

RELAYING THE RESEARCH



Participation in Sport

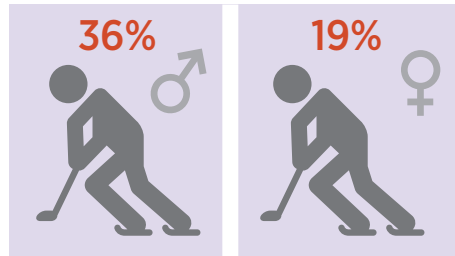
Regular participation in sport is an important component to overall health and well-being. The benefits of participating in sport extend beyond just the physical to include psychological and social benefits as well. Research has shown that despite the known benefits of regular physical activity and sport, a sizable portion of the Canadian population remains less active.

Source: CFLRI, 2019-2021 Physical Activity Monitor

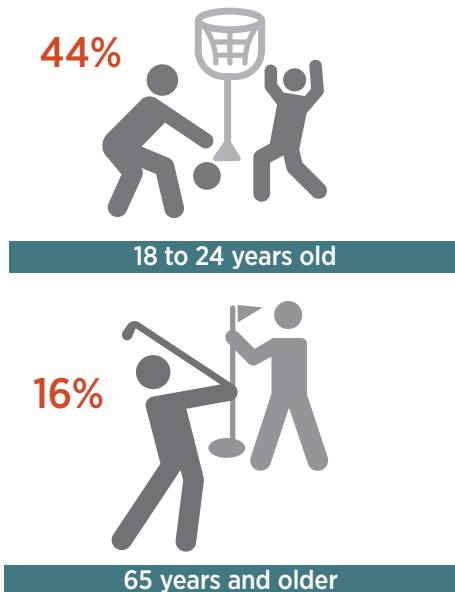
% of Canadian adults who participate in sport



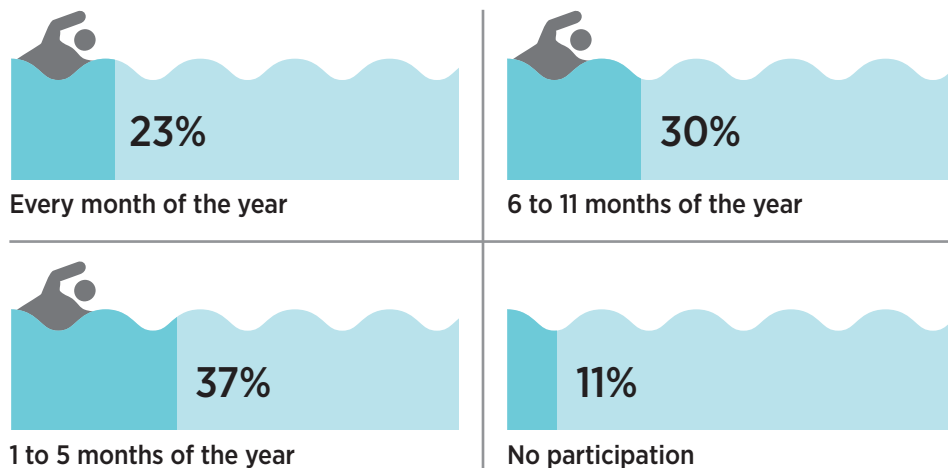
Participation in sports by gender



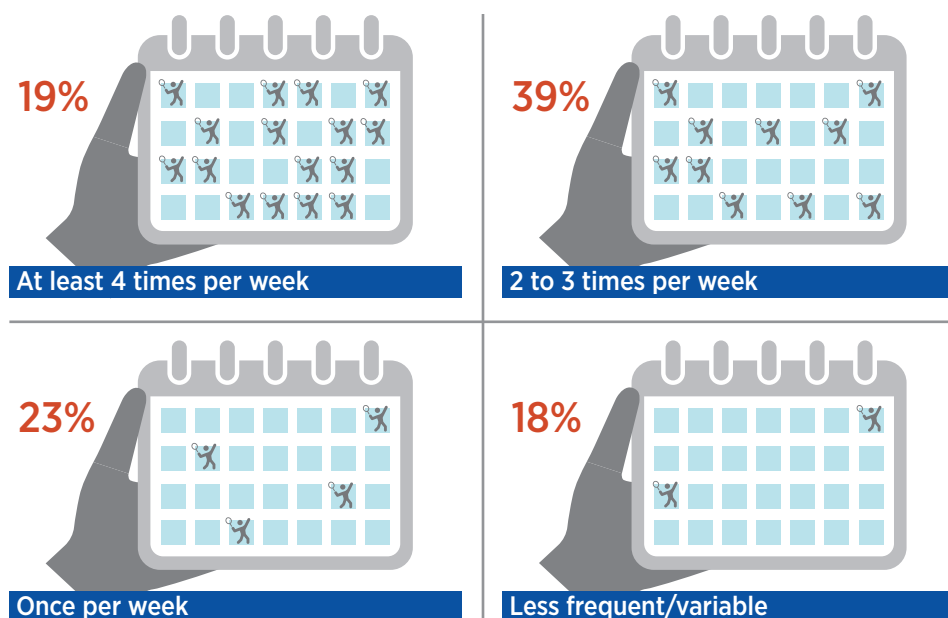
Participation in sports by age



Regularity of participation in sport in the past 12 months (Among participants)



Frequency of participation in sports by month (Among participants)



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