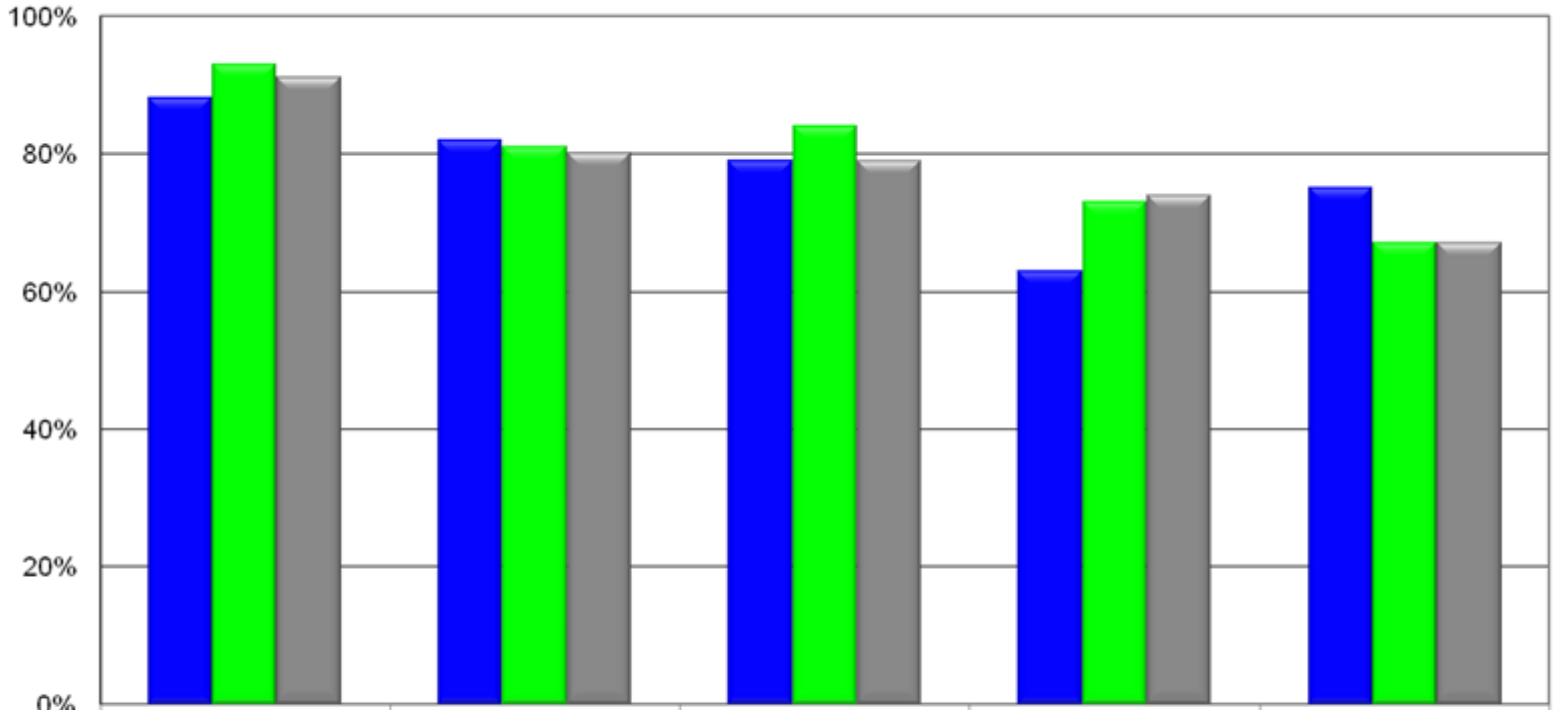
Attitudes toward physical activity

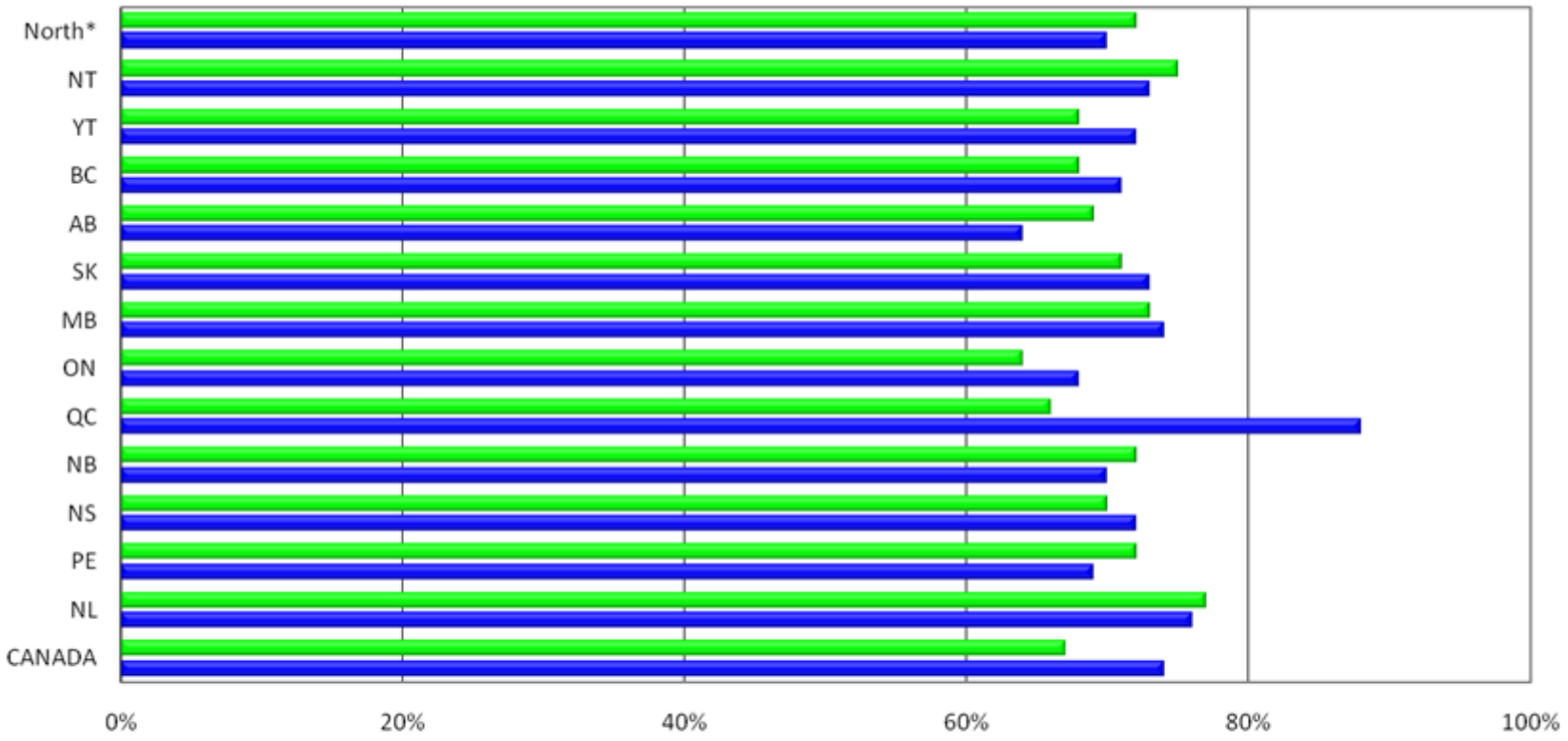
Figure 1: Trends in positive attitudes toward physical activity, 1998 - 2008, overall



	Pleasant	Comfortable	Fun	Convenient	Easy
1998	88%	82%	79%	63%	75%
2003	93%	81%	84%	73%	67%
2008	91%	80%	79%	74%	67%

