

PHYSICAL ACTIVITY

in Oklahoma

We rank among the 6 least physically active states

MOVE MORE
Physical Activity
Guidelines include:



1 hour per day
for children



30 min.
5x per week
for adults

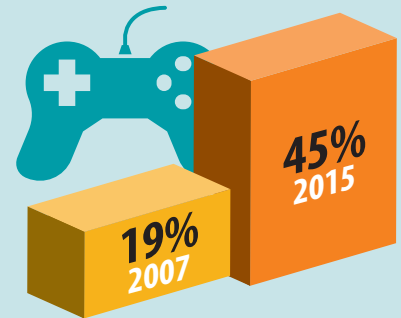


65%
of our high
school students
do not meet
physical activity
recommendations



By adulthood
that number
increases to
80%

The percentage of
high school students
who play video games
for 3+ hours per day
has more than
DOUBLED SINCE 2007



912,677
OKLAHOMANS
are obese

That is **3x** the
population of Tulsa

EVERY YEAR WE SPEND
\$1.7 Billion
or **\$588** per adult
on obesity-related costs



**SHAPE
YOUR FUTURE**
Staying physically
active helps prevent
obesity, diabetes,
heart disease, stroke,
and some cancers

Policies that increase opportunities for physical activity help our communities move more

We can all help

- ✓ Implement land use and built environment policies to support physical activity
- ✓ Adopt wellness policies that encourage physical activity in schools, workplaces, and organizations
- ✓ Share your stories about physical activity at ShapeYourFutureOK.com

