

# HOW MUCH DO YOU MOVE?

## PUBLIC SURVEY

## SUMMARY REPORT

Results from [Insight@hullcc.gov.uk](mailto:Insight@hullcc.gov.uk)

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## About This Survey

The benefits of physical activity have a big impact on physical and mental health. Becoming more physically active is all about feeling better.

Hull City Council sought to understand how people in Hull engage in physical activity, what they enjoy doing or would like to do, what prevents them from undertaking physical activity, and how we can encourage them to engage more.

The feedback will be considered so that as a city, we can make changes to create a healthier environment for people to be active and reach their potential.

The survey was open for six weeks throughout April and May 2025.

An electronic survey was made available on Hull City Council's Your Say engagement platform, was publicised to members of Hull's People's Panel, and was shared via social media, partners and voluntary community groups.

Paper versions of the survey were also made available and used as part of face-to-face engagement with stakeholders.

**Overall, 849 respondents have completed this survey.**

This provides a **confidence level of 95% with a confidence interval (margin of error) of approximately 3.36%.**

**The following results therefore meet both Hull City Council and industry standards.** We can be confident that if the survey were to be repeated again, similar results would be produced.

## Respondent Characteristics

**Q. In which of the following age ranges are you?**

Under 16	4.4%
16 - 24	4.4%
25 - 34	15.8%
35 - 44	25.1%
45 - 54	17.2%
55 - 64	17.7%
65 - 74	12.3%
75 +	3.5%

**Q. What sex were you registered at birth?**

Female	77.4%
Male	22.6%

**Q. Is the gender you identify as the same as your sex registered at birth?**

Yes	98.7%
No	1.3%

**Q. If no, please tell us how you describe yourself?**

Female	9.1%
Male	27.3%
Gender fluid	-
Gender non-conforming	9.1%
Non-binary	45.5%
Trans female / MTF	9.1%
Trans male / FTM	-
I describe myself some other way	-

**Q. Which of the following best describes you?**

White - British / English / Welsh / Scottish / Northern Irish	90.7%
Other White	2.9%
Black / Black British	2.4%
Asian / Asian British	2.0%
Mixed / Multiple ethnicities	0.7%
Arab	0.2%
Other	1.1%

**Q. Are your day-to-day activities limited due to a health problem or impairment which has lasted, or is expected to last, at least 12 months? (Please include conditions such as mental health issues or those related to ageing).**

Yes, a little	24.5%
Yes, a lot	12.7%
No	62.8%

**Of the 37% of respondents who answered Yes:****Q. Do any of the following illnesses or impairments limit your ability to undertake physical activity as much as you would like to?**

Mental health condition	28.6%
Mobility impairment (not a wheelchair user)	26.9%
Hidden impairment (including diabetes)	21.9%
Motor skills impairment (including arthritis)	18.5%
Other	18.5%
Medical condition / medical-related impairment (including HIV and cancer)	13.5%
Neurodivergence (including ADHD)	9.8%
Autistic Spectrum Disorder	8.4%
Prefer not to say	6.1%
Cognitive or learning difficulty (including dyslexia)	5.4%
Deaf, hearing impaired or hard of hearing	4.7%
Neurological impairment (including epilepsy and brain injury)	4.4%
Blind, visually impaired or partially sighted	2.4%
Mobility impairment (wheelchair user)	2.0%
Personal assistance user	2.0%
Physical disfigurement	1.0%

## Your Current Levels of Physical Activity

**Q. How would you currently rate the following?**

	Your Physical Health	Your Mental Health
Very poor	2.5%	3.3%
Poor	13.0%	11.1%
Neither poor nor good	25.3%	21.3%
Good	45.6%	50.5%
Very good	13.6%	13.8%
Negative: Very poor or Poor (combined)	15.5%	14.4%
Positive: Very good or Good (combined)	59.2%	64.3%

Physical activity is any bodily movement that requires energy. It includes a range of activities like walking, cycling, active travel, sports, and even household chores and gardening.

**Q. On a scale from 1 to 5, where 1 is not at all physically active, and 5 is very physically active, how physically active would you say you are?**

1 – Not at all	4.0%
2	13.9%
3	38.5%
4	27.5%
5 - Very	16.0%
Low Physical Activity: 1 & 2 (combined)	17.9%
High Physical Activity: 4 & 5 (combined)	43.5%

Moderate physical activities noticeably raise your heart rate and breathing, allowing you to still talk but not sing. Examples include activities like brisk walking, riding a bike, dancing, water aerobics, and household tasks like mowing the lawn, and washing windows.

Vigorous physical activities are those that elevate your heart rate and breathing significantly, making it hard to talk or sing. Examples include activities like running, swimming, sports like basketball or tennis, and household tasks like hoovering the stairs, and gardening.

**Q. In a usual week, do you take part in at least 150 minutes of moderate-intensity activity, or 75 minutes of vigorous-intensity activity?**

Yes	51.8%
No	37.8%
Not sure	10.4%

**Q. Do you believe that you are as physically active as you can be?**

Yes - I already do as much physical activity as I can	20.7%
No - I would like to do more physical activity than I currently do	71.9%
No - but I do not want to do any more physical activity than I currently do	5.2%
Not sure	2.2%

## Types of Activity

**Q. Do you currently regularly do any of the following physical activities?**

	Yes	No – but I would like to	No – and I have no interest in doing so
Moderate to heavy housework / gardening	72.4%	15.5%	12.1%
Walking (inc. getting from A to B, dog walking)	82.5%	14.3%	3.2%
Cycling	19.9%	33.8%	46.3%
Jogging or running	21.3%	27.7%	51.0%
Swimming	17.9%	48.5%	33.6%
Organised sport (e.g. football, netball, tennis)	10.6%	20.5%	69.0%
Aerobic / keep fit class (e.g. step, Zumba)	14.3%	38.4%	47.2%
Muscle strengthening class (e.g. yoga, Pilates)	19.4%	49.6%	31.1%
Gym / weight lifting (inc. circuit training)	23.6%	39.2%	37.3%
Gymnastics	1.7%	11.6%	86.7%
Martial arts	2.9%	17.2%	79.9%
Dancing / dance class	7.3%	33.9%	58.8%
Adaptive sports and physical activities for individuals with disabilities / impairments e.g. wheelchair users	1.7%	10.5%	87.7%

**Q. Do you currently regularly do any of the following to be physically active?**

	Yes	No – but I would like to	No – and I have no interest in doing so
Use a gym, leisure centre or sports facility	32.0%	44.1%	23.8%
Use local parks and open spaces	61.4%	23.4%	15.2%
Use equipment at home (e.g. weights, videos, static bike)	34.2%	31.1%	34.6%
Take part in a community led class or team (e.g. Zumba, football)	15.0%	38.4%	46.6%
Use a bike and or / walk to travel about the city	49.6%	23.8%	26.6%
Walk or cycle short distances (e.g. to shops, GP etc) rather than use a car	76.2%	15.3%	8.5%

### Barriers To Being Physically Active

**Q. Which of the following most prevent you from undertaking any / more physical activity?**

Please tick up to five boxes

The cost is too high	42.1%
I don't have enough time	40.3%
Low mood / lack of motivation	26.7%
Home / job responsibility	26.2%
The times are not convenient	22.6%
I can't commit to attending every week	21.7%
Lack of confidence in ability	16.9%
Lack of confidence in new situations	16.6%
I have an illness or impairment that makes physical activity difficult	16.1%
The venues are not in a convenient place	14.9%
My age	11.9%
Lack of information about what is available	11.4%
My physical appearance	10.7%
Fear of injury	9.8%
Getting to a class / gym / pitch	9.3%
Lack of crèche / childcare	8.8%
There are no classes, sports or activities I am interested in	7.3%
I don't enjoy sport / physical activity	7.2%
Nothing in particular prevents me	6.6%
Other	5.2%
Need to purchase equipment	5.1%
The venues are not accessible to me	5.0%
I don't feel safe	4.9%
Lack of (regular) transport	4.1%
Lack of social support (from family, friends or employer)	3.6%
Lack of access to green space	2.5%
My gender	1.8%

### Motivations For Being Physically Active

#### Q. What would be the main benefits for you to be more physically active?

Please tick up to five boxes

Improved physical health overall	84.6%
Improved mental health overall	60.6%
Weight loss	53.4%
Stress relief	47.6%
Strength / muscle toning and building	42.2%
Better sleep	38.1%
Increased energy	37.7%
Improved self-esteem / confidence	27.4%
Time away from house / "me" time	19.3%
Better brain function	13.7%
Opportunity to make new friends	11.7%
Opportunity to socialise with friends	8.2%
Other	1.5%
I don't think there are benefits to being physically active	0.5%
I don't know what the benefits are to being physically active	0.4%

#### Q. Which of the following would most encourage you to undertake any / more physical activity?

Please tick up to five boxes

Low cost / free sessions and classes	41.7%
Activities available at a range of times to suit me	37.3%
Being able to exercise at own pace	32.4%
If the venue was convenient to me (e.g. in walking distance, on a bus route)	27.3%
Activities designed for people like me (e.g. age, gender, ability)	18.7%
If everyone was the same level as me	14.6%
If I could exercise from home	14.6%
Informal drop in / taster sessions	14.2%
Activities designed for people who are less active / able	13.9%
If there were more classes / sports that I wanted to take part in	13.8%
If I could exercise one-to-one with a trainer	13.6%
Being able to take part with my family	12.3%
Being able to take part with a friend / friends	11.9%
Better information on what is available	10.7%
Improved, safer, green open spaces	10.0%
If I didn't have to attend a venue	8.8%
Crèche / child care facilities	8.8%
Incorporating activity into my everyday life (e.g. walking between places)	8.7%
Free provision of specialist equipment needed to take part	7.8%
Work / education-based policies that encouraged physical activity	7.8%
If I could get support from a trainer online or over the telephone	6.9%
Other	6.5%
Help with transport	6.4%
Nothing would encourage me to undertake any / more physical activity	4.3%

