

Physical Activity in Saskatchewan (2015-2016)

PHYSICAL ACTIVITY benefits include a reduced risk of cardiovascular disease, some types of cancer, osteoporosis, diabetes, obesity, high blood pressure, depression, stress and anxiety. Adults are considered physical active if they participate in at least **150 minutes** of moderate to vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more.

Around
half

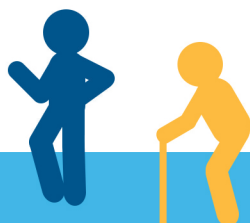
of SK residents (55%) 18 years and older reported 150 minutes per week of moderate or vigorous physical activity



There were
more males (26%)
than females
who reported weekly moderate or vigorous physical activity



Moderate or vigorous physical activity for at least 150 minutes per week were most common in people ages
18 to 64 years

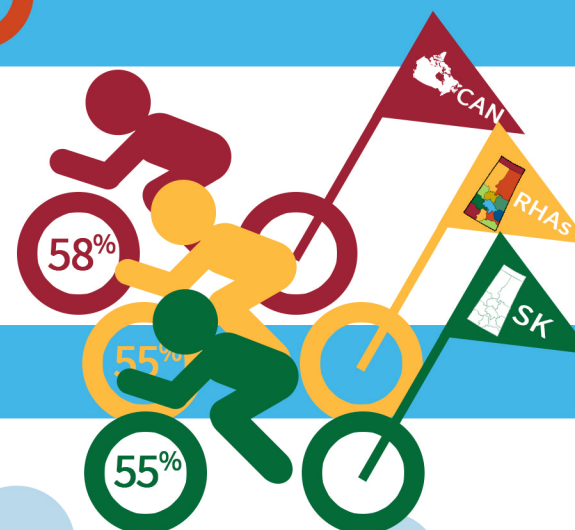


In this age group, **6 in 10**

residents reported at least 150 minutes per week of moderate or rigorous physical activity



Moderate or vigorous physical activity was **significantly lower in Saskatchewan and regional health authorities** compared to Canada



SOURCE: Canadian Community Health Survey (CCHS)
NOTE: Due to methodological changes to the Canadian Community Health Survey (CCHS) in 2015, the combined 2015 and 2016 results should not be compared to previous surveys.