

**YouGov Results**  
**Sample: 1,977 GB adults**

Field work: 21st - 22nd April 2020



Total	Gender		Age				
	Male	Female	18-24	25-34	35-44	45-54	55+

GIC\_Q1. Moving on... Thinking about your time in Coronavirus lockdown (i.e. since March 23rd)... Which, if any, of the following types of exercise have you done more of since the Coronavirus lockdown began compared to before? (Please select all that apply. If you have not done more of any types of exercise since the Coronavirus lockdown, please select the 'Not applicable' option)

Unweighted base	1977	888	1089	170	309	323	308	867
<b>Base</b>	1977	959	1018	219	324	326	313	794
Running/ jogging	14%	15%	13%	39%	25%	17%	8%	3%
Cycling	10%	14%	7%	21%	8%	14%	13%	6%
Following an exercise video	12%	7%	16%	29%	18%	13%	7%	6%
Home work-outs, excluding following an exercise video	20%	16%	24%	41%	26%	26%	15%	12%
Yoga	8%	5%	12%	16%	13%	10%	6%	5%
Walking for exercise	55%	50%	61%	54%	57%	53%	54%	57%
Other	8%	9%	7%	2%	6%	6%	8%	11%
Don't know	1%	2%	1%	4%	1%	2%	2%	0%
Not applicable - I have not done any types of exercise more since the Coronavirus lockdown	26%	29%	24%	15%	23%	22%	30%	30%

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Total	Social Grade		Region							
	ABC1	C2DE	North	Midlands	East	London	South	England (NET)	Wales	Scotland

GIC\_Q1. Moving on... Thinking about your time in Coronavirus lockdown (i.e. since March 23rd)... Which, if any, of the following types of exercise have you done more of since the Coronavirus lockdown began compared to before? (Please select all that apply. If you have not done more of any types of exercise since the Coronavirus lockdown, please select the 'Not applicable' option)

Unweighted base	1977	1261	716	481	344	192	205	483	1705	103	169
<b>Base</b>	<b>1977</b>	<b>1127</b>	<b>850</b>	<b>473</b>	<b>326</b>	<b>182</b>	<b>267</b>	<b>461</b>	<b>1708</b>	<b>97</b>	<b>172</b>
Running/ jogging	14%	15%	11%	12%	12%	10%	25%	13%	14%	10%	11%
Cycling	10%	12%	9%	10%	10%	11%	11%	12%	11%	4%	8%
Following an exercise video	12%	13%	10%	11%	11%	14%	15%	14%	13%	9%	7%
Home work-outs, excluding following an exercise video	20%	22%	18%	20%	18%	18%	29%	22%	21%	15%	17%
Yoga	8%	10%	6%	7%	6%	9%	16%	6%	8%	3%	11%
Walking for exercise	55%	59%	50%	55%	54%	55%	53%	58%	55%	47%	61%
Other	8%	8%	8%	7%	8%	6%	8%	8%	8%	10%	8%
Don't know	1%	1%	2%	1%	2%	-	2%	1%	1%	-	1%
Not applicable - I have not done any types of exercise more since the Coronavirus lockdown	26%	22%	31%	29%	28%	32%	17%	24%	26%	38%	23%

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Total	Government Region											
	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	England (NET)	Wales	Scotland

GIC\_Q1. Moving on... Thinking about your time in Coronavirus lockdown (i.e. since March 23rd)... Which, if any, of the following types of exercise have you done more of since the Coronavirus lockdown began compared to before? (Please select all that apply. If you have not done more of any types of exercise since the Coronavirus lockdown, please select the 'Not applicable' option)

Unweighted base	1977	86	216	179	171	173	192	205	290	193	1705	103	169
Base	1977	83	211	179	160	166	182	267	278	183	1708	97	172
Running/jogging	14%	4%	11%	17%	13%	12%	10%	25%	12%	13%	14%	10%	11%
Cycling	10%	8%	11%	11%	8%	12%	11%	11%	12%	13%	11%	4%	8%
Following an exercise video	12%	14%	10%	10%	12%	10%	14%	15%	13%	15%	13%	9%	7%
Home work-outs, excluding following an exercise video	20%	12%	19%	24%	18%	17%	18%	29%	22%	22%	21%	15%	17%
Yoga	8%	3%	7%	9%	6%	6%	9%	16%	6%	8%	8%	3%	11%
Walking for exercise	55%	55%	57%	53%	58%	51%	55%	53%	58%	57%	55%	47%	61%
Other	8%	13%	6%	6%	8%	9%	6%	8%	8%	8%	8%	10%	8%
Don't know	1%	-	1%	2%	1%	4%	-	2%	2%	1%	1%	-	1%
Not applicable - I have not done any types of exercise more since the Coronavirus lockdown	26%	30%	30%	27%	24%	31%	32%	17%	24%	24%	26%	38%	23%

