

**Table 10: All participants — average frequency of participation, 2006 (a)**

Sex	Age group (years)	Number of weekly sessions of activity (median)	Number of weekly sessions of activity (mean)	Mean number of different activities (for those that participate in any activity)
Males	15 to 24	3.0	3.9	3.8
	25 to 34	2.2	3.0	3.4
	35 to 44	2.2	3.1	3.5
	45 to 54	2.9	3.6	3.9
	55 to 64	3.0	3.7	4.1
	65 and over	4.0	4.6	4.4
	<b>TOTAL</b>	2.9	3.6	3.8
Females	15 to 24	2.9	3.6	2.4
	25 to 34	3.0	3.9	2.2
	35 to 44	3.2	4.0	2.1
	45 to 54	3.7	4.3	1.9
	55 to 64	3.9	4.6	1.8
	65 and over	3.4	4.2	1.5
	<b>TOTAL</b>	3.2	4.1	2.0
Persons	15 to 24	3.0	3.8	2.6
	25 to 34	2.8	3.4	2.3
	35 to 44	3.0	3.5	2.2
	45 to 54	3.2	3.9	2.0
	55 to 64	3.1	4.1	1.8
	65 and over	3.8	4.4	1.5
	<b>TOTAL</b>	<b>3.0</b>	<b>3.8</b>	<b>2.1</b>

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2006