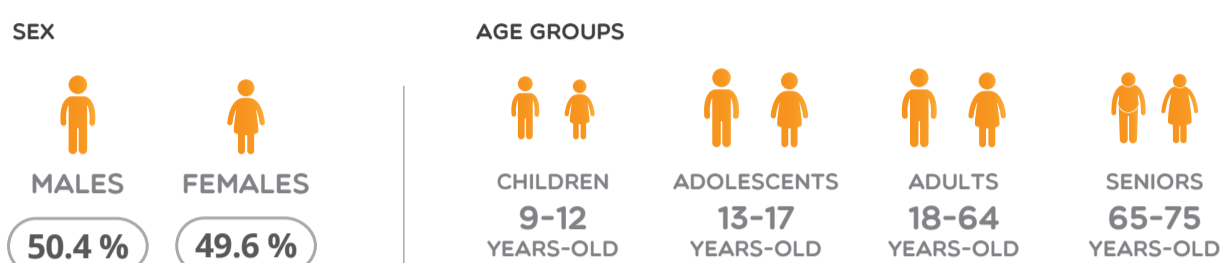


# Physical Activity Patterns of the Spanish Population Are Mostly Determined by Sex and Age: Findings in the ANIBES Study

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

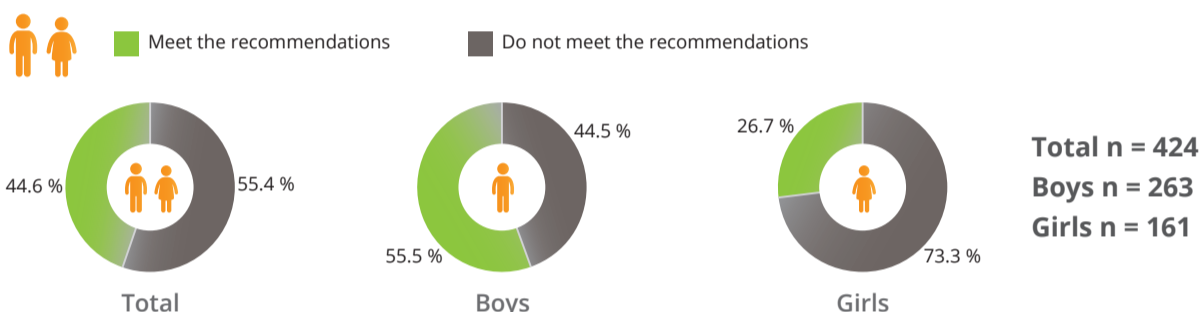
- Total physical activity: 868.8 ± 660.9 minutes/week
- Vigorous physical activity: 146.4 ± 254.1 minutes/week
- Moderate physical activity: 398.1 ± 408.0 minutes/week

