

Sun Life Financial Canadian Health Index (10-040823-01)

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				A	ge			Ge	nder			In	come		
	Total	40.04	25-34	35-44	45-54	55-64	CE.	Male	Female	Less than \$25k	\$25k-<\$50k	¢501¢751	\$75k-<\$100k	\$100k-	\$125k or
	Total	18-24 A	25-34 B	35-44 C	45-54 D	55-64 E	65+ F	G	H	\$25K	\$25K-<\$5UK	\$50K-<\$75K	L \$75K-<\$100K	<\$125k M	more N
Base: All respondents	1586	84	159	245	359	399	340	808	778	188	447	437	256	147	111
Weighted	1586	206*	236*	257	373	270	244	768	818	223*	417	457	271*	124*	94*
Weighted															
Vac (Not)	1214	183	193	213	274	188	164	562	653	182	304	367	205	90	67
Yes (Net)	77%	89% DEF	82% F	83% EF	73%	70%	67%	73%	80%	82%	73%	80%	76%	72%	71%
	594	97	86	94	132	97	87	253	341	58	140	193	97	64	41
Exercise more	37%	47%	36%	37%	35%	36%	36%	33%	42%	26%	34%	42%	36%	52%	44%
Exercise more	31%	47%	30%	31%	35%	30%	30%	33%	42% G	20%	34%	42% 	30%	52% IJ	44% I
	582	34	85	116	145	98	104	260	322	70	142	174	112	43	41
Lose some weight	37%	17%	36%	45%	39%	36%	43%	34%	39%	32%	34%	38%	41%	34%	43%
Lose some weight	3176	1770	A	45% A	A A	A	43% A	34%	39%	32%	34%	30%	4170	34%	43%
	487	70	76	81	101	76	83	192	295	79	121	148	78	33	29
Eat better / healthier	31%	34%	32%	32%	27%	28%	34%	25%	36%	35%	29%	32%	29%	26%	30%
Lat better / fleatifile	31%	34%	3270	32%	2170	20%	34%	25%	30% G	33%	29%	3270	29%	20%	30%
	483	113	79	89	109	62	30	233	249	102	121	159	69	26	6
Save money	30%	55%	34%	35%	29%	23%	12%	30%	30%	46%	29%	35%	26%	21%	6%
Save money	30%	BCDEF	54% F	55% F	29% F	23% F	1270	30%	30%	JLMN	29% N	N	20% N	N N	0%
	446	43	93	98	111	77	24	227	219	69	104	130	83	38	22
Pay down debt	28%	21%	39%	38%	30%	28%	10%	30%	27%	31%	25%	28%	31%	30%	24%
ray down debt	20%	2170	39% AF	AF	50% F	20% F	10%	30%	2170	31%	23%	20%	31%	30%	2470
	300	59	30	33	68	44	67	133	167	34	86	91	55	11	22
Travel to someplace special	19%	29%	13%	13%	18%	16%	27%	17%	20%	15%	21%	20%	20%	9%	23%
Travel to comeplace opeolal	1370	BC	1370	1370	1070	1070	BCE	1770	2070	1370	2170	2070	2070	370	2370
	242	45	35	36	59	37	30	129	114	32	82	63	34	16	15
Spend more time with the family / loved ones	15%	22%	15%	14%	16%	14%	12%	17%	14%	14%	20%	14%	12%	13%	16%
	1070	22,0	.070	, .	.070	, 0	1270	,0	, , ,	,0	20,0	1170	1270	1070	1070
	134	34	28	14	30	14	14	74	60	30	26	43	20	11	4
Get something I've been longing for	8%	16%	12%	6%	8%	5%	6%	10%	7%	13%	6%	10%	8%	9%	4%
0 0		Е													
	117	37	30	19	14	12	5	44	73	28	27	23	28	6	5
Other resolutions	7%	18%	13%	7%	4%	4%	2%	6%	9%	13%	6%	5%	10%	5%	5%
		DEF	DEF							К					
	109	5	7	35	24	23	15	62	48	17	26	27	25	7	7
Stop smoking (again)	7%	3%	3%	14%	6%	9%	6%	8%	6%	8%	6%	6%	9%	6%	7%
				AB											
	66	0	14	11	13	16	12	44	21	11	7	23	9	9	6
Drink less alcohol	4%	0	6%	4%	4%	6%	5%	6%	3%	5%	2%	5%	3%	7%	7%
														J	
	20	1	9	4	5	1	0	10	10	8	5	4	0	1	1
Stop smoking (first try)	1%	0	4%	2%	1%	1%	-	1%	1%	4%	1%	1%	-	1%	2%
	372	23	43	44	100	82	80	206	166	41	113	90	66	34	28
No, I'm not making any resolutions	23%	11%	18%	17%	27%	30%	33%	27%	20%	18%	27%	20%	24%	28%	29%
•		1			A	AC	ABC	<u> </u>							1

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H - I/J/K/L/M/N * small base

				А	ge			Ge	nder			Inc	come		
										Less than				\$100k-	\$125k or
	Atlantic	18-24	25-34	35-44	45-54	55-64	65+	Male	Female	\$25k			\$75k-<\$100k	<\$125k	more
		Α	В	С	D	Е	F	G	Н	I	J	K	L	М	N
Base: All respondents	632	17	58	90	151	187	129	319	313	77	195	189	79	49	43
Weighted	117	6**	16*	18*	33	26	19	56	61	17*	38	34	14*	8*	7*
	89	5	12	16	23	20	12	41	48	12	29	27	10	6	5
Yes (Net)	76%	91%	79%	87%	70%	79%	65%	73%	79%	73%	76%	80%	74%	71%	73%
				DF		F									
	51	3	7	7	13	13	9	22	29	7	16	16	5	4	3
Lose some weight	43%	43%	44%	37%	41%	49%	46%	39%	47%	42%	42%	46%	39%	49%	38%
	45	2	6	7	12	12	6	21	24	5	13	15	5	3	3
Exercise more	38%	34%	38%	41%	36%	46%	32%	37%	40%	32%	35%	45%	36%	37%	48%
						F									
	40	3	6	6	9	10	6	18	22	6	13	13	3	2	3
Eat better / healthier	34%	49%	40%	33%	27%	39%	31%	32%	36%	36%	33%	38%	24%	25%	42%
						D						L			
	34	2	6	7	9	6	3	15	19	4	11	10	5	2	1
Pay down debt	29%	36%	38%	39%	29%	23%	17%	27%	30%	25%	29%	28%	39%	27%	20%
			EF	EF	F										
	28	2	5	6	7	6	3	14	14	4	10	8	3	2	1
Save money	23%	28%	29%	32%	22%	22%	15%	25%	23%	23%	26%	23%	23%	20%	17%
			F	F											
Spend more time with the family / loved ones	21	1	3	5	5	4	3	10	11	2	7	7	2	1	1
opena mere ame mar are rainily , revea enec	18%	10%	18%	27%	17%	16%	17%	18%	17%	15%	19%	20%	18%	15%	13%
	16	1	1	2	4	5	3	8	8	2	5	5	2	2	1
Travel to someplace special	13%	24%	4%	10%	12%	19%	17%	13%	13%	11%	12%	14%	16%	20%	13%
						В	В								
	8	0	1	2	3	2	0	4	5	1	3	2	1	0	1
Stop smoking (again)	7%	-	9%	10%	10%	7%	1%	6%	8%	7%	9%	6%	7%	2%	9%
			F	F	F	F									
	8	0	0	2	3	1	1	5	3	2	3	1	1	0	1
Get something I've been longing for	7%	7%	3%	13%	8%	5%	4%	8%	5%	11%	8%	3%	8%	•	7%
				BEF						KM					
0.1	6	1	1	1	1	1	1	2	4	1	2	1	0	1	0
Other resolutions	5%	25%	6%	7%	3%	3%	5%	3%	7%	6%	5%	4%	4%	10%	3%
	4	0	0	1	1	1	1	3	1	0	1	1	0	0	0
Drink less alcohol	3%	7%	1%	3%	3%	3%	5%	5%	2%	2%	3%	4%	3%	4%	3%
Z.i.ii. 1888 dibbiloi	370	1 /0	1 /0	370	370	370	370	378 H	270	270	370	770	370	7/0	370
	3	1	1	1	0	1	0	1	2	1	1	1	0	0	0
Stop smoking (first try)	3%	10%	4%	4%	1%	3%	-	2%	4%	6%	2%	3%	-	2%	3%
	570	1070	-1/0	470 F	1 /0	576 F		2/0	-1/0	370	270	370	-	∠/0	370
	28	1	3	2	10	6	7	15	13	5	9	7	4	2	2
No, I'm not making any resolutions	24%	9%	21%	13%	30%	21%	35%	27%	21%	27%	24%	20%	26%	29%	27%
					С		CE								

