

Table PA–2a. Age-adjusted percent distribution (with standard errors) of frequency of engaging in leisure-time muscle-strengthening activity, and age-adjusted percent distribution (with standard errors) of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Both sexes	100.0	71.9 (0.25)	3.8 (0.08)	24.4 (0.23)	100.0	75.6 (0.23)	24.4 (0.23)
Age							
18–24 years	100.0	61.4 (0.67)	5.6 (0.28)	33.0 (0.64)	100.0	67.0 (0.64)	33.0 (0.64)
25–44 years	100.0	68.3 (0.33)	4.5 (0.12)	27.2 (0.31)	100.0	72.8 (0.31)	27.2 (0.31)
45–64 years	100.0	75.8 (0.33)	3.2 (0.11)	21.0 (0.31)	100.0	79.0 (0.31)	21.0 (0.31)
65–74 years	100.0	79.0 (0.49)	2.0 (0.15)	19.0 (0.46)	100.0	81.0 (0.46)	19.0 (0.46)
75 years and over	100.0	85.9 (0.45)	1.2 (0.13)	12.9 (0.42)	100.0	87.1 (0.42)	12.9 (0.42)
Race							
One race ²	100.0	71.9 (0.25)	3.8 (0.08)	24.3 (0.23)	100.0	75.7 (0.23)	24.3 (0.23)
White	100.0	71.3 (0.29)	3.8 (0.09)	25.0 (0.27)	100.0	75.0 (0.27)	25.0 (0.27)
Black or African American	100.0	74.4 (0.44)	3.8 (0.18)	21.8 (0.41)	100.0	78.2 (0.41)	21.8 (0.41)
American Indian or Alaska Native	100.0	72.8 (1.50)	3.9 (0.75)	23.3 (1.49)	100.0	76.7 (1.49)	23.3 (1.49)
Asian	100.0	76.2 (0.63)	3.6 (0.26)	20.2 (0.59)	100.0	79.8 (0.59)	20.2 (0.59)
Native Hawaiian or Other Pacific Islander	100.0	67.1 (4.33)	*	29.8 (4.18)	100.0	70.2 (4.18)	29.8 (4.18)
Two or more races ³	100.0	67.8 (1.26)	4.2 (0.50)	28.0 (1.21)	100.0	72.0 (1.21)	28.0 (1.21)
Black or African American, white	100.0	67.4 (3.17)	*4.7 (1.42)	27.8 (3.00)	100.0	72.2 (3.00)	27.8 (3.00)
American Indian or Alaska Native, white	100.0	72.1 (1.93)	4.2 (0.89)	23.7 (1.84)	100.0	76.3 (1.84)	23.7 (1.84)

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Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Both sexes (continued)							
Hispanic or Latino origin ⁴ and race							
Hispanic or Latino	100.0	77.7 (0.38)	3.1 (0.15)	19.2 (0.36)	100.0	80.8 (0.36)	19.2 (0.36)
Mexican or Mexican American	100.0	78.7 (0.50)	3.0 (0.20)	18.2 (0.47)	100.0	81.8 (0.47)	18.2 (0.47)
Not Hispanic or Latino	100.0	70.8 (0.27)	3.9 (0.09)	25.3 (0.25)	100.0	74.7 (0.25)	25.3 (0.25)
White, single race	100.0	69.8 (0.32)	3.9 (0.10)	26.3 (0.30)	100.0	73.7 (0.30)	26.3 (0.30)
Black or African American, single race	100.0	74.3 (0.45)	3.8 (0.18)	21.9 (0.42)	100.0	78.1 (0.42)	21.9 (0.42)
American Indian or Alaska Native, single race	100.0	72.6 (1.87)	3.3 (0.91)	24.1 (1.83)	100.0	75.9 (1.83)	24.1 (1.83)
Education ⁵							
Less than high school diploma	100.0	88.1 (0.34)	1.7 (0.13)	10.1 (0.32)	100.0	89.9 (0.32)	10.1 (0.32)
GED or equivalent ⁶	100.0	84.4 (0.76)	2.0 (0.29)	13.6 (0.72)	100.0	86.4 (0.72)	13.6 (0.72)
High school graduate	100.0	81.3 (0.37)	2.3 (0.13)	16.4 (0.35)	100.0	83.6 (0.35)	16.4 (0.35)
Some college, no degree	100.0	73.7 (0.42)	3.2 (0.15)	23.0 (0.39)	100.0	77.0 (0.39)	23.0 (0.39)
Associate's degree	100.0	71.9 (0.52)	3.4 (0.20)	24.7 (0.48)	100.0	75.3 (0.48)	24.7 (0.48)
Bachelor's degree	100.0	62.3 (0.42)	5.1 (0.18)	32.6 (0.41)	100.0	67.4 (0.41)	32.6 (0.41)
Master's, professional, or doctoral degree	100.0	59.8 (0.61)	5.9 (0.27)	34.3 (0.57)	100.0	65.7 (0.57)	34.3 (0.57)
Poverty status ⁷							
Less than 100% of the poverty threshold	100.0	82.1 (0.49)	2.8 (0.15)	15.1 (0.46)	100.0	84.9 (0.46)	15.1 (0.46)
100% to less than 200% of the poverty threshold	100.0	79.6 (0.36)	2.7 (0.14)	17.6 (0.34)	100.0	82.4 (0.34)	17.6 (0.34)
200% to less than 400% of the poverty threshold	100.0	73.8 (0.35)	3.7 (0.14)	22.5 (0.33)	100.0	77.5 (0.33)	22.5 (0.33)
400% of the poverty threshold or greater	100.0	62.3 (0.37)	4.7 (0.15)	32.9 (0.35)	100.0	67.1 (0.35)	32.9 (0.35)

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Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Both sexes (continued)							
Marital status							
Married	100.0	72.9 (0.30)	3.7 (0.10)	23.4 (0.28)	100.0	76.6 (0.28)	23.4 (0.28)
Widowed	100.0	78.3 (1.93)	*3.6 (1.21)	18.0 (1.70)	100.0	82.0 (1.70)	18.0 (1.70)
Divorced or separated	100.0	74.2 (0.46)	3.1 (0.18)	22.7 (0.44)	100.0	77.3 (0.44)	22.7 (0.44)
Never married	100.0	69.7 (0.43)	4.0 (0.15)	26.4 (0.41)	100.0	73.6 (0.41)	26.4 (0.41)
Living with a partner	100.0	73.5 (0.72)	3.5 (0.25)	23.0 (0.68)	100.0	77.0 (0.68)	23.0 (0.68)
Region							
Northeast	100.0	72.1 (0.62)	3.5 (0.20)	24.3 (0.55)	100.0	75.7 (0.55)	24.3 (0.55)
Midwest	100.0	70.9 (0.51)	4.1 (0.17)	25.0 (0.46)	100.0	75.0 (0.46)	25.0 (0.46)
South	100.0	74.6 (0.43)	3.4 (0.12)	21.9 (0.41)	100.0	78.1 (0.41)	21.9 (0.41)
West	100.0	68.3 (0.48)	4.1 (0.16)	27.6 (0.44)	100.0	72.4 (0.44)	27.6 (0.44)
Place of residence ⁸							
Large MSA	100.0	69.6 (0.31)	4.2 (0.11)	26.3 (0.29)	100.0	73.7 (0.29)	26.3 (0.29)
Small MSA	100.0	72.4 (0.48)	3.6 (0.15)	24.0 (0.43)	100.0	76.0 (0.43)	24.0 (0.43)
Not in MSA	100.0	79.1 (0.73)	2.8 (0.16)	18.0 (0.66)	100.0	82.0 (0.66)	18.0 (0.66)

