

POLAR®

Reflected

2024: Reflected

It's about showing up. Consistency is the foundation of success in sports, fitness, and health. It's not about occasional bursts of effort but the steady commitment to showing up, day after day. Like stacking bricks to build a solid wall, sustained effort over time is what delivers results. Whether you're an elite athlete or simply staying active, consistency is the key to reaching goals and fostering long-term health.

In 2024, Polar users exemplified this, tracking more than double the weekly exercise minutes recommended by the World Health Organization. They embraced over 150 sports, from popular running to unique activities like cricket, rollerblading, and curling. This diversity proves that staying consistent doesn't have to be repetitive—it can be fun and varied.

Consistency also matters for sleep. Regular bedtimes and wake times are critical for quality rest, and Polar users, averaging a sleep score of 73 out of 100, show how steady routines support recovery and well-being.

Showing up every day, in small but meaningful ways, is a powerful commitment to yourself. Through consistency, we unlock potential, improve health, and build habits for a fulfilling life.

Most active day

May 14



Day with most runs

April 14

Day with most rides

June 25

Day with most swims

August 6

Average yearly exercise time per user

274 h 44 min

Average sleep time

7 h 29 min

Tuesday

is the favorite workout day




About this data

"2024: Reflected" draws on from millions of workouts uploaded to Polar Flow between 1 December 2023 and 30 November 2024. The report provides an opportunity to compare workout and sleep trends globally and in different countries.

