

Spotlight Series

A focus on sport, physical activity and recreation

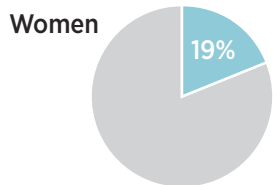
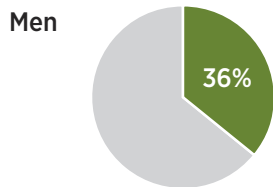


Sport participation among adults by age

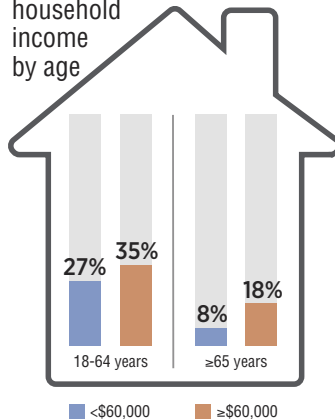
This infographic provides findings from the *2024 Physical Activity and Sport Survey* by Leger in collaboration with the Canadian Fitness and Lifestyle Research Institute. This infographic examines the associations between sport participation and age.

In 2024, 27% of adults reported participating in sport in the past year

Participation by gender

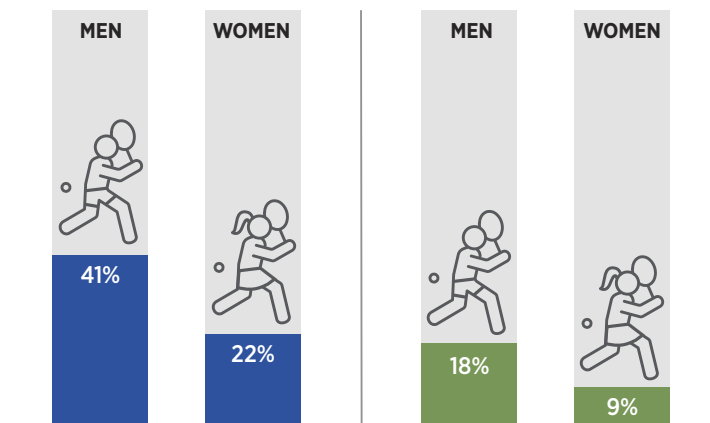


Participation by annual household income by age



Participation in sport in the past year by age and by gender

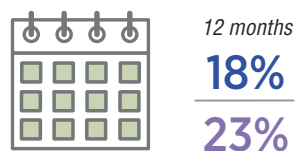
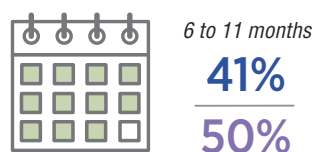
■ 18-64 years ■ ≥65 years



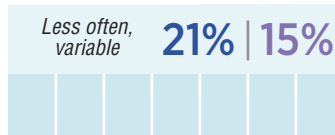
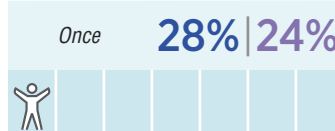
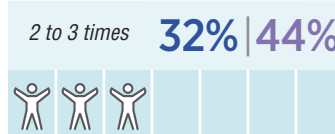
Regularity and frequency of sport participation by age

■ 18 to 64 years ■ ≥65 years

Regularity (months per year)



Frequency (times per week)



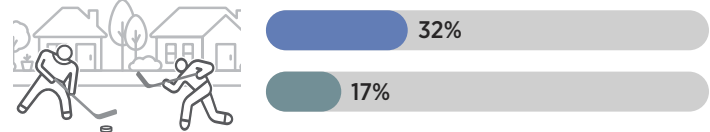
Preferred structure of sport by age

■ 18 to 64 years ■ ≥65 years

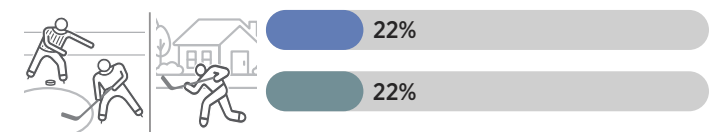
Primarily structured



Primarily unstructured



Both environments



Canadian Fitness and Lifestyle Research Institute

230-2733 Lancaster Rd., Ottawa, ON K1B 0A9

www.cflri.ca

Production of this resource has been made possible through a financial contribution from the Government of Canada. The views expressed herein do not necessarily represent the views of this agency.

© 2025 Canadian Fitness and Lifestyle Research Institute.