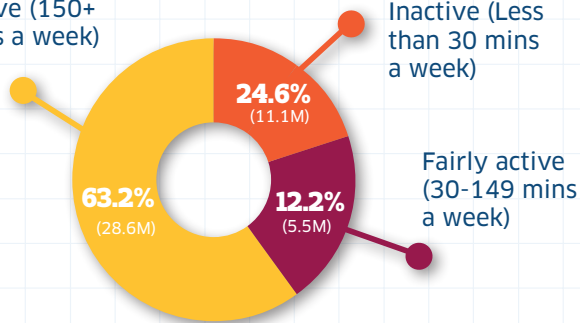


State of the Nation: A Spotlight on Increasing Activity

Adults in the UK are recommended to take part in at least 150 minutes of moderate intensity or 75 minutes of vigorous exercise per week. Although there has been a 0.6% increase since November 2018¹ in the proportion of adults in England who are meeting the guidelines, many people are not active enough. This factsheet outlines the current state of the nation and factors influencing the activity levels of the adult UK population.

Levels of activity

Active (150+ mins a week)



Inactive (Less than 30 mins a week)

Fairly active (30-149 mins a week)

5.5 million adults although active, do not meet the recommended physical activity guidelines

Activity levels of adults in England November 2018-2019¹

Coaching and activity levels

People who are coached are more likely than those who have never received coaching to be physically active and have increased their activity levels from the previous year².

21% of those who are coached were active on three days in the previous week²



People who are coached also have more positive beliefs towards physical activity²:

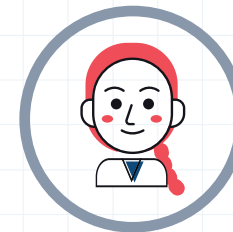
Exercise is important to me

I have the ability to be physically active

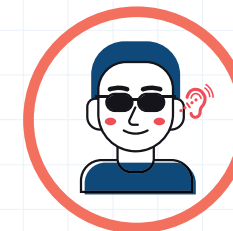
I have the opportunity to be active

Populations who are less active

Certain groups are less likely to meet the physical activity guidelines than others. These groups include¹:



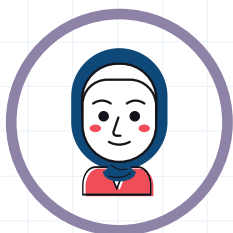
61% of women vs 65% of men are active



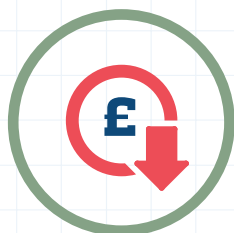
47% of people with a disability and/or long-term health condition are active compared to 68% without

State of the Nation: A Spotlight on Increasing Activity

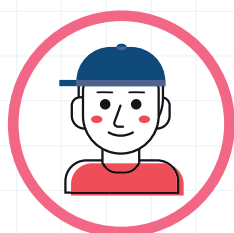
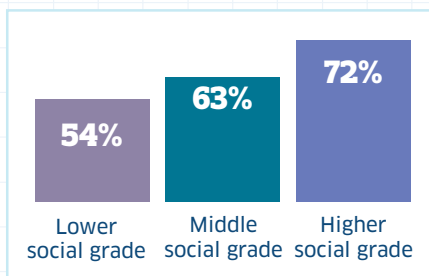
Populations who are inactive (Continued)



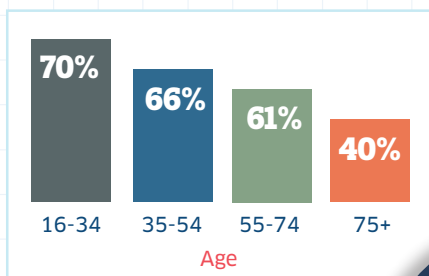
54% of Asian and 58% of Black ethnic groups are active vs 68% of Mixed and 65% of White British/Other ethnic groups



Activity levels increase with social grade



Activity levels decline with age



How can coaches increase activity levels

There are a number of ways that coaches can encourage adults to be more active and meet the recommended physical activity guidelines.



Inspire others to coach too



People who coach:
• Are more likely to be active⁶

Provide role models



Inspire people to think they can be active too³:
• Provide role models
• Share relatable stories

Encourage people to be active together



Group exercise:
• Increases commitment³
• Helps to form habits
• Increases member retention in gyms⁴
• Reduces stress compared to exercising alone⁴
• Helps to develop a sense of community⁴

Remove barriers to coached sessions



Ways to encourage coached sessions⁵:
• Reduce cost of sessions
• Provide sessions at a range of times
• Emphasise fun

References

- ¹ Sport England. (2020) Active lives adult survey November 2018-2019
- ² UK Coaching. (2020) Coaching in the UK: Participant survey
- ³ Women in Sport (2015) What sways women to play sport?
- ⁴ Exercise, Move, Dance (2018). Sweating your assets: The value of group exercise
- ⁵ UK Coaching. (2017) Coaching in the UK: Participant survey
- ⁶ UK Coaching. (2020) Coaching in the UK: Coach survey