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**PHYSICAL ACTIVITY MONITOR: A CROSS-SECTIONAL STUDY
OF BELIEFS, ATTITUDES, MOTIVATIONS AND CAPACITY
RELATED TO SPORT AND PHYSICAL ACTIVITY AMONG THE
CANADIAN POPULATION.**

Report

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Ce rapport est aussi disponible en français

Canada

Physical Activity Monitor: A cross-sectional study of beliefs, attitudes, motivations and capacity related to sport and physical activity among the Canadian population – Report

This public opinion research report presents the results of an online survey conducted by Léger Marketing Inc. on behalf of Canadian Heritage. The quantitative research was conducted between February and March 2024.

Cette publication est aussi disponible en français sous le titre :

Moniteur d'activité physique : une étude transversale des croyances, attitudes, motivations et capacités à l'égard du sport et l'activité physique parmi la population canadienne — Rapport

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1. Executive Summary

Leger is pleased to present this report to Canadian Heritage on the findings from the 2024 Physical Activity Monitor quantitative survey, designed to learn about the beliefs, attitudes, motivations and capacity towards sport and physical activity among the Canadian population. The survey results cannot be reliably applied to the entire target population, as the sampling method employed does not ensure the sample accurately reflects the target group within a known margin of error. Reported percentages are not generalizable to any group other than the sample studied, and therefore no formal statistical inferences can be drawn between the sample results and the broader target population it may be intended to reflect.

This report was prepared by Leger who was contracted by Canadian Heritage (contract number CW2342784 awarded December 20, 2023). This contract has a value of \$119,859.10 (including HST).

1.1 Background and Objectives

Regular physical activity is effective in the prevention of various chronic diseases, such as cardiovascular disease, type II diabetes, some cancers, and osteoporosis. It also provides benefits such as improved muscular and cardiorespiratory fitness, weight maintenance, improved mental health, stress reduction, and improved academic performance (WHO, 2018; Lee et al., 2012). Sport participation contributes economically and societally through potential increases of social cohesion and social capital. Despite these important health and societal benefits, very few adults (25%) participate in sport (CFLRI, 2018, Conference Board of Canada, 2005). Differences in participation exist by gender and age, with women participating less regularly than men and participation decreasing with increasing age (CFLRI, 2018). Understanding the reasons for the disparities are important for initiatives focusing on increasing population participation rates and for reducing gender disparities.

The Physical Activity and Sport Monitoring Program (PASMP) is a nationwide surveillance system dedicated to examining sport, physical activity and recreation. The PASMP explores participation rates and a wide variety of outcomes and correlates related to sport, physical activity, and recreation, with the goal of providing evidence to shape policy and to measure impact. The PASMP utilizes information collected from the Canadian Fitness and Lifestyle Research Institute (CFLRI) population surveys, surveys of settings, sport and recreation organizations, and governments, and is used to address data gaps in sport, physical activity and recreation, as outlined in evaluation of the national policies (CPRA/ISRC, 2015; Federal, provincial, and territorial governments, 2018; Government of Canada, Canadian Heritage, 2012). The PASMP uses a theoretical approach to explore intra-personal, inter-personal, physical environment, and policy level factors in relation to sub-populations of various gender, ages, cultures, income, and abilities. The Physical Activity Monitor (PAM), originally developed by CLFRI, is a key source of information for the PASMP. The 2023 PAM, led by Sport Canada, will collect similar data and compare it to CLFRI data collected over multiple fiscal years (yielding trends in data) and will examine factors such as the knowledge of the required amount of physical activity, attitudes, benefits, barriers, motivation, capacity, opportunities, self-efficacy, and intention.

The research explored participation rates on a wide variety of sports and physical activities, with the aim of providing evidence to shape policy and measure impact. It helped to shed light on differences in opportunities, access, and levels of participation in sport between different populations.

The research supported Core Responsibility 3 (Sport) in the Department of Canadian Heritage Departmental Results Framework (DRF). It will enable Sport Canada to obtain disaggregated data to measure the following DRF result: Canadians, regardless of gender, physical ability, and cultural background, who participate in sport activities, are satisfied with the way the activity is provided. The surveys further addressed data gaps in Sport Canada's reporting indicators as captured in the Sport Canada Performance Information Profile (PIP).

The survey addressed the Ministers' commitment to "...strengthen their 2019 commitment to increase the participation of women and girls in sport and ensure it remains a priority" and to "develop a strategy for publicly reporting on data related to progress". The survey also align with the Government's commitment to achieve gender equity in sport at every level by 2035.

The objectives of the study were to assess the changes in participation rates of physical activity and sport (participation rates, frequency, and regularity) and in attitudes and behaviours related to physical activity and sport. This project aims to provide critical evidence for decision-makers, policy-makers, program and service providers, and health promoters to support policy and programming to help particular sub-populations overcome perceived barriers. In addition, this ongoing surveillance will allow for assessment towards the 2035 gender equity target through the Government of Canada (Canadian Heritage, 2021), and for Canada's response to the 2030 goal of the United Nations' Sustainable Development Goals and targets (Commonwealth Secretariat, 2020). The data can also assist in informing potential changes in the renewal process of national policies, strategies and frameworks, and can also provide a baseline assessment for national communications campaigns or program initiatives.

1.2 Methodology

This quantitative research was conducted through online surveys using Computer Aided Web Interviewing (CAWI) technology. The online survey was conducted from February 14th to March 5th 2024. The participation rate for the survey was 13.3%. Calculation of the Web survey's participation rate is presented in Appendix A.

A first round of pre-testing was done on February 14th to ensure correct programming of the survey. Minor corrections, such as the addition of the question on mother tongue as well as the modification of the answer choices for the questions on age and income to follow quotas, were applied. A second round of pre-testing was completed on February 15th to validate the changes. After the second pre-test, no changes were made to the questionnaire. On average, the survey lasted 13 minutes. In total, 61 Canadians aged 18 and over were surveyed for the pre-test (27 in English, 34 in French).

Overall, 11,060 Canadians aged 18 or older were surveyed across Canada.

Table 1 shows the distribution of respondents in each area:

Table 1. Sample Distribution by Region

Region	Number of respondents
British Columbia	1,531 (13.8%)
Alberta	1,232 (11.1%)
Prairies (Manitoba and Saskatchewan)	752 (6.3%)
Ontario	4,156 (38.6%)
Quebec	2,587 (23.0%)
Atlantic (Newfoundland and Labrador, Prince Edward Island, Nova Scotia and New Brunswick)	775 (6.6%)
Territories (Yukon, Northwest Territories and Nunavut)	27 (0.2%)
Total	11,060

Based on the most recent data from Statistics Canada’s 2021 national census, Leger weighted the results of this survey by age, gender, region, language, education, income, presence of children in the household, if respondents identified as being in the BIPOC community or not and if respondents have a disability or not.

Details regarding the weighting procedures can be found in Appendix A.

As a member of the Canadian Research and Insights Council (CRIC), Leger adheres to the stringent guidelines for quantitative research and acts in accordance with the Government of Canada’s requirements for quantitative research and Standards of the Conduct of Government of Canada Public Opinion Research. The details of the methodology and more information on Leger’s quality control mechanisms are presented in Appendix A. The questionnaire is available in Appendix B.

1.3 Overview of Quantitative Findings

KEY FINDINGS

Physical and mental health condition

- More than half of respondents (63%) said that their physical health is good (52%) or excellent (11%), while 66% shared that their mental health condition is good or excellent (good: 45%; excellent: 21%). On the other hand, less than a tenth of respondents said that their physical health (8%) and their mental health (9%) was poor.

Aerobic and strength-training activities

- A vast majority of respondents did some form of aerobic activities in the past 7 days, whether at a mild (78%), moderate (67%), or heavy intensity (43%). The median time spent on mild and moderate intensity aerobic activity was 30 minutes, and 25 minutes for heavy intensity. On the other hand, over a third of respondents (36%) performed strength-training activities.

Participation in sport(s)

- Slightly more than a quarter of respondents (26%) have participated in sport in the past 12 months. Most of them were involved as a player (85%). Soccer (19%), ice hockey (15%) and basketball (15%) were the three most popular sports played in the past year. Most respondents participated in their sport at least once a week (80%).

- Less than half of respondents who had participated in sports in the past 12 months (46%) mentioned that their sport(s) was/were primarily played in a structured or organized environments (e.g., private facilities, through a sports club or through the community).
- Clothing and footwear (59%), membership or registration fee (50%) and equipment (49%) were the most purchased items by respondents who engaged in sport.
- Almost half of respondents who participated in sports in the past 12 months (49%) trained and competed for their sport(s), mainly at a local or community level (80%), while 31% had a coach for their sport(s).

Information about sport and physical activity

- Television (22%) is the most popular media where respondents most often saw or heard information about sport or physical activity. However, when it came to trying to find information on sport or physical activity to help them increase their participation, respondents mentioned mainly the internet and other web pages (36%), followed by YouTube (22%), local facility or organization (22%), and friends or family (21%), before television (14%).
- Benefits of exercise/physical activity (16%) as well as accessibility of community centres, activities, or sport events (13%) are the main information that help respondents increase their participation in sport.

Opinion towards statements related to sports or physical activity

- Slightly more than three-quarters of respondents (76%) agreed that they have the psychological ability to be active, and 69% said that being active helped manage their mental and physical health. Otherwise, 65% of respondents stated having the physical opportunity and 64% stated having the physical ability to be physically active.
- More than half of respondents stated having the social opportunity (58%) and the motivation (54%) to be active.

Difficulties doing certain activities for respondents with a disability

- When doing certain activities, 69% of respondents with a disability stated they had difficulty walking or climbing steps, while 59% had difficulty remembering or concentrating, 49% had difficulty seeing, 37% had difficulty with self-care, 33% had difficulty with hearing, and 24% had difficulty communicating.
- However, three-in-four respondents with a disability (77%) mentioned that they are free to make their own choices, and two thirds agreed that they do what is desirable for them (65%). Around half of them felt a sense of purpose when engaging in sport or exercise (53%), felt confident in their skills/abilities (49%), and felt accepted by others (47%). However, four-in-ten agreed that they felt they fit in (40%).

Confidence in the ability to be physically active

- Respondents were confident about the possibility to be active and still spend the time they want with their family (61%) as well as their ability to do a total of 150 minutes or more of physical activity per week (55%).

Personal control to fit regular physical activity into one's lifestyle

- Less than half of respondents felt that they had a lot (30%) or complete (21%) control over whether they are able to fit regular physical activity into their lifestyle.

- Over half of Canadians have a positive opinion on sport and physical activity with 57% finding it fun and 82% finding them beneficial. Otherwise, 43% were comfortable participating in sport or physical activity and 37% found them easy.

Opinion on sport or physical activity

- Around two thirds of respondents find sport and physical activity safe (65%) or fair, respectful, ethical (62%), and over half find them available (57%), welcoming and inclusive (54%). Otherwise, 42% found them convenient or accessible and 35% found them affordable.

Intention to be physically active in the next six months

- Only a minority of Canadians had no intention (4%) or little intention (8%) to be physically active in the next six months. On the other hand, 39% fully intend to be physically active in the next six months.

Main reason to be active in the next six months

- The most common reasons to want to be active in the next six months are to lose weight or maintain a healthy weight (26%), to maintain functional ability with age (22%), especially among those over 55 years old (41%), and to stay fit and build strength (19%).

Barrier to the participation in physical activity or sport

- Lack of free time is the main hurdle to participating in physical activity or sport (22%), followed by health issues and physical limitations (18%), and lack of self-motivation/willpower (13%).

Places or settings most often used in the community

- Sidewalks, side of the road, and the neighbourhood (46%), along with walking trails or paths (44%) were the most commonly used places in the community for physical activity.

Volunteer activity related to sport

- Around 11% has done some type of volunteer activity related to sport in the past 12 months, while 25% did do so in the past but not in the past 12 months.
- Those who did volunteer in an activity related to sport did so for an average of 63 hours, with those aged 55 and over volunteering significantly more (98 hours).
- Most of those who did volunteer in the past 12 months did so in person (71%).
- Volunteering as a coach or assistant coach (32%) and fundraising duties (20%) were the most common duties fulfilled by volunteers.
- A little less than half have been volunteering for 3 years or less (45%), while 25% have been doing so for 10 years or more.
- Most of those who volunteered in the past 12 months had good experiences with their training with 74% thinking the amount of time spent on training was adequate, 68% considered they received adequate training to conduct their duties, and 36% thought the amount of time spent on training was excessive.
- For those who have volunteered in the past but not in the past 12 months, lack of free time was the main reason they stopped (34%).

1.4 Notes on interpretation of the research findings

The views and observations expressed in this document do not reflect those of Canadian Heritage. This report was compiled by Leger, based on the research conducted specifically for this project.

1.5 Political neutrality certification

Research Firm: Leger Marketing Inc. (Leger)

Contract Number: CW2342784

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Leger Marketing Inc. hereby certifies that the deliverables fully comply with the Government of Canada political neutrality requirements outlined in the Policy on Communications and Federal Identity and the Directive on the Management of Communications. Specifically, the deliverables do not include information on electoral voting intentions, political party preferences, standings with the electorate, or ratings of the performance of a political party or its leaders.



Signed:

Christian Bourque

Senior Researcher, Léger

Date: March 28, 2024

2. Detailed Results

Introduction

Canadian Heritage conducted a survey among the Canadian population to collect information on participation rates for sports and physical activity. The survey was designed to provide insight into the intra-personal factors related to participation such as knowledge, attitudes, beliefs about the benefits, motivations and barriers, self-efficacy, capacity, and intention.

This public opinion research was conducted through online surveys using Computer Aided Web Interviewing (CAWI) technology. The fieldwork for the survey was carried out from February 14th to March 5th, 2024. A total of 11,060 Canadians aged 18 or older were surveyed.

Z-Tests at a 95% confidence level were used to determine significance between subgroups.

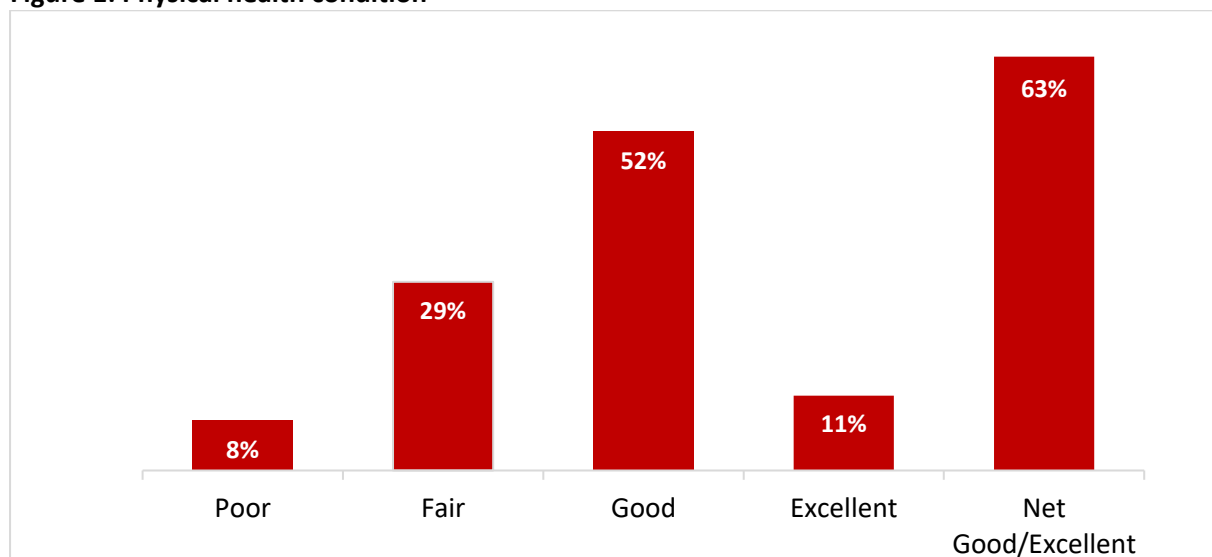
Note 1: Numbers were rounded to the nearest percentage, as such, totals may not always equal 100%.

Note 2: In graphs, statements starting with “Net...” correspond to variables calculated from the original response modalities. For example, if the question asked respondents if something was “very important” or “somewhat important”, the “Net important” statement combines the value of both options (e.g., if 20% of respondents voted “very important”, while 15% voted “somewhat important”, the “net important” value would be 35%).

Physical health condition

Respondents were asked their opinion of their physical health. More than half respondents (63%) said that their physical health is good or excellent: while 11% of respondents indicated that their physical health is excellent, 52% said that their physical health is good. Thus, 29% of respondents said that their physical condition is fair, and 8% said that their physical health is poor.

Figure 1: Physical health condition



Q5. Generally speaking, would you say that your physical health is...?

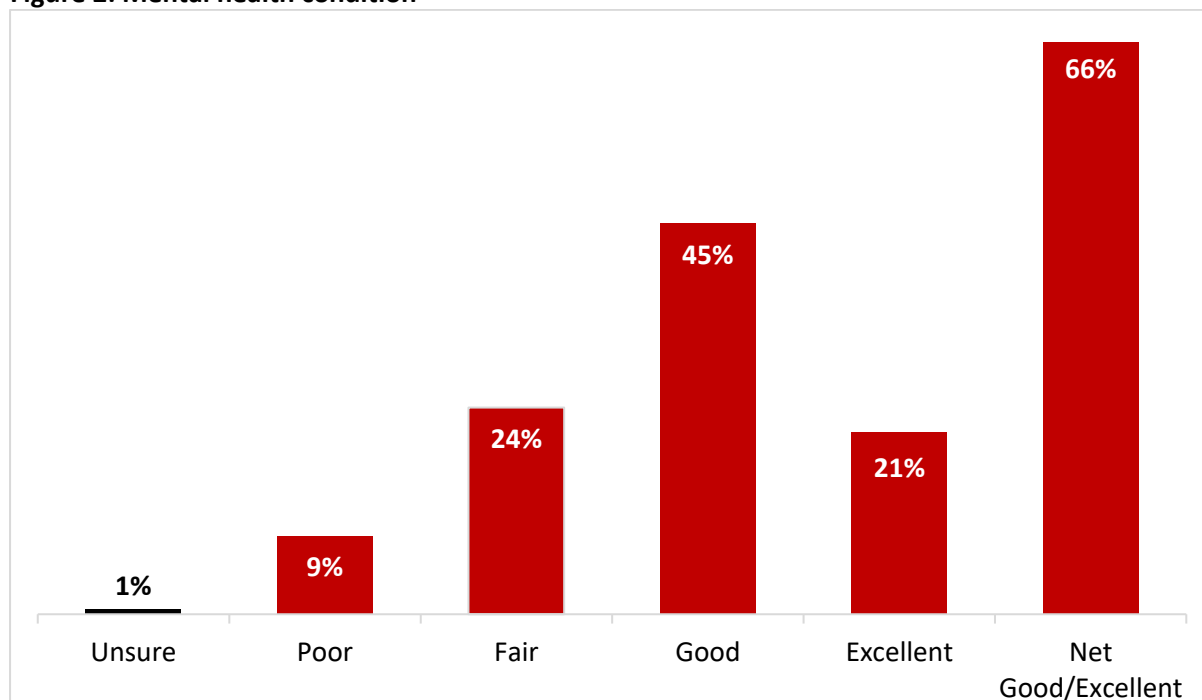
Base: All respondents (n=11,060)

Respondents who live in Quebec (71%) and respondents aged 18 to 34 (68%) were more likely to say that their physical health is good or excellent. Respondents who identify with a gender other than man or woman (16%) were more likely to mention that their physical health is poor.

Mental health condition

Respondents were also asked about their mental health. Over two thirds of respondents (66%) said that their mental health was good or excellent: while 21% of respondents said that their mental health is excellent, 45% of respondents indicated that their mental health is good. Otherwise, 24% of respondents answered that their mental health is fair and 9% said that their mental health is poor. However, 1% of the respondents shared that they are unsure about their mental health condition.

Figure 2: Mental health condition



Q6. Generally speaking, would you say that your mental health is...?

Base: All respondents (n=11,060)

Respondents aged 55 and over (80%), respondents who live in Quebec (78%) and men (70%) were more likely to say that their mental health is good or excellent. On the other hand, respondents who identify with a gender other than man or woman were more likely to say that their mental health is fair (38%) or poor (27%).

Leisure-time physical activity

Respondents were shown the definitions of leisure-time physical activity and aerobic activities presented below:

Leisure-time physical activity is physical activity that you choose to do during your free time, such as exercising, playing sports, swimming, gardening, dancing or taking the dog for a walk. Activities that are not counted as leisure-time physical activity include activities of daily living, chores, and other activities that you have to do, such as grocery shopping, cooking and cleaning.

Aerobic activities are physical activities that are done continuously and that increase your heart rate and breathing rate, such as walking, wheeling, swimming, hand cycling, dancing or sports.

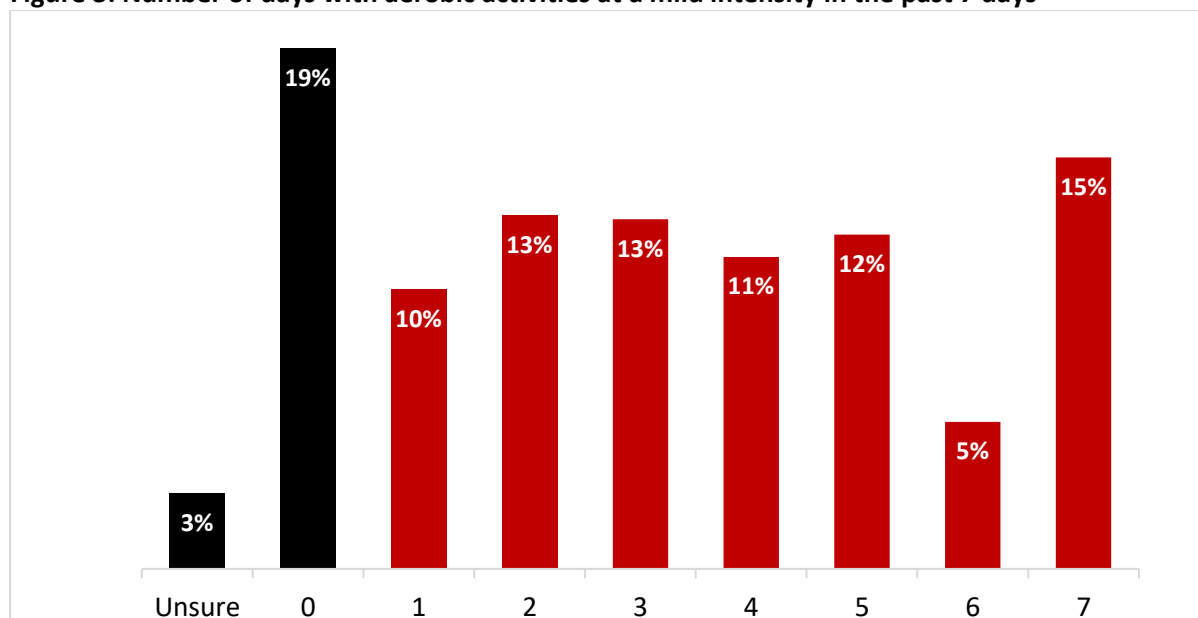
Afterwards, they were asked about the number of days they did aerobic activities at each intensity level (mild, moderate and heavy intensity) over the last 7 days as well as the number of minutes per day they did those activities.

Aerobic activities at a mild intensity

When asked about the number of days they did aerobic activities at a mild intensity in the last 7 days, 19% of respondents answered 0. Results were spread out, as around one-in-ten respondents reported engaging in aerobic activities at a mild intensity 1, 2, 3, 4, and 5 days out of seven (10%, 13%, 13%, 11%, 12% respectively). Plus, 5% stated they engaged in aerobic activities at a mild intensity 6 days out of seven, and 15% stated they did so every day in the past 7 days. Otherwise, 3% of respondents were unsure about the number of days they did aerobic activities at a mild intensity in the past 7 days.

The average number of days participants did aerobic activities at a mild intensity in a week is 3.2. The average number of days participants did aerobic activities at a mild intensity is higher among respondents aged 18 to 34 (3.5) and respondents living in British Columbia (3.5). This mean is lower among respondents aged 55 and over (3.0), respondents living in Quebec (3.0) as well as respondents living in the Atlantic provinces (2.9).

Figure 3: Number of days with aerobic activities at a mild intensity in the past 7 days



Q7A1. In the past 7 days, how many days did you do aerobic activities at each intensity level?

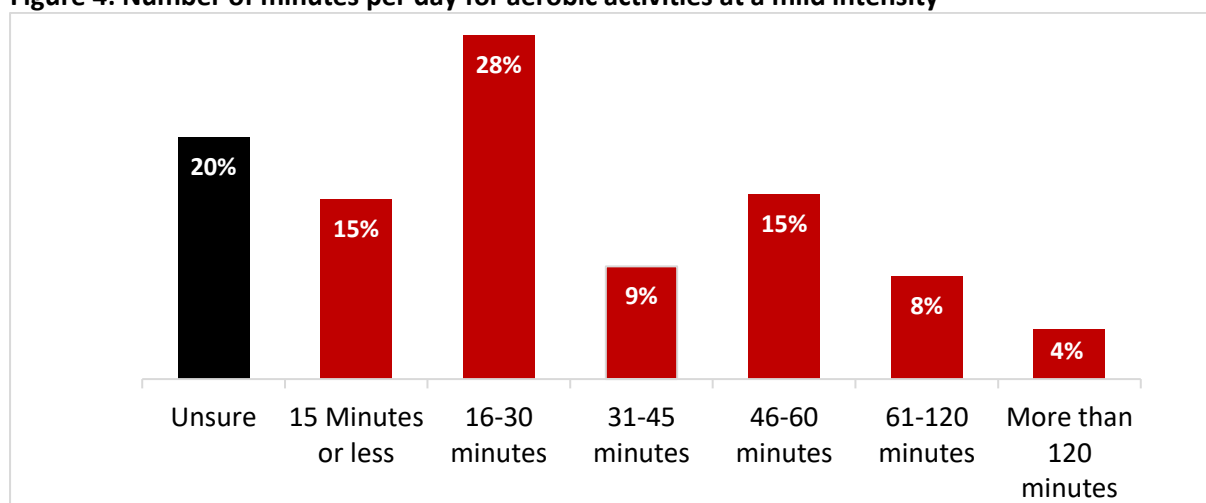
Base: All respondents (n=11,060)

Respondents who did aerobic activities at a mild intensity in the past 7 days were asked how many minutes per day they did these activities, where 15% of them engaged in these activities 15 minutes

or less per day and 28% engaged in aerobic activities at a mild intensity between 16 and 30 minutes per day. Less than one tenth of respondents who did mild intensity activities in the past 7 days (9%) engaged in those activities between 31 and 45 minutes per day. In addition, 15% of respondents did activities requiring very light physical effort between 46 and 60 minutes per day. While 8% of respondents engaged in aerobic activities at a mild intensity between 61 and 120 minutes per day in the past 7 days, 4% of them engaged in these activities more than 120 minutes per day. Moreover, 20% of respondents who did aerobic activities at a mild intensity in the past 7 days were unsure about the number of minutes spent on these activities daily. The median duration of mild aerobic activity among those who engaged in them was 30 minutes, indicating that half of them exercised for less than that and the other half for more.

No significant relevant median differences were noted.

Figure 4: Number of minutes per day for aerobic activities at a mild intensity



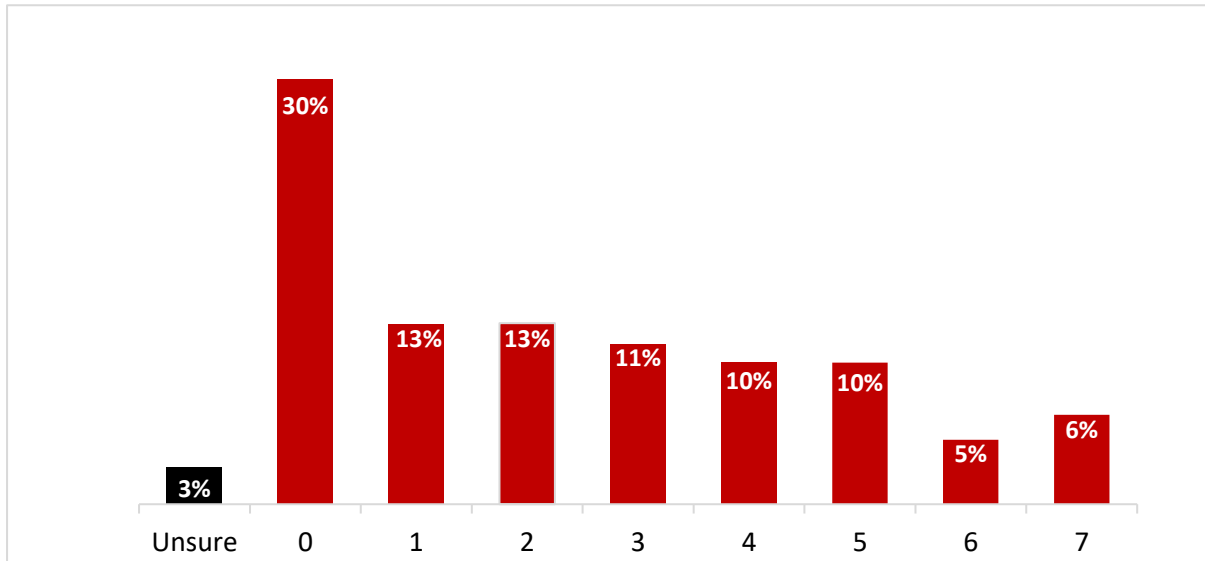
*Q7BA. On average, how many minutes per day did you do aerobic activities of this intensity?
Base: Respondents who did aerobic activities at a mild intensity in the past 7 days (n=8,787)*

Aerobic activities at a moderate intensity

When asked about the number of days they did aerobic activities at a moderate intensity in the last 7 days, 30% of respondents answered 0. Results were spread out between 1-5 days per week, as similar proportions of respondents stated they engaged in aerobic activities at a moderate intensity between 1 and 5 days per week (13%, 13%, 11%, 10%, and 10% respectively). A smaller proportion of respondents (5%) did aerobic activities at a moderate intensity six days in the past 7 days and 6% of respondents engaged in aerobic activities at a moderate intensity in the past 7 days. Finally, 3% of the respondents were unsure about the number of days they did aerobic activities at a moderate intensity in the past 7 days.

The average number of days participants did aerobic activities at a moderate intensity is 2.4. The average number of days is higher among respondents aged 18 to 34 (2.8), men (2.6) and those who live in Ontario (2.5). This mean is lower among women (2.2), respondents who live in Quebec (2.2) and respondents aged 55 and over (2.1).

