

## Sport and Physical Activity

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This document does not represent the point of view of the European Commission. The interpretations and opinions contained in it are solely those of the authors.



## **Eurobarometer 72.3**

### **Sport and Physical Activity**

Conducted by TNS Opinion & Social at the request of  
Directorate General Education and Culture

Survey co-ordinated by Directorate General  
Communication

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## INTRODUCTION

Sport became one of the European Union's supporting, coordinating and supplementing competences with the **ratification of the Lisbon Treaty in late 2009**, setting in motion a process whereby individual Member States will be encouraged to implement evidence-based policies in order to improve their provision of sporting facilities and opportunities. This means that for the first time the EU is actively aiming to promote sport and physical activity at the policy level – not only with a view to improving health and physical wellbeing across the EU, but also to enhance the role that sport can play in boosting social cohesion and for its educational value.

To this end, the European Commission is preparing to issue a **Communication on sport in the second half of 2010** which will build on the framework laid out by the 2007 White Paper on Sport – a document that broke new ground for the EU in seeking **"to give strategic orientation on the role of sport in Europe"**. This communication will also lay the foundation for a future EU programme in the field of sport.

This Eurobarometer survey was commissioned by the European Commission's Directorate General for Education and Culture (DG EAC). **26,788 European citizens** were interviewed by the TNS Opinion & Social network **between 2 October and 19 October 2009** in the 27 European Union Member States<sup>1</sup>. The methodology used is that of Special Eurobarometer surveys as carried out by the Directorate General for Communication ("Research and Political Analysis" Unit)<sup>2</sup>. A technical note on the methodology for interviews conducted by the institutes within the TNS Opinion & Social network is annexed to this report. This note indicates the interview methods and the confidence intervals<sup>3</sup>.

The survey, which follows on from a somewhat comparable Eurobarometer survey conducted in 25 EU Member States in 2004, will contribute to providing some of the supporting data for the evidence-based sports policies referred to above.

As well as highlighting which Member States' citizens do the most (and the least) physical activity, the survey places **an emphasis on the context in which people exercise** – for example, whether they play formal sports or are active in other, more informal ways. It also reveals how EU citizens perceive the opportunities to engage in sporting activity in their areas, as well as how many people volunteer to help run

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<sup>1</sup> Further information on the methodology used can be found in the technical note which specifies the interview methods as well as the intervals of confidence.

<sup>2</sup> [http://ec.europa.eu/public\\_opinion/index\\_en.htm](http://ec.europa.eu/public_opinion/index_en.htm)

<sup>3</sup> The results tables are included in the annex. It should be noted that the total of the percentages in the tables of this report may exceed 100% when the respondent can give several answers to the same question.

sporting activities in their communities and how much time they spend on such activities.

The survey also provides **detailed socio-demographic information** to help understand which sections of European society take sport and physical activity the most seriously. The statistical breakdowns include: male/female; age range, divided into five categories (also cross-referenced with gender); the impact of education levels and household income; and a range of other socio-economic factors, such as the effect of urbanisation.

*The Eurobarometer web site can be consulted at the following address:*

*[http://ec.europa.eu/public\\_opinion/index\\_en.htm](http://ec.europa.eu/public_opinion/index_en.htm)*

*We would like to take the opportunity to thank all the respondents across the continent who have given their time to take part in this survey.*

*Without their active participation, this study would not have been possible.*



In this report, the countries are represented by their official abbreviations. The abbreviations used in this report correspond to:

**ABBREVIATIONS**

EU27	European Union – 27 Member States
DK/NA	Don't know / No answer
BE	Belgium
BG	Bulgaria
CZ	Czech Republic
DK	Denmark
<i>D-E</i>	<i>East Germany</i>
DE	Germany
<i>D-W</i>	<i>West Germany</i>
EE	Estonia
EL	Greece
ES	Spain
FR	France
IE	Ireland
IT	Italy
CY	Republic of Cyprus
LT	Lithuania
LV	Latvia
LU	Luxembourg
HU	Hungary
MT	Malta
NL	The Netherlands
AT	Austria
PL	Poland
PT	Portugal
RO	Romania
SI	Slovenia
SK	Slovakia
FI	Finland
SE	Sweden
UK	The United Kingdom

## EXECUTIVE SUMMARY

The main findings of this Eurobarometer survey on sport are the following:

- 40% of EU citizens say that they play sport at least once a week
- A clear majority of EU citizens (65%) get some form of physical exercise at least once a week. However, 34% of respondents say that they seldom or never do physical exercise.
- Men in the EU play more sports than women overall. However, the disparity is particularly marked in the 15-24 age group, with young men tending to exercise considerably more than young women.
- The amount of sport that people play tends to decrease uniformly with age. However, 22% respondents in the 70+ age group still play sports.
- The citizens of the Nordic countries and the Netherlands, generally speaking, are the most physically active in the EU. Meanwhile, the citizens of Mediterranean countries and the 12 new Member States<sup>4</sup> tend to exercise less than average.
- While physical activity takes place in a wide range of formal settings across the EU, two-thirds of respondents are not members of any sports clubs or centres.
- The most common reason that respondents cite for why they exercise is to improve their health. Other popular reasons include improving fitness, relaxation and having fun.
- A shortage of time is by far the commonest reason cited for why people fail to exercise.
- Three quarters of respondents agree that they have opportunities to be physically active in their area. However, this falls to 56% among respondents from the 12 new Member States.
- A significant proportion of Europeans (7%) say they volunteer to help local sports projects.

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<sup>4</sup> 12 Member States that join the EU since 2004: NMS12.

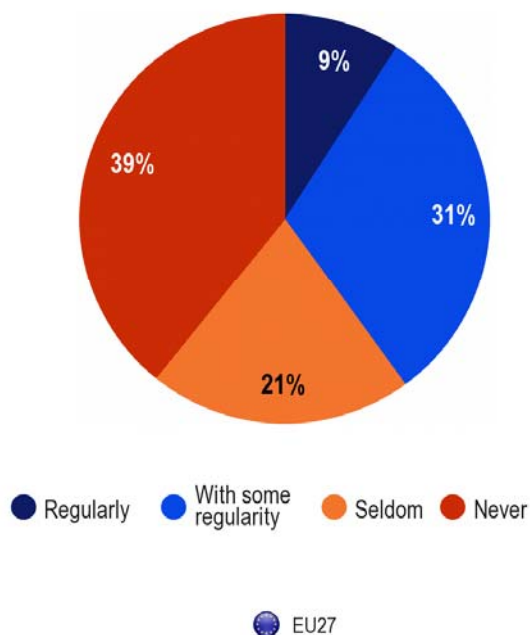
## 1. HOW MUCH EXERCISE ARE PEOPLE DOING?

### 1.1 Sports

- *A majority of citizens plays sport 'regularly' or 'with some regularity' in seven EU Member States; but in 20 Member States, a majority plays no sport or only does so very rarely -*

When it comes to organized forms of exercise, **a majority of EU citizens (60%) say that they either never play sport or only do so rarely<sup>5</sup>.**

QF1. How often do you exercise or play sport?



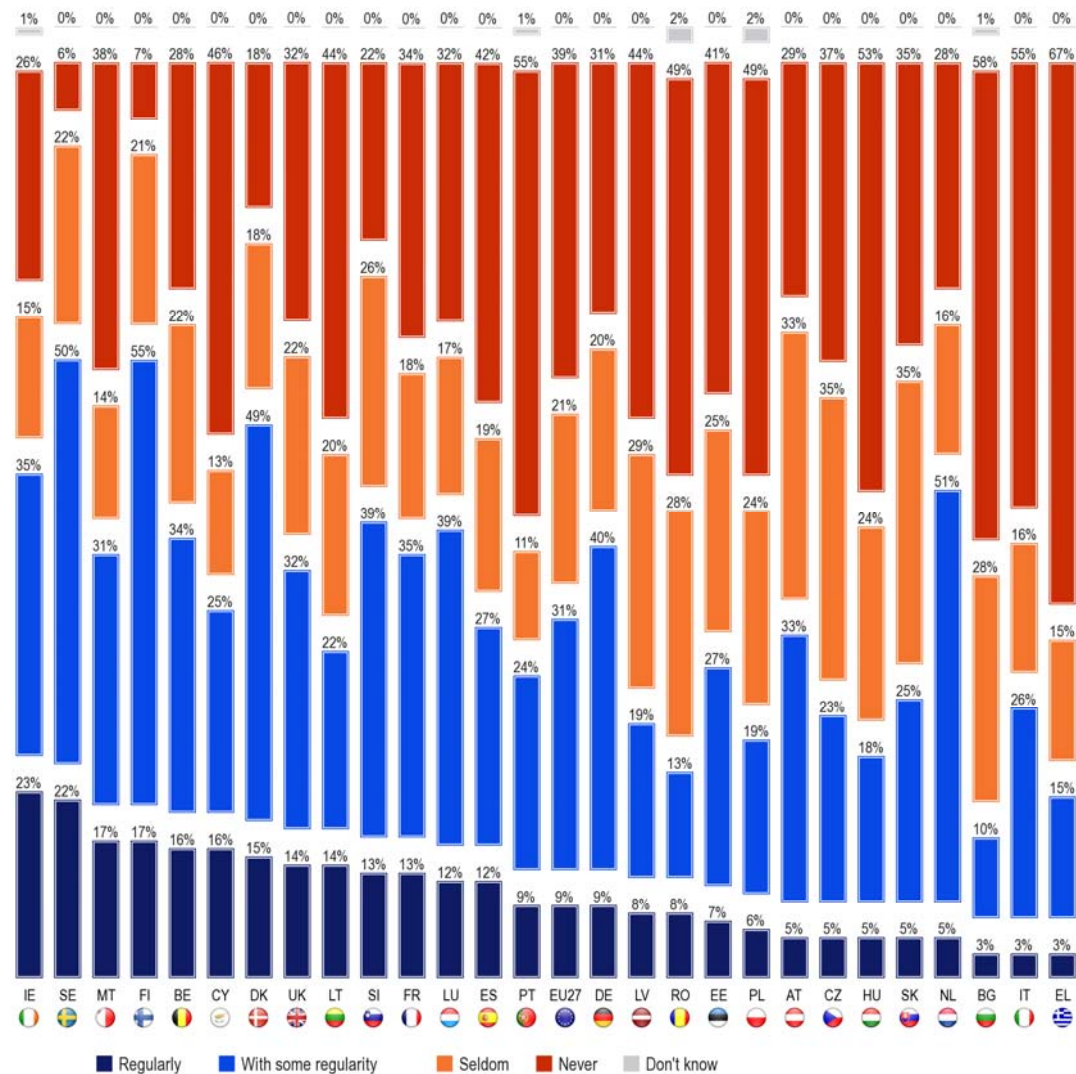
However, a healthy minority of respondents – **40% of those surveyed – take part in sports regularly or with some regularity** (once a week or more); of those, 9% of Europeans (who do sport 5 times a week or more) could be considered serious sportspeople.

Turning to the results from the **individual EU members**, Ireland emerges as having more people (23%) who play sport 'regularly' (5 times a week or more) than any other

<sup>5</sup> QF1: 'How often do you exercise or play sport?' Possible responses: 5 times a week or more; 3 to 4 times a week; 1 to 2 times a week; 1 to 3 times a month; less often; never; don't know. 'Regularly' means the respondent exercises at least 5 times a week; 'with some regularity' means 3 to 4 or 1 to 2 times a week; and 'seldom' means 1 to 3 times a month or less often.

European nation; it is closely followed in this respect by Sweden (22%). Overall, citizens of **the Nordic countries take sport the most seriously**, with Sweden (72%), Finland (72%) and Denmark (64%) all outstripping the EU average of 40% for people exercising 'regularly' or 'with some regularity' (once a week or more).

QF1. How often do you exercise or play sport?




Besides the three Nordic countries, in 4 other Member States, more than half of those surveyed play sport at least once a week: these are Ireland (58%), the Netherlands (56%), Slovenia (52%) and Luxembourg (51%).

At the other end of the scale, Bulgaria (3%), Greece (3%) and Italy (3%) have the fewest citizens who play sport regularly.

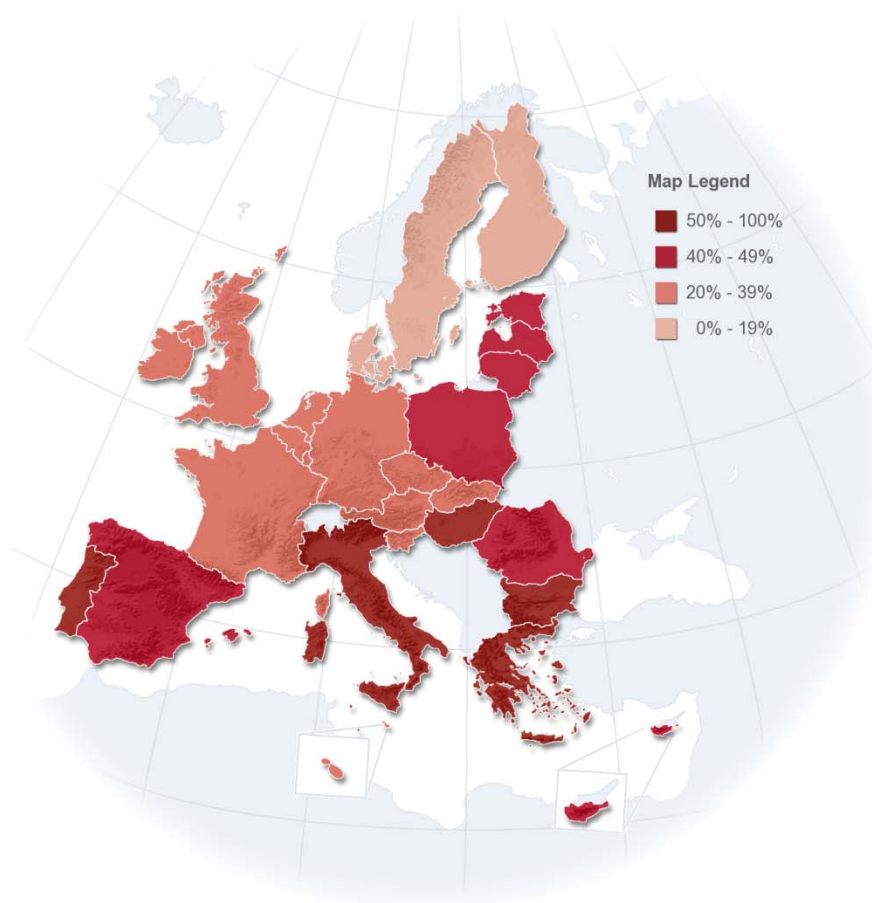
Greece has the highest number of respondents (67%) who say they never play any sport at all; it is followed by Bulgaria (58%), Portugal and Italy (55% in both cases). Yet only 6% of Swedish and 7% of Finnish respondents report that they never exercise.

**In 15 EU countries, at least 50% of people say that they never play sport** or do so less than once a month. Those with the lowest levels of participation by these criteria are Bulgaria (82%), Greece (79%), Hungary (71%), Romania (69%), Italy (67%), Poland (66%) and Latvia (65%).

 EL	67%
 BG	58%
 PT	55%
 IT	55%
 HU	53%
 PL	49%
 RO	49%
 CY	46%
 LV	44%
 LT	44%
 ES	42%
 EE	41%
 EU27	39%
 MT	38%
 CZ	37%
 SK	35%
 FR	34%
 UK	32%
 LU	32%
 DE	31%
 AT	29%
 BE	28%
 NL	28%
 IE	26%
 SI	22%
 DK	18%
 FI	7%
 SE	6%

Question: QF1. How often do you exercise or play sport?







Answers: **Never**



An analysis of the **socio-demographic data** reveals strong differences according to the characteristics of the respondent groups when 'regularly' and 'with some regularity' are combined. There is also some distinction in groups saying they exercise 'regularly', especially a gender disparity between men and women in the 15-24 age group:

- **Men play more sport than women.** 43% of male respondents say they play sport at least once a week, as opposed to 37% of women; meanwhile, 49% of men either never play sport or do so less than once a month, compared with 57% of women.
- **The amount of sport that people play steadily decreases with age.** A majority of 15-24 year-olds (61%) plays sport at least once a week; this falls to 44% in the 25-39 age group; to 40% for 40-54 year-olds; to 33% for the 55-69 age group; and to 22% for the 70+ age group.
- **Young men play more sport than young women.** 19% of men aged 15-24 play sport 'regularly' (5 times a week or more), as opposed to 8% of women in the same category; and 71% men in the same age group play sport at least once a week, compared with 50% of women. However, the gender gap is significantly narrower for older age groups, with men only playing marginally more sport than women in all other age categories. This data points strongly to the range of sporting opportunities open to young men in the EU, while also possibly highlighting a relative lack of opportunity – or at least encouragement – for young women.
- There is **a strong link between education and the amount of sport that people play.** 64% of people who had left the education system by the age of 15 say they never play sport; this falls to 39% in the 16-19 group; and to 24% in the 20+ category. As higher levels of education are linked with better standards of living, the data suggests that more highly educated EU citizens equate physical fitness with quality of life.
- Living in a large household also provides greater opportunity for playing sport. **47% of people who live alone do no sport;** but only 32% of people in a household of four or more say the same.
- **People with financial problems are also far more likely to ignore sport** than those who are better off. 56% of those who struggle to pay their bills do no sport whatsoever, as opposed to just 35% of people who almost never have difficulty meeting their financial obligations.

- Overall, socio-demographic variables do not appear to have a significant bearing on the proportion of people who play sport 'regularly', with the figure for most groups staying quite close to the EU27 level of 9%. The clear exceptions to this are men aged 15-24 (19%) and those still studying (16%).

QF1 How often do you exercise or play sport?				
	Regularly	With some regularity	Seldom	Never
EU27	9%	31%	21%	39%
<b>Gender</b>				
 Male	10%	33%	22%	34%
 Female	9%	28%	20%	43%
<b>Age</b>				
 15-24	14%	47%	22%	17%
25-39	8%	36%	27%	29%
40-54	9%	31%	23%	37%
55-69	10%	23%	16%	51%
70+	8%	14%	12%	66%
<b>Gender x Age</b>				
 Men 15-24	19%	52%	18%	11%
Men 25-39	9%	38%	28%	25%
Men 40-54	7%	32%	24%	36%
 1 Men 55-69	10%	24%	18%	48%
Men 70+	8%	15%	15%	61%
Women 15-24	8%	42%	26%	24%
Women 25-39	7%	33%	26%	34%
Women 40-54	10%	29%	22%	39%
Women 55-69	11%	21%	15%	53%
Women 70+	7%	14%	9%	70%
<b>Education (End of)</b>				
 15-	8%	16%	12%	64%
16-19	8%	28%	24%	39%
20+	11%	40%	25%	24%
Still studying	16%	55%	17%	12%
<b>Household composition</b>				
1	9%	27%	17%	47%
2	10%	28%	19%	43%
3	9%	33%	23%	35%
4+	10%	34%	24%	32%
<b>Difficulties paying bills</b>				
Most of the time	7%	16%	20%	56%
From time to time	7%	26%	22%	45%
Almost never	11%	34%	20%	35%

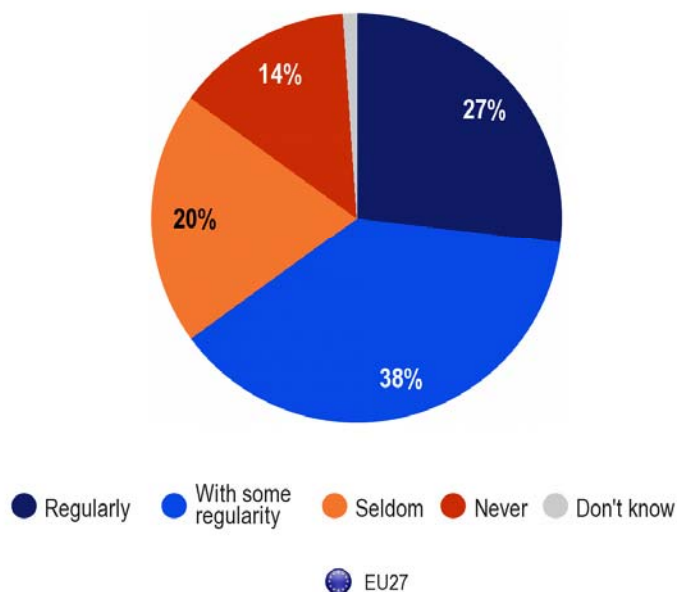
## 1.2 Other physical activity

- ***A clear majority of EU citizens get some form of physical exercise at least once a week, although in four EU Member States less than half of citizens report doing this much exercise -***

**Across the EU, far more people get 'informal' physical exercise** (in such forms as cycling, walking, dancing or gardening) than play organised sport.

More people (27%) say<sup>6</sup> they engage in physical activity 'regularly' (at least 5 times a week) than any other response category, and **a clear majority (65%) get some form of exercise at least once a week.**

QF2. And how often do you engage in a physical activity outside sport such as cycling or walking from a place to another, dancing, gardening...?



However, a worrying statistic from a public health perspective is that **14% of EU citizens are physically inactive**, saying that they 'never' do any physical activity, while another 20% say they are active only seldom.

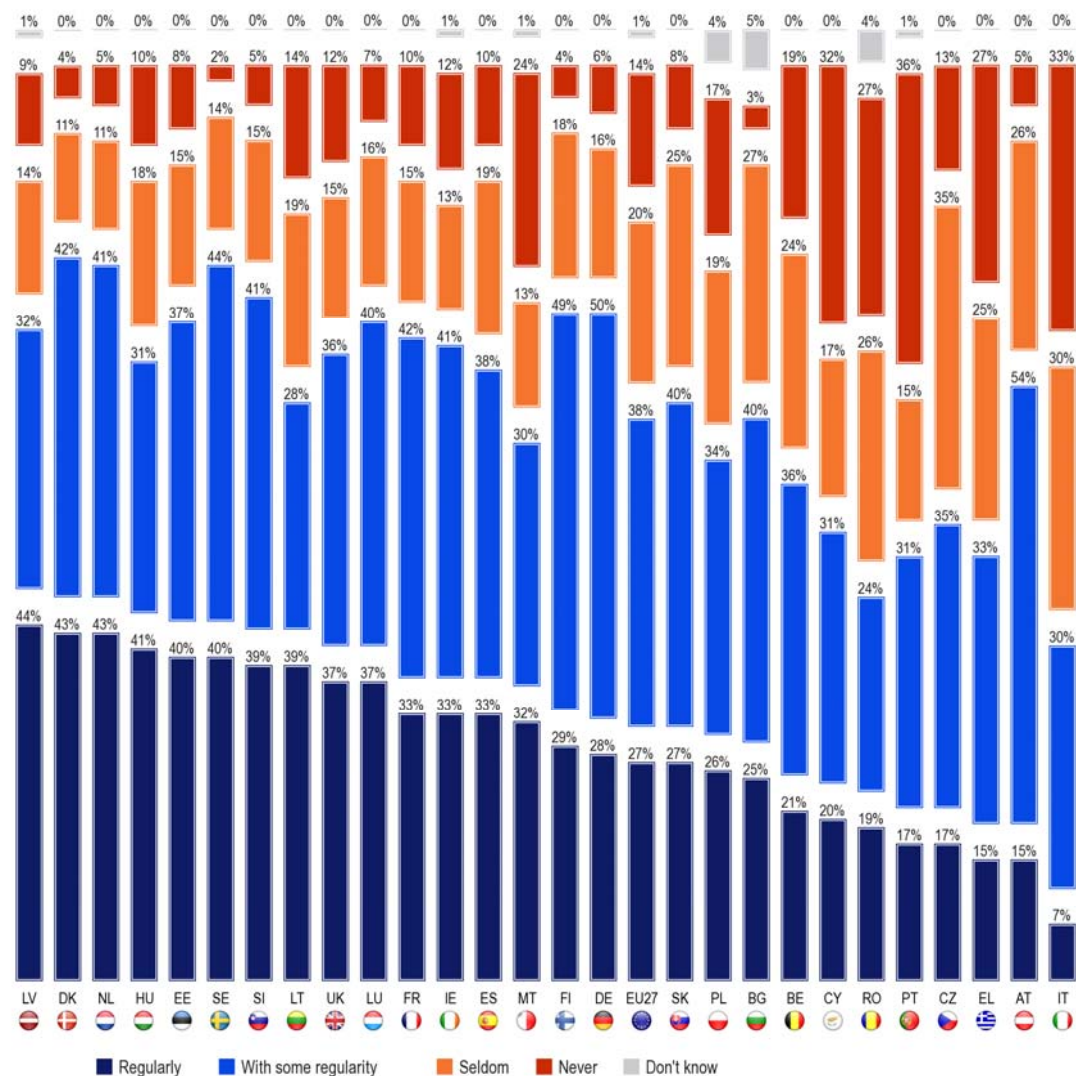
<sup>6</sup> QF2: 'And how often do you engage in a physical activity outside sport such as cycling or walking from a place to another, dancing, gardening...?' Possible responses: 5 times a week or more; 3 to 4 times a week; 1 to 2 times a week; 1 to 3 times a month; less often; never; don't know. 'Regularly' means the respondent exercises at least 5 times a week; 'with some regularity' means 3 to 4 or 1 to 2 times a week; and 'seldom' means 1 to 3 times a month or less often.



