

Busy Mums Should Prioritise own Activity Levels

An article from Sport England this week alerts us to the fact that busy mums should prioritise their own activity levels.

This is important for mums in Greater Manchester as the Active Lives results show us:



2.4% more women are inactive than men across Greater Manchester

6 IN 10

Children and Young People are not active enough in Greater Manchester.

37% of households in Greater Manchester have children.

Within Sport England's article it states that almost "70% of mothers think it is important for their children to see them exercising." The data within the report shows that mothers have a great influence on their children's activity levels and their insight shows that children who have active parents (particularly mothers) are more likely to be active themselves.

Considering this, if we can increase the number of mums who are active, we should also be able to increase the number of children and young people who are active. Mums can help children to become more active as they normalise exercise as part of everyday life.

MUMS

61% Of mums feel guilty about taking time to exercise.

30% Of mums report having less than an hour free to themselves per day.

77% Of mums want to do more exercise.

21% Of mums said the cost of keeping fit was a key inhibitor to staying active.

This links with the Women in Sport Article about Reframing Sport for Teenage Girls; as it says that we should not underestimate the importance of a mum's role in the life of teenage girls.

Over 1 in 4 young women would be more likely to join a sport if their mum played.

Adding to the importance of mums being physically active, in supporting their children to be active too.

45%

of Secondary school girls do not do any additional sport or physical activity in school outside of PE lessons. This increases to 57% at KS4.

1 IN 4

Secondary aged girls do not do any sport and physical activity outside of school. Among BAME girls this increases to 30% compared to 19% from white british backgrounds.

WELLBEING

- Girls who were more active were more likely to agree to questions around personal wellbeing, including confidence, resilience and happiness.
- over 3 quarters of more active girls responded as being resilient compared to under half of less active girls.
- 29% of girls are not happy with how their body looks.
- Girls happy with how their body looks decreases throughout secondary school and by year 13 only 9% are happy with how their body looks.

65%

of Secondary aged girls either liked or liked a lot “learning at school”, More active girls (27%) are more likely to like learning at school a lot than less active girls (16%).

6%

gap between boys and girls being coaches/ leaders and administrators. Over 30% of girls would like the opportunity to have each of the roles.

GIRL'S ACTIVITY LEVELS IN GM



BOY'S ACTIVITY LEVELS IN GM



Based on the Active Lives Children and Young People Survey in Greater Manchester the gap between boys and girls who are doing 60 minutes or more of activity every day is **8.4%**. The gap increases by 0.7% when adding to those who are Active across the week.

The gap between inactive boys and girls is **2.9%**.