Figure 5: Number of days with aerobic activities at a moderate intensity in the past 7 days



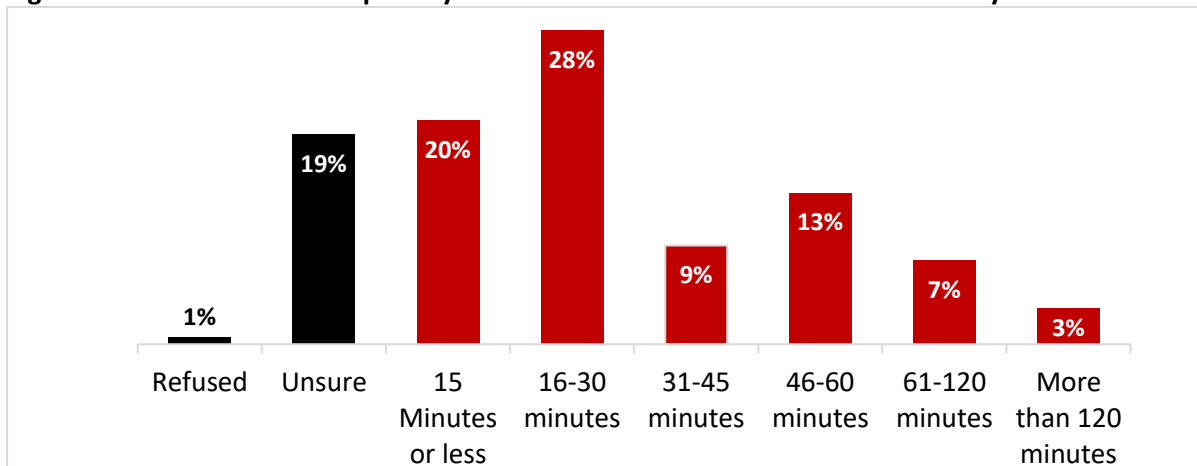
Q7A2. In the past 7 days, how many days did you do aerobic activities at each intensity level?

Base: All respondents (n=11,060)

Respondents who did aerobic activities at a moderate intensity in the past 7 days were also asked how many minutes per day they did these activities, with 20% engaging in aerobic activities at a moderate intensity 15 minutes or less per day and 28% engaging in activities requiring some physical effort between 16 and 30 minutes per day. In the past 7 days, 9% of respondents engaged in aerobic activities at a moderate intensity between 31 and 45 minutes per day and 13% did them between 46 and 60 minutes per day. While 7% of respondents engaged in aerobic activities at a moderate intensity between 61 and 120 minutes per day in the last 7 days, 3% of them engaged in these activities more than 120 minutes per day. Moreover, 19% of respondents who engaged in aerobic activities during the same period were unsure about the number of minutes spent on these activities daily, and one percent of them refused to answer. The median duration of moderate aerobic activity among those who engaged in them was 30 minutes, indicating that half of them exercised for less than that and the other half for more.

No significant relevant median differences are to be noted.

Figure 6: Number of minutes per day for aerobic activities at a moderate intensity



Q7BB. On average, how many minutes per day did you do aerobic activities of this intensity?

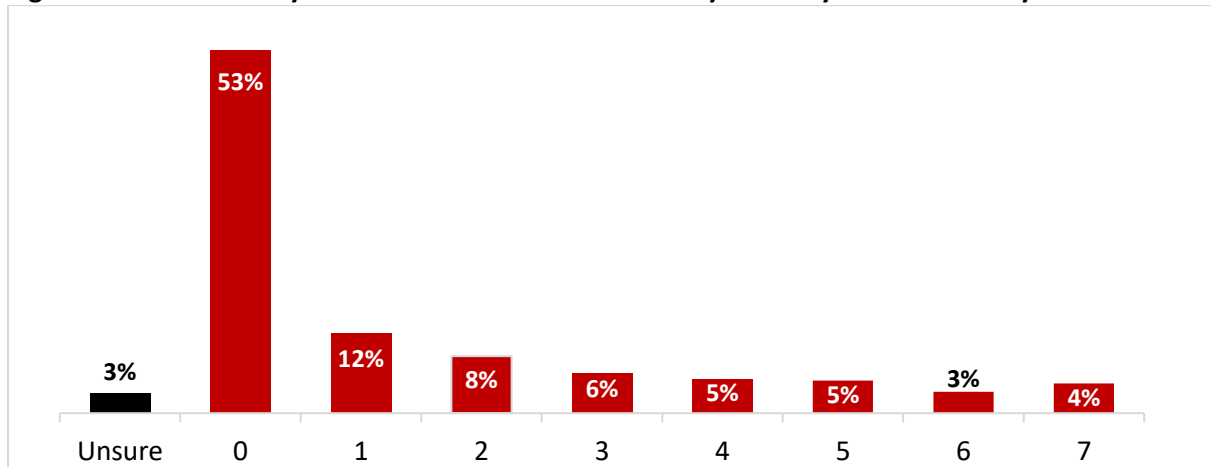
Base: Respondents who did aerobic activities at a moderate intensity in the past 7 days (n=7,577)

Aerobic activities at a heavy intensity

When asked about the number of days they did aerobic activities at a heavy intensity in the past 7 days, 53% of respondents answered 0. Alternatively, 12% of respondents engaged in aerobic activities at a heavy intensity one day during the same period. A smaller proportion of respondents engaged in aerobic activities at a heavy intensity for two days (8%), three days (6%), four days (5%) and five days (5%) out of seven. A minority of respondents did aerobic activities at heavy intensity 6 days (3%) or seven days (4%) a week. Finally, 3% of respondents were unsure about the number of days they did aerobic activities at a heavy intensity in the past 7 days.

The average number of days with aerobic activities at a heavy intensity is 1.4. The average number of days with aerobic activities at a heavy intensity is higher among respondents who identify with a gender other than man or woman (2.1), respondents aged 18 to 34 (2.1) and men (1.7). This mean is lower among women (1.1) and respondents aged 55 and over (0.9).

Figure 7: Number of days with aerobic activities at a heavy intensity in the last 7 days



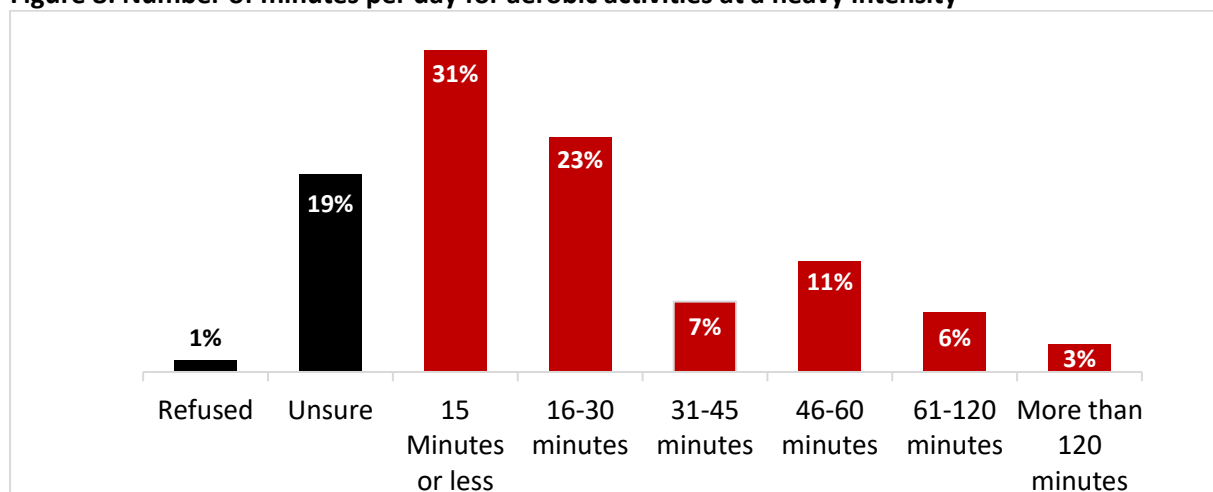
Q7A3. In the past 7 days, how many days did you do aerobic activities at each intensity level?

Base: All respondents (n=11,060)

Respondents who did aerobic activities at a heavy intensity in the past 7 days were also asked how many minutes per day they did these activities, with 31% of them engaged in aerobic activities at a heavy intensity 15 minutes or less per day. Nearly a quarter of respondents (23%) did activities requiring a lot of physical effort between 16 and 30 minutes per day and 7% engaged in those activities between 31 and 45 minutes a day in the past 7 days. In addition, 11% of respondents did aerobic activities at a heavy intensity between 46 and 60 minutes. While 6% of respondents engaged in aerobic activities at a heavy intensity between 61 and 120 minutes, 3% of them engaged in these activities more than 120 minutes a day. However, 19% of respondents who engaged in aerobic activities at a heavy intensity in the past 7 days were unsure about the number of minutes spent on these activities daily, and 1% refused to answer. The median duration of moderate aerobic activity among those who engaged in them was 25 minutes, indicating that half of them exercised for less than that and the other half for more.

No significant median differences were noted.

Figure 8: Number of minutes per day for aerobic activities at a heavy intensity



Q7BC. On average, how many minutes per day did you do aerobic activities of this intensity?

Base: Respondents who did aerobic activities at a heavy intensity between 1 and 7 days (n=4,689)

Strength-training activities

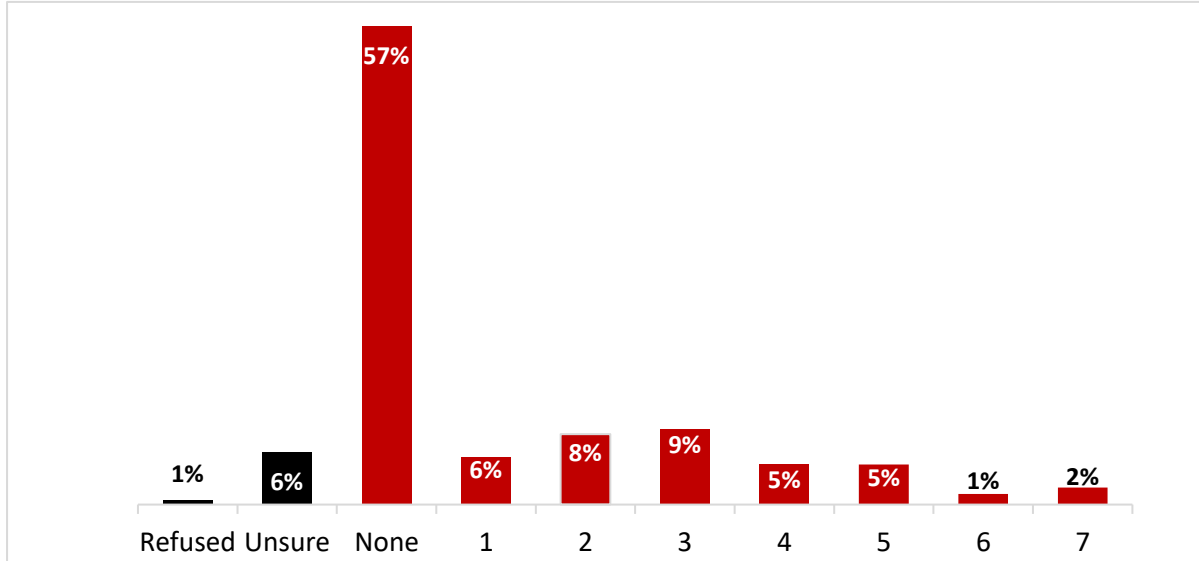
Respondents were shown the definitions of strength-training activities presented below:

Strength-training activities are activities that increase muscle strength, such as exercises using resistance bands, lifting weights or your own body weight (i.e., push-ups or triceps dips). These activities do not include manual therapy, stretching, or range of motion activities.

When they were asked about the number of days they did strength-training activities at a moderate intensity in the past 7 days, more than half of respondents (57%) answered 0. Alternatively, 6% of respondents engaged in activities that increase muscle strength one day during the same period. A small number of respondents also engaged in strength-training activities two days (8%), three days (9%), four days (5%) and five days (5%) out of seven. A minority of respondents did strength-training activities 6 days (1%) or seven days (2%) a week. Finally, 6% of respondents were unsure about the number of days they did strength-training activities at least at a moderate intensity, while 1% of them refused to answer.

The average number of days with strength-training activities is 1.2. The average number of days with strength-training activities is higher among respondents aged 18 to 34 (1.8), respondents who live in Alberta (1.5), and men (1.5). This mean is lower among women (1.0), respondents who live in the Atlantic provinces (1.0) and respondents aged 55 and over (0.8).

Figure 9: Number of days with strength training activities at a moderate intensity in the past 7 days



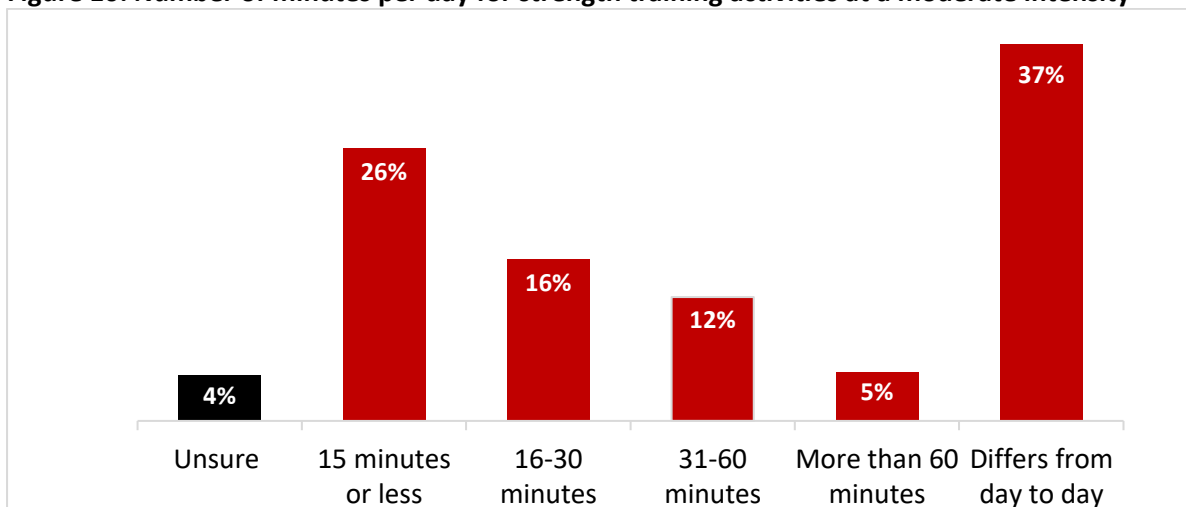
Q8G. In the past 7 days, how many days did you do strength-training activities at least at a moderate intensity?

Base: All respondents (n=11,060)

Those who indicated that they did strength-training activities in the past 7 days were asked how many minutes per day they spent on these activities. Over a third of respondents (37%) who engaged in strength-training activities in the past 7 days indicated that the number of minutes differs from day to day. More than a quarter of respondents (26%) engaged in strength-training activities 15 minutes or less per day, 16% of them did activities that increase muscle strength between 16 and 30 minutes per day, 12% did exercises using resistance bands, lifting weights or their own body weight between 31 and 60 minutes a day, and 5% spent more than 60 minutes a day strength-training activities at least at a moderate intensity. However, 4% of respondents who engaged in strength-training activities were unsure about the number of minutes spent on these activities daily.

No significant relevant median differences are to be noted.

Figure 10: Number of minutes per day for strength training activities at a moderate intensity



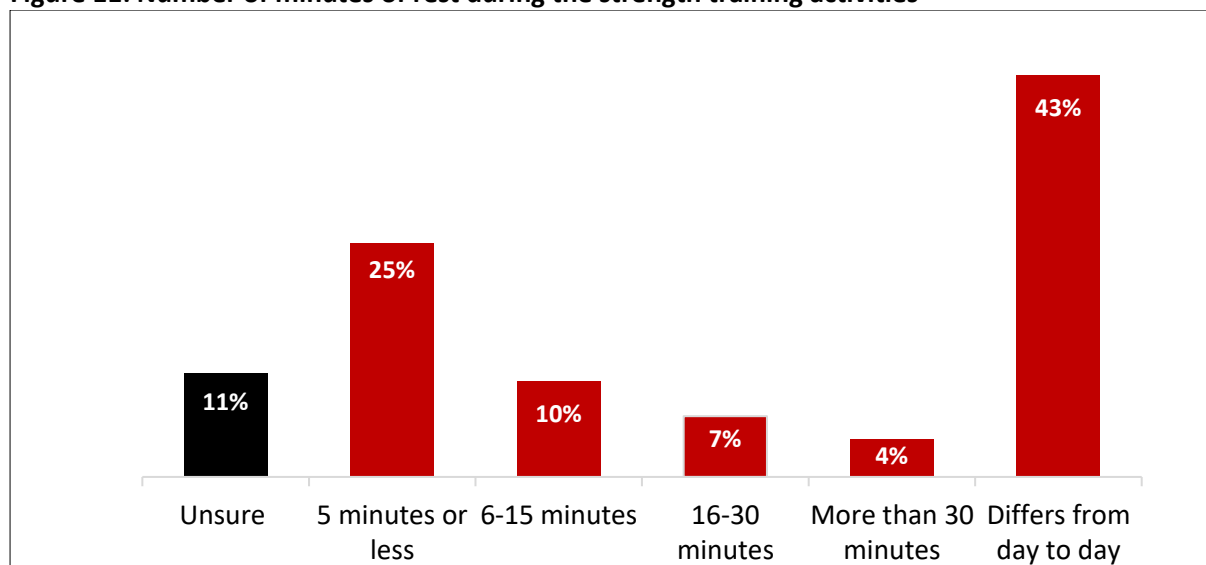
Q8H. In the past 7 days, how many minutes per day did you do strength training activities at least at a moderate intensity?

Base: Respondents who did strength training activities at least at a moderate intensity in the past 7 days (n=4,068)

Those who indicated that they did strength-training activities in the past 7 days were also asked how many minutes they spent resting during these activities. A quarter of respondents (25%) mentioned that they rest for 5 minutes or less, while 10% indicated that they spend 6 to 15 minutes resting during these activities, 7% rest between 16 and 30 minutes, and 4% spend more than 30 minutes on resting. Otherwise, 43% revealed that the number of minutes of rest during the strength-training activities differs from day to day, while 11% were unsure about the time spent on resting during these activities.

No significant median differences were noted.

Figure 11: Number of minutes of rest during the strength training activities



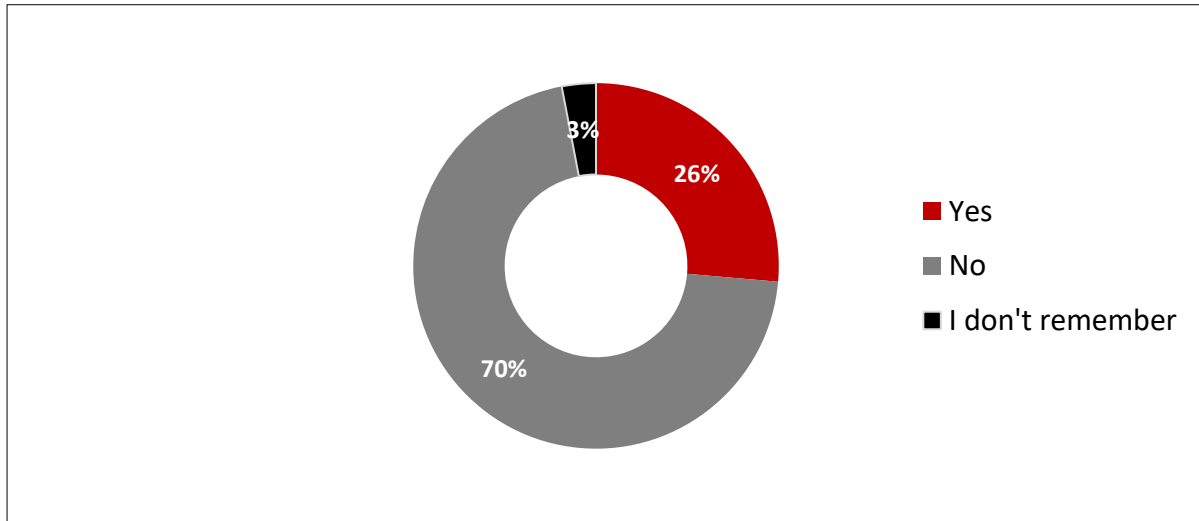
Q8I. How many minutes did you spend resting during these activities (includes breaks during a game or/and resting between sets/each separate exercise)?

Base: Respondents who did strength training activities at least at a moderate intensity in the past 7 days (n=4,068)

Participation in sports

Respondents were asked if they had participated in sport in the past 12 months. Around a quarter of respondents (26%) had participated in sport in the past 12 months while 70% hadn't. Otherwise, 3% of respondents mentioned that they did not remember.

Figure 12: Participation in sports in the past 12 months



Q9. For the following questions, when we talk about sport we mean physical activities that usually involve competition, rules and develop specific skills. Have you participated in sport in the past 12 months?

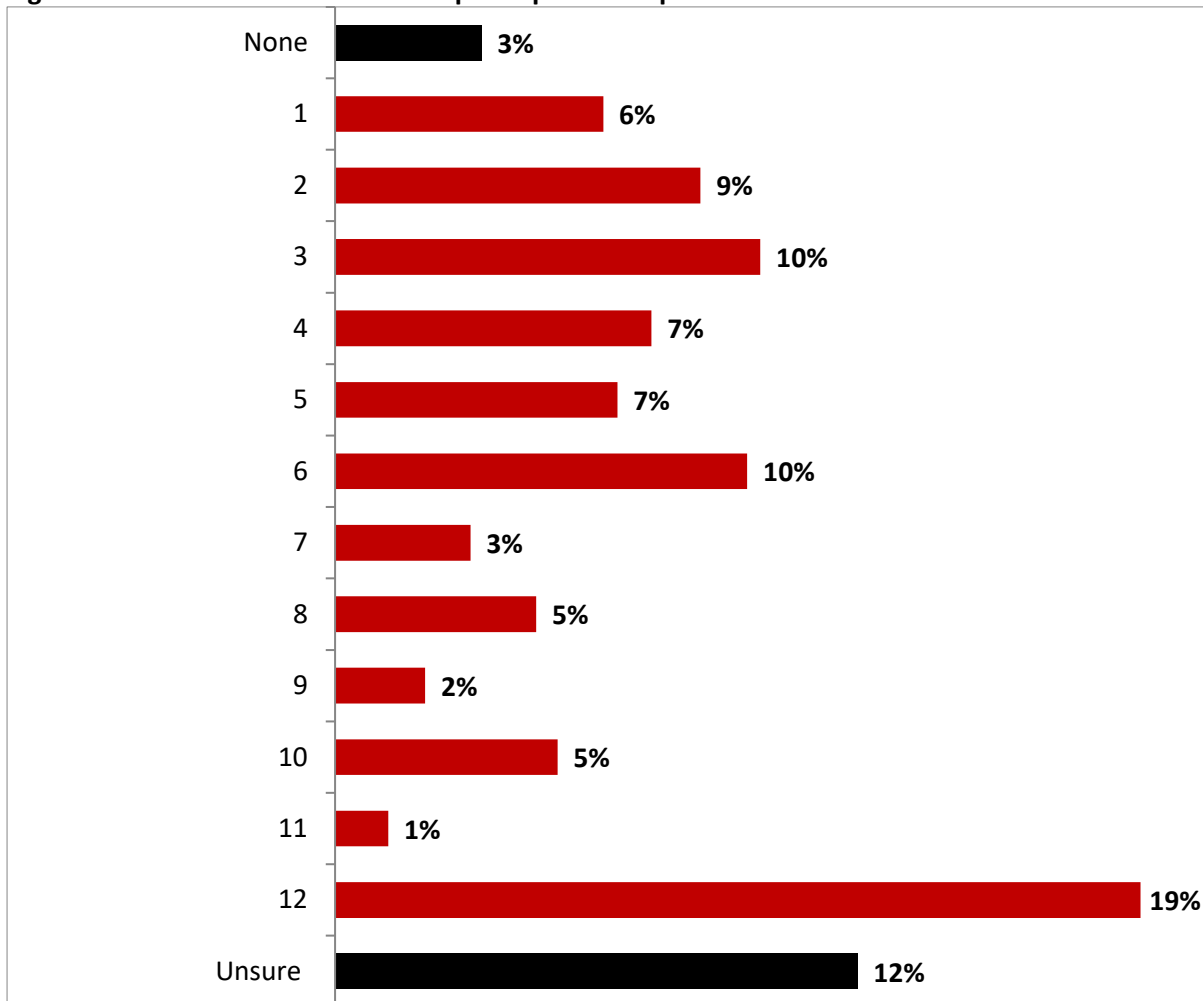
Base: All respondents (n=11,060)

Respondents aged 18 to 34 (43%), men (35%) and those who live in Quebec (31%) were more likely to have participated in sport in the past 12 months. Respondents aged 55 and over (83%), women (78%) and respondents who live in the Atlantic provinces (76%) and British Columbia (74%) were more likely to say that they had not participated in sport in the past 12 months.

Those who answered “yes” in the previous question were asked in how many of the last 12 months they had participated in sport. In the past 12 months, 6% participated in sport for a month, 9% participated in sport for two months and 10% did it for 3 months. A smaller proportion of respondents (7%) participated in physical activities that usually involve competition, rules and develop specific skills four months in the past 12 months, and the same proportion of respondents (7%) did it five months in the past 12 months. One in ten respondents (10%) participated in sport 6 months in the past 12 months. In the past year, smaller proportions participated in sport seven months (3%), eight months (5%), nine months (2%), ten months (5%) or eleven months (1%). However, 19% of respondents who participated in physical activities involving competition or rules or developing specific skills said they have done it every month in the past year. Even though they had participated in sport in the past year, 3% of them answered “none”, while 12% of them were unsure about the number of months they participated in sport.

On average, respondents participated in sport 6.2 months in the past 12 months. The average number of months was higher among respondents who live in Quebec (7.4), respondents aged 55 and over (7.1) and men (6.5). This mean was lower among respondents aged 18 to 34 (5.9), respondents living in Ontario (5.8), women (5.8) as well as respondents who live in Manitoba and Saskatchewan (Prairies) (5.1).

Figure 13: Number of months with a participation in sport

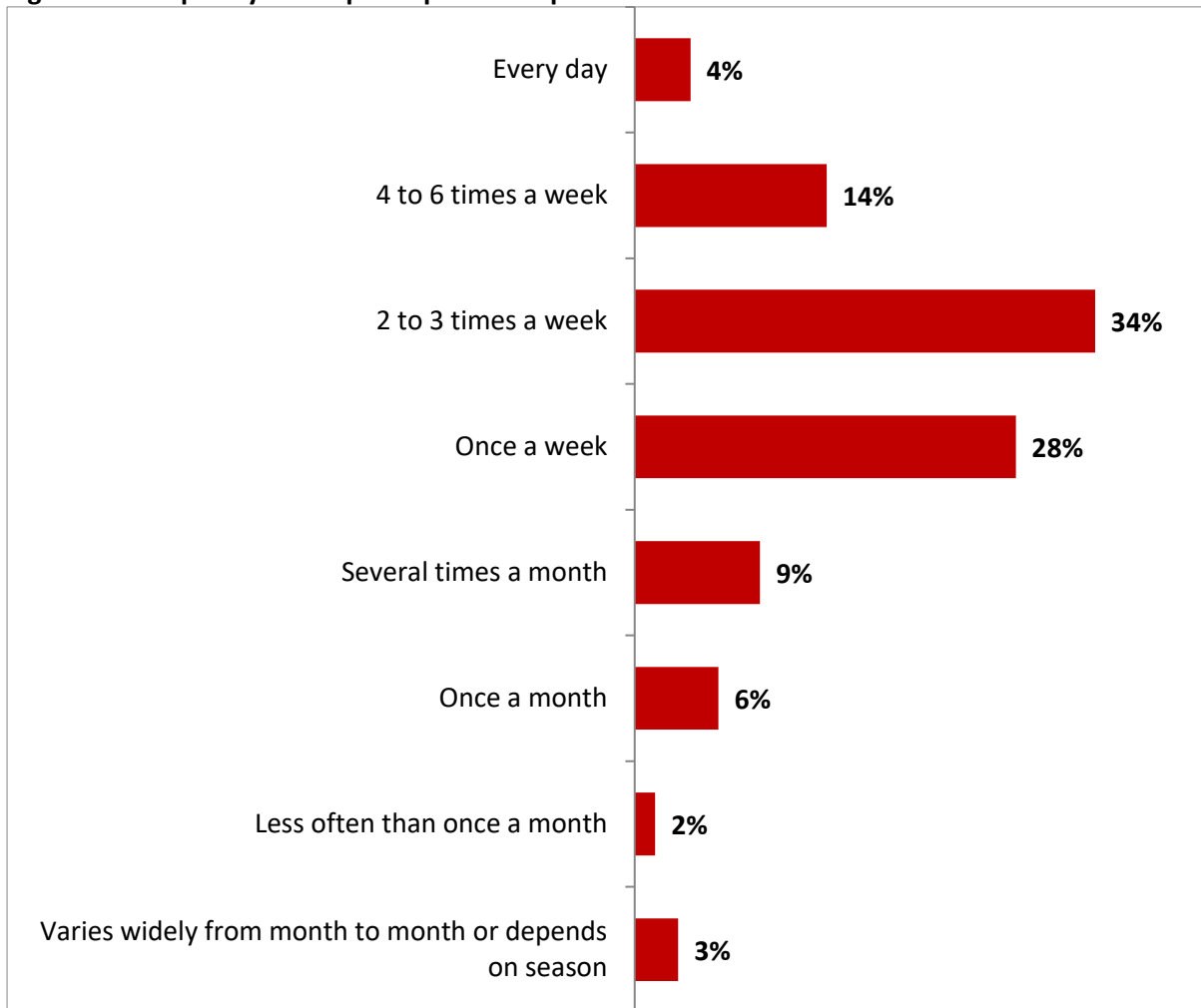


Q10. Now thinking about the last 12 months, in how many of the last 12 months did you participate in sport?

Base: Respondents who have participated in sport in the past 12 months (n=2,965)

Respondents who participated in sport in the past 12 months were also asked how often they participated. Minimal respondents (4%) who participated in sports in the past 12 months mentioned that they did it every day, while 14% participated in sport 4 to 6 times a week, 34% participated in sport 2 to 3 times a week, and 28% participated in sport once a week in the past 12 months. Smaller proportions of respondents mentioned that they participated in sport several times a month (9%), once a month (6%) or less often than once a month (2%). Finally, 3% of respondents who participated in sport in the past 12 months said that the frequency varies widely from month to month or depends on season. Respondents living in the Atlantic provinces (12%) were proportionally more numerous to participate in sport every day.