**At the country level**, the Member States where most people are active 'regularly' are Latvia (44%), Denmark (43%), the Netherlands (43%), Hungary (41%), Estonia (40%) and Sweden (40%). In Italy, only 7% of respondents exercise at least 5 times a week (far below the EU average of 27%). Austria (15%) and Greece (15%) are also well below average.

The vast majority of EU Member States have citizens who are physically active at least once a week. Leading the way by this measure are Denmark (85%), the Netherlands (84%), Sweden (84%) and Slovenia (80%).

QF2. And how often do you engage in a physical activity outside sport such as cycling or walking from a place to another, dancing, gardening...?



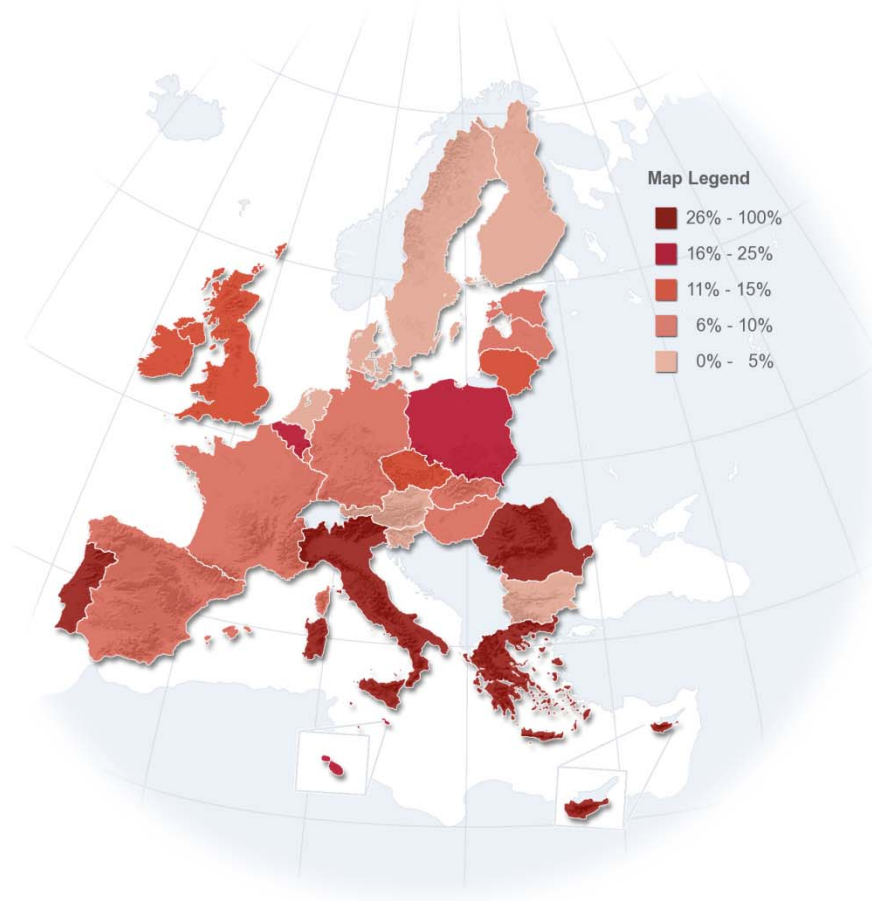
Portugal (36%), Italy (33%) and Cyprus (32%) report the highest number of citizens who say they never get any kind of physical activity. This is in contrast with Sweden

(2%), Bulgaria (3%), Denmark (4%), Finland (4%), Slovenia (5%) and Netherlands (5%), where the fewest respondents are never active.

	PT	36%
	IT	33%
	CY	32%
	RO	27%
	EL	27%
	MT	24%
	BE	19%
	PL	17%
	EU27	14%
	LT	14%
	CZ	13%
	IE	12%
	UK	12%
	HU	10%
	FR	10%
	ES	10%
	LV	9%
	SK	8%
	EE	8%
	LU	7%
	DE	6%
	AT	5%
	SI	5%
	NL	5%
	DK	4%
	FI	4%
	BG	3%
	SE	2%

Question: QF2. And how often do you engage in a physical activity outside sport such as cycling or walking from a place to another, dancing, gardening...?







Answers: **Never**



**The socio-demographic results** reveal, as for the previous question, that there are considerable variations in the amount of exercise that people do depending in particular on age and level of education:

- As opposed to the statistics for sport, **men and women generally do very similar amounts of physical activity**, though with some variations. As with sport, more men (35%) aged 15-24 do sport regularly than women in the same age group (28%). Men are also more active than women in the 70+ group: 31% of men in this group exercise regularly, as opposed to 24% of women, while 63% of men exercise at least once a week compared with 54% of female respondents. However, the trend is reversed in the 40-54 age group, in which only 24% of men exercise regularly compared with 28% of women, and 62% of men exercise at least once a week ('regularly' or 'with some regularity'), as opposed to 68% of women. This result suggests that women are particularly health-conscious in this age group, or perhaps that they tend to have more time for exercise than men of the equivalent age.
- **Physical activity decreases with age, though not among those who exercise regularly.** Although regular exercise decreases after the 15-24 age group (32%), it then stabilises at 26-27% for all other age categories. This clearly shows that the majority of those who form a regular exercise pattern early on carry it on throughout their lives. However, a decrease with age becomes clear when those who exercise 'with some regularity' are factored in. 74% of 15-24 year-olds exercise at least once a week; this falls to 65% in the 25-39 group, and stays at that level among 40-54 year-olds and 55-69 year-olds; then dips again to 58% in the 70+ group. The data suggests the importance of setting a pattern of exercising early on in life, as the majority of people then appear to continue exercising well into their retirement. Only 7% of 15-24 year-olds never exercise at all, as opposed to 27% of respondents in the 70+ group.
- More people still in education (34%) are physically active at least five times a week than those who have left the education system (26-27%). **Leaving education at a young age makes you more likely to be physically inactive:** 24% of those who finished studying at 15 or younger get no physical exercise at all; this falls to 13% in the 16-19 group and 8% in the 20+ category. Again, this is due to the socio-economic correlation between level of education and living standards.
- **If you live alone, you are more likely to be physically inactive.** 20% of people in this group never do any physical activity, compared with 12% in a household of four or more.
- As with formal sporting activities, respondents who have difficulty paying their household bills are more likely to get no physical exercise. 23% of respondents

who have these difficulties 'most of the time' never get any physical exercise, as opposed to 12% of people who 'almost never' have such issues.

QF2 And how often do you engage in a physical activity outside sport such as cycling or walking from a place to another, dancing, gardening...?				
	Regularly	With some regularity	Seldom	Never
EU27	27%	38%	20%	14%
<b>Gender</b>				
 Male	27%	38%	21%	13%
 Female	27%	38%	18%	16%
<b>Age</b>				
 15-24	32%	42%	18%	7%
25-39	26%	39%	23%	11%
40-54	26%	39%	22%	12%
55-69	27%	38%	16%	18%
70+	27%	31%	14%	27%
<b>Gender x Age</b>				
 Men 15-24	35%	39%	19%	6%
Men 25-39	25%	40%	25%	9%
Men 40-54	24%	38%	24%	13%
 1 Men 55-69	26%	39%	17%	17%
Men 70+	31%	32%	15%	21%
Women 15-24	28%	45%	18%	9%
Women 25-39	28%	38%	21%	12%
Women 40-54	28%	40%	21%	11%
Women 55-69	27%	38%	14%	20%
Women 70+	24%	30%	14%	32%
<b>Education (End of)</b>				
 15-	27%	32%	16%	24%
16-19	26%	38%	22%	13%
20+	27%	45%	19%	8%
Still studying	34%	42%	17%	7%
<b>Household composition</b>				
1	26%	35%	18%	20%
2	28%	40%	17%	14%
3	26%	39%	21%	13%
4+	28%	38%	21%	12%
<b>Difficulties paying bills</b>				
Most of the time	25%	31%	20%	23%
From time to time	22%	36%	23%	18%
Almost never	29%	40%	18%	12%

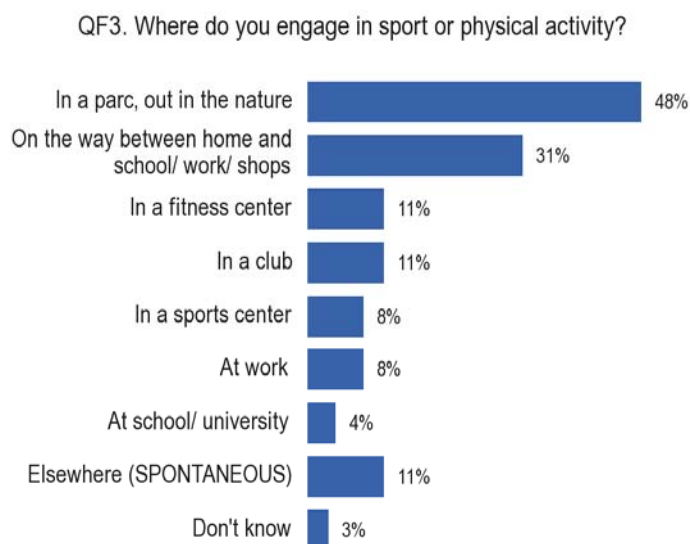
## 2. WHERE PEOPLE ARE EXERCISING

### 2.1 The different contexts for sport and physical activity

- *Many EU citizens prefer outdoor exercise to using indoor sports facilities, although this situation is reversed in a couple of Member States -*

Among those respondents who say that they do sport or physical exercise, **most of activity takes place in informal settings**, such as parks or other outdoor environments (48% of respondents exercise here) or simply on the journey to and from work, school or the shops (31%)<sup>7</sup>.

However, **fitness centres (11%), clubs (11%) and sports centres (8%) are also popular**, with a further 8% exercising at work and 4% exercising at school or university.



EU27

(IF PRACTICE A SPORTS ACTIVITY OR A PHYSICAL ACTIVITY - Base = 87% of the total sample)

<sup>7</sup> QF3: 'Where do you engage in sport or physical activity?' Possible responses: 'in a fitness centre'; 'in a club'; 'in a sports centre'; 'at school/university'; 'at work'; 'on the way to and from school/work/shops'; 'in the park or outdoors'; 'elsewhere'; 'don't know'.

The country-level data reveals very different preferences for the settings in which citizens in the different Member States choose to exercise.

83% of respondents in Slovenia say they **exercise in the park or outdoors**, followed by 76% of those in Finland and 67% in Estonia; in contrast, this form of exercise is least popular in Greece (27%), Malta (28%) and Romania (29%). In only three Member States – Greece, Hungary and Malta – is this not the most popular context for exercise.

**Exercising on the way to and from home and school, work or the shops** is especially popular among respondents in Greece (63%) and Spain (51%), though only 16% of respondents in Luxembourg and 21% in Italy say they do this

Exercising at a **fitness centre** is most popular among Swedish respondents (31%), followed by those in Cyprus (22%) and Denmark (20%); meanwhile respondents in France (2%) and Hungary (2%) use fitness centres the least in the EU.





























**Sports clubs** are particularly well used in the Netherlands (25%) and Germany (19%), although they are not popular options in Greece (2%), Bulgaria (3%), Hungary (3%), Italy (3%), Romania (3%) and Spain (3%).

**Sports centres** find the most favour in Italy (15%), Finland (13%) and Sweden (12%), while respondents in Bulgaria (3%) and Romania (3%) use these facilities the least. The main factors determining the usage of such facilities are presumably quite simple: their availability (most likely to the urban population) and the disposable income of citizens in the different Member States.

Having shown little interest in sports clubs and centres, respondents in Bulgaria (19%) **exercise at work** more than their counterparts elsewhere in the EU, followed by those in Denmark (15%); this contrasts with Italy, where only 1% of respondents get their exercise at work, and Malta (4%). The working culture in different Member States dictates these results, with employers in some countries clearly being more proactive in their attempts to provide exercise facilities in the workplace.

**Exercising at school or university** is most popular in Latvia (10%) and Lithuania (9%), with respondents in Greece (3%), France (3%), Spain (3%), Sweden (3%) and the UK (3%) exercising the least at educational establishments. Since students in these countries can generally be assumed to have access to have some access to sports facilities, the low rate of exercise in these countries is probably more down to attitude than to a relative lack of opportunity.

QF3 Where do you engage in sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)  
(IF PRACTICE A SPORTS ACTIVITY OR A PHYSICAL ACTIVITY - Base = 87% of the total sample)






		In a parc, out in the nature	On the way between home and school/ work/ shops	In a fitness center	In a club	In a sports center	At work	At school/ university	Elsewhere (SPONT.)	DK
	EU27	48%	31%	11%	11%	8%	8%	4%	11%	3%
	BE	38%	29%	7%	15%	9%	8%	4%	12%	4%
	BG	45%	27%	11%	3%	3%	19%	7%	34%	4%
	CZ	58%	36%	13%	6%	7%	9%	6%	7%	3%
	DK	64%	32%	20%	18%	8%	15%	5%	8%	2%
	DE	60%	27%	12%	19%	5%	7%	5%	8%	3%
	EE	67%	27%	5%	9%	8%	14%	7%	12%	2%
	IE	43%	25%	16%	16%	8%	6%	4%	14%	4%
	EL	27%	63%	13%	2%	5%	14%	3%	4%	0%
	ES	53%	51%	11%	3%	9%	5%	3%	5%	0%
	FR	52%	26%	2%	17%	6%	13%	3%	13%	4%
	IT	40%	21%	17%	3%	15%	1%	4%	9%	2%
	CY	39%	32%	22%	6%	5%	8%	8%	13%	0%
	LV	51%	27%	4%	5%	5%	10%	10%	4%	13%
	LT	35%	35%	3%	4%	4%	11%	9%	28%	4%
	LU	51%	16%	8%	16%	8%	9%	6%	12%	4%
	HU	36%	42%	2%	3%	4%	12%	6%	18%	3%
	MT	28%	49%	7%	4%	5%	4%	4%	16%	3%
	NL	40%	32%	19%	25%	10%	9%	5%	8%	1%
	AT	64%	24%	13%	15%	6%	8%	5%	10%	1%
	PL	43%	37%	3%	6%	5%	5%	6%	16%	3%
	PT	39%	36%	12%	6%	5%	11%	5%	4%	1%
	RO	29%	24%	4%	3%	3%	6%	6%	26%	17%
	SI	83%	31%	5%	7%	9%	11%	7%	8%	1%
	SK	45%	41%	15%	6%	4%	9%	7%	9%	4%
	FI	76%	32%	19%	13%	13%	8%	4%	5%	0%
	SE	51%	25%	31%	7%	12%	7%	3%	8%	3%
	UK	39%	28%	14%	10%	9%	9%	3%	16%	3%
Highest percentage per country						Lowest percentage per country				
Highest percentage per item						Lowest percentage per item				

Among the variations revealed by the **socio-demographic data** are the following points:

- There is **relatively little variation between men and women** on this issue, although men express more of a preference for sports clubs (13%, compared with 8% for women). Meanwhile, 35% of women say they exercise on the way to and from home and school, work or the shops, as opposed to just 27% of men.
- **People are more likely to use outdoor spaces to exercise as they grow older.** Only 34% of 15-24 year-olds exercise outside; this rises to 45% in the 25-39 group, climbs to 48% among 40-54 year-olds, and then climbs further to 57% and 56% among the 55-69 and 70+ groups respectively. Male respondents in the older age groups also become more likely to use parks and outdoor spaces than female respondents. 60% of men aged 55-69 and 62% aged 70+ say they exercise in outdoor spaces, compared with 54% of women in the 55-69 group and 52% in the 70+ group.
- Conversely, **the 15-24 group is the most likely to use fitness centres (17%), clubs (18%) and sports centres (13%).** The use of these facilities falls steadily with age, with just 3% of respondents in the 70+ category using fitness centres, 7% using clubs, and 3% using sports centres.
- Repeating a pattern seen previously, **men in the 15-24 group use fitness centres (20%), clubs (25%) and sports centres (18%) more than women** of the same age. Only 14% of female respondents in this group use fitness centres, while 11% use clubs and 8% use sports centres. The imbalance generally narrows in the older age brackets.



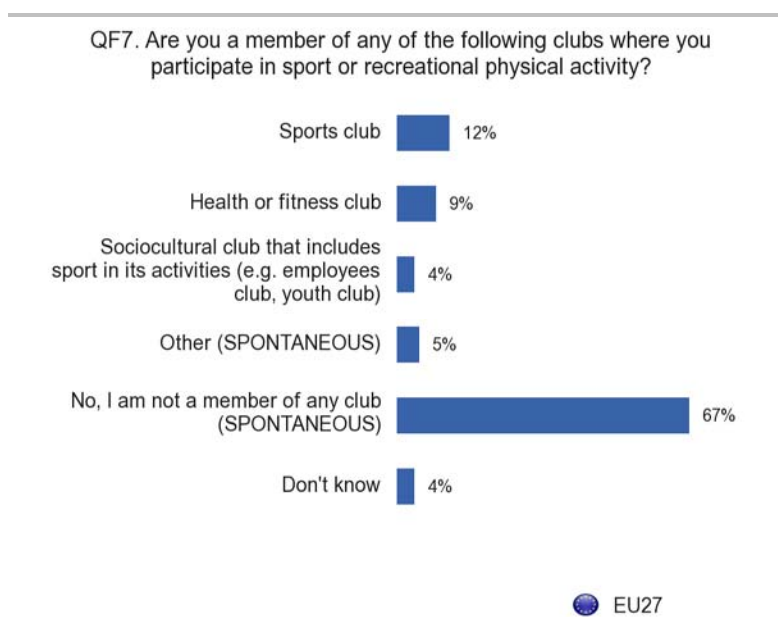
**QF3 Where do you engage in sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)**  
 (IF PRACTICE A SPORTS ACTIVITY OR A PHYSICAL ACTIVITY - Base = 87% of the total sample)

		In a parc, out in the nature	On the way between home and school/ work/ shops	In a fitness center	In a club	In a sports center
	EU27	48%	31%	11%	11%	8%
<b>Gender</b>						
	Male	48%	27%	11%	13%	9%
	Female	47%	35%	11%	8%	6%
<b>Age</b>						
	15-24	34%	31%	17%	18%	13%
	25-39	45%	31%	16%	11%	10%
	40-54	48%	31%	10%	10%	7%
	55-69	57%	31%	6%	8%	4%
	70+	56%	33%	3%	7%	3%
<b>Gender x Age</b>						
	Men 15-24	32%	25%	20%	25%	18%
	Men 25-39	44%	28%	15%	14%	12%
	Men 40-54	49%	26%	9%	11%	7%
	Men 55-69	60%	29%	4%	8%	3%
	Men 70+	62%	31%	2%	6%	2%
	Women 15-24	36%	37%	14%	11%	8%
	Women 25-39	45%	35%	16%	8%	7%
	Women 40-54	48%	36%	11%	8%	6%
	Women 55-69	54%	34%	7%	8%	5%
	Women 70+	52%	34%	4%	7%	4%

## 2.2 Levels of participation in sports and recreational clubs

- *While 67% of people across the EU do not join sports, health or fitness clubs, two EU Member States can boast a majority of club members -*

**Two-thirds of EU citizens (67%) say<sup>8</sup> that they are not a member of any sports or fitness clubs.** However, 9% of respondents are health or fitness club members, while 12% have joined sports clubs. A further 9% are members of some other form of club, including those with a 'socio-cultural' element, like work or youth clubs.































**In only two EU countries are a majority of respondents members of sports or fitness clubs (which for the purposes of this survey includes health or fitness clubs, sports clubs and socio-cultural clubs with a sporting element).** In Germany, just 39% of people say they are not club members, while 43% of Austrians say the same. The Netherlands and Sweden (51% non-members), and Denmark (53%) have also high proportions of sports club participants.

Those countries with the smallest proportions of club members are Hungary (where 92% of people do not go to any kind of club), Greece (88%), Lithuania (88%), Poland (87%) and Estonia (85%).

<sup>8</sup> QF7: 'Are you a member of any of the following clubs where you participate in sport or recreational physical activity?' Possible responses: 'health or fitness club'; 'sports club'; 'socio-cultural club that includes sport in its activities (e.g. employees club, youth club)'; 'other'; 'no, I am not a member of any club'; 'don't know'.

There are also variations in the kinds of clubs favoured by different Member States. 27% of respondents in the Netherlands attend sports clubs, compared with 20% who attend fitness clubs. In contrast, 22% of respondents in Denmark are fitness clubs members, while 19% are sports club members. The high levels of club participation in these particular Member States demonstrate that sports and fitness clubs, which be expensive to join, are most popular in the EU's highest-performing economies.






