

Wellbeing Index City Spotlight

Southampton

Southampton has slipped from 3rd to 7th place in the latest Wellbeing Index city league table.

Southampton is full of motivated, exercise driven residents. However, with less than half of people being offered physical activity provision by their employer, and close to the same amount saying their employers should support their physical wellbeing and fitness, there's a real opportunity to increase employee satisfaction and wellbeing in the city.



Exercise overview:

People in Southampton engage in exercise, with many working out regularly and for longer periods of time than other cities.

1 in 5

of respondents in Southampton exercise daily, while just 15% say they never exercise.

100%

of those who exercise take it seriously, working out for more than an hour per week.

25%

of people are members of a gym, scoring higher than the 22% average across all cities.



Lack of time is the main barrier to exercise for residents in Southampton.

Top types of exercise:



Walking/hiking



Gym sessions



Swimming

Motivations:



To stay physically healthy



To look good



To feel stronger

In the workplace:



7% of respondents have taken more than 15 days off for aches such as back pain, more than 3 times the national average.

Southampton is the only city where no one feels poorly supported by their employer when it comes to their physical wellbeing. However, only 7% of respondents cite support as excellent, so there's room for improvement. 44% of people felt support was only average and 16% felt it was below average.

58%

of people are offered no physical activity provision through work.

56%

of people agree that employers have a responsibility to support employees' physical wellbeing and fitness.

Of people that do have access to facilities, only 5% are offered an on-site gym or exercise classes despite these being top choices of exercise.

41%

say they use the facilities available to them at least once a week. However the same amount say they never do.



23% of people in Southampton said the facilities they have access to are not of a good standard - the highest to state this in the country.