

Wellbeing Index City Spotlight

London

London maintains its top spot as the best city for wellbeing with strong scores across physical, social, mental and financial wellbeing.

The majority of Londoners meet or exceed the recommended amount of weekly exercise. Interestingly, those in the capital also reported excellent support from their employers.



An active city:

43%

know the NHS guidelines on exercise

52%

meet or get more than the recommended weekly amount of exercise

16%

exercise every day

Excellent employer support:

43%

say physical wellbeing support from their employer was above average or excellent



London had the highest percentage of respondents saying their workplace offers exercise classes (13%).

1 in 5

Use the fitness facilities provided 2-3 days a week; 18% go more than 4 days a week.

Top types of exercise:



Walking/hiking



Gym session



Running

Mornings are the most popular time to exercise in London: even on weekends, 43% say they prefer to exercise early in the day.

Motivations:



Mental health
18%



To look good
11%



To feel stronger
10%



27% are members of a gym, more than the UK average of 22%.



36% say lack of time is their main barrier to exercising more