

Table 5: All persons — frequency of participation in physical activity for exercise, recreation and sport, 2006 (a)

Sex	Age group (years)	None	Zero — once per week (b)	Once or twice per week (c)	Three or four times per week (d)	Five or more times per week	Total
		Number ('000)					
Males	15 to 24	111.8	226.0	442.3	288.6	397.3	1,465.9
	25 to 34	209.8	307.6	422.1	270.6	226.8	1,436.9
	35 to 44	281.0	333.8	359.2	292.7	240.4	1,507.0
	45 to 54	303.6	269.2	293.7	243.5	291.9	1,402.0
	55 to 64	296.6	187.6	236.4	169.2	257.3	1,147.1
	65 and over	389.8	105.2	203.0	169.0	351.8	1,218.9
	TOTAL	1,592.6	1,429.3	1,956.8	1,433.6	1,765.5	8,177.8
Females	15 to 24	174.6	224.8	403.2	266.0	334.0	1,402.6
	25 to 34	278.7	192.2	342.3	261.6	363.8	1,438.6
	35 to 44	249.7	198.1	331.4	343.1	400.9	1,523.3
	45 to 54	242.2	144.9	289.6	325.1	431.8	1,433.7
	55 to 64	209.8	93.9	247.1	206.1	366.4	1,123.4
	65 and over	485.1	128.9	281.0	233.7	361.2	1,490.0
	TOTAL	1,640.1	982.9	1,894.7	1,635.7	2,258.2	8,411.5
Persons	15 to 24	286.4	450.8	845.5	554.6	731.2	2,868.5
	25 to 34	488.5	499.7	764.4	532.3	590.7	2,875.6
	35 to 44	530.7	531.9	690.6	635.8	641.3	3,030.3
	45 to 54	545.8	414.1	583.4	568.6	723.7	2,835.6
	55 to 64	506.4	281.5	483.5	375.3	623.7	2,270.5
	65 and over	874.9	234.1	484.1	402.7	713.0	2,708.8
	TOTAL	3,232.7	2,412.2	3,851.5	3,069.2	4,023.7	16,589.4

Proportion of each demographic group within each category (row %)

Males	15 to 24	7.6	15.4	30.2	19.7	27.1	100.0
	25 to 34	14.6	21.4	29.4	18.8	15.8	100.0
	35 to 44	18.6	22.1	23.8	19.4	16.0	100.0
	45 to 54	21.7	19.2	21.0	17.4	20.8	100.0
	55 to 64	25.9	16.4	20.6	14.7	22.4	100.0
	65 and over	32.0	8.6	16.7	13.9	28.9	100.0
	TOTAL	19.5	17.5	23.9	17.5	21.6	100.0
Females	15 to 24	12.4	16.0	28.7	19.0	23.8	100.0
	25 to 34	19.4	13.4	23.8	18.2	25.3	100.0
	35 to 44	16.4	13.0	21.8	22.5	26.3	100.0
	45 to 54	16.9	10.1	20.2	22.7	30.1	100.0
	55 to 64	18.7	8.4	22.0	18.3	32.6	100.0
	65 and over	32.6	8.7	18.9	15.7	24.2	100.0
	TOTAL	19.5	11.7	22.5	19.4	26.8	100.0
Persons	15 to 24	10.0	15.7	29.5	19.3	25.5	100.0
	25 to 34	17.0	17.4	26.6	18.5	20.5	100.0
	35 to 44	17.5	17.6	22.8	21.0	21.2	100.0
	45 to 54	19.2	14.6	20.6	20.1	25.5	100.0
	55 to 64	22.3	12.4	21.3	16.5	27.5	100.0
	65 and over	32.3	8.6	17.9	14.9	26.3	100.0
	TOTAL	19.5	14.5	23.2	18.5	24.3	100.0

(a) Relates to all persons aged 15 years and over

(b) More than zero and less than once per week

(c) Once or more and less than 3 times per week

(d) Three or more times and less than five times per week