



Wellbeing Score™ Report 2021

Forewords



Guy Griffiths
Founder
GGFit

"The Training Shed Wellbeing Score™ is a simple, yet meaningful index which everyone can use to measure their health, and realise where they need to make changes to improve.

More importantly, it can benchmark the population, show the health and fitness industry where more work is needed, where there are quick wins and ways of engaging with more people. More data is good, but more concise, understandable data is better. The Wellbeing Score™ is easily scalable, which is crucial if we are to not only measure, but improve more people's health and fitness."



David Stalker
CEO
Myzone EMEA

"This is the stuff that moves the health and wellbeing forward, and it all sounds so simple.

Through highlighting a few key areas of our behaviour, the Wellbeing Score™ Report can raise awareness of what positive changes we need to make that will bring the biggest benefits to our daily life and longevity.

As we begin a new era of more people understanding how to look after themselves and each other, these insights are invaluable for the years to come as we move forward together in good health.

Let's keep active, fuel our bodies, rest well and reap the rewards."



Phil Horton
Country Director UK
miha bodytech

"We're proud to be partnering with The Training Shed to support the The Wellbeing Score™ Report.

"The Wellbeing Score™ highlights how much work there is to be done to ensure the population is meeting CMO guidelines for wellness. Strength training is a key area that is not being met."

Introduction

The World Health Organisation's (WHO) definition of health is "a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity". In other words, wellbeing is essential to health.

Despite the fundamental importance of both health and wellbeing being widely understood, recent studies show that all measures of personal wellbeing significantly worsened from 2019 to 2020. In fact, a Public Health England Survey in Jan 2021 found that 7 in 10 UK adults want to be healthier post pandemic.

At the Training Shed we wanted to dig deeper into health and wellbeing and create a practical tool to not only understand the current state of the nation but to raise awareness, provoke conversation, and enhance understanding of how daily habits affect a person's wellbeing.

To do this, we created the **Wellbeing Score™**.

The what, why, how, when and who of the Wellbeing Score.

The Wellbeing Score™ is a non-intrusive twenty question assessment that delves into daily nutrition, health habits and analyses functional movement abilities.

The Wellbeing Score™ aims to provide a quantifiable and constructive measure of wellbeing, from which education and suitable wellbeing solutions can be implemented.

Our goal with the Wellbeing Score™ is to cause positive change and measurable progress in the nations wellbeing, evident by the increase in individual and average scores.

The Wellbeing Score™ uses twenty research backed and/or widely known wellbeing topics and through a mixture of questions and tasks builds a picture of a person's lifestyle and wellbeing habits. The online assessment can be completed from anywhere and in just 10 minutes. The Wellbeing Score™ provides valuable feedback on a person's nutrition and health habits as well as movement abilities.

To pass the Wellbeing Score™ and fall into our 'as it should be' category you need to score 19 or 20 out of 20. Whilst we understand that individual circumstances (such as medical history or previous injuries) will affect scores, we believe that every adult, irrelevant of age, gender, occupation and other demographical factors should aim to pass the Wellbeing Score™.

That said, we do understand that a person's wellbeing is more complicated than yes/no questions and reiterate that the goal of the Wellbeing Score™ is to provoke conversation. Our support post Wellbeing Score™ takes a more in-depth look at the why behind each question and sources individual solutions to improve wellbeing.

The data collection for the Wellbeing Score™ is ongoing. This first report is based on 3000 respondents, an unspecified mix of the general population, from June 2020 to August 2021.

Aim of this Wellbeing report

The goals of this report are; to highlight the current 'state of the nation', provoke conversation, provide a universal and quantifiable measure of wellbeing, enhance wellbeing education and solutions, better the wellbeing of the nation.



The key facts

- The **national average for the Wellbeing Score™** is 14. That is 12.70% of the 3000 respondents or 381 people.
- 137 people's wellbeing is **as it should be**. That is 4.56% scoring 19 or 20.
- 1305 people are in the **above national average category**, that is 43.50% scoring between 15-18 on the Wellbeing Score™.
- 869 fall into the **below national average category**, that is 28.96% scoring 10-13 on the Wellbeing Score™.
- 308 people are in the **wellbeing emergency category**. That is 10.26% scoring less than 10.

