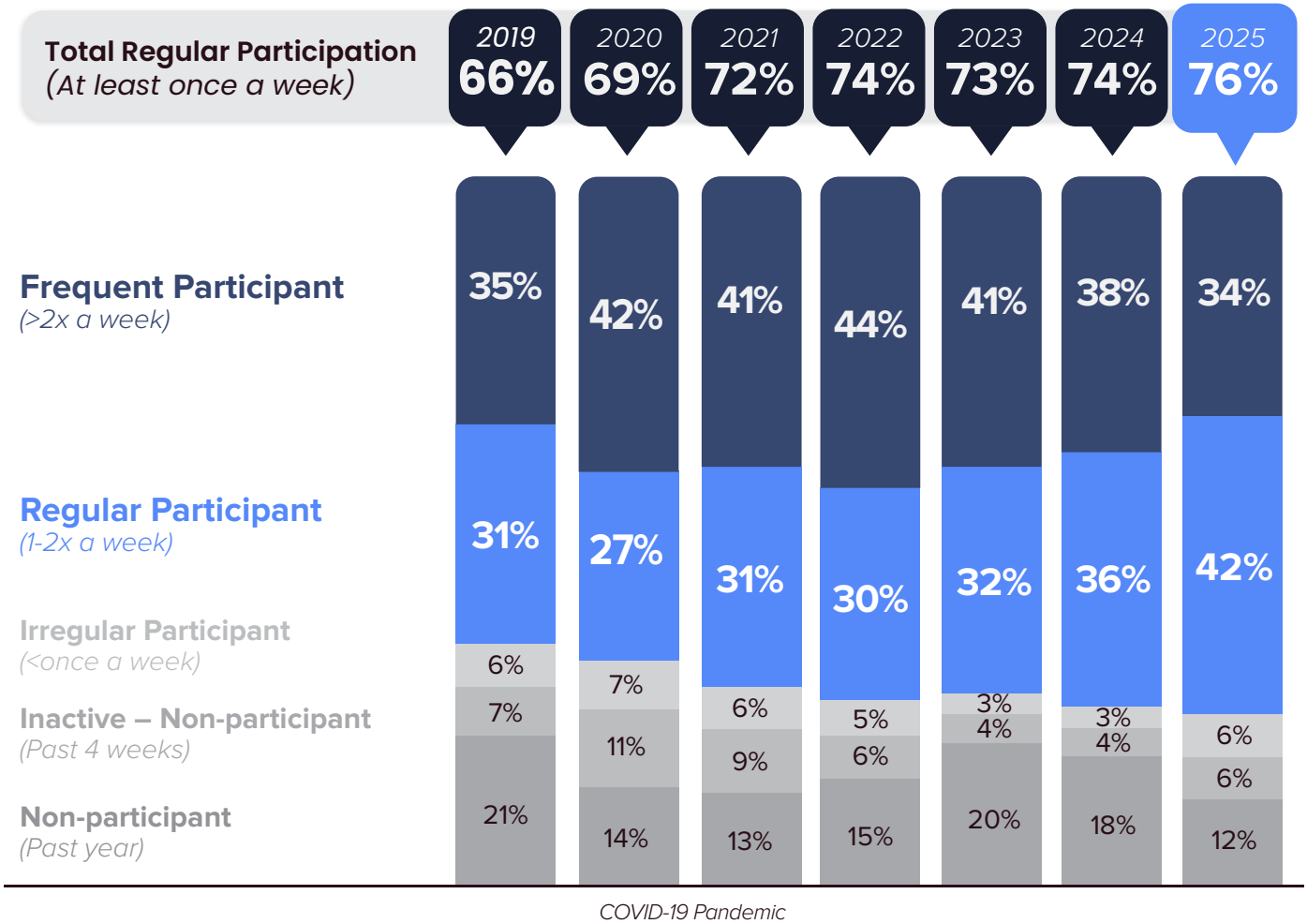
# National Sport & Exercise Participation Survey 2025



## Participation Level Through the Years



Total Regular Participation grew to 76% in 2025, reaching its highest level since 2015. Past year non-participation dropped to a record low of 12%.




Copyright © 2025 Sport Singapore. Do not distribute, circulate or reproduce without Sport Singapore's prior written consent.

# Top 5 Activities in The Past 4 Weeks

Walking and Jogging/Running continue to hold the top two positions as the most popular activities, with Walking showing a marked increase from 2024. Cycling has reclaimed its position in the top five sports/exercises in 2025.



