

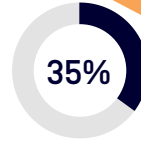
LIFE STAGE SNAPSHOT

25-34 YEARS



18% of the population

As career and parental responsibilities increase, commitment to sport and physical activity levels decline slightly.



Active



Insufficiently active



Inactive



ACTIVE



1.3 million

Top 5 Activities



Fitness/gym 58%



Walking [recreational] 43%



Jogging, running, athletics 36%



Swimming 20%



Cycling 16%



INSUFFICIENTLY ACTIVE



2.06 million

Top 5 Activities



Fitness/gym 43%



Walking [recreational] 25%



Jogging, running, athletics 20%



Swimming 14%



Football/soccer 9%



DEMOGRAPHICS BY ACTIVITY LEVEL

| Physical activity level Refer to Australia's Physical Activity and Sedentary Behaviour Guidelines for Adults. | Aboriginal or Torres Strait Islander origin | Country of birth not Australia | Speaks language other than English at home | People with disability | Major cities | Regional |
|---|---|--------------------------------|--|------------------------|--------------|----------|
| Active Meeting the guidelines, by achieving 150 minutes of moderate-intensity physical activity (activity) or equivalent each week and active on 5 or more days each week | 37% | 29% | 27% | 31% | 35% | 34% |
| Insufficiently active Active each week but not enough to meet the guidelines | 49% | 57% | 57% | 53% | 56% | 55% |
| Inactive Not doing any activity | 14% | 14% | 16% | 16% | 9% | 11% |

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