

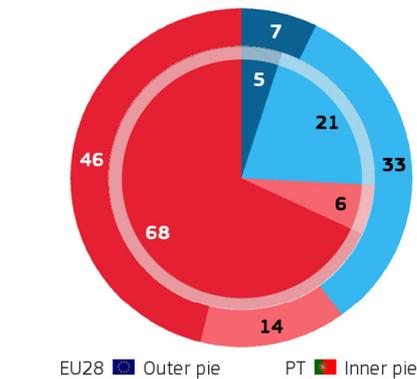
28.031 interviews  
02 > 11 / 12 / 2017

1.089 interviews  
02 > 09 / 12 / 2017

Methodology: face-to-face

## 1. FREQUENCY OF EXERCISE OR PLAYING SPORT

**QB1** How often do you exercise or play sport?  
(%)



EU28 Outer pie PT Inner pie

	EU28		PT	
	EB88.4	EB88.4-EB80.2	EB88.4	EB88.4-EB80.2
Regularly	7	-1	5	-3
With some regularity	33	=	21	+1
Seldom	14	-3	6	-2
Never	46	+4	68	+4
Don't know	0	=	0	=

Evolution 12/2017 (EB88.4) - 11-12/2013 (EB80.2)

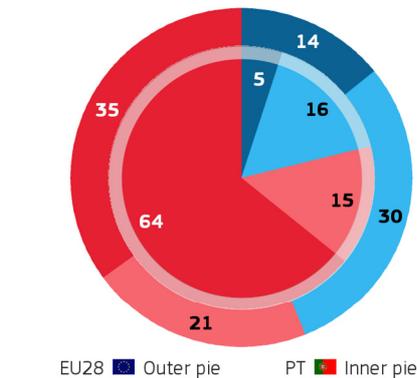
**QB1** How often do you exercise or play sport?  
(%)

Never or seldom	EU28	PT
<b>TOTAL</b>	60	74
<b>Gender</b>		
Men	56	68
Women	64	78
<b>Gender * Age</b>		
Men 15-24	29	38
Men 25-39	49	54
Men 40-54	59	70
Men 55+	70	89
Women 15-24	47	44
Women 25-39	59	74
Women 40-54	64	84
Women 55+	72	86
<b>Respondent occupation scale</b>		
Self-employed	54	71
Managers	46	56
Other white collars	56	63
Manual workers	65	82
House persons	77	80
Unemployed	63	80
Retired	72	90
Students	27	28

Socio-demographic breakdown

## 2. FREQUENCY OF ENGAGING IN PHYSICAL ACTIVITY OUTSIDE SPORT

**QB2** And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc?  
(%)



EU28 Outer pie PT Inner pie

	EU28		PT	
	EB88.4	EB88.4-EB80.2	EB88.4	EB88.4-EB80.2
Regularly	14	-1	5	-2
With some regularity	30	-3	16	-1
Seldom	21	-1	15	-1
Never	35	+5	64	+4
Don't know	0	=	0	=

Evolution 12/2017 (EB88.4) - 11-12/2013 (EB80.2)

**QB2** And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc?  
(%)

Never or seldom	EU28	PT
<b>TOTAL</b>	56	79
<b>Gender</b>		
Men	53	72
Women	59	84
<b>Gender * Age</b>		
Men 15-24	43	63
Men 25-39	52	68
Men 40-54	55	78
Men 55+	56	74
Women 15-24	53	73
Women 25-39	59	88
Women 40-54	56	81
Women 55+	63	87
<b>Respondent occupation scale</b>		
Self-employed	51	81
Managers	46	71
Other white collars	58	83
Manual workers	57	82
House persons	69	85
Unemployed	59	71
Retired	61	84
Students	44	55

