1. FREQUENCY OF EXERCISING OR PLAYING SPORT

QD1. How often do you exercise or play sport?

<table>
<thead>
<tr>
<th></th>
<th>EU28</th>
<th>LU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never or seldom</td>
<td>59%</td>
<td>46%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Gender</th>
<th>EU28</th>
<th>LU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Man</td>
<td>55%</td>
<td>36%</td>
</tr>
<tr>
<td>Woman</td>
<td>63%</td>
<td>53%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Gender and Age</th>
<th>EU28</th>
<th>LU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Man 15-24</td>
<td>26%</td>
<td>13%</td>
</tr>
<tr>
<td>Man 25-39</td>
<td>40%</td>
<td>26%</td>
</tr>
<tr>
<td>Man 40-54</td>
<td>60%</td>
<td>47%</td>
</tr>
<tr>
<td>Man 55+</td>
<td>70%</td>
<td>50%</td>
</tr>
<tr>
<td>Women 15-24</td>
<td>44%</td>
<td>29%</td>
</tr>
<tr>
<td>Women 25-39</td>
<td>56%</td>
<td>65%</td>
</tr>
<tr>
<td>Women 40-54</td>
<td>63%</td>
<td>47%</td>
</tr>
<tr>
<td>Women 55+</td>
<td>71%</td>
<td>59%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Socio-professional category</th>
<th>EU28</th>
<th>LU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-employed</td>
<td>54%</td>
<td>43%</td>
</tr>
<tr>
<td>Managers</td>
<td>41%</td>
<td>26%</td>
</tr>
<tr>
<td>Other white collar workers</td>
<td>60%</td>
<td>40%</td>
</tr>
<tr>
<td>Manual workers</td>
<td>61%</td>
<td>59%</td>
</tr>
<tr>
<td>House persons</td>
<td>72%</td>
<td>46%</td>
</tr>
<tr>
<td>Unemployed</td>
<td>63%</td>
<td>45%</td>
</tr>
<tr>
<td>Retired</td>
<td>72%</td>
<td>60%</td>
</tr>
<tr>
<td>Students</td>
<td>27%</td>
<td>15%</td>
</tr>
</tbody>
</table>

Socio-demographic breakdown

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></th>
<th>EU28</th>
<th>LU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never or seldom</td>
<td>52%</td>
<td>42%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Gender</th>
<th>EU28</th>
<th>LU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Man</td>
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<td>39%</td>
</tr>
<tr>
<td>Woman</td>
<td>50%</td>
<td>47%</td>
</tr>
</tbody>
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</tr>
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<td>Man 55+</td>
<td>53%</td>
<td>42%</td>
</tr>
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<td>48%</td>
</tr>
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</tr>
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<td>39%</td>
</tr>
<tr>
<td>Women 55+</td>
<td>59%</td>
<td>48%</td>
</tr>
</tbody>
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<th>LU</th>
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<td>House persons</td>
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<td>38%</td>
</tr>
<tr>
<td>Unemployed</td>
<td>56%</td>
<td>32%</td>
</tr>
<tr>
<td>Retired</td>
<td>57%</td>
<td>47%</td>
</tr>
<tr>
<td>Students</td>
<td>46%</td>
<td>36%</td>
</tr>
</tbody>
</table>

Socio-demographic breakdown
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% (37%); LU: 29% (37%)
  - EU28: 16% (17%); LU: 16% (17%)
  - EU28: 42% (44%); LU: 42% (44%)
  - EU28: 1% (2%); LU: 1% (2%)

- do moderate physical activity
  - EU28: 30% (41%); LU: 30% (41%)
  - EU28: 22% (24%); LU: 22% (24%)
  - EU28: 36% (35%); LU: 36% (35%)
  - EU28: 1% (2%); LU: 1% (2%)

- walk for at least 10 minutes at a time
  - EU28: 28% (25%); LU: 28% (25%)
  - EU28: 60% (63%); LU: 60% (63%)
  - EU28: 13% (10%); LU: 13% (10%)
  - EU28: 1% (2%); LU: 1% (2%)

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% (50%); LU: 53% (50%)
  - EU28: 31% (37%); LU: 31% (37%)
  - EU28: 14% (12%); LU: 14% (12%)
  - EU28: 1% (1%); LU: 1% (1%)

- do moderate physical activity
  - EU28: 62% (63%); LU: 62% (63%)
  - EU28: 25% (27%); LU: 25% (27%)
  - EU28: 11% (10%); LU: 11% (10%)
  - EU28: 0% (0%); LU: 0% (0%)

