



CLSA Approved Project

Applicant

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Project Title

Usual Physical Activity in Middle Aged and Older Canadians: An Analysis from the Canadian Longitudinal Study on Aging

Project Summary

Physical activity is a modifiable risk factor for numerous chronic diseases, injury prevention and even premature mortality. In 2018 the U.S. Department of Health and Human Services stated inactivity was responsible for approximately 10% of premature deaths. However, the majority of Canadians are still living dominantly inactive lives. The primary goals of this study are to describe usual physical activity levels and behaviours in middle and older aged Canadians and to determine the environmental, personal, and physical factors associated with different activity levels. By doing so, we hope to understand the current state of physical activity in Canada and to be able to identify potential targets for future research on physical activity interventions.

Keywords

Physical activity, Aging, Physical Activity Scale for the Elderly