Attitudes toward physical activity

Figure 2: Selected positive attitudes toward physical activity, by region

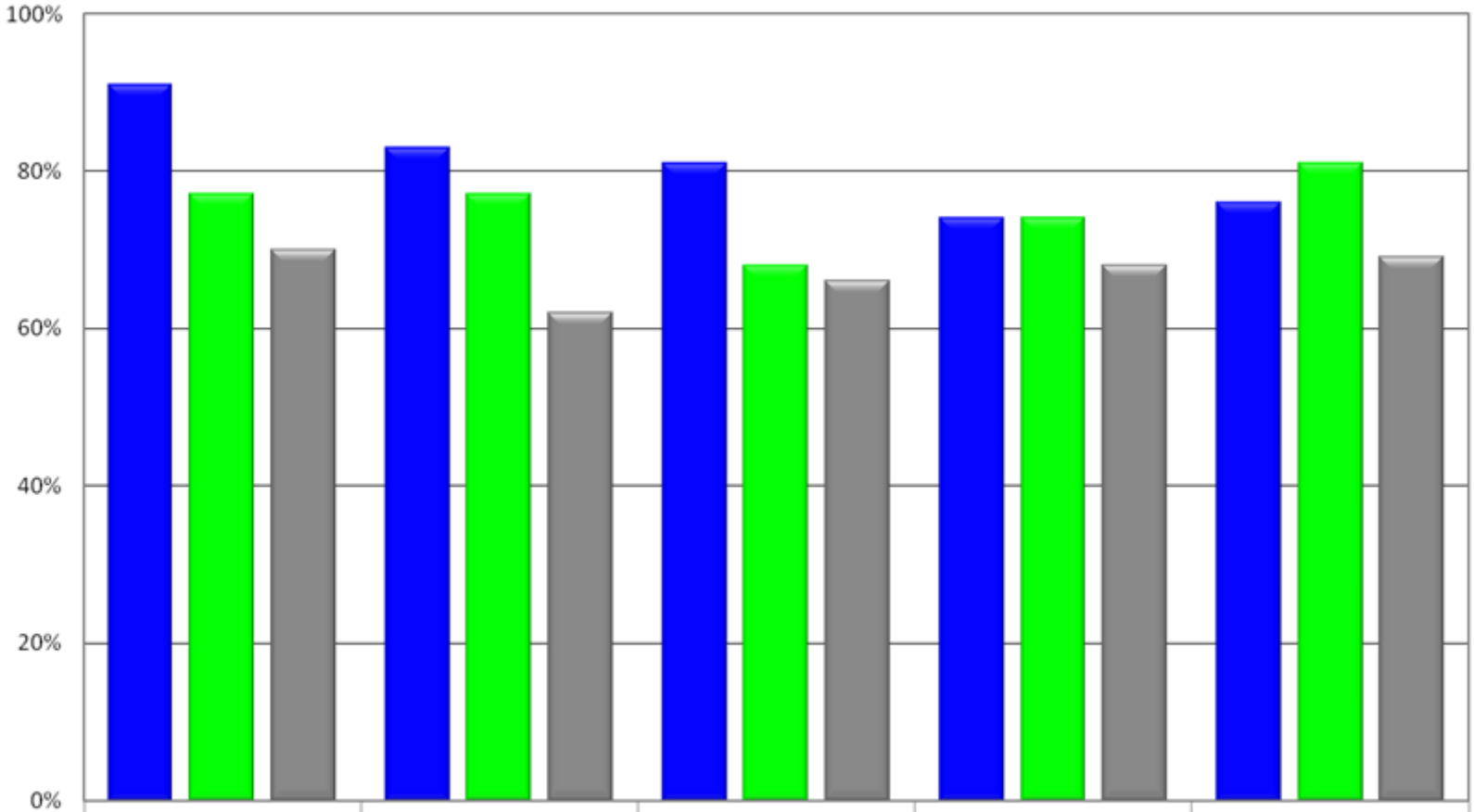


	CANADA	NL	PE	NS	NB	QC	ON	MB	SK	AB	BC	YT	NT	North*
Easy	67%	77%	72%	70%	72%	66%	64%	73%	71%	69%	68%	68%	75%	72%
Convenient	74%	76%	69%	72%	70%	88%	68%	74%	73%	64%	71%	72%	73%	70%

