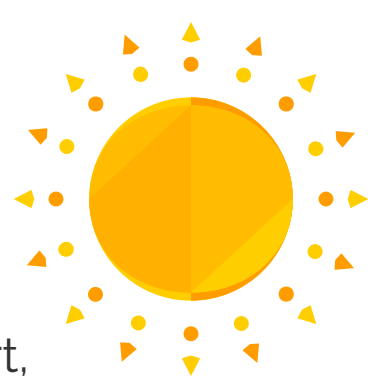


# 13 Fun Facts About Popular Outdoor Sports & Activities

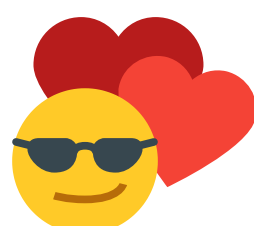


According to the Physical Activity Council Report, close to **60% of Americans** (6 years and older) **engaged in some type of outdoor recreation in 2018.**



**The sad news?** One third said they spent a day or less outside having fun! **Crazy, huh?**

**80% of Outdoor Enthusiasts** wish they had more time to **do the things they love.**



## Land Sports & Activities



### Camping, Hiking & Climbing

**Fun Fact:** Hiking is now the most popular outdoor adventure activity. The number of campers is also on the rise.

### Gardening & Working in Yard

**Fun Fact:** Gardening is great exercise and helps with strength, flexibility and endurance - and it helps you sleep better!



### Hunting & Target Sports

**Fun Fact:** In general, hunted animals are better for you & more nutritious due to natural diet and because they roam free.

### Riding, Running & Walking

**Fun Fact:** Cycling, running and walking are the top activities Americans do for physical fitness, with walking in the #1 spot.



### Winter Sports - Snow & Ice Activities

**Fun Fact:** Not everyone hates the cold - close to 15 million Americans went skiing in 2017! Sledding is still a family favorite.

### Sports, Recreation & Hobbies

**Fun Fact:** Barbecuing, picnicking, walking and birdwatching are among the top recreational activities - especially in summer.



## Sky Sports & Activities



### Drones, RC Planes & Aircraft

**Fun Fact:** In January 2018, there were over 1 million registered drone owners. 58% of Americans are interested in trying one.

### Gliding & Soaring

**Fun Fact:** The very first hang glider was built in 1890 from wood and cloth. They've come a long way since then.



### Sky Diving & Jumping

**Fun Fact:** Out of close to 3.3 million sky dives in 2018, there were only 13 fatalities - the lowest ever in the history of the sport!

## Water Sports & Activities

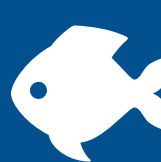


### Boating, Sailing & Rafting

**Fun Fact:** Whitewater kayaking & rafting are now among the top adventure sports. Americans love casual boating and tubing too.

### Fishing & Trawling

**Fun Fact:** Most states offer free fishing with no licence during National Fishing & Boating Week - usually the 1st week of June.



### Water Skiing, Surfing & Boarding

**Fun Fact:** 35 million people around the world are surfers. That's more than three times how many there were in 2002.

### Swimming, Diving & Underwater

**Fun Fact:** Did you know free divers can hold their breath for 10 minutes? Or that half of Americans don't know how to swim?



Hopefully these fun facts have inspired you to put down your cell phone, get off the couch and go outside.  
**Make the time to try something new!**

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