

Sport and physical activity

Special Eurobarometer 574

Fieldwork EU27: 9 April 2026 - 4 May 2026

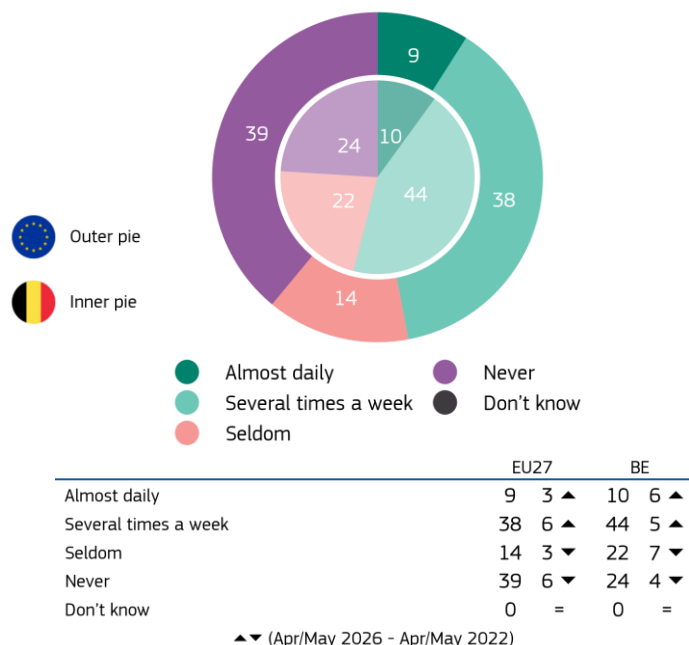
TOTAL EU27: 26421 INTERVIEWS

Fieldwork Belgium: 9 April 2026 - 27 April 2026

TOTAL Belgium: 1021 INTERVIEWS

FREQUENCY OF EXERCISE OR PLAYING SPORT

QB1. How often do you exercise or play sport? By “exercise” we mean any form of physical activity which you do in a sport context or sport-related setting, such as swimming, training in a fitness centre or a sport club, brisk walking or running (e.g. in the park) (%)

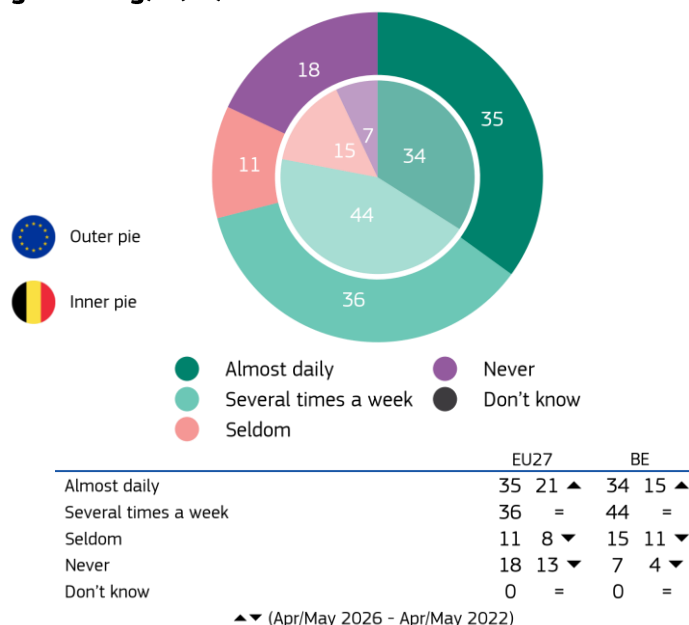


"Never" (%)

	EU27	BE
Gender		
Man	36	21
Woman	41	26
Gender and Age		
Male 15-24	13	10
Male 25-34	21	17
Male 35-44	29	13
Male 45-54	38	16
Male 55-64	46	32
Male 65-74	53	38
Male 75+	62	25
Female 15-24	17	8
Female 25-34	24	18
Female 35-44	36	14
Female 45-54	38	21
Female 55-64	46	35
Female 65-74	55	37
Female 75+	71	65
Socio-professional category		
Self-employed	34	29
Managers	21	12
Other white collars	34	19
Manual workers	41	21
House persons	58	40
Unemployed	41	24
Retired	57	36
Students	10	8

