

MINISTRY OF YOUTH AND SPORTS

PARTICIPATION IN SPORT

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Introduction

A module to collect data on sports activities in the Republic of Mauritius was included in the CONTINUOUS MULTI PURPOSE HOUSEHOLD SURVEY (CMPHS) carried out by Statistics Mauritius (SM) following request from the Ministry of Youth and Sports.

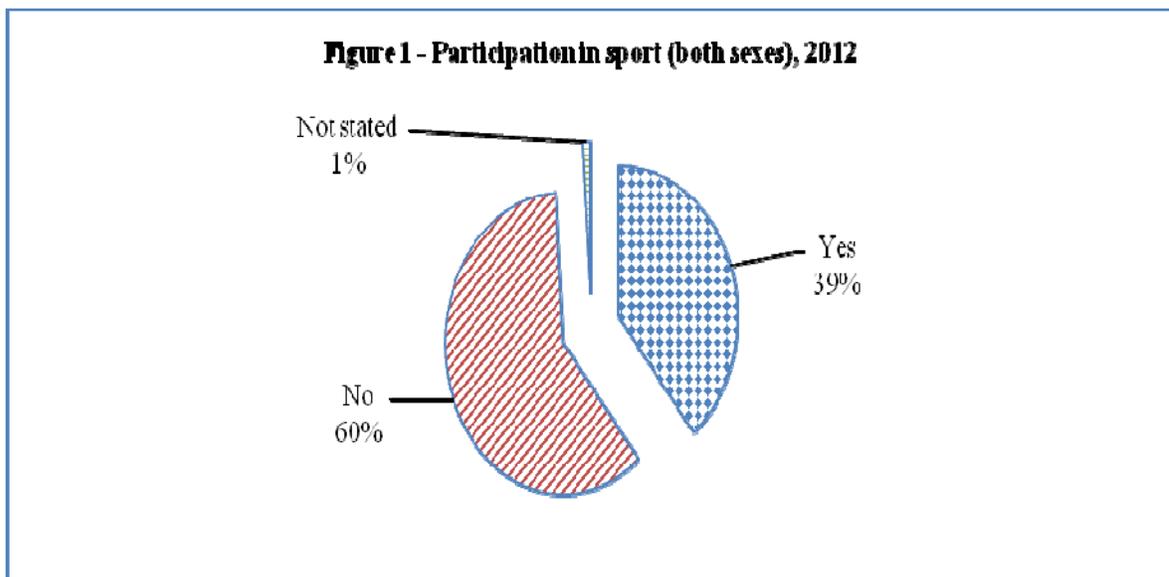
This report presents results from the CMPHS conducted in 2012 across the Republic of Mauritius.

The survey collects, inter alia, information on the frequency of participation in sport, reason for practicing sport and type of sporting activities of persons aged 7 years and over during the 12 months of the reference year. Sporting activities carried out during school hours or activities related to work or household chores did not fall under the scope of this survey.

Main findings

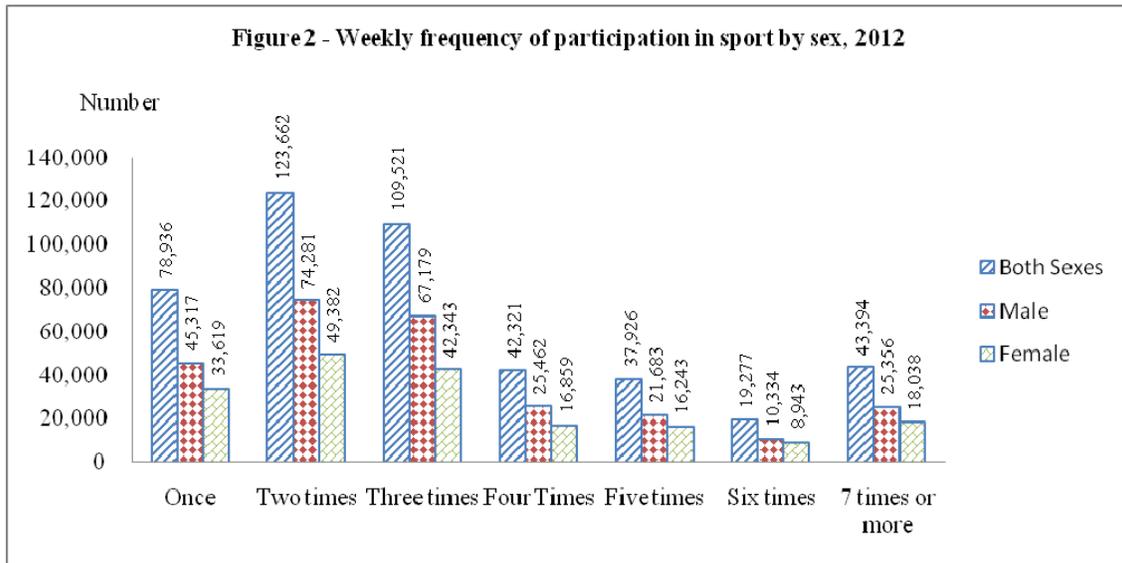
Overall participation in sport

During the 12 months of year 2012, around 455,000 Mauritians aged 7 years and over participated in at least one physical activity per week, a participation rate of nearly 39%. (Figure 1 & Table 1)



