



Choice Mutual: Active Seniors Analysis, May 2025

States with the Most and Least Active Seniors

Rank	State	Active mins. per day per senior
1	Montana	146.2
2	Minnesota	137.5
3	New Hampshire	128.0
4	Wisconsin	115.3
5	Arizona	114.5
6	Idaho	114.2
7	Vermont	112.8
8	Colorado	112.5
9	Oregon	111.4
10	New Mexico	108.8
11	Washington	108.7
12	Utah	108.6
13	Ohio	107.4
14	North Dakota	106.6
15	California	100.9
16	North Carolina	98.1
17	Michigan	97.8
18	Tennessee	97.6
19	Nevada	97.3
20	Illinois	96.8
21	Maryland	90.1
22	Connecticut	88.8
23	New York	88.3
24	Georgia	87.9
25	Iowa	87.9
26	Texas	87.0
27	Indiana	85.5
28	Massachusetts	85.0
29	West Virginia	84.2
30	Hawaii	84.1

31	Mississippi	82.8
32	Maine	82.0
33	Missouri	80.9
34	New Jersey	80.7
35	Nebraska	76.4
36	Delaware	76.1
37	Arkansas	75.5
38	Oklahoma	72.8
39	Louisiana	69.4
40	Rhode Island	68.0

Physical Activities Seniors Spend the Most Time Doing

Rank	Activity	Mins. per day per senior
1	Interior cleaning	24.7
2	Lawn, garden, and houseplant care	21.0
3	Playing games	14.3
4	Walking	6.7
5	Interior arrangement, decoration, and repairs	4.3
6	Exterior cleaning	3.0
7	Exterior repairs and decoration	2.6
8	Playing with children	2.5
9	Golfing	1.8
10	Working out	1.7
11	Water sports	0.9
12	Biking	0.9
13	Fishing	0.8
14	Strength training	0.7
15	Hiking	0.6
16	Other sports	0.4
17	Indoor and outdoor maintenance and clean-up	0.3
18	Cardiovascular equipment exercise	0.3
19	Hunting	0.3
20	Racquet sports	0.3

Physical Activities the Most Seniors Do

Rank	Activity	# of instances per 100 seniors
1	Interior cleaning	35.6
2	Lawn, garden, and houseplant care	21.6
3	Playing games	16.9
4	Walking	13.4
5	Working out	4.4
6	Exterior cleaning	3.7
7	Interior arrangement, decoration, and repairs	3.5
8	Playing with children	2.5
9	Exterior repairs and decoration	1.9
10	Biking	1.9
11	Strength training	1.7
12	Water sports	1.0
13	Cardiovascular equipment exercise	0.9
14	Golfing	0.9
15	Yoga	0.8
16	Other sports	0.7
17	Running	0.5
18	Hiking	0.5
19	Indoor and outdoor maintenance and clean-up	0.4
20	Aerobics	0.4

Activities Seniors Do the Most, by State

State	Activity
Alabama	Billiards
Arizona	Playing with children
Arkansas	Water sports
California	Golfing
Colorado	Skiing, ice skating, snowboarding
Conn.	Golfing
Florida	Interior arrangement, decoration, and repairs
Georgia	Playing with children
Illinois	Billiards
Indiana	Exterior repairs and decoration
Iowa	Golfing
Kansas	Golfing

Kentucky	Hunting
Louisiana	Golfing
Maryland	Interior arrangement, decoration, and repairs
Mass.	Exterior repairs and decoration
Michigan	Interior arrangement, decoration, and repairs
Minnesota	Fishing
Mississippi	Exterior repairs and decoration
Missouri	Golfing
Nevada	Golfing
New Jersey	Interior arrangement, decoration, and repairs
New Mexico	Exterior repairs and decoration
New York	Golfing
N. Carolina	Fishing
Ohio	Billiards
Oklahoma	Interior arrangement, decoration, and repairs
Oregon	Fishing
Pennsylvania	Fishing
S. Carolina	Golfing
Tennessee	Hunting
Texas	Boating
Virginia	Boating
Washington	Hiking
Wisconsin	Fishing