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Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Men	100.0	67.4 (0.32)	3.9 (0.11)	28.7 (0.30)	100.0	71.3 (0.30)	28.7 (0.30)
Age							
18–24 years	100.0	49.9 (0.91)	6.4 (0.44)	43.7 (0.90)	100.0	56.3 (0.90)	43.7 (0.90)
25–44 years	100.0	63.3 (0.46)	4.6 (0.17)	32.2 (0.45)	100.0	67.8 (0.45)	32.2 (0.45)
45–64 years	100.0	74.3 (0.44)	3.1 (0.15)	22.6 (0.41)	100.0	77.4 (0.41)	22.6 (0.41)
65–74 years	100.0	77.2 (0.69)	2.1 (0.23)	20.7 (0.65)	100.0	79.3 (0.65)	20.7 (0.65)
75 years and over	100.0	83.4 (0.71)	1.3 (0.20)	15.4 (0.67)	100.0	84.6 (0.67)	15.4 (0.67)
Race							
One race ²	100.0	67.5 (0.32)	3.9 (0.11)	28.6 (0.31)	100.0	71.4 (0.31)	28.6 (0.31)
White	100.0	67.8 (0.37)	3.8 (0.13)	28.4 (0.35)	100.0	71.6 (0.35)	28.4 (0.35)
Black or African American	100.0	65.0 (0.68)	4.9 (0.31)	30.1 (0.67)	100.0	69.9 (0.67)	30.1 (0.67)
American Indian or Alaska Native	100.0	63.8 (2.43)	5.6 (1.39)	30.7 (2.33)	100.0	69.3 (2.33)	30.7 (2.33)
Asian	100.0	70.5 (0.97)	4.0 (0.39)	25.5 (0.94)	100.0	74.5 (0.94)	25.5 (0.94)
Native Hawaiian or Other Pacific Islander	100.0	60.5 (5.42)	*	34.9 (5.33)	100.0	65.1 (5.33)	34.9 (5.33)
Two or more races ³	100.0	62.7 (1.98)	3.8 (0.69)	33.5 (1.89)	100.0	66.5 (1.89)	33.5 (1.89)
Black or African American, white	100.0	55.7 (5.45)	*	37.2 (4.44)	100.0	62.8 (4.44)	37.2 (4.44)
American Indian or Alaska Native, white	100.0	71.1 (2.75)	*4.1 (1.27)	24.8 (2.56)	100.0	75.2 (2.56)	24.8 (2.56)

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Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Men (continued)							
Hispanic or Latino origin ⁴ and race							
Hispanic or Latino	100.0	73.0 (0.56)	3.4 (0.23)	23.5 (0.54)	100.0	76.5 (0.54)	23.5 (0.54)
Mexican or Mexican American	100.0	74.6 (0.67)	3.4 (0.28)	22.0 (0.64)	100.0	78.0 (0.64)	22.0 (0.64)
Not Hispanic or Latino	100.0	66.4 (0.35)	4.0 (0.12)	29.6 (0.34)	100.0	70.4 (0.34)	29.6 (0.34)
White, single race	100.0	66.6 (0.41)	3.8 (0.15)	29.6 (0.40)	100.0	70.4 (0.40)	29.6 (0.40)
Black or African American, single race	100.0	64.8 (0.70)	5.0 (0.32)	30.2 (0.69)	100.0	69.8 (0.69)	30.2 (0.69)
American Indian or Alaska Native, single race	100.0	60.5 (3.04)	*4.6 (1.67)	34.9 (2.94)	100.0	65.1 (2.94)	34.9 (2.94)
Education ⁵							
Less than high school diploma	100.0	85.3 (0.55)	2.1 (0.22)	12.6 (0.50)	100.0	87.4 (0.50)	12.6 (0.50)
GED or equivalent ⁶	100.0	81.7 (1.18)	2.6 (0.46)	15.7 (1.12)	100.0	84.3 (1.12)	15.7 (1.12)
High school graduate	100.0	78.1 (0.54)	2.7 (0.19)	19.3 (0.51)	100.0	80.7 (0.51)	19.3 (0.51)
Some college, no degree	100.0	70.1 (0.65)	3.4 (0.24)	26.5 (0.62)	100.0	73.5 (0.62)	26.5 (0.62)
Associate's degree	100.0	67.9 (0.87)	3.6 (0.32)	28.6 (0.82)	100.0	71.4 (0.82)	28.6 (0.82)
Bachelor's degree	100.0	58.5 (0.61)	4.5 (0.25)	37.0 (0.61)	100.0	63.0 (0.61)	37.0 (0.61)
Master's, professional, or doctoral degree	100.0	57.1 (0.85)	5.7 (0.38)	37.2 (0.81)	100.0	62.8 (0.81)	37.2 (0.81)
Poverty status ⁷							
Less than 100% of the poverty threshold	100.0	76.5 (0.70)	3.4 (0.24)	20.2 (0.67)	100.0	79.8 (0.67)	20.2 (0.67)
100% to less than 200% of the poverty threshold	100.0	74.6 (0.54)	3.3 (0.24)	22.1 (0.52)	100.0	77.9 (0.52)	22.1 (0.52)
200% to less than 400% of the poverty threshold	100.0	70.3 (0.48)	3.8 (0.20)	25.9 (0.46)	100.0	74.1 (0.46)	25.9 (0.46)
400% of the poverty threshold or greater	100.0	59.4 (0.49)	4.4 (0.19)	36.2 (0.47)	100.0	63.8 (0.47)	36.2 (0.47)

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Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Men (continued)							
Marital status							
Married	100.0	70.6 (0.39)	3.7 (0.15)	25.7 (0.38)	100.0	74.3 (0.38)	25.7 (0.38)
Widowed	100.0	75.9 (3.68)	*	21.1 (3.38)	100.0	78.9 (3.38)	21.1 (3.38)
Divorced or separated	100.0	68.9 (0.79)	3.4 (0.30)	27.7 (0.76)	100.0	72.3 (0.76)	27.7 (0.76)
Never married	100.0	64.4 (0.58)	4.1 (0.22)	31.5 (0.57)	100.0	68.5 (0.57)	31.5 (0.57)
Living with a partner	100.0	68.5 (1.04)	3.6 (0.37)	27.9 (1.00)	100.0	72.1 (1.00)	27.9 (1.00)
Region							
Northeast	100.0	68.3 (0.81)	3.3 (0.26)	28.5 (0.76)	100.0	71.5 (0.76)	28.5 (0.76)
Midwest	100.0	66.7 (0.64)	4.1 (0.23)	29.2 (0.62)	100.0	70.8 (0.62)	29.2 (0.62)
South	100.0	69.4 (0.53)	4.0 (0.18)	26.6 (0.51)	100.0	73.4 (0.51)	26.6 (0.51)
West	100.0	64.5 (0.66)	4.2 (0.24)	31.3 (0.61)	100.0	68.7 (0.61)	31.3 (0.61)
Place of residence ⁸							
Large MSA	100.0	64.9 (0.41)	4.2 (0.15)	30.9 (0.40)	100.0	69.1 (0.40)	30.9 (0.40)
Small MSA	100.0	67.7 (0.61)	3.9 (0.22)	28.5 (0.56)	100.0	71.5 (0.56)	28.5 (0.56)
Not in MSA	100.0	76.4 (0.83)	3.1 (0.22)	20.6 (0.81)	100.0	79.4 (0.81)	20.6 (0.81)

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Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Women	100.0	76.1 (0.29)	3.6 (0.10)	20.2 (0.27)	100.0	79.8 (0.27)	20.2 (0.27)
Age							
18–24 years	100.0	73.1 (0.84)	4.7 (0.36)	22.2 (0.77)	100.0	77.8 (0.77)	22.2 (0.77)
25–44 years	100.0	73.1 (0.40)	4.4 (0.16)	22.5 (0.38)	100.0	77.5 (0.38)	22.5 (0.38)
45–64 years	100.0	77.1 (0.41)	3.3 (0.16)	19.6 (0.37)	100.0	80.4 (0.37)	19.6 (0.37)
65–74 years	100.0	80.5 (0.58)	1.9 (0.19)	17.6 (0.55)	100.0	82.4 (0.55)	17.6 (0.55)
75 years and over	100.0	87.7 (0.51)	1.2 (0.16)	11.2 (0.49)	100.0	88.8 (0.49)	11.2 (0.49)
Race							
One race ²	100.0	76.2 (0.29)	3.6 (0.10)	20.2 (0.26)	100.0	79.8 (0.26)	20.2 (0.26)
White	100.0	74.7 (0.35)	3.8 (0.12)	21.5 (0.32)	100.0	78.5 (0.32)	21.5 (0.32)
Black or African American	100.0	82.4 (0.48)	2.9 (0.19)	14.7 (0.45)	100.0	85.3 (0.45)	14.7 (0.45)
American Indian or Alaska Native	100.0	81.3 (1.88)	2.3 (0.51)	16.4 (1.97)	100.0	83.6 (1.97)	16.4 (1.97)
Asian	100.0	81.4 (0.74)	3.3 (0.32)	15.3 (0.68)	100.0	84.7 (0.68)	15.3 (0.68)
Native Hawaiian or Other Pacific Islander	100.0	76.2 (5.02)	*	22.7 (4.92)	100.0	77.3 (4.92)	22.7 (4.92)
Two or more races ³	100.0	72.4 (1.54)	4.6 (0.71)	23.0 (1.49)	100.0	77.0 (1.49)	23.0 (1.49)
Black or African American, white	100.0	74.1 (3.96)	*4.6 (1.71)	21.3 (3.79)	100.0	78.7 (3.79)	21.3 (3.79)
American Indian or Alaska Native, white	100.0	73.2 (2.43)	4.2 (1.14)	22.6 (2.35)	100.0	77.4 (2.35)	22.6 (2.35)

