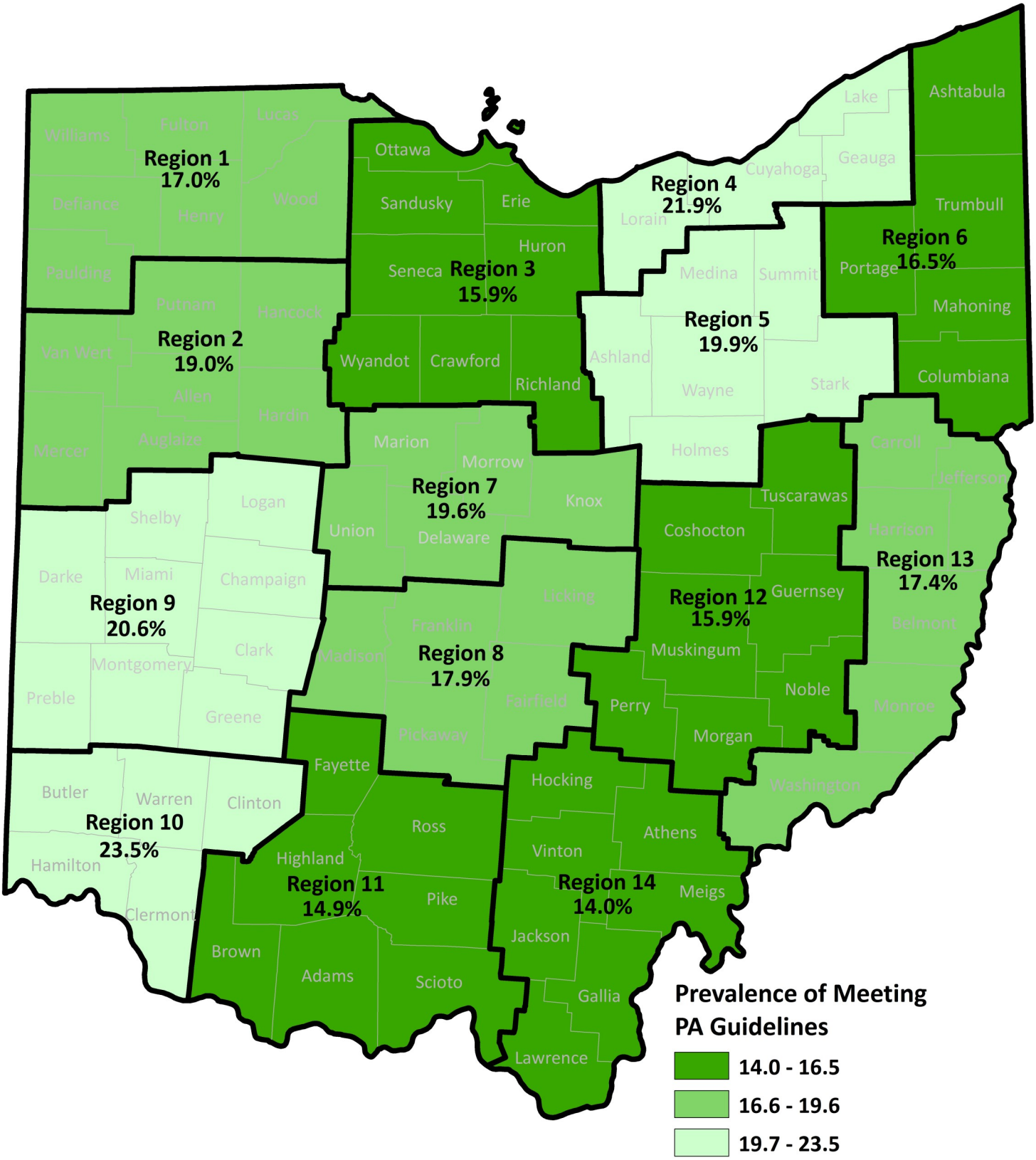
Prevalence of Meeting Physical Activity (PA) Guidelines* Among Ohio Adults Age 18+, 2015



Ohio Department of Health

* Among adults, the proportion of those who reported that they meet both the aerobic and muscle strengthening guidelines established in the 2008 Physical Activity Guidelines for Americans.

Source: Ohio Behavioral Risk Factor Surveillance System, Ohio Department of Health, 2017.