

SOCIAL ISOLATION & LONELINESS IN OLDER ADULTS

PROFILE OF OLDER WINNIPEGGERS' PHYSICAL AND LEISURE ACTIVITY PARTICIPATION

This fact sheet provides a profile of older Winnipeggers' physical and leisure activity participation. The information is based on 2,769 Winnipeggers aged 55 years and older who participated in the Canadian Longitudinal Study on Aging. These data were collected before COVID-19.

Taking a walk outside

58% of Winnipeggers aged 65 or older said that they **take a walk outside** three or more days in a given week. The proportion was 62% among those aged 55-64, and 54% among those aged 75+.

Sports or recreational activities

13% of Winnipeggers aged 65 or older said that they engage in **light sports or recreational activities** in a given week, such as bowling, golf with a cart, or fishing. The proportion was 15% among those aged 55 to 64 and 12% among those aged 75+.

16% Winnipeggers aged 65 or older said that they engage in **strenuous sports or recreational activities** in a given week, such as jogging, aerobics, racquet ball, or swimming. The proportion was 22% among those aged 55 to 64 and 12% among those aged 75+.

What are reasons for not being more physically active?

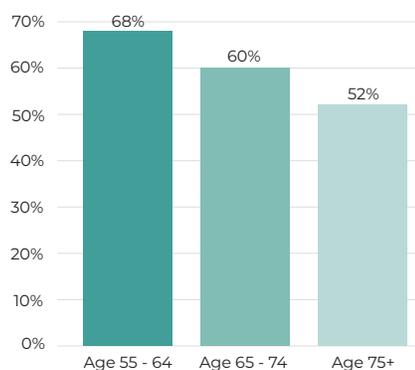
45% of Winnipeggers aged 75+ said that **health conditions** prevented them from doing physical activities, compare to 23% among those aged 55 to 64.

47% of Winnipeggers aged 55-64 said **lack of time** prevented them from doing physical activities, compared to 16% among those aged 75+.

Wanting to be more physically active

59% Winnipeggers aged 65 or older felt they wanted to participate in **more physical activities** in the last 12 months. The proportion decreased with age.

Percent who wanted to participate in more physical activities by age group



What sedentary activities do older Winnipeggers engage in?

Older Winnipeggers engaged in many sitting activities in a given week. The following were some common activities:

