Fitness/Gym

Adults

Population Participating
- Active population - Logan: 32%
- Inactive population - Logan: 19.2%
- Active population - Australia: 68%
- Inactive population - Australia: 80%

Respondents Demographics
- Adult: 68%
- Seniors: 6%
- Youth and young adult: 14%
- Male: 80.8%
- Female: 19.2%

Average Participation
- 3 times a week

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. The above results were collated by the AEC Group from responses of 213 Logan residents 15 years old and over, participating in 'fitness/gym'.

2nd most popular activity for adults
- Walking for exercise

Restricted Activities
- 14.4% Swimming/Diving
- Fitness/Gym
- 28.3% Running/Jogging
- Road Cycling
- Swimming/Diving
- Bush Walking
- Soccer (Outdoor)
- Mountain Bike Riding
- Yoga

Average session length
- 60.7 minutes

7th highest Council facility used (14.3%)

Children

20th most popular activity for children
- Swimming/Diving
- Soccer (Outdoor)
- Road Cycling
- Tennis
- Dancing/Ballet
- Walking for exercise
- Australian Rules Football
- Football (exc. Rugby, Soccer, Aus Rules)
- Martial Arts
- Netball
- Athletics, Track and Field
- Gymnastics
- Bush Walking
- Mountain Bike Riding
- BMX Bike Riding
- Running/Jogging
- Touch Football
- Basketball

Average Participation
- 2 times a week

Average session length
- 64.9 minutes

3.3% Fitness/Gym

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