



Do you practice some regular physical activity? (at least once a week in order to perspire and/or feel tired)

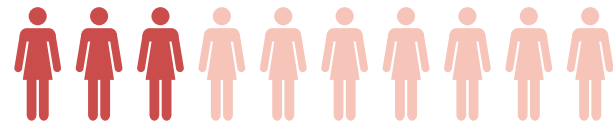
2.3 million Portuguese (34.2%) have reported to practice regular physical activity

The practice of regular physical activity was more frequent...

...in men,

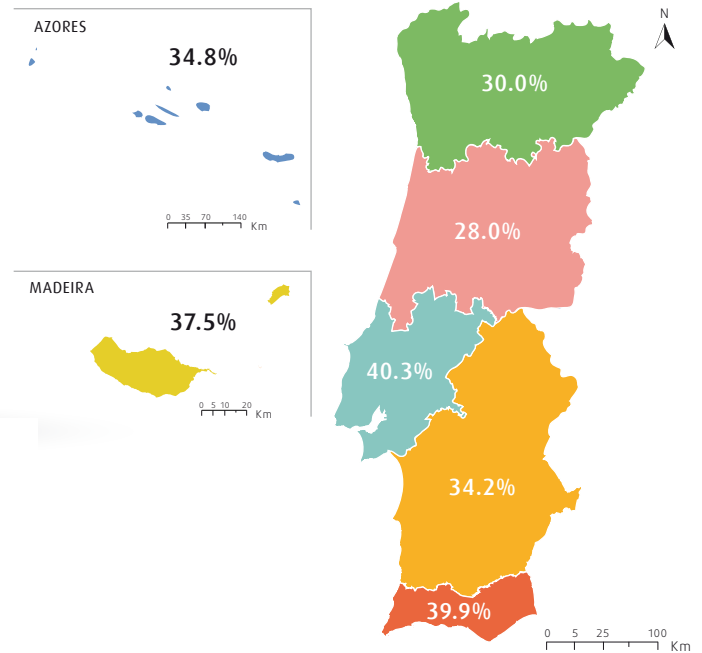


4 in 10 (39.7%)

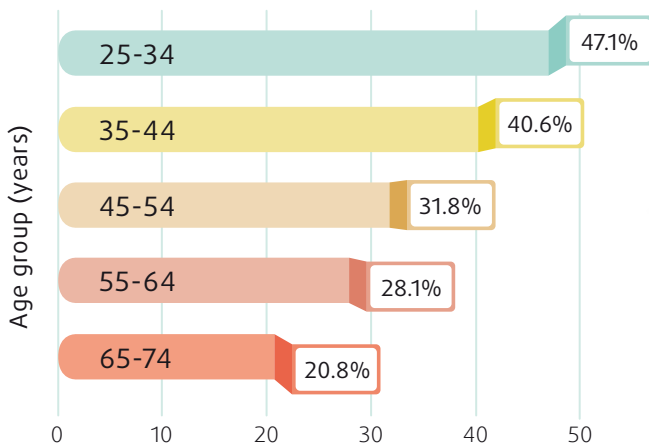


3 in 10 (29.2%)

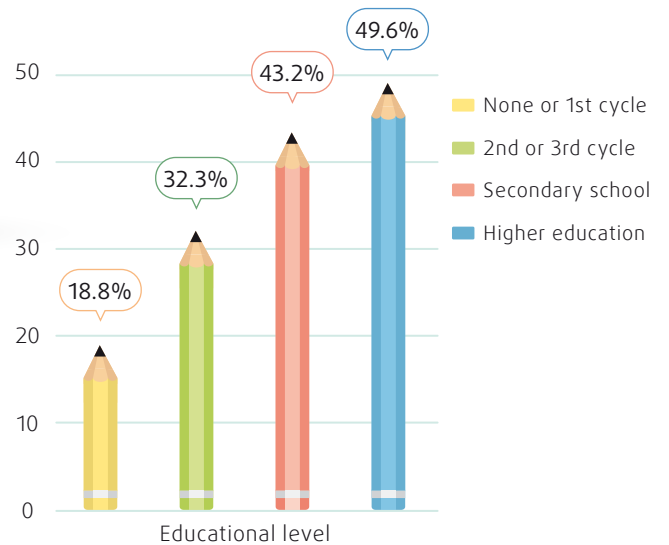
...in Lisbon and Tagus Valley,



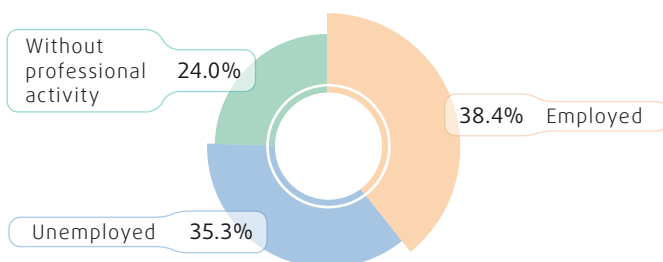
...in the age group 25-34 years,



...and in the more educated.



...among employed people,



Source:
<http://hdl.handle.net/10400.18/4795>
For more information:
www.insef.pt