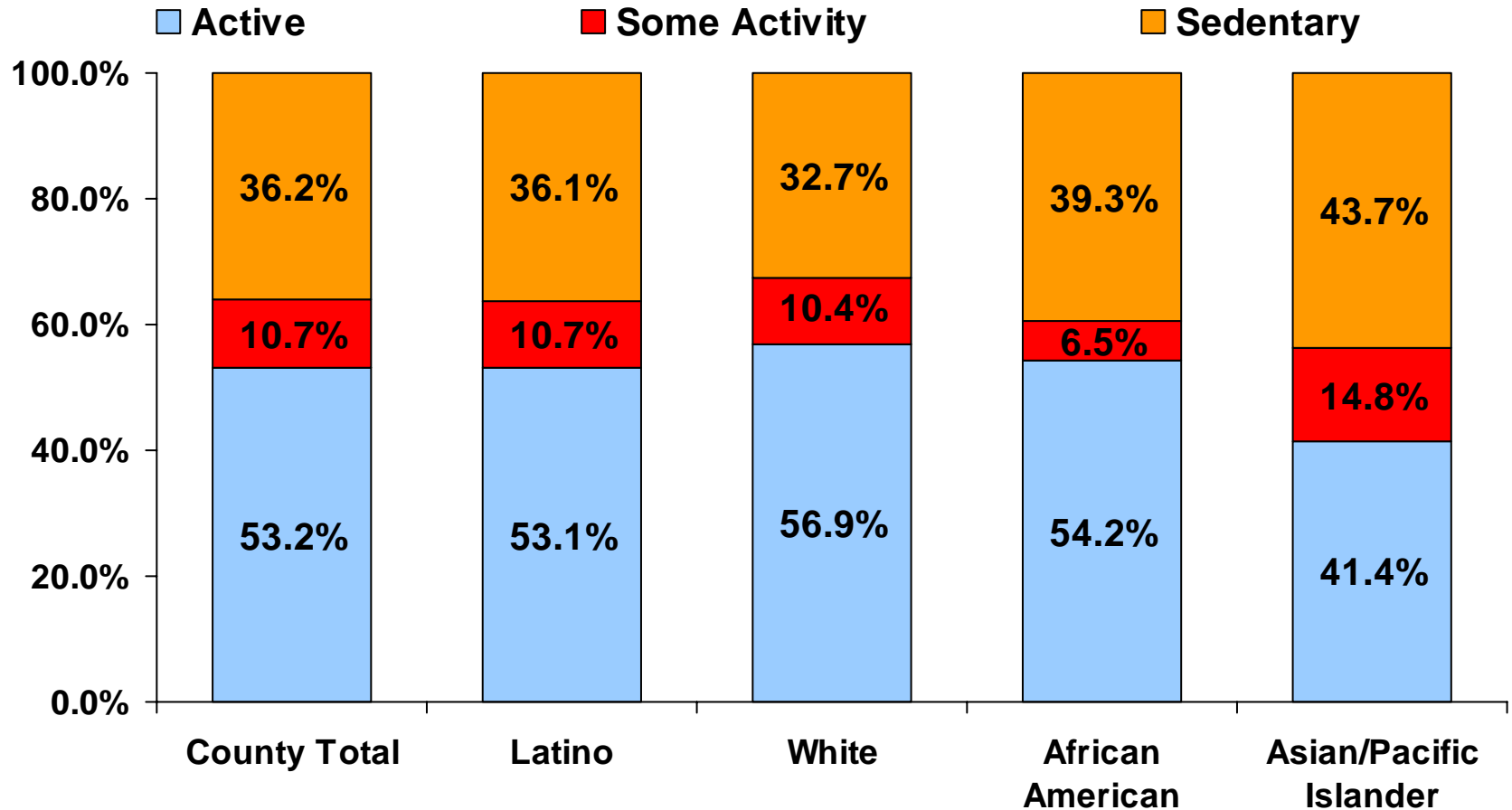


Physical Activity* Among Adults (18+ years old) in LA County by Race/Ethnicity, 2007



* At the time the 2007 LACHS data were collected, to meet recommended guidelines for physical activity, at least one of the following criteria had to be met: (1) Vigorous Activity – hard physical activity causing heavy sweating, large increases in breathing and heart rate for 20+ minutes ≥ 3 days/wk; (2) Moderate Activity – light sweating, slight increases in breathing and heart rate for 30+ minutes ≥ 5 days/wk; and (3) a combination of vigorous and moderate activity meeting the time criteria for ≥ 5 days/wk. Active=Meets Guidelines; Some Activity=Does Not Meet Guidelines; Minimal to No Activity=Sedentary.

