

**YouGov NY**  
**Office Recreation**

US\_nat\_2000 Sample: 9th-10th August 2017



Total	Gender		Age			Region				Race			
	Male	Female	18 to 34	35 to 54	55+	Northeast	Midwest	South	West	White	Black	Hispanic	Other (NET)

**employ. Employment Status**

Unweighted base	2224	986	1238	480	798	946	408	502	805	509	1703	184	163	174
<b>Base</b>	2224	1082	1142	680	762	783	401	471	832	520	1484	260	320	160
Full-time	36%	43%	29%	37%	49%	22%	36%	40%	35%	34%	36%	32%	42%	31%
Part-time	12%	10%	13%	15%	12%	8%	12%	12%	11%	12%	11%	10%	15%	11%
Temporarily laid off	3%	2%	3%	5%	3%	1%	3%	1%	3%	4%	2%	5%	4%	3%
Unemployed	9%	9%	9%	13%	11%	3%	10%	7%	9%	9%	6%	17%	12%	10%
Retired	19%	20%	18%	0%	3%	52%	15%	21%	20%	19%	24%	13%	6%	13%
Permanently disabled	6%	5%	6%	2%	9%	7%	6%	7%	7%	4%	7%	6%	2%	7%
Homemaker	8%	1%	15%	9%	10%	5%	6%	8%	10%	7%	8%	6%	11%	8%
Student	6%	7%	5%	19%	1%	0%	10%	3%	4%	10%	4%	9%	8%	17%
Other	1%	1%	1%	1%	1%	2%	2%	1%	1%	1%	2%	0%	1%	1%

**HYO\_q1. Would you consider your role at work a creative role (i.e., requiring you to think freely or 'outside the box' to complete tasks / solve problems)?**

Unweighted base	1075	512	563	260	512	303	199	256	376	244	822	85	93	75
<b>Base: All US full and part time employees</b>	1059	580	479	350	471	238	194	245	377	244	702	111	180	67
Yes, I would consider my role creative	51%	56%	46%	51%	49%	57%	53%	47%	52%	53%	51%	56%	49%	57%
No, I would not consider my roll creative	38%	36%	40%	36%	39%	37%	34%	42%	38%	36%	39%	28%	38%	38%
Don't know / not sure	11%	9%	14%	13%	12%	6%	13%	11%	10%	11%	10%	16%	13%	4%

**HYO\_q2. And do you personally think that exercise and recreational activity boosts creativity in general?**

Unweighted base	576	300	276	130	263	183	110	130	207	129	444	45	44	43
<b>Base: US employees that work in a creative role</b>	544	322	221	177	232	135	103	116	196	129	356	62	87	38
Yes, it does	83%	82%	84%	79%	86%	82%	79%	83%	86%	81%	82%	89%	80%	93%
No, it doesn't	4%	4%	3%	5%	1%	6%	2%	4%	2%	7%	4%	2%	7%	3%
Don't know / not sure	13%	14%	13%	16%	12%	12%	18%	13%	12%	12%	15%	9%	14%	4%

**HYO\_q3. Do you think your overall productivity would increase, decrease, or not change if you were given the privilege and proper accommodations to nap for a reasonable amount of time during the workday?**

Unweighted base	1075	512	563	260	512	303	199	256	376	244	822	85	93	75
<b>Base: All US full and part time employees</b>	1059	580	479	350	471	238	194	245	377	244	702	111	180	67
Greatly increase productivity	23%	20%	25%	27%	22%	17%	24%	20%	25%	21%	20%	37%	24%	23%
Somewhat increase productivity	27%	28%	25%	30%	25%	25%	20%	24%	30%	29%	27%	20%	27%	33%
No change in productivity	25%	25%	25%	22%	25%	29%	25%	27%	22%	27%	26%	16%	30%	19%
Somewhat decrease productivity	7%	8%	5%	5%	7%	8%	8%	9%	4%	7%	7%	6%	4%	8%
Greatly decrease productivity	4%	5%	3%	3%	4%	5%	3%	4%	5%	2%	5%	1%	-	5%
Don't know / not sure	15%	14%	17%	13%	17%	15%	20%	16%	14%	14%	15%	19%	14%	12%
Net: Increase Productivity	49%	49%	50%	57%	47%	42%	44%	44%	55%	50%	47%	58%	52%	56%
Net: Decrease Productivity	10%	13%	8%	7%	11%	13%	12%	13%	9%	9%	12%	8%	4%	13%

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Total	Education				Marital Status					
	No HS, High school graduate	Some college, 2 year	4-year	Post Grad	Married	Separated	Divorced	Widowed	Never married	Domestic / civil partnership

**employ. Employment Status**

Unweighted base	2224	638	828	470	288	1132	19	257	111	629	52
<b>Base</b>	2224	964	689	368	203	1006	22	233	103	775	55
Full-time	36%	26%	39%	52%	45%	37%	59%	36%	16%	37%	33%
Part-time	12%	13%	12%	9%	10%	12%	16%	9%	3%	13%	17%
Temporarily laid off	3%	4%	3%	2%	-	1%	-	3%	6%	5%	3%
Unemployed	9%	13%	7%	3%	3%	4%	3%	9%	4%	16%	6%
Retired	19%	14%	19%	25%	36%	26%	9%	27%	56%	5%	11%
Permanently disabled	6%	8%	6%	3%	0%	5%	-	15%	6%	5%	9%
Homemaker	8%	13%	6%	2%	1%	13%	-	1%	7%	4%	6%
Student	6%	9%	6%	2%	2%	1%	14%	0%	1%	14%	11%
Other	1%	2%	1%	1%	2%	1%	-	1%	2%	1%	4%

**HYO\_q1. Would you consider your role at work a creative role (i.e., requiring you to think freely or 'outside the box' to complete tasks / solve problems)?**

Unweighted base	1075	230	415	272	158	548	14	118	23	337	22
<b>Base: All US full and part time employees</b>	1059	368	354	225	113	488	16	106	19	391	28
Yes, I would consider my role creative	51%	42%	50%	58%	73%	56%	67%	54%	60%	44%	57%
No, I would not consider my roll creative	38%	39%	43%	36%	20%	35%	26%	39%	34%	43%	19%
Don't know / not sure	11%	19%	7%	6%	7%	10%	6%	7%	6%	13%	24%

