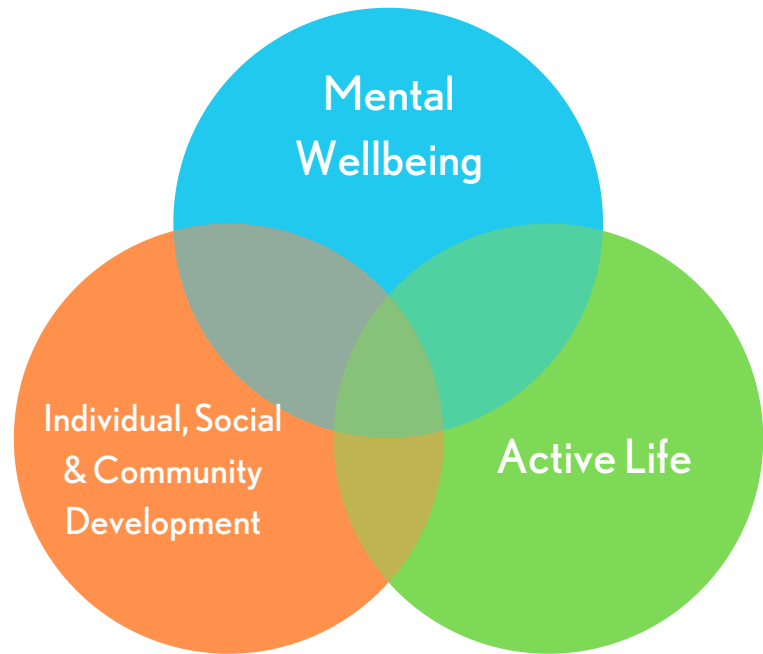


Active Lives Survey (West of England) May 2018/19

The findings of the Active Lives Survey support the new CMO guidelines which stress that **some activity is good, more is better.**



"When looking at activity levels amongst adults, we can see that those who are **active** have a **better life satisfaction** score than those who are fairly active, who in turn have a better score relative to those who are inactive.

This shows a **positive link** between being **more active** and **mental wellbeing**, and holds across all four wellbeing measures."

The Active Lives Survey for the period May 2018- May 2019 was released by Sport England in October 2019. It provides the overall information for England and compares local data within the West of England.