FREQUENCY OF ENGAGING IN PHYSICAL ACTIVITY OUTSIDE SPORT

QB2. How often do you engage in physical activity for non-sport-related reasons, such as transport (e.g. walking, cycling, wheeling from one place to another), recreation (e.g. dancing) or other reasons (e.g. gardening)? (%)

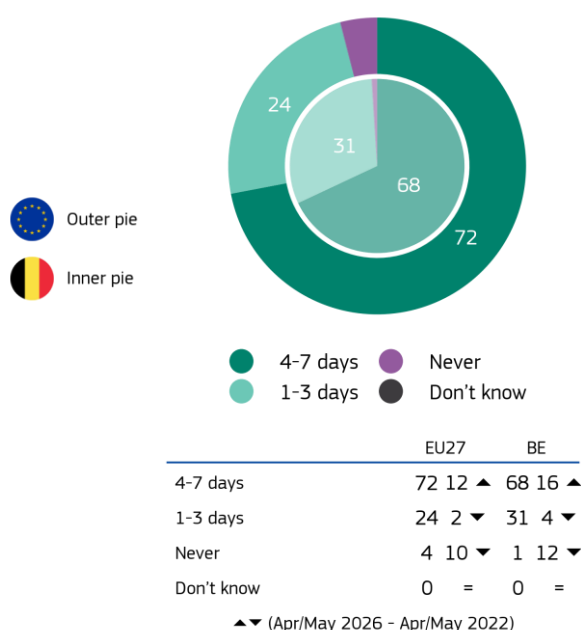


"Never" (%)

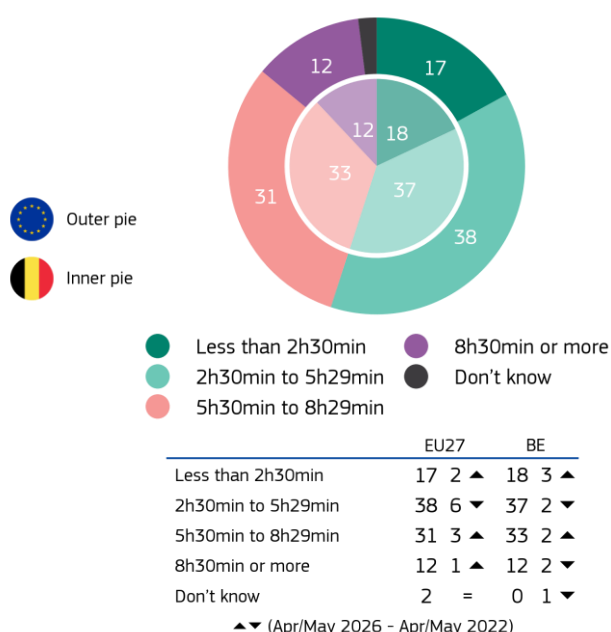
	EU27	BE
Gender		
Man	17	6
Woman	20	7
Gender and Age		
Male 15-24	8	1
Male 25-34	13	4
Male 35-44	15	0
Male 45-54	16	6
Male 55-64	19	14
Male 65-74	24	5
Male 75+	29	12
Female 15-24	10	1
Female 25-34	13	3
Female 35-44	18	1
Female 45-54	19	10
Female 55-64	20	11
Female 65-74	23	6
Female 75+	36	21
Socio-professional category		
Self-employed	15	12
Managers	11	6
Other white collars	18	3
Manual workers	19	6
House persons	25	13
Unemployed	20	10
Retired	26	9
Students	6	0

LEVELS OF PHYSICAL ACTIVITY AND TIME SPENT SITTING

QB3. Usually, how many days per week do you walk for at least 10 minutes at a time? (%)

