

PHYSICAL ACTIVITY IN ALBERTA 2013

59% OF ALBERTANS GET ENOUGH PHYSICAL ACTIVITY.

94% OF ALBERTANS BELIEVE PHYSICAL ACTIVITY WILL REDUCE THEIR CHANCES OF GETTING A SERIOUS HEALTH PROBLEM.



Albertans that are confident in being physically active when life becomes demanding were 3.4 times more likely to be active than those that lack confidence.



Albertans that had access to places where they could be active were 2.7 times more likely to be physically active.

ALBERTANS ARE LESS ACTIVE AS THEY BECOME OLDER.

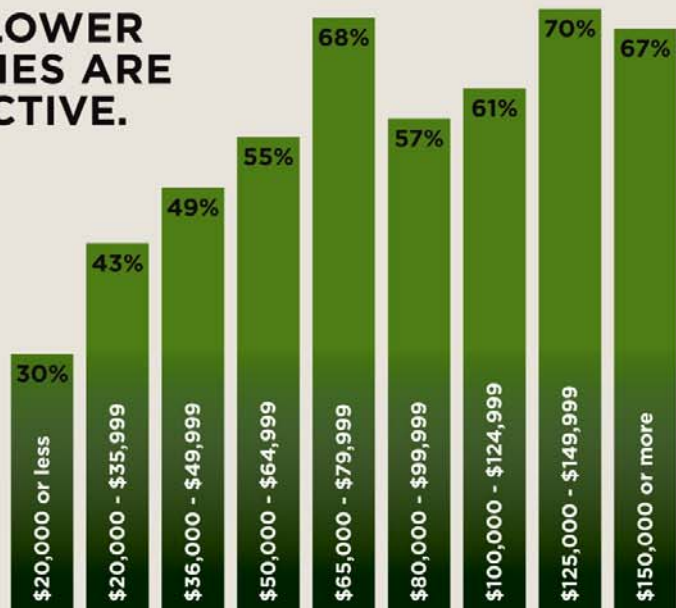


87% OF ADULTS 18 TO 24 YEARS OLD ARE PHYSICALLY ACTIVE.



35% OF ADULTS 65 YEARS AND OLDER ARE PHYSICALLY ACTIVE.

ALBERTANS WITH LOWER HOUSEHOLD INCOMES ARE LESS PHYSICALLY ACTIVE.



ALBERTA CENTRE FOR
Active Living
Research and education
for the promotion of physical activity

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