				ge			Ge	nder			in	come		
	10.01	05.04	25.44			0.5			Less than	4051 4501	A.F.O. A.F.F.I	ATE: 44001	\$100k-	\$125k or
Quebec										-			•	more N
163									'	-				4
														5**
														3
									+					51%
7370	0370	0470	7170	0070	1070	1370	1170	7370	0070	1270	0070	1070	0170	3170
152	28	41	11	15	33	24	52	101	20	41	55	26	7	3
39%	61%	52%	20%	20%	42%	48%	29%		24%	45%	44%		32%	51%
								G						
130	28	31	20	27	14	9	63	67	51	28	43	6	2	0
34%	62%	39%	35%	36%	18%	18%	35%	32%	61%	31%	34%	10%	11%	-
126	5	21	19	26	27	28	62	64	16	33	49	23	3	2
33%	11%	26%	34%	34%	35%	55%	34%	31%	19%	35%	39%	40%	16%	30%
118	21	31	19	23	23	1	65	54	32	22	43	17	4	0
31%	46%	40%	33%	31%	28%	2%	36%	26%	38%	24%	34%	30%	18%	-
117	10	30	13	13	32	18	48	68	22	29	42	20	3	2
30%	22%	38%	23%	17%	40%	36%	27%	33%	26%	31%	33%	34%	15%	30%
	_			_	_	_						_	_	
														0
13%	10%	16%	27%	10%	4%	9%	17%	9%	22%	11%	8%	13%	11%	-
47	40		40	-	44	0	00	04		40	40	44	0	0
														0
12%	22%	-	18%	9%	14%	17%	15%	10%	9%	14%	10%	23%	-	-
46	2	16	2	11	4	10	26	10		0	21	2	7	0
									+					-
12 /0	1 70	2070	370	1370	370	2070	1370	370	1070	370	1070	370	3470	
43	13	13	6	6	5	0	14	29	21	2	12	4	3	0
						-								-
11,0			,		.,,			,,						
19	0	0	2	9	5	3	15	4	0	4	10	1	4	1
5%	-	-	3%	13%	6%	6%	8%	2%	-	4%	8%	2%	18%	21%
12	0	0	2	2	5	2	7	4	2	2	3	2	2	1
3%	-	-	4%	3%	7%	3%	4%	2%	3%	2%	2%	3%	11%	21%
5	0	3	0	2	0	0	5	0	0	3	2	0	0	0
1%	-	4%	-	2%	-	-	3%	-	-	3%	1%	-	-	-
97	5	13	17	26	24	13	41	56	17	26	26	18	8	3
25%	11%	16%	29%	34%	30%	27%	23%	27%	20%	28%	20%	30%	39%	49%
	130 34% 126 33% 118 31% 117 30% 48 13% 47 12% 46 12% 43 11% 19 5% 12 3%	A 163	A B 163 12 23 387 46*** 78** 290 41 66 75% 89% 84% 152 28 41 39% 61% 52% 130 28 31 34% 62% 39% 126 5 21 33% 11% 26% 118 21 31 31% 46% 40% 117 10 30 30% 22% 38% 48 5 13 13% 10% 16% 47 10 0 12% 22% - 46 3 16 12% 7% 20% 43 13 13 11% 28% 16% 19 0 0 5% - - 12 0 <td< td=""><td>A B C 163 12 23 24 387 46*** 78*** 58** 290 41 66 41 75% 89% 84% 71% 152 28 41 11 39% 61% 52% 20% 130 28 31 20 34% 62% 39% 35% 126 5 21 19 33% 11% 26% 34% 118 21 31 19 31% 46% 40% 33% 117 10 30 13 30% 22% 38% 23% 48 5 13 16 13% 10% 16% 27% 47 10 0 10 12% 22% - 18% 46 3 16 2 12% 7%<!--</td--><td>A B C D 163 12 23 24 30 387 46** 78*** 58** 76*** 290 41 66 41 50 75% 89% 84% 71% 66% 152 28 41 11 15 39% 61% 52% 20% 20% 130 28 31 20 27 34% 62% 39% 35% 36% 126 5 21 19 26 33% 11% 26% 34% 34% 118 21 31 19 23 31% 46% 40% 33% 31% 117 10 30 13 13 30% 22% 38% 23% 17% 48 5 13 16 8 13% 10% 16% 27% 10% <</td><td>A B C D E 163 12 23 24 30 43 387 46** 78** 58** 76** 79* 290 41 66 41 50 55 75% 89% 84% 71% 66% 70% 152 28 41 11 15 33 39% 61% 52% 20% 20% 42% 130 28 31 20 27 14 34% 62% 39% 35% 36% 18% 126 5 21 19 26 27 33% 11% 26% 34% 34% 35% 118 21 31 19 23 23 31% 46% 40% 33% 31% 28% 117 10 30 13 13 32 30% 22% 38%</td><td> A B C D E F F 163 12 23 24 30 43 31 31 387 46** 78** 58** 76** 79* 50** 50** 75% 89% 84% 71% 66% 70% 73% 75% 89% 84% 71% 66% 70% 73% 75% 89% 61% 52% 20% 20% 42% 48% 48% 71% 66% 70% 73% </td><td> A B C D E F G G </td><td> A B C D E F G H 163 12 23 24 30 43 31 78 85 85 36** 76** 79** 50** 179* 208** 290 41 66 41 50 55 37 138 152 75% 89% 84% 71% 66% 70% 73% 77% 73% </td><td> Quebe</td><td> </td><td> Description 18-24 25-34 35-44 45-54 55-64 65+ Male Female \$25 \text{\$ \$25-6-50 \$50\text{\$ \$50\text{\$ }}\$} \$\$ A</td><td> Debto 18-24 25-54 35-44 45-54 55-64 55-6 Malo Female 525-8 \$258-\$508 \$508-\$578 \$758-\$1008 National Property National</td><td> Number 19-24 25-34 35-44 45-54 55-64 65-6 Male Female \$228 \$258 - \$2508 \$508 - \$278 \$4 1 1 3 K L M 163 12 23 24 30 43 31 78 85 28 40 54 28 9 9 175</td></td></td<>	A B C 163 12 23 24 387 46*** 78*** 58** 290 41 66 41 75% 89% 84% 71% 152 28 41 11 39% 61% 52% 20% 130 28 31 20 34% 62% 39% 35% 126 5 21 19 33% 11% 26% 34% 118 21 31 19 31% 46% 40% 33% 117 10 30 13 30% 22% 38% 23% 48 5 13 16 13% 10% 16% 27% 47 10 0 10 12% 22% - 18% 46 3 16 2 12% 7% </td <td>A B C D 163 12 23 24 30 387 46** 78*** 58** 76*** 290 41 66 41 50 75% 89% 84% 71% 66% 152 28 41 11 15 39% 61% 52% 20% 20% 130 28 31 20 27 34% 62% 39% 35% 36% 126 5 21 19 26 33% 11% 26% 34% 34% 118 21 31 19 23 31% 46% 40% 33% 31% 117 10 30 13 13 30% 22% 38% 23% 17% 48 5 13 16 8 13% 10% 16% 27% 10% <</td> <td>A B C D E 163 12 23 24 30 43 387 46** 78** 58** 76** 79* 290 41 66 41 50 55 75% 89% 84% 71% 66% 70% 152 28 41 11 15 33 39% 61% 52% 20% 20% 42% 130 28 31 20 27 14 34% 62% 39% 35% 36% 18% 126 5 21 19 26 27 33% 11% 26% 34% 34% 35% 118 21 31 19 23 23 31% 46% 40% 33% 31% 28% 117 10 30 13 13 32 30% 22% 38%</td> <td> A B C D E F F 163 12 23 24 30 43 31 31 387 46** 78** 58** 76** 79* 50** 50** 75% 89% 84% 71% 66% 70% 73% 75% 89% 84% 71% 66% 70% 73% 75% 89% 61% 52% 20% 20% 42% 48% 48% 71% 66% 70% 73% </td> <td> A B C D E F G G </td> <td> A B C D E F G H 163 12 23 24 30 43 31 78 85 85 36** 76** 79** 50** 179* 208** 290 41 66 41 50 55 37 138 152 75% 89% 84% 71% 66% 70% 73% 77% 73% </td> <td> Quebe</td> <td> </td> <td> Description 18-24 25-34 35-44 45-54 55-64 65+ Male Female \$25 \text{\$ \$25-6-50 \$50\text{\$ \$50\text{\$ }}\$} \$\$ A</td> <td> Debto 18-24 25-54 35-44 45-54 55-64 55-6 Malo Female 525-8 \$258-\$508 \$508-\$578 \$758-\$1008 National Property National</td> <td> Number 19-24 25-34 35-44 45-54 55-64 65-6 Male Female \$228 \$258 - \$2508 \$508 - \$278 \$4 1 1 3 K L M 163 12 23 24 30 43 31 78 85 28 40 54 28 9 9 175</td>	A B C D 163 12 23 24 30 387 46** 78*** 58** 76*** 290 41 66 41 50 75% 89% 84% 71% 66% 152 28 41 11 15 39% 61% 52% 20% 20% 130 28 31 20 27 34% 62% 39% 35% 36% 126 5 21 19 26 33% 11% 26% 34% 34% 118 21 31 19 23 31% 46% 40% 33% 31% 117 10 30 13 13 30% 22% 38% 23% 17% 48 5 13 16 8 13% 10% 16% 27% 10% <	A B C D E 163 12 23 24 30 43 387 46** 78** 58** 76** 79* 290 41 66 41 50 55 75% 89% 84% 71% 66% 70% 152 28 41 11 15 33 39% 61% 52% 20% 20% 42% 130 28 31 20 27 14 34% 62% 39% 35% 36% 18% 126 5 21 19 26 27 33% 11% 26% 34% 34% 35% 118 21 31 19 23 23 31% 46% 40% 33% 31% 28% 117 10 30 13 13 32 30% 22% 38%	A B C D E F F 163 12 23 24 30 43 31 31 387 46** 78** 58** 76** 79* 50** 50** 75% 89% 84% 71% 66% 70% 73% 75% 89% 84% 71% 66% 70% 73% 75% 89% 61% 52% 20% 20% 42% 48% 48% 71% 66% 70% 73%	A B C D E F G G	A B C D E F G H 163 12 23 24 30 43 31 78 85 85 36** 76** 79** 50** 179* 208** 290 41 66 41 50 55 37 138 152 75% 89% 84% 71% 66% 70% 73% 77% 73%	Quebe		Description 18-24 25-34 35-44 45-54 55-64 65+ Male Female \$25 \text{\$ \$25-6-50 \$50\text{\$ \$50\text{\$ }}\$} \$\$ A	Debto 18-24 25-54 35-44 45-54 55-64 55-6 Malo Female 525-8 \$258-\$508 \$508-\$578 \$758-\$1008 National Property National	Number 19-24 25-34 35-44 45-54 55-64 65-6 Male Female \$228 \$258 - \$2508 \$508 - \$278 \$4 1 1 3 K L M 163 12 23 24 30 43 31 78 85 28 40 54 28 9 9 175