**Walking/ Brisk Walking**

**46%** 2025

| '19 | '20 | '21 | '22 | '23 | '24 |
|---|---|---|---|---|---|
| 26% | 37% | 37% | 40% | 36% | 35% |



**Jogging/ Running**

**24%** 2025

| '19 | '20 | '21 | '22 | '23 | '24 |
|---|---|---|---|---|---|
| 22% | 28% | 30% | 29% | 25% | 25% |



**Swimming**

**7%** 2025

| '19 | '20 | '21 | '22 | '23 | '24 |
|---|---|---|---|---|---|
| 7% | 6% | 7% | 9% | 9% | 9% |



**Calisthenics/ Stretching**

**7%** 2025

| '19 | '20 | '21 | '22 | '23 | '24 |
|---|---|---|---|---|---|
| 3% | 10% | 13% | 15% | 15% | 11% |



**Cycling**

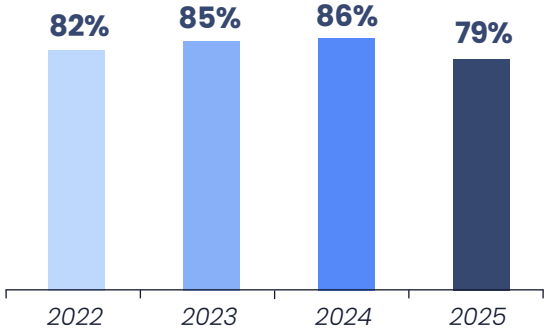
**6%** 2025

| '19 | '20 | '21 | '22 | '23 | '24 |
|---|---|---|---|---|---|
| 5% | 10% | 13% | 11% | 7% | 5% |

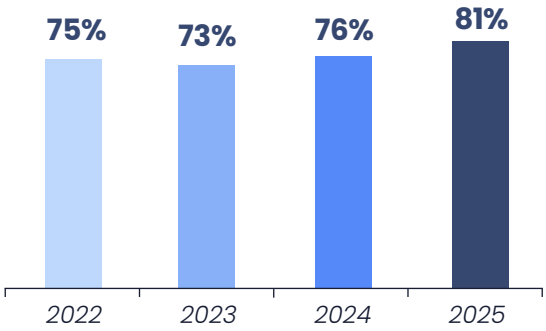
# Total Regular Participation Trends

Increase in Total Regular Participation was driven by Young Adults and Seniors; Teens, however, saw a dip.

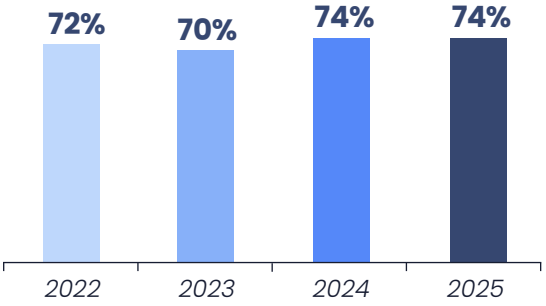
**Teens**



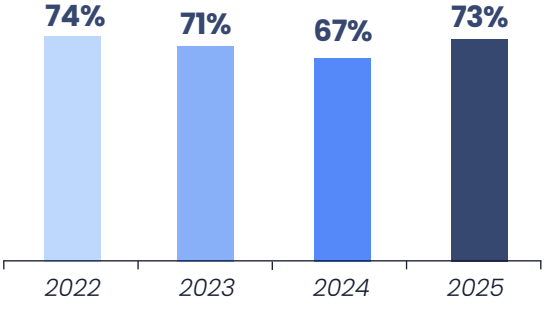

**Young Adults**




**Middle-aged Adults**




**Seniors**




Copyright © 2025 Sport Singapore. Do not distribute, circulate or reproduce without Sport Singapore's prior written consent.

Sport SINGAPORE

# Motivations For Participation

The top four motivations have shown sustained growth since 2023. The marked increase in 'looking and feeling good' as a motivator suggests a growing emphasis on self-esteem and self-image enabled through sport/exercise participation.



**84%** (+6%)
For better physical health



**48%** (+14%)
To look or feel good



**37%** (+5%)
For better mental health/ to de-stress



**37%** (+7%)
Interest in the sport



**10%** (-)
To meet new people

# Barriers To Participation

In 2025, work and caregiving duties remained the main barriers, although caregiving was cited less often than in 2024.



