

**Table 20: Physical activity for exercise, recreation and sport — type of participation by age and sex, 2006**

		Organised only (A)	Non-organised only (B)	Both organised and non-organised (C)	Total organised (A + C)	Total non-organised (B + C)	Total participation (A + B + C)
Sex	Age group (years)	Number ('000)					
Males	15 to 24	393.4	410.7	550.1	943.5	960.8	1,354.2
	25 to 34	206.3	575.2	445.6	651.9	1,020.9	1,227.1
	35 to 44	191.1	600.6	434.3	625.4	1,034.9	1,226.0
	45 to 54	117.6	641.2	339.6	457.1	980.8	1,098.3
	55 to 64	97.5	521.7	231.3	328.8	753.0	850.5
	65 and over	147.0	497.6	184.4	331.4	682.1	829.1
	<b>TOTAL</b>		<b>1,152.8</b>	<b>3,247.1</b>	<b>2,185.3</b>	<b>3,338.1</b>	<b>5,432.4</b>
Females	15 to 24	393.4	374.3	460.3	853.7	834.6	1,228.0
	25 to 34	157.0	628.0	374.9	531.9	1,003.0	1,160.0
	35 to 44	151.8	720.8	401.0	552.8	1,121.8	1,273.6
	45 to 54	98.6	759.3	333.6	432.2	1,092.9	1,191.5
	55 to 64	88.1	558.6	266.9	355.0	825.4	913.5
	65 and over	182.6	585.6	236.6	419.2	822.2	1,004.8
	<b>TOTAL</b>		<b>1,071.5</b>	<b>3,626.6</b>	<b>2,073.3</b>	<b>3,144.8</b>	<b>5,699.9</b>
Persons	15 to 24	786.8	785.0	1,010.3	1,797.2	1,795.3	2,582.2
	25 to 34	363.3	1,203.3	820.5	1,183.8	2,023.8	2,387.1
	35 to 44	342.9	1,321.4	835.3	1,178.2	2,156.7	2,499.7
	45 to 54	216.1	1,400.5	673.2	889.3	2,073.7	2,289.8
	55 to 64	185.6	1,080.3	498.1	683.7	1,578.5	1,764.1
	65 and over	329.6	1,083.2	421.1	750.7	1,504.3	1,833.9
	<b>TOTAL</b>		<b>2,224.3</b>	<b>6,873.8</b>	<b>4,258.6</b>	<b>6,482.9</b>	<b>11,132.3</b>
		Participation rate (%)					
Males	15 to 24	26.8	28.0	37.5	64.4	65.5	92.4
	25 to 34	14.4	40.0	31.0	45.4	71.0	85.4
	35 to 44	12.7	39.9	28.8	41.5	68.7	81.4
	45 to 54	8.4	45.7	24.2	32.6	70.0	78.3
	55 to 64	8.5	45.5	20.2	28.7	65.6	74.1
	65 and over	12.1	40.8	15.1	27.2	56.0	68.0
	<b>TOTAL</b>		<b>14.1</b>	<b>39.7</b>	<b>26.7</b>	<b>40.8</b>	<b>66.4</b>
Females	15 to 24	28.1	26.7	32.8	60.9	59.5	87.6
	25 to 34	10.9	43.7	26.1	37.0	69.7	80.6
	35 to 44	10.0	47.3	26.3	36.3	73.6	83.6
	45 to 54	6.9	53.0	23.3	30.1	76.2	83.1
	55 to 64	7.8	49.7	23.8	31.6	73.5	81.3
	65 and over	12.3	39.3	15.9	28.1	55.2	67.4
	<b>TOTAL</b>		<b>12.7</b>	<b>43.1</b>	<b>24.6</b>	<b>37.4</b>	<b>67.8</b>
Persons	15 to 24	27.4	27.4	35.2	62.7	62.6	90.0
	25 to 34	12.6	41.8	28.5	41.2	70.4	83.0
	35 to 44	11.3	43.6	27.6	38.9	71.2	82.5
	45 to 54	7.6	49.4	23.7	31.4	73.1	80.8
	55 to 64	8.2	47.6	21.9	30.1	69.5	77.7
	65 and over	12.2	40.0	15.5	27.7	55.5	67.7
	<b>TOTAL</b>		<b>13.4</b>	<b>41.4</b>	<b>25.7</b>	<b>39.1</b>	<b>67.1</b>