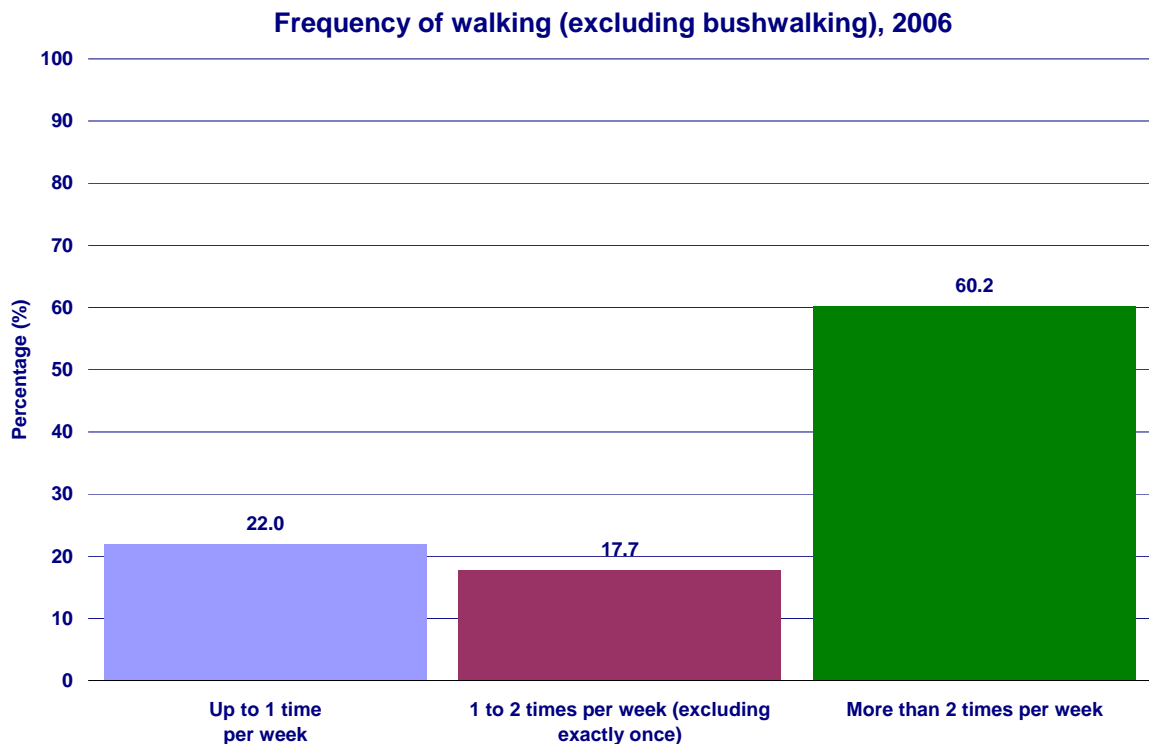


5 Main sports and physical activities

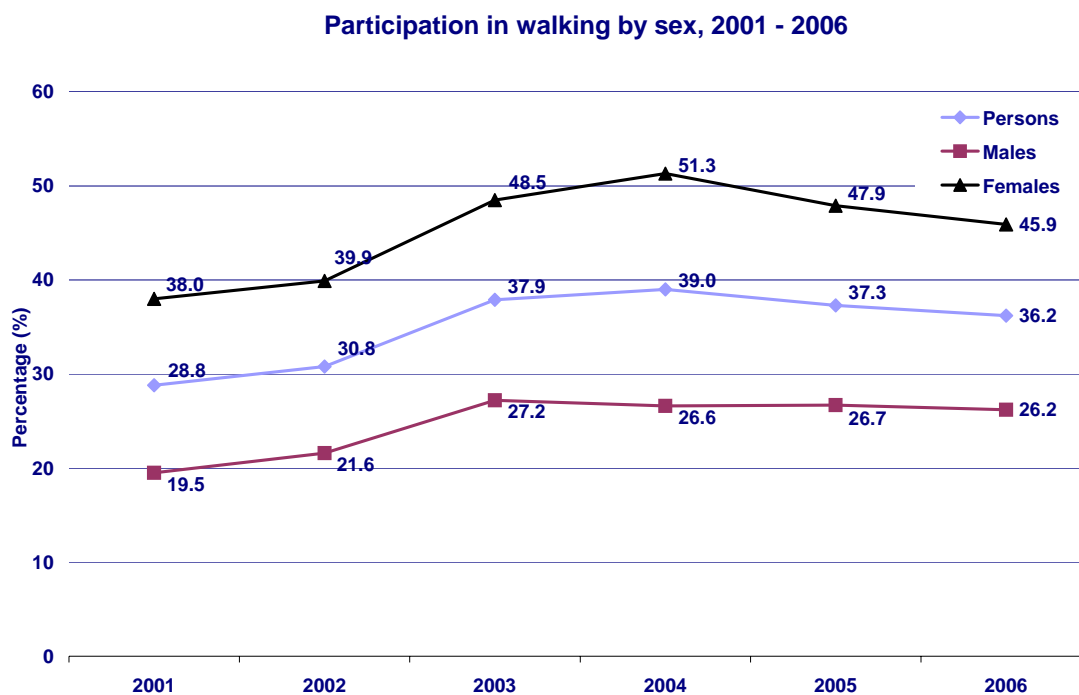
The sports and physical activities with the highest participation (at least once in the past 12 months) in Australia in 2006 are walking, aerobics/ fitness, swimming, cycling, running, golf, tennis, bushwalking, outdoor football and netball.

Walking (excluding bushwalking)

- Walking (excludes bushwalking) was the most common activity with 6,001,700 participants (36.2% of all people aged 15 years and over).
- The male participation rate was 26.2%, and the female rate was 45.9%.
- Participation in walking was highest for those aged 45 years or more, with a participation rate of at least 45% across these age groups, while participation was lowest for 15 to 24 year olds (13.7%).
- 35.6% of people participated in non-organised walking, compared to 1.0% in organised walking.