Socio-demographic breakdown

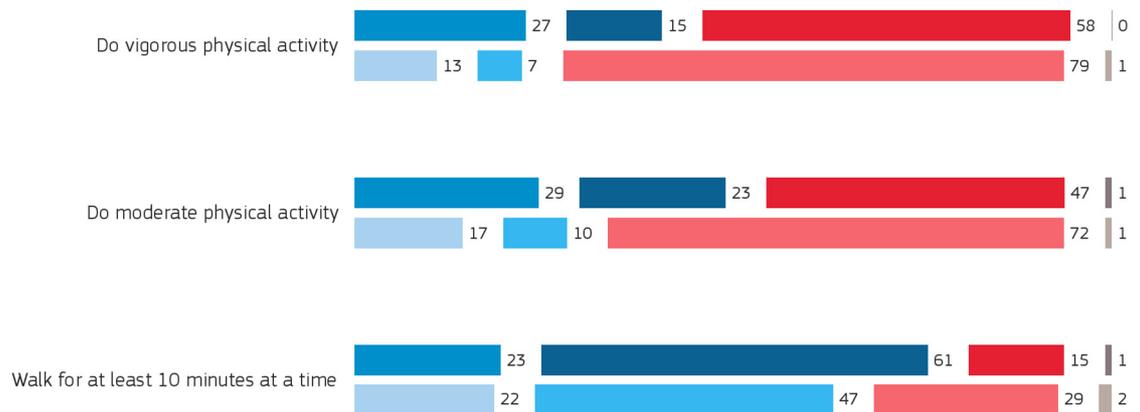
28.031 interviews  
02 > 11 / 12 / 2017

1.089 interviews  
02 > 09 / 12 / 2017

Methodology: face-to-face

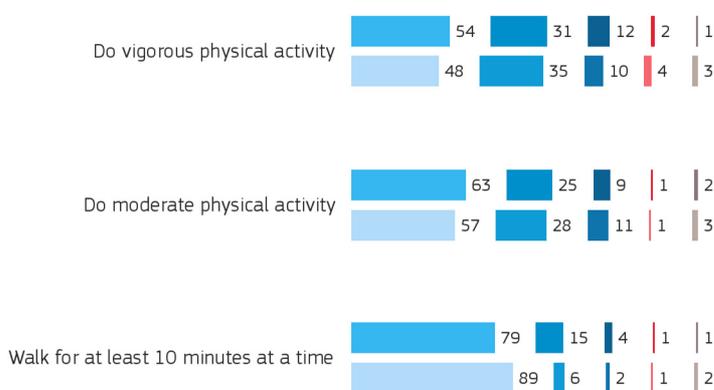
### 3. LEVELS OF ENGAGEMENT IN PHYSICAL ACTIVITY

**QB3aQB4aQB5a** In the last 7 days, on how many days did you... ?  
(%)

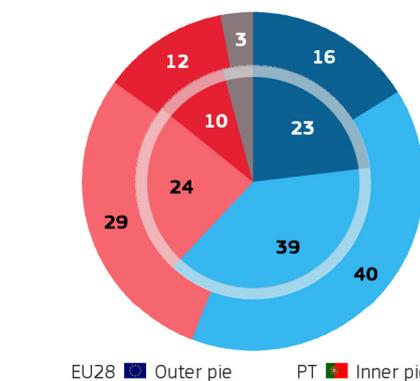


### 4. TIME SPENT DOING PHYSICAL ACTIVITY AND SITTING

**QB3bQB4bQB5b** In general, on days when you ..., how much time do you spend at it?  
(%)



**QB6** How much time do you spend sitting on a usual day? This may include time spent at a desk, visiting friends, studying or watching television.  
(%)



	EU28		PT	
	EB88.4	EB88.4-EB80.2	EB88.4	EB88.4-EB80.2
2h30min or less	16	- 1	23	- 10
2h31min to 5h30min	40	- 3	39	+ 2
5h31min to 8h30min	29	+ 3	24	+ 6
8h31min or more	12	+ 1	10	+ 4
Don't know	3	=	4	- 2

