

Table 1-3 Exercise Frequency in the Recent Three Months

September, 2005

Unit : One thousand people

Item	Ttotal	No constant or regular exercise	Taking constant or regular exercise	Frequency per week				Average length for each time			
				1-2 times	3-4 times	5-6 times	Over seven times	Less than 15 minutes	16-30 minutes	31-60 minutes	61 minutes and more
				Total	18,385	11,038	7,347	2,664	2,063	1,133	1,487
By area											
Northern area	8,043	4,721	3,322	1,274	950	508	590	379	1,056	1,189	698
Central area	4,581	2,812	1,769	630	481	265	393	242	668	622	237
Southern area	5,282	3,192	2,091	715	595	329	452	308	741	712	330
Eastern area	479	313	166	46	37	31	52	20	59	60	27
By sex and age											
15 - 24	3,464	2,037	1,427	647	464	178	137	159	465	575	228
25 - 34	3,760	2,687	1,073	540	304	126	103	169	410	319	174
35 - 44	3,786	2,489	1,297	609	408	159	120	190	448	452	207
45 - 54	3,382	1,883	1,500	528	439	245	288	181	477	543	299
55 - 64	1,807	880	927	191	238	188	310	103	313	333	178
65 and over	2,186	1,061	1,124	149	211	236	528	147	411	361	205
Male	9,280	5,456	3,824	1,375	1,083	572	794	411	1,238	1,376	799
15 - 24	1,785	949	836	325	296	112	102	63	246	348	179
25 - 34	1,905	1,337	568	286	158	69	56	62	202	184	120
35 - 44	1,914	1,285	629	309	188	69	63	86	211	212	121
45 - 54	1,694	971	723	273	210	110	130	82	206	269	166
55 - 64	889	431	458	104	113	87	155	51	153	162	92
65 and over	1,092	484	609	78	118	125	288	67	221	200	121
Female	9,105	5,582	3,523	1,289	980	561	694	538	1,285	1,207	492
15 - 24	1,679	1,088	590	321	168	66	35	96	219	226	49
25 - 34	1,855	1,350	505	254	146	57	47	107	208	136	54
35 - 44	1,872	1,205	668	300	220	90	58	104	237	240	86
45 - 54	1,688	912	776	255	228	135	158	98	271	274	134
55 - 64	918	449	469	87	125	101	155	52	160	170	86
65 and over	1,093	578	516	71	93	111	240	81	190	161	84

Table 1-3 Exercise Frequency in the Recent Three Months (Cont. 1)

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				1-2 times	3-4 times	5-6 times	Over seven times	Less than 15 minutes	16-30 minutes	31-60 minutes	61 minutes and more
				By sex and education background							
Elementary school and beneath	4,060	2,403	1,656	326	373	319	638	235	635	534	252
Junior high school/primary vocational school	2,547	1,658	889	273	247	145	223	140	328	279	141
Senior high school/senior vocational school	6,207	3,884	2,322	970	684	342	326	321	773	830	398
University and above	5,572	3,092	2,479	1,094	757	327	301	253	787	939	500
Male	9,280	5,456	3,824	1,375	1,083	572	794	411	1,238	1,376	799
Elementary school and beneath	1,618	980	638	129	142	117	251	83	245	206	104
Junior high school/primary vocational school	1,453	983	470	139	126	74	131	75	169	147	78
Senior high school/senior vocational school	3,239	2,007	1,232	491	364	181	197	140	392	450	250
University and above	2,969	1,486	1,483	616	451	200	216	113	433	572	366
Female	9,105	5,582	3,523	1,289	980	561	694	538	1,285	1,207	492
Elementary school and beneath	2,441	1,423	1,018	197	232	202	387	153	390	328	148
Junior high school/primary vocational school	1,094	675	419	134	121	71	92	65	159	132	62
Senior high school/senior vocational school	2,967	1,878	1,090	479	321	162	129	181	381	380	148
University and above	2,603	1,607	996	478	306	126	85	139	355	367	135
By sex and marriage status											
Single	5,875	3,650	2,225	1,008	705	279	233	267	757	834	367
Married or co-habiting	10,930	6,465	4,465	1,511	1,194	728	1,031	588	1,508	1,544	825
Divorced or separated, widow/widower	1,580	923	657	145	163	126	223	94	259	205	99
Male	9,280	5,456	3,824	1,375	1,083	572	794	411	1,238	1,376	799
Single	3,242	1,928	1,313	539	429	178	168	115	419	510	270
Married or co-habiting	5,538	3,223	2,315	780	611	363	561	273	746	800	496
Divorced or separated, widow/widower	500	305	195	56	43	31	65	23	74	65	34
Female	9,105	5,582	3,523	1,289	980	561	694	538	1,285	1,207	492
Single	2,633	1,722	912	469	277	101	65	152	338	324	97
Married or co-habiting	5,391	3,242	2,150	730	583	365	471	315	762	744	329
Divorced or separated, widow/widower	1,080	618	462	89	120	95	158	71	185	139	66