- Participants walked on average (median) 3.0 times per week, with 60.2% of walkers walking more than twice a week.

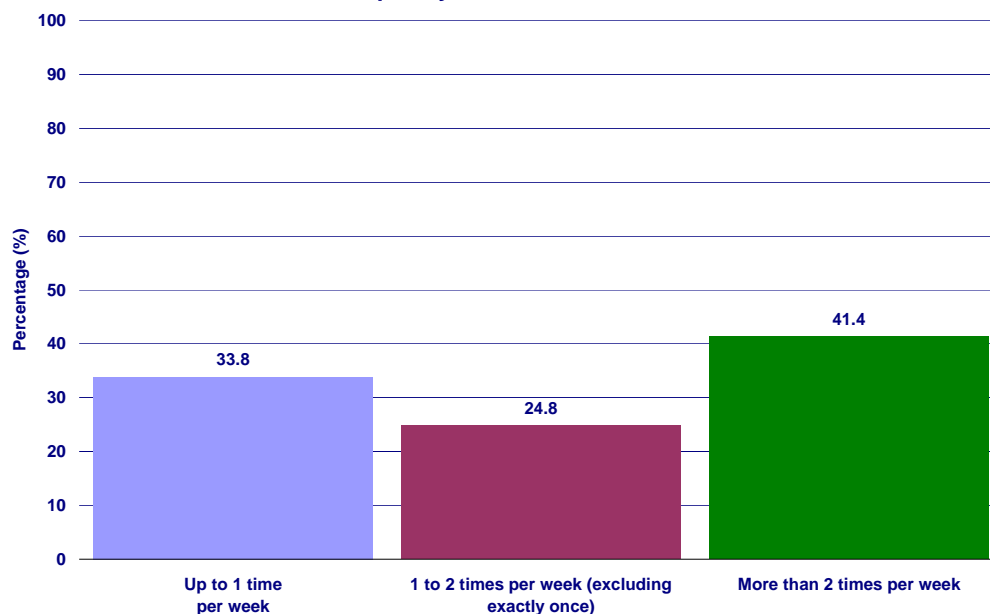


- Participation in walking over the last seven years has increased, peaking at 51.3% among women in 2004.

Aerobic/fitness

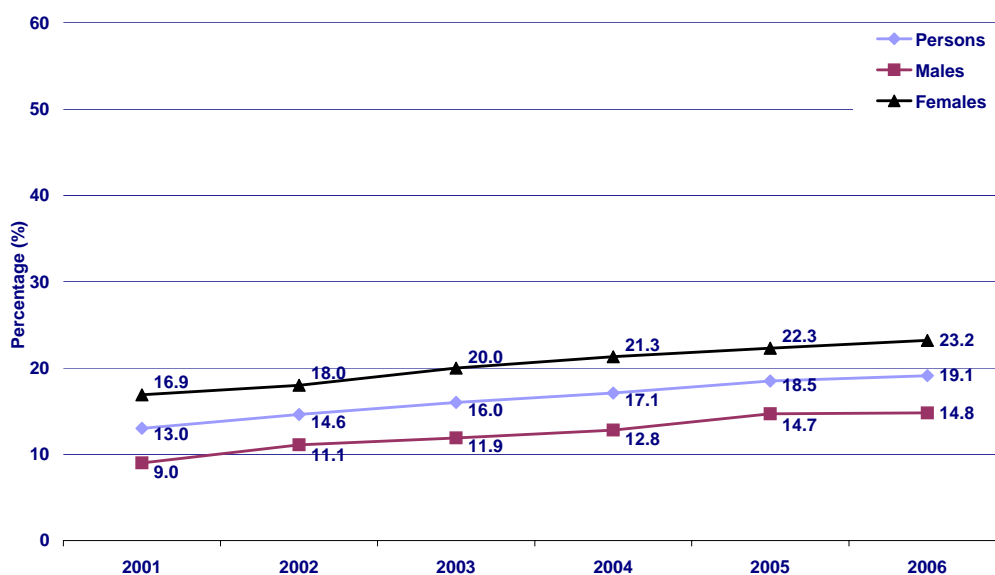
- Aerobics or fitness activities was the second most common activity with 3,161,300 participants (19.1%) aged 15 years and over, and the highest participating organised sport (1,319,500 participants).
- The male participation rate was 14.8%, and the female rate was 23.2%.
- Participation was highest for people aged 15 to 24 (25.1%), reducing with age to 12.4% for people aged 65 years and over.
- 12.1% of people participated in non-organised aerobics/fitness activities, while 8.0% participated in organised aerobics/fitness activities.

Frequency of aerobics/ fitness, 2006



- Participants were involved in aerobics/fitness on average (median) week.

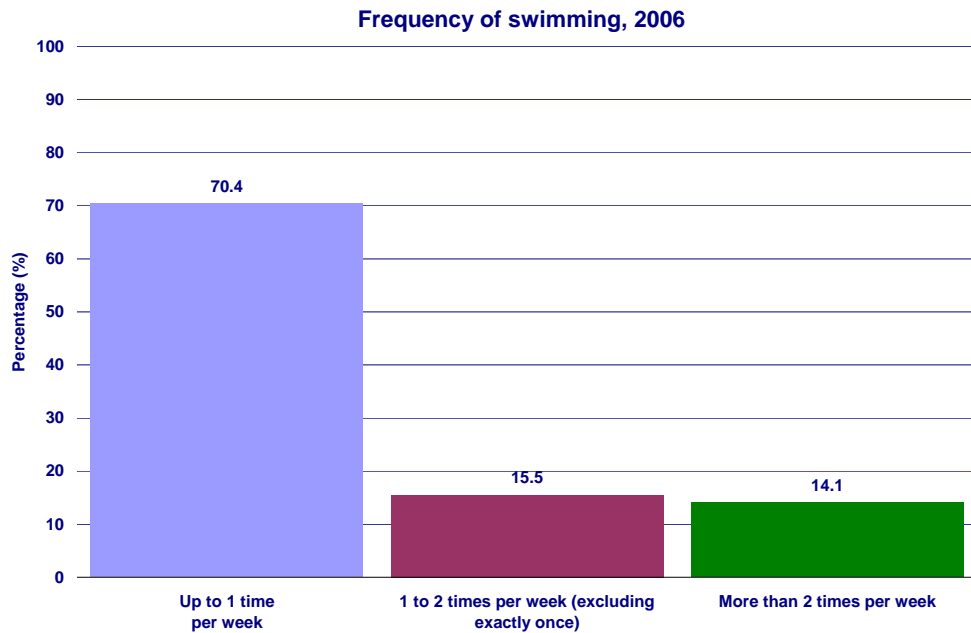
Participation in aerobics/ fitness activities by sex, 2001 - 2006