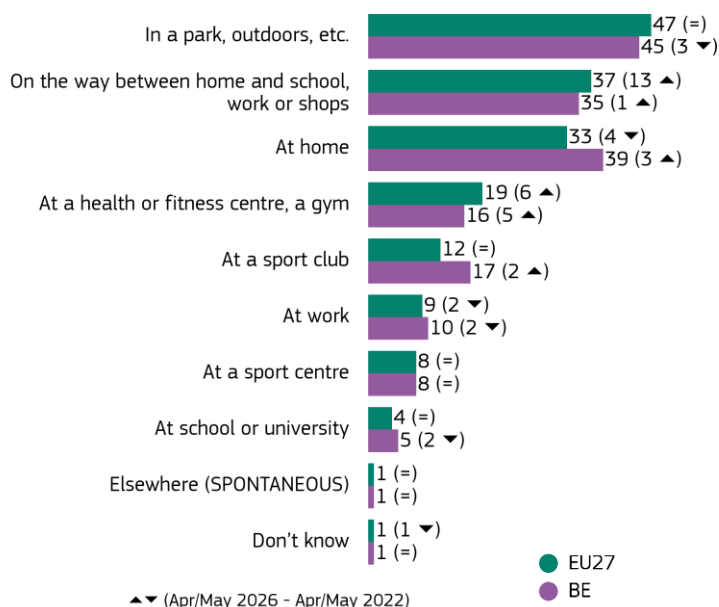


QB4. How much time do you spend sitting on a usual day? This may include time spent at a desk, driving, visiting friends, studying or watching television. (%)

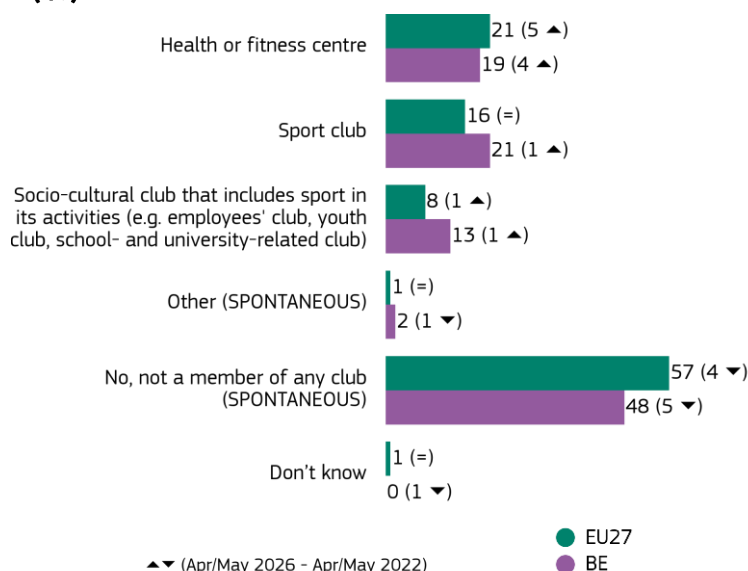


WHERE CITIZENS ENGAGE IN SPORT OR OTHER PHYSICAL ACTIVITY

QB5. Earlier you said you engage in sport, exercise or another physical activity. Where do you do this? (MULTIPLE ANSWERS POSSIBLE) (%)

