

Spotlight Series

A focus on sport, physical activity and recreation

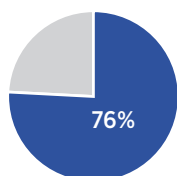
Sport participation among children and youth

This infographic provides findings from the Canadian Fitness and Lifestyle Research Institute's 2025 Physical Activity Monitor Parent Survey, a focus on physical activity and sport participation of children and youth (aged 5 to 17 years).

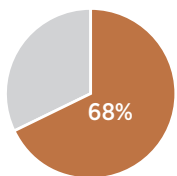
In 2025, 72% of children and youth reported participating in sport

Gender of child

Boys



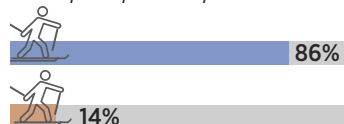
Girls



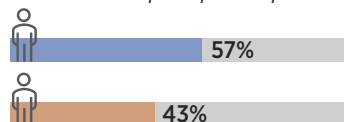
Parent's sport participation by child's participation in sport

■ Child participates in sport ■ Child does not participate

Parent participates in sport

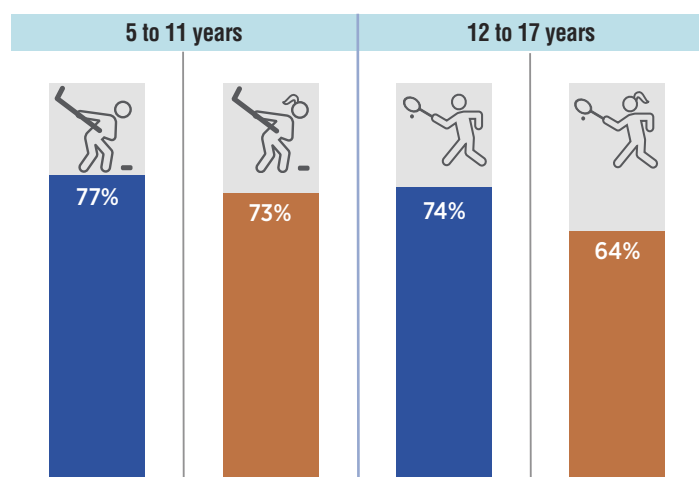


Parent does not participate in sport



Sport participation by gender and age

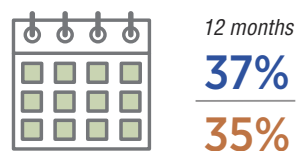
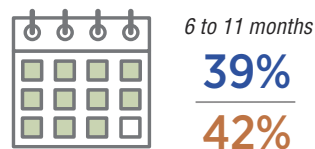
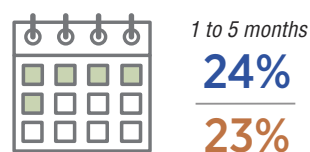
■ Boys ■ Girls



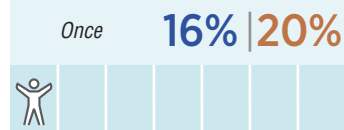
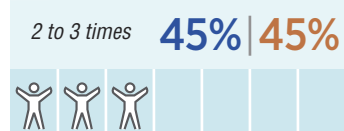
Regularity and frequency of sport participation by gender

■ Boys ■ Girls

Regularity (months per year)



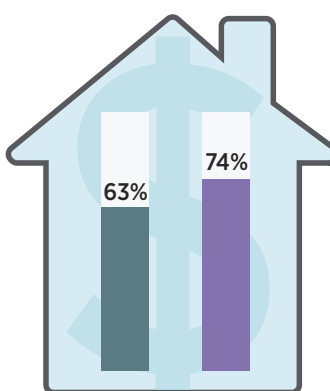
Frequency (times per week)



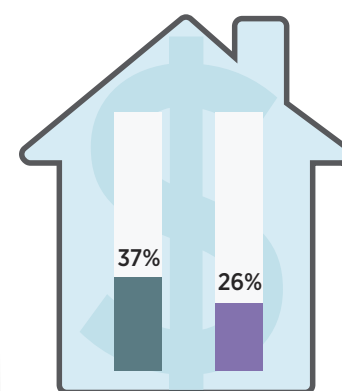
Sport participation by household income

■ <\$60,000/year ■ ≥\$60,000/year

Participates in sport



Does not participate in sport



Canadian Fitness and Lifestyle Research Institute

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

www.cflri.ca

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