

# Wellbeing Index City Spotlight

## Bristol

One of the most active cities in our survey, Bristol's overall city ranking jumped from eight to fifth place in the latest Wellbeing Index.

With above average levels of employer support, almost three quarters of people in Bristol exercise once a week. As well as being an active city, people in Bristol also scored their city highly when it comes to financial wellbeing, boosting their overall city ranking.



### Exercise overview:

Bristol is one of the more active cities with 71% of its residents working out at least once a week.

**23%** Almost a quarter of people exercise every day

**14%** Only 14% of people in Bristol never workout

**26%** Over a quarter of people who exercise do more than 2.5 hours a week.

24% of people in Bristol say running is their preferred type of exercise compared to the UK average of 18%.



Despite being an active city, 81% are not members of a gym.



### Opportunities:

Though Bristol companies have more on-site gyms than average, 13% of people say they are not sure what's exercises are best to do, so may benefit from on-site coaching or classes.



Nearly half of commuters in Bristol drive, and a further 20% take the bus or train.

The number of people cycling or walking to work is below the national average. As 27% of people in Bristol live less than four miles from work, there's an opportunity to encourage more active commutes.

### Employer support:



14% excellent



32% above average



40% average



9% below average



3% poor

Employers in Bristol were the second most supportive nationally when it comes to physical wellbeing.

**50%** However, half of workers in Bristol have no facilities available to them at work.

**40%** Of the workers who do have facilities, 40% use them once a week or more.

**15%** Of Bristol workplaces provide an on-site gym (national average 10%).

### Fast facts:



One third of people in Bristol say low energy is the main barrier preventing them from exercising more.



28% of people in Bristol sit for 9-12 hours, higher than the national average of 23%.