

Physical activity: Key results

Health Interview Survey 2023-2024

Regular and sufficient exercise is good for your health

- Recommendations for adults:
- at least 150 minutes of moderate physical activity per week
 - regular muscle-strengthening exercises
 - limit sitting time

Physical activity includes all activities during leisure time, while travelling, at work and in the household.

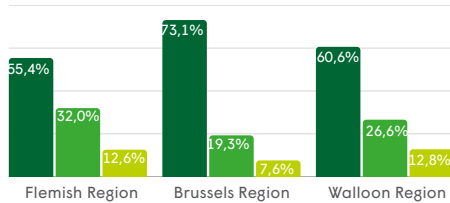


Work-related activity



58,7% of the working population (aged 15-64) usually sits or stands during work.

- Sit or stand
- Walking or tasks of moderate effort
- Heavy labour or physically demanding work



Sitting or standing during work is **more common** among:



Women (62,6%)



People with a higher education (70,3%)

Health-enhancing physical activity

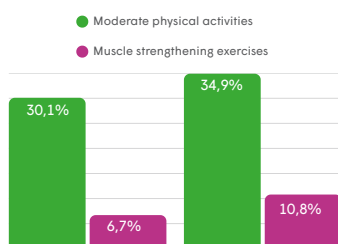


34,9% of adults spend at least 150 minutes per week on moderate physical activity (non-work related).



Only 10,8% also do muscle-strengthening exercises (at least 2 days/week).

Both activities have been carried out **more frequently** since 2018.



Score the highest:

♂ **Men** (resp. 41,4% en 12,9%)

AGE **Aged 18-24** (resp. 51,4% and 24,1%)

🎓 **People with a higher education** (resp. 42,5% and 13,3%)

Sedentary behaviour



24,7% of the population aged 15 and older **sits or rests for long periods** (> 8 hours/day).

This could be at work, while travelling, at home...

More **common** in:



Flemish people (27,3%)



Aged 75 and over (32,3%)
Aged 15-24 (30,9%)



People with a higher education (29,3%)

Cycling to commute



33,6% of the population aged 15 and over cycles at least one day a week to get to and come from places.

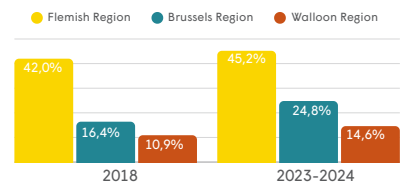
Score the highest:

♂ **Men** (37,9%)

AGE **Aged 15-24** (38,6%)

🎓 **People with a higher education** (40,5%)

Cycling is on the rise in the three regions



Recommendations

In order to promote an active lifestyle, action is needed in the areas of care, mobility, education, sport and spatial planning:



Support 'Exercise on referral' and encourage GPs to prescribe it more often.



Ensure at least 60 minutes of physical education at school, interrupt prolonged sitting, and offer additional sports and play opportunities, especially in neighbourhoods with limited play space or to socially vulnerable groups.



Encourage exercise at work with lunch break activities, infrastructure such as showers, standing desks and walking meetings.



Invest in safe and accessible parks, playgrounds, footpaths, cycle paths and fitness centres.