

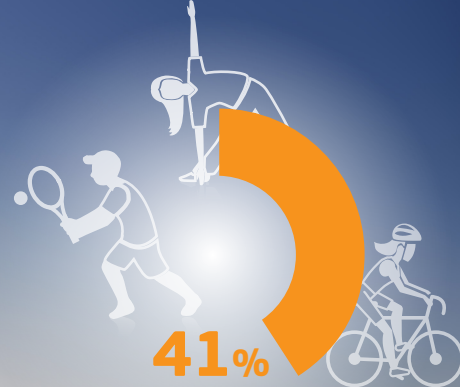
HOW **ACTIVE** ARE EUROPEANS?

European Week of Sport

59%



41%



NEVER OR SELDOM
EXERCISE OR PLAY SPORT

EXERCISE OR PLAY SPORT
AT LEAST ONCE A WEEK



9%



7%



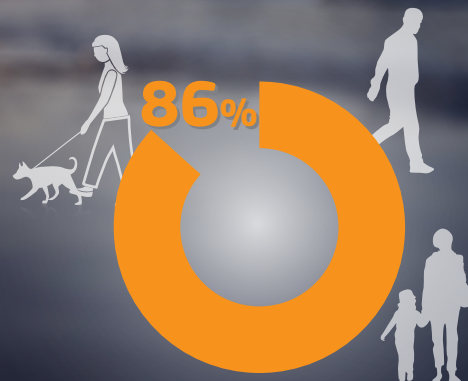
EXERCISE OR PLAY SPORT
MORE THAN 5 TIMES A WEEK

SIT MORE THAN 5.5 HOURS
PER DAY

37%



86%



WALK >10 MINS AT A TIME
AT LEAST ONCE A WEEK



European
Commission | Sport

#BEACTIVE