Physical Activity Patterns of the Spanish Population Are Mostly Determined by Sex and Age: Findings in the ANIBES Study

Physical activity (Mean ± SD) of the ANIBES population:

- Total physical activity: 868.8 ± 660.9 minutes/week
- Vigorous physical activity: 146.4 ± 254.1 minutes/week
- Moderate physical activity: 398.1 ± 408.0 minutes/week

Sample: IPAQ Questionnaire in a representative sample of 2,285 individuals aged 9-75 years-old.

Compliance (%) of the international physical activity recommendations in the ANIBES population

Boys and girls aged 9-17 years-old (%)(1)

- Meet the recommendations: Boys 48.6%, Girls 51.5%
- Do not meet the recommendations: Boys 51.4%, Girls 48.5%

Men and women aged 18-75 years-old (%)(2)

- Moderate activity:
  - Men: 62.8%
  - Women: 43.8%
- Vigorous activity:
  - Men: 45.4%
  - Women: 55.2%
- Moderate or vigorous activity:
  - Men: 54.5%
  - Women: 58.0%

Boys and girls aged 9-17 years-old (%)(3)

- Meet the recommendations:
  - Total: 73.3%
  - Boys: 65.4%
  - Girls: 73.0%
- Do not meet the recommendations:
  - Total: 26.7%
  - Boys: 34.6%
  - Girls: 27.0%

International recommendations:

1. At least 60 minutes/day of moderate to vigorous physical activity.
2. At least 150 min/day of moderate physical activity.
3. At least 75 min/day of vigorous physical activity.