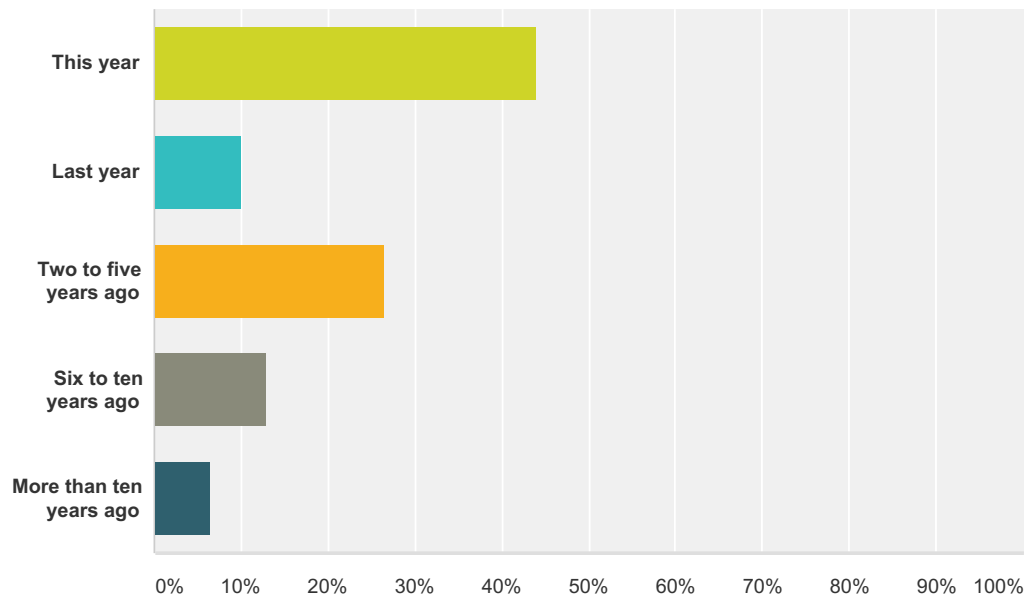


### Q1 When was your last holiday away from the business?

Answered: 109 Skipped: 0

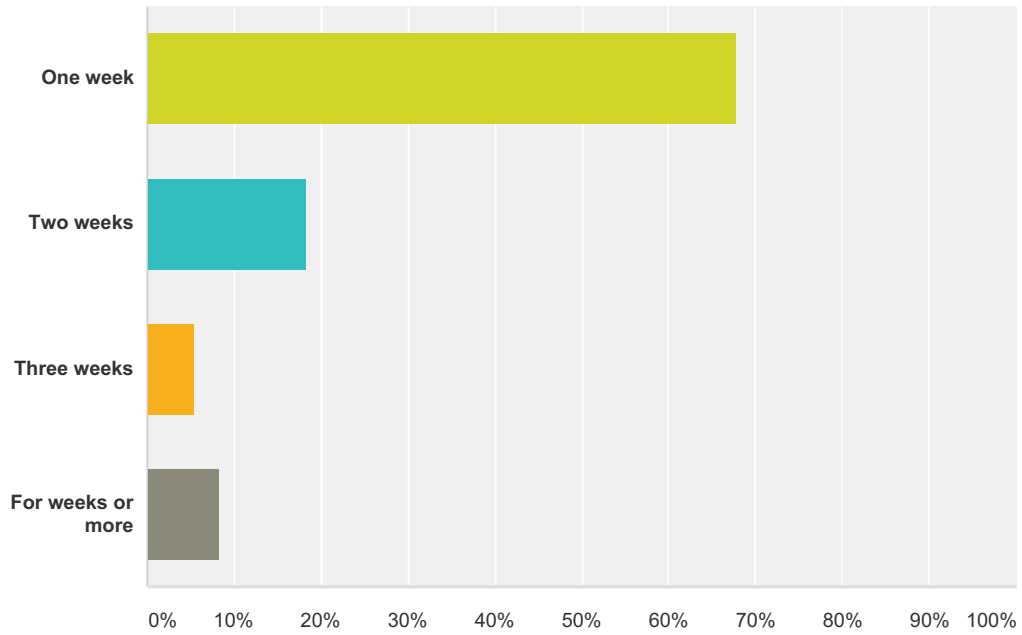


Answer Choices	Responses
This year	44.04% 48
Last year	10.09% 11
Two to five years ago	26.61% 29
Six to ten years ago	12.84% 14
More than ten years ago	6.42% 7
<b>Total</b>	<b>109</b>

