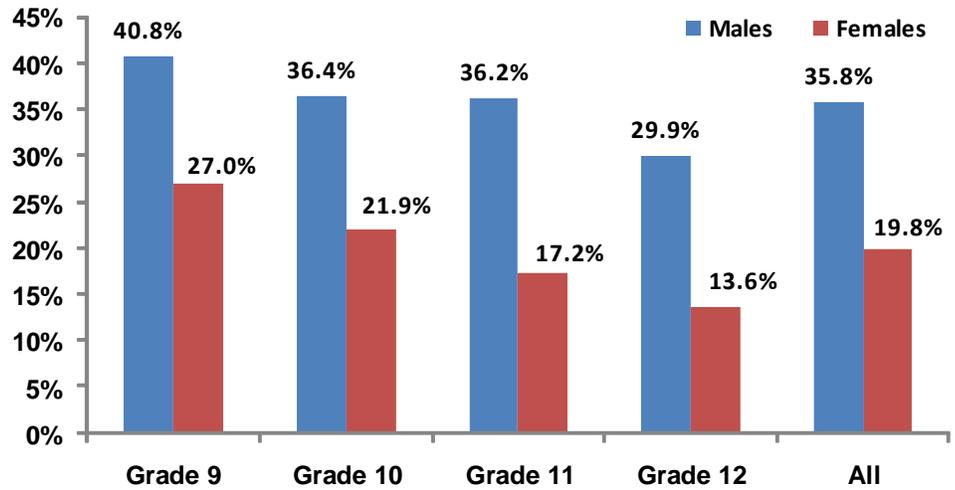


# Physical activity behaviors among Nebraska adolescents, 2010

## 2010 Nebraska Youth Risk Behavior Survey Quick Facts:

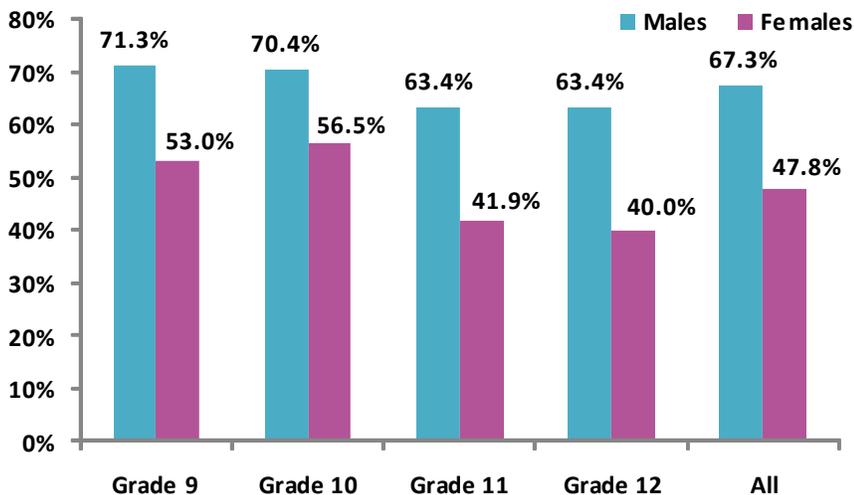
- Only 1 in 3 males and 1 in 5 females were physically active for one or more hours per day.
- Approximately 2 in 3 males and nearly 1 in 2 females did exercises to strengthen or tone their muscles on 3+ days in the past week.

**Figure 1: Percentage of 9th-12th grade students who reported being physically active for 60+ minutes per day during the past week**



Source: 2010 NE Youth Risk Behavior Survey

**Figure 2: Percentage of 9th-12th grade students who did exercises to strengthen or tone their muscles on 3+ days in past week**



