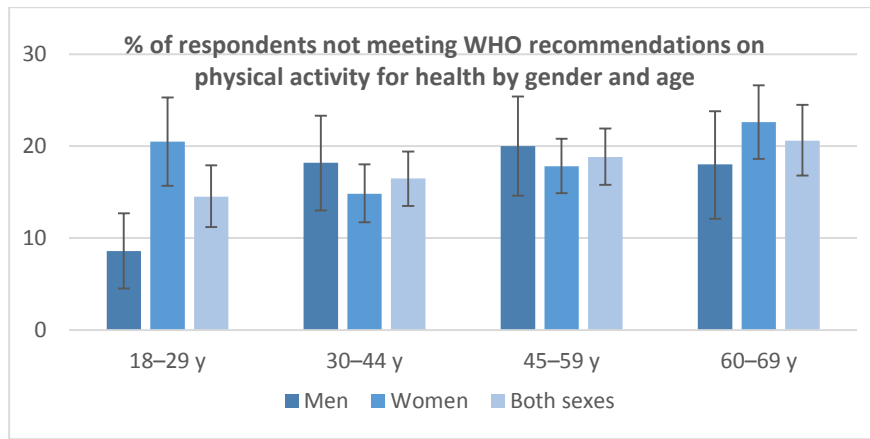


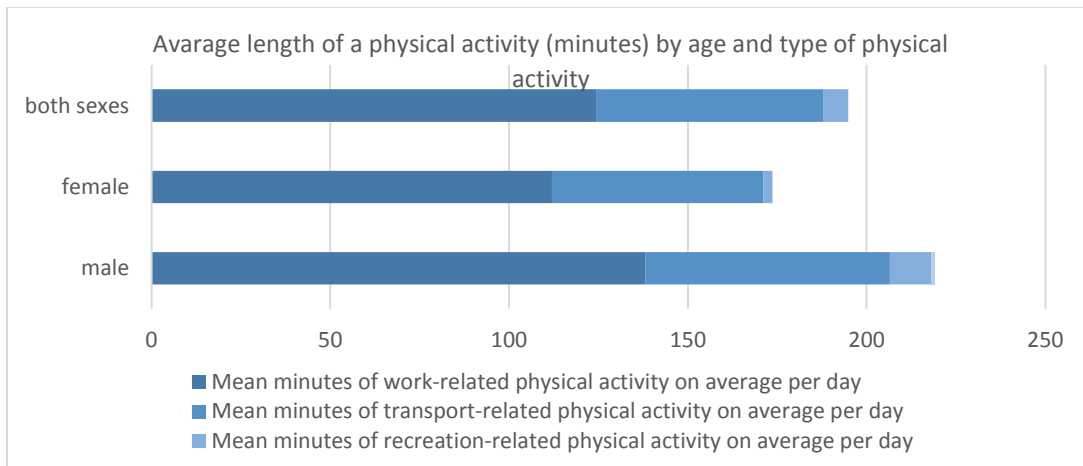
- **STEPS Noncommunicable Disease Risk Factors Survey, Georgia 2016**

Physical Activity

- Physical activity in 17.4% of respondents (male 16.2%, female 18.4%) do not meet WHO recommendations on physical activity
- Younger men (18-29 years) are more physically active



- Mean minutes of general physical activity per day - 194.9 minutes (male 218.1 minutes, female 173.8 minutes)
- Recreational physical activity – 3.5% out of total physical activity (male 5.3%, female 1.5%)



- 82.4% of respondents (male 72.2%, female 91.8%) are not involved in a vigorous physical activity.

