



Fact Sheet

How Active Do We Need To Be?

- For adults, engaging in at least 30 minutes of daily moderate-intensity physical activity is recommended to reduce the risk of chronic disease. Engaging in 60 minutes of daily moderate to vigorous-intensity physical activity is recommended to maintain healthy weight.¹
- Children and adolescents should participate in at least 60 minutes of moderate physical activity daily.^{2,3}
- In the United States, women, people with less education, and people in low-income groups are less physically active than men, more highly educated people, and people in higher income groups⁴

Are Maine People Active Enough?

- 21.5% of Maine adults have a completely sedentary lifestyle, defined as leisure-time physical activity of less than 20 minutes per day on fewer than three days per week.⁵
- More than 36% of Maine youth do not participate in vigorous physical activity on three days or more per week.⁶
- 92% of Maine high school students do not attend daily physical education classes.⁶

How About the Rest of the Country?

- Nationally, one in four adults engage in little or no regular physical activity.⁴
- 62% of youth age 9–13 do not participate in organized physical activity led by a coach, instructor, or other leader.⁷

How Does Using Social Support Networks Increase Physical Activity?

- Socially supportive relationships provide some form of incentive to continue healthy behaviors by giving feedback, advice, or genuine expressions of openness, trust, caring, and encouragement.⁸
- Providing community members with relationship-building skills and implementing team-building programs can help them obtain the social support they need to stay physically active.⁹
- This type of support helps promote physical activity by helping members set goals; finding ways to fit activity into daily routines; providing encouragement, reinforcement, and problem-solving; and helping to sustain progress.¹⁰
- A supportive environment provides the resources that promote the understanding, action, and maintenance of good physical activity behaviors. These include political, material, and human resources.¹¹



References

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