1. FREQUENCY OF EXERCISING OR PLAYING SPORT

QD1. How often do you exercise or play sport?

<table>
<thead>
<tr>
<th>EU28</th>
<th>EE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never or seldom</td>
<td>59%</td>
</tr>
<tr>
<td>Gender</td>
<td></td>
</tr>
<tr>
<td>Man</td>
<td>55%</td>
</tr>
<tr>
<td>Woman</td>
<td>63%</td>
</tr>
<tr>
<td>Gender and Age</td>
<td></td>
</tr>
<tr>
<td>Man 15-24</td>
<td>26%</td>
</tr>
<tr>
<td>Man 25-39</td>
<td>40%</td>
</tr>
<tr>
<td>Man 40-54</td>
<td>60%</td>
</tr>
<tr>
<td>Man 55+</td>
<td>70%</td>
</tr>
<tr>
<td>Women 15-24</td>
<td>44%</td>
</tr>
<tr>
<td>Women 25-39</td>
<td>56%</td>
</tr>
<tr>
<td>Women 40-54</td>
<td>63%</td>
</tr>
<tr>
<td>Women 55+</td>
<td>71%</td>
</tr>
</tbody>
</table>

2. FREQUENCY OF ENGAGING IN OTHER PHYSICAL ACTIVITY

QD2. And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.?

<table>
<thead>
<tr>
<th>EU28</th>
<th>EE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regularly</td>
<td>15%</td>
</tr>
<tr>
<td>With some regularity</td>
<td>37%</td>
</tr>
<tr>
<td>Seldom</td>
<td>22%</td>
</tr>
<tr>
<td>Never</td>
<td>27%</td>
</tr>
<tr>
<td>Don't know</td>
<td>17%</td>
</tr>
</tbody>
</table>

Socio-demographic breakdown

EUROBAROMETER 80.2
RESULTS FOR ESTONIA
3. LEVELS OF ENGAGEMENT IN PHYSICAL ACTIVITY

**QD3a, QD4a, QD5a. In the last 7 days, on how many days did you ...?**

- **Do vigorous physical activity**
  - EU28: 29%, EE: 20%
  - EU28: 10%, EE: 14%
  - EU28: 24%, EE: 26%
  - EU28: 54%, EE: 24%

- **Do moderate physical activity**
  - EU28: 30%, EE: 36%
  - EU28: 27%, EE: 25%
  - EU28: 36%, EE: 30%
  - EU28: 44%, EE: 38%

- **Walk for at least 10 minutes at a time**
  - EU28: 28%, EE: 10%
  - EU28: 60%, EE: 60%
  - EU28: 40%, EE: 40%
  - EU28: 13%, EE: 13%

**EU28**
- 1-3 days
- 4-7 days
- Never
- Don't know

**EE**
- 1-3 days
- 4-7 days
- Never
- Don't know

4. TIME SPENT DOING PHYSICAL ACTIVITY AND SITTING

**QD3b, QD4b, QD5b. In general, on days when you ... how much time in total do you usually spend at it?**

- **Do vigorous physical activity**
  - EU28: 53%, EE: 41%
  - EU28: 31%, EE: 32%
  - EU28: 14%, EE: 26%
  - EU28: 1%, EE: 0%

- **Do moderate physical activity**
  - EU28: 62%, EE: 49%
  - EU28: 25%, EE: 31%
  - EU28: 11%, EE: 18%
  - EU28: 0%, EE: 0%

- **Walk for at least 10 minutes at a time**
  - EU28: 76%, EE: 71%
  - EU28: 15%, EE: 19%
  - EU28: 6%, EE: 10%
  - EU28: 1%, EE: 0%

**EU28**
- ≤ 60 min
- 61 - 120 min
- > 120 min
- Never
- Don’t know

**EE**
- ≤ 60 min
- 61 - 120 min
- > 120 min
- Never
- Don't know

**EUROBAROMETER 80.2 RESULTS FOR ESTONIA**

(Note: no trend data available for this country)
5. WHERE CITIZENS ENGAGE IN SPORT AND OTHER PHYSICAL ACTIVITY

QD7. Where do you engage in sport or physical activity?

- In a park, outdoors, etc.: 47%
- At home: 41%
- On the way between home and school, work or shops: 24%
- At a health or fitness centre: 15%
- At work: 13%
- At a sport club: 13%
- At a sport centre: 8%
- At school or university: 7%
- Elsewhere (SPONTANEOUS): 4%
- Don't know: 3%

6. MOTIVATORS AND BARRIERS TO SPORT PARTICIPATION

QD8. Why do you engage in sport or physical activity?

- To improve your health: 55%
- To improve fitness: 41%
- To relax: 42%
- To have fun: 28%
- To improve physical performance: 24%
- To control your weight: 29%
- To improve your physical appearance: 23%
- To be with friends: 20%
- To counteract the effects of ageing: 13%
- Other (SPONTANEOUS): 10%
- Don't know: 4%

QD9. What are the main reasons currently preventing you from practicing sport more regularly?

- You do not have time: 42%
- You lack motivation or are not interested: 20%
- You have a disability or illness: 17%
- It is too expensive: 13%
- You do not like competitive activities: 13%
- You are afraid of the risk of injuries: 6%
- You do not have friends to do sports with: 4%
- There is no suitable or accessible sport infrastructure close to where you live: 4%
- You feel discriminated against by other participants: 1%
- You are already doing sports regularly: 14%
- Other (SPONTANEOUS): 6%
- Don't know: 9%
7. SUPPORT FOR SPORT PARTICIPATION IN CITIZENS’ LOCAL AREA [1/2]

QD11.1. 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

QD11.2. 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

7. SUPPORT FOR SPORT PARTICIPATION IN CITIZENS’ LOCAL AREA [2/2]

QD11.3. 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

8. VOLUNTEERING IN SPORT

QD12. Do you engage in voluntary work that supports sporting activities?