



Geocaching for Exercise and Activity Research

The GEAR Study was conducted by the Center for Community Health Development



What is geocaching?

Geocaching is an outdoor adventure where players use a GPS-guided app or handheld GPS to find cleverly hidden containers around the world. GPS coordinates are listed in an online forum, Geocaching.com. Geocaching has been around for almost 14 years with over 2.3 million active caches and 9 million participants worldwide.

The GEAR Study

The GEAR Study investigates the physical activity benefits of geocaching, as well as motivations for engaging in the sport.

Participants

1,000 total participants

47.5% Male

52.5% Female

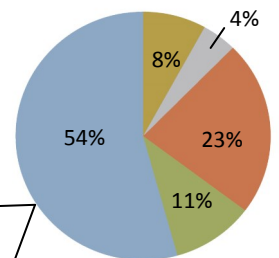
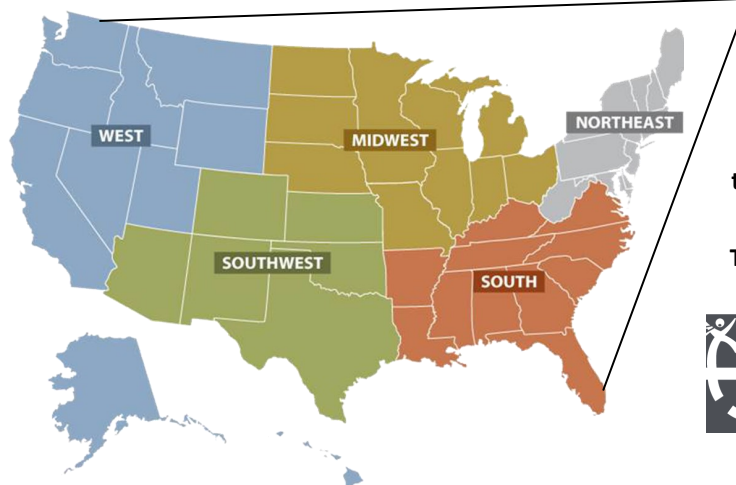
Average age of 44 years

Geocachers walked an average of 10 miles per month

1.5 miles walked per geocaching trip

72 average geocaching trips per year

Participant Location by Region



Special thanks to our GEAR Partners: Geocaching.com and Texas Parks & Wildlife



National Guidelines for Physical Activity

The Centers for Disease Control and Prevention (CDC) recommends
150 minutes of moderate physical activity per week.



GEAR participants geocached at a moderate physical activity level for an average of 134 minutes per week.

GEAR Results

75% of GEAR participants identified themselves as frequent geocachers.
(Frequent geocacher = geocaches 1 time or more/week)

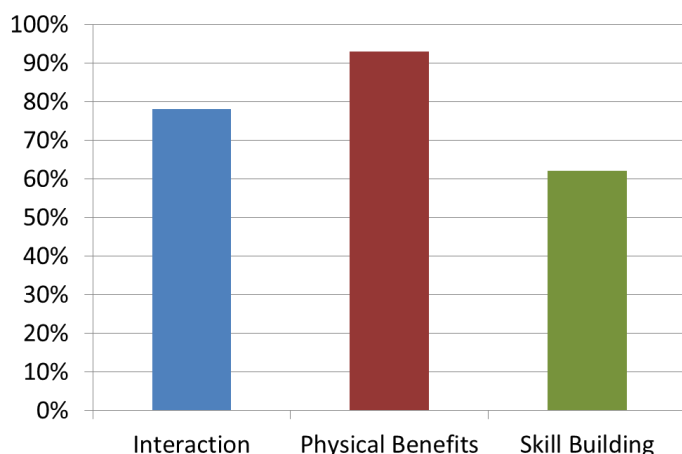
Participants who reported poor mental health were 1.5 times less likely to geocache frequently.

Participants who geocaching frequently were 1.4 times more likely to meet CDC recommendations for physical activity compared to non-frequent geocachers.

Participants who reported poor physical health were 1.2 times less likely to geocache frequently.

Motivations for Geocaching

Recommendations



- ⇒ To meet physical activity guidelines via geocaching, we recommend that individuals go geocaching one or more times a week for a total of 2.5 hours of activity.
- ⇒ While geocaching is a good way to do FUN physical activity, we cannot discount the importance of a healthy diet in addition to exercise. Thus, geocaching is only one aspect of a healthy lifestyle.