

Which changes to your lifestyle which are you thinking of making in the next 6 months?

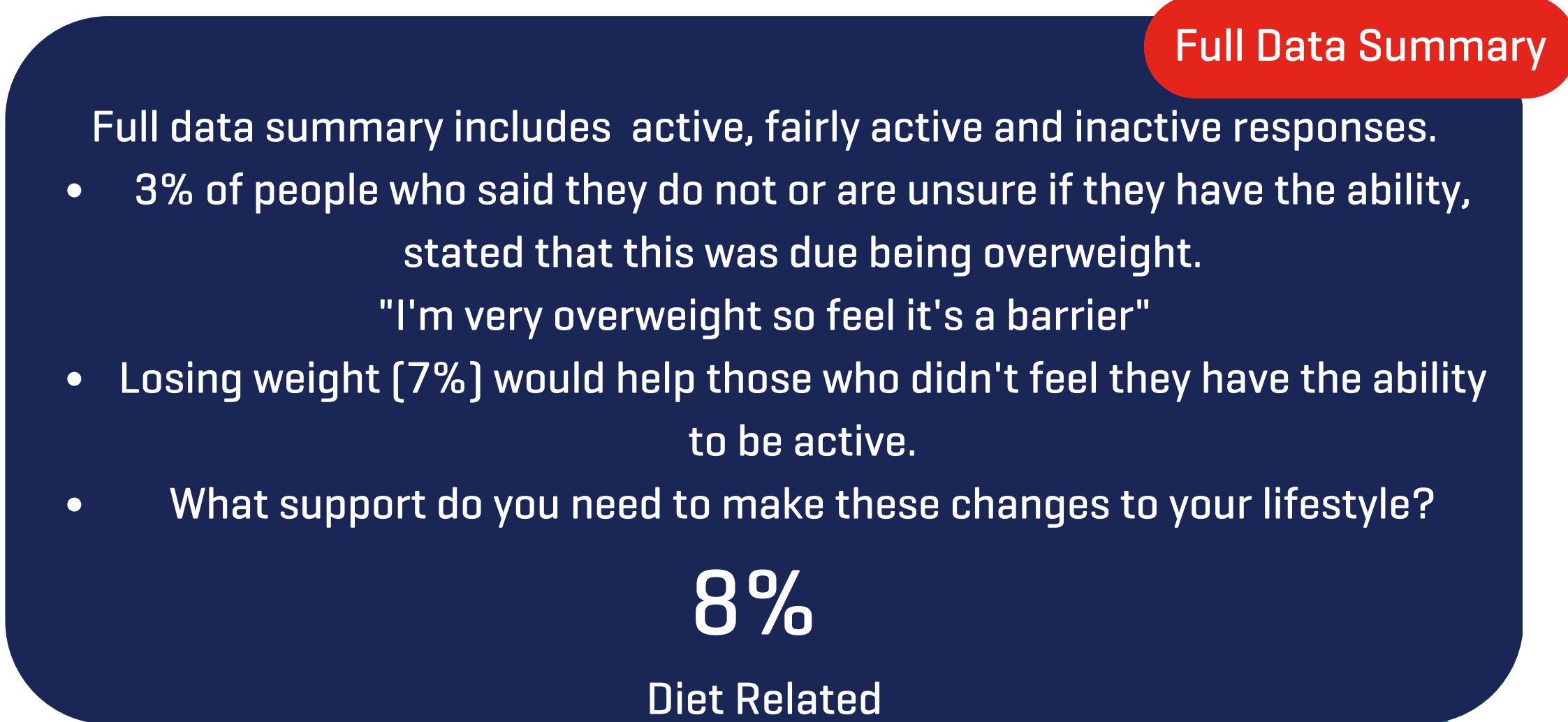


Inactives

- 8% of inactives stated losing weight would help them to feel more confidence in their ability to be physically active.
- 5% of inactives felt losing weight and seeing results would make them more motivated to be more active.

“Losing weight first or being in activities with people who look like me”
- 11% of inactives respondents stated that weight and physical ability is a challenge they face right now to being physical active.

“I need to exercise to lose weight but need to lose weight to exercise”.



"Lose weight first before i can visit a gym "

"More education on healthy eating, knowing where exercise classes are taking place"

"I am over weight"

"My weight and size. Finding sports wear in my size"

"I'm very overweight so feel it's a barrier "

"Being able to exercise with larger people like myself so I don't feel self confident"

"Losing weight will help me be able to be fitter and hopefully be able to try new sports"

"I am fat and unfit & most if not all classes are designed for fit people. Classes designed for people in my situation would be good, inclusive"

"I am over weight and worry about my health"

"Losing weight first or being in activities with people who look like me"

"I am overweight so feel and look silly"

"Lose weight and improve my mental health"

"I want to loose weight and be healthier for my family"

"Healthy eating is hard with time limitations and current costs"

"My weight impacts on what I can do"

"Dietitian and weekly support and weigh ins"

"I feel too unhealthy and overweight to take part, I'm embarrassed"

"I know I am not skinny but want to losing weight to be my own choice"

"I am overweight so everything is a challenge"

"I need to join a weight loss group that doesn't cost a fortune and require silly expensive products"

"I have tried to do one of the LCC/NHS-related weight loss courses but each time I have soon given up as I have been left to my own devices"

"Goals such as weight loss"

"My current weight is embarrassing and my level of ability is low"