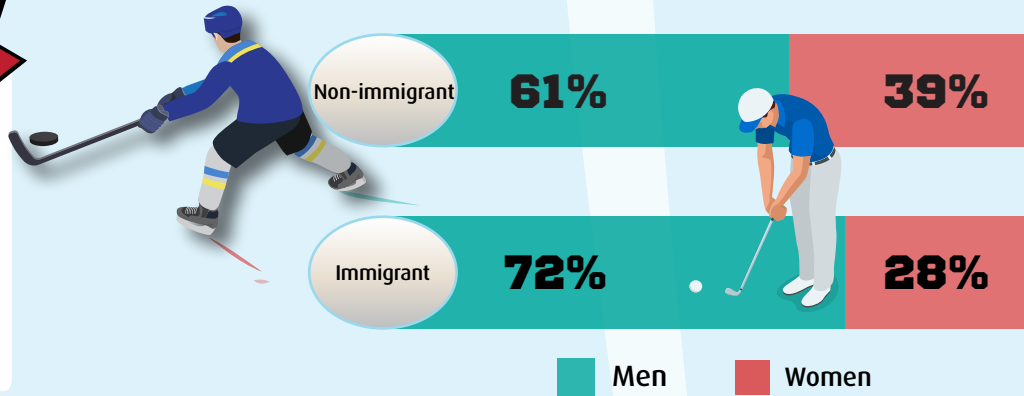


# SPORTS FOR FUN AND FITNESS

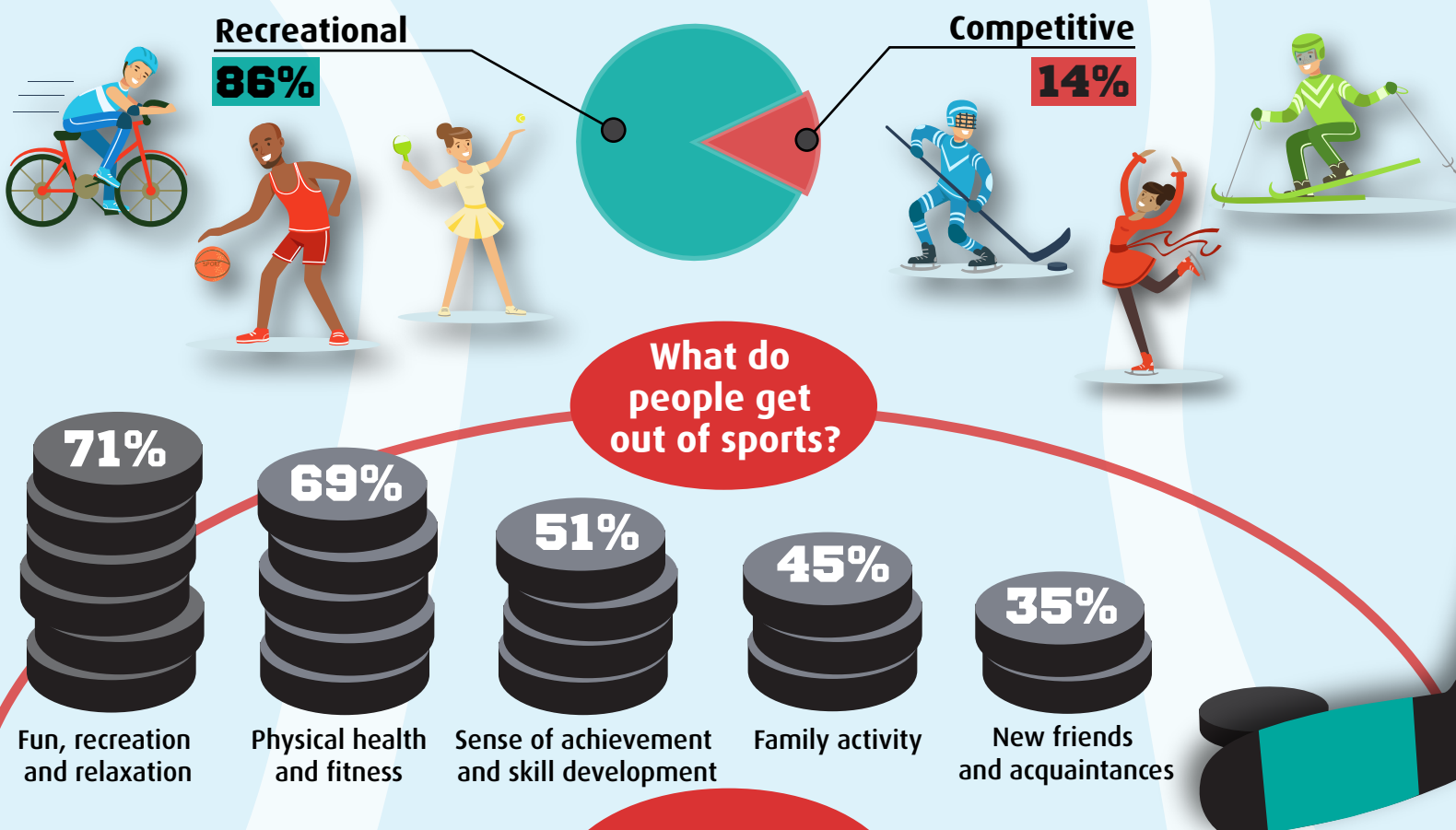
Among those who did participate in sports, the majority were men.



In 2016, the 5 most popular sports in Canada were:

- Ice hockey
- Golf
- Soccer
- Running
- Basketball

Most Canadians who regularly participated in sports did so recreationally.



**Note:** These data are for all respondents aged 15 and older who reported regularly participating in sports in the 12 months preceding the survey.  
**Source:** General Social Survey (Canadians at Work and Home), 2016.

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