**HYO\_q2. And do you personally think that exercise and recreational activity boosts creativity in general?**

Unweighted base	576	92	213	156	115	317	9	63	15	152	11
<b>Base: US employees that work in a creative role</b>	544	156	176	130	82	271	11	57	12	171	16
Yes, it does	83%	85%	78%	82%	92%	81%	38%	91%	64%	89%	70%
No, it doesn't	4%	1%	8%	5%	-	5%	32%	3%	21%	1%	-
Don't know / not sure	13%	14%	15%	13%	8%	15%	31%	7%	15%	11%	30%

**HYO\_q3. Do you think your overall productivity would increase, decrease, or not change if you were given the privilege and proper accommodations to nap for a reasonable amount of time during the workday?**

Unweighted base	1075	230	415	272	158	548	14	118	23	337	22
<b>Base: All US full and part time employees</b>	1059	368	354	225	113	488	16	106	19	391	28
Greatly increase productivity	23%	19%	23%	21%	37%	21%	10%	14%	31%	26%	25%
Somewhat increase productivity	27%	19%	28%	35%	31%	27%	43%	28%	11%	26%	30%
No change in productivity	25%	28%	26%	23%	16%	27%	36%	30%	24%	21%	27%
Somewhat decrease productivity	7%	8%	7%	5%	6%	7%	4%	6%	16%	6%	9%
Greatly decrease productivity	4%	2%	4%	5%	6%	4%	-	4%	6%	3%	-
Don't know / not sure	15%	24%	13%	11%	5%	13%	6%	19%	12%	18%	10%
Net: Increase Productivity	49%	38%	51%	56%	67%	48%	54%	42%	42%	52%	55%
Net: Decrease Productivity	10%	10%	11%	10%	12%	12%	4%	10%	22%	9%	9%

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Total	Children under the age of 18		Income			
	Yes	No	Under \$40k	\$40k to \$80k	\$80k+	Prefer not to say

**employ. Employment Status**

Unweighted base	2224	555	1624	731	633	503	343
<b>Base</b>	2224	565	1607	843	604	420	341
Full-time	36%	48%	32%	25%	45%	53%	25%
Part-time	12%	13%	11%	13%	11%	11%	10%
Temporarily laid off	3%	2%	3%	4%	2%	1%	4%
Unemployed	9%	6%	10%	13%	5%	3%	14%
Retired	19%	2%	26%	15%	20%	22%	25%
Permanently disabled	6%	5%	6%	11%	4%	1%	4%
Homemaker	8%	19%	4%	9%	9%	5%	7%
Student	6%	2%	7%	8%	3%	3%	9%
Other	1%	1%	1%	1%	1%	1%	3%

**HYO\_q1. Would you consider your role at work a creative role (i.e., requiring you to think freely or 'outside the box' to complete tasks / solve problems)?**

Unweighted base	1075	339	709	280	358	310	120
<b>Base: All US full and part time employees</b>	1059	347	687	325	344	267	118
Yes, I would consider my role creative	51%	58%	48%	46%	52%	57%	52%
No, I would not consider my roll creative	38%	34%	40%	40%	38%	38%	29%
Don't know / not sure	11%	9%	12%	14%	9%	5%	20%

**HYO\_q2. And do you personally think that exercise and recreational activity boosts creativity in general?**

Unweighted base	576	196	363	128	189	183	71
<b>Base: US employees that work in a creative role</b>	544	201	330	148	180	151	61
Yes, it does	83%	80%	84%	82%	83%	86%	77%
No, it doesn't	4%	3%	4%	4%	5%	2%	6%
Don't know / not sure	13%	16%	12%	14%	12%	13%	17%

**HYO\_q3. Do you think your overall productivity would increase, decrease, or not change if you were given the privilege and proper accommodations to nap for a reasonable amount of time during the workday?**

Unweighted base	1075	339	709	280	358	310	120
<b>Base: All US full and part time employees</b>	1059	347	687	325	344	267	118
Greatly increase productivity	23%	24%	21%	20%	23%	26%	21%
Somewhat increase productivity	27%	30%	25%	28%	23%	33%	20%
No change in productivity	25%	26%	24%	24%	31%	24%	13%
Somewhat decrease productivity	7%	5%	8%	7%	7%	5%	9%
Greatly decrease productivity	4%	3%	4%	3%	3%	5%	8%
Don't know / not sure	15%	11%	18%	18%	14%	8%	28%
Net: Increase Productivity	49%	54%	46%	48%	45%	59%	42%
Net: Decrease Productivity	10%	8%	12%	10%	10%	9%	17%

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Total	Social networks membership												
	Facebook	Twitter	LinkedIn	Google+	MySpace	Pinterest	Tumblr	Instagram	nosquare	Snapchat	Periscope	Other	Don't know

**employ. Employment Status**

Unweighted base	2224	1691	765	653	550	122	607	178	576	8	322	45	39	20
<b>Base</b>	2224	1665	778	558	579	140	562	197	609	9	374	49	37	24
Full-time	36%	37%	39%	50%	38%	40%	37%	38%	39%	48%	40%	61%	25%	15%
Part-time	12%	12%	12%	11%	13%	15%	13%	10%	15%	-	15%	1%	20%	19%
Temporarily laid off	3%	2%	2%	3%	3%	4%	2%	3%	3%	-	3%	2%	8%	12%
Unemployed	9%	8%	10%	5%	9%	12%	7%	20%	10%	-	10%	9%	15%	26%
Retired	19%	19%	13%	20%	12%	6%	16%	6%	8%	-	3%	8%	16%	16%
Permanently disabled	6%	7%	7%	4%	7%	7%	6%	3%	4%	19%	4%	1%	8%	5%
Homemaker	8%	8%	8%	3%	9%	8%	11%	4%	8%	6%	7%	6%	-	8%
Student	6%	6%	7%	3%	9%	7%	6%	14%	12%	28%	16%	11%	6%	-
Other	1%	1%	1%	2%	1%	1%	2%	3%	2%	-	2%	-	2%	-

**HYO\_q1. Would you consider your role at work a creative role (i.e., requiring you to think freely or 'outside the box' to complete tasks / solve problems)?**