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Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Women (continued)							
Hispanic or Latino origin ⁴ and race							
Hispanic or Latino	100.0	82.5 (0.45)	2.7 (0.19)	14.8 (0.42)	100.0	85.2 (0.42)	14.8 (0.42)
Mexican or Mexican American	100.0	83.1 (0.60)	2.7 (0.26)	14.2 (0.56)	100.0	85.8 (0.56)	14.2 (0.56)
Not Hispanic or Latino	100.0	75.0 (0.32)	3.8 (0.11)	21.2 (0.29)	100.0	78.8 (0.29)	21.2 (0.29)
White, single race	100.0	72.9 (0.40)	4.0 (0.13)	23.1 (0.36)	100.0	76.9 (0.36)	23.1 (0.36)
Black or African American, single race	100.0	82.3 (0.49)	2.9 (0.20)	14.9 (0.46)	100.0	85.1 (0.46)	14.9 (0.46)
American Indian or Alaska Native, single race	100.0	82.8 (2.20)	*2.2 (0.72)	15.1 (2.36)	100.0	84.9 (2.36)	15.1 (2.36)
Education ⁵							
Less than high school diploma	100.0	91.1 (0.41)	1.3 (0.15)	7.6 (0.38)	100.0	92.4 (0.38)	7.6 (0.38)
GED or equivalent ⁶	100.0	87.7 (0.95)	1.2 (0.30)	11.1 (0.91)	100.0	88.9 (0.91)	11.1 (0.91)
High school graduate	100.0	85.0 (0.45)	1.8 (0.16)	13.2 (0.42)	100.0	86.8 (0.42)	13.2 (0.42)
Some college, no degree	100.0	76.9 (0.51)	3.1 (0.19)	20.0 (0.47)	100.0	80.0 (0.47)	20.0 (0.47)
Associate's degree	100.0	75.3 (0.65)	3.3 (0.25)	21.4 (0.61)	100.0	78.6 (0.61)	21.4 (0.61)
Bachelor's degree	100.0	65.8 (0.55)	5.6 (0.25)	28.6 (0.53)	100.0	71.4 (0.53)	28.6 (0.53)
Master's, professional, or doctoral degree	100.0	62.3 (0.78)	6.1 (0.37)	31.6 (0.74)	100.0	68.4 (0.74)	31.6 (0.74)
Poverty status ⁷							
Less than 100% of the poverty threshold	100.0	86.3 (0.50)	2.4 (0.18)	11.3 (0.46)	100.0	88.7 (0.46)	11.3 (0.46)
100% to less than 200% of the poverty threshold	100.0	84.1 (0.42)	2.2 (0.16)	13.7 (0.40)	100.0	86.3 (0.40)	13.7 (0.40)
200% to less than 400% of the poverty threshold	100.0	77.4 (0.45)	3.6 (0.17)	19.0 (0.42)	100.0	81.0 (0.42)	19.0 (0.42)
400% of the poverty threshold or greater	100.0	65.5 (0.48)	5.2 (0.20)	29.3 (0.45)	100.0	70.7 (0.45)	29.3 (0.45)

Table PA–2a. Age-adjusted percent distribution (with standard errors) of frequency of engaging in leisure-time muscle-strengthening activity, and age-adjusted percent distribution (with standard errors) of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Women (continued)							
Marital status							
Married	100.0	75.1 (0.37)	3.7 (0.14)	21.2 (0.34)	100.0	78.8 (0.34)	21.2 (0.34)
Widowed	100.0	79.0 (2.20)	*3.8 (1.42)	17.2 (1.93)	100.0	82.8 (1.93)	17.2 (1.93)
Divorced or separated	100.0	77.9 (0.55)	3.0 (0.21)	19.2 (0.52)	100.0	80.8 (0.52)	19.2 (0.52)
Never married	100.0	75.8 (0.56)	3.8 (0.21)	20.4 (0.52)	100.0	79.6 (0.52)	20.4 (0.52)
Living with a partner	100.0	78.6 (0.85)	3.4 (0.33)	18.0 (0.78)	100.0	82.0 (0.78)	18.0 (0.78)
Region							
Northeast	100.0	75.8 (0.68)	3.8 (0.27)	20.4 (0.59)	100.0	79.6 (0.59)	20.4 (0.59)
Midwest	100.0	75.0 (0.66)	4.2 (0.23)	20.8 (0.57)	100.0	79.2 (0.57)	20.8 (0.57)
South	100.0	79.4 (0.51)	2.9 (0.13)	17.6 (0.48)	100.0	82.4 (0.48)	17.6 (0.48)
West	100.0	72.1 (0.54)	4.1 (0.20)	23.9 (0.49)	100.0	76.1 (0.49)	23.9 (0.49)
Place of residence ⁸							
Large MSA	100.0	74.2 (0.36)	4.1 (0.14)	21.7 (0.34)	100.0	78.3 (0.34)	21.7 (0.34)
Small MSA	100.0	76.9 (0.57)	3.3 (0.16)	19.9 (0.50)	100.0	80.1 (0.50)	19.9 (0.50)
Not in MSA	100.0	81.7 (0.83)	2.6 (0.23)	15.6 (0.73)	100.0	84.4 (0.73)	15.6 (0.73)

* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) greater than 30% and less than or equal to 50% and should be used with caution. Data not shown have an RSE greater than 50%.

¹Leisure-time muscle-strengthening activity is based on the question, "How often do you do leisure-time physical activities specifically designed to strengthen your muscles such as lifting weights or doing calisthenics?" No minimum duration was imposed and no duration question was asked. The question is phrased in terms of current behavior and lacks a specific reference period. "Less than once a week" includes never, as well as those who were unable to perform muscle strengthening activities. The 2008 Physical Activity Guidelines for Americans (available from: <http://www.health.gov/PAGuidelines/>) recommend that adults perform muscle-strengthening activities that are of moderate or high intensity and involve all major muscle groups on 2 or more days per week.

²Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.

³Refers to persons who indicated more than one race group, including those of Hispanic or Latino origin. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations.

⁴Refers to persons who are of Hispanic or Latino origin and may be of any race or combination of races. "Not Hispanic or Latino" refers to persons who are not of Hispanic or Latino origin, regardless of race.

⁵Shown only for adults aged 25 and over. Estimates are age adjusted to the projected 2000 U.S. population as the standard population using three age groups: 25–44, 45–64, and 65 and over.

⁶GED is General Educational Development high school equivalency diploma.

⁷Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2010, 2011, 2012, and 2013.

⁸MSA is metropolitan statistical area. Large MSAs have a population of 1 million or more; small MSAs have a population of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. This table is based on data from the Sample Adult file and estimates were weighted using the Sample Adult weight. Unknowns for the columns were not included in the denominators when calculating percentages, but they were included in the "All adults aged 18 and over" column. Percentages may not add to totals due to rounding. "Both sexes," "men," and "women" include persons of other races and unknown race and ethnicity, unknown education, and unknown marital status. Unless otherwise specified, estimates are age-adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44, 45–64, and 65 and over. Estimates for age groups are not age-adjusted. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Summary Health Statistics Tables: National Health Interview Survey (available from <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>). Suggested citation: Nugent CN, Black LI, Adams PF. Tables of adult health behaviors, physical activity: National Health Interview Survey, 2011–2014. 2016. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2011–2014.

