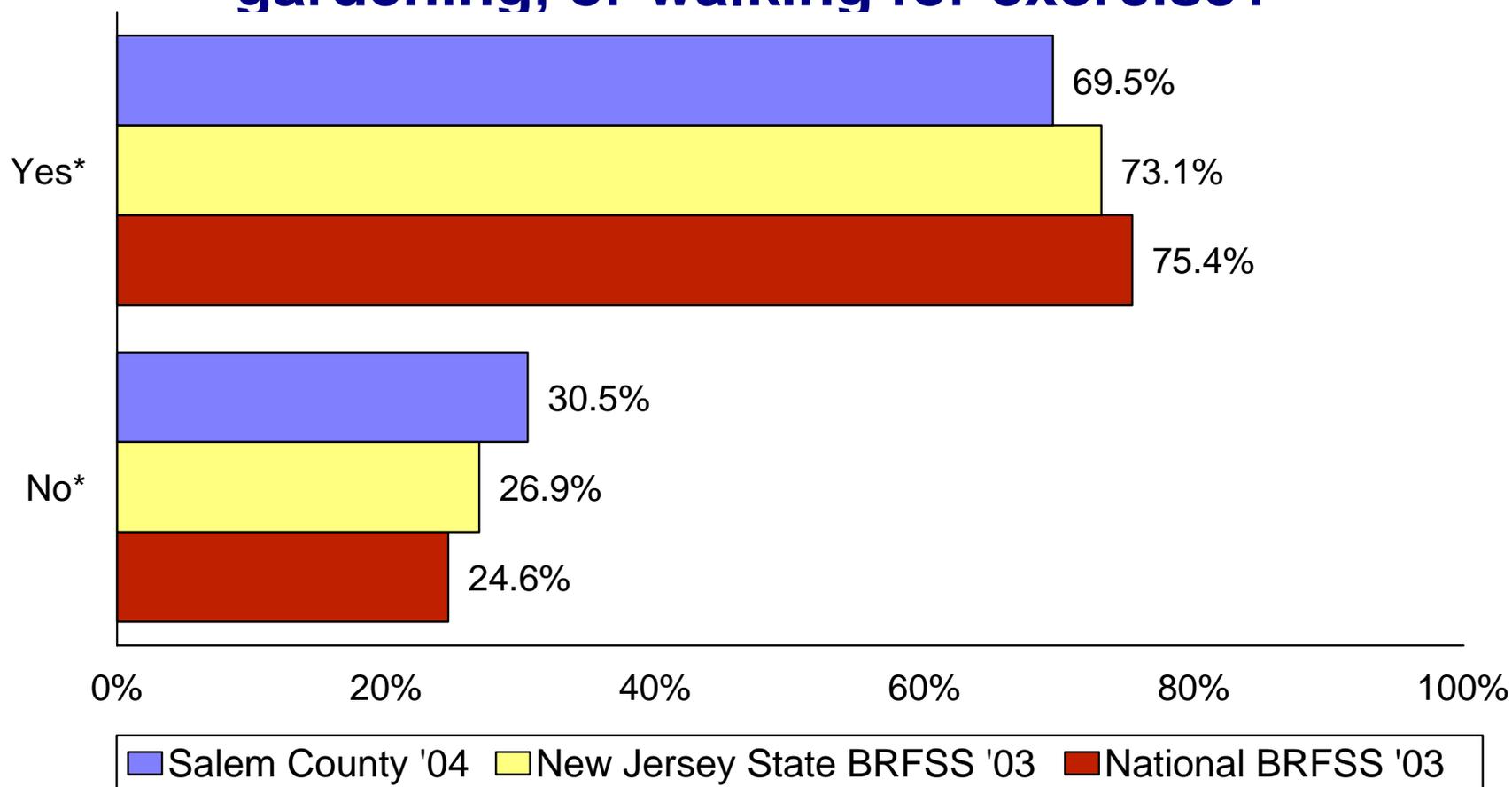


Exercise and Physical Activity

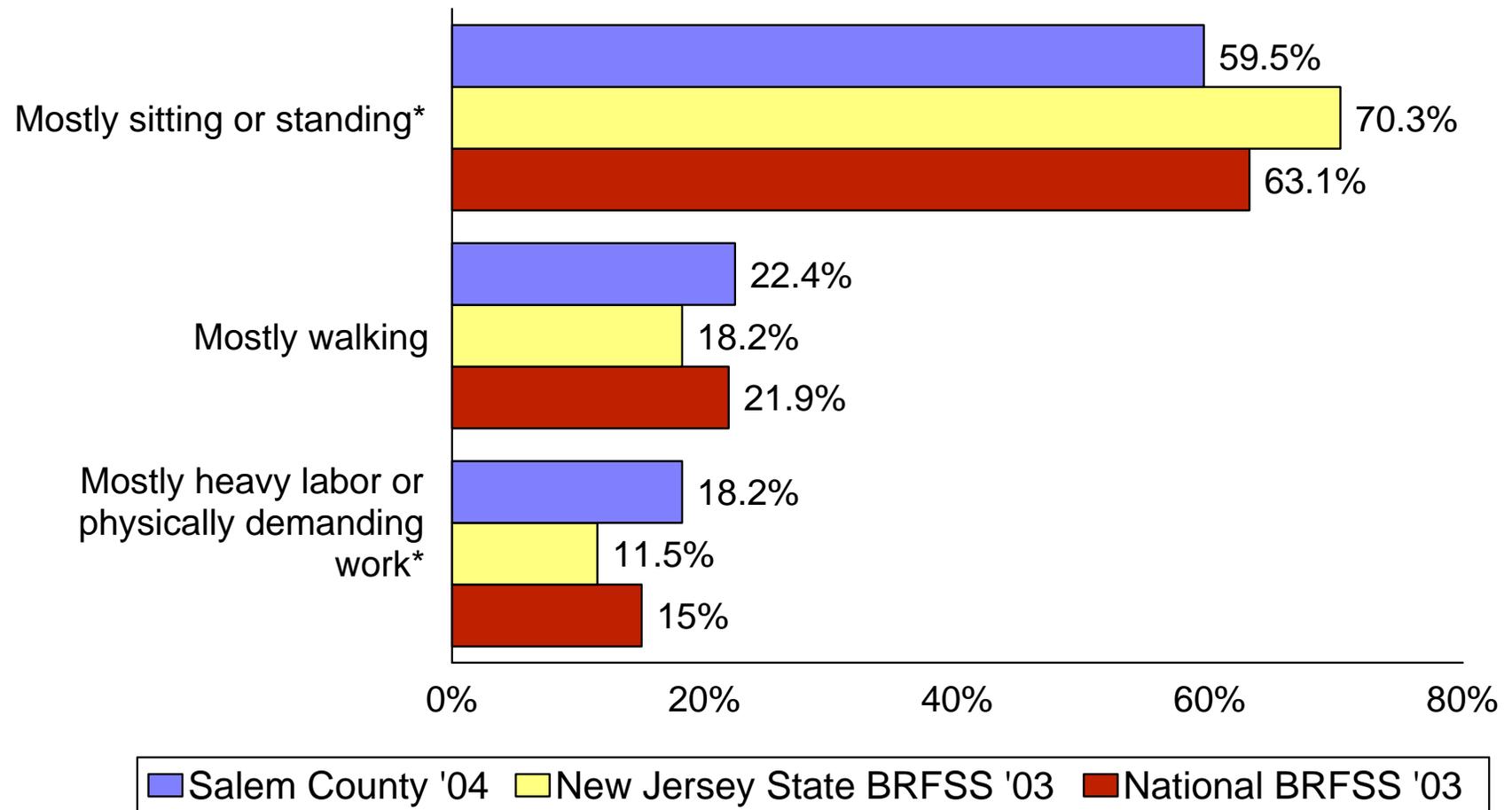
During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?



*Salem County is significantly different than National.