Weekly frequency of participation in sport by sex

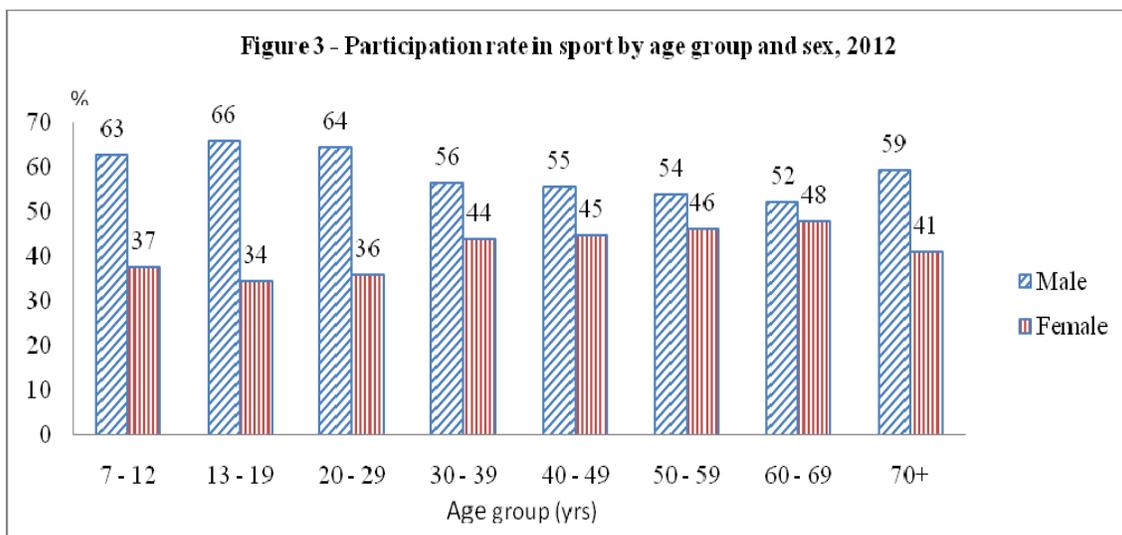
An estimated 376,100 (83%) Mauritians (224,300 males and 151,800 females) aged 7 years and over exercised for two or more times per week. Some 78,940 people (45,300 males and 33,600 females), i.e. 17% participated once a week (Figure 2 & Table 2).



Participation in sport by age and sex

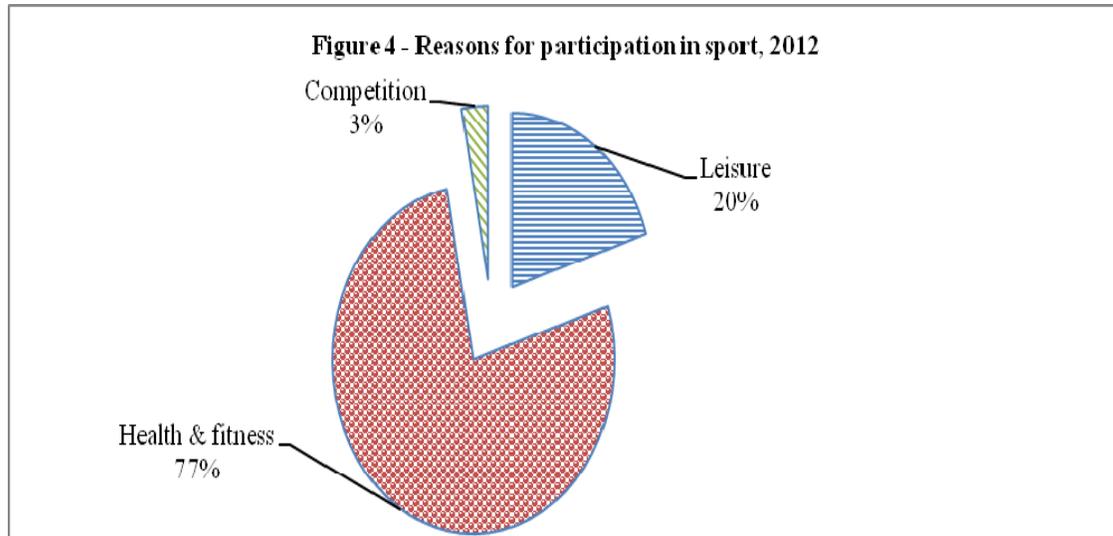
The overall participation rate for male and female was 59% and 41% respectively.

