

# Spotlight Series

A focus on sport, physical activity and recreation



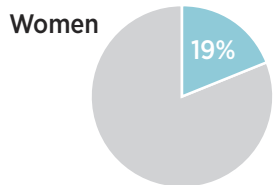
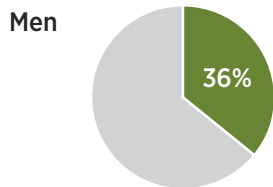
## Sport participation among adults by gender

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 gender.

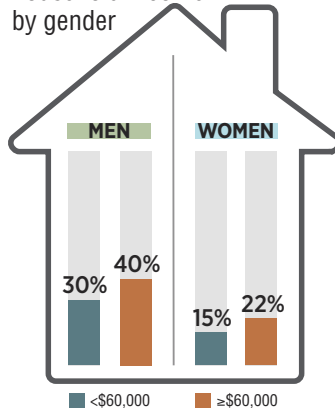
### In 2024, 27% of adults reported participating in sport in the past year

Men Women

Participation by gender



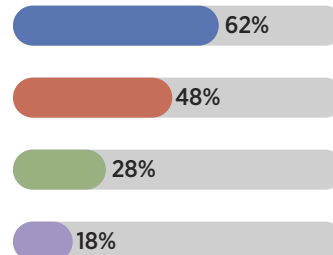
Participation by annual household income by gender



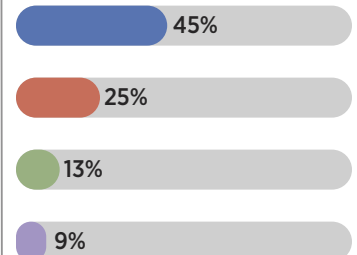
### Participation in sport in the past year by age and by gender

18-24 years 25-44 years 45-64 years ≥65 years

Men



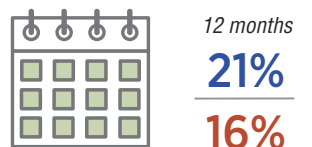
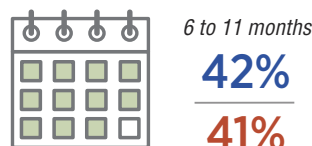
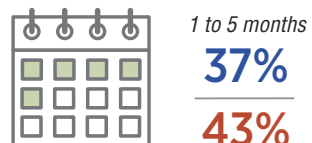
Women



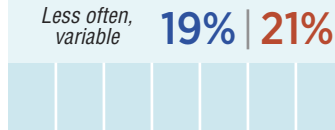
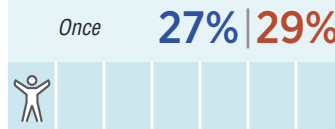
### Regularity and frequency of sport participation by gender

Men Women

Regularity (months per year)



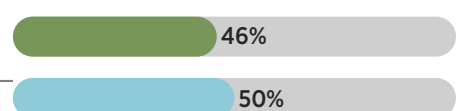
Frequency (times per week)



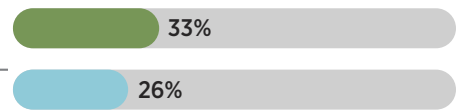
### Preferred structure of sport by gender

Men Women

Primarily structured



Primarily unstructured



Both environments



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