### Attitudes to Physical Activity

#### Q. To what extent do you agree with the following statements?

	Strongly disagree	Disagree	Neither	Agree	Strongly agree
I understand the importance of an active lifestyle	1.8%	0.5%	2.0%	30.7%	65.1%
I have the <u>opportunity</u> to be physically active if I want to be	3.0%	8.8%	18.7%	42.1%	27.4%
I have the <u>ability</u> to be physically active if I want to be	2.3%	7.1%	14.1%	44.9%	31.6%
Being physically active contributes to my mental wellbeing	1.7%	1.0%	8.9%	38.9%	49.6%
Being physically active contributes to my physical health	1.8%	1.0%	4.2%	36.7%	56.3%
My friends and family are physically active	3.2%	13.4%	35.6%	35.3%	12.5%
Hull is set up in a way that makes it easy to be physically active (e.g. there are good paths for walking and cycling, quality parks and green spaces to use etc.)	6.9%	17.7%	28.9%	35.8%	10.7%
I feel safe accessing green spaces and parks in Hull	13.0%	22.3%	27.7%	27.7%	9.3%

	Negative: Strongly disagree and Disagree (combined)	Positive: Strongly agree and Agree (combined)
I understand the importance of an active lifestyle	2.3%	95.8%
I have the <u>opportunity</u> to be physically active if I want to be	11.8%	69.5%
I have the <u>ability</u> to be physically active if I want to be	9.4%	76.5%
Being physically active contributes to my mental wellbeing	2.7%	88.5%
Being physically active contributes to my physical health	2.8%	93.0%
My friends and family are physically active	16.6%	47.8%
Hull is set up in a way that makes it easy to be physically active (e.g. there are good paths for walking and cycling, quality parks and green spaces to use etc.)	24.6%	46.5%
I feel safe accessing green spaces and parks in Hull	35.3%	37.0%

**Q. And how much do you agree with the following statements?****I am encouraged to lead an active lifestyle by .....**

	Strongly disagree	Disagree	Neither	Agree	Strongly agree	Don't know / NA
My family	4.6%	12.5%	27.0%	34.2%	18.8%	2.9%
My friends	4.0%	12.7%	34.1%	31.0%	13.1%	5.0%
The health services I interact with	4.4%	13.3%	38.9%	24.4%	7.8%	11.1%
My education setting / workplace	6.4%	17.2%	35.3%	20.4%	7.4%	13.4%

**Don't know / Not applicable responses removed:**

	Strongly disagree	Disagree	Neither	Agree	Strongly agree
My family	4.7%	12.9%	27.8%	35.2%	19.4%
My friends	4.3%	13.4%	36.0%	32.6%	13.8%
The health services I interact with	4.9%	15.0%	43.8%	27.5%	8.8%
My education setting / workplace	7.4%	19.8%	40.8%	23.5%	8.5%

	Negative: Strongly disagree and Disagree (combined)	Positive: Strongly agree and Agree (combined)
My family	17.6%	54.6%
My friends	17.7%	46.4%
The health services I interact with	19.9%	36.3%
My education setting / workplace	27.2%	32.0%

**Q. What phrase do you like best to encourage people in Hull to move more and be more active?**

Get Hull Active	31.4%
Get Hull Moving	21.8%
Hull on the Move	16.8%
Hull Moving Together	11.5%
Moving More Together in Hull	6.4%
Other	5.2%
Move More Hull	4.9%
Hull Move More	2.2%

## What other types of physical activity do you currently regularly do?

- 12 hour shifts as a carer
- 13 and a half hour shifts constantly moving around, not sitting for most of it.
- 3 dance classes
- 5 in 5, NHS exercise suggestions.
- A bit of walking
- A little gardening
- A lot of walking and playing chasing grandkids
- about 8000 steps a day at work including stairs
- Activities on Nintendo wii
- Aerial dance
- Airsoft
- All exercise types covered
- Although predominantly low impact walking I use Kettle Bells.
- Apart from brisk walking none as I am aged 77.
- Aqua Light Gym Work to strengthen Knee
- Aqua aerobics Walking Yoga
- Aqua fit
- Aqua fit and Gym
- Aqua fit Aqua Zumba Swimming Dog walking
- Aqua Zumba, Dance fitness
- As a family we do a lot of long walks or hikes. I have a rowing machine that I use regularly and I engage in gardening on a regular basis.
- At home routine mixture of yoga and walking
- At weekends we regularly do walking/hiking in Welton, Ferriby, Walkington, Skidby areas etc - walking around 8-12 miles as well as going away on regularly walking short breaks.
- Atm i go for a walk most day and do at least 10k steps, i use my weights while watching tv & do housework daily. I hope to try to do some fitness classes at home but get distracted easily or my day fills up with other things.
- Attend the gym
- Badminton
- Ballroom and line dancing
- Be more active
- Being active with the kids at home and taking them to the park etc
- Body pump
- Bowls
- Boxing
- boxing football cycle climbing swimming running
- boxing, gym, singing, basketball
- boxing,football,rugby
- brisk walking for school run, everyday housework
- brisk walking, dancing and running in terms of playing with my child. workout videos when i can
- brisk walks on warmer, lighter evenings
- Cant do much due to knees
- Cant due to mobility
- Carxiac rehab, work
- chasing a 2 year old round all day haha cleaning dog walks
- Cheerleading BoxFit
- Circus skills
- Clean

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- cleanin
- Cleaning Keep fit
- Cleaning my house Gardening Caring for others
- Cleaning the house and garden, look after my children and play garden games in the summer with them, go swimming on weekends.
- Cleaning the house.
- Climbing
- CLUBBERCISE CLASS BUT HAVE NOT BEEN ABLE TO GO
- Cold water swimming. Power burn. Running. Yoga at home.
- Cross trainer at home
- Cross trainer at home, dog walking
- Current job means lots of walkingg
- Currently in hospital with a broken tibia after electrically assisted bike battery fell on it!
- cycle
- Cycle
- Cycle, walk, gardening, swimming, circuit classes, yoga and housework.
- Cycling
- cycling and dancing
- Daily Walks, weekly Cardiac Rehab. 5 sessions remaining
- dance 1hr a week walk 1 or 2 hrs a week with friend
- Dance class Weights session Combat classes Cleaning walking the dog
- Dance classes, swimming pool.
- Dance fit classes once a week..lots of walking every day.
- Dance/Walking /Gardening
- Dancing
- Dancing
- Datly physio exerctses6
- DIY.
- Do a fair amount of volunteering for local charities which includes a lot of heavy lifting and walking
- do it yourself and engaging in passtimes like singing in choirs
- Dog walk before and after work for 20 minutes
- Dog walking
- dog walking
- Dog walking
- Dog walking
- Dog walking
- dog walking
- Dog walking twice per day
- Dog walking, grass cutting and home maintenance .
- Dog walks Netball 1x week Household chores Teaching PE
- Dog walks, play football with my kids
- Ensure I get 10k steps in each day
- Evening walks
- Every morning I'll do a morning walk before work, and a lunch time walk on my lunch break. This will total around 4 miles. Evenings I tend to go to gym 3 nights per week and on a weekend I am most likely out on a walk somewhere
- Exercises at home
- Exercises set by physiotherapist for arthritis.
- Exercises to strengthen back bones.
- Fast walking in the park
- Figure skating

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- Fitness Class each evening during the week and two over a weekend
- Following YouTube exercises
- football and ruby
- Football
- football
- football
- football
- football
- football
- Football basketball cricket
- football rugby baseketball
- football rugby basketball
- football swimming climbing boxing running
- Football with east riding FA
- Football, Cricket, swimming, junior parkrun with my children
- Gardening
- Gardening
- Gardening
- Gardening
- Gardening and household maintenance
- Gardening and walking
- gardening at allotment
- Gardening decorating
- Gardening including heavy digging
- Gardening, but rarely intensive exercise. I'm in an exercise class prescribed by my physio, that's the only reason I can make time.
- Gardening, cleaning, decorating
- Gardening, Cycling around town, going to the gym to lift weights.
- Gardening, DIY
- Gardening, gym
- gardening, pushing a wheelchair as a carer
- Gardening, walking, karate, rowing machine
- Gen5le chair based exercise once a week
- Gentle walks
- Get Fit with Rick
- go for long walks bike rides spin classes
- Go swimming
- Going for a walk once a week about 3,000 steps.
- golf
- Gym
- Gym
- gym / boxing
- Gym walking
- Gym, basketball, walking
- Gym, running , football
- Gym, power walking, swimming. Also have started on walking with friends out of Hull in areas of natural beauty
- Gymphobics ladies gym 5/6 days per week Walk daily for daily shopping, general living. Housework When on holiday and not at gym do a lot of walking ( up and Down hills)
- hang on bars jump around the place like a monkey run around the garden/field piggy backing
- hang on bars gymnastics races run around
- Help my sons rugby team

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- Hike
- Hiking
- Hiking
- Hiking
- Hiking
- Hiking but have to leave the city to do a good hike
- Hiking in national parks
- Hiking on the WOLDS 10 miles each Monday to Friday weather permitting
- Home work outs, walking, running
- Home Workouts Badminton
- Horse riding
- House chores, walk, jog occasionally, hike
- House work Walking around work
- House work, walking on my lunch break
- Household work Sex
- Housework
- Housework, gardening, following Hull City, walking. Because of osteoarthritis in both knees I find I am limited.
- Housework, gardening, walking, yoga, workouts.
- Housework, yoga and domestic at home
- Housework/gardening
- I am a Qigong/Tai Chi instructor with no where to run a class. I taught at Nuffield health centre covering classes however they are not taking on new instructors despite being interested in Qigong. I am looking for somewhere to run my classes
- I am allways on the go with my 3 year old and 1 year old weather it's swimming, or at the park or on bike rides.
- I am limited to walking, I have arthritis.
- I am part of a running club called Fitmums and Friends. I run around 20-30km a week. I also do yoga, Pilates and strength training at home. I am the P.E coordinator at a local school too.
- I am restricted to walking due to severe Osteoarthritis in both knees and both hands too.
- I attend a specialist cardio rehab exercise class twice a week as part of my recovery after a heart attack last year
- I attend gym classes and walk with friends
- I currently do some physical exercise, my household chores and working.
- I cycle for two hours once a week I walk to the shops I take my Grandchildren to the park
- I cycle to work 4 days out of 5
- I did go to classes at Ennerdale, specifically yoga, but this facility is going to be closed for over a year for refurbishment. I don't have a car so it is difficult to attend classes at other HCC facilities due to the distance.
- I do a lot of walking and biking
- I do cricket session during and after school (during holidays).
- I do not do very much activity ,currently due to health both physicaly and mentaly , hope to do more in the future . I slowly walk around an area of green space local to where i live that is away from roads and traffic .
- I do online pilates classes at home, walk the dog and clean for 9 hour a week at work plus do housework jobs and gardening very occasionally at home
- I do push ups and Mountain Jacks
- I do shopping, cleaning, a bit of gardening, dancing and swimming.
- I do sit-ups and push-ups at home.
- I do stretches on bed for arms, legs, core
- I don't.
- I enjoy Bowls indoors, but the facilities in Hull are poor compared to those in the east riding
- I exercise at home and watch work out videos on YouTube
- i go to athletics every saturday and i have a bike what i ride when i play out