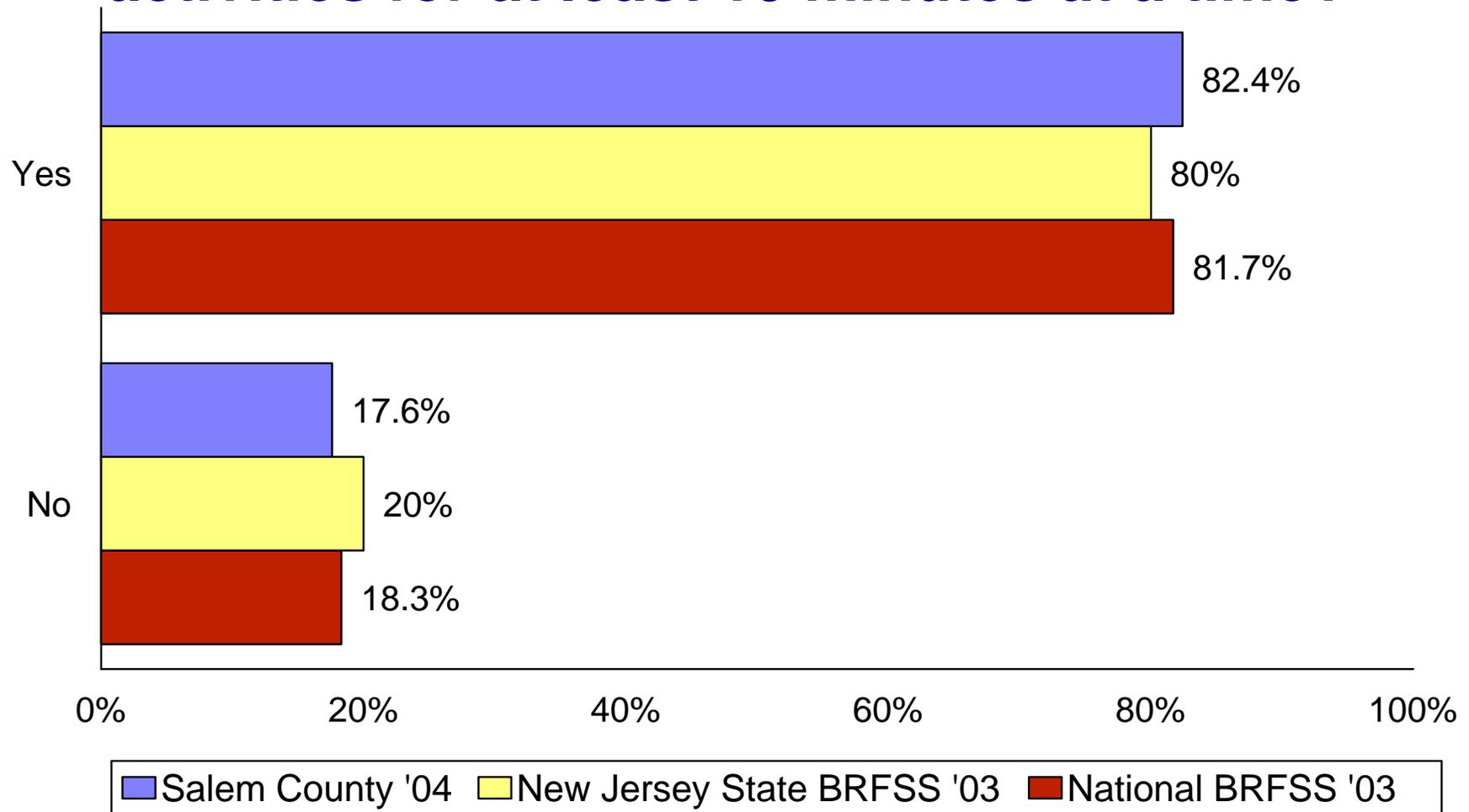
When you are at work, which of the following best describes what you do?