Unweighted base	1075	831	405	394	281	67	317	90	322	5	183	27	18	6
<b>Base: All US full and part time employees</b>	1059	810	403	339	293	77	283	95	328	4	205	30	16	8
Yes, I would consider my role creative	51%	52%	53%	60%	63%	58%	52%	53%	56%	56%	54%	72%	57%	37%
No, I would not consider my roll creative	38%	37%	37%	31%	28%	32%	37%	38%	34%	44%	35%	13%	43%	41%
Don't know / not sure	11%	11%	10%	10%	9%	10%	11%	9%	10%	-	11%	15%	-	22%

**HYO\_q2. And do you personally think that exercise and recreational activity boosts creativity in general?**

Unweighted base	576	441	222	237	177	37	167	51	186	3	96	19	10	3
<b>Base: US employees that work in a creative role</b>	544	417	213	202	185	45	148	50	185	2	111	22	9	3
Yes, it does	83%	83%	86%	84%	89%	90%	88%	87%	90%	100%	91%	100%	92%	45%
No, it doesn't	4%	4%	5%	3%	2%	8%	2%	4%	1%	-	0%	-	-	-
Don't know / not sure	13%	13%	9%	13%	9%	3%	10%	9%	9%	-	8%	-	8%	55%

**HYO\_q3. Do you think your overall productivity would increase, decrease, or not change if you were given the privilege and proper accommodations to nap for a reasonable amount of time during the workday?**

Unweighted base	1075	831	405	394	281	67	317	90	322	5	183	27	18	6
<b>Base: All US full and part time employees</b>	1059	810	403	339	293	77	283	95	328	4	205	30	16	8
Greatly increase productivity	23%	24%	30%	28%	33%	26%	28%	33%	33%	65%	36%	54%	12%	34%
Somewhat increase productivity	27%	28%	26%	31%	29%	36%	28%	27%	28%	21%	27%	37%	50%	-
No change in productivity	25%	23%	22%	20%	17%	17%	22%	14%	18%	14%	24%	4%	12%	-
Somewhat decrease productivity	7%	6%	6%	7%	8%	8%	5%	8%	6%	-	5%	2%	10%	24%
Greatly decrease productivity	4%	4%	4%	3%	3%	2%	3%	2%	3%	-	2%	-	5%	-
Don't know / not sure	15%	16%	11%	12%	11%	10%	13%	14%	12%	-	6%	4%	11%	42%
Net: Increase Productivity	49%	52%	57%	58%	62%	63%	56%	61%	61%	86%	63%	90%	63%	34%
Net: Decrease Productivity	10%	9%	11%	10%	10%	10%	8%	11%	9%	-	7%	2%	15%	24%

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Total	Employment Status		
	None	Full-time	Part-time

**employ. Employment Status**

	2224	286	824	251
Unweighted base	2224	278	799	261
<b>Base</b>	2224	278	799	261
Full-time	36%	31%	100%	-
Part-time	12%	8%	-	100%
Temporarily laid off	3%	2%	-	-
Unemployed	9%	15%	-	-
Retired	19%	31%	-	-
Permanently disabled	6%	4%	-	-
Homemaker	8%	8%	-	-
Student	6%	2%	-	-
Other	1%	0%	-	-

**HYO\_q1. Would you consider your role at work a creative role (i.e., requiring you to think freely or 'outside the box' to complete tasks / solve problems)?**

	1075	111	824	251
Unweighted base	1075	107	799	261
<b>Base: All US full and part time employees</b>	1075	107	799	261
Yes, I would consider my role creative	51%	38%	52%	49%
No, I would not consider my roll creative	38%	48%	38%	36%
Don't know / not sure	11%	15%	10%	15%

**HYO\_q2. And do you personally think that exercise and recreational activity boosts creativity in general?**

	576	45	445	131
Unweighted base	576	40	417	127
<b>Base: US employees that work in a creative role</b>	576	40	417	127
Yes, it does	83%	75%	81%	89%
No, it doesn't	4%	3%	4%	2%
Don't know / not sure	13%	21%	14%	9%

**HYO\_q3. Do you think your overall productivity would increase, decrease, or not change if you were given the privilege and proper accommodations to nap for a reasonable amount of time during the workday?**

	1075	111	824	251
Unweighted base	1075	107	799	261
<b>Base: All US full and part time employees</b>	1075	107	799	261
Greatly increase productivity	23%	10%	24%	19%
Somewhat increase productivity	27%	16%	27%	26%
No change in productivity	25%	35%	24%	28%
Somewhat decrease productivity	7%	12%	6%	8%
Greatly decrease productivity	4%	5%	4%	4%
Don't know / not sure	15%	22%	15%	16%
Net: Increase Productivity	49%	26%	51%	45%
Net: Decrease Productivity	10%	17%	10%	11%

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Total	Which industry do/did you work in?												
	Agriculture, Forestry, Fishing and Hunting	Mining, Oil and Gas Extraction, and Utilities	Construction	Manufacturing	Wholesale Trade	Retail Trade	Transportation and Warehousing	Information	Finance, Insurance, and Real Estate	Professional, Scientific, and Technical Services	Education	Health Care and Social Assistance	Arts, Entertainment, and Recreation

**employ. Employment Status**

Unweighted base	2224	31	25	58	109	19	136	61	46	104	114	176	165	43
<b>Base</b>	2224	40	30	60	112	21	144	62	44	93	97	147	134	37
Full-time	36%	58%	46%	70%	74%	56%	52%	60%	61%	60%	62%	53%	63%	44%
Part-time	12%	22%	14%	14%	3%	34%	22%	16%	15%	15%	13%	19%	20%	34%
Temporarily laid off	3%	-	-	-	-	-	3%	-	-	1%	1%	0%	-	2%
Unemployed	9%	14%	-	-	3%	-	3%	5%	4%	-	1%	2%	4%	-
Retired	19%	5%	32%	13%	17%	11%	11%	19%	16%	21%	19%	23%	9%	12%
Permanently disabled	6%	-	6%	-	4%	-	3%	-	-	2%	3%	2%	1%	7%
Homemaker	8%	-	-	-	-	-	3%	-	2%	1%	1%	1%	3%	2%
Student	6%	-	2%	3%	-	-	0%	-	-	-	-	-	0%	-
Other	1%	-	-	-	-	-	2%	1%	2%	-	1%	1%	-	-

**HYO\_q1. Would you consider your role at work a creative role (i.e., requiring you to think freely or 'outside the box' to complete tasks / solve problems)?**

