

**Table PA–3a. Age-adjusted percent distribution (with standard errors) of meeting or not meeting the 2008 federal physical activity guidelines for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Met neither aerobic nor muscle-strengthening guidelines <sup>1</sup>	Met aerobic guidelines only <sup>1</sup>	Met muscle-strengthening guidelines only <sup>1</sup>	Met both aerobic and muscle-strengthening guidelines <sup>1</sup>
<b>Both sexes</b>	100.0	46.9 (0.30)	28.7 (0.22)	3.4 (0.07)	21.1 (0.22)
<b>Age</b>					
18–24 years	100.0	36.9 (0.70)	30.0 (0.58)	2.7 (0.19)	30.3 (0.64)
25–44 years	100.0	42.3 (0.38)	30.4 (0.31)	2.9 (0.11)	24.4 (0.30)
45–64 years	100.0	50.5 (0.40)	28.4 (0.31)	3.5 (0.11)	17.6 (0.29)
65–74 years	100.0	53.3 (0.57)	27.8 (0.47)	4.4 (0.20)	14.6 (0.41)
75 years and over	100.0	67.1 (0.65)	20.0 (0.48)	5.1 (0.25)	7.8 (0.35)
<b>Race</b>					
One race <sup>2</sup>	100.0	46.9 (0.30)	28.7 (0.22)	3.4 (0.07)	21.0 (0.22)
White	100.0	45.6 (0.35)	29.4 (0.25)	3.3 (0.08)	21.7 (0.26)
Black or African American	100.0	54.4 (0.52)	23.9 (0.43)	3.6 (0.18)	18.1 (0.39)
American Indian or Alaska Native	100.0	50.9 (1.96)	25.9 (1.94)	4.1 (0.61)	19.1 (1.44)
Asian	100.0	49.2 (0.75)	30.5 (0.69)	2.9 (0.24)	17.4 (0.56)
Native Hawaiian or Other Pacific Islander	100.0	40.9 (4.10)	29.0 (3.96)	*6.1 (2.30)	24.0 (3.60)
Two or more races <sup>3</sup>	100.0	44.3 (1.29)	27.8 (1.18)	3.9 (0.48)	23.9 (1.18)
Black or African American, white	100.0	47.9 (3.45)	24.4 (3.08)	*2.5 (0.83)	25.2 (2.97)
American Indian or Alaska Native, white	100.0	46.2 (2.03)	30.5 (1.93)	4.2 (0.73)	19.1 (1.82)
Hispanic or Latino origin <sup>4</sup> and race					
Hispanic or Latino	100.0	54.7 (0.52)	26.1 (0.40)	3.4 (0.17)	15.8 (0.33)
Mexican or Mexican American	100.0	54.5 (0.67)	27.3 (0.52)	3.5 (0.23)	14.7 (0.41)
Not Hispanic or Latino	100.0	45.4 (0.32)	29.2 (0.24)	3.3 (0.07)	22.0 (0.24)
White, single race	100.0	43.4 (0.38)	30.2 (0.28)	3.3 (0.08)	23.1 (0.28)
Black or African American, single race		54.4 (0.53)	23.7 (0.45)	3.7 (0.18)	18.2 (0.40)
American Indian or Alaska Native, single race	100.0	50.4 (2.47)	25.7 (2.72)	3.0 (0.56)	20.9 (1.87)
<b>Education<sup>5</sup></b>					
Less than high school diploma	100.0	67.1 (0.52)	22.8 (0.44)	2.6 (0.15)	7.5 (0.29)
GED or equivalent <sup>6</sup>	100.0	60.2 (1.06)	26.1 (0.98)	2.8 (0.33)	10.9 (0.69)
High school graduate	100.0	57.5 (0.48)	26.0 (0.39)	3.4 (0.15)	13.1 (0.32)
Some college, no degree	100.0	48.1 (0.49)	28.8 (0.44)	3.9 (0.18)	19.2 (0.37)
Associate's degree	100.0	45.2 (0.61)	30.0 (0.55)	3.9 (0.21)	20.8 (0.45)
Bachelor's degree	100.0	35.7 (0.45)	31.6 (0.41)	3.6 (0.15)	29.1 (0.40)
Master's, professional, or doctoral degree	100.0	31.4 (0.55)	34.3 (0.53)	3.4 (0.19)	30.9 (0.56)
<b>Poverty status<sup>7</sup></b>					
Less than 100% of the poverty threshold	100.0	60.5 (0.59)	24.4 (0.42)	3.0 (0.16)	12.2 (0.44)
100% to less than 200% of the poverty threshold	100.0	57.2 (0.46)	25.2 (0.42)	3.5 (0.16)	14.1 (0.32)
200% to less than 400% of the poverty threshold	100.0	48.4 (0.41)	29.1 (0.35)	3.3 (0.12)	19.2 (0.30)
400% of the poverty threshold or greater	100.0	35.5 (0.38)	31.5 (0.33)	3.4 (0.12)	29.6 (0.34)

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Selected characteristic	All adults aged 18 and over	Met neither aerobic nor muscle-strengthening guidelines <sup>1</sup>	Met aerobic guidelines only <sup>1</sup>	Met muscle-strengthening guidelines only <sup>1</sup>	Met both aerobic and muscle-strengthening guidelines <sup>1</sup>
<b>Both sexes (continued)</b>					
Marital status					
Married	100.0	46.3 (0.36)	30.2 (0.27)	3.1 (0.09)	20.3 (0.27)
Widowed	100.0	55.0 (2.23)	26.9 (2.15)	4.6 (0.80)	13.5 (1.54)
Divorced or separated	100.0	50.4 (0.57)	26.8 (0.47)	3.7 (0.17)	19.0 (0.42)
Never married	100.0	46.7 (0.51)	26.8 (0.41)	3.8 (0.19)	22.7 (0.38)
Living with a partner	100.0	48.2 (0.84)	28.7 (0.72)	3.2 (0.26)	19.9 (0.66)
Region					
Northeast	100.0	48.9 (0.71)	26.7 (0.50)	3.3 (0.18)	21.1 (0.53)
Midwest	100.0	47.1 (0.62)	27.8 (0.46)	3.6 (0.14)	21.5 (0.44)
South	100.0	49.5 (0.50)	28.5 (0.38)	3.2 (0.12)	18.8 (0.37)
West	100.0	40.7 (0.66)	31.6 (0.42)	3.5 (0.13)	24.1 (0.47)
Place of residence <sup>8</sup>					
Large MSA	100.0	44.7 (0.34)	28.9 (0.26)	3.4 (0.10)	22.9 (0.28)
Small MSA	100.0	46.9 (0.65)	29.1 (0.42)	3.4 (0.12)	20.7 (0.42)
Not in MSA	100.0	54.3 (1.01)	27.6 (0.72)	3.1 (0.17)	15.0 (0.60)

