**Physical activity statistics 2015**

New statistics released by the BHF have revealed that Brits are three times more likely to do no moderate physical activity compared to the Dutch. The figures are based on a comparison of 28 EU countries in which the UK is ranked in 16th position with 44% of adults completing no moderate physical activity. The Netherlands leads the way in Europe with only 14% reporting that they do no activity.

Physical activity statistics 2015 provides up to date statistics on physical activity and sedentary behaviour in children and adults across the UK. The chapters explore the proportions of people meeting recommendations, the type of physical activity people participate in, European comparisons, travel habits and the factors influencing physical activity and sedentary behaviour.

Physical Activity Statistics 2015 can be ordered online via [www.bhf.org.uk/publications](http://www.bhf.org.uk/publications) over the phone by calling 0870 6006566 and quoting the resource code G1020 or by emailing [orderline@bhf.org.uk](mailto:orderline@bhf.org.uk)