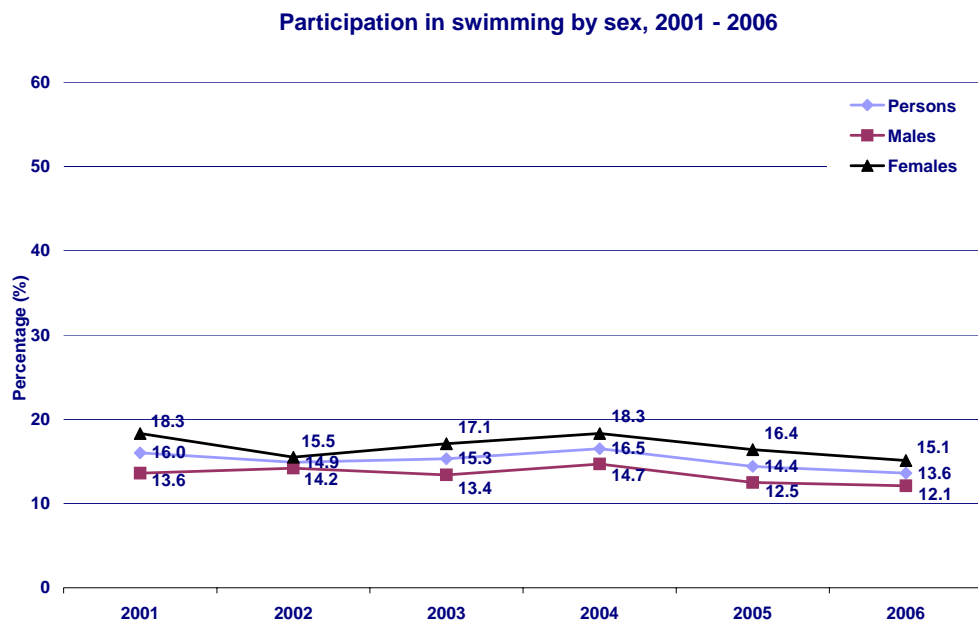
- Participation in aerobics/ fitness continued to increase, particularly among females (23.2% in 2006).

Swimming

- Swimming was the third most common activity, with 2,256,900 participants (13.6%).
- The male participation rate was 12.1%, and the female rate was 15.1%.
- While participation was highest among those aged 24 to 44 (17.0% for 24 to 34 year olds and 17.3% for 35 to 44 year olds), participation fell 11% for those aged 65 years or more (6.1%).
- Participation in swimming was significantly higher for non-organised swimming (12.1%, compared with 1.9% for organised swimming).



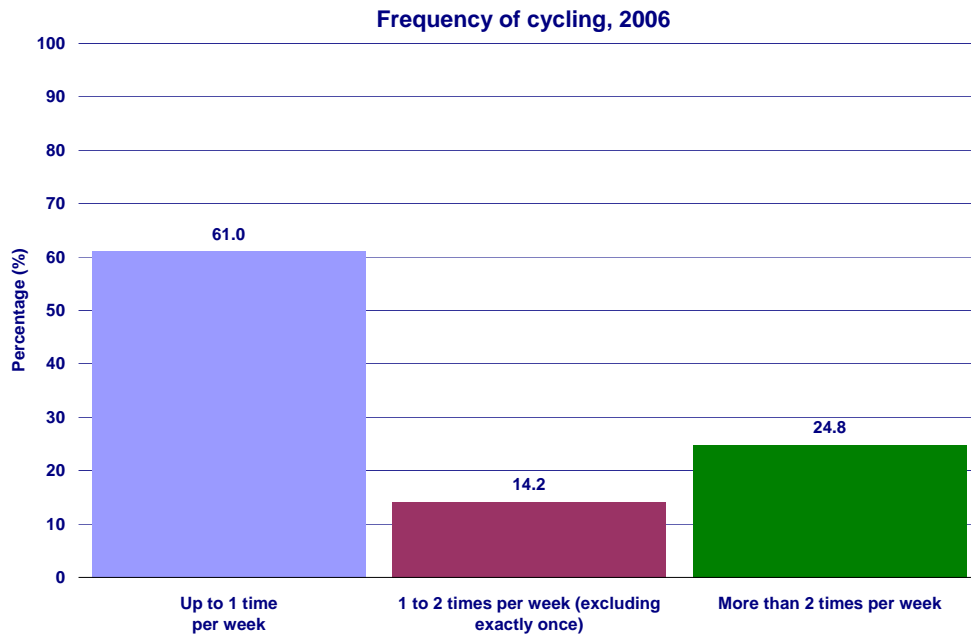
- Participants swam on average (median) 0.6 times per week.



