

# Wellbeing Index City Spotlight

## Glasgow

Strong scores for social, physical and mental wellbeing see Glasgow rise from thirteenth to tenth place in the middle of the pack.

With one in four people exercising for more than 2.5 hours per week, Glasgow was one of the most active cities and 44% of respondents say they're happy or very happy with their physical wellbeing.



### Exceeding expectations:

**53%**

Meet or exceed the NHS weekly exercise guidelines

**18%**

Exercise every day

### Employer support:

**65%**

believe employers should support their team's physical wellbeing

**44%**

don't have any basic fitness facilities at work

Of those that do have some on-site fitness facilities, the most common facilities are:

### Preferred type of exercise:



Walking/hiking  
66%



Running  
21%



Swimming  
17%



Showers  
32%



Changing rooms  
22%



Bike park  
22%

### Barriers & motivations:



34% say the main barrier stopping them from exercising more is a lack of time.



57% of respondents say their main reason for exercising is to stay physically healthy.



Those that have facilities at work use them regularly: 18% say they use them every day.



10% of businesses in Glasgow offer on-site exercise classes, slightly above the national average of 9%.



14% have access to an on-site gym versus the national average of 10%.