) category with 33.3% (14/42) reporting a disability this is followed by the Trans* (and Genderqueer) category with 29% (29/100) saying ‘yes’. The category least likely to indicate a disability were the Gay Men with only 15.1% saying ‘yes’ (56/372).

For Lesbian/Gay Women, 16.4% (37/225) said ‘yes’. For Bisexual people the figure was 23.3% (21/90).

Disability and Age
The age group most likely to indicate a disability was the 65-74 age group, with 32.3% (10/31) saying ‘yes’, and 29.5% (26/88) for the 55-64 age group. For the 16-24 age group the figure is 21.0% (22/105) and slightly fewer for the 45-54 age group (19.8% : 34/172).

For the 25-34 age group, it was 17/6% (34/193) and 14.2% (33/233) for the 35-44 age group. There were none in the under 16 age group and one in the 75 and over group.

There were only five people who answered the question in the oldest age group.

Faith

Faith and age
Comparing age groups for reports of faith, it can be seen that the incidence of faith increases with age.

- For the youngest age groups (under 35s), 19.9% (52/277) report some form of faith.
- 29.2% (64/219) is reported by the median age group (35-44 years).
- 39.2% (111/283) report some form of faith for the older age groups (45 and over).
Appendix 2: Further Break Down of Findings

This section sets out the findings by the physical activity guidelines categories of moderate intensity activity, vigorous activity and muscle strengthening exercise and summarises job-related physical activity and travel.

Recommended Physical Activity

- LGB&T people are less likely to meet the guidelines for physical activity than the population as a whole. 47.7% of respondents meet the guidelines for physical activity through either moderate or vigorous activity. The 2012 figures for the total population for England are 54% for women and 66% for men (page 19, British Heart Foundation Physical Activity Statistics 2015). The LGB&T levels of physical activity are thus 11.7% to 27.7% below the general population.

The survey circulation included LGB&T sports clubs. Our expectation was that because of the clubs’ cascading of the survey, there would be a bias in the results towards high levels of physical activity. It is possible that the gap in physical activity between the LGB&T community and the general population is larger and thus even more concerning than the 6.3% to 18.3% range observed.

- **Moderate intensity activity** (such as brisk walking and cycling): One in five people reported zero minutes (20.7%). One in six (17.1%) people reported doing the recommended 150 minutes (or above) per week.
  - **LGB&T comparisons**: Gay men: 18.2% (68/373); Bisexual group: 16.7% (15/90); Lesbian/Gay Women group: 16.2% (36/222); Trans* group: 16.2% (16/99); Queer and other group: 14.0% (6/43).
  - **Regional comparisons**: Most likely to meet the recommended target for moderate intensity activity, indicated by proportion of regional sample, were: South East England (23.1%), Greater London (21.1%) and Yorkshire and the Humber (18.4%). The region least likely was: South West England (11.5%).

- **Vigorous activity** (such as swimming, dance, gym classes and competitive sports) Over four in ten (42.4%), people reported doing no vigorous intensity activity at all. Three in ten people (30.6%), reported doing the recommended 75 minutes (or above).
  - **LGB&T comparisons**: Gay Men, shows a figure of just over one in three (34.7%); Lesbian/Gay Women the figure is slightly less than one in three (28.1%); Bisexual (31.9%) - around three in ten; Queer and other (31.0%) - around three in ten; and Trans* (29.7%) - around the three in ten.
  - **Regional comparisons**: The two regions most likely to meet the weekly recommendations were Greater London, which was more than one in three (34.2%), and the North West England (35.3%). The lowest figures were East of England at just over a quarter (25.7%), and down to a little over one in five for Yorkshire and the Humber (21.6%).

- For **muscle strengthening exercise**: 38.5% (270/701) met the overall weekly exercise recommendations. 22.1% fell below the recommendations in both moderate/vigorous activity and the number of muscle strengthening sessions. There were no notable differences from demographic analyses - all median (averages) clustered around 2.0 times i.e. twice per week.

