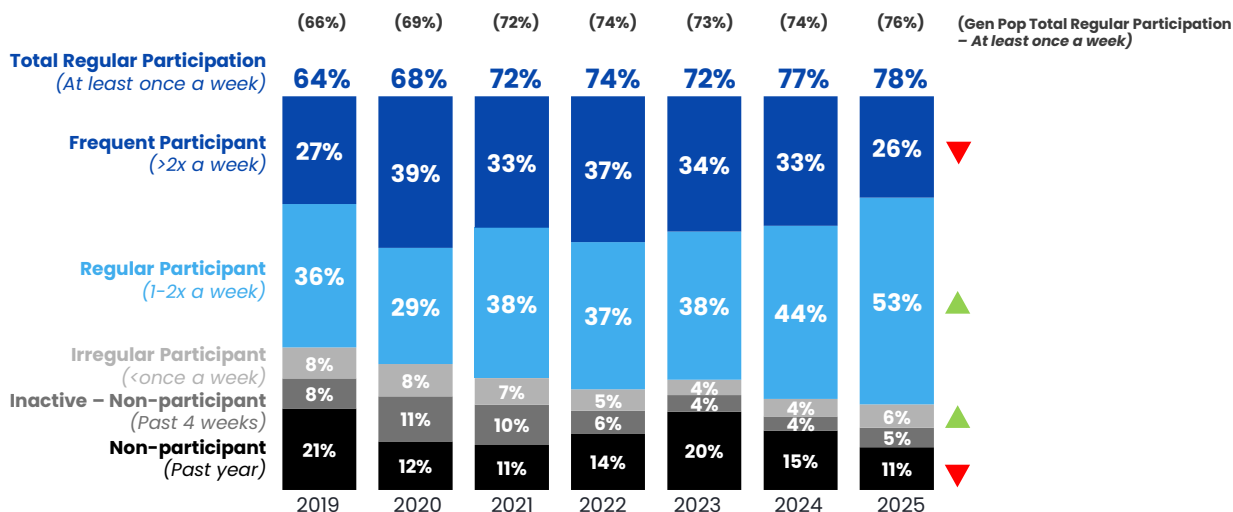


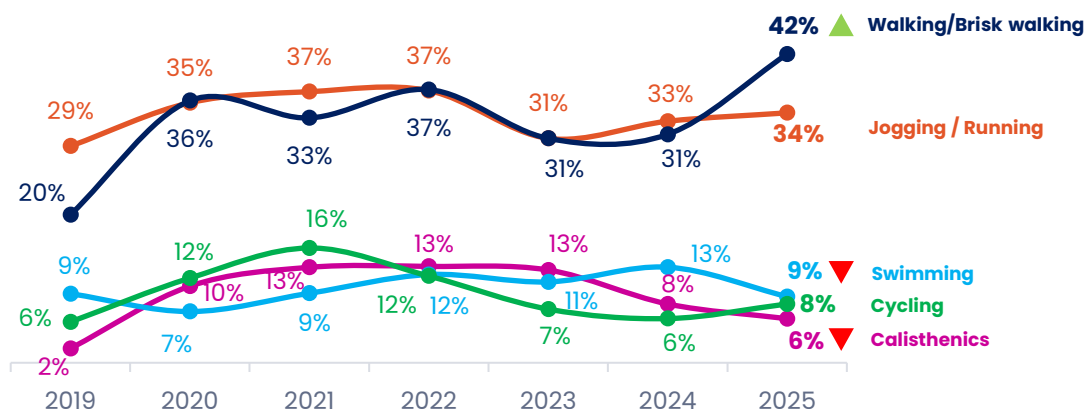
Participation levels through the years

Total regular participation amongst Working Adults has remained consistent, with a significant increase in regular (1–2x weekly) participation in 2025.



Top 5 Sports/Exercises

Walking/Brisk Walking surpassed Jogging to become the most popular activity among Working Adults in 2025.



Motivations for Participation



84% ▲
For better **physical health**



53% ▲
To **look or feel good**



39% ▲
For better **mental health**



38% ▲
Interest in the sport



10%
To meet other people

Barriers to Participation



56%
Too busy **working overtime**



27% ▼
Need to **take care** of **family** members



14%
Less motivation to do exercise



7%
Personal health unsuitable for sport



7%
Prefer to spend time on **other activities**