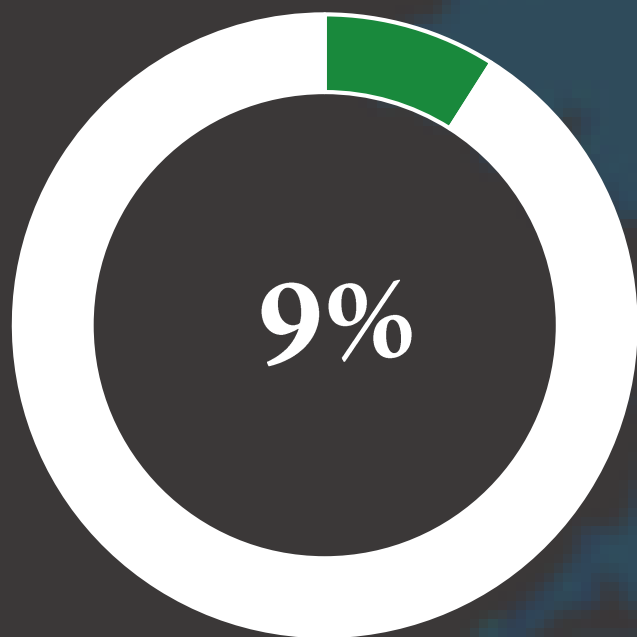


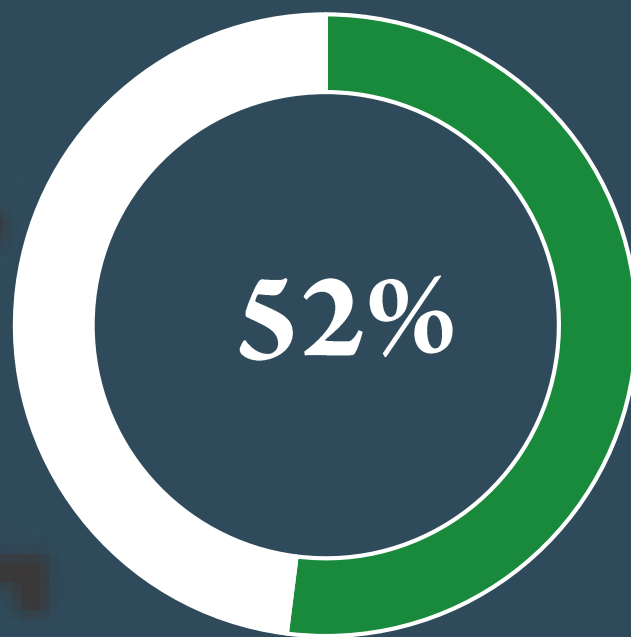
Exercise and Physical Activity among school-aged children in Ireland

23%

23% of 10 to 17 year olds meet the physical activity guidelines of having one hour of moderate to vigorous physical activity daily



9% of 10 to 17 year olds are physically inactive



Report vigorous physical activity in their free time 4 or more times a week