

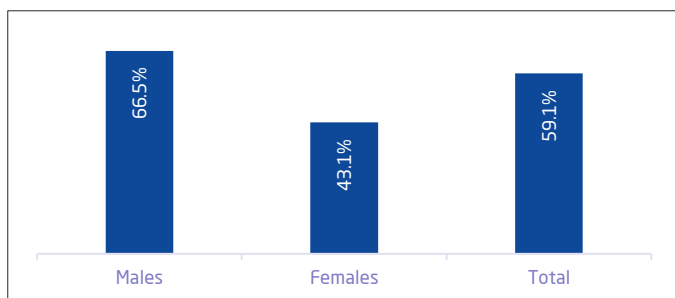
59.1% of adults (18 years and above) engage in physical activity for (150 minutes or more) per week across Saudi Arabia

Based on self-reported data from individuals, the results of the National Health Survey showed that 59.1% of the population (18 years and above) engaged in physical activity for (150 minutes or more) per week, with the percentage of males at 66.5%, and females at 43.1%. In addition, the results of the National Health Survey, and Woman and Child Health Survey indicated that 19.0% 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 23.3% and females at 14.4%.

Percentage of individuals (18 years and above) engage in physical activity for (150 minutes or more) per week

The results showed that the percentage of physical activity among males was 66.5%, while among females it was 43.1%. (Figure1).

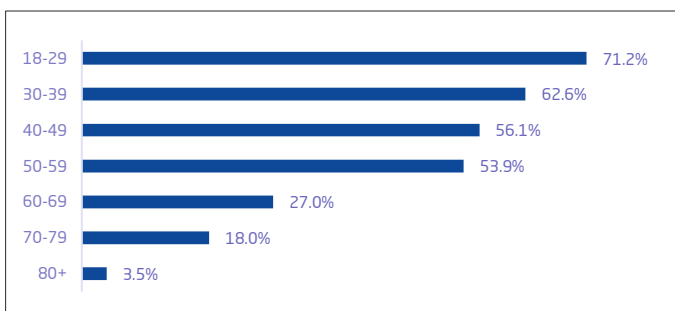
Figure1. Relative distribution of physical activity among adults (18 years and above) by sex



Age group (18-29 years) has the highest level of physical activity

The results indicated that the age group (18-29 years) had the highest level of physical activity at a percentage of 71.2%, while individuals (80 years and above) were the least active, with a percentage of 3.5%. (Figure2).

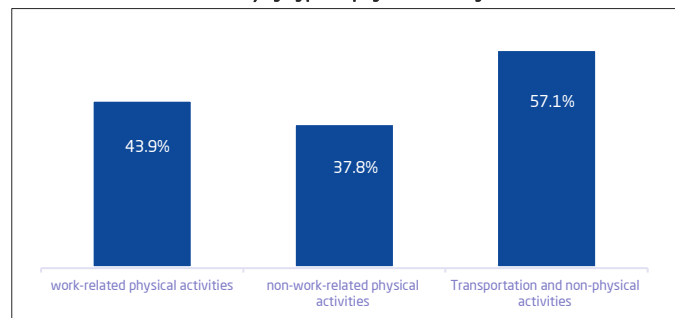
Figure 2. Relative distribution of physical activity among adults (18 years and above) by age group



Commuting (walking or cycling for commuting) ranks first among those who engage in physical activity with 57.1%

Transportation activities (walking or cycling for commuting) ranked first among those who engage in physical activity at a percentage of 57.1%, followed by work-related physical activities at 43.9%, and finally non-work-related physical activities at 37.8%. (Figure3).

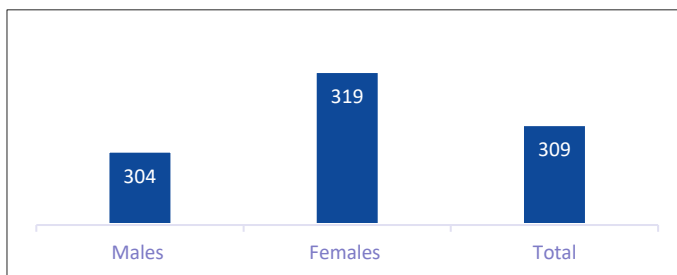
Figure3. Relative distribution of physical activity among adults (18 years and above) by type of physical activity.



Average daily sedentary minutes among adults (18 years and above)

The average number of minutes adults spent per day sitting or lying down, excluding sleep, was 309 minutes, with females (319 minutes) and males (304 minutes). (Figure4).

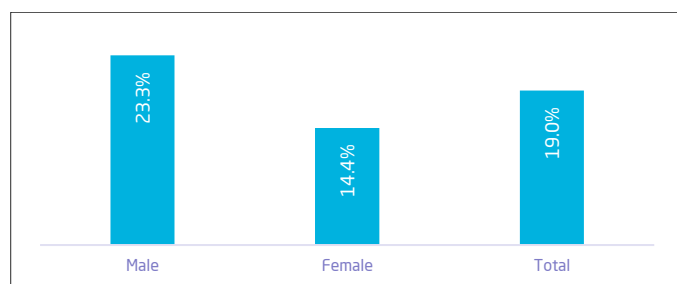
Figure4. Relative distribution of average daily sedentary minutes among adults



19.0% of children and adolescents (5 to 17 years) engage in physical activity for (60 minutes or more) per day

The results showed that 19.0% of children and adolescents (5 to 17 years) engaged in physical activity for (60 minutes or more). The percentage was 23.3% for males and 14.4% for females. (Figure5).

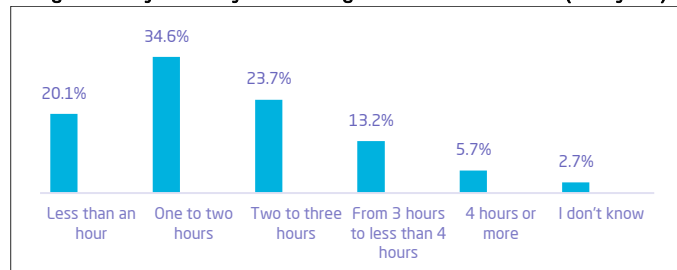
Figure5. Relative distribution of physical activity among children and adolescents (5 to 17 years) by sex



Daily sedentary hours among children and adolescents (5-17 years)

The results showed that 34.6% of children and adolescents (5-17 years) spend one to two hours sitting or engaging in sedentary non-physical activities such as watching television or using electronic devices, excluding school time. (Figure6).

Figure 6: Daily sedentary hours among children and adolescents (5-17 years)



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 2025, along with population estimates from the General Authority for Statistics for 2025.

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

* Disclaimer

The physical activity estimates are based on self-reported data provided by individuals or caregivers. The accuracy of the data depends on the accuracy of self-reporting in the National Health Survey and the Woman and Child Health Survey 2025.