Understanding the minimum amount of physical activity required to meet guidelines

1998, 2003, and 2008 Physical Activity Monitors

	Understanding the minimum amount required to meet physical activity guidelines		
	1998	2003	2008
TOTAL, 18 and older	32%	39%	38%
Men, 18 and older	34%	40%	38%
Women, 18 and older	29%	37%	37%
AGE			
18 to 24	32%	37%	37%
Men	39%	43%	44%
Women	25%	32%	30%
25 to 44	27%	35%	35%
Men	29%	37%	33%
Women	25%	34%	37%
45 to 64	36%	41%	38%
Men	35%	40%	38%
Women	36%	42%	38%
65 and older	42%	44%	42%
Men	50%	49%	45%
Women	37%	41%	39%
EDUCATION LEVEL			
Less than secondary school	41%	40%	37%
Secondary school	32%	41%	40%
College, trade school	31%	37%	36%
University	26%	37%	37%
HOUSEHOLD INCOME			
< $20,000	35%	41%	42%
$20,000 - $29,999	38%	43%	42%
$30,000 - $39,999	28%	44%	40%
$40,000 - $59,999	35%	37%	38%
$60,000 - $79,999	29%	42%	40%
$80,000 - $99,999	28%	29%	33%
≥ $100,000	27%	36%	37%
MARITAL STATUS			
Married, common-law	33%	39%	37%
Widowed, divorced, separated	32%	38%	38%
Never married	29%	38%	38%
EMPLOYMENT STATUS			
Full-time	29%	38%	35%
Part-time	30%	34%	41%
Student (not working)	31%	41%	42%
Homemaker	35%	38%	38%
Unemployed	38%	35%	33%
Retired	41%	45%	43%
REGION			
Atlantic	34%	44%	40%
Newfoundland	39%	43%	34%
Prince Edward Island	31%	38%	40%
Nova Scotia	30%	42%	42%
New Brunswick	36%	48%	43%
Quebec	29%	43%	42%
Ontario	31%	37%	36%
West	35%	38%	36%
Manitoba	34%	32%	32%
Saskatchewan	34%	45%	37%
Alberta	39%	37%	30%
British Columbia	32%	38%	41%
North	34%	41%	40%
Yukon	30%	38%	38%
Northwest Territories	37%	36%	38%
Nunavut		-	-
COMMUNITY SIZE			
250,000 or larger	n/a	38%	37%
100,000 to 249,999	n/a	38%	40%
10,000 to 99,999	n/a	41%	37%
1,000 to 9,999	n/a	42%	40%
< 1,000	n/a	37%	37%
ACTIVITY LEVEL			
Inactive	30%	n/a	29%
Somewhat active	29%	n/a	33%
Moderately active	28%	n/a	37%
Active	38%	n/a	43%
SPORT PARTICIPATION			
Participates in sport	n/a	n/a	38%
Does not participate	n/a	n/a	38%

- data not available due to insufficient sample