

TRENDS: Physical Activity—Exercise

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(requires Acrobat Reader)

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?

Most students reported exercising at least 20 minutes three or more days a week.

- No significant difference was observed in the overall percentage of students exercising for at least 20 minutes on three or more days during the week between 1993 and 2005.
- There were no significant differences in exercising for at least 20 minutes on three or more days in a week by gender or grade level between 1993 and 200

	1993	1997	1999	2003	2005
Total	61.7%	59.1%	62.5%	67.6%	62.7%
Male	73.2%	68.2%	72.3%	74.7%	71.1%
Female	49.8%	49.5%	52.7%	60.3%	53.9%

