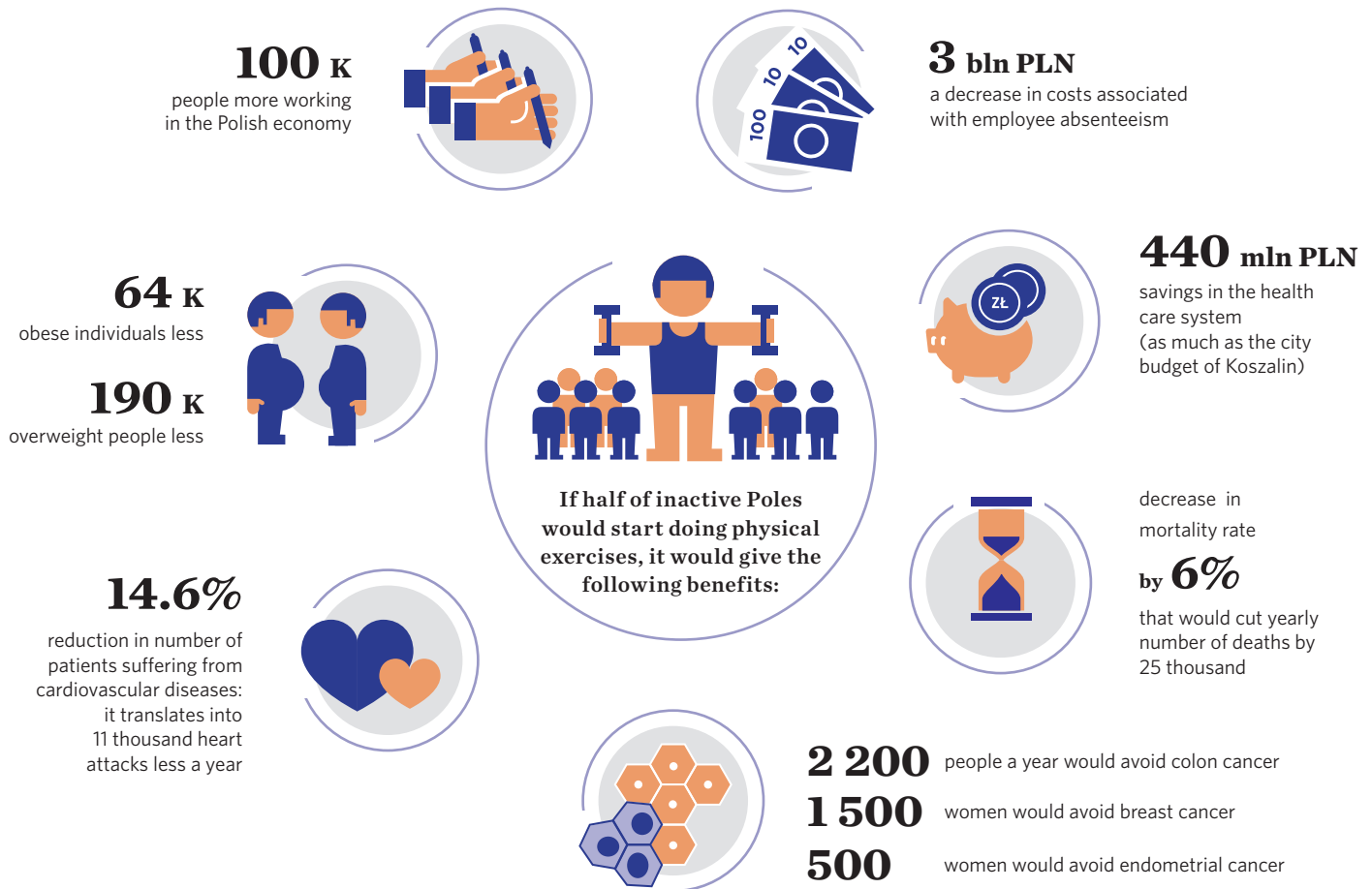
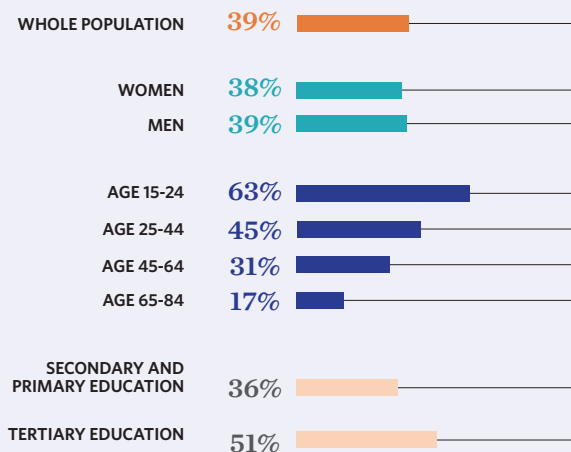


THE IMPACT OF PHYSICAL ACTIVITY ON THE HEALTH OF POLES

WHAT WOULD SOCIETY GAIN FROM INCREASING PHYSICAL ACTIVITY?



HOW MANY POLES ARE PHYSICALLY ACTIVE IN LEISURE TIME?



* A physically active person is a person whose weekly physical activity in leisure time is at least 10 MET-hours, which corresponds to 1 h 40 min of cycling a week.

HOW MUCH DOES AN AVERAGE HOUSEHOLD SPEND ON SPORTS?

41% of households in Poland spend on sports or physical recreation, among them the average sports expenditure amounts to 1 017 PLN a year.