The data

Category	Score bracket	Number of participants	Percentages
As it should be	19-20	137	4.56%
Above national average	15-18	1305	43.50%
National average	14	381	12.70%
Below national average	10-13	869	28.96%
Wellbeing emergency	0-9	308	10.26%

Table 1.0 - Key numbers & Wellbeing Score™ Categories

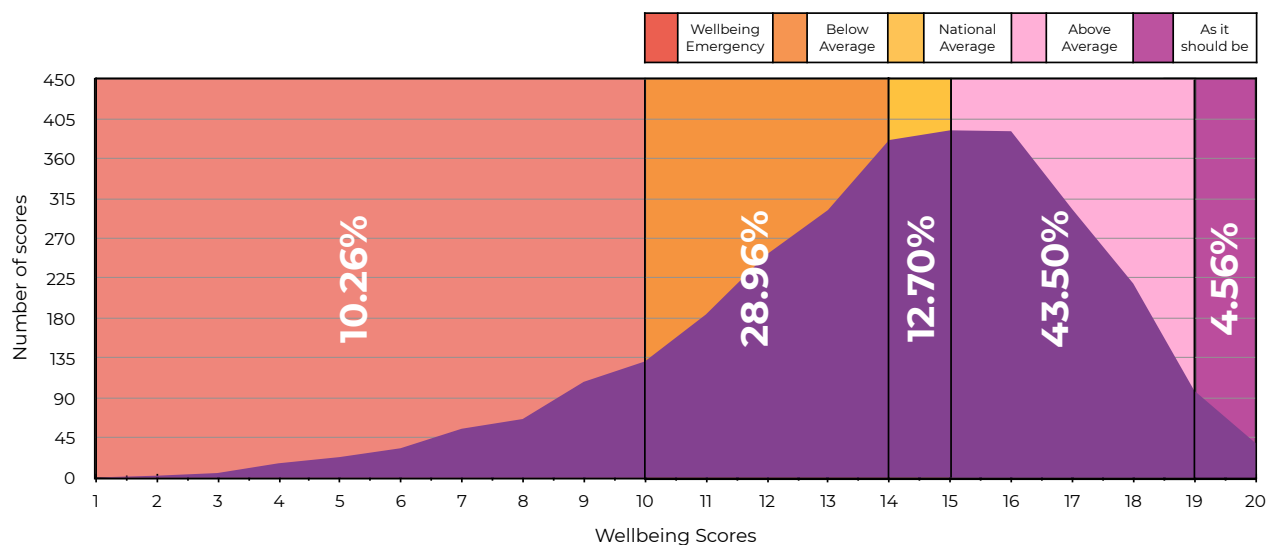


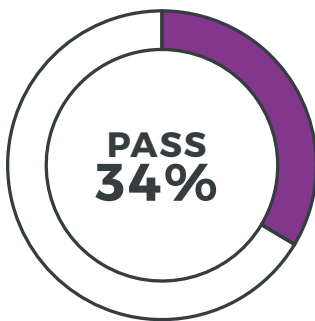
Chart 1.0 - Spread of Wellbeing Score™ data

The analysis: Question by Question

The Wellbeing Score™ is split into three sections; nutrition, health and movement. This section of the report provides a simple analysis of each of the 20 questions, by each section. The purple highlighted section indicates the percentage of people that passed the Wellbeing Score™ questions.



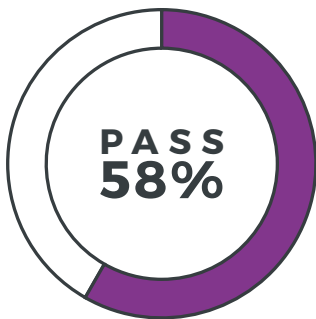
Nutrition Questions



Q1. Nutrition: Hydration - Do you drink more than 6 glasses of water each day, on average?

