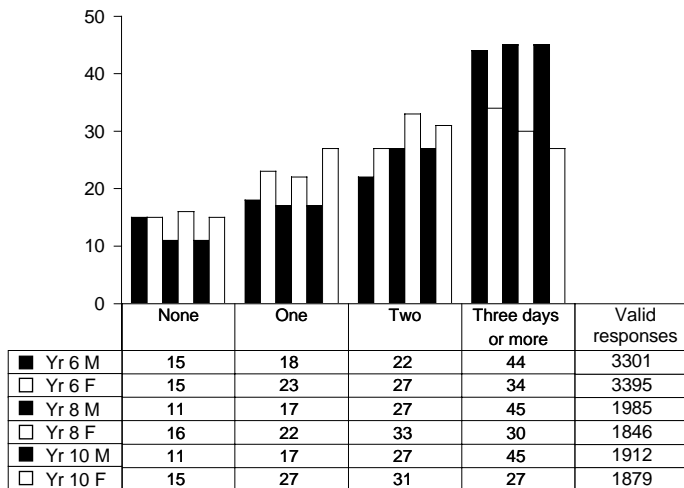


Aerobic exercise

More than 11% of all groups never exercise

How many times last week did you exercise and have to breathe harder? (E4) (Pri.22)

- Over 80% of all groups had exercised to this level *at least once last week*, but again the gap is seen to widen between males and females among the frequent exercisers as they increase in age.



Comments

- The data suggest that up to 45% of males, and up to 34% of females, are exercising vigorously three times or more.
- We have increasing opportunities for youngsters to adopt sedentary lifestyles: many youngsters today have seemingly endless choices for the time they spend watching television with the increased viewing options available on satellite TV, they even have televisions in their rooms; or they spend time playing computer games; and indeed the popularity of surfing the Internet is increasing on a daily basis. But how much do young people depend on parents/carers for permission and support to be active?
- Are we observing the collection of mini time-bombs where youngsters are choosing leisure options that are likely to have a detrimental effect to their general health and fitness in the years to come?
- The question has in mind the old recommendation of exercising vigorously for at least 20 minutes a time, three times a week. Current recommendations are more likely to suggest *daily* exercise.