

**Table 13**  
**2001 Survey of Older Minnesotans**  
**Statewide Population 55+**  
**Participation in Vigorous Activities**

	Total Number	Participation in Vigorous Activities	No Participation in Vigorous Activities
<b>State Total</b>	2,480	54.3%	45.7%
<b>Age*</b>			
55-59	452	61.9%	38.1%
60-64	389	58.9%	41.1%
65-74	914	58.1%	41.9%
75-84	577	44.2%	55.8%
85+	121	30.6%	69.4%
<b>Gender*</b>			
Male	933	59.2%	40.8%
Female	1,547	51.5%	48.5%
<b>Marital Status*</b>			
Married	1,709	58.2%	41.8%
Not Married	761	45.7%	54.3%
<b>Living Arrangement*</b>			
Lives Alone	632	46.0%	54.0%
Lives with Others	1,845	57.1%	42.9%
<b>Education*</b>			
Less than High School	343	37.0%	63.0%
High School Graduate	893	48.7%	51.3%
Post-Secondary	1,229	63.5%	36.5%
<b>Per Capita Income*</b>			
Less than \$12,000	358	41.1%	58.9%
\$12,000 - \$17,999	399	50.9%	49.1%
\$18,000 - \$29,999	481	59.0%	41.0%
\$30,000+	522	65.3%	34.7%
<b>Region</b>			
NE	398	56.0%	44.0%
W	385	53.2%	46.8%
SE	513	53.4%	46.6%
Metro	1,184	54.6%	45.4%

\*Differences are statistically significant.

Survey Question:

Do you regularly participate in any vigorous activity for at least 20 or 30 minutes two to three times a week? For example, hiking, jogging, walking, tennis, biking or swimming?

(If Yes) Do you do this for at least 20 or 30 minutes two to three times a week?