Participation by age group and sex is shown in (Figure 3, Table 3a, Table 3b and Table 3c).



Reasons for participation in sport, 2012

In 2012, around 77 % of the population aged 7 years and over felt that participation in sport was beneficial for health and fitness while 20% did it for leisure and the remaining 3% practiced with a view to preparing themselves for competitions (Figure 4 & Table 4).



Participation by type of sporting activities

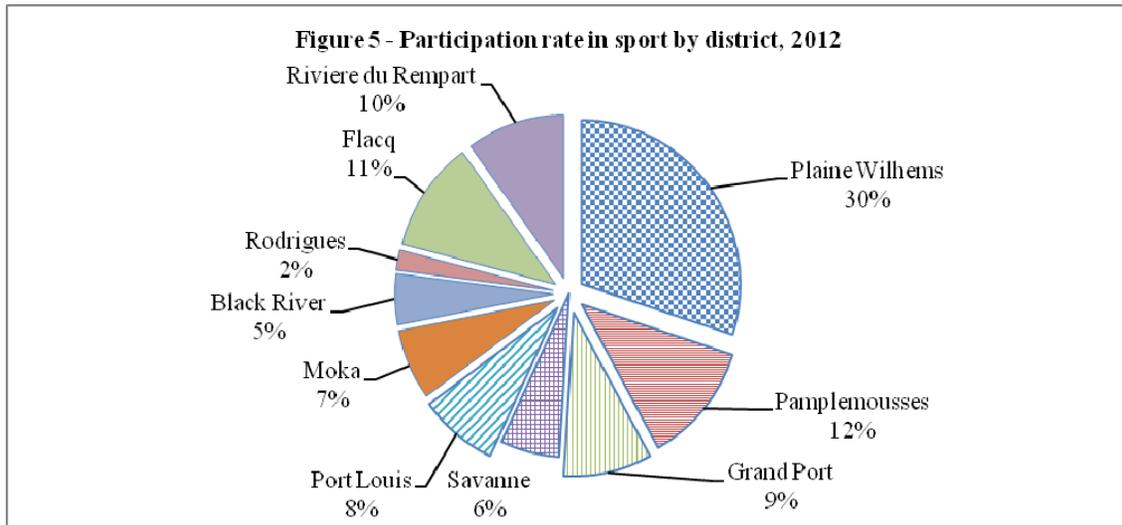
The activity with the highest participation rate was jogging (25%). Other sports that attracted high participation rates were walking (19%) and football (17%) – (Table 3a).

For male, activities with the highest participation rate were football (27%), jogging (25%) followed by walking (13%) – (Table 3b).

For female, activities with the highest participation rate were walking (28%), jogging (25%) and yoga (14%) – (Table 3c).

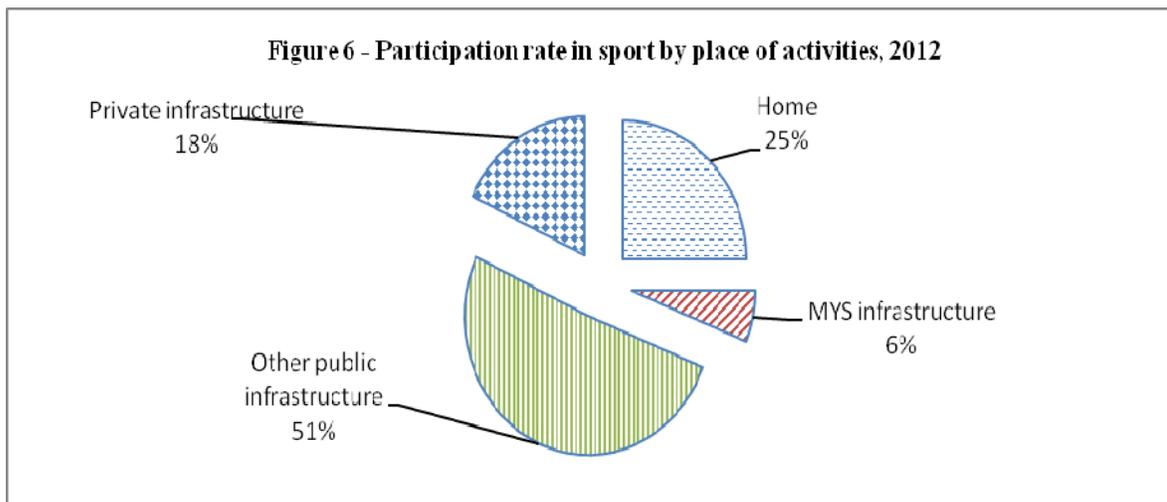
Rate of participation in sport by district

The survey result shows that the participation rate was highest in the district of Plaine Wilhems (30%). The other districts with a fair rate of participation were: Pamplemousses (12%), Flacq (11%) and Riviere du Rempart (10%) - (Figure 5 & Table 8).