The whole population regional figures show lower levels of meeting the recommended activity guidelines for North West England compared to other regions. This differs from our respondents, where North West England is one of the regions showing higher levels of meeting the guidelines.
Examples of Physical Activity

- In addition to the day to day activities of cooking and cleaning, the most popular forms of physical activity were: walking for travel, walking for recreation, sex, running, swimming and gardening.

- Competitive and team sports were amongst the least popular activities. Badminton was the most popular of these with 4.3% of people mentioning it. 3% mentioned football. The popularity of badminton may have been due to the existence of LGB&T specific badminton clubs in several cities.

- Dancing, cycling for recreation and cycling for travel fell just outside the top ten most frequently cited physical activities. Yoga followed in fourteenth place.

- More than two in five (42.4%) people had used some form of home fitness equipment in the month preceding before their completion of the survey.

- Almost two-thirds (65.3%) had used home equipment in the previous 12 months.

- The three most popular forms of home equipment were: weights (42.1%), exercise DVD (27.4%) and games consoles (25.0%).

- One in five people had used a personal trainer (20.7%). The LGB&T group most likely were Gay Men (26.7%) - more than one quarter. For Lesbian/Gay Women it was almost one in five (19.4%), Bisexual people, it was one in six (17.05), Queer and other, one in seven (14.0%), and Trans*, one in nine (11.2%).

- Regionally, respondents in Greater London were the most likely to have used a personal trainer - almost one in three (29.0%). The region least likely was Yorkshire and the Humber - just one in twelve (8.0%).

- 53% of people were within five minutes’ walk of a green space.

- The most popular exercise activities in green spaces were walking, running, dog walking and cycling.

Job-Related Physical Activity

- Almost two-thirds (63.3%) of respondents had jobs that involved mostly sitting.

- Examining the North/South divide for work related activity, there were no remarkable differences between sedentary and active-type jobs.

- Considering the two largest of the two LGB&T groups, Lesbian/Gay Women (33.8%) were more likely to have active-type jobs than were Gay Men (22.6%). For Bisexual respondents one in five had active-type jobs (21.4%), for the Queer and other group, it was 46.4% and for Trans* people it was almost one in three (32.7%).

Travel

- Almost one half of respondents had sole access to a car (48.2%) and also to a bicycle (48.9%).

- Whereas more than one in five (22.7%) people had shared access to a car, only one in 50 people (2.0%) had shared access to a bicycle.

- Almost one in three people (29.1%) of respondents had no access to a car, almost one half (49.1%) had no access to a bicycle.

- The region most likely to have no access to a car was Greater London - almost one half (49.3%). One in six people in South West England had no access to a car.

- East of England was the region most likely to have sole access to a bicycle - three in five people (60.3%).

- Lesbian/Gay Women were the most likely to have sole access to a car - almost three in five (58.9%) compared with just under one half of Gay Men (48.7%)

- Lesbian/Gay Women were also the most likely to have sole access to a bicycle - more than three in five (61.1%).
Please take a few minutes to complete this questionnaire. The National LGB&T Partnership for Health & Wellbeing is surveying members of the LGB&T community about their level of physical activity. The results will be analysed and a report prepared for Public Health England.

It's just a few quick questions, it'll only take about ten minutes. The survey is confidential, we are not asking for your name or address.

You could win £40 worth of Amazon Vouchers by full completing this survey (leave your email at the end of the survey to be entered into the prize draw)

1. Are You Lesbian, Gay, Bisexual or Trans*

   - Yes
   - No
2. Which region of England is your main residence (please tick one)

- East Midlands
- East of England
- Greater London
- North East England
- North West England
- South East England
- South West England
- West Midlands
- Yorkshire and the Humber

3. What is the first part of your post code? (we can’t identify your address from this)
The four pairs of questions (Q4-11 inclusive) ask about the intensity, total duration and frequency of your activity.

