|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean minutes of recreation-related physical activity on average per day** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Mean minutes | 95% CI | n | Mean minutes | 95% CI | n | Mean minutes | 95% CI |
| 18-29 | 260 | 59.3 | 43.8 - 74.7 | 236 | 32.0 | 20.2 - 43.8 | 496 | 43.6 | 34.0 - 53.2 |
| 30-44 | 460 | 55.7 | 37.6 - 73.7 | 502 | 23.9 | 14.4 - 33.4 | 962 | 36.4 | 26.1 - 46.7 |
| 45-59 | 438 | 22.2 | 14.7 - 29.6 | 471 | 17.8 | 13.4 - 22.2 | 909 | 20.1 | 15.8 - 24.3 |
| 60-69 | 295 | 28.2 | 20.3 - 36.1 | 301 | 20.3 | 13.4 - 27.3 | 596 | 23.6 | 18.3 - 29.0 |
| **Total** | **1453** | **42.6** | **34.4 - 50.9** | **1510** | **24.6** | **19.4 - 29.8** | **2963** | **32.5** | **27.8 - 37.3** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 432 | 38.3 | 23.7 - 52.8 | 446 | 29.4 | 19.5 - 39.3 | 878 | 33.2 | 24.6 - 41.8 |
| Urban | 1021 | 46.3 | 37.2 - 55.4 | 1064 | 20.0 | 16.8 - 23.2 | 2085 | 32.0 | 27.3 - 36.6 |