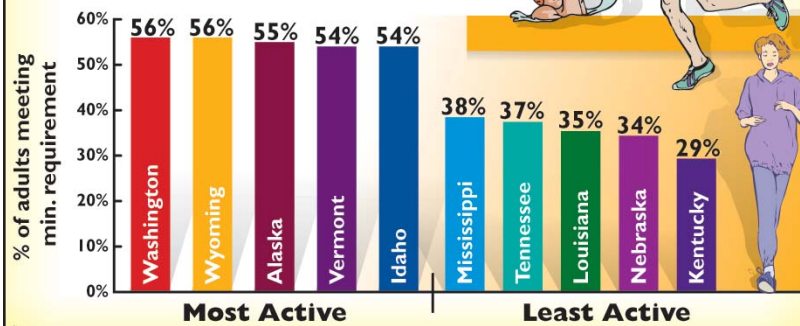
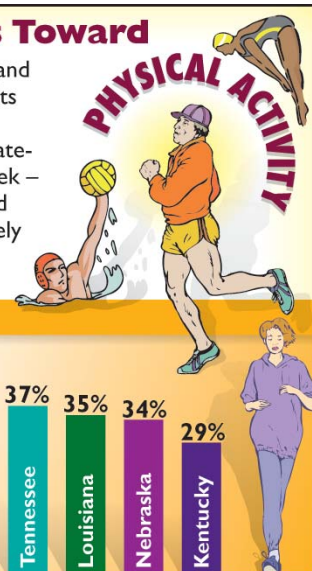


Time to Adjust Attitudes Toward

A report from the Centers for Disease Control and Prevention (CDC) reveals the percentage of adults (by state) who met the government's minimum activity recommendation – 30 minutes of moderate-intensity physical activity on most days of the week – in 2001. Overall, only 45.4% of U.S. adults satisfied these requirements, although some states definitely scored higher than others:

PHYSICAL ACTIVITY



SOURCE: Centers for Disease Control, *Morbidity and Mortality Weekly Report*, Aug. 15, 2003. The complete report, including state-by-state results, is available online at www.cdc.gov/mmwr/PDF/wk/mm5232.pdf.