Respondents who are employed or self-employed



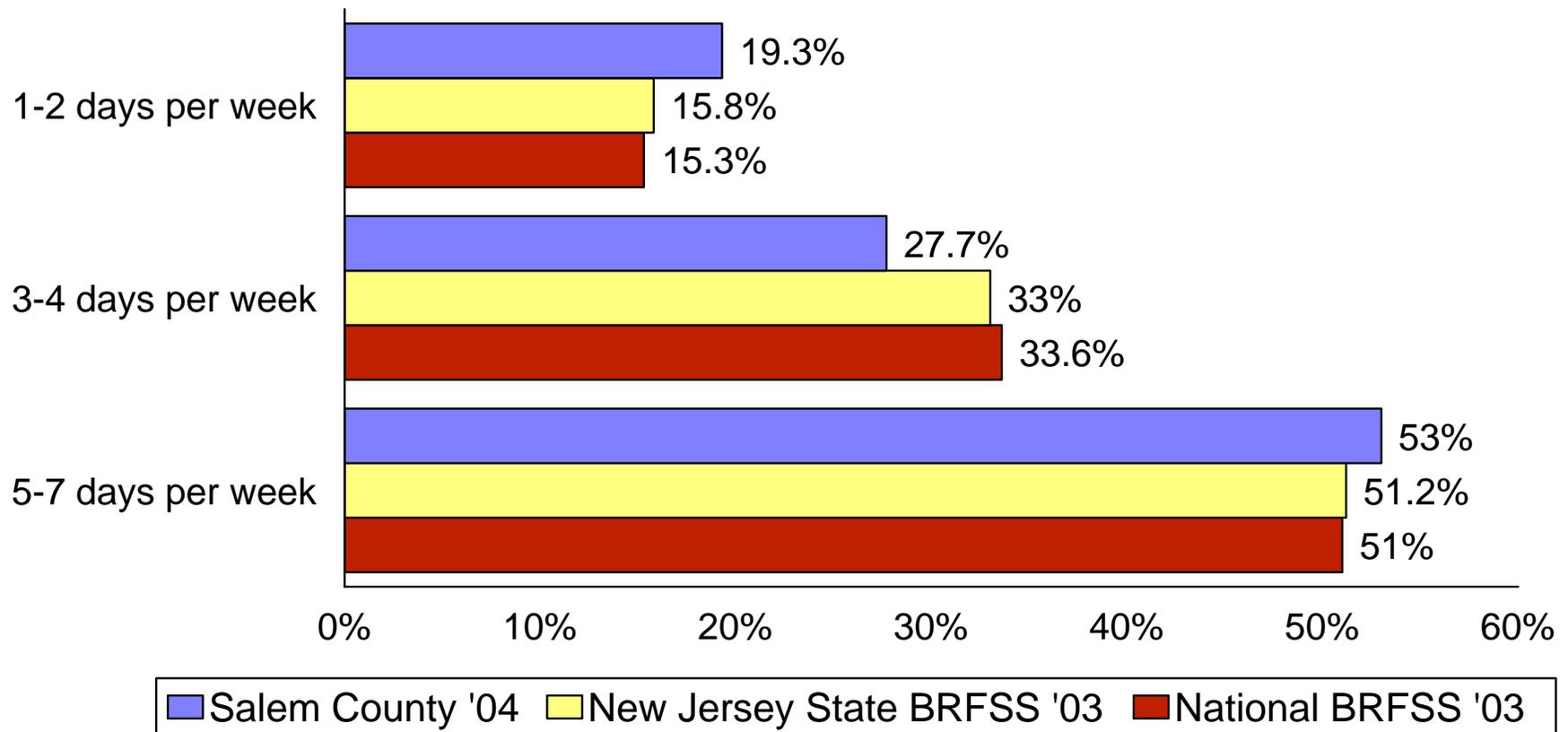
*Salem County is significantly different than New Jersey.

Thinking about the moderate physical activities you do in a usual week, do you do moderate activities for at least 10 minutes at a time?



