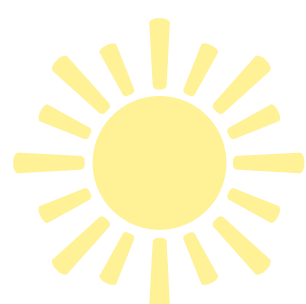


DAWSON IS ACTIVE!

Results from the 2025 Yukon Healthy Living Study

Overall, 102 people from Dawson City 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+.

72% of Dawson respondents in summer and **66%** in winter are achieving the Canadian guidelines for physical activity by exercising for 180 minutes or more each week.



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



Most common winter activities: walking, skiing/snowboarding, weightlifting/going to the gym, chopping firewood and shoveling, and skating.

Physical activity motivators:

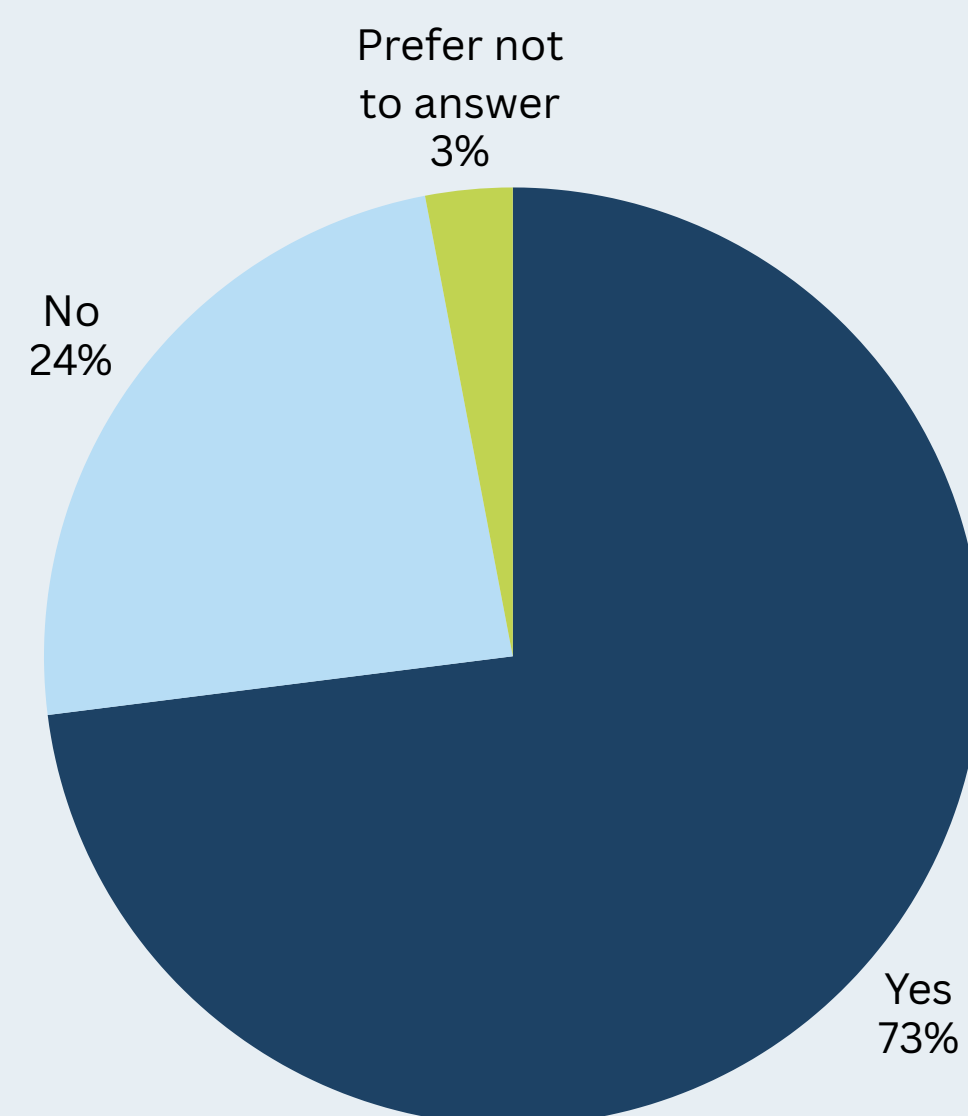
Most respondents in Dawson were motivated to be active because it reduces stress and supports mental wellness. Other important motivators were getting stronger, feeling younger, and managing weight.

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

Community strengths:

When asked what strengths of the community support them to be active, many respondents shared that they appreciated local recreation leaders and their efforts to keep the community active.

Percentage of respondents who access recreation facilities in Dawson City



73% of respondents said that they do access community recreation facilities. The most common reasons were to access rinks, gym/classes, and the pool.



"Thank you Rec department ♡"

"I think that KATTS and Dawson Rec Dept do a great job in providing and supporting healthy active living in Dawson and options for all ages."

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

