

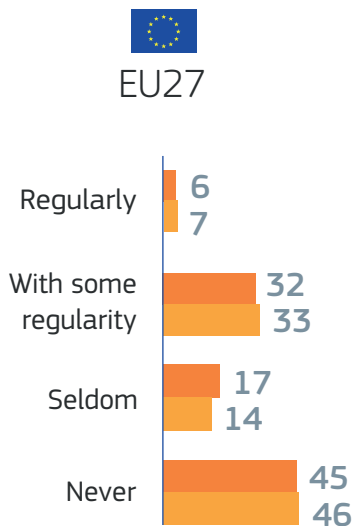
Special Eurobarometer 525 - 97.3

Sport and Physical Activity



Frequency of exercise (In %)

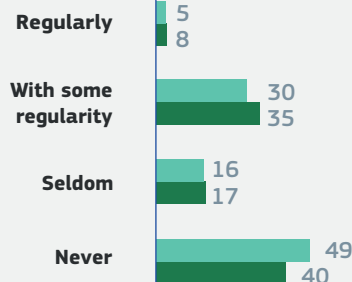
■ 2022 ■ 2017



Differences for 2022... (In %)

Gender

■ Woman ■ Man



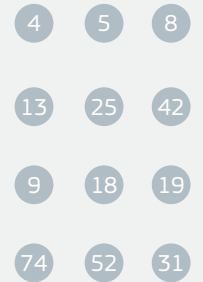
Age

15-24 25-39 40-54 55+



Finish education at

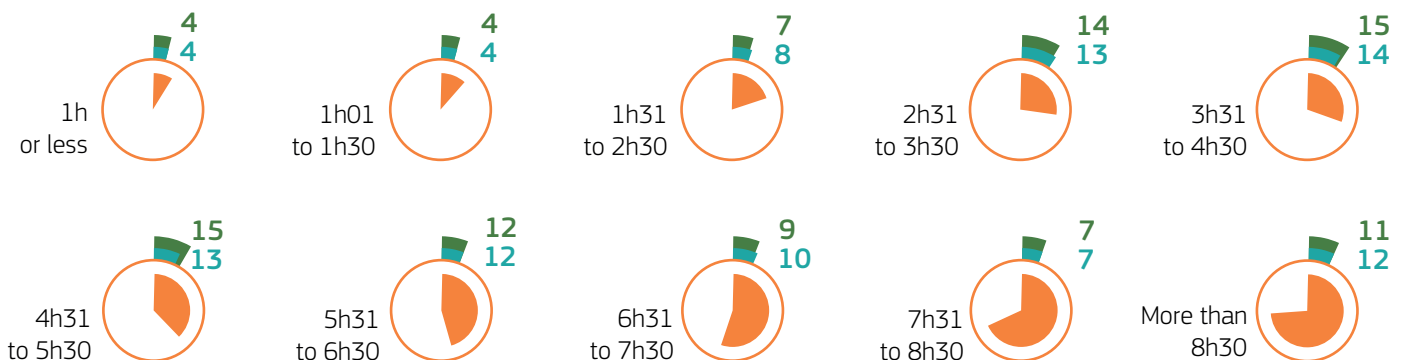
15- 16-19 20+



Time spent sitting on a usual day (In %)

Include time spent at a desk, visiting friends, studying or watching television...

■ 2022 ■ 2017





Special Eurobarometer 525 - 97.3

Sport and Physical Activity

Top 3 locations

- #1** **47%**
In the park, outdoors, etc
- #2** **37%**
At home
- #3** **24%**
On the way between home and schools, work or shops

Top 5 reasons to practice sport or physical activity

- 54%** To improve your health
- 43%** To improve fitness
- 39%** To relax
- 27%** To improve physical performance
- 25%** To control your weight

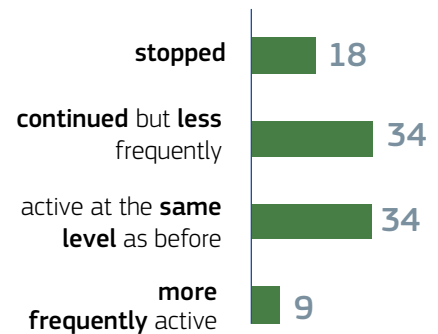


Top 5 main reasons currently preventing you from practising sport more regularly

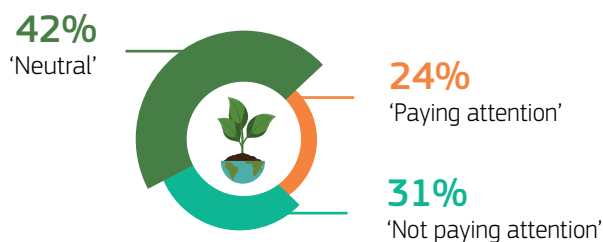
- 41%** Not have time
- 25%** Lack motivation or not interested
- 14%** Have disability or illness
- 10%** Already doing sports regularly
- 10%** Too expensive

Impact of Covid-19 on physical activity...

(In %)



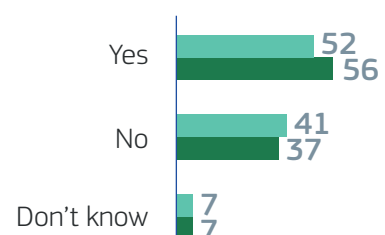
Attention to the impact that sport can have on the environment



Organisation where you do sport is actively putting in place measures to support gender equality (In %)

Gender

- Woman
- Man



Source : Special Eurobarometer 525 "Sport and Physical Activity" April-May 2022 - Percentages shown are at EU27 level

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