Evolution 12/2017 (EB88.4) - 11-12/2013 (EB80.2)

Base: respondents who did at least 1 day of activity in the last week

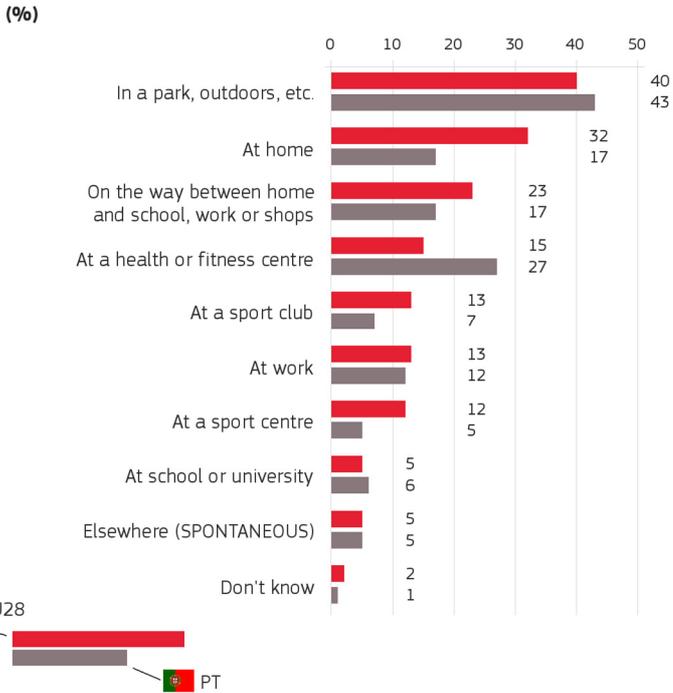
28.031 interviews  
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Methodology: face-to-face

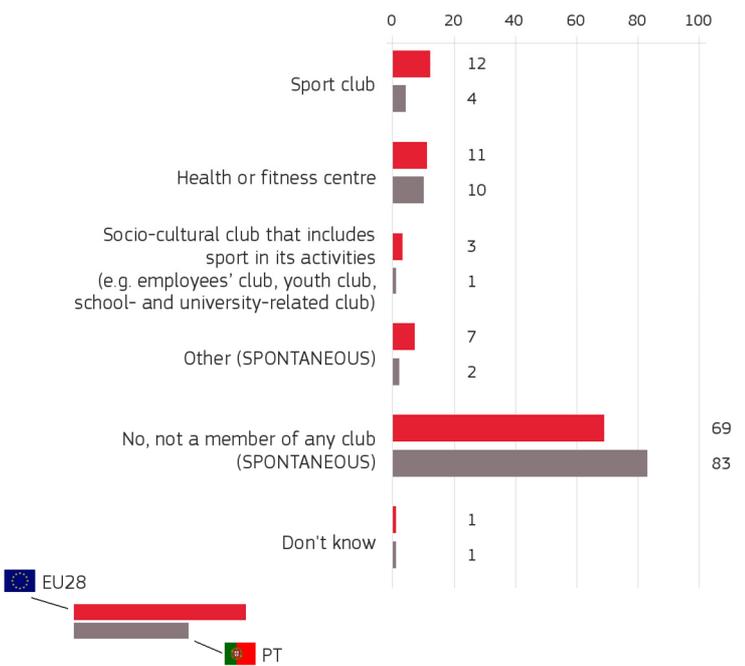
### 5. SETTINGS WHERE CITIZENS ENGAGE IN SPORT OR OTHER PHYSICAL ACTIVITY

**QB7** Earlier you said you engage in sport or another physical activity, vigorous or not. Where do you do this? (MULTIPLE ANSWERS POSSIBLE)



