

KEY PHYSICAL ACTIVITY STATS AMONG ADULTS LIVING IN CANADA

This document shares recent key stats that reflect the current state of physical activity levels among adults living in Canada.

Moderate-to-vigorous physical activity (MVPA):

“MVPA” is physical activity that’s intense enough to raise your heart rate and body temperature. With MVPA, you can talk but can’t sing. Examples include running, swimming, cycling and tennis.

According to [Statistics Canada’s Canadian Health Measures Survey \(Cycle 7; 2022 to 2024\)](#):

- 53% of men and 39% of women met the physical activity recommendation of at least 150 minutes of MVPA per week.
- 50% of adults 18 to 64 years old and 30% of adults 65 to 79 years of age met the MVPA recommendation.
- 56% of adults who earned the highest incomes and 36% of adults with the lowest incomes met the MVPA recommendation.
- 44% of adults who immigrated to Canada within the last 10 years vs. 47% of adults who have lived in Canada for longer met the MVPA recommendation.
- 31% of adults who reported having a disability vs. 48% of adults without a disability met the MVPA recommendation.

Total daily steps:

According to [Statistics Canada’s Canadian Health Measures Survey \(Cycle 7; 2022 to 2024\)](#):

- 33% of men take at least 7,500 steps per day compared to 31% of women.
- 35% of adults 18 to 64 years of age and 22% of adults 65 to 79 years of age took at least 7,500 steps per day on average.
- 33% of adults who earned the highest incomes and 24% of adults with the lowest incomes took at least 7,500 steps a day.
- 24% of adults who immigrated to Canada within the last 10 years vs. 33% of adults who have lived in Canada for longer took at least 7,500 steps a day.
- 25% of adults who reported having a disability vs. 33% of adults without a disability took at least 7,500 steps a day.

Muscle-strengthening activities:

“Muscle-strengthening activities” refer to the use of resistance to engage muscles, which builds strength, improves endurance and increases the size of muscles.

According to the [2025 ParticipACTION Report Card on Physical Activity for Adults](#):

- 35% of adults reported meeting the recommendation of engaging in muscle-strengthening activities using major muscle groups at least twice a week.
- 42% of adults between the ages of 18 and 64 years, and 30% of adults 65 years of age and older reported that they met the muscle-strengthening activities recommendation.¹
- 43% of men vs. 36% of women met the muscle-strengthening activities recommendation.¹

- 43% of adults with the highest incomes vs. 32% of adults who earned the lowest incomes reported that they met the muscle-strengthening activities recommendation.¹
- 34% of adults who immigrated to Canada within the last 10 years vs. 40% of adults who have lived in Canada for longer reported that they met the muscle-strengthening activities recommendation.¹
- 34% of adults who reported having a disability vs. 40% of adults without a disability reported that they met the muscle-strengthening activities recommendation.¹

Sport participation:

“Sport participation” refers to taking part in a subset of physical activity that’s structured and goal-oriented and can be competitive and/or contest-based.

According to the [Canadian Fitness and Lifestyle Research Institute’s Physical Activity and Sport Survey \(2024\)](#):

- 27% of adults reported that they participated in sport within the past 12 months.
- 32% of adults 18 to 64 years old and 13% of adults 65 years of age and older participated in sport within the last 12 months.
- 36% of men vs. 19% of women participated in sport within the last 12 months.

Active transportation:

“Active transportation” refers to any form of human-powered transportation such as walking, cycling, wheeling, in-line skating, paddling or skiing performed for the purpose of getting to and from places.