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- I go to sports centre
- I go to the gym 3 or 4 times a week and also walk every day too
- I go to the gym 4 times a week, spinning classes and yoga
- I go to the gym 5 time a week to do resistance training.
- I have a physical job where I am on my feet all day
- I have a stationary bike at home that can be used from a seated position and I do modified mat work from Pilates
- I have just joined a gym and will be restarting my running and doing weights 3 times per week.
- I have osteoarthritis and sometimes unsteady on my feet so unable to do physical activity, I occasionally use resistance bands to strengthen my leg muscles
- I have recently tried Silks, and pole fitness classes, I work late evenings and weekends so finding something else has been difficult.
- I honestly just walk for my exercise. I have been meaning to start running and swimming but haven't gotten around to it.
- I jog/walk at Parkrun every Saturday morning averaging 50 minutes of exercise.
- I keep as active as my pain will allow.
- I like to take a walk at least once a day and I really enjoy it
- I literally just walk a lot
- I mainly walk, i try to do an hour walk after work during the week, this sometimes does not happen though, but over the weekend I am actively walking. I also have a bike and inflatable kayak that i use when i can.
- I only go for a walk once a week as I have been shielding since covid pandemic and still avoid going on buses when it is too cold to open the window on the bus for ventilation.
- I play Golf every week and during summer more than once a week
- I regularly go for walks and sometimes do light stretching or yoga at home.
- I run at least 4 times a week, walk whenever i can
- I run on the treadmill every other day and walk on the treadmill on the days in between. I also occasionally go on bike rides and like to walk places
- I run, do youtube videos and do weights at home.
- I SOMETIMES DO AN AEROBICS DVD ON THE TV.
- I take part in judo which do 3 times a week
- I try and walk 30 minutes a day
- I try and walk most days, though since we lost the dog this is less. We are planning to get another dog in the autumn. I occasionally swim and cycle, but would like to do more
- I try to walk around 10k everyday. I sometimes do some activity using an app.
- I usually walk around an hour to 2 hours (5-10k) a day on the school run. As well as going for walks too.
- I volunteer at a community allotment and this very physical
- I walk 5miles everyday to keep fit
- i walk and run twice a week
- I walk at least 10,000 steps a day
- I walk everywhere
- I walk my dog around 30 - 60 minutes most days.
- I walk or run at least 3 miles every day, or at least 25 days a month if 'stuff' gets in the way. I do physical activities (sit-ups, press-ups, balance exercises) every day. Being retired makes this possible.
- I walk to work, even though I sometimes use my bicycle, that's on rare instances. With the nature of my work, I sometimes walk alot. And do some few house chores.
- I walk to work, walk to the shops. I also run a few times a week and enjoy Hull parkrun. I sometimes do yoga and online classes for strength and mobility
- I weifht lift 4-5 days a week, walk 10k plus dog walking one day a week plus daily short walks
- I work 3 Days a week for Hull4heroes veterans charity.
- I work in a nursery and prwschool woth children under 5yrs old, so it can be quite physically and mentally draining
- I'm on my feet a lot at work

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- Ice skating
- Im pretty sedentary
- I've been on a diet for a while overseen by a health advisor. I walk. I cycle, ( static ) and have various exercises to perform. Also under advice for hip/shoulder problems. Consider myself very active for a 72 year old!
- jiu jitsu football
- Just Gardening
- just a little walking
- Just cycling to work and walking
- Just dog walk but not far and not for long due to fibromyalgia and fatigue
- Just started to swimming again. More walking
- Just the Gym
- Just walk at work mostly on feet all day
- Just walking
- Just walking
- Just walking
- Just Walking
- Just walking and cycling
- Just walking and walking exercises on you tube
- Just walking around the house or local shop
- Just walking really
- Just walking.
- Just walking. Local shopping for other people.
- Just walking
- Just weights and running on treadmill at the gym at the moment. Signed up to do a10 reformer pilates classes.
- Karate
- Karate and work is physical
- Karate twice a week
- Kayaking
- Keep fit, open water swimming
- Les mills boy combat on the oculus vr and roller skating
- Les Mills Programme - veterans fitness sessions
- Light / moderate home exercise
- Loads of housework and gardening - chopping logs with a large axe
- Long distance walking, boot camp which involves weights, running, press ups, sit ups twice a week
- Long dog walks
- Look after grandchildren
- Looking after my small children
- Lots of walking
- Lots of walking, running after my child
- Mainly gym
- Mainly running and a gym class at Woodford
- monkey bars flip on trampoline run around the playground piggy backs
- Morning yoga / Pilates. Dog walking 4x daily. Hit 15k steps daily. Bike riding, outdoor activities.
- Most days spent on my feet, moderate to high activity at work, job entails constant tidying up after children.
- Mostly walking and hikes
- musical theatre
- My friends and I play table tennis once a week
- My job is fairly physical 3 days a week
- Netball

## OFFICIAL

- Netball, fitness class, gym
- netball, walking sometimes running
- Netball, Walking, Running and Cycling.
- Non not mentioned: 3-4 mile dog walk every morning. Midweek running 4-5 miles parkrun
- None - due to health conditions
- None - just weightlifting at the gym
- None at really
- None due to back and hip problems
- None I sit at work and sit at home
- None other than the ones listed
- None swim
- None, just regularly walk to/from work.
- None, other than walking
- Normal house hold
- Not a lot just walk to work.
- nothing additional that hasn't already been stated.
- nothing joints to painful
- Nothing organised but walking when I'm able housework gardening.
- Nothing other than running/walking and swimming.
- Nothing that hasn't already been covered. The majority of my physical activity comes from playing organised sports, or from housework, gardenwork and other DIY.
- Nothing... used to do a lot but purely down to time to do this at the moment.
- Occasionally swimming
- Occasionally walk and ride a bike
- Occationally hiking
- Often play rugby/football with my child in a open area.
- One floor of stairs at work a couple of times a day across three days a week
- Only walk
- Outdoor walks with my grandchildren once a week.
- Paddle boarding
- Park run and running at fit mums
- Parkrun
- parkrun
- physical job and walking
- Physical play with children ie building sandcastles
- Physical work.
- Physio exercise for recovery from knee surgery Gardening
- piggybacks
- Pilates
- Play football and netball and run
- play football with 8 year old grandson and other physical type activities
- Play football with grandson
- Play ice hockey
- play with my daughter, but have a very static job
- Play with my grandchildren
- Play with my grandchildren and take them to the park
- Playing with grandchildren.
- Pole dance
- Pole Fitness
- Pole fitness plus aerial hoops & silks
- Press -ups or push- ups
- Rablers walks

## OFFICIAL

- races hang on bars run around
- Regular at home exercise including treadmill
- Resistance bands, cross trainer, sex
- Rock climbing
- Rock climbing, pole dancing and aerial hoop and silks
- ruby football a bit of basetball
- Rugby
- rugby and football
- rugby tennis football basketball monkeybars boxing and gaming
- Run 3x week
- Run and also play over 50's football.
- Run around after kids
- Run around after my little boy!! Walking pad Hula hoop
- Run for 1 hour 3-4 times a week Walk dogs 1-2 times a day Home fitness routine 2 times a week
- Run, walk and cycle
- Run, walk gym, weights
- Running
- Running
- running
- Running
- Running 1 x 5k, 1 x 10k and 1 x 9 mile
- Running around after my children.
- Running Gym work out Yoga
- Running mostly.
- Running Walking dog walking
- Running, cardio/weights class, dance attack class and lots of walking.
- running, exercises classes (variety), gym, yoga, housework, dog walking, walking to work
- Running, netball, walking, cycling with children
- running, pilates
- Running, strength training, walking, yoga, step class
- Running, tennis, cycling, gym, circuit training
- running, walking to and from work. 3 yoga classes per week
- Running, when fit currently I have a leg injury which stops me running. Cycling, gardening
- Running. Round after kids!
- Said all I do
- School run
- School run
- Seated indoor bike and pilates
- Seated zumba, seated dance, seated hip n knee exercises. Via you tube at home.
- Short local walks, pilates, swimming in the summer and in holiday
- Singing in a choir
- skipping every so often, stretching
- Skipping rope
- Some walking. House work. Gardening.
- Squash
- Squash occasionally & Boxercise
- Squats during the day
- Stairmaster regularly
- STARTED CLUBBERCISE AGAIN THIS YEAR
- Stretch Aerial hoop Pole dance Burlesque Running Walking Yoga Pilates Skipping
- Stretch and tone classes Physically active at work

## OFFICIAL

- stretch arms on monkey bars cycling far away from home
- swim 1 mile per week
- Swim Dog walking Home workouts Started in the gym Exercise community class
- Swim twice a week Volunteer in a charity shop -on my feet and lifting and bending and carrying all day one day a week
- Swim. Badminton
- Swim. Yoga. Pilates. Walking
- Swimming
- Swimming
- Swimming
- Swimming
- Swimming archery gym weight jogging sprinting coldwater swimming
- Swimming and gym
- Swimming Walking
- Swimming with children once a week
- Swimming, aqua aerobics
- Swimming, running at the gym and long walks
- Swimming, walking
- Tai Chi
- Tai chi Gardening at allotment
- Tai Chi, choir
- Tennis Light weights Walking Cycling
- tennis football basketball cricket rugby and volleyball
- THE CLUBBERCISE CLASS I USED TO GO TO AND THE ZUMBA CLASS HAS NOW FINISHED.
- Trail running
- Treadmill
- Treadmill Dog walking
- Try to do the sit down stand up exercise without using ur hand
- Try to walk
- Trying to walk 7k steps a day.
- Use a rebounder
- use waits
- Walk
- Walk
- Walk 10 steps a day
- Walk daily Clubbercise class weekly
- Walk dog
- Walk every day
- Walk every lunch time at work & do daily short workout at home
- Walk most day's, attend a gym and do both cardio and weights. Circuit classes and biking
- Walk pad at home easy to fit around a busy life.
- Walk the dog
- walk to school and back for exercise, refusing get a lift. football every tuesday and saturday. house cleaning
- walk to the office twice a week, once a month walk to book club
- walk to work several days a week
- Walk, Swim, Dance
- walk/hike, run, fitness classes, housework
- Walking
- Walking
- Walking

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- Walking
- walking
- walking
- Walking Running
- Walking Housework
- Walking Step and box
- Walking 30 mins every day
- Walking 7 days a week
- Walking all day while at work
- Walking and cycling
- Walking and dance
- Walking and gym
- Walking and gym
- walking and hiking
- Walking and home work out via youtube
- Walking and pilates
- Walking and weights.
- Walking and yoga and Pilates
- Walking around town
- walking dog chasing child around home workouts
- Walking every day, days out, social classes 4 times a week
- Walking everyday with the pushchair and dog
- Walking Football
- walking for a short distance.
- Walking for pleasure at weekends, occasionally swimming or sea swimming
- Walking Household chores for myself and Father in law
- walking in green space like parks, do some activities with my children at home, walk with our service users on our charity
- Walking is my main physical activity and gardening in the summer months. Housework all the year of course.
- Walking is probably the only thing I do
- Walking is the main one - I aim for 10,000 steps a day and usually do this. Achilles injury at the moment, so not walking as far.

