

Poll conducted by Research Co. on Exercise in Canada - February 24, 2023

We'd like to ask you some questions about exercise and fitness. As you may know, the Canadian Physical Activity Guidelines recommend that adults in Canada accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week. Before the start of the COVID-19 pandemic in March 2020, how often did you usually meet these guidelines?



	GENDER			AGE			REGION					VOTE IN 2021 FEDERAL ELECTION			
	Canada	Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic	Liberal	Conserv.	NDP
Every week	24%	26%	22%	25%	26%	21%	25%	34%	27%	23%	20%	19%	25%	26%	25%
Most weeks	31%	32%	29%	35%	32%	26%	30%	26%	35%	37%	24%	30%	34%	31%	33%
Only a few weeks	22%	20%	24%	25%	22%	20%	20%	22%	20%	20%	27%	19%	18%	18%	28%
Never	23%	22%	25%	16%	20%	34%	25%	19%	18%	20%	28%	31%	23%	25%	14%

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During the COVID-19 pandemic, from March 2020 to November 2022, how often were you able to meet these guidelines? – “Accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week.”



	GENDER			AGE			REGION					VOTE IN 2021 FEDERAL ELECTION			
	Canada	Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic	Liberal	Conserv.	NDP
Every week	20%	21%	18%	20%	20%	18%	24%	25%	21%	21%	14%	16%	20%	20%	19%
Most weeks	28%	31%	25%	31%	31%	21%	26%	21%	31%	36%	20%	30%	31%	27%	36%
Only a few weeks	27%	25%	28%	30%	28%	23%	27%	33%	26%	21%	34%	23%	23%	30%	26%
Never	26%	22%	29%	18%	21%	37%	23%	22%	22%	22%	32%	31%	26%	24%	19%

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In the past three months—from December 2022 and February 2023—how often were you able to meet these guidelines? – “Accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week.”



	GENDER			AGE			REGION					VOTE IN 2021 FEDERAL ELECTION			
	Canada	Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic	Liberal	Conserv.	NDP
Every week	21%	24%	19%	23%	23%	18%	26%	24%	24%	22%	15%	22%	24%	25%	17%
Most weeks	28%	29%	26%	34%	28%	22%	26%	27%	30%	31%	25%	26%	27%	30%	38%
Only a few weeks	23%	21%	25%	25%	24%	20%	25%	20%	23%	23%	26%	17%	21%	17%	29%
Never	28%	26%	29%	18%	24%	39%	23%	30%	23%	23%	34%	35%	27%	28%	17%

During the COVID-19 pandemic, did you do any of the following?



	GENDER		AGE			REGION						VOTE IN 2021 FEDERAL ELECTION			
	Canada	Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic	Liberal	Conserv.	NDP
Followed workouts or routines online	29%	25%	33%	47%	30%	12%	25%	29%	29%	33%	27%	23%	30%	25%	33%
Acquired weightlifting equipment for your home (such as dumbbells)	18%	20%	16%	24%	22%	8%	21%	17%	16%	23%	13%	14%	20%	16%	21%
Took up a sport that does not require equipment (such as running or jogging)	17%	18%	17%	25%	19%	8%	17%	12%	18%	16%	19%	22%	18%	12%	23%
Acquired a cardio machine for your home (such as an elliptical, treadmill or climber)	16%	17%	15%	22%	19%	8%	13%	23%	11%	21%	12%	16%	18%	18%	17%
None of these	47%	46%	49%	25%	43%	70%	48%	54%	51%	39%	49%	53%	42%	55%	43%
<i>Took action</i>	53%	54%	51%	75%	57%	30%	52%	46%	49%	61%	51%	47%	58%	45%	57%

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Thinking about exercise and fitness, would you say your own personal situation is better, about the same, or worse than before the COVID-19 pandemic?



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	Canada	Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic	Liberal	Conserv.	NDP
Better than before the COVID-19 pandemic	20%	21%	19%	28%	18%	15%	17%	15%	22%	24%	17%	20%	22%	19%	15%
About the same as before the COVID-19 pandemic	54%	56%	51%	48%	53%	60%	58%	59%	52%	53%	51%	54%	59%	49%	62%
Worse than before the COVID-19 pandemic	20%	17%	24%	17%	21%	21%	19%	17%	23%	19%	22%	20%	16%	25%	20%
Not sure	6%	6%	7%	7%	8%	3%	6%	9%	3%	4%	10%	5%	3%	7%	3%