1. FREQUENCY OF EXERCISING OR PLAYING SPORT

QD1. How often do you exercise or play sport?

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

Socio-demographic breakdown

**Gender**
- Man: 55%
- Woman: 63%

**Gender and Age**
- Man 15-24: 26%
- Man 25-39: 40%
- Man 40-54: 60%
- Man 55+: 70%
- Women 15-24: 44%
- Women 25-39: 56%
- Women 40-54: 63%
- Women 55+: 71%

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>SK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never or seldom</td>
<td>52%</td>
</tr>
</tbody>
</table>

Socio-demographic breakdown

**Gender**
- Man: 48%
- Woman: 50%

**Gender and Age**
- Man 15-24: 40%
- Man 25-39: 46%
- Man 40-54: 47%
- Man 55+: 53%
- Women 15-24: 40%
- Women 25-39: 54%
- Women 40-54: 53%
- Women 55+: 59%

**Socio-professional category**
- Self-employed: 49%
- Managers: 35%
- Other white collar: 52%
- Manual workers: 50%
- House persons: 64%
- Unemployed: 56%
- Retired: 57%
- Students: 46%
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: 48% (1 day), 34% (2 days), 17% (3+ days)
  - SK: 46% (1 day), 34% (2 days), 19% (3+ days)

- Do moderate physical activity:
  - EU28: 44% (1 day), 22% (2 days), 17% (3+ days)
  - SK: 46% (1 day), 23% (2 days), 19% (3+ days)

- Walk for at least 10 minutes at a time:
  - EU28: 60% (1 day), 28% (2 days), 12% (3+ days)
  - SK: 70% (1 day), 20% (2 days), 10% (3+ days)

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: 31% ≤ 60 min, 32% 61-120 min, 13% > 120 min
  - SK: 31% ≤ 60 min, 32% 61-120 min, 13% > 120 min

- Do moderate physical activity:
  - EU28: 43% ≤ 60 min, 10% 61-120 min, 4% > 120 min
  - SK: 43% ≤ 60 min, 10% 61-120 min, 4% > 120 min

- Walk for at least 10 minutes at a time:
  - EU28: 11% ≤ 60 min, 9% 61-120 min, 2% > 120 min
  - SK: 11% ≤ 60 min, 9% 61-120 min, 2% > 120 min

QD6. How much time do you spend sitting on a usual day? This may include time spent at a desk, visiting friends, studying or watching television.

- EU28:
  - 2h30min or less: 17%
  - 2h30min to 5h30min: 43%
  - 5h30min to 8h30min: 26%
  - 8h30min or more: 11%

- SK:
  - 2h30min or less: 15%
  - 2h30min to 5h30min: 37%
  - 5h30min to 8h30min: 32%
  - 8h30min or more: 13%

(2013 EU28: EB80.2, 2002 EU15: EB58.2)
**5. WHERE CITIZENS ENGAGE IN SPORT AND OTHER PHYSICAL ACTIVITY**

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

- In a park, outdoors: 40% [EU28], 36% [SK]
- At home: 36% [EU28], 36% [SK]
- On the way between home and school, work or shops: 25% [EU28], 36% [SK]
- At a health or fitness centre: 15% [EU28], 13% [SK]
- At work: 13% [EU28], 18% [SK]
- At a sport club: 8% [EU28], 13% [SK]
- At a sport centre: 8% [EU28], 5% [SK]
- At school or university: 6% [EU28], 7% [SK]
- Elsewhere (SPONTANEOUS): 4% [EU28], 3% [SK]
- Don’t know: 2% [EU28], 4% [SK]

**EU28**

**SK**

**MULITIPLE ANSWERS POSSIBLE**

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

**6. MOTIVATORS AND BARRIERS TO SPORT PARTICIPATION**

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

- To improve your health: 62% [EU28], 50% [SK]
- To improve fitness: 40% [EU28], 35% [SK]
- To relax: 16% [EU28], 36% [SK]
- To have fun: 16% [EU28], 30% [SK]
- To improve physical performance: 24% [EU28], 21% [SK]
- To control your weight: 24% [EU28], 13% [SK]
- To improve your physical appearance: 23% [EU28], 26% [SK]
- To be with friends: 20% [EU28], 22% [SK]
- To counteract the effects of ageing: 16% [EU28], 12% [SK]
- Other (SPONTANEOUS): 8% [EU28], 5% [SK]
- Don’t know: 4% [EU28], 3% [SK]

**EU28**

**SK**

**MULITIPLE 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 participating in sport more regularly?**

- You do not have the time: 43% [EU28], 48% [SK]
- You lack motivation or are not interested: 30% [EU28], 23% [SK]
- You have a disability or illness: 13% [EU28], 12% [SK]
- It is too expensive: 10% [EU28], 12% [SK]
- You do not like competitive activities: 6% [EU28], 6% [SK]
- You are afraid of the risk of injuries: 6% [EU28], 5% [SK]
- You do not have friends to do sports with: 4% [EU28], 7% [SK]
- There is no suitable or accessible sport infrastructure close to where you live: 4% [EU28], 8% [SK]
- You feel discriminated against by other participants: 1% [EU28], 1% [SK]
- You are already doing sports regularly (SPONTANEOUS): 14% [EU28], 11% [SK]
- Other (SPONTANEOUS): 6% [EU28], 3% [SK]
- Don’t know: 3% [EU28], 2% [SK]

**EU28**

**SK**

**MULITIPLE 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

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<tr>
<td>2013</td>
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</tr>
<tr>
<td>Totally agree</td>
<td>39%</td>
</tr>
<tr>
<td>Tend to agree</td>
<td>37%</td>
</tr>
<tr>
<td>Tend to disagree</td>
<td>12%</td>
</tr>
<tr>
<td>Totally disagree</td>
<td>7%</td>
</tr>
<tr>
<td>Don’t know</td>
<td>4%</td>
</tr>
</tbody>
</table>

2013 (EU28): EB80.2
2009 (EU27): EB72.3

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

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

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2013 (EU28): EB80.2
2009 (EU27): EB72.3

8. VOLUNTEERING IN SPORT

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

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

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</tr>
<tr>
<td>Totally disagree</td>
<td>20%</td>
</tr>
<tr>
<td>Don’t know</td>
<td>9%</td>
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</table>

2013 (EU28): EB80.2
2009 (EU27): EB72.3