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.

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

- Distance travelled
- Number of steps
- GPS positioning
- Tracking sleep time
- Inactivity or sedentary alerts
- Tracking activities
- Heart rate
- Tracking steps
- Flights of stairs
- Duration of activity
- Connecting with family/friends to activity challenges

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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:

- Tracking steps 70%
- Tracking distance travelled 68%
- Tracking types of activity 61%

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

Full report is available at www.centre4activeliving.ca