

Wellbeing Index City Spotlight

Plymouth

Britain's Ocean City, has climbed from 9th to 3rd place in the Wellbeing Index city league table — our benchmark for wellbeing across the UK — securing them a top spot for their overall wellbeing.

Plymouth is an active and motivated city with a higher than average number of people taking part in regular exercise. However, almost three quarters still fail to meet the NHS guidelines for physical activity. With over half the city saying they're offered no physical activity provision by their employer, there's a perfect opportunity for businesses to step up and further support the health and wellbeing of their people.



Exercise overview:

Plymouth is a city of active residents: over half of respondents surveyed for the Wellbeing Index say they regularly exercise.

27% Over a quarter of people say they get the NHS recommended amount of exercise a week compared with the national average of 20%.

10% One in ten people say they never get the recommended amount of exercise, while 16% say they get more than 150 minutes a week.

Only 13% say they never exercise, which is the lowest amount nationwide.

Top methods of exercise:



Walking/hiking
69%



Swimming
21%



Running
19%

In the workplace:

When it comes to their physical wellbeing, people in Plymouth are more supported by their employer than average in the city league table: 16% praise their employers as excellent.

48% but average is the key word, as 48% of people say support from their employer is simply average.

55% of respondents from Plymouth are offered no facilities at their place of work.

Those that do have facilities however, are big fans, as 35% use them everyday, the highest amount nationwide.

Most common facilities:



Showers



Changing rooms



Bike park



60% of people often sit for more than an hour, which is higher than the national average.



82% of people usually take a lunch break, and of those that do, over half usually or sometimes go outside for a walk.

47%

of people agree that employers have a responsibility to support employees' physical wellbeing and fitness.

17% only 17% of respondents are members of a gym: other cities in the Wellbeing Index had an average 22% gym member rate.

Staying physically healthy is the main reason for 64% of respondents in Plymouth to exercise.



The main barrier to exercise is a lack of time, as 43% cite this is an issue compared to an average of 32%