				Α	.ge			Ge	nder			In	come		
		10.01	25.04				A.F.		l <u>.</u>	Less than	4051 4501	AFAL ATEL	ATT. 44001	\$100k-	\$125k or
	Ontario	18-24 A	25-34 B	35-44 C	45-54 D	55-64 E	65+ F	Male G	Female H	\$25k	\$25k-<\$50k	\$50K-<\$75K	\$75k-<\$100k	<\$125k M	more N
Base: All respondents	168	16	17	29	34	33	39	86	82	15	41	49	29	19	15
Weighted	607	103**	77**	103**	134*	94**	98*	289*	318*	66**	149*	186*	113**	51**	42**
rroiginou		92	59	95	103	65	70	213	270	57	110		88	38	
Yes (Net)	483 80%	89%	77%	92%	77%	69%	71%	74%	85%	86%	74%	158 85%	77%	75%	33 78%
100 (100)	0070	0370	1170	32.70	1170	0370	7170	7 4 70	0370	0070	7470	0370	1170	1370	1070
	242	17	28	58	65	34	40	104	137	30	49	69	49	22	22
Lose some weight	40%	16%	37%	56%	49%	36%	41%	36%	43%	46%	33%	37%	43%	43%	53%
· ·															
	230	42	23	51	57	29	28	107	123	17	37	88	32	36	19
Exercise more	38%	40%	30%	50%	42%	31%	29%	37%	39%	26%	25%	47%	29%	70%	45%
												J			1
	198	53	28	44	36	24	12	87	110	25	42	78	42	9	2
Save money	33%	52%	36%	43%	27%	25%	12%	30%	35%	38%	28%	42%	37%	18%	5%
	192	38	24	39	39	15	36	63	129	37	43	53	31	17	11
Eat better / healthier	32%	37%	31%	38%	29%	17%	37%	22%	41%	57%	29%	28%	27%	34%	27%
									G						
	153	12	24	45	30	31	11	75	78	15	35	47	30	17	11
Pay down debt	25%	12%	32%	44%	22%	33%	11%	26%	25%	22%	23%	25%	26%	33%	25%
				_											
Towns to consider a social	135	31	13	5	30	16	41	45	90	14	36	50	24	2	10
Travel to someplace special	22%	30%	17%	5%	22%	17%	43%	16%	28%	21%	24%	27%	21%	3%	25%
	96	33	3	6	19	21	12	52	44	0	41	31	9	4	10
Spend more time with the family / loved ones	16%	32%	5%	6%	14%	23%	12%	18%	14%	-	28%	17%	8%	8%	24%
	1070	0270	0,0	070	1470	2070	1270	1070	1-170		2070	1170	070	070	2470
	49	22	4	3	11	6	2	32	17	7	11	13	15	2	0
Get something I've been longing for	8%	22%	6%	3%	8%	7%	2%	11%	5%	11%	7%	7%	13%	5%	-
	42	18	8	7	4	4	2	16	26	0	16	7	15	0	4
Other resolutions	7%	18%	10%	7%	3%	4%	2%	5%	8%	-	11%	4%	13%	-	8%
	39	0	0	20	3	8	8	21	17	9	4	10	12	0	4
Stop smoking (again)	6%	-	-	19%	3%	8%	8%	7%	5%	14%	3%	5%	11%	-	9%
	26	0	11	-	0		4	25	11	0	0	4.4	4	F	
Drink less alcohol	36 6%	0	11 15%	5 5%	9 7%	6 7%	4	25 9%	11 3%	8 12%	0	14 7%	3%	5 11%	5 12%
STATE 1993 GIOGIOI	076	-	1370	J70	1 70	1 70	470	370	370	1270	-	1 70	370	1170	1270
	3	0	3	0	0	0	0	0	3	3	0	0	0	0	0
Stop smoking (first try)	1%	-	5%	-	-	-	-	-	1%	5%	-	-	-	-	-
	124	11	18	8	31	29	28	76	48	9	39	28	26	13	9
No, I'm not making any resolutions	20%	11%	23%	8%	23%	31%	29%	26%	15%	14%	26%	15%	23%	25%	22%
		1							12.0	1					

