

Leisure Time Physical Activity in Saskatchewan (2013-2014)

PHYSICAL ACTIVITY benefits include a reduced risk of cardiovascular disease, some types of cancer, osteoporosis, diabetes, obesity, high blood pressure, depression, stress and anxiety. Activity categories for the population aged 12 and over are based on an index average daily physical activity over the past 3 months, and are classified as 'active', 'moderately active', and 'inactive'.

7 in 13

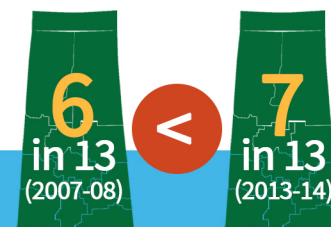
SK residents 12 years and older reported "moderately active or active" levels of physical activity during leisure-time.



The proportions of male and female residents who reported being "moderate to active" during leisure-time were **not significantly different**.



Between 2007-08 and 2013-14, the proportion of residents with reported "moderate to active" levels of physical activity during leisure-time **increased**.



"Moderately active" or higher levels of physical activity during leisure-time were most common in people ages **12 to 19 years**.

In this age group, **7 in 10** residents reported "moderate to active" levels of physical activity during leisure-time.



SK, Canada, and the Regional Health Authorities (RHAs) reported **similar levels** of physical activity (moderate to active) during leisure-time.

