



4 IN 10 EUROPEANS EXERCISE OR PLAY SPORT AT LEAST ONCE A WEEK

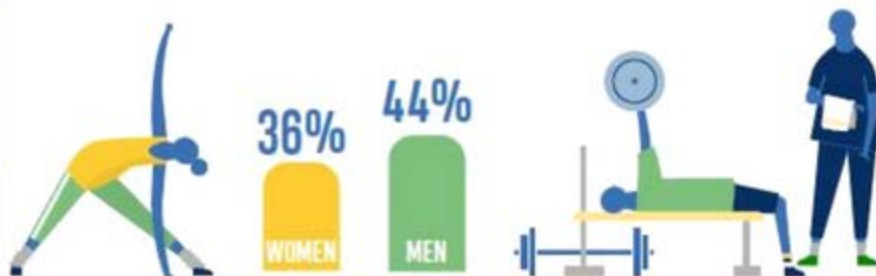
HOW OFTEN DO YOU EXERCISE OR PLAY SPORT?



*REGULARLY: AT LEAST 5 TIMES A WEEK / WITH SOME REGULARITY: 1 TO 4 TIMES A WEEK / SELDOM: LESS THAN ONCE A WEEK

74% OF YOUNG MEN AGED 15-24 EXERCISE OR PLAY SPORT AT LEAST ONCE A WEEK

RESULTS FOR "AT LEAST ONCE A WEEK"



GENDER

62%



15-24

46%



25-39

39%



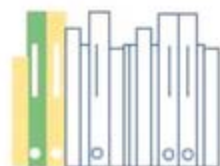
40-54

30%



55+

AGE



20%



33%



52%

EDUCATION

FINISHED EDUCATION AT 15-

FINISHED EDUCATION AT 16-19

FINISHED EDUCATION AT 20+

41% OF EUROPEANS
SPEND 5.5 HOURS OR MORE
SITTING DOWN EACH DAY

HOW MANY HOURS DO YOU SPEND SITTING DOWN EACH DAY?

HALF OF YOUNG PEOPLE (15-24)
SPEND 5.5 HOURS OR MORE
SITTING DOWN EACH DAY

RESULTS FOR "5.5 HOURS OR MORE"



51%



15-24

38%



25-39

38%



40-54

41%



55+

A MAJORITY OF EUROPEANS EXERCISE IN PARKS OR OUTDOORS

YOUNGER AGE GROUP (15-24)

WHERE DO YOU ENGAGE IN SPORT OR PHYSICAL ACTIVITY?

ALMOST 1 IN 4 YOUNG EUROPEANS EXERCISE AT SCHOOL OR UNIVERSITY



OUTDOORS

30%



AT SCHOOL OR UNIVERSITY

24%



AT HOME

24%

WHY DO YOU ENGAGE IN SPORT OR PHYSICAL ACTIVITY?

THE MAIN REASONS WHY YOUNG EUROPEANS EXERCISE IS TO IMPROVE FITNESS OR TO IMPROVE THEIR HEALTH



FITNESS

52%



HEALTH

49%



FUN

44%



PHYSICAL PERFORMANCE

38%



TO RELAX

35%

WHAT ARE THE MAIN REASONS PREVENTING YOU FROM PRACTISING SPORT MORE REGULARLY?

ALMOST HALF OF YOUNG EUROPEANS DON'T PRACTICE SPORT MORE REGULARLY DUE TO LACK OF TIME



NO TIME

45%



LACK OF MOTIVATION OR INTEREST

18%



IT'S TOO EXPENSIVE

8%



OUTDOORS

43%



AT HOME

38%



ON THE WAY

22%

OLDER AGE GROUP (55+)

WHERE DO YOU ENGAGE IN SPORT OR PHYSICAL ACTIVITY?

4 IN 10 EUROPEANS AGED 55+ EXERCISE AT HOME



HEALTH

57%



FITNESS

44%



TO RELAX

34%



AGING

25%



PHYSICAL PERFORMANCE

24%

WHY DO YOU ENGAGE IN SPORT OR PHYSICAL ACTIVITY?

THE MAIN REASON FOR EUROPEANS AGED 55+ TO EXERCISE IS TO IMPROVE THEIR HEALTH



DISABILITY OR ILLNESS
26%



LACK OF MOTIVATION OR INTEREST
24%



NO TIME
21%

WHAT ARE THE MAIN REASONS PREVENTING YOU FROM PRACTISING SPORT MORE REGULARLY?

AROUND 1 IN 4 EUROPEANS AGED 55+ DON'T PRACTICE SPORT MORE REGULARLY DUE TO A DISABILITY OR ILLNESS



European
Commission

SPORT AND PHYSICAL ACTIVITY IN THE EUROPEAN UNION

RESULTS FROM THE EUROBAROMETER SURVEY EB88.4 - DECEMBER 2017

WHERE DO YOU USUALLY EXERCISE?

THOSE WHO ARE NO CLUB MEMBERS, CHOOSE INFORMAL SETTINGS FOR EXERCISE



CLUB MEMBERS (30%)

34% OUTDOORS



31% AT HEALTH OR FITNESS CENTER



30% AT A SPORT CLUB



NOT CLUB MEMBERS (69%)

43% OUTDOORS



39% AT HOME



26% ON THE WAY