				A	ge			Ge	nder			In	come		
		40.04	05.04			o.	A.F.		l <u>.</u>	Less than	4051 4501	A501 A751	ATE: 44001	\$100k-	\$125k or
	Prairies	18-24 A	25-34 B	35-44 C	45-54 D	55-64 E	65+ F	Male G	Female H	\$25k	\$25k-<\$50k	\$50K-<\$75K	\$75k-<\$100k	<\$125k M	more N
Base: All respondents	468	26	47	76	113	106	100	249	219	52	J 121	107	92	56	40
Weighted	265	24**	40**	40*	79*	42*	39*	142	123	29*	71*	58*	46*	30*	30**
Weighted															
Mag (Nat)	191	21	31	33 82%	56	28	21	96	95	23	46	43	35 77%	23	21
Yes (Net)	72%	87%	78%	82% F	71%	66%	55%	68%	77%	78%	64%	74%	11%	78%	68%
	94	5	17	17	27	17	11	44	50	11	24	20	19	10	10
Lose some weight	36%	21%	42%	41%	34%	41%	29%	31%	40%	36%	34%	35%	42%	33%	33%
Ecoc some weight	3070	2170	42.70	4170	3470	4170	2370	3170	4070	3070	3470	3370	72.70	3370	3370
	91	13	9	14	27	12	16	43	48	6	29	16	16	12	12
Exercise more	34%	53%	22%	35%	34%	29%	40%	31%	39%	20%	40%	27%	36%	39%	40%
Exclude more	0470	0070	2270	0070	0470	2070	4070	0170	0070	2070	4070	2170	0070	0070	4070
	82	10	13	13	25	10	12	37	45	9	18	20	19	6	10
Eat better / healthier	31%	42%	31%	31%	32%	24%	30%	26%	36%	31%	25%	34%	42%	20%	34%
													M		
	75	5	15	14	27	9	4	45	30	12	16	17	12	9	8
Pay down debt	28%	22%	38%	34%	35%	21%	11%	32%	24%	42%	23%	29%	27%	31%	26%
				F	F										
	60	10	12	9	15	7	7	33	27	4	16	17	8	7	9
Travel to someplace special	23%	42%	29%	22%	19%	16%	19%	23%	22%	12%	22%	30%	17%	24%	30%
	56	12	6	8	18	9	3	29	27	11	13	14	8	8	1
Save money	21%	50%	14%	20%	23%	22%	8%	20%	22%	38%	18%	24%	18%	27%	5%
					F	F				JL					
Spend more time with the family / loved ones	39	1	11	4	11	7	3	21	18	4	7	8	9	8	4
opona more amo man are rannay / revea erree	15%	5%	29%	11%	14%	18%	8%	15%	15%	15%	10%	13%	19%	25%	12%
	23	0	2	7	6	5	3	9	14	2	9	4	4	2	1
Stop smoking (again)	9%	-	6%	17%	7%	12%	9%	7%	11%	7%	13%	8%	9%	8%	4%
															
	15	4	5	3	2	1	1	7	8	4	1	3	2	11	3
Get something I've been longing for	6%	16%	12%	7%	2%	2%	1%	5%	6%	15%	2%	5%	4%	5%	10%
	- 10								_	J					
Oth or recelutions	12	2	2	1	4	2	0	4	7	2	1	3	4	1 00/	1
Other resolutions	4%	8%	6%	3%	5%	5%	1%	3%	6%	6%	1%	5%	8%	3%	5%
	0	0	1	2	2	0	0	2	-	3	1	2		1	+
Stop smoking (first try)	8 3%	0	1 2%	3 8%	3 4%	0 1%	0	3 2%	5 4%	10%	1%	3%	-	1 4%	1 4%
Otop amoning (illat try)	370	-	Z-70	6% F	470	1 70	-	∠70	470	JL	170	370	-	470	470
	7	0	1	1	1	2	2	4	3	0	0	3	3	1	0
Drink less alcohol	3%	-	2%	3%	2%	4%	5%	3%	2%	-	0	5%	7%	3%	-
D.I.I. Job discript	370	-	2/0	3/0	2/0	7/0	370	370	2 /0	 	0	J /0	J 76	J /0	+
	74	3	9	7	23	14	17	46	28	6	25	15	11	7	10
No, I'm not making any resolutions	28%	13%	22%	18%	29%	34%	45%	32%	23%	22%	36%	26%	23%	22%	32%
,	2070	10/0	ZZ /U	1070										ZZ /U	JZ /0

				Α	.ge			Ge	nder			In	come		
	-	10.01	05.04			o.	A.F.		l <u>.</u>	Less than	4051 4501	A501 A551	ATT. 44001	\$100k-	\$125k or
	BC	18-24 A	25-34 B	35-44 C	45-54 D	55-64 E	65+ F	Male G	Female H	\$25k	\$25k-<\$50k	\$50K-<\$75K	\$75k-<\$100k	<\$125k M	more N
Base: All respondents	155	13	14	26	31	30	41	76	79	16	J 50	38	L 28	14	9
Weighted	209	27**	25**	37**	52**	29**	38*	101*	108*	28**	66*	52*	39**	15**	9**
Weighted															
Yes (Net)	161 77%	24 88%	24 95%	28 76%	41 80%	19 66%	24 62%	74 73%	87 81%	24 85%	52 79%	38 73%	31 78%	10 71%	5 56%
res (Net)	11%	88%	95%	76%	80%	00%	02%	73%	81%	85%	79%	13%	78%	7 1%	50%
	75	13	7	10	21	11	13	30	45	10	19	18	17	8	4
Exercise more	36%	47%	28%	27%	41%	39%	33%	30%	42%	35%	29%	34%	43%	52%	42%
Exercise mere	0070	4770	2070	2170	4170	0070	0070	0070	4270	0070	2070	0470	4070	0270	4270
	71	17	11	10	20	9	4	40	31	11	28	17	10	5	1
Save money	34%	63%	42%	27%	39%	32%	9%	39%	29%	40%	42%	32%	26%	33%	7%
•															
	70	5	12	16	14	7	16	28	42	7	20	21	15	4	4
Lose some weight	33%	17%	48%	43%	27%	23%	41%	28%	39%	23%	30%	39%	38%	27%	45%
	66	3	16	13	21	8	4	27	38	6	20	14	18	6	2
Pay down debt	31%	9%	65%	35%	41%	28%	11%	27%	36%	20%	30%	27%	46%	38%	25%
	56	8	3	10	15	9	12	26	31	5	19	21	5	4	2
Eat better / healthier	27%	30%	12%	26%	28%	29%	31%	25%	28%	17%	28%	39%	13%	29%	25%
	41	7	5	7	12	5	6	21	20	7	17	7	8	1	1
Travel to someplace special	20%	26%	18%	18%	23%	17%	16%	20%	19%	24%	26%	14%	20%	7%	14%
			_	_	4-		_	4.0	20		4.0				
Spend more time with the family / loved ones	38 18%	6 21%	5 18%	5 14%	15 30%	1 2%	7 17%	16 15%	23 21%	6 23%	16 24%	8 15%	6 16%	1 7%	1 10%
	18%	21%	18%	14%	30%	2%	17%	15%	21%	23%	24%	15%	16%	7%	10%
	20	5	3	5	2	4	1	13	7	5	6	1	6	1	0
Stop smoking (again)	10%	20%	12%	12%	4%	13%	2%	13%	7%	18%	9%	2%	16%	9%	-
Cop shoung (again)	1070	2070	1270	1270	470	1370	2.70	1370	1 70	1070	370	270	1070	370	
	17	4	2	4	4	2	1	4	13	9	2	5	1	0	0
Get something I've been longing for	8%	15%	7%	12%	7%	5%	3%	4%	12%	31%	3%	10%	2%	-	-
	14	3	6	4	0	0	2	8	6	4	5	0	4	1	0
Other resolutions	7%	10%	23%	10%	-	-	5%	8%	6%	15%	8%	-	11%	7%	-
	7	0	2	1	0	1	3	5	2	0	4	3	0	0	0
Drink less alcohol	4%	-	7%	4%	-	5%	8%	5%	2%	-	7%	6%	-	-	-
	1	0	1	0	0	0	0	1	0	1	0	0	0	0	0
Stop smoking (first try)	1%	-	5%	-	-	-	-	1%	-	5%	-	-	-	-	-
			1	9	10	10	15	28	21	4	14	14	8	4	4
No, I'm not making any resolutions	48 23%	3 12%	5%	24%	20%	34%	38%	27%	19%	15%	21%	27%	22%	29%	44%

