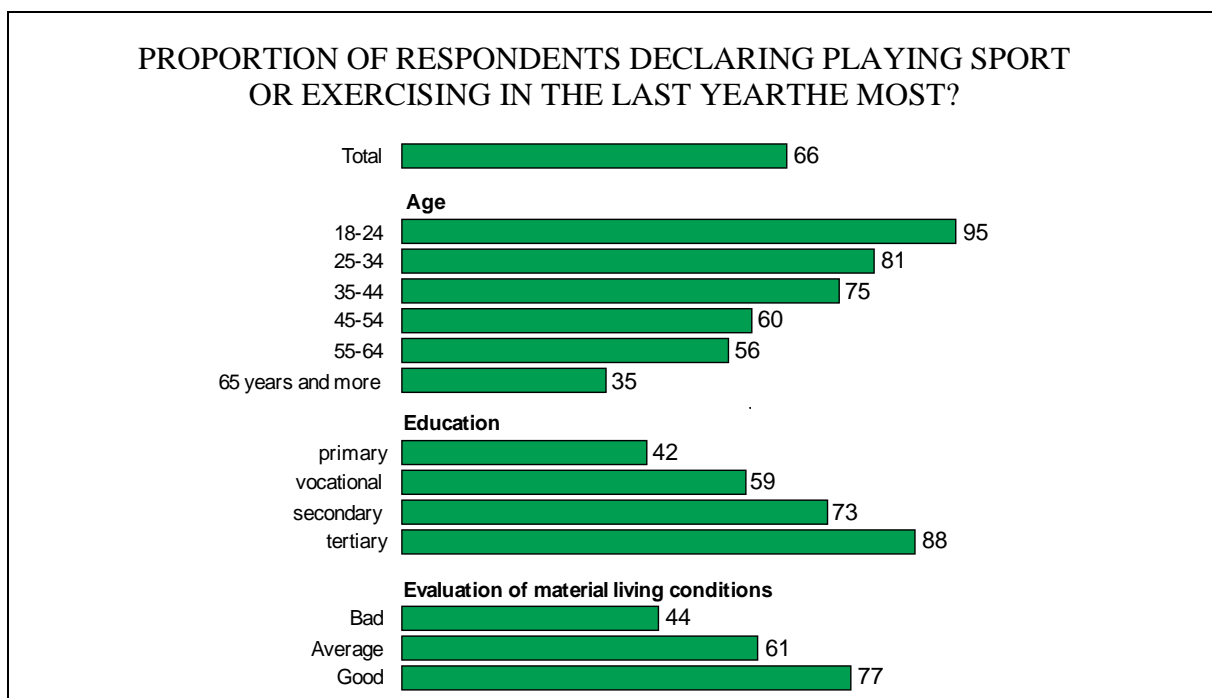


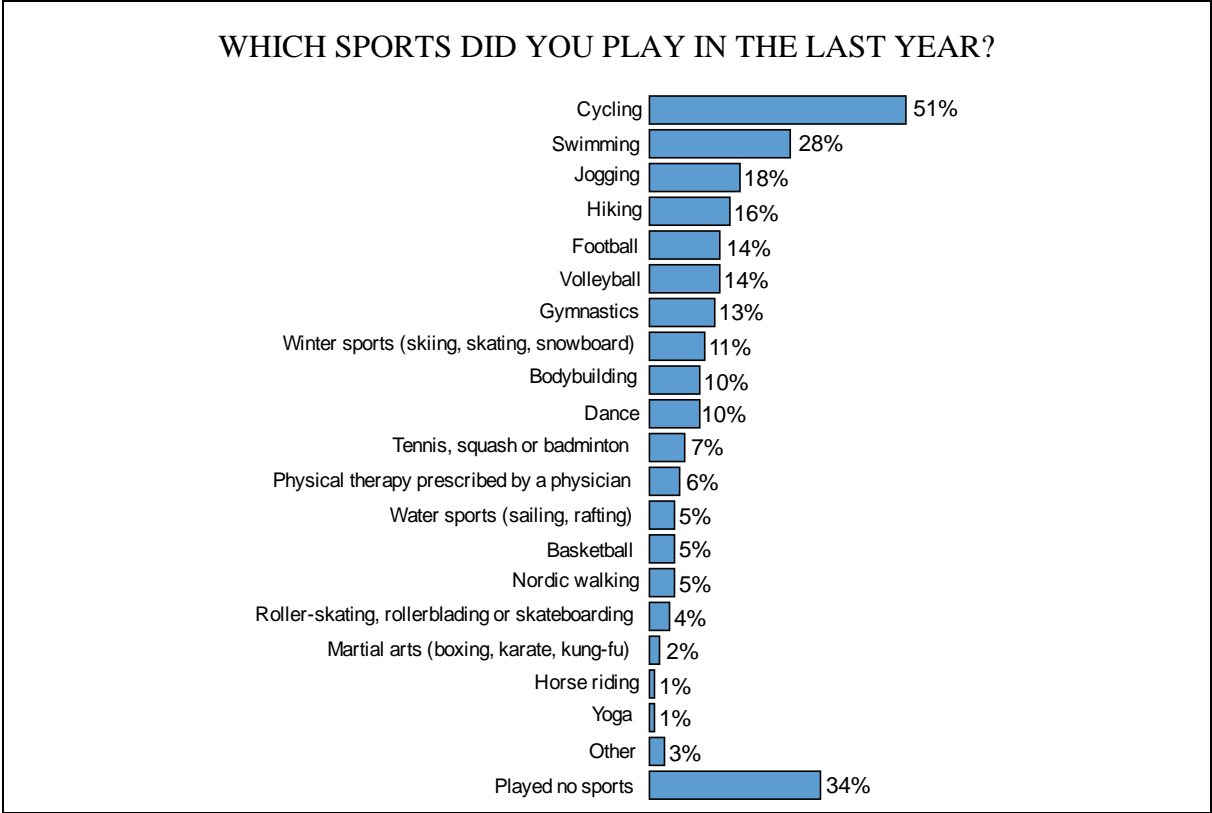
PHYSICAL ACTIVITY

Declarations indicate that two-thirds of respondents (66%) practiced sport during the last year, out of which 40% did it regularly while 26% exercised irregularly. Physical activity depends on age, education and material situation. The younger, better educated and wealthier the respondents, the more active they are.



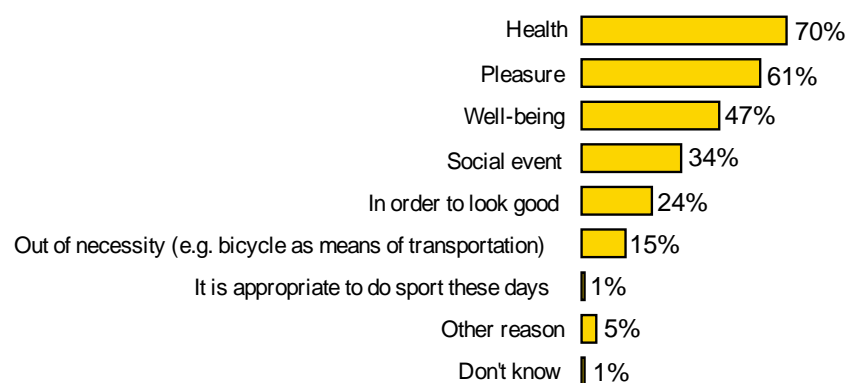
Cycling is by far the most popular form of physical activity, as every second respondent (51%) rode the bicycle in the previous year. The second most common is swimming (28%). Almost a fifth (18%) jogged, while a slightly smaller group (16%) went hiking in the mountains or on tourist trails. One in nine respondents (11%) did winter sports.

Every tenth respondent indicated dancing as sport activity. Some other less popular sports are tennis, squash and badminton. Relatively few people play water sports, basketball, go Nordic walking, ride on roller-skates, roller-blades, skateboard or do physical therapy exercises prescribed by a physician. Least popular are martial arts, horse riding and yoga.



The main reason why Poles exercise is health (70%) or pleasure (61%). Almost half of active people (47%) do it to improve their psychological state, relieve stress, while for one-third (34%) sport is a social event, a good occasion to do something with friends or family. A quarter (24%) exercise to look better.

REASONS FOR PLAYING SPORTS:



More information about this topic can be found in CBOS report in Polish: *"Physical activity"*, September 2013. Fieldwork for national sample: August 2013, N=904. The random address sample is representative for adult population of Poland.