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**Sample: 1,977 GB adults**

Field work: 21st - 22nd April 2020



Total	Working Status							Marital Status				
	Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married

GIC\_Q1. Moving on... Thinking about your time in Coronavirus lockdown (i.e. since March 23rd)... Which, if any, of the following types of exercise have you done more of since the Coronavirus lockdown began compared to before? (Please select all that apply. If you have not done more of any types of exercise since the Coronavirus lockdown, please select the 'Not applicable' option)

Unweighted base	1977	819	275	1094	100	550	68	165	936	259	173	80	513
<b>Base</b>	1977	833	275	1108	122	488	80	178	878	268	167	72	575
Running/ jogging	14%	18%	13%	17%	38%	3%	12%	7%	9%	17%	4%	4%	23%
Cycling	10%	12%	11%	12%	26%	6%	9%	5%	9%	9%	8%	5%	15%
Following an exercise video	12%	12%	19%	13%	28%	6%	8%	9%	10%	13%	6%	9%	16%
Home work-outs, excluding following an exercise video	20%	22%	25%	22%	42%	13%	15%	16%	17%	22%	13%	21%	27%
Yoga	8%	9%	9%	9%	15%	4%	14%	8%	8%	10%	4%	1%	10%
Walking for exercise	55%	56%	66%	59%	53%	54%	45%	46%	58%	53%	54%	48%	54%
Other	8%	6%	5%	6%	3%	13%	7%	7%	10%	7%	6%	12%	5%
Don't know	1%	1%	0%	1%	1%	0%	5%	6%	1%	1%	2%	-	2%
Not applicable - I have not done any types of exercise more since the Coronavirus lockdown	26%	25%	19%	23%	16%	31%	35%	33%	26%	26%	32%	35%	24%

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Total	Gender		Age				
	Male	Female	18-24	25-34	35-44	45-54	55+

**GIC\_Q1. Moving on... Thinking about your time in Coronavirus lockdown (i.e. since March 23rd)... Which, if any, of the following types of exercise have you done more of since the Coronavirus lockdown began compared to before? (Please select all that apply. If you have not done more of any types of exercise since the Coronavirus lockdown, please select the 'Not applicable' option)**

Unweighted base	1977	888	1089	170	309	323	308	867
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**VHF0Q. For the following question, by 'public places', we mean all public areas (e.g. parks, playgrounds, etc.) excluding essential shops and services. How much would you support or oppose the closure of public places during COVID-19 lockdown in the UK?**

Unweighted base	1977	888	1089	170	309	323	308	867
<b>Base</b>	<b>1977</b>	<b>959</b>	<b>1018</b>	<b>219</b>	<b>324</b>	<b>326</b>	<b>313</b>	<b>794</b>
Strongly support	33%	28%	36%	38%	31%	35%	36%	29%
Somewhat support	21%	21%	22%	24%	23%	24%	20%	20%
Neither support nor oppose	9%	10%	8%	4%	8%	10%	11%	10%
Somewhat oppose	17%	19%	16%	17%	15%	13%	16%	20%
Strongly oppose	16%	18%	14%	8%	17%	15%	14%	19%
Don't know	4%	4%	3%	10%	6%	3%	3%	1%

**I0B1a. How much would you support or oppose a ban on all outdoor exercise (e.g. running, cycling, walking for exercise etc.) during the COVID-19 lockdown in the UK?**

Unweighted base	1977	888	1089	170	309	323	308	867
<b>Base</b>	<b>1977</b>	<b>959</b>	<b>1018</b>	<b>219</b>	<b>324</b>	<b>326</b>	<b>313</b>	<b>794</b>
Strongly support	8%	8%	9%	6%	10%	6%	11%	8%
Somewhat support	12%	12%	12%	13%	15%	16%	12%	9%
Neither support nor oppose	11%	11%	11%	7%	10%	11%	13%	12%
Somewhat oppose	25%	22%	27%	28%	22%	24%	25%	25%
Strongly oppose	41%	43%	39%	38%	40%	40%	37%	45%
Don't know	3%	4%	2%	8%	3%	3%	2%	1%

