

Percentage of Adults Aged ≥ 25 Years Who Met the 2018 Federal Physical Activity Guidelines for Both Muscle-Strengthening and Aerobic Physical Activity, by Educational Attainment, United States 2022

Educational Attainment	Percent	Lower CI	Upper CI	SE
Overall	22.5	21.8	23.2	0.35
High school or less	12.2	11.3	13.1	0.44
Some college	21.9	20.7	23.2	0.63
Bachelor's degree or higher	33.6 ¹	32.5	34.8	0.57

¹Difference between attainment levels is significant, $p < 0.05$

NOTES: Per U.S. Department of Health and Human Services 2018 Physical Activity Guidelines for Americans, 2nd edition (<https://health.gov/paguidelines>). The aerobic physical activity guideline was met if the respondent reported engaging in ≥ 150 minutes per week of moderate-intensity aerobic physical activity or ≥ 75 minutes per week of vigorous-intensity aerobic physical activity, or an equivalent combination. The muscle-strengthening guideline was met if the respondent reported performing muscle-strengthening activities on ≥ 2 days per week.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2022.