**Life cycle and participation in sport and leisure**

**1: Traditional life cycles**

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| **Stage** | **Tourism engagement** | **Leisure, sport engagement** |
| **Young single stage:** young, single people not living at home |  |  |
| **New couples:** young no children |  |  |
| **Full nest 1:** youngest child under 6 |  |  |
| **Full Nest 2:** youngest child 6 or over |  |  |
| **Full nest 3:** older couples with dependent children |  |  |
| **Empty nest 1:** older couples, no children living with them, still working |  |  |
| **Empty nest 2:** Older married couples, no children living at home, still working |  |  |
| **Solitary Survivor:** still working |  |  |
| **Solitary Survivor:**  retired |  |  |