- walk for at least 10 minutes at a time
  - EU28: 78% (72%); LU: 78% (72%)
  - EU28: 15% (18%); LU: 15% (18%)
  - EU28: 6% (8%); LU: 6% (8%)
  - EU28: 1% (2%); LU: 1% (2%)

EUROBAROMETER 80.2
RESULTS FOR LUXEMBOURG
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. 40% (EU28), 36% (LU)
- At home 36% (EU28), 30% (LU)
- On the way between home and school, work or shops 11% (EU28), 13% (LU)
- At a health or fitness centre 15% (EU28), 14% (LU)
- At work 13% (EU28), 11% (LU)
- At a sport club 13% (EU28), 16% (LU)
- At a sport centre 6% (EU28), 5% (LU)
- At school or university 4% (EU28), 7% (LU)
- Elsewhere (SPONTANEOUS) 22% (EU28), 11% (LU)
- Don’t know 4% (EU28), 3% (LU)

MULTIPLE ANSWERS POSSIBLE
Base: Those respondents who exercise, play sport or engage in other physical activity

QD10. Are you a member of any of the following clubs where you participate in sport or recreational physical activity?

- Sport club 21% (EU28), 12% (LU)
- Health or fitness centre 13% (EU28), 11% (LU)
- Socio-cultural club that includes sport in its activities (e.g. employees’ club, youth club, school- and university-related club) 5% (EU28), 3% (LU)
- Other (SPONTANEOUS) 2% (EU28), 1% (LU)
- No, not a member of any club (SPONTANEOUS) 65% (EU28), 74% (LU)
- Don’t know 0% (EU28), 2% (LU)

MULTIPLE ANSWERS POSSIBLE

6. MOTIVATORS AND BARRIERS TO SPORT PARTICIPATION

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

- To improve your health 62% (EU28), 65% (LU)
- To improve fitness 49% (EU28), 40% (LU)
- To relax 35% (EU28), 36% (LU)
- To have fun 30% (EU28), 28% (LU)
- To improve physical performance 22% (EU28), 24% (LU)
- To control your weight 24% (EU28), 24% (LU)
- To improve your physical appearance 22% (EU28), 23% (LU)
- To be with friends 21% (EU28), 20% (LU)
- To counteract the effects of ageing 17% (EU28), 16% (LU)
- Other (SPONTANEOUS) 9% (EU28), 6% (LU)
- Don’t know 4% (EU28), 4% (LU)

MULTIPLE ANSWERS POSSIBLE
Base: Those respondents who exercise, play sport or engage in other physical activity

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

- You do not have the time 50% (EU28), 42% (LU)
- You lack motivation or are not interested 23% (EU28), 20% (LU)
- You have a disability or illness 14% (EU28), 13% (LU)
- It is too expensive 4% (EU28), 10% (LU)
- You feel discriminated against by other participants 4% (EU28), 1% (LU)
- You do not have friends to do sports with 4% (EU28), 3% (LU)
- You are afraid of the risk of injuries 4% (EU28), 3% (LU)
- There is no suitable or accessible sport infrastructure close to where you live 4% (EU28), 3% (LU)
- You are already doing sports regularly (SPONTANEOUS) 12% (EU28), 14% (LU)
- Other (SPONTANEOUS) 1% (EU28), 6% (LU)
- Don’t know 2% (EU28), 3% (LU)

MULTIPLE ANSWERS POSSIBLE
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

- **EU28**
  - Totally agree: 39%
  - Tend to agree: 37%
  - Tend to disagree: 13%
  - Totally disagree: 7%
  - Don’t know: 4%

- **LU**
  - Totally agree: 46%
  - Tend to agree: 42%
  - Tend to disagree: 7%
  - Totally disagree: 2%
  - Don’t know: 4%

**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

- **EU28**
  - Totally agree: 36%
  - Tend to agree: 41%
  - Tend to disagree: 12%
  - Totally disagree: 7%
  - Don’t know: 7%

- **LU**
  - Totally agree: 45%
  - Tend to agree: 41%
  - Tend to disagree: 7%
  - Totally disagree: 2%
  - Don’t know: 4%

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

- **EU28**
  - Totally agree: 13%
  - Tend to agree: 20%
  - Tend to disagree: 32%
  - Totally disagree: 20%
  - Don’t know: 9%

- **LU**
  - Totally agree: 6%
  - Tend to agree: 20%
  - Tend to disagree: 30%
  - Totally disagree: 29%
  - Don’t know: 7%

8. VOLUNTEERING IN SPORT

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

- **EU28**
  - Yes: 13%
  - No: 93%

- **LU**
  - Yes: 13%
  - No: 93%