Table PA–2b. Frequency distribution (number in thousands) of frequency of engaging in leisure-time muscle-strengthening activity, and frequency distribution (number in thousands) of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Both sexes	235,845	169,362	8,584	55,769	235,845	177,946	55,769
Age							
18–24 years	30,153	18,367	1,665	9,872	30,153	20,032	9,872
25–44 years	81,276	54,995	3,610	21,938	81,276	58,604	21,938
45–64 years	81,945	61,559	2,613	17,069	81,945	64,172	17,069
65–74 years	24,278	18,977	481	4,570	24,278	19,458	4,570
75 years and over	18,194	15,465	215	2,320	18,194	15,680	2,320
Race							
One race ²	232,068	166,892	8,415	54,673	232,068	175,307	54,673
White	188,610	134,869	6,760	45,341	188,610	141,629	45,341
Black or African American	28,367	20,781	1,094	6,181	28,367	21,876	6,181
American Indian or Alaska Native	1,954	1,376	76	452	1,954	1,452	452
Asian	12,745	9,609	471	2,578	12,745	10,080	2,578
Native Hawaiian or Other Pacific Islander	393	256	*	121	393	270	121
Two or more races ³	3,776	2,470	169	1,097	3,776	2,639	1,097
Black or African American, white	753	463	27	246	753	490	246
American Indian or Alaska Native, white	1,557	1,123	62	360	1,557	1,186	360

Table PA–2b. Frequency distribution (number in thousands) of frequency of engaging in leisure-time muscle-strengthening activity, and frequency distribution (number in thousands) of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Both sexes (continued)							
Hispanic or Latino origin ⁴ and race							
Hispanic or Latino	34,996	26,481	1,171	7,099	34,996	27,651	7,099
Mexican or Mexican American	21,611	16,495	731	4,242	21,611	17,226	4,242
Not Hispanic or Latino	200,849	142,881	7,414	48,671	200,849	150,295	48,671
White, single race	156,720	110,590	5,722	38,981	156,720	116,312	38,981
Black or African American, single race	27,201	19,915	1,049	5,936	27,201	20,964	5,936
American Indian or Alaska Native, single race	1,230	869	*37	282	1,230	906	282
Education ⁵							
Less than high school diploma	27,998	24,662	419	2,655	27,998	25,080	2,655
GED or equivalent ⁶	6,018	5,017	118	814	6,018	5,135	814
High school graduate	46,650	38,015	974	7,194	46,650	38,990	7,194
Some college, no degree	35,745	26,259	1,129	7,998	35,745	27,388	7,998
Associate's degree	23,771	16,975	803	5,798	23,771	17,778	5,798
Bachelor's degree	40,524	24,932	2,071	13,224	40,524	27,004	13,224
Master's, professional, or doctoral degree	23,877	14,199	1,383	8,096	23,877	15,582	8,096
Poverty status ⁷							
Less than 100% of the poverty threshold	32,666	26,164	970	5,178	32,666	27,134	5,178
100% to less than 200% of the poverty threshold	45,025	35,731	1,181	7,740	45,025	36,912	7,740
200% to less than 400% of the poverty threshold	70,656	52,286	2,478	15,294	70,656	54,765	15,294
400% of the poverty threshold or greater	87,498	55,180	3,955	27,557	87,498	59,135	27,557

Table PA–2b. Frequency distribution (number in thousands) of frequency of engaging in leisure-time muscle-strengthening activity, and frequency distribution (number in thousands) of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Both sexes (continued)							
Marital status							
Married	124,885	91,429	4,361	28,115	124,885	95,790	28,115
Widowed	14,165	11,942	204	1,876	14,165	12,146	1,876
Divorced or separated	26,937	20,262	775	5,631	26,937	21,037	5,631
Never married	52,245	33,254	2,543	15,907	52,245	35,798	15,907
Living with a partner	17,226	12,194	684	4,166	17,226	12,878	4,166
Region							
Northeast	41,864	30,294	1,405	9,714	41,864	31,699	9,714
Midwest	53,927	38,141	2,153	13,094	53,927	40,294	13,094
South	86,250	64,315	2,840	18,343	86,250	67,155	18,343
West	53,805	36,611	2,186	14,618	53,805	38,798	14,618
Place of residence ⁸							
Large MSA	126,734	87,770	5,175	32,677	126,734	92,944	32,677
Small MSA	72,525	52,471	2,481	16,896	72,525	54,952	16,896
Not in MSA	36,586	29,121	929	6,196	36,586	30,050	6,196

Table PA–2b. Frequency distribution (number in thousands) of frequency of engaging in leisure-time muscle-strengthening activity, and frequency distribution (number in thousands) of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Men	113,760	76,649	4,338	31,655	113,760	80,987	31,655
Age							
18–24 years	15,174	7,503	964	6,574	15,174	8,467	6,574
25–44 years	40,089	25,106	1,815	12,757	40,089	26,921	12,757
45–64 years	39,742	29,280	1,230	8,884	39,742	30,510	8,884
65–74 years	11,317	8,619	237	2,306	11,317	8,856	2,306
75 years and over	7,437	6,140	92	1,134	7,437	6,233	1,134
Race							
One race ²	111,961	75,576	4,265	31,023	111,961	79,841	31,023
White	92,063	62,653	3,305	25,219	92,063	65,959	25,219
Black or African American	12,796	8,094	648	3,898	12,796	8,742	3,898
American Indian or Alaska Native	938	576	53	286	938	629	286
Asian	5,969	4,149	247	1,542	5,969	4,396	1,542
Native Hawaiian or Other Pacific Islander	195	105	*	77	195	115	77
Two or more races ³	1,799	1,072	73	632	1,799	1,145	632
Black or African American, white	304	142	*10	140	304	152	140
American Indian or Alaska Native, white	757	540	*30	184	757	570	184

Table PA–2b. Frequency distribution (number in thousands) of frequency of engaging in leisure-time muscle-strengthening activity, and frequency distribution (number in thousands) of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Men (continued)							
Hispanic or Latino origin ⁴ and race							
Hispanic or Latino	17,639	12,366	668	4,472	17,639	13,034	4,472
Mexican or Mexican American	11,070	7,861	421	2,707	11,070	8,282	2,707
Not Hispanic or Latino	96,121	64,283	3,670	27,182	96,121	67,953	27,182
White, single race	75,967	51,274	2,722	21,209	75,967	53,996	21,209
Black or African American, single race	12,261	7,751	625	3,731	12,261	8,376	3,731
American Indian or Alaska Native, single race	549	323	*24	184	549	347	184
Education ⁵							
Less than high school diploma	13,693	11,676	263	1,614	13,693	11,938	1,614
GED or equivalent ⁶	3,268	2,619	85	512	3,268	2,704	512
High school graduate	22,609	17,627	565	4,160	22,609	18,193	4,160
Some college, no degree	16,464	11,513	548	4,228	16,464	12,061	4,228
Associate's degree	10,637	7,165	379	3,011	10,637	7,543	3,011
Bachelor's degree	19,491	11,282	871	7,176	19,491	12,153	7,176
Master's, professional, or doctoral degree	11,883	6,807	649	4,319	11,883	7,456	4,319
Poverty status ⁷							
Less than 100% of the poverty threshold	13,870	10,190	506	2,994	13,870	10,696	2,994
100% to less than 200% of the poverty threshold	20,335	14,978	669	4,488	20,335	15,647	4,488
200% to less than 400% of the poverty threshold	34,669	24,385	1,290	8,725	34,669	25,675	8,725
400% of the poverty threshold or greater	44,886	27,096	1,873	15,447	44,886	28,969	15,447