**Table PA–3a. Age-adjusted percent distribution (with standard errors) of meeting or not meeting the 2008 federal physical activity guidelines for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Met neither aerobic nor muscle-strengthening guidelines <sup>1</sup>	Met aerobic guidelines only <sup>1</sup>	Met muscle-strengthening guidelines only <sup>1</sup>	Met both aerobic and muscle-strengthening guidelines <sup>1</sup>
<b>Men</b>	100.0	42.7 (0.36)	28.6 (0.28)	3.7 (0.10)	25.0 (0.30)
Age					
18–24 years	100.0	29.4 (0.86)	26.9 (0.76)	3.8 (0.33)	39.9 (0.90)
25–44 years	100.0	38.3 (0.50)	29.4 (0.43)	3.3 (0.16)	28.9 (0.45)
45–64 years	100.0	48.6 (0.52)	28.7 (0.43)	3.6 (0.17)	19.1 (0.39)
65–74 years	100.0	49.2 (0.83)	30.1 (0.73)	3.8 (0.29)	16.9 (0.60)
75 years and over	100.0	60.3 (0.96)	24.3 (0.79)	5.4 (0.41)	10.0 (0.57)
Race					
One race <sup>2</sup>	100.0	42.8 (0.37)	28.6 (0.29)	3.7 (0.11)	25.0 (0.30)
White	100.0	42.4 (0.42)	29.1 (0.33)	3.6 (0.12)	25.0 (0.34)
Black or African American	100.0	46.0 (0.75)	23.9 (0.67)	4.5 (0.32)	25.6 (0.65)
American Indian or Alaska Native	100.0	46.8 (2.69)	22.9 (2.04)	5.8 (1.05)	24.5 (2.16)
Asian	100.0	42.9 (1.05)	31.5 (0.97)	3.0 (0.35)	22.7 (0.90)
Native Hawaiian or Other Pacific Islander	100.0	31.3 (4.03)	33.7 (5.03)	*	32.1 (5.20)
Two or more races <sup>3</sup>	100.0	39.6 (2.05)	27.3 (1.80)	4.4 (0.77)	28.7 (1.80)
Black or African American, white	100.0	36.1 (5.66)	26.7 (6.17)	*3.9 (1.86)	33.2 (4.12)
American Indian or Alaska Native, white	100.0	42.8 (3.37)	33.2 (3.12)	4.7 (1.10)	19.3 (2.55)
Hispanic or Latino origin <sup>4</sup> and race					
Hispanic or Latino	100.0	51.0 (0.68)	25.5 (0.57)	4.0 (0.26)	19.5 (0.50)
Mexican or Mexican American	100.0	51.7 (0.86)	26.5 (0.74)	3.9 (0.31)	18.0 (0.61)
Not Hispanic or Latino	100.0	41.1 (0.39)	29.2 (0.32)	3.6 (0.11)	26.1 (0.33)
White, single race	100.0	40.3 (0.46)	29.9 (0.38)	3.5 (0.12)	26.3 (0.39)
Black or African American, single race		45.9 (0.78)	23.9 (0.69)	4.6 (0.33)	25.7 (0.68)
American Indian or Alaska Native, single race	100.0	43.2 (3.53)	22.5 (2.77)	4.4 (1.09)	29.9 (2.93)
Education <sup>5</sup>					
Less than high school diploma	100.0	63.7 (0.76)	23.8 (0.62)	2.9 (0.21)	9.6 (0.46)
GED or equivalent <sup>6</sup>	100.0	56.9 (1.49)	27.3 (1.45)	2.9 (0.47)	12.8 (1.07)
High school graduate	100.0	53.8 (0.66)	26.9 (0.56)	3.9 (0.24)	15.4 (0.47)
Some college, no degree	100.0	43.5 (0.68)	29.8 (0.67)	3.9 (0.26)	22.8 (0.60)
Associate's degree	100.0	42.3 (0.96)	29.1 (0.80)	4.3 (0.36)	24.3 (0.75)
Bachelor's degree	100.0	31.7 (0.60)	31.0 (0.60)	3.7 (0.22)	33.6 (0.59)
Master's, professional, or doctoral degree	100.0	28.5 (0.75)	34.2 (0.78)	3.2 (0.26)	34.1 (0.81)
Poverty status <sup>7</sup>					
Less than 100% of the poverty threshold	100.0	55.3 (0.82)	24.5 (0.66)	3.1 (0.23)	17.1 (0.66)
100% to less than 200% of the poverty threshold	100.0	52.9 (0.62)	25.0 (0.55)	4.3 (0.27)	17.9 (0.49)
200% to less than 400% of the poverty threshold	100.0	45.6 (0.57)	28.5 (0.49)	3.7 (0.18)	22.1 (0.43)
400% of the poverty threshold or greater	100.0	32.6 (0.52)	31.0 (0.45)	3.5 (0.18)	32.9 (0.46)

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Selected characteristic	All adults aged 18 and over	Met neither aerobic nor muscle-strengthening guidelines <sup>1</sup>	Met aerobic guidelines only <sup>1</sup>	Met muscle-strengthening guidelines only <sup>1</sup>	Met both aerobic and muscle-strengthening guidelines <sup>1</sup>
<b>Men (continued)</b>					
Marital status					
Married	100.0	43.8 (0.45)	30.4 (0.38)	3.2 (0.13)	22.6 (0.37)
Widowed	100.0	50.6 (4.17)	28.4 (4.04)	*4.1 (1.37)	16.9 (3.21)
Divorced or separated	100.0	46.2 (0.90)	25.9 (0.76)	4.4 (0.30)	23.5 (0.74)
Never married	100.0	42.2 (0.71)	26.2 (0.58)	4.2 (0.30)	27.4 (0.52)
Living with a partner	100.0	43.6 (1.10)	28.5 (0.98)	3.9 (0.43)	24.0 (0.99)
Region					
Northeast	100.0	45.1 (0.85)	26.4 (0.66)	3.8 (0.29)	24.7 (0.74)
Midwest	100.0	42.9 (0.79)	27.7 (0.62)	3.7 (0.20)	25.7 (0.61)
South	100.0	44.7 (0.61)	28.6 (0.51)	3.6 (0.18)	23.1 (0.47)
West	100.0	37.6 (0.73)	31.0 (0.51)	3.7 (0.21)	27.6 (0.64)
Place of residence <sup>8</sup>					
Large MSA	100.0	40.4 (0.44)	28.5 (0.37)	3.7 (0.15)	27.4 (0.38)
Small MSA	100.0	42.5 (0.72)	29.0 (0.54)	3.8 (0.18)	24.7 (0.57)
Not in MSA	100.0	51.2 (1.17)	28.1 (0.85)	3.4 (0.26)	17.2 (0.78)