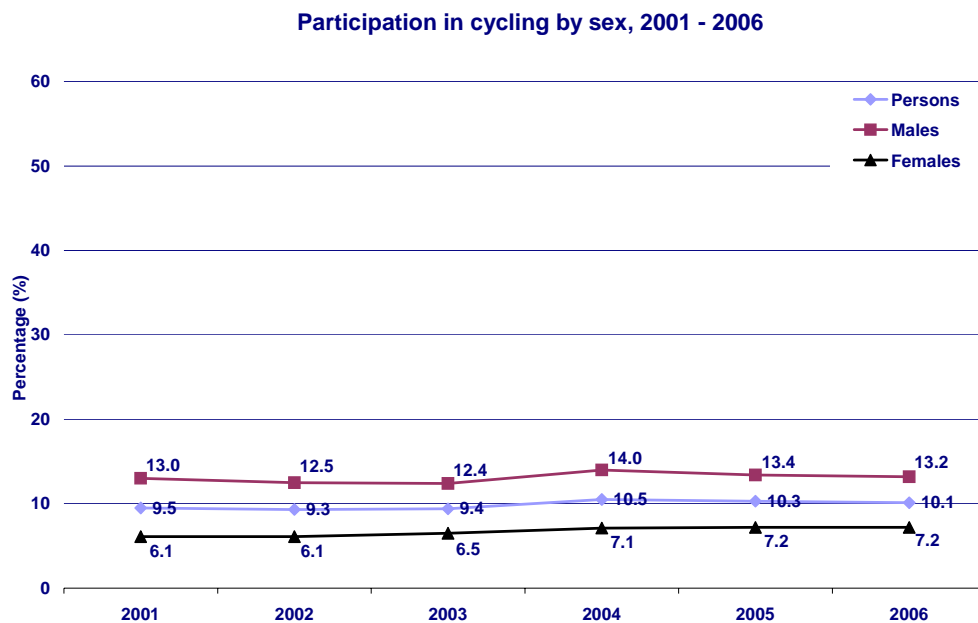
- Participation in swimming over the last five years has remained relatively stable.

Cycling

- Cycling was the fourth most common activity with 1,682,800 participants (10.1%).
- The male participation rate was 13.2%, and the female rate was 7.2%.
- Participation was highest among 35 to 44 year olds (17.0%).
- Participation in cycling was mostly non-organised with 9.7% of people aged 15 years and over participating in non-organised cycling, compared to 0.9% for organised cycling.



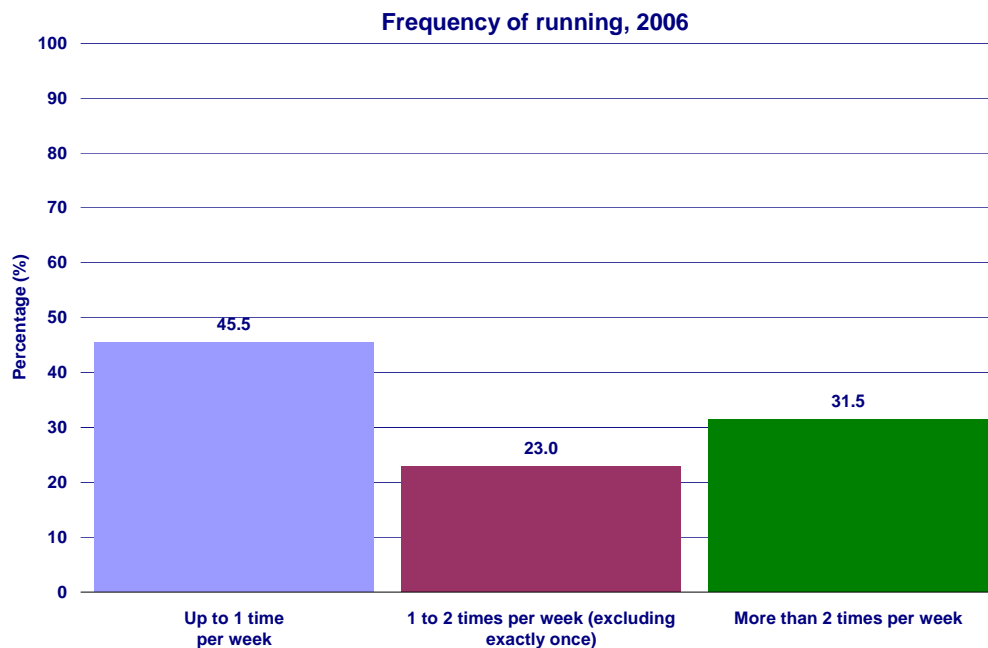
- Participants cycled on average (median) 1.0 times per week.



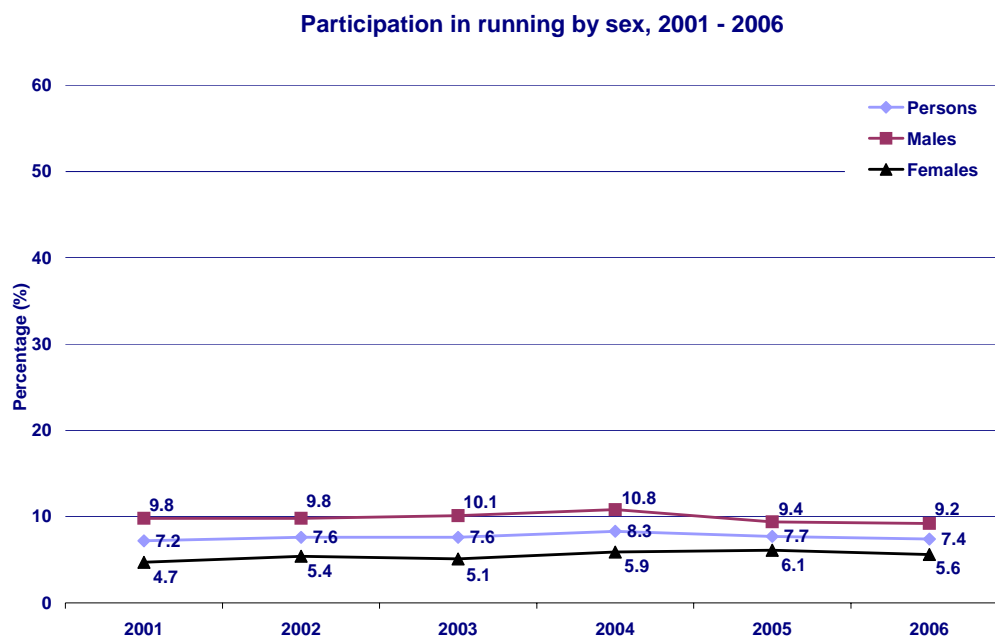
- Participation in cycling has remained stable over the last five years.