The first question on our Wellbeing Score is about hydration. Water is one of the most important aspects of our diet and drinking enough liquid helps to ensure that all bodily functions are able to take place as normal.

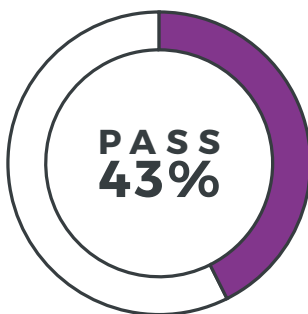
Only 34%, that's over a third of people, drink enough water, according to the NHS recommendations.



Q2. Nutrition: Balanced Energy - Do you eat breakfast, lunch & dinner everyday?

We often hear that breakfast is the most important meal of the day. The truth is, they are all important. Food is your fuel – you need it for your body to function effectively. Having three meals per day helps to keep our energy and blood glucose levels balanced throughout the day.

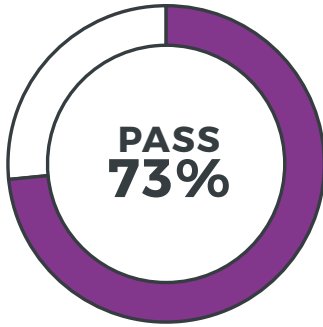
Only just over half of people, 58%, eat all three meals everyday.



Q3. Nutrition: Vitamin's & Minerals - Do you eat more than 5 portions of fruit and veg each day, on average?

When we talk about your fruit and veg consumption, what we are really interested in is your vitamin and mineral intake levels. Although required in smaller amounts compared with fat, protein and carbohydrates, vitamins and minerals still play an essential role in regulating your body's vital functions.

Less than half of people, 43%, eat 5 portions of fruit & veg according to NHS recommendations.



Q4. Nutrition: Fizzy Drinks - Do you consume 1 or more glasses of fizzy pop each day, on average?

According to NHS figures, those who drink more than one fizzy pop or energy drink a-day (including zero sugar versions) are up to 60 percent more likely to develop obesity and high blood pressure, leading to heart attacks and strokes. Each can of fizzy pop can contain over 100 calories and up to 80mg of caffeine.

Over a quarter people, 27%, consume at least 1 fizzy drink a day.



Q5. Nutrition: Caffeine - Do you consume more than 2 caffeinated drinks each day, on average?

Caffeine is most commonly used to improve mental alertness, with coffee, tea and fizzy drinks being habitually consumed as part of a daily routine. It works by stimulating your central nervous system, heart, muscles, and the centres that control blood pressure.

Two fifths of people, 41%, consume more than 2 caffeinated drinks a day.



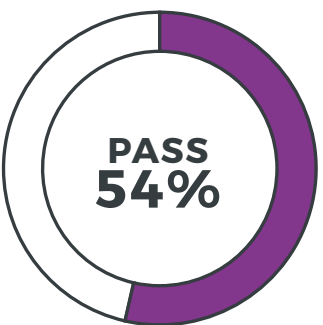
Q6. Nutrition: Alcohol - Do you consume 14 or more units of alcohol in an average week?

Alcohol is a non-nutritive calorie source. Excess alcohol can drain your body of vitamins and minerals, negatively affect your body at a cellular level and has been linked to the onset of various types of illnesses and disease.

A tenth of people reported an excessive weekly consumption of alcohol.



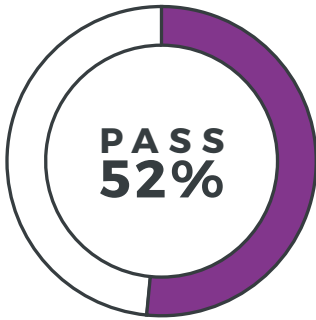
Health Questions



Q7. Health: Activity - Do you do more than 2.5 hours of moderate activity or 1.25 hours of vigorous activity in an average week?

The NHS recommends 150 minutes of moderate activity or 75 minutes of vigorous activity per week, to help you maintain a healthy mind and body. Regular activity has been shown to benefit our physical, psychological and social health.

