



*LET'S PUT Fitness First*

# STATE OF AUSTRALIAN FITNESS

JAN 2026



# AUSTRALIA, WE'VE LOST OUR FITNESS MOJO.

The following statistics are more than just numbers; they're a wake-up call. We've forgotten the importance of movement, and as you're about to see, it's taking a serious toll on our physical and mental health. These numbers don't lie, but learn how with regular exercise, we can change them together.

Let's Put Fitness First.

**78%**  
OF AUSTRALIANS ARE  
MISSING OUT ON THE BENEFITS  
OF REGULAR EXERCISE<sup>1</sup>



**THE 2ND  
BIGGEST HEALTH  
RISK IN AUSTRALIA  
IS PHYSICAL  
INACTIVITY<sup>2</sup>**



**83%**  
**OF AUSSIE TEENS**



**ARE MISSING OUT  
ON THE PERKS OF  
STAYING ACTIVE<sup>4</sup>**

# AUSTRALIA RANKS 103<sup>RD</sup> IN THE WORLD FOR MEETING RECOMMENDED LEVELS OF PHYSICAL ACTIVITY<sup>3</sup>

Australia ranks 103rd globally for fitness based on how active our adult population is compared to other countries. According to the 2025 Active Vitality Index, 27.96% of Australian adults don't meet the recommended levels of physical activity. When compared internationally, 102 countries have a higher proportion of adults meeting those activity guidelines than Australia, placing us 103<sup>RD</sup> overall.

**TAKE STEPS TO  
REDUCE HEART  
DISEASE BY**

**35%<sup>5</sup>**

**WE SPEND 76% OF OUR WORK  
DAY ON OUR BUMS<sup>6</sup>**

**ADD UP TO  
7 YEARS  
TO YOUR LIFE WITH JUST  
30 MINUTES OF MOVEMENT PER DAY<sup>7</sup>**



**GYM MEMBERS GET BETTER SLEEP<sup>8</sup>**

**44% OF AUSSIES HAVE NEVER TRIED TO DO A PULL UP<sup>8</sup>**

**ONLY 15% OF AUSSIES TAKE THE STAIRS OVER THE ESCALATORS<sup>8</sup>**

**48% OF AUSSIE MEN CAN'T TOUCH THEIR TOES<sup>8</sup>**

**1 IN 4 AUSSIES HAVE NEVER TRIED TO RUN 50M<sup>8</sup>**

**40% OF AUSSIES HAVE NEVER DONE A WALL SIT<sup>8</sup>**



REGULAR EXERCISE IS  
**1.5 TIMES**  
MORE EFFECTIVE THAN COUNSELLING OR MEDICATIONS IN  
IMPROVING SYMPTOMS OF DEPRESSION, ANXIETY, AND DISTRESS<sup>9</sup>



ONLY 22% OF AUSSIES

MEET THE BASIC BENCHMARK  
FOR PHYSICAL FITNESS<sup>1</sup>





# SOURCES

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# ABOUT FITNESS FIRST

Fitness First has been helping Australians move, feel and live better for over 25 years. Since opening its first Australian club in 2000, Fitness First today operates more than 40+ clubs across New South Wales, Victoria and the ACT, supporting members at every stage of their fitness journey from first-timers to seasoned trainers.

Fitness First clubs are designed to make fitness feel achievable and enjoyable, offering modern training spaces, the latest equipment, Reform Pilates, Personal Training, Les Mills group fitness classes, and the introduction of Revive Recovery Zones which include hot and cold therapies, massage and plunge pools. Together, these experiences help members train smarter, recover better and stay consistent.

Through its Let's Put Fitness First campaign, Fitness First is leading a national conversation about the importance of everyday movement. The campaign reinforces the brand's belief that fitness should feel achievable, empowering Australians to prioritise their health in ways that work for them every day.