

Table 6: All persons — frequency of participation in organised physical activity for exercise, recreation and sport, 2006 (a)

| | | 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 |
|---|-------------------|---------------|--------------------------------|----------------------------------|---|--------------------------------|--------------|
| Sex | Age group (years) | Number ('000) | | | | | |
| Males | 15 to 24 | 522.4 | 250.0 | 338.2 | 168.8 | 186.5 | 1,465.9 |
| | 25 to 34 | 785.1 | 261.4 | 255.1 | 96.2 | 39.1 | 1,436.9 |
| | 35 to 44 | 881.6 | 311.0 | 221.5 | 65.5 | 27.4 | 1,507.0 |
| | 45 to 54 | 944.8 | 221.1 | 146.3 | 74.8 | *14.9 | 1,402.0 |
| | 55 to 64 | 818.3 | 150.8 | 129.8 | 40.2 | *7.9 | 1,147.1 |
| | 65 and over | 887.4 | 90.6 | 154.6 | 69.3 | *16.9 | 1,218.9 |
| | TOTAL | | 4,839.7 | 1,284.8 | 1,245.6 | 514.8 | 292.8 |
| Females | 15 to 24 | 548.9 | 246.7 | 356.1 | 127.0 | 124.0 | 1,402.6 |
| | 25 to 34 | 906.7 | 190.2 | 226.3 | 66.9 | 48.5 | 1,438.6 |
| | 35 to 44 | 970.5 | 190.0 | 216.9 | 96.0 | 49.9 | 1,523.3 |
| | 45 to 54 | 1,001.5 | 144.4 | 178.5 | 78.3 | 30.9 | 1,433.7 |
| | 55 to 64 | 768.4 | 115.0 | 160.5 | 57.8 | *21.7 | 1,123.4 |
| | 65 and over | 1,070.7 | 119.2 | 206.2 | 60.4 | 33.4 | 1,490.0 |
| | TOTAL | | 5,266.8 | 1,005.5 | 1,344.5 | 486.4 | 308.4 |
| Persons | 15 to 24 | 1,071.4 | 496.6 | 694.4 | 295.7 | 310.5 | 2,868.5 |
| | 25 to 34 | 1,691.8 | 451.6 | 481.4 | 163.2 | 87.6 | 2,875.6 |
| | 35 to 44 | 1,852.1 | 501.0 | 438.4 | 161.5 | 77.3 | 3,030.3 |
| | 45 to 54 | 1,946.4 | 365.5 | 324.9 | 153.1 | 45.9 | 2,835.6 |
| | 55 to 64 | 1,586.7 | 265.8 | 290.3 | 98.0 | 29.6 | 2,270.5 |
| | 65 and over | 1,958.2 | 209.8 | 360.8 | 129.8 | 50.3 | 2,708.8 |
| | TOTAL | | 10,106.5 | 2,290.3 | 2,590.1 | 1,001.3 | 601.2 |
| Proportion of each demographic group within each category (row %) | | | | | | | |
| Males | 15 to 24 | 35.6 | 17.1 | 23.1 | 11.5 | 12.7 | 100.0 |
| | 25 to 34 | 54.6 | 18.2 | 17.8 | 6.7 | 2.7 | 100.0 |
| | 35 to 44 | 58.5 | 20.6 | 14.7 | 4.3 | 1.8 | 100.0 |
| | 45 to 54 | 67.4 | 15.8 | 10.4 | 5.3 | *1.1 | 100.0 |
| | 55 to 64 | 71.3 | 13.1 | 11.3 | 3.5 | *0.7 | 100.0 |
| | 65 and over | 72.8 | 7.4 | 12.7 | 5.7 | *1.4 | 100.0 |
| | TOTAL | 59.2 | 15.7 | 15.2 | 6.3 | 3.6 | 100.0 |
| Females | 15 to 24 | 39.1 | 17.6 | 25.4 | 9.1 | 8.8 | 100.0 |
| | 25 to 34 | 63.0 | 13.2 | 15.7 | 4.7 | 3.4 | 100.0 |
| | 35 to 44 | 63.7 | 12.5 | 14.2 | 6.3 | 3.3 | 100.0 |
| | 45 to 54 | 69.9 | 10.1 | 12.5 | 5.5 | 2.2 | 100.0 |
| | 55 to 64 | 68.4 | 10.2 | 14.3 | 5.1 | *1.9 | 100.0 |
| | 65 and over | 71.9 | 8.0 | 13.8 | 4.1 | 2.2 | 100.0 |
| | TOTAL | 62.6 | 12.0 | 16.0 | 5.8 | 3.7 | 100.0 |
| Persons | 15 to 24 | 37.3 | 17.3 | 24.2 | 10.3 | 10.8 | 100.0 |
| | 25 to 34 | 58.8 | 15.7 | 16.7 | 5.7 | 3.0 | 100.0 |
| | 35 to 44 | 61.1 | 16.5 | 14.5 | 5.3 | 2.6 | 100.0 |
| | 45 to 54 | 68.6 | 12.9 | 11.5 | 5.4 | 1.6 | 100.0 |
| | 55 to 64 | 69.9 | 11.7 | 12.8 | 4.3 | 1.3 | 100.0 |
| | 65 and over | 72.3 | 7.7 | 13.3 | 4.8 | 1.9 | 100.0 |
| | TOTAL | 60.9 | 13.8 | 15.6 | 6.0 | 3.6 | 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

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