

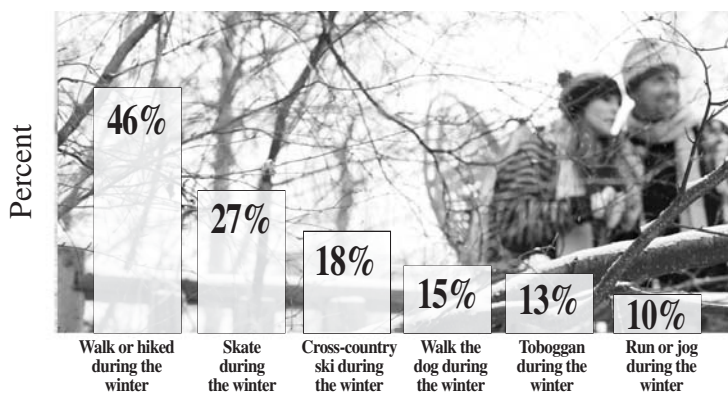


Poll STATION

With Linda Banister

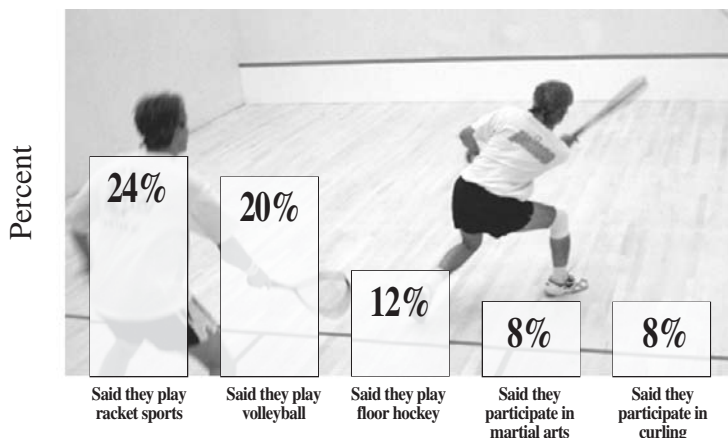
Exercise: essential to good health. Summer temperatures and sunshine make it easy to get out and work toward fitness goals, but what about the winter months when temperatures hover around -30° C? The tendency may be to hibernate and find excuses for not participating in physical exercise. Fortunately, there are a variety of indoor and outdoor winter activities available that can make exercising enjoyable... and winter more bearable. This month we asked Edmontonians what they do to keep fit during the winter season.

WHAT OUTDOOR ACTIVITIES DO YOU PARTICIPATE IN DURING WINTER? HOW OFTEN?



To begin the survey, respondents were asked what physical activities they participate in outdoors over the winter months. Respondents most frequently mentioned walking or hiking (46 percent), followed by ice skating (27 percent), downhill skiing (18 percent) and cross-country skiing (18 percent). A slightly smaller percentage reported walking their dogs, on or off leash (15 percent), tobogganing (13 percent) and jogging or running (10 percent). Eighteen percent reported they do not participate in any outdoor activities over the winter months. When those who do participate in outdoor activities were asked how often they participate in these winter activities, 28 percent indicated three to four times per week, 27 percent reported one to two times per week, and 20 percent participated two to three times per month.

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Next, respondents were asked if they play any indoor sports during the winter. One-quarter indicated they did, while the remaining 75 percent did not. Those who indicated they participate in indoor sports were most likely to play racquet sports such as squash and badminton (24 percent), and soccer (24 percent), followed by volleyball (20 percent), floor hockey (12 percent), martial arts (eight percent), and curling (eight percent). The majority of these respondents (60 percent) participated in their sport one to two times per week, followed by 12 percent that participated two to three times per month.

DO YOU BELONG TO A FITNESS CENTRE?

When asked if they owned a membership to a fitness centre, 31 percent reported they did, while 69 percent did not. Of those with a membership, 26 percent belonged to Clubfit, 16 percent to YMCA and 13 percent to World Health Club. Ten percent of respondents each belonged to Spa Lady, a private club such as the Royal Glenora, or a City of Edmonton leisure facility. Respondents with a membership were most likely to indicate they go to the gym three to four times per week (45 percent), followed by one to two times per week (36 percent). Thirteen percent go to the gym five times per week or more, while seven percent go once per month or less.

DO YOU PARTICIPATE IN ANY OTHER ACTIVITIES TO KEEP FIT?

Finally, respondents were asked if there were any other activities they participated in to keep active during the winter months. Twenty-one percent reported exercising and working out, seven percent reported walking, six percent stated their work was physically demanding, and five percent mentioned swimming. Twenty-eight percent indicated they do not participate in any other activities. ✓

Monthly Poll Station Online Question

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Want a question included in the Edmontonians Poll?

Contact Linda at 780.451.4444 or e-mail lbanister@edmontonians.com.

Linda Banister is a certified management consultant and the owner of Banister Research and Consulting Inc., a full service provider of market research and program evaluation services. Visit www.banister.ab.ca.