Running

- Running was the fifth most common activity with 1,224,100 participants (7.4%).
- The male participation rate was 9.2%, and the female rate was 5.6%.
- Participation in running was highest under the age of 45 (12.3% for 15 to 24 year olds, 11.5% for 25 to 34 year olds and 10.5% for 35 to 44 year olds).
- 6.9% of people aged 15 or over participated in non-organised running, while 0.8% participated in organised running.



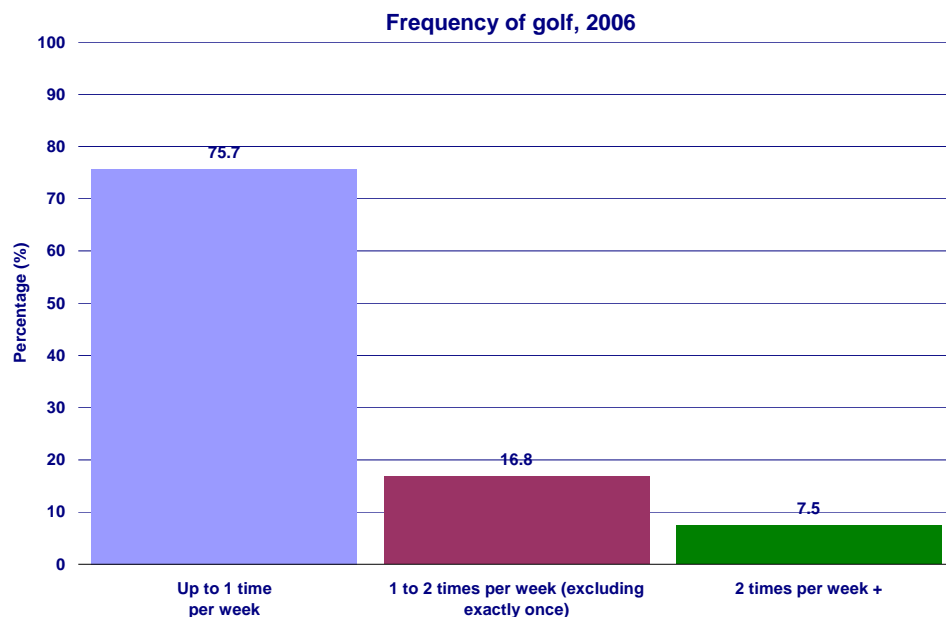
- Participants ran on average (median) 1.9 times a week.



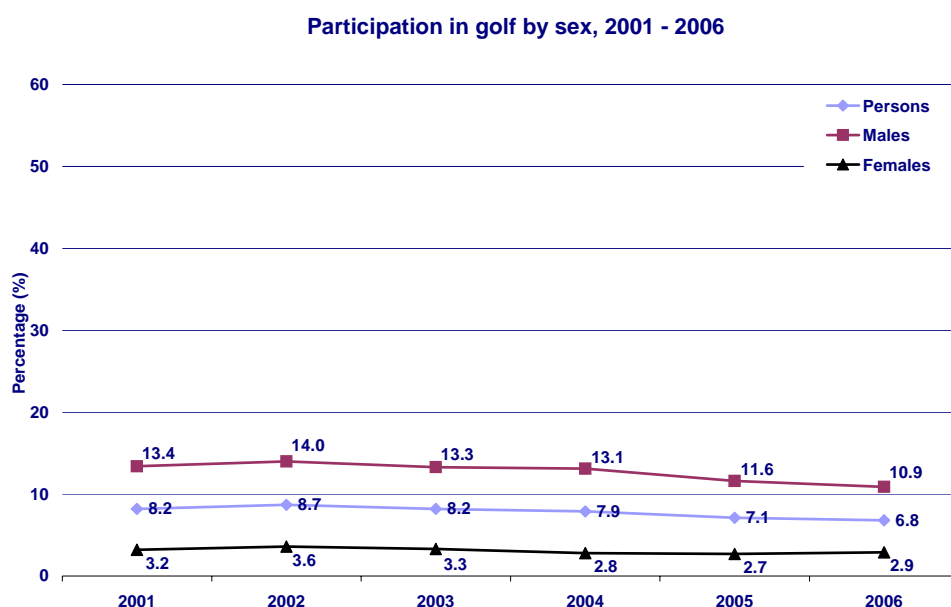
- Participation in running remained relatively stable over the last five years.

Golf

- Golf was the sixth most common activity with 1,132,000 participants (6.8%).
- The male participation rate was 10.9%, and the female rate was 2.9%.
- Participation in golf was highest among those aged 35 to 64 (7.2% for 35 to 44 year olds, 7.7% for 45 to 54 year olds and 10.2% for 55 to 64 year olds).
- Equal proportions of people aged 15 years and over participated in organised golf (3.8%) and non-organised golf (3.9%).



