

PHYSICAL ACTIVITY: Exercising

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(requires Acrobat Reader)

Q88: On how many of the past seven days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower or mopping floors?

In 2005, approximately one-fourth of students reported participating in a physical activity for at least 30 minutes that did not make them sweat or breathe hard on five or more of the past seven days.

- 24.9 percent of students participated in a physical activity for at least 30 minutes that did not make them sweat or breathe hard.
- There were no significant differences in by gender, grade level or race.

This question was not asked in 1999 or 2003.