According to the [2025 ParticipACTION Report Card on Physical Activity for Adults](#):

- 46% of adults used active transportation (e.g., walked, wheeled, cycled or used public transit) to get to and from places (e.g., work, university/college, parks, malls and friends’ homes).
 - 45% of adults 18 to 64 years of age and 32% of adults 65 to 79 years of age reported using active transportation.¹
 - 40% of men and 45% of women reported using active transportation.¹
 - 36% of adults who earned the highest incomes and 49% of adults with the lowest incomes reported using active transportation.¹
 - 52% of adults who immigrated to Canada within the last 10 years and 41% of adults who have lived in Canada for longer reported using active transportation.¹

Stationary time:

“Stationary time” refers to time spent not moving while awake (e.g., reclining, sitting or standing absent of ambulation).

According to [Statistics Canada’s Canadian Health Measures Survey \(Cycle 7: 2022 to 2024\)](#):

- 42% of adults met the stationary time recommendation of 8 hours or less per day.
 - 43% of adults 18 to 64 years of age and 40% of adults 65 years of age and older met the stationary time recommendation.¹
 - 35% of men and 49% of women met the stationary time recommendation.¹

- 35% of adults who reported having a disability and 43% of adults who reported not having a disability met the stationary time recommendation.¹
- 45% of adults who earned the highest incomes and 37% of adults with the lowest incomes met the stationary time recommendation.¹
- 36% of adults who immigrated to Canada within the last 10 years and 43% of adults who have lived in Canada for longer met the stationary time recommendation.¹

Recreational screen time:

“Recreational screen time” is defined as time spent engaging in screen behaviours that are not related to school or work.

According to [Statistics Canada's Canadian Health Measures Survey \(Cycle 7; 2022 to 2024\)](#):

- 57% of adults met the recreational screen time recommendation of 3 hours or fewer per day.
- 59% of adults 18 to 64 years of age and 51% of adults 65 years of age and older met the recreational screen time recommendation.¹
- 52% of men and 62% of women met the recreational screen time recommendation.¹
- 47% of adults who reported having a disability and 58% of adults who reported not having a disability met the recreational screen time recommendation.¹
- 60% of adults who earned the highest incomes and 55% of adults with the lowest incomes met the recreational screen time recommendation.¹
- 61% of adults who immigrated to Canada within the last 10 years and 56% of adults who have lived in Canada for longer met the recreational screen time recommendation.¹

Sleep:

“Sleep” is defined as a natural periodic state of rest for the mind and body, in which the eyes usually close and consciousness is completely or partially lost.

According to the [2025 ParticipACTION Report Card on Physical Activity for Adults](#):

- 70% of adults reported that they met the sleep duration recommendation of 7 to 9 hours per night for those 18 to 64 years old and 7 to 8 hours for those 65 years of age and older.
 - 81% of adults 18 to 64 years of age and 61% of adults 65 to 79 years of age reported that they met the sleep duration recommendation.¹
 - 75% of men and 79% of women reported that they met the sleep duration recommendation.¹
 - 56% of adults who reported having a disability vs. 79% of adults who reported not having a disability met the sleep duration recommendation.¹
 - 78% of adults who earned the highest incomes and 71% of adults with the lowest incomes reported that they met the sleep duration recommendation.¹
 - 79% of adults who immigrated to Canada within the last 10 years and 76% of adults who have lived in Canada for longer reported that they met the sleep duration recommendation.¹

Capability:

“Capability” is a person’s physical or mental ability to engage in a given activity. It includes having the physical strength or stamina, the skills and the belief in oneself to perform the behaviour.

According to the [2025 ParticipACTION Report Card on Physical Activity for Adults](#):

- 75% of adults agreed that they have the **physical ability** and 85% agreed that they have the **psychological ability** to be physically active.
 - 79% of adults earning higher incomes at least somewhat agreed that they have the physical ability to be physically active, compared to 67% of adults earning lower incomes.
 - 75% of adults living in urban or suburban areas at least somewhat agreed that they have the physical ability to be physically active, compared to 75% of adults living in rural areas.
 - 49% of adults who reported having a disability at least somewhat agreed that they have the physical ability to be physically active, compared to 80% of adults who did not report having a disability.
 - 86% of adults earning higher incomes at least somewhat agreed that they have the psychological ability to be physically active, compared to 80% of adults earning lower incomes.
 - 85% of adults living in urban or suburban areas at least somewhat agreed that they have the psychological ability to be physically active, compared to 85% of adults living in rural areas.
 - 76% of adults who reported having a disability at least somewhat agreed that they have the psychological ability to be physically active, compared to 86% of adults who did not report having a disability.