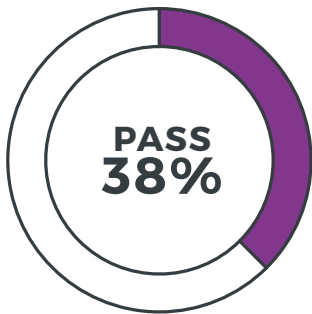
Only half of people, 54%, complete the NHS recommended amount of weekly activity.



Q8. Health: Resistance Training - Do you do 2 or more full body resistance sessions in an average week?

Resistance training is suitable for everyone and has a wide variety of benefits including body composition, physical function and reduces risk. It is a form of physical activity that is designed to improve muscular fitness by exercising a muscle or muscle group against an external resistance. Think yoga, pilates, weight training and using resistance bands.

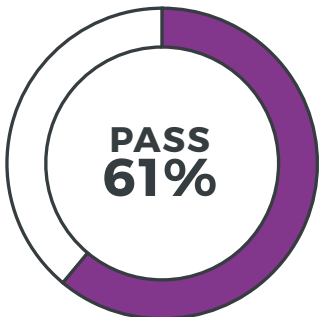
Only half of people, 52%, complete the NHS recommended 2 full body resistance sessions a week.



Q9. Health: Daily Activity - Do you do more than 10,000 steps each day, on average?

Despite its 'loose' theory, achieving 10,000 steps a-day does have health benefits. Firstly, it is a great form of NEAT (Non Exercise Activity Thermogenesis), which refers to your use of energy during non-sporting activities. NEAT, especially in the form of walking, is an excellent addition to any health and wellness plan. Increased levels of NEAT help you maintain your body weight and composition.

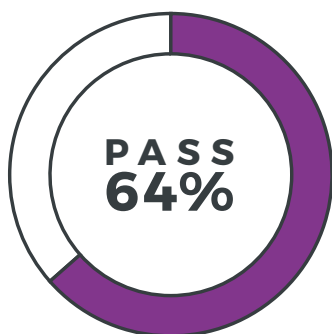
Less than two fifth's of people, 38%, move enough every day.



Q10. Health: Body Composition - Do you do pass the string test?

The string test is a simple and effective way to measure your waist to height ratio, helping to highlight any health risks. Your goal on the weight to height ratio is to achieve 0.5. If the ends of your sting test meet, you are within this tolerance.

Around two thirds of people, 61%, show indication of a healthy body composition.



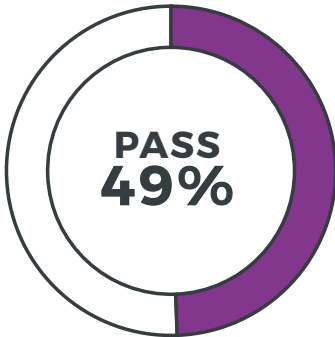
Q11. Health: Sleep - Do you get between 7 and 9 hours of sleep a night, on average?

Sleep is like hitting the reset button each night. It gives your body a chance to focus on recovery, for your hormones to rebalance and your stress levels to drop, all in preparation for the next the day. Getting enough sleep has many other benefits however getting less than 6 hours sleep a night has been linked with the development of adverse health conditions.

A third of people, 38%, do not get enough sleep.



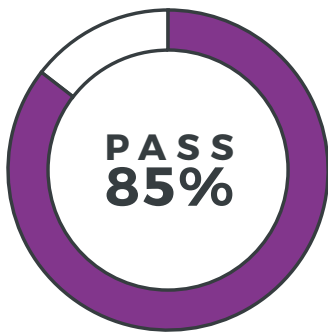
Movement Questions



Q12. Movement: Mobility - Can you stand and touch your toes without bending your knees?

The ability to touch your toes without bending your knees demonstrates you have good mobility at your lower back and pelvis. It also shows that your hamstring muscles (the ones at the back of your leg) are not short in length. If you can't touch your toes, it does not mean you have injured yourself or that there is something seriously wrong. It simply means you lack mobility.