## OFFICIAL

- Walking keep fit
- Walking short distances and house chores
- Walking short distances occasionally
- walking short distances, very light gardening.
- Walking skipping
- walking to and from work walking around the city
- Walking to and from work. Walks around the local park / neighbourhood
- Walking to shops, housework and gardening
- walking to work totalling 6 miles a day
- Walking to work which is 25 mins each way, 2-3 times per week (hybrid working)
- Walking to work, grocery shopping, daily chores etc.
- Walking to/from and around town.
- Walking uphill weight training
- Walking, and cycling
- Walking, aquafit, strengthening exercises
- Walking, both for work purposes and personal Jogging and wimming; however this has currently reduced. I am working towards getting back to the same number of sessions I have done in the past. I am just lacking the motivation
- Walking, cleaning, strength training and yoga at home.
- Walking, cycling, gardening, housework etc
- Walking, cycling, gardening.
- Walking, gardening
- Walking, gardening and dancing
- Walking, gardening, household chores
- walking, gardening, activities with grandchild.
- Walking, horse riding
- Walking, machine workouts in gym
- Walking, press ups and squats
- Walking, running, weights, cycling
- Walking, yoga
- Walking, yoga, Pilates and circuit classes
- Walking. Cleaning. Playing with my kids.
- Walking/hiking and running. Gardening in own garden and as a volunteer at community projects. Pilates classes.
- Walking/running
- Walks on days out
- Weekend family walks.
- Weekly chair yoga Use a step at home to get small amount of activity
- Weight training at home Yoga Occasional treadmill use Walking
- Weightlifting x 4 sessions a week Cardio combat x3 Dance attack x2
- Wild swims
- Wood working
- Work
- Work
- Work
- Work as a carer so on my feet for 12 hours
- Work as a cleaner 22.5 hrs a week in a busy residential home
- Work based activity
- Work being a cleaner im on my feet for my shifts and then home to take care of children and do house work im always on the go
- Work involves physical use of force and running on occasions
- Work out every morning at 5am doing cardio from 5mi s to 15 mins

## OFFICIAL

- Work out video
- Work relates
- Work walk to shops
- Yard work at my stables
- Yoga
- Yoga
- Yoga
- Yoga classes Strength and mobilise classes Look after the grandchildren
- Yoga practice and teach yoga, walking cycling to work daily, swimming
- Yoga twice weekly
- Yoga twice weekly, walk when i can.
- Yoga walking bicycles Daily exercise
- Yoga, weights, cardio combat, dance attack
- Zumba class when I can afford it

**Are there any other types of physical activity which you don't currently do, which you would like to?**

- A community led "for fun" football group would be nice. I think with air pollution on main roads its hard to find a decent place to run outside.
- Adult dance classes Netball
- Adventurous outdoor activities: Orienteering Archery Axe throwing Zorb Kinball
- Aerobics
- Aerobics
- All sorts, but as a carer, most of my time is spent caring and working full-time. Gyms should be open later in the evening and earlier at the weekend to accommodate working carers.
- An organised sport such as tennis
- Aqua aerobics yoga pilates and any low impact exercise classes
- Aqua aerobics, swimming, gym/weight lifting, martial arts
- Aqua Zumba, swimming, weights yoga
- At home work outs
- Attend gym and more Zumba classes but can not afford
- Badminton
- Badminton
- Badminton
- baseball
- Baseball, batting cages, rounders, somewhere to play ball games safely without risking the public getting hurt by a stray ball.
- basketball
- Be involved in team sports, rounders.
- Begin to start running
- biking motorbiking quadbiking and gym
- Biking swimming
- Boot camps, outdoor exercise
- boxercise/boxing
- Can't due to mobility
- Chair exercise / standing exercise for the older people
- Chair zumba chair dancing gentle pilates
- circuit training, kettlebell classes
- Climbing frame exercises machine for adults outdoor
- Cycle
- Cycling
- Cycling
- Cycling
- Cycling
- cycling
- Cycling
- Cycling
- cycling ,gym and Zumba
- Cycling if it was safe to do so. Gym if I did not feel age was a barrier
- Cycling walking
- Cycling yoga tai chi
- Cycling, i cant do anymore due to the impact on wrist pain.
- Cycling, Swimming
- Cycling, swimming, walking, outdoor running (I do these just rarely)

## OFFICIAL

- Cycling.
- Cycling. Dance class in the dark (raver style). Walk more. More gardening.
- Dance
- Dance and walking
- dance class
- Dance class e.g salsa but for young people starting out (early 20s)
- Dance class or swimming
- dance gymnastics singer net ball
- Dance More cycling
- Dance northern soul
- Dance Self defence class
- Dance, gym
- Dance, gym just more exercise
- Dance/zumba type classes
- Dancing
- Dancing
- Dancing
- Dancing - day time, I would like to do dance classes or group dancing as I'm single I don't want to go and not have a partner though. There are not many available for my age group 65 plus.
- Dancing and swimming
- Dancing, rock climbing
- Dancing, tai chi, yoga
- Decorating
- Dodgeball
- dogeball
- Fitsteps, Zumba
- Football
- Football session, 5 a side
- Free diving Cycling Hiking
- General fitness classes. Tennis / badminton club.
- Gentle walks to start with
- Get back into swimming and gym
- Get back to the gym
- go to gym
- Go to the gym
- Go to the gym & do some other different exercises
- Going to the gym and swimming
- golf
- golf hockey
- Golf, Tennis, Cycling
- Gym
- Gym
- Gym
- Gym
- Gym
- Gym
- gym
- gym
- Gym - weights and exercise classes
- Gym (too young)

## OFFICIAL

- gym and i would benefit before my health in a specific area worsens
- Gym and swim
- gym but i am to young i am only 10 maby kids gym
- gym but too expensive swimming again too expensive
- gym classes
- Gym classes
- gym classes but there's cost and childcare time which puts me off. i probably could work around it but my heads not in it right now just trying to get by day by day at the min
- Gym classes such as LBT, dance, core
- Gym more
- gym or swimming
- Gym work
- Gym, but too expensive to join - work full time so must pay peak prices
- Gym, cycling more, dog walking etc but pain can be an issue
- Gym, exercise bike etc
- gym, swimming,
- Gym, swimming, zumba
- Gym, tennis
- Gym, zumba, swimming
- Gym.zumba.yuga
- gym/yoga classes/sports
- gymnastics
- gynastics
- hair and beauty
- Hiking, but I don't have a car to get to remote locations
- Horse riding
- Horseriding
- House cleaning
- Hyrox training
- I do enough to keep me busy
- I do inline skating and what is lacking is a smooth path of about 11 kilometres to be able to skate outdoors
- I DO NOT OWN A BIKE BUT IT WOULD BE GREAT IF YOU COULD BORROW A BIKE A CYCLE AROUND EAST PARK ON THE CAR FREE ROADS. I WOULD NEVER CYCLE ON ROADS, IT IS TOO DANGEROUS. I WOULD LIKE TO TRY A BEGINNERS CONTEMPORARY DANCE CLASS. THE NEW HULL DANCE CENTRE IS IN WEST HULL, THAT WOULD MEAN 4 BUSES TO GET TO A CLASS AND BACK HOME. IN EAST HULL WE HAVE LOST THE D'ANGELO DANCE CENTRE ON HOLDERNESS ROAD WHEN IT MOVED OUT OF HULL TO HEDON. I WOULD LIKE TO PLAY CRAZY GOLF OR PUTTING IN EAST PARK.
- I don't jog or run. I started this sometime ago on Pearson park but I noticed it's most often very quiet and scary so I had to stop.
- I enjoy badminton
- I enjoy dancing and team games but my abilities are limited.but too often the classes I find are taking place within my core working hours of 9-5
- I like swimming but haven't been for a while. I used to enjoy cycling but I find the roads quite dangerous with cars and the off-road cycle infrastructure is lacking on key routes
- i like take up zumba
- I like to ice skate but cannot afford it

