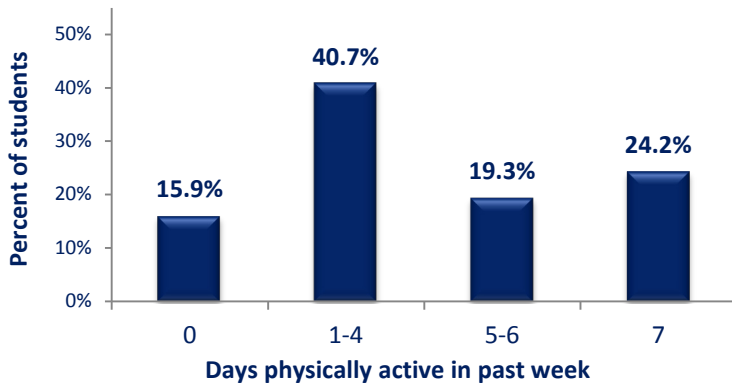




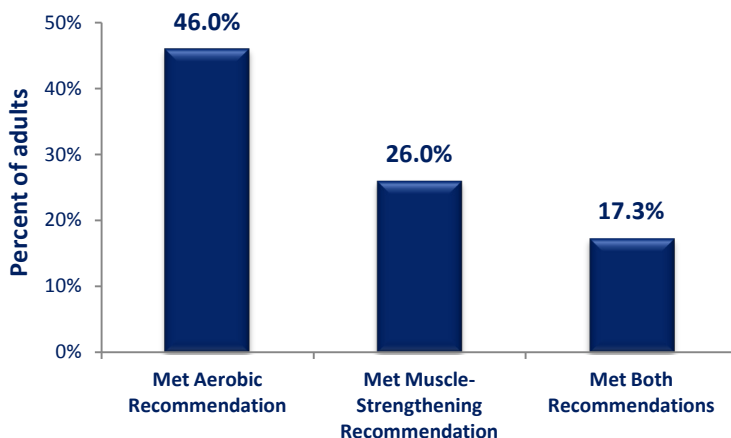
PHYSICAL ACTIVITY, including both aerobic and strength-training activities, is part of a healthy lifestyle and plays a vital role in achieving and maintaining a healthy weight. Regular physical activity reduces the risk of chronic disease and helps to improve overall health. In 2011, 24.2% of Indiana high school students reported being physically active for at least 60 minutes each day during the past week, meeting the Centers for Disease Control and Prevention’s (CDC) physical activity [recommendations for children](#) [Fig 1].¹ Almost 16% reported no physical activity during the past week.

Figure 1. Percent of high school students by days physically active, Indiana, 2011¹



In 2011, 17.3% of adults* met the CDC’s physical activity [recommendations for adults](#) of 150 minutes or more of moderate-intensity aerobic activity each week AND muscle strengthening activities on 2 or more days per week [Fig 2].² Almost 29.2% reported no physical activity outside of their normal work.²

Figure 2. Percent of adults* meeting physical activity recommendations, Indiana, 2011²



Obstacles to physical activity

Screen time (2011)¹

- ❑ 51.4% of Indiana high school students watched 2 or more hours of TV per day on an average school day.
- ❑ 44.2% of Indiana high school students played video games or used a computer for something not school-related 2 or more hours per day on an average school day.

Commuting

- ❑ The average commute time for Indiana residents is 23.2 minutes.³
 - Each hour spent in a car per day is associated with a 6% increase in the risk for obesity.⁴
- ❑ Only 2.2% of the population indicated walking as their mode of transportation to work.³

Unsafe environments

- ❑ Only 20% of people in Indiana are currently covered by Complete Streets policies.⁵
- ❑ Complete Streets are roadways designed to safely and comfortably provide for the needs of all users, including, but not limited to, motorists, cyclists, pedestrians, transit and school bus riders, movers of commercial goods, persons with disabilities, seniors and emergency users.

Examples of types of physical activity

Moderate-intensity aerobic activity⁶

- ❑ Walking fast
- ❑ Doing water aerobics
- ❑ Riding a bike on level ground or with few hills
- ❑ Playing doubles tennis
- ❑ Pushing a lawn mower

Vigorous-intensity aerobic activity⁶

- ❑ Jogging or running
- ❑ Swimming laps
- ❑ Riding a bike fast or on hills
- ❑ Playing singles tennis
- ❑ Playing basketball

*Adults are people ages 18 years and older



Health benefits of physical activity in adults*⁷

- ❑ Strong evidence of reduced rates of:
 - All-cause mortality
 - Coronary heart disease
 - High blood pressure
 - Stroke
 - Metabolic syndrome
 - Type 2 diabetes
 - Some cancers (e.g., breast and colon)
 - Depression
 - Falling
- ❑ Strong evidence of:
 - Increased cardiorespiratory and muscular fitness
 - Healthier body mass and composition
 - Improved bone health
 - Increased functional health
 - Improved cognitive function

Economic consequences⁸

- ❑ The annual cost directly attributable to inactivity in the United States is an estimated \$24 to \$76 billion.
 - These amounts equal 2.4% to 5% of the total expenditure on health care.

TAKE ACTION: Steps you can take to be physically active

- ❑ [Add physical activity to your life](#)
 - Choose a variety of activities to reach [recommended physical activity levels](#)
 - Make physical activity a regular part of your day at [home, work, or for leisure](#)
 - Engage in physical activity with family and friends
- ❑ Limit total non-educational screen time (computer and television use) to no more than 2 hours per day for children⁹
- ❑ [Commute actively when possible](#)
 - Add movement on your way to and from work to increase your physical activity level
- ❑ [Support active environments](#)
 - Promote the adoption of urban design, land use and transportation policies that plan, build and maintain communities that are more walkable and bikeable for all residents
 - Make walking and bicycling to school safe for children
 - Promote and support parks, playgrounds and trails

Community resources

- ❑ [INShape Indiana](#) has programs for all types of people seeking to increase their physical activity level.
- ❑ [2008 Physical Activity Guidelines for Americans](#) provides guidelines to help individuals ages 6 and older improve their health through appropriate physical activity.
- ❑ [Community Health Resources](#) highlight the CDC's best resources to help you plan, implement and evaluate community health interventions and programs to address chronic disease and health disparities issues.
- ❑ [Burden of Obesity in Indiana 2011 Report](#) provides a roadmap for targeting interventions for at risk groups and others to improve weight status, physical activity levels, and fruit and vegetable consumption.
- ❑ [Indiana Youth Risk Behavior Survey posters](#) provide a visual depiction of the level of physical activity among Indiana's high school students.
- ❑ For more information on what is being done in Indiana, visit the [Indiana Healthy Weight Initiative](#) website.
- ❑ For more tips, check out [Indiana's Comprehensive Nutrition and Physical Activity Plan, 2010-2020](#).

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