Unweighted base	1075	25	12	48	79	16	99	44	34	74	78	122	140	31
<b>Base: All US full and part time employees</b>	1059	32	18	51	86	19	108	46	34	69	73	106	111	29
Yes, I would consider my role creative	51%	66%	62%	76%	55%	51%	38%	39%	58%	51%	60%	67%	46%	75%
No, I would not consider my roll creative	38%	23%	28%	17%	42%	46%	42%	51%	32%	43%	29%	23%	39%	21%
Don't know / not sure	11%	11%	10%	6%	4%	3%	20%	10%	10%	6%	11%	10%	15%	5%

**HYO\_q2. And do you personally think that exercise and recreational activity boosts creativity in general?**

Unweighted base	576	18	7	36	45	9	37	18	20	40	50	88	67	23
<b>Base: US employees that work in a creative role</b>	544	21	11	39	47	10	41	18	20	35	43	71	51	22
Yes, it does	83%	90%	100%	73%	75%	100%	76%	85%	86%	72%	79%	86%	87%	84%
No, it doesn't	4%	7%	-	9%	9%	-	8%	3%	3%	5%	1%	2%	3%	-
Don't know / not sure	13%	3%	-	18%	15%	-	16%	12%	11%	23%	20%	12%	10%	16%

**HYO\_q3. Do you think your overall productivity would increase, decrease, or not change if you were given the privilege and proper accommodations to nap for a reasonable amount of time during the workday?**

Unweighted base	1075	25	12	48	79	16	99	44	34	74	78	122	140	31
<b>Base: All US full and part time employees</b>	1059	32	18	51	86	19	108	46	34	69	73	106	111	29
Greatly increase productivity	23%	39%	34%	27%	17%	12%	15%	22%	18%	18%	29%	31%	20%	30%
Somewhat increase productivity	27%	27%	35%	8%	20%	37%	25%	19%	47%	23%	35%	34%	28%	36%
No change in productivity	25%	12%	21%	31%	33%	41%	32%	31%	7%	35%	16%	16%	23%	19%
Somewhat decrease productivity	7%	6%	10%	13%	10%	-	3%	8%	5%	9%	9%	3%	5%	6%
Greatly decrease productivity	4%	9%	-	4%	3%	-	4%	1%	5%	5%	4%	1%	4%	2%
Don't know / not sure	15%	7%	-	17%	17%	10%	21%	19%	19%	10%	9%	13%	21%	7%
Net: Increase Productivity	49%	66%	69%	35%	37%	49%	40%	41%	65%	41%	64%	66%	48%	66%
Net: Decrease Productivity	10%	15%	10%	17%	13%	-	7%	9%	9%	14%	12%	5%	9%	8%

**YouGov NY**  
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Total				Workplace exercise encouragement	
	Restaurant, Travel and Lodging	Other Services (except Government)	Government	Encouraged	Not encouraged / Don't know

**employ. Employment Status**

Unweighted base	2224	63	230	122	500	575
<b>Base</b>	2224	76	250	101	500	559
Full-time	36%	60%	42%	40%	76%	75%
Part-time	12%	22%	22%	14%	24%	25%
Temporarily laid off	3%	1%	2%	3%	-	-
Unemployed	9%	2%	8%	1%	-	-
Retired	19%	10%	15%	41%	-	-
Permanently disabled	6%	2%	2%	1%	-	-
Homemaker	8%	2%	6%	1%	-	-
Student	6%	-	3%	-	-	-
Other	1%	-	1%	-	-	-

**HYO\_q1. Would you consider your role at work a creative role (i.e., requiring you to think freely or 'outside the box' to complete tasks / solve problems)?**

Unweighted base	1075	48	160	65	500	575
<b>Base: All US full and part time employees</b>	1059	63	161	54	500	559
Yes, I would consider my role creative	51%	39%	42%	41%	62%	41%
No, I would not consider my roll creative	38%	56%	45%	42%	31%	44%
Don't know / not sure	11%	5%	13%	17%	7%	14%

**HYO\_q2. And do you personally think that exercise and recreational activity boosts creativity in general?**

Unweighted base	576	19	70	29	313	263
<b>Base: US employees that work in a creative role</b>	544	25	68	22	312	232
Yes, it does	83%	83%	90%	85%	86%	78%
No, it doesn't	4%	-	2%	3%	4%	4%
Don't know / not sure	13%	17%	8%	12%	10%	18%

**HYO\_q3. Do you think your overall productivity would increase, decrease, or not change if you were given the privilege and proper accommodations to nap for a reasonable amount of time during the workday?**

Unweighted base	1075	48	160	65	500	575
<b>Base: All US full and part time employees</b>	1059	63	161	54	500	559
Greatly increase productivity	23%	21%	22%	23%	28%	18%
Somewhat increase productivity	27%	33%	19%	34%	33%	22%
No change in productivity	25%	17%	31%	18%	20%	29%
Somewhat decrease productivity	7%	5%	8%	6%	6%	7%
Greatly decrease productivity	4%	10%	2%	5%	4%	4%
Don't know / not sure	15%	13%	17%	15%	9%	21%
Net: Increase Productivity	49%	54%	41%	56%	61%	39%
Net: Decrease Productivity	10%	16%	10%	11%	10%	11%

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Total	Gender		Age			Region				Race			
	Male	Female	18 to 34	35 to 54	55+	Northeast	Midwest	South	West	White	Black	Hispanic	Other (NET)

**HYO\_q4. Does your workplace have provisions for recreational activities (e.g., a gym, table tennis, foosball, etc.) available for use during the work day?**

Unweighted base	1075	512	563	260	512	303	199	256	376	244	822	85	93	75
<b>Base: All US full time and part time employees</b>	1059	580	479	350	471	238	194	245	377	244	702	111	180	67
Yes, and they get used during work hours	14%	17%	11%	18%	13%	9%	16%	10%	14%	18%	14%	15%	12%	17%
Yes, but they don't get used during work hours	12%	15%	8%	17%	11%	6%	11%	7%	12%	17%	9%	12%	21%	11%
No, we do not have provisions for recreational activities in the workplace	64%	59%	71%	50%	67%	79%	58%	74%	66%	57%	68%	60%	52%	63%
Don't know / not sure	10%	10%	10%	14%	9%	6%	15%	8%	9%	9%	8%	13%	14%	10%