## OFFICIAL

- I really enjoy swimming but due to osteoarthritis find it difficult getting in and out of the pool via the ladder
- I used to attend classes run by Active Hull etc
- I used to dance when I was younger so would love to get back into that.
- I used to do Karate which I enjoyed but couldn't keep to because of my work schedule, so I would like to get back to doing something like that.
- I USED TO GO TO ACTIVE HULL BALLET CLASS FOR 12 MONTHS AND THEN IT FINISHED. I USED TO LIKE PLAYING TABLE TENNIS IN THE MUSEUM QUARTER THEN THE TABLE WAS REMOVED. IT WAS GOOD EXERCISE ESPECIALLY BENDING DOWN TO GET THE BALL BACK.
- I USED TO LOVE THE ZUMBA CLASS AT WOODFORD LEISURE CENTRE. I THINK IT WAS ABOUT 7.45PM. I STOPPED GOING WHEN IT BECAME TOO EXPENSIVE. FITNESS CLASSES ARE NOW £7.00 FOR A CLASS ONLY 45 MINUTES IN LENGTH AT THE LEISURE CENTRES. A RETURN BUS FARE IS £4.50. SO THIS MEANS £11.50 FOR 45 MINUTES EXERSISE. I HAVE LOOKED FOR ZUMBA ON THE CURRENT WOODFORD TIMETABLE AND THERE ARE NO CLASSES. THE CLASSES ON OFFER AT WOODFORD LEISURE CENTRE ARE ALL AIMED AT PEOPLE WHO ARE NOT OVERWEIGHT AND ARE FIT SUCH AS STEP AEROBICS, WHICH WOULD BE TO HIGH IMPACT ON MY HIPS AND KNEES. BOX FIT CLASS AND HIIT CLASS ALSO HIGH IMPACT AND NOT SUITABLE FOR PEOPLE WHO ARE VERY OVERWEIGHT. ZUMBA WAS A CLASS WHICH DIDN'T INVOLVE HAVING TO BE ABLE TO GET ONTO THE FLOOR TO DO EXERCISES AND COULD BE FOLLOWED AT YOUR OWN LEVEL. I USED TO LIKE PLAYING TABLE TENNIS ON THE TABLE IN THE MUSEUM QUARTER UNTIL THE TABLE WAS REMOVED. I HADN'T BEEN USING THE TABLE SINCE THE PANDEMIC BEGAN BUT WHEN I STARTED GOING IN TOWN AGAIN THE TABLE HAD BEEN REMOVED. IT WAS EXERCISE ENOUGH JUST BENDING DOWN EACH TIME TO PICK UP THE BALL EVERY TIME IT FELL ON THE GROUND. CURVE OR VERY OVERWEIGHT PEOPLE ARE NOT CATERED FOR AT WOODFORD LEISURE CENTRE ANY MORE SINCE THE ZUMBA CLASS IS NO LONGER OFFERED. YEARS AGO THERE ALSO USED TO BE A ZUMBA GOLD CLASS AT WOODFORD LEISURE CENTRE FOR OLDER PEOPLE. I WOULD NOT USE A TABLE TENNIS TABLE IN A BUSY AREA WITH PEOPLE WALKING PAST SO THIS LOCATION WAS IDEAL.
- I used to take part in Ballet classes but the teacher had to stop the classes due to cost and lack of attendance to make it viable. The same thong happened with an Irish dance class I used to attend. There are other Ballet classes however these are too expensive to attend regularly. With cost of living crisis hitting the hard, its a case of having to give up attending classes in order to pay the bills. I also used to attend an aqua fit class, but again the cost of attending every week has become too much for my limited budget.
- I used to visit Ageuk gym in Porter St. But unfortunately that closed. Prefer activities amongst my own age group. Would love to swim but again in my own age group.
- I want to learn rock climbing
- I was a member at ennerdale leisure centre until i found out they were closing this month & my yearly membership ran out last month. I would love to still go to woodford but i dont drive so i couldnt go anywhere near as often & its just so expensive now. I would like to cycle but the cycle paths are not good enough, i would go to any park free or low cost classes to keep fit that are close by. I would love to do more weights & do a weights class for newbies. I think there should be more free classes which are funded to promote a healthier more active living.
- I wold walk and cycle in Hull for pleasure as well as out of necessity if the environment around me were nicer

## OFFICIAL

- I would cycle more if Hull had decent infrastructure. The current cycling infrastructure is shamefully appalling.
- I would like a bike to go on bike rides with my daughters and I would like to put my 3 year old in a sport like football or something
- I would like a running club but I don't have time at the minute
- I would like to attend exercise classes and strength training classes and maybe some sort of dance class
- I would like to be able to use a warm pool and do exercise as I used to at Age UK in Hull. I have a bit of arthritis, and using a warm pool seems to help.
- I would like to be fitter. I would like to do exercises to improve strength, balance and posture.
- I would like to be more active in general
- I would like to do aqua aerobics but the cost is prohibiting me.
- I would like to do gentle yoga class but cannot find a local class
- I would like to do start yoga or martial arts
- I would like to exercise much more but cannot due to a health condition which impacts my energy levels
- I would like to find regular free exercise classes
- I would like to go swimming and to the gym but it's very expensive to do so and being on maternity leave it's not something I can afford to do on a limited income
- I would like to go swimming but the cost is too high
- I would like to go to a dance class out of school because I really enjoy dancing
- I would like to go to the gym but it's too expensive
- I would like to join a gym I am looking in to 24 hour gyms
- I would like to join classes in a gym and to be able to use gym equipment.
- I would like to return to Pilates or so more stretching
- I would like to see a stretching class for the elderly within a swimming pool
- I would like to start jogging and yoga
- I would like to swim but cannot due to a skin condition
- I would like to swim more
- I would like to take up an outdoor physical activity, hill walking, climbing, etc
- I would like to take up yoga
- I would like to try a static exercise bike but my knees are still a problem.
- I would love to be able to go to classes for help and encouragement for things like yoga, hiit, boxercise, dance/zumba, water aerobics
- I would love to join a dance class but there aren't any for adults that are also social affairs, it's all very competitive.
- I would love to learn to swim and do swimming on a regular basis in my local pool, unfortunately at my age I no longer have the confidence to do so. I'm also thinking of purchasing a walking machine (but a mini one which I can fold up and not take up too much room) - currently researching this.
- I would really like to find a team sport or activity, suitable for a midlife woman like me. I found walking netball, but it's too expensive. I would also like to find somewhere affordable to play table tennis and go for a swim, but again, they're quite pricey.
- I would really love to be in a dance team because I just have a passion for it.
- I would struggle due to working shifts. I would like to go cycling.
- I'd love to do more paddleboarding
- I'd like to do more swimming as my gym has a pool, and I want to try out yoga or pilates.
- I'd like to start swimming and using weights a bit more to help tone up but gym membership is expensive for me

## OFFICIAL

- I'm looking forward to trying Padel when it opens on National Avenue. It would be great though to be able to walk to a more locally convenient Padel site, say East Park for example. However, I don't feel that our city council takes physical activity serious enough. It's always left to private industry to develop new sports sites. East Park is vastly under used and has so much potential. Too much underused space.
- Indoor cycling
- Instructor led yoga or pilates
- Joga,swimming, dancing
- Jogging
- Join a gym
- Join a gym or group activity
- Joint pain management
- Just as mentioned
- Kayaking Pilates
- Keep fit
- Keep fit, Pilates, yoga
- kratey and a dance class
- Learn to swim, learn to ice skate
- Like to do zumba or try pilates
- Like to use a push scooter
- Line dancing
- Line Dancing ..Tai Chi
- Line Dancing, Tai Chi
- Lots of stuff but am hampered by moderate COPD and anaemia.
- marcetals arts I am starting today
- Martial arts , rugby
- Martial arts and group fitness sessions I used to attend the HULL FC Community sessions but have stopped due to costs now being implimented
- martial arts, self defence, boxing, improve strength like with weights but i can't go gym because there arent any good women only gyms near me, i want to go on more walks but i dont feel safe leaving the house
- Martial arts, swimming, gymnastics
- Maybe cycle, I do not have a bike
- Maybe some low weight training, cycling and swimming
- Maybe the gym but at the moment I am happy doing exercise at home. I want to start HIIT workouts
- Maybe yoga however time and money makes this tricky
- More exercise
- More fitness classes Outdoor / wild water swimming
- More Gym
- More gym classes
- More gym classes- woodford have limited availability and often cancel classes
- More hiking
- More outside exercise. There should be more clibs allowed to teach in our park spaces which have great accessibility Park Training Initiative etc.
- More Pilates and yoga classes
- More running
- More running/ running clubs
- More sports
- More strength training
- More swimming (currently usually only on holiday or spa breaks)
- More swimming, more strength training

## OFFICIAL

- More walking, but not along busy roads.
- more walking, cycling, dancing but not always accessible with being a single parent and working full time
- More walking. Group class, yoga, dance,
- More walking. Maybe attend a gym
- More walking. Toning upper body
- More weight based exercise, dance based exercise and increase my fitness by working out more.
- N/A. Main activity that I would like to do more that I currently don't do is swimming.
- Nature walks
- netball
- No- Maybe cycle to work but the cycle paths on Hedon road are usually full of glass and debris because they don't get swept enough and I don't want to risk getting a puncture. Fumes from the traffic can also be an issue
- No not at my age!
- No, but I'd like to do more of what I already do at home as it suits me, having young children, to do things at home.
- No, I have tried many activities and found weightlifting is what I love
- None - too busy
- Nordic Walking class in East Park in an afternoon (there is already plenty of activities taking place in a morning in Hull). Latin dance Fitsteps class, Zumba class and Clubercise class or Glow Fit class in the dark with glow sticks. Latin line dance class - where you do not need a partner. Fun tennis, pickleball, table tennis, badminton courts set up where you can just have fun and hit the ball back and forth - no scoring or rules. I hope the Active Hull scheme is started back up. I used to go to the Nordic Walking class in East park, Active Hull tap dancing class at Andrew Marvell school and Active Hull ballet class in 2016 at Durham street, Holderness Road and Fitsteps Active Hull class on Holderness Road. I went to the Active Hull taster evening at Woodford leisure centre with my mum which was great fun as you could try out lots of different activities - the squash court etc which I would never normally try. There is already plenty of sport groups in Hull offering football, boxing, rugby and team sports, walking football etc. Some classes are needed for people who don't like team sports and are not doing much exercise since the active Hull classes finished about 9 years ago. I still have my Active Hull vest top, hooded top and Tshirt which I got each time I went to a class 10 times. I do hope the council restart the Active Hull scheme and loyalty card where your card is stamped when you go to a class. It made going to the class and doing exercise each week a habit as you wanted to be able to get your Tshirt which we all then wore to the class each week. The council offer free swim sessions every year but not everyone who is very overweight wants to wear swimwear. I would think some free Zumba classes would be cheaper to be held at Woodford leisure centre as they don't require cleaning of a pool and changing rooms. Please consider restarting the Active Hull programme at council run leisure centres, East park and main roads leading into Hull, not out of the way places which require 4 buses.
- Not applicable
- Not at the moment
- Not at the moment
- Not currently
- Not fit enough for anything strenuous
- Not particularly due to not having time with young children
- not particularly. Gymphobics suits me - friendly ladies only safe place
- Not really
- not really