### Q2 How long was your last holiday?

Answered: 109 Skipped: 0

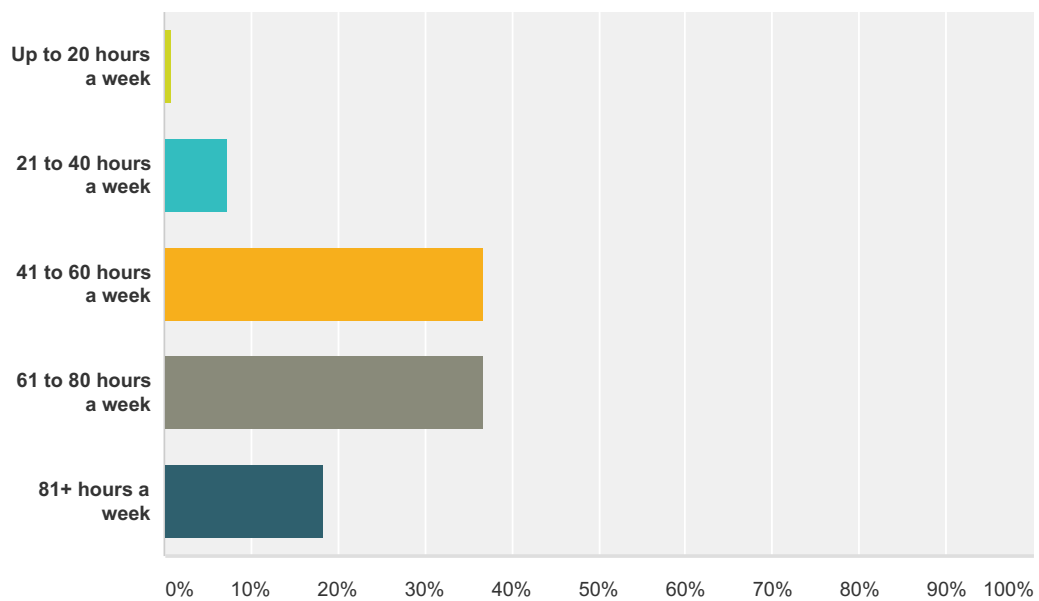
## Newsagent wellbeing survey



Answer Choices	Responses
One week	67.89% 74
Two weeks	18.35% 20
Three weeks	5.50% 6
For weeks or more	8.26% 9
<b>Total</b>	<b>109</b>

## Q3 How many hours do you work a week?

Answered: 109 Skipped: 0

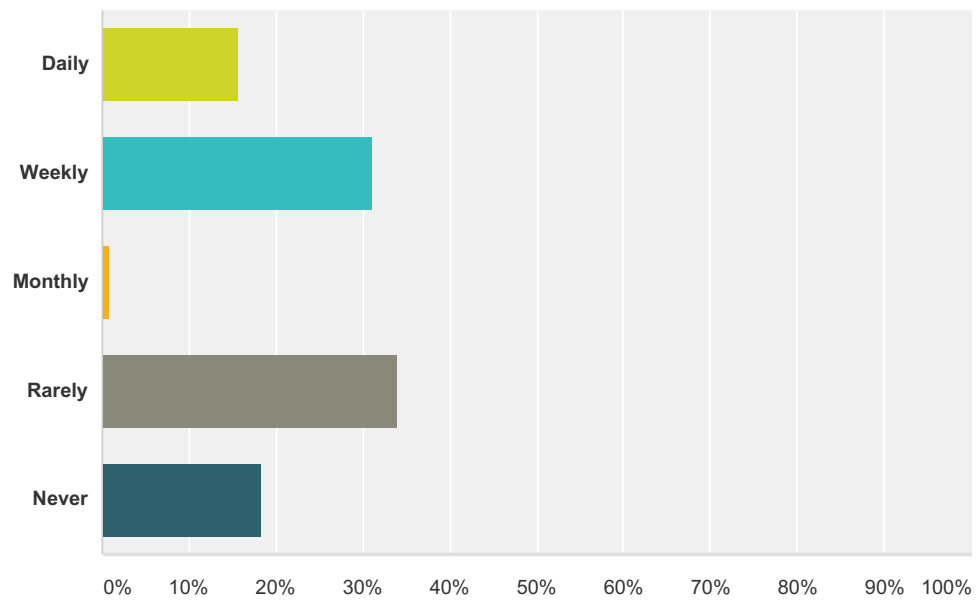


## Newsagent wellbeing survey

Answer Choices	Responses
Up to 20 hours a week	0.92% 1
21 to 40 hours a week	7.34% 8
41 to 60 hours a week	36.70% 40
61 to 80 hours a week	36.70% 40
81+ hours a week	18.35% 20
<b>Total</b>	<b>109</b>

