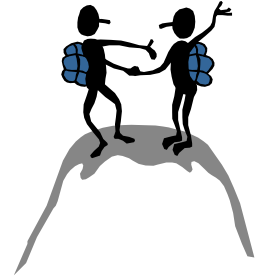


Fast Facts on Physical Activity

From the Yukon Healthy Living Segmentation Study



- 74% of Yukoners agree that being active is a major priority in their lives.
- 66% of Yukoners believe they are moderately to very active.
- 47% of Yukoners love to exercise.
- Walking is the #1 activity for Yukoners.
- Women are more likely than men to walk.
- 87% of Yukoners walk during the summer—79% in winter.
- The “average” Yukoner is active 26 minutes per day.
- 26% of Yukon’s population is active for only 13 minutes per day.
- Summertime activity levels are higher with the average being 56 minutes per day.
- Wintertime activity levels drop to an average of 15½ minutes per day.
- More than 25% of children do no physical activities outside of school hours in winter.
- 36% of Yukon youth spend more time on “screen” than on physical activity.
- Physical activity levels are slightly higher in Whitehorse, among men, among higher income groups, and among those under age 35.



The Yukon Healthy Living Segmentation Study (fall 2009) was conducted for the Recreation and Parks Association of the Yukon by DataPath Systems of Marsh Lake, Yukon and coordinated by C. Sparks Project Consulting of Whitehorse, Yukon. Funding for this document was provided by Yukon Government's Department of Community Services Sport and Recreation Branch and the Department of Health and Social Services, and from the Public Health Agency of Canada. The opinions expressed in this publication are those of the authors/researchers and do not necessarily reflect the official views of the Public Health Agency of Canada.

For more information, please contact: Recreation and Parks Association of the Yukon at 867-668-3010 or <http://www.rpay.org>