QF7 Are you a member of any of the following clubs where you participate in sport or recreational physical activity? (MULTIPLE ANSWERS POSSIBLE)

		Sports club	Health or fitness club	Sociocultural club that includes sport in its activities (e.g. employees club, youth club)	Other (SPONT.)	No, I am not a member of any club (SPONT.)	DK
	EU27	12%	9%	4%	5%	67%	4%
	BE	14%	7%	4%	3%	72%	2%
	BG	4%	3%	3%	5%	73%	12%
	CZ	7%	6%	4%	1%	81%	1%
	DK	19%	22%	12%	3%	53%	0%
	DE	23%	13%	8%	16%	39%	6%
	EE	10%	2%	2%	1%	85%	1%
	IE	18%	16%	4%	4%	59%	3%
	EL	4%	8%	1%	1%	88%	0%
	ES	9%	4%	4%	2%	82%	1%
	FR	18%	2%	4%	2%	72%	3%
	IT	7%	14%	3%	1%	62%	13%
	CY	5%	11%	2%	1%	82%	0%
	LV	6%	3%	4%	2%	76%	9%
	LT	6%	2%	1%	2%	88%	1%
	LU	22%	6%	5%	1%	66%	1%
	HU	4%	2%	1%	1%	92%	0%
	MT	7%	5%	3%	2%	81%	3%
	NL	27%	20%	3%	3%	51%	0%
	AT	17%	13%	8%	11%	43%	14%
	PL	4%	2%	1%	4%	87%	2%
	PT	8%	7%	3%	1%	82%	1%
	RO	2%	3%	0%	20%	71%	4%
	SI	13%	5%	4%	2%	77%	0%
	SK	9%	5%	5%	1%	79%	1%
	FI	17%	8%	6%	4%	67%	1%
	SE	21%	21%	8%	6%	51%	0%
	UK	9%	14%	4%	3%	74%	0%
Highest percentage per country		Lowest percentage per country					
Highest percentage per item		Lowest percentage per item					

**Socio-demographic analysis** also reveals some interesting variations in terms of which sporting venues are favoured by which social groups:

- **Men are slightly more likely to be club members than women**, especially when it comes to sports club (16% of men say they are in a sports club, as opposed to 8% of women). Overall, 70% of women say they are not club members, higher than the 64% of men who say the same.
- **Young people are more likely than older people to be sports or fitness club members**. 15% and 22% of 15-24 year-olds say they are in a health/fitness club or a sports club respectively, although this figure contains considerable gender disparity (17% and 30% for men, and 12% and 13% for women). The level of participation then falls progressively with time, with 4% and 9% of the 55-69 age group taking part in health/fitness clubs or sports clubs respectively – a level that falls to 2% and 5% in the 70+ category.
- Similarly, **only 56% of 15-24 year-olds say they are not club members** (although only 47% of male respondents in this group say this, compared with 64% of female respondents), a figure which eventually rises to 79% among the 70+ age group.
- People who struggle to pay their household bills are understandably less likely (5%) to join a sports club than people who do not have that difficulty (14% of this group are sports club members).
- **52% of people who do voluntary work are sports club members**, as opposed to only 9% of people who do not do voluntary work.
- Club membership also appears to be more common among those who say they exercise 'with some regularity' than among those who exercise 'regularly'. 16% of respondents who exercise regularly are health or fitness club members, while 23% are sports club members; and yet 20% of those exercising with some regularity are health or fitness club members, while 27% are sports club members. This outcome suggests that many people who do so regularly prefer to exercise in other contexts – perhaps just exercising on their own.

**QF7 Are you a member of any of the following clubs where you participate in sport or recreational physical activity?**  
(MULTIPLE ANSWERS POSSIBLE)

	Sports club	Health or fitness club	No, I am not a member of any club (SPONT.)
EU27	12%	9%	67%
<b>Gender</b>			
 Male	16%	9%	64%
 Female	8%	9%	70%
<b>Age</b>			
 15-24	22%	15%	56%
25-39	13%	13%	63%
40-54	12%	9%	68%
55-69	9%	4%	73%
70+	5%	2%	79%
<b>Gender x Age</b>			
 Men 15-24	30%	17%	47%
Men 25-39	18%	13%	60%
Men 40-54	14%	8%	65%
 Men 55-69	12%	3%	74%
Men 70+	7%	2%	77%
Women 15-24	13%	12%	64%
Women 25-39	8%	14%	67%
Women 40-54	10%	10%	70%
Women 55-69	7%	6%	72%
Women 70+	4%	2%	80%
<b>Difficulties paying bills</b>			
Most of the time	5%	5%	77%
From time to time	9%	8%	71%
Almost never	14%	10%	65%
<b>Exercise sport</b>			
Regularly	23%	16%	55%
With some regularity	27%	20%	41%
Seldom	6%	5%	76%
Never	1%	1%	86%
<b>Physical activity</b>			
Regularly	14%	9%	68%
With some regularity	17%	12%	59%
Seldom	8%	8%	73%
Never	3%	2%	81%
<b>Voluntary work</b>			
Yes	52%	14%	26%
No	9%	9%	71%

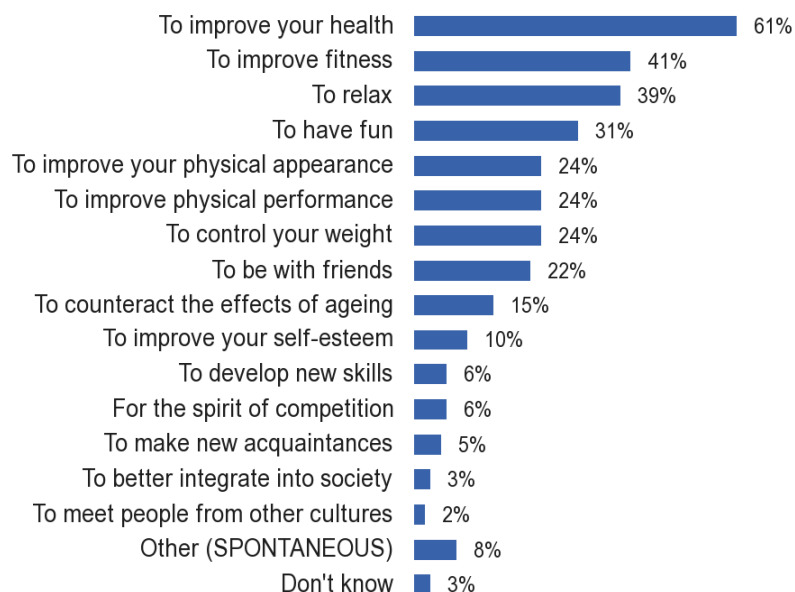
### 3. PERSONAL MOTIVATION

#### 3.1 Individual reasons for exercising

- *Health is the main consideration for EU citizens when it comes to exercise, although other factors like personal appearance and pure enjoyment are also significant -*

This stage of the survey reveals the wide range of personal motivations that individual respondents have for deciding whether to do physical exercise. Respondents were invited to name reasons for why they exercise (a sport or a physical activity) such as 'to improve health' and 'to improve fitness', and were able to name more than one factor.

#### QF4. Why do you engage in sport or physical activity?



EU27

(IF PRACTICE A SPORTS ACTIVITY OR A PHYSICAL ACTIVITY - Base = 87% of the total sample)

In an increasingly health-conscious world, it is perhaps unsurprising that 61% of EU citizens who do sport or some other form of physical exercise do so **to improve their**

**health**<sup>9</sup>. The next most commonly cited reasons for exercising are 'to improve fitness' (41%); 'to relax' (39%); and 'to have fun' (31%).

**Improving one's personal image is less of a motivation**, though still a significant one. 24% of people exercise to improve their physical appearance, 15% to counteract the effects of ageing, and 10% to boost their self-esteem.

At country level, it is easy to identify the EU's most health-conscious members from these responses. Respondents from **several countries describe health considerations as heavily influencing their decision** to exercise: these are Sweden (82%), Cyprus (77%), Slovenia (77%) and Denmark (76%).

In only two Member States is 'improving health' not cited as the most important reason for exercising: these are Belgium and France, where more respondents say relaxing and improving fitness respectively are the most significant motivating factors. An exceptionally low proportion of people in Bulgaria (35%), the Netherlands (43%), Romania (43%) and Hungary (49%) say they are motivated by health.

**Improving one's fitness** as an exercise goal is most common in Sweden (74%), Finland (68%), Denmark (64%) and France (56%). Yet while fitness might seem to be an obvious goal of physical exercise, a surprisingly low number of people cite this as their motivation in Romania (10%), Portugal (16%), Bulgaria (18%) and the Netherlands (26%).

**Relaxation** emerges as a particularly compelling reason to be physically active in Slovenia (65%), Belgium (62%), Finland (58%), France (52%) and Sweden (51%). However, respondents other Member States tend to find exercise much less relaxing than the EU average of 39%: these are Slovakia (21%), the Netherlands (26%), Lithuania (26%), the Czech Republic (26%) and Bulgaria (27%).

Similarly, exercise is generally viewed as being **a fun activity** in some Member States, but not in others. In Sweden, 53% of respondents say they exercise for fun; this is followed by Denmark (46%), Germany (46%) and Lithuania (46%). However, only 11% of respondents in Romania say they exercise for fun, with similar outcomes in Hungary (12%), Slovakia (16%), Greece (16%), Bulgaria (17%) and Cyprus (18%).

Exercising in order **to improve one's physical appearance** emerges as being most common in Cyprus (35%), followed by Denmark (33%), Latvia (33%) and Luxembourg (31%). Only 7% of respondents in the Netherlands are motivated by this, however, while Romania (15%), Bulgaria (17%), Poland (17%) and Portugal (17%) are also well below the average.

<sup>9</sup> QF4: 'Why do you engage in sport or physical activity?' Possible responses: 'to improve your health'; 'to improve your physical appearance'; 'to counteract the effects of ageing'; 'to have fun'; 'to relax'; 'to be with friends'; 'to make new acquaintances'; 'to meet people from other cultures'; 'to improve fitness'; 'to control your weight'; 'to improve your self-esteem'; 'to develop new skills'; 'for the spirit of competition'; 'to better integrate into society'; 'other'; 'don't know'.



**Improving physical performance** is a very common motivating factor in some Member States, especially Sweden (50%), Germany (45%), Finland (43%) and Slovenia (43%). But in Bulgaria (5%), Romania (7%), Cyprus (9%) and the Czech Republic (10%) this is less important.

Respondents in Denmark (47%), Sweden (45%) and Finland (41%) commonly cite **'controlling one's weight'** as a motivating factor, unlike those in Hungary (8%), Portugal (9%), Poland (11%), Lithuania (14%) and Romania (14%).

Taking exercise as a way of **spending time with friends** is relatively common in some Member States: Austria (39%), Finland (34%) and Sweden (33%). In other countries, especially Poland (8%), the Netherlands (9%), Greece (10%), Lithuania (11%) and Romania (11%), this is less of a factor.

**Counteracting the effects of ageing** is a particularly common motivation in Finland (33%), Sweden (30%) and Denmark (26%), although respondents in Greece (7%), the Netherlands (7%) and Portugal (7%) are far less likely to cite this as a reason.

**Improving one's self-esteem**, while a fairly common motivating factor in Denmark (33%), Sweden (26%) and Estonia (20%), is not viewed as being important in Lithuania (3%) or the Netherlands (3%).

Other factors were generally viewed as being relatively insignificant across the EU, although 15% of respondents in Estonia say they exercise in order to develop new skills; 16% in Sweden cite 'the spirit of competition' as a motivating factor; and in Denmark 12% exercise in order to make new acquaintances. Meanwhile, in Latvia 8% of respondents say they exercise to better integrate into society, while 5% aim to meet people from other cultures.







## QF4 Why do you engage in sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)

(IF PRACTICE A SPORTS ACTIVITY OR A PHYSICAL ACTIVITY - Base = 87% of the total sample)

	To improve your health	To improve fitness	To relax	To have fun	To improve your physical appearance	To improve physical performance	To control your weight	To be with friends	To counteract the effects of ageing	To improve your self-esteem	To develop new skills	For the spirit of competition	To make new acquaintances	To better integrate into society	To meet people from other cultures	Other (SPONT.)	DK
EU27	61%	41%	39%	31%	24%	24%	24%	22%	15%	10%	6%	6%	5%	3%	2%	8%	3%
BE	59%	49%	62%	43%	21%	21%	30%	25%	16%	12%	7%	7%	10%	4%	3%	7%	2%
BG	35%	18%	27%	17%	17%	5%	19%	22%	17%	12%	2%	4%	4%	5%	1%	42%	5%
CZ	53%	36%	26%	38%	26%	10%	21%	21%	14%	6%	4%	4%	3%	3%	1%	3%	1%
DK	76%	64%	35%	46%	33%	34%	47%	31%	26%	33%	10%	14%	12%	2%	4%	9%	2%
DE	74%	45%	41%	46%	29%	45%	33%	30%	23%	16%	10%	8%	8%	6%	3%	3%	2%
EE	68%	47%	42%	25%	28%	17%	31%	24%	22%	20%	15%	10%	8%	3%	4%	9%	0%
IE	67%	45%	43%	29%	21%	18%	31%	23%	9%	9%	6%	5%	5%	3%	2%	8%	4%
EL	74%	39%	31%	16%	21%	14%	21%	10%	7%	6%	3%	2%	2%	2%	0%	1%	1%
ES	61%	29%	40%	25%	28%	13%	18%	15%	10%	6%	5%	3%	3%	2%	1%	12%	1%
FR	51%	56%	52%	29%	21%	13%	26%	28%	14%	7%	4%	8%	7%	4%	3%	7%	2%
IT	52%	34%	46%	21%	30%	13%	21%	19%	19%	4%	3%	2%	4%	2%	1%	6%	1%
CY	77%	55%	43%	18%	35%	9%	38%	18%	12%	11%	4%	3%	5%	2%	2%	5%	0%
LV	60%	42%	41%	27%	33%	18%	18%	23%	16%	19%	14%	11%	11%	8%	5%	5%	5%
LT	61%	30%	26%	46%	24%	20%	14%	11%	14%	3%	4%	1%	2%	2%	1%	9%	2%
LU	66%	43%	48%	31%	31%	30%	32%	24%	17%	16%	9%	10%	8%	3%	4%	7%	6%
HU	49%	36%	31%	12%	23%	34%	8%	14%	14%	5%	3%	4%	2%	1%	0%	13%	6%
MT	79%	38%	42%	34%	29%	21%	37%	16%	15%	12%	6%	7%	7%	5%	3%	1%	1%
NL	43%	26%	26%	35%	7%	11%	15%	9%	7%	3%	3%	3%	3%	1%	1%	4%	1%
AT	63%	40%	42%	38%	27%	39%	34%	39%	24%	16%	10%	7%	9%	4%	4%	4%	2%
PL	62%	32%	22%	25%	17%	40%	11%	8%	8%	7%	5%	4%	2%	2%	2%	5%	4%
PT	65%	16%	35%	22%	17%	17%	9%	20%	7%	6%	4%	4%	3%	1%	2%	4%	3%
RO	43%	10%	30%	11%	15%	7%	14%	11%	15%	4%	2%	2%	3%	4%	1%	15%	17%
SI	77%	35%	65%	28%	28%	43%	26%	31%	14%	19%	12%	8%	8%	5%	3%	8%	0%
SK	57%	45%	21%	16%	24%	22%	21%	23%	12%	11%	3%	4%	6%	4%	1%	3%	3%
FI	73%	68%	58%	26%	29%	43%	41%	34%	33%	17%	13%	10%	10%	2%	2%	6%	0%
SE	82%	74%	51%	53%	28%	50%	45%	33%	30%	26%	14%	16%	10%	3%	4%	3%	2%
UK	65%	53%	33%	37%	20%	19%	30%	24%	12%	10%	7%	6%	6%	4%	3%	12%	2%
Highest percentage per country					Lowest percentage per country												
Highest percentage per item					Lowest percentage per item												

The **socio-demographic data** reveals interesting variations in reasons for exercising depending on social grouping:

- **Women are slightly more health-conscious than men**, with 63% of women saying they exercise for health reasons, as opposed to 58% of men. **Women are also slightly more image-conscious**, with 25% aiming to improve their physical appearance (22% for men) and 26% aiming to control their weight (23% for men). By contrast, **men are more motivated by the fun of exercise** (35%, compared with 27% for women), as well as also by competition (9%, only 3% for women) and the social aspect of using exercise as a way of spending time with friends (25%, 19% for women).
- **Health clearly becomes more of a consideration the older people get.** Only 52% of 15-24 year-olds are motivated by health, but this rises steadily and reaches 67% among 70+ respondents. Similarly, young people are much more likely to exercise to improve the way they look: 35% of 15-24 year-olds exercise with this in mind, as opposed to just 10% in the 70+ category. **The fun/social element of exercising also declines as people grow older**, while counteracting the effects of ageing becomes increasingly important.
- **People who stay in education for longer are far more likely to see exercise as an enjoyable activity.** 36% of people who left education at 20 or older say they exercise in order to have fun, but this falls to 20% in the 15-or-under group.
- **Individuals who have trouble paying the bills are less likely to exercise to improve their health** or to have fun than those with greater financial means. 51% of those who struggle financially exercise to improve their health and only 22% exercise to have fun; but 64% of better-off respondents exercise for health reasons and 34% do it for fun.
- **Improving one's health emerges as a very important motivating factor among people who play sport regularly** (73%), while only 53% of people who play sport either seldom or never say they are concerned by health. Generally speaking, respondents who say they do physical activity regularly as opposed to sport express less positive reasons for why they do it, suggesting that many people are physically active as part of their everyday routine and do not have any specific motivation for it.

QF4 Why do you engage in sport or physical activity? (MULTIPLE ANSWERS POSSIBLE) (IF PRACTICE A SPORTS ACTIVITY OR A PHYSICAL ACTIVITY - Base = 87% of the total sample)									
	To improve your health	To improve fitness	To have fun	To relax	To improve your physical appearance	To improve physical performance	To control your weight	To be with friends	To counteract the effects of ageing
EU27	61%	41%	31%	39%	24%	24%	24%	22%	15%
<b>Gender</b>									
 Male	58%	42%	35%	40%	22%	25%	23%	25%	15%
 Female	63%	41%	27%	38%	25%	22%	26%	19%	16%
<b>Age</b>									
 15-24	52%	45%	48%	34%	35%	31%	24%	36%	6%
25-39	59%	41%	34%	43%	31%	24%	27%	23%	9%
40-54	61%	43%	29%	43%	23%	24%	28%	19%	15%
55-69	66%	40%	23%	36%	14%	21%	23%	18%	25%
70+	67%	35%	22%	32%	10%	18%	15%	14%	28%
<b>Gender x Age</b>									
 Men 15-24	51%	47%	57%	34%	35%	37%	19%	43%	6%
Men 25-39	56%	42%	40%	45%	27%	26%	24%	28%	9%
Men 40-54	58%	43%	31%	43%	21%	25%	26%	21%	15%
 Men 55-69	64%	41%	22%	37%	13%	21%	23%	17%	24%
Men 70+	67%	34%	22%	35%	8%	16%	15%	13%	28%
Women 15-24	53%	43%	39%	33%	35%	25%	29%	27%	5%
Women 25-39	62%	40%	28%	42%	34%	22%	29%	18%	9%
Women 40-54	64%	43%	27%	42%	25%	23%	30%	17%	14%
Women 55-69	67%	40%	23%	35%	14%	21%	24%	19%	26%
Women 70+	68%	36%	22%	30%	11%	19%	15%	15%	29%
<b>Education (End of)</b>									
 15-	61%	33%	20%	33%	15%	18%	18%	16%	20%
16-19	60%	40%	29%	38%	23%	22%	24%	21%	14%
20+	63%	48%	36%	46%	27%	26%	29%	22%	18%
Still studying	54%	49%	53%	36%	37%	37%	26%	40%	6%
<b>Difficulties paying bills</b>									
Most of the time	51%	32%	22%	38%	22%	15%	20%	19%	12%
From time to time	54%	35%	25%	38%	24%	18%	22%	19%	13%
Almost never	64%	45%	34%	39%	24%	27%	26%	23%	17%
<b>Exercise sport</b>									
Regularly	73%	56%	40%	42%	35%	34%	35%	26%	21%
With some regularity	68%	56%	46%	47%	35%	36%	35%	33%	18%
Seldom	53%	32%	24%	35%	16%	16%	18%	17%	11%
Never	53%	28%	16%	31%	12%	12%	13%	11%	14%
<b>Physical activity</b>									
Regularly	64%	45%	32%	38%	24%	27%	26%	23%	15%
With some regularity	62%	43%	35%	42%	26%	26%	27%	24%	17%
Seldom	53%	34%	24%	36%	19%	15%	18%	16%	12%
Never	59%	32%	26%	33%	19%	12%	17%	14%	12%

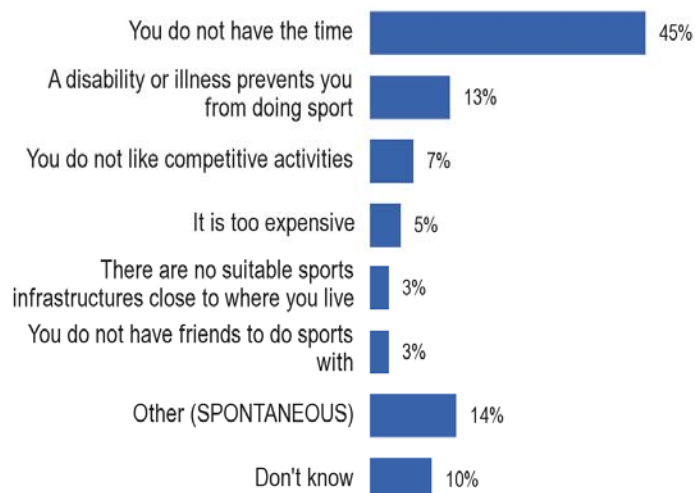
### 3.2 What prevents people from exercising

*- Many people in the EU say they are simply too busy to exercise -*

Constraints can be just as significant as the motivating factors outlined above when it comes to determining whether an individual is able to exercise or now.

Time – or a lack of it – is the main reason that people in the EU give for not playing any sports<sup>10</sup>. Altogether, **45% complain that a shortage of time is factor**. Most other factors are relatively insignificant at an EU level. 5% say it is too expensive; 7% do not like competitive activities; 3% cite a lack of suitable facilities close to where they live; 13% of respondents say that **disability or illness** prevents them from taking part; 3% say they do not have friends with whom to do sports; 14% have other reasons; and 10% say they do not know why they do not exercise.

QF5. From the following reasons, what is currently preventing you the most from practicing sport more regularly?