## OFFICIAL

- Not sure
- Not that I can think of
- Nothing springs to mind
- Open water swimming, obstacle courses,
- Organised long distance walks with kids Organised cycle rides with kids
- Organised sports like netball ect
- Outdoor gyms, but there's not many available. usage of running tracks, but again there's only one in the area.
- Outdoor park exercises
- Over 30s competitive sports
- Park Run, and jogging
- Petanque
- PICKLE BALL, BADMINGTON, ZUMBA GOLD - THERE USED TO BE AN AFTERNOON CLASS AT WOODFORD LEISURE CENTRE MAYBE 10 YEARS AGO. I WOULD LIKE TO BORROW A BIKE AND CYCLE AROUND EAST PARK WHERE IT IS CAR FREE. I DO NOT HAVE A BIKE TO TAKE TO EAST PARK. FIT STEPS OR LATIN IN A LINE DANCE CLASS, SWING BALL, TABLE TENNIS - I USED TO PLAY WITH MY FAMILY WHEN I WENT IN TOWN WHEN THERE WAS A TABLE IN THE MUSEUM QUARTER BEFORE THE PANDEMIC BEGAN. I USED TO GO TO AN ACTIVE HULL TAP DANCING CLASS ONCE A WEEK AT ANDREW MARVELL SCHOOL IN 2014. AN AFTERNOON WALKING GROUP AROUND EAST PARK WITH A DIFFERENT ROUTE AROUND THE PARK EACH WEEK. I USED TO GO TO A NORDIC WALKING GROUP AROUND EAST PARK.
- Pickleball, line dancing
- Pilates
- Pilates
- Pilates and yoga - there are not enough spaces for working people. Most classes occur during the day.
- Pilates Dance Classes
- Pilates, weights - need to build up muscles and lose fat.
- pilates, yoga etc
- pilates, yoga, dance style exercise classes
- Pilates, Yoga, some sort of exercise class
- Pilates/muscle strengthening class, aerobics class
- Pilatus' and roller skating
- Play badminton
- Play football.
- Play squash, table tennis, badminton, roller skating. Walk or cycle in groups outside of working hours.
- Possibly Zumba
- Probably Zumba. Gym. Dancing ect
- Rejoin the gym and start running
- ROCK CLIMBING BOXING
- Rockfit
- Roller skate
- Rollerskate
- Rugby masters
- Run
- Running
- Running
- Running as previously used too



## OFFICIAL

- Swimming
- Swimming
- Swimming Pilates
- Swimming - when I am cleared to do it; T'ai Chi, and church bellringing
- Swimming & walking
- Swimming and gym
- Swimming and gym
- Swimming and gym
- Swimming aqua aerobics
- Swimming boxing gym
- Swimming but costs too much
- Swimming cycling and yoga
- Swimming Dancercise
- swimming football
- Swimming Hydrotherapy pool Tai Chi Gentle exercise
- Swimming on a regular basis
- Swimming other than just on holiday
- Swimming walking and classes
- swimming zumba dance yoga
- Swimming zumba gym
- Swimming Zumba Netball
- Swimming Zumba yoga
- Swimming!
- Swimming, dancing, running
- Swimming, aerobics
- Swimming, aqua aerobics, martial arts, cycling
- Swimming, attending the gym, aerobic / les mills classes.
- Swimming, cycling
- Swimming, cycling, dance classes
- swimming, dance classes
- swimming, dancing
- Swimming, gym, zumba,
- swimming, hiking, yoga
- Swimming, run, community classes
- swimming, running a couple miles
- Swimming, strength training in the gym (a better range of equipment than at home)
- swimming, tennis
- swimming, yoga
- Swimming, yoga, aerobics or classes led by instructor
- Swimming, yoga, zumba
- swimming,gym,tennis,badminton
- Swimming,Heavy weight lifting
- Swimming.
- Swimming. Since East Hull baths closed it's been difficult.
- TABLE TENNIS, I USED TO USE THE TABLE IN THE MUSEUM QUARTER UNTIL IT WAS REMOVED. IT WAS A GREAT FUN FREE WAY TO EXERCISE. DISAPOINTED IT HAS NOT BEEN REPLACED.
- Tai Chi
- Tai Chi
- Tai Chi Low intensity exercises Exercise in a heated pool Kayaking for larger people
- Tai Chi, Pilates or yoga

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- Tai chi, qi gong
- Tai Chi, spinning classes with a real trainer rather than on screen provision. I would like to use my bicycle more for day to day chores and getting to work but do not feel safe using the roads. the different types of classes provided at my local Leisure Centre has become less over the years. The provision of on screen classes is not motivating, especially as the sessions provided are the same all the time and there is no interaction with a trainer.
- tennis
- Tennis Circuit/ fitness class
- tennis, karate, mma
- Tennis/Pickleball
- The gym or yoga or Pilates
- There used to be a group in the park that I liked going to but it's gone now.
- Unsure
- Use a gym, more styles of dance
- Use a Treadmill at Home.
- Used to play badminton but post surgery on my foot not sure if I can now. Would like to cycle more - cycle touring - but cycling too much aggravates my foot.
- Walk longer distances
- Walking
- Walking
- Walking
- Walking group activities for disabled
- Walking ,
- Walking and running
- Walking dog
- Walking football or more sports adapted for over 60 aged females,
- Walking in the country side
- Walking more Badminton Weight lifting
- Walking or going on my treadmill
- Walking without sticks and unaided
- walking, scrambling, climbing
- Walkng
- Want to do street dance but guys are being ignored ( despite classes advertised as inclusive).
- Want to try Street dance/ Commercial dance, however dance classes advertise as being inclusive usually are not when guys ask to take part..
- water aerobics, at home weight workouts
- Water sports
- Weight building for perimenopause
- Weight lifting
- Weight lifting
- Weight lifting and pilates
- Weight lifting in a gym
- Weight training and aerobic class
- Weight training, running (but have a knee injury)
- Weights
- Weights but i dontvfeel comfortable using them at the gym. Would like there to be a class for this.
- Working out in the Gym
- Would like to attend park runs regularly but there isn't one in west hull

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- Would like to be able to find time to go to the gym 2 or 3 times a week but because of the long commute times due to traffic in the city I just cant fit it into my working week. Another factor is that when I was a member of a local gym the queues and wait times for equipment made it pointless. I am unable to go at any other time besides peak times as I am unable to drive.
- Would like to do more aerobic exercise
- Would like to do more classes at Woodford but the one I used to attend every week has been cancelled for the past 2 months and doesn't look like it is returning anytime soon
- would like to do more swimming
- Would like to learn to swim as it is easy on the joints
- Would like to start jogging again
- Would like to start running and do swimming more regular however with 3 children and 2 of them who cant swim independently yet its a hard task to manage.
- Would like to start swimming and yoga
- Wouldnt mind getting to a gym or class
- Yes
- Yes
- Yes but limited to what I can do
- Yes I would like to swim and walk but I'm disabled and unwell, waiting to see GP again and physio
- Yes quite alot but I am fairly busy at the moment. I have been meaning to start looking into opportunities
- Yes, I'd like to try acrobatics and maybe start going to the gym regularly.
- Yes, I'd like to do yoga or pilates for beginners, muscle strengthening and dance. I'm over 60 and care for my 91 year old father so I need something closer to Summergroves Way.
- Yes, if I had time available I would like to play rounders
- Yes...yoga, swimming, classes
- yes: swimming, heavy lifting
- Yoga
- Yoga
- Yoga
- Yoga
- yoga
- Yoga
- Yoga
- Yoga
- Yoga and Pilates
- Yoga and running
- Yoga and swimming, and there are classes I could attend but I find it hard to make the time.
- yoga in a green space
- yoga jogging
- Yoga or something like that.
- Yoga Pilates Weights
- Yoga pilates zumba
- Yoga, dancing
- Yoga, pilates
- Yoga, pilates etc
- Yoga, Pilates, reformer Pilates, aqua Zumba
- Yoga, Spin classes

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- Yoga. Join a gym with a Gucci steam room and a warm swimming pool
- Yoga. Join a walking group
- Yoga/pilates Cycling
- Zumba and dancing classes
- ZUMBA. THE ZUMBA CLASSES AT WOODFORD LEISURE CENTRE ARE NO LONGER ON. I STARTED GOING TO THIS CLASS IN 2011 BUT IT THEN BECAME TOO EXPENSIVE. I THINK A CLASS IS NOW £7.00 AT WOODFORD. LAST YEAR THE BUS FARE TO WOODFORD WOULD HAVE BEEN £2 EACH WAY NOW IT IS MORE. AS A ZUMBA CLASS IS ONLY ON FOR 45 MINUTES IT IS JUST NOT VALUE FOR MONEY. I WOULD LIKE TO DO CLUBBERCISE OR GLOW FIT IN THE DARK WITH GLOW STICKS. I WOULD LIKE TO BE ABLE TO PLAY TABLE TENNIS IN THE MUSEUM QUARTER BUT THE TABLE HAS BEEN REMOVED. ZUMBA, CLUBBERCISE AND TABLE TENNIS IS PERFECT FOR PEOPLE WHO ARE VERY UNFIT OR VERY OVERWEIGHT AS YOU CAN TAKE PART AT YOUR OWN PACE AND INCREASE AS THE WEEKS GO ON. THIS IS NOT POSSIBLE WITH TEAM SPORTS WERE PEOPLE TAKE IT SO SERIOUSLY. I USED TO LIKE THE NORDIC WALKING GROUP IN EAST PARK BUT WOULD MOST LIKE TO SEE A GROUP IN AN AFTERNOON OR EVENING. THERE IS ALREADY PLENTY ON OFFER IN HULL WHICH ONLY EVER TAKES PLACE IN A MORNING.

