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’.

**RESTRICTED ACTIVITIES**

1. Swimming/Diving
2. Fitness/Gym: 14.4%
3. Walking for exercise
4. Tennis
5. Yoga
6. Martial Arts
7. Road Cycling

2nd highest activity that residents would like to participate in more.

**CHILDREN**

20th most popular activity for children

1. Swimming/Diving
2. Soccer (Outdoor)
3. Road Cycling
4. Tennis
5. Dancing/Ballet
6. Walking for exercise
7. Soccer (Indoor)
8. Australian Rules Football
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
20. Fitness/Gym: 3.3%

**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%

**AVERAGE PARTICIPATION**

3 times a week

2nd most popular activity for adults

1. Walking for exercise: 41.2%
2. Fitness/Gym: 28.3%
3. Running/Jogging: 16.5%
4. Swimming/Diving: 13.1%
5. Road Cycling: 10.8%
6. Bush Walking: 9.6%
7. Soccer (Outdoor): 5.5%
8. Mountain Bike Riding: 4.3%
9. Yoga: 4.2%

Average session length

60.7 minutes

7th highest Council facility used (14.3%)