ACTIVE LOGAN 2016
PARTICIPATION - RURAL RESIDENTS

TOO 5 ACTIVITIES AND AVERAGE PARTICIPATION PER WEEK

- 36% Walking for exercise (3 times a week)
- 32% Fitness/Gym (3 times a week)
- 17% Running/Jogging (3 times a week)
- 14% Swimming/Diving (2 times a week)
- 9% Soccer (Outdoor) (3 times a week)

ORGANISED Vs UNORGANISED ACTIVITIES

- 50% Organised
- 50% Unorganised

COUNCIL FACILITIES

- 20% Playgrounds/Open space
- 16% Sports Fields or courts
- 16% Off road tracks and trails

TOP 3 MOTIVATING FACTORS

- 75% General well-being/health/stay active
- 70% Fitness
- 35% Enjoyment/have fun

BARRIERS TO PARTICIPATION

- 50% No
- 48% Yes

- 32% Cost/Too expensive
- 32% Lack of time/Too busy
- 22% Unavailability of preferred activity
- 10% Lack of facilities/Substandard facilities or settings
- 35% Inappropriate locations/Distance to venue

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 193 Logan residents living in a rural suburb. Rural suburbs comprise: Belivah Buccan, Carbrook, Cedar Creek, Cedar Grove, Cedar Vale, Greenbank, Jimboomba, Kagarra, Kairabah, Logan Village, Lyons, Mundoolun, Munruben, New Beith, North Maclean, Park Ridge South, Priestdale, South Maclean, Stockleigh, Tamborine, Undullah, Veresdale, Veresdale Scrub, Windaroo, Wolffidene, Woodhill and Yarrabilba.

Note:
Many questions in the survey allowed each respondent to choose 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.