### Q4 How often do you exercise?

Answered: 109 Skipped: 0

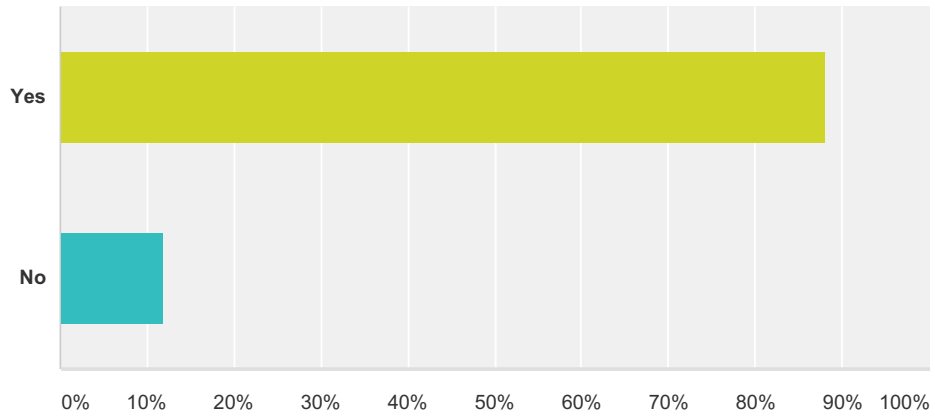


Answer Choices	Responses
Daily	15.60% 17
Weekly	31.19% 34
Monthly	0.92% 1
Rarely	33.94% 37
Never	18.35% 20
<b>Total</b>	<b>109</b>

### Q5 Are you fit and healthy enough to run your business?

Answered: 109 Skipped: 0

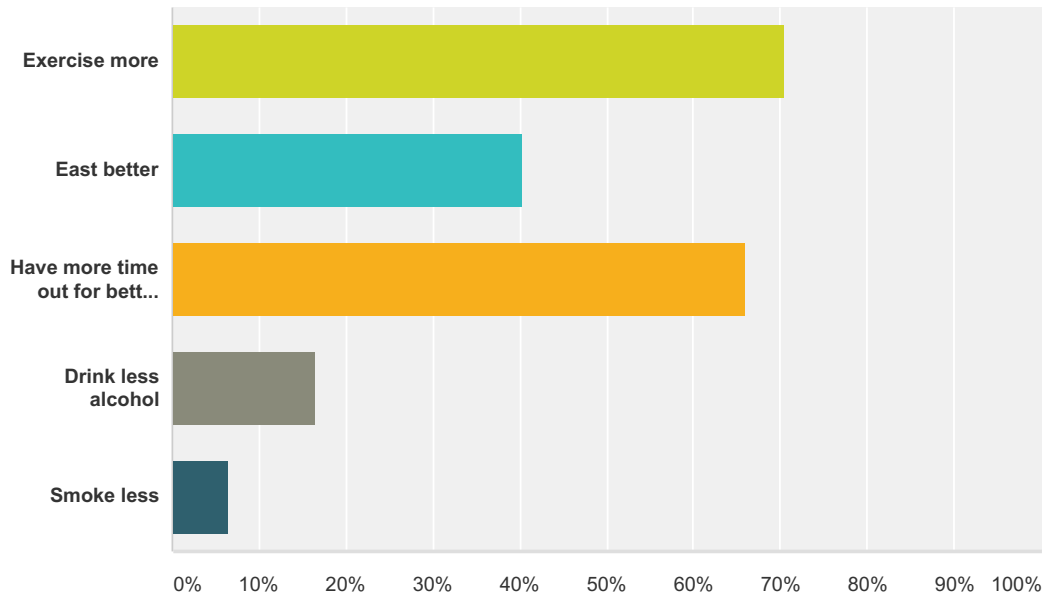
## Newsagent wellbeing survey



Answer Choices	Responses
Yes	88.07% 96
No	11.93% 13
<b>Total</b>	<b>109</b>

## Q6 What could you do to improve your health and wellbeing while still owning and operating your newsagency?

Answered: 109 Skipped: 0



Answer Choices	Responses
Exercise more	70.64% 77
East better	40.37% 44
Have more time out for better mental health	66.06% 72

## Newsagent wellbeing survey

Drink less alcohol	16.51%	18
Smoke less	6.42%	7
<b>Total Respondents: 109</b>		