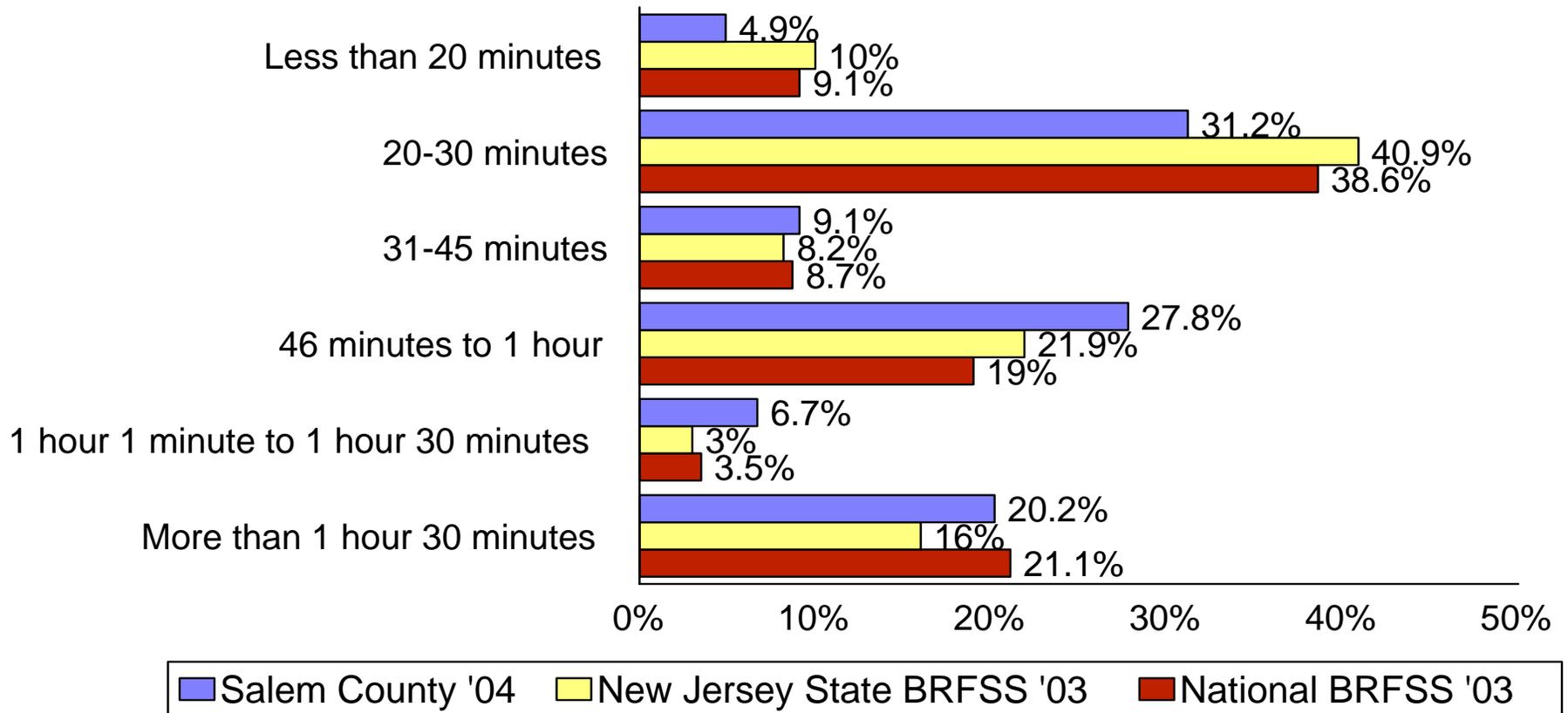
How many days per week do you do these moderate activities for at least 10 minutes at a time?