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Selected characteristic	All adults aged 18 and over	Met neither aerobic nor muscle-strengthening guidelines <sup>1</sup>	Met aerobic guidelines only <sup>1</sup>	Met muscle-strengthening guidelines only <sup>1</sup>	Met both aerobic and muscle-strengthening guidelines <sup>1</sup>
<b>Women</b>	100.0	50.7 (0.35)	29.0 (0.26)	3.0 (0.08)	17.2 (0.25)
Age					
18–24 years	100.0	44.5 (0.93)	33.2 (0.83)	1.6 (0.17)	20.7 (0.76)
25–44 years	100.0	46.2 (0.48)	31.3 (0.41)	2.4 (0.13)	20.1 (0.36)
45–64 years	100.0	52.2 (0.48)	28.2 (0.39)	3.4 (0.15)	16.2 (0.35)
65–74 years	100.0	56.7 (0.71)	25.8 (0.59)	4.9 (0.29)	12.6 (0.49)
75 years and over	100.0	71.8 (0.71)	17.0 (0.55)	5.0 (0.31)	6.2 (0.37)
Race					
One race <sup>2</sup>	100.0	50.8 (0.35)	29.0 (0.26)	3.0 (0.08)	17.2 (0.25)
White	100.0	48.6 (0.40)	29.8 (0.30)	3.1 (0.09)	18.5 (0.30)
Black or African American	100.0	61.4 (0.63)	23.9 (0.53)	2.8 (0.18)	11.8 (0.41)
American Indian or Alaska Native	100.0	54.6 (2.39)	28.7 (2.81)	2.5 (0.72)	14.1 (1.85)
Asian	100.0	54.8 (0.96)	29.7 (0.90)	2.8 (0.32)	12.6 (0.63)
Native Hawaiian or Other Pacific Islander	100.0	47.8 (5.65)	29.0 (5.04)	*7.6 (3.22)	15.7 (4.41)
Two or more races <sup>3</sup>	100.0	48.5 (1.69)	28.4 (1.54)	3.5 (0.62)	19.5 (1.44)
Black or African American, white	100.0	54.4 (4.40)	24.4 (3.54)	*2.1 (0.99)	19.1 (3.70)
American Indian or Alaska Native, white	100.0	49.1 (2.62)	28.3 (2.43)	3.8 (0.96)	18.8 (2.29)
Hispanic or Latino origin <sup>4</sup> and race					
Hispanic or Latino	100.0	58.3 (0.63)	26.9 (0.52)	2.8 (0.21)	12.0 (0.38)
Mexican or Mexican American	100.0	57.4 (0.81)	28.4 (0.68)	3.1 (0.32)	11.1 (0.48)
Not Hispanic or Latino	100.0	49.3 (0.37)	29.4 (0.29)	3.1 (0.09)	18.2 (0.27)
White, single race	100.0	46.3 (0.44)	30.5 (0.34)	3.1 (0.11)	20.0 (0.34)
Black or African American, single race		61.5 (0.65)	23.7 (0.54)	2.9 (0.19)	11.9 (0.42)
American Indian or Alaska Native, single race	100.0	56.3 (3.02)	28.4 (3.77)	*1.8 (0.58)	13.5 (2.28)
Education <sup>5</sup>					
Less than high school diploma	100.0	70.4 (0.65)	21.9 (0.60)	2.4 (0.22)	5.3 (0.32)
GED or equivalent <sup>6</sup>	100.0	63.8 (1.41)	24.9 (1.29)	2.7 (0.47)	8.6 (0.79)
High school graduate	100.0	61.4 (0.64)	25.4 (0.52)	2.8 (0.17)	10.4 (0.39)
Some college, no degree	100.0	51.9 (0.64)	28.1 (0.55)	3.9 (0.23)	16.1 (0.44)
Associate's degree	100.0	47.7 (0.74)	30.8 (0.71)	3.6 (0.26)	18.0 (0.56)
Bachelor's degree	100.0	39.3 (0.59)	32.0 (0.53)	3.7 (0.22)	25.0 (0.51)
Master's, professional, or doctoral degree	100.0	34.0 (0.72)	34.4 (0.71)	3.7 (0.29)	28.0 (0.71)
Poverty status <sup>7</sup>					
Less than 100% of the poverty threshold	100.0	64.2 (0.65)	24.4 (0.52)	2.8 (0.19)	8.6 (0.41)
100% to less than 200% of the poverty threshold	100.0	60.8 (0.59)	25.5 (0.52)	2.8 (0.17)	10.8 (0.37)
200% to less than 400% of the poverty threshold	100.0	51.2 (0.53)	29.8 (0.44)	2.9 (0.15)	16.2 (0.38)
400% of the poverty threshold or greater	100.0	38.6 (0.49)	32.1 (0.44)	3.4 (0.16)	26.0 (0.45)

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Selected characteristic	All adults aged 18 and over	Met neither aerobic nor muscle-strengthening guidelines <sup>1</sup>	Met aerobic guidelines only <sup>1</sup>	Met muscle-strengthening guidelines only <sup>1</sup>	Met both aerobic and muscle-strengthening guidelines <sup>1</sup>
<b>Women (continued)</b>					
Marital status					
Married	100.0	48.9 (0.44)	29.9 (0.35)	3.1 (0.13)	18.1 (0.32)
Widowed	100.0	56.2 (2.55)	26.5 (2.48)	4.7 (0.94)	12.7 (1.74)
Divorced or separated	100.0	53.3 (0.66)	27.5 (0.60)	3.3 (0.20)	15.9 (0.49)
Never married	100.0	51.6 (0.66)	27.8 (0.54)	3.2 (0.24)	17.3 (0.47)
Living with a partner	100.0	53.1 (1.14)	28.8 (1.00)	2.4 (0.28)	15.7 (0.74)
Region					
Northeast	100.0	52.3 (0.82)	27.2 (0.66)	2.8 (0.19)	17.7 (0.57)
Midwest	100.0	51.2 (0.71)	28.0 (0.53)	3.4 (0.19)	17.4 (0.52)
South	100.0	53.9 (0.58)	28.5 (0.43)	2.8 (0.13)	14.9 (0.44)
West	100.0	43.8 (0.72)	32.3 (0.55)	3.3 (0.17)	20.6 (0.48)
Place of residence <sup>8</sup>					
Large MSA	100.0	48.7 (0.42)	29.5 (0.33)	3.2 (0.12)	18.6 (0.32)
Small MSA	100.0	50.9 (0.71)	29.2 (0.50)	2.9 (0.14)	17.0 (0.47)
Not in MSA	100.0	57.1 (1.06)	27.1 (0.79)	2.7 (0.23)	13.0 (0.65)

\* 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%.

<sup>1</sup>Leisure-time aerobic physical activity includes such activities as exercise, sports, and physically active hobbies and is measured by four source questions related to both the frequency and duration of activity. Frequency questions ask: "How often do you do light or moderate leisure-time physical activities for at least 10 minutes that cause only light sweating or a slight to moderate increase in breathing or heart rate?" and "How often do you do vigorous leisure-time physical activities for at least 10 minutes that cause heavy sweating or large increases in breathing or heart rate?" Each question is followed by an additional duration item asking how long respondents do these activities each time. Leisure-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?" Questions are phrased in terms of current behavior and lack a specific reference period. The 2008 Physical Activity Guidelines for Americans (available from: <http://www.health.gov/PAGuidelines/>) recommend that adults perform at least 150 minutes (2 hours and 30 minutes) per week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) per week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, regardless of intensity, and preferably be spread throughout the week. The 2008 guidelines also 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.

