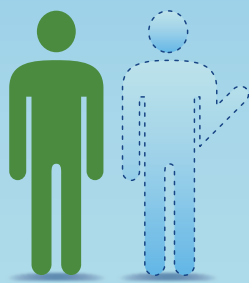


# PHYSICAL ACTIVITY BUILDS A HEALTHY AND STRONG AMERICA

## THE PROBLEM

1 IN 2



About 1 in 2 adults live with a chronic disease.

About half of this group have two or more.



Only half of adults get the physical activity they need to help reduce and prevent chronic diseases.

## NOT GETTING ENOUGH PHYSICAL ACTIVITY COSTS MONEY

\$117 BILLION

\$117 billion in annual health care costs are associated with inadequate physical activity.



1 YEAR



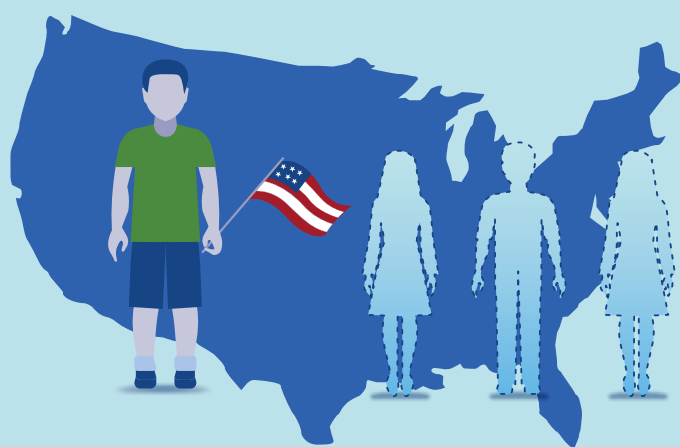
5 YEARS



10 YEARS

Think about how much an active nation could save us over the next decade.

## IMPACT ON MILITARY READINESS



NEARLY 1 IN 4 YOUNG ADULTS are too heavy to serve in our military.

“Long-term military readiness is at risk unless a large-scale change in physical activity and nutrition takes place in America.”

Mission: Readiness  
Military Leaders for Kids

## PHYSICAL ACTIVITY SAVES LIVES AND PROTECTS HEALTH

1 IN 10 premature deaths could be prevented by getting enough physical activity.

It could also prevent:



1 IN 8

cases of breast cancer



1 IN 8

cases of colorectal cancer



1 IN 12

cases of diabetes



1 IN 15

cases of heart disease

“Physical activity is the closest thing we have to a wonder drug.”

Dr. Tom Frieden, CDC Director

## INVESTING IN PHYSICAL ACTIVITY MAKES SENSE



### BENEFITS FOR CHILDREN

- Improves aerobic fitness
- Improves muscular fitness
- Improves bone health
- Promotes favorable body composition
- Improves attention and some measures of academic performance (with school physical activity programs)



### BENEFITS FOR ADULTS

- Lowers risk of high blood pressure
- Lowers risk of stroke
- Improves aerobic fitness
- Improves mental health
- Improves cognitive function
- Reduces arthritis symptoms
- Prevents weight gain



### BENEFITS FOR HEALTHY AGING

- Reduces risk of falling
- Improves balance
- Improves joint mobility
- Extends years of active life
- Helps prevent weak bones and muscle loss
- Delays onset of cognitive decline

## PHYSICAL ACTIVITY BENEFITS COMMUNITIES



### ECONOMIC

Building active and walkable communities can help:

- Increase levels of retail economic activity and employment
- Increase property values
- Support neighborhood revitalization
- Reduce health care costs



### SAFETY

Walkable communities can improve safety for people who walk, ride bicycles, and drive.



### WORKFORCE

Physically active people tend to take fewer sick days.



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

FOR MORE INFORMATION PLEASE VISIT:  
Division of Nutrition, Physical Activity, and Obesity  
[www.cdc.gov/nccdphp/dnpao](http://www.cdc.gov/nccdphp/dnpao)