

# Physical Activity in Alberta, 2017

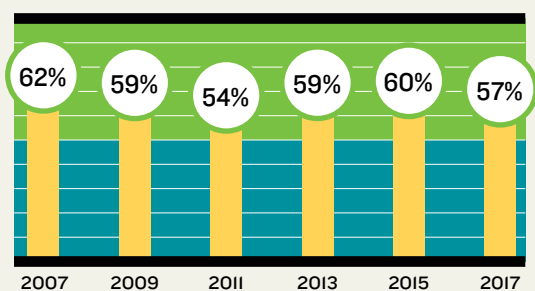
The Alberta Survey on Physical Activity has reported on adult physical activity status and determinants of physical activity in the province since 1993. In 2017, ownership and use of a physical activity tracker was examined.

- Active living is a way of life that incorporates a combination of:
- 150 minutes of moderate-to-vigorous physical activity weekly,
  - Incidental physical activity every hour, and
  - Low levels of sedentary behaviour during waking hours.

The main findings and recommendations are included in this infographic. See full report for details.

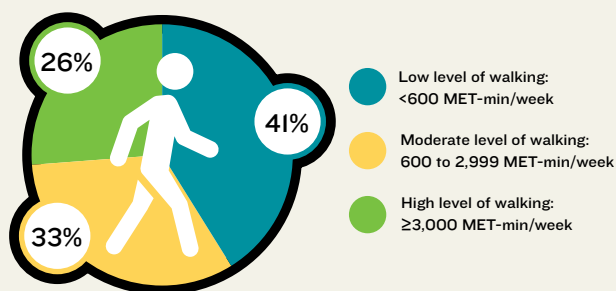
## Overall PA levels 2007-2017

The percent of physically active Albertans has remained consistent over the last decade.



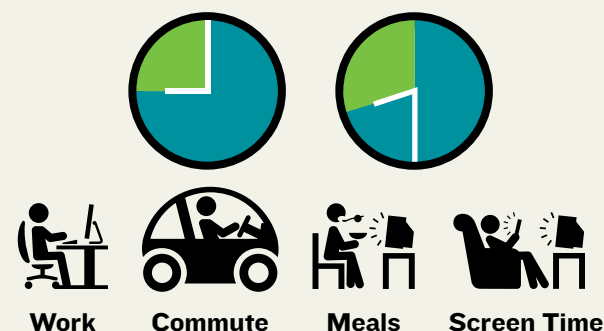
## Overall walking levels

26% of Albertans achieve high levels of walking



## Sedentary Behaviour

During the week, Albertans sit for an average of 9 hours per weekday and 8.5 hours per weekend day.

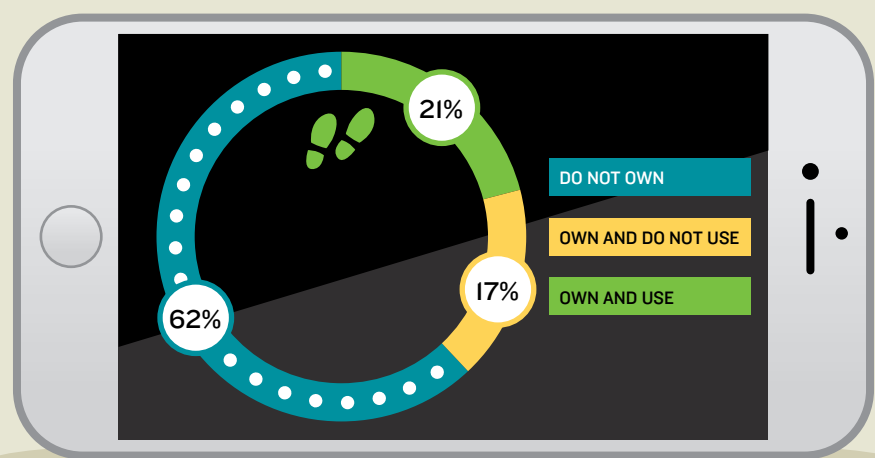


# Physical Activity Trackers

A physical activity tracker is a device worn, or an application on a smartphone, that monitors and tracks activities such as:



**38%** of Albertans own a physical activity tracker but, only **21%** of Albertans currently use their activity tracker



**The Top 3** useful functions of activity trackers, based on Albertans who own and use, or plan to use an activity tracker include:



Physical activity trackers can help motivate Albertans to achieve their physical activity goals and sit less throughout the day.