



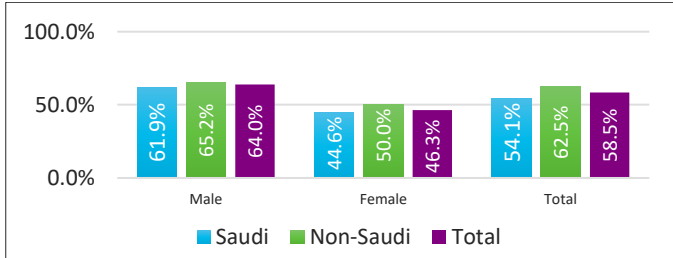
58.5% of adults (18 years and above) engage in physical activity for (150 minutes or more) per week across Saudi Arabia

Based on self-reported data from individuals, the results of the National Health Survey showed that 58.5% of the population (18 years and above) engaged in physical activity for (150 minutes or more) per week, with the percentage of males at 64%, higher than the percentage of females at 46.3%. The results of the National Health Survey, and Women and Child Health Survey also indicated that 18.7% of children and adolescents (5 to 17 years) engaged in physical activity for (60 minutes or more) per day, with the percentage of males at 23.2%, higher than the percentage of females at 14%. The average daily sedentary hours for adults (18 years and older) were 5.9 hours.

58.5% of adults (18 years and above) engage in physical activity for (150 minutes or more) per week

The results showed that non-Saudis had a higher level of physical activity than Saudis, with a percentage of 62.5% compared to 54.1%. (Figure1)

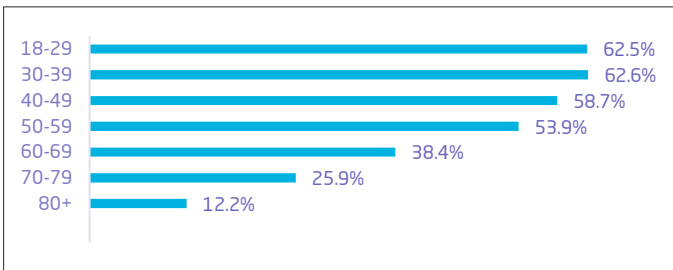
Figure1. Relative distribution of physical activity among adults (18 years and above) by nationality and sex



Age group (30-39 years) has the highest level of physical activity

The results indicated that the age group (30-39 years) had the highest level of physical activity at a percentage of 62.6%, while individuals (80 years and above) were the least active, with a percentage of 12.2%. (Figure2)

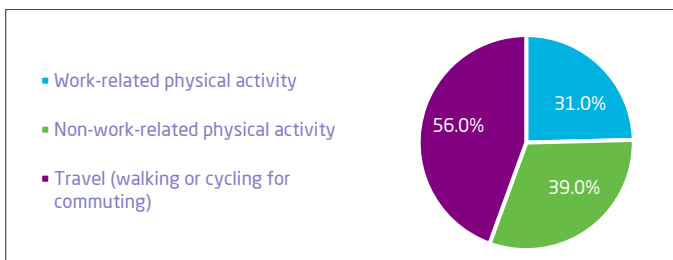
Figure2. Relative distribution of physical activity among adults (18 years and above) by age group



Travel (walking or cycling for commuting) ranks first among those engaging in physical activity with 56%

Transportation activities (walking or cycling for commuting) ranked first among those engaging in physical activity at a percentage of 56%, followed by non-work-related physical activities (such as recreational activities) at 39%, and finally work-related physical activities at 31%. (Figure3)

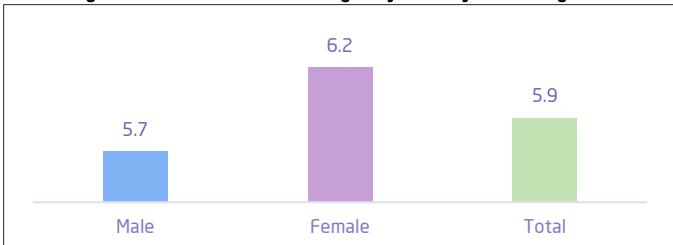
Figure3. Relative distribution of physical activity among adults (18 years and above) by type of physical activity.



