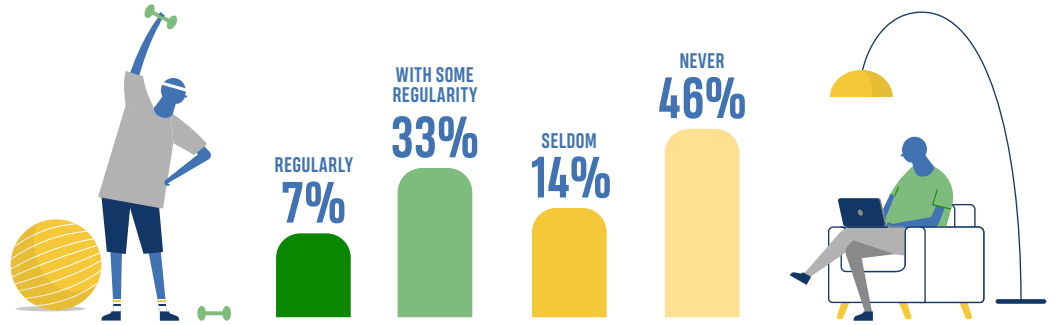


4 IN 10 EUROPEANS SAY THEY EXERCISE OR PLAY SPORT AT LEAST ONCE A WEEK

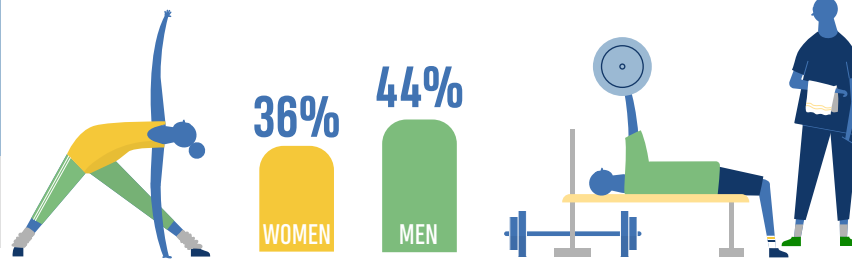
HOW OFTEN DO YOU EXERCISE OR PLAY SPORT?



*REGULARLY: AT LEAST 5 TIMES A WEEK / WITH SOME REGULARITY: 1 TO 4 TIMES A WEEK / SELDOM: LESS THAN ONCE A WEEK

72% OF YOUNG MEN AGED 15-24 SAY THEY EXERCISE OR PLAY SPORT AT LEAST ONCE A WEEK

RESULTS FOR "AT LEAST ONCE A WEEK"



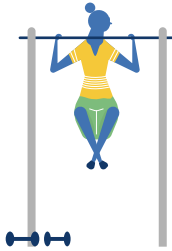
GENDER

62%



15-24

46%



25-39

39%



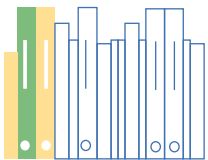
40-54

30%



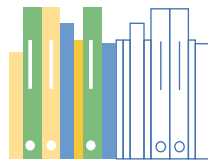
55+

AGE



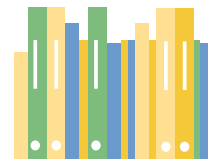
20%

FINISHED EDUCATION AT 15-



33%

FINISHED EDUCATION AT 16-19



52%

FINISHED EDUCATION AT 20+

EDUCATION

41% OF EUROPEANS SAY THEY SPEND 5.5 HOURS OR MORE SITTING DOWN EACH DAY

HOW MANY HOURS DO YOU SPEND SITTING DOWN EACH DAY?

HALF OF YOUNG PEOPLE (15-24) SAY THEY SPEND 5.5 HOURS OR MORE SITTING DOWN EACH DAY

RESULTS FOR "5.5 HOURS OR MORE"



51%



15-24

38%



25-39

38%



40-54

41%



55+

A MAJORITY OF EUROPEANS SAY THEY EXERCISE IN PARKS OR OUTDOORS

YOUNGER AGE GROUP (15-24)

WHERE DO YOU ENGAGE IN SPORT OR PHYSICAL ACTIVITY?

ALMOST 1 IN 4 YOUNG EUROPEANS SAY THEY EXERCISE AT SCHOOL OR UNIVERSITY



WHY DO YOU ENGAGE IN SPORT OR PHYSICAL ACTIVITY?

YOUNG EUROPEANS SAY THAT THE MAIN REASONS THEY EXERCISE IS TO IMPROVE FITNESS OR TO IMPROVE THEIR HEALTH



WHAT ARE THE MAIN REASONS PREVENTING YOU FROM PRACTISING SPORT MORE REGULARLY?

ALMOST HALF OF YOUNG EUROPEANS SAY THEY DON'T PRACTICE SPORT MORE REGULARLY DUE TO LACK OF TIME



OUTDOORS

43%



AT HOME

38%



ON THE WAY

22%

OLDER AGE GROUP (55+)

WHERE DO YOU ENGAGE IN SPORT OR PHYSICAL ACTIVITY?

4 IN 10 EUROPEANS AGED 55+ SAY THEY EXERCISE AT HOME



WHY DO YOU ENGAGE IN SPORT OR PHYSICAL ACTIVITY?

EUROPEANS AGED 55+ SAY THEIR MAIN REASON TO EXERCISE IS TO IMPROVE THEIR HEALTH



WHAT ARE THE MAIN REASONS PREVENTING YOU FROM PRACTISING SPORT MORE REGULARLY?

AROUND 1 IN 4 EUROPEANS AGED 55+ SAY THEY DON'T PRACTICE SPORT MORE REGULARLY DUE TO A DISABILITY OR ILLNESS

WHERE DO YOU USUALLY EXERCISE?

THOSE WHO ARE NOT CLUB MEMBERS SAY THEY CHOOSE INFORMAL SETTINGS FOR EXERCISE