In the first of each pair of questions please give the total time spent on activity in a week.
In the second question in the pair, please state the number of occasions of any length of time.

E.g. if you exercise for 30 mins each time on Monday, Wednesday and Friday, then tick 90 minutes in Q4, and tick 3 in Q5.

4. How many minutes a week in total do you usually spend on low intensity activity? Examples are slow walking and gentle cycling. Tick as appropriate.

<table>
<thead>
<tr>
<th>Duration</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td></td>
</tr>
<tr>
<td>60</td>
<td></td>
</tr>
<tr>
<td>90</td>
<td></td>
</tr>
<tr>
<td>120</td>
<td></td>
</tr>
<tr>
<td>150</td>
<td></td>
</tr>
</tbody>
</table>

Other (please specify)

5. How many times a week do you do this?

<table>
<thead>
<tr>
<th>Frequency</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
</tr>
</tbody>
</table>

Other (please specify)

6. How many minutes a week in total do you usually spend on moderate intensity activity? Examples are brisk walking and cycling. Tick as appropriate.

<table>
<thead>
<tr>
<th>Duration</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td></td>
</tr>
<tr>
<td>60</td>
<td></td>
</tr>
<tr>
<td>90</td>
<td></td>
</tr>
<tr>
<td>120</td>
<td></td>
</tr>
<tr>
<td>150</td>
<td></td>
</tr>
</tbody>
</table>

Other (please specify)

7. How many times a week do you do this?

<table>
<thead>
<tr>
<th>Frequency</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
</tr>
</tbody>
</table>

Other (please specify)
8. How many minutes a week in total do you usually spend on vigorous activity? Examples are running and sports such as swimming, dance, netball, gym class and football. Tick as appropriate.

- 0
- 10
- 20
- 60
- 90
- 120
- 150

Other (please specify)

9. How many times a week do you do this?

- 1
- 2
- 3
- 4
- 5
- 6
- 7

Other (please specify)

10. How many minutes a week in total do you usually spend on activity that uses weights or resistance to strengthen muscle? Examples include exercising with weights and carrying moving heavy loads (including groceries). Tick as appropriate.

- 0
- 10
- 20
- 60
- 90
- 120
- 150

Other (please specify)

11. How many times a week do you do this?

- 1
- 2
- 3
- 4
- 5
- 6
- 7

Other (please specify)
The next questions ask about what sort of exercise you may carry out.

**Types of Physical Activity**

**12. Please tick any that apply in the last 4 weeks:-**

- [ ] Walking for recreation
- [ ] Walking for travel e.g. to work or college
- [ ] Cycling for recreation
- [ ] Cycling for travel e.g. to work or college
- [ ] Cooking
- [ ] Cleaning
- [ ] Other housework
- [ ] Gardening
- [ ] Sex
- [ ] DIY
- [ ] Carrying heavy shopping
- [ ] Childcare (carrying & playing)
- [ ] Manual and skilled labour

Other (please specify)

---

**13. Please tick any activity that you have engaged in, in the last year that you have not already above**

- [ ] Walking for recreation
- [ ] Walking for travel e.g. to work or college
- [ ] Cycling for recreation
- [ ] Cycling for travel e.g. to work or college
- [ ] Cooking
- [ ] Cleaning
- [ ] Other housework
- [ ] Gardening
- [ ] Sex
- [ ] DIY
- [ ] Carrying heavy shopping
- [ ] Childcare (carrying & playing)
- [ ] Manual and skilled labour

Other (please specify)
14. Do you have gym or fitness equipment at home? Please tick all that apply

- [ ] Weights
- [ ] Exercise DVD
- [ ] Exercise App on Smart Phone (for home use)
- [ ] Treadmill
- [ ] Rowing Machine
- [ ] Wii Fit/XBox or equivalent interactive fitness games console
- [ ] Other (please specify)