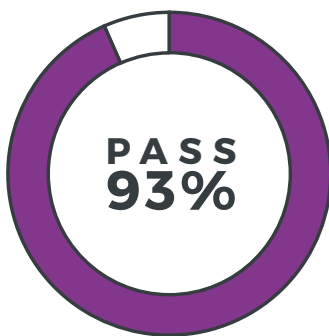
Half of people, 49%, cannot touch their toes.



Q13. Movement: Mobility - Can you raise your arms above your head and place your thumbs together?

Your shoulder is the most mobile joint in your body, it has the very simple function of moving your hand to the most optimal position for the task you are doing. It can move in all three movement planes, conducting no less than 7 movements and reaching ranges of up to 180°.

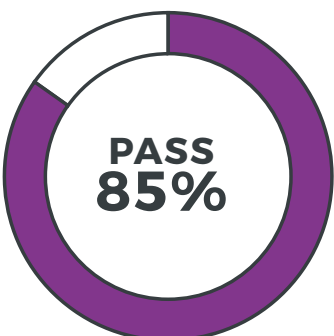
15% of people have demonstrated limited shoulder mobility.



Q14. Movement: Functional Movement - Can you run up a flight of stairs, without stopping?

We are often encouraged to take the stairs instead of a lift. Walking up a flight of stairs is good for your general health. But running up a flight of stairs requires more from your body, including coordination, balance, strength and cardiovascular fitness.

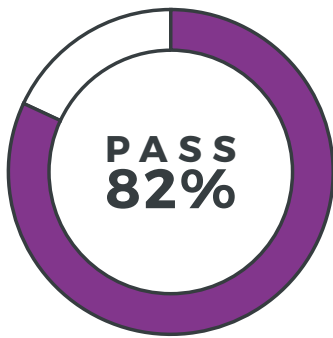
One in twenty people, 7%, cannot run up the stairs.



Q15. Movement: Functional Movement - Can you walk back down the stairs unaided, without any muscle or joint pain?

Walking up and down a flight of stairs is a common task, that many people do daily without any thought. However, despite its apparent simplicity, walking unaided down a flight of stairs actually requires the complex movement of your key joints and muscles to push off, decelerate, land and stabilise on each step, before repeating.

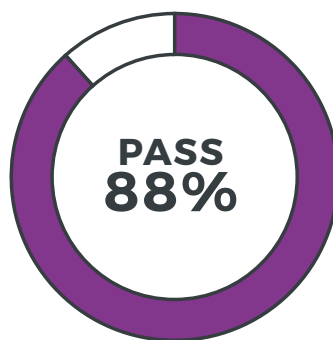
15% of people cannot walk downstairs unaided or without pain.



Q16. Movement: Functional Movement - Can you lift a 15kg cabin bag or backpack from the floor onto your shoulder from a standing position, repeating both sides?

Picking an item off the floor to your shoulders shows competency in one of your fundamental functional movement patterns – the hinge. The hinge is a key movement that relies on recruitment and coordination of key joints and muscles.

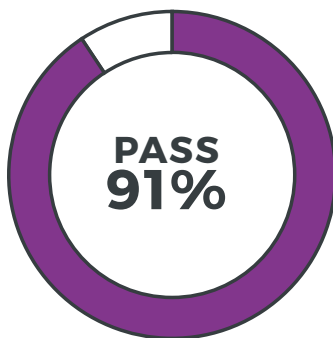
Almost a fifth of people, 18%, struggle to pick moderate weighted items off the floor.



Q17. Movement: Functional Movement - Can you sit down on it and stand up from a chair, unaided?

The act of sitting in a chair and standing up unaided is not only a great display of lower limbs strength, but also of your control. It shows a fundamental level of good joint and muscle health and can help predict the risk of falls.

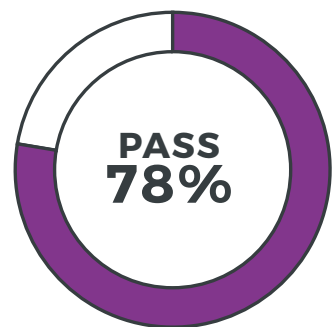
Over 1 in 10 people, 12%, cannot sit and stand from a chair unaided.