**HYO\_q5. To what extent does your workplace encourage exercise, walks, yoga, or other healthy physical activity during the work day?**

Unweighted base	1075	512	563	260	512	303	199	256	376	244	822	85	93	75
<b>Base: All US full and part time employees</b>	1059	580	479	350	471	238	194	245	377	244	702	111	180	67
They fully encourage it	16%	18%	14%	16%	17%	17%	17%	15%	17%	17%	18%	17%	11%	14%
They somewhat encourage it	15%	15%	14%	14%	16%	13%	15%	10%	18%	15%	15%	18%	13%	16%
They only encourage it a little	16%	19%	13%	23%	14%	10%	11%	19%	15%	19%	15%	19%	18%	21%
They do not encourage it at all	36%	31%	42%	26%	37%	48%	36%	42%	33%	34%	38%	21%	39%	29%
Don't know / not sure	17%	17%	17%	22%	16%	11%	21%	14%	18%	15%	15%	25%	19%	21%
Net: Encourage Exercise	47%	52%	41%	52%	47%	41%	43%	44%	49%	51%	47%	53%	42%	50%

**HYO\_q6. And do you think that brief exercise during the work day does/would increase your overall productivity? Please select the option that best applies**

Unweighted base	1075	512	563	260	512	303	199	256	376	244	822	85	93	75
<b>Base: All US full and part time employees that are encouraged to exercise, walk, do yoga, other healthy activity at work</b>	1059	580	479	350	471	238	194	245	377	244	702	111	180	67
Yes, it definitely does/would	28%	26%	32%	27%	29%	30%	25%	29%	29%	31%	29%	33%	20%	31%
Yes, it somewhat does/would	26%	27%	25%	28%	26%	24%	26%	22%	26%	30%	22%	30%	34%	35%
Yes, it does/would a little	16%	16%	15%	16%	15%	15%	18%	13%	16%	16%	17%	11%	14%	13%
No, it definitely does not/would not	12%	14%	9%	10%	12%	14%	10%	16%	12%	10%	13%	4%	14%	8%
Don't know / not sure	18%	18%	19%	19%	19%	17%	22%	20%	18%	14%	18%	22%	18%	12%
Net: Yes, does/would increase	70%	68%	72%	71%	70%	69%	68%	64%	70%	77%	69%	74%	68%	80%

**HYO\_q8. Would you take a small reduction in pay (i.e., 5% reduction of salary/hourly wage) to work at a company that encouraged regular breaks throughout the day for recreational activity or exercise?**

Unweighted base	1075	512	563	260	512	303	199	256	376	244	822	85	93	75
<b>Base: All US full and part time employees</b>	1059	580	479	350	471	238	194	245	377	244	702	111	180	67
Yes, I would	25%	25%	25%	40%	21%	11%	30%	18%	26%	27%	21%	28%	38%	29%
No, I wouldn't	54%	57%	51%	39%	60%	66%	46%	63%	54%	52%	60%	52%	34%	52%
Don't know / not sure	21%	19%	24%	21%	20%	23%	25%	19%	20%	21%	20%	19%	28%	19%



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Total	Education				Marital Status					
	No HS, High school graduate	Some college, 2 year	4-year	Post Grad	Married	Separated	Divorced	Widowed	Never married	Domestic / civil partnership

**HYO\_q4. Does your workplace have provisions for recreational activities (e.g., a gym, table tennis, foosball, etc.) available for use during the work day?**

Unweighted base	1075	230	415	272	158	548	14	118	23	337	22
<b>Base: All US full time and part time employees</b>	1059	368	354	225	113	488	16	106	19	391	28
Yes, and they get used during work hours	14%	13%	13%	17%	14%	15%	32%	8%	13%	14%	16%
Yes, but they don't get used during work hours	12%	13%	10%	11%	16%	11%	14%	14%	3%	12%	27%
No, we do not have provisions for recreational activities in the workplace	64%	58%	68%	69%	66%	66%	44%	71%	79%	63%	41%
Don't know / not sure	10%	16%	9%	3%	4%	9%	10%	7%	6%	12%	16%

**HYO\_q5. To what extent does your workplace encourage exercise, walks, yoga, or other healthy physical activity during the work day?**

Unweighted base	1075	230	415	272	158	548	14	118	23	337	22
<b>Base: All US full and part time employees</b>	1059	368	354	225	113	488	16	106	19	391	28
They fully encourage it	16%	16%	16%	16%	19%	17%	25%	17%	9%	16%	23%
They somewhat encourage it	15%	12%	13%	22%	16%	15%	15%	19%	7%	14%	10%
They only encourage it a little	16%	18%	15%	15%	14%	14%	21%	10%	29%	17%	35%
They do not encourage it at all	36%	28%	41%	37%	42%	40%	26%	37%	47%	32%	20%
Don't know / not sure	17%	26%	15%	9%	9%	14%	13%	17%	9%	21%	12%
Net: Encourage Exercise	47%	46%	44%	53%	49%	46%	61%	46%	44%	47%	68%

**HYO\_q6. And do you think that brief exercise during the work day does/would increase your overall productivity? Please select the option that best applies**

Unweighted base	1075	230	415	272	158	548	14	118	23	337	22
<b>Base: All US full and part time employees that are encouraged to exercise, walk, do yoga, other healthy activity at work</b>	1059	368	354	225	113	488	16	106	19	391	28
Yes, it definitely does/would	28%	24%	25%	35%	41%	30%	18%	29%	15%	28%	39%
Yes, it somewhat does/would	26%	23%	25%	29%	34%	25%	33%	28%	30%	25%	21%
Yes, it does/would a little	16%	17%	16%	14%	13%	13%	21%	13%	20%	18%	12%
No, it definitely does not/would not	12%	14%	15%	6%	7%	14%	14%	11%	23%	8%	18%
Don't know / not sure	18%	22%	20%	16%	5%	17%	14%	19%	12%	21%	10%
Net: Yes, does/would increase	70%	64%	66%	78%	88%	69%	72%	70%	65%	71%	72%

**HYO\_q8. Would you take a small reduction in pay (i.e., 5% reduction of salary/hourly wage) to work at a company that encouraged regular breaks throughout the day for recreational activity or exercise?**

