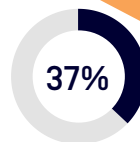


LIFE STAGE SNAPSHOT

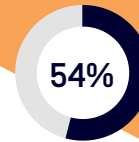
18-24 YEARS



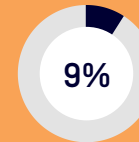
This life stage sees increased independence and transitions such as finishing school, starting study, working full time and leaving home. These transitions can impact activity choices and should be considered in sport participation offerings.



Active



Insufficiently active



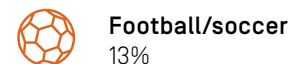
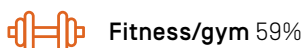
Inactive



ACTIVE



Top 5 Activities



sessions per week



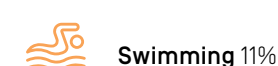
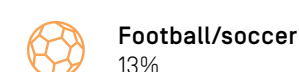
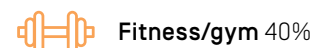
activities



INSUFFICIENTLY ACTIVE



Top 5 Activities



sessions per week



activities

DEMOGRAPHICS BY ACTIVITY LEVEL

Physical activity guidelines 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	Male	Female
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	33%	30%	31%	35%	38%	36%
Insufficiently active Active each week but not enough to meet the guidelines	48%	54%	55%	53%	53%	55%
Inactive Not doing any activity	19%	16%	14%	12%	9%	9%

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