

Facilities for improving physical condition in 2020¹

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3.9 thousand

Number of facilities for improving physical condition in Poland in 2020

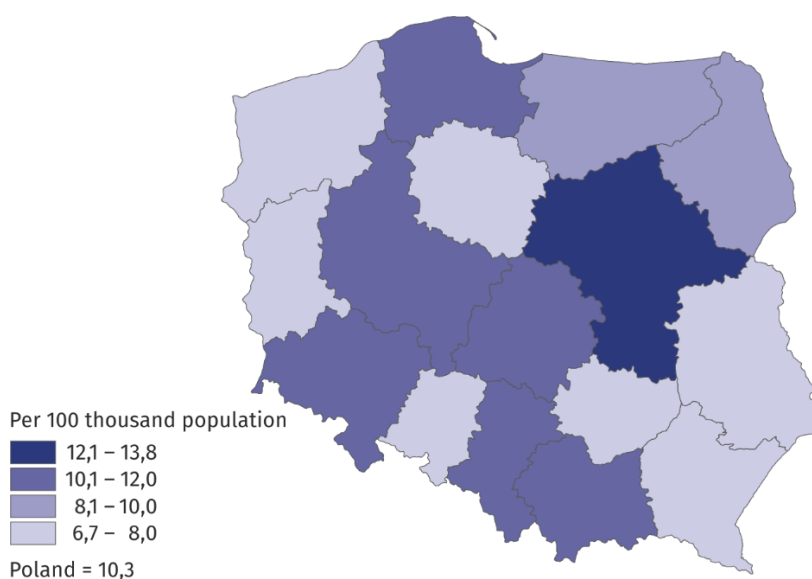
In 2020, the vast majority of services offered in facilities for improving physical condition are fitness activities (approx. 85%) and gym training (approx. 81%). In addition, the facilities also offered other services such as sauna, martial arts, dancing, yoga and aqua aerobics.

In recent years, there has been an increasing involvement of Polish residents in practicing sports and physical recreation, and the unwavering fashion for being "fit". This trend is confirmed by the results of research on participation in sport and physical recreation, which indicate that over the past several years the participation of society in this type of activities has been systematically increasing. It is estimated that in 2020, during the periods without restrictions related to the COVID-19 pandemic, approximately 47% of the population participated in physical activity (in 2008 - 37.5%, while in 2016 - 46.4%).

Places where sports and physical recreation were most often practiced include areas outside the sports infrastructure (e.g. park, forest), sports facilities, as well as fitness clubs and gyms. According to estimates, in 2020 fitness clubs and gyms accounted for about 6.5% of places where sports and physical recreation were practiced (in 2016 - 5.9%). Taking into account the growing interest in physical activity in the society, it should be assumed that after stabilizing the epidemic situation in the country, the share of people using fitness clubs and gyms will systematically increase.

It is estimated that in 2020 there were about 3.9 thousand facilities for improving physical condition. Most facilities of this type were located in Mazowieckie Voivodship (approx. 19%) and Śląskie Voivodship (approx. 12%), while the lowest number in the following voivodships: Lubuskie, Opolskie and Świętokrzyskie (approx. 2% each).

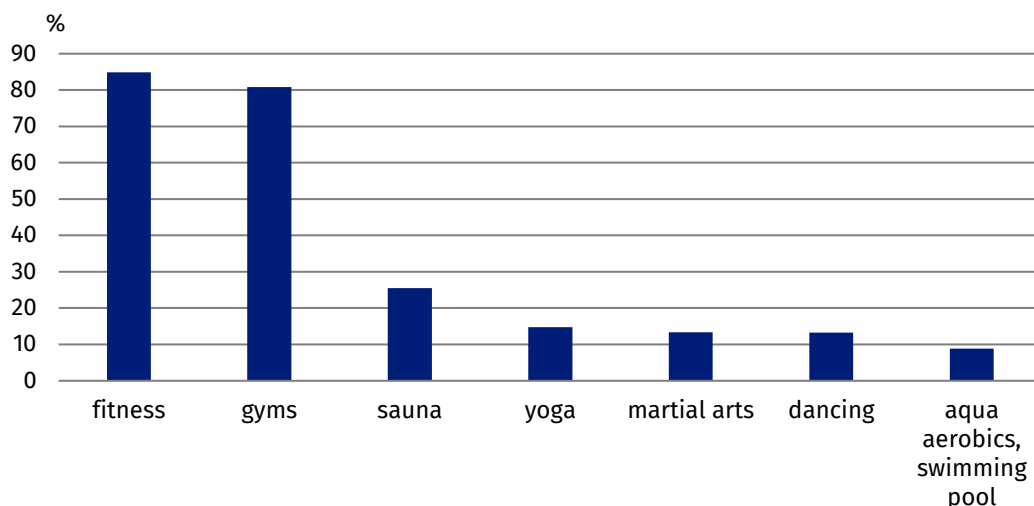
Map 1. Facilities for improving physical condition by voivodships in 2020



The highest percentage of facilities offering fitness activities was recorded in Podlaskie Voivodship (89.7%), gym training in Lubelskie Voivodship (89.4%), and sauna in Pomorskie Voivodship (32.8%).

¹ Data on facilities for improving physical condition were obtained through the use of the experimental method of web scraping (as of the end of 2020), which used catalogues containing information on gyms, fitness clubs and facilities offering a similar range of services (including: dance academies, sports and recreation centres).

Chart 1. Most popular services offered by facilities for improving physical condition (in %)



Due to the COVID-19 pandemic, from mid-March to early June 2020, a complete ban on the operation of sports facilities, gyms and fitness clubs was introduced, among other things. Until mid-October 2020, the facilities could be made available to exercisers, but with some restrictions (e.g. maintaining a sufficient distance between users, excluding certain devices from the exercise zone). Subsequently, the facilities were closed again, excluding those that operated for people who practiced sports as part of sports competitions, sports classes or sports events, and students and pupils as part of university or school activities. At the end of December 2020, the regulations were tightened, the facilities could only be made available to members of the national team of Polish sports associations. It is estimated that at the time of the restrictions, almost 2% of facilities offered online training to clients.

The analysis of entities registered in the National Official Business Register REGON engaged in activities related to the running of facilities for improving physical condition (according to the predominant PKD 93.13.Z), shows a systematic increase in their number. Over the last 5 years, the highest dynamics (compared to the previous year) was recorded in 2016 and 2017, 107.6 and 106.9 respectively. In the following years, the increase in the number of registered and active entities was around 4%. In 2020, despite the pandemic, there was also a slight increase of 2%.

The number of entities registered in the REGON register engaged in activities related to the running of facilities for improving physical condition increased by 25.5% in 2020 compared to 2015

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