

# Let's Get Active!

## Physical Activity in Canadian Communities

### PHYSICAL ACTIVITY AND SPORT MONITORING PROGRAM



### Frequently reported sports

The Canadian Fitness and Lifestyle Research Institute's 2016-2018 Physical Activity Monitor explored Canadians' participation in sport and found that 25% of adults, 18 years and older, report participating in sport (see Bulletin 1). The survey also asked about the nature of their participation, including the degree of structure of the environment, the use of coaching, training, and the level of competition (see Bulletin 8). In addition, sport participants were asked to volunteer the top four sports that they participate in, and this bulletin describes the findings.

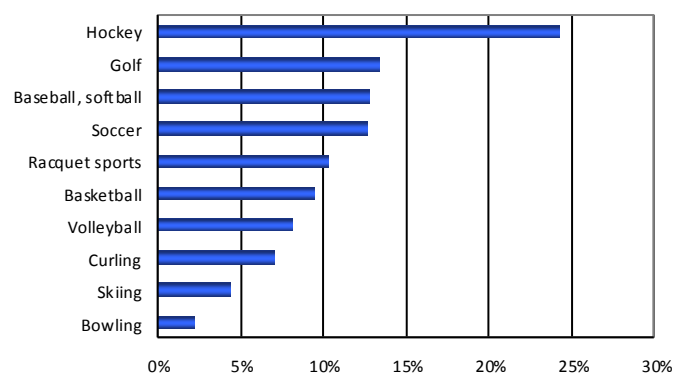
Among the 25% of the population who participate in sport, the most frequently mentioned sport is hockey (24%) followed by golf, baseball or softball, and soccer (13% each). Moreover, 10% cite participation in racquet sports, basketball (9%), volleyball (8%), and 7% mentioned curling. Furthermore, less than 5% of adults report participation in skiing (4%) and bowling (2%).

### Gender and age

There are generally no significant gender-related differences in reported participation in these 10 most frequently reported sports, with one exception; a greater proportion of men than women report participating in hockey. A higher proportion of older adults (65 years and older) report participation in golf (35%) compared to 45 to 64 year olds (21%). On the contrary, a greater percentage of 25 to 44 year olds report participating in soccer and baseball or softball compared to those 45 to 64 year olds.

FIGURE 1

Top ten most reported sports



2016-2018 Physical Activity Monitor, CFLRI

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