

MOVING MORE IS GOOD FOR OUR MENTAL HEALTH

SO, WHAT'S STOPPING US?

KEY POINTS WALES

The evidence of the benefits of movement to both physical and mental health is well documented. However, despite its apparent simplicity, for many people the advice "move more for your mental health" is easier said than done.

More than one third of UK adults (36%) do not meet the recommendations set out by the World Health Organisation.

The Mental Health Foundation recently undertook a mixed methodology study across the UK and spoke to a range of people, to help us develop a more detailed understanding of the barriers to physical activity for people more at risk of poor mental health.

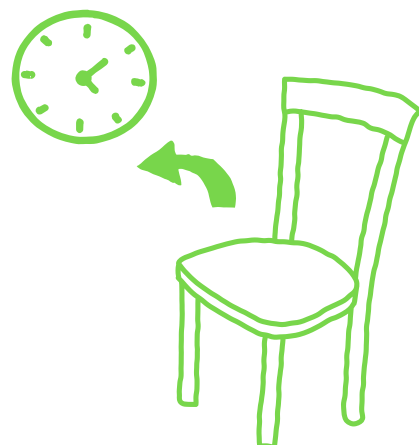


Awareness of the benefits of physical activity is high, with **82% of adults in Wales** acknowledging its importance for mental health and overall wellbeing.

Almost half (48%) of adults in Wales feel that their mental health and wellbeing can be improved through physical activity.

Over a third (38%) of adults in Wales find it challenging to allocate time for physical activity.

Additionally, **one in five individuals (21%)** report being too busy to exercise in a typical week.



MENTAL
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AWARENESS
WEEK

13-19 MAY 2024

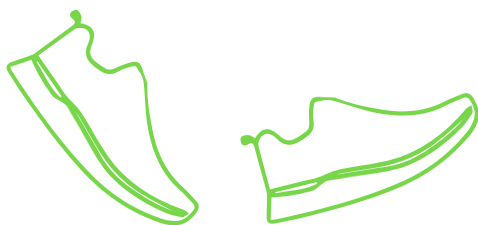
KEY POINTS WALES

More than one in three **(31%)** report feeling too **tired or fatigued** to engage in physical activity.



Almost one in five (19%) adults in Wales say that stress in their daily life is preventing them from moving more. This rises to almost **one in three (31%)** of young people aged 18-24.

Young people aged **18-24** were **more likely to say that anxiety prevents them** from being more physically active – 28% v 15% of general population.

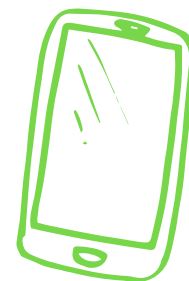
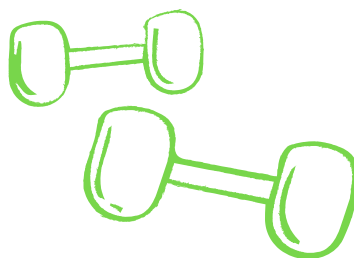


One in seven people (15%) said that a long-term condition or disability prevented them from doing more physical activity. This rises to **three in ten respondents aged 65 and over (30%)**.



The weather is a common barrier to movement for people across Wales with **around one third (32%)** saying this prevents them from doing more physical activity in a typical week.

Around one in seven survey respondents **(14%)** said that **high costs** stopped them from moving more.



Other people found that **body image and cultural barriers** stopped them from doing physical activity.

This Mental Health Awareness Week, the Mental Health Foundation is encouraging people to find [#MomentsForMovement](#) in their daily lives as we all try to move more for our mental health.

This data was collected by Opinium Research on behalf of the Mental Health Foundation. The research sample was 987 adults in Wales and the data was weighted to be nationally representative. The survey took place between the 12 – 21 March 2024.