**25%** (-2%)
I am too busy working overtime



**20%** (-7%)
I need to take care of family members (elderly or children)



**17%** (-3%)
Less motivation to do exercise



**15%** (-2%)
My personal health condition is not suitable for sport

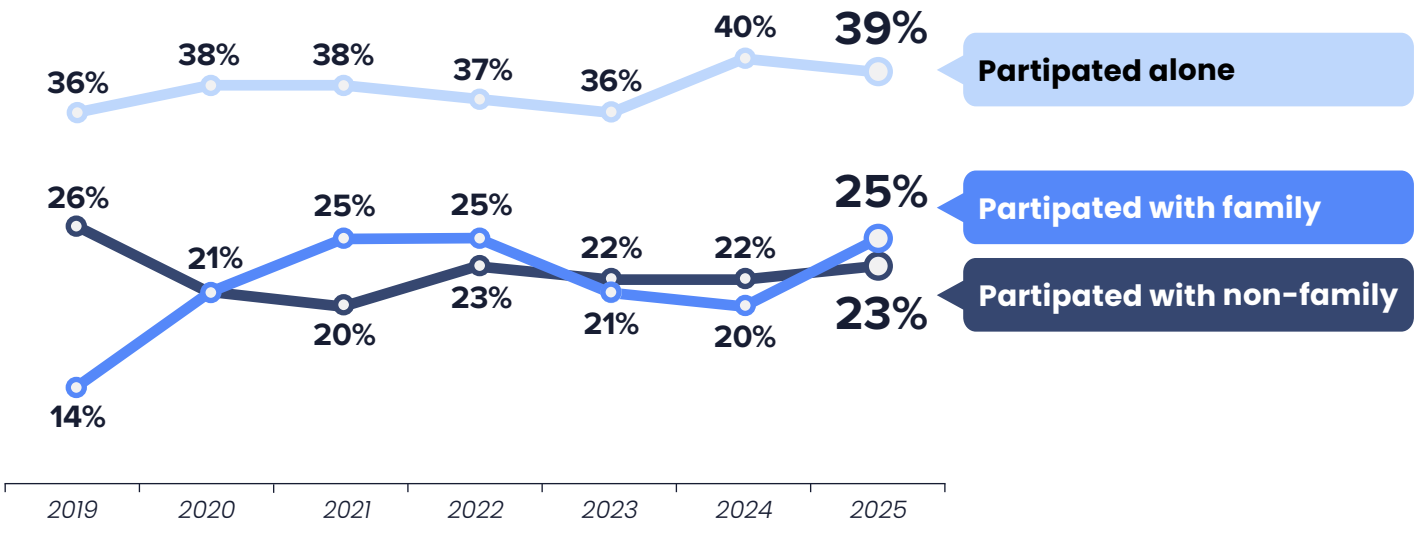


**12%** (-1%)
I am too old for sport

**Numbers in the brackets indicate the difference vs. 2024*

# Companionship

Compared to 2024, significantly more residents are doing sports/exercise with family, whereas instances of participating alone or with non-family have remained stable.

