

Data table for Figure 12. Participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines for adults 18 years of age and over, by sex and age: United States, 1999–2009

<i>Sex and age</i>	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
	Percent										
Total											
18 years and over, age-adjusted	15.0	15.0	16.6	16.8	17.0	16.2	16.6	16.2	16.6	18.4	19.1
18 years and over, crude	15.2	15.1	16.6	16.8	16.9	16.1	16.5	16.0	16.5	18.1	18.8
Men											
18 years and over, age-adjusted	18.0	17.9	19.7	19.7	19.5	18.3	19.1	18.7	19.7	21.9	22.2
18 years and over, crude	18.5	18.2	20.1	20.0	19.7	18.5	19.2	18.7	19.7	21.8	22.1
18–44 years	23.7	23.0	26.1	25.6	24.9	23.6	24.6	24.1	25.0	27.3	27.7
45–64 years	13.7	14.2	14.8	15.2	15.6	13.9	14.5	15.0	15.8	18.1	18.5
65 years and over	8.1	8.4	8.4	9.7	9.8	9.7	10.0	8.1	10.2	11.5	11.8
Women											
18 years and over, age-adjusted	12.1	12.3	13.6	14.0	14.6	14.1	14.3	13.8	13.7	15.0	16.2
18 years and over, crude	12.1	12.2	13.4	13.8	14.4	14.0	14.1	13.6	13.5	14.7	15.8
18–44 years	15.7	15.0	17.3	17.2	17.7	16.5	16.8	16.6	15.6	17.4	19.0
45–64 years	10.3	11.5	11.6	13.3	13.7	14.1	14.3	12.7	14.4	14.6	15.3
65 years and over	4.2	5.7	5.4	5.1	6.0	6.5	6.4	7.0	6.1	8.0	8.6
	Standard error										
Total											
18 years and over, age-adjusted	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4
18 years and over, crude	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4
Men											
18 years and over, age-adjusted	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.5	0.5	0.6	0.5
18 years and over, crude	0.4	0.4	0.4	0.4	0.5	0.4	0.4	0.5	0.5	0.6	0.5
18–44 years	0.6	0.6	0.6	0.7	0.7	0.7	0.7	0.9	0.8	0.9	0.8
45–64 years	0.7	0.6	0.6	0.6	0.7	0.6	0.6	0.8	0.8	0.9	0.8
65 years and over	0.7	0.7	0.7	0.7	0.7	0.7	0.7	0.8	0.9	1.0	0.9
Women											
18 years and over, age-adjusted	0.3	0.3	0.3	0.3	0.4	0.3	0.4	0.4	0.4	0.5	0.4
18 years and over, crude	0.3	0.3	0.3	0.3	0.4	0.3	0.3	0.4	0.4	0.4	0.4
18–44 years	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.7	0.6	0.7	0.7
45–64 years	0.5	0.6	0.5	0.6	0.6	0.6	0.6	0.7	0.7	0.7	0.7
65 years and over	0.4	0.5	0.4	0.4	0.5	0.5	0.5	0.7	0.6	0.6	0.7

NOTES: Starting with *Health, United States, 2010*, measures of physical activity changed to reflect the 2008 federal physical activity guidelines for Americans (available from: <http://www.health.gov/PAGuidelines/>). This new table presents the percentage of adults who fully met the 2008 federal guidelines for both aerobic activity and muscle strengthening. The 2008 federal guidelines recommend that for substantial health benefits, adults perform at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably it should be spread throughout the week. The 2008 guidelines also recommend that adults perform muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on two or more days a week because these activities provide additional health benefits. See Table 70; Appendix II, Physical activity, leisure-time. Estimates are age-adjusted to the year 2000 standard population using five age groups: 18–44 years, 45–54 years, 55–64 years, 65–74 years, and 75 years and over. Age-adjusted estimates in this table may differ from other age-adjusted estimates based on the same data and presented elsewhere if different age groups are used in the adjustment procedure. See Appendix II, Age adjustment.

SOURCE: CDC/NCHS, National Health Interview Survey.