				А	ge			Gei	nder			Inc	ome		
		40.04	25.24	05.44			0.5			Less than	4051 4501	AEOL ATEL	ATEL A4001	\$100k-	\$125k or
	Total	18-24	25-34	35-44	45-54	55-64	65+	Male	Female	\$25k	\$25K-<\$50K		\$75k-<\$100k	<\$125k	more
		Α	В	С	D	E	F	G	Н	I	J	K	L	М	N
Base: Made at least 1 resolution	1171	73	130	201	259	289	219	571	600	143	322	335	191	104	76
Weighted	1214	183*	193*	213*	274	188*	164*	562	653	182*	304	367	205*	90*	67*
	269	30	32	34	88	41	45	146	123	28	76	77	63	11	14
Yes	22%	16%	17%	16%	32%	22%	27%	26%	19%	15%	25%	21%	31%	12%	22%
					BC								IM		
	239	21	38	43	50	50	35	133	105	48	64	69	25	20	12
No	20%	12%	20%	20%	18%	27%	21%	24%	16%	26%	21%	19%	12%	23%	18%
						Α									
	706	132	122	136	136	96	84	282	424	106	164	221	116	59	40
Depends on what it is!	58%	72%	63%	64%	50%	51%	51%	50%	65%	58%	54%	60%	57%	65%	61%
		DEF							G						

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H - I/J/K/L/M/N * small base

				А	ge			Ge	nder			Inc	ome		
	Atlantic	18-24	25-34	35-44	45-54	55-64	65+	Male	Female	Less than \$25k	\$25k-<\$50k	\$50k-<\$75k	\$75k-<\$100k	\$100k- <\$125k	\$125k or more
		Α	В	С	D	Е	F	G	Н	I	J	K	L	М	N
Base: Made at least 1 resolution	479	15	47	79	109	144	85	230	249	56	147	150	59	35	32
Weighted	89	5**	12*	16*	23	20	12*	41	48	12*	29	27	10*	6*	5**
	22	1	2	4	6	5	4	13	9	3	6	7	3	1	2
Yes	24%	15%	16%	23%	25%	25%	35%	31%	19%	28%	21%	25%	27%	15%	35%
							В	Н							
	21	1	3	4	6	4	3	10	11	4	7	6	2	1	1
No	24%	19%	25%	23%	27%	21%	24%	25%	23%	33%	24%	24%	16%	20%	15%
	47	4	7	9	11	11	5	18	28	5	16	14	6	4	3
Depends on what it is!	52%	66%	58%	54%	49%	54%	41%	45%	59%	39%	55%	51%	56%	65%	50%
									G					I	

				Α	ge			Ge	nder			Inc	ome		
	Quebec	18-24	25-34	35-44	45-54	55-64	65+	Male	Female	Less than \$25k	\$25k-<\$50k	\$50k-<\$75k	\$75k-<\$100k	\$100k- <\$125k	\$125k or more
		Α	В	С	D	Е	F	G	Н	I	J	К	L	М	N
Base: Made at least 1 resolution	119	11	19	17	19	30	23	60	59	20	29	44	19	5	2
Weighted	290*	41**	66**	41**	50**	55**	37**	138*	152*	66**	67**	101*	41**	12**	3**
	60	5	7	10	17	10	12	36	25	15	13	20	8	2	2
Yes	21%	12%	11%	23%	34%	18%	33%	26%	16%	23%	20%	20%	20%	19%	59%
	64	3	17	11	12	13	8	41	23	11	20	23	8	3	0
No	22%	7%	26%	27%	24%	24%	22%	30%	15%	17%	29%	23%	19%	25%	-
	165	33	42	20	21	32	17	61	104	40	34	58	25	7	1
Depends on what it is!	57%	81%	63%	49%	42%	58%	45%	44%	69%	60%	50%	58%	62%	56%	41%
									G						

				Α	ge			Ge	nder			Inc	ome		
	Ontario	18-24	25-34	35-44	45-54	55-64	65+	Male	Female	Less than \$25k	\$25k-<\$50k	\$50k-<\$75k	\$75k-<\$100k	\$100k- <\$125k	\$125k or more
		Α	В	С	D	Е	F	G	Н	I	J	K	L	М	N
Base: Made at least 1 resolution	129	14	13	26	26	23	27	60	69	13	29	40	22	13	12
Weighted	483	92**	59**	95**	103**	65**	70**	213*	270*	57**	110**	158*	88**	38**	33**
	105	15	9	6	43	19	13	49	56	2	33	24	37	2	7
Yes	22%	16%	16%	6%	41%	29%	19%	23%	21%	4%	30%	15%	43%	4%	21%
	90	9	8	18	17	21	16	50	40	23	14	25	7	11	10
No	19%	10%	13%	19%	17%	32%	24%	23%	15%	40%	13%	16%	8%	30%	29%
	288	67	42	71	43	25	40	114	175	32	63	109	43	25	16
Depends on what it is!	60%	74%	71%	75%	42%	38%	58%	53%	65%	56%	58%	69%	49%	66%	49%

				А	.ge			Ge	nder			Inc	ome		
	Prairies	18-24	25-34	35-44	45-54	55-64	65+	Male	Female	Less than \$25k	\$25k-<\$50k	\$50k-<\$75k	\$75k-<\$100k	\$100k- <\$125k	\$125k or more
		Α	В	С	D	Е	F	G	Н	I	J	K	L	М	N
Base: Made at least 1 resolution	328	22	38	59	80	71	58	167	161	41	77	75	69	41	25
Weighted	191	21**	31**	33*	56*	28*	21*	96*	95*	23**	46*	43*	35*	23**	21**
	38	6	7	3	10	6	6	25	13	4	8	13	5	5	3
Yes	20%	30%	23%	9%	17%	23%	28%	27%	14%	19%	17%	30%	15%	22%	15%
							С	Н							
	39	3	5	10	11	6	4	21	17	5	17	7	4	4	1
No	20%	17%	17%	29%	19%	22%	17%	22%	18%	24%	37%	17%	11%	16%	7%
											L				
	114	11	19	20	36	15	12	49	65	13	21	23	26	14	16
Depends on what it is!	60%	54%	60%	62%	64%	55%	55%	51%	68%	57%	47%	53%	73%	62%	79%
									G				J		