Figure 14: Frequency of the participation in sport



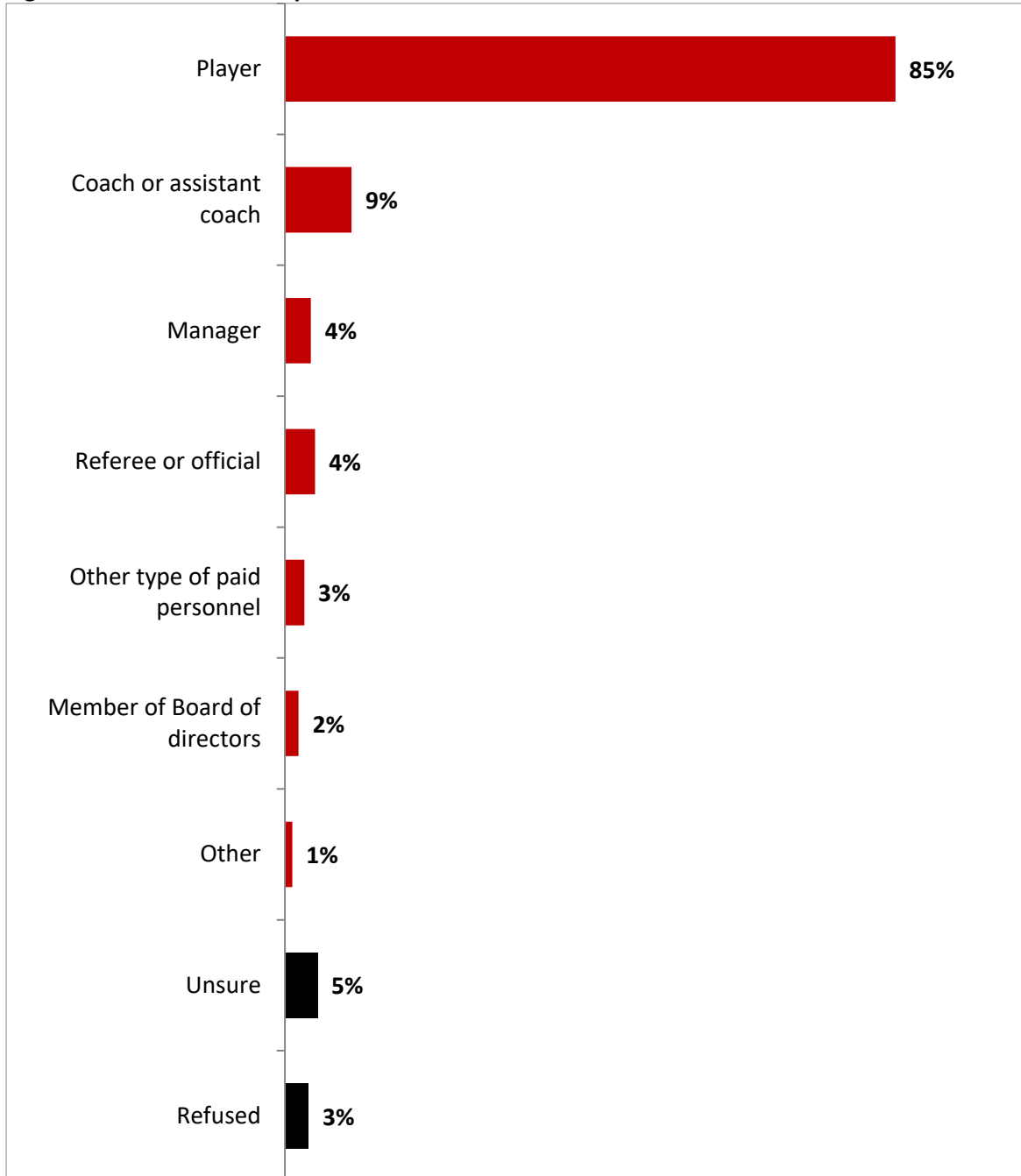
Q11. During that month, about how often did you participate in sports / During those months, about how often did you participate in sports?

Base: Respondents who have participated at least one month in sport in the past 12 months (n=2,537)

Involvement in sports

Those who had participated in sports in the past 12 months were asked how they were involved. Most respondents who participated in sport in the past 12 months (85%) did it as a player and 9% who participated in sport in the past 12 months were involved as a coach or assistant coach. Smaller proportions of respondents who participated in sport in the past 12 months were involved as a manager (4%), a referee or official (4%), other type of paid personnel (3%) or member of the board of directors (2%). Plus, 1% mentioned another type of involvement in sport in the past 12 months, while 5% were unsure and 3% refused to answer.

Figure 15: Involvement in sport*



Q12. Are you involved in sport as a...? Check all that apply.

Base: Respondents who have participated in sport in the past 12 months (n=2,965)

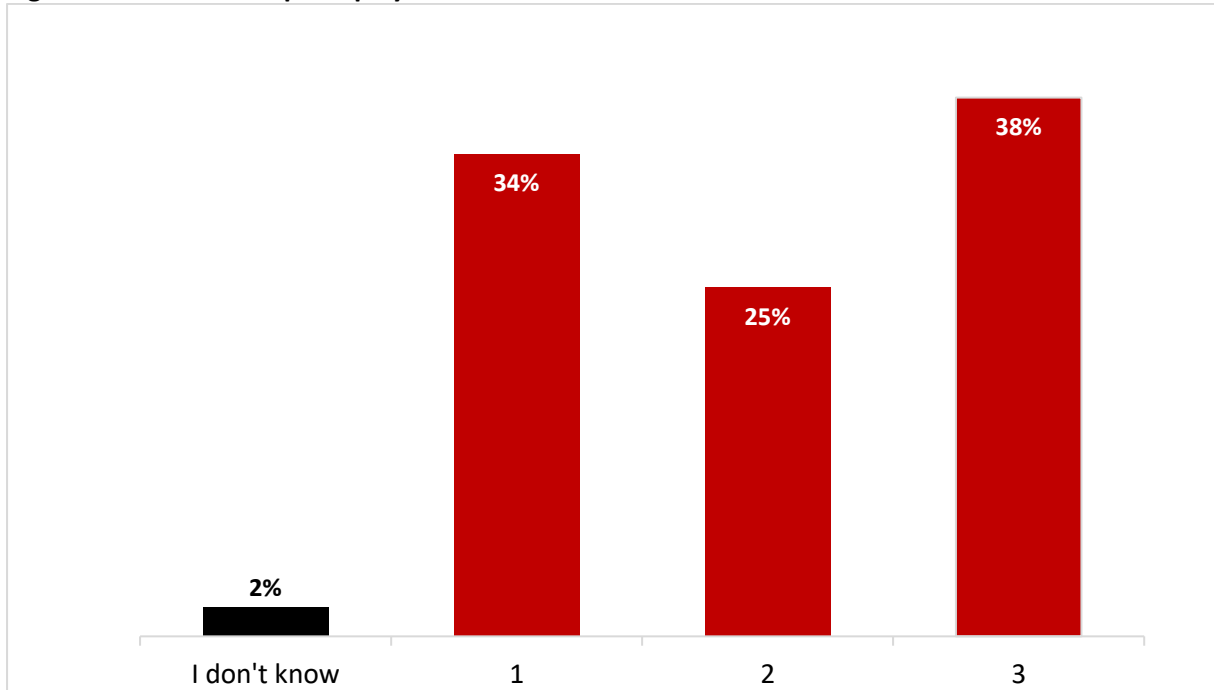
*As respondents could give more than one answer, total may exceed 100%.

Men and respondents aged 18 to 34 were more likely to be involved as players (87%). Respondents aged 35 to 54 were more likely to be involved as coach or assistant coach (12%).

Types and number of sports played

Respondents who had participated in sports in the past 12 months were asked to indicate up to three sports they most often play. Thus, 34% mentioned that they played just one sport, 25% played two sports, and 38% said that they played in three different sports. However, 2% of respondents who participated in sports in the past 12 months answered “I don’t know”.

Figure 16: Number of sports played



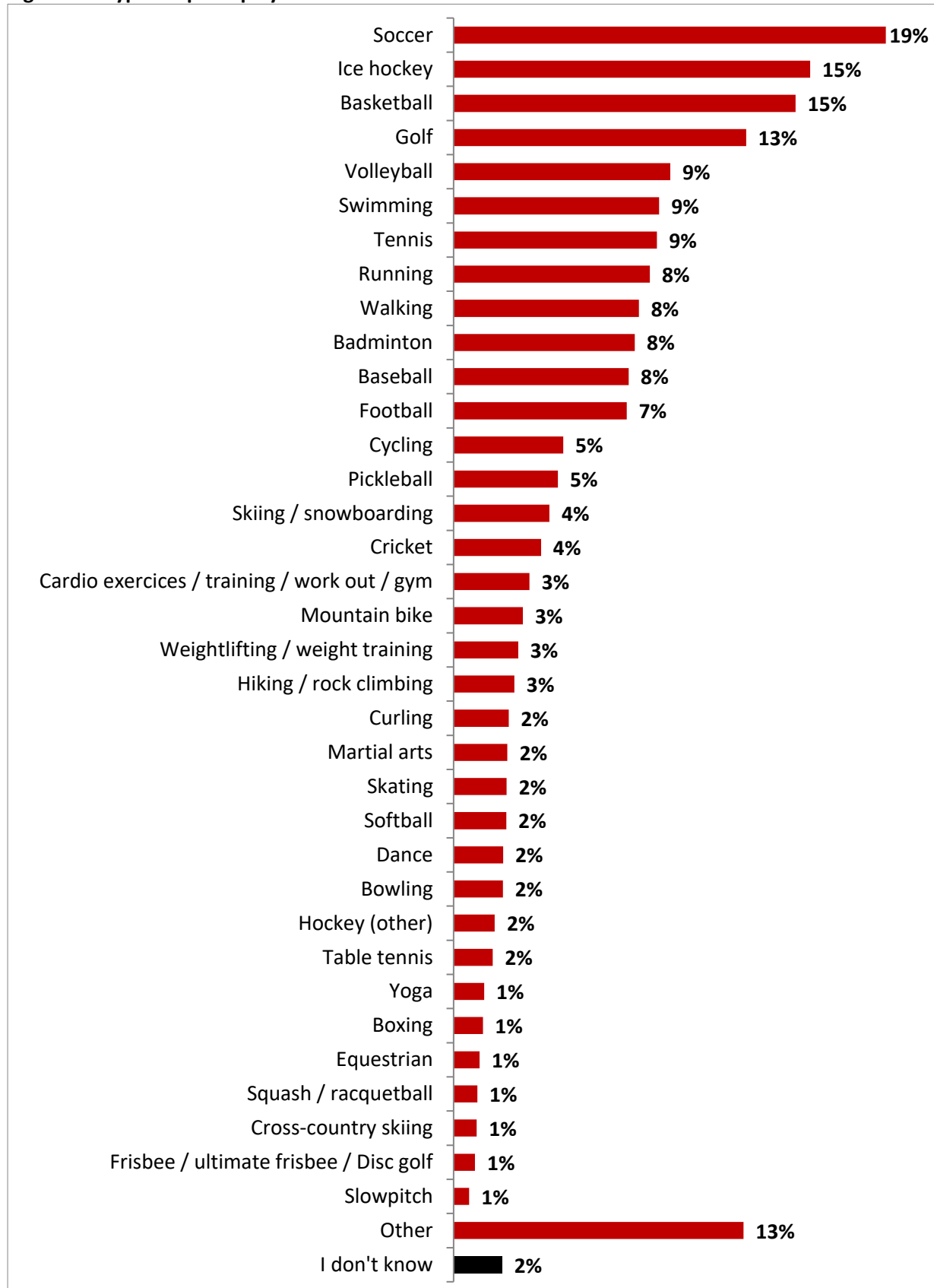
Q13. What sport(s) do you currently play most often? Please respond up to 3 options
Base: Respondents who have participated in sport in the past 12 months (n=2,965)

Significant differences in terms of number of sports played include:

- Men (42%) and 18-34-year-olds (41%) were more likely to play three sports.
- Respondents from Quebec were more likely to play one sport (29%).

Soccer (19%), ice hockey (15%) and basketball (15%) were the top three most popular sports played by respondents who participated in sports in the past 12 months. Therefore, 13% of respondents who participated in sports in the past 12 months play golf. Volleyball, swimming, or tennis were practised by 9% of respondents that participated in sport in the past year. Running, walking, badminton or baseball are practised by 8% of respondents that participated in sport and 7% of them played football. Cycling or pickleball were practised by 5% of respondents who answered this question. Skiing/snowboarding or cricket are practised by 4% of respondents who participated in sport in the past year, while 3% of them engaged in cardio exercises, mountain bike, weightlifting, or hiking. Curling, martial arts, skating, softball, dance, bowling, hockey or table tennis were played by 2% of respondents in the past year. One percent of respondents who participated in sport mentioned yoga, boxing, equestrian, squash, cross-country skiing, frisbee or slowpitch as sports played in the past 12 months. Moreover, 13% of respondents involved in physical activities in the past year mentioned other sports while 2% of them answered "I don't know".

Figure 17: Type of sports played*



Q13. What sport(s) do you currently play most often? *Please respond up to 3 options*

Base: Respondents who have participated in sport in the past 12 months (n=2,965)

*As respondents could give more than one answer, total may exceed 100%.

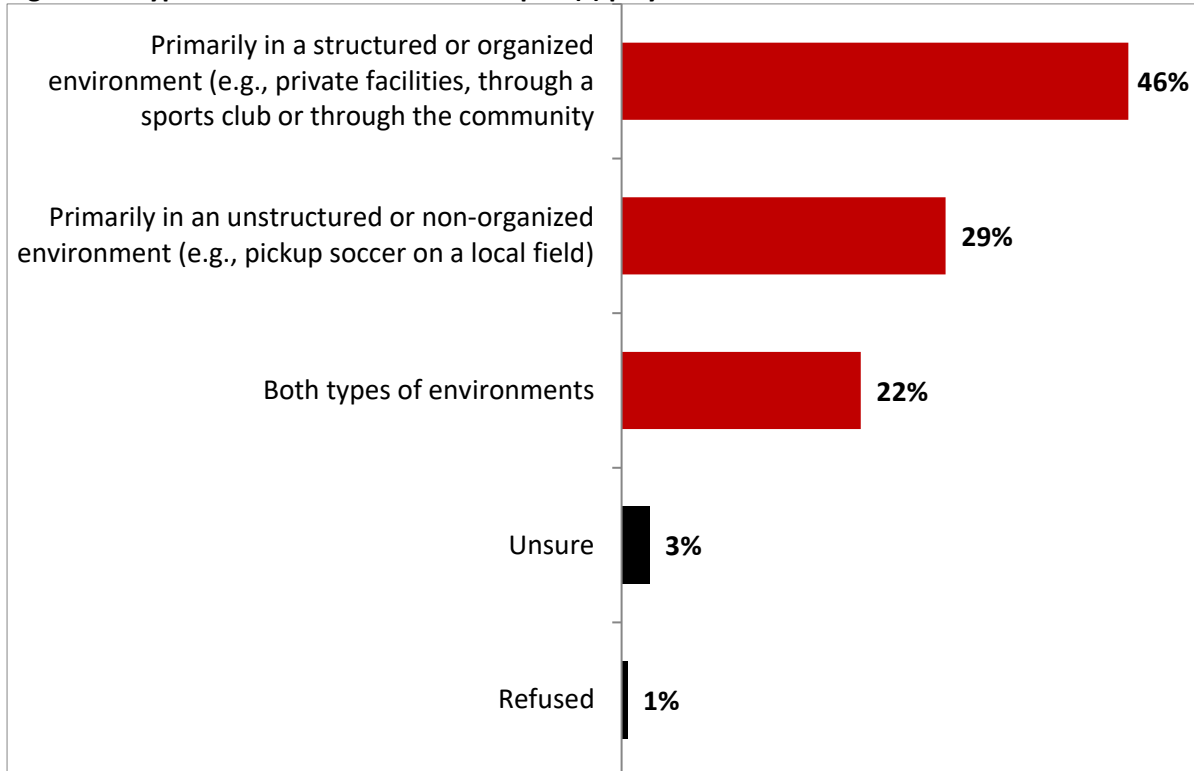
Significant differences in terms of sports played include:

- Men were more likely to mention soccer (22%), ice hockey (21%), basketball (17%), golf (16%), football (11%), while women were more likely to mention swimming (14%), walking (12%), and dance (5%).
- 18-34-year-olds were more likely to mention soccer (25%), basketball (21%), volleyball (13%), football (12%), running (11%), and badminton (11%), while 35-54-year-olds were more likely to mention ice hockey (19%) and those 55 and over were more likely to mention golf (32%), walking (14%), and pickleball (12%).
- Respondents from the Atlantic were more likely to mention ice hockey (26%) or baseball (15%).
- Quebec respondents were more likely to mention walking (21%), running (12%), mountain biking (11%), cardio exercises (9%) and weightlifting (7%).
- Respondents from Ontario were more likely to mention basketball (18%).
- Respondents from Manitoba/Saskatchewan (Prairies) were more likely to mention soccer (26%).
- Respondents from Alberta were more likely to mention golf (18%).

Types of environments for the sport(s) played

Respondents who had participated in sports in the past 12 months were also asked in which types of environments (e.g., structured or organized, unstructured or non-organized or both) these sports are played. Nearly half of respondents who participated in sports in the past 12 months (46%) mentioned that their sport(s) was/were primarily played in a structured or organized environments (e.g., private facilities, through a sports club or through the community). On the other hand, 29% indicated that their sport(s) was/were played primarily in an unstructured or non-organized environment (e.g., pickup soccer on a local field) and 22% mentioned that their sport(s) took place in both types of environments. Finally, 3% were unsure about the types of environments for the sport(s) played, while 1% refused to answer the question.

Figure 18: Types of environments for the sport(s) played



Q14. Is this sport played? / Are these sports played?

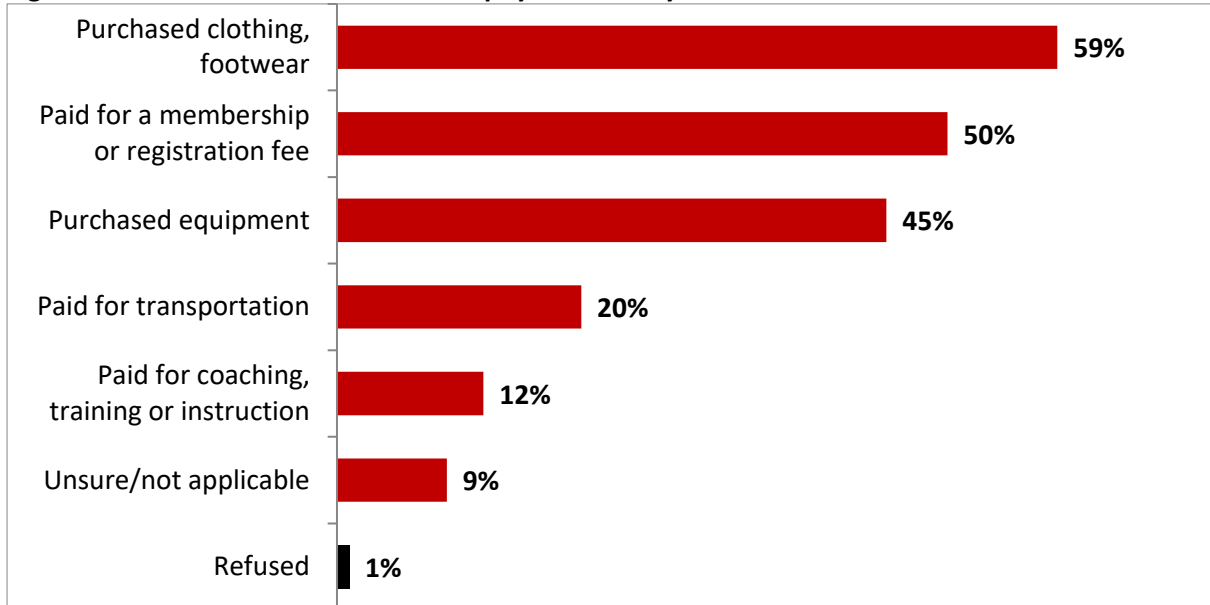
Base: Respondents who have participated in sport in the past 12 months (n=2,965)

Respondents aged 35 to 54 (34%) and men (32%) were more likely to mention playing primarily in an unstructured or non-organized environment. On the other hand, respondents aged 55 and over (52%) were more likely to mention playing in a structured or organized environment.

Purchase of items related to physical activity

Respondents who had participated in sports in the past 12 months were asked if they had purchased items related to physical activity. More than half (59%) purchased clothing or footwear, 50% paid for a membership or registration fee and 45% purchased equipment. Smaller proportions of respondents paid for transportation (20%) as well as coaching, training or instruction (12%). Nearly a tenth of respondents (9%) were unsure, while 1% refused to answer.

Figure 19: Purchase of items related to physical activity*



Q15. In general, regarding your participation in sport and physical activity in the past 12 months, have you purchased or paid any of the following? Select all that apply.

Base: Respondents who have participated in sport in the past 12 months (n=2,965)

*As respondents could give more than one answer, total may exceed 100%.

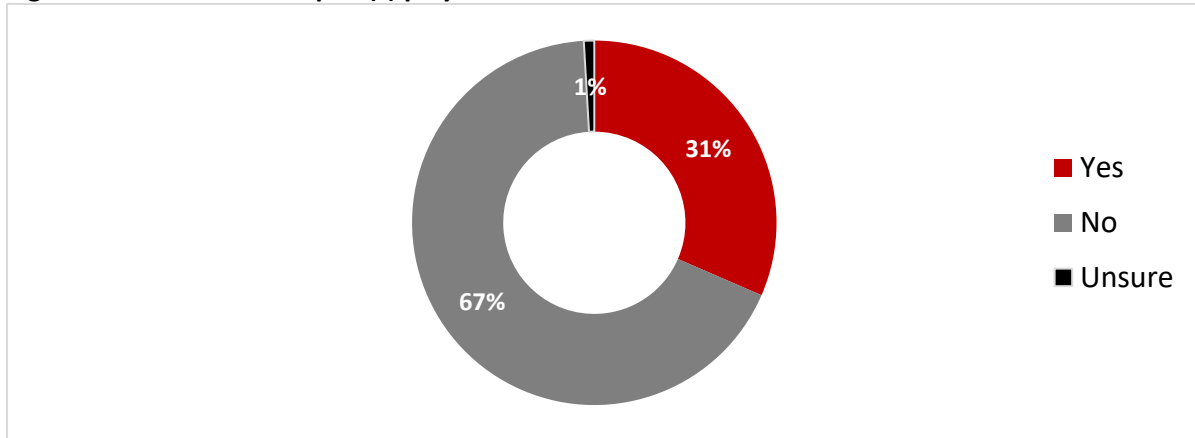
Significant differences in terms of sport-related purchases include:

- Men were significantly more likely to mention they purchased clothing, footwear (61%), equipment (49%), and transportation (21%).
- Respondents aged 18-34 were more likely to mention paying for transportation (23%).
- Respondents aged 55 and over were more likely to pay for a membership or registration fee (59%).
- Respondents who live in British Columbia were also more likely to pay for a membership or registration fee (57%) and to purchase equipment (51%).

Coach for the sport(s) played

Respondents who had participated in sports in the past 12 months were asked if they had a coach for the sport(s) played. Nearly a third of respondents who engaged in sport or physical activity had a coach for the sport(s) they played in the past 12 months (31%). On the other hand, 67% didn't have a coach and 1% mentioned that they were unsure.

Figure 20: Coach for the sport(s) played



Q16. Do you have a coach for this sport? / Do you have a coach for these sports?

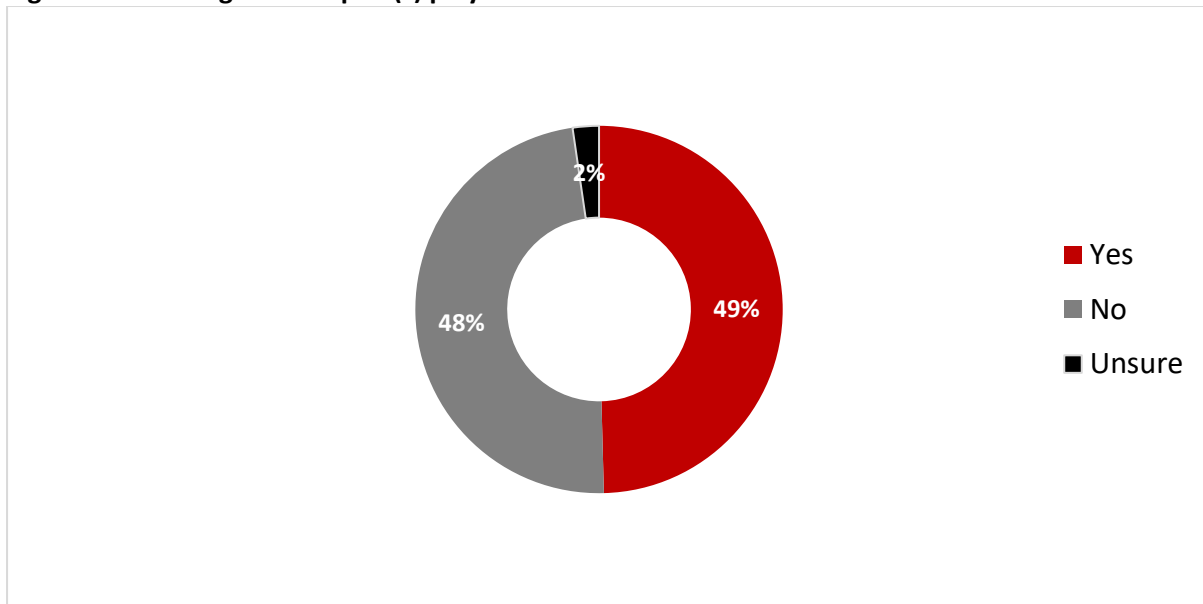
Base: Respondents who have participated in sport in the past 12 months (n=2,965)

Respondents aged 18 to 34 were more likely to have a coach for the sport(s) played (42%), while respondents aged 35-54 (71%) and those aged 55 and over (83%) were less likely to have a coach for their sport(s).

Training for the sport(s) played

Respondents who had participated in sports in the past 12 months were asked if they trained for the sport(s) they played. The proportion of respondents who trained for their sport(s) (49%) and those who did not train (48%) is nearly equal. Finally, 2% of respondents who have participated in sport in the past 12 months said that they were unsure.

Figure 21: Training for the sport(s) played



Q17. Do you train for this sport? / Do you train for these sports?

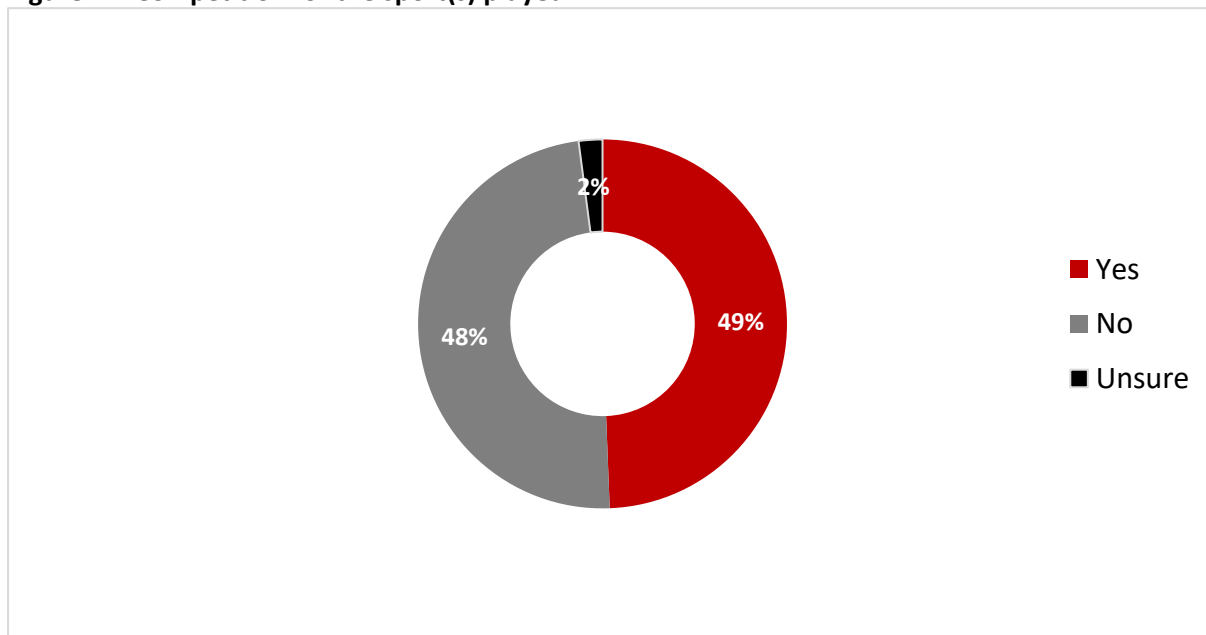
Base: Respondents who have participated in sport in the past 12 months (n=2,965)

Respondents aged 18 to 34 (61%) were more likely to train for their sport(s). On the other hand, respondents aged 55 and over (63%), women (55%) and those aged 35 to 54 (53%) were proportionally more numerous to say that they don't train for their sport(s).

Competition for the sport(s) played

Respondents who had participated in sports in the past 12 months were asked if they competed in at least one of the sport(s) played. The proportion of respondents who competed for their sport(s) (49%) and those who do not compete for their sport (48%) is nearly equal. Finally, 2% of respondents who have participated in sport in the past 12 months said that they were unsure.

Figure 22: Competition for the sport(s) played



Q18. Do you compete for this sport? / Do you compete for at least one of these sports?

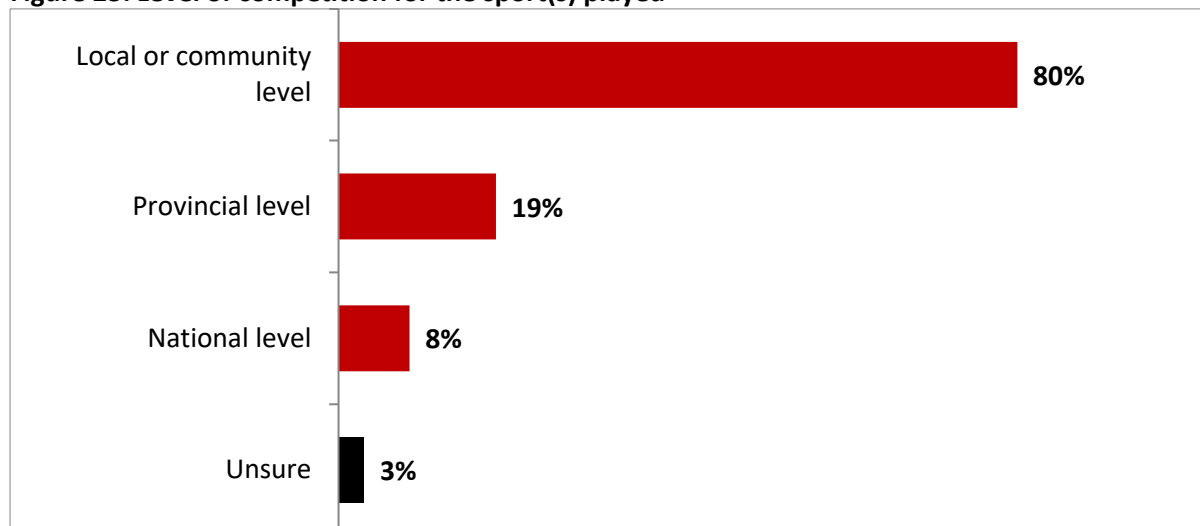
Base: Respondents who have participated in sport in the past 12 months (n=2,965)

Respondents who live in Ontario and Alberta (58%), respondents who live in Manitoba and Saskatchewan (57%), men (56%) and those aged 18-34 (53%) were more likely to compete for their sport(s). On the other hand, respondents who live in Quebec (71%), women (60%) as well as those aged 35 to 54 (52%) were proportionally more numerous to say that they don't compete for their sport(s).

