

Rangatahi in Manawatū

Sport & active recreation infographic

Gender statistics

♀
47%
Girls

♂
53%
Boys

Activity statistics

Most Exercise

0-1
hrs/week

Hours rangatahi actually exercise

- ▶ 33% 0-1 hours/week
- ◀ 33% 1-4 hours/week
- ▶ 18% 5-8 hours/week
- ◀ 16% 8+ hours/week

Hours rangatahi want to exercise

- 18% 0-1 hours/week
- 31% 1-4 hours/week
- 24% 5-8 hours/week
- 27% 8+ hours/week

"I just like playing with my friends"

1 in 3 would be more motivated to exercise in a same-sex environment

Involved in playing sport

Boys 55% Girls 46%

Involved in active recreation

Boys 78% Girls 76%
Gender diverse 67%

TOP 5

"I feel included, and our team has a great culture"

Active recreation

1. **Workout** (weights or cardio)
2. **Running or walking**
3. **Games** (four square, bull rush, tag, dodgeball)
4. **Cycling or biking**
5. **Skateboarding**

Played sports

1. **Rugby Union**
2. **Basketball**
3. **Netball**
4. **Volleyball**
5. **Football**



TOP 6

Barriers

1. **Transport**
2. **Time**
3. **Motivation**
4. **Injuries**
5. **Equipment**
6. **Confidence**

"I would rather be active by myself than be made fun of"