**Which of the following most prevent you from undertaking any / more physical activity? – Other Responses**

- A lot of the Classes/activities take place before 5pm it is impossible to attend when you work full time
- ADDITIONAL COST OF £4.50 TO GET TO AND FROM THE PARK OR LEISURE CENTRE. THE EQUIPMENT AT THE OUTDOOR GYM IN EAST PARK IS NOT CHECKED AND MAINTAINED. SOME OF THE INFORMATION BOARDS ARE MISSING OR HOW TO USE EQUIPMENT INFORMATION IS DAMAGED SO CAN'T BE CLEARLY SEEN. THE CROSS TRAINER EQUIPMENT IS JARRING AS IT IS NOT MAINTAINED. THE ACTIVE HULL CLASSES I USED TO ATTEND WERE FINISHED WITH NO ALTERNATIVE OFFERED. I WENT TO THE ACTIVE HULL BALLET CLASS FOR 12 MONTHS IN 2016 WHICH WAS HELD DOWN HOLDERNESS ROAD IN AN EVENING ONCE A WEEK. I WENT TO THE ACTIVE HULL TAP DANCING CLASS FOR 9 MONTHS AROUND 2014 AT ANDREW MARVELL SCHOOL UNTIL THE CLASS CAME TO AN END. I WISH THE ACTIVE HULL PROGRAMME WOULD RESTART. EVERYONE LOOKED FORWARD TO GETTING STAMPS ON A CARD TO SAVE UP FOR AN ACTIVE HULL T SHIRT TO BE ABLE TO WEAR TO THE CLASS. IT BECAME A GOOD HABIT MAKING SURE YOU ATTENDED EACH WEEK SO YOU COULD SOON BE WEARING YOUR T SHIRT TO THE CLASS. I DON'T EXERCISE IN PARKS AS I AM SCARED OF DOGS AFTER BEEN ATTACKED BY ONE AND THERE ARE NO DOG FREE AREAS IN EAST PARK.
- AFTER PAYING £7 FOR A CLASS AT WOODFORD THERE IS THEN THE BUS FARE TO AND FROM THE CLASS AS I DO NOT OWN A CAR. ALL CLASSES ON OFFER AT WOODFORD ARE HIGH IMPACT AND ONLY SUITABLE FOR PEOPLE WHO ARE REALLY FIT. I DO NOT FEEL SAFE IN EAST PARK AS I HAVE BEEN ATTACKED BY A DOG 18 YEARS AGO AND IT JUST MAKES ME ANXIOUS AS YOU NEVER KNOW WHEN A DOG COULD BE SUDDENLY THERE AND NOT ON A LEAD.
- Antisocial behaviour on the streets and the state of cycle lanes
- Being over weight
- Classes are usually run during the day at HCal sites, with very limited sessions on an evening It would be really good if more than one site ran the same sessions so that people have the options to attend an East Hull or West Hull site
- Classes at Woodford often over subscribed and then at times when I am working late evenings..
- Constantly working away hard to always find a gym in my location
- COST OF BUS TO GET TO AND FROM WOODFORD LEISURE CENTRE IS NOW £5.20. LACK OF CLASSES AT WOODFORD FOR PEOPLE WHO ARE NOT SLIM AND VERY FIT. NO ZUMBA CLASS THERE NOW.
- Cost of exercise classes. Feeling unsafe in male dominated spaces. Issues with sensory overload (I am autistic)
- Cost of gym
- Council run venues often have dirty and unmaintained swimming pools and changing areas
- Cycling feels dangerous. Not enough safe off road routes
- Direct bus routes to location
- EVENING BUSES ARE NOT REGULAR TO ASDA BILTON FROM WOODFORD LEISURE CENTRE.
- Hull City Council seem determined to removed space safe spaces for me to exercise because of the demands of vocal, male drivers. I used to cycle in the bus lanes but do not now the operational hours have been decreased. Now I have no protection and I have had several incidents with dangerous drivers that have put me off this activity. I

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liked walking and cycling in East Park but as the council is allowing cars back into the grounds I am unlikely to keep this up.

- I am a carer, why don't you ask about this?????????????????????????????
- I am out at work 7:40am - 5:15 Monday to Friday including my commute. This makes it tricky to find, for example, a quiet swim session or a yoga class that isn't booked out.
- I am socially awkward, very anxious, very self conscious and really uncoordinated with very low confidence due to past experiences and an older now which makes me feel more awkward and so would need some sort of beginners class where everyone was super kind and I honestly don't think I could go.
- I have played lots of sport throughout my life but unfortunately the injuries and Arthritis in my knees limit what I can now do.
- I worry a gym will be macho and full of fitness freaks
- I'd like to include family more
- I'm waiting to go into hospital for an operation
- Injury to knee, and unwillingness to spend the majority of my free time training and not spending it with family
- Juggling 2 jobs and 3 children. So I tend to use open space more
- Just a question of getting started. Some motivation, also sussing out new locker system/layout at refurbished Albert Avenue baths
- Just too tired after attending ordinary appointments
- Lack of Council support: Not enough protected spaces to cycle - no cycle lanes/available cycle lanes poor/cycle lanes dangerous. Combined bus-cycle lanes operational hours are no longer 24/7 and consequently less safe. Toxic male drivers have been abusive to me as a cyclist previously.
- More classes available in West Hull, a lot seem to be at Woodford.
- NAP
- Need to be in my own age group.
- No where to put my bike that is covered by CCTV.
- NOT ENOUGH BUSES IN AN EVENING 56/57. ZUMBA CLASS NO LONGER ON AT WOODFORD, ONLY CLASSES FOR PEOPLE WHO ARE VERY FIT AND NOT VERY OVERWEIGHT.
- Nowhere to go and play the sports I am interested in
- People staring at me
- Poor state of pavements, they are bad for walking let alone running or roller skating
- The bowls facilities in Hull are not of as good quality as the ones in the East Riding and smaller, they close on evenings during the summer months, so I cannot access them due to work commitments. I would like the bowls club to remain open during summer months in the evenings and advertise the facility so more people can access the game. It is especially good for social interaction and for the elderly.
- The cost of buses now the £2 single bus fare has ended added onto £7 for a class which is only on for 45 minutes is just too overpriced.
- The paths are not safe enough to run (not enough lighting, fear of being attacked due to past experience and the condition of the paths - could cause injury)
- There are several barriers I have encountered. Some of these overlap. I have previously used cycling as transport - it is cheap, useful, and good casual exercise. But I have found some driver attitudes to cycling have worsened in recent years and hostility on the roads has increased. This led me to abandoning cycling all together. When the local press covers new cycling routes it is usually in a negative light. Political campaigning by the Liberal Democrats sought to use cycling interventions as a divisive wedge issue - some local councillors continue to claim they have "fixed Labour's transport mess", referring to repealing bus/cycle route changes that were designed to increase public transport and cycling uptake. Other councillors only discuss cycling in relation to anti-social behaviour. This rhetoric is clumsy, and encourages the worst

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behaviours in the worst people, and needs to stop. I have received abuse on multiple occasions. I have had items thrown out of cars at me. I have been spat at. And on one occasion, when a driver wanted to undertake traffic by driving down the cycle lane I riding in, he became angry that I was blocking his and after attempting to intimidate off the road with his car, he drove in to me, injuring me. The council approach to cycling is a collective failure that has resulted in low quality cycling routes. In some cases, this encourages abuse amongst confused onlookers. For example, drivers have yelled at me I ride in the road, despite there being an off-road cycle lane, unaware it is necessary because of council have considered supplying a crossing to turn right. I have been sworn at for slowing drivers when not using on-road cycle lanes because the lane had parked cars in it, with the council allows. Pedestrians have felt I am breaking the law in town because the council have not signed which are pedestrianised streets are shared spaces. And the attack took place in the bus lane, with a driver being adamant that I shouldn't have been using it at that time because the sign said it was not 'active'. The latter point, expressly shows that council's approach to bus/cycle lanes is a barrier to cycling. When the lanes were in operation longer, the city had a connected, relatively safe bicycle network that could be built upon. Now it has none. I feel that the council ignored its obligations to all road users when it reduced the lane's operating hours without first providing a safe alternative for cyclists.

- To afraid my bike will be stolen while attending a session.
- work commitments have to try to do it around work
- Would like to start but to start with would like someone to go with

**What would be the main benefits for you to be more physically active? – Other Responses**

- all of the above apart from the ones regarding no benefits.
- Already physically active
- Exercise helps ease my arthritis.
- Help with osteoarthritis in hip. New diagnosis. Better than it was but want to exercise to have as healthy life as possible
- I walk miles, during the day, I go to the gym Monday, Thursday, Friday, I run Tuesday, Wednesday and Saturday and Sunday I walk but have a more rest day, I am quite happy what I do
- Improvement in my long term health condition
- Keeping a reasonable level of fitness
- NAP
- None for me. I would end up injured and in pain that is no benefit
- Not being bored in school holidays
- The hope of a longer health span.

**Which of the following would most encourage you to undertake any / more physical activity? – Other Responses**

- A new body
- Actually accessible options within 30 minutes of my home and no more than one bus journey away
- Already do enough
- Same people are mostly excluded
- be better at things
- Being able to bring children along, whilst I take part in the activity This could be like a member of staff occupying the children whilst adults exercise
- Being able to get to national parks easier
- Better classes on a evening/more evening classes
- Better cycling infrastructure. Just replicate what is normal in the Netherlands.
- Better menopause treatment so that I don't feel to tired and achy all of the time
- Better price of session especially without having to join for a month or more membership. Swimming is £5+ at most venues, plus bus. This is not affordable.
- BRINGING BACK THE ACTIVE HULL PROGRAMME WITH ZUMBA, GLOW FIT IN THE DARK CLASS, CLASSES FOR PEOPLE WHO ARE NOT SUPER FIT.
- Cheaper cost
- Classes that fit around my work schedule
- Cost
- CURVE CLASSES FOR OVERWEIGHT PEOPLE SUCH AS CLUBBERCISE IN THE DARK WITH GLOW STICKS AND ZUMBA WHICH IS LOWER IMPACT THAN THE HIGH IMPACT CLASSES CURRENTLY ON OFFER. I HOPE YOU WILL REPLACE THE TABLE TENNIS TABLE BACK TO THE MUSEUM QUARTER. IT WOULD PROVIDE PEOPLE WITH FREE EXERCISE. THERE ARE ALREADY PLENTY OF CLASSES IN HULL FOR HIGH IMPACT EXERCISE AND PLENTY OF TEAM SPORTS SUCH AS WALKING FOOTBALL.
- DOG FREE OUTDOOR GYM IN EAST PARK WITH A FEW MORE PIECES OF EQUIPMENT. THE EQUIPMENT IS NOT MAINTAINED AND SOME INFORMATION BOARDS ARE MISSING.
- Enough equipment in Gyms so you don't have to queue. More hygienic/ regular cleaned gyms
- Enough social care
- f I didn't have to travel 1hr to get to interesting scenery.
- Family accessibility should be prioritised in any scheme, with the opinions of single, aggressive men being discounted as they are not given in good faith. Instead, the council traditionally does the exact opposite - the result being city that prioritises the needs of male drivers. In prioritising this narrow demographic has, the city has become one where every day activity is not supported. I cannot cycle on major roads with my children because the council made this more dangerous to do by reducing bus lane hours because that's what men wanted. The council should reverse this decision or install off-road cycle lanes I can use with my family - like you should have done before reducing the hours so families my familiy was not prevented from being active. The council should continue to exclude cars from accessing public spaces like East Park. East Park has a gold standard in what can be done to improve activity by removing dangerous conflicts with drivers. The council should consider roling this approach out to other areas like installing more school streets, and making more residential areas Low Traffic Neighbourhoods. This would go some way to making the city more family friendly. In another example of neglecting the needs of families, when Pearson Park was "improved", the pavement/cycle route included no lights. This is meant to be part of a Hull-Cottingham route but it does not feel safe to use after dark for women or

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children. I am unsure how such an oversight can exist in such a large scheme? More schemes need to be informed by the needs of women and children.

