



## Over 55s Getting Out and Active - Survey Results

We asked Bass Coast & South Gippsland residents aged 55 years and over about their physical activity and this is what we heard.

401 survey responses



**76%** of people use the beach, making it the most popular place for physical activity



Walking is the most popular physical activity



**66%** of people do physical activity to improve their physical and mental health



Discovering new places and experiencing what nature has to offer motivated **60%** of respondents to be physically active



**80%** of people are confident they can increase their physical activity levels



**70%** of participants said the weather stops them from getting physically active outdoors