

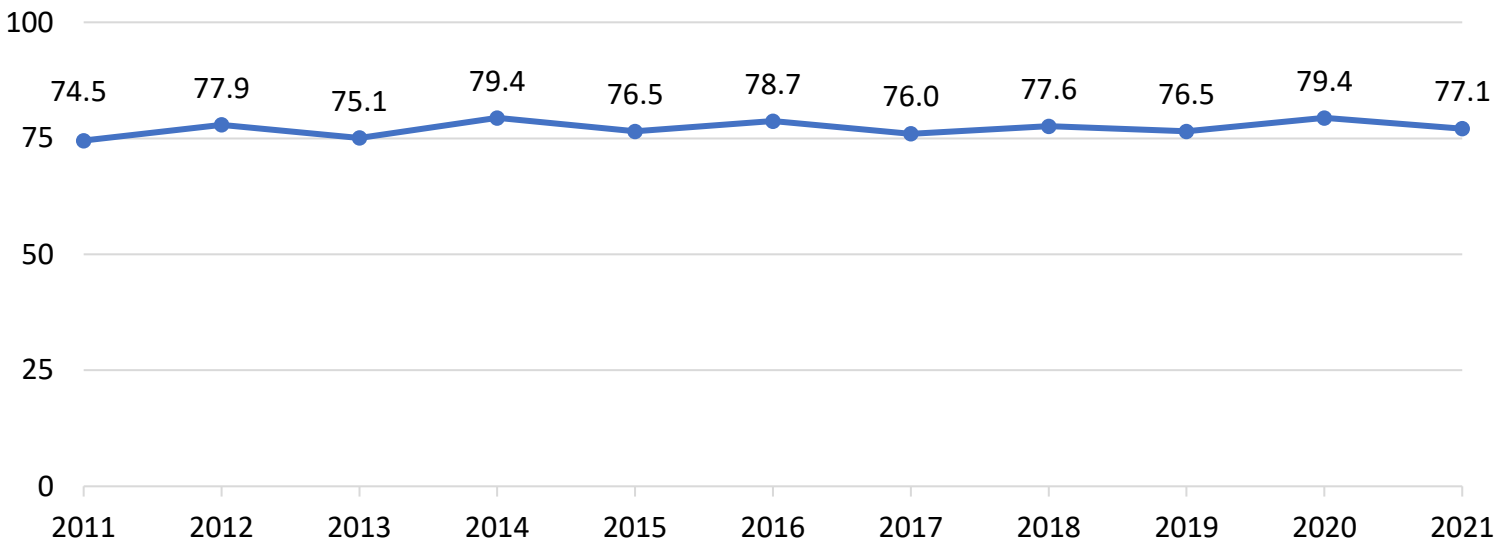
Leisure Time Physical Activity Connecticut Adults (18+ Years)

2021 Behavioral Risk Factor Surveillance System Data

Community, Family Health and Prevention Section • June 2023

Leisure time physical activity is defined as participating in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise during the past month other than for a regular job.

The percent of Connecticut adults participating in leisure time physical activity has remained steady over time.



The prevalence of leisure time physical activity varies by gender, age, race and ethnicity, educational attainment, and annual household income.