Opportunity:

“Opportunity” refers to outside social and physical factors, like the environment, that facilitate or prevent a behaviour.

According to the [2025 ParticipACTION Report Card on Physical Activity for Adults](#):

- 74% of adults agreed that they have the **physical opportunity** and 70% agreed they have the **social opportunity** to be physically active.
 - 77% of adults earning higher incomes at least somewhat agreed that they have the physical opportunity to be physically active, compared to 69% of adults earning lower incomes.
 - 75% of adults living in urban or suburban areas at least somewhat agreed that they have the physical opportunity to be physically active, compared to 72% of adults living in rural areas.
 - 60% of adults who reported having a disability at least somewhat agreed that they have the physical opportunity to be physically active, compared to 77% of adults who did not report having a disability.
 - 74% of adults earning higher incomes at least somewhat agreed that they have social opportunities to be physically active, compared to 62% of adults earning lower incomes.
 - 71% of adults living in urban or suburban areas at least somewhat agreed that they have social opportunities to be physically active, compared to 67% of adults living in rural areas.
 - 61% of adults who reported having a disability at least somewhat agreed that they have social opportunities to be physically active, compared to 72% of adults who did not report having a disability.

Motivation:

“Motivation” refers to all the brain processes that energize, direct and guide behaviour. It’s not just goals and decision-making; it includes habits and emotional responses, too.

According to the [2025 ParticipACTION Report Card on Physical Activity for Adults](#):

- 80% of adults agreed that they want to be physically active, but only 51% agreed that they sometimes do physical activity without thinking.
 - 81% of adults earning higher incomes at least somewhat agreed that they have the desire to be physically active, compared to 77% of adults earning lower incomes.
 - 80% of adults living in urban or suburban areas at least somewhat agreed that they have the desire to be physically active, compared to 81% of adults living in rural areas.
 - 74% of adults who reported having a disability at least somewhat agreed that they have the desire to be physically active, compared to 81% of adults who did not report having a disability.
 - 52% of adults earning higher incomes at least somewhat agreed that they sometimes engage in physical activity before they even realize they are doing it, compared to 51% of adults earning lower incomes.
 - 51% of adults living in urban or suburban areas at least somewhat agreed that they sometimes engage in physical activity before they even realize they are doing it, compared to 50% of adults living in rural areas.
 - 47% of adults who reported having a disability at least somewhat agreed that they sometimes engage in physical activity before they even realize they are doing it, compared to 52% of adults who did not report having a disability.

Programming:

Programming refers to the level of organization, variety, range of abilities, frequency and target populations of structured physical activity.

- Results from the CFLRI's [2020-2021 Sport Organizations Survey](#) showed that 44% of sport organizations provide programming that supports specific targeted populations (e.g., youth, women and girls, persons with disabilities, Indigenous populations).

Facilities and infrastructure:

Facilities and infrastructure include a wide variety of developed spaces and places that foster physical activity. These include paths, parks, green-spaces, trails, recreation and sport fields and facilities, gardens, playgrounds and dedicated bike lanes.

- [Research](#) suggests that access to parks and recreational facilities is linked to increased physical activity levels among older adults.
- [Studies](#) have shown that safe, walkable and aesthetically pleasing neighbourhoods with access to specific destinations and services can give older adults the opportunity to participate in physical activity and positively impact their physical activity participation.

Reference:

1. 2022-2024 Canadian Health Measures Survey, Cycle 7. Statistics Canada. Custom analysis.