

Adults Participating in Enough Aerobic and Muscle Strengthening Exercises to Meet Guidelines (2011)

State Comparison		Percent
Alabama		15.0
United States		21.0
Historic Trend		N.A.*
Public Health Area		
1		12.0
2		15.0
3		14.4
4		18.4
5		13.0
6		12.4
7		8.6
8		13.8
9		11.6
10		13.5
11		12.6
Rurality		N.A.
Age		
18 - 24		27.3
25 - 34		16.3
35 - 44		17.0
45 - 54		12.4
55 - 64		9.5
65 and over		10.7
Gender		
Female		12.8
Male		17.4
Race		
African American		16.3
American Indian/Alaskan Native		N.A.
Caucasian		14.3
Ethnicity		N.A.
Income		
Under \$15,000		11.1
\$15,000 - \$24,999		10.9
\$25,000 - \$34,999		12.0
\$35,000 - \$49,999		16.5
\$50,000 and over		19.3
Education		
Less than 9th Grade		N.A.
9th Grade - 12th Grade		7.7
High school or G.E.D.		13.2
Post high school		16.3
College graduate and higher		22.6

**2011 was the baseline year for this measure. The recommendations for Physical Activity changed, so the past indicators for Physical Activity are not comparable to this indicator. The next available data will be 2013 data.*

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- Regular exercise and physical activity reduce the risk for many chronic diseases. Current physical activity guidelines recommend that adults participate in at least 150 minutes of moderate aerobic activity each week and participate in muscle-strengthening activities two or more days per week.
- In 2011, 15.0 percent of Alabama adults met the physical activity guidelines.
- Conversely, 85.0 percent of Alabama adults did not meet the recommended physical activity guidelines to stay healthy and prevent chronic disease.
- Alabama ranked fourth highest in the nation for physical inactivity.
- College graduates in Alabama are significantly more likely to participate in enough weekly physical activity to meet the recommended guidelines.
- Males are slightly more likely to meet recommended physical activity levels than women.
- There are no significant differences in physical activity levels between Caucasian and African American adults in Alabama.