Level of competition for the sport(s) played

Respondents who competed in at least one of the sport(s) played were asked at what level they competed. A large majority of respondents (80%) mentioned that they compete at the local or community level. Almost two out of ten respondents (19%) said that they compete at the provincial level, while 8% of respondents shared that they compete at the national level. Finally, 3% of respondents who compete in their sport(s) were unsure.

Figure 23: Level of competition for the sport(s) played



Q19 a/b. At what level do you compete?

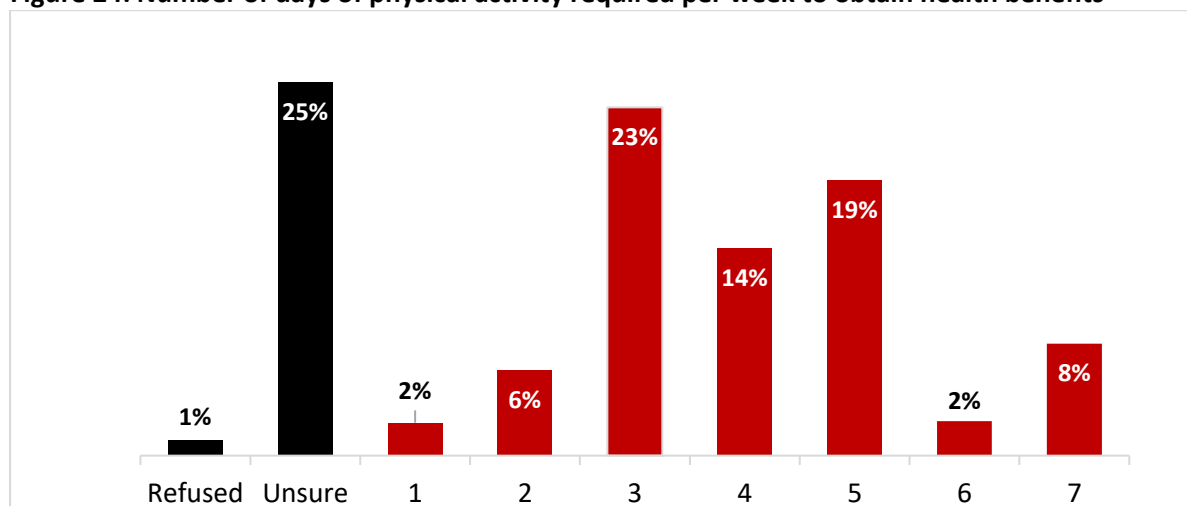
Base: Respondents who competed in at least one of the sport(s) played (n=1,415)

Respondents aged 55 and over (91%) as well as those aged 35 to 54 (85%) were more likely to compete in local or community level. On the other hand, those aged 18 to 34 (25%) and respondents who live in Quebec (28%) were proportionally more numerous to compete in provincial level.

Number of days and duration of physical activity required to obtain health benefits

First, respondents were asked what is the least number of days that a person of their age has to be active each week to obtain health benefits. According to the respondents, the average number of days required per week for a person their age to obtain health benefits was 4.1. A small proportion of respondents mentioned that the least number of days that a person their age has to be active each week to obtain health benefits is one day (2%) or two days (6%). Nearly a quarter of respondents (23%) thought that the least number of days is three, 14% of them thought that it's four days and 19% of them mentioned that it's five days. A small percentage of respondents believed that the minimum number of days required per week to obtain health benefits is six days (2%) or seven days (8%). A quarter of respondents (25%) were unsure about the number of days of physical activity required to obtain health benefits, while 1% of them refused to answer.

Figure 24: Number of days of physical activity required per week to obtain health benefits



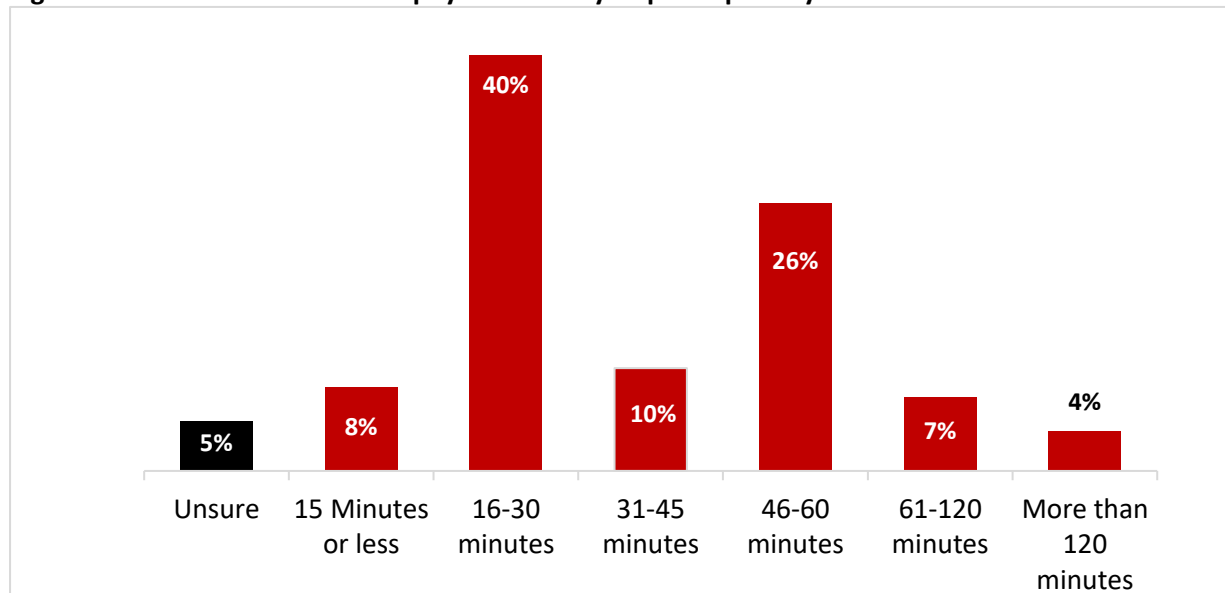
Q20. In your opinion, what is the least number of days each week that a person your age has to be active to obtain health benefits?

Base: All respondents (n=11,060)

Those who indicated a number of days between 1 and 7 in the previous question were asked how many minutes a person their age had to be active on each of those days to obtain health benefits. Thus, 8% of respondents who answered this question mentioned that people their age should be active 15 minutes or less per day, 40% thought that it should be between 16 and 30 minutes per day, 10% thought that it should be between 31 and 45 minutes per day and 26% said that people their age should be active 46 to 60 minutes daily. Smaller proportions of respondents answered that people their age should be active between 61 and 120 minutes (7%) or more than 120 minutes (4%). Otherwise, 5% mentioned that they were unsure.

No significant relevant median differences are to be noted.

Figure 25: Number of minutes of physical activity required per day to obtain health benefits



Q21. On each of these days, how much time in total do you think a person your age has to be active in order to obtain health benefits?

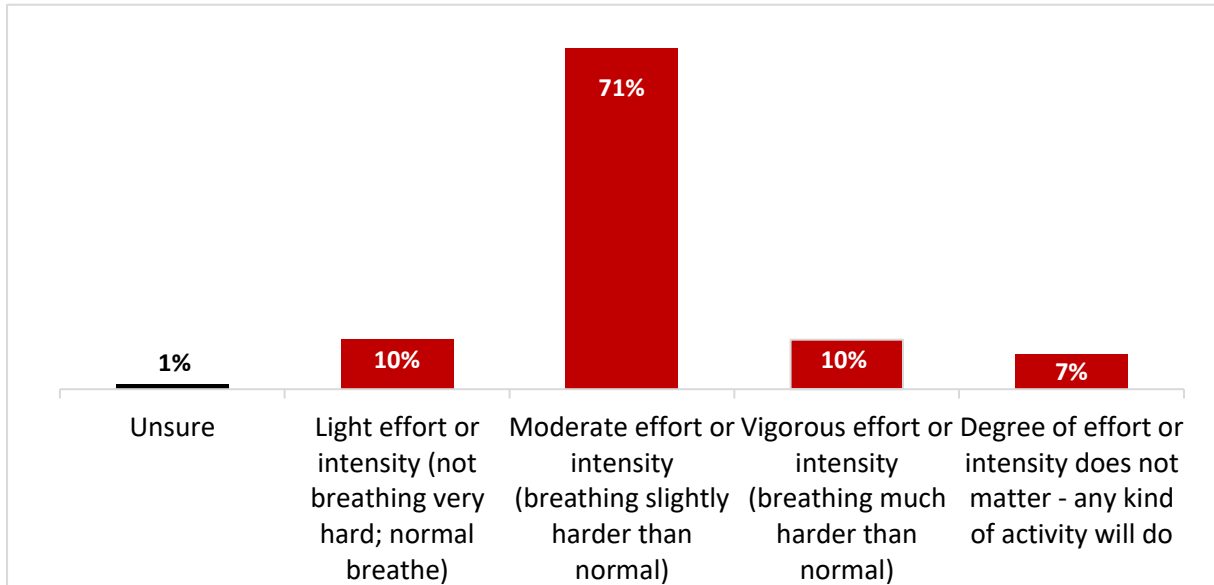
Base: Respondents who thought that a number of days of physical activity between 1 and 7 was necessary for a person their age to obtain health benefits (n=8,484)

Effort/intensity required to get health benefits

Respondents who indicated that a number of days of physical activity between 1 and 7 was necessary for a person their age to obtain health benefits were asked how much physical effort or intensity is needed. One tenth of respondents who answered this question (10%) thought that light effort or intensity is necessary in order to get health benefits and 71% thought that moderate effort or intensity is necessary. One tenth of respondents thought that vigorous effort or intensity is necessary (10%), while a smaller proportion (7%) thought that the degree of effort or intensity doesn't matter. Otherwise, 1% were unsure.

Respondents aged 55 and over (14%) were more likely to indicate that little effort is necessary, while respondents aged 18 to 34 (14%), respondents aged 35 to 54 (13%) and men (13%) were more likely to indicate that vigorous effort is necessary in order to get health benefits.

Figure 26: Effort/intensity required to get health benefits



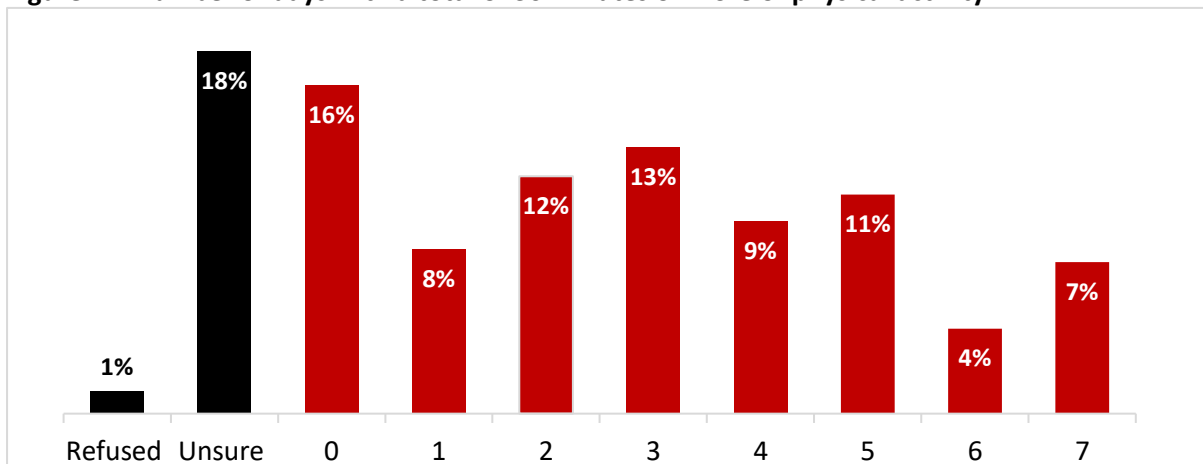
Q22. In the situation that you have described where someone is active on [Answer to Q20] days a week for a total of [Answer to Q21] minutes each time, how much physical effort or intensity do you think they need to put into it in order to get health benefits?

Base: Respondents who thought that a number of days of physical activity between 1 and 7 was necessary for a person their age to obtain health benefits (n=8,130)

Number of days with a minimum of 30 minutes of physical activity

Respondents were asked how many days they have done a total of 30 minutes or more of physical activity in the past week, with 16% of respondents answering 0. Alternatively, during the same period, 8% had done a total of 30 minutes or more of physical activity one day, 12% had done it two days, 13% had done it three days, 9% had done it four days and 11% had done it five days. A smaller percentage of respondents had done a minimum of 30 minutes of physical activity six days (4%) and seven days (7%). Otherwise, 18% of respondents were unsure about the number of days with a minimum of 30 minutes of physical activity in the past week, and 1% refused to answer the question.

Figure 27: Number of days with a total of 30 minutes or more of physical activity



Q22BL. In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk

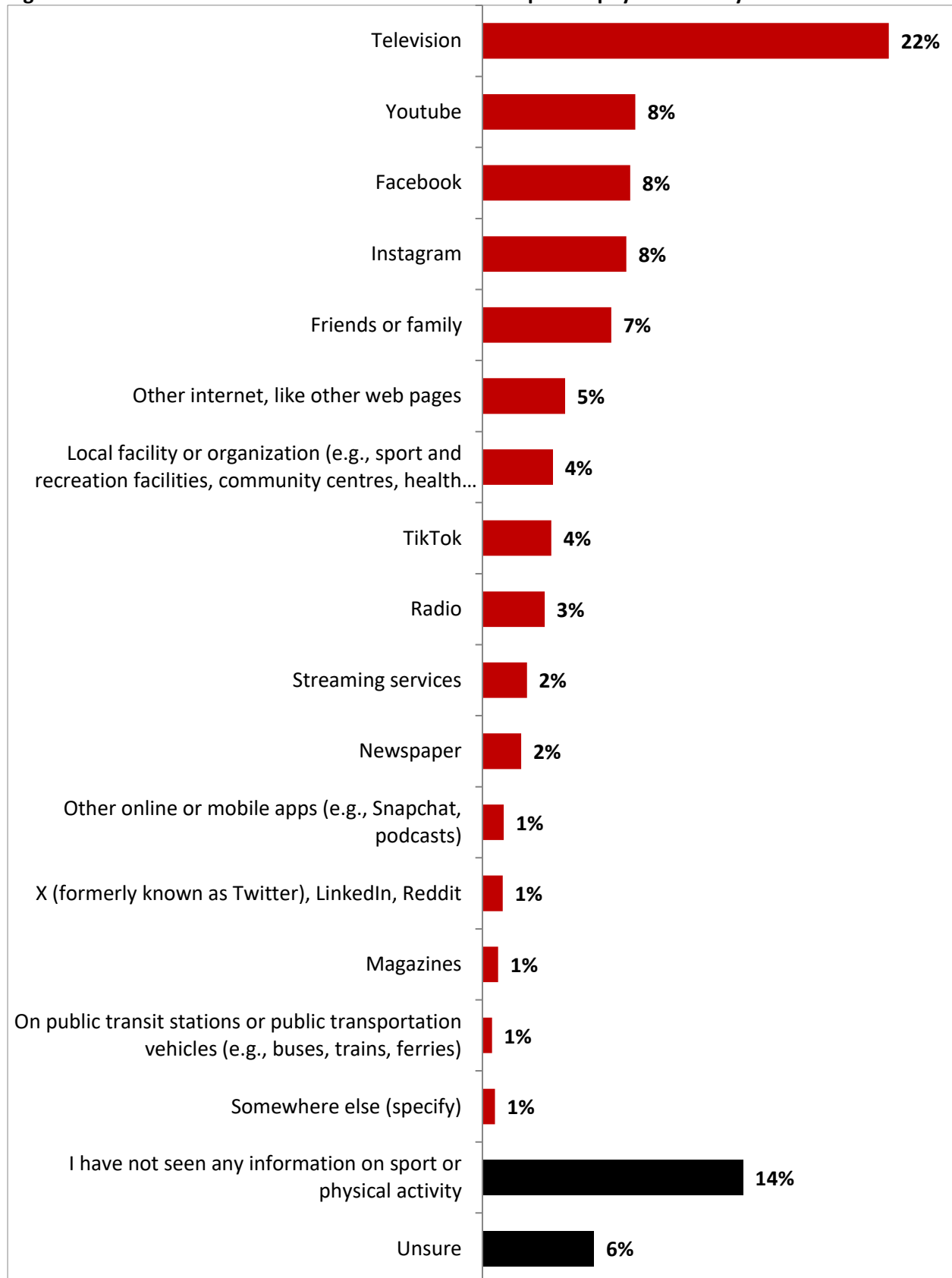
walking or cycling (including using a wheelchair) for recreation or to get to and from places.
Base: All respondents (n=11,060)

The average number of days with a minimum of 30 minutes of physical activity is 3 days. This average is higher among respondents who live in British-Columbia (3.3) and Ontario (3.0), respondents aged 18 to 34 (3.2) and men (3.1). On the other hand, it is lower among respondents aged 35 and over (2.9), women (2.8) and respondents living in Quebec (2.7)

Most often seen or heard information about sport or physical activity

Respondents were asked where they have most often seen or heard information about sport or physical activity in the past 12 months. Television (22%) is the most popular media followed by YouTube (8%), Facebook (8%), Instagram (8%), friends or family (7%) and web pages (5%). Smaller proportions of respondents revealed that they have most often seen information about sport or physical activity through a local facility or organization (4%), on TikTok (4%), through radio (3%), streaming services (2%) or newspaper (2%). On the other hand, 14% of respondents mentioned that they have not seen any information on sport or physical activity, and 6% of them were unsure.

Figure 28: Most often seen or heard information about sport or physical activity



Q23. Where have you most often seen or heard information about sport or physical activity in the past 12 months?

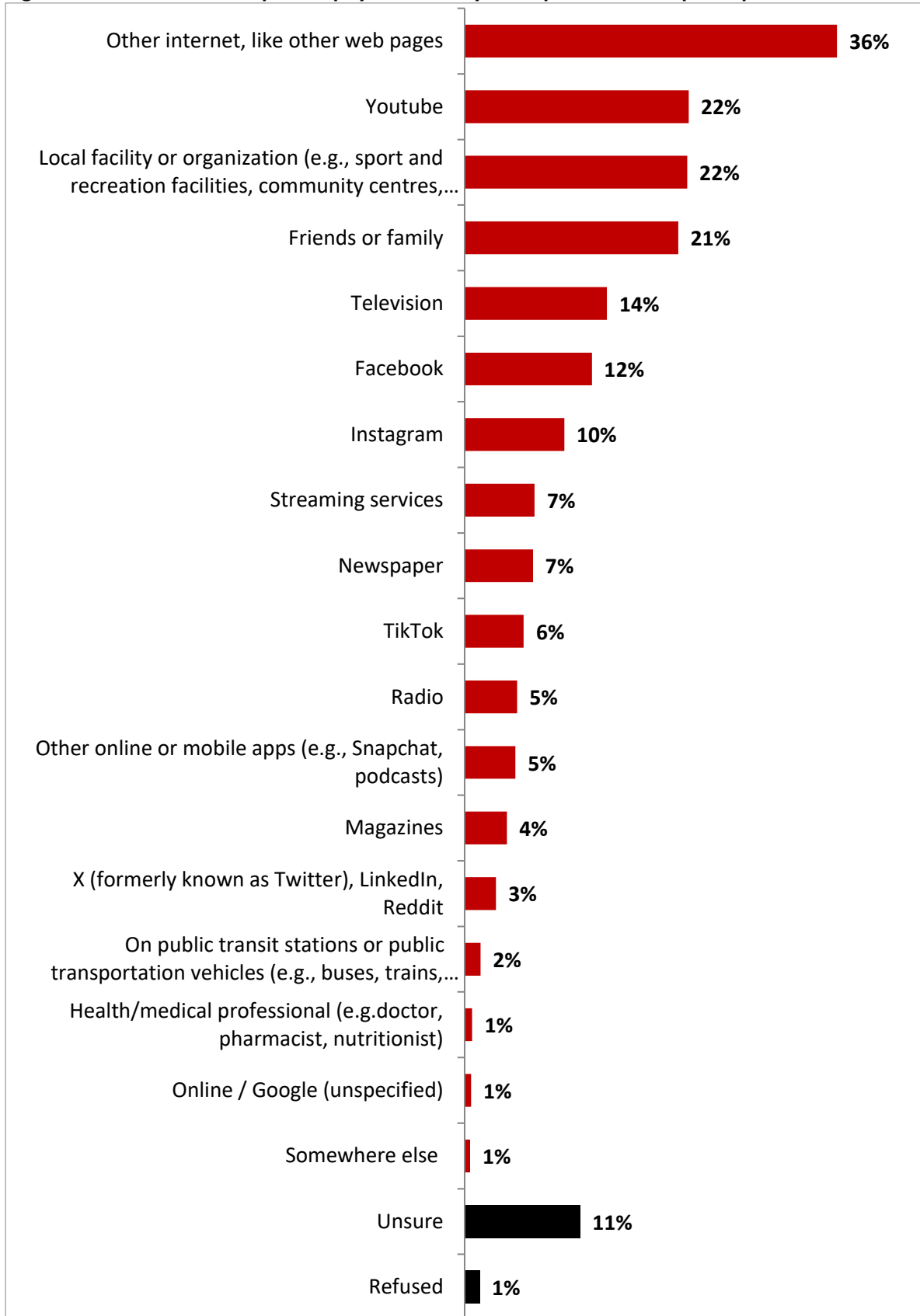
Base: All respondents (n=11,060)

Respondents aged 55 and over (32%) as well as those living in Quebec (29%) were more likely to have seen information about sport or physical activity on television. Respondents aged 18 to 34 were more likely to have most often seen information about sport or physical activity on Instagram (16%) and YouTube (15%). Respondents living in British-Columbia (17%), those aged 35 and over (16%) were more likely to say that they have not seen any information on sport or physical activity.

Information on sport or physical activity to help increase the participation

Respondents were asked where they would try to find information on sport or physical activity to help them increase their participation. Web pages (36%) were the first media mentioned by respondents when they try to find information on sport or physical activity to help them increase their participation, followed by YouTube (22%), local facility or organization (22%), friends or family (21%), television (14%), Facebook (12%) and Instagram (10%). In addition, 7% of respondents would try to find information through streaming services or on newspapers, 6% of them would go on TikTok and 5% would try to find that information through radio or mobile apps. Smaller proportions of respondents would try to find information about sport or physical activity to help increase the participation on magazines (4%), on X (formerly known as Twitter)/LinkedIn/Reddit (3%), on public transit stations or public transportation vehicles (2%), on health medical professionals (1%), on Google (1%) or somewhere else (1%). Otherwise, 11% of respondents mentioned that they were unsure while 1% refused to answer the question.

Figure 29: Information on sport or physical activity to help increase the participation



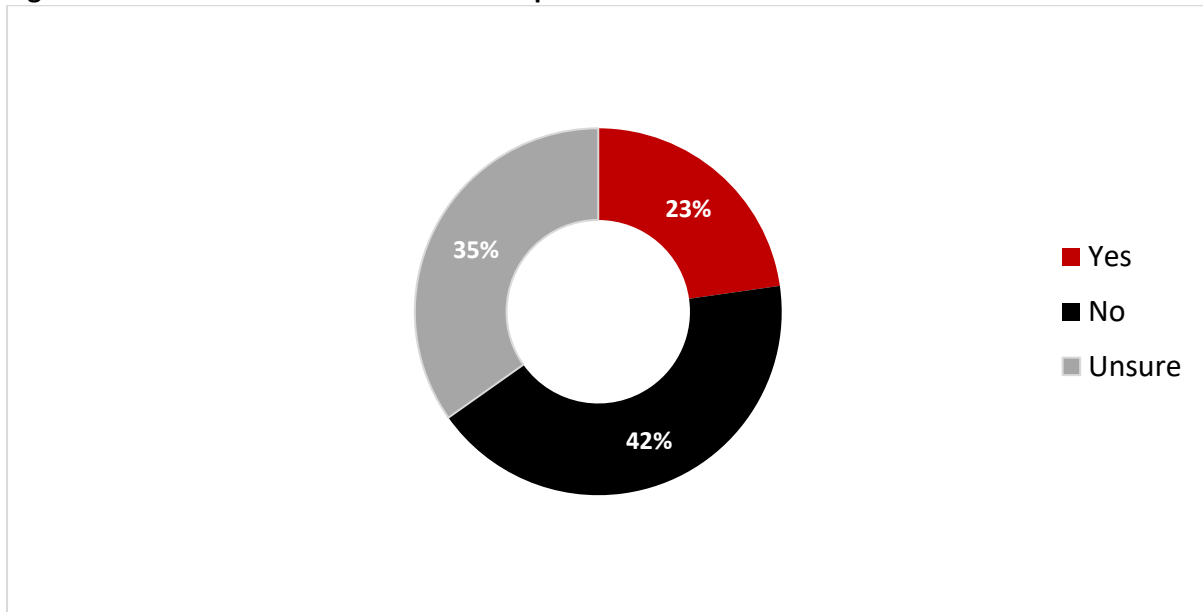
Q24. Where would you try to find information on sport or physical activity to help you increase your participation? Select all that apply.

Base: All respondents (n=11,060)

Existence of information that help become more active

Respondents were asked if there were any type of information that would help them become more active. While 23% of respondents said that there is some information that could help them become more active, 42% said that there is no information that would help them become more active. Finally, 35% said that they were unsure about the existence of information that would help them become more active. Respondents who identify with a gender other than man or woman (34%) and respondents aged 18 to 34 (34%) were more likely to be aware of the existence of information that helps become more active.

Figure 30: Existence of information that helps become more active



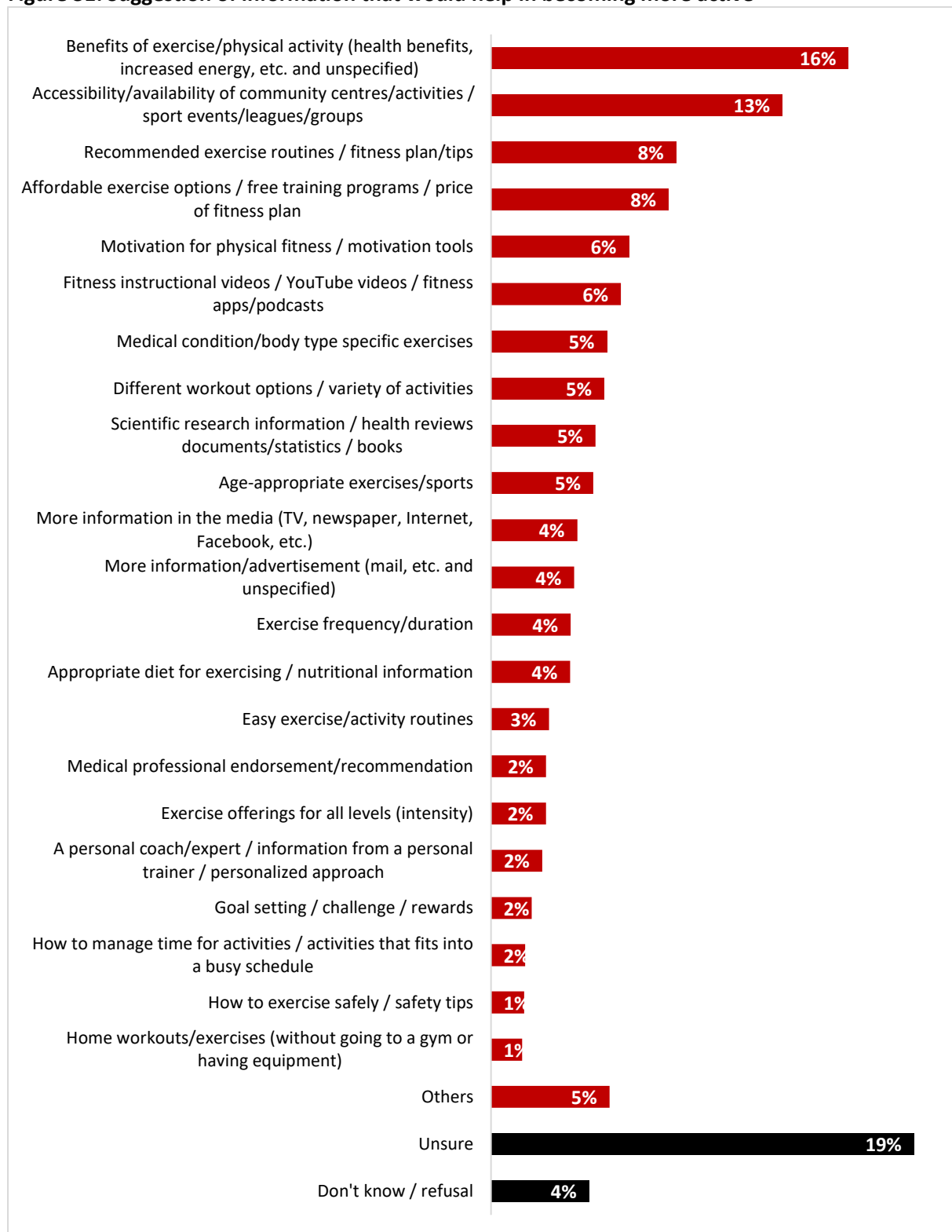
Q25. Is there any type of information that would help you become more active?

Base: All respondents (n=11,060)

Suggestion of information that would help in becoming more active

Respondents were invited to share what information would help them become more active. Benefits of exercise or physical activity (16%) are the most common type of information that would help become more active, followed by accessibility and availability of community centres, activities, sport events, leagues, or groups (13%), exercise routines (8%), affordable exercise options (8%), motivation for physical fitness (6%), fitness instructional videos (6%). Plus, 5% believed that body type specific exercises, different workout options, scientific research information or age-appropriate exercises would help. In addition, 4% of respondents mentioned that more information in the media, more advertisements, exercise frequency and appropriate diet for exercising would help them become more active. Smaller proportions of respondents thought that easy exercise routines (3%), medical professional endorsement (2%), exercise offerings for all levels (2%), a personal coach expert (2%), goal setting/challenge/rewards (2%), the ways to manage time for activities or the way to fits those activities to a busy schedule (2%), as well as safety tips (1%) and home workout exercises (1%) would help. Thus, 5% of respondents who answered this question mentioned other types of information that would help them become more active. While 19% of respondents were unsure of the types of information that would help them become more active, 4% refused to answer.

