

Spotlight Series

A focus on sport, physical activity and recreation

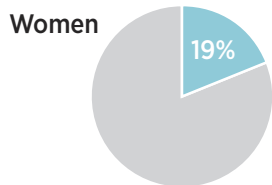
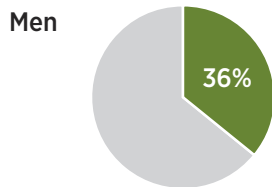


Sport participation among adults

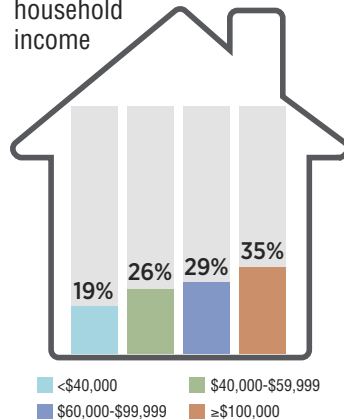
This infographic provides findings from the *2024 Physical Activity and Sport Survey* by Leger in collaboration with the Canadian Fitness and Lifestyle Research Institute.

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

Participation by gender

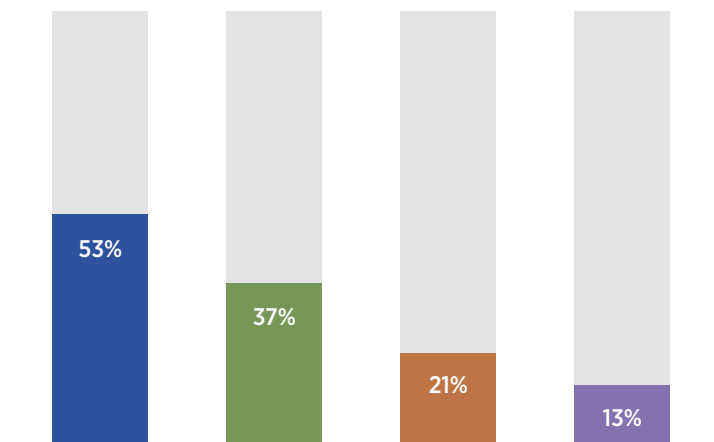


Participation by annual household income



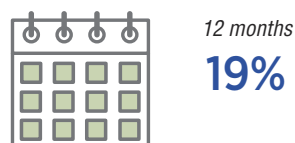
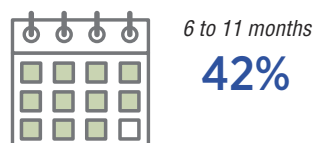
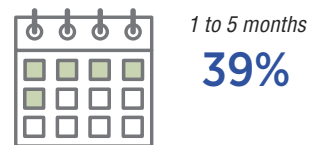
Participation in sport in the past year by age

■ 18 to 24 years ■ 25 to 44 years ■ 45 to 64 years ■ ≥65 years

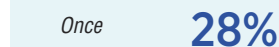
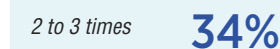


Regularity and frequency of sport participation

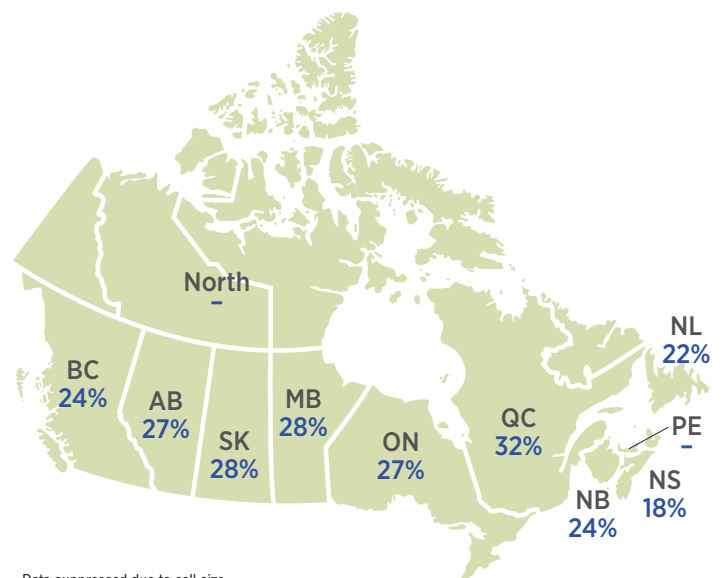
Regularity (months per year)



Frequency (times per week)



Participation in sport in past year by region



- Data suppressed due to cell size



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