

During the past 30 days, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?

(Weighted Column Percents)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Yes		79.2	86.1	82.3	79.9	79.1	77.5	72.4
No		20.8	13.9	17.7	20.1	20.9	22.5	27.6
Male	Yes	81.3	84.3	87.1	82.2	80.3	76.6	76.3
	No	18.7	15.7	12.9	17.8	19.7	23.4	23.7
Female	Yes	77.2	87.9	77.2	77.7	77.9	78.5	69.5
	No	22.8	12.1	22.8	22.3	22.1	21.5	30.5

Denominator is:
All survey respondents who are employed.

During the past 30 days, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?

(Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		2,520	242	476	483	511	337	471
Yes		1,995	210	389	390	407	261	338
No		525	32	87	93	104	76	133
Male	Total	1,048	106	193	214	214	147	174
	Yes	853	90	168	180	172	114	129
	No	195	16	25	34	42	33	45
Female	Total	1,472	136	283	269	297	190	297
	Yes	1,142	120	221	210	235	147	209
	No	330	16	62	59	62	43	88

Denominator is:
All survey respondents who are employed.

When you are at work, which of the following best describes what you do? Would you say:?

(Weighted Column Percents)

	Total	Age Groups					
		18-24	25-34	35-44	45-54	55-64	65+
Mostly sitting or standing	61.5	54.9	56.9	58.2	65.7	74.3	67.4
Mostly walking	21.4	21.2	27.4	22.1	17.7	15.0	26.8
Mostly heavy labor or physically demanding work	17.1	23.9	15.7	19.7	16.6	10.7	5.8
Male							
Mostly sitting or standing	54.7	50.7	51.1	47.3	60.6	68.0	71.6
Mostly walking	22.4	15.3	28.3	24.9	19.4	17.4	22.4
Mostly heavy labor or physically demanding work	22.9	34.0	20.7	27.8	19.9	14.6	6.0
Female							
Mostly sitting or standing	69.8	59.9	64.9	71.5	71.7	80.9	63.4
Mostly walking	20.2	28.4	26.3	18.6	15.6	12.5	31.0
Mostly heavy labor or physically demanding work	10.1	11.7	8.8	9.9	12.7	6.6	5.6

Denominator is:

All survey respondents who are employed.

When you are at work, which of the following best describes what you do? Would you say:?

(Unweighted Frequencies)

		Total	Age Groups					65+
			18-24	25-34	35-44	45-54	55-64	
Total		1,562	148	365	400	410	191	48
Mostly sitting or standing		977	87	215	239	265	138	33
Mostly walking		316	30	89	85	75	25	12
Mostly heavy labor or physically demanding work		243	28	58	67	65	22	3
Don't know/Not sure		18	1	2	7	3	5	
Refused		8	2	1	2	2	1	
Male	Total	723	68	172	194	182	87	20
	Mostly sitting or standing	396	35	87	95	107	57	15
	Mostly walking	154	11	44	47	36	12	4
	Mostly heavy labor or physically demanding work	160	21	40	48	36	14	1
	Don't know/Not sure	8			4	1	3	
Female	Refused	5	1	1		2	1	
	Total	839	80	193	206	228	104	28
	Mostly sitting or standing	581	52	128	144	158	81	18
	Mostly walking	162	19	45	38	39	13	8
	Mostly heavy labor or physically demanding work	83	7	18	19	29	8	2
	Don't know/Not sure	10	1	2	3	2	2	
	Refused	3	1		2			

Denominator is:

All survey respondents who are employed.

Now, thinking about the moderate physical activities you do a usual week, do you do MODERATE activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or

(Weighted Column Percents)

	Total	Age Groups					
		18-24	25-34	35-44	45-54	55-64	65+
Yes	86.7	88.7	90.9	87.5	88.9	87.5	77.6
No	13.3	11.3	9.1	12.5	11.1	12.5	22.4
Male							
Yes	86.2	88.0	92.6	83.6	88.5	86.1	78.3
No	13.8	12.0	7.4	16.4	11.5	13.9	21.7
Female							
Yes	87.1	89.3	89.2	91.4	89.2	88.8	77.0
No	12.9	10.7	10.8	8.6	10.8	11.2	23.0

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All survey respondents.

Now, thinking about the moderate physical activities you do a usual week, do you do MODERATE activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or

(Unweighted Frequencies)

	Total	Age Groups					
		18-24	25-34	35-44	45-54	55-64	65+
Total	2,520	242	476	483	511	337	471
Yes	2,176	211	431	427	450	291	366
No	334	29	44	54	60	44	103
Don't know/Not sure	2				1	1	
Refused	8	2	1	2		1	2
Male							
Total	1,048	106	193	214	214	147	174
Yes	905	93	179	183	189	126	135
No	137	12	13	30	25	19	38
Don't know/Not sure	1					1	
Refused	5	1	1	1		1	1
Female							
Total	1,472	136	283	269	297	190	297
Yes	1,271	118	252	244	261	165	231
No	197	17	31	24	35	25	65
Don't know/Not sure	1				1		
Refused	3	1		1			1

Denominator is:
All survey respondents.

Now thinking about the vigorous physical activities you do if in a usual week, do you do VIGOROUS activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart

(Weighted Column Percents)

	Total	Age Groups					
		18-24	25-34	35-44	45-54	55-64	65+
Yes	49.9	67.5	64.8	52.8	48.9	42.2	26.9
No	50.1	32.5	35.2	47.2	51.1	57.8	73.1
Male							
Yes	58.5	76.2	75.2	56.9	56.9	51.1	34.6
No	41.5	23.8	24.8	43.1	43.1	48.9	65.4
Female							
Yes	41.8	58.4	53.9	48.8	41.0	33.8	21.3
No	58.2	41.6	46.1	51.2	59.0	66.2	78.7

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Now thinking about the vigorous physical activities you do if in a usual week, do you do VIGOROUS activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart

(Unweighted Frequencies)

	Total	Age Groups					
		18-24	25-34	35-44	45-54	55-64	65+
Total	2,519	242	476	482	511	337	471
Yes	1,220	160	303	252	244	140	121
No	1,275	79	170	227	266	189	344
Don't know/Not sure	12		2	1		6	3
Refused	12	3	1	2	1	2	3
Male							
Total	1,048	106	193	214	214	147	174
Yes	608	81	147	125	121	76	58
No	429	24	45	87	93	67	113
Don't know/Not sure	4			1		2	1
Refused	7	1	1	1		2	2
Female							
Total	1,471	136	283	268	297	190	297
Yes	612	79	156	127	123	64	63
No	846	55	125	140	173	122	231
Don't know/Not sure	8		2			4	2
Refused	5	2		1	1		1

Denominator is:
All survey respondents.