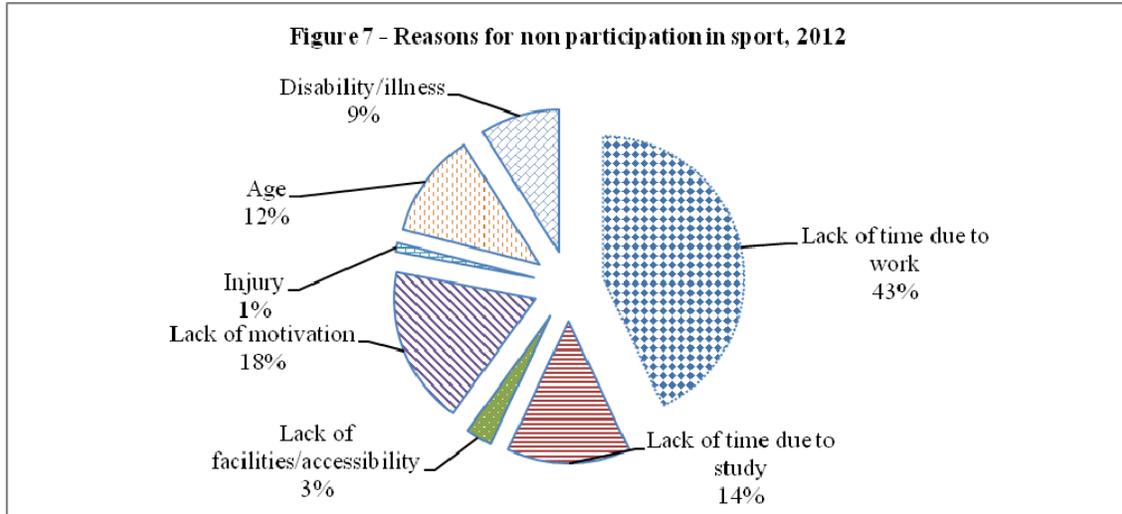
Participation in sport by place of activity

During the 12 months of year 2012, nearly 51% of persons practiced sport in other public infrastructure, 25% at home, 18% in private infrastructures and 6% in infrastructures put in place by the Ministry of Youth and Sports (Figure 6 & Table 7a).



Non participation in sports activities

A total of 704,240 (60%) persons in the target population was not involved in sporting activities for the following main reasons: Lack of time due to work (43%), Lack of motivation (18%), Lack of due to study (15%), Old age (12%), Disability/Illness (9%) and Lack of facilities (3%) - (Figure 7 & Table 9).



Note: Total may not tally due to rounding off of figures

Table 1 - Participation in sport , 2012

Sex	Participation in Sports			
	Number			
	Yes	NO	Not Stated	Total population
Male	269,612	302,606	7,009	579,226
Female	185,428	401,634	4,732	591,794
Total	455,040	704,240	11,741	1,171,020
% (overall population)	39	60	1	100

Table 2: Weekly frequency of participation in sport by sex, 2012

Weekly frequency	Male	Female	Both Sexes
Once	45,317	33,619	78,936
Two times	74,281	49,382	123,663
Three times	67,179	42,343	109,522
Four times	25,404	16,722	42,126
Five times	21,683	16,243	37,926
Six times	10,334	8,943	19,277
Seven times	24,636	18,176	42,812
>Seven times	778	-	778
Total	269,612	185,428	455,040

Table 3a: Number of persons¹ (both sexes) doing physical exercise by activities and age group, 2012

Activities	Age group (yrs)								Total
	7 - 12	13 - 19	20- 29	30 - 39	40 - 49	50 - 59	60 - 69	70+	
Aerobic	1,443	2,183	4,529	4,888	4,346	2,304	645	153	20,491
Atheletics	1,135	2,059	1,008	548	195	102	141	-	5,188
Badminton	3,987	3,720	3,093	1,932	1,503	991	-	-	15,226
Basketball	306	1,821	685	394	161	-	-	-	3,367
Body building	-	4,626	5,942	3,411	2,121	1,219	445	48	17,812
Cycling	9,516	7,525	5,707	5,529	6,472	4,301	2,372	902	42,324
Football	18,961	31,546	25,857	12,849	6,277	2,612	286	-	98,388
Jogging	13,037	18,220	24,897	30,157	28,598	19,510	8,245	2,048	144,712
Swimming	5,311	6,181	6,390	8,160	6,230	2,898	1,078	317	36,565
Table tennis	325	524	275	398	310	113	90	-	2,035
Taichi	618	607	619	436	429	962	854	550	5,075
Tennis	492	828	287	285	172	204	64	45	2,377
Volley ball	937	3,077	2,198	1,587	461	43	-	36	8,339
Walking	5,285	6,847	8,846	17,453	22,936	23,827	16,691	6,582	108,467
Weightlifting	229	2,202	3,005	1,882	1,005	354	55	-	8,732
Yoga	2,974	2,846	4,593	7,353	8,841	9,715	5,517	2,091	43,930
Other	3,371	4,577	4,626	3,280	2,619	1,926	482	391	21,272
Total	67,927	99,389	102,557	100,542	92,676	71,081	36,965	13,163	584,300

