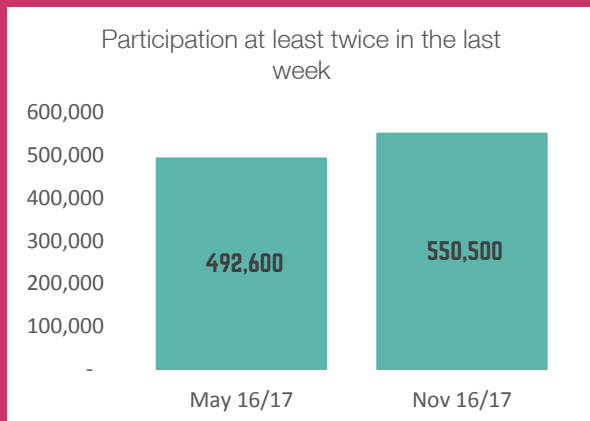


WEIGHTLIFTING

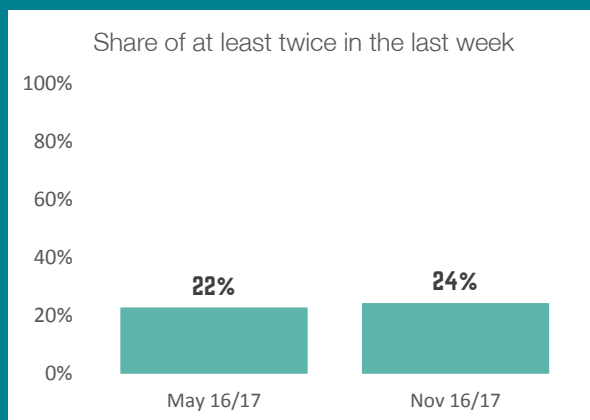
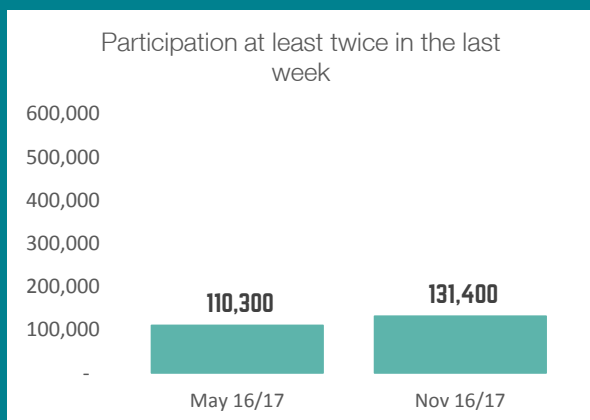
OVER HALF A MILLION PEOPLE PARTICIPATED IN WEIGHTLIFTING AT LEAST TWICE IN THE WEEK

OVERALL PARTICIPATION

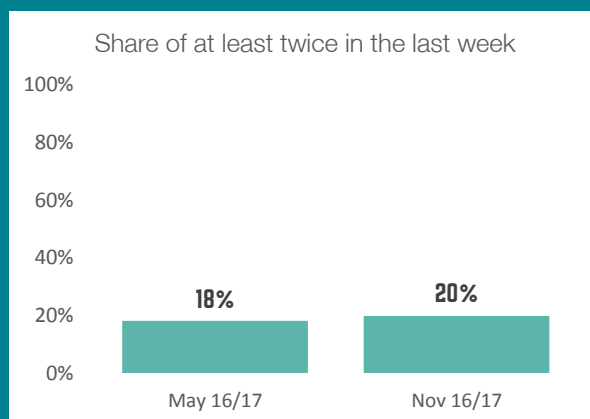
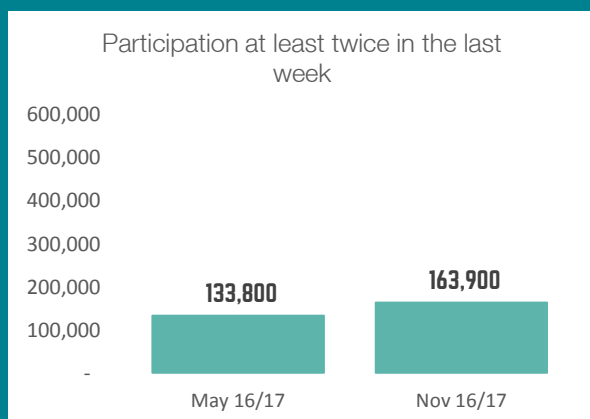


- 550,500 people participated in weightlifting between mid-Nov 2016 and mid-Nov 2017.
- A quarter of these participants were women (131,400).
- A fifth of participants are from a lower socio-economic group. This is slightly higher than participation across all sport and physical activity where this group make up 17% of participants.

WOMEN (PARTICIPANTS WHO ARE FEMALE)



LOW SEG (PARTICIPANTS WHO ARE IN NSSEC 6-8)



Notes

1. Participation refers to at least moderate intensity (for those aged 65+ light intensity is also included).
2. Arrows are included when there has been a statistically significant change in participation.