

# PHYSICAL ACTIVITY & SEDENTARY BEHAVIOUR IN ALBERTA, 2015

The Alberta Survey on Physical Activity has reported on adult physical activity status and determinants of physical activity in Alberta since 1993. As of 2015, sedentary behaviour was also examined.

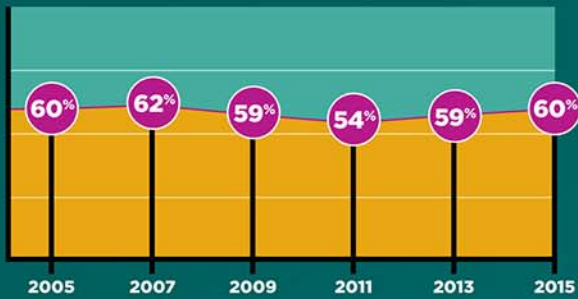
Active living is a way of life that incorporates a combination of:

- 150 minutes of moderate-to-vigorous physical activity weekly,
- incidental physical activity every hour, and
- low levels of sedentary behaviour during waking hours.

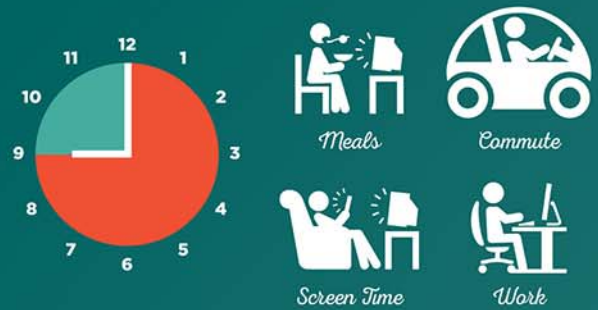
The main findings and recommendations are included in this infographic. See the full report for more details.



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



On average, Albertans sit for 8 hours and 50 minutes per day.



We can all help Albertans move more often.

Personal habits, workplace cultures, neighborhoods and local policies can support an active lifestyle that enriches the health and quality of life of Albertans.



FULL REPORT IS AVAILABLE AT  
[WWW.CENTRE4ACTIVELIVING.CA](http://WWW.CENTRE4ACTIVELIVING.CA)

ALBERTA CENTRE FOR  
**Active Living**