PHI: Public Health Importance:

Maintaining an active lifestyle is one of the most important steps anyone can take to improve their health. Physical activity promotes normal growth and development, elevates mood and brain function, improves sleep, and reduces the risk of developing a chronic disease. Exercising in increments as little as 10 minutes can provide these health benefits. Over time, the long-term benefits of consistent, regular physical activity can increase the quality and length of one’s life.

PHI: Physical Activity Guidelines for Adults

- **Aerobic:** 150 to 300 minutes a week of moderate-intensity activity, or 75 to 150 minutes a week of vigorous-intensity activity or a combination of the two.
- **Muscle-strengthening:** moderate or greater intensity activity involving all major muscle groups on 2 or more days a week.


**Key Findings**

- Fewer than 1 in 5 adults meet the U.S. guidelines for both aerobic and muscle-strengthening physical activity.
- Men are more likely than women to meet the guidelines for muscle-strengthening activity, but women are more likely to meet the guidelines for aerobic activity.

**Across the Nation**

<table>
<thead>
<tr>
<th>Country</th>
<th>Meet Both Guidelines</th>
<th>HP 2020 Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Montgomery</td>
<td>18.4%</td>
<td>20.3%</td>
</tr>
<tr>
<td>Ohio</td>
<td>19.0%</td>
<td>20.1%</td>
</tr>
<tr>
<td>United States</td>
<td>20.1%</td>
<td>20.1%</td>
</tr>
</tbody>
</table>

1Behavioral Risk Factor Surveillance System (BRFSS), 2015 & 2017
2Behavioral Risk Factor Surveillance System (BRFSS), 2017

**Children’s Physical Activity**

- **Children exercising outside of schools:** 58%
- **Children participating in an intramural sport:** 71%

Source: Dayton Children’s Hospital Community Health Needs Assessment *6-11 years