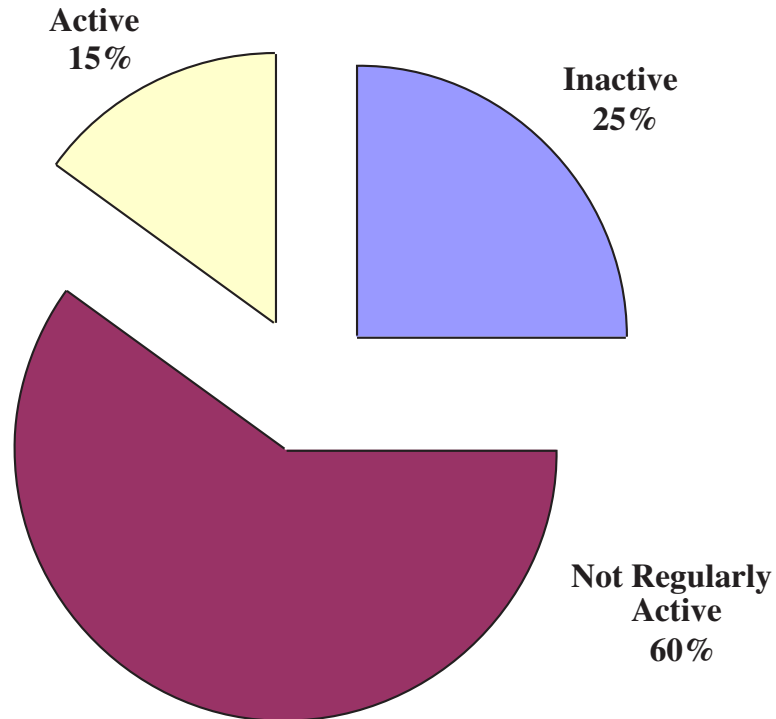


The Facts About... Physical Activity

Physical Activity of Adults in United States



Source: U.S. Centers for Disease Control and Prevention, 1992 Behavioral Risk Factor Surveillance System

Millions of Americans suffer from illnesses that can be prevented or improved through regular physical activity. According to the U.S. Centers for Disease Control and Prevention, regular physical activity improves health in the following ways:

- Reduces risk of premature death
- Reduces risk of developing heart disease, diabetes, high blood pressure, and colon cancer.
- Reduces depression and anxiety
- Helps control weight
- Helps build and maintain healthy bones, muscles, and joints.
- Promotes psychological well being

The potential impact of greater physical activity on the nation's health status is obvious. Coronary heart disease affects 13.5 million Americans. Some 1.5 million suffer from a heart attack each year, 8 million have type 2 diabetes, 95,000 are newly diagnosed with colon cancer annually, 250,000 suffer from a hip fracture each year, 50 million have high blood pressure, and more than 60 million are overweight.

The Facts About...

Physical Activity



Some Useful Sites For Physical Activity

- [Physical Activity by the U.S. Centers for Disease Control and Prevention](#)
- [Physical Activity in Your Daily Life by the American Heart Association](#)
- [Fitness.gov](#)