The bar chart shows the percent of Australian men and women in various age groups who exercise regularly in 2010. Overall, at most ages, the proportion of women doing exercise is more than the proportion of men doing exercise except in the youngest in this group.

In the youngest age , almost 53% of Australian men but only 47.7% of women did regular physical activity in 2010. However, between the ages of 25 and 44, men were less active than women. In fact, in the 35 to 44 age group, a 39.5% of males did some exercise, compared to 52.5% of females.

Between 45 to 64, the percent male doing regular physical increased to around 45%,while the proportion of active females remained around 8% higher, at 53%. Finally, the percentages of men doing exercise were identical, around 47%.