

13398: How often engaged in exercising activities, by region, exercising activity, how often engaged in activity, contents and year, 2021, 2024

			Persons (per cent)		1 000 persons	
			2021	2024	2021	2024
18 Nordland - Nordlândia	Have exercised	Never	13,0	11,6	25	23
		Less than once a month	6,3	6,8	12	13
		1-3 times a month	9,3	10,3	18	21
		Once a week	14,7	18,6	29	37
	Jogging	Several times a week	56,6	52,7	110	105
		Never	61,2	71,7	119	143
		Less than once a month	8,9	6,2	17	12
		1-3 times a month	8,9	8,7	17	17
	Cross-country skiing	Once a week	11,0	5,8	21	11
		Several times a week	10,0	7,6	19	15
		Never	74,8	75,2	145	149
		Less than once a month	5,3	3,8	10	8
	Biking	1-3 times a month	6,7	10,3	13	20
		Once a week	5,1	7,1	10	14
		Several times a week	8,0	3,7	15	7
		Never	61,8	58,8	120	117
	Strength-training	Less than once a month	4,9	5,9	10	12
		1-3 times a month	10,8	9,6	21	19
		Once a week	9,7	6,5	19	13
		Several times a week	12,7	19,1	25	38
	Swimming	Never	54,2	49,2	105	98
		Less than once a month	3,1	3,8	6	7
		1-3 times a month	7,5	9,4	15	19
		Once a week	8,8	15,0	17	30
	Football	Several times a week	26,4	22,7	51	45
		Never	91,2	85,4	177	170
		Less than once a month	4,1	5,7	8	11
		1-3 times a month	3,2	3,0	6	6
	Tennis, squash or badminton	Once a week	1,1	3,9	2	8
		Several times a week	0,3	2,0	1	4
		Never	92,2	85,5	179	170
		Less than once a month	1,1	2,8	2	6
		1-3 times a month	2,3	4,4	5	9
		Once a week	1,7	2,7	3	5
		Several times a week	2,6	4,6	5	9
		Never	98,0	96,6	190	192
		Less than once a month	1,5	2,1	3	4
		1-3 times a month	0,5	.	1	.
		Once a week	.	1,0	.	2
		Several times a week	.	0,3	.	1
55 Troms - Romsa - Tromssa	Have exercised	Never	.	10,7	.	15
		Less than once a month	.	6,4	.	9
		1-3 times a month	.	10,5	.	15
		Once a week	.	15,6	.	22
	Jogging	Several times a week	.	56,8	.	81
		Never	.	64,3	.	92
		Less than once a month	.	2,6	.	4
		1-3 times a month	.	9,8	.	14
	Cross-country skiing	Once a week	.	10,1	.	14
		Several times a week	.	13,2	.	19
		Never	.	68,3	.	98
		Less than once a month	.	7,9	.	11
	Biking	1-3 times a month	.	11,2	.	16
		Once a week	.	5,9	.	8
		Several times a week	.	6,8	.	10
		Never	.	53,3	.	76
	Strength-training	Less than once a month	.	8,0	.	11
		1-3 times a month	.	10,9	.	16
		Once a week	.	8,3	.	12
		Several times a week	.	19,6	.	28
	Swimming	Never	.	46,7	.	67
		Less than once a month	.	2,4	.	3
		1-3 times a month	.	11,1	.	16
		Once a week	.	13,4	.	19
		Several times a week	.	26,5	.	38
		Never	.	74,8	.	107
		Less than once a month	.	11,9	.	17
		1-3 times a month	.	8,7	.	12

54 Troms og Finnmark - Romsa ja Finnmárku (2020-2023)	Football	Once a week	.	3,1	.	4
		Several times a week	.	1,5	.	2
		Never	.	90,8	.	130
		Less than once a month	.	3,3	.	5
		1-3 times a month	.	4,3	.	6
	Tennis, squash or badminton	Once a week	.	0,5	.	1
		Several times a week	.	1,0	.	1
		Never	.	94,9	.	136
		Less than once a month	.	4,4	.	6
		1-3 times a month
	Have exercised	Once a week
		Several times a week	.	0,7	.	1
		Never	14,1	.	29	.
		Less than once a month	5,9	.	12	.
		1-3 times a month	10,3	.	21	.
	Jogging	Once a week	15,5	.	32	.
		Several times a week	54,2	.	111	.
		Never	66,6	.	137	.
		Less than once a month	3,8	.	8	.
		1-3 times a month	9,0	.	18	.
	Cross-country skiing	Once a week	9,8	.	20	.
		Several times a week	10,7	.	22	.
		Never	74,1	.	152	.
		Less than once a month	5,7	.	12	.
		1-3 times a month	8,1	.	17	.
	Biking	Once a week	6,1	.	12	.
		Several times a week	6,0	.	12	.
		Never	60,7	.	124	.
		Less than once a month	3,3	.	7	.
		1-3 times a month	9,1	.	19	.
	Strength-training	Once a week	9,6	.	20	.
		Several times a week	17,3	.	35	.
		Never	52,2	.	107	.
		Less than once a month	4,1	.	8	.
		1-3 times a month	7,5	.	15	.
	Swimming	Once a week	9,7	.	20	.
		Several times a week	26,5	.	54	.
		Never	86,3	.	177	.
		Less than once a month	4,6	.	9	.
		1-3 times a month	5,5	.	11	.
	Football	Once a week	2,8	.	6	.
		Several times a week	0,9	.	2	.
		Never	89,4	.	183	.
		Less than once a month	3,1	.	6	.
		1-3 times a month	2,9	.	6	.
	Tennis, squash or badminton	Once a week	1,0	.	2	.
		Several times a week	3,7	.	8	.
		Never	96,8	.	198	.
		Less than once a month	2,7	.	5	.
		1-3 times a month
		Once a week	0,5	.	1	.
		Several times a week

.. = Data not available. Figures have not been entered into our databases or are too unreliable to be published.

. = Category not applicable. Figures do not exist at this time, because the category was not in use when the figures were collected.
region:

Nordland - Nordlândia: 1 January 2020, the municipality 1852 Tjeldsund was moved from Nordland to Troms og Finnmark.

Updated: 20241119 08:00

Source: Statistics Norway

Units:

Persons (per cent): per cent

1 000 persons: persons

Data type: Flow

Reference period: Data collection between January and June