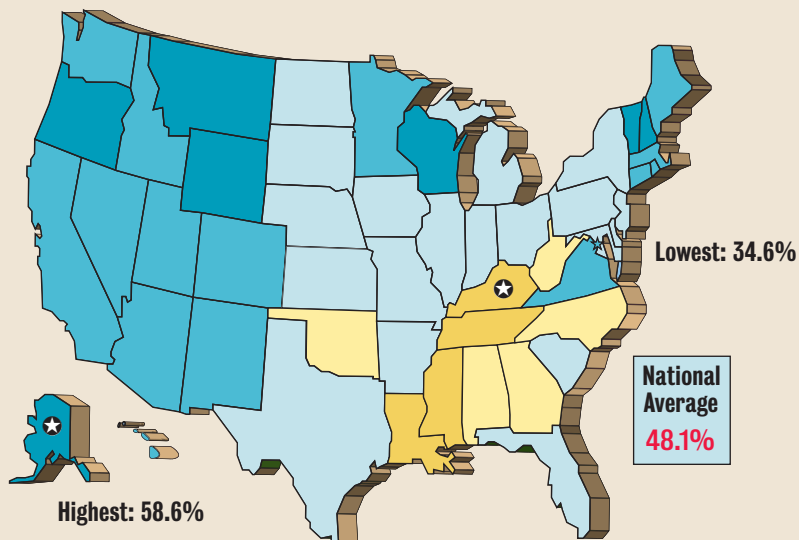
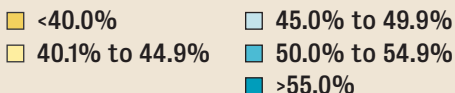


## WHO IS ACTIVE WHERE

Most people in the U.S. do not engage in physical activities consistent with Centers for Disease Control and Prevention recommendations. But behaviors vary widely on a state-by-state basis, as seen from a 2005 survey.

### PERCENT OF SUFFICIENTLY ACTIVE POPULATION ON A STATE-BY-STATE BASIS



## ACTION HOT SPOTS

*Percentage of urban population\* that does moderate or vigorous-intensity activities weekly*

**Recommended:** 60-150+ minutes

**Insufficient:** >10 minutes

**Inactive:** <10 minutes

### MOST ACTIVE

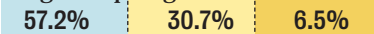
Keene, N.H.



Medford, Ore.

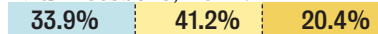


Eugene-Springfield, Ore.

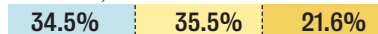


### LEAST ACTIVE

Nashville-Davidson-Murfreesboro, Tenn.



New Orleans-Metairie-Kenner, La.



Enid, Okla.



\* METROPOLITAN AREAS ARE DEFINED AS SINGLE COUNTIES OR GROUPS OF COUNTIES THAT CONTAIN POPULATION CENTERS OF 10,000 PERSONS OR MORE. MANY, BUT NOT ALL, OF THE LARGEST METROPOLITAN AREAS IN EACH STATE WERE REPORTED. NUMBERS DO NOT EQUAL 100 DUE TO ROUNDING. SOURCE: THE BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, A NATIONAL TELEPHONE SURVEY CONDUCTED BY THE CDC AND STATE HEALTH DEPARTMENTS