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Unweighted base	1977	1261	716	481	344	192	205	483	1705	103	169
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**VHF0Q. For the following question, by 'public places', we mean all public areas (e.g. parks, playgrounds, etc.) excluding essential shops and services. How much would you support or oppose the closure of public places during COVID-19 lockdown in the UK?**

Unweighted base	1977	1261	716	481	344	192	205	483	1705	103	169
<b>Base</b>	<b>1977</b>	<b>1127</b>	<b>850</b>	<b>473</b>	<b>326</b>	<b>182</b>	<b>267</b>	<b>461</b>	<b>1708</b>	<b>97</b>	<b>172</b>
Strongly support	33%	30%	35%	36%	33%	32%	23%	32%	32%	35%	37%
Somewhat support	21%	22%	21%	23%	19%	23%	22%	20%	21%	22%	24%
Neither support nor oppose	9%	8%	11%	8%	11%	10%	8%	9%	9%	9%	10%
Somewhat oppose	17%	19%	14%	15%	18%	20%	19%	17%	17%	19%	14%
Strongly oppose	16%	18%	14%	15%	14%	13%	25%	17%	17%	14%	10%
Don't know	4%	3%	5%	3%	5%	3%	3%	3%	4%	1%	6%

**I0B1a. How much would you support or oppose a ban on all outdoor exercise (e.g. running, cycling, walking for exercise etc.) during the COVID-19 lockdown in the UK?**

Unweighted base	1977	1261	716	481	344	192	205	483	1705	103	169
<b>Base</b>	<b>1977</b>	<b>1127</b>	<b>850</b>	<b>473</b>	<b>326</b>	<b>182</b>	<b>267</b>	<b>461</b>	<b>1708</b>	<b>97</b>	<b>172</b>
Strongly support	8%	6%	12%	11%	7%	7%	10%	7%	9%	7%	7%
Somewhat support	12%	12%	12%	10%	13%	11%	9%	14%	12%	14%	15%
Neither support nor oppose	11%	10%	12%	13%	11%	16%	9%	9%	11%	9%	10%
Somewhat oppose	25%	25%	25%	26%	26%	25%	22%	25%	25%	23%	24%
Strongly oppose	41%	46%	35%	38%	39%	41%	46%	42%	41%	46%	41%
Don't know	3%	2%	4%	2%	5%	2%	3%	2%	3%	1%	3%

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Total	Government Region											
	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	England (NET)	Wales	Scotland

**GIC\_Q1. Moving on... Thinking about your time in Coronavirus lockdown (i.e. since March 23rd)... Which, if any, of the following types of exercise have you done more of since the Coronavirus lockdown began compared to before? (Please select all that apply. If you have no done more of any types of exercise since the Coronavirus lockdown, please select the 'Not applicable' option)**

Unweighted base	1977	86	216	179	171	173	192	205	290	193	1705	103	169
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**VHF0Q. For the following question, by 'public places', we mean all public areas (e.g. parks, playgrounds, etc.) excluding essential shops and services. How much would you support or oppose the closure of public places during COVID-19 lockdown in the UK?**

Unweighted base	1977	86	216	179	171	173	192	205	290	193	1705	103	169
<b>Base</b>	<b>1977</b>	<b>83</b>	<b>211</b>	<b>179</b>	<b>160</b>	<b>166</b>	<b>182</b>	<b>267</b>	<b>278</b>	<b>183</b>	<b>1708</b>	<b>97</b>	<b>172</b>
Strongly support	33%	44%	31%	38%	35%	30%	32%	23%	32%	33%	32%	35%	37%
Somewhat support	21%	16%	27%	21%	19%	18%	23%	22%	19%	22%	21%	22%	24%
Neither support nor oppose	9%	10%	8%	8%	14%	9%	10%	8%	9%	10%	9%	9%	10%
Somewhat oppose	17%	17%	16%	13%	16%	20%	20%	19%	18%	17%	17%	19%	14%
Strongly oppose	16%	13%	15%	15%	14%	15%	13%	25%	18%	16%	17%	14%	10%
Don't know	4%	-	4%	4%	2%	9%	3%	3%	3%	4%	4%	1%	6%

**I0B1a. How much would you support or oppose a ban on all outdoor exercise (e.g. running, cycling, walking for exercise etc.) during the COVID-19 lockdown in the UK?**