25-34 35-44 B C 13 20 24** 28** 6 12	45-54 D 25 41**	55-64 E 21 19**	65+ F 26 24**	Male G 54	Female H 62	Less than \$25k I 13	\$25k-<\$50k J 40	\$50k-<\$75k K	\$75k-<\$100k L 22	\$100k- <\$125k M 10	\$125k or more N
13 20 24** 28**	25	+		54		l 13	J 40		L 22		
24** 28**		+			62	13	40	26	22	10	5
	41**	19**	2/1**						22	10	•
. 40			24	74*	87*	24**	52*	38**	31**	10**	5**
0 12	13	1	9	23	21	2	16	14	10	1	1
27% 41%	32%	4%	38%	31%	24%	9%	30%	37%	32%	9%	17%
5 1	4	6	4	10	14	5	7	7	5	1	0
20% 3%	10%	31%	17%	14%	16%	21%	14%	18%	16%	9%	-
13 16	24	13	11	40	52	17	29	17	16	8	4
53% 56%	58%	65%	45%	55%	60%	70%	56%	45%	53%	82%	83%
	5 1 20% 3% 13 16	5 1 4 20% 3% 10% 13 16 24	5 1 4 6 20% 3% 10% 31% 13 16 24 13	5 1 4 6 4 20% 3% 10% 31% 17% 13 16 24 13 11	5 1 4 6 4 10 20% 3% 10% 31% 17% 14% 13 16 24 13 11 40	5 1 4 6 4 10 14 20% 3% 10% 31% 17% 14% 16% 13 16 24 13 11 40 52	5 1 4 6 4 10 14 5 20% 3% 10% 31% 17% 14% 16% 21% 13 16 24 13 11 40 52 17	5 1 4 6 4 10 14 5 7 20% 3% 10% 31% 17% 14% 16% 21% 14% 13 16 24 13 11 40 52 17 29	5 1 4 6 4 10 14 5 7 7 20% 3% 10% 31% 17% 14% 16% 21% 14% 18% 13 16 24 13 11 40 52 17 29 17	5 1 4 6 4 10 14 5 7 7 5 20% 3% 10% 31% 17% 14% 16% 21% 14% 18% 16% 13 16 24 13 11 40 52 17 29 17 16	5 1 4 6 4 10 14 5 7 7 5 1 20% 3% 10% 31% 17% 14% 16% 21% 14% 18% 16% 9% 13 16 24 13 11 40 52 17 29 17 16 8

				A	ge			Ge	nder		Income					
	Total	18-24	25-34	35-44	45-54	55-64	65+	Male	Female	Less than \$25k	\$25k-<\$50k	\$50k-<\$75k	\$75k-<\$100k	\$100k- <\$125k	\$125k or more	
	rotar	A	В	C	D	E	F	G	Н	Į į	J	K	L	M	N	
Base: Haven't managed to keep all resolutions	894	60	104	160	196	227	147	405	489	115	246	249	141	86	57	
Weighted	945	153*	161*	179*	185*	147*	119*	415	530	154*	228*	290*	142*	79*	52**	
	721	117	114	133	135	117	105	309	412	104	183	215	112	61	46	
Lack of willpower / motivation / drive	76%	76%	71%	74%	73%	80%	88%	74%	78%	67%	80%	74%	79%	77%	88%	
							BD			 						
Lands of many	361	77	68	67	83	46	21	188	173	74	100	114	37	32	4	
Lack of money	38%	50%	42%	37%	45%	31%	18%	45%	33%	48%	44%	39%	26%	40%	8%	
		F	F	F	F			H		L	L	100		07		
Landon of the c	331	82	79	56	65	35	14	131	200	60	66	106	50	27	22	
Lack of time	35%	53%	49%	31% F	35% F	24%	12%	32%	38%	39%	29%	37%	35%	34%	43%	
		CEF	EF	F	F											
Your current physical condition or health (e.g. an injury,																
chronic pain or something else that actually prevents																
you from doing or accomplishing the things you'd like to	169	9	16	37	39	29	38	60	109	32	46	57	18	5	12	
do)	18%	6%	10%	21%	21%	20%	32%	15%	21%	21%	20%	20%	12%	6%	23%	
					Α		AB									
Lack of comfort - I'm self-conscious or concerned about	119	41	34	17	11	11	5	41	79	28	32	25	26	6	3	
trying something new	13%	27%	21%	9%	6%	8%	4%	10%	15%	18%	14%	9%	19%	7%	5%	
		CDEF	DEF													
Lack of access to exercise equipment / facilities	102	32	27	9	23	7	3	46	56	21	35	25	15	3	4	
Each of access to excrose equipment / facilities	11%	21%	17%	5%	12%	5%	3%	11%	11%	13%	15%	9%	10%	3%	8%	
		CEF	EF		F											
	90	17	31	9	17	8	8	39	52	17	28	22	14	3	7	
Lack of support from family / friends	10%	11%	19%	5%	9%	5%	7%	9%	10%	11%	12%	8%	10%	3%	14%	
			CE													
Lack of knowledge (e.g. you're not sure what you	64	22	15	4	11	5	9	31	33	8	19	28	6	3	0	
should be doing)	7%	14%	9%	2%	6%	3%	8%	7%	6%	5%	8%	10%	4%	3%	1%	
		С														
			1	1												
Lack of access to healthy food (e.g. local grocery	54	19	9	7	14	3	2	19	35	23	14	6	5	1	4	
store(s) don't include healthier options)	6%	12%	6%	4%	8%	2%	2%	4%	7%	15%	6%	2%	4%	1%	7%	
	070	12/0	0 /0	770	0 /0	270	270	7/0	7 70	KM	070	270	770	1 /0	7 70	
	17	3	5	4	1	4	0	13	4	4	7	3	2	2	0	
Lack of support from my employer	2%	2%	3%	2%	0	3%	-	3%	1%	2%	3%	1%	1%	3%	0	
	-/-	2,0	0,0	2,0	Ŭ	0,0		0,0	.,,		0,0	. 70	.,,	0,0	1	
	35	2	1	5	14	12	0	21	14	3	5	10	9	4	3	
None of these affect me	4%	2%	1%	3%	8%	8%	0	5%	3%	2%	2%	4%	7%	6%	5%	
					F	BF	-					1	. , ,			

				A	ge			Ge	ender		Income				
										Less than	A			\$100k-	\$125k or
	Atlantic	18-24	25-34	35-44	45-54	55-64	65+	Male	Female	\$25k	\$25k-<\$50k		\$75k-<\$100k	<\$125k	more
		A	В	С	D	Е	F	G	Н	I	J	K	L	M	N
Base: Haven't managed to keep all resolutions	361	13	38	61	86	108	55	159	202	42	114	109	43	31	22
Weighted	68	5**	10*	12*	17*	15*	8*	28	39	9*	23*	20*	7*	5**	3**
- 1 - 2 · g · 1 - 2 · g	52	3	8	8	13	13	7	22	30	6	19	15	6	3	2
Lack of willpower / motivation / drive	77%	68%	76%	67%	73%	87%	85%	78%	76%	70%	83%	74%	82%	70%	71%
Lack of willpower / motivation / drive	1176	00%	70%	07 %	73%	CD	65% C	70%	70%	70%	0376	7470	0276	70%	1 1 70
	27	3	5	6	7	4	2	11	15	4	10	8	2	2	1
Lack of money	40%	73%	44%	51%	39%	27%	21%	40%	39%	51%	46%	37%	22%	38%	24%
Educ of money	4070	1370	F	EF	5576 F	2170	2170	4070	3370	J170	L	37 70	22 /0	3070	2470
	19	2	5	4	3	4	1	8	12	2	6	6	1	2	1
Lack of time	28%	45%	49%	34%	18%	24%	13%	27%	29%	25%	25%	31%	15%	48%	43%
Edok of time	2076	4576	DEF	DF	1076	2476	1376	21 /0	2370	2376	2376	31/6	1376	40 /0	4376
Your current physical condition or health (e.g. an injury, chronic pain or something else that actually prevents you from doing or accomplishing the things you'd like to do)	14 21%	1 18%	2 16%	3 26%	4 21%	3 19%	2 21%	7 24%	7 18%	3 29%	5 23%	4 19%	1 15%	1 14%	1 20%
Lack of access to exercise equipment / facilities	9 13%	1 18%	2 20%	1 8%	2 13%	2 12%	1	4 13%	5 13%	2 18%	4 17%	2	0	0 9%	1 15%
	1070	.070	2070	0,0	.0,0	.270	.070	.070	1070	1070	1770	1070	0,0	070	1070
	7	1	1	1	2	2	1	3	4	1	3	1	0	1	1
Lack of support from family / friends	11%	19%	7%	12%	11%	11%	8%	10%	11%	15%	11%	7%	6%	13%	22%
Lack of comfort - I'm self-conscious or concerned about	7	1	2	1	1	1	0	2	5	1	2	2	0	0	1
trying something new	10%	32%	17%	9%	8%	5%	4%	8%	12%	16%	9%	10%	6%	3%	24%
.,gg	1070	0270	E	070	070	070	1,70	0,0	1270	1070	0,0	1070	0,0	0,0	2.70
Lack of access to healthy food (e.g. local grocery	4	0	1	1	1	1	1	3	2	1	1	2	0	0	0
store(s) don't include healthier options)	7%	9%	11%	5%	6%	5%	7%	10%	4%	11%	6%	8%	1%	3%	11%
	1%	9%	11%	5%	0%	5%	1%	10% H	4%	11%	0%	8%	1%	3%	1176
Lack of knowledge (e.g. you're not sure what you	4	0	1	1	1	0	0	2	2	1	2	1	0	0	0
should be doing)	6%	9%	9%	9%	8%	3%	-	8%	5%	8%	8%	5%	-	8%	11%
	1	0	1	0	0	0	0	1	1	0	0	0	0	0	0
Lack of support from my employer	2%	-	6%	2%	1%	1%	-	2%	1%	3%	-	-	2%	8%	7%
	2	0	1	1	1	0	0	1	1	0	0	1	0	0	0
None of these affect me	4%	-	8%	4%	3%	2%	4%	4%	4%	4%	1%	6%	6%	2%	5%
												J			