Figure 31: Suggestion of information that would help in becoming more active



Q26. And what type of information would help you become more active?*

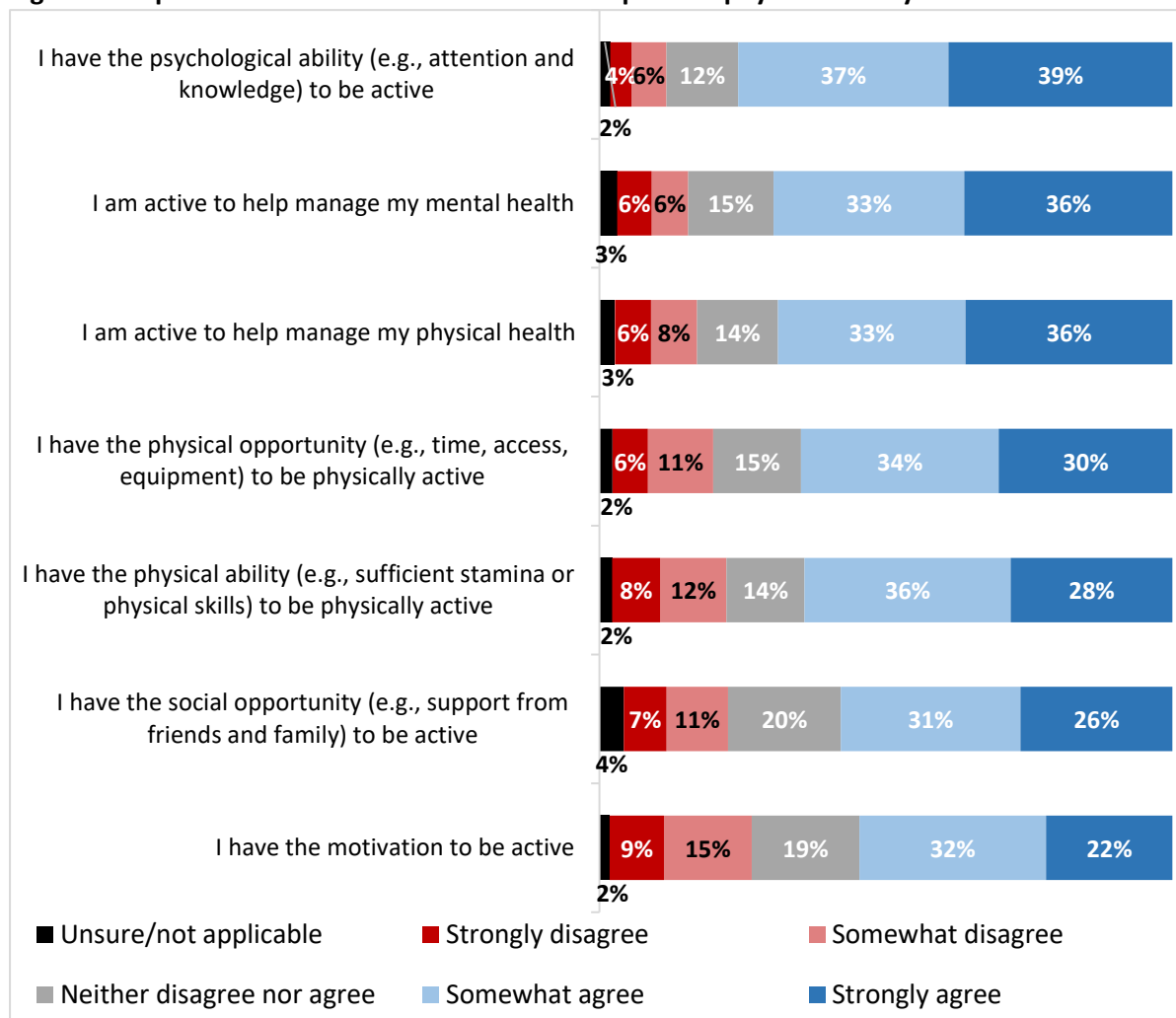
Base: Respondents who indicated that there is information that would help them become more active (n=2,450)

* Note: Open-ended. Total may exceed 100%.

Opinion towards statements related to sports or physical activity

Respondents were asked to indicate how they feel about the following statements relating to playing sport or being physically active. More than three-quarters of respondents (76%) agreed that they have psychological ability to be active (strongly agree: 39%; somewhat agree: 37%). Almost seven out of ten respondents (69%) agreed that they are active to help manage their mental health as well as their physical health (69%) (strongly agree: 36%; somewhat agree: 33% for both statements). Nearly two-thirds of respondents agreed that they have the physical opportunity to be physically active (65%, as 30% of them strongly agreed and 34% of them somewhat agreed) and that they have the physical ability to be physically active (64%, as 28% of them strongly agreed and 36% of them somewhat agreed). Less than six out of ten respondents (58%) agreed that they have the social opportunity to be active (strongly agree: 26%; somewhat agree: 31%) and 54% of respondents agreed that they have the motivation to be active (strongly agree: 22%; somewhat agree: 32%).

Figure 32: Opinion towards statements related to sports or physical activity



Q27. Please indicate how you feel about the following statements as they relate to playing sport or being physically active.

Base: All respondents (n=11,060)

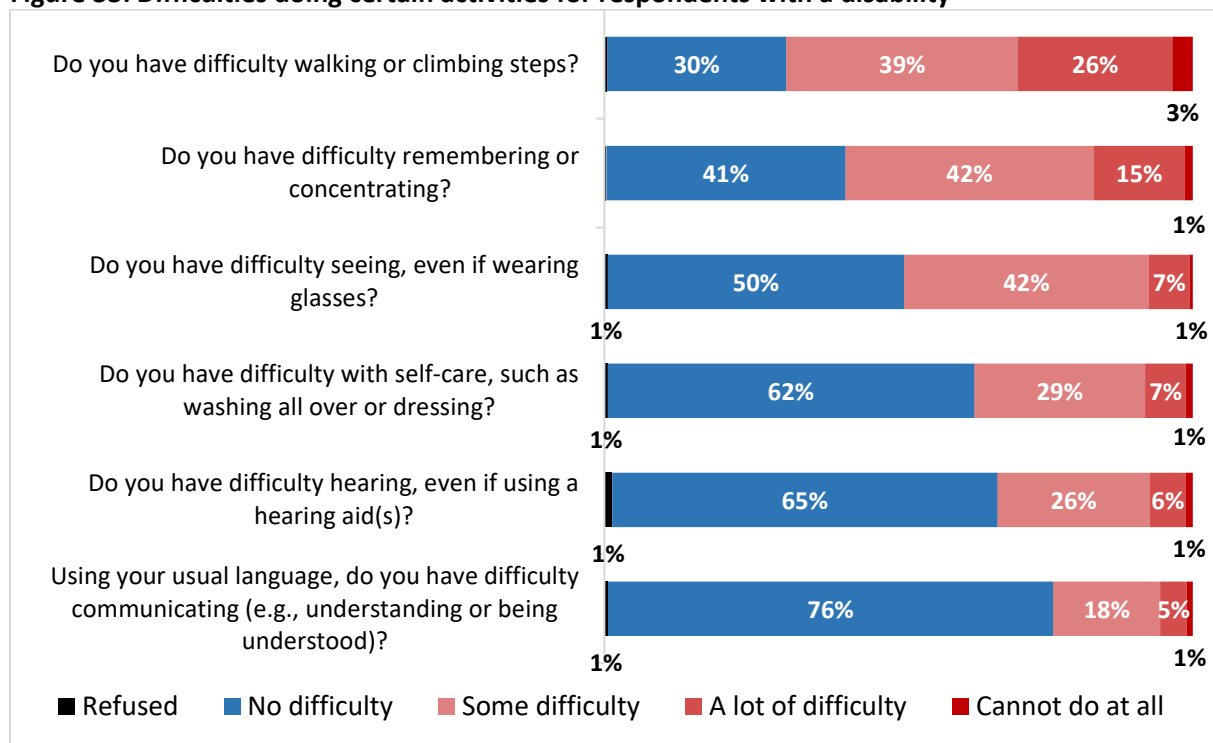
Men were more likely to agree that they have the physical opportunity (66%) and the physical ability (67%) to be active. They were also more likely to be motivated to be active (58%). On the other hand, women were more likely to say that they are active to help manage their mental health (72%).

Respondents aged 18 to 34 were more likely to say that they have the physical ability to be physically active (72%), while respondents aged 55 and over were more likely to say that they are active to help manage their mental health (72%) and that they have the physical opportunity to be physically active (68%). Respondents who live in Quebec were more likely to say that they are active to help their mental and physical health (74%).

Difficulties doing certain activities for respondents with a disability

Respondents who identified as a person with a disability were asked about difficulties they may have doing certain activities. Almost seven out of ten respondents who identified as a person with disability (69%) had difficulty walking or climbing steps (some difficulty: 39%; a lot of difficulty: 26%; cannot do at all: 3%). Nearly six out of ten respondents (59%) had difficulty remembering or concentrating (some difficulty: 42%; a lot of difficulty: 15%; cannot do at all: 1%). Almost half of respondents who answered this question (49%) had difficulty seeing, even if wearing glasses (some difficulty: 42%; a lot of difficulty: 7%; cannot do at all: 1%). More than a third of respondents who identify as a person with a disability (37%) shared that they had a difficulty with self-care (some difficulty: 29%; a lot of difficulty: 7%; cannot do at all: 1%), a third of them (33%) had difficulty hearing even if using a hearing aid (some difficulty: 26%; a lot of difficulty: 6%; cannot do at all: 1%). One quarter of respondents (24%) who identified as a person with a disability mentioned that they have difficulty communicating (some difficulty: 18%; a lot of difficulty: 5%; cannot do at all: 1%).

Figure 33: Difficulties doing certain activities for respondents with a disability



Q28a-Q28f. The next questions ask about difficulties you may have doing certain activities.

Base: Respondents who identified as a person with a disability (n=2,428)

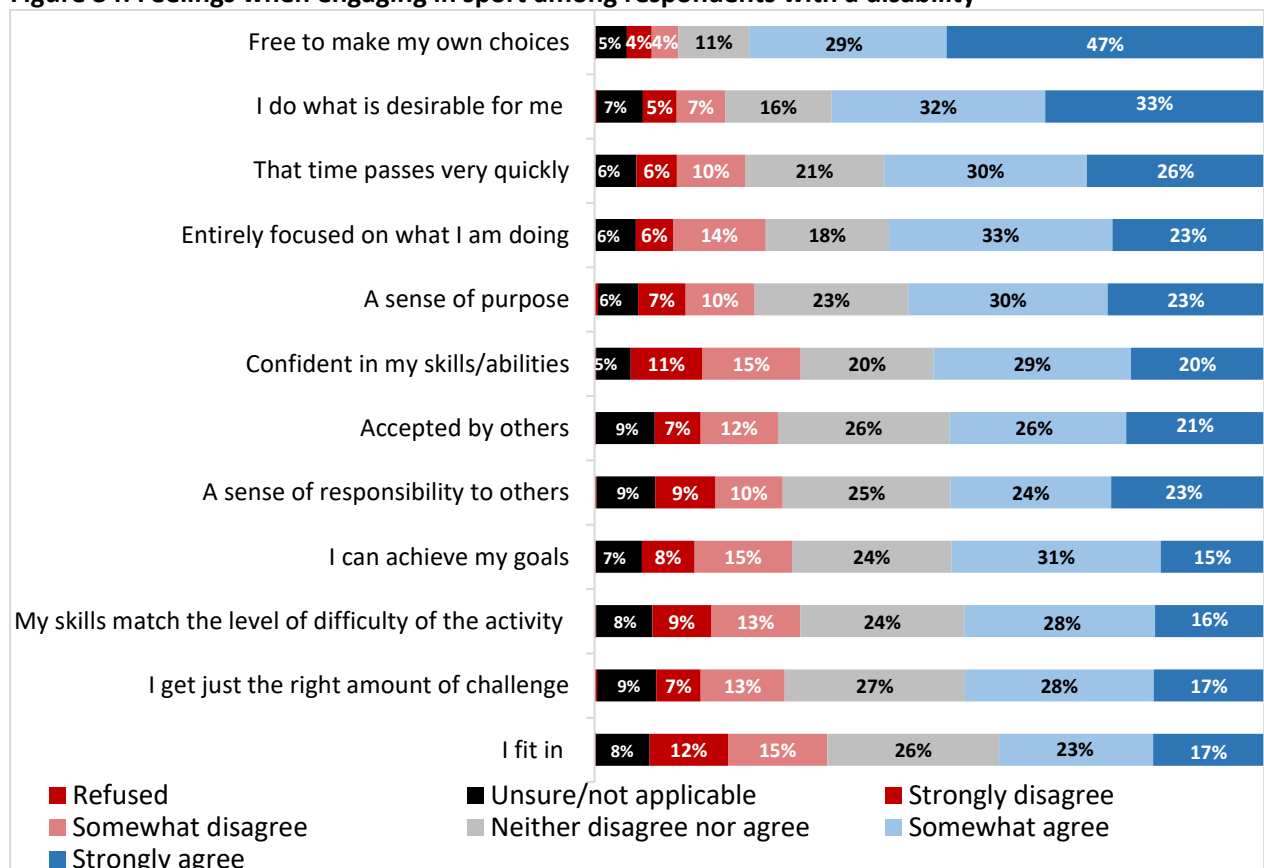
Respondents who identified with a gender other than man and woman (78%), respondents aged 18 to 34 (77%), those aged 35 to 54 (66%) and women (62%) were more likely to say that they have difficulty remembering or concentrating. Respondents who identified with a gender other than man or woman (53%), respondents aged 18 to 34 (46%) and men (27%) were more likely to have difficulty communicating when using their usual language. Men were more likely to have difficulty hearing even

if using a hearing aid (38%) and respondents aged 18 to 34 were more likely to have difficulty with self-care (42%). Finally, respondents aged 55 and over (82%) as well as women (72%) were more likely to have difficulty walking or climbing steps.

Feelings when engaging in sport among respondents with a disability

Respondents with a disability were asked how they feel when engaging in sport. Many (77%) agreed that they are free to make their own choices when engaging in sports (strongly agree: 47%; somewhat agree: 29%). Two thirds of respondents with a disability agreed (65%) that they do what is desirable for them (strongly agree: 33%; somewhat agree: 32%). When engaging in sports, more than half of respondents with a disability agreed that times passes very quickly (57%, as 26% strongly agreed and 30% of them somewhat agreed), that they are entirely focused on what they are doing (56%, as 23% of them strongly agreed and 33% of them somewhat agreed) and that they feel a sense of purpose (53%, as 23% strongly agreed and 30% somewhat agreed). In addition, 49% of them agreed that they feel confident in their skills and abilities (strongly agree: 20%; somewhat agree: 29%) and 47% of them feel accepted by others (strongly agree: 21%; somewhat agree: 26%). The same proportion of respondents with a disability (47%) agreed that they feel a sense of responsibility to others (strongly agree: 23%; somewhat agree: 24%) and that they can achieve their goals (strongly agree: 15%; somewhat agree: 31%). Finally, 45% of respondents with a disability agreed that their skills match the level of difficulty of the activity (strongly agree: 16%; somewhat agree: 28%), that they get the right amount of challenge (strongly agree: 17%; somewhat agree: 28%) and 40% of them agreed that they fit in (strongly agree: 17%; somewhat agree: 23%).

Figure 34: Feelings when engaging in sport among respondents with a disability



Q28_1 to Q28_12. When engaging in sport or exercise, I feel...

Base: Respondents who identified as a person with a disability (n=2,428)

Men were more likely to mention that they feel confident in their skills and abilities (55%), that they get the right amount of challenge (48%) and that they fit in (44%). Those aged 55 and over were more likely to say that they feel free to make their own choices (82%), that they are entirely focused on what they are doing (63%), to agree that time passes very quickly (61%), to feel a sense of purpose (57%) and to agree that they are accepted by others (52%). In addition, respondents aged 18 to 34 were more likely to believe that they can achieve their goals (51%).

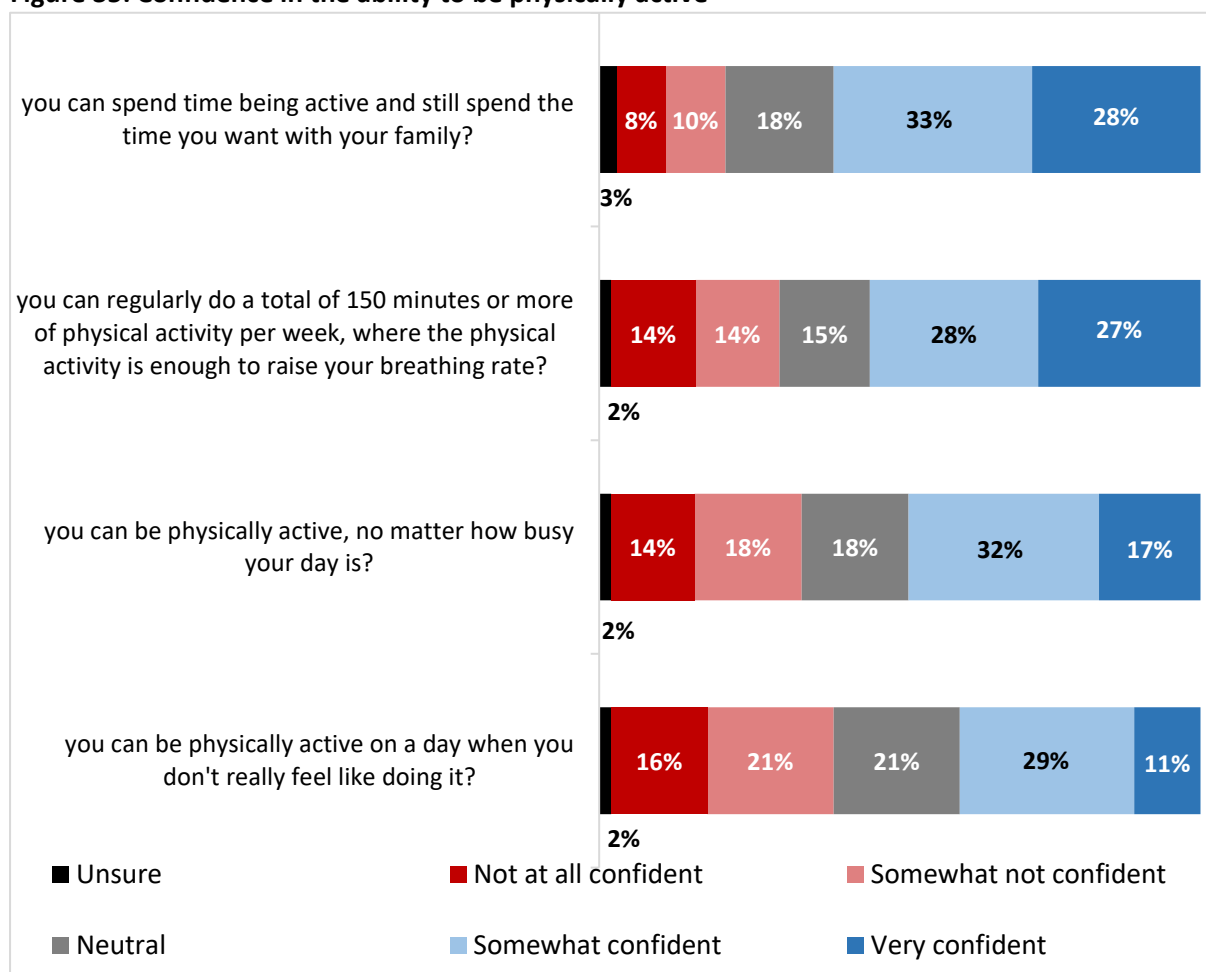
Confidence in the ability to be physically active

The next set of questions consisted in finding the confidence of all respondents in their ability to be physically active.

Over half of respondents were confident that they can spend time being active and still spend the time they want with their family (very confident: 28%; somewhat confident: 33%) and that they can do a total of 150 minutes or more of physical activity per week (very confident: 27% and somewhat confident: 28%).

Around half were confident they can be physically active no matter how busy the day is (very confident: 17%; somewhat confident: 32%), and a little over a third were confident they can be physically active on a day when they don't really feel like doing it (very confident: 11%; somewhat confident: 29%).

Figure 35: Confidence in the ability to be physically active



Q29-Q32: How confident are you that...?

Base: All respondents (n=11,060)

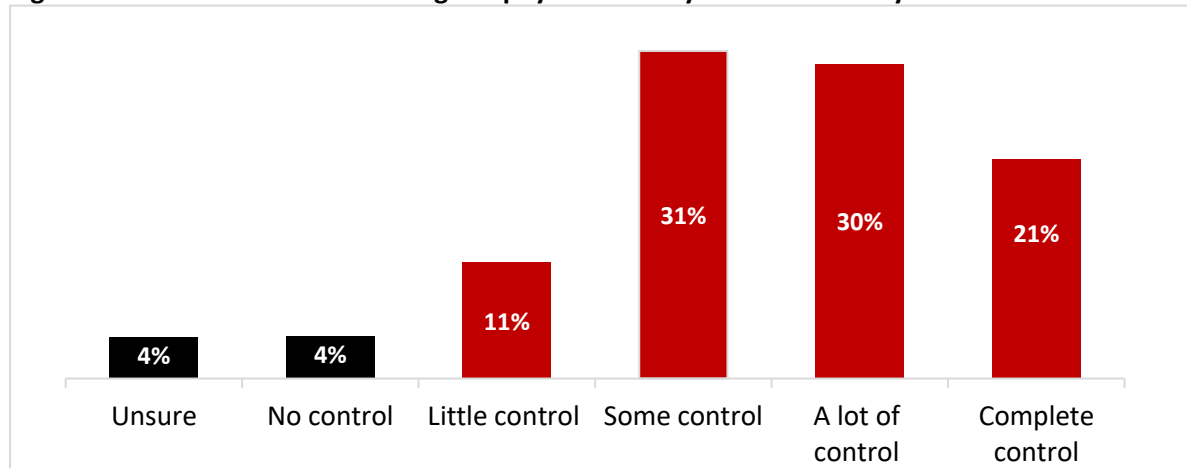
Significant differences in terms of confidence in the ability to be physically active include (net very + somewhat confident presented):

- Men were significantly more likely to be confident in their ability to be active and still spend the time they want with their family (64%), to do a total of 150 minutes or more of physical activity per week (60%), to be physically active no matter how busy their day is (54%), on a day when they don't really feel like doing it (45%)
- 18-34-year-olds were more likely to be confident they can regularly do a total of 150 minutes or more of physical activity per week (58%).
- Respondents 55 and over were more likely to be confident they can be physically active no matter how busy their day is (52%) and that they can spend time being active and still spend the time they want with their family (65%).
- Respondents from Ontario and British Columbia were more likely to be confident that they can spend time being active and still spend the time they want with their family (63% and 64% respectively).
- Respondents from British Columbia were also more likely to be confident they can regularly do a total of 150 minutes or more of physical activity per week (59%).

Personal control to fit regular physical activity into one's lifestyle

Respondents were asked how much personal control they have over whether they are able to fit regular physical activity into their lifestyle. A small proportion felt they had no control (4%), while 11% felt they had little control. Around three-in-ten had some (31%) or a lot (30%) of control, and one-in-five felt they had total control (21%) over whether they are able to fit regular physical activity into their lifestyle. Otherwise, 4% of respondents were unsure.

Figure 36: Personal control to fit regular physical activity into one's lifestyle



Q33. How much personal control do you feel that you have over whether you are able to fit regular physical activity into your lifestyle?

Base: All respondents (n=11,060)

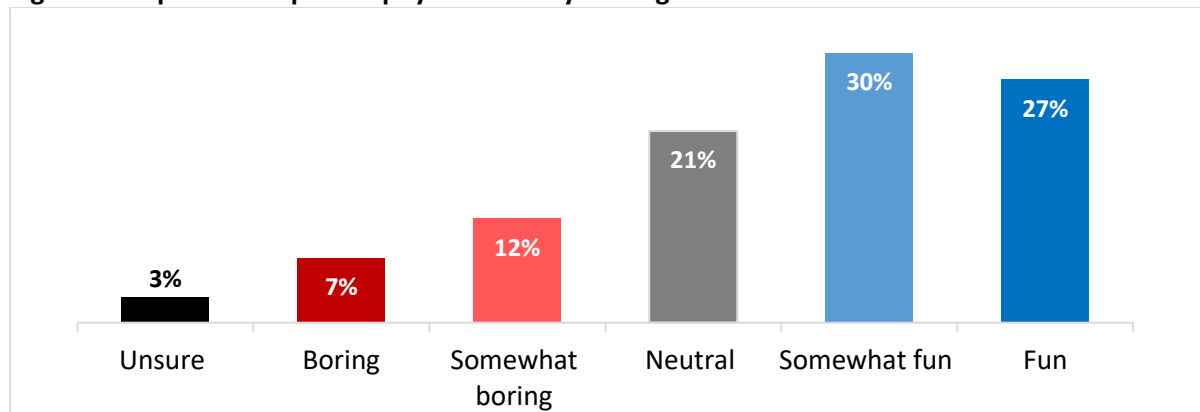
The following subgroups were more likely to feel they have control over whether they are able to fit regular physical activity into their lifestyle (net a lot of control + complete control presented):

- Respondents 55 and over (56%)
- Men (53%)

Opinion on sport or physical activity

Respondents were asked how they found sport or physical activity in general. Around one-fifth find physical activity or sport boring (boring: 7%; somewhat boring: 12%), while over half found it either somewhat fun (30%) or fun (27%). Plus, 3% of respondents were unsure.

Figure 37: Opinion on sport or physical activity: boring or fun?



Q34_1. In general, do you find sport or physical activity...?

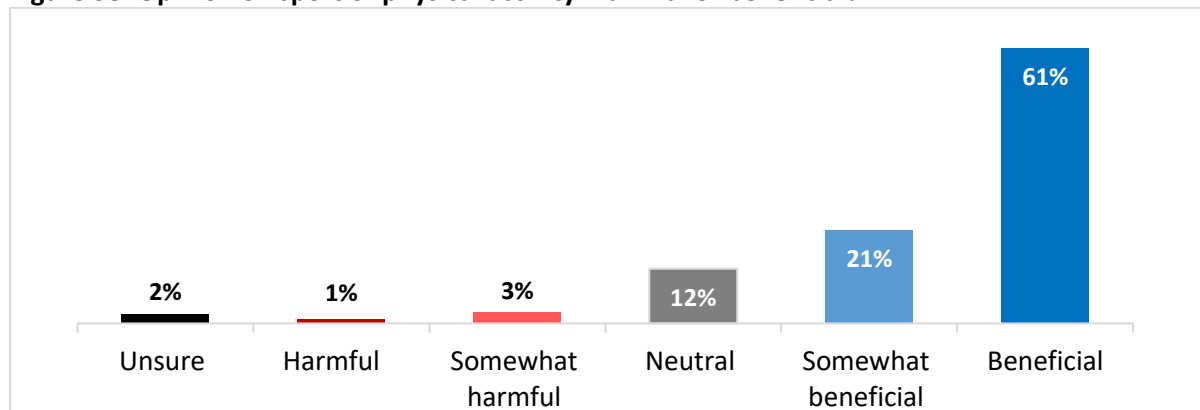
Base: All respondents (n=11,060)

The following subgroups were more likely to find sport or physical activity fun (net somewhat fun + fun presented):

- Men (63%)
- 18-34-year-olds (64%)

Over half of respondents considered sport or physical activity to be beneficial (61%) or somewhat beneficial (21%), with a small minority stating they find it harmful (1%) or somewhat harmful (3%). Around one-in-ten were neutral (12%). Otherwise, 2% of respondents mentioned that they were unsure.

Figure 38: Opinion on sport or physical activity: harmful or beneficial?



Q34_2. In general, do you find sport or physical activity...?

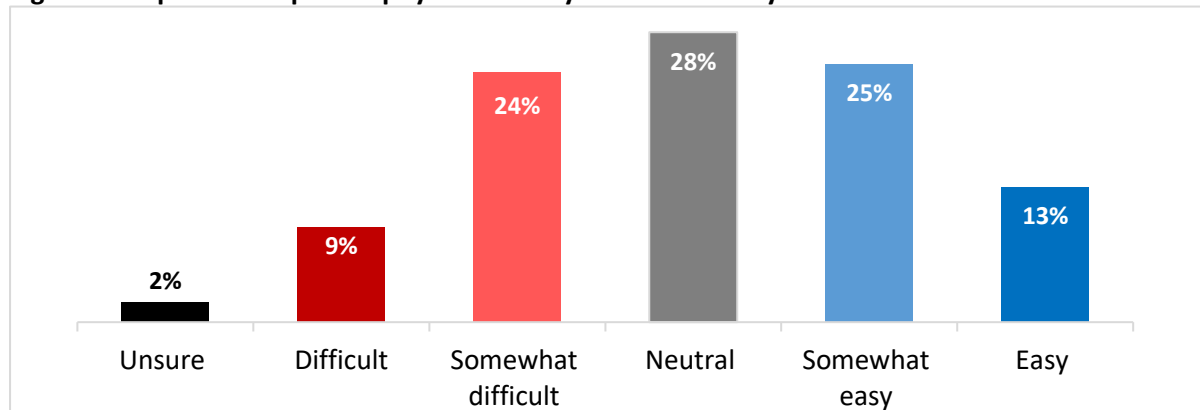
Base: All respondents (n=11,060)

No relevant significant differences are to be noted.

Around a third of respondents consider sport or physical activity difficult (9%) or somewhat difficult (24%). Around one-fourth find it somewhat easy (25%), and over one-tenth find it easy (13%). A little

less than three-in-ten were neutral (28%). Otherwise, 2% of respondents mentioned that they were unsure.

Figure 39: Opinion on sport or physical activity: difficult or easy?



Q34_3. In general, do you find sport or physical activity...?

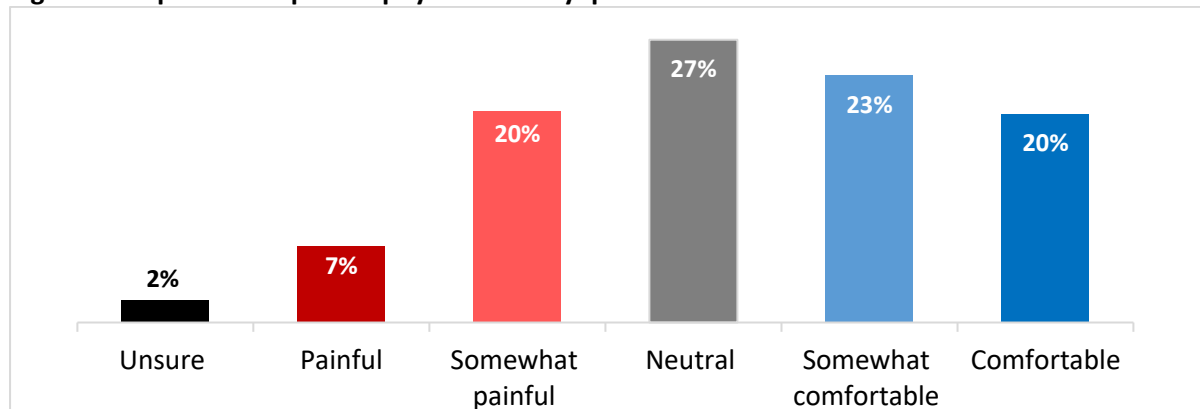
Base: All respondents (n=11,060)

The following subgroups were more likely to find sport or physical activity easy:

- Men (44%)
- 18-34-year-olds (40%)
- Respondents from Quebec (39%).

A little over one-in-four respondents find sport or physical activity painful (painful: 7%; somewhat painful: 20%), and around one-in-five find it somewhat comfortable (23%) or comfortable (20%). A little over one-fourth were neutral (27%). Otherwise, 2% of respondents mentioned that they were unsure.

