

Spotlight Series

A focus on sport, physical activity and recreation



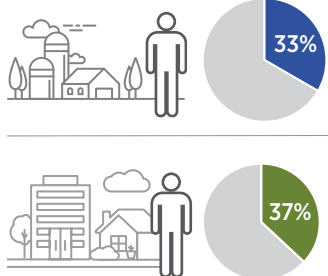
Sport participation among adults by community size and location

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 community size and location.

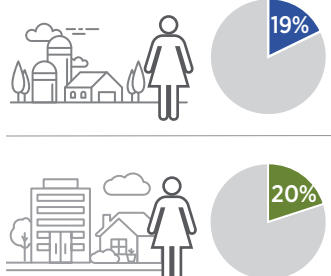
Participation in sport in the past year by gender, community size and location

■ Rural or smaller communities ■ Non-rural or larger communities

Men

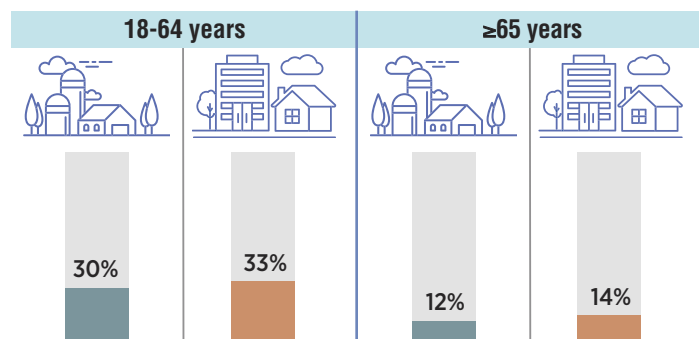


Women



Participation in sport in the past year by age, community size and location

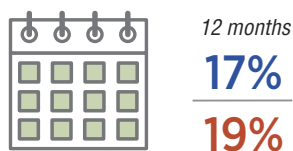
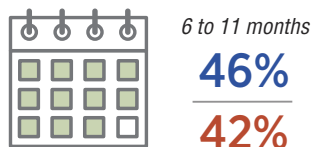
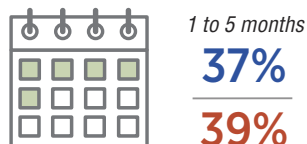
■ Rural/Smaller ■ Non-Rural/Larger



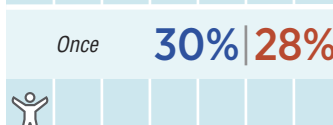
Regularity and frequency of sport participation by community size and location

■ Rural/Smaller ■ Non-Rural/Larger

Regularity (months per year)



Frequency (times per week)



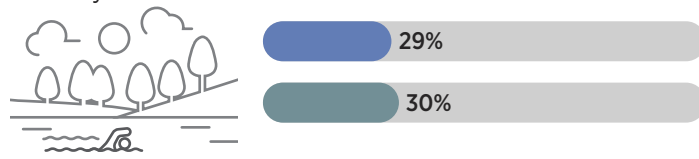
Preferred structure of sport by community size and location

■ Rural/Smaller ■ Non-Rural/Larger

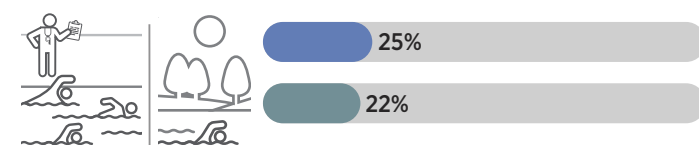
Primarily structured



Primarily unstructured



Both environments



*Rural or smaller communities: <10,000 residents or rural, isolated communities Non-rural or larger communities: ≥10,000 residents or urban/suburban communities.



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