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MEDIA RELEASE

For immediate release

54% of Adult Albertans Are Physically Active Enough to Receive Health Benefits

EDMONTON, ALBERTA, January 10, 2011 – The 2011 Alberta Survey on Physical Activity reports that 54% of adult Albertans are physically active enough to receive health benefits. This is down from 58.5% in 2009.

Dr. John Spence, a co-author of the survey and Senior Research Associate at the Alberta Centre for Active Living, said, “Although the decrease in activity since 2009 is not statistically significant on its own, there is a downward trend over the last four years. The downward trend is not unique to Alberta; it’s also happening across Canada.”

Among other findings the survey also found that:

- 75% of Albertans would use a provincial adult fitness tax credit if one was available; with higher income Albertans more likely to use the fitness tax credit than lower income Albertans.
- Albertans achieve a moderate amount of physical activity by walking. They do most of their walking during leisure time, followed by walking while at work, and then by walking as a form of transportation.

Dr. Tanya Berry, a survey co-author and a Research Associate at the Alberta Centre for Active Living said, “More Albertans need to be more physically active on a regular basis, especially in the face of current chronic disease statistics, and today’s increasingly sedentary lifestyles.”

Berry added, “Physical activity has considerable positive impact on a person’s health and quality of life. Even going for a half-hour walk on most days can make a difference for most people.”

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Read the [Concise Report](#) associated with the survey, including an executive summary.

Interviewees available:

- **Dr. John Spence** - Associate Dean, Research, Faculty of Physical Education and Recreation, University of Alberta; Senior Research Associate, Alberta Centre for Active Living.
- **Dr. Tanya Berry** - Associate Professor, Faculty of Physical Education and Recreation, University of Alberta; Tier 2 Canada Research Chair in Physical Activity Promotion; and Research Associate, Alberta Centre for Active Living.

For more information, please contact:

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