

**During the past 30 days, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?**

(Weighted Column Percents)

	Total	Age Groups					
		18-24	25-34	35-44	45-54	55-64	65+
Yes	82.8	88.6	85.1	83.6	84.3	79.9	75.8
No	17.2	11.4	14.9	16.4	15.7	20.1	24.2
Male							
Yes	84.1	93.0	85.9	82.7	82.6	81.7	80.2
No	15.9	7.0	14.1	17.3	17.4	18.3	19.8
Female							
Yes	81.6	84.0	84.2	84.6	86.0	78.3	72.5
No	18.4	16.0	15.8	15.4	14.0	21.7	27.5

Denominator is:  
All survey respondents.

**During the past 30 days, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?**

(Unweighted Frequencies)

	Total	Age Groups					
		18-24	25-34	35-44	45-54	55-64	65+
Total	5,086	318	763	883	1,075	930	1,117
Yes	4,178	278	658	745	904	749	844
No	904	40	105	136	171	180	272
Don't know/Not sure	4			2		1	1
Male							
Total	1,990	128	307	342	426	376	411
Yes	1,653	118	270	286	350	301	328
No	336	10	37	56	76	74	83
Don't know/Not sure	1					1	
Female							
Total	3,096	190	456	541	649	554	706
Yes	2,525	160	388	459	554	448	516
No	568	30	68	80	95	106	189
Don't know/Not sure	3			2			1

Denominator is:  
All survey respondents.

**When you are at work, which of the following best describes what you do? (Include all jobs.)**

(Weighted Column Percents)

		Total	Age Groups					65+
			18-24	25-34	35-44	45-54	55-64	
Mostly sitting or standing		61.2	46.2	58.2	62.7	65.0	68.3	68.2
Mostly walking		20.0	22.9	19.7	19.3	19.6	18.9	26.1
Or mostly heavy labor or physically demanding work		18.8	31.0	22.1	18.0	15.4	12.8	5.8
Male	Mostly sitting or standing	54.0	32.0	54.2	58.9	52.1	67.1	61.9
	Mostly walking	19.6	18.9	14.7	20.1	24.3	16.7	29.6
	Or mostly heavy labor or physically demanding work	26.3	49.1	31.1	21.0	23.6	16.2	8.5
Female	Mostly sitting or standing	69.9	62.2	63.7	67.6	79.4	69.5	77.2
	Mostly walking	20.4	27.4	26.6	18.2	14.3	21.2	21.0
	Or mostly heavy labor or physically demanding work	9.7	10.5	9.6	14.3	6.3	9.3	1.8

Denominator is:

All survey respondents who are employed for wages or self employed.

**When you are at work, which of the following best describes what you do? (Include all jobs.)**

(Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		1,624	111	291	384	486	285	67
Mostly sitting or standing		1,045	54	176	242	336	193	44
Mostly walking		307	28	60	73	83	49	14
Or mostly heavy labor or physically demanding work		237	28	50	61	57	38	3
Don't know/Not sure		34	1	5	8	9	5	6
Refused		1				1		
Male	Total	706	51	137	177	188	123	30
	Mostly sitting or standing	393	16	78	98	101	82	18
	Mostly walking	136	11	22	36	41	19	7
	Or mostly heavy labor or physically demanding work	157	23	35	37	40	20	2
	Don't know/Not sure	19	1	2	6	5	2	3
	Refused	1				1		
Female	Total	918	60	154	207	298	162	37
	Mostly sitting or standing	652	38	98	144	235	111	26
	Mostly walking	171	17	38	37	42	30	7
	Or mostly heavy labor or physically demanding work	80	5	15	24	17	18	1
	Don't know/Not sure	15		3	2	4	3	3
	Refused							

Denominator is:

All survey respondents who are employed for wages or self employed.

