## FITNESS/GYM

## ADULTS

## POPULATION PARTICIPATING



■ Active population, Logan: 41.2\%

- Inactive population, Logan: 58.8\%

■ Active population, Aus: 19.2\%

- Inactive population, Aus: 80.8\%

RESPONDENTS DEMOGRAPHICS


- Adult: 80\% Seniors: 14\%
- Youth and young adult: 6\%
- Male: 32\%
- Female: 68\%


## RESTRICTED ACTIVITIES



Outdoor gym equipment

2. Fitness/Gym: 28.3\%
3. Running/Jogging: 16.5\%
4. Swimming/Diving: $13.1 \%$ 5. Road Cycling: $10.8 \%$ 6. Bush Walking: 9.8\% 7. Soccer (Outdoor): 5.5\% 8. Mountain Bike Riding: 4.3\% 9. Yoga: 4.2\%

Average session length

## $\mathbf{2}^{\text {nd }}$ most popular activity for adults

## 1. Walking for exercise: $41.2 \%$


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## CHILDREN

## 20 ${ }^{\text {th }}$ most popular activity for children

| 2. Soccer (Outdoor) |  |
| :---: | :---: |
| 3. Road Cycling |  |
| 4. Tennis |  |
| 5. Dancing/Ballet |  |
| 6. Walking for exercise |  |
| 7. Soccer (Indoor) |  |
| 8. Australian Rules Football |  |
| 9. Football (exc. Rugby, Soccer, Aus Rules) |  |
| 10. Martial Arts |  |
| 11. Netball |  |
| 12. Athletics, Track and Field |  |
| 13. Gymnastics |  |
| 14. Bush Walking |  |
| 15. Mountain Bike Riding |  |
| 16. BMX Bike Riding |  |
| 17. Running/Jogging |  |
| 18. Touch Football |  |
| 19. Basketball |  |
|  |  |
| 1) 20. Fitness/Gym: 3.3\% |  |

## AVERAGE PARTICIPATION

## 2 <br> times a week

Average session length

## Note:

To better understand community physical levels, Logan City Counci 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'.