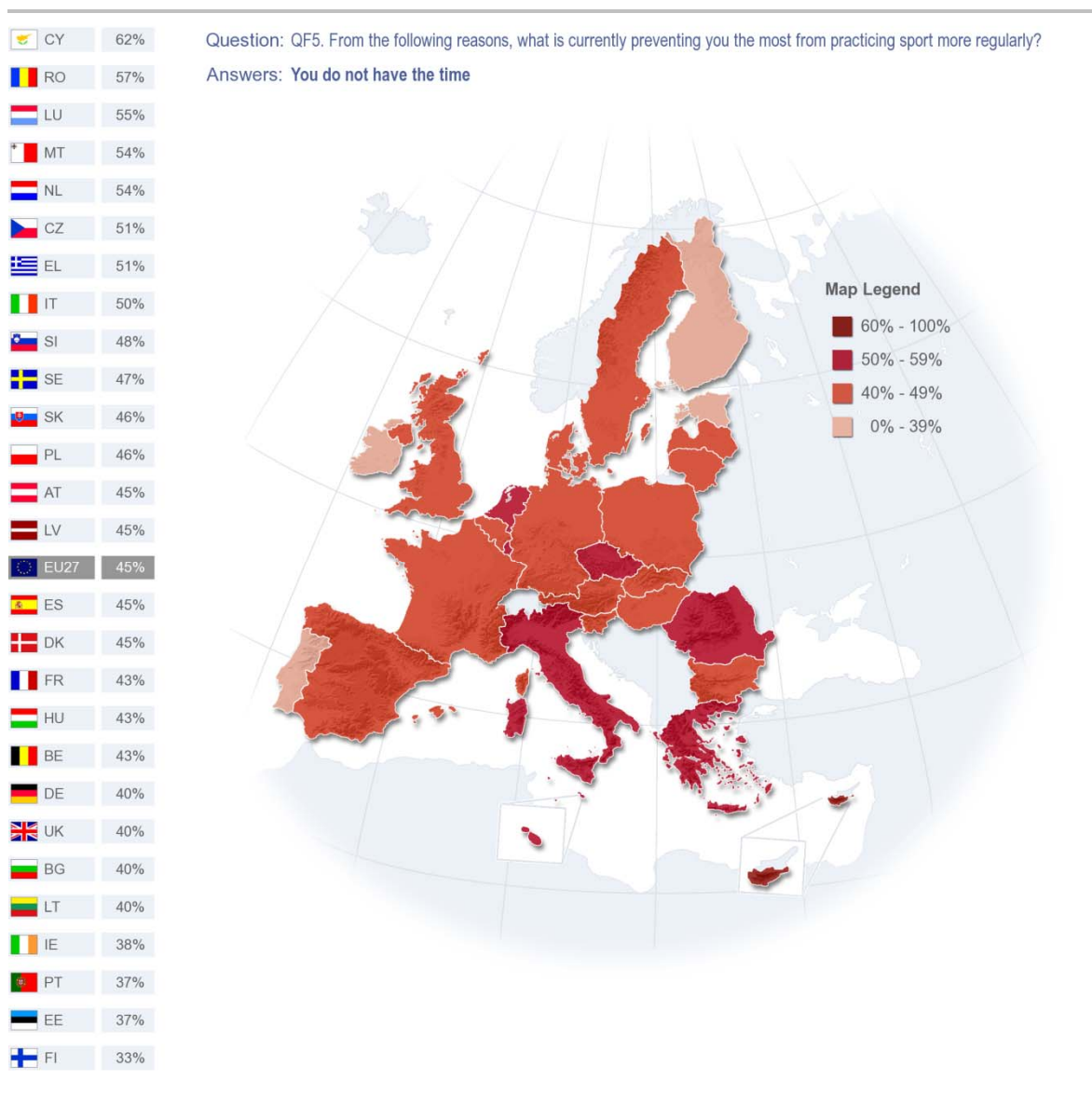


EU27

At the country level, **time is a particularly acute issue in several Member States**: in Cyprus 62% say they do not have the time for sport, Romania 57%, Luxembourg 55%, and Malta and the Netherlands 54%. In other countries, time is apparently in

<sup>10</sup> QF5: 'From the following reasons, what is currently preventing you the most from practicing sport more regularly?' Possible responses: 'you do not have the time'; 'it is too expensive'; 'you do not like competitive activities'; 'there are no suitable sports infrastructures close to where you live'; 'a disability or illness prevents you from doing sport'; 'you do not have friends to do sports with'; 'other'; 'don't know'.

greater supply: a lack of time only prevents 33% of Finns from exercising, with Estonians and the Portuguese (37% both), and the Irish (38%) also seeing time as a smaller issue than most.






























**Illness or disability emerge as particular reasons for not exercising in the United Kingdom and in Hungary**, where 22% and 20% of people respectively identify these as important factors.

**A dislike of competitive activities** is most commonly given as a reason by respondents in Italy (15%), Bulgaria (12%) and Hungary (12%), though very few in Cyprus (2%), Germany (3%), Luxembourg (3%), Poland (3%) and the UK (3%) consider this to be a factor.

**The cost of exercising is a minor consideration in most countries**, although it appears to be a particular issue in Portugal where 13% of respondents point to the high cost of playing sport.

A lack of suitable infrastructure is not seen as a problem in the vast majority of the EU, although a noticeable 8% of people in both Poland and Slovakia mention this as a difficulty for them.

QF5 From the following reasons, what is currently preventing you the most from practicing sport more regularly?







		You do not have the time	A disability or illness prevents you from doing sport	You do not like competitive activities	It is too expensive	There are no suitable sports infrastructures close to where you live	You do not have friends to do sports with	Other (SPONT.)	DK
	EU27	45%	13%	7%	5%	3%	3%	14%	10%
	BE	<b>43%</b>	13%	10%	4%	2%	3%	16%	9%
	BG	<b>40%</b>	13%	12%	5%	5%	3%	9%	13%
	CZ	<b>51%</b>	17%	8%	5%	5%	3%	8%	3%
	DK	<b>45%</b>	15%	5%	4%	1%	2%	18%	10%
	DE	<b>40%</b>	14%	3%	3%	1%	5%	16%	18%
	EE	<b>37%</b>	17%	5%	8%	5%	2%	12%	14%
	IE	<b>38%</b>	6%	9%	6%	3%	1%	18%	19%
	EL	<b>51%</b>	10%	8%	8%	4%	5%	9%	5%
	ES	<b>45%</b>	13%	11%	4%	3%	1%	16%	7%
	FR	<b>43%</b>	15%	6%	5%	2%	2%	16%	11%
	IT	<b>50%</b>	3%	15%	6%	2%	5%	11%	8%
	CY	<b>62%</b>	11%	2%	5%	2%	1%	11%	6%
	LV	<b>45%</b>	13%	7%	7%	4%	4%	9%	11%
	LT	<b>40%</b>	15%	5%	6%	4%	4%	21%	5%
	LU	<b>55%</b>	11%	3%	3%	0%	3%	16%	9%
	HU	<b>43%</b>	20%	12%	4%	5%	2%	9%	5%
	MT	<b>54%</b>	11%	10%	1%	4%	2%	12%	6%
	NL	<b>54%</b>	8%	7%	6%	1%	2%	18%	4%
	AT	<b>45%</b>	11%	4%	6%	3%	5%	15%	11%
	PL	<b>46%</b>	15%	3%	2%	8%	4%	10%	12%
	PT	<b>37%</b>	10%	11%	13%	4%	3%	5%	17%
	RO	<b>57%</b>	8%	6%	5%	5%	2%	12%	5%
	SI	<b>48%</b>	11%	6%	6%	3%	1%	21%	4%
	SK	<b>46%</b>	16%	7%	4%	8%	4%	10%	5%
	FI	<b>33%</b>	16%	4%	2%	2%	3%	20%	20%
	SE	<b>47%</b>	15%	6%	3%	2%	2%	15%	10%
	UK	<b>40%</b>	22%	3%	8%	2%	1%	15%	9%
<b>Highest percentage per country</b>		<b>Highest percentage per item</b>				<b>Lowest percentage per country</b>			
						<b>Lowest percentage per item</b>			

The **socio-demographic results** show that:

- Men and women have very similar reasons for not exercising
- **The 25-39 age group is most likely to cite time as a factor (62%),** suggesting that a combination of social activity, work and family make this the busiest group. Time becomes a far less significant factor for the respondents aged 55-69 (30%) and moreover for those aged 70 years old and over (9%). Interestingly, women in the 15-24 group (53%) are more likely to claim time as a factor than men of the same age (48%); however, this situation evens out in the 25-39 age group and reverses in the 40-54 group, with 58% of men saying they lack time for exercise as opposed to 53% of women.
- **Time is also a far more important factor for people who stay in education for longer.** Only 27% of those who finished studying at 15 or younger mention time being an issue; this rises to 49% in the 16-19 group and to 53% in the 20+ category.
- **People living in large households also say that they have less time to exercise.** Only 30% of people who live alone lack sufficient time to play sport, but this rises to 58% of people in a household of four or more.



**QF5 From the following reasons, what is currently preventing you the most from practicing sport more regularly?**

<b>You do not have the time</b>	
EU27	45%
<b>Gender</b>	
 Male	46%
 Female	43%
<b>Age</b>	
 15-24	50%
25-39	62%
40-54	55%
55-69	30%
70+	9%
<b>Gender x Age</b>	
 Men 15-24	48%
Men 25-39	62%
Men 40-54	58%
 1 Men 55-69	31%
Men 70+	11%
Women 15-24	53%
Women 25-39	62%
Women 40-54	53%
Women 55-69	28%
Women 70+	8%
<b>Education (End of)</b>	
 15-	27%
16-19	49%
20+	53%
Still studying	50%
<b>Household composition</b>	
1	30%
2	37%
3	52%
4+	58%

## 4. LOCAL ATTITUDES TO EXERCISE

- *Most EU citizens feel that their local authority gives them the opportunity to exercise, but in a small number of EU Member States people are not satisfied with local government performance -*

Respondents were invited to give their opinion on a number of statements relating to sports and physical activity<sup>11</sup>. These statements all relate to **how people perceive the opportunities for physical exercise in their local area** and to **the performance of local government** in providing these opportunities. They also address the extent to which respondents, having recognized the opportunities, then choose either to ignore or to make use of them.

### 4.1 Facilities in my area

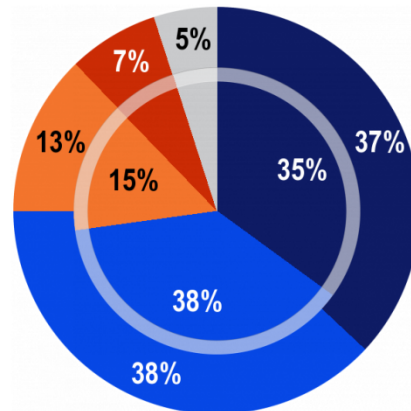
A majority of EU respondents (75%) either 'strongly agree' (37%) or 'tend to agree' (38%) that their local area provides them with opportunities to be physically active<sup>12</sup>. But 20% of people 'tend to disagree' (13%) or 'strongly disagree' (7%) that this is the case. A further 5% say they do not even know if their area offers them sporting opportunities. This shows almost no variation from the 2005 survey (EB64.3).

<sup>11</sup> QF6: To what extent do you agree or disagree with the following statements about sport and physical activity? The area where I live offers me many opportunities to be physically active; Local sport clubs and other local providers offer many opportunities to be physically active; There are opportunities to be physically active in my area but I do not have time to take advantage of them; Being physically active does not interest me – I would rather do other things with my time; My local authority does not do enough for its citizens in relation to physical activities.

<sup>12</sup> QF6.1: 'The area where I live offers me many opportunities to be physically active'. Possible responses: strongly agree; tend to agree; tend to disagree; strongly disagree; don't know.

QF6.1. To what extent do you agree or disagree with the following statements about sport and physical activity?

The area where I live offers me many opportunities to be physically active



Inner pie: EB64.3  
(Autumn 2005)

Outer pie: EB72.3  
(Autumn 2009)

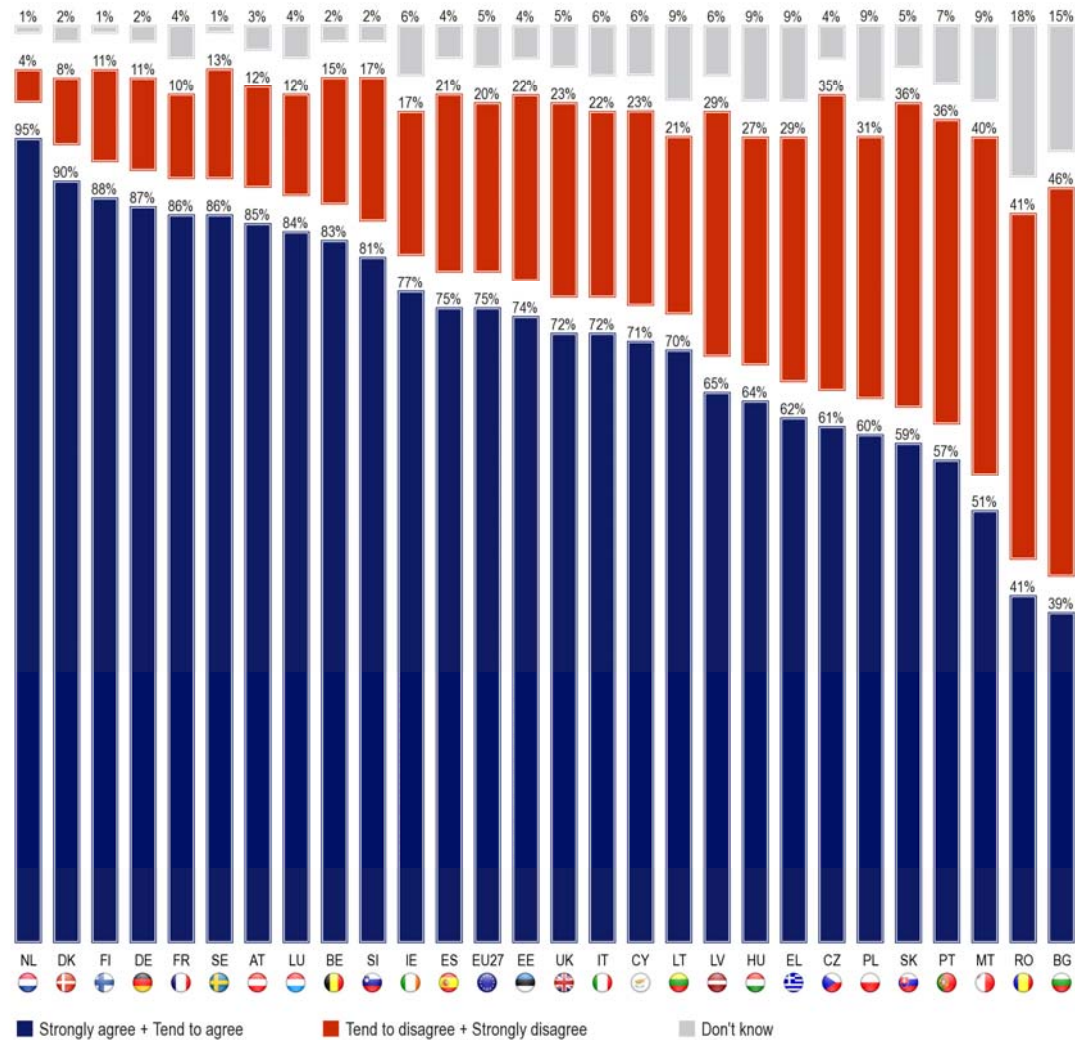
- Strongly agree
  - Tend to agree
  - Tend to disagree
  - Strongly disagree
  - Don't know
- EU

At country level, respondents in certain Member States have a very good impression of their local sports facilities. In the Netherlands, 95% of respondents agree that they have opportunities in their area. Denmark (90%), Finland (88%); and Germany (87%), record the most important levels of agreement. These Member States are of course among the most affluent in the EU and, as we have seen previously, their citizens tend to take sport more seriously on average.

On the contrary, fewer levels of agreement are recorded in Bulgaria (39%) and Romania (41%), the two Member States that joined the EU most recently.

QF6.1. To what extent do you agree or disagree with the following statements about sport and physical activity?

The area where I live offers me many opportunities to be physically active




An analysis of **Member States that joined the EU before 2004** as opposed to those that joined after 2004 reveals a clear distinction when it comes to people's appraisal of their local sports facilities. 79% of respondents in EU15 countries agree that they have local opportunities; but in the NMS12, only 56% agree to some extent. The more mature economies of the EU15 have almost certainly enabled those Member States to fund better public facilities than their newer EU partners.

At the socio-demographic level, the main disparity turns out to be financial. 77% of people who pay their bills without difficulty agree that they have sufficient opportunities in their area, but this falls to 62% among people for whom bills can be a problem. Clearly, having more disposable income offers EU citizens a wider range of possibilities when it comes to sport and exercise. Living in urban or rural areas appears to make little difference overall, however.

**QF6.1 To what extent do you agree or disagree with the following statements about sport and physical activity?**

**The area where I live offers me many opportunities to be physically active**

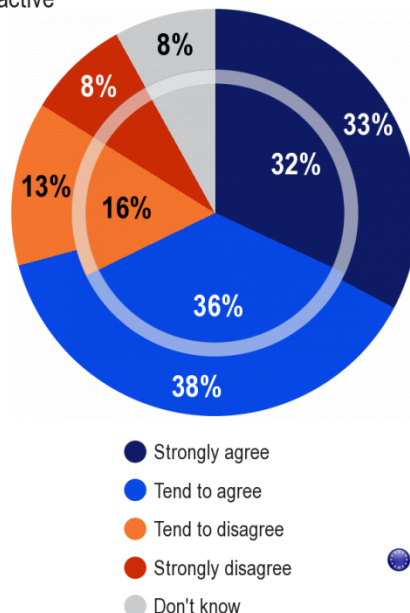
	Total "Agree"	Total "Disagree"
EU27	75%	20%
<b>Subjective urbanisation</b>		
 Rural village	70%	26%
Small/mid size town	77%	17%
Large town	76%	18%
<b>Difficulties paying bills</b>		
Most of the time	62%	28%
From time to time	69%	25%
Almost never	77%	18%

## 4.2 Impressions of local sports clubs

A clear majority of EU respondents (71%) say they either 'strongly agree' (33%) or 'tend to agree' (38%) that their local sports clubs and facilities give them the opportunity to be physically active<sup>13</sup>. However, 21% of people 'tend to disagree' or 'strongly disagree' that they lack these opportunities in their area. Again, variations from the findings of the 2005 survey (EB64.3) are minor, with slightly more respondents now agreeing that their local facilities provide them with the opportunities they need.

QF6.2. To what extent do you agree or disagree with the following statements about sport and physical activity?

Local sport clubs and other local providers offer many opportunities to be physically active



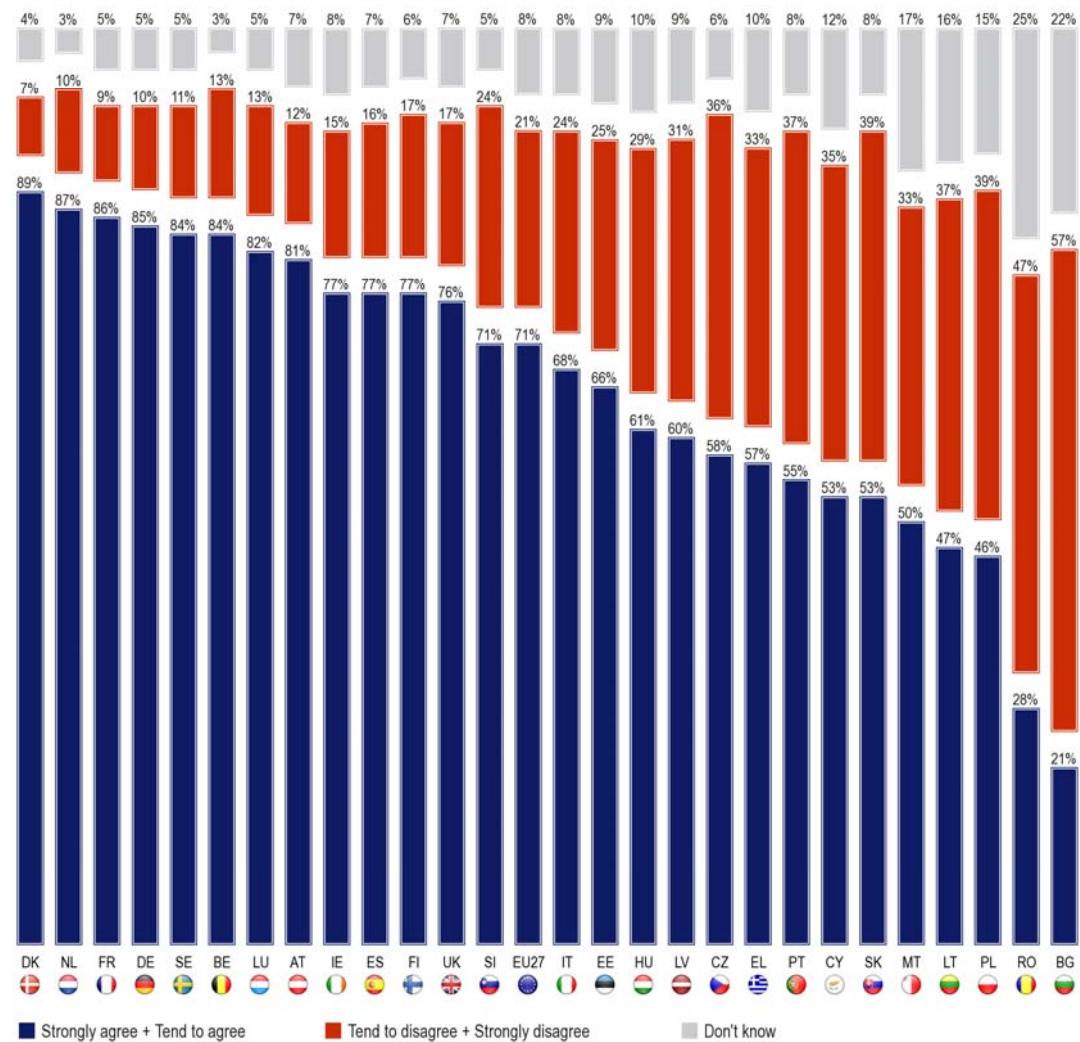
Individual EU countries show the same trends as for the previous question, with a high proportion of respondents in Denmark (89%), the Netherlands (87%), France (86%), Germany (85%), Sweden and Belgium (84%) all expressing strong levels of satisfaction with their local sports clubs. This clearly continues the geographical pattern, whereby the Scandinavian countries and the Netherlands especially offer – and are perceived to offer – a high degree of sporting opportunity.

However, relatively few people in Bulgaria (21%), Romania (28%), Poland (46%) and Lithuania (47%) – all of which are among the newer EU members – agree that the clubs in their area are sufficient.

<sup>13</sup> QF6.2: 'Local sport clubs and other local providers offer many opportunities to be physically active'.

QF6.2. To what extent do you agree or disagree with the following statements about sport and physical activity?

Local sport clubs and other local providers offer many opportunities to be physically active



The socio-demographic data reveal that while 78% of people who play sport regularly agree that their local sports clubs provide adequate levels of opportunity, 61% of those who never exercise perceive a lack of local opportunities. This suggests that people who do not exercise are not always aware of the opportunities that are available.

While 78% of respondents with an internet connection at home agree that they have local opportunities, only 60% of those without the internet at home agree on this criterion. These statistics could reflect the usefulness of the internet for finding opportunities in your local area.