Q18. Movement: Balance - Can you stand on each leg, in turn, for 45 seconds?

The ability to stand on one leg directly correlates with your ability to balance. It is an interaction of strength, stability and control across multiple joints and muscles. It can also highlight your level of risk with regards to a fall.

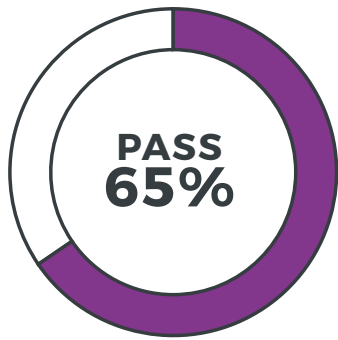
Almost a tenth, 9%, of people struggle to balance on one leg.



Q19. Movement: Coordination - Can you throw the ball against the wall and catch it in your alternate hand, 10 times?

This is a good test for measuring 4 key body functions; Hand eye coordination, neuromuscular function, reaction time and visual acuity. All are vital for every day life and for maintaining general health and wellbeing.

Over one in five people, 22%, show signs of limited hand eye coordination.



Q20. Movement: Upper body Strength - Can you push yourself off the ground in a single push up, with a straight back?

It is not often that we find ourselves face down on the floor needing to push ourselves up. But a press up is so much more than that. The press movement itself is a fundamental movement of the shoulder, which you should be able to execute without any problem. It also demonstrates your shoulder's strength, a critical factor in avoiding injuries.

Over a third of people, 35%, cannot complete a push up.

Pass percentages per question

Section	Question	Pass
Nutrition	Hydration	34%
Health	Daily Activity	38%
Nutrition	Vitamins & Minerals	45%
Movement	Mobility - Lower body	49%
Health	Resistance Training	52%
Health	Activity	54%
Nutrition	Balanced Energy	58%
Nutrition	Caffeine	59%
Health	Body Composition	61%
Health	Sleep	64%
Movement	Functional Movement - Press & Brace	65%
Nutrition	Fizzy Drinks	73%
Movement	Coordination	78%
Movement	Functional Movement - Hinge	82%
Movement	Mobility - Upper body	85%
Movement	Functional Task - Down Stairs	85%
Movement	Functional Task - Sit down stand up	88%
Nutrition	Alcohol	90%
Movement	Balance	91%
Movement	Functional Task - Up Stairs	93%

Table 2.0 - Pass percentage for Wellbeing Score™ questions from lowest to highest.

Infographic

To summarise the data in this Wellbeing Score™ report we have produced the following infographic. This one page document demonstrates the headline statistics from the study and can be used to efficiently and effectively display the data.



Wellbeing Score™ Report

The Wellbeing Score™ is a non-intrusive twenty question assessment that delves into daily nutrition and health habits and analyses functional movement abilities. This inaugural Wellbeing Score™ report is based on 3000 respondents, an unspecified mix of the general population, from June 2020 to August 2021.

The key facts

- > **National average** for the Wellbeing Score™ is: 14.
- > 137 people's wellbeing is **as it should be**. That is 4.56% scoring 19 or 20.
- > 308 people in the **wellbeing emergency category**. That is 10.26% scoring less than 10.

The spread of data

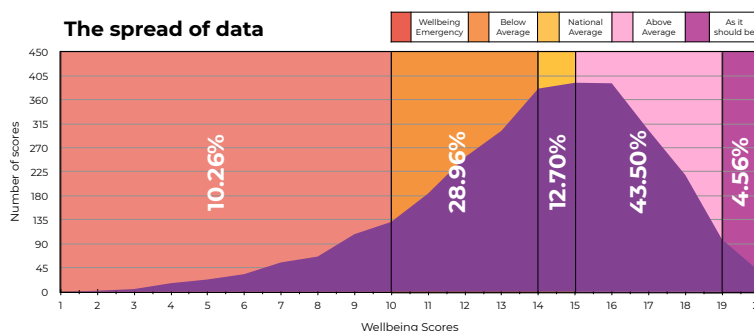


Chart 1.0 - Spread of Wellbeing Score™ data



Nutrition

Q1. Nutrition: Hydration

Do you drink more than 6 glasses of water each day, on average?