5.9 Average daily sedentary hours among adults (18 years and above)

5.9 was the average number of hours adults spent per day sitting or lying down, excluding sleep, with (6.2) females being in average higher than males (5.7). (Figure4)

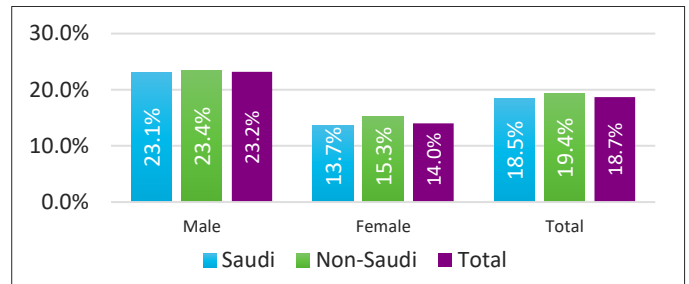
Figure4. Relative distribution of average daily sedentary hours among adults



18.7% of children and adolescents (5 to 17 years) engage in physical activity for (60 minutes or more) per day

The results indicated that non-Saudi children and adolescents had a higher level of physical activity than Saudi children, with a percentage of 19.4% compared to 18.5%. (Figure5)

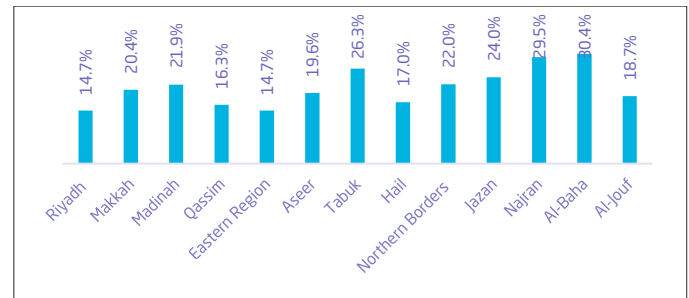
Figure5. Relative distribution of physical activity among children and adolescents (5 to 17 years) by nationality and sex



Al-Baha Region has the highest percentage of physical activity among children and adolescents across Kingdom with 30.4%

The results showed that Al-Baha Region had the highest percentage of children and adolescents engaging in physical activity for (60 minutes or more) per day at 30.4%, while Riyadh Region had the lowest percentage at 14.7%. (Figure6)

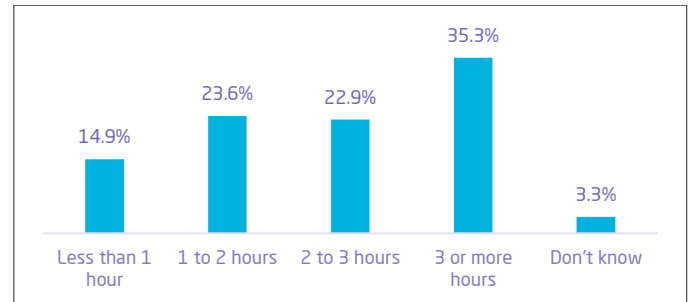
Figure6. Relative distribution of physical activity among children and adolescents (5 to 17 years) by administrative region



5.3% of children and adolescents (5 to 17 years) have more than three hours of sedentary time per day

The results indicated that 35.3% of children and adolescents (5 to 17 years) spent more than three hours per day sitting or engaging in non-physical activities, such as watching television or using electronic devices, excluding school time, while the remaining children and adolescents spent between one to three hours in sedentary activities.

Figure7. Relative distribution of daily sedentary hours among children and adolescents



Methodology and Quality

This publication presents indicators of physical activity (self-reported) for the adult population (18 years and above) and children (5 to 17 years) based on the results of the National Health Survey, and Woman and Child Health Survey for the year 2024, along with population estimates from the General Authority for Statistics for 2024.

For more details on the [Methodology and Quality](#), click on: [Table](#)