

# Let's Get Active!

## Planning Effective Communication Strategies

### PHYSICAL ACTIVITY AND SPORT MONITORING PROGRAM



### Types of sports or activities participated in when using trails

The types of trails available in Canada are varied and may include land-based routes or water-based routes. In a previous bulletin, the 2014-2015 Physical Activity Monitor asked Canadians (18 years and older) about their use of trails, the frequency of use, and in what season the trail is typically used (Bulletin #10 in this series). In addition, the survey also further asked about the types of sports or activities conducted on the trail. These types of activities are summarized in this research bulletin.

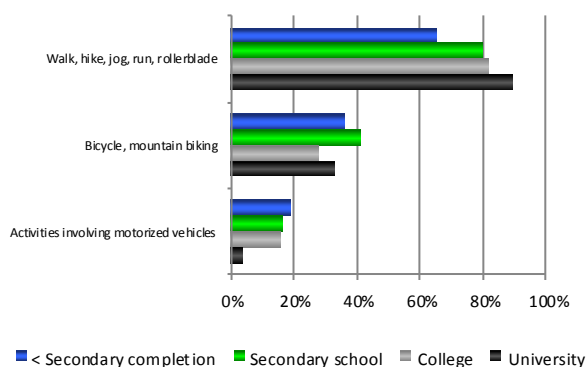
Just slightly under two-thirds of Canadian adults (64%) indicate that they have used trails in the past 12 months (see Bulletin #10). Among these trail users, walking, hiking, jogging, running, and rollerblading have been cited as the most popular activities participated in on the trails (by 84% of trail users). One-third (33%) of adults indicate bicycling or mountain biking as the most participated activity when using trails. Roughly one adult in ten participate in activities involving motorized vehicles while using trails (11%) or participate in cross country skiing or other winter sports (11%). Fewer than 10% of users use trails for water route activities such as canoeing or kayaking (7%), to ride horses (2%), or mentioned other activities such as birdwatching or hunting activities (1%).

**Region** - Compared to the national average, adults in Nova Scotia are more likely to indicate that they walk, hike, jog, run, or rollerblade on trails, whereas they are less likely to mention bicycling. A greater proportion of adults in the Yukon mention that they participate in activities on a water route compared to the average.

**Participant characteristics** – More women than men say that they walk, hike, jog, run, or rollerblade when they use trails, whereas more men than women cite activities which use a motorized vehicle. Older adults (65 years and older) are least likely to cite biking as a trail activity. A greater proportion of university educated adults mention that they walk, hike, jog, run, or rollerblade on trails compared to those who have not graduated from secondary school, whereas university educated adults are least likely to indicate that they participate in activities using a motorized vehicle. Relatively more adults who are single (or never married) say that they bicycle as a trail activity compared to adults who are widowed, divorced, or separated. Retirees are less likely than the average to indicate bicycling on trails.

FIGURE 1

Select type of sport or activity while using trails by education

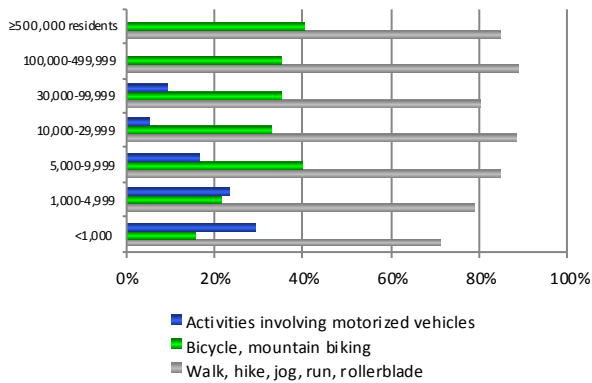


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**Household or community characteristics** – A greater proportion of residents living in the largest communities say that they bicycle when using trails when compared to those in the smaller communities (<5,000 residents). Residents of the smallest communities (<1,000 residents), however, are more likely than residents of mid-sized communities (10,000 to 100,000 residents) to use motorized vehicles on trails.

**FIGURE 2**  
Select type of sport activity while using trails by community size



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