**At risk for no leisure time physical activity.**

(Weighted Column Percents)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
No risk		82.8	88.6	85.1	83.6	84.3	79.9	75.8
At risk		17.2	11.4	14.9	16.4	15.7	20.1	24.2
Male	No risk	84.1	93.0	85.9	82.7	82.6	81.7	80.2
	At risk	15.9	7.0	14.1	17.3	17.4	18.3	19.8
Female	No risk	81.6	84.0	84.2	84.6	86.0	78.3	72.5
	At risk	18.4	16.0	15.8	15.4	14.0	21.7	27.5

Denominator is:

All survey respondents.

**At risk for no leisure time physical activity.**

(Unweighted Frequencies)

		Total	Age Groups					65+
			18-24	25-34	35-44	45-54	55-64	
Total		5,086	318	763	883	1,075	930	1,117
No risk		4,178	278	658	745	904	749	844
At risk		904	40	105	136	171	180	272
Unknown		4			2		1	1
Male	Total	1,990	128	307	342	426	376	411
	No risk	1,653	118	270	286	350	301	328
	At risk	336	10	37	56	76	74	83
	Unknown	1					1	
Female	Total	3,096	190	456	541	649	554	706
	No risk	2,525	160	388	459	554	448	516
	At risk	568	30	68	80	95	106	189
	Unknown	3			2			1

Denominator is:  
All survey respondents.

**Do you do MODERATE activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?**

(Weighted Column Percents)

		Total	Age Groups					65+
			18-24	25-34	35-44	45-54	55-64	
Yes		91.1	93.8	92.5	93.3	91.0	91.1	85.4
No		8.9	6.2	7.5	6.7	9.0	8.9	14.6
Male	Yes	91.0	90.7	92.4	93.8	90.9	90.6	86.2
	No	9.0	9.3	7.6	6.2	9.1	9.4	13.8
Female	Yes	91.3	97.0	92.5	92.7	91.0	91.6	84.8
	No	8.7	3.0	7.5	7.3	9.0	8.4	15.2

Denominator is:  
All survey respondents.

**Do you do MODERATE activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?**

(Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		2,992	204	400	512	640	552	684
Yes		2,702	193	372	477	583	504	573
No		277	11	28	33	54	47	104
Don't know/Not sure		12			2	3	1	6
Refused		1						1
Male	Total	1,154	90	159	205	237	233	230
	Yes	1,047	83	148	194	216	210	196
	No	102	7	11	10	20	22	32
	Don't know/Not sure	5			1	1	1	2
Female	Total	1,838	114	241	307	403	319	454
	Yes	1,655	110	224	283	367	294	377
	No	175	4	17	23	34	25	72
	Don't know/Not sure	7			1	2		4
	Refused	1						1

Denominator is:

All survey respondents.

**Do you do VIGOROUS activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?**

(Weighted Column Percents)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Yes		59.5	69.0	66.9	63.7	63.3	54.5	39.1
No		40.5	31.0	33.1	36.3	36.7	45.5	60.9
Male	Yes	67.3	75.3	77.3	70.9	68.1	59.3	49.6
	No	32.7	24.7	22.7	29.1	31.9	40.7	50.4
Female	Yes	51.9	62.3	56.3	56.4	58.4	50.0	30.9
	No	48.1	37.7	43.7	43.6	41.6	50.0	69.1

Denominator is:

All survey respondents.

**Do you do VIGOROUS activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?**

(Unweighted Frequencies)

		Total	Age Groups					65+
			18-24	25-34	35-44	45-54	55-64	
Total		2,990	204	400	512	640	552	682
Yes		1,666	138	267	315	394	296	256
No		1,299	64	131	192	243	248	421
Don't know/Not sure		22	2	2	5	2	8	3
Refused		3				1		2
Male	Total	1,153	90	159	205	237	233	229
	Yes	750	67	127	145	159	136	116
	No	395	23	31	59	76	93	113
	Don't know/Not sure	7		1	1	1	4	
	Refused	1				1		
Female	Total	1,837	114	241	307	403	319	453
	Yes	916	71	140	170	235	160	140
	No	904	41	100	133	167	155	308
	Don't know/Not sure	15	2	1	4	1	4	3
	Refused	2						2

Denominator is:

All survey respondents.