Physical Inactivity Fact Sheet



What is physical inactivity?

Physical inactivity is when a person is not physically active other than at their regular job.¹

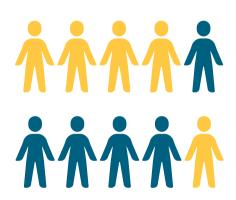
In 2023, **24.7% of U.S. adults** reported no physical activity or exercise other than their regular job in the past 30 days. That's almost **1 in 4 U.S. adults.** ¹



Physical Activity in Nebraska

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

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





Physical inactivity 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

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/php/data-research/index.html