Activity 

01

Sleep 

02

Sports 

03

Training 

04

Average among Polar users

317

weekly minutes

WHO Guidelines

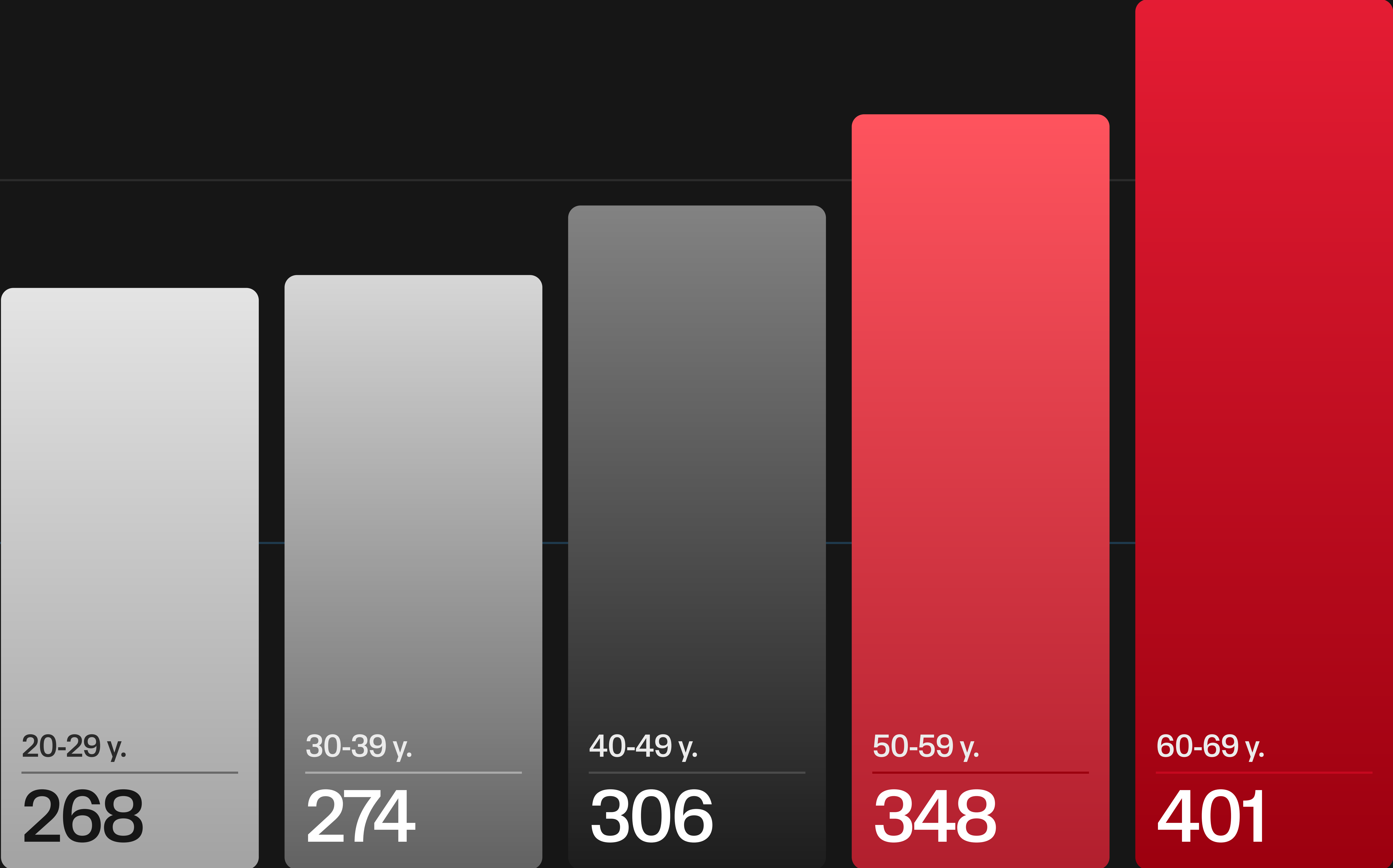
150

minutes of moderate-intensity
physical activity per week

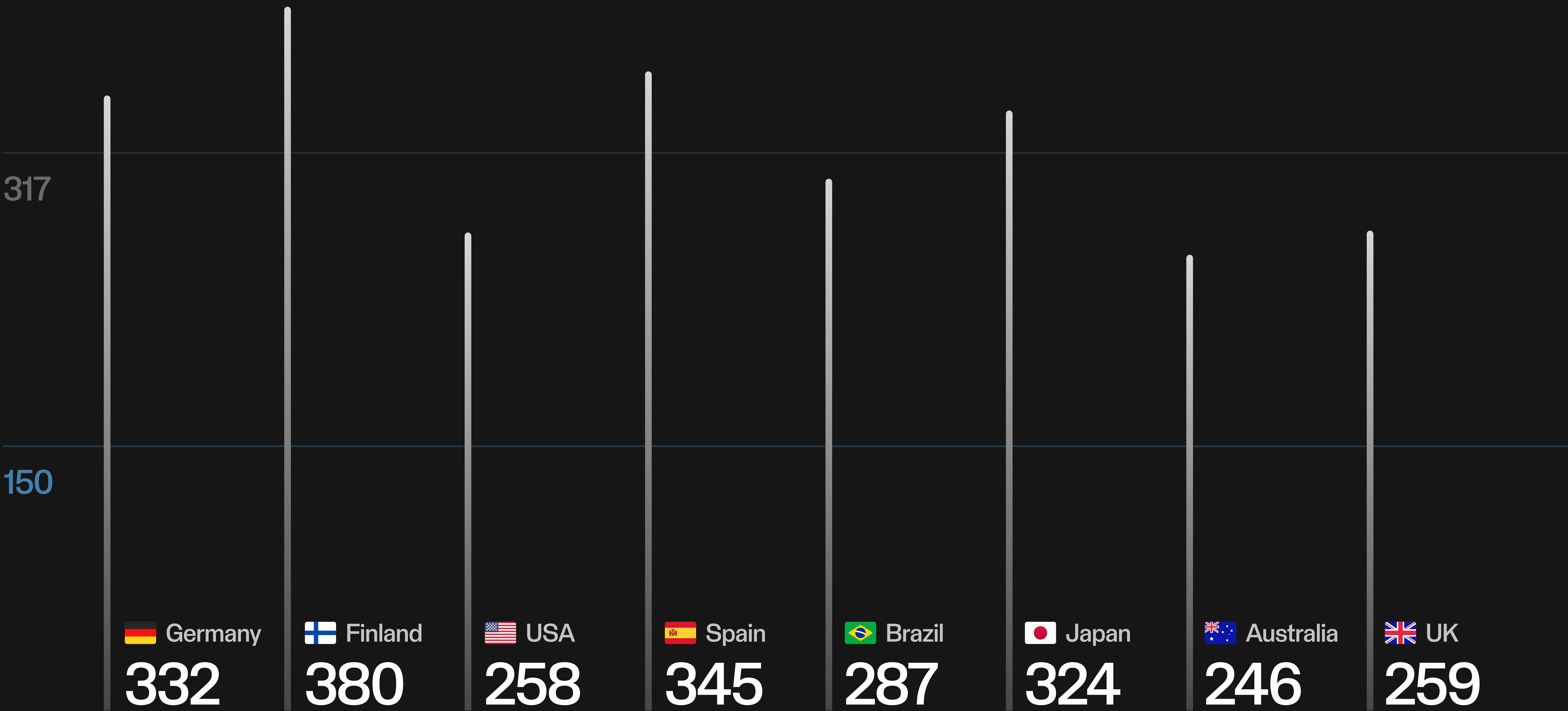
Average weekly minutes of exercise per age group

317

150



Average weekly minutes of exercise per country



Average sleep score

73

Polar's sleep score analyzes key sleep metrics and factors in other critical components of sleep such as interruptions, continuity, and restorative sleep stages. A score above 70 (out of 100) reflects a good night's sleep.


