

CDC: Just 23% of adults get enough exercise

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We're already not eating enough fruits and vegetables. On Thursday, a report from the Centers for Disease Control and Prevention says we're not getting enough exercise either.

The report from the CDC's National Center for Health Statistics found only 23 percent of Americans meet federal standards for time spent exercising.

Ten years ago, the Department of Health and Human Services published national and statewide exercise guidelines. Their goal was to have 20.1 per-

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cent of adults actively following the guidelines by 2020. Nationally, between 2010 and 2015, 22.9 percent of adults met that goal. However, success varied by the state a person lives in, work status, or sex, the report said.

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top state was Colorado at 32.5 percent. States falling well below the national average were concentrated in the Southeast, while most states in the West ranked above average.

"Understanding differences in leisure-time physical activity by state is important because states have the ability to support physical activity goals and objectives," the study reported.

HHS guidelines say adults ages 18 to 64 should participate in some type of muscle-strengthening activity at least twice a week, paired with moderate aerobic exercise for 150 minutes a week or vigorously exercise for 75 minutes.