

# Survey Results of the Exercise Habits of College Students

By Lizzy Grewach



# Why I did this?

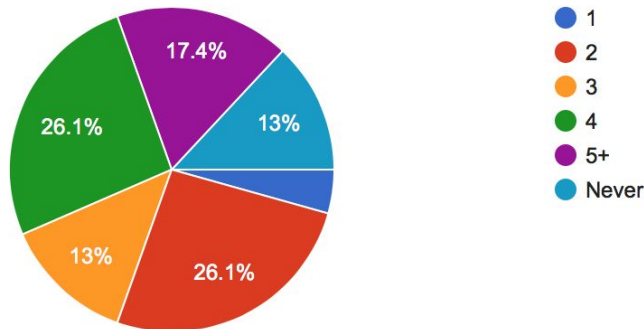
- 23 University of Minnesota students were polled.
- To learn about the exercise habits of my peers.
- I like to workout but wondered where I fall in my exercise habits in respect to others my age.
- I also was interested in the types and styles of exercise people do.



# “How often do you exercise each week?”

- The majority of those polled workout 2 or 4 days per week. (26.1% each)
- Only 1 person works out 1 day per week.

How many days do you exercise each week? (23 responses)



# “Where do you exercise?”

- The large majority either exercise at the University Rec Center. (72.7%)
- Followed by those who exercise outside. (59.1%)
- The place people work out at the least is their apartment/home gym. (9.1%)



# “What type of exercise do you do primarily?”

- Over half of those polled said that they do running or cardio when they workout.
- Some of the less popular responses were Tennis, Zumba, and Walking. These are popular activities but each only had one participant in this survey.



# “At what time of day and for how long do you exercise for?”

- Almost half of those surveyed said that they workout in the afternoon (47.6%).
- The least popular time to workout is at night.
- 18 of 23 people said that they workout for about an hour when exercise.



# “What’s your age group?”

- Of the 23 people surveyed:
  - 60% were ages 18-20
  - 40% were ages 21-25