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

<sup>3</sup>Refers 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.

<sup>4</sup>Refers 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.

<sup>5</sup>Shown 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.

<sup>6</sup>GED is General Educational Development high school equivalency diploma.

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

<sup>8</sup>MSA 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–3b. Frequency distribution (number in thousands) of meeting or not meeting the 2008 federal physical activity guidelines for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Met neither aerobic nor muscle-strengthening guidelines <sup>1</sup>	Met aerobic guidelines only <sup>1</sup>	Met muscle-strengthening guidelines only <sup>1</sup>	Met both aerobic and muscle-strengthening guidelines <sup>1</sup>
<b>Both sexes</b>	235,845	109,603	65,983	7,862	47,362
Age					
18–24 years	30,153	10,915	8,875	809	8,968
25–44 years	81,276	33,703	24,180	2,293	19,463
45–64 years	81,945	40,479	22,804	2,811	14,102
65–74 years	24,278	12,612	6,585	1,038	3,450
75 years and over	18,194	11,893	3,540	911	1,378
Race					
One race <sup>2</sup>	232,068	108,063	64,934	7,732	46,419
White	188,610	85,864	53,839	6,283	38,627
Black or African American	28,367	14,966	6,661	996	5,104
American Indian or Alaska Native	1,954	937	490	76	368
Asian	12,745	6,146	3,831	357	2,217
Native Hawaiian or Other Pacific Islander	393	150	114	*19	103
Two or more races <sup>3</sup>	3,776	1,540	1,049	131	943
Black or African American, white	753	300	190	*15	230
American Indian or Alaska Native, white	1,557	702	459	62	285
Hispanic or Latino origin <sup>4</sup> and race					
Hispanic or Latino	34,996	18,247	9,147	1,122	5,895
Mexican or Mexican American	21,611	11,191	5,895	711	3,482
Not Hispanic or Latino	200,849	91,355	56,836	6,740	41,467
White, single race	156,720	69,073	45,541	5,268	33,359
Black or African American, single race	27,201	14,382	6,344	969	4,889
American Indian or Alaska Native, single race	1,230	584	297	35	239
Education <sup>5</sup>					
Less than high school diploma	27,998	18,749	6,019	749	1,866
GED or equivalent <sup>6</sup>	6,018	3,535	1,541	164	646
High school graduate	46,650	26,881	11,587	1,581	5,529
Some college, no degree	35,745	16,924	10,040	1,380	6,535
Associate's degree	23,771	10,559	6,995	887	4,853
Bachelor's degree	40,524	14,030	12,642	1,427	11,704
Master's, professional, or doctoral degree	23,877	7,340	8,024	821	7,186
Poverty status <sup>7</sup>					
Less than 100% of the poverty threshold	32,666	18,772	7,976	913	4,213
100% to less than 200% of the poverty threshold	45,025	25,422	10,989	1,573	6,076
200% to less than 400% of the poverty threshold	70,656	34,210	19,909	2,341	12,798
400% of the poverty threshold or greater	87,498	31,199	27,110	3,036	24,275

**Table PA–3b. Frequency distribution (number in thousands) of meeting or not meeting the 2008 federal physical activity guidelines for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Met neither aerobic nor muscle-strengthening guidelines <sup>1</sup>	Met aerobic guidelines only <sup>1</sup>	Met muscle-strengthening guidelines only <sup>1</sup>	Met both aerobic and muscle-strengthening guidelines <sup>1</sup>
<b>Both sexes (continued)</b>					
Marital status					
Married	124,885	57,848	36,723	3,957	23,901
Widowed	14,165	9,225	2,735	674	1,176
Divorced or separated	26,937	13,834	6,905	1,068	4,508
Never married	52,245	20,742	14,582	1,628	14,114
Living with a partner	17,226	7,757	4,947	527	3,597
Region					
Northeast	41,864	20,383	10,847	1,360	8,252
Midwest	53,927	25,104	14,565	1,912	11,050
South	86,250	42,443	23,874	2,711	15,442
West	53,805	21,673	16,698	1,879	12,617
Place of residence <sup>8</sup>					
Large MSA	126,734	55,834	35,944	4,300	28,099
Small MSA	72,525	33,714	20,501	2,418	14,277
Not in MSA	36,586	20,054	9,538	1,144	4,986



**Table PA–3b. Frequency distribution (number in thousands) of meeting or not meeting the 2008 federal physical activity guidelines for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Met neither aerobic nor muscle-strengthening guidelines <sup>1</sup>	Met aerobic guidelines only <sup>1</sup>	Met muscle-strengthening guidelines only <sup>1</sup>	Met both aerobic and muscle-strengthening guidelines <sup>1</sup>
<b>Men</b>	113,760	48,056	31,744	4,094	27,241
Age					
18–24 years	15,174	4,359	3,990	570	5,924
25–44 years	40,089	15,021	11,541	1,312	11,329
45–64 years	39,742	18,906	11,145	1,409	7,411
65–74 years	11,317	5,404	3,309	412	1,850
75 years and over	7,437	4,365	1,759	391	727
Race					
One race <sup>2</sup>	111,961	47,416	31,269	4,028	26,694
White	92,063	38,799	26,156	3,229	21,743
Black or African American	12,796	5,628	2,995	569	3,283
American Indian or Alaska Native	938	415	208	52	227
Asian	5,969	2,513	1,855	171	1,370
Native Hawaiian or Other Pacific Islander	195	60	55	*	71
Two or more races <sup>3</sup>	1,799	640	475	66	546
Black or African American, white	304	85	67	*	132
American Indian or Alaska Native, white	757	318	236	32	141
Hispanic or Latino origin <sup>4</sup> and race					
Hispanic or Latino	17,639	8,491	4,427	680	3,727
Mexican or Mexican American	11,070	5,361	2,851	425	2,241
Not Hispanic or Latino	96,121	39,565	27,317	3,414	23,513
White, single race	75,967	30,971	22,132	2,610	18,411
Black or African American, single race	12,261	5,398	2,865	554	3,132
American Indian or Alaska Native, single race	549	223	118	23	154
Education <sup>5</sup>					
Less than high school diploma	13,693	8,656	3,141	393	1,195
GED or equivalent <sup>6</sup>	3,268	1,801	880	91	418
High school graduate	22,609	12,057	5,858	857	3,256
Some college, no degree	16,464	7,045	4,804	631	3,556
Associate's degree	10,637	4,426	3,024	436	2,538
Bachelor's degree	19,491	6,015	5,938	696	6,437
Master's, professional, or doctoral degree	11,883	3,372	3,979	399	3,879
Poverty status <sup>7</sup>					
Less than 100% of the poverty threshold	13,870	7,161	3,357	417	2,541
100% to less than 200% of the poverty threshold	20,335	10,430	4,971	848	3,584
200% to less than 400% of the poverty threshold	34,669	15,686	9,680	1,273	7,345
400% of the poverty threshold or greater	44,886	14,779	13,736	1,556	13,772