Unweighted base	1075	230	415	272	158	548	14	118	23	337	22
<b>Base: All US full and part time employees</b>	1059	368	354	225	113	488	16	106	19	391	28
Yes, I would	25%	28%	19%	26%	31%	21%	35%	20%	5%	30%	35%
No, I wouldn't	54%	49%	58%	56%	55%	59%	58%	62%	72%	47%	40%
Don't know / not sure	21%	23%	23%	18%	14%	20%	6%	17%	23%	23%	25%

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Total	Children under the age of 18		Income			
	Yes	No	Under \$40k	\$40k to \$80k	\$80k+	Prefer not to say

**HYO\_q4. Does your workplace have provisions for recreational activities (e.g., a gym, table tennis, foosball, etc.) available for use during the work day?**

Unweighted base	1075	339	709	280	358	310	120
<b>Base: All US full time and part time employees</b>	1059	347	687	325	344	267	118
Yes, and they get used during work hours	14%	19%	12%	15%	11%	19%	8%
Yes, but they don't get used during work hours	12%	16%	10%	13%	11%	13%	7%
No, we do not have provisions for recreational activities in the workplace	64%	59%	67%	60%	69%	64%	66%
Don't know / not sure	10%	6%	12%	12%	9%	4%	19%

**HYO\_q5. To what extent does your workplace encourage exercise, walks, yoga, or other healthy physical activity during the work day?**

Unweighted base	1075	339	709	280	358	310	120
<b>Base: All US full and part time employees</b>	1059	347	687	325	344	267	118
They fully encourage it	16%	19%	15%	14%	16%	23%	12%
They somewhat encourage it	15%	17%	14%	15%	13%	20%	10%
They only encourage it a little	16%	19%	15%	15%	18%	16%	14%
They do not encourage it at all	36%	34%	36%	31%	40%	35%	40%
Don't know / not sure	17%	11%	20%	26%	14%	6%	24%
Net: Encourage Exercise	47%	54%	44%	43%	46%	59%	36%

**HYO\_q6. And do you think that brief exercise during the work day does/would increase your overall productivity? Please select the option that best applies**

Unweighted base	1075	339	709	280	358	310	120
<b>Base: All US full and part time employees that are encouraged to exercise, walk, do yoga, other healthy activity at work</b>	1059	347	687	325	344	267	118
Yes, it definitely does/would	28%	33%	26%	23%	28%	37%	26%
Yes, it somewhat does/would	26%	28%	25%	30%	23%	29%	15%
Yes, it does/would a little	16%	14%	16%	14%	18%	13%	17%
No, it definitely does not/would not	12%	12%	11%	11%	14%	10%	11%
Don't know / not sure	18%	13%	22%	22%	17%	11%	32%
Net: Yes, does/would increase	70%	75%	67%	67%	69%	80%	58%

**HYO\_q8. Would you take a small reduction in pay (i.e., 5% reduction of salary/hourly wage) to work at a company that encouraged regular breaks throughout the day for recreational activity or exercise?**

Unweighted base	1075	339	709	280	358	310	120
<b>Base: All US full and part time employees</b>	1059	347	687	325	344	267	118
Yes, I would	25%	30%	22%	27%	24%	29%	12%
No, I wouldn't	54%	55%	54%	51%	58%	55%	52%
Don't know / not sure	21%	15%	24%	23%	19%	15%	35%

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Total	Social networks membership												
	Facebook	Twitter	LinkedIn	Google+	MySpace	Pinterest	Tumblr	Instagram	nosquare	Snapchat	Periscope	Other	Don't know

**HYO\_q4. Does your workplace have provisions for recreational activities (e.g., a gym, table tennis, foosball, etc.) available for use during the work day?**

Unweighted base	1075	831	405	394	281	67	317	90	322	5	183	27	18	6
<b>Base: All US full time and part time employees</b>	1059	810	403	339	293	77	283	95	328	4	205	30	16	8
Yes, and they get used during work hours	14%	15%	19%	17%	22%	34%	16%	21%	20%	47%	21%	47%	24%	-
Yes, but they don't get used during work hours	12%	11%	11%	10%	14%	19%	7%	8%	11%	14%	11%	8%	4%	24%
No, we do not have provisions for recreational activities in the workplace	64%	64%	63%	66%	57%	41%	70%	61%	59%	39%	63%	38%	73%	25%
Don't know / not sure	10%	10%	6%	7%	7%	6%	7%	10%	10%	-	5%	7%	-	51%

**HYO\_q5. To what extent does your workplace encourage exercise, walks, yoga, or other healthy physical activity during the work day?**

Unweighted base	1075	831	405	394	281	67	317	90	322	5	183	27	18	6
<b>Base: All US full and part time employees</b>	1059	810	403	339	293	77	283	95	328	4	205	30	16	8
They fully encourage it	16%	18%	22%	21%	24%	34%	20%	25%	21%	26%	23%	50%	26%	-
They somewhat encourage it	15%	14%	17%	17%	16%	15%	13%	16%	17%	35%	17%	6%	17%	9%
They only encourage it a little	16%	14%	14%	14%	20%	18%	9%	11%	12%	-	14%	8%	5%	17%
They do not encourage it at all	36%	36%	30%	37%	27%	25%	42%	24%	30%	39%	30%	29%	33%	24%
Don't know / not sure	17%	17%	16%	12%	14%	9%	15%	24%	19%	-	15%	7%	19%	50%
Net: Encourage Exercise	47%	47%	53%	52%	60%	66%	42%	53%	51%	61%	54%	63%	48%	26%

**HYO\_q6. And do you think that brief exercise during the work day does/would increase your overall productivity? Please select the option that best applies**

Unweighted base	1075	831	405	394	281	67	317	90	322	5	183	27	18	6
<b>Base: All US full and part time employees that are encouraged to exercise, walk, do yoga, other healthy activity at work</b>	1059	810	403	339	293	77	283	95	328	4	205	30	16	8
Yes, it definitely does/would	28%	30%	35%	36%	37%	33%	38%	33%	35%	79%	36%	69%	47%	34%
Yes, it somewhat does/would	26%	26%	26%	26%	32%	30%	26%	28%	28%	21%	27%	18%	19%	24%
Yes, it does/would a little	16%	15%	14%	16%	13%	23%	12%	16%	11%	-	11%	7%	19%	-
No, it definitely does not/would not	12%	11%	10%	9%	5%	6%	8%	5%	9%	-	9%	6%	9%	-
Don't know / not sure	18%	19%	16%	14%	14%	9%	16%	18%	17%	-	17%	-	5%	42%
Net: Yes, does/would increase	70%	70%	74%	78%	81%	85%	77%	77%	75%	100%	73%	94%	86%	58%