15. Have you used any of the above equipment you ticked above at home in the last four weeks?

- [ ] Yes
- [ ] No

16. If you haven't used the the above equipment you ticked in the last four weeks, have you used it in the last year?

- [ ] Yes
- [ ] No
Gyms & Sports Clubs

17. Are you a member or user of any of the following?:
- Local Authority Leisure Centre/Gym
- Private Gym
- Leisure Club (e.g. Golf Club)
Other (please specify)

18. When did you last visit any of the above to take part in physical activity?
- Within the last week
- Within the last Month
- Within the last 6 months
- Within the last year
- Never

19. What did you do? Please tick all that apply:
- Badminton
- Basketball
- Tennis
- Swimming or aqua fit/aerobics
- Squash
- Treadmill
- Cross trainer
- Rowing machine
- Fixed weight machines
- Loose weights
- Stretching
- Classes using weights e.g. bodypump, kettlebells
- Spin/RPM class
- Dance class e.g. Zumba
- Stretching and relaxation classes such as yoga, pilates, tai chi, body balance, abs
- High intensity fitness & conditioning classes such as circuits, metafit, bodyattack, bodycombat, aerobics, GRIT
Other (please specify)

20. Have you ever used a personal trainer?
- Yes
- No

21. If yes how many sessions? Over what time period?
22. How many minutes walk is your nearest green space? (e.g. park, countryside, canal or riverside)

- [ ] 5 minutes or less
- [ ] 6-10 minutes
- [ ] 11-30 minutes
- [ ] more than 30 minutes
- Other (please specify)

23. Do you take regular exercise in local green spaces? If so what:-

- [ ] Walking
- [ ] Running
- [ ] Cycling
- [ ] Tennis
- [ ] Bowling
- [ ] Using outdoor gym equipment
- [ ] Dog Walking
- [ ] Horse Riding
- [ ] Crazy golf
- [ ] Classes body conditioning & fitness e.g British Military Fitness
- [ ] Classes stretching & relaxation e.g. Tai Chi
- [ ] Outdoor swimming (i.e. Lido, Lakes, Rivers, Sea etc.)
- Other (please specify)
24. Do you participate in competitive sport?
   - Yes
   - No
   If YES - Please state what
   
25. Are you a member of an athletic or sports club or team
   - Yes
   - No

26. If yes, how often do you train with them
   - Once a week or more
   - Between once and 4 times a month
   - Less than once a month
   - Other (please specify)

27. If YES to Q25, is the club LGBT specific i.e LGBT Football Club
   - Yes
   - No
28. Do you undertake exercise in any other settings? (e.g. dancing, holiday activities)

- Yes
- No

If YES, Please state what
### Travelling

#### 29. If you have a job, how much time do you spend doing the following:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Mostly</th>
<th>About half of the time</th>
<th>some of the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sitting e.g. at desk or counter</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Standing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Driving</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Walking</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### 30. And finally, a few questions about travel. Tell us about any vehicles you own or use

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you have a motor vehicle licence</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you have the sole use of a motor vehicle</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you share a vehicle within your household</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you have the use of a vehicle in a car share or car pool</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you have easy access to lifts in a motor vehicle</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you have the sole use of a bicycle</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you share a bicycle</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### 31. Do you make regular journeys by these modes of transport for any of the following? Please indicate distances for all that apply

<table>
<thead>
<tr>
<th>Activity</th>
<th>Walk</th>
<th>Car</th>
<th>Cycle</th>
<th>Public Transport</th>
</tr>
</thead>
<tbody>
<tr>
<td>Study</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Work</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shopping</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Caring</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Socialising</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
32. Please tell us what forms of transport you use. Please state often, sometimes and never for all below