Source: 2010 NE Youth Risk Behavior Survey

## 2008 Physical Activity Guidelines for Americans

**Children and adolescents should do 60 minutes or more of physical activity per day**

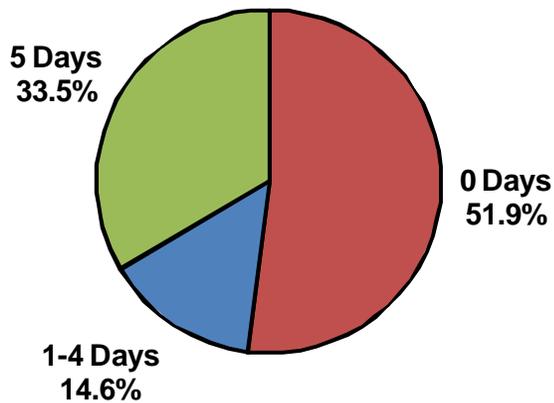
Most of the 60 or more minutes per day should be a combination of moderate and vigorous aerobic physical activity

As part of their 60 or more minutes of daily physical activity, adolescents should include:

- (1) muscle-strengthening physical activity on at least 3 days of the week
- (2) bone-strengthening physical activity on at least 3 days of the week

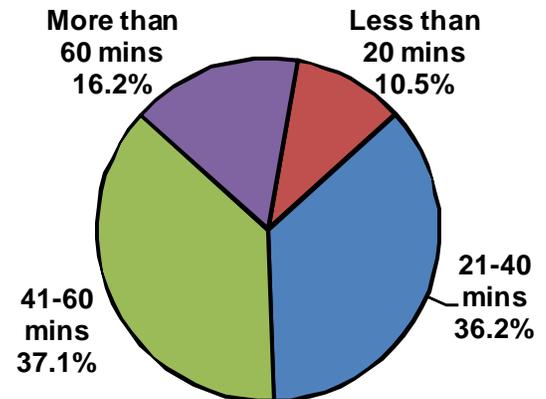
**For more information about the 2008 Physical Activity Guidelines for Americans, visit [www.health.gov/paguidelines](http://www.health.gov/paguidelines)**

**Figure 3: Frequency of attending physical education (PE) classes in an average school week among 9th-12th grade students**



Source: 2010 NE Youth Risk Behavior Survey

**Figure 4: Minutes actually spent exercising or playing sports during an average physical education (PE) class, among 9th-12th grade students**

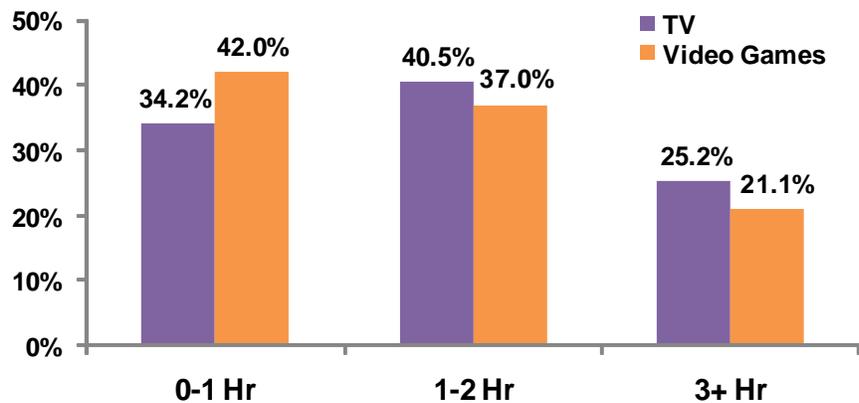


Source: 2010 NE Youth Risk Behavior Survey

**2010 Nebraska Youth Risk Behavior Survey Quick Facts:**

- Only 1 in 3 students attended physical education (PE) class daily.
- 1 in 10 students spent less than 20 minutes actually exercising or playing sports during an average PE class.
- 1 in 4 students reported watching 3+ hours of television per day on an average school day.
- 1 in 5 students reported playing video or computer games, or using a computer for something that was not school work, 3+ hours per day on an average school day.

**Figure 5: Percentage of 9th-12th grade students who watched TV or played video/computer games (or used a computer for something that was not school work) on an average school day**



Source: 2010 NE Youth Risk Behavior Survey



Interested in creating policies and environments that support active living in your community?

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