Wellbeing Inclex 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:

47%

know the NHS exercise guidelines

40%

meet or exceed the recommended weekly amount of exercise

22%

exercise every day, whilst 16% say they never workout

Employer support:

69%

believe employers have a responsibility to support staff with their physical wellbeing

61%

have access to on-site facilities compared to the national average of 47%

17%

Motivations:

feel excellently supported for their physical wellbeing versus an average of 14%

Top types of exercise:



Walking/hiking 57%



Swimming 21%



Running 18%



To stay physically healthy 52%



Mental health 18%



To look good 11%

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

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%

Barriers:



Low energy 33%



Low mood 27%



Lack of time 23%

