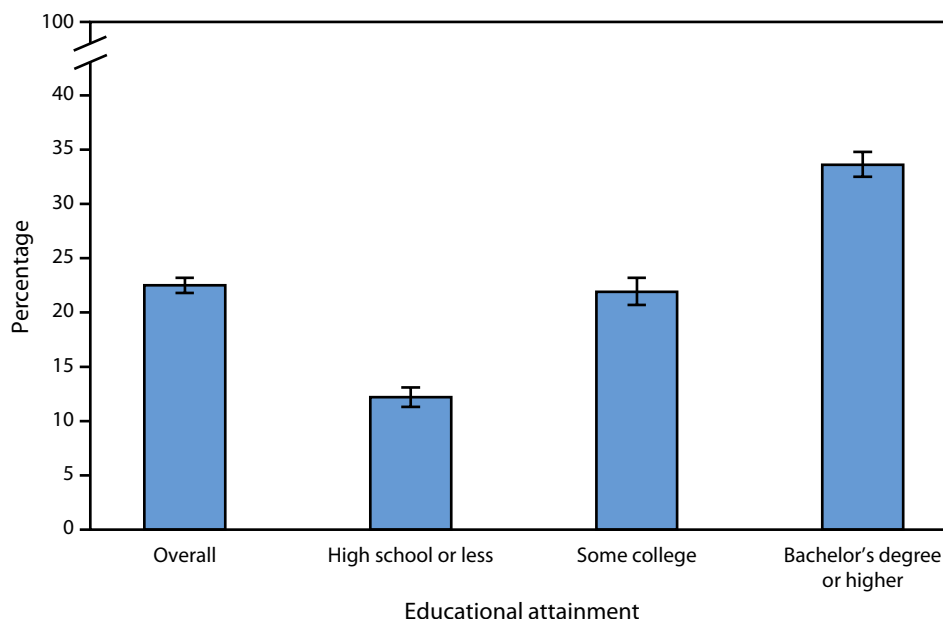


QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

Percentage* of Adults Aged ≥ 25 Years[†] Who Met the 2018 Federal Physical Activity Guidelines for Both Muscle-Strengthening and Aerobic Physical Activity,[§] by Educational Attainment — United States, 2022



* Estimates are based on household interviews of a sample of the civilian, noninstitutionalized U.S. population, with 95% CIs indicated by error bars.

[†] Data are not shown when age is missing.

[§] Per U.S. Department of Health and Human Services 2018 *Physical Activity Guidelines for Americans, 2nd edition* (<https://health.gov/paguidelines>). The aerobic physical activity guideline was met if the respondent reported engaging in ≥ 150 minutes per week of moderate-intensity aerobic physical activity or ≥ 75 minutes per week of vigorous-intensity aerobic physical activity, or an equivalent combination. The muscle-strengthening guideline was met if the respondent reported performing muscle-strengthening activities on ≥ 2 days per week.

In 2022, 22.5% of adults met federal guidelines for both muscle-strengthening and aerobic physical activity. The percentage of adults who met these guidelines increased with increasing educational attainment, from 12.2% among adults who completed high school or less to 33.6% among those with a bachelor's degree or higher.

Supplementary Table: <https://stacks.cdc.gov/view/cdc/155046>

Source: National Center for Health Statistics, National Health Interview Survey, 2022. <https://www.cdc.gov/nchs/nhis.htm>

Reported by: Geliila Haile, MPH, tyz1@cdc.gov; Benjamin Zablotsky, PhD.

For more information on this topic, CDC recommends the following link:
<https://www.cdc.gov/physical-activity-basics/benefits/index.html>