

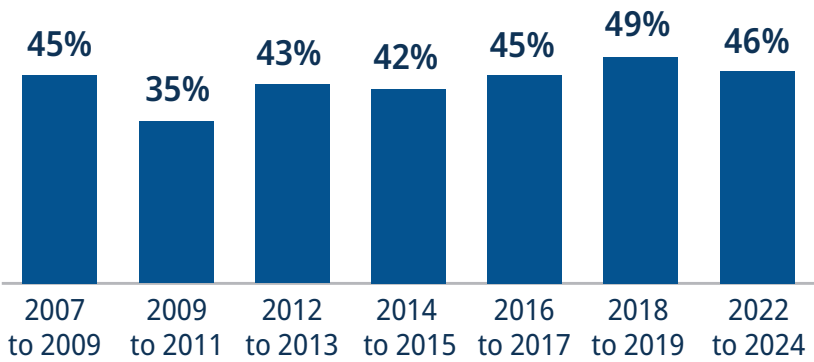
Physical activity in adults

2022 TO 2024

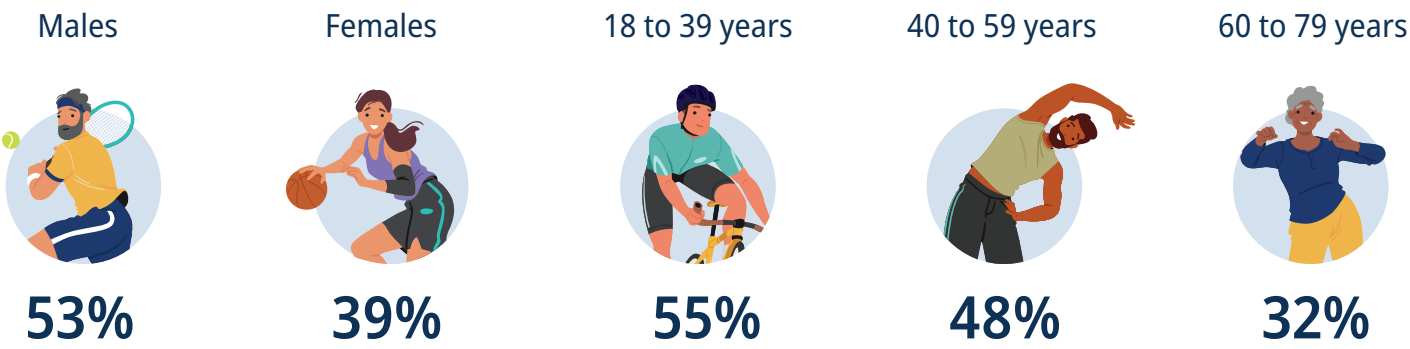


The Canadian 24-Hour Movement Guidelines recommend that adults get at least 150 minutes of moderate to vigorous physical activity every week.

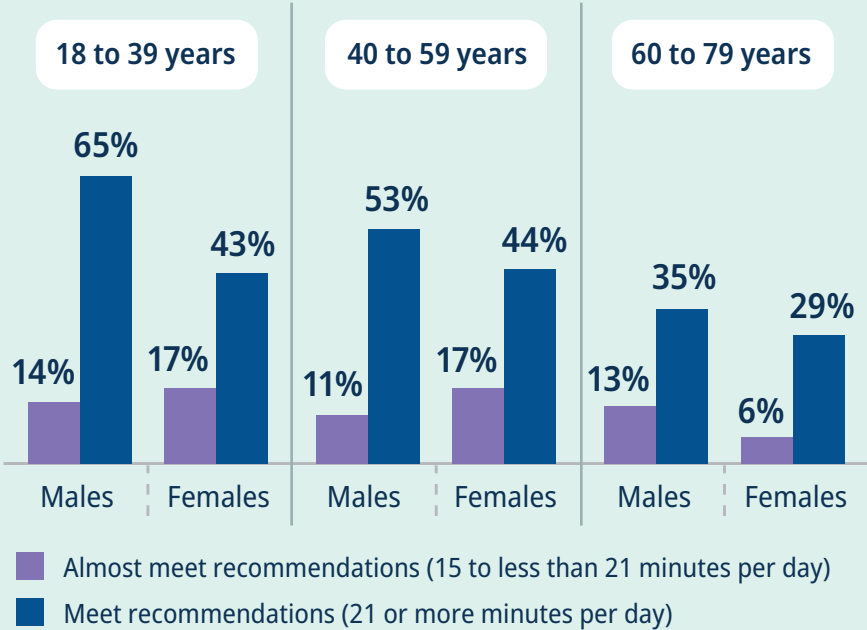
In the period from 2022 to 2024, 46% of Canadian adults aged 18 to 79 met physical activity recommendations. This has remained relatively stable since 2007.



Differences by sex and age



Many Canadians are on their way to meeting the recommended target of **150 minutes** per week (about 21 minutes per day) of moderate to vigorous physical activity

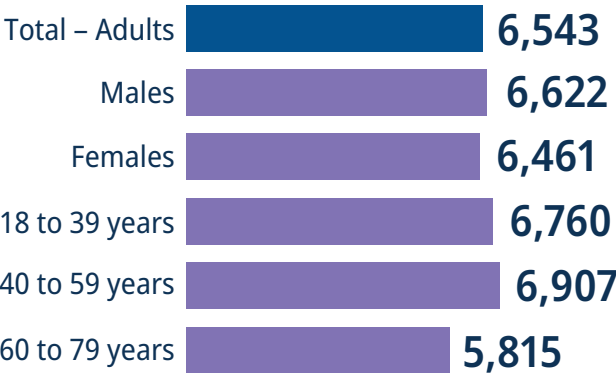


Step it up!

Health benefits are not limited to moderate to vigorous physical activity. Daily steps also support good health. Canadians get most of their steps from walking and light-intensity activities, such as doing chores and taking the stairs.



Average number of steps per day



Sources: Colley et al., 2026, "Trends in physical activity among Canadian adults from 2007 to 2024," *Health Reports*, Statistics Canada Catalogue no. 82-003-X; Michaud et al., 2026, "The missing middle: Exploring light-intensity physical activity and how it relates to health among adults in Canada," *Health Reports*, Statistics Canada Catalogue no. 82-003-X.