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¹ A person may participate in more than one activity

Table 3b: Number of persons¹ (male) doing physical exercise by activities and age group, 2012

Activities	Age group (yrs)								Total
	7 - 12	13 - 19	20- 29	30 - 39	40 - 49	50 - 59	60 - 69	70+	
Aerobic	330	106	192	510	540	292	103	53	2,126
Athletics	733	1,345	935	517	132	45	141	-	3,848
Badminton	1,567	1,508	1,430	1,345	925	792	-	-	7,567
Basketball	-	1,500	531	283	161	-	-	-	2,475
Body building	-	4,224	5,547	3,019	1,943	1,081	239	48	16,101
Cycling	5,867	5,493	3,926	3,813	5,188	3,721	1,905	902	30,815
Football	18,497	30,194	25,669	12,641	6,277	2,612	286	-	96,176
Jogging	6,128	8,874	14,731	19,276	19,842	13,216	5,671	1,466	89,204
Swimming	2,546	3,119	4,025	5,183	4,555	1,767	703	281	22,179
Table tennis	229	367	167	286	206	86	24	-	1,365
Taichi	186	172	252	125	251	359	241	185	1,771
Tennis	299	576	199	285	92	204	-	45	1,700
Volley ball	271	945	1,642	1,167	461	43	-	36	4,565
Walking	1,880	2,280	3,180	5,773	9,653	11,322	8,034	3,672	45,794
Weightlifting	229	2,138	2,885	1,742	1,005	354	55	-	8,408
Yoga	974	1,002	707	1,563	2,814	2,749	1,749	909	12,467
Other	2,334	2,950	3,036	1,658	1,534	1,198	236	355	13,301
Total	42,070	66,793	69,054	59,186	55,579	39,841	19,387	7,952	359,862

¹ A person may participate in more than one activity

Table 3c: Number of persons¹ (female) doing physical exercise by activities and age group, 2012

Activities	Age group (yrs)								Total
	7 - 12	13 - 19	20- 29	30 - 39	40 - 49	50 - 59	60 - 69	70+	
Aerobic	1,113	2,077	4,337	4,378	3,807	2,012	542	100	18,366
Atheletics	402	714	73	31	63	57	-	-	1,340
Badminton	2,418	2,212	1,663	587	579	199	-	-	7,658
Basketball	306	320	155	112	-	-	-	-	893
Body building	-	405	394	391	178	139	206	-	1,713
Cycling	3,647	2,033	1,781	1,716	1,284	580	467	-	11,508
Football	471	1,349	188	208	-	-	-	-	2,216
Jogging	6,906	9,346	10,166	10,884	8,755	6,294	2,574	582	55,507
Swimming	2,765	3,063	2,365	2,975	1,675	1,131	375	37	14,386
Table tennis	96	157	108	111	104	27	66	-	669
Taichi	433	435	367	311	178	604	612	365	3,305
Tennis	193	253	87	-	80	-	64	-	677
Volley ball	665	2,132	556	420	-	-	-	-	3,773
Walking	3,405	4,566	5,666	11,680	13,283	12,500	8,658	2,909	62,667
Weightlifting	-	64	121	140	-	-	-	-	325
Yoga	2,001	1,843	3,886	5,790	6,026	6,968	3,768	1,182	31,464
Other	1,036	1,627	1,590	1,622	1,085	729	246	36	7,971
Total	25,857	32,596	33,503	41,356	37,097	31,240	17,578	5,211	224,438

¹ A person may participate in more than one activity

Table 4: Number of persons doing physical exercise by reason and sex, 2012

Reason of practicing	Male	Female	Both Sexes
Leisure	68,529	22,163	90,692
Health & fitness	188,861	160,916	349,777
Competition	12,051	2,349	14,400
Other	171	-	171
Total	269,612	185,428	455,040

Table 5a: Number of persons¹ (both sexes) doing physical exercise by activities and duration, 2012