**HYO\_q8. Would you take a small reduction in pay (i.e., 5% reduction of salary/hourly wage) to work at a company that encouraged regular breaks throughout the day for recreational activity or exercise?**

Unweighted base	1075	831	405	394	281	67	317	90	322	5	183	27	18	6
<b>Base: All US full and part time employees</b>	1059	810	403	339	293	77	283	95	328	4	205	30	16	8
Yes, I would	25%	27%	30%	25%	38%	42%	27%	32%	37%	26%	42%	66%	66%	17%
No, I wouldn't	54%	52%	52%	58%	46%	50%	50%	50%	45%	21%	45%	22%	15%	-
Don't know / not sure	21%	21%	18%	17%	16%	8%	23%	18%	18%	53%	13%	12%	19%	83%

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Total	Employment Status		
	None	Full-time	Part-time

**HYO\_q4. Does your workplace have provisions for recreational activities (e.g., a gym, table tennis, foosball, etc.) available for use during the work day?**

	Unweighted base	1075	111	824	251
<b>Base: All US full time and part time employees</b>		1059	107	799	261
Yes, and they get used during work hours	14%		7%	16%	9%
Yes, but they don't get used during work hours	12%		6%	10%	18%
No, we do not have provisions for recreational activities in the workplace	64%		74%	65%	62%
Don't know / not sure	10%		13%	9%	12%

**HYO\_q5. To what extent does your workplace encourage exercise, walks, yoga, or other healthy physical activity during the work day?**

	Unweighted base	1075	111	824	251
<b>Base: All US full and part time employees</b>		1059	107	799	261
They fully encourage it	16%		10%	18%	12%
They somewhat encourage it	15%		8%	14%	16%
They only encourage it a little	16%		13%	15%	18%
They do not encourage it at all	36%		45%	37%	34%
Don't know / not sure	17%		24%	16%	20%
Net: Encourage Exercise	47%		31%	48%	46%

**HYO\_q6. And do you think that brief exercise during the work day does/would increase your overall productivity? Please select the option that best applies**

	Unweighted base	1075	111	824	251
<b>Base: All US full and part time employees that are encouraged to exercise, walk, do yoga, other healthy activity at work</b>		1059	107	799	261
Yes, it definitely does/would	28%		18%	29%	28%
Yes, it somewhat does/would	26%		19%	26%	27%
Yes, it does/would a little	16%		14%	15%	17%
No, it definitely does not/would not	12%		23%	13%	9%
Don't know / not sure	18%		27%	18%	19%
Net: Yes, does/would increase	70%		50%	69%	72%

**HYO\_q8. Would you take a small reduction in pay (i.e., 5% reduction of salary/hourly wage) to work at a company that encouraged regular breaks throughout the day for recreational activity or exercise?**

	Unweighted base	1075	111	824	251
<b>Base: All US full and part time employees</b>		1059	107	799	261
Yes, I would	25%		8%	24%	28%
No, I wouldn't	54%		69%	56%	50%
Don't know / not sure	21%		23%	21%	22%

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Total	Which industry do/did you work in?												
	Agriculture, Forestry, Fishing and Hunting	Mining, Oil and Gas Extraction, and Utilities	Construction	Manufacturing	Wholesale Trade	Retail Trade	Transportation and Warehousing	Information	Finance, Insurance, and Real Estate	Professional, Scientific, and Technical Services	Education	Health Care and Social Assistance	Arts, Entertainment, and Recreation

**HYO\_q4. Does your workplace have provisions for recreational activities (e.g., a gym, table tennis, foosball, etc.) available for use during the work day?**

Unweighted base	1075	25	12	48	79	16	99	44	34	74	78	122	140	31
<b>Base: All US full time and part time employees</b>	1059	32	18	51	86	19	108	46	34	69	73	106	111	29
Yes, and they get used during work hours	14%	43%	37%	12%	19%	40%	9%	19%	20%	13%	11%	17%	10%	4%
Yes, but they don't get used during work hours	12%	14%	45%	18%	16%	10%	6%	11%	23%	19%	18%	14%	6%	11%
No, we do not have provisions for recreational activities in the workplace	64%	38%	9%	62%	61%	36%	68%	64%	40%	63%	66%	61%	75%	68%
Don't know / not sure	10%	5%	9%	9%	5%	14%	17%	5%	17%	5%	5%	8%	9%	18%

**HYO\_q5. To what extent does your workplace encourage exercise, walks, yoga, or other healthy physical activity during the work day?**

Unweighted base	1075	25	12	48	79	16	99	44	34	74	78	122	140	31
<b>Base: All US full and part time employees</b>	1059	32	18	51	86	19	108	46	34	69	73	106	111	29
They fully encourage it	16%	42%	17%	22%	24%	18%	8%	19%	10%	21%	13%	17%	18%	13%
They somewhat encourage it	15%	18%	17%	5%	12%	33%	10%	18%	7%	26%	15%	17%	15%	14%
They only encourage it a little	16%	11%	31%	20%	19%	13%	16%	18%	29%	13%	24%	16%	9%	9%
They do not encourage it at all	36%	23%	13%	45%	36%	33%	42%	26%	20%	29%	33%	35%	44%	53%
Don't know / not sure	17%	7%	21%	9%	10%	3%	23%	18%	34%	11%	14%	15%	13%	10%
Net: Encourage Exercise	47%	71%	66%	47%	54%	64%	35%	56%	46%	60%	53%	50%	42%	36%

**HYO\_q6. And do you think that brief exercise during the work day does/would increase your overall productivity? Please select the option that best applies**