75  Finland

73  Germany  UK

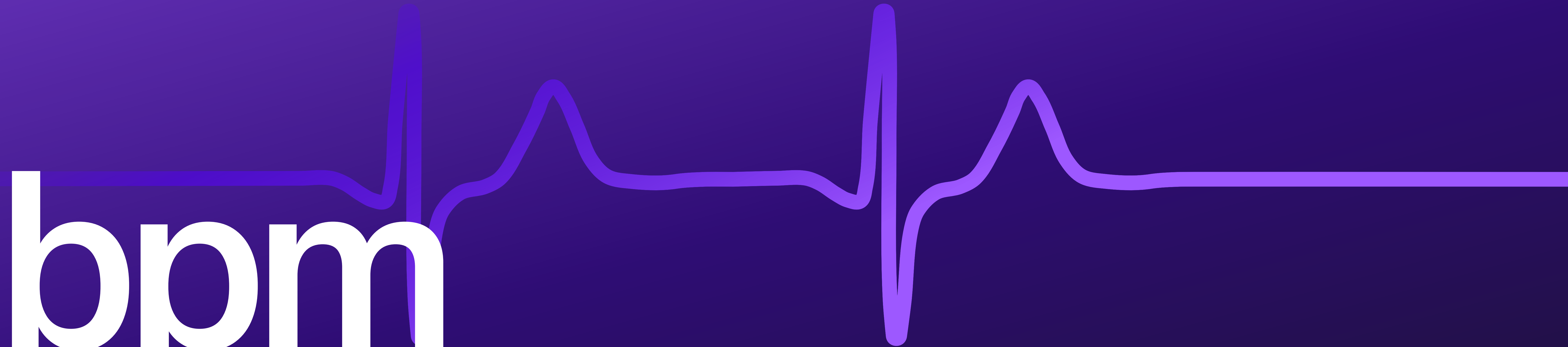
72  Australia  USA

71  Spain

70  Brazil

67  Japan

60 bpm



Average sleep duration per country

Finland 🇫🇮 7^h43^{min}

UK 🇬🇧 7^h35^{min}

Australia 🇦🇺 7^h34^{min}

Germany 🇩🇪 7^h29^{min}

USA 🇺🇸 7^h28^{min}

Spain 🇪🇸 7^h16^{min}

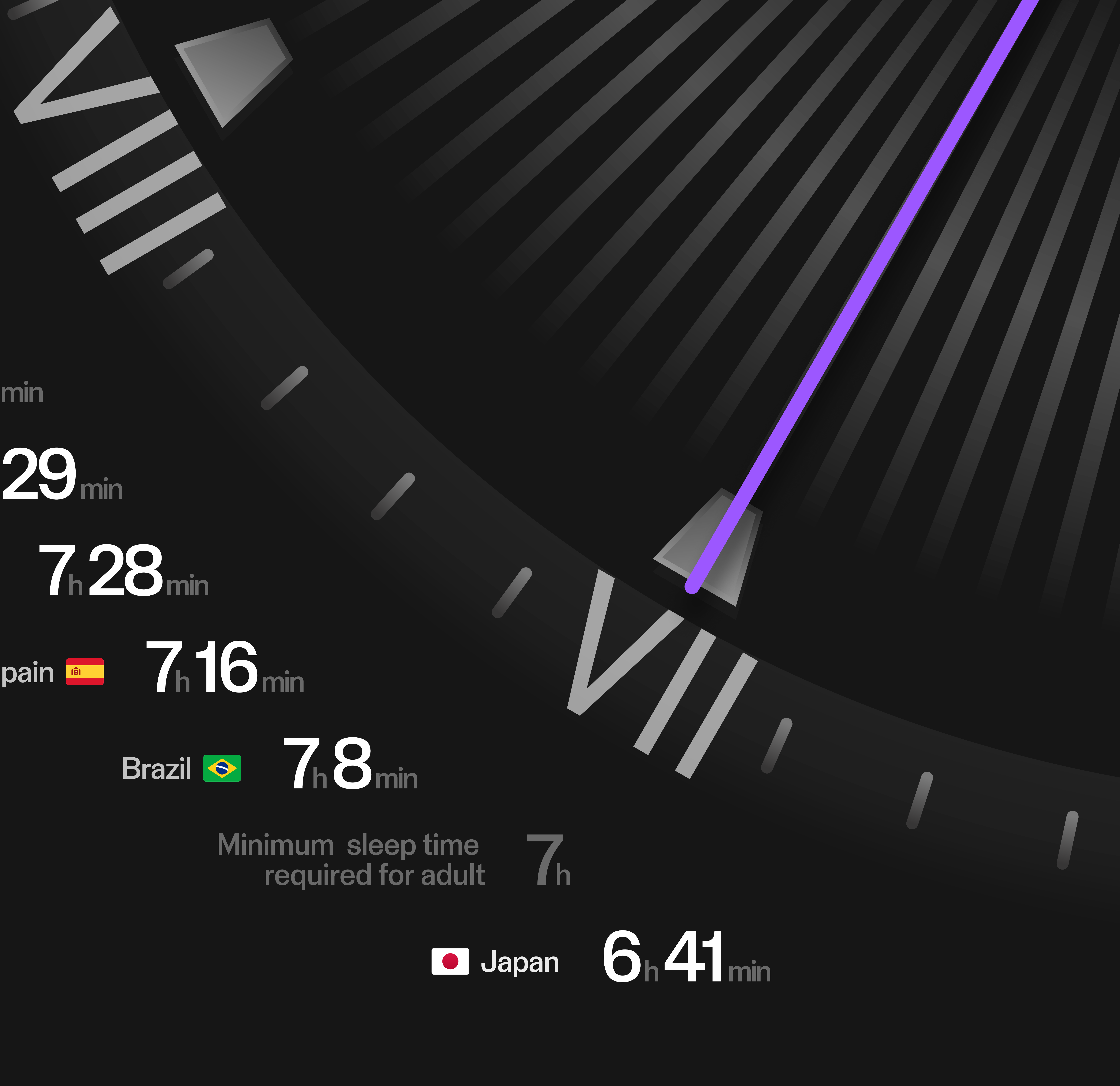
Brazil 🇧🇷 7^h8^{min}

Japan 🇯🇵 6^h41^{min}

Minimum sleep time required for adult 7^h

Average globally

7^h29^{min}



Average sleep duration per age group



Most healthy adults need at least **7 hours** of sleep each night according to scientific guidelines.

