

Are you participating in each of the following physical activities more often, about the same, or less often than before the COVID-19 pandemic?



	British Columbia	GENDER		AGE			REGION				
		Male	Female	18-34	35-54	55+	Metro Vancouver	Fraser Valley	Southern BC	Northern BC	Vancouver Island
<b>Walking (for fitness)</b>											
More than before the pandemic	66%	66%	66%	64%	69%	65%	69%	60%	61%	62%	63%
About the same as before the pandemic	19%	20%	18%	24%	18%	14%	17%	22%	23%	22%	20%
Less than before the pandemic	8%	7%	8%	8%	7%	8%	6%	11%	10%	16%	8%
Not at all	7%	7%	8%	5%	6%	13%	7%	6%	7%	0%	9%
<b>Running / Jogging</b>											
More than before the pandemic	26%	31%	21%	33%	29%	9%	28%	21%	20%	20%	25%
About the same as before the pandemic	26%	30%	22%	36%	28%	7%	23%	35%	31%	31%	25%
Less than before the pandemic	14%	11%	16%	19%	13%	7%	12%	13%	17%	29%	13%
Not at all	35%	28%	41%	13%	30%	78%	37%	32%	32%	20%	37%
<b>Weightlifting</b>											
More than before the pandemic	16%	17%	16%	24%	14%	8%	13%	13%	16%	33%	26%
About the same as before the pandemic	19%	20%	18%	23%	21%	10%	20%	25%	20%	20%	12%
Less than before the pandemic	24%	31%	19%	31%	24%	15%	28%	14%	21%	18%	22%
Not at all	40%	32%	47%	22%	41%	68%	39%	48%	43%	29%	40%
<b>Cardio with a cross-trainer machine (elliptical, stationary bike, treadmill)</b>											
More than before the pandemic	15%	13%	16%	16%	17%	9%	14%	11%	16%	29%	12%
About the same as before the pandemic	22%	27%	18%	30%	23%	8%	21%	27%	26%	27%	22%
Less than before the pandemic	21%	24%	18%	25%	21%	15%	23%	10%	13%	24%	23%
Not at all	42%	36%	48%	29%	39%	68%	42%	52%	45%	20%	43%
<b>Yoga</b>											
More than before the pandemic	19%	17%	22%	26%	18%	11%	18%	16%	23%	22%	22%
About the same as before the pandemic	17%	18%	15%	21%	19%	7%	16%	19%	23%	22%	12%
Less than before the pandemic	18%	21%	15%	24%	18%	8%	19%	10%	17%	24%	15%
Not at all	46%	44%	48%	29%	45%	75%	47%	56%	37%	31%	51%

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<b>Cycling</b>											
More than before the pandemic	24%	31%	18%	32%	28%	6%	22%	22%	34%	24%	24%
About the same as before the pandemic	16%	21%	12%	20%	16%	10%	16%	8%	17%	36%	14%
Less than before the pandemic	16%	16%	16%	19%	18%	9%	18%	17%	10%	18%	14%
Not at all	44%	32%	54%	30%	38%	76%	45%	52%	40%	22%	48%
<b>Hiking</b>											
More than before the pandemic	18%	26%	11%	23%	21%	5%	14%	14%	30%	31%	20%
About the same as before the pandemic	23%	23%	23%	30%	23%	14%	22%	21%	28%	33%	23%
Less than before the pandemic	29%	25%	32%	29%	30%	27%	34%	30%	14%	22%	25%
Not at all	30%	26%	33%	18%	26%	55%	31%	35%	28%	13%	32%
<b>Climbing</b>											
More than before the pandemic	11%	18%	5%	20%	8%	2%	10%	13%	17%	7%	10%
About the same as before the pandemic	14%	18%	10%	20%	14%	2%	11%	11%	16%	27%	16%
Less than before the pandemic	16%	14%	17%	22%	15%	8%	15%	14%	16%	33%	12%
Not at all	60%	50%	68%	39%	63%	89%	63%	62%	52%	33%	62%
<b>Swimming</b>											
More than before the pandemic	15%	18%	13%	19%	15%	10%	15%	10%	17%	24%	13%
About the same as before the pandemic	23%	22%	23%	26%	23%	18%	22%	29%	22%	29%	22%
Less than before the pandemic	29%	28%	31%	37%	27%	21%	30%	21%	34%	33%	26%
Not at all	32%	32%	33%	18%	35%	51%	32%	41%	28%	13%	39%
<b>Water sports (canoeing, kayaking, surfing, paddle boarding)</b>											
More than before the pandemic	9%	12%	6%	14%	7%	3%	7%	6%	10%	20%	12%
About the same as before the pandemic	19%	24%	14%	27%	20%	3%	17%	19%	28%	27%	14%
Less than before the pandemic	24%	20%	28%	29%	24%	17%	25%	19%	20%	31%	26%
Not at all	48%	45%	52%	30%	49%	78%	52%	56%	42%	22%	48%

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<b><i>Racket sports (tennis, squash, badminton, racquetball)</i></b>											
More than before the pandemic	12%	18%	7%	18%	12%	3%	13%	8%	14%	13%	10%
About the same as before the pandemic	15%	20%	12%	22%	17%	3%	15%	16%	16%	24%	12%
Less than before the pandemic	19%	23%	15%	26%	19%	7%	19%	21%	19%	22%	17%
Not at all	54%	40%	66%	34%	52%	88%	53%	56%	51%	40%	61%
<b><i>Team sports (soccer, basketball, baseball, volleyball, lacrosse)</i></b>											
More than before the pandemic	8%	11%	6%	11%	8%	4%	7%	10%	10%	11%	8%
About the same as before the pandemic	19%	26%	13%	28%	19%	4%	18%	17%	30%	22%	12%
Less than before the pandemic	18%	20%	16%	24%	19%	7%	20%	13%	10%	20%	19%
Not at all	55%	43%	66%	37%	55%	86%	55%	60%	50%	47%	62%
<b><i>Golf</i></b>											
More than before the pandemic	18%	22%	15%	22%	18%	13%	19%	19%	17%	20%	15%
About the same as before the pandemic	13%	17%	10%	16%	15%	6%	11%	17%	17%	18%	15%
Less than before the pandemic	11%	18%	5%	15%	10%	6%	9%	6%	19%	13%	12%
Not at all	57%	44%	69%	46%	57%	76%	60%	57%	48%	49%	58%