

Table 7: All participants — frequency of participation, cumulative, 2006 (a)

Sex	Age group (years)	Less than once per week	Once per week or more	Twice per week or more	Three times per week or more	Total participation
		Number ('000)				
Males	15 to 24	226.0	1,128.2	890.7	685.9	1,354.2
	25 to 34	307.6	919.5	693.9	497.5	1,227.1
	35 to 44	333.8	892.3	680.5	533.1	1,226.0
	45 to 54	269.2	829.2	675.5	535.4	1,098.3
	55 to 64	187.6	662.9	531.5	426.5	850.5
	65 and over	105.2	723.8	635.4	520.8	829.1
	TOTAL	1,429.3	5,155.9	4,107.4	3,199.1	6,585.2
Females	15 to 24	224.8	1,003.2	785.0	600.0	1,228.0
	25 to 34	192.2	967.8	792.5	625.5	1,160.0
	35 to 44	198.1	1,075.5	921.1	744.1	1,273.6
	45 to 54	144.9	1,046.5	913.4	756.9	1,191.5
	55 to 64	93.9	819.6	694.7	572.5	913.5
	65 and over	128.9	875.9	751.9	594.9	1,004.8
	TOTAL	982.9	5,788.5	4,858.7	3,893.8	6,771.4
Persons	15 to 24	450.8	2,131.4	1,675.6	1,285.8	2,582.2
	25 to 34	499.7	1,887.3	1,486.3	1,122.9	2,387.1
	35 to 44	531.9	1,967.7	1,601.6	1,277.1	2,499.7
	45 to 54	414.1	1,875.7	1,588.9	1,292.3	2,289.8
	55 to 64	281.5	1,482.5	1,226.2	999.0	1,764.1
	65 and over	234.1	1,599.8	1,387.3	1,115.7	1,833.9
	TOTAL	2,412.2	10,944.5	8,966.1	7,092.9	13,356.6
Participation rate (%)						
Males	15 to 24	15.4	77.0	60.8	46.8	92.4
	25 to 34	21.4	64.0	48.3	34.6	85.4
	35 to 44	22.1	59.2	45.2	35.4	81.4
	45 to 54	19.2	59.1	48.2	38.2	78.3
	55 to 64	16.4	57.8	46.3	37.2	74.1
	65 and over	8.6	59.4	52.1	42.7	68.0
	TOTAL	17.5	63.0	50.2	39.1	80.5
Females	15 to 24	16.0	71.5	56.0	42.8	87.6
	25 to 34	13.4	67.3	55.1	43.5	80.6
	35 to 44	13.0	70.6	60.5	48.8	83.6
	45 to 54	10.1	73.0	63.7	52.8	83.1
	55 to 64	8.4	73.0	61.8	51.0	81.3
	65 and over	8.7	58.8	50.5	39.9	67.4
	TOTAL	11.7	68.8	57.8	46.3	80.5
Persons	15 to 24	15.7	74.3	58.4	44.8	90.0
	25 to 34	17.4	65.6	51.7	39.1	83.0
	35 to 44	17.6	64.9	52.9	42.1	82.5
	45 to 54	14.6	66.1	56.0	45.6	80.8
	55 to 64	12.4	65.3	54.0	44.0	77.7
	65 and over	8.6	59.1	51.2	41.2	67.7
	TOTAL	14.5	66.0	54.0	42.8	80.5

(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