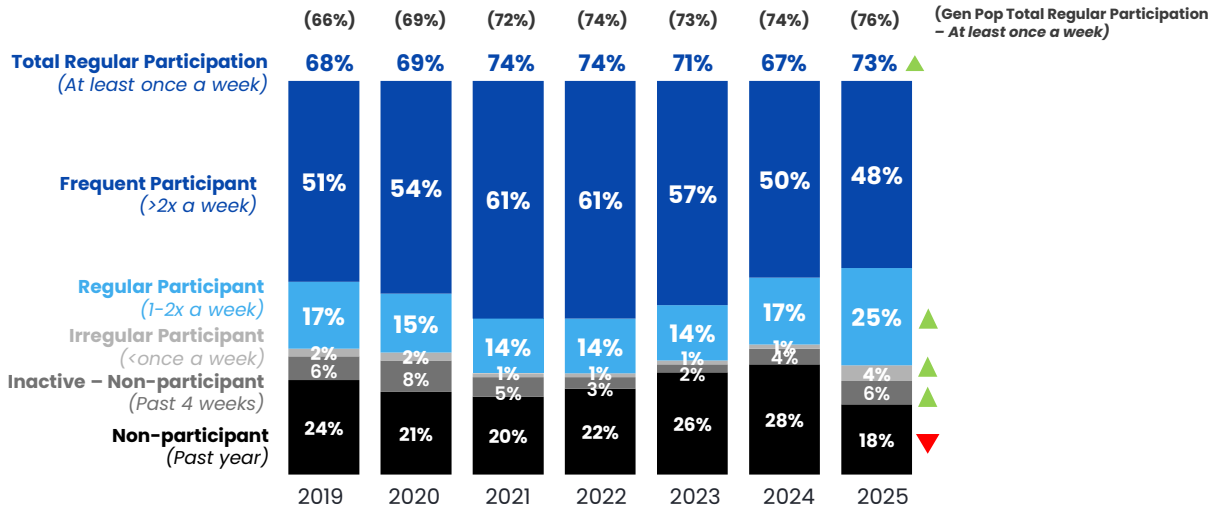


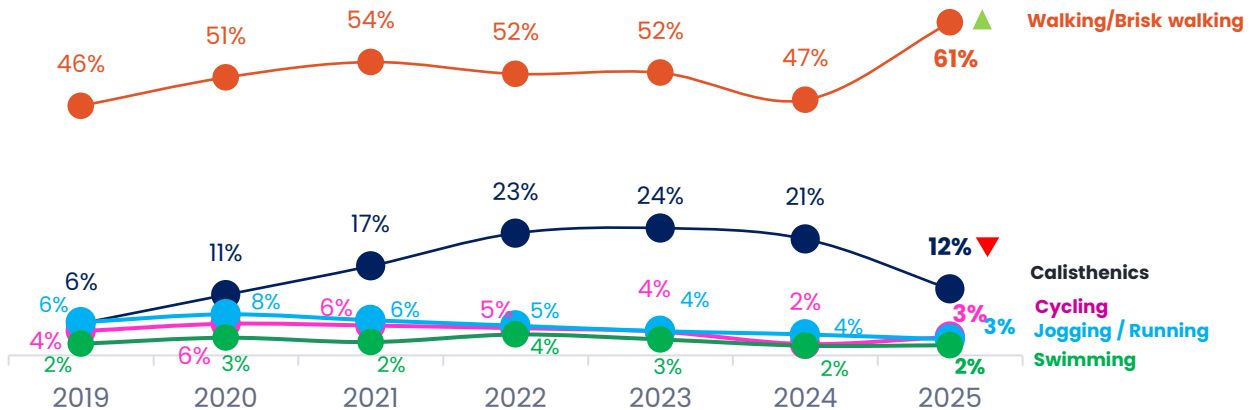
Participation levels through the years

Total regular participation among Seniors increased, driven by regular (1-2x weekly) participants. Overall, Seniors were more active in 2025, compared to the previous year.



Top 5 Sports/Exercises

3 in 5 Seniors engaged in Walking/Brisk walking in 2025 - a significant jump compared to 2024. Participation in Calisthenics dropped though it remained the second most popular activity.



Motivations for Participation



Barriers to Participation