*North includes the Yukon, Northwest Territories and Nunavut

Attitudes toward physical activity

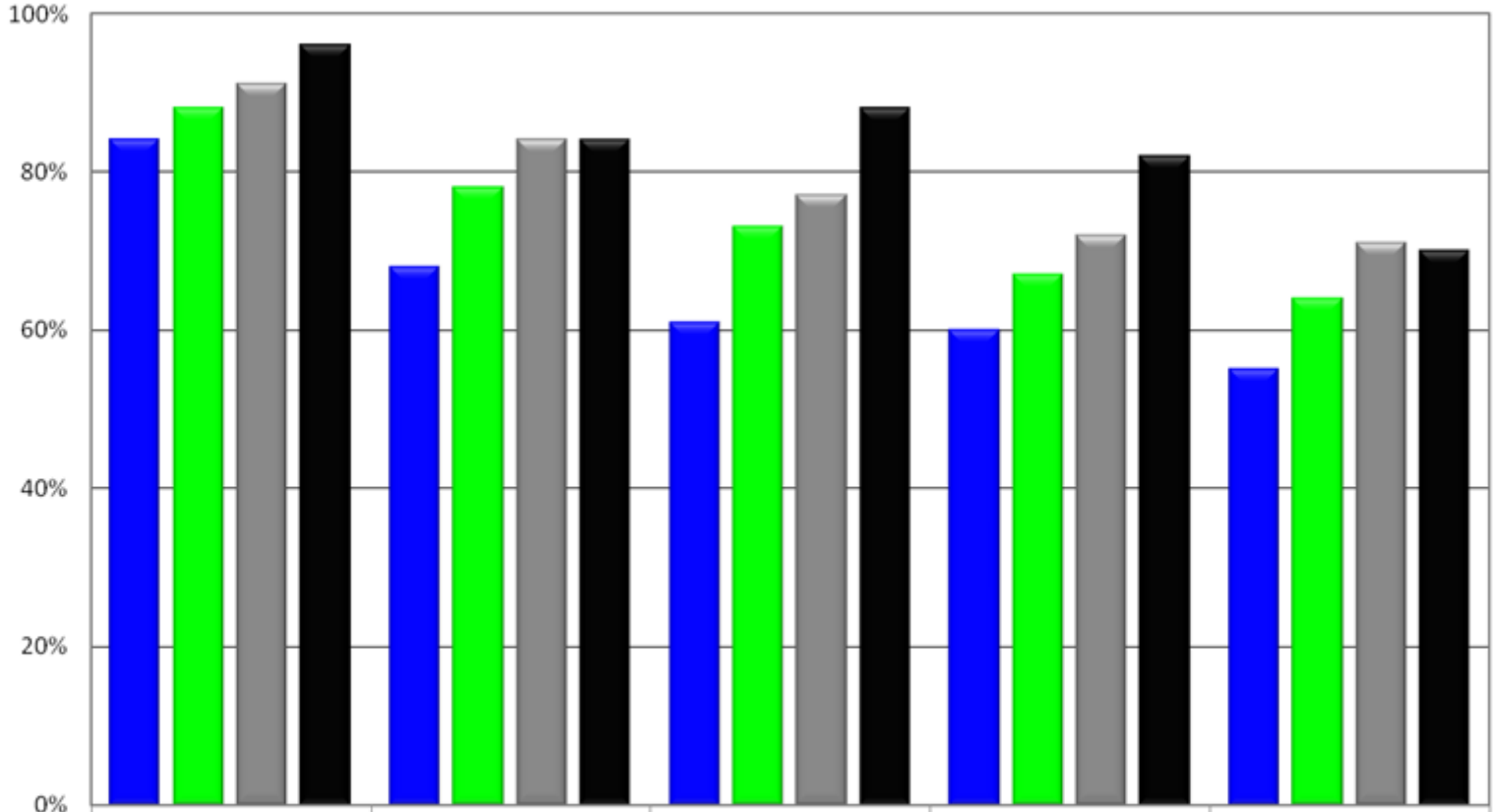
Figure 3: Selected positive attitudes toward physical activity, by age



	15 - 17	18 - 24	25 - 44	45 - 64	65+
Fun	91%	83%	81%	74%	76%
Convenient	77%	77%	68%	74%	81%
Easy	70%	62%	66%	68%	69%

Attitudes toward physical activity

Figure 4: Positive attitudes toward physical activity, by activity level



	Pleasant	Comfortable	Fun	Convenient	Easy
Inactive	84%	68%	61%	60%	55%
Somewhat active	88%	78%	73%	67%	64%
Moderately active	91%	84%	77%	72%	71%
Active	96%	84%	88%	82%	70%