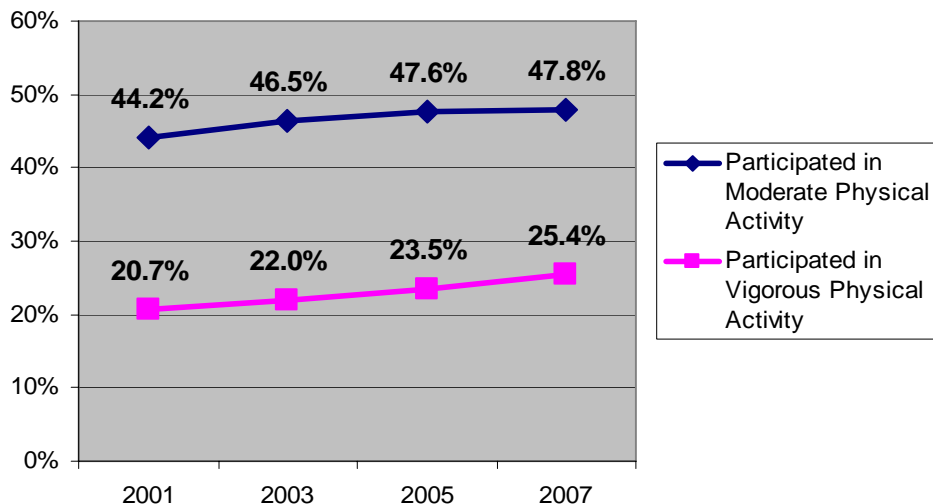


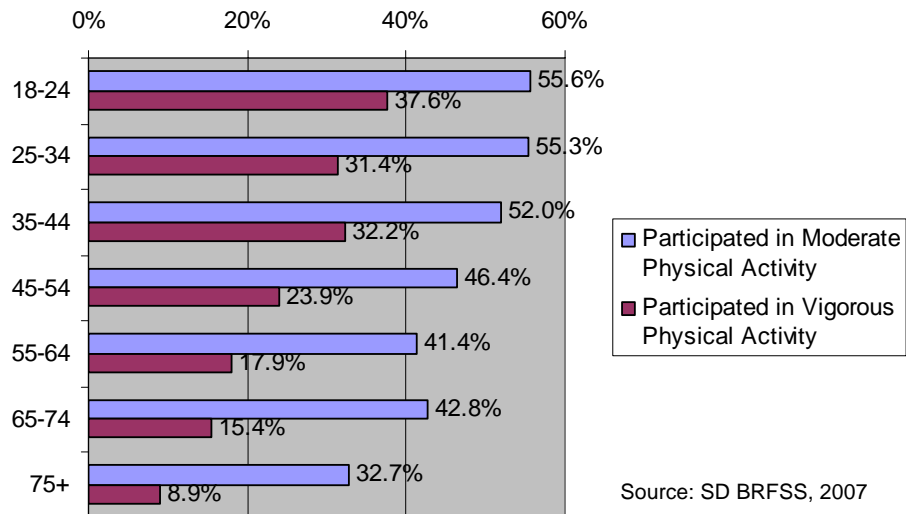
Physical Activity Among South Dakotans

South Dakotans Participation in Exercise, 2001, 2003, 2005, and 2007



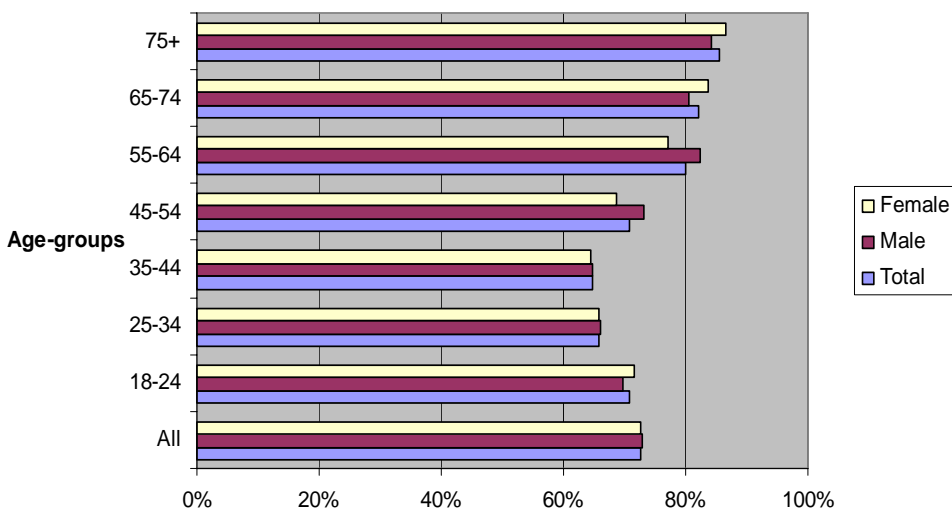
Source: SD BRFSS, 2007

South Dakotans Participation in Exercise by Age-Group, 2007



Source: SD BRFSS, 2007

Respondents Who Watched Two or More Hours of TV Per Day, 2007



Source: SD BRFSS, 2007

- Regular physical activity reduces risks for chronic disease, helps control weight, and improves overall quality of life
- Adults need two types of physical activity each week to improve health – aerobic and muscle strengthening activities
- Adults need 150 minutes of moderate-intensity physical activity per week, **or** 75 minutes of vigorous-intensity physical activity per week, **or** an equivalent combination of both
- Activity can be broken down into 10 minute minimum segments
- A person doing moderate-intensity aerobic activity can talk, but not sing, during the activity
- A person doing vigorous-intensity aerobic activity cannot say more than few words without pausing for breath
- Muscle-strengthening activities should be performed 2 times per week, working all the major muscle groups
- Adults should watch 10 hours or less per week of television

For more information go to www.health.gov/PAGuidelines or <http://www.HealthySD.gov>