



The
Atlas
of Canada

L'Atlas
du Canada

atlas.gc.ca

Since 1906 / Depuis 1906

Atlas of Canada 6th Edition
(archival version)

Physical activity of adults (aged 20 years and over) who are sufficiently active

The map shows by health region in 2005 the proportion of adults who are sufficiently active.

0 100 200 400 600 km

Lambert Conformal Conic Projection. Standard Parallels 49°N and 77°N

Proportion of adults (aged 20 years and over) who are sufficiently active (%)

35.0% - 42.2%
42.3% - 48.9%
49.0% - 56.2%
56.3% - 67.7%
No Data

Populated Places

0 - 999
1 000 - 4 999
5 000 - 24 999
25 000 - 99 999
100 000 - 499 999
500 000 or greater

Boundaries

International
Provincial / Territorial
Canada / Kalaallit Nunaat dividing line
Canada's Exclusive Economic Zone (EEZ)
Health Region Boundary

Capital Cities

National: Ottawa
Provincial or Territorial

Source(s):

Physical Activity of Adults and Youth
Canadian Fitness and Lifestyle Research Institute, 2008. Rating Canada's Regional Health (2005).

© 2009. Her Majesty the Queen in Right of Canada. Natural Resources Canada.