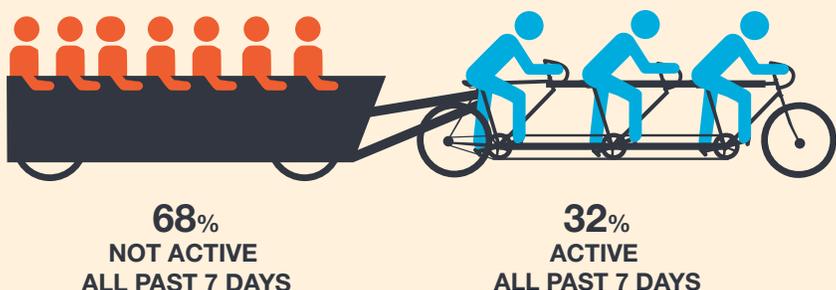


PHYSICAL ACTIVITY IN BEXAR COUNTY

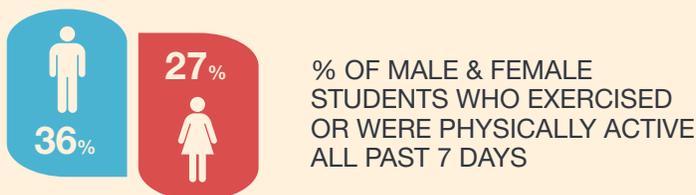
PHYSICAL ACTIVITY is anything that works your muscles — such as gardening, walking, yoga, dancing, swimming or running. The 2008 Physical Activity Guidelines for Americans suggests taking part in aerobic and muscle-strengthening exercises each week to improve your physical and emotional well-being. Children and adolescents should engage in at least 60 minutes of physical activity every day. Adults need at least 150 minutes of moderate-intensity aerobic activity (i.e., brisk walking) every week as well as activities that work all major muscle groups, at least two days a week.

HIGH SCHOOL STUDENT PHYSICAL ACTIVITY - 60 MINUTES PER DAY

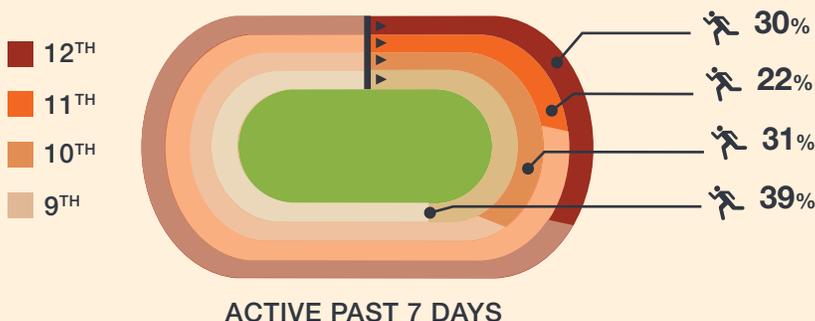
TOTAL BEXAR COUNTY STUDENT PHYSICAL ACTIVITY



ACTIVITY BY GENDER



ACTIVITY BY GRADE



KEY MESSAGES



Physical activity is necessary to keep the heart and lungs healthy, prevent disease and keep a healthy body weight. It also leads to less stress, more energy and a happier state of mind.



In 2011, only 1 in 5 of US adults 18 years of age and older met the Physical Activity Guidelines for aerobic and muscle-strengthening physical activities, based on the National Center for Health Statistics data.



In 2011, almost one in three of US high school students had participated in at least 60 minutes per day of physical activity on all seven days before the survey, based on Youth Risk Behavior Surveillance results (Centers for Disease Control and Prevention [CDC], 2011).

ADULT PHYSICAL ACTIVITY IN BEXAR COUNTY



INDIVIDUALS WITH GREATER INCOME (\$50,000+ ANNUALLY) EXERCISED MORE REGULARLY THAN THOSE WITH LESS ANNUAL INCOME*



THERE WAS NO CHANGE IN TOTAL PHYSICAL ACTIVITY AMONG ADULTS BETWEEN 2010 AND 2012. HOWEVER THERE WAS A SIGNIFICANT DIFFERENCE BETWEEN GENDERS.



ACTIVITY BY INCOME*



ANNUAL INCOME

INACTIVITY CHANGE BY GENDER

2010



NO EXERCISE



NO EXERCISE

2012



NO EXERCISE



NO EXERCISE



WALKING WAS REPORTED TO BE THE PREFERRED FORM OF EXERCISE AMONG ADULTS. 65% OF WOMEN REPORTED WALKING AS THEIR PREFERRED FORM OF PHYSICAL EXERCISE COMPARED WITH 46% OF MEN.

IN YOUR COMMUNITY

SICLOVÍA

Siclovia is a free event that transforms a major street into a safe place for people to exercise and play. Visit the YMCA website to learn of the next Siclovia.

www.ymcasatx.org/siclovia



FITNESS IN THE PARKS

Get ready. Get Set. Go! To your local parks for free Fitness in the Park classes and walking groups. Visit The City of San Antonio's Parks and Recreation website for a complete schedule.

www.sanantonio.gov/parksandrec



BICYCLE & PEDESTRIAN TRAILS

Grab your Bicycle or Slip on shoes and explore San Antonio. Visit The City of San Antonio's Office of Sustainability's website to view maps and trails.

sanantonio.gov/oep/sabikes/



DATA SOURCES:

San Antonio Metropolitan Health District (SAMHD) Youth Risk Behavior Survey (YRBS) 2010 and 2013
*San Antonio Metropolitan Health District (SAMHD) Behavioral Risk Factor Surveillance System (BRFSS) 2010
San Antonio Metropolitan Health District (SAMHD) Behavioral Risk Factor Surveillance System (BRFSS) 2012 or as indicated