Physical activity

Overview



The UK population is ~20% less active than the 1960s. Following current trends, it will be 35% less active by 20301



62% of Bolton adults are **active** enough for their health – **worse** than England²



Bolton's **active lives strategy** aims to create an **environment** where people are more active in their daily lives

Physical activity guidance for adults4



Move each week with a mix between:



 150+ mins moderate activity e.g. brisk walk



 75+ mins vigorous activity e.g. sport



- Build strength on 2+ days e.g. carry heavy bags
- Break up stretches of sitting

Health links

Physical activity can help to **prevent** and manage over 20 chronic conditions and diseases1



49% of Bolton residents with a disability or health condition are physically active (65% without)5



Physically inactive workers lose up to **4½ work days a year** compared to those who are active, through sickness absence and presenteeism⁶



Regular physical activity reduces the risk of 1:

- Hip fractures by up to 68%
- Dementia by up to 30%
- Type 2 diabetes by up to 40%



- Depression by up to 30%
- Breast cancer by 20%

Active travel



Bolton adults' active travel levels are worse than England but still2,5

- **52% walk** for travel in the past year
- **5% cycle** for travel in the past year



Many residents' journeys are short

• 47% are no more than 2km 25 mins walk or 10 mins cycle



20% of residents' journeys are commutes⁷ Workplaces can support their staff on active commutes all or part of the way8



Safety (road safety and personal safety) is the single largest barrier to transport cycling⁹



59% of GM residents agree **cycle paths** protected from motor traffic and walkers would help them cycle more9

Sport & leisure



Bolton has a range of sport and leisure



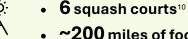
• 58 sports halls¹⁰



36 health & fitness gyms¹⁰



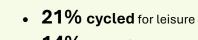
17 golf courses¹⁰



~200 miles of footpaths¹¹



Bolton adults did range of sport and leisure activities in the past year⁵



72% walked for leisure



14% played team sports

8% played racquet sports



10% played football



Physical activity

Children & young people



58% of Bolton young people are **active enough** for their health – **better** than England²



95% of Bolton young people agreed they **enjoyed** taking part in **exercise** and sports¹²



Bolton young people did a range of activities in the previous week:¹²

- 75% did team sports
- 70% did active play
- 59% walked for leisure/ transport

Physical activity guidance for young people⁴



- Aged 1-5 average of 180+ mins
 a day of activity across the week
- Aged 5-18 average of 60+ mins
 a day of activity across the week

Women & girls



Overall levels of physical activity are similar among men and women⁵



Women are less likely to **feel safe** using streets and public space – especially after dark¹³



Half of women aged 16 to 34 experienced harassment in the past year. Most often catcalls, unwanted sexual comments and whistles¹³



In Greater Manchester **6%** of women **cycle once a week** compared to 14% of men.

29% don't now but would like to9



82% of women felt **unsafe walking alone after dark** in a **park** or other open space compared to 42% of men¹³

 Inequalities where traffic free active travel routes run through these spaces

Older people

Levels of inactivity increase with age

Bolton adults who are active for less than 30 mins a week:⁵



- 20% at age 35-54
- 28% at age 55-74
- 51% at age 75+



People aged 55+ across England did a range of activities in the previous year:5

- **84%** walked for leisure/ transport
- کے ک (40)
- 73% gardened
- 22% cycled for leisure/ transport
- 18% did adventure sports
- 14% danced



To stay healthy older adults should be as active as younger adults plus4:

Improve balance 2 days a week
 e.g. dance, bowls, tai chi

References

Produced March 2025

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