7_h

Average wake up and bedtime

2024: Reflected



Bedtime

23:30



- Spain 00:15
- Japan 23:39
- Brazil 23:36
- UK, Finland 23:27
- Germany 23:22
- US 23:07
- Australia 22:54

- Japan 06:21
- Australia 06:29
- US 06:36
- Brazil 06:43

Wake up time

07:30

- Germany 06:51
- UK 07:01
- Finland 07:10
- Spain 07:31

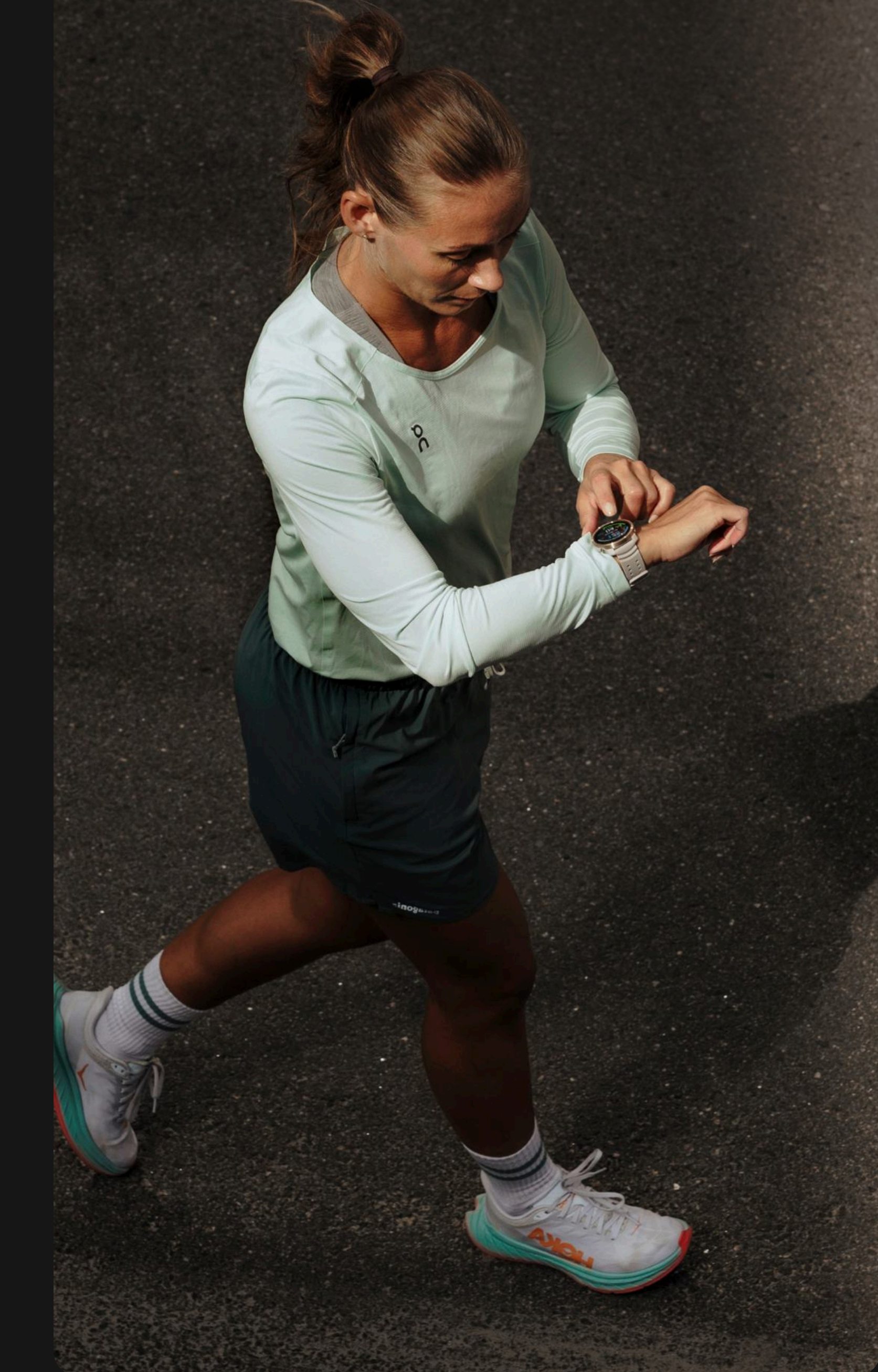
Share of all workouts

2024

Running **19%**



Walking **16%**



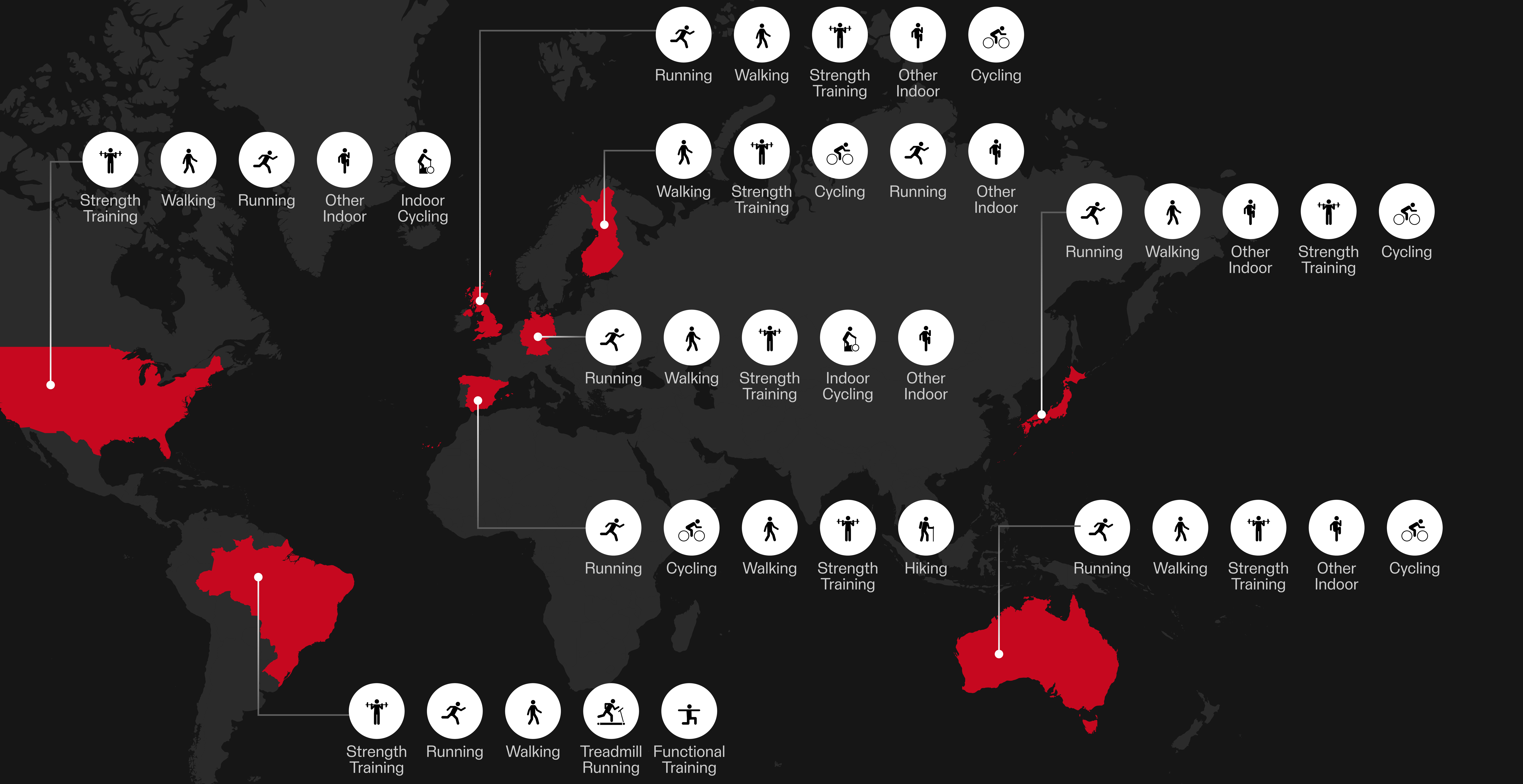
Strength Training **11%**




Cycling **9%**



Top sports around the world



Average distance per run

