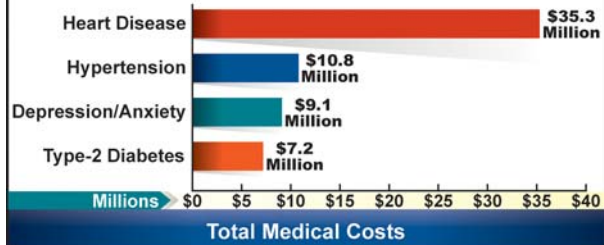


# The HIGH Price of Physical Inactivity



A recent study estimated total medical expenditures attributable to physical inactivity among members of a large health care plan. The most expensive health conditions related to inactivity were: \*



\*Year 2000 total medical expenditures for the 1.5 million adult members of Blue Cross/Blue Shield of Minnesota.

Source: Garrett NA, Brasure M, Schmitz KH, et al. Physical inactivity. Direct cost to a health plan. *American Journal of Preventive Medicine*, November 2004;27(4):304-9.