

# Exercise – Vigorous Physical Activity

**Definition:** Vigorous physical activity for 20 or more minutes per day 3 times a week.

**Healthy People 2010  
Objective 22.3:**

Increase proportion of adults who participate at vigorous level of physical activity to 30%.

**Healthy Alaskan 2010  
Objective 1.3:**

Increase proportion of adults who participate at vigorous level of physical activity (at 50% or more capacity) to 25%.

- ▶ Significantly more males participate in this level of exercise than females.
- ▶ This vigorous level of exercise decreases with age and increases with income and education.
- ▶ Non-Natives report slightly more physical exercise at this level than Natives.

## 2001

Risk Factors

	n	%	N	95% CI		n	%	N	95% CI
<b>Gender</b>					<b>Education</b>				
Male	491	39.7	1,303	35.5-44.0	Some H.S.	59	24	230	17.4-31.5
Female	383	27.4	1,473	24.0-31.2	H.S. Grad or GED	236	29.7	867	25.2-34.6
<b>Race</b>					Some College or Tech School	278	34.6	863	29.5-40.2
Native (any mention)	153	30.1	589	22.0-33.8	College Grad	301	39.5	815	34.3-45.0
Non-Native	721	34.3	2,187	31.7-37.9	<b>Income</b>				
<b>Total</b>	<b>874</b>	<b>33.8</b>	<b>2,776</b>	<b>31.0-36.6</b>	< \$15,000	62	23	249	16.5-29.8
<b>Age</b>					15,000-24,999	114	28	417	22.6-34.9
18-24	132	49	287	41.1-56.9	25,000-34,999	114	33	345	25.3-41.6
25-34	188	41.5	501	34.6-48.8	35,000-49,999	152	38	458	30.6-44.9
35-44	227	33.8	731	28.9-39.0	50,000-74,000	165	35.7	520	29.5-42.5
45-54	191	27.3	666	22.3-32.9	> 75,000	183	37.9	532	31.5-44.8
55-64	88	29	337	21.9-37.2					
65+	32	13	222	7.1-21.5					

**n** = Number of respondents who report vigorous physical activity for 20 or more minutes a day, 3 times a week

**%** = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

**N** = Total number of respondents in this subgroup.

**95% CI** = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.