Table 1-3 Exercise Frequency in the Recent Three Months (Cont. 2)

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				1-2 times	3-4 times	5-6 times	Over seven times	Less than 15 minutes	16-30 minutes	31-60 minutes	61 minutes and more
				By work							
The employed	10,681	7,047	3,634	1,592	1,074	468	500	514	1,239	1,219	663
By status											
Employer	462	270	193	83	58	26	27	18	53	63	59
Privately employed	6,648	4,617	2,031	1,001	593	239	197	331	707	628	365
Government employed	1,090	511	580	236	190	75	79	47	179	248	106
Self-employed	1,782	1,180	602	200	156	92	154	83	213	210	96
Unpaid family worker	699	470	229	72	78	36	43	35	87	69	38
By work time											
Permanently works a day shift duty	8,944	5,834	3,111	1,371	915	407	418	437	1,078	1,035	560
Permanently works a evening shift duty	376	270	106	48	38	11	9	24	31	28	22
Permanently works a graveyard shift duty	136	94	42	20	11	7	5	4	15	16	8
Works on both evening and graveyard shifts	67	49	18	10	5	1	2	3	6	9	1
Works day and evening shifts in alternate periods	532	367	164	74	52	16	23	15	48	65	36
Works on both day and evening shifts	549	377	172	65	44	23	41	27	53	61	31
Other	77	56	21	5	9	4	3	4	7	5	5
By nature of work or profession											
Legislators, gov. administrators, business executives & managers	443	210	232	99	71	31	32	14	55	88	75
Professionals	879	475	404	211	107	50	36	35	132	161	76
Technicians and associate professionals	1,523	878	645	310	183	80	72	73	198	232	142
Clerks	1,412	884	529	244	181	57	48	88	192	170	79
Service workers and shop and market sales workers	2,377	1,644	732	277	235	98	121	96	260	239	137
Agricultural, animal husbandry, forestry and fishing workers	633	455	178	40	37	39	62	30	79	52	17
Prod. & machine operators and related workers	3,413	2,500	914	410	259	115	130	178	323	276	137
The unemployed	7,704	3,991	3,713	1,072	989	665	987	435	1,285	1,364	628
Seeking or waiting for job	712	472	240	92	79	40	30	37	90	80	34
Pursuing education	2,002	967	1,035	471	343	130	92	92	321	462	160
Dealing with family matters	2,382	1,283	1,099	295	298	218	289	147	406	365	181
Chronic, hamdicapped, or old-aged	2,036	1,057	979	137	179	205	458	135	362	307	175
Idle or unwilling to work	437	158	280	58	68	58	95	21	76	129	54
Other	133	54	80	20	22	14	24	3	30	21	25

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				1-2 times	3-4 times	5-6 times	Over seven times	Less than 15 minutes	16-30 minutes	31-60 minutes	61 minutes and more
				By individual's annual income							
Less than 200,000	8,822	4,930	3,892	1,164	1,073	667	988	514	1,363	1,376	638
200,000 - less than 300,000	2,753	1,916	838	326	245	114	153	146	296	276	120
300,000 - less than 400,000	2,437	1,702	736	330	197	103	106	117	286	222	111
400,000 - less than 600,000	2,399	1,504	895	402	265	105	123	106	324	301	164
600,000 - less than 800,000	1,082	596	486	224	140	65	57	41	133	191	123
800,000 - less than 1000,000	490	227	264	115	69	43	37	15	76	110	63
1,000,000 and over	401	164	237	102	74	36	24	10	46	108	72
By bedtime											
20:00 22:00	2,973	1,726	1,247	242	278	249	477	195	457	416	179
22:00 24:00	11,494	6,680	4,814	1,815	1,411	751	837	591	1,666	1,722	835
00:00 02:00	3,024	1,974	1,050	501	305	103	141	126	323	374	226
02:00 04:00	372	289	83	35	25	15	9	19	23	22	20
04:00 06:00	133	84	49	20	16	4	9	8	19	15	7
Other	390	286	104	50	28	10	15	9	36	34	25
By BMI											
Lower than 18.5	1,549	1,018	531	228	153	72	78	79	207	178	67
18.5 ~ lower than 24	10,709	6,421	4,288	1,622	1,199	641	825	551	1,443	1,535	759
24 ~ lower than 27	3,998	2,314	1,683	541	479	288	376	201	576	589	318
27 ~ lower than 30	1,531	890	641	210	178	101	151	84	219	217	121
30~ lower than 35	514	339	175	52	44	29	50	33	69	52	21
35 and over	84	55	29	10	9	2	8	3	10	12	4

註：1.BMI (Body Mass Index) = Weight(kg) / (Height(m))²。

2.According to the definition issued by the Department of Health: BMI<18.5 「Under-weight」,18.5<=BMI<24 「Normal」, 24<=BMI<27 「Overweight」,27<=BMI<30 「Light obesity」,30<=BMI<35 「Mild obesity」,35<=BMI 「Serious obesity」.