Unweighted base	1977	86	216	179	171	173	192	205	290	193	1705	103	169
<b>Base</b>	<b>1977</b>	<b>83</b>	<b>211</b>	<b>179</b>	<b>160</b>	<b>166</b>	<b>182</b>	<b>267</b>	<b>278</b>	<b>183</b>	<b>1708</b>	<b>97</b>	<b>172</b>
Strongly support	8%	17%	9%	11%	4%	9%	7%	10%	9%	5%	9%	7%	7%
Somewhat support	12%	10%	11%	9%	13%	13%	11%	9%	14%	14%	12%	14%	15%
Neither support nor oppose	11%	13%	12%	15%	14%	7%	16%	9%	8%	10%	11%	9%	10%
Somewhat oppose	25%	23%	29%	23%	26%	25%	25%	22%	26%	24%	25%	23%	24%
Strongly oppose	41%	38%	38%	39%	41%	37%	41%	46%	42%	43%	41%	46%	41%
Don't know	3%	-	3%	3%	2%	8%	2%	3%	2%	3%	3%	1%	3%

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Total	Working Status							Marital Status				
	Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married

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Unweighted base	1977	819	275	1094	100	550	68	165	936	259	173	80	513
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**VHF0Q. For the following question, by 'public places', we mean all public areas (e.g. parks, playgrounds, etc.) excluding essential shops and services. How much would you support or oppose the closure of public places during COVID-19 lockdown in the UK?**

Unweighted base	1977	819	275	1094	100	550	68	165	936	259	173	80	513
<b>Base</b>	<b>1977</b>	<b>833</b>	<b>275</b>	<b>1108</b>	<b>122</b>	<b>488</b>	<b>80</b>	<b>178</b>	<b>878</b>	<b>268</b>	<b>167</b>	<b>72</b>	<b>575</b>
Strongly support	33%	32%	33%	32%	45%	29%	29%	37%	32%	33%	33%	29%	33%
Somewhat support	21%	23%	20%	22%	21%	21%	22%	17%	21%	25%	19%	21%	21%
Neither support nor oppose	9%	10%	10%	10%	3%	11%	13%	6%	10%	9%	12%	10%	8%
Somewhat oppose	17%	17%	16%	17%	16%	20%	15%	12%	18%	13%	16%	23%	18%
Strongly oppose	16%	15%	18%	16%	11%	19%	11%	16%	16%	17%	18%	17%	15%
Don't know	4%	3%	3%	3%	4%	1%	9%	12%	2%	4%	3%	-	6%

**I0B1a. How much would you support or oppose a ban on all outdoor exercise (e.g. running, cycling, walking for exercise etc.) during the COVID-19 lockdown in the UK?**

Unweighted base	1977	819	275	1094	100	550	68	165	936	259	173	80	513
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Strongly support	8%	9%	8%	9%	11%	6%	8%	13%	9%	11%	9%	5%	7%
Somewhat support	12%	13%	11%	13%	14%	9%	13%	12%	11%	13%	11%	10%	13%
Neither support nor oppose	11%	9%	12%	10%	9%	14%	16%	8%	11%	13%	15%	9%	9%
Somewhat oppose	25%	25%	24%	25%	23%	25%	24%	24%	25%	19%	22%	27%	27%
Strongly oppose	41%	40%	44%	41%	40%	45%	33%	35%	42%	42%	40%	46%	40%
Don't know	3%	2%	1%	2%	3%	1%	6%	8%	2%	2%	3%	3%	4%



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	Male	Female	18-24	25-34	35-44	45-54	55+

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Unweighted base	1977	888	1089	170	309	323	308	867
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**iY1pH. Would you say you are eating more or less since the COVID-19 lockdown began in the UK (i.e. since 23rd March) compared to before lockdown, or is it about the same?**

Unweighted base	1977	888	1089	170	309	323	308	867
<b>Base</b>	<b>1977</b>	<b>959</b>	<b>1018</b>	<b>219</b>	<b>324</b>	<b>326</b>	<b>313</b>	<b>794</b>
I am eating much more	9%	6%	11%	10%	12%	12%	9%	5%
I am eating a bit more	31%	29%	32%	35%	33%	35%	29%	27%
I am eating the same amount	47%	52%	43%	31%	40%	40%	49%	58%
I am eating a bit less	10%	9%	10%	14%	9%	9%	10%	9%
I am eating much less	2%	1%	2%	2%	3%	2%	2%	1%
Don't know	2%	3%	1%	7%	3%	3%	1%	0%

**UYCcp. Would you say you are eating more or less healthier since the COVID-19 lockdown began in the UK, or is it about the same?**

