

Latest FastStats from CDC: Most Americans Lack Sufficient Physical Activity

Lynn White January 12, 2018



At least 49 percent of Americans lack sufficient activity to promote health and wellness, and one in three Americans are considered to be overweight by healthy standards.

([Newswire.net](#) -- January 11, 2018) -- In the most recent statistics listed on the Centers for Disease Control and Prevention website, at least 49 percent of [Americans lack sufficient activity](#) to promote health and wellness, while 79 percent are not involved in healthy levels of combine aerobic and muscle-strengthening exercise in their lifestyles. What this means is that America is simply not getting enough exercise for optimum health.

Insufficient Exercise the Ultimate Cause of Obesity

According to the National Institute of Diabetes and Digestive and Kidney Diseases, at least one in three Americans is considered to be overweight by healthy standards while two of every three adults are overweight and/or obese. These figures are measured by the Body Mass Index (BMI) and what is even more disturbing is that [one of every thirteen adults is obese](#). For years, much of this was considered to be the result of overeating and so diets were encouraged, but the latest research shows that the ultimate cause of obesity is insufficient exercise.

Suggestions for Increasing Physical Activity in Daily Life

Some small number of American adults may not be dealing with obesity, but they may still not be getting sufficient exercise for optimum health. It is suggested that the safest way to increase the amount of exercise you get is to do so slowly. If you have had limited activity in your life, start with slow to moderate walks for half hour intervals at least three times weekly. From there, step up the pace. Unfortunately, many adults find walking too boring, and so they forego exercising altogether. Here is where doctors recommend finding a walking buddy or taking iTunes along with you on your cellphone. Whatever you can do to motivate you to get up and get walking is what you need to focus on.

Fun Activities with Plenty of Physical Activity

Many Americans find that taking up hobbies like hunting, fishing and camping help them to get up and get moving. You can find awesome tents at sites like [myfamilytent.com](#) that are easy to set up so that you have more time to enjoy the great outdoors. Instead of simply sitting by the lake with a fishing pole, why not try a brief hike through the woods or row your way out to the center of the lake to fish. Any activity you get on your camping, hunting or fishing excursions can help get you up and exercising, at least to some extent.

An Increase in Activity Almost Always Accounts for Weight Loss

Sometimes it helps to reduce your caloric intake but most of the time it is possible to see the pounds melt away as you continue to increase your physical activity. Statistics indicate that Americans have high rates of cardiovascular diseases also due to inactivity, which means that a balanced regimen of cardio and muscle-building exercises is most needed. Whether you choose to walk, jog or hit the gym, don't forget to supplement workouts with fun activities as mentioned above. Exercise is the key to weight loss and healthier living all the way around.

Source: <http://newswire.net/newsroom/blog-post/00099424-latest-fast-stats-from-cdc-most-americans-lack-sufficient-physical-activity.html>