	Age							Gender			Income				
										Less than	A.m. Amor			\$100k-	\$125k or
	Quebec	18-24	25-34	35-44 C	45-54 D	55-64	65+	Male	Female H	\$25k	\$25k-<\$50k		\$75k-<\$100k	<\$125k	more
		Α	В	C	В	Е	F	G	Н	- '	J	K	L	M	N
Base: Haven't managed to keep all resolutions	92	10	17	12	12	25	16	43	49	15	21	35	16	4	1
Weighted	230*	36**	59**	32**	33**	46**	25**	102*	127*	51**	53**	81**	33**	10**	1**
	161	28	34	22	21	35	21	62	100	39	35	53	25	8	1
Lack of willpower / motivation / drive	70%	77%	59%	68%	64%	78%	84%	60%	78%	76%	66%	66%	75%	78%	100%
	.0,0	1170	0070	0070	0.70	1070	0.70	0070		. 0,0	3070	3070	1070	1070	10070
	87	21	29	16	13	6	1	42	45	37	19	25	2	4	0
Lack of money	38%	58%	50%	51%	40%	13%	5%	41%	35%	74%	35%	30%	7%	36%	-
	73	10	26	12	9	12	4	33	41	17	11	34	7	4	0
Lack of time	32%	29%	44%	38%	29%	26%	14%	32%	32%	34%	20%	42%	22%	36%	-
	40	40	40	44				40	00	40		-		0	
Lack of comfort - I'm self-conscious or concerned about	42	13	13	11	0	2	2	13	29	19	8	7	9	0	0
trying something new	18%	37%	23%	36%	-	5%	6%	13%	23%	37%	15%	8%	26%	-	-
											+				
Your current physical condition or health (e.g. an injury,															
chronic pain or something else that actually prevents															
you from doing or accomplishing the things you'd like to	27	0	2	6	2	5	12	12	15	2	7	15	1	2	1
do)	12%	-	4%	20%	7%	11%	47%	12%	12%	3%	12%	18%	3%	22%	100%
Lack of access to exercise equipment / facilities	16	0	11	2	2	1	0	7	9	2	8	6	0	0	0
7-	7%	-	19%	5%	7%	2%	-	7%	7%	3%	16%	8%	-	-	-
	40	0	44				1	0	13	0	-	40	0		
Look of augnost from family / friends	16 7%	2	11	0	2 5%	0	5%	2 2%	11%	2 4%	3 6%	10 13%	0	- 0	0
Lack of support from family / friends	7%	6%	18%	-	5%	-	5%	2%	11%	4%	6%	13%	-	-	-
Lack of knowledge (e.g. you're not sure what you	9	0	5	0	0	0	3	0	9	3	2	2	2	0	0
should be doing)	4%	-	9%	-	-	-	13%	-	7%	6%	3%	3%	5%	-	-
Lack of access to healthy food (e.g. local grocery	7	_			_				_					0	
store(s) don't include healthier options)	7	0	2	0	5	0	0	0	7	0	2	2	2	0	0
	3%	-	4%	-	14%	-	-	-	5%	-	4%	3%	7%	-	-
	3	3	0	0	0	0	0	3	0	3	0	0	0	0	0
Lack of support from my employer	1%	8%	-	-	-	-	-	3%	-	6%	-	-	-	-	-
Each of support from my employer	1 /0	U /0	-	-	-	-	-	3/0	-	0 /0	-	-	-		-
	16	2	0	0	6	8	0	11	5	0	2	8	5	0	0
None of these affect me	7%	6%	-	-	18%	17%	-	11%	4%	-	4%	10%	15%	-	-
	. , ,	0,0	1		.0,0	,0	 	,0	1,70		1,70	10,0	.0,0		1

				А	ge			Ge	nder	Income						
										Less than	A			\$100k-	\$125k or	
	Ontario	18-24	25-34	35-44	45-54	55-64	65+	Male	Female	\$25k	\$25k-<\$50k		\$75k-<\$100k	<\$125k	more	
		A	В	С	D	Е	F	G	Н	I	J	K	L	M	N	
Base: Haven't managed to keep all resolutions	101	12	11	24	16	17	21	46	55	12	21	33	14	12	9	
Weighted	378*	77**	50**	89**	60**	46**	56**	163*	215*	54**	77**	134**	50**	36**	26**	
3 77	298	57	38	69	49	34	51	128	170	34	65	108	41	29	21	
Lack of willpower / motivation / drive	79%	74%	77%	77%	81%	74%	90%	78%	79%	62%	84%	80%	82%	81%	80%	
	1070	1.170	1170	,0	0.70	1.170	0070	. 575	7070	0270	0.70	3070	0270	0170	- 5575	
	144	31	11	33	33	24	12	87	57	16	33	58	18	16	3	
Lack of money	38%	41%	23%	37%	54%	52%	21%	54%	26%	29%	43%	43%	36%	43%	13%	
								Н								
	139	42	26	23	34	11	2	50	89	26	22	44	23	15	9	
Lack of time	37%	55%	52%	26%	56%	25%	4%	30%	42%	48%	28%	32%	46%	41%	37%	
Your current physical condition or health (e.g. an injury, chronic pain or something else that actually prevents you from doing or accomplishing the things you'd like to	78	8	8	15	21	11	16	22	56	15	21	26	9	0	7	
do)	21%	10%	15%	17%	34%	25%	28%	13%	26%	28%	27%	19%	19%	-	27%	
Lack of access to exercise equipment / facilities	37	22	8	0	7	0	0	18	19	7	15	7	8	0	0	
Each of access to shortness equipment, racinities	10%	29%	15%	-	11%	-	-	11%	9%	13%	19%	5%	15%	-	-	
Lack of comfort - I'm self-conscious or concerned about	35	15	11	0	0	6	2	11	24	0	14	7	11	2	0	
trying something new	9%	19%	22%	-	-	14%	4%	7%	11%	-	18%	5%	22%	6%	-	
Lack of access to healthy food (e.g. local grocery	29	15	3	4	7	0	0	11	18	18	7	0	0	0	3	
store(s) don't include healthier options)	8%	19%	7%	4%	11%	-	-	7%	8%	34%	9%	-	-	-	13%	
				- 7,0	,										10,70	
	27	7	8	0	7	4	2	12	15	7	4	4	9	0	3	
Lack of support from family / friends	7%	10%	15%	-	11%	9%	3%	8%	7%	13%	5%	3%	19%	-	13%	
															+	
Lack of knowledge (e.g. you're not sure what you	24	15	3	0	0	2	4	11	13	0	4	18	2	0	0	
should be doing)	6%	19%	7%	-	-	4%	7%	7%	6%	-	5%	14%	4%	-	-	
	4	0	0	2	0	2	0	4	0	0	0	2	0	2	0	
Lack of support from my employer	1%	-	-	3%	-	4%	-	3%	-	-	-	2%	-	5%	-	
	170			070		770		0,0				270		070	+	
	8	0	0	4	2	2	0	5	4	2	0	0	0	4	2	
None of these affect me	2%	-	-	4%	4%	5%	-	3%	2%	4%	-	-	-	10%	10%	
															1	

