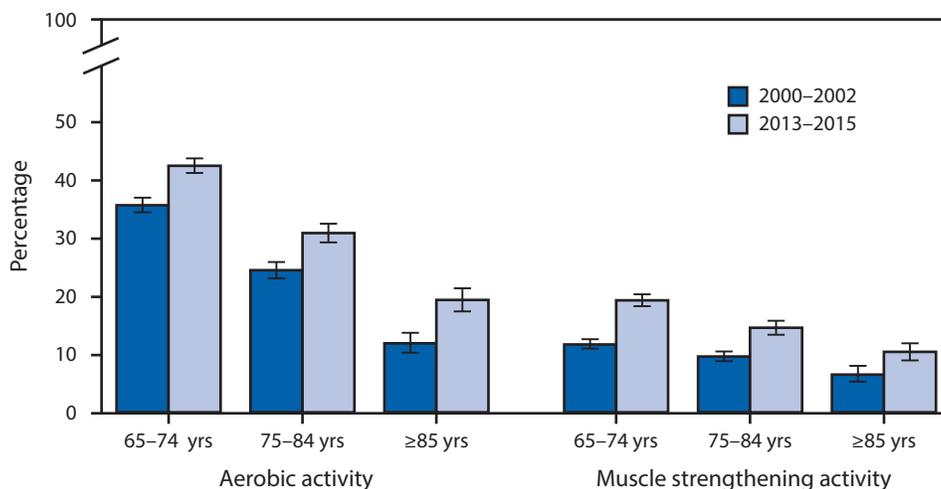


## QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

### Percentage\* of Adults<sup>†</sup> Aged $\geq 65$ Years Meeting 2008 Federal Guidelines for Leisure-Time Aerobic<sup>§</sup> and Muscle-Strengthening<sup>¶</sup> Activities, by Age and Type of Activity — United States, 2000–2002 and 2013–2015



\* With 95% confidence intervals indicated with error bars.

<sup>†</sup> Estimates are based on household interviews of a sample of the noninstitutionalized U.S. civilian population and are derived from the National Health Interview Survey sample adult component.

<sup>§</sup> Performing at least 150 minutes (2 hours and 30 minutes) per week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) per week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate/vigorous-intensity aerobic activity.

<sup>¶</sup> Performing moderate/high intensity muscle-strengthening activities that involve all major muscle groups on  $\geq 2$  days per week.

From 2000–2002 to 2013–2015, the percentage of older adults who met the 2008 federal guidelines for aerobic activity increased from 35.7% to 42.5% among persons aged 65–74 years, from 24.5% to 30.9% among persons aged 75–84 years, and from 11.9% to 19.4% among persons aged  $\geq 85$  years. The percentage who met the guidelines for muscle strengthening activities increased from 11.7% to 19.3% among those aged 65–74 years, from 9.6% to 14.6% among those aged 75–84 years, and from 6.5% to 10.4% among those aged  $\geq 85$  years. In both periods, within each age group participation declined with age and was lower for muscle strengthening activities compared with aerobic activities.

Source: National Health Interview Survey; <http://www.cdc.gov/nchs/nhis.htm>.

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