

Wellbeing Index City Spotlight

Manchester

Maintaining its position at twelfth place in the city ranking, Manchester's mediocre performance when it comes to mental and physical wellbeing prevents the city from scoring higher.

The UK's second city really falls behind when it comes to physical wellbeing. With the majority of people unaware of the NHS exercise guidelines, a huge 76% of people in Manchester aren't getting enough physical activity.



A sedentary city:

12% of respondents exercise every day, compared with the national average of 16%

26% of respondents say they never exercise, a higher quantity than the national 18%

57% don't know the NHS's recommended weekly guidelines on exercise.

Desk life:

32% sit for more than 9 hours a day (national average 26%)

48% don't have any fitness provision at work (national average 44%)



Only 5% have access to an on-site gym despite 19% saying it's their preferred type of exercise

Top types of exercise:



Walking/hiking
68%



Swimming
21%



Running
20%

Of employees that do have facilities, 42% say they never use them, significantly higher than the national average of 31%.



22%

say facilities aren't a good standard



20%

say they aren't sure what's best to do

Motivations:



To stay physically healthy
45%



To boost mental health
22%

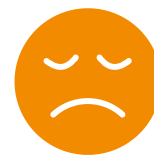


To look good
14%

Barriers:



Lack of time



Low mood



Low energy