Active People, Healthy Nation is a national initiative led by CDC to help 27 million Americans become more physically active by 2027. Increased physical activity can improve health, quality of life, and reduce healthcare costs.

### WHY OUR WORK IS IMPORTANT

Too few Americans get the recommended amount of physical activity.

Only 1 in 5 adults and 1 in 5 high school students fully meet physical activity guidelines for aerobic and muscle-strengthening activities.

### PHYSICAL INACTIVITY COSTS LIVES & DOLLARS

Inactivity contributes to 1 in 10 premature deaths.

Inadequate levels of physical activity are associated with $117 billion in annual health care costs.

### MANY AMERICANS DO NOT HAVE SAFE OR CONVENIENT PLACES TO BE ACTIVE

About 31 million adults aged 50 or older are inactive, meaning they get no physical activity beyond that of daily living.

Only 39% of the US population lives within half a mile of a park.

Only 40% of school-aged youth who live a mile or less from school report that they usually walk to school.
# Physical Activity Benefits All Americans

**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 or roll in wheelchairs, ride bicycles, and drive.

**Workforce**
Physically active people tend to take fewer sick days.