

**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		81.4	86.7	82.6	83.4	80.9	80.9	74.9
No		18.6	13.3	17.4	16.6	19.1	19.1	25.1
Male	Yes	83.1	87.7	84.0	85.7	80.4	82.4	78.5
	No	16.9	12.3	16.0	14.3	19.6	17.6	21.5
Female	Yes	79.7	85.6	81.1	81.0	81.3	79.4	72.2
	No	20.3	14.4	18.9	19.0	18.7	20.6	27.8

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		11,996	612	1,544	1,881	2,425	2,464	3,070
Yes		9,664	531	1,289	1,569	1,994	1,997	2,284
No		2,321	81	253	311	430	467	779
Don't know/Not sure		8		2	1	1		4
Refused		3						3
Male	Total	4,649	265	585	721	981	964	1,133
	Yes	3,836	233	501	618	802	802	880
	No	810	32	84	103	178	162	251
Don't know/Not sure		3				1		2
Female	Total	7,347	347	959	1,160	1,444	1,500	1,937
	Yes	5,828	298	788	951	1,192	1,195	1,404
	No	1,511	49	169	208	252	305	528
	Don't know/Not sure	5		2	1			2
Refused		3						3

Denominator is:  
All survey respondents.

**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	81.4	86.7	82.6	83.4	80.9	80.9	74.9
At risk	18.6	13.3	17.4	16.6	19.1	19.1	25.1
Male No risk	83.1	87.7	84.0	85.7	80.4	82.4	78.5
At risk	16.9	12.3	16.0	14.3	19.6	17.6	21.5
Female No risk	79.7	85.6	81.1	81.0	81.3	79.4	72.2
At risk	20.3	14.4	18.9	19.0	18.7	20.6	27.8

Denominator is:

All survey respondents.

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

(Unweighted Frequencies)

	Total	Age Groups					
		18-24	25-34	35-44	45-54	55-64	65+
Total	11,996	612	1,544	1,881	2,425	2,464	3,070
No risk	9,664	531	1,289	1,569	1,994	1,997	2,284
At risk	2,321	81	253	311	430	467	779
Unknown	11		2	1	1		7
Male Total	4,649	265	585	721	981	964	1,133
No risk	3,836	233	501	618	802	802	880
At risk	810	32	84	103	178	162	251
Unknown	3				1		2
Female Total	7,347	347	959	1,160	1,444	1,500	1,937
No risk	5,828	298	788	951	1,192	1,195	1,404
At risk	1,511	49	169	208	252	305	528
Unknown	8		2	1			5

Denominator is:

All survey respondents.

**When you are at work, which of the following best describes what you do? Would you say?**

(Weighted Column Percents)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Mostly sitting or standing		58.1	40.0	53.1	61.9	63.2	65.1	62.7
Mostly walking		22.3	32.3	24.2	20.2	19.7	19.2	20.2
Mostly heavy labor or physically demanding work		17.4	25.5	21.3	16.0	14.4	13.0	12.1
Don't know/Not sure		2.0	2.0	1.4	1.8	2.2	2.7	4.6
Refused		.2	.2			.5	.0	.4
Male	Mostly sitting or standing	52.1	33.7	46.5	56.9	56.4	61.6	57.7
	Mostly walking	21.0	25.5	21.9	19.1	20.9	18.8	20.1
	Mostly heavy labor or physically demanding work	24.7	38.1	30.5	21.8	20.1	16.8	17.5
	Don't know/Not sure	2.1	2.3	1.1	2.2	2.1	2.8	3.9
	Refused	.2	.4			.5		.9
Female	Mostly sitting or standing	66.1	49.0	62.8	69.0	71.5	68.9	68.1
	Mostly walking	24.0	42.0	27.5	21.9	18.2	19.6	20.2
	Mostly heavy labor or physically demanding work	7.8	7.4	7.8	7.9	7.5	8.9	6.3
	Don't know/Not sure	2.0	1.6	1.9	1.2	2.4	2.5	5.3
	Refused	.1				.4	.1	

Denominator is:

All survey respondents.

**When you are at work, which of the following best describes what you do? Would you say?**

(Unweighted Frequencies)

		Total	Age Groups					65+
			18-24	25-34	35-44	45-54	55-64	
Total		6,130	332	1,051	1,378	1,817	1,280	272
Mostly sitting or standing		3,829	141	602	872	1,187	845	182
Mostly walking		1,280	106	246	283	349	248	48
Mostly heavy labor or physically demanding work		879	79	185	201	232	153	29
Don't know/Not sure		131	5	18	22	41	33	12
Refused		11	1			8	1	1
Male	Total	2,728	168	468	629	813	528	122
	Mostly sitting or standing	1,524	59	232	361	470	328	74
	Mostly walking	527	39	91	117	163	94	23
	Mostly heavy labor or physically demanding work	612	66	139	137	159	91	20
	Don't know/Not sure	59	3	6	14	17	15	4
	Refused	6	1			4		1
Female	Total	3,402	164	583	749	1,004	752	150
	Mostly sitting or standing	2,305	82	370	511	717	517	108
	Mostly walking	753	67	155	166	186	154	25
	Mostly heavy labor or physically demanding work	267	13	46	64	73	62	9
	Don't know/Not sure	72	2	12	8	24	18	8
	Refused	5				4	1	

Denominator is:

All survey respondents.