

Active Queensland Survey Results 2015

The Queensland Government's Active Queensland Survey provides a snapshot of adult participation in sports, exercise and recreation.

More than **7,200 Queensland adults** aged 18 years or older took part in the survey via phone and web surveys.

How active are we?



63%

of adult Queenslanders take part in physical activity **once a week or more**



21%

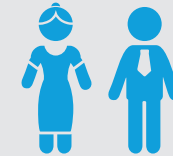
of adult Queenslanders take part in physical activity **at least once a day**



25%

of adult Queenslanders have **not taken** part in any physical activity **in the past year**

18 to 29 year olds are the most active adult group with



66%

taking part in physical activity **once a week or more**

60 years plus are the least active adult group with



59%

taking part in physical activity **once a week or more**

What drives Queenslanders to frequently exercise?



Personal interest and motivation
41%



Making the time or having more time available
38%



Meeting with friends
37%



Having a car
36%

Why do some Queenslanders not exercise?



Lack of time
33%



Too expensive
15%



Work commitments
19%



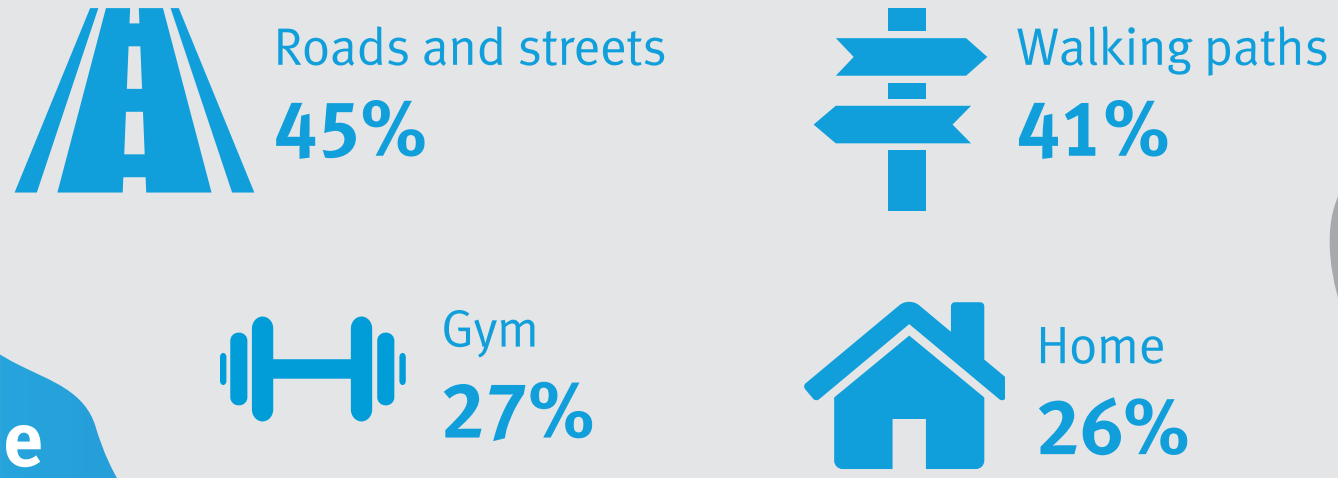
Illness or injury
24%

What exercise are we taking part in?*

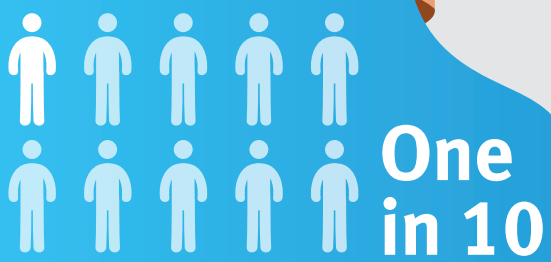


**some survey respondents participated in more than one exercise.*

Where do we exercise?



Do we belong to sporting clubs?



Queensland adults participate in at least one activity where activities are organised by a club*

**Based on moderate and high frequency participants.*

85% Most Queenslanders participate in at least one activity which has no involvement with a club*

**Based on high frequency participants.*

How far do we travel to exercise?

75% of activities undertaken require travel under 10km