

# Let's Get Active!

## Planning Effective Communication Strategies

### PHYSICAL ACTIVITY AND SPORT MONITORING PROGRAM



## Popular physical activities among Canadian adults

The 2014-2015 Physical Activity Monitor asked Canadians' about the type of physical activities that they participated in during the 12 months prior to the survey. This bulletin summarizes the popular activities and further explores differences by age and sex.

The majority of Canadians (18 years and older) indicated that they participated in walking for exercise (84%), gardening or yard work (74%), exercise at home (65%), and swimming (58%). A sizeable proportion indicated jogging or running (49%), bicycling (49%), weight training (41%), and social dancing (39%). Just slightly above one-quarter cited participation in ice skating (29%), exercise classes or aerobics (28%), and yoga or tai chi (27%). Table 1 lists the proportion of Canadians, aged 18 and older, who have participate in each physical activity listed, at least once during the 12 months prior to the survey.

### Age and Gender

Gender differences exist for certain popular physical activities. More men than women reported participation in gardening or yard work, bicycling, ice skating and ice hockey, golfing, baseball or softball, basketball, and football. On the other hand, more women than men cited participation in walking, social dancing, exercise classes or aerobics, and yoga and tai chi.

TABLE 1

Popular activities of Canadians (18 years and older), overall

Activity	Percent	Activity	Percent
Walking for exercise	84%	Baseball or softball	17%
Gardening or yard work	74%	Basketball	16%
Exercise at home	65%	Badminton	15%
Swimming	58%	Downhill skiing	15%
Jogging or running	49%	Volleyball	13%
Bicycling	49%	Ice hockey	12%
Weight training	41%	Tennis	11%
Social dancing	39%	Rollerblading or inline skating	11%
Ice skating	29%	Football	11%
Exercise classes or aerobics	28%	Cross country skiing	10%
Yoga or tai chi	27%	Snowboarding	8%
Golfing	23%	Formal dancing (e.g., ballet)	7%
Bowling	22%	Squash	5%
Soccer	22%	Racquetball	2%

2014-2015 Physical Activity Monitor, CFLRI

Table 2 outlines the proportions for each of these physical activities by gender.

TABLE 2

Popular activities by gender (18 years and older)

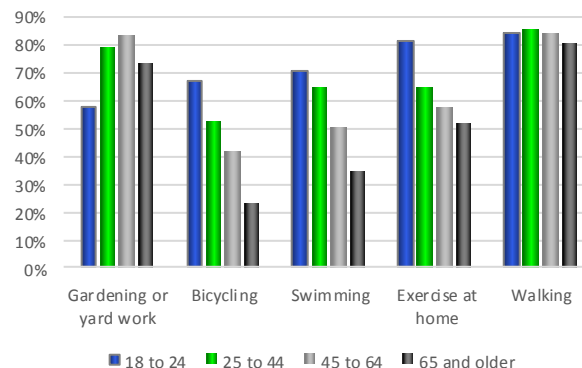
Activity	Proportion participating in the previous 12 months	
	Men	Women
Walking for exercise	80%	88%
Gardening or yard work	80%	69%
Bicycling	55%	43%
Social dancing	33%	45%
Ice skating	34%	24%
Exercise classes or aerobics	15%	39%
Yoga or tai chi	15%	39%
Golfing	33%	13%
Baseball or softball	23%	12%
Basketball	21%	11%
Ice hockey	21%	4%
Football	18%	4%

2014-2015 Physical Activity Monitor, CFLRI

Walking remains the most popular activity among adults of all ages. Similarly, golf retains its popularity among the ages. Although the percent participating is slightly lower among those older than 64 years, yoga and tai chi also remains fairly popular among all age groups. Participation rates in most activities, however, generally decline by age. The proportion of adults participating in bicycling, swimming, weight training, skating, roller blading, jogging or running, home exercise, downhill skiing, snowboarding, bowling, and social dance, and team sports such as volleyball, basketball, soccer, ice hockey, baseball or softball, or football, and racquet sports generally decreases with increasing age. On the contrary, younger adults (18 to 24 years) are least likely to indicate that they garden or do yard work.

FIGURE 1

Popular activities by age (18 years and older)



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### CANADIAN FITNESS & LIFESTYLE RESEARCH INSTITUTE

201-185 Somerset Street West • Ottawa, ON K2P 0J2 • (613) 233-5528 • info@cflri.ca • http://www.cflri.ca/



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