

Q87: On how many of the past seven days did you exercise or participate in physical activity for at least 20 minutes that made you sweat or breathe hard such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing or similar aerobic activities?

In 2005, approximately two-thirds of students reported exercising three or more days each week.

- 62.7 percent of students reported exercising or participating in physical activity for at least 20 minutes that made them sweat and breathe hard on three or more of the past seven days.
- Significantly more males (71.1 percent) than females (53.9 percent) reported exercising.
- Students in the ninth (72.1 percent) and 10th (66.6 percent) grades were significantly more likely to participate in physical activity for at least 20 minutes that made them sweat and breathe hard on three or more of the past seven days than students in the 11th grade (54.3 percent). Students in the ninth grade were also significantly more likely to participate in such activities when compared to students in the 12th grade (58 percent).
- There was no significant difference in exercising by race.

There were no significant differences in students' exercising between 1999 and 2005.

