

Table 207. Age-Adjusted Percentage of Persons Engaging in Physical Activity and Fitness by Selected Characteristics: 2006

[In percent. Covers persons 18 years old and over. Based on the National Health Interview Survey, a sample survey of the civilian noninstitutionalized population. Leisure-time physical activity is assessed by asking respondents a series of questions about participation in moderate and vigorous-intensity physical activities. To assess muscle-strengthening activities, respondents were asked about leisure-time physical activities specifically designed to strengthen their muscles]

Characteristic	No leisure-time physical activity ¹	Regular Physical activity-moderate or vigorous ²	Muscular strength and endurance ³	Characteristic	No leisure-time physical activity ¹	Regular Physical activity-moderate or vigorous ²	Muscular strength and endurance ³
Total	39.2	30.9	19.4	Two or more races . . .	34.7	29.9	25.7
SEX				HISPANIC ORIGIN AND RACE			
Male	38.1	33.1	22.0	Hispanic or Latino	53.0	22.6	13.1
Female	40.1	28.9	17.0	Not Hispanic or Latino . .	37.0	32.3	20.5
AGE ⁴				White, non-Hispanic . . .	48.2	33.7	18.0
18 to 24 years old . . .	34.4	38.1	26.5	Black, non-Hispanic . . .	35.1	24.8	21.1
25 to 44 years old . . .	34.7	33.4	22.5	Education level (persons aged)			
45 to 64 years old . . .	39.4	29.5	17.3	25 years years and over):			
65 to 74 years old . . .	47.6	26.2	12.1	Less than 9th grade . . .	66.6	15.0	5.3
75 years old and over	59.3	17.3	9.4	Grades 9 thru 11	59.5	17.3	7.2
RACE				High School graduate . .	47.2	23.5	13.3
Race alone				Some college or AA degree	34.7	31.7	20.7
White	38.0	31.8	19.7	College graduate or above	23.1	43.4	28.6
Black or African American	48.1	24.9	17.8				
American Indian or Alaska Native	33.6	29.0	16.5				
Asian or Pacific Islander	(NA)	(NA)	(NA)				

¹ Persons with no moderate- or vigorous-intensity activity for at least 10 minutes at a time. ² Regular physical activity is moderate-intensity physical activity at least 5 times a week for 30 minutes/time or vigorous-intensity physical activity for at least 3 times/week for 20 minutes/time. ³ Persons who participated in muscle strengthening activities at least 2 times/week. ⁴ Age data are not age-adjusted.

Source: U.S. National Center for Chronic Disease Prevention and Health Promotion, "Nutrition and Physical Activity" and unpublished data; <<http://wonder.cdc.gov/data2010/>>.