- Female only spaces. Sensory friendly exercise sessions or venues
- Free activities
- Having more spare time
- I do hope the Active Hull scheme is restarted. There is already plenty of choice for people using private gyms, plenty of football groups. There is less choice since the Active Hull stopped, table tennis table was removed from High Street, cost of classes at leisure centres are too expensive. There used to be a Zumba gold class at woodford and a badminton group but this group was always on in a morning. Afternoon classes would be great there has already been plenty of classes only offered in a morning in the past. There used to be a walking group in East park but it was always on in a morning. I would like to go to an afternoon walking class. If there was a loyalty card when you had been to the class 10 times and had had your card stamped maybe you could be given a step pedometer to track your steps around east park. Sessions set up in east park where you could play tennis, badminton in the summer just using basic nets, bats and balls. I would like to go to a open evening at Woodford where you could try squash, badminton, tennis with all the courts set up and somewhere just to play for fun.
- I don't need to take anymore exercise on
- I play basketball and the leisure Centre costs to hire a court are expensive or unavailable. Availability of courts in schools is not good. They are either already booked or the school doesnt hire the sports hall out to external bookings.
- I really enjoyed an active hull evening at woodford leisure centre years ago. i had a go on the squash court which I would have never dared have a go at normally. I think there was a dance class in the hall, badminton, tennis courts set up to have a go at. There is no where in East Hull to play pickleball. A net and bats and balls could be provided at Woodford.
- I would cycle more if male drivers were less hostile and acted less dangerously, and if the cycle "network" was significantly improved with more safe routes. Currently, there is not even have a safe route to my workplace (Hull Royal) from my home on the Avenues so I can't commute using my bicycle. 24/7 bus lane hours being reduced was a big loss in available safe(ish) cycle travel. Frankly, the council's current plans for offroad routes on Freetown Way and off Preston Road are not enough - neither scheme will impact my life as I have no way to safely access either! I hope the council rolls out more schemes like these, to join up areas, but given how the council caved in to the toxic male motorist who ridiculously claimed bus lanes had "brought the city to a standstill", I can't see the council doing what is necessary to improve matters. i The council should retain it's ban on cars from East Park as it encouraging exercising. Instead of a car park for East Park, the council should be first consider massively improving cycle routes to the park, and making more public spaces less car centred.
- If cycle lanes weren't covered in broken glass (Cottingham-Town route from Pearson Park onwards in particular) and weren't regularly obstructed by drunk people staggering about I would use them for pleasure. I would walk for pleasure if people didn't cycle down pavement dangerously but I've been hit too many times. My wife will not consider using a cycle in this city on safety grounds. I would love for her to come out with me.
- if I only had to get one bus to and from the class and was not on some out of the way place it would be easier.
- If it was affordable to do so
- If my health was better but also my.life is so busy with other things
- More needs to be done to make riders safe. Councillors and the local press need to stop using cycling to polarise views, and the council needs to provide safe spaces to cycle, that are of quality, not the usual afterthought we have come to expect. Splitting

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up pedestrians, cyclists, and car would go some way to remove conflicts, and prejudices need to be addressed with education.

- More time
- More/wider cycle paths.
- Motivation
- N
- n/a I am already physically active
- NAP
- No motivation
- Not due to mobility
- not having to pay up front for classes or subscribe i.e. pay as you go
- Once my back is better
- Preventing harassment from men, as a woman I have been cat called, threatened and chased while out running. Its not worth the risk
- Respite from caring 24/7
- Safer cycle paths on key routes and completion of off-road cycle schemes (i.e. the Cottingham to Hull route that was planned seems half finished (seems to end at the bottom of Bricknell avenue with no directions/cycle crossings).
- Safer routes to cycle and less pollution on streets to walk and cycle
- Some years ago the European Union provided funding for exercise equipment in public spaces. Both in this country and abroad these were placed to encourage use . Our local park installed them bunched together into a small space behind a large shed with a basket ball facility among them . Sometimes people do have a go on them in the day — but mostly they are a sitting place for groups of teens or otherwise groups - or for trying to get a ball through the basketball hoop . Not many average visitors to the park would consider using them ! This has been voiced before by locals but despite revamping the park the funding could never extend to changing this - exercise not really considered the equipment would help if appropriately spaced !
- Surgery for a new knee to enable me to be active
- Time
- Why is there not lane swimming at night in Beverley Road baths ?

## What phrase do you like best to encourage people in Hull to move more and be more active? – Other Responses

- #getupoffthesofafatty
- A slogan or catchphrase isn't going to encourage people to move and be more active. It requires infrastructure - better bike paths (in Denmark at junctions they have little stands for bikes that are stopped for the cyclist to rest their feet on), you have outdoor gym equipment in parks that don't always work and aren't maintained. Or the parks themselves are full of litter and broken glass. Schools send home information about healthy eating and being active but at my kids school they get one portion of vegetables with their meals and are offered cake or cookies for pudding. Rolling out a program of wearable glucose monitors would help people see what they are eating and the effects in real time. Instead GPS give out poor information that makes individuals feel helpless. I recently had a doctor tell me that she wouldn't prescribe HRT unless I was having hot flushes and that it stops working after 5 years. This information is just wrong - GPS are ill equipped to deal with the many problems that exist with recommendations to eat more vegetables being told to people who don't even know how to cook simple meals. I'm sorry but a slogan isn't going to cut it.
- Active Hull
- ACTIVE HULL
- Active Hull
- ACTIVE HULL - THE SCHEME THAT WAS IN PLACE YEARS AGO. I ENJOYED GOING TO MANY ACTIVE HULL CLASSES AND WENT TO THE ACTIVE HULL BALLET CLASS IN 2016 FOR 12 MONTHS UNTIL THE CLASS ENDED. EVERYONE IN THE GROUPS I WENT TO - BALLET AND TAP DANCING AND FIT STEPS LOVED COLLECTING THE STAMPS ON THE LOYALTY CARD TO WORK TOWARDS GETTING A T SHIRT AFTER ATTENDING 10 CLASSES.
- ACTIVE HULL. I HOPE THE COUNCIL RESTARTS THE ACTIVE HULL SCHEME. TOO MANY OF THE CLASSES WERE NOT ACCESIBLE TO THE MAIN ROADS INTO HULL THOUGH FOR PEOPLE RELYING ON PUBLIC TRANSPORT. I DO NOT OWN A CAR.
- ACTIVE HULL. I USED TO GO TO THE BALLET CLASS FOR 12 MONTHS IN 2016 UNTIL THE CLASS ENDED AND THE ACTIVE HULL TAP DANCING CLASS FOR 9 MONTHS UNTIL THE CLASS FINISHED.
- All the suggestions are dreadful
- Don't say any
- Energise Hull
- Get Active Hull
- Get Active in Hull
- Get Flippin Movin
- Get Hull moving stronger and Together
- get moving hull
- Get off the sofa!!
- Haul Together / Haul Us
- Hull Get Out Move
- HULL HEALTHY BODY HEALTHY MIND
- Hull together now
- Hull, Your Move!
- I don't feel like any of these represent what you're trying to put across
- I DONT LIKE ANY. No phrase. If people want to move more and be more active, then they will. Having silly slogans won't make people want to do anything. If they want to, they will. If they don't, they won't.
- Let's do it Hull

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- Let's get moving
- Let's Get PhysicHull
- Let's Move Hull
- Live the life you want
- monster move
- N/A
- None of them are inspiring or true
- none of these do it for me
- None of these, I don't need slogans to go to the gym thanks
- One Step at a Time
- Phrases do nothing. Use our monstrously excessive council tax to provide cycling infrastructure that, at least, meets national standards. Even better, meets Dutch standards.
- The phrase does not matter when every council scheme prioritises the views of aggressive male drivers who do not want to be active.
- We are a team, now lets get moving hull!
- Why bother? Why not just tell everyone to drive everywhere? That's what you opening East Park to cars and making bus lanes dangerous to cycle in encourages, after all!

**Do any of the following illnesses or impairments limit your ability to undertake physical activity as much as you would like to? – Other Responses**

- ANXIETY
- arthritis
- ARTHRITIS IN BOTH KNEES
- Arthritis tinnitus sciatica
- asmtha
- Asthma
- Asthma
- Asthma, and I am not good at sport, gross motor skills rather limited, not sure if I have shin splints. Also have osteopenia
- asthmatic
- Asthmatic, overweight,osteoarthritis in need of knee replacement
- Back ache
- Bad lower back
- Cancer, had breast reconstruction
- chronic asthma
- Chronic migraine
- Constant fatigue
- Copd
- COPD, respiratory
- Coronary heart disease
- Degenerative disc disease. Back surgery resulting in leg numbness and pain.
- Endometriosis
- Endometriosis Premenopause
- Fibromyalgia and long Covid
- Fibromyalgia fatigue and stroke fatigue
- Fibromyalgia, Swimming - the chlorine is a bladder irritant due to menopause, Athletes foot for the last three years which is now worse and has stopped me from swimming and now I can't walk so much due to the state of my feet.
- Hypothyroidism
- Hypothyroidism, brain tumour, fibromyalgia,
- I have a heart condition which makes me abit run down sometimes
- I have physical problems from playing Rugby League.
- Injury
- Just the ageing process I am very aware of my limitations.
- Knee Injury
- Knee pain
- Long covid
- lower body pain, depression, anxiety
- ME
- Menopause
- menopause
- Migraines and plantar fasciitis flare ups
- Need hip replacement
- none
- none
- Osteoarthritis in feet
- Pains in legs and spine
- Polycystic Ovary Syndrome
- Recurring knee problems

- Severe Asthma
- Skin condition that limits movement
- Spinal degeneration
- Spondylosis
- Underactive thyroid
- Wrist injury