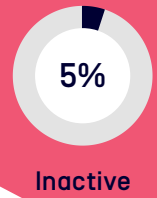
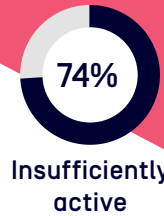
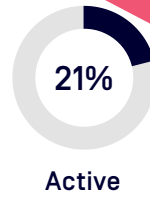


LIFE STAGE SNAPSHOT

15-17 YEARS



Less than a quarter of 15 to 17 year olds are sufficiently active during this critical life stage. Sports can help turn this around by better understanding and adapting to the changing needs of this segment.



ACTIVE



Top 5 Activities



sessions per week



activities



INSUFFICIENTLY ACTIVE



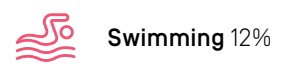
Top 5 Activities



sessions per week



activities



DEMOGRAPHICS BY ACTIVITY LEVEL

Physical activity level	Male	Female	Major cities	Regional
Active Refer to Australian 24-Hour Movement Guidelines for Children and Young People [5-17 years]. Meeting the guidelines, by achieving 60 minutes or more of moderate to vigorous physical activity per day, involving mainly aerobic activities	22%	19%	21%	19%
Insufficiently active Active each week but not enough to meet the guidelines	74%	74%	74%	77%
Inactive Not doing any activity	4%	7%	5%	4%

Learn more about current and potential participants at each life stage on the [Sport Australia website](#).