## WALKING FOR EXERCISE ADULTS



## RESTRICTED ACTIVITIES




## Most popular activity for adults



## 2. Fitness/Gym

3. Running/Jogging
4. Swimming/Diving

> 5. Road Cycling 6. Bush Walking
7. Soccer (Outdoor)
8. Mountain Bike Riding
9. Yoga

Average session length

highest Council facility used (45.7\%)

## CHILDREN

## $6^{\text {th }}$ most popular activity for children


6. Walking for exercise: 8.6\%

## 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 310 Logan residents 15 years old and over, participating in 'walking for exercise'.

