PARTICIPATION - SENIORS (OVER 65 YEARS)

ACTIVE Vs INACTIVE

- Active population: 40.9%
- Inactive population: 59.1%

ORGANISED Vs UNORGANISED ACTIVITIES

- Organised: 32%
- Unorganised: 68%

TOP 5 ACTIVITIES AND AVERAGE PARTICIPATION PER WEEK

- Walking for exercise: 61% (4 times a week)
- Fitness/Gym: 18% (4 times a week)
- Swimming/Diving: 12% (3 times a week)
- Aqua aerobics: 7% (2 times a week)
- Bike riding/Road cycling: 7% (2 times a week)

COUNCIL FACILITIES

- Parks (general/non-specific): 52%
- Bikeways/Pathways: 39%
- Aquatic Centres: 17%
- Playgrounds/Open space: 15%
- Outdoor gym equipment: 6%

TOP 3 MOTIVATING FACTORS

- General well-being/health/stay active: 50%
- Fitness: 23%
- Enjoyment/have fun: 75%

BARRIERS TO PARTICIPATION

- 69% - No
- 30% - Yes

- Health restrictions/Poor health: 42%
- Unavailability of preferred activity: 17%
- Lack of time/Too busy: 12%
- Cost/Too expensive: 8%

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 119 Logan residents aged 65 years and over.

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.