

During the past month, other than your regular job, did you participate in any physical activities or exercises?

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Yes		81.4	86.2	88.3	78.1	80.3	80.5	77.2
No		18.6	13.8	11.7	21.9	19.7	19.5	22.8
Male	Yes	80.6	84.4	88.7	74.5	77.4	79.0	80.3
	No	19.4	15.6	11.3	25.5	22.6	21.0	19.7
Female	Yes	82.2	87.8	88.0	81.8	83.2	81.9	74.7
	No	17.8	12.2	12.0	18.2	16.8	18.1	25.3

Denominator is:
All survey respondents.

During the past month, other than your regular job, did you participate in any physical activities or exercises?

(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		5,417	290	538	579	795	1,318	1,897
Yes		4,434	250	480	482	665	1,084	1,473
No		965	39	56	95	127	232	416
Don't know/Not sure		13	1	2	2	3	1	4
Refused		5					1	4
Male	Total	2,326	147	276	265	370	551	717
	Yes	1,906	123	243	218	298	446	578
	No	412	23	31	46	70	104	138
	Don't know/Not sure	7	1	2	1	2		1
	Refused	1					1	
Female	Total	3,091	143	262	314	425	767	1,180
	Yes	2,528	127	237	264	367	638	895
	No	553	16	25	49	57	128	278
	Don't know/Not sure	6			1	1	1	3
	Refused	4						4

Denominator is:
All survey respondents.

Meets aerobic physical activity recommendations (150min moderate or 75min vigorous exercise).

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Meets aerobic recommendation		64.1	61.4	67.5	60.8	60.6	65.4	67.3
Does not meet aerobic recommendation		35.9	38.6	32.5	39.2	39.4	34.6	32.7
Male	Meets aerobic recommendation	62.7	54.2	66.1	58.2	57.8	65.1	71.0
	Does not meet aerobic recommendation	37.3	45.8	33.9	41.8	42.2	34.9	29.0
Female	Meets aerobic recommendation	65.5	68.3	68.9	63.5	63.4	65.7	64.2
	Does not meet aerobic recommendation	34.5	31.7	31.1	36.5	36.6	34.3	35.8

Denominator is:
All survey respondents.

Meets aerobic physical activity recommendations (150min moderate or 75min vigorous exercise).

(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		5,938	325	609	634	876	1,437	2,057
Meets aerobic recommendation		3,467	177	347	363	499	866	1,215
Does not meet aerobic recommendation		1,717	102	167	191	268	417	572
DK/NS/Ref/Sysmis		754	46	95	80	109	154	270
Male	Total	2,553	171	310	294	401	605	772
	Meets aerobic recommendation	1,492	80	174	161	225	368	484
	Does not meet aerobic recommendation	740	62	90	90	129	172	197
	DK/NS/Ref/Sysmis	321	29	46	43	47	65	91
Female	Total	3,385	154	299	340	475	832	1,285
	Meets aerobic recommendation	1,975	97	173	202	274	498	731
	Does not meet aerobic recommendation	977	40	77	101	139	245	375
	DK/NS/Ref/Sysmis	433	17	49	37	62	89	179

Denominator is:
All survey respondents.

Meets muscle strengthening recommendation

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Meets strengthening recommendation		31.6	46.3	42.1	30.3	27.8	26.7	22.8
Does not meet strengthening recommendation		68.4	53.7	57.9	69.7	72.2	73.3	77.2
Male	Meets strengthening recommendation	33.1	55.6	42.9	31.4	27.5	24.8	24.4
	Does not meet strengthening recommendation	66.9	44.4	57.1	68.6	72.5	75.2	75.6
Female	Meets strengthening recommendation	30.2	37.5	41.3	29.3	28.1	28.5	21.5
	Does not meet strengthening recommendation	69.8	62.5	58.7	70.7	71.9	71.5	78.5

Denominator is:
All survey respondents.

Meets muscle strengthening recommendation

(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		5,938	325	609	634	876	1,437	2,057
Meets strengthening recommendation		1,554	133	219	171	224	375	432
Does not meet strengthening recommendation		3,740	151	309	393	559	924	1,404
DK/NS/Ref/Sysmis		644	41	81	70	93	138	221
Male	Total	2,553	171	310	294	401	605	772
	Meets strengthening recommendation	703	76	113	77	105	155	177
Does not meet strengthening recommendation		1,571	69	160	177	257	390	518
DK/NS/Ref/Sysmis		279	26	37	40	39	60	77
Female	Total	3,385	154	299	340	475	832	1,285
	Meets strengthening recommendation	851	57	106	94	119	220	255
Does not meet strengthening recommendation		2,169	82	149	216	302	534	886
DK/NS/Ref/Sysmis		365	15	44	30	54	78	144

Denominator is:
All survey respondents.

Meets aerobic and strengthening recommendations.

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Meets both recommendations		24.9	35.8	34.1	22.6	18.9	22.7	19.6
Does not meet both recommendations		75.1	64.2	65.9	77.4	81.1	77.3	80.4
Male	Meets both recommendations	24.6	36.3	33.0	21.7	18.7	20.6	21.5
	Does not meet both recommendations	75.4	63.7	67.0	78.3	81.3	79.4	78.5
Female	Meets both recommendations	25.1	35.2	35.3	23.5	19.1	24.5	18.0
	Does not meet both recommendations	74.9	64.8	64.7	76.5	80.9	75.5	82.0

Denominator is:
All survey respondents.

Meets aerobic and strengthening recommendations.

(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		5,938	325	609	634	876	1,437	2,057
Meets both recommendations		1,228	100	161	127	167	315	358
Does not meet both recommendations		3,881	176	347	419	592	954	1,393
DK/NS/Ref/Sysmis		829	49	101	88	117	168	306
Male	Total	2,553	171	310	294	401	605	772
	Meets both recommendations	544	50	78	54	79	132	151
	Does not meet both recommendations	1,656	91	184	191	269	403	518
Female	DK/NS/Ref/Sysmis	353	30	48	49	53	70	103
	Total	3,385	154	299	340	475	832	1,285
	Meets both recommendations	684	50	83	73	88	183	207
	Does not meet both recommendations	2,225	85	163	228	323	551	875
DK/NS/Ref/Sysmis		476	19	53	39	64	98	203

Denominator is:
All survey respondents.