Table PA–2b. Frequency distribution (number in thousands) of frequency of engaging in leisure-time muscle-strengthening activity, and frequency distribution (number in thousands) of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Men (continued)							
Marital status							
Married	63,247	45,270	2,156	15,309	63,247	47,426	15,309
Widowed	3,037	2,433	46	519	3,037	2,479	519
Divorced or separated	11,148	7,928	329	2,769	11,148	8,257	2,769
Never married	27,722	15,369	1,456	10,569	27,722	16,826	10,569
Living with a partner	8,467	5,556	346	2,457	8,467	5,902	2,457
Region							
Northeast	20,132	13,844	623	5,452	20,132	14,467	5,452
Midwest	26,300	17,468	1,043	7,485	26,300	18,511	7,485
South	40,974	28,437	1,567	10,559	40,974	30,004	10,559
West	26,354	16,899	1,105	8,158	26,354	18,004	8,158
Place of residence ⁸							
Large MSA	61,372	39,538	2,547	18,726	61,372	42,084	18,726
Small MSA	34,977	23,679	1,304	9,622	34,977	24,984	9,622
Not in MSA	17,411	13,432	487	3,306	17,411	13,919	3,306

Table PA–2b. Frequency distribution (number in thousands) of frequency of engaging in leisure-time muscle-strengthening activity, and frequency distribution (number in thousands) of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Women	122,085	92,713	4,246	24,115	122,085	96,959	24,115
Age							
18–24 years	14,979	10,863	702	3,298	14,979	11,565	3,298
25–44 years	41,187	29,888	1,795	9,182	41,187	31,683	9,182
45–64 years	42,203	32,279	1,383	8,185	42,203	33,662	8,185
65–74 years	12,960	10,358	244	2,264	12,960	10,602	2,264
75 years and over	10,757	9,324	123	1,186	10,757	9,447	1,186
Race							
One race ²	120,107	91,316	4,150	23,650	120,107	95,466	23,650
White	96,547	72,216	3,455	20,122	96,547	75,671	20,122
Black or African American	15,570	12,687	446	2,282	15,570	13,134	2,282
American Indian or Alaska Native	1,015	800	23	165	1,015	823	165
Asian	6,776	5,460	223	1,036	6,776	5,684	1,036
Native Hawaiian or Other Pacific Islander	198	152	*	44	198	154	44
Two or more races ³	1,978	1,397	96	465	1,978	1,494	465
Black or African American, white	449	322	*16	106	449	338	106
American Indian or Alaska Native, white	800	583	33	176	800	616	176

Table PA–2b. Frequency distribution (number in thousands) of frequency of engaging in leisure-time muscle-strengthening activity, and frequency distribution (number in thousands) of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Women (continued)							
Hispanic or Latino origin ⁴ and race							
Hispanic or Latino	17,357	14,115	503	2,626	17,357	14,617	2,626
Mexican or Mexican American	10,541	8,634	310	1,534	10,541	8,944	1,534
Not Hispanic or Latino	104,728	78,598	3,744	21,489	104,728	82,342	21,489
White, single race	80,752	59,315	3,000	17,772	80,752	62,316	17,772
Black or African American, single race	14,940	12,163	425	2,205	14,940	12,588	2,205
American Indian or Alaska Native, single race	681	546	*13	98	681	558	98
Education ⁵							
Less than high school diploma	14,305	12,986	156	1,041	14,305	13,142	1,041
GED or equivalent ⁶	2,750	2,398	32	302	2,750	2,431	302
High school graduate	24,041	20,388	409	3,034	24,041	20,797	3,034
Some college, no degree	19,281	14,745	581	3,769	19,281	15,326	3,769
Associate's degree	13,134	9,810	424	2,787	13,134	10,234	2,787
Bachelor's degree	21,032	13,650	1,200	6,047	21,032	14,851	6,047
Master's, professional, or doctoral degree	11,994	7,391	734	3,778	11,994	8,126	3,778
Poverty status ⁷							
Less than 100% of the poverty threshold	18,796	15,974	464	2,184	18,796	16,438	2,184
100% to less than 200% of the poverty threshold	24,690	20,753	513	3,252	24,690	21,266	3,252
200% to less than 400% of the poverty threshold	35,988	27,901	1,188	6,569	35,988	29,090	6,569
400% of the poverty threshold or greater	42,612	28,084	2,082	12,110	42,612	30,166	12,110

Table PA–2b. Frequency distribution (number in thousands) of frequency of engaging in leisure-time muscle-strengthening activity, and frequency distribution (number in thousands) of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Women (continued)							
Marital status							
Married	61,638	46,159	2,205	12,806	61,638	48,364	12,806
Widowed	11,128	9,509	158	1,357	11,128	9,667	1,357
Divorced or separated	15,788	12,334	446	2,862	15,788	12,780	2,862
Never married	24,523	17,885	1,087	5,338	24,523	18,972	5,338
Living with a partner	8,759	6,638	338	1,709	8,759	6,976	1,709
Region							
Northeast	21,732	16,450	782	4,262	21,732	17,232	4,262
Midwest	27,626	20,673	1,110	5,609	27,626	21,783	5,609
South	45,276	35,878	1,273	7,784	45,276	37,150	7,784
West	27,451	19,712	1,082	6,460	27,451	20,794	6,460
Place of residence ⁸							
Large MSA	65,362	48,232	2,628	13,951	65,362	50,860	13,951
Small MSA	37,548	28,792	1,176	7,274	37,548	29,968	7,274
Not in MSA	19,175	15,689	442	2,890	19,175	16,131	2,890

* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) greater than 30% and less than or equal to 50% and should be used with caution. Data not shown have an RSE greater than 50%.

¹Leisure-time muscle-strengthening activity is based on the question, "How often do you do leisure-time physical activities specifically designed to strengthen your muscles such as lifting weights or doing calisthenics?" No minimum duration was imposed and no duration question was asked. The question is phrased in terms of current behavior and lacks a specific reference period. "Less than once a week" includes never, as well as those who were unable to perform muscle strengthening activities. The 2008 Physical Activity Guidelines for Americans (available from: <http://www.health.gov/PAGuidelines/>) recommend that adults perform muscle-strengthening activities that are of moderate or high intensity and involve all major muscle groups on 2 or more days per week.

²Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.

³Refers to persons who indicated more than one race group, including those of Hispanic or Latino origin. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations.

⁴Refers to persons who are of Hispanic or Latino origin and may be of any race or combination of races. "Not Hispanic or Latino" refers to persons who are not of Hispanic or Latino origin, regardless of race.

⁵Shown only for adults aged 25 and over.

⁶GED is General Educational Development high school equivalency diploma.

⁷Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2010, 2011, 2012, and 2013.

⁸MSA is metropolitan statistical area. Large MSAs have a population of 1 million or more; small MSAs have a population of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. This table is based on data from the Sample Adult file and estimates were weighted using the Sample Adult weight. Unknowns for the columns were not included in the frequencies, but they were included in the "All adults aged 18 and over" column. "Both sexes," "men," and "women" include persons of other races and unknown race and ethnicity, unknown education, and unknown marital status. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Summary Health Statistics Tables: National Health Interview Survey (available from <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>). Suggested citation: Nugent CN, Black LI, Adams PF. Tables of adult health behaviors, physical activity: National Health Interview Survey, 2011–2014. 2016. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2011–2014.

Table PA–2c. Crude percent distribution (with standard errors) of frequency of engaging in leisure-time muscle-strengthening activity, and crude percent distribution (with standard errors) of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Both sexes	100.0	72.5 (0.25)	3.7 (0.07)	23.9 (0.23)	100.0	76.1 (0.23)	23.9 (0.23)
Age							
18–24 years	100.0	61.4 (0.67)	5.6 (0.28)	33.0 (0.64)	100.0	67.0 (0.64)	33.0 (0.64)
25–44 years	100.0	68.3 (0.33)	4.5 (0.12)	27.2 (0.31)	100.0	72.8 (0.31)	27.2 (0.31)
45–64 years	100.0	75.8 (0.33)	3.2 (0.11)	21.0 (0.31)	100.0	79.0 (0.31)	21.0 (0.31)
65–74 years	100.0	79.0 (0.49)	2.0 (0.15)	19.0 (0.46)	100.0	81.0 (0.46)	19.0 (0.46)
75 years and over	100.0	85.9 (0.45)	1.2 (0.13)	12.9 (0.42)	100.0	87.1 (0.42)	12.9 (0.42)
Race							
One race ²	100.0	72.6 (0.25)	3.7 (0.07)	23.8 (0.23)	100.0	76.2 (0.23)	23.8 (0.23)
White	100.0	72.1 (0.28)	3.6 (0.08)	24.3 (0.26)	100.0	75.7 (0.26)	24.3 (0.26)
Black or African American	100.0	74.1 (0.46)	3.9 (0.18)	22.0 (0.42)	100.0	78.0 (0.42)	22.0 (0.42)
American Indian or Alaska Native	100.0	72.3 (1.52)	4.0 (0.78)	23.7 (1.50)	100.0	76.3 (1.50)	23.7 (1.50)
Asian	100.0	75.9 (0.64)	3.7 (0.27)	20.4 (0.60)	100.0	79.6 (0.60)	20.4 (0.60)
Native Hawaiian or Other Pacific Islander	100.0	65.5 (4.46)	*	31.0 (4.30)	100.0	69.0 (4.30)	31.0 (4.30)
Two or more races ³	100.0	66.1 (1.32)	4.5 (0.54)	29.4 (1.27)	100.0	70.6 (1.27)	29.4 (1.27)
Black or African American, white	100.0	62.9 (2.96)	3.7 (0.91)	33.5 (2.95)	100.0	66.5 (2.95)	33.5 (2.95)
American Indian or Alaska Native, white	100.0	72.7 (1.92)	4.0 (0.85)	23.3 (1.85)	100.0	76.7 (1.85)	23.3 (1.85)

