

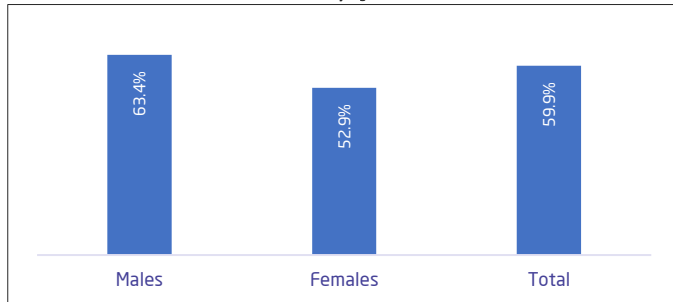
59.9% of adults aged 18 years and above engage in physical activity for 150 minutes or more per week in Saudi Arabia

Based on individuals' self-reported data, the results of the National Health Survey showed that 59.9% of Saudi Arabia's population aged 18 years and above engage in physical activity for 150 minutes or more per week. The percentage was 63.4% among males and 52.9% among females. The results of the National Health Survey and the Woman and Child Health Survey also showed that 20.3% of children and adolescents aged 5-17 years engage in physical activity for 60 minutes or more per day, with males accounting for 27.1% and females for 13.3%

Percentage of individuals aged 18 years and above engaging in physical activity for 150 minutes or more per week

The results showed that the percentage of individuals engaging in physical activity was 63.4% among males and 52.9% among females (Figure 1).

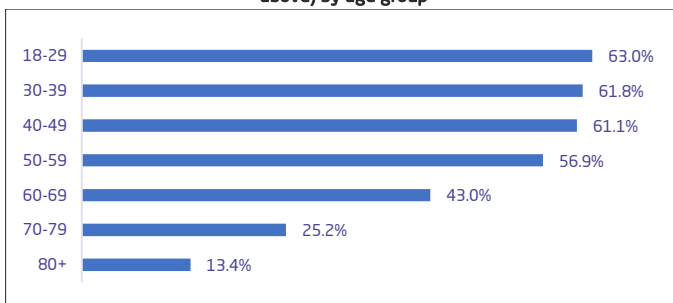
Figure 1: Relative distribution of physical activity among adults (18 years and above) by sex



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

The results showed that adults aged 18-29 years had the highest percentage of physical activity, at 63.0%, while those aged 80 years and above had the lowest percentage, at 13.4% (Figure 2).

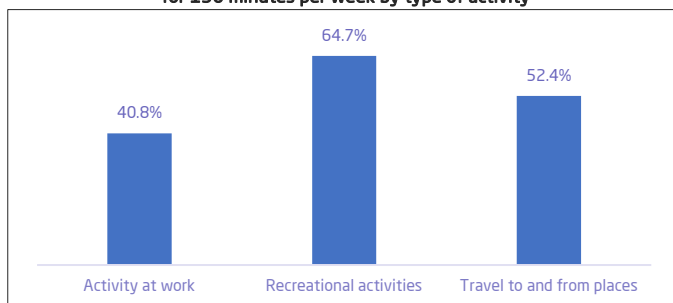
Figure 2: Relative distribution of physical activity among adults (18 years and above) by age group



Recreational physical activity ranked first among individuals engaging in physical activity at 64.7%

Recreational physical activity ranked first among physically active individuals, at 64.7%, followed by physical activity while commuting to and from places at 52.4%, while physical activity at work ranked last, at 40.8% (Figure 3).

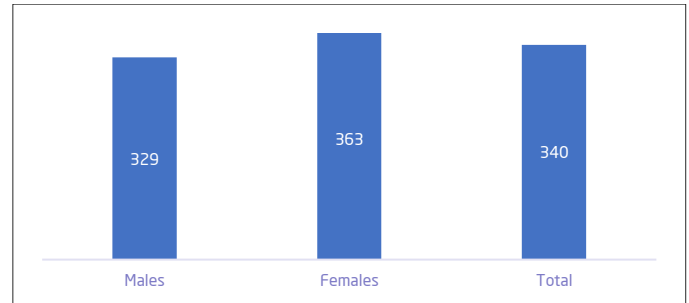
Figure 3: Percentage of adults (18 years and above) engaging in physical activity for 150 minutes per week by type of activity



Average daily sedentary minutes among adults aged 18 years and above

The average number of minutes adults spent sitting or reclining, excluding sleep, was 340 minutes per day, with females averaging 363 minutes and males 329 minutes (Figure 4).

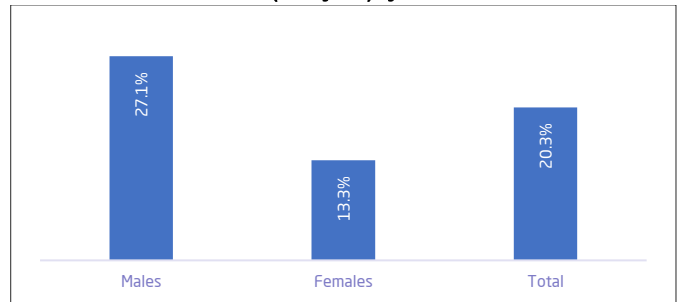
Figure 4: Average daily sedentary minutes among adults (18 years and above) by sex



20.3% of children and adolescents aged 5-17 years engage in physical activity for 60 minutes or more per day

The results showed that 20.3% of children and adolescents aged 5-17 years engaged in physical activity for 60 minutes or more per day. The percentage was 27.1% among males, compared to 13.3% among females (Figure 5).

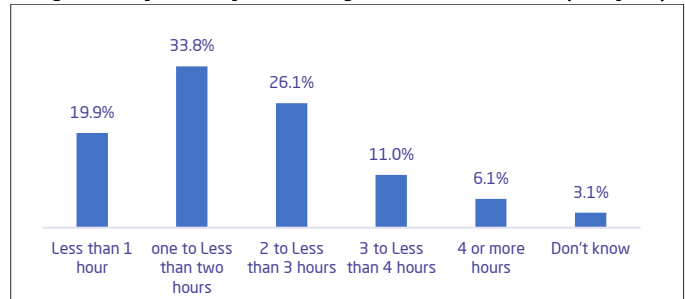
Figure 5: Relative distribution of physical activity among children and adolescents (5-17 years) by sex



Daily sedentary hours among children and adolescents aged 5-17 years

The results showed that 33.8% of children and adolescents aged 5-17 years spent one to less than two hours sitting or engaging in sedentary activities, such as watching television or using electronic devices, excluding time spent at school (Figure 6).

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



* Disclaimer

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 for 2026.

Methodology and quality

This publication presents self-reported physical activity for the adult population of Saudi Arabia (18 years and above) and children (5-17 years), based on the results of the National Health Survey, and Woman and the Child Health Survey for 2026 conducted by the General Authority for Statistics (GASTAT). For more details on Methodology and Quality, click on: [Link](#), [table](#)