

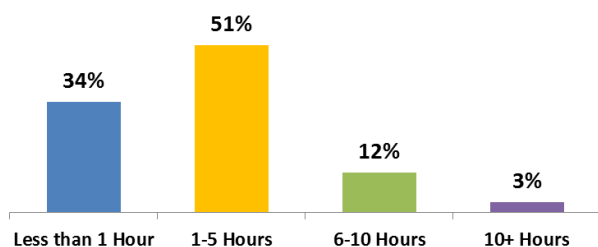


LEISURE AND CULTURE

Participating in leisure and cultural activities, whether arts, culture, or recreation, contributes to individual wellbeing, to our communities, and to society as a whole. To begin exploring the leisure and culture domain, the Be Well survey measures time for social leisure activities

TIME FOR SOCIAL LEISURE ACTIVITIES

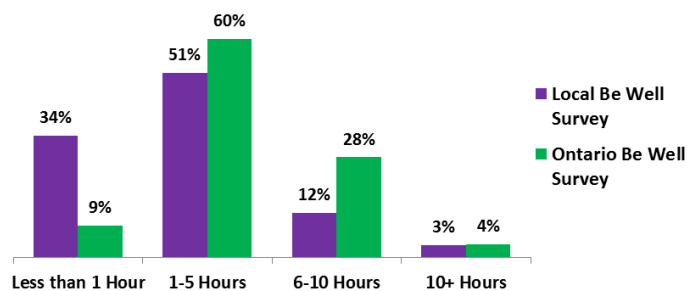
Time spent in social leisure activities on a typical day



51% of local survey respondents reported spending 1-5 hours per day on social leisure activities such as visiting with a friend or talking on the phone. 34% reported spending less than 1 hour per day doing these activities.

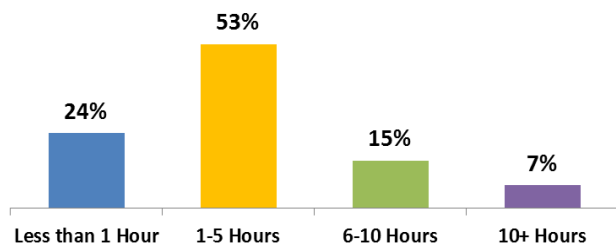
Compared to other Ontario communities participating in the Be Well survey, local residents spend less time doing social leisure activities. They were much more likely to report spending less than 1 hour per day on these activities.

Time spent in social leisure activities on a typical day (comparison)



TIME FOR PHYSICAL LEISURE ACTIVITIES

Time spent in physical activities on a typical day



53% of local survey respondents reported spending 1-5 hours per day doing physical leisure activities such as going for a walk, gardening or playing a sport. 24% spent less than 1 hour in these activities.

No provincial or national data is available for comparison.