

physical wellbeing

We're a nation divided when it comes to physical wellbeing during lockdown. Whilst more free time and exercise has led to improvements for almost a quarter of people, a third say the lack of routine has seen their physical health get worse. Across all groups, people are looking to their employer for support.



Reasons it's got worse

- Lack of exercise 55%
- Missing my usual routine 48%
- Not eating as healthily 48%
- Can't go to the gym 29%



Those who've been furloughed feel the worst impacts on physical health, whilst those working from home and parents are most likely to say it's improved.



Reasons it's got better

- 74% Exercising more
- 43% Cooking at home more
- 36% Feeling more relaxed
- 27% Going out less



The mind-body link

When asked why their mental health had improved during lockdown, more exercise was the second highest reason with 48% saying it had contributed to their mental health boost.

Experience with Covid-19

- 7% say they've had it, rising to 12% for those going in to work
- 16% say they know someone who has died from Covid-19

Health worries cause return to work anxiety

- 64% don't think it's safe to return from a health point of view
- 57% are worried about their personal safety when they return to work
- 53% aren't sure how they'll be able to do their job and social distance

People want employer support

Almost a quarter (23%) want more physical wellbeing support from their employer. Parents (26%) and those going in (24%) are most likely to want support.

Strategy considerations

- Consider how you can help people to keep healthy habits, e.g. the cycle to work scheme, discounted gym memberships.
- If your team are still mostly remote, consider investing in a digital workout platform to remove barriers to exercise.
- Use your internal communications to share online workout inspiration.
- Encourage teams and individuals to schedule active breaks or take walking meetings.
- Why not set a whole company step challenge with a prize for the winning team?