

Participation in Recreational Physical Activity by Region and Subsector 2019-2022

	Percent of the total population who participate in some type of recreational physical activity on a regular basis (at least monthly)			
	2019	2020	2021	2022
By Region				
North America	58.57%	59.47%	60.71%	61.71%
Europe	47.46%	46.04%	45.66%	45.86%
Latin America-Caribbean	36.69%	33.40%	34.31%	36.02%
Asia-Pacific	33.27%	29.27%	30.58%	31.14%
Sub-Saharan Africa	30.71%	21.72%	25.11%	28.44%
Middle East-North Africa	25.48%	23.27%	24.65%	25.60%
By Sector				
Recreational Physical Activity	35.60%	31.55%	32.86%	33.90%
Sports & Active Recreation	33.31%	29.25%	30.43%	31.45%
Mindful Movement	4.89%	5.25%	5.28%	5.22%
Fitness	4.01%	2.65%	3.63%	4.03%

Source: Global Wellness Institute, based on a variety of country-level sources and surveys.



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