1. FREQUENCY OF EXERCISE OR PLAYING SPORT

- QF1. How often do you exercise or play sport?
  - Regularly: 31% (EU27), 21% (DE)
  - With some regularly: 39% (EU27), 20% (DE)
  - Seldom: 9% (EU27), 9% (DE)
  - Never: 4% (EU27), 4% (DE)
  - Don't know: 4% (EU27), 4% (DE)

<table>
<thead>
<tr>
<th>Gender * Age</th>
<th>EU27</th>
<th>DE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men 15-24</td>
<td>10%</td>
<td>21%</td>
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<tr>
<td>Men 25-39</td>
<td>9%</td>
<td>5%</td>
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<tr>
<td>Men 40-54</td>
<td>7%</td>
<td>6%</td>
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<td>Men 55-69</td>
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<tr>
<td>Men 70+</td>
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<td>7%</td>
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<td>14%</td>
</tr>
<tr>
<td>Women 70+</td>
<td>7%</td>
<td>7%</td>
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</tbody>
</table>

- Difficulties paying bills:
  - Most of the time: 7% (EU27), 4% (DE)
  - From time to time: 7% (EU27), 5% (DE)
  - Almost never: 11% (EU27), 10% (DE)

2. FREQUENCY OF ENGAGING IN PHYSICAL ACTIVITY OUTSIDE OF SPORT

- QF2. How often do you engage in a physical activity outside sport such as cycling or walking from a place to another, dancing, gardening...
  - Regularly: 28% (EU27), 50% (DE)
  - With some regularly: 16% (EU27), 27% (DE)
  - Seldom: 8% (EU27), 6% (DE)
  - Never: 6% (EU27), 5% (DE)
  - Don't know: 14% (EU27), 38% (DE)

<table>
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<th>DE</th>
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</thead>
<tbody>
<tr>
<td>Men 15-24</td>
<td>39%</td>
<td>52%</td>
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<tr>
<td>Men 25-39</td>
<td>40%</td>
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<td>Men 40-54</td>
<td>38%</td>
<td>55%</td>
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<tr>
<td>Men 55-69</td>
<td>30%</td>
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<td>Men 70+</td>
<td>32%</td>
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<tr>
<td>Women 15-24</td>
<td>45%</td>
<td>51%</td>
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<td>38%</td>
<td>51%</td>
</tr>
<tr>
<td>Women 70+</td>
<td>30%</td>
<td>47%</td>
</tr>
</tbody>
</table>

- Difficulties paying bills:
  - Most of the time: 31% (EU27), 36% (DE)
  - From time to time: 36% (EU27), 45% (DE)
  - Almost never: 40% (EU27), 52% (DE)
3. ENGAGEMENT IN SPORT OR PHYSICAL ACTIVITY

QF4. Why do you engage in sport or physical activity?

- To improve your health: 61% (EU27), 74% (DE)
- To improve fitness: 41% (EU27), 45% (DE)
- To relax: 39% (EU27), 41% (DE)
- To have fun: 31% (EU27), 40% (DE)
- To improve physical performance: 24% (EU27), 43% (DE)
- To improve your physical appearance: 24% (EU27), 29% (DE)
- To control your weight: 24% (EU27), 33% (DE)
- To be with friends: 22% (EU27), 30% (DE)
- To counteract the effects of ageing: 15% (EU27), 23% (DE)
- To improve your self-esteem: 10% (EU27), 16% (DE)
- For the spirit of competition: 8% (EU27), 6% (DE)
- To develop new skills: 6% (EU27), 10% (DE)
- To make new acquaintances: 5% (EU27), 8% (DE)
- To better integrate into society: 3% (EU27), 8% (DE)
- To meet people from other cultures: 2% (EU27), 3% (DE)
- Other (SPONTANEOUS): 8% (EU27), 3% (DE)
- Don't know: 3% (EU27), 2% (DE)

QF3. Where do you engage in sport or physical activity?

- In a parc, out in the nature: 48% (EU27), 63% (DE)
- On the way between home and school/work/shops: 31% (EU27), 27% (DE)
- In a fitness center: 11% (EU27), 12% (DE)
- In a club: 11% (EU27), 19% (DE)
- In a sports center: 8% (EU27), 5% (DE)
- At work: 8% (EU27), 7% (DE)
- At school/university: 4% (EU27), 5% (DE)
- Elsewhere (SPONTANEOUS): 11% (EU27), 8% (DE)
- Don't know: 3% (EU27), 3% (DE)
4. LOCAL OPPORTUNITIES FOR SPORT AND PHYSICAL ACTIVITY

QF6.1. To what extent do you agree or disagree with the following statements about sport and physical activity?

The area where I live offers me many opportunities to be physically active

QF6.5. To what extent do you agree or disagree with the following statements about sport and physical activity?

My local authority does not do enough for its citizens in relation to physical activities

5. ENGAGEMENT IN VOLUNTARY WORK THAT SUPPORTS SPORTING ACTIVITIES

QF8. Do you engage in voluntary work that supports sporting activities?

Answer: Yes

TOTAL

Socio-demographic breakdown

EUROBAROMETER 72.3
RESULTS FOR GERMANY
6. MAIN REASONS PREVENTING PEOPLE FROM SPORT AND PHYSICAL ACTIVITY

QF5. From the following reasons, what is currently preventing you the most from practicing sport more regularly?

- You do not have the time: 45% (EU27), 40% (DE)
- A disability or illness prevents you from doing sport: 13% (EU27), 14% (DE)
- You do not like competitive activities: 7% (EU27), 3% (DE)
- It is too expensive: 5% (EU27), 3% (DE)
- There are no suitable sports infrastructures close to where you live: 3% (EU27), 1% (DE)
- You do not have friends to do sports with: 3% (EU27), 5% (DE)
- Other (SPONTANEOUS): 14% (EU27), 16% (DE)
- Don’t know: 10% (EU27), 18% (DE)

Answer: You do not have the time

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<td>48%</td>
<td>39%</td>
</tr>
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<td>62%</td>
<td>55%</td>
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<td>Men 40-54</td>
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<tr>
<td>Men 55-69</td>
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Respondent occupation scale

- Self-employed: 66% (EU27), 58% (DE)
- Managers: 64% (EU27), 56% (DE)
- Other white collar: 64% (EU27), 62% (DE)
- Manual workers: 50% (EU27), 54% (DE)
- House persons: 39% (EU27), 42% (DE)
- Unemployed: 32% (EU27), 21% (DE)
- Retired: 14% (EU27), 11% (DE)
- Students: 50% (EU27), 52% (DE)

QF6.3. To what extent do you agree or disagree with the following statements about sport and physical activity?

There are opportunities to be physically active in my area but I do not have time to take advantage of them

- Strongly agree: 22% (EU27), 27% (DE)
- Tend to agree: 32% (EU27), 22% (DE)
- Tend to disagree: 22% (EU27), 18% (DE)
- Strongly disagree: 18% (EU27), 29% (DE)
- Don’t know: 6% (EU27), 4% (DE)

QF6.4. To what extent do you agree or disagree with the following statements about sport and physical activity?

Being physically active does not really interest me – I would rather do other things with my spare time

- Strongly agree: 16% (EU27), 14% (DE)
- Tend to agree: 20% (EU27), 20% (DE)
- Tend to disagree: 27% (EU27), 24% (DE)
- Strongly disagree: 27% (EU27), 35% (DE)
- Don’t know: 3% (EU27), 1% (DE)