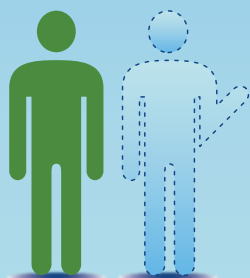


# PHYSICAL ACTIVITY BUILDS A HEALTHY AND STRONG AMERICA

## THE PROBLEM

1<sup>IN</sup> 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

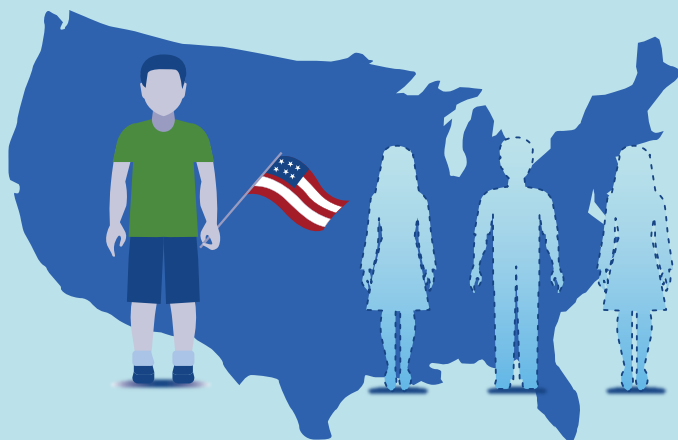
\$117  
BILLION

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



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)