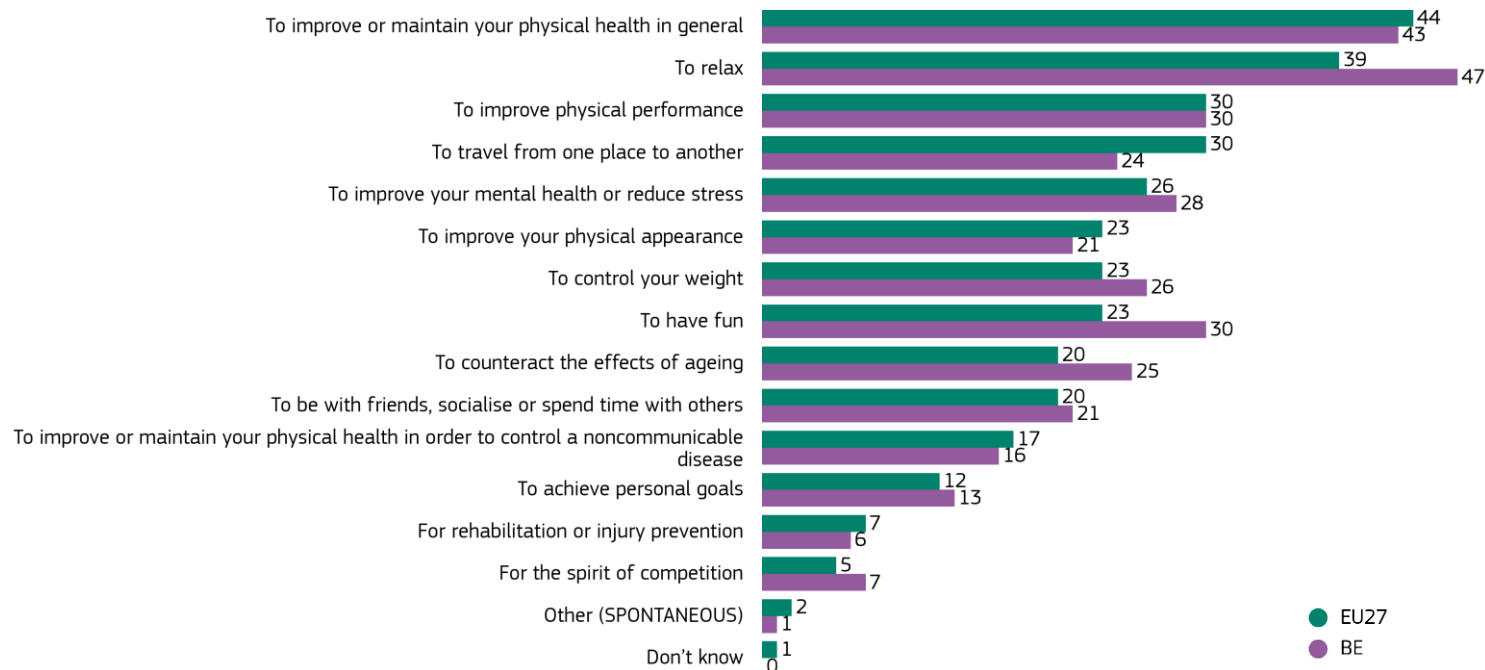


QB10. Are you a member of any of the following clubs where you participate in sport or recreational physical activity? (MULTIPLE ANSWERS POSSIBLE) (%)



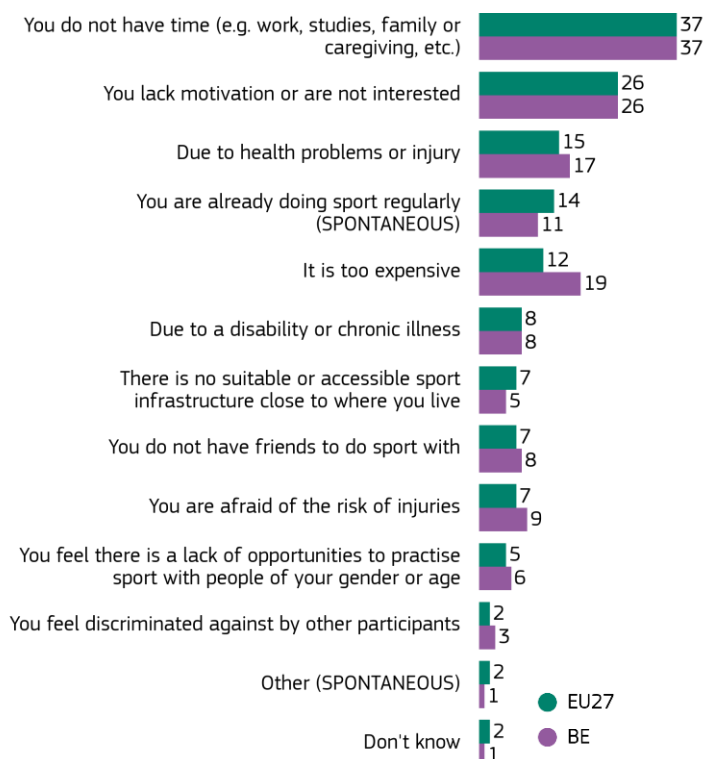
REASONS, PERCEIVED IMPACT AND BARRIERS TO ENGAGING IN SPORT AND PHYSICAL ACTIVITY

QB6. Why do you engage in exercise, sport or physical activity? (MULTIPLE ANSWERS POSSIBLE) (%)

