HOW **ACTIVE** ARE EUROPEANS?

European Week of Sport

- **NEVER OR SELDOM EXERCISE OR PLAY SPORT**
  - 59%

- **EXERCISE OR PLAY SPORT AT LEAST ONCE A WEEK**
  - 41%

- **EXERCISE OR PLAY SPORT MORE THAN 5 TIMES A WEEK**
  - 9%

- **SIT MORE THAN 5.5 HOURS PER DAY**
  - 7%

- **WALK >10 MINS AT A TIME AT LEAST ONCE A WEEK**
  - 86%

Source: Eurobarometer Physical Activity 2013