Activities	Duration - (minutes per week)								Total
	<30	30-59	60-119	120-179	180-239	240-299	300-359	360+	
Aerobic	426	2,483	8,328	5,027	2,482	408	256	1,081	20,491
Atheletics	109	823	1,376	1,131	753	296	191	509	5,188
Badminton	307	2,424	6,347	3,858	1,401	400	67	422	15,226
Basketball	-	761	824	665	105	381	-	631	3,367
Body building	199	1,406	5,730	3,708	3,292	1,033	997	1,447	17,812
Cycling	2,017	7,949	14,377	7,108	5,483	1,214	1,066	3,109	42,323
Football	227	6,601	33,793	25,378	15,080	7,169	1,988	8,155	98,391
Jogging	4,763	29,159	51,661	27,731	16,168	4,940	3,081	7,211	144,714
Swimming	598	5,809	16,217	5,756	4,019	1,282	961	1,923	36,565
Table tennis	195	485	1,138	93	-	-	125	-	2,036
Taichi	55	592	1,962	1,150	588	60	82	586	5,075
Tennis	-	320	878	893	161	125	-	-	2,377
Volley ball	313	1,816	2,324	1,796	1,111	563	-	416	8,339
Walking	2,436	20,344	38,815	18,150	16,417	4,044	2,806	5,449	108,461
Weightlifting	157	1,163	2,751	1,622	1,579	386	418	656	8,732
Yoga	2,267	5,441	15,174	11,073	5,009	1,354	1,036	2,576	43,930
Other	395	1,937	6,570	4,568	2,945	2,302	669	1,887	21,273
Total	14,464	89,513	208,265	119,707	76,593	25,957	13,743	36,058	584,300

¹ A person may participate in more than one activity

Table 5b: Number of persons¹ (male) doing physical exercise by activities and duration, 2012

Activities	Duration - (minutes per week)								Total
	<30	30-59	60-119	120-179	180-239	240-299	300-359	360+	
Aerobic	192	358	982	186	113	35	-	260	2,126
Athletics	42	577	1,002	774	630	219	191	413	3,848
Badminton	-	945	3,200	2,328	608	195	67	224	7,567
Basketball	-	362	713	504	35	353	-	508	2,475
Body building	199	989	5,261	3,249	3,192	1,033	789	1,389	16,101
Cycling	964	5,947	9,675	5,372	4,495	869	817	2,676	30,815
Football	227	6,310	33,113	25,147	14,348	7,080	1,928	8,023	96,176
Jogging	2,316	16,918	31,743	17,690	10,825	3,387	2,133	4,192	89,204
Swimming	400	3,701	9,517	3,798	2,687	640	434	1,002	22,179
Table tennis	99	391	789	24	-	-	62	-	1,365
Taichi	55	162	741	218	240	-	82	273	1,771
Tennis	-	212	565	752	111	60	-	-	1,700
Volley ball	82	800	1,275	1,197	671	347	-	193	4,565
Walking	698	9,064	15,249	8,040	7,403	1,557	1,076	2,707	45,794
Weightlifting	157	1,022	2,689	1,622	1,579	306	418	615	8,408
Yoga	762	1,461	3,864	3,374	1,367	399	308	932	12,467
Other	154	1,050	4,073	2,581	1,803	1,421	635	1,584	13,301
Total	6,347	50,269	124,451	76,856	50,107	17,901	8,940	24,991	359,862

¹ A person may participate in more than one activity

Table 5c: Number of persons¹ (female) doing physical exercise by activities and duration, 2012

Activities	Duration - (minutes per week)								Total
	<30	30-59	60-119	120-179	180-239	240-299	300-359	360+	
Aerobic	234	2,125	7,345	4,841	2,369	374	256	822	18,366
Atheletics	68	246	372	358	122	78	-	96	1,340
Badminton	307	1,478	3,146	1,530	793	206	-	198	7,658
Basketball	-	399	112	160	70	29	-	123	893
Body building	-	417	469	461	100	-	208	58	1,713
Cycling	1,054	2,002	4,702	1,736	987	345	249	433	11,508
Football	-	291	680	231	732	90	60	132	2,216
Jogging	2,447	12,242	19,920	10,037	5,343	1,552	948	3,018	55,507
Swimming	198	2,108	6,700	1,958	1,332	642	527	921	14,386
Table tennis	96	94	347	69	-	-	63	-	669
Taichi	-	430	1,221	933	348	60	-	313	3,305
Tennis	-	108	313	142	50	64	-	-	677
Volley ball	231	1,016	1,049	599	440	215	-	223	3,773
Walking	1,736	11,280	23,567	10,110	9,017	2,485	1,730	2,742	62,667
Weightlifting	-	141	63	-	-	80	-	41	325
Yoga	1,505	3,980	11,311	7,699	3,642	955	728	1,644	31,464
Other	241	887	2,497	1,987	1,141	881	34	303	7,971
Total	8,117	39,244	83,814	42,851	26,486	8,056	4,803	11,067	224,438

¹ A person may participate in more than one activity

Table 6a: Number of persons (both sexes) doing physical exercise by age group and duration, 2012

