ACTIVE LOGAN 2016
PARTICIPATION - URBAN RESIDENTS

TOP 5 ACTIVITIES AND AVERAGE PARTICIPATION PER WEEK

<table>
<thead>
<tr>
<th>Activity</th>
<th>Participation Rate</th>
<th>Average Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking for exercise</td>
<td>43%</td>
<td>4 times a week</td>
</tr>
<tr>
<td>Fitness/Gym</td>
<td>28%</td>
<td>3 times a week</td>
</tr>
<tr>
<td>Running/Jogging</td>
<td>16%</td>
<td>3 times a week</td>
</tr>
<tr>
<td>Swimming/Diving</td>
<td>13%</td>
<td>2 times a week</td>
</tr>
<tr>
<td>Bike riding/Road cycling</td>
<td>11%</td>
<td>1 time a week</td>
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</tbody>
</table>

ORGANISED Vs UNORGANISED ACTIVITIES

- Organised: 50%
- Unorganised: 50%

ORGANISED Vs UNORGANISED ACTIVITIES

- Organised: 64%
- Unorganised: 36%

COUNCIL FACILITIES

- Parks (general/non-specific): 46%
- Bikeways/Pathways: 29%
- Playgrounds/Open space: 19%
- Aquatic Centres: 16%
- Sports Fields or courts: 16%

TYPE OF ORGANISATION

- Sport or recreation club or association: 11%
- Fitness, leisure or indoor sports centre: 27%
- Council Fitness Program: 59%

TOP 3 MOTIVATING FACTORS

- General well-being/health/stay active: 63%
- Fitness: 58%
- Enjoyment/have fun: 38%

BARRIERS TO PARTICIPATION

- Lack of time/Too busy: 30%
- Accessibility issues/Inappropriate locations/Distance to venue: 30%
- Cost/Too expensive: 20%
- Unavailability of preferred activity: 17%
- Health restrictions/Poor health: 16%

Note:
To better understand community physical levels, Logan City Council conducted a survey in November and December 2015. Data was gathered on organised and unorganised sport, recreation and physical activity. Results were collated by the AEC Group from responses of 979 Logan residents 15 years old and over. The above information was derived from the responses of 763 Logan residents 15 years old and over, living in an urban suburb. Urban suburbs comprise: Bahrs Scrub, Bannockburn, Beenleigh, Berinba, Bethania, Bonoria Heights, Browns Plains, Chambers Flat, Cornubia, Crestmead, Daisy Hill, Eagleby, Edens Landing, Forestdale, Heritage Park, Hillcrest, Holmview, Kingston, Logan Central, Logan Reserve, Loganholme, Loganlea, Marsden, Meadowbrook, Mount Warren Park, Park Ridge, Regents Park, Rochedale South, Shailer Park, Slacks Creek, Springwood, Tanah Merah, Underwood, Waterford, Waterford West and Woodridge.

Note:
Many questions in the survey allowed each respondent to chose more than one selection. Percentages are calculated as a proportion of the total number of selections to the number of respondents. Thus percentages may add to more than 100% in these cases.