

Physical Activity Fact Sheet

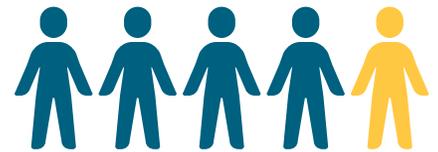
Physical Activity in Nebraska

Only **20.9% of Nebraska adults, or 1 in 5**, met the U.S. **physical activity guidelines** (150 minutes of moderate or 75 minutes of vigorous aerobic activity and two days of muscle strengthening per week) in the past 30 days.¹



In 2023, **24.7% of U.S. adults** reported no physical activity or exercise other than their regular job in the past 30 days. That's almost **1 in 4 U.S. adults**.¹

In 2020, **21.5% of Nebraska adults** reported no free-time physical activity within the past 30 days, or **1 in 5 adults**.²



Lack of physical activity is associated with an increased risk of heart disease like high blood pressure and stroke, diabetes, obesity, and several cancers.³



Physical activity helps maintain a healthy body weight and improves mental health, quality of life, and well-being. It can include all types of movement like walking, sports, bike riding, gardening, and other activities.³

Small changes can make a big difference!

- Park your car the in the farthest parking spot at the store
- Take the stairs
- Try a short burst of exercise during commercial break on TV, even just walking in place!
- Join a local walking group or recreational sports league
- Get off the bus a few stops early and walk
- Incorporate exercise into daily activities like doing a few squats while brushing your teeth

Check with your insurance company about physical activity benefits such as reduced-cost gym memberships!

More Information

For more information about physical inactivity, visit CDC's website at: <https://www.cdc.gov/physical-activity-basics/guidelines/adults.html>

*This fact sheet was produced in partnership with The National Cardiovascular Program, CDC.

¹United Health Foundation, (2023). America's Health Rankings: Nebraska.

²Nebraska Public Health Atlas, (2020). Nebraska Behavioral Risk Factor Surveillance System (BRFSS) Dashboard.

³World Health Organization, (2024). Physical Activity.