Age Group (yrs)	Duration (minutes per week)								Total
	<30	30 - 59	60 - 119	120 - 179	180 - 239	240 - 299	300 - 359	>360	
7-12	1,446	7,514	15,954	11,793	6,912	3,747	1,262	4,029	52,656
13 - 19	435	5,997	20,109	16,777	10,374	6,773	3,497	9,707	73,668
20 - 29	416	6,409	22,503	17,812	12,870	6,458	3,448	8,412	78,328
30 - 39	1,014	7,739	23,024	16,569	11,674	4,869	3,700	8,403	76,992
40 - 49	900	8,389	20,960	14,424	12,181	3,943	2,756	7,674	71,227
50 - 59	1,023	8,250	16,668	11,903	9,630	3,985	2,330	4,894	58,684
60 - 69	402	4,412	9,471	5,860	5,101	1,816	1,425	3,067	31,554
70+	381	1,862	3,451	2,433	1,815	502	300	1,186	11,931
Total	6,017	50,572	132,139	97,572	70,557	32,092	18,719	47,372	455,040

Table 6b: Number of persons (male) doing physical exercise by age group and duration, 2012

Age Group (yrs)	Duration (minutes per week)								Total
	<30	30 - 59	60 - 119	120 - 179	180 - 239	240 - 299	300 - 359	>360	
7-12	544	3,834	9,474	8,454	4,575	2,458	927	2,648	32,914
13 - 19	109	1,877	12,104	11,198	7,542	5,132	2,692	7,776	48,429
20 - 29	175	2,614	12,748	11,456	9,374	4,978	2,443	6,595	50,383
30 - 39	350	3,867	12,001	9,222	6,326	3,371	2,192	5,962	43,290
40 - 49	292	4,102	11,540	7,724	6,844	2,737	1,667	4,562	39,469
50 - 59	437	4,609	8,003	6,424	5,174	2,234	1,504	3,220	31,605
60 - 69	85	2,308	4,479	2,784	3,185	944	932	1,749	16,467
70+	130	1,189	1,446	1,419	1,341	468	215	846	7,054
Total	2,122	24,400	71,795	58,682	44,361	22,321	12,573	33,358	269,612

Table 6c: Number of persons (female) doing physical exercise by age group and duration, 2012

Age Group (yrs)	Duration (minutes per week)								Total
	<30	30 - 59	60 - 119	120 - 179	180 - 239	240 - 299	300 - 359	>360	
7-12	902	3,680	6,481	3,338	2,337	1,289	335	1,381	19,742
13 - 19	326	4,120	8,005	5,579	2,832	1,641	805	1,931	25,239
20 - 29	242	3,795	9,754	6,356	3,496	1,480	1,005	1,817	27,945
30 - 39	664	3,872	11,023	7,347	5,348	1,497	1,508	2,442	33,701
40 - 49	608	4,287	9,419	6,700	5,337	1,206	1,089	3,112	31,758
50 - 59	586	3,641	8,664	5,480	4,456	1,751	826	1,674	27,079
60 - 69	317	2,104	4,992	3,076	1,915	872	493	1,318	15,087
70+	251	673	2,005	1,014	474	34	85	340	4,877
Total	3,895	26,171	60,344	38,890	26,196	9,771	6,146	14,014	185,428

Table 7a: Number of persons¹ (both sexes) doing physical exercise by activities and place, 2012

Activities	Public infrastructure			Private infrastructure			Grand Total
	Ministry of Youth & Sports	Other	Total	Home	Other	Total	
Aerobic	1,347	3,022	4,369	7,701	8,421	16,122	20,491
Athletics	1,676	1,849	3,525	407	1,256	1,663	5,188
Badminton	2,483	4,255	6,738	6,012	2,476	8,488	15,226
Basketball	324	1,540	1,864	408	1,095	1,503	3,367
Body building	358	1,451	1,809	4,360	11,643	16,003	17,812
Cycling	564	20,670	21,234	15,775	5,315	21,090	42,324
Football	8,703	63,105	71,808	10,825	15,759	26,584	98,392
Jogging	4,993	88,362	93,355	34,753	16,606	51,359	144,714
Swimming	2,825	26,943	29,768	1,575	5,222	6,797	36,565
Table tennis	114	246	360	1,152	523	1,675	2,035
Taichi	271	563	834	1,361	2,880	4,241	5,075
Tennis	382	362	744	81	1,552	1,633	2,377
Volley ball	1,587	3,931	5,518	871	1,950	2,821	8,339
Walking	3,412	64,891	68,303	28,703	11,455	40,158	108,461
Weightlifting	258	1,407	1,665	2,920	4,147	7,067	8,732
Yoga	2,201	6,613	8,814	26,450	8,666	35,116	43,930
Other	1,466	5,163	6,629	5,114	9,529	14,643	21,272
Total	32,964	294,373	327,337	148,468	108,495	256,963	584,300

