

Wellbeing Index City Spotlight

Leeds

High scores for financial, social and physical wellbeing see Leeds climb three places to take eleventh place in the overall city ranking.

Though less than half of people in Leeds are aware of the NHS guidelines, the city is significantly more active than others surveyed with strong support from employers and over 20% exercising daily. Though time was the main barrier in the rest of the UK, low mood is the main thing that stops Leeds residents from getting more active.



Exercise overview:



Employer support:



Top types of exercise:



Walking/hiking
57%



Swimming
21%



Running
18%



29% are a member of the gym, more than the national average of 22%

Motivations:



To stay physically healthy
52%



Mental health
18%



To look good
11%

Barriers:



Low energy
33%



Low mood
27%



Lack of time
23%

People in Leeds prefer to workout in the evening, in contrast to the national preference for morning workouts



29% walk to work versus the national average of 23%