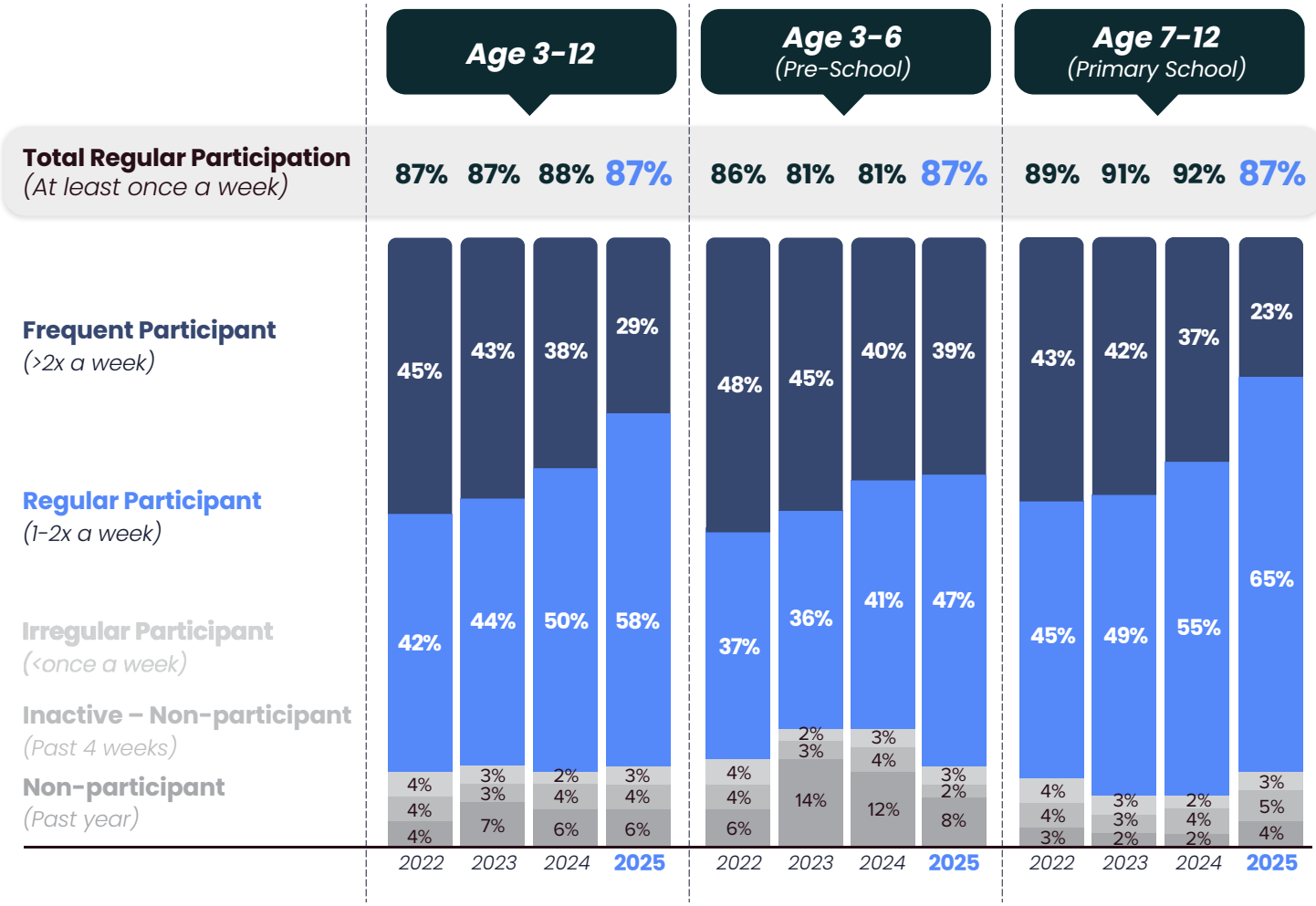



Copyright © 2025 Sport Singapore. Do not distribute, circulate or reproduce without Sport Singapore's prior written consent.

Sport SINGAPORE

# Participation Level for Children aged 3-12

Total Regular Participation among children aged 3-12 years remained stable in 2025, supported by increased participation among pre-schoolers which offset the decline among primary school children.




# Top activities in the past 4 weeks

## Age 3-12

- **28%** Swimming
- **27%** Play at the playground[1]
- **20%** Walking
- **14%** Jogging/Running
- **13%** Cycling

## Age 3-6 (Pre-school)

- **51%** Play at the playground[1]
- **25%** Swimming
- **22%** Walking
- **15%** Games play[2]
- **13%** Cycling

