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This study looks at the practice of sport and physical activity in Spanish society; analyzing the extent of sedentary lifestyles among the population, what benefits individuals perceive from the practice of sport and what are the principal obstacles to its practice. It also examines how sport and physical activity specifically contribute to individuals' positive perceptions of their health and well-being.

The analysis is made from a social perspective, extending the traditional biological or medical focus on these issues. Thus, it includes dimensions such as those related to state of mind or the enrichment of social networks. To do this the study investigates the beliefs that encourage or dissuade individuals in the practice of sport.