	Age Gender Income										come				
										Less than				\$100k-	\$125k or
	Prairies	18-24	25-34	35-44	45-54	55-64	65+	Male	Female	\$25k			\$75k-<\$100k	<\$125k	more
		A	В	С	D	Е	F	G	Н	I	J	K	L	M	N
Base: Haven't managed to keep all resolutions	256	15	29	51	65	57	39	120	136	34	61	56	54	30	21
Weighted	152	15**	24**	30*	47*	21*	15**	70*	82*	18**	38*	30*	30*	18**	18**
Troiginos	121	14	20	21	34	19	13	54	67	14	34	20	22	13	17
Lack of willpower / motivation / drive	79%	93%	81%	71%	73%	86%	87%	76%	81%	76%	88%	67%	74%	73%	98%
Lack of willpower / motivation / drive	1976	93%	0176	7 1 76	73%	00%	0176	70%	0176	70%	66% K	0776	7470	13%	96%
	56	8	14	8	21	4	2	31	25	7	20	12	10	8	0
Lack of money	37%	53%	57%	27%	45%	16%	15%	44%	31%	38%	51%	39%	33%	42%	1%
230% 01 11101109	07 70	0070	0170	2170	E	1070	1070	4470	0170	0070	0170	0070	0070	72 /0	170
	52	10	14	9	12	5	2	23	29	2	17	9	11	5	8
Lack of time	34%	66%	59%	31%	25%	22%	13%	32%	36%	10%	45%	30%	36%	29%	44%
	0470	0070	0070	0170	2070	2270	1070	0270	3070	1070	4070	0070	0070	2070	4470
Your current physical condition or health (e.g. an injury, chronic pain or something else that actually prevents you from doing or accomplishing the things you'd like to															
do)	29	1	4	6	5	9	5	10	18	5	9	8	3	1	2
40)	19%	5%	18%	19%	10%	40%	30%	15%	22%	29%	24%	28%	11%	4%	11%
						D									
Lack of access to exercise equipment / facilities	23	5	5	5	4	2	1	10	13	6	5	4	3	2	2
Eask of access to exercise equipment, facilities	15%	35%	20%	17%	9%	10%	10%	14%	16%	32%	14%	13%	11%	12%	14%
			_				_		_			_	_		_
	20	4	3	4	6	1	3	11	9	1	11	3	2	1	2
Lack of support from family / friends	13%	26%	12%	13%	12%	4%	17%	16%	10%	5%	29% L	12%	7%	4%	10%
										-	L				
Lack of comfort - I'm self-conscious or concerned about	16	6	6	1	1	1	1	7	9	2	6	2	1	3	2
trying something new	10%	38%	25%	3%	3%	7%	4%	10%	10%	11%	15%	6%	4%	18%	10%
u)g cocugcu	1070	0070	2070	070	070	170	470	1070	1070	1170	1070	070	470	1070	1070
Lack of knowledge (e.g. you're not sure what you	15	3	3	0	6	1	1	11	4	1	8	3	0	2	0
should be doing)	10%	22%	12%	2%	13%	4%	8%	15%	5%	7%	21%	10%	1%	12%	-
								Н			L				
Lack of access to healthy food (e.g. local grocery							1								
store(s) don't include healthier options)	6	1	1	2	0	1	1	2	4	1	1	1	2	1	0
State (a) as it include freditinor options,	4%	5%	3%	5%	1%	5%	9%	2%	5%	7%	3%	4%	5%	4%	-
											1				
	5	0	3	1	1	0	0	3	2	0	3	0	1	0	0
Lack of support from my employer	3%	-	12%	5%	2%	-	-	5%	2%	3%	7%	1%	5%	-	-
	5	0	0	1	3	1	0	4	1	1	0	0	3	1	0
None of these affect me	3%	-	-	4%	7%	2%	-	5%	2%	3%	1%	-	11%	5%	-
	370	-	-	470	1 70	Z70		:170					1170	:170	-

				А	ge			Ge	nder			Inc	ome		
										Less than				\$100k-	\$125k or
	ВС	18-24	25-34	35-44	45-54	55-64	65+	Male	Female	\$25k	\$25k-<\$50k		\$75k-<\$100k	<\$125k	more
		Α	В	С	D	Е	F	G	Н	I	J	K	L	M	N
Base: Haven't managed to keep all resolutions	84	10	9	12	17	20	16	37	47	12	29	16	14	9	4
Weighted	117*	21**	18**	17**	28**	19**	15**	51*	66*	22**	37**	24**	21**	9**	4**
3 ***	89	16	13	13	18	15	13	43	46	11	30	19	17	7	4
Lack of willpower / motivation / drive	76%	74%	76%	80%	63%	83%	90%	85%	69%	52%	82%	78%	83%	77%	100%
	7.070	, ,	1070	5575	0070	0070	0070	3070	0070	0270	0270	7.070	3370	,0	10070
	47	13	9	3	10	9	4	16	31	10	18	11	6	3	0
Lack of money	40%	60%	49%	20%	34%	46%	28%	32%	47%	45%	49%	46%	27%	30%	-
	47	17	7	7	7	3	6	18	29	13	10	13	7	1	4
Lack of time	40%	82%	42%	42%	23%	17%	37%	36%	43%	58%	27%	53%	35%	10%	85%
Your current physical condition or health (e.g. an injury,															
chronic pain or something else that actually prevents you from doing or accomplishing the things you'd like to															
do)	21	0	0	7	8	1	5	9	12	7	4	5	3	1	1
	18%	-	-	41%	29%	7%	31%	18%	18%	32%	10%	20%	13%	14%	30%
	20	3	9	4	1	1	2	10	10	5	8	3	2	1	1
Lack of support from family / friends	17%	13%	53%	21%	5%	8%	12%	20%	15%	23%	21%	13%	9%	14%	31%
7, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1,	,•		5577				,								
Lack of comfort - I'm self-conscious or concerned about	19	6	2	3	8	0	0	7	13	6	2	7	5	0	0
trying something new	17%	28%	10%	20%	29%	-	-	13%	19%	25%	5%	30%	23%	-	-
	1770	2070	1070	2070	2070			1070	1070	2070	070	0070	2070		
	17	4	1	1	7	2	1	8	9	4	2	6	3	0	1
Lack of access to exercise equipment / facilities	15%	19%	8%	8%	26%	12%	6%	16%	14%	19%	7%	25%	16%	-	30%
-	15%	19%	8%	8%	20%	12%	0%	10%	14%	19%	1%	25%	10%	-	30%
							_	7			,				
Lack of knowledge (e.g. you're not sure what you should be doing)	12 11%	3 14%	10%	2 12%	3 12%	1 8%	1 6%	13%	6 8%	3 13%	4 11%	3 14%	10%	0 -	0 -
Should be doing)	11%	14%	10%	12%	12%	8%	0%	13%	8%	13%	11%	14%	10%	-	+
Lack of access to healthy food (e.g. local grocery															
store(s) don't include healthier options)	8	3	2	1	1	1	0	3	4	3	3	1	1	0	0
, , , , , , , , , , , , , , , , , , ,	7%	12%	10%	8%	5%	5%	-	7%	7%	12%	7%	5%	6%	-	-
	4	0	2	0	0	2	0	2	2	0	4	0	0	0	0
Lack of support from my employer	3%	-	10%	-	-	12%	-	5%	3%	-	11%	-	-	-	-
	4	0	0	0	2	1	0	1	3	0	2	1	1	0	0
None of these affect me	3%	-	-	-	8%	7%	-	1%	4%	-	6%	3%	3%	-	-