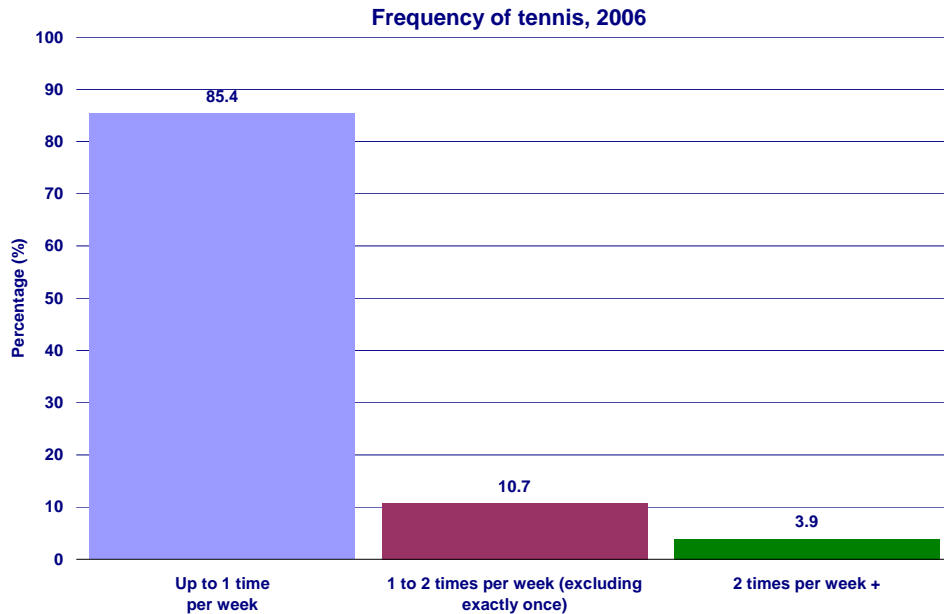
- Participants played golf on average (median) 0.5 times a week. The majority of people who played golf participated in golf up to 1 time per week (75.7%).



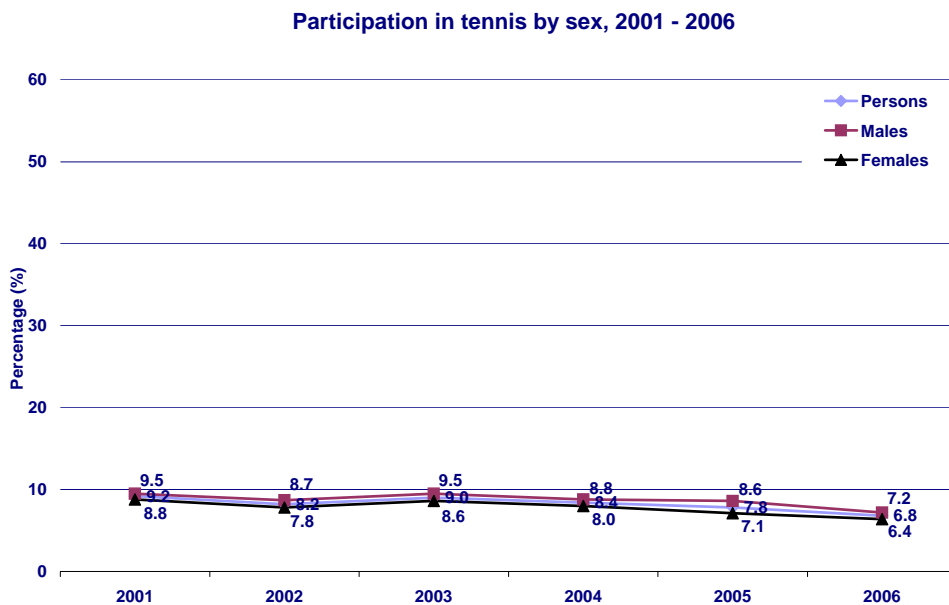
- Participation in golf remained relatively stable over the last five years, although it has experienced a slight decline since 2002.

Tennis

- Tennis was the seventh most common activity with 1,130,700 participants (6.8%).
- The male participation rate was 7.2%, and the female rate was 6.4%.
- Participation in tennis was highest among those aged 15 to 44 (9.4% for 15 to 24 year olds, 8.0% for 25 to 34 year olds and 6.7% for 35 to 44 year olds), declining to 2.6% for people aged 65 and over.
- 4.7% of people participated in non-organised tennis and 2.7% participated in organised tennis.



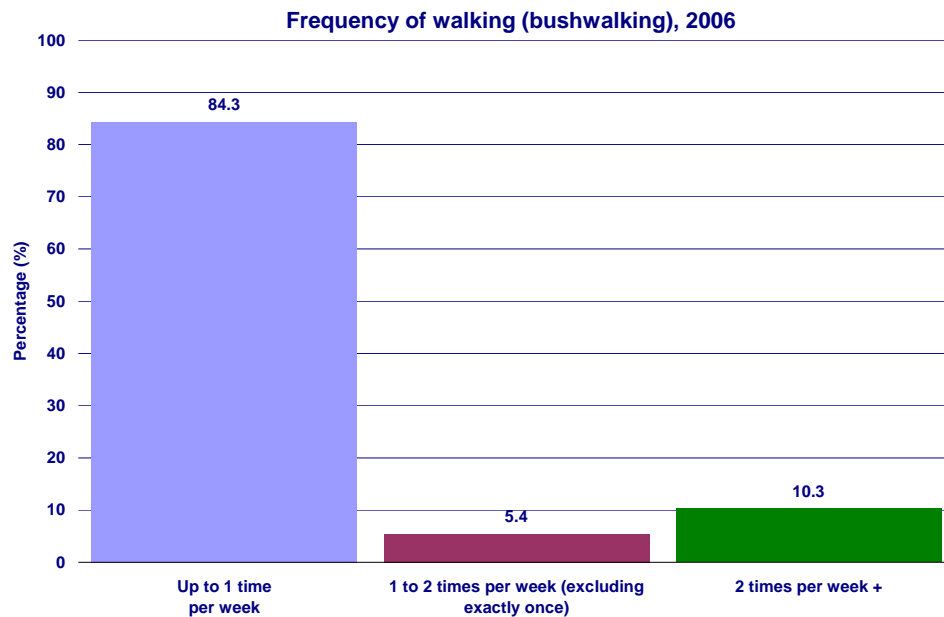
- Participants played tennis on average (median) 0.5 times a week. The majority of people playing tennis participated in tennis up to 1 time per week (85.4%).