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

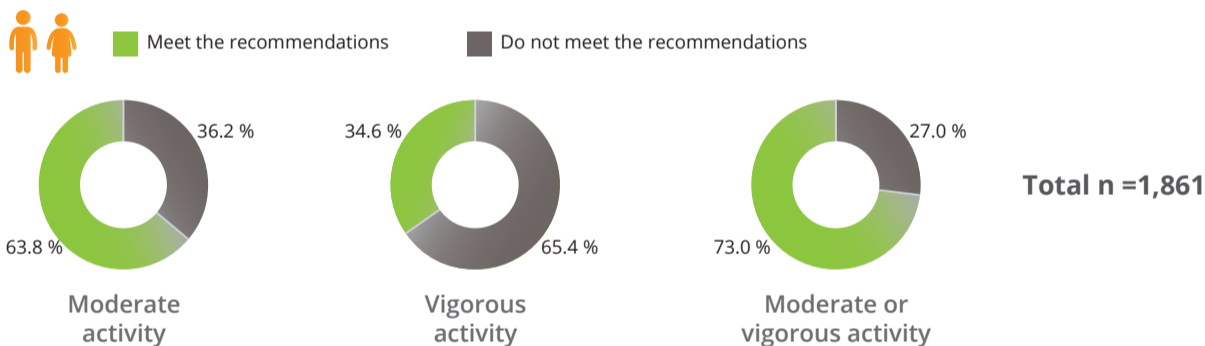


## Compliance (%) of the international physical activity recommendations in the ANIBES population

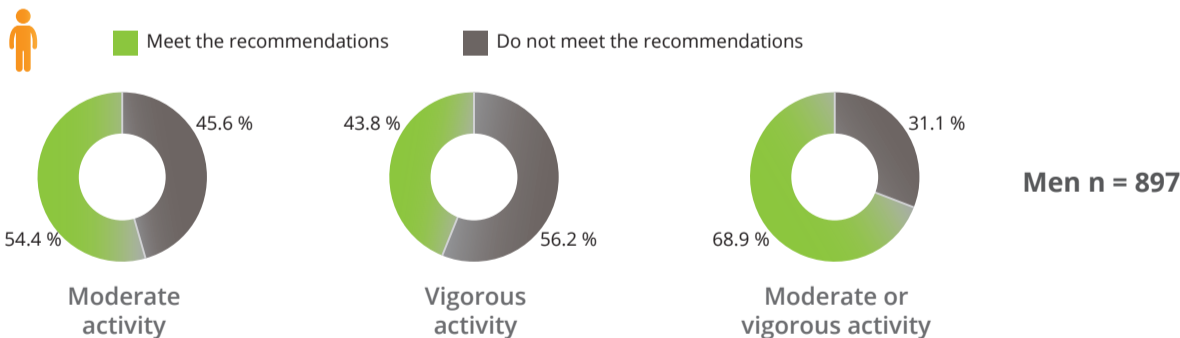
### Boys and girls aged 9-17 years-old (%)<sup>(1)</sup>



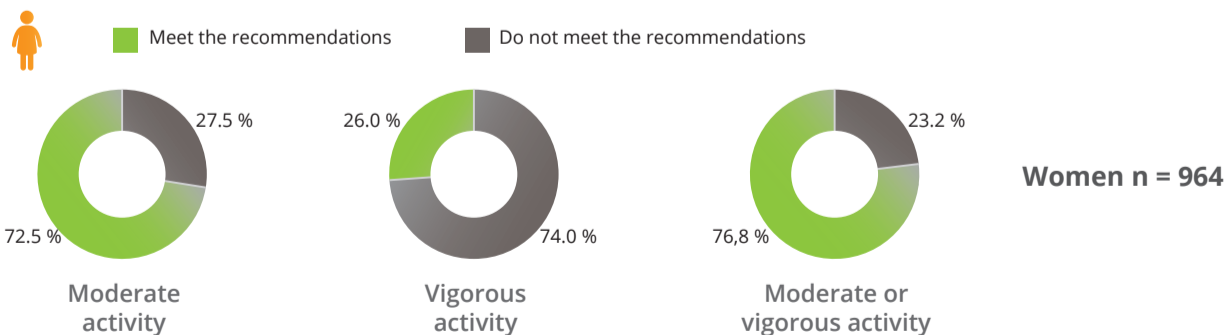
### Men and women aged 18-75 years-old (%)<sup>(2)</sup>



### Men aged 18-75 years-old (%)<sup>(2)</sup>



### Women aged 18-75 years-old (%)<sup>(2)</sup>



<sup>(1)</sup>International recommendation: at least 60 minutes/day of moderate to vigorous physical activity.

<sup>(2)</sup>International recommendations:

- At least 150 min/day of moderate physical activity.
- At least 75 min/day of vigorous physical activity.

Mielgo-Ayuso J, Aparicio-Ugarriza R, Castillo A, Ruiz E, Ávila JM, Aranceta-Bartrina J, Gil A, Ortega RM, Serra-Majem, LI, Varela-Moreiras G, González-Gross, M. Physical Activity Patterns of the Spanish Population Are Mostly Determined by Sex and Age: Findings in the ANIBES Study. PLoS ONE, 2016;11(2):1-22. doi:10.1371/journal.pone.0149969.