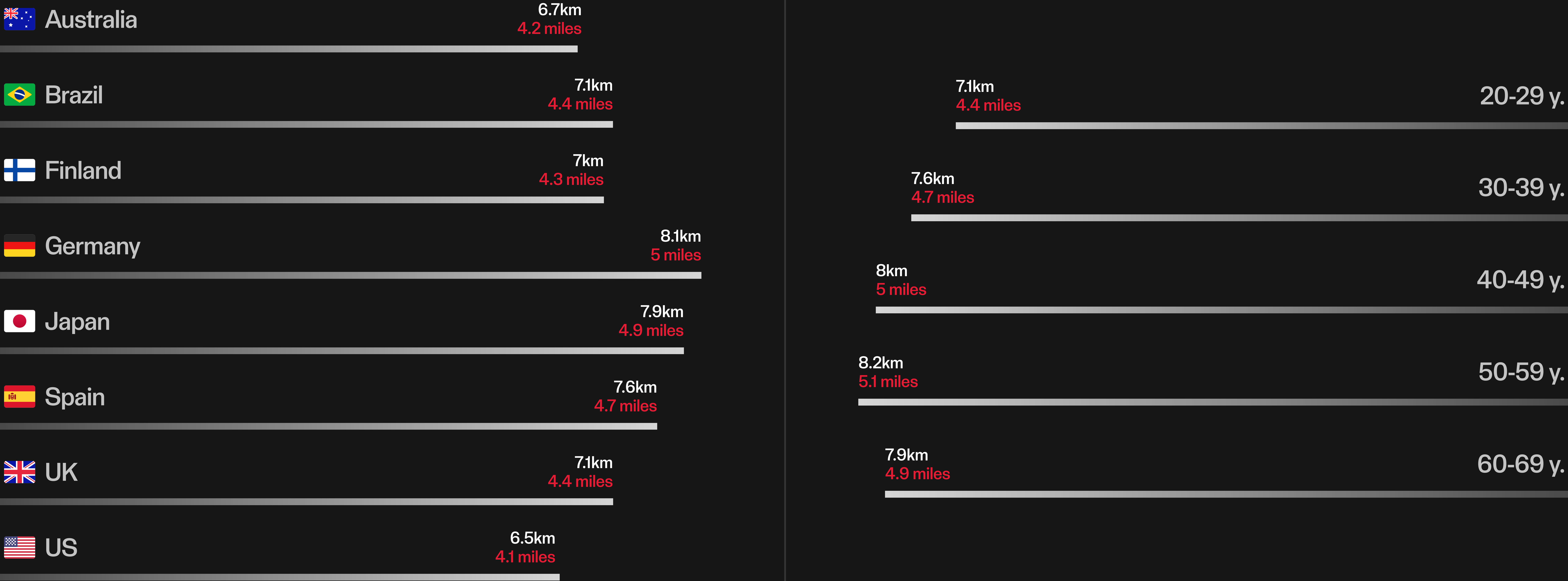


7.8 km
4.8 mi

2024: Reflected




Country | Age group



4_h 10_{min}

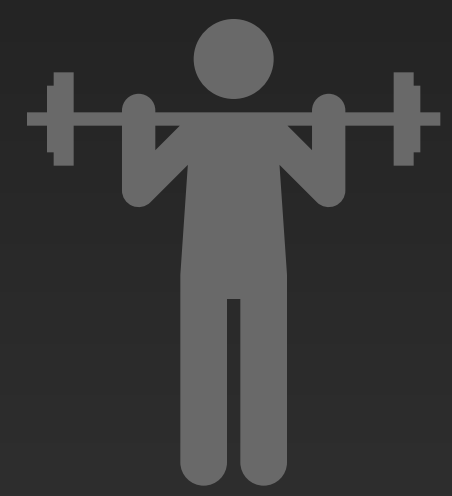
Average distance per walk

 **4.4** km
2.7 mi

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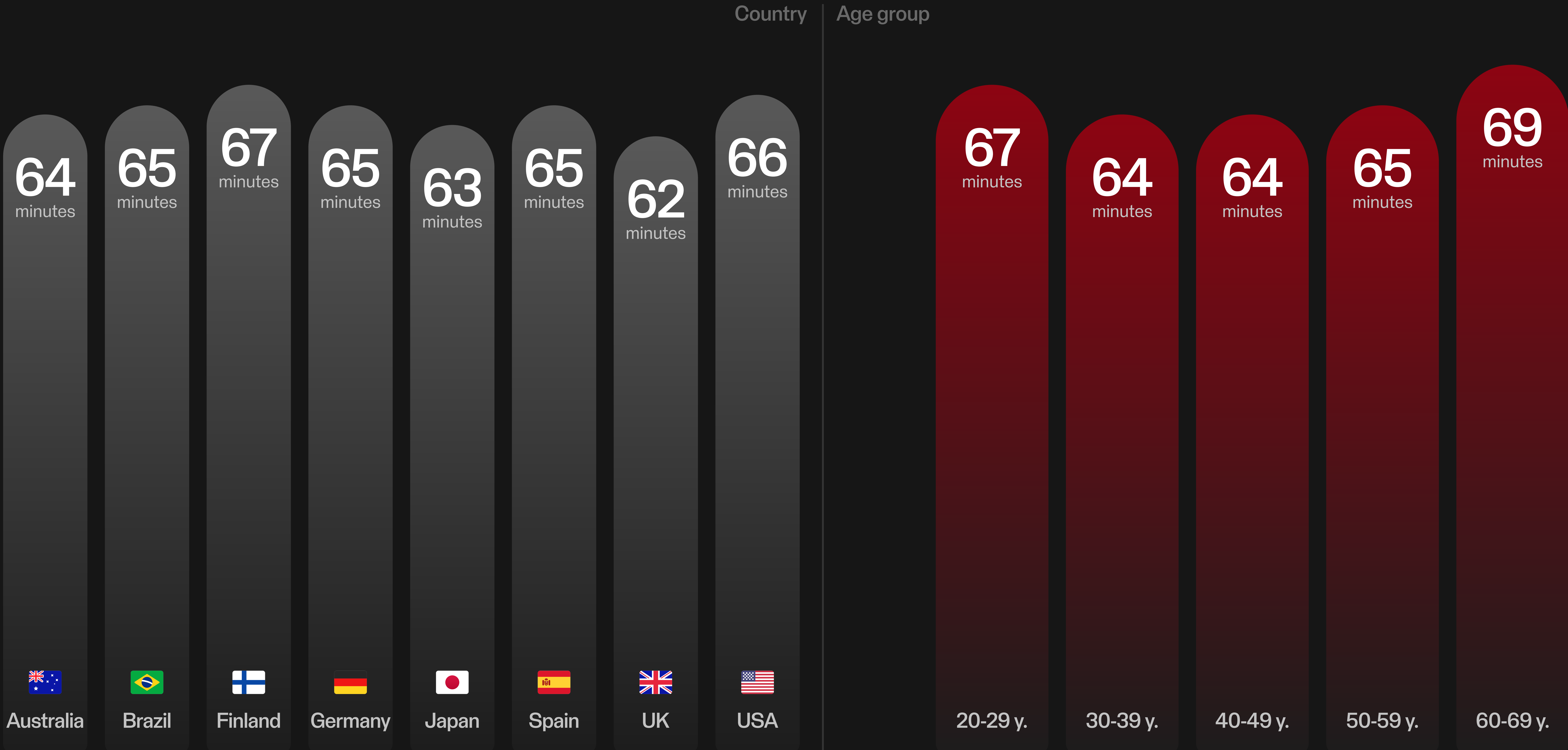


