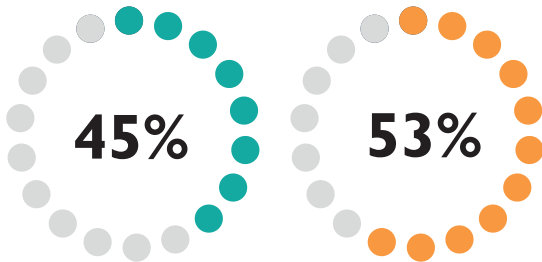


# BEING ACTIVE

– PHYSICAL ACTIVITY & ACTIVE SPACES



45% of adults in Moorabool are not sufficiently physically active

53% of women over 15 are not sufficiently active



57% use public open spaces on a weekly basis

67.9% don't use public open spaces as often as they would like to

Moorabool residents in 2017 who were

Overweight  
**29%**  
(Vic 32%)



Obese  
**31%**  
(Vic 19%)



Walking was the only form of physical activity for **40%** of adults aged 18-64

**66%** women and **57%** men over the age of 65 walk for recreation

**26%** feel safe walking alone after dark in Moorabool



**4 out of 5** children 5-17 years do not meet the recommended **60 mins** of physical activity per day (= 5145 children in Moorabool in 2021)