



A MINUTE OF HEALTH WITH CDC

Holiday Workout

Prevalence of Aerobic Physical Activity — United States, 2007

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

The holidays are a time for enjoying family and friends. Unfortunately, many of us over-indulge in food and don't make physical activity a priority. A recent CDC report indicates that more than one third of U.S. adults don't get the minimum recommended amount of physical activity. This sedentary lifestyle can lead to health problems, such as obesity, arthritis, and diabetes. Regular aerobic activity, or exercise that requires a moderate level of effort, is an important part of a healthy lifestyle. So when you step away from the table this holiday season, step out for a brisk walk or run, and make it a habit for the New Year.

Thank you for joining us on *A Minute of Health with CDC*.

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