**Table PA–3b. Frequency distribution (number in thousands) of meeting or not meeting the 2008 federal physical activity guidelines for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Met neither aerobic nor muscle-strengthening guidelines <sup>1</sup>	Met aerobic guidelines only <sup>1</sup>	Met muscle-strengthening guidelines only <sup>1</sup>	Met both aerobic and muscle-strengthening guidelines <sup>1</sup>
<b>Men (continued)</b>					
Marital status					
Married	63,247	28,020	18,744	2,051	13,152
Widowed	3,037	1,792	647	168	345
Divorced or separated	11,148	5,325	2,782	480	2,262
Never married	27,722	9,399	7,169	1,082	9,339
Living with a partner	8,467	3,447	2,378	306	2,120
Region					
Northeast	20,132	9,057	5,182	737	4,655
Midwest	26,300	11,056	7,106	951	6,454
South	40,974	18,168	11,422	1,437	9,013
West	26,354	9,774	8,034	969	7,119
Place of residence <sup>8</sup>					
Large MSA	61,372	24,377	17,148	2,211	16,364
Small MSA	34,977	14,705	9,889	1,292	8,201
Not in MSA	17,411	8,973	4,707	590	2,675

**Table PA–3b. Frequency distribution (number in thousands) of meeting or not meeting the 2008 federal physical activity guidelines for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Met neither aerobic nor muscle-strengthening guidelines <sup>1</sup>	Met aerobic guidelines only <sup>1</sup>	Met muscle-strengthening guidelines only <sup>1</sup>	Met both aerobic and muscle-strengthening guidelines <sup>1</sup>
<b>Women</b>	122,085	61,547	34,240	3,769	20,121
Age					
18–24 years	14,979	6,556	4,885	239	3,045
25–44 years	41,187	18,682	12,639	981	8,134
45–64 years	42,203	21,573	11,659	1,403	6,691
65–74 years	12,960	7,208	3,276	626	1,600
75 years and over	10,757	7,528	1,781	520	652
Race					
One race <sup>2</sup>	120,107	60,647	33,665	3,703	19,725
White	96,547	47,064	27,682	3,054	16,884
Black or African American	15,570	9,338	3,666	428	1,821
American Indian or Alaska Native	1,015	522	282	24	141
Asian	6,776	3,633	1,976	186	847
Native Hawaiian or Other Pacific Islander	198	90	60	*12	*32
Two or more races <sup>3</sup>	1,978	900	574	65	397
Black or African American, white	449	215	123	*8	98
American Indian or Alaska Native, white	800	384	224	30	144
Hispanic or Latino origin <sup>4</sup> and race					
Hispanic or Latino	17,357	9,756	4,721	442	2,168
Mexican or Mexican American	10,541	5,830	3,043	286	1,242
Not Hispanic or Latino	104,728	51,791	29,519	3,327	17,953
White, single race	80,752	38,102	23,409	2,657	14,948
Black or African American, single race	14,940	8,984	3,479	415	1,757
American Indian or Alaska Native, single race	681	361	180	*12	85
Education <sup>5</sup>					
Less than high school diploma	14,305	10,093	2,878	357	671
GED or equivalent <sup>6</sup>	2,750	1,734	661	73	228
High school graduate	24,041	14,824	5,729	724	2,273
Some college, no degree	19,281	9,880	5,237	749	2,979
Associate's degree	13,134	6,133	3,972	451	2,315
Bachelor's degree	21,032	8,015	6,704	731	5,267
Master's, professional, or doctoral degree	11,994	3,968	4,045	422	3,307
Poverty status <sup>7</sup>					
Less than 100% of the poverty threshold	18,796	11,612	4,619	496	1,673
100% to less than 200% of the poverty threshold	24,690	14,992	6,018	724	2,492
200% to less than 400% of the poverty threshold	35,988	18,524	10,229	1,068	5,453
400% of the poverty threshold or greater	42,612	16,419	13,374	1,480	10,503

**Table PA–3b. Frequency distribution (number in thousands) of meeting or not meeting the 2008 federal physical activity guidelines for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Met neither aerobic nor muscle-strengthening guidelines <sup>1</sup>	Met aerobic guidelines only <sup>1</sup>	Met muscle-strengthening guidelines only <sup>1</sup>	Met both aerobic and muscle-strengthening guidelines <sup>1</sup>
<b>Women (continued)</b>					
Marital status					
Married	61,638	29,828	17,979	1,905	10,749
Widowed	11,128	7,432	2,088	506	831
Divorced or separated	15,788	8,509	4,123	589	2,247
Never married	24,523	11,343	7,414	546	4,775
Living with a partner	8,759	4,309	2,569	221	1,477
Region					
Northeast	21,732	11,326	5,664	623	3,597
Midwest	27,626	14,048	7,459	962	4,596
South	45,276	24,275	12,453	1,274	6,429
West	27,451	11,898	8,664	910	5,499
Place of residence <sup>8</sup>					
Large MSA	65,362	31,457	18,796	2,088	11,735
Small MSA	37,548	19,009	10,612	1,126	6,076
Not in MSA	19,175	11,081	4,831	554	2,311

\* 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%.

<sup>1</sup>Leisure-time aerobic physical activity includes such activities as exercise, sports, and physically active hobbies and is measured by four source questions related to both the frequency and duration of activity. Frequency questions ask: "How often do you do light or moderate leisure-time physical activities for at least 10 minutes that cause only light sweating or a slight to moderate increase in breathing or heart rate?" and "How often do you do vigorous leisure-time physical activities for at least 10 minutes that cause heavy sweating or large increases in breathing or heart rate?" Each question is followed by an additional duration item asking how long respondents do these activities each time. Leisure-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?" Questions are phrased in terms of current behavior and lack a specific reference period. The 2008 Physical Activity Guidelines for Americans (available from: <http://www.health.gov/PAGuidelines/>) recommend that adults perform at least 150 minutes (2 hours and 30 minutes) per week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) per week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, regardless of intensity, and preferably be spread throughout the week. The 2008 guidelines also 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.

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

<sup>3</sup>Refers 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.

<sup>4</sup>Refers 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.

<sup>5</sup>Shown only for adults aged 25 and over.

<sup>6</sup>GED is General Educational Development high school equivalency diploma.