**QF6.2 To what extent do you agree or disagree with the following statements about sport and physical activity?**

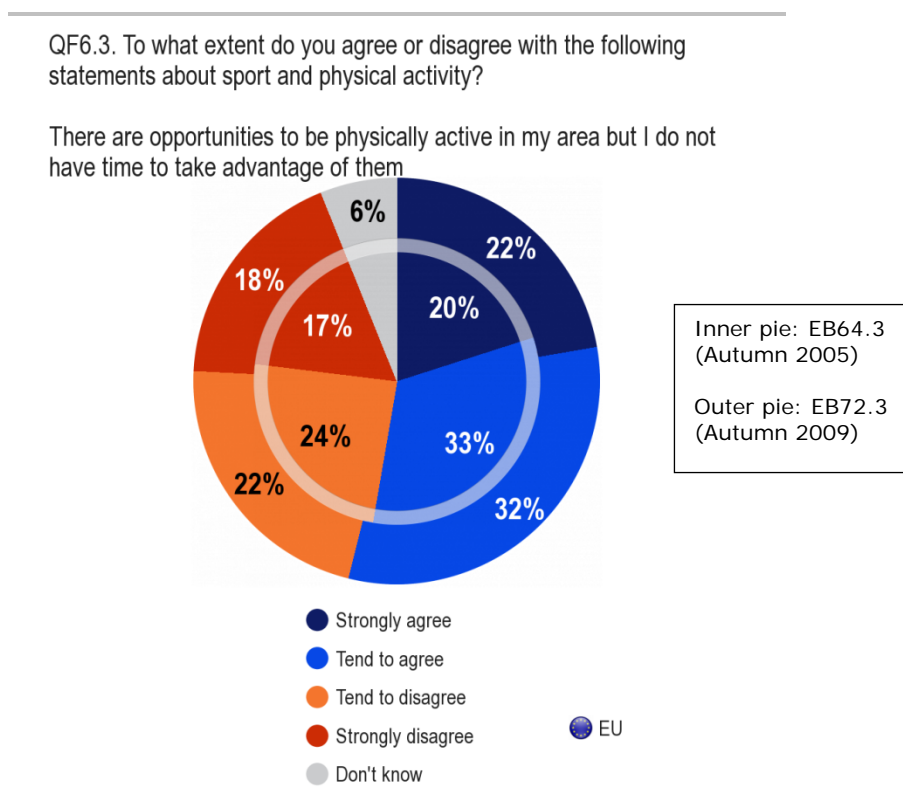
**Local sport clubs and other local providers offer many opportunities to be physically active**

	Total "Agree"	Total "Disagree"
EU27	71%	21%
<b>Exercise sport</b>		
Regularly	78%	18%
With some regularity	83%	15%
Seldom	71%	22%
Never	61%	25%
<b>Physical activity</b>		
Regularly	74%	20%
With some regularity	75%	19%
Seldom	70%	22%
Never	57%	26%
<b>Internet connection at home</b>		
Yes	78%	17%
No	60%	26%



### 4.3 Making use of local facilities

A lack of opportunity is clearly not the reason why many people in the EU fail to exercise. In fact, 54% of respondents<sup>14</sup> admit that they have local facilities which they do not take advantage of because they do not have enough time. Slightly more people strongly agree now (22%) than did in 2005 (20%) that they lack the time to use the available facilities. Generally speaking, European public opinion is very stable since 2005.



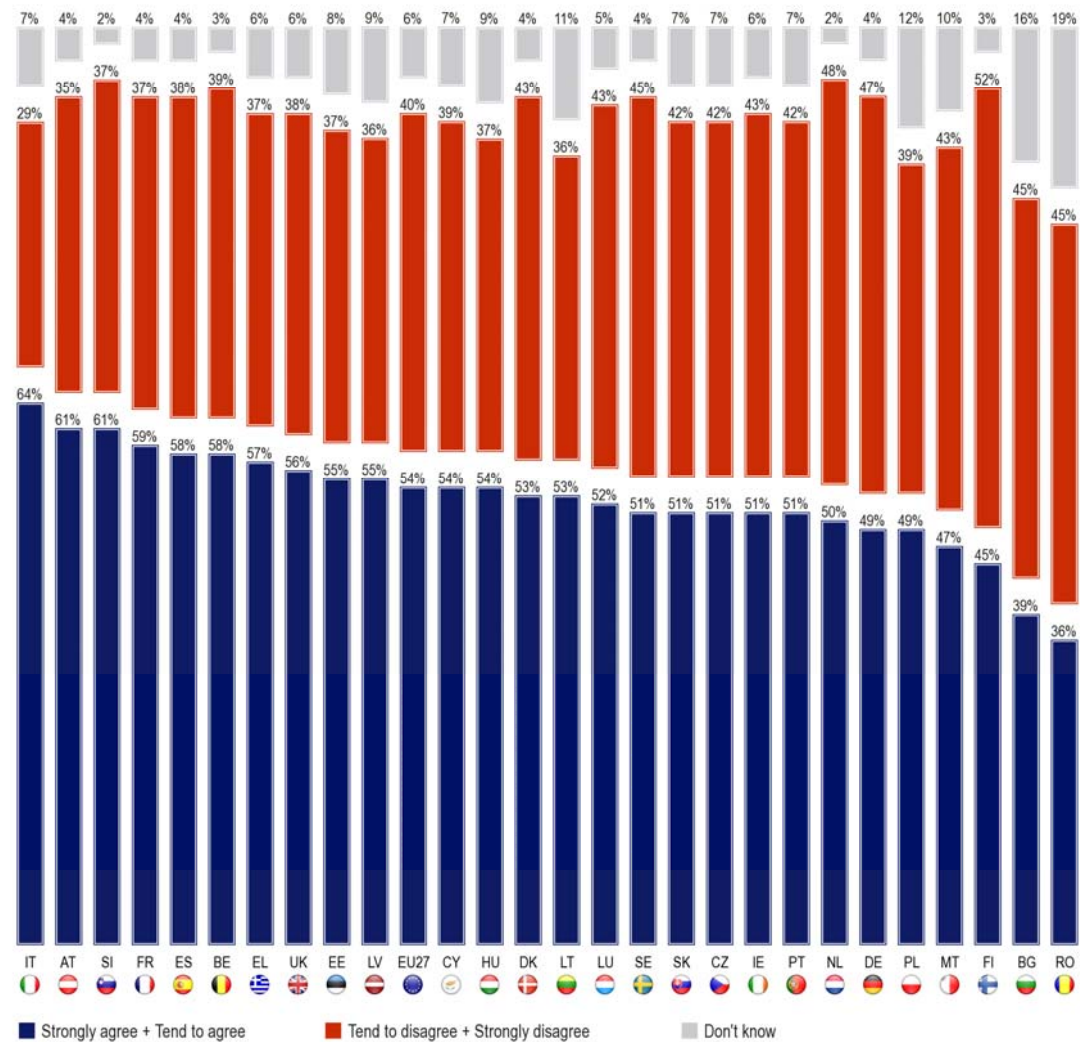
At country level, we again see relatively few respondents in Bulgaria (39%) and Romania (36%) – where a lack of opportunity is perceived to be a problem – agreeing that they fail to make use of available opportunities.

By contrast, in Italy, where relatively low numbers of people exercise in general, there is a high level of agreement (64%) that the opportunities to exercise are there, but that people do not have time to make use of them. There was also a high level of agreement in Austria (61%) and Slovenia (61%) on this point.

<sup>14</sup> QF6.3: 'There are opportunities to be physically active in my area but I do not have time to take advantage of them'.


QF6.3. To what extent do you agree or disagree with the following statements about sport and physical activity?

There are opportunities to be physically active in my area but I do not have time to take advantage of them



The socio-demographic breakdown shows, as seen previously, that people who live in larger households tend to have less time on their hands for exercising. Only 45% of people who live alone agree that a shortage of time curtails their use of local facilities; but this rises to 60% for people who live in a household of three or more. It seems that busy households – especially those with children – will have less spare time for activities such as exercising.

Again, the statistics show that respondents aged 55 and over regard a shortage of time as far less of an issue, with only 48% of the 55-69 years old, and 32% of the 70 and over agreeing that this affects their taking advantage of local opportunities. This compares with 64% of 25-39 year-olds and 60% of 40-54 year-olds who agree.

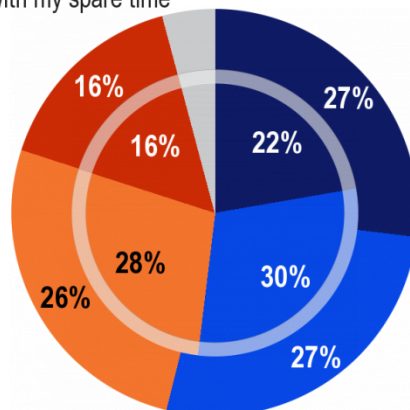
<b>QF6.3 To what extent do you agree or disagree with the following statements about sport and physical activity?</b>		
<b>There are opportunities to be physically active in my area but I do not have time to take advantage of them</b>		
	<b>Total "Agree"</b>	<b>Total "Disagree"</b>
EU27	54%	40%
<b>Age</b>		
 15-24	56%	41%
25-39	64%	32%
40-54	60%	35%
55-69	48%	44%
70+	32%	53%
<b>Household composition</b>		
1	45%	45%
2	51%	43%
3	60%	35%
4+	60%	35%

#### 4.4 Lack of interest in exercising

Most people in the EU say that they are interested in being physically active (54%), although a sizeable minority (42%) admits that they would sooner do other things with their time<sup>15</sup>. Some variation is observed compared with the 2005 survey: 27% of respondents now strongly disagree that they are simply not interested in exercising – up from 22% four years earlier. Overall, the agreement with the statement “being physically active does not really interest me – I would rather do other things with my spare time” have slightly decreased from 44% in 2005, to 42% in autumn 2009.

QF6.4. To what extent do you agree or disagree with the following statements about sport and physical activity?

Being physically active does not really interest me – I would rather do other things with my spare time



Inner pie: EB64.3  
(Autumn 2005)

Outer pie: EB72.3  
(Autumn 2009)

- Strongly disagree
  - Tend to disagree
  - Tend to agree
  - Strongly agree
  - Don't know
- EU

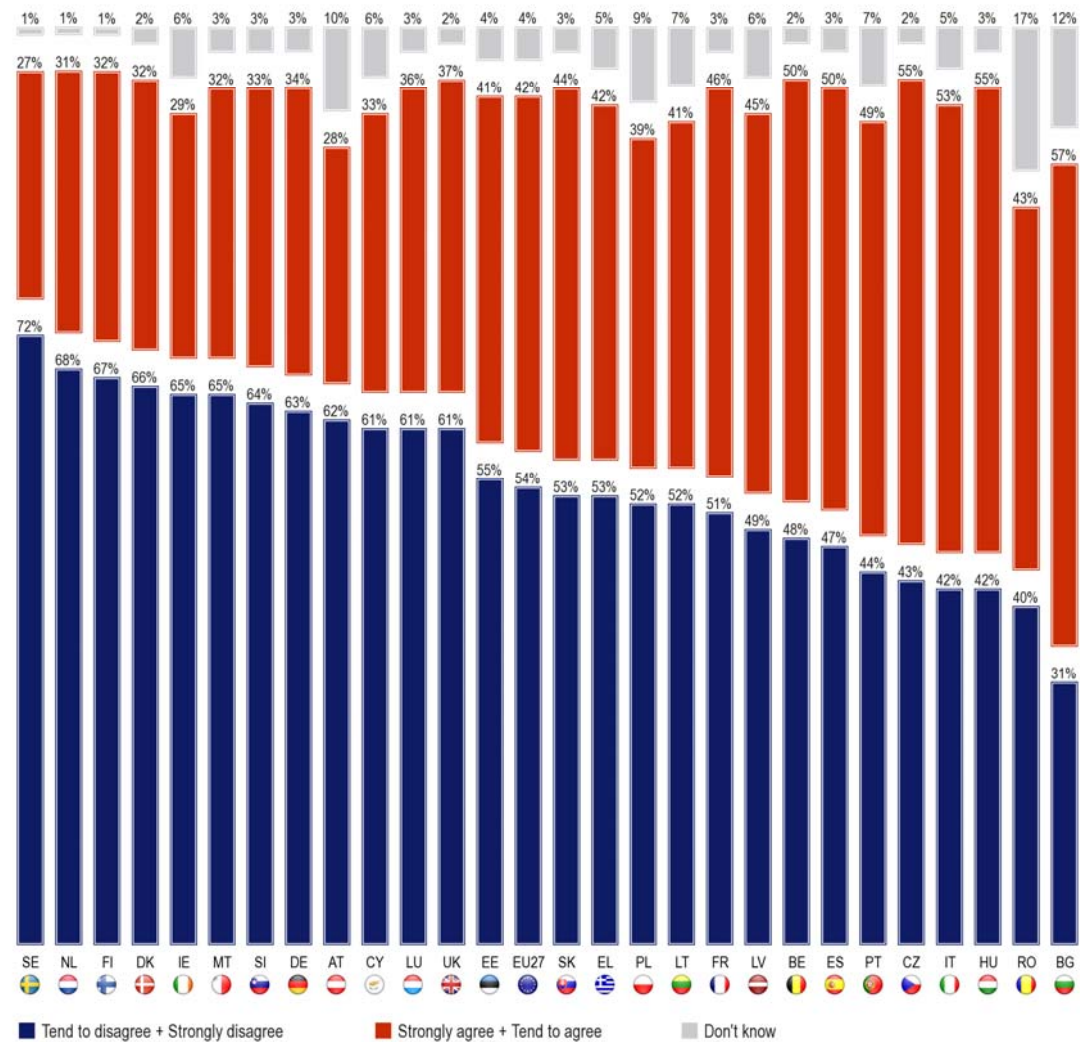
In six EU countries, at least half of all respondents expresses an indifference to sport and exercise: these are Bulgaria (57%), the Czech Republic (55%), Hungary (55%), Italy (53%), Belgium (50%), and Spain (50%).

However, in many other countries a clear majority of respondents disagree that they have better things to do with their time. These include: Sweden (72%), the Netherlands (68%), Finland (67%), Denmark (66%), Ireland (65%) and Malta (65%).

<sup>15</sup> QF6.4: 'Being physically active does not interest me – I would rather do other things with my spare time'.

QF6.4. To what extent do you agree or disagree with the following statements about sport and physical activity?



Being physically active does not really interest me – I would rather do other things with my spare time



Socio-demographic analysis clearly shows that the older people get, the less inclined they are to devote their spare time to exercise. 64% of 15-24 year-olds say they are interested in exercise and do not have better things to do with their time; but this falls to 58% among 25-39 year-olds, to 54% among 40-54 year-olds, 47% among 55-69 year-olds, and 41% among the 70+ age group.

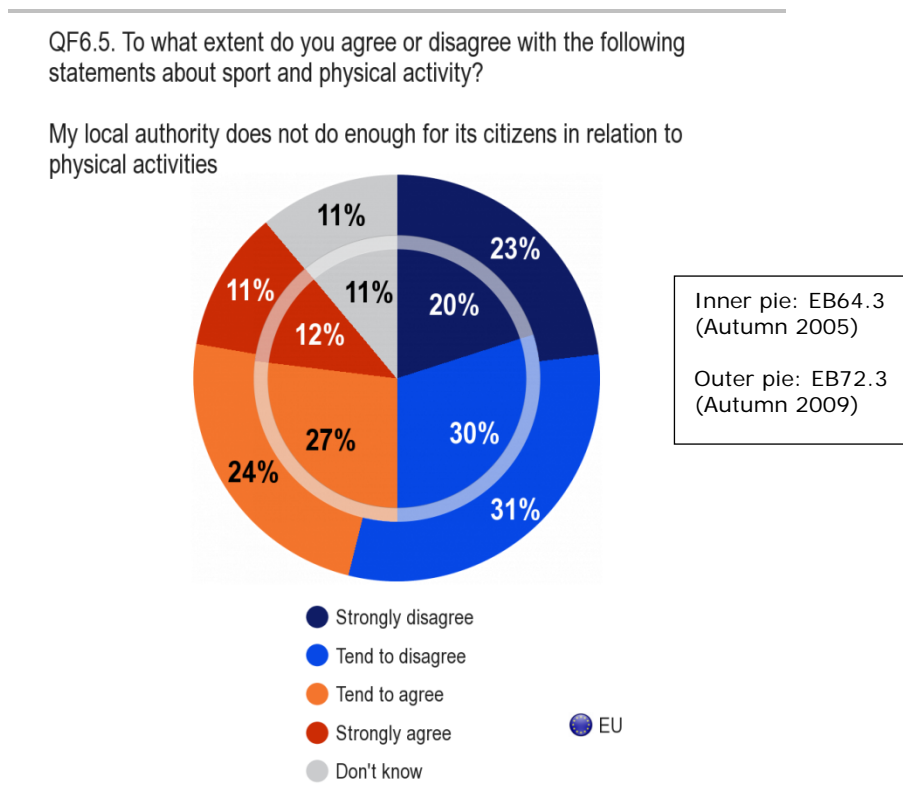
Level of education also has a considerable behavioural impact. 63% of people who leave the education system at age 20 or over say they are interested in exercise and do not have more important things to do; but this drops to 53% for the 16-19 category, and falls again to 39% among those who left education at 15 or under.

Similarly, 61% of people with internet at home disagree with this statement, as opposed to just 42% without it.

<b>QF6.4 To what extent do you agree or disagree with the following statements about sport and physical activity?</b>		
<b>Being physically active does not really interest me – I would rather do other things with my spare time</b>		
	<b>Total "Agree"</b>	<b>Total "Disagree"</b>
EU27	42%	54%
<b>Age</b>		
 15-24	33%	64%
25-39	39%	58%
40-54	42%	54%
55-69	47%	47%
70+	50%	41%
<b>Education (End of)</b>		
 15-	55%	39%
16-19	42%	53%
20+	35%	63%
Still studying	29%	69%
<b>Internet connection at home</b>		
Yes	37%	61%
No	50%	42%

#### 4.5 Local government support

There is an overall consensus in the EU (54%) that local governments do enough to provide their citizens with opportunities for physical exercise<sup>16</sup>. However, 35% of respondents feel that their local authority is not doing all it could. More people (54%) now disagree that their local authority could be doing more than it was the case in the 2005 survey (50%), Symmetrically, the level of agreement has decreased from 39% to 35%.



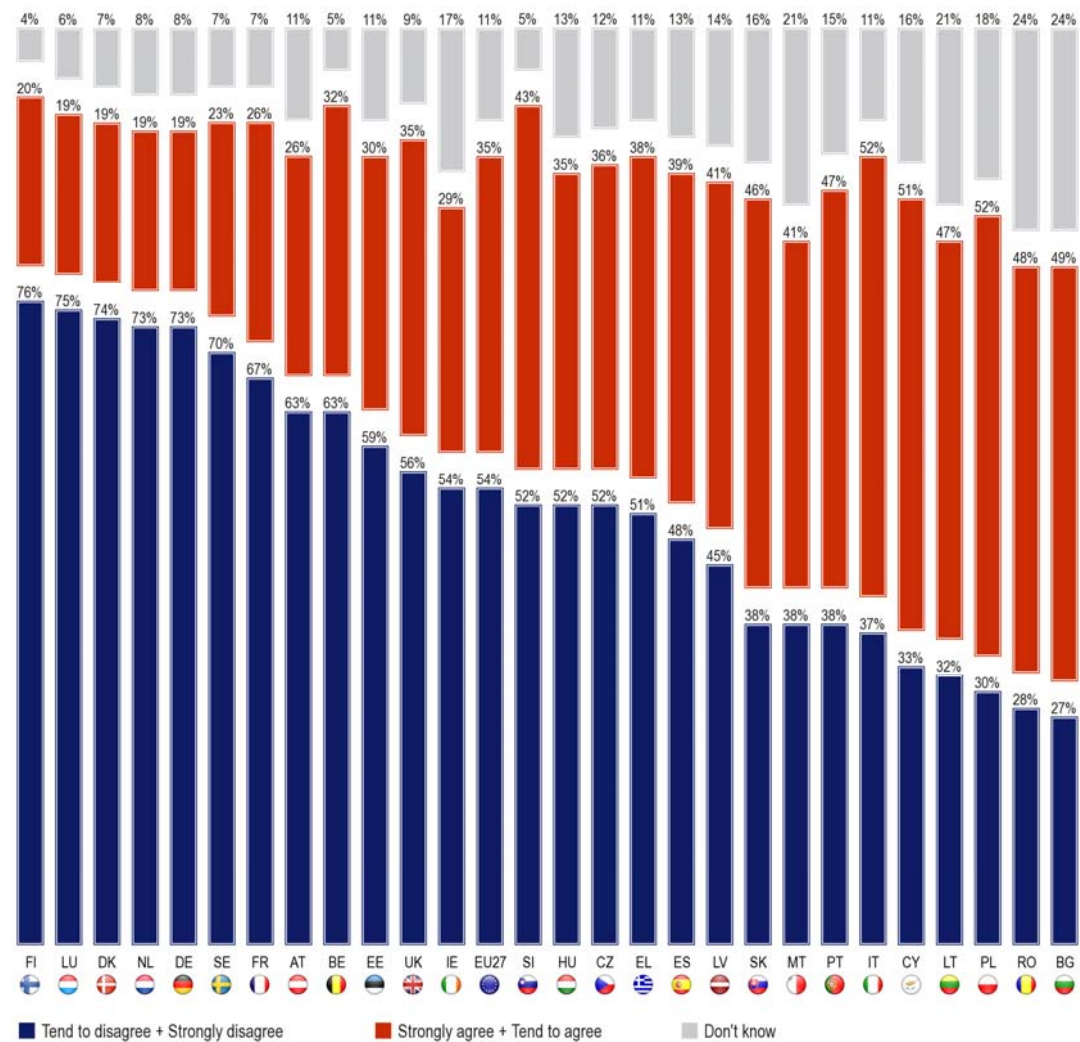
In three EU Member States, a majority of respondents felt that their local authority was not doing enough: Poland (52%), Italy (52%) and Cyprus (51%).

But elsewhere, people expressed satisfaction with the job that their local administration was doing in terms of sports and exercise provision: Finland (76%), Luxembourg (75%), Denmark (74%), Germany (73%) and the Netherlands (73%). These results are in line with those observed with sport's membership (part 2.2, Levels of participation in sports and recreational clubs, page 23).














<sup>16</sup> QF6.5: 'Local authority does not do enough for its citizens in relation to physical activities'.

QF6.5. To what extent do you agree or disagree with the following statements about sport and physical activity?

My local authority does not do enough for its citizens in relation to physical activities






<b>EU - Total "Agree"</b>	 EU27 35% agree (-4)
<b>Highest Total "Agree" by country</b>	 Italy (52%)  Poland (52%)  Cyprus (51%)
<b>Largest increase of agreement (EB72.3 - EB64.3)</b>	 Austria (26%; +3)  France (26%; +/-0)
<b>EU - Total "Disagree"</b>	 EU27 54% disagree (+4)
<b>Highest Total "Disagree" by country</b>	 Finland (76%)  Luxembourg (75%)  Denmark (74%)
<b>Largest increase of disagreement (EB72.3 - EB64.3)</b>	 Spain (48%; +23)  Ireland (54%; +15)  Estonia (59%; +15)

The socio-demographic data suggest that a person's line or work heavily influences their impression of whether the local government is performing well. 63% of managers say that their local authority provides adequate opportunities; but only 49% of self-employed people and 44% of unemployed people say the same.

Similarly, 59% of people who almost never struggle to pay their bills are happy with their local authority's performance on sports and exercise provision, while only 37% of people who do struggle see things the same way.