Figure 40: Opinion on sport or physical activity: painful or comfortable?



Q34_4. In general, do you find sport or physical activity...?

Base: All respondents (n=11,060)

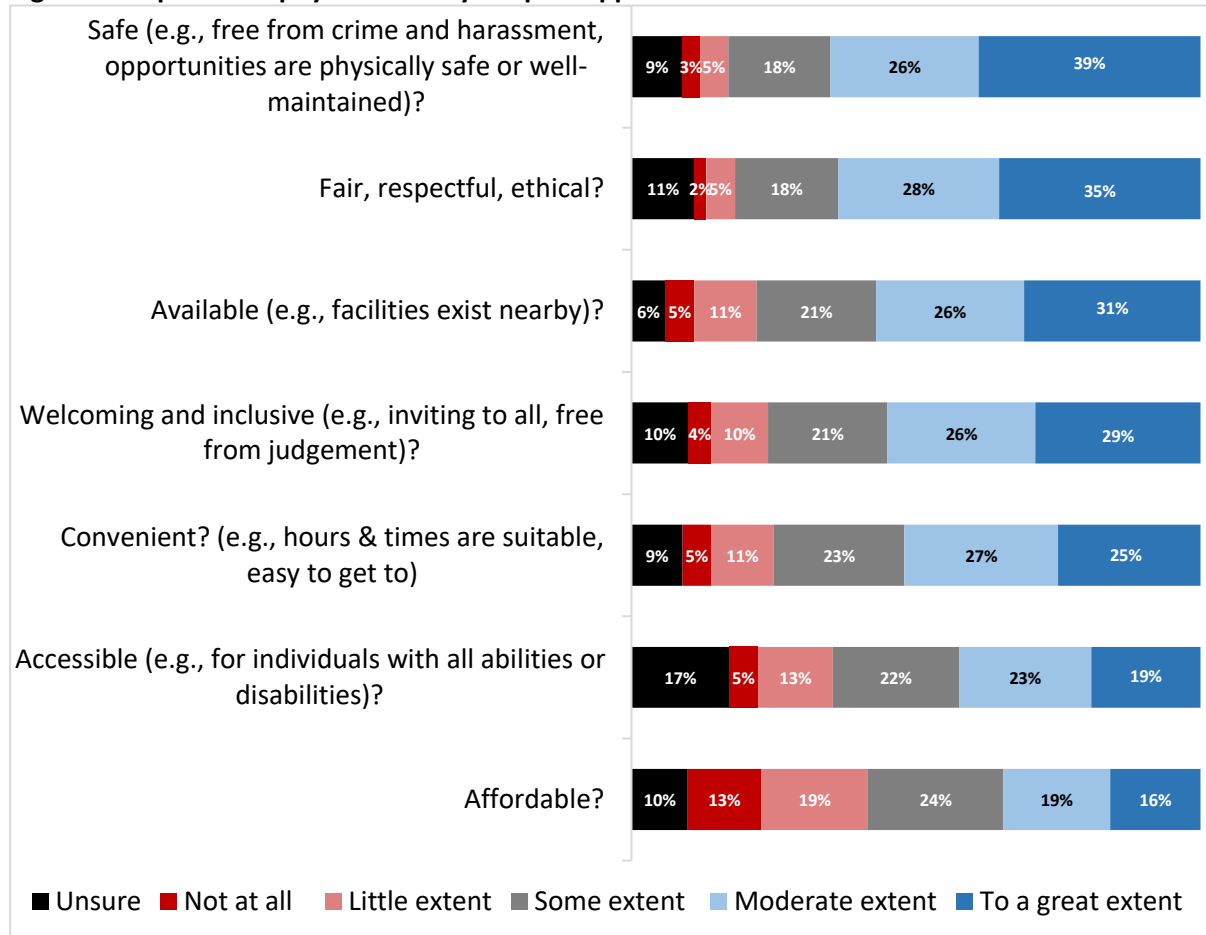
Men (48%) and 18-34-year-olds (47%) were more likely to find sports comfortable (net somewhat comfortable + comfortable presented).

Opinion on physical activity or sport opportunities

Respondents were also asked about their perceptions of physical activity or sport opportunities. Around two-thirds of respondents agreed that physical activity or sport opportunities are safe (to a great extent: 39%; to a moderate extent: 26%), and fair, respectful, and ethical (to a great extent: 35%;

to a moderate extent: 28%). Over half of respondents agreed that they are available (to a great extent: 31%; to a moderate extent: 26%), welcoming and inclusive (to a great extent: 29%; to a moderate extent: 26%), and convenient (to a great extent: 25%; to a moderate extent: 27%). Around a third or more agreed that physical activity or sport opportunities are accessible (to a great extent: 19%; to a moderate extent: 23%) or affordable (to a great extent: 16%; to a moderate extent: 19%).

Figure 41: Opinion on physical activity or sport opportunities



Q35_1 to Q35_7. To what extent would you say that you find physical activity or sport opportunities...

Base: All respondents (n=11,060)

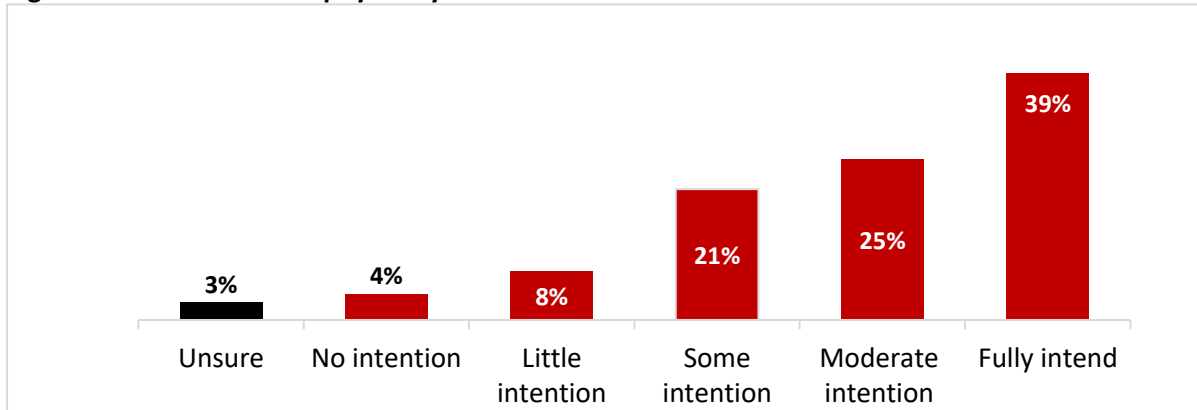
Significant differences in terms of opinions towards physical activity or sport opportunities include (net to a great extent + moderate extent presented):

- Men were significantly more likely to have positive opinions towards physical activity or sport opportunities (safe: 68%; fair, respectful, ethical: 66%; available: 59%; welcoming and inclusive: 57%; convenient : 55%; accessible: 47% and affordable : 40%).
- Respondents 55 and over were more likely to find physical activity or sport opportunities safe (68%), welcoming and inclusive (57%), and affordable (38%).
- Respondents from Quebec were more likely to find physical activity or sport opportunities fair, respectful and ethical (66%), available (62%), welcoming and inclusive (59%), convenient (58%), and affordable (42%).
- Respondents from British Columbia were more likely to consider physical activity or sport opportunities accessible (45%).

Intention to be physically active in the next six months

Respondents were asked to what extent they intend to be physically active in the next six months. A little less than one-in-ten had little intention (8%), around one-in-five had some intention (21%), one-in-four had moderate intention (25%), and over a third fully intended (39%) to be physically active in the next six months. A small proportion of respondents had no intention (4%) of being physically active in the next six months. Otherwise, 3% of respondents mentioned that they were unsure.

Figure 42: Intention to be physically active in the next 6 months



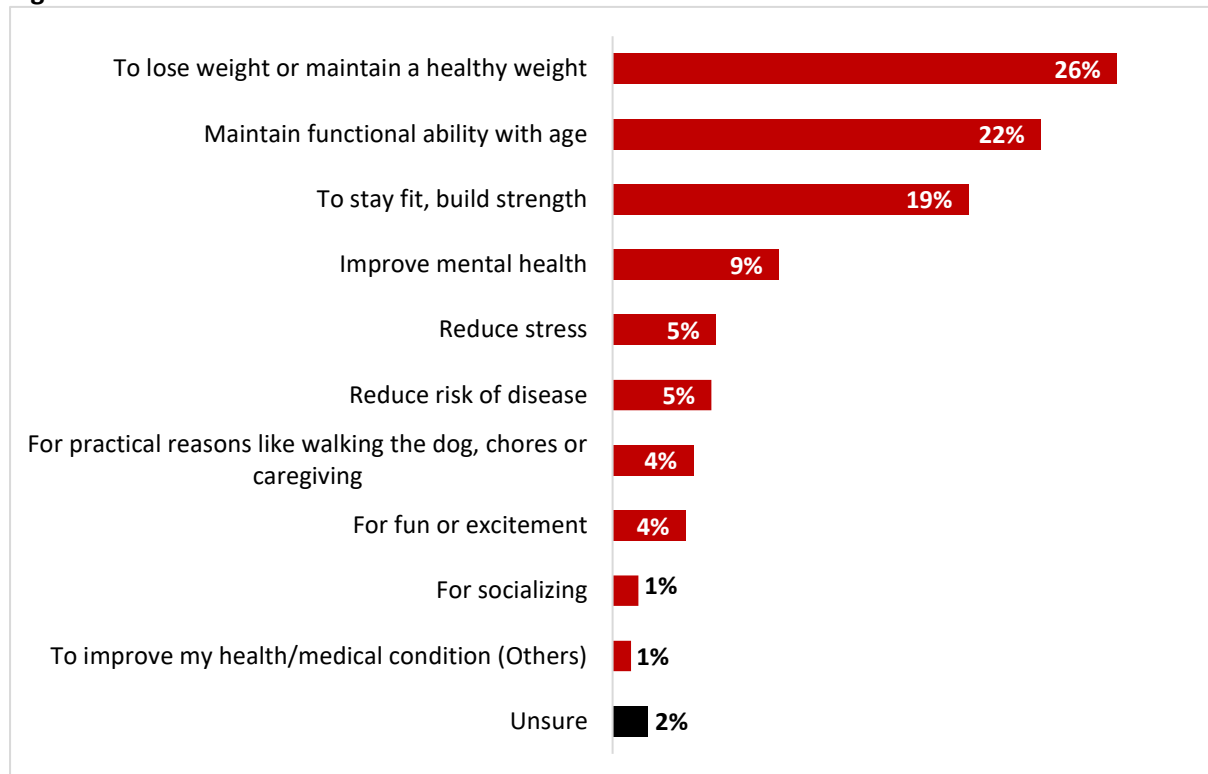
Q36. Thinking about the next six months, to what extent do you intend to be physically active?
Base: All respondents (n=11,060)

No relevant significant differences are to be noted.

Main reason to be active in the next six months

Wanting to lose weight or maintain a healthy weight (26%), to maintain functional ability with age (22%), and to stay fit or build strength (19%) were the top three reasons to be physically active in the upcoming 6 months. While 9% mentioned the improvement of their mental health, 5% mentioned wanting to reduce stress and to reduce risk of disease, and 4% mentioned practical reasons (walking the dog, doing chores, etc.) as well as fun or excitement. Socializing (1%) and improving one's health/medical condition (1%) were mentioned to a lesser extent. Otherwise, 2% of respondents mentioned that they were unsure.

Figure 43: Main reason to be active in the next six months



Q37. What is the main reason that you would be active over the next six months?

Base: Respondents who had at least a little intention to be physically active over the next six months (n=10,661)

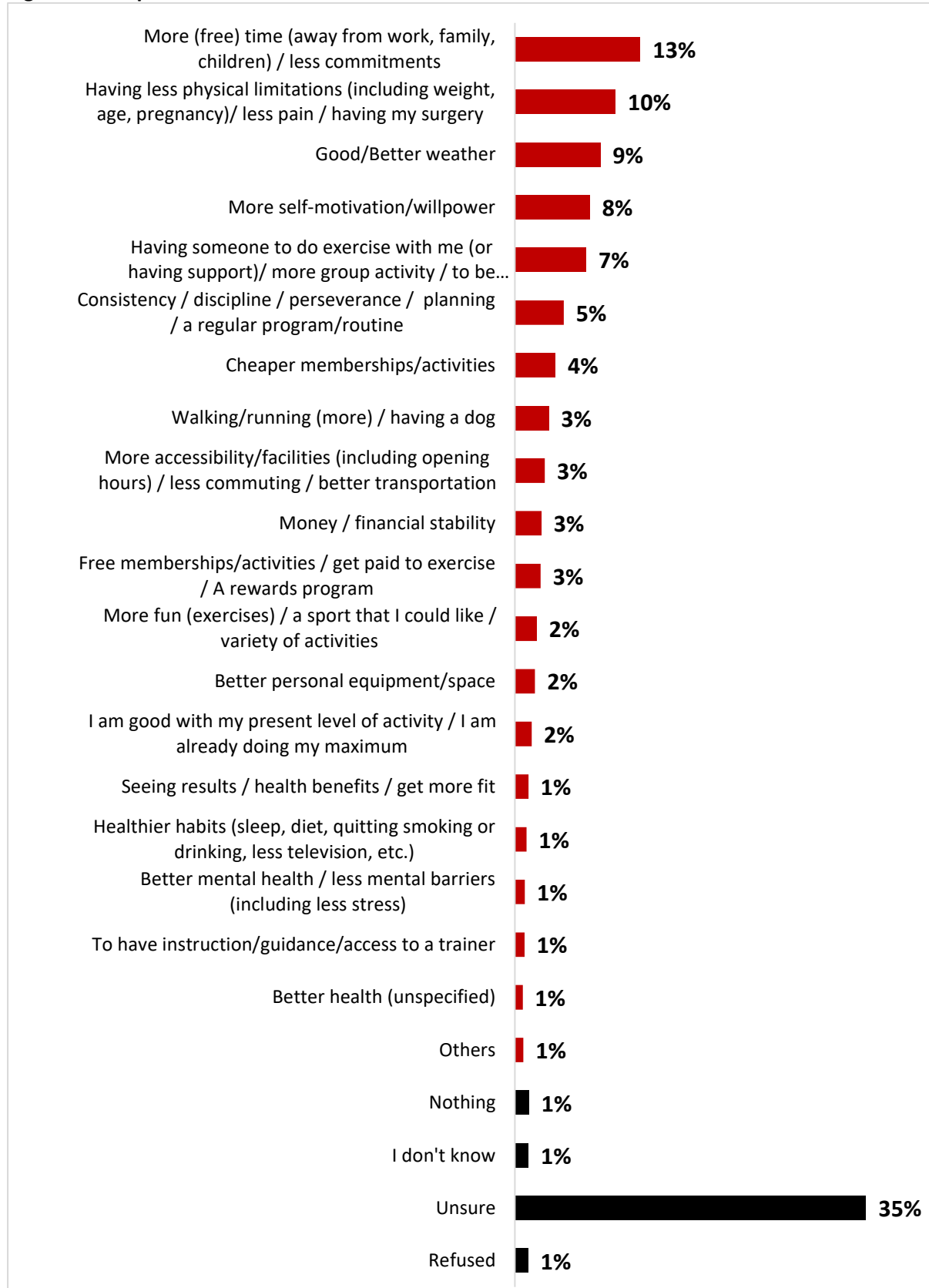
Significant differences in terms of reasons to intend to be physically active in the next six months include:

- Women were more likely to mention losing weight or maintaining a healthy weight (31%), while men were more likely to mention staying fit and building strength (21%).
- Respondents aged 18-34 were more likely to mention to stay fit, build strength (24%) and to improve mental health (15%). Respondents aged 35 to 54 were more likely to mention to lose weight or maintain a healthy weight (34%) and to improve mental health (10%), while those 55 and over were more likely to mention maintain functional ability with age (41%).

Help to become more active in the next six months

Respondents were asked to indicate what would help them become more active in the next 6 months, with 13% mentioning more free time, 10% having less physical limitations, and 9% saying good/bad weather. A little-less than one-in-ten mentioned more self motivation/willpower (8%), having someone to do exercise with (7%), and consistency (5%). Other reasons were mentioned to a lesser extent.

Figure 44: Help to become more active in the next six months



Q38. In your opinion, what would help you become more active in the next 6 months?*

Base: All respondents (n=11,060)

**As respondents could give more than one answer, total may exceed 100%.

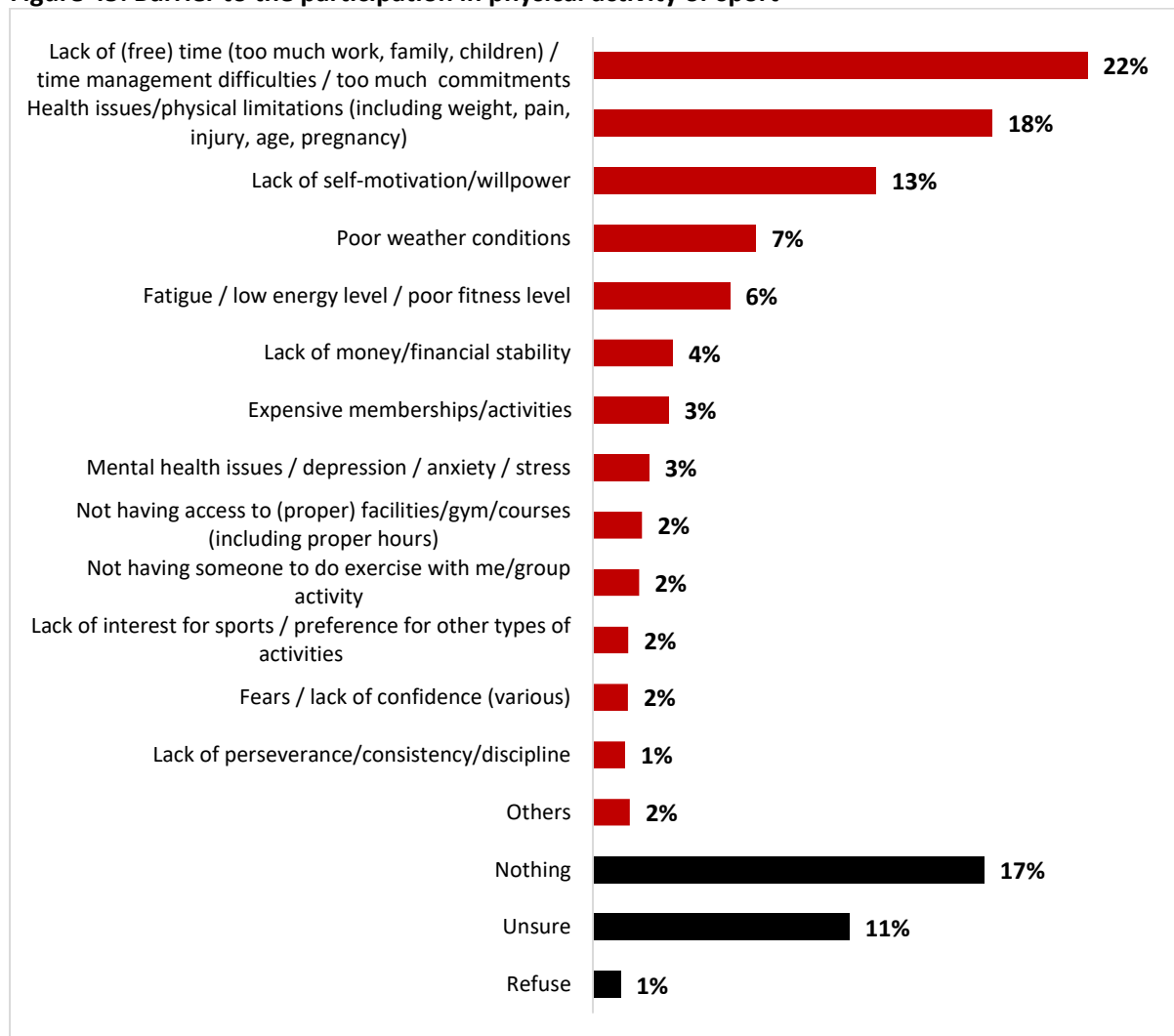
** Note: Open-ended question.

Respondents aged 18-34 and 35-54 were more likely to mention needing more free time (15% and 16% respectively), while those aged 55 and over were more likely to mention having fewer physical limitations (15%) and good/better weather (12%).

Barrier to the participation in physical activity or sport

Respondents were asked about what prevents them most from participating in physical activity or sport to the extent that they would like to. Lack of time (22%), health issues or physical limitations (18%) and lack of self-motivation/willpower (13%) were the top three reasons. A smaller proportion of respondents mentioned poor weather conditions (7%), fatigue/low energy level/poor fitness level (6%), and lack of money/financial stability (4%).

Figure 45: Barrier to the participation in physical activity or sport



Q39. What do you think most often **prevents** you from participating in physical activity or sport to the extent that you would like to? Please specify all applicable reasons.

Base: Base: All respondents (n=11,060)

* Note: Open-ended. Total may exceed 100%.

Significant differences include:

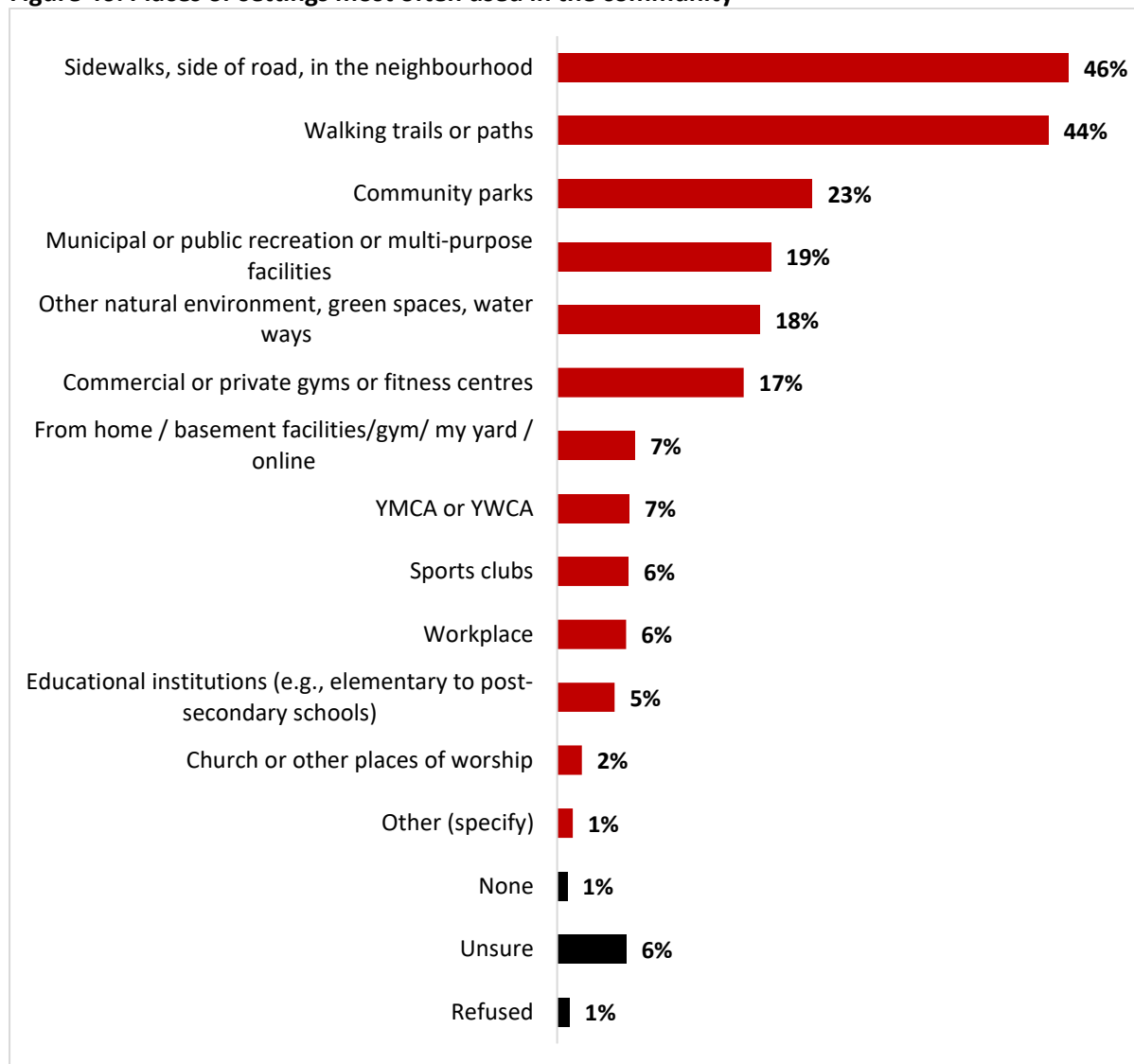
- Women were more likely to mention health issues/physical limitations (20%) compared to men (15%).

- 18-34-year-olds and 35-54-year-olds were more likely to mention lack of free time (30% and 28% respectively) compared to respondents aged 55 and over (12%).
- Those aged 55 and over were more likely to mention health issues/physical limitations (28%) compared to those aged 18 to 34 (6%) and those aged 35 to 54 (15%). They were also more likely to mention poor weather conditions (11%) compared to those aged 18 to 34 (3%) and those aged 35 to 54 (6%).

Places or settings most often used in the community

Respondents were invited to mention the places or settings they use most when they are active in their community. Sidewalks, side of the road, and neighborhoods (46%), along with walking trails or paths (44%) were the most used setting when being active in the community, followed by community parks (23%), municipal or public recreation or multi-purpose facilities (19%), other natural environment green spaces, water ways (18%), and commercial or private gyms or fitness centres (17%). Plus, 7% mentioned from home / basement facilities / gym / yard / online, YMCA or YWCA, and 6% mentioned sports clubs and the workplace. One-in-twenty mentioned educational institutions (5%).

Figure 46: Places or settings most often used in the community



Q40. Which of the following places or settings do you use most when you are active in your community?
 Base: Base: All respondents (n=11,060)

*As respondents could give more than one answer, total may exceed 100%.

Significant differences in terms of places and settings used when being active include:

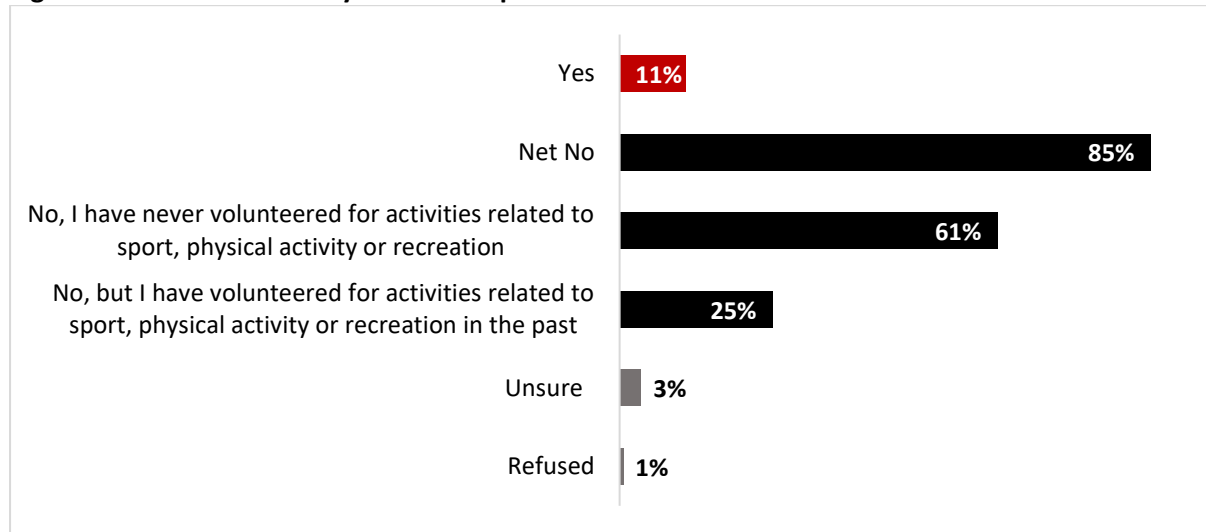
- Men were more likely to mention sports clubs (9%), while women were more likely to mention sidewalks, side of road, in the neighbourhood (50%) and walking trails or paths (47%).
- 18-34-year-olds were more likely to mention commercial or private gyms or fitness centres (28%), YMCA or YWCA (12%), and educational institutions (12%). Those aged 35-54 were more likely to mention walking trails or paths (47%), and those aged 55 and over were more likely to mention sidewalks, side of road, in the neighbourhood (52%).
- Respondents from British Columbia were more likely to mention walking trails or paths (51%), community parks (28%), other natural environments (24%), and municipal or public recreation or multi-purpose facilities (22%).

Volunteer activity related to sport

Respondents were asked if they have done any type of volunteer activity related to sport, physical activity or recreation in the past 12 months. Around one-in-ten had done some type of volunteer

activity related to sport, physical activity or recreation in the past 12 months (11%), while 61% never volunteered for any type of activity related to sport, and 25% did not volunteer in the past 12 months but did it in the past.

Figure 47: Volunteer activity related to sport



Q41. In the past 12 months, have you done any type of volunteer activity related to sport, physical activity or recreation?

Base: All respondents (n=11,060)

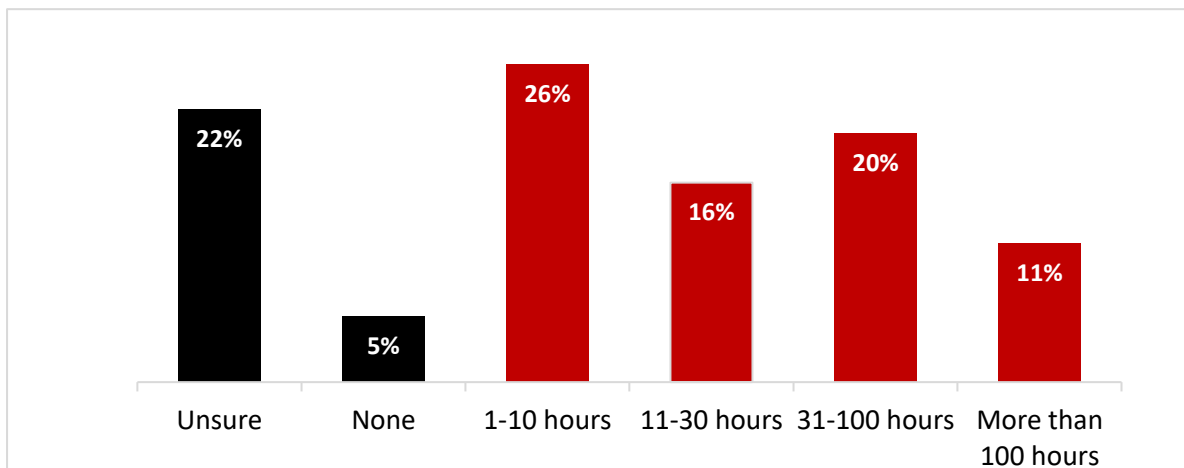
The following subgroups were more likely to have volunteered:

- Men (14%)
- 18–34-year-olds (15%)
- Respondents from Alberta (13%)

Number of hours spent on volunteer activities related to sport

Respondents who have done volunteer activities related to sport were asked how many hours they spent on these activities in the past 12 months. They spent an average of 62.6 hours volunteering in the past 12 months, with 26% having spent 1-10 hours, 16% spending between 11-30 hours, 20% spending between 31-100 hours, and 11% spending more than 100 hours volunteering while 22% did not provide an answer.