Respondents who engage in a moderate activity for at least 10 minutes

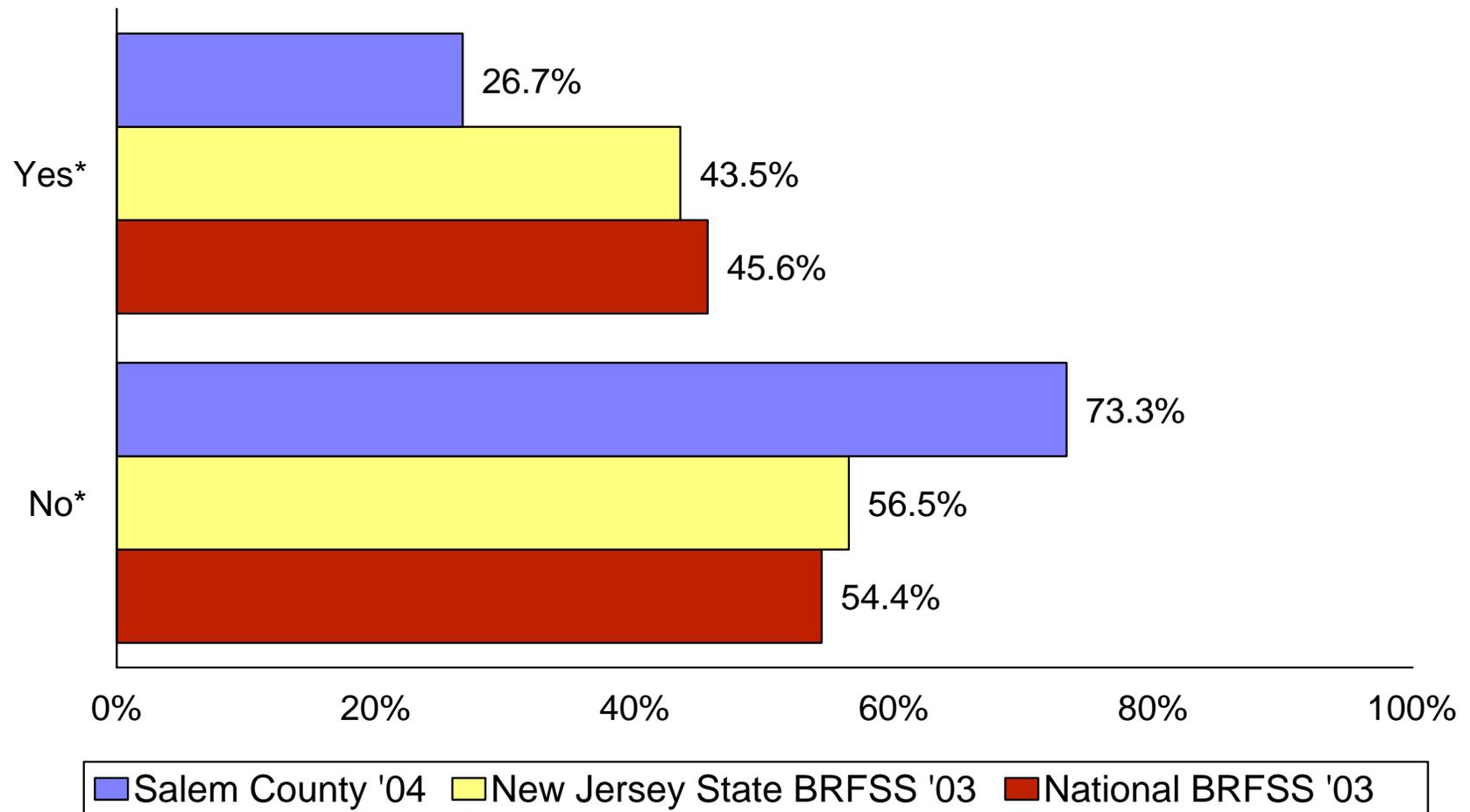


On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

Respondents who engage in a moderate activity for at least 10 minutes