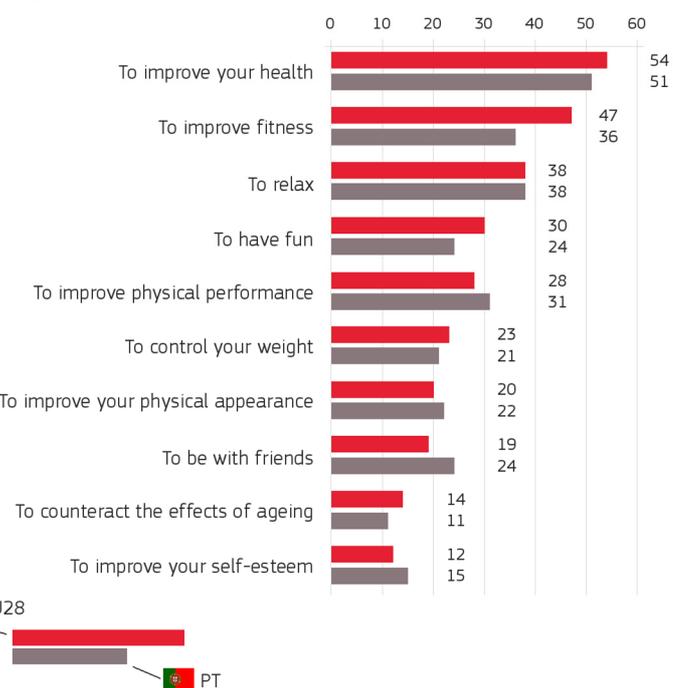
Base: respondents who exercise, play sport or engage in other physical activity

**QB10** Are you a member of any of the following clubs where you participate in sport or recreational physical activity? (MULTIPLE ANSWERS POSSIBLE)



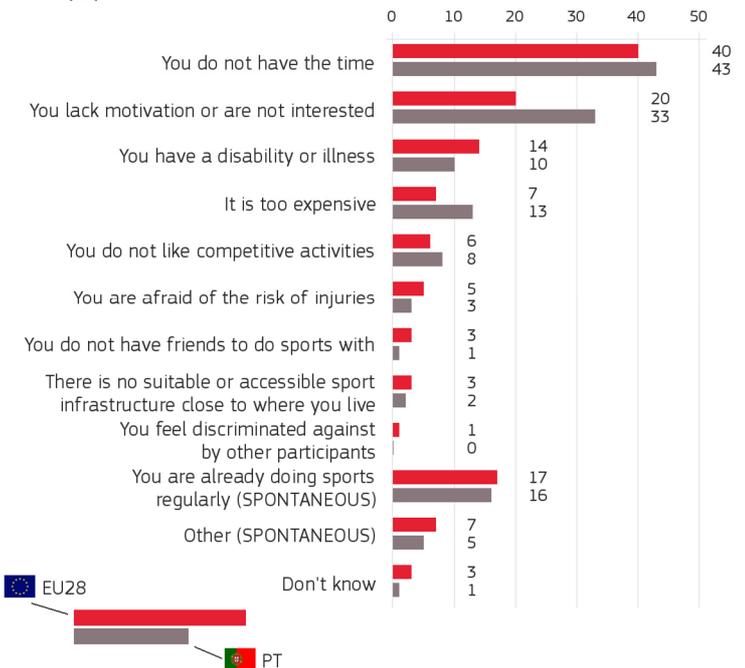
### 6. MOTIVATORS AND BARRIERS TO SPORT PARTICIPATION

**QB8** Why do you engage in sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)



Answers obtaining more than 10% at EU level  
Base: respondents who exercise, play sport or engage in other physical activity

**QB9** What are the main reasons currently preventing you from practising sport more regularly? (MULTIPLE ANSWERS POSSIBLE)



