

5 Individual behaviours

Physical Activity



Large sections of LGBT+ people wished to participate in physical activity (e.g. gym, exercise classes, team sports) but did not do so.

E.g. only 5% of trans women currently go to the gym but 39% would like to.



Levels of physical activity varied, but many pointed to the **link between physical activity and mental wellbeing**



Depression led to disinterest in being active, but being active boosted mental wellbeing

Barriers to physical activity



Homophobia/transphobia in sports/exercise environments

Particularly for **trans and non-binary people** and **gay/bisexual men**



Lack of appropriate changing areas

Communal and/or gender segregated changing facilities were barriers particularly for **trans and non-binary people**



Lack of LGBT+ friendly sports facilities or clubs



practical concerns around clothing etc for trans people



gender segregation/ gender rules



cost

The Covid pandemic reduced physical activity which impacted mental and physical health

“I like going to the gym, because it makes me feel good about myself and helps me a lot with managing dysphoria. When the gyms closed and I couldn't access a gym for six months, it was really hard on me. Like everyone else, I tried doing the home workout thing, but it wasn't feeling like it did when I went to the gym- I like using heavy weights and exhausting things, so when I go home I feel exhausted but really good about myself. So not having had that for a really long time had a profound impact on my mental health and I think my physical health as well, in terms of how fit I am and how good my circulation is and all that stuff”.



Trans masculine, 2020

Activity levels before and since Covid