Figure 48: Number of hours spent on volunteer activities related to sport



Q42. In total, about how many hours did you spend during the last 12 months on all types of volunteer activity related to sport, physical activity or recreation?

Base: Respondents who have done volunteer activities related to sport in the past 12 months (n=1,207)

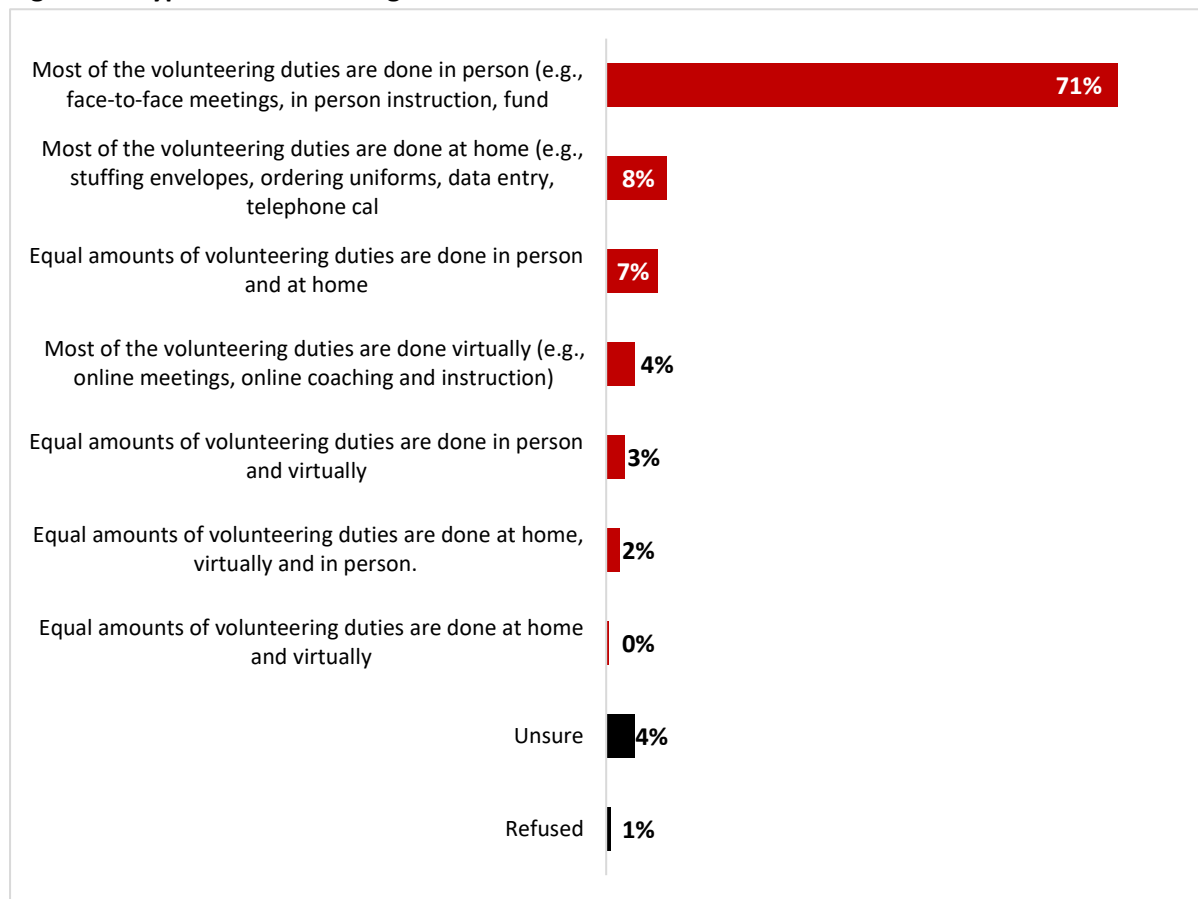
The following subgroups were significantly more likely to have spent more time volunteering in the past 12 months (average number of hours presented):

- Respondents aged 55 and over (97.7 hours)
- Respondents from Ontario (76.2 hours)

Types of volunteering duties

Many fulfilled their duties in person (71%), while 8% did most of their volunteering duties at home and 7% did equal amounts at home and in person. Other types of volunteering were less common.

Figure 49: Types of volunteering duties



Q43. While volunteering for sport, physical activity, and recreation, which of the following statements would best describe your situation? In this case, the term “most” would include at least 50% of your duties or activities as a volunteer.

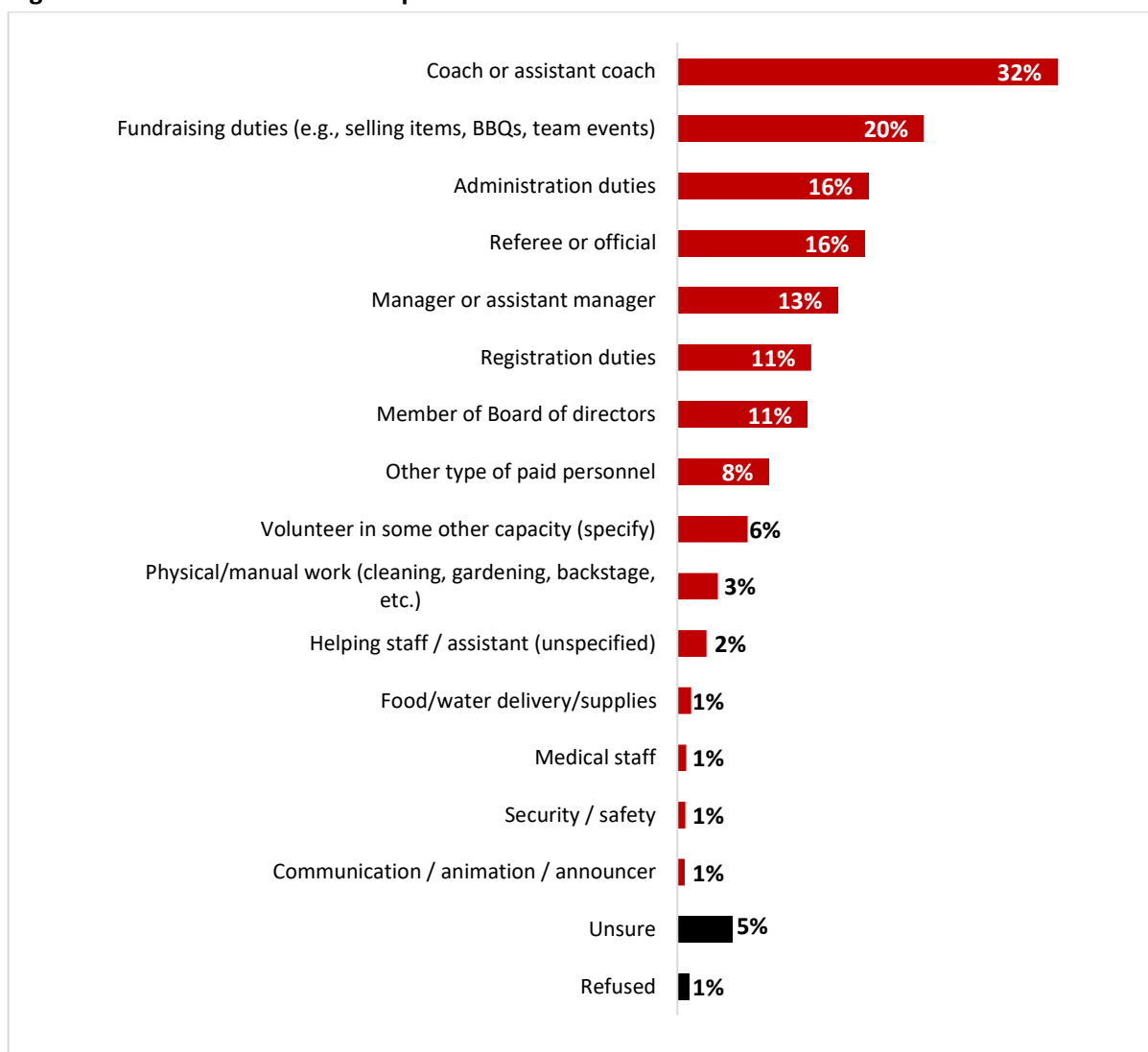
Base: Respondents who have done volunteer activities related to sport in the past 12 months (n=1,207)

Respondents aged 18-34 were more likely to fulfill their volunteering duties at home (12%), while respondents 55 and over were more likely to state that equal amount of their volunteering duties are done in person and at home (11%).

Role as a volunteer in sport

Respondents who have done volunteer activities related to sport in the past 12 months were asked how they volunteered for sport, physical activity or recreation. Around a third volunteered as coaches or assistant coaches (32%), one-fifth fulfilled fundraising duties (20%), and a little less than that proportion fulfilled administrative duties (16%) or took a referee or official role (16%). Around one-tenth were managers or assistant managers (13%) or members of the board of directors (11%), or fulfilled registration duties (11%). Other volunteering roles were less common and mentioned by less than a tenth of respondents.

Figure 50: Role as a volunteer in sport



Q44. How did you volunteer for sport, physical activity or recreation? (Check all that apply)
 Base: Respondents who have done volunteer activities related to sport in the past 12 months (n=1,207)
 *As respondents could give more than one answer, total may exceed 100%.

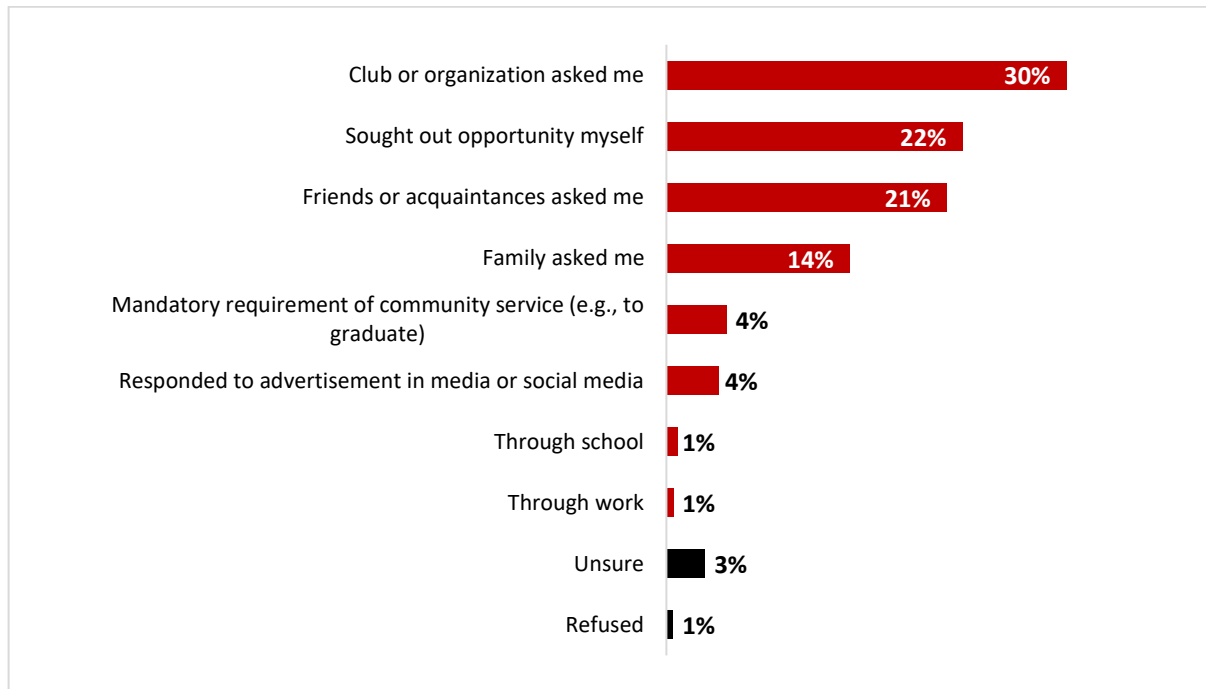
Significant differences in terms of volunteering duties include:

- Men were more likely to fulfill coach or assistant coach duties (37%), referee or official (19%), manager or assistant manager (16%), or another type of paid personnel (9%), while women were more likely to fulfill fundraising duties (26%).
- 18–34-year-olds were more likely to fulfill registration duties (16%) or other types of paid personnel duties (12%), while those aged 55 and over were more likely to be members of the board of directors (18%), to volunteer in some other capacity (11%), or to do some physical or manual work (8%).
- Respondents from Ontario were more likely to fulfill coach or assistant coach duties (36%), while those from British Columbia were more likely to fulfill referee or official duties (24%).

Recruitment to be a volunteer in sport

Respondents who have done volunteer activities related to sport in the past 12 months were asked how they were recruited to participate as a volunteer. The most common ways were by club or organization (30%), seeking out an opportunity themselves (22%), being asked by friends or acquaintances (21%), or by family (14%). Other ways to be recruited as a volunteer were mentioned to a lesser extent.

Figure 51: Recruitment to be a volunteer in sport



Q45. How were you recruited to participate as a volunteer?

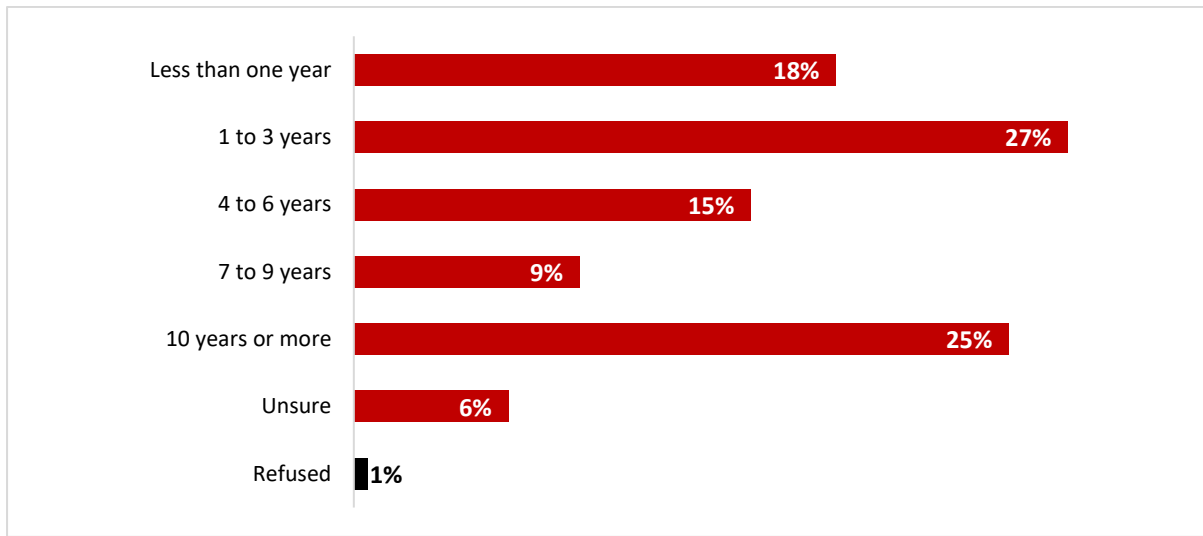
Base: Respondents who have done volunteer activities related to sport in the past 12 months (n=1,207)

Respondents aged 55 and over were more likely to seek out the opportunity themselves (29%), while those aged 18-34 were more likely to have volunteered as a mandatory requirement of community service (8%).

Duration of the involvement as a volunteer in sport

Respondents who have volunteered were asked how long they volunteered in sport, physical activity and recreation. Thus, 18% have been volunteering for less than a year, 27% have been volunteering for 1 to 3 years, 15% have been volunteering for 4 to 6 years, 9% have been volunteering for 7 to 9 years, and 25% have been volunteering for over 10 years.

Figure 52: Duration of the involvement as a volunteer in sport



Q46. How long have you volunteered in sport, physical activity, and recreation?

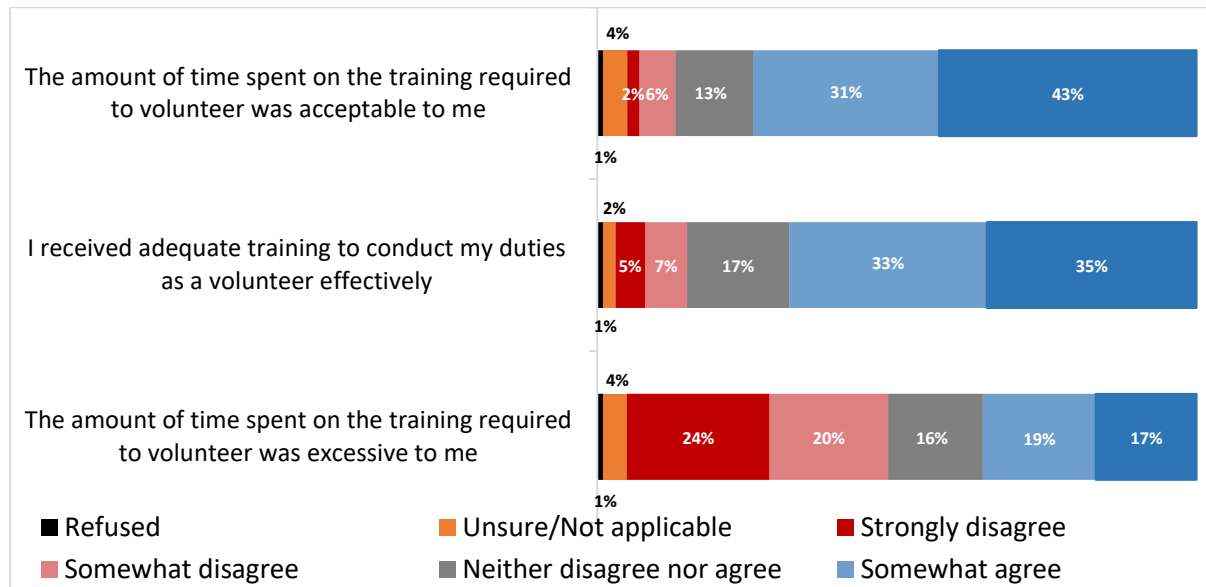
Base: Respondents who have done volunteer activities related to sport in the past 12 months (n=1,207)

Men (27%) and respondents aged 55 and over (51%) were more likely to have been volunteering for 10 years or more, while those aged 18-34 were more likely to have been volunteering for less than one year (25%) or between 1 to 3 years (36%).

Attitudes towards volunteer training

Respondents who have done volunteer activities related to sport in the past 12 months were shown three statements about training and the extent they agreed with them. Most respondents agreed that the amount of time spent on the training required to volunteer was acceptable to them (strongly agree: 43%; somewhat agree: 31%), and that they received adequate training to conduct their duties as a volunteer effectively (strongly agree: 35%, somewhat agree: 33%). Around one-third of respondents agreed that the amount of time spent on the training required to volunteer was excessive to them (strongly agree: 17%, somewhat agree: 19%).

Figure 53: Attitudes towards volunteer training



Q47. To what extent would you agree with the following statements about training?

Base: Respondents who have done volunteer activities related to sport in the past 12 months (n=1,207)

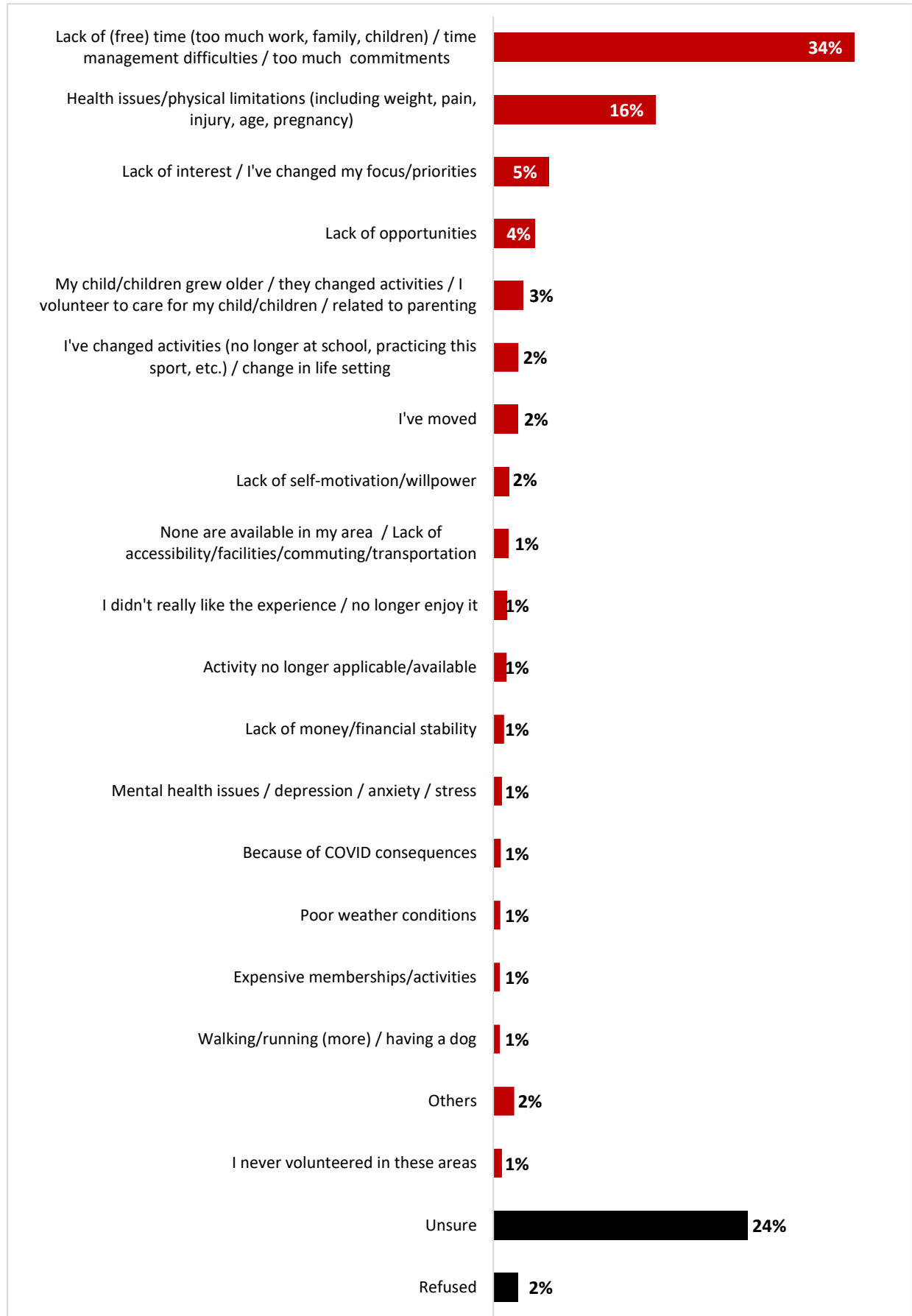
Significant differences in terms of attitudes towards training include:

- 18-34-year-old respondents (50%), respondents from Ontario (41%), and men (39%) were more likely to consider that the amount of time spent on the training required to volunteer was excessive.
- Those aged 55 and over were more likely to consider the amount of training acceptable (82%) and that they received adequate training (76%).
- Respondents from the Atlantic region were also more likely to consider that they received adequate training to conduct their duties as a volunteer effectively (78%).

Reasons for having stopped volunteering

Respondents who mentioned that they volunteered for activities related to sport in the past but not in the past year were asked why they are no longer volunteering in sport, physical activity and recreation. Lack of free time was the main reason to have stopped (34%), followed by health issues or physical limitations (16%).

Figure 54: Reasons for having stopped volunteering



Q48. Why are you no longer volunteering in sport, physical activity, and recreation?

Base: Respondents who have done volunteer activities related to sport before but not in the past 12 months (n=2,823)

* Note: Open-ended. Total may exceed 100%.

Significant differences for having stopped volunteering include:

- Respondents aged 18-34 and 35-54 were more likely to have mentioned lack of free time (39% and 43% respectively).
- Respondents aged 55 and over and those from the Atlantic region were more likely to have mentioned health issues or physical limitations (29% and 24% respectively).

Appendix A—Detailed research methodology

A.1 Methods

Research was conducted through online surveys using Computer Aided Web Interviewing (CAWI) technology.

As a Canadian Research Insights Council Member, Leger adheres to the most stringent guidelines for quantitative research. The survey was conducted in accordance with Government of Canada requirements for quantitative research, including the Standards of the Conduct of Government of Canada Public Opinion Research—Series D—Quantitative Research.

Respondents were assured of the voluntary, confidential and anonymous nature of this research. As with all research conducted by Leger, all information that could allow for the identification of participants was removed from the data, in accordance with the Privacy Act.

The questionnaire is available in Appendix B.

A.1.2 Sampling Procedures

Participant selection was done randomly from *LegerWeb's* online panel. Leger owns and operates an Internet panel of more than 400,000 Canadians from coast to coast. An Internet panel is made up of Web users profiled on different sociodemographic variables. The majority of Leger's panel members (61%) have been recruited randomly over the phone over the past decade, making it highly similar to the actual Canadian population on many demographic characteristics.

Since an Internet sample (from the panel) is non-probabilistic in nature, the margin of error does not apply.

A.1.3 Data Collection

Fieldwork was conducted from February 14^h to March 5th, 2024. The national participation rate for the survey was around 13.3%. A first round of pre-testing was done on February 14th to ensure correct programming of the survey, and some minor corrections were applied. A second round of pre-testing was completed on February 15th to validate the changes. After the second pre-test, no changes were made to the questionnaire, so the test results were included in the final results. Survey interviews lasted 13 minutes on average. A total sample of 11,060 Canadian were surveyed.

Based on data from Statistics Canada's 2021 national census, Leger weighted the results of the survey by gender, age, region, mother tongue, level of education, presence of children under the age of 18 in the household, ethnicity, household income and disability status. The weight of each of the subgroups surveyed was then adjusted to ensure representativeness of the Canadian population. More details on the weighting procedures are presented in a following section.

A.1.4 Participation Rate for the Web Survey

The national participation rate for the survey was around 13.3%. Below is the calculation of the participation rate to those web surveys. The participation rate is calculated using the following

formula: Participation rate / response rate = $R \div (U + IS + R)$. The table below provides details of the calculation.

Table 1. Participation Rate Calculation

Invalid cases	
Invitations mistakenly sent to people who did not qualify for the study	-
Incomplete or missing email addresses	-
Unresolved (U)	77,186
Email invitations bounce back	884
Email invitations unanswered	76,302
In-scope non-responding units (IS)	2,129
Non-response from eligible respondents	-
Respondent refusals	643
Language problem	-
Selected respondent not available (illness; leave of absence; vacation; other)	-
Early breakoffs	1,486
Responding units (R)	12,162
Surveys disqualified – quota filled	1,041
Completed surveys disqualified for other reasons	61
COMPLETED INTERVIEWS	11,060
POTENTIALLY ELIGIBLE (U+IS+R)	90,834
Participation rate= $R / (U + IS + R)$	13.39%

A.1.5 Unweighted and Weighted Samples

A basic comparison of the unweighted and weighted sample sizes was conducted to identify any potential non-response bias that could be introduced by lower response rates among specific demographic subgroups.

The tables below present weighted and unweighted distribution across region, gender, age, education level, mother tongue, presence of children under the age of 18 in the household, ethnic or cultural background, household income and disability.

Table 2. Unweighted and Weighted Sample Distribution by Region

Region	Unweighted	Weighted
Quebec	2,587	2,548
Ontario	4,156	4,273
British Columbia	1,531	1,536
Alberta	1,232	1,228
Manitoba/Saskatchewan	752	703
Atlantic	775	740
Territories	27	31
Total	11,060	11,060

Table 3. Unweighted and Weighted Sample Distribution by Age

Age	Unweighted	Weighted
18-34	2,718	2,949
35-54	3,549	3,561
55+	4,793	4,550
Total	11,060	11,060

Table 4. Unweighted and Weighted Sample Distribution by Gender

Gender	Unweighted	Weighted
Man	5,112	5,250
Woman	5,837	5,668
Another gender identity	97	125
Total	11,060	11,060

Table 5. Unweighted and Weighted Sample Distribution by Education

Education	Unweighted	Weighted
High school and less	1,966	2,739
College	3,546	4,869
University	5,525	3,412
Total	11,060	11,060

Table 6. Unweighted and Weighted Sample Distribution by Presence of children in the household

Presence of children in the household	Unweighted	Weighted
Yes	2,729	2,953
No	8,294	8,042
Total	11,060	11,060

Table 7. Unweighted and Weighted Sample Distribution by Mother tongue

Language spoken at home	Unweighted	Weighted
French	2,431	2,178
English	7,161	7,293
Other	1,462	1,582
Total	11,060	11,060

Table 8. Unweighted and Weighted Sample Distribution by Ethnicity

Presence of children in the household	Unweighted	Weighted
White	8,684	7,953
BIPOC (Black, Indigenous and People of colour)	2,599	3,299
Total	11,060	11,060

Table 9 Unweighted and Weighted Sample Distribution by Income

Language spoken at home	Unweighted	Weighted
Less than \$40,000	2,136	2,388
\$40,000-\$79,999	3,177	3,209
\$80,000-\$99,999	1,465	1,369
\$100,000 and more	3,391	2,999
Total	11,060	11,060

A.1.6 Weighting factors

Certain subgroups tend to be underrepresented or overrepresented in a sample compared to the general population. The weighting of a sample makes it possible to correct for differences in the representation of the various subgroups of that sample compared to what is usually observed in the overall study population. Weighting factors are therefore the weight given to each respondent that corresponds to a subgroup of the sample.

The weighting applied corrected the original imbalance for data analysis purposes; no further manipulation was required. Based on data from Statistics Canada's 2021 national census, Leger weighted the results of the sample of this survey by gender, age, provinces, mother tongue, education level, presence of children in the household, ethnicity, income level and disability status.

The following tables illustrate the proportion allocated to each target audience in the **sample**.