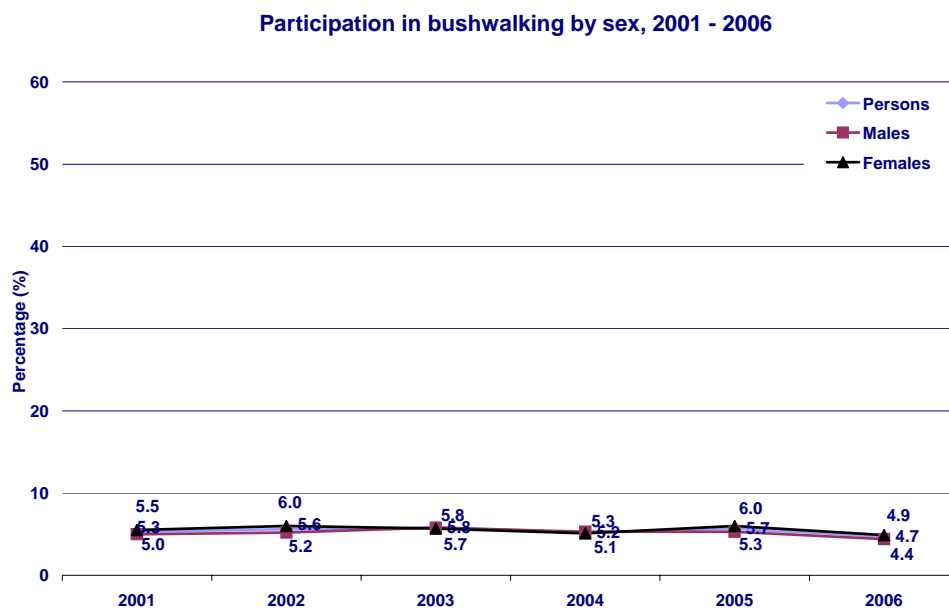
- Participation in tennis remained relatively stable over the last five years, experiencing a slight decline since 2003.

Bushwalking

- Bushwalking was the eighth most common activity with 774,000 participants (4.7%).
- Male and female participation rates were roughly equal, with 4.4% of males, and 4.9% of females taking part in bushwalking.
- Participation was highest among those aged 35 to 64 (5.6% for 35 to 44 year olds, 7.1% for 45 to 54 year olds and 5.9% for 55 to 64 year olds).
- Non-organised bushwalking was more common, with 4.3% participating in non-organised bushwalking, compared to 0.7% in organised bushwalking.



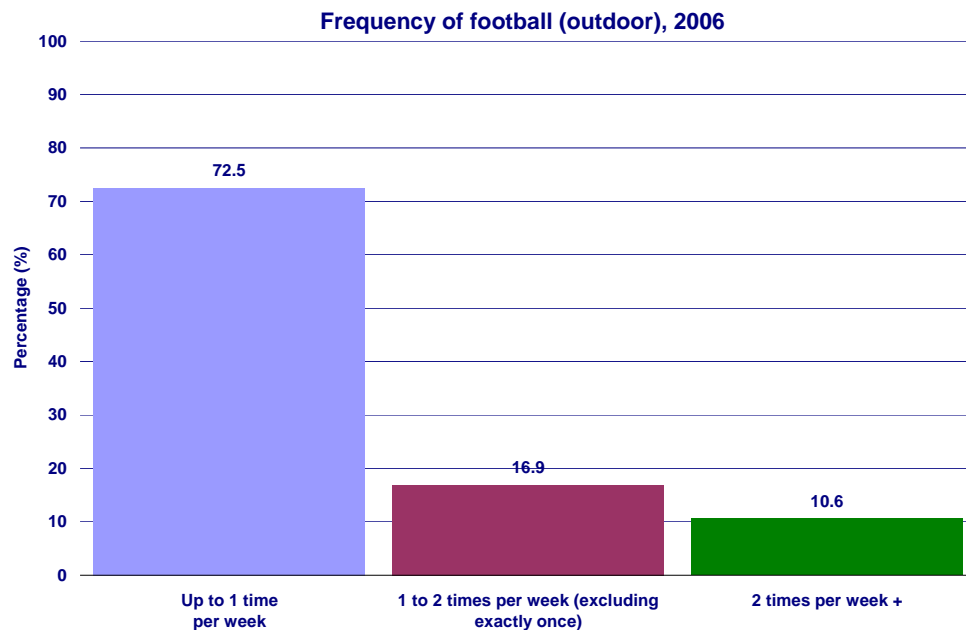
- Participants went bushwalking an average (median) 0.2 times a week. The majority of bushwalkers went bushwalking up to 1 time per week (84.3%).



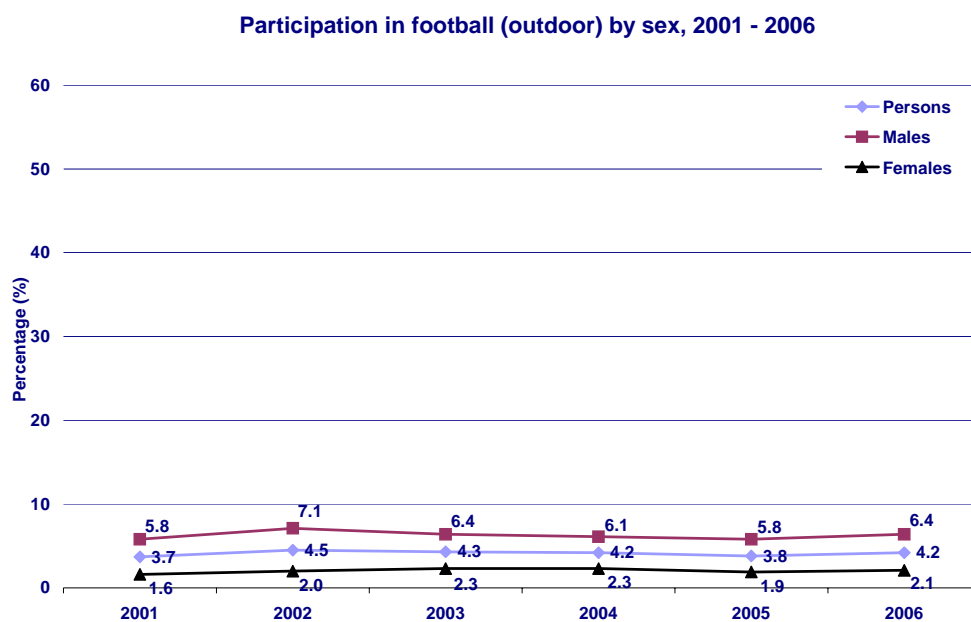
- Participation in bushwalking has remained relatively stable over the last five years.