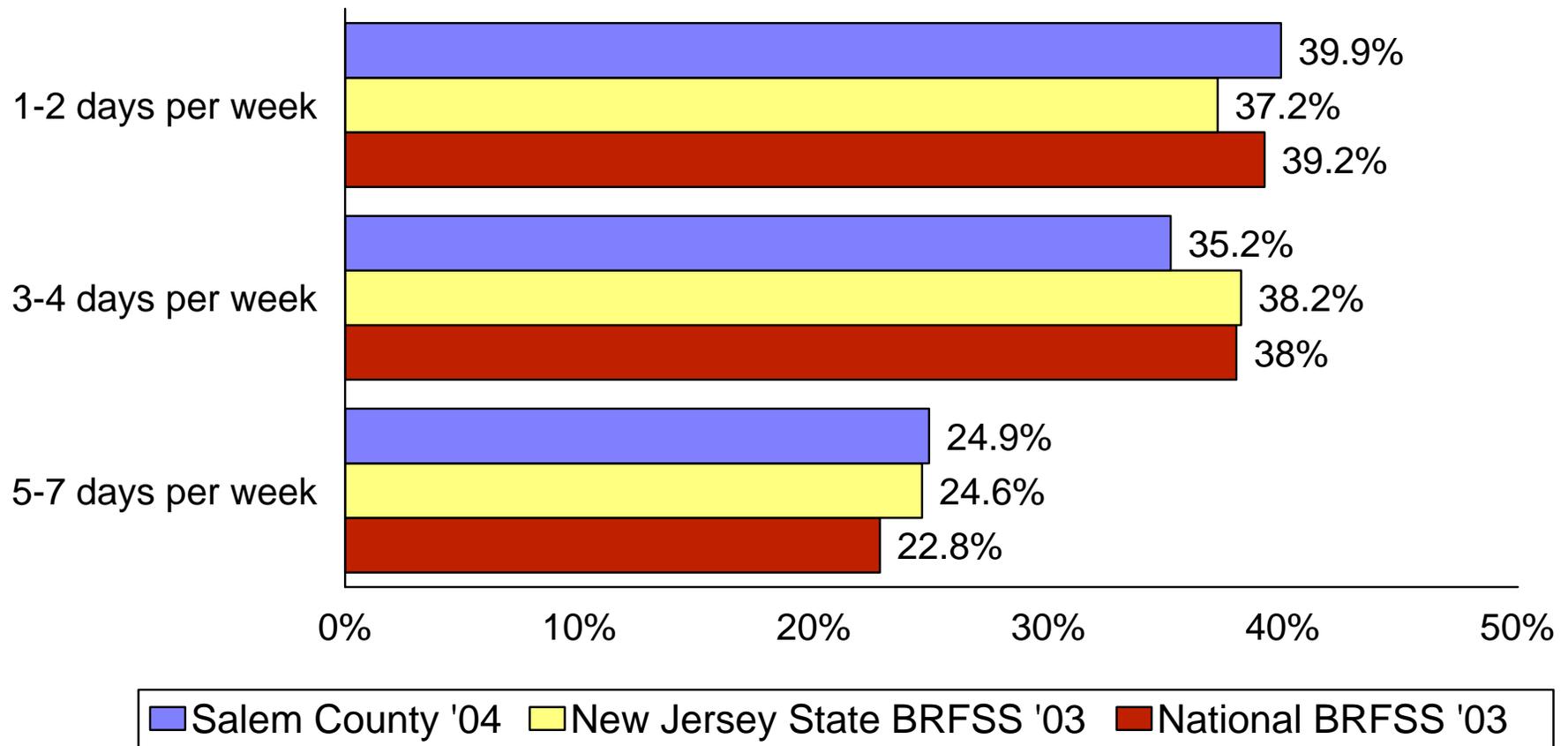
Thinking about the vigorous physical activities you do in a usual week, do you do vigorous activities for at least 10 minutes at a time?



*Salem County is significantly different than New Jersey and National.

