## Sport and leisure-time physical activity (LTPA) over the life course







## How does LTPA develop over the life course? How stable is it?

Relative high stability:

## «Always active»

Entry in a LTPA without a dropout n = 1,064 (approx. 73%)

## «Unstable LTPA»

At least one entry in a LTPA and at least one dropout n = 348 (approx. 24%) «Never active» or «always inactive»

No entry in a LTPA n = 43 (approx. 3%)

«Always active early starters» Entry in a LTPA before the age of 20 n = 870 (approx. 82%) «Always active late starters»

Entry in a LTPA after the age of 20 n = 194 (approx. 18%)

However, with temporal dependencies: the probability of dropping out is highest at the start of the first LTPA episode and declines with increasing time, but is still possible after many years of LTPA.

Practicing self-organized LTPA seems to be a possible success factor for long-term LTPA

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