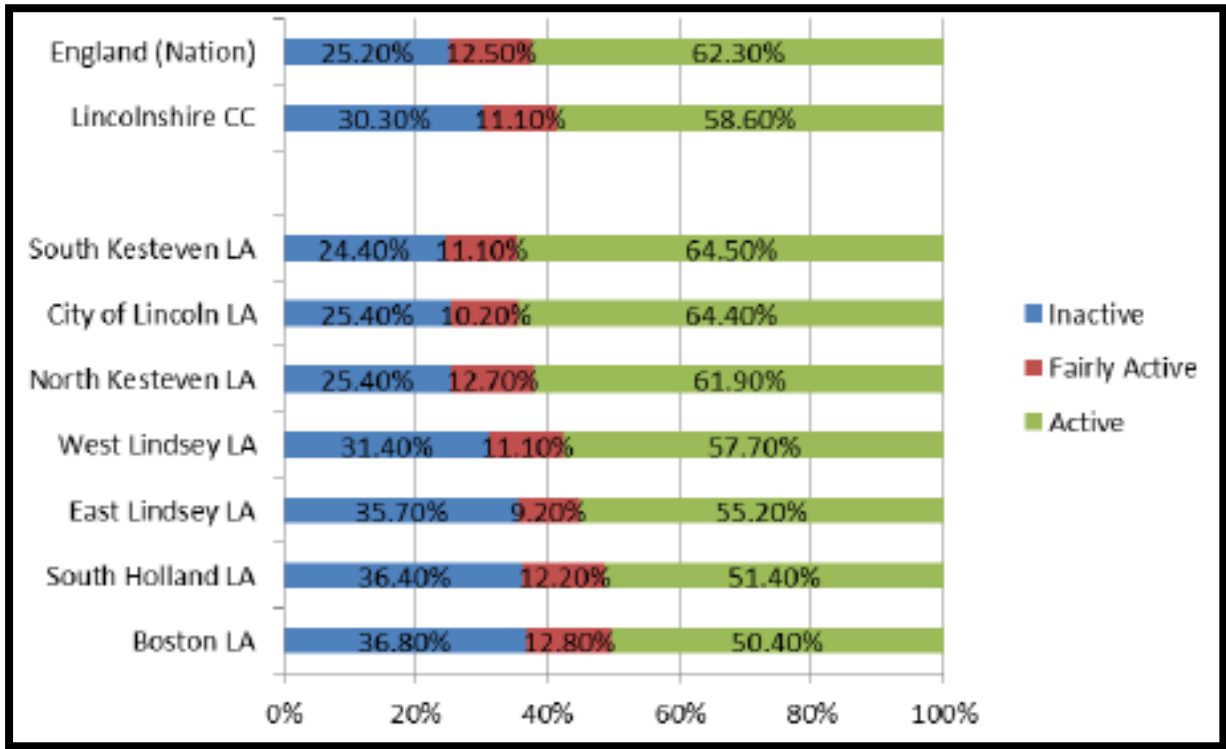


Appendix C

Active Lives Survey: Lincolnshire and Districts (May 2017/18)



The activity measure is based on the number of moderate intensity equivalent minutes whereby each 'moderate' minute of activity counts as one minute and each 'vigorous' minute of activity counts as two moderate minutes.

Moderate activity is defined as activity where you raise your breathing rate, and vigorous activity is where you're out of breath or are sweating.

Depending on the number of minutes of moderate intensity equivalent (MIE) physical activity, people are described as being:

- Inactive – doing fewer than 30 minutes a week
- Fairly active - doing 30-149 minutes a week
- Active – doing at least 150 minutes a week.