

Alberta Official Statistics

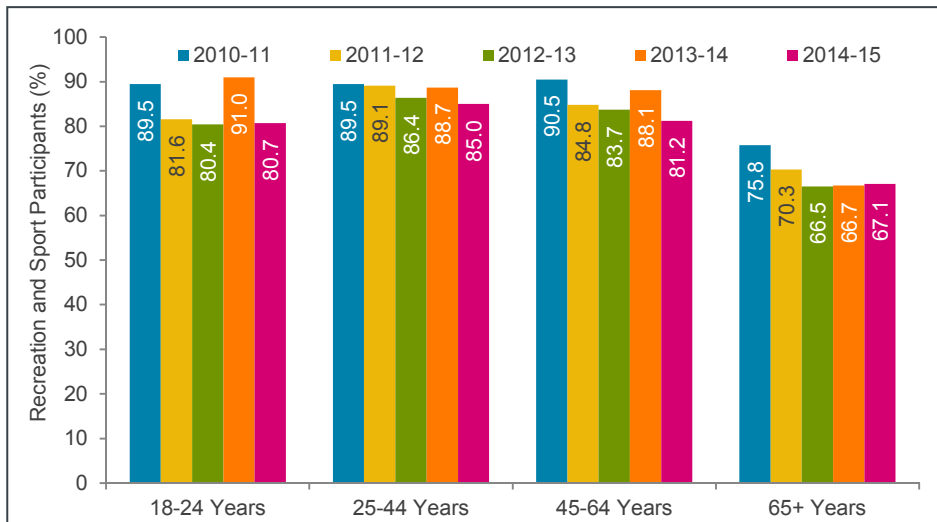
Participation in Recreation and Sport, Alberta

- These results are based on an annual survey of 1,000 Albertans who were asked if they had participated in activities such as walking, bicycling, skiing, golfing, skating, swimming and amateur sports in the past year.
- The percentage of adult Albertans who participated in recreational and sport activities decreased to 80.8% in 2014-2015, from 85.5% in 2013-2014.

- In 2014-2015, there was a decrease in participation in recreation and sport activities in most age groups.
- Participation was lower among females, seniors (over 65 years), the less educated (high school or less) and low income households (less than \$40,000).
- Personal lifestyles choices will impact or influence adult Albertans engaging in physical activity. The amount of time available for recreation is a challenge, as on average, Albertans work among the most hours in Canada. Time spent watching television, playing video games and on the internet also significantly contributes to physical inactivity and a sedentary lifestyle. Other influences include socio-economic status (e.g., the disposable income allocated for recreation and sport activities), media reporting on the importance of living active, healthy lifestyles and the promotion of recreational or sporting events and activities.
- Over half (61.6%) of Albertans would like to increase their level of physical activity over the next twelve months. The main motivators reported to increase physical activity are more free time or less work (29.7%) and increased motivation or enthusiasm (18.3%).

Participation in Recreation and Sport by Age

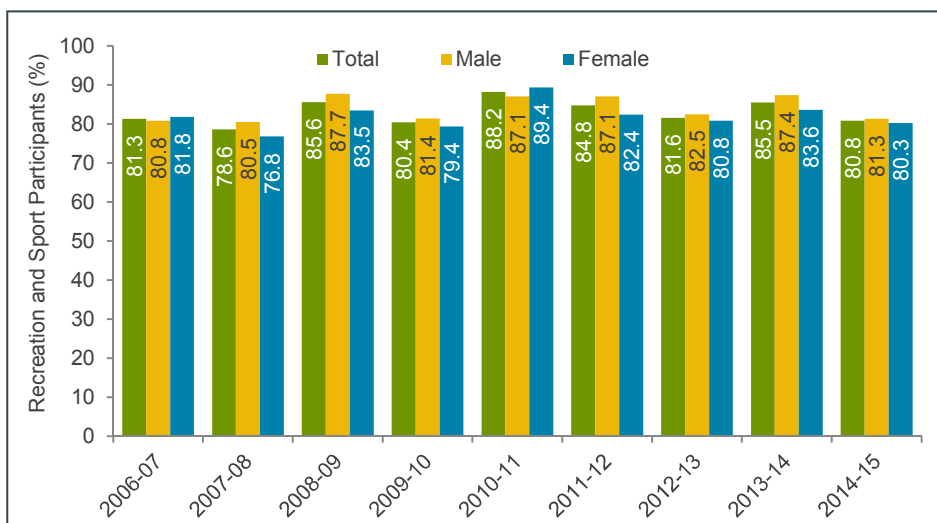
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Source: Alberta Culture and Tourism, Survey of Albertans

Participation in Recreation and Sport by Sex

Alberta



Source: Alberta Culture and Tourism, Survey of Albertans