28.031 interviews  
02 > 11 / 12 / 2017

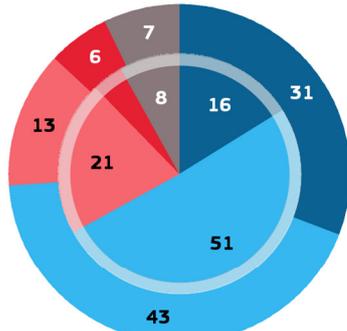
1.089 interviews  
02 > 09 / 12 / 2017

Methodology: face-to-face

7. AVAILABLE SUPPORT FOR SPORT PARTICIPATION IN CITIZENS' LOCAL AREA

**QB11.1** To what extent do you agree or disagree with the following statements about sport and physical activity?

**The area where you live offers you many opportunities to be physically active (%)**



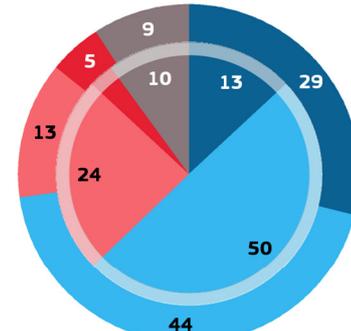
EU28 Outer pie PT Inner pie

	EU28		PT	
	EB88.4	EB88.4-EB80.2	EB88.4	EB88.4-EB80.2
Totally agree	31	-8	16	+1
Tend to agree	43	+6	51	+4
Tend to disagree	13	=	21	+3
Totally disagree	6	-1	4	-8
Don't know	7	+3	8	=

Evolution 12/2017 (EB88.4) - 11-12/2013 (EB80.2)

**QB11.2** To what extent do you agree or disagree with the following statements about sport and physical activity?

**Local sport clubs and other local providers offer many opportunities to be physically active (%)**



EU28 Outer pie PT Inner pie

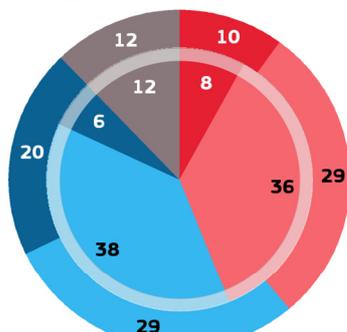
	EU28		PT	
	EB88.4	EB88.4-EB80.2	EB88.4	EB88.4-EB80.2
Totally agree	29	-7	13	=
Tend to agree	44	+6	50	+7
Tend to disagree	13	+1	24	+1
Totally disagree	5	-2	3	-8
Don't know	9	+2	10	=

Evolution 12/2017 (EB88.4) - 11-12/2013 (EB80.2)

8. SUPPORTING THE COMMUNITY THROUGH SPORT ACTIVITIES

**QB11.3** To what extent do you agree or disagree with the following statements about sport and physical activity?

**Your local authority does not do enough for its citizens in relation to physical activities (%)**

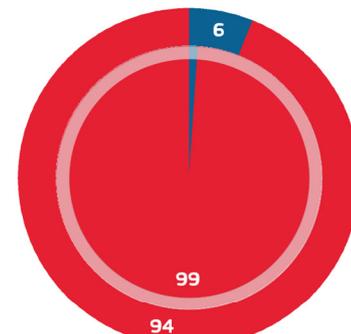


EU28 Outer pie PT Inner pie

	EU28		PT	
	EB88.4	EB88.4-EB80.2	EB88.4	EB88.4-EB80.2
Totally agree	10	-3	8	-3
Tend to agree	29	+3	36	-2
Tend to disagree	29	-3	38	+10
Totally disagree	20	=	6	-2
Don't know	12	+3	12	-3

Evolution 12/2017 (EB88.4) - 11-12/2013 (EB80.2)

**QB12** Do you engage in voluntary work that supports sporting activities? (%)



EU28 Outer pie PT Inner pie

	EU28		PT	
	EB88.4	EB88.4-EB80.2	EB88.4	EB88.4-EB80.2
Yes	6	-1	1	-1
No	94	+1	99	+1
Don't know	0	=	0	=

Evolution 12/2017 (EB88.4) - 11-12/2013 (EB80.2)