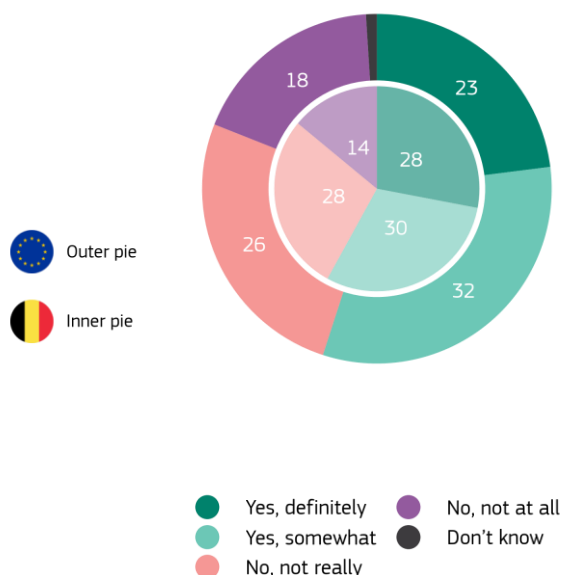


Base: Those respondents who exercise, play sport or engage in other physical activity.

QB9. What are the main reasons currently preventing you from practising exercise, sport or other physical activity more regularly? (MULTIPLE ANSWERS POSSIBLE) (%)

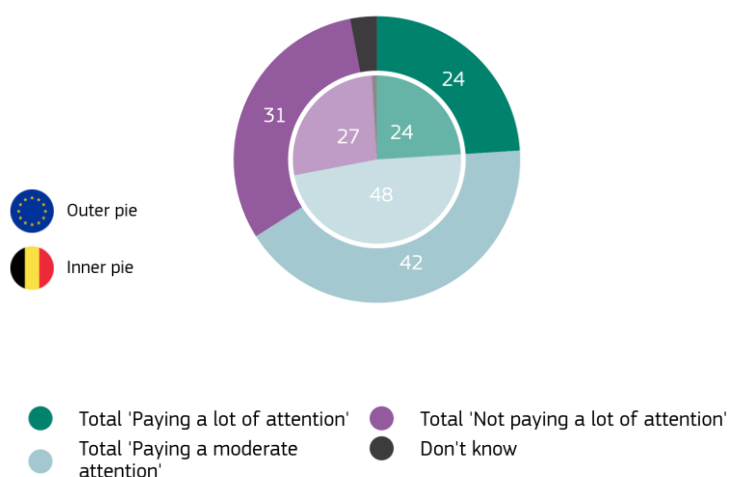


QBSD. Overall, would you say that sport plays an important role in your life, whether as a participant, a regular or occasional viewer, a supporter, or in any other way? (%)

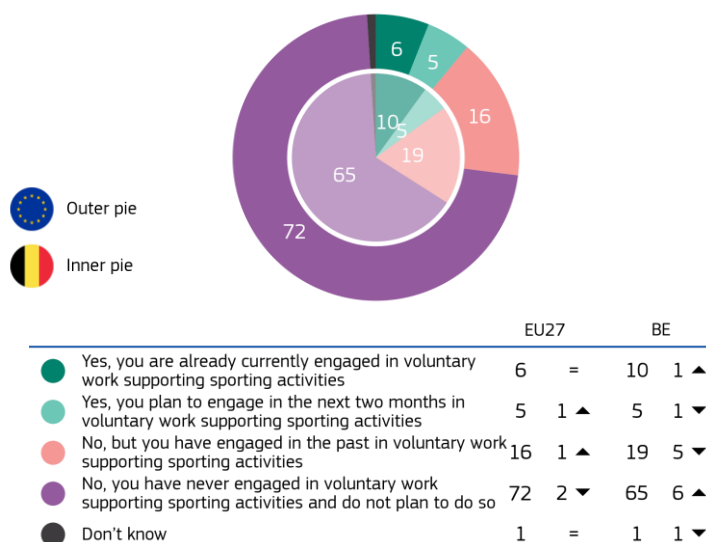


IMPACT OF SPORT AND PHYSICAL ACTIVITY ON THE ENVIRONMENT, AND VOLUNTEERING IN SPORT

QB13. On a scale of 1 to 6, where '1' means "not paying attention at all", and '6' means "paying a lot of attention", how much attention do you pay to the impact that the practice of exercise, sport or other physical activity can have on the environment? (%)



QB17. Do you currently engage, or plan to engage in the next two months, in voluntary work that supports sporting activities? (%)



▲▼ (Apr/May 2026 - Apr/May 2022)

IMPACT OF EXERCISE, SPORT AND PHYSICAL ACTIVITY ON PEOPLE

QB7. To what extent do you agree or disagree with the following statements about the impact of exercise, sport and other physical activity on people? (%)

