

Wellbeing Index City Spotlight

Nottingham

Nottingham scores well in all aspects of wellbeing, narrowly missing the top spot to take second place in the city ranking.

Almost three quarters of employers in Nottingham offer on-site fitness facilities — the highest percentage in the country. But with long commutes and busy schedules, not everyone manages to make the most of them.



Exercise overview:

53% More than half of respondents know the recommended guidelines of 150 minutes of exercise a week

80% Don't manage to reach the recommended weekly amount of exercise

24% Sit for 9 or more hours a day

Top types of exercise:



Walking/hiking
69%



Running
22%



Gym session
19%



On-site gym
17%



Exercise classes
12%

Motivations:



To stay physically healthy
45%



To boost mental health
22%

12% say they're proactively making changes to reduce sedentary time despite 56% saying they're worried or very worried about the health risks

Supportive employers:

74% Three quarters agree employers have a responsibility to support their physical wellbeing.

73% Have access to fitness facilities, much higher than the UK average of 54% average.

Facilities provided:



Showers
42%



Bike park
42%



Changing rooms
32%

46% don't use the facilities provided by their employer. However, 35% use them at least once a week.



Lack of time is the main reason for employees not using the facilities.



15% say low energy stops them using the facilities more



46% of people that work in Nottingham live over 11 miles from work. These long commutes may be contributing to a lack of time to use the facilities provided.