**QF6.5 To what extent do you agree or disagree with the following statements about sport and physical activity?**

**My local authority does not do enough for its citizens in relation to physical activities**

	<b>Total "Agree"</b>	<b>Total "Disagree"</b>
EU27	35%	54%
<b>Respondent occupation scale</b>		
 Self-employed	40%	49%
Managers	28%	63%
Other white collars	38%	54%
Manual workers	38%	53%
House persons	36%	51%
Unemployed	44%	44%
Retired	30%	54%
Students	41%	51%
<b>Difficulties paying bills</b>		
Most of the time	47%	37%
From time to time	40%	47%
Almost never	31%	59%

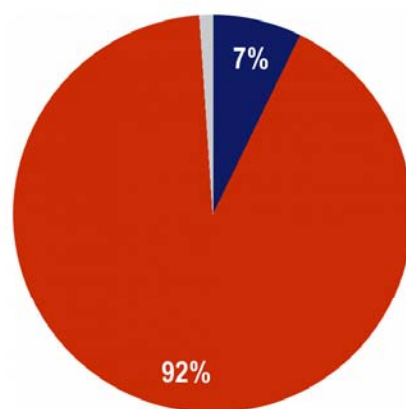
## 5. SUPPORTING THE COMMUNITY THROUGH SPORT

### 5.1 Volunteering

- *The large numbers of people volunteering to help with sporting activities across the EU demonstrates that sport is seen as an important part of the community in most parts of the union -*

A significant number of people in the EU help their local communities by volunteering to help sporting activities: **7% of respondents say they give their time** to this kind of local scheme<sup>17</sup>. This constitutes evidence of the important societal role that sport plays in the EU, and is particularly relevant in view of the new EU Competence in the field of sport namely the promotion of European sporting issues taking account of its structures based on voluntary activity.

QF8. Do you engage in voluntary work that support sporting activities?



● Yes  
 ● No  
 ● Don't know





























EU27

At country level, volunteering is exceptionally commonplace in a number of Member States, with **the Nordic countries again leading the way**: Sweden (18%), Finland (18%) and Denmark (15%) all show high levels of voluntary participation.

<sup>17</sup> QF8: Do you engage in voluntary work that supports sporting activities? Possible responses: 'yes'; 'no'; 'don't know'.

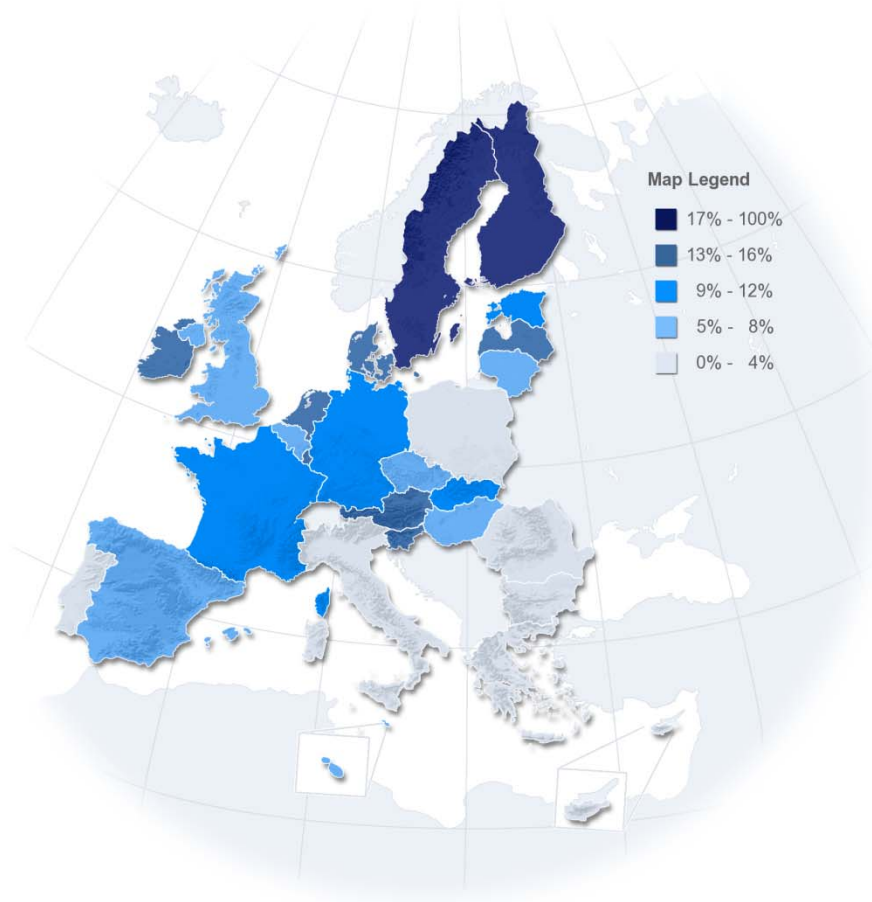
Volunteering is also widely practised in the Netherlands (16%), Austria (15%), Luxembourg, Ireland and Slovenia (14%).

Those countries where, throughout this survey, we have seen a lower participation in sport in general unsurprisingly chart the lowest numbers of people volunteering. Poland (2%), Greece (2%), Portugal (2%), Italy (3%) and Bulgaria (3%) are among the EU members where volunteering to help local sports projects is relatively rare.

 SE	18%
 FI	18%
 NL	16%
 AT	15%
 DK	15%
 IE	14%
 SI	14%
 LU	14%
 LV	13%
 EE	11%
 FR	10%
 SK	10%
 DE	9%
 MT	8%
 BE	8%
 CZ	7%
 LT	7%
 EU27	7%
 HU	6%
 UK	6%
 ES	5%
 RO	4%
 CY	4%
 BG	3%
 IT	3%
 PT	2%
 EL	2%
 PL	2%




Question: QF8. Do you engage in voluntary work that support sporting activities?

Answers: Yes



The **socio-demographic findings** show that:

- **The majority of sports volunteers in the EU are men:** 9% of male respondents say they volunteer, as opposed to 5% of female respondents
- People who stay in education for longer (and so have perhaps benefited from sports programmes themselves) are more likely to volunteer. Only 4% of those who finished studying at 15 or younger volunteer; but this climbs to 6% in the 16-19 group and to 10% in the 20+ category.
- Someone who uses the internet on a daily basis is also far more likely to volunteer than someone who goes online rarely or never. 10% of people who use the web every day say they volunteer; this falls to 6% among those who use it only sometimes and to 4% among people who do not use the internet at all. This is very likely a direct consequence of the correlation between the use of internet and the level of education though.
- Respondents who exercise themselves are more likely to volunteer. 15% of people who exercise regularly and 12% who exercise with some regularity say they give their time to local sports projects.

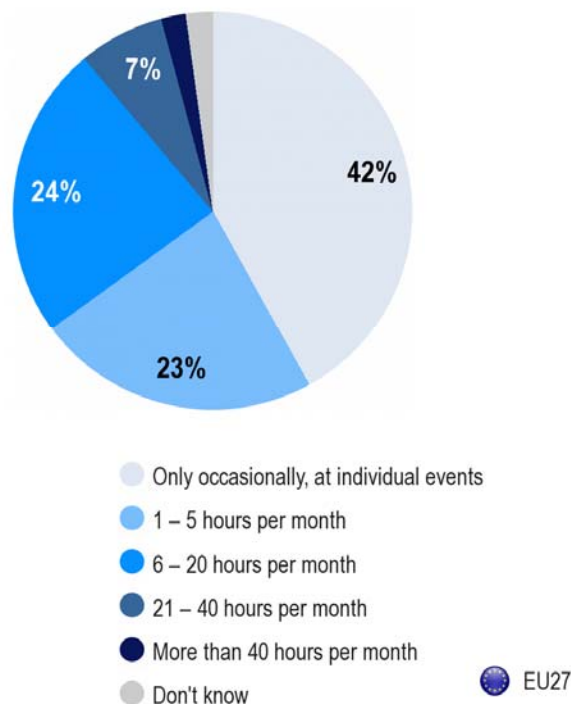
QF8 Do you engage in voluntary work that support sporting activities?		
	Yes	No
EU27	7%	92%
<b>Gender</b>		
 Male	9%	90%
 Female	5%	94%
<b>Education (End of)</b>		
 15-	4%	95%
16-19	6%	93%
20+	10%	90%
Still studying	10%	89%
<b>Use of the Internet</b>		
Everyday	10%	89%
Often / Sometimes	6%	93%
Never	4%	96%
<b>Exercise sport</b>		
Regularly	15%	85%
With some regularity	12%	87%
Seldom	5%	94%
Never	2%	97%

## 5.2 How much time volunteers give

- *One-third of volunteers gives at least 6 hours to sporting projects every month -*

A large minority (42%) of people who give their time to sports projects only do so on an occasional basis<sup>18</sup>. 65% of volunteers either contribute occasionally or, at most, 5 regular hours a month. However, **a third of respondents (33%) devote at least 6 hours of their time** each month to sports volunteering, with 9% of those surveyed giving 21 hours or more.

QF9. How much time do you spend on voluntary work in sport?



(IF ENGAGE IN VOLUNTARY WORK THAT SUPPORT SPORTING ACTIVITIES - Base = 7% of the total sample)

<sup>18</sup> QF9: How much time do you spend on voluntary work in sport? Possible responses: 'only occasionally, at individual events'; '1-5 hours a month'; '6-20 hours a month'; '21-40 hours a month'; 'more than 40 hours a month'; 'don't know'.

In some EU Member States, the proportion of people who volunteer for at least 6 hours a month is exceptionally high: Belgium (43%), Germany (43%), Luxembourg (41%), the Netherlands (39%), Portugal (39%), France (38%) and Ireland (38%).





























In other EU Member States, the vast majority of volunteers takes part only occasionally or for a few hours a month. Only 3% of Polish volunteers say they give more than 6 hours a month, while 6% of Bulgarian and Greek volunteers say the same.<sup>19</sup>

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<sup>19</sup> As only 7% of respondents say they volunteer, we are looking at a relatively small sample at this stage of the analysis, with the number of those in each national category often in double, or even single, figures. So while the results can still be taken as being broadly representative, the margin for error is higher at this phase of the analysis.

## QF9 How much time do you spend on voluntary work in sport?

(IF ENGAGE IN VOLUNTARY WORK THAT SUPPORT SPORTING ACTIVITIES - Base = 7% of the total sample)

		Only occasionally, at individual events	1 – 5 hours per month	6 – 20 hours per month	21 – 40 hours per month	More than 40 hours per month	DK
	EU27	42%	23%	24%	7%	2%	2%
	BE	34%	23%	22%	16%	5%	0%
	BG	81%	13%	6%	0%	0%	0%
	CZ	54%	26%	18%	1%	0%	1%
	DK	36%	28%	27%	7%	1%	1%
	DE	36%	20%	37%	5%	1%	1%
	EE	62%	17%	11%	3%	3%	4%
	IE	38%	23%	29%	6%	3%	1%
	EL	80%	14%	6%	0%	0%	0%
	ES	59%	18%	10%	6%	5%	2%
	FR	41%	19%	27%	9%	2%	2%
	IT	41%	29%	15%	12%	3%	0%
	CY	43%	34%	23%	0%	0%	0%
	LV	71%	14%	9%	2%	2%	2%
	LT	57%	21%	9%	3%	4%	6%
	LU	38%	18%	37%	0%	4%	3%
	HU	58%	26%	8%	3%	0%	5%
	MT	59%	21%	14%	4%	0%	2%
	NL	38%	23%	27%	10%	2%	0%
	AT	47%	22%	25%	6%	0%	0%
	PL	52%	36%	3%	0%	0%	9%
	PT	31%	15%	19%	14%	6%	15%
	RO	64%	10%	7%	6%	0%	13%
	SI	58%	20%	15%	4%	1%	2%
	SK	62%	15%	15%	2%	4%	2%
	FI	43%	26%	23%	5%	2%	1%
	SE	41%	24%	27%	5%	2%	1%
	UK	29%	35%	22%	10%	2%	2%
Highest percentage per country		Lowest percentage per country					
Highest percentage per item		Lowest percentage per item					

The socio-demographic data reveal no striking disparities at this stage of the analysis. As all the people responding are volunteers, their reasons for volunteering and for giving the amount of time that they do are probably very individual and subjective.



## CONCLUSION

The importance of sport and physical activity is widely accepted across the EU, whose citizens recognise a whole range of reasons – mainly health-related – as to why they need to get physical exercise. This certainly provides a good foundation for the EU's forthcoming activities in the field of sport, based on the new EU competence for sport enshrined in the Lisbon Treaty.

A clear majority of EU citizens (65%) get some form of physical exercise at least once a week; however, a quarter of all respondents declares that they are completely or almost physically inactive. This shows that the message about the link between health and physical fitness has not yet got through to important segments of the EU population.

This survey also demonstrates that there are some sections of society which are underserved when it comes to sporting opportunity. Young women in particular are far less active than their male counterparts. This could suggest that they need more encouragement and opportunity to exercise on a more regular basis.

The 7% of EU citizens who help with local sports projects indicate that there is popular enthusiasm for assisting the local community through volunteering work in the field of sport.

The survey's results show large, sometimes even very large, disparities among Member States on many questions. Some of them show a high level of participation in sport and physical activities and seem to be a step ahead in the provision of sporting and physical activity opportunities to their citizens. This indicates that sport and physical activity are an area where big gains can be made by identifying and spreading good practices between different Member States and different organisations.

The more physically active countries are overall clustered in the Northern part of the EU, while the less active are mainly the Southern countries and the new Member States. This is most probably a sign that the organisation of society, particularly in the planning of working and leisure time as well as for economic reasons, plays a key role in the area of citizens' participation in sport and physical activities. It may also reflect differences in the organisation of physical activity and sport in Member States, including financing issues and spending priorities in the field of sport.

The survey's results therefore suggest that policy makers at all levels should take into account the impact that different policies have on citizens' opportunities to play sports or be physically active, and steer those policies towards a more sport and physical activity-friendly approach.



# **ANNEXES**



# TECHNICAL SPECIFICATIONS



## **SPECIAL EUROBAROMETER N° 334**

### **"Sport and physical activity"**

### **TECHNICAL SPECIFICATIONS**

Between the 2<sup>nd</sup> and the 19<sup>th</sup> of October 2009, TNS Opinion & Social, a consortium created between TNS plc and TNS opinion, carried out wave 72.3 of the EUROBAROMETER, on request of the EUROPEAN COMMISSION, Directorate-General for Communication, "Research and Political Analysis".

The SPECIAL EUROBAROMETER N° 334 is part of wave 72.3 and covers the population of the respective nationalities of the European Union Member States, resident in each of the Member States and aged 15 years and over. The basic sample design applied in all states is a multi-stage, random (probability) one. In each country, a number of sampling points was drawn with probability proportional to population size (for a total coverage of the country) and to population density.

In order to do so, the sampling points were drawn systematically from each of the "administrative regional units", after stratification by individual unit and type of area. They thus represent the whole territory of the countries surveyed according to the EUROSTAT NUTS II (or equivalent) and according to the distribution of the resident population of the respective nationalities in terms of metropolitan, urban and rural areas. In each of the selected sampling points, a starting address was drawn, at random. Further addresses (every Nth address) were selected by standard "random route" procedures, from the initial address. In each household, the respondent was drawn, at random (following the "closest birthday rule"). All interviews were conducted face-to-face in people's homes and in the appropriate national language. As far as the data capture is concerned, CAPI (*Computer Assisted Personal Interview*) was used in those countries where this technique was available.



EUROBAROMETER



European  
Commission

ABBREVIATIONS	COUNTRIES	INSTITUTES	N° INTERVIEWS	FIELDWORK DATES	POPULATION 15+
BE	Belgium	TNS Dimarso	1.001	02/10/2009 18/10/2009	8.866.411
BG	Bulgaria	TNS BBSS	1.000	02/10/2009 12/10/2009	6.584.957
CZ	Czech Rep.	TNS Aisa	1.066	02/10/2009 15/10/2009	8.987.535
DK	Denmark	TNS Gallup DK	1.040	02/10/2009 18/10/2009	4.503.365
DE	Germany	TNS Infratest	1.550	02/10/2009 18/10/2009	64.545.601
EE	Estonia	Emor	1.011	02/10/2009 18/10/2009	916.000
IE	Ireland	TNS MRBI	1.008	02/10/2009 18/10/2009	3.375.399
EL	Greece	TNS ICAP	1.000	03/10/2009 19/10/2009	8.693.566
ES	Spain	TNS Demoscopia	1.003	02/10/2009 18/10/2009	39.059.211
FR	France	TNS Sofres	1.000	02/10/2009 18/10/2009	47.620.942
IT	Italy	TNS Infratest	1.032	02/10/2009 17/10/2009	51.252.247
CY	Rep. of Cyprus	Synovate	503	02/10/2009 17/10/2009	651.400
LV	Latvia	TNS Latvia	1.018	03/10/2009 18/10/2009	1.448.719
LT	Lithuania	TNS Gallup Lithuania	1.026	02/10/2009 16/10/2009	2.849.359
LU	Luxembourg	TNS ILReS	513	05/10/2009 16/10/2009	404.907
HU	Hungary	TNS Hungary	1.044	02/10/2009 18/10/2009	8.320.614
MT	Malta	MISCO	500	02/10/2009 17/10/2009	335.476
NL	Netherlands	TNS NIPO	1.007	02/10/2009 18/10/2009	13.288.200
AT	Austria	Österreichisches Gallup-Institut	1.005	02/10/2009 16/10/2009	6.973.277
PL	Poland	TNS OBOP	1.000	03/10/2009 19/10/2009	32.306.436
PT	Portugal	TNS EUROTESTE	1.031	02/10/2009 18/10/2009	8.080.915
RO	Romania	TNS CSOP	1.010	02/10/2009 15/10/2009	18.246.731
SI	Slovenia	RM PLUS	1.031	02/10/2009 19/10/2009	1.748.308
SK	Slovakia	TNS AISA SK	1.006	02/10/2009 18/10/2009	4.549.954
FI	Finland	TNS Gallup Oy	1.017	02/10/2009 19/10/2009	4.412.321
SE	Sweden	TNS GALLUP	1.012	02/10/2009 19/10/2009	7.723.931
UK	United Kingdom	TNS UK	1.354	02/10/2009 18/10/2009	51.081.866
TOTAL			26.788	02/10/2009 19/10/2009	406.827.648



For each country a comparison between the sample and the universe was carried out. The Universe description was derived from Eurostat population data or from national statistics offices. For all countries surveyed, a national weighting procedure, using marginal and intercellular weighting, was carried out based on this Universe description. In all countries, gender, age, region and size of locality were introduced in the iteration procedure. For international weighting (i.e. EU averages), TNS Opinion & Social applies the official population figures as provided by EUROSTAT or national statistic offices. The total population figures for input in this post-weighting procedure are listed above.

Readers are reminded that survey results are estimations, the accuracy of which, everything being equal, rests upon the sample size and upon the observed percentage. With samples of about 1,000 interviews, the real percentages vary within the following confidence limits:

<b>Observed percentages</b>	10% or 90%	20% or 80%	30% or 70%	40% or 60%	50%
<b>Confidence limits</b>	± 1.9 points	± 2.5 points	± 2.7 points	± 3.0 points	± 3.1 points



# QUESTIONNAIRE



Now let's talk about another topic.

ASK QF TO EU27

QF1 How often do you exercise or play sport?

(SHOW CARD - READ OUT - ONE ANSWER ONLY)

	(465)
5 times a week or more (N)	
3 to 4 times a week (M)	1
1 to 2 times a week	2
1 to 3 times a month	3
Less often	4
Never	5
DK	6

EB62.0 Q48 TREND MODIFIED

QF2 And how often do you engage in a physical activity outside sport such as cycling or walking from a place to another, dancing, gardening...?

(SHOW CARD - READ OUT - ONE ANSWER ONLY)

	(466)
5 times a week or more	1
3 to 4 times a week	2
1 to 2 times a week	3
1 to 3 times a month	4
Less often	5
Never	6
DK	7

NEW

Parlons maintenant d'un autre sujet.

POSER QF EN UE27

QF1 Tous les combien faites-vous du sport ou de l'exercice physique ?

( MONTRER CARTE - LIRE - UNE SEULE REPONSE)

	(465)
5 fois par semaine ou plus (N)	
3 ou 4 fois par semaine (M)	1
1 à 2 fois par semaine	2
1 à 3 fois par mois	3
Moins souvent	4
Jamais	5
NSP	6

EB62.0 Q48 TREND MODIFIED

QF2 Et tous les combien exercez-vous une activité physique qui ne soit pas du sport, comme faire du vélo, marcher d'un endroit à un autre, danser, faire du jardinage, etc. ?

(MONTRER CARTE - LIRE - UNE SEULE REPONSE)

	(466)
5 fois par semaine ou plus	1
3 ou 4 fois par semaine	2
1 à 2 fois par semaine	3
1 à 3 fois par mois	4
Moins souvent	5
Jamais	6
NSP	7

NEW

ASK QF3 AND QF4 IF "PRACTICE A SPORTS ACTIVITY OR A PHYSICAL ACTIVITY",  
CODES 1,2,3, 4 and 5 IN QF1 OR CODES 1,2,3,4 and 5 IN QF2

QF3 Where do you engage in sport or physical activity? (M)

(SHOW CARD – READ OUT – MULTIPLE ANSWERS POSSIBLE)

	(467)
In a fitness center	1
In a club	2
In a sports center	3
At school/university	4
At work (N)	5
On the way between home and school/work/shops (N)	6
In a parc, out in the nature (N)	7
Elsewhere (SPONTANEOUS)	8
DK	9

EB62.0 Q50 TREND MODIFIED

QF4 Why do you engage in sport or physical activity?

(SHOW CARD - READ OUT – MULTIPLE ANSWERS POSSIBLE)

	(468-484)
To improve your health	1,
To improve your physical appearance	2,
To counteract the effects of ageing	3,
To have fun	4,
To relax	5,
To be with friends	6,
To make new acquaintances	7,
To meet people from other cultures	8,
To improve physical performance	9,
To improve fitness	10,
To control your weight	11,
To improve your self-esteem	12,
To develop new skills	13,
For the spirit of competition	14,
To better integrate into society	15,
Other (SPONTANEOUS)	16,
DK	17,

NEW

POSER QF3 ET QF4 SI "PRATIQUE UNE ACTIVITE SPORTIVE OU UNE ACTIVITE  
PHYSIQUE", CODES 1, 2, 3, 4 and 5 EN QF1 OU CODES 1,2,3,4 et 5 EN QF2

QF3 Où pratiquez-vous du sport ou une activité physique ? (M)

(MONTRER CARTE – LIRE – PLUSIEURS REPONSES POSSIBLES)

	(467)
Dans un centre de fitness	1
Dans un club	2
Dans un centre sportif	3
A l'école / l'université	4
Au travail (N)	5
Sur le trajet entre chez vous et l'école/ le travail/ les magasins (N)	6
Dans un parc, dans la nature (N)	7
Ailleurs (SPONTANE)	8
NSP	9

EB62.0 Q50 TREND MODIFIED

QF4 Pourquoi pratiquez-vous un sport ou une activité physique ?

