

Table 11: All participants — duration of participation 2006 (a)

		One activity	Two activities	Three activities	Total
		Number ('000)			
Five hours or more	More than three sessions weekly	817.2	1,280.7	761.0	2,858.8
	Two or three sessions weekly	309.7	165.1	37.2	511.9
	Less than two sessions weekly	113.5	*17.9	**0	131.4
	<i>Total</i>	<i>1,240.3</i>	<i>1,463.7</i>	<i>798.2</i>	<i>3,502.2</i>
Two hours or more but less than five hours	More than three sessions weekly	1,029.8	873.2	288.5	2,191.5
	Two or three sessions weekly	810.2	550.5	94.5	1,455.2
	Less than two sessions weekly	527.5	126.1	**6.0	659.7
	<i>Total</i>	<i>2,367.5</i>	<i>1,549.8</i>	<i>389.1</i>	<i>4,306.3</i>
Less than two hours	More than three sessions weekly	178.2	65.5	**6.3	250.0
	Two or three sessions weekly	739.3	238.5	42.7	1,020.5
	Less than two sessions weekly	1,924.0	241.7	**2.2	2,167.9
	<i>Total</i>	<i>2,841.6</i>	<i>545.6</i>	<i>51.1</i>	<i>3,438.3</i>
Total	More than three sessions weekly	2,025.1	2,219.4	1,055.8	5,300.3
	Two or three sessions weekly	1,859.2	954.0	174.4	2,987.5
	Less than two sessions weekly	2,565.1	385.7	*8.2	2,959.0
	Total	6,449.4	3,559.1	1,238.4	11,246.8
		Participation rate (%)			
Five hours or more	More than three sessions weekly	7.3	11.4	6.8	25.4
	Two or three sessions weekly	2.8	1.5	0.3	4.6
	Less than two sessions weekly	1.0	*0.2	**0	1.2
	<i>Total</i>	<i>11.0</i>	<i>13.0</i>	<i>7.1</i>	<i>31.1</i>
Two hours or more but less than five hours	More than three sessions weekly	9.2	7.8	2.6	19.5
	Two or three sessions weekly	7.2	4.9	0.8	12.9
	Less than two sessions weekly	4.7	1.1	**0.1	5.9
	<i>Total</i>	<i>21.1</i>	<i>13.8</i>	<i>3.5</i>	<i>38.3</i>
Less than two hours	More than three sessions weekly	1.6	0.6	**0.1	2.2
	Two or three sessions weekly	6.6	2.1	0.4	9.1
	Less than two sessions weekly	17.1	2.1	**0	19.3
	<i>Total</i>	<i>25.3</i>	<i>4.9</i>	<i>0.5</i>	<i>30.6</i>
Total	More than three sessions weekly	18.0	19.7	9.4	47.1
	Two or three sessions weekly	16.5	8.5	1.6	26.6
	Less than two sessions weekly	22.8	3.4	*0.1	26.3
	Total	57.3	31.6	11.0	100.0

(a) Relates to persons aged 15 years and over who participated in one of their 'top three' physical activities for exercise, recreation and sport over a two-week period prior to interview in 2006. 'Top three' activities refer to the physical activities that respondents participated in most over the 12 months prior to interview

* Estimate has a relative standard error of between 25% and 50% and should be used with caution

** Estimate has a relative standard error greater than 50% and is considered too unreliable for general use