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### WE'RE BECOMING MORE ACTIVE

An annual report released today reveals increasing numbers of South Australians participating in physical activity for exercise, recreation or sport.

The 2010 Exercise Recreation and Sport Survey (ERASS) Annual Report shows that the number of South Australians participating in physical activities has increased by 21 per cent to 1,080,000 in the ten years since 2001.

“While some of this increase has been due to population growth, the underlying trend is very positive with the SA participation rate equal to the national average (82.3 per cent),” says Recreation, Sport and Racing Minister, Tom Kenyon.

“A particularly pleasing shift has been in people adopting regular exercise regimes according to the report,” Mr Kenyon said.

“In 2001, only one third of South Australians participated three or more times per week, but in the 10 years since then it's risen to nearly 50 per cent.

“That means there's an extra 250,000 South Australians out there taking part in physical activities at least three times per week.

“It's encouraging to see how the State Government's *be active* message appears to be cutting through and the benefits of leading a healthy and active lifestyle are being realised,” Mr Kenyon said.

“Since 2002, more than \$9.2m has been invested in the *be active* program with infrastructure investment of more than \$162 million over the same period.

“It's also important to look at the types of activities people are engaging in to ensure we have the right facilities and people skills in place.

“While it's clear that much of the growth in participation is in non-organised activities, the demand for involvement in organised activities has remained steady since 2001, at approximately 40 per cent of the population.

“These figures are encouraging but there are still major challenges for all levels of government to encourage Australians to not only get up and moving, but to live and breathe the *be active* message and make exercise a permanent part of their lifestyles,” Mr Kenyon said.

Key 2010 ERASS Report findings include:

- 49 per cent of the South Australian population, aged 15 years and over, participated in physical activity on average **at least three times per week** in 2010, compared with 33 per cent in 2001.
- An estimated 372,000 people aged 15 years and over, or 28 per cent of the population, participated in physical activity on average **at least five times per week** in 2010.
- In 2010, the most popular physical activities in terms of total participation rate were walking, aerobics/fitness, cycling, swimming, running, tennis, netball, golf, Australian Rules football and bush walking.
- On average, women are more likely to exercise more regularly than men, increasing from twice per week in 2001 to three times per week in 2010.
- Men are more likely to undertake physical activities in an organised environment when compared to females (45 and 37 per cent respectively).

ERASS is a joint initiative of the Australian Sports Commission and State/Territory Sport and Recreation Departments. It's a national population survey that collects information on the frequency, duration, nature and type of physical activities that are participated in by persons aged 15 years and over for exercise, recreation and sport during the 12 months prior to interview.

To view the 2010 ERASS Annual report visit: <http://www.ausport.gov.au/information/scors/ERASS>