• One of the gravest health challenges facing our nation is the rising prevalence of obesity and physical inactivity in the U.S. population.

• Studies by the Department of Health and Human Services indicate that 68 percent of adults and 16.9 percent of children of the United States are obese or overweight and the Centers for Disease Control and Prevention (CDC) indicate that poor diet and physical inactivity cause over 400,000 deaths each year.

• One common-sense way to combat obesity and rising health care costs is to promote physical activity by ensuring that Americans of every age and physical aptitude – and their health care providers – are well informed about the types and amounts of physical activity that people should perform to gain important health benefits.

• The 2008 Physical Activity Guidelines for Americans published by the U.S. Department of Health and Human Services (HHS) were designed to provide information and guidance on the types and amounts of physical activity that provide substantial health benefits for Americans aged 6 years and older.

• The current Federal guidelines were first issued in 2008 and no regular administrative process exists for subsequent revisions.

• The rapidly evolving nature of our scientific understanding of the benefits of physical activity requires that these guidelines be updated at least every 10 years.

• Legislation is supported by over 50 national organizations.

Let’s get America moving again…

Cosponsor Physical Activity Recommendations for Americans Act
The Physical Activity Recommendations for Americans Act will:

• Require the Secretary of Health and Human Services to publish a report called “Physical Activity Recommendations for Americans” at least every ten years based on the latest scientific evidence;

• Midway through each ten year cycle, a second report would highlight “best practices and continuing issues in the physical activity arena, which may focus on a particular group… or a particular issue relating to the physical activity of Americans.”

• Help fight the growing obesity epidemic by recommending separate exercise guidelines for children, adults, seniors and people with disabilities

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