Table PA–2c. Crude percent distribution (with standard errors) of frequency of engaging in leisure-time muscle-strengthening activity, and crude percent distribution (with standard errors) of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Both sexes (continued)							
Hispanic or Latino origin ⁴ and race							
Hispanic or Latino	100.0	76.2 (0.40)	3.4 (0.17)	20.4 (0.37)	100.0	79.6 (0.37)	20.4 (0.37)
Mexican or Mexican American	100.0	76.8 (0.52)	3.4 (0.22)	19.8 (0.48)	100.0	80.2 (0.48)	19.8 (0.48)
Not Hispanic or Latino	100.0	71.8 (0.27)	3.7 (0.08)	24.5 (0.25)	100.0	75.5 (0.25)	24.5 (0.25)
White, single race	100.0	71.2 (0.31)	3.7 (0.09)	25.1 (0.29)	100.0	74.9 (0.29)	25.1 (0.29)
Black or African American, single race	100.0	74.0 (0.47)	3.9 (0.19)	22.1 (0.44)	100.0	77.9 (0.44)	22.1 (0.44)
American Indian or Alaska Native, single race	100.0	73.2 (1.84)	3.1 (0.85)	23.7 (1.81)	100.0	76.3 (1.81)	23.7 (1.81)
Education ⁵							
Less than high school diploma	100.0	88.9 (0.32)	1.5 (0.11)	9.6 (0.29)	100.0	90.4 (0.29)	9.6 (0.29)
GED or equivalent ⁶	100.0	84.3 (0.78)	2.0 (0.29)	13.7 (0.74)	100.0	86.3 (0.74)	13.7 (0.74)
High school graduate	100.0	82.3 (0.35)	2.1 (0.11)	15.6 (0.33)	100.0	84.4 (0.33)	15.6 (0.33)
Some college, no degree	100.0	74.2 (0.41)	3.2 (0.15)	22.6 (0.39)	100.0	77.4 (0.39)	22.6 (0.39)
Associate's degree	100.0	72.0 (0.51)	3.4 (0.20)	24.6 (0.48)	100.0	75.4 (0.48)	24.6 (0.48)
Bachelor's degree	100.0	62.0 (0.43)	5.1 (0.19)	32.9 (0.42)	100.0	67.1 (0.42)	32.9 (0.42)
Master's, professional, or doctoral degree	100.0	60.0 (0.60)	5.8 (0.27)	34.2 (0.57)	100.0	65.8 (0.57)	34.2 (0.57)
Poverty status ⁷							
Less than 100% of the poverty threshold	100.0	81.0 (0.58)	3.0 (0.16)	16.0 (0.53)	100.0	84.0 (0.53)	16.0 (0.53)
100% to less than 200% of the poverty threshold	100.0	80.0 (0.37)	2.6 (0.14)	17.3 (0.34)	100.0	82.7 (0.34)	17.3 (0.34)
200% to less than 400% of the poverty threshold	100.0	74.6 (0.34)	3.5 (0.13)	21.8 (0.32)	100.0	78.2 (0.32)	21.8 (0.32)
400% of the poverty threshold or greater	100.0	63.7 (0.35)	4.6 (0.14)	31.8 (0.33)	100.0	68.2 (0.33)	31.8 (0.33)

Table PA–2c. Crude percent distribution (with standard errors) of frequency of engaging in leisure-time muscle-strengthening activity, and crude percent distribution (with standard errors) of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Both sexes (continued)							
Marital status							
Married	100.0	73.8 (0.29)	3.5 (0.10)	22.7 (0.27)	100.0	77.3 (0.27)	22.7 (0.27)
Widowed	100.0	85.2 (0.44)	1.5 (0.14)	13.4 (0.41)	100.0	86.6 (0.41)	13.4 (0.41)
Divorced or separated	100.0	76.0 (0.38)	2.9 (0.14)	21.1 (0.36)	100.0	78.9 (0.36)	21.1 (0.36)
Never married	100.0	64.3 (0.48)	4.9 (0.18)	30.8 (0.45)	100.0	69.2 (0.45)	30.8 (0.45)
Living with a partner	100.0	71.5 (0.67)	4.0 (0.28)	24.4 (0.62)	100.0	75.6 (0.62)	24.4 (0.62)
Region							
Northeast	100.0	73.2 (0.61)	3.4 (0.19)	23.5 (0.53)	100.0	76.5 (0.53)	23.5 (0.53)
Midwest	100.0	71.4 (0.50)	4.0 (0.16)	24.5 (0.45)	100.0	75.5 (0.45)	24.5 (0.45)
South	100.0	75.2 (0.43)	3.3 (0.11)	21.5 (0.40)	100.0	78.5 (0.40)	21.5 (0.40)
West	100.0	68.5 (0.49)	4.1 (0.16)	27.4 (0.45)	100.0	72.6 (0.45)	27.4 (0.45)
Place of residence ⁸							
Large MSA	100.0	69.9 (0.31)	4.1 (0.11)	26.0 (0.29)	100.0	74.0 (0.29)	26.0 (0.29)
Small MSA	100.0	73.0 (0.48)	3.5 (0.14)	23.5 (0.43)	100.0	76.5 (0.43)	23.5 (0.43)
Not in MSA	100.0	80.3 (0.71)	2.6 (0.15)	17.1 (0.64)	100.0	82.9 (0.64)	17.1 (0.64)

Table PA–2c. Crude percent distribution (with standard errors) of frequency of engaging in leisure-time muscle-strengthening activity, and crude percent distribution (with standard errors) of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Men	100.0	68.0 (0.32)	3.9 (0.11)	28.1 (0.30)	100.0	71.9 (0.30)	28.1 (0.30)
Age							
18–24 years	100.0	49.9 (0.91)	6.4 (0.44)	43.7 (0.90)	100.0	56.3 (0.90)	43.7 (0.90)
25–44 years	100.0	63.3 (0.46)	4.6 (0.17)	32.2 (0.45)	100.0	67.8 (0.45)	32.2 (0.45)
45–64 years	100.0	74.3 (0.44)	3.1 (0.15)	22.6 (0.41)	100.0	77.4 (0.41)	22.6 (0.41)
65–74 years	100.0	77.2 (0.69)	2.1 (0.23)	20.7 (0.65)	100.0	79.3 (0.65)	20.7 (0.65)
75 years and over	100.0	83.4 (0.71)	1.3 (0.20)	15.4 (0.67)	100.0	84.6 (0.67)	15.4 (0.67)
Race							
One race ²	100.0	68.2 (0.32)	3.8 (0.11)	28.0 (0.31)	100.0	72.0 (0.31)	28.0 (0.31)
White	100.0	68.7 (0.37)	3.6 (0.12)	27.7 (0.35)	100.0	72.3 (0.35)	27.7 (0.35)
Black or African American	100.0	64.0 (0.72)	5.1 (0.32)	30.8 (0.71)	100.0	69.2 (0.71)	30.8 (0.71)
American Indian or Alaska Native	100.0	62.9 (2.42)	5.8 (1.49)	31.3 (2.31)	100.0	68.7 (2.31)	31.3 (2.31)
Asian	100.0	69.9 (1.00)	4.2 (0.41)	26.0 (0.96)	100.0	74.0 (0.96)	26.0 (0.96)
Native Hawaiian or Other Pacific Islander	100.0	54.3 (6.63)	*	40.2 (6.61)	100.0	59.8 (6.61)	40.2 (6.61)
Two or more races ³	100.0	60.4 (2.09)	4.1 (0.75)	35.5 (2.01)	100.0	64.5 (2.01)	35.5 (2.01)
Black or African American, white	100.0	48.5 (4.55)	*3.6 (1.26)	47.9 (4.58)	100.0	52.1 (4.58)	47.9 (4.58)
American Indian or Alaska Native, white	100.0	71.6 (2.73)	*3.9 (1.21)	24.4 (2.57)	100.0	75.6 (2.57)	24.4 (2.57)

