



Research and education for the promotion of physical activity

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FOR IMMEDIATE RELEASE

Albertans' physical activity levels are holding steady, survey shows

ALBERTA—Despite economic challenges and other barriers, Albertans continue to do about the same amount of physical activity that they have been doing for the last few years, according to the 2009 Alberta Survey on Physical Activity.

The survey indicates that 58.5% of Albertan adults are active enough to experience health benefits. This is down from the 2007 survey (62.4%) and the 2005 survey (60.2%), but the decrease is not statistically significant.

“We’re happy that more than half of Albertans are getting enough physical activity, but we’d like to see many more Albertans get moving on a regular basis,” says Tanya Berry, PhD, one of the authors of the survey report. “Physical activity has considerable positive impact on a person’s health and quality of life. Even going for a half-hour walk every day makes a huge difference for most people.”

Albertans face many barriers to physical activity, Berry explains. “For example, some Albertans lack access to places where they can get physical activity. They might not be able to afford a gym membership, or perhaps they don’t feel safe walking in their neighbourhood because of a lack of sidewalks. There are environmental as well as personal factors that affect how much physical activity a person gets.”

Other noteworthy findings from the survey:

- At 64.0%, Calgary leads as the region with the highest percentage of sufficiently active Albertans. The Edmonton region is at 55.4%, and the rest of Alberta is at 56.1%.
- Albertans with annual household incomes greater than \$100,000 are 5.53 times more likely to obtain enough physical activity than those who have an annual income lower than \$20,000.

The Alberta Centre for Active Living has carried out this survey every other year since 1995 to monitor the physical activity levels of Albertans. The executive summary and the concise report about the 2009 Alberta Survey on Physical Activity are available at: <http://www.centre4activeliving.ca/publications/surveys.html>

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For more information, contact:

Tanya Berry, PhD, Research Associate, Alberta Centre for Active Living
780-492-3280 / tanya.berry@ualberta.ca

The Alberta Centre for Active Living is a non-profit organization affiliated with the University of Alberta. Supported by Alberta Tourism, Parks and Recreation, the Centre’s mission is to work with practitioners, organizations and communities to improve the health and quality of life of Albertans through physical activity. The Centre is also a premier source of credible information and research about physical activity.