(MONTRER CARTE – LIRE – PLUSIEURS REPONSES POSSIBLES)

	(468-484)
Pour améliorer votre santé	1,
Pour améliorer votre apparence physique	2,
Pour contrecarrer les effets du vieillissement	3,
Pour vous amuser	4,
Pour vous relaxer	5,
Pour être avec des amis	6,
Pour faire de nouvelles rencontres	7,
Pour rencontrer des gens d'autres cultures	8,
Pour améliorer vos performances physiques	9,
Pour être en meilleure forme	10,
Pour contrôler votre poids	11,
Pour améliorer votre estime de vous	12,
Pour développer de nouvelles compétences	13,
Pour l'esprit de compétition	14,
Pour mieux vous intégrer dans la société	15,
Autre (SPONTANE)	16,
NSP	17,

NEW

ASK ALL

QF5 From the following reasons, what is currently preventing you the most from practicing sport more regularly? (M)

(SHOW CARD - READ OUT - ONE ANSWER ONLY)

	(485)
you do not have the time	1
it is too expensive	2
you do not like competitive activities (N)	3
there are no suitable sports infrastructures close to where you live	4
A disability or illness prevents you from doing sport (N)	5
You do not have friends to do sports with (N)	6
Other (SPONTANEOUS)	7
DK	8

EB62.0 Q49 TREND MODIFIED

POSER A TOUS

QF5 Parmi les suivantes, quelle est la principale raison qui explique pourquoi vous ne pratiquez pas de sport de façon plus régulière ? (M)

(MONTRER CARTE - LIRE - UNE SEULE REPONSE)

	(485)
vous n'avez pas le temps	1
c'est trop cher	2
Vous n'aimez pas la compétition (N)	3
il n'y a pas d'infrastructures sportives adaptées à côté de chez vous	4
Un handicap ou une maladie vous empêche de pratiquer un sport (N)	5
Vous n'avez pas d'amis avec qui pratiquer un sport (N)	6
Autre (SPONTANE)	7
NSP	8

EB62.0 Q49 TREND MODIFIED

QF6

To what extent do you agree or disagree with the following statements about sport and physical activity?

(SHOW CARD – READ OUT – ONE ANSWER PER LINE)

	(READ OUT)	Strongly agree	Tend to agree	Tend to disagree	Strongly disagree	DK
--	------------	----------------	---------------	------------------	-------------------	----

(486)	1	The area where I live offers me many opportunities to be physically active	1	2	3	4	5
(487)	2	Local sport clubs and other local providers offer many opportunities to be physically active	1	2	3	4	5
(488)	3	There are opportunities to be physically active in my area but I do not have time to take advantage of them	1	2	3	4	5
(489)	4	Being physically active does not really interest me – I would rather do other things with my spare time	1	2	3	4	5
(490)	5	My local authority does not do enough for its citizens in relation to physical activities	1	2	3	4	5

EB64.3 QD23 TREND

QF6

Dans quelle mesure êtes-vous d'accord ou pas d'accord avec les affirmations suivantes concernant le sport et l'activité physique ?

(MONTRER CARTE – LIRE – UNE SEULE REPONSE PAR LIGNE)

	(LIRE)	Tout à fait d'accord	Plutôt d'accord	Plutôt pas d'accord	Pas du tout d'accord	NSP
--	--------	----------------------	-----------------	---------------------	----------------------	-----

(486)	1	La région où j'habite m'offre de nombreuses possibilités de pratique d'activités physiques	1	2	3	4	5
(487)	2	Les clubs sportifs et autres centres dans ma région offrent de nombreuses possibilités d'activités physiques	1	2	3	4	5
(488)	3	Des possibilités de pratiquer des activités physiques dans ma région existent, mais je n'ai pas le temps d'en profiter	1	2	3	4	5
(489)	4	Pratiquer des activités physiques ne m'intéresse pas vraiment – je préfère faire autre chose pendant mon temps libre	1	2	3	4	5
(490)	5	Les pouvoirs locaux n'en font pas assez pour les citoyens dans le domaine des activités physiques	1	2	3	4	5

EB64.3 QD23 TREND



--

QF7	Are you a member of any of the following clubs where you participate in sport or recreational physical activity?
-----	--

(SHOW CARD - READ OUT – MULTIPLE ANSWERS)
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	(491-495)
Health or fitness club	1,
Sports club	2,
Sociocultural club that includes sport in its activities (e.g. employees club, youth club)	3,
Other (SPONTANEOUS)	4,
DK	5,

NEW
-----

The next questions concern volunteering in sport. By volunteering in sport we mean voluntary work for which you do not receive any payment except to cover expenses, e.g. organising or helping to run an event, campaigning/raising money/providing transport or driving/ taking part in a sponsored event/ coaching, tuition, mentoring etc. This does not include time spent solely supporting the sporting activity of your own family members.
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QF8	Do you engage in voluntary work that support sporting activities?
-----	---

--

	(496)
Yes	1
No	2
DK	3

NEW
-----

--

QF7	Êtes-vous membre d'un des types de club suivants où l'on pratique un sport ou une activité physique récréative ?
-----	--

(MONTRER CARTE - LIRE – PLUSIEURS REPONSES POSSIBLES)
---

	(491-495)
Club de santé ou de remise en forme	1,
Club de sport	2,
Club socioculturel qui propose aussi des activités sportives (p.ex. un club d'employés, un club de jeunes)	3,
Autre (SPONTANE)	4,
NSP	5,

NEW
-----

Les questions suivantes portent sur le bénévolat dans le sport. Par bénévolat, nous voulons parler d'un travail volontaire pour lequel aucun salaire n'est perçu pour couvrir les dépenses, p.ex. organiser ou aider à organiser un événement, promouvoir/ récolter de l'argent/ assurer le transport ou organiser/ participer à un événement sponsorisé, entraîner/ donner des cours particuliers, etc. Cela n'inclut pas le temps passé uniquement à supporter une activité sportive d'un membre de votre famille.
--

--

QF8	Exercez-vous une activité bénévole qui soutient des activités sportives?
-----	--

--

	(496)
Oui	1
Non	2
NSP	3

NEW
-----

ASK QF9 IF "ENGAGE IN VOLUNTARY WORK THAT SUPPORT SPORTING ACTIVITIES",  
code '1' in QF8

--

QF9 How much time do you spend on voluntary work in sport?

(SHOW CARD - READ OUT – ONE ANSWER)

	(497)
Only occasionally, at individual events	1
1-5 hours per month	2
6-20 hours per month	3
21-40 hours per month	4
More than 40 hours per month	5
DK	6

NEW

POSER QF9 SI "EXERCE UNE ACTIVITE BENEVOLE QUI SOUTIENT DES ACTIVITES  
SPORTIVES"

--

QF9 Combien de temps consacrez-vous à une activité bénévole dans le domaine du sport ?

(MONTRER CARTE - LIRE – UNE SEULE REPONSE)

	(497)
Uniquement occasionnellement, lors d'événements ponctuels	1
1-5 heures par mois	2
6-20 heures par mois	3
21-40 heures par mois	4
Plus de 40 heures par mois	5
NSP	6

NEW

# TABLES



## Special Eurobarometer 334 – Sport and physical activity



QF1 Tous les combien faites-vous du sport ou de l'exercice physique ?

QF1 How often do you exercise or play sport?

QF1 Wie oft treiben Sie Sport oder trainieren Sie?

	UE27 EU27	BE	BG	CZ	DK	D-W	DE	D-E	EE	IE
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3
5 fois par semaine ou plus	9	15	3	5	15	9	9	7	7	23
3 ou 4 fois par semaine	12	10	2	4	18	16	15	10	9	18
1 à 2 fois par semaine	19	24	8	19	31	25	25	26	18	17
1 à 3 fois par mois	6	7	5	10	7	7	6	7	8	4
Moins souvent	15	16	23	25	11	13	14	18	17	11
Jamais	39	28	58	37	18	30	31	32	41	26
NSP	0	0	1	0	0	0	0	0	0	1

	EL	ES	FR	IT	CY	LV	LT	LU	HU	MT
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3
5 times a week or more	3	12	13	3	16	8	14	12	5	17
3 to 4 times a week	7	15	12	9	13	6	8	16	7	15
1 to 2 times a week	8	12	23	17	12	13	14	23	11	16
1 to 3 times a month	3	4	8	4	2	8	4	5	6	4
Less often	12	15	10	12	10	21	16	12	18	10
Never	67	42	34	55	46	44	44	32	53	38
DK	0	0	0	0	1	0	0	0	0	0

	NL	AT	PL	PT	RO	SI	SK	FI	SE	UK
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3
5 mal pro Woche oder mehr	5	5	6	9	8	13	5	17	22	14
3 bis 4 mal pro Woche	16	11	7	10	6	15	8	27	22	14
1 bis 2 mal pro Woche	35	22	13	14	7	24	17	27	28	17
1 bis 3 mal pro Monat	8	12	6	4	8	7	10	9	8	7
Weniger oft	8	21	18	7	20	18	25	13	13	15
Nie	28	29	48	55	49	23	35	7	6	33
WN	0	0	2	1	2	0	0	0	1	0

## Special Eurobarometer 334 – Sport and physical activity



QF2 Et tous les combien exercez-vous une activité physique qui ne soit pas du sport, comme faire du vélo, marcher d'un endroit à un autre, danser, faire du jardinage, etc. ?

QF2 And how often do you engage in a physical activity outside sport such as cycling or walking from a place to another, dancing, gardening...?

QF2 Wie oft betätigen Sie sich körperlich im Freien? Dazu zählt z.B. Fahrradfahren, Spazierengehen, Tanzen, Gartenarbeit...?

	UE27 EU27	BE	BG	CZ	DK	D-W	DE	D-E	EE	IE
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3
5 fois par semaine ou plus	27	21	25	17	43	26	28	35	40	33
3 ou 4 fois par semaine	17	14	17	13	18	26	24	17	16	22
1 à 2 fois par semaine	21	22	23	21	24	27	26	27	21	19
1 à 3 fois par mois	9	10	8	13	7	7	8	8	7	5
Moins souvent	11	14	19	23	4	8	8	8	8	8
Jamais	14	19	3	13	4	6	6	5	8	12
NSP	1	0	5	0	0	0	0	0	0	1

	EL	ES	FR	IT	CY	LV	LT	LU	HU	MT
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3
5 times a week or more	15	33	33	7	20	44	39	37	41	32
3 to 4 times a week	14	22	17	9	14	17	15	17	15	13
1 to 2 times a week	19	16	25	21	17	15	13	22	16	17
1 to 3 times a month	10	7	9	14	4	7	6	7	6	4
Less often	15	12	6	16	13	7	13	9	11	9
Never	27	10	10	33	32	9	14	8	11	24
DK	0	0	0	0	0	1	0	0	0	1

	NL	AT	PL	PT	RO	SI	SK	FI	SE	UK
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3
5 mal pro Woche oder mehr	42	15	26	17	19	39	27	29	40	37
3 bis 4 mal pro Woche	20	21	15	15	11	21	18	23	21	15
1 bis 2 mal pro Woche	22	33	19	16	13	20	22	26	23	21
1 bis 3 mal pro Monat	7	14	9	5	8	5	9	9	7	7
Weniger oft	4	12	10	10	18	10	16	9	7	9
Nie	5	5	17	36	27	5	8	4	2	11
WN	0	0	4	1	4	0	0	0	0	0

## Special Eurobarometer 334 – Sport and physical activity

QF3 Où pratiquez-vous du sport ou une activité physique ? (PLUSIEURS REPONSES POSSIBLES)  
 QF3 Where do you engage in sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)  
 QF3 Und wo üben Sie den Sport aus oder betätigen sich körperlich? (MEHRFACHNENNUNGEN MÖGLICH)

	UE27	BE	BG	CZ	DK	D-W	DE	D-E	EE	IE
	EU27									
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3
Dans un centre de fitness	11	7	11	13	20	13	12	9	5	16
Dans un club	11	15	3	6	18	20	19	15	9	16
Dans un centre sportif	8	9	3	7	8	5	5	3	8	8
A l'école/ l'université	4	4	7	6	5	5	5	4	7	4
Au travail	8	8	19	9	15	6	7	8	14	6
Sur le trajet entre chez vous et l'école/ le travail/ les magasins	31	29	27	36	32	26	27	29	27	25
Dans un parc, dans la nature	48	38	45	58	64	60	60	60	67	43
Ailleurs (SPONTANE)	11	12	34	7	8	8	8	7	12	14
NSP	3	4	4	3	2	3	3	2	2	4

	EL	ES	FR	IT	CY	LV	LT	LU	HU	MT
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3
In a fitness center	13	11	2	17	22	4	3	8	2	7
In a club	2	3	17	3	6	5	4	16	3	4
In a sports center	5	9	6	15	5	5	4	8	4	5
At school/ university	3	3	3	4	8	10	9	6	6	4
At work	14	5	13	1	8	10	11	9	12	4
On the way between home and school/ work/ shops	63	51	26	21	32	27	35	16	42	49
In a parc, out in the nature	27	53	52	40	39	51	35	51	36	28
Elsewhere (SPONTANEOUS)	4	5	13	9	13	4	28	12	18	16
DK	0	0	4	2	0	13	4	4	3	3

	NL	AT	PL	PT	RO	SI	SK	FI	SE	UK
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3
In einem Fitness-Club	19	13	3	12	4	5	15	19	31	14
In einem Verein	25	15	6	6	3	7	6	13	7	10
In einem Sport-Zentrum	10	6	5	5	3	9	4	13	12	9
In der Schule/ Universität	5	5	6	5	6	7	7	4	3	3
Auf der Arbeit	9	8	5	11	6	11	9	8	7	9
Auf dem Weg zwischen zu Hause und Schule/ Arbeit/ Einkaufen	32	24	37	36	24	31	41	32	25	28
In einem Park, in der freien Natur	40	64	43	39	29	83	45	76	51	39
Woanders (SPONTAN)	8	10	16	4	26	8	9	5	8	16
WN	1	1	3	1	17	1	4	0	3	3

## Special Eurobarometer 334 – Sport and physical activity



QF4 Pourquoi pratiquez-vous un sport ou une activité physique ? (PLUSIEURS REPONSES POSSIBLES)

QF4 Why do you engage in sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)

QF4 Warum treiben Sie Sport oder betätigen sich körperlich? (MEHRFACHNENNUNGEN MÖGLICH)

	UE27 EU27	BE	BG	CZ	DK	D-W	DE	D-E	EE	IE
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3
Pour améliorer votre santé	61	59	35	53	76	75	74	72	68	67
Pour améliorer votre apparence physique	24	21	17	26	33	30	29	25	28	21
Pour contrecarrer les effets du vieillissement	15	16	17	14	26	23	23	21	22	9
Pour vous amuser	31	43	17	38	46	46	46	46	25	29
Pour vous relaxer	39	62	27	26	35	41	41	43	42	43
Pour être avec des amis	22	25	22	21	31	30	30	30	24	23
Pour faire de nouvelles rencontres	5	10	4	3	12	8	8	6	8	5
Pour rencontrer des gens d'autres cultures	2	3	1	1	4	4	3	2	4	2
Pour améliorer vos performances physiques	24	21	5	10	34	47	45	38	17	18
Pour être en meilleure forme	41	49	18	36	64	47	45	41	47	45
Pour contrôler votre poids	24	30	19	21	47	33	33	33	31	31
Pour améliorer votre estime de vous	10	12	12	6	33	16	16	17	20	9
Pour développer de nouvelles compétences	6	7	2	4	10	10	10	9	15	6
Pour l'esprit de compétition	6	7	4	4	14	9	8	5	10	5
Pour mieux vous intégrer dans la société	3	4	5	3	2	6	6	5	3	3
Autre (SPONTANE)	8	7	42	3	9	3	3	5	9	8
NSP	3	2	5	1	2	3	2	1	0	4

	EL	ES	FR	IT	CY	LV	LT	LU	HU	MT
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3
To improve your health	74	61	51	52	77	60	61	66	49	79
To improve your physical appearance	21	28	21	30	35	33	24	31	23	29
To counteract the effects of ageing	7	10	14	19	12	16	14	17	14	15
To have fun	16	25	29	21	18	27	46	31	12	34
To relax	31	40	52	46	43	41	26	48	31	42
To be with friends	10	15	28	19	18	23	11	24	14	16
To make new acquaintances	2	3	7	4	5	11	2	8	2	7
To meet people from other cultures	0	1	3	1	2	5	1	4	0	3
To improve physical performance	14	13	13	13	9	18	20	30	34	21
To improve fitness	39	29	56	34	55	42	30	43	36	38
To control your weight	21	18	26	21	38	18	14	32	8	37
To improve your self-esteem	6	6	7	4	11	19	3	16	5	12
To develop new skills	3	5	4	3	4	14	4	9	3	6
For the spirit of competition	2	3	8	2	3	11	1	10	4	7
To better integrate into society	2	2	4	2	2	8	2	3	1	5
Other (SPONTANEOUS)	1	12	7	6	5	5	9	7	13	1
DK	1	1	2	1	0	5	2	6	6	1



## Special Eurobarometer 334 – Sport and physical activity



QF4 Pourquoi pratiquez-vous un sport ou une activité physique ? (PLUSIEURS REPONSES POSSIBLES)

QF4 Why do you engage in sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)

QF4 Warum treiben Sie Sport oder betätigen sich körperlich? (MEHRFACHNENNUNGEN MÖGLICH)

	NL	AT	PL	PT	RO	SI	SK	FI	SE	UK
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3
Um Gutes für Ihre Gesundheit zu tun	43	63	62	65	43	77	57	73	82	65
Um Ihr körperliches Erscheinungsbild zu verbessern	7	27	17	17	15	28	24	29	28	20
Um dem Altern entgegenzuwirken	7	24	8	7	15	14	12	33	30	12
Um Spaß zu haben	35	38	25	22	11	28	16	26	53	37
Um sich zu entspannen	26	42	22	35	30	65	21	58	51	33
Um mit Freunden zusammen zu sein	9	39	8	20	11	31	23	34	33	24
Um neue Bekanntschaften zu schließen	3	9	2	3	3	8	6	10	10	6
Um Menschen aus anderen Kulturen zu treffen	1	4	2	2	1	3	1	2	4	3
Um Ihre körperliche Leistungsfähigkeit zu verbessern	11	39	40	17	7	43	22	43	50	19
Um Ihre Fitness zu verbessern	26	40	32	16	10	35	45	68	74	53
Um Ihr Gewicht zu kontrollieren	15	34	11	9	14	26	21	41	45	30
Um Ihr Selbstwertgefühl zu steigern	3	16	7	6	4	19	11	17	26	10
Um neue Fähigkeiten zu entwickeln	3	10	5	4	2	12	3	13	14	7
Weil Sie Wettbewerbe mögen und sich gerne mit anderen messen	3	7	4	4	2	8	4	10	16	6
Um sich mehr in die Gesellschaft zu integrieren	1	4	2	1	4	5	4	2	3	4
Andere (SPONTAN)	4	4	5	4	15	8	3	6	3	12
WN	1	2	4	3	17	0	3	0	2	2

## Special Eurobarometer 334 – Sport and physical activity



QF5 Parmi les suivantes, quelle est la principale raison qui explique pourquoi vous ne pratiquez pas de sport de façon plus régulière ?  
 QF5 From the following reasons, what is currently preventing you the most from practicing sport more regularly?  
 QF5 Welcher der folgenden Gründe hält Sie momentan am meisten davon ab, regelmäßiger Sport zu treiben? Weil -

	UE27	BE	BG	CZ	DK	D-W	DE	D-E	EE	IE
	EU27	EB	EB	EB	EB	EB	EB	EB	EB	EB
	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3
Vous n'avez pas le temps	45	43	40	51	45	39	40	44	37	38
C'est trop cher	5	4	5	5	4	2	3	5	8	6
Vous n'aimez pas la compétition	7	10	12	8	5	3	3	3	5	9
Il n'y a pas d'infrastructures sportives adaptées à côté de chez vous	3	2	5	5	1	1	1	3	5	3
Un handicap ou une maladie vous empêche de pratiquer un sport	13	13	13	17	15	14	14	13	17	6
Vous n'avez pas d'amis avec qui pratiquer un sport	3	3	3	3	2	5	5	6	2	1
Autre (SPONTANE)	14	16	9	8	18	16	16	14	12	18
NSP	10	9	13	3	10	20	18	12	14	19

	EL	ES	FR	IT	CY	LV	LT	LU	HU	MT
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3
You do not have the time	51	45	43	50	62	45	40	55	43	54
It is too expensive	8	4	5	6	5	7	6	3	4	1
You do not like competitive activities	8	11	6	15	2	7	5	3	12	10
There are no suitable sports infrastructures close to where you live	4	3	2	2	2	4	4	0	5	4
A disability or illness prevents you from doing sport	10	13	15	3	11	13	15	11	20	11
You do not have friends to do sports with	5	1	2	5	1	4	4	3	2	2
Other (SPONTANEOUS)	9	16	16	11	11	9	21	16	9	12
DK	5	7	11	8	6	11	5	9	5	6

	NL	AT	PL	PT	RO	SI	SK	FI	SE	UK
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3
Sie keine Zeit haben	54	45	46	37	57	48	46	33	47	40
Es zu teuer ist	6	6	2	13	5	6	4	2	3	8
Sie keine Wettbewerbe mögen und sich nicht gerne mit anderen messen	7	4	3	11	6	6	7	4	6	3
Es in der Nähe Ihres Wohnortes keine geeigneten Sportmöglichkeiten gibt	1	3	8	4	5	3	8	2	2	2
Sie eine Behinderung oder Erkrankung davon abhält	8	11	15	10	8	11	16	16	15	22
Sie keine Freunde haben, mit denen Sie Sport treiben könnten	2	5	4	3	2	1	4	3	2	1
Sonstiges (SPONTAN)	18	15	10	5	12	21	10	20	15	15
WN	4	11	12	17	5	4	5	20	10	9

## Special Eurobarometer 334 – Sport and physical activity

QF6.1 Dans quelle mesure êtes-vous d'accord ou pas d'accord avec les affirmations suivantes concernant le sport et l'activité physique ?

La région où j'habite m'offre de nombreuses possibilités de pratique d'activités physiques

QF6.1 To what extent do you agree or disagree with the following statements about sport and physical activity?

The area where I live offers me many opportunities to be physically active

QF6.1 Inwieweit stimmen Sie den folgenden Aussagen über Sport und körperliche Betätigung zu?

Die Gegend, in der ich lebe, bietet mir viele Möglichkeiten, mich körperlich zu betätigen

1ère colonne: EB72 automne 2009 2ème colonne: % changement par rapport à EB64 automne 2005	EU27		EU25		BE		BG		CZ		DK		D-W		DE		D-E		EE		IE		EL		ES	
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	
	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3
Tout à fait d'accord	37	+2	51	+7	18	+7	19	0	69	+7	60	+3	58	+3	52	+6	44	+15	38	+16	23	-6	29	+5		
Plutôt d'accord	38	0	32	-7	21	+2	42	0	21	-5	28	-1	29	0	28	-3	30	-2	39	-7	39	-1	46	+2		
Plutôt pas d'accord	13	-2	11	+1	21	+2	24	+2	6	+1	7	-1	8	-1	12	-1	12	-7	13	-4	17	-1	16	-1		
Pas du tout d'accord	7	0	4	-1	25	-8	11	+1	2	-2	2	-1	3	-1	6	-1	10	-3	4	-4	12	0	5	-2		
NSP	5	0	2	0	15	-3	4	-3	2	-1	3	0	2	-1	2	-1	4	-3	6	-1	9	+8	4	-4		
Agree	75	+2	83	0	39	+9	61	0	90	+2	88	+2	87	+3	80	+3	74	+13	77	+9	62	-7	75	+7		
Disagree	20	-2	15	0	46	-6	35	+3	8	-1	9	-2	11	-2	18	-2	22	-10	17	-8	29	-1	21	-3		

	FR		IT		CY		LV		LT		LU		HU		MT		NL		AT		PL		PT	
1st column: EB72 autumn 2009	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
2nd column: % change from EB64 autumn 2005	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3
Strongly agree	49	-3	18	0	40	+9	29	+4	38	+7	64	+15	29	+11	22	+5	79	+8	43	+8	20	-1	12	-2
Tend to agree	37	+4	54	+6	31	+2	36	+5	32	-3	20	-8	35	-1	29	0	16	-5	42	-5	40	+3	45	+7
Tend to disagree	6	-1	14	-6	13	-8	17	-5	13	-5	7	-5	15	-9	22	-4	3	-2	10	-1	21	-4	28	+2
Strongly disagree	4	-1	8	-2	10	-4	12	-2	8	-1	5	+1	12	-1	18	-2	1	-1	2	-2	10	-2	8	-7
DK	4	+1	6	+2	6	+1	6	-2	9	+2	4	-3	9	0	9	+1	1	0	3	0	9	+4	7	0
D'accord	86	+1	72	+6	71	+11	65	+9	70	+4	84	+7	64	+10	51	+5	95	+3	85	+3	60	+2	57	+5
Pas d'accord	10	-2	22	-8	23	-12	29	-7	21	-6	12	-4	27	-10	40	-6	4	-3	12	-3	31	-6	36	-5

	RO		SI		SK		FI		SE		UK	
Erste Spalte: EB72 Herbst 2009	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
Zweite Spalte: % Veränderungen im Vergleich zu EB64 Herbst 2005	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3
Stimme voll und ganz zu	17	-4	42	+13	22	+3	47	0	62	+16	35	+6
Stimme eher zu	24	-5	39	-8	37	-3	41	-3	24	-12	37	-5
Stimme eher nicht zu	17	+4	11	-6	25	-2	9	+1	6	-4	16	0
Stimme überhaupt nicht zu	24	+2	6	+2	11	+1	2	+1	7	+1	7	-1
WN	18	+3	2	-1	5	+1	1	+1	1	-1	5	0
Stimmen	41	-9	81	+5	59	0	88	-3	86	+4	72	+1
Stimmen nicht	41	+6	17	-4	36	-1	11	+2	13	-3	23	-1

## Special Eurobarometer 334 – Sport and physical activity



QF6.2 Dans quelle mesure êtes-vous d'accord ou pas d'accord avec les affirmations suivantes concernant le sport et l'activité physique ?

