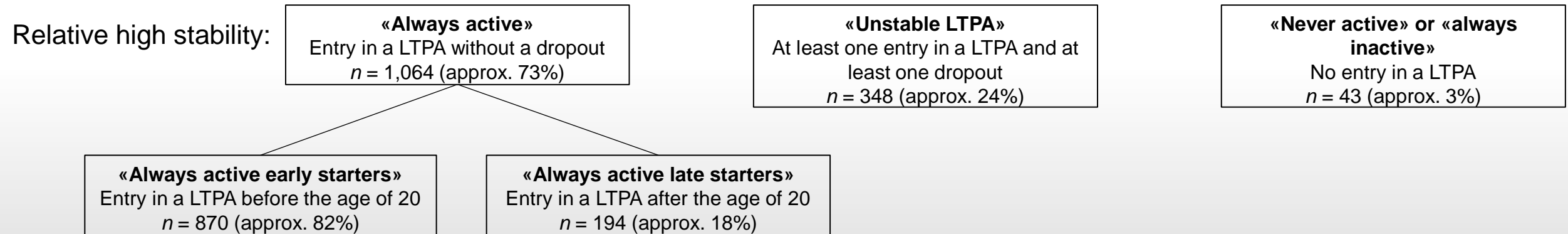


# Sport and leisure-time physical activity (LTPA) over the life course



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



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