

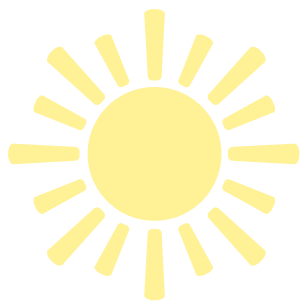
# YUKON COMMUNITIES ARE ACTIVE!

## Results from the 2025 Yukon Healthy Living Study

This page includes information for Burwash Landing, Carcross, Carmacks, Faro, Haines Junction, Keno, Kluane Lake, Mayo, Old Crow, Pelly Crossing, Ross River, Silver City, Tagish, & Teslin

Overall, 107 people from small Yukon communities took part in this survey. This includes people who identified as men, women, and gender diverse, and ranging in age from under 25 to 65+.

**80%** of respondents in summer and **64%** in winter are achieving the Canadian guidelines for physical activity by exercising for 180 minutes or more each week.



**Most common summer activities:** walking, hiking, swimming, and traditional activities like fishing, hunting, gathering, and being on the land.



**Most common winter activities:** walking, chopping firewood & shovelling, skiing/snowboarding, snowmobiling, and snowshoeing.

### Physical activity motivators:

Most respondents in small communities were motivated to be active because it reduces stress and supports mental wellness. Other important motivators were living longer and feeling younger, and feeling at peace when out on the land.

**Barriers:** not having enough time to participate or being too tired.

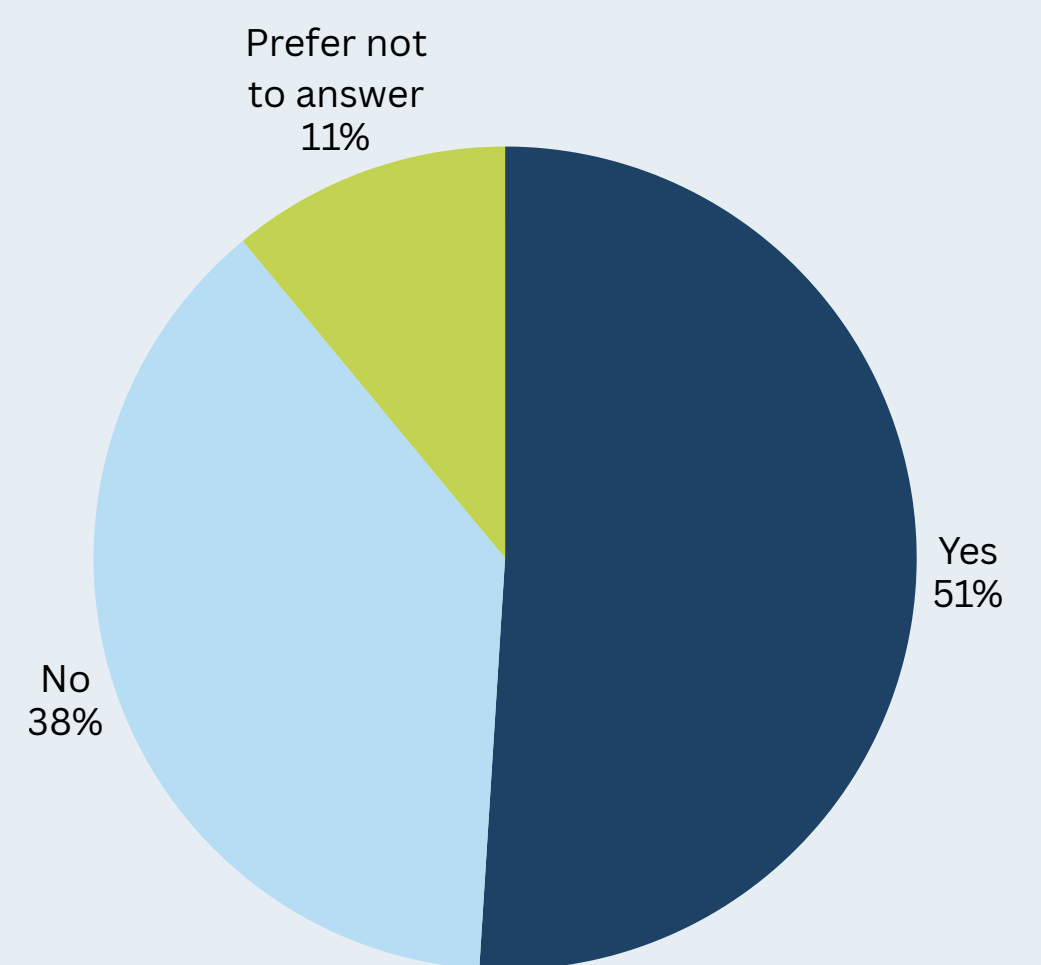
### Community strengths:

Many shared that they appreciated local recreation leaders and their efforts to keep the community active.

*“Teslin is an amazing place that offers many opportunities to be active”*

*“Our rec manager is awesome and is super motivational and is always finding activities for youth in the community!!”*

### Percentage of respondents who access recreation facilities in small communities



**51%** of respondents said that they do access community recreation facilities.

**Most common reasons:** gym/ classes, rinks, curling, community events, and the pool.



### Word cloud of popular summer and winter activities from across the Yukon.

This study was funded by Yukon Government's Department of Community Services Sport and Recreation Branch through the Yukon Northern Wellness Project in partnership with the Public Health Agency of Canada and the Recreation & Parks Association of the Yukon.



Yukon University