Table 10 Weight factors by region, gender and age

Label	Weight
British Columbia and Yukon Male 18-24	0.69
British Columbia and Yukon Male 25-34	1.18
British Columbia and Yukon Male 35-44	1.13
British Columbia and Yukon Male 45-54	1.04
British Columbia and Yukon Male 55-64	1.16
British Columbia and Yukon Male 65+	1.60
British Columbia and Yukon Female 18-24	0.65
British Columbia and Yukon Female 25-34	1.17
British Columbia and Yukon Female 35-44	1.16
British Columbia and Yukon Female 45-54	1.12
British Columbia and Yukon Female 55-64	1.25
British Columbia and Yukon Female 65+	1.83
Alberta and Northwest Territories Male 18-24	0.61

Alberta and Northwest Territories Male 25-34	1.02
Alberta and Northwest Territories Male 35-44	1.09
Alberta and Northwest Territories Male 45-54	0.92
Alberta and Northwest Territories Male 55-64	0.91
Alberta and Northwest Territories Male 65+	1.00
Alberta and Northwest Territories Female 18-24	0.57
Alberta and Northwest Territories Female 25-34	1.02
Alberta and Northwest Territories Female 35-44	1.10
Alberta and Northwest Territories Female 45-54	0.91
Alberta and Northwest Territories Female 55-64	0.92
Alberta and Northwest Territories Female 65+	1.13
Manitoba/Saskatchewan and Nunavut Male 18-24	0.38
Manitoba/Saskatchewan and Nunavut Male 25-34	0.56
Manitoba/Saskatchewan and Nunavut Male 35-44	0.55
Manitoba/Saskatchewan and Nunavut Male 45-54	0.48
Manitoba/Saskatchewan and Nunavut Male 55-64	0.53
Manitoba/Saskatchewan and Nunavut Male 65+	0.66
Manitoba/Saskatchewan and Nunavut Female 18-24	0.35
Manitoba/Saskatchewan and Nunavut Female 25-34	0.55
Manitoba/Saskatchewan and Nunavut Female 35-44	0.55
Manitoba/Saskatchewan and Nunavut Female 45-54	0.48
Manitoba/Saskatchewan and Nunavut Female 55-64	0.54
Manitoba/Saskatchewan and Nunavut Female 65+	0.78
Ontario Male 18-24	2.12
Ontario Male 25-34	3.31
Ontario Male 35-44	3.00
Ontario Male 45-54	2.98
Ontario Male 55-64	3.28
Ontario Male 65+	4.03
Ontario Female 18-24	1.97
Ontario Female 25-34	3.27
Ontario Female 35-44	3.18
Ontario Female 45-54	3.19
Ontario Female 55-64	3.47
Ontario Female 65+	4.84
Quebec Male 18-24	1.09
Quebec Male 25-34	1.80
Quebec Male 35-44	1.88
Quebec Male 45-54	1.76
Quebec Male 55-64	2.07
Quebec Male 65+	2.70
Quebec Female 18-24	1.04
Quebec Female 25-34	1.78
Quebec Female 35-44	1.89

Quebec Female 45-54	1.74
Quebec Female 55-64	2.11
Quebec Female 65+	3.20
Atlantic provinces Male 18-24	0.32
Atlantic provinces Male 25-34	0.46
Atlantic provinces Male 35-44	0.46
Atlantic provinces Male 45-54	0.52
Atlantic provinces Male 55-64	0.63
Atlantic provinces Male 65+	0.85
Atlantic provinces Female 18-24	0.30
Atlantic provinces Female 25-34	0.47
Atlantic provinces Female 35-44	0.50
Atlantic provinces Female 45-54	0.55
Atlantic provinces Female 55-64	0.67
Atlantic provinces Female 65+	0.98
Total	100

Table 11 Weight Factors by Region

Label	Weight
British-Columbia	13.89
Alberta	11.10
Manitoba and Nunavut	3.50
Saskatchewan	2.92
Ontario	38.63
Quebec	23.04
New Brunswick	2.15
Newfoundland and Labrador	1.44
Nova Scotia	2.70
Prince Edward Island	0.42
Northwest Territories	0.10
Yukon	0.11
Total	100

Table 12 Weight Factors by Region and language

Label	Weight
Quebec French-speaking	17.24
Quebec Non-French-speaking	5.80
Rest of Canada French-speaking	2.45
Rest of Canada Non-French speaking	74.51
Total	100

Table 13 Weight Factors by Region Education level

Label	Weight
College and less	69.16

University – Rest of Canada	24.33
University - Quebec	6.51
Total	100

Table 14 Weight Factors by Presence of children in the household

Label	Weight
Yes	27.30
Non	72.70
Total	100

Table 15 Weight Factors by Ethnicity - BIPOC

Label	Weight
Yes	26.48
Non	73.52
Total	100

Table 14 Weight Factors by Income

Label	Weight
Less than \$40,000	21.61
\$40,000-\$59,999	15.65
\$60,000-\$79,999	13.37
\$80,000-\$99,999	12.38
\$100,000 and more	27.11
I don't know / Refusal	9.90
Total	100

Table 15 Weight Factors by Disability

Label	Weight
Yes	27.54
Non	72.46
Total	100

Appendix 2 - Survey Questionnaire

Title of Research Project: 2024 Sport and Physical Activity Survey

Date: January 12, 2024

Developed by: Canadian Fitness and Lifestyle Research Institute

[# =====

**Email invitation
Leger Opinion
January 12, 2024**

[# =====

Submitted and conducted by: Leger Opinion

Dear member of the Leger Opinion research panel,

Leger Opinion is conducting a survey among Canadians about their experiences with physical activity and sport opportunities. The study is being conducted in conjunction with the Canadian Fitness and Lifestyle Research Institute (CFLRI), a not-for-profit research organization. This survey is estimated to take about 20 minutes to complete. To express your interest in participating in the survey, please click the link below for more details.

START SURVEY (HYPERLINK TO SURVEY INTRO SCRIPT)

If you have any issue with the link above please copy the following link into your browser:

Thank you in advance for your participation. - Leger Opinion

--

Survey intro script

Thank you for your interest in participating in the study about physical activity and sport experiences. The study is being conducted by Leger Opinion, in conjunction with the Canadian Fitness and Lifestyle Research Institute (CFLRI). This project is funded by the Government of Canada. This study of roughly 11,000 adults across Canada, like yourself, will help to provide information for governments, practitioners, and not-for-profit groups about Canadians' perceptions about programs and opportunities for sport and physical activity. We would appreciate to hear your opinions.

Are you 18 years of age or older? (Yes/No)

(If Yes, continue to next screen. If No, PROCEED TO THINK SCREEN).

THINK SCREEN

Thank you for your responses. Unfortunately this survey is aimed at adults 18 years and older. We thank you for your interest.

NEXT SCREEN - The time taken to complete the survey varies from person-to-person. It averages about 20 minutes.

ETHICS SCREEN - Your participation in the study is voluntary. You can stop participating in the study at any time and you do not have to answer any questions you do not want to. If you decide that you no longer want to participate, we will destroy all the information you have provided. The survey data will be retained by Leger for one year and by CFLRI indefinitely, who will be assisting with the analyses of the results for changes in perceptions over time, and by Sport Canada who has provided funding for the study. There are no known risks to answering the questions and you might learn more about opportunities for participating in physical activity

and sport by completing the survey. The report of this study will be posted on Library and Archives Canada. The data entered in response to this study will be stored securely and will only be used and reported on, in grouped or summary form, by the researchers at the Leger, the CFLRI, and Sport Canada. Although safeguards are in place to ensure that the data is protected such as the use of secured servers, your anonymity can not be completely guaranteed given that the data is collected using an online mechanism.

CONTACT SCREEN - This research project conforms to the Tri-Council Policy Statement on the Ethical Conduct for Research Involving Humans. If you have any questions about your rights as a research participant or the Investigator's responsibilities, you may contact the Manager of Veritas IRB 24 hours per day and 7 days per week at 514-337-0442 or toll-free at 1-866-384-4221. An IRB is a group of scientific and non-scientific individuals who perform the initial and ongoing ethical review of the research study with the subject's rights and welfare in mind. If you have any study related comments, complaints or concerns, you should first contact the study investigator. Please call the IRB if you need to speak to a person independent from the Investigator and the research staff, and/or if the Investigator and the research staff could not be reached. The contact for the study at Leger is Gabrielle Blais. She can be reached at gblais@leger360.com or by phone at 514-982-2464. Further information about Leger is available at <https://leger360.com/>.

If you wish to verify the authenticity of this survey, please copy this link on your browser: <https://www.canadianresearchinsightscouncil.ca/rvs/home/?lang=en>

The CRIC Research Verification Service project code is: 20240129-LE780

Do you agree to participate in this study?

.....
IF yes, START OF SURVEY

IF NO, HYPERLINK TO: Thank you for considering this study.

Question: Q1

What is your gender?

- 1 Male
- 2 Female
- 3 Other, please specify (e.g., non-binary, trans): _____
- 4 Undisclosed 9 Refused

Question: Q2

What province do you live in?

- 1 Newfoundland and Labrador
- 2 Prince Edward Island
- 3 Nova Scotia
- 4 New Brunswick
- 5 Quebec
- 6 Ontario
- 7 Manitoba
- 8 Saskatchewan
- 9 Alberta
- 10 British Columbia
- 11 Yukon
- 12 Northwest Territories
- 13 Nunavut

Variable: Q3

What is your age?

- 1 18-24 years of age
- 2 25-34 years of age

- 3 35-44 years of age
- 4 45-54 years of age
- 6 55-64 years of age
- 7 65-74 years of age
- 8 75 years of age or older
- 9 Refused – TERMINATE

Variable: Q58

What is the language you first learned at home in your childhood and that you still understand?

- 1 French
- 2 English
- 3 Other
- 7 English and French
- 4 French and other
- 5 English and other
- 6 Other and Other
- 9 Refused

Variable: Q50

How many children under the age of 18 are living in the household?

- 0 ...None
- Enter number
- 99 Refused

Variable: Q52

What is the highest level of education you have completed?

- 1 No schooling
- 2 Some or completed elementary school
- 4 Some or completed high school
- 6 Some or completed community college or technical school (or CEGEP)
- 7 Some or completed University (Bachelors, Masters, Doctorate, Professional Degree)
- 8 Unsure 9 Refused

Variable: Q53

Although we do not need exact amounts, what category best represents your total household income in the year ending December 31, 2023, before taxes?

- 1- ...less than \$40,000
- 2... between \$40,000 and 59,999\$
- 3... between \$60,000 and \$79,999
- 4... between \$80,000 and \$99,999
- 5... between \$100,000 and \$120,000, or
- 6... more than \$120,000
- 8 Unsure 9 Refused

Variable: Q55

Which of the following options best describes your ethnic or cultural background? (Check all that apply)?

- 1 North American Indigenous origins (e.g., First Nations, Inuit, Métis)
- 2 Other North American origins (e.g., Acadian, American, Canadian)
- 3 European origins (e.g., British Isles, French, Eastern, West European)
- 4 Caribbean origins (e.g., Antiguan, Bahamian, Cuban, Dominican)

- 5 Latin, Central and South American origins (e.g., Argentinian)
- 6 African origins (e.g., Central and West African, Northern African)
- 7 Asian origins (e.g., Western Central Asian, Middle Eastern)
- 8 Oceania origins (e.g., Australian, New Zealander, Pacific Island)
- Other (specify)
- 99 Refused

Variable: Q56

Would you characterize your household as being situated in...?

- 1 An urban/inner city environment
- 2 A suburban environment
- 3 A rural environment
- 4 An isolated environment
- 8 Unsure
- 9 refused

Variable: Q4

Do you identify as a person with a disability?

A disability refers to any impairment—including a physical, mental, intellectual, cognitive, learning, communication or sensory impairment—that hinders a person’s full participation in society.

For the purpose of this survey, we are interested in the responses of people who have permanent or episodic disabilities. Temporary impairments such as a broken leg are not considered disabilities.

- 1 Yes
- 2 No
- 9 Refused

Question: Q5

Generally speaking, would you say that your physical health is...?

- 1 Excellent
- 2 Good
- 3 Fair
- 4 Poor
- 8 Unsure
- 9 Refused

Question: Q6

Generally speaking, would you say that your mental health is...?

- 1 Excellent
- 2 Good
- 3 Fair
- 4 Poor
- 8 Unsure
- 9 Refused

Question: Q7a-Q7f

The next set of questions ask about time spent engaging in mild, moderate, and vigorous intensity leisure-time physical activity over the **LAST 7 DAYS**.

Leisure-time physical activity is physical activity that you choose to do during your free time, such as exercising, playing sports, swimming, gardening, dancing or taking the dog for a walk. Activities that are not counted as leisure-time physical activity include activities of daily living, chores, and other activities that you have to do, such as grocery shopping, cooking and cleaning.

Aerobic activities are physical activities that are done continuously and that increase your heart rate and breathing rate, such as walking, wheeling, swimming, hand cycling, dancing or sports.

	In the past 7 days , how many days did you do aerobic activities at each intensity level?	On average, how many minutes per day did you do aerobic activities of this intensity?
<p>Mild intensity requires very light physical effort. Mild intensity activities make you feel like you are working a little bit, but you can keep doing them for a long time without getting tired.</p>		
<p>Moderate intensity requires some physical effort. Moderate intensity activities make you feel like you are working somewhat hard, but you can keep doing them for a while without getting tired.</p>		
<p>Heavy intensity requires a lot of physical effort. These activities make you feel like you are working really hard, almost at maximum. You cannot do these activities for long without getting tired. These activities may be exhausting.</p>		

Question: Q8g-Q8i

Strength training activities are activities that increase muscle strength, such as exercises using resistance bands, lifting weights or your own body weight (i.e., push-ups or triceps dips). These activities do not include manual therapy, stretching, or range of motion activities.

In the past 7 days, how many days did you do strength-training activities at least at a moderate intensity?

1-7 Number of days

0 None

9998 Unsure

9999 Refused

IF Q8g=1-7

"In the past 7 days, how many minutes per day did you do strength-training activities at least at a moderate intensity?

1-1000 Number of minutes

9997 Differs from day to day

9998 Unsure

9999 Refused

IF Q8g=1-7

How many minutes did you spend **resting** during these activities (includes breaks during a game or/and resting between sets/each separate exercise)?

1-1000 Number of minutes

9997 Differs from day to day

9998 Unsure
9999 Refused

Question: Q9

For the following questions, when we talk about **sport** we mean physical activities that **usually** involve **competition, rules** and **develop specific skills**. Have you participated in sport in the past 12 months?

- 1 Yes
- 2 No
- 8 Unsure 9 Refused

Question: Q10

(SKIP PATTERN: If Q9=1 (Yes) then ask Q10. If Q9=2 or Q9=8 or Q9=9 then skip to Q20)

Now thinking about the last 12 months, in how many of the last 12 months did you participate in sport?

1-12 Enter number of months

0 None

9998 Unsure 9999 refused

Question: Q11

(SKIP PATTERN: If Q9=1 (Yes) then ask Q11. If Q9=2 or Q9=8 or Q9=9 then skip to Q20)

[SKIP PATTERN: if Q10 eq <1> then ask...]

During that month, about how often did you participate in sports?

[else]

[SKIP PATTERN: if Q10 gt <1> and Q10 lt 998 then ask...]

During those months, about how often did you participate in sports?

- 1 Every day
- 2 4 to 6 times a week
- 3 2 to 3 times a week
- 4 Once a week
- 5 Several times a month
- 6 Once a month
- 7 Less often than once a month
- 8 Varies widely from month to month or depends on season
- 0 Never
- 98 Unsure 99 Refused

Question: Q12

(SKIP PATTERN: If Q9=1 (Yes) then ask Q12. If Q9=2 or Q9=8 or Q9=9 then skip to Q20)

Are you involved in sport as a...? (check all that apply)

- 1 Player
- 2 Coach or assistant coach
- 3 Manager
- 4 Referee or official
- 5 Other type of paid personnel
- 6 Member of Board of directors
- 7 Volunteer in some other capacity (specify)
- 8 Other (specify)
- 98 Unsure 99 Refused

Question: Q13_1 to Q13_3

(SKIP PATTERN: If Q9=1 (Yes) then ask Q13_1 to Q13_3. If Q9=2 or Q9=8 or Q9=9 then skip to Q20)

What sport(s) do you currently play **most often** (please respond up to 3 options)?

Open text box - Indicate First sport

Open text box - Indicate Second sport

Open text box - Indicate Third sport

Question: Q14

(SKIP PATTERN: If Q9=1 (Yes) then ask Q14 else if Q9=2 or Q9=8 or Q9=9 then skip to Q20)

[SKIP PATTERN: if Q13_1 and (Q13_2 or Q13_3) have a response in the text box ask]

Are these sports played:

[else]

[SKIP PATTERN: if Q13_1 has a response but (no response in Q13_2 or Q13_3) in the text box ask]

Is this sport played:

1 Primarily in a **structured or organized** environment (e.g., private facilities, through a sports club or through the community)?

2 Primarily in an **unstructured or non-organized** environment (e.g., pickup soccer on a local field)?

3 Both types of environments?

8 Unsure 9 Refused

(SKIP PATTERN: If Q9=1 (Yes) then ask Q15 else if Q9=2 or Q9=8 or Q9=9 then skip to Q20)

Question: Q15

In general, regarding your participation in sport and physical activity in the past 12 months, have you purchased or paid any of the following? Select all that apply

Purchased clothing, footwear

Purchased equipment

Paid for a membership or registration fee

Paid for coaching, training or instruction

Paid for transportation

Unsure

Refused

Question: Q16

(SKIP PATTERN: If Q9=1 (Yes) then ask Q16 else if Q9=2 or Q9=8 or Q9=9 then skip to Q20)

[SKIP PATTERN: if Q13_1 and (Q13_2 or Q13_3) have a response in the text box then ask]

Do you have a coach for at least one of these sports?

[else]

[SKIP PATTERN: if Q13_1 has a response but (NO response in Q13_2 or Q13_3) in the text box then ask]

Do you have a coach for this sport?

1 Yes

2 No

8 Unsure 9 Refused

Question: Q17

(SKIP PATTERN: If Q9=1 (Yes) then ask Q17 else if Q9=2 or Q9=8 or Q9=9 then skip to Q20)

[SKIP PATTERN: if Q13_1 and (Q13_2 or Q13_3) have a response in the text box then ask]

Do you train for at least one of these sports?

[else]

[SKIP PATTERN: if Q13_1 has a response but (NO response in Q13_2 or Q13_3) in the text box then ask]

Do you train for this sport?

1 Yes

2 No

8 Unsure 9 Refused

Question: Q18

(SKIP PATTERN: If Q9=1 (Yes) then ask Q18 else if Q9=2 or Q9=8 or Q9=9 then skip to Q20)

[SKIP PATTERN: if Q13_1 and (Q13_2 or Q13_3) have a response in the text box then ask]

Do you compete in at least one of these sports?

[else]

[SKIP PATTERN: if Q13_1 has a response but (NO response in Q13_2 or Q13_3) in the text box then ask]

Do you compete for this sport?

1 Yes

2 No

8 Unsure 9 Refused

Question: Q19A

[SKIP PATTERN: if Q18=1 then ask]

[SKIP PATTERN: if Q13_1 and (Q13_2 or Q13_3) have a response in the text box then ask]

MULTIPLE MENTION

At what level do you compete? At a:

- 1 Local or community level?
- 2 Provincial level?
- 3 National level?
- 8 Unsure 9 Refused

Question: Q19B

[SKIP PATTERN: if Q18=1 then ask]

[SKIP PATTERN: if Q13_1 has a response but (NO response in Q13_2 or Q13_3) in the text box then ask]

SINGLE MENTION

At what level do you compete? At a:

- Local or community level?
- 2 Provincial level?
 - 3 National level?
 - 8 Unsure 9 Refused

Question: Q20

In your opinion, what is the least number of days each week that a person **your age** has to be active to obtain health benefits?

1-7 Enter number of days

9998 Unsure 9999 Refused

Question: Q21

[SKIP PATTERN: if Q20 ge 1 and Q20 le 7 then ask]

On **each** of these days, how much time **in total** do you think a person **your age** has to be active in order to obtain health benefits?

1-1000 minutes

9998 Unsure 9999 Refused

Question: Q22

[SKIP PATTERN: if Q20 ge 1 and Q20 le 7 AND Q21 ge 1 and Q21 le 9997 then ask]

In the situation that you have described where someone is active on [Fill Q20] days a week for a total of [Fill Q21] minutes each time, how much physical effort or intensity do you think they need to put into it in order to get health benefits?

- 1 Light effort or intensity (not breathing very hard; normal breathe)
- 2 Moderate effort or intensity (breathing slightly harder than normal)
- 3 Vigorous effort or intensity (breathing much harder than normal)
- 7 Degree of effort or intensity does not matter - any kind of activity will do
- 8 Unsure 9 Refused

Question: Q22BL

In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling (including using a wheel chair) for recreation or to get to and from places.

1-7 Number of days

9998 Unsure 9999 Refused

Question: Q23

Where have you most often **seen or heard** information about sport or physical activity in the past 12 months?

- 1 Newspaper
- 2 Television
- 3 Radio
- 4 Streaming services
- 5 Magazines
- 6 Youtube
- 7 Facebook
- 8 X (formerly known as Twitter), LinkedIn, Reddit
- 9 Instagram
- 10 TikTok
- 11 Other online or mobile apps (e.g., Snapchat, podcasts)
- 12 Other internet, like other web pages
- 13 Friends or family
- 14 Local facility or organization (e.g., sport and recreation facilities, community centres, health organizations)
- 15 On public transit stations or public transportation vehicles (e.g., buses, trains, ferries)
- 16 Somewhere else (specify)
- 0 I have not seen any information on sport or physical activity
- 98 Unsure 99 Refused

Question: Q24

Where would you **try to find information** on sport or physical activity to help you increase your participation?

(Select all that apply)

- 1 Newspaper
- 2 Television
- 3 Radio
- 4 Streaming services
- 5 Magazines
- 6 Youtube
- 7 Facebook
- 8 X (formerly known as Twitter), LinkedIn, Reddit
- 9 Instagram
- 10 TikTok
- 11 Other online or mobile apps (e.g., Snapchat, podcasts)
- 12 Other internet, like other web pages
- 13 Friends or family
- 14 Local facility or organization (e.g., sport and recreation facilities, community centres, health organizations)
- 15 On public transit stations or public transportation vehicles (e.g., buses, trains, ferries)
- 16 Somewhere else (specify)
- 98 Unsure 99 Refused

Question: Q25

Is there any **type of information** that would help you become more active?

- 1 Yes
- 2 No
- 8 Unsure 9 Refused

Question: Q26

[SKIP PATTERN: if Q25=1 then ask Q26, else skip to Q27]

And what **type of information** would help you become more active?

Open ended text

- 8 Unsure 9 Refused

Question: Q27_1 to Q27_7

Please indicate how you feel about the following statements as they relate to playing sport or being physically active.

<i>I do what is desirable for me</i>							
<i>Free to make my own choices</i>							
<i>I fit in</i>							
<i>Accepted by others</i>							
<i>My skills match the level of difficulty of the activity</i>							
<i>I get just the right amount of challenge</i>							
<i>Entirely focused on what I am doing</i>							
<i>That time passes very quickly</i>							
<i>I can achieve my goals</i>							
<i>Confident in my skills/abilities</i>							
<i>A sense of purpose</i>							
<i>A sense of responsibility to others</i>							

Question: Q29

How confident are you that you can regularly do a total of 150 minutes or more of physical activity per week, where the physical activity is enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling (including using a wheelchair) for recreation or to get to and from places?

1 Not at all confident	2 Somewhat not confident	3 Neutral	4 Somewhat confident	5 Very confident	8 Unsure	9 Refused
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Question: Q30

How confident are you that you can be physically active, no matter how busy your day is?

1 Not at all confident	2 Somewhat not confident	3 Neutral	4 Somewhat confident	5 Very confident	8 Unsure	9 Refused
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Question: Q31

How confident are you that you can be physically active on a day when you don't really feel like doing it?

1 Not at all confident	2 Somewhat not confident	3 Neutral	4 Somewhat confident	5 Very confident	8 Unsure	9 Refused
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Question: Q32

How confident are you that you can spend time being active and still spend the time you want with your family?

1 Not at all confident	2 Somewhat not confident	3 Neutral	4 Somewhat confident	5 Very confident	8 Unsure	9 Refused
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Question: Q33

How much personal control do you feel that you have over whether you are able to fit regular physical activity into your lifestyle?

1 No control	2 Little control	3 Some control	4 A lot of control	5 Complete control	8 Unsure	9 Refused
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Question: Q34_1 to Q34_7 (Note to survey house, use sliding scale)

In general, do you find sport or physical activity...?

1	2	3	4	5	Unsure	Refused
Boring	Somewhat boring	Neutral	Somewhat fun	Fun		
Harmful	Somewhat harmful	Neutral	Somewhat beneficial	Beneficial		
Difficult	Somewhat difficult	Neutral	Somewhat easy	Easy		
Painful	Somewhat painful	Neutral	Somewhat comfortable	Comfortable		

Question: Q35_1-Q35_7

To what extent would you say that you find physical activity or sport opportunities...

	Not at all 1	Little extent 2	Some extent 3	Moderate extent 4	To a great extent 5	Unsure
Safe (e.g., free from crime and harassment, opportunities are physically safe or well-maintained)?						
Fair, respectful, ethical?						
Welcoming and inclusive (e.g., inviting to all, free from judgement)?						
Available (e.g., facilities exist nearby)?						
Accessible (e.g., for individuals with all abilities or disabilities)?						
Convenient? (e.g., hours & times are suitable, easy to get to)						
Affordable?						

Question: Q36

Thinking about the next six months, to what extent do you intend to be physically active?

1 No intention	2 Little intention	3 Some intention	4 Moderate intention	5 Fully intend	8 Unsure	9 Refused
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Ask if Q36 > 1

Question: Q37_1 to Q37_11

What is the **main** reason that you would be active over the next six months?

- 1 To lose weight or maintain a healthy weight
- 2 Reduce risk of disease
- 3 Reduce stress
- 4 Improve mental health
- 5 Maintain functional ability with age
- 6 To stay fit, build strength
- 7 For fun or excitement
- 8 For socializing
- 9 For practical reasons like walking the dog, chores or caregiving
- 10 Other reason (please specify: _____)

98 Unsure 99 Refused

Question: Q38

In your opinion, what would help you become more active in the next 6 months?

1 Enter text

98 Unsure 99 Refused

Question: Q39

What do you think most often **prevents** you from participating in physical activity or sport to the extent that you would like to?

Please specify all applicable reasons.

OPEN-ENDED RESPONSE

5 nothing

8 Unsure 9 Refused

Question: Q40_1 to Q40_12

Which of the following places or settings do you **use most** when you are active in your community?

Municipal or public recreation or multi-purpose facilities

YMCA or YWCA

Commercial or private gyms or fitness centres

Educational institutions (e.g., elementary to post-secondary schools)

Sidewalks, side of road, in the neighbourhood

Walking trails or paths

Community parks

Other natural environment, green spaces, water ways

Sports clubs

Workplace

Church or other places of worship

Other (specify)

Unsure

Refused

Question: Q41

In the past 12 months, have you done any type of volunteer activity related to sport, physical activity or recreation?

1 Yes

2 No, I have **never** volunteered for activities related to sport, physical activity or recreation

3 No, but I **have** volunteered for activities related to sport, physical activity or recreation in the past

8 Unsure 9 Refused

Question: Q42

[SKIP PATTERN: if Q41 =1 then ask else skip to Q49]

In total, about how many hours did you spend during the last 12 months on all types of volunteer activity related to sport, physical activity or recreation?

0 None

1-8000 enter number of hours

9998 Unsure 9999 Refused

Question: Q43

[SKIP PATTERN: if Q41 =1 then ask Q43 else skip to Q49]

While volunteering for sport, physical activity, and recreation, which of the following statements would best describe your situation? In this case, the term "most" would include at least 50% of your duties or activities as a volunteer.

1 Most of the volunteering duties are done **in person** (e.g., face-to-face meetings, in person instruction, fundraising)

- 2 Most of the volunteering duties are done **at home** (e.g., stuffing envelopes, ordering uniforms, data entry, telephone calls)
- 3 Most of the volunteering duties are done **virtually** (e.g., online meetings, online coaching and instruction)
- 4 Equal amounts of volunteering duties are done **in person** and **at home**
- 5 Equal amounts of volunteering duties are done **in person** and **virtually**
- 6 Equal amounts of volunteering duties are done **at home** and **virtually**
- 7 *Equal amounts of* volunteering duties are done **at home, virtually and in person.**
- 998 Unsure_999 Refused

Question: Q44

[SKIP PATTERN: if Q41 =1 then ask Q44 else skip to Q49]

How did you volunteer for sport, physical activity or recreation? (Check all that apply)

- 1 Coach or assistant coach
- 2 Manager or assistant manager
- 3 Referee or official
- 4 Other type of paid personnel
- 5 Member of Board of directors
- 6 Registration duties
- 7 Fundraising duties (e.g., selling items, BBQs, team events)
- 8 Administration duties
- 9 Volunteer in some other capacity (specify) _____
- 98 Unsure 99 Refused

Question: Q45

[SKIP PATTERN: if Q41 =1 then ask Q45 else skip to Q49]

How were you recruited to participate as a volunteer?

- 1 Family asked me
- 2 Friends or acquaintances asked me
- 3 Club or organization asked me
- 4 Mandatory requirement of community service (e.g., to graduate)
- 5 Sought out opportunity myself
- 6 Responded to advertisement in media or social media
- 9 Some other way (please specify) _____
- 98 Unsure 99 Refused

Question: Q46

[SKIP PATTERN: if Q41 =1 then ask Q46 else skip to Q49]

How long have you volunteered in sport, physical activity, and recreation?

- 1 Less than one year
- 2 1 to 3 years
- 3 4 to 6 years
- 4 7 to 9 years
- 5 10 years or more
- 98 Unsure 99 Refused

Question: Q47_1 to Q47_3

[SKIP PATTERN: if Q41 =1 then ask Q47 else skip to Q49]

To what extent would you agree with the following statements about training?

	1 Strongly disagree	2 Somewhat disagree	3 Neither agree nor disagree	4 Somewhat agree	5 Strongly agree	8 Unsure	9 Refused
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I received adequate training to conduct my duties as a volunteer effectively							
The amount of time spent on the training required to volunteer was acceptable to me							
The amount of time spent on the training required to volunteer was excessive to me							

Question: Q48

[SKIP PATTERN: if Q41 =3 then ask Q48 else skip to Q49]

Why are you no longer volunteering in sport, physical activity, and recreation?

Enter Text

998 Unsure 999 Refused

Variable: Q49

What is your marital status? Are you ...

- 1 Married or living together as a couple (common law)
- 2 Widowed, separated, or divorced
- 3 Single, or never married
- 9 Refused

Variable: Q51

What is your current employment status? Are you...?

- 1 Working on a full-time basis in a workplace setting away from the home
- 2 Working on a full-time basis but at your home
- 3 Working on a part-time basis in a workplace setting away from the home
- 4 Working on a part-time basis but at your home
- 5 A student participating in classes at an educational facility away from the home
- 6 A student participating in virtual classes at home
- 7 Retired
- 8 Unemployed, on leave, on disability
- 9 A homemaker (care for home or for dependents)
- 98 Unsure
- 99 Refused

Variable: Q54a

Were you born in Canada?

- 1 Yes
- 2 No
- 9 Refused

Variable: Q54b (ask if Q54a=2 else ask Q55)

Roughly how many years have you lived in Canada?

- 1 1-4 years
- 2 5-9 years
- 3 10-15 years
- 4 More than 15 years
- 8 Unsure 9 Refused

Variable: Q57

What is the size of the city or town in which you live?

- 1 ... Under 1,000 residents

2 ... 1,000 to 4,999
3 ... 5,000 to 9,999
4 ... 10,000 to 49,999
5 ... 50,000 to 99,999
6 ... 100,000 to 249,999
7 ... 250,000 to 499,999
8 ... 500,000 or greater
98 Unsure 99 Refused

END OF THE SURVEY:

This concludes the survey. Your answers have been submitted. Thank you for your participation!

The survey results will be posted on Library and Archives Canada.