Average duration per strength workout



65
minutes


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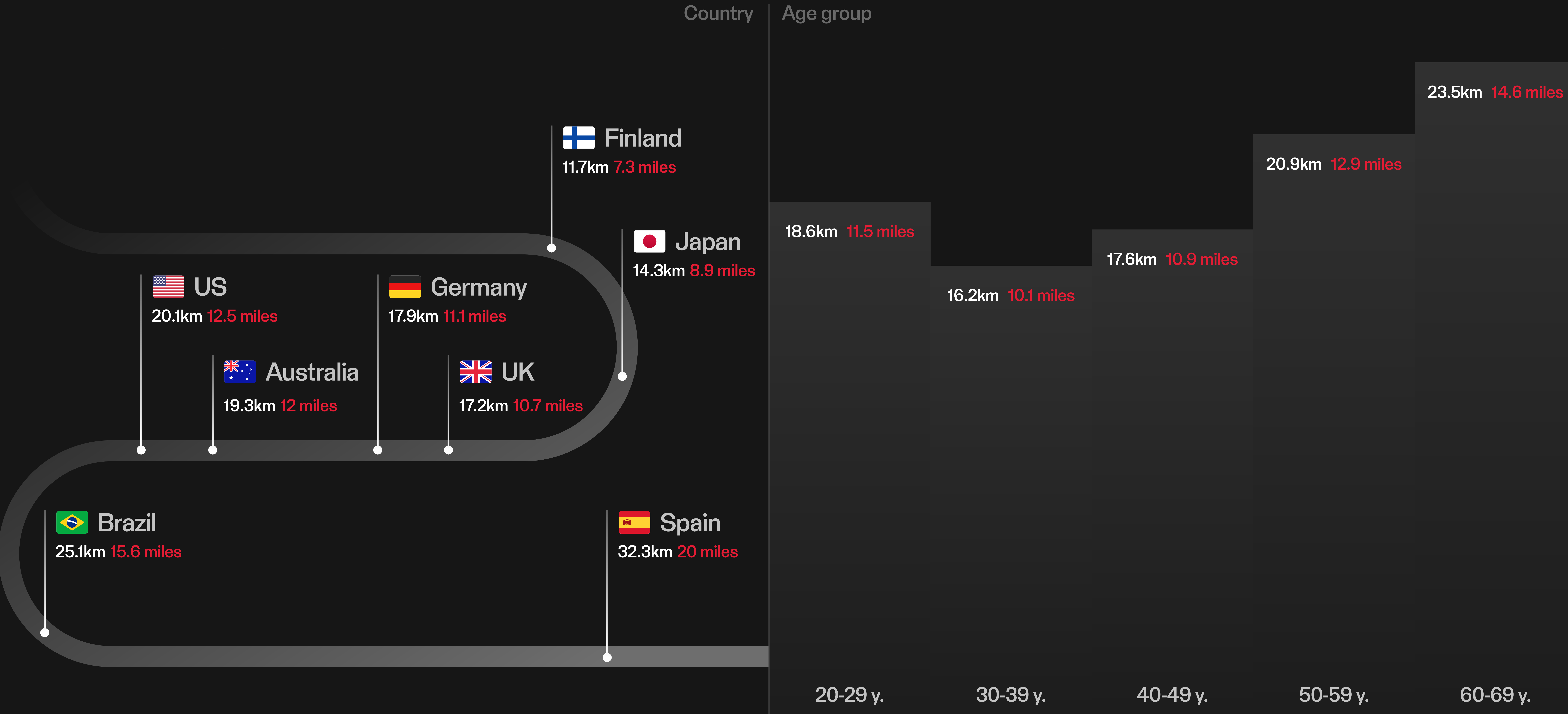


Average distance per ride


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 **19.5** km
12.11 mi






Average distance per swim

 **2 088**
metres

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Country	Age group
Australia 	
Brazil 	20-29 y.
Finland 	30-39 y.
Germany 	40-49 y.
Japan 	50-59 y.
Spain 	60-69 y.
UK 	
US 	

2 702
metres

2 117
metres

1 566
metres

2 069
metres

1 832
metres

2 149
metres

1 818
metres

2 025
metres

Australia

Brazil

Finland

Germany

Japan

Spain

UK

US

Age group

20-29 y.

