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The Exploration of Sociocultural Impacts on Physical Activity Levels Among Muslim Women Students Studying at Western University

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The Exploration of Sociocultural Impacts on Physical Activity Levels Among Muslim Women Western University Students

Imagine you want to participate in your favorite sport or go to the gym to exercise, but you might be unable to do so because you don't have access to sports facilities or opportunities that meet your needs. Statistics from the Canadian Health Measures Survey (2018-2019) show low engagement in physical activity among Canadians; however, subpopulations, such as Muslims and other minority groups, are at an even higher risk of physical inactivity due to factors such as inadequate opportunities. This state of affairs increases the risk of chronic and mental health conditions associated with inactivity. My research will uncover the narratives of Muslim women studying at Western University to explore the intersectionality of sociocultural factors influencing their engagement in physical activity. It is essential to uncover Muslim women's stories regarding physical activity so that physical activity opportunities that are accessible and inclusive of Muslim women may be developed.

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