Les clubs sportifs et autres centres dans ma région offrent de nombreuses possibilités d'activités physiques

QF6.2 To what extent do you agree or disagree with the following statements about sport and physical activity?

Local sport clubs and other local providers offer many opportunities to be physically active

QF6.2 Inwieweit stimmen Sie den folgenden Aussagen über Sport und körperliche Betätigung zu?

Örtliche Sportclubs und andere örtliche Anbieter bieten viele Möglichkeiten zur körperlichen Betätigung

	EU27 UE27		EU25 UE25		BE	BG	CZ	DK	D-W	DE	D-E	EE	IE	EL	ES
1ère colonne: EB72 automne 2009	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
2ème colonne: % changement par rapport à EB64 automne 2005	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3
Tout à fait d'accord	33	+1	51	+7	9	+3	18	+1	63	+5	56	+3	55	+5	47
Plutôt d'accord	38	+2	33	-7	12	-2	40	0	26	-3	30	+1	30	-1	32
Plutôt pas d'accord	13	-3	9	-1	22	+4	25	+1	6	+1	7	-1	7	-3	8
Pas du tout d'accord	8	0	4	0	35	-4	11	+1	1	-2	2	-1	3	-1	6
NSP	8	0	3	+1	22	-1	6	-3	4	-1	5	-2	7	+2	9
Agree	71	+3	84	0	21	+1	58	+1	89	+2	86	+4	85	+6	79
Disagree	21	-3	13	-1	57	0	36	+2	7	-1	9	-2	10	-4	14

1st column: EB72 autumn 2009

2nd column: % change from EB64 autumn 2005

1st column: EB72 autumn 2009		FR		IT		CY		LV		LT		LU		HU		MT		NL		AT		PL		PT	
2nd column: % change from EB64 autumn 2005		EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
		72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3
Strongly agree		45	-4	16	0	28	+2	26	+2	20	+4	62	+14	26	+12	20	+1	68	+6	35	+4	13	+3	10	-2
Tend to agree		41	+4	52	+7	25	-4	34	+3	27	+1	20	-9	35	+1	30	-10	19	-6	46	-3	33	+6	45	+8
Tend to disagree		6	0	15	-7	20	-4	18	-3	16	-5	9	-3	16	-7	18	0	6	-1	10	0	22	-6	29	+2
Strongly disagree		3	0	9	-1	15	0	13	0	21	-3	4	+2	13	-3	15	+2	4	+2	2	-3	17	-5	8	-8
DK		5	0	8	+1	12	+6	9	-2	16	+3	5	-4	10	-3	17	+7	3	-1	7	+2	15	+2	8	0
D'accord		86	0	68	+7	53	-2	60	+5	47	+5	82	+5	61	+13	50	-9	87	0	81	+1	46	+9	55	+6
Pas d'accord		9	0	24	-8	35	-4	31	-3	37	-8	13	-1	29	-10	33	+2	10	+1	12	-3	39	-11	37	-6

Erste Spalte: EB72 Herbst 2009

Zweite Spalte: % Veränderungen im Vergleich zu EB64 Herbst 2005

	RO		SI		SK		FI		SE		UK	
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3
Stimme voll und ganz zu	10	-3	33	+12	17	+7	32	-1	56	+16	34	+4
Stimme eher zu	18	-2	38	-6	36	+5	45	-1	28	-7	42	-1
Stimme eher nicht zu	18	+1	16	-5	27	-10	14	0	7	-6	12	-3
Stimme überhaupt nicht zu	29	0	8	0	12	-2	3	0	4	-3	5	-1
WN	25	+4	5	-1	8	0	6	+2	5	0	7	+1
Stimmen	28	-5	71	+6	53	+12	77	-2	84	+9	76	+3
Stimmen nicht	47	+1	24	-5	39	-12	17	0	11	-9	17	-4

## Special Eurobarometer 334 – Sport and physical activity

QF6.3 Dans quelle mesure êtes-vous d'accord ou pas d'accord avec les affirmations suivantes concernant le sport et l'activité physique ?

Des possibilités de pratiquer des activités physiques dans ma région existent, mais je n'ai pas le temps d'en profiter

QF6.3 To what extent do you agree or disagree with the following statements about sport and physical activity?

There are opportunities to be physically active in my area but I do not have time to take advantage of them

QF6.3 Inwieweit stimmen Sie den folgenden Aussagen über Sport und körperliche Betätigung zu?

In meiner Gegend gibt es Möglichkeiten mich körperlich zu betätigen, aber ich habe keine Zeit sie zu nutzen

1ère colonne: EB72 automne 2009 2ème colonne: % changement par rapport à EB64 automne 2005		EU27	EU25	BE		BG		CZ		DK		D-W		DE		D-E		EE		IE		EL		ES	
		EB	UE25	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
		72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3
Tout à fait d'accord		22	+2	29	+3	16	+2	18	0	29	+3	26	+1	27	+3	30	+8	29	+11	21	+11	23	-3	20	-1
Plutôt d'accord		32	-1	29	-2	23	+3	33	0	24	-8	21	-3	22	-3	25	-1	26	-6	30	-12	34	+2	38	+3
Plutôt pas d'accord		22	-2	22	-5	20	+1	28	0	20	-2	18	-6	18	-7	20	-6	18	-6	24	-5	21	-5	26	+3
Pas du tout d'accord		18	+1	17	+3	25	-5	14	+1	23	+7	31	+8	29	+6	24	+1	19	+4	19	+8	16	0	12	0
NSP		6	0	3	+1	16	-1	7	-1	4	0	4	0	4	+1	1	-2	8	-3	6	-2	6	+6	4	-5
Agree		54	+1	58	+1	39	+5	51	0	53	-5	47	-2	49	0	55	+7	55	+5	51	-1	57	-1	58	+2
Disagree		40	-1	39	-2	45	-4	42	+1	43	+5	49	+2	47	-1	44	-5	37	-2	43	+3	37	-5	38	+3

1st column: EB72 autumn 2009

2nd column: % change from EB64 autumn 2005

	FR		IT		CY		LV		LT		LU		HU		MT		NL		AT		PL		PT	
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3
Strongly agree	27	-1	21	+4	27	-4	25	+2	22	0	33	+9	26	+6	20	0	26	+7	24	+6	15	+1	11	-3
Tend to agree	32	0	43	+3	27	+2	30	-5	31	+1	19	-7	28	-3	27	-4	24	-3	37	0	34	+3	40	+7
Tend to disagree	18	-2	18	-6	22	0	21	+1	18	-4	19	-10	18	-3	27	+1	23	-7	21	-6	25	-2	31	+3
Strongly disagree	19	+3	11	-2	17	0	15	+3	18	+2	24	+8	19	+2	16	+1	25	+3	14	+1	14	-5	11	-7
DK	4	0	7	+1	7	+2	9	-1	11	+1	5	0	9	-2	10	+2	2	0	4	-1	12	+3	7	0
D'accord	59	-1	64	+7	54	-2	55	-3	53	+1	52	+2	54	+3	47	-4	50	+4	61	+6	49	+4	51	+4
Pas d'accord	37	+1	29	-8	39	0	36	+4	36	-2	43	-2	37	-1	43	+2	48	-4	35	-5	39	-7	42	-4

Erste Spalte: EB72 Herbst 2009

Zweite Spalte: % Veränderungen im Vergleich zu EB64 Herbst 2005

	RO		SI		SK		FI		SE		UK	
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3
Stimme voll und ganz zu	14	-5	29	+10	14	+2	14	0	24	+6	23	+5
Stimme eher zu	22	-2	32	-5	37	-1	31	-7	27	-10	33	-5
Stimme eher nicht zu	20	+4	21	-8	30	-2	27	-2	17	-7	24	+1
Stimme überhaupt nicht zu	25	+1	16	+4	12	0	25	+7	28	+9	14	-1
WN	19	+2	2	-1	7	+1	3	+2	4	+2	6	0
Stimmen	36	-7	61	+5	51	+1	45	-7	51	-4	56	0
Stimmen nicht	45	+5	37	-4	42	-2	52	+5	45	+2	38	0

## Special Eurobarometer 334 – Sport and physical activity

QF6.4 Dans quelle mesure êtes-vous d'accord ou pas d'accord avec les affirmations suivantes concernant le sport et l'activité physique ?

Pratiquer des activités physiques ne m'intéresse pas vraiment – je préfère faire autre chose pendant mon temps libre

QF6.4 To what extent do you agree or disagree with the following statements about sport and physical activity?

Being physically active does not really interest me – I would rather do other things with my spare time

QF6.4 Inwieweit stimmen Sie den folgenden Aussagen über Sport und körperliche Betätigung zu?

Körperlich aktiv zu sein, interessiert mich nicht wirklich - Ich mache lieber andere Dinge in meiner Freizeit

		EU27	EU25	BE		BG		CZ		DK		D-W		DE		D-E		EE		IE		EL		ES	
		UE27	UE25	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
1ère colonne: EB72 automne 2009																									
2ème colonne: % changement par rapport à EB64 automne 2005																									
		72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3
Tout à fait d'accord		16	0	22	+1	30	-7	21	+1	16	-1	14	-4	14	-3	13	0	18	+3	11	+4	16	+2	16	-6
Plutôt d'accord		26	-2	28	-1	27	-2	34	0	16	-5	19	-1	20	-1	20	-4	23	-5	18	-12	26	-3	34	-1
Plutôt pas d'accord		27	-3	28	-2	15	0	31	0	22	-5	23	-5	24	-4	28	0	27	-6	25	-11	28	-8	25	+1
Pas du tout d'accord		27	+5	20	+1	16	+5	12	-1	44	+12	40	+8	39	+7	38	+5	28	+10	40	+19	25	+4	22	+9
NSP		4	0	2	+1	12	+4	2	0	2	-1	4	+2	3	+1	1	-1	4	-2	6	0	5	+5	3	-3
Agree		42	-2	50	0	57	-9	55	+1	32	-6	33	-5	34	-4	33	-4	41	-2	29	-8	42	-1	50	-7
Disagree		54	+2	48	-1	31	+5	43	-1	66	+7	63	+3	63	+3	66	+5	55	+4	65	+8	53	-4	47	+10

	FR		IT		CY		LV		LT		LU		HU		MT		NL		AT		PL		PT	
1st column: EB72 autumn 2009	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
2nd column: % change from EB64 autumn 2005	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3
Strongly agree	20	+1	17	+3	17	-1	22	+3	17	+2	19	-9	26	+2	13	+3	15	+4	7	+1	12	+2	9	-8
Tend to agree	26	+1	36	-2	16	-10	23	-7	24	-3	17	-6	29	-1	19	-9	16	-3	21	+3	27	-1	40	+3
Tend to disagree	25	-3	25	-3	31	+2	28	-1	29	-5	25	-1	24	-6	37	+4	26	-10	38	+4	32	-4	30	+5
Strongly disagree	26	+1	17	+2	30	+6	21	+6	23	+6	36	+16	18	+4	28	+1	42	+9	24	-5	20	0	14	-2
DK	3	0	5	0	6	+3	6	-1	7	0	3	0	3	+1	3	+1	1	0	10	-3	9	+3	7	+2
D'accord	46	+2	53	+1	33	-11	45	-4	41	-1	36	-15	55	+1	32	-6	31	+1	28	+4	39	+1	49	-5
Pas d'accord	51	-2	42	-1	61	+8	49	+5	52	+1	61	+15	42	-2	65	+5	68	-1	62	-1	52	-4	44	+3

	RO		SI		SK		FI		SE		UK	
Erste Spalte: EB72 Herbst 2009	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
Zweite Spalte: % Veränderungen im Vergleich zu EB64 Herbst 2005	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3
Stimme voll und ganz zu	16	-11	14	+2	15	+6	10	0	9	-1	14	+2
Stimme eher zu	27	-5	19	-6	29	-6	22	+1	18	-2	23	-4
Stimme eher nicht zu	19	+2	29	-7	32	-4	28	-4	20	-10	32	-5
Stimme überhaupt nicht zu	21	+8	35	+11	21	+4	39	+3	52	+13	29	+8
WN	17	+6	3	0	3	0	1	0	1	0	2	-1
Stimmen	43	-16	33	-4	44	0	32	+1	27	-3	37	-2
Stimmen nicht	40	+10	64	+4	53	0	67	-1	72	+3	61	+3

## Special Eurobarometer 334 – Sport and physical activity

QF6.5 Dans quelle mesure êtes-vous d'accord ou pas d'accord avec les affirmations suivantes concernant le sport et l'activité physique ?

Les pouvoirs locaux n'en font pas assez pour les citoyens dans le domaine des activités physiques

QF6.5 To what extent do you agree or disagree with the following statements about sport and physical activity?

My local authority does not do enough for its citizens in relation to physical activities

QF6.5 Inwieweit stimmen Sie den folgenden Aussagen über Sport und körperliche Betätigung zu?

Die Gemeinde tut nicht genug, damit sich die Bürger körperlich betätigen können

	EU27 UE27		EU25 UE25		BE	BG	CZ	DK	D-W	DE	D-E	EE	IE	EL	ES
1ère colonne: EB72 automne 2009	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
2ème colonne: % changement par rapport à EB64 automne 2005	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3
Tout à fait d'accord	11	-1	10	+1	19	-6	7	-2	6	-2	7	-1	13	0	9
Plutôt d'accord	24	-3	22	-5	30	0	29	0	13	-2	12	-1	13	0	16
Plutôt pas d'accord	31	+1	40	-4	18	+6	41	+3	31	-2	25	-1	27	0	32
Pas du tout d'accord	23	+3	23	+6	9	+1	11	+2	43	+6	48	+3	46	+2	39
NSP	11	0	5	+2	24	-1	12	-3	7	-1	9	+1	8	0	6
Agree	35	-4	32	-4	49	-6	36	-2	19	-3	18	-3	19	-2	23
Disagree	54	+4	63	+2	27	+7	52	+5	74	+4	73	+2	73	+2	71

	FR		IT		CY		LV		LT		LU		HU		MT		NL		AT		PL		PT	
1st column: EB72 autumn 2009	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
2nd column: % change from EB64 autumn 2005	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3
Strongly agree	6	-2	16	+2	27	+1	17	+1	16	-3	8	-2	13	0	19	+3	7	-1	6	+1	18	-2	8	-4
Tend to agree	20	+2	36	-6	24	-4	24	-4	31	+2	11	-7	22	-8	22	-10	12	-5	20	+2	34	-1	39	0
Tend to disagree	38	0	27	+3	25	-2	29	+4	21	0	35	+2	32	+4	25	-2	29	-8	39	+5	23	-1	31	+6
Strongly disagree	29	0	10	+2	8	-4	16	+1	11	+2	40	+11	20	+10	13	+3	44	+15	24	-5	7	-2	7	-4
DK	7	0	11	-1	16	+9	14	-2	21	-1	6	-4	13	-6	21	+6	8	-1	11	-3	18	+6	15	+2
D'accord	26	0	52	-4	51	-3	41	-3	47	-1	19	-9	35	-8	41	-7	19	-6	26	+3	52	-3	47	-4
Pas d'accord	67	0	37	+5	33	-6	45	+5	32	+2	75	+13	52	+14	38	+1	73	+7	63	0	30	-3	38	+2

	RO		SI		SK		FI		SE		UK	
Erste Spalte: EB72 Herbst 2009	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
Zweite Spalte: % Veränderungen im Vergleich zu EB64 Herbst 2005	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3	72.3	64.3
Stimme voll und ganz zu	19	-9	14	+3	12	-2	4	-2	7	-1	11	+1
Stimme eher zu	29	+5	29	-5	34	-2	16	-3	16	0	24	-2
Stimme eher nicht zu	16	+3	33	-1	30	+1	42	+3	31	-4	36	-1
Stimme überhaupt nicht zu	12	+5	19	+5	8	+1	34	+1	39	+8	20	+6
WN	24	-4	5	-2	16	+2	4	+1	7	-3	9	-4
Stimmen	48	-4	43	-2	46	-4	20	-5	23	-1	35	-1
Stimmen nicht	28	+8	52	+4	38	+2	76	+4	70	+4	56	+5

QF7 Êtes-vous membre d'un des types de club suivants où l'on pratique un sport ou une activité physique récréative ? (PLUSIEURS REPONSES POSSIBLES)

QF7 Are you a member of any of the following clubs where you participate in sport or recreational physical activity? (MULTIPLE ANSWERS POSSIBLE)

QF7 Sind Sie Mitglied in einem der folgenden Klubs oder Vereine, in denen Sport getrieben wird oder sportliche Aktivitäten stattfinden? (MEHRFACHNENNUNGEN MÖGLICH)

	UE27	BE	BG	CZ	DK	D-W	DE	D-E	EE	IE
	EU27									
Club de santé ou de remise en forme	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
Club de sport	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3
Club socioculturel qui propose aussi des activités sportives (p.ex. un club d'employés, un club de jeunes)	9	7	3	6	22	14	13	9	2	16
Autre (SPONTANE)	12	14	4	7	19	25	23	17	10	18
Non, je ne suis membre d'aucun club	4	4	3	4	12	8	8	5	2	4
NSP	5	3	5	1	3	17	16	14	1	4
	67	72	73	81	53	36	39	51	85	59
	4	2	12	1	0	6	6	7	1	3

	EL	ES	FR	IT	CY	LV	LT	LU	HU	MT
Health or fitness club	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
Sports club	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3
Sociocultural club that includes sport in its activities (e.g. employees club, youth club)	8	4	2	14	11	3	2	6	2	5
Other (SPONTANEOUS)	4	9	18	7	5	6	6	22	4	7
No, I am not a member of any club	1	4	4	3	2	4	1	5	1	3
DK	1	2	2	1	1	2	2	1	1	2
	88	82	72	62	82	76	88	66	92	81
	0	1	3	13	0	9	1	1	0	3

	NL	AT	PL	PT	RO	SI	SK	FI	SE	UK
Fitnessstudio	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
Sportverein	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3
Gesellschafts- oder Kulturverein, in dem auch Sport getrieben wird (z.B. Mitarbeiterklub, Jugendklub)	20	13	2	7	3	5	5	8	21	14
Andere (SPONTAN)	27	17	4	8	2	13	9	17	21	9
Nein, ich bin kein Mitglied in einem Fitnessstudio	3	8	1	3	0	4	5	6	8	4
WN	3	11	4	1	20	2	1	4	6	3
	51	43	87	82	71	77	79	67	51	74
	0	14	2	1	4	0	1	1	0	0



QF8 Exercez-vous une activité bénévole qui soutient des activités sportives?

QF8 Do you engage in voluntary work that support sporting activities?

QF8 Leisten Sie ehrenamtliche Arbeit im sportlichen Bereich?

	UE27	BE	BG	CZ	DK	D-W	DE	D-E	EE	IE
	EU27									
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3
Oui	7	8	3	7	15	9	9	7	11	14
Non	92	92	95	93	85	90	90	93	88	85
NSP	1	0	2	0	0	1	1	0	1	1

	EL	ES	FR	IT	CY	LV	LT	LU	HU	MT
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3
Yes	2	5	10	3	4	13	7	14	6	8
No	98	95	90	96	96	85	91	85	94	92
DK	0	0	0	1	0	2	2	1	0	0

	NL	AT	PL	PT	RO	SI	SK	FI	SE	UK
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3
Ja	16	15	2	2	4	14	10	18	18	6
Nein	84	85	97	98	94	86	90	82	82	94
WN	0	0	1	0	2	0	0	0	0	0

## Special Eurobarometer 334 – Sport and physical activity



QF9 Combien de temps consacrez-vous à une activité bénévole dans le domaine du sport ?

QF9 How much time do you spend on voluntary work in sport?

QF9 Wie viel Zeit bringen Sie für Ihre ehrenamtliche Arbeit im sportlichen Bereich auf?

	UE27 EU27	BE	BG	CZ	DK	D-W	DE	D-E	EE	IE
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3
Uniquement occasionnellement, lors d'événements ponctuels	42	34	81	54	36	33	36	48	62	38
1-5 heures par mois	23	23	13	26	28	19	20	23	17	23
6-20 heures par mois	24	22	6	18	27	41	37	16	11	29
21 – 40 heures par mois	7	16	0	1	7	5	5	9	3	6
Plus de 40 heures par mois	2	5	0	0	1	1	1	0	3	3
NSP	2	0	0	1	1	1	1	4	4	1

	EL	ES	FR	IT	CY	LV	LT	LU	HU	MT
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3
Only occasionally, at individual events	80	59	41	41	43	71	57	38	58	59
1 – 5 hours per month	14	18	19	29	34	14	21	18	26	21
6 – 20 hours per month	6	10	27	15	23	9	9	37	8	14
21 – 40 hours per month	0	6	9	12	0	2	3	0	3	4
More than 40 hours per month	0	5	2	3	0	2	4	4	0	0
DK	0	2	2	0	0	2	6	3	5	2

	NL	AT	PL	PT	RO	SI	SK	FI	SE	UK
	EB	EB	EB	EB	EB	EB	EB	EB	EB	EB
	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3	72.3
Nur gelegentlich, bei bestimmten Veranstaltungen	38	47	52	31	64	58	62	43	41	29
1 bis 5 Stunden pro Monat	23	22	36	15	10	20	15	26	24	35
6 bis 20 Stunden pro Monat	27	25	3	19	7	15	15	23	27	22
21 bis 40 Stunden pro Monat	10	6	0	14	6	4	2	5	5	10
Mehr als 40 Stunden pro Monat	2	0	0	6	0	1	4	2	2	2
WN	0	0	9	15	13	2	2	1	1	2