

Table 12: All participants — duration of participation, walkers compared to non-walkers 2006 (a)

		Non-walking	Walking and other	Walking only	All participants
		Number ('000)			
Five hours or more	More than three sessions weekly	1,380.6	1,020.7	457.6	2,858.8
	Two or three sessions weekly	470.6	35.4	**5.8	511.9
	Less than two sessions weekly	126.6	**1.3	**3.5	131.4
	<i>Total</i>	1,977.8	1,057.4	466.9	3,502.2
Two hours or more but less than five hours	More than three sessions weekly	718.5	692.3	780.8	2,191.5
	Two or three sessions weekly	904.4	250.5	300.2	1,455.2
	Less than two sessions weekly	619.5	*13.9	*26.3	659.7
	<i>Total</i>	2,242.4	956.7	1,107.2	4,306.3
Less than two hours	More than three sessions weekly	93.7	42.3	114.0	250.0
	Two or three sessions weekly	391.1	139.9	489.4	1,020.5
	Less than two sessions weekly	1,334.1	95.7	738.0	2,167.9
	<i>Total</i>	1,818.9	277.9	1,341.5	3,438.3
Total	More than three sessions weekly	2,192.7	1,755.3	1,352.3	5,300.3
	Two or three sessions weekly	1,766.2	425.9	795.4	2,987.5
	Less than two sessions weekly	2,080.3	110.9	767.8	2,959.0
	Total	6,039.2	2,292.1	2,915.6	11,246.8
		Participation rate (%)			
Five hours or more	More than three sessions weekly	12.3	9.1	4.1	25.4
	Two or three sessions weekly	4.2	0.3	**0.1	4.6
	Less than two sessions weekly	1.1	**0	**0	1.2
	<i>Total</i>	17.6	9.4	4.2	31.1
Two hours or more but less than five hours	More than three sessions weekly	6.4	6.2	6.9	19.5
	Two or three sessions weekly	8.0	2.2	2.7	12.9
	Less than two sessions weekly	5.5	*0.1	*0.2	5.9
	<i>Total</i>	19.9	8.5	9.8	38.3
Less than two hours	More than three sessions weekly	0.8	0.4	1.0	2.2
	Two or three sessions weekly	3.5	1.2	4.4	9.1
	Less than two sessions weekly	11.9	0.9	6.6	19.3
	<i>Total</i>	16.2	2.5	11.9	30.6
Total	More than three sessions weekly	19.5	15.6	12.0	47.1
	Two or three sessions weekly	15.7	3.8	7.1	26.6
	Less than two sessions weekly	18.5	1.0	6.8	26.3
	Total	53.7	20.4	25.9	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