

Sport Played Most Often in Past Year – Top Five

Responses of adults who played a sport in the past year, by gender/age

Base: % played/participated in sports, for each group:

Men ages 18-29 48%	Women ages 18-29 23%
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1t Basketball	22	1 Baseball/softball	16
1t Soccer	22	2 Volleyball	13
3 Football	13	3 Running/track	12
4 Baseball/softball	6	4 Tennis	11
5 Running/track	5	5 Basketball	9

Base: % played/participated in sports, for each group:

Men ages 30-49 38%	Women ages 30-49 15%
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1 Basketball	14	1 Running/track	19
2t Soccer	10	2 Volleyball	11
2t Golf	10	3 Baseball/softball	9
2t Baseball/softball	10	4 Soccer	8
5 Running/track	9	5 Biking	6

Base: % played/participated in sports, for each group:

Men ages 50-64 24%	Women ages 50-64 16%
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1 Golf	25	1t Golf	9
2 Baseball/softball	9	1t Walking	9
3 Basketball	8	3t Biking	8
4 Running/track	7	3t Swimming	8
5 Biking	6	5t Tennis	7
		5t Dance	7

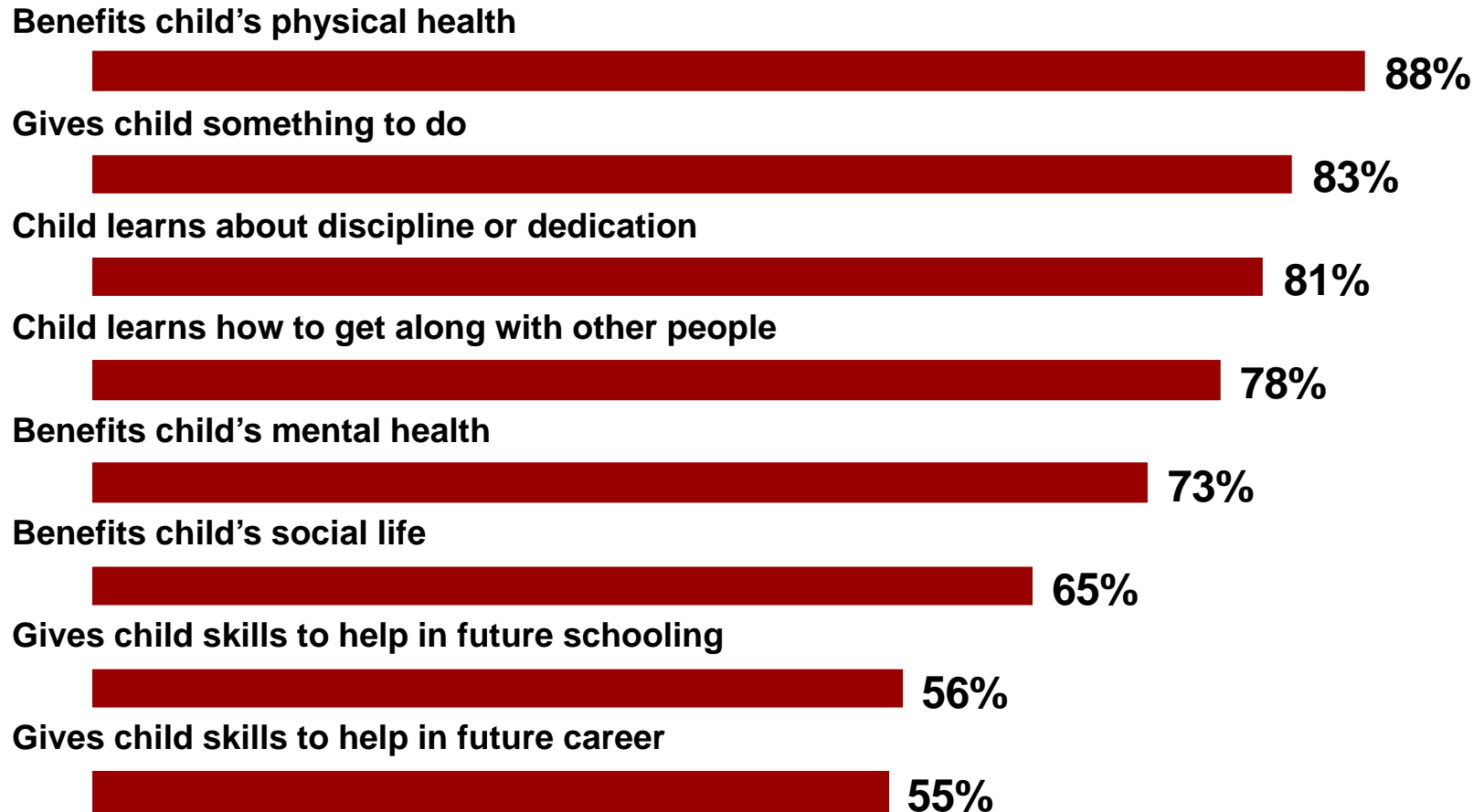
Base: % played/participated in sports, for each group:

Men ages 65+ 32%	Women ages 65+ 9%
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1 Golf	44	1 Walking	18
2 Basketball	6	2 Swimming	14
3 Baseball/softball	6	3 Golf	13
4t Tennis	4	4 Tennis	11
4t Walking	4	5 Bowling	10
4t Fishing	4		

Parents Believe Their Children Benefit From Playing Sports

Among the 72% of parents who said their child played any sports in the past year, % saying child benefited 'a great deal' or 'quite a bit' in the following ways:*



*Middle school, junior high, or high school aged child.

Top 5 Forms of Exercise Adults Say They Did Most Often in the Past Year

Among the 48% of adults who have done any vigorous- or moderate-intensity exercise on a regular basis in the past year, % saying...