## Age 7-12 (Primary School)

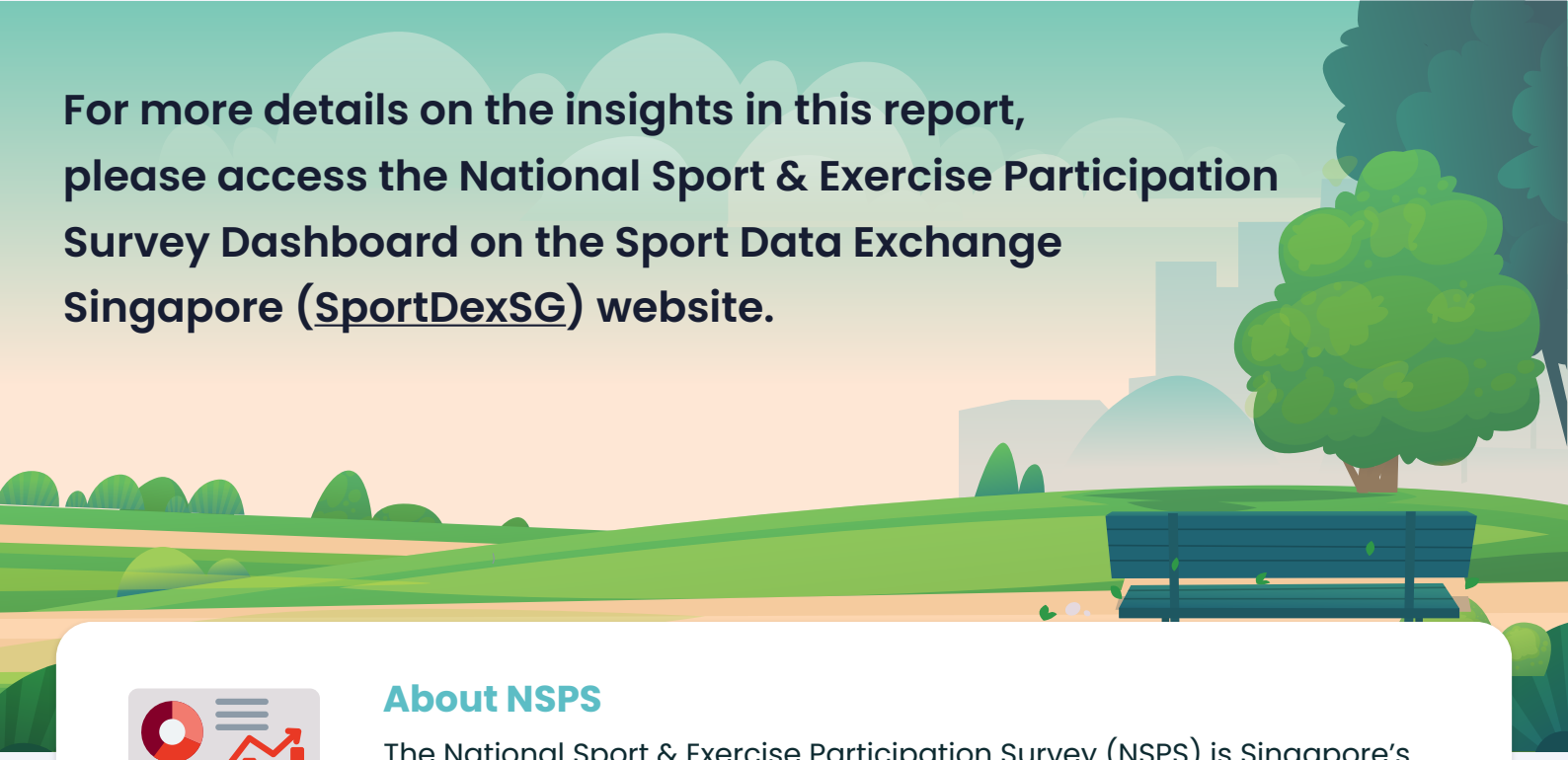
- **29%** Swimming
- **20%** Walking
- **16%** Badminton
- **16%** Jogging/Running
- **13%** Cycling

[1]seesaw, slide, swing, sand, etc. [2]including catching, hide-and-seek, etc.

Copyright © 2025 Sport Singapore. Do not distribute, circulate or reproduce without Sport Singapore's prior written consent.

Sport SINGAPORE

**For more details on the insights in this report, please access the National Sport & Exercise Participation Survey Dashboard on the Sport Data Exchange Singapore (SportDexSG) website.**





## About NSPS

The National Sport & Exercise Participation Survey (NSPS) is Singapore's only annual national survey on exercise and sport participation among citizens and permanent residents aged 13 years old and above. Since 2015, NSPS has been conducted every month among Singapore residents aged 13+ via face-to-face interviews among randomly selected households from the Department of Statistics, with a target annual sample size of at least 4500. One respondent is selected from each household using the last birthday/most recent birthday method.

Survey coverage was expanded from August 2020 to include Children 3-12 years old, in order to capture critical partcipation information for pre-school and primary school children.

Please contact SPORT_data_hub@sport.gov.sg for any queries or requests for information.

## About SportSG

A statutory board of the Ministry of Culture, Community and Youth, Sport Singapore's core purpose is to inspire the Singapore spirit and transform Singapore through sport. Through innovative, fun, and meaningful sporting experiences, our mission is to reach out and serve communities across Singapore with passion and pride.

## About Blackbox Research

Blackbox is Southeast Asia's leading decision intelligence provider, helping brands and organisations understand change, design smarter strategies, and make decisions that matter.

Whether you're looking to understand shifting consumer mindsets or build a future-ready brand, our team can help you get there faster.

To explore how Blackbox can support your brand journey, reach out to us at connect@blackbox.com.sg.

*Copyright © 2025 Sport Singapore. Do not distribute, circulate or reproduce without Sport Singapore's prior written consent.*