

## **LESS THAN 5%**

Less than 5% of adults participate in 30 minutes of physical activity each day; only one in three adults receive the recommended amount of physical activity each week. Only 35 – 44% of adults 75 years or older are physically active, and 28-34% of adults ages 65-74 are physically active.

SOURCE: HTTPS://WWW.RXRESOURCE.ORG/



Less than 5% of adults participate in 30 minutes of physical activity each day; only one in three adults receive the recommended amount of physical activity each week. Only 35 – 44% of adults 75 years or older are physically active, and 28-34% of adults ages 65-74 are physically active.

SOURCE: HTTPS://WWW.RXRESOURCE.ORG/