Unweighted base	1977	888	1089	170	309	323	308	867
<b>Base</b>	<b>1977</b>	<b>959</b>	<b>1018</b>	<b>219</b>	<b>324</b>	<b>326</b>	<b>313</b>	<b>794</b>
I am eating much healthier	4%	3%	4%	7%	4%	5%	3%	2%
I am eating somewhat healthier	16%	17%	16%	23%	17%	17%	14%	15%
I am eating the same	53%	55%	50%	35%	44%	48%	53%	63%
I am eating somewhat less healthier	20%	18%	22%	22%	23%	21%	22%	17%
I am eating much less healthier	5%	4%	6%	7%	8%	5%	5%	3%
Don't know	3%	4%	2%	7%	4%	3%	3%	1%

Cell Contents (Column Percentages)

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<b>Base</b>	<b>1977</b>	<b>1127</b>	<b>850</b>	<b>473</b>	<b>326</b>	<b>182</b>	<b>267</b>	<b>461</b>	<b>1708</b>	<b>97</b>	<b>172</b>
I am eating much more	9%	8%	9%	7%	6%	4%	14%	9%	8%	12%	10%
I am eating a bit more	31%	31%	30%	29%	31%	33%	32%	31%	31%	29%	27%
I am eating the same amount	47%	48%	47%	49%	50%	49%	40%	47%	47%	43%	52%
I am eating a bit less	10%	10%	9%	11%	8%	10%	9%	10%	10%	10%	8%
I am eating much less	2%	1%	2%	2%	2%	2%	2%	1%	2%	4%	1%
Don't know	2%	1%	3%	1%	3%	1%	3%	2%	2%	1%	2%

**UYCcp. Would you say you are eating more or less healthier since the COVID-19 lockdown began in the UK, or is it about the same?**

Unweighted base	1977	1261	716	481	344	192	205	483	1705	103	169
<b>Base</b>	<b>1977</b>	<b>1127</b>	<b>850</b>	<b>473</b>	<b>326</b>	<b>182</b>	<b>267</b>	<b>461</b>	<b>1708</b>	<b>97</b>	<b>172</b>
I am eating much healthier	4%	4%	2%	3%	3%	4%	6%	3%	3%	4%	5%
I am eating somewhat healthier	16%	18%	14%	17%	15%	19%	21%	16%	17%	8%	15%
I am eating the same	53%	51%	55%	52%	54%	51%	45%	54%	52%	62%	55%
I am eating somewhat less healthier	20%	21%	19%	19%	20%	20%	21%	20%	20%	20%	17%
I am eating much less healthier	5%	4%	6%	6%	4%	4%	4%	5%	5%	5%	4%
Don't know	3%	1%	4%	3%	3%	2%	3%	2%	2%	2%	4%

Cell Contents (C)

**YouGov Results**  
**Sample: 1,977 GB adults**

Field work: 21st - 22nd April 2020



Total	Government Region											
	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	England (NET)	Wales	Scotland

**G1C\_Q1. Moving on... Thinking about your time in Coronavirus lockdown (i.e. since March 23rd)... Which, if any, of the following types of exercise have you done more of since the Coronavirus lockdown began compared to before? (Please select all that apply. If you have no done more of any types of exercise since the Coronavirus lockdown, please select the 'Not applicable' option)**

Unweighted base	1977	86	216	179	171	173	192	205	290	193	1705	103	169
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**IY1pH. Would you say you are eating more or less since the COVID-19 lockdown began in the UK (i.e. since 23rd March) compared to before lockdown, or is it about the same?**

Unweighted base	1977	86	216	179	171	173	192	205	290	193	1705	103	169
<b>Base</b>	<b>1977</b>	<b>83</b>	<b>211</b>	<b>179</b>	<b>160</b>	<b>166</b>	<b>182</b>	<b>267</b>	<b>278</b>	<b>183</b>	<b>1708</b>	<b>97</b>	<b>172</b>
I am eating much more	9%	10%	8%	6%	3%	9%	4%	14%	9%	10%	8%	12%	10%
I am eating a bit more	31%	27%	29%	31%	28%	35%	33%	32%	31%	30%	31%	29%	27%
I am eating the same amount	47%	54%	49%	47%	58%	42%	49%	40%	49%	44%	47%	43%	52%
I am eating a bit less	10%	9%	11%	13%	8%	7%	10%	9%	10%	12%	10%	10%	8%
I am eating much less	2%	2%	2%	2%	2%	2%	2%	2%	-	2%	2%	4%	1%
Don't know	2%	-	2%	1%	1%	5%	1%	3%	2%	2%	2%	1%	2%

