



Press release

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14 Health

Swiss Health Survey 2017: physical activity and health

Three in four people in Switzerland take sufficient physical activity

The trend toward more physical activity in Switzerland continued without interruption. 76% of the population took sufficient exercise and 64% took part in sports on a weekly basis. Only 9% were considered inactive and 26% never did sport. Those who were physically active also tended to generally have a healthier lifestyle. In particular, there were also links with mental health and dealing with stress. While physical activity does not offer protection against stress at work, it can, however, help to tackle this issue. These are findings from the "Swiss Health Survey", conducted in 2017 for the sixth time by the Federal Statistical Office (FSO).

You can find the complete text of the press release in German, French or Italian:

For German see: www.bfs.admin.ch/news/de/2019-0207

For French see: www.bfs.admin.ch/news/fr/2019-0207

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