Unweighted base	1075	25	12	48	79	16	99	44	34	74	78	122	140	31
<b>Base: All US full and part time employees that are encouraged to exercise, walk, do yoga, other healthy activity at work</b>	1059	32	18	51	86	19	108	46	34	69	73	106	111	29
Yes, it definitely does/would	28%	51%	27%	28%	27%	28%	21%	23%	26%	30%	21%	36%	31%	37%
Yes, it somewhat does/would	26%	14%	36%	28%	31%	19%	22%	25%	17%	26%	36%	29%	28%	17%
Yes, it does/would a little	16%	23%	6%	10%	13%	33%	13%	22%	32%	22%	22%	11%	10%	19%
No, it definitely does not/would not	12%	5%	4%	23%	15%	13%	13%	17%	3%	10%	12%	9%	9%	2%
Don't know / not sure	18%	8%	27%	11%	13%	7%	30%	13%	23%	11%	9%	14%	23%	25%
Net: Yes, does/would increase	70%	88%	69%	66%	72%	80%	57%	70%	74%	78%	79%	77%	68%	72%

**HYO\_q8. Would you take a small reduction in pay (i.e., 5% reduction of salary/hourly wage) to work at a company that encouraged regular breaks throughout the day for recreational activity or exercise?**

Unweighted base	1075	25	12	48	79	16	99	44	34	74	78	122	140	31
<b>Base: All US full and part time employees</b>	1059	32	18	51	86	19	108	46	34	69	73	106	111	29
Yes, I would	25%	38%	38%	17%	24%	53%	26%	18%	26%	18%	22%	33%	25%	31%
No, I wouldn't	54%	43%	49%	64%	64%	44%	52%	71%	40%	66%	55%	41%	54%	51%
Don't know / not sure	21%	19%	14%	19%	12%	3%	22%	11%	34%	17%	23%	26%	20%	18%

**YouGov NY**  
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US\_nat\_2000 Sample: 9th-10th August 2017



Total				Workplace exercise encouragement	
	Restaurant, Travel and Lodging	Other Services (except Government)	Government	Encouraged	Not encouraged / Don't know

**HYO\_q4. Does your workplace have provisions for recreational activities (e.g., a gym, table tennis, foosball, etc.) available for use during the work day?**

Unweighted base	1075	48	160	65	500	575
<b>Base: All US full time and part time employees</b>	1059	63	161	54	500	559
Yes, and they get used during work hours	14%	8%	9%	15%	27%	3%
Yes, but they don't get used during work hours	12%	8%	5%	8%	19%	6%
No, we do not have provisions for recreational activities in the workplace	64%	70%	75%	69%	50%	77%
Don't know / not sure	10%	14%	11%	9%	4%	15%

**HYO\_q5. To what extent does your workplace encourage exercise, walks, yoga, or other healthy physical activity during the work day?**

Unweighted base	1075	48	160	65	500	575
<b>Base: All US full and part time employees</b>	1059	63	161	54	500	559
They fully encourage it	16%	5%	13%	22%	35%	-
They somewhat encourage it	15%	16%	14%	13%	31%	-
They only encourage it a little	16%	12%	13%	21%	34%	-
They do not encourage it at all	36%	38%	37%	29%	-	68%
Don't know / not sure	17%	29%	23%	15%	-	32%
Net: Encourage Exercise	47%	33%	40%	56%	100%	-

**HYO\_q6. And do you think that brief exercise during the work day does/would increase your overall productivity? Please select the option that best applies**

Unweighted base	1075	48	160	65	500	575
<b>Base: All US full and part time employees that are encouraged to exercise, walk, do yoga, other healthy activity at work</b>	1059	63	161	54	500	559
Yes, it definitely does/would	28%	16%	27%	39%	39%	19%
Yes, it somewhat does/would	26%	28%	25%	18%	31%	21%
Yes, it does/would a little	16%	14%	13%	18%	17%	15%
No, it definitely does not/would not	12%	18%	15%	3%	5%	17%
Don't know / not sure	18%	25%	20%	23%	7%	28%
Net: Yes, does/would increase	70%	57%	65%	74%	87%	54%

**HYO\_q8. Would you take a small reduction in pay (i.e., 5% reduction of salary/hourly wage) to work at a company that encouraged regular breaks throughout the day for recreational activity or exercise?**

Unweighted base	1075	48	160	65	500	575
<b>Base: All US full and part time employees</b>	1059	63	161	54	500	559
Yes, I would	25%	25%	21%	18%	36%	15%
No, I wouldn't	54%	52%	53%	57%	51%	57%
Don't know / not sure	21%	23%	26%	24%	13%	28%

**YouGov NY**  
**Office Recreation**

US\_nat\_2000 Sample: 9th-10th August 2017



Total	Gender		Age			Region				Race			
	Male	Female	18 to 34	35 to 54	55+	Northeast	Midwest	South	West	White	Black	Hispanic	Other (NET)

Cell Contents (Column Percentages)

**YouGov NY**  
**Office Recreation**

US\_nat\_2000 Sample: 9th-10th August 2017



Total	Education				Marital Status					
	No HS, High school graduate	Some college, 2 year	4-year	Post Grad	Married	Separated	Divorced	Widowed	Never married	Domestic / civil partnership

Cell Contents (Col



**YouGov NY**  
**Office Recreation**

US\_nat\_2000 Sample: 9th-10th August 2017



Total	Children under the age of 18		Income			
	Yes	No	Under \$40k	\$40k to \$80k	\$80k+	Prefer not to say

Cell Contents (Col

**YouGov NY**  
**Office Recreation**

US\_nat\_2000 Sample: 9th-10th August 2017



	Social networks membership												
Total	Facebook	Twitter	LinkedIn	Google+	MySpace	Pinterest	Tumblr	Instagram	nosquare	Snapchat	Periscope	Other	Don't know

Cell Contents (Col

**YouGov NY**  
**Office Recreation**

US\_nat\_2000 Sample: 9th-10th August 2017



	Employment Status		
Total	None	Full-time	Part-time

Cell Contents (Col

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**Office Recreation**

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Total	Which industry do/did you work in?												
	Agriculture, Forestry, Fishing and Hunting	Mining, Oil and Gas Extraction, and Utilities	Construction	Manufacturing	Wholesale Trade	Retail Trade	Transportation and Warehousing	Information	Finance, Insurance, and Real Estate	Professional, Scientific, and Technical Services	Education	Health Care and Social Assistance	Arts, Entertainment, and Recreation

Cell Contents (Col

**YouGov NY**  
**Office Recreation**

US\_nat\_2000 Sample: 9th-10th August 2017



Total				Workplace exercise encouragement	
	Restaurant, Travel and Lodging	Other Services (except Government)	Government	Encouraged	Not encouraged / Don't know

Cell Contents (Col