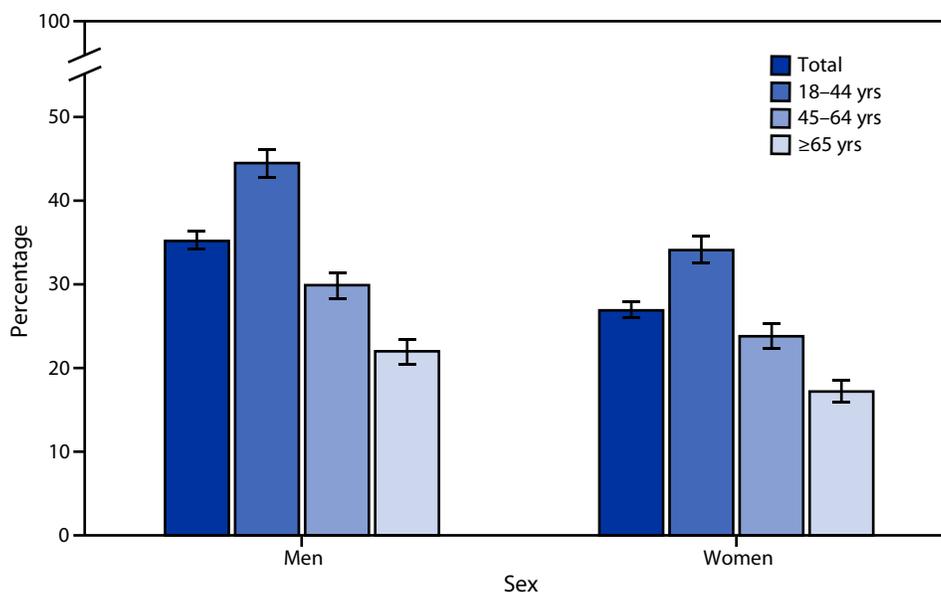


## QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

### Percentage\* of Adults Aged $\geq 18$ Years Who Met the Federal Guideline for Muscle-Strengthening Physical Activity,<sup>†</sup> by Age Group and Sex — National Health Interview Survey, United States, 2020<sup>§</sup>



\* With 95% CIs indicated by error bars.

<sup>†</sup> Per U.S. Department of Health and Human Services 2018 Physical Activity Guidelines for Americans, 2nd edition (<https://health.gov/paguidelines>). Respondents met the muscle-strengthening guideline if they reported engaging in leisure-time physical activities specifically designed to strengthen muscles, such as sit-ups, push-ups, or lifting weights, at least two times per week.

<sup>§</sup> Estimates are based on household interviews of a sample of the civilian, noninstitutionalized U.S. population.

In 2020, 35.2% of men and 26.9% of women aged  $\geq 18$  years met the federal guideline for muscle-strengthening physical activity. The percentage of men who met the muscle-strengthening guideline decreased with age from 44.5% for those aged 18–44 years, to 29.9% for those aged 45–64 years, and to 22.0% for those aged  $\geq 65$  years. The percentage also decreased with age among women from 34.1% for those aged 18–44 years, to 23.8% for those aged 45–64 years, and to 17.2% for those aged  $\geq 65$  years. Men were more likely to have met the muscle-strengthening guideline than women in all age groups.

**Source:** National Center for Health Statistics, National Health Interview Survey, 2020. <https://www.cdc.gov/nchs/nhis.htm>

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