

# Physical activity

## Leisure time physical activity (percentage)

Sex	Age (years)	Vigorous	Moderate	Light	Sedentary	n
Men	18-24	23.4	32.5	26.4	17.8	1,947
	25-44	9.5	35.5	40.4	14.6	8,334
	45-64	3.4	28.7	53.4	14.6	13,324
	65+	1.3	21.6	58.7	18.4	6,120
	Total	6.0	29.4	49.1	15.6	29,725
Women	18-24	10.2	26.9	49.8	13.1	3,457
	25-44	3.3	24.6	58.4	13.7	14,479
	45-64	1.1	18.8	66.5	13.7	19,683
	65+	0.4	13.0	66.8	19.7	6,034
	Total	2.5	20.5	62.5	14.5	43,653

the largest health examination surveys among the Danish adult population. The survey consisted of a questionnaire (n=76,484) and a health examination (n=18,065). The DANHES 2007-2008 was carried out by the National Institute of Public Health (NIPH), University of Southern Denmark, and was funded by the Ministry of the Interior and Health and the Tryg Foundation. The above results are based on non-weighted data.