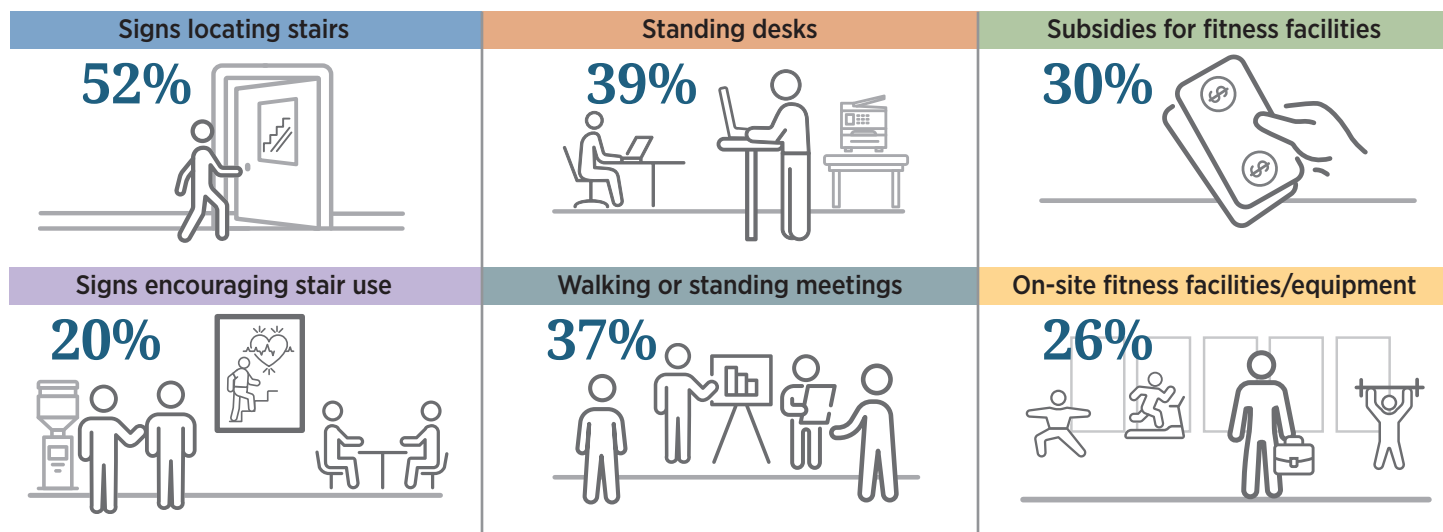


# Physical Activity FILES

This infographic provides data results from the Canadian Fitness and Lifestyle Research Institute's 2019-2021 Physical Activity Monitor.

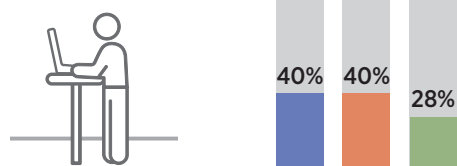
## Available opportunities for physical activity *at work*



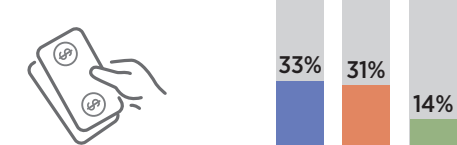
### Available opportunities for physical activity *at work* by age\*

■ 25-44 years ■ 45-64 years ■ 65 years and older

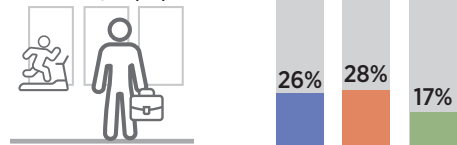
#### Standing desks



#### Subsidies for fitness facilities



#### On-site fitness facilities/equipment



\*significant difference between adults ≥65 years and other age groups

### Available opportunities for physical activity *at work* by region