Table PA–2c. Crude percent distribution (with standard errors) of frequency of engaging in leisure-time muscle-strengthening activity, and crude percent distribution (with standard errors) of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Men (continued)							
Hispanic or Latino origin ⁴ and race							
Hispanic or Latino	100.0	70.6 (0.60)	3.8 (0.25)	25.5 (0.57)	100.0	74.5 (0.57)	25.5 (0.57)
Mexican or Mexican American	100.0	71.5 (0.73)	3.8 (0.33)	24.6 (0.70)	100.0	75.4 (0.70)	24.6 (0.70)
Not Hispanic or Latino	100.0	67.6 (0.35)	3.9 (0.12)	28.6 (0.34)	100.0	71.4 (0.34)	28.6 (0.34)
White, single race	100.0	68.2 (0.41)	3.6 (0.13)	28.2 (0.39)	100.0	71.8 (0.39)	28.2 (0.39)
Black or African American, single race	100.0	64.0 (0.74)	5.2 (0.33)	30.8 (0.73)	100.0	69.2 (0.73)	30.8 (0.73)
American Indian or Alaska Native, single race	100.0	60.8 (3.15)	*4.5 (1.62)	34.7 (3.02)	100.0	65.3 (3.02)	34.7 (3.02)
Education ⁵							
Less than high school diploma	100.0	86.2 (0.50)	1.9 (0.19)	11.9 (0.47)	100.0	88.1 (0.47)	11.9 (0.47)
GED or equivalent ⁶	100.0	81.4 (1.23)	2.7 (0.46)	15.9 (1.17)	100.0	84.1 (1.17)	15.9 (1.17)
High school graduate	100.0	78.9 (0.52)	2.5 (0.18)	18.6 (0.50)	100.0	81.4 (0.50)	18.6 (0.50)
Some college, no degree	100.0	70.7 (0.65)	3.4 (0.24)	26.0 (0.62)	100.0	74.0 (0.62)	26.0 (0.62)
Associate's degree	100.0	67.9 (0.88)	3.6 (0.32)	28.5 (0.83)	100.0	71.5 (0.83)	28.5 (0.83)
Bachelor's degree	100.0	58.4 (0.63)	4.5 (0.25)	37.1 (0.61)	100.0	62.9 (0.61)	37.1 (0.61)
Master's, professional, or doctoral degree	100.0	57.8 (0.83)	5.5 (0.36)	36.7 (0.79)	100.0	63.3 (0.79)	36.7 (0.79)
Poverty status ⁷							
Less than 100% of the poverty threshold	100.0	74.4 (0.86)	3.7 (0.27)	21.9 (0.81)	100.0	78.1 (0.81)	21.9 (0.81)
100% to less than 200% of the poverty threshold	100.0	74.4 (0.57)	3.3 (0.24)	22.3 (0.54)	100.0	77.7 (0.54)	22.3 (0.54)
200% to less than 400% of the poverty threshold	100.0	70.9 (0.49)	3.8 (0.19)	25.4 (0.46)	100.0	74.6 (0.46)	25.4 (0.46)
400% of the poverty threshold or greater	100.0	61.0 (0.48)	4.2 (0.18)	34.8 (0.45)	100.0	65.2 (0.45)	34.8 (0.45)

Table PA–2c. Crude percent distribution (with standard errors) of frequency of engaging in leisure-time muscle-strengthening activity, and crude percent distribution (with standard errors) of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Men (continued)							
Marital status							
Married	100.0	72.2 (0.38)	3.4 (0.13)	24.4 (0.35)	100.0	75.6 (0.35)	24.4 (0.35)
Widowed	100.0	81.2 (1.02)	1.5 (0.34)	17.3 (0.97)	100.0	82.7 (0.97)	17.3 (0.97)
Divorced or separated	100.0	71.9 (0.62)	3.0 (0.22)	25.1 (0.59)	100.0	74.9 (0.59)	25.1 (0.59)
Never married	100.0	56.1 (0.63)	5.3 (0.27)	38.6 (0.62)	100.0	61.4 (0.62)	38.6 (0.62)
Living with a partner	100.0	66.5 (0.96)	4.1 (0.41)	29.4 (0.91)	100.0	70.6 (0.91)	29.4 (0.91)
Region							
Northeast	100.0	69.5 (0.81)	3.1 (0.24)	27.4 (0.76)	100.0	72.6 (0.76)	27.4 (0.76)
Midwest	100.0	67.2 (0.66)	4.0 (0.22)	28.8 (0.63)	100.0	71.2 (0.63)	28.8 (0.63)
South	100.0	70.1 (0.52)	3.9 (0.18)	26.0 (0.50)	100.0	74.0 (0.50)	26.0 (0.50)
West	100.0	64.6 (0.69)	4.2 (0.24)	31.2 (0.63)	100.0	68.8 (0.63)	31.2 (0.63)
Place of residence ⁸							
Large MSA	100.0	65.0 (0.42)	4.2 (0.15)	30.8 (0.40)	100.0	69.2 (0.40)	30.8 (0.40)
Small MSA	100.0	68.4 (0.62)	3.8 (0.22)	27.8 (0.57)	100.0	72.2 (0.57)	27.8 (0.57)
Not in MSA	100.0	78.0 (0.82)	2.8 (0.19)	19.2 (0.78)	100.0	80.8 (0.78)	19.2 (0.78)

Table PA–2c. Crude percent distribution (with standard errors) of frequency of engaging in leisure-time muscle-strengthening activity, and crude percent distribution (with standard errors) of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Women	100.0	76.6 (0.29)	3.5 (0.09)	19.9 (0.26)	100.0	80.1 (0.26)	19.9 (0.26)
Age							
18–24 years	100.0	73.1 (0.84)	4.7 (0.36)	22.2 (0.77)	100.0	77.8 (0.77)	22.2 (0.77)
25–44 years	100.0	73.1 (0.40)	4.4 (0.16)	22.5 (0.38)	100.0	77.5 (0.38)	22.5 (0.38)
45–64 years	100.0	77.1 (0.41)	3.3 (0.16)	19.6 (0.37)	100.0	80.4 (0.37)	19.6 (0.37)
65–74 years	100.0	80.5 (0.58)	1.9 (0.19)	17.6 (0.55)	100.0	82.4 (0.55)	17.6 (0.55)
75 years and over	100.0	87.7 (0.51)	1.2 (0.16)	11.2 (0.49)	100.0	88.8 (0.49)	11.2 (0.49)
Race							
One race ²	100.0	76.7 (0.29)	3.5 (0.09)	19.9 (0.26)	100.0	80.1 (0.26)	19.9 (0.26)
White	100.0	75.4 (0.34)	3.6 (0.11)	21.0 (0.30)	100.0	79.0 (0.30)	21.0 (0.30)
Black or African American	100.0	82.3 (0.48)	2.9 (0.20)	14.8 (0.45)	100.0	85.2 (0.45)	14.8 (0.45)
American Indian or Alaska Native	100.0	81.0 (1.96)	2.3 (0.52)	16.7 (2.04)	100.0	83.3 (2.04)	16.7 (2.04)
Asian	100.0	81.3 (0.75)	3.3 (0.33)	15.4 (0.68)	100.0	84.6 (0.68)	15.4 (0.68)
Native Hawaiian or Other Pacific Islander	100.0	76.5 (4.85)	*	22.1 (4.71)	100.0	77.9 (4.71)	22.1 (4.71)
Two or more races ³	100.0	71.3 (1.61)	4.9 (0.76)	23.7 (1.54)	100.0	76.3 (1.54)	23.7 (1.54)
Black or African American, white	100.0	72.3 (3.76)	*3.7 (1.26)	24.0 (3.68)	100.0	76.0 (3.68)	24.0 (3.68)
American Indian or Alaska Native, white	100.0	73.6 (2.42)	4.1 (1.10)	22.2 (2.34)	100.0	77.8 (2.34)	22.2 (2.34)