Outdoor football

- Outdoor football was the ninth most common activity with 697,400 participants (4.2%).
- The male participation rate was 6.4%, and the female rate was 2.1%.
- Participation in outdoor football was highest among those aged 15 to 24 years (13.7%), although this dropped to 3.9% among 25 to 34 year olds.
- Participation in organised outdoor football was 2.7%, compared with 1.9% for non-organised.



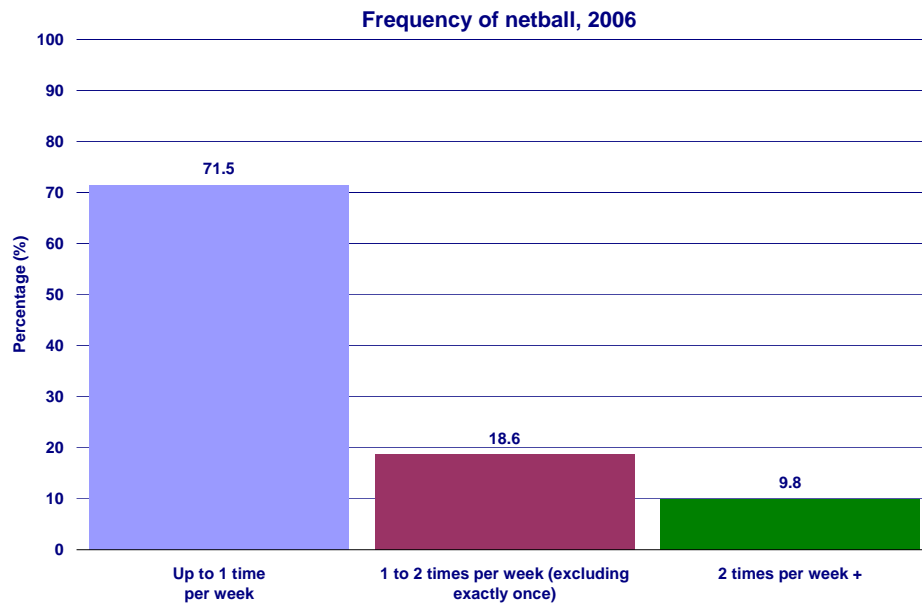
- Participants played outdoor football on average (median) 0.6 times a week. 72.5% of outdoor football participants played up to 1 time per week.



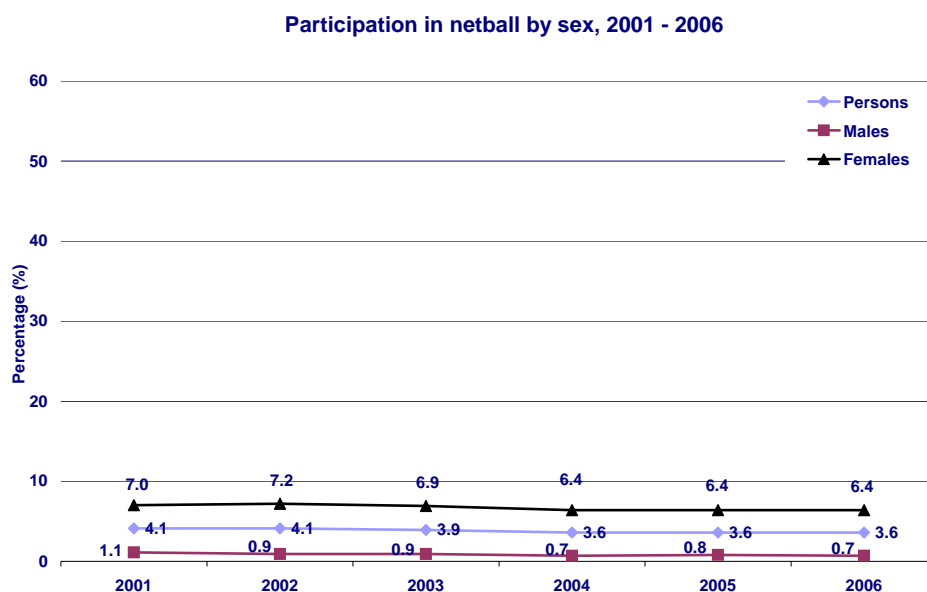
- Participation in outdoor football has remained relatively stable over the last five years.

Netball

- Netball was the tenth most common activity, with 593,900 participants (3.6%).
- Female participation in netball (6.4%) was more predominant, compared to 0.7% of males.
- Participation was highest among those aged 15 to 34 (10.0% for 15 to 24 year olds, and 5.9% of 25 to 34 year olds).
- Organised netball participation was more common (3.1%), compared to 0.7% who participated in non-organised netball.



- Participants played netball an average (median) 1.0 times a week. Although the majority of netballers played netball up to 1 time per week (71.5%), almost a fifth participated up to 2 times per week (18.6%).



- Participation in netball has remained relatively stable over the last five years.