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

<sup>8</sup>MSA 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–3c. Crude percent distribution (with standard errors) of meeting or not meeting the 2008 federal physical activity guidelines for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Met neither aerobic nor muscle-strengthening guidelines <sup>1</sup>	Met aerobic guidelines only <sup>1</sup>	Met muscle-strengthening guidelines only <sup>1</sup>	Met both aerobic and muscle-strengthening guidelines <sup>1</sup>
<b>Both sexes</b>	100.0	47.5 (0.30)	28.6 (0.21)	3.4 (0.07)	20.5 (0.22)
Age					
18–24 years	100.0	36.9 (0.70)	30.0 (0.58)	2.7 (0.19)	30.3 (0.64)
25–44 years	100.0	42.3 (0.38)	30.4 (0.31)	2.9 (0.11)	24.4 (0.30)
45–64 years	100.0	50.5 (0.40)	28.4 (0.31)	3.5 (0.11)	17.6 (0.29)
65–74 years	100.0	53.3 (0.57)	27.8 (0.47)	4.4 (0.20)	14.6 (0.41)
75 years and over	100.0	67.1 (0.65)	20.0 (0.48)	5.1 (0.25)	7.8 (0.35)
Race					
One race <sup>2</sup>	100.0	47.6 (0.30)	28.6 (0.22)	3.4 (0.07)	20.4 (0.22)
White	100.0	46.5 (0.34)	29.2 (0.24)	3.4 (0.08)	20.9 (0.25)
Black or African American	100.0	54.0 (0.54)	24.0 (0.44)	3.6 (0.18)	18.4 (0.41)
American Indian or Alaska Native	100.0	50.1 (2.00)	26.2 (1.96)	4.1 (0.61)	19.7 (1.47)
Asian	100.0	49.0 (0.77)	30.5 (0.69)	2.8 (0.24)	17.7 (0.57)
Native Hawaiian or Other Pacific Islander	100.0	38.9 (4.23)	29.7 (4.00)	*4.8 (1.76)	26.6 (4.13)
Two or more races <sup>3</sup>	100.0	42.0 (1.31)	28.6 (1.19)	3.6 (0.46)	25.7 (1.25)
Black or African American, white	100.0	40.9 (3.15)	25.8 (2.62)	*2.0 (0.61)	31.3 (2.96)
American Indian or Alaska Native, white	100.0	46.5 (2.06)	30.5 (1.92)	4.1 (0.71)	18.9 (1.84)
Hispanic or Latino origin <sup>4</sup> and race					
Hispanic or Latino	100.0	53.0 (0.52)	26.6 (0.41)	3.3 (0.16)	17.1 (0.35)
Mexican or Mexican American	100.0	52.6 (0.67)	27.7 (0.53)	3.3 (0.21)	16.4 (0.45)
Not Hispanic or Latino	100.0	46.5 (0.32)	28.9 (0.24)	3.4 (0.08)	21.1 (0.24)
White, single race	100.0	45.1 (0.37)	29.7 (0.27)	3.4 (0.09)	21.8 (0.27)
Black or African American, single race		54.1 (0.55)	23.9 (0.45)	3.6 (0.18)	18.4 (0.42)
American Indian or Alaska Native, single race	100.0	50.5 (2.61)	25.7 (2.72)	3.0 (0.56)	20.7 (1.87)
Education <sup>5</sup>					
Less than high school diploma	100.0	68.5 (0.49)	22.0 (0.41)	2.7 (0.15)	6.8 (0.25)
GED or equivalent <sup>6</sup>	100.0	60.0 (1.09)	26.2 (0.99)	2.8 (0.33)	11.0 (0.70)
High school graduate	100.0	59.0 (0.47)	25.4 (0.37)	3.5 (0.15)	12.1 (0.30)
Some college, no degree	100.0	48.5 (0.49)	28.8 (0.44)	4.0 (0.18)	18.7 (0.37)
Associate's degree	100.0	45.3 (0.62)	30.0 (0.54)	3.8 (0.20)	20.8 (0.45)
Bachelor's degree	100.0	35.2 (0.44)	31.8 (0.41)	3.6 (0.15)	29.4 (0.41)
Master's, professional, or doctoral degree	100.0	31.4 (0.55)	34.3 (0.53)	3.5 (0.20)	30.7 (0.55)
Poverty status <sup>7</sup>					
Less than 100% of the poverty threshold	100.0	58.9 (0.67)	25.0 (0.43)	2.9 (0.15)	13.2 (0.52)
100% to less than 200% of the poverty threshold	100.0	57.7 (0.47)	24.9 (0.41)	3.6 (0.16)	13.8 (0.32)
200% to less than 400% of the poverty threshold	100.0	49.4 (0.41)	28.7 (0.34)	3.4 (0.12)	18.5 (0.29)
400% of the poverty threshold or greater	100.0	36.4 (0.37)	31.7 (0.32)	3.5 (0.12)	28.4 (0.32)

**Table PA–3c. Crude percent distribution (with standard errors) of meeting or not meeting the 2008 federal physical activity guidelines for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Met neither aerobic nor muscle-strengthening guidelines <sup>1</sup>	Met aerobic guidelines only <sup>1</sup>	Met muscle-strengthening guidelines only <sup>1</sup>	Met both aerobic and muscle-strengthening guidelines <sup>1</sup>
<b>Both sexes (continued)</b>					
Marital status					
Married	100.0	47.3 (0.35)	30.0 (0.26)	3.2 (0.09)	19.5 (0.26)
Widowed	100.0	66.8 (0.62)	19.8 (0.47)	4.9 (0.24)	8.5 (0.34)
Divorced or separated	100.0	52.6 (0.49)	26.2 (0.41)	4.1 (0.17)	17.1 (0.33)
Never married	100.0	40.6 (0.50)	28.6 (0.39)	3.2 (0.14)	27.6 (0.44)
Living with a partner	100.0	46.1 (0.76)	29.4 (0.66)	3.1 (0.25)	21.4 (0.60)
Region					
Northeast	100.0	49.9 (0.70)	26.6 (0.48)	3.3 (0.18)	20.2 (0.51)
Midwest	100.0	47.7 (0.62)	27.7 (0.45)	3.6 (0.14)	21.0 (0.44)
South	100.0	50.2 (0.51)	28.3 (0.38)	3.2 (0.12)	18.3 (0.37)
West	100.0	41.0 (0.65)	31.6 (0.42)	3.6 (0.13)	23.9 (0.47)
Place of residence <sup>8</sup>					
Large MSA	100.0	45.0 (0.34)	28.9 (0.26)	3.5 (0.10)	22.6 (0.28)
Small MSA	100.0	47.5 (0.65)	28.9 (0.42)	3.4 (0.12)	20.1 (0.42)
Not in MSA	100.0	56.1 (1.00)	26.7 (0.67)	3.2 (0.17)	14.0 (0.57)

