

## Facts about Physical Activity

Written by  
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### **Some Americans are getting enough, but too many are not**

Less than half (48%) of all adults meet the 2008 Physical Activity Guidelines.

Less than 3 in 10 high school students get at least 60 minutes of physical activity every day.

Physical activity can improve health. People who are physically active tend to live longer and have lower risk for heart disease, stroke, type 2 diabetes, depression, and some cancers. Physical activity can also help with weight control, and may improve academic achievement in students. There's more.

Inactive adults have a higher risk for early death, heart disease, stroke, type 2 diabetes, depression, and some cancers.

### **Rates of activity and inactivity vary across states and regions**

Americans living in the South are more likely to be less physically active than Americans living in the West, Northeast and Midwest regions of the country.

To see the 2010 state rates for physical activity and inactivity, please visit the Behavioral Risk Factor Surveillance System Prevalence and Trends Data for Exercise, 2010.

### **Some groups are more physically active than others**

More non-Hispanic white adults (22.8%) meet the 2008 Physical Activity Guidelines for aerobic and muscle-strengthening activity than non-Hispanic black adults (17.3%) and Hispanic adults (14.4%).

Men (52.1%) are more likely than women (42.6%) to meet the 2008 Physical Activity Guideline for aerobic activity.

Younger adults are more likely to meet the 2008 Physical Activity Guideline for aerobic activity than older adults.

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### **Physical activity and socioeconomic status**

Adults with more education are more likely to meet the 2008 Physical Activity Guideline for aerobic activity than adults with less education.

Adults whose family income is above the poverty level are more likely to meet the 2008 Physical Activity Guideline for aerobic activity than adults whose family income is at or near the poverty level.

*Source: Center of Disease Control*