Table PA–2c. Crude percent distribution (with standard errors) of frequency of engaging in leisure-time muscle-strengthening activity, and crude percent distribution (with standard errors) of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Women (continued)							
Hispanic or Latino origin ⁴ and race							
Hispanic or Latino	100.0	81.9 (0.47)	2.9 (0.21)	15.2 (0.44)	100.0	84.8 (0.44)	15.2 (0.44)
Mexican or Mexican American	100.0	82.4 (0.62)	3.0 (0.28)	14.6 (0.57)	100.0	85.4 (0.57)	14.6 (0.57)
Not Hispanic or Latino	100.0	75.7 (0.31)	3.6 (0.10)	20.7 (0.28)	100.0	79.3 (0.28)	20.7 (0.28)
White, single race	100.0	74.1 (0.38)	3.7 (0.12)	22.2 (0.34)	100.0	77.8 (0.34)	22.2 (0.34)
Black or African American, single race	100.0	82.2 (0.49)	2.9 (0.20)	14.9 (0.46)	100.0	85.1 (0.46)	14.9 (0.46)
American Indian or Alaska Native, single race	100.0	83.2 (2.18)	*2.0 (0.66)	14.9 (2.33)	100.0	85.1 (2.33)	14.9 (2.33)
Education ⁵							
Less than high school diploma	100.0	91.6 (0.37)	1.1 (0.13)	7.3 (0.35)	100.0	92.7 (0.35)	7.3 (0.35)
GED or equivalent ⁶	100.0	87.8 (0.95)	1.2 (0.30)	11.0 (0.91)	100.0	89.0 (0.91)	11.0 (0.91)
High school graduate	100.0	85.6 (0.42)	1.7 (0.14)	12.7 (0.40)	100.0	87.3 (0.40)	12.7 (0.40)
Some college, no degree	100.0	77.2 (0.51)	3.0 (0.19)	19.7 (0.47)	100.0	80.3 (0.47)	19.7 (0.47)
Associate's degree	100.0	75.3 (0.64)	3.3 (0.25)	21.4 (0.60)	100.0	78.6 (0.60)	21.4 (0.60)
Bachelor's degree	100.0	65.3 (0.56)	5.7 (0.26)	28.9 (0.53)	100.0	71.1 (0.53)	28.9 (0.53)
Master's, professional, or doctoral degree	100.0	62.1 (0.79)	6.2 (0.38)	31.7 (0.75)	100.0	68.3 (0.75)	31.7 (0.75)
Poverty status ⁷							
Less than 100% of the poverty threshold	100.0	85.8 (0.55)	2.5 (0.19)	11.7 (0.50)	100.0	88.3 (0.50)	11.7 (0.50)
100% to less than 200% of the poverty threshold	100.0	84.6 (0.41)	2.1 (0.15)	13.3 (0.39)	100.0	86.7 (0.39)	13.3 (0.39)
200% to less than 400% of the poverty threshold	100.0	78.2 (0.42)	3.3 (0.16)	18.4 (0.39)	100.0	81.6 (0.39)	18.4 (0.39)
400% of the poverty threshold or greater	100.0	66.4 (0.46)	4.9 (0.19)	28.6 (0.43)	100.0	71.4 (0.43)	28.6 (0.43)

Table PA–2c. Crude percent distribution (with standard errors) of frequency of engaging in leisure-time muscle-strengthening activity, and crude percent distribution (with standard errors) of meeting or not meeting the 2008 federal guidelines for muscle-strengthening activity, for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	Less than once a week ¹	Once a week ¹	2 or more days per week ¹	All adults aged 18 and over	Did not meet 2008 federal guidelines for muscle-strengthening activity ¹	Met 2008 federal guidelines for muscle-strengthening activity ¹
Women (continued)							
Marital status							
Married	100.0	75.5 (0.37)	3.6 (0.13)	20.9 (0.33)	100.0	79.1 (0.33)	20.9 (0.33)
Widowed	100.0	86.3 (0.47)	1.4 (0.15)	12.3 (0.45)	100.0	87.7 (0.45)	12.3 (0.45)
Divorced or separated	100.0	78.9 (0.46)	2.9 (0.18)	18.3 (0.43)	100.0	81.7 (0.43)	18.3 (0.43)
Never married	100.0	73.6 (0.59)	4.5 (0.24)	22.0 (0.54)	100.0	78.0 (0.54)	22.0 (0.54)
Living with a partner	100.0	76.4 (0.84)	3.9 (0.37)	19.7 (0.76)	100.0	80.3 (0.76)	19.7 (0.76)
Region							
Northeast	100.0	76.5 (0.65)	3.6 (0.25)	19.8 (0.56)	100.0	80.2 (0.56)	19.8 (0.56)
Midwest	100.0	75.5 (0.64)	4.1 (0.22)	20.5 (0.55)	100.0	79.5 (0.55)	20.5 (0.55)
South	100.0	79.8 (0.50)	2.8 (0.12)	17.3 (0.48)	100.0	82.7 (0.48)	17.3 (0.48)
West	100.0	72.3 (0.53)	4.0 (0.19)	23.7 (0.48)	100.0	76.3 (0.48)	23.7 (0.48)
Place of residence ⁸							
Large MSA	100.0	74.4 (0.36)	4.1 (0.14)	21.5 (0.33)	100.0	78.5 (0.33)	21.5 (0.33)
Small MSA	100.0	77.3 (0.55)	3.2 (0.15)	19.5 (0.49)	100.0	80.5 (0.49)	19.5 (0.49)
Not in MSA	100.0	82.5 (0.81)	2.3 (0.19)	15.2 (0.72)	100.0	84.8 (0.72)	15.2 (0.72)

* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) greater than 30% and less than or equal to 50% and should be used with caution. Data not shown have an RSE greater than 50%.

¹Leisure-time muscle-strengthening activity is based on the question, "How often do you do leisure-time physical activities specifically designed to strengthen your muscles such as lifting weights or doing calisthenics?" No minimum duration was imposed and no duration question was asked. The question is phrased in terms of current behavior and lacks a specific reference period. "Less than once a week" includes never, as well as those who were unable to perform muscle strengthening activities. The 2008 Physical Activity Guidelines for Americans (available from: <http://www.health.gov/PAGuidelines/>) recommend that adults perform muscle-strengthening activities that are of moderate or high intensity and involve all major muscle groups on 2 or more days per week.

²Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.

³Refers to persons who indicated more than one race group, including those of Hispanic or Latino origin. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations.

⁴Refers to persons who are of Hispanic or Latino origin and may be of any race or combination of races. "Not Hispanic or Latino" refers to persons who are not of Hispanic or Latino origin, regardless of race.

⁵Shown only for adults aged 25 and over.

⁶GED is General Educational Development high school equivalency diploma.

⁷Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2010, 2011, 2012, and 2013.

⁸MSA is metropolitan statistical area. Large MSAs have a population of 1 million or more; small MSAs have a population of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. This table is based on data from the Sample Adult file and estimates were weighted using the Sample Adult weight. Unknowns for the columns were not included in the denominators when calculating percentages, but they were included in the "All adults aged 18 and over" column. Percentages may not add to totals due to rounding. "Both sexes," "men," and "women" include persons of other races and unknown race and ethnicity, unknown education, and unknown marital status. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Summary Health Statistics Tables: National Health Interview Survey (available from <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>). Suggested citation: Nugent CN, Black LI, Adams PF. Tables of adult health behaviors, physical activity: National Health Interview Survey, 2011–2014. 2016.

Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2011–2014.