|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Median minutes of recreation-related physical activity on average per day** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Median minutes | Inter-quartile range | n | Median minutes | Inter-quartile range | n | Median minutes | Inter-quartile range |
| 18-29 | 260 | 40.0 | 17.1 - 75.0 | 236 | 12.9 | 4.3 - 51.4 | 496 | 25.7 | 8.6 - 51.4 |
| 30-44 | 460 | 34.3 | 8.6 - 85.7 | 502 | 8.6 | 0.0 - 30.0 | 962 | 17.1 | 1.7 - 38.6 |
| 45-59 | 438 | 8.6 | 0.0 - 34.3 | 471 | 10.0 | 0.0 - 25.7 | 909 | 8.6 | 0.0 - 25.7 |
| 60-69 | 295 | 17.1 | 0.0 - 38.6 | 301 | 5.7 | 0.0 - 25.7 | 596 | 10.0 | 0.0 - 34.3 |
| **Total** | **1453** | **25.7** | **4.3 - 53.6** | **1510** | **12.9** | **0.0 - 30.0** | **2963** | **17.1** | **0.0 - 38.6** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 432 | 17.1 | 4.3 - 51.4 | 446 | 12.9 | 0.0 - 34.3 | 878 | 17.1 | 4.3 - 42.9 |
| Urban | 1021 | 25.7 | 8.6 - 60.0 | 1064 | 8.6 | 0.0 - 25.7 | 2085 | 17.1 | 0.0 - 38.6 |