30-39 y.

40-49 y.

50-59 y.

60-69 y.

2 801
metres

1 965
metres

1 955
metres

2 055
metres


1 952
metres


Average distance and ascent per hike by country

2024: Reflected




7.2 km
4.5 mi
↑ 295 metres



US
6.1km
3.8 miles
241m


Brazil
6.6km
4.1 miles
295m

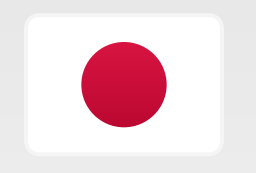

Australia
7km
4.3 miles
282m


UK
7.6km
4.7 miles
281m


Finland
6.3km
3.9 miles
214m


Germany
6.8km
4.2 miles
238m

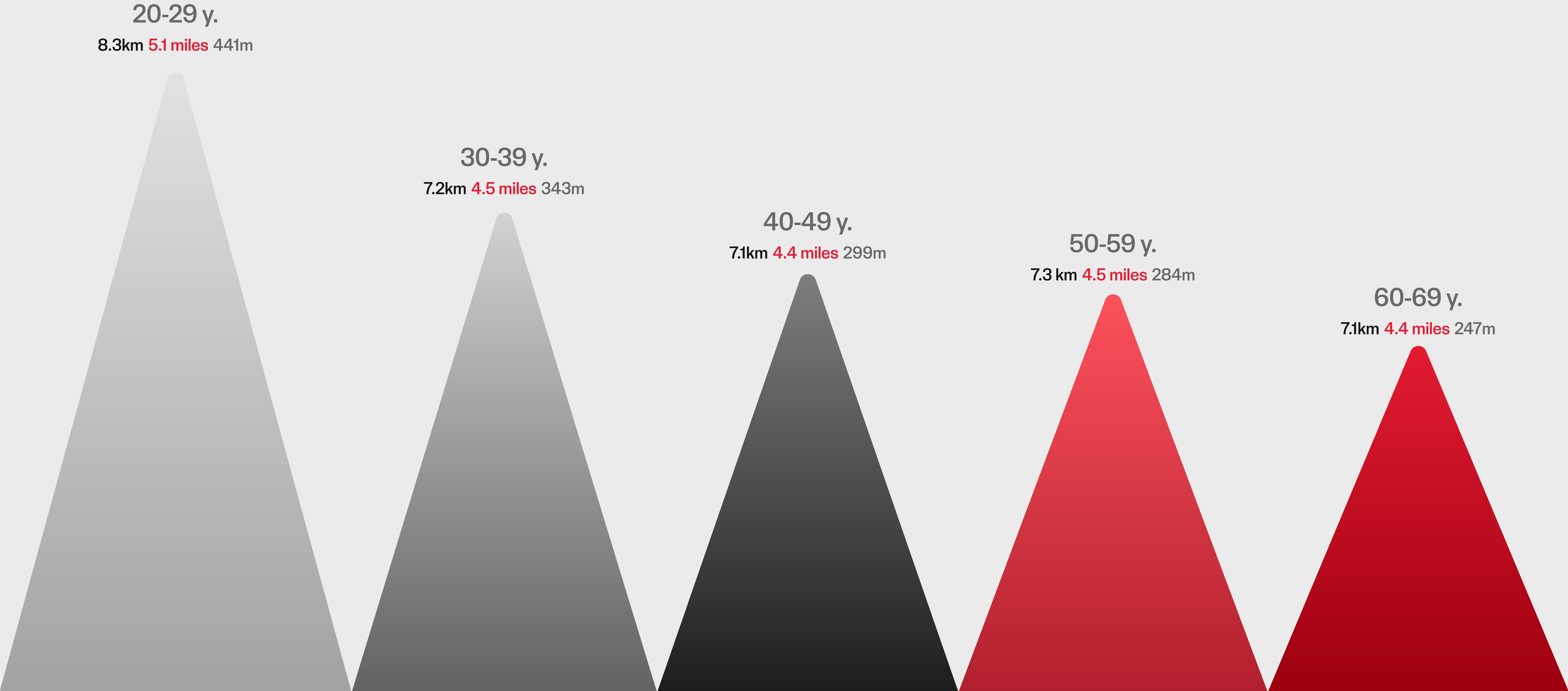

Spain
8.6km
5.3 miles
341m


Japan
8.7km
5.4 miles
613m

Average distance and ascent per hike by age



7.2 km
4.5 mi
↑ 295 metres



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