¹ A person may participate in more than one activity

Table 7b: Number of persons¹ (male) doing physical exercise by activities and place, 2012

Activities	Public infrastructure			Private infrastructure			Grand Total
	Ministry of Youth & Sports	Other	Total	Home	Other	Total	
Aerobic	-	256	256	1,282	588	1,870	2,126
Athletics	1,127	1,366	2,493	251	1,104	1,355	3,848
Badminton	1,470	2,490	3,960	1,810	1,797	3,607	7,567
Basketball	324	856	1,180	201	1,094	1,295	2,475
Body building	358	1,227	1,585	3,700	10,816	14,516	16,101
Cycling	428	17,319	17,747	9,267	3,801	13,068	30,815
Football	8,627	61,636	70,263	10,604	15,309	25,913	96,176
Jogging	3,211	55,629	58,840	20,369	9,995	30,364	89,204
Swimming	1,653	16,756	18,409	932	2,838	3,770	22,179
Table tennis	72	183	255	746	364	1,110	1,365
Taichi	56	125	181	780	810	1,590	1,771
Tennis	259	237	496	81	1,123	1,204	1,700
Volley ball	896	2,302	3,198	320	1,047	1,367	4,565
Walking	1,784	28,839	30,623	10,835	4,336	15,171	45,794
Weightlifting	258	1,266	1,524	2,857	4,027	6,884	8,408
Yoga	123	1,494	1,617	8,776	2,074	10,850	12,467
Other	1,255	3,550	4,805	2,375	6,121	8,496	13,301
Total	21,901	195,531	217,432	75,186	67,244	142,430	359,862

¹ A person may participate in more than one activity

Table 7c: Number of persons¹(female) doing physical exercise by activities and place, 2012

Activities	Public infrastructure			Private infrastructure			Grand Total
	Ministry of Youth & Sports	Other	Total	Home	Other	Total	
Aerobic	1,347	2,766	<i>4,113</i>	6,420	7,833	<i>14,253</i>	18,366
Atheletics	549	484	<i>1,033</i>	155	152	<i>307</i>	1,340
Badminton	1,013	1,766	<i>2,779</i>	4,200	679	<i>4,879</i>	7,658
Basketball	-	686	<i>686</i>	207	-	<i>207</i>	893
Body building	-	223	<i>223</i>	662	828	<i>1,490</i>	1,713
Cycling	136	3,352	<i>3,488</i>	6,507	1,513	<i>8,020</i>	11,508
Football	76	1,471	<i>1,547</i>	220	449	<i>669</i>	2,216
Jogging	1,782	32,730	<i>34,512</i>	14,384	6,611	<i>20,995</i>	55,507
Swimming	1,172	10,187	<i>11,359</i>	643	2,384	<i>3,027</i>	14,386
Table tennis	42	63	<i>105</i>	405	159	<i>564</i>	669
Taichi	214	438	<i>652</i>	581	2,072	<i>2,653</i>	3,305
Tennis	123	125	<i>248</i>	-	429	<i>429</i>	677
Volley ball	690	1,629	<i>2,319</i>	551	903	<i>1,454</i>	3,773
Walking	1,628	36,052	<i>37,680</i>	17,868	7,119	<i>24,987</i>	62,667
Weightlifting	-	141	<i>141</i>	63	121	<i>184</i>	325
Yoga	2,078	5,120	<i>7,198</i>	17,674	6,592	<i>24,266</i>	31,464
Other	211	1,613	<i>1,824</i>	2,739	3,408	<i>6,147</i>	7,971
Total	11,061	98,846	109,907	73,279	41,252	114,531	224,438

¹ A person may participate in more than one activity

Table 8: Number of persons (both sexes) doing physical exercise by district, 2012

District	Male	Female	Both sexes
Port Louis	21,882	13,920	35,802
Pamplemousses	33,196	21,307	54,503
Riv / Rempart	27,551	18,672	46,223
Flacq	31,492	20,419	51,911
G.port	24,997	16,220	41,217
Savanne	16,517	9,703	26,220
Plaine wilhems	74,534	61,963	136,497
Moka	19,295	11,055	30,351
Black River	14,599	7,791	22,390
Rodrigues	5,549	4,377	9,927
Total	269,612	185,428	455,040

Table 9: Number of persons (both sexes) not doing physical exercise by reason , 2012

Reasons for not practicing sports	Male	Female	Both Sexes
Lack of time due to work	146,664	153,046	299,710
Lack of time due to study	38,821	63,377	102,198
Lack of facilities/accessibility	8,833	15,053	23,886
Lack of motivation	45,319	78,858	124,177
Injury	4,517	2,396	6,913
Age	30,305	52,718	83,023
Disability/illness	27,201	34,167	61,368
Other	946	2,019	2,965
Total	302,606	401,634	704,240