Yoga
Adults

Population Participating

- Active population - Logan: 98.3%
- Inactive population - Logan: 1.7%
- Active population - Australia: 95.8%
- Inactive population - Australia: 4.2%

Respondents Demographics

- Adult: 96%
- Seniors: 4%
- Youth and young adult: 0%
- Male: 84%
- Female: 16%

Average Participation

1 time a week

9th most popular activity for adults

Walking for exercise: 64.2 minutes

Average session length

2nd highest Council facility used (45.7%)

Restricted Activities

- Swimming/Diving
- Fitness/Gym
- Road Cycling
- Bush Walking
- Soccer (Outdoor)
- Mountain Bike Riding
- Dancing/Ballet
- Motor Sports
- Running/Jogging
- Walking for exercise
- Aqua aerobics
- Touch Football
- Netball
- Canoeing/Kayaking
- Martial Arts

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 31 Logan residents 15 years old and over, participating in ‘yoga’.