<table>
<thead>
<tr>
<th></th>
<th>often</th>
<th>sometimes</th>
<th>never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Train</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coach</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bus</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tram</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Underground train</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lorry</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Van</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Car</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Motorbike/Moped/Scooter</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boat</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bicycle (inc tandem &amp; tricycle)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Running</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Walking</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roller skating/blading or skateboarding</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wheelchair – motorised</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wheelchair – not motorised</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mobility scooter</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other (please specify)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
33. How old are you?
- [ ] under 16
- [ ] 16-24
- [ ] 25-34
- [ ] 35-44
- [ ] 45-54
- [ ] 55-64
- [ ] 65-74
- [ ] 75 or older

34. What is your sex?
- [ ] Female
- [ ] Male
- [ ] Intersex
- [ ] Prefer Not to Say

35. Is your gender identity the same as the gender you were assigned at birth?
- [ ] Yes
- [ ] No

36. If NO to Q35, Do you identify yourself as?
- [ ] Genderqueer
- [ ] Trans Man
- [ ] Trans Woman
- [ ] Other
- [ ] Prefer no to say

Other (please specify)
37. What is your Sexual Orientation
- Bisexual
- Gay
- Heterosexual (Straight)
- Lesbian
- Queer
- Undecided
- Prefer Not to Say
- Other (please specify)

38. What is your ethnic origin?
- White British
- White Irish
- White European
- White & Black African
- Indian / Indian British
- Other Asian / Asian British
- Other Black / Black British
- White Other
- White & Asian
- Pakistani / Pakistani British
- Black Caribbean / Black Caribbean British
- Chinese / Chinese British
- White & Black Caribbean
- Mixed Other
- Bangladeshi / Bangladeshi British
- Black African / Black African British
- Any other ethnic background

39. Do you consider yourself to have a disability ?
- Yes
- No

40. How would you describe your faith?
- Agnostic (neither believe or disbelieve)
- Atheist (do not believe)
- Buddhist
- Christian
- Hindu
- Jewish
- Muslim
- Pagan
- Sikh
- Prefer not to say
- Other (please specify)
41. Any other comments

42. Thank you for taking the time to complete this survey.
If you would like to be added into the prize draw for £40 worth of Amazon Vouchers, please leave your email in the box below

If you would like to know more about recommended levels of physical activity, please go to this website:

http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx
Appendix 4: Physical Activity Guidelines for Adults

Physical activity guidelines for

ADULTS (19–64 YEARS)

1. Adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.

2. Alternatively, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or combinations of moderate and vigorous intensity activity.

3. Adults should also undertake physical activity to improve muscle strength on at least two days a week.

4. All adults should minimise the amount of time spent being sedentary (sitting) for extended periods.

*Individual physical and mental capabilities should be considered when interpreting the guidelines.*

Examples of physical activity that meet the guidelines

Moderate intensity physical activities will cause adults to get warmer and breathe harder and their hearts to beat faster, but they should still be able to carry on a conversation. Examples include:

- Brisk walking
- Cycling

Vigorous intensity physical activities will cause adults to get warmer and breathe much harder and their hearts to beat rapidly, making it more difficult to carry on a conversation. Examples include:

- Running
- Sports such as swimming or football

Physical activities that strengthen muscles involve using body weight or working against a resistance. This should involve using all the major muscle groups. Examples include:

- Exercising with weights
- Carrying or moving heavy loads such as groceries

Minimising sedentary behaviour may include:

- Reducing time spent watching TV, using the computer or playing video games
- Taking regular breaks at work
- Breaking up sedentary time such as swapping a long bus or car journey for walking part of the way

What are the benefits of being active daily?

- Reduces risk of a range of diseases, e.g. coronary heart disease, stroke, type 2 diabetes
- Helps maintain a healthy weight
- Helps maintain ability to perform everyday tasks with ease
- Improves self-esteem
- Reduces symptoms of depression and anxiety

For further information: *Start Active, Stay Active: A report on physical activity for health from the four home countries’ Chief Medical Officers (2011)*