**UYCcp. Would you say you are eating more or less healthier since the COVID-19 lockdown began in the UK, or is it about the same?**

Unweighted base	1977	86	216	179	171	173	192	205	290	193	1705	103	169
<b>Base</b>	<b>1977</b>	<b>83</b>	<b>211</b>	<b>179</b>	<b>160</b>	<b>166</b>	<b>182</b>	<b>267</b>	<b>278</b>	<b>183</b>	<b>1708</b>	<b>97</b>	<b>172</b>
I am eating much healthier	4%	5%	3%	2%	4%	2%	4%	6%	3%	3%	3%	4%	5%
I am eating somewhat healthier	16%	11%	19%	16%	17%	13%	19%	21%	15%	16%	17%	8%	15%
I am eating the same	53%	56%	53%	50%	60%	49%	51%	45%	54%	53%	52%	62%	55%
I am eating somewhat less healthier	20%	19%	16%	24%	13%	26%	20%	21%	22%	18%	20%	20%	17%
I am eating much less healthier	5%	8%	5%	7%	4%	5%	4%	4%	4%	8%	5%	5%	4%
Don't know	3%	1%	4%	1%	2%	4%	2%	3%	2%	1%	2%	2%	4%

Cell Contents (C)

**YouGov Results**  
**Sample: 1,977 GB adults**

Field work: 21st - 22nd April 2020



Total	Working Status							Marital Status				
	Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married

**GIC\_Q1. Moving on... Thinking about your time in Coronavirus lockdown (i.e. since March 23rd)... Which, if any, of the following types of exercise have you done more of since the Coronavirus lockdown began compared to before? (Please select all that apply. If you have no done more of any types of exercise since the Coronavirus lockdown, please select the 'Not applicable' option)**

Unweighted base	1977	819	275	1094	100	550	68	165	936	259	173	80	513
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**iY1pH. Would you say you are eating more or less since the COVID-19 lockdown began in the UK (i.e. since 23rd March) compared to before lockdown, or is it about the same?**

Unweighted base	1977	819	275	1094	100	550	68	165	936	259	173	80	513
<b>Base</b>	<b>1977</b>	<b>833</b>	<b>275</b>	<b>1108</b>	<b>122</b>	<b>488</b>	<b>80</b>	<b>178</b>	<b>878</b>	<b>268</b>	<b>167</b>	<b>72</b>	<b>575</b>
I am eating much more	9%	9%	9%	9%	17%	4%	8%	9%	6%	11%	9%	8%	12%
I am eating a bit more	31%	34%	38%	35%	26%	25%	30%	25%	30%	31%	26%	32%	32%
I am eating the same amount	47%	45%	40%	44%	36%	60%	41%	47%	52%	45%	54%	45%	40%
I am eating a bit less	10%	9%	10%	9%	18%	10%	8%	7%	10%	11%	9%	13%	9%
I am eating much less	2%	1%	2%	1%	2%	1%	6%	5%	2%	1%	1%	1%	2%
Don't know	2%	2%	1%	2%	3%	0%	7%	7%	1%	1%	2%	-	4%

**UYCcp. Would you say you are eating more or less healthier since the COVID-19 lockdown began in the UK, or is it about the same?**

Unweighted base	1977	819	275	1094	100	550	68	165	936	259	173	80	513
<b>Base</b>	<b>1977</b>	<b>833</b>	<b>275</b>	<b>1108</b>	<b>122</b>	<b>488</b>	<b>80</b>	<b>178</b>	<b>878</b>	<b>268</b>	<b>167</b>	<b>72</b>	<b>575</b>
I am eating much healthier	4%	4%	3%	4%	9%	2%	4%	4%	3%	4%	3%	3%	4%
I am eating somewhat healthier	16%	18%	21%	19%	21%	13%	8%	12%	16%	18%	14%	14%	18%
I am eating the same	53%	49%	49%	49%	41%	65%	53%	47%	57%	52%	56%	50%	47%
I am eating somewhat less healthier	20%	21%	19%	21%	20%	17%	23%	21%	20%	17%	19%	26%	21%
I am eating much less healthier	5%	5%	6%	5%	6%	3%	2%	8%	3%	8%	5%	8%	6%
Don't know	3%	2%	1%	2%	3%	0%	10%	9%	1%	2%	3%	-	5%

Cell Contents (C)