**Table PA–3c. Crude percent distribution (with standard errors) of meeting or not meeting the 2008 federal physical activity guidelines for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Met neither aerobic nor muscle-strengthening guidelines <sup>1</sup>	Met aerobic guidelines only <sup>1</sup>	Met muscle-strengthening guidelines only <sup>1</sup>	Met both aerobic and muscle-strengthening guidelines <sup>1</sup>
<b>Men</b>	100.0	43.2 (0.37)	28.6 (0.28)	3.7 (0.10)	24.5 (0.30)
Age					
18–24 years	100.0	29.4 (0.86)	26.9 (0.76)	3.8 (0.33)	39.9 (0.90)
25–44 years	100.0	38.3 (0.50)	29.4 (0.43)	3.3 (0.16)	28.9 (0.45)
45–64 years	100.0	48.6 (0.52)	28.7 (0.43)	3.6 (0.17)	19.1 (0.39)
65–74 years	100.0	49.2 (0.83)	30.1 (0.73)	3.8 (0.29)	16.9 (0.60)
75 years and over	100.0	60.3 (0.96)	24.3 (0.79)	5.4 (0.41)	10.0 (0.57)
Race					
One race <sup>2</sup>	100.0	43.3 (0.37)	28.6 (0.29)	3.7 (0.11)	24.4 (0.30)
White	100.0	43.1 (0.42)	29.1 (0.32)	3.6 (0.12)	24.2 (0.34)
Black or African American	100.0	45.1 (0.77)	24.0 (0.67)	4.6 (0.33)	26.3 (0.70)
American Indian or Alaska Native	100.0	46.0 (2.70)	23.0 (2.06)	5.8 (1.04)	25.2 (2.21)
Asian	100.0	42.5 (1.06)	31.4 (0.97)	2.9 (0.34)	23.2 (0.92)
Native Hawaiian or Other Pacific Islander	100.0	31.3 (5.44)	28.4 (5.61)	*	36.9 (6.61)
Two or more races <sup>3</sup>	100.0	37.1 (2.07)	27.5 (1.79)	3.8 (0.66)	31.6 (2.00)
Black or African American, white	100.0	29.3 (4.27)	23.0 (3.67)	*2.3 (1.13)	45.5 (4.63)
American Indian or Alaska Native, white	100.0	43.8 (3.37)	32.5 (3.06)	4.4 (1.02)	19.4 (2.60)
Hispanic or Latino origin <sup>4</sup> and race					
Hispanic or Latino	100.0	49.0 (0.70)	25.6 (0.57)	3.9 (0.26)	21.5 (0.55)
Mexican or Mexican American	100.0	49.3 (0.88)	26.2 (0.74)	3.9 (0.32)	20.6 (0.68)
Not Hispanic or Latino	100.0	42.2 (0.40)	29.1 (0.31)	3.6 (0.11)	25.1 (0.33)
White, single race	100.0	41.8 (0.46)	29.9 (0.36)	3.5 (0.12)	24.8 (0.38)
Black or African American, single race		45.2 (0.80)	24.0 (0.69)	4.6 (0.34)	26.2 (0.71)
American Indian or Alaska Native, single race	100.0	43.1 (3.66)	22.7 (2.74)	4.5 (1.09)	29.8 (3.03)
Education <sup>5</sup>					
Less than high school diploma	100.0	64.7 (0.72)	23.5 (0.59)	2.9 (0.21)	8.9 (0.42)
GED or equivalent <sup>6</sup>	100.0	56.4 (1.53)	27.6 (1.46)	2.9 (0.47)	13.1 (1.13)
High school graduate	100.0	54.7 (0.66)	26.6 (0.55)	3.9 (0.24)	14.8 (0.46)
Some college, no degree	100.0	43.9 (0.70)	30.0 (0.67)	3.9 (0.25)	22.2 (0.60)
Associate's degree	100.0	42.5 (0.98)	29.0 (0.80)	4.2 (0.35)	24.3 (0.77)
Bachelor's degree	100.0	31.5 (0.61)	31.1 (0.60)	3.6 (0.22)	33.7 (0.60)
Master's, professional, or doctoral degree	100.0	29.0 (0.75)	34.2 (0.78)	3.4 (0.28)	33.4 (0.79)
Poverty status <sup>7</sup>					
Less than 100% of the poverty threshold	100.0	53.1 (0.92)	24.9 (0.64)	3.1 (0.23)	18.9 (0.81)
100% to less than 200% of the poverty threshold	100.0	52.6 (0.65)	25.1 (0.56)	4.3 (0.27)	18.1 (0.52)
200% to less than 400% of the poverty threshold	100.0	46.2 (0.57)	28.5 (0.49)	3.7 (0.18)	21.6 (0.44)
400% of the poverty threshold or greater	100.0	33.7 (0.51)	31.3 (0.44)	3.5 (0.17)	31.4 (0.44)

**Table PA–3c. Crude percent distribution (with standard errors) of meeting or not meeting the 2008 federal physical activity guidelines for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Met neither aerobic nor muscle-strengthening guidelines <sup>1</sup>	Met aerobic guidelines only <sup>1</sup>	Met muscle-strengthening guidelines only <sup>1</sup>	Met both aerobic and muscle-strengthening guidelines <sup>1</sup>
<b>Men (continued)</b>					
Marital status					
Married	100.0	45.2 (0.45)	30.2 (0.37)	3.3 (0.13)	21.2 (0.34)
Widowed	100.0	60.7 (1.24)	21.9 (0.95)	5.7 (0.61)	11.7 (0.82)
Divorced or separated	100.0	49.1 (0.74)	25.6 (0.62)	4.4 (0.26)	20.8 (0.57)
Never married	100.0	34.8 (0.63)	26.6 (0.51)	4.0 (0.22)	34.6 (0.61)
Living with a partner	100.0	41.8 (0.99)	28.8 (0.92)	3.7 (0.40)	25.7 (0.90)
Region					
Northeast	100.0	46.1 (0.87)	26.4 (0.64)	3.8 (0.27)	23.7 (0.73)
Midwest	100.0	43.2 (0.79)	27.8 (0.62)	3.7 (0.20)	25.2 (0.64)
South	100.0	45.4 (0.61)	28.5 (0.51)	3.6 (0.18)	22.5 (0.47)
West	100.0	37.7 (0.74)	31.0 (0.51)	3.7 (0.21)	27.5 (0.67)
Place of residence <sup>8</sup>					
Large MSA	100.0	40.6 (0.44)	28.5 (0.37)	3.7 (0.15)	27.2 (0.39)
Small MSA	100.0	43.1 (0.74)	29.0 (0.53)	3.8 (0.18)	24.1 (0.58)
Not in MSA	100.0	53.0 (1.15)	27.8 (0.81)	3.5 (0.25)	15.8 (0.73)



