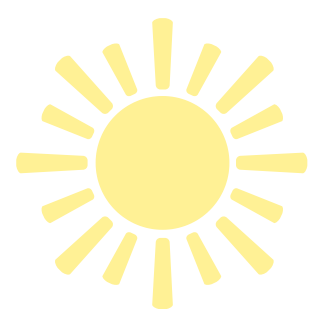


# WATSON LAKE IS ACTIVE!

## Results from the 2025 Yukon Healthy Living Study

Overall, 37 people from Watson Lake 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+.

**82%** of Watson respondents in summer and **65%** in winter are achieving the Canadian guidelines for physical activity by exercising for 180 minutes or more each week.



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



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

### Physical activity motivators:

Most respondents in Watson were motivated to be active because it reduces stress and supports mental wellness. Other important motivators were having more energy to do things and spending time together.

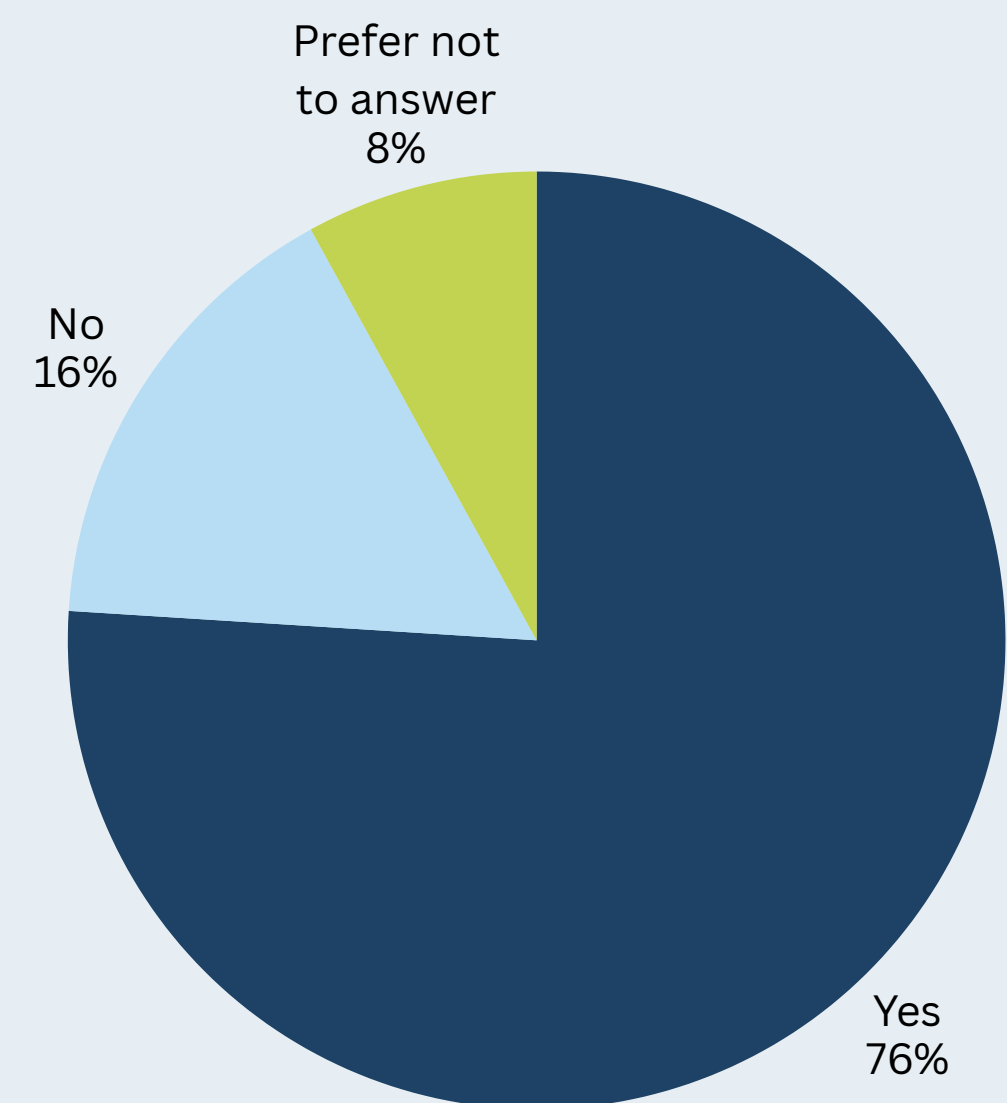
**Barriers:** not having enough time to participate or being too tired.

### Community strengths:

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

*"I appreciate all the programming offered at the rec centre"*

### Percentage of respondents who access recreation facilities in Watson Lake



**76%** of respondents said that they access community recreation facilities.

**Most common reasons:** bowling, curling, skating, community events, gym/classes, and the pool

*"Austria at the Rec Plex is a blessing to this community. Austria brings heart and drive to the town and cares about our children"*



### 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