Q2. Nutrition: Balanced Energy

Do you eat breakfast, lunch & dinner everyday?



Q3. Nutrition: Vitamin's & Minerals

Do you eat more than 5 portions of fruit and veg each day, average?



Q4. Nutrition: Fizzy Drinks

Do you consume 1 or more glasses of fizzy pop each day, on average?



Q5. Nutrition: Caffeine

Do you consume more than 2 caffeinated drinks each day, on average?



Q6. Nutrition: Alcohol

Do you consume 14 or more units of alcohol in an average week?



Health

Q7. Health: Activity

Do you do more than 2.5 hours of moderate activity or 1.25 hours of vigorous activity in an average week?



Q8. Health: Resistance Training

Do you do 2 or more full body resistance sessions in an average week?



Q9. Health: Daily Activity

Do you do more than 10,000 steps each day, on average?



Q10. Health: Body Composition

Do you do pass the string test?



Q11. Health: Sleep

Do you get between 7 and 9 hours of sleep a night, on average?



Movement

Q12. Movement: Mobility

Can you stand and touch your toes without bending your knees?



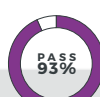
Q13. Movement: Mobility

Can you raise your arms above your head and place your thumbs together?



Q14. Movement: Functional Movement

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Q18. Movement: Balance

Can you stand on each leg, in turn, for 45 seconds?



Q19. Movement: Coordination

Can you throw the ball against the wall and catch it in your alternate hand, 10 times?



Q20. Movement: Upper body Strength

Can you push yourself off the ground in a single push up, with a straight back?



Key findings

The Wellbeing Score™ data shows that the majority of people's wellbeing is not as it should be, in fact only 4.56% of the respondents scored 19 or 20. The average Wellbeing Score™ was 14 out of 20 and 10.26% of people (n = 308) scored 10 or less, putting them in the Wellbeing Emergency category.

Importance

The Wellbeing Score™ data is a representation of the nations wellbeing. Therefore provides meaningful, informative data from which we can enhance our understanding of key wellbeing issues and plan how to support progress.

Importantly the Wellbeing Score™ also provides a quantifiable measure. From this we can not only see trends in population but also provide an accurate and detailed measure of change.

Solutions

At the Training Shed we wanted to dig deeper into health and wellbeing to create a practical tool (the Wellbeing Score™) to not only understand the current state of the nation but to raise awareness, provoke conversation, and enhance understanding of how daily habits affect a person's wellbeing.

Additionally, we also want to provide solutions to help support the improvement of highlighted issues. Our aims with the solution was to provide education, support and accountability for long term habit change.

Our solution to improve wellbeing is **Wellbeing66**.

Wellbeing66 is a 66 day coach led, habit changing journey targeted to improve your wellbeing and therefore, Wellbeing Score™. From a sample of Wellbeing66 journeys, our coaches have supported the sustainable progress of individuals wellbeing, taking the average wellbeing score from 14.66 to 17.33 in 66 days.

What's next

Our aim is to use the Wellbeing Score™ to support the wellbeing of individuals and to provide meaningful, informative data on the state of the nation.

We aim to continue sharing the Wellbeing Score™ as a free resource as we believe that it helps to raise awareness, provoke conversation, enhance understanding and support the development of people's wellbeing.

Additionally, we aim to complete an annual Wellbeing Score™ report. Continually providing a larger data sample to show the current state of the nation but also be able to analyse yearly changes and trends in the data.

In future reports we will differentiate results by age, gender, activity levels and fitness goals therefore providing more in depth analysis into the why of the Wellbeing Score™ data. Additionally we have the capability to provide wellbeing score data for different industries or sporting communities, this again helps to recognise trends and therefore, we hope, provide more specific solutions for individuals.





**Custom fit.
You made better.**