**Table PA–3c. Crude percent distribution (with standard errors) of meeting or not meeting the 2008 federal physical activity guidelines for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Met neither aerobic nor muscle-strengthening guidelines <sup>1</sup>	Met aerobic guidelines only <sup>1</sup>	Met muscle-strengthening guidelines only <sup>1</sup>	Met both aerobic and muscle-strengthening guidelines <sup>1</sup>
<b>Women</b>	100.0	51.4 (0.34)	28.6 (0.26)	3.1 (0.09)	16.8 (0.24)
Age					
18–24 years	100.0	44.5 (0.93)	33.2 (0.83)	1.6 (0.17)	20.7 (0.76)
25–44 years	100.0	46.2 (0.48)	31.3 (0.41)	2.4 (0.13)	20.1 (0.36)
45–64 years	100.0	52.2 (0.48)	28.2 (0.39)	3.4 (0.15)	16.2 (0.35)
65–74 years	100.0	56.7 (0.71)	25.8 (0.59)	4.9 (0.29)	12.6 (0.49)
75 years and over	100.0	71.8 (0.71)	17.0 (0.55)	5.0 (0.31)	6.2 (0.37)
Race					
One race <sup>2</sup>	100.0	51.5 (0.34)	28.6 (0.26)	3.1 (0.09)	16.8 (0.24)
White	100.0	49.7 (0.39)	29.2 (0.29)	3.2 (0.10)	17.8 (0.28)
Black or African American	100.0	61.2 (0.65)	24.0 (0.54)	2.8 (0.18)	11.9 (0.41)
American Indian or Alaska Native	100.0	53.9 (2.46)	29.1 (2.83)	2.5 (0.72)	14.5 (1.95)
Asian	100.0	54.7 (0.97)	29.7 (0.91)	2.8 (0.32)	12.8 (0.63)
Native Hawaiian or Other Pacific Islander	100.0	46.5 (6.01)	30.9 (5.70)	*6.3 (2.66)	16.3 (4.51)
Two or more races <sup>3</sup>	100.0	46.5 (1.75)	29.7 (1.57)	3.4 (0.63)	20.5 (1.50)
Black or African American, white	100.0	48.5 (4.32)	27.7 (3.58)	*1.8 (0.71)	22.0 (3.63)
American Indian or Alaska Native, white	100.0	49.1 (2.68)	28.6 (2.47)	3.8 (0.95)	18.5 (2.29)
Hispanic or Latino origin <sup>4</sup> and race					
Hispanic or Latino	100.0	57.1 (0.64)	27.6 (0.53)	2.6 (0.19)	12.7 (0.41)
Mexican or Mexican American	100.0	56.1 (0.81)	29.3 (0.69)	2.8 (0.27)	11.9 (0.52)
Not Hispanic or Latino	100.0	50.5 (0.36)	28.8 (0.28)	3.2 (0.10)	17.5 (0.26)
White, single race	100.0	48.2 (0.43)	29.6 (0.32)	3.4 (0.11)	18.9 (0.32)
Black or African American, single race		61.4 (0.66)	23.8 (0.55)	2.8 (0.19)	12.0 (0.42)
American Indian or Alaska Native, single race	100.0	56.6 (3.08)	28.2 (3.73)	*1.9 (0.59)	13.3 (2.28)
Education <sup>5</sup>					
Less than high school diploma	100.0	72.1 (0.59)	20.6 (0.54)	2.5 (0.22)	4.8 (0.27)
GED or equivalent <sup>6</sup>	100.0	64.3 (1.46)	24.5 (1.30)	2.7 (0.48)	8.5 (0.79)
High school graduate	100.0	62.9 (0.57)	24.3 (0.46)	3.1 (0.18)	9.7 (0.36)
Some college, no degree	100.0	52.4 (0.63)	27.8 (0.54)	4.0 (0.24)	15.8 (0.43)
Associate's degree	100.0	47.7 (0.74)	30.9 (0.71)	3.5 (0.25)	18.0 (0.56)
Bachelor's degree	100.0	38.7 (0.59)	32.4 (0.53)	3.5 (0.21)	25.4 (0.52)
Master's, professional, or doctoral degree	100.0	33.8 (0.72)	34.4 (0.72)	3.6 (0.28)	28.2 (0.72)
Poverty status <sup>7</sup>					
Less than 100% of the poverty threshold	100.0	63.1 (0.71)	25.1 (0.54)	2.7 (0.18)	9.1 (0.46)
100% to less than 200% of the poverty threshold	100.0	61.9 (0.57)	24.8 (0.50)	3.0 (0.18)	10.3 (0.35)
200% to less than 400% of the poverty threshold	100.0	52.5 (0.50)	29.0 (0.42)	3.0 (0.16)	15.5 (0.36)
400% of the poverty threshold or greater	100.0	39.3 (0.48)	32.0 (0.42)	3.5 (0.16)	25.1 (0.42)

**Table PA–3c. Crude percent distribution (with standard errors) of meeting or not meeting the 2008 federal physical activity guidelines for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Met neither aerobic nor muscle-strengthening guidelines <sup>1</sup>	Met aerobic guidelines only <sup>1</sup>	Met muscle-strengthening guidelines only <sup>1</sup>	Met both aerobic and muscle-strengthening guidelines <sup>1</sup>
<b>Men (continued)</b>					
Marital status					
Married	100.0	49.3 (0.43)	29.7 (0.34)	3.2 (0.13)	17.8 (0.32)
Widowed	100.0	68.4 (0.66)	19.2 (0.52)	4.7 (0.27)	7.7 (0.35)
Divorced or separated	100.0	55.0 (0.58)	26.7 (0.52)	3.8 (0.21)	14.5 (0.39)
Never married	100.0	47.1 (0.65)	30.8 (0.55)	2.3 (0.14)	19.8 (0.53)
Living with a partner	100.0	50.2 (1.01)	30.0 (0.83)	2.6 (0.29)	17.2 (0.73)
Region					
Northeast	100.0	53.4 (0.80)	26.7 (0.63)	2.9 (0.20)	17.0 (0.54)
Midwest	100.0	51.9 (0.70)	27.6 (0.52)	3.6 (0.20)	17.0 (0.50)
South	100.0	54.6 (0.58)	28.0 (0.42)	2.9 (0.14)	14.5 (0.43)
West	100.0	44.1 (0.72)	32.1 (0.55)	3.4 (0.17)	20.4 (0.48)
Place of residence <sup>8</sup>					
Large MSA	100.0	49.1 (0.42)	29.3 (0.33)	3.3 (0.12)	18.3 (0.32)
Small MSA	100.0	51.6 (0.71)	28.8 (0.49)	3.1 (0.15)	16.5 (0.46)
Not in MSA	100.0	59.0 (1.03)	25.7 (0.71)	3.0 (0.24)	12.3 (0.64)

\* 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%.

<sup>1</sup>Leisure-time aerobic physical activity includes such activities as exercise, sports, and physically active hobbies and is measured by four source questions related to both the frequency and duration of activity. Frequency questions ask: "How often do you do light or moderate leisure-time physical activities for at least 10 minutes that cause only light sweating or a slight to moderate increase in breathing or heart rate?" and "How often do you do vigorous leisure-time physical activities for at least 10 minutes that cause heavy sweating or large increases in breathing or heart rate?" Each question is followed by an additional duration item asking how long respondents do these activities each time. Leisure-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?" Questions are phrased in terms of current behavior and lack a specific reference period. The 2008 Physical Activity Guidelines for Americans (available from: <http://www.health.gov/PAGuidelines/>) recommend that adults perform at least 150 minutes (2 hours and 30 minutes) per week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) per week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, regardless of intensity, and preferably be spread throughout the week. The 2008 guidelines also 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.

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

<sup>3</sup>Refers 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.

<sup>4</sup>Refers 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.

<sup>5</sup>Shown only for adults aged 25 and over.

<sup>6</sup>GED is General Educational Development high school equivalency diploma.

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

<sup>8</sup>MSA 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.