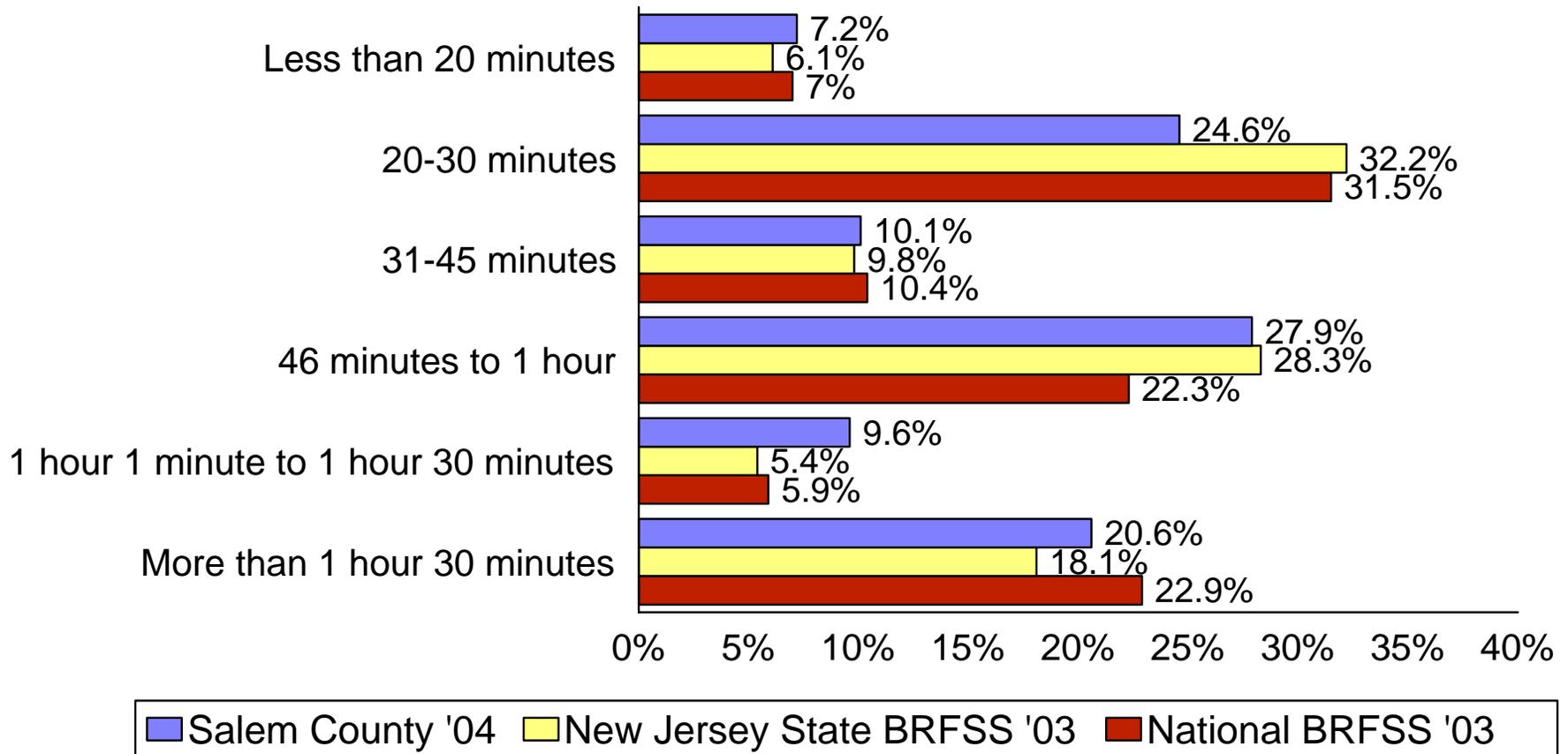
How many days per week do you do these vigorous activities for at least 10 minutes at a time?

Respondents who engage in a vigorous activity for at least 10 minutes



On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

Respondents who engage in a vigorous activity for at least 10 minutes



Statistically Significant Differences

By Race and Gender *Exercise and Physical Activity*

- ① Among those who engage in regular moderate activity, Males participate in the activity for a longer period of time than Females.
- ① Females are more likely than Males to mostly sit or stand at work.